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ABAISSÉ a term used in French cookery for a sheet of rolled-out pastry. Hence, abaisser means to roll out thin, as for a pastry base. The term abaisse is also used for a biscuit (cookie) or a slice of sponge cake on which a filling such as jam or cream is to be spread.

ABALONE See **ormer**.

ABATTOIR An establishment where livestock are slaughtered for their edible products (meat and offal) and their by-products (leather, bristles, horsehair, horns).

Until 1950, slaughtering was often carried out in France by butchers themselves on their own premises. But since 1972, for reasons of hygiene, it has had to be done in a public abattoir. EU regulations have further reduced the number of abattoirs throughout Europe and imposed strict controls. From the gastronomic point of view it is rather less desirable less than a century ago, beef cattle from Normandy, Limousin or the Nevers region would make their way slowly on foot for a distance of 200 to 400 km (125 to 250 miles) before being slaughtered in the big town, and this made their meat firmer and more tasty.

Rules govern the intake of live animals, and also the inspections of the viscera (internal organs) and the carcass. If all the inspections are satisfactory the carcass is branded as conforming to legal requirements, either national or for exchanges between EU countries.

Present-day abattoirs are becoming increasingly better equipped, incorporating cutting and sometimes packing departments, deep-freeze units or workshop for processing and cooking the meat, particularly pork. Scientific research is constantly leading to improvement.

Slaughtering in former times. In the past the relationship between people and their livestock was much more intimate. "The meat of Greek animals is god-given... For the Greeks, matters relating to butchery, religion and cooking were all mixed up in what they called *thusia* and what we call sacrifice....The moment when the sacrifice begins, after the procession, the moment when the blood spurts out, belongs to the gods... The altar and the earth receive it all, then with a special implement and vessel it is collected and spread over the altar... The principal ritual act is the extraction of the noble viscera, essentially the liver; then comes the cutting up of the animal, horizontally, according to a strict procedure. According to the nature of the parts, they are grilled (particularly the viscera, whose perfume is offered to the gods), cooked on a spit or boiled (the manner of cooking preferred by the Greeks, particularly as fresh meat, already naturally tough and more so when cut in this way, is difficult to eat when roasted). The portions of meat are placed on the table as an offering to the gods, and afterwards they are at the priest's disposal... The priest also receives that part which, at the start, contained the whole animal: the skin... in taking their fill of the edible parts men recognized, at the same time as they replenished their energy, the inferiority of their mortal state... in the language of Homer, to express the idea of the slaughter of livestock, there are not verbs other than those relating to offering up sacrifices to the god. (*la Cuisine du sacrifice en pays grec*, by M. Deteienne & J.-P. Vernant, published by Gallimard.)

Even today, in some Greek villages, the public killing of livestock is practiced as part of popular orthodox rites, followed by the distribution and consumption of the meat, boiled in large cauldrons with vegetables and herbs. This is called *kourbani*.

ABLUTIONS AT THE TABLE. The custom of rinsing the fingers in the course of a meal. The origin of the word (from Church Latin *ablutio*) is a reminder that ablution was originally a ritual practice; the person offering up a sacrifice had to purify his hands before officiating at the ceremony. Table ablutions were customary in ancient Greece and Rome, when food was taken

by hand directly from the plate, as is still the practice today in the East. In Europe, since the introduction of forks, the ewer – a basin used for washing the hands – is no longer needed, and finger bowls appear on the table only with such foods as asparagus, artichokes and sea food. Linked to the practice of ablutions is that of the mouth rinse, still current at the beginning of the 19th century. In the Far East it is customary to offer to each guest, on changing from one course to another, a damp perfumed towel.

ABONDANCE. An Alpine cheese from Savoie (and an AOC one) made from unpasteurized cow's milk (minimum 45% fat content). It is moulded when half-cooked and the crust is rubbed with salt. Made since the 16th century, Abondance takes its name from the valley where it originated and the local breed of dairy cows. It is round, 8-9 cm (3-3 1/2 in) thick, weighing 7-12 kg (15-26 lb), with a colour varying from ochre to brown. The taste is subtle and nutty, with great fruitiness. The best cheese is made from the milk of Alpine herds.

ABOUKIR a French dessert made of a sponge cake cooked in a charlotte mould, then cut horizontally in slices which are sandwiched with chestnut cream. The cake is iced with coffee fondant icing and decorated with chopped pistachio nuts.

Aboukir almonds are glazed petits fours made of blanched almonds pressed. They are glazed by holding them on a skewer and dipping them into caramel or briskly boiled sugar.

ABRICOT-PAVS A fruit from the West Indies, the size of a small melon. Its only resemblance to the apricot is the colour of its flesh, which is, however, firmer than apricot flesh. After removing the thick skin and the harder white parts, the pulp is used to make jams, sorbets and fruit juices.

ABSINTHE. A famous, or infamous liqueur, Absinthe takes its name from an aromatic plant (see Artemisi), which contains an alkaloid used since ancient times as a tonic. Wormwood is the principal one of 14 herbs which are macerated in grape spirit, but hyssop and mint are also included. It is famous for its green colour, and was called the *fee vertee* ('green muse') in France (Although the Swiss make a blue one).

The liqueur absinthe was first made commercially by H.I. Permod in 1797. Absinthe may be served with water (as pastis are). However, a big part of the old absinthe ritual was first to balance a sugar lump on a special flat, pierced spoon over the glass and pour the spirit over it. The liqueur was hugely popular in France from the middle of the 19th century, and was taken up by the avant-garde poets and painters. It spread to London and Louisiana.

Absinthe contains a powerful drug, which has serious effects on the nervous system, and its manufacture and sale were prohibited by law in France on 16 March 1915 and subsequently across Europe. However, it was never banned totally and has crept back in the 21st century as a specialist drink. Period and the various forms of pastis are now flavoured with aniseed.

In his *Grand Dictionnaire de cuisine*, Alexandre Dumas relates the following anecdote:

"De Musset's fatal passion for absinthe, which incidentally perhaps gave his poetry its bitter flavour, caused the Academie to make a modest pun. De Musset was, in fact, missing many of the sittings of this august body, aware that he was in no state to attend.

"One day one of the distinguished forty members said to another: "Really, do you not think that Alfred de Musset absents himself rather too often?"

ACCOLADE, EN in France this describes the presentation on the same plate of two similar kinds of foods, leaning against each other, usually poultry and game birds. In former times meat and fish might also have been served in this manner.

ACCOMMODER. A French term meaning to prepare a dish, including the preceding operations

as well as the seasoning and cooking.

ACETABULUM in Roman times, a vessel for storing vindegar (acetum in Latin). The word also indicated a measure equivalent to 275 ml (9 fl oz). The Romans used wine vinegar, plain or strongly seasoned with pepper, but in non vine-growing regions they made vinegar from fruit (figs, pears or peaches).

ACETOMEL. A syrupy mixture of honey and vinegar used in sweet-and-sour preserved fruits (such as grapes or quartered pears or quinces). The name comes from two Latin words, acetum (vinegar) and mel (honey).

ACHAR. An Indian term for a pickle. Relished throughout the Indian subcontinent, in Reunion Island, Indonesia and the West Indies and brought to Europe by the English in the 18th century, achar is made from a mixture of fruit and vegetable which are chopped and steeped in a spicy sauce, often oil – based and frequently flavoured with saffron. Exotic achars may be made from palm hearts, limes, dates rose petals, ginger and bamboo sprouts, but onions, pumpkins, cauliflower and caperas can be used in the same way. Some achars are very sharp-flavoured and piquant; others are milder and even sweet.

RECIPE

Vegetable achar with lemon

Cut thin-rinded lemons into quarters and remove the seeds. Cut some carrots, sweet (bell) peppers and seeded cucumbers into strips about 4 cm (1 ½ in) long, and cut some thing green beans and cabbage leaves into tiny florets. Steep the lemons and the vegetables separately in coarse salt. After 12 hours, wash the lemons and soak them in cold water for 24 hours, changing the water several times, then boil them in water until the quarters have become soft. Drain and dry them. When the vegetables have been steeping for 36 hours, dry them too. Finely mince or grate some onion and fresh root ginger (or use a blender). Add cayenne pepper, vinegar and powdered saffron, then some best-quality olive oil. Place the lemon quarters and vegetables in a jar and cover with the aromatized oil, Seal and store in a cool place.

ACHARD, FRANZ KARL German chemist born in Berlin, 1753; died Kunern, Silesia, 1821), whose French forebears had emigrated after the revocation of the Edict of Nantes. Carrying out research into a product designed to replace cane sugar, he succeeded in 1796 in perfecting the first industrial process for the extraction of beet sugar. This invention was disregarded by the Institut de France as being of no value, but received the support of the Prussian King Frederick William III, who provided Achard with funds in 1802 for the establishment of a sugar factory in Silesia. This eventually ended in failure as production was too costly, and Achard died in poverty.

ACID The term denotes a taste sensation (it is one of the four fundamental flavours – see taste, flavour) – as well as a chemical function. Any substance is acid which, in a water solution, can give off hydrogenions. The degree of acidity is defined by the hydrogen potential (pH), the scale of which varies from 0 (very acid) to 14 (very alkaline), 7 being the pH value of pure water, which is neutral.

Mineral acids, which are generally ‘strong’ such as sulphuric acid), may be distinguished from the ‘weak’ organic acids, such as citric and malic acid in fruit, phosphoric acid in cheese, meat and fish, and tartaric acid in wine. In addition to organic acids, foods contain other

assimilable acids; ascorbic acid, amino acids and fatty acids.

Culinary applications Acid foods and those to which acid (such as acetic acid or vinegar) is added are more easily preserved, for many micro-organisms do not develop when the pH value is low. Also the vitamin C content is better preserved in an acid environment.

A weak acid, such as lemon juice, prevents artichoke hearts, avocados, sliced apples, bananas, chicoy (endive) and peeled potatoes from going black through oxidation.

Acids help proteins to coagulate, which is why vinegar or lemon juice is used in a court-bouillon and in the cooking liquor of a blanquette or of poached eggs.

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Acidification is a sign of deterioration. When the lactose in milk becomes lactic acid, the milk is said to have gone sour. Sour cream, however, is sometimes used in cooking; it can be made by adding a few drops of lemon juice to fresh cream.

ACIDULATE To turn a liquid or a dish slightly acid, tart or piquant by adding a little lemon juice, vinegar or the juice of unique fruit. Acidulate also means to make sour cream by adding a few drop of lemon juice to fresh cream.

ACRA Also known as akra. A savoury fritter made by mixing a spiced puree of vegetables or fish with fritter batter. Acras, which are popular in the Caribbean, are served very hot as a starter, or with punch as cocktail snacks. Acras are also known as miranades and bonbons à l’huile, as well as ‘stamp and go’ in Jamaica and surullitos in Puerto Rico. They are most often made with

salt cod, but alevin (baby salmon), mackerel and crayfish are also used, as well as breadfruit, aubergines (eggplants), palm hearts, Caribbean cabbage, pumpkin and other vegetable.

RECIPE

Salt-cod acras

Place about 500 g (18 oz) salt cod in cold water for 24 hours to remove the salt, changing the water several times. Make a fritter batter with 200 g (7 oz, 1 ¾ cups) plain (all-purpose) flour, a pinch of salt and enough water to obtain a thick batter, then leave it to stand for 1 hour. Place the desalted cod with a little cold water and a bay leaf in a saucepan; cook gently for 10 minutes. Drain and flake the fish, then mix it with 4 teaspoons olive oil, salt and cayenne pepper. Finely chop 2 shallots and 4-5 chives, then add these to the cod. Stir the cod mixture into the batter. Stiffly whisk 2-3 egg whites and fold gently into the mixture. Drop spoonfuls of the mixture into hot oil and deep-fry until crisp and golden, turning once. Drain and serve hot.

ACROAMA A spectacle which livened up a banquet in Roman times: acrobats, flute players and dancers, mimes and parodies, even combats between men or animals. Of Greek origin, the name meant 'that to which are listens'. The acroama tradition continued in different forms, through the medieval story-tellers, jugglers and mountebanks, to become a musical entertainment or accompaniment.

ADVOCAAT A liqueur made with beaten egg yolks, sugar and spirit, served both before and after meals. The best-known brands are made in the Netherlands. It is sometimes used in mixes, especially the snowball (with fizzy lemonade).

AFRICA See Black Africa, North Africa, South Africa.

AFRICAÏEN, À L' The French term is used to describe an accompaniment of olive-shaped potato pieces, which are browned in butter, and two other vegetables – cucumber, aubergine (eggplant) or courgette (zucchini) - which are sliced and either sautéed in oil or steamed. This accompaniment is served with large joints of roast mutton, which may be flavoured with powdered rosebuds (as in Tunisia) or with a combination of herbs and spices, including thyme, bay, cumin, cloves or coriander (cilantro). The sauce for dishes served à l'africaine is a rich demi-glace flavoured with tomato.

AGAPE A meal that the early Christians took together. The word comes from the Greek agape, meaning love, and was originally used to describe a frugal meal. After the mass the faithful would come together to share a light meal of bread and wine, the aim of which was to recall the ideals of sharing and charity preached by the Christians.

AGAR-AGAR A viscous substance, also known as Bengal isinglass and Japanese or Ceylon moss, agar-agar is an extract of seaweed from the Indian and Pacific Oceans. It is the vegetarian gelling agent - and produces a firmer jelly which does not melt as readily as gelatine. It is principally used in the food industry, in desserts, ice creams, sauces and canned soup. It comes either in the form of small transparent crumpled strips of various colours, or in loaves or powdered form. When dissolved in water over a low heat, its gum blends with the water, on cooling, it sets to a jelly. Called Kanten in Japan, it is added to soups.

AGARIC To psallote Any of genus of field and woodland mushrooms with a white cap, pink then brownish gills, and a stalk bearing a single or a double ring. According to the species, the flesh may be tinted with pink, reddish-brown, brown or yellow. The group includes many edible

mushrooms (see mushrooms) with a delicate flavour and smell, often on aniseed.

AGAVE The Latin and popular name of a family of large plants with enormous spiked fleshy leaves, originating from Mexico, of which Maguey is one type. The fermented sap is used in several Latin American countries to make fermented drinks, such as pulque, mescal and tequila.

AGEING *Vieillessement* The process of keeping a wine with the intention of improving its qualities of taste and bouquet. Most wines spend a period of time in tank after fermentation, but the ageing process usually refers to a period spent in wooden casks, often oak, which allows a gentle form of oxidation to take place, as well as interaction between the wine and wood. Bottle ageing is also an important phase in the maturation of many fine wines, such as traditional red wines of Bordeaux, top-quality Sauternes, vintage port and fine wines from around the world, particularly those made from the Cabernet Sauvignon grape. Wines such as Sherry, Madeira and Vin Doux Naturel are aged in the presence of air to promote controlled oxidation which is an important part of their flavour development.

AGEING OF MEAT The slow change that takes place in a meat when it is left for a period of time and reaches a state in which it is suitable for consumption or further processing. After the animal is killed, the flesh is still warm and it passes through a stage known in France as *pantelante* (twitching). Then *rigor mortis* sets in. In the next stage, *rassise*, the flesh becomes more tender and flavoursome as the sinews are less taut and the muscles relax. The speed and intensity with which meat ages is influenced both by the quality of the meat (which is affected by the animal's diet) and the ambient temperature. See hanging.

AGNES SOREL A French garnish consisting of cooked button mushrooms, breast of chicken and pickled ox (beef) tongue, cut according to the dish being garnished (omelette, fried or braised veal, or supreme of chicken). In Agnes Sorel soup the garnish is cut into thin strips and added to the thickened soup.

Mistress of the French King Charles VII, Agnes Sorel was a celebrated cook who gave her name to several dishes. 'To attract and keep the attentions of Charles VII, she engaged the best chefs of the time. She had no hesitation in making personal appearances in the kitchens. Two of her creations will go down to posterity; woodcock salmis and her little timbales.' (Christian Guy, *Une Histoire de la cuisine française*, published by les Productions de Paris.)

RECIPES

Agnes Sorel tartlets

Fill tartlet cases with a layer of creamed chicken puree, containing chopped truffles if desired. Surround with a border of small rounds of cold cooked chicken breast and pickled ox (beef) tongue. On each tartlet place a mushroom cap which has been cooked in a white court-bouillon. Warm through in a preheated oven at 160° C (325° F, gas 3) for 10 minutes. Pour cream sauce over the mushrooms before serving.

Agnes Sorel timbales

Butter a dozen dariole moulds, put a very thin layer of chopped truffles in half of them and in the other half a similar layer of chopped cooked pickled ox (beef) tongue. Prepare 500 g (18 oz) chicken mousseline (see forcemeat) and flavour it with a few spoonfuls of soubise* puree; the mixture should be thick. Cover the base and sides of the moulds with the chicken mousseline. Fill the centre with a salpicon of chicken and truffles, bound with a little reduced Madeira sauce, then cover the tops of the moulds with a final layer of chicken mousseline. Place the moulds in shallow pan and cook in bain marie for 12-15 minutes. When ready to serve, turn out of the

moulds and arrange on a dish; serve with Madeira sauce separately.

AGRAZ A sorbet made from almonds, verjuice and sugar, popular in North Africa and Spain (its name is the Spanish for verjuice), Agraz, which has an acid flavour, is served in large sorbet glasses and may be sprinkled with kirsch.

AGUARDIENTE An alcoholic spirit from a Spanish-speaking country. In vine-growing regions (like Argentina, Chile and Spain) it is made from grape must, and so is the equivalent of the French marc or the Italian grappa. Spanish ones range from the crudest local Galician spirit to the sophisticated range of anis spirit, sold under brand or regional names. Like grappa they may also be fruit-flavoured (see anisette). Aguardiente may also be made from distilled sugar-cane molasses called caña in the Mediterranean and Central America.

AID A French way of serving flatfish fillets (brill or turbot). It is distinguished from preparations a la florentine by the addition of paprika to the Mornay sauce and the spinach.

AIGO BOULIDO Provençal name for a soup made from boiled water (hence its name, which may also be spelled bouido or bullido) and garlic. It is one of the oldest culinary traditions of this region, where they have the saying I aigo bouldido suave lo vito (garlic soup saves one's life).

RECIPE

Aigo bouldido

Bring 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{3}$ cups) water to the boil. Season with $\frac{1}{2}$ teaspoon salt and 6 crushed garlic cloves. Boil for about 10 minutes, then add a small sprig of sage, preferably fresh, one quarter of a bay leaf and a small sprig, preferably fresh, one quarter of a bay leaf and a small sprig of thyme. Remove at once from the heat and leave to infuse for several minutes, remove the herbs. Blend 1 egg yolk with a little of the cooled soup, then stir it back into the soup to thicken it. Pour the soup over slices of bread which have been sprinkled with olive oil.

Aigo bouldido with poached eggs.

Poach some eggs in aigo bouldido stock. Place a slice of bread in each hot soup plate and top this with a poached egg. Ladle the soup over and sprinkle with chopped parsley to serve.

If preferred, 2 chopped and seeded tomatoes, a small sprig of fennel, a pinch of saffron, a piece of dried orange zest and 4 sliced cooked potatoes may be added to the basic aigo bouldido stock. In this case serve the poached eggs separately on the potatoes and pour the flavoured soup over the slices of bread sprinkled with chopped parsley.

AIGUEBELLE A plant-flavoured liqueur made at the Aiguebelle monastery near Montelimar, France.

AIGUILLETTE The French name for a long narrow fillet, taken from either side of the breastbone of poultry (mainly duck) and game birds. This separates easily from the underside of the breast meat and is a popular chef's item for small dishes. An aiguillette can also be a thin strip of any meat. In France the tip of a rump of beef is called atiguillette baronne.

RECIPE

Jellied beef aiguillettes

Put 1 calf's foot and some veal bones in a saucepan, cover with cold water and bring to the boil. Drain, then cool them and wipe dry. Slice 575 g (1 $\frac{1}{4}$ lb) new carrots and 1 large onion, quarter 2 tomatoes and peel 2 small garlic cloves.

Heat 2 tablespoons oil in a flameproof casserole and brown 1.25 kg. (2 ¾ lb) slivers of beef *aiguillettes* which, if possible, have been larded by the butcher. Add the sliced carrots and onion, the calf's foot and the veal bones; continue to cook until the onions are coloured. Remove any excess oil with a small ladle, then add the tomato quarters, a bouquet garni, a small piece of orange zest, a pinch of salt, pepper (a few turns of the pepper mill), a dash of cayenne pepper, 250 ml (8 fl oz, 1 cup) dry white wine and 500 ml (17 fl oz, 2 cups) water. Cover and slowly bring to the boil, then place the casserole in a preheated oven at 180°C (350°F, gas 4). Cook for about 2 ½ hours or until the meat is tender, stirring the meat from time.

In a large uncovered pan, simmer 30 small peeled button onions with 25 g (1 oz, 2 tablespoons) butter, 2 teaspoons caster (superfine) sugar, a pinch of salt and just enough water to cover them. Cook until the onions in the caramel which has formed. Drain the *aiguillettes* (reserving the cooking liquid) and arrange them in a deep dish or terrine with the sliced carrots and the small onions. Set aside until cold, then refrigerate.

Remove the bones from the calf's foot and cut the flesh into cubes, strain the cooking liquid back into a saucepan, add the calf's foot cubes and boil for about 10 minutes, then strain. Dissolve 15 g (½ oz, 2 envelopes) powdered gelatine in the minimum of water, then add the strained cooking liquid and 100 ml (4 fl oz, ½ cup) Madeira; check seasoning, then leave to cool until syrupy. Coat the *aiguillettes* with the setting liquid, then refrigerate until set and ready to serve.

AILLADE A feature of the cuisine of Southern France, which varies according to the region where it is made. In Provence, it is either a vinaigrette sauce with garlic or a slice of bread rubbed with garlic, soaked in olive oil and grilled (broiled) (*pain à l'aillade*). In Languedoc, the *aillade* from the Toulouse area is a variation on *aioli* mayonnaise made with blanched and ground walnuts, while in the region of Albi *aillade* is another name for *aioli*.

RECIPE

Aillade sauce

Peel 4 garlic cloves, crush or finely chop them and place in a basin with salt and pepper. Gradually blend in 2 tablespoons olive oil, stirring well, Mix in 2-3 teaspoons vinegar, a few springs of chopped parsley and, if desired, 2 tablespoons chopped shallots and chives.

AILEE A French condiment of the consistency of mustard, made with breadcrumbs, ground almonds and garlic, mixed with stock. The origin of *ailee* is uncertain, but it is likely that it originated in Paris, where in the 13th century no fewer than nine merchants are known to have dealt in it.

AIOLI, also known as *ailloli*, A Provençal emulsion sauce of garlic and olive oil, best known in its mayonnaise form with egg yolks. The Provençal name comes from *ail* (garlic) and *oli* (dialect for oil). The Spanish *alioli* of raw garlic pounded with oil was first recorded by Pliny in the first century AD in Taragona (on the east coast), it too is now made with added yolks. Leon Daudet maintained that the use of garlic in the food of Mediterranean peoples went back to the beginning of cooking, and he considered the culinary use of garlic had achieved its peak of perfection in *aioli*. Frederick Mistral, who in 1891 founded a journal entitled *L'Aioli*, wrote epitomizes the heat, the power, and the joy of the Provençal sun, but it has another virtue – it drives away flies'

Aioli is served with cold poached fish, *bouillade* (fish soup), hard-boiled eggs, salad, snails or cold meats. But when a Provençal talks of a *grand aioli*, which is eaten only two or three times a year, he means a sumptuous dish which, as well as the sauce, includes poached salt cod, boiled beef and mutton, stewed vegetables – carrots, celery, green beans, beetroot (beef), cauliflower and chick peas – and, as a garnish, snails and hard-boiled eggs.

RECIPES

Aioli

Peel 4 large garlic cloves (split them in two and remove the germ if necessary). Pound the garlic with 1 egg yolk in a mortar or blender. Add salt and pepper and, while pounding or blending, very gradually add 250 ml (8 fl oz, 1 cup) olive oil, as for a mayonnaise. The sauce is ready when it is thick and creamy. The bulk of the sauce is sometimes increased by adding 2 teaspoons mashed boiled potato.

Aioli without eggs

Cook a whole head of garlic, unpeeled, in a hot oven for about 30 minutes. Peel the cloves and mash to a puree. Add salt and pepper and thicken like a mayonnaise working in 150 ml (1/4 pint, 2/3 cup) olive oil and 150 ml (1/4 pint, 2/3 cup) groundnut (peanut) oil.

Cod aioli

Cook 575 (1 ¼ lb) small potatoes in their skins in salted water. Keep a little of the cooking water and thicken it with 100 g (4 oz, ½ cup) aioli (made with egg yolks). Coat the potatoes with the aioli sauce and sprinkle with chopped parsley. Poach 1 kg (2 ¼ lb) soaked and drained salt cod in a mixture of water and milk. Arrange the cod on plates and put the potatoes on top.

AISY CENDRE. A soft cheese from Burgundy made with unpasteurized cow's milk (minimum 45% fat content), with a washed crust. Made in farms in the Monthand region of the core d' Or, it is a round cheese 10 cm (4 in) in diameter and from 3-6 cm is matured beneath a layer of ashes of vine shoots, from which it acquires its name and its powerful earthy flavour.

ALBACORE in cuisine, canned white tuna, and also the two fish from which it comes, of the family scombroidae. In French-speaking countries albacore refers to the yellow-finned tuna, the most gaily coloured of the tunas, a fish that can reach 2 metres (6 ft) long and a weight of 200 kg (440 lb.). it is fished in the tropical waters of the Atlantic, and off the African and Japanese coasts. Its lightly-pink flesh provides the greater part of the white tuna that is canned in Japan it is cooked as sbibi.

In Britain, America and Australia albacore is *Tunmus alalunga* (germon in French). From this comes the canned white tuna of the highest quality. Known as the long-fin (sometimes the white) tuna, it is half the size of the other – it rarely reaches 1 metre (3 fit). It swims in the warm waters of the world and is an eminent sporting fish. The flesh can be tried, poached or braised, but raw is highly prized in Japan for susbi and sasbini.

ALBERT An English sauce dedicated to Prince Albert of Saxe-Coburg-Gotha, husband and consort of Queen Victoria, it is made from a white consomme seasoned with grated horseradish, thickened with breadcrumbs and enriched with cream and egg yolks, Mustard thinned with vinegar or lemon juice is added to give a final piquant touch. This hot sauce accompanies joints of braised beef.

The name Albert is also given to a method of serving sole, dedicated to Albert Blazer, maire d'hotel at Maxim's between the World Wars.

ALBIGOEOISE, A L' This garnish, named for the town of Albi, consists of stuffed tomatoes and potato croquettes; it accompanies joints of meat.

The term is also applied to methods of preparing dishes using products from sought-western France.

RECIPE

Shoulder of lamb a lalbigeoise

Bone the should and fill the bone cavity with a stuffing of half sausagemeat and half chopped pig's liver, seasoned with garlic, chopped parsley, salt and pepper. Roll the shoulder as for a ballotine and tie to secure. Weight the stuffed joint. Brown the rolled shoulder in very hot fat, then place it in a roasting dish; surround with quartered potatoes (or whole small new potatoes) and 12 blanched garlic cloves, season with salt and pepper and sprinkle with a little melted fat. Cook the lamb in a preheated oven at about 200°C (400°F, gas 6), allowing 20 minutes per 450 g (1 lb), plus 20 minutes more. Sprinkle with chopped parsley to serve.

This dish is traditionally cooked and served in an ovenproof earthenware dish.

ALBUFERA, A LA D' The name given to several baute cuisine (notably chicken and duck) dedicated by Careme to Napoleon's Marshal Suchet, Duc d'albufera (the name of the lake at Valencia, near which he won a victory over the English).

RECIPES

Albufera sauce

Prepare a supreme sauce using 500 ml (17 fl. oz. 2 cups) thick rich children veloute sauce, 400 ml (14 fl oz, 1 ¾ cups) white chicken stock, 400 ml (14 fl oz, 1 ¾ cups) crème fraiche and 50 g (2 oz, ¼ cup) butter. While the sauce is cooking, sweat 150 g (5 oz) sliced sweet (bell) peppers in 50 g (2 oz, ¼ cup) butter. Allow to cool, then puree the peppers in a blender. Work in 150 g (5 oz, 2/3 cup) butter and press through a sieve. Reduce the supreme sauce to 500 ml (17 fl oz. 2 cups), then add 3 tablespoons veal stock and 2 teaspoons the pepper butter, Rub through a fine sieve. Serve the sauce hot.

Chicken a la d'albufera

Half-cook some rise in a white stock and add a salpicon of truffles and fole gras. Stuff a chicken with this mixture and poach in the white stock. Arrange it on a serving dish, surrounded with an Albufera garnish – pickled ox (beef) tongue, sliced and sauteed calves' sweetbreads and mushrooms. Coat with Albufera sauce.

Ducklings a la d'Albufera

Dress and truss 2 young ducklings. Cut 12 pieces of smoked Bayonne ham in to heart shapes. Put into a saucepan 50 g (2 oz, ¼ cup) best butter, the pieces of ham, then the ducklings, a bouquet garni, an onion stuck with 2 cloves and half a glass of Malaga (or another Muscat) wine. Cover the contents of the saucepan with a circle of buttered paper. In a restaurant this is cooked by placing the pan on a paillasse (brick hearth with charcoal fire), with flames above and below but not too fierce, so that the ducklings cook without frying. At home cook in a preheated oven at 200°C (200°F, gas6). After 20 minutes, turn the ducklings and remove the onion and the bouquet. After a further 20 minutes, train them, untruss and place on a serving dish. They should be well browned. Garnish with thins slices of ham. Skin off the fat from the juices in the pan and add 2 tablespoons financiere* sauce with the fat removed. Add 2 punnets of lightly fried very small mushrooms and coat them with the sauce.

Sirloin a la d'Albufera

Aloyau a la d'albufera (from Careme's recipe) Braise a sirloin joint. Make some turtle sauce, add a little butter and some of the beef juice, then stir in a plateful of sliced and sautéed calves. Sweetbreads, a plateful of sliced pickled ox (bee) tongue and some mushrooms. Spoon some of

this ragout round the beef and then cook to reheat. Garnish the dish with slices of young rabbit fillet à la d'Orly (egged, crumbed and deep-fried) and 10 skewers laid on the beef, each assembled as follows: first a fine double cockscomb, a slice of young rabbit, à la d'Orly, a cockscomb, a large glazed truffle, a cockscomb, and finally a glazed black truffle. Serve more ragout in two sauceboats.

ALCARRAZA A porous earthenware vessel used for cooling drinks. The name is Spanish and derives from the Arabic al karaz (pitcher). It was introduced into France in the 18th century. The Alcarraza is suspended, preferably in the shade, in a draughty place. Liquid oozes out through the porous surface of the vessel and evaporates, thus lowering the temperature and cooling the contents of the pitcher.

ALCAZAR A French gâteau made with a base of enriched shortcrust pastry covered with a layer of apricot marmalade and topped with a kirsch-flavoured almond meringue mixture. The gâteau is decorated with apricot marmalade and lattice of almond paste. It keeps well for two or three days.

RECIPE

Alcazar gâteau

Line a flan tin (pie pan) with 250 g (9 oz) pâte sucée (see pastry), prick the base and spread with 2 tablespoons apricot marmalade or jam. Whisk 4 egg whites and 125 g (4 ½ oz, 1/2 cup) caster (superfine) sugar over heat to a stiff meringue, then fold in 50 g (2 oz, ½ cup) ground almonds, 50 g (2 oz, ½ cup) plain (all-purpose) flour and 2 tablespoons melted butter mixed with 1 tablespoon kirsch. Pour this mixture into the prepared flan case and cook in a preheated oven at 200°C (400°F, gas 6) until the top has browned. Turn the gâteau out of the tin and cool it on a wire tray.

Using a piping bag with a fluted nozzle, pipe softened almond paste into a lozenge-shaped lattice over the top of the gâteau and then as a border around the edge. Replace it in the oven to brown the almond paste. Over a low heat reduce 200 g (7 oz, ¾ cup) apricot marmalade or jam and fill each of the lozenge shapes, then place half a pistachio nut in the centre of each one. If desired, the border may also be glazed with apricot jam and coated with chopped roasted pistachio nuts.

ALCOHOL. The common name for ethanol. The word was first used by alchemists who derived it from the Arabic al kohl., which came to mean any product that represented concentration or the essence of any raw material. From that it came to be known as the product of distillation. In the Middle Ages alcohol was considered an elixir of life (acqua vitae, from which it acquired the name eau-de-vie) and was mostly reserved for therapeutic use. It came to be used as a drink towards the end of the 15th century, when it was infused with all kinds of herbs and plants. Finally, the invention of the rectification process and the continuous still transformed it into a product for the mass market.

Ethanol is produced by the action of yeast on sugars during the fermentation process. These sugars are the naturally occurring sugars in fruit such as grapes, pears, apples and berries or are obtained from starch sources such as cereals, potatoes and sugar beet, modified by the action of malting enzymes into fermentable sugars.

The source of the fermentable sugar gives each product its own character – grapes ferment into wine, pears into perry, apples into cider and cereals into beer. Distillation of these liquors creates another range of drinks such as brandy, eaux-de-vie, marc and whisky. Vegetable substrates usually pass from fermentation to distillation into products such as vodka and gin. In some parts of the world fermentable sugars are provided by plants such as sugar cane, agave and

palm, which in turn produce rum, tequila and various alcoholic liquors.

The alcoholic content of a wine or spirit is now usually measured as the percentage by volume of pure ethanol in the liquor, measured at 20°C (69°F). This has largely replaced the Gay-Lussac scale. Alcohol has antiseptic properties and nutritional value, but it becomes toxic when there is more than a certain amount in the blood.

Alcoholic drinks may be drunk on their own or with soft drinks. They are also widely used in cooking. For example wine, beer and spirits can all be used in savoury and sweet recipes.

AL DENTE An Italian expression (meaning literally 'to the tooth') indicating the correct degree of cooking for pasta, which must be removed from the heat and drained while it is still firm enough to bite into. The expression may also be applied to certain vegetables, such as green beans, which are served while still retaining crunchiness.

ALEMBIC Apparatus used in distillation. The name derives from the Arabic al'inhiq (distilling vessel).

The traditional alembic, made of copper, comprises a boiler (called a cucurbit) in which the mixture to be distilled is heated, a cap where the vapours collect, and a bent pipe that carries the vapours to the serpentine, a spiral coil passing through a cold bath, where they condense. This type of alembic, known as charentais, discontinu, or a repasse (because the alcohol passes through it twice), is used for distilling most of the great eaux-de-vie or alcoholic spirits, but alembics of the continuous distillation type are also used - for Armagnac, for example - and double-towered alembics, in which the alcohol does not have to pass through twice, are used in industry.

ALEXANDRA The name given to several French dishes (chicken consomme, parmentier soup with vegetables, fillets of sole, sautéed chicken, potroast quail, noisette uotlets and tournedos steak), served with a sauce and garnished with a thin slice of truffle and with asparagus tips (if the sauce is white) or quartered artichoke hearts (if it is brown).

Alexandra is also the name of a cocktail based on crème de cacao (chocolate liqueur).

RECIPE

Sautéed chicken Alexandra

Joint a chicken and saute the joints in butter until cooked. Remove and keep them hot. Add 100 ml (4 fl oz, ½ cup) white stock to the saute pan and cook briskly to reduce it, then add 1 ½ cup white stock to the saute pan cook briskly to reduce it, then add 1 ½ oz, 3 tablespoons) butter, then strain the sauce. Arrange the chicken in a dish, coat with the sauce and garnish with buttered asparagus tips.

ALGAE Simple plants which constitute the flora of the seas, lakes and coasts. According to their pigmentation, algae are classified as green (including ulva or sea lettuce, chlorella, chondrus), brown (including fucus and laminaria), red (porphyra) or blue-green (primitive organisms resembling bacteria). Some of them are edible.

Ancient Britons, the Irish, the river-dwellers in Chad and the Mexican Indians all appear to have been very early collectors of algae, with which they made bread and a type of pancake. In the Far East algae have always had particular gastronomic value. Their present day role in the food industry worldwide on account of their gum content (see agar-agar, emulsifer, gelling agent) makes growing them big business.

Algae are quite used in Celtic cookery in Europe, the most common being porphyra, rhodymenia and chondrus, (see carrageen, laver, sloke.) Chondrus is used as gelling agent for

desserts on both sides of the Atlantic. In Japan six kinds of algae are commonly eaten, constituting 10% of total food production. These algae are either taken from the sea or cultivated along the coasts. Nori, known as laver in the west, is dried and compressed into violet-coloured leaves, then used for wrapping balls of rice or fish. It is also used in powdered form as an iodized condiment. Dried kombu (kelp) is used to season stocks (principally dashi), rice and vegetables. It is also cut into strips and made into little 'nests' which are fried and served with vegetables. Wakame (used for miso soup) and hijiki are used to make soups and to colour various dishes.

ALGERIENNE, A L' This French garnish consists of sweet potato, either as croquettes or sautéed, and chopped tomatoes seasoned with garlic. It is served with large or small pieces of meat (paupiettes) as well as sautéed chicken. Sweet potato puree is used for the soup crème algérienne.

ALHAGI The Latin name of a small Mediterranean shrub also called camel's thorn. It has edible seeds that, in intense heat, exude a sugary substance which can be shaken from the bush. This may be the manna (from the Hebrew manhu, 'what is it?') mentioned in the Bible.

ALI-BAB One of the dishes named in honour of Henri Babinsky (born Paris, 1855, died Paris, 1931), whose pseudonym it was. A professional engineer from the Ecole des Mines, he published *Gastronomie pratique* under this name in 1907. During his travels throughout the world prospecting for gold and diamonds, he collected many recipes and cooked for his travelling companions. His book was republished several times with various additions, including an interesting study on treatment for obesity among gourmands (1923). This well-documented and humorous work is still of great interest historically and gastronomically, though of limited practical use.

RECIPE

Ali-bab salad

Turn some peeled shrimps in mayonnaise, arrange them in a mound in the centre of a serving dish or salad bowl and sprinkle with chopped fresh herbs. Surround with the following; courgette (zucchini) matchsticks, blanched in salted water; sweet potato, cut into small balls and boiled; hard-boiled (hard-cooked) egg cut into quarters; small tomatoes, peeled, seeded and quartered. Sprinkle the salad with vinaigrette and serve garnished with nasturtium flowers.

ALICIA Sermonlina made by the ancient Romans from a variety of semi-hard wheat known as *zea*, which was crushed in a wooden mortar. After sifting, it was divided into three categories according to its fineness, and whitened by the addition of crushed chalk. Alica was used to prepare gruels, cakes and special bread with raisins known as Picenum bread.

ALIGO A dish from the Auvergne region of France, made from potatoes, garlic and Cantal cheese. The cheese used must not be fully ripe; fresh Tomme cheese may be used instead, the best being Tomme de Planeze. The most difficult part of the preparation is mixing the cheese with the cooked potatoes, either as a puree or simply mashed with a fork.

A sweet aligot may be made by pouring a generous helping of run over the aligot in a gratin dish, and setting light to it.

RECIPE

aligot

smoothly mash 1 kg (2 ¼ lb) soft fondant potatoes (cooked very slowly in butter in a covered pan), add 1-2 crushed garlic cloves, 1 tablespoon bacon fat and sufficient milk to make a puree. Turn the puree into a bain marie, add 575 g (1 ¼ lb) thinly sliced fresh Laguiole cheese and stir vigorously with a wooden spoon until the cheese is evenly blended into the potato. The aligot is cooked when a smooth flowing elastic puree is formed.

ALIGOTE A white grape with high acidity, grown in Burgundy and in part of Eastern Europe. Dry and assertive, it is the traditional base for the aperitif Kir or vin blanc cassis.

ALIZE PAQUAUDE also known as Alise Pacaude. A traditional Easter griddle cake from the Vendee region of France, also called gache vendeenne. It is made with bread dough enriched with butter and eggs, sweetened and flavoured with orange-flower water, and can weigh up to 2 kg (4½ lb). The cake is supposed to be made on Easter Saturday, and the dough is left to rise for only 2 hours. The name means 'badly risen'.

ALLEMANDE A white sauce, described as 'German' to differentiate it from the brown espagnole 'Spanish' sauce, although both these basic sauces are of French origin. Made with veal or poultry stock, allemande sauce and eggs; made with a fish or mushroom fumet, it is served with fish.

RECIPE

allemande sauce

(from Careme's recipe) Prepare some veloute; pour half of it into a saucepan with an equal quantity of good chicken consommé containing some mushroom skin and stalks but no salt. Place the pan on a high heat and stir with a wooden spoon until it boils. Then cover the pan and simmer gently for about an hour to reduce the sauce; skim off the fat and return it to a high heat, stirring with the wooden spoon so that it does not stick to the pan. When the sauce is thoroughly reduced and well thickened, it should leave a fairly thick covering on the surface of the spoon. When poured, it should make a coating similar to that of redcurrant jelly at its final stage of cooking.

Remove the saucepan from the heat and make a liaison of 4 egg yolks mixed with 2 tablespoons cream. Put this through a sieve and add a knob of unsalted butter, the size of a small egg, cut up into small pieces. Pour this a little at a time into the veloute, taking care to stir with the wooden spoon to thicken as the liaison blends in. When completely thickened, place the allemande on a moderate heat, stirring all the time, and as soon as it has begun to bubble slightly, remove from the heat and add a dash of grated nutmeg. When well blended, press through a sieve.

Allemande sauce based on fish stock

This sauce is prepared in the same way as that based on meat stock except that the meat stock used in the preparation is replaced with a rich fish stock. This sauce may also be flavoured with a concentrated mushroom stock.

allemande sauce based on meat stock

Using a wooden spatula, mix together 2 or 3 egg yolks (according to size) and 400 ml (14 fl oz, 1¾ cup) white meat stock in a heavy-based saucepan over a low heat. Then stir in 500 ml (17 fl oz, 2 cups) veloute. Bring to the boil, whisking constantly to prevent the sauce from sticking, and constantly to prevent the sauce from sticking, and reduce until it coats the spatula. Check seasoning. Cut 50 g (2 oz, ¼ cup) butter into small pieces and mix into the sauce. Place in a bain marie, topping up the water from time to time. This sauce may be flavoured with a fumet of truffle or mushrooms.

ALLEMANDE, A L This French description is applied to a dish served with a white allemande sauce (see above). Alternatively it describe a method of preparing marinated game inspired by German cuisine: haunch or saddle of venison, saddle of hare or rabbit roasted with the vegetables from the marinade. A sauce to serve with the game is prepared by deglazing with the marinade.

RECIPE

calves' brains a l'allemande

Poach the brains in a court-bouillon, drain them and cut each into 4 slices. Coat these with flour and cook with alemande sauce.

ALLONGER The French term for extending a sauce, for example adding a liquid (water, stock, wine or bouillon) to a sauce that is too thick or reduced too much. The sauce is thus made thinner, but its flavour is less concentrated.

ALLSPICE A spice, also known as Jamaican pepper and (in France) as power giroflee, that is ground from the unique berries of *Pimenta officinalis*, a tree which grows in the Caribbean, Honduras and Mexico. Allspice has a strong odour of nutmeg, cinnamon and cloves, which is why it is sometimes mistaken for a mixture of different spices. It is used to season sausages, salt beef and pork, pickles, sauces, soured herrings, stuffings and even Christmas cake.

ALLUMETTE A small pastry strip (the French means 'match') cut from a long rectangle of puff pastry. They are topped with a savoury spread, garnished and baked. If this savoury is to be served hot, the spread whether made from one item (cheese, anchovies or shrimps) or a mixture, may be sandwiched between two layers of pastry. Iced allumettes are small individual pastries. According to Lacam, a pastrycook called Planta, who came from Dinard but was of Swiss origin, created these when using up some leftover icing (frosting).

Allumette potatoes are very thin matchstick-shaped fried potatoes.

Allumette potatoes

Cut some potatoes into small matchsticks 5 mm (1/4 in) thick, using a variety that does not disintegrate in cooking. Wash and dry them, then plunge into very hot fat and cook without letting them change colour. Drain, then plunge them back into the hot fat and cook until just golden. Drain and serve.

Iced sweet allumettes

Roll out some puff pastry to a thickness of 3 mm (1/8 in), and cut it into strips 8 cm (3 in) wide. Spread with a thin layer of royal icing (frosting). Cut the strips into 2.5-3 cm (1 - 1 1/4 in) lengths and place them on a baking sheet. Bake in a preheated oven at 180°C (350°F, gas 4) until the icing turns cream-coloured (about 10 minutes).

Savoury allumettes

Roll out some puff pastry to about 5 mm (1/4 in) thickness, and divide it into strips 8 cm (3 in) wide. Spread these with the chosen well-chilled filling, and top, if desired, a pastry strip or a selected garnish. Cut the bands into rectangles 2-3 cm (3/4 - 1 1/4 in) wide, and place them on a baking sheet. Bake in a preheated oven at about 200°C (400°F, Gas 6) for 12-15 minutes. Serve very hot.

Savoury allumettes can be prepared with the following fillings.

- with anchovies Anchovy butter filling, garnished with anchovy fillets (may be served cold).
- a fandalouse Chicken filling with paprika and a salpicon of lean ham and onions cooked slowly in butter.
- a la chalonaise Chicken filling with cockscombs and kidneys and diced mushrooms.
- a la chavetter Fish filling with crayfish butter, garnished with crayfish tails and truffles.
- a la carlate Veal filling with a salpicon of pickled tongue.
- A la florentine Spinach gently cooked in butter, mixed with bechamel sauce and grated Gruyere; dust allumettes with Parmesan cheese before baking.
- a la toscane when giving the last 3 folds to puff pastry, sprinkle with very finely grated cheese. Dust allumettes with parmesan cheese before baking.

ALMOND the fruit of the almond tree. On France the term is more loosely used for the almond kernel and is extended to the kernels within the stones, pits – of such fruits as the apricot and peach.) the outer layer of the almond is oval, green and velvety to the touch, it encloses a thick-shelled nut containing one or two seeds. Originating in Asia and known by the Romans as Greek nuts, it was explained by the Arabs for a range of culinary possibilities. Almonds were widely used in the Middle Ages to make soups, as well as sweet desserts (see blameange).

There are two varieties of almond both rich in sugar, albumen and oil: the edible sweet almond and the bitter almond, which has a very strong taste and poisonous in large amounts, containing hydrocyanic acid. California supplies half the world crop of almonds, followed by Spain and Sicily. The so-called Jordan almond (along, flat and slender -- and the best cocktail almond) is in fact from Spain, the name being a corruption of Jardin (a garden). French almonds grow in Provence and Corsica.

Fresh almonds appear early in the year. They are opened with a nutcracker and eaten for dessert. But almonds are mainly used dried and are served salted with apertifs.

Dried bitter almonds are used in small quantities to flavour cakes, pastries and confectionery and to make an essence. Dried sweet almonds whole, flaked (silvered), ground or made into paste or cream - are used in making cakes, biscuits (cookies), sweet and various sweetmeats. Celebrated among these are the sugar-coated dragee's and various forms of nougat. They flavour drinks like orgeat and Amaretto di Sarrano, and make a fine-quality oil, used in baking.

In cooking almonds may be accompany certain fish, in particularly trout, or meat such as chicken or pigeon. They are used as ingredients in such preparations as couscous, rice dishes, stuffings, pounded sauces with garlic, and compound butters.

RECIPES

blanched almonds

Put some dried almonds into a strainer and plunge into a saucepan of boiling water, then take the pan off the heat. As soon as their skin gives under the finger, drain some of the almonds, peel them straight away and plunge them into cold water. Do the same with the rest of the almonds, a few at a time. Drain and blot them, then dry them in a sieve over a very low heat; they must not go yellow. Store in a box or well-sealed jar, away from the light.

chopped almonds

Whole blanched almonds may be chopped by hand or in a blender. Flaked (slivered) almonds are thinly sliced lengthways by hand.

salted almonds

Heat some sweet blanched almonds in the oven until they turn slightly yellow, turning them once. Then fry them until golden in butter in a saute pan with a pinch of saffron, cayenne pepper and ginger. Drain on a cloth. To store, when cold, coat with a clear solution of gum Arabic and dust with fine salt.

toasted almonds

Spread flaked (silvered) almonds on a baking sheet and dry them in the oven, without any fat, until lightly brown.

ALMOND MILK A liquid preparation used on ground almonds. In the Middle Ages almond milk was a soup made with crushed almonds, balanced onions, wine and spices, heated with water until it thickened. The soup was served hot, either as a main dish or as a course between savoury dishes. Later on, almond milk became almost synonymous with blancmange, a cold dessert made from ground almonds and sugar, which are stirred into hot milk and then strained, setting to a jelly when cooled. This dish, which is not as popular as it once was, is now set with gelatine and is used as a base for cold desserts or sundaes, finished off with fruit and ice cream.

The French term *latt d'mande* is also used in classic patisserie for a round cake made from a paste coated with an apricot glaze, topped with a thin layer of almond paste, glazed again, iced (frosted) and then decorated with chopped roasted almonds.

RECIPE

almond milk jelly

Soak 3 leaves of gelatine in a little water. (3/4 oz, 1 1/2 envelopes of dissolved powdered gelatine may alternatively be added to the hot milk). Blanch 250 g (9 oz. Scant 2 cups) sweet almonds and 15 g (1/2 oz 1 tablespoon) bitter almonds in 500 ml (17 fl. oz, 2 cups) water for 2 minutes – or use all sweet, nuts. Drain and skin the almonds and pound them thoroughly in a mortar, adding a few drops of iced water to prevent the nuts turning into oil. When the paste is completely smooth, strain the gelatine liquid into the almond paste (reserving the leaves) and stir. Stretch some muslin (cheesecloth) over a bowl and pour the mixture on the cloth. Twist and squeeze the muslin to obtain 500 ml (17 fl oz., 2 cups) almond milk. Pour the milk into a saucepan. Crush the leaves of gelatine and add to the almond milk, together with 200 g (7 oz 1 cup) caster (superfine) sugar. Bring slowly to the boil, stirring continuously. Then strain through a fine sieve. Spoon into individual dishes or into a ring mould. Chill until set.

ALMOND PASTE A confectionery preparation consisting of ground sweet almonds mixed with their own weight of icing (confectioner's) sugar and a little glucose syrup. Almond paste was traditionally prepared by adding the ground almonds to a sugar syrup, then crushing the mixture.

Colored and flavoured, almond paste is sold in slabs or as individual sweets in the form of vegetables, fruits and animals (see marzipan). It is also used to fill sweet (candies), chocolates and dried fruits (such as dates and prunes) served as *petits fours*.

Almond paste is used extensively in patisserie, particularly for decorating or covering cakes. Granulated almond paste – in which half the icing sugar is replaced with caster (superfine) sugar, and egg yolk often replaces the glucose syrup – is used for coating cakes and *petits fours*.

RECIPE

Almonds paste

Grind 250g (9 oz, 2 cups) blanched sweet almonds in a blender, in small quantities, as they turn

oily if too many are worked together. Cook 500 g (18 oz., 3 cups) caster (superfine) sugar, 50 g (2 oz., 1/3 cup) glucose and 150 ml (1/4 pint, 2/3 cup) water to the 'small ball' stage (see sugar). Remove the saucepan from the heat, add the ground almonds and stir briskly with a wooden spoon until the mixture becomes granular. Leave to cool completely, then knead the paste by hand in small quantities until it is soft and easy to work.

ALOXE-CORTON – A commune of the Cote de Beaune in eastern France which produces some of the greatest Burgundy wines : both red and white are equally good, which is rare. Its reputation is centered on two grands crus, both situated on the hill of corton, is planted with vineyards on three sides and includes the grands cruz, Corton for red wines and Corton-Charlemagne for whites, Red wines are made only from the Pinot Noir grape and those from Corton may be described as such or may annex the name of their specific vineyard, such as Bressandes and Renardes. Each vineyard produces wine with its own particular characteristics; overall, the red wines of Cortons are of exceptional quality—dense and tannic when young maturing to fine wines with excellent aromas and fine palates.

Corton-Charlemagne is the largest white grand cru appellation in Burgundy. The wines, made only from Chardonnay grapes, are refined, concentrated and capable of long ageing.

Of a total vineyard area of 265 hectares (655 acres), over half is grand cru. The remainder is given the communal appellation. Aloxe-Corton and produces notable, but not exceptional, red and white wines.

ALSACE See page 12

ALSACIENNE, A L' This French description is given to dishes garnished with sauerkraut, ham, salted bacon and/or Strasbourg sausages. This garnish goes with roast or braised pork, fried pheasant, braised duck and goose. A l'alsacienne is also used to describe timbales (pies and terrines containing foie gras), as well as fruit tarts covered with an egg mixture.

RECEIPE

Fried eggs a l'alsacienne

Fry some eggs in goose fat, then arrange them on a bed of braised sauerkraut, alternating them with half-slices of ham. Surrounding with a border of demiglace sauce.

Pheasant a l'alsacienne

Truss the pheasant and cook it (unbarded) in butter in a flameproof casserole, turning until it is lightly brown, about 25 minutes. Braise some sauerkraut and bacon rashers (slices) in goose fat and put the sauerkraut in the casserole, placing the pheasant on to of it. Cover and cook in a preheated oven at 190°C (375°F, gas 5) for about another 25 minutes, or until the pheasant is tender. Cut the pheasant into portions. Slice some heated saveloys and cut up the hot bacon. Make a bed of sauerkraut on a hot serving dish, and garnish with the pieces of pheasant, bacon and saveloy.

Soft-boiled or poached eggs a l'alsacienne

Cook the eggs. Put layer of braised sauerkraut on a dish and place the boiled or poached eggs on it, alternating them with large strips of bacon which have been cooked in their own fat. Coat with a demi-glace sauce.

MANDINE An almond-based fancy pastry, of which there are several French kinds. It may be a tart or individual tartlets made with enriched short crust pastry, filled with a mixture of whole eggs, sugar, ground almonds, flour and melted butter, flavoured with rum and sprinkled with

flaked (silvered) almonds. After cooking, the top is glazed with apricot jam and decorated with crystallized (candied) whiteheart cherries.

A classic variation is to make a sponge cake with sugar, egg yolks, vanilla, ground almonds, flour, stiffly whisked egg whites and butter. The mixture is poured into a savarin (ring) mould and, after cooking, is iced with white fondant (frosting).

The flavour of an amandine cake may be enhanced with lemon peel or bitter-almonds essence.

Tartelettes amandines are small almond cakes, attributed to the pastrycook-poet Ragueneau, whose recipe Edmond Rostand gives in verse in *Cyrano de Bergerac*.

AMANITA A genus of mushrooms including some edible as well as many poisonous, indeed deadly, species, the latter include *A. phalloides* (death cap), *A. verna* and *A. virosa* (destroying angel). The most sought-after edible species is *A. caesareea*, the Italian orange (see Caesar's mushroom). Two other species are regarded as delicacies, both eaten cooked, *Amanita rubescens* is called 'the blusher' because its reddish-brown cap turns purplish-red in contact with the air. *Amanita naganata* is France's common gromette, named for its delicate grey cap, which is ribbed around the edges. Common under beech trees, it is one of the best wild fungi.

AMARANTH Plants of the *Amaranthus* family have a wide variety of good uses. One was used to make a red food dye from the purple flower (the name comes from the Greek and means 'unfading'). This was synthesized to make the food dye E123, which was banned everywhere by the late 1970s.

A relative of spinach (and similar flavour), varieties are eaten in India, Africa (where they may be called 'bush green's) and South-east Asia. There are two sorts of Chinese spinach, eaten fresh or salt-pickled. The better, and very early, one has red stems and is known as red in snow.

AMARETTO DI SARANNO An Italian liqueur flavoured with apricot kernels, almonds and aromatic extracts. It may be used to flavour fruit salads and whipped cream.

AMBASSADEUR Also known as ambassadrice. A dish involving very elaborate preparation, typical of classic cuisine on a grand scale. For large joints ambassadeur or ambassadrice garnish includes artichoke hearts studied with duxelles, and duchess potatoes piped into roasters and browned in the oven. The dish is accompanied by grated horseradish served separately. Ambassadeur soup is made with fresh peas.

RECIPES

Ambassadeur soup

To 1.5 litres (2/14 pints, 6 ½ cups) Saint-Germain soup, add 3 tablespoons shredded sorrel or a mixture of sorrel and lettuce softened in butter together with 1 ¼ tablespoons rice cooked in consommé, and finally some sprigs of chervil.

Boiled or poached eggs ambassadrice

Bind a mixture of chopped truffles and foie gras with a well reduced demi-glace flavoured with sherry. Fill puff pastry tartlet cases with this mixture and arrange the eggs on top. In the centre place a bunch of asparagus tips. Coat with supreme sauce.

Chicken ambassadrice

Use a veloute sauce to bind a mixture of chopped lamb's sweebreads, truffles and mushrooms; stuff a good-sized chicken with this mixture. Cook the chicken until tender in a flamerpoof casserole with a puree of vegetables cooked in meat stock. Arrange the fowl on a round dish and surround it with tartlets filled with sauteed chicken livers (formerly cockscombs and kidneys would have been added). Place a thin slice of truffle on each tartlet. Deglaze the casserole with Madeira and veal stock, and coat the fowl with this sauce.

Chicken croutes ambassadrices

Fill some small croutes with chicken puree. Top each with a thin slice of truffle and 1 teaspoon vegetable mirepoix",

Eggs en cocotte ambassadrice

Butter some remekin dishes and spread the bottoms with a layer of foie grass puree sprinkled with chopped truffle. Break an egg into each remekin and cook in a bain marie. Coat with supreme sauce flavoured with sherry and garnish with hot asparagus tips.

Supremes of chicken ambassadeur

Sauce the supreme in butter. Fry some croutons in butter and cover them with the supremes, each garnished with a thin slice of truffle. Surround the croutons with mushrooms cooked in cream and with buttered asparagus. Coat lightly with supreme sauce.

AMBERGRIS A waxy substance of greyish colour, giving off a strong masky scent, which is secreted in the intestine of the sperm whale and collected from the surface of tropical seas, where it floats. The Chinese were the first to use it as a spice. Throughout the Middle Ages it was used in ragouts, pies, custards and jams. Ricbelieu was particularly fond of ambergris pastilles, and hot ambergris chocolate was a very popular drink in the 18th century. Supposedly having aphrodisiac and restorative qualities. Today ambergris is almost entirely used in perfumery.

AMBRE A French cake with almond flavoured crème mousseline and chocolate cones, Square or rectangular, depending on its size, amber (amber) has become a classic. Since it was created in 1986 by the French pastry chef Lucien Peltier.

AMBROSIA In Greek mythology, ambrosia was the food of the gods and gave them immortality. Ancient authors are rather vague as to the nature of ambrosia, implying only that it was solid (while nectar, on the other hand, was liquid). This mysterious substance is described by the poet Ibycus as nine times sweeter than honey'.

The name ambrosia was also given to an aperitif liqueur with a sweet taste, for which Larousse en cuisine gives the following recipe.

Macerate for one month in 10 liters (17 pints 10 ½ quarts) old eau-de-vie, 80 g (3 oz) container 20 g (¾ oz) cloves and 20 g (¼ oz) aniseed. Decant and filter it, then add 5 litres (8 ½ pints 5 ½ quarts) white wine and finally a syrup made with 5 kg (11 lb) sugar in 6 litres (10 pints, 6 ½ quarts) water.

AMERICA see United States of America.

AMERICAINE, A L' This description is given to a classic French dish of shellfish, chef known as Peter who settled in Paris about 1860 after having worked in America.

The term is also applied to fish garnishes containing thin slices of lobster tail and americaine sauce, as well as to dishes consisting of egg and grilled (broiled) poultry or meat -- chicken, steak, kidneys -- garnished with tomatoes and bacon.

A l'Americaine or a l'armoricaine. The description a l'armoricaine applied to lobster has given rise

to much controversy, and continues to do so many claiming that a l'armoricaine is the only valid name. Armorica is an old name for Brittany and a French regional origin has been claimed for the best French lobster dish. But the region is scarcely associated with tomatoes, essential to the dish. Cummonsly received the following letter from a Monsieur Garrique, a restaurateur, on this subject.

I think I can tell you the exact name given to this dish by its inventor.

“As you quite rightly say, lobster a l'americane was created in France and, of course, by a Franchman, Peter, Horn in Sete and whose real name was Fraisse.

‘I knew Peters about 1900, when at about 78 or 80 years of age he was living quietly with his wife in the Roe German-Pilon. One evening when he felt in a confiding mood, he talked to me about this famous lobster. On returning to Paris from America where he had been a chef in Chicago, he founded the Peters restaurant; if I remember correctly, this was a little before 1860.

‘Now one evening when dinner was long over, eight or ten customers turned up almost at closing time and insisted that Peters serve them dinner on the pretend that they had only one hour to spare.

‘Peter, who was kindness itself, agreed to return to his kitchen, not without wondering anxiously what he was going to be able to serve to them. “While they are eating the soup and the hors-d’ocuvre.” He said to himself ‘I’ve got time to prepare a fish dish.” But there was no fish. There were only some live lobsters, reserved for the following morning but there was not enough, time to cook them in a court bouillon.

It was then that Peters, in a flash of inspiration, throw into a pan some butter, tomatoes, crushed garnish, .. then some white wine, a little of and finally a good helping of brandy... when it was all boiling. Peters said to himself . “There is only one way to cook the lobster quickly – that is to cut it into pieces and throw them into the sauce.”

This he did, and the result was marvelous. He enthusiastic customers asked the great restaurant what this exquisite deals was and what he called. And Peters still under the influence of his recent stay in America, said without thinking. Lobster of Famericaine!”

Peters himself gave me the recipe and it is the one I always use. As far as the history of the creation of this famous dish is concerned, I believe is to be completely authentic, as Peters was the soul of frankness, honesty and goodness.

RECIPES

Boiled or poached egg a l'americaine fry some croutons and top them with boiled or poached eggs and slices of lobster a l'americane. Cover with the americaine sauce in which the lobster was cooked (not all the sauce produced will be required for this dish).

Fried eggs a Pamericaine

Fry the eggs and garnish with slices of bacon and grilled (broiled) tomato halves.

Scrambled eggs a l'americaine

Add cubes of smoked bacon fried in butter to some beaten eggs. Mix them together and cook. Arrange them in a mound and garnish with slices of grilled (broiled) bacon and small grilled tomato halves.

Additional recipe See lobster.

AMIRAL, A L' The term used to describe a French garnish for such superior fish dishes (good enough for an admiral) as poached sole, fillets of sole, stuffed turbot or braised salmon. It contain some of the following ingredients; fried oysters and mussels, crayfish tails or whole crayfish, mushroom caps and truffle slices. The dish is coated with nantua sauce.

RECIPE

Consommé' a l'amiral

Lightly thicken a fish consommé with arrowroot and garnish with small pike quenelles in crayfish butter, poached oyster halves, julienne of truffles cooked in Maderna and sprigs of chervil.

AMOURETTE French for the delicately flavoured bone marrow of bee, mutton or veal. Amourettes may be prepared and dressed like calves' brains they can be cut into small pieces and used in filling for croutes, timbales, tarts and vol-au-vent or used as an ingredient for salads.

RECIPES

Preparation

Clean the amourettes in cold water, remove the membranes, poach for a few minutes in a court-bouillon and allow them to cool.

Amourettes au gratin

Butter a gratin dish and cover the base with mushroom duxelles. Arrange the cold cooked amourettes on the mushroom layer and sprinkle with a little lemon juice. Cover with duxelles sauce and scatter with golden breadcrumbs. Pour melted butter over and brown in the oven or under the grill (broiler).

Amourette fritters.

Marinate the amourettes in a mixture of olive oil and lemon juice seasoned with chopped parsley, salt and pepper for about 30 minutes. Drain, coat with fritter batter and cook them in boiling hot oil until crisp and golden. Drain, then salt the fritters and serve them piping hot on a napkin, garnished with fried parsley. Serve with a well-seasoned tomato sauce.

AMPHICLES. A probability fictional chef of ancient Greece, noted for his opposition to very complicated dishes and the excessive use of spices. For him, a host had to be served rare, roasted on a spit and barely seasoned with fenel. He would cook red mullet in a fig leaf and lark in a wine lead, among cinders. A defender of natural foods and apposed to the disguising of natural flavours the disguising of natural flavours, Amphicles can still serve as an example. He is probably an invention of the al be batthelemy (author, in 1788, of Voyage du penne Anacharsts en Grace an IV siecle de l'ere vulgate) included and embellished by Proper Montagne in his dictionary.

AMPHITRYON. A person who entertains guests at his table. According to mythology, Zeus wishing to seduce the mortalakmene, took on the appearance of her husband. Amphitryon, and gave her a son, heracles. In Moliere's comedy inspired by this fable, the servant Sosie, embarrassed at having to serve two masters and deciding finally for the one who guarantees him board and lodging says. The real amphirvon is the host who provides dinner.

But the provide dinner is not sufficient ; one has to know the art of how to do it. Rimond de la Reymiere was one of the first to indicate in his Manuel des amphoriones (1880) the rules of correct behavior at the table according to him, tact in necessary, as well as generosity, organization, a good chef and the appreciation of good food. More recently, Auguste Michel, in the Manuel de amphitryons aud debut on x siecle and Maurine des Omblaux, in l'Amphryon d'angourd 'but (1936), have brought these rules into accord with modern tastes. Although the term is hardly used nowadays, one rule, decreed by Brilliant Savarin, remains unchanged. To invite someone to be our guest is to undertake responsibility for his happiness all the time that he is under our roof.

AMPHORA. A Greek or Roman two-handled jar (the Greek word means carried from both sides) that was used to store oil and wine. Some amphorae (psykters) had double walls between which iced water was poured to keep the contents of the jar cool. The stamnos, sometimes compared to a cooking pot, was also used for storing wine; it had a fairly narrow mouth with small horizontal handles, and was very popular in the 5th century BC.

Amphorae used for transporting wine were closed with clay corks and sealed with pitch or plaster. A label indicating the vineyard, the year, the capacity either tied to the pur or engraved on it.

AMPHOUX, MADAME 19th-century French distiller. She owned a distillery in Martinique (Caribbean) and the liqueurs des lies made from vanilla, tea, cocoa and coffee) were named after her. These liqueurs were very fashionable at the time of the consulate and the Empire. Balzac refers to them several times, notably in *La Vieille-Fille*: 'Finally, Mademoiselle sacrificed three bottles of the celebrated liqueurs of Madame Amphoux, the most illustrious of overseas distillers, a name dear to lovers of liqueurs'; and, further on: 'Bless my soul, there is nothing but liqueurs of Madame Amphoux, which are only brought out on high days and holidays.'

AMUNATEGUE, FRANCIS French author of gastronomic articles and *Looks* (born Santiago, Chile, 1890s, died Paris, 1972) who abandoned his career as an engineer in 1947 in order to write. He was responsible for one of the earlier series of articles dedicated to restaurants, which came into their own again after the Occupation. These appeared in the periodical *Aux écoutes*. He published *l'Art des mets* (1959), *le Plaisir des mets* (1964) and *Gastronomiquement vu* (1971). He was a member of the "Academy of the Psychologists of Taste" and founded the *AAAAAA*, which extols the virtues of *amouillettes*. His style blends humour and historical and literary reference with an acute observation for everything connected with regional cuisine.

ANCHOVA A small sea fish, maximum length 20 cm. (8 in), with a greenish-blue back and silvery sides. The anchovy is very abundant in the Mediterranean, the Black Sea, and the Atlantic and Pacific Oceans. It lives in tightly packed shoals and is fished for the canning industry. When sold fresh – which is rare – it may be fried, while the usual Italian and Spanish method is to marinate the split-open raw fish.

Anchovies are sold layered with salt, as whole fish in oil, in jars or cans as fillets (or rolled round a caper) in oil, and in pungent sauce. These must be stored in the refrigerator once opened. Salted anchovies may be sold whole, and need filleting. Skinning and washing under water. In Asia, salted, then sun-dried, they are the principal fermented fish product. Anchovies also constitute such traditional seasonings as ready-cooked anchovy butter, bottled English anchovy sauce and the spread gentleman's relish.

In ancient times, anchovies were used to make a condiment (*garum*). There has always been a European trade in anchovies, which were transported in special small casks called *barrots*. They are a characteristic feature of the cuisines of southern Europe. In Italy they are used in sauces like that of *bagnat cauda*, in pasta sauces like the tomato, garlic and caper *alla puttanesca*, and for pizza toppings in the south. *Jansson's Temptation*, an extremely popular Swedish dish, is a gratin of anchovies and potatoes. See also *kika*, *sprat*.

RECIPES

anchovy fillets à la portugaise

Cut desalted anchovy fillets into thin strips. Place a layer of tomato sauce cooked in oil in the base of an hors d'oeuvre dish and arrange the anchovy fillets on top in a crisscross pattern. Garnish with capers, chopped parsley and lemon slices with the skin and pith removed.

Moisten with a little olive oil before serving.

Anchovy filets a la silesenne

Poach some fresh soft herring roe in stock and then either rub through a line sieve puree in a blender. For 300 g (11 oz) roe, add 2-3 chopped shallots and a few sprigs of parsley (chopped). Place the mixture in an hors d'oeuvre dish and arrange a lattice of pickled anchovy fillets over the top. Make a salad with diced potatoes, dessert (eating) apples and beetroot (beet) moistened with a well-seasoned vinaigrette, and arrange it around the puree. Sprinkle with chopped parsley.

Anchovy fillets a la suledoise

Cut desalted anchovy fillets into thin strips. Arrange them on a layer of diced dessert (eating) apples and beetroot (beet) seasoned with vinaigrette. Garnish with parsley sprigs and with the yolks and whites of hard-boiled (hard-cooked) eggs, chopped separately. Moisten with more vinaigrette.

Anchovy filets with hard-boiled eggs

Cut desalted anchovy fillets into thin strips and arrange them in an hors d'oeuvre dish. Garnish with small black Nice olives, hard-boiled (hard-cooked) egg whites and yolks (chopped separately), capers and chopped parsley. Moisten with a little olive oil.

Anchovy puree

Add 2 tablespoons desalted anchovies to 150 ml (1/4 pint. 1/2 cup) well-reduced bechamel sauce and mix in 2 blender. Then rub the mixture through a sieve. Stir in some heated butter just before serving. Anchovy puree may be used in frcters, vol-au-vent and rissoles.

Cold anchovy courstades

Flatten some well-wiped anchovy fillets previously desalted in milk. Spread them with anchovy butter containing chopped tarragon and roll them up into paupiettes. Put a layer of pureed tuna fish with mayonnaise in the base of some very small puff pastry cases and then place an anchovy paupiette on top of each. Pipe a rosette of anchovy butter on each paupiette and sprinkle with fresh chopped parsley.

Cold anchovy sauce

Thoroughly desalt 6-8 anchovy fillets by soaking them in milk. Drain, wipe and puree them in a blender with 1 tablespoon capers, 100 ml (4 fl oz. 1/2 cup) oil, the juice of half a lemon and salt and pepper. Serve as a dip with an assortment of raw vegetables - small artichokes, cauliflower florets, small sticks of carrot and seeded cucumber, thin slices of green or red sweet (bell) peppers, small quarters of fennel or raw mushrooms - or with fish poached in a court-bouillon, either hot or cold.

Fried anchovies

Take fresh anchovies, remove the heads and gut (clean) by pressing with the thumb. Wipe, but do not wash the fish as their flesh is very fragile. Dip them in milk, then drain, and roll each one in flour. Plunge them, a few at a time, into very hot fat, then drain, dust with fine salt and arrange them in a pyramid on a napkin. Garnish with fried parsley and quarters of lemon.

Fried eggs with anchovies

Fry some slices of very stale round sandwich bread in butter. Cover each of these croutons with a fried egg and 2 desalted anchovy fillets arranged in the form of a cross. The fillets may be moistened with noisette butter.

Freezing anchovies

After preparing and cleaning, arrange fresh anchovies in layers separated by plastic sheets and place inside large plastic bags. Then seal each bag, place in a freezer box and put into a freezer. When the fish are frozen, remove the bags from the boxes and place in a second bag to prevent the strong smell of the fish from escaping. Then label the bags and replace in the freezer for storage.

Hard-boiled eggs stuffed with anchovies reduce some desalted anchovy filets to a puree in a mortar or blender. Halve some hard-boiled (hard-cooked) eggs and remove the yolks. Mix the yolks with the anchovy puree and a little mayonnaise, replace in the egg cases. Dip some anchovy fillets in oil and roll each around a stoned (pitted) black olive. Place one on each egg case.

Hot anchovy sauce

Add 2 tablespoons anchovy butter to 200 ml. (7 fl oz, ¼ cup) bechamel sauce. Check the seasoning. This sauce can be served with any fish poached in a court-bouillon.

Hot anchovy toast

Fry some scale breadcrumbs in butter. Toast some sliced sandwich bread and cut it into rectangles. Garnish the toast with desalted anchovy fillets, sprinkle with the fried breadcrumbs and brown in the oven or under the grill (broiler) for a few minutes.

Marinated anchovies

Prepare 500 g (8.18 oz) fresh anchovies as in the recipe for fried anchovies. Lay them on a plate, dust with salt and leave for 2 hours. Pat the anchovies dry, then fry in very hot oil just long enough to stiffen them. Drain and place them in a dish. Prepare a marinade as follows. Add 5-6 tablespoons fresh oil to the oil in which the anchovies were cooked. Fry a medium onion and a carrot (both finely sliced) with 3 unpeeled garlic cloves and add 100 ml (4 fl oz, ½ cup) vinegar and an equal quantity of water. Season with salt and add a sprig of thyme, half a bay leaf, a few parsley stalks and a few crushed peppercorns. Boil for 10 minutes and pour the hot marinade over the anchovies. Leave to marinate for 24 hours, serve on a hors d'oeuvre dish garnish with slices of lemon.

Soft-boiled or poached eggs with anchovies take some small warm bread or pastry cases and place either a soft-boiled or a poached egg in each. Coat with anchovy sauce. Place a desalted anchovy fillet rolled into a ring on each egg.

Other recipes See barquette, brioche (filled savoury brioches), butter (flavoured butters), canope, dortois, fritter, mayonnaise, olive, omelettes (cooked with their flavouring), pannequet, puree, tournedos.

ANCHOYADE Also known as anchoiade. A Provençal dish consisting of a puree of anchovies mixed with crushed garlic and olive oil, and sometimes a few drops of vinegar. It is usually served with raw vegetables and may also be spread on slices of bread and heated in the oven. At draguignan, anchovyade à la dracenoise is an anchovy puree mixed with onions and chopped hard-boiled (hard-cooked) eggs. The mixture is spread in a thick layer on slices of home-baked bread moistened generously with olive oil and browned in a hot oven.

ANCIENNE, A L' The description of l'ancienne is given to certain fricassees (thicken or lamb) or white stews (turkey, veal or lamb) in which the garnish includes small sliced onions and button mushrooms (see bonne femme). This term, widely used in bourgeois cookery, may also be

applied to braised dishes (sweetbreads, beef or fowl) and to pastry cases (pie shells) baked blind and filled with ragouts of cockscombs and kidneys or quenelles of truffles and mushrooms.

See beatilles, feuilleton, talmouse.

RECEPIS

Scrambled eggs a l'ancienne

Toss some diced mushrooms and truffles in butter. Add them to some scrambled eggs and place the mixture in a flan case (pie shell) which has been baked blind. Garnish with chicken kidneys in a sherry-flavoured veloutte sauce with cream. Surround with fried stockscombs and sherry-flavoured supreme sauce.

Soft-boiled or poached eggs a l'ancienne

Arrange the eggs on a bed of rice that has been cooked in meat stock. Coat them with veloute sauce and place between each egg 1 tablespoon julienne of truffles bound with a highly reduced Madeira sauce.

ANCIENT GREECE The Homeric heroes apparently feasted on shoulder of mutton or roasted chine of pork, flavoured with oregano and cumin, and on olives, figs, walnuts, goat's cheese and cakes made with flour and honey. Vegetables, which were difficult to grow in the dry soil, are rarely mentioned. Nevertheless, they formed the basic diet of the common peoples, mainly in the form of cabbage and lentil purees. The ancient Greeks in a country surrounded by sea teeming with fish were very fond of seafood and fish. Salted tuna, eels, red mullet, sole, turbot, octopus, sea bream, porgy, torpedo fish and conger eels are often mentioned in the text. Game was also abundant, apart from pheasant, partridges and wood pigeons, the ancient Greeks also hunted jackdaws, owl, flamingos and even seagulls. Ground game included roebuck, wild boar, hares, foxes, white-breasted martens, moles and even cats! The ancient Greeks originally drank hydromel, but from 2000 BC onward this was superseded by heavy strong wines, always drunk with water (sometimes even sea water).

The earliest cooks in Homer's time, cooks as such did not exist. Female slaves around the corn and prepared the food. According to the Iliad and the Odyssey, the host himself, however exalted, prepared and cooked the meals with the help of friends when he received distinguished guests. Later, the baker (mageriros) cooked as well as baked for his masters. In time he became arihimagoirta (chef de cuisine) and was given assistants. Great houses had a hierarchy of slaves of slaves, under a steward, the eleatros. Each slave had definite duties. The opsonomos or agorastes (from agora or market place) bought the food, while the opsrtyle looked after the fires, did rough jobs and prepared food for the household slaves. A woman, the demiourga, made sweetmeats and other delicacies. Women had free access to the kitchen. Other slaves prepared meals or served at tables: the trapezopotos laid the table and washed the dishes, the amophoros had charge of the wine; the ainochoikos, a young slave, filled the wine cups of the guests.

In the 4th century BC, Athenian cooks were often slaves. They played an important role in the life of the city and ruled as masters over all the other slaves in the household. A special law permitted the cook who invented a new dish the privilege of making it and selling it to the public.

Many Greek cooks became famous. Cadmos was cook to the king of Sidon in Phoenicia, and, according to legend, introduced writing into Greece. As a result of the burning of the library in Alexandria, only a few fragments and the authors' names remain from Greek literature of gastronomy.

Hippocrates and dietetics. Even though there were few refined gourmets, the ancient Greeks, especially the Spartans and the Athenians, were discriminating in their eating habits, unlike the Boeotians, the Thessalians and the Macedonians. Epicurus recommended 'simple

dishes that satisfy us as much as sumptuous feasts'. In the Republic, Plan defines, through Socrates, the diet of the model citizen bread, olives, cheese, vegetables and fruit. Both Hippocrates (5th century BC) and later Galen (2nd century AD) studied the effects of food both on the sick and those in good health.

In *De la gastronomie française*, R. Dumay acknowledges that the ancient Greeks made four major contributions to cookery. First, they established the market (agora), where the master of the house himself often went to choose the food for his household. Secondly, they knew how to appreciate both their cooks and culinary art general-in the town of Sybaris, in Magna Graecia, famous for its refined way of life, chefs were awarded patents to protect their recipes. Thirdly, they cultivated a simplicity in their cooking, using few basic ingredients preferring roasts and grills to dishes with sources and including herbs to bring out the authentic flavour of the food. Finally, they left us a legacy of various recipes that have been handed down through the generations – black pudding (blood sausage), fried sampi (jumbo shrimp), turbox with herbs, thrushes with honey and grilled (broiled) frog's legs.

ANCIENT ROME The ancient Romans were pioneers of gastronomy, adding to their own culinary habits those of the Greeks and the peoples of Asia Minor and eagerly adopting new methods and ingredients. The traditional picture of orgies where great quantities of rare foods were served, drowned in spiced sauces and cooked in the most lavish fashion, is false. If the works of Petronius, Juvenal and Martial are full of detailed accounts of sumptuous banquets, it is because these were the exception flaminos' tongues, comels' heels, dormice stuffed with chestnuts, wild bear stuffed with thrushes and other extravagant fancies were far from being everyday fare.

True, Maecenas was the first to mention mule flesh, which epicureans considered less tasty than wild ass, and Elagabalus feasted on elephant trunk and roasts comed. To amuse the Emperor Aurelian the actor Farron is said to have swallowed a ewe, a sucking pig and a wild boar, with a hundred small loaves and as many bottles of wine petrontus, in the *Satyricon*, paints an evocative portraits of Trimalcion. Nevertheless, true Latin cooking had its origins in a humble and frugal tradition. Stockrearing and agriculture were carried out in the Tiber valley, but it was due to the trade in salt, a commodity produced by evaporation at the river mouth, that commercial links were established with the Greek and Etruscan colonies.

From the earliest times, the staple food of the Romans was pulmentum, a porridge of millet, barley or chick pea flour, sometimes diluted with milk. As the art of bread-making developed, the first bakers appeared in Rome. Other basic foods were ewe's milk cheese, boiled mutton, cabbage, cardoons and broad (fava) beans. Fruit was important in the Roman diets apples were no longer a scarce commodity, as they had been in ancient Greece, but imported apricots from Armenia and peaches from Persia were very expensive. Lucullus is credited with introducing the cherry tree, figs grew in abundance and dates were imported from Africa. Melon growing developed in the region round Cantalupo (which gave its name to the cantaloupe melon).

It was after the defeat of Antiochus III the Great (189 BC) that the Romans, advancing into Asia Minor, gradually discovered the refinement of the Greek courts in the Hellenized East. The best-known fact about the General Lucullus is that he adopted their lifestyle. According to Livy: "The army returning from Asia brought foreign luxury to Rome. It became a lengthy and costly business to prepare a meal. Cooks who used to be regarded as slaves, began to demand high wages. That which had been toil became art."

In order to meet the tastes and needs of her citizens, Rome began to develop a more complex system of food production and distribution, operating chiefly through large warehouse and markets. The most famous of these was that of Trajan, where Romans could buy corn from Egypt, olive oil from Spain, spices from Asia, hams from Gaul, numerous varieties of fish, which were often farmed (Moray eels sea bass, monkfish, plaice and turbot), and various types of shellfish, including whelks. Sea urchins and especially oysters, which Sergius Orata believed

where the first to be reared in oyster beds. It was the Romans who invented the process of force-feeding geese with figs, to enlarge their livers. Wealthy Romans ate large quantities of meat, preferring pork to mutton. They enjoyed, for example, pork stuffed with oysters and small birds roasted on one side, then spread with a paste of oats, wine and oil and poached in boiling water on the other side. Apicius, author of many recipes, mentioned, among other things, fresh ham painted with honey and cooked in a pastry case with figs and bay leaves. Poultry was much esteemed: capons, Numidian fowl (guinea fowl), domestic pigeons, wild duck (of which only the brain and breast were eaten) and roast goose. In Marguerite Yourcenar's book *Memoirs of Hadrian*, the emperor reflects, that I began to think of the relatively recent origins of our riches and of this nation of thrifty farmers and frugal soldiers, who formerly ate garlic and barley, now suddenly enabled by our conquests to revel in the cooking of Asia, devouring this complicated food with the greed of starving peasants'.

Several modern Italian recipes go back to the days of ancient Rome, such as gnocchi and ricotta cheese tart. Another very common cake made with cheese was libum (or savillun), flavoured with honey and poppy seeds.

Roman cooking was characterized by the use of quite highly special sources, including garum based on fermented fish. Particularly popular was sweet-and-sour condiment for which Apicius gave the recipe pepper, mint, pine nuts, raisins, grated carrot, honey, vinegar, oil, wine and musk. As sugar was not available, the Romans sweetened their food with either honey or grape syrup. They made a variety of different cheeses, most of them from ewe's milk. Great wine lovers, they preferred to drink their wines young and diluted with water. Several types of wine were produced which were sold quite cheaply straw wine (passum), honey wine (mulsum), vinegar diluted with water (posca), which was a thirst-quenching drink favoured by soldier on campaign imitation wines (flavoured with wormwood, roses and violets) and fruit wines.

The most highly prized wines, however, were the grands crus from the Campania region capua, Pompeii, Naples Vesuvius and Cumae. The most famous of these, the red and white Falernian wines were aged over a long period. These high quality wines were stored in amphorae and were usually filtered at table before serving to, improve their clarity.

Wine was common offering to the gods and its use in religious ceremonies gave rise to great wine festival. A law of Romulus forbade women to drink wine though apparently this prohibition applied only to fermented wines.

ANDALOUSE. A French garnish usually served with large joints of meat, particularly beef and saddle of Lamb inspired by Andalucia in southern Spain it includes sweet (bell) peppers (stuffed or sautéed tomatoes in some form, rice (pilaf or risotto with peppers), fried aubergine (eggplant) slices and sometimes chorizo. It may also be served either a consommé or with sole fillets.

RECIPES

Andalouse salad

Boil some rice in salted water, drain it well and mix with a well-seasoned vinaigrette containing chopped onion, parsley and a touch of crushed garlic. Place the rice in a mound in a salad bowl surrounded by thin strips of peeled green and red sweet (bell) peppers and tomato quarters, arranged so that the colours alternate around the dish. Sprinkle with chopped chervil.

Andalouse sauce

Reduce 300 ml (1/2 pint, 1 1/4 cups) velouté sauce by one-third and add 2 tablespoons tomato puree (paste). Mix and reduce further. Add a crushed garlic clove and salt and pepper. Wash and chop a small bunch of parsley a green sweet (bell) pepper and half a red (bell) pepper in boiling

water, then peel and cool. Remove the seeds and dice the flesh (2 tablespoons altogether). Add the diced peppers to the reduced veloute and the chopped parsley.

Beefsteaks a l'andalouse

Soften 50 g (2 oz) chopped onion and a chopped garlic clove in butter. Add salt and pepper. Mix with 400 g (14 oz, 2 cups) minced (ground) beef and form into 4 rounds. Coat these with flour and fry in oil. Saute 4 large tomato halves in oil and place a cooked hamburger on each. Arrange them on a plate with a rice pilaf in the centre. Deglaze the cooking juices of the steaks with 2-3 tablespoons sherry. Reduce, add some butter, and pour the sauce over the steaks.

Fried eggs a Pandalouse

Grill (broil) some small tomatoes, sweet some green and red (bell) peppers and fry some onion slices and eggs in oil. Arrange the eggs around the edge of a round plate and place the garnishes in the centre. The tomatoes may be replaced with slices of aubergine (eggplant).

Additional recipe see squid.

ANDOUILLE a type of French sausage made from the stomach and intestines of the pig to which may be added other parts of the animal (neck, breast, head or heart, the whole enclosed in a black skin. Rebelais, in Pantagruel, names andouille as one of the favourite dishes of his contemporaries. It features in the war of the Andoyles against Quaresmeprenant., Variotas sausages, bearing the name of the region where their recipes originated, are now called andouilles, but there are only two authentic varieties – those of Vire and those of Guemen. Andouille is cut into thin slices and eaten cold in hors d'oeuvres.

Guemene andouille, which is protected by a trademark, has the appearance of concentric circles when sliced, as the intestines are placed one inside another, according to their size, during preparation. The andouille is then tied up, dried smoked and, lastly, either cooked in a bouillon or steamed.

The 'genuine' Vire andouille' (with guaranteed method and area of production) includes both intestines and stomach, cleaned, washed, cut up and salted. Then enclosed in a skin. The andouille is smoked over beech wood for two months, which allows the natural black colour of the coating to develop. It is then tied and cooked, either in water or in an aromatized court-bouillon. It measures 25-30 cm (10-12 in) in length and 4-6 cm (1 ½-2 ½ in) in diameter.

The 'Vire andouille' (without guarantee) is made all over France by similar methods, using the same ingredients as for the genuine vire andouille with the addition of the neck and the breast, which make it more fatty. The locality made andouilles de pays also contain pig's heart and pig's head without the skin removed. The andouille of Val-d'Ajol and that of Aire-sur-la-Lys should also be mentioned. The andouille of jargeau, made from shoulder and breast without any intestines, is not sold ready-cooked. Andouilles made from pork rind are a specialty of south-western France.

ANDOUILLETTE A type of sausage made from pork intestines (chaudins), often with the addition of pork stomach and calf's mesentery, precoked in stock or milk and packed into a skin. Andouillettes, which are sold in 10-15 cm (4-6 in.) lengths and are sometimes coated with breadcrumbs, aspic jelly or lard, are eaten either grilled (broiled) or fried. Several regions are known for their production of andouillettes. The Troyes andouillette, made solely from pork, has a greasy consistency and is prepared from the intestines and belly of pork, cut into fairly wide strips. The andouillette from Cambrai is usually made from veal only. The Lyonnais andouillette is made from calf's mesentery with, sometimes, a bit of pork belly, while the Provincial andouillette consist of a mixture of thin slices of pork intestines and neck plus the rind. The drier andouillette from Rouen is made from pig's bowels without the belly and calf's mesentery. The

andouillette is traditionally served with mustard and garnished with fried potatoes, red beans, lenals and a puree of celery, apples or red cabbage. In Strasbourg it is served on a bed of sauerkraut.

The Association Amicale des Amateurs d'Authentiques Andouillettes (A.A.A.A.), a gastronomic society founded by F. Amunategui, upholds the tradition, and Charles Monselet dedicated a sonnet to the andouillette.

RECIPE

Andouillettes a la lyonnaise

Lightly prick the andouillettes. Soften some onion slices in butter without browning. Fry the andouillettes in a pan with little lard, and add the softened onion 5 minutes before the end of the cooking time. Just before serving, pour some vinegar into the pan (1 tablespoon per 2 portions of andouillette), heat and serve the andouillettes very chopped parsley.

Andouillettes a la tourangelle

Lightly slit 6 andouillettes, pour some Armagnac over them let them steep for 24 hours. Slice 500 g (18 oz, 5-6 cups) button mushrooms and sprinkle them with lemon juice. Butter a cooking dish, place the mushrooms in it, add salt and pepper and arrange the andouillettes on top. Pour a glass of dry Vouvray wine over the food and cook in a preheated oven at 180°C (350°F, gas 4) for 40 minutes, turning the andouillettes several times and bating them. Add a little more wine or boiling water if needed.

Grilled anouillette

Prick the andouillette and grill (broil) it slowly preferably over charcoal, so that it warms right through.

ANGELICA An aromatic umbelliferous plant growing in the cold north from Scandinavia to central Russia, which was introduced into France by the Viking and cultivated by the monks. Its young green stalks are candied in sugar and used in cakes, gingerbreads, puddings and souffles. It is a specialty of the town of Niort, and Austin de Croze has described lyrically what he considers to be the best way to enjoy it: 'have a dozen choice briodes kept hot, a fruit dish filled with sticks of candied angelica, a bottle of angelica liqueur, a carafe of iced water and boxy of Egyptian cigarette. Light a cigarette, take a draught of iced water, crunch a piece of Niort angelica with a mouthful of very hot brioche, inhale, draw in and distil a few drops of angelica liqueur in the mouth, then start again. Then you only need the room to be sprayed with a light fresh perfume, such as verbena or citronella, to know what blissful enjoyment a discreet sybaritism can give.'

Liqueur manufacturers also use the crushed stems and roots of angelica in the production of Melissa cordial, Chattrouse, Vespetto and gin.

RECIPES

Angelica liqueur

Put 1 kg (2 ¼ lb) young angelica stalks, cut into small pieces, and 1 litre (1 ¾ pints, 4 ½ cups) brandy in a bottling jar. Macerate for a month. See that the jar is hermetically sealed. Expose it to the sun whenever possible.

Add 575-800 g (1 ¼ - 1 ¾ lb) lump sugar dissolved in a very little water. Press the whole through a silk or fine muslin (cheesecloth) sieve. Leave to stand for a few hours, then pour the liqueur through filter paper. Bottle, cork and seal.

Candied angelica

Cut some young angelica stems into 15-20 cm. (6-8 in) lengths. Soak them for 3-4 hours in cold water, then plunge into boiling water until the pulp softens. Drain, cool and peel carefully to remove all the stringy parts. Macerate the stems for 24 hours in a syrup to 102°C (215°F) and pour it over the pieces of angelica. Repeat this operation once a day for three days. On the fourth day cook the syrup until it reaches the 'pearl' stage, 105°C (221°F). Add the angelica and boil for a few moments. Remove the pan from the heat, cool and drain the angelica in a sieve. When the angelica pieces are dry, lay them out on a slab, dust with caster (superfine) sugar and dry in a slow oven. Store in hermetically sealed containers.

ANGELOT The original name of several cheeses made in Normandy, including Pont-l'Évêque, Livorot and of course Neufchâtel. Guillaume de Lorris mentioned it in *Le Roman de la Rose* (The Romance of the Rose). 1230-35. The name refers to the region of Auge, where the cheeses are made.

ANGEL SHARK *ange de mer* A fish of the shark family (squatinae) that resembles a skate with its wing-shaped pectoral fins. It is cooked in the same way as skate. There are several species, which are widespread in temperate European coastal regions and in tropical seas. The average size of the angel shark varies from 90 cm (4 ft.) to 1.2 m (4 ft.), but some specimens may reach 2 m (6 ½ ft.) and weigh more than 60 kg (132 lb.). Its skin is wrinkled, its back greenish-brown flecked with grey and its underside a creamy-white colour. The flesh is quite tasty, but is not considered to be as palatable as that of the skate.

ANGLAISE, A L' This description, given to vegetables, meat and fish prepared in a variety of straightforward ways, reflects the French view of English cooking. Various dishes from the British gastronomic repertory are named a *Fanglaise*, including sauces, desserts, pies and egg dishes. *Crème anglaise* is a basic preparation of classic cuisine see custard.

For example, vegetables a *l'anglaise* are cooked in water and served plain with chopped parsley, knots of butter, melted butter or a herb sauce. Meat and poultry a *l'anglaise* are poached, boiled or cooked in a white stock. According to the dish, vegetables are cooked at the same time or separately, either boiled or steamed.

Fish or pieces of meat which are coated in bread crumbs before being sautéed or fried are also described as a *l'anglaise*. Fish grilled a *l'anglaise* (cut into steaks if they are large or slit if they are small) are brushed with oil or melted butter (and coated with flour if they have a delicate flesh) they must be cooked over a low heat. They are served with melted butter or *maitre d'hôtel* butter and, if desired, with steamed or boiled potatoes or with other boiled vegetables such as spinach or the white part of leeks.

RECIPES

Eggs au plat a l'anglaise

Grill a rasher (slice) or bacon and put it on a small buttered plate. Break 2 eggs on top and cook in the oven until set.

Panure anglaise

A coating for various foods (croquettes, vegetables, fish fillets and escalopes) that are to be fried or sautéed a *l'anglaise*. It is made of eggs beaten with a few drops of oil, salt and ground pepper. A little water can be added if necessary. It is applied after coating with flour and before dipping in breadcrumbs.

Sauce a l'anglaise

(from Carême's recipe) chop 4 hard-boiled (hard-cooked) egg yolks very finely and mix them in

a saucepan with some fairly thick veloute of the kind used as a sauce for an entrée. Then add a dash of pepper, some grated nutmeg, the juice of a lemon and a little anchovy butter.

ANGOSTURA BITTERS a browneish-red bitters made with various herbs (its exact formula is a secret) it has tonic and fever reducing properties as it includes quinine and it was created at Angostura, Venezuela (renamed Ciudad Bolivar in 1846) by a surgeon of Bolivar's army to combat the effects of the tropical climate. Angostura is now made in Trinidad and is used mainly for flavouring cocktails and 'ink gins' the cocktail associated with the British Royal Navy. It may also be used successfully in salads and dessert.

ANIMELLES Animal testicles used for meat, especially those of the ram, the lamb, and bull calves animelles were formerly very popular in the East, in Mediterranean countries, and in France under Louis XV. They are still popular in Italy and in Spain as 'white kidneys' (fried criadillas). They are either prepared in the same way as kidneys or served with a vinaigrette.

RECIPES

Preparation

Plunge the animelles into boiling water for about 2 minutes, cool under cold water and immediately skin them. Soak them in cold water for about 10 hours to remove impurities, then drain and press between 2 plates.

Animelles a la creme

Cut the animelles into thin slices, season with salt and pepper and partly cook them in butter of 6-7 minutes. Then moisten with a few tablespoons cream sauce and slowly finish cooking. Add a little butter at the last moment and check the seasoning. Blanched or sautéed sliced mushrooms may also be added.

Fried animelles

Skin 3 fresh animelles and cut each into 8 similar pieces. Put them into a terrine dish with salt, pepper, 2 tablespoons each tarragon vinegar and olive oil, a little thyme, half a bay leaf, a sliced onion and a few springs of parsley. Cover the dish. Drain them after an hour and replace in the terrine with all the ingredients and the juice of half a lemon, just before serving, drain the animelles on a cloth and press lightly. Coat them with flour and fry them until lightly browned. Arrange in a pyramid on a napkin and garnish with fried parsley.

ANISE An aromatic umbelliferous plant originating in the Near East, known to the ancient Egyptians and Romans, and taken to India. The seed (aniseed) are used particularly in Germany and Central Europe for flavouring bread such as knackebrot, biscuits (cookies), and especially for gingerbread. Aniseed is also used in confectionery – sugar-coated for comfits and Flavigny dragees. In southern Europe the oil anethole flavours many spirits.

The seeds are stronger and less subtle than those of dill, but are used with fish in Tuscany, while the chopped leaves may be used to season pickled vegetables, salads and fish soups in the south of France.

RECIPES

Aniseed biscuits

Whisk together 500 g (18 oz. 2 ¼ cups) caster (superfine) sugar and 12 eggs in a copper basin, as for an ordinary sponge cake.

When pale and light-textured, add 500 g (18 oz. 4 ½ cups) plain (all-purpose) flour, 200 g

(7 g oz. ¼ cup) comflour (cornstarch) and 50 g (2 oz. ¼ cup) aniseed. Mix well. Drop tablespoons of the mixture on to a wetted baking sheets. Place in a warm place to dry. When the biscuits (cookies) begin to rise slightly, bake in a preheated oven at 160°C (325°F, gas 3) for about 15 minutes.

Aniseed liqueur

Put 25 g (1 oz) crushed aniseeds, ¾ teaspoon cinnamon (and 1 ½ tablespoons coriander (cilantro) into 1 litre (1/34 pints, 4 1/3 cups) spirits. Infuse for a month. Add 500 g (18 oz. 2 ¼ cups) sugar dissolved in a little water. Filter and bottle.

ANISETTE The flavour of the many liqueurs known as anisette or anise varies according to which seeds are used – aniseed or star anise. These liqueurs are very popular as digestives. Well known in France are the anisettes of Bondeaux (especially that of Maries Brizard) while pachanin is Spain's most popular liqueur, flavoured also with sloes and drunk on the rock's Anise has long been the favourite flavouring of Mediterranean aperitifs - pastis ouzo and arak. They are drunk either diluted with water or with water as an accompaniment.

ANNA The name of a French potato dish created by Adolphe Duglere to accompany roast meat and poultry. It was dedicated for Anna Deslions, a woman of fashion at the time of the Second Empire. The dish is cooked in a special round two-handled casserole with an interlocking lid. The potatoes are sliced and covered during cooking. When the potatoes are cut into strips rather than rounds, the dish is called Annette potatoes.

RECIPE

Pommes Anna

Peel 1 kg 2 ¼ lb) potatoes and cut into thin even round slices. Wash, wipe and season with salt and pepper. Slightly brown 75 g (3 oz, 6 tablespoons) butter in a special casserole (or in a sauté pan) and arrange the potatoes in circular layers, making sure that they are evenly coated with butter; then compress them into a cake with a wooden spatula. Cover and cook in a hot oven for 25 minutes. Quickly turn the whole cake on to a flat dish and slide it back into the casserole to brown the other side.

ANNATTO rocou A food colouring extracted from the red coating around the seeds of the annatto tree of Central America. In the west it is used to give an orange, yellow or red colour to items of characuterie, various cheeses (Edam, Mimolette, Cheslire and Cheddar), dried salted, and smoked fish (notoriously haddock), and also to sweets and butter Annatto is widely used in Latin American cooking. The seeds are fried in oil which then imparts a distinct flavour as well as colour to food. Spanish traders took annatto to China, where it is now used to colour roast pork.

ANTELOPE Aruminant mammal belonging to the cattle family found chiefly in Africa and Asia. There are more than a hundred species of antelope, varying in size from that of a lamb to that of a horse. Their habits are similar to those of the European deer, but their meat is firmer and sometimes has a very strong flavour. According to the culinary traditions of the aboriginal populations who eat antelope, the meat be roasted, braised or boiled, although it is sometimes necessary to marinate if first or ripen it in the sun. the highly regarded meat of the gazelle (a small antelope) is prepared in the same way as venison.

ANTIBOISE, A L' this description to various Provençal dishes that are specialties of Antibes. They include eggs cooked in the oven with browned nomants (tiny mediterranean fish), crushed

garlic and chopped parsley; a gratin and scrambled eggs in layers alternating with sautéed courgettes (zucchini) and a fondue of tomatoes in oil; oven-grilled tomatoes garnished with anchovy fillets, pieces of tuna and breadcrumbs crushed with garlic; and cold stuffed tomatoes.

ANTILLAISE, A L' This French description referring to the Antilles in the Caribbean, is applied to numerous ways of preparing fish. Shellfish and poultry, generally served accompanied either with rice coated with a thick sauce of small vegetables and tomato or with pineapple or banana. Desserts à l'antillaise are made by combining exotic fruits with rum or vanilla. All dishes à la créole are very similar.

ANTILLES CUCUMBER A variety of cucumber that is common in the West Indies; they are oval in shape and prickly like a hop chestnut. Known as anguries in French, they are eaten in salads or pickled in vinegar, like gherkins.

ANTIPASTO An Italian term for cold hors d'œuvres. The name is derived from the Italian word *pasto* (meal), with the Latin prefix *ante* (before). An antipasto might consist of Parma with fresh fig, or a Piedmontese cheese fondue (raw vegetables accompanied by condiments and a melted cheese sauce), but is more usually a colourful assortment of starters served either as cocktail snacks with the aperitif or at the beginning of a meal instead of pasta. Typical antipasto, which may be served with warm, crusty bread or grissini (bread sticks), include marinated vegetables and fish, seafood with lemon, olives, cooked fork products, mushroom salad or antichoke hearts arranged in hors d'œuvre dishes.

ANVERSOISE, A L' the French description is given to a garnish, in the style of Antwerp (Belgium), composed essentially of young hop shoots cooked slowly in butter or cream. Primarily a garnish for eggs (soft-boiled, poached or sur le plat), it may sometimes be used with potatoes (boiled or browned) or with contre-filet and veal paupiettes.

Hop shoots may also be served in tartlets or on antichoke hearts.

RECIPES

Lamb cutlets with hop shoots

Sauté some lamb cutlets in butter. Arrange them in a ring on a round dish, alternating with triangular croutons which have been fried in butter. Garnish the centre of the dish with hop shoots in a cream sauce. Deglaze the cooking juices in the sauté pan with a little dry white wine and pour over the cutlets.

Veal sweetbreads with hop shoots.

Braise the sweetbreads in white stocks. Strain and reduce the cooking juices to make a sauce. Coat the sweetbreads with the sauce and serve surrounded with hop shoots in cream sauce and small potatoes browned in butter.

AOC See Appellation D'origine.

APERITIF Since time immemorial, certain plants have been known to have the property of restoring or 'opening' (from Latin *aperire* 'to open'). The appetite drinks were made from such plants, but these were more therapeutic than gastronomic and were not drunk before meals. The Romans had a liking for wine with honey, and in the Middle Ages people believed in the benefits of wines mixed with herbs or spices. Then hippocras (an old English spiced wine), vermouths, bitters and sweet wines came into being. The word *aperitif* has been in use as a noun only since the late 19th century, and it was not until the 20th century that the habit of taking an aperitif before

a meal became a generally accepted custom. Aperitifs include drinks based on wine (such as vermouth) and certain spirits and the less sweet liqueurs (such as anise and bitters).

The custom of having an aperitif following fashions and indeed rituals, which vary according to the country, the surroundings and the circumstances. It is better to avoid very strong alcoholic drinks that may spoil the palate. *Lavoursse menager* (1926) recommended: 'a bowl of bouillon with the fat skimmed off taken half an hour before a meal is an excellent aperitif. It stimulates the salivary and stomach secretions and promotes the production of pepsin in the gastric juice'. Some people would prefer a glass of champagne.

APICUS The name of three Romans famous for their taste for good living. The first, a contemporary of Sulla (2nd-1st century BC), is known only for his gluttony. The third Apicius, who lived in the 2nd century AD, deserves mention for having discovered a way of keeping oysters fresh, even at the end of a long journey. The most famous is Marcus Gavius Apicius, born about AD 25 who is reputed to have compiled a recipe book, *De re coquinaria libri decem* ('Cuisine in Ten Books'), which was used as a reference work for several centuries. Regarded by some as a refined connoisseur, by others as a libertine, he was known for his extravagance and expensive tastes. He is credited with inventing a process for force-feeding sows with dried figs in order to fatten their livers, as well as devising recipes for flaming or nightingale tongues, camel's heels, sow's udder and a large number of cakes and sauces. *Athenaeus* relates that Apicius chartered a ship to go and check if the Libyan squillas (scampi or jumbo shrimp) were as large as they were reputed to be. Disappointed, he did not even set foot on land. He spent all his fortune on sumptuous banquets until the day when, calculating how much money he had left, he decided to poison himself rather than turn to a more modest way of living.

APLATIR The French term for beating and thus flattening a small piece of meat (*entrecote*, *escalope*) or fish with the flat part of a meat mallet. As this process breaks down muscle fibres, the flesh becomes more tender and easier to cook.

APOTHEKA A storeroom in which the ancient Greeks kept wine. (The Roman equivalent is a *fumarium*). The wine was placed near the chimney shafts and developed a very good flavour. As the effects of the heat made it more concentrated until it acquired the consistency of honey, it had to be diluted before serving.

APPAREIL The French term for the mixture of different ingredients necessary to prepare a dish for cooking. The word *masse* is also used. *Appareils* are particularly common in cake and pastry-making.

APPELLATION D'ORIGINE This, according to French law, is the name of a country, region or locality used to designate a product which originates there, the quality and characteristics of which are due to the geographical situation, including natural and human factors. Its use, which is strictly regulated, concerns wines, spirits, certain cheeses and such local products as *Le Puy* lentils and *Bresse* poultry. It is a system that has been adopted for wine and foods by the EC itself and many nations within it.

Present legislation in France concerning appellations d'origine has been inherited from laws that were in force up to the French Revolution (1792). At the beginning of the 20th century the quality of French wines had deteriorated as the vineyards, deteriorated as the vineyards, decimated by *phylloxera* in the previous century, had been replanted with inferior varieties. Series of laws passed in 1905 and 1909 were designed to protect the consumer. In 1919 under pressure from the vine-growers' lobby, further legislation ensured the protection of both the producer, who agreed to abide by precise regulations, and the consumer. The relevant law dates from 6 May 1919 and was modified by that of 6 July 1966.

To maintain the quality of French wines, an order in Council of 1955 created in organization that united the wine professionals with the representatives of other interested bodies this was the institute National des Appellations d'Origine (INAO). It controls the production of wine of all stages. The organization has legal powers and has codified quality wines to determine their prescribe origin.

Four categories of appellation d'origine exist in France.

- AOC (Appellation d'Origine Controlee). This is reserved for the greatest wines. AOC lays down strict rules concerning not only the place of production also the varieties of vines, the yield per hectare, and the cultivation and vinification methods. Today there are more than 250 AOCs, constituting the aristocracy of French viticulture.
- VDS (rins delimities de qualite superiere) a regional designation which effectively acts as a testing ground for small wine regions, most of which are eventually promoted to full AC status.
- VINS THE PAYS Country wines
- VINS OF TABLE BANK French wine.

APPENZELL A Swiss cheese with a golden-brown rind made from unpasteurized cow's milk (45% fat content). This compressed cooked cheese has holes and is very firm without being hard or brittle. It must be full-flavoured and tangy, but never pungent. Originating from the canton of Appenzell, the cheese is manufactured in the form of a round from summer to winter. Appenzell is eaten at the end of a meal and can replace Gruere cheese in cooking. It is used in the preparation of the Swiss speciality chashappen – spirals of pastry (made with melted cheese, milk, flours, yeast and eggs) piped through a piping (pastry) bag into a pan and fried. They are drained and served very hot with a salad.

APPERT, NICOLAS French inventor and father of the canning industry (born Chalons-sur-Marne, 1749, died Massy, 1841). He learned the art of cooking from his father, who was an hotelier. He worked at first in the service of the Duke of Deux-Ponts and was officer de bouche to the Princess of Forbach. In 1780 he established himself in business as a confectioner in the Rue des Lombards in Paris. The Directory government offered a prize of 12,000 francs for the discovery of a process to preserve the food destined for the Army. Appert perfected a sterilization method after him – appertisation. In 1794 he built a factory at Massy (on land where peas and beans had been cultivated) and started had cultivated) and started up the production of bottled preserved foods. In 1810 the government officially recognized his discovery and awarded him the prize. In the same year, Appert published *L'Art de conserver pendant plusieurs années toutes les substances animales et végétales*, which generously made his process available to all. Moreover, his work was republished in 1811 and 1813 under the title *Livre de tous les ménages*. The fall of the Empire ruined him, but in 1822 (by which time others had become rich on his discovery) the state recognized his invention by granting him a small income. In the premises which were then allowed him, he pursued his experiments on the clarification of wines, the purification of bone gelatin and preservation and preservation in cans, but he subsequently died in poverty.

APPETITE psychologists define under the term 'natural appetite' the tendencies which instinctively cause us to satisfy the needs of the body.

In physiology appetite is defined as something rather different from hunger. Hunger in reality is nothing more than the need to eat, whereas appetite is the lure of pleasure experienced while eating.

The sensation of hunger, which usually develops at regular mealtimes, sometimes disappears if it is not satisfied at the usual hour. The appetite is stimulated by the sight and smell

of foods; bitter substances frequently awaken lost appetite by releasing digestive secretions.

In certain psychiatric conditions, appetite can degenerate into a craving for offensive and nonedible substances. The opposite of appetite is anorexia, which means distaste for food.

In France spring onions (scallions), chives and the small onions used for seasoning are known generally as *appetits*, as they all stimulate the appetite.

APPLE The fruit of the apple tree, the most widely cultivated fruit tree in the world, which originated in Asia Minor and was growing wild in Europe by prehistoric times. Known throughout the ancient world, the apple was cultivated early in many varieties and features in many ancient recipes. In his *Traite du sidre* (1) Julien Le Paulmier lists several dozen varieties. De Serres refers to the *pomme* apple (today known as *pomme d'apt*: small, red and sweet), named after Claudius Appius, who brought it to Rome from the Peloponnese; he also mentions the *Court-Pendu*, the *Reinette*, the *Rambure* (from Rambures in the Somme region), the *Grillot*, the *Rougelet* and the *Curetin*.

Several different types of apple are of food use. They can be grouped as apples for cider, crab apples (close to wild apples and used for getting) and dessert apples. They are grown in temperate climates from the Asturias in Spain, through the Ukraine, to China (where production equals that of the US); and from Tasmania (once called Apple Island), to South Africa and South America. Some 15,000 varieties are known, almost half of them American, with about 2,000 each in Britain and China. In the past, orchard art consisted in cultivating different species to produce a continuing supply of fresh apples throughout the autumn and winter. Now differing season round the world, and cold storage with a whiff of carbon dioxide, ensure a year-round supply of a few reliable types, accounts for half the apples in commerce. Nevertheless, the apple remains a totem fruit in many countries, with powerful regional movements to preserve the loved, old varieties.

The apple is the most popular fruit in the US, Britain, Germany and France. France is known for its exports of Golden Delicious, but it continues to grow many traditional varieties, such as *Reine des Reinettes*, *Grise du Mans*, *Belle de Boskoop* and rarer ones like the scented *Calville Blanche d'Ivry* (describe as the most delicious of all, and dating to the 15th century in Normandy).

American as 'apple pie' expresses the US dedication to the first fruit to be planted on the continent. Carried westward after Independence by the legendary Johnny Appleseed (Joshua Chapman; died 14), apples are turned into desserts like apple grunt, cobbler and *pandowdy*. Golden Delicious, first raised in West Virginia, has become the leading apple of warmer countries, but there are thousands of local varieties, and loved old ones, like *Corland* (1998), *Rome Beauty* (1848) and *Newton Pippin* (1759).

Britain grows a wide diversity of seasonal fruit and claims some of the finest flavours. Favorites are the aromatic, crisp Cox's Orange Pippin (1852), with a long heritage from pippins, the densely sweet Worcester Permain, going back to the 13th century pearmain, and the brown-skinned Egremont Russet, praised by Edward Bunyard in *The Anatomy of Dessert* (1929) as one of 'the richest late autumn fruits'. An English specialty is the 'cooking' apple, typically the late-summer Bramley Seedling that disintegrates to a fluff (in contrast to dessert apples, which hold a shape when cooked).

Particular apples are associated with different countries. Notable among them is Granny Smith, found fruiting in a Sydney backyard in the 1860s by Mrs. Ann Smith, and an Australian export by the 1930s; Canada's juicy white-fleshed purplish McIntosh; pink-flushed Gravenstein (possibly German) with savoury, juicy flesh, and important in northern areas like Scandinavia, Canada and Russia; and the greenish Japanese honey-flavoured Crispin (renamed from Mutsu), much used in pies.

Apples are best as dessert fruit from October to April. They should be firm, without blemishes or wrinkles, and red and yellow-skinned varieties should not be too green. Picked

when ripe, apples can be stored in a ventilated room (stalk down, away from damp, heat and draughts) or in cold store. They can also be sliced into thin rings and dried while cooked apple freezes well.

The apple can be preserved in the form of jellies (or jam); in syrup, as apple paste or the American apple butter; and as apple sugar. English specialties are apple cheese and apple chutney. The high pectin in apple seeds and peel is helpful in jelling other foods, while the juice obtained from crushing fresh apples helps to make jellies from water fruits, because it does not alter their flavour. Apple juice is a popular drink, special varieties of apple are used for cider, while apple brandies, American apple jack and notably, Calvados are produced by distilling.

Stewed apple can be flavoured with cinnamon, vanilla, cloves or lemon juice, and is excellent with fresh cream. Desserts are legion and include fritters, turnovers, charlottes, puddings, compotes and mousses. Each country has its favourites well known are the Normandy apple tart with its wheel of slices, the British top-crushed pie (sometimes accompanied by cheese) and the Austria apple and raisin studded.

In savoury dishes, the apple is traditionally associated with black pudding (blood sausage), grilled (broiled) chitterlings and roast pork (especially as sauce), but is also used with poultry (roast chicken, goose, duck and turkey) and with grilled herring or mackerel instead of gooseberries (as an unsweetened compote or in quarters fried in butter) and with red cabbage or braised chestnuts. The French joke has it that they are pommes en Vair (apples in the air) as opposed to pommes de terre (potatoes, literally earth apples). Apple goes well with dishes cooked in cider. It is also used for salads, especially with celery, lamb's lettuce (corn salad) walnuts, raisins and beefroot (beet) together with mustard vinaigrette or a remoulade sauce.

RECIPES

Apple charlotte with brown sugar

Peel core and quarter 4 Belle de Baskoop or Granny Smith apples. Remove the crusts from 10 slices of white bread and fry in 65 g (2 ½ oz, ¼ cup) butter. Drain and use to line the bottom and the sides of a charlotte mould. Melt about 75 g (3 oz, 1 ¼ cups) soft brown sugar, then the apple quarters, and cook for 10 minutes, stirring from time to time. Flame with 1 ½ tablespoons warmed calvados. Heap this mixture in the lined mould and bake in a preheated oven at 200°C (400°F, gas 6) for 30 minutes. Cook under a press, then turn out and serve with custard cream.

Apple conserve

Marmelade de pommes Peel and core some apples, cut into quarters and weigh. For 500 g (18 oz) apples, allow 300 g (11 oz, 1 ½ cups) sugar. Put the apples and sugar in a preserving pan with 2 tablespoons water. Cook gently until the apples crush under a spoon. Rub them through a strainer over a bowl. Put the puree back into the pan, bring to the boil, stirring continuously, and cook until the puree reaches a temperature of 106°C (223°F). pot in the usual way.

Apple crown a la normande

Peel and core some dessert apples, and poach in a vanilla-flavoured syrup. Leave to cool in the syrup, then drain. Prepare an egg custard (see custard) flavoured with calvados, and cook in a plain ring mould in a bain marie. Leave to cool, then turn out on to a serving dish. Arrange the drained apple halves in the centre in a dome. Decorate with very thick Chantilly cream using a piping (pastry) bag with a fluted nozzle. Serve with an apricot sauce flavoured with Calvados.

Apple crumble

Into a food processor put 150 g (5 oz, 1 ¼ cups) plain (all-purpose) flour, add 150 g (5 oz, 2/3 cup) butter cut into pieces, and 150 g (5 oz, ¾ cup) caster (superfine) sugar. Process until the

mixture looks like breadcrumbs. Peel and core 1.5 kg (3/4 lb) apples. Cut into quarters, arrange in an ovenproof dish and cover with the crumble mixture. Cook for 35 minutes in a preheated oven at 200°C (400 °F, gas 6). Serve with custard or thickcreme frache.

Apple flan grimaldi

Peel and core 4 dessert (eating) apples and cut into quarters. Cook in a vanilla-flavoured syrup. Make a pastry dough with 250 g (9 oz, 2 ¼ cups) plain (all-purpose) flour, 125 g (4 ½ oz, ½ cup) butter, 1 egg yolk, a pinch of salt and 2 tablespoons water. Roll into a ball and leave in a cool place for 1 hour. Roll it out, line a 22 cm (9 in) flan ring, and bake blind.

Prepare some rice in milk (see rice) using 150 g (5 oz, ¾ cup) round-grain rice. When it is cold, mix in 100 g (4 oz., ½ cup) chopped crystallized (candied) fruit, 100 g (4 oz, ½ cup) chopped candied orange peel, a small liqueur glass of Curacao and 50 g (2 oz, ¼ cup) butter. Fill the flan case with this mixture, level it off, then arrange the drained apple quarters on top. Sprinkle with crushed macarons and caster (superfine) sugar and glaze in a preheated oven at 240°C (475°F, gas 9).

Apple gratine

Make 1 litre (1 ¾ pints, 4 ½ cups) syrup per 1 kg (2/4 lb) apples, using 500 g (18 oz, 2 ¼ cups) sugar per 1 litre (1 ¾ pints, 4 1/3 cups) water. Peel some firm dessert (eating) apples, cut them in half and poach gently in the syrup, making sure that they do not disintegrate. Drain and leave to cool. Prepare an apple conserve (see recipe above) and use it to line a buttered ovenproof dish, then arrange the apple halves on top. Mix some fine breadcrumbs with half as much ground almonds. Scatter liberally over the apples, sprinkle with melted butter and brown in a preheated oven at 220°F, gas 7).

The syrup in which the apples have been cooked can be strained and used to cook apples or other fruit.

Apple jelly

Wash 3 kg (6 1/2 lb) apples (Granny Smiths or Cox's0, cut into quarters or eighths without peeling or coring, and sprinkle lemon juice over the cut surfaces. Place in a preserving pan with 3 litres (5 pints, 13 cups) water. Bring quickly to the boil, then cook for about 30 minutes (the apples must disintegrate). Place a strainer over a large container and pour the contents of the pan into it. Allow the juice to drain away on its own, without pressing so as not cloud it. Measure the juice obtained and the pour it back into the pan, adding the same weight of granulated sugar and the juice of 2-3 lemons. Bring quickly to the boil, then boil uncovered, reducing the heat slightly when the syrup begins to froth. Continue cooking until setting point is reached; the temperature should then be 105°C (220°F). Pot and seal in the usual way.

Apples flamed with calvados

Pomes flambees au calvados Peel some apples, core them and arrange in a buttered ovenproof dish. Sprinkle with sugar and melted butter and cook in a preheated oven at 220°C (425°F, gas 7) until just tender. Arrange the apples in a silver timbale or flameproof dish and heat it. Sprinkle with warmed Calvados and set alight.

Apple soufflés

Cut 8 large dessert apples in half, core them and then scoop out half the pulp without piercing the skin. Cook the pulp for 5 minutes with 2 tablespoons water, without stirring, in a covered saucepan. Then add 300 g (11 oz, 1 1/3 cups) caster (superfine) sugar and continue cooking, stirring to obtain a very smooth puree. Sprinkle the inside of the fruit halves with 100 ml (4 fl oz, ½ cup) brandy to the apple puree. Stiffly whisk 5 egg whites and fold them into the apple puree. Arrange the apple halves in a well-buttered ovenproof dish, use a spoon or piping bag to

fill them with apple puree and sprinkle with 50 g (2 oz, 1/3 cup) icing (confectioner's) sugar. Cook in a preheated oven at 230°C (450°F, gas 8) for 10-12 minutes until browned. Served immediately. The pommes souffles may be served on a caramel sauce, made by adding single (light) cream to caramel, or a caramel dessert sauce based on a custard, flavored with light caramel. Diced red, yellow and green apple make an attractive decoration.

Apples with honey and salted butter

Peel, halve and core 8 dessert (eating) apples. Pour 20 g (9 oz, 3/4 cup) liquid acacia honey into a flameproof baking dish, spreading it evenly. Place this dish over a brisk heat until the honey has browned. Remove from the heat and arrange the apple halves in the dish with their curved sides underneath and a small knob of salted butter in each. Cook in a preheated oven at 240°C (475°F, gas 9) for 10 minutes

Baked apples

Pommes bonne femme Make a light circular incision round the middle of some firm cooking apples, core them and then place in a large buttered ovenproof dish. Fill the hollow in each apple with butter mixed with caster (superfine) sugar. Pour a few tablespoons of water into the dish. Cook in a preheated oven at 220°C (425°F, gas 7) until the apples are just tender, about 30 minutes. Service the apples in the dish in which they were cooked.

Buttered apples

Core and peel some apples and place them for 2 minutes in boiling water with some lemon juice added to it (or squeeze the lemon juice over the apples). Drain arrange in a buttered ovenproof dish, sprinkle with caster (superfine) sugar and moisten with a few drops of water. Cover and cook in a preheated oven at 220°C (425°F, gas 7) until tender. Place each apple on a round slice of bread fried in butter. Add a few tablespoons of sugar or golden (corn) syrup and some butter to the cooking juices and pour over the apples.

Le jeu de pommes

Make a fine pastry by combining in a processor 200 g (7 oz, 1 3/4 cups) plain (all-purpose) flour, 150 g (5 oz 2/3 cup) rather firm butter, a pinch of salt, 1 tablespoon sugar and a little olive oil. Incorporate 100 ml (4 fl oz, 1/2 cup) water and work together briefly (the particles of butter should still be visible). Remove the dough and roll it out finely; cut out 16 circles about 17 cm (5 in) in diameter using a pastry (cookie) cutter. Place them on non stick baking sheets, cover them with very thin slices of apple brush with 50 g (2 oz, 1/4 cup) melted butter and sprinkle lightly with caster (superfine) sugar. Bake in a preheated oven at 220°C (425°F, gas 7) for 15 minutes.

Turn each tartlets over on the baking sheet using a spatula and dust the reverse side with icing (confectioner's) sugar. Put the tartlets under the grill (broiler). As it caramelizes, the sugar forms a glossy crackly film. Leave to cool for 15 minutes. Take 4 dessert plates and place 4 tartlets on top of each other on each plate (apples upwards). Just before serving, cover each jeu de pommes with 1 tablespoons warmed acacia honey and sprinkle with a little Calvados and a few drops of lemon juice. The dessert may be accompanied by a lemon sorbet.

Other recipes see charlotte, compote, crepe, fritter, fruit paste, kirsch, pudding sauce, tart, turnover.

APPLE-CORER A small kitchen gadget consisting of a tabular steel gouge attached to a handle, used for taking the cores out of apples. Apples are cored before being baked in the oven or sliced into rings to be made into fritters. In France an apple-cover was formerly known as a colonne.

APPLE SUGAR sucre de pomme A. confectionery speciality of the city of Rouen, where it was created towards the middle of the 16th century.

Apple sugar was formerly prepared by mixing one part of concentrated juice of cooked dessert apples to three parts of sugar syrup cooked to the hand crack stage (see sugar). This mixture was used to form little sticks, tables or pastilles, which were coated with a layer of sugar. This recipe has been improved by adding a little glucose initially, then adding some natural apple essence and a little lemon juice to obtain a perfectly transparent apple sugar, which keeps well without softening.

It is sold in traditional 10 cm (4 in) sticks in a grey, gold and white wrapper, decorated with the famous clock tower of Rouen; this design was created in 1865.

APPRET. The French word to describe all the culinary processes involved in the preparation of a dish

APPRICOT A round yellow-orange fruit with velvety skin, having tender, sweet and fragrant flesh and very little juice. The smooth stone (pit), which comes away easily, contains an edible kernel (almond in French) which is used to flavour apricot jam. The name is derived from the Latin *praecoquus*, meaning precocious or early-ripening.

The apricot a tree grew wild in China several thousand years ago. It was later grown in India, then in Persia and Armenia, from where it gets its Latin name, *Prunus armeniaca*. It was probably introduced into Europe after the conquest by Alexander the Great. The ancient Greeks called the apricot the 'golden eggs of the Sun' Introduced to Sicily and Spain by the Moors, it was not cultivated in France until the 17th century. Apricots are now cultivated in the warmer temperature regions of the world, in China, parts of the former USSR, the Mediterranean, North America, South Africa and Australasia. Popular brands in Britain are Moorpark, and Blenherim in California. Also noteworthy is the Kecskeme apricot of Hungary; intensely flavoured and fragrant, this ugly pock-marked fruits is used to make brandy.

- Uses. The apricot should be bought properly ripe, since once picked it stops ripening and might either be hard and bitter or become, soft and floury. Apricots usually do not travel well and may therefore be canned (plain or in syrup, whole or in halves). They are also made into fruit juices, used to flavour brandies and to make alcohol spirit like the Hungarian barrack palingka.

The apricot is delicious eaten fresh. Its skin may be removed, if in boiling water. The apricot is one of the fruits most widely used in sweet dishes (hot and cold desserts, cakes and pastries, fruit salads and ices) and in preserves (candied fruits, jams and conserves).

- Dried apricots. Dried apricot are produced in Iran, California and Australia: fairly large, pale and a little dull-looking. Turkish dried apricots are renowned and are dark orange with a muscatel flavour. Hunza in a Kashmir is known for fine marble-size apricots. These need 24-hours soaking (but no cooking). Dried apricots have a much higher calorific value than the fresh fruit and are sold ready-to-eat. Others must be rehydrated by immersing them in tepid water for two hours. They are used in much the same way as fresh apricots in desserts, particularly stewed in winter. Amardine, dried and pressed apricots, is a ready source of sugar to break the Ramadan fast in the Middle East and makes some famous sweetmeats. Dried apricots are prized for the intense flavour they bring to dessert. They are also good in some meat ragouts.

Apricots can be dried at home, by splitting them to remove the stones (pits), leaving them in the sun on a wooden rack until they become dark red. After drying, the apricots should be flattered with the fingers to give them a regular shape

RECIPES

Apricot marmalade

Slowly cook 1 kg (2 ¼ lb) stoned (pitted) apricots in 100 ml (4 fl oz. ½ cup) water for 15-20 minutes. Puree the fruits in a blender, then press it through a sieve to make a smooth thick puree. Return the puree to the pan, add 575 g (1 ¼ lb. 2 ½ cups) sugar and cook slowly, stirring until the sugar has dissolved, then increase the heat and continue cooking. To determine whether the marmalade is cooked, drop a little on to a plate. If it remains in a blob without spreading out, the marmalade is cooked. Pot as for jam.

APRICOT

Apricots a l'ancienne

Poach large apricot halves in a vanilla-flavoured syrup. Drain them and arrange on a layer of sponge cake which has been soaked with rum and coated with sweet apple puree. Sprinkle the apricots with chopped almonds and sugar, spoon over a little melted butter and bake in a preheated oven at 220°C (425°F., gas 7) until brown on top. Serve with a sauce made of apricot jam diluted with a little hot water, sieved and then flavoured with rum.

Apricots Colbert

Poach apricot halves in a sugar syrup until barely tender, then pat dry. Fill each half with thick cold rice pudding sandwich the halves together and coat with egg and breadcrumbs. Deep-fry the coated apricots, drain and serve with an apricot sauce flavoured with kirsch.

Apricots Conde

Poach apricot halves in a sugar syrup and arrange around a thick ring of cold rice pudding. Decorative with glace (candied) cherries and angelica. Insert split blanched almonds between the apricots. Heat the apricot ring in a preheated oven at 160 °C (325°F, gas 3) and serve with a kirsch-flavoured apricot sauce.

Apricots flambe

Allow 4-6 poached and drained apricot halves per persons, while still hot place in individual dishes. Spoon 2-3 tablespoon of the hot poaching syrup over each portion, warm a scent tablespoon kirsch for each portion and set alight.

Apricot preserved au naturel

Wipe the apricots and cut in halves together and pack tightly into preserving jars, without adding water or sugar. Screw on the lids (loosen bands a quarter turn), then immerse the jars in a large saucepan of lukewarm water. Bring the water up to 90°C (194°F) and maintain at this temperature for 15-20 minutes. Remove the jars, seal, dry and store when cold.

Apricot varieties

Appearance

Bergeron	Large, firm and elongated
Canino	Large and fairly soft
Early Colomer	Small
Jumbocot	Large and firm, orange
Luizer	Large and elongated
Polonais or orange de	Large and firm, light pinkish-orange
Provence	
Rouge du	Medium-sized and firm, golden
Rousesillon	red speckled with black
Rouget de	Medium-sized, highly coloured

Sernhac

Apricot varieties	Quality and uses
Bergeron	Fragrant, good for preserving
Canino	Medium quality
Early Colomer	Travels well
Jumbocot	Acidic, good for cooking
Luizer	Fragrant but fragile
Polonais or orange de Provence	Rather tart, best in syrup or jams
Rouge du Rousesillon	Excellent eaten fresh or preserved
Rouget de Sernhac	fragrant

Apricots preserved in syrup

Choose slightly under-ripe fruit prick them and put in a basin. Cover with a very heavy syrup. Soak in the syrup for 3 hours. While the fruit is soaking prepare a 26" syrup (see sugar) with lump sugar, clarify the syrup with egg white – one white for 2 litres (3 ½ pints, 9 cups) syrup. Strain the syrup through a straining bag or cloth. Leave to cool. Drain the apricot. Put them into wide-mouthed jars and cover with the boiling clarified syrup so that it reaches at least 3 cm (1 ¼ in) above the level of the fruit. Fix on the tops and screw bands tightly, then give the bands one half-turn to loosen them. Place a wire rack in the bottom of a large preserving pan and arrange the bottles on it so they do not touch. Fill the pan with cold water, making sure it covers the jars. Boil rapidly for a full 10 minutes remove the bottles, wipe and seal them. Keep in a cool place, away from the light.

Halved apricots can also be used for this recipe. Put in a basin and soak in a very heavy syrup. Crack half the number of stones (pits), peel the kernels and put into the preserving jars with the apricots.

Apricot water Ice

Cook some stoned (pitted) apricots with a little water until soft. Drain and press the fruit through a sieve (or puree in a blender), adding sufficient cooking juice to make a puree of pouring consistency. Prepare a sugar syrup by heating 225 g (8 oz, 1 cup) sugar to time until the sugar has completely dissolved. This yields 750 ml (1 ¼ pints, 3 ¼ cups) syrup. Combine equal quantities of apricot puree and sugar syrup, and flavour to taste with lemon juice – 1 lemon to each 600 ml (1 pint, 2 ½ cups) mixture. Either pour the cooked mixture into a prepared ice cream maker, or freeze until slushy in a freezer, then beat thoroughly before refreezing until firm.

Preserved apricots or apricot conditions in eau-de-vie

Choose very small firm apricots of uniform size. Put them, a few at a time, in a copper pan full of cold water, so that they are completely covered. Place the pan over a low flame. As soon as the apricot rise to the surface, take them out the water with a perforated spoon and feel them to see if they are thoroughly softened; this is the blanching operation. Soak them in cold water for one hour, drain and put them in syrup, which should be brought up to 25° (see sugar).

Leave them in the syrup at this degree for 4 days, then drain and put them into preserving jars. Fill with the following mixture: the syrup in which the fruit was candied. 1 litre (1 ¾ pints, 4 ½ cups); neutral tasteless alcohol of 90° 1 litre (1/34 pints, 4 1/3 cups). Add a piece of vanilla pod (bean) or 1 teaspoon vanilla essence, or 100 ml (4 fl oz ½ cup) rum or kirsch per 2 litres (3 ½ pints, 9 cups) liquid. Mix well. When the jars have been filled, seal them with their special tops or with cork lids.

Keep in a cool place, protected both from heat and humidity for one month before use.

Other recipe. See Bourdouloué; jams, jellies and marmalades, sauce.

APRICOTING abricoter. The process of spreading a thin layer of sieved apricot jam over the surface of a sweet or a cake, in order to give it a glossy appearance. If a cake is to be covered with fondant king (frosting), this is made easier by apricoting the cake beforehand.

APRIL FOOL poisson d'avril practical joke that is played on an unsuspecting victim on 1 April, April Fool's Day or All Fool's Day. In France, it is traditional to eat chocolate, marzipan or sugar fish, and in Alsace cakes are moulded into the shape of fish.

Apparently, the origin of April fool goes back to the 16th century, at which time the new year started on 1 April in France. In 1564, Charles IX issued a decree that fixed the beginning of the year at 1 January instead of 1 April. This innovation was not very popular, and on 1 April 1565, both as a protest and as a joke, people started sending one another worthless presents as mock New Year's gifts. As the sun happened to be in the constellation of Pisces on this date, the gifts became sweetmeats in the shape of fish (poisson d'avril).

AQUAVIT Also known as akvavit. A grain-based spirit often flavoured with cumin, aniseed or fennel, which has been manufactured in Scandinavia since the 15th century. Its name comes from the Latin aquavita (water of life). It has a high alcoholic content and should be served really cold-ideally the bottle should be chilled in the freezer. Aquavit may also be distilled from potatoes (schnapps).

ARAIGNEE The name given in French to the muscle in an ox that lines the socket of its hock bone. The membrane that covers it is streaked with veins like a spider's web (hence the name, which means 'spider'). As a highly prized piece of meat that is rarely for sale, the araignee is best eaten grilled (broiled) because of its succulence.

ARAK. A strong alcohol spirit, usually flavoured with aniseed and popular in Eastern countries. Its name comes from the Arabic (juice, sap). Arak is distilled from dates in Egypt and the Middle East; grapes and seeds in Greece, where it is called raki; palm sap in India, and sugar-cane juice in Java.

ARBELLOT DE VACQUEUR, SIMON French journalist, novelist and historian (born Limoges, 1897; died St. Sulpice d'Excideuil, 1965). A member of the Academy of Gastronomes, he was one of the last witnesses of the Belle Époque. As well as *J'ai vu mourir le Boulevard* and *I'm gastronome se penche sur son passé*, he wrote *tel plat, tel vin* (1963) on the selection of the correct wines for the correct dishes and in 1965 published the biography of his master and friend Cumonsky.

He wrote a large number of articles, particularly in *Cuisine et Vins de France*, in which he described the Parisian appreciation of good food in all walks of life. For example, of the modest Laveur guesthouse he wrote: 'A good smell of vegetable soup, the memory of tripe, the scent of a jam omelette comes back at once to my nostrils and keeps running through my mind, evoking the good eating experience of our studious youth which, in some aspects, are well worthy of those of today. On the other hand, at a sumptuous dinner at Larue, 'We heard one evening, under the eye of the impeturbable Paul, a foreign lady ask for a milk chocolate drink to accompany a fillet of sole Cubat, the chef's speciality. Sactilege! Just as well that Marcel Proust and Boni de Castellane were not here to see that.'

ARBOIS An AOC wine from Franche-Comté, in the Jura. Two famous men have contributed to the fame of the wines of this district - the gourmet Brillat-Savarin and the great scientist Louis

Pasteur. The latter did much of his work in the region and it was because of the curious nature of certain of the Jura wines – those that form a ‘veil’ on the surface while they are in cask – that he worked out his theories about the action of bacteria.

The three main districts are Arbois, Chateau-Chalon and l’Etoile; although until very recently the wines were seldom outside their locality, even within France, some of them are beginning to feature on export lists. As well as red, white and rose wines, sparkling wines are produced. The grapes used for white wines are Savagnin, Melon d’Arbois (ChardonnaY) and Pinot Blanc; for the reds the varieties are Pouland, Trousseau, and Gros Noiren (Pinot Noir). Two very curious wines of the Cotes du Jura are the vin de paille (straw wine) and the vin jaune (yellow wine).

ARBOLADE Also known as arboulastré. In the cuisine of former times, either a sweetened cream custard made with eggs, or savoury omelette. The arboulastré mentioned in the Menager de Paris) is a thick omelette made with a mixture of chopped herbs (such as wild celery, tansy, sage, beet, spinach, lettuce and mint) and sprinkled with grated cheese La Varenne’s recipe for arbolade (1651) is a sweet desert.

RECIPE

Arbolade

(from La Varenne’s recipe) Melt butter and add some cream, egg yolks, pear juice, sugar and a pinch of salt. Cook this mixture lightly, sweeten with flower water and serve.

ARBUTUS BERRY The fruit of the strawberry tree or shrub called madrono in Spanish and in American. It grows in the forests of North America, Ireland and southern Europe and is cultivated in the south of France. The rather tart red berries have a stippled surface and are pulpy inside, but do not have the flavour of strawberries. They are used to make a fruit wine, spirits and a liqueur, as well as jellies and jams. The city of Madrid was formerly surrounded by forests and has a strawberry tree and a bear on its coat of arms.

ARCHESTRATUS Greek poet and gastronome of the 4th century BC, who came from Gela, in Sicily. He wrote a long poem entitled Gastronomy (also known under the names of Gastrology, Deipnology or Hedyphathy). Only a few fragments,, quoted by Athenæus, remain they are presented as a body of advice for the aesthete, the gourmet and the gastronome. A great traveller, the author shares his discoveries with the reader, presenting such dishes as dog’s or sow’s abdomen cooked in oil and sprinkled with; cumin, and dispensing his advice on where to obtain the best products, such as wild boar from Lucana or sturgeon from Rhodes. Above all he reveals his tastes, particularly with regard to fish, his recipe include conger eel boiled in brine and wrapped in herbs and eels cooked in beef leaves.

ARCHIDUC. The name given to Friends dishes inspired by Austro-Hungarian cuisine at the time of the Belle Epoque. Eggs, sole and poultry are cooked with onion and paprika and coated with hongroise sauce. The pan juices are deglazed with either a fumet of fish or a demi-glace sauce, whichever is appropriate, and flavoured with brandy, whisky, Madeira or port.

RECIPE

Oeufs sur le plat archiduc

Soften some sliced onions seasoned with paprika in a little butter in a small dish. Break the eggs and cook them on top of the onions. Garnish if desired with a salpicon of truffles heated in

butter, or surround with a border of supreme sauce with paprika .

Poulet saute archiduc

Joint a chicken and saute the pieces in butter. When half-cooked, add 2 tablespoons chopped onions softened in butter and ¼ teaspoon paprika. Drain the chicken pieces and keep hot. Deglaze the juices in the pan with 100 ml (4 fl oz, ½ cup) dry white wine and heat to reduce. Add 1 ml (1/4 pint, 2/3 cup) double (heavy) cream and reduce further. Finally, add a trickle of lemon juice and 50 g (2 oz, ¼ cup) butter. Strain the sauce (if desired) and use it to coat the chicken pieces. Sliced cucumber, steamed in butter, may be served at the same time.

ARDENNAISE, A L. The term, meaning in the style of the French Ardennes, is given to several dishes of game, either birds (such as thrush) or animals (such as pickled hare or boar), in which juniper is used (in the form of spirit or berries).

ARGENTEUL. The French name given to dishes with a sauce or garnish containing either asparagus tips or asparagus puree. The Argenteuil area of the Val-d'Oise has been famous for the cultivation of asparagus since the 17 century – there is even a society, the Compagnons de l'asperge d'Argenteuil. The description may also be applied generally to 'white' dishes such as poached or soft boiled eggs, sole or fillets of sole, and poached fowl.

RECIPES

Salad argenteuil

Cook some potatoes in their skins, dice them and dress with tarragon mayonnaise. Pile into a salad bowl and garnish with white asparagus tips seasoned with oil and lemon. Make a border with shredded lettuce and quartered hard-boiled (hard-cooked) eggs.

Scrambled eggs argenteuil

Scramble some eggs and garnish with asparagus tips that have been parboiled in salted water and then slowly cooked in butter. Serve with triangular croutons fried in butter and a cream sauce.

Soft boiled (or poached) eggs argenteuil

Arrange the cooked eggs on croutons fried in butter. Coat with a white asparagus puree and garnish with asparagus tips which have been slowly cooked in butter.

ARGENTINA (see opposite)

ARIEGEOISE, A L' this description is given to typical dishes of the cuisine of south-western France, particularly chicken and boned breast of mutton, which are served with stuffed cabbage and potatoes. The chicken is poached in a broth (which is served first, as a soup) and then served with stuffed green cabbage leaves, pickled pork and potatoes.

RECEIPE

Stuffed breast of mutton a l'ariegeoise

Make a cavity in a 'breast of mutton, season with salt and pepper, and fill with a fairly firm stuffing made with breadcrumbs soaked in stock and squeezed, fat and lean unsmoked bacon, chopped parsley and garlic, bound together with eggs and well seasoned. Sew up the opening in the breast. Put the meat in a buttered braising pan, lined with fresh pork rinds and sliced onions and carrots. Add a bouquet garni, cover and cook gently for 15 minutes. Moisten with 150 ml (1/4 pint, 2/3 cup) dry white wine and reduce. Add 3 teaspoons tomato puree(paste) and 300 ml (1/2 pint, 1 ¾ cups) thickened brown gravy. Keep covered and cook in the oven for a further 45-60 minutes. Drain the mutton breast and arrange it on a long dish. Surround with a garnish

consisting of balls of stuffed cabbage and potatoes cooked in stock and butter. Strain the cooking juices, skim off the fat, reduce and pour over the meat.

ARGENTINA

There are few traces of the Spanish occupation in the culinary tradition of this country. Since the country's economy is largely based on cattle breeding, Argentinians eat a large amount of meat. Gastronomic differences therefore lie mainly in the preparation of the meat, particularly beef, prepared as large quarters which are roasted (asados) or grilled (churrascos), accompanied by red kidney beans, rice, sweetcorn or fresh pasta, an inheritance from Italian settlers.

Besides these very straightforward dishes, there is also a more elaborate cuisine, such as a stew garnished with pumpkin and corn on the cob; matambre ('hunger stopper'), a dish of salt beef stuffed with vegetables and hard-boiled (hand-cooked) egg roasted and boiled, served cold as a starter; and carbonara criolla, a ragout simmered in a pumpkin skin.

Argentina also produces many cheeses which are much appreciated locally, such as tafi (a hard cheese like the French Cantal), and the speciality famous throughout South America, dulce de leche (sweetened, flavoured concentrated milk).

WINE Argentina's wine industry was created by Jesuit missionaries in 1557, near Santiago del Estero. Today wine growing has become so important that Argentina is the largest wine-producing country in South America, and the fifth largest producer in the world. The quality of Argentinean wine, in particular the reds, has greatly improved in recent years.

Of Argentina's production, 70% comes from the state of Mendoza at the foot of the Andes mountains, where the melting snows provide water for controlled irrigation. Together with the region of San Juan, slightly to the north, this central area to the west accounts for 91% of Argentina's production. Wine grape plantings are dominated by Bonarda, a light, fruity red variety, and Torrontés, a dry white aromatic grape, but increased plantings of Malbec, Cabernet Sauvignon, Merlot, Syrah and a range of Italian grape varieties (such as tempranillo, Sangiovese and Barbera) are now responsible for much of the red wine sent for export. Chenin Blanc, Ugni Blanc and Chardonnay are the important white grapes after Torrontés.

Much of the new impetus for quality wine production has been generated by flying winemakers from France, Australia and California. Foreign investment, particularly in the sparkling wine industry by major Champagne houses, such as Moët and Chandon, Mumm and Piper-Heidsieck have contributed to the rate of change.

ARLEQUIN in popular 19th-century French parlance, an assortment of leftover food from restaurants or large houses that was made to look palatable and resold at low prices either in certain markets or in cheap restaurants. Today in France they would be called rogatons (leftovers). In Paris a table (1846) Eugène Briffault recalls, 'all the remains that are thrown out which take on the lively name of orlequin. This olla podrida (pot pourri) of the Paris Bohemians' The sellers were called 'jewellers', because of the way they took care of the presentation of these disparate remnants, as colourful as harlequin's coat.

ARLESIENNE, A L' The term, meaning in the style of Arles, is given to dishes with a garnish of aubergines (eggplants) fried in oil, sautéed tomatoes, and onion rings dredged in flour and fried. The garnish accompanies sole, tourmedos steaks (filet mignons) or noisettes of lamb).

RECIPE

Escargots à l'arlesienne

Take some medium-sized snails, stand them in tepid water to remove the impurities and then blanch with a handful of salt. Remove them from their shells and drain. Put a little diced bacon

into a saucepan, sprinkle with flour, moisten with dry white wine and add the snails, together with some garlic and plenty of herbs. Bring to the boil and cook gently for about 10 minutes. When the snails are cooked, drain and replace in their shells. Make a sauce with a glass of Madeira, a pinch of cayenne pepper and the juice of a lemon. Pour the sauce over the snails and sprinkles with chopped parsley.

Other recipes see egg (scrambled eggs), salad.

ARMAGNAC. Brandy made from wine from a region in Gascony almost entirely in the department of Gers. It has an appellation d'origine contrôlée.

The main production zone is Bas-Armagnac (d'Armagnac, Cassaubon, Eauze and Nogaro, up to Villeneuve-de-Marsan and Aire-sur-l'Adour), which produces very fine Armagnac with a particular bouquet. The Tenarèze region completes the Bas-Armagnac region to the east (around Nerac, Condom, Vic-Fezensac and Aignan) and produce strongly scented and supple brandies. Haut-Armagnac, which extends to the east and south, around Miranda, Auch and Lectoure, produce less of the total production.

Armagnac's name (and presumably the spirit itself) has been recorded as early as 1411, but since 1909 certain controls have defined its area and how it should be made and labelled. The main grapes used are Piquepoul, St. Emilion, Colombard, Jurangcon, Blanquette, Mauzac and Clairette Meslier. A special type of still is used to handle the white wines and this is now done by a continuous process, although the Armagnac still is quite different from the continuous still (Coffey or patent still) used in making other spirits. (Some of the stills were, until the mid 20th century, travelling stills, going around the country making the brandy for the wine growers. These still exist, but the big firms mostly carry out their own distilling in their headquarters or buy from growers who distill.)

Armagnac is matured in oak and the age of the spirit, when bottled, can be three star or XXX (three years old) VO (from five to ten years) or VSOP (up to 15 years) 'Hors d'Age' means that the brandy is at least 25 years old, although, like Cognac, it will not improve indefinitely in wood. Sometimes bottled in a flagon-shaped bottle known as a basquaise, armagnac may also be put into tall bottles. It should be served in a small tulip or flattish goblet-type glass, able to be cupped in the hand when it is drunk neat as a liqueur, although the more ordinary Armagnacs are useful in mixed drinks. Armagnac is different from useful in mixed drinks. Armagnac is different from Cognac but – a common delusion – is not weaker in any way, nor is its quality for quality cheaper.

ARMENONVILLE A garnish that bears the name of a Parisian restaurant in the Bois de Boulogne. The basic ingredients are either Anna or casserole potatoes, together with morel mushrooms. In cream sauce. It is served with noisettes of lamb, tournedos steaks (filet mignons), sautéed or casserole children and soft-boiled or poached eggs. These are coated with demi-glace sauce flavoured with either Cognac or Madeira. The name is also given to a dish of sole or sole fillets.

RECIPE

Sole armenonville

Prepare a panck of Anna potatoes. Skin prepare 2 good sole and poach them in a very shallow dish in fish stock. Make a white wine sauce and air in the cooking juices from the sole. Cut some cep mushrooms into thin strips, cook them gently in butter in a covered pan and add them to the sauce. Arrange the Anna potatoes on the serving dish, place the sole on top, coat with sauce and serve immediately. In the traditional recipe, the sole is served surrounded by a border of duchesse potatoes enriched with truffles.

ARMORICAINE, A L' The description a l'armoricains is given to dishes with a sauce of prawns and shrimp which are cooked a l'americanaine. These days it is acknowledged that armoricaine is a corruption of americaine, itself a Parisian dish. Moreover, the incorporation of garlic, tomatoes and oil in the sauce and the fact that it was created by a chef of southern French origins, proves that the recipe has nothing to do with Brittany (Armorica is the ancient name for Brittany).

AROMA The distinctive smell of a food that is produced by a complex mixture of volatile compounds, A product is aromatized by introducing into it an aroma, natural or otherwise, that gives it a flavour or reinforces one that it has already.

Natural aromas or flavours are extracted from plants, such as mint, vanilla or the zest of citrus fruits. Certain processes, such as smoking or maceration in alcohol, also give a natural flavour.

To keep costs down, and to maintain the quality and keeping properties of its products, the food industry has increasingly used artificial and synthetic flavourings. Artificial flavourings have chemical formulae identical to those of natural flavours, such as vanillin or menthol, while synthetic flavourings have chemical formulae that do not exist in nature. For example, amyl acetate, which smells of bananas, is used in liqueurs and processed cheeses, diacetyl is in margarine; and the valerianates are widely used in preserves because of their fruity smell.

In France flavourings are not regarded as additives and their use is not governed by the same set of regulations. On the other hand, it is obligatory to include the word 'fontaisle (imitation) on labels for aromatized alcohols and syrups, and the words 'natural flavour', 'reinforced natural flavour' or 'artificial flavour' on other food labels, depending on the circumstances. However, the actual nature of the flavouring remains a secret of the manufacturer.

The name aromes is given to Lyonnais cheeses, such as Rigotte and Pelardon, which are referred in grape marc or white wine to give them a piquant flavour.

AROMATIC. An fragrant plant that is used as a condiment or for flavouring. Various parts of the plant may be used the leaves (basil, marjoram, mint, chervil and tarragon), the flower buds (caper and nasturtium), the seeds (dill, aniseed, caraway, coriander and mustard), the fruit (Jumper and pimento), the roots (horseradish), the stems (angelica, savory and wild thyme) or the bulbs (garlic and onion). Certain vegetables, such as carrots, celery, parsnips and leeks, are also used in cooking as aromatics.

Although they have no nutritional value, aromatics constitute an indispensable item in cooking. They may be added directly to the preparation during cooking to achieve a suitable blending of flavours and aromas (particularly for dishes that are boiled or braised for a long time), or are used indirectly in vinegars and oil, mustards, condiments, stuffings court-bouillon, marinades, fumets and macerations. They are also widely used to make alcoholic and nonalcoholic drinks and in the preserving industries.

Aromatics may be used fresh or they may be preserved by refrigeration, freezing or drying; dried aromatics, whole or crushed, should be stored in opaque well-sealed pots.

Aromatics are distinguished from spices in that the latter are of exotic origin; for example, pepper, nutmeg, saffron, vanilla and betel. A spice is necessarily aromatic but it may also be very pungent, while the aromatic is used essentially for its fragrance. To spice means 'to give taste to', while to aromatize means 'to perfume'. In ancient times, substances such as benzoin, myrrh and rosewater were frequently used in cooking. In the Middle Ages, simples and herbs, both medicinal and culinary, played an essential role. Later, oriental spices competed with them, but different regions continued to local practice of aromatic cooking using indigenous plants, such as garlic, anise, basil, oregano and thyme in the Mediterranean countries, dill and fennel in Scandinavia, and artemisia, juniper and cumin in the East. In France, the situation is

summarized by Raymond Dumay: ‘We have only one condiment, in three shapes: garlic in Marseilles, shallots in Bordeaux and onions in Dunkirk; these are the three pillars of our national cuisine.

RECIPE

Aromatic sauce

Cover and infuse for 20 minutes a mixture consisting of 250 ml (8 fl oz. 1 cup) boiling consommé, a pinch each of chopped chives, savory, marjoram, sage and basil, a chopped shallot, 4 papercorns and a little grated nutmeg, strain the infusion and then add it to a white roux made with 25 g (1 oz. 2 tablespoons) butter and an equal amount of flour. Cook for 10 minutes. Add a trickle of lemon juice and a teaspoon each of chopped chervil and chopped tarragon. This sauce can be served with poached fish.

ARQUEBUSE a herby liqueur that was originally supposed to possess therapeutic qualities in case of gunshot wounds. The recipe for eau d’arquebuse or d’arquebusade was recorded in the 19th century by a marist monk from the Hermitage Abbey (Loire) and includes agrimony and gentian. Today it is used as a digestive and ‘pick-me-up’ – it is said to be the French answer to Fernet Branca!

ARRACACIA ROOT pomme de terre-celeri. The standby long rhizome (underground stem) of the arracacia, also known as the celery potato, native to Colombia. It can be ground to produce flour or cooked like the yam or the sweet potato.

ARROWROOT. The starch extracted from the rhizomes (underground stems) of several tropical plants. It is so called because of the therapeutic qualities attributed to it by American Indian in the treatment of arrow wounds. A fine white powder, it is useful in the kitchen as a last-minute thickener of sauces. Arrowroot should be blended to a smooth, thin paste with a little cold liquid before added to hot liquid. Unlike cornflour (cornstarch), which gives a cloudy sauce, arrowroot clears when it boils. It reaches optimum thickness at boiling point and should be removed from the heat immediately as further cooking makes the arrowroot thin down slightly. Being clear and requiring brief cooking, arrowroot is the ideal thickener for fruit glazes, sauces and to prepare gruels for invalids and desserts.

RECIPES

Arrowroot glaze

To make a thick set cold glaze for fruit, thicken fruit juice or a light fruit syrup as for Thin fruit sauce, below but using 5 teaspoons arrowroot to 300 ml (1/2 pint, 1 1/4 cups) liquids. Use while hot or warm.

Thin fruit sauce

To thicken a fruit juice sauce to a thin pouring consistency, use 1 tablespoon arrowroot for every 300 ml (1/2 pint, 1 1/4 cup) liquid. Shake the arrowroot with a little cold water or juice. Stir in a little of the hot sauce, then pour the arrowroot mixture into the main batch of sauce. Bring to the boil, stirring continuously, and remove from the heat. Serve at once or cover the surface of the sauce with cling film (Plastic wrap) to prevent a skin from forming and leave to cool.

ARTAGNAN, A LA D’ the name of the fourth musketeer is given to a garnish consisting of cep mushrooms à la béarnaise (his province), small stuffed tomatoes and croquette potatoes. It is served with poultry and meat joints.

ARTEMISIA armoise A genus of aromatic plants with a scent of camphor growing throughout

Europe and Asia. Wormwood (*A. absinthium*) has been used as a vermifuge (hence the name) for thousands of years. It has also been used as afebrifuge (no abate fever). One of the principal herbs in absinthe, it also gives its name to vermouth, via the German Wermud. It is aromatic, but very bitter. Indeed, a flavouring for spirits (and perhaps a tonic) is one of the principal uses for herbs of this family, an Alpine variety being used for the Swiss genpi. The leaves of some varieties are used as a fresh condiment to flavour fatty meats and fish, such as pork and eel, and may also be an ingredient in certain marinades. *Antemisia* is mainly used in Germany, the Balkans and Italy.

ARTICHOKE, GLOVE A perennial vegetable related to the thistle, whose edible immature flower head is formed of a fleshy base (fond) and heart surrounded by scaly leaves or bracts. The base is eaten after the inedible hairy central core (choke) has been removed. The bases of the leaves cradle a small portion of tender flesh that is also edible. Each leaf is dipped in a little sauce or dressing and the tender edible part nibbled off before the rest of the leaf is described.

The heart is the central clump of close-packed tender and completely edible leaves from young vegetables in which the choke has not formed. Very young vegetables are edible, with the minimum of trimming necessary to remove a few outer leaves. At this stage the small artichokes may be sliced, quartered or cooked whole, in fritters or braised. Very young artichokes are also eaten raw.

Originating from Sicily and still very widely used in Italian cooking, the artichoke was first regarded in France mainly as a remedy for various ailments. At the beginning of the 18th century, Louis Lemery said in his *Treatise on food* "Artichokes suit elderly people at all times, and those of a phlegmatic and melancholy disposition." It was also reputed to be an aphrodisiac and women were often forbidden to eat it. Catherine de Medici, who was fond of artichokes, encouraged their cultivation in France.

Artichokes are grown in many parts of Europe, while California is the major region in the US. In France they are grown in Brittany, producing the large round hearted Camus with a large heart; around Paris known for the large green Paris or Laon (with more spiky leaves), and in Provence, where the violet artichokes of spring and autumn may be eaten raw, or braised and eaten whole.

- **Selecting and cooking.** Artichokes are best in the summer. Choose one that is firm and heavy, with still tightly packed leaves (these may be brilliant green. Blue-green or violet-colored, according to the variety). Because the artichoke is a flower bud, open leaves indicate that it is overripe and will therefore be hard and have too large a choke. When it has been kept for a long time after picking the tops of the scales go black. Uncooked artichokes may be kept fresh for 1-3 days if their stalks are put into water, like a bunch of flowers. Placing them in the salad compartment of the refrigerator is the practical alternative. After cooking, they will keep for 24 hours in the refrigerator.

Artichokes are an essential item in the Italian diet. Young small hearts (such as the Chioggi or Venice violet, and the Tuscan violet) are eaten raw, dipped in olive oil or are cooked whole and preserved in oil, to serve as an antipasto. Big globe artichokes are grown in Rome, and the city boasts recipes such as *carciofi alla giudia* (fried whole in oil).

Large artichokes, cooked in water or steamed, are served whole, either hot or cold with central choke removed, and accompanied by a sauce or vinaigrette, (sometimes a second source within the leaves) they are eaten by pulling off the leaves dipping the base in the sauce, eating this and discarding the leaves. Finally the base or bottom (fond) is eaten. When young and tender, artichokes can be served au gratin, sliced for an omelette filling and even fried. The bottoms may be topped with a stuffing, cooked à la horigoule, used as a garnish for hot or cold dishes, or served in a salad. Only the small violet ones can be eaten raw with salt.

Artichoke bottoms and hearts may be sold ready-prepared in Italy and are available canned (the bottom sometimes with a fringe of leaf) or frozen. The whole artichoke, or the

heart only, may be preserved in brine. A mixture of water, olive oil, lemon, thyme, bay leaf and coriander (cilantro), is often used for small artichokes.

RECIPES

Artichoke hearts preparation

Break off the stalk of the artichoke by bending it until it comes away from the base; the stringy parts will come away with the stalk. Using a very sharp knife, cut the base flat and then remove the tough outer leaves. Neatly trim the outside of the artichoke, then cut off the top and remove the choke. Rub with lemon to prevent it going black, even if it is to be used immediately.

Artichokes a la cevenole

Blanch the artichokes and gently cook them in butter. Garnish with chestnut puree flavoured with soubise puree. Sprinkle with grated parmesan cheese and melted butter and brown in the oven or under the grill (broiler).

Artichokes a la duxelles

Blanch the artichokes and cook in butter, then stuff with mushroom duxelles.

Artichokes a la nicoise

Blanch the artichokes and sauté in olive oil. Garnish with thick tomato sauce, sprinkle with white breadcrumbs and olive oil, and brown in the oven or under the grill (broiler).

Artichokes a la portugaise

Gently cook the prepared artichokes in oil with chopped onion. Add 2 peeled seeded chopped tomatoes, a little grated garlic and some chopped parsley. Over and cook over a very low heat. Garnish with a well-reduced tomato sauce and sprinkle with chopped parsley.

Artichokes aux fines herbes

Lightly blanch the artichokes, then sauté them (either whole or sliced) in butter, arrange in a vegetable dish and sprinkled with chopped chervil and parsley. If the artichokes are very tender, the raw hearts may be sliced. Rubbed with lemon and sautéed in butter.

Examples of the types of globe artichoke – there are many green or purple, large and small varieties.

Artichokes a la lyonnaise

(from Paul Bacuse's recipe) choose medium-sized artichokes with long spread-out long leaves, either the green or the violet variety. Break off the stalks, cut the artichokes into four, cut the leaves down to two-thirds their length and remove the choke. Plunge them into a saucepan of boiling water, half-cook them and then drain. Heat a mixture of equal parts of oil and butter in a flameproof pan and soften a chopped onion in it. Add the artichokes, season with salt and pepper and cook over a moderate heat until the vegetables begin to brown. Add 1 table spoon flour and about 300 ml (1/2 pint. 1 ¼ cups) stock. When the artichokes are cooked, arrange them on a dish and keep them hot. Add a little more stock to the pan and reduce. Add some chopped parsley and then stir in a good sized piece of unsalted butter and the juice of half a lemon. Pour the sauce over the artichokes and serve.

Boiled artichokes

Using scissors or a very sharp knife, trim off the top third of the outer leaves of the artichokes and wash the heads in plenty of water. Break off the stringy parts which will come away with the

stalk. Tie up each artichoke with string so that the head retains its shape during cooking and plunge the vegetables into acidulated boiling salted water. Keep the water boiling vigorously. The cooking time (average 30 minutes) depends on the size and freshness of the artichokes. (allow 10-12 minutes after the steam begins to escape when using a pressure cooker.) the artichokes are cooked when the outside leaves come away when pulled upwards. Drain the artichokes by placing them upside down in a colander, remove the string and serve immediately. If they are to be eaten cold, put them under the cold tap as soon as they are cooked and then drain them; do not untie them until the last moment. To serve, take out and discard the centre leaves which hide the choke and remove the choke with a small spoon.

Artichokes may be eaten hot with melted butter, a white sauce (prepared with the cooking water enriched with fresh cream), a cream sauce (or simply cream flavoured with lemon and heated), a hollandaise sauce or a mousseline sauce. Cold artichokes may be served with mayonnaise, mustard sauce, tartare sauce, or vinaigrette and flavoured. If desired, with chopped parsley or chervil.

Braised stuffed artichokes

Cut and prepare large artichokes as in the previous recipe. Blanch for 5 minutes in boiling water, cool under the tap, drain and remove the small central leaves and the choke. Season with salt and pepper. Fill the artichokes with a meat stuffing (made, for example, with 4 parts sausage meat to 1 part onion softened in butter, and some chopped parsley). Wrap them in thin slices of fat bacon and tie them. Butter a sauté dish and line base with bacon rashers (slices), and sliced onions and carrots. Place the artichokes on top, season with salt and pepper, and add a bouquet garni. Cover and begin cooking over a low heat. Moisten with a small quantity of dry white wine, and reduce. Add a few tablespoons of veal stock, cover and cook in a preheated oven at 180°C (350°F, gas 4) for about an hour, basting frequently. Drain the artichokes, untie them and remove the bacon rashers. Arrange the artichokes on a round dish, strain and skim fat from the cooking liquor, add some demi-glace or any other reduced sauce, and use to coat the artichokes.

Casseroled artichokes

Choose small Italian or violet Provençal artichokes, and trim the leaves to two-thirds of their length. Blanch the artichokes in a boiling water, drain, remove the centre leaves and chokes, and fill them with a stuffing made from breadcrumbs, chopped garlic, capers, parsley and salt and pepper. Arrange the artichokes close together in a casserole, moisten with a generous quantity of olive oil and season with salt and pepper. Cook in a preheated oven at 180°C (350°F, gas 4), uncovered, for about 50 minutes, basting from time to time. To serve, arrange the artichokes on a dish and pour the cooking juices over them.

Young whole trimmed artichokes

These may be braised without stuffing, devilled, cooked à la lyonnaise or à la mirepoix, or used in any of the recipes for artichokes.

Other recipes See barigoule, Clamart, Crecy, florentine, piemontaise.

ARTOIS, D' in classic cuisine, the name of the future Charles X of France (reigned 1824-30) is given to a haricot (navy) bean soup and a garnish for roast baron of lamb made with small potato croustades filled with young garden peas and accompanied by madeira sauce.

RECIPE

Potage d'artois

To 1.5 litres (2 ¼ pints, 6 ½ cups) haricot (navy) bean soup, add 4 tablespoons finely shredded

vegetables softened in butter. Sprinkle the soup with 1 tablespoon chopped chervil.

ARTUSI, PELLEGRINO Italian banker, man of letters and gastronome (born in Formimpopoli 1820.died Florence 1921). Author of *La stoniza in cucina a l'arte dt mangular bene* ('Science in cooking and the art of eating well'). This work, first published in 1891, enjoyed an unprecedented success in Italy, with 14 still the great classic of Italian cuisine and it is also a great pleasure to read. His original style combines technical accuracy, literary imagination, hygienic education and ethnographic or historical observation.

ASAFOETIDA a milky resin extracted from the tap root of an oriental umbelliferous plant widely cultivated in the Middle East. It is dried and crushed and sold as powder in Iran, India and Afghanistan, where it is commonly used as a condiment. The first impression of this spice is off its foul smell and powerful unpleasant flavour if sampled raw. The Germans call it *Teufelsdreck*, or devil's dung. When it is cooked in minute quantities, its smell diminishes and it gives a slightly onion-garlic flavour to food. It is valued seasoning in many Indian vegetable and pulse dishes. It was popular with the Roman (see *silphium*), but was later used mainly as a medicine to treat flatulence.

ASH A tree of the genus *Fraxinus*, which grows in temperate climates. The leaves of the European ash (*F. excelsior*) are used for a fermented drink called *frenette*, or to make a type of tea, of tea. The very young green keys can be preserved in vinegar and used instead of capers.

RECIPE

Boil 50 g (2 oz) as leaves with the thinly sliced zest of 10 orange in 2 liters (3/12 pints, 9 cups) water for 30 minutes. Strained infusion and add 50 g (2 oz) citric acid. Pour into a barrel with a capacity of about 50 litres (11 gallons, 14 US gallons) Dissolve 25 g (1 oz, 2 cakes) fresh (comperssed) yeast in 2 tablespoons cold caramel and pour the mixture into the barrel. Fill with water, leave to ferment for 8 days, bottle and cork.

ASIAGO An Italian DOP cheese made from unpasteurized cow's milk. It has a supple but sliceable texture with numerous small holes. The flavour is slightly nutty, with lemon tones which take on a more tangy nature as the cheese mature. It was first manufactured from ewe's milk in the village of Asiago in the province of Vicenza. The cheese comes in rounds weighing 7-10 kg (16-22 lb). According to its maturing time (one, two or six months), it is eaten fresh, medium or mature respectively. (Mature cheese are graded as *vecchio*, time months, and *stravocchio*, two years).

Asiago Presato is a much more common and commercial type of Asiago. Made from pastuerized cow's milk, it is pressed to speed up the ripening potatoes and then matured for a very short time. The texture is rather rubbery and the flavour is very mild.

ASPARAGUS A perennial plant with an under-ground stem (crown) that produces edible shoots, with a nascent bud of different colours, which are regarded as a delicacy. It is a native of central and southern Europe, North Africa and central and West Asia. Known to the Egyptians and the Romans, it was not cultivated in France until the time of Louis XIV: the Sun King had a great liking for this vegetable and received supplies from *La Quintinie* from December onwards. In about 1875, the Orleans district become the faourite area for growing asparagus – thanks to Charles Depezay, a cavalryman who took grafts from plants near Argenteuil during the siege of Paris, and afterwards dedicated himself to growing asparagus.

- Types Three varieties of asparagus are grown in continental Europe, the season starting in March. Holland and Belgium (in continental Europe, the season starting in March. Holland

and Belgium (in Brabant in the south and around Limburg) flavour white asparagus, earthed up as it grows, with a yellowish tip. Fat and white is the favourite in Alsace and southern Germany, and in Spain, where huge quantities are canned in the Ebro valley. White, but lavender tipped, asparagus, allowed to colour naturally, has rather more flavour. It grows in Italy round Bassano (in the Veneto) and, in France round Angenteuil, in Aquitaine, the Charentes and the Loire. All-green asparagus which extends the European season until June) has the best flavour of all. It is harvested when the stalks are about 15 cm (6 in.) long, and is the favourite in California (the US is the largest commercial producer) and Britain, where the Vale of Evesham is celebrated, 'Sparrow grass' is a local name there, and 'sprue', for the thinner stalks. In France green asparagus is grown on the Rhone (Lauris) – thanks to the efforts of the chef Auguste Escoffier.

Several types of wild asparagus grow in Europe, from Britain to Poland and Turkey, and in California and Australia. The one from a thorny bush is best. These feature in regional dishes; for example, Italian asparagus tips with Pamesan cheese. Wild asparagus tends to be bitter.

- Selecting, cooking and serving. Fresh asparagus stems should be firm and uniformly coloured. The cut ends of the shoots should be white. They may be kept for a maximum of three days if the ends are wrapped in a damp cloth or in an airtight polythene bag or container. Store in the refrigerator. Allow a bunch per person when serving the vegetable as a starter – usually 250 g (9 oz). Asparagus is always cooked in water or steamed before further use. The French serve it hot and plain with butter. The Italians also eat it cold with vinaigrette. It can also be served in a hot or cold sauce, in a salad, in a tart, au gratin, as a pie, in veloute sauce, as an omelette filling or with scrambled eggs. Canned white asparagus or green tips may be used.

A variety of kitchen equipment is associated with asparagus. There is a special tall steamer that keeps the tips out of the water and handsome dishes with draining racks, or with followers for sauces, plus various scoops and tongs. The tips may be eaten with a fork and the rest of the stem with the fingers, or the whole vegetable may be eaten with the fingers. A finger bowl may be provided (tin (pan) which will act as a bain marie. Cook 100 g (4 oz) green asparagus tips, 5 cm (2 in) long (check that there are sufficient asparagus tips to line the sides of the rings; reduce or increase the quantity as necessary) carefully arrange vertically at regular intervals around the edge of each ring, with the flat side turned inwards. Next fill the rings to the top with the asparagus mousse so that the asparagus tips stick out by 1 cm (1/2 in). Pour water into the tin up to one-third the height of the rings. Cook in a preheated oven at 110°C (225°F, gas 1/4) for 20 minutes.

In a small sauté pan, reduce the juice of an orange with the blanched, finely shredded zest of 1/2 orange. (Reserve the remaining blanched zest for garnishing). Whisking continually, add 100 g (4 oz) butter cut into small pieces. Season with salt and pepper. Put aside in a warm place. Carefully transfer each stainless steel ring to serving dish, slide a thin knife blade round the ring to loosen the mousse and remove the ring slowly upwards. Gently pour the orange butter around the asparagus mousse. Garnish with orange segments and blanched zest.

Asparagus ragout with young garden peas Take equal quantities of shelled young garden peas and peeled asparagus. Cut the asparagus into 2 cm (3/4 in) lengths. Sauté some new small onions in a casserole with butter, oil, or preferably, goose fat. When they have browned, add the asparagus and peas, cover, and sweat for 5 minutes. Add salt, pepper, a little sugar and enough poultry stock to just cover. Cover the casserole and cook over a low heat for 15 minutes. Arrange the ragout in a vegetable dish and serve.

Asparagus tart

Cover a pastry case (pie shell), baked blind, with a layer of creamed chicken puree. Garnish with asparagus tips that have been gently cooked in butter. Coat with cream sauce or supreme sauce.

Sprinkle with fried breadcrumbs and brown in this oven.

Asparagus tips cooking

Break or cut off the tips of a suitable variety of green asparagus, discarding the stalks where they start to become hard. Tie up these tips, about 10 cm (4 in) long, in bundles of 10 or 12. Peel the lower parts of the asparagus stems and cut into small pieces. Cook them in boiling salted water for 4 minutes, then add the bundles of asparagus tips. Cook them, uncovered, for 7-8 minutes, then drain the bundles and the pieces. Dip the bundles of tips in cold water. The asparagus pieces together with the cooking water, maybe used for soup or a garnish. White asparagus should be cut into tips 5-6 cm (2-2 ¼) long.

Asparagus tips for cold garnishes

Asparagus tips used for garnished or cold salads should be dipped in cold water as soon as they have finished cooking and then well drained. Depending on the dish being garnish, they may either be dressed with vinaigrette or mayonnaise, or glazed with meat aspic jelly.

Asparagus tips with butter or cream

The tips should be well drained and, if necessary, dried for a few seconds over heat or in the oven. Add melted butter or cream and arrange in a vegetable dish. Alternatively, the tips may be used as a garnish for poached, scrambled, or soft-boiled eggs, fish dishes, small meat joints, veal sweetbreads, roasting chicken or game.

Other recipes . see aspic, buisson, cream soup, flamande, omelette (filled omelettes: Arageneul, polonaise, royale, salpicon (vegetables salpicons), soup.

ASPARTAME. A very strong artificial sweetener, 180 TO 200 times sweeter than sacchar(sugar) with a very low calorie content. It is the artificial sweetener with a flavour most closely resembling sugar. It is harmless and its lack of aftertaste means that it is an ingredients of thousands of dietary products; on the other hand it is not so stable when heated.

ASPIC A way of presenting cold food (meat, poultry, foie gras, fish, shellfish, vegetables or even fruit), by setting it in a moulded and decorated aspic jelly. Many authors believe that this name comes from tehasp, a serpent whose icy coldness recalls that of the jelly, but it is more probably derived from the Greek word aspis, which means buckler or shield, it was in fact, in this form that the first moulds were made; others were made in the shape of a coiled snake, doubtless to justify the name aspic. Today, aspics are made in plain moulds, charlotte moulds, savarin (ring) moulds or in individual ramekins or darioles; aspic moulds may also be fluted or decorated. the type of aspic used (made from meat, poultry or fish, or pectin-based for fruits) varies according to the nature of the principal ingredients (poultry shows, sole fillets, medallions of foie gras, sliced fresh vegetables or fruit segments.) it is flavoured with port, Madeira, Marsala or sherry.

RECIPES

Preparation of aspic moulds and dishes

Place the selected mould in the refrigerator until it is very cold. Prepare some aspic jelly. Pour into the mould some jelly (which has cooled but not set), turning it so that it coats the base and sides.. replace the mould in the refrigerator so that the aspic just sets but is not too firm, and then place the items used for garnishing on the base and around the sides. The garnish (which should be chosen accordingly to the principal item to go in the aspic). Should be cut up into small pieces; for example slices of truffle, rounds of hard-boiled (hard-cooked) egg, slices of lean ham

or tongue, tarragon leaves or smoked salmon may be used. When adding these items, the appearance of the jelly when it is turned out of the mould must be considered. Replace the mould in the refrigerator to allow the garnish to set firmly. Then carefully fill the mould with the prepared filling and press it down into the jelly. The preparation may be placed in layers alternating with layers of jelly, in which case, the jelly should be allowed to set before the subsequent layer of prepared food is laid on to. Alternatively, the mould can be filled with the prepared food then filled with jelly. Replace the filled mould in the refrigerator until the moment of serving. Unmould the firmly set aspic by plunging the mould for a few seconds into boiling water. Turn it upside down on to a cold plate and replace in the refrigerator for a few moments before serving.

Asparagus aspic

Coat the base and sides of remekins with aspic jelly. Cut asparagus tips to the height of the remekins and arrange them so that they stand upright around the edge, closely pressed together. Fill the centre with a puree of foie gras. Cover with aspic and leave in the refrigerator for several hours before serving.

Aspic of ham and veal (or chicken)

Prepare an aspic jelly flavoured with herbs, and coat the mould with it. Garnish the mould with some diced cooked ham and some casseroled veal (or chicken) cut into even-sized slices. Fill the centre with a layer of ham mousse, then a layer of Russian salad, finishing with a layer of aspic jelly. Place in the refrigerator to set. Unmould before serving.

Crab aspic (or aspic of shrimps, lobster or llongouste).

Prepare a fish fume with 500 g (18oz) white fish bones and trimmings, 300 ml (1/2 pint, 1 ¼ cups) dry white wine, an onion stuck with 2 cloves, a bouquet garni, a small bunch of herbs and 5 or 6 peppercorns. Do not add salt. Add 1 litre (1 ¾ pints, 4 1/3 cups) water, cover bring to the boil and cook gently for 30 minutes. Hardboil hardcook 2 eggs, cool them under running water, and shell them. Strain the fish fumes through a sieve and allow it to cool use a small amount of the fumet to dissolve 45 g (1 ½ oz. 6 envelopes) powdered gelatine. Whisk 3 egg whites and add the remainder of the fumet, whisking constantly. Add the dissolved gelatine and mix in. Bring the mixture to the boil, still whisking constantly. Check the seasoning, take off the heat and leave to settle for 10 minutes. Strain the fumet through a sieve or fine cloth and set aside to cool.

Slice the hard-boiled eggs and 3 small tomatoes. Wash and dry a few tarragon leaves. Coat the mould with the jelly and arrange the slices of tomato and egg and the tarragon leaves over it. Pour a little more jelly over them and leave to set in the refrigerator.

For an aspic of lobster or longouste, cut the tail into sections and remove the shell from the claws and feet. For crab aspic, shell the claws and feet and take out the flesh from the body. For shrimp aspic use the shrimps shelled but whole. Place the shellfish or shrimps in the mould and finish with shrimp mousse, heaping it up a little. Pour in the rest of the jelly and leave in the refrigerator for 5 or 6 hours.

Unmould and serve on a plate garnish with asparagus tips or lettuce leaves.

Fish aspic

This is prepared as for crab aspic, but replacing the shellfish by fillets or slices of fish, and the shrimp mousse with fish mousse. The mousse may alternatively be replaced by Russian salad.

Foie gras aspic

Prepare an aspic jelly flavoured with herbs, and use it to coat the mould. Arrange slices of foie gras and thick slices of truffle in the mould. Fill the mould with half-set aspic and allow to set completely in the coldest part of the refrigerator. Unmould just before serving.

Smoked salmon aspic

Prepare an aspic jelly flavoured with herbs, and use it to coat the mould. Place some Russian salad on slices of smoked salmon and roll them up. Arrange in the mould, alternating a layer of salmon rolls with a layer of salmon mousse, and finishing with the aspic jelly. Place in the refrigerator to set. Unmould before serving.

ASPIC JELLY A clear savoury jelly prepared from basic white or brown stocks (fish, poultry, game or meat). They are produced naturally when the stock is prepared with items rich in gelatine such as veal knuckle, calf's foot, bacon hock and rind, poultry bones and some fish trimmings. Gelatine is added when the ingredients used for the stock are not rich in gelatinous substances to ensure a good set. Leaf or powdered gelatine is soaked in cold water, then dissolved in the stock before it is clarified. Clarification ensures that an aspic is sparkling clear. Aspic jelly powder is readily available for fish or poultry; it is simply dissolved in water and left to cool.

Fish, poultry, meat, eggs or vegetables can be set in aspic, then turned out to make a savoury mould.

Aspic is also used to glaze cold preparations (sippets of chicken, quails, steaks or fillets of fish). As a garnish, aspic is used to line containers for chilled terrines or savoury mousses, so that they are coated in an attractive glistening jelly when turned out. Garnishes are usually set in the aspic. Aspic is also poured over the top of such cold dishes that are served in their containers. Set aspic can be diced or chopped and used to garnish cold foods.

Depending on their use, aspic jellies can be coloured (with caramel or edible carmine to obtain a wine or spirit, such as port, madeira, sherry or brandy).

RECIPES

Fish aspic

Prepare a strong fumet. Put 1 kg (2 ¼ lb) whitefish trimmings (bones and heads of brill, hake, whiting, sole or turbot), 2 onions, 150 g (5oz) mushroom parings, 2 shredded carrots, a large bouquet garni, salt, pepper, 7 tablespoons dry white wine (or red wine when cooking salmon, salmon trout or carp) and 2 litres (3 ½ pints, 9 cups) cold water in a large saucepan. Bring to the boil and then simmer for 30 minutes. Dissolve 45-75 g (1 ½-3oz, 6-12 envelopes) gelatine, depending on the degree of firmness required for the aspic in a little water. Chop up 2 whiting fillets. Mix the dissolved gelatine with the whiting flesh and 2 or 3 egg whites. Strain the fish fumet, pressing the liquid out of the ingredients, and pour it back into the clean saucepan. Add the whiting mixture and bring to the boil, stirring continuously. When it boils, stop stirring and simmer for 30 minutes. Gently strain through a fine cloth and flavour the aspic with champagne or sherry.

Meat aspic

Brown 1 kg (2 ¼ lb) leg of beef and 500 g (18 oz) knuckle of veal. Cut into pieces. 1 calf's foot, 500 g (18 oz) veal bones, and 250 g (9 oz) bacon rind, trimmed of fat. In a preheated oven at 200 °C (400°F, gas 6). Peel and shred 2 onions, 4 carrots and 1 leek. Place all these ingredients in a stockpot together with a large bouquet garni, 1 tablespoon salt and pepper. Add 3 litres (5 pints, 13 cups) water and bring to the boil. Skim, then add a ladleful of very cold water and simmer for 5 hours. Carefully strain the liquid through a strainer lined with muslin (cheesecloth), let it cool completely and put it in the refrigerator so that the fat which solidifies on the surface can be removed easily. Clarify the stock with 200 g (7 oz) lean beef, 2 egg whites and a small bouquet of chervil and tarragon.

The aspic can be flavoured with Madeira, port, sherry or with any other liquor. If this is done, the flavouring is added just before straining the aspic. White aspic is obtained in a similar

fashion, but the meat and bones are not browned. Game aspic is obtained by adding to meat aspic 1.25 kg (2 1/4lb) game carcasses and trimmings, which have been previously browned in the oven, and several juniper berries.

Chicken aspic is obtained by adding to meat aspic either a whole chicken or 1.5 kg. (3 1/4 lb) chicken carcasses and giblets, both browned in the oven.

ASSIETTE ANGLAISE An assortment of cold meats arranged on a plate or dish – the French idea of simple English cooking. It may consist of cooked ham, roast beef, tongue or gelatine, garnished with herkins (sweet dill pickles) and jelly and served with mustard and condiments. The term assiette froide (cold plate) is also used. The Italian affectato is a selection of pork sausages only.

ASTI. A town in Piedmont, Italy, south of Turin, and centre of an important wine region, in particular well-known for production of a sparkling Moscatobased wine which used to be known as Asti Spumante but is now renamed Asti. It is made by a unique variation on the Charmat (cuve close method. Asti is light, graper and relatively low in alcohol at around 9 0/0. Moscato d'Asti is less effervescent and even lower in alcohol at around 5.5%

ATHENAEUS Greek writer and grammarian, born at Naucratis, lower Egypt, in the 3rd century AD. His compilation *Deipnosophistai* ('Authorities on Banquets') is a mine of information about the daily and cultural life of ancient Greece. There are numerous references to chefs and their recipes, discoveries, cooking utensils and special dishes.

ATHENIENNE, A L. The description given in France to dishes thought to be of Greek origin such as poultry, lamb or kebabs) that are cooked with olive oil and lightly fried onion. They are usually garnish with aubergines (eggplants) – fried, sautéed or stuffed – sweet (bell) peppers (sautéed or stuffed) and rice pilaf à la grecque.

ATTELET A small ornamental skewer with a decorative head in the shape of a hare, boar or fish. The word comes from the Latin *basta* (a rod or staff), and these skewers were used for garnishing hot or cold dishes served in the grand style, sometimes being threaded with kidneys, sweetbreads and other small items of food. *Le Nouveau Cuisinier royal et bourgeois* (1714) recommends a *plat du milieu* (a dish served between the main courses and the dessert) consisting of 'a piece of beef garnished with small plates and hatelettes of sweetbreads.'

Attelets were never used during cooking, as the soldering on the decorative muffs would melt

Today this form of garnish is hardly ever seen, as modern cooks tend to avoid any garnish that is not actually edible.

ATTEREAU A hot hors d'oeuvre consisting of various raw or cooked ingredients that are threaded on to a skewer, dipped in a reduced sauce, coated with breadcrumbs and fried. The skewer used, also called an *atterau*, is made of wood or metal. The word comes from the Latin *hasta* (spear).

The principal ingredients of *attarevent* is usually offal, either cut in pieces or sliced, but it can also be made with seafood or vegetables. The supplementaries like mushrooms, tongue or ham, may be used and the sauce for coating is varied. An *athereau* may also be a hot dessert, in which case it is made with fruit and pastry, dipped in a fried custard mixture (see custard), coated with breadcrumbs and then fried.

The name *attareau* is also given to a Burgundian speciality consisting of minced (ground) liver and neck of pork, wrapped in a caul. Shaped like large balls, they are baked side by side in an earthenware dish and are eaten cold

RECIPES

Savoury Atteraux

Atteraux a la nicoise

Assemble the atteraux with large stoned (pitted) olives, mushrooms, pieces of tuna fish (marinated in olive oil and lemon) and anchovy fillets. Make a Villarol sauce and add to it 1 tablespoon reduced tomato sauce and chopped tarragon. Coat the atteraux with sauce, then with breadcrumbs, and fry.

Atteraux of chicken livers a la mirepoix saute some chicken livers in butter, drain and allow to cool. Dice some cooked ham and clean some small button mushrooms. Assemble the atteraux with these 3 ingredients, threading the mushrooms on lengthways. Roll them in a mirepoix and coat them with breadcrumbs. Plunge them into very hot fat, drain and season with salt and pepper. Serve with fried parsley.

Atteraux of muscles

Prepare the mussels a la mariniere and remove them from their shells. Drain them and roll them in mustard. Thread them on skewers alternating with small button mushrooms. Coat with breadcrumbs and complete as for atteraux of oysters.

Atteraux of oysters

Poach and drain several large oysters. Cut some mushrooms into thick slices and saute them in butter. Assemble the atteraux by alternating the oysters with mushrooms. Dip them in villaeroi sauce made with a fish fumet, coat them with breadcrumbs and plunge them into very hot fat. Serve with fried parsley and lemon halves.

Sweet Atteraux

Atteraux of pineapple

Peel a fresh pineapple and cut into cubes. Thread the cubes on the skewers, dip them into a crème frite mixture (see custard). Coat with breadcrumbs and plunge them into the frying fat.

ATTRIAU A type of sausage in the form of a flattened ball, made with a mixture of minced (ground) pork liver, veal, onion and herbs and cooked in a frying pan (skillet). This rustic dish is found in several French provinces.

AUBERGINE (EGGPLANT) An elongated or rounded vegetable (which is, in botanical terms, a fruit) with a firm shiny skin covering pale, creamy white or greenish flesh aubergines are familiar as purple vegetables, though early European versions were white, the shape and size of eggs (with white flesh), hence the American name.

Originating in India and known very early in China, they were brought by the Arabs to Sicily in the 11th century. The French name comes from the Catalan *herenjema*, which has the same Arab derivation as the Indian *brinjal*. They reached north Italy by the 15th century, but were not grown north of the Loire until the time of the French Revolution requiring warmth and abundant irrigation, they are now cultivated in the US, West Indies, Israel and Africa.

Colours and sizes vary enormously, from the small cylindrical 7.5 cm (3 in) Japanese ones, to the huge black *Enorma*, grown in the US. Northern Italy favours a long one, while the Italian south boasts pink ones and several striped varieties, like the *listada de Gandia*. Oriental and Indian aubergines are generally slimmer and not so bitter. Check the weight at time of purchase the aubergine should feel heavy.

The aubergine has a delicate flavour and is used as a vegetable in numerous Eastern and Mediterranean dishes. Typical is the Italian *melanzane parmigiana*, layered with tomato sauce,

mozzarella and grated Pamesan cheese. For popular dishes with tomatoes, courgettes (zucchini), garlic and olives, see iman bayildi, mousska, ratatouille, than. It is delicious as an accompaniment to mutton and white meats. It may be eaten hot, either as a main dish (stuffed or in a souffle) or as a garnish (sauteed, in fritters crumbed and fried, or pureed), or cold (in the form of a puree or as a salad ingredient). See baba ghanmouf, caponata.

RECIPES

Preparation of aubergines

Formerly, it was the custom to peel aubergines (eggplants), but is no longer done except for so-called 'white

' dishes. Traditionally, the lightly bitter taste of the vegetable was minimized by sprinkling the sliced or cut up flesh with salt and leaving it for 30 minutes to draw out bitter juices. The aubergine was then rinsed and dried before cooking. This process of degorging is no longer necessary as commercially cultivated aubergines are not as bitter as they used to be.

Aubergines may be stuffed in two ways depending on their size and shape. They may be cut in half lengthways and the flesh scooped out of each half. Alternatively, the top may be removed and the aubergine hollowed out inside. Use a sharp knife to remove the flesh, leaving a thickness of 5 mm (1/4 in) around the edge, and scoop out the remainder of the flesh from the base with a grapefruit knife. Sprinkle the empty case and the flesh with lemon juice to prevent discoloration.

Aubergine caiviar.

Cook 3 big, heavy, whole aubergines (eggplants), in a preheated oven at about 200 °C (400°F, gas 6) for.

Today, however, sauce aurore is a light bechamel sauce flavoured with tomato puree (paste) and butter.

Soft-boiled or poached eggs aurore

Arrange the boiled or poached eggs on croutons fried in butter and coat with sauce aurore. Sprinkle with chopped hard-boiled (hard-cooked) egg yolks. Surround with a border of tomato sauce.

Stuffed hard-boiled eggs aurore

Hard boil (hard cook) some eggs and cut in half. Mash most of the yolks with an equal volume of sauce aurore containing chopped herbs. Fill the egg whites with the mixture. Put a layer of sauce aurore in a gratin dish and arrange the egg halves on it. Cover with grated Parmesan or Gruyere cheese. Sprinkle a little melted butter over the cheese and brown in a preheated oven at 240°C (475°F, gas 9). Remove from the oven and sprinkle with the remaining chopped egg yolks.

AUSLESE A category of German or Austrian wines made with late-harvested grapes, which in the best years are affected by noble rot. Depending on the concentration of sugar, these wines may be dry (trocken) or sweeter (balibrocken, süss).

AUSONIUS Roman poet (born at Burdigala (Bordeaux) c. AD 310; died c. AD 395), who was tutor to Gratian, a son of Emperor Valentinian I. Ausonius was made a consul in 379 and retired in 383 to the region around present-day Saint-Emilion. He wrote: 'Happy are the inhabitants of Bordeaux, for whom living and drinking are one and the same!' His name survives in the red Bordeaux wine, Chateau-Ausone, he left a work concerning the breeding of oysters.

AUSTRALIA

AUSTRIA

AUTOCLAVE A hermetically sealed vessel designed for sterilizing food products. The food is immersed in water that is heated under pressure so that the temperature rises to 120-180°C (250-350°F). No bacteria can survive in temperature of 120°C (250°F) or above. The apparatus is provided with an adjustable safety valve.

The principle of the autoclave, derived directly from the Papin marimite (invented by Denis Papin), enabled Nicolas Appaen to perfect his method of food preservation. The preserving industry still uses autoclaves. See pressure cooker.

AUTRICHIENNE, A L' The French name, is given to numerous dishes made with products of the auvergne. Pickled pork, bacon and ham (used in stews, stuffed cabbage and lentil and potato dishes), and also cheese, such as blue cheese (for soup) and Cantal (for aligot and truffade).

Auvergne

AUXEY-DRUESSES A village in Burgundy, close to Meursault, producing red and white wines. Many are labelled as Gote de Becaune Village.

AVGOLEMONO A simple Greek sauce, or soup, of egg yolks and fresh lemon juice beaten together, with a suitable hot liquid then added. Once made, it must be placed in a bain marie, or it will curdle.

AVICE, JEAN French pastrycook at the beginning of the 19th century. A chef in the best patisserie of the time – Bailly, in the Rue Vivienne, Paris, he was also appointed purveyor to Talleyrand. He trained the young Carene who, when he became famous, paid tribute to the illustrious Avice, master of choux pastry'. Avice is considered by some to be the creator of the madeleine.

AVOCADO A pear-shaped or round fruit from a tropical tree originating in Central America. The name comes from the Mexican *ahuacatl*, which means 'testicle'. Its skin, which may be grained or smooth and shiny, is dark green or purplish-brown in colour. It has pale-green flesh surrounding a large hard round stone (pit), which comes away easily. The flesh has a buttery consistency and a slight flavour of hazelnuts. A fruit like no other, it is ripe when it gives under the pressure of the finger. It has the virtue of ripening off the tree so it can be retarded in the refrigerator, or ripened at room temperature. Occasionally, miniature 'cocktail' avocados are seen, without the stone (pit).

The Spanish discovered the avocado tree and sent saplings to several tropical countries. The fruit's popularity was slow to spread, only being cultivated in the US at the end of the 19th century. It did not reach French recipe books until the 1950s and it was the huge investment by Israel in the fruit after World War II that established its popularity in Europe. It is now cultivated in America, Israel, Australia, the West Indies and many areas of Europe with Mediterranean climates, in many varieties. Popular American ones are Fuerte, large and green (which reflects the West Indian type) and Hass, wrinkled and dark-skinned (like Guatemalan avocados). The latter explains one of the earlier names of 'alligator pear'.

Avocados discolour on exposure to the air, so are either prepared at the last minute or need acidulating. They are commonly served halved with a sauce or stuffing such as seafood. Sliced, they are popular in salads, and may also make mousses and even ice cream.

The fruit is popular in Mexico in such dishes as guacamole (crushed avocado with chilli and garlic), climates. Flavouring ingredients may be added, for example salt, rosewater, lemon,

cucumber or spices such as cardimons, ginger or even chilles.

AYU Japanese river fish, known as sweefish in English. The ayu is caught from June through to the end of summer, and it is considered a delicacy for its excellent, slightly sweet, flavour. The fish is small, growing to about 30 cm (12 in) but caught at 13-15 cm (5-6 in). Traditionally, trained cormorants are used to catch the fish. Working at night, the cormorant handles train their leashed birds to dive into the water and catch the fish, then they retrieve the fish from the bird's grasp. Line and rod fishing methods are mainly used now. Salt grilling – shioyaki-is a popular methods of cooking freshy caught ayu. The fish are rubbed with salt and allowed to stand for 30 minutes. A dipping sauce of seasoned dashi (stock) and vinegar may be served with the fish.

AZAROLE A large red or orange Crataegus azarolus, related to the hawthorn. It is grown in southern France, Spain and the US, through at its best in Italy. The fruit needs a ripening period after picking, when it becomes fragrant and sugary, so can be eaten raw. It is used for confectionery and jelly, especially in northern Italy, and is fermented for a drink.

AZUKI BEAN also known as aduki bean. A tiny, dull-red bean very squat in shape and sweetish in flavour. It is a native of Japan, India and South East and keeps for many years. After soy, it is the most-used bean in Japanese cookery, mixed with rice, or red bean paste and used in many desserts and cakes, both as an ingredients in the main mixture and as a filling when made into a sweetened paste. In Japanese tradition, eating azuki beans was thought to bring good luck.

B

BABA A cake made from leavened dough that contains raisins and is steeped, after baking, in rum or kirsch syrup. Typically it is served either as individual small cakes baked in dariole

moulds or individual ring moulds but may be a large cake, often decorated with angelica and glaze (candled) cherries.

The origin of this cake is attributed to the greediness of the Polish king Stanislas Leszcynski, who was exiled in Lorraine. He found the traditional konglof to dry and improved it by adding rum. As a dedicated reader of *The Thousand and One Nights*, he is said to have named this creation after his favourite hero, Ali Baba. This recipe was a great success at the court of Nancy, where it was usually served with a sauce of sweet Malaga wine. Careme write, however. It was well known that the true Polish baba should be made with rye flour and Hungarian wine.

Sthorer, a pastry cook who attended the court of the Polish King, perfected the recipe using a brioche steeped in alcohol, he made it the speciality of his house in the Rue Montorgueil in Paris and called it bab". Around 1850, several renowned pastrycooks, taking their inspiration from the baba, created the fribourg in Bordeaux, the brillat-savarin (later known as the savarin) in Paris, and the gorenflot.

RECIPE

Rum babas

Soak 100 g (4 oz. $\frac{3}{4}$ cup) raisins in 300 ml (1/2 pint, 1 $\frac{1}{4}$ cups) rum and soften 100 g (4oz. 1./2 cup) butter at room temperature.

Mix 25 g (1 oz. 2 cakes) fresh (compressed) yeast or 2 teaspoons dried yeast with 2 tablespoons warm water. Make a well in 250 g (9 oz, 2 $\frac{1}{4}$ cups) sifted strong plain (bread) flour and add 2 tablespoons sugar, a generous pinch of salt, 2 whole eggs and the yeast mixture. Mix with a wooden spatula until the ingredients are combined, then add another egg. Work this in, and then add a further egg and work that in. Finally add the softened butter and work the dough until it is elastic before adding the drained raisins. Reserve the rum from the raisins for soaking the babas.

rum from the raisins for soaking the babas.

Melt 50 g (2oz. $\frac{1}{4}$ cup) butter over a low heat and use to brush the insides of 16 dariole moulds or individual ring moulds. Divide the dough equally among the moulds. Leave in a warm place until the dough has risen to fill the moulds. Bake in a preheated oven at about 200 C (400 F, gas 6) for 15-20 minutes. Turn the babas out immediately on to a rack and allow to cool completely.

Prepare a syrup using 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{3}$ cups) water and 500 g (18 oz. 2 $\frac{1}{4}$ cups) sugar. Dip each baba in the boiling syrup and leave submerged until no more air bubbles are released. Drain and place on a wire rack resting over a dish. When the babas have cooled slightly, soak them in the reserved rum, adding extra rum as necessary to soak the babas generously. As the rum syrup collects in the dish repeatedly spoon it back over the babas to ensure they are very moist.

Serve the babas topped or filled with whipped cream and fresh fruit, such as raspberries.

Crème anglaise may be served with the babas, streak the sauce with a little chocolate sauce and add a few rum-soaked raisins for decoration.

BABA CHANNOUJ – A mezze or vegetable side dish eaten throughout the Middle East. The smoky flesh of grilled (broiled) aubergine (eggplant) is pureed with garlic, salt, lemon juice and good olive oil (sometimes tahini) to make a paste known as poor man's caviar. Widely eaten in the West, the dish started the whole tradition of vegetable caviars, while this name is an inspired

translation of spoiled old daddy;, which is its Lebanese meaning.

BABACO – A fruit related to the papaya, originating in the highlands of Ecuador, it is grown in temperate climates in New Zealand, Britain and America. Also known as chamburo. Resembling an elongated, fluted melon with a star shaped cross-section when cut, the babaco can measure up to 30 cm (12 in) but it is usually smaller. The whole greenish to yellow fruit is edible for it has a soft skin and no pips. The babaco is juicy but low in sugar, so not especially sweet dishes when sweetened.

BACCHUS In Roman mythology, the god of vines and wine, the counterpart of the Greek god Dionysus. His functions were many he represent

Nature (symbolized by the rod he carried, which was wrapped in ivy and vine leaves, with a pine cone at one end), he was the father of viticulture, since he had taught man to cultivate the vine and make wine, and he was the incarnation of fertility and became the god of procreation, often symbolized by a goat or a bull. Bacchus is usually accompanied by a cortege of satyrs, sirens and bacchantes. Dionysus, in whose honour mysteries were celebrated, inspired the birth of Greek dramatic poetry, whereas Bacchus has essentially remained part of the sensual and carnal world of drunkenness and the pleasure of drinking (hence bacchic).

BACON Lean cured sides of pork, generally sold as thin slices, rashers in Britain, which are eaten fried or grilled (broiled), especially with eggs (see breakfast), principally in the British Isles and Canada. The cured side of pig, smoked in one piece, keeps almost indefinitely. In Britain it has been a traditional cottage food for centuries. Large scale bacon curing dates to the 1770s in Wiltshire, still a bacon centre. Cures may be dry (in salt), like the classic Wiltshire cure, or wet (in brine) of which Danish exports are the leading example. Since the introduction of refrigeration the amount of salt used has dropped considerably, though regional tastes (and cures) persist and the Irish and the Scots like their bacon salty.

Bacon remains a gourmet product in the English breakfast world, with differing cures and types of smoking on offer, for example over apple wood.

Sides are cut to give slices consisting of lean back meat and a fatty streaky belly end. Sold with or without the cured skin (rind), which may be retained for cooking. As well as slices, in Britain larger steaks (thick slices) or joints are prepared, the latter for boiling or roasting. The traditional pigs, bred for bacon, were the Gloucester Old Spot, Blacks, Saddleback and Tamworth, now the white Danish Landrace is the prominent breed.

The Italian pancetta is belly with a slightly sweeter cure than the English type. It is best known in its rolled form, which is flavoured with cloves and pepper, and sliced for use. Some is smoked. German Specke, Spanish tocino and Polish słonina are streaky fatty products, sold as slabs with rind, so they may be used for barding. Many pan dishes are started with a fried mixture of onions and bacon, called soffritto in Italy. In France lard has the same uses, cured loin, dried, steamed and smoked.

French bacon is cured loin, dried, steamed and smoked, either could go into quiche lorraine. Strips, or lardons, of fatty bacon are used for larding, cut short, they are fried and used to flavour cooked dishes or salads.

The word derives from the old French bakko, meaning ham, itself from the German for pig. In pork or even the whole pig (a repas baconique was a festive meal where only pork dishes were served). The word was then adopted by the English and returned to France with its present meaning.

RECIPES

Bacon omelette

Cut thick slices of rindless bacon into cubes and fry in butter. Add to the eggs, beat together and make an omelette. It may be

Calves' liver with bacon

Season slices of calves' liver with salt and pepper and then coat in flour, shaking them to remove any excess. Fry and then drain two thin slices of rindless bacon for each slice of liver. Cook the liver for about 10 minutes in the same frying pan, arrange on a plate, and garnish with the bacon and slices of lemon. Keep warm. Make a sauce in the frying pan using the meat juices and lemon juice or vinegar. Pour over the liver and sprinkle with parsley.

BAEKENOFE Also known as backenoff, An Alsatian dish comprising a stew of various meats. The origin of this speciality is linked to the traditional way of life in the country. On their way to the earthenware pots prepared by their wives (containing meat marinated overnight, onions, potatoes and seasoning added that morning) with the village baker, who would bake (baeken) them in his oven (ofen) after batch of bread. The baekenofe was usually prepared on Mondays (washing day) when the housewife was too busy to cook. The baker himself sealed the pots with bread dough.

The baekenofe, which is still prepared in Alsace, requires long slow cooking in the oven to bring out the full flavour. It is often served with a green salad.

BAGEL

RECIPE

Backenofe

Cut 450 g (1 lb) shoulder of mutton, 450 g (1 lb) shoulder of pork and 450 g (1 lb) beef into large cubes and marinate overnight in 500 ml (17 fl. oz. 2 cups) Alsace wine. 1 large finely chopped onion, 1 onion stuck with 2-3 cloves, 2 crushed garlic cloves, a bouquet garni and salt and pepper. The next day peel and slice 2 kg (4 ½ lb) potatoes and 225 g (8 oz) onions. Grease a large casserole with lard, then fill with layers of the ingredients, as follows: a layer of potatoes, a layer of meat and a layer of onions. Repeat until all the ingredients have been used, ending with a layer of potatoes. Remove the bouquet garni and the onion stuck with cloves from the marinade and pour the liquid into the casserole. The liquid should just reach the top layer, if necessary top up with water. Cover and cook in a preheated oven at about 160 °C (325 °F gas 3) for 4 hours.

BAGEL A small Jewish roll-with a hole, bagels are also identified with the American East Coast from the turn of the 20th century, and with New York in particular, where a breakfast may be bagels, lox (pickled salmon) and cream cheese. Created by a Jewish baker in Vienna in 1683, the dough includes both yeast and egg (and nowadays a choice of other flavorings). The dough is left to rise, then shaped into overlapping rings. Traditionally these are poached briefly in boiling, salted water until they rise to the surface, giving them a characteristically close texture and firm, moist crust which is slightly chewy. They are then glazed with egg and may be sprinkled with poppy or caraway seeds before baking until golden.

BAGNA CAUDA A hot dip (literally a hot bath) this speciality of Piedmont in northern Italy is a festival dish, dating back to the 16th century. The puree is made from olive oil with a little butter, pounded garlic and anchovy fillets, heated for some minutes, then served over a lamp, like a fondue. White truffles may be added in season. It is scooped up with pieces of raw vegetables, for

example cabbage strips, celery, fennel, cauliflower and peppers, Cardoons are also traditional for dipping. Red wine goes with bagna cauda which is not eaten at a meal, but as a party snack.

BAGNES A Swiss cheese made from cow's milk (45% fat content), it is a cooked pressed cheese with a slightly rough brushed crust. Firm but springy to the touch, it has a fruity flavour which makes it suitable for the table, but it is most widely known along with Conches, Gomser and Orsieres, as a cheese for making raclettes. A product of Valais (particularly the Bagnes valley), it is a flat round cheese, 35-40 cm (14-16in) in diameter, 7-8 cm (3-4in) thick, and weighing about 7 kg (16 lb). Some gourmets prefer it slightly more mature (up to six months old instead of the usual three), which makes it quite a strong cheese.

BAGRATION The name given to various dishes inspired by recipes dedicated by Careme to Princess Bagration, whose service he entered on his return from Russia in August 1819. These recipes often include macaroni (to accompany meat soups, salad and stuffed eggs) Russian salad (to accompany cray fish and fillet of sole), creamed chicken or salpicon of truffles and pickled ox (beef) tongue, but the garnishes have changed and are now more simple than in the original recipes.

RECIPES

Bagration egg

Butter a number of dariole moulds and line with cooked chopped macaroni mixed with quenelle forcemeat. Break 1 egg into each mould. Cook in a bain marie for 6-8 minutes. Turn out into small pastry cases. Coat with a cream sauce and garnish with a slice of truffle warmed through in butter.

Bagration fish soup

Prepare in the same way as Bagration meat soup, but use 225 g (8 oz) fillet of sole instead of veal, Reduce cooking time to 30 minutes.

Bagration meat soup

Saute 450 g (1 lb) diced lean veal in butter to seal in the meat juices. Add to 1 litre (1 ¾ pints, 4 1/3 cups) veloute soup and simmer for 1 hour. Strain the veal, chop it finely, and return to the veloute. Stir in 3 egg yolks mixed with 100 ml (4 fl oz, 7 table spoons) cream to bind the soup and adjust the seasoning. Stir in about 50 g (2 oz ¼ cup) butter and hot chopped macaroni. Serve accompanied by grated cheese.

Bagration salad

This dish is composed of equal quantities of blanched artichoke hearts and celeriac (celery root), cut into thin strips, and cold chopped macaroni. The ingredients are bound together with tomato mayonnaise and shaped into a mound, sprinkled with chopped hard-boiled (hard-cooked) egg yolk and chopped parsley, and garnished with a salpicon of truffles and pickled ox (beef) tongue.

Bagration timbales

Butter a number of dariole moulds. Stick small pieces of truffle and pickled tongue to the sides of the moulds. Line with smooth chicken forcemeat. Fill with a mixture of cooked macaroni (chopped and mixed with cream) and salpicon of truffles and pickled ox (beef) tongue. Cook in a bain marie for about 15 minutes. Turn out on to a plate and coat with supreme sauce.

BAHUT A deep cylindrical container with two handles. Of variable size, it has no lid and is made of tin, stainless steel or aluminium (enamelled plate is to be avoided). This catering vessel

is designed for storing cooked food, sauces, creams or anything that needs keeping.

BAIN MARIE A water bath for keeping cooked food or dishes, such as sauces and soups, warm or without allowing them to continue cooking. A bain marie is also used for melting ingredients without burning them or for cooking delicate foods and dishes very slowly.

Bain marie was originally a term used in alchemy. It was then referred to as bain de marie (Mary's bath) after Mose's sister, who was known to be an alchemist. It was also considered to refer to the Virgin Mary, the symbol of gentleness, since the term implies the gentleness of this method of cooking.

In the classic catering kitchen a cylindrical bain marie (with a handle and a lid) is used to hold soups, sauces and creams. This is placed in a shallow rectangular bain marie dish, containing warm water, which may be large enough to hold up to ten such containers. Large restaurants and cafeterias have heated was arranged on these principles.

A special double saucepan (double boiler) is used for cooking individual sauces. This pan is in two parts which slot one inside the other (the lower part contains hot water) In domestic cookery, a gratin dish or baking tin (pan) containing water is often used as a bain marie for cooking delicate ingredients or mixtures, such as pates, custards, chicken-liver mouse or baked eggs, either on top of the stove or in the oven. Whichever method is used, the water must not be allowed to boil in case the mixture inside overheats and then curdles, or water in the form of condensation gets into the preparation.

BAISER A French petit four consisting of two small meringues, joined together with thick cream, butter cream or ice cream.

BAKE BLIND Also referred to as blind bake, this is a method of cooking an empty pastry flan case (pie shell). Pastry cases are part-cooked before adding a liquid or creamy mixture, which would otherwise soak into the pastry base, or completely cooked before filling with fruit or any other filling that does not need to be cooked.

Prepared a short pastry and use to line the flan dish or tin Prick the base all over, then leave to rest in the refrigerator for at least 1 hour. The pastry case can be covered with cling film (plastic wrap) and chilled for up to 24 hours.

Line the pastry case with greaseproof (waxed) paper and sprinkle with baking beans or dried beans. Bake for 10-15 minutes in a preheated oven at 200°C (100° C gas 6) Remove the paper and beans and add any filling, then continue baking as required. Alternatively, to cook the pastry case completely, after 15 minutes baking, remove the paper and beans, then return the pastry case to the oven for a further 10 minutes or until the pastry is cooked and lightly browned. Cool before adding a cold filling that does not require cooking.

BAKED ALASKA. The novelty of this dessert lies in the contrast between the ice cream inside and the very hot meringue surrounding it. The classic baked Alaska consists of a base of Genoese sponge soaked in liqueur on which is placed a block of vanilla ice cream, the whole thing being masked with plain or Italian meringue. This is cooked in a hot oven for a very short time so that the meringue is coloured but the ice cream is not melted. It is served immediately, sometimes flamed.

The original recipe is said to have been perfected, or rather brought back into fashion, at the

Hotel de Paris in Monte Carlo, by the chef Jean Giroix. An American doctor, and investor, honoured as Count Rumford, is credited with the invention of this dessert, which is based on the principle that beaten egg white is a poor conductor of heat. However, according to Baron Brisse, in his cookery column in *La Liberte* (6 June 1866), a chef to a Chinese delegation visiting Paris introduced this dessert to the French:

During the stay of the Chinese delegation in Paris, the chefs of the Celestial Empire exchange courtesies and recipes with the chefs at the Grand Hotel. The French dessert chef was delighted at this opportunity, his Chinese colleague taught him the art of cooking vanilla and ginger ices in the oven. This is how the delicate operation is performed, very firm ice cream is enveloped in an extremely light pastry crust and baked in the oven. The crust insulates the interior and is cooked before the ice cream can melt. Gourmands can then enjoy the twofold pleasure of biting into a crisp crust and at the same time refreshing the palate with the flavoured ice cream.

RECIPE

Baked Alaska

First prepare some vanilla ice cream, make a custard using 7-8 egg yolks, 200 g (7 oz. 1 cup) caster (superfine) sugar, 750 ml (1 ¼ pints, 3 cups) single (light) cream and a vanilla pod (bean) or 1 teaspoon vanilla sugar. Freeze in an ice-cream churn. When the ice cream is fairly hard, pack it into a square cake tin (pan) and leave it in the freezer for 1 hour.

Meanwhile, make a sponge by beating 125 g (4 oz., ½ cup) caster sugar with 4 egg yolks until the mixture turns thick and white. Sprinkle with 150 g (5 oz. 1 ¼ cups) sifted plain (all-purpose) flour, then add 40 g (1 ½ oz. 3 tablespoons) melted butter and fold in 4 egg whites whisked to stiff peaks with a pinch of salt. Pour the batter into a greased square cake tin and bake in a preheated oven at 200 °C (400 °F, gas 6) for 35 minutes. Turn the sponge out and leave it to cool.

Immediately before serving make a meringue mixture whisking 4 egg whites, a pinch of salt and 6 tablespoons caster sugar and put the mixture into a large piping (pastry) bag. Split the sponge in two through the middle and trim the edges neatly, if necessary, then arrange the pieces side by side on a baking sheet. Sprinkle with 3 tablespoons sugar flavoured with Cointreau or Grand Marnier. Unmould the ice cream and place on the sponge. Mask the sponge and ice cream entirely with half of the meringue, smoothing it with a metal spatula. Use the rest of the meringue to decorate the top with swirls. Dredge with icing (confectioner's) sugar and place in a preheated oven at 250 °C (475 °F, gas 9) until the meringue is coloured. Serve immediately. Baked Alaska can be flamed when it is taken out of the oven, using the same liqueur that was used to flavour the sponge.

BAKERY The place where bread is manufactured and sold. The application of industry to the production of bread, the ability to distribute it, once made very widely and quickly, and the knowledge of how to produce and package loaves that do not become stale immediately were all made possible during the 20th century. The latter part of the century, however was marked by a movement back towards better quality bread and more diversity of choice. Many industrial countries elected consciously for smaller, and more local, bakeries. While the uses of industry were obvious- bread available in supermarkets and grocers shops customers wanted more choice. In France, bread was baked at home until after World War I, and bread making is still carried out largely in small-scale establishments. French history provides an example of the organization of this envied food over the years.

History of Baking. Well organized bakeries were depicted on the frescoes of ancient Egyptian tombs. These establishments produced mainly unleavened griddle cakes but also, for the upper classes, bread leavened with brewer's yeast. Herodotus reported that the Greeks learned the

secret of leavened bread from the Egyptians.

In 168 BC, following the victorious campaign against Perseus, King of Macedonia, the bakers who travelled with the Greek army were taken as slaves by the Romans. They were known as *pistores* (grinders) because they ground the corn with a mortar. Even today many Italian bakers have Greek names. In AD 100, the emperor Trajan created a bakers guild that was granted many privileges. In this way, he compelled the measures taken by his predecessors to ensure that Rome was supplied with food thus avoiding insurrection. Bread was distributed free to the poorest citizens, numbering about 300,000 to 400,000 people. In the reign of Augustus, there were 326 bakers in Rome catering for a million inhabitants. This led eventually to the nationalization of the bakers, who were paid directly by the state and were not allowed to sell their business. The brick ovens that were found in the bakeries among the ruins of Pompeii had flat beds and vaulted roofs and were very similar to those used in rural France today.

After the Roman conquest and under Roman law, the Gallic bakers were united into organizations, and in this way the oldest food profession was created. As early as the beginning of the Middle Ages, feudal lords raised taxes by making their serfs grind their corn in the baronial mill and bake the dough in the communal oven.

In the 12th century the guild of bakers was established in France they were known as *lameliers* (silters) because they had to sift the flour that was delivered to them. There were 62 of them at the time and Philip Augustus granted them the monopoly on the manufacture of bread within the boundaries of Paris. According to the *Fier des métiers* of Etienne Boileau (1268) the tannery bought his entitlement from the king (the Grand Baker). He served an apprenticeship of four years and had to complete various formalities. The master baker had a junior, or first boy, at his command. The guild also provided insurance against illness every day the baker delivered one or two loaves to a hospital and in return was guaranteed free priority hospitalization. The baker who supplied free bread to the executioner placed the bread that was intended for him upside down so that the other customers could be sure that the executioner's hand would not touch any other loaves. This gave rise to the superstition that it is unlucky to place bread upside down. The word *boudanger* which eventually replaced the word *lamelier*, comes from the Provençal word *boulenic*, meaning one who makes round bread. The quality, weight and price of bread were precisely fixed by royal decree. Any loaves below the prescribed weight were confiscated and distributed to the poor. The Grand Panetier judged the bakers' misdemeanours.

Bakery reforms in France Philip the Fair reformed baking legislation so that any times mixed out became proportional to the misdemeanour. He also reduced the bakers' privileges and authorized private individuals to buy grain. In 1366 Charles V. introduced regulations concerning the places and times for the sale of bread, as well as the price, which varied according to the type of flour used. Charles VII introduced further regulations and imposed limits on the places and times wheat and flour could be bought. In the meantime, it became more and more usual to make bread at home.

The 17th century saw many changes in the Parisian bakery trade. Bread manufacture was improved, flour (without bran) was delivered in larger quantities, the use of brewer's yeast was prohibited, and the number of markets increased. In 1635 Richelieu introduced the following measures. Bakers of bread rolls and pastry cooks will not buy grain before eleven o'clock in winter and noon in summer, bakers of large loaves will not buy grain in the town to obtain their supply first. Bakers shall put a distinctive trademark on their loaves, and keep weights and scales in their shops, under penalty of having their licences removed. Bakers were also obliged to sell their own bread, and not through a third party.

Towards 1710, markets were established in Paris for the sale of bread and they were frequented by 600-600 bakers from Paris and the suburbs. A further thousand came from the surrounding area because the bread they produced was famous from Gonesse, Corbeil, Chilly and Saint German en Laye. In 1721 there were 1521 bakers most of whom sold their bread in the Great Hall

in the Place Maubert, at the Marche Neuf de la Gite in the Rue Saint Honore, and at the market of Marais-du Temple Marie de Medici brought in Italian bakers who introduced new products. Gradually the Parisians became more and more partial to light white bread made with pure wheat flour.

From the French Revolution During the 18th century methods of wheat cultivation and production made real progress, and the spectre of famine was gradually eradicated. But the farsighted royal administration accumulated large quantities of grain. When a shortage of food occurred in 1775, the people accused the laminers and merchants of signing a pact of famine in order to speculate on grain. In reality, these preventative purchase were to be resold at the normal price.

In 1771 Turgot decided that there should be free trade in grain throughout France. Unfortunately, this decision was premature and in the following year there was noting and pillaging of grain stores. This was called the war of famine.

The day after the storming of the Bastille, the continuing shortage of food exasperated the people the bakers asked for sentries to protect them and prevent their shops from being ransacked Paris did not have enough bread and to cries of let's get the baker, the baker's wife and the baker's assistant, the people led by the market women, took the road to Versailles. On 2 march 1791 the Constitution did away with guild wardenships and masterships, and bakery supposedly become free but was still subject to the regulations of the public authorities. Bakery products continued to evolve in 1810, Viennese products became popular and many Austrian bakers came to Paris.

Modern times Bread continues to be an essential part of the daily diet in France, as in most European countries. Though there is now the convenience of being able to buy bread elsewhere, the bakery is a part of small town life. In France, however, the craze for the Parisian baguette has resulted in the disappearance of many regional breads, while some regional bakeries have now become merely bread shops.

In former times, the village baker's oven was often the only one locally, and certain slow cooked dishes, such as meat stews, including Boston baked beans in Puritan America, and even roast and pastries, were taken by the villagers to the baker, to be cooked in the residual oven heat after the bread had been removed. In some Mediterranean countries peppers are still baked this way and sold by bread shops, but the social function of a communal village oven has passed away now that domestic ovens are commonplace. Commercial bakeries have been in operation in France since 1959, but in the latter part of the 20th century only accounted for about 10% of the total production. Most and this is typical throughout continental Europe – bread-making continues to be carried on in numerous small scale bakers.

Bakery equipment From antiquity to the beginning of the 20th century the baker's equipment changed very slowly. Roman frescoes show a kneading machine driven by animals and it is known that the workers of this period wore hygienic masks. The mechanical kneader used in modern bakeries dates from 1920. Ovens, formerly heated by burning wood and then coal, are now heated by gas, electricity or oil. Since the original Roman vault shaped cooking chamber, the bread oven has seen the introduction of the rotating disc and stacking in layers. The most commonly used oven nowadays rotates internally and contains a vertical trolley which can be removed when the bread is cooked.

There have been many improvements. High speed kneading machines oxygenate and bread. Refrigerated fermentation chambers (instead of incubators) means that the baker can prepare the bread the previous evening because the fermentation process taken longer. However, the high proportion of yeast required does not improve the quality. Deep-freezing is very commonly practiced in the United States.

In addition to various types of bread, many local bakers also make pastries and sell confectionery.

BAKING POWDER A raising (leavening) agent invented in America and introduced to Europe in the 1840s, it consists of 2 parts bicarbonate of soda and 1 part cream of tartar mixed with a flour of starch. Several types are distinguished in America. Fast action baking powder works immediately in the cold dough, another type only on the dough going into the oven. Baking powder is commonly used in domestic baking, particularly for cakes and scones (biscuits)

BAKING SHEET. A tray, with only a very slightly raised edge, on which all kinds of unmoulded pastries, biscuits, (cookies), small cakes and tarts are placed to be baked in the oven. It can be lined with grease proof (waxed) paper or greased and coated with flour if required.

BAKING TIN (PAN) A wide flat cooking utensil that comes in various sizes and depths. The roasting tin (pan), made of aluminum or tinned copper plate, is usually rectangular with two handles and shallow vertical sides, it may be fitted with a grid so that the meat or poultry does not rest in its own cooking juices.

BAKLAVA A sweet pastry widely eaten in the Middle East consisting of several very thin layers of filo pastry filled with chopped toasted almonds, pistachios and walnuts mixed with sugar and then cut into lozenges (diamonds) before baking. When they are taken out of the oven, a honey or sugar syrup flavoured with rose water and lemon juice is poured over the baklavas.

RECIPE

Baklavas with pistachio nuts

In a food processor mix 575 g (1 ¼ lb. 5 cups) plain (all-purpose) flour, 25 g (1 oz) salt and enough water to obtain a firm, elastic dough. Make 12 balls, of equal size. Flatten the first ball with the hand. Sprinkle a pinch of cornflour (cornstarch) over it to prevent it from sticking. Place a second ball on top. Flatten this with the hand and sprinkle a pinch of cornflour over it. Repeat with the other 10 balls. This results in a pastry consisting of 12 layers. Gradually flatten this pastry with a rolling pin, taking care not to crush or tear it, stretching it gently along the edges in order to obtain a circle of about 30 cm (12 in) in diameter. Cover the pastry with a cloth and allow to rest for 1 hour.

Then remove the first layer of the pastry, turn it over and sprinkle it with a pinch of cornflour. Repeat with the other layers, so that both sides of each layer are coated with cornflour, and pile them on top of each other again. Sprinkle cornflour on a marble surface and place the stack of pastry on top, then stretch it out gently with the hands into a circle 50 cm (20 in) in diameter and 3-4 cm (1 ¼ -1 ½ in) thick. Because the top stretches more than the bottom, turn the stack of pastry over and repeat the stretching operation. Roll out carefully with a very long rolling pin into a circle about 80 cm (32 in) in diameter. Place the rolling pin in the middle of the pastry and roll 6 layers around it, one, sprinkling each with cornflour, then roll them on the table. Repeat the operation with a second rolling pin and the 6 remaining layers. Finally, bring the 12 layers together, by now they will have become extremely thin.

Chop shelled pistachio nuts. Place the pastry over an overproof dish 70 cm (28 in) in diameter. The edges will overhang by about 20 cm (8 in) cut out the circle of pastry and set aside. Cut the rest into 4-6 lozenge (diamond) shapes. Divide in two (6 layers). Decorate with the chopped pistachio nuts and cover with the other half (6 layers). Cover the lozenges with the circle of pastry and carefully seal the edges. Melt 1.5 kg (3 ¼ lb, 6 ½ cups) butter and pour slowly on to the pastry. Allow to rest for 30 minutes.

Bake in a preheated oven at 180 °C (350 °F, gas 4) for 20-30 minutes. Take the baklavas out of the oven and allow to cool. Mix 7 parts of sugar, 2 parts of water and 2 tablespoons orange flower

water and cook gently for 5 minutes. Pour the hot syrup over the baklavas and leave them to cool.

BALLON A round French bread roll made from fleur (French white flour), with a crisp, crumbly crust. It must be eaten very fresh.

BALLOTINE A hot or cold dish based on meat, poultry, game birds or fish in aspic. The flesh is boned, stuffed, rolled and tied, up with string, usually wrapped in muslin (cheese cloth) sometimes in the skin then braised or poached

RECIPES

Ballotine of chicken in aspic

Bone a 2.5 kg (5 ½ lb) chicken as in the recipe for braised ballotine of chicken. Dice the flesh from the chicken together with 150 g (5 oz.) cooked ham, 150 g (5 oz) pickled tongue and 150 g (5 oz) bacon. Combine this meat with 225 g (8 oz) sausagemeat, 225 g (8 oz) lean minced (ground) veal, 2 eggs, 7 tablespoons Cognac, 150 g (5 oz) chopped truffles or pistachios, a generous pinch of mixed spice and salt and pepper. Knead the mixture well with wet hands. Shape the stuffing into an oblong, place on the bone chicken and shape the ballotine by drawing the skin all round the stuffing. Rinse and squeeze out a piece of muslin (cheesecloth) and roll up the ballotine tightly in it. Tie with string at both ends, slightly compressing, the ballotine, then tie in the middle and between the middle and each end.

Prepare a jelly (aspic) stock using 2 calf's feet, 300 g (11 oz) pork rind, 800 g (1 ¼ lb) knuckle of veal, 2 carrots, 1 onion, 2 leeks (white part only) a bouquet garni, about 3.5 litres (6 pints, 3 ½ quarts) chicken stock (or water,) and 400 ml (14 fl oz, 1 ¾ cups) Madeira, adding the chicken carcass and giblets (except the liver) and other giblets if desired. Simmer the ballotine gently in the prepared stock for 1 ¾ hours. Remove from the stock and allow to cool. Unwrap, Rinse the muslin in warm water, squeeze out thoroughly, and wrap up the ballotine again. Tie up and allow to cool for 12 hours under a weight. Clarify the stock, adding gelatine if necessary, and coat the cold ballotine with the half-set aspic, then chill and serve when completely cold.

Ballotine of chicken in chaud froid sauce

Prepare the ballotine as for ballotine of chicken in aspic, but coat with chaud-froid sauce instead of aspic.

Ballotine of duck

Bone a 2.5 kg (5 ½ lb) duck, remove all the flesh and dice the breast meat. Draw the sinews from the rest of the meat and finely chop with an equal weight of unsmoked fatty bacon, half this weight of lean veal, and 75 g (3 oz, 1 ½ cups) fresh bread crumbs soaked in milk. Combine these ingredients in a food processor with 4 egg yolks. Season with salt, pepper and allspice. Add to this stuffing 150 g (5 oz) fresh foie gras, cut into large cubes and quickly fried in butter, 1 truffle and the diced breast meat. Add 2 tablespoons Cognac and mix well.

Wet and squeeze out a piece of muslin (cheesecloth) and spread out on the table. Place the duck skin, opened flat, on the muslin and spread evenly with the stuffing. Roll into the ballotine shape. Tie at both ends and in the middle.

Boil the ballotine immersed in a rich stock for 2-3 hours, arrange on a serving dish, and garnish as desired (chatelaine, chipolata, forestiere, Godard, Lucullus, braised chestnuts, or lettuce and other vegetables braised or cooked in butter. Baste the ballotine with a few spoonfuls of reduced sautéed pan juices. Serve the remainder of this liquid separately.

To serve the ballotine cold, increase the foie gras to at least 200 g (7 oz). Once the cooked ballotine has been unwrapped, rewrap it very tightly in the same muslin, rinsed and wrung out, and allow to cool between two plates, under a weight. Refrigerate overnight, then glaze with aspic

jelly made from the well reduced stock and chill to set before serving.

Ballotine of guinea fowl Jeanne d'Albret

Bone 2 raw guinea fowl without damaging the skin and reserve the breasts whole. Make a forcemeat with the flesh of the thighs and their trimmings, 300 g (11 oz) lean Bayonne ham, 300 g (11 oz.) fat bacon and 200 g (7 oz) mushrooms. Use a food processor to reduce these ingredients to a paste or mince (grind) them finely, then bind together with 2 raw eggs. Press through a sieve. Spread a piece of muslin (cheesecloth) on the table, place on it two strips of uncured fat bacon, and spread the skin of the guinea fowls over these. Spread with half of the forcemeat. Slice the breasts into thin strips and arrange half of them on the forcemeat, add a slice of foie gras and two truffles on either side, lengthways. Make two more layers with the rest of the sliced breasts and the remaining forcemeat.

Roll into a ballotine in a muslin cloth and tie it up at both ends and in the middle. Place in a braising pan with a good white stock and a crushed calf's foot, the bones and carcasses of the guinea fowls, a carrot, a small bouquet garni, the white part of a leek and 100 g (4 oz) of bacon rind or pork rind. Cook for 1 ½ hours.

The following day, strain the stock through a cloth and clarify it using 2-3 eggs to obtain a full flavoured aspic jelly. Turn out the ballotine on to a long dish and glaze with the half-set aspic. Make a crown with a piece of truffle and some chopped aspic and garnish the ballotine with cubes of aspic jelly and truffles.

Ballotine of lamb in aspic

Make a stuffing of a salpicon of picked tongue, ham and stoned (pitted) black olives. Spread this mixture on a boned flattened shoulder of lamb, roll it up, wrap it in muslin (cheesecloth) and tie with string. Cook the lamb in a casserole on a bed of vegetables with bacon and stock for about 1 ¾ hours, as in the recipe for braised ballotine of lamb. Drain and unwrap the ballotine (straining and reserving the liquor), squeeze out the muslin and use it to wrap up the ballotine again. Tie at both ends and in the middle and allow to cool for 12 hours under a weight. Unwrap and place in a dish. Warm the liquor and pour it over the ballotine, adding more warmed jellied stock, if necessary, to cover. Chill for at least 24 hours until firmly set before serving.

Ballotine of pork

Prepare a boned shoulder of pork in the same way as for braised ballotine of lamb.

Ballotine of veal

Prepare using boned shoulder or breast of veal, in the same way as for ballotine of lamb.

Braised ballotine of chicken

Cut off the feet and pinions (wing tips) of a chicken. To bone, cut through the middle of the back from the neck to the tail and then, using a small sharp knife, working one side of the backbone at a time, gently ease the flesh away from the bone, taking care not to pierce the skin. Then carefully remove the bones from the legs and wings. Spread the chicken out flat on the table. Remove the breast meat and as much as possible of the legs and wings and cut it into cubes.

Prepare a stuffing from finely minced (ground) pork and veal – about 225 g (8 oz) of each – mixed with 100 g (4 oz) cooked ham, 2 eggs, 7 table spoons Cognac, a generous pinch of allspice, and salt and pepper. Continue as for braised ballotine of lamb.

The same method can be used to make hot or cold ballotines of turkey or pigeon, adding foie gras and truffles, if required, in proportions corresponding to the size of the bird.

Braised ballotine of lamb

Ask the butcher to bone a shoulder of lamb. To prepare the stuffing, first finely chop 3 onions, and cook in 20 g (3/4 oz, 1 ½ tablespoons) butter until soft. Mince together a bunch of parsley and 2 garlic cloves. Combine this mixture with the onions, cloves. Combine this mixture with the onions, 450 g (1 lb) sausagemeat and salt and pepper and work together by hand or in a food processor. Open out the boned shoulder, spread with the stuffing, then roll up and tie with string.

Dice 100 g (4 oz) carrots, 3 onions, 1 celery stick and 100 g (4 oz) bacon. Melt 25 g (1 oz. 2 table spoons) butter in a large flameproof casserole and brown the stuffed lamb. Remove and set aside. Cook the vegetable mixture in the butter remaining in the pan until soft. Add a small sprig of thyme, then replace the vegetables. Add 200 ml (7 ft oz, ¾) cup dry white wine, 200 ml (7 ft. oz, ¾ cup) stock or meat juices, a bouquet garni, salt and pepper. Bring to the boil and cook, uncovered, for 5 minutes. Turn the shoulder over in the vegetables, cover the casserole and continue cooking in a preheated oven at 200 °C(400 °F, gas 6) for 1 ½ hours. Remove the bouquet garni. Untie the ballotine and serve very hot, either on its own or with spinach, mixed vegetables, noodles, pilaf or risotto.

Cold ballotine of eel

Prepare and cook the ballotine as for hot ballotine of eel. Drain and unwrap, squeeze out the muslin (cheesecloth), and wrap the balltoine up again in the same cloth, tie up with string and cool for 12 hours under a weight. In the meantime, make a fish aspic using the stock in which the ballotine was cooked. Unwrap the eel and place in a dish, coat with aspic and chill until firmly set.

Hot ballotine of eel

Skin a large eel weighing at least 900 g (2 lb) cut off the head and tail, open out and remove the backbone. Flatten the eel and season with salt and pepper. Spread with forcemeat for fish and reshape the eel, taking care to ensure that it is the same thickness all the way along. Wrap it in muslin (cheesecloth), tie it up with string and place on a grid in a fish kettle. Prepare enough fish court bouillon to cover the eel in its pan. Allow to cool, then pour over the eel. Cover and poach very gently for about 20 minutes. Drain the ballotine, unwrap it and put it in an ovenproof dish. Strain the stock and reduce by boiling until syrupy. Coat the fish with the stock and put in the oven for a few minutes. Serve very hot.

Hot ballotine of eel bourguignonne

Add chopped parsley to godiveau Lyonnais (pike forcemeat) or a foremeat made from whiting. Use to stuff an eel which has been prepared according to the previous recipe. Poach in a court-bouillon of red wine, drain and keep warm. Prepare a bourguignonne sauce with the cooking stock and pour over the eel. This dish can be garnished with small fried croutons.

Small ballotines of chicken

Bone and stuff legs of chicken and cook until tender in the same way as for ballotine of chicken in aspic.

BALTHAZAR This word is used to describe both a magnificent feast and, since 1800, a large bottle of champagne. In both cases it refers to an episode in the Old Testament in which Balthazar, the last king of Babylon, offers a sumptuous banquet to a thousand of his dignitaries. During the banquet he has the wine served in sacred vases which his father, Nebuchadnezzar, stole from the Temple in Jerusalem. That same night the sacrilege is punished by the hand of God. The word Balthazar has an ironic meaning when applied to a banquet. However, it still remains the technical name for a bottle of champagne containing the equivalent of 16 ordinary bottles. The next size up, containing 20 bottles, is known as a Nebuchadnezzr.

BALZAC, HONORE DE French author (born periods Balzac, the author of *La Comedie Humaine*, shut himself away, drinking too much coffee and he displayed a gargantuan appetite. At the very restaurant, he was seen to devour a hundred Ostend oysters, twelve cutlets of salt-meadow mutton, a duck with turnips, two partridges and a Normandy sole, followed by desserts, fruit, coffee and liquors.

Balzac has created a number of gourmets in his novels, such as Cousin Pons, who loved escargots and gratin and bœuf à la mode. Pere Rouget (from *La Raboutheuse*), who considered that an omelette was more delicate when the whites and the yolks were beaten separately, and the Vidame de Pamiers (from *Le Cabinet des antiques*), who decreed that for a dinner party to be successful no more than six guests must be present.

The author often used famous restaurants of the Paris of the 1830s as his setting and described their specialties in his books: turbot with oysters from the Rocher de Cancale, oysters from the Café de Paris, cod in garlic from the Freres Provenaux and grilled meats from the Café Anglais, where Rastignac gave a princely welcome to Delphine de Nucingen. However, provincial cooking was often more highly esteemed by Balzac because dishes were more studied and better thought out: Angevin potted meat (*Le Lys dans la vallée*), cling peach jam (*Eugenie Grandet*) and I soudun mazzipan (*La Raboutheuse*) were considered worthy of his praise.

Balzac also edited a collection of gastronomic texts (*Le Gastronomes français ou l'art de bien vivre*, 1828), for which he wrote an unsigned preface, and published the *Physiologie gastronomique* in 1830. He also published a study of contemporary stimulants (1838) and wrote a treatise on the same subject as an appendix to the new edition (1839) of the *Physiologie du goût* by Brillat-Savarin.

BAMBOCHE, EN The French term applied to a preparation of fried cod, sometimes served with fried eggs. The word is derived from the Italian bamboccio, meaning jumping jack, perhaps facetiously referring to the way the pieces of cod jump around in the hot fat.

RECIPES

Fried eggs bamboche

Bind together a mixture of hot cooked vegetables with cream and arrange in a ring on a serving dish. Fill the centre with strips of fried cod. Arrange fried eggs on the ring of vegetables.

Salt cod en bamboche

Soak the fish to remove the salt and cut into thick slices the size of fillets of sole. Moisten with milk, dust with flour and plunge into boiling fat. Drain, pat dry and arrange on a bed of assorted vegetables mixed with butter or cream.

BAMBOO A plant several metres tall, common throughout tropical Asia, whose young, tender and slightly crunchy shoots are served as a vegetable. The Japanese also enjoy bamboo seeds, which have a slightly floury texture, and in Vietnam and China food is steamed in bamboo leaves. In Cambodia, the bamboo canes themselves are used for cooking minced (ground) meat in.

Bamboo shoots used for cooking are ivory white in colour, spring from the base of the plant and are cut when conical in shape, averaging 7 cm (2 ½ in) in diameter at the base and 10 cm (4 in) in length. When fresh, the fine needle sharp hairs which cover them must be removed before use. In Europe they are usually found dried or canned in water, brine or vinegar (under their Japanese name of takenoko or their Chinese name of sun ki). Once opened keep preserved bamboo shoots in the refrigerator in a closed container filled with water.

Popular throughout Chinese and the whole of tropical Asia, bamboo shoots cut into stripes or sticks are an ingredient of many dishes, including soups, stews and braised dishes, and stir fries. In China the shoots are salted, dried in the sun and macerated in sweet wine with star anise and rose petals to make a seasoning. In Japan bamboo shoots are the basic spring time vegetable.

added to sukiyaki. They are used in family stews and in the delicate dishes of the tea ceremony all year round.

Strips of mature fine bamboo are used in the Far East for making lattice mats, on which to cook food or to roll sushi, and also for Chinese steamers, which are set over a wok.

RECIPE

Chicken with bamboo shoots

Place a chicken in a large pan and cover with water. Bring to the boil. Immediately remove and drain the chicken. Cool the stock by standing the container in cold water. Skim the stock, replace the chicken and bring back to the boil. Add 5-6 shiitake mushrooms, 1-2 scented Chinese mushrooms, 100 ml (4 fl oz., 7 tablespoons) soy sauce, 3 tablespoons sugar, salt and pepper, and continue cooking. After 1 hour, drain 225 g (8 oz) preserved bamboo shoots, rinse in a colander with cold water, then cut into thick sticks, add to the pan and simmer gently until the chicken is cooked- about 20 minutes for a tender bird or 1 hour for a boiling fowl.

Drain the chicken, remove the skin and cut all the meat into thin strips. Arrange the chicken on a serving dish and surround with the mushrooms and bamboo shoots. Just before serving trim 3-4 spring onions (scallions) and fry quickly in oil. Add 2 tablespoons soy sauce and use to garnish the dish. The stock, highly seasoned with pepper and with fine rice stick vermicelli added, can be served at the end of the meal.

BANANA The fruit of the banana tree, a long leaved plant originating in India and cultivated in tropical regions (West Indies, Africa and South America), Each plant bears clusters of 50-200 fruits with sweet, white, floury and fleshy pulp.

There are two major kinds of banana: fruit bananas, which are eaten cooked or raw, and plantain bananas, which are cooked as vegetables.

* Fruit bananas According to an Indian legend, where Paradise is on the island of Sri Lanka, the banana was the forbidden fruit and Adam and Eve, banished from the Garden of Eden, covered their bodies with banana leaves. Because Europeans first called bananas figs, this explains the ancient names of Adam's fig" and paradise banana" Still rare in the Renaissance, bananas, introduced to France by the Portuguese, became from the 18th century onwards.

Indigenous varieties bear a short roundish fruit with a purplish red skin and highly scented flesh Bananas cultivated for export in South America (poyo, gros Michel, Cavendish, grande name) are long with brown-stained yellow skin. They are harvested green, shipped in banana boats at a temperature of about 13 °C (55 °F), and stored in a humid environment where they ripen at a temperature between 16.5 °C (61.5 °F) and 20 °C (68 °F). There are also sweet dwarf Canary bananas, lady fingers from Thailand and apple bananas from East Africa and Malaysia.

Cooking bananas brings out their full flavour and, when combined with sugar, butter or alcohol, they make a delicious, if heavy dessert.

Bananas also contain pectins, which contribute to the smoothness of the flesh, and malic acid, which makes them refreshing when eaten raw. Well protected by their thick skin, they are transported unripe so continue to ripen after purchase. (They should not, however, be put in the refrigerator because they turn black at very low temperatures) The skin is generally removed, as are the white threads which cling to the flesh. Bananas make many sweet dishes poached, sauteed, flambéed, fritters, fruit salads, sweet omelettes, ice cream, flans and purees.

Dried bananas are black in colour and sweet with a good flavour. Slices of unripe fruit are made into banana chips.

In South America and the Far East, curled banana leaves are used to steam or wrap food such as rice or minced (ground) meat.

Plantain With its green skin and fairly firm pink flesh, the plantain is the staple food of East Africa and accounts for roughly half of banana production. The plantain is usually flatter and longer than the fruit banana and contains more starch and less sugar. They are firmer in texture

and have a slightly dry flavour. Cooking time varies according to the variety and state of maturity, but they are baked, boiled (in salted water for 15-45 minutes) fried, mashed or used in stews. Plantains are served as an accompaniment to many West Indian, South American or African dishes.

RECIPES

Savoury Banana Recipe

Bananas with bacon

Peel the required number of bananas. Wrap a rasher (slice) of rindless smoked or unsmoked bacon around each banana as it is peeled and secure with wooden cocktail sticks (toothicks). Cook the bacon wrapped bananas under a hot grill (broiler) until the bacon is browned. Turn and cook the second side. Serve at once. Alternatively, the bananas can be fried in a little olive oil.

Chunks of bananas can be wrapped in short lengths of bacon and threaded on metal skewers, then grilled on both sides until golden.

Serve with cooked rice tossed with raisins, a pinch of cayenne, a few roasted peanuts and a little grated fresh root ginger.

Bananas fried in a little unsalted butter are delicious with grilled bacon for breakfast or a light lunch serve with warm crusty bread or on warm waffles or lightly toasted English muffins.

Sweet Bananas Recipes

Baked bananas

Bake unpeeled bananas in a preheated oven at 200 °C (425 °F, gas 7) for 10-20 minutes. Peel off a third of the skin lengthways to form a boat shape and serve with melted butter and caster (superfine) sugar or with redcurrant jelly.

Banana ice cream

Peel firm, ripe bananas and puree in a food processor or blender with lemon juice (use 1 lemon for 6 bananas). Mix with an equal volume of sugar syrup. Flavour with rum and freeze in the usual way.

Bananas a la creole au gratin

Select firm bananas and peel off a wide strip of skin from each. Remove the flesh in one piece, without crushing and sprinkle with lemon juice. Blanch the skins for 2 minutes in boiling water, cool by dipping in cold water and pat dry. Slice the flesh and soak for 30 minutes in lemon juice. Blanch the skins for 2 minutes in boiling water, cool by dipping in cold water and pat dry. Slice the flesh and soak for 30 minutes in lemon juice, sugar and rum. Put a layer of cooked rice pudding mixed with finely chopped crystallized (candied) fruit into each skin. Arrange the banana slices vertically on top and cover with finely crushed macaroons. Coat with melted butter and place under a hot grill broiler).

They can be served with a rum-flavoured apricot sauce.

Bananas flambe

Peel some firm bananas and cook in butter or a vanilla-flavoured sugar syrup, without allowing them to become soft. Drain. Warm some rum, Calvados, Armagnac or Cognac and pour over the bananas. Set alight and serve immediately.

Bananas in butter

Peel some just-ripe bananas and arrange in a buttered overproof dish. Pour some melted butter over and dust with sugar. Bake in a preheated oven at about 200 °C (400 °F, gas 6) for 15 minutes.

Banana souffles

Select some firm ripe bananas. Peel off a strip of skin and remove the flesh. Sprinkle the flesh with lemon juice, mash and mix with a very little confectioner's custard (pastry cream). Fold in whisked egg whites to prepare a souffle mixture. Fill the skins with the souffle mixture. Smooth the surface. Bake in a preheated oven at about 200 °C (400 °F, gas 6) for 8-9 minutes, Serve immediately.

Grilled bananas

Peel some bananas, brush with melted butter and grill (broil) gently for 15 minutes. Arrange the bananas in a dish, dust with caster (superfine) sugar and coat with sour cream, soft (whipped) cream cheese or a dessert sauce.

BANANA SPLIT. An ice-cream dish created in the United States, the main ingredient of which is a banana split in two lengthways. This is topped with three balls of ice cream (of the same or different flavours, vanilla, chocolate and strawberry) coated with chocolate sauce and decorated with whipped cream and glace (candied) marashino cherries. The melted chocolate may be replaced by strawberry sauce. An alternative decoration is sliced almonds or chopped walnuts, with a meringue shell on either side.

BAN DES VENDANGES. In medieval times, the proclamation of the date when the picking of grapes for the wine harvest could begin depended on the condition of the grapes and certain local traditions, for example, the Hundred days after the flowering of the lilies in Burgundy or the flowering of the vine anywhere else. The Ban des Vendanges might be subject to the control of the overlord or vineyard owner in feudal times there were equally strict dates when pruning, sowing and so on might start and prevented anyone from making wine from grapes not fully ripe. Even today the earliest date for harvest is arrived at by discussion between the growers and the wine authorities of each region. Some wine fraternities still proclaim the Ban des Vendanges, holding reunions and ceremonies, such as that of the Jurade de Saint Emillion, second oldest of all the wine orders, when the vintage is announced from the top of the Tour du Roi.

BANDOL An AOC wine produced in the wine growing region of Bandol, a small Provencal port between Toulon and La Ciotat. The vines are cultivated in terraces (Provencal: restanques) on red and rose wines are mostly Mourvedre (50% minimum) Cinsault and Grenache. Other varieties cannot exceed 20% of the entire crop. The main varieties grown for white wine are L Clairette, Ugni Blanc and Bourbculenc. A subsidiary variety is Sauvignon, which does not exceed 40% of the crop.

Red wines of this region are rare but it is to these that Bandol owes its reputation. Clean, solid, generous and harmonious, they have a good dark-red colour. They are a little rough when young, but mellow during the compulsory 18 month (at least) aging period and become remarkably velvety thanks to the Mourvedre grape. The white and rose wines are fresh and versatile with a pleasant bouquet and are best drunk fairly young.

BANON A French cheese bearing the name of a village in Haute Provence. Made from cow's goat's or ewe's milk (45% fat content), it has a soft texture, a natural crust and is a squat round shape, 7-8 cm (3 in) in diameter and 3 cm (1 ¼ in) thick. It is presented wrapped in chestnut leaves steeped in brandy and tied up with raffia. With its sweet or nutty flavour, Banon is very good from May to November. It is sometimes scented with springs of savory and is then known as Banon au pebre d'al, pebre d'al being the Provencal name for savory.

BANQUET An ostentatious or formal meal for a large number of guests, either for a festival or to mark the occasion of a political or social event. In view of the large amount of food to be

prepared and served, banquets are rarely of great gastronomic quality, but their purpose is to unite people rather than to feed them lavishly. The word, which dates from the 14th century, comes from the Italian *bancheto*, meaning a small bench on which the guests used to sit.

- Sacred rite and civic function. Since the earliest times the idea of the communal meal has been associated with magical rite. Every man had to gain the favour of the mysterious forces of nature to be lucky in the chase, by eating the animal he had killed with his companions, he regenerated his mental and physical strength. Greek sacrifices were also followed by a banquet, the meat was roasted, distributed amongst the participants and eaten close to the altar. This was one of the rare occasions on which citizens ate meat (especially beef). In this way, the banquet was a very important act of communion, as it was for the early Christians in their love feasts (see *agape*). There were also banquets in ancient Greece where the main purpose was conversation, philosophical debate, games and song. Plato describes one of these in *The Banquet*.
- The Greeks also held civic banquets to commemorate the Elders. These ceremonial city meals took place within the Prytaneum and were attended by chosen citizens dressed in white and wearing a crown of flowers. They even became obligatory in Sparta with Lacedaemonian Tables for the nation to hold its great banquet in the hope of seeing rich and poor united in joyful public reunions drinking toasts to the sound of all the bells. But these convivial meals were short-lived.
- Private and public celebrations. With the Romans, the banquet became an occasion for ostentatious luxury with great attention to the setting, regardless of whether the occasion was public or private. From the time of Charlemagne, custom required that vassals offered a banquet to their lords at least once a year. Pomp and circumstance were the order of the day. Table settings, even richer, were part of the sumptuous ostentation. Banquets were organized whenever an occasion brought the people and their sovereign together. In February 1548 Swiss ambassadors visiting Fontainebleau for the baptism of Claude, seventh child of Henry II and Catherine de Medici, were invited to an historical banquet. As this was during Lent, fish was served instead of meat and included lamprey, turtle, trout, char, anchovy, herring, snails, frog, pike, carp and eels. In 1571 the City of Paris celebrated the arrival of Elizabeth of Austria in the capital with a lavish banquet which included whale on the menu.
- Power and politics. Banquets inevitably became more numerous when used as the tool of political ambition. When Louis XIV entertained hundreds of courtiers at Versailles, he sought to demonstrate his power by the splendour of the reception. Talleyrand, who used culinary art in the service of diplomacy, said to Louis XVIII: Sire, I have greater need of cooking pots than of instructions.

The banquet was also an instrument of internal politics. Under Louis-Philippe, minister Guizot removed the right to hold public meetings of political purposes, so voters met at banquets where they discussed politics under the guidance of famous men such as Lamartine and Ledru-Rollin. Guizot eventually prohibited these banquets, but he was too late. It is reported that the King declared confidently that the Parisians will never trade a throne for a banquet.

* The biggest banquet in the world. On 14 July 1889 Gambetta assembled all the mayors of France at the Palace of Industry in Paris to celebrate the centenary of the storming of the Bastille. Eleven years later, the idea was repeated by Emile Loubet for the famous mayors banquet on 22 September 1900. The menu included fillet of beef, Bellevue, Rouen duck loaf, chicken from Bresse and ballotine of pheasant. This menu was designed to revive the republican spirit in the city officials. 22,295 mayors were entertained in the Tuileries Gardens in tents specially erected for the occasion and served by waiters from Porel and Chabot, who covered the 7 kilometres (4 miles) of tables on bicycles.

Nowadays banquets are less extravagant. Although still fashionable for heads of state, they hardly ever take place otherwise, except for associations, corporations and fellowships in

banqueting halls rented out by restaurants equipped to provide this kind of service. Social events now tend to be celebrated at luncheons, cocktail parties and garden parties.

BANQUIRE A rich French garnish (hence the name, which means banker) composed of quenelles of chicken, mushrooms and slivers of truffle, served as an accompaniment to poultry and calves sweet breads and used as a filling for pies and vol-au-vent with banquiere sauce. The same garnish (without mushrooms) also accompanies tournedos (filet mignons) or sauteed noisettes of lamb arranged on croutons and coated with the pan juices mixed with Madeira and stock.

RECIPES

Banquiere sauce

3 tablespoons Madeira to 200 ml (7 fl oz, ¾ cup) supreme sauce. Sieve, then add 2 tablespoons chopped truffle or truffle peelings.

BANYULS A high-class French vin doux naturel that rivals port. Its name comes from one of the four communes of Roussillon where it is produced (Banyuls, Cerbere, Colloure and Port-Vendres). The vineyards, where the grape traditionally grown is the Grenache noir, are situated on the steep dry hillsides where the work of the vine growers is particularly hard. Little arable soil is available and this is washed away each year by torrential rain and must be brought back to the tops of the slopes. This happens in spite of the terraces which have been built on the hillsides in an attempt to control the run-off effect and to protect the vines from the icy blast of the north wind.

The grapes are picked when extremely ripe. After partial fermentation, alcohol is added to stop the action of the yeast (a process known as mutage). The wine is aged in barrels or large glass jars. The AOC Banyuls requires that the mutage takes place before the end of the year in which the grapes are harvested and that the wine remains in the cellars until 1 September of the following year. The Banyuls grand cru (vintage Banyuls) must be aged in wooden barrels for at least 30 months before sale. It is classed as sec or brut (dry) when it contains less than 54 g (about 2 oz) natural sugar per 1 litre (1 ¾ pints, 4 1/3 cups) The name rancho is given to the vintage when particular ageing conditions have given it a mature taste.

BAR A retail outlet for drinks, which are generally consumed standing up (or sitting on a bar stool) in front of a counter which may be fitted with a copper or wooden bar as a foot rest (hence the name). The word appeared in the French language in 1837 and also applies to the counter itself.

The tradition of the American bar began in Paris in about 1910 and developed between the wars with the fashion for cocktails. Some bars frequented by celebrities became famous. This fashion has been in decline in France since the 1950s but the neighbourhood bar flourished in the USA.

Some French restaurants, such as the Coupole or the Closerie des Lilas, and some hotels, such as the Crillon or the George V, have bars reserved for their own customers, and these are sometimes used as a background for political, society or artistic events. Other establishments, opening in the evening and sometimes all night, often with musical entertainment, are simply bars where only alcoholic beverages are consumed. Among the famous bars of Paris are Fouquet's, a meeting place for the world of cinema, the Bar Romain, a favourite haunt of show business artistes, and the Pont-Royal, a focal point of literary life.

In France, as elsewhere, by far the majority are café bars or bars cafés tabacs, which are open all day and serve snacks, as well as alcoholic and non alcoholic drinks.

BARACK PALINKA. An unsweetened apricot brandy produced in Hungary from a distillation of fresh apricots, the best of which come from the orchards of Keeskemel, Barack Palinka from

Austria and Hungary are often sold in long necked bottles known as futyulos

BARBADINE African name for the giant granadilla, related to passion fruit.

BARBARESCO A red Italian wine from Piedmont made from the Nebbiolo grape. It comes from the communes of Barbaresco and Neive and is characterized by its line fruity flavour.

BARBECUE. An open-air cooking apparatus or outdoor grill, usually charcoal burning, for grilling or split-roasting meat or fish and, by extension, a social occasion, much favoured in America and Australia.

Charcoal cookery is the most ancient of cooking methods, still the common way of cooking in Mediterranean and tropical climates, while roasting an animal on a fire has been a way of feasting in all places and in all eras. In America the outdoor grill is associated with the push westward and opening up the new continent. In its modern form, out door cookery has become a leisure activity, characterized by tongs and the apron and, sometimes, expensive cooking equipment, and is distinct from day to day cookery.

The word probably comes from the Haitian barbacoa, meaning grill, but some attribute its origin to the French *de la barbe a la queue* (from the beard to the tail), referring to the method of impaling the animal on the roasting spit. There may even be a connection with the French *barbaque*, which comes from the Romanian *berbec*, meaning roast mutton. In Japan the *bibachi* or *table barbecue* is a small castiron hearth, equipped with a grid. Traditionally, each guest grills his or her own kebabs or other items, which have been cut up in advance. Hibachi grills are now popular outdoor alternatives to large barbecues, used in the same way.

Equipment. Types of barbecue vary according to the site. The most basic consist of a hearth containing charcoal and grid (rack). The most complex are complete garden cookers with a spit (often electric) removable hood, oven and dripping pan. Camping barbecues are made to fold away and are equipped with a wind break.

A hearth barbecue is made either of cast iron (they do not lose their shape but are heavy and breakable) or steel plate (this must be fairly thick) which sometimes tips to a vertical position. The rectangular or circular grid is made of steel and the height is adjustable.

The most commonly used fuel is wood charcoal, specially prepared from carbon purified sticks, which greatly prolong the intense heat of the charcoal. When wood is used, its type affects both the speed of cooking and the flavour the smoke gives to the food. Very hard wood gives intense heat and in Europe vine prunings have always been used, in America mesquite. The US also favours hickory and oak. A classic addition to the fire in France, to flavour fish, is fennel stalks.

Some barbecues operate with lava stones heated by butane gas or even solar energy. There are various accessories which may come in handy, poker, tongs, bellows, oven gloves, long-handled spoon and fork, and a variety of racks for enclosing fish and meat and enabling them to be turned neatly.

* Cooking methods. Almost anything can be grilled or roasted on a barbecue, with the exception of thin veal and delicate fish. Corn cobs, peppers, tomatoes and large mushrooms can be cooked directly on the grid, brushed with oil or melted butter and other vegetables (such as potatoes) can be enclosed in foil, or be chopped and cooked inside sealed foil parcels. Cooking begins when the charcoal has reached the glowing ember stage.

Some meats have a better flavour if they have been marinated. Barbecued food can be served with any of the sauces which traditionally accompany grills and fondue bourguignonne (pepper, bearnaise or tartare).

- Spit-Roast Meat Distribute the weight of the meat to be cooked evenly along the length of the spit. If chicken is being cooked, hold the limbs in place with small wooden skewers so that they do not become charred. Initially place the meat close to the embers so that the heat causes a crust to form, sealing in the juices, and then move it further away so that the meat

will cook slowly right through.

- Grilled Fish or Meat. Since they are either enclosed in a folding grill rack or cooked directly on the grid, each item must be brushed with oil over so that it does not stick to the hot metal. Large fish should be gutted (cleaned) and washed, but not scaled (so that the flesh remains tender). Remove the scales and skin together before serving. Split a small chicken in two, remove the giblets, flatten and season. Scamp (Gumbo shrimp) and oysters (in their shells) can be placed directly on the grid without further preparation.
- Kebabs Brush each piece of food with oil before putting the kebabs on the grill. Wrap fragile pieces (such as shellfish and liver) in a thin slice of lean bacon.

BARBEL Barbeau A freshwater fish related to carp with a brown back, yellowish sides and white abdomen, named for the beardlike projections from its lower jaw. It is found in many rivers in Europe, Asia and Africa. In France the common river barbel is about 50 cm (20 in) long, weighing up to 2 kg (4 ½ lb), while the southern barbel is smaller. Its flesh is bland and full of bones. In the Loire and Burgundy regions it is served poached or braised and flavoured with red wine and herbs, Young barbel are either fried or grilled (broiled).

BARBERA. An Italian grape which has given its name to a red wine produced in large quantities in Piedmont. Barbera is a full-bodied dark wine, often drunk when young.

BARBERRY A quickly European shrub, also found in America, that favours dry soil and sunny spots. In October it produces tart, bright red very slim berries in bunches. They are rich in tartaric and malic acids, which are used to make jellies and syrups, and also for flavouring rice pilaf in Iran. Cooked and dried they can be made into a fine powder, which was formerly used as a seasoning. The unripe green berries can be preserved in vinegar, like capers.

BARD. Thin slices of pork or bacon fat which are placed around meat, some game birds and poultry, and even some fish before roasting to prevent them from drying out in the heat of the oven. Barding is not advised for some very tender meats as the strong flavour of the bard might overshadow the taste of the meat. Bards are also used as a lining for pates cooked in pastry or terrines.

In order to bard a roast, the meat is covered with strips of bard held in place with string. To bard terrines and pates, the inside of the pie crust or mould is lined with bards.

The bards are generally removed before serving, but it is usual to serve partridge, other game and pates still barded.

BARDATTE A Breton speciality from the region of Nantes, which used to be prepared at harvest time and eaten cold by the peasants in the fields. It consists of a cabbage stuffed with rabbit or hare meat flavoured with herbs, which is wrapped in a thick wide slice of bacon (barde, hence its name), put in an earthenware dish, moistened with stock and baked slowly in the oven.

BARIGOULE, A LA The French term used to describe a particular method of preparing stuffed braised artichokes. Barigoule is the Provençal name for the milk cap mushroom, once solely used in the recipe. Originally, the country recipe consisted of cooking the artichokes like mushrooms, that is, cut off flat at the base, sprinkled with oil and grilled (broiled). Provençal cooks subsequently developed a stuffing of ham and mushrooms for the artichokes.

RECIPE

artichokes a la barigoule

Prepare the artichokes for stuffing. Clean and chop 76 g (3 oz. 1 cup) mushrooms for each artichoke. Mince (grind) 50 g (2 oz) fat bacon and the same quantity of ham. Mix these

ingredients together with chopped parsley, salt and pepper. Fill the artichokes with the mixture, bard, tie up with string, and braise in white wine to which a little olive oil has been added. Thicken the cooking liquor with a very small amount of softened butter.

BARLEY The earliest known cereal to be cultivated, used formerly for bread and, still, for beer. Barley is the staple grain of northern lands, where it is too cold for wheat, and has been grown in the Near East since 8000 BC. High in starch, it produces a low gluten flour and consequently a heavy, flat nourishing loaf (but one that keeps well). Until the 16th century it supplied Europe's main bread. Its flat loaves were used as plates, which were then eaten. Something of this tradition continues in the ever popular Scandinavian flat breads, and its Scottish use for griddle cakes like bannocks (and for porridge).

It is also used for drinks, like barley water (with lemon juice), gives its name to orgeat and makes barley beer. The grain's main modern use is a basic ingredient in malting and beer brewing (the best varieties for brewing are those with a double row of seeds).

Pearl barley is the hulled and milled grain, pot barley is unhulled, both are used chiefly in soups, broths and stews, such as oxtail soup, cholent and Scotch broth. Pearl barley can be boiled and served as an alternative to rice.

RECIPES

Consomme with pearl barley

Wash 100 g (4 oz, ½ cup) pearl barley in warm water and add it, with 1 celery stick to 2.5 litres (4 ¼ pints, 11 cups) clarified beef stock. Simmer for 2 hours, then remove the celery and serve the soup in cups.

Cream of barley soup

Wash 300 g (11 oz, 1 ½ cups) pearl barley and soak it for 1 hour in warm water. Add the barley and 1 sliced celery stick to 1 litre (1 ¾ pints, 4 1/3 cups) clear white stock and simmer for 2 ½ hours. Rub the soup through a fine sieve and dilute with a few tablespoons of stock or milk. Heat the soup through again and add 200 ml (7 fl oz, ¾ cup) double (heavy) cream.

BARLEY BEER *cervoise* An alcoholic drink that the Gauls made from fermented barley, oats, rye or sometimes wheat, flavoured with various spices. It was an earlier form of beer, which appeared with the introduction of hops in the 14th century. The French word possibly derives from the Gallic *cerevista*, a combination of Ceres, Roman goddess of harvests, and the Latin *vis* (strength). Barley beer was originally matured in pottery jars and later in casks. Throughout the Middle Ages, because of privileges granted by Charlemagne, monks were the major producers. In 1268 the *Livre de metiers* laid down regulations for the *cervoister* (barley-beer maker) No one may brew barley beer from anything except water and grain, either barley, wheat and rye mixture, or *dragie* (barley residue). The maker was forbidden to add to it berries, spiced honey sweetened wine or resin. In present day Iberian languages, *cerveza* and *cerveja* are words for beer.

BARLEY SUGAR A traditional sweet (candy) of cooked sugar in both France and Britain, made originally from a mixture of hot sugar syrup and a decoction of barley to colour it.

Back in fashion under the French Second Empire because Napoleon III enjoyed it, barley sugar became a speciality of the spa towns of France (Evian, Plombières, Caudebec and Vichy, in particular) It has been made in the form of small cylindrical sticks (from a ribbon of drawn sugar rolled by hand, then wrapped in coloured cellophane), twisted sticks and flat tablets, cut out on an oiled baking sheet. Modern forms are made of cooked sugar without barley, with various flavourings, shaped into a round stick or cut out by a pressing machine.

Two specialities are worth mentioning. Tours barley sugar, flavoured with apple or cherry, and Moret barley sugar, amber coloured, in the shape of a heart marked with a cross. The latter was

created in 1638 by the nuns of the convent of Moretsur-Loing (Seine-et-Marne) and its recipe remains a secret, lost under the Revolution, it was preserved by one of the nuns and later sold to a lay confectioner of the town.

The Nancy bergamot, the Vosges granit, and the honey flavoured pastille of Saint Benoit sur-Loire (in the shape of a little monk) are also barley sugar.

RECIPES

Old fashioned barley sugar

Gently cook 250 g (9 oz. 1 ¼ cups) hulled barley in 5 litres (8 ½ pints, 5 ½ quarts) water for 5 hours. Strain this liquid (which resembles white jelly) and return it to the pan. Add 1 kg (2 ¼ lb, 4 cups) warmed sugar, stir until dissolved over a gentle heat, then boil the mixture just to the hard crack stage (see sugar) and pour it over an oiled marble slab. As soon as the barley sugar begins to cool, cut it into long strips and twist them.

BARNACLE, GOOSE pouce-pied A crustacean which lives on sea washed rocks, fixed at the foot and standing about 5 cm (2 in) high. It is difficult to harvest and therefore very expensive. The outside is blackish and mottled and, fancifully, a group look like a gaggle of geese with upstretched necks because the tips are whitish, like parted beaks. Found on the stormiest parts of Europe's Atlantic coast, and in Canada, it is a speciality in Galicia. The Spanish name is percebe.

Cooked briefly in court-bouillon or boiling water, it is eaten with or without vinaigrette after peeling, or squeezing out the soft orange cylindrical inside.

BAROLO An Italian red wine from the hills of Piedmont around the village of Barolo. It is a wine with a fairly high alcoholic content made from the Nebbiolo grape, which is improved by being aged in flavour giving hints of raspberries, truffles and chocolate, Barolo is a powerful but smooth wine with a burnt aftertaste.

BARON The cut of mutton or lamb that includes the saddle (loins) and both hind legs. The term was applied originally to beef, but since a baron of beef is so big, it is hardly ever cooked as such. Baron of lamb is oven or spit-roast, and is served with vegetables such as braised chicory (endive), green beans, flageolets and potatoes, and moistened with the meat juices. It is one of the most spectacular roasts of French cuisine.

The noble title given to this cut has an historical origin. Henry VIII of England was presented with a spit-roast double sirloin and was so impressed by this magnificent joint that he dubbed it Sir Loin, Baron of Beef. The corresponding cut of mutton was subsequently given the same name.

In 1952 the Academie Francaise attempted to impose the name has-roud but, because of the protests, it was decided that the French would keep to the original English name.

RECIPES

Baron of lamb a la perigourdine

Cook and shell 1 kg (2 ¼ lb) chestnuts. Cover the baron with a light even coat of butter and season with salt and pepper. Roast in a preheated oven at 200 °C (400 °F, gas 6) for about 20 minutes. Turn out and allow to cool on a wire rack. Coat each barquette with sieved apricot jam and decorate with 2 blanched almonds. Puff pastry can also be used. Alternatively, the pastry boats may be baked blind, filled with crème au beurre and topped with apricots cooked in a syrup.

Barquettes a Pamericaine

Fill cooked barquette cases with a salpicon of shell fish a l'americaine. Sprinkle with fried breadcrumbs and bake in a preheated oven at 230 °C (450 °F, gas 8) until the filling is hot and the crumbs are crisp.

Cheese barquettes

Finely chop some mushrooms and saute them. Prepare a bechamel sauce and add some grated Gruyere cheese, then the sauteed mushrooms. Fill the cooked barquettes with the mixture, sprinkle with white breadcrumbs and melted butter, then brown under the grill (broiler).

Mushroom barquettes

Prepare some scrambled eggs and a mushroom duxelles. Spread a layer of scrambled eggs and a layer of mushrooms in each cooked barquette. Fry some breadcrumbs and sprinkle over the barquettes. Bake for a few minutes in a preheated oven at 200 °C (400 °F gas 6) just to warm the barquettes through.

Scrambled egg and asparagus barquettes

Prepare some scrambled eggs and asparagus tips. Fill the cooked barquettes with scrambled eggs. Garnish with asparagus tips, sprinkle with melted butter and warm through in the oven.

Soft-roe barquettes

Poach some soft roe (carp, herring or mackerel) in court bouillon. Finely chop and saute some mushrooms. Prepare a small quantity of bechamel sauce. Fill the botton of each cooked barquette with mushrooms. Place one piece of roe in each barquette. Coat with bechamel sauce, sprinkle with grated Gruyere cheese and brown under the grill (broiler).

Other recipes See Bagration, Beauharmais, bouquetiere, normande.

Sweet Barquettes

Apricot barquettes

For about 15 barquettes, prepare pastry using 225 g (8 oz, 2 cups) sifted flour, 1 teaspoon salt, 1 tablespoon sugar, 1 egg yolk., 100 g (4 oz. ½ cup) butter, and about 7 tablespoons water. Roll out the pastry to a thickness of 3 mm (1/8 in). Cut with a fluted oval pastry (cookie) cutter. Line the moulds with the pastry, prick the botton of each one, and sprinkle with a little icing (confectioner's) sugar. Remove the stones (pits) from the apricots and cut each one into four. Lay the apricot quarters length ways in the pastry boats, skin-side down. Bake in a preheated oven at 200 °C (400 °F, gas 6) for about 20 minutes. Turn out and allow to cool on a wire rack. Coat each barquette with sieved apricot jam and decorate with 2 blanched almonds. Puff pastry can also be used. Alternatively, the pastry boats may be baked blind, filled with crème au beurre and topped with apricots cooked in a syrup.

Chestnut barquettes

Bake some pastry barquette cases blind and then fill them with chestnut cream. They can be decorated with piped whipped cream and a sugar violet. Alternatively, shaped the cream into a dome with two sides and ice (frost) one side with coffee icing and top with pipe crème au beurre.

BARRACUDA A tropical fish of the Sphyrenidae family. There are several species, all with an elongated body, a long, wide head and a pointed muzzle. The small barracuda, seldom longer than 1 metre (3 ft 3 in), has a golden band along its side, and is sometimes called false pike (faux brochet) It is fished off the coast of Africa and sold fresh in french markets. The Pacific barracuda is a sporting fish, weighing up to 5.5 kg (12 lb), and prized for cooking in California. Easy to cook, either grill (broil) or eat as carpaccio, thinly sliced and raw.

The great barracuda, common in the Western Atlantic and the Caribbean islands, is not recommended, as it may cause ciguatera poisoning.

BARRAMUNDI The giant perch of the Lates family of northern Australia, named by the

aboriginals. This is the best eating fish in Australia. Golden brown, up to 1.5 m (5 ft.) long and prized as a game fish, the barramundi ranges from the Philippines to the Persian Gulf.

BARREL. Probably developed by the Celts for transporting many types of goods, the wine barrel has an important influence on wine styles. Barrels are made in many sizes, from a standard Bordelaise at 225 litres (49 UK gallons, 61 US gallons) to traditional large Italian or German casks which may contain 10 or 20 times more. Wood is shaped into staves and held in a cylindrical shape by iron hoops – nails are not used in the construction of a barrel. Oak, from forests in France, Eastern Europe or America, is most favoured although other woods, such as chestnut, may be used for large casks.

BARSAC A sweet wine from Bordeaux, Barsac is the largest of the five communes in Sauternes and may call its wine either AOC Barsac or AOC Sauternes. Made from Botrytis affected Semillon and Sauvignon grapes, Barsac wines are often slightly less sweet and more fruity than Sauternes.

BASELLA A tropical climbing plant, also known as vine spinach, Ceylon spinach or Malabar spinach. Ceylon spinach is used for the red-leaved variety while Malabar spinach refers to the green leaved plant. The stem, which can grow as high as 2 m (7 ft), bears leaves which are harvested as the plant grows and are eaten like spinach. Thought to be native to India, basella is grown in China, Southeast Asia and Africa. In the West Indies, basella is prepared like bledes.

BASIL An aromatic herb, both the main types originated in India, its name is derived from Greek *basilikos*, meaning royal, for only the sovereign (Obastleus) was allowed to cut it. It is still important in the cooking of Thailand, Laos and Vietnam, in salads and curries.

Sweet basil is now widely grown as a herb with many cultivars. Common basil has large soft leaves 3 cm (1 ¼ in) long, but there are ruffled, lettuce-leaved and purple varieties, with lemon and cinnamon among their smells. Basil is a warm weather annual, one reason why it is grown in pots inside windows, another is that it keeps away flies. In France it is associated with Provence, but the strongest association is with Liguria in northern Italy, and Genoa, where it is ground with Parmesan to make the famous pesto sauce. The leaves have a strong flavour of lemon and jasmine. Basil has an affinity with tomatoes, and is used in salads, stuffings, sauces and omelettes as well as soups (see pistou and pasta dishes).

BASIN. Originally, a basin in France was a wide deep circular container made of copper or tin, which was used to collect the water poured over the hands during table ablutions. These gradually became richly worked gold pieces used more as ornaments on side boards and dressers. From the 17th century onwards pottery basins were used in France either for ablutions or, more commonly, for serving meat or fruit. Some reached such dimensions that it required two men to carry them. They disappeared as serving dishes in the 18th century and were replaced by smaller bowls or dishes.

BASQUAISE, A LA The French term used to describe several recipes (particularly for omelettes and sautéed chicken) using tomatoes, sweet peppers, garlic and often Bayonne ham associated with the French Basque country. A basquaise garnish, for large cuts of meat, consists of Bayonne ham with cep mushrooms and Anna potatoes.

RECIPES

Consomme a la basquaise

Cook 4 tablespoons rice and 3 tablespoons diced red pepper cut into strips in 1.5 litres (2 ¼ pints, 6 ½ cups) clear beef or chicken broth. Add 2 table spoons diced tomatoes 5 minutes before the rice is cooked. Sprinkle with chopped chervil before serving.

Sauced squid a la basquaise

Wash and dry 500 g (18 oz) ready cleaned white squid and cut it into strips. Seed and chop 4-5 red and green peppers, finely chop 4 onions, and peel and finely chop 500 g (18 oz) fresh tomatoes. Fry the peppers in oil, then add the onions, the squid and 1-2 crushed garlic clove. After cooking for 15 minutes, add the tomatoes and a bouquet garni and season with salt and pepper. Half-cover and cook gently for 10 minutes. Sprinkle with chopped parsley before serving.

Stuffed potatoes a la basquaise

Prepare a tomato sauce flavoured with garlic. Dice some red and green peppers and fry in oil. Hollow out some large peeled potatoes, place in boiling water for 5 minutes and wipe dry. Dice some Bayonne ham and moisten it with the tomato sauce, adding the peppers. Fill the potatoes with the mixture. Oil a dish, arrange the potatoes in it and season them with salt and pepper. Sprinkle with oil or melted goose fat. Cover the dish and bake in a preheated oven at about 180 °C (350 °F, gas 4) for 30-40 minutes. When the potatoes are cooked, sprinkle with breadcrumbs and melted fat and brown under the grill (broiler).

BASS bar A fish of the family percichthyidae, the sea bass is caught principally in the Mediterranean. Also known as sea perch (because of its similarity to the perch) and around the Provençal coast as loup (wolf) and lubina in Spanish, because of its reputed ferocity, it is a voracious predator, 35-80 cm (14-32 in) in length. It is also relatively rare and, therefore, expensive. Valued since Roman times, the sea bass has fine, compact and delicate flesh with few bones. It is served poached, grilled (broiled) braised, stuffed or flabeed. Normally fillets are only prepared from very large fish which are difficult to cook whole. Once the skin has been removed, these fillets can be cooked simply by frying in a little butter or olive oil.

The striped bass (bar tachete) has an olive green back and is distinguished from the sea bass by its many horizontal black stripes, it is normally up to (60 cm 24 in) long. It lives off the Atlantic coast from the Bay of Biscay to Senegal, off the Gulf of St. Lawrence to the Gulf of Mexico, and has successfully been introduced to the Pacific as a sporting fish. It is an inshore fish, preferring calm muddy water. In France it is caught only off the Vendée, where it is baked covered with sea salt.

The black sea bass ranges north from Florida, and is a common catch off Cape Cod. It is another excellent fish for frying and baking. The speckled bass, which is smaller and has less flavour, is fished off the coasts of Morocco.

RECIPE

Preparation of bass

Clean the fish through the gills and through a small incision at the base of the stomach in order to grasp the end of the gut. If the bass is to be braised, fried or grilled (broiled), remove the scales, working from the tail to the head. Do not remove the scales if it is to be poached because the scales help to hold the fragile flesh intact. Wash and dry the fish. When grilling, make a few shallow incisions with a sharp knife in the fleshy part of the back.

bass a la livournaise

Scale and clean 4 bass each weighing 250-300 g (9-11 oz). Season with salt and pepper. Butter or oil an ovenproof dish. Spread 200 ml (7 fl. oz, ¾ cup) well seasoned tomato sauce over the bottom and arrange the bass on top. Sprinkle with breadcrumbs and melted butter or olive oil and bake in a preheated oven at about 230 °C (450 °F, gas 8) for about 15 minutes. Sprinkle with chopped parsley before serving.

bass a la portugaise

Scale and clean 2 bass each weighing about 400 g (14 oz). Make incisions in the back and season with salt and pepper. Butter an ovenproof dish, arrange the bass in the dish, and moisten with a mixture of equal proportions of dry white wine and fish stock. Bake in a preheated oven at 230 °C (450 °F, gas 8) for about 15 minutes, basting the fish two or three times during cooking. Drain the fish. Pour the liquor into a small pan, reduce and add butter. Cover the bottom of the cooking dish with tomato sauce, arrange the bass on top and cover with the remaining sauce. Glaze in a preheated oven at 240 °C (475 °F gas 9) and serve sprinkled with chopped parsley.

Bass braised in red Graves wine

Fillet a 1.5 kg (3 ¼ lb) sea bass. Season with salt and pepper and fry both sides quickly in butter in a frying pan. Drain, in the same butter, fry 100g (4 oz) thinly sliced mushrooms and 100 g (4 oz) small white onions. Put the fillets, back on top of the mushrooms and onions. Add ½ bottle red Graves and a little fish stock. Cover with buttered grease proof (waxed) paper and simmer for 5 minutes over a low heat. Drain the fillets on paper towels, remove the skin and place them in an oven proof dish. Drain the garnish and arrange it around the fish. Reduce the cooking juices and thicken with butter, just before serving stir, in a little hollandaise sauce, strain and pour over the fillets. Brown under the grill (broiler) and garnish with croutons fried in butter.

Braised bass

Select a bass weighing 1.25 kg (2 ¾ lb). Peel and finely chop 2-3 carrots, 2 onions and 1 shallot. Melt 25 g (1 oz. 1 tablespoon) butter in a frying pan, add the chopped vegetables and cook until they begin to change colour. Chop a small bunch of parsley and mix with 1 tablespoon butter, salt and pepper. Stuff the fish with the parsley butter. Spread the partly cooked vegetables in a large buttered ovenproof dish and gently place the fish on top of the vegetables. Add a bouquet garni and 300 ml. Vegetable. Add a bouquet garni and 300 ml (1/2 pint, 1 ¼ cups) dry white wine. Melt 25 g (1 oz. 1 tablespoon) butter and pour over the bass, then cover the dish. Bake in a preheated oven at about 220 °C (425 °F, gas 7) for about 25 minutes. Drain the fish, arrange on a serving dish and keep warm. Discard the bouquet garni, sieve the pan juices and reduce. If desired, beat in butter to thicken the sauce. Skin the bass and cover in sauce. The braised bass may be served on a bed of mushroom duxelles or sorrel fondue, or surrounded by slices of aubergine (eggplant) lightly fried in oil.

cold poached bass

Prepare as for hot poached bass and allow the fish to cool in the poaching liquor. Drain, arrange on a napkin and remove the skin. Garnish with lemon halves, artichoke hearts and small tomatoes stuffed with chopped vegetables. Serve with mayonnaise, vinaigrette or any other sauce suitable for cold fish.

Cream of ginger bass

Prepare the cream of ginger: soften 4 chopped shallots in butter, add 100 ml (4 fl. oz ¾ cup) fish fumes, and reduce. Add 325 ml (11 fl. oz. 18 cups) double (heavy) cream and a pinch of salt. Reduce by half, until you have the required consistency. Add 1 tablespoon grated fresh root ginger and allow to simmer for 2 minutes. Strain through muslin (cheesecloth) or a fine strainer. Thicken the sauce with 75 g (3 oz. 6 tablespoons) butter (cut into small knobs) beating with a whisk.

Prepare 400 g (14 oz) well washed spinach without stalks and braise in butter. Take 4 escalopes (scallops) of sea bass, each weighing 175 g (6 oz), and season with ground white pepper and salt. Fry quickly in oil. Drain them on paper towels so as to remove all traces of cooking oil. Make a bed of spinach in the middle of each plate and arrange the sea bass on top. Pour the cream of ginger over them and garnish with sprigs of chervil.

Crowns of bass with red peppers

Fillet and clean a 1 kg (2 ¼ lb) sea bass. Cut the flesh into strips and plait (braid) 3 strips together. Repeat with the remaining strips. Season with salt, Shape the plaits into crowns and keep chilled.

Grill (broil) 2 red peppers until their skins are blistered and blackened. Cool slightly, then peel, halve and seed them. Cut out 4 strips and 5 small petal shapes. Puree the rest and reduce the puree over a gentle heat. Cook some broccoli in boiling salted water, drain, reserve a little for the crown centres and puree the remainder.

Brown 2 chopped shallots in butter, then add some white wine and reduce by half. Add 500 ml (17 fl oz, 2 cups) single (light) cream and heat through. Divide this mixture in two stir the pepper puree into one half, and the broccoli puree into the other. Check the seasoning and keep warm.

Fry the crowns of sea bass in butter. Spoon the sauces on to the plates. Arrange the sea bass crowns on top and garnish with the pepper strips and petals. Spoon the reserved broccoli into the centres. Serve the rest of the sauce separately.

Fillet of bass with lettuce

(from a recipe by Roger Verge) Clean and scale a 1.4 kg (3 lb) bass. Remove and skin the fillets. Divide each fillet into two pieces, season with salt and pepper, and dust with flour. Melt a knob of butter and a dash of olive oil in a frying pan. Fry the fillets for 1 minute on each side, then put to one side. Plunge the outer leaves of 2 or 3 lettuces into 2 litres (3 ½ pints, 9 cups) boiling salted water and transfer immediately to a colander. Rinse in cold water and drain. Split the leaves in two vertically and flatten slightly. Then dry them on towel and wrap the fillets up in them.

Butter a gratin dish, sprinkle with finely chopped shallots and arrange flattened lettuce hearts on top, followed by the fillets wrapped in lettuce leaves. Pour over 3 tablespoons dry white wine and the same amount of vermouth. Bake in a preheated oven at about 180 °C (350 °F, gas 4) for 12 minutes. Drain the fillets and the lettuce hearts and arrange on a warm serving dish.

Strain the cooking liquor into a pan and reduce to about 175 ml (6 fl oz, ¾ cup) over a fierce heat. In a bowl mix together 3 tablespoons cream and 1 egg yolk and add to the pan. Whisk the mixture. Remove from the heat and heat in 50 g (2 oz, ¼ cup) cubed butter. Season with salt and pepper. Use to coat the fillets and serve. A little diced, peeled and seeded ripe tomato may be added as a garnish, if required.

Fried bass

Clean and scale bass weighing not more than 400 g (14 oz) each. Make incisions along the back, dip in milk and coat in flour. Deep fry in fat or oil. Drain, pat dry and dust with fine salt. Arrange on a serving dish and garnish with lemon halves. Steaks of a larger bass can be prepared in the same way.

Grilled bass

Scale and clean a bass weighing not more than 1 kg (2 ¼ lb) Make a few small incisions in the back and brush with seasoned olive oil. Cook gently, preferably using a folding double grill (broiler) grid to enclose the bass so it can be turned during cooking without breaking. In the south of France, small bass are cooked on charcoal, on top of sprigs of dry fennel, which flavour the fish. Serve with anchovy or garlic butter or one of the special sauces for grilled fish, such as bearnaise or remoulade.

Hot poached bass

Clean and wash the bass without removing the scales and place in a fish kettle. Cover with cold salted water and heat gently until simmering. As soon as the liquid is about to boil, reduce the heat and poach the fish in a barely simmering water. Drain the bass, arrange on a dish covered with a napkin (or on a rack) and garnish with fresh parsley. In a separate dish serve melted butter,

hollandaise sauce, or any other sauce suitable for poached fish. Serve with boiled or mashed potatoes, spinach, fennel or broccoli.

BASSELIN, OLIVER 15th century French poet from Vire, in Normandy. A fuller by trade, he found his inspiration in the bottle. His lively satirical poetry, known as vaudevire after his birthplace, is the origin of many table songs. Basselin's vandeuvres were published at the end of the 17th century. Vaudevire gave its name to the type of musical entertainment known as vaudeville.

BASTE The term for lightly moistening food cooking in the oven, on a rotisserie or under a grill (broiler) by spooning over melted fat or the cooking juices from the dish itself. This operation is repeated several times and stops the surface of the food from getting too dry. A dish cooked au gratin may be basted with melted butter to facilitate browning.

BASTELLA in Corsican cookery, a turnover stuffed with vegetables and meat. Bastelle are called inarbitate when they are made with Swiss chard or spinach, inzuchatte when made with marrow (squash) or pumpkin, and incivulate when they are made with onions. The ingredients are blanched and drained, then finely chopped and mixed with pork or veal. Bastelle should properly be made with bread dough, but puff pastry is now more commonly used.

BA-TA-CLAN A French cake made from fresh almonds, ground using a pestle and mortar, to which the following ingredients are added: eggs (one at a time), sugar, rum and flour. The cake is cooked in a flat or fluted mould and coated with vanilla flavoured fondant icing (frosting). Its name derives from the Parisian café concert famous at the end of the 19th century, but the recipe is attributed to Lacam a 19th century, but the recipe is attributed to Lacam, a 19th century pastry chef who wrote treatises on patisserie.

BATARDE A hot French sauce, also known as butter sauce, served with vegetables and boiled fish.

RECIPE

Sauce batarde

Prepare a sauce using 25 g (1oz, 2 tablespoons) melted butter 25 g (1 oz. ¼ cup) plain (all-purpose) flour and 250 ml (8 fl. oz, 1 cup) boiling salted water. Beat in 1 egg mixed with 1 tablespoon very cold water and 1 tablespoon lemon juice and then, over a very low heat, add 100 g (4 oz, ½ cup) butter, cut into small pieces. Season with salt and pepper and sieve or strain if necessary.

BATELIERE, A LA The French term describes a fish dish garnished with poached button mushrooms, small glazed onions, fried eggs and prawns (shrimp). The name also applies to a preparation of fillets of sole arranged as small boats (hence the name) on a salpicon of prawns and mussels in a white wine and herb sauce. Mackerel a la bateliere is simply grilled (broiled) and served with a separate green sauce.

BATON also known as batonnet. A French petit four in the form of small stick made of puff pastry or almond paste. They are served with desserts and buffets.

Vegetables may be cut en batonnets (in thin sticks) for cooking.

RECIPES

Almond batonnets

Pound 225 g (8 oz. 1 2/3 cups) blanched almonds with 225 g (8 oz. 1 cup) caster (superfine)

sugar, or carobine in a blender. Bind to a thick paste with 2-3 egg whites and then add 7 tablespoons white rum. Roll out thinly on a floured marble slab or work surface. Cut into strips 8 cm (3 1/2 in) wide and cut these into sticks 2 cm (3/4 in) wide. Lightly beat 2 egg whites. Dip the sticks in the egg whites, then in sugar. Arrange on a buttered and floured baking sheet and bake in a preheated oven at about 170 °C (325 °F, gas 3) until the sugar crisps.

Batons with vanilla icing

In a processor combine 225 g (8 oz, 1 2/3 cups) ground almonds and 225 g (8 oz, 1 cup) caster (superfine) sugar to a firm paste with 2-3 egg whites. Flavour with 2 teaspoons natural vanilla essence (extract). Roll out the paste to a thickness of 1 cm (1/2 in). Cover with vanilla-flavoured royal icing (frosting). Cut into strips 2 cm (3/4 in) wide by 10 cm (4 in) long. Place the sticks on a buttered and floured baking sheet and bake in a preheated oven at about 160 °C (325 °F, gas 3) for about 10 minutes or until the icing turns white.

Chocolate batonnets

Proceed as for almond batonnets, but use a paste made from 225 g (8 oz, 12/3 cups) blanched almonds, 225 g (8 oz, 1 cup) caster (superfine) sugar, 200 g (7 oz, 1 1/2 cups) cocoa powder (unsweetened cocoa), 2 tablespoons vanilla-flavoured sugar and 3 egg whites.

Ice batons

Roll puff pastry out to a thickness of about 3 mm (1/8 in). Cut into strips 8 cm (3 in) wide and coat with royal icing (frosting). Cut across these strips to make sticks 4 cm (1 3/4 in) wide. Place on a buttered baking sheet and bake in a preheated oven at about 200 °C (400 °F, gas 6) for about 5 minutes until the pastry puffs up and the icing turns white.

BATONNAGE A French term for lees stirring or stirring the wine in a barrel with a stick so as to disturb the fine lees deposited on the bottom. This allows better development of the wine by controlling its contact with oxygen and with the wood. The practice was developed in making the best white wines, particularly Chardonnays.

BATTER A term based on the texture of a mixture. A liquid, varying in thickness from a thin pouring consistency to an elastic mixture which is too soft to hold its shape but not thin enough to pour easily and evenly. A wide variety of ingredients may be used, from the classic, basic batter made with flour, eggs and milk to a mixture of ground rice and pulses used to make Indian pancakes known as dosa.

Types of batter Batters may be unleavened or include raising agents. Fine French crepes are made from a thin batter of flour, eggs and milk without raising agent, and the batter is allowed to stand before cooking so that air bubbles disperse, preventing the crepe from bubbling. (The standing time also allows the flour to absorb liquid, so that a little extra may be added to make a thin batter for fine textured pancakes.)

The same type of batter can be baked to make Yorkshire pudding or a variety of sweet puddings, slightly thicker version may be used to coat ingredients before deep frying.

Leavened batters are used for making waffles and for coating. A raising agent may be added to the batter or a thick batter may be prepared, then stiffly whisked egg whites may be folded in, both raising agent and egg whites are used for waffle batter. The egg whites soften the batter and make it puff up during cooking. This type of mixture is also used to make Polish style apple pancakes by stirring the fruit into the batter, then flattening small portions on a hot pan. Thick batter containing raising agent is also used to make small, thick and light British pancakes, known as drop scones or Scotch pancakes.

Some enriched breads are made from a mixture resembling batter rather than dough. The yeast

mixture for Italian panettone is too soft to be kneaded but usually too stiff to be beaten with a spoon, so the palm of the hand is used to beat it with a slapping motion until it becomes smooth and elastic. Small Greek doughnuts, loukoumades, served in honey syrup, may be made from a thick, yeasted batter rather than being shaped from a dough (some recipes use a dough).

The ingredients for many cakes are mixed to a thick, pouring batter, rather than a mixture with a firmer, dropping consistency. Those made by the melted method, such as gingerbread and parkin, and American muffins, are made from batters. American combread is also made from a thick cornmeal batter.

Generally, it is important that the dry and liquid ingredients are thoroughly combined and beaten until smooth. (There are exceptions to this, notably the batter used for Japanese tempura, where whisked egg whites are very lightly folded through the flour mixture, leaving the ingredients partly mixed). Achieving the right balance of ingredients and texture for the particular batter is also important, a coating batter that is too thin will not coat and one that is too thick will be stodgy when cooked. The correct proportion of flour, eggs and liquid are important for making thin, fine pancakes if there is too little egg and flour, the pancakes will not set and too much flour will make the pancakes stodgy.

RECIPES

Basic batter

This is a simple, British style batter used for thin pancakes or baked puddings, such as Yorkshire pudding. Sift 100 g (4 oz. 1 cup) plain (all-purpose) flour into a bowl with a pinch of salt. Make a well in the middle and add 2 beaten eggs. Gradually beat in 300 ml (1/2 pint, 1 1/4 cups) milk and 1 tablespoon oil or melted butter, working in the flour and milk a little at a time. Beat until smooth, leave to stand for 30 minutes, then stir in 2 tablespoons water.

Coating batter

This batter is suitable for coating food before deep frying. Sift 200 g (7 oz. 1 3/4 cups) plain (all-purpose) flour into a bowl. Add 2 teaspoons baking powder, 2 tablespoons groundnut (peanut) oil, a pinch of salt and 250 ml (8 fl oz. 1 cup) warm water. Mix the ingredients thoroughly and beat until smooth, then leave the batter to rest in a cool place for at least 1 hour. Just before using, fold in 2 stiffly whisked egg whites.

BAUDELAIRE, CHARLES French poet (born Paris, 1821, died Paris, 1867) Baudelaire who loved to play chess at the Café de la Regence and the brasserie in the Rue des Martyrs with his artist and poet friends, sang the profound joys of wine in verse and prose (*Wine and Hashish*, 1851) Although his usual restaurant was Dinochau, he dreamed of a more exotic cuisine rich in truffles and spices, pimiento, English powders, saffron, musk and incense (*Fanfarino*, 1847), which was supposed to combine the violence of prussic acid with the volatile lightness of ether.

BAUME SCALE An old scale of measurement for the density or specific gravity of sugary liquids, evaluated using saccharometer. It has been replaced in the measurement of cane and beet sugars by the Brix scale. However, the Baume scale is still used in the corn refining industry for measuring the density of sugar syrups derived from cornstarch.

BAUMKUCHEN A celebrated Austrian festival cake, hollow inside and usually conical because it is cooked on a spit. It has also been adopted for family celebrations in Luxembourg. It is made with a sponge batter, often flavoured with cardamom and other spices, grated lemon zest, vanilla and rum. This liquid batter is poured layer by layer on to a roller, which is rotating in front of open heating elements. The layers remain visible after cooking giving the cake the appearance of a cut tree trunk, from which it gets its name (literally, tree cake) Baumkuchen must remain soft and it is served set upright and decorated. It may be as much as 1 metre (3 ft 3 in) high.

BAVARIAN CREAM bavarois A cold dessert made from an egg custard stiffened with gelatine mixed with whipped cream and sometimes fruit puree or other flavours, then set in a mould.

It is not known whether there is a connection between this dessert and Bavaria, where many French chefs used their talents at the court of the Wittelsbach princes. Careme gives various recipes under the name of *frontage bavarois* (Bavarian cream with a similar dish, the *moscouvite*, which was perhaps invented by a French chef in the service of a great Russian family.

RECIPES

Bavarian cream

Soak 15-20 g (1/2 –3/4 oz, 2-3 envelopes) gelatine in 3 tablespoons cold water. Heat 600 ml (1 pint, 2 1/2 cups) milk with a vanilla pod (bean). Work together 8 egg yolks, 100 g (4 oz. 1/2 cup) caster (superfine) sugar and a pinch of salt. When the mixture is smooth, strain in the milk, stir well, then add the gelatine and mix. Stir continuously over a gentle heat until the mixture coats the back of a spoon. The mixture must not boil. Pour into a bowl and allow to cool, then refrigerate until the custard is cold and just beginning to thicken.

Chill 350 ml (12 fl oz. 1 1/2 cups) double (heavy) cream and 75 ml (3 fl oz, 1/2 cup) milk in the refrigerator. Then whip together. As soon as it begins to thicken, add 50 g (2 oz. 1/2 cup) caster sugar. Fold the cream into the cooled mixture. Brush the inside of a Bavarian cream (or soufflé or savarin) mould with oil, preferably almond oil. Fill to the brim with the Bavarian cream mixture. Cover with lightly oiled paper and refrigerate until firmly set. To loosen the cream, dip the bottom of the mould in hot water, place a serving dish on top of the mould and quickly turn them over together.

- Coffee Bavarian cream Add 2 tablespoons instant coffee to the milk instead of the vanilla pod.
- Chocolate Bavarian cream Add 100 g (4 oz, 4 squares) melted plain (bittersweet) chocolate to the milk.
- Lemon or orange Bavarian cream Add the juice of 2 lemons or oranges.
- Bavarian cream liqueur Add about 2 teaspoons liqueur or more depending on its particular strength of flavour.

Bavarian cream à la normande

Line the base of a suitable mould with a thick layer of the basic Bavarian cream flavoured with Calvados. Leave to set. Prepare an apple puree and stir in sufficient dissolved gelatine to set it. Allow 15 g (1/2 oz. 2 envelopes) gelatine for 300 ml (1/2 pint 1 1/4 cups) puree. Whip 150 ml (1/4 pint, 2/3 cup) double (heavy) cream with 2 tablespoons icing (confectioner's) sugar until thick. Mix the whipped cream with the apple puree, spoon into the mould and top with a layer of the basic Bavarian cream.

Bavarian cream au parfait amour

(from a recipe by Careme) finely shred the zest of half a lemon and place in a bowl. Add 475 ml (16 fl. oz. 2 cups) boiling milk, 6 cloves and 100 g (4 oz. 1/2 cup) caster (superfine) sugar, stir well, then leave to infuse for 1 hour. Strain the mixture and add 15-20 g (1/2 –3/4 oz, 2-3 envelopes) gelatine dissolved in 6 tablespoons hot water and sufficient cochineal or red food colouring to give a pink colour. Chill the bowl and as soon as the mixture begins to set, stir in 125 g (4 1/2 oz, 1/2 cup) soft cream cheese. Turn into a dish and refrigerate until firmly set.

Bavarois aux fruits

Soak 25 g (1 oz. 4 envelopes) gelatine in 5 tablespoons cold water. Warm 500 ml (17 fl. oz. 2 cups) thick fruit puree (apricot, pineapple, blackcurrant, strawberry, raspberry) and refrigerate

until on the point of setting. Whip 450 ml (3/4 pint, 2 cups) double (heavy) cream with 50 g (2 oz. 1/4 cup) caster (superfine) sugar until softly thick and gently fold into the half set fruit jelly. Turn the mixture into an oiled mould and refrigerate until firmly set, then turn out. It may be served with a fruit sauce (preferably matching the fruit used in the cream)

Striped chocolate and vanilla Bavarian cream

Cream of different colours and flavours placed in alternating layers in the mould. Striped Bavarian cream can also be made directly in crystal or glass bowls, preparation is quicker and the cream more delicate because the amount of gelatine used can be significantly reduced as the bavarois will not be turned out.

Soak 15020 g (1/2 –3/4 oz. 2-3) envelopes) gelatine in 3 tablespoons cold water. Heat 500 ml (17 fl oz. 2 cups) milk with a vanilla pod(bean) Put 225 g (8 oz, 1 cup) caster (suprfine sugar, a pinch of salt and 8 egg yolks in a saucepan and stir together. Add the vanilla flavoured milk (without the vanilla pod) and the dissolved gelatine and mix. Warm this cream over a gentle heat, stirring constantly. As soon as it coats the back of spoon, remove from the heat. Strain or sieve and then divide into two portions. Melt 50 g (2 oz. 2 squares) plain (bitter sweet) chocolate and add to half the Bavarian cream mixture.

Complete each half of the cream separately and add to each, as soon as they start to thicken, half the prepared whipped-cream mixture made from 350 ml (12 fl oz. 1 1/2 cups) chilled double (heavy) cream and 60 ml (2 fl oz. 1/4 cup) cold milk. Brush the inside of a mould with oil. Fill with alternate layers of the two creams, taking care not to pour in the next layer before the previous one has set. Chill until completely set, then turn out.

All kinds of flavourings and combinations may be used, such as vanilla and strawberry, vanilla and coffee, chocolate and coffee, pistachio and strawberry and vanilla with praline.

BAY A Mediterranean evergreen tree, *Laurus nobilis*, also known as bay laurel or true laurel, that is widely cultivated in temperate regions for ornament and for its glossy aromatic leaves, which have a slightly bitter smell. The English name derives from the French *baaile*, meaning and the tree has conspicuous black fruit, which yield an oil.

Bay leaves are among the most commonly used culinary herbs, a leaf is always incorporated in a bouquet garni and court bouillon. Bay leaves may be used fresh or dried when the flavour is stronger. The leaves are used to pack dried fruit, like figs, and to line a grill for barbecuing fish. They are indispensable to season stocks, ragouts, stews, pates and terrines.

In ancient times bay leaves were used to make the laurel wreaths with which poets and victorious soldiers were crowned and the tree gives its botanical name to the poet laureate.

The cherry laurel, *Prunus laurocerusus*, is *cerisier* in France, where it has long been associated with custards, but it should be shunned because the leaves contain prussic acid.

BAZINE A leavened semolina cooked in boiling water with oil. In Arab countries, this boiled springy dough constitutes the traditional morning meal during Ramadan, served before sunrise. Bazine is served with butter, honey and lemon juice. This basic preparation is also part of everyday cooking, served in fish soup or with raisins and small pieces of fried meat. It can also be cooked unleavened in chicken stock and served with scrambled eggs or shaped into balls to be cooked in stock.

BEANS, DRIED The dried matured seeds of legumes or fresh beans, these are known as pulses. They are an important source of protein for poorer communities and in vegetarian diets. Being the most important source of nutrition after cereals, there is a vast range of dried beans, including many regional varieties. Different names are applied to similar beans or the same name is sometimes used for related types.

The Old World had brown broad (fava) beans (with the closely related full medames), a bean sent back by Alexander the Great from Mesopotamia (probably the horse bean), the Indian lablab

bean, and black eyed beans and pigeon peas in Africa. It is a nice irony of history that these latter two were carried back to America (where so many others originated) with black slaves and they are now identified with the cooking of the Caribbean and the American Deep South.

Columbus introduced kidney beans, butter (lima) beans and the scarlet runner bean call belongings to the Phaseolus family to Europe from south America in the first decade of the 16th century. They were quickly adopted, for they were easier to cook and had greater palatability. In their new localities, however, the podded beans were given the old names. The Spanish baba, or fava, is no longer the broad bean (*Vicia faba*).

Spain seized joyfully on the new products. It boasts some of the best varieties, and is a country of bean fanciers, with hundreds of regional varieties in all colours and sizes from arrancin (rice sized) up to monsters the size of two thumbnails like judiones kidney beans were so enthusiastically adopted in Florence in Italy under the patronage of Alexandro Medici (murdered 1537), the first duke, that the tuscans became known as mangie-fagioli, the bean eaters.

Piero Valeriano described haricot beans as these multicoloured red and white seeds, resembling precious stones that might have been lodged in the earth. Catherine de Medici probalby brought beans in her entourage to France, when she married the future Henri II. First cultivated on the banks of the Loire, les baricots spread rapidly to other French regions, and over the centuries different varieties were cultivated. Beans, frigoles, are particularly important in Latin America (where all kidney shaped beans originated) as valuable protein in a region that lacked the European sources of cattle, sheep goats, and pigs until the 16th century. They have remained on the menu for rich and poor. In Mexico, for example, small bowls of beans are served after the main course and before dessert. Frijoles refritos or refried beans (cooked beans, pan-fried to serve) is a well known Latin American dish.

Bean types The following are the main varieties of beans eaten dried. See also broad bean (fava bean), ful medames, mang beans, pigeon (gunga) peas, soya beans and beans sprouts.

- Black beans . The shiny smooth frigles negros, or turle beans, are black skinned kidney beans, white inside. They are identified with the cooking of Africa, the West Indies and Latin America (and Tolosa in Spain) particularly Venezuela, where they make caviar criollo, and Brazil, where the national dish, felfoada completa, is black bean stew, complete with sausages and ham hocks. Black bean soup is a common Latin America dish.
- Black eyed peas (Beans) Small creamy beans with pulses. There are two almost indistinguishable strains, one from China, also eaten in India and Africa, and the other from Latin America. Of the several varieties, one is the cow pea named for its use as a forage plant) Now much cultivated in California, they are an ingredient in traditional dishes of the southern states of America, cooked with ham hocks and collard green or, in Hoppin John with spiced rice. The puree is used for friger in Centrol America.
- Bornlorn beans. These attractive italian longish beans range from pale creamy pink to large with brown speckles (which disappear on cooking). In France they are called rose-cocos. Pleasnatly moist, with a creamy consistency and slightly sweet when cooked, they are Italy's most popular bean. Used in salds, they also give their pink colour to the tuscan oil-and bean soup frantoiana.
- Butter Beans Flat and white, these are a type of lima bean. The so-called true lima bean was introduced to East Africa in the 18th century, which now exports the Madagascar (or calico) a large flat bean about 2 cm (3/4 in), mainly to Britain. The Italian blanco de spagna is this type. America prefers a smaller sized dried bean (called the steva or Carolina bean), and also exports these beans Butter beans cook compartively quickly, and become mushy when overcooked. They may be cooked with onions and tomatoes, Mediterranean style, or made into a puree. They are also used in salads and for fabada outside Spain.
- Cannellini Beans Small white kidney beans originally from Argentina, these have been adopted by Italy (which also grows a smaller version called toscanelli) Cannellini are used for

Florence's fagtolli all uccelletto, stewed with tomato, garlic, sage and olive oil, and both types are good sauteed or in salads like tonno e fagtolli (with canned tuna).

- Flageolets Gournei kidney beans, perhaps the finest of all pulses, they are harvested when very young and small (August and September in France), pale green or white. The flageolet is so named because the French decided it resembled a flute. Flageolets were produced by chance in 1872 by Gabriel Chevrier who lived near Arpajon in Brittany. (Flageolets are therefore also known as chevriers in France)

In France they are grown in the Arpjon region and central France, and are the classic accompaniment to leg of lamb and blade of pork.

- Greek Beans This is the common description in the Middle East of a type of dried broad bean that has no brown skin. They are large, flat, almost round and pale similar to a butter bean (the usual substitute), but without the kidney shape. In Greece fassolia gigantes are stewed with vegetables, including tomato, the local oregano, oil and perhaps honey, and served hot or cold with a little lemon juice. The beans puree splendidly, so old dishes like the Italian macco or maccu are of interest to modern cooks.
- Large White Kidney Beans. The Spanish fabes de la graja, vast, flat and buttery in texture, is a prince among kidney beans, but is little exported. Even in its own country it commands a price higher than lamb, it is the Spanish bean for fabada. The fudiones from the west of Spain are probably the biggest of all beans, challenged by the garrafones of Valencia. Large white French beans include the soisson and the longots of northern France and the Vendee, which keep for a long time. Cocos are grown in Brittany, the Vendee (where they are also called mogetes) and south eastern France, and often used for cassonnet and ragouts.
- Pinto Beans A smaller kidney bean than borlotti, pink and speckled, pintos are identified with the American south west, and are eaten in Latin America too.
- Red Kidney beans Not much eaten in France, but popular in northern Spain, these shiny kidney beans are at home in the US and Canada, north east Spain and Latin America. Traditionally cooked with bacon and onion, these are favoured in the West Indies and for spicy dishes like chilli con carne.
- Small white haricot (Navy) beans. The seeds of the haricot (French bean) these are used in France for cassoulet (a south western name is mounfetos). There are several similar ones in Spain that have DO (legally protected) names, for examples the alubias of Leon and the Judias of El Barco de Avila.

The navy bean is a strain specially bred in the US for the canning industry, the navy connection dating from 1875, when the beans were canned with molasses to feed the fleet. Mr. H.J. Heinz., of Pittsburgh, Pennsylvania, entered on the scene in 1895 with a canned brand, beans in tomato sauce. The first printed recipe for Boston baked beans appeared in Mrs. Putnam's Receipt Book in 1856.

The Great Northern bean is another American white bean, about twice the size of the navy bean.

Cooking dried beans Dried beans are usually soaked before cooking as this reduces the cooking time. Soaking also allows the skins to rehydrate and the beans to plump up preventing both from separating during boiling. Overnight soaking in plenty of cold water is best, though soaking in plenty of cold water is best, though soaking in boiling water will reduce the time. Beans should not be left in warm water or in a warm room and they should not be soaked for more than 24 hours, as they may ferment and produce poisonous substances. For this reason always use fresh water for cooking. Boil beans rapidly to destroy natural toxins, then reduce the heat to keep the water just boiling. Cook for 45 minutes to 1 ½ hours, or longer for soya beans to become tender. A bouquet garni, 1 onion studded with 2 cloves, 1 garlic clove and 1 diced carrot can be added during cooking. Do not add salt, as this will prevent the beans from becoming tender or will even harden part cooked beans. Season beans when they are thoroughly tender. The old way was to

soda) in the cooking water to speed cooking, but this is not advised now, for nutritional reasons.

The repertoire of bean dishes includes stews, salads, beans creams and deserts.

RECIPES

Haricot bean salad

Cook the beans, allow them to cool and then drain. Add a chopped mild onion to the beans, mix with a well flavoured vinaigrette, and sprinkle with chopped herbs (parsley, chevil and chives).

Haricot beans with onions

Cook and drain the beans. Cook some sliced onions gently in butter allow 200 g (7 oz) onions for each 1 kg (2 ¼ lb) cooked beans. Add the beans, cover the pan, simmer for 6 minutes and serve sprinkled with chopped parsley.

Haricots a la crème

Cook the beans, drain them and warm them gently in a saucepan until nearly all the moisture has evaporated. Cover with fresh cream, warm through again, add some chopped savory, serve very hot.

An alternative method is to butter a gratin dish, pour in the cooked beans mixed with cream, sprinkle the dish with white breadcrumbs and melted butter, and brown in a very hot oven or under the grill (broiler)

Haricot beans in tomato sauce

Cook the beans with 500 g (18 oz) lean bacon in one piece for each 1 kg (2 ¼ lb) beans. When the beans are cooked drain them and mix with 300 ml (1/2 pint, 1 ¼ cups) tomato sauce. Drain the bacon, dice it and add it to the beans. Simmer for about 10 minutes and serve very hot. This dish can also be browned in the oven.

Red kidney beans with red wine and bacon

Cook the beans adding bacon (as above) a bouquet garni, onion studded with cloves, garlic and carrot. Use a mixture of half water and half red wine. Part drain them, leaving enough cooking liquor to lightly coat the beans, and put them into a sauce pan. Cut the bacon into dice, fry it in butter and add it to the beans, Finally, thicken with a knob of beurre manie.

BEANS, FRESH A vegetable of which there are many varieties. They can be divided into two main groups, those with edible pods (green beans) and those of which only the seeds are eaten. The former group includes the French bean (baricot veri) called string bean in the United States, and the runner bean. The latter group is described in beans, dried.

French (string) beans. The colour varies in different varieties from pale green or yellow to dark green, sometimes spotted with purple. Grown at first for their seeds, it was not until the end of the 18th century, in Italy, that the whole pods began to be eaten. In France they were still rare and expensive throughout the 19th century. These can be further divided into dwarf beans and snap beans. They may be podded, and the seeds sold fresh. Fresh podded beans (the seeds) do not absorb the flavour of a sauce in the same way as dried ones.

Dwarf French beans (baricots filets or baricots aiguilles) have long thin green pods which are picked while still young, before they become stringy and tough. There are many varieties for commercial cultivation or growing at home, varying from very fine beans to dark green or green and purple types.

Snap beans are either green or yellow (baricots beurre, called butirro in Italy), and large and plump without being stringy. When harvested young, they are used in the same way as dwarf French beans.

The yellow variety is generally juicier than the green.

Runner beans, flat beans and long beans. The scarlet runner bean, originating in Mexico, is not much liked in France, nor is it a popular commercial crop, since their long pods up to 30 cm (12 in) have to be hand-picked, though they have plenty of flavour. They are green, rough-surfaced and are eaten complete with their flecked seeds (normally pink). As they become tough (with a scaly inside), they should be picked at about half this size, when slightly unripe, and the strings scrupulously removed. Available in the US, their consumption is limited in Europe, but they are popular in Britain, where most households in the middle of the 20th century owned a small square kitchen gadget for thinly slicing these beans on the diagonal, the best way to cook them.

Flat beans (sometimes sold as stringless beans) are similar in size and appearance. They became popular towards the end of the 20th century, being exported by Spain and East Africa. They are paler and smoother than runner beans, and are snapped into lengths for cooking. Both these are simply called beans from Spain in France. The flat bean is the Spanish ferrula, a classic ingredient of the Valencian paella.

Long beans, originating in Africa, are the principal bean of Southeast Asia. They are eaten immature, at about 38 cm (15 in) but will grow longer, hence the names yard long or yard beans.

RECIPES

Cooking French beans

Top and tail (stem and head) the beans, remove strings (if necessary on either side), and wash them. Cut long beans into shorter lengths if required, or slice runner beans. Plunge the prepared beans into salted boiling water and boil rapidly, without covering them. Cooking times vary with size, whereas fine young beans are tender and still crisp in 3-5 minutes, large beans may need more than 10 minutes. They should retain some crispness and not be soft. Drain them immediately, if they are to be used cold, refresh them under running cold water after draining and then drain them again.

The cooked beans can be mixed with butter or cream, purred, cooked as a gratin or served cold in a salad. In Italy they are served with garlic and anchovies (a la genovese) or cream and Parmesan (a la milanese). In France, however, they are used chiefly as an ingredient of dishes typical of the French countryside (a la lyonnaise, a la berichonne, and with charcuterie).

Cooking podded fresh haricot beans

Cook in boiling salted water with a bouquet garni and vegetables to flavour (such as carrots, turnips, leeks and diced celery).

Alternatively, cook either 1 sliced onion and 1 sliced carrot or the white parts of leeks and some sliced celery sticks in butter until soft. Then add sufficient water to amply cover the beans when they are put in, together with a bouquet garni and a 300 g (11 oz) blanched and drained piece of lean green bacon. Cook for 30 minutes. Add the beans, and simmer until they and the bacon are cooked (the time required will depend on the freshness and tenderness of the beans).

French beans a la lyonnaise

Cook the beans in boiling salted water and drain them well. For every 800 g (1 ¾ lb) beans, prepare 225 g (8 oz) sliced onions and cook gently in butter in a saute pan until golden brown. Add the beans, season with salt and pepper, and saute until the beans are slightly browned. Add 1 tablespoon vinegar and mix well. Turn into a dish and sprinkle with chopped parsley.

French beans in tomato sauce

Boil the beans in salted water until they are three quarters cooked, and drain thoroughly. Cook them gently in butter for about 5 minutes, add a few tablespoons of concentrated tomato sauce and simmer. Turn into a dish and sprinkle with chopped parsley or basil.

French bean salad

Cook the beans just long enough for them to remain slightly crisp. Drain them and dry off any remaining water. Cut them in two and leave them to cool. Add a few chopped spring onions (scallions) and some well flavoured vinaigrette. Mix and sprinkle with chopped parsley. Alternatively, the beans can be tossed in olive oil, sprinkled with pine kernels, and arranged in a lattice with long strips of marinated red peppers.

French beans sauteed a la provencale

Cook the beans in the usual way and drain them thoroughly. Heat some olive oil in large saucepan and brown the beans lightly. At the last moment add some chopped garlic and parsley, use 1 garlic clove and a small bunch of parsley for every 800 g (1 ¾ lb) beans.

French beans with cream

Boil the beans in salted water until they are three quarters cooked. Drain, Cover with single (light) cream and simmer until the cream is reduced by half. Add salt and pepper and transfer to a serving dish. A sprinkling of chopped parsley can also be added.

This dish can be prepared o la normandel for every 450 g (1 lb) beans, and 1 egg yolk and 40 g (1 ½ oz, 3 tablespoons) butter after removing the pan from the heat.

Mixed green beans

Take equal quantities of French beans and flageolets and cook them separately. Drain well and mix together. Blend in some butter or cream and sprinkle with chopped fines herbes.

Puree of French beans

Half-cook the beans. Drain them thoroughly and then cook gently in butter for 7-8 minutes, allowing 50 g (12 oz, ¼ cup) butter for every 800 g (1 ¾ lb) beans. Puree the beans in an electric blender or rub them through a fine sieve. (A quarter of its volume of mashed potato can be added to the bean puree) To serve, warm through and add more butter.

Puree of fresh prodded haricons beans

Cook the fresh white beans using the basic method above. Drain them, then rub through a sieve to remove the skins. Pour this puree into a saucepan and warm gently, stirring with a wooden spoon until the mixture is smooth. If it seems to be too thick, add a few tablespoons of boiling cream or milk. Just before serving blend in 50-100 g (2-4 oz, ¼ - ½ cup) butter for each 1 kg (2 ¼ lb, 4 ½ cups) puree.

BEAN SPROUTS Most beans and lentils can be sprouted, to produce a fresh shoot 2-5 cm (1-2 in) long. The Chinese sprout beans (though Indians prefer lentils) and they are an important part of vegetarian diets. Alfafa yields the finest threads, but green mung and yellow soy are the common choice. Soy shoots should be blanched, as they can be slightly poisonous, but other shoots can be eaten raw though they are normally stir-fried. Other seeds can also be sprouted, for example fenugreek and triticale (wheat crossed with rye), which is quick to sprout because it has no husk, and will yield eight times the original weight.

BEAR A large quadruped, once common in Europe but now very rare, even in mountainous areas. In Canada and Russia the bear is still hunted as a game animal. The Gauls enjoyed it stewed, and in North America the fat was valued for cooking. At the beginning of the 19th century a few Parisian restaurateurs, encouraged by Alexandre Dumas, brought bear back into fashion. Chevet created the speciality of bear ham. The best parts of this animal are its paws. Urbain Dubois suggested a recipe for bear paws marinated and braised with bacon, then grilled (broiled) and served with a highly seasoned sauce. In China bears palm is listed among the eight treasures of traditional cuisine.

BEARN The cuisine of Bearn in France's southwest is rich and wholesome with southern touches, rather reminiscent of that of the Basque country. The unrivalled specialties of Gascony, the land of Henri IV, are the poule au pot (boiled chicken) and garbure, a thick, nourishing soup which is accompanied by pieces of preserved goose or pork) to make a unique dish. There is an endless variety of soups, such as the coustant or coustuelle, containing subtly spiced chard and carrots, and ordillea, a kind of onion soup. Game and fish play an important part in local gastronomy while lamb and beef are famous for their very special flavour. Leg of Lamb and daubes made with beef from the Ossau or Baresges regions, conserves, hams, saucissons and andouilles (chitterlings made into sausages) from Oloron, and pate de foie gras from Orthez are all much appreciated by gourmets.

Meals are rounded off with hearty deserts such as broye (a kind of porridge made from maize flour). Millas (the same as a cake) pastis (an orange blossom flavoured yeast cake) galettes aux pruneaux (prune pastry) and puff pastries made with goose fat. The dishes are washed down with the strong regional wines, among the best known being Jurangcon, Pacherenc du Vic houl and Madiran.

Wine The vineyards of the region situated in the eastern part of the Pyrenees Atlantiques department overflow into the departments of Hautes Pyrenees (six communes) and Gers (three communes) Since 1975, the three traditional appellations (Jurangcon and Pacherene du Vic-Bihl representing white wines and madiran representing red) have been joined by the Bearn OAC. This appellation which previously applied to VDOS wines, now covers very pleasant dry white wines and particularly reds and roses with a low alcoholic content, popular with both tourists and locals.

BEARNAISE A classic hot creamy French sauce made from egg yolks and reduced vinegar, whisked together over a low heat and mixed with butter. It is usually served with grilled (broiled) meat or fish. Sauces derived from it (artésienne, Choron, Foyot, paloise, tyrolienne and Valois) are bearnaise flavoured with additional ingredients. A bearnaise sauce which has curdled can be saved by gradually beating in a tablespoon of hot water (if the sauce is cold) or cold water (if the sauce is hot)

The association between the name of this sauce and the birthplace of Henri IV has probably arisen because it was first made by Collinet in the 1830s in a restaurant in Saint-Germain-en-Laye called the Pavillon Henri IV. But a similar recipe appears in *La Cuisine des villes et des campagnes* published in 1818.

Some recipes are called à la bearnaise even when they are not accompanied by this sauce. These are dishes directly inspired by the cuisine of Bearn, such as daube, poule au pot, and game confits with cep mushrooms.

RECIPE

Bearnaise sauce

Put 1 tablespoon chopped shallots, 2 tablespoons chopped chervil and tarragon, a sprig of thyme, a piece of baby leaf, 2 ½ tablespoons vinegar, and a little salt and pepper in a pan. Reduce by two thirds, then allow to cool slightly. Mix 2 egg yolks with 1 tablespoon water, add to the pan and whisk over a very low heat. As soon as the egg yolks have thickened, add 125 g (4 ½ oz, ½ cup) butter in small pieces, a little at a time, whisking continuously.

Bearnaise sauce is a liaison of egg yolks and butter, prepared on a reduction of herbs in a little vinegar. Do not overheat or overcook the sauce as it will curdle. Here the reduction is cooled sufficiently for the egg yolks to be whisked straight into it and clarified melted butter is added a little at a time. Alternatively, the egg yolks can be combined with a little cold water before adding to the reduction and the butter can be added in small knobs.

Adjust the seasoning, adding a dash of cayenne pepper if desired, and a little lemon juice. Add 1

tablespoon each of chopped chervil and tarragon and mix. The sauce can be kept in a warm bain marie until required, but it must not be reheated once it has cooled.

BEAT To work a substance or mixture energetically to modify its consistency, appearance or colour. The operation is performed in many ways according to the nature of the ingredients, the utensils used and the purpose. A variety of mixtures are beaten, usually with a wooden spoon to incorporate air. To give volume to a yeasted dough, it is beaten with the hands either in a bowl on a worktop or in a food processor. When eggs are to be used as a binding agent, they are lightly beaten with a fork.

BEATILLES An old French term for various small ingredients (such as cockscombs and kidneys, lamb's sweetbreads, diced fore gras and mushrooms) bound with cream sauce and used as a filling for vol-au-vent cases or savoury tarts.

BEATRIX The French name given to a garnish of spring vegetables for large cuts of meat, which includes fresh steamed morel mushrooms, small glazed carrots, sauteed artichoke hearts (quartered) and fried or boiled new potatoes.

It is also the name of a mixed salad of chicken breasts with potatoes and asparagus tips dressed with a light mayonnaise flavoured with mustard, a slice of truffle is the final touch.

BEAUCAIRE The French name given to various recipes, including a mixed salad, soup and chitterlings (intestines) associated with Provençal cuisine.

The Beaucaire fairs were celebrated by the poet Mistral, who wrote of merchants who are celery hearts in the open air. Celery still figures in the traditional Christmas supper salad which inspired a mixed salad, thin strips of celery and celeriac (celery root) with chicory, ham and sharp apples, with beetroot (red beet) and potatoes arranged around the edge. The ingredients of Beaucaire soup are cabbage, leek and celery (sweated in butter and mixed with white chicken stock flavoured with basil and marjoram). It is garnished with pearl barley and diced chicken liver and served with grated cheese. Eel Beaucaire is boned, stuffed with a fish mixture, placed on a bed of shallots, onions and mushrooms, and braised in a mixture of white wine and Cognac.

RECIPE

BOEUF A LA MODE DE Beaucaire

This is the traditional dish of the Beaucaire fair. It is delicious but takes a long time to prepare. Take 1.2 kg (2 1/2 lb) thin slices of beef cut from the thigh or shoulder blade allowing about 200 g (7 oz) per person. Bard the meat with fat which has been rolled in salt and pepper and moisten with brandy.

Then marinate for 24 hours in 4 tablespoons vinegar to which a chopped onion, a bouquet garni, 4 tablespoons brandy and 4-5 teaspoons olive oil have been added.

Cover the bottom of an earthenware cooking pot with 225 g (8 oz) bacon, cut in thick rashers (slices). Chop 4 onions and 2 garlic cloves and place on top of the bacon. Place the slices of beef on this bed, season with salt and pepper, and then pour the marinade over the meat. Cover and cook in a preheated oven at 120 °C (250 °F, gas 1/2) for 2 hours. Then slowly (so as not to overcool the contents) add 1 litre (1 3/4 pints, 4 1/2 cups) red wine, a bouquet garni, 1 tablespoon capers and an onion stuck with 3 cloves. Cover and cook gently for a further 2 hours.

Just before serving thicken the sauce with a generous 1 tablespoon flour and add 3 pounded anchovy fillets. When the dish is ready, pour 3 tablespoons olive oil over and serve.

BEAUFORT, A French AOP cheese from the Haute Savoie made from upasteurized cow's milk (at least 48% fat content). It is cooked and then pressed until it is firm and ivory coloured with a natural brushed crust. It is a round cheese without holes (but occasionally with a few threads thin

horizontal splits), and it has concave base (these characteristics differentiate it from other Gruyeres). It can weigh up to 50 kg (110 lb) with a diameter of 40 cm (16 in) and a height of 20 cm (8 in) but some rounds are smaller. Made from the milk of cows from the mountain pastures of Maurienne, Beaufortin and Tarentaise, it has a fine fruity flavour.

The best cheese are labelled Beaufort d'Alpage. They are made high in the mountain chalets from the late summer milk. After maturing for 5-6 months, these cheese reach the shops in March or April. The dairy Beaufort produced in cooperative cheese dairies is not entitled to the appellation controlle. It is finer than Emmental and is used for gratins and fondues.

BEAUHARNAIS A French garnish usually served with small grilled (broiled) or fried cuts of meat, made of stuffed mushrooms and sauteed or steamed artichoke quarters. Beauharnais also describes a recipe for soft-boiled (soft-cooked) eggs on a bed of artichoke hearts. It is thought that these recipes were dedicated to Countess Fanny de Beauharnais, cousin by marriage of Empress Josephine, who had a reputation for being a gourmet. Sweet Beauharnais recipes (based on bananas and rum) reflect the Creole origins of Napoleon's first wife.

RECIPES

Savoury Preparations

Beauharnais sauce

Mix together 200 ml (7 fl oz, $\frac{3}{4}$ cup) bearnaise sauce and 25 g (1 oz., 2 tablespoons) tarragon flavoured butter. This sauce is served with grilled (broiled) and fried meat and grilled fish.

Soft boiled or poached eggs a la Beauharnais

Sweet some artichoke hearts in butter and garnish with Beauharnais sauce. Place a softboiled (soft cooked) or poached egg on each artichoke heart and coat with a reduced demi-glace sauce to which butter has been added.

Sweet Preparation

Beauharnais bananas

Peel 6 bananas and arrange in a buttered ovenproof dish. Sprinkle with sugar and 4 tablespoons white rum. Bake in a preheated oven at 200 °C (400 °F, gas 6) for 5-8 minutes. Pour some double (heavy) cream over, sprinkle with crushed macaroons and a little melted butter, then glaze in a preheated oven at 240 °C (475 °F gas 9) Serve in the baking dish.

Beauharnais barquettes

Bake some pastry barquette cases blind. Peel some bananas, mash the flesh and add lemon juice and a little white rum. Fill the barquettes with the mixture and bake in a preheated oven at 240 °C (475 °F, gas 9) for 7-8 minutes, then sprinkle with a little stale, finely crumbled brioche and melted butter. Bake for a further 5 minutes in a very hot oven.

BEAUJOLAIS One of the best known red wines in the world, made from the Gamay grape (full name Gamay Noir a Jus Blanc) Although the region may be said to be a continuation of the Burgundy vineyard, Beaujolais is, in fact, more correctly a Lyonnais wine, because the vineyard are in that department, with the exception of one section which is actually in Burgundy. These days, however, Beaujolais is usually considered separately from Burgundy. The writer Leon Daudet said that three rivers flow through Lyon, the Rhone, the Saone and the Beaujolais. Until fairly recently the locals were the main consumers of this lip-smacking wine, often served in 450 ml ($\frac{3}{4}$ pint, 2 cup) pots in the bistros. However, during World War II many Parisian writers, including the author of *Clochmerie*, came to live in the Beaujolais, discovered the local tipple, and published it with gusto. Much additional publicity has been gained by the announcement of when the Nouveau, or first consignments of the young Beaujolais, are released.

It is carried literally all over the world and has inspired many other wine countries to publicize their own Nouveaux within weeks of it being vintaged.

There are ten growths (crus) of Beaujolais and, within them, a few estate wines, although the majority are sold under their regional names plus the name of the shipper. These growths are Brouilly, Cote de Brouilly, Chenas, Chiroubles, Fleurie, Julienas, Saint-Amour, Morgon, Moulin-a-Vent and Regnie. Each has its own AOC. In addition to straight Beaujolais, there are Beaujolais Villages wines from a number of communes (parishes) entitled to this AOC. Most Beaujolais is at its delectable best when fairly young, although the wines of both Morgon and Moulin-a-Vent can age agreeably for a few years. Traditionally, young Beaujolais is served cool at cellar temperature.

In addition to the region's red wine, some white and rose, Beaujolais are also made.

BEAUJOLAIS-VILLAGES Wine from 39 communes from the northern part of Beaujolais may be called Beaujolais Villages. This accounts for around a quarter of the total production. It has more body and more alcohol than Beaujolais.

BEAUNE This town, capital of Burgundy, is situated at the southern end of the Cote de Nuits, the Cote de Beaune encircles and extends to the south. Both red and white wines are produced, there are a number of AOCs, many of them world famous names, and also many specific vineyards of repute. It is generally true to say that, although the red wines of the Cotes de Beaune can be very good indeed, the region is chiefly famous for its white wines, of which the Meuraults, Puligny, the various Montrachet wines and the exceptional Corton Charlemagne can be magnificent. The wines of the southern sections below the Cote de Beaune are becoming extremely popular too.

Beaune itself is one of the most attractive of wine towns. In the centre, the Hotel-Dieu is part of the Hospices de Beaune, established in the 15th century by the Chancellor of Burgundy, Nicolas Rolin, and his wife Guigone de Salins, this charitable organization runs the Hospice de la Charite, which is an old people's home, and a modern hospital.

Since the middle of the 19th century, wines from the vineyards belonging to the Hospices de Beaune have been publicly auctioned every November, on the second Sunday of the month (in very poor years they are sold privately). For the occasion, many other tastings and ceremonies take place in or near Beaune, including the Trois Glorieuses' (the Saturday banquet at Clos de Vougeot, the post-sale dinner in the Baston de Beaune and, on the Monday, the Paulee luncheon at Meursault). The occasion provides the first indication of the character of the year's vintage.

BEAUVILLIERS A rich nourishing French cake made of crushed almonds and sugar mixed with butter, eggs and a lot of flour (wheat flour and rice flour). After cooking it is wrapped in foil to ensure that it keeps well. It is the oldest form of travelling cake. It was invented at the beginning of the 19th century by a M. Mounier, a pastry cook in Paris, who named it after the great cook, to whom he had been apprenticed.

BEAVER An aquatic rodent native to North America, but also found in Savoy in France, Scandinavia and Germany, hunted for its meat as well as its fur. Despite its distinctly gamey taste, the medieval church classed it with water fowl, and permitted its consumption during Lent. The meat was made into pate and preserves. Nowadays it is a protected species.

It should not be confused with the South American coypu, which was introduced into Europe in the 20th century for fur ranching. Several French producers have promoted its meat for quality pates.

BECHAMEIL, LOUIS DE French financier (born 1630, died 1703), Farmer general and steward of the house of the Duke of Orleans, Louis de Bechameil, Marquis of Nointel, became

major domo to Louis XIV. Saint Simon reported that he was rich, a gourmet, an informed lover and a handsome man, but it is very unlikely that he created the sauce which bears his name, abbreviated to be claimed. This sauce is probably an improvement of an older recipe by one of the King's cooks, who dedicated his discovery to the King's major domo, which made the jealous old Duke of escars say, That fellow Bechameil has all the luck! I was serving breast of chicken a la crème more than 20 years before he was born, but I have never had the chance of giving my name to even the most modest sauce.

BECHAMEL A white sauce made by combining original bechamel sauce, which owes its name to the Marquis of Bechameil, was prepared by adding large quantities of fresh cream to a thick veloute.

One of the basic sauces, the classic recipe calls for milk flavoured by heating it with a bay leaf, a slice of onion and a blade of mace or some nutmeg. Celery, carrot, ham and/ or mushroom peelings may even be added. This is then left for about 30 minutes to infuse. The Italian balsamella (sometimes infused with garlic, bay leaf and/or onion) is now a white sauce with nutmeg. Bechamel commonly refers to a white sauce with simple seasoning.

Bechamel is widely used, particularly for egg, vegetable and gratin dishes, and for filled scallop shells. It can be used as a basis for other sauces, made by adding different ingredients.

RECIPE

Bechamel sauce

Gently heat 500 ml (17 fl oz. 2 cups) milk with 1 bay leaf, a thick slice of onion and 1 blade of mace. Remove from the heat just as the milk boils, cover the pan and set aside for at least 30 minutes. Strain the milk and discard the flavouring ingredients. Melt 40 g (1 ½ oz. 3 tablespoons) butter over a low heat in a heavy based saucepan. Add 40 g (1 ½ oz. 6 tablespoons) flour and stir briskly until the mixture is smoothly blended, without allowing it to change colour. Gradually stir in the milk and bring to the boil, beating well to prevent any lumps forming. Season with salt and pepper and (according to the use for which the sauce is destined) a little grated nutmeg. Simmer the sauce gently for 3-5 minutes, stirring from time to time.

BEECHNUT fame The small triangular brown nut of the beech tree. Beechnuts grow in twos or threes in a hairy brownish capsule and are gathered in October. They have a high oil content and a similar flavour to the hazelnut. They can be eaten raw but have a slightly bitter taste, it is best to grill (broil) or roast them. The oil extracted from them is considered to be second only to olive oil in quality. It keeps well and is excellent for frying and salad dressings.

BEEF The meat of all the large domestic cattle, including heifer, cow, ox, bullock and bull.

Our prehistoric ancestors hunted the wild ox for food and domestic cattle are descended from it. Cattle have been domesticated for more than 40 centuries. In the Middle Ages noble dishes were prepared using the better cuts of beef, from the upper and rear parts of the animal. In 1756 the Duc de Richelieu chose the menu for a famous meal that was given for his illustrious prisoners during the Hanoverian War. The 12 dishes of the first course and the 10 dishes of the second course were all of beef.

The quality and the yield (the weight of edible meat in relation to the weight of the live animal) vary according to the breed of cattle. Beef cattle are specially bred for meat production. The most popular breeds in France are the Charolais and Limousin. Scotland produces the Aberdeen Angus, England the Hereford, the Belgians have blanc-bleu and the Japanese their Wadakin. Sometimes whole regions are known for their beef, like the Val di Chiana in Italy and Texas in the USA. The proportion of muscle is high with relatively little fat. Young males may be castrated (steers) to accelerate the fattening process. But uncastrated males grow more rapidly and can therefore be slaughtered young, but their meat is sometimes criticized for its lack of flavour. Young bullocks

are also a source of meat (under 24 months they are termed bottle calves in France). Heifers that are not required for breeding are also slaughtered to provide meat which is very tender and full of flavour.

The problem of BSE (bovine spongiform encephalitis), commonly known as mad cow disease precipitated a major review of cattle rearing and slaughtering in the late 20th century in Britain.

All continents, and almost all countries, enjoy beef, the notable exception being southern India. And some countries like Argentina, Australia and, to a certain extent, North America, eat a great deal of it. Britain once known and mocked by the French for its huge consumption of roast beef, had changed its habit by the close of the 20th century. The main exporting countries are South America, Australia and New Zealand, the principal importers being the United States and Japan.

- Choosing beef Good-quality beef is bright red and shiny in appearance and firm and springy to the touch with a sweet light scent. It has a network of white or slightly yellowish fat, when a lot of fat is present in the muscle, the meat is described as marbled. In order to be tender and palatable, beef must be matured after slaughtering, for a period varying from few days to a week.

Traditional Cuts The method by which the meat is butchered varies, with portions being removed and prepared differently according to country and even region. The diagrams and lists provide in this section illustrate classic beef cuts from Britain, France and America. There are many more cuts available in supermarkets, with the emphasis on boneless portions that require minimum preparation and provide maximum flexibility in choice of cooking method. Ultimately, the choice of cut depends on the cooking method and type of dish. Many consider the best beef cut to be sirloin, while the great classics are tournedos (filet mignons), chateaubriand, fillet (tenderloin) en croute, and rib. The hindquarter provides the so-called noble cuts, which can be cooked quickly, while the forequarter gives mostly slow cooking and boiling pieces.

Beef cuisine is as varied as the countries that enjoy it. But certain methods are common to many of them. Beef may be boiled (the Austrian Hungarian Tafelspitz) pot roasted (like the German Sauerbraten marinated in buttermilk, wine and vinegar) or baked inside pastry (like British beef Wellington) Strips may be quick fried (like Japanese teriyaki) and subsequently sauced (like beef Stroganov), or stuffed in medieval fashion, like beef olives. It can be casseroled slowly, like the Flemish carbonade, go into pies and puddings or be pickled (Irish spiced brisket) Beef is eaten raw (carpachio and steak tartare) and twice-cooked in dishes using left overs from a roast joint, such as rissoles. It is even made into an old fashioned invalid drink (beef tea).

Mince (Ground) Beef. This may be bought ready minced, prepared as required or prepared in larger batches and deep frozen. It is usually made from less tender cuts, such as stewing beef (hind shank or neck) or silverside (bottom round). The meat is trimmed of excess fat. If prepared from a superior beef cut, it will be so labelled. Mince is used to make hamburgers and bitokses and is made into spiced meatballs, such as fricadelle and kofta.

Offal (Variety Meats) Edible offal includes heart, liver, kidneys and brains, while the word ox identifies the lesser types in English. Only tongue (smoked or pickled), ox tail, bone marrow and tripe are highly regarded in gastronomic circles.

Beef Products. The simplest types of dried beef are jerky (from the Spanish charcut, dried), which the American colonists inherited from the Indians, and the South African biltong (often dried and smoked). Pastrami, originally a wind dried meat from America is spiced brisket of beef, a Jewish speciality, while smoked beef goes into cholent, Sophisticated air-dried meats include the Italian bresaola and rather similar Swiss Bundnerfleisch from the Jura mountains.

Corned beef is the American name for salt beef. (In Britain, corned beef is a type of canned meat). Suet is processed beef fat for reuse, it has its own role in steak and kidney pudding and a host of dumplings.

Roast beef Cuts of beef for roasting are generally taken from the hindquarter and include fillet, sirloin, rump, topside and rib, the prime roasts are fillet, sirloin and rolled rib.

In France the meat is usually barded and tied up by the butcher it will taste fresher cut and

prepared on demand. In Britain the cooked roast is served pink and very tender inside, browned, outside rather browner.

Roasting Tiems Take the beef out of the refrigerator at least 1 hour before cooking. The meat will be more tender if it is cooked steadily in a moderately hot oven, rather than rapidly in a hot oven. Put the meat in a preheated oven at 230 °C (450 °F, gas 8) for about 15 minutes, then reduce the temperature to 200 °C (400 °F, gas 6) and cook for 15-20 minutes per 450g (1lb) for a medium roast (a little longer if the joint is thick). A very tender prime roast can be cooked rapidly in a hot oven, allowing 12-15 minutes per 450 g (1lb)

Before slicing the beef, cover it with foil and leave it to rest for 10 minutes in a warm place so that the juices are distributed throughout the meat and do not run too much when the joint is cut.

Making Gravy Put the roasting tin (pan) on top of the above over a low heat. If they are not already well browned, brown the juices lightly without burning them, pour off some of the fat, then deglaze the pan with a little light brown veal stock or water. Continue adding stock and stirring to remove all cooking residue from the roasting tin. Make double the volume of gravy finally required, then reduce it by half. Adjust the seasoning, strain and keep hot.

Accompaniments. There is a wide choice of accompaniment serve French style the following may be offered dauphine potatoes, artichoke hearts filled with mushrooms, braised lettuce, sauteed tomatoes, potato croquettes, stuffed mushrooms. Garnishes are du Barry, bouquetiere, forestiere and Richelieu. Alternatively, roast potatoes, roast parsnips, Yorkshire pudding, mustard or horseadish sauce, glazed carrots, buttered spinach and other lightly cooked vegetables may be served.

Bocuf a la mode

Cut about 250 g (9 oz) fat bacon into thick strips and marinate for 5-6 hours in 100 ml (4 fl. oz, 7 tablespoons) Cognac. Use the strips to lard a piece of rump weighing about 2 kg (4 ½ lb) Season with salt and pepper and marinate for 5-6 hours (turning the meat several times) in the Cognac used to marinate the bacon mixed with at least 1 litre (1 ¾ pints, 4 ½ cups) good red wine, 100 ml (4 fl oz, 7 tablespoons) olive oil, 250 g (9 oz. 2 ¼ cups) chopped onions, 1 kg (2 ¼ lb) sliced carrots, 2-3 garlic cloves, a bouquet garni and a few peppercorns.

Blanch a boned calf's foot and some bacon rind from which some of the fat has been removed. Drain the meat and dry it, and then drain the other ingredients of the marinade. Brown the meat on all sides in olive oil, then place in a large casserole. Add the drained ingredients of the marinade followed by the bacon rinds and the calf's foot. Moisten with the marinade and about 750 ml (1 ¼ pints, 3 ¼ cups) stock and season with salt.

Place the covered casserole in a preheated oven at 200 °C (400 °F, gas 6) and cook for about 2 ½ hours, until tender. When the beef is cooked, slice it evenly and serve surrounded with the carrots and the diced meat of the calf's foot. Strain the braising stock over the meat. Small glazed onions may be added to garnish.

Boeuf bourguignon

Cut 1 kg (2 ¼ lb) braising steak (rump) into cubes and coat with flour. Cut 150 g (5 oz) belly pork into thin strips and fry in a flameproof casserole or heavy based saucepan. Add the steak, a chopped shallot and 2 sliced onions and continue to fry. If desired, add a small glass of brandy and set alight. Add 500 ml (17 fl. oz, 2 cups) red wine and a generous glass of stock. Season with salt and pepper and add a bouquet garni and a crushed clove of garlic. Cover and simmer gently for at least 2 hours. A dozen small onions lightly fried in butter may be added 20 minutes before cooking ends. Just before serving, bind the sauce with 1 tablespoon beurre manie.

Boiled beef

For 6 servings, place about 800 g (1 ¾ beef or veal bones in a large saucepan with 2.5 litres (4 ¼ pints, 11 cups) water, and bring to the boil. Skim the surface of the liquid and remove the foam

deposited on the sides of the pan. Boil for about an hour, then remove bones. Add 1.25-2 kg (2 ¾ --4 ½ lb) beef, depending on the cut and the proportion of bone to meat, silverside (bottom round), cheek, shoulder, chuck, flank or oxtail may be used. Bring back to the boil and skim. Then add the following vegetables, 6 carrots, 3 medium turnips, 6 small leeks (tied together), 2 celery sticks (cut into short lengths and tied together), piece of parsnip, 2 onions (one stuck with 2 cloves), a good bouquet garni and, if desired, 1-2 garlic cloves. Season with salt and pepper, cover to bring back to the boil, and simmer for about 3 hours. Drain the meat, cut into even-sized pieces, and serve surrounded with the drained vegetables. Serve with coarse salt, pickled onions, gherkins and mustard.

If a marrow bone is available, wrap this in muslin (cheesecloth) and add it to the pan not more than 15 minutes before serving. The bone may be served with the dish or the marrow can be removed and spread on toasted croutons. To make the dish look more attractive, select vegetables of a similar size, cut the leeks and celery to the same length and form into neat bunches, and serve the onions slightly browned.

Braised beef à l'ancienne

Trim and tie a piece of rump and braise until almost cooked, but still slightly firm. Drain and untie the meat and place it either under a press or on plate under a weight until cool. Trim the sides of the cooled meat. Cut away the central portion, leaving a thickness of about 2 cm (¾ in) of meat on the sides and bottom. Brush with beaten egg and cover with a mixture of soft breadcrumbs and grated Parmesan cheese (3 parts breadcrumbs to 1 part cheese). Ensure that the breadcrumb mixture covers the meat completely. Place the hollow meat case on a plate, sprinkle with melted butter and brown in the oven.

Meanwhile, slice the remaining portion of meat very thinly. Place the slices in a sauté dish, add some thin slices of tongue and some sliced mushrooms, which have been gently fried in butter, and moisten with a few tablespoons of the reduced, strained braising stock (from which the fat has been removed). Add 2 ½ tablespoons Madeira and simmer without boiling. To serve, place the hollow piece of beef on a large serving dish and arrange the sautéed meat slices inside it. Serve any extra sauce in a sauceboat.

Braised beef à la bourgeoise

Marinate a rump cut of beef in white wine and then braise it with a calf's foot. Half way through the cooking, remove the meat to a casserole, adding some sliced carrots and small glazed onions. Complete the cooking in the casserole.

Braised beef à la créole

Cut 1 kg (2 ¼ lb) braising steak (top round or rump) into cubes and thread a large piece of larding bacon into each cube. Marinate in a mixture of spice (especially cayenne) and Cognac for 5-6 hours. Heat some lard and oil in a heavy frying pan, then add 3 large sliced onions and the drained pieces of beef. Sauté together for several minutes, then turn into a casserole. Add 2 tablespoons tomato puree (paste), 1 crushed garlic clove, a sprig of thyme, a small bunch of parsley and a pinch of saffron powder. Season with salt and pepper, cover the cook very gently in a low oven for 3 hours. During the cooking period, add a few tablespoons of either boiling water or, even better, stock. Adjust the seasoning.

Braised beef à la gardiane

Ask the butcher to lard and tie a piece of topside (beef round) weighing about 1.25 kg (2 ¾ lb). Peel and slice 800g (1 ¾ lb) onions. Heat some olive oil in a flameproof casserole and brown the meat in the oil. Add the sliced onions, 5-6 peeled garlic cloves, 2 cloves, a pinch of nutmeg and the same amount of basil, bay, rosemary, savory and thyme. Cover and cook very gently for at least 2 ½ hours. Serve the meat sliced and coated with the cooking liquor.

Braised beef a la mode

Prepare in the same way as braised beef a la bourgeoise, but marinate the meat in red wine instead of white wine.

Braised rib of beef

The cooking method is the same as for braised rump of beef. Ask the butcher to cut a large rib weighing 2-3 kg (4 ½ - 6 ½ lb).

Braised rump of beef

Cut 200 g (7 oz) fat pork or bacon into larding strips. Season with spices, soak in Cognac and use them to lard a piece of beef (cut from the rump) weighing 3 kg (6 ½ lb). Season the meat with salt, pepper and spices, and tie into a neat shape with string. Marinate for 5 hours in either red or white wine with thyme, bay, parsley and 2 crushed garlic cloves. Blanch, cool and tie 2 boned calf's feet. Peel and slice 2 large onions and 2 carrots and heat gently in butter. Crush into small pieces a mixture of 1.5 kg (3 ¼ lb) beef bones and veal knuckle bones together with the bones from the calf's feet. Brown in the oven. Place the browned bones and the vegetables in a flameproof casserole or a braising pan. Add the beef, a bouquet garni and the marinate. Cover and simmer gently until the liquid has almost completely reduced. Add 3 tablespoons tomato puree (paste) and enough veal bouillon to cover the meat. Place the covered casserole in a preheated oven at 180 °C (350 °F, gas 4) and cook for about 4 hours until tender. To serve, drain the meat, untie it and glaze in the oven, basting it with the strained cooking liquor. Arrange the meat on a large serving dish and surround with the chosen garnish. Keep warm. Remove the fat from the braising pan, reduce the cooking liquid and pour over the meat.

Oven roast rib of beef

Place the rib in a roasting tin (pan), brush with butter or dripping, and roast uncovered in a preheated oven at 240 °C (450 °F, gas 9) for 15-18 minutes per 450 g (1 lb) plus 15 minutes. To ensure that it is cooked through completely, treat as for spit-roast rib of beef.

Poached rump of beef

Lard the meat or not, as preferred. Tie the meat into a neat shape with string and cook in a large pan using the same method as for a pot-au-feu and the same vegetables. Bring to the boil, skim and season. Simmer gently for 4-5 hours, but do not cover the pan completely. To serve, drain and untie the meat and place it on a large serving dish with the garnish. Serve with the strained cooking liquor, grated horseradish and coarse salt. Cooked in this way, rump provides both a soup and a main course. To provide additional flavour to the soup, add small pieces of fleshy beef bones to the cooking liquid.

Pressed beef

Take 3 kg (6 ½ lb) lightly larded brisket. Prick with a large larding needle and soak the meat in brine for 8-10 days, depending on the season (brine penetrates the meat more quickly in summer). The brine used is the same as that in the recipe for pickled ox tongue. The meat must be completely submerged and it is advisable to use a weighted board to achieve this. Just before cooking, wash the meat in cold water. If more than one mould is used, then cut the meat into pieces to fit them. Cook in water until tender with some carrots, cut into pieces. Place the meat in square moulds, each covered with a small weighted board. When the meat is quite cold, turn it out of the moulds and coat with several layers of meat aspic, coloured reddish brown by adding caramel and red food colouring. This provides the meat with a strong protective coating that retards deterioration. To serve, cut into very thin slices and

garnish with fresh parsley.

Salt (corned) beef

This method is mostly used for preparing brisket, but may also be used for flank and chuck. The meat is soaked in brine for 6-8 days in summer and 8-10 days in winter. It is then rinsed to desalt, and cooked in water for 30 minutes per 1 kg (2 ¼ lb). Salt beef is served hot with vegetables that are traditionally associated with it, such as braised red or green cabbage and sauerkraut. It is also used for pot roasting.

Spit-roast rib of beef

Trim the boned rib and tie firmly to hold in shape, covering the exposed meat with thin rashers (slices) of fat bacon. Pierce evenly on to a spit and brush with butter or oil. Cook rapidly at first and then at a moderate heat, allowing 15-18 minutes per 1 kg (2 ¼ lb). Remove from the spit, untie, trim, season with salt and serve with the desired garnish. To ensure the meat is cooked through, remove from the spit just before completely cooked, wrap in foil and leave in a hot oven that has been turned off or in a very low oven for 30 minutes.

BEEFSTEAK MUSHROOM *langue-de-boeuf*. The common name for *Fistulina hepatica*, a mushroom that grows on oak and horse chestnut trees in the form of a red fleshy mass with a sticky surface. The thick flesh, which exudes an acidic reddish juice, can be sliced and fried like liver or eaten raw with a green salad. It is cut into thin strips, soaked in salted water, then drained and dressed with chives and a vinaigrette.

BEEF TEA A highly nutritious concentrated meat juice used chiefly in the past as food for invalids. Lean beef is cut into small dice, placed in a hermetically sealed container without any water, and cooked in a bain marie.

BEER An alcoholic beverage obtained by the fermentation of extracts of malted cereals, principally barley, and flavoured with hops. Most countries allow a percentage of maize and rice, but in Germany this practice is forbidden and beers are made solely from barley, malt, hops, yeast, and water. British beer varies from 100% malt to 70% malt plus 30 % unmalted cereals, together with sugar, hops, yeast and water.

Beer is both the most widespread and the oldest alcoholic drink in the world. The first traces of liquid bread based on fermented cereals were found in Mesopotamia. The Mesopotamians and the Egyptian were the greatest beer drinkers of the ancient world and drank their beer warm. It was made from barley bread crumbled in water and fermented in date juice flavoured with cumin, myrtle, ginger and honey.

The Gauls, Celts and Saxons, produced beer which, like earlier fermented drinks, did not contain hops with ingredients such as sorbapples. Hops were introduced for making beer in the 13th century by Bavarian monks.

Manufacturer . The brewer's basic raw material is a cereal rich in starch, the latter does not ferment naturally in the presence of yeast (whereas the sugar contained in apples or grapes can be directly fermented to produce cider and wine). The cereal must therefore be processed in order to obtain a fermentable extract (known to brewers as wort) For the cereal barley, this is usually done by first malting the raw grain and then extracting the soluble sugars with hot water using the natural enzymes of the malt.

Malting. The grain is soaked, allowed to start germinating, then dried under control in a kiln.

Brewing. The malt is ground, then mixed with hot water. Malt enzymes release soluble sugars from the starch, the solution being run off from the insoluble husk. The resulting wort is heating to boiling point and hop flowers are added to give the beer its bitter flavour and hop bouquet. Yeast is added when the liquid is cold.

There are two major types of beer according to the type of yeast used. Traditionally, lager yeast

is used at lower temperatures than ale yeast, therefore the fermentation period is longer.

Lager Fermentation. Typically seven days at a temperature of 7-12 °C (45-54 °F), giving a lightly flavoured product whose character is mainly determined by the hops and the malt used. Lager beers dominate the world beer market.

Ale Fermentation Typically three days at a temperature of 18-25 °C (64-77 °F), giving more fruity beers in which the flavour is more directly influenced by the fermentation process. In continental Europe these are special beers, Belgian Trappist beers and brown beer, whereas in Britain they are the very popular ales. In very dark beers, such as stouts, the use of roasted cereals contributes significantly to the flavour as well as to the colour.

After fermentation the beer is placed in a cool cellar, where it is allowed to mature. The maturation period can vary from a few days to several months, depending on the nature and strength of the beer. Finally, it is clarified before being bottled, canned or racked into barrels. Clarification is commonly done by a combination of settling and filtration. In Britain, however, settled beer is traditionally racked directly into casks, final clarification being achieved by addition of fining directly into the cask followed by a period of stillage.

Colour and content. The colour is not related to the length of fermentation, degree of processing or alcoholic strength, but to the degree to which the malt is heated during kilning. The heating produces caramel, which is extracted from the malt and eventually colours the beer brown. Highly kilned malt gives English stout, Belgian Chimay and Munich lagers their particular flavours. Pale beers (porter and ale, Czech Pilsner and German Dortmund) are distinguished by their bitter flavour.

Beer around the world Beer is the drink of the people. Industrially produced beer for mass consumption, with the emphasis on quenching thirst rather than flavour, is the mainstream in many countries, including France.

The countries that show most interest in beer making as an art are Germany, the Czech Republic and Belgium. But from the late 1970's there has been a renaissance of interest in beer, reflected in the real ale campaign in Britain.

Germany (with its Munich Beer Festival in October and its custom of drinking beer all the year round and at every opportunity) has as many breweries as the rest of Europe put together, while Bavaria has the world's largest hop industry. The beer is unpasteurized (swift consumption is guaranteed) which means it is bottled not canned—they are the experts in bottle conditioning the beer, which usually tastes rather bitter. Its production is very widespread but the most famous German beers come from Bremen, Cologne, Dortmund and Munich (Spaten, Kapuziner and Lowenbrau). Also worthy of mention are Berliner Weisse, a white beer from Berlin which is drunk with raspberry syrup or lemon, and smoked Bamberg beer.

Belgium is the country of origin of the legendary Gambrinus, who is said to have invented brewing and Belgian beers are noteworthy for their originality, Gueuze, which is strongly flavoured and similar to Mort Subite (considered to be one of the best), Krick (red beer with cherries) and Roodenbach (amber coloured, with a sharp flavour) and Chimay and Jumet brewed in abbeys. Cooking with beer is especially popular here.

Czech Pilsner is pale, hoppy beer with a flowery bouquet and dryness of palate that is initiated by hops or pilsner types of beer all over the world. It is labelled pilsner Urquell (original source of Pils) when exported. It is a land of breweries, making the full range (including the Czech Budweis).

Traditional pubs, selling task conditioned beer, are at the heart of British beer drinking, and pub ownership by the breweries influences sales. The last decades of the 20th century saw new smaller breweries appearing. Among English beers, brown and pale Whitbread are typical, the latter being suitable as an aperitif. Pale ale refreshing as well as being good for cooking. Scottish Gordon is prepared only at Christmas, whereas the dark and sweet Scotch ale is drunk all year round. Irish Guinness is a famous strong beer very dark, dry and bitter.

France makes some de lux beers, not generally drunk with meals, include Clampaneulle,

Kanterbrau, Mutzig and Meuse, corresponding to the two main brewing regions of France, the north and Alsace. Special French beers are finer (such as Kronenbourg and Ancre Old Lager).

Danish and Dutch beers are light yet quiet bitter (for example, Carlsberg and Heineken).

Russia is a large beer consumer, while Australia both consumes a great deal of cold beer from tinnies and stubbies (cans and polystyrene cooling tubes) and exports it. The US makes the world's biggest selling brand in Budweiser (transplanting the name in 1856 to St. Louis, Missouri) American beer is also made from other grains than barley, corn is widespread as an adjunct. However the last quarter of the 20th century saw many microbreweries appear, while a city like Milwaukee has numerous breweries, beer festivals and a critical public. In the United States beers are very light, delicately flavoured with just a hint of bitterness. They are drunk very cold.

India and the East have also turned to beer drinking. The Tiger beer of Singapore is known abroad, Japan has Kirin, the biggest brewer outside the US., while San Miguel is another big brewer in the Philippines.

Consumption. There are three characteristic features of any beer, its bitterness (which should never reach acidity), produced by hops and tannin, its clarity, proving that it has been well produced and properly clarified, and finally its head, which must be well formed and stable.

Beer is served with meals and as a refreshment. It is also used in the preparation of drinks and various cooked dishes (soups, fish- particularly carp- stews and carbonnades), to which it adds smoothness and a slight bitterness. It can also accompany some cheeses successfully (such as Gouda and Maroilles) and is used instead of yeast in the preparation of pancakes and fritters.

Lager should be served at 7-9°C (45-48°F), dark beer is consumed at room temperature. Bottles should be stored upright, once open, beer goes flat very quickly.

Ballon glasses and tumblers are suitable for normal beers. Very frothy beers are best served in tulip or tall beer glasses. In Germany stone tankards are used as they keep the beer cool. Pewter tankards are favoured by connoisseurs of English beer.

Beer is poured by directing the flow to the bottom of the glass to form a layer of froth, then along the side of the glass to prevent too much froth being formed, and finally righting the glass to produce the head.

RECIPES

Beer soup

Pour 2 litres (3 ½ pints, 9 cups) chicken stock into a saucepan with 300 ml (1.2 pint, 1 ¼ cups) German beer and 250 g (9 oz) stale bread with the crust removed. Season with salt and pepper, cover and cook very gently for 30 minutes. Puree in a blender and then add a little grated nutmeg and 100 ml (4 fl oz, 7 tablespoons) single (light) cream. Check the seasoning and serve scalding hot.

Carp cooked in beer

Prepare a carp weighing about 2 kg (4 ½ lb) and carefully remove the roe. Season with salt and pepper inside and out. Chop 150 g (5 oz) onions and fry them gently in butter in a covered pan until transparent. Dice 25 g (1 oz) celery. Butter an ovenproof dish. Place the onions, gingerbread and celery in the bottom and arrange the carp on top, adding a bouquet garni and sufficient, Munich-type German beer to almost cover the fish. Cook in a preheated oven at about 170 °C (325 °F, gas 3) for 30 minutes. In the meantime, poach the roe in a little stock, then drain and slice thinly. Remove the carp from the oven, arrange on a serving dish with the slices of roe and keep warm. Reduce the cooking stock by one third, strain and add butter. Serve in a sauce boat with the carp.

Chicken cooked in beer

Cut a 1.25 kg (2 ¾ lb) chicken into pieces and brown in butter on all sides in a flameproof casserole. Add 2 chopped shallots and cook until brown. Pour 3 tablespoons gin on to the chicken

pieces and set alight. Then add 400 ml (14 fl oz. 1 $\frac{3}{4}$ cups) Alsatian beer, 3 tablespoons cr me fraiche, a bouquet garni, salt and a little cayenne. Cover and allow to simmer. Chop 225 g (8 oz) cleaned mushrooms and add to the casserole. Cook for about 45 minutes, then drain the chicken pieces, arrange on the serving dish and keep warm. Remove the bouquet garni from the casserole, add 3 tablespoons cr me fraiche and reduce by half. Mix an egg yolk with a little of the sauce, add to the casserole and stir well. Pour the sauce over the chicken pieces, sprinkle with chopped parsley and serve very hot with steamed new potatoes.

BEET, BEETROOT Beet includes any of several varieties of a plant with a fleshy root. Some are cultivated for the sugar industry and distilling (sugar beet), others for fodder (mangel wurzed). The beetroot (beet) with its fine dark red flesh, is used as a vegetable and as a food colouring. Beetroot was eaten in antiquity and was described in 1600 by Olivier de Serres, who was self-appointed publicist of newly imported products in France, as a very red, rather fat root with leaves like Swiss chard, all of which is good to eat. Nowadays, the leaves are rarely eaten, but they can nevertheless be prepared like spinach and are commonly used in soups in eastern Europe.

Beetroot can be eaten raw (grated) but is usually cooked and served cold (as an hors oeuvre or in salads). It is occasionally served hot in traditional dishes, particularly with game or in soups, and is more widely used in contemporary recipes, both hot and cold, including mixed vegetables dishes and risottos. Beetroot is especially characteristic of Flemish and Slav cuisine.

The long rooted varieties (rouge voir des vertus and rouge crapaudine, which are both of good quality) have more flavour and are sweeter than the round varieties (red globe and dark red Egyptian), but the latter are more widely cultivated. They are harvested in Europe from the end of June to the first frosts. The roots are stored in silos or cellars and are mostly marketed in autumn and winter. Often sold cooked, they can also be bought raw for cooking at home (baked in the oven or boiled in salted water.).

BEIGLI

This takes at least 2 hours. Very small beetroots are also preserved in vinegar (especially in Germany, where they are served with boiled meat) and are used for making pickles.

RECIPES

Beetroot a la lyonnaise

Parboil some beetroot (beet) in salted water, peel and slice. Cook until tender in butter with thinly sliced onions. Add a little thickened brown stock or bouillon to which 10 g ($\frac{1}{3}$ oz., 1 teaspoon) or softened butter has been added. Heat through and serve.

Beetroot salad a alsacienne

Peel some baked beetroot (beet) and slice or dice. Make a vinaigrette dressing with mustard and add some finely chopped shallots and herbs. Pour over the beetroot and marinate for 1 hour. Just before serving, garnish with slices of saveloy.

Braised beetroot with cream

Parboil some beetroot (beet) in salted water, peel and slice. Cook in a little butter in a covered pan until tender. Remove the beetroot and keep hot. Boil some cream, add to the cooking liquor and reduce to half its volume, seasoning with salt, and pepper. Remove from the heat and stir in 25 g (1 oz. 1 tablespoon) butter. Pour this sauce over the beetroot slices.

Cold beetroot soup

Wash thoroughly 1 kg (2 $\frac{1}{4}$ lb) small raw beetroots (beets), cook gently in salted water, then add

the juice of 1 lemon and allow to cool. Cook 3-4 egg whites in a small flat-bottomed dish in a bain marie. Wash and chop a few spring onions (scallions), including the stems. Peel the cold beetroot and slice into thin strips. Add with the diced egg whites, 2 diced Russian gherkins and the chopped onions to the liquid in which the beetroot was cooked, together with a generous pinch of sugar and 150-200 ml (5-7 fl oz, 2/3 –3/4 cup) crème fraîche. Stir well and place in the refrigerator. Just before serving sprinkle chopped parsley over the soup.

Scandinavian beetroot salad

Peel some baked beetroot (beet) and cut into cubes. Peel and slice some onions and separate the rings. Hard boil (hard cook) some eggs and cut into quarters. Cut some sweet smoked or unsmoked herring (a speciality of Scandinavia) into pieces. Sprinkle the beetroot with highly seasoned vinaigrette and place in a salad bowl. Garnish with the herrings, hard-boiled eggs and onions, and sprinkle with chopped parsley.

BEIGLI An item of Hungarian pattscarie made from a high brioche dough rolled around a filling of almonds, walnuts or poppy seeds. It is made particularly for the festivals of Christmas and Eastern.

BELLE-HELENE In about 1865 several chefs from the restaurants of the Grands Boulevards of Paris started to use the title of this famous operetta by Offenbach to name several different recipes.

Grilled tournedos broiled filet magnons) Belle Helene are garnished with crisp potato straws, springs of watercress, and artichoke hearts filled with bearnaise sauce. Sauteed chicken supremes Belle Helene are arranged on croquettes of asparagus tips crowned with a slice of truffle. Large cuts of meat Belle-Helene are surrounded with chopped tomatoes, fresh green peas with butter, glazed carrots and potato croquettes.

Belle-Helene is also the name of a cold dessert consisting of fruit (usually pears) poached in syrup, cooled, drained, served on vanilla ice cream, and coated with hot chocolate sauce (the latter may be served separately in sauceboat if desired).

BELLET An AOC wine from Nice, which comes from the hillsides above the Var valley. The small vineyard produces delicate red wines, light roses and definite whites with a fresh bouquet. The reds and roses are made from Polle and Braquet grapes and the whites are made principally from the Rolle, Roussanne, Clairette and Chardonnay, but other varieties can be included in the wines.

BELLEVUE, EN The French term applied to cold preparations of shellfish, fish or poultry glazed with aspic jelly. For lobster, the flesh is cut into medallions, which are garnished, glazed and arranged in the shell. For small birds (the woodcock, quail and thrush), the animal is boned, stuffed, poached in game, stock, cooled, coated in a brown chaud-froid sauce, garnished and glazed with aspic. The name would appear to come from the Chateau de Belleville, owned by Madame de Pompadour, who used to prepare attractive dishes to stimulate the appetite of Louis XV.

RECIPES

Glazed salmon en bellevue

Prepare and poach the salmon whole in a concentrated fish stock. Allow to cool completely in the cooking liquor, then drain. Remove the skin from both sides and dry the fish gently with paper towels. Clarify the stock to make an aspic jelly and glaze the salmon with several coats, allowing each coat to set in the refrigerator before applying the next. Coat the bottom of the serving dish

with a thin layer of aspic and lay the glazed salmon on top. Garnish with diced or cut shapes aspic and keep in a cool place until ready to serve.

BEL PAESE One of Italy's best known cheeses, enjoyed world wide and manufactured in Lombardy since 1906. Made from cow's milk (45% fat content), it is creamy and mild, an uncooked pressed cheese, creamy yellow in colour, with a washed crust, it is usually wrapped in foil in small rounds, 20 cm (8 in) in diameter. Meaning beautiful country it was named by its creator, Egidio Galbani, after a children's book, whose author's portrait (along with a map of Italy, appears on the wrapping in Europe).

Benedictine An amber coloured herby French liqueur used primarily as a digestive. Don Bernardo Vincelli, an Italian Benedictine monk from the old Abbey of Fecamp, is credited with first producing it. The recipe was discovered in 1863 by a local merchant, Alexandre Le Grand, in some family archives. He perfected the formula and began selling the liqueur, which was immediately successful. As a homage to the monks, he called it Benedictine and printed D.O.M. (Deo Optimo Maximo, To God, most good, most great) the motto of the Benedictines, on the bottle.

Benedictine is based on 27 different plants and spices, which are incorporated in what is still a secret formula at the distillery at Fecamp in Normandy. B and B (Benedictine and Brandy) is a compounded version of the liqueur.

BENEDICTINE, A LA The French term applied to several dishes using either a puree of salt cod and potato, or salt cod pounded with garlic, oil and cream. Cod is traditionally eaten during Lent, hence the allusion to the Benedictine monks. Many of these dishes can be enriched with truffles.

RECIPES

Bouchees a la benedictine

Add diced truffle to a puree of salt cod with oil and cream. Use to fill small cooked puff pastry bouchee cases. Garnish each bouchee with a slice of truffle. Heat through in a hot oven.

Salt cod a la benedictine

Soak 1 kg (2 ¼ lb) salt cod in cold water to completely remove the salt. Poach the fish very gently in water without allowing it to boil. Boil 450 g (1 lb) potatoes in water. Drain the cod, remove the skin and bones, and dry in the oven for a few minutes. Drain the potatoes. Pound the cod with the potatoes in a mortar, then gradually work in 200 ml (7 fl oz, ¾ cup) olive oil and 300 ml (½ pint, 1 ¼ cups) milk. (A blender or food processor may be used, but for no longer than strictly necessary, otherwise the starch in the potatoes will agglutinate). Spread the mixture in a buttered gratin dish and smooth the surface. Sprinkle with melted butter and brown in the oven.

Soft boiled or poached eggs a la

Benedictine

Add white or black truffles to salt cod a la benedictine. Prepare soft-boiled (soft-cooked) or poached eggs. Shape the puree in a dome, arrange a circle of eggs around the dome and cover with a cream sauce.

BERCHOUX, JOSEPH French solicitor (born Saint Symphorien-de Lay, 1768, died Marcigny, 1839). His name survives as the author of a long poem in four cantos entitled *Gastronomie ou l'Homme des champs a table*, published in 1801. This lively composition was very popular in the Directory period, following the Reign of Terror, during which the French rediscovered the joy of good food in the first canto, *Histoire de la cuisine des Anciens* Berchoux, describes, in brisk alexandrine verse, such subjects as the death of Vatel and Spartan gruel. In the following cantos,

Le Premier Service Le Second Service and Le Dessert, he sings the praises of good simple cooking. His philosophy is summed up in the following lines. A poem was never worth as much as a dinner and Nothing must disturb an honest man while he dines. It was he who introduced the word gastronomic to the French language.

RECIPE

Salmon trout Berchoux

Stuff a 2 kg (4 ½ lb) salmon trout with a creamy pike forcemeat with chopped truffles. Place the trout in a buttered ovenproof dish on a bed consisting of a chopped carrot, a medium sized chopped onion (lightly fried in butter) a good handful of mushroom trimmings and a bouquet garni. Add fish stock with white wine until it comes halfway up the trout. Season with salt and pepper, cover, place in a preheated oven at 180 °C (359 °F, gas 4) and cook for about 40 minutes, basting frequently until the fish is just cooked. Remove the central portion of skin and the dark parts of the flesh. Strain the cooking liquor, pour a few tablespoons of this liquor over the trout and glaze slightly in the oven.

Prepare the garnish 8 small pastry barquettes filled with soft carp roe and coated with normande sauce, 8 small croquettes made of diced lobster, mushrooms, and truffles bound with a thin veloute sauce, and 8 very small artichoke hearts, partly cooked in white stock, sweated in butter, filled with a salpicon of truffles bound with cream, sprinkled with Parmesan, and browned in the oven. Add 300 ml (1/2 pint, 1 ¼ cups) veloute fish sauce to the remaining cooking liquor and reduce over a high heat, gradually adding 300 ml (1/2 pint, 1 ¼ cups) double (heavy) cream to the sauce. Add butter and ¼ cup) softened butter, finally, add the chopped parsley, salt and pepper. This sauce is a suitable accompaniment to poached fish.

Brill a la Bercy

Prepare a brill weighing about 800 g (1 ¾ lb), making an incision along the middle of the dark side of the fish and gently loosening the fillets. Season with salt and pepper inside and out. Butter a flameproof dish, sprinkle with chopped shallots and parsley and lay the brill on top. Add 7 tablespoons dry white wine and the same quantity of fish stock. Dot with 50 g (2 oz. ¼ cup) butter. Start cooking on top of the stove, then transfer to a preheated oven at the stove, then transfer to a preheated oven at 180 °C (350 °F, gas 4) and cook for 15 minutes, basting frequently. Then place the dish under the grill (broiler) to glaze the fish. Finally sprinkle with a dash of lemon juice and chopped parsley. The fish stock may be replaced by dry white wine diluted with the juice of half a lemon and water.

Calves liver a la Bercy

Toss some slices of calves liver in seasoned flour and grill (broil). Serve with Bercy butter.

Calves kidneys a la Bercy

Cut cleaned calves kidneys crossways into slices 1 cm (1/2 in) thick and brush with melted butter. Season with salt and pepper and dip in white bread crumbs. Grill (broil) quickly and serve with Bercy butter. The fish may be marinated in a little olive oil with salt, pepper and chopped parsley before cooking.

Sole Bercy

Butter an ovenproof dish and sprinkle with chopped shallots and parsley. Place the prepared sole in the dish, add 2 tablespoons dry white wine and a dash of lemon juice and dot with 15 g (1/2 oz, 1 tablespoon) butter. Cook in a preheated oven at 220 °C (425 °F, gas 7) for 15 minutes basting the fish several times in order to glaze it.

BERGAMOT A small yellow sour citrus fruit similar to the orange, mostly cultivated in Calabria

(Italy). The rind contains an essential oil used in perfumery (the basis for eau-de-cologne) confectionery and Earl Grey tea. The zest is used in patisserie.

Bergamot is also the French name of a small, square, honey-coloured barley sugar, flavoured with natural bergamot essence, which has been a speciality of the town of Nancy since 1850. There is also a variety of pear called bergamot, it is almost round with a yellowish skin and very sweet, fragrant, juicy flesh.

A family of herbs native to North America and related to mint is also known as bergamot. One of them was used by the American Indians to make Oswego tea, and any of them can flavour iced drinks. The flavour is similar to that of the citrus fruit.

BERGERAC Wine from the Dordogne area of south-western France. This wine growing region, situated in the district of Bergerac, has been famous since the Middle Ages for the quality of its white wines. Now its red wines are equally important while the rose wines are appreciated locally.

Bergerac blanc, which may be a crisp white wine or a full bodied slightly sweet one, is made from the Sauvignon, Semillon and Muscadelle grapes. The red wines are made from the Bordeaux grapes Cabernet Sauvignon, Cabernet Franc, Malbec and Merlot. The reds from the left-bank vineyards of the Dordogne are more full-bodied than those on the right, where the wines are more supple. All are subject to controls, for the AOC Bergerac and Cote de Bergerac.

BERLINGOT A pyramid-shaped French boiled sweet, usually flavoured with peppermint, with alternating clear and opaque stripes (called a humbug in Britain). Some authorities say that it was created in the Middle Ages, but its present formula was perfected under Louis XVI by a certain Madame Couet, who handed it down to her descendants. In 1851, at Carpentras, Gustave Esseyric revived the recipe using peppermint cultivated in Vaucluse. This peppermint gives a particular flavour to the berlingots which are produced in this town, using sugar syrups left over from the preparation of crystallized (candied) fruit. Nantes (since 1780) Saint-Quentin and Caen are also famous for their berlingots. Although most are flavoured with peppermint, fruit flavoured mixtures are also used.

Berlingots are manufactured by wrapping a sausage shape of boiled, flavoured and coloured sugar in bands of transparent sugar alternating with bands of beaten sugar. The sausage is then stretched and shaped in a berlingotiere (a rotating machine with four blades) or a ring press.

Some say the name is derived from the Italian berlingozzo (a very sweet cake), others that it comes from the Provencal berlingan (knucklebone). By extension, the word is also used (in France) for a pyramid shaped cardboard container for milk.

BERNIS, PIERRE DE French diplomat (born Saint-Marcel d' Ardeche, 1715, died Rome, 1794) A protégé of Madame de Pompadour, he was elected to the Academic protego of Madame de Pompadour, he was elected to the Academic Française at the age of 29 for his elegant verse, he then became a cardinal and ambassador, first to Venice, then to Rome at the Holy see. In all these posts, he proved himself to be a remarkable ambassador of French cuisine and his table was known as the best inn in France. Chefs have given his name to serious egg dishes using asparagus.

RECIPE

Cold eggs in white chaud-froid sauce and garnish with truffles. Line a dish with chicken mousse. Arrange the eggs on the mousse, separated by bunches of green asparagus tips. Coat with a light covering of half set aspic.

BERNY A French method of preparing croquette potatoes, which are coated in chopped almonds, then fried. Berny garnish consists of small tarts filled with lentil puree and served with game.

BERRICHONNE, A LA The adjective for regional dishes from Berry. Large joints of meat garnished a la herrichoune are served with braised green cabbage (stuffed or plain), poached chestnuts, small glazed onions and slices of lean bacon, the meat juice is slightly thickened. Chicken fricassee a la berrichonne is served with new carrots, potatoes a la berrichonne are cooked with onions and fat bacon.

RECIPES

Chicken fricassee a la beerichonne

Scrape some new carrots and fry in butter with a small onion, then drain. Using the same butter, brown a chicken cut up into portions. Add 250 ml (8 fl. oz. 1 cup) boiling water or clear chicken stock, then the carrots, a bouquet garni, salt and pepper. Cover and cook gently for 30 minutes. Drain the chicken and keep warm. Mix together 2 egg yolks, a pinch of salt, 2 tablespoons cream and 1 tablespoon vinegar and add to the cooking liquor, heat but do not allow to boil. Roll the chicken pieces in the sauce and serve very hot.

Potatoes a la berrichonne

Chop 2 onions. Cut 100 g (4 oz) streaky bacon into small strips. Brown the onions and bacon in a flameproof casserole, then add 1 kg (2 ¼ lb) very small potatoes and brown slightly. Pour in just enough stock to cover, add a bouquet garni, salt and pepper, then cover and cook gently for 20-25 minutes (test the potatoes with a fork to check they are cooked.) Serve sprinkled with hopped parsley.

BERRY The gastronomy of this old French province (now called Limousin) in the Loire valley is influenced by pig, poultry and sheep farming. This is well illustrated in its typical meat dishes: seven hour braised leg of lamb, saupiquet, sagourne, Easter pate made from pork and hard boiled (hard-cooked) eggs, sanguette, black roast turkey, and chicken en barbouille (a red wine sauce thickened with blood). Cuisine a la berrichonne is typified by the tasty, sometimes rustic, simplicity of its slow-cooked dishes. Soups and stews (with fritons known as gringnaudes) play an important role, together with the accompanying vegetables, tartoufes (potatoes) and pumpkin (also used in a cake). Chestnuts and field mushrooms have inspired recipes for carp (steamed) lamprey and salmon (braised).

One of the characteristics of this wine growing region, which produces AOC wines (such as Reuilly, Chateumeillant, Sancerre, Quincy and Menetou Salon) and rose wines, is the use of wine in cooking, eggs in red wine, and meat and fish stews cooked with wine. Cheeses are made mostly from goat's milk (Valencay, Pouligny, Chavignol, Levroux, Sellessu-Cher) Fruit and nut trees are grown cherry (for kirsch), pear, walnut and hazelnut and fruit is used in sweet desserts (see sanclay) and fritters. Lichouneries (confectionery shops) sell forestines from Bourges (with hazelnuts), marzipan, barley sugar and croquets.

BERRY, Any small fleshy stoneless (pitless) fruit containing one or more seeds. Berries occur singly, in bunches (such as grape and redcurrant) or in clusters (elderberry) Wild berries may be eaten raw or cooked.

BERYX Fish of the Berycidate family, reddish orange in colour and with delicious flesh. The long beryx is about 35 cm (14 in) in length., while the longer common beryx has a thicker body and grows up to 40 cm (16 in) long. They are fished 600 metres (1,970 ft) deep in the North Atlantic from Ireland to Norway, and are sold under the name of pink bream, usually as fillets.

BETISE A mint flavoured boiled sweet (candy) manufactured in France since 1850. Although the Afchain company Cambrai has long claimed to be sole inventor of betises, their exact origin is

not known. Legend has it that a clumsy apprentice poured the ingredients (sugar, glucose and mint) carelessly, but perhaps it was a flash of genius on the part of a confectioner who had the idea of blowing air into the sugar. The microscopic air bubbles incorporated into the hot boiled sugar make the sweet light and opaque. Bêtises remain a speciality of Cambrai but are imitated by the sottises made in Valenciennes.

BEURRE BLANC A classic French sauce made with reduce vinegar and shallots to which butter is added, called white butter sauce in English. It is the standard accompaniment to pike and shad. The Nams region and Anjou both claim to be its birth place. It is said that a chef from Nantes called Clemence longot to include the eggs when attempting to make a bearnaise sauce for a pike for the Marquis de Goulaine. It was nevertheless a success and Clemence subsequently opened a restaurant at La Chebeutte near Nantes. This is where Mere Michel learned the secret of beurre blanc, before opening her famous restaurant in the Rue Rennequin in Paris. Curiousky praised the beurre blanc of La Poissonniere, a fish restaurant near Angers.

RECIPE

Beurre blanc

Put 5-6 chopped shallots in a saucepan with 250 ml (8 fl. oz 1 cup) wine vinegar, 325 ml (11 fl. oz 1 ½ cups) fish stocks and ground pepper, reduce by two thirds, Cut 225 g (8 oz. 1 cup) very cold butter (preferably slightly stalted) into small pieces. Remove the pan from the heat and add all but one piece of the butter all at once, beating briskly with a whisk until smooth. Finally, add the last piece of butter and mix it in gently, stirring and turning the pan so that the sauce is not frothy. Season with salt and pepper. Pour the sauce into a warmed sauceboat and place in a lukewarm bain marie until required for serving.

The emulsion can be stabilized by adding 1 tablespoon double (heavy) cream-this is Nantes butter (berre nantais)

BEURRE MANIE A mixture of butter and flour used as a thickening for soups, sauces, stews and other liquors towards the end of the cooking time. Equal quantities of butter and flour are used to make the paste. Soften the butter, then work in the flour with a fork or by creaming the mixture until the paste is smooth. Add small knobs of the simmering liquid, whisking or stirring vigorously, and allow each knob to melt before adding another. Bring to the boil, still whisking or stirring, and simmer for at least 3 minutes to cook the flour. Large quantities of beurre manie can be made in a food processor and frozen in small lumps, ready for whisking straight from the freezer into boiling liquid.

BHAJI A spicy Indian vegetable fritter consisting of one or more vegetables, such as onion, potato, aubergine (eggplant) and/or cauliflower, in a chickpea flour batter.

BIARROTE, A LA A French garnish for small cuts of meat, which are arranged on a vase of potato galettes (prepared as for duchess potatoes) and surrounded by a ring of grilled (broiled) cep mushrooms. This name refers to the resort of visits by the emperor Napoleon III and the empress Eugenie. It is also applied to a recipe for sauteed chicken in white wine, which may also be garnished with ceps.

RECIPE

Sauteed chicken a la biarrote

Cut a 1.4 kg (3 lb) chicken into pieces and saute until brown on all sides and cooked through. Deglaze with 100 ml (4 fl. oz. 7 tablespoons) dry or medium white wine. Reduce the liquid, then add 100 ml (4 fl. oz. 7 tablespoons) tomato sauce and a small crushed garlic clove. Using a separate pan, saute 100 g (4 oz. 2 cups) ceps, 100 g (4 oz. ¾ cup) diced potatoes and 1 diced

aubergine (eggplant) in olive oil. Fry a thinly sliced onion, separating the rings. Arrange the chicken in a heated serving dish, coat with the sauce and arrange the garnish in bouquets around it.

BIB a coastal fish (family Gadidae) similar to cod (but less good), commonly found in the English Channel and the Bay of Biscay. Shaped like an elongated triangle, with a copper coloured back and silvery sides and belly. It measures 20-30 cm (8-12 in) and weighs about 200 g (7 oz). It has a short barbel on the lower jaw, long thin pelvic fins, and two abdominal fins connected by a membrane. The flesh, although lean, is rather tasteless and full of bones and deteriorates rapidly. Bib must therefore be prepared and eaten as soon as it is caught. It is cooked like cod (but is mostly used for fish meal).

BICARBONATE OF SODA (BAKING SODA) An alkaline powder used in medicine as an antacid. In former times bicarbonate of soda was used to soften water for cooking vegetables, such as dried beans, and to preserve the colour of green vegetables. This has been rejected, as it results in the destruction of vitamins.

Bicarbonate of soda is one of the main ingredients of raising (leavening) agents, it improves the action of baking powder in many commercial preparations such as cake mixes and processed flour. It is used as a raising agent in some non-yeast breads, such as soda bread, and certain cakes. Combined with cream of tartar, it is the traditional raising agent for British Scones.

BIERWURST A large cured, German pork and beef sausage, flavoured with garlic, and sliced as an accompaniment to beer, hence its name. It is always eaten cold and has a peppery taste. Bierschinkenmoustr includes small chunks of ham.

BIGNON, LOUIS French restaurateur (born Herisson 1816, died Macan 1906) He began his career in Paris as a waiter at the Café d'Orsay, then moved to the Café and Foy, which he acquired and passed on to his brother in 1847. He then took over the management of the Café Riche, redecorated the restaurant, and made it one of the best in Paris. His activities also extended into viticulture and agriculture. He was a founder member of the Société des Agriculteurs de France and during the World Fairs from 1862 to 1880) he won the highest prizes for various agricultural products, wines and foods. He became a knight of the order of the Légion d'honneur in 1868 and an officer in 1878, and was the first restaurant owner to wear the rosette of the Légion d'honneur.

BIGOS The Polish national dish, also called hunter stew, made of sauerkraut and meat simmered for a long time. Traditionally it was stored in wooden casks or stoneware pots, taken travelling (and hunting) and reheated many times, which improved the flavour. Large Polish boiling sausage is also cut up and added to the stew, which often includes wild mushrooms. Traditionally bigos preceded the soup course. It may be prepared with just one type of meat or with any mixture of duck, boiled beef, ham, mutton, pickled pork or even venison, and there are many variations.

RECIPE

Bigos

Rinse 4 kgs (9 lb) sauerkraut and drain it well, Peel core and dice 4 dessert apples, sprinkling the pieces with lemon juice, and add to the sauerkraut with 2 large chopped onions. Melt 4 tablespoons lard in a flameproof casserole and cover with a fairly thick layer of sauerkraut, then add a layer of diced meat. Continue filling the pot with alternate layers of meat and sauerkraut, finishing with sauerkraut and adding a little lard every now and then. Pour in enough stock to cover the sauerkraut. Cover the pot and cook in a preheated oven at 180 °C (350 °F, gas 4) for 2-3

hours. Make a white roux and add some of the cooking liquor. Pour this sauce over the bigos and cook for a further 30 minutes.

BILBERRY myrtille A low, healthland shrub of the genus *Vaccinium* native to northern regions of Europe, America and Asia. Related to the blueberry, it is also known as whortleberry. Its small purplishblue berries have a slightly acid flavour, but they can be eaten uncooked, with sugar and cream. However, bilberries are usually used for making tarts, ices and sorbets, as well as compotes, jams, jellies, syrups and liqueurs. They freeze well.

RECIPES

Bilberry flan

Make some shortcrust pastry (basic pie dough) with 200 g (7 oz. 1 $\frac{3}{4}$ cups) plain (all-purpose) flour, 100 g (4 oz. $\frac{1}{2}$ cup) butter cut into pieces, a pinch of salt, 1 tablespoon caster (superfine) sugar and 3 tablespoons cold water (see short pastry). Form into a ball and leave it to stand for 2 hours.

Wash and dry 300 g (11 oz. 2 $\frac{1}{4}$ cups) fresh bilberries (or use frozen fruit). Prepare a syrup with 100 g (4 oz. $\frac{1}{2}$ cup) sugar and 250 ml (8ft oz. 1 cup) water. Simmer for 5 minutes, then add the bilberry as and leave to soak for 5 minutes. Return to a gentle heat and cook for 8 minutes until all the syrup is absorbed.

Roll out the pastry and line a buttered 23 cm (9 in) flan tin (pie pan). Line with greaseproof (wax) paper, sprinkle with baking beans and bake blind in a preheated oven at 200 °C (400 °F, gas 6) for 12 minutes. Remove the paper and beans, and continue cooking for a further 6-7 minutes until the flan base is golden. Leave until lukewarm before unmoulding.

Fill the cold pastry case with the bilberries, smoothing the top. Warm together 2 tablespoons apricot puree and 1 teaspoon water, sieve and coat the bilberries with the glaze. Leave until cold.

Prepare a Chantilly cream by whipping 7 tablespoons double (heavy) cream with 1 tablespoon chilled milk, 1 teaspoon vanilla sugar and 1 tablespoon icing (confectioner's) sugar. Using a piping (pastry) bag fitted with a fluted nozzle, pipe the cream on top of the tart and decorate with a few sugared violets, if wished.

Bilberry jam

Stalk and wash the berries briefly, then dry and weigh them. Put them into a preserving pan with 100 ml (4 fl oz, $\frac{1}{2}$ cup) water per 1 kg (2 $\frac{1}{4}$ lb) berries. Bring to the boil, skim and simmer for about 10 minutes. Then add a weight of sugar equal to the weight of the fruit. Bring back to the boil, skim again, then leave to cook for about 15 minutes, stirring, regularly. Pot and seal in the usual way.

BILLY BY A French mussed soup, also called bilibi, said to have been created by Barthe, the chef of Maxim', for a regular customer called Billy, who adored muscles. Billy by is made of mussels cooked in white wine with onions, parsley, celery and fish stock. The soup is served hot or ice-cold with double (heavy) cream, the muscles and grated Parmesan cheese being served separately. Other sources claim that billy by was invented in Normandy, after the Normandy landings, when a farewell dinner was given to an American officer called Bill. So it was called Billy, bye bye, which degenerated to billy by.

BIRDS Many varieties of wild and domesticated birds are used in cookery. The consumption of small wild birds has declined as protection orders become more stringent everywhere. However, a wide variety of birds for the pot is still plentiful in Spain. In France all birds smaller than the thrush are protected, except for larks, ortolans and sparrows in some regions. In times past, however, bird catcher supplied the gourmand with many small birds tits, warblers, curlews, jays, sandpipers, robins, wagtails and sparrow (whose delicate meat was reserved for the sick and convalescent)

As a general rule, the only birds to escape the slaughter were nightingales and wrens. The rook

was much sought after for soup or, in England, for pies. The wild birds most esteemed were whole roast heron, scoter duck and plover roasted with hot pepper, roast partridge and turtle doves served with cinnamon or ginger sauce and turtle dove pate.

The rearing and consumption of domestic poultry, on the other hand, continues to expand. Quail rearing has to some extent filled the gap left by the banning of other wild birds.

BIRDSEYE, CLARENCE American businessman and inventor, father of the frozen food industry (born New York, 1886, died New York, 1956) During a journey to Labrador in 1920 he observed that fish caught by the Eskimos and exposed to the air froze rapidly and thus remained edible for several months. On his return to the United States, Birdseye succeeded in perfecting a mechanical process for ultra-rapid freezing. In 1924 he formed a company to produce and distribute these frozen products, but the economic crisis forced him to sell his process and name to a food company. The name of this pioneer of cold storage, split into Bird's Eye, became an international trade name for deep frozen food.

BIRD-S FOOT TREFOIL A common leguminous plant of North America and Europe, known in France as lotier, melilot, trefle de cheval or mirlirot, according to the species. When dried, the leaves flowers and stems impart a very pleasant smell and can be used to flavour marinades. In some areas it is used to flavour rabbit, which is stuffed with the leaves and flowers after it has been cleaned. In Switzerland melilot is used to make herbal tea. Some cheeses (notably the German cow's milk cheese Schazieger and curd cheeses) are flavoured with the yellow flowers of bird's foot trefoil.

BIRDS NESTS Nest built by the salangane, a type of Chinese swallow, in the Philippines and New Guinea and used in traditional Chinese cookery to make bird's nest soup. Just before the breeding season, the birds feed on gelatinous seaweed, which makes their salivary glands secrete a thick whitish glutinous saliva with which they construct their nests. After being soaked in water the nests become transparent and gelatinous, giving the soup its characteristic odour and sticky texture. The nests may also be used in stews and as an ingredient in certain garnishes. The first European travelers to discover them, at the beginning of the 17th century, believed that they consisted of a mixture of lime and sea foam, or else the sap of trees. It was the French naturalist Buffon who established their true composition, after heating an eye witness account of the nests from the explorer Poivre.

BIREWECK An Alsatian cake, also called pain de fruits (fruit loaf) It is made from leavened dough flavoured with kirsch and mixed with fresh, dried and crystallized (candied) fruit. Usually shaped into small balls, it can also be made in one large piece and sold in slices.

RECIPE

Bireweek

Cook 500 g (18 oz) pears, 250 g (9 oz) apples, 250 g (9 oz) peaches, 250 g (9 oz) dried figs and 250 g (9 oz) prunes in a little water, but do not allow them to become pulpy. Mix 1 kg (2 ¼ lb, 9 cups) sifted plain (all-purpose) flour and 25 g (1 oz, 4 packets) easy blend dried yeast with enough hand hot cooking water from the fruit to form a soft dough. Leave to rise until doubled in size. Meanwhile, finely dice 100 g (4 oz, 2/4 cup) candied citron and 50 g (2 oz, 1/3 cup) angelica. When the dough has risen, mix in the diced candied fruit, 250g (4 ½ oz, ¾ cup) hazelnuts, 125 g (4 ½ oz, ¾ cup) almonds, 125 g (4 ½ oz, 1 cup) walnuts, 50 g (2 oz) blanched strips of orange zest, 125 g (4 ½ oz, ¾ cup) stone (pitted dates, and the drained cooked fruit. Add 200 ml (7 fl oz, ¾ cup) kirsch and mix well. Divide the dough into 200 g (7 oz) portions (about 28) Shape into rolls and smooth the surface with water. Place on a greased baking sheet, cover loosely and leave to rise until doubled in size. Bake in a preheated oven at 160 °C (325 °F, gas 3) for about 1 ¾

hours.

BIRIANI A north Indian rice dish of Persian origin. Lamb or mutton were the original meats, but chicken or fish may be used. Channa dal may be added and in the West prawns (shrimps) are popular. Basmati rice, spiced with saffron, turmeric and black cardamom, and often enriched with raisins and almonds, is layered with the spiced cooked meat mixture. The brian is cooked in a tightly covered pot to which ghee or milk may be added. When served for special occasions, birianis may be finished with a garnish of edible silver leaf.

BISCOME A type of gingerbread traditionally eaten in Lucerne, Switzerland, on the feast of Saint Nicholas, celebrated on 6 December. At the culmination of the festival a large procession sets off across the city led, by two heralds who are followed by Saint Nicholas, laden with an enormous basket of and a number of bogeymen charged with punishing children who have not been well behaved during the year.

BISCOTTE PARISIENNE A light French biscuit cooked once in the oven unlike the true biscotte or rusk, which is cooked twice) It is made from almonds egg yolks whisked egg whites and cornflour cornstarch, flavoured with kirsch and piped on to a buttered baking sheet.

BISCUIT (COOKIE) A small dry, flat cake, traditionally with good keeping qualities, eaten as a snack or accompaniment to a drink, and sweet or savoury.

Sweet biscuits are eaten as an accompaniment to coffee, tea or milk and mid morning wine in Italy and partner desserts or ice cream. They are used to make desserts charlottes, in particular and macaroon crumbs are often added to custards or creams. There is also a long European tradition of crumbling biscuits into soups and sauces as a thickener.

Savoury biscuits, or crackers, make snacks with alcoholic drinks or are served with cheese.

In Britain biscuits are historically plainer and less expensive than on the European continent, where they have associations with entertaining, Christmas and present giving. Biscuits consumption is high in Britain, the US, Ireland and Belgium. In France biscuits are simply regarded as one aspect of petits fours, with their own wide repertoire. Although biscuits have become a convenient supermarket item, regional specialties continue to be produced in many countries, while they remain a popular item with the home baker.

History Their English and French name comes from the Latin bis meaning twice and coctis meaning cooked, for biscuits, should in theory be cooked twice, which gives them a long storage life. The French Reins biscuit was originally a flat cake that was put back in the oven after being removed from its tin (pan). This made it drier and harder but improved its keeping qualities.

This very hard, barely risen biscuit was for centuries the staple food of soldiers and sailors. Roman legions were familiar with it and Pliny claimed that 'Parthian bread' would keep for centuries. In his account of the Crusades, the Lord of Joinville talks of bread called bequis' because it is cooked twice' Soldiers biscuits or army biscuits were known under Louis XIV as stone bread (pain de pierre) In 1894 French army biscuits were replaced by war bread made of starch, sugar, water, nitrogenous matter, ash and cellulose, but the name army biscuit stuck. It did not disappear until soldiers on campaign were supplied with proper bread.

Animalized biscuits were also made. These were flat cakes containing meat juices and thought to be very nourishing. Vitamin biscuits appeared during World II and these were distributed in schools in France. The cereal bar (with or without dried fruit) is the modern successor.

Biscuits were also a staple item in explorers provisions. In his record of his adventures in the New World, Chateaubriand wrote: Reduced to a solitary existence, I dined on ship's biscuits, a

little sugar and lemon, Travellers biscuits, in the 19th century, were hard pastries or cakes wrapped in foil, which kept well.

Biscuit manufacture The industrial manufacturer of biscuits (cookies and crackers) began in Britain. The Carr establishment, founded in Carlisle in 1815, was the first factory that specialized in the production of biscuits, and was soon followed by Mac Earline in Edinburgh and Huntley and Palmers in Reading. These manufacturers exported their specialties all over the world, often sponsored by famous names. For example, the Albert was a small savoury biscuit bearing the name of the Prince Consort. It was not until 1840 that Jean Honore Olibet, a banker's son from Bordeaux, founded the first French biscuit factory. Soon other industrialists followed suit. In 1882, the Lefere Utile factory invented the petit beurre (butter biscuit)

Biscuit making is an active branch of the food industry. The ingredients used include varying proportions of flour, vegetable fats (shortening) or butter, sugar (usually sucrose, but sometimes glucose or maltose) starch milk, eggs and baking powder. Permitted additive such as antioxidants, colouring agents, emulsifiers and flavourings, must be listed on the packaging. Flavourings include coffee, vanilla, chocolate, coconut, aniseed, cinnamon and ginger. Liqueurs, jam, dried or crystallized (candied) fruit and nuts may also be incorporated. Production is automatic at all stages, which include kneading, shaping, baking cooling, sorting and packing.

Sweet or savoury, biscuits are classified in France, by the consistency of the dough.

Hard or semi-hard Dough Used for petits griddle cakes and various crackers and aperitif biscuits that may be seasoned with salt and other flavourings (cumin, cheese or paprika). These biscuits, which are the most widely consumed, contain about 70% flour and are made without eggs.

Soft dough Used to make either crisps or soft biscuits, such as cigarettes, tuiles, palets, langues de chat, palmiers, sponge fingers, nonettes, madeleines, macaroons, rochers, some petits fours, congolais and croquignoles. These biscuits are made with a high proportion of egg white.

Batter Used to make water biscuit (dry, iced or filled) These biscuits have a high liquid content (water or milk) and small amounts of fat and flour.

The cookie jar. The American term evokes the comfort of the sweet, ready snack, which is a feature particularly of German and American kitchens. The word cookie comes from the Dutch koek (cooked), and the repertoire is enormous.

Sugar and butter are predominant tastes, and also make a very short biscuit. Scottish shortbread, the French Nantes and Normandy sable and the plain maria.

Spiced biscuits are a feature of Germany and Central Europe. The German Leblechen and Pfeffermusse are part of the buttle Teller good biscuits display a feature of Christmas Eve, with 15 or more varieties and shapes, including chocolate kisses (small balls decorated with a nut) wasps nests almond and chocolate macaroons, vanilla crescents and cinnamon stars. This group may also include the white, south German anised Springele, which is shaped with a carved wooden mould or an embossed rolling pin.

Nuts are a favourite in southern Europe, flaked almonds often decorate the tale, the French also make almond sticks (like croquets and the Alsatian schenkeles) The popular macaroon is known as an amaretto in Italy, though this name is applied in other countries to a tissue wrapped delicacy, ratafias (flavoured with bitter almonds) are the miniature version. The Italian cantuccini, sliced and then baked once more, hark back to earlier biscuit history. Other nuts also go in a host of biscuits, for example pine nuts in the Catalan pinones.

Among chocolate biscuits, two sandwiches stand out, the British bourbon, a neat rectangle with a cream filling and the round, all-American Oreo (used to make Mississippi mud pie). Other notables are the luscious Italian florentine, a combine of flaked almonds, candle peel and cherry, backed by forkcracked chocolate, the jaffa cake where chocolate covers a sponge drop topped with orange jelly, and the American chocolate chip cookie, which continues to conquer Europe.

Some countries have their own associations, like that of Britain with golden (light corn) syrup (imported from the US from 1885) combined with oats for flapjacks, and the lacy rolled brandy snaps, from which brandy quickly disappeared. Coconut is used in Australia for anzacs (named

after the Australian and New Zealand Army Corps, which fought at Gallipoli in 1915) America has also contributed molasses, apple sauce and peanut butter cookies, and the concept of an icebox or refrigerator cookie (where dough waits to be sliced and baked in an instant.)

- **Savoury biscuits** Dry descendants of the original ship's biscuits (thin and dry, with slight brown bubbles over the surface) and cream crackers, favoured since the late 19th century, are eaten with cheese and, sometimes, other spreads. Both Olivers at the most recherche of these, while other popular choices are the digestive (a mildly sweet wheatmeal biscuit), wheat wafers, Scandinavian rye crispbreads, rice cakes and Scottish oat cakes.

Flavoured crackers have been taken up in the US, salty (or with chilli) to stimulate the appetite, like the salted German pretzel (traditionally eaten along side beer), and a range that includes cheese straws, tortilla chips and small shapes flavoured with cheese, onion or bacon bits.

RECIPE

Galettes bretonnes

In a bowl, mix 1 egg yolk and 3 eggs with 600 g (1 lb 5 oz, 2 2/3 cups) sugar and 1 teaspoon ground cinnamon. Mix in 750 g (1 lb 10 oz, 3 1/4 cups) softened slightly salted Breton butter until the mixture is smooth. Add a little brown rum, vanilla essence (extract) and essential oil of bergamot. Sift 1 kg (2 1/4 lb, 9 cups) plain (all-purpose) flour, add a generous pinch of baking powder and work into the butter mixture. Turn out the resulting dough on to a cloth dusted with flour. Fold the cloth over and knead the dough from sticking. Leave the dough wrapped in the cloth overnight in a cool place but not in the refrigerator. (Too cold an environment hardens the butter).

The following day, divide the dough into 5 lumps, each about 500 g (18 oz.) flatten them into shallow pie dishes, glaze with beaten egg and a little milk and decorate by scoring with a fork. Bake in a preheated oven at 220°C (425°F, gas 7) for about 20 minutes, until deep golden brown. Take care not to allow the galettes to burn.

Rolled brandy snaps

Melt 100 g (4 oz 1/2 cup) butter with 100 g (4 oz., 1/2 cup) sugar. Stir in 100 g (4 oz. 1/4 cup) golden (light corn) syrup. 100 g (4 oz, 1 cup) plain (all-purpose) flour and 1 teaspoon ground ginger. Mix well. Ladle the mixture in small heaps, very well spaced, on to a baking sheet. Place in a preheated oven at 180°C (350°F gas 4) and bake for 7-8 minutes. Take the biscuits (cookies) out of the oven and wrap each one round a wooden spoon handle, pressing them together where they join so that they do not unroll.

BISHOP An ancient punch made with wine, citrus fruits and spices, served either hot or iced. In his *Dictionnaire de cuisine*, Alexandre Dumas says that this drink was called bishop (German Bischof) when made with red Bordeaux (because of its purpose colour) cardinal when made with red Rhine wine, and pope when made with Tokay (white) Originality in the Rhineland, it came to France through Alsace, where hot spiced wines are popular. The classic English bishop is made by heating claret with orange and lemon peel, cinnamon and cloves. It is still a popular winter drink. There are many other traditional British recipes for punches of this sort, named after church officials prebendary headle and churchwarden.

RECIPE

Ice bishop

Pour a bottle of champagne and 500 ml (17 fl oz, 2 cups) strained lime blossom tea into a large bowl. Add an orange and half a lemon, thinly slice. Add sufficient sugar syrup (density 1.2850) to obtain a mixture with a density of 1.425. Leave in a cool place to macerate for 1 hour. Strain, then freeze to a slushy consistency. Just before serving, add 4 small liqueur glasses brandy. Serve in punch glasses.

Rhine wine bishop

Dissolve 250 g (9 oz. 1 cup) sugar in 300 ml (1/2 pint, 1 ¼ cups) water over a low heat with the zest of an orange and a lemon, 2 cloves and a cinnamon stick. Simmer for 5 minutes. Add a bottle of Rhine wine and heat until a fine white froth begins to appear on the surface. Strain and serve in a jug (pitcher) or in a large punch bowl. This drink is sometimes flavoured with a little Madeira, sherry or Marsala.

BISON A wild ox or buffalo formerly widely distributed over the plains of North America and also in Europe, and still in reserve in Poland. It was the symbol of prosperity and plenty for the American Indians, who used its meat, fat, hide and horns. It was systematically hunted from the end of the 19th century onwards and now reconstituted herds live either on reserves or on ranches, where they are bred for the meat trade. Bison flesh is juicy with a pronounced flavour and is eaten mostly in the American West and Canada. (A cross between the bison and the cow has produced beefalo, whose meat is popular in some areas) Bison is most commonly eaten either smoked (especially the tongue) or marinated. The hump is considered to be a delicacy. A typical Canadian dish is bison in brine, desalted, boiled for several hours, and then served with cabbage, carrots, potatoes, cream and seasoning. Bison meat may also be minced (ground) for making meat balls or smoked, powdered, mixed with fat and used either to make soups or to spread on bread.

These methods of preparation are mostly inspired by ancient Indian recipes such as the Cheyenne recipe described by C. Levi Strauss in *The Origin of Table Manners*. They placed thin slices of hard meat carefully on a bed of charcoal, first on one side, then the other. They beat them to break them into small pieces which they mixed with melted bison fat and marrow. Then they pressed it into leather bags, taking care that no air was left inside. When the bags were sewn up, the women flattened them by jumping on them to blend the ingredients. Then they put them to dry in the sun.

The Polish bison is of interest chiefly because its chosen fodder, bison grass is a major flavouring of vodka, notably the Polish *zubrowka*.

BISQUE A seasoned shellfish puree flavoured with white wine, Cognac and double cream, used as the basis of a soup. The flesh of the main ingredient (crayfish, lobster or crab) is diced as for a *salpicon* and used as a garnish. The shells are also used to make the initial puree.

The word *bisque* has been in use for centuries and suggests a connection with the Spanish province of Vizcaya, which lends its name to the Bay of Bishop. *Bisque* was originally used to describe a highly spiced dish of boiled meat or game. Subsequently *bisques* were made using pigeons or quails and garnished with crayfish or cheese croutons. It was not until the 17th century that crayfish became the principal ingredient of this dish, which soon after was also prepared with other types of shellfish. The word is now used imprecisely for several pink pureed soups.

RECIPES

Crayfish bisque

Prepare 5-6 tablespoons mirepoix cooked in 40 g (1 ½ oz. 3 tablespoons) butter until soft. Allow 1.25 litres (2 ¼ pints, 5 ½ cups) consommé or fish stock. Cook 75 g (3 oz. 1/3 cup) short-grain rice in 500 ml (17 fl. oz 2 cups) of the consommé until soft. Dress and wash 18 good sized crayfish. Add the crayfish to the mirepoix together with salt, freshly ground pepper and a bouquet garni, and sauté the crayfish until the shells turn red. Heat 3 tablespoons Cognac in a small ladle, pour on to the crayfish and set alight, stirring well.

Add 7 tablespoons dry white wine and reduce by two thirds. Add 150 ml (1/4 pint, 2/3 cup) consommé and cook gently for 10 minutes.

Shell the crayfish when cold. Finely dice the tail meat and reserve for the garnish. Pound the

shells, then process with the cooked rice and the cooking liquor. Press as much as possible through a fine sieve. Place the resulting puree in a saucepan with the remaining consomme and boil for 5-6 minutes. Just before serving, cool the bisque slightly, then add dash of cayenne pepper and 150 ml (1/4 pint, 2/3 cup) crème fraiche, followed by 65 g (2 1/2 oz. 5 tablespoons) butter cut up into very small pieces. Add the diced tail meat and serve piping hot.

Lobster bisque

Prepare in the same way as crayfish bisque, but replace the crayfish with an equal weight of small lobsters cut into pieces and sauteed in the mirepoix. If desired, it can be prepared using only the meat from the thorax, legs and claws (the meat should be finely diced) The tails can then be used for medallions.

BISTRO A bar or small restaurant, also known as a bistrot. The origin of this familiar word is obscure. It first appeared in the French language in 1884, and perhaps comes from the Russian word bistro (quick), which the Cossacks used to get quick service at a bar during the Russian occupation of Paris in 1815. There also appears to be a relationship with the word bistrovan which in the dialects of western France describes a cow herd and by extension, a jolly fellow begin apt description of an innkeeper. The most likely origin is doubtless an abbreviation of the word bistronille. Modern French bistros are of modest appearance and frequently offer local dishes, cold meats and cheese with their wine.

BISTROUILLE Also known as bistoutille, the term used in northern France for a mixture of coffee and brandy. It is derived from his (twice) and toutiller (to mix) and may be used to describe cheap brandy.

BITOKE A French dish made with minced (ground) lean beef moulded into a flat, oval or round shape. It was introduced into French cuisine by Russian emigres in the 1920s. In Russian cookery, minced meat is often used for meatballs (bitki) and croquettes.

RECIPE

Bitoke

To make a single bitoke, finely mince (grind) 125 g (4 1/2 oz. 1/2 cup) lean beef and add 25g (1 oz. 2 tablespoons) butter, salt, pepper and a little grated nutmeg. Shape the mixture into a flattened ball, coat in flour and saute in clarified butter. Add 1 tablespoon cream and 1 teaspoon lemon juice to the cooking liquor to make a sauce. Coat the bitoke with the sauce and garnish with fried onion. Serve with sauce potatoes. Alternatively, the minced beef may also be coated with egg and breadcrumbs before cooking.

BITTER Having a sharp or acid flavour. Certain bitter plants are used in cooking they include chicory (endive), bay, ginger, rhubarb, orange and bitter almond. Others, whose bitterness is brought out by infusion or distillation, are used essentially in drinks, wormwood, camomile, centaury, gentian, hops and cinchona.

BITTERS An aromatic alcoholic or non alcoholic drink with a bitter flavour. The very aromatic types are usually drunk alone or with soda, the others, such as peach or orange bitters, are used for flavouring mixed drinks. Many bitters comes from Italy (for example, Campari and Fernet-Branca) They are usually wine based, and common flavourings are gentian and orange rind. Bitters may be served as aperitifs, digestives or pick-me-ups and in various cocktails. French bitters include Amer Picon, Selestat, Toni-Kola, Arquebuse and Suze.

It is used to make jam, compote, jelly, tarts, pies, iced desserts, syryp, liquer and ratafia. It is also

used in confectionery (for fruit jellies).

RECIPES

Blackberry jam

Wash and weigh the blackberries, put them in a deep bowl with 175 ml (6 fl oz, $\frac{3}{4}$ cup) water per 1 kg (2 $\frac{1}{4}$ lb) fruit, and leave to soak for at least 12 hours. Pour the fruit and water into a preserving pan, add lemon juice, using 1 lemon per 1 kg (2 $\frac{1}{4}$ lb) fruit, bring to the boil and cook gently for 10 minutes. Then add 900 g (2 lb, 4 cups) sugar per 1 kg (2 $\frac{1}{4}$ lb) fruit, bring back to the boil, skim and cook for 15 minutes, stirring from time to time. Pot and seal in the usual way.

Blackberry syrup

Wash and weigh the blackberries, put them in a deep bowl with 175 ml (6 fl oz, $\frac{3}{4}$ cup) water per 1 kg (2 $\frac{1}{4}$ lb) fruit, and leave to soak for at least 12 hours. Then crush the fruit in a food processor and pour the fruit and juice into a jelly bag or muslin (cheesecloth) bag. Squeeze over a bowl and measure the juice. Pour it into a preserving pan and add 400 g (14 oz, 1 $\frac{3}{4}$ cups) sugar per 600 ml (1 pint 2 $\frac{1}{2}$ cups) juice. Stir until dissolved (without heating,) then pour it into bottles to within 2 cm ($\frac{3}{4}$ in) from the top. Seal and store in a cool place.

Blackberry tartlets

Put into a food processor 200 g (7 oz, 1 $\frac{3}{4}$ cups) plain (all purpose) flour, 5 tablespoons sugar and 1 egg, and work to a coarse dough. Add 100 g (4 oz, $\frac{1}{2}$ cup) softened butter cut into small pieces and work quickly until smooth. Form into a ball and leave it to stand for 2 hours.

Roll out the dough and use to line 6 buttered tartlet tins (moulds) Prick the bottom with a fork, sprinkle with caster (superfine) sugar and fill with 800 g (1 $\frac{3}{4}$ lb) washed blackberries, packing them closely together. Sprinkle with sugar again. Bake the tartlets in a preheated oven at 200 °C (400 °F, gas 6) for about 30 minutes. Remove from the oven, leave until lukewarm, then unmould them on to a wire rack. Serve warm or cold accompanied by crème fraîche, or decorated with piped Chantilly cream. A tart is prepared in the same manner.

BLACKBIRD A bird of the thrush family ranging from northern to southern Europe. The female has a brown plumage and the male is black; both have yellow beaks. Its flesh has a fine texture and its taste varies depending on the diet of the bird, which itself depends on the region in which it lives and the season of the year. The flavour is usually slightly bitter but is at its most fragrant in the autumn. Blackbirds are cooked in the same way as thrushes, although they are less delicate. Corsican blackbirds are used to make a delicious pate.

BLACKCURRANT A shrub native to northern Europe but now widely cultivated for its black juicy berries, which are sour and aromatic. The medicinal properties of both the fruit and leaves were known by the 14th century. The French cast comes either from casse, the husk of the blackcurrant, or from cassia (senna) known for its purgative qualities. In France its cultivation really began in the Cote d'Or following the perfection of blackcurrant liqueur. The first bushes were established in the park of the chateau at Montmuzard near Dijon in 1750.

Blackcurrants are grown especially in Burgundy but also in Orleanals and Haute, Savote, as well as in at the end of June or the beginning of July. The variety Noir de Bourgogne, with dense clusters of small berries, is exceptionally tasty and aromatic, varieties with larger less dense fruit tend to be more watery.

The fruit is used to make jellies, jams, syrups and liqueur. Frozen or concentrated into a puree, the berries can also be used in the preparation of sorbets, Bavarian cream, charlottes, souffles and tarts. Dried blackcurrants are sometimes sold commercially, they can be used instead of raisins in cake making.

RECIPES

Blackcurrant jelly (1)

Wash, dry and stalk some blackcurrants. Weigh them, place in a saucepan and add 150 ml (1/4 pint, 2/3 cup) water per 1 kg (2 1/4 lb) fruit. Heat until the berries burst (if a perfectly clear jelly is required then place the fruit in a cloth and wring to extract the juice. (If a thicker jelly is preferred, rub the contents of the saucepan through a sieve or mouli.) Measure the liquid obtained, then, for every 1 litre (1 3/4 pints, 4 1/3 cups) fruit juice, put 850 g (1 lb 14 oz., 3 3/4 cups) preserving sugar into a saucepan together with the juice of a lemon and 175 ml (6 fl oz, 3/4 cup) water. Heat to a temperature of 109 °C (228 °F), then add the blackcurrant juice. Stir thoroughly over a high heat until the jelly coats the back of the spoon. Skim and pour the boiling jelly into sterilized jars. Allow to cool completely. Cover, label and store in a cool place.

Blackcurrant jelly (2)

Prepare a blackcurrant jelly as described in the previous recipe but using 1 kg (2 1/4 lb, 4 1/2 cups) sugar per 1 kg (2 1/4 lb) of fruit. Cook the sugar in the same way, then take the saucepan off the heat, add the juice and stir thoroughly. Then pour the jelly into sterilized jars, leave to cool and proceed as in the previous recipe.

Blackcurrant sorbet

Place 250 g (9 oz. 1 1/4 cups) sugar and 400 ml (14 fl oz, 1 3/4 cups) water in a saucepan. Heat to dissolve the sugar. (The density should be 1.14, if it is less than this, add a little more sugar.) Warm the syrup, then add 350 ml (12 fl. oz. 1 1/2 cups) blackcurrant juice and the juice of half a lemon. Mix well and pour the mixture into an ice cream machine or freeze, beating at intervals. Real sorbet is made by adding a quarter of the volume of Italian meringue to the ingredients.

Blackcurrant syrup

Crush the blackcurrants, put into a muslin (cheesecloth) bag and leave to drain, do not press. The pulp is very rich in pectin, which turns the syrup into jelly. Measure the juice and allow 800 g (1 3/4 lb 3 1/2 cups) sugar per 500 ml (17 fl oz. 2 cups) juice. Put the sugar and juice into a saucepan and heat, stirring well until the sugar has completely dissolved. When the temperature reaches 103 °C (217 °F), skim and pour into sterilized bottles. Label and store in a cool dry place.

Frozen blackcurrant charlotte

Line the base and sides of a charlotte mould with sponge fingers dipped in blackcurrant syrup and cut to fit the mould. Fill the mould with alternate layers of blackcurrant ice cream and sponge fingers soaked in the syrup. Finish with a layer of fingers. Weight the top, then place in the freezer. Turn out the frozen charlotte just before serving. It can be served with custard or decorated with Chantilly cream and blackcurrants cooked in a sugar syrup.

BLACK FORST GATEAU A chocolate cake, Schuwatzwalder Kirschtorte, made in Bavaria during the summer. The fame of this rich gâteau has risen since the early years of the 20th century. It consists of dark chocolate sponge layered with sweetened whipped cream and sour black Schmidt cherries. The cherries are lightly cooked and macerated in kirsch, and this liquor is used to moisten the cake before it is layered.

RECIPES

Black Forest gâteau

Whisk 250 g (9 oz. 1 generous cup) caster (superfine) sugar with 6 eggs until pale, very thick and creamy. Then gently fold in 100 g (4 oz. 1 cup) plain (all-purpose) flour sifted with 50 g (2 oz., 1/2 cup) cocoa, and 150 g (5 oz. 2/3 cup) melted butter. Butter and flour 3 round 23 cm (9 in) cake

tins (pins) and pour in the cake mixture. Bake in a preheated oven at 180 °C (350 °F, gas 4) for about 25 minutes. Turn the cakes out of the tins and allow to cool.

Make a syrup with 200 g (7 oz, ¾ cup) caster sugar and 350 ml (12 fl oz 1 ½ cups) water. Flavour with kirsch. Grate 200-250 g (7-9 oz, 7-9 squares) bitter (semisweet) chocolate into thick shavings and put in the refrigerator. Soak the cooled layers of cake in the syrup.

Make some Chantilly cream by whipping together 750 ml (1 ¼ pints, 3 ¼ cups) chilled double (heavy) cream, 200 ml (7 fl oz, ¼ cup) very cold milk, 75 g (3 oz, 2/3 cup) icing (confectioner's) sugar and 2 teaspoons vanilla sugar. Cover each layer of cake with a quarter of the cream and a dozen brandy flavoured cherries. Cover the sides of the cake with the remaining cream. Decorate the whole cake with chocolate shavings. Serve chilled.

BLACK PUDDING (BLOOD SAUSAGE) boudin noir A savoury sausage made across Europe and Russia consisting largely of seasoned pig's blood and fat contained in a length of intestine, which forms the skin. It may be sold whole, cut from a length or in presealed pieces. Ox, calves' or sheep's blood can also be used, but this results in a coarser pudding. In France the fat consists partly of chons, which are granular fragments (cracklings) obtained from melting down pig's fat. One of the oldest known cooked meats, black pudding is said to have been invented by Aphtonite, a cook of ancient Greece. Some are eaten fresh, others are semi-preserved by drying or smoking.

With few exceptions, blood sausages are cooked to serve (and often poached, then fried). In France they are traditionally fried or grilled (broiled) and served with apples or mashed potato, in Germany with hot potato salad. In Spain they commonly flavour pulses, but in Britain and Ireland bacon and potatoes are favourite accompaniments.

French boudins noirs. There are as many types of boudin noir as there are pork butchers. Although the boudin de Paris traditionally contains equal quantities of blood, fat and cooked onions, the proportions can vary widely, butchers may use a range of different seasonings and add fruit or vegetables, aromatic herbs, milk, cream, semolina and crustless bread. In Lyon, they add raw onions, sometimes marinated in brandy and herbs, in Nancy, they add milk. The Auvergne boudin contains milk together with a pig's head cooked with its crackling. Strasbourg smoked boudin contains cooked pork rind and bread soaked in milk. Poitou boudin is prepared without fat but with cooked spinach, cream, semolina and eggs. Various regional boudins contain fruit, including apples (Normandy) prunes (Brittany) raisins (Flanders) or chestnuts (Auvergne) Alsace has two local specialities that are similar to black pudding, Zungenwurst, or tongue sausage, which in addition to the basic ingredients includes pieces of ox or pig's tongue, wrapped in bacon, and arranged geometrically in an ox intestine, and Schwarzwurst, or smoked black sausage, which is made from a paste of pig's blood, pork rind, ears, boned head and trotters, fat trimmings and onions, with diced pork fat and enclosed in ox intestine.

Blood sausage worldwide Italy makes fresh sanguinaccio in Lecce made with pig's brains and blood and there are many German varieties of Blutwurst (some including calf's or pig's lung and bacon) Belgium has the Brussels bloedpens and a boudin noir (cousin to a French one) that contains eggs, butter and cream.

In Spain there are butifarras on the east coast and the Balearics and morcillas in the north and south. In the north these may be flavoured with aniseed, cloves and other spices, and are plumped with either onions or rice. Both the Burgos and Aragon morcillas contain rice with pine nuts. The Asturian morcilla is smoked and wrinkled, swelling up in the pot. Most southern morcillas are in loops, again onions and rice are the common fillers. Morcilla dulce (a sweet one) highly spiced with creamy fat (like fruit cake), is eaten as a tapa. It is a taste shared in Sicily, where raisins, almond pieces and candied pumpkin may be included and in Scandinavia where they may contain raisins.

British black puddings are different in using cereals (oatmeal or barley) to absorb the blood, and traditionally are horsehoe shaped. They remain popular in Scotland and the English Midlands and north (and interest London chefs) The best are the short, fat ones made in Bury in

Lancashire, flavoured with marjoram, thyme, mint, penny royal and celery seed. Irish drusheen is made with pig's blood in cork (sometimes with liver) and sheeps blood in Kerry. The finest sausage include cream and breadcrumbs, with pepper and mace, tansy is a traditional herb.

RECIPES

Boudin noir

Add 1 tablespoon wine vinegar 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{3}$ cups) pig's blood to prevent it coagulating. Chop 400 g (14 oz) onions and gently cook them in 100 g (4 oz, $\frac{1}{2}$ cup) lard without browning. Dice 800 g 1 kg (1 $\frac{1}{4}$ 2 $\frac{1}{4}$ lb) fresh pork fat and soften in a pan very gently without frying, until it becomes translucent. Add the onions and a bouquet garni and cook for about 20 minutes. Remove from the heat and, stirring constantly, add the blood, 2-3 teaspoons salt, 175 ml (6 fl oz, $\frac{3}{4}$ cup) white wine, $\frac{1}{2}$ teaspoon freshly ground pepper and $\frac{1}{2}$ teaspoon allspice. Sieve to remove remaining lumps of fat at this stage, if required, then add 200 ml (7 fl oz, $\frac{3}{4}$ cup) crème fraîche.

Turn some clean pig's intestines inside out, wash and dry them, rub with lemon juice, and turn right side out. Knot the end of one of the pieces of intestine and using a funnel, fill the intestine with the mixture, pushing it with the hand towards the knotted end. When the sausage is about 10 cm (4 in) long, twist the intestine several times to seal it. Repeat for the other sausages.

Plunge in boiling water and poach for about 20 minutes without boiling. As the puddings rise to the surface, prick them with a pin to release the air, which would otherwise burst them. Drain them and leave to cool under a cloth.

Boudin noir a la normande

Chop about 800 g (1 $\frac{3}{4}$ lb) dessert (eating) apples for 1 kg (2 $\frac{1}{4}$ lb) sausage, sprinkle with lemon juice (if desired) and fry in butter in a large pan. Poach the black pudding, slice into portions and fry in butter in a separate pan. Add the slices to the apple and fry together for a few seconds. Serve piping hot.

Boudin noir bearnais

Gently cook 1 kg (2 $\frac{1}{4}$ lb) minced (ground) pig's throat, or fatty pork, for 30 minutes in the bottom of a large stock pot or heavy based saucepan. Peel 1 kg (2 $\frac{1}{4}$ lb) onions and 250 g (9 oz) garlic and add to the meat, together with 5 tablespoons chopped thyme and a bunch of chopped parsley. Simmer for 1 $\frac{1}{2}$ hours. In a large saucepan, boil half a pig's head seasoned with coarse salt, with 1 kg (2 $\frac{1}{4}$ lb) leeks, 500 g (18 oz) onions stuck with cloves, 4 red sweet (bell) peppers and 500 g (18 oz) carrots. When the head is cooked, bone it, chop the meat and vegetables, discarding the cloves from the onions, and add to the stock pot. Adjust the seasoning and add some allspice. Add 5 litres (8 $\frac{1}{2}$ pints, 5 $\frac{1}{2}$ quarts) blood. Stir well. Put in containers, cover and sterilize in a pan of boiling water for 2 hours. Serve sliced cold or grilled (broiled).

BLADDER A membranous bag in animals in which urine is stored, after slaughter it has various uses in cooking and charcuterie. Pig's bladder is used to enclose poultry (chicken or duck) for poaching in stock. It must be soaked in water with coarse salt and vinegar to remove impurities, then carefully rinsed and dried before inserting the bird. The poultry is then presented at table en vessie or en chemise. If the dish is to be served cold, it is left to cool in the intact bladder. This cooking method, in which the bird is effectively sealed, concentrates the flavours of the forcemeat and the aromatic cooking liquid inside the bladder.

In former times dried pig's bladders were used as containers for tallow and melted lard. Sometimes they were filled with air and used as shop signs for charcutiers (suppliers of cooked meat).

RECIPES

Chicken en vessie marius Vettard

Singe and carefully clean a roasting chicken weighing 1.701.8 kg (3 ¼ - 4 lb) Leave it to soak in iced water for 4 hours to ensure that the flesh remains white. Meanwhile soak a pig's bladder.

Prepare a forcemeat with the chicken liver, 150 g (5 oz) fresh truffles, and 250 g (9 oz) foie gras, using an egg to bind it. Season the forcemeat with salt and pepper and add about 150 ml (1/4 pint, 2/3 cup) champagne. Stuff the chicken with the forcemeat and truss it.

Insert the chicken into the well-rinsed and dried bladder in such a way that the opening of the bladder is along the back of the chicken. Add 2 generous pinches of coarse salt, a pinch of peeper and a glass each of Madeira and good quality champagne. Sew up with fine string pulled tightly and prick it about 10 times all around to stop it from bursting. Then poach in a good consomme for 1 ½ hours. Serve the chicken in the bladder with shaped potatoes, carrots, turnips and the white part of some leeks (or with rice pilaf) Open the bladder at the last moment, slitting it along the seam. A light Burgundy is a good accompaniment to this dish.

BLANC, A French term used to describe a stage of cooking when food is cooked or partially cooked but not coloured, for example by gently frying onions without allowing them to colour.

Cuire a blanc is also the French term for baking a pastry flan case blind.

BLANC, Au The French description of food (especially poultry and veal) n either a blanc de cuisson or a white stock.

RECIPE

Chicken au blanc

Poach a boiling chicken in white stock for 1 ¼ - 1 ¾ hours, depending on its size and tenderness. The legs and wings should come away in the hand without using a knife. Reduce a bowlful of the cooking liquor and add an equal volume of alternate sauce. Coat the chicken with the sauce and serve piping hot with rice and carrots cooked in stock.

BLANC DE BLANCS White wine made solely from white grapes. Until recently, this term was used mainly in reference to champagne made from the Chardonnay grape. Today the term is often applied to other wines made only from white grapes and is used in many countries both for all and sparkling wines.

BLANC DE CUISSON The French term for a liquor used for cooking white offal and certain vegetables. It is used both to aid whitening and to prevent discoloration of the food. A simple blanc is made by blending a little flour with water, then adding more water, with lemon juice or vinegar to acidulate it. Butter is another possible addition to float on the surface and insulate the vegetables (or other ingredients) from the air.

RECIPE

Blanc for offal and meat

This stock is used for cooking certain types of offal, such as sheep's tongue and trotters, calf's head and cockcombs and kidneys.

Blend together 25 g (1 oz, ¼ cup) flour and 4 tablespoons water. Add a further 1 litre (1 ¾ pints, 4 1/3 cups) water, mix and strain. Season with 1 teaspoon salt. Add the juice of half a lemon, 2-3 tablespoons chopped raw calf's or ox kidney fat, 1 quartered carrot, a bouquet garni and 1 onion stuck with a clove. Place the ingredients to be cooked in the stock when it is boiling.

BLANC DE NOIRS White wine made from black grapes, the juice being run off before the skin pigments can taint it. The term is used in Champagne for wines made exclusively from Pinot Noir and Pinot Meunier grapes. Wines such as white Zinfandel, which are pale pink in colour,

may also be described as Blanc de Noirs.

BLANCHING This term is used for several different operations.

Par-Boiling. Lightly cooking raw ingredients for varying amounts of time in boiling water with or without salt or vinegar. The ingredients are then refreshed in cold water and drained or simply drained and then cooked normally. Blanching may be carried out for several reasons to make firmer, to purify, to remove excess salt, to remove bitterness, or to reduce the volume of certain vegetables. In some cases, the ingredients are placed in cold water and brought to the boil, potatoes diced bacon previously soaked white offal poultry, meat and bones and rice. In other cases, the ingredients are plunged directly into boiling water, for example, cabbage and lettuce. Blanching is equivalent to compelte cooking with such vegetables as spinach, very young French (green) beans and fresh peas.

Part Frying. Preliminary frying of certain potato, preparations such as chips, so that they partially cook without changing colour. They become crisp and golden when fried for a second time at a higher temperature, just before serving.

Soaking Briefly Covering fruit, vegetables or nuts with boiling water for a few seconds to facilitate removal of the skin. Tomatoes, peaches, almonds and pistachios are treated in this way, the skin can then be removed easily without damaging the inside.

Beating Egg Yolks . This usage is not common, it refers to the vigorous beating of a mixture of egg yolks and caster (superfine) sugar until the volume increases and it becomes light and fluffy. This method is used particularly for making custard and some sponge cake mixture.

BLANCMANGE In classic cuisine a much prized jellied almond cream. One of the oldest desserts, it was said by Grimond de La Reyniere to have originated in Languedoc. In the Middle Ages blancmange was both a white meat jelly made of pounded capon or veal and a dessert made from honey and almonds. Although the modern word is used to embrace milk jellies, often based on cornflour (cornstarch), traditional blancmange is made with sweet almonds and a few bitter almonds that are pounded, pressed, sweetened and mixed with a flavouring and gelling agent. The latter was originally grated stag's horn, subsequently replaced by beef or mutton juice, isinglass and finally gelatine. This dessert was often regarded as difficult to make because it had to be white and perfectly smooth,

RECIPES

Traditional almonds blancmange

Blanch 450 g (1 lb. 3 cups) sweet almonds and about 20 bitter almonds. Leave them to soak in a bowl of cold water, which renders them singularly white. Drain in a sieve and rub in a napkin to remove the skins. Pound in a mortar, moistening them, little by little, with 1 ½ tablespoons water at a time, to prevent them turning into oil. When they are pounded into a fine paste, put into a bowl and dilute with 1.15 litres (2 pints, 5 cups) filtered water, added a little at a time. Spread a clean napkin over a dish pour the almond mixture into it and, with two people twisting the napkins, press out all the almond milk. Add to the milk 350g (12 oz 1 ½ cups sugar and rub through a fine sieve. Strain the liquid through a napkin once again and add 25 g (1 oz plus 4 grains) clarified isinglass a little warmer than tepid- or use 25 g (1 oz., plus 4 grains) clarified isinglass a little warmer than tepid or use 25 g (1 oz, 4 envelopes) gelatine dissolved in warm water. Blend with the blancmange. Pour into a mould and place in a container with crushed ice.

Variations To make rum blancmange, add ½ glass rum to the mixture described above. To make a Maraschino blancmange, add ½ glass maraschino.

To serve this dessert in small pots, prepare two thirds of the quantity given in the recipe, you will, however, need less gelling agent, as when the blancmange is served in small pots it should be more delicate than when it is to be turned out.

Blancmanges can be flavoured with lemon, vanilla, coffee, chocolate, pistachio nuts, hazelnuts and strawberries. Whipped cream can also be incorporated.

Modern almond blancmange

Blanch and skin 450 g (1 lb, 3 cups) sweet almonds and 20 bitter almonds (or use all sweet almonds). In a blender puree the almonds with 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{3}$ cups) hot water, when the liquid is milky and the almonds are very fine, strain the mixture through muslin (cheesecloth). Sprinkle 25 g (1 oz. 4 envelopes) gelatine over 5 tablespoons almond milk and leave to swell. Heat the remaining almond milk with 100 g (4 oz $\frac{1}{2}$ cup) sugar, stirring frequently. When the sugar has dissolved and the liquid is almost boiling, stir into the gelatine, and continue stirring until the gelatine has melted. Pour the almond blancmange into a 1.15 litre (2 pint, 5 cup) mould, leave until cold, then refrigerate until firmly set.

BLANQUETTE The French term for ragout of white meat (veal, lamb or poultry) cooked in white stock or water with aromatic flavourings. Theoretically, the sauce is obtained by making a roux and adding cream and egg yolks. However, the roux is more often than not omitted. Blanquette had a very important place in historical cuisine and became a classic of bourgeois cookery. Blanquettes are also made with fish (monkfish) and vegetables (chard and celery)

RECIPES

Preparation of Blanquette

Cut the meat or fish into about 5 cm (2 in) cubes. Seal by frying the cubes in butter without browning. Cover with white stock or bouillon, season, quickly bring to the boil and skim. Add 2 onions (one stuck with a clove) 2 medium sized carrots cut into quarters and a bouquet garni. Simmer gently (15 minutes for monkfish, 45 minutes for poultry, 1 $\frac{1}{4}$ hours for veal). Drain the pieces of meat or fish and place in a sauce pan with small onions and mushrooms that have been cooked au blanc, in a thin white sauce. Heat gently and, just before serving, bind the sauce with cream and egg yolks and flavour with a little lemon juice. Place in a deep serving dish, sprinkle with parsley and garnish with heart shaped croutons fried in butter.

Blanquette is usually served with rice à la creole but may also be served with celeriac (celery root), halved celery hearts, carrots, braised parsnips or leeks, cucumber (cut into chunks and blanched for 3 minutes in boiling salted water), braised lettuce or lettuce hearts.

Blanquette of lamb à la Francienne

This is prepared with shoulder, breast and best end (rib chops) of lamb. The stock for 1.8 kg (4 lb) lamb is made with 2 carrots cut into quarters, 2 medium onions (one stuck with a clove) and a vegetable bouquet garni consisting of 2 celery sticks and 2 small leeks (white part only). The garnish is made with 200 g (7 oz) baby onions, 200 g (7 oz) mushrooms (preferably wild) and 8 croutons fried in butter. To bind the sauce use 50 g (2 oz, $\frac{1}{4}$ pint, $\frac{2}{3}$ cup) double (heavy) cream, the juice of half a lemon, and a pinch of grated nutmeg.

Blanquette of lamb with beans and lamb's feet

Cut the meat from a shoulder of lamb into large cubes. Cover with iced water and keep for 12 hours in the refrigerator, changing the water once or twice. Soak 350 g (12 oz. 2 cups) dried white haricot (navy) beans for about 12 hours in cold water with an onion stuck with a clove 4-5 whole carrots, a leek and a bouquet garni.

Rub 3 lamb's feet with lemon juice, blanch for 10 minutes in boiling water, refresh with cold water and trim. Make a paste of 1 tablespoon flour, lemon juice and water in a pan. Add the feet, together with 2 carrots, an onion, a bouquet garni and some peppercorns, and simmer for about 2 hours. When the feet are cooked, drain, skin and dice the flesh.

Cook the beans with the flavoring ingredients for about 1 $\frac{1}{2}$ hours, skimming frequently at first, and add salt after 15 minutes.

Drain the pieces of lamb shoulder. Start cooking them in cold water and add a lamb stock (bouillon) cube, 2 carrots, an onion a bouquet garni, pepper corns and a little salt. Simmer for about 1 ½ hours. When cooked, drain the pieces of lamb and arrange them in a large dish. Reduce the cooking liquor to litre (1 ¾ pints, 4 ½ cups) In a separate pan, mix together 300 ml (1/2 pint, 1 ¼ cups) double (heavy) cream, 3 tablespoons Dijon mustard and 4 egg yolks. Pour the sieved reduced cooking liquor on to the mixture and heat gently, stirring constantly. Season with salt and pepper. As soon as the mixture approaches boiling, strain it over the pieces of lamb. Drain the beans and mix them and the diced feet with the blanquette.

Blanquette of monkfish

Cut 1.5 kg (3 ¼ lb) monkfish into 5 cm (2 in) cubes and seal in 40 g (1 ½ oz, 3 tablespoons) butter without browning. Complete the cooking as in the basic blanquette recipe using 150 g (5 oz., 1 cup) diced carrots, 2 medium onions (one stuck with 2 cloves), 2 leeks 225 g (8oz) baby onions and 225 g (8 oz) very small button mushrooms (optional). To bind the sauce, use 2-3 egg yolks, 150 ml (¼ pint, 2/3 cup) double (heavy) cream and the juice of 1 lemon.

Blanquette of veal

This may be prepared with shoulder, breast or flank, either on or off the bone. For 1.5 kg (3 ¼ lb) meat use the same ingredients as for blanquette of lamb a ancienne. Seal the pieces of veal in butter without allowing them to brown and cook in bouillon.

BLANQUETTE DE LIMOUX A sparkling white AOC wine produced in the department of Aude near the town of Limoux (near Careassonne) It is made mainly from the Mauzac grape, which used to be called Blanquette because the undersides of the leaves are covered in white down. Increasing amounts of Chardonnay and some Chenin Blanc are also used. The wine is made sparkling by the traditional method. Blanquette Methode Ancestrale is a sweeter version, made without disgorgement of the sediment. The region also produces still white wines under the Limoux appellation.

BLAYE A fortified town on the right bank of the Gironde, opposite the Medoc. Wine has been produced in this area for longer than in the Medoc, although now its importance is reduced. The most important wines are red, made from Merlot and Cabernet Sauvignon grapes under the Premieres Cotes de Blaye appellation. Some whites are also made from Ugni Blanc and Sauvignon Blanc grapes, sold under the names Cotes de Blaye, Blaye or Blayais.

BLENDER An electric device used to liquidize, crush or mix foods. It is used in the preparation of sauces, soups, fruit and vegetable purees, fine forcemeats, mousses and mousselines.

There are two kinds of blender, the hand held type and the goblet type. The former consists of a motor unit with a handle and a column fitted with a blade which turns at about 10,000 r.p.m. It can be operated either in the receptacle used for cooking or preparing the food or in a tall narrow container, useful for making mayonnaise. Sometimes it is equipped with a slower blade, which can be used to mash potatoes and puree chestnuts (otherwise the excessive rotary speed of the mixer would release the starch, making the puree sticky and viscous).

In the goblet type the motor unit serves as a base and the blade turns in the goblet. The goblet has a limited capacity, so only relatively small quantities can be processed at a time. It is particularly useful for pureeing soups and sauces, and is used when a finer texture is needed than that obtained in a food processor. For thicker mixtures, when a blender would need to be stopped and the mixture scraped down on to the blades, a food processor does a better job.

BLENDING Assemblage The practice of combining several wines of different grape varieties or vintages. In the vineyards of northern Europe where the hours of sunshine are often inadequate, a

fruity varietal, usually from a single grape variety, is often used to enhance another wine with its bouquet.

Further south, varieties are sometimes mixed to achieve a better balance between the degree of alcohol, acidity and tannins in the case of red wines, so, for instance, in the Bordeaux one combines Cabernet Sauvignon for its structure, Merlot for its roundness, and Cabernet Franc for its fruit. Wines of different years are also mixed to obtain the best possible results.

RECIPE

Blinis a la francalse

Blend 20 g (3/4 oz, 1 1/2 cakes) fresh (compressed) yeast or 1 teaspoon dried yeast with 50 g (2 oz, 1/2 cup) sifted strong plain (bread) flour with 500 ml (17 fl oz, 2 cups) warmed milk and leave to rise for 20 minutes in a warm place. Then mix in 250 g (9 oz, 2 1/4 cups) sifted strong plain flour, 4 egg yolks, 300 ml (1/2 pint, 1 1/4 cups) warm milk and a generous pinch of salt. Mix the ingredients well. Leave the batter to rest for a minimum of 1 hour. At the last moment, add 4 stiffly whisked egg whites and 100 ml (4 fl oz, 7 tablespoons) whipped cream. Make small thick pancakes by frying quantities of the batter in butter in a small frying pan, turning them over after a few minutes.

BLONDIR A French culinary term meaning to lightly brown food by frying gently in fat. Onions and shallots may be cooked like this and the term is also applied to flour, which is lightly browned in melted butter to make a white roux.

BLOOD The vital fluid of vertebrates. Pig's blood, an ingredient of black pudding (blood sausage), is that most frequently used in cookery. Fresh blood is either a symbol of vigour, or, for Jews, something to be shunned as unhygienic. It is a tapa in Spain, solidified and cut into squares, and it is considered a fortifying food, especially in cold countries, hence the ancient Swedish scartsoppa (black soup), made with goose blood, also the Polish czermina (or techernina), eaten with rice noodles or fried croutons, to which fresh poultry, game or pig's blood is added before it is thickened with a puree of chicken livers. There are also various French regional dishes using blood.

To use, blood must be stirred with vinegar, salt or alcohol without delay, to prevent deterioration and clotting. Thickening with blood is widely used in traditional European cookery, for civets and, in France dishes described as en barbouille. When poultry or game blood is not available, fresh pig's blood can be used instead.

Duck au sang is very popular in the cookery of Rouen. A gamey taste is induced by smothering the duck (without blood loss) rather than shooting it. The a la presse method of presenting it also means the bloody juices from the partially roast, crushed duck enrich the final sauce.

The French expression cuit a la goutte de sang (cooked to the drop of blood) is applied to young game or poultry which is just cooked, similarly, the term saignant (rare, literally, bleeding) corresponds to a specific degree of cooking for grilled (broiled) or roast meat.

BLUEBERRY Fruit of three species of shrub of the *Vaccinium* genus, related to huckleberry, and one of the only seven native northern American foods to be cultivated on a large scale. The lowbush blueberry, called bluets or perles bleues in Quebec, is smaller, sweeter and very flavourful (and still sold as wild blueberry). The fruit of the highbush, cultivated in the northern United States since the 1920s is considerably larger than the huckleberry especially the aromatic Dixie. Blueberries should not be stored in the refrigerator. They make excellent tarts, pies, upside down desserts, sauce for ice cream and blueberry muffins.

BLUE CHEESE Most distinguished and with the longest traditions, are the French ewe's milk Roquefort English Blue Stillon and Italian Congazola. But several European countries, and America, make blue cheese from cow's, ewe's and goat's milk (whole or skimmed) using a penicillin fungus, either the Roquefort or gorgonzola strain, to induce veining. Flavours range from forceful to delicate, textures from hard and crumbly to creamy, while rinds vary from hard to the white Camembert style rind.

Many soft blue veined cow's milk cheeses are produced in France, mostly in the Auvergne, Savoy and Jura. If the cheese is made from other milk, the label must specify Bleu de Chevre (blue goat's milk cheese) or Bleu de Grevin (blue ewe's milk cheese).

In France, the name Bleu also applies to white cheese in which only the crust turns blue and is covered with a natural pale blue down, such as Olivet Bleu and Vendome Blue. The most important of the blue-veined cheeses are produced in Auvergne, Bresse, the Causses, Corsica (from ewe's milk) upper Jura, Lagneuille, Landes, Quercy, Sainte Foy, Sassenage and Thiezy. Making blue veined cheese The precise methods by which blue cheeses are made vary according to type and regional techniques. The curds are cut into cubes, drained and moulded. During coagulation or, more frequently, during moulding spores of the fungus *Penicillium glaucum* are added. For some cheeses the fungus may be added earlier in the process, for example to the milk at the beginning of production. This fungus gives the blue veining. The moulded curds are then salted and finely perforated to encourage the growth of the spores, and finally matured for varying periods in damp cellars. The best seasons for the cheese are summer and autumn.

A good blue cheese is ivory or cream coloured, firm and springy and rather fatty, with evenly distributed light or dark green blue veins. The naturally formed crust may be rough or smooth. Blue cheeses are sometimes wrapped in foil.

French blue cheeses

Bleu d'Auvergne AOP (Cantal, Puy-de-Dôme, Haute-Loire) A cylindrical cheese, varying in size with a firm fatty paste (45% fat content), a strong smell and a slightly piquant flavour.

Bleu de Bresse A small cylindrical cheese with a soft smooth paste (50% fat content) a fine smooth blue crust and a medium to strong flavour.

Blue Des causses. AOC This cylindrical cheese, formerly made with cow's milk mixed with ewe's milk, has a firm fatty paste (45% fat content) a strong smell and a distinct bouquet.

Blue de Corse. The name reserved for Corsican ewe's milk cheeses that are not taken to Roquefort for maturing and are not therefore, as superb as the famous cheese matured in the cellars of Aveyron. Cylindrical in shape, it has a fine paste (45% fat content) a good piquant flavour and a strong smell.

Bleu de Haut Jura AOC (Ain and Jura) Bleus de Gex and Septmoncel) made from unpasteurized cow's milk. A flat wheel shape with a slightly convex base, the cheese is springy to the touch with heavy veining (45% fat content) slightly bitter and having a full flavour.

Blue cheese worldwide Because the penicillin fungus needs a cool temperature to multiply, blue cheese is a northern phenomenon or a mountain product.

Italy, well-known for Gorgonzola, makes a lighter version in Dolce latte, which is smooth, milk and delicate (the name means sweet milk) Castelmagno is a similar blue veined cow's milk cheese, named after a village near Dronero while the rare Montecenisio is produced on the Italian/French border. In the mountains of the Asturias, Spain produces Cabrales and the associated Picos and Gamonedo.

Britain is unusual in that the best known blue cheeses, blue Stilton blue Cheshire, Shropshire blue and blue Wensleydale are hard. Blue Cheshire and blue Wensleydale are blue veined versions of white cheese. Blue Cheshire at one time was a randomly occurring blue version of Britain's oldest cheese, made in Shropshire and Cheshire. Subsequent production became more orderly, with *Penicillium roqueforti* added to the cow's milk before ripening. Only the red Cheshire cheese is blue, to produce a rich cheese.

The Danes have created successful cheeses on French and German models. Danablu (simply Danish blue abroad) is an early 20th century substitute for Roquefort made from cow's milk, with a 50-60% fat content, it is 3 kg (6 ½ lb) in size and very sharp and salty. Bla Castello is a modern, small cow's milk cheese, 70% fat content, with sharply defined dark blue veins and a downy white surface mould. It is mild and similar to Bavarian blue. Mycella is another Danish cheese, with a slightly creamy texture and greenish blue veins in bands, in a creamy yellow paste. A Norway has a unique, old cheese in Gamelost, while Finland's cow's milk Aura and the Swedish cow's milk Adelost are both modelled on Roquefort.

The German Edelpilzkise is literally glorious mould cheese. With very dark blue, vertical veins in a pale ivory paste, 45% fat content and 2-5 kg (4-11 lb) in size, it may be round or loaf shaped. The modern Bavarian blue, with a pale cream paste with blue sphodges has a 70% fat content because additional cream is added to the cow's milk. The rind is white, with flor of the Camembert type, and the cheese weighs 1 kg (2 ¼ lb). Other blues worth mentioning are the Czech Niva, and the Israeli Galli, a strongish ewe's-milk cheese, gren-veined, in the Roquefort style.

Australia makes a Gorgonzola style cheese, while America has the renowned Maytag Blue Cheese from Iowa.

Serving blue cheese. Blue cheese are served at the end of the meal, preferably alone or as the last course, so that their often distinct flavour can be savoured with full-bodied aromatic red wines or with more fruity red wines. In France they may also be served with sweet dessert wines, such as Sauternes. They are often used for canapes and may also be used in the preparation of mixed salads, regional soups and fondues. They are used to enliven such meat dishes as hamburgers and beef olives or as a sauce for game, and are often used in souffles and quiches, Avoid refrigeration.

BOARD Traditionally a wooden slab usually 4-6 cm (1 ½ - 2 ½ in) thick (usually beech) rectangular, round or oval in shape. Various types of plastic boards are now used. Being dishwasher safe and non absorbent, plastic boards are often more hygienic than wooden ones. Toughened glass and laminated boards are available for lighter use. The kitchen board is used for slicing, chopping or cutting up meat, fish, vegetables and bread. Boards designed specially for carving meat or poultry have a wide groove around the perimeter for catching the juice. Bread boards are sometimes made of horizontal laths fitted to a frame with a tray beneath to prevent crumbs from scattering. Pastry boards, used for kneading and rolling out pastry dough, must be smooth and big enough to hold the rolled out dough.

Boards are also used for pressing fitting into the tops of tins (pans) or terrines and occasionally for cooking. An oiled board, put into a cold oven with a fish upon it, the heat then raised, is used for planked fish.

BOCKWURST A generic German name for all sausages that are very finely ground. These include frankfurters, the larger weiners and knackwurst, similar dumpy links of pork with beef, flavoured with garlic and cummin. They are poached or fried.

BOHEMIENNE, A LA Various dishes have been named after Balfe's successful comic opera, La Bohemienne (1869). These include a soft boiled (soft cooked) egg dish, a salpicon and a sauce served with cold dishes, which uses a cold bechamel base to bind an emulsion of egg yolks and oil flavoured with tarragon vinegar.

The ingredients of sauceteed chicken a la bobemienne garlic, fenned, red or green (bell) reppers and tomato are similar to those of a Provencal dish called houmanie, which is a kind of rataouille. The dish is served with plain rice. Rice with crushed tomato and fried onion rings are also ingredients.

RECIPES

Salpicon a la bothemienne

Dice some foie gras and truffles. Reduce some Madeira sauce, add a little essence of truffle and use the sauce to bind the salpicon of foie gras and truffles. Diced onions cooked in butter and seasoned with paprika may also be added. This salpicon may be used as a filling for a vol-au-vents, small flans, poached eggs and tartlets.

Sauteed chicken a la bohémienne

Season a medium sized chicken with paprika and saute in a flameproof casserole or large heavy saucepan until brown. Cover and continue cooking very slowly either on top of the stove or in a preheated oven at 180 °C (350 °F, gas 4). Cut 4 red or green (bell peppers into thick strips. Peel 2 tomatoes and slice thickly. Finely dice an onion and then blanch it. Prepare 1 tablespoon chopped fennel. Add all these ingredients, together with a pinch of crushed garlic, to the pan when the chicken is half cooked (after about 20 minutes). At the end of the cooking time, when the chicken is tender, deglaze the casserole with 100 ml (4 fl. oz, 7 tablespoons) white wine. Add 60 ml (2 fl. oz, ¼ cup) thickened veal stock or well reduced bouillon. Finally, add a dash of lemon juice. Pour the sauce over the chicken and serve with saffron rice.

BOIL To bring a liquid (such as water or stock) to boiling point and maintain it at that temperature, thereby cooking ingredients that are placed in it. Boiling occurs at a fixed temperature, which for water is 100 °C (212 °F). If a recipe contains an instruction to boil rapidly, this means that the ingredients should be agitated to prevent them from sticking to each other or to the bottom of the pan. In most cases, it is sufficient for the liquid to simmer. Liquids are also boiled to reduce them.

Oil and other fats used for frying have boiling points of up to 200 °C (400 °F). The boiling point of sugar syrup varies according to the concentration, which increases as the water evaporates.

BOLETUS The Latin name of a wild mushroom family easily recognized by the spore bearing tubes on the undersurface of its cap. They are prized in most European countries, as far as Russia, but also grow in North America and most other parts of the world. There are various edible species one of the best known being the cep, *Boletus edulis*.

BOLIVIA The country where the potato originated. Bolivia boasts some three hundred varieties. Chintos, potatoes which have been frozen then, dried, are a favourite potato product they are very light and are soaked before being cooked. Besides a fondness for chilies, spicy soups and fried food, Bolivia has another interesting specialty the conejo, estrado, a rabbit which is stretched as much as possible, making its flesh extremely tender and delicate.

BOLLITO MISTO A celebrated Italian stew originating in Piedmont. The name of the dish literally means boiled mixed and its composition can vary according to region, availability of ingredients and family traditions. As a general rule, it contains rump of beef, knuckle of veal and chicken (stuffed or plain) often with a pork sausage or a zampone (stuffed pig's foot). Some recipes also include pig's trotters, ox tongue or rolled head of veal. The meat is cooked in stock with onions, carrots and celery. The accompanying vegetables, such as carrots, turnips and celeriac are then cooked in little of the strained stock. It is customary to serve bollito misto with gherkins, capers, small pickled onions, green salad and Cremona mustard a sweet and sour fruit mustard similar to chutney.

RECIPE

Bollito misto

Put 500 g (18 oz) flank of beef, 500 g (18 oz) oxtail and 500 g (18 oz) blade bone of beef (or silverside) in a braising pan and fill with water. Bring to the boil, skimming often. Add 2 onions, 3 celery sticks, 3 peeled garlic cloves, 5 sprigs flat leaved parsley, 1 sprig rosemary, 10 peppercorns

and a little sea salt. Cover and cook for 1 ½ hours. Remove the pieces of meat gradually as and when they become tender. Meanwhile cook 1 split calf's head and 1 split calf's foot in water flavoured with 1 onion and 1 celery stick. In another braising pan, cook 1 calf's tongue, skin it very carefully and set aside. Prick a cotechino (Italian sausage) and cook it in a little stock. Arrange the meats on a serving dish and serve very hot, accompanied by the traditional sauces spring onions (scallions) Verona mustard (a type of mustard (made from several kinds of fruit, cooked in a very hot mustard syrup).

BOLOGNAISE A LA The French term for several dishes inspired by Italian cookery, especially that of Bologna, that are served with a thick sauce based on beef and vegetables, particularly tomato, popularity associated with pasta. In Italy this becomes *alta bolognese* and the sauce is known as *ragù*. It is richer than the French style sauce, as it contains chopped ham, various vegetables, beef, lean pork, chicken livers and white wine.

RECIPES

Bolognese sauce

Chop 4 celery sticks and 5 large onions. Add 4 sage leaves and 2 sprigs rosemary to a traditional bouquet garni. Coarsely chop 500 g (18 oz) braising steak (chuck or blade beef or flank) Peel and crush about 10 large tomatoes and 4-5 garlic cloves. Heat 5 tablespoons olive oil in a heavy based saucepan. Brown the meat and then the onion, celery and garlic in the olive oil. Add the tomatoes and cook for about 10 minutes. Lastly, add the bouquet garni 350 ml (12 fl oz 1 ½ cups) beef stock, 250 ml (8 fl oz, 1 cup) red wine, salt and pepper. Cover and cook very gently for at least 2 hours, adding a little water from time to time. Adjust the seasoning.

Bolognese sauce may be prepared in large quantities. The length of the cooking time means that it can be kept for several days in the refrigerator, and several months in the freezer. It is served with spaghetti and macaroni, and in gratin dishes and lasagne.

Timbale of pasta with bolognese sauce

Cook and drain some short pasta (such as macaroni). Add some mushrooms lightly fried in butter with chopped garlic, shallots and parsley, some diced ham (turned in hot butter to avoid drying out) and (optional) a little grated white truffle. Pack these ingredients firmly into a timbale mould, then turn out. Coat the timbale with a light bolognese sauce and reheat it in the oven. Serve with grated Parmesan cheese, or sprinkle with grated Parmesan and a little melted butter and brown in the oven before serving.

BOMBE GLACEE A frozen dessert made from a bombe mixture, often enriched with various ingredients, and frozen in a mould. The dessert was named after the spherical mould in which it used to be made. Nowadays, cylindrical moulds with rounded tops are used.

Traditionally, bombe, moulds are filled with two different mixtures. The bottom and sides of the mould are lined with a layer of plain ice cream, a fruit ice or a sorbet, the inside is filled with the chosen bombe mixture. The mould is then hermetically sealed, clamped and frozen. To serve, the bombe is turned out on a folded napkin placed on the serving dish. The bombe may be decorated in a number of ways depending on its ingredients crystallized (candied) fruit or violets, marrons glacés, pistachios, fruit macerated in liqueur or whipped cream.

RECIPES

Lining the mould with ice cream

Chill the mould in the refrigerator for about 20 minutes. At the same time soften the ice cream or water ice chosen to line the mould. Spread it roughly on the bottom and sides of the mould with a plastic or stainless steel spatula. Place the mould in the freezer for about 15 minutes to harden and then smooth the ice with the spatula. Replace the mould in the freezer for a further hour before

filling with the bombe mixture, unless the mixture is a parfait, in which case pour it down the sides of the lined mould until filled and place in the freezer for 5-6 hours.

Bombe mixture

In traditional cuisine, the mixture is made with 32 egg yolks per 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{3}$ cups) syrup (density, 1.285, see sugar) Pour the syrup and egg yolks into a saucepan and place the pan in a bain marie over a moderate heat. Whisk vigorously until the mixture is thick and creamy, then press it through a very fine sieve. Whisk again, away from the heat, until completely cold by this stage it should be light, fluffy and white. Finally add an equal volume of whipped cream and the chosen flavouring.

Bombes are often made with a far lighter mixture. For example, a 1 litre (1 $\frac{3}{4}$ pint, 4 $\frac{1}{3}$ cup) bombe Hawaii can be made using 500 ml (17 fl oz, 2 cups) pineapple sorbet to line the mould and 500 ml (17 fl oz, 2 cups) kirsch parfait made with 2 egg yolks, about 60 ml (2 fl oz $\frac{2}{4}$ cup) syrup (density 1.2407) and about 250 ml (8 fl oz, 1 cup) whipped cream mixed with 1 $\frac{1}{2}$ teaspoons kirsch.

Bombe Aida

Line the mould with tangerine ice cream and fill with vanilla bombe mixture flavoured with kirsch.

Bombe Alhambra

Line the mould with vanilla ice cream and fill with strawberry bombe mixture (a combination of strawberry bombe mixture (a combination of strawberry puree, Italian meringue and whipped cream) turn out the bombe and surround with large strawberries macerated in kirsch.

Bombe archidus

Line the mould with strawberry ice cream and fill with praline bombe mixture.

Bombee chateaubriand

Line the mould with apricot ice cream and fill with vanilla bombe mixture mixed with crystallized (candied) apricot macerated in kirsch.

Bombee diplomate

Line the mould with vanilla ice cream and fill with maraschino bombe mixture mixed with diced crystallized (candied) fruit macerated in maraschino.

Bombee Doria

Line the mould with pistachio ice cream and fill with vanilla bombe mixture mixed with pieces of marrons glacés macerated in rum.

Bombee duchesse

Line the mould with pineapple ice cream and fill with pear bombe mixture.

Bombee Grimaldi

Line the mould with vanilla ice cream and fill with kummel flavoured bombe mixture. Decorate with crystallized (candied) violets and halved pistachio nuts.

Bombe Monselet

Line the mould with tangerine ice cream and fill with port flavoured bombe mixture mixed with chopped crystallized (candied) orange peel that has been macerated in brandy.

BONDON DE NEUFCHATEL A Normandy cheese made from cow's milk (45% fat content), soft with a red tinged crust. Originating from the most important market town in the Bray region, it is cylindrical in shape, 4-6 cm (1 ½ -2 ½ in) in diameter and 6-8cm (2 ½ -3 in) high, with a fruity yet salty flavour.

BONE The solid element in the carcass of a vertebrate animal. Bones are made of cartilage impregnated with calcium salts. When cooked in a boiling liquid they yield gelatine, essential for the smoothness and palatability of certain cooking stocks, veal bones are particularly valuable for this purpose. Crushed bones, which may be browned in the oven, are usually cooked with aromatic vegetables and herbs to make stock for sauces.

Some bones, particularly those from beef and veal, contain marrow. The pot-au-feu may include thick slices of shin (shank) bone (fore or hind leg) complete with marrow. Osso bucco, a traditional Italian dish, is prepared with slices of unboned veal knuckle.

Meat cooked on the bone is generally preferred to that off the bone, the surface remains sealed in a natural way, while the bone is a good conductor of heat. Rib of beef on the bone is a prime cut, it can be grilled (broiled) as it is or butchered to make the famous T-bone steak of American barbecues. York ham cooked on the bone should also be mentioned it is delicious. Lamb chops and cutlets (rib lamb chops), and rack of lamb (from which the latter are cut) all may need some little preparation. For example trimming the fat towards the end of the bone (and between them, too, in the case of rack) and shortening the bone itself. To serve, the bone tip can be garnished with a paper collar or frill.

BONE MARROW A soft fatty substance in the cavities of long bones. In cooking, beef marrow is usually used and it is an important feature in the Italian osso bucco, a new of veal shin cooked on the bone. Slices of gently poached beef marrow are served with grilled (broiled) or roast beef. Marrow is also used as a filling for artichoke hearts, cardoons, omelettes, bouchees and croutes and it may be included in salpicons, garnishes and soups, while the marrow from one bone will flavour a risotto. It is often used to prepare sauces for grilled meat or fish. A marrow bone is a favourite in the French stockpot and often cooked with boiled rolled beef. The bone is then served with the meat and the marrow may be extracted with a teaspoon. Bone marrow may also be bought in jelly form. Amourette is the French name for spinal marrow.

RECIPES

Bone marrow canapés

Wrap some fresh or frozen bone marrow in a small piece of muslin (cheesecloth), plunge it into boiling salted beef stock and poach gently without boiling (about 6 minutes for fresh marrow and 7-8 minutes to frozen marrow). Lightly toast some small slices of bread. Unwrap the marrow, drain it carefully and cut half of it into small dice and the other half into rounds. Garnish each canapé with diced marrow and place a round of marrow on top. Season with salt and pepper, sprinkle with finely chopped parsley and serve immediately, as marrow loses its creamy texture very quickly.

Bone marrow sauce

Put 3 finely chopped shallots in a saucepan. Add 350 ml (12 fl oz. 1 ½ cups) white wine, season with salt and pepper and reduce by half. Stir in 2 table spoons thickened veal stock or well reduced meat sauce. Poach 75 g (3 oz) bone marrow and cut into small dice. Remove the sauce from the heat and whisk in 100 g (4 oz. ½ cup) butter cut into tiny pieces, then add 1 tablespoon lemon juice and the diced bone marrow. Sprinkle with chopped parsley.

BONING The removal of bones from meat, poultry, fish or game. Boning raw meat or poultry is carried out with a special boning knife and requires skill to avoid damaging the meat.

The same term is used for the removal of the backbone of a fish that is subsequently stuffed and reshaped before cooking.

RECIPES

Brill bonne femme

Prepare and clean a brill, Butter a dish and sprinkle with chopped shallot and parsley. Add 250 g (9 oz. 3 cups) chopped button mushrooms. Place the brill in the dish and add 7 tablespoons dry white wine and the same quantity of fish stock. Dot with very small knobs of butter. Cook in a preheated oven at 200 °C (425 °F, gas 7) for 15-20 minutes, basting the grill two or three times. Towards the end of cooking, cover with foil to prevent the fish from drying out. The same method may be used for sole and whiting.

Chicken bonne femme

Trim a chicken weighing 1.8-2 kg. (4-4 ½ lb), season with salt and pepper, then truss. Brown the chicken slowly on all sides in butter in a flameproof casserole or heavy based saucepan. Blanch 100 g (4 oz. 2/3 cup) finely diced unsmoked streaky (slab) bacon. Add the diced bacon and 20 small onions to the casserole. Cover and cook gently for 15 minutes. Add 500 g (18 oz) potato balls or small new potatoes and continue cooking slowly, basting the chicken from time to time, until tender. Garnish with the cooked vegetables and serve.

Green beans bonne femme

Partially cook 1 kg (2 ¼ lb) green beans in salted water. Blanch 250 g (9 oz. 1 ½ cups) diced unsmoked streaky (slab) bacon. Brown the blanched bacon in a frying pan, then add the drained beans and 150 ml (1/4 pint, 2/3 cup) rich meatstock. Adjust the seasoning cover and cook until the beans are tender. Dot with butter and sprinkle with chopped parsley before serving.

Vegetable soup bonne femme

Cook 100 g (4 oz.) finely sliced leeks (white part only) in butter. Add 1.5 litres (2 ¾ pints, 6 ½ cups) white consommé or chicken broth and 150 g (9 oz) sliced potatoes. Season with salt and simmer until the potatoes are soft. Just before serving add 50 g (2oz. ½ cup) butter and some chervil. Serve with thin slices of French bread that have been dried in the oven.

BONNEFONS, NICOLAS DE A 17th century French writer who was a valet in the court of Louis XIV. He published a work in 1654 (which was reprinted several times until 1741) called *Les Delices de la campagne*. This book marks a turning point in the history of French culinary art which, at that time, was still influenced by the precepts of the Middle Ages, with its emphasis on decoration and excessive use of spices which detracted from the nature of the food.

The work was divided into three parts. Drinks, bread and wine (this section was dedicated to the ladies of Paris). Vegetables, fruit, eggs, and milk (dedicated to the Capuchin monks famous for their skill as gardeners) and Meat, poultry and fish (with a foreword for head waiters and, as a supplemented cleanliness in the preparation of dishes, diversity of menus and, above all, simplicity. Let a cabbage soup be entirely cabbage, and may what I say about soup be a law applied to everything that is eaten. He quoted recipes of the era, such as a special health soup with four meats) and poupepin He also advocated the use of some well matched flavours, such as mackerel and green fennel.

BONNEFOY A Parisian restaurant of the 1850's that is still associated with a type of bordelaise sauce, served with certain fish and fillets of fish prepared a la mendoise. The sauce contains shallots reduced in white wine but not strained.

BONNES MARES a grand cru vineyard of just 13 hectares in the Burgundy village of

Chambolle Musigny. It overlaps slightly into the neighboring village of Morey St. Denis. It produces exceptional quality wines which age well and after a few years attain a remarkable smoothness and fine bouquet.

RECIPE

Bontemps sauce

Cook 1 tablespoon chopped onion in butter in a saucepan. Add salt, a pinch of paprika and 200 ml (7 fl. oz. $\frac{3}{4}$ cup) cider. Reduce by two-thirds. Add 200 ml (7 fl. oz. $\frac{3}{4}$ cup) meat based veloute and bring to the boil. Remove from the heat and add 40 g (1 $\frac{1}{2}$ oz, 3 tablespoons) butter and 1 generous tablespoon white mustard. Sieve before serving.

BOOPS bogue. A spindle-shaped fish (family Sparidae) abundant in the Mediterranean and the Bay of Biscay. It is 20-30 cm (8-12 in) long with spines along its back. It is mostly used in fish soups.

BORDELAISE, A LA The name given to a wide range of dishes (eggs, fish, shellfish, kidneys and steak) which use such ingredients as bone marrow, shallots and significantly wine (white for fish and white meat and red for red meat). This is the adjective of Bordeaux, a principal wine region.

RECIPE

Bordelaise sauce

(From a recipe by Careme) Place in a saucepan 2 garlic cloves, a pinch of tarragon, the seeded flesh of a lemon, a small bay leaf, 2 cloves, a glass of Sauternes and 2 teaspoons Provencal olive oil. Simmer gently. Skim off all the fat from the mixture and mix in enough espagnole sauce to provide sauce for an entrée and 3-4 tablespoons light veal stock. Reduce the mixture by boiling down and add half a glass of Sauternes while still simmering. Strain the sauce when it is the right consistency. Just before serving add a little butter and the juice of half a lemon.

Bordelaise sauce for grilled meat (1)

Boil down by two thirds 200 ml (7 fl. oz, $\frac{3}{4}$ cup) red wine with 1 tablespoon chopped shallot, a sprig of thyme, a piece of bay leaf and a pinch of salt. Pour in 200 ml (7 fl. oz, $\frac{1}{4}$ cup) demi-glace, sauce. Boil down by one third, then remove from the heat, add 25g (1 oz, 2 tablespoons) butter and strain. Add 25g (1 oz) beef marrow cut in dice, poached and drained, and 1 teaspoon chopped parsley.

Grilled (broiled) meats served with bordelaise sauce are usually garnished with slices of poached, drained beef marrow.

Bordelaise sauce for grilled meat (2)

Prepare some concentrated red wine as in the preceding recipe, but boil it down only by half. Thicken with 40 g (1 $\frac{1}{2}$ oz, 3 tablespoons) beurre manie. Boil for a few moments. Add meat glaze or meat extract equal in bulk to a walnut. Finish as in the preceding recipe.

Calfs liver a la bordelaise

Quickly fry slices of Bayonne ham in butter. Season slices of calf's liver with salt and pepper, coat with flour and fry in butter. Arrange on the serving dish, ALTERNATING WITH SLICES OF THE HAM. Coat with bordelaise sauce.

Fillets of sole a la bordelaise

Prepare some button mushrooms and baby (pearl) onions and cook in butter. Butter a small fish kettle or flameproof casserole and sprinkle the bottom with finely chopped onions and

carrots. Season the fillets of sole with salt and pepper and arrange in the fish kettle. Add a bouquet garni and 175-350 ml (6-12 fl oz, $\frac{3}{4}$ - 1 $\frac{1}{2}$ cups) white Bordeaux wine, according to the size of the container. Poach the fillets for 6-7 minutes, then drain, retaining the liquor. Arrange the fillets on the serving dish surrounded by the mushrooms and baby onions, cover and keep warm. Add 2 tablespoons demi-glace or fish stock to the cooking liquor and reduce by half. Add a knob of butter, sieve and pour over the fillets.

Sauteed calf's kidney a la bordelaise

Poach 2 tablespoons diced beef marrow in salt water, drain and keep warm. Trim the calf's kidney, slice thinly, season with salt and pepper, and fry briskly in very hot butter, turning the pieces over as they cook. Drain, retaining the juice, and keep the kidney warm. Deglaze the frying pan with 100ml (4 fl oz, $\frac{1}{2}$ cup) white wine, add 1 tablespoon finely chopped shallots and boil off the liquid. Then add 250 ml (8 fl oz, 1 cup) veal stock and the juice from the kidney, and reduce by half. Thicken with a little arrowroot and adjust the seasoning. Replace the kidney in the sauce, add the beef marrow and stir. Arrange in a mound and sprinkle with chopped parsley.

Tournedos (filet mignons) a la bordelaise

Poach some slices of bone marrow in salt water, drain and keep warm. Grill the steaks, over very hot charcoal (if possible use dry vine prunings) Place a slice of bone marrow on each steak and sprinkle with chopped parsley. Serve with bordelaise sauce.

BORDER A mixture that is shaped, moulded or cut to form a border or ring around the edge of a dish, either for decorative effect or to hold other ingredients in the centre. Special round, plain or ridged moulds or savarin moulds are usually used to shape the border. The ingredients of the ring depend on whether the dish is hot or cold, sweet or savoury.

For hot Dishes Rice, semolina, quenelle mixture, duches potatoes.

For Cold Dishes Hard boiled (hard cooked) eggs, aspic jelly (cut into tringles, crescents or cubes) sliced tomatoes, oranges or lemons.

For dessert Moulded creams, creamed rice, semolina.

RECIPES

Savoury Rings

Egg ring a la princesse

Prepare in the same way as egg ring Brillat-

Savarin, but flavour the eggs with diced truffle and asparagus tips. The latter may be replaced by crayfish tails, shelled prawns (shrimp) shellfish or mushrooms.

Egg-ring Brillat-Savarin

Prepare a veal forcemeat ring as in the recipe for veal forcemeat ring with calves marrow or brains, turn the hot ring out on to an ovenproof dish. Meanwhile, prepare some crumbled eggs and add either some Parmesan cheese or diced truffle (or truffle peelings). Pour the scrambled eggs into the centre of the ring, sprinkle the eggs and the ring with grated Parmesan and melted butter and brown rapidly in a preheated oven.

Fish forcemeat ring with medallions of lobster a lamericaïne

Prepare a whiting forcemeat. Butter a ring or savarian mould and press the forcemeat into it. Poach gently in a preheated oven at 180°C (350 °F, gas 4) in a bain marie for 25 minutes or until fish is cooked, then cover and leave for 30 minutes in the oven with the door open (this helps the mould to relax and to set well). Turn the hot fish ring out on to a warm plate and fill the centre with medallion of lobster a lamericaïne.

Fish forcemeat ring with shellfish ragout

Prepare the fish forcemeat ring mould as in the previous recipe. Cook shellfish (for example, mussels à la marinère, oysters, clams or scallops poached in white wine) and remove the shells. Cook some langoustines (jumbo shrimp) in court bouillon and shell the tails. Fry some mushrooms in butter. Bind all these ingredients with a well seasoned white sauce made from fish stock or with a shrimp sauce. Turn the ring out of the mould and fill the centre with the shellfish ragout. Garnish the ring with slices of truffle or add truffle peelings to the sauce.

Rice ring with various garnishes

Butter a ring or savarian mould and fill with pilaf rice, risotto or rice cooked in consomme and bound with egg. Cover the mould and cook in a preheated oven at 160 °C (325 °F, gas 3) for about 10 minutes, then turn the ring out on to a serving dish. The filling can be a ragout of shellfish, poultry or offal, medallions of lobster à l'américaine, crayfish à la bordelaise or curried fillets of fish.

Ring of calves brains à la piémontaise

Prepare slices of calves brain à la poulette and add some chopped mushrooms which have been cooked in butter. Butter a ring or savarian mould, fill with risotto, and press in lightly. Heat through in a preheated oven at 180 °C (350 °F gas 4) Turn the ring out on to a warmed plate and arrange the mixture of brains and mushrooms in the centre. Garnish with slices of white truffle, if desired.

Ring of sole à la normande

Prepare a forcemeat of creamed fish. Generously butter a ring or savarian mould and fill with the forcemeat. Bake in a bain marie in a preheated oven at 180 °C (350 °F, gas 4) for about 25 minutes. Let it stand for 30 minutes in the oven with the door open. Turn the ring out on to a serving dish. Fill the centre of the ring with a shellfish ragout mixed with normande sauce, then add some fried smelts. Poach some folded fillets of sole in white wine and arrange on top of the ring. Also poach some oysters and place one on each fillet. Garnish with sliced truffle. Warm the dish through and garnish round the edges with shrimps cooked in court bouillon.

Veal forcemeat ring with calves marrow or brains.

Prepare a veal forcemeat. Generously butter a ring or savarian mould and press the forcemeat into it. Poach gently in a bain marie in a preheated oven at 180 °C (350 °F gas 4) for about 25 minutes, then cover and leave for about 30 minutes in the oven with the door open to set properly. Meanwhile, prepare some calves marrow or calves brains à la poulette and, separately, some lightly fried mushrooms cooked au blanc. Turn the veal ring out on to a heated serving dish. Pour the marrow or brains à la poulette into the centre of the ring and sprinkle with chopped parsley. Garnish the ring with the mushrooms and cover with more poulette sauce.

Sweet Rings

Rice ring à la créole

Butter a ring or savarin mould. Fill with thick rice pudding, press down, heat through in the oven then, turn out on to a serving dish. Poach 16 half slices of pineapple in vanilla flavoured syrup and fill the centre of the ring with them. Decorate with cherries and angelica. Serve either slightly warmed, or very cold, with apricot sauce flavoured with rum.

Rice ring à la montmorency

Prepare a rice ring as in the previous recipe. Separately prepare some confectioner's custard (pastry cream) flavoured with kirsch (see custard) and also some stone (pitted) cherries poached

in syrup. Fill the centre of the ring with alternate layers of confectioner's custard and cherries. Sprinkle with crushed macaroons and melted butter and place in a preheated oven at 240 °C (475 °F, gas 9) for a few minutes. Serve with cherry sauce flavoured with kirch.

Semolina ring with fruit

Butter a ring or savarin mould and fill with a stiff, cooked dessert semolian mixed with a salpicon of crystallized (candied) fruit. Place in a preheated oven at 160 °C (325 °F, gas 3) for a few minutes, until set. Turn the ring out on to a serving dish. Fill the centre with whole, halved or cubed fruit, poached in vanilla-flavoured syrup. Heat again for a few minutes in the oven. Just before serving, sprinkle the ring with a very hot fruit sauce flavoured with rum or kirsch.

BOREK A cheese fritter in Turkey, where it is a national appetizer, and a rich fried or baked Middle Eastern pastry, generally savoury but sometimes sweet, also widely eaten in the Balkans.

Its preparation was well described in the magazine *Le Pot-au-Feu* (1 January 1900). The true Turkish method consists of wrapping cigar shaped pieces of katschkawalf cheese in thin sheets of pasta dough and frying them in oil. This description remains valid, and boreks are made with a very thick bechamel sauce mixed with katschkawalf, a ewe's milk cheese common throughout the East (this may be replaced by diced or grated Gruyere or Emmental). When cold, the mixture is shaped into thin rolls, which are then wrapped in pasta dough (or puff pastry) rolled out to a thickness of 2 mm (1/8 in) and cut with a pastry (cookie) cutter into oval shapes about 10 x 5cm (4 x 2 in). The fritters are sealed with beaten egg and deep fried for 8-10 minutes, when cooked, they rise to the surface. The dough can also be shaped into rectangles or circles and made into turnovers, which may be coated with breadcrumbs before frying.

BORSCH Also known as borsht. A beetroot (beet) soup, eaten hot or cold, popular in the Ukraine, Russia and Poland, and also an Ashkenazi Jewish dish. The essential character and colour come from the root, but the soup may include chicken or beef with other vegetables including mushrooms, which supply the stock in meatless versions. In the Ukraine the broth is served with proskki. The chilled version is Lashinable abroad.

RECIPE

Ukrainian borsch

Fry 2 chopped onions and 200 g (7 oz) raw sliced beetroot (beet) in lard, cover and continue to cook gently. Bring 1 kg (2lb) stewing (chucks) steak to the boil in 2.5 litres (4 ¼ pints, 11 cups) water, then skim. Add 500 g (18 oz) shredded white cabbage, 3 carrots, a bunch of parsley, small trimmed celery sticks, and the beetroot and onion. Season with salt. Cook 4 ripe tomatoes in a little water, sieve and add them to the soup. Cook for 2 hours, then add a few potatoes, cut into quarters. Prepare a roux with lard and flour, mix with a little stock and pour it into the borsch with 2 tablespoons chopped fennel. Boil for a further 15 minutes and serve.

This Ukrainian borsch is served with a bowl of fresh cream, garlic cloves (which should be eaten between spoonfuls of soup) buckwheat kasha with bacon, and piroshki, little dumplings filled with meat, rice and cabbage.

BOTARGO Also known as boutargue or poutargue in French. The pressed, then salted and dried female roe of the grey mullet, called batrakb in the Middle East. The entire egg sack of the fish is treated whole. In Greece the roe is lightly smoked and may be sold from barrels in markets, known as argotaraho, it is a winter and Lent speciality, preserved from summer, caught fish roes are also sold singly, looking like longish, rather flat, red sausages. Sardinian roes are covered in beswax for protection. The method of preserving the roes seems to have been invented by the Phoenicians, but it may be Jewish in origin.

Known as white caviar, botargo is the forerunner in Europe of caviar and it is mentioned more

than once in Samuel Pepys Diaries. It is very salty and must be unsalted. In France and Greece it is eaten sliced very thinly, with a drizzle of lemon juice and or oil, sometimes on toast. In Greece it is more commonly grated and made into *tamasalata*. In Italy *botarga* makes an excellent pasta sauce and swordfish roe is also used. In Sicily and Sardinia the bluefin tuna gives a deep golden brown, slightly metallic tasting roe, weighing 2.5 kg (4 ½ -11lb) and looking like square sectioned sausage. Seabass roe is also used.

In France grey mullet were specially bred in Lake Berre for their roes and *poutargue* became a specialty of Martigues, in Provence.

North Africa is a main source supply. In California roe from the striped or black mullet is served on crackers. It is also salted and dried for export to Japan, where it is known as *karasumi*.
BOTERMELK A Belgium dessert, known in northern France as *lait battu*. It consists of milk boiled very gently for 1 ½ hours with pearl barley (or rice, semolina, tapioca or very fine vermicelli) and brown sugar. The mixture which is sometimes bound with potato starch, is then mixed with molasses or honey, raisins or other dried fruits soaked in warm water are then added.

BOTTEREAUX Geometrically shaped French fritters (square, round or triangular) made from raised (leavened) dough that has been flavoured with brandy or liqueur. They are traditionally made during mid-Lent in the Charentes and Anjou, regions and can be eaten hot or cold.

RECIPE

Botterreaux

Stir together 20 g (¾ oz. 1 ½ cakes) fresh (compressed) yeast and 100 ml (4 fl. oz. 7 tablespoons) slightly warm milk. Put in a food processor 400 g (14 oz. 3 ½ cups) strong plain (bread) flour, a pinch of salt, 3 tablespoons caster (superfine) sugar and 2 tablespoons rum. Add the yeast mixture and process thoroughly to form a dough. Roll out to a thickness of 5 mm (¼ in). Distribute 125 g (4 ½ oz. ½) butter cut into small pieces evenly over the surface. Fold the dough in two and roll out evenly, then work the dough again to incorporate the butter roll into a ball, flatten and roll into a ball again. Leave to rise for 3 hours. Roll out the dough very thinly, about 3 mm (¼ in) and cut out the shapes with a pastry (cookie) cutter. Fry them in very hot oil, then drain on paper towels before dusting with icing (confectioner's) sugar.

BOTTLE A narrow-necked vessel for holding boring liquids. It is a way of packaging and of marketing the contents.

A successful design also advertises the contents. For many years in France claret was known for its high-shouldered bottle, while Burgundy bottles had sloping shoulders: these now have become universal bottle types, adopted by purveyors only for their suitability. The champagne bottle (both its wide profile and the gold foil top) is another French example, born of the technical requirements for thicker glass and a securer cork to hold a sparkling wine. Bottles with successful marketing images are the round Portuguese Mateus Rose bottle, the Paul Masson carafe, the Gallo pot bellied flask and the Coca-Cola bottle grippable round its waist (launched in 1916) at one time the world's most universally recognized symbol.

In the Middle Ages wine was served at table either in tin vessels or pots long term storage in glass bottles did not become widespread until the 18th century. An etching dated 1750 and showing wine bottles with driven home corks makes it possible to date their appearance. The first French glassworks to specialize in making wine bottles was set up in Bordeaux in 1723 by an Irishman.

Serving wine. Current practice is to serve wine from its original bottle, placed directly on the table or on a coaster. The practice of laying the bottle on its side in a basket is only for very old wines, which may have a sediment. They should be drawn from the wine bin in a recumbent position hours before decanting. If they are not to be decanted, they should stand upright for some

hours.

BOTTLING AND CANNING FOOD A method of preserving food by hermetically sealing it in jars, bottles or cans and then heating it to temperatures above 100°C (212 °F), preferably 110-115 °C (230-239 °F), which destroys all the micro-organisms and enzymes liable to cause spoilage. The original process was invented by Nicolas Appert and is still referred to as appertisation in France. This form of sterilization is now an industrial process.

Thorough sterilization necessitates heating the foodstuff for long enough to destroy the microorganisms but not so as to impair its eating qualities, for example, milk is heated to very high temperatures 135 °C(275 °F) for a very short time 4 minutes UNT (ultra heat treated) milk is heated to 140 °C(284 °F) for 1-3 seconds, normally by steam injection, and then cooled and further processed in sterile containers to eliminate the cooked taste.

Before home freezing was popular, domestic sterilization techniques were used for bottling fruits and vegetables. Canning was also used by the home cook. Although these methods are sometimes used, for food safety reasons they are no longer practical everyday methods for home preservation. Special pans, jars, cans and sealing equipment are necessary and reliable recipes essential for good, safe results.

BOTTOM CUTS Cuts of meat from the lower part of the animal (when it is in a standing position). The term is not derogatory but applies to second and third category meats (for braising and boiling) which are not considered as fine as fillet (sirloin) and other top cuts, include shin, brisket, flank, skirt and leg of beef, knuckle and breast of lamb and pork. Slow cooking dishes (braised, stewed, navarin) are smoother and tastier when prepared with the bottom cuts, as these include a certain amount of fat and cartilage. The bottom cuts are the most economical and also represent 50% of the edible meat of a beef carcass.

BOTVINYA A cold sweet and sour Russian soup made from beetroot (beet) leaves, spinach and sorrel. It is garnished with either cucumber or small pieces of fish.

RECIPE

Botvinya

Wash a tear up 400 g (14 oz) spinach, 250 g (9 oz) beetroot (beet) leaves and 200 g (7 oz) sorrel. Cook gently in melted butter until soft, then puree in a blender. Transfer the puree to a soup tureen and stir in 250 ml (8 fl. oz, 1 cup) dry white wine, 1 litre (1 ¾ pints, 4 ½ cups) stock, 1 ½ teaspoons salt, 2 teaspoons sugar 100 g (4 oz) diced cucumber, a chopped shallot and 1 tablespoon each of chopped chervil and tarragon, and chill. Before serving add about 10 ice cubes, mix again and serve very cold.

BOUCAN Originally, boucan was meat smoke dried by the Caribbean Indians. Now it is a classic form of Caribbean barbecue, consisting of a stuffed sheep cooked in a trench heated with charcoal, then covered with hot sand and embers.

BOUCHE DU ROI The French name for the combined royal kitchen staff at the French court before the Revolution (1789) The oldest order defining their duties dates from 1281, when there were ten people responsible for the bread pantry and for cupbearing, 32 for cooking and four for fruit. A hundred years later, the number had more than tripled and under Louis XIV there were over 500. Managed by the highest officials, it became a very hierarchical structure with numerous lower officials. The goblet office included the pantry and the cupbearers and was closely allied to the cuisine office. There followed the three offices of common pantry, common cup bearing and common cuisine. There were also the fruiterer's office and the quartermaster's office (which provided wood porters and tradesmen like carpenters) The eighth office was that of the

transdesmen's kitchen.

The King's kitchen was the most important office, with a team of four chefs, four roasters, four soup makers, four pastrycooks, three kitchen boys, ten equerries, keepers of the table service (who looked after the gold and silver table services) and washers. There were also chair carriers and table carriers. As the king moved around, he was accompanied by warners, who gave the cooks timely notice of when the king wished to eat. When the king went hunting, a wine runner followed, carrying a light snack with him on his horse. A more substantial meal would be brought by carriage.

BOUCHEE, SAVOURY A small round puff pastry case with any savoury filling is a bouchee salee in France. Bouchees are served hot. A salpicon of one or more ingredients, with or without sauce, is added just before serving. The first small bouchees were probably invented by Marie Leszczyńska, Queen of Louis XV. It is safe to assume that the queen at least made them fashionable as she did other dishes and delicacies- historians agree on the subject of her appetite.

RECIPES

Making traditional bouchees with lids

Dust the working surface with flour and roll out some puff pastry to a thickness of about 5mm (1/4 in). Using a round, crinkle-edged pastry (cookie) cutter, 7.5-10 cm (3-4in) in diameter, cut out circles of pastry and place them on a damp baking sheet, turning them over as you do so. Use a 7.5 –10 cm (3-4 in) ring cutter to stamp out rings of pastry. Brush the edge of the pastry bases with beaten egg and place the rings on top. Chill the cases for about 30 minutes. Bake in a preheated oven at 220 °C (425 °F, gas 7) for 12-15 minutes. Using the point of a knife, cut out a circle of pastry from inside each bouchee, lift it out and set aside to use as a lid. If necessary remove any soft pastry inside the case. The bouchees are now ready to be filled.

Bouchees a la julienne

Cook a julienne of vegetables (carrots, parsnips, leeks, celery or fennel) in butter. Bind with cream and spoon into the cases.

Bouchees a l'americaine

Prepare the bouchee cases as above and fill with a salpicon of lobster, crayfish or monkfish a l'americaine.

Bouchees a la perigourdine

Make some very small cases, about 4 cm (1 ½ in) in diameter. Prepare a salpicon of truffle and foie gras and bind with Madeira sauce. Spoon into the cases.

Bouchees a la reine

Prepare and bake some bouchee cases. Prepare a salpicon a la reine for the filling as follows. Dice some chicken breasts poached in stock, also dice some truffle and poach in white wine. Cut some trimmed button mushrooms into four, sprinkle with lemon juice and cook very gently in butter so they retain their original colour. Prepare a white sauce with the stock from the chicken, add some cream, and, if desired, some egg yolk. For 500 ml (17 fl oz, 2 cups) stock, use 40 g (1 ½ oz, 3 tablespoons) butter, 40 g (1 ½ cup) plain (all purpose) flour, 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream, and 1 egg yolk. Using this sauce, bind the chicken, truffles and mushrooms together.

Heat the bouchee cases in a preheated oven at 180 °C (350 °F, gas 4) for 5 minutes. Fill them with the hot mixture and replace the lids. If the truffles are omitted from the filling, equal quantities of chicken breast and mushrooms should be used. A salpicon of calves sweetbreads,

quenelles and brains braised in white sauce may be added to the filling.

Bouchees with bone marrow

Prepare some very small cases, 4 cm (1 ½ in) in diameter. Poach some beef marrow in court-bouillon, drain and cut into small cubes. Season with plenty of pepper, bind with Madeira sauce, then spoon into the cases.

Bouchees with crayfish in Nantua sauce

Fill the cases with a ragout of crayfish tails in Nantua sauce.

Bouchees with mushrooms

Make smaller cases using a 6 cm (2 ½ in) diameter pastry (cookie) cutter. Fill with morel (or button) mushrooms in cream or in a cream sauce.

BOUCHEE, SWEET A petit four made from sponge cake shapes with some type of filling is a bouchee sheerve in France. The small cakes are hollowed out, filled with confectioner's custard (pastry cream) or jam, then sandwiched together and coated in coloured fondant icing (frosting). For example, a filling of confectioner's custard flavoured with coffee or chocolate could be used with fondant icing of the same flavour. Alternatively, a raspberry jam filling could be used with pink fondant icing. Other combinations include green confectioner's custard flavoured with kirsch plus green fondant icing decorated with pistachios, and vanilla flavoured confectioner's custard paired with white fondant icing.

RECIPE

Apricot bouchees

Place 250 g (9 oz, 1 cup) caster (superfine) sugar and 8 eggs in a bowl and whisk together over a pan of hot water. When the mixture is thick and fluffy, fold in alternately 200 g (7 oz, 1 ¾ cups) sifted plain (all-purpose) flour and 200 g (7 oz, ¾ cup) melted butter to which a small glass of rum has been added. Three quarters fill some small round moulds with the mixture and bake in a preheated oven at 180 °C (350 °F gas 4) for about 20 minutes. Turn out on to a rack and allow to cool. Cut in two, spread the bottom half with apricot jam flavoured with rum and sandwich the two halves together. Reduce some apricot jam, flavour with rum and brush it on the top and sides of the bouchees. Decorate with blanched with blanched toasted almonds and a glace (candied) cherry.

BOUCHERE, A LA The French name (meaning the butcher's wife way) given to various dishes that feature a garnish of bone marrow. Examples are: chopped cabbage consomme, served with slices of poached bone marrow, soft boiled (soft cooked) or poached egg a la bouchere, and omelette filled with diced poached bone marrow, surrounded with a ring of demi-glace and garnished on top with slices of bone marrow.

BOUCHON A type of small bistro in Lyon where two of the gastronomic traditions of the city are maintained the lavish machon and the pot a 45 el bottle for tasting Beaujolais. The word literally means a bung and comes from the Old French bousche a bottle stopper made of hay, straw or leaves. The insignia of taverns used to be a bunch of greenery or a bundle of straw.

BOUDIN ANTILLAIS A Caribbean sausage, also called bondin cocbon, that is grilled (broiled) fried in lard or simply heated in very hot (not boiling) water. It is often eaten as an appetizer to accompany punch. The filling is fairly liquid and can be sucked out from one end of the skin.

RECIPE

Boudin antilais

For 6-8 sausages, add 2 tablespoons vinegar to 1.5 litres (92 ¼ ints, 6 ½ cups) fresh pig's blood, this prevents the blood from coagulating. Moisten 250 g (9 oz. 2 ½ cups) stale white breadcrumbs (without crusts) with 120 ml (4 ½ fl oz, ½ cup) milk. Turn some clean pig's intestines inside out, wash and dry them, rub with lemon juice, and turn right side out. Finely chop 250 g (9 oz) onions and brown gently for 7-6 minutes in 100 g (4 oz, ½ cup) lard (shortening) As a food processor puree the breadcrumbs and blood, adding the drained onions. Then add 5 large garlic cloves, finely chopped, a small chilli pepper about 20 chopped chives or the same quantity of spring onions (scallions), salt to season and 1 tablespoon flour. Work together well and adjust the seasoning. The mixture must be highly flavoured.

Knob the end of one of the pieces of intestine and using a funnel, fill the intestine with the mixture, pushing it with the hand towards the knotted end. When the sausage is about 10 cm (4 in) long, twist the intestine several times to seal it. Repeat for the other sausages.

Place them together in boiling water seasoned with chives, bay leaves, peppers and sandalwood and allow to barely simmer for about 15 minutes, or until no more fat comes out when they are pricked. Drain the sausages and allow to cool completely.

BOUDIN BLANC A white meat sausage made throughout Europe, and in Britain, wherever black pudding (blood sausage) is made, and associated with the Christmas period in France.

The filling is a fine white meat paste (poultry, veal pork, or rabbit), to which has been added pork or veal fat. Sometimes cream, milk eggs, flour (or crustless breadcrumbs) and spices are used, even fish. The filling is stuffed into intestine casings and poached, fried gently, baked in the oven or cooked in buttered paper.

In France the traditional Christmas boudin blanc dates from the Middle Ages, after leaving Midnight Mass, the faithful would eat a milky gruel to warm themselves up. The pork butchers had the idea of binding it with eggs and adding minced (ground) meat. There are many types of boudin blanc, some of which contain truffles. The boudin a la Richelieu is based on chicken forcemeat and a salpicon a la reine and is cooked in small individual moulds.

Spain is another country where white puddings are important, particularly the *butifarra blanca* in Catalonia and the Balearics, containing very finely chopped lean pork. The Catalan *bishe blanc* is spherical, stuffed into tripe intestines and tied string.

White puddings are traditional in Ireland, shaped like a horsehoe and made of toasted oatmeal with flaked lard, seasoned with cloves, salt and black pepper. Eaten fresh they are sliced and fired for breakfast. The West Country of Britain also makes oatmeal and pork sausages.

RECIPES

Boudin a la Richelieu

Butter some small ovenproof moulds, smooth edged and oval in shape. Line the bottom and side of each with a finely ground chicken forcemeat. Now add a mixture similar to that used to fill *bouchees a la reine* but cut up more finely. Finally, cover with more forcemeat and smooth the surface using a knife blade dipped in cold water. Place the moulds in a bain marie and cook in a preheated oven at 180 °C (350 °F gas 4) for about 25 minutes. Turn the puddings out of the moulds and allow to cool. Arrange them in a circle on a serving plate with fried parsley in the centre. Serve with *Perigueux sauce* or *supreme sauce* to which has been added diced truffle or truffle peelings.

Boudin blanc

Skin and bone a chicken and finely mince (grind) the flesh together with 250 g (9 oz) York ham. To 250 g (5 oz. 2 ¼ cups) fresh breadcrumbs add just enough milk to moisten them. Cook over a

gentle heat, stirring, to thicken, then leave to cool.

Prepare a duxelles using 400 g (14 oz. 4 cups) button mushrooms, the juice of half a lemon and 4 finely chopped shallots. Thoroughly mix the bread mixture, the minced chicken and ham and the duxelles with 2 egg yolks, 100 g (4 oz, 1 cup) ground almonds, 200 ml (7 fl oz. ¾ cup) double (heavy) cream, a glass of Madeira or sherry, a large pinch of paprika, salt, pepper, a dash of cayenne, 2 tablespoons chopped parsley, a generous pinch of powdered thyme and (if desired) a few truffle peelings. Whisk 2 egg whites until stiff and add to the mixture. Prepare and fill the intestines as for boudin ontillois. Poach in the same way, then cool.

Boudin Blanc with prunes

Soak some prunes in a little lukewarm water or weak tea, then remove the stones (pits). Prick some boudins blancs with a fork, arrange in an oven proof dish and surround with the prunes. Sprinkle with melted butter and cook in a preheated oven at 240 °C(475 °F, gas 9) until golden brown.

Grilled boudin blanc

Prick some boudins blancs with a fork, roll each one in oiled greaseproof (wax) paper, and grill (broil) gently. Remove the paper and serve hot with mashed potatoes, apple sauce or celery puree.

BOUGNETTE A charcuterie speciality of southwestern France. The bouquette de Castres is a flat sausage made from chopped belly of pork combined with a mixture of bread and eggs, fried or baked in fat and eaten cold. Bouquette from Albi is larger.

BOUGON A goat's milk cheese soft with a red unged crust. Made exclusively by the cooperative of La Mothe-Bougon in Poitou, Bourgon is a boxed round cheese. 14 cm (4 ½ in) in diameter and 2.5 cm thick, weighing 250 g (9 oz.) Its pronounced flavour is at its finest from May to September, the period when goat's milk is of the best quality.

BOUGRAS A vegetable soup from Perigord, prepared with the water used for cooking black pudding (blood sausages) It was traditionally prepared at carnival time, when the pig was killed.

BOUILLABAISSE A dish comprising fish boiled with herbs, which is traditionally associated with the Provence region, especially Marseille, although it has long been enjoyed further a field. The word is a contraction of two verbs, *bottuler* and *abaisser* and in fact bouillabaisse is more a method of rapid cooking than an actual recipe, there are as many authentic bouillabaissees as there are ways of combining fish.

Bouillabaisse was originally cooked on the beach by fishermen, who used, a large cauldron over a wood fire to cook the fish that was least suitable for market such as , The dish is flavoured with olive oil spices, including pepper and saffron, and dried orange zest.

Provençal cuisine offers several variations on the bouillabaisse soup. At Martigues, where it is usual to serve the soup with potatoes, there is also a black bouillabaisse containing cattle fish and their ink. Sardine and cod bouillabaissees are also characteristic of the region, as are bourride and revesset. White wine is sometimes added to the liquid.

Other French coastal regions have their own local methods of preparing fish soups. Bouillonnade from roussillon, cotraide from Brittany, chandre from Charentes (which gave use to the American chowder) marnite from Dieppe, Flemish waterzool and horo, of the Basque region.

RECIPES

Bouillabaisse

For 8-10 servings, use about 3 kg (6 ½) fish and shellfish. Place the following ingredients in a large deep flameproof casserole: 300 g (11 oz. 2 ¾ cups) chopped onions or 100 g (4 oz., 1 cup) leeks and 200g (7 oz. 1 ¾ cups) onions, 2 large sliced carrots, and 3 large skinned and finelychopped tomatoes, 3-4 tablespoons crushed garlic, 1 sprig fennel, a small bunch of parsley 1 sprig thyme, a bay leaf and a piece of dried orange rind. Add the prepared shellfish, then the firm fleshed fish cut into uniform pieces with heads, bones and skin removed, as necessary. Moisten with 200 ml (7 ft oz, ¾ cup) olive oil and season with salt and freshly ground pepper. Add a generous pinch of powdered saffron and leave to marinate, covered and in a cool place, for a few hours.

Add sufficient water (or fish stock prepared with the heads and trimmings of the fish) to cover the fish. Cover and boil rapidly for 7-8 minutes. Then add the prepared soft fleshed fish and continue to boil rapidly for a further 7 minutes. Remove the fish and shellfish and place in a large round dish. Line a soup tureen with dry bread and strain the soup on to it. Sprinkle the soup and the fish with coarsely chopped parsley and serve both at the same time.

Caribbean bouillabaisse

Heat some olive oil in a large saucepan and gently cook 1 large chopped onion, some quartered tomatoes. 1 large crushed garlic clove, and 1 small cruched chilli pepper, add some thyme, grated nutmeg, salt and pepper. Finally add some prepared West Indian fish (such as devil fish and bonito) a small lobster (or a large lobster tail) and 3 crabs.Cover, bring to the boil, and cook for about 20 minutes for fresh, for frozen fish, continue cooking for 15 minutes after they have thawed. Five minutes before cooking is complete, add a little curry powder and 2 generous pinches powdered saffron.

Marseille bouillabaisse

Scale, clean and remove the head of 2 kg (4 ½ lb) of several kinds of whole fish (conger eel, sea bream, red gurnard, monkfish, whiting, scorpion fish, John Daryl). Cut into pieces. Fry 1 onion, 1 garlic clove, 2 leeks and 3 celery sticks, all peeled and finely chopped, in 7 tablespoons of oil until golden. Add the fish heads and trimmings.Cover with water, bring to the boil and simmer for 20 minutes Strain the mixture through a sieve and press to obtain as much of the cooking juices as possible. Crush 3 peeled tomatoes. Peel and chop 1 onion, 2 garlic cloves and 1 fennel bulb and fry in oil in a saucepan until golden. Add the stock, tomatoes and bouquet garni. Add the scorpion fish, red gurnard, monkfish, conger eel, sea bream, 10 little crabs (drilles brossees) and a few strands of saffron.Cook over a high heat. Then add the John Dory and whiting. Cook for another 5-6 minutes. Moisten a slice of bread with the stock and squeeze it. Pound it with 3 garlic cloves and 1 chopped red chilli. Add 1 egg yolk, then 250 ml (8 ft. oz, 1 cup) olive oil while whisking this rouille like a mayonnaise.Cut a baguette into slices and toast lightly or brown in the oven. Arrange the fish and trimmings on a large dish, pour the bouillon into a soup tureen, and serve with the rouille and croutons.

Salt cod bouillabaisse

Completely desalt 800 g (1 ¾ lb) fillets of salt cod, changing the water several times, then cut them into square pieces. In some oil, gently fry 100 g (4 oz. 1 cup) chopped onions and 50 g (2 oz., ½ cup) chopped leeks, without allowing them to change colour. When these vegetables are soft, add 2 peeled, seeded, and finely chopped tomatoes and 1 crushed garlic clove. Cook rapidly for 5 minutes, then add 6 tablespoons white wine, 500 ml (17 ft. oz, 2 cups) water or fish stock and a generous pinch of saffron. Bring to the boil and place the drained cod in the cooking liquor, cover and continue to boil rapidly for about 25 minutes. Just before serving add 1 tablespoon

chopped parsley. Serve the bouillabaisse in a deep dish with slices of dried bread. Alternatively, the stock may be served separately from the fish, garnished with slices of French bread.

Sardine bouillabaisse

Fried chopped onion and 2 chopped leeks (white part only) olive oil. Add 1 large peeled, seeded and chopped tomato, 2 large crushed garlic cloves, a bay leaf, a fennel stick, and a small piece of dried orange peel. Add 750 ml (1 ¼ pints, 3 ¼ cups) water. Season with salt, pepper and a generous pinch of powdered saffron. Add 6 potatoes, sliced fairly thickly. Cover and simmer for 25 minutes. Meanwhile, clean some fresh sardines and remove the scales under the cold tap, wash them and wipe dry. When the potatoes are almost cooked, lay the sardines on top and cook for 7-8 minutes. Pour the liquid on to slices of stale French bread arranged in a soup tureen, place the sardines and potatoes in another dish. Sprinkle both soup and fish with chopped parsley.

BOUILLETURE Also known as bouilliture. An eel stew thickened with *beurre manie* and garnished with mushrooms, baby onions, and prunes, it is served with toast and sometimes quartered hard boiled (hard cooked) eggs. In Anjou, *bouilleture* is prepared with red wine, white wine is used in Pottou.

RECIPÉ

Angevin bouilleture

For 1 kg (2 ¼ lb) eel, allow 750 ml (1 ¼ pints, 3 ¼ cups) red wine, 10 medium-sized shallots, 40g (1 ½ oz, 3 tablespoons) butter, 1 glass brandy, 250 g (9 oz) sauteed button or wild mushrooms, 150 g (5 oz) glazed small onions, 250 g (9 oz) prunes, 2 tablespoons flour, a bouquet garni, salt and pepper.

Skin the eel and cut into thick slices. Peel and chop the shallots and soften in butter in a flame proof casserole. Add the slices of eel, brown them, then flame with the brandy. Season with salt and pepper, add the red wine, the bouquet garni and the prunes. Cook for 20 minutes, then remove and drain. Prepare some *beurre manie*, add it to the casserole and boil for 2 minutes, stirring constantly. Pour the sauce containing the prunes over the eel and garnish with the sauteed mushrooms and the glazed onions.

BOUILLEUR DE CRU In France a landowner, vine grower, fruit producer or owner of any other product that can be distilled who is allowed to carry out the distillation for himself or herself. The expression is much used in the Cognac region, where the large establishments may buy in brandy already distilled by a *bouilleur de cru* if they do not carry out the distillation process themselves. There are also some individual *bouilleurs ambulants*, who as the term implies, travel around with some kind of portable still and either operate this for anyone who hires them or rent it out.

In the past such people were kept busy, but large scale distilling is now done at centrally placed establishment, while improved methods of transport enable the product for distillation to be brought to the distillery without loss of time.

The more modest procedures of distillation can be and sometimes are carried out in a very small space, so that an individual type of spirit may be produced. The systems of taxation and controls, however, have complicated what was at one time quite a common way of life, and though the person entitled to be a *bouilleur de cru* may still proudly continue to practice, the occupation has now altered and is not followed by as many people as in former times.

BOUILLON (RESTAURANT) A type of cheap restaurant that was opened in France at the end of the 19th century, serving meals at one set price. Originally its main dish was boiled beef served with its stock but this ample and economical menu was later complemented by other dishes. In Paris, several chains of such restaurants were opened, including the *Boulant* and *Chartier* bouillons. One of these is still running, complete with its 1900 décor, sawdust on the floor. *Thonet*

furniture and a menu written with purple ink.

BOUILLON (STOCK) The plain unclarified broth obtained from boiling meat or vegetables. It is used instead of water or white stock for cooking certain dishes and for making soups and sauces. Bouillon is the soul and quintessence of sauces, said F. Marin in 1739. The food industry has now developed solid or liquid extracts that can be mixed with water to obtain an instant meat or chicken stock.

RECIPES

Giblet bouillon

Put the giblets from 2 chickens in a pan with 2 litres (3 ½ pints, 9 cups) cold water and bring to the boil. Chop 4 carrots, 2 turnips, 3 leeks (white part only), 2 celery sticks and a small piece of parsnip. Skim the liquid, then add the vegetables together with an onion stuck with cloves, a bouquet garni, salt and pepper. Simmer gently until completely cooked (about 1 ½ hours) Just before serving, bone the giblets and return the meat to the bouillon, adding the juice of half a lemon and some chopped parsley. Adjust the seasoning.

If desired, this can be prepared in the Greek way by cooking 2 handfuls of rice in the stock and thickening with a beaten egg yolk, or preferably a whole beaten egg.

Herb broth

Use 40 g (1 ½ oz) fresh sorrel leaves, 20 g (¾ oz) lettuce leaves, 10 g (¼ oz) fresh chervil leaves, ½ teaspoon sea salt, 5 g (1/4 oz.1 teaspoon) butter and 1 litre (1 ¾ pints, 4 1/3 cups) water. Wash the vegetables and cook them in the water. Then add the salt and butter,Strain.

Beetroot (beet) or spinach leaves may be added to the stock if desired and, just before serving, parsley and lemon juice can be included.

Quick stocks

Home cooks no longer have stockpots bubbling away permanently on a corner of the stove. However, stock is still the basis of many recipes, so here are a few simple and quick recipes. Depending on the purpose of these stocks, a little thyme or parsley and salt and pepper may be added. Stock can be kept for 2-3 days in the refrigerator or frozen for longer storage good quality stock is also available from supermarkets, usually sold chilled, rather than in cub or powder form.

Quick beef stock Coarsely chop 100-150 g (4-5 oz) beef, a small carrot, a white leek, a small celery stick, a medium onion and a clove. Place all the ingredients in 1.5 litres (2 ¾ pints, 6 ½ cups) water and simmer gently for 20 minutes. Strain.

* (Quick veal stock Use the same method as for quick beef stock but use lean veal (haunch or shoulder) instead of beef.

- **Quick chicken stock.** Use the same method as for quick beef stock but with 400-500 g (14-18 oz.) chicken wings instead of the beef.

Vegetable bouillon

Use vegetables that are generally included in a stockpot carrots, onions, leeks, celery, garlic cloves, tomatoes and turnips are typical. Potatoes and parsnips tend to make the stock cloudy, strongly flavoured vegetables give the stock a distinctive flavour for example, broccoli, cauliflowers, swede (rutabaga) or fennel. Chop them, cook gently in butter, then pour boiling water over them to cover. A bouquet garni, salt and pepper (optional) are added and the broth is simmered until the vegetables are cooked. Alternatively, simply add all the ingredients to boiling water and simmer until cooked, either conventionally or using a pressure cooker, either conventionally or using a pressure cooker. In both cases, the broth must be strained before it can be served.

BOUKHA Also known as boukbra. A Tunisian spirit made from figs and drunk as a digestive throughout North Africa. The figs most commonly used are Hordas figs from Turkey.

BOULANGER The owner of a Parisian café in the Rue des Poulies who, in 1765, became the first restaurateur of the capital. Since he did not belong to the guild of caterers who sold sauces, cooked dishes and stews, Boulanger was entitled to offer his clients only drinks and restorative broths. One day in 1765 case against the caterers because Parliament had decreed that sheep's feet were not a stew. His success assured, Boulanger now added poultry au grossel to his menu. Diderot said that at the Boulanger establishment one was well but expensively fed Grimod de La Reyniere spoke of the first restaurateur of Paris, called Champ d' Oiseau, established in the Rue des Poulies in 1770, this may have been a nickname for Boulanger or an early competitor. A certain Roze de Chantoiseau set up in the same street, but his business foundered a few years later.

Boulanger is known only by this name some authorities claim that he was a baker whose real name has been lost.

BOULANGERE, A LA Oven baked dishes, usually lamb but sometimes fish, such as cod (originally cooked in the baker's oven, hence the term) garnished with potatoes and chopped onions, and sometimes topped with butter. At one time using the public oven was a common practice in Europe and America before domestic ovens became universal.

RECIPES

Cod a la boulangere

Season a piece of cod with salt and pepper and put it in an ovenproof dish. Thinly slice some potatoes and onions and arrange these around the fish, seasoning and adding a pinch of thyme and a pinch of crumbled bay leaf. Sprinkle with melted butter. Cook in a preheated oven at 190 °C (375 °F, gas 5) for 40 minutes. Cover the dish as soon as the fish turns golden to prevent it from drying out. Sprinkle with chopped parsley and serve, piping hot.

Herring a la boulangere

Clean 6 good herrings, preferably some with soft roes, and season with salt. Butter an ovenproof dish and place the herrings in it. Slice 400-500 g (14 –18 oz) potatoes and 150 g (5 oz.) onions and arrange around the herrings. Add salt, pepper, a pinch of thyme and a crumbled bay leaf. Sprinkle with about 40 g (1 ½ oz. 3 tablespoons) melted butter and cook in a preheated oven at 200 °C (400 °F, gas 6) for 30 minutes, basting from time to time. Cover the dish with foil if the potatoes begin to dry out in the final stages of cooking.

Loin of lamb (or pork) a la boulangere

Prepare and roast the meat as for a leg of lamb, allowing 22-25 minutes per 1 kg (2 ¼ lb) Add sliced potatoes and onions 30 minutes before cooking is complete.

Roast leg of lamb a la boulangere

Season a 2.5 kg (5 1/1 lb) leg of lamb with salt, pepper and garlic, and rub with butter. Roast in a preheated oven at 220 °C (425 °F, gas 7) for 40 minutes. Slice 675-800g (1 ½ -1 ¾ lb) potatoes and 300 g (11 oz.) onions. Arrange them round the joint, baste with the meat juices and about 50 g (2 oz, ¼ cup) melted butter, and season with salt and pepper. Reduce the oven temperature to 200 °C (400 °F, gas 6) and cook for a further 40-50 minutes, basting four or five times. Finally, cover the dish with foil and leave it in the open oven for a good 15 minutes for the meat to relax.

Shoulder of lamb a la boulangere

Bone a shoulder of lamb and season the inside with salt and pepper. Roll and tie the meat, then season the outside with salt and pepper. Complete the preparation and roast as for leg of lamb, allowing 25-30 minutes per 1 kg (2 ¼ lb). Add the garnish of potatoes and onions 30 minutes before cooking is complete.

BOULE DE BALE A small, short, stocky sausage, made in Basle consisting of a fine mixture of pork meat and pork fat forced into a straight synthetic skin. After being lightly hot smoked, the sausage is heated to 70-75 °C (158-167 °F) and then quickly cooked. It is eaten cold with bread and mustard, in a salad grilled or in pastry.

BOULE-DE NIEGE A small French cake, shaped like a ball, which is completely covered with whipped cream. It is made of layers of Genoese sponge spread with butter cream. The name means snowball.

The same name is also used for a petit four the size of a large marble. It consists of either two small meringues sandwiched together with a cream or miniature cakes made of a rum baba dough filled with kirsch cream and decorated with white fondant icing.

Boule-de-neige is also the French name for a moulded round ice-cream dessert.

BOULETTE Minced (ground), chopped or pureed meat or fish shaped into a ball (hence the French name) before cooking. Boulettes are usually coated with breadcrumbs and then deep-fried, but they may also be sautéed or poached. They are often made to use up leftover meat or fish and may be served with tomato sauce or brown sauce.

BOULETTE D'AVESNES A French cow's milk cheese (50% fat content) made by mixing Maroilles cheese with parsley, tarragon and spices. Its reddish crust is washed in beer. A speciality of Thieraches, Boulette d' Avesnes is shaped by hand into a cone, 8 cm (3 ½ in) in diameter and about 10 cm (4 in) high. It has a very strong piquant flavour.

BOULETTE DE CAMBRAI A French cow's milk cheese with a soft smooth paste (45% fat content) flavoured with parsley, tarragon, chives and salt. It is shaped into a small ball 6-8 cm (2 ½ -3 ½ in) in diameter. It is not matured and has a milder flavour than the Boulette d' Avesnes. Calfu cheeses, also from the Cambrai region, have a stronger flavour and are made from either spoiled or old cheese mixed with herbs. They are not entitled to the Boulette' appellation. A similar type of aromatic, often strong smelting cheese is made in Belgium, especially in Charleroi and Romedenne. It is used to make cheese and leek flans.

BOUQUET The aroma produced by the evaporation of the volatile products evident in wine. It is one of the main elements – together with colour, fruitness and vinosity – that may enable the origin of a wine and, for the experienced, also its area and vintage to be identified.

Aronas are frequently described in terms of fruits, honey, nuts, spices or wood, depending on the age and style of each wine. Aeration, which consists of uncorking a bottle in advance, perhaps decanting it into a carafe, and gently turning the wine in the glass while warming the glass in the cupped hand, allows the bouquet to develop.

BOUQUET GARNI A selection of aromatic plants used to flavour a sauce or stock. They are usually tied together in a small bundle to prevent them from dispersing in the liquid and are removed before serving. A bouquet garni generally consists of 2-3 sprigs parsley, 1 sprig thyme, and 1-2 dried bay leaves, but its composition may vary according to local resources. Sage and rosemary go into the Italian mazzello and celery, leek and savory can be added or a strip of orange zest. In Provence rosemary is always included. In old French cookery, bouquets garnis contained cloves as well as herbs, and the whole bundle was wrapped in a thin slice of bacon.

Abouquet garni may also be enclosed in a small muslin (cheesecloth) bag.

BOUQUETIERE, A LA A French garnish composed of vegetables that are arranged in bouquets of different colours around large meat roasts, fried chicken or tournedos steaks. The term is also used for a macedoine of vegetables bound with bechamel sauce.

RECIPES

Barquettes ala bouquetiere

Bind a macedoine of vegetables with bechamel sauce and use the mixture to fill barquette pastry cases. Place a small bouquet of asparagus tips on top of each barquette, sprinkle with melted butter and heat through.

Bouchees ala bouquetiere

Bind a macedoine of vegetables with bechamel sauce. Gently heat some small bouchee cases in the oven and fill with the hot mixture. Garnish with chopped parsley and replace the lids on the bouchees.

Roast rib of beef a la bouquetiere

Prepare a bouquetiere garnish by cooking some small carrots, pod-shaped pieces of turnip, small green beans, artichoke hearts and small cauliflower florets in salted water. Drain the vegetables and warm them in clarified butter. Cook some peas and use them to stuff the artichoke hearts. Fry some small new potatoes in butter. Season a thick (two bone) slice of rib of beef with salt and pepper, brush with melted butter. Roast in a preheated oven at 240 °C(475 °F, gas 9) for about 16-18 minutes per 1 kg (2 ¼ lb) or until cooked as required. Drain the fat and place the meat on a serving dish surrounded by the vegetables arranged in bouquets. Deglaze the dish in which the meat was cooked with a mixture of Madeira and stock. Reduce and pour the meat juices over the rib of beef.

BOURDALOUE A French dessert created by a pastrycook of the Belle Epoque whose establishment was in the Rue Bourdaloue in Paris. It consists of halved William pears that are poached and then immersed in vanilla-flavoured frangipane cream. They are then covered with crushed macaroons, and glazed in the oven. A tart bearing the same name is filled with this dessert.

Bourdaloue is also the name of a similar dessert made with semolina or pudding rice and other poached fruits. Bombe bourdaloue is flavoured with anisette.

RECIPES

APRICOTS BOURDALOUE

Poach 16 apricot halves in a light vanilla-flavoured syrup. Drain and wipe with paper towels. Two thirds fill a flameproof dish with cooked dessert semolina. Arrange the apricot halves on top. Cover with a thin layer of semolina and top with 2 crushed macaroons and 1 tablespoon sugar. Place in a very hot oven for a short time to glaze the top. Serve with apricot sauce. Pudding (short grain) rice may be used instead of semolina and peaches or bananas instead of apricots.

Bombe bourdaloue

Line a mould with vanilla ice cream. Fill with an anisette-flavoured bombe mixture and freeze the ice cream until set. Turn out and decorate with candied violets.

BOURDELOT A baked apple or a pear enclosed in pastry from Normandy. The core is removed and the centre of the fruit is filled with caster sugar moistened with 1 teaspoon Calvados and topped with a knob of butter. The fruit is then placed on a square of shortcrust pastry or puff pastry that is large enough to wrap around it. The corners of the pastry square are folded and

pressed together and glazed with egg yolk. Bourdelots are baked in the oven and may be eaten hot or cold.

BOURG A small town surrounded by vineyards of the Cotes de Bourg, situated on the right bank of the river Dordogne, close to its confluence with the Garonne. Most wine is good quality drinking red, made from Merlot grapes although a small amount of white is made from ugni Blanc and Colombard.

BOURGEOISE, A LA The French term used for dishes typical of family meals, without a set recipe, particularly those made with braised meat chuck, silverside knuckle of veal, leg of mutton and calf's liver. Such dishes normally include a garnish of carrots, small onions and pieces of bacon, which are usually arranged in bouquets around the meat.

RECIPES

Calf's liver a la bourgeoise

Mix together in a shallow dish 4-5 tablespoons brandy and 2 tablespoons oil, then add some chopped parsley, salt, pepper and a small amount of cayenne pepper. Marinate some pieces of bacon fat in this mixture for at least 30 minutes and then use to lard a piece of calf's liver. Tie the liver and braise it in a mixture of red wine and stock. Sauté some mushrooms in butter and glaze some small onions. When the liver is cooked, remove it to a serving dish with the mushrooms and onions, and keep warm. Skim the fat from the cooking liquid, strain and reduce to make a thick smooth sauce. Pour it over the liver and serve

Chicken a la bourgeoise

Season a chicken with salt and pepper and cook in butter in a covered dish in a preheated oven at 180 °C (350 °F gas 4) for 30 minutes. Then add 100g (4 oz., 2/3 cup) diced fat bacon that has been lightly fried and 20 small carrots fried in butter. Cook for about another 35 minutes, basting the chicken with its own juice from time to time. Place the chicken and the garnish in a dish and keep warm. Deglaze the cooking pot with 7 tablespoons each of white wine and stock. Then strain the sauce and reduce it by about one third, adding about 20 glazed small onions, cooked in butter. Pour the sauce over the chicken and sprinkle with chopped parsley.

BOURGUEIL Red or rose wines from the Indre-et Loire region of Touraine, made from the Cabernet Franc grape (known in the locality as Breton) and up to 25% Cabernet Sauvignon. Rabelais celebrated them and put his legendary Abbey de Theleme in the region. The soils are partly sand, partly clay, producing light and fragrant wines, those from the flat sections make good drinking when young, while those from the slopes tend to be more full-bodied and benefit from moderate to long-term maturation. Crisp and delicate, Bourgueil wines somewhat resemble those of their neighbour, Chinon, although Bourgueil tends to smell of raspberries, Chinon of violets. St. Nicholas de Bourgueil, in the west of the region, produces light, fragrant, elegant wines.

BOURGUIGNONNE, A LA The French name for several dishes cooked with red wine (poached eggs, meat, fish and sautéed chicken) the most famous of which is boeuf bourguignon. They are usually garnished with small onions, button mushrooms and pieces of fat bacon. The term also applies to preparations inspired by the regional cuisine of Burgundy.

RECIPES

Bourgulgnonne sauce for fish

Prepare a fish stock using 1 litre (1 ¾ pints, 4 1/3 cups) red wine, the bones and trimmings of the fish to be used in the finished dish, a medium sized chopped onion, a small bouquet garni, a

handful of mushroom peelings, salt and pepper. Strain, reduce to half its volume and thicken with some beurre manie according to taste.

Bourguignonne sauce for meat and poultry Cut 75g (3 oz) bacon into small strips, blanch, drain and cook in butter until golden brown. Finely chop some onions and mushrooms, mix together and cook 4-5 tablespoons of the mixture in butter, together with 2 generous tablespoons mirepoix. Stir in the diced bacon and transfer the mixture to the pan in which the chicken or meat has been cooked. Stir well and cook until golden brown. Add 2 tablespoons flour and stir well. Then add 500 ml (17 fl oz, 2 cups) red wine, 200 ml (7 fl oz, $\frac{3}{4}$ cup) stock, a bouquet garni, salt and pepper. Reduce by two-thirds. When ready to use, sieve the sauce and thicken with 50 g (2 oz, $\frac{1}{4}$ cup) beurre manie.

Chicken a la bourguignonne

For a chicken weighing about 2 kg (4 $\frac{1}{2}$ lb) use 100 g (4 oz) bacon, cut into larding strips and then blanched. Peel 20 small onions, and clean and slice 20 mushrooms. Put the cleaned and trussed chicken in a hot flameproof casserole and gently colour the outside in 25 g (1 oz, 2 tablespoons) butter. Remove the chicken and fry the bacon, onions and mushrooms in the same casserole. Remove and add 2 tablespoons mirepoix, stirring well. Deglaze the casserole with 400 ml (14 fl oz, 1 $\frac{1}{4}$ cups) red wine and an equal quantity of chicken stock, boil down by half and add a bouquet garni. Return the chicken to the casserole, bring to the boil, then cover and cook gently for 20 minutes. Add the prepared garnish of bacon, mushrooms and onions, together with salt and pepper. Bring to the boil, cover and simmer gently for a further 45 minutes, or until cooked.

Drain the chicken and its garnish and remove the bouquet garni. Add 1 tablespoon beurre manie to the juices in the casserole, stirring well for 2 minutes, adjust the seasoning and pour the sauce over the chicken.

BOURGUIGNOTTE, ALA In L Art de la cuisine franchise au XIV stock Curene gives a recipe for a sauce for freshwater fish that he calls a la bourguignotte.

Prepare a medium size eel, cut it into pieces and place the pieces in a saucepan together with 2 chopped onions, 225 g (8 oz, 2 $\frac{1}{2}$ cups) chopped mushrooms, 2 garlic cloves, a pinch of ground pepper, 2 shallots, a bouquet garni, a pinch of allspice, 4 rinsed anchovies and $\frac{1}{2}$ bottle Volnay wine. Simmer, allowing the sauce to reduce a little, then press a through a sieve. Return the sauce to the pan and add 275 ml (9 fl oz 1 cup) reduced espagnole sauce and 225 g (8 oz, 2 $\frac{1}{2}$ cups) fried mushrooms, together with their cooking liquor. Boil the mixture rapidly to reduce and add 1 glass of Volnay. When the sauce is sufficiently reduced, place it in a bain marie to keep it warm. Just before serving, add some crayfish butter, about 30 crayfish tails and the same number of white button mushroom.

BOURRICHE A long wicker French basket used for transporting shellfish, especially oysters. The baskets were once used to transport game and fish. The word is absorbed to describe the contents of the basket.

BOURRIDE A Provençal fish soup. After cooking, the liquid is strained and bound with aroli (garlic mayonnaise) The authentic bourride from Sete is made with monkfish, but elsewhere whiting, sea perch, grey mullet and red mullet are sometimes mixed together.

RECIPE

Bourride

Cut 1 kg (2 $\frac{1}{4}$ lb) monkfish into pieces and boil rapidly for 20 minutes in a mixture of 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{3}$ cups) water and an equal amount of white wine, together with the sliced white part of 1 leek, 2 chopped onions, 2 chopped carrots, 2 chopped garlic cloves, a little dried orange peel,

salt, and pepper. When the fish is cooked, place each piece on a slice of stale bread and sprinkle with a little saffron. Strain the stock, reduce by half, remove from the heat and blend in some very thick aioli. Pour the sauce over the fish.

BOURRIOL A fairly thick French pancake made from a leavened batter of potato puree, wheat flour and buckwheat flour mixed with milk. It is a speciality of Auvergne.

BOUTEFAS A large sausage from the Vaud region of Switzerland, much appreciated in the French speaking part of Switzerland, made from pork meat and fat coarsely chopped and stuffed into a skin. Boutefas is gently poached for a long time and eaten as an accompaniment to sauerkrant and winter vegetables.

BOUTON DE CULOTTE A French goat's milk cheese that is classified as a soft paste cheese (40-45% fat content) but is eaten when it is very dry and brittle. Shaped like a truncated cone, with a greyish brown crust, it has a strong piquant flavour. The cheese is made in the Macon area and is also called Chevroton de Macon. Maconnert or Rougeret. It is often served at Beaujolais wine tastings.

BOUZOURAE A refreshing Arab drink made from dried melon seeds. These are grilled, ground, soaked in water and squeezed through fine cloth bags. The liquid is then sweetened and served very cold. It may also be used to make sorbets and water ices.

BOUZY A common of Montagne de Reims, France, which has given its name to the appellation of a light, delicate red wine with a bouquet of fruit.

BOWL A hemispherical container with little or no handle. A wide selection is used for kitchen utensils or tableware, for preparing, cooking or serving food. There is a strong European tradition for breakfast bowls. Traditionally these hold more than coffee cups and are used in France for holding coffee and for drinking breakfast breads. A small bowl with handles, called a bolce, is traditional for drinking cider in Normandy and Britany. The British breakfast bowl is deep enough to hold breakfast cereal and milk. Similar bowls are popular for desserts.

Small crystal, porcelain or metal bowls are used as individual finger bowls. A punch bowl is a very large container made of glass crystal or silver plate with a large ladle and possibly matching cups) used for serving punch, sangria or hot wine.

Bowls used as kitchen utensils may be wide and shallow or deep and serving in size from those small enough to hold a tiny amount of chopped flavouring ingredients to others large enough to mix generous quantities of ingredients for cakes or doughs. Some are designed to ease common kitchen tasks. These include a pastry bowl with a flat side, so that the bowl may be tipped comfortably over for handworking the contents, or a bowl with a lip for pouring. The classic British pudding basin is tapering in shape with a narrow base, widening and having a fairly deep external rim around the top. The rim allows string to be tied under it to keep a cloth or foil covering securely in place.

BRABANCONNE, ALA A French garnish made with typical produce from Brabant, Brussels sprouts, chicory and hops. These are served with large roast joints of lamb or mutton and also with tournedos (filet mignon) and sauteed noisettes. The vegetables are arranged in barquettes, coated with Mornay sauce and glazed. They are served either with small round croquette potatoes that have been lightly browned in butter or with creamed potatoes.

BRAGANZA a French garnish named after the fourth and last Portuguese dynasty, made of croquette potatoes and small braised tomatoes filled with bearnaise sauce. It is used as a garnish for tournedos or noisettes of lamb.

Braganza is also a dessert made with Genoese sponge cake. The cake is cut into two rounds and soaked in a syrup flavoured with orange liqueur. The rounds are sandwiched together with a layer of custard cream, to which has been added orange liqueur, chopped candied orange peel and butter. The cake is then completely covered with the same cream and decorated with candied orange peel.

BRAIN. This is a type of meat grouped with offal the internal organs of the animal, (4 oz) and sheep's brain, weighing about 100 g (5 oz) Both are barely tinged with pink Calf's brain, weighing 250-300 g (9-11 oz) has a similar flavour but is deeper in colour. Ox brain, weighing 500-675 g (18-24 oz) is finer and veined with red Pigs brain is rarely used Calf or ox brains, although less choice, are also less expensive, they are used as a filling for pies and timbales and also in meat loaves and gratins.

RECIPES

Preparation of brains

Wash the brains in cold running water, then remove the membranes and blood vessels that surround them. Soak them in cold water for 1 hour and wash them again. The brains may then be blanched in salted water, cooked gently in a court bouillon, or cut into thin slices and cooked directly in butter or oil.

Brains with noisette butter

Cook the prepared brains in a court-bouillon about 10 minutes for lamb's or sheep's brain and about 15 minutes for calf's brain. Cut calf's brain into even slices, leave smaller brains whole or divide them into two.

Melt some butter in a shallow frying pan until it turns golden, then add some lemon juice or vinegar and some capers. Reheat the sliced or whole brains in this butter and serve with the butter, sprinkled with chopped parsley.

Calf's brain in tomato baskets

Cook a prepared calf's brain in well flavoured court-bouillon. Drain and press under a light weight until cool, then cut into thin slices. Marinate in olive oil containing a pinch of chopped garlic, lemon juice, salt and pepper. Choose 3 large well shaped tomatoes, remove their stalks, wash and wipe them. Make several vertical cuts stretching two thirds of the way up the sides and slip a slice of brain into each slit. Serve with anchovyade.

Calves brains in red wine

Prepare 24 glazed small onions and 24 mushroom caps and saute them in butter. Prepare 750 ml (1 1/4 pints, 3 1/4 cups) court-bouillon with red wine and cook 2 prepared calves brains in the court bouillon. Remove, drain and cut into thin slices. Arrange these escalopes with the onions and mushrooms on a serving dish. Cover with foil and keep hot in the oven. Meanwhile, reduce the cooking liquid by half, then thicken it with 1 tablespoon beurre maine. Coat the brain and its garnishes with this sauce. Garnish with small triangular croutons fried in butter or oil.

Crumbed and fried calf's brain

Prepare and cook calf's brain in court bouillon for about 10 minutes. Drain and rinse in cold water, wipe the brain and press it lightly until cold. Cut into thin slices and marinate these for 30 minutes in 1 tablespoon cooking oil, lemon juice, chopped parsley, salt and pepper. Coat the slices with egg and breadcrumbs, fry them and arrange on a serving dish with some fried parsley. Serve with a well seasoned tomato sauce.

Sauteed brain a la provencale

Cook either a prepared lamb's brain (whole) or a calf's brain (cut into even slices) in court-bouillon. Remove, drain, dust with flour and saute in olive oil. Sprinkle with chopped basil, garnish with black olives and serve with a sauce of tomatoes a la provencale.

BRAISING A moist cooking method using a little liquid that barely simmers at a low temperature on the top of the stove or in the oven.

When cooking was carried out directly on the hearth, braising meant cooking slowly in hot embers. The cooking container had a lid with a rim on which embers could be placed, so that heat came from both above and below.

In modern cookery, braising is used for semi tough cuts of meat, large poultry and also for some vegetables such as cabbage, chicory artichokes and lettuce.

As well as being long and slow, and therefore useful for rendering tough or firm foods tender, braising is a delicate method of cooking certain firm fleshed fish such as monkfish, carp and salmon.

* Braising techniques Braising joints or birds are often barded and marinated before cooking.. then they are browned in a little hot fat and arranged on a bed of lightly cooked vegetables, such as onions, carrots and celery. Liquid is added to cover the vegetables and come a short way up the joint or bird. The district pan is tightly covered to retain the moisture from the evaporating liquid. With long, slow cooking, the meat becomes tender and a full flavoured sauce is obtained.

When the food to be braised contains a lot of water particularly vegetables, it cooks mainly in its own juice and the minimum extra liquid is added.

The cooking liquid is chosen according to the type of food that is to be braised, it may be a strained marinade, white wine red wine or meat or fish stock. Sometimes a few chopped tomatoes alone provide sufficient moisture for braising. However, the liquid added at the beginning may not be sufficient to maintain the level of humidity required for long cooking some joints of meat require a cooking time of 5.6 hours. In this case liquid must be added during cooking it must be at the same temperature and should be added gradually and in small quantities to maintain a concentrated flavour.

When the cooking is finished the juice is strained, excess fat is removed and the liquor reduced if necessary. The sauce may be intensified by adding wine or spirits and boiling, or enriched with cream. Beurre manie may be added to thicken sauces in the final stage.

BRANCAS A French garnish for small joints of red meat, white meat and poultry, consisting of Anna potatoes and chiffonade of lettuce with cream. It was probably dedicated to Louis, a member of the Brancas family. A friend of Voltaire, Louis Brancas also gave his name to a brill dish and to a consomme.

RECIPES

Brill a la Brancas

Clean a brill weighing about 800 g (1 ¾ lb) and cut it into even sized pieces. Finely shred 2 large onions, the white part of 2 leeks and half a head of celery. Braise the vegetables for 10 minutes with 25 g (1 oz, 2 tablespoons) butter and a pinch of salt. Then add 125 g (4 ½ oz, 1 ½ cups) mushrooms, also finely shredded, and braise for a further 6-7 minutes.

Butter an ovenproof dish and season lightly with salt and pepper. Spread half the shredded vegetables in the dish. Arrange the pieces of brill in the dish so that they form the shape of the original fish, season with salt and pepper, and cove with the remaining vegetables. Add a little lemon juice, 200ml (7 fl oz, ¾ cup) white wine and a bouquet garni. Dot with butter. Bring to the boil on top of the stove., then cook in a preheated oven at 200°C (400°F, gas 6) for about 15 minutes, basting once or twice, until the fish is tender.

Serve the cooked fish surrounded with tomato fondue, made by gently simmering 4 peeled and chopped tomatoes in butter for 30 minutes with 1 tablespoon chopped onion. Season the tomato

fondue with salt, pepper and a little chopped parsley before spooning it around the fish.

This method of cooking, derived from *brill a la Dugere*, can be used for other flatfish and also for whiting and slices of hake.

Consomme Blancas

For 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{3}$ cups) consomme of beef or poultry, prepare a garnish using 2 tablespoons each of finely shredded lettuce and sorreil, finely shredded vegetables softened in butter and vermicelli poached in the consomme. Sprinkle with sprigs of chervil just before serving.

BRANDADE A puree of salt cod, olive oil and milk, which is a speciality of Languedoc and Provence. It does not include garlic, but in Marseille and Toulon crushed garlic is added to the dish, and even the croutons used as a garnish are rubbed with garlic. A similar preparation is made in many Mediterranean countries where dried cod is enjoyed, usually with oil and garlic. One of the best known is the Venetian *barcala mantecato*. However, most recipes include even in France, a potato puree, although this is not the true brandade. Some French chefs have enriched the preparation further by adding truffles or even crayfish ragout a *La Nantua*.

The word is derived from the Provencal verb *brandar*, meaning to stir. Adolphe Thiers was known to be passionately fond of brandade and his historian friend Mignet sent him pots of it from Nimes, which he ate alone in his library. Alphonse Daudet founded the *Diners de la Brandade* in a cafe in the *Place de Odeon* in Paris the meal cost 6 francs and included a brandade and two speeches.

RECIPES

Brandde sauce a la provencale

This sauce is not made with salt cod, but it is served with poached salt cod. Put 2 tablespoons thin *allemande sauce* 3 egg yolks, a pinch of grated nutmeg, a pinch of fine pepper, a pinch of crushed garlic, the juice of a large lemon and a pinch of salt into a saucepan. Stir continuously over a low heat until the sauce is smooth and velvety. Remove the pan from the heat and add (a tablespoon at a time) about 250 ml (8 fl oz, 1 cup) good *Aix* olive oil. Just before serving add the juice of a lemon and 1 tablespoon chopped blanched chervil.

Nimes brandade

Desalt 1 kg (2 $\frac{1}{4}$ lb) salt cod, changing the water several times. Cut the fish into pieces and poach it very gently in water for 8 minutes. Drain, then remove the bones and skin. Heat 200 ml (7 fl oz, $\frac{3}{4}$ cup) olive oil in a thick flat based saucepan until it begins to smoke. Add the cod, then crush and work the mixture with a wooden spoon, while heating gently. When it forms a fine paste, remove the pan from the heat. Continue to work the brandade and, while stirring continuously, gradually add 400-500 ml (14-17 fl oz, 1 $\frac{3}{4}$ -2 cups) olive oil, alternating with 250 ml (8 fl oz, 1 cup) boiled milk or double (heavy) cream. Season with salt and white pepper. The result should be a smooth white paste with the consistency of potato puree. Pile the brandade into a dish and garnish with triangles of crustless bread fried in oil. It can also be put in the oven to brown, just before serving.

BRANDY A spirit distilled from wine, the best known being Cognac and Armagnac. The word is also used to denote a spirit distilled from certain fruits, such as kirsch, framboise or Mirabelle, and it is used more loosely to signify a liqueur made from fruits and berries, such as cherry brandy or apricot brandy. It is also a general term applied to distillates from the debris of wine, such as marc and the Italian grappa, and also to spirit distilled from cider, such as applejack, the American version of Calvados.

BRASSERIE Originally a brewery, a brasserie is a café or restaurant where beer, cider and other drinks are served. The distinction of all brasseries is that they serve a limited menu at any time of day and often until fairly late at night. A brasserie alsacienne is common in many French cities.

In countries where a lot of beer is consumed, there was at first little to distinguish the brasseries from inns. They had the same wooden benches and wooden tables, like the traditional brasseries found in Bavaria in Munich, one of the oldest is still in operation. In Paris, however, the refugees who came from Alsace-Lorraine, after the war of 1870, started a new fashion for brasseries. They became elegant places, and were as ornately decorated as the great cafes of the capital.

From 1870 to 1940, the brasseries of Paris were frequented by writers, artists, journalists and politicians, customers, could argue, drink, play chess, write and eat all at the same table. Among the establishments that have now disappeared are the Brasserie Pousset, once the rendezvous of journalists and artists, the Brasserie Steinbach, which was situated in the Latin Quarter and the brasserie in the Rue des Martyrs, frequented by Nadar, Baudelaire, Courbet and Manet. Those that have retained the turn of the century décor and atmosphere are Bofinger at the Bastille and Flo in the Passage des Petites Ecuries. Renewed interest in beer towards the end of the 20th century encouraged several brasseries to specialize in French and foreign beers. Some Belgian bars or academies of beer offer up to 300 different brands, mostly served with cold meats, cheese or even mussels.

BRATWURST A fine German uncured sausage with a coarse filling of pork and pork fat, sometimes with veal. There are many regional variations in size and seasoning, usually named for the town or origin. Bratwurst can be grilled or boiled and are often served with sauerkraut.

BRAWN Also known as head cheese, this is a charcuterie product of meat from a pig's head set in aspic from the reduced cooking liquor. Brawn is well flavoured with seasoning ingredients and/or herbs, and set in a mould, which may be as simple as a small bowl or basin. The brawn is cut into slices and eaten as a first course or with bread and salad for a light meal. In French brawn is also known as pate de tele and fromage de cochon.

BRAZIL NUT A large nut with a very hard, brown three sided shell from one of the tallest forest trees, exported by Brazil and Paraguay. The white kernel can be eaten as a dessert nut or used in cooking.

BREAD A basic food made from a flour and water dough, normally with yeast, which is baked in the oven. When yeast is used as the raising agent, it gives bread its characteristic texture. No other food is so redolent of myth, tradition and rite as bread. Central to meals until almost the end of the second millennium (more so than meat) it is indeed the staff of life. The breaking of the bread is central to the Christian sacrament and our daily bread is a euphemism for food. The custom of signing loaves with a cross before baking or making the sign of the cross before cutting bread, continues in parts of Europe where religion strongly influences everyday customs, such as southern Italy.

The communal bread oven was a focal point for many communities as domestic ovens were not universal until the 19th century or, in southern Europe, until the 20th century. The supply of bread or lack of it has long been of concern to governments, ever since its link with civil unrest during Roman times, when the people were promised bread and circuses.

History.

Breadmaking dates back to at least 9000 BC. The first breads were cooked on heated bakestones, and many of this type still survive. The invention of leavened bread is attributed to the Egyptians, who made bread from millet and barley. They may have discovered fermentation by chance, when a piece of dough had become sour. At the time of the Exodus, the Hebrew did

not take with them any leaven, hence the tradition of unleavened bread to commemorate the crossing of the Red Sea.

The Greeks cooked loaves made of rye or oats, or sometimes wheat on a grid or in a kind of oven. The Romans often flavoured their bread with the seeds of poppy, fennel or cumin, or with parsley and they cooked it in household ovens made of brick and earth. The use of bread spread throughout the Roman empire. Rotary hand querns, for producing a fine milled flour, appeared in Spain and spread during the 1st AD. The Gauls kneaded barley beer into flour to make dough and obtained a well risen bread of good quality.

It was in the Middle Ages that the bakery trade began to develop, from this time, bread became very varied and many different kinds were produced. These included hall bread, for distinguished guests, hulled bread intended for servants, whole meal bread, with a well cooked crust, kept for making breadcrumbs, and trencher bread, used as plates for meat (subsequently) given to the poor or to dogs). Soft or queen's bread was enriched with milk and egg yolk. German wheat bread had a very light coloured crumb, chapter bread was flat and very hard, fine, white Gonesse and Melun loaves were supplied for a long time to the best bakeries of Paris, and variegated bread was made of alternate layers of brown and white bread.

In the 17th century a new method of fermentation was developed, using milk, salt and beer barn, to manufacture finer loaves made in long moulds. Generally, Segovia, bread a bread a la marechale and horned bread. For a long time, the quality of bread depended on the flour used and therefore on its colour white bread for the rich, black bread for the poor. The principal government concern was to prevent adulteration of flour, and therefore bread.

In 1840 the Viennese oven was introduced to France by a man called Zang, secretary of the Austrian embassy in Paris. Introducing moisture into the oven using high pressure steam jets caused the bread to expand rapidly, giving the maximum surface area and a thin golden crust when baked. The bakery used Viennese methods, kneading wheat flour with milk and it started a tradition of fine patisserie, known in France as viennoiserie. More conspicuously, it produced the long loaves, pandering to the Parisian taste for the maximum crisp crust, that have become the classic French loaves.

Oven temperatures and times affect both the crumb and the thickness and quality of the bread crust. Humid conditions, with very slow baking also help very heavily flours, such as used in the German Kastenbrot breads, to rise. Manipulating all these factors, as well as the careful choice of ingredients, is part of the baker's art, developed over generations and throughout the world. It gives a huge spectrum of choice.

Yeast breads Strong plain (bread) flour is the basis for most yeast doughs. It differs from ordinary flour in that it has a high gluten content. Gluten is a protein found in some grain, particularly wheat. The gluten content varies considerably according to the type of wheat and its area of cultivation for example, wheat from northern countries, like Canada, contain more gluten than wheat from southern countries. Wheat with a high gluten content is referred to as hard wheat. Rye and barley do not contain as much gluten, and flours made from these grains are often mixed with a proportion of wheat flour for making bread dough.

Gluten is important because it gives the dough elasticity. When combined with water or similar liquid and kneaded, the gluten becomes tough and stretchy. The dough becomes elastic and springy, in which state it traps the gas produced by fermenting yeast and rises, developing the characteristic light texture full of tiny holes. Yeast dough made with low gluten or soft flour of the type used for general cooking is not sufficiently elastic to trap gas from fermenting yeast well and thus expand or rise, it is also likely to collapse during baking.

Traditionally, dough is kneaded by pushing and folding for about 10 minutes to develop the gluten. Then it is left to rise, knocked back, shaped and left to rise a second time. The second rising is known as proving. Warmth is important for the yeast to ferment and the dough to rise quickly however at a low temperature, such as in the refrigerator, bread will still rise over many hours. Breads made with wholemeal flour, added bran or non wheat flours tend not to rise as

much as white bread and the process is slower. Added ingredients, such as butter, eggs, sugar and milk, reduce the elasticity of the dough and retard rising.

Sourdough Breads Historically French pain de campagne and many of the older types of bread are made with natural leaven or sourdough rather than yeast. In a warm place, flour and water will ferment over a period of produce a starter dough which can be used as a raising agent for a larger batch of dough. In a regular baking sequence, a little dough is kept back from each batch to start the next Sourdough bread are not as light as yeasted breads, they have a closer texture and may have a characteristically tangy flavours.

French sourdough breads, called pain au levain, are characterized by their thick crust, spongy crumbs and sour sweet flavour. One famous modern sourdough is that prepared in San Francisco, where local bacilli or yeasts come from the Bay area to give the bread a characteristic taste.

Making bread commercially. Bread making comprises three main operations, largely mechanical, kneading, fermentation and baking.

Kneading . This combines the water, yeast or leaven, and flour, with a little salt to improve the final taste, into a homogeneous mixture. In the past, kneading was done entirely by hand. Modern bakeries use mechanical kneading, and ingredients are added to the dough to shorten the process of kneading and rising. However, the results obtained by traditional methods are often preferred and premium breads are made to such standards.

Fermentation. This occurs at a flavourable temperature when a raising agent is mixed into the flour and water dough. In endogenous fermentation a little of the leaven is reserved from one day's dough and added to the next batch. In exogenous fermentation, the raising agent is industrial yeast.

The prime purpose of fermentation is to make the bread lighter, it also gives the bread its characteristic texture, appearance and smell. Traditional slow fermentation with leaven gives bread a slight acidity. The yeasts ferment with sugars in the damp hot dough to produce alcohol and carbon dioxide, which forms gaseous bubbles that raise the dough.

The first stage of fermentation takes place in the kneading trough. The dough is subsequently weighted and shaped into loaves and again left to rise until it has doubled its volume, called proving. The surface may then be scarified and the bread is ready to be baked.

Baking. On a large commercial scale baking is as technically advanced as the mixing, kneading and fermenting. Vast ovens with rotating baking racks process a high volume of loaves at controlled temperature, levels. Traditional cooking using a wood fire is still preferred by some. This may be in a domed brick oven where the fire is allowed to die down and the bread is cooked by the heat retained in the walls.

The loaves are put in the oven as quickly as possible with the aid of a wooden shovel with a very long handle. When cooked and a good colour, they are taken out of the oven and placed in the cooling off room, ventilated but without draughts, to cool to room temperature. The bread loses its humidity before being put on the shop shelves or packaged.

Daily Bread. In many countries, bread is present on the table at every meal and remains there to be consumed with all the courses, to accompany almost all dishes, including a dessert of fruit and cheese. Concern about bread quality during two World Wars raised the quality of bread in industrialized countries. The traditional of bread in industrialized countries. The traditional baker's targets of whiteness and lightness which were automatically equated with wholesomeness, have been balanced by concern for retaining the food value of the grain. The message about the benefits of wholemeal bread was preached in America by the Rev. Sylvester Graham, a 19th century Massachusetts clergyman.

Most bread should be served fresh but not hot from the bakery oven Rye bread, however should be slightly stale, and large farmhouse loaves are best left until the day after they have been baked. Slice loaves just before serving. The slices should not be too thin in order to retain all the flavour of the bread, and in many countries there is a tradition of braiding bread. Baguettes and other long loaves should be cut in small diagonal sections.

Types of Bread. Made from wheat, rice, maize or rye. Western style bread is usually baked in the oven but in Africa and Asia, some breads are fried baked in earthenware vessels or steamed.

Yeasted flat pocket breads, such as kboliz Arabi are well known outside the Middle East as white or wholemeal pitta, Lavash is the most widely eaten and also the most ancient Middle Eastern bread. Thin, brittle and some what craps, in 60 cm (2 ft) rounds, it is classically cooked in a saf with wood chippings and carmel dung. The Punjabi naan is a white flour, yeasted flat bread enriched with a little ghee its tear-shaped comes from being slapped on the side of a tandoor oven and baked partly hanging vertically.

White Bread is traditional in Europe. The classic white loaf is the round, firm crumbed French pain de campagne. The 2 kg (4 ½ lb) pain poilane thick crusted, made with organic flour and sourdough, handshaped and wood baked, marks a conscious return to this tradition in the last decades of the 20th century Similar European breads incude the bogaza of Castilian Spain.

The French stick, or Parisian baquette, dates only from the 19th century, and it is a very individual yeast bread, because it uses soft wheat flour instead of the usual strong flour made from hard wheat. It became so fashionable in the French provinces in the 20th century that many traditional French breads began to be forgotten.

Traditional British breads are frequently distinguished by their shape the tin loaf the bloomer the coburg and the cottage loaf . The Greak daktyla is another interesting shape, made of overlapping sections that pull into portions, and with a thick crust sprinkled generously with sesame seeds.

The sandwich loaf, is a wider, square tin shaped, bread. This has been used as the model on which inferior quality pres-sliced white loaf has an even, thin crust and good quality crumb which gives good thin slices. Called pain de mie in France, it is baked in a closed tin.

Rolls and small Bread. The Swiss, with the reputation of being europe's best bakers, have contributed several rolls to the restaurant table, known by their shapes among them the St. Gall quatrefoil, cornell and the rounded kaiser roll. The kaiser has five sections like a star, the points of which are flipped over to the centre and pressed down with the thumb. Bread sticks are another example of a small bread, particularly Italian grissini, Greek sesame coated bread sticks and the salted German Salzstange, which has the same function as a pretzel, to stimulate thirst.

Slashed oval rolls include the French and Belgian pistolet, and the more elaborate Amrican Parker House roll. Made from an oval creased along the centre, brushed with melted butter and with as edges pressed, this pod shape features plenty of extra crust.

Sweet Breads and teabreads. There are many types, including the Welsh bara brith, a speckled, spiced fruit loaf, the Scots Seikirk bannock, and Irish barn brack. Malt bread is sweetened with malt. All these are eaten sliced and buttered. The Belgian cramique, Alsacian bireuweek, and Swiss bimbroil all contain fruit- the latter has dried pears and prunes.

Holiday Breads or enriched breads. These exist in most countries. Notable ones include the Kugelhopf of Alsace Germany and Austria, the plaited Jewish challah, and the Italian panestone. Christmas breads include Genoa's pandolce, a shallow dome stuffed with crystallized pumpkin, citron and muscat grapes, and the Verona pandoro which is an iced golden star. The Greek Eastern bread is tsoureki, made from a butter enriched dough, flaboured with caraway or lemon and with a dyed egg nestling in its centre.

RECIPES

White bread

Blend 15 g (½ oz, 1 cake) fresh compressed) yeast with a little warm water taken from 400 ml (14 ft oz. 1 ¾ cups) Add more of the water to thin the paste to a milky consistency, then cover

and leave in a warm place until frothy. Alternatively, dissolve 1 teaspoon sugar in the warm water, then sprinkle on 2 teaspoons standard (regular) dried yeast. Leave in a warm place for 10 minutes until dissolved and frothy.

Mix 675 g (1 ½ lb 6 cups) strong white (bread) flour and 2 teaspoons salt and rub in 15 g (1/2 oz, 1 tablespoon) butter. Add the yeast liquid to the dry ingredients and mix to form a firm dough, adding a little extra flour if it is too sticky. Turn the dough on to a lightly floured surface and knead until smooth and elastic. Shape the dough into a ball, place inside a large oiled plastic bag, and leave to rise in a warm place until doubled in size. Remove from the plastic bag, then knock back. Shape into loaves or rolls. Cover with a cloth and leave to rise until doubled in size.

Bake in a preheated oven at 200 °C(400 °F, gas 6) for about 40 minutes for a large loaf, 30-35 minutes for small loaves, or 15-20 minutes for rolls.

Using dried yeast Always follow the packet instructions, as products vary. As a guide, standard (regular) dried yeast should be sprinkled over lukewarm water to which a little sugar has been added. Cover and leave, without stirring, until the yeast granules have absorbed the water, dissolved and become frothy. Then stir well.

Easy blend dried (active dry) yeast should be added to the flour and other dry ingredients before any liquid is added. The liquid should be slightly hotter than normal hand hot, rather than lukewarm and the dough should then be mixed and kneaded as usual.

Fast action easy blend dried (quick rising dry) yeast should be mixed with the dry ingredients and the water and dough prepared as for easy blend dried yeast. After kneading, the dough should be shaped and proved this yeast requires one rising, not two.

Wholemeal bread

Blend 25 g (1 oz, 2 cakes) fresh (compressed) yeast with a little warm water taken from 400 ml (14 fl oz 1 ¾ cups) Add more of the water to thin the paste to a milky consistency, then cover and leave in a warm place until frothy. Alternatively, dissolve 1 teaspoon sugar in the warm water and sprinkle on 3 teaspoons standard (regular) dried yeast. Leave in warm place for 10 minutes or until dissolved and frothy.

Mix together 675 g (1 ½ lb, 6 cups) strong plain (bread) wholemeal flour and 2 teaspoons salt. Rub in 15 g (½ oz, 1 tablespoon) butter. Add the yeast liquid and mix to form a firm dough, adding a little extra flour if it is too sticky. Knead thoroughly until smooth and elastic. Shape the dough into a ball and place inside a large oiled plastic bag and leave to rise until doubled in size. Knock back (punch down) and shape into loaves or rolls. Cover with a cloth and leave to rise once more.

Bake in a preheated oven at 200 °C(400 °F, gas 6) for about 40 minutes for a large loaf, 30-35 minutes for small loaves, or 15-20 minutes for rolls.

Bacon bread

Grill (broil) 300 g (11 oz) smoked bacon, then chop it. Prepare a basic bread dough using 500 g (18 oz. 4 ½ cups) strong (bread) wholemeal flour with 300 ml (½ pint 1 ¾ cups) water and 15 g (1/2 oz, 1 cake) fresh (compressed) yeast, kneading until smooth and elastic. Work in the bacon and leave the dough to rise until doubled in volume. Shape the dough into an oblong and place it in a 1 kg (2 ¼ lb) earthenware dish. Cover and leave to rise until doubled in volume. Bake in a preheated oven at 200-220 °C (400-425 °F, gas 6-7) for about 25 minutes. Turn out and leave to cool on a wire rack.

Milk rolls

Place 500 g (18 oz. 4 ½ cups) sifted strong plain (bread) flour on the worktop (work surface) and make a well in the centre. Add a generous pinch of salt 20 g (¼ oz. 1 ½ tablespoons) caster (superfine) sugar and 125 g (1/4 oz, 1 ½ tablespoons) caster (superfine) sugar and 125 g (4 ½ oz, ½ cup) softened butter. Mix the ingredients, then moisten with 250 ml (8 fl. oz. 1 cup) tepid milk.

Work together, then add 200 g (7 oz) white bread dough. Combine them, then form into a ball, cover it with a cloth and leave to rise, sheltered from draughts, for 1 2hours. Then divide the dough into about 20 balls of about 50 g (2 oz) Make a cross shaped cut on the top, glaze them with egg and bake in a preheated oven at 200-200 °C (400-425 °F gas 6-7) for about 25 minutes. This type of Vienna bread is served at breakfast or tea.

Pains aux raisins

Soak 100 g (4 oz $\frac{3}{4}$ cup) currants in warm water to cover for at least 1 hour. Mix 15 g (1/2 oz, 1 cake) fresh (compressed) yeast with 3 tablespoons milk and 3 teaspoons flour and leave to rise in a warm place for about 30 minutes.

Put 300 g (11 oz 2 $\frac{1}{4}$ cups) strong plain (bread) flour in an earthenware bowl, add the yeast mixture, then add 2 tablespoons caster (superfine) sugar, 3 eggs and 1 teaspoon salt. Knead for 5 minutes, slapping the dough flat on the worktop (work surface) to make it elastic. Sprinkle with 3 tablespoons milk and mix well. Soften 150 g (5 oz. $\frac{3}{4}$ cup) butter and blend it with the dough. Drain the currants and work them into the dough. Knead for a few minutes, then cover and leave to stand for 1 hour in a warm place, or until doubled in volume.

Shape the dough into long thin rolls, coil each roll into a spiral and place on a baking sheet. Cover loosely and leave to rise until doubled in volume. Glaze with beaten egg and sprinkle with sugar. Bake in a preheated oven at 200 °C (400 °F, gas 6) for about 20 minutes, or until well browned and cooked through. Serve lukewarm or cold.

BREADCRUMBS Fresh breadcrumbs are made from fresh bread and are soft and large crumbed. Dried breadcrumbs are finer, made from bread that has been dried in the oven or is slightly stale, or by drying fresh breadcrumbs and crushing them. Browned breadcrumbs are dried crumbs that are lightly toasted. Breadcrumbs are used in cooking for coating food or as a topping for dishes. They are also used for binding mixtures or thickening soups or sauces.

Coating with breadcrumbs. Breadcrumbs are used to coat delicate foods before frying, typically fish or seafood, chicken breast fillets, croquettes or fritters. Dry white crumbs do not absorb as much fat as fresh crumbs, they produce fine crisp coating and turn golden on cooking. The food is first dusted with flour, then dipped in beaten egg and finally coated with breadcrumbs. This gives a secure coating, ideal for soft mixtures which may melt during frying, ideal for soft mixtures which may melt during frying. Less delicate items can be moistened with melted butter or milk before a fine layer of crumbs is pressed on this is useful when baking or grilling the food. Dishes coated with fresh breadcrumbs must be cooked slowly so that the crumbs do not brown before the foods are properly cooked.

BREADFRUIT A tree 15-20 m (50-65 ft) high that grows in the Sunda Islands, Polynesia and India, and was introduced to the West Indies by Captain Bligh of the Bounty. Its egg-shaped fruits have a thick greenish warty skin, weigh from 300 g-3 kg (11 oz 6 $\frac{1}{2}$ lb) and form a staple part of the diet in the tropics. The white flesh has a texture like bread and its flavour is similar to that of the globe artichoke. When peeled and the seeds removed, the breadfruit is cooked in water or simmered in a stew. The large seeds are also edible and have an artichoke flavour.

BREAD SAUCE an English sauce made with breadcrumbs and seasoned milk. It traditionally accompanies roast game and poultry.

RECIPE

Bread sauce

Place 300 ml (1/2 pint, 1 $\frac{1}{4}$ cups) milk, a bay leaf and a small onion stuck with 2-3 cloves in a saucepan and bring to the boil. Set aside to infuse for 15 minutes. Remove the onion and bay leaf, add 5-6 tablespoons fresh white breadcrumbs, then stir over a low heat until boiling. Gradually

beat in 25 g (1 oz 2 tablespoons) butter, away from heat, and season to taste with salt and pepper before serving hot. The sauce may be thinned down with a little cream if desired.

BREAKFAST The first meal of the day, which literally breaks the fast of the night. Two quite different breakfast traditions can be traced the first hot drink of the day, and the first meal of the day, which is much more substantial. In France this is the petit déjeuner, milky coffee with bread in some form, now commonly called the continental breakfast, and often bought in a café, on the way to work. In hot climates this is often the only time milk is consumed by adults. Other simple foods that are popular for breakfast include fresh fruit and yogurt.

The British breakfast has fried eggs and bacon at its foundation, perhaps with fried bread, grilled tomatoes and/ or mushrooms. Kippers and various eggs dishes are also traditional. Other favorites are grilled kidneys and the rice, smoked fish and egg dish known as kedgeree. A traditional full breakfast includes a first course of cereals much or fruit such as a half grapefruit or prunes, and an end with toast with marmalade, the whole accompanied by coffee or tea. There are regional variations, such as fried cakes of laver bread with bacon in Wales and black pudding with bacon and egg in Lancashire and Ireland.

Lighter alternatives include poached eggs with haddock, eggs on toast boiled eggs, or savouries such as grilled mushrooms on toast. In fact, on an everyday basis, most people have a far lighter breakfast such as cereal with milk, fruit or toast. A cooked British breakfast is very much a weekend or holiday meal.

America has its own breakfast tradition, with freshly squeezed orange juice, eggs, bacon, ham or excellent peppery pork breakfast sausages as well as toast and jam. Waffles pancakes and muffins also feature for breakfast. Brunch is a substantial alternative to breakfast, served later in the morning and combining lunch with the first meal of the day.

Before the arrival of coffee in Europe, the first drink of the day was soup, and this continued well into the 19th century. Vichyssoise was created when Louis Diat remembered the breakfast leek soup of his childhood. The Basque zurrapatuna in Spain is in this tradition, as is the sweetened gramalka of Poland, made with beer. The British seem to have preferred beer with bread on the side. A pleasant Italian variation albeit a more modern one is coffee with bread and lemon sorbet.

The workman's second breakfast at about 10.30 a.m., is well recognized in all Mediterranean countries for those who dine at 2 or 3 p.m.. In Germany this is the Zareites Frubstick at which Frubstuckslase is eaten.

In the late 18th century the English bread and beer breakfast was joined by cold meat and cheese to become a full blown meal, with ham, ox (beef) tongue and omelettes served in Victorian times. Prime Minister Gladstone gave political breakfasts where considerable quantities of food were eaten.

Cereal breakfasts Porridge made from oats is a traditional Scottish breakfast dish, but quick breakfast cereals are comparatively modern. In a clinic in Battle Creek, Michigan. Dr. John Kellogg came up with cornflakes, made from maize. Dr. Max Bircher Benner invented muesli at his clinic in Zurich, combining fruits, nuts and soaked oats. He recommended the beneficial effects of raw food.

Granola is a variation on muesli in which oats, and sometimes wheat and rye, is combined with various nuts, seeds, dried fruits, honey or brown sugar and oil and baked. The mixture is then allowed to cool, and is eaten as a cold cereal.

BREAM A freshwater fish of the family Cyprinidae found across Europe in pools and slow rivers and in the Baltic. It is 30-60 cm (12-24 in) long, has a greenish brown back and its sides and belly are grey with shiny gold spots. Bream was often used in medieval recipes. Although its flesh is soft, somewhat tasteless and full of bones, it is used for matelodes. In France and braised dishes, in the same way as carp. Only the large river bream are used, before being cooked they are

soaked in fresh water to eliminate the taste of silt, for they rest and feed at the bottom of rivers.

RECIPE

Grape harvest bream

Clean a 1 kg (2 ¼ lb) bream and season the inside with salt and pepper. Butter an ovenproof dish and sprinkle the bottom with chopped shallots, add 2 thyme sprigs and a bay leaf cut into four and lay the bream on top. Koisten with white wine (about 250 ml 8 fl oz. 1 cup) Cook in a preheated oven at 230 °C (450 °F, gas) for about 20 minutes, basting the fish 3 or 4 times. Meanwhile, peel some large grapes, removing the seeds and chop some parsley. When the bream is cooked, drain and keep warm. Strain the cooking liquor into a saucepan, add 7 tablespoons double (heavy) cream and reduce by a quarter. Adjust the seasoning. Add 1 teaspoon beurre manie and 1 teaspoon lemon juice (optional) Heat the grapes in the sauce then pour the sauce over the bream. Sprinkle with chopped parsley.

BREAST a cut of meat consisting of the muscle of the chest. In beef this cut is known as brisket and is boiled, pot-roasted, salted or used for minced (ground) meat.

Breast of mutton or lamb is slow roasted whole, boned and stuffed. It can also be marinated or cooked in stock and then cut into pieces for frying. Grilling, (broiling) or baking in a barbecue sauce, or for stews or soups.

Breast of veal – a fairly lean cut may be sauteed or braised (boned and stuffed)

Fresh breast of pork is used in ragouts or can be grilled or baked. When soaked in brine, it is known as salt or pickled pork. When cured salted and sometimes smoked (too) belly pork becomes streaky bacon used for rashers and lardons.

Breast of chicken comprises the two pieces of white meat attached to the breastbone. When served with muffles, chaud froid or with a sauce, it is known as the supreme. Breast of chicken may be diced or chopped and used in the preparation of mixed salads or as a garnish for consomme.

RECIPE

Braised breast of veal à l'alsacienne

Open a breast of veal and remove the bones without piercing the flesh. Make a forcemeat by mixing 500 g (18 oz. 2 ¼ cups) fine sausage meat, 250 g (9 oz. 2 ¼ cups) dry breadcrumbs (soaked in milk and well drained), a bunch of chopped parsley, 1 crushed garlic clove. 125 g (4 ½ or 1 ½ cups) sliced mushrooms fried gently in butter, salt, pepper and a little grated nutmeg, or mixed spice. Stir the mixture well until it is smooth. Stuff the veal with this forcemeat and sew up. Cook as for braised stuffed breast of veal, but only for 1 hour.

Prepare some sauerkraut à l'alsacienne. Add the stuffed party cooked breast of veal 30 minutes before the sauerkraut has finished cooking. Remove the string from the veal and serve piping hot with the meat cut in slices.

Braised stuffed breast of veal

Open a breast of veal and remove the bones without piercing the flesh. Season inside and out with salt and pepper. Prepare the forcemeat as follows, soak 400 g (14 oz. 3 ½ cups) dry breadcrumbs in milk and squeeze, then mix with 2 chopped garlic cloves, a chopped bunch of parsley. 250 g (9 oz) mushroom duxelles, 2 egg yolks, 100 g (4 oz 2/3 cup) chopped onions and 2 chopped shallots fried pepper. Stuff the breast and sew up the opening.

Line the bottom and halfway up the sides of a lightly buttered casserole with pork rind from which most of the fat has been removed. Finely dice a carrot, the white part of 1 leek, 3 celery sticks and 1 onion seat them together in 25 g (1 oz, 2 tablespoons) butter in a covered pan for about 10 minutes and then spread them over the rind in the casserole. Brown the stuffed breast on

both sides in 25g (1 oz, 2 tablespoons) butter and place it in the casserole. And half a boned calf's foot and 2 tablespoons tomato puree (paste) diluted with 200 ml (7 fl. oz, ¾ cup) dry white wine and an equal quantity of stock.

Cover the casserole and bring to the boil. Then cook in a preheated oven at 200 °C (400 °F, gas 6) for 1 ¾ hours. Drain the meat. Skim the fat from the cooking stock, strain it, then reduce by one third. Pour it over the meat. Braised spinach in butter or braised artichoke hearts may be served as a garnish.

Stuffed breasts of lamb

Open 2 breasts of lamb or mutton and remove all the rib bones without piercing the meat. Rub the flesh with garlic, and season both the inside and outside with salt and pepper. Prepare a forcemeat by mixing 300 g (11 oz, 2 ¼ cups) dry breadcrumbs (soaked in milk and well strained) with 2 beaten eggs, 150 g (5 oz, 2/3 cup) finely diced ham, 150 g (5 oz, 2/3 cup) finely diced ham, 150 g (5 oz, 1 2/3 cups) diced mushrooms, some chopped parsley and garlic, and salt and pepper. Spread the stuffing on one piece of meat and cover with the second one, with the skin sides outwards. Sew up all round the edge.

Line a lightly buttered casserole with pork rind from which the fat has been removed, then add 2 sliced onions and 2 sliced carrots. Place the meat in the casserole, add a bouquet garni, cover and cook gently on the top of the stove for about 20 minutes. Add 200 ml (7 fl. oz, ¾ cup) dry white wine and boil down to reduce. Then add 100 ml (4 fl. oz, 7 tablespoons) tomato sauce seasoned with garlic and diluted with 200 ml (7 fl. oz, ¾ cup) stock. Cover and cook in a preheated oven at 220 °C (425 °F, gas 7) for about 45 minutes.

When the meat is cooked, remove the string, slice and arrange on the serving dish. Keep warm, skim the fat from the cooking liquid, reduce if necessary to blend and thicken it, and pour over the meat. Serve piping hot.

BREDES The name given in some of the old French colonies of the West Indies to a dish made from the leaves of various plants cooked with bacon and spices and served with rice à la créole. The most commonly used leaves are those of white or green cabbage, watercress and lettuce, although spinach, manioc leaves and pumpkin shoots are used as well. A variation of this dish, bred, is a mixture of pounded cassava leaves boiled with fish and coconut.

RECIPE

Watercress bredes

Put some oil or lard in a cast iron casserole and fry 150 g (5 oz, 2/3 cup) diced bacon and a chopped onion in the fat until brown. Crush 2 garlic cloves with some salt and a peeled, seeded, crushed tomato. Add them to the casserole. When the mixture is quite hot, add 275 ml (9 fl. oz, 1 cup) water. Slightly reduce the liquid and add a bunch of washed watercress. Cook for about 30 minutes, washed watercress. Cook for about 30 minutes. Serve with a separate dish of rice à la créole.

Use the same recipe to make lettuce bredes, but soak the leaves in cold water beforehand. Blanch spinach leaves before making bredes.

BREHAN A French garnish for large cuts of meat, consisting of artichoke hearts filled with broad (fava) bean puree, cauliflower florets, hollandaise sauce and potatoes with parsley.

BRESAOLA Salted and then air dried meat, eaten raw, and unusual in that it is one of the rare preserved meats made from beef rather than pork. It is a speciality of Valtellina in Lombardy and is ready to eat after about three months when it is a very dark red as an bors d'oeuvre. Sliced very thinly it is dressed at the last moment with a few drops of olive oil, lemon juice and black pepper.

BRESOLLES An old French meat dish, consisting of alternating layers of meat and forcemeat. The forcemeat is made with lean ham, onions, chives, mushrooms and a little garlic, seasoned with salt, pepper and nutmeg, and moistened with a dash of olive oil. A layer of forcemeat on the bottom of a buttered earthenware casserole is covered with thin slices of veal, beef or mutton, then the layers are alternated to fill the casserole. The casserole is covered and baked, then turned out and served with Madeira sauce and braised chestnuts.

Controversy surrounds the origin of the recipe, which is traditionally attributed to the head cook of the Marquis de Bresolles in 1742. Menon gave a variation under the name of brezolles (strips of veal with shallots) and Austin de Croze describes bresolles as a dish from Ages (round slices of veal with vendelaise sauce). The word could be derived from the verb braiser (to braise) or from the Italian brachoda.

BRESSANE, A LA A French term applied to several dishes in which Bresse poultry is an important ingredient including chicken stuffed with forest grass and mushrooms (sometimes with slices of truffle slipped under the skin) and then braised or fried, a flan or cake prepared with light coloured Bresse chicken livers, and puff pastries and mixed salads.

RECIPE

Bresse chicken salad

Season some whole lettuce leaves with vinaigrette and use to line the bottom and sides of a salad bowl. Hard boil (hard cook) some eggs, shell them and cut into quarters. Cook and drain some asparagus tips. Finely chop the white meat of a chicken cooked in stock and season with vinaigrette. Cut some red and green sweet (bell) peppers into very thin strips. Place all these ingredients on the lettuce leaves. Arrange a mayonnaise and colour with a little sieved and well reduced tomato sauce. Pipe a garnish of tomato mayonnaise on the salad and sprinkle with chopped parsley. Serve the remaining mayonnaise in a sauceboat (in the traditional recipe the top of the salad is garnished with slices of truffle).

BRESTOSIS A cake with a firm consistency and which keeps well, once a speciality of the town of Brest in Brittany. It is made from Genoese sponge, to which are added blanched ground almonds, lemon essence (extract) and orange liqueur. The mixture may be poured into small brioche moulds and baked gently until golden brown. The cold cakes, wrapped in foil, will keep for several days. The mixture can also be cooked in a round cake mould. The cake is then split into two halves, filled with apricot jam, covered with apricot glaze and decorated all over with sliced toasted or raw almonds.

BRETON A table decoration, created in Paris around 1850 by the pastrycook 'Dubuse, made of almond biscuits (cookies) of various sizes, glazed with fondant icing (frosting) of different colours, decorated and arranged in a pyramid. It was mostly used to decorate large sideboards and side tables.

Breton is also the name of a large round fairly thick cake, rich in slightly salted butter and egg yolks. The surface is glazed with egg yolk and crisscrossed. The same mixture can also be used to make individual round or boat shaped cakes.

BRETONNE, A LA The term given to dishes associated with the produce of Brittany in north west France. Primarily these are dishes with haricot (white) beans (famous there) served with mutton or shoulder or leg of lamb. Breton sauce, used to coat simply cooked eggs or fish, is a combination of leek, celery and mushrooms with cream.

RECIPES

Breton sauce

Cut the white part of 1 leek ¼ celery heart and 1 onion into thin strips. Soften gently in a covered pan with 1 tablespoon butter and a pinch of salt for about 15 minutes. Add 2 tablespoons thinly sliced mushrooms and 175 ml (6 fl oz, ¾ cup) dry white wine. Reduce until dry. Add 150 ml (½ pint 2/3 cup) thin veloute sauce and boil vigorously for 1 minute. Adjust the seasoning and stir in 1 tablespoon double (heavy) cream and 50 g (2 oz, ¼ cup) butter. Serve at once. If the sauce is to be served with braised fish, cook the sliced vegetables with the fish, adding 175 ml (6 fl oz ¼ cup) fish stock or white wine and finishing with cream and butter.

Eggs with Breton sauce

Fry the eggs or bake them in butter in small individual dishes and surround with a ring of Breton sauce. Alternatively, line small buttered dishes with pureed haricot (white) beans, break an egg into each dish, bake in a preheated oven at 200 °C (400 °F, gas 6) 6-8 minutes and surround with a ring of Breton sauce.

Sauce à la bretonne

(from Carême's recipe) Cut 6 large onions into rings and brown in clarified butter. Drain and add 2 ladles each of consommé and thickened espagnole sauce. Add a little sugar, a little white pepper, then a little butter and a little chicken stock. Finally, press this sauce through a fine sieve.

BRICK A cow's milk cheese (45% fat content) which originated in Wisconsin in the United States. John Jossi wanted to make a cheese like Limburg but with firmer texture, so he pressed the cheese between two bricks to obtain the required result. Hence the name Brick. It has a natural reddish rind and a firm but supple texture with numerous small holes. The flavour is fairly pungent, but not nearly as strong as Limburg. Sold in blocks 25 x 125 x 7 cm (10 x 5 x 3 cm) it is used mainly for sandwiches, canapés and cheeseburgers.

BRICQUEBEC A French cow's milk cheese (45% fat content) moulded uncooked and with a washed crust. Made by the monks of the Abbey of Bricquebec in the region of Cotentin, it is a flat disc 22 cm (8 ½ in) in diameter and 4 cm (1 ½ in) thick. Bricquebec has a sweetish taste with a fine bouquet and is excellent all the year round.

BRIE A cow's milk cheese (45% fat content), originating in the Hede France, which has a soft texture and a crust that is springy to the touch, covered in white down and united with red. It is made in the shape of a disc of variable diameter, often placed on a straw mat since it is drained on an inclined surface, the finished cheese is sometimes of uneven thickness. The thinnest part is the most matured. The body of the cheese is light yellow, flaxen or golden in colour, with a delicate flavour and a bouquet of varying strength depending on whether the Brie is farmhouse or dairy. Brie is served towards the end of a meal but it is also suitable for use in solvent mosquitoes and canapés.

Condé the Great served it to celebrate the victory of Rocroi, and bouchées à la reine, inspired by Marie Leszczyńska, were originally made with Brie. In 1793 it was said that Brie, loved by rich and poor, preached equality before it was suspected to be possible. Talleyrand, an informed diplomat and gastronome, had it proclaimed king of cheese during a dinner organized during the Congress of Vienna. Of the 52 different cheeses offered to the guests, it was a Brie from the farm of Estourville at Villeroy which was voted the best.

Brie was also once used to make a pie pastry and brioches, according to Alexandre Dumas, who thus explained the etymology of the brioche, which was based on Brie). Eugène Sue quotes Brie in *The Seven Deadly Sins*.

BRIK A large triangle of very flaky pastry containing a soft boiled egg surrounded by succulent

minced meat, one can imagine nothing better. This is how Andre Gide describe this Tunisian speciality in his Journal in 1943. It is a very fine pastry shaped in a semi-circle around a filling of spiced vegetables or mutton with onions and mint. A small hole is made in the filling and an egg is broken into the hole. The pastry is then folded to enclose everything and the brik fried in oil. It is usually served with slices of lemon.

The success of this appetizer lies entirely in the fineness of the pastry, which is called malsouga in Tunisia. A dough of elastic consistency is obtained by boiling semolina in water, it is then prepared and cooked using a very delicate technique. The palm of the hand is dipped in cold water, then in the semolina, which is spread out on a griddle with circular movements, almost immediately it stiffens and the fine sheet of malsouqa is lifted with a knife and laid on a dry cloth. It takes considerable dexterity and patience to make briks by hand, but commercially manufactured sheets of brik pastry can be obtained.

RECIPE

Brik with egg

Spread out a sheet of brik pastry on a worktop (work surface), or use 2 layers of buttered filo. Break an egg on to it, then season with salt and pepper and add a pinch each of chopped parsley and coriander (cilantro) Fold the pastry in two diagonally, then fold over both edges and finally the tip so that the egg is well sealed. Fry immediately till golden, basting with spoonfuls of oil so that the pastry puffs up. Drain the brik on paper towels and serve piping hot.

BRILL A marine flatfish of the family Both idea similar to the turbot, with the same fine white nutritious flesh. Brill is less expensive than turbot, in spite of the considerable waste involved in its preparation. However, it is becoming scarcer in the sandy bed of the eastern Atlantic from which it is fished. It is 30-75 cm (12-30 in) long and weighs 1-2 kg (2 ¼ -4 ½ lb), sometimes 3 kg (6 ½ lb). The top of the body is smooth, grey or beige in colour, with small pearly markings. The underside is creamy white.

Brill can be prepared in many ways, particularly with red or white wine, champagne or cider. It can also be grilled (broiled) whole or baked. It can be served cold with various sauces. When poached, it can be garnished with prawns (shrimp) mussels, oysters or crysfish. The famous chef Duglere gave his name to a recipe for brill, which he created at the Cale Anglais in Paris.

RECIPES

Preparation of brill

Clean the fish by making a transverse incision underneath the head, on the dark side. Remove the scales. Trim all round the fish, slightly shortening the tail, and wash. If the brill is to be cooked whole, braised or poached, make a longitudinal incision along the centre of the dark side. Slightly loosen the fillets and break the backbone in two or three places. If prepared in this way, the brill does not lose its shape during cooking.

To fillet the fish, lay the cleaned, scaled and washed brill on the table, dark side down. Make an incision along the centre from top to tail, then slide the knife blade underneath the flesh and, keeping it flat against the bone, gently ease away the fillets and lift them, detaching them at the head (by cutting round the head) and the tail. Turn the fish over and repeat for the other side. Lay the fillets on the table, skin side down. Holding the fillet by the tail end, slide the blade of a filleting knife between the skin and the flesh with one quick movement.

Braised brill

Season the brill and put it in a shallow pan on a bed of sliced carrots and onions which have been lightly fried in butter. Add concentrated fish stock, thyme, parsley and a bay leaf. Bring to simmering point, cover and cook in a preheated oven at 160 °C (325 °F, gas 3) for 25 minutes for a 1.5 kg (3 ¼ lb) fish, basting frequently.

Drain the brill and remove the backbone. This is most easily done by placing the fish, dark side up, on a well-buttered long plate or dish. Remove the fillets with a very sharp knife, take out the bone and replace the fillets, Reheat briefly.

Choose your garnish and matching sauce from the list below before cooking the fish. Make the sauce using the well reduced and strained cooking liquor. Braised brill moistened with red wine fish stock reduced to the consistency of a fumet can be served with the following garnishes, bourguignonne, Chambertin or mayonnaise. Brill braised in white wine can be served with one of the garnishes used for fish cooked in white wine, especially those recommended for sole.

Brill cherubin

Prepare and cook as for braised brill. Arrange the fish on a long dish and surround with small mounds of very thick tomato sauce, alternated (if desired), with dried truffles. Fry thin strips of red (bell) pepper in butter. Strain the cooking stock, reduce until syrupy, then add it to a hollandaise sauce with the strips of pepper. Coat the brill with the sauce and glaze rapidly in a preheated oven at 230 °C (450 °F gas 8).

Brill stuffed with salmon

Clean a brill weighing about 2 kg (4 ½ lb) and slit it lengthways down the middle on the dark side. Remove the central bone through this opening, taking care not to tear the white skin. Season the brill and stuff it with a cream forcemeat made of salmon and truffles. Lay the fish in a buttered flameproof dish, season, moisten with 400 ml (14 fl oz 1 ¾ cups) white wine fish fumet, cover and bring gently to simmering point. Poach gently in a preheated oven at 180 °C (350 °F gas 4) for about 30 minutes. When the brill is cooked, drain then blot with paper towels and transfer carefully to a serving dish. Keep warm, Boil down the juices, add to normande sauce and pour over the fish. The following garnishes are suitable: amiral, cancalaise, cardinal, champenoise, diplomate, Nantua, polignac or Victoria.

Fillets of brill with mushroom duxelles

Prepare about 400 g (14 oz. 3 ½ cups) mushroom duxelles, bind with tomato sauce and spread in the bottom of a serving dish. Keep warm, Season the fillets with salt and pepper, coat with flour and fry in a mixture of butter and oil. Arrange the cooked fish on the mushroom duxelles and coat with the hot butter left in the pan after frying the fish. Sprinkle with chopped parsley and garnish with slices of lemon.

Poached brill

Place the cleaned brill in a fish kettle or large saucepan. Cover with cold fish stock and poach gently for about 10 minutes after reaching simmering point, until just tender. Drain and remove the dark skin. Prepared in this way, it can be served with various sauces: prawn (shrimp), Mornay or Nantua or garnished with spinach à la portugaise, à la provençale, à la russe or with lobster escalopes (scallops) à la américaine. It can also be served au gratin in the same way as sole.

BRILLAT-SAVARIN A cow's milk cheese from Normandy named after the French author who said that a meal without cheese is like a beautiful woman with only one eye.

The cheese was invented early in the 20th century by Andronet, the famous Partisian master cheese maker. It has a soft triple cream paste (97.5% fat content) a white downy crust and a mild flavour, and it smells of cream. Brillat Savarin is disc-shaped 13.5 cm (5 ½ in) in diameter and 3.5 cm (1 ½ in) thick. It is a more refined version of another cheese from Bray, called Excelsior.

BRILLAT-SAVARIN, JEAN ANTHELME French magistrate and gastronome The eldest of eight children Jean Anthelme Brillat spent all his youth in

Bugey, where he became interested in cooking, his mother, whose Christian name was Autore,

was an accomplished cordon bleu cook.

After studying law at Dijon followed by elementary chemistry and medicine. Brillat Savarin joined the bar at Belley. In 1789 the young solicitor, elected deputy to the National Assembly came to the notice of the Forum, in particular because of a speech against the abolition of the death penalty. Returning to his own region, he was elected president of the civil court at Ain, then mayor and commander of the National Guard. The fall of the Girondins forced him into exile because the Revolutionary tribunal accused him of moderatism and issued a summons against him. He said that the day before his departure for Switzerland he had a memorable dinner at an inn in the Jura, where he enjoyed a fricassee of chicken liberally garnished with truffles, served with a sweet and generous white wine.

RECIPES

Boned partridge Brillat Savarin

Open out the partridge and remove as much bone as possible. Flatten the partridge and season with salt and pepper. Seal by frying rapidly in butter. Cover both sides with a forcemeat of foie gras and truffle. Wrap the partridge in a piece of pig's caul, coat with breadcrumbs, and grill (broil) gently. Place on a bed of lentil puree. It can be served with a well reduced Madeira sauce, containing game stock.

Croutes Brillat-Savarin

Bake some small savoury pastry cases (pie shells) blind. Fill with a salpicon of calves or lambs, sweet breads and sauteed mushrooms and, as in the original, some cockscombs and kidneys, all bound with a reduced demi-glace or Madiera sauce.

Flan Brillat-Savarin

Make a flan case (pie shell) of fine savoury pastry and bake blind. While still warm, fill with very creamy scrambled eggs with truffles. Heat some sliced truffles in clarified butter, season with salt and pepper, and arrange on the eggs. Sprinkle with grated parmesan cheese and melted butter. Brown well.

Ocufs en cocotte Brillat Savarin

Butter some ramekin dishes and fill with small cooked pasta shapes sauteed in butter. Break an egg into each ramekin dish and bake in a bain marie. Heat some asparagus tips in butter and use to garnish the eggs. Add a ring of well reduced Madeira sauce.

Timbale Brillat Savarin

Bake some brioche dough in a charlotte mould. Scoop out the middle, leaving a thickness of 1 cm (½ in) lining the bottom and sides. Prepare a confectioner's custard (pastry cream) containing crushed macaroons, then cook some pear quarters in vanilla-flavoured syrup. Heat some apricot puree mixed with kirsch and brush it around the inside of the brioche case. Warm this through gently in the oven. Fill the timbale with alternate layers of confectioner's custard and pears, finishing with a layer of pears. Decorate with crystallized (candied) fruit and warm it in the oven once more. This timbale may be served with apricot sauce.

BRIMONT A name given in classic French cookery to certain decorative dishes, probably originally dedicated by a chef to his master.

RECIPES

Brimont salad

Cook and peel some potatoes and prepare cooked artichoke hearts. Dice both vegetables coarsely and mix with mayonnaise flavoured with sherry. Arrange in a dome in the centre of a serving dish

and surround with clusters of stoned (pitted) black olives, crayfish tails and quartered hard-boiled (hard cooked) eggs, all seasoned with olive oil and sherry vinegar. Garnish the salad with a few slices of truffle. The crayfish tails may be replaced by large peeled prawns (shrimp).

Soft-boiled (or poached) eggs brimont

Add some Madeira or cream to a chicken veloute and reduce. Fill a cooked, shallow puff pastry pie crust (shell) with creamed mushrooms. Arrange the eggs in a ring on top. Fill the centre with small chicken croquettes. Coat with reduced veloute sauce and garnish each egg with a slice of truffle.

BRINDAMOUR A sheep's milk cheese from Corsica (45% fat content) which is soft and has a crust sprinkled with thyme and savory. Brindamour is a large square with rounded corners, weighing 600-800 g (1 ¼ - 1 ¾ lb) Also known as fleur du maquis it has a sweet, scented flavour.

BRINE A salt solution used to preserve meat, fish or vegetables. Brine sometimes also contains saltpetre, sugar and flavourings. Small items can be pickled in brine on a domestic scale, but large items come within the sphere of industrial salting.

The pink colour of ham is due to the saltpetre in the brine. In charenterie brine is often injected into the meat before immersion. Cooked hams were traditionally treated either with old brine, brought to the required concentration by the addition of salt and nitrate or with fresh brine mixed with the remains of the old brine, which provided some nitrate reducing bacteria and some ready made nitrite. Fresh brines containing selected bacteria strains are usually used for modern curing. Unfortunately, this change has led to faster salting, which, with the addition of polyphosphates, does not improve the flavour of ham.

BRINZEN also known as Bryndza A Hungarian ewe's milk cheese in the shape of a cylinder weighing 5, 20 or 30 kg (11, 22, or 66 lb) Left to ferment in brine and milk during the winter, it is eaten in spring and has a strong piquant flavour. Brinzen is similar to the Romanian brandza and the Russian bryza.

BRIOCHE A soft loaf or roll made from a yeast dough enriched with butter and eggs.

The word brioche first appeared in 1404, and for a long time its etymology was the subject of controversy. Some maintained that it originated in Brie, and Alexander Dumas claimed that the dough was originally kneaded with cheese from Brie. It is now considered that brioche is derived from the verb brier, an old Norman form of the verb broyer meaning to pound. This explanation is all the more likely since the brioche from Gourmay and Gisors in Normandy have always been highly regarded.

The dough is mixture of flour, yeast water or milk, a little sugar, eggs and butter. The substitution of baker's yeast for brewer's yeast made it lighter, Brioche dough can be moulded in many ways. The traditional brioche a tete, or Parisian brioche, is made with a smaller ball on top, like a head. Brioche is also moulded into hexagonal shapes with marked out sections these are Nanterre brioche. The brioche mouselure is tall and cylindrical and is the most delicate. A traditional variation consists of adding raisins to the brioche dough.

The brioche, often in the shape of a ring, is one of the most widespread regional pastries, eaten by all sections of society. When the revolutionary crowd marched on Versailles, protesting that they had no bread. Queen Marie Antionette in ignorance replied, let them eat brioche. Varieties worthy of mention are the brioche coulante (fallue) from normandy; brioche with pralines from Saint-Genix; the Twelfth-Night cake (tourtilon) from Bordeaux; gatais dela mariee from Vendee, which can measure up to 1.3 m (over 4 ft) in diameter; brioche stuffed with hazelnuts, raisins and dried pears from the Vosges; and brioche with cream cheese or Gruyere from Gannat. Not to be

forgotten are fouaces, pompes, couques and cramiques, koeckbotteram from corsica; and pastis from bearn-all of which are rustic brioches with various flavourings

Brioche is served as a dessert or with tea., but it also has many culinary uses. Ordinary brioche dough is suitable for kouloubiac and fillet of beef en croute;brioche mousetine accompanis fole gras, sausage andc ervelas from Lyons. Small individual brioche are used as cases for various sweet or savoury sauced mixtures served as hot main dishes or as desserts.

RECIPES

Classic brioche dough

Soften 225 g (8 oz. 1 cup) butter at room temperature.Crumble 7 g (¼ oz, ½ cake) fresh (compressed) yeast and stir in 1 tablespoon warm water. In a separate container stir 1 tablespoon sugar and a pinch of salt into 2 tablespoons cold milk.Sift 250 g (9 oz. 2 ¼ cups) strong plain (bread) flour, make a well in the centre, and add the yeast mixture and 1 lightly beaten egg. After working in a little flour, add the sugar and salt mixture, and another lightly beaten egg. Continue to work the dough until it becomes smooth and elastic. It should stretch easily. Mix a third of the dough with the softened butter, then add the second and finally the remaining third of the dough to the mixture.

Put the dough in a 2 litre (3 ½ pint, 9 cup) container, cover with a cloth, and leave to rise in a warm place until it has doubled in volume. Then separate the dough into 3 pieces, knead lightly and leave to rise again. Leave to rest for a few hours in a cool place, the dough is now ready to be shaped and baked.

Standard brioche dough. This is prepared in exactly the same way, but the quantity of butter is reduced to 175 g (6 oz. ¾ cup).

Pate levee pour tartes.This yeasted brioche dough is used for tarts and flans. Prepare as for brioche dough, but use 250 g (9 oz. 2 ¼ cups) plain (all – purposoe) flour 7 g (¼ oz. ½ cake) fresh (compressed) yeast, ½ teaspoon salt, 2 teaspoons caster (superfine) sugar, 2 eggs, 100 g (4 oz ½ cup) butter and 6 tablespoons milk.

Bropcje bprde;aose

Lightly flour the worktop (work surface). Place 300 g (11 oz.) brioche dough (classic or standard) on the floured surface and flatten with the hand to make a thick disc. Finely chop 65 g (2 ½ oz, ½ cup) crystallized (candied) fruit and distribute it evenly over the surface of the dough. Bring the edges of the dough to the centre to form a ball. Place the ball of dough on a buttered baking sheet and leave it to rest for 10 minutes. Push both thumbs into the centre of the ball and pull the dough gently into the shape of a ring. When the hole is about 10 cm (4 in) in diameter, leave to rest for about 1 ½ hours.

Brush the ring with beaten egg. Crush 12 sugar lump with a rolling pin. Using scissors dipped in water cut 5 mm (¼ in) deep stopping notches into the surface of the ring.Bake in a preheated oven at 200 °C (400 °F gas 6) for at elast 30 minutes, then take the brioche out of the oven and decorate with whole crystallized (candied) fruits and crushed sugar.

Brioche mousseline

Cut 2 pieces of foil twice the height of a cylindrical 1 litre (1 ¾ pint, 4 1/3 cup) mould. Line the mould with the double thickness of foil shaped into a cylinder. Butter the bottom of the mould and the full height of the foil. Place a 300 g (11 oz) ball of fine brioche dough in the mould and leave to rise at room temperature until it comes to 1 cm (½ in) below the top of the mould.

Brush the surface of the brioche with a beaten egg and make 2-4 cross shaped incisions in the top of the dough using a pair of wetted scissors. Bake in a preheated oven at 200 °C (400 °F, gas 6) for about 30 minutes. Turn out of the mould while still warm.

Fruit brioche

Toss prepared and diced seasonal fruit (such as peaches and pears, plums and apricots, or plums and pears) in the juice of 1 lemon. Sprinkle with a little sugar and pour a little fruit liqueur or suitable spirit over and mix well. Cover and set aside to macerate. Prepare frangipane cream and leave to cool.

Line a large or the required number of individual round moulds or tins (pans) with brioche dough. Spread with frangipane cream, leaving a border around the edge. Drain the fruit (reserve the soaking liquor to flavour a fruit coulis to accompany the brioche) and arrange it in a layer on top of the frangipane cream. Cover with brioche dough, pressing the edges together to seal in the filling, then leave to rise in a warm place for about 1 hour, until doubled in size.

Brush the brioche or brioches with beaten egg and bake until golden. A large brioche or brioches with beaten egg and bake until golden. A large brioche will take about 30 minutes in a preheated oven at 200 °C (400 °F, gas 6), individual brioches will take about 15 minutes in a preheated oven at 220 °C (425 °F, gas 7) Dust with icing (confectioner's) sugar and serve hot, decorated with pieces of fresh fruit. Fruit coulis goes well with the brioche prepare it using the same type of fruit as in the filling and flavour the coulis with the reserved soaking liquor.

Parisian Brioche (brioche a tete)

Lightly flour the hands and the worktop (work surface) then divide 275g (10 oz) brioche dough into 2 balls, 225 g (8 oz) for the body of the brioche and the remaining 50 g (2 oz) for the head. Roll the large ball by hand until it is perfectly round. Butter a 500 ml (17 fl oz, 2 cup) brioche mould and place the larger ball inside it. Roll the small ball of dough into a pear shape. Make a hole in the top of the large ball and insert the pointed end of the small ball, press down with the fingertips. Allow to double in volume at room temperature, for about 1 ½ hours.

Make some small incisions in the large ball, from the edges towards the head, using wet scissors. Brush the brioche with beaten egg and bake in a preheated oven at 200 °C (400 °F, gas 6) for 30 minutes. Turn out of the mould while still warm.

Individual Parisian brioches. These are made in the same way as the large brioches, using small brioche moulds. Bake in a preheated oven at 225 °C (425 °F, gas 7) but allow only 15 minutes for cooking.

Rolled brioche with raisins

Soak 75 g (3 oz, ½ cup) raisins in 4 tablespoons rum. Butter a 20 cm (8 in) Genoese mould (a sponge cake mould with sides sloping outwards towards the top) and line it with 150 g (5 oz) flattened brioche dough. Cover with thin layer of confectioner's custard (pastry cream). Lightly flour the worktop (work surface). Place 165 g (5 ½ oz) dough on the floured surface and roll out to a rectangle 20 x 12 cm (8 x 5 in) Cover this rectangle with confectioner's custard, then spread with the drained raisins. Roll the rectangle into a sausage 20 cm (8 in) long and cut into 6 equal portions. Roll the rectangle into a sausage 20 cm (8 in) long and cut into 6 equal portions. Lay these portions flat in the lined mould and leave to rise for 2 hours in a warm place.

Brush over the entire surface of the brioche with beaten egg. Bake for about 30 minutes in a preheated oven at 200 °C (425 °F, gas 7) Dust with icing (confectioner's) sugar and serve hot, decorated with pieces of fresh fruit. Fruit coulis goes well with the brioche prepare it using the same type of fruit as in the filling and flavour the coulis with the reserved soaking liquor.

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Brush over the entire surface of the brioche with beaten egg. Bake for about 30 minutes in a preheated oven at 200 °C (400 °F, gas 6). If the brioche colours too quickly, protect it with a sheet of foil. Take the cooked brioche out of the oven, sprinkle with vanilla or rum syrup, then turn out of the mould while still warm. When the brioche is cold, brush with syrup made from 65 g (2 ½ oz, ½ cup) icing (confectioner's) sugar mixed with 2 tablespoons hot water.

Filled Savoury Brioche

Brioche with anchovies

Using standard brioche dough without sugar, prepare some very small (cocktail size) Parisian brioche in tiny fluted moulds. When cooked, allow to cool completely, wrap in foil and place in the refrigerator for 1 hour. Then remove the heads of the brioche and carefully scoop out the insides of the brioche bases, using the bread taken out to make very fine breadcrumbs. Add these to the same volume of softened anchovy butter. Fill the brioche with this mixture and put the heads back on. Put in a cool place until required for serving. The mixture of breadcrumbs and anchovy butter can be lightened by adding a little whipped cream.

Brioche with cheese

Prepare the brioche as for brioche with anchovies (but make them a little bigger). Fill with a thick Mornay sauce mixed with diced York or Bayonne ham. Reheat in the oven.

Brioche with foie gras

Prepare the brioche as for brioche with anchovies. Fill with a mousse of foie gras mixed with softened butter. Put in a cool place until ready to serve.

Brioche with mushrooms

Prepare the brioche as for brioche with anchovies (but make them a little bigger). Fill with mushroom duxelles mixed with a little bechamel sauce. Heat in the oven.

Filled Sweet Brioche

Brioche with raspberries

Make a large brioche mousseline and allow to cool completely. Slice off the top and scoop out the inside, leaving a thickness of about 1 cm (½ in) at the bottom and sides. Add some kirsch to

melted butter and sprinkle this mixture over the inside of the brioche, fill with a mixture of raspberries and whipped cream.

Alternatively, the brioche may be filled with confectioner's custard (pastry cream) lightened with whipped cream and mixed with stoned (pitted) cherries, poached in syrup and drained.

Caribbean brioche

Hollow out a large brioche mousseline in the same way as for brioche with raspberries. Cut the brioche removed from the inside into cubes and brown these in butter. Reduce the syrup from a can of pineapple by three quarters and flavour with rum. Cut the pineapple dice in butter, place the fruit in the reduced syrup. Add the cubes of brioche, mix together, and fill the brioche with the mixture. Replace the top and heat in the oven.

BRISSE, BARON LEON French journalist (born Gemenos, 1813, died Fontenay aux-Roses, 1876). Having begun his career in the Water and Forestry department, which he was obliged to leave after a scandal, he turned to journalism and specialized in gastronomic articles. It was his idea to print a different menu every day in the newspaper *La Liberte*. These recipes were put together in 1868 in a collection called *Les trois cents soixante-six menus du Baron Brisse*. He also published *Recettes a l'usage des menages bourgeois et des petits menages* (1868), *La Petite Cuisine du Baron Brisse* (1870) and *La Cuisine en Caramelle* (1873). He was often reproached for not being able to cook and his recipes are sometimes whimsical and even extraordinary, such as scoter duck with chocolate, a burlesque way of preparing a kind of duck with tough oily flesh. But he also gives a recipe for terrine of foie gras and garbure. The paper gastronophile as he was nicknamed by his colleagues, this enormous and truculent individual died at an inn in Fontenay aux-Roses, where he had taken up lodgings. For several years his friends, including Monselet and Gouffe, observed the anniversary of his death by meeting at the inn, where the landlord, Gigout, symbolically laid Baron Brisse's place.

His name has been given to garnish for large joints of meat, consisting of onions with chicken forcemeat and stuffed olive tartlets.

BRISTOL. A garnish served with large roasts of meat (beef or lamb), noisettes of lamb and tourmedos. Consisting of small risotto croquettes, flageolet beans cooked in butter and chateau potatoes, it probably takes its name from the Parisian hotel of the same name.

BROAD BEAN (FAVA BEAN) An annual leguminous plant cultivated for its flat seeds, used as food for man and animals since the Bronze Age, possibly of Near East origin. It was known in ancient Egypt but the Greeks had religious reservations about eating it brought bad luck. Named from the Latin *Vicia faba*, it was the European staple for centuries. It is the original bean in the Twelfth-Night cake, which made it a good luck bean. They are cultivated across the world, including China.

Broad beans are easily distinguished from kidney beans because they lie across the pod, so the contact point is on the end. There are several varieties, the pale green one being common, the Windsor bean, with four beans to the pod, is the largest. Tiny fresh beans are eaten raw at the meal's end in Italy, accomplished by Pecorino cheese. Cook fresh, podded beans in simmering salted water savory is the classic herb flavouring. Larger beans are best skinned, to reveal their bright green interiors. In America favas are combined with sweetcorn, to make succotash, but the classic European preparation is a puree (good with pork) because traditionally it was pressed through a sieve to remove the skins. Fava, the Greek salad with yogurt and lemon juice, is one example.

Dried beans are more nutritious than fresh ones because they are allowed to grow to full size

before being harvested. Broad beans contain a chemical substance to which some people, particularly in the Mediterranean and Iran, are allergic. The allergy, known as favism, is inherited and it leads to destruction of red blood cells, resulting in severe anaemia.

Dried broad beans were the original bean used in the famous dried bean dishes cassoulet and fabada. The dried bean, dark and of brouse, meaning brush is eaten within 48 hours, otherwise it is salted and left to dry, when hard it is wrapped in dry asphodod leaves and stored in a cool place. When it is used to flavour a dish, it must be desalted for some time in cold water.

BROCCOLI A vegetable of the brassica family cultivated for its fleshy heads of flower buds. There are several varieties, including small headed purple sprouting and large headed calabrese.

Originating in Italy this vegetable was popular in Roman times. It was introduced to France by Catherine de Medici. Calabrese has substantial dark green flower heads. It is cooked like cauliflower. In Italy it remains one of the most popular new season vegetables, being cooked with olive oil, white wine and garlic. It was introduced to the US in the early 20th century by Italian immigrants, and is now cultivated in California.

Sprouting broccoli became popular in northern Europe in the 18th century. This has a number of loose terminal heads, about 15 cm (6 in) long, but also smaller heads in the axils of the leaves lower down the plant. It overwinters, to provide an early spring vegetable. Known in America since the 18th century, the heads are steamed or poached, while the stalks are sometimes eaten like asparagus.

Romanesco is the autumn broccoli with the large yellowish green heads divided into conspicuous little peaked groups.

RECIPES

Broccoli, potato and bacon pot with soup

Soak a piece of unsmoked streaky bacon about 500 g (18 oz) in cold water, then place in a large saucepan with 2 litres (3 ½ pints, 9 cups) cold water, simmer for about 1 ½ hours. Add 1 kg (2 ¼ lb) prepared broccoli, 2 crushed garlic cloves, with a little salt. Add 575 g (1 ¼ lb) quartered potatoes and boil for 15 minutes.

Drain the broccoli, chop coarsely and heat with 40 g (1 ½ oz, 3 tablespoons) butter. Cut the bacon into slices and brown in 25 g (1 oz, 2 tablespoons) butter. Drain the potatoes and slice. Layer the broccoli, then the potatoes and finally the slices of bacon in a heated dish. Sprinkle with the butter used for cooking.

Add 25 g (1 oz 2 tablespoons) butter to the water in which the bacon and vegetables were cooked. Pour this stock into a soup tureen over thin slices of wholemeal bread dried in the oven. Sprinkle with chopped parsley and serve the soup before the hotpot.

Broccoli a la crème

Prepare 1 kg (2 ¼ lb) broccoli, then blanch it in 2 litres (3 ½ pints, 9 cups) boiling salted water for about 30 seconds. Drain the broccoli and chop about 30 seconds. Drain the broccoli and chop very coarsely. Lightly brown 50 g (2 oz, ¼ cup) butter in a frying pan and add 150-200 ml (5-7 fl oz, 2/3 – ¾ cup) double (heavy) cream. When the cream is coloured, add the broccoli. Season with pepper and again with salt if necessary. Simmer for about 10 minutes. Serve the broccoli very hot with roast or sautéed meat or with certain types of fish, such as bass, cod or hake.

BROCHETTE A large slightly flattened skewer, usually made of stainless steel, on which pieces of meat, fish and vegetables are threaded for cooking under a grill (broiler) or over charcoal. If the ingredients are to be fried, the skewer is made of wood. There are single brochettes, with a ring or handle, and double brochettes. Electric rotating grills may be equipped with vertical brochettes and some rotisseries are fitted with brochette drums.

RECIPES

Brochettes of fish and seafood eel brochettes

Skin and clean a large eel, cut off the head and the tail. Wash, wipe dry and then cut the body into 8 portions. Marinate for 30 minutes in the same mixture as for seafood brochettes. Cut some streaky bacon into thick strips and marinate with the eel. Then, without draining them, thread the pieces of eel on to skewers with the bacon. Grill (broil) under a high heat for about 15 minutes, basting with a little flavoured oil. Serve these brochettes with green mayonnaise, tartare sauce, remoulade sauce or hot shallot sauce.

Monkfish brochette

Cut the flesh of a monkfish (taken from the tail, which is less expensive than the middle of the fish) into 2.5 cm (1 in) cubes and marinate with halved slices of aubergine (eggplant) for 30 minutes in the same mixture as for seafood brochettes. Thread the skewers, alternating monkfish and aubergine, and grill (broil) under a medium heat for 16-18 minutes.

Mussel brochettes

Place some large cleaned mussels in their shells in a pan with some finely chopped shallots, chopped parsley, a good pinch of thyme, ground pepper and a little dry white wine. Cook over a high heat until the mussels have opened, then take them out of their shells. Stir a little cold water into some white mustard powder and spread on a plate. Roll the mussels in the mustard, then in bread crumbs and thread on to the skewers. Leave for 1 hour. Just before cooking, sprinkle with a little melted butter, grill under a medium heat for about 10 minutes.

Seafood brochettes

Prepare a marinade using olive oil, plenty of lemon juice, finely chopped herbs and garlic, fresh crumbled thyme, salt and pepper. Marinate an assortment of seafood for 30 minutes, oysters poached for 1 minute in their liquor, mussels opened by heating in the oven, raw scallops, lobsters tails, large peeled prawns (shrimp) and scampi. Thread on to skewers without draining, alternating with very small mushrooms and fresh blanched cubed bacon. Grill (broil) under a high heat.

Brochettes of Meat

Brochettes of marinated fillet of beef

Prepare a marinade using 150 ml (1/4 pint, 2/3 cup) olive oil, salt, pepper and chopped herbs. Cut up 500 g (18 oz) fillet of beef into 2.5 cm (1 in) cubes and cut 150-200 g (5-7 oz) smoked belly pork or bacon into strips, marinate these for 30 minutes. Remove the seeds from a green (bell) pepper and cut the flesh into 2.5 cm (1 in) squares. Cut off the stalks from 8 large button mushrooms, sprinkle with lemon juice and saute briskly in oil with the pieces of pepper. Drain as soon as the pepper is slightly softened. Thread the ingredients on to skewers, adding 2 whole baby onions to each skewer, one at each end of the other ingredients. Grill (broil) under a very high heat for 7-8 minutes.

Lamb brochettes

Cut some well-trimmed fillet or leg of lamb into pieces 5 mm (1/4 in) thick. Thread the pieces of meat on to skewers, alternating with blanched bacon strips and sliced wild mushrooms (optional) tossed in butter. Season with salt and pepper. Brush the brochettes with melted butter, roll in white breadcrumbs, sprinkle again with butter, then grill (broil) under a high heat.

Pork brochettes with prunes

Remove the stones (pits) from the prunes. Wrap each prune in a short piece of smoked streaky bacon. Cut some pork loin into cubes. Marinate these ingredients for 30 minutes in a mixture of

groundnut (peanut) oil, salt and pepper with a little grated nutmeg and cayenne pepper. Drain the pork and the bacon wrapped prunes, thread on to skewers and grill (broil) under a medium heat for about 10 minutes.

Brochettes of Offal (Variety Meats)

Calf's liver brochettes

Prepare the liver and some (bell) peppers as for lamb's liver brochettes, but add some large quartered onions to the marinade. Soften some chopped shallots in a little butter, add a little chopped garlic, then some wine vinegar. Assemble the brochettes and grill (broil) under a very high heat. Bring the flavoured vinegar to the boil and pour over the piping hot brochettes.

Kidney brochettes

Skin some lambs' kidneys, then cut in half and remove the white core. The kidneys may then be brushed with oil, seasoned with salt and pepper and threaded on to skewers to be grilled (broiled) under a very high heat. Alternatively, the kidneys may be seasoned with salt and pepper, brushed with melted butter, rolled in white breadcrumbs, and threaded on to the skewers, alternating with blanched strips of bacon. The whole is sprinkled with melted butter and grilled under a high heat. Serve the kidneys with maitre d hotel butter.

Sliced calves or lambs sweetbreads, small pieces of beef or lamb, and chicken livers can also be prepared in this way.

Lamb's liver brochettes

Cut the lamb's liver into 2.5 cm (1 in) cubes. Seed some red and green (bell) peppers and cut the flesh into 2.5 cm (1 in) squares. After marinating thread these ingredients on to skewers, placing a cube of liver between a square of red pepper and square of green pepper.

BRODETTO an Italian soup containing a large assortment of fish and shellfish. It is possibly the Mediterranean's oldest fish soup, and certainly older than bouillabaisse, with which it shares a large number of ingredients. There are many regional variations. The Venetian version contains no tomato, the one made in the Marches contains saffron, while in the Abruzzi the latter is replaced by chilli.

BROU DE NOIX A liqueur made from green walnut husks. The soft shells are hollowed out, ground, flavoured with cinnamon and nutmeg, and macerated in alcohol. Sugar syrup is added and the mixture is then filtered. This traditional liqueur is from the Jura region and is considered a digestive. Similar walnut liqueurs are made elsewhere in Europe.

BROUET In modern France brouet is a pejorative term applied to any coarse and weak soup or stew. Originally it referred to the national dish of the Spartans, in particular under the tyranny of Lycurgus. Black brouet was a sort of liquid stew made of fat, meat, blood and vinegar. It was served at communal civic meals which all citizens aged between seven and 60 years were required to attend. It is said that Demetrius the Ancient brought a Spartan cook to Syracuse and ordered him to prepare a brouet according to the rules. When he indignantly rejected it, his cook pointed out to him that the essential seasoning was missing: this was hunger, fatigue and thirst.

The word brouet was commonly used in French cooking in the Middle Ages for a soup, a stew or a sauce. The *Menagier de Paris* gives a recipe for brouet from Germany, a very popular soup at the time. From it was derived brouet d'accouchee, a broth made from eggs, milk and sugar which used to be given to women the day after their wedding.

BROUFADO A Provençal speciality made with marinated beef cooked in a casserole with herbs, gherkins or capers, and fillets of anchovy. Mistral describes this dish as a fried meat with pepper

sauce, but it is more of a stew or casserole, and is probably an old seaman's recipe.

RECIPE

Broufado

Cut 900 g (2 lb) stewing beef into 5 cm (2 in) cubes. Marinate in a cool place for 24 hours in a mixture of 5 tablespoons red wine vinegar, 3 tablespoons olive oil, a large bouquet garni, a large sliced onion and some pepper. Desalt 6 anchovies. Drain the meat and heat in a flameproof casserole with 2 tablespoons olive oil. Add a large chopped onion, then the marinade and 175 ml (6 fl oz, $\frac{3}{4}$ cup) red or white wine. Bring to the boil, then cover and cook in a preheated oven at 200 °C (400 °F, gas 6) for 2 hours. Add a few small pickled onions and 3-4 sliced gherkins (sweet dill pickles). Cook for a further 15 minutes. Wash the desalted anchovies, remove the fillets and cut them into small pieces, mix with 2 teaspoons beurre manie and add to the casserole. Stir the broufado well for 2 minutes and serve piping hot with jacket potatoes.

BROUILLY A distinguished Beaujolais cru. The vineyards around the Montagne de Brouilly produce a very fruity wine, which must be drunk young. Cote-de-Brouilly, from the slopes of the mountain, owes its quite remarkable qualities to the soil and aspect. A little more full bodied than Brouilly, it is one of the best Beaujolais wines and its bouquet is refined by a few years maturation.

BROULAI A Caribbean fish stew cooked with sweet cassava roots or potatoes. The vegetables are browned in oil in a stewing pan, then removed and replaced by pieces of firm fleshed fish, tomato puree (paste) onion and chilli pepper. Water is added and the mixture brought to the boil, then the vegetables are put back in the pan with a bay leaf. When the fish and vegetables are cooked, they are taken out of the pan and rice is cooked in the stocks. The rice and stew are served together.

BROWN To cook meat or poultry in hot fat or oil until it takes on a golden brown colour. The term is also applied to chopped or sliced onion which is first sweated, then cooked until dark.

BROWNIE A very sweet moist sponge cake bar or square much loved in America, made with dark chocolate and named for its colour. Originally a cookie the present form with a high sugar and butter content, which gives it a crisp outside and a fudgy inside, has been known at least since the Boston Cooking School Cook Book, by Fannie Merritt Farmer, was first published in 1896. Baked in a cake and then cut, there are many forms. Chopped walnut are a popular addition.

BROYE Also known as broye In Bearn, broye is a broth of maize flour (cornmeal) Simin Palay gives a recipe in la Cuisine du pays which differs by using white or browned flour.

RECIPES

Broye bearnaise

When white (not roasted) maize flour (cornmeal) is used, broye is prepared like an ordinary gruel. Vegetable stock or plain salted water is boiled and flour is added little by little until the consistency is fairly firm. When the gruel is cooked, and it must be stirred constantly during cooking, it is served with a greased ladle so that the gruel does not stick to the utensil. If the flour is first roasted to brown it, a well is made in the centre of the flour in an earthenware container, the stock or water is added and mixed well, and the mixture is then cooked. The cold broye can be sliced and fried in very hot fat until well coloured.

Broye poitevin

Place 250 g (9 oz. 1 cup) caster (superfine) sugar and a pinch of salt in an earthenware dish, make

a well and drop 1 whole egg and 250 g (9 oz. 1 cup) butter, cut into pieces, into the centre. Knead by hand to mix thoroughly. Add 500 g (18 oz. 4 cups) plain (all purpose) flour, a spoonful at a time, then 1 tablespoon rum or brandy and knead until the dough no longer sticks to the fingers (it should be fairly soft) Butter a pie dish 25 cm (10 in) in diameter and spread the dough in the dish, smoothing it with the palm of the hand. Brush the surface with 1 egg yolk mixed with 2 tablespoon black coffee.

Draw a crisscross pattern or geometric designs with a fork. Bake in a preheated oven at 180 °C (350 °F, gas 4) for 30 minutes. Allow to cool before turning out of the mould dish as the cake is very crumbly.

BRULE The French term means burn Crème brulee, in which the sugar topping is caramelized with a red hot iron, under the grill (broiler) or with a blow-torch, is one of the most famous desserts. In common French kitchen use, however, brulee usually identifies a disaster.

In France dough is said to be brulee when flour and fat have been mixed too slowly and the mixture has become oily.

When egg yolks are left with caster (superfine) sugar without beating, small bright yellow particles appear and are difficult to mix into creams and doughs the yolks are said to be brules.

BRULOT Alcohol that is flamed before being drunk or before being added to food. Brulot is a familiar term in France for a sugar lump soaked in alcohol, held in a spoon over a cup of coffee, and flamed before being dropped into the coffee.

Café brulot is a typical drink of Louisiana. It is made by heating rum with sugar, cinnamon, an orange stuck with cloves, and lemon zest. When the sugar has dissolved, scalding coffee is poured on to the mixture and the resulting liquid is filtered and served in hot cups.

BRUNCH A meal originating in America, being a combination of breakfast and lunch. This type of meal is commonly eaten on Sundays, when people gather round the table in a relaxed atmosphere between 10 a.m. and 2 p.m. The menu combines traditional British breakfast items with those of a cold meal, cereals bacon and fried or scrambled eggs, salads of fruit and green vegetables, pancakes with jam or maple syrup, fruit juice, tea and coffee. Pie and cold meats may also be served. There is often a fruit loaf corn bread or French toast (slices of bread dipped in beaten egg, then fried and sprinkled with sugar).

BRUNOISE This French term is applied both to a method of cutting vegetables into minute dice and to the resulting diced vegetables (either a single type or a mixture). Often braised in butter, brunoise is used as a garnish for soups, sauces and stuffings and also serves as a flavouring.

Recipes

Brunoise stuffed pancakes

Stew a brunoise of vegetables in butter. Bind with a little light bechamel sauce. Make some pancakes and fill with the mixture, roll up, cut into thick slices, coat in breadcrumbs and fry.

Consomme a la brunoise

For 4 servings finely dice 200 g (7 oz) carrots, 100 g (4 oz) new parsnips, 100 g (4 oz) leeks (white part only) 25 g (1 oz) onions and 75 g (3 oz) well trimmed celery sticks. Braise gently in 25 g (1 oz. 2 tablespoons) butter then add 750 ml (1 ¼ pints, 3 ¼ cups) consomme and cook for 15 minutes. Just before serving, adjust seasoning and add 150 g (5 oz) each cooked green peas and green beans (cut into short lengths).

BRUSCHETTA A slice of bread, grilled (broiled) on both sides and eaten warm with olive oil

and, frequently a savoury garnish. Of Italian origin, bruschetta was a way of checking the quality of the new seasons olive oil. Best made with clabatta or an open textured, light bread, and excellent plain, rubbed with garlic, it has become both a barbecue item for example, topped with bake peppers and a carnape base to accompany drinks.

BRUSSELS SPROUT A vegetable that is widely cultivated for as green buds, which resemble tiny cabbages 2-4 cm (3/4- 1 1/2 in) in diameter, and grow in the leaf axils along a stem up to 1 m (3 ft) high. Although now cultivated mainly in northern Europe, the Belgians consider that Brussels sprouts were imported into their country from Italy by the Roman legions. Brussels sprouts are an over winter vegetable. They also freeze very well.

Brussels sprouts should be very green and compact, without yellow leaves, the best are usually found after the first frosts. They are prepared by removing the stump and one or two leaves around it, then washed in water to which vinegar has been added. Cooked in boiling water they are generally served with meat but are also used for grains and purees. They can also be braised and mixed with thin strips of bacon and chestnuts. They may be served raw, very finely sliced in a salad.

Sprouts are essential for bruxelloise and brabanconne garnishes.

RECIPES

Brussels sprouts au gratin

Prepare some buttered Brussels sprouts. Butter a gratin dish, tip the sprouts into it, sprinkle with grated cheese and melted butter, and brown for about 10 minutes in a very hot oven.

Brussels sprouts mornay

Heap some buttered Brussels sprouts in a buttered gratin dish, coat generously with Mornay sauce, sprinkle with grated cheese and melted butter, and brown for about 10 minutes in a very hot oven.

Brussels sprout puree

Puree some well cooked buttered Brussels sprouts in a food processor. Then pour into a saucepan and heat, stirring to lose some moisture. Add a quarter of its volume of potato puree and double (heavy) cream, using about 100 ml (4 fl oz 7 tablespoons) cream for 1 litre (1 3/4 pints, 4 1/2 cups) puree. Season with salt and pepper and serve very hot, preferably with roasted or braised white meat.

Brussels sprouts with butter or cream

Plunge the sprouts into boiling salted water and cook them quickly, uncovered. When they are still slightly firm, remove and drain. Melt some butter in a shallow frying pan, using about 25 g (1 oz, 2 tablespoons) for 800 g (1 3/4 lb) sprouts, and brown the sprouts. Adjust the seasoning, cover and simmer until the sprouts are completely cooked.

If desired, the sprouts may be coated with double (heavy cream, using 100 ml (4 fl oz. 7 tablespoons) for 800 g (1 3/4 lb) vegetables, before they are covered to finish cooking.

Sauteed brussels Sprouts

Cook some sprouts in boiling water until tender, then drain thoroughly. Melt some butter in a frying pan and toss the sprouts lightly in it. Transfer them to a vegetable dish and sprinkle with chopped parsley.

They may also be served with noisette butter (moistened first with lemon juice) a indienne a la milanaise or a la polanaise, lie cauliflower.

BRUXELLOISE, A LA A French garnish of stewed Brussels sprouts, braised chicory and

chateau potatoes, served with small joints of meat, either sauteed or roasted .Egg dishes a la bruxelloise are garnished with Brussels sprouts or chicory.

RECIPE

Eggs a la bruxelloise

Bake some small pastry cases (pie shells) blind. Gently cook some thinly sliced chicory (endive) in butter, bind with a little bechamel sauce and put into the pastry cases. Place a soft boiled (soft cooked) or poached egg in each case and coat with piping hot cream sauce.

B'STILLA Also known as bisteeya and bestilla. The celebratory pigeon pie of Morocco, and Fez in particular, eaten as a first course using the fingers of one hand. It is also distinguished by its layers of extremely thin warka pastry the fact that it is made with butter, and its size, which may be 50 cm (20 in) across. The name is related to the Spanish pastilla (little pie) and the pastel murciana is similar, though it is certainly of Moorish origin. Briouts are small pastry envelopes stuffed with similar fillings.

The pastry layers are arranged in a buttered round mould, interleaved with layers of filling. Besides pigeon (unboned), the pie may include chicken, hard boiled eggs and almonds with sugar. The filling is highly spiced with cinnamon, saffron, ginger, fresh coriander (cilantro) and parsley, and garlic, mint or harissa may be added. Other versions may include mutton or beef and spinach. The pastry layers are folded over and the top glazed. Traditionally, it is cooked on glowing charcoal and turned out on to a dish of the same size to cook the second side. Alternatively, it is gently fried until golden brown on both sides, while versions with filo as a substitute may be baked, well moistured with butter, without turning. The b'stilla is served dusted with sugar and cinnamon.

Dessert versions are also made, filled with rice and almond milk, custard or vermicelli cooked in milk with sugar and cinnamon.

BUCHTELN A plum desert, much appreciated in Austria. Buchten consists of squares of yeast dough, folded over plum jam, white cheese or chopped nuts, left to rise in the warm, then baked and served hot with prune jam or custard.

BUCKET A roughly cylindrical container with a handle, originally used for carrying water. The champagne bucket, which is made of stainless steel or silver plated metal, is used for keeping a bottle of champagne, dry white wine, rose., Asti or sparkling wine cool in iced water. The ice bucket, which is smaller, is used to store or serve ice cubes for drinks. Modern ones are insulated, with double walls and a lid, to prevent the ice cubes from melting.

BUCKWHEAT A cereal plant originating in the Orient and cultivated in Europe since the end of the 14th century. The name is derived from the Middle Dutch boecuette, from boeke (beech) and welte (wheat) probably because the seeds resemble beechnuts. The name Saracen corn in France and Italy probably comes from the dark colour of the grain. In France it is also called ble noir, beaucuit or bucail.

Buckwheat flour is grey with black flecks. It is unsuitable for making bread, but is used in Russia for blinis and in France for traditional buckwheat pancakes porridge and fars. When husked, crushed and cooked, buckwheat forms the basis of the Russian dish kasha. In Japan, buckwheat flour is used for making soba noodles, which are eaten in soup, or served cold on ice with dipping sauces. Nowadays some pasta is made with buckwheat too.

Until the end of the 19th century buckwheat was one of the staple foods of Brittany and Normandy, and also of north eastern Europe and Russia, but its cultivation has diminished considerably. In southern Normandy buckwheat porridge was formerly a very common meal, the flour was soaked either in curdled skimmed milk or in plain water and then stirred in a pan over

the heat. Then the pan was placed on a trivet and a hollow was made in the centre of the porridge and filled with melted butter. Everyone took a spoonful of the porridge, and then dipped it into the butter before eating it. When the meal was over, the leftover porridge was either put aside in a large dish, to be eaten with sweetened warm milk, or taken to the fields to be eaten later as a light meal. Thin slices of porridge, known as soles de gueret, were fricasseed and browned in sizzling butter.

BUFFALO Members of the ox family, including a ferocious wild one in Africa and a domesticated one in India, important for both food and its labour. The buffalo was first imported to Italy, Hungary and the Balkans by the Romans.

The meat of the young water buffalo, especially the female, is tender and tastes very similar to beef. Buffalo milk contains 40% fat. In India, it is used to make surati, a cheese matured in earthenware vases which are also used to transport it. In Italy, provolone was originally made from buffalo milk. However, it is best known as the milk from which top quality mozzarella is made, it must be eaten a few days after manufacture. Buriello is an Italian cheese with a light paste and a ball of buffalo butter in the middle. The milk is also used in Egypt to make dumyati a cheese eaten fresh or brinepacked, aged and dark.

BUFFET A buffet in a restaurant is a large table, often set near the entrance, on which dishes of meats, poultry, fish cold desserts and pastries are arranged in a decorative manner. It is, in fact, a show of choice edibles.

At a reception the food is dispensed from a buffet or the guests come to the table to be served with sandwiches, cold meats, pastries and various drinks. It is an idea copied, for its ease of serving, for larger domestic parties.

In France buffet restaurants were established in the principal railway stations. The speed of transport has considerably reduced their importance, especially when buffet cars provide food and refreshments on trains. However, there are still some celebrated buffets, such as those at Lille, Epernay, Avignon, Valenciennes and Colmar. In Paris the buffet at the Gare de Lyon is classed as an historic monument for its architecture and paintings, the quality of its cuisine attracts a larger clientele than just travellers.

BUGLOSS A herbaceous plant common in Europe. Its name, derived from the Greek buglossa (meaning ox tongue) comes from its fleshy, bristly, slightly rough leaves. Similar to borage, it has the same uses and its flowers are also used to prepare a refreshing drink.

BUGNE A large fritter from France's Lyonnais region, traditionally eaten on feast days, especially Shrove Tuesday. In the Middle Ages fritter makers sold bugnies in the open air, from Arles to Dijon. They have become a speciality of Lyon, as common during the rogues as waffles are in other regions. Bugue dough was originally made from flour, water, yeast and orange flowers. When the consumption of dairy products until Ash Wednesday became permitted by the Church, the dough was enriched with milk, butter and eggs, and bugnes became true pastries. They are cut with a pastry wheel into ribbons which are then knotted. Bugnes are better hot than cold. The beugnon is a smaller version from central France.

RECIPE

Bugnes

Put in a food processor 250 g (9 oz. 2 ¼ cups) plain (all purpose) flour, 50 g (2 oz. ¼ cup) softened butter, 2 tablespoons caster (superfine) sugar, a large pinch of salt, 2 large beaten eggs and 1 ½ tablespoons rum, brandy or orange-flower water. Process thoroughly, then shape into a ball and allow to rest for 5-6 hours in a cool place. Roll the dough out to a thickness of 5 mm (¼ in). Cut the dough into strips about 10 cm (4 in) long and 4 cm (1 ½ in) wide. Make a slit in the

middle 5 cm (2 in) long. Thread one end of the dough through the slit, this makes a kind of knot. Fry the bugnes in hot oil, turning once. Drain, place on paper towels, and sprinkle with icing (confectioner's) sugar.

BUISSON Traditionally a method in France of arranging food, especially crayfish and asparagus, pressed together in a pyramid. The term is also used for fried smelts and goujomettes of sole arranged in a dome with a garnish of fried parsley.

RECIPES

Buisson of asparagus in pastry

Cook some very thick white asparagus tips in salted water, keeping them slightly firm. Drain and wipe dry. One by one, coat them in a little mayonnaise stiffened with gelatine. Bake a thin pastry case blind and half-fill with a salad of green asparagus tips and very fine slices of truffle. Arrange the white asparagus tips on top in a pyramid.

Buisson of crayfish

Boil the crayfish in plenty of water, then drain them. Roll a napkin into a cone shape, tucking in a bottom to make it flat and thus keep it stable, and place it on a round serving plate. Truss the crayfish by tucking the ends of the 2 claws over the top of the tail. Arrange the crayfish along the napkin, tails in the air, wedging them against each other. The top of the dish can be garnished with asprig of parsley.

BULGUR Also known as boulghour, bulghur or burghul. The Turkish and Persian names for a treated whole wheat grain product, including the wheat germ. It is made by cooking the wheat, then drying and cracking it. It is then cooked in twice its volume of boiling water for about 10 minutes, until the liquid is absorbed. It is often used in vegetarian cooking to make soups and gruels with pulses and flavourings, to stuff vegetables or served as a salad garnished with raw vegetables in vinaigrette.

BULLHEAD Although it is also called sea scorpion or sea devil, it is a freshwater or coastal fish, common in Britain and found in Russia and the Balkans. It is distinguished by its large head and fan shaped fins, the fins and the gill cover are spiny. It can be eaten fried or in soup.

BULL'S BLOOD The best known Hungarian red table wine, from vineyards around the town of Eger. It is made from the Kadarka, merlot and Pinot Noir grapes.

BUN A small, round yeast roll, usually sweet. The name comes from the French bugne, which defines them beautifully. In Britain, buns are made from an enriched dough and may have dried fruit added. They may be glazed or iced.

There are many traditional regional or seasonal specialities. Bath buns are made from a rich egg dough with small lumps of sugar on top. Chelsea buns are dough spirals filled with fruit and baked in a tin giving them a square shape. Cornish splits are large plain buns filled with clotted cream and jam. Hot cross buns are made from a spiced fruited dough and have a cross of lighter dough or icing on top or are cut in the shape of a cross on top. Eaten on Good Friday, the tradition was to keep one bun for a full year, and throw it away when the new batch was made.

Many countries bake similar goods and the distinction between a roll and a bun can be difficult to define. Buns are generally eaten alone as a snack or for breakfast, or with tea or coffee. In America the term is more loosely applied to bread rolls such as the large flat rolls in which hamburgers and hot dogs are sandwiches. In Chinese cooking, the bun can be savoury the

steamed, white and fluffy buns filled with a full flavoured savory pork, mixture are good examples or sweet.

RECIPE

Buns

Crumble 25 g (1 oz. 2 cakes) fresh (compressed) yeast into a bowl, then gradually stir in 150 ml (8 fl oz, 1 cup) lukewarm milk. Cover and leave at room temperature until frothy. Mix 675 g (1 ½ lb, 6 cups) strong plain (bread) flour with a 1 teaspoon salt and the grated zest of 1 lemon. Rub in 125 g (4 ½ oz. ½ cup) butter then stir in 125 g (4 ½ oz, ¾ cup) raisins. Make a well in the dry ingredients. Add 500 ml (17 fl. oz. 2 cups) lukewarm milk, 1 beaten egg and the yeast mixture. Gradually mix the dry ingredient into the liquid to make a dough. Knead for about 10 minutes, until smooth and elastic.

Place the dough in a bowl, cover with a cloth and leave in a warm place until doubled in volume (about 5 hours). Then divide the dough into balls about the size of a tangerine. Place them on a greased large baking sheet, brush them with butter, cover with cented foil and allow to rise for a further 5 hours or until 2 ½ times their original size.

Bake the buns in a preheated oven at 200 °C (400 °F, gas 6) for 20 minutes. Meanwhile, heat 250ml (8 fl oz. 1 cup) milk with 1 tablespoon sugar and bring to the boil. A few minutes before they are cooked brush the buns with the syrup and return them to the oven. Cool on a wire rack.

BUTCHER'S BLOCK A solid block of wood with a flat top used as a base for chopping meat with a cleaver. It is cut across the grain of wood to give it more strength when used. Butcher's blocks were formerly set on three wooden feet.

BUTCHER'S SHOP A shop for selling meat, especially lamb and beef. Horse and donkey flesh tends to be sold by specialist butchers in France, as is the meat from the bull ring in Spain and halal meat. Pork, although sold in butcher's shops, is mostly retailed through delicatessen or specialist pork butchers in both France and Italy.

In ancient Rome the butcher's profession was regulated, carried privileges and was specialized according to the various types of meat. The Roman legions were accompanied by butchers, who were responsible for buying beasts to feed both their own troops and the occupied countries. History in France Inspired by the Roman master butchers a tradition of hereditary butchers was well established throughout the ancient province of Gaul, now France, by the Middle Ages. In 1996 the first butcher's shop in Paris began trading. Under King Philippe II there were about 18 shops and butchers obtained a permit from the king granting them the right to own their stalls in perpetuity. Thus was formed the rich and powerful butchers guild, which dominated for a long time by a few families, wielded considerable political power.

Until abattoirs were set up under Napoleon I, the Grande Boucherie quarter, around the Chatelet, remained a dreadful place, Blood flows in the streets and congeals under the feet, wrote Mercier in mentions the Rue de la Triperie.

BUTIFARRA A black pudding of eastern Spain made of pig's blood and pieces of fat, sometimes with meat. There are many types the Catalan sausage is botifarra. Bise meaning bishop is another large, black sausage. Many contain rice typically in the Valencia area though the region also has a highly spiced meat version. Boufarras are sliced and fried, then added to casseroles. Boutifarra is the North African version containing blood, fat and meat about 8-10 cm (3 ½ - in) in diameter, and is eaten cold.

White butifarras often made with lean pork and stuffed into tripe skins, are popular in Catalonia and the Balearic islands.

BUTTER A fatty substance obtained from churned cream, containing at least 80% fat, 2% milk solids and not more than 16% water. Butter hardens at low temperatures, becomes soft in warm environment and melts when heated. The colour varies from creamy white to golden yellow.

The history of butter. Butter was known in ancient times and was introduced to the Greeks by the Scythians. Herodotus, quoted by Montesquieu, spoke of the Scythians who poked out the eyes of their slaves so that nothing would distract them from churning their milk. The Greeks and Romans, however, used it mainly as a remedy and relied almost entirely on oil for cooking purposes.

Butter was produced by the Gauls, but it was the Normans, using knowledge acquired from the Danes, who firmly established its reputation. By the Middle Ages, the small scale local production of butter had become widespread. Large pats of butter, sometimes wrapped in leaves of sorrel or herbs, were sold in French markets and stored in earthenware pots covered in salt water. Colouring was prohibited, as was selling butter on a fish stall. Butter was not supposed to be eaten during Lent.

In Europe butter is made from cow's milk but in Africa and Asia the milk of the buffalo, carmel, goat, ewe, mare and donkey is used to manufacture butters with very strong flavours. In Britain a few small independent producers make nanny butter.

Alternative to butter. There are many alternatives to butter, both for cooking and as spreads. Margarine is the long standing substitute for use in baking and there are many brands for table use. Low fat spreads and reduced fat butters are spreadable products with a high moisture content, aimed at people who want to reduce either their calorie intake or consumption of animal fats. Some of these products are not suitable for cooking.

Butter making. The milk is skimmed and the cream is used for making butter. The cream is pasteurized and transferred to an ageing or maturation tank. The cream is then churned so that globules of fat form and the buttermilk is separated. The cream is cooled and ripened at a low temperature to produce sweet cream butter the traditional British butter. Alternatively, the cream is ripened at a higher temperature with the addition of a culture of lactic bacteria. This produces a butter with more flavour, known as lactic butter, the type traditionally preferred in France, Denmark, the Netherlands and Germany. The butter is then washed and blended or worked to give the right water content and characteristic texture. During this stage the butter may be salted and permitted ingredients may be added. Finally the butter is weighted and packaged.

Types of butter. There are two main types of butter produce by the different ripening or ageing processes described above. Sweet cream butter is the traditional British type and lactic butter is the classic French butter. Sweet cream butter is usually salted or lightly salted. Lactic butter may be lightly salted or unsalted.

Butter keeps well in the refrigerator, with the salted type having a longer shelf life than unsalted butter. Butter also freezes well, but in the case the unsalted type has a longer storage life. Butter should always be stored in a covered container or sealed packet, as it readily absorbs around given off by other foods and these taint its flavour. Butter left in warm, light conditions becomes rancid, especially the unsalted type so it should be covered and replaced in the refrigerator after use.

Cooking with butter. Butter has numerous uses in cooking and unsalted butter is often preferred as it is less likely to burn when frying and it enriches food without adding too much salt, which is particularly important for baking, when salted butter can spoil the flavour of sweet pastries, cakes and biscuits cookies.

As a cooking medium butter can be used to sweat sauce or fry foods and to moisten them before and during grilling roasting or baking. Clarified butter is butter from which the water content has been evaporated and the milk solids separated, leaving a clear yellow fat which can be heated to a high temperature without burning. This is ideal for frying of other cooking. When ordinary butter is used it should be heated gently and slowly to avoid burning.

A little oil is often added to butter for cooking, contributing a good flavour and reducing the risk of burning. This is also a good compromise for those who enjoy the flavour but want to avoid consuming large quantities of animal fats.

For making pastries, biscuits, cakes and enriching doughs, butter gives superior flavour to margarine. When heated with sugar, it becomes light and creamy. Combined with flour and water, butter flavours and shortens doughs, producing a crumbly texture. When butter is incorporated by being rolled between layers of flour and water dough, it produces a fine, crisp layer that separates as trapped air expands during baking, giving a light result. This technique is used for making puff pastry and croissants.

Butter is also a key ingredient in a variety of sauces and it can be added to soups and casseroles to enrich the cooking liquor. Plain or flavoured butter can be served with food to moisten and enhance plain ingredients, for example, it is the classic dressing for vegetables, grilled fish, meats or poultry. In the same way as other fats, butter complements starchy foods, making them more palatable.

Butter also has a variety of uses in desserts and sweet dishes, for example to make British butter cream when beaten with icing sugar or French *crème au beurre* and other custards enriched with softened butter. Butter is also a valuable flavouring for confectionery, such as toffee.

Flavoured Butter. Various herbs and other ingredients can be added to salted or unsalted butter to produce different colours and flavours. They are sometimes referred to as compound butter or *beurres composés*. They may be served cold with freshly grilled meat, fish or boiled vegetables. Flavoured butters are added to sauces or other dishes. They are also spread on canapés or between slices of bread to be heated and served hot.

Butters that are prepared hot can be flavoured with crushed crustacean shells. Most flavoured butters are prepared cold. Raw additions (such as garlic, shallot, tarragon or horseradish) are rubbed through a sieve, crushed, chopped, finely grated or pureed. Other ingredients are cooked in liquid until well reduced.

To accompany grilled meat or fish, a flavoured butter of a creamy consistency is served separately. Alternatively, it may be shaped into a small cylinder, wrapped in greaseproof paper or foil, and hardened in the refrigerator. It is then unwrapped and cut into slices 1 cm (½ in) thick, to top the meat or fish.

RECIPES

Flavoured Butters

Preparation of flavoured butter

Whatever the ingredients, the butter must first be creamed, using a spoon or (for large quantities) an electric mixer. The following recipes give ingredients to flavour 225 g (8 oz, 1 cup) butter.

Almond butter

Blanch 100 g (4 oz, 1 cup) sweet almonds and reduce to a paste in a blender with 1 tablespoon cold water. Add to the softened butter and press through a sieve. Very fresh ground almonds can also be used. This butter is used in the preparation of *petits fours* and cakes. Make walnut butter the same way.

Anchovy butter

Soak 100 g (4 oz) canned or bottled salted anchovies to remove the salt. Puree the filets in a blender, season and, if liked, add a dash of lemon juice. Work into the softened butter. This butter is used for vol auvents, canapés and hors d'oeuvres and to accompany grilled meat and fish or cold white meat.

Caviar butter

Blend 100 g (4 oz) pressed caviar, work into the softened butter and then press through a sieve. This butter is used to garnish canapes, or various cold hors d'oeuvres and to flavor some fish sauces.

Crab or prawn butter

Blend 225 g (8 oz) shelled prawns (shrimp) or crabmeat (cooked in court bouillon and with all cartilage removed)

Work into the softened butter. This butter is used to garnish canapes, cold fish or hors d'oeuvres, and to complete fish and shellfish sauces.

Crayfish butter

Pound in a mortar 250 g (9 oz) chopped and cooked crayfish shells and trimmings. Add to the softened butter in a bain marie. Melt the butter mixture slowly but thoroughly. Place some muslin (cheesecloth) over a bowl containing iced water. Pour the melted butter on to the cloth and wring so that the butter goes into the bowl. Place in the freezer or refrigerator to set the butter quickly. As soon as the butter has set, remove from the bowl and blot it dry. Crayfish butter is used for preparing canapes, soups, stuffing, shellfish dishes and sauces.

Garlic butter with raw garlic

Crush 2-4 garlic cloves and add to the softened butter. Mix well, a little finely chopped parsley and grated lemon zest can be added to complement the raw garlic.

Green butter

Wring 1 kg (2 ¼ lb) raw crushed spinach in muslin, (cheesecloth) until all the juice is extracted. Pour this juice into a dish and cook in a bain marie until separated, then filter through another cloth. Scrape off the green deposit left on this cloth and work it into the softened butter. This butter is used to garnish hors d'oeuvres and cold dishes.

Hazelnut butter

Lightly grill (broil) some hazelnuts, then make and use like almond butter.

Horseradish butter

Grate 100 g (4 oz) horseradish. Work it into the softened butter in a blender, then sieve, it is used in the same way as garlic butter.

Hotelier butter

In a blender, puree an equal quantity of chopped parsley, lemon juice and mushroom duxelles. Work into the softened butter in a blender, with a dash of lemon juice, salt and pepper. This butter is used to garnish cold hors d'oeuvres.

Lobster butter

This is prepared in the same way as prawn butter using the meat and eggs of the lobster cooked in court bouillon, It is used for the same purposes.

Malted hotel butter

Work 2 tablespoons finely chopped parsley, 1-2 dashes lemon juice and a pinch of salt into the softened butter. This butter is served with grilled fish, fish fried in an egg and breadcrumb coating, and various steamed or boiled vegetables.

Montpellier butter

Blanch 10 g (1/2 oz., 1/2 cup) each parsley leaves, chervil leaves, cross leaves, spinach and 1 shallot in salted water. Rinse in cold water and drain thoroughly. Blend with a gherkin a small garlic clove and a hard boiled egg. Work in the softened butter and season with salt and pepper. Montpellier butter is served with large cold fish. It is sometimes softened by adding a very fresh raw egg yolk and 4 tablespoon olive oil.

Mustard butter

Add 2 tablespoons tarragon mustard to the softened butter and season with salt and pepper. A hard boiled (hard cooked) egg yolk, some chopped herbs and a dash of lemon juice may also be added. Use like anchovy butter.

Pepper butter

Remove the seeds from a large green or red (bell) pepper, dice and cook very gently in butter until it is soft enough to be pureed. Work the pureed pepper into the softened butter, season with salt and pepper, add a pinch of cayenne, pepper and press through a sieve. Pepper butter is used to finish some sauces or garnish hors d'oeuvres.

Red butter

Prepare with the crushed shells of various shellfish, in the same way as crayfish butter. The uses are the same.

Roquefort butter

Puree 150 g (5 oz) Roquefort cheese with 1 tablespoon Cognac or white brandy and 2 teaspoons white mustard. Work into the softened salted and permitted colouring ingredients may be added. Finally the butter is weighed and packaged.

RECIPES

Flavoured Butter

Preparation of flavoured butter

Whatever the ingredients, the butter must first be creamed, using a spoon or an electric mixer. The following recipes give ingredients to flavour 225 g (8 oz. 1 cup) butter.

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Anchovy butter

Soak 100 g (4 oz) canned or bottled salted anchovies to remove the salt. Puree the fillets in a blender, season and, if liked, add a dash of lemon juice. Work into the softened butter. This butter is used for vol au-vents, canapes and hors d'oeuvres and to accompany grilled (broiled) meat and fish or cold white meat.

Sardines butter is prepared the same way, using the filleted and skinned canned fish.

Caviar butter

Blend 100 g (4 oz) pressed caviar, work into the softened butter and then press through a sieve. This butter is used to garnish canapes or various cold hors d'oeuvres and to flavour some fish sauces.

Crab or prawn butter

Blend 225 g (8 oz) shelled prawns (shrimp) or crabmeat (cooked in court-bouillon and with all cartilage removed). Work into the softened butter. This butter is used to garnish canapes, cold fish or hors d'oeuvres, and to complete fish and shellfish sauces.

Crayfish butter

Pound in the mortar (or crush in a processor) 250 g (9 oz) chopped and cooked crayfish shells and trimmings. Add to the softened butter in bain marie. Melt the butter mixture slowly but thoroughly. Place some muslin (cheesecloth) over a bowl containing iced water. Pour the melted butter on the cloth and wring so that the butter goes into the bowl containing iced water. Pour the melted butter on to the cloth and wring so that the butter goes into the bowl. Place in the freezer or refrigerator to set the butter quickly. As soon as the butter has set, remove from the bowl and blot it dry. Crayfish butter is used for preparing canape, soups, stuffings, shellfish dishes and sauces.

Garlic butter with cooked garlic

Peel 8 large garlic cloves and plunge in boiling salted water. Boil for 7-8 minutes, dry and puree. Work into the softened butter. Garlic butter is used to complete some sauces, and adds the final touch to garnishes for cold hors d'oeuvres.

Garlic butter with raw garlic

Crush 2-4 garlic cloves and add to the softened butter. Mix well. A little finely chopped parsley and grated lemon zest can be added to complement the raw garlic.

Green butter

Wring 1 kg (2 ¼ lb) raw crushed spinach in muslin (cheesecloth) until all the juice is extracted. Pour this juice into a dish and cook in a bain marie until separated, then filter through another cloth. Scrape off the green deposit left on this cloth and work it into the softened butter. This butter is used to garnish hors d'oeuvres and cold dishes.

Hazelnut butter

Lightly grill (broil) some hazelnuts, then make and use like almond butter.

Horseradish butter

Grate 100 g (4 oz) horseradish. Work it into the softened butter in a blender, then sieve. It is used in the same way as garlic butter.

Hotelier butter

In a blender, puree in equal quantity of chopped parsley, lemon juice and mushroom duxelles. Work into the softened butter. This butter is served with fish and grilled (broiled) meat.

Lemon butter

Blanch the zest of a lemon, chop as finely as possible, and work it into the softened butter in a blender, with a dash of lemon juice, salt and pepper. This butter is used to garnish cold hors d'oeuvres.

Lobster butter

This is prepared in the same way as prawn butter using the meat and eggs of the lobster cooked in court bouillon. It is used for the same purposes.

Maitre d'hotel butter

Work 2 tablespoons finely chopped parsley, 1-2 dashes lemon juice and a pinch of salt into the softened butter. This butter is served with grilled (broiled) fish, fish fried in an egg and breadcrumb coating, and various steamed or boiled vegetables.

Montpellier butter

Blanch 10g (½ oz ½ cup) each parsley leaves, chervil leaves, cress leaves, spinach and 1 shallot in salted water. Rinse in cold water and drain thoroughly. Blend with a gherkin (sweet dill pickle), small garlic clove and a hard boiled (hard cooked) egg. Work in the softened butter and season with salt and pepper. Montpellier butter is served with large cold fish. It is sometimes softened by adding a very fresh raw egg yolk and 4 tablespoons olive oil.

Mustard butter

Add 2 tablespoons tarragon mustard to the softened butter and season with salt and pepper. A hard boiled (hard cooked) egg yolk, some chopped herbs and a dash of lemon juice may also be added. Use like anchovy butter.

Pepper butter

Remove the seeds from a large green or red (bell) pepper, dice and cook very gently in butter until it is soft enough to be pureed. Work the pureed pepper into the softened butter, season with salt and pepper, add a pinch of cayenne pepper and press through a sieve. Pepper butter is used to finish some sauces or garnish hors d'oeuvres.

Red butter

Prepare with the crushed shells of various shellfish, in the same way as crayfish butter. The uses are the same.

Roquefort butter

Puree 150 g (5 oz) Roquefort cheese with 1 tablespoon Cognac or white brandy and 2 teaspoons white mustard (optional). Work into the softened butter. This butter is used to garnish canapes, vol-au-vent and puff pastries, or served with raw vegetables.

Shallot butter

Peel 150 g (5 oz) shallots and chop finely. Blanch for 2-3 minutes in boiling water, blot and puree in a blender. Work into 150 g (5 oz, 2/3 cup) softened butter. Season with salt and pepper. This butter is served mainly with grilled (broiled) fish and meat.

Tarragon butter

This is prepared in the same way as watercress butter and is used to finish sauces or garnish cold hors d'oeuvres.

Watercress butter

Blanch 150 g (5 oz) watercress leaves, soak in cold water and blot. Puree then, work into the finely softened butter, season with salt and pepper. Watercress butter is used principally for canapes and sandwiches.

Plain Butters and Butter Sauces

Beurre noir

This recipe for black butter is a very old one, dating from the 16th century. Cook some butter in a frying pan until dark brown in colour. Add capers and chopped parsley, together with a little vinegar, which is warmed through in the same pan.

Black butter was formerly an essential accompaniment to skate poached in stock.

Clarified butter

Melt some butter gently in a heavy based saucepan, do not stir. Continue to heat gently until the butter ceases spitting this indicates that the water content has evaporated. There should be a small amount of white residue in the bottom of the pan. Carefully pour the butter into another container so that the whitish sediment stays in the pan. Clarified butter is used particularly for frying and for emulsified sauces.

Creamed butter

Cream the butter in a warm earthenware container, carefully adding lemon juice and a little cold water. Serve with fish in court bouillon and Vichy carrots.

Landais butter

Roll small balls of butter in breadcrumbs until thickly and evenly coated, then cook under a hot grill (broiler) to form a golden crust, turning and sprinkling with melted butter. Serve with grilled (broiled) meat and fish.

Melted butter

Melt the butter very gently in a heavy based saucepan with lemon juice, salt and white pepper. This butter is used with poached fish or steamed or boiled vegetables.

Noisette butter

Gently heat some butter in a frying pan until it is golden and gives off a nutty smell. Serve scalding hot with lambs or calves sweetbreads. Serve scalding hot with lambs or calves sweetbreads, fish roe, vegetables (boiled and well drained) eggs or skate poached in stock. Noisette butter is known as meuniere butter when lemon juice is added.

BUTTER DISH A container for keeping butter or serving it at the table. For storage it must have a lid. Since fresh butter is particularly delicate and readily absorbs smells. For setting on the table, the appearance of the dish and its size must be the main guide. Flavoured butters are usually served in a sauceboat or a small dish.

Formerly butter had to be stored either submerged in salted water or in a glass container placed in a double porous earthenware bell into which water was poured daily. Refrigerators made such methods obsolete.

BUTTER MILK. A slightly sour whitish liquid obtained after churning cream to separate the butterfat. Buttermilk is slightly acidic with a tangy flavour. Buttermilk was once recommended for feeding children and was used for making soups. Traditionally, buttermilk is used in combination with bicarbonate of soda to act as a raising agent for scones and breads, such as soda bread, and thick pancakes, such as drop scones. It is still a popular drink in Scandinavian countries. The supermarket product is often skimmed milk thickened with a culture.

BUVETTE Under the Ancient Regime in France, a buvette was a small bar set up within the precincts of the courts of law, where judges and lawyers could take light refreshments between sessions. The word has retained this meaning in the case of the Buvette de l'Assemblée nationale. Nowadays a buvette is a small bar in a railway station, theatre or public garden. It can also serve ice creams, sandwiches or sweets. In a spa, the buvette is the place where people drink the waters.

BUZET Red AOC wines from a small vine growing area situated east of Agen in south western France. The reds are from Bordeaux grapes Cabernet Sauvignon, Cabernet Franc, Merlot and

Malbec. They are usually matured in wood, thanks to the efforts of the Buzet sur Baise cooperative, Up to the end of the last century the region was large, but the vineyard was completely destroyed by phylloxera and has only recently been rehabilitated. A small amount of white wine is made from Semillon, Sauvignon Blanc and Muscadelle grapes, these are best enjoyed when fresh and young.

BYZANTINE, A LA A French side dish for meat, particularly beef, consisting of potato shells browned in the oven, garnished with cauliflower a la crème, and lettuce halves stuffed with mushroom duxelles and braised in the oven on a bed of herbs. Also called a la bisontine, meaning from Besancon.

C

CABARDES French red and rose wines produced in the region of the Aude, to the north of Carcassonne, by 2,200 hectares (5,400 acres) of vineyard next to those of the Minervois. The varieties of vine from which these wines are made include Grenache Noir, Cinsault, Carignan, syrah, Cabernert auvignon and Merlot. Now upgraded to AOC status, these are promising wines with a pleasing bouquet and good ageing potential. Drink with grilled (broiled) dishes, roast pork, kidneys and calf's liver.

CABARET (establishment) The modern cabaret, a nightclub or restaurant with a floor show, has little in common with the original French cabaret, which until the end of the 19th century was a modest bar serving mainly wine.

Before the 17th century, there was a clear distinction in France between the taverne and the cabaret. Originally, the novelty of the cabaret consisted of selling wine a l'assiette, serving it on a table at which the customer could sit and possibly have something to eat. If the cabaret proprietor did not have permission to do this, the wine was sold au pot (by the jug).

Henri IV reorganized the wine retailers as follows (1) wine merchants selling wine by the jug did so without having a taverne – an opening was made in the outer grille of the shop, through which the purchaser would pass his jug; (2) tavern-keepers sold drinks in a place arranged for this purpose; (3) proprietors of cabarets served not only drinks, but also food – they had permission to provide nappes et assiettes (tablecloth and plate) service. Both tavern-keepers and proprietors of cabarets employed criers to go through the streets announcing the price of the wine sold in the premises.

In the 13th century, among the first cabarets were the Trois Maillets, frequented by scholars from the Sorbonne who were extremely rowdy, according to the priests of Saint-Severin,

and the Pomme de Pin. In the course of the following centuries, the best-known cabarets were the Sabot (Saint-Marcel district), where Ronsard was a frequent customer, and the Ecu d'Argent (near the Place Maubert), where menage was said to have set up residence. The Epee de Bois and the Mouton Blanc (in the Rue de la Verrerie) were the meeting places of La Fontaine, Boileau and Racine (who wrote *les Plaideurs* there). Cabarets thus become fashionable in the 17th century and were frequented, in particular, by writers and artists, who later patronized the cafes, restaurants and brasseries. In the 19th century, low-class cabarets again attracted the Romantics. Some of them were squalid hovels, like those described by Eugene Sue in *Les Mysteries de Paris*. It was at the gate of one such cabaret – the Chat Blanc – that the body of Gerard de Nerval was found hanging.

The etymology of the word has given rise to various interpretations, possible roots are the Hebrews word *cabar* (to meet), the Celtic words *cah* (head) and *aret* (ram – an animal sacrificed to Bacchus), the Latin *cabare* (to dig, to make a cellar), the Arabic *khamarat* (a place where drinks are sold), and, more recently, the Dutch *cabret*, itself derived from the old Picardly word *combrette*, meaning 'little room'.

CABASSOL A stew made from sheep's heads simmered in white wine. It is a speciality of Albi in Languedoc (in this region *cabassol* means 'head'). At Resquista (Aveyron) there is a Cabassol Club, where it is customary to eat the stew on shrove Tuesday. The tongue, brains, cheeks and ears are considered to be delicacies. At Lodeve near herault, *cabassol* is made with lamb's feet, heads and mesentery (intestinal membranes), cooked with ham and knuckle of veal. It is served with *vinagrette* and puree of lamb's brains, Sometimes, it is eaten with stockpot vegetables and herbs. In rouergue, *cabassol* is simply a lamb stock.

CABBAGE A widely cultivated vegetable of the family *Cruciferae*. Wild cabbage, from which all the cultivated varieties are derived, is a perennial with broad thick curly leaves, growing in coastal regions of western Europe. Known for over 4,000 years in Europe, it was at first valued for its medicinal properties, but later was used as food, particularly as a basis for soups. Through cultivation and selection white, green and red varieties of cabbage were produced, as well as many other brassicas – including Brussels sprouts, cauliflower and broccoli.

The different varieties of full-hearted cabbage are distinguished by their colour (white, green or red), their shape (rounded for winter cabbages, pointed for spring cabbages), the texture of their leaves (crinky in Savoy cabbages, or smooth) and whether they are soft- or hard-hearted. Ideally, cabbage should have crisp shiny leaves and, where applicable, a dense heart. Cabbage is included in numerous garnishes (*a la flamande*, *a l'auvergnate*, *a la bercbonne*, *a la strasbourgeoise*) and can be prepared in many ways. It is used as a base for soups, stews and stuffings. White and red cabbage predominate in the cookery of eastern and northern Europe, while green cabbage is more popular in the west and south.

RECIPES

Green or White Cabbage

Braised cabbage

Prepare a cabbage: blanch, drain, cool in cold water and drain once again. Separate the leaves and discard the large ribs. Scrape and dice a carrot. Line a flameproof casserole with bacon rashers (slices) stripped of half their fat and add the diced carrot, then the cabbage, forming a heap. Add salt, pepper, a little grated nutmeg, an onion stuck with a clove and a bouquet garni. Two-thirds cover the cabbage with stock and put a very thin strip of bacon on top. Cover and bring to boil over a ring. Then place the casserole in a preheated oven at 180°C (350°F, gas 4) and cook for about 1½ hours.

Green cabbage salad

Remove any withered out leaves, cut the cabbage into four and blanch for about 12 minutes in boiling salted water. Drain, cool and wipe. Cut the quarters into a julienne and season with a well-spiced vinaigrette, Sprinkle with chopped herbs or finely shredded spring onions (scallions).

Paupiettes of cabbage

Blanch a whole cabbage for 7-8 minutes in boiling salted water, then drain and cool it. Pull off to be delicacies. At Lodieve near herault, cabassol is made with lamb's feet, heads and mesentery (intestinal membrane), cooked with ham and knuckle of veal. It is served with vinaigrette and a puree of lamb's brains. Sometimes, it is eaten with stockpot vegetables and herbs. In Rourgue, cabassol is simply a lamb stock.

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Paupiettes of cabbage

Blanch a whole cabbage for 7-8 minutes in boiling salted water, then drain and cool it. Pull off the large outer leaves, removing the tougher ribs. Chop the leaves from the central heart and to them add an equal volume of forcemeat. Make paupiettes by rolling this mixture in the large leaves, using 1 tablespoon per leaf; tie them up with kitchen thread. Braise as for stuffed cabbage,

but reduce the cooking time to 1 ¼ hours. These paupiettes form a perfect garnish for braised meat.

Stuffed cabbage

Blanche a whole cabbage in salted boiling water for 7-8 minutes. Cool it in cold water, drain and remove the stump (core). Moisten a piece of fine cloth or muslim (cheescoloth), wring it out and lay it on the working surface. On top of the cloth, lay four lengths of kitchen thread to form a star shape. Place the cabbage in the centre of the crossed threads and open out the larger leaves one by one. Remove the central heart, chop and mix with an equal volume of the fine well-seasoned pork forcemeats. Fill the centre of the cabbage with the mixture, then fold back the large leaves to recreate the original shape. On top, place two very thin strips of fat bacon in a cross and secure them by knotting the threads over them. Wrap the cabbage in the cloth and tie it up.

Line a flameproof casserole with 100 g (4 oz) bacon, 150 g (5 oz. 1 cup) diced carrots and 150 g (5 oz. 1 cup) finely diced onion, put the cabbage on top and barely cover it with rich stock. Cover, bring to the boil, then cook in a preheated oven at 200°C (400°F, gas 6) for 1½ hours. Drain the cabbage, unwrap it and remove the strips of fat bacon. (alternatively, the cabbage may be prepared and cooked in a net, and without the strips of bacon.) serve the cabbage in a deep dish, keeping it hot, and coat with the cooking juices, reduced by half.

Red cabbage

Pickled red cabbage

Prepare the cabbage cut it into quarters, remove and discard the large ribs, then cut it into strips. Place in a large basin, sprinkle with a generous tablespoon of fine salt and mix. Cover and leave for at least 48 hours in a cool place, turning over several times. Drain the cabbage and arrange it in layers in an earthenware jar, inserting between each layer 4-5 peppercorns, 3 small pieces of bay leaf and half a garlic clove, chopped. Boil enough red wine vinegar to cover the cabbage, leave to cool, then cover the cabbage with it. Seal the jar and leave to marinate for at least 36 hours. It can be served in various hors d'oeuvre or as a condiment with cold beef or pork.

Red cabbage a la flamande

Remove any withered leave, slice off the stump (core) at the base of the leaves and cut the cabbage into four, then into thin strips. Wash and dry. Melt 40 g (1½ oz. 3 tablespoons) butter in a saucepan, add the cabbage, sprinkle with salt and pepper, moisten with 1 tablespoons vinegar, then cover and cook over a gentle heat. Meanwhile, peel 3 or 4 tart apples, cut them into quarters, remove the core and slice then finely. Add them to the cabbage after 1 hour of cooking, sprinkle with 1 tablespoons brown sugar, replace the lid and cook for a further 20 minutes. Serve to accompany boiled pork or boiled or braised beef.

Red cabbage a la limousine

Prepare the cabbage and cut it into thin strips. Melt 4 tablespoons lard (shortening) in a saucepan. Add the cabbage and about 20 large peeled sweet chestnuts. Add sufficient stock to barely cover the vegetables. Season with salt and pepper, cover the pan and leave to cook gently for about 1½ hours. Serve to accompany roast pork or pork chops.

Red cabbage salad

Select a very fresh and tender red cabbage (break off a large leaf to test it), remove the large outer leaves, cut the cabbage into four and remove the large outer leaves, cut the cabbage into four and remove the white centre. Slice the quarters into fine strips, about 5 mm (1/4 in) wide, blanch them for 5 minutes in boiling water, then cool and wipe them. Place in a salad bowl, sprinkle with 200 ml (7 fl oz, ¾ cup)boiling red wine vinegar, mix, cover and leave to marinate for 5-6 hours. Drain the cabbage and season it with salt, pepper and oil, unblanched red cabbage can

be used for a very crisp salad; shred the wedges finely. Add 2 tablespoons of soft brown sugar with the vinegar if liked.

CABEOU A small soft French cheese (45% fat content) from quercy and Rouergue, made from a mixture of goat's milk, ewe's milk and cow's milk. (the literal meaning of the word is 'little goat') It is a fairly firm ivory-white cheese with a fine bluish crust and a nutty flavour. The main varieties of Cabecou are Cahors, Gramat, Entraygues, livermon, Rocamadour and Gourdon, all in season from April to November. Some of the cheese are wrapped in vine leaves and stored in a jar with vinegar. They are eaten when they turn pink. In Quercy, the cheese is soaked in plum brandy.

CABERNET FRANC. The eighth most important red grape variety in France, grown particularly in Bordeaux and the Loire, but also grown extensively in Italy, California and Argentina. Depending on the region, it is known as Bouchet (in Bordeaux), Bouchy (in the Pyrenees) and dBretton (in the Loire Valley), its loose, medium-sized bunches have small black berries with a thin skin which ripen a week earlier than cabernet Sauvignon.

The Cabernet Franc is used in making most of the AOC red wines of Bordeaux (particularly St-Emillion), where it is often blended with Cabernet Sauvignon, Merlot and Malbec.

Use on its own in the Loire Valley (Chinon, Bourgeaul, Saint-Nicolas-de Bourgeuil. Saumur) cook over a gentle heat. Meanwhile, peel 3 or 4 tart apples, cut them into quarters, remove the core and slice them finely. Add them to the cabbage after 1 hour of cooking, sprinkle with a 1 tablespoon brown sugar, replace the lid and cook for a further 20 minutes. Serve to accompany boiled pork or boiled or braised beef.

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Red cabbage salad

Select a very fresh and tender red cabbage (break off a large leaf to test it), remove the large outer leaves, cut the cabbage into four and remove the white centre. Slice the quarters into fine strips, about 4 mm (1/4 in.) wide, blanch them for 5 minutes in boiling water, then cool and wipe them. Place in a salad bowl, sprinkle with 200 ml (7 fl oz, ¾ cup) boiling red wine vinegar, mix, cover and leave to marinate for 5-6 hours. Drain the cabbage and season it with salt, pepper and oil. Unblanched red cabbage can be used for a very crisp salad: shred the wedges finely. Add 2 tablespoons of soft brown sugar with the vinegar if liked.

Other recipes See confit, sausage, sau-fassum.

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Used on its own in the Loire Valley (Chinon, Bourgeoul, Saint-Nicolas-de-Bourgeoul, Champigny), it produces wines with bouquets of strawberries and violets, which should be drunk fairly young.

CABERNET SAUVIGNON The noblest of French red grape varieties and now grown extensively around the world. It has small, tightly packed bunches of grapes which are dark and thick skinned, with a high ratio of pips to juice.

The vine buds and the fruit ripens late, which can be a problem in marginal climates. It is used as a major variety in many Bordeaux blends to provide colour and structure along with a bouquet and flavour reminiscent of blackcurrants. It is planted extensively in Chile, California and Australia where the grapes ripen fully to give softer berry flavours. Many New World winemakers prefer not to blend Cabernet Sauvignon with other varieties.

CABESSAL, EN a method of preparing stuffed hare, which is tied up with string so that it forms a round and can be cooked in a circular dish. It is then said to be en cabessal. The method originated in the region of Limousin and Perigord. A Cabessal (or Chabessal) is also a French dialect word for the twisted cloth that women wore on their heads to carry a pitcher of water.

RECIPE

Hare en cabessal

Skin and gut a hare, reserving the liver and blood. Pound the liver with a garlic clove, then add the blood and 1 tablespoon vinegar. On the day before cooking, place the hare in a marinade of red wine, oil, carrots, thinly sliced onions and shallots, thyme. A bay leaf, a clove, salt and pepper. Prepare a stuffing with 500 g (18 oz) fillet of veal, 250 g (9 oz) raw ham, 205 g (9 oz) fresh pork, 2 garlic cloves and 2 shallots. Chop the ingredients finely, season with salt and pepper, and bind with an egg. Remove the hare from the marinade, wipe and stuff.

Sew up the opening in the belly. Bard the hare all over with larding bacon, then tie it with string so that it forms a round dish with a little goose or pork grease, some pieces of larding bacon and a few small onions. Add a small glass of brandy and a bottle of good-quality red or white wine, then a roux made with flour and goose fat. Cover the dish and cook in a preheated oven 150°C (300 °F, gas 2) for 4 or 5 hours. When three-quarters cooked, add the pounded liver and blood. Check the seasoning. When cooking is complete, the sauce should be substantially reduced.

When serving, remove the string, the larding bacon and the bones (which should come away easily from the flesh). Serve with croutons of bread fried in goose fat, which may be rubbed with garlic if desired.

CABINET PARTICULAR A private room placed at the disposal of customers by certain de luxe restaurants. They were very fashionable in Paris under the Second Empire and during the Belle Epoque in such establishments as the Café Anglais, the Café de Prunier and the Café de Laperouse.

CABOULOT A small French suburban or country café, or a small modest restaurant that permits dancing. The term appeared in 1852, being a Franche Comte word meaning 'hut' or 'small

room'. It is described as a popular meeting place in a song by Francis Carco.

CABRALES The DOP handmade blue cheese (45—48% fat content) from the Picos de Europa mountain region of northern Spain is made from a mixture of unpasteurized goat's, ewe's or cow's milk. Commercial versions use pasteurized milk. Produced in 18-20 cm (7-8 in) diameter wheels weighing around 2.5—4.5 kg (5-9 lb), the cheese is wrapped in green foil instead of the original leaves. The best cheese are available in the spring. The paste has intense purple veining with a robust flavour and salty tang. Serve as part of a cheeseboard or mix with chopped black olives to spread on toast. The Spanish also use this cheese in sauces to serve with steak or vegetables.

CACIOCAVALLO an Italian DOP cheese made from cow's milk (44% fat content) and often smoked. It is spun-cut or pasta pilata cheese with a compact, straw-coloured pasta and a pale, fine, oily crust. It is moulded into the shape of a narrow ground with a smaller swelling on top and weighs 3-4 kg (6½-9 lbs. Its name, a combination of the Italian words cacio (cheese) and caravillo (horse), could come from the fact that the ripening cheeses are tied together in pairs with wisps of straw and hung on sticks (a cheval, that is mounted) to dry. Another possibility is that it was named after the seal of kingdom of Naples, which depicted a galloping horse and was imprinted on the cheese in the 14th century. It is also possible that it was so named because. Caciocavallo was originally made with mare's milk. Today, the best Caciocavallo still comes from southern Italy. It is usually eaten at the end of a meal. It is matured for a long period, it becomes very hard and a is then granted before it is used.

CADILLAC a sweet white wine area, situated in the Bordeaux region, across the Garonne River from the Sauthernes vineyard. The wines are made from the semillion, Sauvignon Blanc and Muscadelle vines, the grapes being picked when ripe or overripe. Formerly, Cadillac was included in the Premieres Cotes de Bordeaux AOC, but now it is produced in 21 parishes (communes), including Langoiran and Gabarnac. Usually drunk as a dessert wine, it may also be enjoyed with foie gras or as an aperitif.

CADRAN BLEU a former café-restaurant in Paris, in the Boulevard do Temple. Having opened in 1773 as a small café, it was damaged during the storming of the Bastille and was subsequently used as a meeting place for the leaders of the uprising of 10 August 1792. It became a very popular restaurant under the Consulate (179-1804) and the Empire, specializing in wedding and banquets (with its room, seating a hundred people, but poorly heated and lighted', according to Monsieur de Jouy in 1813). The establishment also provided private rooms of dubious repute. The house had not one upright window or storey, wrote Balzac in *Le Cousin Pons*. Around 1840, the Cadran Belu had declined as a fashionable place. A battery of artillery shook the building in the Revolution of 1848, and in 1860 it was demolished.

CAERPHILLY Shaped like a small millstone weighing around 3.5 kg (8 lbs), this semi-hard pressed cow's milk cheese was traditionally made in Wales, but it is now produced in both England and Wales. The best cheeses are farm-made from unpasteurized milk. They are lightly pressed and brined for 24 h hours before being rubbed with rice flour. The flavour is delicate but subtle, with a lightly salty quality.

CAESAR'S MUSHROOM Edible wild mushroom with an orange yellow cap., known as the royal agaric or the "king of mushrooms" because of the fineness of its flesh and its scent. Found in southern France, Caesar's mushroom likes warmth and even survives a certain amount of dryness. It grows spontaneously in woods, particularly in open oak grove with a good aspect, and also in coppices and plantations of sweet chesnut trees, from summer to autumn. When

harvested in its juvenile stage, it is important not to confuse it with the white agaric (amantia blanche), which is fatal, or the fly agaric which is highly toxic

RECIPES

Hazelnut and Caesar's mushroom soup

Clean, peel and finally dice 657 g (1½ lb) Caesar's mushrooms, then wash and shred 6 round lettuces. Season the lettuce with salt and pepper and 1½ tablespoons caster (superfine) sugar. Heat 75 g (3 oz. 6 tablespoons) butter in a saucepan until it begins to turn brown, then put in the lettuce and the mushrooms; cook over a low heat, with the pan covered, for 30 minutes. Add a knuckle of veal, 1 litre (1½ pints, 4½ cups) milk and 6 tablespoons rice which has been boiled for 1 minute. Salt lightly and mix in 1 tablespoon fairy-ring mushrooms (marasmius oreades) or wood blewits (*Lepista nuda*) in dried or powdered form. Cook over a moderate heat for 2 hours.

Take out the knuckle and rub the soup through a fine sieve, return it to a low heat. Pound a handful of shelled and skinned hazelnuts and mix them with 75 g (3 oz. 6 tablespoons) butter. Press this paste through a fine sieve into hot tureen; add 3 egg yolks and 120 ml (4½ fl oz. 1/3 cup) double (heavy) cream. Pour on the soup, beating vigorously.

CAFÉ A place selling drinks (particularly coffee, beer, wine, aperitifs and fruit juices) and also snacks (sandwiches and salads). Originally, only coffee was served in these establishments.

The first café in the world was opened in Constantinople in 1550. In 1672 an Armenian called Pascal set up a little stall selling cups of coffee at the Saint-Germain fair in Paris. His success was only fleeting and he left to try his luck in other European countries. For some time, the fashion of selling coffee to be drunk at home continued in Paris. The French gradually, however, discovered the social aspects of drinking coffee in a public place, combined with the delights of conversation. Until then, there had only been premises selling wine, such as the calbaretts and taverns. The cafés, or maisons de café, began to open; they sold brandy, sweetened wines and liqueurs, as well as coffee. In 1696 the lemonade and brandy vendors' guild was formed.

Palais-Royal, Grands Boulevards, Left Bank and bougnats The first café (in the modern sense) was the Café Procope, opened in 1696 by an Italian. Cafés soon became a new way of life: people read the news there, played chess or cards, exchanged ideas, talked politics and smoked. The hero of Montesquieu's *Lettres persannes* said, 'If I were the king of this country, I would close the cafés, because the people who frequent those places become tediously overheated in the brain when they go there'. The 'club' cafés boasted a clientele of artists, officers and writers. In the 17th century, and more especially the 18th century, the cafés became the meeting places of men of letters and literary critics: La Fontaine, Crébillon, Fontenelle and the Encyclopedists were the habitués. The cafés of the Palais-Royal galleries – 'porticoes of the Revolution' – included the Foy, Regence, Mille Colonnes, Aveugles and Caveau; they became highly fashionable meeting places for discussing politics and listening to the best orators.

After the revolutionary turmoil, rustic cafés, cafés with performers, and pleasure gardens, such as the Tivoli and Frascati, opened. However, the return of the Bourbons put the political cafés (for example, the Lemblin) back into fashion. Here, in front of the bourgeoisie, dandies vied for the limelight with journalists. The Romantics deserted the Palais-Royal and literary life took refuge in the salons, where tea was the main drink.

Soon, when the Grands Boulevards became the focus of attention in the capital, it was the ice-cream sellers and the restaurateurs who drew the crowds with establishments such as the Café Riche, the Café de Paris and the Tontoni, but nevertheless the café survived. It often took the form of a club or society. On the terraces of the fashionable cafés and in the first cafés-concerts (cafés with performers) – supervised by the "garçon de café" clad in his black jacket and long white apron – artists and singers, writers, dandies, grisettes (French working girls) and young

celebrities could be found. Such establishments included the Café des Varietes and the Divan Lapeletier. The cafes of the Left Bank also began to become important. These were the domain of writers, poets and intellectuals, while the newly emerging brasseries constituted serious competition for the cafe-restaurants. In the early 1900s, the Montmartre cafes served many artists. Later on, Montparnasse stole the limelight with the Closerie des Lilas, and the Parisian tradition of café life survived after the war in the Café de Flore and at the Deux Magots.

After the arrival of the bougnuts (wine and coal merchants) in the 19th century, the corner cafes owned by the bougnuts became firmly established, here the petit noir (cup of black coffee), the bullion de rouge' (glass of red wine) and pastis are consumed) at the bar and card games are played. (Note that in France, café or rut de café is a light red wine served in cafes at the bar.)

Cafes in Europe. In England, coffee was at first regarded as a paanacea against alcoholism, and the coffee houses were all the more successful as the turmoil in the political parties at the end of the 17th century created a need for public meeting place. Also English literature was then going through its 'French' period.

In Germany, cafes were set up on hamburg, Berlin and especially Leipzig, a town of printers that was frequented by writers and wits (J.S. Bach even composed a Coffee. At the beginning of the 18th century, the right to sell coffee was restricted to four 'distillers', but the fashion for drinking coffee became so widespread that the law was flouted and coffee beans were illegally roasted. Bootlegging was organized and ersatz versions of coffee appeared. In Berlin, cafes, assumed the signing tradition of cabarets. However, in Germany, most coffee was drink at home, with plenty of cakes. It was, moreover, more of a woman's drink, as men usually preferred beer

In Vienna, the café became firmly established in 1683, when the invading Turks abandoned 500 sacks of coffee. this was given to Kolschitzky, the hero of the victory over the invaders, and it was he who turned Turkis coffee into Vinnese coffee. It was filtered, flavoured with honey, enrich with cream and usually served with croissants. The Viennese had always considered the café to be a natural extention of their homes and offices. They spent many hours there – in the morning to read the news, in the afternoon to discuss business and in the evening to talk, receive guests and play billiards. It was in Vienna that the café-concert was born. The great Viennese cafes that perpetuate the tradition, with their hangings, soft lights and wooden panelling, are the Sacher, a veritable national institution. The same grand scale is seen in the salon de tbe (tea room), an important place for political and literary notables in Lisbon and Budapest.

Italian cafes existed before the first ones opened in France – especially in Venice, where the coffee shop (celebrated by Goldoni) was part of daily life. However, the most famous ones date from the 18th century: the Greco opened in Rome in 1760, and the Florian, which opened in Venice in 1720, held public concerts under the arcade of Saint Mark's Square, its elegant rooms were frequented by such figures as Mme de Stael, George Sand, Alfred de Musset and Marcel Proust.

CAFÉ ANGLAIS An establishment se up in the Boulevard de Italiens in Paris in 1802. It was named in honour of the Peace of Amiens, which had just been signed and which everybody hoped, would make the start of a long period of peace with England. English breakfast was served there (see café handy). At first, it was frequented by coachmen and servants, but in 182 as new owner, Paul Chevreuil, made it into a fashionable restaurant, famous for its roats and grilled (broiled) dishes. According to Veron this was 'the place in Paris where one dines best. However, it was with the arrival of Adolphe Duglere that the Café Anglas acquired a great gastronomic reputation, it was here that the great chef created potage Germany, poulard a la d'Albufera, sole Dugleen and Anna potatoes. At that time, the clientele of the Café Anglais came from the world of finance and the smart Parisian set. The Grand seize(one of its private rooms where the King of Prossia, Emperor Nicolas II and Bismarck had supper) was immortalized in Offenback's La

Vie parisienne. The house was demolished in 1913, but its cellar, and the wood panelling of the Grand Seize, were purchased by Andre Terrail, the owner of the Tour d'argent, who married the daughter of the last owner of the Café Anglais.

Before the Revolution, another café Anglais existed in Paris, at the quai Conti. Its habitués used to meet there to read the English newspaper.

CAFÉ AU LAIT Coffee made with milk. It is usually drunk at breakfast in France. The fashion originated in Vienna and goes back to the end of the 17th century in France café au lait was the favourite drink of Marie-antoinette.

Opinions have always been divided about the benefits of this drink, which is said to be indigestible and rather unrefined. Madame de servigne, however, wrote in 1680. 'we have a fancy to skim the good milk and mix it with sugar and good coffee. It is marvelous, and will greatly console me for lent, Du Bois, my doctor, approved it for the chest and for chills. In those days it was called lait cafee, or café laite, and was recommended for its nutritional properties. It rapidly became popular and Sebastian Mercier remarked, in this Tableaux de paris. Café au lait has become the eternal breakfast of workers on building sites. They say that in most cases, it keeps them going until evening. However, Balzac, in his Nouvelle Theorie du dejeuner, was intransigent. 'To offer café au lait is not a mistake, it is ludicrous. Only porter now drink such a vulgar mixture. The drink saddens the soul... and weakens the nervous system.' For many years in the countryside of northern and eastern France, the evening meal consisted of a bowl of café au lait with bread and a cheese.

CAFÉ DE FOY, An establishment set up in Paris 1725, under the arcade of the Montpensier galleery at the Palais-Royal. Famous for its ice creams and sorbets, it was the legendary place where Camille Desmoulins harangued the crowd on 13 July 1789. The following day he stormed the Bastille. The jacobins and Muscadins alternately made it their headquarters, on each occasion purifying the premises by burning gin. It was fashionable until 1820, after which it declined, and Grimod de La Reyniere deplored its 'smoked wood panels, dim gothic chandeliers, cups without handles and cracked glasses'. The freehold was put up for sale in 1863, but no purchase was found.

CAFÉ DE LA PAIX this Parisian café, which was decorated by Garmier, opened in 1862 on the ground of the Grand Hotel, Boulevard des Capucines. It was frequented mainly by foreigners staying in the Grand Hotel. In the belle epoque (the edwardian era), the smart set came to eat an English breakfast (see café Handy) or to have supper after the opera, savouring the specialties of the chefs. Nignon and then escoffer. Massenet, Zola, maupassant, and later Truman, lecderc, Callas and Chagall were among the habitués of the Café de la Paix, an international meeting place for artists and high society.

CAFÉ DE MADRID An establishment in the Boulevard Montmartre in Paris, which suddenly became fashionable in 861, when the owner of the Café des Varietes, situated opposite, refused to subscribe to the newspaper Le Boulevard, which one of his customers had just set up. To support the founder of the paper, some of the customers deserted the Café des varieties for the café de Madrid, where the opponents of the imperial regime were already meeting. Gambetta, Henri de Rochefrot, Bandelaire, Villiers de T'isle-Adam, Monselect, and future members of the commune frequented it assiduously; Alphonse Allais was also an habitué of the Madrid.

CAFÉ DE PARIS an establishment that opened in Paris in 1822 in the Boulevard de Italiens. Regarded as the 'temple of elegance', it was frequented by dandies, fashionable ladies and such celebrities as Musset, Balzac, Dumas, Gautier and Veron, Successive managers brought with them a spectacular cuisine: Belle Alliance pheasant stuffed with truffles and rock patridges sur

pedestal. The owner (the Marchioness of Hertford) specified in the lease that the café must always close its doors at 10 pm. It ran successfully for 20 years, but then declined and finally disappeared in 1856.

Another café de Paris, just as splendid, smart and expensive as the first one, was in business in the capital from 1878 to 1953, in the Avenue de l'Opera. Opened by Auguste Joliveau, it was frequented by the Goncourts and their friends and the Prince of Wales, the future Edward VII. Leopold Mourier managed it from 1897 to 1923, engaging famous chefs (such as Tony Girod) whose creations mark a milestone in culinary history, with such dishes as snipe à la Diane.

CAFÉ DES AVEUGLES an establishment that opened during the Revolution, at the Palais-Royal in Paris, in the basement of the Lemblin. It was frequented at first by the sans-culottes. A notice announced: 'Here you will be honoured by the title of 'citizen'' and can use the familiar form of address, and smoke.' An orchestra composed of five blind people, including one woman, inspired boisterous evenings, and it was claimed that blind musicians were employed so that they could not see the scenes of debauchery taking place before them. The café de Aveugles (literally, café of the blind) closed down in 1867.

CAFÉ DES VARIETES An establishment that opened in 1807 in Paris, in the Boulevard Montmartre. It began modestly, in a one-storey building backing on to the Passage des Panoramas, but was extended in 1831. The natural meeting place of actors from the Theatre des Varietes, it remained open late at night, attracting such famous customers as Villiers de l'Isle-Adam, Daudet, Murger, Baudelaire and Banville, who would come and enjoy the onion soup. Its decline began in the 1960s.

CAFÉ D'ORSAY Set up in Paris at the beginning of the 19th century, on the corner of the Quai d'Orsay (now the Quai Anatole-France) and the Rue du Bac, this establishment was the meeting place of officers from a barracks then occupying the site of the Palais d'Orsay. Musset and Barbey d'Aurevilly were also customers. The café then became the headquarters of the members of the central committee of the Commune. It had a particularly high reputation in 1975 and was later frequented by the editors of L'Officiel.

CAFÉ DU CAVEAU An establishment that was opened in Paris in 1784 by Cuisinier, in the Beaujolais gallery at the Palais-Royal. It was frequented by artists and musicians, including Boieldieu, Mehul, Talma, David, Chenier and Rodolphe, and it was here that supporters of Puccini and admirers of Gluck confronted one another. Coffee with cream and hot chocolate were served. In a small colonnaded temple called La Rotonde, built in front of the café's arcade in 1802, it was possible to see the table at which Bonaparte had eaten. The Café de Caveau (not to be confused with the Caveau) was in business until about 1885.

CAFÉ HARDY. This was opened in 1799 in the Boulevard des Italiens, in Paris. It became famous after 1804, when Mme Hardy started serving English breakfast. Customers selected their meat from a buffet, then a head waiter would skewer it on a fork and have it grilled (broiled) on silver grill in a white marble fireplace. The gourmets of the capital there, paying very high prices for kidneys, cutlets, andouillettes with truffles and poultry joints en papillote. This caused Cambaceres to say: "You have to be very rich to go to Hardy, and very hardy to go to Riche" (another famous café in the same boulevard). The establishment declined in about 1836 and the building was demolished. Four years later, a new restaurant (La Maison Dorée) opened on the same site.

CAFÉ LIEGEOIS an iced dessert, made of coffee mixed with fresh cream. Alternatively, it may

be made with coffee ice cream, served in a large glass, with a tablespoon of very strong coffee and topped with Chantilly cream. The origin of this dessert is actually vietnamese. Café viennoise was popular all over Europe, but the Germanic associations of a name caused it to change during World War I.

CAFÉ NAPOLITAN Situated in Paris at No. 1. Boulevard des Capucines, this establishment (originally called the Café de la Ville de Naples) was famous from 1870 to 1910 for its selection of ice cream and sorbets. Its elegant terrace was frequented by fashionable Parisians, with such personalities as Counteline, Catulle Mendès, Barbey d'Aurevilly, Lucien Guitry, Jean Lorraine and Laurent Tailhade among the clientele.

CAFETERIA A self-service restaurant. The ready prepared hot and cold dishes are displayed on the counters or placed in automatic dispensers. In the latter, the choice is reduced to such food as sandwiches, pizzas, guiches, and cakes and pastries. The food may be eaten sitting down or standing. Hot and cold drinks may also be supplied, often in automatic vending machines. The world appeared in France in the 1950s, and came from Spain. In France, 'coffee-shops' are similar establishments that may be supplemented by table service by table service.

CAFETIERE A utensil for making or serving coffee. The word cafetière appeared in 1985, when coffee-drinking began in France, and the use of the cafetière became widespread in the reign of Louis XV; it was later provided with a heating plate and a spirit lamp. Flaubert recalls this antique device in *Madame Bovary*: 'Madame Homais reappeared, bearing one of those unsteady machines that have to be heated with spirit of wine, for Homais like to make his coffee at the table, having, besides, roasted it himself, ground it himself and compounded it himself.'

For a long time only two models of coffee maker were known in France: the infuse, in which the coffee was held in a filter, and the Dubelloy cafetière, in which the coffee was filtered. The latter, which appeared after 1850 and is known as cafetière de grandmère, was a wide not, made of fire clay. Another method of making coffee became widespread in the period between the World War – the Gona. It consists of two interconnecting toughened glass vessels placed one on top of the other and heated either with a spirit lamp or with an electric or gas heater.

During the 1950s Italian coffee makers began to be widely used in many coffee houses and restaurants. These aluminium or stainless steel coffee makers are placed directly over heat. Water is heated up in the base until it boils, then it is forced up under pressure, through a metal filter basket filled with ground coffee.

At about this time coffee makers using filters (either filter paper or filter pistons) began to be used for very finely ground coffee. Electronic coffee makers use this method; they work by heating water in a container and passing it through a filter full of coffee into a glass jug which stands on a thermostatically controlled hotplate, keeping the coffee hot for a limited period of time. Espresso coffee makers make stronger coffee using finely ground coffee; they work under pressure using the same principles as that for the Italian coffee makers.

The traditional coffee pot, which is often part of a coffee service, may be made of porcelain, earthenware, silver, silver gilt or stainless steel. It is used for making coffee using the 'jug method', the simplest and quickest way of making coffee. Allow 1 tablespoon medium-ground coffee per person, and scald the pot before adding the coffee. Although this method is still used occasionally, electric coffee makers have gained in popularity.

CAFÉ TURC A Parisian establishment opened in 1780 in the Boulevard du Temple and decorated entirely in the Turkish style. There were summer-houses, arbours and bowers that were lit up every night in the gardens alongside the boulevard, and a well-known orchestra played quadrilles. The café turc was still fashionable under Louis-Philippe, but did not survive the

changes in the boulevard. It became a restaurant for weddings and bonquets.

CAFFIENE an alkaloid present in coffee (1-2%). Tea (1.5-3%) and cola nuts (2-3%), with stimulating, tonic and diuretic properties. When taken in excessive amounts, caffeine can become toxic. The quantity of caffeine contained in a cup of coffee varies according to the origin of the beans. Robusta beans contain two and a half times more caffeine than arabica beans. Indian and Sri Lankan (Ceylon) teas are normally richer in caffeine than China teas. Decaffeinated coffees and teas have become popular.

CAGHUSE. Also known as cagbuse. A speciality from Picardy, made with a piece of pork knuckle, liberally covered with finely onions and butter. It is cooked in the oven and served cold. The caghuse is traditionally made in an earthenware dish, greatest with lard (shortening).

CAHORS. A red wine from south-western France. It was awarded the appellation d'origine (controlee in 1876. After the fall of the Roman Empire, the Cahors region produced a red wine that was very famous in the Middle Ages. The hundred Years' War and the protectionism practiced by the citizens of Bordeaux curtailed the selling of Cahors wines, which had to be transported by boatmen down the Rivers Lot and Garonne to the Gironde region and the port of Bordeaux, from where they might be shipped to England and northern Europe.

The region of Cahors is situated to the east of Bordeaux and to the north of Toulouse, not far from the Bergerac vineyard. It is a limestone plateau (les Causes) through which the River Lot flows. The vineyard extends over the reddish stony soil, along the banks of the Lot, between Cahors and Soturac. It is made up of small plots scattered over 50 km (31 miles) and is exposed to the south and southeast. The main vine variety is the Malbec (or Cot). Which the Cahors vine-growers call Auxerrois. Other varieties are merlot and Tannat. Cahors wine is so dark and tannic and that it should traditionally be kept for three to five years in cask and five to ten years in bottle before being drunk. The young wine is inclined to be harsh and unrewarding, but later it becomes fine, full of fragrance, well balanced and dark red. Modern versions are becoming less tannic and they mature earlier. It is an elegant accompaniment to many spiced dishes, meats with sauce and game.

CAILLEBOTTE In Poitou and Anjou, a dish made with curdled milk and served cold with fresh cream and sugar. The word comes from catiller (to curdle) and botter (to coagulate on a rush mat). In other regions, the name is given to a cream cheese made from cow's milk (in Anjou and Saintonge) or from goat's milk (in Saintonge and Poitou). When caillebotte is drained in a woven rush basket, it is called joncbee. The traditional preparation of Poitou caillebotte involves adding a pinch of cardoon flower to curdle the milk. Le Vaternne's le Confiturier françois (1664) contained a recipe for this dish.

RECIPE

Poitou caillebottes

Infuse a pinch of cardoon flower in a very small amount of water for 5-6 hours. Pour the liquid into 1 litre (1¾ pints, 4½ cups) fresh milk and leave until it coagulates. Using a knife, cut the resulting solid mass into squares and heat gently until it boils. The curds are cooked when the pieces separate and float in the whey. After chilling, remove the whey and replace it with fresh milk. Top with fresh cream and sweeten to taste.

CAILLETTE A small flat sausage made of minced pork and green vegetables. It is cooked in the oven and may be eaten hot or cold. (caillettes are said to have originated in the Ardeche, but they

are prepared in the whole of south-eastern France. The seasoning and secondary ingredients vary from region to region, and even from village to village to village, truffles are used in Pierrelatte, spinach in Soyans, greens in Chabeuil (where a caillette-tasting society, the confrerie de Chevaliers du Taste-Caillette, was established in 1967), pig's and beer in Valence and pig's liver a la pagetoise in Puget-Theniers. Catillettes are similar to a type of sausage made in Cornwall, which is served with mustard and mashed potato.

RECIPES

Ardeche caillettes

Blanch 250g (9 oz. 3 cups) beet leaves, an equal quantity of spinach and a large handful of dandelion leaves, nettles and poppy leaves. Drain and chop finely. Also chop 250 g (9 oz. 1 packed cup) pig's liver, an equal quantity of lights (lungs) and a little fat bacon and mix together. Brown a chopped onion in some lard (shortening) and add the meat, vegetables and a garlic clove; season with salt and pepper. Cook for 5 minutes, stirring continuously. Remove from the heat, divide the mixture into 8 pieces and roll each into a ball. Wrap each ball in pig's caul and pack them close together in an earthenware dish. Put a strip of fat bacon on each coillette and cook in preheated oven at 200°C (400°F, gas 6) for 30—40 minutes. Cool the coillettes and store in earthenware pots, covered with lard, they may be served hot, browned in lard, or cold with a dandelion salad.

Provencale caillettes

Use only beet leaves, spinach and fine sausagemeat. Make a mixture consisting of half meat and half vegetables, season with salt and pepper, and add some chopped garlic. Divide the mixture into balls about the size of a tangerine, wrap them in caul fat, and flatten them slightly. Bake in a preheated oven at 200°C (400°F, gas 6) for about 40 minutes. Serve the caillettes either very hot, with a well-seasoned tomato sauce, or completely chilled with a salad.

CAILLIER A wooden drinking vessel used in the Middle Ages and until the end of the 16th century. The largest of these vessels were used as containers for wine and the bowl-shaped lids were used as drinking cups.

CAISSES Also known as caissettes. Cases used in cookery, pastry-making and confectionery. Savoury preparation en caisse (in cases) or en caissette (in small cases) are served as hot hors d'oeuvre or small entrees. They are generally filled with salpicons, ragouts or the various fillings used for harquettes, patties pies or tartlets. The cases are served in small round or oval receptacles made of ovenproof china, tempered glass, metal, plastic or light aluminium (frequently used for caterers' preparations). Petits fours, certain sweetmeats (bouchees) and cakes (such as individual babas) are placed in cassettes made of pleated paper. Caissets de Wassy are famous sweetmeats from champagne made of meringue with almonds, apparently created because Mary Stuart stayed in the town.

The term caisse is also used in France to denote various tins (pans and similar kitchen utensils).

CAJUN COOKERY Cajun cooking was introduced to Louisiana by the Acadians, descendants of 17th-century French settlers in Nova Scotia (then known as Acadia), who were driven out in the mid 18th century by the British. They fled to New Orleans, taking with them their French-influenced cooking style. Cajun evolved from Cagian, the Indian interpretation of Acadian.

Cajun cooking is often grouped with Creole cooking (see Creole cookery) and the two styles overlap in the use of ingredients and seasonings. Cajun cooking is referred to as more country style than creole, with its full-bodied, spicy and rich approach. With the same local

ingredients, it is hardly surprising that onions, peppers and celery provide the same base for many savoury dishes, often seasoned and thickened with file powder. Shared recipes include gumbo and jambalaya.

Features of Cajon cooking include the traditional use of pork fat and a dark roux, cooked to a rich brown as a starting point for many stews. Etouffee combines freshwater crayfish with onions, peppers and tomatoes, crayfish are just as likely to feature in a blisque ofr jambulaya. The same stew may be prepared with chicken instead of crayfish, with the chicken fried to a deep rich brown in the first stages. Dirty rice is a cajun dish of rice cooked with chicken giblets – taking its name from the colour given by the liver and other giblets, the flavour is good and rich.

The idea of browning ingredients seasoned with dry spices until they are virtually black is associated with contemporary Cajun cooking. A mixture of dry spices is rubbed on ingredients before grilling or pan-frying them in a heavy dry pan until almost black and the spices smoke. This method is particularly good for oily fish and rich or fatty meats.

CAKES AND GATEAUX Although both terms can be used for savoury preparations (meat cakes or vegetables gateaux) their main use is for sweet baked goods. Cakes can be large or small, plain or fancy, light or rich, Gateau is generally used for fancy, but light, preparations, often with fresh decoration, such as fresh fruit or whipped cream. Whereas a cake may remain fresh decoration or ingredients that do not keep well, such as fresh decoration or ingredients that do not keep well, such as fresh fruit or whipped cream. In France, the word ‘gateau’ designates various patisserie items based on puff pastry, shortcrust pastry (basic pie dough, sweet pastry, paste sablee, choux pastry, Genoese and whisked sponges and meringue. To these may be added various additional ingredients, such as ground almonds, almonds paste, chocolate, fruit (fresh, preserved or dried), fondant or water icing (frosting), pastry and butter creams, liqueurs and fresh cream.

The word gateau is derived from the Old French *wasted*, meaning ‘focused’. The first gateaux were simply flat round cakes made with flour and water, but over the centuries these were enriched with honey, eggs, spices, butter, cream and milk. From the very earliest times, a large number of French provinces have produced cakes for which they are noted. Thus Artois had gateaux razis, and Boubonnais the ancient tartes de fromage broye, de crème et de moyeux d’oeulz. Heath cakes are still made in Normandy, Picardy, Poitouu and in some provinces of the south of France. They are called variouisl fottaces, fonaches, fonees or foyuyasses, according to the district.

Until the 17th century it was usual at Whitsuntide in Paris to throw down nienles and outblies (wafers), local Parisian confections, on the head of the worshippers gathered under the valued roofs of the cathedral of Notre-Dame. At the same time blazing wicks were showered on the congregation.

Among the many pastries which were in high favour from the 12th to the 15th centuries in Paris and other cities were *echatudes*, of which two variants, the *flageols* and the *gobeth*, were especially prized by the people of Paris, and *darioles*, small turtles covered with narrow strips of pastry. Two kinds of *darioles* were made, one filled with cream cheese, the other with *frangipane* cream. *Talemouses*, which are known today as *talmouses* (cheese turnovers), were also much appreciated.

Casse-museau is a hard dry pastry still made today; *rations*, *petities choux* and *gateaux faitilletes* are mentioned in a charter by Robert, Bishop of Amiens in 1311, which proves that puff pastry was known in France before the 17th century, when, someone writes claims, the process of making puff pastry was invented.

In the following centuries, pastrycooks, organized into guilds, produced not only the pastries listed above, but also *brioche*s, *spice cakes*, *waffle* of various kinds, *marzipan biscuits*, *tarts* and *flans* decorated in various ways, *pates royales* (a kind of *meringue*), *almond cakes*,

dough cakes, cracknels and flamiches. Then came grand architectural, creations (pieces montees), often more decorative than delectable. In the 18th and 19th centuries, cakes became masterpieces of refinement and ingenuity, especially where pastrycooks were in the service of a prince or a large house.

- Traditional cakes Many cakes have a ceremonial or symbolic significance, linked to a religious feast - such as Christmas, Easter, Epiphany (Twelfth-Night cake) and Candlemas. In Addition, cakes have always featured prominently in family celebrations (for baptisms, birthdays and weddings). Formerly, tourteaux fromages were served in Poitou at wedding breakfasts. In Brittany, the bride and groom were given the gateau de la demande. In the country, cakes were provided for social evenings and gatherings, market days and threshing days.

A number of foreign cakes are also well-known in France(strudel, fruit cake, baklava, vatrushki, linzerlotte and panettone). On this subject, Jean-Paul

Same gives a supervising example of culinary anthropomorphism: 'Cakes are human, they are like faces Spanish cakes are ascetic with a swaggering appearance, they crumble into dust under the tooth, Greek cakes are greasy like little oil lumpy when you press them, the oil oozes out. German cakes are bulky and soft like shaving cream; they are made so that obese easily tempted men can eat them indulgently, without worrying what they taste like but simply to fill their mouths with sweetness. But those Italian cakes had a cruel perfection really small and flawless, scarcely bigger than petitis fours, they gleamed. Their on the sideboard like pieces of painted porcelain.

RECIPES

Fruit cake

Soften 125 g (4½ oz, ½ cup) butter at room temperature. Cream it with 125 g (4½ oz, ½ cup) caster (superfine) sugar and a pinch of salt until pale and soft. Add 3 eggs, one at a time. Mix 175 g (6 oz, 1½ cups) plain (all-purpose) flour with 1 teaspoon baking powder. Wash and dry g (9 oz, 1½ cups) currants or mixed dried fruit and add them to the flour. Mix well and stir into the mixture of butter, sugar and eggs. Refrigerate the mixture for 30 minutes.

Butter a loaf tin (pan) about 23 cm (9 in) long, line it with buttered greaseproof (wax) paper and fill with the cake mixture. Bake in a preheated oven at 240°C (475°F, gas 9) for about 12 minutes then reduce the temperature to 180° (350°F, gas 4) and bake for 45 minutes. Check that the cake is sufficiently cooked by piercing with the point of a knife, which should come out clean. Allow the cake to become lukewarm before removing from the tin. Cool on a rack.

Gateau Alexandra

Gently melt 100 g (4 oz, 4 squares) sweetened chocolate in a bowl over a pan of hot water. Whisk 3 egg yolks, 1 whole egg and 125 g (4½ oz, 2/3 cup) caster (superfine) sugar in a basin until the mixture is almost white and is very thick. Blend in 75 g (3 oz, ¾ cup) ground almonds, then the melted chocolate, 3 tablespoon plain (all-purpose) flour, and 75 g (3 oz, 2/3 cup) cornflour (cornstarch). Whisk 3 egg whites with a pinch of salt until stiff, then gently blend them into the chocolate mixture together with 75 g (3 oz, 1/3 cup) melted butter.

Grease and flour an 18 cm (7 in) square cake in (pan) and pour in the mixture. Bake in a preheated oven at 180°F, gas 4) for 50 minutes. When cool, cover the cake with 200 g (7 oz, 2/3 cup) apricot jam, then refrigerate for about 10 minutes.

Meanwhile, melt 75 g (3 oz, 3 squares) chocolate with 2 tablespoons water and, in another saucepan, very gently warm through 200 g (7 oz, 1 cup) fondant. Add the melted chocolate to the fondant the mixture must be liquid enough to be spread easily. Cover the cake with this chocolate fondant, then store in a cool place until ready to serve.

gâteau flamand

make a smooth pastry dough by mixing 175g (6 oz, 1 1/2 cups) sifted plain (all-purpose) flour, 65 g (2 1/2 oz, 5 tablespoons) butter, 50 g (2 oz, 1/4 cup) sugar, 1 egg and pinch of salt. Roll it out to a thickness of 3 mm (1/8 in) and use to line a buttered manqué mould or sandwich tin (layer cake pan) 20 cm (8 in) in diameter, place it in the refrigerator.

For the filling, mix together 125g (4 1/2 oz, 2/3 cup) caster (superfine) sugar, 1 teaspoon vanilla sugar and 100 g (4 oz, 1 cup) ground almonds. Whisk in 3 egg yolks, one by one, then add 3 tablespoons kirsch and continue to whisk the mixture until it turns white until very stiff and blend them into the mixture together with 40 g (1 1/2 oz, 3 tablespoons) melted butter.

Pour the filling into the lined mould and bake in a preheated oven at 200°C (400°F, gas 6) for about 45 minutes. Then remove from the oven and allow to cool for a least 15 minutes before taking out of the mould. Melt 200 g (7 oz, 1 cup) fondant very slowly in a saucepan. Blend in 3 tablespoons kirsch and spread the fondant over the cake. Decorate with glaze (candied) cherries and sticks of angelica.

Gateau le parisien

Pare the zest from a lemon, blanch it for 1 minute, cool, dry and cut into short very fine julienne strips. Whisk 3 egg yolks with 100 g (4 oz, 1/2 cup) caster (superfine) sugar until the mixture is almost white. Pour in 25 g (1 oz, 1/4 cup) plain (all-purpose) flour, 40 g (1 1/2 oz., 1/3 cup) plain (all-purpose) flour, 40 g (1 1/4 cup) plain (all-purpose) flour, 40 g (1 1/2 cup) cornflour (cornstarch), 1 teaspoon vanilla sugar and the zest, then carefully fold in the 3 egg whites, whisked with a pinch of salt until very stiff. Pour this mixture into a buttered fairly deep 23 cm (9 in) sandwich tin (layer cake pan) or manqué mould and bake in a preheated oven at 200°C (400°F, gas 6) for 40 minutes.

During this time, make a frangipane cream with 3 egg yolks, 7 g (3/8 oz, 6 tablespoons) caster sugar, 25 g (1 oz, 1/4 cup) cornflour, 400 ml (14 fl oz, 1 3/4 cups) milk, 11 teaspoon vanilla sugar and 125 g (4 1/2 oz, 1 cup) ground almonds. Blend in 125 g (4 1/2 oz, 1/2 cup) chopped crystallized (candied) fruits.

When the cake is cooked, leave it to cool. Makes some Italian meringue with 3 egg whites, 2 tablespoons icing (confectioner's) sugar, and 175 g (6 oz, 3/4 cup) caster sugar. Cut the cooled cake into 3 equal rounds. Cover each layer with the frangipane cream and crystallized fruit mixture and re-form the cake. Spread some meringue on the top, then fill a fluted piping bag with the zest of the meringue and decorate all round the cake with regular motifs. Sprinkle the meringue with icing sugar and put in a preheated oven at 180°C (350°F, gas 4). Take out the cake as soon as the meringue turns brown. Leave to cool completely.

Honey and cherry cake

Soften 100 g (4 oz, 1/3 cup) butter at room temperature. Divide into small pieces, and then cream with 100 g (4 oz, 1/2 cup) caster (superfine) sugar, a large pinch of salt and 2 tablespoons liquid honey. Mix in 1 tablespoon baking powder, 200 g (7 oz, 1 3/4 cups) plain (all-purpose) flour and 3 eggs, added one at a time. Flavour with 2 tablespoons rum. Halves 9125 g (4 1/2 oz, 1/2 cup) glaze (candied) cherries and add them to the cake mixture. Pour immediately into buttered loaf tin (pan) and bake in a preheated oven at 190°C (375°F, gas 5) for about 45 minutes. If the cake is browning too quickly. Cover it with a piece of foil. Turn the cooked cake out of the tin when lukewarm and leave to cool on a rack. Decorate with glaze cherries and a piece of angelica.

Marble cake

Melt 175 g (6 oz, 3/4 cup) butter very slow, without letting it become hot. Whisk in 200 g (7 oz, 3/4 cup) caster (superfine) sugar and then 3 egg yolks. Sift 175 g (6 oz, 1 1/2 cups) plain (all-purpose) flour and 1 teaspoon baking powder and stir into the egg mixture. Whisk 3 egg whites with a pinch of salt until stiff and fold them into the mixture. Divide the mixture in half. Fold 25

g (1 oz. ¼ cup) cocoa into one portion. Pour the two mixture into a greased 20 cm (8 in) cake tin (pan) in alternated thin layers. Bake in preheated oven at 180°C (350°F, gas 4) for 1-1 ¼ hours.)

Strewberry gateau

Wash, hull and dry 1 kg (2¼ lb). Large strawberries. Bring 150 g (5 oz. 2/3 cup) granulated sugar and 5½ tablespoons water to the boil, add 2 tablespoons of kirsch and 2 tablespoons wild strawberry liqueur. Place an 18 x 23 cm (7 x 9 in) rectangle of sponge cake on a baking sheet lined with greaseproof (was0 paper. Soak it with one-third of the syrup. (whip 500 g (18 oz. 2 ¼ cups) butter cream to make it lighter and, using a wooden spatula, incorporate 100 g (4 oz, ½ cup) of confectioner's custard (pastry cream). Spread one-third of this mixture on the sponge cake. Arrange the strawberries on top, very close together and pointing upward, pressing them well into the cream. Pour 2 tablespoons kirsch on top and sprinkle on 25 g (1 oz, 2 tablespoons) caster (superfine) sugar. Level the top of the strawberries using a serrated knife and cover with the remaining butter cream mixture, smoothing the top and sides with the spatula. Cover with another rectangle of sponge cake the same size and pour the remaining syrup over it. Coat the gateau with a thin layer of pistachio-flavoured almond paste (75 g. 3 oz, 1/3 cup). Leave the strawberry gateau for at least 8 hours in the refrigerator. Before serving, tidy the edges with a knife dipped in hot water. Decorate with strawberries sliced into a fan shape and coated with 100 g (4 oz, 1/3 cup) of apricot glaze, applied with pastry brush.

CALABASH The fruit of various plants of the gourd family. The sweet calabash is a creeping shrub from America and Africa. Its soft delicate flesh may be eaten raw in a salad. Baked in the oven, boiled, stewed with bacon and herbs (in martinique) or curried with beef (in Sri Lanka). In Japan, the flesh of some calabashes is dried, cut into thin strips and used as a garnish for soups. When dried, the fruit becomes hard and woody. These gounds are hollowed out and used as kitchen utensils, drinking vessels and other articles.

In South America liquid extracted from the pulp is used to make a syrup.

CALAMARI see squid.

CALCIUM A mineral that is essential for the development and functioning of the human body and is an important constituent of the bones and teeth. The principal source of calcium are milk, yogurt and cheese. Calcium is also found in fish in which bones are eaten, green leafy vegetables and a variety of other foods.

CALDEIRADA A thick Portuguese soup made from mollucs and fish with white wine, poured over slices of bread glazed with olive oil.

RECIPE

Caldeirada

Mix together 1 finely chopped onion, ¼ chopped pepper, 2 small tomatoes, peeled, seeded and crushed, ½ teaspoon crushed garlic, salt and black pepper from the mill. Place 12 clams in a heavy-based casserole with 60 ml (2 fl oz, ¼ cup) olive oil. Cover with half the mixture of vegetables, then 400 g (14 oz) white fish, skipped, filleted and cut into pieces, and 300 g (11 oz) squid, cleaned and cut into strips. Cover with the remaining vegetables and add 200 ml (7 fl oz, ¾ cup) white wine. Bring to the boil, then cover and simmer for 20 minutes. Heat 60 ml (2 fl oz. ¼ cup) olive oil in a frying pan and fry 4 slices of sandwich bread on both sides until golden. Drain on paper towels. Put 1 slice of bread on each plate. Pour a ladle of stock over each slice, then arrange the fish, clams and squid on top. Sprinkle generously with finely chopped parsley.

CALDO VERDE A Portuguese national dish consisting of a soup made with olive oil, potatoes and dark green Portuguese curly cabbage. It is garnished with slices of garlic sausage and served with maize (corn) bread and red wine. The cabbage has a very strong flavour and is cut into very thin strips.

CALIFORNIAN WINE Despite California's long history of winemaking, its influence did not become important until the latter part of the 20th century. California's grasp of modern winemaking in the 1870s was the driving force in opening up the New World of wine. A small cluster of wines from the Napa Valley, produced by pioneers such as Robert Mondavi, Joe Heitz and Warren Winiarski, were the first to prove that quality winemaking was not necessarily confined to the classic regions of Europe.

Vine-growing was introduced to Mexico by Cortes in the early 16th century and slowly spread to the north via the Spanish missions. It was not until the second half of the 19th century, when California ceased to be Mexican and became one of the States of the Union, that modern vine-growing really began. The credit for this goes to a few pioneers, including the great Hungarian nobleman, Agoston Haraszthy, considered to be the 'father of Californian wine-growing'. They imported a large number of European vines to replace that of the Mission – a variety of grape formerly introduced by the Jesuits, which has a very high yield but produces only mediocre wines.

Phylloxera in the late 1800s followed by prohibition had a severe effect on the industry. In the late 1980s the resources of California's wine industry were tested again when a second wave of Phylloxera swept through the State. Many growers used this as an opportunity to replant with greater consideration to variety, density, training and soil type.

Three-quarters of California's grape growing is concentrated in the Central Valley – between Sacramento in the north and Bakersfield in the south. This hot, dry, irrigated area is the source of much of California's inexpensive, 'jug wine' made from a range of grapes, including French Colombard, Chenin Blanc and Zinfandel.

In contrast with the central Valley, the Napa Valley, north of San Francisco, is renowned for its quality rather than quantity. This narrow, flat, 30 km. (18 mile) long valley has a unique climate, heavily influenced by a natural fog bank extending from the San Francisco Bay which lowers temperatures. This is heartland of California's top-quality producers, many of whom make wines which can challenge the best from around the world. Cabernet Sauvignon does particularly well here, as do Syrah and Chardonnay. Sonoma Valley to the west of Napa and Mendocino to the north are less famous but also capable of making good wines. Los Carneros to the south produces some excellent Pinot Noir and this is the centre of California's quality sparkling wine industry, some of which is owned by outposts of French champagne houses. South of San Francisco, the Santa Cruz Mountains, Monterey and Santa Barbara all produce quality wines for international and local markets.

After a fairly erratic development, involving trial and error, the European vine finally became adapted to growth in the varied soils and climates of California. Two major vine-growing areas can be distinguished the relatively cold north coast, which produces table wines, some of which are excellent and the much warmer inland valleys, producing mainly sweet wines and dessert wines, which are high in alcohol but in general of rather indifferent quality.

- **Table wines** The California wineries are outstanding well equipped and planned. They make in general, three main types of wine. The inexpensive red, white and rose 'jug wines' are often from table grapes (such as Thompson Seedless) and tend to be somewhat mediocre. Some of the better-quality wines bear European names, often those of classic grape varieties, but the use of classic regional names is declining and it must be said that such wines bear scant relation to their French counterparts. The 'varietal wines' bear the names of the grape or grapes from which they are made, although regulations do not yet insist on a 100 % use of

these varieties, which is something often stressed on label's by top producers. Such wines can equal in quality many European fine wines.

- Sweet and sparkling wines. The aperitif and sweet wines are, in general, versions of European classics – sherry, port, Tokay, and so on, few of them attaining more than ordinary quality. The sparkling wines, however, made by the champagne process, can be really good, notably the dry ones.

CALISSON a diamond-shaped sweetmeat from provence produced on a small scale. Calissons are actually a centuries-old speciality of Aix-en Provence. In the 17th century they were distributed among the congregation during religious ceremonies held in memory of the plague of 1630. Later, they were traditionally eaten at Easter. The Provencal word calissoun (or carissoun), which comes from the Latin Canna (a reed), is used for the wire stand on which confectioners display crystallized (candied) fruit and calissons.

Calisson are made of 40% blanched almonds and 60% crystallized fruit (melon with a little orange) mixed with orange-flower water and syrup. The mixture is placed on a base unleavened bread and coated with royal icing. Calissons should be bought when very fresh and soft and kept only for a short time. They must be protected from the air as they dry quickly.

CALVADOS Brandy made distilling cider. Cider distillation is a very old tradition in Normandy – it was mentioned in 1553 in the diary of Gillies de Gouberville, a gentleman of the cotentin. The best Calbados in made with cider that is over a year old.

Distilling may be carried out throughout the year, but it is usually from March to April and August to September. Traditional stills with a double distillation are used for the appellation countrolee Calvados, which is made in the Auge region, comprising part of the department of Calvados and several crommunes of the Orne and Eure. The appellation reglementee Calvados are made by a single distillation process.

Calvados is a harsh rough brandy, 72° alcohol per volume, which must mature for a time in oak casks. It may be sold only after a year's ageing. It is usually categorized as follows: Trois etoiles' or Trois Pommes' Calvados are aged for two years in wood; 'Vieux' or 'Reserve' are aged for three years, "VO' (Vevery Old) or 'Vieille Reserve' for four years; 'VSOP for five years; 'Extra', 'Napoleon', 'Hors d'Age' or Age Inconnu' for more than five years.

Since the middle of the 20th century, Calvados has been subject to strict controls and, in export markets, has become one of the most sought after French spirits. (it is not, however, the same as the American spirit applejack.) old Calvados is to be enjoyed as a digestive, in a tulip glass. The Normans and Bretons have popularized the customs of café calva: the brandy is either served in a small glass at the same time as the coffee, or else is poured into the empty coffee cup while this is still warm (see Trou normand.)

Like most spirits, Calvados may be used in cooking and pastry-making, particularly in dishes that are Norman specialties, such as chicken or leg of mutton with cream and Calvados, apple desserts, omelettes and crepes flambees.

CAMACHO'S WEDDING An episode in Don Quizote in which the hero and Sancho Panza attended the wedding feast of a wealthy farmer, Camacho. The enormous number of dishes served at this repast has become provbial and the expression noces de Camache is used to describe a particular sumptuous feast costing an inordinate amount of money, 'The first thing that met sancho's eyes was a whole ox spitted on the trunk of an elm and, in the hearth over which it was to roast, there was a fair mountain of wood burning. Six earthen pots were arranged around this blaze... whole sheep disappeared within them as if they were pigeons. Innumerable skinned hares and fully plucked chickens, hanging on the trees, were soon to be swallowed up in these pots. Birds and game too, of all kinds, were also hanging from the branches so that they were kept cool in the air... There were piles of white loaves, like heaps of wheat in burns...

cheeses, built up like bricks, formed walls and two cauldrons of oil, bigger than dver's vats, were used for frying pastries, which were lifted out with two sturdy shovels and then plunged into another cauldron of honey standing nearby.'

CAMBACERES, JEAN-JACQUES REGIS DE

French jurist, politician and gastronome (born Montpellier, 1754; died Paris, 1824). During a particularly turbulent period in French history (from the French Revolution to the Restoration), Cambaceres adroitly advanced his career in the public sphere. He proved equally skilled in gastronomy. His table was reputed to be the most sumptuous and lavish in Paris equalling that of Talleyrand, and the dinners that he gave at his house in Rue Saint-Dominique were celebrated. Cambaceres chose the dishes himself and knew all the gastronomics skills, so that he was regarded as a supreme arbiter of taste. But he was accused of stinginess and gluttony by the famous chef, Carme, probably in an effort to blacken the name of the man that rivalled Caremes's employer Talleyrad, who also practiced 'table politics', during the Congress of Luneville, when Bonaparte ordered that postal services should carry nothing but despatches and food parcels were banned, Cambaceres pleaded: 'How can one make friends without exquisite dishes! It is mainly through the table that one governs!' the first Consul described in his favour.

More often than not, Cambaceres was accompanied by the Marquis d'Aigrefeuille, his faithful taster and table companion, to whom Grimod de la Reyniere dedicated his first *Almanach de gourmands*. An anecdotal guide to Paris. Cambaceres also prescribed over Grimod's *Jury of Tasters* from 1805 onwards. A healthy eater and generous host, who entertained distinguished guests on behalf of Napoleon, he died of apoplexy at the age of 70, after Louis XVII granted him permission to return from exile.

Three very elaborate dishes were named after him a cream soup of chicken, pigeon and crayfish, garnished with quenelles made with the same meats; a7 timbale of macaroni and foie gras; and salmon trout with crayfish and truffles.

CAMBRIDGE SAUCE An emulsified sauce found in traditional English cooking that is made from anchovies, egg yolks and mustard. It is served as an accompaniment to cold meats.

RECIPE

Cambridge sauce

Thoroughly desalt 6 anchovies, then remove the bones. Blend together 3 hard-boiled (hard-cooked) egg yolks, the anchovy flesh, 1 teaspoons capers and a small bunch of tarragon and chervil. Add 1 teaspoon English mustard to the mixture and season with pepper. Thicken with groundnut (peasant) oil or sunflower oil, as for mayonnaise, then add 1 tablespoon vinegar. Adjust the seasoning. Add chopped chives and parsley.

CAMEL A ruminant manual of Asia and Africa, which possesses either one hump (dromedary) or two. Camel meat, mostly from young animals, whose tender flesh is similar to veal, is consumed in several countries of North Africa and the Middle East. The thigh joint of the dromedary is cooked chopped, as meatballs, or whole in marinade. In Mongolia, the fat from the hump is issued to make a widely used butter. The heart and other offal are also eaten. Considered unclean in the Bible, the camel was highly esteemed a choice dish. Parish during the 1870 siege, it appeared on the Christmas Eve menu at the Vision restaurant. Camel's milk is a nutritious and well balanced food for humans.

CAMELINE A cold condiment for pates, roasts and fish, used in medieval time. It was made of grilled bread soaked in wine, drained, squeezed and ground with spices (cinnamon, ginger, pepper cloves and nutmeg), then diluted with vinegar. After sieving, the sauce was kept in a

pot, ready for use Taillevant criticized lazy people criticized lazy people 'who rather than make a pepper sauce to accompany stuffed young pig, are content to eat it with cameline'. A special version, served with fried fish, was called aux comelins (bread, cinnamon and garlic cloves ground with vinegar and fish liver).

CAMEMBERT A soft cheese (45-50% fat content) made from cow's milk, pale yellow in colour with a white furry skin speckled with brown flecks. Each cheese measures about 11 cm (4 ½ in) in diameter and is 3—1 cm (1 ½ in) thick,

There is a story that this cheese was invented at the time of the French Revolution in the Auge region a Normandy. A certain Marie Hated, who had hidden a recalcitrant priest from Brie, developed a new cheese by combining the method used in Normandy with that used in Brie. Marie Harel disclosed her secreted to her daughter, who set herself up in the village of Camembert near Vimoutiers (Orme) to sell the cheeses. While passing through the region for the opening of the Paris-Granville line, Napoleon II tasted the cheese and found it delicious. On learning that it came from Camembert, the Emperor named it after the village. However, amembert cheese is recorded in parish records as having been around as early as 1681. Whatever de origins, the name was never registered and a judgment of 1926 stipulated that Camembert could not have an appellation d'origine. This is why camembert is now mass produced throughout France and even in other countries.

Towards the end of the 19th century, a certain M. Ridel invented the cylindrical wooden box that enabled the cheese to be transported. The white mould with which Camembert is covered today was selected in 1910. (originally, Camambert was covered with blue mould and wrapped in straw.)

- **Manufacture.** Real farmhouse Camembert cheeses are rare today, but dairy cheeses are manufactured on both a small and large scale. It takes 4 litres (7 pints, 4 quarts) milk to make a Camembert. The best cheeses, made from raw milk curdled with rennet, are moulded with a ladle, then drained, salted, turned over. Removed from the mould and left to mature for about month in a dry cellar that the skin forms naturally. The cheese should be wrapped in transparent parchment paper, thereby showing the slightly bulging skin with its uneven coating of fur and orange streaks. The aroma should be delicate and full-flavoured. Since August 1983, the AOP Camambert de Normandie has been reserved for cheeses manufactured in the five departments of Normandy, which are produced in this way and are sold in thin wooden boxes. The village of Camembert is not in these regions and no cheese is actually made there.

Mass-produced Camemberts are made from pasteurized skimmed milk to which pasteurized cream is added. They are of uniform quality and keep longer than traditionally made cheeses, but the taste is never as good. They are drained faster and moulded mechanically. Demi - camemberts. (half-Camameberts) and Camembert portions are also found.

CAMERANI, BARTHELEMY-ANDRE Italian comedian and gastronome (born Ferrara, c. 1735; died Paris, 1816), working mainly in France, he became administrator of Favart and Feydeau the attrés. But above all, Camerani was famous for his groumandise, being a member of Grimod de La Reyniere's Juyr of Tasters' and giving his name to a soup which he invented and which was served around 1810 in the Café Anglais, when he was working at the Opera-comique.

In classic French cuisine, the name of Camerani is also applied to a garnish for poached chicken and calve's sweetbreads, consisting of small tartlets filled with a puree of foie gras (topped with slices of truffle and pickled ox tongue cut into the shape of cockscombs) and macaroni a l'Pitalienne, all bound together with supreme source.

RECIPE

Camerani soup

Slowly cook in butter 200 g (7 oz. ½ cups) finely shredded mixed vegetables, including a small turnip. Add 2 chicken livers, peeled and diced very finely, season with salts and pepper, and brown over a brisk heat. Meanwhile, cook 125 g (4½ oz) Naples macaroni in fast-boiling salted water. Drain, bind together with butter and season. In a serving dish, buttered and sprinkled with grated Parmesan, arranged alternate layers of the macaroni and the chicken liver mixture, also sprinkled with Parmesan. Heat gently for a few minutes before serving.

CANAPE A slice bread cut into various shapes and garnished. Cold canapes are served at buffets or lunches or with cocktails or aperitifs; hot canapes are served as entrees or used as foundations for various dishes. When served with game birds, canapes are generally fried in butter and spread with a gratin forcement, a puree made of the internal organs of the bird (cooked undrawn) or foie gras.

RECIPES

Preparation of canapes

Unlike sandwiches, which consists of 2 slices of bread with a filling in the middle, canapes are made with a single slice of bread; they may be rectangular; round or triangular in shape and the bread can also be lightly toasted. Cold canapes are usually made from white bread (slightly stale, so that it does not crumble, and with the crust removed) or rye bread; hot canapes are made from white or whole meal bread. Cold canapes should be served as soon as possible after preparation to they do not dry out. They may be stored in a cool place covered with a cloth (a damp cloth if kept in a hot or dry place).

There is a wide variety of garnishes for canapes, including all the garnishes indicated for croutes as well as various flavoured butters, spinach mixed with bechamel sauce and Parmesan (a la florentine), ham, scrambled eggs with cheese, and sardines (fresh sardines (fresh sardine fillets or puree of sardines in oil with hard-boiled-hard-cooked –egg and English mustard).

Cold canapes

Canapes a la bayonnaise

Spread some slices of bread with parsley butter and garnish with very thin slices of Bayonne ham cut to the exact size of the bread. Glaze with aspic.

Canapes a la boardelaise

Spread some slices of bread with shallot butter Garnish with a salpicon of cooked cep mushrooms and lean ham surrounded by a thin border of paprika butter.

Canapes with anchovies

Spread some Montpellier butter on lightly toasted rectangular slices of bread cut to the same length as the anchovies. Garnish each canape with 2 anchovy fillets separated by cooked egg white and egg yolk (chopped separately) and chopped parsley.

Canapes with asparagus

Spread some thickened mayonnaise on rectangular slices of bread. Arrange very small asparagus tips on each canape and 'tie' each bunch with a thin strip of green or red sweet pepper.

Canapes with cavier

Spread fresh butter on some round slices of bread and garnish with caviar. Sprinkle each with a little lemon juice and a pinch of chopped chives. Very thick soured (sour) cream may be used

instead of butter if desired.

Canapes with shrimps, lobster or langouste

Spread shrimp (or lobster) butter on some round slices of bread. Garnish canape with a rosette of shrimp tails (or a medallion of lobster or langouste tail) and a border of chopped parsley or shrimp butter.

Canapes with smoked eel

Spread some round slices of bread with mustard butter or horseradish butter. Garnish each slice with 2 or 3 thin slices of smoked eel arranged in a rosette..surround with a double order of hard – boiled (hard-cooked egg yolk and chopped chives. Sprinkle with a little lemon juice.

Canapes with smoked salmon

Butter some slices of bread and garnish with slices of smoked salmon cut to the exact size of the bread. Garnish each canape with half a slice of fluted lemon.

Canapes with watercress

Spread watercress butter on some round or rectangular slices of bread. Garnish each canape with a centre of blanched watercress leaves and a border of chopped hard-boiled (hard-cooked) egg (yolk and white together).

Danish canapes

Spread horseradish butter on some rectangular slices of black rye bread. Garnish with strips of smoked salmon or smoked herring, filling the spaces with salmon roe or peeled rounds of lemon cut in half and fluted.

Harliquin canapes

Spread some flavoured butter or thickened mayonnaise on slices of bread cut into various shapes garnish with various chopped items: pickled ox (beef) tongue, ham, truffles, yolks and whites of hard-boiled (hard-cooked) eggs, parsley. Surround the canapes with a thin border of butter.

Herring canapes a la hollandaise

Spread some slices of bread with a puree of herring soft roe. Garnish each canape with strips of smoked herring fillet, arranged to form a lattice, sprinkle with a little lemon juice and fill the lattice spaces with chopped hard-boiled (hard-cooked) egg yolk.

Hot Canapes

Canapes with cheese

Butter some slices of bread. Top with a thick layer of Gruyere cheese (or Comte, Beaufort, Cheddar, Appenzell), either grated or cut into very thin strips. Brown in a hot oven. The canapes may be served with seasoned tomato sauce. Alternatively grated Gruyere can be added to a well-reduced bechamel sauce, seasoned with cayenne, and spread over the slices of bread, which are then sprinkled with grated Gruyere or small cubes of Gruyere and browned in a preheated oven at 230°C (450°F, gas8).

Canapes with crab

Finely crumble the crab meat (fresh or canned), removing all the cartilage, and flavour with a little lemon juice. Add an equal amount of bechamel sauce seasoned with nutmeg or saffron. Butter some lightly toasted slices of white bread and spread them with the crab mixture. Sprinkle with fresh breadcrumbs and melted butter and brown in a preheated oven at 230°C (450°F, gas 8). Garnish with half a round of fluted lemon.

Canapes with mushrooms

Prepare a dry well-browned duxelles of mushrooms and add bechamel sauce (1 part to 3 parts duxells). Spread this on lightly toasted slices of bread and sprinkle with fresh breadcrumbs and little melted butter. Brown in a preheated oven at 230°C (450°F, gas 8).

CANCALAISE, A LA A term describing several fish dishes using oysters from the Bay of Canale, in Brittany. Whiting sole or brill a la cancalaise are stuffed with poached oysters and prawn tails and coated with Normandy sauce or white wine sauce.

Fish consomme a la camalaise with tapioca is garnish with poached oysters. Sometimes sole fillets cut into small strips (en julienne) or small quenelles of pike are added.

RECIPES

Fillets of sole a la cancalaise

Fillet the soles and poach some oysters, allowing 2 per fillet. Fold the fillets and poach them in a full-bodied fish fumet to which the poaching water from the oysters has been added. Drain the fillets, retaining the juices, and arrange them on a dish in the form of a turba. Garnish the centre of the dish with peeled prawns (shelled shrimp) and arrange 2 oysters on each fillet. Coat with a white wine sauce to which the reduced cooking juices have been added.

Ragout a la cancalaise

Remove the beards from some oysters and poach in their own liquid or a well-seasoned fish fumet. Add some peeled prawns (shelled shrimp) and bind all the ingredients together with normande sauce. This ragout is used for filling pies, tarts and volsan vent. It can also accompany whole fish or fish fillets, such as whitening, sole for brill.

CANCOILLOTTE A specialty of the Franche-Comte region based on metton, a skimmed cow's-milk cheese. Metton takes the form of hand hazelnut-sized grains with a strong smell and has a long ripening process. The cheese is mixed in a bain marie with salted water and fresh butter to form a pale-yellow homogeneous paste, with a strong flavour. It is sweetened with white wine and eaten warm.

CANDISSOIRE A flat rectangular cooking utensil with raised edges and a removable wire grid forming the base. The candissoire is used to hold such items as crystallized (candied) fruits or fresh petits fours after glazing with melted sugar. It is also used for draining small pastries soaked with alcohol, especially, individual babas.

CANDALEMAS the Christian festival held on 2 February to celebrate the Presentation of Christ at the Temple and the Purification of the Virgin Mary. The word comes from the Latin Festus Comdelarian (feast of the candles) because many candles are lit in churches on that day. The origin of candlemas is the ancient Roman festival of fertility, Lupercalia, dedicated to the god Pan. Pope Gelasius I abolished it in 492 and replaced it with processions holding lighted candles to symbolize the light of the divine Spirit. The festival also coincided with the resumption of work in the fields after the regions of winter. This is probably why candlemas is the occasions when flour-based dishes such as pancakes and fritters, are made. Pancakes were considered to be a symbol of the sun because of their round shape and golden colour. To use the wheat from the previous harvest was also a means of attracting a blessing upon the future harvest.

The tradition of making pancakes is a very old one. It was mentioned in *Le Menagier de Paris* (1393), and there are various superstitions attached to it. In Burgundy, you must toss one

on the top of the cupboard to avoid being short of money during the year! While pancakes the being made, shame on the clumsy one who drops it while turning it! At the Candlemas of 1812, prior to his departure for the Russian campaign, Napoleon made some copies a la Malmaison. It is said that four out of the five he made were successful, thus forecasting his victory in four battles. The fifth spoils pancake worried him, and on the day of the Moscow fire, he said to Marshal Ney: "it is the fifth pancake!"

CANDYFLOSS A confection known as cotton candy in the United States, made from coloured sugar syrup (usually white or pink), cooked and spun using a special machine into spidery threads which are rolled around a stick like a wool on a distaff. The earliest machine, operated by a crank shaft, appeared in France at the Paris Exposition of 1900. Today, high-speed electric machines are used.

CANDY SUGAR Refined crystallized sugar. The Arabic word qandi means 'cane sugar', but candy sugar can be made from sugar beet or sugar cane. It was used therapeutically from the 12th century onwards and was often flavoured with rose, violet lemon or redcurrant.

Candy sugar takes the form of large crystals, which are obtained by slowly cooling a concentrated sugar syrup so that it crystallizes around threads stretched out in the tank. Brown candy sugar is obtained from a brown syrup.

Candy sugar dissolved very slowly and is preferred to ordinary sugar for preparing fruits in a brandy and domestic liqueurs, since it allows time for the flavour of the fruits to emerge. It is also used in making champagne.

CANELLING. The technique of making V-shaped, grooves over the surface of a vegetable or a fruit for decoration, using a canelle knife. The vegetable or fruit is often sliced after the canelle grooves have been cut, to make decorative borders to the slices.

CANESTRATO Traditionally made in central and southern Italy from ewe's milk or a mixture of cow's and ewe's milk, this semi-hard cheese takes its name from the baskets in which it ripens and the imprint they leave on the rind. The ewe's milk cheeses may also be known as Pecorino canestrato or Pecorino Siciliana.

CANETTE A traditionally French wine bottle characterized by having a porcelain bung with a rubber washer, which is attached with a metal clamp. This bung has been largely replaced with a seal. The word canette originated in Picardy and originally meant an elongated jug. It is also used to hold sparkling lemonade.

CANNA A vigorous tropical plant with a thick fleshy underground stem. Which is eaten as a vegetable. Some varieties produce an edible starch, used particularly in Australia, where it is known as 'Queensland arrowroot'.

CANNELLONI A type of pasta dish originating in Italy. The word derives from canna (reed) and literally means 'big tubes'. Pasta squares are simmered in water and a knob of savoury filling is placed in the centre of each. They are then rolled up into cylinders to form the cannelloni, usually covered with tomato sauce and cooked au gratin. Alternatively can be bought in the form of dried tubes, ready for filling.

RECIPES

Cannelloni a la bechamel

Chop 2 large onions and soften them in 25 g (1 oz. 2 tablespoons) butter. Chop 3 slices of ham

and about 250 g (9 oz) cooked chicken, add these to the onions and adjust the seasoning. Make a bechamel sauce with 50 g (2 oz, ¼ cup) butter, 50 g (2 oz, ½ cup) plain (all-purpose) flour, 500 ml (17 fl oz, 2 cups) milk, salt, pepper and grated nutmeg. Add 75 g (3 oz, ¾ cup) grated cheese and the chopped meat and onions. Fill fresh pasta rectangles with this mixture, then roll them up. Alternatively, use bought cannelloni tubes cooked according to the packet instruction. Butter an ovenproof gratin dish and arrange the cannelloni in it. Cover with the remaining bechamel sauce. Sprinkle with 50 g (2 oz, ½ cup) grated cheese and a few knobs of butter. Brown in a preheated oven at 240° C (475 F, gas 9) or under a hot grill (broiler).

Cannelloni a la Florentine

Hard-boil (hard-cook) 2 egg and remove the shells. Boil some spinach and drain it. Make a very smooth bechamel sauce. Roughly chop the spinach and heat it gently in butter, allowing 25 g (1 oz, 2 tablespoons) butter to 1 kg (2 ¼ lb). Spinach. Finely chop the hard-boiled eggs and add to the spinach. Also add 2 raw egg yolks mixed with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream, 40 g (1 ½ oz, ½ cup) grated Pamesan cheese, salt, pepper and grated nutmeg. Gently reheat the mixture without boiling, then leave to cool. Fill fresh pasta rectangles with this mixture and roll them up. Alternately, use bought cannelloni tubes cooked according to the packet instructions. Arrange in a buttered ovenproof dish, cover with the bechamel sauce and sprinkle with grated Parmesan cheese and a few knobs of butter. Cook in a preheated oven at 240°C (475°F, gas 9) or under a hot grill (broiler) until the surface is brown and crusty.

Meat cannelloni

Fill fresh pasta rectangles with a meaty bolognese sauce. Roll them up and arrange in a buttered ovenproof dish. Alternatively, use bought cannelloni tubes cooked according to the packet instructions. Cover with tomato sauce, sprinkle with grated cheese, and place in preheated oven at 240°C (475°F, gas 9) or under a hot grill (broiler) until the surface is well browned.

Seafood cannelloni

Fill fresh pasta rectangles with a stuffing of crab meat or chopped peeled prawns (shelled shrimp) bound with a well-seasoned bechamel sauce. Roll up the cannelloni and arrange in a buttered oven-proof dish. Alternatively, use bought cannelloni tubes cooked according to the packet instructions. Cover with normande sauce, sprinkle with a few knobs of butter and cook in preheated oven at 240 ° c (475 F, gas 9) or under a grill (broiler) until the surface is well browned.

CANOLE. A dry biscuits that is a specialty of Rochechouart (haute-Vienne region). It originated in 1371, during the hundred Years' War. The town, which had been under siege by the English, was relieved by due Guesclin. The inhabitants duly pillage the enemy camp and found wheat and fresh eggs, with which they made these biscuits, mockingly named after the captain of the English troops, Sir Robert Canolles (or Knobles).

CANON-FRONSAC AOC red wines from Fromsac, east of Bordeaux and near Libourne. The vineyards are on Limestone slopes overlooking the Dordogne, Canon-Fronsac is part of Fraonsac. The wines are full-bodied, well-balanced and deep in tone; they usually benefit 3-5 years' bottle age.

CANOTIERE, A LA A name usually given to poached freshwater fish covered with batarde sauce. It is also given to a carp dish in which the carp is stuffed with a fish mousse, baked in a white wine stock, then a fish mousse, baked in a white wine stock, then arranged on a gratin dish with sliced shallots and mushrooms and lemons juice, and sprinkled with breadcrumbs. The

sauce, which is made with the reduced cooking juices, is thickened with butter. The dish is garnished with crayfish cooked in court-bouillon, and with fleurons (crescents of puff pastry). The same stuffing and garnish are used for matelote a la camahere.

RECIPE

Matelote a la canotiere

Butter a frying pan and make a bed of 150 g (5 oz, 1 cup) sliced onions and 4 crushed garlic cloves. add 1.5 kg (3 ¼ lb) freshwater fish (carp, eel) cut into equal-sized pieces, a large bouquet garni and 1 litre (1 ¾ pints, 4 2/3 cups dry white wine. Bring to the boil. Add 100 ml (4 fl oz, 7 tablespoons) brandy and flame. Cover and gently simmer for about 25 minutes. Drain the fish pieces, placing them in another frying pan, and retain the stock. To the fish add 125 g (4 ½ cups) cooked button mushrooms and 125 g (4 ½ oz., ¾ cup) small glazed onions. Reduce the fish stock by two-thirds and bind with *beurre manie* – for a litre (1 ¾ pints, 4 1/3 cups of stock, bind with 50 g (2 oz, ½ cup) plain (all-purpose) flour kneaded with 50 g (2 oz., ¼ cup) butter; finally, add a further 150 g (5 oz, 2/3 cup) butter. Pour the sauce over the fish and simmer gently. Serve the matelote plain, with rice, or garnished with gudgeons fried in bread-crumbs, or whitebait, and crayfish cooked in a court-bouillon.

CANTAL. A high-fat (45% fat content) cow's-milk cheese from the Auvergne region of France. It is ivory in colour with a naturally darker crust, a flexible finely granulated texture and a sweet nutty flavour riper cheeses are a little firmer and more highly flavoured. It is also called Fourme du Cantal or Fourme de Salers (where the cows produce a rich full flavoured milk). An OP label means that the production region is strictly defined as the department of Cantal and the arrondissements of Tulle, Ussel, rioude, Clermont-Ferrand and Issoire. Cantal is considered the ancestor of French cheese. Pliny the Elder mentioned it, as did Gregoire de Tours. The similarity of its manufacture to that of British cheddar suggests that the Romans may have introduced the technique to the Bretons across the English channel.

Cantal comes in the form of a cylinder, 35—40 cm (14—16 in). high and the same in diameter, weighing 35—45 kg (77-100 lb.). dairy Cantal is produced all the year round, whereas farm Cantal comes from the shepherds' butts of the Cantal. Connoisseurs prefer it when it has matured for three months the thick crust sinks into the cheese, forming brown marks, and it has a fairly sharp taste. A smaller central is also produced, called a *cantolet* or *cantolon*, weighing 4-10 kg (9-22lb.) an intermediate *petit cantal* weighs 20-22 kg (44-48 lbs.) cantal is often served after a meal, with wine and fruit; it is also widely used in gratins, *coutes*, soups and *souffes*, as well as in typically regional dishes (such as *aligot*, *gatis*, *patrnque* and *truffade*).

CANTHARUS A bell-shaped drinking vessel used by the Greeks and Romans. Made of ceramic, bronze or silver it stood on a single foot and had two vertical handles that those above the rim.

CANTONNAISE, A LA The French term for a garnish rice dish inspired by Cantonese cuisine. For Cantonese fried rice, the grains must be well separated from each other after cooking. The rice is cooked plain, then left to rest for a few hours in the refrigerator, it should be fluffed up from time to time to aerate it. For the garnish, some lard (shortening) is heated in a frying pan, together with salt, smoked bacon for ham, or even lacquered pork) cut up into small pieces, chopped celery sticks and prawns (shrimp). After a few minutes, the rice is added; when this is set, some eggs are broken into the pan. The mixture is stirred until the eggs are just set.

The dish can also include crab meat, shellfish bamboo shoots or peas. The traditional Chinese seasoning is soy sauce and rice alcohol.

CAPACITY Also referred to as content. The volume of a vessel, which determines the quantity

of a substance it can hold. In practice, the term capacity is used for bottles and cans of liquid and content for other receptacles. There is always a difference between the nominal content of a receptacle (the capacity) and the actual content (volume or net weight contained).

CAPE GOOSEBERRY The fruit of a bush originating in Peru, which grows wild in hedgerows and thickets in the warm coasted regions of the Atlantic and Mediterranean. Also called physallis, Chinese lantern, strawberry tomato, love-in-a-cage and winter cherry, the Cape gooseberry is yellow or red, the size of a small cherry, and is enclosed in a papery brown calyx. It has a tart flavour and is used to make syrups, jams and aperitifs, as well as in fruit salads, sorbets and ice creams. It also make an excellent accompaniment to some savoury foods, particularly fish or rich meats.

RECIPES

Cape gooseberry compote

Dissolve 500 g (18 oz, 2 ½ cups) lump or granulated sugar in 200 ml (7 fl oz, ¾ cup) water. Strip the fruits from their calyces and drop them into the boiling syrup. Cook for 5 minutes, then drain and put them into a compote dish. Add the rind of a lemon to the syrup, reduce this by a quarter and pour it over the fruit. The rind should not be cooked with the fruit as it would affect its flavour.

Cape gooseberry jam

Gently heat 800 g (1 ¾ lb. 3 ½ cups) lump or granulated sugar with 800 g (1 ¾ lb) cape gooseberries. Stir from time to time until the sugar is dissolved, then bring to the boil. Boil the jam until the setting point is reached, then pour into jars immediately.

CAPER. The flower bud of a shrub which is native to eastern Asia but widespread in hot regions. Capers are used as a condiment, either pickled in vinegar or preserved in brine or in dry, coarse salt. Salted capers are rinsed before use. When pickled, they are sour but still of flavour. The Romans used them to season fish sauces. Capers are also used to flavour rice and meatballs (lamb and veal) and garnish pizzas; they go well with mustard and horseradish. (see Gribiche, Ravigote). The flower buds of nasturtium, butercup, marigold and bottom are sometimes used as substitutes for capers.

RECIPE

Caper sauces

To accompany boiled fish, add 2 tablespoons pickled capers, well drained, to 250 ml (8 fl oz. 1 cup) hollandaise sauce or butter sauce.

To accompany English-style boiled muttons, prepare melted butter sauce, adding the mutton cooking juices to the roux, followed by well-drained capers and a little anchovy essence (extract) or a puree of desalted anchovies.

CAPERCAILLIE The largest species of grouse. The adult male is the size of a turkey and can weigh up to 8kg (18 lb). The hunting of female and young capercaillies is forbidden. The bird lives in coniferous hilly woodlands, feeding on coniferous hilly woodlands, feeding on conifer shoots, which gives its flesh a pronounced flavour of resin. It is rare in France, being found in the mountains of the Ardennes, Vosges and Pyrenees. The black grouse is often preferred for cookery: its delicate flesh is whiter than of the pheasant, but it is prepared in the same way.

CAPILOTADE A ragout originally from classic French cookery, made of cooked meat leftovers

(poultry, beef or veal) that are stewed until they disintegrate. The word comes from the Spanish *capitrotula*, which was a brown sauce made with garlic, eggs and herbs, used to cover the cut pieces of meat. The expression *en capilotade* (meaning in small pieces) is used in cookery, particularly for poultry dishes.

RECIPES

Chicken en capilotade

Take a chicken (boiled, braised, poached or roasted) and remove the bones. Cut the meat into small pieces and place in a well-reduced cold sauce (*chasseur*, Italian, Portuguese or Provençal). Cover and leave to simmer gently until the meat forms a mass. Then pour into a deep dish.

Alternatively, the chicken and sauce can be poured into a grain dish, sprinkled with breadcrumbs and knobs of butter, then cooked in a preheated oven at 240°C (475°F, gas 9) or under a hot grill (broiler) until the surface is well browned. Served with rice à la Créole.

CAPITAINE. Sea fish related to the sea bass, sometimes called *grand pourceau* ('big swine'), living off the coast of West Africa, where it enters the estuaries and swims up the rivers. About 50 cm (20 in) long, it has a pinky-white flesh with a very delicate flavour which it preserves well and does not lose in cooking. It may be steamed, grilled (broiled) on one side like salmon, cooked en papillote or chopped up with tartare sauce, herbs and lemon. In Senegal, it often forms part of the *bou diène*.

RECIPES

Capitaine in banana leaves

Wash 4 medium-sized banana leaves, remove the central rib, then scald briefly to soften them. Lay them out flat and place 1 capitaine fillet on each one. Plunge 2 tomatoes in boiling water for a few seconds, then remove the skin and seeds and roughly chop the flesh. Halve and thinly slice 1 onion, then cook it briefly in a little olive oil until slightly softened but not cooked. Allow long enough to take the raw edge off the flavour of the onion. Season the pieces of fish with salt and pepper. Arrange the tomatoes and onion on top. Fold the banana leaf over and secure with cocktail sticks (toothpicks). Steam for 30 minutes. Sautéed or steamed okra go well with the steamed fish.

CAPLIN refers to two species of marine fish, up to 15 cm (6 in) long. One is a Mediterranean species; the other is common in the English Channel and the Bay of Biscay. They have a fairly thickset body, brownish-yellow on the sides and white on the belly. The large head has large bulbous eyes and a bomb under the chin. The two species are distinguished by the spacing of the caudal fins. The caplin, whose delicate flesh flakes easily, is used especially in fish soups.

CAPON A young cock that has been castrated and fattened. The meat is remarkably tender and this method of rearing poultry is a very ancient one. It was a speciality of the French city of Le Mans, but gradually disappeared because of the cost and the length of time involved. In Bresse and Landes. Homosexual castration of cockerels has been banned since 1959. Capon is prepared in the same way as chicken.

The abundance and great delicacy of the flesh of a capon is due to the accumulation of fat, which is stored in successive layers in the muscles. A capon may weigh as much as 6 kg (13 lbs.)

Capon from Landes are fed on maize (corn) and are yellow, whereas those from Bresse

are white. They are suitable for serving on festive occasions when there are plenty of guests.

RECIPE

Roasted poached capon with pumpkin gratin

seasoned the body cavity of a 3-3.5 kg (6 ½ - 8 lb) capon. Place 1 peeled onion and a large bunch of taragon and parsley in the cavity, then truss the capon securely. Place in a large pan and pour in enough chicken stock to cover. Heat, gently until simmer gently for 30 minutes. Drain the capon well and transfer it to a roasting tin (Pan).

Dot the capon with 50 g (2 oz, ¼ cup) butter and roast it in preheated oven at 240°C (475°F, gas 9) for 30 minutes. Reduce the temperature to 220°C (425°F gas 7) and cook for a further 30 minutes. Baste the bird well, then add 2 diced carrots, 1 chopped onion, the chopped green part of 1 leek, 1 dice 3 celery stick, 1 crushed garlic clove and 1 bouquet garni to the container. Turn the vegetables in the juices and cook for a further ½-1 hour. Basting frequently, until the capon is cooked. Cover the top loosely with foil, if necessary to prevent the capon from becoming too brown.

Meanwhile, peel and seed a 3 kg (6 ½ lb) pumpkin and cut it into wedges. Cook the pumpkin in boiling salted water with 1 bouquet garni and 3 peeled garlic cloves for 12 minutes, or until tender. Drain the pumpkin thoroughly.

Press the garlic cloves over the bottom of a large gratin dish. Coarsely mash the pumpkin with a fork, adding salt to taste, a little grated nutmeg and a pinch of cayenne pepper. Spread the pumpkin out evenly in the dish. Pour 400 ml (14 fl. Oz. 1 ¾ cups) double (heavy) cream over the pumpkin and sprinkle with 90 g (3 ½ oz., 1 cup) grated Gruyere cheese. Place the pumpkin gratin in the oven with the capon for the final 15-20 minutes cooking, until it is golden and bubbling.

Transfer the capon to a serving platter. Skim off and reserve excess fat, then add 100 ml (4 fl oz 7 tablespoons) dry white wine to the vegetables remaining in the roasting tin. Boil until well reduced and nearly dry. Pour in 250 ml (8 fl oz, 1 cup) chicken stocks and bring to the boil for a few minutes, scraping all the cooking juices into the liquor. Strain through a fine sieve and return to the pan. Bring to the boil and boil until reduced slightly and full flavoured. Whisk in a knob of butter and a little of reserved cooking fat. Serve this sauce with the carved capon and the pumpkin gratin.

CAPONATA. A Sicilian speciality made of aubergines (eggplants), celery and tomatoes, sliced and fried in olive oil and flavoured with capers, olives and anchovy fillets. This dish is served as a cold hors d'oeuvre.

RECIPE

Caponata

Peel, 4 aubergines (eggplants), cut into large dice and sprinkle with salt. When they have lost some of their water, wash and wipe them and fry in oil. Cut the following ingredients into very small pieces: 100 g (4 oz, ¾ cup) olives, a head of celery scalded in salted water, 4 desalted anchovies and 50 g (2 oz. 3 tablespoons) capers. Slices an onion and brown in oil. Heat up 200 ml (7 fl oz, ¾ cup) tomato passta (puree) with 50 g (2 oz, ¼ cup) sugar until it is well reduced and darker in colour. Then add 3 tablespoons vinegar and leave to simmer for a few minutes. Season with salt and pepper, add some chopped parsley, then mix the sauce with the aubergines and other ingredients. Allow to cook thoroughly. Arrange in the shape of a vegetable dish.

CAPSICUM The botanical name for the species of plants bearing peppers *Capsicum annam*

includes the mild peppers, simply referred to as peppers, and sometimes known as capsicums, sweet of bell peppers. Pimiento or pimento. *Capsicum frutescens* produces hot peppers or chillie peppers, known as chillies, and *capsicum cbinense* also yields hot chillies, including the Scotch bonnet and Habanero varieties. Belonging to the same family as the tomato and aubergine (eggplant), they were discovered by Christopher Columbus in America and described by botanists at the beginning of the 10th century; they soon spread through Europe and the rest of the world. Capsicums are sold fresh, dried or ground See pepper and Chilli.

CAPUCIN A small savoury tartlet, filled with Gruyere choux pastry and served as a hot entee.

RECIPE

Capucins

Make a rich shortcrust pastry (basic pie dough) using 200 g (7 oz., 1 $\frac{3}{4}$ cups). Plain (all-purpose) flour, 100 g (4 oz. $\frac{1}{2}$ cup) well-softened butter, a large pinch of salt and 2 or 3 tablespoons very cold water. Use this pastry to line 8 tartlet tins (pans) also make some choux pastry using 250 ml (8 fl oz. 1 cup) water, 50 g (2 oz, $\frac{1}{4}$ cup) butter, a large pinch of salt and 125 g (4 $\frac{1}{2}$ oz, 1 heaped cup) plain flour. Then, away from the heat and one at a time. Add 3 whole eggs and 75 g (3 oz, $\frac{3}{4}$ cup) grated Gruyere cheese. Place a ball of the Gruyere Choux pastry in each tartlet and bake in a preheated oven at 190°C (375°F, gas 5) . serve hot.

CAQUELON An earthenware dish with a glazed interior, used in southern France to cook dishes that require simmering. Originally it was placed in hot ashes. When used on a cooker (stove), a difusing device must be placed between the caquelon and the gas flame or hotplate. It is customary to rub the inside with a garlic clove the first time it is used, so that it does not crack. In south-western France, it is called a Toupiat pale caramel colour at 160°C (325°F). Pour the caramel into the mould and tilt the mould in all directions to distribute the caramel over the bottom and sides. Continue to tilt until the caramel no longer flows.

CARAMELS. Sweet (candies), often square-shaped, made from a mixture of sugar, cooked glucose syrup and dairy products (milk, butter or cream), plus vegetable fats and flavorings. These are various types—hard and soft caramels, fudge, hopje and toffee—depending on the composition, degree of cooking, shape and flavour. The French town of isigny, famous for its milk, also makes famous caramels.

- **HARD CARAMELS** – These are made using glucose syrup, sugar, water and milk. Fats and flavourings are also added. After homogenization, the mixture is heated until it reaches the required degree of hardness, then cooled, cut up and (if required) wrapped. Hard caramel is also made into lollipops. Although cocoa, coffee or vanilla can be used as flavouring, it is essentially milk, more or less caramelized, that gives it its flavour.
- **SOFT CARAMELS** – The Glucose syrup is dissolved in an emulsion of milk and fats, then cooked and flavoured with vanilla, cocoa, coffee or hazelnuts. Cutting is done after cooling. Making caramel at home requires special equipment, particularly a wooden frame in which the caramel sets.

RECIPES

Hard chocolate caramels

Mix 250 g (9 oz. Generous 1 cup) granulated sugar 100 ml (4 fl oz, 7 tablespoons) double (heavy

cream, 40 g (2 or 2 tablespoons) honey or glucose and 50 (2 oz. ½ cup) cocoa in a thick saucepan. Heat while stirring continuously with a wooden spoon, until the mixture reaches a temperature of 142°C (288°F). Oil a marble or other heat-resistant surface and a caramel frame, pour the caramel into the middle of the frame and leave to harden, but do not allow to cool completely. Remove the frame and pass a flexible metal spatula under the sheet of caramel to detach it from the surface. Cut the caramel into 2 cm (¾ in) squares.

Hard coffee caramels

Mix 250 g (9 fl oz. 7 tablespoons) double (heavy) cream, 1 tablespoon coffee and 12 drops of lemon juice in a thick saucepan. Heat while stirring continuously with a wooden spoon, until the mixture reaches a temperature of 142°C (288°F). Oil a marble or other heat-resistant surface and a caramel frame, and proceed as for chocolate caramels.

Soft butter caramels

Place 250 g (9 oz, generous 1 cup) granulated sugar, 100 ml (4 fl oz, 7 tablespoons) milk, and 3 tablespoons honey or liquid glucose in a thick saucepan. Add a vanilla pod (bean) split into two and bring to the boil while stirring continuously with a wooden spoon. Add 150 g (5 oz, 2/3 cup) butter in small quantities and lower the heat. Continue to cook while stirring, until the temperature reaches 120°C (248°F). Oil a marble or other heat resistant surface and 4 caramel rules or an 18 cm (7 in) tart ring. Remove the vanilla pod from the saucepan and pour the caramel into the ring or between the rules, on top of the prepared surface. Leave to cool completely for 2-3 hours before cutting up the caramel with a large knife.

Soft cream caramels.

Put 250 g (9 oz. Generous 1 cup) granulated sugar, 250 ml (8 fl oz. 1 cup) double (heavy) cream, 1 tablespoon coffee extract and 2 tablespoons honey or liquid glucose into a thick saucepan. Stir over a high heat with a wooden spoon, then reduce the heat and allow the cooking to continue at a simmer, still stirring, until the temperature reaches 120°C (248°F). Continue as for soft butter caramels. The coffee can be replaced with 75 g (3 oz. ¾ cup) cocoa or 150 g (5 oz. 1 ¼ cups) crushed hazelnuts or pistacio nuts, moistened with boiling milk and pressed through a sieve.

CARAWAY An aromatic plant, common in central and northern Europe that is grown mainly for its brown oblong seeds. When dried, these are used as a spice, particularly in eastern Europe, to flavour sauerkrut and stews and to accompany certain cheeses (Gouda and Munster). In Hungary and Germany, where caraway is very popular, it is used to flavour bread and cakes. In Britain, it is added to cooked potatoes and baked in cakes and biscuits (Shakespeare's shallow invites Falstaff to partake of 'a last year's pippin of mine own grafting, with a dish of caraways'). In France, it is used to flavour Vosges dragees. Caraway is also widely used in making liqueurs, such as Kummel, Vespetto, schnapps and aquavit. Caraway was used in prehistoric times (the seeds have been found at ancient sites) and was appreciated by the Romans, who ate the root like a vegetable.

CARBONADE. A Flemish specialty made of slices of beef that are browned and then cooked with onions and beer. The word comes from the Italian carbonata (charcoal-grilled). The name carbonade (or carbonade) is also given to grilled (broiled) pork loin, as well as to certain beef stews with red wine prepared in the south of France.

RECIPES

Carbonade à la flamande

Slice 250 g (9 oz, 1 ½ cups) onions. Cut 800 g (1 ¾ lb) beef flank or duck steak into pieces or

thin slices, and brown over a high heat into a frying pan in 40 g (1 ½ oz, 3 tablespoons) lard. Drain. Fry the onions until golden in the same fat. Arrange the meat and onions in a flameproof casserole in alternate layers, seasoning each layer with salt and pepper. Add a bouquet garni. Deglaze the frying pan with 600 ml (1 pint, 2 ½ cups) beer and 3 tablespoons of beef stock (fresh or made with concentrate). Make a brown roux with 25 g (1 oz, 2 tablespoons) butter and 25 g (1 oz, ¼ cup) plain (all-purpose) flour, and add the beer mixture, then ½ teaspoon brown sugar. Adjust the seasoning. Pour the mixture into the casserole, cover and leave to cook very gently for 2 ½ hours. Serve in the casserole.

CARCASS. An animal after slaughter and processing at the abattoir. The ratio between the weight of the carcass and the weight of the live animal represents the killing-out percentage and reflects the animal's meat yield. Large cattle, calves and sheep are bled after slaughter, then skinned and eviscerated; the feet and head are cut off. Pigs, on the other hand, are not skinned, and the carcass includes the head and feet. For large cattle the carcass is cut into four quarters, fast-cooking parts are at the back, low cooking parts at the front. The 'fifth quarter' comprises the offal and byproducts. The carcasses are hung from large pegs, called chevilles in French, which is why butchers' wholesale suppliers are called chevillards.

CARDAMOM also known as cardamon. An aromatic plant from the Malabar region or southwestern India, whose capsules contain seeds that are dried and used as a spice. Cardamon is used much more in the East than in Europe, except for Scandinavian countries, where it is used to spice mulled wines, stewed fruit, cakes, flans and some charcuterie products. White cardamoms, occasionally found in some Indian stores and used in some sweet recipes, are bleached green cardamoms. Green cardamoms are the most widely used. The small, papery, pale green and conical pods cover chambers containing tiny black seeds. Their flavour is refreshing, with citrus and eucalyptus qualities, it is light but distinctive and invasive.

Brown cardamoms are large, hairy and brown black in colour. They are used in Indian cooking in some savoury dishes, to which they are added whole and removed after cooking. Their flavour is less 'clean' not as fresh and not as distinct. Cardamom is widely used in Indian cooking, both savoury and sweet it is also chewed as a breath freshener. In Arab countries its spicy flavour is appreciated with coffee.

CARDINAL A fish dish that is garnished with lobster escalopes (or sometimes slices of truffle) or coated with a white sauce containing lobster stock. The name refers to the colour of the lobster after cooking, just as the French *very cardinaliser* is used to describe sellfish cooked in stock – their shells became red, like a cardinal's robes.

Cardinal is also the name of iced deserts containing red fruit (such as bombe cardinal) or fruit desserts. The fruit can either be cold (raw or poached), sometimes arranged on vanilla ice cream and coated with strawberry or raspberry sauce, or hot (poached) and coated with the reduced cooking juice plus cassis (blackcurrant liqueur), as a pears cardinal.

RECIPES

Bombe cardinal

Line conical ice mould with strawberry or raspberry ice cream and fill the inside with vanilla mousseline mixture flavoured with praline.

Brill cardinal

Prepare the fish, season with salt and pepper, then stuff with pike forcemeat to which lobster

butter has been added. Poach the brill in white wine, drain and arrange on the serving dish. Garnish with thick medallions of lobster, cover with cardinal sauce and sprinkle with lobster coral.

Cardinal eggs in moulds

Butter some dariole, sprinkle the bottom and sides with lobster coral, break an egg into each mould and cook in a bain marie. Fill some baked tartlet cases with salpicon cardinal and invert each mould into a tartlet. Cover with cardinal sauce.

Cardinal sauce

Heat 200 ml (7 fl oz, $\frac{3}{4}$ cup) cream sauce and 100 ml (4 fl oz, 7 tablespoons) fish stock and reduce and bring to the boil. Remove from the heat and add 50 g (2 oz, 4 tablespoons) lobster butter. Season with a little cayenne and strain through a conical strainer. Garnish with a spoonful of chopped truffles, unless the recipe already contains them.

Salpicon cardinal

Chop some lobster meat, truffles and mushrooms, and bind with cardinal sauce.

Strawberries cardinal

Arrange some chilled strawberries in glass goblets. Cover with fresh raspberry puree and sprinkle with fresh almond flakes.

CARDOON A southern European plant, related to the globe artichoke, whose leafstalk is eaten as a vegetable cardoons are available at the end of autumn and in winter, in the south of France they were formerly traditionally eaten with Christians dinner. In Tours, they are cooked au gratin.

When purchases, the stalks must be firm, creamy white in colour, wide and plump. They are sold with the leafy part and top of the root, which means they can be kept for a few days in cold salted water. The stalks are especially good fried or with bone marrow, they can also be served cold, with vinaigrette. They are casually used to garnish white or red meats (with the meat, butter or bechamel sauce).

RECIPES

Cooking cardoons, cutting off the hard stems. Remove the tender stalks, one by one, and cut into 7.5 cm (3 in) slices; sprinkle with lemon juice. Cut the heart into four and plunge the stalks and heart into boiling water. Bring back to the boil, cover and leave to simmer very gently until tender.

Buttered cardoons

Braise some blanched cardoons in butter for 20 minutes. Arrange in vegetable dish and sprinkle with roughly chopped mint or parsley.

Cardoon puree

Prepare some buttered cardoons and reduce to a puree by pressing through a sieve or using a blender. If desired, a third of its volume of potato puree or a few tablespoons of thick bechamel sauce may be added, add butter to serve.

Carbon salad

Cut some cooked cardoons into thick matchsticks. Add some well-seasoned vinaigrette and sprinkle with chervil and roughly chopped parsley.

Cardoons in bechamel sauce

Drain the blanched cardoons and arrange on a flameproof dish. Add butter, cover and leave to simmer for 15 minutes. Now, add some bechamel sauce and simmer for another 5 minutes. Serve in a vegetable dish.

Cardoons Mornay

Drain the cooked cardoons and arrange on a buttered gratin dish. Cover with Mornay sauce and sprinkle with grated Parmesan cheese and melted butter. Brown in a preheated oven at 240°C (75°F, gas 9).

Cardoons with herbs

Braise some blanched cardoons in butter. Add several tablespoons of fines herbes sauce and simmer for 10 minutes.

Fried cardoons

Drain the cooked cardoons and marinate for 20 minutes in a mixture of olive oil, lemon juice and chopped parsley. They dip the cardoons in batter and deep-fry in hot oil. Drain and season with salt.

CAREME, MARIE-ANTOINE (known as Antonin) French chef and pastry cook (born Paris, 1783; died Paris, 1833). Born into a large and very poor family at the age of ten, to be taken in by the owner of a low-class restaurant at the Maine gate, where he learned the rudiments of cookery. At 16, he became an apprentice to Bailly of the Rue Vivienne, one of the best pastry cooks in Paris. Amazed by Careme's abilities and willingness to learn to learn, Bailly encouraged him. Then the young man's talents became noticed by Talleyrand, who was a customer at Bailly's and he offered to take Careme into his service.

Careme's genius. For 12 years Careme managed the Talleyrand kitchens. The culinary and artistic talents of his chef enabled Talleyrand to wield gastronomy effectively as a diplomatic tool. Careme also served the Prince Regent of England, the future King George IV, and was then sent to the court of Tsar Alexander I, he was responsible for introducing some classic Russian dishes into French cuisine, including borsch and kouloubiac. Careme numbered among his other employers the Viennese Court, the British Embassy, Princess Bagration and Lord Steward. He spent his last years with Baron de Rothschild and died at 50, burned out by the flame of his genius and the charcoal of the roasting spit (Laurent Talleyrand), but having realized his dream: "To publish a complete book on the state of my profession in our times.

The works written by Careme include *Le Pâtissier pittoresque* (1815), *Le maître d'atelier français* (1822), *L'Art de la cuisine au XIX siècle* (1833). This last work was published in three volumes, the two were written by his follower, Plumery. Written in a majestic style, Careme's books invite the reader to the table of the emperor, kings and princes of whom their author worked. Alexander I said to Talleyrand: "What we did not know was that he taught us to eat.

- Careme's contribution. A theoretician as well as a practitioner, a tireless worker as well as an artistic genius, Careme nonetheless had a keen sense of what was fashionable and entertaining. He understood that the new aristocracy, born under the Consulat, needed luxury and ceremony. So he prepared both spectacular and refined recipes, including chateaus, desserts on pedestals, elaborate garnishes and embellishments, new decorative trimmings and novel assemblies

A recognized founder of French *grande cuisine*, Careme placed it at the forefront of national prestige. His work as theoretician, sauce chef, pastry cook, designer and creator of recipes raised him to the pinnacle of his profession. Some of his formulae are still famous, especially his

sauces.

Careme was proud of his unique arts sensitive to decoration and struck on elegance, he always had a sense of posterity. He wanted to create of school of cookery that would gather together the most famous chefs, in order to 'set the standard for beauty in classical and modern cookery, and attest to the distant future that the French chefs of the 19th century were the most famous in the world.

In parallel with his strictly culinary of literary activities, Careme was also concerned with details of equipment. He redesigned certain kitchen utensils, changed the shape of saucepans to pour sugar, designed moulds and even concerned himself with details of clothing, such as the shape of the hat. The vol-au-vent and large meringues are attributed to him. Although an incomparable pastry cook, he was also famous for sauces and soups there are 186 French ones and 103 foreign ones in L'Art de La cuisine). Yet on Reading some of his recipes, one may wonder if he was concerned more with ceremony than gastronomy, in fact, Cereme used money, political power and social connections to enhance his reputation, indeed, he considered that only the great people in the world could appreciate him. Certainly his name is es on in the recipes he created and the dishes name d in his honour.

RECIPES

Eggs in moulds Careme

Butter somedariole moulds; sprinkle the buttom and sides with truffies and pickled ox (beef) tongue cut up into small squares. Break an egg into each mouled and cook in a bain marie. Remove the eggs from the moulds and place on some artichoke hearts. Garnish with a ragout of lamb's sweetbreads, truffles and mushrooms. Add some cream to a Madeira sauce and cover the eggs with the mixture. Place a round of pickled ox tongue, cut out a saw-tooth pattern on each one.

Soft-boiled or poached eggs Careme

Braise some artichoke hearts in butter and arrange the eggs, either soft-boiled (soft-cooked) or poached, on them. Garnish as in the previous recipe.

CARREBBEAN CABBAGE The edible root of an anum, which is cultivated in the West Indies as a vegetable. in is prepared like trunip: scraped, washed, cut into slices and cooked in boiling water. The Caribbean cabbage and the closely related Asheen cabbage are ingredients in West Indian stews (the leaves are also used) and accompany colombos and curries. The grated root is used in the preparation of across. The root is also a source of starch and even of drink (loadgi, typical of Jamaica).

CARIBOU Canadian name for reindeer, which is generally held to be the most highly flavoured of game animals. It is commercial production is permitted and regulated, and carried out by the fruit people, who maintain their ancestral right to hunt it. The animal is butchered and cooked in the same way as beef. It is often served rare with a pepper sauce, accompanied by a pear cooked in red wine or by winter vegetable, such as grated ceeleriac or beertroot (red beef).

Garibon, is also the name of a Quebec apertifi made of sweet red wine with added alcohol.

CARIGNAN, A LA a traditional bouite cuisine dish made with lamb cutlets and fillet (sirloin) steak, sauteed, then arranged on Anna potatoes (shaped into litele tarts) and served with a sauce made by delglazing the pan with port and tomato-flavoured veal stock. The garnish consists of buttered asparagus tips and eggs mouleded in a duchesse mixture breaded, fried, scooped out and filled with foie grasspuree.

The same name is used for a cold dessert in which a pear, peach or apple is poached, hollowed out and filled with chocolate ice cream, then arranged on a Genoese sponge base and covered with vanilla fondant.

CARMELITE, A LA A cold dish consisting chicken supremes, covered with chaud froid sauce garnished with slices of muffle and dressed with a mausseline of crayfish and crayfish tails.

The name because of its association with the Cannelite nuns white habit and black veil, is also used for an egg dish, in which soft-boiled (soft-cooked) or poached eggs are arranged in a flan crust, garnished with creamed mussels and covered with white wine sauce.

CARMEN Any of various dishes, including consommé, eggs or fillets of sole that contain tomato or pimiento and generally, a highly seasoned garnish or flavouring a Lespagnole.

Carmen salad consists of boiled rice, diced white chicken, strips of red sweet pepper and peas, all flavoured with a mustard and chopped tarragon vinaigrette.

Recipe

Eggs sur le plat Carmen

Cook some eggs sur le plat, then cut round the whites with a circular pastry (cookie) cutter, fry in oil some round slices of stale bread with the crusts removed. Cover each slice of bread with a slice of ham of the same size and place an egg on top. Cover with well-seasoned and reduced tomato sauce.

CARMINE. A natural red food colouring also called cochineal or carminic acid (E120). It is used especially in confectionery and patisserie – jams, jellies, filled biscuits (cookies), fruit pastes, ice creams, instant desserts and preserved red fruits. Carmine is also used to colour delicatessen meats and cured meat products, preserved shrimps, and dried fish, syrups, liqueurs and aperitifs, and flavoured cheeses and milks.

CARNIVAL A programme of popular festivities and masquerade that traditionally took place in the days preceding Shrove Tuesday and Ash Wednesday, the start of Lent. The word comes from the Italian carnevale (Shrove Tuesday) which derives from carne leranare (leaving out meat), a reference to the Lenten fast immediately following the carnival period, during which the Church forbade the consumption of meat and cakes.

The carnival theoretically extended from Twelfth Night to Ash Wednesday, but it used to reach a climax at the Shrove Tuesday meal, traditionally marked by an abundance of all types of meat (hence the customs of a procession with the fatted ox). In the champagne region, this last rich meal had to include pig's trotters (feet), and in Ardeche, pigs ears. The cocks that had lost that day's fight were eaten in the Marine region., while in Touraine the special dish was a leg of great. Other traditional shrove Tuesday dishes included a stuffed rabbit (in Limousin), a huge volauvent containing chicken in salsify sauce (Query) and the famous aioli (garlic mayonnaise) of Provence.

Carnival originated in the Roman feasts of the calends (first day) of march, which celebrated the awakening of nature. On this occasion, the rules were broken and disguises worn, straw dolls were burned amidst shouting and chanting. (The word carnival in folk tradition still means a grotesque mannequin that is solemnly burned or buried on ash Wednesday) hence, in the French countryside, magical rites are combined with feasting in particular, the stock from the stockpot was sprinkled around the houses of the Morvan region toward off snakes, around the hen houses to ward off foxes and angoumois, or on the manure heap to make it bigger, in limousin.

The large attendance at these festivities meant there was a need for fairly cheap cakes,

quickly prepared cakes and also waffles and fritters. Crespets de Landes, merveilles and botteraux, Sainte-Menehould fazerolles and sologne generous. Also, worthy of mention are Belfort secbu (dried apples or pears with slices of bacon) and the cheese soup in Isere. In Nivernais, the Shrove Tuesday mead consisted of : pasta bouillon, boiled beef with vegetables, coq au sang (or with white sauce), roast goose or turkey, garlic and oil salad, white cheese with cream and palum tart with flamed marc brandy.

CAROB The bean from the carob tree which is native to the Mediterranean region but is cultivated in other warm climates. Up to 30 cm (12 in) long, the carob bean has a nutritious refreshing pulp, as rich in sugar as molasses. It contains hard reddish seeds, which in the Kabylia region of North Africa are crushed and used to make pancakes. In the food industry, carob meal (E410) is that day's feast were eaten in the Marne region, while in Touraine the special dish was a leg of goat. Other traditional Shrove Tuesday dishes included a stuffed rabbit a huge vol-au-vent containing chicken in salsify sauce and the famous aoli (garlic mayonnaise) of Provence.

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CAROLINE A savoury miniature éclair, baked in the oven, then filled with a cheese or ham mixture, or with caviar, salmon mousse or foie gras. Carolines, also known as Karoly eclairs are served hot or cold as buffet snacks. They can also be made to the size of an ordinary éclair and served as an hors d'oeuvre or as a hot entrée.

RECIPES

Carolines à la hollandaise

Prepare a sugarless choux paste. Using a piping bag, squeeze out some small eclairs, about 4 cm (1 ½ in.) long on to a baking sheet. Brush with beaten egg. Bake in a preheated oven at 220°C (425 °F, gas 7) for 10 minutes. Reduce the temperature to 180°C (350°F, gas 4) and continue to cook for a further 10 minutes. Allow to cool. To make enough filling for 12 carolines, desalt 4 herring fillets, drain, and wipe them. Pound the fillets, or put them into a blender, together with 2 hard-boiled (hard-cooked) egg yolks and 75 g (3 oz, 6 tablespoons) butter. Add 1 teaspoon chives and 1 teaspoon chopped parsley. Gently split the eclairs along the side and put the filling bag. Brush the carolines with melted butter and immediately sprinkle with a little hard-boiled egg yolk and chopped parsley. Cool before serving

Carolines à la mousse de foie gras

Make some small eclairs as for carolines à la hollandaise. Prepare some duck (or goose) foie gras mousse and add an equal quantity of butter and (Optional) a little Cognac. Pipe the filling into the split eclairs. Chill before serving.

Carolines joinville

Make some small eclairs as for carolines à la hollandaise. To fill 12 Carolines, prepare a thick béchamel sauce using 25 g (1 oz, 2 tablespoons) butter, 25 g (1 oz, ¼ cup) plain (all-purpose) flour; and 200 ml (7 fl oz, ¾ cup) milk. Heat 75-100 g (3-4 oz. About ½ cup) peeled (shelled) shrimps in some butter, flame them with marc brandy and add to the béchamel sauce. Season with salt and pepper and leave to cool. Finally, pipe the filling into the split eclairs and brush the eclairs with melted butter. Cool before serving.

CARP. A freshwater fish, found in sluggish rivers and also reared commercially on fish farms. Up to 1 m (39 in.) long, the carp's thick body is covered with thick scales and is brownish on the back, golden yellow on the sides and whitish on the belly. Its small toothless mouth has four minute barbs. Improved yields have been obtained by crossbreeding, which has produced the leather carp that has scales only in mid-body and at the base of the fins, and the mirror carp, which is the finest variety, with scales only at the base of the fins. When buying carp, choose a plump one that is carrying egg's, or milk. With spawning taking place between April and June, carp are empty at this time. If a live carp is chosen, the fishmonger should kill and gut it, removing the gall bladder, which is at the base of the throat and is difficult to extract. It is advisable to soak the gutted and scaled fish in a bowl of vinegar and water (which should be replenished as necessary) in order to remove its 'muddy' taste.

The carp can be roasted, stuffed (especially a la juive). Grilled (broiled), cooked in court-bouillon or stewed in white wine or beer, small fish can also be fried. Carp has been eaten since the Middle Ages, and used to be the dish of kings. They were usually cooked in wine with a lot of spices. The tongue was considered a delicacy. Carp is also the fish most prized by the Chinese, the lips are considered the finest part. (teep-frozen. Asiatic carp are sold in France, their flesh is regarded as firmer and tastier than French carp.

RECIPES

Carp a la chinoise

Clean and gut a carp weighing about 1.5 g (3 ¼ lb.) and cut it into sections. Finely chop 2 large onions and fry, in oil until slightly brown. Add 2 tablespoons vinegar; 1 tablespoon sugar, 1 tablespoon freshly grated root ginger (or 1 teaspoon ground ginger). 1-2 tablespoon rice alcohol (or more brandy. Salt, pepper and a glass of water, stir, cover and leave to cook for about 10 minutes fry the carp pieces in oil for 10 minutes, then add the sauce and leave to cook for other 4-5 minutes. Some strips of cucumber may be added to the carp along with the sauce, if desired.

Carp a l'alsacienne

Choose a carp weighing at least 1.5 kg. (3 ¼ lb. And clean and gut it. Fill it with a fish cream forcemeat, clean and gut it. Fill it with a fish cream forcemeat, place in a buttered ovenproof dish and add mixture of court bouillon and white wine so that it half-fills the dish (one-third court-bouillon to two-thirds white wine). Cook for 30-40 minutes in a preheated oven at 220°F, gas 7) protecting with buttered greasedproof (wax) paper if necessary. Drain retaining the liquid, and arrange the fish on a bed of sauerkraut, surround it with small boiled potatoes. And keep hot. Reduce the cooking liquid, bind with a little beurre manie and cover the fish with it.

Fried carp

Select a small carp, weighing about 400 g (14 oz.) clean, gut, wash and wipe the fish. Immerse it in milk, then in flour, and then deep-fry in hot oil. When cooked, remove, drain and add salt. Garnish with fried parsley and lemon quarters.

Stuffed carp a l'ancienne

(from a recipe by Careme provided by Plumerey) Take a large carp that is carrying eggs (milk), remove the scales and bones, and lift off the flesh. Taking care to leave the backbone intact, complete with head and tail. To the carp flesh, add the meat from a small eel, as desalted anchovies, and make a fairly firm quenelle forcemeat in the usual way, but without adding any sauce. Scald the ross, cut into several pieces, saute in butter with a little lemon juice, add some truffles and mushrooms and bind with a few spoonfuls of chick allemande sauce.

Take a tin tray that is as long as the carp and butter it thickly. Spread a layer of stuffing on it, about 2.5 cm (1 in) thick, making it the shape of the carp. On the place the carp backbone with head and tail and attached. Cover the backbone with a little stuffing and cover this with the roes regout; then add another layer of stuffing, 2.5 cm. (1 in.) thick, still in the shape of the carp. Smooth with a knife dipped in hot water.

Butter a baking sheet large enough to hold the carp and sprinkle breadcrumbs on the butter. Carefully heat the tin tray to that the butter smelts and slide the carp on to the baking sheet without damaging the shape. Brush with beaten egg, coat the top with breadcrumbs. Press the breadcrumbs down firmly and cover with clarified butter. Then, with the tip of a small spoon, press in a pattern of scales, starting at the head.

Cook the carp in a preheated oven at 200°C (400°F, gas 6) for 45 minutes, basting frequently with clarified butter during cooking so that it turns a golden colour. When it is cooked, transfer it carefully from the baking sheet to the serving dish. With a long fish slice. Work some fish essence into a financière sauce and serve in a sauceboat to accompany it.

CARPACCIO An Italian antipasto (appetizer) consisting of very thin slices of raw beef served, cold with a creamy vinaigrette sauce made with olive oil. This dish, named in honour of the Renaissance Venetian painter, originates from Paris's but in Venice (not connected with the famous American bar in Paris.)

RECIPE

Remove the fat, nerves and gristle from a piece of very tender sirloin weighing 1.25 kg (2 ¾ lb.) so as to obtain a meat cylinder. Put in the freezer. When it has hardened sufficiently, cut into very thin slices using a very sharp knife. Arrange these sliced on plates, season lightly with salts and put back in the refrigerator for at least 15 minutes. Mix 200 ml (7 fl. Oz, ¾ cup) mayonnaise with 1 or 2 teaspoons of Worcestershire sauce and 1 teaspoon of lemon juice. Season with salt and white pepper. Pour a little of this sauce over the slices of meat, making a few decorative motifs with it.

CARPET SHELL (CLAM) palourde A bivalve mollusc, 3-5 cm (1 ¼-2 in.) long that is more plentiful on the Atlantic coast and in the English Channel than in the Mediterranean. Its thin shell, convex in the centre, is pale yellow to dark grey marked with brown spots and two series of very fine streaks, one radiating the other concentric, forming a lattice. Carpet shells are eaten raw in seafood platter or stuffed like muscles.

Three very closely related species of false carpet shells (or clams) are distinguished by the colour of the inside of the valves (gold or pink instead of pale grey) and by the fineness of the radiating streaks, only visible with a magnifying glass. They are less delicate than the true carpet shells.

CARRAGEEN Also known as carrageen. A red seaweed, known as Irish moss, of the group that also produce agar-agar, so much used in the food processing industry as a gelling agent. Its fan-shaped fronds grow on the low water-line on the rocks of the American and European Northern Atlantic Shore (up as far as Scandinavia), but it is particularly associated with Ireland. In late summer it is picked, washed and dried for about ten days in the sun, when it turns silvery white. It is named after the Irish village of Carrageen, the classic Irish in which it is used is milk jelly.

CARRE DE L'EST. A soft high fat (45% fat content) cheese made from pasteurized cow's milk, and originating from Champagne and Lorraine, where it is now mostly produced. Sold in boxes

7.5-19 cm.(3-4 in) square and 25-3 cm (1-1 ¼ in) deep, Carre de l'Est is a mild cheese with a white deoury crust.

The term 'carre ' is also applied to Normandy cheeses, related to Bondard, from the Pays de Bray or the Pays d'Auge.

CARRE, FERDINAND French engineers (born Moislains, Somme, 1824; died Pommese, Seine-et-Marne, 1900), who pioneered methods of refrigeration. One of Carre's machines was installed in 1859 at the Velten brewery in Marseille. In 1862 at the Universal London Exhibition, he exhibited an ice machine with an output of 200 kg (440 lb) per hour. In 1877, after setting up a business exporting machines to Germany, England and the United States, he repeated Teller's experiment: he equipped the ship *Paraguay* with refrigerated holds and loaded it with 80 tons of meat destined for Buenos Aires. On the return voyage, with Argentine meat on board, Carre's refrigerator ship ran aground on the coast of Senegal. In spite of a two-month delay, the *emat* arrived at Le Havre in perfect condition and a great banquet was held to celebrate the event.

CARROT A vegetable grown widely for its orange-red edible root. It is one of the most popular and versatile of vegetables.

Although the ancients recognized that carrot is good for the eyesight, they did not cultivate it as a vegetable. Until the Renaissance era, carrots had a yellowish tough root, very woody in the centre and, like other root crops, it never appeared among high-class foodstuffs. Little by little, the carrot was improved and cultivated varieties were sold in the markets. Its orange dates from the middle of the 19th century.

- Carrots throughout the year. The first new carrots may be round or slightly elongated and sold in bunches. Traditional early carrots include Grlots – tender, sweet and full of flavour – or the Bellot variety. Nantaise carrots are another classic variety – long with a crisp texture.

Long or semi-long crop carrots are used freshly cut or stored for winter use. They are not as sweet, light and crisp as the new and early varieties, but they have a full flavour and crunchy, firm texture. If the carrots are old, split them in half and hollow them, discarding the yellow core.

- **Cooking.** To retain the maximum nutritional value, carrots should not be scraped or peeled, but brushed under running water, because the vitamins are concentrated in the skin. However, because of the risk of pesticide residues, it is advisable to peel or scrape them.

Carrots are widely used in savoury dishes worldwide. Along with onions, carrots are an essential flavouring ingredient for stocks, soups, casseroles and sauces, they are also used in a standard mirepoix of vegetables as a base for roasting poultry and meat, carrots flavour fish and seafood dishes, from lightly steamed shellfish to baked chunky fillets, steaks and whole fish. They are also used to flavour dishes or mixed vegetables, pulse and grains.

Carrots are also a valuable ingredient in their own right. They make delicious soup. As a vegetable – across into thick or fine slices, lengthways into wedges, fingers or julienne strips; or they can be cut into chunks or dice. Baby carrots are usually cooked whole. They can be boiled, steamed, stir-fried or glazed by cooking with the minimum of water and a little butter. The latter method is excellent for fine fingers or julienne to accompany fish, poultry or meat main dishes. They can be cooked on their own or in combination with other vegetables. Tarragon goes very well with carrots as does orange.

Used raw, they may be coarsely or finely grated, or pared into ribbons for use in salads. Dressed with a little vinaigrette and tossed with chopped parsley, chervil or tarragon, they make an excellent salad they are an ingredient in the classic coleslaw. Carrot sticks are popular crudites.

The sweet flavour of carrots simmered in milk and sugar, flavoured with a little cardamom and enriched with nuts and raisins. They are used in cookies and the popular American-style

carrot cake. Carrots also feature in preserves, including, an Indian syrup-based preserve. Carrots were used very successfully to make a sweet preserve resembling marmalade when orange were scarce in the 1940's

Carrot juice is also a popular drink, both bought and freshly extracted.

RECIPES

Carrot flan

Bake a pastry flan case blind and fill with a lightly sweetened carrot puree. Cover with slices of glazed carrot, pour over the cooking juices from the carrots, and place in a preheated oven at 240°C (475°F, gas 9) for a few minutes.

Carrot puree

Cook 500 g (18 oz) sliced new carrots in staled water to which 1 teaspoon granulated sugar and 1 tablespoon butter has been added. When the carrots are cooked, drain and make into a puree by pressing them through a fine sieve or using a blender. Heat the puree, adding a few spoonfuls of the carrots cooking liquid if it is too thick. At the last moment, add 50 g (2 oz, ¼ cup) fresh butter. Mix well and arrange on a vegetable dish. Carrot puree can also be made using the carrots from a pot-au-feu.

Carrot puree with cream

Heat 4 tablespoons double (heavy) cream and add to some carrot puree.

Carrots with cream.

Cut some old carrots into segments and hollow out the centres. Cook in salted water, and before they become soft, drain, cover with boiling cream and reduce by two-thirds. Arrange in a vegetable dish and serving very hot.

Carrots with raisins

Cut some new carrots into slices and fry in melted butter. Lightly sprinkle with flour, then add just enough water to cover them and 1 tablespoon brandy. Cover. Halfway through cooking (after about 15 minutes), add a handful of raisins. Finish cooking with the lid on over a gentle heat.

Glazed carrots

Clean some new, preferably fat, carrots, leaving medium-sized ones whole, cut cutting large ones into halves or quarters. Place in a frying pan large enough to hold them all without overlapping. Cover with cold water. For every 500 ml (17 fl oz, 2 cups) water add 25 g (1 oz, 2 tablespoons) sugar, 50 g (2 oz, ¼ cup) butter and ½ teaspoon salt. (when old carrots are used, hollow out the centres, scaled them and drain, then cooked with sugar and butter). Bring to the boil over a high heat. When the water is boiling briskly, lower the heat cover the pan and leave to simmer until the liquid has almost completely evaporated. The carrots should now be cooked. Shake the pan so that the carrots are coated with the syrupy liquid.

Glazed carrots may be served with bechamel sauce (add a few spoonfuls of the sauce at the last moment), butter, cream (cover with boiling cream and reduce by two-thirds). Herbs (sprinkle with chopped parsley or chervil) or meat juices (add a few spoonfuls of roast veal or poultry cooking juices.).

Grated carrots with currants

Steep some dried currants in barely tepid lemon juice, add then to grated raw carrots mixed with well-seasoned olive oil vinaigrette.

CARROT CAKE A cake typical of North America, consisting of a sponge made of flour, eggs, sugar and oil, in which puree or grated carrots are incorporated. Alternatively, a creamed butter and sugar mixture may be used as base, Thick and moist, carrots cake is coated with a vanilla icing (frosting) and it may be served with nuts and raisins.

CARVING The action of slicing or cutting up meat, poultry, game or fish into sections, either for serving or for further preparation.

The art of carving was formerly held in great esteem and attended by a certain amount of ceremony (see *Ecuyer tranchant*). In ancient times, specialist carvers gave courses in cutting up and carving, using wooden 'chickens with pieces that could be fitted together again. Noblemen in the Middle Ages like to show off their skill, and Joinville recounts with pride that he carved one day at the King of Navarre's table. In the 17th century, young gentlemen were trained in the carving of meat and thus learned how to distinguish the best joints. The wing of birds who scratch at the earth with their feet; the leg of birds who live in the air; the white meat of large roast poultry; the skin and the ears of a suckling pig; the saddle and the legs of hares and rabbits', large fish, such as salmon or pike, were cut in two, and the front portion, considered the most delicate, was placed at the head of the table, where the honoured guest sat.

Modern carvers, particularly in the catering trade, must combine culinary competence with a knowledge of anatomy, manual dexterity and a certain panache. Each joint of meat or species of poultry requires a particular carving technique. As a general rule, meat is carved perpendicularly to the direction of the muscle of fibres, the slices should be as large as possible and of even thickness. The introduction of service à la russe (Russian style), in which meat is presented already cut up, has caused the disappearance from many tables of an operation that was formerly done with pride by the master of the house.

CARVING KNIFE. A knife with a very long – 18-35 cm (7 – 14 in). – flexible blade and a sharp point. It is used for thinly slicing bacon and roast meat, hot or cold.

CASANOVA DE SEINGALT, GIOVANNI GIACOMO Italian adventurer (born Venice, 1725, died Dux, Bohemia, 1798). Famous for his romantic and chivalrous exploits, Casanova was an attentive observer of contemporary gastronomic etiquette. This, and his own culinary tastes, occupy an important place in his *Memoires*, he invented a special vinegar to season hard-boiled (hard-cooked) egg and anchovies, he advocated Chambertin as an accompaniment to Roquefort cheese; and he claimed that forcemeat of beatilles and very frothy chocolates worked as an effective restorative. Between adventures, he would often make a detour to taste famous pates, the rare Hermitage Blanc of the Cotes-du-Rhone. Grenoble's liqueur, Genoese cep mushrooms and Leipzig's skewered larks. Truffles, oysters, champagne and Marashino owe their reputation as aphrodisiacs largely to him. The Prince of Ligne said of him. at 73, no longer a god in the garden or a satyr in the forest, he is a wolf at table.

CASHEW APPLE. A fleshy pear-shaped swelling that is part of the fruit of the cashew trees; the cashew nut hangs below this swelling. The cashew apple is picked when ripe and usually eaten with sugar because it is slightly tart. In Brazil, where it is widely used, it is made into jams, jellies, compotes and beverages, and fermented to produce a dessert wine and a vinegar.

CASHEW NUT The fruit of the cashew tree, originally from South America but widely cultivated in India and other tropical countries since the 16th century. The nut contains a smooth creamy-white kidney-shaped kernel with a mild, slightly sweet flavour and tender texture. In Europe it is usually eaten dried, roasted and salted as an appetizer and in salads. In Indian cooking it is used in a variety of dishes, including lamb curry, beef stew, rice with prawns vegetable dishes, stuffings for chicken, and cakes and biscuits (cookies).

CASK. Tonneau Wine casks come in a wide range of different sizes, some of which have special regional names, such as the Bordeaux barrique, The word tonneau, however, comes from tonnee, a very large cask formerly used, especially in the port of Bordeaux, to store wine and then ship it, the mighty cask being rolled from the quayside into the hold of a ship in the wine fleet. according to how many tonnes the hold could take, the capacity of the vessel began to be given in terms of tonnage, a system still in use today. The tonne itself is no longer used, but the English word 'tun' perpetuates its association with a gigantic wooden container, such as is still used for cider and beer.

CASSATA An iced dessert of Italian origin, made of bombe paste set in a rectangular mould and lined with fruit ice cream. The name means 'little case' due to its brick shape, although triangular cassatas can be found. A cassata can also be an ice cream shaped like a brick, consisting of several ice creams of different flavours with a filling, of chantilly cream.

On the other hand, Sicilian cassata, also in the shape of a brick, is a cake. It is made with slices of enoia cake (a type of light fruit cake) steeped in Maraschinos or currao and covered with a mixture of Ricotta cheese, flaked chocolate, crystallized (candied) fruits and sugar syrup; the whole is finally coated with a thick layer of chocolate. This Christmas and Easter cake is also traditionally eaten at weddings.

RECIPE

Strawberry cassava

Prepare 100 ml (17 fl oz. 2 cups) strawberry ice cream (see ices and ice creams), the same quantity of vanilla's ice cream, and 400 ml (14 fl oz. 1 3/4 cups) whipped cream mixed with crystallized (candied) fruits steeped in brandy or a liqueur. Spread the vanilla ice cream in a rectangular mould, cover with the whipped cream and fruits, and place in the freezer until the cream just hardens. Cover with the strawberry ice cream, press down firmly smooth the surface and leave to set.

CASSE-MUSEAU a very hard biscuit (cookie) that keeps well; it was formerly very common in France, but is now made only in certain areas. The name, meaning 'jaw breaker', comes from its hardness and from the custom of tossing biscuits at the face during certain popular festivals, such as the Rogation Procession held in Poitiers. In Corsica they are known as sciappa denti (tooth-breaker). The casse-musseau is usually made of a mixture of coarsely chopped almonds and curd cheese, which is rolled into a sausage shape, cooked, then cut into slices and returned to the oven; this double baking produces the very hard consistency.

CASSEROLE A cooking utensil, made of metal or other ovenproof material, which is fitted with a lid and designed for long, slow cooking in the oven. Many are decorative enough to use as serving dishes. The name is also given to the food cooked in a casserole.

In classic French cookery, a casserole is a dish generally made with cooked rice moulded into the shape of a casserole or timbale; it can also be made in a duchess potato mould. Rarely made nowadays, these dishes can have various fillings, including mousses, fat or lean minced (ground) meat, game puree, calves or lamb's sweetbreads and escalopes of truffled foie gras. Casserole can also be garnished à la sagan, à la venitienne, à la bouquetière, à la regence and à la Nantua. If the contents are cold, they can be glazed with aspic jelly.

RECIPE

Rice casserole à l'ancienne

(from a recipe by Careme) wash about 1 kg (2 1/4 lb) long-grain rice in several changes of warm

water, then place it in a large saucepan. Cover with cold water and heat; after it has boiled for several seconds, drain, then moisten the rice with about two to three times its own volume of beef stock and thicken with fat skimmings from a chicken broth. Return the pan to the heat. As soon as the rice boils, take it off the heat and remove the scum from the surface. Now simmer gently, stirring after about 1 hour and again after further 20-25 minutes. The rice should now be soft. (Further stock may be added during cooking in order to keep the rice moist). Remove from the heat, stir for several minutes with a spatula and allow to cool.

When the rice is only just warm, work it with a wooden spoon until the grains have all burst and the rice is a smooth paste, adding a little stock if necessary. Pile the rice into a baking tin (pan), forming a casserole shape about 13 cm (5 in) high; smooth it well. Garnish with slices of carrot. Now coat the surface of the rice casserole with a little clarified butter and cook in a preheated oven at 160°C (325 °F, gas 3) for about 1 ½ hours. During cooking, it will turn bright yellow. When cooked, carefully remove the garnished top crust and remove from the inside all the rice that does not adhere to the crust, even if this crust is very thin. Mix a large spoonful of rice taken from the interior with a little sauce (bechamel, espagnole or any other suitable sauce, depending on the filling to be used), and glaze the crust with this mixture after putting the filling in the case.

If good stock or fat are unavailable, the rice can be moistened with water, butter and salt. This will make the rice much whiter.

Careme also gave a recipe for small individual rice casseroles (casserolettes). They are placed on a baking sheet in a hot oven and cooked until evenly coloured.

CASSIS AOC wines from a vineyard close to the small Provençal port of Cassis, between Marseille and La Clotat. This vineyard, famous since the 15th century, is known especially for its dry white wine. The vines, planted on the chalky cliffs overlooking the sea, include such varieties as Clairette, Marsanne, Sauvignon Blanc and Ugni blanc. The sunny southerly aspects is sheltered by the hills, which protect the vines from the mistral. They are also protected from excessive heat by the proximity of the sea. Cassis also produces a little red and rose wine from Grenache, Mourvedere, Carignan, Cinsault and other varieties of grape. But the white wines remain the most attractive and are enjoyed particularly for their fruitiness, freshness and delicacy. They are among the best white wines of Provence and are a delightful complement to bouillabaisse.

CASSIS A liqueur of pronounced flavour made by macerating blackcurrants in spirit and sweetening the resulting liquid. There are several categories: 14° for most ordinary and culinary purposes; 15° for 'crème de cassis'; 20° for 'double crème' or 'super cassis'; and there are even versions of 25°. Cassis is a speciality of Dijon and the Cote d'Or; it was first made commercially in 1841 by one Claude Joly. The popularity of Kir has stimulated production. This drink, a Burgundy aperitif consisting of a spoonful of cassis liqueur topped up with dry white wine, has acquired the name of the late canon Kir, Mayor of Dijon and a Resistance hero. 'Kir royale' is made with sparkling wine.

RECIPE

Cassis

For every litre (1 ¾ pints, 4 1/3 cups) of eau de vie, take 12 small washed leaves from the tip of a blackcurrant branch and place them in a bowl together with 1 clove and a good pinch of crumbled stick cinnamon. Wash and dry the blackcurrants and weigh them. Crush them roughly and put them in the bowl, allowing 1 kg (2 1/4 lb. 9 cups) blackcurrants per 1 litre (1 ¾ pints, 4 1/3 cups) eau de vie. Now add 800 g (1 ¾ lb. 3 cup) granulated sugar per kg (2 1/4 lb. 9 cups) of blackcurrants and mix all the ingredients thoroughly. Pour into jars, seal and store, preferably

in a warm sunny place, for about 1 month. Then pour the contents through a cloth secured over a large bowl and extract all the liquid. Filter and bottle. If the liqueur is too strong, some sugar dissolved in cold water can be added – about 500 g (18 oz. 2 ¼ cups) sugar per 500 ml (17 fl oz, 2 cups) water.

CASSOLETTE A small container with lugs or a short handle, made of heatproof porcelain, tempered glass or metal, which is used to prepare and serve hot entrees or certain hors d'oeuvre and cold puddings. The word can also apply to a variety of dishes that are served in cassolettes. Savoury cassolettes may consist of salsiccons and ragouts of all sorts, including sweetbreads, chopped chicken, mushrooms and fish mousses, bound with a white or brown sauce; sweet cassolettes, which are sometimes served in nougat cups instead of the cassolette itself, can include flavoured creams, custards and peached fruits.

CASSONADE Raw crystallized sugar extracted directly from the juice of the sugar cane. The small irregular crystals have a high-brown colour and a slight taste of rum, caused by the residues of gum and wax. When further refined, cassonade makes white cane sugar.

Cassonade is used to make chutneys and features in certain recipes from northern Europe, including civet of hare, Flemish red cabbage and black pudding (blood sausage), and in some sausage), and in some southern European ones, such as Pezenas mutton pie. In cake-making it gives a special flavour to tarts and yeast cakes.

Until the 16th century cassonade was called casson and took the form of an irregular loaf of crumbly sugar.

RECIPES

Belgian cassonade tart

Make some pastry using 250 g (9oz, 2 ¼ cups) plain (all-purpose) flour, 125 g (4 ½ oz, ½ cup) butter, a pinch of salt, and 4 tablespoon cold water; Roll into a ball and leave to rest for 3-4 hours. Use it to line a tart tin (pan) and bake blind in a pre heated oven at 200°C (400°F, gas 6). Grind 150-200 g (5-7 oz, 1 ¼ - 1 ¾ cups) almonds in a blender and mix with 3 egg yolks, 200 ml (7 fl oz ¾ cup) double (heavy) cream, and 300g (1 1 oz, 1 ¾ cups) cassonade (raw brown sugar). Beat 3 egg whites until they form stiff peaks and add to the mixture. Pour into the tart case and bake for about 40 minutes.

French cassonade tart

Mix together 125 g (4 ½ oz, ½ cup) melted butter, 2 egg yolks and a pinch of salt. Sprinkle in 250 g (9 oz, 2 ¼ cups) sifted self-raising flour and add sufficient water to give a smooth firm dough) – about 3 ½ tablespoons. Roll the dough into a ball, wrap it in a cloth and leave to rest for 1 hour. Butter a baking sheet and roll out the pastry into a circle. Pinch around the rim and, with the tip of a knife, lightly trace lozenge shapes on the top. Sprinkle evenly with 150 g (5 oz. ¾ cup) cassonade (raw brown sugar) and divide 50 g (2 oz, 4 tablespoons) butter into small balls and place these on top of the sugar. Place in a preheated oven at 200°C (400°F, gas 6) and bake for about 35–40 minutes.

CASSOULET A dish, originally from Languedoc, which consists of haricot (navy) beans cooked in a stewpot with pork rinds and seasonings. A garnish of meats, which varies from region to region, and a gratin topping are added in the final stages. The word comes from cassole, the name of the glazed earthenware's cooking pot traditionally used.

The haricot beans (known as moutons) are the essential ingredients, giving cassoulet its creaminess and flavour – originally, fresh broad (fava) beans were used; haricots come from Spain and were not used in France until the 19th century, Cassoulet is divided into three types

according to the meats used. Prosper Meontagne called them the ‘Trinity’, the ‘Father’ being the cassoulet from Castelmaury, the ‘Son’ the cassoulet from Carcassonne and the ‘Holy Ghost’ that from Toulouse. The first, which is undoubtedly the oldest, contains pork (joint, ham, leg sausage and fresh rinds) with perhaps a piece of preserved goose. In Carcassonne, leg of mutton and, during the shooting season, partridge are used, the same ingredients are used in Toulouse as in Castelmaury but in smaller quantities, the difference being made up with fresh lard, Toulouse sausage, mutton and duck or goose. Other variations exist, including Montauban (with Pmiers beans garnished with sausages and garlic sausage) and Comminges (with pork rinds and mutton). There is also a fish cassoulet, made with salt cod (which replaces the duck or goose).

Whatever the ingredients, the *Etats Généraux de la Gastronomie Française* of 1966 decreed the following proportions for cassoulet: at least 30% pork (which can include sausage and Toulouse sausage), mutton or preserved goose; 70th haricot beans and stock, fresh pork rinds, herbs and flavourings.

The preparation of cassoulet requires that the beans and the meat are cooked at the same time (pork and mutton are cooked separately) while braising the rinds and cooking the sausages. A final coating of breadcrumbs is essential for a fine golden crust. Purists insist on certain refinements, such as rubbing the cooking pot with a garlic clove and above all, breaking the crust several times. (seven times in Castelmaury Toulouse).

Now far removed from the mutton and bean stew made by the Romans and Spaniards, cassoulet has become a classic dish. In 1909, at a journalists lunch, President Fallières, a native of Lot-et-Garonne, had a cassoulet made to his own instructions, which he then ordered to be put on the menu at the Elysee Palace once a week. But this dish remains a subject of controversy, especially regarding the addition of mutton; this is considered by some a sacrilege (except in the Toulouse version, according to Closs – Jouve) and by others, such as Prosper Montagne and James de Coquet, as indispensable. Curnonsky, however, would accept only the inclusion of poached sausages, a small piece of shoulder of lamb, goose in tomato sauce and garlic sausage.

The *Guide Gourmand de la France* (Hachette) by Gault and Millau describes the preparation of the Toulouse, as set out by the famous local cook and eminent gastronomic writer from the south-west, Louise Cazals. Soak the white haricot beans (known as cocos) for 12 hours. Boil them in salted water for a good hour, then drain. Return them to the cooker (stove), this time into boiling water, and add the bacon rinds, which have first been blanched and rolled up, the carrots cut into rounds, and some garlic cloves. Add a sausage and leave the ingredients to cook together. Meanwhile, lightly brown a goose quarter with good-quality goose fat and two crushed garlic cloves, plus two peeled seeded tomatoes. Add the goose to the haricot beans and leave to cook for a further 2 hours. Do not forget a bouquet garni. Put the sausage (cut into slices) and the haricot beans into a stewpot or earthenware casserole, add the fresh sausage and cook in a slow oven. Allow a crust to form, which you then break eight times during the cooking. Serve in the cooking pot. To conclude; it is said that the Toulouse cassoulet is the most complete (or least simple). Of all the regional cassoulets. It is, of course, subject to minor variations. The dish is generally accompanied by a Corbeires wine (which is found more and more often on the wine lists of Toulouse) or, better still, by a hearty old Villaudric.’

The *syndicat d’initiative* (tourist office) of Castelmaury, which proclaims its city to be the world capital of cassoulet, provides the following recipe. ‘Here we give the ingredients for the true dish as it is still prepared by local families in Castelmaury. First of all is the choice of bean, preferably the lingot. Secondly the meat – hock of pork, pork ribs, pork rinds, local sausage and preserved goose liver from Lauragais. Place the beans in a pot (preferably earthenware), cover them with cold water and blanch them by bringing to the boil for 5 to 10 minutes. Drain of this water and cover the beans with fresh warm water. Garnish by adding a good helping of pork rinds cut into reasonably large pieces and add some hash made from a large piece of salted fat, a small piece of slightly rancid fat and a generous quantity of garlic. Add some salt and leave to

simmer for about 2 ours preferably on the hearnt. The beans should be well cooked but remain firm. In a large pan male the fat off the preserved goose, then remove the goose and fry the meat in the fat. Off preserved goose is not available, goose or pork fat can he used.) when these preparations have been completed, place the ingredients in a cassole (never use any other type of utensils, for example enamel or glass) as follows first a layer of beans, rinds and juice, then a layer of meat, which is tehn covered by the remaining beams. Pepper the surface generously. Separately cookd a fresh sausage in a frying pan or in teh oven until it is lightly browned. Then coil the sausage on the surface of the cassoulet, press down lightly and spirnkle teh whole surface with the boiling hot fat from the sausage. Put the cassole into the oven and leave to cook until a brown uniform crust forms on top. Break the crust and allow it to reform several times, as desired. Check the cassoulet from time to time and if it appears to be dry, sprinkle with warm water, but he careful not to down it. Allow to cook for 3 to 4 hours. Serve very hot in its cooking pot. Make it the day before to serve at lunchtime, or early in the morning for the evneing meal.

Important note - never use smoked meat, strashbouting sasuauges or mutton.

RECIPES

Cassoulet (1)

(from a recipe given by a gourment from Castelnaudary) Use a galzed earthenware pot, known as a toupix, to cook white haricot (navy) beans – those from Pamiers and Cazeres are best – with seasoning, plus the usual meat, vegetables, garlic and herbs. When the beans are well cooked but still whole, put them in a special cooking pot (of Issel earthenware), the sides of which have been lined with fresh bacon rinds (these are cooked with the beans). Add the pork hock, fat, sausage and a leg of preserved goose. Srinkle the top with coarse breadcrumbs and then with goose fat. Place in a baker's oven (ideally fuelled by mountain gorse) and cook gently for several hours. When a beautiful golden crust has formed, break it with a wooden golden crust has formed, break it with a wooden spoon, repeat this essential operation two or three times. Then you will have a fine cassoulet that can be served with either a fine red Aquitaine wine or an old Minervois wine.

Cassulet (2)

(from a recipe by Prosper Montagne) For 8 people, soak 1 litre (1-1/4 pints, 4-1/2 cups), white haricot (navy) beans in cold water for a few hours (but do not allow them to ferment). Drain, thn add to them 300 g (11 oz.) pork fat, 200 g (7 oz) fresh pork rind tied in a bundle, a carrot, a onion sudded with cloves and a bouquet garni containing 3 garlic cloves. Season carefully, using very little salt as the fat contains salt. Add enough water to allow the beans to 'swim' well. Simmer gently so that the beans remain intact but are well cooked.

Place some dripping or goose fat ina separate pan and brown 800 g (1 ¾ lb) pork sparerib or bladebone and 500 g (18 oz) oned shoulder of mutton, well seasoned with salt and pepper. When the meats are well browned, put them in a large frying pan contining 200 g (7 oz. 1 ¾ cups) cooked chopped conion, a bouguet garni and 2 crushed garlic cloves. Cover and cook. Moisten from time to time with good meat juice or stock from the stock pot. If desired, add some spoonfuls of tomato puree or 3 peeled, seeded and crushed tomatoes.

When the beans are almost cooked, remove the vegetables and bouquet garnis and add the pork, mutton and onions, together with some garlic sausage, a leg of preserved gosse or duck, and, if desired, a piece of home-made sausage. Simmer gently for a furhter hour. Remove al the meat from the beans and drain. Cut the mutton, pork and goose (or duck) into equal pieces and cut the rind into ractangles, the sausage into slices (removing the skin) and the fresh sausage into small rings.

Line a large earthenware dish or individual dishes with the rind, then add a layer of the various meats (moistened with their sauce) and another layer of beans, seasoning each layer with fresh ground pepper. On top of the final layer place the pieces of fat, the remaining rind and some sliced sausage. Sprinkle with white breadcrumbs and melted goose fat. Cook gently in the oven (preferably a baker's oven) for about 1 ½ hour. Serve in the cooking dish.

CASTIGLIONE, A LA A preparation in which small pieces of meat are fried, arranged on slices of aubergine (eggplant) fried in butter, topped with slices of pouched bone marrow and garnished with large mushroom caps stuffed with risotto and gratin mixtures, sole or fish fillets (place, whiting) a la castiglione are glazed with a white wine and garnished with mushrooms, lobster pieces and steamed potatoes.

CASTILLANE, A LA A term used for lamb, topped with crushed tomatoes thickened in olive oil (these are sometimes placed in tartlets and arranged beside the meat) and served with croquette potatoes and fried onion rings. The sauce is based on veal and tomato. This preparation is used only for lamb or mutton, which is a famous product of the Castile region of Spain.

CATALANE, A LA A term used to describe garnishes inspired by Spanish cooking (Catalonia, in particular, is famous for its seafoods and garlic). Chicken, lamb or veal sautéed a la catalane is garnished with tomato quarters fried in butter, chestnuts poached in consommé, chipolata and stoned (pitted) blanched olives, large pieces of meat are garnished with diced aubergines (eggplants) fried in oil and rice pilaf. Grilled tournedos and dnoisettes of lamb are arranged on a bed of artichoke hearts and surrounded by grilled tomatoes.

Fried eggs a la catalane

Cook separately some seeded tomato halves and aubergine (eggplant) slices in olive oil. Add salt, pepper, a little crushed garlic and some chopped parsley. Cover a serving dish with the vegetables. Fry the eggs in the same pan and slide on the vegetables.

Sausages la catalane

In a frying pan, fry 1 kg (2 ¼ lb.) thick sausages in dripping until they are golden then drain and remove them. Add 2 tablespoons flour to the pan and stir until it is coloured, then add 1 tablespoon tomato puree (paste), 120 ml (4 ½ fl. oz. ½ cup) white wine, and 120 ml (4 ½ oz. ½ cup) stock. Stir well, cook for 10 minutes, then sieve. Blanch 24 peeled garlic cloves. Return the sausages to the frying pan, add the garlic, a bouquet garni and a piece of dried orange peel. Pour the sieved sauce on to the sausage, cover and cook gently for 30 minutes. Fresh bread crumbs may be used instead of flour, if desired.

Stuffed aubergines a la catalane

Cut 2 good-sized aubergines (eggplants) in half lengthways to form boat shapes. Leaving a 1 cm (1/2 in) rim around the top, scoop out the flesh without damaging the skin. Chop the flesh together with 2 hard-boiled (hard-cooked) eggs, 2 crushed garlic, 2 large chopped onions per aubergine, add it to the egg and aubergine mixture, and fill the aubergine boats. Arrange in an oiled ovenproof dish, sprinkle with fresh breadcrumbs and oil, and cook in a preheated oven at 220°C (425°F, gas 7-).

CATERER One who prepares meals to order for private individuals or dishes to be taken away.

Under the Ancien Régime, traiteurs formed a corporation, specializing in wedding, feasts and banquets. They also had the right to hire out cutlery, crockery and table linen. The profession of traiteur was at that time considered more honorable than that of the innkeeper or rousseur. The traiteur was the predecessor of the restaurateur, the difference being that customers were not able to eat on his premises. In addition, as Brillat-Savarin said at the end of the 18th century,

traiteurs 'could only sell whole joints; and anyone wishing to entertain friends had to order in advance, so that those who had not the good fortune to be invited to some wealthy house left the great city without discovering the delights of Parisian cuisine'. Restaurants were not yet in existence and respectable people did not frequent inns. However, following the success of restaurants towards the end of the 19th century, the term traiteur acquired a rather derogatory meaning and was applied to restaurants of the lowest class and wine merchants who provided meals.

The modern caterer specializes in banquets, cocktail parties and lunches, served either in the clients' homes or in hired rooms. These services can be provided by pastrycooks, confectioners, restaurateurs and delicatessen owners.

The kitchen of the pastrycook who provides a catering service is very different from that of the restaurateur, firstly because the transport and reheating of dishes require special methods and secondly because he has to cater sometimes for several thousand and sometimes for a mere dozen. The dishes provided typically include croustades, bouchees, timbales, vol-au-vent, pates, galantines and ballotines, chauds-froids, dishes in aspic, canapes and, of course, set pieces for special occasions and a variety of desserts, ice creams and petits fours. Restaurants providing a catering service often offer dishes from their menu which can be easily transported, such as cassoulet, sauerkraut, confit and civet.

CATFISH An American freshwater fish that inhabits calm waters and is found principally in the Mississippi basin it is 30-35 cm (12-14 in). long with scaleless, sticky, blackish skin, a massive head with eight whisker-like barbels around the mouth and a second fatty dorsal fin. Despite its ugly appearance, the flesh is excellent and practically boneless. It can be prepared in the same way as trout or perch.

The European catfish (*Silurus glanis*) is a very large freshwater fish of central European origin, which is found in the Danube, some Swiss lakes and sometimes in the River Doubs in France. Growing up to 4 m (13 ft) long and weighing as much as 200 g (440 lb), it has a massive six-barbed head, a small dorsal fin close to the head and a very long anal fin which extends over more than half the abdomen. Its flesh, which is firm and white but rather fatty, resembles that of the eel.

AUCHOISE, A LA Describing dishes of the Caux region in France, especially saddle of hare or rabbit, marinated in white wine with herbs, cooked in the oven, then sprinkled with the reduced marinade and coated in a sauce made by binding the reduced juices with fresh thick cream and mustard. Serve garnished with Reinet apple fried in butter.

Sole a la cauchoise is braised in cider in the oven, then coated with a sauce made from the cooking juices and butter. It is garnished with shrimps (famous in the Caux region) cooked in a court bouillon to which fried mussels, poached oysters and mushrooms have been added.

Cauchoise salad combines potato slices, slender celery sticks and slivers of cooked ham. It is seasoned with a sauce made of fresh cream, cider vinegar and chervil.

RECIPE

Tarte cauchoise

Prepare some short-crust pastry (basic pie dough). Roll into a ball and leave to rest in a cool place for at least 1 hour. Line a flan tin (tart pan) and bake blind. Soften 800 g (1 1/4 lb. 5 cups) finely chopped onion in butter. Beat 1 whole egg, mix in 200 ml (7 fl oz. 3/4 cup) double (heavy) cream, then add salt, pepper and a little grated nutmeg. Allow to thicken on a gentle heat, without boiling, then add the onions. Fill the flan case with chicken leftovers or finely chopped veal or ham and cover them with the onion mixture. Do with flecks of butter and cool in a preheated oven at 20°C (400°F as 6) of 15-20 minutes.

CAYK A known as caul fat. A thin membrane veined with fat that encloses the stomach, of animals, particularly that of the pig. In charcuterie, the caul is soaked to soften it and make it easier to handle; it is used, for example to wrap around the sausage mat when making crepinettes. Numerous other culinary preparations cooking stuffed leaves, larded calf's liver, fricadeau, foie gras, panes and terrines.

CAULDRON A large deep made of cast iron or copper, with a detachable handle. It was formerly used for cooking thick soups and stews in the hearth, hanging from the chimney-hook. Varying in shape according to different regions (curved sides, with or without feet), it is used today mainly for decoration.

CAULIFLOWER Described by Arab botanists and known to the Romans, the cauliflower originally came from Cyprus and was introduced to France from Italy in the middle of the 16th century. Having been served to Louis XIV, the cauliflower was cultivated extensively particularly in Brittany. The edible part is the flower head, popularly known as the 'heart' or 'head' it white, compact and hard with many compressed flower buds. The trimmed cauliflower may weigh 1-2.5 kg (2 1/4-5 1/2 lbs.). Very small cauliflowers can also be found, each providing a single portion. These are firm and white, but do not have the flavours of the large cauliflowers.

The heart is surrounded by crisp bluish-green leaves, whose condition is a good guide to the freshness of the heart. The heart should be compact, white, firm and undamaged, with no green shoots between the florets. The leaves should be very crisp; do not buy a cauliflower without leaves – it is probably old. Cauliflowers are sold individually, not by weight, and only about half is usable. Allow about 200 g (7 oz) per person if served cooked and 100 g (4 oz) if served raw.

- Cooking cauliflower is the most easily digested member of the cabbage family and can be cooked either whole or as florets. It often gives off a strong smell during cooking. It can be blanched in fast-boiling unsalted water, then cooked in a white stock; a crust of stale bread can be added to absorb some of the smell. Lemon juice may be added after cooking to keep the cauliflower white. It can be eaten raw, in a vegetable fondue, cooked in water (for soup, puree or cold salad), in a soufflé, au gratin, à la hollandaise, à la polonaise, and also lightly braised, sautéed or fried after blanching. It is included in pickles and is a feature of all Du Barry preparation. The leaf ribs and the stump (core) may be used to prepare soups or vegetable loaves.

RECIPES

Cauliflower au gratin

Divide the heart into florets and cook them in salted water or steam. Remove, drain and toss them in butter. Transfer to a buttered gratin dish, coat with Mornay sauce, sprinkle with grated Gruyère cheese and melted butter, and brown for about 10 minutes in a preheated oven at 230°C (450°F, gas 8). The Gruyère may be replaced by Parmesan, which may be sprinkled in the dish before adding the cauliflower.

Sautéed cauliflower

Divide the heart into florets and steam them until they are still slightly firm and do not disintegrate. Heat some butter in a frying pan or sauté pan and lightly brown the florets. Arrange them in a vegetable dish, moisten with the cooking butter in a frying pan or sauté pan and lightly brown the florets. Arrange them in a vegetable dish and moisten with the cooking butter. Cauliflower may also be sautéed in olive oil with chopped garlic.

CAVEAU. A literary, epicurean and gastronomic society founded in Paris in 1729 by Prion, Colle, Galler and Crebillon the Younger, during a dinner at Landelles's famous restaurant, Le Caveau, in the Rue Buci. Boucher, Rameau and Maurepas were also members. The rule of the society was strick any member who lacked decorum durign the discussions had to drink water. The society was dissolves in 1757 after internal disputes disputes, but was restarted some years later at the Palais-Royal on the initiative of General Pelletier. It lasted until 1976 and was patronized by the performers of the Vauderville theatre, who published nine volumes of songs entitled Les Diners du Vaudeville. A new Caveau, founded by Amand Gouffe, was named the Caveu Moderne-Segur the Older, Desaugniers, Cadet-Gassicourt, Grimod de la Reynaiere and Beranger were members for several years the society publised Le Journal des gourmands et ales belles, and it held dinners at the Rocher de Cancale until 1817. The last Caveau was reformed in 1834 but did not last long and never achieved the success of its predecessor.

CAVIAR Sturgeon's eggs that have been salted and allowed to mature. The word comes from the Italian caviale, itself derived from the Turkish kauyar. It apears as early as 1532 in Rabelais Pantagruel, in which caviar is described as the choice hors d'oeuvre, Colbert organized the production of caiar in the Gironde using the sturgeons passing through the estuary. But the caviar we know today is Rossian. It was introduced to France in the 1920s following the exile of Russian princess during the Universal Exhibition of 1925 the Petrossian Brothers learned, through their Russian Friends, that caviar was known to very few French people. Charles Ritz formally launched caviar by putting it permanently on the menu at his hotel.

The sturgeon lives in the sea, but returns in wintner to estuaries throughout temperature regions of Asia to lay its eggs. Today the Caspian Sea provides 88% of the world's caviar. The surgeon was still common in the Gironde at the beginning of the 20th century, but it becomes so rare tha fishing for it is prohibited.

The former soviet Union ws for a long time the sole producer of caviar. But since 1953, factories on Iran's Caspian coast have prduced 180 tonnes annually; Russia produes 1,800 tonnes every year .

The eggs constitute about 10% of the female's body weight. After they have been removed, they are washed, drained, put into brine, drained again and finally packed into tins (cans). There are two sorts caviar in grains and pressed caviar. The name 'red caviar' is sometimes used incorrectly for salamon eggs.

- Types of caviar. Sold fresh or sometiems pasteurrized, there are three types differently by size coloru and species of sturgeon.
- Belluga the most expensive and produced by the largest species, which can weight up to 800 kg (1,700 lb). The eggs are more or less dark grey, firm, heavy and well separated. These are the biggest hut most fragile eggs, and if they burst the caviar becomes oily.
- OSSETRA Characterized by smaller more even grains, which are golden yellow to brown and quite oily; considered by many as the best.
- SEVRUGA produced by small sturgeons, which are the most prolific and give very small light- no dark grey eggs. This is the cheapeast type.
- Prossed caviar This is made from the ripest eggs, taken towards the end of the fishing season, which are then compressed. Abuot 5 kg (11 lb) fresh caviar are needed to make 1 kg (2 ¼ lb) pressed caviar. It has a strong and rather oily taste and is sometimes considered too salty, although it is appreciated by Russioan coinnossecurs.

Caviar is a semi-serve and perishable; it should be kept between - 2°C and +4°C (28-39°F). as an hors d'oeuvre, allow 50 g (2 oz., 3 ½ tablespoons) per person crushed ice take the tin (can) out of the refrigerator an our before serving Blinis and sourced (sour) cream or lightly butterd toast make an ideal accompaniment never use lemon, which affects the taste.

RECIPES

Raw scallops with caviar

Open and trim the scallops. In an earthenware dish mix 2 tablespoons pure olive oil and 3 tablespoons groundnut (peanut) oil. Slice the raw white and coral meat into rings. Dip each ring in the oil mixture, wipe off the excess oil and put them on a plate, allowing 2 scallops per serving. Season each plate with 3 pinches of salt and 3 turns of the pepper mill. With the tip of a coffee spoon handle, place 5-6 grains and surround the caviar grains with slices of coral meat. Serve with hot buttered toasts.

Smoked salmon frivolities with caviar

Cut six 18 x 7.5 cm (7 x 3 in) rectangles from 6 very fine, large slices of smoked salmon and set aside. Place the leftovers in a blender and add 25 g (1 oz, 2 tablespoons) unsalted butter, at room temperature. Puree the contents briefly until smooth. Gently heat 60 ml (2 fl oz, ¼ cup) prawn stock over a low flame. Add 1 ½ sheets of leaf gelatine or 1 ¼ teaspoons (1/2 envelope) powdered gelatine, previously softened or sponged in cold water, to the stock and stir until dissolved. Pour this mixture into the blender, then add 1 drop of Worcestershire sauce and 2 drops of tabasco. Pulse the blender just 2 or 3 times. Whip 120 ml (4 ½ fl oz, ½ cup) chilled double (heavy) cream in a cold mixing bowl until it forms stiff peaks on the whisk. Add one-third of the salmon puree and stir carefully until thoroughly combined, then stir in the rest of the puree.

Place pieces of cling film (plastic wrap), slightly larger than the pieces of salmon on the icing film and spread 2 tablespoons of the mousse lengthways along the centre of each. Using the cling film, roll up the salmon slices from their long sides into cigar shapes. Twist the ends of the cling film to keep the salmon rolls in shape. Chill for at least 2 hours, but not more than 24 hours.

Remove the cling film from the rolls and cut them in half. Arrange in a V-shape on a very cold plate and garnish with a ribbon of caviar along the line where the edges meet. Garnish with slices of lemon and serve.

CAVOUR The name given to two garnishes inspired by Piedmontese cooking and named after the Italian statesman. One is used with veal escalopes (scallops) or veal sweetbreads, which are fried, drained and arranged on polenta biscuits. They are then surrounded with grilled (broiled) mushrooms and garnished with puree chicken livers and slices of truffle.

The other Cavour garnish, for large pieces of meat, consists of croquettes of semolina and ravioli.

CELERIAC a variety of celery grown for its fleshy swollen stem base, which can weigh 800 g – 1 kg (1 ¾–2 ¼ lb). Celeriac has a rough surface and thick skin. It is sold without the leaves, looking like a heavy white boil. Select vegetables that have as even a surface as possible to avoid waste when peeling. The celeriac should not be cracked. Celeriac is treated like the majority of root vegetables in that it is peeled and (usually) cut up before cooking. It can be used raw-grated, shredded or cut into sticks. Its pale flesh discolors with prolonged exposure to air, so it should be tossed with lemon juice or a suitable dressing. Celeriac is milder than celery and it has a 'firm' rather than crisp texture. Coarsely grated or shredded, it goes well with creamy dressings.

Celeriac can be cooked in a variety of dishes. Plain boiled celeriac can be mashed with butter or pureed with cream, it goes well with potatoes, mashed to a smooth and luffy texture. It can be braised and served coated with sauce or used in soups and casseroles. Fine strips of celeriac are suitable for stir-frying.

Celery salt, which is extracted from dried pulverized celeriac, is used as a condiment for tomato juice, vegetable moulds and salad sauces. It is also used in salt-free diets.

RECIPES

Preparation of celeriac

Peel like a potato, rinse and sprinkle with lemon juice. To eat cooked, cut into pieces and blanch for 5 minutes in boiling salted water. "to serve as a vegetable. It may be braised, cooked in its juices or prepared as a julienne and braised. It can also be prepared as a puree (like cardoons) and as a cream soup. Steamed in slices, it retains all its flavour.

Celeriac croquettes

Peel a celeriac root, cut it into pieces and blanch. Then cook in salted water for about 30 minutes. Add the same weight of peeled potatoes and leave until cooked. Drain the vegetables and dry, either in the oven or in a sauté pan. Pass them through a vegetable mill and mix the resulting puree with egg yolks – 4 per 1 kg (2 ¼ lb) of puree – and chopped parsley. Divide the paste obtained into little balls, flatten them out and coat in batter. Plunge the croquettes into boiling oil or fat and leave to turn golden, then remove and drain on paper towels. Serve with roast beef, veal, pork, leg of lamb or leg of venison.

Celeriac en remoulade

Peel a large celeriac root, grate it coarsely and blanch for 2 minutes in boiling salted water. Drain and refresh with cold water. Dry thoroughly. Add remoulade sauce and, if desired, sprinkle with chopped parsley.

Celeriac julienne

Peel a celeriac root and cut into thick strips. Blanch for 3 minutes in boiling salted water, then refresh in cold water and drain. Put the strips into a pan with a knob of butter and a little sugar, to taste. Cover and sweat for about 15 minutes. Adjust the seasoning and sprinkle with finely chopped herbs. Use to garnish roast meats, fried meats and braised fish, such as cod.

Stuffed celeriac à la paysanne

Cut some small celeriac roots in half and blanch them. Scoop out the pulp, leaving a lining at least 1 cm (1/2 in) thick. Dice the pulp and add an equal volume of both carrots and onions softened in butter. Season with salt and pepper. Fill the half celeriacs with this mixture and place on a buttered overproof dish. Sprinkle with grated gruyère cheese and small knobs of butter. Pour 3 tablespoons stock into the dish and cook in a preheated oven at 220°(425°F, gas 7) until browned.

CELERY A vegetable grown for its roots, stems, leaves and seeds, all of which can be used. Wild celery, from which cultivated strains have been developed, was used both gastronomically, for soups and fish dishes, and therapeutically, as smelling salts. For a long time, both popular opinion and gastronomic writers considered celery to be an aphrodisiac.

Several varieties of cultivated celery are grown for their white fleshy sticks, which are easily broken when fresh. Canned celery hearts and slices, preserved in natural juice, are used as a garnish. Celery is also very suitable for freezing. It can be kept fresh for several days if the bottoms of the sticks are stood in cold salted water, it becomes limp if simply put in the refrigerator. The sticks are eaten raw, in mixed salads or cooked.

The leaves fresh or dried, can serve as a garnish for salads, soups, sauces and stock and may be used in brushed dishes. The seeds are used as a seasoning, having a taste similar to fennel. Celery salt is prepared from celeriac.

RECIPES

Preparation of celery

Remove the hard outer stems and the green leafy branches. Trim the stalk to a point and cut the sticks to a length of about 20 cm (8 in). For eating raw, detach the sticks from one another, wash them and remove the stringy fibres, for cooking wash the trimmed celery in cold water, splashing out the stems. Remove the stringy outer sticks, rinse the rest, then blanch in boiling salted water for 10 minutes. Drain, salt the insides and tie the sticks in bunches. Braised celery hearts can accompany fatty meats, roasts and chicken. Celery can also be cooked in béchamel sauce, au gratin, in meat juice or gravy, or with bone marrow. Celery puree is used in soups and in a sauce for boiled or braised poultry.

Braised celery

Drain some blanched celery sticks on a cloth. Tie them in bunches of two or three, and place them in a buttered flameproof casserole lined with bacon rinds or chopped bacon, chopped onions and sliced carrots. Add sufficient stock to cover the vegetables and seasoning to taste. Bring to the boil over the heat, then cover and transfer to a preheated oven at 180°C (350°F, gas 4) to cook for 1 ½ hours.

Celery can be prepared au maigre by omitting the bacon rinds and replacing the stock with water.

Celery in butter

Blanch and drain the sticks and place them in a well-buttered pan. Add salt and pepper. Moisten with seven / spoonfuls of white stocks or water, cover and cook for about 45 minutes.

Celery sauce

Trim and slice the tender sticks and hearts from two bunches of celery. Place in a saucepan with a bouquet garnish and an onion studded with cloves. Add sufficient stock just to cover the contents, cover and heat until simmering. Simmer until the celery is tender. Puree the celery with its cooking juices and return it to the rinsed pan. Add 200 ml (7 fl oz, ¾ cup) cream sauce, and reduce until the required consistency is achieved. Adjust the seasoning and sprinkle with very finely chopped parsley. This sauce can accompany boiled or braised poultry.

Celery with béchamel sauce

Braise the celery and arrange in a buttered dish. Sweat for 10 minutes. Cover with béchamel sauce and simmer for a few minutes.

Celery with cream

Blanch the celery and cut each stick in half lengthways. Arrange in a buttered flameproof casserole and season with salt and pepper. Cover with light stock and bring to the boil. Cover the casserole and transfer to a preheated oven at 180°C (350°F, gas 4) to cook for about 1 hour.

Drain the celery and bend the pieces in half, arranging them in a vegetable dish. To make the sauce, skim any butter off the cooking liquid, reduce, and add 3 tablespoons béchamel sauce. Moisten with 200 ml (7 fl oz, ¾ cup) double (heavy) cream and reduce by half. Add 1 tablespoon butter, mix, sieve and pour the sauce over the celery.

CELESTINE A chicken dish named by the chef at the Cercle restaurant in Lyon in honour of the owner of the restaurant. A young chicken is fried with mushrooms and peeled tomatoes. Flamed with Cognac, moistened with white wine and served with powdered garlic and chopped parsley. This recipe was given by its creator to Lucien Tendret, who made it famous.

The name is also used for a chicken soup thickened with tapioca and garnished with strips of pancake seasoned with fines herbes, poached chicken breast and a coating of chervil (a brunnoise of truffles can replace the fines herbes in the pancakes). Certain ingredients of this soup

are found in omelette at la Celestine.

RECIPES

Omelette a la Celestine

Prepare two small flat omelettes. Place one on a round plate, garnish with chicken breast and cover with a thick cream sauce containing chopped parsley. Place the second omelette on top and sprinkle with melted butter.

CENDRE One of various cow's-milk cheeses produced in Burgundy (Aisy Cendre, which contains 45% fat) or in Orleanais and Champagne (the Cendres of Argonne, Riceys and Rocroi, which contain 30% fat). Soft-centred and yellow in colour, cendres are fairly firm to the touch and disc-shaped. They are matured in wooden boxes or lined with the ashes and have a fairly strong flavour.

CENDRE, SOUS LA CENDRE A rustic method of cooking meaning literally 'under the ashes', which requires an open hearth or a wood fire. It is used mainly for cooking potatoes and truffles. It is also possible to cook poultry or an animal with protective coat, such as hedgehog, in this way.

- **POTATOES SOUS LA CENDRE** Preferably choose some fine Fontenay potatoes; wash and dry them. Slide them under the hot coals (with the fire extinguished) and leave without disturbing for 35-40 minutes. Dust them off and serve with semi-salted butter. They can be cooked wrapped in foil if the fire is still glowing and there are few ashes.
- **TRUFFLES SOUS LA CENDRE** Brush the truffles carefully in cold water, wash and wipe them. Dip them in Cognac or Armagnac, then wrap them singly in pieces of buttered foil or greaseproof (wax) paper. If the embers are very hot, the truffles are placed in an earthenware pie dish with a lid, which is slipped under the embers. If the fire is almost out, the wrapped truffles may be placed directly under the cinders. Cooking takes 35-45 minutes.

CENTREPIECE. An item of gold plate or porcelain that is placed in the centre of the table as decoration for a large formal dinner. The centrepiece is usually in the form of a long tray lined with mirror, on which candelabra, baskets of fruit or vases of flowers are displayed.

The use of centrepieces goes back to the Middle Ages, but it was in the 17th, 18th and 19th centuries that this type of table decoration had its heyday.

CEP *cepe*. An edible boletus mushroom with a large bulbous stalk that resembles a tree trunk, known as porcini in Italian and particularly popular as a dried fungus. There are over 20 edible varieties, which may be recognized by their swollen stalks and the distinctive tubes (the 'choke' or 'beard') that line the inner surface of the cap.

Two varieties are highly valued in gastronomy the Bordeaux (whitish to dark brown cap; swollen stalk; becomes cylindrical when the mushroom is old), traditionally known as the 'peny' bun' in England, and the bronzed cep (every dark-coloured: bulging stalk) which is particularly delicious and flavoursome in mid-September. These varieties are grown in south-western France, Sologne and Alsace and are sold between July and October. The pine cep (mahogany-brown) and the reticulated cep (yellow-ochre) are also very highly esteemed.

Ceps are always better when young than it is sufficient to wipe them gently with a damp cloth. The bases of the stalks are removed when they are too ripe or maggoty. In wet weather, the 'choke' of certain ceps becomes slimy and must be removed, as it would spoil any dish.

The finest ceps may be eaten raw in salad, cut into thin slices, but they are especially delicious cooked, particularly in an omelette, in a velouté or as a garnish (for confit, stew or river fish). They may be preserved by drying or oil.

Many French regions have cep specialities. In auvergne, chataigneraie ceps are eaten stuffed. In Aquitaine, they are prepared en cocotte, stuffed or cooked in embers. In Poitou and south-western France, they are grilled (broiled) in walnut oil. Bonleaus ceps, always cooked in oil (rather than butter), are dressed with garlic or parsley. Auch is famous for its ceps in white wine. In Gascony, they are eaten à la viande (studded with garlic and accompanied by raw ham), grilled, in a stew or with salmis. Brantôme is one of the most important producing centers in France, several hundred tonnes of ceps are sent to Bordeaux and Paris each year.

The culinary value of ceps has been appreciated only since the 18th century. Their popularity can be traced to the court of Stanislas Leszczyński in Lorraine, hence the adjective polonais (Polish) applied to the Bordeaux cep.

RECIPES

Baked ceps

Wipe 4 perfect cep caps. Make a cross-shaped cut on top of each and place in an ovenproof dish or roasting tins (pan). Season lightly with salt and pepper and add a drop of olive oil. Put in a preheated oven at 240°C (475°F, gas 9) for 5 minutes. Turn the ceps, season again and bake for a further 3 minutes. Arrange the ceps with their undersides facing upwards and garnish each with a very thin slice of lightly cooked foie gras or diced lightly grilled Parma ham. Serve with a red chicory salad, in a dressing of sherry vinegar and olive oil.

Ceps à la bordelaise

Trim the ceps; cut them into thin slices if they are very large, have them if of medium size, or leave them whole if they are small. Put them in a shallow frying pan with oil and lemon juice. Leave to cook slowly with the lid on for 5 minutes, then drain. Heat some oil in another frying pan, place the ceps in it and sprinkle with salt and pepper. Lightly brown them, then drain. Sprinkle with chopped parsley and serve very hot.

In Paris, ceps à la bordelaise are lightly fried and served with chopped shallots, fried bread and chopped parsley.

Ceps à la hongroise

Trim and wash 500 g (18 oz) ceps. Cut them into thin slices if they are large; leave them whole if they are small. Cook them slowly in butter with 2 tablespoons chopped onion, salt, pepper and 1 teaspoon paprika. Then add sufficient crème fraîche to cover the contents of the pan and reduce. Finally, sprinkle with chopped parsley if desired.

Ceps à la mode bernoise

Trim and wash some large ceps and put them in the oven to release the excess juices. Stud them with garlic, sprinkle with salt and pepper, coat with oil and grill (broil) them. Chop and mix some breadcrumbs, garlic and parsley and brown this mixture in a frying pan with oil. Scatter the grilled ceps on top and serve immediately.

Ceps à la provençale

Prepare as for ceps à la bordelaise, but use olive oil and fry for longer. When cooked, sprinkle with chopped garlic as well as parsley.

Ceps au gratin

Trim the ceps, separating the caps from the stalks; season with salt and pepper, then coat with melted butter or oil. Arrange the caps in a buttered or oiled gratin dish with their tops downwards. Chop the stalks and add 1 chopped shallot for every 200 g (7 oz, 2 cups) stalks, together with some parsley, brown in oil and season with salt and pepper. Finally add 1

tablespoon fresh breadcrumbs for every 200 g & oz. 2 cups) stalks and mix all the ingredients together. Fill the caps with this mixture, sprinkle with some more fresh breadcrumbs, moisten with oil or melted butter, and brown in a preheated oven at 240°C (475°F, gas 9) or under a hot grill (broiler).

Ceps en terrine

Trim and wash 800 g (1 ¾ lb) ceps and separate the caps from the stalks. Chop the stalks together with 3-4 garlic cloves, 3-4 shallots and a small bunch of parsley and brown everything in a shallow frying pan in 3 tablespoons olive oil. Add salt and pepper. Place the caps in a separate covered frying pan with 2 tablespoons olive oil and some salt, and heat gently until they have discharged their juices. Drain them. Line the bottom and sides of an ovenproof earthenware dish with very thin rashers (slices) of smoked belly bacon. In it, place a layer of the caps, then the chopped mixture, then a second layer of caps. Cover with more smoked rashers, put the lid on the dish, place in a preheated oven at 200°C (400°F, gas 6) and leave to cook for just under an hour.

Grilled ceps

Thoroughly clean and trim some fresh ceps. Lightly slit the caps and marinate the ceps for at least 30 minutes in a mixture of olive oil, lemon juice, chopped garlic, chopped parsley, a pinch of cayenne, salt and pepper. Drain the ceps and grill (broil) them. Sprinkle with chopped parsley and serve very hot. Alternatively, the ceps, moistened with melted butter or simply washed and wiped, may be sprinkled with salt and pepper; quickly grilled and basted with oil or melted at the time of serving.

Marinated ceps

Trim and wash 800 g (1 ¾ lb) ceps and cut into thin slices. Plunge them into boiling oil for 2 minutes, then cool them under cold water and wipe off the excess. For the marinade, heat a mixture of 200 ml (7 fl. oz. ¼ cup) olive oil, 3 tablespoons wine vinegar, 1 tablespoon chopped fennel, 2 teaspoons lemon peel, a bay leaf cut into four, 2 small sprigs of thyme, salt and freshly ground pepper. Bring this mixture to the boil and leave to boil for 5 minutes. Place the ceps in an earthenware dish and cover with the boiling marinade, strained through a sieve. Add 2 large garlic cloves and 1 tablespoon chopped parsley. Stir, then leave in a cool place for at least 24 hours before serving.

Other recipes. See chicken, egg (scrambled eggs), omelette (omelettes cooked with their flavouring), saute.

CEPAGE The French word meaning variety of vine, or 'varietal'. The grape vine, *Vitis vinifera*, has existed since before records were kept. There are no thousands of varieties, but in France only about 50 types are in use. The Institut National des Appellations d'Origine specifies the grapes for each AOC wine and others subject to regional controls. Some wines, such as red Bordeaux (claret), are made from several grape varieties in conjunction; others are made from a single variety – red Burgundy and Beaujolais, Muscadet, Sancerre, and so on. In Alsace the wines are named after the single grape varieties that are used to make them – Sylvaner, Riesling, Gewurztraminer, and others. It should be noted that in some regions a variety may have a local name or nickname; for example, the Chenin Blanc may be known as the Pineau de la Loire, and the sauvignon is the Blanc Fume of Pouilly-sur-Loire.

CEREAL Any of several grasses cultivated widely for their seeds (grain), which provide a staple food for humans and their livestock. Different cereals are grown in different regions of the globe; wheat and barley in temperate parts of Europe and Asia; rye and oats in northern and

eastern Europe, rice in the wetter warm-temperate and subtropical parts of Asia maize (corn) on the American continent; and millet and sorghum in Africa. Cereals in their simplest forms remain the basic foodstuff in many countries, especially the poorest ones, but industrialized countries have tended to favour more elaborate processed foods. Types of refined cereals that are easy to prepare and quick to cook have replaced crude grains. Products such as pastas, pastries, breads and breakfast cereals are popular. However, there is a renewed interest in natural foods, including unprocessed cereals.

Their dietary role as important sources of unrefined carbohydrate and fibre is valued and they are also appreciated for their texture flavoured and versatility.

- **WHOLE CEREALS.** The husks have to be removed from some grains, such as rice, barley and oats, as they are too hard for human consumption. Wheat and rye can be milled with their husks. Refined cereals have less flavour and are less nutritious than whole cereals.
- **FLAKES** Grains of wheat, oats or maize (corn) that have been crushed, steam-cooked, crushed again and grilled.
- **PUFFED GRAINS** Grains of maize (corn) or rice that have been subjected to a vacuum, this causing them to swell up; they are sometimes coated with sugar
- **PRETREATED GRAINS** grains that have been cooked slowly in their husks before refining; this operation concentrates the nutrients in the centre of the grain.
- **PRECOOKED GRAINS** Grains (whole or portions of grains) partially steam-cooked and then dried, this reduces the cooking time.

CERISE SUR LE GATEAU A milk chocolate gateau, created in 1993 by Pierre Herme (a French pastry chef born in 1961), who was responsible for the composition, and Yann Pennor, who designed it. The round gateau consists of a biscuit dacquoise (crushed almonds sponge mixed with butter cream) on which rests a layer of almond-flavoured puff pastry and chocolate cream filling separated by thin leaves of milk chocolate. The top consists of crème chantilly flavoured with chocolate. This assembly is then cut into equal parts; six of these parts are piled upon and topped with a crystallized (candied) cherry. The gateau is presented in a specially made case, which gives the illusion that it is a large slice of cake lying on its side.

CERVELLE DE CANUT A speciality of Lyons traditionally served in taverns as a mid-morning snack. It consists of fairly soft curd cheese known as claqueret, which is well beaten, seasoned with salt and pepper and blended with shallot chopped with herbs, crème fraîche, white wine and a little oil.

CEVENOLE, A LA A term describing one of many sweet or savoury dishes that contain chestnuts, a speciality of the Ardeche region of France. Used in purees, stews, whole or poached, chestnuts can accompany a range of roasts and braised meats, including loin of pork, mutton, calves' sweetbreads, fillet of beef and game. Marrons glacés are used in a variety of hot, cold and iced sweets.

RECIPES

Ragout à la cevenole

The garnish for this ragout consists of braised chestnuts, small glazed onions and very coarsely diced lean bacon, blanched and lightly fried. The pan juices from the braised meat of the ragout are used to bind the garnish.

Sweet Dishes

Bavarian cream à la cevenole

Make a Bavarian cream mixture and add an equal volume of pureed marrons glacés flavoured with kirsch. Brush a round mould with sweet almond oil and heap the mixture into it. Set in the refrigerator, then turn out on the serving dish. Decorate with piped Chantilly cream and halved marrons glacés.

Choux à la cévenole

Prepare some sweet choux buns. Mix together equal volumes of chestnut cream and whipped cream sweetened with vanilla-flavoured sugar and fill the choux with it.

Coupe glace à la cévenole

Prepare separately 500 ml (17 fl oz, 2 cups) vanilla ice cream and 300 ml (1/2 pint, 1 ¼ cups) Chantilly cream. Add 1 liqueur glass of kirsch to 250 g (9 oz, 1 ¼ cups) marron-glace fragments and divide equally between 4 sundae glasses. Cover each with a layer of the vanilla ice cream and smooth the surface. Use a piping bag with a fluted nozzle to decorate with the Chantilly cream, then arrange some marrons glacés and sugar violets on top.

Crepes à la cévenole

Prepare some sweet pancakes, spread them out on the worktop and cover each with a thin layer of marron-glace puree flavoured with rum. Fold the pancakes over, arrange them in an ovenproof serving dish, dust with sugar and glaze in the oven. Serve very hot.

CEVICHE also known as cebiche. A dish, characteristic of Peruvian cookery, that is based on a raw fish marinated in lemon juice and is served with sweet limes, raw onion rings, tomatoes and boiled sweetcorn.

CHABICHOU A small goat's milk cheese from Poitou, which contains 45% butterfat and has a soft centre and a natural crust. Usually, in the shape of a truncated cone, but sometimes cylindrical, it weighs about 100 g (4 oz) and is sold unwrapped when farm-produced, wrapped in paper from a dairy. It is eaten fresh. When ripened, it is firm without being hard, with a fairly pronounced flavour and a strong goatlike smell. It is at its best in the summer.

CHABLIS White Burgundy of worldwide repute. Situated between Tonnerre and Auxerre and crossed by the small unnavigable River Serein, the Chablis vineyard acquired fame because of the high quality of its white wines. Monks played a great part in the history of the vineyard. The first monks, in 867, were those of the abbey of Saint-Martin-de-Tours; the Cistercians of Pontigny arrived three centuries later. Since then, the sale of Chablis wines has been increasing all the time, in spite of the ravages of wars, vine phylloxera (in 1893) and, above all, frosts, which almost completely destroyed the vineyard in 1957 and did much damage in 1985. The name Chablis has acquired common usage in the United States and Australia as a generic term to describe any dry white wine of unspecified origin. Within the European Union, its use is protected to refer only to the wines of the specific Chablis region.

Chablis, situated in the north of Burgundy, is nearer to certain vineyards of the Loire (Pouilly and Sancerre) than to Beaune. The vines are grown on hillsides in poor, shallow, chalky soil. The Chardonnay vine, which is called beaunois (of Beaune) in the region, is today the only one authorized for the production of AOC Chablis. The work of the grower, already arduous on such a barren soil, is often ruined by May frosts, as the vineyard is particularly exposed.

Chablis is a very dry white wine that can keep well. Pale yellow in colour with glints of green, it is at the same time powerful and delicate. There are, in order of merit, four categories – Chablis grand cru, Chablis premier cru, Chablis, and petit Chablis – originating from different soils and grown under conditions of varying exposure.

- Seven Chablis grands crus are officially recognized: Vaudesir, Les Clos, Grenouilles, Les

- Preuses, Bougros, Valmur and Blanchots.
- Chablis premiers crus, of which there are about 40, cover some neighbouring parishes situated on the banks of the River Serein. Some well-known names are Montmains, Vaillons, Beugnons, Mont-de-Tonnerre and Fourchaume.
- Chablis and petit chablis come from within the delimited AOC region.

CHAFING DISH a small item of portable-kitchen equipment consisting of a pan fitted over a source of heat, usually a spirit lamp, but sometimes a butane gas burner or an electric element. Made of copper, stainless steel or silver plate, it is used to cook dishes at table, such as fondues (when it forms part of a fondue set) or flambe dishes.

It can also serve as a hotplate, for keeping cooked dishes warm.

CHAI This term, meaning 'wine store', is mostly used in the Bordeaux region, where underground cellars cannot be excavated, to designate the place where the wines mature, in vat or cask. The maitre de chai decides when to draw off the wine and bottle it.

CHAKCHOUKA A traditional Arabian and North African dish comprising a ragout of potatoes and onions, cooked in oil and seasoned with chilli peppers, harissa, and tomato sauce, over which eggs are broken; when the eggs are cooked, the dish is sprinkled with dried mint. The potatoes may be replaced by green peas, beans, a mixture of sweet peppers and tomatoes or courgettes (zucchini) and aubergines (eggplants). Chakchouka is often garnished with grilled merguez or slices of dried meat.

CHALEUTH A desert Jewish cuisine, made from a mixture of breadcrumbs, finely sliced apples, eggs and sugar, flavoured with rum, raisins and cinnamon. The dish is baked in an oiled casserole and served warm. It is also prepared by cooking sliced apples with sugar and cinnamon, again in a casserole but between two pastry crusts, the top being sprinkled with small pieces of fat.

CHALLAH Jewish loaf, pronounced 'Halah' (the spelling that may be used in Arab countries). Made from white bread dough enriched with eggs, and sometimes flavoured with saffron, the loaf is plaited and glazed with egg, then sprinkled with poppy or sesame seeds. Challah is served on the Sabbath and for festivals.

CHALLONNAISE, A LA A classic garnish, now rarely used, intended to accompany poultry and calves sweetbreads. Named after the town of Chalon-sur-Saône in France, it consists of cockscombs, kidneys, mushrooms and thin slices of truffle in a supreme sauce.
CHAMBARAND An unpasteurized soft cow's-milk cheese (45 % fat) from Dauphiné, lightly pressed and with a natural washed crust. Created by the Trappists of the Abbey of Chambarand, it is a small round, 8 cm (3 1/2 in) in diameter, weighing 165 g (5 1/2 oz.). Smooth and light ochre in colour, it has a mild, creamy flavour.

CHAMBERTIN A famous red Burgundy vineyard in the Côte-de-Nuits which, together with Chambertin Clos de Beze, make up a 28 hectare (70 acre) vineyard. The names derive from the plot (clos) at Gevrey, given in about AD 630 to the monks of the Abbey of Beze. The owner of the adjacent field, a man called Berlin copied the monks' successful methods. The Pinot Noir is grown on a chalky soil that also includes ferruginous marls. There are a number of grand cru sites that may put their names before that of Chambertin – Charmes, Latricières, Mazis, Griottes, Ruchottes and Chapelle. They are all magnificent wines and should be served with respect and in the context of the food.

RECIPES

Chambertin sauce

Peel and dice 2 carrots and 2 onions. Soften them with 20 g (3/4 oz. 1 1/2 tablespoons) butter in a shallow frying pan. Add a bouquet garni, 100 g (4 oz. 1 1/4 cups) chopped mushrooms (including stalks and peelings), half a chopped garlic clove, 250 g (9 oz with 500 ml (17 fl oz, 2 cups) Chambertin and cook for at least 20 minutes in a covered pan. Remove the lid and reduce by a third. Pass through a conical strainer and bind with 1 tablespoon beurre manie.

Fillets of sole with chamberti

Season some fillets of sole with salt and pepper and fold them in two. Butter an ovenproof casserole and line the bottom with finely diced carrots, chopped onions, fresh crumbled thyme and a crushed bay leaf. Add some chopped mushroom stalks; the caps will serve for the garnish. Arrange the fillets in the dish, dab them with knobs of butter and barely cover them with Chambertin. Cover with the lid and bake in a preheated oven at 240°C (475°F, gas 9). Remove and drain the fillets, then arrange them in the serving dish; keep hot. Reduce the cooking liquid by one-third, pass through a conical strainer and bind the strained liquor with 1 tablespoon beurre manie. Coat the fillets with this sauce and garnish with sautéed mushroom caps and small glazed onions.

CHAMBOLLE-MUSIGNY A parish in the Cote-d'Or in Burgundy, famous for the musigny and Bonnes Mares grands crus vineyards among others. These covers about 24 hectares (59 acres). Other well known wines originating here, and combining their names with that of the parish, include premiers crus Les Amoureuses, Les Charmes, Les Combettes and Les Grands Murs. A very small quantity of white Chambolle-Musigny is made but is seldom found outside the region. Chicken cooked in beer

Cut a 1.25 kg (2 3/4 lb) chicken into pieces and fry them in butter in a casserole until golden. Add 2 peeled, chopped shallots and fry lightly. Add 60 ml (2 fl oz. 1/4 cup) Dutch gin and flambe it. Now add 400 ml (14 fl oz. 1 3/4 cups) beer, 60 ml (2 fl oz. 1/4 cup) crème fraîche, 1 bouquet garni, salt and little cayenne pepper. Cover and simmer. Clean and finely slice 250 g (9 oz) mushrooms and add the contents of the casserole. After 45 minutes of cooking, take the chicken pieces out of the casserole, drain and arrange on a serving dish. Put aside in a warm place. Remove the bouquet garni, add 60 ml (2 fl oz. 1/4 cup) crème fraîche and reduce by half. Mix a little of the sauce with an egg yolk and stir, then pour back into the casserole and beat vigorously. Pour the sauce over the chicken and sprinkle with finely chopped parsley.

Chicken dauphinoise

Insert some slivers of truffle beneath the skin of a good large Bresse chicken. Sprinkle with salt and pepper inside, then stuff with its own liver 100 g (4 oz, 1/2 cup) foie gras, both diced, mixed with a little chopped truffle. Truss the bird and put it in a pork bladder, sprinkle again with a little salt and pepper, add 3 tablespoons brandy and the same quantity of Madeira, then seal the bladder.

Make some stock with the giblets, pour it into a flameproof casserole, add the chicken in the bladder and bring to the boil. Cook gently for 45 minutes. Remove the chicken from the pan, being careful not to pierce the bladder, untie it and drain the cooking liquid into a bowl. Remove the forcemeat from the chicken and press it through a sieve. Cut the chicken into joint arrange on a warm dish. Thicken the cooking liquid with the sieved forcemeat and serve separately in a sauceboat.

Chicken in a salt crust

In a bowl mix together 1 kg (2 ¼ 9 cups) plain (all-purpose) flour, the same weight of coarse sea salt and 100 ml (4 fl oz. 7 tablespoons) cold water, Knead this dough and roll it out on a pastry board. Sprinkle the inside of a chicken with salt and pepper and insert a sprig of rosemary, a bay leaf, its own liver and the livers of 2 other chickens. Place the chicken on the dough, wrap it up and seal it, place on a baking sheet and cook in a preheated oven at 160 °C (325 °F, gas 3) for 1 ½ hours. Break off the hard salty crust and discard, remove the chicken and carve. Serve with a salad dressed with walnut oil.

Chicken Maryland

Cut the raw chicken into joints and dip the pieces into cold milk. Drain them, coat with flour and fry in butter until golden. Continue cooking over a very low heat, turning once, until cooked through. Meanwhile, place the carcass and giblets in a saucepan with garlic, onion, a little stock and some milk. Bring to the boil and simmer for a few minutes, then strain the liquid and pour over the fried chicken pieces. Garnish with fried bacon rashers (slices) and serve with corn fritters or grilled (broiled) corn on the cob.

Chicken mireille

Heat 65 g (2 ½ oz. 5 tablespoons) butter in a sauce pan and gently cook a large Bresse chicken, cut into 8 pieces are firm, but not coloured, add 500 ml (17 fl oz. 2 cups) dry white wine and reduce until almost all the liquid has evaporated. Add 1 kg (2 ¼ lb) fresh morels, carefully cleaned, washed and patted dry, then 1 litre (1 ¾ pints 4 ½ cups) double (heavy) cream cook gently for 35 minutes.

Remove the pieces of chicken and the morels and arrange on a hot serving dish. Reduce the cooking liquid to 500 ml (17 fl oz. 2 cups) Thicken it with 1 egg yolk, whisking over the heat but not allowing it to boil. Pour this sauce over the chicken.

Chicken petit-duc

Cook some morels and truffle slivers in butter. Saute a chicken a brun, then drain it and keep warm in a serving dish. Deglaze the pan in which the chicken was cooked with 3 tablespoons Madeira, reduce and then moisten with 150 ml (¼ pint 2/3 cu) demi-glaze sauce. Garnish the chicken with the morels and truffles and pour the sauce over.

Chicken rosiere

Stuff a large roasting chicken with panada forcemeat made with cream, truss and bard it then cook in white stock, like chicken with tarragon. Prepare separately some slices of calves, sweetbreads cooked in white stock, and a mushroom puree. Untie the chicken, remove the barding fat, cut into joints and arrange in a round dish, surround by the calves, sweetbreads and the forcemeat, cut into slices. Pour over all this a sauce made from the cooking liquid, strained and reduced. Serve the mushroom puree separately.

Chicken with artichokes

Saute a chicken a brun, adding some artichoke quarters (blanched in salted water) halfway through the cooking period. Drain the chicken and its garnish, arrange in a serving dish and keep warm. Deglaze the cooking pan with white wine and stock, reduce, thicken with a little beurre manie and pour this sauce over the chicken and artichokes. Sprinkle with chopped parsley.

Chicken with basil

Saute the chicken a brun. Drain it and arrange on a warm dish. Deglaze the cooking pan with 200 ml (7 fl oz $\frac{3}{4}$ cup) dry white wine. Add 1 tablespoon chopped fresh basil and whisk in 50 g (2 oz. 4 tablespoons) butter. Pour this sauce over the chicken.

Chicken with ceps

Saute a chicken a brun in equal quantities of butter and oil. Three quarters of the way through the cooking time, add 300 g (11 oz 4 cups) ceps or other mushrooms, sliced and sauteed in oil, then 2 chopped shallots. Finish cooking. Arrange the drained chicken and mushrooms in a serving dish. Deglaze the casserole with 100 ml (4 fl oz 7 tablespoons) white wine reduce, then pour it over the chicken and mushrooms. Sprinkle with chopped parsley. A small crushed garlic clove can be added to the sauce.

Chicken with cream

Saute a chicken a blanc, drain it arrange on a serving dish and keep warm. Pour off the cooking fat from the pan, add 150 ml ($\frac{1}{4}$ pint, $\frac{2}{3}$ cup) dry cider and reduce until all the liquid has evaporated. Then mix in 200 ml (7 fl oz, $\frac{3}{4}$ cup) double (heavy) cream and reduce just enough to make the sauce very smooth, adjust the seasoning. Pour the sauce over the chicken and sprinkle with chopped parsley. The chicken can be flamed in Calvados, or the cider can be replaced with white wine.

Chicken with oysters

Saute a chicken a blanc. Poach 12 oysters in their own liquid. Drain the cooked chicken and keep warm in a serving dish. Deglaze the cooking pan with 100 ml (4 fl oz 7 tablespoons) white wine and the liquid from the oysters, reduce by half and add 100 ml (4 fl oz. 7 tablespoons) chicken veloute sauce. Add a squeeze of lemon juice, then 40 g time. Arrange the oysters around the chicken and pour the sauce over.

Chicken with plantains

Saute a chicken a brun in a flameproof casserole, when golden, add 1 large chopped onions, 5 peeled tomatoes and 250 g (9 oz) streaky bacon, cut into pieces. Cook for 1 hour, occasionally adding a little cold water to prevent the fat from blackening season with salt and pepper. While the chicken is cooking cut 12 plantains in half and boil them in a saucepan of water for 30 minutes. Drain them and place in a casserole with the chicken, simmer for a further 15 minutes. Serve very hot.

Chicken with rice a la bourbon

Fry a large roasting chicken with a little lard (shortening) in a flameproof casserole, until just golden. Add 1 finely chopped onion, 2 whole carrots, 1 tablespoon tomato puree (paste) and a bouquet garni. Season with salt and pepper half, cover with stock and cook gently for $1\frac{1}{4}$ - $1\frac{1}{2}$ hours, according to the size of the bird.

Blanch 250 g (9 oz $1\frac{1}{4}$ cups) rice for 5 minutes, then drain and cool. Add twice its volume of stock to the rice and cook until soft, but do not allow the grains to disintegrate (about 18 minutes) Pack into a greased ring mould and unould on to a round serving dish. Cut the chicken into pieces and arrange in the middle. Strain the chicken cooking liquid

and pour it over the chicken.

Chicken with rice and supreme sauce

Truss a large chicken as for roasting and cook it in white stock, like chicken with tarragon, but for only 40 minutes. Blanch 250 g (9 oz. 1 ¼ cups) rice for 5 minutes, drain it, rinse it and drain once more. Drain the half cooked chicken, strain the stock, then return the chicken to the casserole, add the drained rice and the stock it should come to about 3 cm (1 ¼ in) above the rice. Add 25 g (1 oz 2 tablespoons) butter and continue cooking gently for 20 minutes. With the rest of the stock, make a supreme sauce. Place the chicken on a warm dish, pour over a little of the sauce and surround with rice. Serve the remaining sauce separately in a sauceboat.

Chicken with tarragon

Clean a large roasting chicken and put a bunch of tender tarragon sprigs inside it. Truss as for roasting, rub lightly with half a lemon and bard the breast and back with thin slices of rindless bacon. Place in a flameproof casserole and just cover with white stock, adding a small bunch of tarragon. Cover, bring quickly to the boil, then cook gently for about 1 hour (when pricked, the juice which comes out of the chicken should be clear). Drain the chicken, untie it and remove the barding fat and the tarragon leaves and put it in a warm place on a serving dish.

Thicken the cooking liquid with a little arrowroot or beurre manie strain it and add 2 tablespoons chopped fresh tarragon. Pour a little of this sauce over the chicken and serve the remainder in a sauceboat.

Alternatively, the casserole can be deglazed with a glass of white wine and a little thickened and strained veal stock to which a handful of chopped tarragon elaves has been added.

Chicken with tarragon in aspic

Cook a large roasting chicken in white stock as in the recipe for chicken with tarragon. Drain it, untruss it and pat dry, leave it to cool, then place it in the refrigerator.

Skim the fat off the cooking liquid and strain it, then heat it, adding 20 g (¾ oz. 3 envelopes) powdered gelatine completely dissolved in cold water. In a saucepan, whisk together 100 g (4 oz. ¾ cup) lean minced (ground) beef, 1 egg white and a handful of tarragon elaves, roughly chopped. Add the cooking liquid, whisking all the time, and bring to the boil. Simmer gently for 30 minutes, then strain the liquid, add 100 ml (4 fl oz. 7 tablespoons) Madeira and leave to cool.

Steamed stuffed chicken with ragout of broccoli

Peel 100 g (4 oz) carrots and 100 g (4 oz) turnips. Chop very finely and cook in boiling water. At the same time, cook separately 100 g (4 oz) unpeeled courgettes. (zucchini) in boiling water making sure they remain firm. Drain thoroughly and dice.

Braise 500 g (18 oz) calves, sweetbreads until brown and cut into small dice. Strain the braising juices and reduce to a quarter of their original quantity. Pour 100 ml (4 fl oz 7 tablespoons) of this reduced juices on to the sweetbreads, finely chopped carrots, turnips and courgettes.

Using a wide kitchen knife, flatten 4 chicken fillets between 2 pieces of cling film

(plastic wrap) Sprinkle a little pepper on top, then put a small amount of sweetbread mixture in the centre. Roll individually into small cylinders and wrap in cling film. Steam for 20 minutes.

Cook 575 g (1 ¼ lb) broccoli for a few minutes in boiling salted water. Fry 1 finely chopped onion and 150 g (5 oz. 2/3 cup) lardons of smoked streaky bacon in 20 g (¾ oz 1 ½ tablespoons) butter, until golden, then add the broccoli. Season with salt and pepper and keep warm. Unwrap the chicken filets and cut them in half. Put 2 half chicken fillets on each plate and pour over the braising juice. Arrange the broccoli and the smoked bacon around the fillets.

Spring Chicken

Frbilled spring chicken

Prepare the spring chicken en crapoudine, Sprinke with salt and pepper, brush lightly with clarified butter on both sides and half roast it in a preheated oven at 240°C (475°F. gas 9) Mix 2 tablespoons mustard with a little cayenne and brush this over the chicken. Coat generously with fresh breadcrumbs and sprinkle with a little clarified butter. Finish cooking under the grill (broiler) on both, side Serve with gherkins (sweet dill pickles) lemon halves and devilled sauce.

Fried spring chicken

Cut a spring chicken into 6 pieces (2 wings, 2 legs and 2 pieces of breast) Mix 2 tablespoon oil with 1 tablespoon lemon juice, some salt and pepper, a little cayenne, 1 finely chopped garlic clove, 1 tablespoon very finely chopped parsley and, if liked ½ teaspoon ground ginger. Marinate the chicken pieces in this mixture for 30 minutes. Drain them coat in breadcrumbs, then deep fry very hot oil (180°C, 350°F) When they are golden (13-15 minutes) drain on paper towels, sprinkle with the salt and serve with lemon quarters.

Spring chicken a la sicilienne

Boil some pasta shapes in salted water. Drain, reheat for a few minutes in very hot butter, then mix with a puree of pistachio nuts. Sprinkle with salt and pepper and leave to cool. Stuff the chickens with this mixture and truss them, then spit-roast basting frequently. Three-quarters of the way through cooking, sprinkle with fresh breadcrumbs and allow to colour. Serve the cooking juices as a gravy separately.

CHICK PEAS A bushy leguminous plant, cultivated in southern Europe for its rounded edible pealike seeds, which are enclosed in pods. The English name is derived from the French chicke, from the Latin cicero is said to have been so nicknamed because of the pea shaped wart on the end of his nose. The plant originated in the Mediterranean basin and the seeds may be sold dried or precooked in cans.

Dried chick peas should always be soaked before cooking Canned chick peas are cooked and need draining, then rinsing. Used in purees, soups and stews, they feature in numerous dishes in the south of France and also in Spain and the Middle East olla podrida, puchero, hummus and cocido. They are a traditional ingredient in sauces served with

couscous and are used in various preparations with dried beans and even in salads. Chick peas and chick pea flour (besan) are also popular in Indian cooking.

RECIPES

Chicken peas a la catalane

Soak 500 g (18 oz. 3 cups) chick peas in cold water for at least 12 hours, changing the water several times. Drain them and place in a pan with a carrot, an onion, 2 celery sticks and the white part of an onion, 2 celery sticks and the white part of a leek, all thinly sliced. Add a piece of smoke bacon weighing about 250 g (9 oz) and a bouquet garni and cover with 2 litres (3 ½ pints 9 cups) cold water. Bring to the boil, skim, add salt and pepper, reduce the heat and add 3-4 tablespoons oil.

Simmer gently for 2-3 hours, depending on the quality of the chick peas. Then add a piece of strong chorizo and cook for a further 30 minutes. Remove the bouquet garni, the bacon and the chorizo and drain the chick peas. Then put the chick peas into a saucepan together with 200 ml (7 fl oz. ¾ cup) tomato sauce spiced with garlic. Cut the chorizo into slices, the bacon and add them to the chick peas. Simmer for 15 minutes, pour into a deep dish and serve piping hot.

Ragout of mutton with chick peas

Soak some chick peas in cold water for at least 12 hours, changing the water several times. Then place in a large pan of cold water allowing 2 litres (3 ½ pints, 9 cups) for every 500 g (18 oz, 3 cups) chick peas. Bring to the boil, skim add some salt and simmer gently for about 2 ½ hours. Drain.

Prepare a mutton ragout a la bonne femme, but add the chick peas (instead of potatoes) with the bacon. Cook for a further 30 minutes.

CHICORY (ENDIVE) A winter vegetable with tightly bunched leaves that form a firm elongated heart. In about 1850, a peasant from the Brussels suburbs observed that wild chicory roots cultivated in warmth and shade grew elongated shoots with yellowish edible leaves. Later, a Belgian botanist called Brezier improved the technique of etiolation to produce the modern chicory. It first appeared at Les Halles in Paris in October 1879.

The nomenclature of this vegetable is rather confusing it is called chicory in English and endive or Belgian endive in the United States (in England, endive is a curly leaved salad plant called chicory in America) For the sake of clarity, the English nomenclature is used in this article.

Chicory is grown in northern France, Belgium (where it is called chicon or witloof and cooked au gratin, virtually a national dish) and the Netherlands, and is available from October to May. Carefully cleaned and packed, and kept in the dark to prevent it from turning green the chicory should be firm, shiny, swollen and unblemished.

Chicory for coffee Certain varieties of chicory in the north of France and in Belgium with large smooth roots are used as a substitute for coffee. These roots are dried, cut, roasted and then ground to make an infusion. Chicory is produced commercially in the form of grounds, a soluble powder or as a liquid extract. It gives a bitter and very dark coloured drink, which is often blended with breakfast coffee. Chicory has been used as

a substitute for coffee since 1769) first in Italy and then in German, It does not have the aroma or stimulating properties of coffee.

Trimming and preparation Remove any damaged leaves, rinse the chicory quickly in water, dry and wipe. Avoid soaking it in water, because this makes it bitter. Hollow out a small cone about 2.5 cm (1 in) high from the base using a knife this is where the bitterness is concentrated. Never scald or blanch chicory.

Chicory can be served raw in salads with vinaigrette and often with hard boiled (hard cooked) eggs and any of the various ingredients used in winter salads, including beetroot (red beets) apples, nuts, cheese and orange or pgrapefruit quarters. For cooked dishes, chicory heads are braised and drained, they can then be coated with bechamel sauce, sprinkled with noisette butter, served with gravy or with plain butter and herbs, topped with grated cheese and browned, or made into a puree. They can be served as an accompaniment to roasts and poultry. They can also be braised, make into a chiffonade or prepared as fritters, (especially when served with fish). As a main dish, chicory is braised rolled in slices of ham and coated with a port and raisin sauce, or stuffed (with a fatty or lean stuffings) and browned on top.

RECIPES

Braised chicory

Trim and wash 1 kg (2 ¼ lb) chicory and place in a flameproof casserole with 25 g (1 oz. 2 tablespoons) butter, a pinch of salt, the juice of a quarter of a lemon, and 3 tablespoons water. Bring quickly to the boil without a lid, then leave to boil over a medium heat for 35 minute.

The chicory can also be braised by cooking very gently in 50 g (2 oz. 4 tablespoons) butter, with a pinch of salt and a few drops of lemon juice, but without water, for 45 minutes.

Chicory a la Mornay

Braise some chicory heads, drain them, and add 300 ml (1/2 pint, 1 ¼ cups) Mornay sauce to the cooking juices. Coat an ovenproof dish with this sauce and put the chicory in the dish. Cover with more sauce, sprinkle with grated cheese and then lightly with melted butter, and brown in a preheated oven at 240 °C (475 °F, gas 9).

Chicory au gratin

Braise some chicory heads and drain them thoroughly. Arrange them in a gratin dish that has been buttered and sprinkled with grated cheese (Comte, Gruyere, Parmesan or even dried Edam). Sprinkle the chicory with more grated cheese and melted butter, then brown in a preheated oven at 240 °C (475 °F, gas 9)

Chicory fritots

Braise some chicory heads, keeping them fairly firm, then drain thoroughly and leave to cool. Cut them into quarters and steep for 1 hour in olive oil containing some lemon juice and pepper. Drain, dip in batter and deep fry in very hot oil (180 °C, 350 °F. When the fritters have turned golden, remove sprinkle with fine salt and serve with fried parsley.

Chicory puree

Braise some chicory until very soft, then rub through a sieve or use blender to obtain a puree. Butter or cream can be added (reduce the cream a little first) as can white sauce use 300 ml (½ pint, 1 ¼ cups) sauce per 1 kg (2 ¼ lb) puree. The puree can be browned in a hot oven if desired.

Chicory salad a la flamande

Wash and wipe some fresh chicory. Separate the leaves and divide them in half, trimming if necessary. Wipe thoroughly. Sprinkle lightly with lemon juice to prevent discoloration. Add some diced cooked beetroot (red beet) and garnish with peeled orange quarters. Season with a mustard vinaigrette and sprinkle with chopped hard boiled (hard-cooked) egg yolk and chopped chives.

Chicory with Ham

Braise some chicory heads. Prepare some very thick white sauce (enough for 2-4 tablespoons per head) and add 50 g (2 oz. ½ cup) grated Gruere cheese per 250 ml (8 fl oz. 1 cup) sauce. Drain the chicory heads, wrap each in a slice of Paris ham and arrange side by side in a buttered gratin dish. Cover with the hot white sauce, sprinkle with grated Gruyere cheese and dot with butter. Brown in a preheated oven at 240 °C (475 °F, gas 9).

Chicory with noisette butter

Braise some chicory heads, drain them and put them in a serving dish. Add 20 g (¾ oz, 1 ½ tablespoon) butter to the cooking juices and reduce until they turn brown. Sprinkle the chicory with the noisette butter.

Scallop and chicory cassolettes

Cut 1 kg (2 ¼ lb) chicory into 1 cm (½ in) segments, wash, drain and sprinkle with lemon juice. Season with salt and sugar, and 2 tablespoon groundnut (peanut) oil and fry for 7-8 minutes in butter without covering the pan. Shell and trim some scallops, put them in a frying pan, season with salt, pepper and a little cayenne, and brown (3-4 minutes) keeping them fairly soft. Arrange them in cassolettes on top of the chicory. Reduce 3 tablespoons port by two thirds, add the juice of a lemon and 50 g (2 oz. 4 tablespoons) butter cut into pieces, then whisk into an emulsion. Add a little lemon zest, pour over the scallops and serve.

CHIFFONNADE A preparation of sorrel, chicory lettuce or other leaves, cut into even shreds or strips. Cutting en chiffonnade in the term for shredding, green leaves. The leaves may be cut very finely or into wider strips as required for the recipe. A chiffonnade may be softened in butter garnish moistened with stock, milk or cream and used as a garnish for soup. Lettuce chiffonnade may be used to garnish cold bors d'oeuvre.

RECIPES

Chiffonnade of chicory with cream

Wash and dry the chicory (endive) and remove the small bitter cone situated at the root. Cut the leaves into thin strips 1 cm (½ in) wide. Melt some butter in a shallow frying pan and add the chicory use 40-50 g (1 ½ -- 2 oz, 3-4 tablespoons) butter for each 1 kg (2 ¼ lb) chicory. Stir and add ½ teaspoon sugar, 2 tablespoons lemon juice, and salt and pepper. Cover the pan and cook gently for 30-35 minutes. Stir in 100-150 ml (4-5 fl oz ½-¾ cup) double (heavy) cream and heat quickly. Serve very hot.

Chiffonnade of cooked lettuce

Prepare in the same way as chiffonnade of raw lettuce. Melt some butter in a shallow frying pan and add the lettuce chiffonnade and some salt use 40 g (1 ½ oz. 3 tablespoons) butter per 500 g (18 oz.) lettuce leaves. Cook gently without a lid until all the vegetable juice from the lettuce has evaporated. Then add 2 tablespoons double (heavy) cream and reheat.

Chiffonnade of raw lettuce

Wash and dry some lettuce leaves, discarding the coarser leaves. Roll up several leaves and cut each roll into very thin strips. Toss in vinaigrette if it is to be used as a garnish for meat, fish or cold shellfish. It may also be mixed with green walnuts, a julienne of ham, meat or cold chicken

and Emmental cheese, and then sprinkled with vinaigrette and chopped herbs.

CHILL To cool an item of food, a drink or a dish quickly. Ice cream is chilled by surrounding it with crushed ice or by placing in the freezer so that it sets. Jellies, cold mousses and terrines are chilled in the coldest part of the refrigerator prior to serving. When preparing some foods, such as certain forcemeats, the ingredients should be chilled when mixed by placing them in a bowl over crushed ice.

Champagne is chilled by placing the bottle in a bucket of crushed ice and water (never in the refrigerator). A cocktail is chilled by shaking it with ice in a cocktail shaker or pouring the mixture over crushed ice.

CHILLI Related to the pepper (sweet or bell pepper) this is a hot fruit of the capsicum family generally referred to as a spice but, depending on type, also used as a vegetable. Native to South America, there is now a vast array of different chillies, ranging from mild varieties to extremely fiery examples, and a large number of types are found in Mexico and the West Indies. Some traditional West Indian varieties have colourful names, for example zozio pepper, meaning parrot's tongue. Chinese lantern pepper and seven courts bouillonn pepper.

Portuguese and Spanish explorers introduced chilli peppers to Asia, they were then taken to the Middle East, Africa and Europe. Harissa, a chilli sauce used in North African cooking, is known particularly as a seasoning for couscous. Pickled chillies are often served whole in the Middle East. Several kinds of chillies are used in Indian cooking fresh or dried as chilli powder, and India is one of the world's foremost chilli producers. Sichuan cuisine, in China makes use of small hot chillies many Indonesian and Thai dishes are also spiced with small, hot chillies.

In Europe, the cooking of Spain and Portugal includes mild and hot chillies, dried chillies feature in Italian dishes and fresh chillies are used in some regional Italian specialities.

Chilli products include dried chillies, whole or crushed in flakes, chilli powder, of which there are different types, chilli sauces, chilli paste, and chilli oil (oil infused with chillies).

Mild and sweet to fiercely hot One of the best known scales for grading the heat of chillies is the Scovilla heat scale, devised in the United States of America early in the last century and based on taste tests for detecting capsaicin, the substance that gives the chillies their hot flavour. The score ranges from units for sweet peppers to 120,000 units or more for some of the very hot African chillies. In terms of buying chillies for home use, most stores indicate whether they are mild, hot or very hot, it is a good idea to remember that some of the very small chillies are extremely hot. Small and dark green are usually good indicators of a hot flavour. There are of course, also large and/or red varieties with a powerful flavour.

Individual taste also varies and those who are used to eating chillies do not notice the heat, so they require more for an intense flavour. Those who do not eat chillies often should take care when making authentic dishes from areas where chillies are widely used, such as Mexico and India, as the amount suggested may be far too hot for the uninitiated palate. Try chillies and their products sparingly at first until acquainted with their flavour.

Types of chillies. Chillies range in colour from pale creamy white through green, yellow, orange, red to black. They may be tiny or large and long, similar to long sweet peppers. As for all ingredients, as their international popularity has grown and their use become more varied, many plants, have been crossed to provide a broader range. The following examples give some indication of the choice, but there are literally hundreds used in cooking around the world.

Preparing chillies Chillies may be used whole (then removed from the dish before serving for a mild flavour) or cut up. Large mild chillies can be stuffed or prepared in other ways as a vegetable. The seeds inside chillies are extremely hot and should be removed unless a fiery result be required. Capsaicin is the alkaloid substance that gives chillies their hot flavour it is also a severe irritant which can burn the skin, particularly delicate areas around the eyes and nails or any

cuts. Capsacin is particularly concentrated in the white fibrous core and path, and the seeds. When rinsed under running water, hot chillies give off a pepper gas. Always wash your hands thoroughly after preparing chillies and avoid touching your eyes, alternatively, use disposable plastic gloves to prepare chillies.

CHILI CON CARNE A Mexican dish that is popular throughout the United States it was a typical dish in the cookery of the pioneers of Texas. The name means literally chili peppers with meat, and the authentic dish is a ragout of minced (ground) or cubed beef cooked with thinly sliced onions and seasoned with chili peppers, powdered cumin and other spices. Red kidney beans are sometimes added during the cooking although purists object to them.

CHILLI POWDER A hot spice prepared from ground dried red chillies and varying in intensity. The type of chillies are not usually specified and the spice is usually hot some products are labelled as hot chilli powder indicating that they are extremely hot. Some types of chilli powder include other spices of ingredients, for example, chili powder or seasoning used for chilli con carne may be flavoured with cumin, garlic and oregano.

CHIMAY ALA The name of various preparations dedicated to the Princes of Chimay (formerly Madame Tallien) who was a regular guest at the sumptuous dinners given by the Vicomte de Barras under the Directory. Chicken a la chimay is a dish of lightly braised chicken stuffed with buttered noodles and foremeat, coated with gravy and served with noodles and bunches of asparagus tips. Hard boiled or soft boiled eggs a la chimay are prepared with mushrooms and cooked au gratin.

RECIPE

Hard boiled eggs a la Chimay

Cut some hard boiled (hard cooked) eggs in half lengthways and remove the yolks. Pound the yolks in a mortar with an equal amount of very dry mushroom duxelles. Fill the white with the mixture and arrange them in a buttered ovenproof dish. Coat with Mornay sauce and sprinkle with grated Gruyere cheese. Moistn with melted butter and bake for a few minutes in a preheated oven at 240 °C (475 °F gas 9)

CHINESE ARTICHOKE A plant cultivated for its edible tubers. Originating in Japan, this delicate vegetable was brought to France by the agronomist Paileux and first cultivated in 1882 at Crosne. Chinese artichokes taste similar to Jerusalem artichokes, once cleaned and blanched, they may be fried, cooked slowly in butter or prepared like Jerusalem artichokes. The Chinese artichoke was a very popular exotic vegetable between 1890 and 1920, but since then its popularity has declined, despite its delicate flavour, because it dried out quickly and takes a long time to peel.

RECIPE

Preparation of Chinese artichokes

Instead of peeling with a vegetable peeler, place the Chinese artichokes in a strong linen cloth with a handful of sea salt and shake them vigorously. Wash them and remove all the remaining skin. Alternatively they may be scrubbed and cooked in their skins. Blanch slightly in slated water, then cook them slowly in butter in a pan with the lid on, without letting them colour. Prepared in this way. Chinese artichokes may be served as a vegetable or as a garnish for roasts. They may also be dressed with cream, herbs or gravy.

CHINESE CABBAGE Of the numerous varieties of Chinese cabbage, two are readily available in most supermarkets pak choi (bok choy) and pe-tsai. Example of these are shown in the illustration of vegetables in the cabbage family accompanying the entry on Cabbage.

Pak choi does not form a heart its white and fleshy leaf stalks somewhat resemble celery sticks and it has bright green leaves. The elongated leaves have smooth edges and are 20-50 cm (8-20in) in long. Pak choi is stir-fried or added to soups and casseroles.

The popular Chinese cabbage or Chinese leaves known as pe-tsai, resembles a large cos lettuce, the heart reaches 40-50 cm (16-20 in) and its irregularly serrated leaves extend to the base of their stalks. It is eaten raw and finely shredded in salads poached or stir fried.

In Chinese cookery, stir-fried or braised cabbage is often part of composite dishes of fish and shellfish, poultry or meat. The cabbage may also be used in mixed vegetable dishes or in vegetarian dishes. The leaves may be filled, folded into bundles or rolled and steamed. They are sometimes, used as scoops for eating finely cut, full flavoured cooked mixtures, such as minced poultry, pigeon or meat.

RECIPE

Chinese cabbage a la pekinoise

Remove the outer leaves from a Chinese cabbage and slice the heart into 10 cm (4 in) strips. Cut some very thin slices of ham to the same length and finely slice 5 or 6 spring onions (scallions) and their stems. Heat 2 tablespoons oil in a shallow frying pan, add the cabbage and brown for 2-3 minutes. Arrange the pieces of cabbage in a steaming basket, add the sliced onion and a little fine salt, and steam for 30 minutes. Then insert the slices of ham between the pieces of cabbage and steam for a further 4-5 minutes. Serve the cabbage and ham together.

Sichuan style Chinese cabbage

Clean a Chinese cabbage and cut it into pieces about 3 cm (1 ¼ in) long. Wash, blanch, cool and drain. Heat 3 tablespoons oil in a frying pan. Chop a large garlic clove and lightly brown it in the oil. Add the cabbage a little Sichuan pepper and some salt, stir well and leave to cook for 1 minute. Then add 1 teaspoon caster (superfine) sugar and stir well for 1 minute. Adjust the seasoning and serve very hot.

CHINOIS A conical strainer with a handle. There are various models the chinois with a metallic mesh is used for straining broths, sauces, fine creams, syrups and jellies, which need to be very smooth, the perforated tinplate chinois is used to strain thick sauces, which are pressed through with a pestle to remove the lumps.

CHINOIS CONFIT The French name for a small bitter Chinese orange, macerated in several syrups of increasing concentration then drained and crystallized. The tree that produces this fruit is native to China, but grows wild in Sicily. The chinois is usually green, as it is picked before it is ripe, when it is considered to be at its best for crystallization.

CHINON A mainly red AOC wine of the Loire/They are extremely over the left bank and to the banks of the Vienne, its tributary, around the ruins of the castle where Joan of Arc came to find the Dauphin and encouraged him to kick the English out of France. Later, Rabelais, whose family had a vineyard at the foot of the citadel, sang the praises of the wine of Chinon. He called it this good Breton wine that does not grow in Brittany, because chinon is made from the Cabernet Franc grape, known locally as the Breton.

Fuller styles of Chinon with potential for long term ageing are produced mainly on the tuffeau limestone slopes of Cravant les Coteaux, while lighter wines are produced from vines grown on the sandy, gravelly soils near the river.

CHINONAISE, ALA In classic French cookery, a garnish for large joints of meat comprising potatoes sprinkled with chopped parsley and small balls of cabbage stuffed with sausage meat and braised.

In the region of Chinon, hare and lamprey, lightly browned in walnut oil, are also described as a la chinonaise.

CHIPOLATA A small fresh sausage, about 2 cm ($\frac{3}{4}$ in) in diameter, made with medium or coarsely chopped sausage meat enclosed in a natural casing or a synthetic one. Chipolatas are eaten fried or grilled. The name comes from the Italian word cipolla and was originally applied to a stew made with onions and small sausages.

CHIPOLATA, A LA A garnish for game, braised poultry, meat or eggs consisting of braised chestnuts, glazed small onions, glazed carrots, sauteed mushrooms, blanched and lightly fried strips of bacon and fried chipolatas. The garnish may be bound with reduced Madeira sauce.

In classic French cookery, the term describes a pudding based on pig's kidney, forcemeat and small sausages.

RECIPE

pudding a la chipolata

Stone (pit) 12 Agen prunes and steep for 1 hour in red wine. Brown a thinly sliced pig's kidney a chopped veal. Flavour with mixed spice and salt. Cook 4 tablespoons large macaroni until al dente. Grease and flour a fine cloth. Mix the kidney, macaroni, forcemeat and prunes with 16 chipolatas and tie the mixture very tightly in the cloth. Poach for 1 hour in either a chicken broth or a very concentrated stock. Untie the pudding and serve hot with a charcutiere sauce.

CHIPS (FRENCH FRIES) Fingers of potatoes, deep fried until crisp and golden outside, tender inside. Chips are thicker than French fries, which are cut in thin sticks. American potato chips are called crisps in Britain.

Good chips are cooked in very hot, high quality oil or fat, drained when tender and very lightly browned, then fried very briefly a second time. This makes the chips crisps and slightly puffy.

CHIQUE A large bonbon made of cooked sugar filled with almonds and flavoured with mint, aniseed or lemon. Chiques from Montluçon and Allauch are famous.

CHIQUETER A French culinary term, meaning to indent the edges of vol-au-vent cases, pies and cheese straws with a small knife. This helps them to swell during cooking and is decorative.

CHIROUBLES One of the Beaujolais regional wines smooth, light and fruity, this is possibly the one that is the most enjoyable when drunk young and cool.

CHIROUBLES One of the Beaujolais regional wines smooth, light and fruity, this is possibly the one that is the most enjoyable when drunk young, and cool.

CHIVES An alliaceous plant, related to the spring onion (scallions) that produces small elongated bulbs and clumps of tubular green leaves. The leaves are chopped and used for seasoning salads and omelettes.

CHIVRY A flavoured butter containing herbs that may be used with cold hors d'oeuvre. It is also used to flavour chivry sauces. The chivry sauce served with fish is made with a fish stock, while the sauce served with poached chicken or soft boiled (soft cooked) or poached eggs is prepared with a chicken veloute.

RECIPES

Chicken a la chivry

Poach a chicken in a white stock. Slowly cook some green asparagus tips in butter and prepare some green peas a la franchise. Cook some artichoke hearts in a court bouillon and use half of them to garnish the asparagus tips and the other half to garnish the peas. Arrange the vegetables around the chicken and coat with chivry sauce.

Chivry butter

To prepare about 250 g (9 oz. 1 cup) butter use 150 g (5 oz. 2 cups) mixed parsley, tarragon, chervil, chives and, if possible, burnet, and 2 tablespoons chopped shallot. Blanch the mixture for 3 minutes in boiling water, drain, cool immediately in cold water and wipe dry. Chop very finely (or pound in a mortar) add 200 g (7 oz. $\frac{3}{4}$ cup) butter, season with salt and pepper and press through a fine sieve.

Chivry sauce for eggs and poultry

Put 100 ml (4 fl. oz. 7 tablespoons) dry white wine. 1 teaspoon finely chopped shallot and 1 tablespoon chopped chervil and tarragon in a small saucepan. Reduce by half. Add 300 ml (1/2 pint, 1 $\frac{1}{4}$ cups) chicken veloute and reduce by a third. Finally add 2 tablespoons chivry butter and press, through a fine sieve.

Soft boiled or poached eggs a la chivry

Fry some round croutons and place a soft boiled (soft-cooked) or poached egg on each. Garnish with asparagus tips that have been slowly cooked in butter and coat with chivry sauce.

CHLODNIK An iced soup of Polish origin, common to several Slavonic countries. The word literally means refreshment. The soup is made with sorrel beetroot (red beet) leaves and cucumber puree. It is sometimes thickened with wheat semolina, flavoured fennel and tarragon, and garnished with various ingredients, such as slices of hard boiled eggs, crayfish and fresh diced cucumber.

CHOCOLATE Essentially a mixture of cocoa and sugar, to which milk, honey, dried fruits or other products may be added.

The first French chocolate factory was situated in Bayonne, where a guild of chocolate makers had existed since 1761. The city exported chocolate to Spain and Paris, and its trade calendar of 1822 quotes more than 20 prestigious firms.

In 1778 the first hydraulic machine for crushing and mixing the chocolate paste appeared in France, and in 1819 Pelletier built the first factory to use steam. It was at about this time that the famous family businesses were set up in Europe. Van Houten in the Netherlands (1815). J. Van Houten discovered a method of solubilization in 1828. Cadbury and Rowntree in England and Suchard, Nestle, Lindt and Kohler in Switzerland. Docteur Peter, a Swiss, was responsible for the invention of milk chocolate in 1818. After 1885, the chocolate industry was developed throughout the world.

Chocolate is not only used in confectionery but is also an essential ingredient of numerous cakes, pastries and desserts.

Soon after its introduction into France, the medical profession considered chocolate to be a panacea for fevers and chest or stomach illnesses. Cocoa was registered in the codex in 1758 and the confectioners of the 18th and 19th centuries gladly became apothecaries, chocolate was believed to have medicinal qualities. Chocolates were sold by Debauxe and others of his profession. These included pungatives, cough mixtures, aids to digestion, aids to put on weight antispasmodics, tonics and carminatives. The expression health chocolate, for the mixture containing only sugar and cocoa, remained common until the beginning of the 20th century.

Chocolate products Apart from the wide variety of confectionery and chocolate snack products, there are also preparations intended for use in cooking.

- Cocoa powder. This is normally unsweetened. It is strongly flavoured and widely used in cooking, particularly in baking, as well as for flavouring drinks.
- Drinking Chocolate This is a mixture of sugar and cocoa. Its main use is for flavouring drinks. It is used in some baking recipes, but its sugar content makes it unsuitable as a direct substitute for cocoa powder its flavour is also milder.
- Chocolate Flavoured Care covering. These are inexpensive products with a low cocoa butter content and containing a high proportion of vegetable fat. They are manufactured to melt easily and successfully, but they have an inferior flavour and are not recommended for use in good quality recipe.
- Types of chocolate
- Chocolate converture. This is high quality plain or bitter chocolate for use in cooking and preparing confectionery. It has a high cocoa butter content and is suitable for use in gâteaux, mousses and chocolate icing (frosting) or sauces.
- Plain or Bitter Dessert Chocolate (semisweet or bittersweet) This is dark in colour and lightly sweetened. There are many types of different quality, some less sweet and more bitter than others.
- Mix Chocolate. This is sweeter and has milk solids added. Again, the types and quality vary.
- White Chocolate. This is available in varying qualities. It is made from sweetened pale cocoa butter.

The quality of chocolate The quality of chocolate depends both on the quality of the raw materials and on the care taken at the different stages of manufacture roasting and crushing the cocoa beans and mixing the cocoa paste or mass with sugar and possibly milk.

A good chocolate is shiny brown, breaks cleanly and is free of lumps, tiny burst bubbles and white specks. It melts on the tongue like butter, has a true flavour of chocolate rather than of cocoa and is neither greasy nor sticky.

The cocoa butter content and price are indicators of quality. Inferior chocolate may contain a small proportion of cocoa butter and other vegetable fats.

For cakes and desserts, it is best to choose a dessert chocolate with a high cocoa content, the flavour may be intensified by adding unsweetened cocoa. For coating decoration, icing or making fondants, chocolate converture is used.

Tempering chocolate This different fats in cocoa butter melt at different temperatures. To achieve a smooth, glossy result some types of chocolate with a high cocoa butter content have to be tempered before use. This involves heating and cooling specific temperatures, then working the chocolate with a palette knife or spatula to ensure that the fats are thoroughly combined. Chocolate converture has to be tempered before use.

Classic chocolate dishes. The basis of chocolate cakes is often a sponge cake mixture, a Genoese cake mixture or a meringue. Sachertorte, Doboschtorie and Black Forest gâteau bear witness to the quality of chocolate patisserie in Germany and Austria. Italy is renowned for the traditional New Year's Eve cake, the pan pepato of Ferrara a brioche flavoured with cocoa, sweetened with honey, enriched with almonds and lemon zest, coated with chocolate and decorated with sweets and Sicilian cassata. In France, the great classics are the Queen of Sheba the Yule log, the dacquoise, marble cake paves and the various desserts that are decorated with chocolate vermicelli or grated chocolate also be added to confectioner's custards and it may be mixed with butter and used as a filling, for example in eclairs and choux. It may also be used in the sauce that coats profiteroles, Belle-Helene fruits, puddings, brioches or iced desserts.

Chocolate is a basic flavoring for ices, ices-cream desserts and cooked custards. It is also used in various charlottes, souffles and mousses.

When making biscuits it may be used as a filling or a coating and in Viennese baking it is used to make small chocolate flavoured loaves.

Chocolate is used extensively in confectionery for making a great variety of bouchees, truffles,

chocolate and Eastern eggs.

The use of chocolate in savoury cookery is less well known. Chocolate was commonly used by the Aztecs and one of the great dishes of Mexican cookery is still mole poblano de guajolote. In 1809, Baron Brisse suggested cooking scoter with chocolate. In Spain, two dishes use bitter chocolate in a sauce, calves tongue and langouste, specialities of Aragon. Finally, in Sicily, there is a popular recipe for jugged hare with chocolate.

RECIPES

Bacchus

Two days in advance, prepare some macerated raisins, wash 75g (3 oz. 2/3 cup) Californian raisins or sultanas (golden raisins) in lukewarm water changing the water several times. Soak for 4 minutes, then drain and place in a non stick saucepan. Cook gently, stirring until the raisins are hot. Add a small liqueur glass of rum and flammable white rotating the saucepan. When the raisins have coloured slightly, remove from the heat, then transfer to a dish. Cover and leave to macerate for 2 days.

Make two meringue bases using 6 egg whites and 100 g (4 oz ¾ cup) icing (confectioner's) sugar, whisked into a soft meringue. Fold in 100 g (4 oz. 1 cup) ground almonds and bake the mixture in a Swiss roll tin (jelly roll pan) Leave to cool in the tin. Make a chocolate sponge cake base and whipped chocolate ganache. Prepare a syrup with equal quantities of water and granulated sugar flavoured with a little rum.

Saturate the chocolate sponge with this syrup. Add two thirds of the raisins to the ganache. Assemble the cake, starting with a layer of the almond base, then add a layer of ganache with raisins, chocolate sponge, another layer of ganache and, finally a second layer of the almond base. Decorate the top with a few raisins. Glaze the whole cake with pouring ganache. Place in the refrigerator until set. Serve with creme anglaise and any remaining macerated raisins.

Chocolate cake

Separate 3 eggs. Add 125 g (4 ½ oz. ½ cup) aster (superfine) sugar to the yolks and beat until the mixture is pale, thick and foamy.

Break 150 g (5 oz. 5 squares) bitter (bittersweet) chocolate into small pieces in a saucepan. Heat it gently with 4 tablespoons milk in a bain marie with the lid on.

Blend 125 g (4 1/2 oz. 1/2 cup) softened butter with the chocolate, stir until it has melted and become smooth and then pour the chocolate mixture into a warm mixing bowl. Immediately add the egg yolk mixture and stir briskly. In a clean bowl, whisk the egg whites until stiff. Add 125 g (4 ½, oz. 1 cup) plain (all-purpose) flour to the chocolate mixture and stir until combined. Then quickly fold in the whisked egg whites.

Pour the mixture into a buttered mango mould and bake in a preheated oven at 190 °C(375 °F, gas 5) for about 45 minutes.

Meanwhile, prepare a caramel with 2 tablespoons sugar, 1 tablespoon water and 1 tablespoon vinegar. Roll 10 walnuts in the caramel and set aside on oiled plate.

When the cake is cooked, leave it to cool in its mould and prepare a chocolate icing (frosting) Turn out the cold cake on to a rack over a dish. Pour the icing over the cake and spread it over the top and sides with a palette knife. Decorate with the walnuts.

Chocolate Genosse sponge

Melt 65 g (2 ½ oz. 5 tablespoons) butter in a bain marie and use part of it to butter a Genoese mould.

In a heartproof bowl, mix 75 g (3 oz. 6 tablespoons) caster (superfine) sugar with an equal quantity of cocoa and 4 eggs. Place over a saucepan of hot, not boiling water or in a bain marie,

and whisk until the mixture is greatly increased in volume and thick. Remove from the heat or bain marie and continue to whisk until completely cool (the mixture should run off the whisk in a ribbon).

Fold in 125 g (4 ½ oz. 1 cup) plain (all-purpose) flour and the remaining melted butter. Pour into the mould and cook in a preheated oven at 180 °C (350 °F, gas 4) for 25 minutes.

Turn the cake out on to a rack and leave it to cool. Cut the cake horizontally in half. Sandwich the layers of cake together with chocolate butter cream or whipped cream. The outside may be spread with cream and coated with toasted chopped almonds.

Chocolate ice cream

Beat 4 egg yolks and 200 g (7 oz. ¾ cup) caster (superfine) sugar, together until pale and thick. Melt 250 g (9 oz. 1 ½ cups) grated bitter (bittersweet) chocolate in a covered pan with 200 ml (7 ft. oz ¾ cup) water. Add 1 litre (1 ¾ pints, 4 ½ cups) boiling milk to the chocolate and stir well until the mixture is completely smooth. Pour the boiling chocolate mixture over the egg yolk mixture and cook over a very gentle heat until the custard coats the spoon. Immediately dip this saucepan in cold water to prevent further cooking and continue to beat until the cream is lukewarm. Stir it occasionally until it is completely cold. Complete the ice cream in the usual way.

For a richer ice cream, replace 200 ml (7 ft. oz. ¾ cup) of the milk with the same volume of double (heavy) cream, and use 10 egg yolks instead of 8.

Chocolate icing

Sift 100 g (4 oz. 1 cup) icing (confectioner's) sugar. Melt 125 g (4 ½ oz) bitter (bittersweet) chocolate in a bain marie, working it with a wooden spoon. Add the sifted icing, sugar, then 65 g (2 1/1 oz. 5 tablespoons) butter. When the mixture is completely smooth, add 40 g (1 ½ oz, 3 tablespoons) caster (superfine) sugar and 1 tablespoon double (heavy) cream. Stir until smooth, then remove at once from the heat.

CHOCOLATE A hot or cold drink made by mixing chocolate or cocoa in water or milk, or mixture of both.

It was in the form of a drink that chocolate was discovered in Mexico and then introduced into Europe by the Spanish. The Aztecs prepared a highly spiced beverage with cocoa beans that were roasted, pounded in a mortar and mixed and flavoured with pepper, chills, vanilla annatto and sometimes honey and dried flowers. The emperor Montezuma had zocoatl of different colours served in gold cups at the end of meals. The people also consumed large quantities of chocolate in the form of a thick paste, often thickened with cornflour.

The Jesuits were the first to improve this exotic product in order to make a profit from it. Chocolate, at this time was always prepared with water, but it was very sweet and flavoured with vanilla strengthened with ambergris and musk. Soon chocolate became fashionable among Spanish high society.

In 1615, Ann of Austria introduced this novelty to the French court and her maids of honour circulated the recipes. Even under Louis XIV, who had little sympathy for his queen liking for his drink, chocolate was still regarded as a curiosity. It was in England that it became customary to prepare it with milk and even to add Madeira and beaten eggs. The Church did not consider that chocolate broke the fast (although doctors thought it more nourishing than beef and mutton) and the days of Lent became already sweetened. Society ladies had the drink served in church during the sermons. The Marquise de Sevigne wrote. The day before yesterday. I took some chocolate to digest my dinner in order to sup well, and I took some yesterday evening so as to nourish myself well and be able to fast until evening that is why I find it pleasant because it acts according to the purpose.

RECIPES

Foamy chocolate

For 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{2}$ cups) milk, allow 200-250 g (7-9 oz. 7-9 squares) chocolate and 1 tablespoon vanilla floured sugar or a pinch of powdered cinnamon. Break the chocolate into the chocolate begins to soften, add the chosen flavouring together with a small cup of boiling milk. Beat the chocolate thoroughly with a whisk. Then gradually pour in the remaining milk. Warm over a gentle heat, whisking at all the time to make the chocolate foamy. For a richer drink. 100 ml (4 fl oz. 7 tablespoons) single (light) cream may be added. The vanilla or cinnamon may be replaced by 1 tablespoon instant coffee.

Ice chocolate

Prepare a foamy chocolate as in the recipe above, but reduce the quantity of chocolate to 125-150 g (4 $\frac{1}{2}$ - 5 oz. 4 $\frac{1}{2}$ - 5 squares) and add 2-3 tablespoons caster (superfine) sugar. Allow the chocolate to cool completely and then put it in a blender, adding crushed ice. Serve immediately.

Viennese chocolate

Melt 200 g (7 oz. 7 squares) chocolate in a bain marie with a cup of milk. Stir, while letting it come to the boil slowly (about 10 minutes). Heat 750 ml (1 $\frac{3}{4}$ pint, 3 $\frac{1}{4}$ cups) milk with 1 tablespoon sugar. Pour it into a saucepan and whisk for 5 minutes. Make a Chantilly cream by whisking 5 tablespoons double (heavy) cream with 2 tablespoons icing (confectioner's) sugar and flavour with vanilla. Pour the chocolate into cups and top each with a dome of Chantilly cream.

CHOCOLATE POT A tall vessel for serving hot chocolate. It is often shaped like a truncated cone or like a jug, with a spout and a horizontal wooden handle. The chocolate pot has a lid pierced with a hole for a beater to pass through to make the chocolate foam. The pot may be made of silver plated metal, solid silver, porcelain or earthenware. The first models, which came from Spain with Maria Theresa of Austria, appeared in France in the reign of Louis XIV.

CHOCOLATES Confectionery made from chocolate or covered in chocolate. There are many different types of filled chocolate, the filling may consist of coloured and flavoured fondant cream, praline, almond paste, soft caramel, nougat, liqueur or liqueur soaked fruit. The chocolate coating is very liquid when hot and rich in cocoa butter. In the case of liqueurs, these are first poured into starch moulds to crystallize, the liqueur sweets are then removed from the starch and carefully brushed before being coated. Fruit, such as cherries in brandy, are first dipped in fondant and then coated in chocolate after about two weeks, the moisture from the cherry causes the fondant layer to liquefy, producing a cherry liqueur.

The coating for moulded chocolates is poured into moulds, which are immediately turned over, thereby emptying most of the chocolate and leaving only a thin film which forms the outside of the chocolate. The filling is then poured into the mould and allowed to set. Finally, the chocolates are sealed with chocolate coating which becomes the base.

CHOCOLATE TRUFFLE Confectionery made of chocolate melted with butter or cream, sugar and sometimes eggs. The truffles are flavoured with brandy, rum, whisky, vanilla, cinnamon or coffee and shaped into balls, which are coated with chocolate or rolled in cocoa.

Chocolate truffles, which keep only for a short time, are traditionally given at Christmas in France. They are a good accompaniment to coffee. Muscadines are long truffles, dipped in chocolate, then sprinkled with icing (confectioner's) sugar. Chambéry truffles, or truffettes, a speciality of the town, are made of praline mixed with chocolate, fondant icing and butter, then coated with cocoa and sugar or rolled in grated chocolate.

RECIPES

Chocolate truffles with butter

To make 20 truffles, melt in a bain marie 250 g (9 oz. 9 squares) bitter (bittersweet) chocolate

with 1 tablespoon milk. When the mixture is very smooth, add 100 g (4 oz ½ cup) butter cut into small pieces and mix well. Blend in 2 egg yolks, then 3 tablespoons double (heavy) cream and 125 g (4 ½ oz. 1 cup) icing (confectioner's) sugar. Leave in the refrigerator for 25 hours. Shape the truffles rapidly, spooning out the paste with a teaspoon and rolling it into walnut sized balls on a marble surface with the palm of the hand. Drop them one by one into a bowl containing 50 g (2 oz. ½ cup) unsweetened cocoa, twisting the bowl to coat the truffles with cocoa. Store in a cool place.

Chocolate truffles with cream

Melt 300 g (11 oz 11 squares) bitter (bittersweet) chocolate and 75 g (3 oz. ¾ cup) pure cocoa with 120 ml (4 ½ fl. oz. ½ cup) strong coffee in a bain marie. Mix well. Heat 250 ml (8 fl. oz. 1 cup) double (heavy) cream and as soon as it starts to boil, mix with the chocolate paste. Remove from the heat and leave for a few hours in a cool place. Pipe into small balls on foil, leave in a cool place for 1 ½ hours then roll in pure cocoa.

Truffles to paprika

Melt 150 g (5 oz, 5 squares) bitter (bittersweet) chocolate. Add 175 ml (6 fl. oz. ¾ cups) boiling whipping cream and mix well. Leave to cool, finely chop 40 g (1 ½ oz 3 tablespoons) prunes in Armagnac and incorporate into the paste. Shape into small balls and roll in a mixture of half unsweetened cocoa, half mild paprika. Store in a cold place.

CHOESELS A speciality of Belgian cocokery consisting of a ragout made with various kinds of meat and offal (variety meats) especially beef pancreas simmered with onions and beer.

RECIPE

Choesels a la bruxelloise

Clean and blanch a choice calf's sweetbread, cool it under a press and cut it into thin slices. Cut an oxtail into pieces. Clean a heifer's kidney and cut it into pieces. Peel and finely slice 100 g (4 oz. 1 ½ cups) onions. Heat 100 g (4 oz. ½ cup) clarified beef dripping in a frying pan, add the pieces of oxtail and sweetbread, and brown gently for 45 minutes. Then add 1 kg (2 ¼ lb) breast of veal cut into even sized pieces, together with the thinly sliced onions. Brown again, still stirring for 30 minutes. Add the pieces of kidney. When they have stiffened, add 300 ml (1/2 pint 1 ¼ cups) lambic (belgian beer) a bouquet garni salt and a pinch of cayenne. Cook very gently for 30 minutes. Finally add a bottle of lambic and 500 ml (17 fl. oz. 2 cups) mushroom stock to the choesels.

CHOISEUL A preparation of poached sole or fillets of sole coated with a white wine sauce containing a julienne of blanched truffles.

CHOISY Any of various preparations containing lettuce. The Choisy garnish for meat (tourmedos steak, veal chops or rib of veal) combines chateau potatoes with braised lettuce. Choisy omelette is filled with a creamed lettuce chiffonade and surrounded by a thin border of cream sauce. Sole Choisy is poached, coated with white wine sauce and garnished with julienne of lettuce and mushrooms. Potage Choisy is a cream of lettuce soup.

CHOLENT A Jewish stew containing beans and kosher beef or chicken, traditionally prepared in a sealed pot and cooked in ashes. The name is derived from the Hebrew word for warm. Does

CHOP The technique of cutting food into very small pieces, using either a knife or a hand chopper or food processor. The resulting food is cut into small pieces, fairly even in size and the texture varies from very coarse to very fine, depending on requirements. The French term *baçage* can also describe food that has been chopped, although the more common French word

is hachis.

CHOP. Also known as a cutlet. A small cut of meat comprising a rib bone and the meat attached to it. The animal whose meat is sold by butchers normally have 13 pairs of ribs, commonly called ribs for beef, chops or cutlets in veal and lamb, chops to pork and cutlets or noisettes in stag or venison.

Beef – The rib with the bone in is a prime cut, for roasting in the oven or grilling. It is marked and full of flavour and can be of various thicknesses. The back ribs, which are cut into slices entrecote style, are somewhat finer in texture, when boned, they can be roasted in the same way as boned middle rib, whose flavour is very fine.

Mutton and lamb . Best end of neck cutlets (cut from the loin with a long bone often decorated with a paper frill when serving) have lean flesh which forms a central nut surrounded by fat. The middle neck cutlets are more fatty, with meat which extends along the bone Loin chops (both Joints) do not have the long bone and the nut is joined to a band of meat with strips of fat in it, rolled up on itself.

What the French call lamb chops are lamb cutlets cut across the best end (ribs) and comprising two cutlets joined together at the bone, but cut less thick than a single one. They are also known as honeties d agneau

Pork . Loin chops from the hind loin have lean and fairly dry meat. When cut from the foreloin, they are more fleshy wider and more tender. When taken from the spare rib they are more fatty Chinese spare ribs come from the belly and are often barbecued. In wild boar, both mature and young, the cutlets can be eaten marinated and fried.

Veal. Prime and best end of neck cutlets (ribs) are lean and tender in the centre, more fatty at the edge, and can be fried or grilled, Middle neck cutlets which are firmer and more sinewy, are better fried . Loin chops are fairly wide, they are often stuffed and sometimes coated in breadcrumbs. The Parisian chop is a slice from the breast.

CHOPE A large cylindrical goblet with a handle, used for drinking beer. It appeared in France in about 1845, at the time when the great Paris brasseries were set up. The chope is made of stoneware, pottery, thick glass or sometimes copper and may be fitted with a hinged lid.

CHOPSTICKS Chopsticks are used as cooking and eating utensils in the Far East. They can be made of bamboo, lacquered wood, plastic, china or ebony and often bear simple designs or elaborate decoration. Chinese chopsticks are sometimes slightly larger than Japanese chopsticks, and the latter are tapered to pointed ends.

In the same way as etiquette is applied to the use of knives and forks, there are correct and polite methods of handling chopsticks. They must not be sucked (since they are considered to be an extension of the fingers) and the tips should be at the same level, the ends, however must never be stood on the table in order to bring them together. According to Chinese etiquette, they must be held in the middle. If they are held too high, it is considered a sign of arrogance, too low means lack of elegance. In Japan, however the higher they are held the better. Etiquette also dictates the ways in which chopsticks should be laid on the table and set aside during or at the end of a meal.

Chopsticks used in food preparation and cooking are larger and longer. Especially long ones are used for rearranging and mixing food during cooking, for example, when stir frying..

CHOP SUEY A popular Chinese style dish invented at the end of the 19 century in the United States very immigrant Chinese cooks for their American customers. It consists of a mixture of Oriental vegetables, particularly bean sprouts, sometimes accompanied by seafood or meat (such as chicken or pork)

RECIPES

Chopsuey

Prepare a julienne of young vegetables in season, such as carrot, turnip, leek, onion, peppers and courgettes (zucchini) Place them in a shallow frying pan with some oil 2 tablespoons for 500 g (18 oz, 4 ½ cups) vegetables. Stir well, and cook for 4-5 minutes, stirring frequently. During the cooking time, cut some spring onions (scallions) into small sticks. Pick over and rinse some bean sprouts and drains. Chop finely 1 small garlic clove and dice some peeled and seeded tomatoes. Add the bean sprouts to the pan, mix well and stir fry for 1 minute. Finally add the tomato, onion, garlic, pepper and 2 tablespoons soy sauce to 500 g (18 oz 4 ¼ cups) vegetables with a little salt if necessary. Mix and serve hot. This mixture may also be seasoned with 1 teaspoon sesame oil.

CHORBA A thick Arabic soup, made from pieces of lamb's tail and lambs cutlets sauteed in oil with onions and tomatoes to which coungrettes garlic thyme and bay leaves are added. This is covered with water, finished off with whole haricot beans or chick peas, and seasoned with red pepper, black pepper and saffron. Before the soap is served, macaroni or vermicelli and dried fruit is added. Similar dishes are found in the cooking of the Balkans, with the Yugoslav corbat and the Romanian or Bulgarian etobed.

CHORIZO Spanish sausage flavoured with red peppers available as two main types. The cooking variety is spain's main pork sausage and it may be smoked or plain, varying according to focal recipes, but red in appearance and yielding bright coloured juices flavoured with garlic during cooking. Sausages tied with red string are hotter than those with ordinary string.

The second type of chorizo is the cured sausage larger than the cooking sausage, this pava appear is sliced and eaten as a tapa, served uncooked on bread.

CHORON A French cook from Caen who became chef de cuisine of the famous Voisin restaurant. He invented a hot emulsified sauce to serve with grilled fish, tournedos steaks and soft boiled or practiced eggs, and also a garnish for sauteed meat consisting of noisette potatoes with artichoke heart filled with either green peas or asparagus tips in butter. During the siege of 1870, Choron served several dishes at Voisin based on elephant including elephant's trunk in chasseur sauce and elephant bourguignon.

RECIPE

Choron sauce

Dilute 200 ml (7 fl. oz. ¾ cup) bearnaise sauce with 2 tablespoons tepid tomato puree which has been well reduced and sieved. It is essential to use a very concentrated puree.

CHOU A small sweet or savoury bun, made from choux paste, eaten cold, often filled with a cream or garnish. In patisserie, choux are often used to make croquemboucbes or are filled or iced to make profiteroles,. Savoury choux, filled with savoury mixtures, such as shellfish, vegetables, cream cheese and foie gras, are served as hors d'oeuvre.

CHOULEND A kind of Jewish ragout made with braised beef. Since the rules of the Sabbath forbid fires being lit from sunset on Friday until sunset on Saturday. The prolonged slow cooking gives these dishes a remarkable flavour.

CHOUQUETTE A small unfilled chou bun sprinkled with a little granulated sugar. Made from ordinarily choux paste, chouquettes are sold at baker's and confectioner's shops.

CHOUX PASTE Although it is often referred to as choux pastry, choux is completely different from other types of pastry such as short crust, flaky puff, filo and so on. The mixture is based on a

paste of flour and water, enriched with butter, then lightened with egg and by thorough beating. When cooked, the paste rises to form a crisp shell with a thin moist lining of cooked paste and a hollow centre. The paste can be baked to make small or large buns or rings. It can also be deep fried.

The first stage in making the paste is to heat the liquid and butter until the butter melts. This should be done slowly at first, without allowing the liquid to boil. When the butter has melted bring the mixture to the boil as quickly as possible. Add the sifted plain flour immediately and all at once, and remove the pan from the heat. Stir the mixture until it forms a smooth thick paste that comes away from the side of the pan in a soft ball. If the mixture is too thin, cook it briefly until thickened. Do not beat the paste at this stage or the fat will separate out slightly, making it oily. Leave the paste to cool slightly, then gradually mix in beaten eggs and beat until the mixture is smooth and glossy.

Flavouring ingredients, such as grated cheese, herbs, spring onions, a little sugar or vanilla, can be added to the paste. To make fritters or beignets, chopped or diced ingredients, such as vegetables or fruit, can be added.

Use a piping bag or spoon to shape the paste. Bake the paste at a high temperature first, so that it rises well, then reduce the temperature to allow the shell to cook. When cooked, the choux paste should be browned and crisp outside, hollow and moist inside. To prevent the cooked paste from softening.

Slit it as soon as it is removed from the oven to allow steam to escape.

Uncooked choux paste freezes well. Shape and open freeze the mixture, then pack the pieces in polythene bags when firm. Cook from frozen, allowing slightly longer. Unfilled cooked paste also freezes well, but it tends to soften, so should be placed in a hot oven for 1-2 minutes to crisp up before any filling is added.

RECIPES

Choux paste

To make about 40 small buns. 20 larger buns or eclairs, measure 250 ml (8 fl. oz, 1 cup) water or milk and water (in equal proportions) into a saucepan. Add a large pinch of salt and 65 g (2 ½ oz, 5 tablespoons) butter cut into small pieces. Add 2 teaspoons butter cut into small pieces. Add 2 teaspoons caster (superfine) sugar for sweet choux. Heat gently until the butter melts, then bring to the boil. As soon as the mixture begins to boil, take the pan off the heat, add 125 g (4 ½ oz, 1 cup) plain (all-purpose) flour all at once and mix quickly. Return the saucepan to the heat and cook the paste until it thickens, stirring it takes about 1 minute for the paste to leave the sides of the saucepan. Do not overcook the mixture or beat it vigorously as this will make it greasy or oily. Remove from the heat and cool slightly. Beat in 2 eggs, then 2 more eggs, one after the other, continuing to beat hard until a smooth glossy paste is obtained. Use as required.

Making choux buns or fingers

Transfer the pastry to a piping bag fitted with a plain nozzle, 1 cm (1/2 in) in diameter, and pipe small balls, 4-5 cm (1 ½ -2 in) in diameter, on to a lightly oiled baking sheet, spacing them out so they do not stick to each other as they swell during cooking. Alternatively pipe the paste into larger buns or fingers to make eclairs.

Bake choux pastries in a preheated oven at 220°C (425 °F, gas 4) and continue to cook, allowing a further 10 minutes for small buns or up to 25 minutes for large puffs. Transfer cooked choux pastries to a wire rack to cool and split them immediately to allow steam to escape, so that they stay crisp outside, but slightly moist on the inside.

Savoury Choux

Cheese puffs

Prepare a bechamel sauce using 25 g (1 oz. 2 tablespoons) butter, 25 g (1 oz, ¼ cup) plain (all-

purpose) flour and 300 ml. (½ pint 1 ¼ cups) milk. Add 75 g (3 oz. ¾ cup) grated Gruyere or Cheddar cheese, or 50 g (2oz. ½ cup) Parmesan, a little grated nutmeg, salt and pepper . Leave to cool until lukewarm. Fill the split choux buns or finger with this mixture. Cover with foil and reheat gently in a preheated oven at 160 °C (325 °F, gas 3) As an alternative, the quantity of cheese may be reduced by half and 75 g (3 oz. ¾ cup) finely diced ham added.

Choux a la nantua

Fill some small cooled choux buns or fingers with cold crayfish mouse. Keep hem cool. They can be served with a hot natua sauce if desired.

Green vegetable puffs

Fill some small cooled choux buns or fingers with a thick puree of green peas, French beans and asparagus tips, bound with cream.

Sweet Choux

Almond choux fritters

To make about 20 fritters, use 500g (18 oz) choux paste and 100 g (4 oz. 1 cup) shredded almonds. Scatter the almonds over a baking sheet and bake in a preheated oven at 220 °C (425 °F, gas 7) until golden. Mix these almonds with the choux paste. In a deep pan, heat some oil to 175 °C (345 °F) Drop teaspoonfuls of paste into the oil to make the fritters, which turn over by themselves in the oil when they are cooked (about 6 minutes) Cook them in batches of 10. Drain the fritters on paper towels and serve them hot, sprinkled with plenty of icing (confectioner's) sugar. They may be accompanied with a fruit sauce, such as apricot, cherry or raspberry.

Apple cream puffs

Fill some choux with a well blended mixture of thick apple puree and a third of its weight of confectioner's custard flavoured with Calvados. Dust the choux generously with icing (confectioner's) sugar.

Chantilly cream puffs

These are made to resemble swans. Prepare some choux paste, using the quantities in the basic recipe, and place it in a piping bag fitted with a plain 1.5 cm (3/8 in) diameter nozzle. On to a lightly oiled baking sheet, pipe 10 oval-shaped buns, each about the size of a soup spoon. Now replace the nozzle with one 4-5 mm (about ¼ in) in diameter and pipe 10 'S' shapes, 5-6 cm (2-2 ½ in) long on to the sheet. Cook the S shapes, which will be the swans necks. Following the basic recipe, allowing about 15 minutes for the S shape once the temperature is reduced and 20-25 minutes for the buns.

During this time, prepare this Chantilly cream, using 400 ml (14 ft oz. 1 ¾ cups) very cold double (heavy) cream, 100 ml (4 ft oz. 7 tablespoons) caster (superfine) sugar and 1 tablespoon vanilla sugar. Place the cream, milk and vanilla sugar in a chilled bowl and begin to whip. When the cream starts to thicken, add the caster sugar while continuing to whip. Place the cream in cool place.

Split and cool the buns. Then cut the top off each bun and cut the tops in half lengthways, they will form the swans wings. Fit the piping bag with a large diameter fluted nozzle, fill the bag with the Chantilly cream and fill the buns with it, forming a dome on each. Place a neck at one end of each bun and stick the wings into the cream on either side. Dust generously with icing (confectioner's) sugar.

Cherry cream puffs

Prepare some confecitoner's custard, flavour it with kirsch and add some stoned (pitted) well-drained cherries in syrup. Separately prepare some white fondant icing (frosting) flavoured with kirsch. Fill and decorate the choux as for coffee cream puffs.

Chiboust coffee cream puffs

Prepare enough choux paste for 12 puffs. Using a piping bag, pipe the paste into balls on a buttered baking sheet and sprinkle with shredded almonds. Cook them, leave to cool, then fill with Chiboust cream flavoured with coffee. Cool before serving so that the cream becomes firm.

Chocolate cream puffs

Prepare some confectioner's custard and flavour it with melted chocolate. Separately prepare some chocolate fondant icing (frosting) using 200 g (7 oz. $\frac{3}{4}$ cup) fondant icing and 50 g (2 oz. $\frac{1}{2}$ cup) cocoa blended with 2 tablespoons water. Fill and decorate the choux as in the recipe for coffee choux.

Coffee cream puffs

Fill some cooked choux with confectioner's custard flavoured with coffee essence (strong black coffee). Prepare 200 g (7 oz. $\frac{3}{4}$ cup) fondant icing (frosting), flavour it with coffee essence (or instant coffee made up with 2 tablespoons of water) and heat until it is runny. Ice the tops of the puffs with the fondant and leave to cool completely.

Pastry cream puffs

Prepare 12 choux and fill them with confectioner's custard made using 250 ml (8 fl. oz. 1 cup) milk, 3 egg yolks, 50 g (2 oz. $\frac{1}{4}$ cup) caster (superfine) sugar, 100 g (4 oz. 1 cup) plain (all-purpose) flour. Flavour the custard to taste. The filled puffs may be dusted with icing (confectioner's) sugar or iced with fondant and, if desired, decorated with crystallized (candied) fruits.

Pastry cream puffs with grapes

Prepare some confectioner's custard, flavour it slightly with marc brandy and add some fresh grapes with the skins and seeds removed. Fill some choux with the custard and sprinkle them generously with icing (confectioner's) sugar.

CHRISTMAS The feast of the Nativity of Christ, some of whose customs and celebrations are taken from the pagan festival of the same date, which is officially replaced in AD 336.

Prominent among the festivities is the distribution of gifts, a custom often associated with one of the great figures of popular myth- St. Martin in Belgium, Germany and the Netherlands, St. Nicholas in the north and east of France, and Father Christmas. An ancient custom in many regions of France is for god parents to give their godchildren a cake in the shape of puppet, a swaddled infant or perhaps just a spangle. In Ardeche this cake is known as Pere Janvier. In northern France it is called cougnou (cugnot or cougnant, hersthbroden in Flemish) and consists of a brioche cake decorated with raisins and sprinkled with icing sugar. In Berry the cake is called naulet.

The custom of the village children going from house to house on Christmas Eve is a very ancient one. Good wishes and Christmas carols brought their reward, traditionally food bacon, eggs, flour, sweet candies, dried fruit and cakes. In Burgundy the cornette, a cornet shaped wafer made from cornmeal, has given its name to the annual round of visits. In Touraine, children are given the guillaumeu, a long cake split at both ends, specially made for the event.

The Christmas meal. The main celebration of Christmas centres on a special meal, although what is eaten varies from country to country. In France the traditional Christmas meal was the reveillon, a supper eaten on Christmas morning, immediately on returning from Midnight mass. The word comes from reveiller, meaning to begin a new watch after Midnight Mass. The length of the three low masses and the time taken to walk to church and back used to justify a substantial meal eaten in the early hours of Christmas morning.

Virtually throughout France, roast turkey with chestnuts has become the classic Christmas dish. In former times, different regions of France had their own specialities, a daube in Armagnac, sauerkraut and goose liver in Alsace, aligot in Auvergne, black pudding (blood sausage) in Nivernais and goose in south western France. In the southeast, a large supper was eaten before Mass, consisting of cauliflower and salt cod with raito, or perhaps snails, grey mullet with olives or omelette with artichokes and fresh pasta.

In Germany carp is the traditional Christmas dish, and in some regions carp are still fattened for Christmas from August onwards. However, the main dish today is more likely to be goose, turkey, venison, wild boar, a roast or even veal schnitzel. Some traditional foods are always eaten, particularly apples, walnuts and almonds.

In Sweden, a centuries old tradition at Christmas was marinated ling served in a white sauce with butter, potatoes, mustard and black pepper. This has been replaced by a new favorite dish, roast goose stuffed with apples and prunes and garnished with red cabbage, caramelized potatoes and cranberry sauce, dessert may be rice porridge or rice with almonds covered with cherry compote. In Norway, large roast pork chops are served with sauerkraut flavoured with cumun, while the Finns cook a ham in a rye flour pastry case. All Scandinavian countries celebrate Christmas with a sumptuous smorgasbord.

CHRISTMAS CAKE A fruit cake traditionally eaten in Britain over the Christmas period. Rich in dried fruits, almonds, spices and usually alcohol. After baking, the top and sides are spread with apricot jam, covered with a thin layer of almond paste, then coated with icing (frosting) and decorated. Glace (candied) cherries and sprigs of holly can provide a simple seasonal finishing touch.

CHRISTMAS PUDDING A British steamed fruit pudding traditionally served at Christmas and also known as plum pudding. Containing suet, breadcrumbs, flour and a high proportion of dried fruit, it is boiled or steamed for several hours and served flambéed with rum or brandy. It improves with keeping and can be stored for up to a year.

This pudding has a long recorded history. It was first made as a Christmas Eve dish of frumenty, with hulled wheat and milk. By the early medieval period, it was made with meat broth thickened with oatmeal and flavoured with eggs, currants, dried plums and spices such as mace and ginger, it had become plum porridge. Elizabethans changed the oats to breadcrumbs and added suet, ale or wine. The big change came with the invention of the floured cloth for boiling puddings. By 1675, it became a round cannonball shape, and remained so for 250 years. The Victorians replaced the dried plums with raisins, currants and peel. Basin puddings were introduced well into the 20th century.

Charles Dickens, in *A Christmas Carol*, alluded to this distinctive pudding to which the English remain greatly attached. Oh All that steam The pudding had just been taken out of the cauldron. Oh. That smell. The same as the one which prevailed on washing day. It is that of the cloth which wraps the pudding. Now, one would imagine oneself in a restaurant and in a confectioner's at the same time, with a laundry next door. Thirty seconds later Mrs. Cratchit entered, her face crimson, but smiling proudly, with the pudding resembling a cannon ball, all speckled, very firm, sprinkled with brandy in flames and decorated with a sprig of holly stuck in the centre. Oh! The marvellous pudding.

RECIPE

Christmas pudding

Finely chop 500 g (18 oz, 3 ½ cups) suet. Wash and dry 500 g (18 oz, 3 cups) seedless raisins, the same amount of sultanas (golden raisins) and 250g (9 oz, 1 ½ cups) currants. Finely chop 250 g (9 oz, 1 ½ cups) candied peel or 125 g (4 ½ oz, ¾ cup) orange peel and 125 g (4 ½ oz, 1/2 cup)

orange peel and 125 g (4 ½ oz ½ cup) glace (candied) cherries. 125 g (4 ½ oz 1 cup) blanched almonds and the zest of 2 lemons. Mix all the ingredient together with 500 g (18 oz. 9 cups) fresh breadcrumbs. 125 g (4 ½ oz 1 cup) plain (all-purpose) flour, 1 tablespoon mixed spice the same amount of cinnamon, half a nutmeg (grated) and a pinch of salt. Add 300 ml (1/2 pint, 1 ¼ cups) milk and, one by one 7 or 8 beaten eggs. Next, add 300ml (1/2 pint 1 ¼ cups) rum (or brandy) and the juice of 2 lemons. Mix everything together thoroughly to obtain a smooth paste.

Wrap the mixture in floured cloths, shaping the portions into balls, or spoon into a greased pudding basin (heatproof mould) Steam or boil.

Keep the pudding in its cloth or basin for at least 3 weeks, in a cool place. Before serving steam the pudding for 2 hours, then turn it out, sprinkle it with rum or brandy and serve it blambeed, decorated with a sprig of holly.

CHRISTMAS YULE LOG A log shaped cake, traditionally prepared for the Christmas festivities. It is usually made of rectangular slices of Genoese is usually made of rectangular slices of Genoese sponge spread with butter cream and placed one on top of the other, and then shaped into log, it is coated with chocolate butter cream, applied with a piping bag to simulate bark. The cake is decorated with holly leaves made from almond paste, meringue mushrooms and small figures. A Swiss roll (jelly roll) may be used instead of sliced Genoese cake. There are also ice cream logs, some made entirely of different flavoured ice creams and some with the inside made of parfait or a bombe mixture.

The cake is a fairly recent creation of the Parisian pastrycooks, inspired by the real logs which used to be burned in the hearth throughout Christmas Eve. Before then, the cakes of the season were generally brioches or fruit loaves.

RECIPES

Chestnut log

Line 2 shallow square cake tins (pans) measuring about 23 cm (9 in) square with squares of greaseproof (wax) paper. Prepare a Genoese cake mixture using 125 g (4 ½ oz. 1 cup) plain (all-purpose) flour. 4 eggs and 125 g (4 ½ oz ½ cup) caster (superfine) sugar. Spread the mixture in the buttered lined tins with a moistened metal spatula, leaving a gap of 2 cm (¾ in) between the mixture and the top of the tin. Put straight into a preheated oven at about 180 °C(350 °F, gas 4) and bake for 25-30 minutes. Take the tins out of the oven, turn over on to a cloth and immediately remove the paper from the bottom of the cakes. Cover with another cloth and allow to cool.

Prepare 200 ml (7 fl oz. ¾ cup) sugar syrup by boiling 100 g (4 oz. ½ cup) granulated sugar with 100 ml (4 fl oz. 7 tablespoons) water and flavour it with rum or vanilla. To prepare the chestnut mixture, soften 225 g (8 oz, 1 cup) butter with spatula and add 450 g (1 lb. 2 cups) chestnut cream and if, desired, 2 tablespoons rum. Beat the mixture for 6-8 minutes until light and fluffy, then divide into 2 portions. Soak the 2 squares of cake in the cooled sugar syrup and spread each with half the chestnut mixture. Place the 2 squares of cake facing each other and roll the first one up tightly, then wrap the second one over the first. Cut both ends off diagonally and stick these to the top of the log to represent knots in the wood. Place the cake in the refrigerator for 1 hour. Soften the remaining cream again and cover the entire log with it. Mark with the prongs of a fork to imitate the bark. Decorate with 8 marrons glaces, put back in the refrigerator and dust with icing (confectioner's) sugar just before serving.

Chocolate log

Prepare Genoese cakes as for the chestnut log. To prepare the syrup, boil 100ml (4 fl. oz, 7 tablespoons) water and 100 g(4 oz, ½ cup) granulated sugar in a small saucepan allow to cool, then add 2 tablespoons rum. Finally, prepare a chocolate flavoured butter cream using 400 g (14

oz 1 ¾ cups) butter. Using a pastry brush, cover the 2 cakes with rum syrup, coat with three quarters of the cream and roll up as for the chestnut log. Completely cover the log with the remaining cream and make uneven furrows along it with a fork. Decorate with small sugar or meringue shapes and store in a cool place until required for serving.

CHRYSANTHEMUM The petals are used in Japan, China and Vietnam for adding to salads. Their taste is similar to that of cress.

CHTCHI Also known as tschy or stschy. A thick Russian soup, based on braised sauerkraut cooked in a thickened stock, to which are added pieces of blanched brisket of beef, poached duck or chicken, salted bacon and smoked sausages. Chtchi is served in a soup tureen with smetana and fennel or chopped parsley. Chtchi is also prepared with green vegetables.

CHUB A freshwater fish 30-50 cm (12-20 in) long with a greenish brown back and silvery belly. Several species are known the common chub has a big round head, others have angular heads. All have quite soft flesh but are full of bones, they are therefore kept for fish stews (except for the smallest ones, which are sometimes eaten fried)

CHUCK A lean boneless cut of beef from the shoulder, also known as blade. This traditional cut for casseroles and stews is gelatinous and best braised slowly in dishes such as carbonade, daube or beef à la mode. The name macreuse is used for a type of wild duck whose flesh could formerly be eaten during Lent.

CHUFA Also known as tiger nut or earth almond, this is a small vegetable tuber from a plant in the sedge family. The outside is brown and slightly wrinkled, the flesh white and crisp, with a slightly sweet, nutty flavour. It can be eaten raw or cooked.

CHUMP END (LOIN) A joint of lamb, mutton or venison lying between the leg (gigot) and loin. It may be tied up, boned and stuffed before roasting or cut into succulent chops for grilling (broiling)

The French equivalent settle, means saddle, but it should not be confused with the English saddle of meat, which consists of the two joined loins. The two legs, chump end and saddle together, make an elegant banqueting dish called a baron.

The chump is a prime piece of meat, which inspired Monselet to write.

RECIPES

Chump end of Lamb Belle Otero

Bone a chump end of lamb weighing 2.25 kg (5 lb) Make a stock with 250 g (9 oz. 1 ½ cups) finely diced trimmings browned in butter with the bones, a carrot and a medium sized onion (cut up into small pieces), and season with salt and pepper. After browning add 100 ml (4 fl oz. 7 tablespoons) white wine. Reduce, then add 300 ml (1/2 pint, 1 ¼ cups) stock simmer for 1 hour, then pass through a fine strainer.

Prepare the forcemeat. Finely dice an onion, a celery stick and a carrot, and cook gently in a knob butter. Add 200 g (4 oz) whole truffles, and then 100 ml (4 fl oz. 7 tablespoons) port and 200 ml (7 fl oz, ¾ cup) strong chicken stock. Season with salt and freshly ground pepper. Cook for 15 minutes. Take the truffles out and reduce the liquid. Prepare a duxelles with 500 g (18 oz. 6 cups) button mushroom (cleaned and finely chopped, then wrung out in a cloth to extract all their juice) cooked for 10 minutes in butter with 4 chopped shallots, salt, pepper and nutmeg. To the duxelles, add 50 g (2 oz 2/3 cup) cooked diced truffles and 65 g (2 ½ oz) foie gras cut into matchsticks. Bind with a little of the truffle cooking liquid and season with salt and pepper.

Stuff the lamb with this forcemeat, then arrange the remaining truffles on top, together with another 65 g (2 1/2 oz) foie gras matchsticks. Roll and tie up the meat, wrap it in barding then tie it up again. Roast for 50 minutes in a preheated oven at 220 °C (425 °F gas 7). Serve the meat juices mixed with the truffle juices in a sauceboat. Untie the string, remove the barding and garnish the meat with bunches of buttered asparagus tips or barded artichoke hearts. Medoc would complement this dish.

Chump end of lamb Callas

Bone a chump end of lamb weighing about 2.75 kg (6 lb), trim the excess fat and season with salt and pepper. Prepare a mushroom julienne, cook it in butter and leave it to cool. Also prepare a julienne of fresh truffles. Put the truffle julienne down the centre of the meat with the mushroom julienne on each side. Roll and tie up the joint. Roast in a preheated oven at 220 °C (425 °F, gas 7) allowing 12 minutes per 450 g (1 lb). Deglaze the roasting pan with a little veal stock and sherry. Serve with buttered asparagus tips.

CHUNK A regular shaped piece obtained by cutting up an elongated foodstuff or preparation such as a celery stick or croquette mixture. The French word *tronçon* also refers to a short wide piece cut from the middle of a large flatfish such as turbot or brill.

CHURN The apparatus used for agitating cream to make butter. The traditional churn is a teak barrel which rotates about a horizontal axis. The plungers fixed to the walls assist the churning process. Modern commercial churns are made of stainless steel and the churning process is continuous. They are equipped with beaters and mixers which give the butter the required consistency and are maintained at a constant temperature of 10-13 °C (50-55 °F). The speed of rotation varies from 25 to 50 rpm.

Small plastic household churn of 3 litre (5 pint, 13 cup) capacity with stainless steel beaters are also available. They should only be half filled to allow the mechanical action to take place as the weight of the cream falls from one end to the other.

CHURROS Long, thin Spanish fritters, rolled or wound round on themselves, prepared with a batter made of cornflour (cornstarch), water with salt, and fried in boiling oil. Churros are eaten with sugar for breakfast.

CHUTNEY A savoury preserve made of fruits or vegetables cooked in vinegar with sugar and spices until it has the consistency of jam. Chutney is served as a condiment or relish. Considered as typically Indian, chutney from the Hindustani *chatni* (strong spices) is in fact a British speciality dating from the colonial era. Chutneys, sold in jars under various trade names, may contain exotic fruits as well as tomatoes, onions and familiar vegetables. Some chutneys are reduced to a pulp, others retain recognizable pieces of their ingredients, all are characterized by a syrupy and sometimes highly spiced juice which coats the ingredients.

As well as cooked chutney, fresh chutneys, made from raw ingredients may be prepared. Indian cooking includes many fresh chutneys of finely cut vegetables mixed with chopped fresh herbs and/or spices. These are not preserves, but are prepared specifically as an appetizer or to accompany particular dishes.

RECIPES

Apple and mango chutney

Peel and finely slice 1.5 kg (3 1/4 lb) cooking apples. Bring 1 litre (1 3/4 pints, 4 1/3 cups) white vinegar to the boil, put the apples in it and cook for 5 minutes. Add 500 g (18 oz. 3 1/4 cups) brown sugar, 25 g (1 oz. 1/4 cup) finely sliced chillies, 200 g (7 oz. 1 1/4 cups) seedless raisins, 200 g (7 oz. 1 1/4 cups) sultanas (golden raisins) 100 g (4 oz. 1/2 cup) sorted and washed currants. 500 g

(18 oz. 2 ¾ cups) candied lemon peel cut into large dice and 2 crushed garlic cloves. Season with 25 g (1 oz. 1 ½ tablespoons) salt. 125 g (4 ½ cup) mustard seeds and 2 tablespoons ground ginger. Finally, add 500 g (18 oz.) well drained canned mangoes. Cook for about 25 minutes. Scald some jars and pour the hot chutney into them cover and seal.

Fruit chutney

Cut ¼ red (bell) pepper into 3 mm (1/8 in) dice, having first removed the membrane and seeds. Peel 1 pear, 1 Granny Smith apple and 1 pineapple and cut into 5 mm (1/4 in) dice. Peel 25 g (1 oz.) of fresh root ginger and chop very finely. Put 2 tablespoons rice vinegar and 2 tablespoons soft brown sugar in a saucepan and bring to the boil. Add the diced pepper and fruits, ginger, 1 tablespoon currants and 5 cumin seeds. Bring to the boil and cook over a brisk heat for 15 minutes. Remove from the heat and put in a jar. It will keep a few days in the refrigerator.

Pineapple chutney

To 1 litre (1 ¾ pints, 4 1/3 cups) white vinegar, add 500 g (18 oz. 3 ¼ cups) moist brown sugar, 2 tablespoons mustard seeds, 5 cloves. 1 cinnamon stick and 1 teaspoon ground ginger. Boil for 15 minutes, then add the drained contents of 2 large cans of pineapple pieces and 250 g (9 oz. 1 ½ cups) of both sultanas (golden raisins) and raising. Leave to cook gently without a lid until the mixture has the consistency of jam. Scald some bottling jars, preferably ones with a rubber ring and a metal clip and pour the hot chutney into them.

Spanish onion chutney

Peel and slice 2 kg (4 ½ lb) Spanish onions or large mild onions. Tip them into a large saucepan along with 675 g (1 ½ lb, 3 ½ cups) brown sugar, 400 g (14 oz 2 ½ cups) raisins or sultanas (golden raisins) 400 ml (14 fl oz. 1 ¾ cups) dry white wine, 400 ml (14 fl oz. 1 ¾ cups) white wine vinegar, 2 garlic cloves, 300 g (11 oz) crystallized (candied) ginger cut into pieces, a pinch of curry powder and 5 cloves. Boil for 1 ¾ -2 hours, leave to cool completely, then put in jars.

CIDER A drink produced by the natural fermentation of apple juice. The word comes from the Greek sikera and the production of cider certainly dates from antiquity. In France regulations were introduced under Charlemagne, and in the 12th century cider making became established in Normandy and Brittany, where the climate is very favourable for growing apples. Here, cider completely supplanted barley beer.

Calvados, Manche, Orne, Ille-et-Vilaine and Mayenne remain the most important areas of production. The ciders of Dinan and Fouesnant are equally famous. Britain also produces and consumes a great range of ciders, generally pale in colour with a higher alcohol content than in France, where processes such as sweetening and reconstitution with apple concentrate are prohibited in the United States the term cider refers to pressed apple juice which is used to make sweet cider, hare cider, vinegar and applejack.

Several hundred varieties of apple are used for the manufacture of cider some are sweet, but most are rather bitter or even sour. The cider maker's skill lies in blending different varieties to obtain an agreeable and well balanced cider. The apples are gathered when ripe, then left in a heap for several days before being crushed and pressed. Fermentation, which occurs naturally without the addition of yeast or sugar, take about a month. According to its style and quality and the intended market, it may then be filtered to clarify it, and pasteurized to make it keep longer. Both still sparkling ciders are produced. Its thirst quenching tang and fruity flavour make cider a refreshing drink.

The use of cider in cooking is a characteristic of Britany and Normandy, particularly in recipes for fish chicken, rabbit and tripe. In Brittany, one sits by the fire in the evenings eating chestnuts and drinking sweet cider, as Theodore Botrel sang in La Paludicie. The bowl or cup of cider traditional in Brittany is an excellent accompaniment to the region's pancakes.

RECIPES

Chicken with cider

Peel, quarter and core 500 g (18 oz) sour apples, cut half of them into thin slices. Season the inside the gelatine that surround the meat, cut the meat into pieces and arrange in a warmed serving dish.

Lightly brown the apple slices under the grill. Wash, wipe and chop some parsley. Mix 1 egg yolk with 1 tablespoon double (heavy) cream, add it to the veal cooking liquor, then strain everything. Beat this sauce with a whisk and adjust the seasoning. Arrange the onions and mushrooms around the knuckle. Coat the knuckle with the sauce, putting a little on the garnish too. Sprinkle with chopped parsley and serve the well browned apple slices separately.

Wild rabbit with farm cider

Remove the bones from a baron (saddle and legs) of young rabbit weighing about 1.5 kg (3 ¼ lb). Prepare a brunoise of carrots, celeriac, celery sticks and leeks (green parts). Blanch the vegetables separately, then cool and bind together using 3 egg yolk. Sprinkle with salt and pepper. Prepare 200 ml (7 fl. oz. ¾ cup) rabbit stock using the bones, 2 carrot, 1 onion, a bouquet garni, 250 ml (8 fl. oz. 2 cup) farm cider, 250 ml (8 fl. oz. 1 cup) water, salt, and pepper.

Spread the baron of rabbit out on its back season with salt and pepper, and stuff it with the brunoise. Pull the sides of the legs and belly together over the brunoise and tie up with string. Lay the rabbit in an ovenproof earthenware dish or casserole containing bed of diced vegetables (2 carrots, 2 red onions and 2 shallots) mixed with diced dessert (eating) apple. Roast it with butter in a preheated oven at 240 °C (475 °F gas 9) for 15-20 minutes so that it remains pink. Keep it hot, covered with a sheet of foil.

Boil 1 litre (1 ¾ pints, 4 1/3 cups) milk and allow to cool. Peel and slice 1 kg (2 ¼ lb) potatoes, shred half a green cabbage, blanch and cool. Butter an ovenproof, preferably earthenware, dish and arrange in it a layer of the potatoes, sprinkled with salt and pepper, then a layer of the cabbage, a layer of Emmental cheese, and so on, finishing with a layer of potatoes and Emmental. To the cooled milk, add 4 well beaten eggs and a few knobs of butter and pour over the potatoes. Cook in a preheated oven at 200-220 °C (400-425 °F, gas 6-7) for 45 minutes. Keep hot.

For the sauce to accompany the rabbit, add 500 ml (17 fl. oz. 2 cups) farm cider to the pan juices and reduce by two-thirds, add a small glass of demi-glace, the rabbit stock and 250 ml (8 fl. oz. 1 cup) double (heavy) cream. Cook over a gentle heat for 5 minutes. Chop some chives and chervil and sprinkle over the sauce.

Surround the rabbit with cress and serve it with the sauce and the potato cake.

CIGARETTE A cylindrical biscuit (cookie) also called cigarette russe, prepared with langues de chat mixture. After baking, the discs are rolled into a cylinder shape around a wooden stick while they are still lukewarm and malleable.

RECIPES

Cigarettes russes

Butter a baking sheet. Melt 100 g (4 oz. ½ cup) butter in a bain marie. Whisk 4 egg whites into very stiff peaks, adding a pinch of salt. In a mixing bowl, blend 90 g (3 ½ oz. 1 cup less 2 tablespoons) plain (all-purpose) flour, 165 g (5 ½ oz. ¾ cup less 1 tablespoon) caster (superfine) sugar, 1 tablespoon vanilla-flavoured sugar and the melted butter. Carefully add the egg white. Spread this mixture on the baking sheet, making very thin discs about 7.5 cm (3 in) in diameter, bake only 3 or 4 at a time. Place them in a preheated oven at 180 °C (350 °F, gas 4) and cook for 10 minutes or until the biscuits turn golden. Loosen them and roll each around the handle of a wooden spoon while still hot. Leave them to cool completely.

Lemon cigarettes

Prepare as in the previous recipe, but before baking add to the mixture some finely chopped candied lemon peel, use 100 g (4 oz. 2/3 cup) peel for the quantities given in the recipe. Once the cigarettes have cooled, fill both ends with lemon flavoured butter cream (see creams) using a piping bag.

CINCHONA A tree originating in Peru and cultivated chiefly in Indonesia for its bark, which is rich in quinine. Cinchona bark is also used in the manufacture of aperitifs and alcoholic drinks.

CINGHALAISE, A LA Describes preparations of cold fish or white meats accompanied by cinghalaise, or Ceylon style, sauce, a kind of vinaigrette to which a salpicon of vegetables in oil and herbs is added. Only the presence of the curry powder is evocative of Sri Lanka (Ceylon).

RECIPE

Cinghalaise sauce

Peel a courgette (zucchini) and cook it in water until it is just slightly firm. Finely dice equal quantities of green and red sweet peppers, tomato pulp, cucumber and the cooked courgette. To this salpicon, add some sieved hard boiled (hard cooked) egg yolk, curry powder, salt, pepper, lemon juice, oil and chopped parsley and chives.

CINNAMON A spice obtained from the bark of several tropical trees. The bark is removed, dried and rolled up to make a tube, light fawn or dark grey in colour, depending on the species. The most popular varieties of cinnamon are from Sri Lanka and China. Cinnamon imparts a sweet penetrating aroma common found in the form of a powder and sometimes as an oil or an extract. It is one of the oldest spices, mentioned in Sanskrit texts and the Bible and used by the ancients to flavour wine. In the Middle Ages it was widely used in stews, soups, custards and poultry fricassees. In France it is mainly used in compotes and desserts, and to flavour mulled wine. In eastern Europe its uses are much more numerous, in patisserie, soups and meats. In Indian and Asian cooking it is widely used in savoury dishes as well as for sweet recipes.

Recipe

Mulled wine with cinnamon and cloves

Wash a small orange and stick 2 cloves into it. Leave to macerate for 24 hours in 1 litre (1 ¾ pints, 4 1/3 cups) red wine. Remove the orange, pour the wine into a pan, sweeten to taste and add 1 cinnamon stick. Bring to the boil, then remove from the heat and allow the cinnamon to infuse according to taste. Remove the cinnamon and reheat the wine.

CIOPPINO A dish from San Francisco consisting of a stew of white fish, large prawns (shrimp) clams and mussels, with a garlic, tomato and white wine base.

CITEAUX An uncooked pressed cow's milk cheese (45% fat) from Burgundy with a washed crust. Made by the Cistercian monks of the Abbey of Citeaux, Coete d'or, it is a disc shaped cheese 18 cm (7 in) in diameter and 4 cm (1 ¾ in) thick, weighing about 1 kg (2 ¼ lb). Citeaux is similar to Saint Paulin, but its taste is more fruity.

CITRON A citrus fruit originally from China (not Persia, as was formerly believed) and similar to the lemon. It has been used since the 16th century or before. In France the citron tree is cultivated particularly in Corsica and on the Cote d'Azur. The fruit is larger than the lemon and slightly pear shaped, with a thick glossy skin. It is rarely eaten raw and gives little juice, which can be used like lemon juice. Although employed in jams and marmalades, the citron is used mainly for its peel, which is candied as an ingredient for cake making and for biscuits and

puddings. In Corsica it is also used to make a liqueur, Cedratine, and to fill sweets(candies.)

CITRONNER A French culinary term meaning to flavour or sprinkle a dish with lemon juice. The term also means to rub the surface of certain vegetables (artichoke hearts, celeriac, mushrooms) with a cuit lemon, or to sprinkle them with lemon juice, to prevent discoloration.

CITRUS FRUITS Fruits of the genus Citrus, including the orange, Seville (bitter) orange, bergamot, grapefruit, pomelo, (shaddock), tangerine, clementine, lemon, lime, citron and sweet lime, as well as hybrids of this genus (citrange) and related genera (kumquat). Originally from Asia, citrus fruits whose French name, agrumes, comes from the Latin acrumen (bitter flavoru) gradually spread throughout the world, particularly to Mediterranean countries (Israel, Spain, Italy) and to the united States (Florida, California).

These fruits, which are rich in vitamin C, have an acid flavour to varying degrees. They are widely consumed either as fresh fruit or in cakes, pastries and preserves, such as crystallized fruit (particularly citron and bergamot) jams and sweets (candies). They are also used in distilling (Curacao) and in some recipes are combined with meat (pork) and poultry (duck).The most important role of citrus fruits, however, is in the fruit juice industry (natural or concentrated). Several by products play an important part in the food industry aromatic essential oils, extracted from the skin. Pectin, which comes from the white part of the rind, and oils made from some pips.

CIVET A game stew typically made from wild rabbit, hare, venison or young wild boar, prepared with red wine and thickened with the animal's blood or pig's blood, this gives it its oily texture and distinctive colouring.Small onions and pieces of larding bacon are generally included. The name is derived from cive (spring onion or scallion), which was formerly used to flavour all stews, particularly hare.

Certain seafood and fish dishes served in sauce are also called civet, at Dinard, abalones en civet are cooked in red wine with onions and strips of larding bacon. In French provincial areas, civets are also prepared from goose gIBLETS or squirrel, in southwestern France, squirrel is cooked in a roux moistured with red wine, with onions and orange zest.

RECIPES

Civet of hare or jugged hare
(basic preparation)

Skin and gut (clean) the hare. Carefully collect the blood and put to one side along with the liver, having removed the gall bladder, and 1 tablespoon vinegar. Detach the thighs and forelegs and chop each thigh in half, splintering the bones as little as possible, cut the saddle into 4 pieces. Place all the pieces in a deep dish and season with salt, pepper, thyme and powdered bay leaf. Add a large finely sliced onion, 3-4 tablespoon oil and at least 1 tablespoon Cognac. After marinating for 24 hours, the hare is ready to be cooked a la flamande, a la francaise or a la lyonnaise.

Civet of hare

Prepare a hare as described above and marinate overnight in red wine containing 3 onions (halved) a sliced carrot and a sprig of thyme.

The following morning, drain the hare in a colander. Heat 250 ml (8 fl oz. 1 cup) oil and 40 g (1 ½ oz. 3 tablespoons) butter in a frying pan and lightly brown the pieces of hare on each side, as well as the onions and carrots from the marinade. Then place the pieces in a saucepan and sprinkle with flour. Moisten with the wine from the marinade, a trickle of Cognac and 1 tablespoon tomato puree (paste) add 2 garlic cloves crushed in their skins, a bouquet garni, a

quarter of a bay leaf (crushed) salt and pepper. Mix well and leave to simmer for 2 hours.

Separately, cook 20 small onions in a little water to which 1 teaspoon caster (superfine) sugar has been added. Cut 250 g (9 oz) small mushrooms into quarters (or leave tiny button mushrooms whole) and brown them in some butter. Dice 150 g (5 oz) smoked bacon, blanch it, then cook it gently in a frying pan.

When the hare is cooked, arrange the pieces in a dish and keep hot. Chop up the hare's liver and mix it with the blood. Add it to the cooking liquor and bring to the boil. Pass through a fine strainer to form a sauce. Add the garnish of onions, mushrooms and pieces of bacon. Adjust the seasoning, pour the sauce over the hare and serve accompanied by fresh noodles.

Civet of hare à la flamande

Marinate a hare as described in the basic preparation of civet of hare. Drain the pieces of marinated hare, brown them in about 40 g (1 ½ oz, 3 tablespoons) butter in a flameproof casserole, dust them with 2 tablespoons flour and again lightly brown them, turning them with a wooden spoon. Press the liver through a sieve along with the blood and add to it 1 litre (1 ¾ pints, 4 1/3 cups) red wine, then add 200 ml (7 fl. oz, ¾ cup) wine vinegar. Pour this mixture into the casserole, add some salt, pepper, 25 g (1 oz, 3 tablespoons) moist brown sugar and a large bouquet garni. Cover and cook for 15 minutes.

During this time, peel and finely slice 500 g (18 oz) onions and brown them in some butter. Add them to the casserole after the 15 minutes have elapsed and leave to finish cooking gently with the lid on. Cooking time depends on the age of the animal, the tip of a knife should pass easily into the flesh when it is cooked.

Remove the cooked hare, drain and place the pieces in a sauté dish. Strain the cooking liquid to remove the onions, pour it into the sauté dish cover and simmer for 5 minutes. Fry some croutons in butter and spread them with redcurrant jelly. Serve the civet in a deep dish, garnished with the croutons. If desired, the ends of the croutons can be dipped in the sauce and then in chopped parsley.

CLAFOUTIS A dessert from the Limousin region of France, consisting of black cherries arranged in a buttered dish and covered with fairly thick batter. It is served lukewarm, dusted with sugar. As a rule, the cherries are not stoned (pitted) but simply washed and stalked, since the kernels add their flavour to the batter during cooking. The Académie française, which had defined clafoutis as a sort of fruit flan were faced with protests from the inhabitants of Limoges and changed their definition to a cake with black cherries. Nevertheless there are numerous variations using red cherries or other fruits. The word comes from the provincial dialect word.

RECIPE

Clafoutis

Remove the stalks from 500 g (18 oz) washed black cherries, dust them with 50 g (2 oz, ¼ cup) caster (superfine) sugar and leave for at least 30 minutes. Butter a baking tin (pan) and fill it with the cherries. Put 125 g (4 ½ oz, 1 cup) plain (all-purpose) flour in a mixing bowl and add a pinch of salt, 50 g (2 oz, ¼ cup) caster sugar and 3 well beaten eggs, mix well, then add 300 ml (1/2 pint, 1 ¼ cups) milk and mix thoroughly again. Pour the mixture over the cherries and bake in a preheated oven at 180 °C (350 °F, gas 4) for 35-40 minutes. When it is lukewarm dust with icing (confectioner's) sugar.

CLAIRET A light coloured French wine, deeper in tone than pink, but not a vibrant red, which is a specialty of the Bordeaux region. In the past, it might have been made by mixing red and white wine illegal for rose wines today.

The word derives from the colour of the wines of Bordeaux, which in the Middle Ages, when the English Crown owned the entire region of the Gironde, were lighter in tone than the wines of

the hinterland that were shipped through the port of Bordeaux. This is why the English term for red Bordeaux is still claret in spite of attempts within the EC to impose the use of red Bordeaux, it had to be agreed that centuries of use of the word claret entitled the UK to retain the expression.

Clairette A white wine grape, grown mainly in the Midi, Because of its grapey flavour it has often been used with the Muscat. It is found in many wines of the south of France, including some with AOC, Clairette de Die made in the Drome, is a sparkling wine made using no more than 30% Clairette grapes, fermented according to the methode dioise, a two part fermentation process followed by decantation and rebottling. Cremant de Die is made from 100% Clairette grapes fermented using the traditional method.

The Clairettes of Bellegarde and of Languedoc are full bodied, dry, still white wines, of a definite yellow colour. The former are at least 11.5% the latter about 13%.

CLAM Name given to a vast number of related shellfish, all bivalve molluscs. They include the venus shells which cover over 500 types. The hinged shells are marked with fine circular striations and they may also have ribs radiating from the hinged area outwards. Clams are gathered from sandy and muddy estuaries, particularly on the east coast of the United States, but also in the French region of Charente. They are eaten raw or cooked like oysters or ala commodore.

Clams are cooked by a variety of methods, depending on their size and texture. Small clams are tender and cook quickly, but very large, giant clams are cut up and simmered or stewed until tender. Small shellfish can be steamed, fried or grilled medium sized examples can be braised or stuffed and baked.

Clam chowder is a soup made from vegetables, onions and clams garnished with strips of larding bacon, it originated in New England. A clam bake is a picnic, originally along the east coast of the United States, at which clams and other shellfish are cooked on heated stones under a layer of seaweed.

RECIPE

Clam soup

Dice 100 g (4 oz) salted bacon, 1 medium-sized onion, 2 celery sticks, 1 red pepper and 1 green pepper. Blanch the bacon for 3 minutes in boiling water, then cool it, wipe it and soften it in a pan containing some butter, without colouring it. Then add the vegetables, sprinkle on 1 tablespoon flour and cook for 2 minutes, stirring all the time. Sprinkle with 1.5 litres (2 ¾ pints 6 ½ cups) stocks and bring to the boil.

Open 36 clams near a heated oven, retaining the liquid. Prepare the clams, chop up the trimmings and put them in a saucepan with the clam liquor plus 200 ml (7 fl. oz, ¾ cup) water. Cook for 15 minutes, strain and add this stock to the soup. Return the soup to the boil, add the clams, bring to the boil again, cover, then turn off the heat. Boil 300 ml (1/2 pint, 1 ¼ cups) double (heavy) cream and add it to the soup along with 1 tablespoon chopped parsley and 100 g (4 oz. ½ cup) butter. Heat and serve with crushed or whole crackers.

CLAMART Any of various dishes that include green peas, either whole or in a puree. It is named after a district of the Hauts de Seine that used to be famous for its pea crops. Clamart soup is a puree of fresh green peas in consomme, served with fried croutons, poached eggs Clamart are served on canapes spread with puree, scrambled eggs. Clamart are served with the peas left whole. The name is also given to puff pastry patties filled with creamed puree, to chicken en cocotte, to a saute and to sweetbreads served with fresh green peas or a Clamart garnish.

The true Clamart garnish, for small items of sauteed red meat, comprises tritlets or artichoke bottoms filled with green peas in butter, for larger pieces, chateau potatoes are added.

RECIPE

Artichokes Clamart

Clean a lettuce and cut it into long thin shreds. Wash 12 small young globe artichokes, break off the stalks and cut away the large leaves. Butter a flameproof casserole and arrange the artichokes in it. Add 500 ml (17 fl oz. 2 cups) shelled fresh green peas, the lettuce, some salt, 1 teaspoon caster (superfine) sugar and 3 tablespoons water. Cover and cook very gently. Serve in the cooking dish, adding 1 tablespoon butter at the last minutes.

CLAUQUEBITOU An upasteurized goat milk cheese from Burgundy, not aged. Cream, and flavoured with garlic, parsley and chopped herbs. Of varying shape and weight. Claquebitou is strong smelling and has a fragrant taste which is much appreciated as a groutailon.

CLARENCE Name of various fish and shellfish dishes whose only common feature is a curry flavoured Mornay or Newburg sauce.

Salmon cutlets Clarence are prepared by lining a mould with salmon escalopes and filling it with salmon or lobster mousse. This is then poached removed from the mould, arranged on a base of the same mouse and garnished with mushrooms and shrimps. The sauce is served separately. Fillets of sole are poached and arranged on a rosette of duchesse potatoes, coated with sauce and garnished with slices of truffle.

The word also describes a bombe of pineapple ice cream filled with a violet bombe mixture.

CLAREQUET In old French cookery a transparent jelly prepared with verjuice and apples or gooseberries. The fruits were reduced to a puree, mixed with their weight in sugar, then put in glass moulds., called clarequet moulds, these were placed in a drying oven to set the jelly, so ensuring that it would keep.

CLARIFICATION The process of rendering a turbid or cloudy substance clear. Clarification is applied mainly to liquids, especially stocks and jellies, but the term is also used for sugar, butter and eggs.

* Clarification of stock. Poultry or other stock can be served like soup, garnished in different ways, without having been clarified this is white consommé, which can also be used in sauces, stews or braised dishes. Clarified stock is used for fine soups, such as consommé, and for savoury jellies, such as aspic. Clarification of beef stock involves using chopped lean beef, egg white and an aromatic vegetable brunoise. When the broth boils, the egg whites coagulate, trapping the particles that were making the liquid cloudy. The consequent loss in flavour is restored by the lean beef and the vegetables.

Fish, poultry or game stocks are clarified by simmering with egg white, with or without the main ingredients. For charcuterie items with a jelly base, the egg whites are often replaced by blood.

* Clarification of wine This is achieved by various processes, including filtration and fining. The addition of a suitable agent (egg white, blood, albumen, bentonite) to the wine in cask or vat. The fining agent will attract any particles in suspension in the young wine. Filtration usually takes place prior to bottling.

RECIPE

Clarification of beef stock

In a deep heavy based saucepan, put 800 g (1 ¾ lb) finely chopped lean meat and 100 g (4 oz. 1 cup) very finely diced vegetables. Add the white from a very fresh egg and mix well. Gradually add 2.5 litres (4 ¼ pints. 11 cups) tepid stock. Whisk while heating until it boils. Reduce the heat and simmer very gently for 1 ½ hours. Strain the stock through a muslin lined (cheesecloth-lined) sieve.

CLAVARIA Any mushroom of a genus containing many species. Usually found in woodland, they are generally whitish or yellow and shaped like a club, lacking a distinct cap, hence their name, from the Latin clava. Nearly all the edible but they are not great delicacies. After removing the tip of the stalks, clavaria may be cooked au gratin, sauteed with garlic or preserved in vinegar.

CLEAN To remove the viscera from fish, poultry or game before cooking.

Sea fish, usually sold partly cleaned, must be trimmed and scaled and the grey skin should be removed. Large round fish, such as hake, are cleaned through an incision made in the belly. Smaller fish, such as whiting or trout, are cleaned by removing the viscera through the gill covers, thus avoiding opening the belly (unless they are to be stuffed). Large flatfish such as turbot are cleaned on the dark side, while smaller flatfish, like sole, are cleaned by removing the grey skin and then making an incision on the right side. In most cases, the gills are removed. After cleaning, the fish are carefully washed.

Poultry is often sold with the intestines already removed. Drawing, which takes place after singeing and trimming, is carried out by first loosening the skin around the neck to remove the digestive and respiratory tracts, fat, gland and crop. Then the index finger should be inserted through the neck to loosen the lungs. Finally, the anal orifice should be enlarged slightly and the gizzard, liver, heart and lungs pulled through together, taking care not to damage the gall bladder. If the intestine have not previously been removed from the birds, they are taken out at this point. The bird is then ready to be trussed or jointed.

CLEMENTINE A hybrid of the tangerine and Seville orange, produced in 1902 in Algeria by Pere Clement. , orange coloured and spherical, the Clementine has a firm skin, which adheres to the juicy pulp.

Clementines, which are more acid and less aromatic than tangerines, come principally from Spain, Morocco, Italy or Algeria.

The Corsican clementine has orange red skin, is highly scented and contains no seeds. It is usually sold with its leaves.

The Spanish clementine comes in several varieties, including the choice smaller fruit and the larger Nules and Oroval varieties.

The Monreal clementine, from Spain or Algeria, is fairly rare. It appears from mid-October.

Clementines may also be crystallized or preserved in brandy. The juice is used for sorbets and drinks. It is used in patisserie and confectionery in the same way as the orange. A liqueur is made from it and in England it is used with vinegar and spices to make pickles.

CLERMONT Any of several dishes containing chestnuts or cabbage, characteristic products of the Auvergne, of which Clermont Ferrand is the capital.

Clermont garnish for large pieces of red meat combines paupiettes of green cabbage with lightly fried potatoes, a sauce is made from the pan juices of the meat plus the liquid in which the paupiettes of cabbage were cooked, with braised meat, and braising base or a demi- glace sauce is used.

Clermont garnish for small sauteed pieces of meat comprises fried artichoke quarters and onions stuffed with chestnut puree and braised, the whole is coated with a Madeira deglaze. Bavarian cream a la Clermont is a cold dessert made with rum and chestnut puree.

CLITOCYBE Any mushroom belonging to a genus containing numerous species, some of which are edible. Clitocybes are characterized by having gills that extend along the stalk and a drooping cap with a depression in the centre, the name comes from the Greek klitos (sloping) and kube (head). The best for eating are the funnel shaped clitocybe the nebulous or petit gris clitocybe the geotropic or tete de moine clitocybe and the sweet smelling clitocycle. All must be picked when

young and consumed fresh, with the stalks discarded. Their aniseed, bitter almond or mint flavour is sometimes fairly strong, so they are used in small quantities to flavour a dish of more insipid mushrooms. They must be cooked thoroughly.

RECIPE

Omelette with green clitocybes

Choose 18 caps of aniseed flavoured green clitocybes and clean them thoroughly. Brown the 6 choicest ones whole in butter with 1 ½ teaspoons chopped onions. Cook in a covered pan for 10 minutes over a gentle heat. Season with salt and pepper and keep warm. Cut the remaining 12 caps into thin strips and cook in butter for 5 minutes over a moderate heat. Remove and drain in a fine sieve.

Beat 8 fresh eggs lightly as for an omelette, add salt and a little curry powder, and blend in 8 knobs of butter, then the drained julienne of mushrooms. Cook the omelette in very hot olive oil, constantly moving the frying pan over a brisk heat and lifting up the edges. Serve garnished with the 6 whole caps and accompanied with a green salad dressed in walnut oil containing ½ teaspoon anisette.

CLITOPILE PETITE –PRUNE A greyish white edible mushroom, also called meunier or mousseron. Its tender flesh has a delicate smell of fresh flour and cooks rapidly. It is used to flavour blander mushrooms and when dehydrated, serves as a condiment.

CLOCHE A convex dish cover made of stainless steel or silver plated metal with a knob or a handle. The cloche is used mainly in restaurants to keep food hot. Some restaurants, which provide plate service, use individual cloches for their dishes. It was formerly widely used in Britain, where hot breakfast or dinner dishes were traditionally placed on the sideboard.

The cheese cloche, hemispherical and made of glass or wire gauze, protects cheeses from the air and from flies, it generally rests on a round wooden or marble tray.

CLOD Butcher's term for a neck muscle of beef. The clod is soft and gelatinous and can be braised, cooked à la mode, in a carbonade and in a pot au-feu.

CLOS DES MORILLONS A Parisian wine made from vines planted in terraces in the Square Georges Brassens in the 15th arrondissement, where the enormous abattoirs of the Rue des Morillons used to stand. The grape harvest is enough to make about 600 bottles, and it is a very pleasant occasion for all who live in the vicinity and for many curious visitors.

CLOVE The sun dried flower bud of the clove tree, used since ancient times as a spice. Brown and hard, cloves are about 1 cm (1/2 in) long, with a head 4 mm (1/6 in) in diameter.

Introduced into Europe in about the 4th century, cloves were for a long time in as much demand as pepper. The Chinese used them well before the Christian era for their medicinal and culinary properties. Cloves originated in the Moluccas, where the Dutch for many years held the monopoly of their cultivation, but they were introduced into Reunion in the 17th century and then into the West Indies. In the Middle Ages, great use was made of cloves for their alleged medicinal properties, oranges studded with cloves were supposed to guard against the plague and in Naples clove pastilles were made as aphrodisiacs.

COAT To cover an item with a batter, sauce or other preparation in order to protect it during cooking or improve its appearance or taste. Food is dipped in batter or coated in egg and breadcrumbs to protect it during deep frying.

Traditionally, before refrigerators and freezers were common, a coating of fat was applied to prevent air from entering and spoiling pots of cooked food. A layer of clarified butter or other set

fat is the classic topping for pates and terrines. Confits should always be completely coated with fat for better preservation. A layer of olive oil on the surface of some preserves serves the same purpose.

In the food industry, many foodstuffs are coated with a neutral substance to improve presentation and extend shelf-life. Coated coffee has been treated to make the beans black and shiny.

COCHONNAILLE A synonym for charcuterie, sometimes used ironically, suggesting the idea of abundance. The traditional French country buffets and village feasts featured vast assortments of sausages, galantines, hams, pates and other charcuterie.

COCIDO A Spanish pot=au-feu. The ordinary cocido originated in Castile, but numerous regional varieties exist. The cocido of Madrid consists of three dishes served in turn from a pot that has simmered for a long time firstly the stock, strained, enriched with vermicelli and traditionally served with white wine, next a dish of chick peas and boiled vegetables potatoes, carrots and cabbage which are added to the cocido in the final stages of cooking and become impregnated with the juices from the meats, and finally a dish of meats comprising pieces of beef, chorizo, pickled pork, loin of pork, chicken and little meat balls sometimes marrow bones, black pudding and fresh bacon are added. The vegetables and meats are served with red wine and accompanied by sauces and each dish is eaten with crusty bread.

COCK A LEEKIE A Scottish speciality, whose name means literally cock and leek. It is a substantial soup, based on chicken and leeks, with barley and prunes. A more refined version is based on chicken consommé, leek and chicken.

RECIPE

Cock-a-leekie

Prepare a chicken consommé. Cut the white parts of some leeks into fine strips, 200 g (7 oz) are required for 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{3}$ cups) consommé. Cook this julienne slowly in 20 g (3/4 oz 1 $\frac{1}{2}$ tablespoons) butter for 15 minutes. Cut into strips the white chicken flesh that was used to prepare the consommé and add the leek and chicken juliennes to the consommé.

COCKLE A bivalve mollusc, 3-4 cm (1 $\frac{1}{4}$ -1 $\frac{1}{2}$ in) long, which is found near or on the sea bed. The two equal shells have 26 clearly marked ribs and enclose a knob of flesh and tiny coral. Sold by volume cockles may be eaten raw, but are generally cooked, like mussels. Since they retain sand inside the shell, they should be left to clear in salt water for 12 hours or so before they are consumed. The cockles of Picardy, called henous are highly regarded.

COCKSCOMB A fleshy red outgrowth on the top of the head of a cock. For use in cookery it needs to be fairly large, but nowadays most breeds of domestic fowl have small combs and in any case are usually slaughtered when young. Today cockcombs are used in recipes as a garnish for barquettes and croustades. They were frequently used in traditional French cookery in numerous garnishes, including ambassadeur, chalonnaise, financiere, gauloise, Godard and Regence.

Pickled ox (beef) tongue and fine slices of truffle are sometimes cut into the shape of cockcombs for garnish.

RECIPE

Preparation of cockcombs

Prick the combs lightly with a needle and put them under cold running water, pressing them with

the fingers to dispel the blood. Cover with cold water and cook until the water reaches a temperature of 40-45°C (104-113 °F), when the skin of the combs begins to detach itself. Drain the combs and rub them one by one in a cloth sprinkled with the fine salt.

Remove the outer skin, put the combs in cold water and, when they are white, plunge them into a boiling white court bouillon. Cook for 35 minutes.

Cockscombs en attereaux a la Villeroi

Cook the cockscombs as described above drain and dry them, then cover with Villeroi sauce. Leave to cool on a grid. Cover the combs with egg, sprinkle with breadcrumbs and fry in clarified butter.

Salpicon of cockscombs

Cook the cockscombs in the manner described above and dice them. Heat them for a few minutes in Madeira or any other dessert wine. Add a few tablespoons of chicken veloute, white sauce or a very reduced Madeira sauce.

COCKTAIL A mixed drink made according to a variety of recipes and containing liqueurs, spirits, syrup, spices, and so on, the end products being pleasing to both eye and palate. The origin of the word is somewhat obscure. It may refer to the shades of colour in a cock's tail, but it is more likely to derive from American racecourse slang, dating from the early part of the 19th century.

Drinking cocktails became particularly fashionable between the two world wars, a time when famous bars were opened in all the capitals of Europe. Barmen, expert in the art of making cocktails, christened their creations with names that have become classics Manhattan gin fizz and Bloody Mary.

The word cocktail is also used in cookery to describe various cold hors d'oeuvre, such as prawn cocktail or lobster cocktail. A macedoine of fruit may also be called fruit cocktail.

COCKTAIL SNACK Known in France as amusegueule, this is a small bite-sized savoury item that is served with aperitifs. Depending on the occasion, cocktail snacks may comprise an extensive or limited range of hot or cold hors d'oeuvre. Examples include plain or stuffed olives, salted nuts, savoury biscuits (crackers) flavoured with cheese, paprika or ham, potato crisps small hot cocktail sausage, cubes of hard cheese on small sticks, canapes, miniature pizzas or quiches, savoury allumettes and shredded raw vegetables.

COCO The plumlike fruit of a tropical tree cultivated in the West Indies and Central America, which is also known as icaco plum. The skin is yellow, white, red or purplish, depending on the variety. The white flesh is soft with a rather sour taste and the kernel is edible. The fruit is also known as the handle plum or the cotton plum and may be eaten raw or used as a preserve.

COCOA A powder made from cocoa beans, which are the seeds of the cacao, a tropical tree 4-12 m (13-39 ft) high. Each fruit (pod) contains 25-40 beans, rounded or flattened in shape and grey purplish or bluish in colour depending on the variety. The beans are extracted from the ripe pods and heaped up into mounds so that they ferment. This process destroys the germ and helps to develop their flavour. They are then sorted, washed, dried and roasted.

Cocoa butter is the natural fatty material in cocoa beans. It is a relatively firm product, yellowish white in colour and is pressed from the paste in variable proportions when manufacturing cocoa powder. Extra cocoa butter is sometimes added in the manufacture of block chocolate, to make it liquid enough to coat sweets and cakes.

COCONUT The fruit of the coconut palm, a tall tree probably originating in Melanesia, but now

widely cultivated throughout the tropics. The coconut has a very hard woody shell and is enclosed in a thick fibrous husk. The shell is lined with a firm white pulp and the hollow centre contains a sweet milky white liquid which makes a refreshing drink. The pulp is rich in fat which is unlike other vegetable oils, high in saturated fat.

Used as food in southeast Asia and Polynesia from the earliest times, the coconut was discovered by the explorer Marco Polo, who described the Pharaoh's nut as a fruit full of favour, sweet as sugar and white as milk, providing at the same time both food and drink. A Portuguese doctor who made a detailed study of the coconut in the 16th century wrote. This fruit is called coquo because it has three pores on its surface, giving it the appearance of human being head. The first specimen to arrive in Paris was presented to the Academic Francaise by Charles Perrault in 1674.

A coconut can be opened either by cracking the shell with a hammer or by first piercing the two ends so that the liquid runs out and then heating it in the oven until it cracks, the pulp can then be extracted quite easily. The dried pulp is refined and deodorized to produce coconut butter, used as a cooking fat.

RECIPES

Coconut Cakes

Prepare a syrup using 200 g (7 oz. $\frac{3}{4}$ cup) caster (superfine) sugar and 200 ml (7 fl oz. $\frac{3}{4}$ cup) water. Whisk 4 egg yolks in a bowl over hot (but not boiling) water, then slowly pour in the sugar syrup, whisking constantly. When the yolks have almost doubled in volume, remove the bowl from the hot water and whisk until the mixture is cold. Make 250 ml (8 fl oz. 1 cup) fresh Chantilly cream, adding 1 teaspoon vanilla sugar and 2 tablespoons rum. Blend well, then add the egg-yolk mixture and 300 g (11 oz. 4 cups) fresh or desiccated (shredded) grated coconut. Pour into a deep sandwich tin (layer cake pan) and put in the freezer until the mixture is firm to the touch. Then remove the cake from the tin, cover with grated coconut and keep in the refrigerator until required.

Coconut preserve

Open some coconuts, extract the pulp and grate it. Prepare a syrup using 1 kg (2 $\frac{1}{4}$ lb) granulated sugar to 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{3}$ cups) water and flavour it with either vanilla extract or 1 teaspoon vanilla sugar. Mix together equal quantities of the grated pulp and the syrup and cook very gently until the jam becomes transparent. Pot as for jam.

Coconut pyramids

Open a coconut, extract the pulp and grate it. Add 75 g (3 oz. $\frac{3}{4}$ cup) ground almonds. 150 g (5 oz. $\frac{2}{3}$ cup) sugar, 2 teaspoons vanilla sugar (or a few drops of vanilla extract) and 2 or 3 egg whites, depending on their size. Mix well together, then add another 3 egg whites, whisked to stiff peaks with a pinch of salt. Divide this mixture into portions about the size of tangerines, shape them into pyramids and arrange them on a buttered or oiled baking sheet. Bake in a preheated oven at 180 °C (350 °F, gas 4) for about 12 minutes.

COD a large fish, up to 1.8 m (6 ft) long, with an elongated powerful body, very pronounced fins and large head. It has a heavy whisker like barbel on its lower jaw. Its colour varies from greyish green to brown and it has dark spots on the back and sides and a whitish belly. Cod is found in the cold seas of the North Atlantic 0-10 °C (32-50 °F) The female is very fertile and can lay up to 5 million eggs. The eggs, known as roe, can be sold freshly boiled or smoked.

RECIPES

Braised cod a la flamande

Season slices of cod with salt and pepper. Butter an ovenproof dish and sprinkle with chopped

shallots and parsley. Arrange the cod in the dish and just cover with dry white wine. Place a slice of peeled lemon on each piece of cod. Bring to the oil, then cook in a preheated oven at 220 °C (425 °F, gas 7) for about 15 minutes. Remove the fish and drain. Arrange the slices on the serving dish and keep warm. Reduce the juices by boiling, then add some pieces of butter, stir and pour the sauce over the cod. Sprinkle with roughly chopped parsley.

Cod braised in cream

Cut 800 g (1 ¾ lb) cod fillets into 5 cm (2 in) squares. Season with salt and pepper. Cook 150 g (5 oz, 2/3 cup) chopped onions in melted butter in a pan and then add the cod. Fry the pieces on all sides until firm. Add 200 ml (7 fl. oz. ¾ cup) dry white wine and reduce by three quarters. Add 200 ml (7 fl. oz. ¾ cup) double (heavy) cream, cover the pan and simmer slowly until the fish is nearly cooked. Remove the lid and reduce the cream over a high heat.

Cod in aspic

Prepare a fish aspic. Make a ratatouille with 3 tomatoes, 1 aubergine (eggplant) 2 courgettes (zucchini) 1 onion, 2 garlic cloves, 3 tablespoons olive oil, some thyme, bay leaves and basil. Dissolve 15 g (1/2 oz, 2 envelopes) gelatine in 4 tablespoons hot water over a pan of simmering water and add to the ratatouille. Lightly oil 4 ramekins and half fill them with the ratatouille. Set aside to cool and then place in the refrigerator. In the meantime, place the cod fillets in an ovenproof dish, add butter and white wine, and cook in a preheated oven at 220 °C (425 °F, gas 7) Arrange a piece of fillet in each ramekin, and cover with the fish aspic. Refrigerate until it is time to serve, remove from the moulds and serve chilled.

Cod with herbs

Coarsely chop ½ bunch flat leaf parsley, ½ bunch of fresh coriander (cilantro) and ½ bunch of fresh mint. Finely chop 2 white onions. Mix together. Prepare the sauce with 80 ml (3 fl. oz. 1/3 cup) lemon juice 60 ml (2 fl. oz. 1/4 cup) groundnut (peanut) oil, 4 teaspoons soy sauce, salt and pepper. Peel the tomatoes, cut into quarters, remove the seeds and cut into diamond shapes. Arrange them round the 4 plates and in the centre of each plate put 25 g (1 oz) spinach shoots. Steam 4 fillets of cod, 200 g (7 oz) each. Pour the sauce over the herb mixture. Place the fish on the spinach and pour the herb sauce over it.

Roast cod

Trim a cod weighing 1.5-1.8 kg (3 ¼ -4 lb) Season with salt and pepper, sprinkle with oil and lemon juice, and leave to steep for 30 minutes. Drain the cod, place it on a spit and brush with melted butter. Then roast before a brisk fire, basting frequently with melted butter oil, for 30-40 minutes. Arrange on a serving dish and keep hot. Deglaze the cooking residue in the pan with dry white wine, reduce and spoon the juice over the fish. The fish may also be roasted in the oven, provided that it is placed on a wire rack so that it does not lie in the cooking juice.

COEUR DE NEUFCHATEL A soft cow's milk cheese (45% fat) from Normandy with a red tinged crust, white and downy. Coeur de Neufchatel is a smooth, heart shaped cheese with an astringent, fruity flavour, weighing 165-300 g (5 ½ - 11 oz)

COFFEE The coffee tree, native to the Sudan and Ethiopia, but now widely cultivated, bears small red berries that contain the seeds. The word coffee comes from the Italian *caffè*, which is derived from the Turkish *kabve* and the Arabic *quahwah*. The Arabic word originally designated any stimulating drink.

RECIPES

Arabic coffee

Put 50 g (2 oz. 1/3 cup) very finely ground arabica coffee and 100g (4 oz. 1/2 cup) granulated sugar into a coffee pot that has a wide bottom and a narrow neck. Boil 500 ml (17 fl. oz. 2 cups) water in a small saucepan and pour it into the coffee pot all at once. Heat the coffee pot until the coffee boils, stirring continuously. Remove the pot from the heat and then replace it. Repeat this procedure twice more. When the coffee boils for the third time, tap the bottom of the coffee pot sharply on a flat surface. The coffee ground will then begin to sink towards the bottom. Pour the coffee into cups, adding 1 teaspoon hot water to each cup. The grounds will then settle completely.

Coffee essence

Pour some boiling water over ground coffee placed in a filter, using 450 g (1 lb. 5 cups) coffee per 1 litre (1 3/4 pints, 4 1/3 cups) water. Collect the coffee and pour it through the filter 3 more times. The colour may be intensified by adding a little caramel.

Coffee ice cream

Blend together 6 eggs, 200 g (7 oz. 3/4 cup) caster (superfine) sugar and 3 tablespoons instant coffee to make a custard. Whip 200 ml (7 fl. oz. 3/4 cup) cold double (heavy) cream with a quarter of its volume of very cold milk and 1 tablespoon vanilla sugar. Fold the whipped cream gently into the cold custard and leave it to freeze in an ice-cream maker. The ice cream can be decorated with sugar coffee beans or coffee sugar crystals.

Coffee Syrup

Finely grind 500 g (18 oz. 5 1/2 cups) coffee, and pour 1.5 litres (2 3/4 pints 6 1/2 cups) boiling water very slowly over it. Add the hot coffee to 2.5 kg (5 1/2 lb. 11 cups) granulated sugar in a pan and dissolve over a very low heat to prevent it from boiling. Remove the syrup from the heat just before it reaches boiling point.

Coffee with burgundy marc

Put some very hot coffee into hot coffee pot. Add sugar, according to taste, and stir. Add a liqueur glass of Burgundy marc for each 500 ml (17 fl. oz. 2 cups) coffee and stir again. Foam will form on the top of the coffee. Put 1 teaspoon crushed ice into each cup followed by the very hot coffee.

Ice coffee

Use 300 g (11 oz. 3 1/2 cups) freshly ground coffee and 750 ml (1 1/4 pints, 3 1/4 cups) boiling water. Pour into a bowl with 575 g (1 1/4 lb 2 1/2 cups) granulated sugar. Dissolve the sugar and chill the infusion. Add to the coffee 1 litre (1 3/4 pints, 4 1/3 cups) vanilla flavoured cold boiled milk and 500 ml (17 fl. oz. 2 cups) single (light) cream. Serve chilled.

COGNAC A world famous brandy distilled from wine, made in the delimited region around Cognac in the Charente region of France. Distillation of the local wine began in the 17th century, when the market for both wine and salt, especially to the Dutch and Hanseatic League export markets, suffered a decline and was also at a disadvantage because of the popularity of Bordeaux wines. Distillation not only disposed of the surplus crop, but brandy as such was easier to transport.

History attributes the invention of Cognac to a certain Chevalier de la Croix-Marrons, who is said to have been the first to have had the idea of heating wine to capture its soul, He then put the distilled wine through the still once more. This distillation, at first considered to be a last resort in times of glut, came into general use. The brandy from the Cognac region soon gained an exceptional reputation for quality. The name Cognac was not applied to the brandy itself until 1783.

Today, Cognac is made exclusively by the distillation of white wine from selected grapes, mainly Ugni Blanc. The wine is made and distilled within the delimited area, which spread over two departments. Brandies distilled elsewhere have neither the same taste nor the same quality.

COLA NUT Also known as a kola nut. The seeds of the cola tree of Africa and South America. Rich in caffeine, they are chewed for their stimulating effects. The caffeine content is similar to that of coffee, but its tonic effect is less harsh and more prolonged.

In the United States and Europe, cola nuts are used to make biscuits (cookies) and more importantly, in the manufacture of non-alcoholic fizzy cola drinks. These drinks are made with natural fruit extracts and also contain caffeine and preservatives. They are drunk chilled and are sometimes flavoured with lemon. Colas are an ingredient in certain cocktails, particularly those containing whisky or rum. The oldest and best known is Coca-Cola, which was created in Atlanta in the United States in 1886.

COLBERT The name given to a method of preparing fish, especially sole, in which the fish is filleted and dipped in egg and breadcrumbs before frying. It is served with a flavoured butter, such as maitre d'hotel butter or Colbert butter. Colbert butter is also served with grilled meat, other grilled fish, fried oysters and softboiled eggs. Colbert sauce is used as an accompaniment to vegetables as well as grilled meat and fish. Finally, the name Colbert is also given to a chicken consommé, to an egg dish and to a dessert made with apricots.

All these preparations are probably dedicated to Jean Baptiste Colbert, a minister of Louis XIV, who employed Audiger as the head of his household.

RECIPES

Colbert butter

Add 1 tablespoon chopped tarragon and 1 tablespoon meat glaze to 200 g (7 oz. $\frac{3}{4}$ cup) maitre d'hotel butter.

Colbert sauce

Blend 2 tablespoons meat glaze with 1 tablespoon water in a saucepan and bring to the boil. Remove from the heat and incorporate 125 g (4 $\frac{1}{2}$ oz. $\frac{1}{2}$ cup) softened butter. Season and add a generous pinch each of grated nutmeg and cayenne. Stir continuously while adding the juice of half a lemon, 1 tablespoon chopped parsley and 1 tablespoon Madeira.

Fried oysters Colbert

Shell the oysters and poach them in their own liquid. Drain them, remove the beards and allow to cool. Dip each oyster in milk and coat with flour. Deep fry in oil and arrange on a napkin. Garnish with lemon quarters and fried parsley. Serve with Colbert butter.

Sole Colbert

Remove the dark skin from the sole and slit the flesh on either side of the backbone. Raise the fillets and break the backbone in 2 or 3 places so that it may be easily removed after cooking. Dip in milk and coat in egg and breadcrumbs. Fry the sole, drain it and remove the backbone. Fill the cavity with Colbert butter. Serve on long dish and garnish with fried parsley.

COLBY The popular American hard pressed cow's milk cheese is dyed a deep orange yellow colour as for American Cheddar, but it is softer and more open, with a lacy texture and a milk flavour. Colby cheeses made in an elongated shape are known as Longhorn.

COLCANNON A very popular Irish dish made from mashed potatoes and green cabbage, mixed with butter or milk and strongly flavoured with chopped chives, parsley and pepper.

COLLAGE The French term for fining separating particles in suspension in young wine. This is done by adding a fining agent, according to the region and the wine, this may be egg white, albumen, gelatine or benetomite. The fining agent is mixed with the wine in cask or vat and attracts the particles to itself, so that the wine may then be racked off.

COLLATION Originally, a light meal eaten by Roman catholic on fasting days. The word comes from the Latin word collatio, meaning coming together. It marked a devotional meeting of monks that was followed by a light repast. A collation may also be used to mean a quick meal usually eaten outside normal mealtimes.

COLOMBO A mixture of spices that are often used in the French West Indies. It was imported by Ceylonese coolies who had come to work in the Caribbean and was named after Colombo, the capital city of Sri Lanka. Colombo powder is a mild variation on curry powder and contains garlic,, coriander. Indian wood saffron, curcuma, dried mango pulp and cinnamon.

COLOURING AGENTS Additives used in confectionery, cake making, dairy products and drinks. Their function is essentially a psychological one to give the products a more appetizing appearance, which can often mislead the consumer about the composition of the products.

The use of colouring agents in food is not a new innovation. In the Middle Ages, butter was coloured with marigold flowers, and even at the time their use was subject to certain regulations. Saffron, spinach and caramel have been used as colouring agents for many centuries.

Some colouring agents are natural or manufactured according to a natural formula, others are synthetic. The former are almost all of vegetable origin, except for cochineal and carmine, which are obtained from insects. The red azo dyes form the most important group of synthetic colouring agents. All additives have to be stated in lists of ingredients on packaging.

COMINEE In ancient times, a culinary term for dishes that contained cumin. This spice was widely used in the Middle Ages for seasoning soups, poultry dishes and fish dishes. Taillevent's Viandier gives recipes for cominee d'amandes cominee de gelines and cominee d'esturgeon.

RECIPE

Cominee de gelines

(from an ancient recipe) Boil some chickens in wine and water. Skim off the fat and remove the chicken. Beat some egg yolks, mix them with the cooking liquid from the chickens and add cumin. Replace the chickens.

COMMODORE A term used to describe a very elaborate garnish for poached fish, in which fish quenelles, crayfish tail crouquettes and mussels a la Villeroi are mixed together in a crayfish bisque.

Consomme commode is made with a fish stock thickened with arrowroot and garnished with pieces of poached clam and diced tomatoes cooked in the stock.

COMPOTE A preparation of fresh or dried fruit, cooked either whole or in pieces in sugar syrup. It does not keep for as long as jam.

Fresh fruit should be cooked by poaching it in syrup over a gentle heat, or else by fast boiling. A compote can be made with several different kinds of fruit. The fruit should be arranged in a fruit bowl or dish and served as a dessert. It may be served either slightly warm or chilled, accompanied by whipped cream or sprinkled with cinnamon, vanilla sugar or biscuit (cookie) crumbs. Fresh fruit compotes may be used to prepare rather more elaborate desserts, such as sundaes and mouses. This kind of fruit puree can also be used as an ingredient in turnovers, tarts

and charlottes.

RECIPES

Apple compote

Prepare a syrup as for apricot compote (recipe below) Peel the apples, cut them into quarters, remove the pips (seeds) and cover them with lemon juice. Boil the syrup, add the apples remove as soon as they are tender. Serve either warm or cold.

Apricot compote

Halve the apricots, remove the stones (pits) and extract and blanch the kernels. Cook the fruit for about 20 minutes in syrup use 350 g (12 oz. 1 ½ cups) granulated sugar to 600 ml (1 pint 2 ½ cups) water. Arrange the apricot halves in a fruit bowl with half kernel on each pour the syrup over.

Baked apricot compote

Place some apricot halves in an ovenproof dish. Sprinkle them with sugar and bake in a preheated oven at 180 °C (350 °F gas 4) for about 20 minutes Serve in a fruit dish.

Bake cherry compote

Stone (pit) the cherries, place them in a deep dish and sprinkle with caster (superfine) sugar to taste. Leave for 3-4 hours so that the juice runs out then cover and cook in a preheated oven at 180 °C (350 °F, gas 4) for about 20 minutes.

Bilberry compote

Dissolve 500 g (18 oz. 2 ¼ cups) caster (superfine) sugar in 200 ml (7 fl. oz, ¾ cup) water. Add a little grated lemon zests, and boil for 5 minutes. Clean 1 kg (2 ¼ lb 5 cups) bilberries (huckleberries) add them to the syrup and boil for 80-10 minutes. Drain the bilberries using a slotted spoon and place them in a bowl. Reduce the syrup by one-third and pour it over the bilberries. Serve well chilled. When prepared by this method, the bilberries can be used to make a tart.

CONDE Name given to various methods of preparing food which were dedicated to the French general, Conde the Great (1621-86) and his descendants by family chefs. Also sometimes referred to as a la Conde

Savoury dishes are characterized by the presence of a puree of red kidney beans.

Condes, or Conde cakes, are small cakes made of puff pastry covered with a layer of royal icing with almonds.

The terms are also applied to cold desserts based on rice and poached fruit, classically, the fruit should be apricots in syrup, arranged in a crown around a cake of rice coated with an apricot and kirsh sauce and decorated with cherries and crystallized fruit. This basic recipe has many variations, using slices of pineapple, peaches or strawberries, but always including rice cooked in milk and a fruit sauce.

CONDIMENTS Food substances used to heighten the natural flavour of foods, to stimulate the appetite, to aid digestion or else to preserve certain products. The term condiment is used today to include spices, seasonings, sauces, fruit and various cooked or uncooked preparations. Strictly speaking, however, a seasoning is a substance added to food while it is being prepared, whereas a condiment, chosen to harmonize with the taste of the food, can be either an accompaniment or a preserving agent.

The custom of adding condiments to food is as ancient as cookery itself. Originally it was a means of preserving. Most condiments are of vegetable origin herbs, spices, dried or crystallized

fruit, and aromatic vegetables, some, such as the Vietnamese nuoc-mam, are based on dried and pounded fish or shellfish.

CONFIT A piece of pork, goose, duck or turkey cooked in its own fat and stored in a pot, covered in the same fat to preserve it. The confit is one of the oldest forms of preserving food and is a specialty of south western France. Simin Palay, in *Cuisine du pays*, describes this speciality from the Basque and Bearn regions, Lean pork or a quarter of fowl is rubbed with salt, soaked in brine, then drained and dried and cooked slowly in fat with flavouring and seasonings, finally, it is put into a pot and stored in a cool dry place. Confit of goose or duck, fattened on maize is often prepared with a mixture of pork and poultry fats. If the pot is made of tin plate, the confit must always be well covered by fat.

RECIPES

Confit of goose

Clean the inside of a fat goose thoroughly and remove the bones, keeping the carcass whole. Cut into quarters. Place in a container and season very liberally with coarse salt, then leave in a cold place for 24 hours to allow the salt to penetrate thoroughly into the flesh. Cook in a large copper cauldron with 2 kg (4 ½ lb) goose fat for 2 hours. Make sure the fat simmers while cooking but do not allow it to boil. While the fat is still hot, strain it into a stoneware pot and place the pieces of goose in the fat so they are completely covered. Leave to cool and then cover the pot. To obtain an authentic confit, store in a cellar for 5-6 months. For confit of duck follow the same method.

Confit of goose a la bearnaise

Heat a quarter of preserved goose in its own fat and keep hot in a serving dish. Peel and slice some potatoes and fry them in the confit fat. Chop some parsley and garlic together, add to the potatoes and reheat. Surround the confit with the potatoes and serve very hot.

CONFRERIES Also known as orders and brotherhoods. In the Middle Ages in France, many of those involved with wine formed associations devoted to preserving local traditions and upholding the quality of their particular wines, in addition to acting as benevolent societies to assist members and their families in need. They exercised considerable control over the production and marketing of wines and spirits, but at the time of the French Revolution many ceased their operations, both because of the civic disturbance and because in many regions, the great estates and vineyards changed hands. But records and certain traditions were not quite lost. In Alsace, for example, where the Confrerie Saint Etienne was founded in the 14th century, the ban announced to growers that they could start picking their grapes.

CONGER EEL A common fish in the English Channel and the Atlantic. It is called sili mor in Britany, orratza in Gascony, it is also found in the Mediterranean, where it is known as fiela or fela. Its body is long and smooth and its skin is of a brownish grey colour without visible scales. It is a carnivore and has large jaws and strong teeth. Normally it measures 0.5 – 1.5 m (1 ½ -5 ft) and weighs 5-15 kg (11-35 lb) but it can reach 3 m (10 ft) and 50 kg (110 lb) The conger can be found on the market all the every round, either whole in pieces or sliced. The flesh, which is firm but rather tasteless, is particularly suitable for soups and matelotes. Slices cut between the middle of the body and the head can be roasted.

CONVERSATION A small pastry with an almond filling. According to the *Dictionnaire de l'Academie des gastronomes*, they were created at the end of the 18th century, taking their name from the title of a popular work. *Les Conversations d'Emilie*, by Mme d'Epainay (1774) They consist of covered puff pastry tarlets filled with a rum flavoured frangipane or with almond

cream and topped by a layer of royal icing. The tartlets are decorated with thin bands of pastry crisscrossed over the top.

RECIPE

Conversations

Break 3 eggs, separating the yolks from the whites. Work 150 g (5 oz. 2/3 cup) butter into a paste with a wooden spatula, adding 150 g (5 oz. 2/3 cup) caster (superfine) sugar, then the 3 yolks one by one. Mix well, then add 175 g (6 oz. 1 ½ cups) ground almonds, 50 g (2 oz. ½ cup) cornflour (cornstarch) and 1 teaspoon vanilla-flavoured sugar. Beat thoroughly to obtain a well blended mixture.

Cut 400 g (14 oz) puff pastry into 3 portions. 2 of them equal, the third smaller. Roll out the 2 equal portions into sheets and use one of them to line 8 greased tartlet moulds. Fill each tartlet with the almond cream and moisten the edges of the pastry with water. Then place the moulds close together and cover them with the second sheet of pastry. Pass the rolling pin over this, cutting the pastry off on the rims of the moulds.

Whisk 2 of the egg whites until stiff, adding 200 g (7 oz, 1 ¼ cups) icing (confectioner's) sugar. Spread this icing (frosting) over the tartlets. Roll out the remaining pastry, cut it into thin strips and intertwine these in diamond shapes on the icing. Leave for 15 minutes before cooking in a preheated oven at 190°C (375 °F, gas 5) for 30 minutes. Allow them to cool before serving.

COOKING The process of heating food so as to render it safe and palatable. While some foods have to be cooked before eating, others are usually consumed raw and many may be eaten either raw or cooked, depending on the result required. The reason for cooking are not always purely aesthetic, but they may be for food safety. Cooking can destroy natural toxins that make some raw foods poisonous dried kidney beans and other beans are a good example. Cooking also make food digestible.

The effect of cooking depends on the method used, the type of food and additional ingredients. Complex chemical changes take place during preparation and cooking to alter the appearance, texture, flavour and aroma of food.

Food may become tender or firm on cooking. Solid fats melts, oils become more fluid and foods with a high fat content, such as cheese, soften and with a high fat content, such as cheese, soften and may become runny. Other types of food soften may become runny. Others types of food soften vegetables and fruit become tender, then soft and they may break down, rice and grains.

COOKING BALL A perforated metal utensil of variable size consisting of two halves that open, either to enclose food that needs to be cooked in boiling water, or to immerse dried plants for infusion.

COOLER A deep cylindrical or oval receptacle made of glass, china or metal. Bottles are plunged into the iced or salted water in the container to keep cool. The cooler can was also be set on the table to serve certain foods which must be eaten very cold, such as caviar, it sometimes has a double bottom, which contains crushed ice.

Coolers have been in use since the Middle Ages, in the 17th century and 18th centuries they formed part of the table setting. Glasses, particularly champagne glasses, could be cooled in china receptacles with sloping deeply channeled sides in which the glasses were placed upside down.

COPPER A reddish metal used in the manufacture of many cooking utensils. It is an excellent conductor of heat and cooking pans with a copper base distribute heat evenly. Copper heats up and cools down rapidly and therefore enables greater control to be exercised in certain cooking methods. Although uncoated copper was popular for cooking utensils, especially in professional kitchens, the uncoated metal reacts with food and liquids, particularly acidic ingredients., and

corrodes quickly, forming an oxide coating that is toxic when eaten in significant amounts or regularly.

COPRA The dried kernel of the coconut, from which an oil is extracted. This oil, called coconut oil or copra oil, is then refined and used in the manufacture of margarines.

COQUE ALA The French term for describing the familiar method of cooking a soft boiled egg, by immersing the whole egg for 3-4 minutes in boiling water and eating it from the shell. This expression is also applied to any food which is poached without peeling or indeed to any which is eaten directly from its skin, such as avocados or artichokes.

RECIPE

Avocado a la coque

Cut an avocado in half just before serving and remove the stone (pit) Pour into the centre a vinaigrette flavoured with chopped shallots, a mayonnaise to which a little lemon juice and tomato ketchup have been added or a tomato sauce with a dash of Worcestershire sauce.

COQUELET A young cock weighing 450-575 g (1-1 ¾ lb) its meat, which has scarcely had time to mature, is rather tasteless. It may be roasted, grilled (broiled) or fried in breadcrumbs, and requires a sauce with a strong flavour (lemon, green pepper). Young cocks should not be cut into pieces, they are generally cut into two lengthways.

RECIPE

Coquelets en crapaudine a l'americaine

Split and flatten 2 young cocks as spatchcocks. Chop 2-3 garlic cloves and some parsley. Add salt, 3 tablespoons oil, a good quantity of pepper, 2 teaspoons ground ginger and a pinch of cayenne. Cover the cocks inside and outside with this mixture, then the cocks inside and outside with this mixture, then marinate them for 1 hour. Grill (broil) briskly and serve them with a green salad or mixed salad.

CORKSCREW An implement used to open a bottle sealed by a cork. The standard corkscrew has a spiral thread, which can be flat or rounded and is usually nickel plated. The rounded stem is preferable because there is less risk of the cork crumbling. The spiral must be 6-8 cm (2 1/4- 3 1/2 in) long so that the cork which is quite long in a good bottle, is pierced all the way through. Its tip must be sharp and designed in such a way that it is not centered in the spiral.

There are numerous models of corkscrew, some fitted with a casing to protect the neck of the bottle, others with a lever or even with a gearing down system to limit the strain, but also to avoid moving the bottle too much. Some corkscrews are also fitted with a bottle opener and a blade for cutting the seal.

Another system operates with two blades of unequal length. Which are inserted between the neck and the cork, and this obviates the need to pierce the cork. There is also a device which pierces the cork and injects gas underneath. This has the effect of effortlessly forcing out the cork. It is only recommended for a crumbly cork which is in danger of breaking.

CORNERED BEEF Cured beef, of American origin, which may be sold in cans. Pieces of beef are cooked, preserved with salt or brine, and then canned with beef fat and jelly. From the end of the 19th century military slang gave the name bully beef to the preserved beef distributed by the army. During World War I, the corned beef salvaged from American stocks was known as bully beef. It can be eaten cold with salad, or heated up and served with an onion sauce., in the United States it is mostly eaten in a hash or sandwiches.

CORNET A cone shaped pastry. The cornets used as ice-cream cones are made from wafer biscuit. Filled cornets are usually made from puff pastry, cooked while rolled around cornet moulds, and then filled with confecitoners's custard. Chilboust cream of Chantilly cream and decorated with chopped crystallized fruit. Murat cornets are made from the mixture used for langues de chats, filled with sweetened whipped cream and sometimes decorated with candied violets.

The word is also used for a slice of ham or salmon rolled up filled with a cold preparation and served as an hors d'oeuvre.

RECIPES

Ham cornets with foie gras mouse

Roll up some small but fairly thick slices of ham into cornets. Fill them with foie gras mouse (using a piping bag). Arrange on a bed of lettuce or on a dish garnished with cubes of port flavoured aspic jelly.

Smoked salmon cornets with fish roe

Roll up some small slices of smoked salmon into cornets. Fill them with fish roe (caviar, salmon or lumpfish). Arrange them on a bed of shredded lettuce dressed with vinaigrette. Garnish with fluted lemon halves. The base of the cornet can be filled with a little cream mixed with a few drops of lemon juice and grated horseradish, or else this cream can be served in a sauceboat at the same time as the cornets, with hot blinis.

CORNISH PASTY A pastry turnover traditionally made with short pastry but often made using puff pastry. Filled with a mixture of diced beef, onions, potatoes and other root vegetables. Originally from the country of Cornwall in England, they were lunchtime snacks for miners. The twisted pastry at the ends of the turnover acted as handles for the men to hold, then discard when they were blackened by dirty fingers. Traditionally, large pasties were made with a savoury filling one side and sweet the other. In modern times, Cornish pasties are smaller and lighter, and served as a hot snack.

COTIGNAC A pink sweetmeat, popular in France, made from a sweetened quince paste. It is sold in small round boxes made of thin wood and its pink colour is due to the natural oxidation of the fruit while it is drying out. It can be homemade although the most famous cotignac is the one made industrially at Orleans. It is said that cotignac was made in France in the time of Joan of Arc, and her effigy is used to decorate the boxes, but there is no evidence of its existence before the time of Louix XI.

Quince paste has its origins in antiquity and ancient recipes indicate that it was formerly made with honey. Greek legend recounts how the nymphs offered it to Jupiter when he was a child. This has given rise to the popular 19th century tradition that to eat cotignac from Orleans benefited the minds of unborn children a good pretext for satisfying the craving of pregnant women for sweet things.

RECIPE

Cotignac

Wash and peel some quinces, remove the seed and tie them in a small piece of muslin (Cheese cloth). Cut the quinces into quarters and place them in a pan with a small amount of water about 5 tablespoons per 1 kg (2 ¼ lb) fruit together with the seeds in a muslin bag. Cook over a very low heat until the quinces are soft and squeeze the bag of seeds to obtain the maximum flavour. Remove the seeds and reduce the pulp to a puree.

Weigh the puree and pour it into a basin with 400 g (14 oz. 1 3/4 cups) sugar to each 500 g (18 oz. 2 1/4 cups) puree. Reduce the puree, stirring continuously with a wooden spoon, until a small ball of the mixture is able to retain its shape. Spread the paste evenly on a oiled baking sheet and leave to dry out, preferably in a very cool oven. Cut the paste into squares and coat with caster (superfine) sugar. Pack into boxes, separating the layer with greaserproof(wax) paper, and store in a dry place.

COTRIADE A fish soup from the coast of Britany, prepared with butter or lard (shortening) onions and potatoes. The word is said to have been derived from cotet, one of the pieces of wood on which the cauldron rested when the fish was cooked over a wood fire. Anotehr possibility is that it is derived from the French word coterie an old name for the ship's crew, who were given certain fish as food. Thus, a cotriade would have been made with the more common types of fish, the more rare or expensive ones, such as turbot or sole, being reserved for sale.

RECIPE

Contriade

The fish should be selected from the following sardines, macherel, sea bream (porgy) angler, hake, cogner eel, gurnard and horse macherel (saurel) (for a more delicate dish, do not allow the proportion of oily fish, such as sardines and macherel, to exceed a quarter of the total weight). 1 or 2 large fish heads may also be included.

Cut 3 good sized onions into quarters and cook in a large pan with 25 g (1 oz. 2 tablespoons) butter or lard (shortening) until they are pale golden. Add 3 litres (5 pints, 13 cups) water and 6 peeled sliced potatoes. Flavour with thyme, bay leaf and other herbs. Bring to the boil and cook for about 15 minutes, then add 1.5 kg (3 1/4 lb) cleaned pieces of fish. Cook for a further 10 minutes. Pour the stock from the resulting soup on to some slices of bread and serve the fish and potatoes separately, with a sauceboat of vinaigrette.

COTTAGE CHEESE A fresh cow's milk cheese (4-8% fat content). Cottage cheese has a soft, more or less granular consistency and an acid taste.

COULIS A liquid puree of cooked seasoned vegetables or shellfish . It may be used to enhance the flavour of a sauce, it may itself be used as a sauce, or it may be used as an ingredient in soup. Fruit coulis are sauces made with raw or cooked fruit. Red fruit strawberries or yellow fruit may be used the sauces are served as an accompaniment to hot or cold desserts, including ice creams.

In the past, sauces of any kind were called coulis and were prepared in advance using a type of funnel known as a couloir.

RECIPES

Fresh fruit coulis

Prepare 1 kg (2 1/4 lb) fresh fruit (apricots, stawberries, peaches, redcurrants or any other suitable fruit in season) Chop into pieces where necessary and puree in a blender with some caster (superfine) sugar use 575 –800 g (1 1/4 -1 3/4 lb, 2 1/2 - 3 1/2 cups) depending on the acidity of the fruit). Add the sugar a little at a time while blending.

Raspberry coulis

Sort, clean and wipe 1 kg (2 1/4 lb) raspberries. Reduce to a puree in a blender together with about 500 g (18 oz, 2 1/4 cups) caster (superfine) sugar.

Tomato coulis

Choose firm ripe tomatoes. Cover them with boiling water and allow to stand for about 30

seconds, then peel them. Halve the tomatoes and remove their seeds. Sprinkle the cut surfaces of the tomatoes with salt and turn them over so that the juice drains away. Then puree them in a blender with a little lemon juice and 1 teaspoon caster (superfine) sugar for each 1 kg (2 ¼ lb) tomatoes used. After blending, reduce the resulting puree further by boiling it for a few minutes (this is not always necessary) Press through a sieve, season with salt and pepper, and cool.

COUPE A rounded receptacle of varying size, individual coupes are cups or goblets of glass, stainless steel or silver plate, often on a stem, in which ice cream, fruit salads or similar desserts are served. These desserts themselves are also known as coupes. They may be simple or elaborate, coated with syrup or chocolate sauce, and decorated with whipped cream, crystallized fruit, biscuits or wafers. Coupes made with ice cream are known as sundaes in Britain and the United States.

The champagne coupe is a stemmed glass goblet that is wider than it is high. Large coupes, with or without a stem, are used for arranging fresh fruit, fruit salads and desserts.

RECIPES

Apricot coupes

Soak some diced fresh or canned apricots and some apricot halves in brandy. Divide the diced fruit among some sundae dishes (2 tablespoons per dish) Cover with layer of apricot water ice, smooth out the surface and top with an apricot half and some fresh split almonds. Sprinkle with a few drops of brandy or kirsch.

Coupes a la cevenole

Prepare 500 ml (17 fl. oz. 2 cups) vanilla ice cream, as described in the recipe below. Macerate 300 g (11 oz. 1 ½ cups) split marrons glaces in 200 ml. (7 fl. oz. ¾ cup) rum for 1 hour. Chill 6 sundae dishes in the refrigerator. Fifteen minutes before serving, divide the marrons glaces among the sundae dishes and cover with vanilla ice cream. Decorate the dishes with whipped cream using a piping bag. Each dish can be topped with crystallized (candied) violets.

Coupes malmaison

Prepare 500 ml (17 fl. oz. 2 cups) vanilla ice cream, as described in the recipe below. Remove the seeds from 400 g (14 oz) Muscat grapes, plunge them into a saucepan of boiling water and then immediately into cold water, then drain and peel them. Boil together 3 tablespoon water with 150 g (5 oz. 2/3 cup) caster (superfine) sugar until the sugar just caramelizes. Divide the ice cream among 4 sundae dishes, cover with the grapes and top with the caramel.

Hawaiian cream coupes

Prepare 500 ml (17 fl. oz. 2 cups) almond milk and keep it in a cool place. Wash pat dry and hull 300 g (11 oz. 2 ½ cups) strawberries, cutting large ones in half. Peel and dice the flesh of a fresh pineapple. Line some sundae dishes with the strawberries and diced pineapple and completely cover with the almond milk. Top with a layer of raspberry coulis about 100 g (4 oz. ½ cup). Decorate each dish with piped rosettes of whipped cream.

Jamaican coupes

Prepare 500 ml (17 fl. oz. 2 cups) coffee ice cream, having added 1 tablespoon coffee extract to the boiling milk. Chill 6 sundae dishes in the refrigerator. Clean 165 g (5 ½ oz. 1 cup) currants and macerate them in 100 ml (4 fl. oz. 7 tablespoons) rum for 1 hour. Peel a pineapple and cut the flesh into small dice. Divide the diced pineapple among the sundae dishes and cover with coffee ice cream. Sprinkle the drained currants over the top.

Pear and caramel cream coupes

Prepare 250 g (9 oz. 1 ¼ cups) caramel cream and keep in a cool place. Divide 500ml (17 fl oz. 2 cups) almond milk among 8 sundae dishes and place in the refrigerator. Divide 16 diced canned pear halves among the dishes, cover with caramel cream and put into a cool place. A few moments before serving, decorate with piped rosettes of whipped cream.

Pineapple coupes

Cut some fresh or canned pineapple into dice and diamond shapes and macerate them for 1 hour in white rum. Place 2 tablespoons diced pineapple in each dish, cover with vanilla ice cream and smooth out the surface. Decorate each dish with the pineapple diamonds and sprinkle with a few drops of the white rum.

Vanilla ice cream for coupes

For about 500 ml (17 fl oz. 2 cups) ice cream, use 4 egg yolks, 250 ml (8 fl oz. 1 cup) milk, 1 vanilla pod (bean) 125 g (4 ½ oz. ½ cup) caster (superfine) sugar, and 2 tablespoon double (heavy) cream. Split the vanilla pod in two, add it to the milk, and bring to the boil. Work the egg yolks into the sugar with a wooden spoon. When the mixture lightens in colour, add the boiling milk, little by little, whisking constantly. Heat the mixture, add the cream and continue to heat until the mixture is thick enough to coat the wooden spoon. Strain the mixture into a bowl and allow to cool, stirring continuously. Pour into an ice-cream churn and operate this until the ice cream is frozen.

COURGETTE (ZUCCHINI) A variety of marrow (summer squash) usually eaten when young and immature. It has a fine, shiny outer skin, which is edible, and firm flesh with a delicate taste. For a long time it was used primarily in Mediterranean countries, but it is now widely popular and available throughout the year.

Courgettes vary in size from baby vegetables with their flowers still intact and small, firm and fine textured examples, to large, slightly woolly produce. As well as the usual long green skinned vegetables, there are yellow courgettes and round courgettes.

*Preparing and cooking. The peel may be left on or the courgettes may be very finely peeled, leaving a bright green layer covering the creamy white flesh. They may be thickly or thinly sliced, or cut into wedges, sticks or fine julienne. Courgettes can be steamed, braised, sweated in a little butter, fried, deep fried or cooked as fritters. They are equally delicious baked, stuffed, coated in sauce or cooked au gratin.

Courgettes are also good raw cut into fingers or wedges to be served with crudites or used in salads. Coarsely grated courgette may be tossed with a little vinaigrette and chopped fresh herbs or pared ribbons of courgette go well in green salads.

Courgette flowers are a delicacy when deep fried in a light batter and served with lemon juice. They may be stuffed and fried as fritters or steamed.

RECIPES

Preparation of courgettes

Remove the stalks from the courgettes and wipe them. Depending on the recipe, courgettes may or may not be peeled (it is essential to peel them for purees, but optional for fritters). Strips of peel may be removed from the courgettes to make them look decorative in a ratatouille, for example.

Courgette flowers with truffles

Chop 500 g (18 oz) button mushrooms and sprinkle them with the juice of ½ lemon. Melt 25 g (1 oz. 2 tablespoons) butter in a frying pan and add 1 tablespoon chopped shallots. As soon as the butter begins to sizzle, add the mushrooms, season with salt, stir and cook for 3-4 minutes. Drain in a fine colander over a small saucepan and reserve the liquid. Return the mushrooms to the pan and dry over a high heat, then reduce the heat to the minimum setting or turn it off. Pour 5

tablespoon single (light) cream into a

Mixing bowl, add 2 egg yolks and stir the mixture with a whisk. Add to the mushrooms, stirring with the whisk, and cook very gently for 2 minutes. Do not overheat or boil the mixture as it will curdle. Check the seasoning and allow to cool.

Drain 6 black truffles (each 15 g ½ oz) and add their juice to that of the mushrooms. Taking great care not to damage them, wipe clean 6 courgette (zucchini) flowers without washing them. Open up the petals and put 2 teaspoons of the mushroom mixture inside each flower. Put 1 truffle in the middle of each flower and close up the petals again. Place the flowers in the top part of a couscous pan or steamer and cover with foil. Trim and wash 500 g (18 oz) tender spinach or mache, and set aside.

Reduce the mushroom juice until only 3 tablespoons remains. Whisk in 250 g (9 oz. 1 cup) butter cut into small pieces. Season with salt and pepper and transfer to a bain marie.

Steam the flowers for 15 minutes. Arrange the uncooked spinach or mache on a dish and place the courgette flowers on it. Pour the butter sauce over the courgette flowers. Sprinkle with chervil and serve.

Courgette puree

Peel and slice the courgettes, place them in a saucepan and just cover them with water. Add some salt and 3-4 garlic cloves and cook them, covered for about 15 minutes. If the resulting puree is very watery, dry it carefully on the heat without allowing it to stick to the bottom of the pan. Add some butter, Pour the puree into a vegetable dish and sprinkle with chopped herbs, or spread it in a greased gratin dish, top with grated Gruyere cheese and butter, and brown in the oven.

Courgette salad

Peel the courgettes and cut the flesh into fine strips. Toss with a little well-seasoned vinaigrette and sprinkle with a mixture of chopped chervil and tarragon. Serve at once.

Courgette salad with lime

Lightly peel and coarsely grate the courgettes. Toss with a little lime juice and the grated zest of ½ -1 lime. Add a generous sprinkling of snipped chives and a little chopped fresh coriander leaves. Season to taste, toss well and serve at once.

Courgettes a la nicoise

Partially peel the courgettes, slice them thinly and saute them in oil with an equal quantity of peeled tomatoes. Add some parsley and garlic, and season with salt and pepper.

Courgettes a la provencale

Do not peel the courgettes. Cut them into long thick slices, sprinkle them with salt and leave for 15 minutes. Then pat them dry, coat them with flour and saute them in oil in a frying pan. Brush a gratin dish with oil, cover the bottom with rice cooked in meat stock, then add some of the courgette slices. Saute some slices of tomato and onion in oil and add chopped parsley and garlic. Place the onion and tomato slices in the gratin dish on the courgettes and cover with the remaining courgettes. Sprinkle with grated cheese and brown in a preheated oven at 230 °C (450°F, gas 8)

Glazed courgettes

Cut the courgettes into small uniform olive-shaped pieces. Blanch them lightly in salted water and drain them. Place them in a saute pan with 2 tablespoons butter, a pinch of salt and a small amount of sugar. Cover with cold water, bring to the boil and cook, covered, over a low heat until the liquid has almost completely evaporated. Saute the courgettes in this reduced sauce.

Glazed courgettes may be used as a garnish for poached fish or roast, fried or sauteed white

meats.

Sauteed courgettes

Slice the courgettes and toss them with a little flour. Season with salt and saute in oil or butter. Sprinkle with freshly ground black pepper and a squeeze of lemon juice. Serve immediately.

Stuffed courgettes

Cut the courgettes in half lengthways and hollow them out. Prepare the following stuffing cook some rice and drain. Mix with minced (ground) lamb, chopped onion and fennel softened in butter. Crushed garlic and seasoning.

Fill the courgette halves with the stuffing and place them close together in a greased ovenproof dish. Cover and cook in a preheated oven at 180 °C (350 °F, gas 4) for about 1 hour or until the filling is cooked and the courgettes are tender. Uncover for the final 20 minutes. Serve coated with tomato sauce.

COURT BOUILLON A spiced aromatic liquor or stock used mainly for cooking fish and shellfish, but also for preparing white offal and certain white meats. Wine and vinegar may sometimes be added to the court-bouillon, which is usually prepared in advance and allowed to cool. Food cooked in the liquid absorbs the flavour of the ingredients. Freeze dried court bouillon is available in France, it is easy to use and time saving as it is simply diluted with water.

RECIPES

Cour-bouillon eau de sel

This is the easiest kind of court-bouillon to prepare as it consists only of salted boiling water – use 15 g (1/2 oz. 1 tablespoon) coarse sea salt per 1 litre (1 3/4 pints, 4 1/2 cups) water. It is not usually flavoured, but a little thyme and a bay leaf may be added if desired.

Court-bouillon with milk

Add 1 finely shredded onion, a sprig of thyme, salt and pepper to equal quantities of milk, and water (the court-bouillon should cover the food that is to be cooked) it is used principally for cooking flatfish, such as brill or turbot, or smoked or salted fish, such as smoked haddock or salt cod (in the latter case to do not add salt).

COUSCOUS A traditional North African ingredient made with hard wheat semolina and sometimes with barley or, in Tunisia, with green wheat. It was discovered by the French during the reign of Charles X during the conquest of Algeria. There is still some doubt about the original meaning of the word, which is derived from the Arabic kouskous. Some experts believe that the word was originally used for the food in a bird's beak used to feed its young. Leon Isnard, who considers that it is the Gallic form of rac keskes maintains that it is derived phonetically from the words koskos, keuscass, koskosou and kouskous, used in different parts of North Africa from a cooking pot in which semolina is steamed. Made of earthenware or alpha glass, the pot, which is pierced with hole, sits on top of another similar pot containing water or stock. Other experts believe that the sound of the word describes the noise made by the steam as it passes through the holes in the pot.

RECIPES

Preparing traditional couscous

In country villages, where couscous is simply a dish of semolina flavoured with rancid butter (smen) and served with whey, the women prepare the grain in the traditional way by skillfully rolling it by hand. Hard-wheat semolina and flour are placed in a wooden dish (kestr0 or in an earthenware dish, together with a small amount of cold salted water. By boiling the semolina, the

flour progressively binds itself around each grain. The grain is then sieved, which enables the particles to be sorted according to their size.

Cooking traditional couscous

The grain is steamed in a couscous pan. Fill the pot two thirds with water or stock and bring it quickly to the boil. Then fit the keskes (steamer) containing the semolina on to the pot. Tie a damp cloth around the part where the keskes and the pot meet so that no steam escapes. After about 30 minutes remove the semolina from the couscous pan, put it in large round dish with a raised edge, coat the grains with oil and break up the lumps with the hands. Put the couscous back in the keskes to steam it and repeat the operation twice more. Without forgetting to work the grain between each steaming. After the third steaming, arrange small knobs of butter on the semolina and serve.

During the second and third steaming, vegetables or meat are added to the pot and raisins are mixed with the grain.

COW The female of the domestic cattle from the time of its first calving. The cow is generally bred for producing milk and calves, but in France a good proportion of beef comes from milch cows which are no longer needed for milk. Such cows are fattened up for the butcher at an early age, giving meat which is often more tender and has more flavour than that from a bullock.

COZIDO A type of Portuguese and Spanish stew consisting of chorizo sausage, Cabbage, carrots, chick peas, white haricot beans, pig's ears, and a piece of charcuterie similar to a black pudding or white pudding. With the addition of vermicelli, the cooking liquid is eaten as soup.

CRAB One of a large group of crustaceans characterized by a wide flat body protected by a hard shell. Crabs are decapods, having five pairs of legs, these vary in size according to the species, but the first pair (pincers) are generally much larger and equipped with strong claws.

In general, crab may not be as highly rated as lobster but its white meat is fine and delicate while the brown meat found in the body, and including the liver and roe, is rich and full flavoured. When buying live crab, look for a plump and heavy creature. Male crabs have larger claws and provide more meat than females. To determine the sex, check the tail or abdomen which is curled under the crab, the female has wide rounded tail flap while the male has narrow, more pointed tail. Crab is usually sold cooked and often dressed. When buying whole cooked crab, shake the shell and reject it if it contains water.

Crabmeat is available frozen or canned. Canned Russian chatka crab from the cold waters of the Kamachatka peninsula is a world class delicacy, when referred to as extra this indicates that the can contains 100% claw meat. Canned crab claws from other species are also available. By way of complete contrast, crab sticks are a manufactured fish product that bear no resemblance to crab and they are to be avoided.

RECIPES

Crab a la bretonne

Plunge a live crab into boiling lemon or vinegar court-bouillon. Cook for 8-10 minutes, then drain and cool. Remove the legs and claws and take out the contents of the shell. Clean the shell thoroughly. Cut the meat from the shell in two, put it back in the clean shell and arrange the legs and claws around. Garnish with parsley or lettuce leaves and serve with a mayonnaise.

Crab feuilletes

Prepare 500 g (1 lb 2 oz) puff pastry. Wash and scrub 2 crabs, plunge them into boiling water for 2 minutes and then drain them. Pull off the claws and the legs, crack the shells and cut the bodies in two. Remove the dead man's fingers and discard. Chop 1 carrot, 1 onion, 1 shallot, white part

of ½ leek and 1 celery stick.

Heat 40 g (1 ½ oz, 3 tablespoons) butter in a saucepan, add the pieces of crab, then the chopped vegetables and cook, stirring frequently, until the crab shell turns red. Add 3 tablespoons heated cognac and flame. Then add 1 bottle dry white wine, 1 generous tablespoon tomato puree (paste), a piece of dried orange peel, salt, pepper, a dash of cayenne pepper, 1 crushed garlic clove and a small bunch of parsley. Bring just to the boil, cover the pan and cook for 10 minutes. Remove the crab and cook the sauce, uncovered, for a further 10 minutes. Shell the piece of crab to remove the meat. Puree the sauce in a blender and rub it through a sieve, then mix half of it with the crab meat. Allow to cool completely.

Roll out the pastry to a thickness of 5 mm (¼ in) Cut it into rectangles measuring about 13 x 8 cm (5 x 3 in) and score their tops in criss-cross patterns with the tip of a knife. Glaze with beaten egg and cook in a preheated oven at 230 °C (450 °F, gas 8) for about 20 minutes. When the feuilletés are cooked, slice off their tops. Place the bases on serving plates and top with the crab mixture. Replace the pastry tops and serve with the remaining sauce.

Crab Salad

Clean and cook 2 large crabs. Wash, scald and cool 500 g (18 oz, 4 ½ cups) bean sprouts and dry them. Mix 4 tablespoons mayonnaise, 1 tablespoon ketchup or very concentrated sieved tomato puree and at least 1 tablespoon brandy. Mix the crabmeat, the bean sprouts and the sauce and serve on a bed of lettuce leaves. Sprinkle with chopped herbs.

Crabs in broth

Chop a large onion. Peel and roughly chop 4 tomatoes. Peel and crush 2 large garlic cloves. Plunge 2 crabs in salted boiling water, cook for 3 minutes, then remove the claws and legs and take out the contents of the shell. Crush the empty shell and the intact legs and brown them in 25 g (1 oz, 2 tablespoons) fat or 2 tablespoons oil together with the onion. Add the tomatoes, a large pinch of ground ginger, a pinch of saffron, a pinch of cayenne, the garlic and a sprig of thyme. Moisten with plenty of stock cover and simmer very gently for about 2 hours.

Strain through a sieve, pressing well to obtain a fairly thick sauce. Adjust the seasoning. Crush the claws and remove the flesh, cut the flesh from the shell in four, then brown all the flesh together in fat or oil in a sauté pan. Pour the sauce over the top, bring back to the boil and cook for 5-6 minutes. Serve in a soup tureen, accompanied with rice à la créole.

Staffed crabs au gratin

Wash and brush some crabs. Plunge them in court bouillon with lemon. Bring back to the boil, cook for about 10 minutes, then drain and leave to cool. Detach the claws and legs and remove their meat. Take out all the meat and creamy parts from the shells, discarding any gristle. Crumble or dice the meat finely. Wash and dry the shells.

Mix the creamy parts with a few spoonfuls of Mornay sauce and spread this mixture over the bottom of each shell. Then fill with diced or crumbled crabmeat and top with Mornay sauce. Finally, sprinkle with grated cheese, pour on some melted butter, and bake in a preheated oven at 240 °C (475 °F, gas 9) until the surface is brown.

CRAQUELIN A small light crunchy cake or biscuit. It can be a dry petit four (a speciality of Saint-Malo, Binic, Vendée and Beaume-les-Dames), a sort of echaude or a cake of unrisen unsweetened dough made into various shapes, Craquelins formerly resembled three cornered hats or eggs. The word, known as early as 1265, derives from the Dutch crakeline.

RECIPE

Craquelins as petits fours

Knead 250 g (9 oz, 2 ¼ cups) plain (all-purpose) flour with 125 g (4 ½ oz, ½ cup) butter, 2 egg

yolks, 3 tablespoons cold milk, 25 g (1 oz. 2 tablespoons) caster (superfine) sugar and a generous pinch of salt. Leave the dough to rest for 2 hours, then roll it out to a thickness of 1.5 cm (5/8 in) Cut it into 5 cm (2 in) squares, arrange the squares on a baking sheet, glaze them with egg and bake in a preheated oven 240 °C (475 °F, gas 9) until golden brown. Sprinkle with vanilla-flavoured sugar when cooked.

CRAYFISH A freshwater crustacean resembling a small lobster, the species found in Europe growing to 15-20 cm (6-8 in) long.

During the late 19th and 20th centuries, crayfish became rare in Europe as a result of overfishing, pollution and disease. However, stocks have returned to some area and crayfish are also farmed. Different species fished in France include the redclawed crayfish found particularly in the Auvergne, the smaller white clawed variety, a mountain stream variety, and the comparatively newly introduced American species.

The American crayfish native to California is known as the signal crayfish for its blue green stripes on the pincers. Being more resilient than the original European species, this crayfish is now stocked in Sweden and Germany. The Madagascar crayfish is one of the largest species and the Murray River crayfish of Australia is the second largest type, growing to 50 cm (20 in) long. The Marron is another species native to Australia and subject to farming in order to protect the natural stocks.

RECIPES

Crayfish a la bordelaise

Prepare a finely diced mirepoix of vegetables. Toss 24 crayfish in melted butter and season with salt, pepper and a little cayenne. Pour brandy over the crayfish and set alight, then just cover with dry white wine. Add the vegetable mirepoix and cook together for a maximum of 10 minutes. Drain the crayfish and arrange them in a deep dish. Keep hot. Bind the cooking stock with 2 egg yolks, then beat in 40 g (1 ½ oz. 3 tablespoons) butter. Adjust the seasoning to give the sauce a good strong flavour. Cover the crayfish with this sauce and serve at once, piping hot.

CREAM A dairy product consisting of the part of milk, rich in fat, which has been separated by skimming or otherwise. Often an increase in the thickness of cream denotes an increase in fat content, but this is not always true as the viscosity of cream can be controlled by manufacturing processes, giving a variation in the thickness of creams of the same fat content. For example, double cream is available in either pouring or spooning consistencies.

Originally the cream was separated from the milk by gravity. When milk is left to stand in a vessel, fat globules cluster or aggregate and, being lighter than the rest of the milk, float to form a layer of cream. This can be skimmed off by hand.

CREAM SOUP A thickened, smooth soup enriched with milk and/ or cream. Traditionally, cream soups are based on a roux of fat and flour with stock and milk added. This is used to cook the main ingredients for the soup until tender. The soup is then pureed or pressed through a sieve and enriched with cream before serving. Alternatively, a white sauce may be used or the soup can be thickened with flour, rice flour or cornflour. Root vegetables, such as potatoes or celeriac, may be pureed with liquid to thicken the soup. Breadcrumbs also give a creamy consistency. The basic ingredient can be fish or shellfish, poultry, vegetables or grains. Bright herbs, such as parsley, chives or chervil, bring colours to pale cream soups and crisp garnishes, such as croutons, provide contrasting texture.

RECIPES

Traditional basic cream soups

Shred and blanch the chosen vegetable, then cook it in butter in a covered pan, using 40-50 g (1 ½ -2 oz. 3-4 tablespoons) butter per 500 g (18 oz.) vegetables. Prepare 750 ml (1 ¼ pints, 3 ¼ cups) white sauce by adding 900 ml (1 ½ pints, 1 quart) milk to a white roux of 25 g (1 oz, 2 tablespoons) butter and 40 g (1 ½ oz. 6 tablespoons) plain (all-purpose) flour. Mix this sauce with the lightly cooked vegetables and simmer gently for 12-18 minutes depending on the vegetable used. Puree in a food processor or blender, few tablespoons of white consommé (or milk if the soup is to be meatless) Heat and adjust the seasoning. Add 200 ml (7 fl. oz. ¾ cup) single (light) cream and stir while heating.

Enriching with cream and egg yolks

To enrich a soup in the final stages, just before serving, beat 2 egg yolks with 150 ml (¼ pint, 2/3 cup) single (light) cream until smooth. Stir in a ladleful of the hot soup. Reduce the heat under the soup to ensure that it is not boiling, then stir in the egg yolk and cream mixture. Cook gently for 1-2 minutes, stirring, but do not allow the soup to boil or the egg and cream will curdle.

Cream of asparagus soup

Following the recipe for traditional basic cream soups, blanch 400 g (14 oz) asparagus tips and cook them in butter in a covered pan. Add 750 ml (1 ¼ pints, 3 ¼ cups) white sauce and puree in a food processor or blender. Do not cook the asparagus and béchamel together, but reheat and season the soup before serving.

CREAMS Sweet preparations with the consistency of cream. The term for a wide variety of desserts and dessert toppings or accompaniment, creams may be based on custards or sweet sauces, enriched with cream or lightened with whipped cream. Whipped desserts, such as zabaglione or syllabub, are classed as creams.

Alternatively, creams may be prepared from set mixtures, for example with gelatine or melted chocolate. Bavarian cream is an example of a custard mixture lightened with whipped cream, usually with an additional setting agent, such as gelatine or melted chocolate.

A cooked sauce, thickened with flour or arrowroot, may form the base for a cream as can a fruit puree. Fruit fools, purees of cooked fruit lightened and enriched with custard and/or whipped cream, are also included in this category.

Although traditionally enriched with milk or cream, yogurt or fromage frais may be used for contemporary, lighter results. Similarly creamy mixtures resembling dairy creams can be prepared from bean curd or by grinding and pureeing plain nuts with a little fruit juice, typically apple juice.

RECIPES

Almond cream

Beat 2-3 whole eggs as for an omelette and put them aside. Beat 150 g (5 oz. 1 cup) blanched or ground almonds with the same weight each of sugar and of butter until pale and creamy. When the mixture is thoroughly blended, beat in the eggs one by one.

Caramel cream for decorating desserts

Cook 200 g (7 oz. ¾ cup) caster (superfine) sugar in 100 ml (4 fl. oz. 7 tablespoons) water to obtain a golden caramel. Pour 250 ml (8 fl. oz. 1 cup) double (heavy) cream into a large deep basin, sprinkle it with the caramel, and whisk. Then transfer the mixture to a saucepan and cook over a gentle heat. Meanwhile work 225 g (8 oz. 1 cup) butter with a spatula in the deep basin until soft. Test a drop of the caramel cream in a bowl of cold water, if it forms a firm ball, the cream is cooked. Then pour it over the butter, whipping briskly. Set aside in a cool place until used.

Lemon cream

For 8 people, use 2 lemons, 5 eggs, 125 g (4 ½ oz. ½ cup) butter and 200 g (7 oz. 1 ½ cups) icing (confectioner's) sugar. Grate the rind from one of the lemons. Then squeeze both lemons and strain the juice. Whisk the eggs with a fork. Melt the butter over a very gentle heat, add the sugar and lemon juice and bring to the boil. Sprinkle the whisked eggs with this mixture, whisking quickly to obtain a very smooth cream. Return to the saucepan, add the grated lemon zest and bring to the boil over a gentle heat, whisking all the time. Pour the lemon cream into a bowl and leave to cool before placing it in the refrigerator.

French Butter Creams

French butter cream or *creme au beurre* may be used to sandwich and coat layered cakes or *gateaux*. It can be piped and used for decoration.

Coffee *crème au beurre*

Add coffee essence (extract) or instant coffee to the milk used when making a custard base. To flavour cream made with sugar syrup, blend the coffee essence or instant coffee with cream, using 1 teaspoon coffee essence to 300 ml (1/2 pint, 1 ¼ cups) double (heavy) cream, the mixture should become homogeneous when heated.

Praline *crème au beurre*

Blend some finely crushed praline into the prepared cream, using 50 g (2 oz. ½ cup) praline for 300 ml. (11 fl. Oz. 1 2/3 cups) cream.

CRECY Any of various dishes that contain carrots. Puree Crecy is a carrot puree used as a base for a soup and as a garnish for various dishes, including poached eggs, omelette and fillets of sole. In *consomme Crecy*, the carrots are shredded into a *brunoise*, while for *tournedos Crecy* they are turned and glazed.

It is not known whether the name derives from the produce of Crecy-la-Chapelle or Crecy-en-Ponthieu in Somme,

RECIPES

Artichokes Crecy

Prepare 12 very small fresh artichokes and put them in a generously buttered saute pan. Turn 800 g (1 ¾ lb) small new carrots and add them to the saute pan. Season with salt and a pinch of sugar. Moisten with 4 tablespoons water, cover and cook slowly for about 40 minutes. Add 1 tablespoon unsalted butter just before serving.

Crecy soup

Scrape 500 g (18 oz) very tender carrots, slice thinly and cook them with 50 g (2 oz. ¼ cup) butter in a covered pan. Add 1 tablespoon shredded onion, pinch of salt and ½ teaspoon sugar. When the vegetables are soft, add 1 litre (1 ¾ pints, 4 1/3 cups) beef or chicken *consomme*, bring to the boil and add 100 g (4 oz. ½ cup) rice. Cook slowly with the lid on for about 20 minutes, then put it through a blender and strain. Add a few more spoonfuls of *consomme*, heat and add 25 g (1 oz, 2 tablespoons) butter. Adjust the seasoning. Serve with small croutons fried in butter.

Fillets of sole Crecy

Wash, clean and fold up the fillets of sole. Poach them in a fish *fumet* for 5 minutes, drain them and arrange on a long dish. Strain the stock, reduce and add 2 tablespoons *bechamel* sauce and the same amount of carrot puree. Mix well and heat. Coat the fillets with this sauce and garnish them

with very small glazed new carrots.

CREMANT This term was used to describe champagne wines with less atmosphere pressure than fully sparkling champagne, but it is now reserved for the finest French sparkling wines made by the traditional method. The principal sources of Cremant are Alsace, Die, Bourgogne, Loire, Limoux and Bordeaux.

CRÈME A sweet liqueur with a syrup consistency. Crème are obtained by soaking various substances in brandy or a spirit containing sugar syrup, fruit (pineapple, bananas, blackcurrants, strawberries, tangerines, sloes, raspberries) various plant parts (vannilla, mint, cocoa, tea, coffee) or flowers (violet, rose) These liqueurs were fashionable in the 19th century and often had exotic name, such a s crème de Barbade and crème civole, cremes are usually drunk as a digestant in small glasses. They are also included in cocktails and sometimes served as an aperitit with ice and water.

The French word crème is also used tin a culinary context for cream soups, for dairy cream and for a wide variety of sweet preparations.

CRÈME BRULEE A dessert consisting of a rich custard of egg yolks, sugar and cream, often flavoured, which is set by cooking in the oven. The chilled custard is covered with brown sugar and caramelized under a very hot grill or with a blowtorch.

CRÈME CATALANE A Spanish cooked cream, similar to confectioner's custard (pastry cream) but thicker as a result of slightly different proportions of ingredients, and flavoured with lemon zest and cinnamon. Traditionally served in flat-bottomed stoneware ramekins, the top is often carmalized.

CREOLE, A LA The name given to numerous sweet and savoury preparation inspired by West Indian cookery. In particular, the term refers to a method of preparing rice by cooking it in plenty of water, draining it and then drying it in the oven in buttered dish. It is finished with tomatoes, sweet peppers and onions, and served with various meats, poultry, fish and shellfish. Sweet dishes a la creole contain rum, pineapple, vanilla or banana.

Recipes

Savoury Dishes

Calves liver a la creole

Cut some fat bacon into very small strips and marinate them in a mixture of oil, lime juice, salt and pepper. Use them to lard some slices of calves liver and them marinate the lever for 20 minutes in the same mixture. Drain them, coat them with flour and cook them in a frying pan in some lard [shortening]. Remove the slices of liver from the pan and keep them warm in a buttered dish. For every 6 slices of liver, flavour the juices in the frying pan with 2 table spoons chopped onion and 1 table spoon chopped parsley. Brown the onion and parsley and then add 1 tablespoon white breadcrumbs, salt pepper and 1 tablespoon tomato puree (paste) diluted with 3-4 tablespoons white wine. Heat the sauce, stirring continuously, and adjust the seasoning. Coat the liver with the sauce.

Chicken a la creole

Cut a chicken of about 1.5 kg (3 ¼ lb) into 8 pieces and season with salt and pepper. Heat 3 table spoons oil in a saute pan and brown the chicken pieces. Cover and cook gently for 20-30 minutes. Then hot on serving dish, skim the pot of the cooking juices and add 4 slice canned pineapple (cut into pieces) to the saute pan, together with 3-4 tablespoons of the pineapple syrup. The add 2 tablespoons lime juice and a dash of cayenne. Reduce the sauce and adjust the seasoning. Coat the chicken pieces with sauce and garnish them with pineapple.

Fillets of brill a la creole

Remove the fillets from a brill, clean them and season with salt, pepper and a pinch of cayenne. Coat them in flour and cook them in oil in a frying pan. When they are cooked, sprinkle them with lemon juice and arrange them on a warmed serving dish. In the same pan fry a mixture of chopped garlic and parsley (1 tablespoon for 6 fillets) and pour this over the fillets, together with some oil flavoured with chilli peppers. Brown some halves of tomato in oil and stuff them with rice pilaf. Garnish the fillets with the stuffed tomatoes and with diced sweet peppers that have been slowly cooked in oil.

Sweet Dishes

Bavarin cream a la creole

Grease a mould with sweet almond oil and fill it with alternating layers of rum-flavoured and pineapple flavoured basic Bavarian cream, separating the layers with finely chopped bananas soaked in rum. Place in the refrigerator for about 3 hours. Then turn it out on to a dish and decorate with Chantilly cream. Sprinkle with chopped pistachio nuts.

CREPE A pancake, made by cooking a thin batter sparingly in a very thin layer in a frying or special crepe pan. The word comes from the Latin *crispus*. Meaning curly or wavy.

Crepe batter is prepared in advance and allowed to stand so that the flour swells and any air beaten in during preparation has time to dissipate. After standing a little extra liquid may be added if the batter has become slightly too thick. Standing and thinning ensures that the batter does not rise and that the crepes are fine and even. Wheat or buckwheat flour may be used of the latter, they are often called *galettes* and either milk or water to mix. If beer is used to mix the batter, it rises slightly. The number of eggs used depends on the individual recipe, but the batter must always have a pouring consistency. Some recipes require the addition of sugar. The crepes may be fried in oil or butter.

RECIPES

Savoury Crepes

Mix 500 g (18 oz, 4 ½ cups) plain (all-purpose) flour with 5-6 beaten eggs and a large pinch of salt. Then gradually add 1 litre (1 ¾ pints, 4 ⅓ cups) milk or, for lighter pancakes, 500 ml (17 fl oz, 2 cups) water. The batter may also be made with equal quantities of beer and milk, or the milk may be replaced by white consommé. Finally, add 3 tablespoons oil, either one with little taste, such as groundnut (peanut) oil or sunflower oil or, if the recipe requires it, use olive oil; 25g (1 oz, 2 tablespoons) melted butter may also be added. Leave the batter to stand for 2 hours. Just before making the crepes, dilute the batter with a little water (100-200 ml, 4-7 fl oz, 1/2-3/4 cup).

Buckwheat crepes or galettes

Mix 250g (9 oz, 2 ½ cups) buckwheat flour and 250g (9 oz, 2 ¼ cups) plain (all purpose) flour (or use all buckwheat flour) in a bowl with 5-6 beaten eggs and large pinch of salt.

Add, a little at a time, 500ml (17 fl oz, 2 cups) milk and 70 ml (1 ¼ pints, 3 ¼ cups) water and then 3-4 tablespoon oil. Leave the batter to stand for 2 hours at room temperature. Just before making the crepes, thin the batter with 100ml (4 fl oz, 7 tablespoons) water as necessary.

Eggs and cheese crepes

Prepare some buckwheat crepes as described above. After turning each crepe over in the pan to cook the other side, break an egg on top. As soon as the white is set, season lightly, sprinkle with grated cheese and fold each crepe into square. Serve immediately, very hot.

Ham crepes

Prepare 12 savoury crepes. Prepare separately a bechamel sauce with 40g (1 1/2oz, 3 tablespoons) butter 40g (1 1/2, 6 tablespoons) plain (all purpose) flour, 500ml (17fl oz, 2 cups) milk, nutmeg, salt and pepper. Add 150g (5 oz, 2/3 cup) diced Paris or York ham and 50 g (2 oz, 1/2 cup) grated cheese to the sauce. Cool and fill each crepe with one twelfth of this mixture. Roll up the crepes and arrange them in a buttered ovenproof dish. Sprinkle with 50 g (2 oz, 1/2 cup) grated cheese and 25 g (1 oz, 2 tablespoons) melted butter and brown in a preheated oven at 230 °C (450 °F, gas 8)

Mushroom crepe

Prepare some savoury crepe batter as above and leave it to stand. Meanwhile, prepare a duxelle with 500g (18 oz, 6 cups) mushrooms, 1 or 2 shallots, a small garlic cloves 20 g (3/4 oz, 1 1/2 tablespoons) butter, salt and pepper, and 300 ml (1/2 pint, 1 1/4 cups) bechamel sauce.

Make 12 crepes, cooking each one as follow: melt a knob of butter in a frying pan and pour a small quantity of batter into the pan, tilting it in a directions to spread a thin film of batter. Cook over a moderate heat until the crepe slides when the pan is shaken. Then turn the crepe over and cook the other side for about 2 minutes. Place a tablespoon of the mixed bechamel sauce and duxelles on each crepe and roll it up. Arrange the crepes close together on a lightly buttered ovenproof dish and sprinkle them with 50 g (2 oz, 1/2 cup) grated cheese. Top with 25 g (1 oz, 2 tablespoons) melted butter and either brown them under the grill (broiler) or reheat them in a preheated oven at 230 °C (450 °F, gas 8) Serve very hot spoons double (heavy) cream.

Sweet Crepes

Sweet crepe batter

Mix 500 g (18 oz, 4 1/2 cups) plain (all-purpose) flour with 1 tablespoon vanilla-flavoured sugar (or a few drops of vanilla extract), 5-6 beaten eggs and a small pinch of salt. Gradually stir in 750 ml (1 1/4 pints, 3 1/4 cups) milk and 250 ml (8 fl oz, 1 cup) water. Flavour with a small glass of rum. Cognac, Calvados or Grand Marnier, depending on the recipe. Finally add 40 g (1 1/2 oz, 3 tablespoons) melted butter or a mixture of 25 g (1 oz, 2 tablespoons) melted butter and 2 tablespoons oil. Leave the batter to stand for 2 hours. Just before making the crepes, dilute the batter with a little water or milk 100-200 ml (4-7 fl oz, 1.2 - 3/4 cup).

It was formerly the custom to add 2-3 tablespoons caster (superfine) sugar to the batter, in addition to the vanilla-flavoured sugar. Today, the crepes are usually sprinkled with sugar when cooked, according to individual tastes.

Apple and walnut crepes

Make some sweet crepes. Lightly brown some thin slices of apple in butter and sprinkle them with sugar. Cover a quarter of each crepe with the apple slices and a few peeled moist walnuts. Fold the crepes in four and sprinkle with sugar. The crepe may be flamed with Calvados or with another fruit liqueur.

Chartreuse crepes

Prepare a crepe batter in the usual way. Fifteen minutes before making the crepes, prepare the filling. Beat 50 g (2 oz, 1/4 cup) butter to soft paste and add 50 g (2 oz, 1/4 cup) caster (superfine) sugar, 3 crushed meringues and 3 tablespoons green Chartreuse. Add 6 crushed macarons, the grated zest of an orange and 3 tablespoons Cognac to the batter and mix well. Thin the batter with 100 ml (4 fl oz, 7 tablespoons) water and cook the crepes. Spread each one with the filling and fold in four. Dust with icing (confectioner's) sugar and serve very hot.

Pork crepinettes

Prepare some small flatsausages using either fine pork forcemeat into portions of about 100 g (4 oz, 1/2 cu) and wrap each one in a rectangular piece of previously soaked and dried pig's

caul. Coat each crepinette in egg and breadcrumbs, brush with melted butter and grill (broil) under a moderate heat (The crepinettes may be grilled or fried without a coating of breadcrumbs). The classic garnish is a puree of potatoes or of haricot (navy) beans, but they may also be served with buttered green vegetables.

CRESS Any of various plants of the mustard family which are cultivated for their sharp tasting leaves, which can be eaten raw or cooked.

Cress is believed to be native to the Middle East but is naturalized and widely cultivated in Europe. In the 14th century, it was used mainly for medicinal purposes, but gradually began to be used in soups. It was not until about 1810 that methods of cultivating the cress in cress beds were introduced in France from Germany. The district of Senlis specialized in growing cress and it soon found a niche in gastronomy in about 1850, the Café Riche included cress puree on its menu.

Today, cress produced in France mainly in Oise, Essonne and Seine-Maritime, When cress is to be eaten raw, it should be picked over carefully, the thicker stems and yellowing leaves removed, and the rest washed and drained carefully. It should not be left to soak in water. Wild cress should not be eaten as it can transmit parasite.

RECIPE

Watercress puree

Cook some watercress in butter for about 5 minutes, until wilted. Puree in a blender or food processor. Add one-third of its volume of either potato puree or a puree of split peas. Add some fresh butter or cream and finish with a little finely chopped raw cress.

CREPINETTE A small flat sausage, generally made of sausage meat mixed with chopped parsley and wrapped in caul. Crepinettes may also be made with lamb, veal or poultry, prepared with salpicon of meat and mushrooms, sometimes garnished with truffles and bound with white or brown stock. This mixture is enclosed in fine forcemeat and the whole is wrapped in caul. Crepinettes are brushed with melted butter sautéed or cooked in the oven. They are served with a potato puree, lentils or boulangere potatoes. They can be served with a strong seasoned sauce or, if they are truffled, with a Perigueux sauce.

Cinderella pork crepinettes (pieds de Cendrillon) are made of fine truffled pork forcemeat. Salpicon of pig's feet is mixed with diced truffles and mushrooms, bound with concentrated veal stock and placed in the middle of each crepinette. Traditionally cooked in wood-ash, wrapped in pieces of buttered paper, today they are wrapped in caul or in paper thin pieces of pastry before being cooked in the oven.

Crepinettes may be used to stuff game and poultry with rather dry flesh, such as rabbit or guinea fowl. In the Gironde, crepinettes are fried and served with oysters from the Arcachon basin and wine.

RECIPES

Calves brain crepinettes

Soak a pig's caul in cold water for a few hours. Clean 2 calves brains in cold water to which vinegar has been added. Then gently simmer the brains in 1 litre (1 ¾ pints, 4 1/3 cups) well-seasoned courtbouillon for about 10 minutes. Drain, wipe them thoroughly and allow to cool. Fry 400 g (14 oz, 4 ½ cups) chopped mushrooms, 1 chopped shallot, 1 chopped garlic clove and some chopped parsley in a tablespoon of oil in a frying pan. Season with salt and pepper.

Wipe the caul, stretch it gently so as not to tear it, and cut it into 5 pieces. Cut each brain into 5 slices. Lay each slice in the middle of a piece of caul, cover with mushrooms and place a second

slice of brain on top. Wrap in the cauld. Roll the crepinettes in 40 g (1 ½ oz, 3 tablespoons) melted butter, then in some fresh white breadcrumbs, and fry lightly in butter until they turn brown. Serve very hot with a vegetable puree.

CRISPBREAD A small thin crisp biscuit (cracker) made from whole meal (whole grain) rye flour. It is sometimes flavoured with sesame seed, linseed or cumin. It was originally made by Swedish peasants and was intended to be stored for long periods. Today it is manufactured on a large scale, especially in Scandinavia, Germany Britain. Exported all over the world, it is buttered and eaten with cheese and smoked fish. It is also recommended for low caloric diets.

CRISPS (POTATO CHISP) Thin round slices of fired salted potato that are mass produced and sold bags. Crips are served in France and Britain with aperitifs, or with grills and roasts. This method of preparing fried potatoes is a very old one, it used to be called pommes en litards In the United States they are known as potato chips.

RECIPE

Potato chisps

Wash and peel some large firm potatoes. Cut them into very thin round slices (preferably with a mandolin cutter or in a food processor) and immediately place them in cold water. Leave to soak for 10 minutes and then dry them thoroughly. Plunge the slice once only into frying oil at 185 °C (365 °F) Drain on paper towels and sprinkle with salt.

CROCKERY All the items and accessories made of earthenware or china needed for service at the table or use in the kitchen, plates, cups, saucers, bowls, dishes, egg cups and so on.

CROISSANT A crescent shaped roll generally made with a leavened dough.

This delicious pastry originated in Budapest, in 1686, when the Turks were besieging the city. To reach the centre of the town, they dug underground passages. Bakers, working during the night, heard the noise made by the Turks and gave the alarm. The assailants were repulsed and the bakers who had saved the city were granted the privilege of making a special pastry in the form of a crescent in memory of the emblem on the Ottoman flag.

Bakers usually sell two sorts of croissant, those made with butter and the others, which no law obliges them to declare are made with margarine. Croissants may be served at breakfast or tea, or filled with ham, cheese, mushrooms or chicken.

A very popular speciality in Lorraine is the croissant, filled with dried fruit and coated with egg white or sugar. The term croissant is also used for a semicircular petit four made with almond paste and topped with pine nuts or flaked almonds.

RECIPES

Parisian croissants

Blend 25 g (1 oz.) fresh yeast (2 cakes compressed yeast) or 15 g (1/2 oz) dried yeast (3 teaspoons active dry yeast) with 250 ml (8 fl oz, 1 cup) lukewarm milk. Put 500 g (18 oz., 4 ½ cups) plain (all purpose) flour into a mixing bowl and add 65 g (2 ½ oz 1/3 cup) caster (superfine) sugar and 7 g (¼ oz. 1/3 cup) caster (superfine) sugar and 7 g (¼ oz 1 ½ teaspoons) salt. Make a well in the flour mixture and pour the mixture of milk and yeast into the centre. Mix quickly with the fingertips and as soon as the liquid is completely absorbed by the flour cover the dough with a cloth and leave it to stand for 30-60 minutes, depending on the room temperature.

Toll out the dough into a rectangle and dot with butter. Fold into three and repeat rolling, dotting with butter and folding twice more using 250 g (9 oz. 1 cup) softened butter. Allow the dough to stand for 30 minutes.

Then roll it out to a rectangle about 45 x 15 cm (18 x 6 in) and cut it into triangles. Roll up the

triangles, starting at the base and working towards the top. Place the croissants on a baking sheet, curving them into crescents. Allow them to rise further in a draught-free place for 15-45 minutes, depending on the room temperature. Brush with beaten egg yolk and bake in a preheated oven at 220 °C (425 °F, gas 7) for about 10 minutes.

Viennese croissants

Blend 15 g (1/2 oz) fresh yeast (1 cake compressed yeast) or 7 g (1/4 oz) dried yeast (1 1/2 teaspoons active dry yeast) with 1 tablespoon tepid water. Dissolve 25 g (1 oz. 2 tablespoons) caster (superfine) sugar and pinch of salt in a 1tablespoon milk. Heat 225 g (1 oz. 2 tablespoons) butter with mixture of 5 tablespoon water and 5 5tablespoons milk. Put 250 g (9 oz. 2 1/4 cups) plain (all-purpose) flour into a large bowl, make a well, and add the sugar / salt/ milk mixture followed by the mixture of butter, water and milk. Finally add the diluted yeast. Mix all these ingredients together thoroughly to obtain a smooth paste. Leave the dough in a warm place for 1 hour so that it doubles in volume.

Spread out the dough on a floured dish and cool in the refrigerator for 30 minutes. Then roll out the dough into a thin rectangle on a floured surface. Cut 75 g (3 oz. 6 tablespoons) butter into small pieces and distribute them over two- thirds of the rectangle. Fold it into three, starting with the unbuttered third. Roll the dough out a second time, cover and replace in the refrigerator for 1 hour. Repeat the operation again using a further 75g (3 oz. 6 tablespoons) butter and finish by rolling out the dough into a square of about 20 cm (8 in). Cover and refrigerate again for a further 30 minutes.

Then roll it out into a very thin rectangle measuring 30 x 60 cm (12 x 24 in) Cut the rectangle into two lengthways, and cut each half into 6 triangles. Roll up each triangle from base to top. Arrange the croissants on a buttered baking sheet, allowing plenty of space between them. Leave them to stand for 1 hour. Brush the croissants with beaten egg and bake for 3 minutes in a preheated oven at 240 °C (475 °F, gas 9) Lower the temperature to 200 °C (400 °F, gas 6) and bake for about a further 12 minutes. Watch them carefully during the last few minutes to ensure they do not overcook.

Savoury Croissant

Cheese croissants

Split some baked croissants on one side. Butter the inside and fill with thin slices of Gruyere or Emmental cheese. Sprinkle with pepper and heat through in a preheated oven at 240 °C (475 °F, gas 9). Serve immediately. The butter and cheese may be replaced by a well-reduced bechamel sauce containing cheese.

Shrimp Croissants

Use 6 croissants baked without sugar. Make 200 ml (7 fl oz. 3/4 cup) well reduced prawn sauce (see shrimps and prawns) Split the croissants on one side and fill them generously with the sauce. Heat through in a preheated oven at 240 °C (475 °F, gas 9) and serve very hot.

Sweet Croissants

Pound together in a mortar 300 g (11 oz. 2 3/4 cups) whole shelled almonds and 150 g (5 oz. 2/3 cup) vanilla-flavoured sugar, gradually moistening with sufficient egg white to obtain a paste that can be rolled in the hand. Add 2 tablespoons flour to the paste and divide it into pieces about the size of a walnut. Roll each piece with the hands into the shape of a cigar with slightly pointed ends (flour your palms if necessary) Dip each cigar in beaten egg, roll in some flaked (slivered) almonds and shape into small croissants. Arrange them on sheets of greaseproof (wax) paper on baking sheets. Glaze with egg yolk and cook for about 12 minutes in a preheated oven at 200 °C (400 °F, gas 6) until they are golden brown. As soon as they are cooked, brush them with sweetened milk.

CROQUEMBOUCHE A decorative cone shaped preparation built up of small items of patisserie or confectionery and glazed with a caramel syrup to make it crisp. The croquembouche is usually placed on a base of nougat. It is built around a conical mould, also called a croquembouche, which is removed through the base when the small pieces are securely fixed to each other by the solidified caramel. It is traditionally served in France at buffets, weddings and first communication meals.

The traditional croquembouche is made of little chou buns, sometimes filled with some kind of cream and dipped in sugar cooked to the crack stage. Croquembouches are also made with crystallized (candied) or sugar coated fruits, brandy snaps, marzipan sweets (almond paste candies) meringue, or nougat, sugar flowers or spun caramel.

RECIPE

Chestnut croquembouche

(from Carames recipe) Take 60 choice roasted chestnuts, peel them carefully and remove any traces of burning. Glaze by dipping them in sugar cooked to the crack stage, one by one, and place them on a smooth round mould, 18 cm (7 in) in diameter and 13 cm (5 in) deep. This croquembouche must be assembled at the last minute before serving because the moisture in the chestnuts tends to soften the sugar and make it lose both its consistency and its gloss.

RECIPE

Croque-monsieur a la brandade

Light coat with oil 2 slices of bread from which the crusts have been removed. Spread brandade of salt cod on one of the slices, cover with slices of tomato, then place the second slice of bread on top. Brown on a grid in a preheated oven at 240 °C (475 °F gas 9) or under a grill (broiler).

CROQUET A dry petit four in the shape of a small stick generally made of almonds, sugar and egg white, Croquets are very often regional specialities. The best known are the croquets of Berry, Sologne, and Perigord, the golden croquets of Sens, the lace like croquets of Nivernais, the croquets of Barsur-Aube and Bordeaux (made with unskinned almonds) and the croquets of Vinsobres and Valence (made with whole almonds).

CROQUETTE A small savoury or sweet preparation. Savoury croquettes, made with a saupicon of fish, meat, poultry, ham, mushroom or calves sweet breads, are served hot as an hors d'oeuvre or as a garnish (especially potato croquettes) sweet croquettes are made with rice chestnuts or semolina.

The basic mixture is bound with a fairly thick sauce, white, supreme, veloute, curry, tomato or cheese bechamel for savoury croquettes, confectioner's custard for sweet croquette. Croquettes are shaped into corks, sticks, balls or rectangles. They are usually coated with breadcrumbs, plunged into very hot oil and fried until they are crisp and golden. They are arranged in the shape of a pyramid, turban or crown on a dish lined with a dolly or napkin, and savoury croquettes are sprinkled with fried parsley. Croquettes are always served with a sauce related to the main ingredient of the mixture. The most common are fish croquettes and croquette potatoes, served with sauteed or grilled meat.

Sweet croquettes may also be made with very thick confectioner's custard, cut into diamond shapes or rectangles, which are coated with breadcrumbs and fried.

RECIPES

Savoury Croquettes

Preparation of Croquette mixture

Mix 500 g (18 oz. 4 ½ cups) of the main ingredient of the croquettes (cooked poultry, game, veal, lamb offal) minced (ground) or cut into very small dice, with 250 g (9 oz. 3 cups) cooked diced mushrooms and possibly 75 g (3 oz. 1 cup) diced. Moisten with 100 ml (4 fl. oz. 7 tablespoons) Madeira, place in a covered pan and heat gently. Then add 400 ml (14 fl. oz. 1 ¾ cups) well reduced veloute sauce, thickened with 3 egg yolks. Stir the mixture well, over the heat, then spread evenly on a buttered baking sheet and dab the surface with butter to prevent it from forming a crust. Leave to cool completely before making the croquettes.

Divide the cold mixture into portions of 50-75 g (2-3 oz) Roll these out on a floured flat surface and shape them into corks, balls, eggs or rectangles. Dip them in a mixture of egg and oil beaten together and then cover them completely with the breadcrumbs.

Place the croquettes in a frying basket, plunge into oil heated to 175-180 °C (347-356 °F), and deep fry until they are crisp and golden. Drain on paper towels and arrange on a napkin in a pyramid or turban shape. Garnish with parsley and serve with an appropriate sauce.

When the croquettes are served as a small entrée, they are often accompanied by a garnish of fresh vegetables coated in butter or a puree of vegetables. The croquettes themselves, if they are made very small, may be used as a garnish for large roasts, joints, poultry, game or fish.

Beef croquettes

Cut some boiled beef and some lean ham into very small dice. Make a well-reduced bechamel sauce with 50 g (2 oz. ¼ cup) butter, 50 g (2 oz. ½ cup) plain (all-purpose) flour, 500 ml (17 fl. oz, 2 cups) milk, grated nutmeg, and salt and pepper, beat in 1 egg yolk. Bind the salpicon with the sauce and leave to cool. Finish according to the basic method and serve with a well seasoned tomato sauce.

The bechamel may be replaced by rice, using two thirds salpicon to one third rice cooked in meat stock.

Cheese croquettes (1)

Make a bechamel sauce with 50 g (2 oz. ¼ cup) butter, 50 (2 oz. ½ cup) plain (all-purpose) flour, 400 ml (14 fl. oz. 1 ¾ cups) milk a little grated nutmeg, salt and pepper. Add to the boiling bechamel 100 ml (4 fl. oz. 7 tablespoons) double (heavy) cream and 125 g (4 ½ oz. 1 cup) grated cheese (Gruyere, Emmental or Edam). Stir until the cheese is melted and adjust the seasoning. Leave to cool. Finish the preparation as in the basic recipe.

Cheese cheese croquettes (2)

Beat together 3 whole eggs and 2 yolks. Boil 500 ml (17 fl. oz. 2 cups) milk. Pour into a saucepan 50 g (2 oz. ½ cup) sifted flour and 50 g (2 oz. ½ cup) rice flour. Add the beaten eggs and mix well. Dilute with the boiled milk and season with salt and pepper, grated nutmeg and a dash of cayenne. Bring to the boil and cook for 5 minutes, stirring all the time. Add 125 g (4 ½ oz. 1 cup) grated cheese (Gruyere, Emmental or Edam) and stir until melted. Leave to cool and finish the preparation as in the basic recipe.

Viennese croquettes

Make a salpicon of equal quantities of lamb's sweetbreads poached in court-bouillon, lean ham, mushrooms, which have been cooked slowly in butter and chopped onions softened in butter., add just enough veloute sauce, reduced and seasoned with paprika, to bind everything together well. Finish the croquettes according to the basic method, moulding them into disc shapes. Serve with round slices of fried onion and a paprika flavoured tomato sauce.

Mussel croquettes

Prepare a salpicon of mussels a la mariniere and thinly sliced mushrooms which have been cooked slowly in butter. Add half of its volume of well reduced bechamel sauce to which some filtered juice from the mussels has been added. Finish the croquettes according to the basic method. Serve with a white wine sauce.

Potato croquettes

Peel and quarter 1.5 kg (3 ¼ lb) floury potatoes and cook in salted boiling water until they are quite tender (at least 20 minutes). Drain the potatoes and dry them out over a low heat. Press through a sieve or blend them to a puree, add about 50 g (2 oz. ¼ cup) butter and gradually work in 4 beaten egg yolks with a fork. Spread the puree in a buttered dish and leave to cool completely.

Work the puree into a ball, using floured hands, then roll the ball into a long narrow cylinder, cut it into sections about 6 cm (2 ½ in) long. Round these sections slightly. Roll them in flour, coat with a mixture of 2 eggs lightly beaten with 1 tablespoon oil, and cover with breadcrumbs. Deep fry the croquettes in oil heated to 180 °C (356 °F) for about 3 minutes, until they turn golden. Drain on paper towels and serve very hot with roast or grilled (broiled) meat.

Rice croquettes

Mix together 500 g (18 oz. 3 cups) rice cooked au gras with 125 g (4 ½ oz, 1 cup) grated Parmesan cheese. Bind with a beaten egg and check the seasoning. Mould into cork shapes and finish according to the basic method. Serve with a well seasoned tomato sauce.

Rice croquettes a l ancienne

(from Careme's recipe) Cook 175 g (6 oz, 2/3 cup) short grain rice in good stock. Mix it with 1 tablespoon grated Parmesan cheese and a little nutmeg. Divide into 10 portions, make hollows in each and fill them with a salpicon of game or fowl combined with reduced veloute sauce. Close up the balls, roll in finely grated Parmesan, and finally in the palm of the hand to make the croquettes completely round. Dip in egg and coat with breadcrumbs mixed with finely grated parmesan cheese, and deep fry. Garnish with fried parsley.

Sweet Croquettes

Apricot Croquettes

Cook 500 g (18 oz) apricots in syrup, drain, dry and cut into large dice. Add 400 ml (14 fl oz. 1 ¾ cups) very thick confectioner's custard. Flavour the mixture with rum and leave to cool completely. Divide into portions of 50-65 g (2-2 ½ oz.) Mould each portion into a small ball, flatten slightly and roll in flour, beaten egg and fresh breadcrumbs. Deep fry in oil heated to 175-180 °C (347-356 °F) and serve with hot apricot sauce.

Chestnut croquettes

Dip some chestnuts in boiling water and peel them. Cook them in a light syrup-500 g (18 oz. 2 ¼ cups) granulated sugar per 1 litre (1 ¾ pints, 4 1/3 cups) water flavoured with vanilla. Press the chestnuts through a sieve to obtain a puree and thicken it with egg yolks and butter – 5 egg yolks and 50 g (2 oz. 4 tablespoons) butter per 500 g (18 oz 2 ¼ cups) puree. Spread the mixture on a buttered baking sheet and leave to cool completely. Cut into rectangles of about 50 g (2 oz) cover with egg and breadcrumbs and deep fry in oil heated to 180 °C (356 °F). Serve the croquettes very hot with a fruit sauce flavoured with Cognac or Armagnac.

Instead of chestnuts, 500 g (18 oz. 4 ½ cups) sieved marrons glaces may be used, blended with 400 ml (14 fl oz, 1 ¾ cups) confectioner's custard flavoured with rum. Cognac or Armagnac.

Rice croquettes

Prepare some rice in milk using 125 g (4 ½ oz, 2/3 cup) rice, after cooking, add 5-6 egg yolks (or 3 whole eggs beaten as for an omelette). Leave to cool completely, then divide into portions of about 50 g (2 oz.) Mould them into cork shapes, coat with egg and breadcrumbs, and deep-fry in oil heated to 180 °C(356 °F) until golden. Drain on paper towels. Serve with a hot fruit sauce flavoured with Grand Marnier.

CROTTIN DE CHAVIGNOL A French goat's milk cheese made in Sancerre. Containing at least 45% butter-fat, it has a soft centre and a natural crust, mottled with a white, blue or brown mould. Crottin can be eaten when it has ripened for three months until dry, when it is crumbly, with a piquant flavour, and gives off a fairly strong smell, it is also eaten fresh, when it is milder and white. Originally, only very mature cheeses, with a strong smell and almost very mature cheese, with a strong smell and almost black colour, were entitled to be called Grottin. Grottin comes in the form of a small flattened ball, weighing about 50 g (2 oz) A distinction is made between farm Crottin, which is enjoyed with a full bodied wine, and dairy Crottin, slightly more insipid and rarely matured, which may be used for souffles and salads. In Berru. Crottin was traditionally prepared by placing it under the grill for a few minutes, sometimes coated with breadcrumbs, and then serving it hot accompanied by a green salad of endives or dandelions.

RECIPE

Roasted crottins de Chavignol on a salad with walnuts of Correze

Arrange 6 well matured crottins de Chavignol on a baking sheet and put them in a preheated oven at 240 °C (475 °F gas 9) they must lose their first fat. Fry 6 slices of pain de compagne in butter until golden. Place the little cheeses on top and serve with a green salad including 65 g (2 ½ oz, ½ cup) chopped green walnuts (or use pickled walnuts). Seasoned with vinaigrette.

CROUPION The rear end of the body of birds, consisting of the last two dorsal vertebrae and bearing the tail feathers. Called the parson's nose in Britain, it is a very tasty part, particularly from chickens and turkeys.

In ducks and geese, the sebaceous glands situated on either side of the parson's nose must be removed before cooking as they can give the meat an unpleasant taste.

CROUSTADE A preparation consisting of a case of lining pastry, puff pastry, hollowed out bread, duchess potato mixture, semolina or rice, which is fried or heated in the oven and filled with a salpicon, ragout, vegetables or a puree, bound with a suitable reduced sauce. Croustades, which were originally made in the south of France are eaten as hot hors d'oeuvre, but they are also used in certain garnishes for large scale cookery (filled with kidneys, vegetables or crayfish tails).

RECIPES

Bread croustades

Cut some thick stale bread into slices 5-6 cm (2-2 1/2 in) thick, remove the crusts and trim to the desired shape. On the top, make a circular incision with the tip of a knife to a depth of 4-5 cm (1 ½ -2 in) to mark the lid. Deep fry the croustades in oil heated 175-180 °C (347-256 °F) until they are golden. Drain. Take off the lid and remove all the crumb from the inside. Line the croustades with a thin layer of forcemeat (according to the filling). Leave for 5-6 minutes at the front of a hot oven with the door open. Fill with the chosen mixture. All the fillings recommended for

timbales and vol-au-vent are suitable for bread croustades. These croustades may also be made using round bread rolls.

Duchess potato croustades

Spread the duchess potato mixture in a 4-5 cm (1 ½ -2 in) thick layer on an oiled baking sheet and leave to cool completely. Use a smooth round cutter to cut into shapes 7.5 cm (3 in) in diameter. Coat these croustades with egg and breadcrumbs. To mark the lid, make a circular incision in the top 1 cm (½ in) from the edge and 3-4 cm (1 ¼ -1 ½ in) deep. Deep fry in oil heated to 180 °C (356 °F) until golden. Drain and dry on paper towels. Remove the lid and hollow out the inside, leaving only a base and a wall, about 1 cm (½ in) thick. Fill the croustades according to the instructions given in the recipe.

Puff pastry croustades

Sprinkle the worktop with flour and roll out puff pastry to a thickness of about 1-2 cm (½ -¾ in). Using a pastry (cookie) cutter, cut rounds 7.5-10 cm (3-4 in) in diameter. With a smaller cutter, make a circle centred on the first, with a diameter 2 cm (¾ in) smaller, taking care not to cut right through the pastry, this smaller circle will form the lid of the croustades. Glaze with egg yolk and place in a preheated oven at 230 °C (450 °F, gas 8). As soon as the crust has risen well and turned golden, take the croustades out of the oven. Leave until lukewarm, then take off the lid and, with a spoon, remove the soft white paste which is inside. Leave the croustades to cool completely.

Alternatively, roll the pastry to a thickness of only 5 mm (¼ in) and cut half of it into circles 7.5-10 cm (3-4 in) in diameter, and the rest into rings of the same external diameter and 1 cm (½ in) wide. Brush the base of the rings with beaten egg and place them on the circles, glaze the whole with beaten egg and cook.

CROUTE A pastry case or slice of bread used to hold savoury or sweet preparation. Pastry croutes (puff or shortcrust) are cooked blind and then filled, they include timbales, vol-au-vent and bouchees.

Croutes served as hot hors d'oeuvre are round or square slices of bread from which the crusts have been removed, fried in butter until they are a golden colour and topped with various preparations (ham, mushrooms, anchovies or seafood) they are sometimes coated with a little thick sauce and cooked au gratin.

Croutes served as hot desserts are stale slices of savarin, brioche or milk bread, dried in the oven and spread with poached or crystallized (candied) fruits moistened with syrup, sprinkled with shredded almonds or coated with jam, and often arranged in a border or crown shape.

RECIPES

Savoury Croutes

Preparation

Cut some round pieces of bread, 4-5 cm (1 ½ -2 in) in diameter and 2 cm (¾ in) thick, from a stale loaf. Use a round cure with a diameter smaller than that of the croutes to press lightly on each croute to mark the lid. Fry the croutes in butter or oil. When they are golden, drain and remove the central circles for lids, then hollow out. Fill according to the recipe instructions. Instead of frying the croutes, they can be brushed with butter and browned in a preheated oven at 220 °C (425 °F, gas 7)

Fruit croutes

Cut a stale savarin into slices 1 cm (1/2 in) thick. Place these slices on a baking sheet, dust them with fine sugar and glaze them in a preheated oven at 230 °C (450 °F, gas 8). Reassemble the savarin on a large round dish, alternating the croutes with slices of canned pineapple. Place around this crown, alternately, quarters of pears and apples, cooked in vanilla-flavoured syrup and well drained. Fill the inside of the crown with a salpicon of various fruits cooked in syrup and well drained. Fill the inside of the crown with a salpicon of various fruits cooked in syrup and drained. Decorate the top with glace cherries, angelica lozenges, quarters of crystallized (candied) apricots, small golden and green preserved oranges and halved almonds. Warm the crown in a preheated oven at 150 °C (300 °F, gas 2).

When ready to serve, coat it with apricot sauce flavoured with rum or kirsch, and serve more of this sauce separately. Croutes containing other types of fruit cooked in syrup (apricot, peach, pear, plum, nectarine) are prepared in the same way.

Turban of coutes a la Beauvilliers

Cut from a stale brioche 12 rectangular slices, 6 cm (2 1/2 in) long and slightly wider than a banana. Arrange these slices on a baking sheet, dust with caster (superfine) sugar and glaze in a preheated oven at 230 °C (450 °F, gas 8). Peel 6 bananas and cut them in half lengthways. Lay these banana halves on a buttered baking sheet, sprinkle them with caster sugar and cook them for 5 minutes in the preheated oven at 230 °C (450 °F, gas 8).

Make a turban shape on a round ovenproof dish, alternating the bananas and the slices of brioche. Cook some semolina in sweetened vanilla flavoured milk, bind with egg yolks, and add a salpicon of crystallized (candied) fruit, macerated in a fruit liqueur. Fill the centre of the turban with this mixture. Sprinkle the whole preparation with finely crumbled macaroons, moisten with melted butter crumbled macaroons, moisten with melted butter and brown in the preheated oven. Just before serving surround the turban with a thin ribbon of apricot sauce flavoured with rum or with a fruit liqueur.

CROUTES FOR SOUP Thick slices of French bread which have been partly hollowed out or cut in two lengthways and dried in the oven. Croutes are served with all kinds of soups, usually separately, either plain, garnished or filled.

Croutes a Fancienne are stuffed with stockpot vegetables and cooked au gratin. Croutes au pot are moistened with the stock pot fat and browned in the oven. The name consomme crofile au pot is sometimes given to the stockpot broth garnished with vegetables cut into small pieces, grated Gruyere cheese and round slices of flute, hollowed out and grilled or baked.

In the Middle Ages, the thin slices of bread soaked in stock, wine or milk, which were served with gruels or liquid stews, were called soupes. Later, the name croute was given to lightly browned slices of bread served after the soup, these were coated with puree, garnished with crayfish or asparagus tips, and moistened with partridge gravy or cooked au gratin using Parmesan cheese.

RECIPES

Croutes for consomme

Divide a French loaf (flute or ficelle) into slice 5 cm (2 in) long. Cut each slice in half lengthways and remove the soft part. Dry out the croutes in a cool oven and arrange them in a dish. Alternatively the slices can be brushed with melted butter or olive oil and baked in the oven until golden. Serve separately with the broth from a pot-au-feu or a consomme.

Stuffed croutes a l'ancienne

Cut a French loaf (flute) into slices 4 cm (1 ½ in) long. Remove three-quarters of the soft part and dry the crusts in a cool oven. Fill them with vegetables from the stockpot, which have been chopped or pressed through a sieve. Arrange them in a dish, sprinkle with grated cheese, moisten with melted butter and brown them in a preheated oven at 230 °C (450 °F, gas 8) or under the grill (broiler). These croutes may also be prepared with very small round rolls, hollowed out, dried, filled and cooked au gratin.

CROUTON A small piece of bread which is toasted, lightly browned in butter, fried in oil or simply dried in the oven. Diced croutons are used to garnish certain preparations (soups, green salads, are included in composite garnishes. Cut into hearts, diamonds, crescents, triangles, circles or stars, they are used as a complementary garnish for dishes in sauces or puree and to decorate the border of the serving dish. Croutons spread with a gratin forcement are used as a base for some types of game and poultry. Large crouton supports are used to raise large hot or cold items for buffets so that added garnishes do not mask the food. They are not intended to be eaten.

RECIPES

Crouton omelette

Bear some eggs for an omelette, add some small diced croutons which have been fried in butter and cook the omellette. Serve the omelette with a ribbon of well reduced spiced tomato sauce poured around it and sprinkle with chopped herbs.

Croutons flavoured with thyme

Peel the cloves of half a head of garlic and remove the green part from each cloves. Place in a blender with 100 g (4 oz, ½ cup) slightly salted butter, ½ teaspoon flat-leaf parsley, ½ teaspoon powdered thyme, ½ teaspoon thyme leaves, ½ teaspoon oregano, ½ teaspoon marjoram, 1 small can anchovies with the oil, and ½ teaspoon freshly ground pepepr. Cut a staltle baguette into diagonal slices. Coat generously with this mixture, and put under the grill (broiler) until crusty yet soft.

CROWN A method of arranging certain sweet or savoury dishes in the form of a ring. (using a ring mould), a border (for rice) or a crown (lamb cutlets arranged back to back). The centre of the arrangement is usually decorated or garnished. The terms turban or border are also used.

Brioche and bread en couronne are shaped in the form of a crown or ring.

CRUDITES Raw vegetables or fruits served as an into little sticks and accompanied by cold sauces. Crudites include carrots, celeria, cucumber, sweet peppers, red cabbage, celery, fennedl, fresh broad beans, cauliflower, tomatoes, mushrooms, radishes, small artichokes, quarters of grapefruit, orange and apple, round slices of banana sprinkled with lemon, slices or avocado and, although it is cooked, beetroot. The various items are often presented as an assortment, with several sauces. A plat of crudites may also include a hard boiled egg in mayonnise.

RECIPE

Basket of crudites

Choose some very fresh raw vegetables, little carrots, celery sticks, radish, cucumber, sweet peppers, very small artichokes known as poivrades, cauliflower, mushrooms, fennel.

Scrape the carrots and radishes, leaving the small green leaves on the radishes. Thoroughly remove the strings from the celery sticks, cut them into four. Peel the pepper (optional) cut open,

take out the white membrane and seeds, and cut the flesh into thin strips. Peel the cucumber and cut into sticks. Pull the cauliflower apart into small florets. Wipe and slice the mushrooms. Clean the fennel bulb and cut it into thick slices. Just before serving break the stalks of the artichokes, cut them in four, remove the chokes and sprinkle the cut part with lemon juice.

Line a wickerwork basket with a napkin and arrange the vegetables in it, in bunches. If it is not to be served immediately, cover it with a cloth and put in a cool place. Serve accompanied by a mayonnaise with herbs, a tarragon vinaigrette, an anchovy sauce and a cream cheese sauce.

CRUMPET A small spongy yeast cake with holes on the top surface, cooked on a griddle in a special ring about 7.5 cm (3 in) in diameter. In England, crumpets are usually served at tea time, toasted and spread with plenty of butter.

RECIPE

Crumpets

In a bowl, mix 2 tablespoons tepid water, 25 g (1 oz) fresh yeast (2 cakes compressed yeast) and ½ teaspoon sugar until completely dissolved. Leave the bowl in a warm place until the mixture has doubled in volume. Put 150 g (5 oz. 1 ¼ cups) plain (all-purpose) flour and pinch of salt in a large mixture bowl. Make a well and pour 100 ml (4 fl oz. 7 tablespoon) milk into the middle. Add 1 whole egg. Stir the batter with a spoon, add 1 tablespoon butter a really smooth batter is obtained. Cover the bowl with a napkin and put it in warm place, sheltered from draughts, for 1 hour or until the batter has doubled in volume.

Clarify 50 g (2 oz ¼ cup) butter and use to grease the bottom of a large heavy griddle or frying pan and also the insides of some 7.5 cm (3 in) rings. Place 3 or 4 rings on the griddle over a moderate heat. Drop 1 tablespoon batter into each ring it spreads immediately and fills the ring. When the crumpets begin to bubble, turn them over with a palette knife (spatula), then lightly brown the other side for 1-2 minutes. Place the crumpets on a dish and cover them with foil. Butter the rings and the griddle again and continue making crumpets until the batter is used up. Toast before serving.

CUCUMBER. The fruit of an annual climbing plant of the gourd family, which is generally eaten raw but it is also good cooked.

Originating in the foothills of the Himalayas, where it once grew wild, the cucumber has been cultivated in India for more than 3000 years. It was introduced into Egypt and carefully cultivated by the Hebrews in Galilee. Pliny recounts that the Romans and Greeks were very fond of cucumber. In France cucumber was eaten during the reign of Charlemagne, but it was La Quintine who organized its cultivation under glass, so that it could be served at Louis XIV's table as early as April. It is long and cylindrical in shape, with firm, watery, pale green flesh, which is crisp, cool and slightly bitter to the taste its fine green skin is shiny and usually smooth.

Varieties: There are several varieties of cucumber, classified in two types- those grown exclusively in greenhouses, known as Dutch, and those cultivated either in the open or under glass frames, known as ridge, they differ more in size, shape and shade of green than in taste.

Cucumber should be bought very fresh and firm, never wrinkled. It is often peeled, since its skin can be quite bitter. When served raw, it is sometimes salted and drained to extract excess water and intensify the flavour of the vegetable. Salting does make the flesh soft but careful salting and draining prevents, the liquor from the cucumber diluting the flavour of any seasoning or dressing tarragon dressing, cream or yogurt, for example.

Cucumber can also be eaten cooked, either baked in the oven, sauteed in butter or else cooked au gratin. Served in its own juice or in a sauce, it can accompany meat or fish. It can also be stuffed either raw or cooked. Cucumber is just as popular in northern and eastern European cookery as in Mediterranean countries.

RECIPES

Preparation of cucumbers

For hot dishes, peel the cucumbers, split in half lengthways and remove the seeds, cut the flesh into even sized chunks and then again into segments, plunge into boiling water for 2 minutes to blanch them, then drain.

For cold dishes, peel the cucumbers, split in half lengthways and remove the seeds, they can then either be kept intact for stuffing, cut into segments or else simply cut into semicircular slices or quarters, the flesh can also be cut into circular slices without splitting lengthways.

Cold Dishes

Cold cucumber soup

Cut a large cucumber into small pieces. Peel 12 small new onions and cut into quarters. Chop these vegetables in a food processor and put them into a blender with the same quantity of cottage cheese and some salt and pepper, the resultant puree should be well seasoned. Place in the refrigerator until ready to serve. Then dilute the puree with iced water to obtain the consistency of a fairly thick soup and sprinkle with chopped chives or parsley.

Cucumber salad

Cut the cucumber into semicircular slices. Add a well seasoned vinaigrette generously flavoured with herbs (parsley, chervil, chives) or coarsely chopped fresh mint leaves. This salad can be served as an hors d'oeuvre or to accompany cold white meat or fish.

Cucumber stuffed with crab

Split in half and hollow out 3 medium sized cucumber of regular shape. Sprinkle with fine salt and leave to sweat for about 1 hour. Mash 250 g (9 oz. 1 cup) crabmeat (fresh or canned) and dice some fennel finely (enough for 3 tablespoons). Also dice very finely 150 g (5 oz.) cooked ham heel (rind). Make some mayonnaise with 1 egg yolk, 2 teaspoons mustard and 250 ml (8 fl. oz. 1 cup) oil, add salt, pepper and 1 tablespoon each of wine vinegar and tomato ketchup. Mix together the mayonnaise, crabmeat, fennel and ham. Adjust the seasoning. Drain the cucumber halves thoroughly and fill with the stuffing. Keep in a cool place, when ready to serve, sprinkle the cucumbers with chopped herbs and arrange on lettuce leaves.

Instead of mayonnaise, double (heavy) cream flavoured with tomato ketchup, lemon juice and cayenne can be used, and shelled prawns can be substituted for the crabmeat.

Stuffed cucumber a la russe

Finely slice a cucumber and cut each slice into quarters. Cut 3 other cucumbers into boat shapes. Mash the contents of a can of tuna or salmon, roughly chop 6 small (pearl) onions and mix together the fish, onions, and quartered cucumber slices with 300 g (11 oz. 1 ½ cups) cottage cheese (well drained). Season with salt and pepper. Fill the cucumber boats with this mixture and put in a cool place. When ready to serve, sprinkle with 1 sieved hard boiled (hard cooked) egg and chopped herbs.

Hot Dishes

Buttered cucumber

Place blanched segments of cucumber in a saute pan with some butter allow 50 g (2 oz. ¼ cup) per 1 kg (2 ¼ lb) of cucumber, add salt, pepper, and 2 tablespoons water. Begin by boiling fast, then cover and simmer very gently for about 30 minutes. Just before serving, add a fresh piece of butter, stir, pour into a vegetable dish and sprinkle with chopped herbs. Buttered cucumber can be served with poultry and white fish.

Cucumber with cream

Cut the cucumber flesh into segments and blanch. Grease a saute pan, add the pieces of cucumber

with some salt and pepper, cover and cook very gently for about 10 minutes, then add some heated double (heavy) cream allow 200 ml (7 fl oz. $\frac{3}{4}$ cup) per 1 kg (2 $\frac{1}{4}$ lb) of cucumber flesh and continue cooking uncovered. The cucumber can also after salting and draining, be cooked au gratin or served with Mornay sauce.

CUISINE CLASSIQUE All the cookery techniques of traditional French cuisine which every chef should know and master. These are codified in the Guide culinaire by Auguste Escoffier, the result of important research in the course of which the complex cuisines of Antonin Carême, Jules Gouffé and Urbain François Dubois were simplified and refined. Cuisine classique also includes the inheritance of traditional regional recipes. Many chefs of the present have drawn heavily on this melting pot to create some of the greatest contemporary dishes.

CULINARY EXHIBITIONS Until 1914, there were two rival exhibitions in Paris, dating back to the beginning of the century, the Salon Culinaire and the Exposition Internationale d'Alimentation et d'Hygiène. Consisting mainly of demonstrations of very elaborate and decorative dishes, this type of exhibition is rarely held today. However, the food industry still organizes shows to demonstrate new materials, products and services.

CULTIVATEUR A clear soup made with vegetables and salted belly of pork (salt pork). It is the restaurant version of the classic vegetable and bacon soup. It is served with diced lean bacon, which may be placed on thin slices of bread.

RECIPE

Potage cultivateur

Cut 2-3 small carrots and 1 small turnip into large dice, prepare 6 tablespoons diced leeks (white part only) and 2 tablespoons diced onions. Season with salt and a pinch of sugar. Cook the prepared vegetable together in 50 g (2 oz. $\frac{1}{2}$ cup) butter in a covered pan. Moisten with 1.5 litres (2 $\frac{1}{4}$ pints 6 $\frac{1}{2}$ cups) white consommé and cook for 1 $\frac{1}{2}$ hours. About 25 minutes before serving add 150 g (5 oz $\frac{3}{4}$ cup) sliced potatoes and 75 g (3 oz. $\frac{1}{2}$ cup) well blanched diced bacon.

The potatoes can be replaced by rice.

CUMBERLAND SAUCE A traditional English sweet sour sauce that is usually served cold with venison, braised ham, mutton, or roast or braised duckling. It is made with port, orange and lemon juice and zest, and redcurrant jelly.

RECIPE

Cumberland sauce

Remove the zest from an orange and a lemon and cut into fine strips, cook 1 generous tablespoon of the zest very gently in 200 ml (7 fl oz. $\frac{3}{4}$ cup) port for about 20 minutes. Remove the zest and add to the port 2 tablespoons redcurrant jelly, then a pinch of cinnamon and a pinch of cayenne. Mix, bring to the boil, add the juice of the orange and lemon, then strain. Mix in the cooked strips of zest.

CUMIN An aromatic plant with small, elongated spindle shaped seeds that are used as a spice, either whole or ground. They have a piquant and slightly bitter taste combined with a warmth that is evident in their aroma. There are biblical references to its use in soup and bread, and the Romans used it to flavour sauces and grilled (broiled) fish and to preserve meat. It was often included in the recipes of the Middle Ages. Cumin is widely used in cooking. It is a classic

flavouring for bread and is also used in certain preparations of cold meat and cheeses, such as Munster cheese. Cumin seeds are popular for rice dishes and ground cumin is essential in many Indian dishes.

CUP A drinking receptacle in various shapes, sizes and materials and provided with a handle. Cups are made of porcelain, faience, earthenware, glass, plastic or even metal. In former times, cups were made without a handle, or with two handles, or even with a lid, and they were not always accompanied by a saucer. In the 15th century, cups were used for both hot and cold drinks. Peasants drank from plain or engraved wooden cups. Before the French Revolution, the wine provided in cabarets was served in cups made of heavy faience. Decorative cups, usually made of hard stone mounted in gold or silver, were embellished with precious stones. From the 18th century onwards, faience and porcelain services became very widespread, but individual cups were also made, such as the trembleuse and the tasse à moustaches, with an inner lip that enabled men to drink from it without wetting their moustaches.

CUP A mixed drink usually with one ingredient used as a base and often prepared for several servings. Cups may be made by macerating fruit (such as peeled citrus fruits, cherries, pears, peaches or bananas) in liqueurs, spirits, wine or sometimes cider, beer, champagne or sparkling wines. Cups were enormously popular in the 19th century and, more recently for parties. Some cups may be ideal as thirst quenchers when based on wine diluted with fruit juice or lemonade. Pimms is perhaps the best known commercial cup.

RECIPES

Cider Cup

Mix together 1 glass of Calvados, 1 glass of Maraschino, 1 glass of Curacao and 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{3}$ cups) sweet cider. Add some ice cubes, slices of peeled orange and chilled soda water. Stir gently and decorate with thin slices of fruit.

Peach cup

Slice 500 g (18 oz) stoned (pitted) ripe peaches, add 150 g (5 oz. $\frac{2}{3}$ cup) caster (superfine) sugar and 500 ml (17 fl. oz. 3 cups) apple juice and leave to macerate for 1 hour. Then add 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{2}$ cups) dry white wine and 3 tablespoons Curacao and place in the refrigerator. Add 500 ml (17 fl. oz. 2 cups) chilled soda water just before serving.

Saint James's cup

Dissolve 200 g (7 oz, $\frac{3}{4}$ cup) caster (superfine) sugar in 250 ml (8 fl. oz. 1 cup) water. Add 500 ml (17 fl. oz. 2 cups) Cognac, an equal quantity of rum, 1 glass of Curacao, 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{2}$ cups) very strong cold tea and some crushed ice. Mix with 1 bottle of dry sparkling cider just before serving.

Sauternes cup

Mix together 1 glass of Curacao, 1 glass of Cognac, about 12 cherries in brandy, 1 bottle of Sauternes and a little chilled soda water. Add a few slices of lemon, cucumber peel and ice cubes.

CUPBEAKER An officer in charge of serving drinks to kings and princes under the French Ancient Regime. The position of cupbearer, which was instituted in France during Carolingian times, can be traced back to the Byzantine court. This was one of the most prestigious and lucrative posts concerned with serving the royal food and drink, but in practice the cupbearer himself only fulfilled this function at coronations.

CURACAO a liqueur based on sweet or bitter oranges (originally it was made from the dried peel

of the bitter oranges from the island of Curacao, off the north coast of Venezuela). It is now made by many liqueur houses and often sold as triple see., it may be colourless, yellow or orange. Curacao is used in various cocktails and also for culinary purposes, notably for flavouring cakes, pastries, souffles, and above all, for making crepes Suzette. The best known form of this popular liqueur is the one evolved by Cointreau, one of the top-selling liqueurs of the world.

RECIPE

Curacao

(domestic recipe) Macerate 250 g (9 oz. 1 ½ cups) dried orange peel and the grated rind of 2 Seville (bitter) oranges in 3 litres (5 pints, 13 cups) alcohol in a large hermetically sealed jar for 1 month. Make a syrup with 1.25 litres (2 ¼ pints, 5 ½ cups) water and 2.5 kg (5 ½ lb 11 cups) granulated sugar. Strain the maceration, mix with the syrup, bottle and leave to mature. If liked, the liqueur may be coloured with a little caramel.

CURD Milk coagulated either by the action of rennet or by natural fermentation. Curdling is the first stage in the manufacture of cheese. In the French countryside, naturally cradled milk has always been a standard dessert, sometimes forming an essential part of the dinner. It may be eaten sweetened or mixed with fruit, or savoury and seasoned with herbs. The savoury dish is usually accompanied by boiled potatoes, particularly in Britany where it is called lait cuit (cooked milk) or marri, and in Lorraine where it is called matton or brocq. In Corsica, it is the custom to give a young bride on the threshold of her new home a bowl of goat's milk curdled with the stomach of a suckling kid.

CURRY The idea of curry as a dish flavoured with curry powder was a British invention or, more appropriately a misrepresentation of spiced Indian dishes. Originating from kari, meaning sauce and used to describe the spicy Indian sauces served with rice or other foods. Curry does not exist in traditional Indian cooking as a particular dish seasoned with a set mixture of spices. However, the name has been adopted by some Indian restaurants, often to describe a range of inferior dishes prepared by simmering different ingredients in a standard sauce. The sauce is often varied by increasing the quantity of chilli powder to produce milk medium or hot curries.

In Europe the mixtures were prepared to fixed formulas during the era of the East India Company and sold by the Dutch and British, the first were published at the beginning of the 18th century. Beauvilliers proposed one in 1814. In 1889, at the Universal Paris Exhibition, the composition of curry powder was set by decree 34 g (1.2 oz) tamarind, 44 g (1.5 oz) onion, 20 g (0.7 oz) coriander 5 g (0.17 oz) chilli pepper, 3 g (0.1 oz) turmeric, 2 g (0.08 oz) cumin 3 g (0.1 oz) fenugreek, 2 g (0.08 oz) pepper 2 g (0.08 oz) mustard.

A typical contemporary curry powder may include, for example, turmeric, coriander, cumin, pepper, cloves, cardamon, ginger, nutmeg, tamarind and chilli pepper. It may be further seasoned with fennel, caraway, ajowan seeds, dried basil, mustard seeds and cinamon.

In India the spices in kari vary according to the individual cook, the region caste and customs, as well, of course, as the main ingredient or dish which it is intended to complement. Even though a cook may use a flavouring mixture, traditionally it would be freshly prepared for each dish. In practice, mixtures such as garam masala may be made in larger quantities and stored in an airtight container.

Well balanced flavour. The seasoning of the dish does not begin and end with a mixture of ground spices fresh spices, such as ginger or chillies, and whole species, typically cardamoms, are often vital. Onion and garlic frequently feature and bay leaves, fenugreek leaves or curry leaves may be used. The ultimate flavour of the sauce or dish is also the result of careful preparation roasting the spices, frying the flavouring ingredients and adding spices at different stages during cooking. Many dishes are finished with a final dressing of spices cooked in butter or ghee or

sprinkled with ground roasted spices. The important point that early curry recipes or spice mixtures missed is that a hot flavour is not necessarily a prerequisite. Warm flavours from mild spices, such as cinnamon, cloves and cardamom, and the refreshing eucalyptus citrus tones of cardamoms are often important. Finally, rarely are such dishes dominated by single overpowering flavour even fiery dishes laden with chillies should be carefully balanced, so that the flavour of the main ingredients and any other spices are clearly in evidence.

International curries. Although the typical European interpretation of a curry based on an inferior, lurid yellow curry powder may have tainted the image of dishes taking the name, in practice a wide variety of good quality international dishes have evolved. Curries feature in the cooking of many countries where Indian spice mixtures are used in combination with local ingredients and cooking styles. African and Southeast Asian curries are well known, especially those of Thailand, Malaysia and Indonesia. Rich in the use of coconut milk, lime and dried shrimps or shrimp paste, there are many delicious Oriental seafood curries and spiced noodle dishes.

Curry products. Commercial curry powders, pastes and sauces have improved and they are often associated with particular regional Indian origins or styles of cooking. Superior brands and carefully blended spices are available and these, along with high quality pastes or sauces, can be useful for seasoning savouries and dishes that are not intended to be authentic. However, inferior products still exist and cheap hot and bright yellow curry powders must be avoided.

Preparing curries or spiced dishes. Paying attention to technique is as important as the careful use of spices. Roasting spices before grinding them enhances their flavour and is recommended when they are to be added during the later stages of cooking or directly to a sauce. When roasting spices, take care not to overcook them or allow them to become too hot and burn as this will make them bitter. They are aromatic and just changing colour when ready.

When whole or ground unroasted spices are used, they should be cooked gently in a little butter, ghee or oil before the liquid is added. Spices are often cooked with onions, ginger and other ingredients fried in the first stages of cooking. Cooked spices and flavouring ingredients can be pureed to a paste and used as a marinade.

Marinating allows the spices to penetrate the main ingredients before cooking. The spices may be mixed with an oil or yogurt paste or they may be roasted and used as a dry rub. This is also a good method of helping to achieve tender results, especially when using citrus fruit juice and yogurt.

Long gentle cooking allows time for the spices to mingle and for the flavour of the dish to mature. Some spiced dishes benefit from being cooked in advance, cooled, chilled and thoroughly reheated before serving (particularly meat curries).

Warm spices may be added at the end of cooking, particularly cumin, coriander, cinnamon or nutmeg. These can be roasted and ground or whole spices can be cooked in a little butter and trickled over the dish this method is often used for dal or dishes of cooked pulses.

RECIPES

Curry Power

This is a useful general spice mixture and enough for seasoning 600-900 ml (1-1 ½ pints, 2 ½ -3 ¾ cups) sauce or a dish to yield 4-6 portions, depending on the ingredients. Place 1 cinnamon stick, 4 cloves, 4 green cardamoms, 2 tablespoons cumin seeds and 4 tablespoons coriander seeds in a small saucepan. Roast the spices gently, shaking the pan frequently, until they are just aromatic. Remove from the pan and cool, then grind to a powder in a spice grinder or pestle and mortar. Mix in 2 teaspoons ground fenugreek, ½ teaspoon ground turmeric and ½ teaspoon chilli powder.

Chicken curry

Draw skin and clean a medium sized chicken, then cut it into quarters and divide each quarter into 3-4 pieces (make sure the chicken bones are cut cleanly, without splintering). In a

flameproof casserole containing lard (shortening) or butter, cook 2 medium onions. 100g (4 oz. $\frac{3}{4}$ cup) ham and 2 peeled dessert (eating apples, all chopped and seasoned with crushed garlic, thyme, bay leaf, cinnamon, cardamom and powdered mace. Then add the chicken pieces and cook until they are firm, stirring them in the mixture without letting them get too cloured.

Add the prepared curry powder (above). Add 2 tomatoes, peeled, crushed and seeded, and mix well. Moistened with 250 ml (8 fl oz. 1 cup) coconut milk (or almond milk) Simmer with the lid on for about 35 minutes. Ten minutes before serving, add 150 ml ($\frac{1}{4}$ pint, $\frac{2}{3}$ cup) double (heavy) cream and the juice of 1 lemon. Continue to reduce the sauce until the desired consistency is achieved.

Arrange the chicken pieces in a dish and serve with rice prepared as follows: boil 250 g (9 oz. $\frac{1}{2}$ cups) rice for 15 minutes in salted water, stirring often, drain and wash several times in cold water. Empty on to a metal plate, wrap in a towel and dry in a preheated oven at 110 °C (225 °F, gas $\frac{1}{4}$) for 15 minutes.

Chicken curry can also be made using the recipe for lamb curry.

Lamb curry

Mix 1 tablespoon freshly grated root ginger (or 1 teaspoon ground ginger) a pinch of saffron, 3 tablespoons oil, a large pinch of cayenne, salt and pepper. In this mixture, roll 1.5 kg (3 $\frac{1}{4}$ lb) neck or shoulder of lamb cut up into pieces, and leave to marinate for 1 hour. Peel and crush 3 large tomatoes. Brown the pieces of meat in a large saucepan containing 25 g (1 oz. 2 tablespoons) lard (shortening) then remove from the pan.

In the same fat, fry 4 large sliced onions until golden, then add the crushed tomatoes, the prepared curry powder (above) 3 finely chopped garlic cloves and a bouquet garni. Leave to brown for 5 minutes. Peel and grate an acid apple, add to the pan and stir for 2-3 minutes. Replace the meat in the pan, stir, add a small cup of coconut milk or semi skimmed milk, cover and leave to finish cooking gently for about 40 minutes. Adjust the seasoning.

Serve this curry very hot with boiled rice, cashew nuts, raisins, and pineapple and banana dice flavoured with lemon juice, all in separate dishes.

Monkfish curry a la creole

Cut about 1 kg (2 $\frac{1}{4}$ lb) monkfish into pieces, fry in oil until golden, then drain. In the same oil, fry 100g (4 oz. $\frac{3}{4}$ cup) finely chopped onion until golden, then add 2 or 3 peeled crushed tomatoes, a pinch of saffron, 1 tablespoon freshly grated root ginger (or 1 teaspoon freshly grated root ginger (or 1 teaspoon ground ginger), 2 finely chopped garlic cloves, a bouquet garni, a piece of orange peel and 2 teaspoons of the prepared curry powder (above) Stir over a medium heat for 5-6 minutes, then add 250 ml (8 fl oz. 1 cup) hot water, cayenne, salt and pepper. Cover and leave to cook very gently for 30 minutes. Remove the bouquet garni and orange peel and serve with rice a la creole.

CUSSY, LOUIS, MARQUIS DE One of the wittiest gastronomes of the early 19th century . He held the post of prefect of the palace under Napoleon I. If his great friend Grimod de la Reyniere is to be believed, Cussy invented 366 different ways of preparing chicken a different dish for each day, even in a leap year.

In 1843 he published *Les Classiques de la table*, in which he devoted many pages to the history of gastronomy. He also wrote several articles. As principal steward of the emperor's household, he looked after the wardrobe, the furniture and the provisions of the court. When Louis XVIII succeeded Napoleon, it is said that at first he refused to have anything to do with Cussy, but that later, learning that he was the creator of strawberries a la Cussy, he gave him a post of responsibility.

Chefs have dedicated several recipes to him, including a garnish for meat or poultry consisting of artichoke hearts filled with mushroom puree, cooked au gratin, topped with cocks kidneys and

fine slices of truffle, and coated with a port or Madeira sauce.

RECIPES

Potatoes a la Cussy

Cut off both ends of big yellow potatoes, and cut them with a special cutter (called a colonne) into cork-shaped chunks, about 2.5 cm (1 in) in diameter. Cut them into slices 5 mm (1/4 in) thick. Dry on a cloth to absorb all water. Put them into a big pan with 225 g (8 oz. 1 cup) hot clarified butter and cook gently so that they colour without sticking to the pan or drying up. In the meantime, slice 6-8 truffles, toss them in butter with 1 tablespoon Madeira and a walnut sized piece of chicken aspic. When the potatoes are cooked and have acquired a fine golden colour, remove them from the heat and add the truffles and the juice of half a lemon and serve piping hot.

Salpicon a la Cussy

Prepare a salpicon of braised calves sweetbreads truffles and mushrooms which have been cooked slowly in butter. Bind with concentrated Madeira sauce.

Turnovers a la Cussy

Fill circles of puff pastry with a forcemeat of creamed whiting or other white fish to which anchovy fillets (cut into small strips) and chopped truffles have been added. Fold the pastry over into turnovers. Place on a buttered baking sheet, brush with beaten egg, and bake in a preheated oven at 230 °C (450 °F, gas 8) until golden brown.

CUSTARD A hot or cold mixture, set or thickened with eggs or egg yolks. The term primarily refers to sweet mixtures of milk or cream with eggs. There are several basic types of sweet custard and numerous variations on them they also form the base for a wide range of desserts. There are two main types, pouring custards or custard sauces and baked or set custards.

Custard desserts Any of the custard sauces, including a sabayon, may be used as the base for frozen desserts, including ice creams or parfaits. They are often used as a base for chilled set creams mousses or souffles.

Many cooked desserts, hot or cold, rely on a baked custard. British bread and butter pudding is a good example the layers of buttered bread are soaked in a custard mixture before baking. More sophisticated desserts are made on the same principle, for example with sponge cake, enriched with alcohol. Baked custard fillings are also used for tarts.

Baked custards also feature in unusual puddings, such as fried custard, made by coating and frying chilled set custard, and delicately spiced Indian desserts prepared from sweet cake or bread soaked in saffron custard and baked. Bread soaked in custard and fried is also a classic peasant pudding.

Savoury custards. The same principle is also used for certain savoury mixtures. The typical filling for quiche is a good example, where cream and eggs are set on a base of savoury ingredients. Light fish custards or vegetable custards may be steamed or baked in individual dishes. Oriental cooking also includes savoury custards, based on eggs but without the cream or milk flavoured with finely cut savoury ingredients. A savoury dish of bread soaked in custard and baked, especially flavoured with cheese, makes a classic family supper, similarly, slices of bread soaked in beaten eggs and milk can be fried and served as a savory snack.

Making Custards Custards rely on lightly set egg for success, overheating the mixture or cooking it for too long will make the egg set completely and it will separate from the liquid, becoming curdled. Gently heating, usually over a bain marie or pan of hot (not boiling) water on

the hob (stove top) or in a bain marie in the oven, is essential to avoid curdling. The perfect, smooth baked custard is strained and allowed to stand, then cooked, gently for just the right length of time, any slight bubbles or open texture indicate overcooking or too high a temperature.

For best results, the liquid should be heated and allowed to cool until warm or hand hot before it is added to the eggs. The eggs should be well beaten and the custard mixture strained through a fine sieve.

Crème patissiere is boiled because the flour prevents the egg yolks from curdling. A little cornflour can be added to custards to help stabilize them and reduce the risk of curdling.

Custard products Custard powder, invented by Alfred Bird in Birmingham, England in 1837, is a cornflour product with dried egg, colouring and flavouring. It does not resemble egg custard. Various products are produced based on this types of flavoured cornflour mixture.

RECIPES

Confectioner's Custard (Pastry

Cream Confectioner's custard (1)

In a thick based saucepan, place 50 g (2 oz. ½ cup) plain (all-purpose) flour, 175 g (6 oz. ¾ cup) caster (superfine) sugar, a pinch of salt. 15 g (½ oz. 1 tablespoon) unsalted butter and 4 whole eggs. Work this mixture with a whisk. Infuse a vanilla pod (bean) in 500 ml (17 fl oz. 2 cups) milk, bring to the boil and add it to the mixture. Stir well, place the saucepan over the heat and boil for a few minutes, stirring all the time to prevent the custard from sticking to the bottom. Remove the vanilla pod, pour the custard into an earthenware dish and allow to cool, stirring from time to time.

Confectioner's custard (2)

Split a vanilla pod (bean), boil it in 500 ml (17 fl oz, 2 cups) milk, then remove it. Beat 3 egg yolks with 75 g (3 oz. 6 tablespoons) caster (superfine) sugar when mixture has turned white, add 40 g (1 ½ oz. 1/3 cup) cornflour (cornstarch) Then gradually add the boiling vanilla flavoured milk, whisking all the time. Put the mixture in a saucepan over a gentle heat and boil for 1 minute, whisking vigorously . Pour the custard into a deep bowl and leave to cool.

Chocolate confectioner's custard

Use 75 g –100 g (3-4 squares) cooking chocolate for 500 ml (17 fl oz. 2 cups) confectioner's custard. Cut the chocolate into small pieces, add them to the hot custard and stir with a wooden spoon until they have melted completely.

Coffee confectioner's custard

Stir 1 teaspoon coffee essence (coffee extract) or 1 tablespoon instant coffee into every 500 ml (17 oz. 2 cups) hot confectioner's custard.

Crème Anglaise

Crème anglaise

Blend 250 g (9 oz. 1 cup) caster (superfine) sugar, a pinch of salt and 8 egg yolks in a pan using a whisk. Boil 500 ml (17 fl oz. 2 cups) milk flavoured with vanilla or the zest of either a lemon or an orange. When the sugar egg yolk mixture forms ribbons, gradually add the warm (not boiling) milk. Mix well, keeping the pan on the heat and stirring continuously until the first signs of boiling. At this point the yolks are sufficiently cooked and the custard should cling to the spoon. Press the hot custard through a fine sieve or a silk strainer. Keep it hot in a bain marie if it is to accompany a hot dessert otherwise pour it into a basin, stir until it is completely cool and keep it in a cool place.

A simpler and lighter version of this can be made by reducing the number of egg yolks to 5-6 adding ½ teaspoon arrowroot, starch or cornflour (cornstarch) when mixing the eggs and sugar.

This gives a slightly thicker consistency and helps to prevent the custard from curdling if allowed to overheat.

Custard cream with liqueur

When the custard is completely cold add 1 tablespoon liqueur (Curacao, kirsch, Maraschino or rum, for example).

Custard flavoured with coffee or tea

Add coffee essence (extract) or instant coffee to the milk used for preparing the custard. Alternatively, tea can be infused in the milk, which is then strained.

Orange or lemon custard

For the quantities in the basic recipe, add the finely grated zest of 1 orange or lemon to the milk and infuse for 1 hour before making the custard. If required, shred the pared zest of 1 fruit very finely, boil until tender, and add to the warm custard.

Based Custards

Chocolate custard

Melt 100 g (4 oz. 4 squares) cooking (unsweetened) chocolate in a bain marie with 1 tablespoon milk when the mixture is quite smooth, add 500 ml (17 fl oz. 2 cups) milk, bring to the boil, then remove from the heat. Whisk 6 eggs with 100 g (4 oz ½ cup) caster (superfine) sugar until pale and thick. Gradually add the chocolate flavoured milk, whisking it all the time. Strain the custard into 6 ramekins and cook in a bain marie in a preheated oven at 190 °C (375 °F, gas 5) for 25-30 minutes.

Take the moulds out of the bain marie, leave to cool and chill well.

Fried Custard

Fried custard fritters

Boil 500 ml (17 fl oz. 2 cups) milk with 1 tablespoon vanilla flavoured sugar. In a mixing bowl, beat 5 egg yolks with 100 g (4 oz ½ cup) caster (superfine) sugar until the mixture is white. Beat in 75 g (3 oz. ¾ cup) plain (all-purpose) flour and gradually add the boiling milk, whisking it well. Pour the mixture into a saucepan, boil over a gentle heat for 3 minutes, stirring all the time, then remove from the heat and leave to cool until lukewarm. Spread the custard evenly over a buttered baking sheet to a thickness of 1.5 cm. (5/8 in) and leave it to cool completely. Cut it into rectangles, diamonds or circles, dip these in batter and plunge them into hot oil at a temperature of 170-180 °C (338-356 °F) Drain and dust with icing (confectioner's) sugar.

Fried custard with crystallized fruits

Macerate 100 g (4 oz. 2/3 cup) diced crystallized (candied) fruits in 100 ml (4 fl oz. 7 tablespoons) Grand Marnier. Prepare some custard for frying as in the previous recipe and blend the fruit with it. Lightly oil a baking sheet and pour the custard on to it to form an even layer, 2 cm (3/4 in) thick, leave to cool before putting in the refrigerator for 2-3 hours. Then cut the custard into diamond shapes and coat with beaten egg and breadcrumbs. Fry in hot oil at a temperature of 175-180 °C (347-350 °F) until lightly browned, then drain on paper towels. Dust with icing (confectioner's) sugar and serve very hot.

CUSTARD APPLE The fruit of a tree that originated in Peru and is cultivated in many tropical countries. Similar fruits produced by related species include the soursop (or bullocks' heart) and the cinnamon apple. The custard apple is grown in the Near East, Central America and the south of Spain. It is the size of an orange, with a rough green skin, which turns blackish brown when the fruit is properly ripe. The flesh is white and juicy and has a sweet sour flavour with a rose

like scent. The chilled fruit is cut in half, the black seeds are removed and it is usually eaten with a small spoon. It can also be used in sorbets and fruit salads.

CUSARD MARROW A species of climbing gourd which is eaten as a vegetable, it is called chayote in France, Christophine, or brionne in the West Indies and chouchoute in Madagascar and Polynesia. Originating from Mexico, where its young shoots are eaten like asparagus, the custard marrow is cultivated in tropical countries and in North Africa. It remains rough skin and several spines, and is as big as two fists, with deep longitudinal ribs. Its firm homogeneous white flesh is crisp. It does not have a very pronounced flavour, it has a light water content.

The custard marrow keeps for a long time. Before completely ripe, it may be consumed raw in salads, peeled, cored and finely sliced. It is especially common in Caribbean cookery. Not fully ripe until it starts to germinate, the gourd is peeled and pureed for making acras and very fine gratins. It is an essential ingredient in mange mele (ratatouille with streaky bacon and coconut milk) and accompanies spiced dishes such as kid colombo or pork curry. It may also be made into a soufflé.

RECIPE

Custard marrows ala martiniquaise

Press some boiled custard marrows in a cloth to extract the maximum amount of water and mix this pulp with bread soaked in milk. Brown some peeled and finely sliced spring onions (scallions) in butter, then blend with the mixture of bread and custard marrow. Season and spread out in a gratin dish, smoothing the top. Moisten with olive oil, sprinkle with fresh breadcrumbs and reheat in the oven.

CUTLET A shaped cutlet consists of boned minced (ground) meat, poultry or fish that is bound with sauce and shaped into a cutlet. It may then be dipped in egg and breadcrumbs, and fried in butter. Egg cutlets are made in a similar way. Hard boiled (hard-cooked) eggs are chopped, bound with a reduced béchamel sauce containing raw egg yolks, coated with breadcrumbs and fried. Mushrooms, ham or pickled tongue can be added. Shaped cutlets are served as a hot starter.

RECIPE

Shaped cutlets

Chop cooked poultry, game or meat into small dice or reduce to a very dry paste. Slowly and gradually add a thick béchamel sauce (with or without tomato puree) a thick Mornay sauce or an allemande sauce. The resulting mixture must have an even consistency. Add some chopped herbs (parsley tarragon, mint) Roll out the mixture evenly on a greased surface and allow it to cool completely. Divide the mixture into portions weighing about 75 g (3 oz.) Shape each portion into a cutlet, dip in beaten egg with a little added oil and coat with fresh breadcrumbs. Fry the cutlets in clarified butter. Serve garnished with vegetables and quarters of lemon.

CUTTLEFISH A mollusc related to the squid, which is about 30 cm (12 in) long and lives on weedy coated sea beds. Its body resembles a greyish oval bag with a mauve sheen and it has a fairly large head with ten irregular tentacles, two of which are very long. The bag is almost completely surrounded with fins and encloses a hard part the cuttlebone. The cuttlefish has several regional French nicknames margate, sepia, supion, Like the squid, the cuttlefish has an ink sac, which means that it can be cooked in its ink as it is in Spain. Cuttlefish are cooked like squid, but the flesh is quite tough and has to be beaten vigorously. The Romans were very fond of it and it is still eaten in Italy, Spain and south western France, especially stuffed or a l'Americaine.

CUVEE The contents of a wine vat (cuvée) and hence a blending of various vats or casks into a harmonious whole. The term is used particularly in Champagne, where the ingredients of the

cuvée come from different wines of different vineyard plots, different grapes, and, for the non-vintage wines, of different years.

Terms associated with this word include *tête de cuvée* and *première cuvée* but the legality of their use depends on the region's laws.

CRYNIKI Also known as *cierniki*, pumpplings made with cottage cheese, served as a hot hors d'oeuvre with soured (sour) cream. Alternatively, they may be poached and served with melted butter or cooked in timbales with grated cheese and butter. *Cryniki* are of Polish origin, but also form part of the repertoire of Russian cuisine. The cheese is mixed with eggs and flour (seasoned with salt and pepper) until it forms a soft dough. Small triangles or discs, about 2 cm (3/4 in) thick, are cut out of this dough, floured, and then lightly browned in butter in a frying pan.

D

DAB limande Any of several related flatfish found in the North Sea, the English Channel and the Atlantic, north of the Bay of Biscay. There are several varieties of dab. The true (or European) dab is lozenge-shaped; its upper surface is brownish with orange-yellow spots. The false dab (or red dab) is a rather elongated oval in shape, brownish-grey on the upper surface and light sandy grey underneath. The lemon dab (or lemon sole) is rounder and has a superior flavour; it is reddish-brown with darker spot, and the gills are bordered with an orange line. The American dab is similar to the European species. Dab are 20-35 cm (8-14 in) long and weight 175-250 g (6-9 oz). However; 40% of their body weight is lost during cleaning and filleting. They are sold either whole or filleted, and are usually grilled (broiled) or baked.

DACQUOISE A traditional gâteau of southwestern France, also called palois (the Dacquoise are the inhabitants of Dax, the palois those of Pau). It consists of two or three layers of meringue mixed with almonds (or almonds and hazelnuts). This base, a variant of sucrée, is light and crisp and should be stored as for meringue. The layers are sandwiched together with whipped cream or French butter cream, variously flavoured. Fresh Fruit may be added to the filling, particularly strawberries. The top is usually dusted with icing (confectioner's) sugar.

RECIPE

Coffee dacquoise

Whisk 8 egg whites with a pinch of salt until they form stiff peaks. Then gradually add 200 g (7 oz, 1 cup) caster (superfine) sugar and 2 teaspoons vanilla sugar, whisking continuously, and continue whisking until the meringue is firm and shiny. Gently fold in 150 g (5 oz, 1 ¼ cups) ground almonds and 75 g (3 oz, ¾ cup) chopped blanched hazelnuts. Butter three 20 cm (8 in) flan (pie) rings, place them on buttered baking sheets and divide the mixture between them. Cook in a preheated oven at 180°C (350°F, gas 4) for about 20 minutes. When the meringue rounds are cooked, turn them out and allow to cool.

Prepare a coffee crème au beurre (see creams) for the filling using 250 g (9 oz, 1 cup) sugar cooked with 100 ml (4 fl oz, 7 tablespoons) water, 8 egg yolks, 250 g (9 oz, 1 cup) butter and 1 tablespoon coffee essence (extract). Toast 100 g (4 oz, 1 cup) flaked almonds. Place the coffee cream in a piping (pastry) bag fitted with a fluted nozzle and sandwich the meringue rounds with thick layers of piped cream. Sprinkle the top with toasted almonds and dust with icing (confectioner's) sugar.

DEFINA The Sephardi version of Cholent. This Arab ragout of beef cooked with chick peas, potatoes and whole eggs cooked in their shells, layered with spices, can be traced back as far as the 2nd century AD, when it was cooked in pots sealed with a flour and water paste (lute) and taken to the public bakehouse for cooking. The word dafina, used in English, is taken from Moroccan Arabic (adafina in Soanish, (fina in French and Arabic).

DAIKON Also known as dai-co, mooli, Japanese radish or Satsuma radish. A type of white-skinned radish, widely cultivated as a vegetable in the Far East, for use raw, in cooked dishes or as a garnish. Its large fleshy root can grow up to 1 m (3 ft) in length and weight several kilograms. As well as being added to soups and braised dishes, finely grated or shredded white radish is a popular salad ingredient and it is used to make fresh relishes. It is also pickled in salt.

DAIQUIRI A rum cocktail named after a small village on the Cuban coast near Santiago, where, in the 19th century, the Americans supposedly landed after defeating the Spanish. Generally

served in a frosted glass, fresh fruit, such as strawberries, may be added and the cocktail may be diluted with mineral water.

RECIPE

Daiquiri

To frost a glass, dip the rim in water and then in sugar, into a cocktail shaker put 1 measure of care sugar syrup, 2 of lemon 3 of the white rum and 1 tablespoon crushed ice. Shake for several seconds. Then pour into the glass.

DAL also dhal and various other seedlings. A Hindi word meaning leguminous and applied to split pulses as opposed to whole pulses. Known as grand vegetarian dishes are important in Indian, Pakistan and Singhalese cooking, and dale are a good source of vegetarian protein. The term is also applied so dishes of the cooked split pulses prepared to this or soup-like consistency.

There are many types dale, the names of which are subject to regional variations and different spelling Common types include *channa dal*, are lentis, toor dale are pigeon peas; uric dale are prepared from round black beans, and debut and is a superior dale prepared from the same small black beans but washed until white.

For dal, the dish, the split pulses are coked in water, often until reduced to a puree. Spices and other flavouring ingredients, such as onion, garlic or ginger, may be added. Before serving, the dal may be garnished with a flavouring mixture, including ingredients such as whole seeds, fresh or dried spices, garlic and/or onions cooked in oil or ghee. Herbs, such as curry leaves, fenugreek leaves or fresh coriander (cilantro) may also be added. Dal are also used to make kofta (little savoury balls) or they may be soaked and ground to a batter to make light pancakes or fritters known as dosas (often with rice). Dal are added to some vegetable or meat dishes to thicken them.

DAME BLANCHE Any of various desserts in which white pale colours predominate. The name applies particularly to vanilla ice cream used as a bombe filling or served with whipped cream and a chocolate sauce to provide contrast; fruit in syrup or alcohol may be added. Other kinds of dame blanche include a sponge cake filled with cream and crystallized (candied) fruits and completely covered with Italian meringue, a lemon ile flottante and an almond ice cream.

RECIPE

Coupes dame blanche

Prepare some Chantilly cream by mixing 200g (7 oz) double (heavy) cream with 2 tablespoons milk, 25 g (1 oz, 2 tablespoons) caster (superfine) sugar, a little vanilla sugar or essence (extract) to taste and a crushed ice cube; whip until the cream forms peaks. Chill. Melt 200g (7 oz. Squares) dark chocolate in a bain marie with 2 tablespoons milk. Add 25 g (1 oz, 2 tablespoons) butter and mix well; then add 3 tablespoons single (light) cream. Keep the sauce hot in the bain marie.

Take 6 individual sundae glasses and put 2 scoops of vanilla ice cream into each. Using a piping (pastry) bag fitted with a fluted nozzle, pipe a dome of Chan tilly cream into each glass. Serve the hot chocolate sauce separately in a sauceboat (gray boat).

Peaches dame blache

Macerate 4 slices pineapple in 1 tablespoon each of kirsch and Maraschino. Make a syrup using 250 ml (8 fl oz. 1 cup) water; 250 g (9 oz, 1 cup) caster (superfine) sugar and half a vanilla pod (bean), split in two. Peel 2 large peaches and poach gently in the syrup for about 10 minutes, turning them frequently, then remove from the heat.

Prepare some Chantilly cream by whipping 150 ml (¼ pint, 2/2 cup) double (heavy) cream with 1 tablespoon milk, 1 tablespoon caster (superfine) sugar and a little vanilla sugar or essence (extract) to taste; chill. Drain the peaches, halve them and remove the stones (pits). Divide 500 ml (17 fl oz, 2 cups) vanilla ice cream between 4 sundae glasses, add a slice of pineapple and a peach half to each, and decorate with a ‘turban’ of Chantilly cream using a piping (pastry) bag fitted with a fluted nozzle. Serve immediately.

DAME-JEANNE The French name for a large glass or earthenware vessel holding up to 50 litres (11 gallons, 13 US gallons) liquid. Usually encased in basketwork, it was traditionally used to transport wines and spirits. In the Bordeaux region its capacity is about 2.5 litres (4 ¼ pints, 11 cups) – between a magnum and a double magnum. The close link between this region and England explains how dame-Jeanne was corrupted to demijohn in English.

DAMIER A gâteau made of rum-flavoured Genoese sponge cake filled with butter cream and covered with praline. The sides are coated with flaked almonds and the top is decorated in a chequerboard pattern.

RECIPE

Damier

Make a Genoese sponge cake using 40 g (1 ½ oz. 3 tablespoons) butter, 3 egg yolks 90 g (3 ½ oz. 7 tablespoons) caster (superfine) sugar, 90g (3 ½ oz, 1 cup) plain (all-purpose) flour and a pinch of salt. Allow the cake to rest in the tin (pan) for 24 hours.

Prepare a syrup by boiling 300g (11 oz. 1½ cups) caster sugar in 300 ml (1/2 pint, 1 ¼ cups) water, allow to cool and then add 3 tablespoons rum.

Prepare a butter cream (see creams using 3 egg yolks. 150 g 2/1 cup) butter, 125 g (4 ½ oz. ½ cup) caster superfine sugar, 2 tablespoons water and 50 g (2 oz. ½ cup) ground praline. Gently melt 250 g (9oz. 9 squares) dark chocolate in a bowl over hot water. Prepare some royal icing (frosting) using 1 egg white and 75 g (3 oz. ½ cup) icing (confection) sugar. Toast some flaked almonds and coarsely chop them.

Cut the sponge into two equal rounds and sprinkle the run syrup over them. Spread half the butter cream over one of the rounds with a palette knife (spatula). Cover with the second round and decorate this with the remaining butter cream. Sprinkle the sides of the gâteau with flaked almonds. Using a piping (pastry) bag, pipe the royal icing over the butter cream to form a chequer board pattern of 3 cm (1 2/4 in) squares fill alternate squares with royal icing and the rest with the melted chocolate.

DAMPFNUDELN A sweet dessert, made in German and Alone. Consisting of rounds of leavened dough baked in the oven and served either with compote, fruits in syrup jam or vanilla cream, and dusted with sugar and cinnamon. Alternatively, it may be filled with compote of apricots in name and folded like a small turnover.

Originally, dampfnudeln was a savory dish the name means steamed noodles usually accompanied by green salad.

RECIPE

dampfnudeln

Prepare a starter dough by creaming 15 g (1/2 oz. 1 cake) fresh (compressed yeast in 200 ml (7 fl. oz. 1 cup) warm milk until dissolved (alternatively, sprinkle 1 ½ teaspoons dried (active dry) yeast over the milk and stir until dissolved) and leave in a warm place until frothy. Then mix into 125 g (4 ½ oz. 1 cup) strong plain (bread) flour. Leave this starter in a warm place until doubled in volume.

Now gradually work into the dough 100g (4 oz. ½ cup) melted butter, a pinch of salt, the grated zest of 1 lemon 5 egg yolks. 100 g (4 oz. ½ cup) caster (superfine) sugar and 275 g (13 oz. 3 ¼ cups) strong plain flour, Roll out with a rolling pin and leave to rest for 5 minutes. Cut the dough into rounds and leave to in a warm place for 1 hour. Brush with melted butter, dust with icing (confectioner's) sugar and bake in a preheated oven at 180°C (350°F, gas 4), for about 15 minutes until lightly browned.

DAMSON Oval stone fruit similar to plan, but smaller, with blue-black skin and sharp fullflavoured flesh. Related to the failace; a small round plum either balck plum either black (black bullaces) or pale yellow- green (know as white bullaces). Originating from Eastern Europe and west Asia, the damson is named after Damascus, from where it was taken to Europe. Know as a bedge now fruit, damsons are also cultivated.

Neither damson nor bullaces are eaten raw, but are used in cooking. The tart, fruity flavor of damsons makes excellent preserves, particularly fruit butters and cheeses. These thick purses have high sugar content and the cheese boils down to give a slicing consistency when cold.

DANDELION a perennial flowering plant that grows wild in Europe. Pissenlit in Fench, the English name is derived from the alternative French name dent-hellion literally “lion” tooth, referring to its seated leaves); piscenlit is a reference to as supposed dietetic properties.

Dandelion leaves are usually eaten in salads but may be cooked like spinach. Wild dandelion leaves should be picked before the plant has flower (January-March), when they are small and sweet. In France cultivated varieties of dandelion are available from October to March; they have longer, more lender leaves but sometimes lack flavor in salads, dandelion are traditionally accompanied by diced bacon and garlic-flavored conditions (as in salade du groits of due. Literally donkey's snout salad; typical of Lyon), hard-boiled chard-cooked) eggs or walnuts.

RECIPE

dandelion and bacon salad

Thoroughly wash and dry 250 g (9 oz) dandelion leaves, dice 150 g (5 oz, ¾ cup) green or smoked streaky (slab) bacon and brown gently in a frying pan. In a salad bowl prepare some vinaigrette using 1 tablespoon white wine, 2 tablespoons oil, salt and pepper. Add the dandelion leaves and toss thoroughly. Pour 1 tablespoon white wine vinegar over the diced bacon and stir with a wooden spoon, scraping the bottom of the frying pan, pour the contents of the frying pan into the salad bowl. Quartered hard-boiled (hard-cooked) eggs may be added to the bowl before adding the bacon if wished.

DANICHEFF The name is used for three quite separate dishes a salad, an iced dessert and a gateau. The salad is a mixed one consisting of a julienne of cooked artichoke hearts, raw mushrooms, blanched celeriac, asparagus tips and thin slices of potato. The salad is dressed with mayonnaise and garnished with hard-boiled (hand-cooked) eggs, truffles (either sliced or in a julienne) and crayfish tails.

The name danticbeff is also given to a gateau and a praline parfait ice with coffee and rum. The origin of the name is unknown, but it seems to date from the beginning of the 20th century.

RECIPE

Danicheff gateau

Prepare a Genoese* sponge using 4 egg yolks, 50 g (2 oz. ¼ cup) butter, 125 g (4 ½ oz. ½ cup) caster (superfine) sugar and 125 g (4 ½ oz. 1 cup) plain (all-purpose) flour; leave the cake to rest for 24 hours.

Boil 300 g (1) oz. 1 ½ cups) caster sugar with 300 ml (1/2 pint, 1 ¼ cups) water in a

saucepan, then allow to cool and add 2 ½ tablespoons kirsch. Prepare some confectioner's custard (see cream) using 250 ml (8 fl oz. 1 cup) milk, 2 egg yolks, 50 g (2 oz. ¼ cup) caster sugar, and 1-1 ½ tablespoons corn-flour (cornstarch). Also make an Italian meringues* using 4 egg whites, 200 g (7 oz. 1 cup) caster sugar, and 3 tablespoons water.

Cut the sponge cake into two equal rounds and spoon the sugar syrup over them. Place one of the rounds on a baking sheet and thickly spread with the confectioner's custard. Dice a large can of pineapple, sprinkle with kirsch, and place them on top of the confectioner's custard and cover with about 100 g (4 oz. ½ cup) apricot jam. Place the other round of sponge cake on top and completely coat the surface of the cake, including the sides, with the Italian meringue paste, spreading it with a palette knife (spatula). Sprinkle with about 200 g (7 oz. 2 cup) flaked almonds and dust with icing (confectioner) sugar. Brown in a preheated oven at 200°C (400 °F, gas 6) for about 5 minutes. Allow cooling before transferring to a serving dish.

DANISH BLUE A Danish cow milk cheese, blue with a whitish and containing about 45% fat. It has strong and slightly piquant flavor and is sold, wrapped in foil, in rounds 20 cm (8 in) in diameter, 10-12 cm (4-5 in) thick and weighing 2.5-3 kg (5 ½-6 ½ lb).

DANISH PASTRY A sweet pastry, made from a rich yeasted dough rolled and folded with butter as for puff pastry. The pastry is cut and shaped to enclose a sweet filling. Shapes include combs (leammary) and pinwheels (standpatters). An almond paste or marzipan mixture is one of the classic fillings but various ingredients used, such as dried or fresh fruit, nuts, jams or preserves. The pastries are glazed or iced when cooked.

Often referred to simply as Danish, these pastries are popular with coffee or tea. In Denmark they are called *brød* (Danish bread) in Vietnam they are brown *bapetheginet*. Danish pastries are included in Vietnamese but not all Vietnamese are Danish pastries. The Danish dough and shapes of pastry differ from the Vietnamese dough which is not as light and airy due to a different rising method.

DANZIG GOLDWASSER A liqueur made from spirits in which enters fruit zest. Herbs and mace has been steeped. It is filtered and sweetened, and then tiny quantities of gold or silver leaf are added of Polish origin, it was especially popular in the 19th century and it is the classic flavoring for soufflé both cold.

DAO A large wine region in the north of Portugal where the best vineyards are in the hillsides 200-500 m (660-1640 ft) high, with a very fertile soil. Traditionally, the red wines were lean and very tannic, but with modern winemaking techniques and a change in the minimum aging laws, younger, fruit-driven wines of excellent quality are being produced.

DARBLAY A Parmentier (potato) soup mixed with a julienne of vegetables, thickened with egg yolks and cream, and garnished with chervil.

RECIPE

potage julienne Darblay

Prepare 1 litre (1 ½ pints, 4 ½ cups) pureed potatoes and dilute with about 500 ml (17 fl oz. 2 cups) consommé. Add 4 tablespoons julienne of vegetables which have been gently cooked in butter. Mix 3 egg yolks with 100 ml (4 fl. Oz. 7 tablespoons) double (heavy) cream and use this liaison to thicken the soup. Before serving, blend in about 50 g (2 oz. ¼ cup) butter and garnish the soup with chervil.

DARIOLE A small deep round mould with sloping sides, or the preparation cooked in such a mould. Dariole moulds are used to make small pastries, cheese flans, individual *x bar*, set

custards or flans, small cakes, rice puddings and vegetable pastries. They are sometimes referred to as castle tins or moulds.

The original dariole, mentioned by itabelais, was a small puff pastry case filled with frangipane; its name is derived from an old Provencal word daurar (to brown turn golden), referring to its crust. It is still traditional fare in Reims, on the feast of St Remy, and also in Reavais, where the frangipane is flavoured with kirsch and dusted with sugar.

Dariole moulds are used to bake British madeleines, small cakes coated with jam and desiccated coconut, and topped with glaze (candied) cherries.

RECIPE

almond darioles

Lightly butter 6 dariole moulds and line them with puff pastry. Prepare some frangipane cream using 75 g (3 oz. 6 tablespoons) caster (superfine) sugar, 75 g (3 oz. ¼ cup) plain (all-purpose) flour, 1 whole egg, 3 egg yolks, 500 ml (17 fl oz. 2 cups) milk, 6 crushed macarons. 1 tablespoon ground almonds and 25 g (1 oz. 2 tablespoons) butter. Allow to cool completely then fill the pastry-lined moulds with this mixture. Bake in a preheated oven at 220°C (425°F. gas 7) for about 30 minutes. Remove the pastries from the moulds and dust with icing (confectioner's) sugar. Alternatively, the moulds may be filled simply with frangipane cream, without the puff pastry.

cheese darioles

Butter 6 dariole moulds. Bring 500 ml (17 fl oz. 2 cups) milk to the boil. In a mixing bowl, beat 2 whole eggs and 4 egg yolks; add 65 g (2 ½ oz. ½ cup) grated cheddar, salt, and pepper. Use which to blend in the boiled milk. Fill the buttered moulds with this mixture, place them in a bain marie and bring the water to the boil; then transfer to a preheated oven at 220°C (425°F gas 7) and cook for about 20 minutes. Remove the firm custards from the moulds on to a serving dish. Coat with a sauce made from very hot fondue of tomatoes to which mushroom duxelles or a light béchamel sauce has been added. Alternatively. Serve with a good tomato sauce. Serve immediately.

DARNE A thick transverse slice of a large raw fish, such as hake, salmon or tuna. The word comes from the Breton dam (meaning piece). A dable, on the other hand, is a thin slice or escalope of fish. That and is flounder is also gathered almonded fillets may also be sautéed.

DARPHIN A flat potato cake made of grated or judicate potato cooked in a frying pan, then in the oven. Until it is brown on both sides but soft in the center. Named after the chef who created the recipe, this dish is served with Madeira or Peregueras sauce to accompany fillet of beef and fried source of steak (filed amnotist. It may also be called pentillesant the pommes de terre (potato doormar')

RECIPE

Darphin potatoes

Peel (2 ½ lb) potatoes, rinse and soak in cold water for 1 hour: grate or cut into thin matchsticks and remove excess moisture with a cloth. Pour 250 ml (8 fl 1 cup) oil into a flan tin (pie pan) or dish and heat in a preheated oven at 240°C (475°F, gas 9). Melt 50 g (2 oz) butter in a frying pan, add half the potatoes and sauté them for 5 minutes. Then transfer them to the flan tin and press down. Repeat with the remaining potatoes. Sprinkle with a little extra oil and cook in the oven for about 20 minutes. Turn out the potato cake and serve very hot.

DARTOIS A hot pastry or hors d'oeuvre comprising two strips of puff pastry enclosing a savoury or sweet filling. It is said to have been named after the vaudeville artist Francois-Victor Dartois, who was very well known in France in the 19th century.

The fillings for savoury Dartois (also called sausselis) are the same as for allumenttes: anchovies, sardines, crayfish, chicken and truffled foie gras are most often used. Sweet Dartois are filled with confectioner's custard (pastry cream) which is sometimes flavoured with crystallized (candied) fruits, frangipane, jam or fruit purees. Frangipane Dartois is also called gateau a la Mamon, in honour of the composer Massenet, who was very fond of it.

Recipes

Savoury Dartois

Anchovy Dartois

Prepare some puff pastry and a fish forcemeat. Roll and cut the pastry into two rectangular strip of equal size and thickness. Add some anchovy butter to the forcemeat and spread one of the strips with it, leaving a border of 1 cm (½ in) all round the edge. Drain the oil from some anchovy fillets and arrange on top, cover with more fish forcemeat, then place the second pastry strip on top and seal the edges, cook and preheated oven at 220 C (425 f, gas 7) for 20 – 25 minutes.

Seafood Dartois

Prepare 400 g (14 oz.) pull pastry. Peach 8 scampi in a court-boullion for 5 minutes. Prepare 8 scallops and peach in a small casserole for 6-7 minutes with 100 ml (4 fl oz. 7 tablespoons) white wine 150 ml (¾ pint, 2/2 cup) single (light) cream, 1 goodsized shallot (chopped), salt and pepper. Drain the scampi, shell the tails and cut into section. Drain the scallops, reserving the liquor, and elite. Add 50 g (2 oz. ½ cup) shelled shrimps and gently heat all the seafood ingredients together in butter. Add some Calvados or mare brandy and set it alight. Pour the reserved cooking juices from the scallops over the mixture and chicken with 1 tablespoon beurre marie. Adjust the seasoning allow to cool completely and proceed as for anchovy Dartois, but using the seafood filling instead.

Sweet Dartois

apricot jam Dartois

Prepare 500 g (1 lb 2 oz.) pull pastry and chill for 1 hour. Then divide the pastry in half and roll each half into a rectangle 15 cm (6 in) wide, 25 cm (10 in) long and about 3 mm (1/2 in) thick.

Place one of the rectangles on a baking sheet and cover with about 400 g (14 oz. 1 ¼ cups) apricot jam. Cover with the second rectangle of pastry and bake in a preheated oven at 220°C (425°F gas 7) for about 15 minutes. Dust with icing (confectioner's) sugar and return to the oven to caramelize for 5 minutes Serve warm.

frangipane Dartois

Prepare 500 g (1 lb 2 oz) puff pastry and chill for 1 hour. To make the frangipane, soften 100g (4 oz. ½ cup) butter with a wooden spatula. Blend 2 egg yolks in a mixing bowl with 125 g (4 ½ oz. 1 cup) ground almonds. 125 g (4 ½ oz. ½ cup) caster (superfine) sugar, a little vanilla essence (extract) and the softened butter. Cut the pastry into two rectangles 25 cm (10 in) long and 15 cm (6 in) wide. Complete as for apricot jam Dartois.

raspberry and apple Dartois

Prepare 500g (1 lb 2 oz.) puff pastry and chili for 1 hour. Peel 575 g (1 ¼ lb) cooking apples, cut into quarters. Core and slice finely, then toss in 2 tablespoon lemon juice. Puit the apples into a saucepan with 125 g (4 ½ oz. Cup) caster (superfine) sugar. 40 g (1 ½ oz. 3 tablespoons) butters and half a vanilla pod (bean) cut in two. Add 1 tablespoon water and cook over a low heat, stirring from time to time. When the apple are reduced to a puree, remove the vanilla pod and allow to cool.

Roll out the pastry to a rectangle 3 mm (½ in) thick, and cut it into twelve 10 cm it into twelve 10 cm (4 in) squares mix the stewed apples with 2 tablespoon raspberry jam and place a generous spoonful of the filling in the center of six of the pastry squares. Moisten the edges of each square with water and cover with one of the remaining squares. Pinch the edges to seal the pastry. Complete as for apricot jam Dartois.

DARTOIS Also a la of Artois, the name of various preparations, all dedicated to the Comte d Artois, future % of France. The Dartois garnish for large pieces of meat cnsists of glazed carrots and turnings braised celery hearts and highly fried potatoes, arranged in luppets around the meat. Dartois soap in a puree of white team with the adohigh of a high palience of vegetable in caron of lamb. Dartois the joint is surrounded by potato cases (shells) filled with petits pouts and served with Mediera sauce.

DASHI the Japanese name for stock. Stocks used in Japanese cookery are very light, made by soaking dried konbu seaweed and/or other ingredients in water. Dried cured bonito flakes may be used with the konzu. Niboshi, small dried fish. May be used instead of bonito flakes, depending on the type of dashi repaired. The ingredients may be soaked more than once; the first stock, known as schiban dashi, has the best flavour and it is used for fine or light soups and dishes. Niban dashi is the stock reading from the second soaking and this is used in soups or dishes with stronger or a wider variety of ingredients.

Dried Bonito and other ingredients for dashi are sold in sachets for adding to a stated quantity of water. Instant dashi powders or other types of convenience dashi are available.

DATE The fruit of the date palm. Brown and fleshy, about 1 cm long and growing in clusters, the date is rish in sugar. The Greeks, who called it dediclos because of its shape. Used it in sauces for fish in meat and included it in various cakes and pastries.

Thought to have originated at the pesuan Gulf, the date palm was the three of late for the haldeans what avle both the fruit and salt the sap, used its fibres for weaving and its nuts as fuel. Dates may be soft, with light tender flesh ideal for eating fresh;semi-dried with a good flavour and moderately weet, for selling as the popular dried date hand dates are very sweet, high fruit known as camel or locad dates. Dates are now cultivated throughout North Africa and Arabia, and in Pakistan the USA (California) and Australia. Only a few of the many varieties are exported, notably deglet noor (meaning date of the light). Native to Tunisia, but also grown in Algeria and the USA. This is golden brown, with a mild flavour and a light flesh which is slightly transparent. It is also known as deglet nour or ennour, or Muscat date. Others include the balauri (also hallaurt or balauy) a pale coloured date which is very sweet, and the lebaleseb, which has orange-brown skin and is very fragrant. The kbadraut date is similar to the balawl, but it is not too sweet, known as chadraunt in Israel, this variety is grown particularly in southern iraq. Medfool or medful dates are red, full flavoured and fleshy; they are grown in Egypt and California.

Dates are used fresh – they are frozen for export to prevent them from over-ripening, then thaved for sale as fresh produce. Semi-dried dates are whole, tender and succulent with a good flavour balancing their sweetness. Dried dates are firm, sickly and very sweet; they are available pressed into blocks or chopped and rolled in sugar as well as whole.

The sap of the date palm produces a wine; grayish and sweet, which ferments rapidly to become sparkling. This refreshing drink is also consumed in India, where dates are used to make spiced sauces, confectionery and cakes. Thibarine is a rich, sweet Tunisian date liqueur. In Iraq, date juice serves as a condiment for soaps and salads.

Dates are eaten as sweetness, other stuffed or iced (frosted). North African outside makes varied use of them, notably in tafines (rafodts), sweet couscous and curry – falvoured dishes, and even for stuffing fish (shad). Dates are also used in baking fritters, nougats and jam, and are

crystallized (candied).

RECIPE

date fritters

Remove the stones (pits) from some dates and fill each one with very thick confectioner's custard (pastry cream) flavoured with kirsch or rum. Coat the dates in batter and deep fry them, then drain and dust with icing (confectioner's) sugar.

date nougat

Remove the stones (pits) from 1 kg (2 ¼ lb) dates. Toast 250 g (9 oz. 2 cups) blanched almonds in a frying pan, without fat. Prepare a syrup by boiling 250 g (9 oz. 1 cup) caster (superfine) sugar with 4 tablespoons water until the temperature reaches 110°C (230°F). Remove from the heat stir in 250 g (9 oz ¼ cup) honey, then quickly mix in the dates, almonds 2 pinches of white pepper. 1 teaspoon ground ginger and the same quantity of tahini (sesame paste) or ground sesame seeds. Form the mixture into a sausage shape and slice into rounds Store in an airtight container.

Staffed dates

Prepare same almond paste as follows heat 150 g (5 oz. 2/3 cup) caster (superfine) sugar in a heavy based saucepan with 500 ml (17 fl oz. 2 cups) water and 1 tablespoon liquid glucose. When the temperature reaches soft ball 115°C (240°F), remove from the heat and add 75 g (3 oz. ¾ cup) ground almonds. Stir with a wooden spatula to obtain a granular texture. Allow to cool.

Remove the stones (pits) from about 30 dates, with our separating the two halves. When the paste is cold knead it in small quantities until supple and then form it into a large ball Hollow this out, and pour into the hollow a good tablespoon of kirsch and 3 drops green food coloring knead the paste again to spread the color evenly. With the palm of the hand, roll each slice into an olive shape; use one to fill each date. Serve the stuffed dates in individual paper lined cases. They may also be sprinkled with crystallized sugar.

DAUBE A method of dressing meat (beef, mutton turkey goose pheasant or pork. Chicken certain vegetables (bonitos mushroom. Palm hearts) and some fish (tuna) meat cooked and daubed this method and red wine stock will season with herbs: the name is thought to come from the Spanish *dobar* (to brace). The word *daube* alone generally means a joint of beef braised in wine, a popular dish in several southern provinces of France where it is served hot or cold.

RECIPES

daube of beef a la béarnaise

Cut 2 kg (4 ½ lb) top rump chuck beef into 5 cm (2 in) cubes, lard each cube crossways with a small piece of pork streaky (slab) bacon rolled in chopped parsley and garlic seasoned with crushed thyme and bay leaf. Marinate these beef cubes for at least 2 hours in a bottle red wine and 4 table-spoon brandy with 1 large sliced onion, 2 sliced carrots and a bouquet garni of parsley, thyme and bay leaves. Drain, reserving the marinade, pat the cubes of meat dry and roll them in flour. Brown the meat and vegetables separately.

Line the bottom of a flameproof casserole with slices of bayonne ham, then add alternate layer of the meat cubes and vegetables. Add the bouquet garni. 2-3 crushed garlic clove to the reserved marinade and a few spoonfuls of stock: then boil for 30 minutes. Strain and pour over the meat. Cover the Casserole and seal on the lid with a flour- and- water paste. Bring to the boil on the hob (stove top) then cook in a preheated oven at 120°F (gas ½) for 4-5 hours.

Serve the daube from the casserole after skimming off some of the fat. In Normandy this daube is served with a *commel* (manize) porridge, which is eaten cold and sliced as an alternative to bread.

Daube of beef à la provençale

Cut 1.5 kg (3 ¼ lb) lean chick or silverside (bottom round) into 6 cm (2 ½ in) cubes. Lard each cube crossways with a piece of fat bacon roled in dhopped parsley and garlic. Put the meat into an earthenware dish or casserole with a calf's foot, if available, and cover with 600 ml (1 pint, 2 ½ cups) white wine mixed with 2 tablespoon brandy, salt and pepper. Marinate for (5 oz. 1 ½ cups) mushroom, 75 g (3 oz. ½ cup) chopped raw onion, 2 crushed tomatoes, 150 g (5 oz. 1 cup) diced and blanced thick streaky (slab) bacon and 100g (4 oz. 1 cup) balck olives.

Remove the fat from some bacon rinds. Blanch, wipe and use the rinds to line the bottom of an earthenware casserole just large enough to contain the meat and its garnishes. Add 2 sliced carrots then add alternating layers of meat cubes and the begetable and bacon mixture. In the center of the meat place a large bouquet gami consisting of pardried orange peel. Add the white wine mixture from the marinade plus an equal volume of beef stock so that it just covers the meat.

Cover the casserole, seal the lid with a flour-and-water paste, and cook in a preheated oven at 120°C (250°F gas ½) for 6 hours. Remove the bouquet garmi allow to cool, then skim off the fat. Serve the daube cold in slices, like a terrine, of hot (reheated in the oven).

Other recipes see goose, tung turkey.

DAUBIERE A braising pot of stoneware, earthenware or gahanized copper used for making daubes and othe braised dishes which require a long slow cooking time. Like ethe braisietre (braising pan), it was originally designed for cooking over charcoal, the dambiere has a lid with a raised edgfe for holding burning charcoal or boiling water.

DAUDET LEON Frensh writer and journalist (born Paris), 1867, died Saint-Remy – de – Provence, 1942) bounder, with Charles Mauras, of Eathon francatse, Daudet was an unashamed polemicis and one of the greatest gastenomes of his time. In Paris recuhe enclodes Paristan life though its restauratism and its chefs, from the best known to the humblest. At the pension laveus, he invented hauback (which he sasid wa dedicated to a Bulgarian general), comprising white haricot berans, saitered potatoes and eggs sar le plant. He was a regular customer at a Grille, a where and rubbed shoulders oer the beef hash and pickled pork. But he also patamized the Tour Argent, when, with his friend Bavinsky, he discussed such topics as the merits of an endive fedocory salad, lightly crushed in absinthe, to accompany foie gras, his description of Frederic cutting up canard au sand (duck cooked in its blood) is famous in fasronomic circle at Weber's house. He descreibid Marcel Proust, a doe-eyed young gentleman muffled up in an enomous overxant being served with grapes or pears.

A founder member of the Academic Goncourt, he organizaed the lunch at which the first Prix Goncourt was awarded. For this first lunch at the Grand Hotel and for savswqueent ones at Champeans, the Café de Paris and Droutant. Dank't compilot the menus and favoraties cooking as well as that of Beanjodis, the third mer of layout.

His famous galfments on his contemporaries reflect the accerbith of a committed journalist and his love of the good life; the eloxpuethere of Jauries was full like a Geuyene of which each hole is a metaphor. Renan was gracious with lust and sauce; Roland started to wringle like selfish wprinkled with lemon, as for Clemenceau, he was as appelizing as a cabbage soup in which the spoon of eloquence would stand up.

Persuaded that the best thereapy for all ills is good food, he waxed hyrical he et a chef who fully satisfied im, such as Madame Genot, his favourite restauteur of the Rue de la Bangué, who wa to fastron my what Beethoven is to music. Baudedame for pastry, and Rembrandt to painting.

Dauder's second wife was Marthe Alland, his cousin, who was responsible under the

pseudonym of Pampille, for the gastronomic column in (Action française and edited les bons plants de France (1924).

DAUMONT, A LA Designating an opulent garnish dating from the time of the Restoration (and no doubt dedicated to the Duc d'Aumont). Designed particularly for large braised fish, such as shad, salmon or turbot it comprises fish quenelles, shrimps of white clade tails a tla shell or barquette, button mushroom and soft me, all coated with fresh butter and sautéed in butter. The dish is served with a normande sauce finished with crayfish butter.

Today, the name is given to simpler fish dishes, as well as to a dish of soft-boiled (soft-cooked) or poached eggs with crayfish and mushroom.

RECIPES

poached eggs a la Daumont

cook some large mushroom caps in butter, drain and top each one with a spoonful of a salpicon of crayfish tails a la Nantua. Arrange a poached egg on each mushroom cap, coat with Nantua sauce and garnish with a slice of truffle.

sole filets a la Daumont

Prepare about 150 ml (1/4 pint, 1/2 cup) salpicon of crayfish tails a la Nantua. Fillet 2 large sole. Prepare 400g (14 oz. 2 cups) fine whiting forcemeat and add 50 g (2 oz. 1/4 cup) crayfish butter. Spread the sole filets with the stuffing and fold them over. Place them in a buttered gratin dish, add sufficient fish fumet to just cover them and poach gently. Gently cook 8 large mushroom caps in butter, drain and top each with the crayfish salpicon. Drain the sole filets and place one on each mushroom. Coat with normande sauce and serve very hot.

DAUPHIN a soft cow's milk cheese from Hainaut in France, with a brown rind and containing at least 50% fat. Excellent from September to May, Dauphin cheese is made from the same type of curds as Maroilles cheese but is highly seasoned with parsley, tarragon pepper and cloves. It can be shaped like a croissant, heart, shield or rod.

Created in the reign of Louis XIV, it owes its name to a royal edict that exempted carters from Maroilles from the penny tax payable to the Dauphin, which was levied at Cambrai on each wagon coming from Hainaut in Belgium.

DAUPHINE See opposite page.

DAUPHINE, A LA a method of preparing vegetables, such as celeriac (celery root) or aubergines (eggplants), in the same way as dauphine potatoes. If the puree obtained is too watery – as can happen with courgettes (zucchini) – it is dried off in the oven.

The name is also given to joints of meat or game garnished with dauphine potatoes.

DAUPHINE POTATOES Potatoes reduced to a puree, added to choux paste, shaped into balls and fried in very hot fat. They are used to accompany gilded (boiled) or most meat or game. The mixture may be enriched with grated cheese or Bayonne ham, especially for croquettes (see lorette).

RECIPE

Dauphine potatoes

Peel 1 kg (2 1/2 lb) floury potatoes, cut into quarters and cook in salted water until very soft. Drain thoroughly and mash to a puree. Prepare some choux* paste using 500 ml (17 fl oz. 2 cups) water, 125 g (4 1/2 oz. 1/2 cup) butter, 250 g (9 oz. 2 1/4 cups) plain (all-purpose) flour, 7 eggs, a pinch of grated nutmeg, salt and pepper. Mix the dough with an equal volume of the potato

puree. Heat some cooking oil to about 175°C (347°F) and drop the mixture into a spoonful at a time. When the potato balls are puffed up and golden, drain on paper towels, dust with fine salt and serve very hot.

DAUPHINOISE, A LA a method of preparing potatoes that is a specialty of the country of the four mountains' (Lans-en Veroes, -Lans, Autrains and Savenage). The potatoes are cut into tailons (pound slices) and arranged with single (light) cream in a gretin dish which has been lubricated with garlic and buttered. However, gratin dauphinois is often made by pouring a mixture of eggs, milk and cream over the potato slices and sprinkling the dish with grated cheese. Grain around, from the neighbouring region is made without milk. cream in eggs instead it consists of alternating layers of potato and grated beaufort cheese with knobs of butter. All covered with bouillon.

DEBARRASSER A French word meaning literally to clean away: used in cuisine to describe the transfer of food from the cooking vessel to a plate. Such as a cupboard or a marble slab. Where it can be cooled or kept for later use in chilling. Debarrasser we muse en place is to remove from the vicinity of the oven (stove) or work station the utensil that was employed in preparing a dish or meal.

DECANT: to transfer a liquid from one vessel to another after allowing suspended impurities to settle. in French. Decanter is used in a variety of contexts: melted butter is decanted after skimming as is deep frying fat and stock after use. The same word is even used for extracting meat from the stock or sauce in which it has been cooked; the cooking liquid is then strained thickened if temporary, and used to make a sauce in which the meat is given a final simmer.

Wine is decanted by transferring it carefully into a carafe so that any sediment that has formed in the but the during maturation is left behind. Decanting wine also prevents oxidation, which is often beneficial, in practice, only old red wines are fully oxidized, the better tannin and wild pigments they contain must remain in the bottle. Fully matured wines should be decanted just prior to serving they can be so fragile that exposure to the air may cause deterioration. Young concentrated wines with pronounced tannins may also benefit decanting as this gives the flavour an opportunity to open up.

DECOCTION The extraction of the conditions of a local by boiling in water for varying length of time. In this way meat, vegetable, mineral and animal extracts are made. This produce should not be confused with infusion, in which boiling water is poured over the substance but the boiling is not continued.

DECOUPOIR a small slightly criminal cutters of stainless steel or galvanized iron, that cuts decorative slices in the form of a star, foil heart, diamond spade or leaf, from soft foods such as truffles, tomatoes and jelly. It should not be confused with a pastry cookie cutter, used in patisserie.

DECUIRE A French term meaning to lower the cooking temperature of sugar syrup or jam by adding to it gradually, while stirring sufficient cold water to give it the correct consistency.

DEEP-FRYING A method of frying food by submerging it completely in fat. Common as a commercial means of cooking east food, it is also a traditional method of preparing fine ingredients when carried out by a skilled cook. Savoury and sweet items can be deep-fried from plain ingredients to delicate specialties and fritters, light doughnuts, crisp pastries and exotic fillers. Carried out in deep pans in the Western kitchen or in the curved hose of the Oriental wok, this is an international method.

The wok, stay be traditional for deep frying a few small items in a comparatively small amount of oil. But when cooking large items, such as fish fillets, or a large fruits of food out in small pieces, a deep pan is credetial prevent the lat oron holding over. The pan should be no more a third folled with cold lat as thos leved mes when ingredients are added and the fat buddles up and spoits.

Deep frying is carried out at a high temperature so that the food is sealed. Becomes crisp and browns quickly. If the fat is not hot enough, some is alwarded by the food and the result is gresy. Also, at too low a temperature the outside does not become crisp ot it too long to do so, forming a thick, often and greasy cruist.

1 Choice of fat 1 using the right type of fat is essencial for food results and safe coking. Fats melt, boil and from at children temperature. When over beated fats being decompose or intake dows and peture smoke – this is called the smoking point. The falvour of the fat as garlic. When gereah some fats will spontaneously makes it break down and smoke more easily, similarly, overcooked debris from deep-fried food also incourage the fat to break down. Ot only me overheated fats undertable for culinary use but they are not suitable for a healty diet and should not be consumed erergularty

Animal solt as land or meat dropping are conditional fats for deep- trying because they can be heated to ahigh temperature without burning. Many vegetable oils are also suitable and they are both more convenient and versatile as they do not taint the food in the same way as same meat dripping vegetable oils are also more appropriate for balanced eating.

Groundnut (peanut), soya, corn, sunflower and graperseed oils are suitable for deep-frying. Palm oil is suitable, but it is high in saturated fat and blended vegetable oils often contain a high proportion of palm oil. Olive breaks down and burns easily; although some foods are deep-fried in olive, oil, it is not generally considered sutiable for this.

2 **Food for deep-frying** Tender foods that cook quickly are suitable. The pieces should be small or thin so that they cook through before becoming too brown outside. Fish, chicken, small pieces of tender meat, vegetable, fruit, eggs and cheese can all be deep-fried. The method is also used for prepared mixtures, such as croquettes, rissoles, pastries and fritters.

Chicken and meat should be cut into fingers (goujons), thin slices (escalopes/scallops) or small cubes (as for Chines-style sweet- and sour pork) to ensure they are cooked through. Slightly larger portions of chicken, such as breast fillets, quarters or drumsticks, require the temperature to be regulated carefully to ensure that they cook right through.

Eggs set and become: crisp when deep-fried. Beaten eggs are an important ingredient for setting coatings in place. Whote eggs can be deep-fried from raw – they should be cracked into a cup and slid into the hot fat. Their high water content causes much spitting as it evaporates, then they rapidly set outside and puff up into crisp balls, with the yolks remaining soft in the center. They should only ever be deep-fried individually as they cook in seconds and require close attention.

3 **Coatings for deep-frying** Delicate foods or items that soften easily during cooking coated before all types of frying. This is particularly important for deep-frying. The coating should cook quickly to form a crust, preventing the food from absorbing fat and protecting the surface from overcooking. Delicate fish, light vegetables and fruit all have to be coated before dee-frying otherwise they overcook, disintegrate or fall apart.

The coating should also be strong enough to contain certain ingredients or mixtures, for example the coating on deep-fried cheese prevents the cheese from running and disintegrating. Similarly, when making light croquettes bound in a sauce, the coating sets quickly to retain the mixture, which is then soft and fluid when the croquettes cut open.

*Flour This is a simple coating for foods that are resilient and require the minimum of protection. It is used mainly for pan frying or shallow frying, which is not as trash a method ad deep-frying but it can be used for some deep-fried ingredient. Season the flour and the roll the prepared food it in. the food should be moist or slightly damp to encourage the flour to stick and it should be

added to the hot fat immediately it is coated. Sometimes the food is moistened with milk before being floured.

* **EGG AND BREADCRUMBS.** This is a firmer coating affording more protection. Dry white bread crumbs are usually the best as they make a fine, crisp coating that turns golden brown during cooking. Ready-browned breadcrumbs tend to become too brown. Salt white breadcrumbs can be used for some foods but they tend to be slightly greasy as they absorb more fat. The food should be dusted with flour, then dipped in beaten egg and finally, coated in crumbs. The coating is repeated when a thick layer is to be put as example, when preparing choppeters from a well-chilled light sauce which is likely to run quickly. Similarly when making chicken Kiev. Where the fillets of chicken are folded around a pat of garlic butter that melts during cooking the coating must be thick and even to retain the garlic butter. Chilling food after coating in egg and breadcrumbs helps to set the coating and keep it in place during cooking.

* **BATTER** A heavy liquid coating that sets quickly and becomes brown and crisp when deep-fried. The batter may well be used for cooking to give a puffy coating. Flour, eggs and water or milk are typical ingredients, but a variety of mixtures can be used, including light beer or sparkling mineral water, to lighten the batter. A fairly thick flour and water mixture may be lightened with stiffly whisked egg white to give a batter with good coating properties. Becoming light, puffed and crisp during cooking. The food is usually dusted in flour before being dipped in batter and added straight to the fat. The thickness of the batter depends on the type of food, fine foods that cook very quickly are coated in fine light batter, a thicker batter be used for inner foods.

* **PASTRIES** Choux paste can be deep-fried very successfully, either as the main mixture for making fritters or as a batter type coating. Puff pastry can also be deep fried it rises well to become crisp and golden outside. It should be rolled fairly thinly and used to enclose simple ingredients that cook quickly. Filo pastry often used for deep-fried items, such as small pastries with savoury fillings of fish, vegetable cheese.

4 **Temperatures for deep-frying** These vary according to the food, ranging between from 180°C (350°F) to 200°C (400°F). Use a thermometer to check the temperature when heating the fat and during cooking to maintain the temperature as the ingredients are added also to prevent overheating during cooking. Another method of checking whether the fat is hot is to add a small, cube of day-old bread to the fat: the fat should bubble and the bread should rise to the surface, becoming brown about 30 seconds.

* 140-160°C (285-325°F) is suitable for larger items of foods that require time to become tender or cook through example include chicken and potato wedges.

* 160-175°C (325-347°F) is the most popular temperature, suitable for foods that cook quickly for example these coated in breadcrumbs and butters.

* 180°C (350°F) is a high temperature for small items, such as whitebait or fish goujons, start cook very quickly. This is also used for the second stage when double frying ingredients, for example to crisp and puff potato chips (French fries).

5 **Successful frying.** Deep-frying is an excellent cooking method, but one that suffers from poor implementation, particularly as a means of cooking inferior fast foods.

The food must be well prepared cut evenly so that it cooks at the same rate throughout or across a batch cooked together. An appropriate coating should be used. Foods that are not coated (such as potatoes) should be thoroughly dried before being added to the hot fat otherwise they spit and the splashing fat can be dangerous.

The choice of fat and temperature control is important. The fat should be heated to the right temperature before cooking and the food should be added in modest batches that do not lower the temperature too much. A thermometer should be used for checking temperature throughout cooking to prevent the fat from overheating.

The cooked food should be thoroughly drained in a frying basket or using draining spoon, then on paper towels before serving immediately.

The fat should be cooled and strained after use if it has overheated slightly, it should be

discarded. Fat for deep-frying should not be used repeatedly: twice is usually enough, depending on the food and temperature.

DEEP FREEZING, COMMERCIAL A method of preserving food. For commercial preservation the food is subjected to rapid and intense freezing as low as 50°C (-58°F) so that the temperature at the center of the food is lower than -18°C (0°F) but the degree of crystallization is not such as to cause moisture loss at the time of defrosting. Packaging precedes or immediately follows deep-freezing. After this the temperature must be kept consistently low until the product is used (-18°C, 0°F).

It is very important to maintain the low temperature of deep-frozen products, and worth checking that they are best quality before buying them. Check the temperature of the freezer compartments (which should always have a thermometer, ensure the packaging is not torn or damaged; the products may be covered by a very thin layer of frost (caused by the freezing of the surrounding air), but they should not have trails of ice; chopped vegetables and individually frozen small products must sound like pebbles rattling in the packet. Display cabinets should not be overfilled to the top, since products above a certain level are no longer cool enough.

The foods should be taken home in insulated bags as quickly as possible; and stored in a freezer or in the 4-star compartment of a fridge-freezer, if these are not available, they may be stored for 24 hours only in a refrigerator or for 3 days in the ice-making compartment.

The rule which applies to the use of deep-frozen foods is never to refreeze a thawed product. Many frozen products are suitable for cooking directly from frozen: check the manufacturer's instructions carefully for cooking methods, times and temperatures. Other items have to be thawed before they can be cooked, either for best results or for reasons of food safety. Fish and meat are often better when thawed before cooking than when cooked from frozen; large portions of poultry and whole birds usually have to be thawed completely before cooking to ensure that they cook through completely. For example, although a frozen chicken may be simmered for several hours to make stock, with every confidence that it will be completely cooked throughout, to roast a bird from frozen would mean that the outside was overcooked before the meat in the thickest areas had properly thawed and cooked.

Thawing frozen food Follow the manufacturer's instructions for prepared products. As a general rule, when thawing plain ingredients, remove them from their wrapping and place in a clean, deep container to catch any drips. Cover the dish tightly and leave it in a cool room or the refrigerator, depending on the room temperature, size of the food and likely thawing time. When poultry or meat requires lengthy thawing the drips or liquid seeps from it should be drained regularly.

To thaw baked goods such as bread, unwrap and place them on a wire then cover with a clean tea towel leaving these, as pastries in their freezer bags can make them soggy. Refresh the texture of cooked breads or pastries by heating them briefly in a hot oven.

* Freezing food Home freezers are now highly efficient designed to reach low temperatures for freezing fresh food. The better appliances are well insulated and designed for the minimum loss of cold air when opened; with integral thermometers and alarms.

In the early days of home freezing the recommended preparation of fruit and vegetables was daunting. Research into the deterioration of food during freezing indicates that if the food is frozen rapidly to a low temperature properly packed and the low temperature maintained during storage. Reduction in quality is minimal. The technique of blanching vegetables before freezing does not significantly improve the quality of the produce.

Make sure that the freezer is on the fast-freeze setting well in advance. Use good quality freezer bags to prevent freezer burn and seal them well. Add food in modest batches that will freeze quickly. Always prepare the pressure ready for cooking and food ingredients that discolor such as applied in lemon. Open the produce or pack it in quantities that will be used in one go.

Always label the produce well especially prepared dishes as it is almost impossible them.

Cooking fowl first can be the best solution, providing dishes an advance for everyday meals, especially by making batches soups and sauces for pasta are practical and take up minimum freezer space. Meat casseroles, bangers or patties, croquettes, pasta bakes, filled pastries ready for baking and fried pancake are a few examples. Stewed fruit, compotes or purees have many excellent uses and they take up less space than bulky packages of apples, goosecherries or rhubarb and other fruits that fall and become watery when thawed if frozen raw.

It makes sense to freeze items used frequently and in quantity, such as breads and others that are ideal as a special treat, such as cakes. The freezer is also ideal for storing prepared ingredients ready for cooking or emergency supplies, stock butter (plain or flavoured). Bay leaves chopped fresh herbs ground roasted spices; prepared chilies; prepared fresh root ginger; fresh yeast (keeps well for up to 1 year); whipped double (heavy) cream, breadcrumbs; grated cheese for cooking; and knobs of beurre manié (it keeps for 2 months). See freezing.

- 1 Quality. As a preserving method, freezing is excellent for retaining nutrients as well as taste. Good quality purchased frozen vegetables are processed so quickly after harvesting that they have a better vitamins content than the slightly stale examples sometimes found on the supermarket shelves. Similarly, using the freezer for storing home-cooked dishes is a good way of having high-quality convenience foods. Batch cooking many savoury dishes and simple sweet mixtures, cakes or pastries requires barely more effort than making a standard portion – the batches do not have to be enormous to be practical, just a double or treble portion will provide two or three meals instead of one.

DEER. Remnants of temperature, including red deer (cervus in French), me deer (cheer in French), fallow deer (capreolus) in French and the white tail deer of North America. Other related species include reindeer, antelope, elk, moose and caribou all providing a source of meat, but they are not as important as the four main types. The meat is known as venison and its quality varies according to the type of deer, its age, sex and habitat. Traditionally game animals, deer are now hunted as demand for venison has increased.

Deer have been valued for their meat since prehistoric times and there is evidence of attempts to capture them in ancient Egypt, in the Middle Ages deer were the most highly prized game animals, reserved exclusively for the nobility in vast parks where they provided hunting sport as well as meat for rich tables.

They inspired some highly decorative culinary displays, in which the beast was virtually reconstructed lying on gigantic dishes. Deer meat was also used to land poultry. Both stag and hind were eaten roasted, stewed or jugged, deer-knuckle soup was a famous dish, in the 16th century, stag's antlers, cut into sections and fried, were considered fit for a king as were the men's drafts. Stag's horn was commonly sold by grocers when ground, it used to prepare jellies and sweets.

Deer retained its status as a luxury food until the latter part of the 20th century, when farming increased availability. More a method of controlling and encouraging the growth of herds than of domesticating and applying contemporary rearing methods deer farming has produced meat that is in demand for its healthy properties compared to intensively reared animals to common with other game, deer hunting is supported in seasons.

DEGLAZE. To boil small quantity of wine, stock or other liquid with the cooking juices and sediments left so the pan after roasting or sautéing in order to make a sauce or gently. The sediment may be cooked first. So that excess fat evaporates and the concentrated sediment caramelizes, and excess fat should be skimmed off. A small quantity of liquid is poured into the pan over a medium to high heat and the mixture is boiled, stirring continuously to dissolve all the pan juices. The liquor is boiled and reduced until the right consistency is achieved. This may be quite syrup-like in texture. Cooking is vital to ensure a mellow, rich flavour, evaporating alcohol and making the liquor less acidic. Deglazing is sometimes preceded by flaming the contents of

the pan after sprinkling with spirits. When the liquid is well reduced. It may be seasoned and served. Alternatively, further liquid, such as stock, may be added and the sauce thickened. Rich sauces can be prepared by adding cream to the deglazing liquor or by whisking in knobs of butter. Finally, the seasoning is adjusted and the sauce may be strained or sieved before being served

DEGORGER. A French term meaning to soak meat, poultry fish or offal cold water (with or without vinegar) to eliminate impurities and blood, particularly for white dishes or to dispel the muddy taste of river fish.

The term is also used for the process of sprinkling certain vegetables, particularly cucumber and cabbage, with salt to draw out excess water. The same method can be used to draw out bitter juices, traditionally a method for preparing aubergines (but modern cultivars no longer bitter, so the process is not necessary for most commercial varieties). It also applies to the preparation of snails.

DEGRAISSER. A French culinary term meaning to remove excess fat from an ingredient, dish or cooking vessel. Fat is removed from raw or cooked meat using a small butcher's knife; for hot bouillons, gravies or sauces, a small ladle or spoon is used to skim off the fat, and for cold liquids, where the fat has solidified a ladle should be used, or the liquid may be strained. Fat can be completely removed from hot clarified consommé by putting paper towels on the surface. It is necessary to remove excess fat from a cooking vessel before deglazing it.

DEJEUNER. The French word for lunch, the midday meal, as opposed to petit déjeuner (breakfast) and dinner. But according to its etymology (from the Latin disjeporture. Later disponere, to break one's fast), the word originally meant the first meal of the day, comprising essentially bread, soup and even wine before coffee, tea and chocolate appeared on the scene.

The introduction of the midday repast dates from the French Revolution. Until that time, the midday meal was called. But because the sessions of the constituent Assembly began at midday and finished about 6 p.m. dinner had to be eaten at the end of the afternoon. The deputies, being unable to go without food from breakfast until dinner, acquired the habit of eating at about 11 a.m. a second breakfast that was more substantial than the first. A certain Madame Hardy, who in 1804 ran a cafe on the Boulevard near the Tuileries, invented the déjeuner à la fourchette (lunch) offering her customers oysters, kidneys, sausages and other grills served on a sideboard. The development of cafés and dîners, then the birth of restaurants, turned déjeuner into an important social occasion.

Nowadays in France, lunch is eaten generally at about 12:30 p.m. it is often a quick and light meal, although in professional circles it has become more substantial as the business lunch. Certain events, such as the awarding of literary prizes, often take place at a special lunch. But even today, the Sunday lunch remains a symbol of family life, not so far removed from the type of lunch served in the 1850s, mentioned by Marguerite Yourcenar: Every Sunday, Reine presides over a meal to which all the family are invited. The tablecloth laid for this ceremony, hardly less sacred than High Mass, is resplendent with silverware and the soft gleam of old porcelain. Poultry quenelles are served at midday, the dessert and sweetmeats at about five o'clock. Between the sorbet and the saddle of lamb, it is understood that the guests have the right to take a turn about the garden or even, with a slight apology for taking pleasure in such a rustic amusement, a game of bowls. (Archives du Nord, Gallimard).

DELESSERT, BENJAMIN. French industrialist and financier born Layon 177 ½ died Paris, 1847). Having founded a sugar refinery in 1801 in the district of Pasay in Paris, in 1812 he perfected the process of sugar extraction from sugar beet. Napoleon visited the factory and saw the potential of this discovery, which could make it unnecessary to import cane sugar from the West Indies. He granted large funds to Delessert, earmarked a great deal of land in the north for

sugar beet cultivation and, on Releaser's advice opened one of the first sugar schools' at Diurnal. Meanwhile. Detester plunged into political life and became one of the founders of savings banks in France.

DELICATESSEN A shop, or department in a store supermarket, selling high quality, luxury food and or specialist products. The word. Meaning delicacies, originated in Germany in the 18th century. Foods may be specific to one country. And which case regional specialities rarely available in general grocery departments are usually an important feature. International food specialities are more common, with canned, dried and preserved products, including unusual herbs and spices, complemented by cheeses, cooked meats, pates and other prepared items. A range of excellent marinated foods, salads, pastries and sauces or dips frequently feature in contemporary delicatessens. High-quality breads and cakes are often. Fine wines, liqueurs spirits, as well as confectionery may be on offer.

With the growth in popularity of delicatessen foods and a wide range of such outlets now open. It is important to distinguish between selling a range of prepared and slightly unusual foods and others providing true quality. Those running and working in a good establishment (or department) will have detailed knowledge of the products they sell, the suppliers and other foods of the same type. They will usually advise on the preparation, serving and accompaniments for their products. Many superior delicatessens often a hamper service or prepare culinary gifts to order.

DELICE OR DELICIEUX Fancy names given to various dessert, gateaux sweetmeats.

RECIPES

Apple delicious

Prepare and bake 675g (1 ½ lb) apple in baking sheet in preheated oven at 190°C (375 °F, gas 5). Reduce the pulp to a puree and allow to cool. Beat 5 egg yolks with 100g (4oz, ½ cup) caster (superfine) sugar until the mixture becomes light and foamy. Whisk the 5 whites stiffly and fold a little at a time into the egg-sugar mixture alternately with the apple puree and 65g (2 ½ oz, ¾ cup) dried white breadcrumbs. Empty the mixture into a buttered and floured soufflé dish and cook in a preheated oven at 90°C (375°F, gas 5) for 40-50 minutes. Dust with sugar and serve very hot.

Delcieux surprise

Gently melt 125g (4 ½ oz, 4 ½ square) dark chocolate in a bowl over hot water. Add 1 tablespoon single (light) cream, 20g (¾ oz, 1 ½ tablespoons) butter, 1 tablespoon milk and the grated zest of an orange. Keep the sauce hot over the hot water. Cut a large brioche mouseline into 6 thick slices, put them in a dish and sprinkle with 100 ml (4 fl oz, 7 table spoons) rum. Peel 3 pears, remove the seeds, slice and place on the broche slices. Whip 150 ml (1/4 pint, ½ cup) double (heavy) cream with 1 tablespoon very cold milk and slowly add 50 g (2 oz, ¼ cup) caster (superfine) sugar. Cover the broche and pears with a dome of the whipped cream and pour over the hot chocolate sauce. Serve immediately.

Lemon delice

Melt 100g (4 oz, ½ cup) butter in a bain marie. Measure 250 g (9 oz, 2 ¼ cups) self-raising flour into a mixing bowl, then add the melted butter, 4 eggs, 200g (7 oz, 1 cup) caster (superfine) sugar, the grated zest and juice of a lemon, and 100g (4 oz, ¾ cup) crystallized (candied) fruits cut into very small dice. Mix until evenly blended, then turn the mixture into a 25 cm (10 in) round loose bottomed cake tin (pan) and cook for 40 minutes in a preheated oven at 190°C (375°F, gas 5).

Meanwhile, prepare a French butter cream (see creams) using 125 g (4 ½ oz. ½ cup) caster sugar cooked to the thread stage (see sugar) in 3 tablespoon water, 4 egg yolks, 125 g (4 ½ oz. ½ cup) butter and the grated zest and juice of a lemon.

When the cake is cooked, turn out on to a wire rack, allow to cool and cut into three rounds. Cover two of the rounds with a thick layer of the lemon butter cream and sandwich together. Dust generously with icing (confectioner's) sugar and keep in a cool place (not the refrigerator) until ready to serve. (the layers may be sprinkled with lemon sugar syrup if liked).

Nut delices

Combine 125 g (4 ½ oz. 1 cup) plain (all-purpose flour with 50 g (2 oz. ¼ cup) softened butter, 1 egg yolk, 1 tablespoon water; 3 tablespoon caster (superline) sugar and a pinch of salt. When the dough is smooth, roll it into a ball and chill.

Cream 65 g (2 ½ oz. 5 tablespoons) butter; add 65 g (2 ½ oz. Cup) caster sugar and 1 egg. Then 65 g (2 ½ oz. ½ cup) ground almonds, and finally 25 g (1 oz. ¼ cup) fecula (potato flour); mix well. Roll out the chilled dough to a thickness of 3 mm (1/3 in). cut out 8 discs and line tartlet moulds with them. Prick the bottoms and cover with the almond cream. Cook in a preheated oven at 190°C (375°F, gas 5) for 15 minutes.

Meanwhile, prepare a French butter cream (see creams) using 125 g (4 ½ oz. ½ cup) sugar cooked to the thread stage (see sugar) in 3 tablespoons water; 4 egg yolks, 125 g (4 ½ oz. ½ cup) butter and 1 teaspoon coffee essence. Chop 100 g (4 oz. 1 cup) fresh walnuts and mix with the cream. Allow the tartlets to cool, then turn out and top each with a dome of the walnut cream. Put in a cold place for 30 minutes.

Warm 250 g (9 oz) fondant icing (frosting) to about 32°C (90°F), flavors it with a few drops of coffee essence and add just enough water to make it spread easily. Dip the top of each tartlet into the fondant, smoothing it evenly over the cream with a palette knife (spatula). Place a fresh walnut on each delice and store in a cool place.

Strawberry delices*

Work together in a mixing bowl 125 g (4 ½ oz. 1 cup) plain (all-purpose) flour with 1 egg. 50g (2 oz. ¼ cup) caster (superfine) sugar, a pinch of salt, 1 tablespoon water and 50 g (2 oz. ¼ cup) butter cut into small pieces. When the mixture is a smooth dough, out it in therefrigerator to chill.

Meanwhile, wash and hull 175 g (6 oz. 1 cup) strawberries and macerate in 50 g (2 oz. ½ cup) icing (confectioner's) sugar for 1 hour.

Roll out the dough to a thickness of 3 mm (1/8 in). cut out 6 rounds and use them to line 6 buttered tarlet moulds; prick the bottom of each one with a fork and bake blind for about 10 minutes in a preheated oven at 190°C (375°F gas 5). Remove the paper and baking beans and cook for a further 3-5 minutes, until the pastry is cooked. Cool on a wire rack.

Sieve the macerated strawberries and gradually beat the puree into 125 g (4 ½ oz. Cup) unsalted butter; fill the tarlet cases with this mixture and top with 175 g (6 oz. 1 cup) strawberries. Decorate with springs of mint and serve with a sweetened redcurrant coulis.

DELTEIL JOSEPH French writer born Villar-enval, 1894 died Grabels, 19880. having figured in Parisian literary circles. Delited retired in 1930 to languendos, to house whose lacade bears the motto of Confuciou: like humbly; of Deltelf's work, *la cuisine paleolithique* (Robert Morel. 1964) features a selection of recipes for cuisine naturelle using unprocessed foods, such as bean soup, cassoulet, snails, grilled 9boiled) beef, poule an potand dandelion salad, as well as such aphorisms as Eat with the fingers drink with the nose and Food responds to our soul's dream as to our stomach's appetite. It also offers some judicions advice. Don't prick the mast, it will bleed. Ham 40 days in salt, 40 days hanging in 40 days eaten; and a quick guide to cooking times. Pork at walking pace, beef at a trot, games at a gallop.

DEMI-DEUIL Meaning literally half-mourning, this term describes dishes containing both black and white ingredients. In classic cuisine, the whitefoods (pouched poultry and eggs, sweetbreads in white stock, potato salad, shellfish) are encrusted with slices or strips of truffle and coated with supreme sauce.

Chicken demi-devil is one of the most renowned dishes of French cuisine, particularly the version given by more Failure the chicken is stuffed with truffle between skin and flesh, served with the vegetable ingredients of the cooking stock and coated with the strained cooking juices.

RECIPES

Chicken demi deuil

Poach a chicken in white wine on a serving dish and keep hot. Prepare 8 tartlets or croustades and fill them with a mixture of calves or lambs sweetbreads braised in white stock, and mushrooms gently cooked in butter – all mixed with supreme sauce. Garnish each tartlet with a slice of truffle heated in Madeira. Arrange the tartlets around the chicken and coat it with supreme sauce.

Demi-deuil salad

Boil 675g (1 ½ lb) potatoes until tender. Drain, cool, peel and slice the cooked potatoes. Cut 75 – 100g (3-4 oz.) truffles into thin strips. Make a sauce using 3 tablespoons single (light) cream, 1 teaspoon mustard salt, and pepper.

In a large salad bowl make a bed of lettuce seasoned with a little vinaigrette. Place the potatoes mixed with the sauce on it, then sprinkle with the strip of truffle.

Eggs demi-deuil

Prepare some individual puff pastry croustades. Fill each one with mushroom in cream sauce and top with a soft-boiled (soft-cooked) or poached egg. Coat with supreme sauce and garnish with a slice of truffle.

DEMIDOF A chicken dish dedicated to Prince Anatole Demidof, the husband of Napoleon's niece, Princess Mathilde. Demidof was one of the celebrated *bons vivants* of the second empire and an habitué of the *Maison Dree*, where this recipe was created. The name is also given to a dish of sautéed chicken.

RECIPES

Chicken Demidof

Stuff a large chicken with a mixture comprising one third quince stuffing and two-thirds & groth forcement. Prepare a very rich matignon vegetable fondue using 125 g (4 ½ oz.) carrots, 50g (2 oz.) celery, 25 g (1 oz) sliced onion, half a bay leaf, a sprig of thyme, a pinch of salt and a pinch of sugar. Soften the vegetables in butter, moisten with 100 ml (4 fl oz) 7 tablespoons Madeira and reduce until almost dry.

Brown the chicken in a preheated oven at 220°C (425°F, gas 7). Cover it with the vegetables, then wrap it in a pig's caul or bard it with streaky (streak) bacon or pork fat. Tile it up and braise it in a covered casserole, adding a small quantity of chicken stock, at 180°C (350°F, gas 4) for about 2 hours, or until the chicken is cooked through. Add more hot stock to the casserole occasionally to prevent it from drying up. Uncover the casserole to brown the chicken for the final 15-20 minutes cooking time.

Arrange the chicken on a serving dish and surround with artichoke hearts cooked in butter and topped with the vegetable fondue. Garnish each artichoke heart with an onion ring

(covered in butter and deep-fried) and a slice of truffle. Deglaze the cooking vessel used for the chicken with Maderia and pour over the chicken.

Sautéed chicken Demidof

Remove the gablets from a chicken and out off the breast, wings and lega. Brown the remaining carcass and giblets in oil, dust with flour and brown again. Moisten with 150 ml (% pint, ½ cup) dry white wine and bouillon and cook gently for 30 minutes. Strain and reserve this cooking liquid.

Cut w carrots. 1 turnip, 2 celery sticks and 1 onion into thin julienne strips. Flour the chicken portions and brown them in a saucepan. Add the egetable julienne and the strained cooking liquid cover and cook gently for 30 minutes. Add a slice of smoked ham and a ciced stuffle. Cook for a further 15 minutes then deglaze with Madeira and demi-galze sauce.

DEMI-GLACE a rich brown sauce made by boiling and skimming capagsole store and adding white stock of castoffade. It usually has the addition of Madeira sherry or a similar wine.

RECIPE

Demi-glaze

Boil down to reduce by two-thirds a mixture of 500 ml (17 ft. oz. 2 cups) espagnole sauce and 750 ml (1 ¼ pints 3 ¼ cups) clear brown stock. Remove from the heat, add 3 tableshpoon Madeira and strain. A handful of sliced mushroom staks may be added during cooking.

DEMI-SEL. A soft French cheese made from pasteurized cow's milk. It has a mild flavour and contains 10-4% fat and less ham 2% added soft. It is sold in small squares wrapped in foil and is used as a cheese spread. It mau be flavoured with heris paprika or pepper. Demised was first made at the end of the 19th century and is a speciality of normality.

DENERVER. A French calintary term meaning to nature tende and membrances from on meat probably on game. It promises seve cooking and tender results and improces prectation.

DENIS. Born Lahama Denis. French and restaurateu (borneus, 1909) died 1981). He opened the restaurant clez Denis in paris and devoted himself performing inventive and luxurious derbes. A cultured man, motivated by his love of cooking, he replaced to certain chets who critiezed him for not having worked way up through the profession: I have eatern way through six inheritances in the great restaurants, so I know what good cuising is all about; He oersuaded himself that the graimets of his time were, like him, capable of spending lotunes on such dishes as supremes of Bresse chicken chaud froids of ortolan an cham herth and fresh turtles a lot serrleth: and on bottles of Chatecan-Latour 1945 Consequently. He was runned and forced to close his restaurant.

He publishe La cuisine de Deuis Claffort. 1975) in which londemental to inques, carots make of the trade and basic recipes are presented with simplicity, precision and good sense. His recipe for scallops is an follows. Sute the scallops quickly in clarified butter, without browng Moisten with fumet (use about 1 tablespoon for 6 scallops). Add a ew drops of absenthe or, failing this, of Permod, some pieces of very cold butter about 65 g (2 1.2 oz. 5 tablespoon for 6 scallops, herbs, salt and perper, keep moving the sanite pan and lorth oven a high heat. When the coking liquor boils, pour the entire contents of the pan on to the serving dish.

DENMARK

DENSITY. The mass of a substance per unit of volume; in practice, the weight of something divided by its volume. Density has units of grams per cubic centimeter.

The term density is sometimes used loosely (especially in cookery) to mean relative density, which is the mass of a given volume of substance divided by the mass of an equal volume of water; ideally the water should be at 4°C (39 2°F) but this is unimportant in cookery. Relative density is also called specific gravity. It is used in winemaking, brewing cider making; the fats industry (oil, margarine) and the dairy industry (fat content of milk). Sugar concentration – important in making sweets, paints and other presence – is now also expressed by relative density (rather than by degrees Baume). Relative density can be measured by a hydrometer – an instrument which floats in the liquid, the relative density being read directly from its graduated stem.

DENTEX dente, deenti. A Mediterranean fish of the sparidae family with long, sharp, sometimes hooked teeth and powerful jaws. The young fish are silvery grey and the adults are reddish-brown. Related to but much larger than the sea bream, up to 90 cm (36 in) long, it has firm, rather tasty flesh and is cooked in the same way as sea bream.

DENTS-DELOUP. Triangular croutons used for garnish, arranged as a border around the edge of a dish with the points to the outside (hence the name, which means wolves teeth). The dents-loup used to garnish hot dishes are triangles either cut from sandwich bread and fried in oil or butter or made from puff pastry and baked. Gold dishes are garnished with dents de loup cut out of strips of aspic;

The name is also used for certain kinds of crisp biscuits cooked. One variety, a specially of Alsace, is a long pointed biscuits flavoured with lemon and brandy. Another kind is crescent-shaped and flavored with cumin or aniseed.

DERBY. An English cheese made with cow's milk, containing about 45% fat. It is a firm pressed mild cheese which resembles Cheddar, but is slightly flakier and more moist. The cheese is traditionally wheel shaped 38 cm (15 in) diameter, 12 cm (5 in) high, and weighing about 14 kg (32lbs). Sage erby is marbled with green and is made by adding chopped sage leaves to the curd for additional colouring and flavouring. It was traditional to make this specially at Christmas and at harvest time. Commercially, Sage Derby is now produced using dried sage and spinach juice.

DERBY, A LA. A method of preparing chicken, created in the foods for Girois when he was chef at the hotel de Paris an Alonite Carlo. It was dedicated to a member of a distinguished British family with a predilection for French cuisine. Chicken a la Derby is stuffed with truffled rice and foie gras; truffles cooked in port and slices of sautéed foie gras provide the garnish, and the chicken is created with the cooking juices deglazed with port.

Derby soup is a cream of onion and curried rice soup, garnished with poached, quenelles of foie gras and chopped onion.

DEROBER. A French culinary term meaning to remove the skins of shelled broad (fava) beans. It also means to remove the skins of blanched tomatoes or almonds and unpeeled wiles potatoes

DERVAL. A garnish for veal timbales and of lamb, with anchovy quarters sautéed in butter.

DESALTING. The removal of salt from certain foods that have been preserved in brine. Desalting is carried out by cooking the food in cold still or running water at that the salt desolves gradually and forms a deposit on the bottom of the vessel. Salt and pepper to be made dishes before it is required changing the water several times. Traditional salted ham or gamon must be soaked for several hours before cooking. Lardons cut from streaky (salty) bacon may be desalted by blanching. As a general rule, the salt used for preservation should not be used for seasoning –

it is better to desalt too much and season again later.

Drained canned or bottled anchovies may be desalted by soaking briefly in milk. Dry salted anchovies (sold packed in salt) are soaked in water.

DESAUGIERS, MARC ANTOINE. French song writer and poet (born Frejus, 1882; died Paris, 1927). The author of numerous drinking songs, he was secretary of Gaveau Modeme; a gastronomic and somewhat bacchanalian literary society. His philosophy may be summed up in this verse which he wrote in the form of an epitaph;

DESCAR. A garnish for large joints of meat consisting of potato croquettes and artichoke hearts cooked gently in butter and stuffed with diced breast of chicken. The garnish was created in honour of the due des Cars, the royal household in the reign of Louis XVII of France. He was a celebrated gourmet who unfortunately, died of indigestion

DES ESSARTS (born Denis Dechanet) French actor (born Langre, 1737; died Baresges, 1803). He practiced as a lawyer before throwing in his lot with the theatre. He specialized in playing financiers and peasants, roles in which he was well served by an extraordinary stoutness, due to an insatiable appetite and a legendary gluttony. His contemporaries bore witness to his joviality and his proven lyricism for anything concerning good living, as shown in his aphorism (Good cuisine fattens a clear conscience), or his culinary judgments, such as the one on the leg of lamb which, according to him, should be mortified (bung) as a bar caught in the act, golden as a young German girl, and bloody as a Garibbean. He died of apoplexy in a spa where he was taking the waters.

DESSERT. The last course of a meal. The word comes from *desservir* (to remove that which has been served) and consequently means everything offered to guest after the previous dishes and corresponding serving utensils have been cleared away.

In former times at great banquets dessert, which was the fifth course of the meal, was often presented in magnificent style. Large set pieces fashioned in pastry, described often and in great detail by Caumont, whose accounts are accompanied by splendid illustrations, were placed on the table at the beginning of the meal. These owed more to architecture than to the art of cooking, and had a purely decorative function. Just before the sweet course, a multitude of desserts were elegantly arranged on the table with the set pieces, for every ceremonial table was laid in accordance with a detailed plan. The tables had to harmonize with gold plate crystal, magnificent baskets of fruit and the tall candelabra a dazzling spectacle. It was not until about 1850 that the word dessert took on its present meaning.

In ancient times, meals generally ended with fresh or dried fruit, milk or cheese dishes, or honey. In France in the Middle Ages, the main sweet dishes when served between courses considered of jellies, flans, blanemanges tarts, compotes, rievules. Fondes (fancy pastry), *echaudis* (poached pastry waffle and various other small cakes). The dessert proper consisted of the issue, a glass of hippocras served with *oublies* (wafers, followed by *boulebons*) (dragees with spice and crystallized fruit).

In the 17th century, desserts had become more elaborate and were decorated with flowers. They included marzipan, nougat, pyramids of fruit, dry and liquid preserves, biscuits (cookies), creams, sugar sweets (candies), sweet almonds sugar and orange-flower water, green walnuts, pistachios and *marrons glacés*. At the end of the century, ice creams made their appearance, and at the same time *patisserie* became extremely diversified with different basic mixtures, such as puff pastry, sponge, choux pastry and meringue.

In the 20th century, dessert in France evolved to include cheese and fresh fruit as well as sweet dishes. However, the term is usually taken to mean the sweet course of the meal, whether it is served before or after the cheese course. The contemporary dessert may include one of a

wider range of dishes, from elaborate gateaus and pastries to simple fruit salads. It is still usual to serve two or three sweet dishes at a dinner party, especially when one may be a light fruit recipe and another a rich concoction, but the dessert course is no longer the wildly extravagant affair it once was. Instead of elaborate centerpieces, individual presentation is a popular alternative, born of restaurant style food trends.

2 Pudding or dessert. Whereas has long been regarded as a special or superior sweet course. Pudding was traditionally the homely, everyday alternative. Although this is still true to some extent, pudding tends to refer to traditional, hot or hearty sweets while dessert is cool or lighter, or more elaborate. Very simple, everyday sweet dishes may be referred to as a sweet.

3 Regional and foreign specialties. Apart from the creations of the Parisian master pastry cooks, the desserts of the provinces provide a good example of the diversity of French cuisine. Bouting-aman from Brittany, poirat from Berry, boutdelot from Normandy, electruskas from Alsace, cremets from Angers, pogue from Romans, pthiviers and falugnarde from the Auverne, clafouths from Limousin, in addition to brioches, wattles, puncaked and various fritters, not forgetting the thirteen desserts from Provencem traditionally served at Christmas.

In Great Britain, Germany, Austria and Belgium, where good-quality butter, cream, milk, eggs and chocolate are also abundant, there is a wide selection of desserts and pausverie. In the Mediterranean countires, the Far East and south America, sweetmeats and fruits clearly predominate. In eastern Europe, cooked fruits, brioches and spiced biscuits (cookies) are served at the end of the meal, while in China and Japan, dessert does not exist! Ice Creams and pies are particularly popular in the United States, together with fruit and pancakes.

4 The choice of a suitable dessert. When choosing a dessert, the previous courses must be considered to cristine a well-traditional menu. The choice depends largely on the continent of the menu . hwere or not a cheese course is provided and also are the weapon of the year.

To terms of dishes served the dessert does but have for the scien while it is quite acceptable to in lude cooks of didlenes countries and cooking styles in one meal. It is important that they complement early other in all aspects. Sympathetic flavours are salt light cooking net slighting mixture go well asfter full spicy must courses. When fruit features largely in the savory courses a charge is welcome in the dessert. In avoid dashing styles, it is best moderate distinetly different types of dishes paying down their characteristics to encourage contrateous largely than dishes.

A light dessert is suitable for mounding off a substantial wicih or Lady Heavy meal. When planning a rich. Filling or elaborate dessert, the main cuise should be high and not over filling in cooke that the finale of the meal will be enjoyed. Texture important steps level are good following moved courses, to serve soup forst, followed by a casserole and then a crremy dessert would be a mistake.

Finally colour and appearance are important these dishes must look attractive. The dessert should being a meal to a glorious end. Not allow it to die a said death. Where more than one dessert is served, they should countered with and complement each other as well as the nest of the meal. Many restaurant other a a ground dessert droplay or a sweet trolley, bearing a whole range of desserts from which the dinner may choice. They type of display of dessert original in Italy, where it was introudec to encourage the young moment and girls to stay at table during family gadthuring.

DESSERTTE. The French term for the food that is left over after a meal in some instances, it may be used as a basis for another meal. The simplest type of desserte consists of slices of various cold meats with ghetkirts or pickles. Cesserte may be used to prepare certain cold dishes, such as mixed or meat salads, canapés and morses or but dishes such as shepherd various shuttling coopettes boundies pilaf and risotto. Under the Ancien the member of the meal honored in change food did scale indesete with oursale and restaurant in certain Fench restaurant such food (part from a few means)beberages for the water.

A desserte is also a small sideboard on which the dishes are stacked after their removal

from the table

DETAILLER. A French term meaning to cut up various vegetables cut up in the way can be used for preparing a juiceless especially the pieces cut into a special shape or thickness escalopes escaloppe medallions and greustadon.

DETENDRE. A French culinary term meaning to soften a paste or a mixture by adding appropriate substance, such as beaten eggs, milk or stock.

DETREMPE. The French culinary term for a paste made with flour and water in the first sugar of making pastry, before the addition of butter, eggs and milk. It is best to let the detrempe rest in a cool place for about 10 minutes before adding the remaining ingredients. (a Detrempe is rarely used on its own, except as a butting paste.)

To detremper a paste or dough is to allow the flour to absorb all the necessary water, kneading it with the fingertips without working it too much.

DEVILLED. In French a la diable. The name given to dishes with a piquant or but marinade, spice mixture or sauce, usually based on mustard. Both tarragon sauce, cayenne pepper and paprika are other typical meanings. They may be combined with the food – for example, devilled crab is seasoned and may be finished by grilling or broiling or used in an accompanying sauce. Marinades are popular particularly for chicken and meat, or a dry rub may be used to impart a typical devilled flavour. Grilling is the usual cooking method, but pan frying, broiling or baking are also used.

Food may be dipped in egg and coated with breadcrumb before cooking and served with a piquant devilled sauce. These dishes are very popular traditional English cookery. Devilled chicken or pigeon, for example, is prepared by slitting the bird down along its back, spreading it out flat, seasoning it and then grilling it. It is served with a devilled sauce.

The essential characteristic of any devilled food is the presence of a slight heat of flavour distinguishing it from a more complex spiced mixture or very fiery flavour.

RECIPES

Devilled beef

Cut some cold boiled beef into fairly thick slices. Coat each slice with mustard, sprinkle with oil or melted butter, coat with fresh breadcrumbs and grill (broil) under a low heat until each side is golden brown. Serve with devilled sauce.

Devilled herrings

Scale, wash and dry the herrings, then slice them along the back and sides. Season and coat with mustard, sprinkle with French white breadcrumbs and oil, and cook slowly under the grill (broiler). Serve with mustard sauce, vinegar sauce or devilled sauce.

Devilled meat dishes

In England this is a way of using pieces of leftover poultry or game or the remains of a joint to make a tasty meal. Mix together the following: 1-tablespoon English mustard, 1-tablespoon mustard with herbs, 2-tablespoon olive oil, 2 egg yolks, 1-teaspoon each of Worcestershire sauce, salt and anchovy paste, and a pinch of cayenne pepper. Curry powder or paste, tomato puree (paste) or a concentrated onion puree may be added if desired. Coat the meat with this mixture and grill (broil) under a medium heat until brown. Serve piping hot with a good gravy.

Devilled oysters

Poach, drain and remove the beards of the oysters. Thread the oysters on small kebab skewers,

coat with melted butter seasoned with a little cayenne pepper and dip them in fresh white breadcrumbs. Grill (broil) under a low heat and serve with devilled sauce.

Devilled sauce (1)

(English recipr) Add 1 tablespoon chopped shallots to 150 ml (1/4 cup) red white vinegar and reduce by half. Then add 250 ml (8ft. oz. 1 cup) espagnole sauce and 2 tablespoon tomato puree (paste). Cook for 5 minutes just before serving add 1 tablespoon. Worcestershire sauce. 1 tablespoon Harvey sauce or spiced vinegar and a dash of cayenne pepper. Strain the sauce. This sauce is generally served with grilled (broiled) meat.

Devilled sauce (2)

Mix 150 ml (¼ pint, 1.2 cup) dry white wine with 1 tablespoon vinegar, then add 1 tablespoon finely chopped shallots, a soprig thyme, a small piece of pepper. Reduce the sauce by two-thirds, then add 200 ml (7 fl. Oz. 1/4 cup) demi-glace and boil for 2 – 3 minutes. Strain through a sieve. Just before serving add 1 teaspoon chopped parsley and check the seasoning adding a little cayenne pepper if liked. Alternatively, omit straining the sauce and add 1 tablespoon butter or beuree manie.

Devilled tongue.

Cut braised or poached cold ox (beef) or calf's tongue crossways into fairly thick slices or cut sheeps tongues in half lengthways. Spread with mustard dip melted butter and French breadcrumbs and grill (broil) gently until both sides are brown. Serve with devilled sauce.

DIABLE. A cooking put comprising of two potatoes earthwuaware pan. One of which other as a lot. It is has halfway through cooking the double is turned upside-down. The drill from Charters resembles a small sound casserole. Each pan has a flat beetroot, chestnuts and onions, without adding ascertain vegetables, such as potatoes, ginned for cooking.

The double washed and tighly finting led. The mose lends the . sometimes the inner mixtures a nabbed with a close of garlic. It was originally meant to be used when cooking on hot charoal but may also be used in an ordinary oven. If placed directly on an electric hotplate or a gas ring, it is advisable to start off the cooking very slowly over a gentic heat; otherwise, a heat diffuser should be placed under the hase.

DIABLE, A LA see devilled

DIABLOTIN. A very thin, small round slice of bread (cometimes first coated with reduced bechamed sauce) sprinkled with grated cheese and browned in the oven. Disavlotins are usually seved with soup, such as Roxjuctio, they can be served as cocktail snacks.

Formely the name dialotin was used for a small fritter made of a deep fried thick sauce. It is also the name of a small spoon used to measure spices for cocktails.

RECIPES

Cheese diablotins

Cut a ficelle (long thin French loaf) into slices 5 mm (¼ in) thick. Butter them and coat with grated cheese (Comte, emmental or Beaufort, which melt, or Parmessa, which doesn't. a thin slice of Cruyers or Edam may be used instead Brown the slices quickly and serve with soup.

Diablotins with walnuts and Roquefort Cheese

Cut a long French loaf into slices about 5 mm (1/4 in) thick. Mix some butter with an equal quality of Roquefort cheese and add some coarsely chopped green walnuts, allowing 1 tablespoon

per 75 g (3 oz. ½ cup) of the mixture. Spread the mixture on the slices of bread and quickly heat in a preheated oven at 240°C (475°F gas 9).

DIABOLO. A refreshing non-alcoholic drink made with lemonade and fruit syrup. The most common diabeholos are those made with mint and grenadine.

DIANE, A LA. The description a la Diane is given to certain game dishes that are dedicated to the goddess Diana (the huntress). Joints of venison a la Diana are sautéed and coated with sauce diane a highly peppered sauce with cream and truffles. They are served with chestnut puree and cendous spread with game forcemeat. The same may also be given to a game puree used to garnish either soft boiled (soft-cooked) eggs on croûtes with salmis sauce or mushroom barquettes with sauce chasseur. This puree can also form the basis of a cream soup, flavored with port. Quails a la theme are simonies in stock and tomato flavoured demi-glace; then garnished with queveilles and braised lettuce.

DIEPPOISE. A LA. A method preparing fish named after the port of Dieppe, which is famous for the excellence of the sole fished there. Sole whiting or brill a la dieppoise are cooked in white wine; garnished with masses of mushrooms and often mushrooms and masked with a white wine sauce made with the cooking of the fish and main sets. This method is also suitable for cooking piece and even an entree. Dipodies garnish consists of mussels prawns (shrimps) and mushroom cooked in white wine and is used for bouchees bonpaters salads and a seck made sauce.

Mackerel and heating marinated in white wine are considered to be a speciality of dieppoise, they are also called a la dieppoise. (see marinate dieppoise).

RECIPE

Brill a la dieppoise

Prepare 500 ml (17 fl oz. 2 cups) fish fumet. Clean 1 kg (2 ¼ lb) mussels and cook them a la mariniere reserving the cooking stock. Make a white roux with 25 g (1 oz. 2 tablespoons) butter and 25 g (1 oz. ¼ cup) plain (all-purpose) flour and gradually add the fish fumet together with 100 ml (4 fl oz. 7 tablespoons) strained cooking stock from the mussels. Add 1 tablespoon coarsely chopped mushrooms and a bouquet garni. Check the seasoning and boil gently for 20-25 minutes to reduce. Shell the mussels and keep them hot in the remainder of their cooking stock, taking care not to over-boil them.

Season a brill weighing about 800 g (1 ¼ lb) with salt and place in a buttered flameproof dish. Pour over 150 ml (¼ pint, 1.2 cup) white wine. Bring to the boil, uncovered then cook in a preheated oven at 220°C (475°F, gas 7) for 15-18 minutes basting the fish.

Frequently Mix 2 egg yolks with a little of the partially cooked mushroom sauce. Add 50 g (2 oz. ½ cup) peeled prawns (shelled shrimp) and the cooking liquor from the fish to the remaining mushroom sauce. Mix well, heat, add the hot drained mussels then the egg yolk mixture and coat the brill with this sauce. This recipe may also be used for fresh cod.

Scallops au gratin a la dieppoise

Poach the white flesh of 16 scallops very gently for 4 minutes in 500 ml (17 fl oz. 2 cups) fish fumet mixed with 200 ml (7 fl oz. ¼ cup) dry white wine. Cook 1 kg (¼ lb) small mussels a la mariniere. Prepare a sauce from a roux, the mussel cooking liquor and the fish fumet as described in the previous recipe. Add 1 tablespoon chopped mushroom stalks and a bouquet garni to the sauce, check the seasoning and cook gently for 20 – 25 minutes.

Keep the scallops hot in a covered lightly buttered gratin dish over a saucepan of hot water. Shell the mussels and keep hot in the rest of their cooking liquor, without boiling. Add 75 g (3 oz. ½ cup) peeled prawns (shelled shrimp). When the sauce is cooked strain it and add the strained mussels and prawns. Dilute 1 egg with a little of the sauce and whisk it in. coat the

scallion with the sauce, scatter with very fine fresh breadcrumbs, sprinkle with melted butter and broil quickly in a preheated oven at 220°C (425°F gas 7) or under the grill (boiler).

Additional recipe See smelt.

DIETETICS. The study of everything concerned with diet and all that relates to the therapeutic use of food. The importance of having a sensible balanced diet to maintain good health has been amply proved. The science of dietetics is particularly relevant in the planning of diets for those with special needs such as diabetics.

DIETICIAN. A specialist in the study and regulation of food intake and food preparation (diabetics, who has had scientific and paramedical training. Dietitians may work in hospitals supervising and dealing with all aspects of the patient's diet, in various educational establishments or with health authorities advising on and supervising the formulation of menus and various dietary aspects of health and also in the food industry. A dietitian may also be called upon to carry out investigations, to give private consultations and to prepare information for the mass media.

DIGESTIVE. The French name for a liqueur or spirit that may be taken after a meal, more for the pleasure of drinking it than for any medicinal action. Digestives are served plain or with ice.

DIJONNAISE, A LA. The description à la dijonnaise as given to various dishes prepared with a dressing of Dijon, particularly mustard savory dishes or dark sauces (for sweet dishes). Dijon dressing is a mustard-flavored mayonnaise type sauce served with cold meats.

RECIPE

Dijonnaise sauce

Pound together 4 hard-boiled (hard-cooked) egg yolks and 4 tablespoons Dijon mustard. Season with salt and pepper. Work in 500 ml (17 fl oz. Up to 2 cups) oil and lemon juice, as a mayonnaise.

Sweet omelette à la dijonnaise

Beat 8 eggs together then add 5-6 finely crushed macaroons, 2 tablespoons single (light) or double (heavy) cream, and 1 tablespoon caster (superfine) sugar. Make 2 flat omelettes. Mix about 300 ml (½ pint, 1¼ cups) thick confectioner's custard (pastry cream) with 1 tablespoon ground almonds and 2 tablespoons blackcurrant jelly. Cover one of the omelettes with the mixture and place the second omelette on top. Cover completely with a meringue made with 3 or 4 egg whites. Dust with 1 tablespoon icing (confectioner's sugar and glaze in a preheated oven at 240°C (475°C gas 9). Serve surrounded with a border of blackcurrant jelly.

DILL. An aromatic umbelliferous plant originating in the East and introduced into Europe in ancient times. It is commonly called false anise or bastard fennel but in fact it has an excellent and distinct, yet delicate flavor of its own. The French name aneth comes from the Greek anemethon (fennel) and in Roman times it was symbol of vitality.

Dill leaves are used culinarily in North Africa (in the preparation of the meat) the former Soviet Union and particularly in Scandinavia, where they are used in the preparation of salmon and crayfish. Dill has a particular affinity with fish and seafood, eggs, creamy dishes and delicate vegetables. It is also used to make aromatic vinegar and a flavoring for various pickles including gherkins.

DIM SUM. A Cantonese specialty, consisting of a collection of steamed and deep-fried snacks usually served from mid-morning right the afternoon. Traditionally served in tea houses dim sum are now offered in many restaurants during the day. Some restaurant specialize in these snacks. Dim sum includes a wide variety of dishes such as spring rolls, steamed dumplings filled with meat or shrimp, steamed pork wrapped in noodle dough and fluffy white wheat buns stuffed with sweet meat. Small portions of spicy spareribs may be offered.

The dim sum may be ordered in one go or a few at a time until diners are satisfied steamed food are served straight from the bamboo steamers, brought to tables stacked and covered to keep their contents hot

DINNER. The main meal of the day. This is the normally eaten in the evening or in the middle of the day (instead of luncheon) in finance before Revolution dinner way eaten in the morning or at midday. It is generally thought that the French word dinner is derived from the Latin *disjunare* (to break the fast), as is *dejeuner*, the French word for lunch. This is because the word was originally used for the morning meal that was eaten after Mass, first at 7 a.m. and later at 9 or 10 a.m. it consisted of bacon, eggs and fish and was one of the two main meals of the day, the other being supper (take at about 5 p.m.) however, other theories concerning its origin have also been put forward dinner might have been derived from *decium bont* (the tenth hour, to o'clock), or from the words of the blessing *dignare dominum*, or from the Greek word *defination* the meal called after sunset).

The hour of eating dinner became progressively later when the daily time of Mass was observe less straightly and in time, the habit of serving a light meal on using developed. This meal the *dejeuner*, later became the *peted dejeumet* breakfast) Dinner was at midday at the reigns of Louis XIII and Louis XIV, and *Furetiere* describes the meal thus. Midday is the normal time for dinner. When one wants to go and we people, it is advisable to do so between eleven o'clock and midday, certainly not later, for then one. Would be preventing them from taking their meal

In the 18th century, dinner was moved on to 2 p.m. but supper often remained the principal meal of the day. Finally, at the time of the Revolution dinner was eaten at the end of the afternoon, lunch was taken at midday, and supper was served (in the towns) when there was a *soiree*. In the country there was less change and supper continued to be the main meal for a considerable period of time.

Today, dinner usually takes place at about 7 p.m. earlier in Scandinavian countries, later in Mediterranean countries. It may be a formal occasion for receiving guests. *Alexandre Duman* defined dinner as the principal act of the day that can only be carried out in a worthy manner by people of wit and humour; for it is not sufficient just to eat at dinner. One has to talk with a calm and discreet gaiety. The conversation must sparkle like the rubies in the *entremets* wines, it must be delightfully suave with the sweetmeats of the dessert, and become very profound with the coffee. According to the chef *Denis*, the composition of a formal dinner must be varied and abundant, and hot dishes must alternate with cold ones. For a big occasion, he recommends *consommé*, followed by a cold *entrée*, a large hot roast, vegetables sweet dessert, *patisserie* and fruit. This prescription is now simplified to *consommé*, fish served in a sauce, roast meat and garnish, and *patisserie*. Some gastronomes advise against serving cheese at dinner.

In family households the main meal of the day varies according to the working patterns of the adults and whether they have children. Whether the evening meal consists of dinner or supper is very much a matter of lifestyle. Where both adults work, dinner is likely to be an evening meal and lunch a light snack. Children at home may well be served a main meal in the middle of the day, and the whole family may have dinner at this time on a Sunday Although few people live close enough to their place of work and have someone at home to prepare dinner during the day, in retired households the main meal may be eaten instead of lunch. It is also worth remembering that the major social changes of the 20th century greatly influenced eating patterns. Meals are no longer subject to rigid definition, eating patterns vary between weekdays

and weekends, and individual or family choices dominate.

DIOT. A small vegetable and pork sausage made in Savory. Diots may be dried like saucissons, fresh diots are browned in land (shortening) with sliced onions, then gently simmered in a little white wine.

DIPLOMATE, A LA. The description a la diplomate is given to dishes that include truffles and lobster, thus evoking the idea of luxury and refinement. Diplomat sauce, also called ride sauce, is made with lobster butter, truffles and lobster flesh and accompanies dedicate fish, such as John Dory (St. peter's fish), sole and turbot.

RECIPE

Diplomat omelette

Prepare a salpicon with 7 tablespoons diced lobster flesh cooked in court bouillon and 1 tablespoon diced truffles. Mix 3 tablespoon béchamel sauce (or thick cream sauce) with 1 tablespoon lobster butter flavoured with brandy. Add the salpicon. Make 2 flat omelettes (each containing 3 eggs). Cover one of the omelettes with the lobster and truffle mixture and place second omelette on top. Mix 200 ml (7 fl. Oz. ¼ cup) thin béchamel sauce, 3 tablespoon double (heavy) cream and 40 g (1 ½ oz. ¼ cup) mixed red Gruyere and Parmesan cheese. Add 1 tablespoon 1 lobster butter. Cover the top of the second omelete with this sauce, sprinkle lightly with grated cheese, them with a little melted butter, and brown quickly, either in a preheated oven at 240°C (465°F, gas 9) or under the grill (broiler).

Diplomat sauce

Add 2 tablespoon truffle parings or chopped mushroom stalks to 200 ml (7 fl oz. ¼ cup) fish fumet and reduce by half. Make 75 g (3 oz.) white roux and add 750 ml (1 ¼ pints, 3 ¼ cups) fish stock (use the cooking liquid of the fish specified in the recipe). Strain the reduced fumer and add it, together with 200 ml (7 fl. Oz ¼ cup) double (heavy) cream, to the sauce. Reduce again by half. Add 50 g (2 oz. ¼ cup) lobster butter, 4 tablespoons double cream, 1 tablespoon brandy and a pinch of cayenne pepper. Strain if the sauce is served separately, add to it 1 tablespoon diced lobster flesh (cooked in a court bouillon) and 1 tablespoon diced truffles.

Sole diplomat

Remove the skin from a good sized sole, slit its flesh along the backbone and free the top fillets, working outwards from the center. Cut the backbone at the head and tail and remove it completely. Prepare 125 g (4 ½ oz, ½ cup) whiting forcemeat a la crème, adding 1 tablespoon diced truffles. Insert the forcement underneath the top fillets. Gently poach the sole in a fish fumet but do not cover. Drain remove the small lateral bones, arrange on the serving dish and surround with diced lobster flesh. Keep hot. Use the cooking liquid to make some diplomat sauce and coat the fish with it.

DIPLOMAT PUDDING a cold dessert prepared in a mould by one of two different methods. The more common version consists of sponge fingers (ladyfingers) soaked in syrup flavoured with rum or kirsch, layered with crystallized (candled) fruits, apricot jam and a cooked egg custard or a Bavarian cream. After chilling and setting the pudding is unmoulded and coated with fruit sauce or custard cream.

In the second version, the sponge fingers are replaced by layers of brioche. The pudding is soaked with a custard mixture and baked in a bain marie. It is them chilled and unmoulded.

Individual diplomat are barquettes filled with a cream containing crystallized fruits,

glazed with apricot jam, covered with fondant icing (frosting) and decorated with a crystallized cherry.

Bombe diplomate is made with ice cream and crystallized fruits (see bombe glacee)

RECIPE

Baked diplomat pudding*

Coarsely chop 100 g (4 oz.) crystallized (candied) fruits. Put in a bowl with 75 g (3 oz. ½ cup) raising and add 100 ml (4 fl oz. 7 tablespoons) rum. Leave to macerate for 1 hour. Sloce a loaf of brioche. Remove the ccrusts, butter and lightly toast the slices until golden. Butter a 1.5 litre (2 ¼ pint, 6 ½ cups) charlotte mould and sprinkle with king (confectioner's) sugar. Line the bottom with brioche slices and cover with a layer of the drained macerated fruit, reserving the rum. Fill the mould in this with alternate layers of bread and fruit.

Beast 200 g (7 oz. 1 cup) caster (superfine) sugar, 100 ml (4 fl oz. 7 tablespoons) milk and 1 teaspoon vanilla sugar with 6 eggs the rum in which the fruit was macerated. Gradually pour this mixture into the mould, slowing the brioche to soak up the liquid. Cook for 1 hour in a bain marie in a preheated oven at 150°C (300°F, gas 2) making sure the liquid in the bain marie does not come to the boil. Allow to cool completely. Remove from the mould and serve with crystallized fruit.

Diplomat pudding

Make a syrup with 100 ml (4 fl oz. 7 tablespoons) water and 100g (4 oz. ½ cup) caster (superfine) sugar. Bring to the boil and add 50 g (2 oz. ½ cup) crystallized (candied) fruits and soak in 3 tablespoons rum.

Make a Bavarian cream: soak 15g (½ oz, 1 table spoon) gelatin in 3 tablespoon cold water. Boil 500 ml (17 fl oz, 2 cups) milk with half a vanilla pod (bean). Beat 4 large egg yolks with 125 g (4 ½ oz, ½ cup) caster sugar until mixture is light and creamy, then add the boiling milk a little at a time, stirring with a wooden spatula. Pour the mixture into a saucepan and cook over a low heat, stirring continuously, until the custard cream is just thick enough to coat the spoon. Stir the gelatine into the custard cream, then press through a sieve. Leave to cool. Whip 200 ml (7 fl. Oz, ¾ cup) double (heavy cream until stiff with 1 tablespoon very cold milk and fold into the cold custard.

Strain the rum from the crystallized fruit and add it to the reserved syrup. Use the rum-flavoured syrup to soak 200 g (7 oz) sponge fingers (lady-fingers). Put some of the crystallized fruit in the bottom of the greased mould, cover with a layer of the Bavarian cream, and then with a layer of sponge fingers sprinkled with sultanas and crystallized fruit. Coat with a little apricot jam. Continue to fill the mould with layers of Bavarian cream, sponge fingers, stulatanas, crystallized fruits and apricot jam. Chill for at least 2 hours.

Heat some apricot jam until melted and add to it 3 tablespoons rum. Unmould the diplomat pudding, on to a dish and coat it with the apricot sauce on, if preferred, with a little thin custard.

Diplomat pudding with prunes

Place 200 g (7 oz. L 1/4 cups) dried prunes in a small bowl and add just enough weak tea to cover them. Cover and leave to soak for 24 hours. Place the tea and the prunes in a saucepan, add 4 tablespoons caser (superfine) sugar, bring to the boil and cook ently for 15 minutes. Put 2 egg yolks in another saucepan together with 3 tablespoons caster sugar. L tablespoon vanilla sugar and 1 tablespoon cornflour (cornstarch). Slowly add 250 ml (8 fl oz. 1 cup) cold milk and stir over a low heat until the mixture boils and the custard thickens. Set aside to cool.

Drain and stone (pit) the prunes, reserve the cooking liquid and add to it 1 liquor glass of rum of kirsch. Soak 28 sponge fingers (ladyfingers) in this syrup. Cover the bottom of a greased

charlotte mould with some of the soaked sponge fingers, ensuring that the rounded surface of each finger is in contact with the mould. Place successive layers of custard cream, prunes and sponge fingers in the mould, finishing with sponge fingers. Chill thoroughly and turn the pudding out just before serving. Serve with a thin rum or kirsch-flavoured custard cream.

Individual diplomats with crystallized fruit

Make a short pastry with 125 g (4 1/2 oz. 1 cup) plain (all-purpose) flour, a pinch of salt, 3 tablespoons) softened butter. Roll the dough into a ball; wrap and chill.

Mix 75 g (3 oz. 6 tablespoons) softened butter with 75 g (3 oz. 6 tablespoons) caster sugar, 1 egg and 75 g (3 oz. 6 tablespoons) caster sugar, 1 egg and 75 g (3 oz. 3/4 cup) ground almonds. Roll 50 g (2 oz, 1/3 cup) sultanas (golden raisins) and 50 g (2 oz, 1/3 cup) diced crystallized (candied) fruits in 3 tablespoons plain flour. Stir the fruit into the almond mixture, then add 3 tablespoons light rum and mix well.

Roll out the pastry until it is about 3 mm (1/2 in.) thick, then cut out about 10 oval shapes with a pastry (cookie) cutter. Butter some barquette moulds and line them with the pastry shapes, leaving an excess of about 3 mm (1/8 in) thick, then cut out about 10 oval shapes with a pastry(cookie) cutter. Butter some barquette moulds and line them with the pastry shapes, leaving an excess of about 3 mm (1/8 in) around the edges. Fill with the fruit-almond mixture and bake in a pre-heated oven at 200°C (400°F gas 6) for 30 minutes. Remove the moulds from the oven and cool. Turn the barquettes out of the moulds and glaze with apricot jam that has been melted over a low heat.

Heat 100 g (4 oz.) fondant icing (frosting) very gently so that it melts, and use to coat the diplomats. Decorate each diplomat with a glaze (candied) cherry and keep in a cool place.

DIPPING PIN. A small confectionery utensil consisting of a stainless steel rod with a wooden handle and a spiral, a ring, or a two or three-pronged fork at the end. The pin for ring is used for plunging a sweet in sugar fondant or melted chocolate to coat it or to dipping a petit four or a sugar coated fruit in boiling sugar to glaze it.

DISTILLATION. The process of boiling a liquid and cooling and collecting the vapour, so as to separate components of the liquid mixture. It is the basic process used in making strong alcoholic spirits, either from wine or from other fermented material such as grain or potatoes. It depends on the fact that different substances boil at different temperatures; alcohol, in particular, boils more easily than water, so the vapour from, for instance, boiling wine will contain more alcohol than the original wine. Distillation, then, is a method of increasing the alcohol content-over and above that possible by normal fermentation. The distilled liquor also contains other substances from the original mixture, to give flavour. In many distillation processes, a second distillation for rectification is used. This is sometimes followed by the addition of aromatic substances – for example. Cognac is matured in oak barrels; gin is flavoured with juniper berries. Usually, the process is carried out in an alembic-a large copper vessel with a long neck in which the vapour condenses and from which the distillate drips. (The word “distillatio” comes from the Latin distillare – to allow drop by drop.).

DIVAN-LE PELETIER. A brasserie situated in the Rue Le Peletier in Paris, founded in 1837 and called the Café du Divan. At that time, the Opera was situated nearby in the same street and so the café was frequented by writers and actors, Balzac and Gavarni rubbed shoulders with Alfred de Musset (who went there to drink beer laced with absinthe), Meissonier, Daumier and Henri Monnier. Besides the beer the clientele enjoyed the brasserie’s sweet liqueurs, which were sold under such picturesque names as “Parfait Amour”, “Crinoline”, Alma, “Sebastopol”, “Lique”, “Imperiale”, and “Le Retour de Banni”. The establishment closed in 1859.

DODINE. A dish of boned, stuffed and braised poultry (particularly duck) or meat, similar to a ballotine. In medieval cookery the term dodine was used for a classic sauce for which Taillevent gives three recipes; white dodine (milk boiled with ginger, egg yolks and suar), red dodine (toasts soaked in red wine, pressed through a sieve and boiled with fried onions, bacon, cinnamon, nutmeg, cloves, sugar and salt, and erjuice dodine (egg yolks, ver-juice, crushed chicken livers, ginger, parsley and bouillon). These sauces were placed under roasting poultry, so that the fat and meat juices ran into the sauce and were thus blended in. Dodines were used to accompany duck, teal, plover and capons. The dish was served with roast potatoes.

Nowadays, the names duck à la dodine or 'guinea fowl en dodine' are still given to certain haute cuisine dishes in which the bird is roasted and carved, the legs and sliced breast meat are set aside, and the carcass is browned with carrots and onions for mushrooms), wine, spices and the cooking juices. The sauce is then sieved and the uncooked chopped liver of the bird is added, together with fresh cream. The sauce is poured over the joints before serving. Dodine of duck is a well-known speciality in Aquitaine, Burgundy (served with Chambertin wine), the Morvan and Touraine.

RECIPE

Dodine of duck

Bone a duck without damaging the skin, keeping the breast meat intact as far as possible. Remove all the fresh from the skin. Cut the breast meat into thin slices (arguilletes) and marinate them for 24 hours in 2 tablespoons brandy, a pinch of ground fennel seeds, salt and pepper. Chop the remaining flesh and mix it with 250 g (9 oz. 1 cup) chopped fat bacon, 250 g (9 oz, 1 cup) chopped veal, 250 g (9 oz. 3 cups) chopped button mushrooms, 50 g (2 oz, ½ cups) ground almonds and a chopped small bunch of parsley. Work 2 tablespoons truffle parings (or diced truffles), 1 egg salt and pepper into the mixture. Cook a knob of the mixture in a sauce pan and taste it, then adjust the seasoning if necessary.

Spread out the skin of the duck and cover it with half of the stuffing. Arrange the slices of breast on top and cover with a remaining stuffing. Fold the skin towards the center at the neck and the tail, roll and tie up the dodine. Either wipe a soaked pig's caul and tie it around the dodine or tie the dodine in shape with string. Pork fat or streaky (slab) bacon may be used to bard the dodine. Braise the dodine in a little white wine in a pre-heated oven at 180°C (350°F, gas 4), basting it several times. Cook for 1 1/2-1 ¾ hours, until the juices that run out when it is pricked are clear.

If the dodine is to be served hot, cut the thread and remove any parts of the caul that have not melted. Skim the fat from the cooking juices and add 2 tablespoons port and a few tablespoons of stock. Reduce by half. Cut the dodine into slices, garnish with watercress and serve with the sauce.

If the dodine is to be served cold, allow it to cool completely before cutting the thread. Serve with a green or mixed salad.

DOGFISH. Fish of the *Seiurbinidae* family, called dogfish because its small round fins at four corners make it look like a dog running underwater. Appreciated in Mediterranean countries as a cheaper alternative to swordfish, the larger spotted dogfish is known as cazon in Spain. Called buss in Australia and Britain, where until the late 1970s it was known as rock salmon (the term was outlawed as misrepresentative). The large spotted dogfish, up to 120cm (48 in) long, is also known as nurse-hound; the lesser-spotted, up to 75 cm (30 in), and regarded as better tasting, is also known as rough hound.

DOLICHOS. A genus of pulses of which several varieties are cultivated in warm and tropical regions. The most common is the mongetter dolicho, which is widely cultivated in China and

Louisiana (United States) and is also grown in the south of France (where it is known as *bunnette*) and in Italy. It is similar to a haricot (navy) bean, but the seeds are smaller. The young pods may be cooked and eaten like French (green) beans. The asparagus bean has very long pods – up to 1 metre (3 feet) – and its beans vary in colour. The *lablab dolicho* for bonavist bean is cultivated in Africa and the West Indies.

DOLMA. A stuffed vine leaf. A popular Turkish and Greek dish, the main form of which comprises a vine leaf stuffed with cooked rice and/or minced (ground) lamb, rolled into a cylinder and braised in a little stock with olive oil and lemon juice added. Dolmas (or dolmades) are served warm or cold as hors d'oeuvres. They may also be made with cabbage or fig leaves, or even with the leaves of the hazel tree. In Turkey, they are traditionally cooked in sheep-tail fat.

Recipe

YALANCI DOLMAS

Choose large sound wine leaves. Blanch for a maximum of 2 minutes, cool under running water and wipe dry. For about 50 dolmas, half-cook 125 g (4 1/2 oz, 2/3 cup) long-grain or pilaf rice in meat stock. Peel and coarsely chop 400 g (14 oz) onions and cook gently in olive oil until soft but not brown. Mince (grind) 250 g (9 oz, 1 cup) mutton or lamb and gently brown it. Finally chop 1 tablespoon mint. Mix all these ingredients together. Place a small ball of stuffing on each vine leaf, fold up the tip and base of the leaf, roll into a cylinder and tie with kitchen thread.

Oil a sauce pan and place the dolmas in it, packing them closely together. Sprinkle with 4 tablespoons olive oil, the juice of 2 lemons and about 175 ml (6 fl oz, 3/4 cup) stock flavoured with 1 tablespoon coriander (cilantro) seeds. Cover and simmer gently for about 30 minutes. Allow the dolmas to cool completely before removing the thread.

DOMYOJI AGE. A Japanese dish of prawns (shrimp) coated with dried rice and deep-fried, served with sliced green (bell) pepper, aubergine (eggplant) and lemon. It is a classic example of the type of dish that combines contrasting textures, colours and flavours much favored in Japanese cookery.

DONKEY. A mammal used essentially as a draught or pack animal: its meat is only a subsidiary edible product. In some oriental countries young donkey meat is very popular, as it was in France at the time of the Renaissance. Now a day, the meat of large donkeys (the Poitou breed) is put into the same class as horsemeat. In the south of France, where donkeys are smaller, their meat, which is lighter and has a stronger flavour, is used mainly in such products as the Arles sausage. Asses' milk, which has a composition similar to human milk, was used for a long time to feed nursing babies, it was also considered to have restorative properties. In the Balkans it is made into cream cheese.

This is what Alexandre Dumas says of the donkey in his *grand dictionnaire de cuisine*. Tastes change. We have recently seen the horse on the verge of replacing the ox, which would be quite just, since the ox had replaced the donkey. Maecenas was the first in Roman times to make use of the flesh of the domestic donkey....Monsieur Isonard of Malta reports that, as a result of the blockade of the island of Malta by the English and the Neapolitans, the inhabitants were reduced to eating all the horses, dogs, cats, donkeys and rats. "This circumstance", he says, "led to the discovery that donkey meat was very good, so much so, in fact, that gourmets in the city of Valetta preferred it to the best beef and even veal. Particularly boiled, roast, or braised, its flavour is exquisite. The meat is blackish and the fat verging on yellow. However, the donkey must only be three or four years old and must be fat."

DORIA. The name of various classic dishes, probably dedicated to a member of the famous

Gernoese Doria family who was an habitué of the Café Anglais in Paris in the 19th century. These dishes evoke the image of Italy, either by combining the colours of the Italian flag (green white and red) or by including Predomonitese white truffles.

RECIPE

Bombe Doria

Coat a bombe mould with pistachio ice cream. Macerate some pieces of marrons glacés in Curacao, then add them to a vanilla-flavoured bombe mixture. Fill the mould with this mixture and place in the refrigerator to set.

Doria salad

Dress shreddedceleriac (celery root) with remoulade sauce and pile it in a deep salad bowl. Cover with thin slices of white truffle. Surround with a border of cooked green asparagus tips and thin strips of cooked beetroots (red beet) that has been seasoned with vinaigrette. Sprinkle with sieved hard-boiled (hard-cooked) egg yolk and chipped parsley.

Sautéed chicken Doria

Brown a small chicken in 1 tablespoon oil and 25 g (1 oz. 2 tablespoons) butter in a flameproof casserole. Add salt and pepper, cover the casserole and continue cooking over a low heat for 30 minutes. Brown 675 g (1 1/2 lb. 6 cups) peeled chopped cucumber in butter in a separate pan and add to the chicken. Cook for a further 20-30 minutes, or until brown and tender. Remove the chicken, drain and carve. Arrange the slices on the serving dish surrounded by the cucumber. Keep hot. Make a sauce by deglazing the casserole with the juice of a lemon and pour it over the chicken and cucumber.

DORMOUSE. A small rodent that nests in the branches of trees and feeds on nuts, berries and seeds. In ancient times it was considered to be a delicacy, but is no longer eaten. The Romans were so fond of dormice that they bred them in special containers made of muds with holes through which the animals were fed with chestnuts, acorns and nuts. When the dormice had been fattened up, they were either stewed or roasted and then coated with a sauce made from honey and poppyseeds. As late as the 17th century, it was still possible to find dormouse pie in France.

DOSA. Indian pancake made from a batter of rice and/or dal. The uncooked rice and dal are washed, soaked and ground or processed to a puree with enough water to make a batter. The batter may be flavoured with chillies, ginger or other ingredients before being cooked on a greased griddle. The pancakes may be thick or thin, served plain or with a filling. Dosas are usually grouped with Indian breads and served as snacks, for example for breakfast, or instead of bread to scoop up a main dish.

DOUGH. The name given to a moistened mixture of ingredients that is firm enough to handle. A dough is usually brought together with the fingers or hand into a ball or solid lumps and it may be kneaded until smooth. The consistency of the dough depends on type, ranging from dry and crumbly or firm to soft and sticky. A dough is never soft enough to be beaten (when it would be a mixture or batter.)

Wheat flour and water are basic dough ingredients but other cereals and liquids may be used. Salt is often added for flavour and sugar for sweetening. Fat (lard, butter, shortening or oil) and eggs enrich dough milk or other liquids may be used instead of water to bind the ingredients. Raising agents, such as yeast or baking powder, may be used to make the dough rise during baking.

5 **TYPES OF DOUGH.** Yeasted bread dough is the most common mixture to take the name. Made from flour, salt and water, with yeast as a raising agent, this type of dough may have a small proportion of fat added. This type of dough has a comparatively high moisture content and is kneaded until smooth and elastic. Flour with a high protein content is used as it becomes stretchy when kneaded, which is important for trapping the gas produced by the fermenting yeast to make the dough rise. Although the dough is smooth and easy to handle, if it is allowed to rest for too long in the hand, it tends to become sticky (Dusting with flour prevents this.)

Doughs made with self-raising flour or using baking powder or similar raising agents are softer in texture. They may include more liquid or fat and are kneaded briefly or pressed into shape. Examples, include Irish soda bread and British scones.

The mixture for pastry is also referred to as dough. These vary according to the type of pastry, but a typical short pastry has a high proportion of fat with a small amount of water. Plain (all-purpose) flour is used without a raising agent. The result is a firm, crumbly dough. It should not be sticky from the moisture content but may be so from the fat it contains. When cooked, the dough is very light and crumbly (short), with a slight crispness to its texture. The more fat used, the shorter (more crumbly) the result; when slightly more water is used, the dough will become crisp but too much water and heavy handling will result in a tough, heavy and close, not crumbly, texture.

Biscuit (cookie) doughs are similar to pastry, but usually richer with more fat or added egg, plus flavouring ingredients.

Pasta dough differs from yeast and pastry dough. A typical Italian pasta dough is moistened with eggs, a little oil and sometimes with a little water to give a firm, not short or soft dough. It does not contain a raising agent and, although more stretchy than a short pastry dough, it is not elastic in the same way as yeast dough.

Examples of other mixtures usually referred to as dough during preparation include almond paste or marzipan and sugarpaste or roll-out icing.

DOUGHNUT. A traditional patisseries of Quebec prepared from leavened dough (flour, eggs, milk and butter), often made in the shaped of a ring, and deep-fried. It is eaten hot or at room temperature, plain or sprinkled with caster (superfine) sugar. The soufflet doughnut or croquignole is made from choux pastry. The French item beigne also describes the doughnut topped with sugar icing (frosting), made commercially, which is a fast-food item in North America.

Recipe

Doughnuts

Mix 15 g (½ oz, 1 cake) fresh (compressed) yeast with 150 ml (1/4 pint, 2/3 cup) warm milk. (Alternatively, use ½ teaspoons dried yeast.) Put 500 g. (18 oz. 4 1/2 cups) strong white (bread) flour, 100-125 g (4 ¼ oz, ½ cup) caster (superfine) sugar, a generous pinch of salt and ½ teaspoon grated nutmeg into a large bowl. Make a well in the center and mix a beaten egg with the dry ingredients as thoroughly as possible. Add 2 more eggs, one at a time. Work 65 g (2 ½ oz, 5 tablespoons) melted butter into the mixture, then add the warm yeast mixture. Knead the dough until it becomes elastic. Leave to rise until doubled in size.

Roll out the dough on a floured surface to a thickness of about 1 cm (1/2 in) and cut it into rounds with a pastry (cookie) cutter 6 cm (2 ½ in) in diameter. Fry the doughnuts in hot fat – at least 185 °C (365 °F)-until they swell up and become golden brown. Drain on paper towels, dust with caster (superfine) sugar and serve very hot with maple syrup or a cranberry compote.

DOUGH TROUGH. A large wooden trough used in the past for kneading dough or for keeping bread. A regional name for this trough is la mate.

DOUILLON. A speciality of Normandy, consisting, of an apple or pear wrapped in a pastry case and baked in the oven.

Recipe

Douillons

Mix 500 g (18 oz, 4 ½ cup) plain (all-purpose) flour, 350 g (12 oz, 1 ½ cups) softened butter, 2 eggs, 3 tablespoons milk, 1 ½ tablespoons caster (superfine) sugar and 1 teaspoon salt to make a smooth dough. Roll it into a ball and place in the refrigerator while cooking the pears.

Peel 8 small pears, remove the cores and place a knob of butter in the center of each.

Cook in a preheated oven at 190°C (375°F, gas 5) for 10 minutes. Remove and allow them to get completely cold. (Do not turn the oven off.)

Roll out the pastry to a thickness of about 3 mm (1/8 in) and cut it into 8 squares of equal size. Place a well-drained pear in the center of each square and fold the corners upwards, stretching the pastry a little. Seal the sides and the top by pinching with damp fingers. Draw the lines on the pastry with the point of a knife. Glaze the douillons with an egg yolk beaten in 2 tablespoons milk and bake in the oven for 25-30 minutes. Serve hot, warm, or cold, with crème fraîche.

DOUM PALM. An African palm tree with edible fruits. Palm wine is made from the sap of this tree. Alexandre Dumas writes in his *Grand Dictionnaire de cuisine*. The coum palm produces a refreshing fruit, in which I was able to detect the taste of gingerbread. A lady in Cairo....once offered me a cool sorbet of doum fruit.'

DOURO River with its source in Spain, where it crosses several wine regions, before continuing its course through Portugal, where the demarcated Douro valley is the birthplace of port wine and is gaining a reputation for excellent table wines. Port is produced in the three regions of Cima (Higher) Cargo, Baixo (Lower) Cargo and the Upper Douro.

DOVE. Tourterell. A bird similar and related to the pigeon, but smaller, There are several varieties, including the rock dove and ring dove (see pigeon), the turtledove, the collared dove, the palm dove, and the rufous turtledove. The latter four species are hunted in France, though they are of minor gastronomic interest. Plump young doves were formerly considered to make a delicious meal. In the 16th century, doves, together with curfews, wood pigeons, squabs and egrets, were more highly prized by some than beef, veal and pork. In Arab cookery, doves cooked in a cocotte with artichoke hearts nutmeg and raisins are a choice dish.

DRAGEE An item of confectionery consisting of an almond with a hard coating of sugar. The coating may be white or coloured, and hazelnuts, pistachio nuts, nougat, almond paste, chocolate or liqueur may also be used as centers for these sweets (candies).

Honey coated almonds were popular sweethearts with the ancient Greeks and Romans, and the name dragee' was mentioned for the time in 1220 in the archives of the town of Verdun. At that time, the apothecaries (with whom confectioners were still confused) coated certain spices – aniseed, cardamom and fennel with honey. These épices de chambre were considered to be medicinal spices, eaten to sweeten the breath or as an aid to digestion. When cane sugar was introduced into Europe, dragees as we now know them appeared-sugar-coated almonds, pumpkin seeds or cucumber seeds. In 1660, Colbert noted that Verdun was the center of trade in dragees, and it remains famous for their production to the present day. Dragees are traditionally given at christenings, first communions and weddings. The obus De Verdun is a chocolate novelty fitted with a fuse which, when lighted, explodes to release dragees and small party novelties.

Before 1850, dragees were hand-made by crafts-men. The almonds were suspended in rotating vats of sugar syrup so that they would be evenly coated. In that year, however, the first mechanical turbine was invented, and the process is now carried out mechanically by spraying sugar syrup on the kernels under pressure and drying them to warm air.

6 The range of dragees. The sugar-coating process is the same for every type of filling. The most popular varieties of almonds are the flat Italian avolas and the slightly rounded Spanish plametas. The almonds are put into the turbine, dipped three times in a mixture of gum Arabic and sugar, dried and coated with a concentrated sugar syrup. They are then blanched in a sugar syrup with added starch, smoothed and coloured if required.

Chocolate, nougat, fondant icing thrusting, almond paste or liqueur fillings are moulded before being coated with sugar. Specialities include olives de Provence, different types of catholoux and galets, and ants de Flarigny. Perles d'argent are made by coating a sugar center with a gelatine-based solution, then with pure silver.

Soft dragees (also called dragees a fruit or dragees Julienne) are shaped like beans or peas and their centers consist of clear or opaque boiled sugar coated with a dilute glucose solution and then with icing (confectioner's sugar).

DRAGON FRUIT See pitahaya.

DRAIN. To pour a liquid off a solid with the primary intention of saving the solid. For example, water is drained from raw foodstuffs that have been washed or from foods that have been cooked or blanched in water. A colander or sieve is used for the purpose, if the cooking liquid is required the colander should be placed over a bowl. Alternatively, a pan may be covered with a lid, leaving a small gap for the liquid to be poured off – this is a useful method for potatoes.

Small items can be lifted from cooking water (or fat) on a draining spoon and held over the pan until excess liquid has dripped off. Spinach can be squeezed with the hands or excess water can be pressed out with the back of a spoon. Bread soaked in milk (used to make a stuffing) can also be squeezed by hand. Foods that have been deep-fried are also drained to remove the excess oil or fat.

DRAMBUIE. A Scotch whisky-based liqueur, which can be drunk at any time. Its formula is the property of the Mackinnon family, who keep it a secret. The origin of the name apparently comes from the Gaelic expression an dram buidheach (the liqueur that satisfies'). Drambuie, little known in the continental Europe, is popular in the United States.

DRESSER. A French culinary term with several different meanings. In cooking, it means to arrange attractively on the serving dish all the items that comprise a particular preparation, including the principal ingredient, the garnish, the sauce and any decorations. In patisseries dresser means to roll out pastry for lining a mould or flan tin (pie pan), or to force dough through a piping (pastry) bag.

In restaurants, dressage takes place as soon as the dishes are a point (ready to be served). Garnishes must always be kept in perfect condition for use. For example, sprigs of parsley and bunches of water-cress are kept in fresh water, maitre d'hotel butter is kept cold in water with ice cubes' mushrooms are sprinkled with lemon juice; and flavoured butters are shaped into rolls, wrapped in foil and stored in the refrigerator.

The items used in dressage include serving dishes, radish dishes, hors-d'oeuvre dishes (divided into sections), sundae glasses, timbale dishes, copper platters for serving game, vegetable dishes, sauceboats (gravy boats), salad dishes, soup tureens, terrine dishes, fruit dishes and toast racks. Fonds de plat and bords de plat were used at one time. The former were either round or oval pieces of wood that were placed on the bottom of a plate to form a raised base for

cold dishes. They were usually covered with silver paper. Bords de plat were wide-rimmed decorative dishes made of solid silver or silver plate on which the garnishes were arranged around the principal item.

Certain dishes require a particular style of dressage, for example, oysters and other seafood are served on a large plate covered with crushed ice. Certain items call for specific utensils, such as special plates and tongs for snails or asparagus cradles.

7 **Methods of dressage.** The items of food may be presented in various ways. Game and poultry are often served on slices of fried bread. Potatoes are often used in various ways for dressage-borders, duches potatoes, nests of potato straws, little piles of noisette potatoes. Artichoke hearts, tomatoes and mushrooms are also used in this way.

The plates and dishes for dressage must be kept at the correct temperature for the food they are to hold (for example, sundae glasses must be ice-cold).

The present tendency in French restaurants is for service a Passiette in which the individual portion is placed directly on the plate, coated with sauce and garnished with vegetables.

DRESSING FISH, POULTRY AND GAME

The preparation of fish, poultry and game birds for cooking.

8 **DRESSING FISH.** The fish must be necessarily trimmed, sealed gutted (cleaned) and washed (some of this may be carried out by the fishmonger). The dressing will vary depending on the type of fish (flat, round, small or large) and on the way it is to be served. For example, if a whole sole fillet is not trimmed, but the skin is removed completely).

9 **DRESSING POULTRY and Game birds.** The bird must first be plucked carefully picked over and singed. Poultry is then drawn, usually trussed, and often larded, but the preparation will vary according to the type of bird. Feathered game is not always completely guffed; trussing or trying, and sometimes landing, complete the dressing. All the above operations apply to birds that are to be cooked whole. When they are to be cut into portions, the giblets, white meat and breasts are removed, and it is, therefore, only necessary to pluck, singe and draw the bird.

DRIED VINE FRUITS. Currants, sultanas (golden raisings) and raisins. These dried fruits are all produced by exposing ripe grapes to hot dry air so that the moisture is drawn out. This leaves the flesh and skin so concentrated that the activities of enzymes and the growth of moulds and bacteria are inhibited. It takes 1.8 kg (1 lb) grapes to produce 450 g (1 lb.) currants, sultanas or raisins.

For all types of dried vine fruit, the grapes are dried naturally in the sun or artificially by hot air. The dried fruit is sorted and graded, the seeds and stalks are removed, and the fruit is then usually spin-washed, dried and a light coating of preservative applied before it is finally packed.

1 **CURRENTS** Produced mainly in Greece, the quality varies with the type of grape used and the soil conditions. Traditionally, the finest are Vostizza but excellent fruit is produced in the Zante Gulf and also grown in Australia, California and South Africa, but the limited production is usually for domestic consumption.

2 **SULTANAS (GOLDEN RAISINS).** These come from grapes that are green when fresh but darken in colour when dried. Light-coloured fruit is generally obtained by drying in the shade, and darker fruit by sun-drying. In both cases drying is natural, using the hot dry harvest weather. Many countries in the northern hemisphere produce sultanas – Greece, France, Turkey, Iran, Afghanistan, China, the United States and Mexico. In the Southern hemisphere the producers are Australia, South Africa and Chile.

3 **SEEDLESS RAISINS.** Produced in the United States, Mexico and South Africa, they are

obtained from the Thompson sultana grape and are green when harvested. They are sun-dried, the action of the sun caramelizing the sugars and causing the fruit to darken to a purplish-brown colour. A red raising grape is produced in Afghanistan, after drying, it is essentially of the same appearance as the other.

4 **STONED (PITTED) Raisins.** These come from large red grapes that are generally used as wine and table grapes, although some are sun-dried. To extract the seeds, the fruit is steamed to soften it, then put through special machinery that squeezes the seeds out. The skin is then sealed by a light coating to prevent the fruit is steamed to soften it, then put through special machinery that squeezes the seeds out. The skin is then sealed by a light coating to prevent the fruit from sugaring. Australia, SouthAfrica and Spain are the main producers.

Dried vine fruits are widely used in all areas of cookery. They are used in savoury or sweet recipes, rawo cooked, including salads, casseroles and stuffings for meat or poultry. They are added to rice dishes and cooked with some vegetales. Dried vine fruits are also essential in many chutneys and pickles.

In sweet cookery, they contribute sweetness and a rich flavour to compotes, sauces, salads and baked desserts or puddings. In baking they are essential for a wide variety of cakes and pastries; and they bring character to many sweet breads.

Recipe

Raisin tart

Soak 500 g (18 oz, 3 cups) raising in brandy. Beat 8 whole eggs lightly, then whip them together with 1 litre (1 1/4 pints, 4 1/3 cups) double (heavy) cream, 350 g (12 oz, 1 1/2 cups) caster (superfine) sugar and 2 teaspoons vanilla sugar or a few drops of vanilla essence (extract). Line a flan tin (pie pan) at least 28 cm (11 in) in diameter with 450 g (1 lb) puff pastry. Pour the cream into the pastry case, add the raisins and bake in a preheated oven at 220°C (425°F, gas 7) for at least 30 minutes.

DRINK. The simplest and most natural drink, and the only one essential for the survival of all living organisms, is water. The average consumption of liquid in a temperate climate is 1 litre (1 3/4 pints, 4 1/3 cups) per day, but needs to vary according to the climate and the diet. For example, meat and salted spiced or sweetened dishes all increase the thirst. Human kind has used its intelligence to vary the flavour of drinks, which may be sweet aromatic fermented or spirit-based.

Water-based drinks, which may be still or sparkling hot or cold, include lemonades sodas and syrups, broths, infusions, tea, coffee, chocolate and chovory. Drinks of vegetable origin may or may not be alcoholic, for example; fruit and vegetable juices, wine, cider, beer and perry. Such drinks can be transformed by distillation into brandy, liqueurs and spirits. These different liquids have given rise to countless variations-coctails, liqueurs, apertitifs, punches and grogs. Milk from animals is really a liquid food, but may also be used to prepare drinks such as milk shakes and kefir.

Drinking habits vary considerably depending on the customs of a country and the latitude. As a general rule, Orientals and Russians do not drink with their meals, but take tea at the end of a meal. Tea is the most widely consumed drink in the world after water.

In France, mineral water, beer and wine are the drinks that traditionally accompany meals. Family and social life also offer numerous other occasions to consume drinks for pleasure.

1 **Drinking establishments.** These considerably predate restaurants, they include pubs and taverns, bars, milk bars, and tea rooms. Such establishments may even vary from region to region in the same country; in France, for example, there are the bouchons of Lyon, the estaminets of the north and the guinguettes (pleasure gardens) and bistros of Paris.

The code of drinking establishments classifies drinks into five groups non-alcoholic drinks (water, fruit juice, lemonade), fermented non-distilled drinks, (wine, beer, cider), wine-based aperitifs and red fruit liqueurs, juices and spirits obtained by distillation, and all other alcoholic drinks.

In former times, most drinks were either produced in the home or by local makers-home-made beers and liqueurs, orgeat, mulled wine. Today, drinks are produced commercially and the market has grown considerably particularly for the sale of fruit juices. Drinks are sold in various packagings (bottles and cans) and in variety of forms (concentrated, powdered, frozen).

DRIPPING PAN. A metal pan to catch juices or melted fat from a roasting joint, poultry or any meat or when grilling broiling) food. The French word, *lechefite*, has been used since the end of the 12th century before this the pan was called a *belle botte*. In former times these receptacles were made of wrought iron and were fitted with a long handle, so that they would be slipped under meat being roasted in huge fire places. They were also made of silver.

DROIT DE BANWIN. The monopoly on the sale of new wine reserved the landlords of their own land during a set period (generally 60 days before the opening of the selling season.) In some areas feudal right, dating back to the time of Charlemagne, began at Easter and ended at Whitsun, seven weeks later.

DROUANT. A restaurant opened in Paris in 1880 by an Alsatian. Charles Drouant, on the corner of Place Gallon and Rue Saint-Augustin. Specializing in seafood, it attracted a clientele of writers and journalists, such as Jean Ajalbert, Leon Daudet, Octave Mirbeau and the Rosny brothers, Drouant expanded his business and his fame spread, thanks to his cellar (particularly white vintages). In October 1914 the restaurant really found a place in literary history, when the Academie Goncourt decided to hold its lunches, there. There are numerous gourmets among the Goncourt academicians, particularly Leon Daudet, who introduced the serving of *blanc, de blancs*. Edmond de Goncourts will stipulated that the meal must cost 20 francs per person, and the academicians still pay that modest sum. Here are a few menus for Goncourt lunches, which are traditionally served in the Louis XVI salon on the second floor, at a round table with a damask tablecloth.

2 1933 (prize winner: Andre Malraux for *La Condition humaine*); oysters, pike boulangere, roast turkey with thinly sliced roast potatoes cep mushrooms with thinly sliced roast potatoes, cep mushrooms is *let bordelaise*, cheeses praline ice and fruit.

3 1954 (prize winner: Simone de Beauvoir for *les Mandarins*) oysters, grilled tubot, bresse chicken with champagne, cheeses, liqueur soufflé and fruit.

4 1981 (prize winner: Lucien Bodard for *Anne marie*); beluga caviar, foie gras in port apie, lobster drouant, haunch of venison Saint-Hubert, chestnut cream, cheeses, iced hazelnut soubble with *migmaradises* (small biscuits or cakes).

DRUMSTICK. The lower leg of a fowl or game bird, consisting of the bone, meat and a thin layer of fat, giving it the shape of a pestle (hence the French name *pilon*, which means pestle). It is fleshier and juicier than the white meat, but inferior to the thigh.

DRYING. One of the oldest methods of preserving food. Drying slows down the proliferation and activity of the bacteria that cause spoilage and decay, but it considerably alters the appearance of food, due to the loss of meat in the same way to make pemmican. Pastram and various salted meats are dried quite heavily, and may subsequently be smoked. The

process of drying in the open air and wind is applied to fish (generally salted fish) in Scandinavia, Senegal and India. The drying of fruits and vegetables has been widely practiced since time immemorial-in Greece (for grapes), in Turkey (for apricots), in Iran and Spain (for tomatoes), in Hungary (for peppers), and in most other countries for spears, sliced apples, plums, whole cherries and grapes. Vegetables are usually dried flat on trestles in the sun, the drying often being completed in the oven.

With the success of freezing and its characteristics for retaining the food value of ingredients, drying is no longer an essential means of preserving food for times when it may be out of season or expensive. However, it is an important method of preparing specific ingredients such as dried beans and pulses, and dried fruit, as well as a wide-variety of specialist food products, many of which were originally dried for local and domestic preservation. Sun dried tomatoes and peppers are good examples, available seasoned or reconstituted in a marinade. Drying is still the method used to preserve wild mushrooms.

Drying is often supplemented or preceded by smoking, salting, fumigation (dried vegetables) or spraying with sulphur dioxide (dried fruit).

1 Modern commercial drying. In industry, the selection of the drying process depends mainly on the texture and size of the foodstuff, but factors such as ease of transport and convenience in use must also be considered. For modern industrial methods of drying, which eliminate a very large proportion of water, the term dehydration is used. Dehydration is carried out in the food industry for several reasons, to preserve the product for a considerable period of time; to reduce the weight and usually the volume of the product, thus making it easier to transport and store; and to reduce the preparation time (as with instant coffee and dried soups).

The concentration of a product involves partial dehydration by evaporation, filtration or centrifugation. Certain products (such as milk, soups, meat extracts, vegetable concentrates and fruit juices) retain between a third and half of their natural water content and always remain in a liquid form.

Dessication or dehydration in the sense of the word, is achieved by different processes.

- 10 DRINKING ON TRAYS. Solid foods are cut into small pieces and constantly moved forward in an oven or tunnel through which a current of hot dry air is directed in the opposite direction. The moisture is gradually absorbed.
- 11 DRYING ON DRUMS. Soft foods (purees, baby foods, soups) are spread in a thin layer on the outside wall of a rotating drum that is heated from the inside. Special knives scrape off the dry film, which is subsequently reduced to a powder or to flakes.
- 12 ATOMIZATION. Liquids such as milk or coffee) are atomized to form a fine spray. The tiny particles in the vapour are dehydrated with a current of hot air and collected in powder form.

Products subject to discussion no more than on average. (0/0 of their original water content, and will keep for very long periods and hermetically sealed containers see also freeze drying

RECIPES

Drying apples and pears

Peel and core some cooking apples. Cut them into slices 1 cm (½ in) thick and put into water containing lemon juice or 2 teaspoons citric acid per 1 litre (1 ¼ pints. 4 ½ cups) water. Drain and place flat, without overlapping on a wooden trestle in the sun. leave the fruit (bringing it in at night) for 2-3 days, if necessary finish off the drying in the oven on its coolest setting. The apple rights should be flexible but must contain no more water.

Pears (sound ones only) may be dried whole and unpeeled in the sun. Finish off in the oven as for apples. When cooled, fruit may be flattened between boards.

In countries where the weather is not so clement, the fruit may be dried in the oven or suspended from the ceiling, threaded on string

Drying herbs

Gather the herbs just before they flower (avoid picking them after it has been raining). Wash, then shake off the water. Roll up small leaved herbs (thyme, rosemary and savory) in muslin (cheese cloth) loosely, without squashing them together, then hang them up in a warm place. Herbs with large leaves (bay, mint, sage, parsley and basil) can be dried in bunches, tied together by the stalks and hung upside down. Alternatively the leaves may be removed and wrapped in muslin. When the herbs are dried, leave them whole or crush them with a rolling pin. Keep them in sealed jars in a dark dry place. Drying in a microwave gives perfect results.

Drying vegetables

Using a needle, thread some young sound French (green) beans on to thick thread. Ensure that they are not too tightly packed together tying a knot occasionally to separate them. Dip in boiling salted water use 2 teaspoons salt per 1 litre (1 ¼ pints, 4 ½ cups) water – drain them, and hang them in a fairly shady for 3-4 days, bringing them inside at night (or suspend from the ceiling).

Mushrooms can be dried in the same way, once the earthy part of the stalk has been cut off. Small green chili peppers, which become dark red when dried, can be threaded through the stalk, as can baby onions, garlic bulbs and shallots. Store green beans, peppers and mushrooms out of the light in sealed jars. Dehydrate before use by soaking for 12 hours in tepid water.

DRYING OFF. Eliminating excess water from cooked food by heating it over a low heat. It is necessary to dry off potatoes before mashing with milk and butter. Tossing them rapidly in a saucepan before coating may evaporate the excess moisture absorbed by vegetables during cooking with butter.

In France, the term *dessecher* is used particularly for the initial cooking of choux paste. The mixture of water, butter and flour is worked vigorously over a high heat with a wooden spatula until the paste detaches itself from the walls of the pan and forms a ball. Thus, excess water evaporates before the eggs are added and the choux is baked.

Drying off is not synonymous with reducing, which refers only to the process of boiling down certain liquids so that they are reduced in volume.

DU BARRY. The name given several dishes that contain cauliflower. A *Du Barry* garnish for joints of meat consists of chateau potatoes and small florets of blanched cauliflower coated with moray sauce, sprinkled with grated cheese browned under the grill and arranged in a lot serviette. These dishes were dedicated to the Comtesse du Barry, the favourite of Louis XV.

Recipes

Croutes Du Barry

Prepare some individual croutes and top with cauliflower florets cooked gently in butter. Coat with Mornay sauce, sprinkle with grated cheese and brown in a preheated oven at 240°C (475°F. gas 9).

Du Barry salad

Steam some very small white cauliflower florets for about 4 minutes in a pressure cooker or about 12 minutes in an ordinary saucepan. Drain and cool completely, and heap them in a salad bowl. Garnish with radishes and small sprigs of watercress. Pour some well-seasoned vinaigrette with added lemon over the salad and sprinkle with chopped herbs. Toss the salad just before serving.

Du Barry soup

Cook a cauliflower in salted water, then press it through a sieve (or puree in a blender). Mix with it a quarter of its weight of potato puree, then add enough consommé or milk to obtain a creamy consistency. Finally, add some single (light) cream—about 150 ml (¼ pint, ¾ cup) for 5 portions. Adjust the seasoning, and sprinkle with chopped parsley. Battuer may also be added.

DUBLEY. A garnish for large joints of meat, consisting of grilled (broiled) mushrooms and duchess potato crouslades surrounded by a border of mushroom puree.

DUBOIS, URBAIN FRANCOIS. French chef, born in Nice. Dubois began his career in Paris with Tortoni, then moved to the Rocher de Caneale, and later to the Café Anglais. Most of his life, however, was spent abroad in Russia as chef to Prince Odott, and in Germany he was joint chef of Walhelm I with Paule Bernard, who had been in the service of Napoleon III.

Dubois produced a large collection of written work but is remembered mainly for his *Cuisine de la cuisine* (written in collaboration with Emile Bernard). His other publications include *La Cuisine de la cuisine* (1870), *Le Code de la cuisine* (1876), *La Nouvelle Cuisine bourgeoise pour la ville et pour la campagne* (1878), *Le Grand livre des pâtisseries et des confiseurs* (the major work for pastrycooks and confectioners, 1883), *La Cuisine d'aujourd'hui* (1889) and *Le Pâtisseries d'aujourd'hui* (1894).

DUCHESS. A sweet or savoury preparation of choux pastry that may be served as an entire, a garnish or a dessert (like profiteroles). Savoury duchesses are filled with a mousseline or a salpicon. Duchesses for dessert are filled with vanilla-flavoured confectioner's custard (pastry cream) or whipped cream, dusted with icing (confectioner's) sugar, and scattered with chopped pistachio nuts, flaked almonds or dusted with cocoa.

Duchesses are also petits fours consisting of meringue shells or circles of langue-de-chat biscuit (cookie) mixture, stuck together in pairs with flavoured butter cream.

Duchesse is also the name of a variety of winter pear, and of certain desserts that include pears.

Recipe

Duchesse petits fours

Grease 3 baking sheets and dust with flour. Mix together 100 g (4 oz. 1 cup) ground almonds, 100 g (4 oz ½ cup) caster (superfine) sugar, and 40 g (1½ oz, 3 tablespoons) butter and add to the mixture. Put the mixture into a piping (pastry) bag and pipe small rounds on to the baking sheets. Cook in a preheated oven at 190°C (375°F, gas 5) for 7-8 minutes, remove from the oven and carefully lift off the rounds of meringue with a palette knife (spatula). Mix 200 g (7 oz. 1 cup) ground praline with 225 g (8 oz. 1 cup) crème au beurre (see creams) and use to sandwich the duchesses together. Store in a cool place.

DUCHESS, A LA The description *a la duchesse* is given in French cuisine to various dishes garnished, surrounded or served with duchess potatoes. In patisseries, the name

applies to certain preparations containing almonds.

Recipes

Amandines a la duchesse

Make a dough with 150 g (5 oz. 1½ cup), plain (all purpose) flour, 75 g (3 oz, 6 tablespoons) softened butter, 3 tablespoons caster (superfine) sugar, a pinch of salt, 1 egg yolk and 4 teaspoons water. Roll it into a ball and place in the refrigerator. Beat 100 g (4 oz, ½ cup) butter until soft and mix into it 100 g (4 oz, ½ cup) caster sugar. Add 2 eggs, one at a time, and beat the mixture. Stir in 100 g (4 oz, 1 cup) ground almonds, then 50 g (2 oz, ½ cup) cornflour (cornstarch), and mix well. Add 100 ml (4 fl oz. 7 tablespoons) kirsch.

Roll out the chilled dough to a thickness of about 3 mm (1/8 in) and cut out 8 rounds with a pastry (cookie) cutter. Use these to line 8 buttered tartlet moulds and prick the bottom of each one with a fork. Put a few cooked redcurrants into each of the tartlets and cover with the almond mixture. Bake in a preheated oven at 200°C (400°F, gas 6) for 20 minutes. Allow the amandines to cool completely before turning them out of the moulds. Warm 100 g (4 oz, 1/3 cup) redcurrant jelly and use to glaze the amandines. Decorate the tops with redcurrants and keep in a cool place.

Peaches a la duchesse

Make a dough with 150 g (5 oz, 1½ cups) plain (all-purpose) flour, a pinch of salt, 3 tablespoons caster (superfine) sugar, 75 g (3 oz. 6 tablespoons) softened butter. 1 tablespoon water and 1 egg yolk. Roll into a ball and place in the refrigerator. Dice 8 slices canned pineapple and macerate them in kirsch. Put 50 g (2 oz, ½ cup), flaked almonds on to a baking sheet, moisten with water, dust with sugar and bake in a preheated oven at 200°C (400°F, gas 6), until golden brown, turning often.

Roll out the chilled dough to a thickness of about 3 mm (1/8 in) and cut out 8 circles with a pastry (cookie) cutter. Use to line 8 tartlet moulds prick the bottom of each one with a fork, place a piece of greaseproof (wax) paper in each and fill with baking beans. Cook for 5 minutes in the oven, remove the paper and baking beans, and cook for a further 7 minutes. Cool and then turn out of the moulds.

Prepare a zabaglione by whisking 100 g (4 oz, ½ cup) caster sugar and 3 egg yolks in a bain marie until the mixture is warm and frothy. Add 3 tablespoons of both kirsch and Marschino, whisking until the mixture has thickened. Soften 500 ml (17 fl oz, 2 cups) vanilla ice cream by crushing it with a wooden spatula. Add the diced pineapple. Place some of the ice-cream mixture in the bottom of each tartlet, put a canned peach half on each, and coat with the zabaglione. Sprinkle with flaked almonds and chill briefly.

The peaches may be replaced by pears.

Poached eggs a la duchesse

Spread some cold duchess potato mixture on a buttered dish and cut out circles about 7 cm (2 ¼ in) in diameter. Bake in a preheated oven at 220°C (425°F, gas 7) until golden brown and arrange a poached egg on each. Coat with béchamel sauce. Mornay sauce, tomato sauce, cream sauce or any other suitable sauce.

DUCHESS POTATOES. Potatoes pureed with butter and egg yolk, piped into decorative shapes and baked duchess potatoes are served with roast meat or they may be used as a garnish. The mixture is also used to make croquettes. Berny potatoes (mixed with chopped truffles, coated with flaked almonds, shaped into rounds and fried) and Saint-Florentine potatoes (mixed with chopped ham, coated with fine uncooked vermicelli, shaped into small corks and fried).

Recipes

Duchess potato mixture

Cut 500 g (18 oz) peeled potatoes into thick slices or quarters. Boil them briskly in salted water. Drain, put in a warm oven for a few moments to evaporate excess moisture, and press through a sieve. Put the puree into a saucepan and dry off for a few moments on the hob (stovetop), turning with a wooden spoon. Add 50 g (2 oz, ¼ cup) butter and season with salt, pepper and a little grated nutmeg. Mix in 1 egg and 2 yolks.

This mixture is easier to pipe while hot; it may be piped for borders or into swirls on a greased baking sheet to be served as duchess potatoes proper. Brush the cooled swirls of potato with beaten egg and brown them in a hot oven.

Alternatively, spread the puree on a buttered baking sheet, leave until cold and shape as indicated in the recipe.

Fried duchess potatoes

Heat some oil for deep-frying to about 180°C (350°F). Put some cooled duchess potato mixture in a piping (pastry) bag with a plain nozzle about 2 cm (¾ in) in diameter and pipe the mixture into the hot oil, cutting it off into about 4 cm (1 ½ in) lengths. Cook until golden brown, drain on paper towels and serve very hot.

Instead of piping the mixture, it may be spread out on a buttered baking sheet, cooled and cut into even-sized rectangles. These can be rolled into cylinders and then deep-fried.

DUCK A web-footed bird that was domesticated in China over 2000 years ago. In France, the most common breeds are the Nantes duck and the Barbary duck. The mulard duck, produced by crossing these two breeds, is reared mainly in south-western France for the production of foie gras since the 1970s and is highly esteemed by gourmets. Whatever the breed, duck should be consumed within three days of killing.

- 1 Aylesbury British breed originally from the town of the same name, this is a white chick with light, tender flesh.
- 2 Barbary Duck French breed. Raised in the wild; firmer and leaner flesh with a slightly musky flavour.
- 3 Gressingham. A British wild-domestic crossbreed between the mallard and a domestic duck.
- 4 Long Island Descending from the Peking duck, this is the popular American duck.
- 5 Long Island Descending from the Peking duck, this is the popular American duck.
- 6 Nantes Duck (or Challans duck-after the name of the marshland where it is raised in a semi-wild state). Smaller but latter, with fine, delicately flavoured flesh.
- 7 Norfolk British duck from the country of the same name, a primary area for rearing poultry.
- 8 Peking Duck. A small white duck crossed with the Aylesbury in Britain and the bird from which the long Island duck has developed in America. Originally bred only in the Imperial palace in China before being taken to America. Very fine, with delicate flesh.
- 9 Rouen Duck. The excellent Rouen duck, in particular the Duclain (named after a village in Normandy), is mainly sold locally. Very fine flesh, tinged with red, with a special flavour due to the fact that the bird is smothered, not bled, so that the blood remains in the muscles.

Modern breeding methods have made duck leaner and more widely available in large supermarkets, as whole birds or in portions and prepared breast fillets. In French cookery, the term canard applies to birds two to four months old, Cameton (duckling) is used for younger birds and in grande cuisine. The female duck (cane) is smaller but plumper than the drake, it is preferred for roasts because its meat is leaner and tastier. A female duckling is called a canette.

Duck's eggs which have a greenish white shell and weigh 75-125 g (3-4/2 oz), are very popular in the far East. However, because they often carry salmonella bacteria, duck's eggs should only be eaten cooked.

Cooking methods. Very tender birds roast on a spit; tender birds; roast in the oven (for both these methods, the cooked meat should be pale pink); less tender birds braise or roast (stuffed), and garnish with onions, turnips, olives and acid fruits; very large birds; use for pates; balotines and cassoulets.

Choose for preference a fairly young bird with a flexible beak; the piston flesh as well as the skin should be supple and the breast plump. When a duckling is killed too young, the breastbone is still soft and the flesh is not developed sufficiently. The current tendency in restaurants is to use ducklings, although some preparations can only be successfully made with more mature birds. The cold dishes using duck are the same as those made with roasting chicken.

Pressed duck. Created at the beginning of the 19th century by a restaurateur from Rouen called Mechenet, the recipe for pressed duck owed much of its immediate success to the duke of Cahretres, who commended it highly in Paris. When the renowned cook Frederic took over the restaurant La Tour d'Argent, he began numbering all the pressed ducks that he served, intending to make the dish the speciality of his restaurant. By the end of 1996, a million had been served. No 328 was served to Edward VIII, then Prince of Wales, in 1890. No. 33.642 was provided for Theodore Roosevelt and No. 253.652 for Charlie Chaplain.

Leon Daudet, in *Paris vecu*, describes the cook at work. You ought to have seen Fredric with his monocle, his graying whiskers, his calm demeanour, carving his plump quack quack trussed and already flamed throwing it into the pan, preparing the sauce, salting and peppering like Claude Monet's paintings, with the seriousness of a judge and the precision of a mathematician, and opening up, with a sure hand, in advance, every perspective of taste.'

Pressed duck is prepared in front of the customer. Thin slices of breast (atiguillettes) are cut from the bird and placed in a dish of well-reduced red wine standing on a hotplate. The rest of the duck, except for the legs, which are served grilled (broiled), is pressed in a special screw press. The juice obtained is flavoured with Cognac, thickened with butter and poured over the arguillettes, which finish cooking in the sauce.

Wild duck. There are many breeds of wild duck. The most common species include the mallard (colvert) also the largest and with exquisite flesh. The male has green and grey plumage with a touch of brown and white. The female is brown. Practically sedentary from October to March, the mallard migrates south only in very cold weather. Teal (sarcelle) is another popular duck of which there are several types.

Other wild ducks that are well known in gastronomy include the shoveler duck (souchet), which has a spatulate beak, the gadwall (chapeau), which is grey and white with a brown border on the wings (in eastern France), the baldpate (stiffleur), which is a smaller, coastal species, and the pintail (pilet), which is less highly regarded. The sheldrake (tadorne) and the pintail (pilet), which is less highly regarded. The sheldrake (tadorner) and the merganser (barle) are now protected species.

Generally speaking, only the legs and fillets of wild ducks are eaten (this is why one bird is required for every two servings). These game birds are not hung, but used fresh: young tender birds are roasted on a spit or in the oven' older birds are prepared as a salmis or fricassée. Dishes made using domestic duck are also applicable to wild duck.

The shooting of wild duck is subject to regulation in the same way as other game. In Britain, mallard and teal are in season from September to January and best in November and December.

Recipes

Amiens duck pate

Preparing the pastry spread 500 g (1 lb. 2 oz, 4 1/2 cups) plain (all-purpose) flour out on a board or work surface, make a well in the center and put in 1 teaspoon table salt. Break an egg into the well and mix with the salt, then add 1 tablespoon olive oil. Soften 125 g (4 1/2 oz, 1/2 cup) lard (shortening) by kneading if necessary, then mix it with the liquid part in the center of the flour. Then blend the flour and lard, without moistening at all. When the pastry is well blended, spread it out and sprinkle with about 1 1/2 tablespoons cold water. Roll the pastry together into one lump and leave to rest in a cool place for at least 2 hours before use. (This pastry has the advantage of rising very little during cooking).

- 1 Preparing the duck. To make this pate, use only young ducklings, which can be cooked very quickly. Pluck, draw and singe the bird, carefully removing any innards that may remain. Cut off the wing tips just below the first joint from the shoulder. Cut off the feet at the joint. Season the inside and outside with spiced salt. Cut up a side of streaky (slab) bacon and fry over a low heat in a little cooking fat. Remove it and brown the duck in the fat over a low heat, turning it so that it browns all over. Drain the duck on a dish and leave to cool before making the pate.
- 2 Preparing the forcemeat. A gratin forcemeat is always used for this pate. The ingredients may vary, depending on what is available, and may include veal or poultry liver, in addition to the liver from the duck. Melt 150 g (5 oz, 2/3 cup) finely chopped fat over a low heat and use it to brown 500 g (1 lb 2 oz) veal or poultry liver, which has been suitably trimmed and coarsely diced. When the liver is well browned, add 1 chopped onion and 2 chopped shallots, and season with 1 tablespoon spiced salt, some chopped thyme and bay leaves. Cover and leave for a few minutes on a low heat. Remove and allow to cool, then pound the mixture in a mortar and pass through a fine sieve.
- 3 Making the pate Divide the pastry into two equal portions and roll one half into an oval about 1 cm (1/2 in.) thick so it is a little longer and wider than the duck. Place this pastry in the center of a metal baking sheet or ovenproof pie dish that has been lightly moistened with a little cold water. Next, spread a quarter of the forcemeat in the middle of the pastry and lay the duck, on its back, on top: season the duck with more spiced salt and a little cayenne pepper. Completely cover the duck with the remaining forcemeat. Roll out the remaining pastry in an oval shape and place over the duck, sealing it well at the edges. Crimp up the sides, garnish the top with some pieces of pastry cut into fancy shapes and make an opening in the center for the steam to escape. Finally, glaze the pastry with beaten egg. Bake the pate in a preheated oven at 220°C (425°F, gas 7) for 1 1/4- 1 1/2 hours, depending on the size.

Braised duck

Singe and truss a duck weighing about 2 kg (4 1/2 lb.) Put it into an ovenproof braising pan lined with fresh bacon rind and containing a carrot and a medium-sized onion cut into rounds and tossed in butter. Add a bouquet garni, season and cook, covered, for 15 minutes, browning the duck on all sides. Moisture with 100 ml (4 fl oz, 7 tablespoons) white wine, reduce and add 300 ml (1/2 pint, 1 1/4 cups) chicken stock. Boil, then transfer to a preheated oven at 220°C (425°F, gas 7), and cook, covered, for about 1 hour. Drain the duck, untruss it, arrange on a serving dish and surround with fresh garden peas. Sprinkle with a few spoonfuls of the braising juices, reduced and strained, and serve the remainder in a sauceboat (gravy boat.)

The same method is used for duck à l'alsacienne, which is surrounded with braised sauerkraut and a garnish of streaky (slab) bacon and Strasburg sausages; duck à la chipolata, which is garnished with braised chestnuts, small glazed onions, lean rashers (slices) of blanched bacon and chipolata sausages cooked in butter; and duck with olives, in which uses green olives, stoned (pitted) and blanched.

Braised Rouen duck

Rouen duck may be braised, although this is an unusual way of cooking it. It may be prepared a la bigarade (see Seville orange), with cherries – use a stoned (pitted) morello cherries and dilute the pan juices with Madeira: with champagne-dilute the pan juices with 300 ml (1/2 pint, 1 1/4 cups) dry champagne and, if liked, a few tablespoons of thickened veal stock; or au chambertin-finish off the cooling with 25 g (4 1/2 oz) blanched and fried larding bacon and mushroom caps tossed in butter.

Cold duck pate

This is made using a boned duck, stuffed with d grotin forcemeat to which foie gras and truffles have been added, either en pantin (see pate pantin), like cold lark pate, or in a mould, like cold timbale of woodcock.

Duck a pagenaise

Singe a duck weighing about 2 kg (4 1/2 lb). Season the inside with salt and pepper, stuff with a dozen or so stoned (pitted) prunes soaked in Armagnac and sew up. Brown the duck in a pan containing 25 g (1 oz, 2 tablespoons) butter, sprinkle with a glass of Armagnac and set alight. Cover the pan and cook for about 40 minutes. Meanwhile, poach the grated zest of half an orange for 5 minutes in half a bottle of Bordeaux wine, together with 2 cloves, a little grated nutmeg, 5 or 6 crushed peppercorns, a sprig of thyme and a bay leaf. In a saucepan, brown 10 g (4 oz, 1/2 cup) very small lardoons of smoked bacon, 2 tablespoons diced carrot. L tablespoon diced celery and a large chopped onion, adding a knob of butter if required. Sprinkle with 1 tablespoon flour, then add the orange-flavoured wine, having strained it. Season with salt and pepper, stir well and cook slowly for 20 minutes. Drain the duck and keep it hot. Pour the wine sauce into the juices from the duck and add a small glass of armagnac and about 20 stoned (pitted) prunes. Reheat the sauce. Garnish the duck with prunes and cover with the sauce.

Duck a l orange Lasserre

Prepare a Nantes duck weighing about 2 kg (4 1/2 lb.), brown it in butter, then cook gently for 45 minutes. Sprinkle with 100 ml (4 fl oz, 7 tablespoons) Grand Marnier and leave to cook for a further 5 minutes. Remove the duck from the pan and keep hot. Strain the liquor and pour it into a saucepan, adding 1 tablespoon each vinegar and caster (superfine) sugar, the juice of 3 oranges and 100 ml (4 fl. Oz, 7 tablespoons) each of mandarin and apricot liqueur to make the sauce. Peel 6 oranges down to the flesh, cut them into slices, removing all fibres and seeds, and place them in a frying pan with a few spoonfuls of the sauce. Heat without boiling. Now carve the duck, arrange it on a hot dish and surround with slices of orange. Cover with some of the sauce and serve the remainder in a saceboat (gravy boat).

Duck supremes with truffles

This is made with the breast fillets (supremes) of a Rouen duck. Roast the duck in a preheated oven at 200°C (400°F, gas 6) for about 30 minutes, so it is still slightly pink. Cut the fillets into large slices and arrange them in a timbale mould together with thick slices of truffle which have been tossed in butter. Keep hot. Roughly chop the remaining carcass and trimmings moisten with Madeira, port of sherry, and reduce. Add a few tablespoons of reduced demi-glace and boil for a few seconds, then strain. Return to the boil, then add 1 tablespoon flamed brandy and 2 tablespoons butter. Pour the sauce over the fillets.

Duck with crystallized turnips and cider

Make a stock with the roast giblets from a 2 kg (4 1/2 lb) duck, 1 sliced onion and 1 sliced carrot. Add 1 litre (1 1/4 pints, 4 1/3 cups) cider, 1 apple and 2 large turnips, peeled and cut into pieces.

When the liquid has reduced to half its original volume, add 1 litre (1 ¾ pints, 4 1/2 cups) clear stock and cook gently for 20 minutes. Pour the liquid through a strainer. Roast the duck in a preheated oven at 200°C (400°F, gas 6), lying on each leg for 10 minutes and on its back for 5 minutes. Remove from the oven and allow to rest. In a sauté pan, heat 50 g (2 oz. 1/4 cup) butter, add a pinch of sugar and 24 small turnips and fry until golden. Put the duck in a cast-iron casserole with the turnips and stock and simmer for 10 minutes. Thicken the sauce with 50 g (2 oz, 1/4 cup) butter and add 1 bunch of coriander (chopped), and a dash of cider.

Duck with peas

Cut 200 g (7 oz) larding bacon into large dice, and blanch. Brown these, together with 12 small onions, in butter in a casserole. Remove the onions and diced bacon from the pan and replace with a trussed Nantes duck. Brown the duck on all sides and then drain, retaining the juices. Dilute the pan juices with 100 ml (4 fl. Oz 7 tablespoons) dry white wine and 250 ml (8 fl oz, 1 cup) veal or chicken stock and put the duck into this liquor. Add 1 litre (1 1/4 pints, 4 1/2 cups) shelled fresh garden peas, the onions, the bacon and a bouquet garni. Season and add 2 tablespoons sugar. Simmer gently with the lid on for 35-40 minutes. Drain the duck and arrange on a serving dish, surrounding it with the peas. Reduce the pan juices, and pour over the duck. Arrange a lettuce, shredded into a chiffonnade or cut into quarters, on the peas. Alternatively, cook the duck in the same way but leave it slightly underdone. Add 1 litre (1 ¾ pints, 4 1/2 cups) fresh garden peas cooked à la française and simmer gently for a few minutes.

Jelled fillets of Rooster duck à l'orange

Cook a 2 kg (4 1/2 lb) duck for about 35 minutes in a preheated oven at 240°C (475°F gas 9) so that it remains slightly pink. Remove the legs and cut the breast fillets diagonally into slices, leaving them attached at the base. Coat the breast fillets with a brown chaud-froid sauce à l'orange. Glazed with an aspic and chill.

Prepare a mousse using the flesh off the legs, adding diced truffles. Fill tiny dome-shaped moulds (or a parfait mould) with the mousse and place in the refrigerator to set.

From a loaf, cut croutons to the size of the moulds and butter them, then toast or fry until crisp and golden. Cool. Turn the set mousses out on to the croutons. Arrange the fillets of duck on plates, taking care to keep the tops of the slices neatly closed together. Pour a few spoonfuls of half-set aspic on to the plates and arrange some orange segments as a garnish. Garnish the duck fillets with shreds of pared orange zest and add a mouse-topped crouton to each plate. Chill before serving.

Mallard with green peppercorns

Select a mallard duck weighing about 1.4 kg. (3 lb.) Season the inside and outside with salt and pepper and place in a roasting pan. Sprinkle with 2 tablespoons oil and cook for 30 minutes in a preheated oven at 200°C (475°F, gas 9) so that it remains slightly pink. Remove the legs and cut the breast fillets diagonally into slices, leaving them attached at the base. Coat the breast fillets with a brown chaud-froid sauce à l'orange. Glaze with an aspic and chill.

Prepare a mousse using the flesh off the legs, adding diced truffles. Fill tiny dome-shaped moulds (or a parfait mould) with the mousse and place in the refrigerator to set.

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Mallard with green peppercorns

Select a mallard duck weighing about 1.4 kg. (3 lb). Season the inside and outside with salt and pepper and place in a roasting pan. Sprinkle with 2 tablespoons oil and cook for 30 minutes in a preheated oven at 200°C (400°F, gas 6). Then cover the dish with foil to keep the duck hot. Peel 2 good-sized Granny Smith apples, cut them into halves, and remove the seeds and cores. Cook in a preheated oven at 180°C (350°F, gas 4) for about 10 minutes. For the sauce, pour 5 tablespoons white wine and 1 tablespoon Armagnac into a saucepan, and reduce by about two-thirds. Add the juice from a can of green peppercorns and 4 tablespoons stock (duck or other poultry). Reduce again for 2-3 minutes. Add 200 ml (7 fl. $\frac{3}{4}$ cup) single (light) cream, lightly season with salt and cook until the sauce achieves a uniform consistency. Check the seasoning and at the last moment add 4 teaspoons port and 1 1/2 tablespoons green peppercorns. Cut off the breast fillets of the duck and arrange on a serving dish. Cover with the sauce and garnish with the apple, cut into quarter.

Roast duck

Season the duck with salt and pepper both inside and out, truss and roast in the oven or on a spit. A duckling weighing about 1.25 kg (2 $\frac{3}{4}$ lb) should be cooked in a preheated oven at 220°C (425°F, gas 7) for 35 minutes, or for 40-45 minutes on a spit.

Roast duck with peaches

Roast the duck. Meanwhile, peel some medium-sized peaches and poach them whole in a light syrup. When the duck is roasted, drain it and keep it hot. Dilute the pan juices with a little peach syrup and reduce to the consistency of a sauce. Add the peaches to the sauce to flavour them, heat them through and arrange them around the duck. Serve the sauce in a sauceboat (gravy boat).

Roast duck with maple syrup

Peel 2 Williams (Barlett) pears, cut in half lengthways and remove the cores. In a frying pan, combine 50 g (2 oz. $\frac{1}{4}$ cup) caster (superfine) sugar with 250 ml (8 fl. Oz. $\frac{1}{2}$ cup) dry white wine and the juice of 2 lemons and 2 oranges. Bring to the boil. Add the pears, 250 ml (8 fl. Oz., $\frac{1}{2}$ cup) pure maple syrup and a pinch of ground allspice. Simmer, until the pears have softened, then remove them from the liquor and put aside in a warm place. Reserve the maple syrup liquor.

Meanwhile, wash 2 ducks. Prick the skin of the breasts with a fork and season. Place in an ovenproof dish and roast in a preheated oven at 200°C (400°F, gas 6) for 15 minutes. Peel and chop 2 carrots, 2 onions, 3 celery sticks, 1 salsify and 2 garlic cloves. Add to the ducks with 2 cloves, 2 bay leaves and 1 bunch of thyme, chopped. Reduce the oven temperature to 150°C (300°F, gas 2). Skim the excess fat from the dish and baste the ducks every 10 minutes with the reserved maple syrup mixture. As soon as the vegetables begin to turn slightly brown, pour in 500 ml (17 fl. oz. 2 cups) chicken stock. Continue the cooking process (1 1/2 hours in all), basting regularly with the juices in the hours in all, basting regularly with the juices in the dish. When the ducks are cooked, remove them from the dish and put aside in a warm place. Remove as much fat as possible from the liquid in the dish, leaving the duck juices. Put the vegetables and juice in a smaller saucepan and heat. Add 1 tablespoon tomato puree (paste) and cook for 2-3 minutes. Add a further 500 ml (17 fl. Oz. 2 cups) chicken stock and any remaining maple syrup mixture. Simmer for 15 minutes and strain. Bone the ducks. Place the pieces of duck on a serving dish and garnish with slices of pears, arranged in a fanshape. Pour the cooking juices over the pieces of duck.

Rouen duck en chemise

Remove the breastbone from a Rouen duck. Prepare a stuffing by frying 1 heaped tablespoon chopped onion with 125 g (4 1/2 oz, $\frac{2}{3}$ cup) diced bacon, without browning the onion. Add an entire duck's liver and 2 or 3 additional duck or chicken livers cut into thin fillets, salt and pepper, a pinch of allspice and some chopped parsley. Cook all the ingredients in butter, cool,

and blend in a food processor. Stuff the duck with this mixture, truss and roast in a preheated oven at 240°C (475°F, gas 9) for 8-12 minutes. Leave to cool.

To follow the traditional method, place the duck, head downwards, in a large pork bladder that has been soaked in cold water. Tie the opening with string and poach in clear braising liquid, on a serving dish.

Alternatively the duck can be cooked wrapped in a piece of muslin (cheesecloth) or a white table napkin with both ends tied, like a galantine. It is then served unwrapped, surrounded with orange quarters. Serve rouennaise sauce separately.

Rouen duck in port

Cook a trussed Rouen duck in butter for 30-40 minutes, so that the flesh remaining slightly pink. Drain the duck and arrange it on a long dish. Prepare the sauce as follows: dilute the pan juices with 250 ml (8 fl. Oz. 1 cup) port, add 250 ml (8 fl oz, 1 cup) thickened brown veal stock, boil for a few moments, add some butter and strain. Pour a few spoonfuls of the sauce over the duck and serve the rest separately in a sauceboat (gravy boat). The boat can be replaced by Basting regularly with the juices in the dish. When the ducks are cooked, remove them from the dish and put aside in a warm place. Remove as much fat as possible from the liquid in the dish leaving the duck juices. Put the vegetables and juice in a smaller saucepan and heat. Add 1 tablespoon tomato puree (paste) and cook for 2-3 minutes. Add a further 500 ml (17 fl oz. 2 cups) chicken stock and any remaining maple syrup mixture. Simmer for 15 minutes and strain. Bone the ducks. Place the pieces of duck on a serving dish and garnish with slices of pears, arranged in a fan shape. Pour the cooking juices over the pieces of duck.

Rouen duck en chemise

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To follow the traditional method, place the duck, head downwards, in a large pork bladder that has been soaked in cold water. Tie the opening with string and poach in clear braising stock for 45 minutes. Arrange the duck, still in the bladder, on a serving dish.

Alternatively the duck can be cooked wrapped in a piece of muslin (cheesecloth) or a white table napkin with both ends tied, like a galantine. It is then served unwrapped, surrounded with orange quarters. Serve rouennaise sauce separately.

Rouen duck in port

Cook a trussed Rouen duck in butter for 30-40 minutes so that the flesh remains slightly pink. Drain the duck and arrange it on a long dish. Prepare the sauce as follows: dilute the pan juices with 250 ml (8 fl. Oz. 1 cup) port, add 250 ml (8 fl. Oz, 1 cup) thickened brown veal stock, boil for a few moments, add some butter and strain. Pour a few spoonfuls of the sauce over the duck and serve the rest separately in a sauceboat (gravy boat). The port can be replaced by Banyuls, Frotignan, Madeira, sweet sherry or any other dessert wine.

Rouen duck (or duckling) soufflé

This very stylish dish is made with 2 birds, the larger to be served and the smaller to make the forcemeat. Roast a trussed Rouen duck in a preheated oven at 200°C (400°F, gas 6) for 10-15 minutes; the meat should still be very rare. Remove the breast fillets, which should be kept for the

final garnish, and remove the breastbone, so that the carcass forms a hollow case. Season the inside with salt, pepper and spices, and sprinkle with a spoonful of brandy. Fill the carcass with a forcemeat made from the raw meat of the smaller duck, boned and prepared as for mousseline forcemeat, 150 g (5 oz.) raw foie gras and the livers of the 2 ducks used. Stuff the carcass so it is re-formed into its original shape. Cover the duck with buttered greaseproof (wax) paper and tie it so that it will hold the forcemeat during cooking. Place the stuffed duck on a baking sheet, coat with melted butter and roast in a preheated oven at 150°C (400°F, gas 6) for 10-15 minutes; the meat should still be very rare. Remove the breast fillets, which should be kept for the final garnish, and remove the breastbone, so that the carcass forms a hollow case. Season the inside with salt, pepper and spices, and sprinkle with a spoonful of brandy. Fill the carcass with a forcemeat, 150 g (5 oz) raw foie gras and the livers of the 2 ducks used. Stuff the carcass so it is re-formed into its original shape. Cover the duck with buttered greaseproof (wax) paper and tie it so that it will hold the forcemeat during cooking. Place the stuffed duck on a baking sheet, coat with melted butter and roast in a preheated oven at 150°C (300°F, gas 2) for 30-35 minutes. Remove the greaseproof paper and arrange the duck on a serving dish.

Make some tartlet cases from short pastry (basic pie dough), bake blind, heap with a salpicon of truffles and mushrooms bound with concentrated Madeira sauce, and cover each with a slice of duck breast filets and a thick slice of truffle heated in butter. Arrange the tartlets around the duck. Serve with rouennaise sauce or Perigueux sauce.

Instead of being used to fill the tartlets, the duck fillets can be cut into thin slices and embedded in the mousselines. The former are made in large charlotte moulds and the latter in small individual moulds. They are poached in a bain marie in the oven. The forcemeat can also be used for duck soufflé en timbale; put it in buttered soufflé timbale moulds and bake as for other soufflés.

Wild duck a la tyrolenne

Stew some cooking apples, adding a little cinnamon and mace to form a hot apple puree. Stuff a wild duck with this puree, tie securely and place the duck on spit for roasting. Boil 2 tablespoons red wine vinegar together with a small knob of butter (about the size of a walnut), 1/2 teaspoon caster (superfine) sugar and a few grains of coarsely ground pepper. Baste the duck constantly with this preparation while it is cooking on the spit, placing a small pan beneath to catch the juices. Cooking should take about 30-35 minutes. When finished, take the duck off the spit, untruss and arrange on a dish. Strain the collected juices into a saucepan and heat, adding 1/2 teaspoons redcurrant jelly. Finally, pour this sauce over the duck.

Wild duck a la Walter Scott

Draw, singe and truss a wild duck. Cook in a pre-heated oven at 200°C (425°F, gas 7). Meanwhile, fry the duck's liver in butter, mash and mix it with 20 g (3/4 oz) foie gras. Fry 2 croutons in clarified butter and spread them with the liver paste. Core 2 apples, stud each with 4 cloves and cook as for apples bonne femme. Dilute some Dundee marmalade with 2 tablespoons whisky and heat gently. When the duck is cooked, arrange it on a serving dish. Remove the cloves from the apples and place the latter on the croutons, then pour the marmalade into the holes in the apples. Arrange the croutons around the duck. Serve the juice in a saucboat (gravy boat), without skimming off the fat.

Wild duck a la Chambertin

Roast the duck for 18-20 minutes in a preheated oven at 240°C (475°F, gas 9) or fry over a brisk heat, so that the flesh stays slightly pink. Arrange on a serving dish and cover with Chambertin sauce to which the pan juices have been added. Garnish with mushrooms and, if liked, with strips of truffle.

Duglere, Adolphe. French chef born Bordeaux, 1805; died Paris, 1880). A pupil of Carême, he became head of the kitchens of the Rothschild family and later managed the restaurant Les Prères Provençaux. In 1866 he became head chef at the Café Anglais, with which his name is always associated. He is described as a taciturn artist who revelled in contemplative isolation; and his culinary creations made the Café Anglais one of the most famous restaurants in Paris during the Second Empire. His creations included potage Germiny, Anna potatoes, sole and sea bream à la Duglere and soufflé à l'Anglaise. It was Duglere who drew up the menu for the historic dinner of the "Three Emperors". Among the illustrious guests who attended were Alexander, the Russian emperor, his son the future Alexander III, Wilhelm I of Prussia (the German Emperor) and Bismarck. The dinner, it is said, cost 100 francs a head.

Recipes

Bass à la Duglere

Butter a shallow flameproof dish. Peel and chop 1 large onion, 1-2 shallots, a small bunch of parsley, a garlic clove and, if liked (it is not traditional), 150 g (5 oz. L 2/3 cups) button mushrooms. Skin, seed and chop 4 tomatoes. Spread all these ingredients on the bottom of the dish, then add a sprig of thyme and half a bay leaf. Scale a 1 kg (2 1/4 lb) bass and cut into sections. Arrange these sections in the dish, dot with knobs of butter, moisten with 200 ml (7 fl. Oz, 3/4 cup) dry white wine and cover with foil. Bring to the boil, then transfer to a preheated oven at 220°C (425°F, gas 7) and cook for 12-15 minutes. Drain the pieces of bass and arrange on a serving dish in the original shape of the fish.

Remove the thyme and bay leaf from the oven dish and add 2 tablespoons velouté made with fish stock. Reduce by one-third, then add 50 g (2 oz. L/4 cup) butter. (The velouté and butter may be replaced by 1 tablespoon beurre manié.) Pour the sauce over the fish and sprinkle with chopped parsley.

Sea bream and brill may be prepared and served in the same way.

Sole à la Duglere

Skin and clean a sole weighing about 500 g (18 oz) and prepare the ingredients as for bass à la Duglere, but halving the quantities. Cook in the same way but reduce the cooking time in the oven to 7 minutes. Drain the sole and keep it hot reduce the cooking liquid and thicken it with butter and velouté sauce made with fish stock.

DUMAINE, ALEXANDRE. French chef (born Digoin, 1895; died Digoin, 1974) At the age of 12 he became an apprentice at a hotel in Paray-le-Monial, and gradually worked his way up in the profession, eventually becoming grande toque (head chef) in such famous establishments as the Carton (in Vichy, then in Cannes), the Café de Paris and the Hotel Louvois in Paris, and the Oasis Hotel at Biskra. In 1932 he opened a restaurant at Saulieu, which, with the help of his wife, Jeanne, became a gastronomic shrine. The Hotel de la Côte-d'Or was with Point à Vienne and Pic à Valence, one of the three outstanding centers of provincial cuisine in France from 1930 to 1950. After retiring in 1964, Dumaine collaborated with Henry Cloy Jouve in producing *Ma cuisine*, a book of recipes and various reminiscences, from which the following recipes for braised beef and a coffee and chocolate gâteau are taken.

RECIPES

Braised beef

Brown a joint of beef in a large pan. Remove the joint and brown a large mirepoix of carrots and onions in the fat from the meat. Brown some small pieces of bone from a joint of veal and some chicken ones in butter. Put into a braising pan with the skimmed mirepoix, the point of beef, a

blanched pig's foot and some crushed tomatoes. Season with salt and pepper, add 250 ml (8 fl. Oz. L cup) white wine and boil gently until all the liquid has evaporated. Then add a bouquet garni and sufficient red wine and stock (1 part wine to 2 parts stock) to cover three-quarters of the beef. Cover and cook gently for 3 hours, turning the meat occasionally.

Gateau le prelat

Prepare 1 litre (1 ¾ pints, 4 1/2 cups) strong, lightly sweetened coffee, flavoured with white rum. Allow to cool. Beat together 2 whole eggs and 6 egg yolks, add 300 g (11 oz. L 1/2 cups) sugar boiled to the thread stage and whisk until cold. Blend in 300 g (11 oz, 2 cups) melted butter (semisweet) chocolate pieces, some grated orange zest and 750 ml (1 1/4 pints, 3 1/4 cups) lightly whipped double (heavy) cream. Mix well.

Cover the bottom of a buttered rectangular mould with sponge fingers (ladyfingers) soaked in a little of the cold coffee. Cover with some of the chocolate mixture. Top with another layer of soaked sponge fingers and continue layering until the mould is full, finishing with a layer of sponge fingers. Place in the refrigerator with a layer of sponge fingers. Place it for 24 hours before turning out of the mould. Melt 450 g (1 lb) dark chocolate and mix with 150 g (5 oz, 2/3 cup) butter and 2 tablespoons light oil. Coat the gateau with this mixture.

DUMAS, ALEXANDRE

FRENCH AUTHOR (BORN Villers-Cotterest, 1802) died Dieppe, 1870. In 1869 Dumas, best known as the author of *The Three Musketeers* and other historical romances, accepted an assignment from a young publisher, Alphonse Lemerre, to write a *Grand Dictionnaire de Cuisine*. To find the peace and quiet necessary to compile such a monumental work (1152 pages). Dumas retired to Roscoff (Finisterre) with his cook Marie. The work was completed in March 1870, a few weeks before his death, and was published in 1872. It is not considered to be a very reliable work from a strictly culinary point of view, in spite of the friendly collaboration of Joseph Vuillemot, a pupil of Carême, who published a revised and abridged version in 1882. But in spite of its errors, its gaps and its trenchant opinions, the work is written in an alert and amusing style and full of anecdotes.

Dumas was a great habitué of Parisian restaurants, he had his own private room at the *Maison Doree*, and attended the "Brixio dinners" at Brevant-Vachette, the *Rocher de Cancale*, the *Jockey club* where his protégé Jules Gouffe presided, and the *Restaurant de France* in the *Place de la Madeleine*. Here his friend Vuillemot gave a famous dinner in his honour which included lobster à la Porthos, 'fillet of beef Monte Cristo,' salad, à la Dumas' and gorenflot (rumsoaked sponge cake).

Dumas made it a point of honour to dress the salad himself. "I place in a salad bowl one hard broiled egg yolk for every two persons. I pound it in oil to make a paste, I then add chervil, crushed thyme, crushed anchovies, chopped gherkins, the chopped whites of the hard-boiled eggs, salt and pepper. I mix it all with a good vinegar, then I put the salad into the salad bowl. Then I call a servant and ask him to toss the salad. When he has finished, I scatter a pinch of paprika over it. It remains only to be served. Another famous Dumas salad was made with truffles 'peeled with a silver knife' and seasoned, according to the mood of the host, with champagne, a liqueur or almond milk.

DUMPLING

A ball of dough, originally saoury and served as an accompaniment to meat or as a dessert. Sweet versions are also prepared.

A simple satisfying food, dumplings were boiled and served to extend small amounts of meat. Originally made by shaping small portions from a hunch of bread dough before specific mixtures were developed using flour, cereals, pulses, stale bread, potatoes or cheese, sometimes with raising agent added or enriched with fat in the form of suet, were developed. Local ingredients and methods are used across Europe to make a variety of large or small dumplings.

plain or flavoured with herbs, vegetables, spices or other ingredients.

Germany (particularly Bavaria) and Austria in particular are known for excellent examples, along with Czechoslovakia, Poland and Hungary. Fresh or dry bread; mashed or grated raw potatoes, soft cheese; or semolina are just as likely to be used as flour and the dumplings may be bite-sized or large enough for slicing into portions. The tradition in Czechoslovakian kitchens was to shape the bread-based dumpling mixture into a long, thick sausage on clean napkins and suspend it over simmering water or broth. Instead of a knife, the dumpling was traditionally sliced with string, rather like cutting through a cheese with a wire. Spinach, herbs, caraway or bacon may be added for flavour and the dough enriched with butter or eggs. Finely chopped liver flavours leberknodel served Austrian-style in light broth or as a main dish in Germany.

Dumplings are closely related to pasta. Italian gnocchi are good examples of small dumplings usually grouped with pasta and the spätzle of Germany and Austria, made from batter simmered until set in finger noodles, also hover between the two descriptions. Polish plain or filled dumplings are also very similar to gnocchi or filled pasta.

In Britain dumplings were originally made with either a bread or suet dough and served with boiled beef and carrots and pease pudding. Suet dough became more widely used, with regional variations on the basic dough developing. Some doughs were unleavened, others used local cereals such as oats. As well as being served with boiled meat, dumplings are traditional with soups and stews. Sweet versions are also prepared, no longer as simple accompaniments but as dishes in their own right. An apple dumpling (an apple encased in pastry) is made with suet crust and boiled or with shortcrust pastry and baked. Large fruit dumplings are not the only sweet option—they may be yeasted and cooked in milk; filled with small whole fruit (plums or cherries) or jam and simmered in water).

In the United States, dumplings can accompany roast and boiled meat dishes. Made with flour, baking powder, egg and milk, they are shaped into walnut-sized balls and simmered very gently in vegetable soups, stews and beef and poultry consommés. They may also contain cornmeal, potatoe puree, grated cheese or breadcrumbs. Sweet-pastry dumplings sometimes made with a yeast dough are poached in fruit juice and served with compotes, fruit purees, melted butter or cream. They are sometimes stuffed with fruit.

The name dumpling is also used for Oriental specialties, such as the small filled dumplings of Chinese cookery, related more closely to pasta than to European style dumplings. Dunand.

The surname of two Swiss cooks, father and son, also spelt Dunan and Dunant. The father was in charge of the kitchens of the Prince of Conde. His son inherited the post and, in 1793, followed the prince into exile. He returned to France 12 years later and entered the service of Napoleon I. Chicken Marengo is attributed to him even though the French victory over the Austrians took place in 1800, and Dunand remained in the service of the Prince of Conde until 1805. On the other hand, it is known that Napoleon greatly enjoyed his crepinettes.

On the fall of the Empire, Dunand went into the service of the Duc of Berry, but resumed his post with the emperor during the Hundred days.

DUNDEE CAKE.

A Scottish fruit cake. This is a light cake, not as dark as the classic British Christmas or wedding cake, but rich with butter and still containing sufficient dried fruit to keep well for 2-3 months. Flavoured with ground almonds and candied peel, the cake's defining feature is a slightly domed top studded with neat concentric circles of whole blanched almonds. The almonds are arranged on the uncooked cake to become a rich golden brown when baked. Dundee cake is thought to have originated in the 19th century, in the city of the same name, where it was made by Keller, the company known for orange marmalade. The leftover orange peel from the marmalade was used up in the cakes, the manufacture of which provided work when seasonal Seville oranges were not

available and marmalade was out of production. The commercial cakes were glazed with an orange syrup while still warm. Later versions of the cake were sold in decorative tins and were popular alternatives to Christmas cake.

Dundee cake

Cream 225 g (8 oz. L cup) butter with 225 g (8 oz 1 1/4 cup) caster (superfine) sugar and the grated zest of 1 orange until pale and soft. Sift 225 g (8 oz, 2 cups) self-raising flour with 100 g (4 oz, 1 cup) plain (all-purpose) flour. Beat 4 eggs with 1-2 drops oil of bitter almonds. Stir the eggs into thebutter mixture, adding the occasional spoonful of the sifted flours to prevent the mixture from curding. Mix 225 g (8 oz 1 1/2 cups) each of raisins and sultanas (white raisins) with 100 g (4 oz., 3/4 cup) chopped mixed candied orange, lemon and citrus peel. Add 100 g (4 oz. Lcup)chopped blanched almonds, 100 g (4 oz, 1 cup) ground almonds and a spoonful of themeasured flours, then mix well. Fold the remaining flour into the cake mixture, then stir in the fruit and almond mixture.

Line and grease a 20 cm (8 in) round deep cake tin (pan) and turn the mixture into it. Spread the mixture out evenly. Cover the top with whole blanched almonds, starting with a circle around the edge and working in towards the middle. Press the nuts lightly into the mixture placing them close together as they separate slightly when the cake rises during baking. Bake in a preheated oven at 160°C (325°F, gas 3) for about 4 hours. Cover the top of the cake loosely with foil, if necessary to prevent the nuts from becoming too dark. Insert a clean metal skewer into the middle of the cake to check if it is cooked; if it has sticky mixture on it, the cake is not ready, continue baking for 15 minutes before testing again.

Leave the cake to cool in the tin (pan) for 30 minutes, then turn it out on to a wire rack and leave to cool completely. Wrap the cake in grease-proof (wax) paper and place in an airtight container, then leave to mature for 2-4 weeks before serving.

DUNDEE MARMALADE

British preserve made from butter Seville oranges by Keller a company in Dundee, Scotland, Mrs. Keller first created the sharp-sweet preserve and ice cream. Her son set up the company and sold the preserve in its characteristic white pots. By the mid to late 19th century, the company was making 1.5 million jars of marmalade annually.

DURAD

A Parisian restaurant that was situated in the place de la Madeleine. In the 1800s according to a legend, it was considered to be the third wonder in the art of good living rather the café riche and the cake handy. It was frequented by writers and politicians, notably Baudelaire, Anatole France and Emile Zola who wrote *Le Faccus* there. The chef Vortion created *monroy sauce* in this restaurant.

DURAND CHARLES

FRENCH CHEF BORN ALES, L700 DIED NIMS, L850. called the Caramelle of Provincial cooking, he was chef to the bishops of Alexanes and Montpellier before opening restaurants on Alexanes and Nimes, C180. Above all, he was responsible for popularizing French regional cuisine at a time when it was practically unknown elsewhere. *Le Cuisinier* (1803) is a collection of authentic provincial recipes that enabled brandade dish of salt cod and other specialties of the south to be enjoyed in Paris.

DURIAN

A tree that is widely cultivated in Southeast Asia, especially in Northern and the Philippines for its fruit. Durian fruits are round or oval up to 20 cm (8 in) with a hard greenish rind covered with large thorns. The flesh is whitish or coffee coloured with a creamy texture and a strong, unpleasant and distinctive smell that becomes nauseating when the fruit is overripe. The flesh

contains large seeds that are edible when cooked baked or roasted, when they may be eaten with rice.

The fruit is ready to eat when the skin begins to crack and is usually eaten raw either as an hors d'oeuvre or as a dessert. Its flavour is complex and contradictory to those unfamiliar with a mixture of sweet. Fruity characteristics with it a mixture of sweet, with savoury tones almost cheese like but sometimes compared to garlic or cooked onion because of the alternaste. It may also be eaten as a compote with sugar and fresh cream, and in Java, it is made into a fruit jelly with coconut milk. Durian is also used to flavour confectionery, such as little boiled sweets candies in which its flavour is evident, but less intense. The large shiny seeds may be prepared in the same way as chestnuts.

DUROC

A dish dedicated to General Dutoc, a soldier at the time of the Empire. It consists of small joints of meat or sautéed poultry garnished with new potatoes browned in butter, covered with crushed tomatoes and coated with chasseur sauce.

DURUM WHEAT

A type of hard wheat with a high gluten content valued particularly for making semolina and pasta.

DUSE.

A garnish named in honour of the great Italian actress, Eleonora Duse. It consists of fresh green beans cooked in butter, with seeded steamed tomatoes and parmentier potatoes. It accompanies large joints of meat. The name is also given to poached stuffed fillets of sole arranged in a ring with rice coated with Mornay sauce and glazed. The center is filled with a salpicon of shrimps bound with a white wine sauce and sprinkled with chopped truffles.

DUTCH CHEESES.

The best known Dutch cheeses are Edam and Gouda. Cheeses made in the Netherlands always carry a government control stamp which gives the name of the cheese, the fat content in the dry matter, the country of origin expressed as Holland the number indicating where, on what date, and from which curd batch the cheese was made, and the code of the relevant government control station. They are made only from pasteurized milk.

DUTCH OVEN.

A large, heavy cooking pot with a close fitting lid, authentically made of cast iron and hung over an open fire. Thought to be of 16th century Pennsylvania Dutch origin, the pot was used for stewing and braising, however, other types of dishes, such as breads, were also cooked in it. The term has also been applied to a variety of other utensils used for cooking over an open fire, including a type of plate or rack fitted to the front of a fire grate and on which to stand cooking pans or dishes. In modern terms, it is sometimes used for glazed pots for cooking in the oven or on top of the stove.

DUVAL, PIERRE-LOUIS.

French butcher (born Montlbery, 1811, died Paris, 1870). He supplied the Tuileries kitchens and opened several retail butcher's shops in Paris. In 1860 he had the idea of creating a number of small restaurants serving a single dish-boiled beef and consommé – at a fixed price. The first bouillon, in the Rue de Montesquieu, was soon followed by a dozen others.

His son Alexandre successfully developed the chain of restaurants and made an immense fortune. A well-known figure of Parisian life, nicknamed Godefroi de Bouillon, by humorists of

the time, he composed a Marche de petites honnes in honour of his waitresses who all wore a colf of white tulle and, for the frist time, replaced the traditional gargons in restaurants.

DUXELLES.

A basic preparation of chopped mushrooms, onions and shallots sautéed in butter. Duxelloes is used as a stuffing or garnish, as a complementary ingredient of a sauce, and in the preparation of various dishes called a la duxelles. The derivation of the word is disputed some claim that duxelles was created at Uzel, a small town in the Gotesco-Nord, while others attribute it to la Varenne, chef of the Marquis d'uxelles.

Recipe

Preparation

Clean and trim 250 g (9 oz, 3 cups) button mushrooms and chop them finely, together with 1 onion and 1 large shallot. Melt a large knob of butter in a frying pan and add the chopped vegetables, salt and pepper and a little grated nutmeg (unless the duxelles is to accompany fish). Cook over a brisk heat until the vegetables are brown and the water from the mushrooms has evaporated, if the duxelles is for use as a garnish, add 1 tablespoon cream.

Duxelles sauce

Prepare 4 tablespoons mushroom duxelles. Add 100 ml (4 fl oz, 7 tablespoons) white wine and reduce until almost completely dry. Add 150 ml (1/4 pint, 2/3 cup) demi-glaced sauce and 100 ml (4 fl. Oz. 7 tablespoons) sieved tomatosauce. Boil (4 fl. Oz. 7 tablespoons) sieved tomato sauce. Boil for 2-3 minutes, pour into a sauceboat (gravy boat), and sprinkle with chopped parsley.

Alternatively, the duxelles may be moistened with 150 ml (1/4 pint, 2/3 cup) consommé and 100 ml (4 fl. Oz 7 tablespoons) sieved tomato sauced and thickened with 1 tablespoon beurre manie.

Eggs en cocttee a la duxelles

Prepare 4 tablespoons mushroom duxelles. Butter 6 ramekin dishes and divide the duxelles between them. Break an egg into each ramekin, then add to each a spoonful of single (light) cream, salt and pepper. Cover with foil and cook the eggs in a bain marie on the hob (stovestop) for about 4 minutes. Timing from when the water in the bain marie begins to boil

Omelette a la duxelles

Prepare 4 tablespoons mushroom duxelles with cream added. Make an omelette with 8 eggs and fill it with the duxelles. Stud the omeltte with small fried crutons and serve with duxelles sauce.

Sautéed veal chosp a la duxelles

Prepare 4 tablespoons mushroom duxelles. Saute 4 veal chops in butter. When the chops are almost cooked, add the duxelles to the pan and complete the cooking over a low heat. Drain the chops and arrange on a serving dish; keep hot. Add 100 ml (4 fl. Oz. 7 tablespoons) double (heavy) cream and half a glass of white wine or 2 tablespoons Madeira to the duxelles in the pan and reduce until the mixture thickens. Coat the chops with this sauce and serve very hot.

E

EAR A piece of offal, usually from pigs or calves, used in cooking or in the preparation of brawn (head cheese) and various other forms of charcuterie. It can be boiled, fried, sautéed, braised, stuffed, made into a gratin, or grilled (broiled), and is an ingredient of great number of tasty recipes.

RECIPES

Calves Ears

Calves ears braised a la mirepoix

Clean the insides of 4 calves ears thoroughly and blanch them for 8 minutes, refresh them, then drain, scrape and dry them. Put into a casserole and cover with 200 ml (7 fl oz. $\frac{3}{4}$ cup) vegetable mirepoix, add a bouquet garni, salt, pepper and 100 ml (4 fl oz. 7 tablespoons) white wine. Reduce the liquid completely, then pour in 300 ml ($\frac{1}{2}$ pint, 1 $\frac{1}{4}$ cups) brown veal stock, cover the dish, and cook in a preheated oven at 180 °C (350 °F, gas 4) for 1 $\frac{1}{2}$ hours. Drain the ears. Remove the skin which covers the inside and the outside of the thin part of the ears, pull this part down and trim it. Arrange the ears, pull this part down and trim it. Arrange the ears in a round serving dish, possibly on slices of bread fried in butter. Skim the fat from the braising liquid and sprinkle over the ears.

Stuffed calves ears du Bugey

Blanch, refresh, then carefully clean 1 calf's ear per guest. Rub the ears with lemon and sew each one into the shape of a cornet. Put them into a pan with 1.5 litres (2 $\frac{3}{4}$ pints, 6 $\frac{1}{2}$ cups) well-flavoured beef stock, 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{2}$ cups) dry white wine, a bouquet garni, 1 sliced onion, 2 sliced celery sticks and 3 sliced carrots. Add plenty of salt and pepper and cook gently for about 2 $\frac{1}{2}$ hours. Drain the ears and put them aside, covered with a damp cloth.

Dice 1 calf's sweetbread that has been braised in white wine, 1 chicken wing and 1 fresh truffle. Fry 100 g (4 oz. 1 $\frac{1}{2}$ cups) coarsely chopped wild mushrooms in butter, add salt and pepper. When they are half-cooked, add the truffle, the sweetbread and the chicken meat, continue to cook over a low heat. Add 200 ml (7 fl oz $\frac{3}{4}$ cup) slightly soured cream, then take the pan off the heat and add 2 egg yolks. Blend everything well and leave to cool.

Spoon the cold mixture into the ear "cornets". Dip the ears in flour, then beaten egg, then breadcrumbs, and fry in butter, without allowing them to brown. Drain, arrange on a serving dish and sprinkle with fried curly parsley.

Pigs' Ears

Boiled pigs' ears

Single 4 pigs' ears and clean the insides thoroughly; cook them in boiling salted water using 1 teaspoon salt per 1 litre (1- $\frac{3}{4}$ pints, 4- $\frac{1}{2}$ cups) water with 2 carrots, 1 onion studded with 2 cloves, and a bouquet garni. Simmer for about 50 minutes, then drain.

Boiled pigs' ears can be used in several ways. They can be chopped, dipped in fresh breadcrumbs and grilled (broiled), to be served with mustard or horseradish sauce and mashed potatoes or puree or celeriac (celery root). Pigs' ears a la lyonnaise are cut into large strips and sautéed in butter with sliced onion. They can also be served cold with vinaigrette, or browned in the oven with a white sauce.

Braised pigs' ears

Single 4 pigs' ears and clean the insides thoroughly. Blanch them for 5 minutes in boiling water, drain them and cut them in half lengthways. Grease a flameproof casserole, cover the

bottom with pieces of pork rind, add 1 sliced onion and 1 sliced carrot, and arrange the pieces of ear on top in a flat layer; put a bouquet Garni in the middle

Cover the casserole and cook over a medium heat for 10 minutes, then add 20 ml (7 fl. Oz. $\frac{3}{4}$ cup) white wine and reduce until syrupy. Add 400 ml (14 fl. Oz, 1- $\frac{3}{4}$ cups) thickened veal juices or stock and cook, covered, in a preheated oven at 180 °C (350°F gas 4) for 50 minutes. Drain the ears and arrange them on a serving dish. Garnish with braised celery hearts or steamed cauliflower. Pour over the strained and reduced braising liquid.

Stuffed and Fried pigs' ears

Braise the ears whole. Meanwhile, make a chicken forcemeat and some Villierol sauce. Allow the ears to cool, then slit them and stuff with the chicken forcemeat. Dip them into the Villierol sauce and leave for 30 minutes. Roll the ears in egg, then breadcrumbs, and fry them in very hot oil. Drain, arrange on the serving dish and serve with tomato sauce.

EASTER

The major Christian festival, which celebrates the resurrection of Jesus Christ. It was associated in the early days of Christianity with the Jewish feast of Passover, commemorating the passing over or sparing of the Israelites in Egypt, when God smote the firstborn of the Egyptians (the French word for Easter is derived from the Greek Paskba and the Hebrew Pesab, meaning 'passage'). Passover is celebrated for a week at the beginning of spring (from the 14th to the 21st of the month of Nisan), during which no alcohol or leavened food is consumed, the feast begins with a formal meal of a roasted lamb, sacrificed according to the kosher method.

Easter Day, fixed at the Council of Nicaea in AD 325 to fall on the first Sunday after the full moon following the spring equinox, can occur between 22 March and 22 April. It corresponds to the height of the period of the renewal of life after winter and, as Easter also follows the abstinence of Lent, numerous culinary traditions mark this festival.

In all countries, eggs are the symbol of Easter, in France, the custom of offering painted or decorated hard boiled (hard cooked)

Eggs goes back to the 15th century, when it was particularly common in Alsace. The paschal omellette, sometimes made with eggs laid on Good Friday, is usually enriched with bacon or sausage to emphasize the end of the period of abstinence.

The omellette is traditionally followed by a dish of meat, generally roebuck or lamb but also pork (grilled sucking pig at Metz, ham sprinkled with chopped parsley in the Cote d'Or). In Charente Poitou, Touraine, Berry and Bresse, the Easter Sunday menu includes pie filled with a mixture of chopped meats and hard boiled eggs. Little noodles in vinaigrette (totelots) are typical in Lorraine, fritters Rousseilon, and large thick pancakes (pachades) in Auvergne. A variety of special cakes and pastries are prepared for Easter, pognes and pompes in Provence, Savoy and the area around Lyon; alise pacaude in the Vendee; cavagnants in Menton (shaped like baskets and containing eggs dyed red) cacavelli (crowns topped with eggs) in Corsica; alleluias in Castelnaudary; pagnoties in Forez; gingerbreads in the shape of horses in Touraine; darioles in Reims; flones in the Aveyron region; and soupe dorce in Savoy (called soupe rousse in the Creuse), which is a kind of French toast (pain perdu).

Russian cookery includes several traditional cakes for Easter Day, such as kulich and pashka. In Germany the Easter cake is the Ostertorte, a type of sponge cake filled with mocha-flavoured butter cream and decorated with chocolate eggs.

The British simnel cake is now traditional at Easter although originally it was a cake made to celebrate Mothering Sunday.

EAU-DE-VIE

A French term meaning ‘water of life’

From the Latin aqua vitae. It is nowadays generally applied to brandy (not necessarily Cognac or Armagne) and also to the alcohols blancs (white alcohols) – spirits distilled from fruits or herbs and kept in glass (not wood) without any sweetening. The various marches are known as eaux-de-vie-de-vin, as they are distilled from wine. Distillates from each other basics, such as Scotch whisky, vodka, gin, Schnapps and so on, are not strictly speaking eau-de-vie, although the Gaelic for Scotch whisky – usque beatba – means ‘water of life’.

ECAILLER

A French culinary term meaning to open shellfish. An ecaillier is the person employed to open the oyster in a restaurant having its own oyster bed. Ecaillers are also traders specializing in the sale of shellfish and seafoods.

The verb ecailler also means to scale fish.

ECARLATE

A L. The French term describing traditional pickled pork or beef, especially ox (beef) tongue. Saltpetre (potassium nitrate) was used with salt to pickle meat; it coloured the meat bright red, hence the name, meaning ‘scarlet’. This was further enhanced by rubbing red food colouring (liquid carmine) over the cured meat before it was hung in storage. The traditional recipe is given below; saltpeter is not used in modern commercial curing and is not readily available. Meat can be pickled at home without saltpeter or using nitrites available to the food industry, but it does not have the traditional keeping qualities. The method should be used for the flavour it yields rather than as a means as a long term preservation.

Pickled tongue is served hot with vegetables or cold as an hors d’oeuvre. It is also an ingredient of dishes described as a Pecarlade, which are served with some kind

Of red sauce, such as tomato, and it is often used as a garnish (cut into cockcombs). Beef can also be pickled cooked, pressed and used in the same way.

Fromage à l’ecarlade, a specialty of classical cookery is a type of butter made with crayfish (and therefore reddish) a recipe is given by the chef Menon in La Science du maitre d’hotel cuisinier (1749)

RECIPES

Traditional pickled ox tongue

Soak a trimmed ox (beef) tongue in cold water for 24 hours, then drain and wipe it. Prick lightly all over, rubbing the surface with salt mixed with saltpeter. Put the tongue in a stoneware container. Prepare a brine by adding 2.25 kg (5 lb. 6-1/4 cups) coarse salt, 150 g (5 oz) 300 g (11 oz 1-3/4 cups) brown sugar, a spring of thyme, a bay leaf, 12 juniper berries and 12 peppercorns to 5 litres (9 pints, 5-1/2 quarts) water. Boil for a few minutes, then leave it to become cold. Cover the tongue with this brine, place a wooden board with a weight on top over it, and leave it so steep in a cool place for 6 days in summer, or 8 days in winter.

Drain the tongue and soak it for a few hours in fresh water to draw out the salt, then cook in water without any seasonings or condiments for 2-1/2 – 3 hours, depending on its size. Drain the tongue, then strip the skin off completely while still hot. Cover it with buttered paper to prevent blackening and leave it to cool. Wrap the tongue in very thin piece of fat bacon, tie it up and wrap in muslin (cheesecloth), tying it at each end. Poach the tongue in a large quantity of simmering water for about 10 minutes. Drain immediately, remove the muslin and brush the tongue with red food colouring. Hang it up and leave to cool. Prepared in this way, the tongue

will keep for several weeks in a cool dry place.

Canapes a l'ecarlate

Cut some thin slices of bread into rounds or rectangles and spread them with a little softened butter mixed with paprika, cayenne pepper and a little Worcestershire sauce. Place a slice of pickled tongue on each round and garnish with a thin line of the same butter.

ECHAUDE

A small light crisp biscuit (cracker) very popular in France up to the 19th century. It was made from a mixture of water and flour (to which an egg and some butter was added, poached in boiling water (hence its name, which means scalded), and then drained and dried in the oven. Formerly, during lent the egg was omitted and the butter replaced with oil.

Echaudes are mentioned for the first time in charter dated 1202, under the name of panes qui discumar eschaudati (bread known as scalded'). In the 13th century they were scalloped later they were round, triangular or heart-shaped. They used to be sold in the street, like waters. In his Grand Dictionnaire de cuisine. Alexander Dumas describes them as a sort of unsweetened cake which is made for the birds and for children rather for adults. The Parisian pastrycook Favart, who brought them back into fashion at the beginning of the 18th century, in the Rue de la Verreine, was thought for a long time to have invented them.

The echaude remain a traditional biscuit in several provinces, particularly in Aveyron (aniseedflavoured) and in the west of France along with the craquelins). It can also be made with a raising (heavening) agent.

ECHEZEAUX

A region in the Cote de Nuits, Burgundy , where 11 vineyards entitled to the AOC make fine red wine, labeled according to their specifications; one of them is a grand cru, the highest rating in Burgundy. Very few of the wines are sold just as "Echezeaux" , as many Vosne-Romanee people have difficulty pronouncing the name.

ECLADE

Also known as eglade. A traditional prepared mussels which is typical saintongue on the atlantic coast of France particularly of La

Tremblade. The mussels are scraped and cleaned and then arranged on the fumee, a thick plank of hard olive wood, which is sometimes covered with a layer of clay so that the mussels will stay in place. The plank and mussels are then covered with a layer of dry pine needles, which are set alight. When the needles, which are set alight. When the needles have been reduced to ashes, the mussels are ready. They are eaten every hot and plain , with country bread and butter.

ECCLAIR

A small log shaped bun of choux pastry, filled with cream and coated with chocolate fondant icing (frosting).The paste is piped on to a "baking sheet and cooked until crisp and hollow.

After baking, the esclair is split lengthways and filled with whipped cream or confectioner's custard (pastry cream), plain or flavoured with coffee or chocolate . The top is iced with chocolate fondant icing or melted chocolate. Eclairs can also be filled with chestnut puree or a filling made from fruits preserved in syrup.

RECIPES

Chocolate e'clairs

Prepare some choux* paste with 125 g (4-1.2 oz. 1 cup) plain (all purpose) flour, 65 g (2-1/2 oz table spoons) butter, a large pinch of salt, 250 ml (8 fl oz. 1 cup) water and 4 eggs. Using a piping (pastry) bag with smooth nozzle, 2 cm (3/4 in) in diameter, pipe thick fingers of dough, 6 – 7.5 cm. (2-1/2 – 3 in.) in long, on to a baking sheet, well spaced apart so that they will be able to rise without sticking together. Beat an egg yolk with a little milk and use to glaze the éclairs. Bake the éclairs in the preheated oven at 190°C (375°F; gas 5) until pale golden in color. This will take 20 minutes at the most. The inside must still be soft. Leave the éclairs to must still be soft. Leave the éclairs to cool completely then split them down one side.

Make a confectioner's custard (see custard) with 50 g (2 oz. 1/2 cup) plain flour, 1 whole egg, 2 egg yolks and 50 g (2 oz, 1/4 cup) caster (superfine) sugar. Add 1 tablespoon cocoa (unsweetened cocoa) to the cream mixture. Leave to cool completely, then put into a piping bag and use to fill the eclairs. Heat 200 g (7 oz. 1 cup) fondant icing (frosting) over a low heat, add 50 g (2 oz. 2 squares) melted dark chocolate, and mix well. Coat the top of the eclairs and leave to cool.

Coffee eclairs

Use the same process as for chocolate eclairs, but flavour the cream filling with 2 teaspoons instant coffee dissolved in 250 ml (8 fl. oz. 1 cup) milk brought to the boil with 40 g (1 1/2 oz. 3 tablespoons) unsalted butter. Add coffee essence (extract) drop by drop to taste, to the icing (frosting)

ECOLE DE SALERNE A collection of the health precepts of an Italian school of medicine that was highly regarded in the Middle Ages as a dietetic and therapeutic recipe manual. Translated from Latin into French in about 1500, and edited and enlarged several times, these precepts were rewritten in the form of little verses, easy to remember in the form of little verses, easy to remember, for example.

Fennel seeds when soaked in wine
Revitalize a heart that love makes pine,
And reawaken the old man's flame,
The salutary usage of the seed, you know,
From liver and lung doth banish pain,
And quells the wind that in the gut doth blow.

ECOSSAISE, A L A French term primarily used to describe a soup inspired by Scottish cookery (Scotch broth). This is a clear soup made with diced boiled mutton, pearl barley and a vegetable mixture. This mixture is also used to make ecossaise sauce, served with white offal (variety meat) eggs or poached fish and poultry. The name is also used for various dishes, particularly egg dishes containing salmon.

RECIPES

Ecossaise sauce

Gently braise in butter 4 tablespoons vegetable brunoise and some French (green) beans cut up into very small dice. Prepare 200 ml (7 fl. oz. 3/4 cup) cream sauce and put through a strainer. Add the vegetable mixture.

Soft boiled (or poached) eggs a l ecossaise

Prepare 4 tablespoons salmon puree by mixing some finely crumbled poached salmon with the same quantity of thick white sauce. Heat up this puree and use it to fill 4 warmed puff pastry croustades. Arrange a soft-boiled (soft-cooked) or poached egg in each case, and cover with

shrimp sauce. Each egg may be garnished with a slice of truffle.

ECOT A French term meaning each diner's share in a meal paid for communally. The word, which comes from the Old French *skot* (contribution) is hardly used at all now, except in the expression *payer son ecot* (to pay one's share).

ECUELLE A small round rimless bowl for individual portions of food. Wooden, earthenware or tin *ecuelles* are among the most ancient of table utensils. In the Middle Ages, one bowl was sometimes used by two people. Nowadays, *ecuelles* are usually made of earthenware or pottery, and are generally only used to serve thick vegetable soups or rustic dishes.

ECUYER TRANCHANT An officer in charge of cutting the meats and serving at the king's table under the Ancient Regime. The post was sometimes shared, the *ecuyer tranchant* doing the cutting and the *grand ecuyer tranchant* when he officiated for the queen. The *ecuyer tranchant* was the nobleman, who had the right to display representations of a knife and fork with *fleur de lis* on the handles under his heraldic arms. The post itself gradually became honorary, but remained highly lucrative owing to the privileges attached to it.

EDAMS

A Dutch cow's milk cheese, containing 30 – 40 % fat, in the shape of a large ball with a red low or red waxed coating. The semi-hard pressed cheese is firm but elastic, free of holes, and light yellow to yellow ochre in colour, depending on its degree of maturity. Edam is described as young after two or three months in a dry cellar, when it has a sweet nutty flavour, after six months it is semi-matured, with a stronger flavour, at the end of a year maturing it is described as matured and has a slight bite. Edam is also known in mainland Europe as *tete de mort* or *tete de Maure* (dead man's head or Moor's head), *Manbollen* and *Katzenkopf*, due to its characteristic head-like shape. Measuring about 13 cm (5 in) in diameter, it weighs between 1.5 and 17 kg (3-1/4-3-3/4 lb). A baby Edam is also available, weighing 1 kg (2-1/4 lbs), and a triple Edam, weighing 6.5 kg (14-1/2 lb).

Edam is made all over the Netherlands, and even in France and Belgium, but authentic Edam, from the small port in the northern Netherlands, is protected by a label of origin. It is usually served after a meal, often with pale ale, but it is also used a good deal in cookery. Young or semi-matured cheese is suitable for sandwiches, *pâtisseries*, *canapés*, *croque monsieurs* and mix salads; matured cheese is used in *gratins*, *soufflés* and *tarts*. Lastly, it is used in a traditional dish called *Keshy Yena* from Curacao, the main island in the Netherlands Antilles.

RECIPE

Keshy Yena

Using a young Edam, cut a round slice from the top and hollow out the inside of the cheese with a knife, leaving the walls 1 cm (1/2 in) thick. Cut the hollowed out cheese into small cubes, mix with a cook ragout made of diced or chopped pork or beef, then add some stoned (pitted) olives, tomatoes cut into small segments and sliced onions. Fill the Edam ball with this mixture replace the round slice at the top and hold it in place with cocktail sticks (toothpicks). Bake in a preheated oven at 160 °C (325°F gas 3) for 1 hour.

Diced or chopped pork or beef, then add some stoned (pitted) olives, tomatoes cut into small segments and sliced onions. Fill the Edam ball with this mixture replace the round slice at the top and hold it in place with cocktail sticks (toothpicks). Bake in a preheated oven at 160 °C (325°F gas 3) for 1 hour.

EDELPILZ

A German cow's milk cheese with a 55% fat content. A blue veined pale yellow cheese with a natural crust, it has a sweet flavour with a slight tang. Made in the Bavarian Alps, Edelpilz is sold in a round, a loaf or individual portions, wrapped in silver paper. Its name means literally noble mushroom.

EDELZWICKER

A white Alsace wine made from a blend of certain permitted noble grapes. A pleasant drink, it goes well with various Alsatian recipes.

EDWARD VII

While still the Prince of Wales, the future king of England was a notable personality in fashionable Paris at the end of the 19th century. He was an habitué of the great restaurants (Voisin, Café Hardy, Paillard) and sumptuous dishes were dedicated to him. For example, turbot prince de Gulle is a dish of poached turbot garnished with oysters and fixed mussels and coated with a champagne sauce seasoned with curry spices and enriched with grayfish butter.

When he became king, he continued to receive the honours of haute cuisine. Barbue Edouard VII is brill poached in white wine, garnished with duchess potato rosettes and served with an oyster mousseline sauce. Poularde Edouard VII is chicken stuffed with foie gras, rice and truffles, coated with a curry sauce containing diced red (bell) pepper and served with cucumbers in cream. In oeufs Edouard VII, softboiled (soft cooked) or poached eggs are arranged, with slices of pickled tongue, on a truffle risotto and garnished with slices of troffle. Edouard VII itself is a small boat-shaped cake filled with rhubarb and topped with green icing (frosting) arranged, with slices of pickled tongue, on a truffle risotto and garnished with slices of troffle. Edouard VII itself is a small boat-shaped cake filled with rhubarb and topped with green icing (frosting).

EEL

A snakelike fish with a smooth slippery skin. Eels mature in fresh water where they are fished and migrate to the Sargasso Sea to breed. The larvae are carried by the ocean currents over a period of two or three years to the coasts of Europe. When they enter the estuaries, they are transparent and have grown to a length of 6 – 9 cm (2-1/2- 3-1/2 in). These are the glass eels or elvers, which make a popular fried dish in Nantes, La Rochelle, Bordeaux and the Basque country. Those larvae that survive grow larger and the skin becomes pigmented. The yellow eel has a brown back, becoming greenish, with a yellowish underbelly that later becomes silvery white. It is at this time, when it starts to travel back to the Sargasso Sea, that the eel, now described as 'silvered' or 'descending' is most prized. The male measures about 50 cm (20 in) and the female 1 m (40 in). Eels are sold alived. They are killed skinned at the last moment as the flesh deteriorates rapidly; and the raw blood is poisonous if it enters a cut – for example, on one's finger. Eels are very fatty fish, but tasty.

Eels were popular with the Romans and widely eaten during the Middle Ages. Taillevents Viandier gives a whole range of recipes for preparing eel dishes in broth, in galantine, in tarts or pates, as Lent flan, with garlic or mustard, roasted, salted, dusted with spices, or as a roulade. Today, eels appear in numerous French regional recipes (catigot, matelote, bouillette, ani vert, a la flamande), However, classic haute cuisine dishes (ballottine, pate), or even more simple ones (ala tartare, a la poulete), are less often prepared than they used to be.

Jellied eels are famous in Britain, served cold in the jellied stock dish in Scandinavia and in northern Germany. The skin should be shiny and almost black, and it is served as an hors d'oeuvre, with rye bread and lemon.

Eels are particularly popular in Japan, especially opened and skewered, then grilled as

As part of one-pot meal prepared at the table. Eel is farmed in Japan (as well as other countries including Italy, to a lesser extent)

RECIPE

Preparation

To kill an eel, seize it with a cloth bang its head violently against a hard surface. To skin it, put a noose around the base of the head and hang it up. Slit the skin in a circle just beneath the noose. Pull away a small portion of the skin, turn it back, take hold of it with a cloth, and pull it down hard. Clean the eel by making a small incision in its belly. Cut off and discard the head and the end of the tail. Wash and wipe and dry. Alternatively, when the eel has been killed, it can be cut into sections and grilled (broiled) for a short time. The skin will puff up and can then be removed. The method has the advantage of removing excess fat from the eel, particularly if it is large.

Devilled eel

Cook an eel weighing about 800 g (1-3/4 lb.) in a court boullion of white wine and let it cool in the liquor. Drain and wipe the eel, then smear it with mustard, brush with melted butter and grill (broil) slowly. Arrange the eel on a round dish and garnish with gherkins (sweet dill pickles) if desired. Serve with a devilled sauce.

Cel a la bonne femme

Soften 4 large tablespoon chopped onion in butter and place in a sauté pan. Put slices of a medium size eel weighing about 800 g (1-3/4 lb) on top of the onion layer. Add salt and pepper, a bouquet garni and 300 ml (1/2 pint., 1-1/4 cups) white wine. Cover and poach slowly for 25 minutes. Drain the slices of eel and arrange them on croutons of sandwich bread fried in butter. Garnish with large diced potatoes sautéed in butter. Coat the eel with the liquor from the pan, after reducing it by half and thickening it with 1 Table spoon beurre manie.

eel a la provencale

Cook 2 tablespoons chopped onion gently in a large pan with a little oil. Cut a medium-sized eel into even-sized slices, add to the pan, and cook until they have softened. Season with salt and pepper, and add 4 peeled, seeded chopped tomatoes, a bouquet garni and a crushed garlic clove.

Moisten with 100 ml (4 fl oz 7 tablespoon s) dry white wine, cover the pan, and cook slowly for 25-30 minutes. About 10 minutes before serving, add 12 black olives. Arrange on a dish and sprinkle with parsley.

Eel au vert

Skin and prepare 1.5 kg (3 1/4 lb) small eels and cut each one into 4 sections in a sauté pan in 150 g (5 oz, 2/3 cup) butter until they have stiffened. Add 100 g (4 oz, 11/2 cups) each of chopped spinach and sorrel leaves, reduces the heat, and continue cooking until the vegetables are soft. Add 325 ml (11 fl oz, 1 1/3 cups) dry white wine, a bouquet garni, 2 tablespoon chopped parsley and 1 tablespoon each of chopped sage and tarragon. Season well and simmer for 10 minutes. Brown 6 slices of stale sandwich bread in butter. When eels are cooked, add 2 or 3 egg yolks mixed with 2 table spoons lemon slices of fried bread and coat with the sauce. Eels au vert may also be served cold without the bread.

Eels brochettes a Panglaise

Cut a boned eel into even size pieces and marinate them for an hour in a mixture of oil, lemon juice, pepper, salt and chopped parsley. Drain the eel pieces, roll in flour and coat with fresh breadcrumbs. Thread the eels on to skewers, separating the pieces with small slices of fat bacon. Grill (broil) under a low heat until the flesh separates easily from the bone. Arrange on a long dish, garnished with parsley and surrounded with half slices of lemon,

Eel pie

Bone an eel, cut the fillets into 5 – 6 cm (2-2-1/2 in.) slices and blanch them in salted water. Drain and cool the eel slices. Hard boil (hard cook) and slice some eggs. Season the fish and eggs with salt, pepper and grated nutmeg, and sprinkle them with chopped parsley. Layer the eel and egg slices in a deep, preferably oval, dish. Add sufficient white wine to just cover the fish and dot with small knobs of butter. Cover with a layer of puff pastry, making a hole for the steam to escape. Brush with, beaten egg and score the top. Bake in a preheated oven at 200° C (400° F, gas 6) for 30 minutes, then reduced the temperature to 180° C (350° C, gas 4) and cook for a further 1 hour just before serving, pour a few tablespoons of demi-glace sauce (made with fish stock) into the hole at the top of the pie. The pie may also be eaten cold.

Eel pie aux fines herbes (a la menagere)

Bone an eel and cut the fillets into slices. Flatten each slice and season with salt, pepper, and spices to taste. Arrange in a deep dish and moisten with a few tablespoons of dry white wine, a little Cognac and a few drops of oil. Leave to marinate for 2 hours in a cool place. Drain and wipe the slices and reserve the marinade over the fish. Leave until completely cold.

Line a shallow oval pie dish with shortcrusts pastry (basic pie dough) and spread the base and sides with a layer of pike forcement containing chopped parsley. Fill the pie with alternating layers of the flattened eel slices and the pike forcement. Moisten each layer with a little of the marinade. Finish with a 2 cm. (1/4 in) layer of forcemeat and sprinkle with melted butter. Cover with a layer of pastry (dough) and trim the top with leaves cut from the pastry trimmings. Make a hole in the top for the steam to escape and brush the pastry.

With beaten egg. Bake in a preheated oven at 180°C (350°F), gas 4) for 1 –3/4 – 2 hours.

Remove the pie from the dish and place it on a long serving dish. Pour a few tablespoons of dem glace sauce, made with fish stock, through the hole in the top of the pie. Anchovy fillets may also be included with the eel slices, or some anchovy butter or dry duxelles may be added to the pike forcemeat. If the pie is served cold, pour enough fish jelly into the hole in the top of the pie to fill the gaps left by the cooking

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Roulade of eel a l'angevine

Prepare a 1.5 kg (3-1/4 lb) eel as for balottine, and stuff with a pike forcement to which a salpicon of mushrooms and truffles has been added. Reshape the eel and wrap it in thin slices of bacon. Tie it up in the form of a ring. Slice a large onion and a carrot and soften in butter in a sauce pan. Spread the vegetables evenly in the pan and place the eel on top, with a large

bouquet garni, a leek and a spring of savory in the center. Add just enough medium dry white wine, such as Anjou, to cover the eel. Bring to the boil, skim, then cover and simmer slowly for 35 minutes. Prepare 24 small mushrooms caps, keeping the stalks, and toss in butter. Drain the eel (reserving the Liquor) remove the bacon slices, and put into another sauce pan with the mushroom. Keep hot.

To prepare the sauce, strain the cooking liquor and make a white roux with 50 g (2 oz. ¼ cup) flour. Moisten with the strained juices and add the mushroom stalks. Reduce the sauce over a high heat and add 350 ml (12 fl. Oz. 1-1½ cups) single (light) cream. When the sauce has reached the correct consistency, take it off the boil and add 100 g (4 oz. 1/3 cup) crayfish butter. Coat the rolled up eel with the sauce.

EFFILER

A French culinary term meaning to prepare green beans for cooking by breaking off the ends with the fingers, as close as possible to the tip and removing the strings, if any. When applied in almonds and pistachio nuts effiler means to cut into the thin slices lengthways, either with a knife or with a special instrument. The word is also used for slicing chicken or duck breast.

Some chefs use the term effiloche, particularly for cutting leeks into fine shreds.

EGG

The round or oval reproductive body laid by the female of many animals, containing the developing embryo and its food reserves and protected by a shell or skin. Although the eggs of many birds, fish and even reptiles can be used as food, the word 'egg' unqualified applies exclusively to hen's eggs. All other types of egg offered for sale must be labeled appropriate quails eggs, duck eggs, plover's eggs. There are also exotic rarities such as crocodile or ostrich eggs.

The average weight of a hen's egg is 50 g (2 oz.). The shell makes up about 12% of the total weight of the egg and is made of a calcareous porous, substance which is pervious to air, water and smells. It is lined with a delicate pellucid membrane which separates itself from the shell at the larger end of the egg to form the air chamber.

The yolk of the egg (30% of the total weight) is an opaque soft substance which congeals in heat. The yolk is composed of albumins, fats containing vitamins, lecithins, nucleus, cholesterol and mineral substances including a ferruginous pigment called haematogen, which gives it colour. It contains the germ (visible in fertilized egg- this does not mean the egg is inedible), the remaining proteins, and all the fats (especially lecithin), together with iron, sulphur and vitamins A,B,D and E.

Varieties and qualities Contrary to popular opinion, brown egg is neither better nor more "natural" than a white one; it is, in fact, usually smaller and less well-filled. However, it is easier to examine for freshness against a bright light because the shell is thinner and less opaque. The colour of the yolk (deep or pale yellow) has no bearing on the quality of the egg, and any blood spots that may be found in the white. Fresh eggs should be used in 1 month and stored unwashed, with the pointed end down, in their box in the refrigerator. Washing an egg makes the shell permeable to smells. A raw egg yolk will keep for 24 hours and a raw egg white from 6 to 12 hours. A dessert containing raw eggs, such as a mousse, should be eaten within 24 hours. Fresh eggs can be poured into suitable containers.

Freshness of eggs A fresh egg is heavy and should feel well-filled. An egg loses a tiny fraction of its weight every day by evaporation of water through the porous shell. It is easy to test

the freshness of an egg by plunging it into salted water containing 125g (4 ½ oz, 1/3 cup) salt per 1 litre (1 ¾ pints, 4 1/3 cups) water. An egg up to 3 days old will sink at once to the bottom; an egg 3-6 days old will float halfway up the water; if it is bad, it floats horizontally on top of the water. Another method is to break an egg on the plate. If the yolk is compact and positioned in the center, the egg is fresh. If the egg is 1 week old, the yolk is not the center, and in an egg that is 2-3 weeks old. The yolk has a tendency to spread. The freshness of an egg can also be tested by holding it up to the light- a very small air chamber indicates a very fresh egg.

Uses Eggs are among the most versatile ingredients used in cooking. They are of prime importance in many branches of food industry, especially those concerned with making pasta, ices, biscuits (cookies) and cakes. In the kitchen have innumerable uses, such as liaisons, egg and bread crumb coating, glazing pastry, preparing emulsified sauces and forcemeats. They are an ingredients in many basic dough and batters.

Eggs can be cooked in a great variety of ways and serve with all sort of garnishes. According to James de Coquet, "There is not a celebrity, a marshal, a composer, or an opera singer who has not given his name to a method include poaching, boiling, frying and baking; eggs can be scrambled or made into omelettes. They can be served plain or with an incredible array of garnishing ingredients, sauces or other accompaniments.

The nutritive value and versatility of eggs ensured that they became part of the human diet all over the world from the earliest times; they were frequently associated with rites and traditions.

Enormous numbers of eggs were eaten in the Middle Ages and, as in ancient Rome, the diner crushed the shell in his plate to prevent evil spirits from hiding there. Eggs were forbidden during Lent because of their "richness" and it was traditional in France to search for and collect eggs on Maundy Thursday and Good Friday and have prolific consumption over Eastertide. The French

word for the yolk at that time was *moyeu*, meaning center or hub, and some people believe that the word "mayonnaise" is derived from it. The French word for the white *aubun* (now *blanc*).

Recipes

Eggs en Cocotte

Break the eggs into small buttered cocottes or ramekins and cook in a bain in a preheated oven at 200° C (400° F, gas 6) for 6-8 minutes.

Eggs en cocotte with cream

Put a layer of chicken quenelle forcement into each into each ramekin. Break 1 egg on top and place a knob of butter on the yolk. Cook in a bain marie in a preheated oven. When cooked, add salt and pepper. The eggs may also be sprinkled with a little grated Parmesan cheese and moistened with melted butter before cooking.

Eggs en cocotte with tarragon

Cook the eggs in bain marie in a preheated oven and pour some reduced tarragon-flavoured veal gravy around each yolk. Garnish with blanched drained tarragon leaves arranged in the form of a star, if wished, chopped tarragon can be sprinkled in the bottom of the buttered ramekins and the veal gravy can be replaced with reduced tarragon flavoured cream.

Eggs in a Mould

This dish from the grande cuisine is rarely made nowadays but is very simple to prepare. Break

the eggs into buttered dariole moulds and sprinkle with some types of chopped flavouring (parsley, ham, truffle). Cook in a bain marie in a preheated oven at 200° C (400° F, gas 6) and turn out on to a crousade, fried bread or an artichoke heart. Coat with sauce and serve.

Eggs in a mould Bizer

Butter the dariole moulds and line them with a mixture of minced (ground) pickled tongue and diced truffle. Break the eggs into the moulds and cook them in a bain marie in a preheated oven. Unmould them on to braised artichoke hearts. Cover with Perigueux sauce and garnish with a slice of truffle.

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Eggs sur le Plat or Shirred Eggs

Eggs sur le plat are cooked in individual dishes in a preheated oven at 160° C(325° F, gas 3) . The size of the cooking dish is important as the yolks do not cook as well when the whites have too much room to spread out. Some cooks recommend separating the whites from the yolks, cooking the white first until they begin to set, and then placing a yolk in the center of each white. It is advisable to put salt on the white only as it will show up as white specks of the yolk.

Eggs au miroir

Eggs aur miroir are also baked in the oven but at a far higher temperature , so that the yolks when cooked are shiny. Melt a knob of butter in a small flameproof eggs dish. When it begins to sizzle , break 2 eggs on to a plate and slide them into the dish. Sprinkle with a pinch of salt and top with soft butter. Cook in a preheated oven at 240° C (475° F, gas 9)until the white has set. Serve very hot while the yolks are still shiny. Alternatively, the eggs can be cooked on the hob (stove top), basting them constantly with the hot butter in the cooking dish.

Eggs sur le plat a al chaville

Cook a salpicon of mushrooms in butter and put a tablespoon into individual egg dishes. Break the eggs on top and cook them in a preheated oven. Garnish with 1 tablespoon tomato sauce flavoured with chopped tarragon.

Eggs sur le plat a Pagenaise

Line some individual eggs dishes with 1 tablesppon chopped onion that has been sauced in goose fat.Break an egg into each dish and cook in a preheated oven. When they are cooked, add a little , chopped garlic and parsley. Garnish with coarsely chopped sautéed subergines

(eggplants) . Alternatively, the eggs can be cooked in a single large dish.

Eggs sur le plat a Pantboisc

Roll 4 spoonsfuls of whitebait in flour and sauce them in olive oil. When they are brown, add 1 tablespoon on the bottom of individual egg dishes. Break the eggs into the dishes and cook in a preheated oven.

To serve, garnish with a ragout of sweet (bell) peppers, a foreintale and a saffron-flavoured rice au gras. Four tomatao sauce round the eggs.

Eggs sur le plat archduke

Soften some chopped onion in butter, season with paprika and use it to line individual dishes. Break the eggs on top and cook in a preheated oven. Garnish with cooked diced truffles. Surround with supreme sauce seaoned with a little paprika.

Eggs sur le plat Jockey club

Cook the eggs in a large buttered dish. Trim them with a pastry (cookie) cutter, leaving only a narrow border of white around each yolk. Toast some slices of bread and spread them with pureed foie gras. Place an egg on each slice and arrange them in a circle on round dish . Fill the center of the dish with sliced calves' kidneys sautéed in Madeira. Tope each egg with a slice truffle.

Eggs sur le plat Louis Oliver

Cook a slice(about 40 g 1-1/2 oz) of fresh foie gras in a little butter in a large egg dish until heated through. Season with salt and a pinch of cayenne pepper. Add a little more butter and, when very hot bvreak 2 eggs into the dish, one on either side of the foie gras. Coat the latter with a little very hot chicken veloute sauce and cook for 2 minutes over a high heat . Surround the eggs with Perigueux sauce and serve immediately.

Eggs suc le plat Montrouge

Butter individual egg, dishes and pipe a border of mushroom duxelles in each . Break the eggs into the dishes, surround the yolks with a ribbon of double (heavy) cream and bake in a preheated oven.

Eggs sur le plat with bacon

Heat a little butter in a frying pan and lightly fry some thin rashers (slices) of bacon. Break the eggs on to the bacon and cook, basting them with the fat that runs from the bacon. Alternatively, line small individual dishes with thin strips of lightly browned bacon. Break an egg into dish, pour bacon fat over them and bake in a preheated oven.

Fried Eggs

Break each egg into a cup, season with salt and pour into a frying pan containing hot oil, butter, goose fat or lard. Immdiately draw the white neatly around the yolk and baste with hot fat until the white is set. Drain well. To deep dry,

Add the egg to hot fat and fold the white over the yolk. Turn after cooking for a few seconds. As soon as it is lightly browned , remove and drain. The white should be crisp and the yolk soft.

Fried eggs a la bayonnaise

Deep fry some small round slices of bread, then place a slice of friend Bayonne ham cut

to the same shape on each one. Fry the eggs in oil and place one on each slice of bread. Garnish with sautéed mushrooms (preferably caps.)

Fried eggs a la Catalane

Fry halved, seeded tomatoes and aubergine (eggplant), cut into rounds, separately in olive oil. Add salt and pepper, a little crushed garlic and chopped parsley. Spread the vegetables over a dish. Fry the eggs and slide them on the vegetables.

Hard boiled Eggs

Cook the eggs in their shells in boiling water for 10-12 minutes, then plunge them into cold water for 7-9 minutes to cool them before shelling. The white and the yolk should be completely set. The eggs must not be allowed to boil for longer because the white becomes rubbery and the yolk crumbles.

Hard boiled egg cutlets

Dice the whites and yolk of a hard boiled (hard cooked) eggs and blend them with 4 tablespoons thick béchamel sauce to which 2 raw egg yolks have been added. Chill thoroughly.

Divide the mixture into 50 g (2 oz) portions and shape them into cutlets. Dip in eggs and breadcrumbs and deep fry at 175 °C (347 °F) or shallow fry in butter. Arrange them on a dish, and put a paper frill on the narrow end of each cutlet. Sprinkle with fried curly parsley. Serve with tomato sauce and a garnish of green vegetables blended with butter or cream, or with a vegetable macedoine, tomato fondue or risotto.

The recipe may be varied by adding a little diced mushroom, truffle, lean ham or tongue to the egg mixture.

Hard boiled eggs a la macedoine

Cook and shell the eggs. Cut off the larger ends and finely dice them. Remove the yolks

Carefully without damaging the whites. Make some mayonnaise and blend half of it with a well drained chilled macedoine of vegetables, using 1 tablespoon mayonnaise and blend half of it with a well drained chilled macedoine of vegetables, using 1 tablespoon to 5 tablespoons macedoine. Colour the remaining mayonnaise with a little tomato puree (paste) and blend with the mashed yolks and the finely diced egg white. Fill the eggs whites with this mixture, shaping the top into a dome. Line a dish with the macedoine, smooth the surface and press the eggs into it so that they stand upright. Garnish with the remaining tomato mayonnaise.

Hard-boiled eggs Elisabeth

Cut the ends off some hard boiled (hard cooked) eggs so that they look like little barrels. Extract the yolks taking care not to break the whites. Press the yolks taking care not to break the whites. Press the yolks through a fine sieve and mix with an equal quantity of fairly thick artichoke puree with a little chopped truffle added. Season with salt and pepper. Fill the eggs with this stuffing, rounding the top into a dome shape. Arrange the eggs in a gratin dish, placing each one on an artichoke heart which has been cooked gently in butter. Cover with Mornay sauce, sprinkle with grated cheese and moisten with melted butter. Brown the eggs in a preheated oven at 220 °C (425 °F, gas 7).

Hard boiled eggs in breadcrumbs

Take a good handful of young sorrel, remove the stalks, wash and dry the leaves, and shred them finely. Cook slowly in a saucepan with 40 g (1-1/2 oz. 3 tablespoons) butter until all the moisture has evaporated. Add 1 tablespoon flour, cook for 5 minutes over a gentle heat, and

allow it to cool. Gradually add 400 ml (14 fl oz. 1-3/4 cups) boiling milk, stirring constantly with a wooden spoon. Add salt and pepper and simmer for 15 minutes. Press the mixture through a fine sieve. Return to the pan and bring to the boil. Remove from the heat and add 2 tablespoons cream. Adjust the seasoning. Hard boil (hard cook) 4 eggs, arrange them in a hot dish and pour the mixture over them.

Poached Eggs

Break the eggs into a cup and then slip it quickly into gently boiling water with 1 tablespoon vinegar added per 1 litre (1-3/4 pints, 4-1/3 cups). Cook for 3–5 minutes with the water barely simmering, depending on how firmly the yolk needs to be. If the egg is very fresh, it will not spread out in the water and the white will coagulate instantly. When cooked, remove with a spoon, refresh in cold water, drain on a cloth and trim. The eggs should be poached one by one so that they do not merge together in the water they can be kept warm in water at 70°C (158°F).

Poached eggs almagiva

Cook 4 artichoke hearts in salted water, drain them and braise them in butter. Spread a knob of foie gras over each and top with a poached egg. Coat them with Mornay sauce and glaze in a preheated oven each and top with poached egg. Coat them with Mornay sauce and glaze in a pre-heated oven at 230°C (450°F, gas 8). When the eggs are browned, sprinkle with finely chopped fresh truffles and serve immediately.

Scramble eggs with cep mushrooms

Slice some cep mushrooms, season with salt and pepper, and sauté them in butter or oil with a little garlic. Make the scrambled eggs and add the ceps. Place in a serving dish with a generous tablespoon of fried ceps in the center. Sprinkle with fried croutons.

Other varieties of mushrooms may be used, chanterelles, blewits, horn of plenty, or cultivated button mushrooms.

Scramble eggs with chicken livers

Make the scrambled eggs and pile them into a heated dish. Garnish with sliced chicken livers, sautéed in butter and blended with demi-glace sauce. Sprinkle with chopped parsley.

Scrambled eggs with shrimps

Add some peeled (shelled) shrimps or prawns heated in butter to the scrambled eggs. Arrange them in a heated dish and garnish with peeled shrimps that have either been tossed in butter or blended with shrimp sauce. Surround with croutons fried in butter and a ribbon of shrimp sauce.

This recipe can be varied by using crayfish tails and Nantua sauce.

Scrambled eggs with smoked salmon

Cut some smoked salmon into thin strips, allowing 25 g (1 oz) per 2 eggs. Pile the scrambled eggs into a hot dish or into a warm puff pastry case. Garnish with the smoked salmon and some croutons fried in butter.

Soft boiled Eggs

There are three methods of preparing these 1) plunge the eggs into boiling water and cook for 3 minutes 2) plunge them into boiling water; boil for 1 minute, remove the pan from the heat, and leave them to stand for 3 minutes before taking them out of the hot water; 3) put the eggs

into a saucepan with cold water, heat and remove the eggs as soon as the water boils. Whichever method is chosen, ensure that the eggs are at room temperature before cooking them. The precise cooking time depends on personal preference those suggested in these methods give whites that are softly set and runny yolks. Increase the time slightly for firmly set whites and slightly set yolks.

When several eggs are to be boiled at once, they can be cooked together in a special egg holder.

All the following recipes given for soft boiled (soft cooked) eggs can also be used for poached eggs.

Soft boiled eggs Aladdin

Prepare some saffron flavoured rice au gras. Peel and dice some sweet peppers and fry them in oil together with some chopped onion. Spread the rice over the bottom of a hot dish and arrange the peppers in the center. Place the cooked eggs in a circle round the peppers. Cover with tomato sauce seasoned with a pinch.

Soft boiled eggs Amelie

Prepare some cream sauce and some roasts cooked in cream. Make some croustades with puff pastry. Prepare a fine mirepoix of vegetables cooked slowly in butter and deglaze the pan with a little Madeira. Reheat the croustades, fill them with the mirepoix, and place a soft boiled (soft cooked) egg in each. Coat the eggs with the cream sauce and garnish with the morels

Soft –boiled eggs beranger

Make a shortcrust pastry (basic pie dough) flan case and bake it blind in a preheated oven at 200 °C (400 °F, gas 6). Line it with a fairly thick onion puree. Arrange the cooked eggs on top and coat them with Mornay Sauce, sprinkle with grated cheese and melted butter and brown quickly in a pre-heated oven.

Soft boiled eggs Berlioz

Make some oval croustades with duchess potato mixture and brown them lightly in a preheated oven. Fill them with a salpicon of truffles and mushrooms blended with a very reduced Madeira sauce and place a cooked egg on each. Coat very light with supreme sauce.

Garnish the center of each croustade with a cockscomb fried to Villeroi, if desired.

Soft boiled eggs bonvalet

Hollow out some rounds of bread and fry them in butter until golden. Place the cooked eggs in the hollows and coat them with veloute sauce. Surround with a ring of very thick, tomato flavoured béarnaise sauce and garnish each egg with a slice of truffle that has been heated through in butter.

Soft boiled eggs chenier

Make some saffron flavoured pilaf rice and shape it into small round cakes in individual ramekins. Place a cooked egg on

Of each one and surround with slices of fried aubergine (eggplant). Coat with tomato sauce.

Egg Cup

A small wooden, metal or china cup designed as a holder for boiled eggs and placed on a

saucer or plate. Sets of two, four or six egg cups are often presented together on a tray.

Called oviere in France in the Middle Ages, coquetiers (or coquetieres) in the 16th century were little tables with a cover and several cavities where the eggs were placed. The egg stands often incorporated a salt cellar. Today a cocuetiere is an egg holder used for boiling several eggs at the same time.

EGG CUSTARD

The name often given to a baked sweet custard, a dessert made by pouring sweetened hot milk on to a beaten egg lightly sweetened with caster (superfine) sugar. The milk is usually flavoured with vanilla. The custard is cooked in one large dish or individual moulds in bain marie in the oven. The same, or a similar, mixture may be cooked in a part baked pastry case (pie shell) to make custard tart.

RECIPE

Egg custard

Boil 1 litre (1-3/4 pints, 4-1/3 cups) milk 125 g (4-1/3 oz. , 1/2 cup) caster (superfine) sugar and a vanilla pod (bean). Beat 4 eggs lightly in a deep bowl. Gradually pour the boiling milk over the eggs, stirring constantly. Strain into an ovenproof dish or into ramekins and cook in a bain marie in a preheated oven at 160°C (325 °F gas 3) for about 40 minutes. Serve cold.

EGGNOG

A nourishing drink served either hot or cold. To make it, beat an egg yolk with a tablespoon of sugar. Add a glass of hot milk and lace with rum or brandy.

Proper Montagne gave a recipe for beer eggnog (lait de poule a la biere), a German specialty that they call Biersuppe. It is actually more like a substantial soup.

RECIPE

Eggnog with beer

Boil 2 litres (3 1/2 pints, 9 cups) pale ale with 500 g (18 oz. 2-1/4 cups) sugar, a pinch of salt, a little grated lemon zest and a pinch of ground cinnamon. Add 8 egg yolks beaten with 1 tablespoon cold milk, strain and chill. Soak 125 g (4-1/4 oz. 2/3 cup) each of raisins and currants in 500 ml (17 fl. Oz. 2 cups) warm water until plump. Drain well and add to the eggnog. Add a bowl of wholemeal, (wholewheat) croutons, just before serving.

EGG SAUCE

A hot English sauce made of diced hard boiled (hard cooked) eggs and butter, most often served with poached fish.

Scotch egg sauce is a béchamel sauce containing sieved hard boiled egg yolks and white cut into small strips. It is served with similar dishes.

RECIPE

Egg sauce

Boil 2 eggs for 10 minutes, then remove their shells and dice them. While still hot, add diced egg to 125 g (4-1/2oz 1/2 cup) melted butter, season with salt and pepper, and flavour with

lemon juice . Sprinkle with chopped parsley.

EGG THREADS

Eggs poached in such a way that they form long threads, used to garnish consommé or soup . the raw eggs are lightly beaten and poured through a fine strainer into the boiling consommé.

The fine threads of eggs dropping through the strainer set instantly in the boiling liquid. They can be cooked in boiling water . They can be cooked in boiling water, drained, and added to thicker soups, such as vegetable soup, cream of watercress soup or cream of sorrel soup.

EGG TIMER

A Small gadget consisting of two transparent bulbs linked by a very narrow opening . The upper bulb contains sand or some other powdery material , which runs into the lower bulb in a given length of time. Many egg timers are designed so that the time taken for the sand to run through is 3 minutes , the average cooking time for a soft boiled (soft cooked) egg. Some are graded . From 3 to 5 minutes to suit varying tastes.

EGYPTIENNE , A L'

Describing various dishes using rice, aubergines (eggplants) or tomatoes, together or separately, Aubergines a Pegyptinne are stuffed with mixture of chopped aubergine pulp and onions and served with fried tomatoes. A garnish a Pegyptienne is made of fried aubergine rounds, rice pilaf and tomato fondue. The term also describes a mixed salad of rice with chicken livers, hams, mushrooms, artichoke hearts, peas, pulped tomatoes and red (bell) peppers. Fried eggs a Pegyptenne are served with tomato halves filled with saffron rice, and potage a l;egyptienne is a cream of rice soup made with leeks and onions softened in butter , sieved and then finished with milk.

RECIPE

Chicken medallions a Pegyptienne

Remove the breast from a raw chicken and trim and flatten them into round or oval medallions. Cut some large aubergines (eggplants) into rounds about 1 cm. (1/2 in) thick and sprinkle with lemon juice. Prepare some rice pilaf . Fry the chicken medallions and aubergine rounds separately in olive oil then arrange them alternatively round a serving dish. Fill the center of dish with rice pilaf . Deglaze the pan in which the chicken was cooked with white wine , add this juice to a thick and well seasoned tomato fondue, and serve separately in a sauceboat (gravy boat).

ELDER

A common European tree or shrub with aromatic flowers that are prepared as fritters. And used to flavour syrup or cordials, jams, vinegars and wine. Elderflower champagne , is a traditionally . British non-alcoholic , but sparkling , summertime drink . The young shoots ensure the best flavour and long life. These processes enable the biological and physio-chemical development of the wine to be controlled and are carried out in tanks, vats or more especially in small oak casks, which allow very slow aeration; they take a varying length of time from a few months in the case of Beaujolais and Muscadet to 1-2 years for Burgundy and Bordeaux, and at least 6 years for vins faunes.

EMBALLER

A French culinary term meaning to wrap up an article that is to be poached or stewed in

stock (a large fish, stuffed cabbage, a balloine, any dish cooked in a caul). The food is wrapped in a pig's caul or a piece of muslin (cheesecloth) or linen, to hold it together while cooking in French charcuterie, emballer means to fill the moulds with a mixture to be cooked such as pate and galantines.

EMBOSSER

To put a piece of meat or stuffing in a net, skin or mould so as to give it its final form before cooking. The technique allows draining steaming, drying or smoking to be carried out without too much distortion or loss of weight.

EMINCES

A dish consisting of thin slices of left over meat, (roast, braised or boiled) placed in an ovenproof dish, covered with a sauce, and gently heated in the oven. (An emince is a thin slice of meat). Eminces are most often made with beef, lamb or mutton, sometimes with game (venison) and less frequently with pork, poultry or veal as white meats are always other when reheated.

Beef eminces are prepared with Madeira sauce and mushrooms, bordelaise sauce and slices of bone marrow, or with chasseur, lyonnaise, piquante, Robert, tomato (well reduced and highly seasoned). Or Italian sauce, they are accompanied by sautéed potatoes, green vegetables tossed in butter or cream, braised vegetables, purees, pasta or risotto. Venison eminces are covered with poivrade, grand veneur or chasseur sauce and serve with chesnut puree and redcurrant jelly. The sauce for mutton eminces are mushroom, tomato, paprika or Indian the accompanying vegetables are rice and courgette. Pork eminces are made with piquante. Robert or charcuterie sauce and served with a potato or split pea puree. Veal or poultry eminces are covered with tomato, royal or supreme sauce, the accompanying vegetables are the same as for beef eminces.

By extension, the word emince is also used for various other dishes made of items sliced thinly before cooking. In veal emince, for example, thin slices of veal cut from the noix (the fleshy upper part of the leg) are quickly fried and then covered with stock, gravy or sometimes cream; the dish is served with fried mushrooms.

RECIPE

Beef eminces with bordelaise sauce

Make some bordelaise sauce. Poach some slices of beef bone marrow in stock. Arrange thin slices of boiled beef on a lightly buttered ovenproof dish and garnish with the hot slices of bone marrow. Generally coat with bordelaise sauce and heat through gently in the oven.

Beef eminces with mushrooms

Arrange some thin slices of boiled beef in a long ovenproof dish. Prepare some Madeira sauce. Trim and slice some mushrooms on the meat and cover generously with hot Madeira sauce, heat through gently in the oven.

Veal or chicken eminces a blanc

Lightly butter an ovenproof dish. Cut some poached or boiled veal or chicken into thin slices. These slices can then be treated as for beef eminces with mushrooms, or they can be coated with tomato, Breton, royal or supreme sauce.

EMMENTAL

A Swiss unpasteurized cow's milk cheese containing 45% fat, named after the Emme valley in the canton of Bern, where it was first made. It is a hard, ivory coloured cheese with a good many holes and a golden yellow to brown rind. Emmental is matured for 6 – 12 months in a color edges, 80 –85 cm (31-34 in) in diameter, 22 cm (8 1/4 inch) thick, and weighing 80 – 100 kg. (176-220 lbs) . The edge of the cheese bears the word Switzerland stamped in red .

The cheese was introduced into Haute –Savoie in the middle of the 19th by German Swiss immigrants , and a Savoy Emmental, made in the cheese dairies of Savoy , is a similar in appearance and flavour to the Swiss , is very similar in appearance and flavour to the Swiss cheese. It is marketed in wheel shapes. 70 –100 cm (27-1/2 –39 in) in diameter, 13-25 cm (5-10 in) thick and weighing 60-130 kg (132-286 lbs) Swiss and Savoy Emmmentals are used for the table.

Another type of French Emmental (also spelled Emmental) produced in the flatter regions of France, such as Franche-Comte and Burgundy, it is matured for 2 months in a warm cellar and resembles Gruyere, with large holes. It is used for cooking (especially grated). A similar cheese is made in the United States , known as American lace.

RECIPE

Croque-Emmental

Place a slice of ham on a slice of Emmental or Gruyere (cut to half the size of the ham slice), fold over and secure with a cocktail stick (toothpick). Coat with flour, then dip in batter and fry in hot oil . Put a fried egg on each croque-Emmental and serve very hot.

EMPANADA

A pie or pasty filled with meat or fish, popular all over Spain and in parts of South America. The Classic empanada comes from Galicia and is made with chicken, onions and peppers . It can also be made with seafood, sardines, eel or lamprey. Formerly made with bread dough, empanada is now usually made with flaky pastry and often eaten cold. It is also prepared in the form of small individual pies.

In Chile and Argentina, empanada are small pastries with scalloped edges. They are filled with a mixture of minced (ground) meat, raisins, olives and onions, spiced with pepper, paprika and cumin. They are served as a hot hors d'oeuvre or snack with wine.

RECIPE

Empanada

Cut 500 g (18oz) lean beef into small cubes and cook gently a little oil with 100 g (4 oz, 2/3 cup) chopped onions, ½ needed and diced sweet (bell) green pepper and leaf pimiento (ignara), 1 teaspoon ground cumin and 1 crushed garlic clove. When the meat is cooked, add 2 tablespoons raisins, previously soaked, and 1 chopped hard boiled (hard cooked eggs). Put a layer of this mixture on a piece of pastry and make little pasties. Bake in a preheated oven at 180°C (350°F, gas 4) for 30 minutes and serve Very hot.

EMPEROR FISH

Fish of the Beryciform family, which lives at great depths in the eastern Atlantic, from Ireland to Spain and in the Pacific around New Zealand. It is about 60 cm (2 ft) long, and is identified by its red colour and by its dorsal fin being longer than its anal fin. Sold as fillets, its excellent flesh is similar to that of monkfish, and it is cooled in the same way.

EMULSION

A preparation obtained by dispersing one kind of liquid (in the form of tiny droplets) in another liquid, with which it does not mix. An emulsion consisting of fatty substance, such as oil or butter, dispersed in vinegar, water or lemon juice will only remain smooth and stable if it is bound with an emulsifier, usually egg yolk. This preparation is the basis of emulsified sauces, such as hollandaise, mousseline and their derivatives. Milk is a natural emulsion consisting of globules of cream suspended in a watery solution containing protein (which acts as an emulsifier).

EN-CAS

The French term of a light meal, usually cold, eaten between main meals (the word literally means in case of hunger in this context). In the old chateaux, an en-cas de nuit, consisting of cheese, fruit and cold meats was arranged on a pedestal table for the refreshment of travelers returning home late at night. At Versailles the king's en-cas de nuit consisted of three loaves, two bottles of wine and a carafe of water. Wishing to publicize his support for Moliere, Louis XIV invited him to share his snack, in order to teach a lesson to the courtiers who refused to allow the famous dramatist to sit at their table.

ENCHAUD

A speciality from Perigord consisting of a piece of bone pork fillet (tenderloin) rolled up, tied with string and cooked in the oven in a casserole. It can also be stuffed. Cold enchaud is particularly delicious.

RECIPE

Enchaud

Take a piece of pork fillet (tenderloin) weighing about 1.5 kg (3-1/4 lb), and keep the bone. Spread out the fillet on the work surface. Season with salt and pepper, sprinkle lightly with crushed thyme and insert small pieces of garlic. Roll up the meat tightly, tie it up with a string and keep it cool.

The next day, heat 2 tablespoons lard (shortening) in a flameproof casserole and brown the enchaud of all sides. Add a small glass of warm water, a sprig of thyme and the pork bone. Season with salt and pepper. Cover and seal the lid with a flour and water paste. Cook and seal the lid with a flour and water paste. Cook in a preheated oven at 180°C (350°F, gas 4) for about 2 hours. When the enchaud is cooked, drain it and keep it hot on the serving dish. Remove the bone and the thyme from the casserole and skim as much fat as possible from the cooking juices; add 4 tablespoons stock and reduce. Serve the enchaud with the sauce, accompanied by potatoes sautéed with garlic.

The garlic can be replaced by small sticks of truffle. In this case, the pork is stuffed with about 400 g (14 oz, 1-1/4 cups) well-seasoned fine forcemeat, to which 1 teaspoon brandy and some truffle peel have been added. Roll up and cook the enchaud as in the previous method and serve cold, with a salad dressed with walnut oil.

Clean the endive, rinse it and dry it as thoroughly as possible. Season with a sizzling-hot bacon strips over the top. Tiny fried garlic-flavoured croutons are usually added. Serve immediately.

Stewed Endive

Prepare the endive as for braising, and place it in a saucepan with 50 g (2 oz 1/4 cup) butter for each 450g (1 lb) endive. Season, add 500-600 ml (17-20 fl oz, 2-2 1/4 cups) water, cover and cook in a preheated oven at 180°C (350°F, gas 4) for 1 1/2 hours. When cooked, the

endive may be tossed in butter, reduce cream or béchamel sauce just before serving.

ENTRECOTE (RIB STEAK) a piece of prime quality beef, which should be cut from between two ribs hence the name. However, it is usually cut from the boned set of ribs. Marbled and tender, entrecote steak should be grilled (broiled) or fried. Steaks cut from the lower ribs are prepared in the same way but tend to be fatter. Ideally, the steak should be about 2 cm (¾ in) thick, flat and well trimmed, with just a thin margin of fat, which is cut at intervals to prevent it curling up during cooking.

The following is an interesting account of a method of barbecuing entrecote over vine shoots.

Letter to gourmets, gourmands, gastronomes, and gluttons,

Grilled Fried It doesn't matter, The only essential thing is that it should be properly sealed. Season well and brown until it is slightly charred outside but bright red inside. In passing, let us make a recommendation to the profane, do not scorn the end of the entrecote steak, the crusty part. It is delicious. The entrecote steak has a penchant for shallots, which is where the famous entrecote maitre de chai comes from.

RECIPES

Fried entrecote

Season the steak with salt and pepper. Melt some butter in a frying pan. When it bubbles, add the steak and brown both sides over a high heat. Then drain, arrange on the serving dish, and garnish with a knob of butter (plain butter, maitre d'hotel butter or marchand de vin butter) Alternatively, serve with a red wine sauce or sprinkle with the cooking butter plus a few drops of lemon juice and some chopped parsley.

Fried entrecote a la bourguignonne

Fry a 400-500 g (14-18 oz) steak in butter, drain and keep hot on the serving dish. Pour 100 ml (4 fl oz, 7 tablespoons) each of red wine and demiglace into the frying pan and heat until reduced, then coat the steak with this sauce.

The demi-glace can be replaced by the same amount of well-reduced consomme bound with 1 teaspoon beurre manie.

Fried entrecote a la fermiere

Prepare about 450 g (1 lb) vegetable ondule. Fry a 450 g (1 lb) steak in butter, place in a serving dish and keep hot. Surround with the vegetable fondue. Deglaze the pan with 100 ml (4 fl oz, 7 tablespoons) white wine and the same amount of beef consomme, reduce and bind with 1 teaspoon beurre manie. Pour this sauce over the steak.

Fried entrecote a la hongroise

Season a 450 g (1 lb) steak, then fry it in butter. When it is three-quarters cooked, add 1 tablespoon chopped onion. Drain the steak place it on a serving dish and keep hot. Finish cooking the onions, add a little paprika and adjust the seasoning. Deglaze the frying pan with 100 ml (4 fl oz, 7 tablespoons) white wine and the same amount of veloute. Reheat and pour over the steak. Serve with boiled potatoes.

Fried entrecote a la lyonnaise

Thinly slice 2 large onions and fry them gently in butter. Fry a 450 g (1 lb) steak in butter, when three-quarters cooked, add the onions. When cooked, drain the steak and onion, place in a serving dish and keep hot. Deglaze the frying pan with 2 tablespoons vinegar and 100 ml (4 fl oz, 7 tablespoons) demi-glace. Reduce, stir in 1 tablespoon chopped parsley and pour over the steak. (The demi-glace can be replaced with reduced consomme bound with 1 teaspoon beurre

manie).

Fried entrecote with mushrooms

Fry a 450 g (1 lb) steak in butter. When three quarters cooked, add 8-10 mushroom caps to the frying pan. Place the steak in a serving dish and keep hot. Finish cooking the mushrooms, then arrange them around the steak. Deglaze the frying pan with 100 ml (4 fl oz. 7 tablespoons) each of white wine and demi-glace, and reduce. Sieve, add 1 tablespoon fresh butter, stir and pour the sauce over the steak.

Instead of demi-glace, the same quantity of well reduced consomme bound with 1 teaspoon beurre manie can be used.

Grilled entrecote

Lightly brush the steak with oil or melted butter, season with salt and pepper and cook over very hot wood charcoal or grill (broil) in a vertical grill, under the grill (broiler) of the cooker (stove) or over an iron grill. The surface of the steak must be sealed so that the juices will not escape. (Some cooks advise against seasoning with salt before cooking because this draws out the blood.) Serve with chateau potatoes, bunches of cress and bearnaise sauce (separately), if liked.

Grilled entrecote ala bordelaise

In the authentic recipe, the steak is simply grilled (broiled) over vine-shoot embers, seasoned, then served with a knob of butter. However, in certain gastronomic circles, the steak is grilled, garnished with slices of beef bone marrow poached in stock and sprinkled with chopped parsley. It is served with bordelaise sauce.

ENTRE-DEUX-MERS An AOC white wine from the Bordeaux region. Some red wine is also produced from Merlot and Cabernet Sauvignon grapes and is sold as Bordeaux AOC. The production area is between two rivers, the Garonne and Dordogne, hence a name which means between two seas. White wines sold as Entre-Deux-Mers AOC are dry, crisp and fruity and are made mainly from Sauvignon Blanc, Semillon, Muscadelle and Ugni Blanc grapes. They provide a good accompaniment to most fish and shellfish dishes, including the oysters that are a speciality of the Gironde region.

ENTRÉE Today, the entrée is usually the main course of a meal, but in a full French menu, it is the third course, following the hors d'oeuvre (or soup) and the fish, course and preceding the roast. At a grand dinner, the entrée is either a hot dish in a sauce or a cold dish. Mixed entrees are composite dishes, such as croustades and timbales. When more than one entrée is served, they must be clearly differentiated. Distinctions were formerly made between entrees volantes de boucherie (meat entrees) entrees d'abats (offal entrees) and entrees diverses (various entrees).

With the trend towards simplification and reduction in the number of courses, modern menus usually centre on a main dish, preceded by a starter and followed by a salad, cheese and dessert. In the Middle Ages, entrees included such items as crystallized (candied) melon peel, oyster tarts, andouillettes, forcemeats and cheese ramekins. Today (when present) they include fish, shellfish, caviar, foie gras, fish terrine, pasta dishes (such as gnocchi, macaroni, spaghetti and ravioli), quenelles, savoury pastries (such as quiches, patties, timbales, tarts and vol-au-vent) egg dishes (including souffles) and even vegetable dishes (artichokes and asparagus) In theory cold charcuterie, fish in marinades or oil, raw vegetables, mixed salads, melon and radishes are considered to be hors d'oeuvre.

ENTREMETS The sweet course, which in France is always served after the cheese (the word is

also used to mean a specific dessert), Formerly, all the dishes served after the roast, including vegetables and sweets, were called entremets (the word literally means between dishes) In the royal households of the Middle Ages, the entremets were a real show piece, being accompanied by music, juggling and dancing. In restaurants, the word still embraces the vegetable dishes (which in large establishments are the responsibility of the entremetier), as well as the entremets de cuisine (souffles, savoury pancakes and fritters, pastries, croquettes and omelettes) and the desserts. The latter are subdivided into three categories.

HOT ENTREMETS. Fritters, pancakes, flamed fruits, sweet omelettes and souffles.

COLD ENTREMETS Bavarian creams, blancmanges, charlottes, compotes, pastries, creams, chilled fruits, meringues, puddings, rice or semolina desserts and moulds, often with fruit.

ICE ENTREMETS fruit ice creams, sorbets, iced cups, frosted fruits, ice cream, cakes, bombes, mousses, parfaits, souffles and vacherins.

From the Middle Ages to the 19th century. Taillevent proposed the following as entremets frumenty, broth, oyster stew, rice pudding, fish jelly, stuffed poultry, almond milk with figs. All these dishes were served throughout the meal, alternating with the roasts and fish dishes, and mixing sweet and savoury. Certain spectacular entremets, such as swan in its skin and all its feathers, were purely decorative showpieces, presented with great pomp and musical accompaniment.

EPEE DE BOIS a Parisian taven that was situated in the Rue Quancampoix, is a 16th the tavern became the meeting place of dancing masters and violin master, who later established the Academie de Danse, which formed the nucleus of the paris Opera in 1719, financier called law set up his bank in the same street, and the taven served as a meeting palce for speculators and money lenders. It is said that the tavern was frequency lenders. It is said that the tavern was frequented by Abbe Prevoust who probably wrote a large part of Manon Lescaul there.

EPIGRAMME A dish consisting of two cuts of lamb, both cooked dry. These two pieces are a slice of breast and a cutlet or chop, dipped in egg and breadcrumbs and grilled or fried.

Phleas Gibert explain the origins of the term epigramme as follows. It was towards the middle of the 18th century. One day a young marquise overheard one of her guests at table remark that when he was dining the previous evening with the Connie de Vaudreuil he was charmingly received and, furthermore, had a feast of excellent epigram. The marquise, through pretty and elegant, was somewhat ignorant of the meaning of words, she later summoned Michellet, her chef. Michelet, she said to him shall require a dish of epigrammes.

The chef withdrew, pondering the problem. He looked up old recipes, but found no reference to anything of the kind. None of his colleagues had ever heard of the dish. But no French master chef is ever at a loss. Since he could discover nothing about the dish, he set about inventing one. Next day, inspiration came and he created a most delicate dish.

At dinner, the guests fell into ecstasies over the dish put before them and after complimenting the lady of the house, desired to know its name. The chef was called. With perfect composure he replied, Epigrammes of lamb a la Michele

Everyone laughed. The marguise was triumphant, though she could not understand the amusement of her guest. From that moment, the culinary repertori of France was enriched by a name still used to this day.

But whereas this name was originally used for slices of breast of lamb dipped in breadcrumbs, fried in butter, and arranged in a circle round a blaquette of lamb, by the end of the 18th century it had been completely transformed into what it is today, cutlets as well as slices of breast, dipped in egg and breadcrumbs and fried in butter or grilled.

RECIPE

Epigrammes

Braise a breast of lamb, or poach it in a small quantity of light stock. Drain and bone the meat, and cool it in a press. Cut it into equal portions and coat with egg and breadcrumbs. Coat the same number of lamb cutlets with egg and breadcrumbs. The cutlets and breast portions should then be grilled (broiled) or fried in butter and oil, and arranged in a round dish. Garnish the cutlet bones with paper frills, then put a few spoonfuls of reduced and sieved braising stock around the epigrammes. Garnish with glazed vegetables carrots, turnips and baby onions mushrooms, tomatoes fried in oil, or subergine (eggplant) fritters, arranged in the centre of the dish.

ESAU The name of this biblical character, who sold his birthright to his brother Jacob for a mess of pottage, is given to a thickened soup made from lentil puree and white stock or consommé. This also serves as a basis for other soups, such as Conti. Soft boiled or poached eggs Esau are arranged on lentil puree, garnished with heart shaped croutons, and coated with concentrated veal stock with butter added. Alternatively, the eggs are arranged in a croustade of crustless bread, fried, hollowed out and filled with lentil puree, the whole is covered with concentrated veal stock with butter added.

ESCABECHE A spicy cold marinade intended for preserving cooked foods and originating in Spain. It is used chiefly for small cooked fish (sardines, mackerel, smelt, whiting red mullet) The fish are headed (hence the name from cabeza, head) then fried or lightly browned, they are then marinated for 24 hours in a cooked and spiced marinade. The fish then keep for up to a week in a refrigerator.

The preparation has spread throughout the Mediterranean region, it is called escabèche in North Africa, escabechio or scanvece in Italy and escabeche in Belgium. In Berry a similar preparation of fried gudgeon is called a la cascadeche. Escabeche is also used for poultry and game birds. In Spain partridge is fried quickly in oil with garlic, then drained and marinated in its cooking juices with spices and served cold. In Chile, chicken in escabeche is prepared in the same way and served cold with lemon and onions.

RECIPE

Fish in escabeche

Gut some small fish (smelt, sand eels, weavers) and remove the heads, clean, wash and wipe the fish. Dip in flour and fry in olive oil until golden. Drain and arrange in an earthenware dish. Slice an onion and a carrot thinly. Heat the oil used for cooking the fish until it begins to smoke, then fry the onion and carrot and 5-6 unpeeled garlic cloves for a few moments. Remove from the heat and add 150 ml (1/4 cup) water. Add a bouquet garni containing plenty of thyme and season with salt, pepper, a pinch of cayenne pepper, and a few coriander seeds. Cook for about 15 minutes, then pour the boiling marinade over the fish and leave to marinate for at least 24 hours. Serve as an hors d'oeuvre.

ESCALOPE (SCALLOP) A thin slice of white meat. The word comes from the Old French eschalope (nutshell) probably because the slice tends to curl up during cooking (it is sometimes snapped on one side to prevent the flesh from shrinking) If taken from the fillet, veal escalopes are usually tender and lean, escalopes from lower down the leg are fatter and more sinewy. Italian scaloppine (small scalloped) prepared as saltimbocca or piccata, are breast or wing may be prepared in the same ways as veal.

RECIPES

Escalopes à la mandelle

Flatten some escalopes (scallops) sprinkle them with salt and pepper and sauté in clarified butter

until golden. Then flame in Cognac, using 1 tablespoon.Cognac for 4 escalopes.Cover each with a thin slice of Gruyere or Cornte cheese and sprinkle with a few dried breadcrumbs. Moisten with melted butter and brown in a preheated oven at 240 oC (475 oF, gas 9) Prepare 250 g (9 oz, 3 cups) mushrooms and sauté them in the butter in which the escalopes were cooked.Add 2 tablespoons tomato puree (paste and 250 ml (8 ft oz, 1 cup) reduced consommé, cook for about 5 minutes.Adjust the seasoning and serve this sauce with the escalopes.

Escalopes a l anversoise

Cut some round slices of bread, 1 cm (½ in) thick, and fry them in butter. Lightly fry some very small new potatoes in butter, and prepare some hope shoots in cream,. Flatten some round escalopes (scallops) sprinkle with salt and pepper, and sauté them in a frying pan containing clarified butter.Drain and arrange while hot on the fried bread slices.Add to the frying pan a little white wine or beer and some very concentrated consommé. Reduce to a sauce and pour over the escalopes.Serve piping hot with the potatoes and the hop shoots.

Escalopes casimir

Slowly cook in butter as many artichoke hearts as there are escaloeps (scallops) Stew 4 tablespoons julienne of carrots in butter and separately, a little julienne of truffles.Cut some escalopes from the fillet, flatten them, season with salt, pepper and paprika, then sauté in clarified butter, halfway through cooking, and 1 tablespoon chopped onion. Arrange the artichoke hearts in the serving dish, place an escalope on each one and garnish with the julienne of carrots. Add some cream to the pan juices from the escaloeps and reduce. Coat the escalopes with this sauce and garnish with the julienne of truffles.

Escalopes with attbergines and courgettes

Slice, without peeling, 2 mediuym sized courgette (zucchini) and a choice aubergine (eggplant) Saute them in seasoned olive oil in a frying pan. Cut 4 escalopes (scallops) flatten them, sprinkle with salt and pepper, and sauté in clarified butter.Arrange them in a serving dish,. Garnish with the aubergit e and courgettes, and keep hot. Add to the pan juices 5 tablespoons white wine and 2-3 tablespoons meat juices, reduce by half. Add a small chopped garlic clove and reduce further. Pour the sauce over the escalopes and sprinkle with chopped parsley.

ESCALOPER A French culinary term meaning to carve thin slices (escaloeps) of meat, such as veal or poultry, large, fish filets, lobster or a certain vegetables, such as mushroom caps or artichoke hearts.

ESCARGOT AUX RAISINS. Swiss brioche made with a sausage of dough rolled up like a snail, spread with confectioner's custard (pastry cream) and raisins, and sometimes flavoured with kirsch. It is then iced with a white fondant (frosting)

ESCAROLE A vegetable, also called Batavia, similar to curly endive (chicory) but with broader leaves (which are fairly curly and very crisp. It usually has a heart of while leaves edged with yellow.

\ Escarole is generally eaten raw, in a green salad, (often with seasoning flavoured with mustard or shallots) possibly with tomatoes or scalded French (green), possibly with tomatoes or scalded French (green) beans, or in a winter salad with nuts and raisins. It can also be cooked like spinach.

ESPAGNOLE, AL;A The name of several preparations inspired by

Spanish cuisine. The main ingredients are tomatoes, sweet (bell) peppers onions and garlic, usually fried in oil. The garnish a espagnole, used for small sautéed or lightly braised items,

consist of tomatoes, stuffed with tomato flavoured rice, braised sweet peppers, small braised onions and Madeira sauce. Mayonnaise a espagnole contains chopped ham, mustard, a dash of garlic and red pepper.

There are a considerable number of ways to cook eggs a espagnole Soft boiled or poached eggs are arranged on cooked tomatoes with a salpicon of sweet peppers coated with tomato sauce and garnished with fried onion rings. Bakes eggs are arranged on a bed of finely sliced onions an garnished with tomato sauce fried diced pepper, halves of tomato and fried onion rings, they are served with a tomato sauce to which a salpicon of sweet peppers has been added. Scrambled eggs are garnished with diced tomatoes and pepper and served with fried onion rings.

RECIPES

Calfs liver a espagnole

Season slices of calf's liver with salt and peper. Coat with flour and sauté them in oil. Arrange the liver slices on tomatoes that have been softened in olive oil and seasoned with garlic. Garnish with fried onion rings and fried curly parsley.

Poached eggs a l espagnole

Coat some onion rings in flour and fry them in oil. Prepare a salpicon of slowly cooked sweet (bell) peppers in a tomato sauce flavoured with a dash of cayenne pepper. Cut the ends off some tomatoes and cook the tomatoes in oil. Garnish each tomato with a little of the salpicon and top with a poached egg. Place the onion rings in the centre of a serving dish,. Arrange the tomatoes and eggs around them, and coat the eggs with tomato sauce.

Ragour of sweet peppers a I espagnole

Seed and peel 6 sweet (bell) peppers, and cut them into large strips. Fry 100 g (4 oz. 2/3 cup) finely sliced onions in some olive oil in a shallow frying pan. Add the strips of pepper, some salt, pink pepper, and a large crushed garlic clove. Stir in 1 tablespoon and 2 tablespoons tomato puree (paste). Cook very gently, covered, for 35 minutes. Adjust the seasoning. Serve in a vegetable dish sprinded with chopped parsley.

Soft boiled eggs a I espagnole

Coat some soft boiled (soft cooked) eggs with meat aspic to which a little tomato puree (paste) has been added. Garnish each egg with a blanched onion ring with a pinch of chopped parley in the centre. This should stick to the half set jelly. Spread a mixture of mustard and butter on some round slices of toast and place in egg on each slice. Hollow out some very small tomatoes and marinate them in a mixture of oil, vinegar, salt and pepper. Fill them with diced green (bell) peppers seasoned with vinaigrette and place them around the eggs.

Spanish omelette

Dice some sweet (bell) peppers and cook them slowly in olive oil. Cut some tomato pulp into cubes, add a little garlic and some chopped parsley, and fry briskly in butter. Beat some eggs and add some of the sweet peppers and tomato pulp (1 large tablespoon of each vegetable for 6 eggs). Season with salt and pepper. Make an omelette, roll it up and serve with a highly seasoned tomato sauce.

ESPAGNOLE SAUCE A brown sauce, which is used as a basis for a large number of derivative brown sauces, such as Robert, genevoise, bordelaise, berycy. Madeira and Perigueux. It is made with a brown stock to which a brown roux and mirepoix are added, followed by a tomato puree. Cooking takes several hours and the sauce needs to be skimmed, stirred and strained when a particular stage in the cooking is reached. The meat stock may be replaced by a fish stock, depending on the requirements of the particular recipe. Careme's recipe is considered to be the

classic method of preparing an espagnole sauce. Nowadays, a shoulder of veal is used instead of a noix, and partridge is not used in the stock.

RECIPES

Espagnole sauce (1)

(From Caremes' recipe) put 2 slices of Bayonne ham into a deep saucepan. Place a noix of veal and 2 partridges on top. Add enough stock to cover the veal only. Reduce the liquid rapidly, then lower the heat until the stock is reduced to a coating on the bottom of the pan. Remove it from the heat. Prick the noix of veal with the point of a knife so that its juice mingle with the stock. Put the saucepan back over a low heat for about 20 minutes. Watch the liquid as it gradually turns darker.

To simplify this operation, scrape off a little of the essence with the point of a knife. Roll it between the fingers. If it is not ready, it will make the fingers stick together.

Remove the saucepan from the heat and set it aside for 15 minutes for the essence to cool. Fill the saucepan with clear soup or stock and heat very slowly.

Strain through cloth into a bowl, stirring from time to time with a wooden spoon so that no skin forms on the surface, as easily happens when the sauce is exposed to the air.

ESROM A semi-hard Danish cow's-milk cheese made in flat rectangular shapes and sold wrapped in foil. The pale yellow paste is supple with irregular small holes. The flavour is quite rich and aromatic and the mature cheese is quite spicy. It is served on open sandwiches.

ESSAI The ceremony of tasting the king's food and drink at the French royal courts. The cups used for tasting were also called essals.

The fear of poisoning in the Middle Ages gave rise to a complicated ceremonial attending the sovereign's meals. In France, this was minutely regulated by court etiquette, which continued with slight modifications until the Revolution, to be revived under the Empire.

The knife, fork, spoon, salt cellar, spices and napkin were locked in the cadenas, or nef. The maitre d hotel rubbed all the cutlery and the dishes with balls of breadcrumbs which he made sure were eaten by the squares of the pantry, who previously, had subjected the servants who had handed them the dishes to the same ordeal.

The same ceremonial took place for the queen. By special favour, Louis XIV bestowed the same prerogative upon the daupine.

ESSENCE (EXTRACT) A concentrated aromatic liquid used either to enhance the flavour of certain culinary preparations or to flavour certain foods that have little or no flavour of their own. They are plant extracts obtained by distillation or infusion and include lemon oil, rose oil and essence of oranges, cinnamon and vanilla. Natural essences are obtained by three methods by extracting the essential oil of a fruit or a spice (lemon, bitter almond, orange, rose, cinnamon) by reducing an infusion or a cooking liquid (mushroom, tarragon, chervil, tomato, game carcass, fish trimmings) or by infusing or marinating items in either wine or vinegar (truffles, onions, garlic, anchovy).

Essence sold commercially sometimes contain artificial flavourings and colourings.

ESSENTIAL OIL An oily substance which has a strong flavour and is extracted from the flowers, fruit, leaves, seeds, resin or roots of certain plants. Essential oils are used principally in the perfume industry and in aromatherapy but they are also used to flavour food. Examples are citrus oils, almond oil and peppermint oil.

ESTAMINENT Until the 18th century in France, an estaminet was a café where people could drink beer and wine, and were permitted to smoke. Today, the term is rare and often pejorative, being used in northern France and Belgium to designate a bistro or, more specifically, the room in a café reserved for smokers. It derives from a word of Germanic origin meaning column (the ceilings of tavern rooms were supported by wooden columns)

ESTOFINADO A local name in Provence for salt cod a la provencale (it is also called stoficado, estoficado and stocaficado) The word is a Provençal transcription of stockfish. In Marseille and Saint Tropez, the dish is a well seasoned ragout of salt cod cooked with tomatoes, onions, garlic, olive oil and various spices.

Under the name stoficado, it is also a speciality of Aveyron, especially at Villefranche-de-Rouergue and Decazeville, the cod is poached and mixed with potatoes. The mixture is then mashed with very hot walnut oil, butter, garlic, parsley, beaten raw eggs and cream.

There have been a number of theories to explain why salt cod has been so popular for such a long time in Provençal cookery. One suggestion is that recipes were brought back from the Netherlands and Scandinavia by southern French soldiers. Another seemingly more probable theory is that salt cod was introduced by northern European merchants travelling to the Italian cities. Its presence in the Rouergue could also be associated with the fact that it was introduced into the area when there was a constant trade in iron ore between the mines of Auvergne and the fishing port of Bordeaux.

RECIPE

Estofinado

Soak a stockfish in water for several hours, changing the water frequently to remove the salt. Scrape the skin carefully to remove the scales and cut the flesh into 5 cm (2 in) pieces. Fry 1 or 2 chopped onions lightly in 1 tablespoon oil in a large flameproof earthenware casserole. Then add 3 tomatoes, peeled seeded and chopped. Cook over a low heat for 4-5 minutes, stirring with a wooden spoon. Add 2-3 garlic cloves, peeled and chopped, a bouquet garni consisting of celery, parsley, basil, bay leaf and thyme, carefully tied together, and a pinch of cayenne pepper. Crushed anchovy or grated nutmeg could also be used to season if wished

Ragour of sweet peppers a l'espagnole

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ESTOUFFADE A dish whose ingredients are slow.

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The knife, fork, spoon, salt cellar, spices and napkin were locked in the cadenas, or nef. The maitre d hotel rubbed all the cutlery and the dishes with balls of breadcrumbs which he made sure were eaten by the squares of the pantry, who previously, had subjected the servants who had handed them the dishes to the same ordeal.

The same ceremonial took place for the queen. By special favour, Louis XIV bestowed the same prerogative upon the daupine.

ESSENCE (EXTRACT) A concentrated aromatic liquid used either to enhance the flavour of certain culinary preparations or to flavour certain foods that have little or no flavour of their own. They are plant extracts obtained by distillation or infusion and include lemon oil, rose oil and essence of oranges, cinnamon and vanilla. Natural essences are obtained by three methods by extracting the essential oil of a fruit or a spice (lemon, bitter almond, orange, rose, cinnamon) by reducing an infusion or a cooking liquid (mushroom, tarragon, chervil, tomato, game carcass, fish trimmings) or by infusing or marinating items in either wine or vinegar (truffles, onions, garlic, anchovy).

Essence sold commercially sometimes contain artificial flavourings and colourings.

ESSENTIAL OIL An oily substance which has a strong flavour and is extracted from the flowers, fruit, leaves, seeds, resin or roots of certain plants. Essential oils are used principally in the perfume industry and in aromatherapy but they are also used to flavour food. Examples are citrus oils, almond oil and peppermint oil.

ESTAMINENT Until the 18th century in France, an estaminet was a café where people could drink beer and wine, and were permitted to smoke. Today, the term is rare and often pejorative, being used in northern France and Belgium to designate a bistro or, more specifically, the room in a café reserved for smokers. It derives from a word of Germanic origin meaning column (the ceilings of tavern rooms were supported by wooden columns)

ESTOFINADO A local name in Provence for salt cod a la provencale (it is also called stoficado, estoficado and stocaficado) The word is a Provençal transcription of stockfish. In Marseille and Saint Tropez, the dish is a well seasoned ragout of salt cod cooked with tomatoes, onions, garlic, olive oil and various spices.

Under the name stoficado, it is also a speciality of Aveyron, especially at Villefranche-de-Rouergue and Decazeville, the cod is poached and mixed with potatoes. The mixture is then mashed with very hot walnut oil, butter, garlic, parsley, beaten raw eggs and cream.

There have been a number of theories to explain why salt cod has been so popular for such a long time in Provençal cookery. One suggestion is that recipes were brought back from the Netherlands and Scandinavia by southern French soldiers. Another seemingly more probable theory is that salt cod was introduced by northern European merchants travelling to the Italian cities. Its presence in the Rouergue could also be associated with the fact that it was introduced into the area when there was a constant trade in iron ore between the mines of Auvergne and the fishing port of Bordeaux.

RECIPE

Estofinado

Soak a stockfish in water for several hours, changing the water frequently to remove the salt. Scrape the skin carefully to remove the scales and cut the flesh into 5 cm (2 in) pieces. Fry 1 or 2 chopped onions lightly in 1 tablespoon oil in a large flameproof earthenware casserole. Then add 3 tomatoes, peeled seeded and chopped. Cook over a low heat for 4-5 minutes, stirring with a wooden spoon. Add 2-3 garlic cloves, peeled and chopped, a bouquet garni consisting of celery, parsley, basil, bay leaf and thyme, carefully tied together, and a pinch of cayenne pepper. Crushed anchovy or grated nutmeg could also be used to season if wished. Place the pieces of fish in a larger pan and add 100 ml (4 fl oz. 7 tablespoons) white wine, the tomato mixture and enough water to cover the fish. Cook for 30 minutes over a low heat. Cut 4-6 potatoes into thick slices and add to the pan (one potato per person) Add a generous dash of Cognac, and 8 olives per person 5 minutes before the end of the cooking time. Remove the bouquet garni and serve.

ESTOUFFADE A dish whose ingredients are slowly stewed. The word comes from the Italian stufato (a daube) and is applied most often to beef in wine sauce, with carrots and small onions.

In traditional cookery, estouffade is also a clear brown stock used to dilute brown sauces and moisten ragouts and braised dishes.

RECIPE

Estouffade of beef

Dice and blanch 300 g (11 oz. 15 slices) lean bacon. Brown the bacon in butter in a flameproof casserole, drain and set aside. Cut 1.5 kg (3 ¼ lb) beef, half chuck steak, half rib, into cubes of about 100 g (4 oz) and brown in the same pan. Cut 3 onions into quarters, add them to the beef and brown. Season with salt, pepper, thyme, a bay leaf and a crushed garlic clove. Then stir in 2

tablespoons flour and add 1 litre (1 ¾ pints, 4 ½ cups) red wine with an equal quantity of stock. Add a bouquet garni and bring to the boil. Cover and cook in a preheated oven at 160 oC (325oF, gas 3) for 2 ½-3 hours.

Drain the ragout in a sieve placed over an earthenware dish. Place the pieces of beef and the strips of bacon in a pan and add 300 g (11 oz. 3 ½ cups) sauted sliced mushrooms. Skin the fat from the cooking liquid strain and reduce. Pour it over the meat and mushrooms and simmer gently, covered, for about 25 minutes. Serve in a deep dish.

RECIPE

Estouffat of haricot beans a l'occitane

Brown a diced carrot and a sliced onion in either goose fat or lard in a pan. Add 1.5 litres (2 ¾ pints, 6 ½ cups) water and a bouquet garni, bring to the boil and simmer for about 20 minutes. Add 1.5 litres (2 ¾ pints 6 ½ cups) fresh white haricot (navy) beans and cook until almost tender, then drain. Cut 250 g (9 oz.) slightly salted belly bacon, blanch and brown in goose fat or lard. Add to the pan 150 g (5 oz. ¾ cup) chopped onions, 2 large tomatoes (peeled and crushed) and 1 crushed garlic clove, and cook for a further 10 minutes. Then add the drained beans, cover the pan and gently simmer until cooking is completed.

If liked, 200 g (7 oz) rind from preserved pork may be added to the bean cooking liquid. When cooked, the rind is cut into squares and added to the beans in the serving dish.

EWE A female shew. The ewes of breeds reared for meat are allowed to breed for 4-6 years and are then fattened up for slaughter (In the past, ewes were allowed to breed for longer before being slaughtered, but consumers today prefer meat with a milder flavour) Ewe's meat provides most of the joints sold as mutton.

Ewe's milk contains more fat than cow's milk (8.5% as opposed to 4%) It is used for making cheese that is traditionally manufactured in dry mountainous areas. The most famous is Roquefort, but other regions produce notable cheeses, including Broccio and Niolo from Corsica, Oloron and Laruns from Bearn, and Esbareich and Ameguy from the Basque region. Cachat and Rocamadour also deserve a mention.

In Spain and Portugal, the best cheeses are made from ewe's milk., for example, Hecho, Villalon and Serra, in Italy, Pecorino, and Flore Sardo are good ewe's milk cheeses. Liptal is the Hungarian national cheese. In Greece, the Balkans and the Brandza are the most common cheeses. Fresh ewe's milk chese is served with sugar or fresh cream. It may also be used for making tarts or as filling for puff pastry turnovers.

EWER A tall vessel formerly used for serving water at table for washing the hands at the start and finish of a meal rather than for drinking. It had a base, spout and handle and a tray or bowl beneath it to catch the water poured over the hands. Ewers were made of gold or silver until the 18th century, materials used later included powder, glazed earthenware and marble.

EXCELSIOR A cow's milk cheese from Normandy with 72% fat content. The skin is white with brown markings and the ivory coloured paste is soft, fine and dense in texture, with a mellow, slightly nutty, flavour.

Created in 1890, Excelsior is the oldest of the double or triple cream cheeses (along with Fin-de siecle, Explorateur, Lucullus and Brillat Savarin).

EXCELSIOR A garnish for lamb tournedos and noisettes that consists of braised lettuce and pommes fondantes The term also refers to a method of preparing sole, which is rolled into paupiettes, poached and arranged in a crown around diced lobster a la Neuburg. The fish is then coated in normande sauce and garnished with slices of truffice and prawn tails.

EXPLORATEUR Triple cream (75% fat content) soft cheese from the lie de France made from enriched unpasteurized cow's milk. It is a cylinder 8 cm (3 ¼ in) in diameter and 6 cm 2 ½ in) tall. Invented after World War II, it has a firm, very creamy texture.

EXTRA An adjective printed on French labels to denote particular features of certain products when they are marketed. In France, extra eggs have a special label with white letters on a red background and this indicates to the customer that they are fresh and have been packed within three days of being laid. They retain this label for seven days. Extra fruit and vegetables have a red label and are of superior quality. An extra gras cheese has a fat content of between 45% and 60% (and is also labelled as crème) An extra sec champagne is fairly dry (really dry champagne is labelled brut).

EXTRACT See essence.

F

FABADA The bean stew of the Asturians, in Northern Spain, made with large flat beans that melt in the mouth, salt pork (or salt beef), perhaps also fresh pork, chorizos, and the wrinkled, smoked morcilla, the local black pudding (blood sausage). It takes its name from the fava (broad bean) but these have long been replaced by the finest large kidney beans in Spain de la granja; use butter or dried lima beans outside Spain. One of Spain's three great bean pots, along with cocideo and olla podrida.

FAGGOT British specialty, a type of sausage or meatball, similar to French crepinette. A ball of minced (ground) offal (variety meats) and pork including kidney and liver, mixed with breadcrumbs, onion and well flavoured with herbs. Traditionally wrapped in caul fat and fried or baked. Once popular way of serving faggots is with cooked dried peats for (with mushy peas) and onions gravy.

FAIENCE A type of white or patterned pottery widely used for tableware. The earthenware is covered with tin glaze (lead glaze made opaque by the addition of tin ashes) so that the colour of the earthenware is completely masked. The pottery takes its name from the Italian town of Faenza.

Very little known about the origins of faience pottery, but from the very earliest times a brilliant vitreous lead glaze, coloured by means of metallic oxides, was known to potters. It is to be seen in the hypogeum of Ancient Egypt, on its vases, funeral images and also on the glazed bricks which decorated the walls of Nineveh and Babylon. The ancient mosques of Asia Minor have preserved for us the magnificent craftsmanship of the Persians, who passed on their skill to the Arabs.

From the 13th century there were important centres for the manufacture of faience in Spain, at Malaga and in Majorca, which gave its name to the Italian majolica. Up to the 17th century the most famous factories were in Valencia. But it was mainly through the discovery of tin glaze by Luca della Robbia towards the middle of the 15th century, that the ceramic industry was able to develop, first at Faenza and then in other Italian towns, notably Urbino, Gubbio,

Druta, Durante, Venice, Milan and Turin.

In France in the 16th century, faience pottery called Henri it faience was produced, the most important begin the very individual pieces made by Bearnard Palissy. During the same period Italian potters tried to introduce the faience industry into France. The Conradi, coming from Sayona, settled at Nevers. Early abortive attempts to produce faience in Rouen were made in the 16th century, but it was not until the 17th century that this city began to produce the beautiful specimens which remain once of the glories of the French faience industry. These were copied everywhere, both in France and other countries. Mousties, from the end of the 17th century, made famous faience pieces in the style of Tempesta, or copied from Berain and Benard Toro. At Strasbourg, in the 18th century, the Hannong Family created a style which was quickly adopted by the factories of Luneville and Niederwiller. In Pris, saint-cloud, Meudon, Lille and Marseille, there were also a large number of less important factories.

Outside France some of the finest work was produced at Delft in Holland, which was, for a long time; the most active centre of the faience industry in Europe.

Fine pottery, called day pottery, made its appearance towards the middle of the 18th century, and this industry was most fully developed in England, at Leeds and at Burslem in Staffordshire, where Josiah Wedgwood operated the first of his factories. In France; the is type of pottery was made especially at Poontaux-Choux, Paris, Luneville and Orleans.

With the advent of porcelain, Faience becomes less sought-after and less highly prized, but modern manufacturers have given it a new lease of life.

FAIRY-RING MUSHROOM A small mushroom with a pleasant smell that is fairly common in meadows. Its Latin name is *Marasmins oreades* and in France it is known as *marasme d'orcade* or *faux mousseron*. The stalk is tough and should be discarded, but the cap can be dried. The dried caps can be crushed and used as a condiment, or rehydrated by soaking in water and then added to meat dishes, sauces, omelettes and soups.

FAISSELLE A type basket with perforated sides used for draining cheese. The materials from which it is made varies, depending on the type of cheese and the region where it is manufactured. Faisselles may be square, cylindrical or heart-shaped and can be made of wood, earthenware, pottery, wicker or plastic. In France the word faisselle is also used for a table on which the apple residue is drained after the brewing of cider.

FALAFEL Spicy snack made from a puree of chick peas, rolled into small balls or shaped into patties and then fried in oil. Popular throughout the Middle East, especially in Israel, where they are traditionally eaten in pitna bread. They are sometimes made from other pulses, for example dried broad (fava) beans are used in Egypt where the patties are also known as *ta'amia*.

FALERMO An Italian wine harvested on the sunny slopes of the Messica mountains, in Campania, to the north of Naples. Three styles are produced: Bianco, a dry white made from Falanghina grapes, Rosso, from mainly Aglianico and Piediroso varieties, and Primitivo.

The Falermo of today is nothing like the highly prized Falermian wine of the ancient Romans, which rivalled the prestigious Greek wines. The poet Horace praised it in verse but deplored its high price --too expensive for him to drink it in the quantities that he would have liked! Pliny the Elder described three types red a light dry white, a fairly sweet yellow, and a dark red - all very highly regarded. He also divulged that Falernian was the only wine was also reputed to keep indefinitely, the Greek physician Galen was of the opinion that it was not good until it had matured for ten years and that it was at its best between 15 and 20 years old. Although it is not known which grape the ancient Felernian was made from, it supposed to have resembled the present day Lacrina Christi.

FALETTE A specialty of the Auvergne, particularly, Espalion. It is made with breast of mutton browned with carrots and onions, and cooked slowly in the oven for a long time, then sliced and served with harricot (navy) beans.

RECIPE

Falattes

Bone and season 2 breasts of mutton. Make a stuffing with 300 g (11 oz. 4 cups) chopped Swiss chard leaves, 200 g (7 oz. 2 ½ cups) spinach, 50 g (2 oz., 1 cup) fresh parsley, 2 garlic cloves and 1 large onion. Mix the ingredients with 100 g (4 oz. 4 slices) crustless bread soaked in milk and 100 g (4 oz, 2 cup) sausagemeat. Season with salt and pepper.

Flatten out the boned breasts on of some bacon rashers (slices). Spread the stuffing along the length of each breast and roll up, including the bacon, then tie. Brown the falettes in a flameproof casserole with 200 g (7 oz. 1 ½ cups) sliced onions and 100 g (4 oz. 1 cup) sliced carrots. Degalze the casserole with some white wine and add a generous quantity of mutton stock. Add ½ garlic clove and bouquet garni, and cook, covered, in a preheated oven at 180°C (350°F, gas 4) for 2 ½ hours.

Meanwhile, soak 500 g (1 lb 2 oz. 2 ½ hours. Cot (navy) beans in cold water for 2 hours. Drain and boil in fresh water for 10 minutes. drain and cool quickly by rinsing under the cold tap.

Sauté 100 g (4 oz. ¾ cup) sliced onion, 100 g (4 oz. ¾ cup) chopped auvegne ham and 100 g (4 oz. ¾ cup) chopped tomatoes in a large saucepan until salt. Add the beans, a bouquet garni and enough mutton stock to cover the beans generously. Bring to the boil, reduce the heat and cover the pan. then simmer gently for about 1 ½ hours.

Remove the falettes from the casserole and leave to cool briefly, then untie them, remove the bacon and cut them into slices. Strain and reduce the cooking liquid and pour it over the sliced falettes. Serve the beans separately.

FALLOWER DEER A small deer of temperate regions, The strong-tasting flesh of adult stags should be marinated in a tannin-rich wine; methods of preparation are as for roebuck. Females and fawns yield meat with a less pronounced flavour and may be roasted.

FANCHONNETTE Also known as fanchette. A little tart made with puff pastry filled with confectioner's custard (pastry filled with confectioner's custard (pastry cream), coated with meringue and decorated with tiny meringue balls. The larger version known as gateau fanchette.

Fanchonnette and fanchette are also the names of certain petits fours. One type consists of a boatshaped piece of nougat filled with hazenut flavoured confectioner's custard and covered with coffee-flavoured fondant icing (frosting). Another consists of a macaroons base with strawberry-flavoured butter cream and covered with pink fondant icing.

FAR BRETON A flan (tart) with prunes that may be eaten warm or cold. The French word far was originally used for a porridge made with durum wheat, ordinary wheat or buckwheat flour, with added salt or sugar and dried fruit. It was a popular dish throughout Britany. Traditionally, it was cooked in a linen bag, pocket or sleeve, hence its various dialect names, far such far pouch and far much. Slices of the flan may be served as a dessert or as an accompaniment to meat or vegetables.

RECIPE

Far breton

Soak 125 g (4 ½ oz. 1 cup) currants and 400 g (14 oz. 2 ¼ cups) stoned (pitted) overnight in warm weak tea, then drain them. Make a well in the centre of 250 g (9 oz. 2 ¼ cups) plain (all purpose) flour and mix in a large pinch of salt, 2 tablespoons sugar and 4 well-beaten eggs to make 1 batter. Thin the batter with 400 ml (14 fl. oz. 1 ¾ cups) milk and mix in the currants and prunes. Pour into a buttered tin (pan) and bake in a preheated oven at 20 °C (400 °F, gas 6) for about 1 hour, until the top is brown. Sprinkle with icing (confectioner's) sugar.

FARCI A specialty of Pengord consisting of forcemeat wrapped in cabbage leaves. It is traditionally cooked inside a boiling fowl in meat or vegetables stock. However, it is now more usually made by wrapping the stuffed cabbage leaves in muslin (cheesecloth) or securing with string and cooking directly in stock.

RECIPES

Farci

Crumble 350 g (12 oz. 12 slices) stale crustless bread and soak in fatty stock or in milk. Mix together 350 g (12 oz. 2 cups) fresh chopped ham or bacon, 2 chopped garlic cloves, 2 chopped shallots (or 1 chopped onion) and a bunch of chopped parsley, tarragon or other herbs. If liked, add some chopped chicken liver. Squeeze out the bread and mix it with the chopped ingredients. Seasoned with salt, pepper and a generous pinch of mixed spice and bind with 2 or 3 eggs yolks, mix well until smooth, and keep in a cool place.

Blanch some large cabbage leaves in boiling water for 5 minutes. Cool quickly under cold running water, pat them dry, and arrange them like flower petals on a flat surface. Shape the forcemeat into a ball, place it on the cabbage leaves and fold them over to wrap it up. Secure with string to keep the shape, or wrap the leaves in muslin (cheesecloth). And cook in vegetable or meat stock for about 1 ¾ hours. Remove the muslin or string. Cut the farci into slices and serve very hot with the stock or with a chicken, depending on the recipe. (Farce can also be served cold).

Small stuffed provencal vegetables

Trim the tops off 6 onions, 6 small aubergines (eggplants), 6 round courgettes (zucchini), 6 sweet (bell) peppers and 6 medium-sized tomatoes to reduce them to three-quarters of their original height, and cut the aubergines and peppers in half. Use a teaspoon to hollow out the vegetables and mix the pulp with the trimmings. Fry the pulp lightly in a little olive oil, then leave to cook. Cut 5 slices of bread into small dice and soak in 100 ml (4 fl. oz. 7 tablespoons) milk. Milk with vegetables pulp and add 400 g (14 oz) sausage meats. 5 garlic cloves, chopped, 75 g (3 oz. 1 ¼ cups) finely chopped parsley, 3 tablespoons chopped basil, 3 whole eggs (beaten), 100 g (4 oz. 1 cup) grated. Parmesan cheese, salt and pepper. Stir the mixture until smooth with a wooden spatula.

Bring a saucepan of water to the boil and cook the onions lightly, followed by the courgettes, peppers and aubergines, cooked separately. Drain each batch on a cloth or paper towels.

Stuff all the vegetables with sausage meat mixture and arrange them in a roasting pan (tin), greased with olive oil.

Carefully remove the flowers of 6 courgettes finely and fry gently in 2 tablespoons olive oil for 5-8 minutes, stirring often. Remove from the heat and add 2 chopped basil leaves, 1 tablespoon finely chopped parsley and 1 finely chopped garlic clove. Leave to cool, then incorporate 1 tablespoon fresh breadcrumbs and half a beaten egg.

Fill the flowers with the sausage meat mixture, fold over the petals and place the flowers

side by side in a second roasting pan (pin). Pour over mixture of 120 ml (4 ½ fl oz, ½ cup) boiling water, 1 chicken stock (bouillon) cube and 2 tablespoons olive oil. Cover with foil.

Cook both batches of vegetables in a preheated oven at 200°C (400°F, gas 6) for 15-20 minutes. The stuffed vegetables and corrugate flowers may be eaten hot or cold.

FARCIDURE A speciality of Limousin of poached balls of forcemeat or chopped ingredients. In Gueret, where farcidure (or farce alure – literally ‘hard stuffing’) is particularly famous, the balls are made with buckwheat flour and a mixture of chopped green vegetables, such as sorrel, Swiss chard and cabbage. When made with wheat flour, they are known as poule sans as (‘boneless chicken’), contain chopped bacon and sorrel, and are deep-fried. If garnished with salt pork, they are boiled in cabbage soup. Farcidure with potatoes is made with a mixture of pureed potatoes, herbs, garlic, onions and rashers (slices) of bacon, to which beaten eggs are sometimes added. The balls are poached and then fried in lard or goose fat.

FAREE A speciality of Charentes, consisting of cabbage stuffed with bacon or sorrel and served with bacon and crustless breadless bread. It is cooked in the stock from a port-au-feu or a soup.

FARINACEOUS Containing flour, or a high, content of starch. The terms, lentils and broad (fava) beans.

FARINADE A Corsican gruel made from chestnut flour mixed with olive oil. When cooked, it is poured on to a floured cloth so that it forms a ball. It is then sliced and either served on its own, while still hot, or with fresh Broccio or goat’s milk. The slices may also be fried in oil.

FARINAGE The French term for any dish or dessert based on flour. Generally, it is used to describe pasta dishes served as a main course; as well as quenelles, knodel, knepfleis, floutes (quenelles made with mashed potatoes) and gnocchi, which are popular dishes in Italian, Austrian, German and Alsatian cookery. Farinages, also include dishes made with cornmeal (maize), such as polenta, gaudes and miques, and potato flour, such as gruels and panadas and also semolina. Puddings, pastries and crepes are not included.

FARINETTE A sweet savoury pancake made with beaten eggs and flour. There are several variations to be found in different parts of the Auvergne, where they are also known as omelette enfarinee (‘floured omelette’), pachade (in Aveyron) and farinade.

FAST To avoid eating food or abstain from certain foods. Fasting is associated with religion - Christians abstain from eating certain foods during lent; Muslims fast during Ramadan. Complete fasting or avoiding certain foods is practiced on certain days in religious calendars.

In the Roman Catholic Church fasting meant abstaining from eating meat and fat during Lent and on fast days. Originally only vegetables were allowed to be eaten on fast days with meats and all animal products (butter, fats, milk, and eggs) prescribed. Over the years the rules were relaxed, and gradually eggs, then fish and shellfish, were allowed to be eaten on fast days. However, the eating of butter necessitated the payment of extra offerings. When fish was permitted, wild duck and other waterfowl were also included. Brillat-Savarin tells the amusing story of a fasting cleric who enjoyed an omelette with tuna tongues and carp’s roe. The last restrictions were removed for Catholics in 1966 with the lifting of Friday fasting, but the tradition of serving fish on that day remains.

In cookery, dishes prepared au maigre (sauces, stuffings, salpicons), as opposed to those prepared au gras, do not include lard (shortening), bacon sausage meat or any other meat-based ingredients, especially pork. Butter, however, can be used.

FAT Lipid substances containing glycerol and fatty acids. Fats are solid at low temperatures; oils however, are liquid at room temperature, due to their higher contents of unsaturated fatty acids, and will solidify in the refrigerator. Fats and oils do not dissolve in or mix with water, but they may be emulsified with water.

There are two types of fats. Saturated fats (or saturates) and unsaturated fats (these include monounsaturated fats and polyunsaturated fats). Saturated fats are found in dairy products (butter, milk, cheese) and animal meats and fats (lard, pork, fat, suet). They are also in some vegetable fats, such as coconut oil and palm oil. Unsaturated fats are found in vegetable oils: monounsaturated in olive and peanut oils; polyunsaturated in corn, sunflower, rapeseed, rapeseed (canola) and soya oils. They are also found in oily fish, such as herring and mackerel.

- Fat in cooking Fats are used as a cooking medium for frying and roasting. They are also used to base food during grilling. Their role is far broader than, this including moistening ingredients and mixtures; forming the base for creamed cakes, giving pastries their inimitable textures; and acting as dressings or sauces. Fats make starches and dry ingredients taste more appealing. They also improve or enhance the flavour of many foods, either raw (for example when butter is eaten with bread) or cooked by giving a crisp finish, for example when frying.

Traditionally, of the animal fats, lard (shortening), obtained from pork fat, is most widely used for cooking in Europe. However, beef suet is also used sometimes, particularly in England. Sheep suet or sheep-tail fat is used especially in Oriental cookery. In France, goose fat which is highly esteemed by gastronomes, is specific to Gascony, Bearn and Languedoc, being used especially for confits. Calf fat is used in certain forcemeats. The use of some fats is limited to particular culinary traditions, smen in North Africa and ghee in India, for example.

In French cooking, recipes or dishes are described as *au gras* (literally, 'fat') when they contain meat products, and *au maigre* when they do not contain meat, being based on fish or vegetables. The introduction of vegetable oils has led to a significant reduction in the role of animal fats in cooking.

Vegetable fats are traditionally used for cooking in many African and Eastern Countries, usually taking the form of white waxy rectangular blocks. Their melting point is lower than that of animal fats but, like oils, they have high boiling points, which enables them to be used for frying food.

With greater awareness of the roles of different nutrients in the diet, and in particular concern about increased consumption of fat in the Western diet, vegetable oils are often used in place of animal fats in some traditional dishes. This applies particularly to everyday eating and to fats used for cooking, where olive oil and other vegetable oils have grown in popularity among those who traditionally relied on lard or butter. A broader range of fats are used by cooks who once used only butter and meat dripping for cooking, with one or two vegetable oils reserved solely for salad dressings.

FAUBONNE A thick soup made with a puree of white haricot (navy) beans, split peas or peas, mixed with a white stock or a consommé containing finely shredded vegetables (carrots, turnips, leeks, celery) and seasoned with parsley and chervil. Formerly, Foubonne soup was garnished with thin strips of roast or braised pheasant.

FAUCHON, AUGUSTE FELIX A famous French grocer (born 1856 died Paris). He arrived in Paris from Normandy in 1886 and opened a food store in the place de la Madeleine that dealt exclusively in the best French products, including groceries, poultry, charcuterie, cheese, biscuits (cookies), confectionery, wines and liqueurs. Auguste Fauchon did not stock exotic products, and sent customers requiring such items to his friend Hédiard. Between the two wars, he opened a *salon de la pâtisserie* and also started a catering service. After the death of its founder, the store began to stock specialties from all over the world, at the same time maintaining a selection

of luxury French products.

FAUGERES. A spicy, robust red AOC wine produced in a Languedoc region mainly from Carignan, Syrah, Mourvedere and Grenache. Whites from Marsanne, Viognier, Roussane, Grenache blanc and Rolle are sold as Coteaux du Languedoc.

FAUX-FILET (TENDERLOIN) Also known as *conref-filet*. Part of the beef sirloin located on either side of the backbone above the loins. It is fattier and less tender than the filet but has more flavour; when boned and trimmed, it can be roasted or braised. Unlike fillet, it is not essential to bard the meat, unless it is to be braised. Slices of faux-filet can be grilled (broiled) or fried.

RECIPES

Faux-fillet braised à la bourgeoise

Marinate some lardons of bacon in brandy for about 30 minutes. Season with salt, pepper and ground all-spice. Insert the lardons into the faux-filet (tenderloin). Season and marinate the meat for 12 hours in red or white wine flavoured with thyme, bay leaf, chopped parsley and 1 crushed garlic clove. Drain the meat and brown it in either butter or oil. Fry 2 large sliced onions and 2 large diced carrots in butter, and brown a few crushed veal bones in the oven. Place the vegetables in the bottom of a braising pan and lay the faux-filet on top. Add the browned bones, 1 or 2 blanched boned calves' feet, the marinade, 2-3 tablespoons tomato puree (paste) and enough stock to just cover the meat. Then add a bouquet garni and season with salt and pepper. Cover, bring to the boil on the hob (stove top) and then transfer to a preheated oven at 150°C (300°F, gas 2) for about 2 ½ hours. Add some wedges of carrot and continue cooking for another hour. Prepare some small glazed onions. When the meat is cooked, drain it, and keep it warm in a deep dish. Skim the fat off the cooking liquid, boil to reduce and add a knob of softened butter. Dice the meat from the calves' feet and arrange it around the meat together with the carrots and small onions. Coat with the cooking liquid.

Roast faux-filet

Bone and trim the meat. Bard it on top and underneath, shape into a square and tie. Cook in a preheated oven at 240°C (475°F, gas 9) so that the outside is sealed but the inside remains pink or rare, allowing 10 minutes per 450 g (1 lb). The meat can be untied and deboned to brown the outside thoroughly 5 minutes before the end of the cooking time. Season with salt and pepper.

FAVART A sumptuous garnish for poultry or calves' sweetbreads, dedicated to Charles Simon Favart, an 18th century playwright and director of the Opera-Comique. It is made of poultry quenelles with tarragon, and small tarts' filler with a *salpicon* of cep mushrooms and cream. The accompanying sauce is a chicken *veloute* flavoured with crayfish butter.

The name is also given to a preparation of soft-boiled (soft-cooked) or poached eggs, served in little tarts garnished with a *salpicon* of lamb sweetbreads, truffles and mushrooms in a *veloutée* sauce.

FAVORITE, A LA Describing various preparations created during the last century in honour of a popular Donizette opera, *La Favorite* (1840). *Soup à la favorite* is a cream soup of asparagus and lettuce garnished with asparagus tips. Asparagus tips also feature in a garnish for small sautéed joints, of meat (together with slices of foie gras topped with slivers of truffle, coated with the meat juices deglazed with Madeira and demi-glazed) and in a mixed salad. There is another garnish of the same name for large roasting joints, consisting of sautéed quartered artichoke hearts, celery hearts and chateau potatoes.

RECIPE

Salad a la favorite

Arrange in a salad dish, in separate heaps, asparagus tips, shelled crayfish and sliced white truffles. Season with oil, lemon juice, salt and pepper. Sprinkle with chopped celery and herbs.

FAVRE, JOSEPH Swiss-born chef (born Vex, 1849); died Paris, 1903). After his apprenticeship in Switzerland, Favre finished his studies in Paris, with Chevet, then worked in Germany, England and again in Paris, with Bignon. He is best known as a theoretician his *Dictionnaire universel de cuisine et d'hygiène alimentaire* (1st edition 1889-1891, 2nd edition 1902) contains not only a large number of recipes but also a very interesting history of cookery, in 1877 he founded the journal *La Science culinaire* in Geneva, and in 1893 he founded the first Academy of Cookery.

FEDORA A garnish for large roasting joints consisting of barquettes filled with asparagus tips, pieces of glazed carrot and turnip, quarters of orange and braised shelled chestnuts.

FEET AND TROTTERS The feet and trotters of slaughtered animals are classified as white offal (variety meat). Sheep's or lamb's trotters, which can be obtained from the butcher already blanched, must be boned, singed and the little tufts and hair between the cleavage in the hoof removed. They are first cooked in a court-bouillon, and can then be braised, grilled (broiled), fried, prepared à la poulette or used for a fricassee or a salad. They are also included in the Provençal speciality *pieds et paquets*, particularly popular around Marseilles.

Pig's trotters are also sold blanched and cleaned. A particularly savoury way of cooking them is à la Sainte-Menehould: they are parboiled, dipped in egg and breadcrumbs, then grilled (broiled and served with mustard or Sainte-Menehould sauce. They may also be boned and mixed with forcemeat, often with truffles. Pig's trotters may also be cooked in a flavoured stock, grilled, cooked en daube or braised.

Calves' feet are used primarily as a source of gelatine in a stock, but they may also be prepared separately after being boned, cleaned, blanched and then cooked in white stock. They can then be fried, curried, prepared à la poulette, or dipped in egg and breadcrumbs, grilled and served with devilled or tartare sauce. All the recipes for calf's head can be used for calves' feet.

RECIPES

Calves' feet

Cooking calves' feet

Calves' feet can be bought already blanched and partially boned (the long foot bones only). They are usually cooked in a white court-bouillon for about 2 hours. Like a calf's head. They can be served with a curry sauce and rice, for example.

Alternately, they can be left to cool under a press, brushed with melted butter and coated in breadcrumbs, grilled (broiled) and served with a tartare sauce.

Calves' feet à la Custine

Soak 2 pigs' caul (pieces of caul fat) in cold water and bring to the boil. Boil for 5 minutes, remove the calves' feet, drain and leave to cool. Add 4 tablespoons flour, 4 tablespoons oil, the juice of 2 lemons, 4 litres (9 pints, 4 quarts) cold water, some salt and the calves' feet. Bring to the boil and simmer gently about 2 hours (the feet must be very tender).

Mix 4 chopped shallots with 800 g (1 ¾ lb) chopped button mushrooms in geneva, and in 1893 he founded the first Academy of cookery.

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RECIPES

Calves's Feet

Cooking calve's feet

Calves feet can be bought already blanched and partially boned (the long foot bones only). They are usually cooked in a white court-bouillon for about 2 hours like a calf's head. They can be served with a curry sauce and rice, for example.

Alternatively, they can be left to cool under a press, brushed with melted butter and coated in breadcrumbs, grilled (broiled) served with a tartare sauce.

Calve's feet a la custine

Soak 2 pigs' caluls (pieces of caul fat) in cold water: Place the calv'es feet in a large pan, cover them with cold water and bring to the boil. Boil for 5 minutes, remove the calve's feet, drain and leave to cool. Add 4 tablespoons flour, 4 tablespoons oil, the juice of 2 lemons, 4 litres (7 pints, 4 quarts) cold water, some salt and calves' feet. Bring to the boil and simmer gently for about 2 hours 2(hours (the feet must be very tender).

Mix 4 chopped shallots with 800 g (1 ¾ lb.) chopped button mushrooms; season with salt and pepper and sprinkled with the juice of half a lemon. Cook the resulting duxelles over a brisk heat until the mixtures is dry. Add a small glass of Madira.

Drain the calves' feet, remove the bones and dice the flesh finely. Mix it the duxelles. Divide the forcemeat into 6 equal portions. Wipe the cauls, spread the out flat on the work surface and cut into 6 equal pieces. Shape the portion of forcemeat into rectangles and wrap each one in a piece of caul. Brown them lightly in hot butter. To serve, sprinkle with the butter in which they have been cooked.

Pigs' Trotters

Cooking pigs' trotters

Buy blanched trimmed pig's trotters (feet). Tie them in pairs and place them in a pan of cold water. Bring to the boil, skim and add carrots, turnips, leeks, celery, an onion studded with cloves

and a bouquet garni. Simmer gently for 4 hours. Drain and leave to cool. If they are to be grilled (broiled), place them between 2 thin boards tied with string, while still hot, to press them as they cool.

Daube of pig's trotters

Cut 3 pigs' trotters (feet) in half and place the 6 halves in a stewpan, together with a slightly salted knuckle of veal and 2 slightly salted pig's tails. Cover with cold water and leave to soak for 3 hours. Drain and rinse the meat, then place in a flameproof casserole. Cover with cold water. Bring to the boil, skim and cook gently for 10 minutes with the lid off. Drain the meat.

Rinse and wipe the pan. Add 3 tablespoons groundnut (peanut) oil and return to the heat. When the oil is hot, add 4 diced carrots, 3 diced onions, and 2 chopped celery sticks. Cook for about 6 minutes until the onions are transparent, 3 or 4 crushed garlic cloves, a few chopped sage leaves, 1 tablespoon flour, 1 tablespoon tomato puree (paste) and 4 peeled diced tomatoes. Cook for 2 minutes. Add 3 tablespoons dry white wine, 2 pinches of caster (superfine) sugar and 3 pinches of curcumin seeds tied in a muslin (cheesecloth) bag. Add the meat, remove from the heat, cover the casserole with a lid and cook in a preheated oven at 140°C (275°F, gas 1) for at least 3 hours.

Arrange the meat on a heated serving dish, cover it with the sauce and vegetables and sprinkle with chopped parsley.

Pigs' trotter sausages

Soak a large pig's caul (caul fat) in cold water. Cook the trotters (feet) in stock until really tender and bone them completely. Dice the flesh and mix it with an equal quantity of the fine pork forcemeat (diced truffle may be added if wished). Add salt pepper, a pinch of mixed spice and a dash of cognac. Divide the mixture into 4 portions of about 4 oz (113 g). Shape into little flat sausages (crepinettes) and top with a slice of truffle if wished. Wipe the caul, spread it out on the work surface and cut it into pieces. Wrap each crepinette in a piece of caul, coat with melted butter, roll in fresh breadcrumbs and cook gently under the grill (broiler).

Sheep's Trotters

Fricassee of sheep's trotters with pieds-de-mouton mushrooms.

Boil 10 trimmed blanched sheep's trotters (feet) gently for 4 hours in a mixture of water, white wine and lemon juice, with an onion studded with cloves, a bouquet garni, 2 garlic cloves, salt, pepper and curry powder. Place 800 g (1 3/4 lbs.) sliced mushrooms (use the variety known as pieds-de-mouton, if available) in a strainer and plunge them for 3 minutes in boiling vinegar and water.

Pour 300 ml (1/2 cup) boiling water into a saucepan containing 6 tablespoons chopped parsley and 1 tablespoon chopped fennel. Cover the pan and boil for 45 minutes to reduce by three quarters. Strain through muslin (cheesecloth) and twist the muslin to squeeze out the maximum quantity of liquid. Lightly brown 50 g (2 oz. 1/3 cup) chopped onions and 2 tablespoons chopped shallots in butter. Add sheep's trotters, sauté them for 5 minutes, then add 2 tablespoons skimmed stock and a dash of lemon juice. Add 2 tablespoons chopped parsley, 1 tablespoon chives, 1 1/2 tablespoons chopped fennel, salt and curry powder. Mix and cook for 1 1/4 hours, uncovered, over a gentle heat. Drain the cooked sheep's trotters, bone them completely and slice the flesh. Keep hot.

Make the sauce as follows; prepare a roux with 25 g (1 oz. 2 tablespoons) butter, 25 g (1 oz., 1/4 cup) plain (all-purpose) flour, and 300 ml (1/2 pint, 1 1/4 cups) boiling salted water. Whisk and incorporate the cooking liquid together with 1 tablespoon double (heavy) cream. Mix the trotters with the mushrooms, arrange them in a vegetable dish and coat them with the sauce.

Sheep's trotters à la rouennaise

Blanch the trotters (feet) whole and braise them in a good strong stock until really tender. Drain, then remove all bones.

Fill the boned trotters with sausage meat mixed with 1 lightly browned chopped onion, chopped parsley and the stock left over from the braising reduced and strained. Dip the trotters in egg and fresh breadcrumbs and deep fry in sizzling fat. Alternatively, bake until crisp and golden, turning once. Serve immediately, garnished with fried curly parsley.

FEIJOA A fruit native to South America, but now grown mainly in New Zealand. Sometimes called pineapple guava, the fruits, which is 2-8 cm. (3/4-3 1/4 in) long, has thin green skin (turning yellow as the fruit ripens) and coarse white flesh containing edible seeds. The fejoa is aromatic and similar in flavour to strawberries with a hint of pineapple. It can be eaten raw when ripe or it can be poached. It can also be used to make sorbets, jams and jellies.

FEIJOADA A Brazilian speciality whose basic ingredient is the black bean (frífol negro). It is a complete dish served on special occasions, not dissimilar to cassoulet. A large pot is used to cook slightly salted and previously soaked pork meat, such as shoulder, trotter (feet), rib and tail, and black beans, flavourings include chopped onions, celery, garlic, (bell) pepper and bay leaf; other meat may be added, such as smoked streaky (slab) bacon, dried beef and cooked sausage.

Feijoada is served as follows; a mixture of meat and beans is poured into the centre of the plate and surrounded by rice au gras, green cabbage (thinly sliced and fried) and a few slices of orange (peel and pith removed). A mixture of grilled (broiled) manioc flour, onion and other ingredients, together called farofa, is sprinkled over the whole plate. The dish is served with a very spicy sauce, molho carioca, made with cayenne pepper, vinegar, the cooking liquid from the beans, chopped tomatoes and onions.

RECIPE

Feijoada

Soak 1 kg (2 1/4 lb) black beans in cold water for 12 hours and in another container, 1 semi-salted pig's tail and 500 g (1 lb. 2 oz) lean, smoked bacon, changing the water in both containers several times. Peel 5 garlic cloves. Drain the beans and put them in a large braising pan. cover with plenty of water and season with salt. Add 4 garlic cloves and 3 bay leaves. Bring to the boil and simmer gently for 1 hour. Drain the meats and boil for 10 minutes, then set aside. Seed 2 sweet (bell) peppers and cut into strips. Scaled 500 g (1 lb 2 oz) tomatoes, peel, seed and crush. Finely chop 1 small bunch parsley and 1 small bunch chives. Heat 3 tablespoons oil in a frying pan. add 1 chopped onions and fry until golden. Add the peppers, tomatoes, the remaining garlic clove and the parsley. Cook for 20 minutes over a medium heat, stirring all the time. Season to taste. When the beans can be crushed between the fingers, remove a ladleful of them and a ladleful of cooking liquid. Puree the beans and return to the frying pan. sprinkle with chives and set aside. Slice 6 small 1 fresh sausages. 6 small smoked sausages and 1 chorizo. Place the various meats in the braising pan, hour, adding the tomato and onion puree halfway through the cooking process. Stir well.

Prepare the farofa, soak 100 g (4 oz. 2/3 cup) raisins in lukewarm water for 10 minutes. melt 40 g (1 1/2 oz. 3 tablespoons) butter in a frying pan and fry 1 large chopped onion. Add salt and 100 g (4 oz. 1 cup) manioc flour, then 40 g (1 1/2 oz. 3 tablespoons) butter to obtain a kind of light, sand-coloured mixture. Add 1 sliced banana, the drained raisins and 50 g 92 oz. 1/2 cup) grilled (broiled) cashew nuts. Serve with rice mixed with slices of orange and onion, allowing each person to sprinkle over more farofa.

PENDANT A Swiss white wine, produced mainly in the Valais in the upper Rhone valley. It is made from the Fendant, a local name for the Classelas grape, and is a dry, elegant and refreshing

wine. Fendant is sometimes slightly sparkling (petillant), which accentuates its freshness. It is generally sold under the name of the commune in which it is harvested, or, more rarely, under the name of a vineyard.

FENNEL An aromatic umbelliferous plant of Mediterranean origin, which is now widely cultivated. It is a hardy perennial which grows to ½-1.5 m (4-5 ft) high. The feathery leaves and seeds have a slight aniseed flavour and both are used as a herb and spice in a variety of recipes. The herb goes particularly well with fish and chicken the spice is good with lamb and vegetables particularly in marinades for wild mushrooms. The leaves are also used as a garnish.

Florence fennel resembles ordinary fennel as a plant but it produces a swollen leaf base which is eaten as a vegetable. Known as bulb or head of fennel, the overlapping stem bases are closely packed around a small tough, central core, Fennel is similar in texture to celery. The feathery leaves, which grow to about 60 cm (2 ft), are used as a herb or as garnish. The fennel bulb be used raw in salads or cooked in salads or cooked in a wide variety of dishes.

RECIPES

Braised fennel

Trim, halve and core fennel bulbs. Put them in an ovenproof dish. Sauté 2 diced bacon rashers (slices), 1 chopped onion and 1 diced carrot in a little olive oil until slightly softened, then sprinkle over the fennel. Moisten with a few tablespoons of chicken stock or dry white wine (or a mixture of both). Season to taste. Cover and cook in a preheated oven at 180°C (350°F, gas 4) for about 1 hour or until tender. Turn the fennel halfway through cooking and add a little extra stock or wine, if necessary, to keep the vegetables moist.

Fennel salad

Hard-boil (hard-cook) 2 eggs and shell them. Boil 100 g (4 oz. ¾ cup) long-grain rice. Leave to cool. Peel 12 small pickling (baby) onions. Clean 1 large bulb of fennel and slice it finely. Cut 4 small tomatoes into quarters. Add a little well-seasoned vina-grette to the rice and put into a salad bowl. Place all the other ingredients on top of the rice, together with some black olives. Sprinkle with chopped herbs and serve with anchovy sauce.

FENUGREEK An aromatic leguminous Mediterranean plant originating in the Middle East. Belonging to the pea family, it produces long slender curved pods containing oblong flattened brownish seeds. The seeds, which have a slightly bitter taste, are roasted and ground, then used as flouring in curries. Their flavour is distinct and easily recognized as one of the ingredients of curry pastes and powders. They are very hard – resembling tiny stones - and can only be ground using a heavy pestle and mortar or a special grinder.

In north Africa, the seeds were traditionally used to fatten women, who regularly consumed a mixture of fenugreek flour, olive oil and caster (superfine) sugar. The leaves have a very strong smell and in turkey, various Arab countries and India, they are used either fresh or dried, as a vegetable or herb.

FERCHUSE A culinary speciality of Burgundy, made from pig's offal (variety meat), traditionally prepared on the day the pig was killed. (Ferchuse is a corruption of the French word fressure, offal.) The heart, lungs and liver are cut into pieces, browned in lard with shallots and garlic, then floured and moistened with 2 parts red wine and 1 part stock. The dish is simmered for 1 hour. A bouquet garni, some sliced onions and slices of sautéed potato are added and the dish is cooled for a further 45 minutes.

FERLOUCHE also known as forlouche. Tart filling from Quebec; It is made by boiling 300 g

(11 oz. 1 cup) molasses, 200 g (7 oz., 1 cup) brown sugar and 750 ml (1 ¼ pints, 3 ¼ cups) water with a pinch a nutmeg and some orange zest. Off the heat, add 3 tablespoons cornflour (cornstarch) mixed with a little cold water, then cook over a low heat until thick, stirring continuously. The hot mixture is poured into a pre-cooked flan case (pie shell) and decorated with chopped hazelnuts or raisins.

FERMENTATION The biochemical change brought about the action of certain yeast or bacteria on certain food substances, particularly carbohydrates. These micro-organisms are either naturally present in the food or are added because of the requirements of a particular process. The type of fermentation varies depending on the type of food, the nature of the fermenting agent and the length of time the process. For example, alcohol is produced by the fermentation of natural sweet juices such as grapes and sugar cane. Vinegar is a dilute solution of acetic acid produced by the fermentation of various dilute alcoholic liquids, such as wine or beer. Lactic acid is produced in the souring of milk by bacteria.

The main foods that are fermented include dough, milk products (curds, yogurt and cheese), meat (raw sausage) and alcoholic drinks, such as beer, wine and cider, certain cereal preparations are also fermented, especially in India and Africa. Fermented vegetables includes sauerkraut, cucumber and beetroot (in eastern Europe) and mixed, thinly sliced vegetables (in China)

The greatest variety of fermented foods can be found in the Far East. They are based on soya, rice, leguminous plants and even fish (nuoc-moran). In the Middle East, cereals and milk are fermented and in eastern and northern Europe, vegetables, alcohol, bread and cheese. Fermentation is an excellent method of preservation.

FERMIERE, A LA a special method of preparing braised or pot-roasted meat, poultry or fish, using a garnish of vegetables that have been cooked slowly in butter until tender and are some times added to the main ingredients while it is being cooked. Vegetables prepared in this way can also be used to garnish omelettes and soups.

RECIPES

Brill a la fermiere

Thinly slice 2 carrots, 2 onions, the white part of 2 leeks and 3 or 4 celery sticks. Cook them slowly in 25 g (1 oz. 2 tablespoons) butter. Place half the vegetables in a greased ovenproof dish. Clean and season a medium-sized brill and place it on top of the vegetables. Cover with the remaining vegetables and add a few tablespoons of dry white wine or better still, a concentrated fish stock made with white wine. Top with small knobs of butter and cook in a preheated oven at 220°C (425°F, gas 7), basting frequently. When the brill is cooked, place it on a serving dish and keep warm. Add 2-3 tablespoons cream to the cooking liquid from the fish and reduce by half. Pour the sauce over the brill and allow it to caramelize for a few moments in the oven.

Omelette a la fermiere

Slice 2 medium carrots, 1 large onion, the white part of 1 large leek and 2 or 3 celery sticks and cook gently in 25 g (1 oz. 2 tablespoons) butter. Season with salt and pepper; Lightly beat 8 egg, add the vegetables and 1 tablespoon chopped parsley, beat again and adjust the seasoning. Brown 2 tablespoons diced ham in 20 g (¾ oz. 1 ½ tablespoons) butter in a frying pan. Pour the egg and vegetables mixture into the pan and cook the omelette. Serve very hot with crusty bread.

Sautéed chicken a la fermiere

Sauté a chicken in some butter until brown. Prepare 200 ml, (7 fl. oz. ¾ cup) of the vegetable mixture used for brill a la fermiere, ensuring that the vegetables remain fairly firm. Add the

vegetables 15 minutes before the chicken is cooked. Place all the ingredients in an ovenproof casserole and add 2 tablespoons diced ham. Cover and cook in a preheated oven at 220°C (425°F, gas 7) for about 10 minutes. the cooking liquid can be deglazed at the last moment with 100 ml (4 fl. oz. 7 tablespoons) thick gravy or thick veal stock.

Soup a la fermiere

Finely shred 2 or 3 small carrots, 1 small turnip, 1 leek (white part only), 1 onion and 75 g (3 oz. 1 ¼ cups) cabbage heart. Season and cook gently in 50 g (2 oz. ¼ cups) water in which white beans have been cooked, and 600 ml (1 pint, 2 ½ cups) white consommé. Cook gently for 1 ¼ hours. Add 100 ml (4 fl. oz. 7 tablespoons) single (light) cream, 4 tablespoons cooked white beans and some chervil leaves.

FERN The young shoots or fronts (also called 'violin scrolls') are harvested in Quebec and New Brunswick in early spring. They are shaken to remove the fine reddish dust covering them, then blanched for a few minutes. The shoots are either eaten cold or reheated in butter and sprinkled with lemon. They are a good accompaniment for meat and fish.

FERVAL A garnish for main courses consisting of braised artichoke hearts and potato croquettes filled with finely diced ham.

FESTONNER A French culinary term meaning to arrange decorative items in festoons around the edge of a serving dish. This is a garnish to add on the dish, rather than on the food. Croutons, slices of aspic and half slices of fluted lemon can be used for this purpose.

FETA The best-known Greek cheese, made from ewe's milk, cow's milk or goat's milk and containing 45% fat. It is made by traditional methods, even though it is now manufactured on an industrial scale. The curdled milk is separated and allowed to drain in a special mould or a cloth bag. It is cut into large slices that are salted and then packed in barrels filled with whey or brine. Feta is often crumbled over the top of mixed salads and may be cut into cubes and served as a snack with olives and farmhouse bread.

FEUILLE D'AUTOMNE Round cake consisting of meringue and chocolate mousses, presented in a container made of fine pleated dark chocolate leaves. Made popular by the patissier Gaston Leontre, feuillette d'automne is made of two layers of vanilla-flavoured French meringue and one layer of almond-flavoured meringue, sandwich with a butter-based chocolate moussée.

FEUILLETTE A piece of puff pastry cut into the shape of a finger or triangle and filled or garnished with cheese, ham or seafood. Feuillettes are served hot as an entrée.

The name is also given to small sticks of flaky pastry brushed with a little egg yolk and sprinkled with cumin seeds, cheese or paprika. They are served hot or cold as cocktail snacks.

RECIPES

Feuillettes of chicken or duck liver

Make the feuillettes with puff pastry and warm them in the oven. Clean the chicken or duck livers. Separate the lobes and cut into very thin escalopes (scallops). Season with salt and pepper and sauté them briskly in butter, then use of draining spoon to remove them and set aside. Sauté a small quantity of finely chopped shallots, fines herbs, and a few tiny bottom mushrooms or wild mushrooms, thinly sliced if large. In the butter remaining in the pan. use the draining spoon

to remove the mushrooms, then boil the cooking juices until virtually dry. replace the mushrooms and livers, then add sufficient. Madeira sauce to coat all the ingredients. Cook until the livers are heated through. Cut the middle out of the feuilletes, reserving the top as a lid. Fill the feuilletes with this mixture and replace the pastry lids; serve piping hot.

Feuilletes with calves' sweetbreads.

Prepare some feuilletes as in the previous recipe. Braise some calves sweetbreads in well-seasoned white stock and use to fill the feuilletes. Serve very hot with cream sauce.

Roquefort feuilletes

Prepare some puff pastry. Mix together 200 g (7 oz) roquefort cheese, 200 g (7 oz) soft cream cheese, 200 ml (7 fl. oz. $\frac{3}{4}$ cup) double (heavy) cream, some chopped herbs and some pepper. Then add 4 eggs, one by one, beating the mixture continuously. Adjust the seasoning. Roll out the dough into 2 rounds about 3 mm ($\frac{1}{8}$ in) thick. Line a tart plate with one of the rounds and prick with a fork. Spread it with the cheese filling and cover with the second round. Seal the edges carefully. Bake in a preheated oven at 230°C (450°F, gas 8) for about 35 minutes, protecting top with a sheet of foil about halfway through cooking if it is browning too quickly. Cut into triangles before serving.

Scallop feuilletes

Open, trim and clean 16 scallop. Sauté them over a brisk heat in a sauté pan with 200 g (7 oz. 1 cup) butter and some freshly ground pepper for 3 minutes, turning them once. Put 2 tablespoons finely chopped shallots into a frying pan with 250 ml (9 fl oz., 1 cup) vermouth and boil to reduce to a syrupy consistency. Add 750 ml (1 $\frac{1}{4}$ pints. 3 $\frac{1}{4}$ lb), cut 10 thin slices from a noix or sous-noix (loin) of veal and flatten them into rectangles with a mallet. Season with salt, pepper and a pinch of mixed spice. Prepare a fine pork forcemeat and add one-third of its weight of a gratin forcemeat an equal amount of dry duxelles. Bind the forcemeat with egg. Cut a thin slice of pork fat slightly larger than the slices of veal and spread it with a layer of forcemeat. Top with a piece of veal and spread it with some forcemeat. Continue to build up the feuilleton in this way, ending with a layer of forcemeat. Coat the slices of the feuilleton with the remaining forcemeat and cover with a second strip of pork fat that is also larger than the slices of veal. Fold the edges of the bottom slice of pork fat upwards and the edges of the top piece of pork fat downwards so that the feuilleton is covered.

Tie the feuilleton into a neat shape. Put it in a buttered casserole lined with bacon rinds, sliced onions and carrots. Add a bouquet garni. Cover and simmer for 20 minutes. moisten with 250 ml (8 fl. oz. 1 cup) white wine and boil to reduce by half. Add 250 ml (9 fl. oz. 1 cup) veal stock and boil to reduce to a concentrated glaze. Moisten with 500 ml (17 fl. oz. 2 cups) good stock. Cover and cook in preheated oven at 190°C (375°F, gas 5) for 1 $\frac{3}{4}$ hours, basting frequently. Drain the feuilleton, untie and arrange it on an ovenproof serving dish. Pour over a few tablespoons of braising stock and glaze in the oven, basting frequently.

Feuilleton of veal l'Echelle

Season a bone fillet of veal and brown it quickly in very hot butter to seal. Leave it to cool. Cut it into slices lengthways, but do not cut completely through the joint. Prepare a forcemeat with a mixture of dry mushroom duxelles, chopped lean ham, diced truffles, and a vegetable mirepoix, bound with a beaten egg. Spread each of the slices with the forcemeat and reshape the fillet.

Cover the feuilleton with mirepoix and wrap it in a pig's caul (caul fat). Braise the feuilleton for 2-3 hours in butter, very slowly, then place it in an ovenproof dish. Garnish it with

lettuce potatoes that have been braised in butter. Four over a little of the pan juices and return it to the oven to glaze. Make a sauce with the remainder of the juices in the pan by adding some Madeira and some veal stock.

This feuilletton may be served cold in aspic in this case, a boned calf's foot is cooked in the stock.

FIADONE Several recipes exist for this Corsican cake, one of which consists of blending stiffly whisked egg whites with a mixture of the egg yolks, sugar, mashed fresh Broccio cheese and lemon zest. The cake is sometimes flavoured with a little brandy.

FIASQUE The French word for a type of Chianti bottle. It is derived from the Italian Fiasco, meaning flash or straw-covered bottle. The bottle has a long narrow neck and is usually partly wrapped in woven straw.

FICIELLE A long thin loaf of French bread (the word literally means 'string').

FICELLES PICARDES Savoury pancakes filled with a slice of ham and chopped creamed mushrooms with cheese. They are rolled up, arranged in an ovenproof dish, covered with cream and grated Gruyere cheese, and then browned in the oven, a speciality of northern France, they are served as a hot entrée.

FIG Pear-shaped or globular fruit that is eaten fresh or dried. Probably originating in Asia Minor and now widespread throughout the Mediterranean region, figs are mentioned in the Old Testament, and were highly prized by the Ancients.

- **Fresh figs** There are three types of fig: the white one (including green figs), the purple and the red. These types are subdivided into a large number of varieties. The best-known varieties of French figs are buissone, belone, bourjasotte, celestine, col de dame and dauphine violette. These figs are grown in the Midi, mostly in Var, and separated from the flesh between June and November. Figs are also grown throughout the Mediterranean basin. Algeria is the principal supplier of dried figs.

Fresh or canned figs are usually eaten in their natural state. They can be served as an hors d'œuvre with raw ham (parma ham) in the same way as melon. Figs can also be cooked in various ways. All recipes for apricots are suitable for figs.

A fermented drink is made from figs, and also a European roast fig is used to flavour coffee, as chicory is in France.

- **Dried figs.** Very ripe autumn fruits are used. The figs, spread out on trestles, are exposed to the sun. They have to be turned several times during drying and before they are completely dry, they are slightly flattened. Treated in this way figs will keep for a very long time. The best dried figs are sold tied up with a piece of raffia and selected for their size and ripeness. They may be eaten plain or stuffed with almonds or walnuts. Dried figs are also sold in blocks. Figs, like prunes, are improved by soaking for 24 hours before use. They are eaten in compotes, cooked in wine, accompanied by milky rice pudding and vanilla cream. They are also used in savoury cooking; for example with pork or rabbit, like prunes, and are particularly delicious with braised pheasant and guinea fowl (soaked in port until swollen, then added to the pan at the end of cooking). A drink is also made from them.

RECIPES

Savoury recipes

Corsican anchoiade with figs

Soak 5 anchovy fillets in cold water to remove the salt, then dry. Pound them with 450 g (1 lb) fresh figs and 1 small garlic clove. Spread this paste on slices of bread moistened with olive oil. Sprinkle with chopped onions and serve.

Figs with Cabecou en coffret

Coarsely chop a small bunch of chives. Cook 400 g (14 oz.) very fine green beans in salted water, keeping them all dente. Soak 65 g (2 ½ oz. 1/3 cup) sultans (golden raisins) in 60 ml (2 fl. oz. ¼ cup) vinaigrette until very soft.

Cut 2 cabecou goats cheeses into quarters. Cut 8 figs 1.5 cm (¾ in) from the top, reserving the tops, and remove one-third of the flesh. Fill each fig with one quarter of Cabecou. Using a pastry (cookie) cutter with a fluted edge, cut out 6 cm (2 ½ in) rounds of very thinly rolled puff pastry and coat with beaten egg. Place a fig on piece of puff pastry and bake in a preheated oven at 200°C (400°F, gas 6) for 20 minutes. After 15 minutes, replace the tops of the figs.

Toss the green beans with the sultana vinaigrette and add the chives. Arrange 2 figs in puff pastry on each plate and add some of the bean salad. Sprinkle with toasted flaked almonds and serve at once.

Fresh figs with Parma ham.

Choose some very fresh or purple figs that are ripe but still slightly firm. Split them into four without completely separating the quarters (these should be held together by the stalk). Gently loosen the skin near the stalk. Roll some very thin slices of Parma or Bayonne ham into cornets, arrange the figs and ham in a dish and serve cold.

Lamb cutlets with figs and honey

Wash and wipe 1 kg (2 ¼ lb.) fresh figs, but do not peel. Place them, stalks upwards, in a generously buttered ovenproof dish. Cover with a glass of water, add some pepper and a little ground cinnamon and grated nutmeg, and cook in preheated oven at 200°F (400 °F, gas 6) for 30-35 minutes. About 10 minutes before the end of the cooking time, melt 40 g (1 ½ oz. 3 tablespoons) butter in a frying pan and fry 4-8 lamb cutlets (depending on their size) for 3-4 minutes per side. Season with salt and pepper and arrange the cutlets in a warmed serving dish. Keep hot. Melt 2 tablespoons honey in a little hot water and add the pan juices from the cutlets to make a sauce. Adjust the seasoning. Arrange the figs around the meat. Coat the cutlets and the figs with honey sauce. Serve immediately.

Sweet Recipes

Fig jam

Peel and quarter some large white figs that are just ripe but firm. Prepare a syrup, using 200 g (7 oz. 1 cup) sugar and 4 tablespoons water per 1 kg (2 ¼ lb.) fruit. Add the figs to the boiling syrup and cook until the gelling stage is reached. Pot and cover in the usual way.

Fig tart

Prepare 350 g (12 oz) shortcrust pastry (basic pie dough, see short pastry) and use to line a 23 cm flan ring. Prick and bake blind. Allow it to cool. Peel and halve some fresh figs and leave for 30 minutes. Mix a little run with some apricot jam, sieve the mixture and spread it over the base of the flan. Arrange the drained fig halves on top, coat them with apricot jam and decorate with Chantilly cream.

Figs with raspberry mousse

Peel some fresh ripe figs and cut them into quarters. Make a raspberry mousse with 200 ml (7 fl

oz. $\frac{3}{4}$ cup) chantly cream for each 250 g (9 oz. 1 $\frac{1}{2}$ cups) sieved sweetened raspberries. Arrange the fig quarters in a shallow bowl, cover with the mousse and chill for 30 minutes. before serving.

Roast figs with a coulis of red fruits

Melt 50 g (2 oz. $\frac{1}{4}$ cup) butter in a frying pan. add 16 fresh ripe figs and 3 tablespoons icing (confectioner's) sugar. Fry until lightly golden, then cook in a preheated oven at 200°C 9400°F, gas 60 for 8-10 minutes. remove from the oven and, using scissors, cut the figs open to look like flowers. Fill the figs with 200 g (7 oz.) fresh raspberries. Pour 300 ml 91/2 pint, 1 $\frac{1}{4}$ cups) strawberry or raspberry coulis on 4 plates and decorate with the figs. Place 1 scoop of vanilla ice creams in the centre of each plate. Serve immediately.

FICATELLI A Corsican characturie product in the form of long thin sausage, smoke and very spicy, made with liver (fegato), lean and fat pork, and are eaten raw or grilled (broiled).

FIGUETTE A drink made from dried figs and juniper berries soaked in water for a week, using 5 juniper berries per 450 g (1 lb) figs in 5 litres (8 $\frac{1}{2}$ pints, 5 $\frac{1}{2}$ quarts) water. The liquid is then strained, bottled and left for 4-5 days before drinking.

FILBERT Fruit of the hazel, a small tree of the Corylaceae family, known in the French grocery trade as noisette franche. It has a hard shell covered by a foliated envelope. There are several species, the best known coming from Piedmont and Sicily. Filberts (also known as hazelnut or colonuts) are eaten fresh or dried. They provide hazelnut oil (not much used) and are used to make the sugared almonds known as avelines.

FILET MIGNON Piece of a small section of beef, positioned within the thoracic cage, along the first dorsal vertebrae. When trimmed, the filet mignon makes one or two steaks.

In relation to pork, it corresponds to a piece of beef; it can be roasted or fried, cut into medallions, or cut into small pieces for kebabs.

FILLET – The undercut of the sirloin of beef, also used for the same cut in pork, veal and lamb. In Britain the word can also refer to the fleshy part of the buttocks of other animals. Either cut is prime meat, tender and with a delicate flavour.

If it is to be served whole, fillet of beef must be trimmed, larded or barded, and secured with string. It may be roasted in the oven or on a spit, fried or braised, according to the recipe. The fillet may alternatively be cut into steaks and grilled (boiled) -- chateaubrinds are cut from the middle of the fillet and tournedos from the end. The end of the fillet also provides pieces of meat suitable for kebabs.

In France, fillet of veal is used for genadins and for fillet chops (cotes-filet), which are broader than ordinary chops, and fillet of lamb provides filet cutlets (without knuckle) and mutton chops. Pork fillet (tenderloin). Provides particularly tender cuts of meat, especially from the middle or end of the fillet. The boned end of pork fillet provides a slightly dry roast joint, which it is advisable to band with rashers (slices) of bacon. Filet de Saxe (Saxony filled) is a fillet of smoked salted pork wrapped in a caul. It resembles bacon but is smoother.

- BEEF AND VEAL. The filet mignon is a small, choice cut of meat from the end of the fillet. Pork filet mignon is cut from the boned fillet and is particularly tender. It may be lightly braised in a single piece, sliced into two lengthways and stuffed, or cut into pieces for kebabs.
- POULTRY AND GAME BIRDS. The fillet is the underside of the breast, or the entire breast, cut off before cooking and prepared in various ways. However, the breasts of poultry and game are more often known as supremes. (The fillet of a duck is reared for its foie gras.)

- called. A magret.)
- FISH. The fillets are cut lengthways off the backbones. (there are four in a flatfish, and two in a round fish.) They may be removed before cooking and poached, fried, marinated or rolled into paupietes. When a fish is cooked whole, fillets are removed at the time of serving.

RECIPES

Cold fillet of beef a la nicoise

Garnish the cold roasted fillet with small tomatoes that have been marinated in olive oil and stuffed with salpicon of truffles, small artichoke hearts filled with a salad of green asparagus tips, large olives, anchovies and pieces of aspic jelly.

Cold fillet of beef a la russe

Surround the cold fillet with halves of shelled hard-boiled (hard-cooked) eggs stuffed a la russe and covered with aspic jelly, artichoke hearts stuffed with vegetables in mayonnaise and chopped aspic.

Cold fillet of beef in aspic.

Cold roasted fillet either whole, or cut into thin slices, may be covered with aspic jelly. If the piece is big enough to be served whole, place it on a rack and coat with several layers of aspic jelly, which may be flavoured with Madeira, port or sherry. (it must be placed in the refrigerator between each coating.

The arrange it on a serving dish and garnish with chopped aspic for with croutons and watercress. Slices of fillet are either coated separately or placed in a row on the serving dish and coated with aspic. They are garnished in the same way.

Serve with a cold sauce. Such as mayonnaise or tartare sauce, and cold vegetable barquettes or a salad.

Fillet of beef a la perigourdine

Trim the fillet of beef, stud it with truffles. Cover it with bacon rashers (slices), tie it with string and braise in Madeira-flavoured stock. Drain, remove bacon, glaze in the oven and arrange it on the serving dish. Surround it with small slices of foie gras that have been studded with truffles and sautéed in clarified butter. Reduce the braising stock by half, strain it and pour it over the fillet.

Fillet of beef en brioche

Prepare some brioche dough without sugar, using 500 g (1 lb 2 oz. 4 ½ cups) plain (all-purpose) flour, 20 g (¾ oz) fresh yeast (1 ½ cakes compressed yeast), 100 ml (4 fl. oz. 7 tablespoons) water, 2 teaspoons salt, 6 medium-sized eggs, and 250 g (9 oz 1 cup) butter. Melt 25 g (1 oz. 2 tablespoons) butter and 3 tablespoons oil in a pan and lightly brown a piece of fillet of beef weighing about 1.5 kg (3 ¼ lb), tied with string to maintain its shape. Then place the pan, uncovered. In a preheated oven at 240°C (475°F, gas 9) and cook for 10 minutes, basting the meat 2 or 3 times. Drain it, season with salt and pepper and leave to cool completely.

Lower the temperature of the oven to about 220°C (425°F, gas 7). Roll out the brioche dough into a fairly large rectangle. Remove the string from the beef and place it in the centre of the dough lengthways. Brush the meat with beaten egg and fold one of the sides of the dough over it. Brush the other side of the rectangle with beaten egg and wrap the fillet completely in the dough, tucking in the edges. Trim and cut both ends of the dough just beyond the meat and seal the edges with beaten egg. Brush the top with beaten egg. Garnish the top with the

remaining pieces of dough. Brush with beaten egg. Place on a floured baking sheet and bake in a preheated oven at 220°C (425°F, gas 7) for about 30 minutes. Fillet of beef en brioche is traditionally served with a Périgueux sauce.

Fried fillet steaks.

Cut the fillet into thick 125-150 g (4-5 oz) steaks. Slightly flatten the steaks, then seal in very hot butter. Season with salt and pepper. Remove the steaks and keep them hot. Make a sauce with the pan juices mixed with a little Madeira; reduce and coat the steaks.

Grilled beef fillet steaks

Cut the trimmed fillet into thick steaks, each weighing 125-150g (4-5 oz). Slightly flatten each steak, sprinkle with pepper, brush with oil, season with herbes de Provence (or mixed dried herbs) and cook under a hot grill (broiler) or over glowing embers, so that the outside is sealed while the inside remains pink or rare. Top each steak with a pat of maître d'hôtel butter.

Grilled filets mignons

Slightly flatten some filets mignons of beef, each weighing about 125-150 g (4-5 oz.). Season with salt and pepper, dip in melted butter and coat with fresh breadcrumbs. Moisten them with clarified butter and cook under a low grill (broiler). Serve with maître d'hôtel butter. Charon sauce, lemon butter or tarragon-flavored, tomato sauce mixed with white wine.

Roast fillet of beef.

Trim the fillet, bard it top and bottom (or brush with melted butter) and tie with string. Cook it in a preheated oven at 240°C (475°F, gas 9), allowing 10-12 minutes per 450 g (1 lb) and basting it several times with the meat juices, to which a very small amount of water has been added. Drain the meat, remove the barding strips and keep it hot on a serving dish. Make a sauce with the pan juices mixed with stock or reduced veal gravy. Reduce and serve with the filets.

Sautéed filets mignons

Slightly flatten some filets mignons of beef, season with salt and pepper and sauté them quickly in very hot clarified butter. Garnish as for tournedos.

Spit-roasted fillet of beef

Trim the fillet, put it on the spit, season with salt and pepper and coat with melted butter. Roast allowing about 10-12 minutes per 450 g (1 lb.) remove from the spit and leave the meat to rest for a few minutes. Cut it into even slices and serve with the reserved meat juices.

FILLETING FISH The process of removing the fillets from a whole fish that has been cleaned by cutting the flesh off the main backbone. Small bones and some stray larger bones may remain in the fillet, but this is essentially a boneless cut. Stray bones should be removed before cooking. A filleting knife, known in France as a couteau à filets de sole. Has a long, narrow and flexible blade.

FILLO PASTRY Also known as phyllo, this is a paper-thin pastry made from flour and water. The pastry is either rolled very thinly or stretched with the hands until paper thin. Similar in style to strudel pastry, it is used several layers thick. The layers are brushed with melted butter or oil so that they adhere but form crisp and flaky layers when baked. Fillo pastries can also be fried.

This type of pastry is used throughout the Mediterranean for making a variety of savoury and sweet dishes. In Greece it is used to make fetsi cheese and spinach pies, known as spinakopita, or it is layered with nuts to make baklava, the famous sweet drenched in honey syrup. Baklava is also popular in Turkey, where yufka is the same type of pastry, used for

savoury pastries called boreks. In north Africa, a similar type of thin pastry, known as maisouqaa or ourka (meaning paper), is used to make brik, a fried large semi-circular pastry filled with spicy vegetables with an egg nestling in the filling.

- Buying and handling Filo is available fresh or frozen and ready to use. However, exposed to air, the sheets rapidly dry out, becoming crumbly and unusable, so it's important to unwrap only the required number of sheets and to keep the remainder covered with cling film (plastic wrap) or in a polythene bag until they are to be used.

Dampening the pastry to a sticky paste, so the work surface must be clean and dry. Brushing the pastry with melted butter or oil (or a mixture of both) will stick the layers of pastry together, sealing the fold to keep the filling in place and preventing the pastry from becoming flaky and dry around the edges. When cooked, the fat makes the pastry layers crisp and separate. Although many traditional recipes use generous quantities of melted butter, a light brushing is sufficient to give good results, especially through the middle layers, with more brushed over the outside or to seal folds.

Contemporary cookery, filo is brushed very lightly with oil (olive is good with savoury fillings) and used as an alternative to fat-rich short and puff pastries. It makes an excellent casing for fillets of fish, chicken, meat or vegetables. It is also popular for savoury finger snacks as little filled parcels and bundies.

FILTER A utensil or a material that is porous or perforated, enabling the separation of solid matter from a liquid by retaining the former and allowing the latter to pass through. In cookery, liquids can be filtered through a clean cloth strainer or a piece of muslin (cheesecloth), a colander or a sieve.

A coffee filter holds ground coffee and near boiling water is poured over it. It can be made of perforated metal, earthenware, porcelain or cloth (la chaussette), or a cone of filter paper that is placed in a special cone-shaped holder. Café-filtre (or filtre) is coffee made this way filtered directly into the cup.

FINANCIER A cake made from a sponge mixture using ground almonds and whisked egg whites. Small financiers are oval or rectangular in shape; they may be used as a base for iced petits fours.

Large cakes made with the same mixture are decorated with shredded almonds and crystallized (candied) fruits. These large financiers may be cooked in cake tins (pans) of decreasing size and then built up in layers to form a large gateau.

RECIPE

Almond financiers

Butter 16 tins (pans), each 10 x 5 cm (4 x 2 in). Put 100 g (4 oz. 1 cup) plain (all-purpose) flour into a mixing bowl. Add 100 g (4 oz. 1 cup) ground almonds, 300 g (11 oz, 1 1/3 cups) caster (superfine) sugar, 2-3 tablespoons vanilla sugar and a pinch of salt. Mix everything thoroughly. Add a pinch of salt to 8 egg whites and whisk them into very stiff peaks. Fold them carefully into the cake mixture. Quickly fold in 150 g (2/3 cup) melted unsalted butter. Divide the mixture between the tins and bake in a preheated oven at 200°C (400°F, gas 6) for 15-20 minutes until the financiers are golden brown, then turn them out and cool on a wire rack. They may be coated with kirsch- or chocolate-flavoured fondant icing (frosting).

FINANCIERE, A LA A very rich classic garnish for joints of meat, calves' sweetbread or braised poultry. It may also be used as a filling for croustilles, timbales, bouchees or vol-au-vent. It consists of a ragout of cockscombs, chicken quenelles, finely sliced mushrooms and

shredded truffles flavoured with Madeira, all bound with a sauce containing Madeira and truffle essence. The same ingredients are used to make *atteraux a la financiere*, the *quenelles* being optional. There is also a *financiere* sauce flavoured with Madeira and truffles.

RECIPES

Calve's sweetbreads a la financiere

Soak the sweetbreads in cold water until they become white. Poach in salted water, drain and trim, removing skin and membranes. Place between 2 cloths in a meat press. Cut some truffles and some cooked tongue coated with aspic into matchstick shapes and use them to stud the sweetbreads. Braise the sweetbreads in a brown stock. Arrange them in *courstades* of puff pastry and cover with *financiere* garnish.

Financiere garnish

Prepare some poached children *querelles* and some cockscombs. Slowly cook some finely sliced mushrooms and shredded truffles in butter. Add 1 little Madeira. Bind all these ingredients with *financiere* sauce.

Financiere sauce (1)

(from Careme's recipe). Put some shredded lean ham, a pinch of mignonette (coarsely ground white pepper), a little thyme and bay leaf, some shredded mushrooms and 2 glasses of dry Madeira into a saucepan. Simmer and reduce over a gentle heat. Add 2 tablespoons chicken consomme and 2 tablespoons well-beaten espagnole sauce. Reduce by half, press through a fine sieve, strain, then heat again, stirring in 3 tablespoons Madeira. Reduce to the desired consistency and serve in a sauceboat (gravy boat).

When this sauce is intended for a game entrée, the chicken consomme is replaced by game fumet. Add a little butter just before serving.

Financiere sauce(2)

(modern recipe) Make 200 ml (7 fl. oz. $\frac{3}{4}$ cup) Madeira sauce, adding 100 ml (4 fl. oz. 7 tablespoons) truffle essence while it is reducing. This sauce is usually used to bind the *financiere* garnish.

Stuffed quails a la financiere

Prepare some stuffed quails in cases coat them with a sauce made with their cooking juices mixed with Madeira, and glaze them in the oven. Arrange on fried croutons or *coursades* of puff pastry. Garnish with finely sliced truffles and surround with a *financiere* garnish.

Supreme of chicken a la financiere. A La a very rich class c garnish for joints of meat, calves' sweetbreads or braised poultry. It may also be used as filling for *courtes*, *timbales*, *boutchees* or *vol-au-vent*. It consists of a ragout of cockscombs, chicken *queeles*. Finely sliced mushrooms and shredded truffles flavoured with Madeira, all bound with a sauce containing Madeira and truffle essence. The same ingredients are used to make *atterauce a la financiere*, the *quenelles* being optional. There is also a *financiere* sauce flavoured with Madeira and truffles.

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Financiere garnish

Prepare some poached chicken quenelles and some cockscombs. Slowly cook some finely sliced mushrooms and shredded truffles in butter. Add a little Madeira. Bind all these ingredients with financier sauce.

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Stuffed quails a la financiere

Prepare some stuffed quails in cases, coat them with a sauce made with their cooking juices mixed with Madeira, and glaze them in the oven. Arrange on fried coustons or croustades of puff pastry. Garnish with finely sliced truffles and surrounded with a financier garnish.

Supremes of chicken a la financiere

Sauté some supremes of chicken in clarified butter.

Arrange them on fried coustons or puff pastry croustades. Coat with financier sauce and surround with a financier garnish.

FINE The French word for a brandy distilled from wine (as opposed to another alcoholic liquid). It should be distinguished from marc, which is distilled from the grape debris left after preserving.

FINE CHAMPAGNE A category of cognac coming from the delimited regions of Grande and Petite champagne and containing not less than 50% Grande Champagne cognac in the blend (it has nothing to do with the delimited area producing champagne).

FINES HERBES A mixture of chopped aromatic herbs, such as parsley, chervil, tarragon and chives, in various proportions. The mixture is used to flavour sauces, cream cheeses, meat, sautéed vegetables and omelettes. In the past chopped mushrooms were added, and today celery sticks, fennel, basil, rosemary, thyme and bay leaf may be added.

RECIPES

Omelette garnished with fines herbs

Add enough coarsely chopped parsley, chervil, tarragon and chives to the beaten eggs to colour the omelette green - allow 3 tablespoons chopped fines herbs for 8 eggs.

Sauce with fines herbe

Make 250 ml (8 fl. oz. 1 cup) demi-glace sauce or brown stock and add 2 tablespoons chopped parsley, chervil and tarragon. Reduce, press through a very fine sieve, add a few drops of lemon juice and adjust the seasoning. This sauce is served with poached poultry.

Veal chops with fines herbs

Sauté some veal chops in butter in a frying pan (skillet). Drain them and arrange on a hot serving dish. Add some chopped shallots and white wine to the butter and cook for a few minutes to reduce. Then add some chopped parsley, chervil and tarragon, adjust the seasoning, stir and pour the sauce over the chops. Formerly, demi-glace sauce was added to the white wine to make a richer, smoother and creamer sauce.

FINGER BOWL A small individual metal, glass or china bowl filled with warm water, usually perfumed with lemon, and used for rinsing the fingers at the table. It is an essential component of the table setting when serving shrimps or prawns, which need to be shelled with the fingers, or asparagus or artichoke, which are eaten with the fingers. The finger bowl is placed to the left of the dinner plate towards the end of the course and is removed as soon as the course is finished and the guest has rinsed his or her fingertips, an operation which should be carried out rapidly and with the minimum of fuss.

FINISH to complete the preparation of a dish for example by adjusting the seasoning or the consistency and adding decorations or garnishes. Certain soups are finished by adding herb leaves, fresh butter or cream. A civet (rich game stew) is generally finished by thickening it with the blood of the animal used in the recipe. A dish coated with Mornay sauce is finished by browning. A sweet dish is finished by adding a decoration.

FISH Aquatic vertebrates with fins (for swimming) and gills (for breathing), which represent an important source of food. At present, more than 30,000 species are known (as many as all other vertebrates put together). Most fish live in the seas and oceans, at varying depths. Freshwater fish are much less numerous. Some fish, such as eels and salmon, are migratory, spending part of their life in the sea and part in fresh water.

Fish are classified into two broad groups, according to their skeletons cartilaginous fish (sharks, rays, dogfish, skate) and bony fish (the vast majority). Several basic body shapes can be distinguished.

- tapering adapted to swimming in the open water (herring, cod, salmon, mackerel, carp, pike) – these are the most numerous;
- flatfish compressed vertically, with the eye on the ventral (lower) surface is white;
- flatfish compressed laterally, with both eyes either on the right side of the head (plaice, flounder, dab, sole) or on the left (turbot, brill), the blind side usually being without pigment.
- Elongated and eel-like (eels).

Fish can also be differentiated by colour, the number and shape of the fins, the width of the mouth, the presence or absence of teeth, the thickness of the skin and any spines, spurs and barbel

- **Buying fish** There are three main factors to consider when buying fish: its freshness, its availability (depending on the season) and the percentage of waste. The season is less important now than it used to be, because fish caught off the African or northern coasts are

sold almost all the year round. However, it is always preferable to eat fish in sense it tastes better and is cheaper.

Freshness is extremely important. Fish is subjects to speedy decay by bacterial action and often causes food poisoning if it is not absolutely fresh. It is at its best when first caught, but the speed of modern transport and the excellent methods of preservation mean that fish can be enjoyed far from the fishing grounds without loss of flavour. Fish is refrigerated for transport and sold in melting ice, care being taken that the melting water drains off properly. This practice is sometimes considered to detract from the flavour, but it still remains the only method of transporting fresh fish for long distances from the fishing grounds.

Most methods of preserving fish date back to ancient times, freezing (practiced by the Romans), drying (especially for herring and cod), smoking (salmon, haddock eel) and salting in casks or barrels. Preservation by canning has considerably increased the consumption of tuna, sardines pilchards and salmon in particular and freezing has enabled many more types of fish to be made available all the year round. The process of freezing ; freshly caught fish in factory ships has greatly improved the quality of frozen fish. High-quality frozen fish is often superior to 'fresh' fish from some shops where poor handling impairs the quantity. When selecting frozen fish, the price and quality are good indicators of the standard to expect. Packing is also important as poor wrapping leads to freeze burn and deterioration in texture, moisture content and flavour.

For culinary purposes, fish can be divided into white fish, including all the cod family (haddock, whiting), the white flatfish (place, sole), and the perch family (including bass, red mullet and skate); and oily fish including sardines, mackerel, herring, and trout, tuna, salmon, moray and lamprey.

- Preparing fish this depends on the type of fish the dish and the cooking method. Large fish are usually sold prepared reads for cooking in the form of cleaned whole fish. Fillets, steaks or cutelts. Some smaller fish may be displayed whole and have to be gutted, but the fishmonger will usually do this. Some very small fish are cooked and eaten whole, such as whitebait, and small sardines may be grilled (broiled) whole, then the fish is picked off the carcassas if it eaten

Scaly fish, such as salmon are described or scaled before cook by scraping the skin with a knife to remove all the scales. This is messy task, which is easier when carried out under cold running water. Whole flat fish or fillets may be skinned before cooking the skin may be cut off cutlets or steaks.

Round fish, such as mackerel or truot, may be boned with or without their heads in place, alternatively, the fillets can be off the bones of small or large fish. Smaller fat fish, such as place or sole, are often sold whole the bones may be removed to leave a pocket in the fish or the fillets can be cut off the bones may be removed from the middle of cutlets or steaks.

- Cooking fish. This requires care, to avoid overcooking, when the flesh becomes very flaky and dry. Fish may be grilled (broiled) or baked, poached in water or stock. Cooked in fat, steamed or wrapped in buttered paper or foil, before cooking in the oven. Raw fish, either lightly cured, marinated or with carefully selected condiments, is considered to be a delicacy by some, but it needs to be absolutely fresh and carefully prepared. Such dishes include ceviche from Mexico and Ecuador, gravad lax from scandinavia and sashimi from Japan
Hot or cold fish dishes can be accompanied by a wide variety of sauces, flavoured butters, vegetables and even fruit. Fish can also be cooked in soups (chaudree, bouillabaisse, cotrivade), in pies (koulibiaca), in mousses quenelles sapics, salads, in scallop shels or gratin dishes on skewers curreid, as a matelote, and in many other ways.
- History in the middle, Ages, river fish were much more common than they are today, but even then coasted fish from the English Channel, especially mackerel and herring, were being sold in Paris. However the eels of Maine, France the barbels of Saint-Florentin, the

pike of Chalon, the lampreys of Nantes and Bordeaux, the louch of Bur-sur-Seine, the dace of Aisne and the carp of the lakes of Bondy continued to be highly regarded. During the Renaissance period, haddock, archovies, turbot, skate and whiting were eaten more frequently, but the river continued to supply most of the fish markets, the following is an extract from *Blasons domestiques* (by G. Corrozet, 1539); 'there you can see the eel and the lamprey... the fresh salmon, the sub-nosed carp, the large pike, the frisky sole, the fat propoise, the savoury shad. Then the sturgeon and the amorous trout, some boiled the others roasted to sharpen human appetites.

In the 15th century, salt cod was considered to be worthy of the best table, while the so-called 'royal fish' (basically dolphin, sturgeon and salmon) were reserved for the king's table.

In France certain fish, especially river species, are now becoming rare (pike, char, shad. And dace), while others are less frequently cooked (eel and sturgeon). On the other hand, some are in greater demand than in the past (red mullet, sea bass and sea bream). Concerns about fish stocks and overfishing the wide variety of 'exotic' species, for example from Africa and New Zealand, offered as alternatives to traditionally popular seafood; and fish farming are contemporary issues that influence the availability and promotion of fish.

FISH AND CHIPS Fried battered fish and chips (French fries), widely considered to be Britain's national dish. As such, there is great regional variation – and debate – over the way fish and chips should be prepared. The most popular fish are cod, haddock and plaice, in that order. Haddock is predominantly caught on the east coast of Britain and cod on the west, which reflects local preferences. The cooking fat varies, with the North favouring lard or beef dripping the Midlands and the south opting for vegetable oil. Certain potato varieties are said to give superior results, with the floury Désirée and Maris Piper being the most popular.

FISH KETTLE A long, deep cooking receptacle with two handles, a grid and a lid. The fish kettle is used to cook whole fish, such as salmon, pike, in a court-bouillon. The removable grid enables the fish to be taken out without breaking it. The wide turbot kettle is specially designed for cooking large flat fish.

FISH SLICE A table utensil, in the form of a silverplated or stainless steel spatula, for serving fish. It is usually perforated. Since fish cooked in a courtbouillon, even if it has been drained, is often still rather watery. The blade is rounded, pointed or has its corners cut off. The French word *truelle* may also be applied to a cake slice.

FITOU A real AOC wine from Languedoc, produced around Corbières, south of Narbonne. The appellation divides into two areas-Fitou Maritime producing supple, lighter wines less tannin, best drunk young, and Fitou Montagneux where the wines have firmer structure and longer ageing potential. Both styles must be kept for a minimum of nine months before bottling. The main grapes are Carignan, Grenache and Syrah.

FIVE SPICES. A mixture of five Chinese spices star anise, clove, fennel, cinnamon and Szechuan pepper. It is widely used in Chinese cookery. The flavour is strong, particularly anise, and the spice is used with care, in small amounts.

FIXIN A fine red Burgundy (AOC), from the most northerly of the Côte-de-Nuits vineyards. The finest climats or terroirs are considered to be les Arvelets, Les Hervelets, Le Chapitre, La Perrière and Clos Napoleon. Other wines may be sold as Côte de Nuits Villages. Fixin wines

are particularly fragrant, capable of long lives and appreciated for their finesse and pedigree.

FLAMANDE, A LA The name given to various preparation derived from the regional cookery of northern France. The Flamande garish consists of stuffed braised balls of green cabbage, shaped pieces of glazed carrot and turnip, potatoes à l'anglaise and, sometimes, diced belly of pork (salt pork) and slices of sausage that are cooked with the cabbage. It is also the name of garnish and a hot pot which is used especially for large cuts of meat (such as rump of beef) or for braised goose. The entire dish is coated with demi-glace, veal stock or a sauce made with the pan juices from the meat.

Among other preparations described as a la flamane are Brussels sprouts (pureed, mixed with an equal of potatoes or used to garnish a consommé) and chicory (endive), either raw in a mixed salad, or cooked in a chiffonnade for garnishing an omelette served with cream sauce. A la flammande is also a method of preparing asparagus with sieved hard-boiled (hard-cooked) egg yolks.

RECIPES

Asparagus à la flammande

Cook some asparagus in salted boiling water. Serve hot with melted butter to which sieved yolks of hard-boiled (hard-boiled) eggs and chopped parsley have been added.

Flemish salad

Cook some peeled potatoes in salted water and blanch some large peeled onions. Cut the potatoes into slices and chop the onions coarsely. Clean some chicory (endive) and cut the leaves lengthways and across. Place all the ingredients in salad bowl and mix with a fairly well-seasoned vinaigrette. Arrange in a dome and garnish with fillets of salt herring cut into strips. Sprinkle with chopped parsley and chervil.

FLAMBER A French culinary term meaning to pour spirits over food; then ignite it, both to enhance the flavour and for culinary showmanship.

When flaming a savoury dish, the spirit must be warmed and then ignited, preferably with a long taper. As it catches fire, it is poured over the dish. Brandy, rum or whisky are the spirits most commonly used, and the procedure is usually carried out when making a sauce from the pan juices.

In some restaurants, sweet dishes, such as crepes or sweet omelettes, are flamed with a rum or a liqueur at the serving table on special hotplates.

FLAMBE TROLLEY A small table on castor, fitted with one or two burners (spirit or butane) and used in restaurants for flaming dishes at table. The flambe trolley often has a bottle rack and cabinet for cutlery.

FLAMICHE also known as flamique. A type of sweet or savoury tart made in northern France and Flanders (flamiche is the Flemish word for cake). Formerly, it was a cake made of bread dough and eaten freshly baked, spread with butter. Nowadays, a flamiche contains vegetables or cheese. The vegetables are cooked slowly in butter, then mixed with egg yolks and seasoned. The best-known flamiche is made with leeks, in Picardy, where it's known as flamique à perions, it is also prepared with pumpkin or onions.

Cheese flamiches are usually made with a Maroilles or similar full-flavoured cheese. Flamiche à l'ancienne is made with a three-turn puff pastry mixed with semi-matured

Maroilles cheese and butter. It is cooked in a very hot oven and is eaten as a hot entrée with beer. Another way of making a flamiche is to line a pie plate with bread dough and fill it with slices of Maroilles cheese, alternating with cream seasoned with black pepper and butter. Yet another variation is prepared in Hainaut, where cheese flamiche is made as a pie (with a pastry lid). In Dinan the tart tin is lined with shortcrust pastry (basic pie dough) but the covering is a mixture of strong cheese, butter and eggs.

RECIPE

Leek flamche

Make 500 g (1 lb 2 oz) shortcrusts pastry (basic pie dough, see short pastry). Roll out two-thirds of dough to line a 28 cm (11 in) pie plate. Cut and thinly slice 1 kg (2 ¼ lb) leeks (the white parts only) and slowly cook them in butter. Add 3 egg yolks and adjust the seasoning. Spread the mixture over the pastry on the pie plate. Roll out the remaining dough large enough to cover the top of the dish. Dampen and pinch the edges together to seal and mark a criss-cross pattern on the top with the tip of a knife. Glaze with beaten egg. Make a slit in the centre and bake in a preheated oven at 200°C (400°F, gas 6) until the pastry is golden brown.

FLAMMENKUCH An Alsatian specialty, whose name means literally flame cake. Traditionally prepared by the baker, it consists of a large rectangle of very thin bread dough with a raised edge; it is filled with finely sliced lightly fried onions mixed with fresh cream and topped with small strips of fried smoked bacon. Flammenkiche may also be filled with a mixture of cream cheese, cream and egg yolks and topped with onions and strips of bacon. It must be cooked very quickly in a very hot oven.

FLAMRI also known as flamery. A baked semolina pudding prepared with white wine instead of milk and served cold. It is coated with a puree of sweetened red fruit.

RECIPE

Flamari

Place 500 ml (17 fl. oz. 2 cups) sweet white wine and 500 ml (17 fl. oz. 2 cups) water in a saucepan and bring to the boil. Gradually stir in 250 g (9 oz. 1 ¼ cups) fine semolina and simmer gently for 25 minutes. remove from the heat and add 250 g (9 oz. 1 cup) caster (superfine) sugar, 2 beaten eggs and a generous pinch of salt. Then stir in 6 stiffly and generous pinch of salt. Then stir in 6 stiffly whisked egg whites. Pour the mixture into a buttered charlotte mould in a bain marie. Cook in a preheated oven at 200°C (400°F, gas 6) for 30 minutes. allow to cool, then turn out on to a serving dish and coat with a sauce made from a puree of uncooked red fruit that has been sweetened with sugar.

FLAMUSSE An apple pudding made in the same way as clafuotis. It is a speciality of burgundy and Nivernais.

RECIPE

Apple flamusse

Put 65 g (2 ½ oz. 2/3 cup) plain (all-purpose) flour in a mixing bowl. Make a well in the centre and add 75 g (3 oz. 6 tablespoons) caster (superfine) sugar, a generous pinch of salt and 3 beaten eggs. Mix with a wooden spoon until smooth. Gradually add 500 ml (17 fl. oz. 2 cups) milk and mix well. Peel 3 or 4 dessert (eating) apples and cut them into thin slices.

Arrange them on a buttered pie plate so that they overlap. Pour the butter mixture over the top and cook in a preheated oven at 150°C (300°F, gas 2) for 45 minutes. when cooked,, turn that lamusse over to serve, and sprinkle the apples generously with caster sugar.

FLAN an open tart filled with fruit, a cream or a savoury mixture. A flan may be served as a hot entree or as a dessert. The word comes from the old French flacon, from the Latin flado (a flat cake).

Flans have been in existence for centuries. They are mentioned in the words of the Latin poet. Fortunatus (AD 530-609), and featured in medieval cookery – Taillevent gave numerous recipes for flans.

The word flan is also used in France and Spain for an egg custard, often caramel-flavoured, that is made in a mould, turned out and served cold.

RECIPES

Flan case baked blind

Prepare 350g (12oz) pastry dough (short on shortcrust, sweet fine lining or puff) and roll out to a thickness of 3mm (1/8 in). grease and flour a 28 cm (11 in) pie plate or flan ring and line it with the pastry, pressing firmly around the edges to ensure that it stays in place and taking care not to stretch the pastry. Leave a thicker edge of pastry at the top so that it does not shrink while it is being baked. Trim off the excess pastry by rolling the rolling pin around the rim of the plate or by trimming with a sharp knife. Prick the bottom with a fork and completely cover the pastry with lightly buttered greased proof (was) paper or foil, greased side down. to keep the base of the flan flat, sprinkle the surface of the paper with baking beans or dried peas. Bake in a preheated oven at 200°C (400°F, gas 6) for about 10 minutes. remove the paper or foil and baking beans, glaze the crust with beaten egg, and return to the oven for 3-4 minutes, or until the pastry is cooked and dried out. The flan case (pie shell) may then be filled.

Savoury Flans

Cheese flan

Bake a flan case (pie shell) blind. Heat 500 ml (17 fl. oz. 2 cups) double heavy) cream with 50 g (2 oz. 1/4 cup) butter. Season with salt, pepper and grated nutmeg and add 100 g (4 oz. 1 cup) plain (all-purpose) flour. Whisk over a gentle heat to obtain a fairly smooth cream. Remove from the heat and add 4 egg yolks and 150 g (5 oz. 1 1/4 cups) grated cheese. Whisk 4 egg white into very stiff peaks and fold them into the cream mixture. Fill the flan case and bake in a preheated oven at 200°C (400°F, gas 6) for about 30 minutes, or until set and browned.

Chicken liver flan chavette.

Baked a flan case (pie shall blind. Thickly slice 500 g (18 oz) trimmed chicken livers. Season and sauté quickly in hot butter. Drain and keep warm. Sauté 200 g (7 oz. 2 1/2 cups) sliced mushrooms in the same butter. Season, drain and keep warm with the chicken livers.

Make a sauce by adding 200 ml (7 fl oz. 3/4 cup) Madeira to the juices in the pan in which the chicken livers and mushrooms were cooked. Reduce a little. Add 350 ml (12 fl. oz. 1 1/2 cups) thin bechamel sauce and 200 ml (7 fl. oz 3/4 cup) single (light) cream and reduce the sauce until it has a creamy consistency. Strain it, then add the chicken livers and mushrooms. Simmer gently without allowing the sauce to boil.

Prepare some very soft scrambled eggs (using 8-10 eggs) and then add 2 tablespoons grated. Parmesan cheese and 2 tablespoons butter.

Arrange the chicken livers and mushrooms in the bottom of the prepared flan case. Top with the scrambled egg mixture and sprinkle with grated cheese. Pour some melted butter over the top and brown very quickly in a preheated oven at 240°C (475°F, gas 9) so that the scrambled eggs are not overcooked.

Seafood flan

Bake a flan case (pie shell) blind. Prepare a ragout of shellfish (such as oysters, mussels and cockles). Blend the shellfish with a fairly thick normande sauce and fill the flan case with the mixture. Sprinkle with toasted breadcrumbs and a little melted butter and brown in a preheated oven at 240°C (475°F, gas 9).

Sweet Flan

Cherry flan

Line a flan ring with sweetened pastry (pate sucee) and bake blind. Remove the stalks and stones (stems and pits) from 400 g (14 oz. 2 cups) black cherries (Bing cherries). Boil 300 ml (1/2 pint. 1 1/4 cups) milk with a vanilla pod (bean) split in two and then stir in 3 tablespoons double (heavy) cream. Beat 3 eggs with 100 g (4 oz. 1/2 cu) caster (superfine) sugar in a bowl, add the vanilla-flavoured milk and whisk until the mixture has cooled completely. Place the cherries in the flan case (pie shell) and carefully pour the mixture over. Cook in a preheated oven at 190°C (375°F, gas 5) for 35-40 minutes. serve either lukewarm or cold sprinkled with sugar if wished.

FLANDERS The cuisine of this northern province has much in common with that of the neighboring provinces of Artois and Picardy. The North Sea provides maritime Flanders with an abundance of fish, particularly mackerel and herrings. Crops and vegetables of the interior include wheat, potatoes, endive (chicory), hops and sugar beet. High-quality livestock is also important and includes pigs and sheep, and also dairy and beef cattle, whose meat is highly regarded. With all these resources, the cuisine of Flanders is a rich one - dishes are usually cooked slowly in a covered part.

The most typical Flemish soups are soupe verte (green soup) and beetroot (red beet) soup. fish specialities include Dunkerque bloaters, wam (dried fish), mackerel stuffed with shallots, spring onions (scallions), parsley and butter, cod a la flamande (sautéed with shallots and cooked in white wine), red herring salad (with potatoes and beetroot) and eels in beer.

Typical meat dishes include smoked tongues of Valenciennes baby chitterlings (ancluillettes) of Cambrai and Armentieres, the traditional Flemish hotch-potch, carbonades, potfevleisch, rabbit a la flamande (with prunes and raisins), cod a la biere (in beer) and poule au blanc (chicken cool in white stock).

Vegetables are used to make flamiches and also to make such specialities as red cabbage a la lilloise (cabbage, apples and onions, simmered for 3 hours, reduced to a puree and cooked briefly in the oven in a souffle mould.)

The best-known cheeses, which all have strong flavour, are Bergues, Mnt-des-cats, coeur d'Arras. Boulette d' Avesnes, Dauphin. Vieux-Lille and Maroilles. Omelettes and flamiches are made with Maroilles cheese, as is the goyere (Maroilles cheese tart) of Valenciennes.

The production of sugar from sugar beet has given rise to a variety of regional pastries and confectionery. The best known are the apple pies of Avesnes, plum tarts, craquelins of Roubaix, carres of Lannoy, galopins (little oblongs of bread dipped in milk mixed with eggs, and fried), couques, and the bettises (mint humbugs) of Cambrai.

The local drink is beer, and good-quality spirits are distilled from beetroot or cereals, often flavoured with unique berries.

FLANK The abdominal muscles of beef, which form a second-category joint. Thick flank steaks cut on the perpendicular from the internal muscles are lean, tasty, coarse-grained and slightly tough (they must therefore be hung); they are eaten grilled (broiled) or sautéed. Thin flank is similar but slightly tougher. Cuts taken from the two external muscles give fibrous, external tougher. Cuts taken from the two external muscles give fibrous, rather tough meat, suitable for broths and stews.

RECIPES

Flank with shallots

Chop some shallots, allowing 1 level tablespoons chopped shallots for each steak. Fry the steaks quickly in butter, add the chopped shallot to the frying pan (skillet) and brown. Season with salt and pepper. Remove the steaks and deglaze the meat juices with vinegar (2 tablespoon per steak) and a little stock, then reduce. Pour the shallots and juice over the steaks.

Grilled flank

Brush some steaks with oil, sprinkle with chopped herbs (fresh thyme and parsley) and grill (broil) quickly for 7-8 minutes. season with salt and pepper at the end of cooking.

FLAN RING A ring of tin-plate of varying diameter (6-33 cm. 2 ½ -13 ½ in). Many pastry cooks prefer it to a mould for preparing tarts and flans. When placed directly on the baking sheet, it ensures better diffusion of heat through the pastry and enables the cooked tart or flan to be easily removed. A loose-bottomed metal flan tin is often used instead particularly by home cooks.

FLAUGNARDE Also known as flagnarde. Flognarde or flougnarde. A flan made in the Auvergne. Lomousin and Perigord regions of France. The name is derived from the Old French fleugne, meaning soft or downy. The flan resembles clafoutis and is made with apples, pears or prunes, flavoured with cinnamon, vanilla, rum brandy, orange-flower water or lemon. It resembles a large pancake and is served lukewarm or cold (curnonsky recommended) the latter, generously sprinkled with icing (confectioner's) sugar and sometimes spread with jam.

RECIPE

Flaugnarde

Beat 4 eggs with 100 g (4 oz. ½ cup) caster (superfine) sugar in a bowl until the mixture is light and frothy gradually add 100 g (4 oz. 1 cup) plain (all-purpose) flour and a pinch of salt. Slowly beat in 1.5 litres (2 ¾ pints, 6 ½ cups) milk. Mix well, then flavour with 100 ml (4 fl. oz. 7 tablespoons) rum or 4 tablespoons orange-flower water.. peel and core 3 pears, cut them into thin slices and add them to the mixture. Butter an overproof dish, pour in the mixture and dot the surface with small pieces of butter. Bake in a preheated oven at 220°C (425°F, gas 7) for 30 minutes. serve hot or cold.

FLAVOUR The sensation produced when food comes into contact with the taste buds on the tongue. There are four basic tastes – sweet, salty, sour and bitter – which are detected by taste buds on different parts of the tongue. The particular flavour of a dish comes from the combination of several of these tastes; when one predominates, the dish is described as sweet, salty, sour or bitter.

Extreme temperatures (very hot or very cold) temporarily numb the sense of taste. When

flavours are mixed they can mask each other or bring each other out. Salt masks the sweetening power of sugar, but a pinch of salt in a sweet dish (especially in pastries and dough) makes it seem sweeter. A little sugar added to some savoury foods (peas, tomatoes, sauces) enhances their flavour. A contrasting taste will modify the flavour of foodstuffs, for example fruit tastes sour after a sweet dish and sweet after cheese or a spiced dish. The skillful cook combines contrasting or similar flavours to produce a harmonious whole, the flavours being enhanced by texture, consistency, colour and temperature.

FLAVOURING A substance added to a preparation to improve its flavour. Before the 13th century it was customary to use exotic flavourings which are now usually reserved for perfumery, such as essence of rose and other flowers, benzoin, amber and musk. Today, the herbs and spices commonly used for flavouring include thyme, bay, savory, coriander, cinnamon, cumin, aniseed, pepper and ginger. Orange-flower water, almond essence (extract), vanilla and the zest of citrus fruits are used for flavouring cakes, pastries and confectionery.

Wines, fortified wines (Madiera, Frontignan, port and sherry), spirits and brandies are used extensively for flavouring sauces and gravies and for enhancing the taste of game stews, sautés of shellfish à la bordelaise or à l'américaine, and flamed meat and poultry dishes. A variety of extracts, essences and fumets are also used. Other methods of flavouring include steam-cooking with aromatic plants, smoking with specially scented wood, and macerating with spices.

FLEURIE One of the ten Beaujolais region distinguished by an AOC Charming and fruity, the wines are sometimes associated with the 'floweriness' of the place name. They are usually at their best when drunk young.

FLEURISTE, A LA Describing a preparation of small cuts of sautéed meat garnished with chateau potatoes. The latter are hollowed out, slowly baked and filled with a jardinière of vegetables mixed with butter.

FLEURON A small puff-pastry shape used to garnish pie crusts or served with dishes of fish cooked in sauce. Fleurons are cut into crescents or other shapes from the leftover pastry trimmings, rolled out very thinly. They are then brushed with beaten egg and baked or fried.

FLICOTEAUX A Parisian restaurant, situated in the place de la Sorbonne, that was frequented in the 19th century by generations of students, journalists and impoverished writers because of its fixed-price menus. Balzac gave a vivid description of the two long low rooms, each with a narrow table. The tablecloths were changed on Sundays in 'Flicoteaux I' and twice a week in 'Flicoteaux II' in order to compete with other restaurants. He made this comment about the cooking; 'The female ox prevails and potatoes are inevitable. When the whiting and mackerel shoals teem on the Atlantic coasts, they rebound into the restaurant of Flicoteaux.'

FLIP Formerly, a flip was a hot alcoholic drink made with beer, rum and beaten eggs. Today it is usually a cocktail made with wine or spirits mixed with beaten eggs, sugar, nutmeg and various flavourings. The best known is the port flip.

FLATTING ISLANDS A cold dessert consisting of a light egg custard topped with egg whites that have been stiffly whisked with sugar, shaped with a tablespoon and poached either in boiling water or in the milk used to make the custard. In the latter case the dish is more

difficulty to make successfully and the whites are not as meltingly soft. Floating islands are served drizzled with caramel or crushed praline.

Le flottante, in French, was formerly made with slices of stale Savoy sponge-cake or brioche that were moistened with liqueur and sandwiched together with apricot jam containing chopped almonds and raisins. It was served cold with custard cream or a puree of strawberries, raspberries or redcurrants.

RECIPES

Floating islands

Boil 750 ml (1 ¼ pints. 3 ¼ cups) milk with a vanilla pod (bean) or 1 teaspoon vanilla sugar. Whisk 8 egg whites to stiff peaks with a pinch of salt, then fold in 3 tablespoons caster (superfine) sugar. Using a tablespoon, gently drop portion of the whisked egg whites into the boiling milk. Turn the whites so that they are cooked all over. Remove after 2 minutes and drain on a cloth. Make an egg custard with the same milk, the 8 egg yolks, and 250 g (9 oz 1 cup) sugar. When completely cold, pour the custard into a deep, place the cooked egg whites on top, and chill until ready to serve. Serve drizzled with caramel.

Floating island with pink pralines

Make a custard with 500 ml (17 fl. oz. 2 cups) boiled milk, 6 egg yolks, 200 g (7 oz. 1 cup) sugar and half a vanilla pod (bean). Pour it into a serving dish to cool completely. Butter a deep cake tin (pan) that has a slightly smaller diameter than the serving dish. Crush 100 g (4 oz) pink pralines with a rolling pin and sprinkle three-quarters over the place it in an ovenproof dish. Arrange the supreme on top, coat with Nornay sauce, sprinkle with grated cheese and melted butter, and brown in a preheated oven at 240°C, (475°F, gas 9)

FLORIAN A garnish for large joints of meat made with braised lettuce, small glazed onions, shaped glazed carrots and small potato croquettes.

FLOUNDER A flatfish that is often found in estuaries, although it is actually a sea fish. The European species, *Placitichthys flesus*, has a greenish or brownish mottled skin covered with tiny scales and can be up to 50 cm (20 in) long.

In France, the flounder is sometimes known as flandre (or flondre) de riviere or le picard. In former times, it was incorrectly called fletton, which means halibut.

In northern Europe, especially in Norway, flounders are preserved by drying and smoking. Recipes for turbot, brill, dab and plaice are suitable for flounders. In American cuisine, the world flounder is used for a larger variety of flatfish than in Europe.

Flounder is the only flat fish caught in any quantity in Australia. There its quality is on a par with place.

FLOUR Finely ground cereal, such as wheat, barley, oats, rye, rice and maize (corn). In Britain, the word 'flour' usually refers to flour produced from wheat. The milling of grain dates back to prehistoric times and over thousands of years this has developed into an important and highly automated industry. There is evidence that wheat or corn was crushed and used as food at least 6000 years ago. The pounding stones used for this purpose have been discovered in archaeological digs throughout Europe.

The Romans were the first to apply rotary motion to milling. This involved grinding the grain between circular stones, one rotating and the other stationary. The domestic quern mills were turned by hand; the larger mills, by slaves or donkeys. The milled flour was sifted through a bolting bag of linen or rushes, which separated the white flour from the bran and

wheatgerm.

The water wheel came to Britain from Rome. The earliest were laid horizontally in the water, later they were set vertically. Windmills first appeared about 1200 and were widely used until the industrial Revolution. After this, steel roller mills were introduced from Hungary. These produce finer flours as we know them today and roller milling is still the system used in all large commercial mills.

The wheat grain is composed of three parts endosperm, germ or embryo and bran. The object of milling is to separate the endosperm from the bran and germ, because white flour is derived from the endosperm, which generally comprises 85% of the grain (compared with 2% germ and 14% bran). Today wheat is cleaned before milling foreign matter being removed on the basis of shape, size and density. After this the wheat is moistened and allowed to temper, a process that toughens the bran and makes separation more complete.

Wheat grains are initially ground on break (or fluted) rolls that are designed to shear open the grains and release the endosperm. The ground material is then sieved; the bran flakes with endosperm still attached to them are reground by finer break rolls, and large endosperm pieces are sent to purifiers which remove small bran particles using air currents. The purified endosperm pieces (semolina) are then ground on mat-surface rolls (reduction rolls) to produce flour. A number of reduction passes are required to convert the semolina into flour. Material is removed from the sifters at various stages throughout the milling process. These various machine flours are blended to produce a range of flours to meet bakery specifications. Wheatgerm is removed during the milling of wheat into white flour and is sold separately.

Hard milling wheats mill easily to give high yields of granular free-flowing flour, whereas soft milling wheats produce fine flours of poor sieving and packing qualities.

- Flour grades Flour is milled to different specifications and consistencies, including soft, hard or strong bread and pasta 00 (Italian grades) and varies from country to country. American flour used to be far finer than its British counterpart, but these days there is little to differentiate them, as roller milling processes have been standardized.

The main types of flour available in Britain are plain (all-purpose), used for general baking and containing 75% of the wheat grain; self-raising (self-rising, which is plain flour with baking powder added); strong or bread flour, used for bread dough; brown flour, which contains 85% of the wheat grain; and wholemeal flour, which is 100% wheat grain. The last two contain more fibre and are less processed and can be used in place of whole flour, where appropriate. Improvements in the form of ascorbic acid (vitamin C) are added to the flour supplied to commercial bakers. This helps to strengthen the gluten, giving better rising properties.

In other parts of the world, flour is made from a variety of cereals and starchy ingredients, including spelt, maize (corn), potatoes and rice. In Italy, pasta is made from 00 flour. Containing 70% of the wheat grain, this flour is milled from the middle part of wheat's endosperm, giving a much whiter result. Whole wheat pasta flour uses 100% of the grain.

FLOURING The process of lightly covering an item of food with flour, or sprinkling a mould, cake tin (pan) or work surface with flour. Items of food are often floured before frying or sautéing, the excess flour can be removed by shaking or tapping. Flouring should not be done too far in advance as the flour becomes dry. Foods may also be floured before being coated with egg and breadcrumbs. Finally, items of sautéed meat or poultry may be floured after being browned as a method of thickening a ragout or casserole (the French word for this process is *singer*).

A work surface or a pastry board is floured before the dough is rolled out to prevent it from sticking. Some baking tins (pans) and sheets need to be floured lightly before mixtures

are poured in or before being lined with pastry. The tin or sheet is usually greased beforehand. This makes it easier to turn out the item after cooking or to prevent a mixture from spreading out too much on a baking sheet when cooking begins.

In bakery, bannetons (wicker moulds lined with cloth) are dusted with a special flour; this process is known as fleurage.

FLOUTES Speciality, of the Jura consisting of mashed potato, flour, eggs and cream, fried in a pan until golden. Traditionally, floutes accompany meats.

FLOWERS Throughout history, flowers have been used in cookery. The Romans used them to flavour certain dishes - the recipes of Apicius include brains with rose petals, sweet marjoram flowers in various hashes, and a sauce with sufflower petals - and Roman wines were flavoured with roses or violets. Today flowers are used mostly in Oriental cookery: dried rosebuds are used as a condiment: jam is made from rose petals, salads incorporate chrysanthemum, nasturtium or marigold petals; jasmine and hibiscus flowers flavor poultry and fish dishes; and yellow lilies provide seasoning for sauces and stocks.

In Europe, flowers are used in aromatic drinks, wines, hyssop syrup and pink ratafia. Some well-known spices and flavourings are made from flowers and buds, notably cloves, capers, nasturtium flowers in vinegar and orange-flower and rose waters.

Several chefs have invented recipes that include flowers, either as an ingredient or as decoration. Jules Maincave, a great French chef at the beginning of the 20th century, declared that seasonings were 'pitifully limited, whereas the progress of modern chemistry would enable us to use rose, lilac and lily-of-the valley'. Alexandre Dumas suggested a recipe for herb soup à la Dauphine containing marigold flowers. Usually flowers are added to soups at the end of cooking. In salads they obviously play a more decorative role, particularly nasturtium, but also red poppy, borage, violet and honeysuckle. They can be arranged in a crown or in bunches, and the colours of the other ingredients. Vinegar changes the colour of flowers, and if they are to be used in salad with a vinaigrette dressing, they must be added at the last movement and the salad must not be tossed until it is time to serve. Certain flowers are especially suitable for fritters: mimosa, gourd, elder and jasmine. Pumpkin flowers can be eaten stuffed and are also used to garnish omelets. Flavoured butters are seasoned with the petals of jasmine, orange, lemon or garlic flowers. Flowering mint is suitable for fish, together with lime and jasmine flowers. The latter may also be used in various forcemeats. Aromatic infusions are also made from flowers and may be drunk or used in certain steamed dishes. Wild violets complement veal; sage is used with pork; and mint and thyme with mutton.

Flowers have always been used in confectionery, for example in rose-water jellies, rose jam, crystallized (candied) violets, mimosa, forget-me-nots and primulas, and praline-floured orange blossoms. These sweet delicacies and decorations were very popular in France at the time of the Second Empire.

FLUTE A long thin French roll, weighing about 100 g (4 oz), midway between a baguette and a ficelle in size, flutes are usually split in half and grilled (broiled) for croques, or served with soups and broths.

In France, a flûte is also a tall thin bottle used traditionally for white Alsace wines.

FLUTE GLASS A glass with a stem and a narrow body, for serving champagne and other sparkling wines. The narrow body (as opposed to a wide one) enables the wine to keep its sparkle as the gas bubbles are not released so quickly.

FLUTING The technique of making V-shaped grooves over the surface of a pure, cream or

mousse, using a spatula. Pieces of pastry are described as fluted when they have been cut out with a serrated pastry (cookie) cutter. A toothed piping nozzle is also described as fluted.

FLYING FISH A small fish, 18-25 cm (7-10 in) long, common in warm and tropical seas. It has a blue back and a silvery belly and its pectoral fins are winglike, enabling it to glide above the surface of the water. It is often fished in the Caribbean islands its tasty flesh prepared like mackerel.

FOCCACCIA An Italian olive-oil flat bread, of very ancient origin, since it dates to bakestones days. It is a hearth bread. Traditionally flung into the oven just after the fire has been raked out, when the temperature is still too high to bake a larger loaf without burning the crust. In northern Italy it plays a similar role to that of pizza in the south – eaten as a snack (frequently as street food) or with cheese or antipasti.

Originating from Genoa (and related to fougasse or fouace from the south of France) but now made all over Italy, including the south, foccacia all genouese is made with plenty of olive oil and salt. It is usually baked (traditionally in large round copper baking tins), but occasionally fried. There are many different regional variations, for example with onions, chard, salt cod or mozzarell.

Schiacciata is the focaccia of Tuscany, often with herbs, and pan sciocco (also pane toscano) is the unsalted version, traditionally eaten with salty foods.

FOIE GRAS Goose or duck liver that is grossly enlarged by methodically flattening the bird. The force-feeding of geese was done as early as Roman times when figs were used. As soon as the bird was slaughtered, the liver was plunged into a bath of milk and honey, which made it swell as well as flavouring it. Nowadays the birds are fattened with maize (corn) each liver weighs (675-900 g (1 ½-2 lb) for geese – the record is 2 kg (4 ½ lb.) - and 300 – 400 g (11-14 oz) for ducks.

Foie gras from Toulouse geese savoury-white and creamy from Strasbourg geese, plaker and fiermer. It is a highly prized delicacy, yet opinion vary as to is suitably for culinary preparation in comparison with duck foie gras; the latter is also delicate (but slightly darker in colour than goose liver but melts and breaks down more during cooking and has a slightly more pronounced flavour. André Daguin, a leading chef of Auch, prefers duck foie gras. France also imports foie gras from Austria, the Czech Republic, Hungary, Israel and Luxembroug, as demand exceeds French production.

Charles Gerard, in *L'Ancienne Alsace a table*, wrote: 'The goose is nothing, but man has made of it an instrument for the output of a marvellous product, a kind of living hothouse in which there grows the supreme fruit of gastronomy. Foie gras is available in four forms in France.

- **RAW FOIE GRAS (foi gras crue)** Increasingly in demand, this is sold during the holiday season at the end of the year. It must be well-lobed, smooth and round, but not too large (so that no all its fat is rendered down in the cooking process), and putty-coloured (if yellowish, it has a tendency to be grain). Its preparation and cooking must be meticulous, and only worthwhile for fine-quality livers.
- **FRESH FOIE GRASS (foie gras froish)** this can be purchased cooked from delicatessens, usually in pots. It will keep at the most for a week, covered, in the refrigerator.
- **SEMI-COOKED PASTEURIZED FOIE GRAS (foie gras mi-cuit pasteurise)** Sold in cans, this will keep for three months in the refrigerator once opened. It retain the taste of fresh foie gras quite well, and its manufacture is governed by very strict regulations. The best-quality products must have a perfect consistency, aroma and flavour, and must not exude fat. The labels 'foie gras 'doie entier' (whole goose foie gras prepared with truffles), foie gras de canard entier truffe (whole goose foie gras prepared with truffles), foie gras de

canard entier' (whole duck foie gras), and 'foie gras de canard entier truffe (whole duck foie gras prepared with truffles) apply to pure whole livers (formerly labelled 'foie' gras au naturel') , goose or duck 'parfait de foie gras', with or without truffles, is a liver reconstituted from small pieces (formerly labelled 'block de foie gras). Pate de foie d'oie truffe (goose-liver pate with truffles) is a whole goose liver coated with forcemeat (formerly) called parfait de foie d'oie truffe). This labels 'delice,' 'lingot', 'suprme', 'timbale', 'roulade' and 'tombeau' designate products coated with forcemeat or barding, or both (with a minimum of 20% foie gras). When the foie gras is referred to as 'truffle', with no other indication, it contains at least 35 truffles.

- PRESERVED FOIE GRAS (foie gras de conserve) Sold in jars, this is the most traditional preparation. Sterilized and preserved in its own fat, it will keep for years in a cool dark place and improves like wine.

In addition to the labels for semi-cooked foie gras there is also the label 'puree de foie d'oie'(goose-liver puree). This contains 50-75% finely pounded goose liver, and the term replace, the former 'mouse'.

Tradition and innovation Whether from the goose or the duck, foie has always been considered as a rare delicacy, but the way in which it is served has changed according to a culinary fashion. At one time it was served at the end of the meal. The traditional truffle and aspic accompaniments are now thought to be superfluous by some, who prefer to serve it with lightly toasted farmhouse bread (leavened and slightly acid), rather than with plain slices of toast. Nouvelle cuisine set as much store by foie gras as classic cuisine, and sometimes gave it novel accompaniments, such as green leeks, pumpkin or even scallops. However, the classic recipes, both hot and cold still retain prestige.

Most dishes described as a la perigourdine or Rossini are prepared with foie gras.

RECIPES

Preparation of raw foie gras

Carefully remove all the tubes and skin from the liver, using the point of a thin-bladed knife. First make an incision in each lobe starting from the larger end, where main vein is located. Separate it. Still using the knife, pull on the vein. It will come away by itself, showing the rest of the network, which can then be easily removed. Once the lobes are open, season them with ½ teaspoon salt and ¼ teaspoon freshly ground pepper per 450 g (1 lb). Close up each lobe, wrapping it tightly in muslin (cheesecloth), and chill overnight.

The next day, place the liver in a terrine, cover it with goose fat and poach it, allowing 4 minutes per 100 g (4 oz) foie gras when the fat starts to simmer. When it is cooked, cool and drain the liver on a wire rack, then chill for at least 24 hours. Remove the muslin before serving the foie gras cold, possibly with a hot truffle cooked en popillote.

The taste of the liver can be enhanced by marinating it, for 48 hours in port mixed with 10% Armagnac.

Duck Foie Grats

Cold duck or goose foie gras escalopes with grapes and truffles

Prepare the raw liver and cook as described in the basic preparation above. Cut the liver into equalized slices. On each of these escalopes (scallops) place 1 large slice of truffle dipped in aspic jelly and leave to set, then glaze the whole escalope with aspic. Arrange the escalopes in crown shape in shallow glass bowl. In the middle of the crown heap a dome of fresh peeled seeded grapes which have been steeped in a little liqueur brandy. Coat everything lightly with clear port-flavoured aspic. Cover and then chill well before serving.

Duck foie gras with white pepper and green leeks

Prepare a foie gras weighing 300-400 g (9 1/4-14 oz) as above. Boil some young green leeks in salted water and puree them with a little cream. Put this puree in a small greased cake tin (pan). Season the foie gras with salt and coarsely ground pepper and arrange it on the leek puree. Cover the tin with foil and bake in a preheated oven at 140°C (275°F, gas, 1) for 35 minutes. Leave to cool for 45 minutes (the last 15 minutes in the refrigerator).

Duck or goose foie gras mousse

Press a cooked foie gras through a fine sieve, and place the puree in a bowl. For each litre (1 3/4 pints, 4 1/2 cups) puree, add 250 ml (9 fl. oz. 1 cup) melted aspic jelly and 400 ml (14 fl. oz. 1 3/4 cups) chicken veloute sauce. Beat the mixture lightly over ice. Season, then add 400 ml (14 fl. oz. 1 3/4 cup) partly whipped double (heavy) cream. Line a round mould with aspic jelly and garnish with slices of truffle, the thinly sliced whites of hard-boiled (hard-cooked) eggs and tarragon leaves. Then fill with the mousse up to 1.5 cm (3/4 in) from the top of the mould. Cover the mousse with a layer of aspic jelly, allow to cool, and then chill.

Turn out the mousse on to a serving dish, or a buttered crouton, and surround it with chopped aspic jelly. The foie gras mousse can also be served in a silver dish or a crystal bowl, at the bottom of which a layer of aspic jelly has been left to set. Smooth the top of the mousse, which should be slightly with any remaining aspic jelly.

Glazed duck foie gras

Season a fine duck foie gras with salt and pepper then marinate it in port at least 24 hours. Draw a 2.5 kg (5 1/2 lb) duck through the neck, remove the breastbone and open out the tail end. Put the liver into the duck and truss it up. Brush the duck with oil and cook in a covered casserole in a preheated oven at 200°C (400°F, gas 6) for 1 hour 20 minutes. While the duck is cooking, prick the skin frequently with a fork so that it does not burst. Remove from the casserole and leave to cool. Add the port marinade and some aspic jelly made with the ducks' giblets to the pan juices. Glaze the duck with this clarified aspic and chill.

Poach some prunes in water, some cherries in a red-wine jelly, and some apple quarters in butter. Flavour all these fruits with ginger and glaze with the remaining duck aspic. Stuff some stoned (pitted) green olives with foie gras or harm mousse. Peel the segments of a large orange. Arrange the duck in the serving dish with all the fruits, making the orange segments into a rosette.

Steamed duck foie gras with sauternes

Prepare some stock with duck bones, 1 bottle of sauternes, 2 carrots, 1 turnip, 2 celery sticks, 2 shallots and the white part of a leek (all sliced). Season with salt and pepper. Trim the foie gras and remove the tubes, season with salt and pepper and chill (with the strained stock) for 24 hours. Pour the stock into a steamer, place the foie gras in the steamer basket and cook for about 15 minutes. Cut the foie gras into slices, pour over a little of the stock and serve hot or cold.

Goose Foie Gras

Baked foie gras

Prepare a foie gras weighing about 575 g (1 1/4 lb), season it with coarse salt and keep in a cool place for 24 hours. Wash the liver, wipe it and marinate for 48 hours with ground paprika, spices and Armagnac brandy. Drain the liver, place it in an ovenproof dish and half-fill the dish with melted goose fat. Bake in a preheated oven at 190°C (375°F, gas 5), turnips it over while cooking, for about 15 minutes per 450 g (1 lb). To see it is done, pierce with a skewer, the drop of juice that appears should be only just pink.

Foie gras en broiche (hot)

Soak a pig's caul (caul fat) in cold water. Prepare some unsweetened brioche dough. Take a firm foie gras weighing 675-900 g (1 ½ - 2 lb) and stud it with truffles which have been seasoned and moistened with brandy and leave to marinate for a few hours. Drain the pig's caul, wipe it dry wrap the foie gras in it. Cook in preheated oven at 190°C (375°F, gas 5) for 18-20 minutes, then leave to cool.

Line the bottom of a plain greased timbale mould with a fairly thick layer of brioche dough, then add the liver and cover it with another, thinner, layer of dough. Cover the mould with a piece of buttered greaseproof (wax) paper and tie with string to prevent the dough from spilling out when cooking. Leave the dough to rise for 2 hours in a warm place, then bake in a preheated oven at 200°C (400°F, gas 6) for 50-60 minutes. To see if the brioche is done, pierce with a needle, which should come out clean. Turn out the brioche and serve.

Foie gras puree

Prepare some thick chicken veloute sauce and double its volume of foie gras, cooked and pressed through a fine sieve. Stir together over heat, then bind with egg yolk. This puree can be used as it is for filling bouchees, barquettes, tartlets or brioches. It can also be mixed with white breadcrumbs to stuff artichoke hearts or mushroom caps, or used plain to garnish cold hors d'oeuvre and eggs.

Goose foie gras with sultanas

Prepare a foie gras weighing about 575 g (1 ¼ lb) in the usual way. Cook in a saucepan over a gentle heat for 5-6 minutes, drain and remove the fat. Fry 1 chopped onion in goose fat, sprinkle with a little flour and add the liver cooking juices, a little white wine, 1 chopped tomato, a bouquet garni and some stock. Cook for 30 minutes, then strain. Put the liver in a heavy-based casserole with this sauce, add some sultanas (golden raisins) that have been soaked in warm Madeira until swollen, and leave to simmer for 20 minutes. Serve with croutons fried in goose fat and drain well.

Potted foie gras with truffles

Remove the tubes from a goose foie gras and divide it in half. Trim the lobes and reserve the trimmings. Stud the liver with pieces of truffle. Season with spiced salt. Pour over some brandy and leave to marinate for 5-6 hours. Prepare a forcemeat made of 375 g (13 oz) lean pork meat, 450 g (1 lb) fatty pork, the foie gras trimmings, 150 g (5 oz) diced truffles, 3 tablespoons Madeira and 2 tablespoons spiced salt.

Line the bottom and sides of an oval terrine or ovenproof dish with thin slices of pork fat, then cover the inside with a thin layer of the forcemeat. Place half the remaining foie gras on top of the forcemeat and press down. Cover with another layer of forcemeat, then place foie gras on top. Finish with the rest of the forcemeat. Cover with thin slice of pork fat. Press well to flatten the ingredients and place half a bay leaf and a sprig of thyme on top. Cover the terrine, seal the lid with a flour-and-water paste and place in a bain marie. Bring to the boil, then place in a preheated oven at 180°C (350°F, gas 4) and bake for 1 ¼ - 1 ½ hours, depending on the size of the terrine.

Cook, uncover, then leave under a light weight until the next day. Turn out the potted foie gras by standing the dish in hot water for a few seconds. Remove the pork fat and dry the top of the foie gras with a cloth, pressing down a little to firm it. Pour a thin layer of lard (shortening) mixed with goose fat (rendered during cooking) over the bottom of the terrine and leave it to set. Replace the foie gras in the terrine and pour some more lard and goose fat mixture (just warm) over the top. Chill for at least 12 hours and serve in the terrine.

Truffled foie gras with madeira

Trim a foie gras and remove the tubes. Stud with truffle sticks and season with spiced salt. Pour brandy over it and leave to marinate for a few hours. Wrap the foie gras in a pigs' caul (Caul fac) or in thin strips of bacon fat and place in a braising pan lined with fresh pork skin, sliced onions and carrots tossed in butter. Cover and simmer for 7-8 minutes. Add 250 ml (8 fl. oz. 1 cup) Madeira, port or sherry and simmer for several minutes. Add 200 ml (7 fl. oz. ¾ cup) concentrated brown veal stock (containing some dissolved gelatine if the foie gras is to be served cold) and cook in a preheated oven at 190°C (375°F, gas 5) for 45 minutes.

Drain the foie gras, unwrap it, and place it on a serving dish. Strain the cooking juices and skim off all the fat. Pour over the foie gras and serve hot.

To serve cold, place the drained and unwrapped foie gras in a terrine just large enough to hold it. Pour over the strained cooking juices and leave to cook for 12 hours (of which at least 2 hours should be in the refrigerator). Remove the layer of solidified fat on the surface of the sauce and serve the foie gras from the terrine.

Truffled pate de foie gras

Prepare 1 kg (2 ¼ lb) pate pastry dough, made with butter or lard (shortening), and leave to rest for 12 hours. Prepare 2 firm foies gras in the usual way. Stud the lobes with peeled truffles cut into sticks, seasoned with spiced salt and moistened with brandy. Season the livers well. Soak them in brandy and Madeira for 2 hours. Prepare 1 kg (2 ¼ lb) pork and foie gras forcemeat.

Line a hinged pate mould (round or oval) with some of the bottom and side of the moulds. Put the foie gras into the moule, pressing it well. Cover with a domed layer of forcemeat. On top of this lay a slice of pork fat, half a bay leaf and a small sprig of thyme. Cover the pate with a layer of dough and seal the edges. Garnish the top with decorative pastry motifs shaped with pastry (cookie) cutters (lozenges, leaves, crescents) or strips of plaited dough. In the middle put 3 or 4 round pieces of dough shaped with a fluted pastry cutter. Make hole in the middle of these so the steam can escape during baking. Brush with egg. Bake in a preheated oven at 190-200°C (375-400°F, gas 5-6) until the dough is cooked thoroughly and golden brown.

Cool. When it is lukewarm, pour into it either half-melted lard, if it is to be kept for some time, or Madeira-flavoured aspic if it is to be used at once.

Pate de foie gras must be made at least 12 hours before using. The mould can be lined with a forcemeat made entirely of foie gras instead of with pork and foie gras forcemeat.

FONDANT Sugar syrup containing glucose, cooked to the 'soft ball' stage, then worked with a spatula until it becomes a thick opaque paste. This is then kneaded by hand until smooth, soft and white. In this state, fondant keeps well in an airtight container. Professional-quality fondant is available from specialist cake decorating supplies.

Flavoured fondant is used in confectionery, to fill chocolates and sweet (candies). When heated in a bain marie with a little syrup or alcohol, the fondant is used as an icing (frosting) to coat mazipan, fresh or dried fruits and branded cherries. Diluted in this way and flavoured with chocolate, coffee or lemon, it can also be used to ice (frost) cakes and pastries.

REIPES

Fondant icing

Put the following ingredients in a heavy-based saucepan: 2 kg (4 ½ lb) lump sugar, 75 g (3 oz. 6 tablespoon) glucose and 120 ml (4 ½ fl. oz. ½ cup) water. Cook over a high heat, skimming regularly. Take the pan off the heat when the sugar reaches the 'soft ball' stage, at about 118°C (245°F), see sugar. Oil a marble slab, pour the sugar mixture over it and allow

to cool until just warm. Working with a metal spatula. Alternatively spreads out and scrape up the fondant until the mixture is uniformly smooth and white. Place in a bowl, cover and keep cook. When it is needed, heat the fondant gently in a small saucepan and add a little syrup cooked to the 'short thread stage - 101.5°C (215°F) and the selected flavouring (coffee liqueur, essence or extract, or melted chocolate). Alternatively, add a few drops of edible food coloring.

FOND DE PATISSERIE A French term meaning a sweet base or shell used for a gâteau or dessert. It may be made of shortcrust pastry (basic pie dough, flan pastry, puff pastry, Genoese sponge, meringue or various biscuit (cookie) mixture. In the catering trade, the fonde are prepared in advance and filled, decorated, mounted into set pieces or iced (frosted) when required.

RECIPES

Pearl fond

Whisk 350 g (12 oz) egg whites (10-12 whites, depending on the size) into very stiff peaks with a pinch of salt. Mix together 250 g (9 oz 2 cups) ground almonds and 250 g 99 oz. 1 cup) caster (superfine) sugar and carefully fold in the whisked egg whites. Place a hot flan ring on a greased and floured baking sheet and fill with the mixture. Spread evenly with a spoon and dust with icing (confectioner's) sugar. Remove the flaming and bake the base in a preheated oven at 180°C (350°F, gas 4) until just dried out, crisp and light golden.

Walnut or hazelnut fond

Crush 250 g (9 oz. 2 cups) walnuts or unblanched hazelnuts, add 250 g (9 oz. 1 cup) caster (superfine) sugar and mix together. Work into this mixture 450 g (1 lb) egg yolks (12-13 yolks, depending on the size) and 100 g (4 oz. ½ cup) butter softened with a wooden spatula. Mix in 125 g (4 ½ oz. 1 cup) potato starch or cornflour (cornstarch) and then carefully fold in 350 g (12 oz) egg whites (10-12 whites) which have been whisked into stiff peaks with a pinch of salt. Spread the mixture on lightly greased and floured baking sheets (it can be used for large gâteaux or small individual cakes) and bake in preheated oven at 180°C, gas 4) until light golden brown.

FONDRE A French culinary term meaning to cook certain vegetables in a covered pan in a little fat but no other apart from their natural moisture. The contents of the pan should be stirred regularly to prevent them from sticking. This method is also used to prepare fondant potatoes.

FONDU CREUSOIS A Limousin speciality made from cow's-milk cheese melted over a low heat in a saucepan with water and milk. Butter and egg yolks are added with seasoning. This smooth fondu French for melted is served with chips (French fries), which are dipped one by one into the pan. Alternatively, it can be poured over potato puree and browned under a hot grill (broiler).

FONDUE A Swiss speciality consisting of one or more cheeses melted in a special pottery fondue dish with white wine and flavouring. When the mixture becomes creamy, the dish is placed over a spirit lamp on the table to keep it hot. The diners spear pieces of bread on a long two-pronged fork, dip them in the fondue and eat them piping hot.

The fondue recipe which Brillat-Savarin gives in his *Physiologie du goût* is in fact a dish of scramble eggs with cheese. However, there are several Savory and Swiss recipes that may be considered authentic. Antirouet, in *La Cuisine au fromage*, mentions several, fondue

comtoise is made with mature full-flavoured Comte cheese, semi-measured Comte cheese, dry white wine, kirsch and garlic. Fondue des Alpes from Vaud is made with Gruyere, Appenzell and Bagnes or Talsitt, dried porcini mushrooms, dry white wine, garlic and plum brandy. Swiss jura fondue is made with full-flavoured salty jura Gruyere, dry white wine, kirsch, garlic and nutmeg, Fondue savoyarde uses mature salty Beaufort and 'full-flavoured Beaufort, dry white wine and kirsch. A classic variant is fondue mormande, made from camembert, Pont l'Eveque and Livarot (with the rind removed), cream, milk, Calvados and shallots. Fondue piemontaise is made with Fontina from the Aosta Valley, butter, milk and egg yolks, to which chopped white truffles are added. This fondue is not served in a fondue dish, but poured into dishes garnished with croutons. Swiss radette (melted cheese served with boiled potatoes and pickled) is a rustic variant of fondue.

There are several other dishes derived from, or inspired by, cheese fondue, Fondue bourguignonne, like cheese fondue, is prepared on the table in a metal fondue dish placed over a heating device and filled with hot oil. A long-handled fork is used to skewer cubes of beef (fillet steak, sirloin or rump steak) and dip them in the very hot oil until they are cooked. They are then dipped in one of an assortment of flavoured sauces (bearnaise, barbecue, aioli, Mayonnaise, horseradish, tomato) and eaten. Condiments such as gherkins (sweet dill pickles), pickles, chutneys or pickled onions can also be served at the same time, as well as potato crisps (chips).

Chinese fondue is prepared using the same principle as fondue bourguignonne. Strips of beef and pork, thin slices of chicken breast or little pieces of fish are cooked in a chicken stock kept simmering in a fondue pot over a special charcoal burner incorporated into it. This traditional Chinese dish was introduced to the Far East by the Mongols in the 14th century and was originally made with mutton. It is accompanied by sliced fresh vegetables arranged in bowls (Chinese cabbage, spinach and onion), a puree of haricot (navy) beans and nice vermicelli. This fondue is also served with soy-, ginger- and sesame oil-based sauces. In Vietnam, where this fondue is served on festive occasions, it is made with beef, prawns and fish, cooked in coconut milk and served with a prawn sauce and sweet and sour condiments. Scallops and strips of prepared squid are sometimes also included.

Chocolate fondue consists of chocolate melted in a bain marie and kept liquid over a spirit lamp on the table. It is used for dipping pieces of cake, biscuits (cookies), pastries and fruits.

- Vegetable fondue The name fondue is also given to preparation of finely cut vegetables cooked slowly in butter over a very low heat until they are reduced to a pulp. Vegetable fondue made with chicory (endive), fennel, onion, sorrel, carrots, leeks, celery, or celeriac can be used as an ingredient in another dish (as a braising sauce for ragouts or baked fish) or is an accompaniment. Tomato fondue is most often used in egg dishes, sauces and Mediterranean garnishes (à la madrilène, à la provençale and à la portugaise). It can also be added to certain forcemeats, and when cold can be used to give piquancy to hors d'oeuvre or fish (as can onion fondue). When seasoned with coriander, it is used for preparations à la grecque.

RECIPES

Fondue à la piemontaise

Cut 575 g (1 ¼ lb) Fontina cheese into cubes. Place in a fairly shallow container and cover with cold milk. Leave for at least 2 hours. Put the cheese and milk in a saucepan and add 6 egg yolks and 125 g (4 ½ oz. ½ cup) butter. Cook in a bain marie over a medium heat, stirring continuously, until the mixture melts and acquires a creamy consistency. The ideal cooking point corresponds with the first bubbles of the water in the bain marie. Serve in a soup tureen and garnish the bowls with small triangles of toasted bread or bread fried in

butter.

Fondue du valais

Rub the bottom of an earthenware fondue dish with garlic. Cut 150-200 g (5-7 oz.) Gruyere cheese per person into very thin slices. (Alternatively, use a mixture of Beaufort, Emmental and Comete). Put the cheese into the fondue dish and just cover it with dry white wine (in Switzerland Fendant is normally used). Stir over the heat until the cheese has melted then add a little freshly ground pepper and 1 liqueur glass of kirsch. In Switzerland this fondue is served with Grisons (air-cured) meat, or raw ham cut into very thin slices.

Brillat-Savarin's chese fondue

(from Brillat-Savarin's recipe) Weigh the number of eggs you wish to use, according to the number of diners. Grate a piece of good Gruyere cheese weighing one-third of this and take a piece of butter weighing one-sixth. Break the eggs into a heavy-based saucepan and beat them well, then add the butter and cheese. Put the pan over a moderate heat and stir with a spatula until the mixture is thickened and smooth. Seasoned with a little salt and a generous amount of pepper, which is one of the distinguishing characteristics of this ancient dish. Serve in a warmed dish.

Tomato fondue

Peel and chop 100 (4 oz. $\frac{3}{4}$ cup) onions. Peel seed and finely chop 800 g (1 $\frac{3}{4}$ lb) tomatoes. Peel and crushed 1 garlic clove. Prepare a bouquet garni rich in thyme. Soften the onions in a heavy-based saucepan with 25 g (1 oz. 2 tablespoons) butter, or 15 g (1/2 oz. 1 tablespoon) butter and 2 tablespoons olive oil, or 3 tablespoons olive oil. Then add the tomatoes, salt and pepper, the garlic and bouquet garni. Cover the pan and cook very gently until the tomatoes are reduced to a pulp. Remove the lid. Stir with a wooden spatula and continue cooking, uncovered, until the fondue forms a light paste. Adjust the seasoning strain through a sieve and add 1 tablespoon chopped parsley or herbs.

FONTAINE BLEAU A soft fresh cow's-milk cheese containing 60-75% fat, originating in Ile-de-France. It is not matured or salted, but wrapped in muslin (cheesecloth) and sold in a small waxed cardboard container. It is prepared from a foamy mixture of whipped cream and slowly coagulating curds, which is drained for 30 hours and then smoothed. It is served with sugar and frequently with strawberries or jam, enthusiasts often add fresh cream.

Fontanebleau is also name of classic garnish consisting of a macedoine of vegetables cut into very small pieces, cooked with butter, and arranged in barquettes made of duchess potato mixture browned in the oven.

FONTANGES A soup probably dedicated to Middle Fontanges, who was a favourite of Louis XIV for a short time. It is made of a puree of fresh peas topped with beef or chicken consommé, and contains shredded some cooked slowly in butter. Just before serving, it is enriched with an egg yolk mixed with double (heavy) cream and sprinkled with chervil.

FONTENELLE, A LA Describing a preparation of asparagus served with melted butter and soft-boiled (soft-cooked) egg. The asparagus is dipped first in the melted butter, then in the egg yolk. The name commemorates the greediness of Bernard Le Bovier de Fontenelle (1657-1757), a philosopher and permanent secretary of the French Academy of Sciences. Once, when he invited his friend, the Abbe Terrasson, to dinner, Fontenelle had arranged to have half the asparagus served with butter (which he preferred) and half with vinaigrette (favoured by Abbe). Approaching the table, the Abbe suddenly dropped dead of apoplexy, and it is said that Fontenelle immediately shouted to his chief, 'Serve them all with butter all with

butter!”

FONTINA an Italian cow's-milk cheese (45% fat content), with a pressed cooked centre and a brushed, sometimes oiled, crust. Elastic to the touch, and with a few small holes, the cheese tastes decidedly nutty. It originated in the Aosta Valley in the Alps, where it has been made since the 12th century, and it comes in rounds 40-45 cm (16-18 in) in diameter and 7 – 10 cm (3 –4 in) high. It is made over almost all northern Italy and even in France (under the name of Fontal and made mainly from pasteurized milk). The name Fontina is reserved for the DOP cheese made with unpasteurized milk from the Aosta Valley. Young Fontina is served at the end of a meal or on crostini; it is also used in cooking particularly in fondue piemontaise. When matured, it is grated and used like Parmesan cheese.

FOOD A substance eaten to sustain life, as part of a well-balanced diet, it promotes growth and maintains health. No one food is nutritionally perfect as it does not supply all the nutrients in the right proportions to support health, so, to satisfy nutritional needs and individual tastes, we need to eat, in moderation a variety of different foods. There are many combinations of foods that supply the right balance of nutrients and energy. A good diet in Mexico, for example, is based on very different foods from an equally nutritious diet in France, Japan or Italy, since the daily diet of a country still reflects its social, religious and family traditions, as well as its agricultural practices. The diet will vary according to the habits and way of life of the individual.

FOOD ADDITIVE A substance added to food during manufacture or processing to help improve its keeping qualities, taste or colour; additives do not necessarily improve the nutritional value of the food.

Under European and American law, each food item must show clearly each food additive on the label or packet under its own E number. Water that has been added to foods (such as ham or bacon) must also be listed clearly on the label. Labelling regulations state that ingredients must be listed in descending order by weight, as a guide to the quantity of additives included.

Without additives many foods would quickly become unsafe to eat and have a very short shelf life. Salt, sugar, spices, vinegar, and such products as caramel or spinach-green have been used for years. The growth of the food industry, however, has considerably enlarged the number of additives and changed their nature and conditions of use. Many food additives are derived from natural sources and are essential and harmless, but many are synthetic and non-essential.

FOOD PROCESSOR Electrically powered item of kitchen equipment that can do many of the time-consuming tasks involved in food preparation. A typical food processor consists of a motor and a bowl in which the accessories operate under a protective lid. The accessories usually include a double bladed curved knife for chopping, pureeing and producing crumbs, a plastic or blunt blade for beating and mixing, slicing discs; grating discs; a chip (French fry) cutter; and a whisk. The appliance generally has sufficient power to chop, mix, puree, grate or grind food (cooking chocolate, Parmesan cheese, nuts); it may even be able to crush ice. Special attachments are available for mixing dough. Some models also have a juice extractor.

The food processor was designed to do the work of several other appliances, including the blender and mixer, and to some extent the food mixer. In practice, results vary and, although the food processor is the most versatile and useful of appliances, some procedures are slightly less successful than others. For example, soups and sauces are far smoother when

pureed in a blender and the texture of processed meat is either finely chopped or ground to a near paste consistency rather than being mince.

FOOD SAFE A type of cage with a wooden frame and wire mesh for storing foodstuffs away from flies and other insects. The food safe was often equipped with a handle and hung in the cellar or in a cool place. Sometimes food was stored in an outside larder with shutters or ventilation grilles, installed in big old houses under the kitchen window, square with the wall. Nowadays both types have been replaced by the refrigerator, but they are still sometimes used for cheeses, which are spoiled if they are kept at too low a temperature.

In France in the Middle Ages and up to the end of the 18th century, the world garde-manger was applied to the cool well-aired place where provisions were stored.

FOOD SUBSTITUTE A food product used as a substitute for another, usually because the latter is very rare or expensive but sometimes because of health reasons (artificial sweeteners instead of sugar for example). During wars or times of shortage substitutes are often devised, such as Guinea pepper (seeds from a plant related to the cardamom) for real pepper and safflower for saffron.

In a book of recipes published in 1941, Prosper Montagne suggested malt extract and concentrated grape juice as acceptable substitutes for sugar in pastries, cakes and confectionery. Some substitutes are for emergency use only, until the genuine article becomes available, like roasted acorns for making coffee, others, such as chicory (for coffee, margarine and beet sugar, have acquired universal acceptance. Certain substitutes have remained acceptable in everyday use, though acknowledged as inferior, for example, slices of gherkins (sweet dill pickles) as substitutes for pistachios in mortadella and lumpfish roe for caviar.

Some novel substitutes appeared at the end of the 19th century; at the time of the Paris Exhibition of 1878, machines were introduced for cutting out mare's udders into the shape of tripe for twisting ox lights into the shape of petil-gris (edible brown snails), for graining cheeses with verdures using copper needles to sell them as roquefort, and for making bread with starch or couch-coach-grass powder.

The most famous substitute preparations were cooked by Chuvette, chef of the Breozn. Restaurant, in order to mystify Monselet, a well-known gastronome. Monselet praised the swallow's nest soup, brill, chamois cutlets and capercaille, served with hocks and Tokay wines, which provided to be puree of noodles and small kidney beans, fresh cod cooked on a fine comb (to stimulate the brills' backbone), lamb marinated in bitters and a young turkey sprinkled with absinthe; the 'fokre' Macon wine mixed with punch, and the Johnnisberry an ordinary Chablis flavoured with thyme essence.

FOOL A chilled dessert of English origin, made of fruit puree strained through a fine sieve, sweetened and chilled (but not frozen). Just before serving, the puree is mixed with twice its volume of whipped cream.

FORCED FRUIT AND VEGETABLES. Horticultural products that appear on the market before their normal season. Often expensive and lacking the flavour of fruit and vegetables in season, these forced products are the result of cultivation under glass or shelter of products normally sensitive to weather conditions, such as peas and asparagus. Improved transport facilities have made forcing less necessary in regions with a poor climate.

FORCEMEAT OR STUFFING A seasoned mixture of raw or cooked ingredients, chopped or minced (ground, used to stuff eggs, fish, poultry, game, meat, vegetables or pasta, such as

ravioli and cannelloni. Forcemeats are also the basis for several pates, meat pies, terrines, galanties and ballotines, not to mention all the different kinds of sausages. They are also used to make forcemeat balls, quenelles and some borders, and to fill barquettes, vol-au-vent and tartlets, a gratin forcemeats are used to garnish croutes, croutons and hot canapes.

There are three major categories of forcemeats those made with vegetables, those made with meat game or poultry; and those made with fish. In addition, there is a fourth, more minor category of forcemeat, based on egg yolk.

The composition of a forcemeat depends in principle on the food that it is intended to stuff or fill. The basis for a forcemeat is usually minced meat or fish; the additional ingredients, for example, gherkins (sweet dill pickles), herbs, onion, ham, foie gras, crustless bread soaked in milk or egg whites, give it character and consistency. Seasoning is also extremely important. A panada may be added to give it some substance, and most forcemeats made of meat, poultry or game are bound with eggs. The stuffing for a food that is to be boiled needs to be more strongly seasoned than one for food to be roasted. However, in the latter case, the stuffing must contain sufficient fat to prevent the food from drying out, especially in the case of poultry.

RECIPES

Preparation

The ingredients for some forcemeats need to be very finely minced or even ground in a mortar or food processor and then forced through a sieve. Fine forcemeats need to be minced (ground) twice. Sometimes only some of the ingredients need to be minced. Add seasoning to taste and about 6 tablespoons brandy per 1 kg (2 ¼ lb.) forcemeat. Allow 1 large egg to bind 450 g (1 lb) forcemeat.

Forcemeats Made with Egg Yolks

Cold egg yolk stuffing

Sieve 10 hard-boiled (hard-cooked) egg yolks and lace them in a terrine together with 10 g (4 oz. ½ cup) softened butter. Season with salt and white pepper and mix all the ingredients together. This is used as a spread for cold canapes and as a filing for halved hard-boiled egg white and artichoke hearts.

Hot egg yolk stuffing

Add some sieved hard-boiled (hard-cooked) egg yolks to half their weight of hot thick bechamel sauce. Press through a very fine sieve and season with salt and pepper. A teaspoon of dry duxelles and some chopped parsley are usually added as well. This mixture is used to fill halved hard-boiled egg, vol-au-vent or barquettes, or to stuff vegetables prepared au gratin.

Forcemeats made with fish and shellfish

Cram forcemeat

This is mousseline forcemeat made by replacing the meat with either boned and skinned whiting or pike.

Forcemeat for fish mousses and musselins

Skin and bone 1 kg (2 ¼ lb) fish (pike, whiting, salmon, sole or turbot) and season with 4 teaspoons salt, a generous pinch of pepper and grated nutmeg pound the fish in a mortar,

add 4 lightly whisked egg whites (one by one), transfer to a blender and then press through a fine sieve. Put the resulting puree in a terrine, smooth out with a wooden spatula and chill for at least 2 hours. Then place the terrine in a bowl of crushed ice or ice cubes and incorporate 1.25 litres (2 ¼ pints, 5 ½ cups) double (heavy) cream, working it in gently with a spatula. Keep in the refrigerator until needed. This forcemeat can also be used for quenelles and to garnish large braised fish or fillets of sole or turbot.

Prawn forcemeat

Cook 125 g (4 ½ oz, ¾ cup) prawns or shrimps in some salted water. Pound them in a mortar with 10 g (4 oz, ½ cup) butter and then press the mixture through a fine sieve. Add to this mixture half its weight of finely sieved hard-boiled (hard-cooked) egg yolks. Mix together well.

Shellfish forcemeat

This is a mousseline forcemeat made with crayfish, lobsters or crab meat. Allow 4 egg whites, 1.5 litres (2 ¼ pints, 6 ½ cups) double (heavy) cream, 1 tablespoon salt and a generous pinch of white pepper for each 1 kg (2 ¼ lb) shellfish meat.

Smoked herring or sardine forcemeat

Make a white roux with 1 tablespoon butter and 2 tablespoons flour. Add 100 ml (4 fl. oz) warm milk and cook for about 10 minutes, stirring continuously with a wooden spoon. Remove from the heat when very thick. Add 1 whole egg and 2 egg yolks. Put either 1 large smoked herring fillet (soaked in a little milk to remove some of the salt if necessary) or 4 medium sardines in a blender and reduce to a puree. Incorporate this into the roux and cook for 3-4 minutes. Press through a sieve. This forcemeat is used as filling for croustade, dertais and small pastry cases.

Forcemeats Made with Meat, Game and Poultry.

A gratin forcemeat

Fry 150 g (5 ½ oz, 1 cup) finely chopped unsmoked bacon in a sauté pan until soft. Add 300 g (11 oz) chicken livers, 2 thinly sliced shallots, 50 g (2 oz, 2/3 cup) finely chopped mushroom, a sprig of thyme and half a bay leaf. Seasoned with a generous pinch of salt, some pepper and a little mixed spice. Sauté quickly over a high heat. Allow to cool completely, then pound in a mortar (or puree in a blender) and press through a fine sieve. Cover with buttered or oiled greasedproof (wax) paper and chill until needed. This forcemeat is spread on croutons of fried bread that are used as a base for small roast game birds or served with salmis or civets.

American stuffing

Cut some smoked belly of pork into very small dice and fry. Add some finely chopped onion and allow to sweat without colouring. Remove from the heat and add fresh breadcrumbs until the fat is completely absorbed. Season with salt and pepper, a little ground sage and the finest thyme. This forcemeat is used for stuffing young cockerels, young pigeons, guinea fowls and poussins.

Brain forcemeat

Cook a calf's brain in a court-bouillon. Drain, pat dry and press through a sieve. Add an equal volume of béchamel sauce, or one-third of its volume of either cream or velouté sauce. This forcemeat is used to fill barquette, vol-au-vent, tartlets or hollowed-cut-croustades.

Foie gras forcemeat

Finely pound in a mortar (or puree in a blender) 375 g (13 oz) lean pork meat, 450 g (1 lb) unsmoked streaky (slab) bacon and 250 g (9 oz) thinly sliced foie gras. Add 1 ½ teaspoons spiced salt and 100 ml (4 fl. oz. 7 tablespoons) brandy, and press through a sieve. This forcemeat is used for making pates and terrines.

Forcemeat for poultry

This consists of fine sausage meat mixed with one fifth of its weight each of fresh breadcrumbs and finely chopped onion cooked in a little butter until finely chopped onion cooked in a little butter until soft, together with chopped parsley, chill until required.

Game forcemeat

Prepare with appropriate game meat in the same way as poultry forcemeat. To make it richer, add thin slices of fresh foie gras or game liver forcemeat. This forcemeat is used for making pates and terrines.

Liver forcemeat

Brown 250g (9 oz. 12 slices) diced unsmoked streaky (slab) bacon in 25 g (1 oz. 2 tablespoons) butter in a sauté pan. Remove and drain. In the same fat, sauté 300 g (11 oz) pig's (pork), calf's game or children liver cut into cubes. Mix 40 g (1 ½ oz. ¼ cup) finely chopped shallots and 75 g (3 oz. 1 cup) finely chopped cultivated mushrooms together. Replace the bacon in the sauté pan, add the mushrooms and shallots and season with salt, ground, white pepper and allspice; then add a sprig of thyme and half a bay leaf. Mix together and sauté for 2 minutes.

Remove the cubes of liver. Deglaze the pan with (50 ml (1/4 pint, 2/3 cup) dry white wine, pour the sauce over the cubes of liver and puree all the ingredients in a blender or food processor, together with 65 g (2 ½ oz. 5 tablespoons) butter and 3 egg yolks, until very smooth. Press the forcemeat through a sieve and store covered, in the refrigerator. This forcemeat is used for making pates, terrines or meat loaves. Minced cleaned truffle peelings can be added to it if wished. If game liver is used, add an equal amount of rabbit meat and replace the white wine with 100 ml (4 fl. oz 7 tablespoons) (Madiera).

Mousseline forcemeat

Pound 1 kg (2 ¼ lb.) boned veal, poultry or game in a mortar (or reduce to a puree in a blender). Then press through a fine sieve. Whisk 4 egg whites lightly with a fork and add them to the meat puree a little at a time. Season with 4 teaspoons salt and a generous pinch of ground white pepper. Press through the sieve a second time, place in a terrine and then chill for 2 hours. Remove the terrine from the refrigerator and lace in a bowl of crushed ice. Then work in 1.5 litres (2 ¾ pints, 6 ½ cups) double (heavy) cream using a wooden spoon (it is essential to keep the cream and the pate as cold as possible to prevent curdling). The forcemeat is used for fine quenelles, mousses and mousselines.

Panada forcemeat with butter

Puree 1 kg (2 ¼ lb) minced (ground) veal or poultry in a blender with salt, ground white pepper and grated nutmeg. Also blend 450 g (1 lb) panada with an equal quantity of butter. Add the pureed meat and beat the mixture vigorously. Then add 8 egg yolks one at a time. Press the forcemeat through a fine sieve, place in a terrine and work with a spatula until smooth. Chill, covered, until required. This forcemeat is used for quenelles borders and meat loaves, and to stuff poultry and joints of meat.

Panada forcemeat with cream.

Pound 1 kg (2 ¼ lb) minced (ground) veal or poultry in a mortar (or reduce to a puree in a blender). Season with 2 teaspoons salt, a generous pinch of white pepper and some grated nutmeg. Add 4 lightly whisked egg whites one at a time followed by 400 g (14 oz) bread panada. Beat vigorously until the mixture is very smooth. Press through a fine sieve over a terrine and chill for 1 hour, together with 1.5 litres (2 ¾ pints, 6 ½ cups) double (heavy) cream and 2 tablespoons milk. Then place the terrine in a basin of crushed ice or ice cubes. Add one-third of the cream to the forcemeat, working it in vigorously with a spatula. Lightly beat the remaining cream with the milk and then fold it into the forcemeat. Chill until needed. This forcemeat is used for quenelles.

Poultry forcemeat

Dice 575 g (1 ¼ lb) chicken or other poultry meat, 200 g (7 oz) lean veal and 900 g (2 lb) bacon work together in a blender until smooth. Add 3 eggs, 1 tablespoon salt and 200 ml (7 fl. oz. ¼ cup) brand. Mix well, press through a sieve and chill until required. This forcemeat is used for pates and terrines.

Veal forcemeat

Pound 1 kg (2 ¼ lb) lean minced (ground) veal in a mortar (or reduce to a puree in a blender). Season with 1 tablespoon salt, some white pepper and grated nutmeg. Puree 300 g (11 oz) four panada when really soft, add the veal, together with 65 g (2 ½ oz. 4 ½ tablespoons) butter, and beat the mixture well. Finally beating continuously, add 5 whole eggs and 8 yolks, one by one. Then add 1.25 litres (2 ¼ pints, 5 ½ cups) thick bechamel sauce. Press through a fine sieve and work with a spatula to make the forcemeat is used for borders and large quenelles.

Forcemeats Made with Vegetables

Forcemeat for fish

Crumble 250 g (9 oz. 9 slices) crustless bread and soak it in milk. Sauté 75 g (3 oz. 2/3 cup) chopped onion and 150 g (1 oz. 2 tablespoons) butter. Add a small handful of chopped parsley and cook for a few minutes. Meanwhile, add 4 tablespoons white wine to 3 chopped shallots in a separate pan and reduce. Add the shallots to the other vegetables and mix. Squeeze out the bread and place in a terrine. Add the vegetable mixture and work together well. Then bind with 2 egg yolks and season with salt and pepper and, if liked, a generous pinch of grated nutmeg and half a garlic clove. Chopped.

Forcemeat for vegetable terrine

Peel 500 g (1 lb. 2 oz.) celeriac (celery root) and cut into quarters. Steam, drain and puree in a blender. Dry slightly in a warm oven but do not allow the celeriac to colour. In the bowl of a mixer, combine the celeriac puree with 2 egg yolks, 150 ml (1/4 pint, 2/3 cup) single (light) cream and 2 stiffly whisked egg whites. Seasoned to taste with salt, pepper and nutmeg. Other vegetable, in equal quantities, may be added to the stuffing; diced carrots, petits pois, green beans, blanched or cooked in steam. The vegetable terrine can then be cooked in the oven or in a bain marie.

Mushroom forcemeat

Sauté 2 peeled and finely chopped shallots and 175 g (6 oz. 2 cup) button mushrooms also finely chopped, over a high heat in a frying pan, with 40 g (1 ½ oz. 3 tablespoons) butter and a generous pinch of grated nutmeg. When cooked, allow to cool. Make 100 g (4 oz) bread panada and puree it in a blender, add in the mushrooms and shallots. Finally, add 3 egg yolks and mix thoroughly (it is not necessary to sieve this forcemeat). It is used to stuff vegetables,

poultry game and fish.

FORESTIERE, A LA a method of preparing small cuts of meat or chicken (or even eggs or vegetables), which are garnished with mushrooms (usually chunterelles, mores or ceps) cooked in butter, generally accompanied by potato noisettes or rissoles and blanched browned bacon pieces. It is served with gravy, thickened veal stock or the deglazed pan juices.

RECIPES

Carrots a la forestiere

Braise some carrots in butter, then add half their volume of mushrooms, also braised in butter. Adjust the seasoning and sprinkle with parsley.

Soft-boiled or poached egg a la

Forestiere

Clean some mushroom and fry them in. Butter Cut some lean bacon into small dice, then scald and brown in butter. Mix the mushrooms and bacon together and spread the mixture over bread croustades. Place a soft-boiled (soft-cooked) or poached egg on top of each one. add a few droops of lemon juice, pepper, a little cayenne pepper and some chopped parsley to some melted butter and pour it over the eggs.

FORK An implement usually made of metal with two, three or four prongs on the end of a handle used at the table either for lifting food to the mouth or for serving food. Forks are also used in the kitchen for turning food in cooking.

The fork has very ancient origins and a mentioned in the Old Testament. It was first used as ritual instrument to grip pieces of meat destined for sacrifices later it was use in the kitchen. According to the 11th-century Italian scholar Damiani. Forks were introduced into Venice by a Byzantine princess and then spread throughout Italy. But it was Henry III of France who first introduced to the French the custom of using a two-pronged fork at the table. Before this time, it had been regarded as a decorative item fashioned in gold or silver, forks were mentioned in 1379 in an inventory of the French king Carles V. After visiting the cour at Venice in 1574, Henri Iii noted that a two-prompted table fork was being used and he launched this fashion among the nobility. It seemed a very useful implement for putting food in the mouth above the high collas and ruffs that were worn at that time! In 14th century England, it is recorded that Piers Gaveston, a Favourine of Edward II, ate a pear with a ford; but it was not until the 18th century that it became widely used. Louis XIV ate with his firtgers and , in the reign of Louis XVI, it was common to eat food from the tip of the knife.

Forks then came to have three prongs, and later four, and their use spread from Italy and Spain into France and England. Nowadays, only a carving fork has two prongs. These may be straight or slightly curved. Table forks the more diversified and are made in many sizes and many metals. They may even be made of wood or plastic. Salad servers consist of a fork and spoon, and carving sets consists of knife, a fork and often, a steel for sharpening the knife. There are table forks, fish forks and fruit forks diminishing in size down to small pastry forks pastry forks. Certain forks are modified for a particular use for example, snail forks, oyster forks, shellfish forks and fondue forks.

Etiquette varies as to the proper way of holding and using a fork. E. Briffault ends his Paris a table (1846) with this assessment: 'the two-proned fork is used it northern Europe. The English are armed with steel tridents with ivory handles – three pronged forks – but in France, we have the four pronged fork, the height of civilization.

FORM D'AMBERT A semi-hard blue cheese from the Auvergne, now factory-produced from pasteurized milk but with a firm ivory paste and a good fruity flavour. The cheese (45% fat content) is shaped into cylinders about 20 cm (8 in) high 12-15 cm (4-5 in) diameter. Form de Montbrison and forme de Forez are similar cheese from neighbouring regions. They have AOP STATUS.

FORTIFIED WINE Wine to which a certain quantity of spirit is added in the course of production. Increasing the alcoholic strength has the effect of interrupting the work of the yeast in the fermentation of the must, so the grape sugar cannot be converted into alcohol. The resulting wine may be dry or retain a considerable proportion of its natural sugar. Fortified wines include port, sherry and Madiera.

FOUACE Also known as fouasse or fougasse. One of the oldest of French pastries. It was originally a pancake made of fine wheat, unleavened, and cooked under the cinders in the hearth (in Latin focus, hence the name focaccia pasta, which in turn became fouace, fouasse or fougasse). Rabelais gave the recipe for it in his (Gargantua: Best-Quality flour mixed with best egg yolks and butter, best saffron and spices, and water ' The fouaces from the region of Chinon and Touraine have had a fine reputation for centuries.

Fouaces are still will produced in many areas of France Nowadays they are usually rustic dough cakes baked in the oven, sometimes salted and flavoured, and usually made for Christmas or twelfth Night . they used to be very widespread in western and central France (Caen, Vannes. La Fleche and (Tours), but are now most common in the south. At Najac, in rouergue, a 'fouace festival' is held every year. In Languedoc, a fouace aux graloux is eaten with frontignan wine. In Auvergne, the fouace is made with crystallized (candied) fruits. In Provence, where it is called fougasse, sometimes a little orange-flower water is poured on to the pastries and brushed over the top and sides. This is one of the desserts traditionally eaten at Christmas. The fougassette, which is made of brioche dough, is a speciality of the Nice area. This small fougasse is shaped like a plaited loaf and flavoured with orange-flower water and saffron. It sometimes contains candied citron.

RECIPE

Fouace

Dissolve 15 g (1/2 oz) fresh yeast (1 cake compressed yeast) in a few tablespoons of warm milk or water. Add 125 g (4 1/2 oz. 1 cup) strong plain (bread) flour and then enough milk or water to make a slightly soft dough. Cover the dough with a damp cloth or greased cling film (plastic wrap) and leave to rise until it has doubled in volume.

Heap 375 g (13 oz. 3 1/4 cups) strong plain flour on a work surface. Make a well in the centre and add a large pinch of salt. 100 g (4 oz. 1/2 cup) softened butter, 1 liqueur. 1 liqueur glass of rum, brandy or orange-flower water, 4 tablespoons sugar (optional) and 4 beaten eggs. Knead this mixture together adding a little milk or water to obtain a smooth dough. Then add the risen dough and (if wished) a filling of 150-200 g (5-7 oz. 1 1/4 cups) crystallized (candied) fruits. Work the dough again until it is elastic. Knead it into a ball, cut a cross in the top and leave it to rise, loosely covered (it should double in volume).

Place the fouace on a lightly buttered baking sheet, in a ball, loaf or crown shape, glaze with beaten egg and bake in a preheated oven at 230° (450°F, gas 8) for about 40 minutes or until golden (the base should sound hollow when tapped).

FOUGERU Soft cow's-milk cheese from Brie (45% fat content) with a reddish crust, Fougeru is a disc about 13 cm (5 in) in diameter and 3-4 cm (1 1/4- 1 1/2 in). thick, weighing

500-600 g 918-21 oz). Packed in fern fronds. Its taste is similar to coulommiers.

FOUQUET'S A restaurant and café on the Champs-Élysées in Paris. Originally (in 1901) it was a small public house for cab drivers, which bore the name of its owner, Louis Fouquet, in 1910 Leopold Mourier, well-known in the Parsian restaurant trade and the tutor of the founder's children, purchased it, anglicized as name to 'Fouquet's' (like Maxim's). redecorated it in the Belle Époque style (which survived until 19(1) and set up an English bar and a grill room, where the Longchamp racegoers were accustomed to meeting before or after the races, with their grey top hats over their ears, and their binoculars in deerskin cases over their shoulder' (R. Heron de Villefosse). A restaurant was also opened on the first floor. Since World War II, most of Fouquet's regular customers have been actors.

FOUR FRUITS quatre-fruits The phrase used in French to designate four red summer fruits - strawberries, cherries, redcurrants and raspberries - which are cooked together to make jams, syrups or compotes. The phrase 'four yellow fruits' (quatre fruits jaunes) is sometimes used to refer to oranges, lemons, Sevilla (bitter) oranges and citrons. In practice, 'four-fruits' jams and compotes may be made from a combination of any four fruits, fresh or dried.

RECIPE

Four-fruits compote

Wash and seed 2 bunches of Muscat grapes. Peel 4 bananas and cut them into thick rounds. Peel and finely dice 4 apples and 4 pears. Put all the fruit into a saucepan's with the juice of 1 lemon, a pinch of ground cinnamon, 300 g (11 oz. 1 2/3 cups) caster (superfine) sugar, the juice of 2 oranges and 100 ml 94 fl. oz. 7 tablespoons). Water. Bring to the boil, cook very gently for 30 minutes and then pour into a glass fruit bowl. When the compote is cold, chill until ready to serve. If wished, liquid caramel can be poured over it just before serving.

FOURME Any of various cow's-milk cheeses from central France that usually contain parsley and are used in the same way as blue cheese. The French word fourme is derived from the Latin forma (a mould); it then become formage and later fromage.

FOURME D'AMBEET (45% fat content). This has a special label of origin (an AOC) and comes from the Loire, Puy-de-Dôme, and the district of Saint-Flour. It has a firm paste flavoured with parsley and a dry dark-grey crust mottled with yellow and red. It has a strong flavour and is shaped into tall cylinders, 13 cm (5 in) in diameter and 20 cm (8 in) high. It is usually served cut horizontally. Fourme de Pierrestir-Haute. Fourme de Montbrison are similar cheese.

- **FOURME DU MEZENC** (30-40% fat content). This is also known as Bleu du Velay, bleu de Loudes or Bleu de Costaros. It is flavoured with parsley and has a natural crust. Like fourme d'Ambert, it is cylindrical and has a promoted flavour. The name 'Fourme' is also used, albeit incorrectly, for Cantal, Salers and Laguiole.

FOURRER The French term meaning to insert a raw or cooked filling into a a sweet or savoury item. For example, omelettes and pancakes may be filled with various mixtures before being folded. Choux pastries and sponge' cakes can be filled with butter cream, almonds cream, confectioner's custard (pastry cream) or a fruit filling. Bread rolls can be filled with various savoury mixtures.

FOUR SPICES A mixture of spices, usually consisting of ground pepper, grated nutmeg, powdered cloves and ground ginger or cinnamon. T s used in stews, civeis, charcuterie,

terrines and game dishes. This spice mixture is also used in Arab cookery. It should not be confused with five spices (cinq-epices) or all spice (toute-epice).

FOUTOU A traditional African dish based on casava (manioc root) together with plantains (green bananas) or yams. The cassava and plantains or yams are boiled in water, drained and then pounded into a smooth paste that is shaped into several small rounds or a single large one. Foutou is always served with very rich and highly spiced sauces, based on meat and vegetables or on fish. These sauces are actually more like ragouts, and their composition is very varied. Foutou is very common in Africa, particularly in Benin and the Ivory Coast.

FOYOT A Parisian restaurant which was situated on the corner of the Rue de Tournon and the Rue de Vaugirard. It was originally a hotel, and the Emperor Joseph II, brother of Marie Antoinette, once stayed there, in 1776 it was converted into a restaurant, known as the Café Vahette, and in 1848 it was bought by Foyot, the former chef of Louis-Philippe, and renamed.

The proximity of the palais du Luxembourg meant that the clientele included many senators. The specialities served by Foyot at that time included the famous veal chops Foyot, sheep's trotters (fee) à la poulette, pigeons Foyot and Ernestine potatoes. No-one is certain that these dishes were actually invented by Foyot himself, but they certainly made the restaurant very famous. It was while breakfasting at Foyot in 1894 that the poet Laurent Tailhade was seriously injured by an anarchist's bomb.

The restaurant was finally closed in 1938 and the building was demolished.

Recipes

Foyot sauce

Make 200 ml (7 fl. oz. $\frac{3}{4}$ cup) béarnaise sauce and strain it. Add 2 tablespoons meat glaze or stock, stirring well. If the sauce is not to be served immediately, keep it warm in a bain marie. (The meat glaze is made by boiling down a concentrated meat stock until it becomes thick and syrupy).

Veal chop Foyot

Make a thick cheese paste with dried breadcrumbs, 25 g (1 oz., $\frac{1}{4}$ cup) grated Gruyère cheese, and 20 g ($\frac{3}{4}$ oz. 1 $\frac{1}{2}$ tablespoons) butter. Season and flour a large veal chop, weighing about 250 g (9 oz) and roast it in a preheated oven at 150°C (300°F, gas 2) with 20 g ($\frac{3}{4}$ oz. 1 $\frac{1}{2}$ tablespoons) butter for 20-30 minutes. Half-cooked, turn it over and cover with the cheese paste. Stuff a small tomato with a mixture of breadcrumbs, parsley and butter and place it in the roasting pan. Finish cooking the chop and baste regularly with the butter. Drain the meat and the tomato and arrange them on a very serving dish. Add a peeled and chopped shallot to the cooking juices and deglaze with 4 tablespoons dry white wine and an equal quantity of veal stock. Boil and reduce by half. Add 10 g (1 $\frac{1}{2}$ teaspoons, $\frac{1}{4}$ oz) butter and pour the sauce over the veal.

FRAISIER A gâteau consisting of two squares of Genoese sponge moistened with kirsch syrup and sandwiched together with a layer of kirsch-flavoured butter cream and strawberries. The top of the gâteau is covered with a layer of butter cream coloured red with cochineal and decorated with strawberries. When the gâteau is cut the strawberries can be seen, cut in half.

There are several variations of this gâteau, which is also called fragaria or fraisalia. The sponge may be made with ground almonds and covered with several layers of kirsch-flavoured strawberry jam. It is then brushed with apricot glaze, covered with pink fondant

icing (frosting) and edged with sugar and chopped blanched almonds. The top is decorated with a large strawberry made from red maizipan (almond paste) and leaves made from boiled sugar. Another method is to fill the sponge with a layer of strawberry cream and ice it with a pink frondant icing containing crashed strawberries. Fresh strawberries are then used for the decoration, finally, it may be filled with strawberry jam, covered with a thin layer of pink almond paste, dusted with icing (confectioner's) sugar and edged with chopped roasted almonds

FRAMBOISE A spirit made from raspberries, especially in the Alsace region.

FRANCAISE, A LA Describing a preparation of joints of meat served with asparagus tips, braise lettuce, cauliflower flortes coated with hollandaise sauce and small dachess-potato nests filed with diced mixed vegetables. The sauce served with dishes a la francaise is a thin demi-glace-or a clear veal gravy.

Peas a la francaise are prepared with lettuce and onions.

FRANCIACORTA Region in Lombardy producing good quality white, red and sparkling wines. DOCG Franciacorta is applied to sparkling wines produced by the traditional method (see methode champenoise) from Chardonnay, Pinot Noir, Pinot blanc and Pinot Gris, whilst DOC Terre di Francia corta refers to the quality still wines.

FRANCILLON A mixed salad consisting of potatoes marinated in a white wine vinaigrette, mussels cooked a la mariniere, and chopped celery, garnished with sliced truffles. The original recipe was given by Dumas fish in his play Francillon, first performed at the Comedie-Francaise on 9 January 1887. The paris restaurateurs took advantage of the event by putting the new salad on their menus. The restaurant Brebant-Vachette substuted Japanese artichokes for the potatoes, and Francillon salad was renamed Japanese salad (is it often called Japanese salad even when it s made with potatoes).

There follows passage from the play, in which annette, a cordon-bleu cook, gives the recipe to Henri, the leading man, who intends to make the salad as a special treat.

Annette

Boil some potatoes in stock, cut then into pieces as for an ordinary salad, and while they are still warm, season them with salt pepper, very good-quality fruity olive oil. And vinegar...

Henri

Tarragon vinegar?

Annette

Orleans vinegar is better, but that's not important. What is important is to add half a glass of white wine. Chateau-Yquem if possible, and plenty of herbs, chopped very, very small. At the same time cook some very large mussels in stock with a celery stick, drain then thoroughly, and add them to the seasoned potatoes. Mix everything together gently.

Therese

Less mussels than potatoes?

Annette

One-third less. One has to become gradually aware of the mussels. They must be neither nor imposed.

Annette

Cover it with rounds of truffle. That puts a finishing touch to it.

Henri

Cooked in champagne.

Annette

That god without saying. Do all this two hours before dinner so that this salad will be cold when served.

Henri

We could surround the salad bowl with ice.

Annette:

No! it mustn't be rushed. It is very delicate, and all the flavours have to combine together slowly for this mother, a great gourmand. In the modern recipe. The truffles are omitted and the vinaigrette is flavoured with Chablis.

A bombe glaze coated with coffee ice cream and filled with a champagne-flavoured bombe mixture is known as bombe Francillon.

FRANGIPANE A pastry cream used in the preparation of various desserts, sweet, cakes and pancakes. It is made with milk, sugar, flour, eggs and butter, mixed with either crushed macaroons (to give a lighter cream) or with ground almonds). A few drops of bitter almond essence (extract) may be added to intensify the flavour. The name is derived from that of a 16th-century Italian nobleman, the Marquis Muzo Frangipani, living in Paris. He invented a perfume for scenting gloves that was based on bitter almonds. This inspired the pastrycooks of the time to make an almond-flavoured cream which they named frangipane. La Varenne mentions tourtes de franchipanne (frangipane tarts) several times in his treatise on patisserie.

In classic cookery, frangipane is also the name of a kind of savoury panada made with flour, egg yolks, butter and milk and cooked like a choux pastry. It is used in poultry and fish forcemeat.

RECIPES

Frangipane

Combine 75 g (6 oz. 1 ¼ cups) icing (confectioner's) sugar, 175 g (6 oz. 1 ½ cups) ground almonds and 2 teaspoons cornflour (cornstarch). In a mixing bowl, soften 125 g (4 ½ oz. ½ cup) butter without making it foam (which would make the cream rise during its shape). Add the sugar, almonds and cornflour mixture, then 2 eggs one by one, stirring with a wooden spatula. Next add 1 tablespoon brown rum and finally 300 g (11 oz. 1 ½ cups) confectioner's custard (pastry cream). Cover with cling film (plastic wrap) and place in the refrigerator.

Frangipane cream

Boil 750 ml (1 ¼ pints. 3 ¼ cups) milk with a vanilla pod (bean or 1 teaspoon vanilla sugar). Put 100 g (4 oz. 1 cup) plain (all-purpose) flour, 200 g (7 oz. 1 cup) caster (superfine) sugar, 4 beaten eggs and pinch of salt in a heavy based saucepan and mix together thoroughly. Gradually add the hot milk and cook slowly for about 3 minutes, stirring all the time, until the cream thickens. Pour the cream into a bowl and stir in 75 g (3 oz. ¾ cup) crushed

macaroons and 50 g (2 oz. ¼ cup) softened butter. Mix well.

Crepes a la frangipane

Make some crepes and prepare some frangipane cream, using 500 ml (17 fl. oz. 2 cups) milk for the cream and an equal quantity for the crepe batter. Coat the crepes with the cream and fold into four. Arrange in a buttered ovenproof dish, dish with icing (confectioner's). sugar and lightly caramelize in a very hot oven or under the grill (broiler). Serve very hot.

FRANGY Appellation white wine from Savoury, entitled to the prefix 'Roussette de Savoie' and made from the Roussette grape. Pleasantly fragrant, it can have a slightly honeyed flavour, although it is essentially a dry wine.

FRANKFURTER A German smoked sausage originating from the Frankfurt area, made of finely minced (ground) pork. Beef or veal may be used with the pork and kosher frankfurters are made with beef without any pork. Frankfruters are sold blanched or fully cooked, reading for reheating, and are available fresh (loose), vacuum-packed or in cans. In Germany they are typically served accompanied by sauerkraut and hot or cold potato salad. Elsewhere, they are often placed in rolls, smeared with mustard or tomato ketchup and served as hot dogs.

FRANKLIN, ALFREDO-LOUIS-AUGUSTE French writer (born Versailles, 1850; died Paris, 1917). He spent most of his working life in the Mazarine library in Paris, becoming successively librarian, chief librarian and, finally, administrator. He published 2 "reference life in bygone days": these serious works contain numerous details about the table menus, kitchens and domestic economy of bygone days subjects to often neglected by historians.

FRASCATI A gaming house-cum-restaurant situation on the corner of the Rue de Richelieu and the Boulevard des Italiens in Paris. It was founded in 1796 by the Neapolitan ice-cream merchant Garchi, who named it after one of the most famous holiday resorts for well-to-do Romans. Its gardens were illuminated at night and during the Directory and the Empire it had the reputation of being the most famous gaming house in Paris. In addition, the clientele could dine, eat ice cream and watch the fireworks displays. It was also frequented by women of easy virtue. The restaurant was eventually closed after 50 years with the suppressions of gaming houses and was subsequently succeeded by the patisserie Frascati.

The name Frascati is used for a garnish for meat dishes and for various dessert. It is also the name of a famous Italian dry white wine.

RECIPE

Fillet of beef a la Frascati

Prepare a demi-glace sauce flavoured with port. Sauté some very large mushrooms in butter or bake them in the oven. Cook some very short green asparagus tips in butter and quickly sauté some small slices of foie gras (preferably duck) in butter. Keep all these ingredients hot. Roast a fillet of beef and place it on a serving dish. Fill two-thirds of the mushroom caps with the asparagus tips and the remainder with a salpicon of truffles braised in Madeira. Arrange the mushrooms and the slices of foie gras around the meat. Pour the demi-glace over the top.

FRASCATI Famous white wine produced in Lazio, Italy, almost at the gates of Rome. It has been known and enjoyed since antiquity. Mostly made from the Malvasia di Candia and

Trebbiano and Toscano grape varieties, the wines of Frascati may be dry, sweet or sparkling. The best of them add the description 'superiore' to the label, so long as the alcohol content is over 11.5%

FREEZE-DRYING A method of preserving food, known also as cryodesiccation and lyophilization, in which the product is frozen and then dehydrated. The food is treated in three stages; first the product is deep-frozen; next it is subjected to a vacuum, which sublimates the ice trapped in it; and finally the water vapour is removed, leaving the product dry and stable. A solid food that has been processed in this way becomes extremely light because it contains only 1-2% of its original water content; but it retains its volume, cellular structure and shape, allowing rapid and even rehydration. The nutritional qualities remain more or less the same as those of fresh food. As it is a costly process it is only used for quality products. The best results are obtained with liquids and small pieces of food. Coffee is still the principal freeze-dried product, but mushrooms, onions and prawns are also preserved successfully in this way.

FREEZER An electric appliance for freezing food and storing ready frozen food. Either in chest or cupboard form, a freezer is used to store food at a temperature of -18°C (0°F) after it has been frozen at a -24°C (-11°F) minimum. The size and type varies widely, from large chest or upright models to a small compartment in combination with a separate refrigerator (a fridge-freezer).

Features include fast-freezer settings, thermometers, alarms to warn of a rise in temperature (for example if the door is accidentally left open), frost-free operation (no need to defrost the appliance); and fan-assisted cooling to allow optimum operation in a warm environment (for example in the average kitchen). Quality of the cabinet and level of insulation (which influences running cost) vary according to the type and cost of the appliance. These are some of the facts to consider; the space available for the appliance and its likely use should also be assessed before purchase.

The icebox in a refrigerator is not a freezer as such a storage compartment for the preservation of ready frozen foods; it is unsuitable for deep-freezing.

FREEZING submitting a perishable foodstuff to extreme cold to preserve it. The temperature at the centre of the food must be reduced to between -10° and -18°C (14°F and 9°F) as quickly as possible.

- What to freeze. Almost all foods can be frozen, although some require preliminary preparation; eggs, for example, cannot be frozen in their shells but can be stored when lightly beaten. The main rule is that the food is fresh and of good quality. Prepared ingredients and meals and cooked dishes can be frozen successfully. The possibilities are broad and depend as much on personal preference and eating patterns.
- Preparing for food for freezing always prepare ingredients as though they are to be cooked – for example, trim and peel vegetables, if necessary; gut and clean fish; and trim and cut up fruit
- **VEGETABLES** FOR long-term storage, blanching is recommended. Blanch quickly in boiling unsalted water (except for tomatoes and mushrooms), then drain, wipe, plunge into iced water, drain again and dry thoroughly. However, the majority of vegetables keep well without blanching, especially for up to 2 months.
- **FRUIT** Peel and remove the stones (pits), wipe thoroughly without washing.
- **MEAT** Remove excess fat and cut into joints or serving-sized pieces.
- **POULTRY** Pluck, draw, singe, remove fat, stuff with crumbled foil and truss (or cut into pieces).

- FISH Gut (clean) scale, dry, stuff with crumpled foil if whole (or cut into slices), trim and dry.
- Soft-fat (soft-ripened) CHEESES Choice when just ripe and wrap.
- COOKED DISHES Reduce cooking time by 10-20 minutes.
- PASTRY (DOUGH) Wrap portions of pastry or roll out and shape on to foil trays.
- Packaging The package must be impermeable to smells; it should be light and not bulky. Heavy-smells; it should be light and not bulky, heavy quality polythene bags' are practical as are rigid plastic containers. Foil wrapping and containers are also useful. Some oven proof glassware is also freezerproof. Food that is inadequately wrapping foods closely, then sealing bags with wine ties, helps to prevent surface damage.
- Defrosting frozen food preliminary defrosting is not necessary for small cuts of meat, fish or vegetables. They should be heated immediately to maximum temperature in boiling water or a preheated oven or under a grill (broiler) so that they are defrosted, sealed and cooked in one. In general, frozen vegetables cook more quickly than the same fresh vegetables (since the former have been blanched before freezing), while frozen meats require longer cooking than fresh meats. Precooked dishes which are placed directly in a saucepan or in the oven in their container always heat very quickly. Defrosting is, however, essential for larger items (whole birds, roasts), shellfish, pastry, pastry dishes and cheeses. This should preferably take place in the refrigerator (2-20 hours according to the type and size of the product). No defrosted food should ever be refrozen.

FRENCH BEAN Variety of thick, fleshy, stringless green or yellow bean (haricot beurre). When picked young, they are known as dwarf French beans. The yellow beans are usually juicier than the green ones.

FRENCH COOKING Throughout history, bread has always been an important part of the French diet. In ancient Gaul, which was essentially an agricultural region, the peasants used to prepare flat cake of millet, oats, barley and wheat. They were good hunters and ate game, poultry and also pork, that fat of which was used in various culinary preparations. Because of the abundance of herds of wild pigs in the forests, the Gauls perfected the art of preserving meat by salting and smoking and the pork butchers (lardarii) of the time had such a high reputation that they even exported their pork to Rome. Meals were washed down with cervoise (barley beer), and in the Marseilles region wine was drunk as well. Centuries earlier, the Greeks had introduced vines into the region and Marseilles also imported wine from Italy.

- From the Romans to the barbarians The Romans with their refined habits and their tradition of great cookery, exerted a profound influence on the Gauls from the 1st century onwards, above all on the wealthy classes the recipes of Apicius were handed down until the Middle Ages. Whereas their ancestors took their meals seated around the table, the Gallo-Roman noblemen dined on reclining couches and enjoyed, as had the Romans, beans, chick peas, grilled (broiled) snails, oysters, dormice stuffed with walnuts, and jam made from violets and honey. Cooking food in olive oil 'gained ground, and orchards were developed. It is even recorded that fig trees used to grow in Lutetia (ancient Paris). However, the most important and influential factor of all was the widespread establishment of vine growing areas: Italian vine plants were introduced into the Bordeaux region, the Rhone valley, Burgundy and Moselle. Soon, the wine merchants of Gaul invaded the markets of the Empire to the detriment of Roman wines, all the more successfully since the Gauls had discovered that wine could be kept longer if it was stored in casks. Competition became so lively that in AD 92 the emperor Domitian ordered half the vineyards of Gaul to be destroyed.

After the Germanic invasions, Gaul went through a tragic period of food shortage and famines that marked the beginning of the Middle Ages. The Merovingian and, later, the Carolingian nobles imitated the luxurious example set by the Romanized Gauls and feasted on a wide variety of highly spiced game (boar, wild ox, reindeer and even camel), while the masses contented themselves with oatmeal gruels, and the basic dish was a beauty soup made with root vegetables enriched with bacon. Meat was eaten only on special occasions. Agriculture techniques regressed, the economy became autarkic - self sufficient - and until the 8th century, there was a massive slump in trade.

- The influence of the church What remained of the ancient culture had found a refuge in the monasteries. The great religious orders extolled manual labour and vast areas of land were cleared for cultivation, Kilns, workshops and hostels for pilgrims were also established near the abbeys. The monks undertook the essential responsibility of reselecting vine plants, and also supervised the manufacture and maturing of cheeses. Above all, however, the Church altered the diet of the population by forcing people to abstain on certain days in the year from eating any kind of animal fat or meat which 'kindle lust and passion's as a result, this encouraged both fishing and the breeding of pike, eels and carp in the fish ponds. Whale blubber, a greatly prized food, was permitted during Lent; furthermore, he increased consumption of fish brought about improved methods of salting and smoking.

Consequently, the attics and cellars of the great Carolingian cities and those of the abbeys were always well stocked, and the banquets were sumptuous. The emperor Charlemagne personally supervised the good management of the imperial estates. Above all, he enjoyed hunting, and the word gibier (game) dates from this time. But abundance was still preferred to culinary elegance, and serious food shortage continued. The study of monastic meals reveals impressive rations of leguminous plants rich in proteins: 200 g (97 oz). Dried vegetables, 2 kg (4 ½ lb) bread, 100 g (4 oz) cheese, together with honey, salt and wine. Such a keen appetite can be explained by the struggle against the cold, by fear of food shortages and by the lack of protein and other fortifying foods with a small volume. The population which had dropped to perhaps 8 million inhabitants, lived mainly as its ancestors had done, but in a world where insecurity and lack of communication often caused shortages, or even famine. The absence of methods of food preservation meant that food frequently went bad: for example, flour infected with ergot caused ergot poisoning.

- The opening up of the Mediterranean region
The setting up of the feudal society in the 8th and 9th centuries contributed to the restoration of relative security. The resumption of trade caused new cities to be built and a new class to develop – the middle class or bourgeois, a group dominating the poorer citizens, such as journeymen, laborers and unskilled workers. The cities needed regular provisions, which brought about the establishment of fairs and markets.

The take for fish and poultry predominated, but products became more varied with the gradual expansion of trade in the Mediterranean region and also because of the pilgrimages and the Crusades. Plums from Damascus (damsons), figs from Malta, dates, pomegranates, pistachio nuts, rice, buckwheat and above all spices (cinamon, ginger, amiseed, cloves and nutmeg) appeared on the tables of the rich together with various seasoned dishes whose freshness sometimes left much to be desired soon condiments become indispensable aids to cooking and the citizens of Dijon added their contribution in the 12th century by discovering mustard, and adaptation from an old Roman recipe. Also, by the 10th century, the sugar trade was established in the Mediterranean region, centered on Venice.

City dwellers are traditionally eaters of bread and meat and guilds of butchers and bakers were powerful organizations in the cities, where people's fortunes were assessed by the quantities of bread that they bought. Pork was the main type of meat, but joints of mutton and beef formed part of the menus of the rich, and at the same time, rotisseurs (sellers of roast meat) and pie makers multiplied. Cheese were made in all parts of France and,

gradually, wine outstayed beer in popularity, except in Flanders and Picardy, Cider, which had been made for several centuries, gained ground in Brittany from the 14th century onwards.

- Prestigious meals Because of his rank, the nobleman was obliged to keep open house in his chateau: he was responsible for feeding his *maison*, which included not only his family but also his *équerries* and vassals. The *menservants* set up the table with trestles and planks of oak in the communal rooms. There was no tablecloth and the plates and dishes were very basic, made by baked clay, wood or tin. The cutlery consisted of spoons and knives, and in the 12th century a type of two-pronged fork came into use. As the kitchen was separated from the *keep* through fear of fires, the servant brought the dish to the table covered with a cloth to keep it warm. The meal consisted of either game or roast pork, poultry of some kind, eggs prepared in various ways, either cheese or curdled milk, and cooked fruits.
- These meals were sometimes veritable feasts. The elaborate arrangement of the dishes on the table, following the recipes of Apicius, demonstrated the power, generosity, taste and prestige of the nobleman. The famous 14th-century chef Guillaume Tirel, known as Taillevent was head cook to Charles V. he was the author of *Le Viandier*, a collection of his recipes and a complete record of the cuisine of that period. The edible game at that time include almost all species of feathered or furred animals, including the cormorant, swan and whale. The royal meals consisted of five dishes, with roasted peacocks and herons, partridges with sugar, young rabbits in spiced sauce, stuffed capons and kids, together with pies, cress, creams, pears, walnuts, honeyed wines and nuelles (dessert creams).

The discovery of the Americas at the end of the 15th century resulted in the introduction of a new variety of foods, including sweetcorn, game fowls, turkeys, tomatoes and potatoes. At the same time, table manners became more refined, individual plates were used and the tables were beautifully decorated with various items of silver.

- The splendour of the Renaissance. The Renaissance heralded a new way of life. The marriage of Catherine de Medici and the future Henri II marked the beginning of the Italian influence on French cuisine, destined to play an important role. It had only very slightly impinged in the reign of Francois I, a great lover of veal and poultry who according to Rabelais, had revived the days of feasting and drinking. The middle-classes had also acquired an interest in cooking. Whale meat and even donkey were still popular and garlic was widely used as a flavouring, but new foods had also become part of the diet: pasta (such as macaroni and vermicelle), Italian sausage, vegetables which had gradually become more popular than the traditional herbs inherited from the Romans, such as cardamom and cumin.

French cooking in the 17th century . The reign of Henri IV is symbolized by the famous *poule au pot*, which the king promised that his subjects would enjoy once a week, as a symbol of modest comfort and an improvement in the condition of the serfs. In fact, the beginning of the 17th century was marked by the contribution of the agronomist Olivier de Serres, who introduced all garden vegetables into cookery, for example, cauliflowers and asparagus. However the king had a preference for sweet things and so sugared almonds, marzipan (almond paste) and tarts with musk and ambergris became fashionable, together with all kinds of jam. As early as 1555 the Italian *condemners* had taught the French how to make sorbets, and ice creams followed a century later. Heavily spiced food declined in popularity and a number of cookery books were written, the best known of which appeared in 1651. It was the first book to fix rules and principles and thus to establish some order in cooking. It included recipes for cakes and also for the *first mille feuilles*. In 1691, the *cuisineier royal et bourgeois* by Massaliot was published. Its instructions were precise and it showed that the cuisine was becoming more varied.

In the reign of Louis XIV, cooking was spectacular rather than fine or delicate, and the festivities of the Prince of Condé at Chantilly, for example, were particularly sumptuous. The famous Vatel was maitre d'hotel of Condé.

the Great, a very important position. A great number of dishes were served at each meal and there are many descriptions of the meals served at the table of Louis XIV, who ate too heavily for a true gourmet.

French cooking from the Regency to Louis XVI The Regency and the reign of Louis XV are regarded as the golden age of French cookery. At the same time, the produce of rural France slowly improved both in quality and quantity and there was no further famine. The Age of Enlightenment united the pleasures of the table with those of the mind, and gastronomy, a new word, was the main topic of conversation, the *petit soupers* (little suppers) of the Regent and the choice meals prepared for the king and his great noblemen did more to perfect the culinary art than the showy banquets in the reign of Louis XIV. Great chefs rivalled each other in imaginative cookery. They discovered how to make stocks from meat juices and began to use them to add flavour to sauces. Mahonnaise sauce appeared at the table of the Marshal de Richelieu., the conqueror of Port Mahon, *pate de foie gras* garnished with truffles might have been the idea of Nicolas Francois Doyen chef of the first president of the Parliament of Bordeaux, La Chapelle the chef of Marie Leszcynska, prepared *bouchees a la reine* (chicken volauvent) and *Marin.*, the butler of the Marshal de Soubise, was the first to glaze meat and deglaze (make a sauce from) the juices. It was in the mansions of rich financiers that the culinary art expanded. Food shops, pastrycooks and confectioners achieved perfection and people also learnt how to recognize foreign specialities, such as caviar.

The 20th century At the beginning of the 20th century, French cooking gained supremacy throughout the world. Its chiefs reigned supreme in the kitchens of Buckingham Palace, the Winter Palace of St. Petersburg and the great international hotels. Paris became the Mecca of gastronomy. The Edwardian era was the age when great books were written about cooking by such authors as Urbain Dubois, Augustine Bernard, Escoffier and Bignon. The Academic Goncourt organized its first dinner in 1903, and Prosper Montagne, the most famous chef of the first half of the century opened the most luxurious restaurant of this frivolous era. There was also a fashion for local bistros, run by natives of the Auvergne and Perigord, and also by gastronomic associations. At the end of the 20th century the influence of Curimonsky still prevailed and the great classic dishes of the cuisine of provincial France continued to uphold the reputation of French cookery, with such dishes as *pot-au-feu*, *blanquette*, *tripe*, *bouillabaisse*, *cassoulet*, *bourguignon* and *tarts Tatin*. France cookery has also been introduced to and influenced by, other culinary traditions, with the result that exotic and foreign restaurants flourish. The great classics of European cuisine have long been incorporated, but the French are now discovering Chinese, Indian and Scandinavian cookery.

FRENCH FAIRS AND MARKET *foires et marches* The oldest market in Paris, in the heart of the city, was established at the beginning of the 12th century for the sale of wheat. Not long afterwards Louis le Gros established another market in the place where Les Halles operated right up to 1969, when it moved out to Rungis. The art of selecting the right ingredients and looking for top-quality food is still practised. All over France, markets take place on fixed days, once or twice a week, in the open air or in market buildings. No matter how small the purchase, the customer is keen to obtain the best produce that is available. Careful inspection of the foods on offer is still available. Careful inspection of the foods on offer is still part of the shopping process.

The great annual fairs used to be held in the church square on the parish saint's day. In Paris, the ham fair, which began on the last Tuesday of Lent, was held in the church square of Notre Dame before being moved to the Boulevard Richard Lenoir and then to Pantin. The Lendit fair, established by King Dagobert, was held on the Paline Saint Denis for a fortnight in June. The products sold at this fair came from all over France and even from abroad, especially Flanders. The Saint German fair, established by Louis XI in 1482 near the church

of Saint Germain des Pres, started on 3 February and lasted until Holy Week, it flourished until 1785 and sold all types of goods in small wooden booths. Plays were also performed and coffee was served for the first time in France by an Armenian called Pascal. The Saint Laurent fair, the Saint Ovide fair and the Temple fair were the fore-runners of the great annual exhibitions now known as the Salon de l'Agriculture and the Foire de Paris. Several other towns in France specializing in certain types of products also hold fairs, including Arpajon (beans) and Excideuil (foies gras)

FRENCH TOAST pain perdu A dessert consisting of slices of bread soaked in milk, dipped in eggs beaten with sugar, then lightly fried in butter. French toast is served hot and crisp. It was formerly called pain crotte, pain à la romaine or croutes dorées. In the south of France, it was traditionally eaten on feast days, particularly at Easter. Originally intended to use up crusts and left over pieces of bread, French toast today is usually made with milk bread. It may be accompanied by custard cream, jam or compote.

RECIPE

French toast

Boil 500 ml (17 fl oz, 2 cups) milk with half a vanilla pod (bean) and 100 g (4 oz, ½ cup) caster (superfine) sugar, then leave to cool. Cut 250 g (9 oz) stale brioche into fairly thick slices. Soak them in the cooled milk, without letting them fall apart, then dip them in 2 eggs beaten as for an omelette with a little caster sugar. Heat 100 g (4 oz, ½ cup) butter in a frying pan and fry the slices. When golden on one side, turn them over to cook the other side. Arrange them on a round dish, dust them with caster sugar and decorate with strawberries.

FRENEUSE A soup made with turnips and potatoes in light stock or consommé, thickened with fresh cream. It can be garnished with small turnip balls.

FRIAND A small puff pastry case filled with sausage meat, minced (ground) meat, ham or cheese, baked in the oven and served as a hot hors d'œuvre.

A friand is also a small sweet pastry—a barquette often made with an almond paste filling and elaborately decorated.

RECIPE

Sausage rolls

FRICASEE.

A preparation of chicken in a white sauce (veal and lamb may be prepared in this way). Formerly in France, the term denoted various kinds of ragout of chicken meat, fish or vegetables in white or brown stock. Now a days, the meat is cut into pieces, an aromatic garnish is added and it is then sautéed over a low heat, without browning. The meat is then coated with flour, some white stock is added and the meat is cooked in the thickened liquid. A fricassee is usually cooked with cream and garnished with small glazed onions and lightly cooked mushrooms. Fricassee's are also made with fried fish which is subsequently cooked in sauce.

In the 17th century, when La Varenne referred to fricassees of calves liver, calves feet, chicken, young pigeon, potato and asparagus, this method of cooking was very common and not highly regarded. Subsequently, the word became distorted to *tofricot*, which, in popular parlance, designates any simple but popular tasty dish.

RECIPES

Eel fricassee

Skin and prepare a large eel weighing about 800g (1 ¾ lb) or several small eels totaling the same weight. Cut the eels into pieces about 6 cm (2 1/2 in) long. Season with salt and pepper. Peel 12 small onions-if they are spring onions (scallions), trim them first-and blanch them for 3-4 minutes. Place the eel in a buttered frying pan (skillet, together with the onions and a large bouquet garni. Add a mixture of half dry white wine, half water until the ingredients are just covered. Cover the pan, bring to the boil and simmer for 10 minutes. In the meantime, prepare some small croutons fried in oil or butter. Then add about 12 thinly sliced mushrooms to the frying pan and cook for a further 7-10 minutes. Drain the pieces of eel, the onions and the mushrooms, place in a dish and keep hot. Strain the cooking juices and reduce by two-thirds. Blend 2 egg yolks with 100 ml (4 fl. Oz, 7 tablespoons) single (light) cream and chicken carefully. Pour the sauce over the eel pieces, garnish with the fried crotons and serve immediately.

Fricassee of chicken a la ber richonne

Joint a chicken. Brown 350 g (12 oz, 3 cups) new carrots in 50 g (2 oz, 1/4 cup) butter in a pan. Drain them, and then brown the chicken pieces in the same butter. Add 250 ml (8 fl. Oz, 1 cup) chicken stock, the carrots, a bouquet garni and some salt and pepper. Bring to the boil, reduce the heat, cover the pan and cook gently for 45 minutes. Remove the chicken pieces and keep them hot. Mix 2 egg yolks and a pinch of cassia (superfine) sugar with 200 ml (7 fl. ¾ cup) double (heavy) cream, 1 tablespoon white wine vinegar, and a few drops of the chicken stock. Pour the mixture into the pan and mix thoroughly with the pan juices. Heat without boiling so that the sauce thickens a little. Serve the chicken coated with the sauce and sprinkled with chopped parsley.

Fricassee of chicken cardinal la balue

Cut a chicken into 8 portions, season and brown in 40-50 g (1 1/2-2 oz, 3-4 tablespoons) butter in a flameproof casserole. Put the casserole in a preheated oven at 220 °C (425°F, gas 7) and cook for about 40 minutes. Prepare a stock with 1 sliced carrot, 1 sliced onion, a bouquet garni, 140 ml (1/4 pint, ¾ cup) white wine, 740 ml (1 1/4 pints, 3 1/4 cups) water and some salt and pepper. Cook for about 30 minutes. Clean a dozen crayfish, wash them and cook them for 5 minutes in the stock. Drain the crayfish and shell the tails. Pound the shells and press through a fine sieve to make a puree. Mix the puree with 50 g (2 oz, 1/4 cup) butter.

Drain the cooked chicken pieces and place them in another casserole, with the thighs at the bottom. Add the crayfish tails, cover and put the casserole in the oven, which should be either turned off or at a very low heat, so that the chicken does not become tough. Pour 500 ml (17 fl. Oz, 2 cups) double (heavy) cream into the casserole in which the chicken was cooked, heat up and reduce the cream (but do not boil), then add the crayfish butter and whisk. Arrange the chicken pieces on a heated serving dish and coat with sauce. Serve very hot.

Fricassee of chicken with and joy wine

Cut a large chicken into medium-sized portions and season with salt and pepper. Peel 24 button onions and 24 button mushrooms. Brown the chicken portions in butter, then add the onions and wine to just cover the chicken, cover the pan and simmer gently for 30-35 minutes.

Add 200 ml (2 fl oz, ¾ cup) double (heavy) cream and adjust the seasoning. Serve very hot, with small steamed new potatoes, or a mixture of carrots and glazed turnips. A small turkey can be prepared in the same way.

Fricassee of sea fish with Bellet zabaglione

To serve 6, you will need 800 g (1 3/2 lb) young turbot, 1.5 kg (3 1/4 lb) John Dory, 4 slices of

moakfish. 2 red muller, 4 scampi and 500 ml (7 fl. Oz. 2 cups) white Bellet wine or a good Provençal wine. Fillet the turbot and the John Dory. Wash the fillets wine season with salt and pepper. Heat 3 tablespoons olive oil and 40 g (1 1/2 oz. 3 tablespoons) butter in a large frying pan. When the mixture foams, add the fish and the scampi. Add a large chopped shallot and cook for a few seconds. Add about 100 ml (4 fl oz. 7 tablespoons) Bellet wine. Remove the red mullet, fillet them and replace in the pan. Add 3 tablespoons concentrated fish stock and finish cooking. Arrange the fish on a dish and keep hot.

Make a zabaglione with 8 egg yolks and 400 ml (14 fl. Oz. 1 3/4 cups) white Bellet wine. Season with salt and pepper and add 500 ml (17 fl. Oz, 2 cups) hot double (heavy) cream. The zabaglions should be hot and foamy, but must not boil, adjust the seasoning. Coat the fricassee with the zabaglione. Sprinkle with fresh chervil and serve with lightly cooked (al dente) French (green) beans, with a knob of butter on top.

Lamb fricassee

Wash and wipe some pieces of lamb (fillet, 1 lean leg or shoulder), fry in butter without browning and season with salt and pepper. Sprinkle with 2 tablespoons flour and stir over the heat. Add some white stock or consommé and a bouquet garni, and bring to the boil. Simmer with the lid on for 45-60 minutes. Fry some mushroom in butter and glaze some button onions. Remove the pieces of lamb from the pan, replace with the onions and mushrooms, and stir them into the pan juices. Take off the heat and add an egg yolk to chicken. Pour the sauce into a large heated dish, add the lamb and sprinkle with chopped parsley. Serve hot.

Minute fricassee of chicken

Joint 2 chickens in the usual way and put them in a saucepan with 175 g (6 oz. 3/4 cup) good-quality melted butter. Fry the chicken without browning, add 2 tablespoons flour and season with salt, pepper and grated nutmeg, then add sufficient water to make a lightly thickened sauce. Add 6 blanched onion and a bouquet garni and cook over a brisk heat, ensuring that the chicken pieces do not burn and the sauce is gradually reduced. After 25 minutes test one of the thighs to see that it is cooked. Add 250 g (9 oz. 3 cups) button mushrooms and skim the fat off the sauce. Blend in 4 egg yolks to thicken the sauce and add a dash of fresh lemon juice.

FRICHTI.

A colloquial French name for a light meal or snack cooked at home. The word was probably introduced into the French language in the 1860s by Alsatian soldiers and is derived from the German Frabstick (breakfast).

FRITELLE.

A Corsican fritter made with leavened dough containing egg yolks and oil. It contains a mixture of chopped beef, mint and marjoram leaves, or a slice of Corsican sausage, or a square of Broccio (a fresh cream cheese). Fritelles can also be made with chestnut flour and flavoured with fennel seeds. They are then sweetened with plenty of sugar.

FRITON

A charcuterie speciality from southwestern France. Resembling a rilette, it is made with the residue of melted pork fat and fatty pork pieces, such as belly, which is mixed with pieces of offal (tongue, heart, kidneys or even head) and cooked in lard (shortening)

The word fritons is also used for the crisp residues of goose fat and cubes of pork fat, although the more usual word is grattons or gratterons.

FRITOT

Also known as friteau. A kind of savoury fritter made from small pieces of cooked marinated food that are dipped in a light batter and deep-fried. Fritots are usually made with frogs legs, shellfish, leftovers of fish, poultry or meat, various types of offal (variety meats), or vegetables. They are usually arranged on a paper napkin, garnished with fried parsley and slices of lemon, and served as a hot hors d'oeuvre, accompanied by a spicy tomato sauce.

Recipes

Fritots of meat or poultry

Bone some poached or braised meat or poultry (or use leftovers), cut into even-sized pieces and marinate in a mixture of oil, brandy, chopped parsley, salt and pepper. Finish as for frogs-leg fritots.

Frogs' leg fritots

Trim the frogs legs and marinate them for 30 minutes in a mixture of oil, chopped garlic, chopped parsley, lemon juice, salt and pepper. Then dip them in a light batter and deep-fry until they are golden brown. Drain on paper towels and serve with fried parsley, quarters of lemon and either curry sauce or gribiche sauce. The frogs' legs can also be threaded on to small skewers before being dipped in the batter and fried.

Mussel fritots

Prepare the mussels a la mariniere, remove from their shells, drain and dry. Finish as for oyster fritots.

Oyster fritots

Remove the oysters from their shells and poach gently in their own liquor. Drain and dry, then marinate as for frogs'-leg-fritots, but add a pinch of cayenne pepper to the marinade. Finish as for frogs'-leg fritots and serve with Italian sauce.

Salmon fritots

Cut some raw salmon into thin slices or large dice and marinate in a mixture of oil, lemon juice, chopped parsley, salt and pepper, finish as for frogs-leg fritots and serve with tomato or hollandaise sauce or sauce verte.

Sole fritots

Cut some sole fillets in two (or four if large gillnets) and prepare as for frogs-leg fritots. Serve with a flavoured mayonnaise sauce, for example with grated lemon zest and chopped capers.

FRITTER.

A preparation consisting of a piece of cooked or raw food coated in batter and fried in deep fat or oil. Other types of fritter can be made using choux paste, yeast dough or waffle batter. Some believe that fritters were of Saracen origin and were brought back by the Crusaders. They are served, according to their ingredients as in hors d'oeuvre, a main course or a dessert, almost always hot and dusted with fine salt or sugar.

When cooking fritters, plenty of oil must always be used because the fritters drop to the bottom of the pan when they are placed in the oil and then rise to the surface as the heat cooks the batter. Fritters should be turned halfway through cooking. The temperature of the oil is usually moderate but can vary considerably according to the type of batter used, whether the food coated in the batter is raw or cooked, and whether the fritter is sweet or savoury.

The principle of the fritter is simple, but the dishes vary enormously in shape and taste and range from regional specialties to classical dishes.

- Fritters made with batter. Some foods containing a large amount of water must be coated with batter for making fritters. Raw ingredients are cut small so they cook quickly; ready-cooked ingredients may or may not be marinated. Savoury fritters (made with vegetables, fish or cheese) are served as an hors d'oeuvre, a main course (sometimes with a sauce) or as a cocktail snack, such as prawn (shrimp) fritters.

Sweet fritters are made with fruit or flowers. The best known of the former are apple fritters, but they can also be made with bananas and apricots. Flower fritters were very popular in the Middle Ages, using violets, elderflowers and lilies; today mimosa flowers, elderflowers and marrow (squash) flowers are practically the only ones still used. Sweet fritters can also be prepared with a cold cream sauce, cold rice pudding or semolina cut into squares or rectangles and coated in batter.

Fritters made with choux paste. Fritters made using sweet or savoury choux paste are known as soufflé fritters and are usually called beignets (French for fritters); they are served as hors d'oeuvre or desserts. In savoury recipes, the pastry can be flavoured with grated cheese, diced ham and almonds. Sweet choux paste gives a basic sweet fritter.

Fritters made with yeast dough. These fritters are made of sweet dough rounds. Sometimes filled with jam, plunged into boiling oil. When puffed and golden they are removed from the oil and dusted with sugar.

Fritters made with waffle batter. Fritters made of waffle batter are moulded in long-handled waffle irons of various shapes (stars, boats, hearts, roses). In France they are mostly used for decoration, but in the USA they are served for breakfast or as a dessert, often with maple syrup.

Fritters are among the most ancient and wide-spread of regional dishes. Made of special flavoured dough, they are often associated with traditional celebrations. For instance, bagnes from Lyons, merveilles and orellettes from Montpellier, eugnons from Berry, bignes from Auvergne, roussettes from Strasbourg, fourtesseaux from Anjou and bottereaux from Nantes.

Recipes

Fritter batter (1)

Sift 250 g (9 oz 2 1/2 cups) plain (all-purpose) flour into a bowl. Heat 200 ml (7 fl oz. 3/4 cup) water until just lukewarm. Make a well in the flour and add 150 ml (1/4 pint, 2/3 cup) beer, the warm water and a generous pinch of salt to the middle of it. Mix, drawing the flour from the sides to the center of the well. Add 2 tablespoons groundnut (peanut) oil and mix. Leave to rest for 1 hour if possible. When required for use, stiffly beat 2 to 3 egg whites and fold into the batter. Do not stir or beat. For sweet fritters, flavour the batter with Calvados, Cognac or rum. The batter may also be sweetened with 1 1/2 tablespoons sugar and the oil replaced with the same amount of melted butter.

Fritter batter (2)

Put 250 g (9 oz. 2 1/4 cups) sifted plain (all-purpose) flour in a mixing bowl. Make a well in the center and add 1 teaspoon salt, 2 whole eggs and 300 ml (1 1/2 pint, 1 1/4 cup) groundnut (peanut) oil. Whisk the eggs and oil together, incorporating a little of the flour. Add 250 ml (8 fl. Oz, 1 cup) beer and, stirring well, gradually incorporate the rest of the flour. Allow to stand for about 1 hour. A few minutes before using the batter, whisk 3 egg whites stiffly and fold into the batter using a wooden spoon or rubber spatula.

Savoury Fritters Anchovy fritters

Soak anchovy fillets in milk to remove all the salt. Mix together with a fork (or in a blender) some hard-boiled (hard-cooked) egg yolk, a little butter and some chopped parsley. Spread the mixture on the anchovy fillets and roll up. Dip in batter, deep-fry in hot oil and serve

with fried parsley.

Artichoke fritters

Trim some small, young globe artichokes (harvested before their chokes have formed) Blanch for 5 minutes until just tender, then drain and cut each one into four. Sprinkle with plenty of lemon juice and a little oil, season with salt and pepper and leave to marinate for 30 minutes. Drain dip in batter, deep-fry in hot oil, drain and serve on a napkin. (Brussels sprout fritters are prepared in the same way).

Ambergine fritters

Peel some aubergines (eggplants), slice them and marinate for 1 hour in oil, lemon juice, chopped parsley, salt and pepper. Continue as for anchovy fritters. The same methods may be used for broccoli, cardoons, celery, celeriac (celery root), courgettes (zucchini), cauliflower, marrow (squash) flowers, salsify, tomatoes and Jerusalem artichokes.

Gernese fritters

Cut some Gruyere cheese into rounds 6 cm (2 1/2 in) in diameter. Chop some ham and add to a thick béchamel sauce; spread on the Gruyere rounds and sandwich the rounds together in pairs. Dip in batter and continue as for anchovy fritters.

Cheese fritters (1)

Cut some Gruyere or Comte cheese into 5 cm (2 in) squares about 4 cm (1 1/2 in) thick. Dip in batter and continue as for anchovy fritters. Serve with highly seasoned tomato sauce.

Cheese fritters (2)

Add grated cheese (Gruyere or Parmesan), chopped parsley and pepper to a thick bechamel sauce. Allow to cool completely. Divide into 25 g (1 oz) portions and roll into balls. Dip in batter and continue as for anchovy fritters.

Chicken liver fritters

Remove the gall from the chicken livers (if present) and marinate for 30 minutes in oil seasoned with salt, pepper and chopped herbs to taste. Then dry and dip in batter. Continue as for anchovy fritters.

Lamb's or calf's brain fritters

Poach the brains in stock. Slice them and marinate in oil, chopped parsley and lemon juice. Dip in batter and continue as for anchovy fritters.

Mushroom fritters

Wash some small, fresh, tightly closed button mushrooms. Pat dry and coat with flour. Dip in batter and continue as for anchovy fritters. They can be served with a highly seasoned tomato sauce.

Salsify fritters

Cut some cooked salsifies into short lengths. Dry, dip in flour and then in batter. Continue as for anchovy fritters. These fritters make a particularly good accompaniment to roast beet, pork or veal.

Scampi fritters.

Shell cooked scampi tails (discarding the heads) and marinate for 30 minutes in oil, lemon juice and cayenne pepper. Dip in batter and continue as for anchovy fritters.

Soft roc fritters

Poach some soft roes (herring, carp or mackerel, for example) in fish stock, drain and marinate for 30 minutes in oil, lemon juice and cayenne pepper. Dip in batter and continue as for anchovy fritters.

Souffle fritters

Prepare 250 g (9 oz) unsweetened choux paste. Using a spoon, divide the paste into small balls the size of a walnut. Plunge into hot oil until the fritters are puffed and golden. Drain on a cloth and arrange in a heap on a napkin. The following are some alternative recipes for soufflé fritters.

- with anchovies. Add 2 tablespoons finely chopped anchovy fillets (previously soaked in milk) to the choux paste.
- A la hongroise. Add 3 tablespoons onions lightly fried in butter and seasoned with paprika to the paste.
- With cheese. Add 50 g (2 oz, 1/2 cup) grated cheese (preferably Parmesan) seasoned with a little nutmeg to the paste.
- A la toscane. Add a little cooked lean ham and a little chopped white truffle to the paste.

Sweet Fritters apple fritters

Core the apples with an apple corer, peel and cut-into rounds about 3 mm (1/2 in) thick. Sprinkle with lemon juice and macerate for 30 minutes in Cognac or Calvados. Drain, dip in batter and continue as for apricot fritters.

Apricot fritters

Stone (pit) some ripe apricots and macerate for 30 minutes in sugar and rum (or kirsch or Cognac). Drain thoroughly, dip in sweetened or unsweetened batter and deep-fry in hot oil. Remove the fritters and drain. Dust with caster (superfine) sugar and arrange on a napkin. Fritters may also be served dusted with icing (confectioner's) sugar and glazed in a hot oven or under a grill (broiler)

Banan fritters

Peel some bananas and cut in half lengthways. Macerate for 1 hour in white or dark rum with sugar. Dip in batter and deep-fry in hot oil. Drain and continue as for apricot fritters.

Dauphine (or Viennese) fritters

Sift 500 g (1 lb. 2 oz., 4 1/2 cups) plain (all-purpose) flour. Set aside three-quarters of the flour, place the remaining quarter in a bowl and make a well in the center. Put 20 g (2/3 oz) fresh yeast (1 1/2 cakes compressed yeast) in the well and stir with a little warm milk or water. Then add enough warm water so that the mixture can be kneaded into a softish dough. Shape the dough into a ball, make a cross in the top with a knife, cover and leave in a warm place.

Make a well in the remaining flour on the table. Put 4 eggs and 2 tablespoons warm water in the centre of the well and work together to form a dough, pounding it several times. Dissolve 25 g (1 oz. 2 tablespoons) sugar and 15 g (1/2 oz) salt in a very small quantity of water and add to the dough. Soften 200 g (7 oz, 1 cup) butter and work this into the dough. Then add 2 eggs, one at a time, working the dough continuously. Pound several times, then flatten out on the table and put the yeast dough in the centre. Mix both doughs together, kneading well. Put in a bowl, cover with a cloth and leave in a warm place to rise for 5-6 hours. Knead the dough again and leave, covered, in a cool place until required.

Divide the dough in half and roll each piece out to a thickness of 5 mm (¼ in) On one half, arrange at regular intervals small blobs of apricot jam, not more than 4 cm (1 ½ in) in diameter. Moisten the dough around each blob of jam with water and cover the other piece of dough. Press down well between the jam to stick the dough together and cut with a plain 5 cm (2 in) diameter pastry (cookie) cutter.

Spread a cloth on a plate. Dust with flour and arrange the fritters on the cloth. Allow to rise for 30 minutes and then deep fry the fritters in oil at 180 °C(356 °F) When they have puffed and are light golden on one side, turn and cook the other side. Drain the fritters. Arrange on a napkin and dust with icing (confectioner's) sugar.

Elderflower fritters with honey

Put 250 g(9 oz. 2 ¼ cups) plain (all-purpose) flour into a mixing bowl. Make a well in the centre and add 1 teaspoon salt, 4 teaspoons sugar and 4 egg yolks. Very gently incorporate 325 ml (11 ft. oz. 1 ½ cups) light beer to make a smooth dough, but without working it. Allow to rest for 1 hour in a cool place. Heat oil in a deep-fryer to 180 °C(356 °F) Whisk 4 egg whites until stiff and fold into the mixture very carefully. Dip the flowers of 24 racemes of elder-flower into the mixture, holding them by the stem. Turn them between the fingers to remove excess dough and fry them head downwards. Drain on paper towels. Sprinkle the fritters with icing (confectioner's) sugar and pour a little acacia honey over them. Serve hot.

Fig fritters

Peel and quarter some figs and macerate for 30 minutes in brandy (or liqueur) and sugar. Dip in batter and continue as for apricot fritters.

Nanette fritters

Cut a stale brioche into round slices. Prepare a confectioner's custard (pastry cream) and add to it some chopped crystallized (candied) fruit which has been macerated in kirsch or rum. Spread a little of this mixture on each slice of brioche and sandwich together in pairs. Moisten with a little sugar syrup favored with kirsch or rum. Dip in batter and continue as for apricot fritters.

Pineapple fritters

Slice a peeled fresh pineapple (or use canned pineapple). Sprinkle the slices with caster (superfine) sugar and kirsch or rum and macerate for 30 minutes. Continue as for apricot fritters.

Rice fritters

Prepare a thick rice pudding. Spread in layer 1.5 cm (½ -3/4 in) thick and allow to cool completely. Cut into small squares, rectangles or lozenges. Dip in batter and continue as for apricot fritters.

Semolina fritters

Add some small raisins soaked in rum to thick semolina pudding and proceed as for rice fritters. Semolina and rice fritters may also be made of two rounds of the chilled mixture spread with confectioner's custard (pastry cream) and sandwiched tightly together.

FRITTO MISTO An Italian speciality (meaning literally fried mixture) made from an assortment of savoury fritters, sliced chicken calves brains or sweetbreads, chicken livers, cauliflower, asparagus tips, artichoke hearts, rice or macaroni croquettes. The ingredients are sometimes marinated, then dipped in a light batter and plunged into very hot deep fat. They are served hot, with lemon quarters, and sometimes accompanied by very small marinated veal escalopes (scallops) coated in breadcrumbs and sauteed in butter. Fritto misto may use an assortment of seafood and fish.

FRIULI The region is situated in the north of Italy, bordering Austria and Slovenia, and the wines reflect the melange of cultural influences with a wealth of different grape varieties planted. Mainly white wines are produced in a crisp, dry fruity style.

FROG A web footed amphibian found in damp marshland or alongside ponds and streams. Certain species are edible but only the leg meat. Frogs legs were regarded as a tasty dish in the Middle Ages, particularly during Lent. In France two main species are found the green or common frog, and the rusty or mute frog (so called because the male has no larynx) The green frog has three dark bands on its back and is considered to taste better. The draining of marshlands has considerably reduced its numbers, but it can still be found in the Dombes (hence its fame in Lyonnais gastronomy) in Auvergne Sologne, Brittany and Alsace. The rusty or mute frog is darker and only approaches the water to mate. It generally inhabits cool places, not necessarily near water. Its flesh is rather less delicate than that of the common frog.

Most of the frogs eaten in France are imported from central Europe and Yugoslavia. They tend to be larger and have more meat than the local species. Frozen frogs legs, from bullfrogs, are also imported from Cuba or the United States. These are nearly as big as the legs of guinea fowl but they have very little flavour.

The delicate flavour of the meat is enhanced by seasoning, and frogs legs are often prepared with herbs, garlic and chopped parsley. They are also made into blanquettes, soups, omelettes and incuselines, and can be fried or sauteed. The most highly regarded recipes come from Lyons, Alsace and Poitou. The Menagiere de Paris contained recipes for cooking them in soups and in the pie.

Frogs legs are also eaten in Germany and Italy but they have usually filled the British with disgust. When Escoffier was chef of the Carlton Hotel in London, he managed to have them accepted at the table of the Prince of Wales by calling them *cuisse de nymphes aurore*.

RECIPES

Preparation

Skin the frogs by slitting the skin at the neck and pulling it back. Cut the backbone so that the legs are still joined to it and can be cooked in pairs. Cut off the feet. Skewer the legs and soak them in very cold water. Change the water 3 or 4 times over a period of 12 hours, so that the flesh softens and swells. Dry the legs and cook them according to the recipe. Usually 3 pairs per serving are allowed.

Brochettes of Frogs legs

Marinate the frogs legs for at least 2 hours in a mixture of olive oil, lemon juice, grated garlic, finely chopped parsley and a pinch each of cayenne pepper, powdered bay leaf, salt and pepper. Drain dry and thread them on to skewers. Fry for 7-10 minutes in the oil in which they were marinated, or grill (broil) them gently for 15-20 minutes. Test with a fork to see if they are cooked. Sprinkle with chopped parsley and serve very hot garnished with slices of lemon.

Fried frogs legs

Season the prepared frogs legs with salt and pepper and dip them in flour (or in egg and breadcrumbs) Saute them in butter or olive oil in a shallow frying pan for 7-10 minutes over a brisk heat. Drain and arrange in a heated serving dish. Sprinkle with chopped parsley and lemon juice. If they were cooked in butter, pour it over them, otherwise use *matre d'hotel* butter. Serve with boiled potatoes.

Frogs legs ala lyonnaise

Prepare the frogs legs and saute them in butter as for fried frogs legs. Add 2 tablespoons finely chopped onion to the frying pan and brown the ingredients. (A finely chopped shallot may be

added to the onions.) Arrange on a heated serving dish and sprinkle with chopped parsley and vinegar.

Frogs legs a la meuniere

Prepare the frogs legs season with salt and pepper and dip them in flour. Saute them in butter for 7-10 minutes over a brisk heat. Place in a timbale dish and sprinkle with chopped parsley. Keep hot. Heat some butter in the saute pan until it turns brown, add the juice of half a lemon and, if necessary, a little fresh butter. Pour this over the frogs legs and serve immediately.

Frogs legs with garlic puree and parsley juice

Remove the stalks from 100 g (4 oz. 2 cups) parsley and wash. Cook for 3 minutes in boiling water, leave to cool and then puree in a blender. Poach the cloves of 4 heads of garlic for 2 minutes in boiling water seasoned with salt. Remove the garlic from the water, peel and return to the boiling water to cook for another 7-8 minutes. Repeat 6-7 times until the garlic is soft. Puree the garlic in a blender and put in a casserole with 500 ml (17 fl oz. 2 cups) milk. Season with salt and pepper. Season the frogs legs with salt and pepper. Heat some olive oil and a knob of butter and fry the frogs legs for 2-3 minutes until golden. Heat the parsley puree with 100 ml (4 fl oz. 7 tablespoons) water. Drain the frogs legs on paper towels. Pour the parsley sauce into a warm serving dish. Arrange the garlic puree in the middle and surround with the frogs legs.

FROMAGE DES PYRENEES Uncooked pressed cow's milk cheese (50% fat) with a naturally brushed crust, made in Ariège, Béarn and the Basque country. It is drum shaped, 30 cm (12 in) in diameter and 10 cm (4 in) thick weighing 3.5-4.5 kg (7 ¾ -10 lb) A supple, cheese prickled with little holes, it has a slightly acid taste. Fromage des Pyrenées can also be made from sheep's milk using the same method.

FROMAGE FRAIS The French term for unripened fresh cheese. Made from whole or skimmed milk fromage frais has a thick creamy consistency. Depending on its fat content, it can be rich and creamy or very light and slightly tangy in flavour. It is used in sweet or savoury dishes, in dips and salad dressing to make *ourec a la crème*, with fruit or fruit preserves to make simple desserts, or plain as a dessert topping.

FROMAGE GLACE A cone shaped ice cream of the 18th and early 19th century. They originally consisted simply of ice cream in various flavours, but later became what we now call *bombes*. At that time, the name *fromage* (cheese) was used not only for fermented milk products but for all preparations based on milk, cream and sugar, provided they were shaped in a mould, thus a Bavarian cream was known as a *fromage bavarois*. Grimé de la Reynière stated that it was in error that this name is given to all sorts of ice cream made in large quantities in moulds. Whatever one calls them, however, these fluted iced cheeses are the most beautiful ornamental desserts. They have the advantage over ice cream served in sundae dishes that they keep longer without melting, and they are better than slabs of ice cream because they are softer.

Among the *fromages glaces* popular during the Second Empire were *fromage a la italienne* (flavoured with lemon marmalade and orange blossom) *fromage de parmesan* (with cinnamon and cloves, poured into a mould and sprinkled with grated Parmesan) and *fromage a la chantilly* (with whipped cream and citron peel)

FROMENT A French term for various types of wheat soft, hard and spelt. In cookery, the word *froment* is used in preference to *ble* to avoid any confusion with buckwheat, commonly known as *ble noir* (black wheat) *Fine fleur de fromenti* traditionally denotes a superior quality flour used for baking.

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FRONSAC Fruity and well rounded AOC red wine from Libournais. The appellation canon fronsee is limited to the communes of Fronsac and Stint Michel de Fronsac

FRONTIGNAN A vin doux naturel made from the Muscat Blanc a Petits Grains grape grown around the town of Fronignan in the Herault. Very popular at one time as Frontigna or Frontinlac.

FRONTON AOC red and sometimes rose, supple fruity and with little tannin, made from the Negrette grape on a plateau between the Tarn and Garonne rivers.

FROST To shake some ice cubes in an empty glass so that an opaque mist forms on the sides of the glass before a cocktail or a fruit based spirit is poured in Alternatively, a glass is frosted by moistening the rim with lemon juice or egg white then dipping it upside down in caster (superfine) sugar chocolate powder or vanilla sugar.

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FROSTING The American term for icing used as a noun to describe the mixture applied as a cake covering and filling, and as a verb to describe the process of applying it. Frosting covers soft icing and cake fillings, such as buttercream, chocolate icing, or glaze icing, but not royal icing which is known by the same name. Outside America, the soft cake covering and filling made by whisking sugar syrup into egg whites is usually called American frosting. The quick version, made by whisking egg whites and sugar over hot water, is seven minute frosting.

Frosting is also term for applying sugar coating to fruit or mint leaves by first brushing them with egg white or water, then sprinkling with caster (superfine) sugar and allowing to set. The rims of drinking glasses are also frosted with sugar for some cocktails. Frosting also describes the way chilled glasses become cloudy when removed from the refrigerator or freezer.

RECIPES

American frosting

Make a sugar syrup using 225 g (8 oz. Generous 1 cup) sugar and 5 tablespoons water. Bring to the boil and cook until the syrup reaches 121 °C (250 °F) Meanwhile use an electric beater to whisk 2 egg whites and a pinch of cream of tartar until stiff in a heatproof bowl over a saucepan of hot, not boiling water. Remove the syrup from the heat. Whisking continuously pour the syrup into the egg whites in a slow, steady stream. Whisk in ½ teaspoon natural vanilla essence (extract) Remove from the heat and cool slightly, then spread the frosting over the cake.

Quick frosting

Place 225 g (8 oz. Generous 1 cup) caster (superfine) sugar, 3 tablespoons water, 2 egg whites and a pinch of cream of tartar in a heatproof bowl. Using an electric beater, whisk the mixture over a pan of water that is barely simmering, not boiling for 5 minutes, until the mixture will begin to cook on the hot bowl . Remove the bowl from the pan and add ½ teaspoon natural vanilla essence (extract). Whisk for 2 minutes, then use immediately.

FRUIT Botanically speaking the fruit is the part of the plant that develops from the ovary of the

flower and contains the seeds. This definition covers not only the sweet fleshy fruits but also certain vegetables courgette (zucchini) aubergines (eggplants), cucumbers and nuts.

Fruit can be divided into three main groups.

Fleshy fruits with a high water content (up to 90%) These include citrus fruits, pears, pineapples, apples, peaches, mangoes and strawberries.

Fleshy fruits with a high sugar content. These includes dates and dried fruits.

Dry fruits with a high fat contents and low water content. These include nuts (walnuts, hazelnuts, almonds) and are usually considered in a separate category.

Exotic fruit. The term covers a wide variety of fruit and includes many that are now familiar, such as mango, kiwi, papaya, passion fruit and lychee. Others are still sporadic in availability and not widely used either as dessert fruit or in cooking. These fruit vary widely in appearance, texture flavour and culinary characteristics.

Desserts. Raw fruit for dessert should always be sound and just ripe. Fresh fruit can also be served chilled flamed with rice, somolina or soft cheese, in fritters or kebabs, or baked (apples bonne femme, apricot meringue). Fruit is also used for a wide range of mousses, creams, ice creams, sorbets, charlotte, souffles, jellies, pies and tarts. Finally diced fruit can be used in omelettes, pancakes and puddings and as a sauce or puree to accompany ice creams and desserts.

Preserving fruit. Various preservation methods are used for fleshy fruit, depending on the type. Many fruits can be sterilized and then preserved in bottle or jars. This method does not alter the vitamins content very much but the mineral content may be affected. Fruits preserved in this way may be used for a wide range of mousses, creams, ice creams, sorbets, charlotte, souffles, jellies, pies and tarts. Finally, diced fruit can be used in omelettes, pancakes and puddings and as a sauce or puree to accompany ice creams and desserts.

Fruit in cookery. Fruit can be used for making jam, marmalade, compotes and jellies, as well as for drinks, either alcoholic or non alcoholic fruits ulcers. Natural fruit extracts are used in confectionery, baking dairy products and drinks.

Although fruit is mostly used in sweet preparations, it also goes well with meat, fish, poultry or vegetables. Apart from lemon, the following fruits can be used in cooking pineapples and bananas with game and turkey, figs with cured ham and partridge grapefruit with crab and fish, cherries with duck and game, quince with taffines, mango with beef, orange with duck and calf's liver grapes with quail and fish, prunes with rabbit and pork, and apple with black pudding and red cabbage.

RECIPES

Fondant coated or marquise cherries

Thoroughly drain about 50 cherries (complete with their stalks) preserved in brandy or eau-de-vie. Pat dry, removing any excess liquid. Put 375g (13 oz) fondant into a small heavy based saucepan and heat rapidly, adding 4 tablespoons kirsch, mix well with a wooden spatula. When the fondant is liquid, remove from the heat and incorporate 3-4 drops of red food colouring, mixing briskly. Hold each cherry by the stalk and dip it in the fondant, let any excess drip back into the saucepan. Then lay the cherries on a work surface or marble slab sprinkled lightly with icing (confectioner's) sugar to prevent the fruit from sticking. Transfer each cherry to a small paper case.

Alternatively, add colouring to only half the fondant, to give 25 pink and 25 white cherries. (The same method can be used for large blackcurrants preserved in brandy use pink fondant).

Fruit brochettes en papillotes

Peel some orange, remove the pith and seeds, and cut the segments into pieces, peel some pears,

apple, and bananas, cut into cubes or slices and sprinkle with lemon juice, cut some fresh or canned pineapple into cubes. Macerate all these ingredients for 30 minutes with some sugar to taste and liqueur or spirit (Curacao, brandy, rum or Grand Marnier) then thread the pieces on to small skewers, mixing the various fruits. Lay each skewer on a piece of lightly buttered foil or greaseproof paper and dot the fruit with small pieces of butter. Wrap the brochettes in the foil or paper, lay them on the shelf (rack) in a preheated oven at 240 °C (474 °F, gas 9) and cook for about 15 minutes. Serve the brochettes in their wrapping. To microwave, use buttered greaseproof paper and cook the brochettes for about 3 minutes on full power.

Glace cherries filled with almond paste.

Prepare some almond paste with (125 g 4 ½ oz, 1 cup) ground almonds, 250 g (9 oz. 1 cup) sugar, 4 tablespoons glucose powder, 5 tablespoons water and some kirsch. Split 50 glace (candied) cherries in half, but without separating the halves completely. Shape the almond paste into small balls and insert one into each cherry. Serve on a tray sprinkled with icing (confectioner's) sugar.

FRUIT GIVRE A dessert consisting of a hollowedout fruit skin filled with ice cream, sorbet or iced soeffle made with the flesh of the fruit.This method is particularly suitable for citrus fruit (such as oranges, lemons or tangerine) pineapple, melon and persianmon.

FRUITIER During the Ancien Regime, the member of the royal household charged with supervising the supply of fruit, as well as tapes and candles.

FRUIT JUICE The liquid extracted a fruit by pressure or by certrifugal force. Fruit juice is a refreshing drink, often rich in vitamins, which can be drunk plain or diluted with water or soda water. Concentrated fruit juices have been developed, either in liquid form or in crystals, which can be diluted to taste. The fruit juices most widely consumed are apple, grape, orange, grapefruit, mango, pineapple and tomato. For fruits that are more fleshy (apricots, mangoes, pears) or more acid (gooseberry, blackcurant raspberry) the juices have a larger proportion of added water and sugar.

Fruit juices are used mainly as drinks but they are also used to make ices and sorbets, as well as in more general cooking.Lemon juice has its special uses, in many diets, natural fruit juices are complemented by vegetable juices served as nonalcoholic aperitifs.

RECIPES

Fermented cherry juice

Remove the stones (pits) from 1 kg (2 ¼ lb) red cherries and 100 g (4 oz) black cherries. Press the fruit into a sieve placed over a mixing bowl, crushing then hard, put the crushed pulp in a fruit press to extract all the juice, then add this to the juice in the bow and leave to ferment at a temperature of 12-15 °C (54-59 °F) until the juice is no longer cloudy (about 24 hours) Strain through muslin (cheesecloth) or a jelly bag then add 450g (1 lb. 2 cups) caster (superfine) sugar to every 600 ml (1 pint 2 ½ cups) juice. Stir until dissolved, strain again, bottle and seal.

Raspberry, gooseberry or blackberry fermented juices is prepared in the same way.

FRUIT PASTE A confectionery item made with fruit pulp sugar and pectin. It is prepared in a similar way to jam, but is a much drier mixture. The fruit pulp represents 50% of the finished product (40% for quinces and citrus fruits) In industrially manufactured fruit paste, this pulp usually consists of one third apricot pulp, one third apple pulp and one third pulp of the fruit that give its name to the paste, usually with a flavouring and sometimes a colouring. The pulp is cooked with sugar, glucose syrup and pectin, then flavoured, coloured and poured into moulds of starch (or on to trays to be cut into shapes later) After 12-24 hours the fruit pastes are turned out,

brushed if they have been moulded in starch) and dried, then relied in caster (superfine) sugar or icing (confectioner's) sugar. They are stored at a moderate temperature in a slightly humid atmosphere.

Certain French regional specialities have a basis of fruit paste. Vosges apricots Dijon cassissines Auvergne and Dauphine mulberries.

RECIPES

Apple paste

Peel and core some good dessert (eating) apples. Put them in a pan with about 750 ml (1 ¼ pints, 3 ¼ cups) per 1 kg (2 ¼ lb) apples and cook, turning them over occasionally with a wooden spoon, until they are soft.. Remove the apples and put them in a sieve over a bowl. When they are cold, press them through the sieve and reduce the pulp by half over the heat. Pour the thick pulp into a glazed earthenware dish or a terrine. Make a syrup with the same quantity of sugar, cook it to the soft ball stage, take the pan off the heat and pour in the apple pulp. Stir well over a low heat with the mixture gently bubbling, until the bottom of the pan can be seen. Pour into a mould (as for apricot paste).

Apricot paste

Stone (pit) some very ripe apricots, put them in a pan, just cover them with water and bring to the boil. Drain and peel the fruits, then pass them through a vegetable mill. Weigh the pulp obtained,. For 1 kg (2 ¼ lb) pulp, weigh 1.1 – 1.2 kg (2 ½ - 2 ¾ lb) caster (superfine) sugar. Mix 100 g (4 oz. ½ cup) of this sugar with 60 g (2 oz. ½ cup) powdered gelatine. Pour the pulp into a heavy based saucepan and bring to the boil. Add the sugar gelatine mixture and bring back to the boil, stirring with a wooden frame, specially for making fruit paste. Pour the paste inside the frame smooth the surface and leave to cool completely (about 2 hours) Then cut the paste out into squares or rectangles, roll them in caster sugar and store them in an airtight tin, separating the layers with grease proof paper.

Cherry paste

Stalk and stone (pit) the cherries and put them through a vegetable mill. Prepare as for apricot paste but use equal weights of sugar and cherry pulp and 65 g (2 ½ oz, 2 ½ tablespoons) powdered gelatine per 1 kg (2 ¼ lb) pulp.

Plum paste

Use ripe plums or greengages and the same procedure as for apricot paste.

Quince paste

Peel 1 kg (2 ¼ lb) quinces, seed and cut into pieces. Put in a saucepan with 150 ml (¼ pint, 2/3 cup) water and cook until the fruit is reduced to a puree. Strain through a vegetable mill using the disc with medium sized holes. Return the puree to the pan. Add 1.25 kg (2 ¼ lb) sugar and cook for about 45 minutes, until the mixture comes away from the bottom of the pan. Stir continuously to make sure the mixture does not stick. Pour the mixture into a frame placed on a marble slab coated with granulated sugar. The next day, when the quince paste is very cool, cut into pieces. Dip into granulated sugar and leave to dry.

Strawberry paste

Wash and hull the strawberries and put them through a vegetable mill. Use equal weights of sugar and strawberry pulp and 65 g (2 ¼ lb) pulp. Prepare as for apricot paste but note that the brisk boiling stage should last only 5 minutes.

FRUIT SALAD A dessert consisting of pieces of sliced or chopped fruit or whole small fruit(

such as grapes) stored (pitted) and peeled if necessary macerated in sugar and often in alcohol (sweet wine or liqueur) and served in a fruit dish. Traditionally a syrup was used to coat the fruit, but fruit salads are often served unsweetened, moistened with fruit juice. The dish is placed on crushed ice or chilled and the fruit, salad may be served with cream or ice cream.

The fruit used varies according to the season, sometimes exotic fruit are used, such as lychees, kiwi fruit, mangoes, or passion fruit. The fruit can be raw, poached and cooled, or dried, soaked and poached. Canned fruit can also be used (in this case the fruit juice or syrup is used instead of sugar) and crystallized (candied) or dried fruit can be used as decoration.

RECIPES

Exotic fruit salad with lime

Peel a very ripe pineapple and dice the flesh. Peel and stone (pit) 3 mangoes, cut the flesh into strips. Peel 3 bananas, slice them and roll (but do not soak) the slices in the juice of a lime. Put all these ingredients in a bowl, sprinkle with 3-4 tablespoons sugar and chill for at least 3 hours before serving.

Fruit Salad a la maltaise

Macerate an assortment of sliced bananas, stoned (pitted) cherries and cubes of fresh pineapple in a mixture of Curacao and sugar. Chill. Put a layer of orange flavoured ice cream in the bottom of glass fruit bowl, arrange the drained fruit on top. Decorate with whipped cream and peeled orange segments. Alternatively, the ice cream can be omitted and orange juice mixed with Curacao poured over.

Fruit salad a la normande

Peel and core a pineapple and cut the flesh into cubes. Peel and slice some bananas. Peel and core some apples, cut them into cubes and sprinkle with lemon juice. Macerate all the fruit in some Calvados mixed with sugar. Chill. Arrange the fruit in a glass bowl and pour the fruit liquid over it. Cover with single (light) or Chantilly cream.

Fruit salad a l'occitaninne

Peel and core some pears, slice thickly and sprinkle with lemon juice. Peel and slice some figs. Peel some large black and white grapes. Arrange the ingredients in layers in a glass bowl, sprinkle with sugar and pour over some Blanquette de Limoux (sparkling white wine) and a little brandy. Chill for at least 1 hour. Cover with Chantilly cream and decorate with peeled grapes.

FRUIT STONER (PITTER) A special utensil designed to remove the stones (pits) from certain fruits particularly cherries and olive, without spoiling the flesh it is a type of pincers with a cupshaped depression at the end of one arm in which the fruit is held and a short rod at the end of the other arm that acts as a pusher and inserts itself in the fruit. When the pincers are squeezed together, the stone is pushed out. The stones are removed from olives before stuffing them. A type of cherry stoner with a receptacle for catching the stones is quicker and more efficient to use.

FRUMENTY A very old country dish, consisting of a porridge or gruel made from wheat boiled with milk, then sweetened and spiced. Originating in Touraine it is mentioned as a dessert in Le Menagier de Paris (1383) being made with milk in which almonds have been boiled to give flavour and served either warm and semi-liquid or cold and set.

In the Berry region, frumenty was made with water and served with butter or fresh cream.

FRYING Cooking food in hot fat, Different types of fat may be used, including lard, dripping, butter or oil. Fat can be heated to a far higher temperature than water so this is often a fierce cooking method. The type of amount of fat used depends on the particular method and the result

required. The minimum fat can be used to prevent food from sucking to the pan, a shallow layer can be used or the food can be submerged in fat. When the minimum of fat is used it may form the base for a sauce or in the case of butter or olive oil, it may be used to dress the cooked food.

FRYING PAN (SKILLET) A round or oval shallow pan with a long handle, used for frying or sauteeing food. The French word *pode* comes from the Latin *patella*, meaning a small dish. Meat, fish vegetables, eggs and various mixrure (croquettes, omelettes, pancakes) may be sauteed or fried. The classic frying pan, made of steel with a mart black finish, is thick and heavy so that it does not buckle and food does not burn. To prevent it from rusting, it must be dried thoroughly after cleaning and lightly oiled using a cloth pad or paper towels.

There is now a wide choice of pans and finishes. Many people prefer lighter pans because they are easier to work with and maintain, pans of glazed aluminium with a ceramic interior are light and good conductors of heat.

FUDGE A very soft caramel that melts in the mouth and is not sticky. It originated in the 19th century from an error made during the manufacture of normal toffee, when the sugar recrystallized. It can be flavoured with fruit, nuts, chocolate, or coffee, and is cut into squares when cold.

RECIPE

Vanilla fudge

Heat 150 g (5 oz) unsweetened condensed milk and 1 vanilla pod (bean) in a large heavy based saucepan. Add 400 g (14 oz, 1 ³/₄ cups) caster (superfine) sugar, 65 g (2 ¹/₂ oz, 5 tablespoons) butter and 1 teaspoon vinegar. Bring slowly to the boiled stirring all the time. Cover and simmer over a low heat for 2 minutes then remove the vanilla pod and cook until the mixture starts to form a plabble fall. Place the bottom of the pan in cold water and heat until the mixture thickens, lightens in colour and loses its shine. Pour immediately on to a marble work surface or a greased baking sheer. Smooth over with a rolling pin and cut the fudge into pieces before it has completely cooked.

FUFU Also called *fonfou* or *fontou* a traditional starchy African savoury pudding or thick poridge. Fufu may be made from vegetables, such as cassava, yam, sweet potato and or plantain a flour or meal ground from root vegetables or corn (maize) or rice. The starchy ingredient is cooked in water to make a smooth, thick porridge or mixture as thick as a dough which can be shaped in a dish. Fufu is served as an accompaniment to rich and spicy fish, meat and/ or vegetable stews or soups .

FUGU Japanese name for a fish of the *Tetraodontidae* family, also called blowfish or puffer. The species valued in Japan is notorious for its poisonous liver and other innards. The fish has to be prepared with skill to avoid contaminating the edible flesh with poisons from the internal organs. Chef's are specially trained in the preparation of fugu and only those who are qualified are allowed to prepare the fish, which is served in licensed restaurants. The excitement of possibly dicing with death by eating the fish is one of the reasons for its popularity (deaths are occasionally recorded as a result of preparation by unqualified home cooks) Fugu is served as sashimi, cut in fine slices. It is also served, simmered, with tofu, and a dipping sauce. The fins are dried, salted and toasted, then used to flavour sake.

There is a related northern swellfish, puffer or blowfish that is not poisonous, found in the North Atlantic.

FULBERT-DUMONTEIL, JEAN CAMILLE French journalist and writer (born v ergi, 1831, died Neuilly sur Siene, 1912) He was the author of numerous articles and about 30

books, starting his career with the Mousquetaire newspaper (owned by Dumas pere) and later moving to Le Figaro. In 1906 he published a collection of articles on gastronomy entitled La France gourmande, which reflect his Belle Epoque spirit and love of food. He chose as his coat of arms truffles and smiles on a field of roses. Besides gastronomy, he was passionately interested in zoology and travel which inspired some flights of lyricism on exotic cookery.

FUL MEDAMES Also known as fowl medames. The name of the Egyptian national dish, and of the type of bean in which it is made, a bean as old as the Pharaohs comes from the same root as ful in Egypt also embraces the dried brown broad bean. But the name is specifically identified with a smallish, squat smooth brown bean, unusual in that the contact point with the pod is on the end. In Egypt it is an important source of nutrition in the average diet. It is eaten throughout the Middle East, commonly seasoned with olive oil, garlic and lemon juice, and eaten with bamine eggs and or bread. Traditionally the beans are long cooked in a pot buried overnight in the fire ashes. As such it is Egypt's national breakfast, and an essential mezze.

FUMET A liquid obtained by reducing a stock or cooking liquid that is added to as sauce or cooking stock to enhance its flavour or give it extra body. Literally meaning aroma, the word fumet is used for concentrated mushroom, and fish stocks, for meat poultry and game stock the word fond is used.

Mushroom fumet The concentrated cooking liquid obtained by boiling cultivated mushrooms in salted, lemon flavoured water with butter, it is used to improve the flavour of some sauces and can be kept, in a well sealed bottle, in the refrigerator or freezer. Truffle fumet can be made by cooking truffle peelings with Madeira and reducing the liquid.

RECIPES

Fish fumet

Crush 2.5 kg (5 ½ lb) bones and trimming of white fish (sole, lemon sole, whiting brill, turbot) Peel and thinly slice 125 g (4 ½ oz, 1 ½ cups) onions and shallots, clean and thinly slice 150 g (5 oz. 1 2/3 cups) mushrooms or mushroom stalks and trimmings, squeeze the juice from half a lemon tie 25 g (1 oz) parsley sprigs into a bundle. Put all the ingredients in a saucepan and add a small spig of thyme, a bay leaf, 1 tablespoon lemon juice and 1 tablespoon coarse sea salt. Moisten with 2.5 litres (4 ¼ pints, 11 cups) water and 500 ml (17 fl oz. 2 cups) dry white wine (or red for some recipes) Bring to the boil, then skin and boil very gently for 30 minutes. Strain through muslin (cheesecloth) and leave to cool.

Mushroom fumet

Bring 500 ml (17 fl oz. 2 cups) water to the boil with 40 g (1 ½ oz 3 tablespoons) butter, the juice of half a lemon, and 1 teaspoon salt, add 500 g (1 lb 2 oz) cleaned mushrooms to this mixture and leave to boil for about 10 minutes. Remove the mushrooms (which can be used as a garnish) and reduce the cooking liquid by half. This fumet will keep in the refrigerator, covered, until required.

FUNGUS, CHINESE The white fungus has a sponge like texture and is brilliant white in colour. Wood ear (black fungus) is a grey black curly fungus used in soups or chopped up in spring rolls. It is almost flavourless , but retains its texture after cooking.

FUNNEL A utensil for filling bottles or other containers. Generally conical (oval for brandy) with a long narrow stem, funnel are made of glass, stainless steel, tin plate, enamelled metal or plastic. There is sometimes a tap for controlling the flow. An icing funnel has a wooden stick to control the aperture and is used to pour certain types of confectionery into moulds.

FUSION COOKING A term used to describe cooking styles making use of techniques, ingredients and seasoning from Asian and Western cuisines for any one dish. Fusion food, the description often applied to the resulting dishes may consist of European ingredients cut and cooked by a Chinese method, seasoned with Asian or Southeast Asian herbs or spices. Stir frying and steaming are typical cooking methods, noodles dim sum wrappers and Chinese pancakes are versatile ingredients, dipping sauces are likely accompaniments, and salads bring together hot and cold. Western and Oriental vegetables or dressings. Fusion cooking reflects the fashion for meals that are light, but satisfying and full of contrasting flavour and textures. Dishes often have a high proportion of vegetables and a comparatively small amount of fish, meat or poultry, with a small quantity of thin, but full flavoured sauces and dressings.

FUZZY MELON Also called fuzzy squash or hairy melon, this vegetable is used in Chinese and Asian cooking. This long green squash is covered with short hairs, and the peel has to be removed before cooking. The flesh is firm and mild, and it readily takes on the flavour of ingredients with which it is cooked. It is braised with meat or seafood, stir fried in a variety of Chinese dishes or seasoned with curry spices in Indian dishes.

G

GAILLAC Wine from southwestern France produced on both banks of the Tarn from some of the oldest vineyards in France.

The appellation Gaillac applies to white, red and rose wines, White Gaillac can be dry, sweet, sparkling or *perle* (slightly petillant) and is predominantly made from the Muzac grape. The spicy, full-bodied red wines are mainly produced from the Duras grape.

GALANGAL A spice from India the Far East, obtained from rhizomes of two plants in the ginger family, with orange or whitish pulp and a reddish skin. Both resemble ginger in appearance but have a more aromatic and peppery flavour. The more commonly used greater galangal has white flesh, and is used fresh, dried and ground in Indonesian, Malaysian and Thai cooking. The ground form is also known as Laos powder. Lesser galangal is smaller, has reddish skin and orange flesh and a stronger flavour.

GALANTINE A dish made from lean pieces of poultry, game, pork, veal or rabbit, mixed with a forcemeat containing eggs spices and various other ingredients and pressed into a symmetrical shape. The term is commonly used to describe a homed stuffed bird, in which the trimmings and forcemeat are cooked in an aspic stock and served cold as an entrée, glazed with aspic (the name comes from the old French *galantine*, meaning 'jelly').

Galantine are sometimes cooked wrapped in a cloth, which gives them a cylindrical shape, they should be, strictly speaking be made with fish, a *souppresse* of fish, which was cooled under a board with a weight on top was a form of galantine.

Galantine of chicken

Cut the wings tips off a 2 kg. (4 ½ lb) chicken. Slit the bird along the back and, with a small, sharp-pointed knife bone it completely without tearing the flesh. This operation, which at first sight seems awkward, is actually fairly simple: follow the joints of the chicken and work inwards towards the carcass, shaving off the flesh as close to the bone as possible. This separates the

carcass from the body of the chicken. Now remove the bones from the legs and wings. Now remove the bones from the legs and wings, still being careful not to tear the skin. Spread out the bird on the table and cut away the breast and the flesh of the thighs and wings, then cut these pieces into squares.

Now prepare the forcemeat finely mince (grind) 250 g (9 oz. 1 cup) boned loin of pork and 250 g (9 oz. 1 cup) shoulder of veal. Dice 150 g (5 oz. ¾ cup), fat bacon, 150 g (5 oz. ¾ cup) ham, and 150 g (5 oz. ¾ cup) pickled tongue into 1.5 cm (1/2 in) cubes, mix with the chicken squares. 150 g (5 oz. 1 ¾ cups) blanched pistachios, the minced meat, 2 beaten eggs, 6 tablespoons brandy, salt, pepper and ¾ teaspoons all spice. Wet your hands in order to work this mixture and blend it together shape it into a ball, then into a rectangular block.

To prepare the gelatine, place the block of forcemeat over the central third of chicken and enclose it by folding over the parts of the chicken skin that project at the sides and ends, stretching it without tearing. Soak a coarse linen cloth in water and wring it out, then spread it flat on the table. Place it so that a flap about 25 cm (10 in) wide hangs over the edge of the table. Place galantine lengthways on this cloth, about 10 cm (4 in) from the edge of the table and breast upwards. Wrap the gelatine in the cloth securely. Tie the gelatine with string in 3 places to keep it in shape.

Prepare an aspic stock with 2 partly boned calf's feet, 500 g (18 oz) fresh pork skin, 2 kg (4 ½ lb) knuckle of veal, 2 large sliced carrots, a large onion studded with cloves, 2 shredded leeks, a bouquet garni enriched with celery, 5 litres (8 ½ pints, 5 ½ quarts) white stock, 400 ml (14 fl oz. 1 ¾ cups) Madeira (optional), salt and pepper. Cook the stock for 1 ½ hours, then add the gelatine, bring rapidly to the boil and simmer for 2 ¾-3 hours. Remove the gelatine. Let it stand for 15 minutes before unwrapping it. Remove the cloth, rinse in lukewarm water and wring thoroughly. Spread it on the table and carefully wrap the gelatine in it as before, taking care to keep the slit part of the children underneath. Tie up gelatine. Press it on a slab, covering it with a wooden board with a weight on top. Allow to cool for at least 12 hours; it can be kept for several days if it is stored in a cool place.

The galantine is served garnished with its own clarified aspic jelly.

GALETTE A flat, round cake of variable size. The gelatte probably dates from the Neolithic era, when thick cereal pastes were cooked by spreading them out on hot stones. In ancient times people made galettes from oats, wheat, rye and even barley, sweetened with honey. Then came the hearth cakes of the Middle Ages and all the regional varieties: the gelatte of Correze, made with walnuts or chestnuts; the galette of Roussillon, made with crystallized (candied) fruits, the matzipan gelatte of the Nivernais the cund cheese gelette of the Jura; the puff pastry gelette of Normandy, filled with jam and fresh cream; the famous galette of Pergia, a delicate yeasted pastry, like brioche, flavoured with lemon rind (zest) and topped with butter and sugar; and, of course, the traditional puff pastry Twelfth Night cake (galette des Rois or gateau des Rois).

Galettes are not always sweet. In rural France galettes are traditionally made with potatoes (finely sliced or pureed) or with cereals (maize, millet, oats)

- Buckwheat crepes in Brittany, Basse-Normandie and the Vendee, galettes are crepes traditionally made with buckwheat flour. They may be savoury, filled with ham, cheese, an egg, a sausage or grilled (broiled) sardines, or sweet with fruit or a jam filling.
- Butter biscuits. The word galette also applies to a small shortbread biscuit (cookie) made with butter, which is a great Breton speciality, an to dry, round, crunchy cakes, sometimes with crimped edges, which are variously flavoured, filled or iced (especially with coffee or chocolate).

RECIPES

Galette de plomb

Make a well in 300 g (11 oz. 2 $\frac{3}{4}$ cups) sifted plain (all-purpose) flour and add 1 teaspoon caster (superfine) sugar, 2 teaspoon salt dissolved in 1 tablespoon single (light cream, and 200 g (7 oz. $\frac{3}{4}$ cup) softened butter cut into small pieces (dot these pieces all over the flour). Mix all the ingredients together with the tips of the fingers. Beat together 1 whole egg and 1 yolk. Add them to the dough and knead towards the centre. If necessary, add another tablespoon of cream. Work the dough into a ball, cover with a cloth and leave to stand for 30 minutes.

Flour the work surface, spread out the dough with the flat of the hand into a rectangle, fold it 3 times upon itself, roll it into a ball again and flatten it into a round shape, 2-3 cm (3/4- 1 $\frac{3}{4}$ in) thick. Place it on a buttered tart dish, trace rosettes on the top with the point of a knife, brush it with beaten egg and bake in a preheated oven at 220°C (425°F, gas 7) for about 30 minutes. Serve lukewarm or cold.

Galette fondanete

Mix 300 g (11 oz. 2 $\frac{3}{4}$ cups) sifted plain (all-purpose) flour with 50 g (2 oz, $\frac{1}{4}$ cup) softened butter. Add 1 beaten egg and 1 yolk, 6 tablespoons single (light) cream, 20 g (3/4 oz. 1 $\frac{1}{2}$ tablespoons) sugar and a generous pinch of salt. Roll the dough into a ball and leave to stand for 30 minutes. Roll it out and incorporate 200 g (7 oz. $\frac{3}{4}$ cup) butter, as for puff pastry. Fold and roll the dough a further 4 times, as for puff pastry, allowing it to rest for 10 minutes between the first 2 turns but rolling the final 2 turns without resting. Roll the dough out into a circle and score a lattice pattern on the top with the point of a knife. Brush with beaten egg and bake in a preheated oven at 240°C (475°F, gas 9) until golden brown. Sprinkle the galette with icing (confectioner's) sugar and put it back in the oven for a moment to glaze it.

Potato galette

Bake 6 large floury (baking) potatoes in the oven for 45-60 minutes until soft. Cut them open and remove that flesh, then mix 400 g (14 oz. 3 $\frac{3}{4}$ cups) of this with 4 egg yolks, added one by one, and 1 teaspoon salt soften 150 g (5 oz 2/3 cup) butter with a spatula and mix it in. Roll the potato dough into a ball and flatten it with the palm of the hand. Shape it into a ball again and repeat the operation twice more. Butter a baking sheet and flatten the dough to form a galette 4 cm 9 $\frac{1}{2}$ in) thick. Trace a pattern on the top with point of a knife, brush it with beaten egg, and bake in a preheated oven at 220°C (425°F, gas 7) until golden brown, if the galette is to be served as a dessert, add to the dough 125 g (4 $\frac{1}{2}$ oz. $\frac{1}{2}$ cup) sugar, orange-flower water and chopped blanched orange and lemon rind (zest).

Small orange galettes

Make a well in 250 g (9 oz. 2 $\frac{1}{4}$ cups) sifted plain (all-purpose) flour. In the centre place 125 g (4 $\frac{1}{2}$ oz. $\frac{1}{2}$ cup) sugar, 150 g (5 oz. 2/3 cup) butter, a pinch of salt, the rind (zest) of 2 oranges rubbed on lumps of sugar and 6 egg yolks. Mix these ingredients together and gradually blend the flour into the mixture. Knead the dough into a ball and allow it to stand for a few hours in all cool place. Roll out the dough to a thickness of about 5 mm (1/4 in.). Cut it into rounds with a fluted cutter 5-6 cm (2-2 $\frac{1}{2}$ in) in diameter. Place the galettes on a buttered baking sheet, brush with egg beaten with a pinch of sugar and bake in a preheated oven at 240°C (475°F, gas 9) for about 6 minutes until lightly golden.

Twelfth Night cake

Galette des rois Roll out 500 g (18 oz.) puff pastry and cut out 2 circles. Place one on a baking sheet and brush the edge with beaten egg. Mix 100 g (4 oz. $\frac{1}{2}$ cup) sugar, 100 g (4 oz. 1 cup) ground almonds, a few drops of vanilla essence (extract) and 1 tablespoon rum. Mix in 200 g (7 oz) crème patissiere. spread the almond on the pastry on the baking sheet, leaving the glazed edge uncovered, and put in a dried bean. Cover with the other circle of pastry and press the edges together, then with a pastry cutter. Brush with beaten egg. Allow to rest for 1 hour in the

refrigerator and bake in a preheated oven at 190°C (375°F., gas 5) for 25 minutes.

GALICIEN A type of sponge cake filled with (pistachio-flavoured cream, iced (frosted) green and decorated with finely chopped pistachio nuts. It was apparently created at the old Patisserie Frascati in Paris.

RECIPES

Galicien

Prepare a round Genoese sponge cake using 40 g (1 ½ oz. 3 tablespoons) butter, 3 eggs, 90 g (3 ½ oz. ½ cup) caster (superfine) sugar, 90 g (3 ½ oz. Scant 1 cup) plain (all-purpose) flour, and a pinch of salt. Slice the cake in half horizontally, then sandwich it back together with a layer of confectioner's custard flavoured with finely chopped pistachio nuts. Spread the cake with apricot jam. Make an icing (frosting) with 3 egg whites. The juice of 1 lemon, 300 g (11 oz., 2 ¾ cups) icing (confectioner's) sugar, and 3 drops of green colouring. Cover the cake with the icing, decorate with chopped pistachios and keep cool until ready to serve.

GALINGALE A perennial Mediterranean plant that produces scaly brown tubes the size of hazelnuts, the sweet, white, farinaceous pulp of which earned them French name amandes de terre (earth almonds). They may be eaten dry, raw or roasted like chestnuts.

In North Africa the tubes are generally ground and used in forcemeats for poultry, meatballs and spice mixtures.

In Spain the galingale is called cufa; grown in the Valencia region, it is used for making a popular drink, borchata, which is similar to orgeat. It also yields an oil, which has a lower freezing point than water and which does not turn rancid, and a flour used in confectionary.

GALL BLADDER The organ that stores bile, a greenish, very bitter substance secreted by the liver. When poultry or game birds are drawn, care must be taken not to pierce or break the gall bladder attached to the liver, because the bile is so bitter that it would taint the flesh.

GALLIMAUFREY galimafree In the Middle Ages a dish of finely sliced cooked meat (usually chicken or mutton), fried in lard or goose fat, mixed with finely chopped onions and then moistened with wine and erjuice sauce spiced with ginger. At that time galliaufrey was the feast dish of the people (its names from gatlre, to enjoy oneself, and mafrer, to eat ravenously). It was only in the 17th century that the word took on the pejorative meaning that it has today: a badly prepared and unappetizing dish.

GAMAY RED grape with white juice, hardy and fertile, mostly grown in Beaujolais, but also in Burgundy, Auvergne, the Loire valley and Savoie-dauphine. It is also well established in United States, Brazil and Austria.

GAME All wild animals and birds that are hunted and those that are or were hunted and now are farmed. The French word comes from the old French gibecer (to hunt), which derives from the Latin gibbosus (hunchback). Hunters brought home the game they killed in a bag that they usually carried on their backs. Thus, the hunter's bag was called a gibeciére, from which it was an obvious step to gibier (the contents of the bag).

Hunting was once an important means of providing meat for the table. Today, in industrialized countries, game is only a minor and occasional food, but hunting countries to be enjoyed as a sport.

Game appears on the market only during the open season, when hunting is permitted unless the animals or birds have been specially bred, as in the case of quails and pheasants, for

example. In Britain several birds are protected all year round, including blackbird, bustard, cygnet, heron, lapwing, Lark, rail, swan and swift. Other birds and animals, such as crow, beaver and dormouse, are no longer hunted at all, tastes having changed.

- Ground and winged game Games can be divided into two broad categories: ground and winged. Ground game is subdivided into large game (deer, roebuck, wild boar and, in North America, bison) and small game (hare and wild rabbit). The French term *bête fauve* applies specifically to the large herbivorous game (deer of both sexes) as distinct from the *bête noire* (wild boar) and *bête rousse* (fox badger). Winged game in France includes woodcock, pheasant, hazed grouse, grouse, partridge, partridge poult, rail, wood pigeon, capercaillie and black grouse, small game birds include lark, garden warbler, thrush. Blackbird, ortolan and plover, while water game includes godwit, wild duck, curlew, wild goose, moorhen, teal and lapwing.
- Digestibility of game The way of life and the feeding habits of game are reflected in the texture and flavour of its flesh, which has a strong, fragrant aroma, which becomes stronger with age. The flesh is more compact and almost leathery in all animals with a strong colour and less fat than other meat.

Before cooking, game meat is generally hung for a certain length of time to allow it to mature, which makes it tender and gives it a stronger flavour.

The length of time for which the game is left to mature varies according to its age and type for example, 4 days for a woodcock or a pheasant, 3 for a thrush or a duck, 2 for a hare, and 6-8 days for large game. During the maturing process the flavour and tenderness of the game improves.

Game sold commercially is already matured. When purchasing, it is advisable to choose a young animal or bird that is not 'high'.

- Cooking game The cuts of meat and the culinary methods are the same for large game as for other meat, except that game is often marinated: haunches, saddles and loins are roasted. Breasts, shoulders and necks are eaten in ragouts and civets; noisettes and cutlets are sautéed or grilled (broiled). Winged game is prepared like poultry. Terrines and pates can be also made from game. A sweet accompaniment (apples, chestnuts, grapes, red fruits, whortleberries) is sometimes chosen in order to bring out the strong taste of the dark meat, which is often served with highly seasoned sauces (grand veneur, poivrade, Perigueux, Cumberland). Full-bodied wines with a distinct bouquet are usually served with game.

GAMMELOST A Norwegian semi-soft, yellowish-brown cheese made from cow's or goat's milk. Its rind is brown and becomes darker as it ages. Maturing can take up to 6 months, but Gammelost, which has a strong, aromatic flavour, can also be eaten after 1 month. It is made in 15 cm (6 in) block either rectangular or cylinder in shape, depending on whether it is made of goat's or cow's milk.

GANACHE A flavoured cream made with chocolate and fresh cream, sometimes, with butter added, used to decorate desserts, to fill cakes or sweets and to make muffles or petits fours. It was created in Paris in about 1850 at the Patisserie Siraudin.

RECIPES

Ganache

Melt 250 g (9 oz. 9 squares) plain (unsweetened) chocolate over a low heat and add 65-75 g (2 ½-3 oz. 5-6 tablespoons) unsalted butter. Cool, then fold in whipped cream, either 250 ml (8 fl. oz. 1 cup) whipping cream or 200 ml (7 fl. oz. ¾ cup) double (Heavy) cream whipped with 3 tablespoons milk.

Whipped ganache

Bring 100 ml (4 fl oz ½ cup) double cream to the boil. Remove from the heat and add 225 g (oz. 8 squares) plain (unsweetened) chocolates, broken into squares. Stir until the chocolate has melted and is thoroughly combined with the cream. Leave until cool, but not set, then whip until pale, thick and light. Alternatively, the cooled, but not whipped, ganache may be stirred and poured over cakes as a chocolate icing (frosting).

GAPERON Also known as Gapon. A cheese from the Auvergne region of France made of skimmed cow's milk or buttermilk (gape in the local dialect) shaped like a ball flattened at one end, 9 cm (3 ½ in) in diameter. The cheese is composed and flavoured with garlic and pepper, which give it a pronounced flavour, but a strong smell is a sign that it is overripe. The best season for Gaperon is between October and March.

GARAM MASALA A spice mixture used in Indian cookery. The exact mix varies according to the cook's taste and requirements, but mild, warm-flavoured spices are used, typically cardamom, cinnamon, cloves, cumin and black pepper. The whole spices are roasted together before being ground. Because it is roasted, unlike raw spices that are cooked in the first stages of preparation, garam masala is one of the spice mixtures that may be added to dishes in the final stages of cooking or sprinkled over as a final seasoning before serving. The spice mix may be prepared especially for each dish, or a slightly larger quantity can be made and stored in an airtight container.

GARBURE in the Beauvais region of France a kind of stew based on vegetable stock, cabbage and confit d'oie (preserved goose). However, there are several versions of varying richness, including briscat (maize garbure). According to some authors, the word comes from the Spanish garbias (ragout or stew). This etymology is disputed by Simin Palay: The root is undoubtedly garbe (a sheaf or bunch). And indeed it is a bunch of vegetables which is the very basis of the garbure.

RECIPE

Garbage

(from Simin Palay's recipe). Boil some water in an earthenware pot glazed on the inside (cast-iron or iron pots spoil the delicacy of the flavour). When it is boiling, throw in some potatoes, peeled and cut into thick slices. Add other fresh vegetables in season: haricot (navy) or broad (fava) beans, peas or French (green) beans. Season with salt and pepper. Cayenne may be used in place of white pepper. Flavour with garlic, a sprig of thyme, a parsley or fresh marjoram. Leave the stock to cook, making sure that the water is constantly on the boil.

Shred tender green cabbage as finely possible, cutting across the width of the leaves and removing any tough portions. When the rest of the ingredients are thoroughly cooked, throw the cabbage into the boiling stock. Cover the pot to keep the cabbage leaves green and, 30 minutes before serving, add a piece of pickled meat, preferably goose (lou trebuc); the fat on this will be sufficient. If pickled pork trebuc is used, the addition of a little goose fat will enhance the flavour of the stew. Cut stale wholewheat (whole-wheat) bread into thin slices and add to the stock and vegetables. The mixture must be thick enough for the ladle to stand up when it is set in the centre of the tureen.

It is possible to make a good garbure without trebuc, but in that case it is necessary to put a piece of ham bone or a sausage or, at the very least, lean bacon (thin flank) in the cold water. White cabbage may be used instead of green cabbage. For an everyday garbure it is usual to make do with a piece of bacon or ham, or bacon chopped with crushed garlic. According to the time of year, a few slices of swede (rutabaga) or roast chestnuts are added.

If dried beans are used, they have to be cooked in advanced and drained after cooking, because, because their water would destroy the characteristic flavour of the garture. To thicken the broth, the cooked beans are sometimes crushed and rubbed through a sieve. The meat is served separately from the broth, either by itself or with the vegetables. Some cooks brown this case, some fat must be added, but the fat in which the trebuc was browned should not be used.

Simin Palay concludes: 'A good groudale is an indispensable complements to every garbure.' (A goudale is the broth remaining when the vegetables have been eaten, which is enriched with red or white wine.)

GARDE-MANGER in a classic French kitchen the member of the staff in charge of cold items, hors d'oeuvres, some desserts and al decorative work.

GARFISH orphie An elongated sea fish with a long, spear-like snout, which has earned of sea-snipe. The garfish has a bluish-green back, a whitish belly and can reach a length of 80cm (3 in) and a weighted of 1.5 kg (3 lb). The flesh has a delicate flavour and is prepared in the same way as conger eel; it can also be fried. Unfortunately, its strong smell and the fact that it bones, green in their natural state, become mauve when cooked are disconcerting to some people.

GARGOTE Originally, a gargote was an in where it was possible to each inexpensively. Since the 19th century the word has come to mean any small, cheap, dirty resturning serving poor quality food, as proprietor being called a gargotier. The word appears to come form the Old French gargatte (throat). R Dumay, in Du silex an barbecue, gives a more amusing etymology; according to him, the word is derived from cargator, the cook on board the boats carrying pilgrims to Jerusalem, who were packed together uncomfortably.

GARCOULETTE A porous earthen vessel in which water is cooled by evaporation. The gangoulette usually has handle and a spout, which makes it possible to drink form it without the vessel touching the drinker's lips.

GARLIC A bulbous plant and, like onions, a member of the Allium genus. It probably originated in central Asia and has been known since ancient times for its curative properties. The Greks and Romans held garlic in high esteem; Hippocrates classified as a sudorific medicine, stating that garlic was 'hot, laxative and dituretic'. The crusades helped to make it known in Europe, where it soon took on the role of a panacea, even against the plague and possession by devils, Its culinary use is probably as old as its medicinal use. One of the most widely used medieval sauces was sauce d'aulx, in which crushed garlic was mixed either with parsley and sorrel to accompany fish dishes or with vinegar and breadcrumbs to go with grills.

- Varieties. Garlic is grown and used as a condiment in most parts of the world. The bulb or 'head' of garlic is formed of 12-16 bulbets, commonly called 'cloves', each protected by a parchment-like skin, which is white, violet or reddish according to variety. The most widely used garlic in France, for example, has a white or grey skin and is grown in Provence and southwest France. The smaller variety of garlic cultivated in the Auvergne has a violet-or rose-coloured skin (billom pink garlic); garlic from the Douai region has a red-brown skin. Garlic from the Charentes is considered to be less pungent, while Spanish garlic, or rocambole, is similar to a shallot. The most widely used garlic in the United States is grown in California
- Storing The bulbs must be throughly dry. They can be sotred in a cold place (fro -0.5°C to +1°C, 31-34°F) or at a moderate temperature (18°C, 64°F)., either laid out flat or hanging in bunches to improve aeration. If spots appear on them or the cloves become soft, the garlic is no longer usable. In general, white garlic keeps for about 6 months, pink garlic for nearly a year.

RECIPES

Garlic oil

Blanch and crush garlic cloves, add olive oil and press through a sieve. Alternatively, add grated garlic to olive oil and press through a muslin cloth (cheesecloth). Garlic oil is used to season salads and raw vegetables.

Garlic puree

Blanch some garlic cloves, then gently sweat them in butter. Add a few spoonfuls of thick béchamel sauce and either press through a sieve or liquidize in a blender. Garlic puree is used in sauces and stuffings.

Garlic stuffing

Crush the yolks of hard-boiled (hard-cooked) eggs in a mortar with an equal quantity of blanched garlic cloves. Add fresh butter (half the volume of ingredients in the mortar), season with salt and pepper and press through a sieve or crush in a blender. Chopped herbs may also be added. This stuffing is used to garnish cold hors d'oeuvres, to spread on canapés and in various other dressings.

Roast garlic

Remove any loose outer layers of papery covering from a large head of garlic and trim off the stalk at the top. Brush with a little oil and wrap in foil. Prepare 1 head for 2 portions. Cook in a preheated oven at 200°C (400°F, gas 6) for 30-40 minutes. Use a sharp knife to slice the head of garlic horizontally in half, serve with salt, olive oil and warm crusty bread.

GARLIN, GUSTAVE French chef. Born in Tonerre in 1839, he worked for wealthy private households and said of himself: "I taught myself in the embassies, in the Senate, in the ministries and in some of the better houses of the Faubourg Saint Germain." He is the author of a basic cookery book, published in 1887, *le Cuisinier moderne, ou les Secrets de l'art culinaire*.

GARNISH A single item or combination of items accompanying a dish. The garnish can be placed around meat, chicken, fish or game, or served separately.

Whether simple or composite, the garnish always blends with the flavour of the basic dish and the sauce (if there is one). The range of garnishes in French cookery is very diverse, although the blending of flavours necessitates the use of certain traditional garnishes (leg of mutton with small kidney beans, poached fish with boiled or steamed potatoes, venison with chestnut puree).

Simple garnishes consist of a single element, usually a vegetable (braised, sautéed, bound with butter, or cooked in cream), rice or pasta.

Composite garnishes are made from several ingredients whose flavours blend both with each other and with the main dish. They consist of ordinary items (such as pieces of bacon, small onions, fresh vegetables, mushrooms prepared in a variety of ways) or more elaborate ingredients (such as cockscombs, crayfish tails, truffles, filled croustades, quenelles, croutons) depending on the nature of the dish.

The garnish may also be a kind of ragout, made of a composite *salpicon* (chicken, calves' sweetbreads, quenelles, mushrooms), blended with brown or white sauce and arranged in small pastry shells.

In all cases, the garnish should be placed around a dish so as to achieve an overall harmony of shapes and colours pleasing to the eye.

Some garnishes were invented by chefs of old (Choron, foyot, Laguipiere); some are dedicated to historical figures. (gavour, conde, Du Barry, Meyerbeer, Rossini, Talleyrand), some bear the name of the town or region where their main ingredient originates (anversoise, Argenteuil, bordelaise, clamart, Nantua, Perigueux), while others evoke either the preparation of which they are part (bateliere, commodore, grand veneur) or their own arrangement (bouquetiere, jardiniere).

GARUM A condiment widely used by the ancient Greeks and Romans, obtained by soaking intestines and pieces of fish in brine with aromatic herbs. (pissalat from Nice and the Vietnamese nuoc-man have a similar formula.) according to contemporary writers, the best garum was made in Carthage using mackerel, but it was also made with fry, salmon, sardines and shad, and there were many variants with wine, vinegar or water, or strongly seasoned with pepper. Garum had a very strong smell and flavour and formed part of most recipes, it was also used as a condiment added at the table.

GASCONY BUTTER beurre de gascone A mixture of fine melted and pureed blanched garlic cloves. This condiment is badly named since it does not contain butter. It is served with grills, breadcrumb preparations and boiled vegetables.

GASTRIQUE A reduced mixture of vinegar and sugar used in the preparation of hot sauces accompanying dishes made with fruit (such as duck with orange). Gastrique is prepared by heating together (seasoning as necessary) until the liquid has almost entirely evaporated.

GASTRONOME, A LA A term used to describe a dish of pot-roasted stuffed chicken or calves' sweetbreads with small potaged truffles, chestnuts and morels in butter, garnished with cockscombs and kidneys. The cooking pot is deglazed with champagne and demi-glace, seasoned with truffle essence and used as a sauce.

The name is also given to a dish of sautéed potatoes accompanied by truffles, attributed to the marquis of Cussy.

GASTRONOMIC TESTS eprouvettes gastronomiques 'some dishes are of such indisputable excellence that their appearance alone is capable of arousing a level-headed man's degustatory powers. All those who, when presented with such a dish, show neither the rush of desire, nor the radiance of ecstasy, may justly be deemed unworthy of the honours of the sitting, and its related delights.'

This test, described by Brillat-Savarin in Meditation XIII of the *Physiologie du gout*, was intended to identify the true gourmet. However, the test would have to be adopted according to the gourmet's income and social status. Brillat-Savarin, therefore, suggested three series of tests, according to the gourmet's prescribed income (mediocre, comfortable or large). The first was fillet of veal larded with fat bacon and cooked in its own juices, or a dish of garnished sauerkraut, followed by œufs à la neige (floating islands); the second was leg of salt-meadow lamb à la provençale and petits pois, or haunch of venison with chopped gherkin sauce; and the third was a pheasant à la Sainte-Alliance, or a seven-pound fowl stuffed with Périgord truffles until quite round.

GASTRONOMY The art of good eating, which Monselet defines as the joy of all situations and of all ages. Derived from the Greek *gastros* (stomach) and *momos* (law), the word came into general use in France in 1801, the year that *la Gastronomie ou l'Homme des champs à table* by J. Berchoux was published. Two years later, *Le Gastronomes à Paris* by Croze Magnan appeared.

In 1835 the Académie Française made the word *gastronomie* official by including it in its dictionary; it therefore rapidly gained currency despite being rather pedantic and unwieldy.

Rabelais introduced the Greek stem word into his play *Pantagruel* through the character of the god Gaster, honoured by gluttons. Various neologisms have been coined from the same model, such as *gastrolatrie* and *gastromamie*, which designate various degrees of excessive love of eating, and *gastrotechnie*, invented by E. de Pomiane, meaning the science of cooking. But the best verbal invention is attributed to Curnonsky, the founder of the *Academie des Gastronomes*, who coined the term *gastronomades* to designate tourists who are lovers of regional specialties.

True gastronomes, while appreciating the most refined products of the culinary art, enjoy them in moderation; for their normal fare, they seek out the simplest dishes, which are, however, the most refined products of the culinary art, enjoy them in moderation; for their normal fare, they seek out the simplest dishes, which are, however, the most difficult to prepare to perfection. Although they are not themselves practitioners of the culinary art, they know enough of its methods to be able to pass judgement on a dish and to recognize the ingredients of which is composed. In addition, they are familiar with the history of cooking and food and interested in foreign and exotic dishes.

On the other hand, as J-F Revel says in *Un festin en paroles*. 'The gastronome is at the same time inquisitive and timid; he explores faint-heartedly. He spends half his time remembering past satisfactions and the other half sceptically calculating future possibilities.

Often, however, gastronomy is reduced to following fashion and reflects contemporary social attitudes. In 1925 a well-known journalist, Clement Vautel, wrote a report on 'snobbish gastronomy': The curious thing is that snobbish gastronomes look for a traditional classic – even rough and rustic – simplicity. They leave the bourgeois eating swallows' nests in pseudo-Chinese restaurants and go to inns with a Norman décor to enjoy *blanquette de veau* served unpretentiously by skilled cooks.'

GAEAU A LA BROCHE a speciality that is chalmied to come from both the Avenyron and the ariege regions. It is made with a thick, oily paste flavoured with rum or orange-flower water, which is gradually poured over a special rotating spit. The spit rod is a long cone of wood wrapped in oiled paper, the mixture is ladled on to this as it turns slowly in front of a very hot fire. The cake cooks in a series of layers, which are wound in a long jagged band. When the cake mixture is used up, the cone is carefully withdrawn and the cake is left to cool. It keeps perfectly well for several days.

GAE-SAUCE Now synonymous with scullion', this term originally designated the *gars de sauce*, the kitchen assistant or cooks' boy whose job was to prepare the sauces under the instructions of the sauce chef or head chef.

GATIS A speciality of the rouergue region of France, made of a yeasted dough. It was created in about 1900 in Saint-Affrique by leonie Cazes. Today the *gatis* is made of bal of brioche dough in the centre of which a mixture of *laguiole* and *Roquefort* or *Roquefort* and *Cantal* cheese is inserted; the whole is covered with a silce of *Laguiole* or *Cantal*. The *Brioche* is then left to rise, brushed with egg and baked in the oven.

GAUDEBILLAUX an old French dish akin to tripe, which Rabelais describes in *Pantagruel*: *Gaudebillaux* is fatty tripe from *coiraux*. *Coiraux* are oxen fattened at the manger and in *guimaux* meadows. *Guimaux* meadows are those which have two crops of grass a year.' Rabelais states that this tripe, prepared immediately the ox was slaughtered, did not keep for very long. 'from which it was concluded that people should stuff themselves with it, so as not to waste anything'.

GAUDES A cornmeal porridge that used to be the traditional evening meal in Burgundy,

Franche-Comte and Bree. The word is derived from *gaude*, a plant yielding a yellow dye, which was grown in France in the 19th century. However, some inhabitants of Franche-Comte claim that it comes from the Latin *gaudeamus* (let us rejoice)

Gaude is served hot in a soup plate or a bowl, and topped up with milk, cream or even wine. Sometimes pieces of larding bacon are added. The thick porridge may also be poured into a large dish, spread out and left to cool. It can then be cut up into pieces, browned in a frying pan in butter and served as a dessert with caster (superfine) sugar, jam or honey

GAULOISE, A LA The term applied to a number of quite elaborate dishes incorporating cockscombs and kidneys. These include a chicken *consome* blended with tapioca and garnished with poached cockscombs and kidneys; soft-boiled (soft-cooked) eggs on *eroutons* with a *salpicon* of ham in tomato sauce. Garnished with browned kidneys and cockscombs, and a garnish for *bouchees* or *tantlets*, made of cockscombs and kidneys with a *salpicon* of truffles and mushrooms added, thickened with *supreme sauce* flavoured with Madeira.

However, cockscombs and kidneys are not included in the garnish *a la gauloise* for large braised or poached fish. This consists of *barqueates* filled with a *salpicon* of truffles and mushrooms in cream thickened with *matelote sauce*, and trussed crayfish cooked in *court-bouillon*.

GAZELLE'S HORN An Oriental crescent-shaped pastry made from two types of paste. One is a mixture of ground almonds, sugar, butter and orange-flowered water, which is rolled into small sausage shapes about the size of a finger. The other is a very smooth and elastic dough, which is rolled out to a thickness of 2-3 cm (about 1 in.) this dough is cut into 10-12 cm (4-5 in) squares, on each of which is placed an almond-paste sausage, diagonally across. Each square is then, rolled into a crescent shape. Gazelle's horns are cooked in a warm oven and sprinkled with icing (confectioner's) sugar.

GAZETIN DU COMESTIBLE A periodical that appeared between January and December 1767, the object of which was to tell its readers how to obtain all the necessary foodstuffs to eat well. Although this forerunner of modern culinary guides ran for only 12 issues, it provides valuable information on the provisioning of Paris in the 18th century and the prices that were charged.

GAZPACHO A Spanish soup, originally a labourers' dish, made with bread and vegetables, including cucumber, tomato, onion and red (bell) pepper. Seasoned with olive oil and garlic and sharpened with vinegar, the soup is served ice cold. It is commonly served with bowls of garnished, such as chopped black olives, red pepper, hard-boiled (hard-cooked) egg and croutons rubbed with garlic. Its name of Arabic origin, means 'soaked bread'. Traditionally prepared in a large clay bowl, which gives it a characteristic taste, gazpacho originally came from Seville but there are numerous variants. In Jerez it is garnished

It is garnished with raw onion rings, in Mahalaga it is made with veal bouillon and sometimes garnished with grapes and almonds, in Cadiz it is served hot in winter; in Cordoba it is thickened with cream and maize flour (*commeal*); in Segovia it is flavoured with cumin and basil and prepared with a mayonnaise base.

Alice B. Toklas, in her *Cookery Book*, states that a Chilean writer of Catalonian origin, Marta Brunei describes gazpacho as the meal of the Spanish muleteers, who take with them on their travels an earthen dish, garlic, olive oil, tomatoes and cucumbers, as well as some dry bread, which they crumble up. By the side of the road, they crush the garlic between two stones with a little salt, then add some oil. They coat the inside of the dish with this mixture. Then they cut up the cucumbers and tomatoes and place them in the dish in alternate layers with breadcrumbs, finishing with a layer of breadcrumbs and oil. Having done this, they take a wet cloth, wrap the dish in it and leave it in the sun. the contents are cooked by evaporation and when

cloth is dry, the meal is cooked'.

RECIPES

Sevill gazpacho

Put 4 crushed garlic cloves, 1 teaspoon, ½ teaspoon ground cayenne and the pulp of 2 crushed medium-sized tomatoes in a bowl. Thoroughly mix these ingredients and add 4 tablespoons olive oil drop by drop. Then add a Spanish onion cut into slices as thin as tissue paper, a green or red (bell) pepper (cored and diced), and cucumber (peeled, seeded and diced) and 4 tablespoons croutons. Add 750 ml (1 ¾ pints, 3 ¼ cups) water and mix well, Serve chilled.

Lobster gazpacho

Peel and slice 100 g (4 oz.) cucumber. Wash the white part of 4 leeks and 4 sticks of celery and cut them in Julienne strips. Blanch all these vegetables in boiling salted water (5 minutes for the cucumber, 10 minutes for the leeks and celery). Drain, cool under cold water and dry thoroughly. Remove the leaves from a bunch of chervil. Peel, seed and slice 1.5 kg (3 ¼ lb.) tomatoes. Seed and slice 350 g (12 oz.) red (bell) peppers. Peel and seed 250 g (9 oz) raw cucumber, peel and crush 5 garlic cloves. Cook 4 lobsters for 5 minutes in court-bouillon, shell them, put aside the coral and cut the flesh into slices. Arrange the slices on a large dish.

Liquidize the raw vegetables (tomatoes, peppers, garlic and cucumber) with pursley, salt, pepper and 1 tablespoon vinegar. Put the vegetables puree into a saucepan and bring to the boil to make a bouillon. Separately, bring to the boil 500 ml (17 fl oz, 2 cups) single (light) cream. Mix the vegetable bouillon and cream together, adjust the seasoning and boil the mixture for 2-3 minutes. Take off the heat, blend in the reserved coral and strain. Pour this puree over the lobster slices and leave to cool.

Refrigerate until well chilled before serving. Garnish with the slices of cucumbers, the blanched jullence of leeks and celery and the chervil leaves.

GEFILTE FISH A classic Jewish cold fish dish, suitable for the Sabbath, when, according to the strict rules of the religion, cooking is not allowed. Originally is stuffed freshwater fish-pike or carp-with the cooked flesh carefully removed and boned, then combined with matzo meal and seasonings before being stuffed back into the skin and poached. (Gefilite means stuffed) in Yiddish.) the modern version differs in the fish mixture is shaped into the skin. The poached fish balls are glazed with a little of the cooking liquor, which sets in the same way as aspic, and are served cold with a beet-root (beef) and horseradish sauce. White sea fish may be used instead of pike or carps.

GELATINE A colourless, odourless substance extracted from the bones and cartilage of animals and from certain algae (agar-agar, alginates). Gelatine can be in the form of powder or translucent leaves. It is soaked in cold water until it swells and is then dissolved either over or with a little boiling water and blended with the mixture for which it is intended. Gelatine is used for making jellies, numerous cold or iced desserts, and for the fining of wines and fruit juices. It is also used in industrial confectionery.

- Using gelatine leaf gelatine should be soaked in cold water until soft, then drained and dissolved in a measured quantity of hot water, stirring occasionally, until the liquid is clear. Powdered gelatine should be sprinkled evenly over the surface of a small amount of cold water and left, without stirring, until it swells and becomes spongy. Then it should be dissolved over a pan of simmering water until clear.

Adding a small amount of dissolved gelatine to a very cold or chilled liquid or mixture will make it set almost immediately into strings or lumps. Dilute the dissolved gelatine with liquid or a liquid mixture at room temperature before combining it with any chilled mixture or ingredients.

The amount gelatine to use depends on the set required, which may be soft and slightly creamy or firm enough to support the shape of a moulded mixture. As a guide, 1 sachet powdered gelatine usually contain 7 g (1/4 oz.), the equivalent of 2 ¼ teaspoons. This is sufficient to set 600 ml (1 pint, 2 ¼ cups) liquid, giving a soft set. For a firm set – for example to support pieces of fruit in a moulded jelly or terrine – allow 4 teaspoons powdered gelatine to 600 ml (1 pint, 2 ½ cups). When using leaves, allow 3 leaves to set the equivalent of 7 g (3/4 oz) or 2 ¼ teaspoons powdered gelatine.

GELLING AGENT A food additive used to give a preparation a jelly-like consistency. The main gelling agents are pectins, alginic acid and its derivatives (E400-405), agar-agar, carrageen, starch and carob bean gum, which are used in a variety of products, including flans, ice creams, jams and porridge.

GENDARME A popular French name for pickled herring, referring to the stiffness of the fish when it is dried and smoked.

The name is also given to a small, flat sausage of Swiss origin (called landiager), which is common in Germany and Austria. Rectangular in shape, it is made of lean beef and pork fat, dried and smoked, and eaten or cooked.

GENEPI An alpine species of wormwood, well known for its tonic properties. It is used in the preparation of herb teas and is the main ingredient in a number of plant liqueurs, including the famous genepi des Alpes.

GENEVOISE, A LA A term used to describe fish dishes served with genevoise sauce, made of fish fumet, mirepoix and red wine; thickened with butter. Genevoise sauce was originally called geneise (Creme's recipe is made with consommé and espagnole sauce), the name being changed to avoid confusion with Genoese sponge cake. Nevertheless, some cookery books still include a 'geneise sauce', made in the same way as genevoise sauce but with white wine. A variant of genevoise sauce, called gourmet sauce, includes lobster butter, crayfish tails, quenelles and truffles, and is used to coat slices of eel cooked in court-bouillon.

RECIPES

Genevoise sauce

Crush 500 g (18 oz) salmon trimmings. Peel and dice a large carrot and a large onion. Cut 10 parsley sprigs into small pieces. Sauté all these in 15 g (1/2 oz. 1 tablespoon) butter for 5 minutes over a low heat. Add a sprig of thyme, half a bay leaf, pepper and the fish trimmings. Cook very slowly in a covered saucepan for 15 minutes. Add a bottle of red wine (Chambertin or Cotes-du-Rhone) and a little salt to the pan juice. Boil down slowly for 30-40 minutes. Strain the sauce, then thicken it with 1 tablespoon beurre manie (1 tablespoon anchovy butter may also be stirred in). adjust the seasoning.

Geneise sauce

Pour into a saucepan 250 ml (8 fl oz. 1 cup) red Bordeaux wine. Add 2 tablespoons fines herbes (consisting of mushrooms, truffles, parsley and 2 shallots, all blanched and chopped), a small pinch of quatre-épices (a mixture of white peppercorns, nutmeg, cinnamon or ginger and cloves), and a pinch of finely ground pepper. Boil down almost completely, add 2 tablespoons consommé. 250 ml (8 fl oz. 1 cup) espagnole sauce and 120 ml (4 ½ fl. oz. ½ cup). Bordeaux wine. Boil down to the desired consistency and transfer the sauce to a bain marie. Blend in a little unsalted butter just before serving. (Traditionally, high quality butter from isigny, Normandy, would be added.)

GENOA CAKE pain de genes A. types of rich sponge cake made with ground almonds, not to be confused with genese sponge cake. Of varying degrees of lightness, depending on whether or not the beaten egg whites are incorporated separately, Genoa cake is traditionally cooked in a round mould with a fluted edge. It is served plain or with various decoration and filings.

RECIPE

Genoa cake

Work 125 g (4 ½ oz. ½ cup) butter into a soft paste with 150 g (5 oz. 2/3 cup) caster (superfine) sugar, then whisk until the mixture becomes white. Blend in 100 g (4 oz. 1 cup) ground almonds, then add 3 eggs, one bay one, 40 g (1 1/3 oz. ½ cup) cornflour (cornstarch) and a pinch of salt. Work everything well together. Flavour the mixture with 1 tablespoon liqueur (such as Curacao). Butter a round cake tin (pan), line to bottom with a circle of buttered greaseproof (wax) paper, and pour in the mixture. Bake in a preheated oven at 180°C.(350°F, gas 4) for 40 minutes turn out immediately on to on to a wire rack and remove the paper.

GENOESE SPONGE Genoese a light sponge cake that takes its name from the city of Genoa. Genoese sponge is made of egg and sugar whisked over heat until thick, then cooled and combined with flour and melted butter. It can be enriched with ground almonds or crystallized (candied) fruits and flavoured with liqueur, the rind (zest) of citrus fruits or vanilla. Genoese sooner (which should not be confused with Genoa cake) differs from ordinary sponge cake in that the eggs are beaten whole, whereas in the latter the yolks and whites are usually beaten separately. Genoese sponge is the basis of many filled cakes. Cut into two or more layers, which may be covered with jam, cream or fruit puree, it is cooled, iced (frosted) and decorated as required.

Recipes

Genoese sponge

Melt 125 (4 ½ oz, ½ cup) butter gently without allowing it to become hot. Put 275 g (10 oz, 1 1/3 cups) caster (superline) sugar, 8 beaten eggs, 2 large pinches of salt and 1 teaspoon vanilla sugar into a basin and place it in a tepid bain marie; whisk the mixture until it becomes thick, pale and foamy. Remove from the heat and continue to whisk until it cools down completely. Carefully fold in 250 g (9 oz, 2 1/4 cups) sifted flour and then trickle in the tepid melted butter at the side of the bowl. Mix in gently until it is evenly blended. Pour this mixture into a large buttered sandwich tin (layer cake pan) and bake in a preheated oven at 200°C (400°F, gas 6) for 25-30 minutes. Make a syrup with 150 g (5 oz 2/3 cup) water and boil for 4-5 minutes. When cool, add 2 ½ tablespoon white rum and pour this syrup over the cake while it is still warm.

GENTIAN. A plant from the mountains of Europe, picked especially in the Jura and the Alps. The root is used as a substitute for cinchona. Before the latter was introduced into the Old World (1639), the large yellow gentian (*Gentiana latea*), the panacea of the mountain dwellers was prescribed as an infusion or a syrup as a tonic, stimulant and fehrifuge. Nowadays it is mainly used for its aperitif and digestive properties properties. Gentian essence, amber yellow in colour is an excellent bitter tonic with a strong pungent flavour; it is an ingredient of many aperitifs.

GEORGETTE A name given to various dishes at the end the 19th century. It was the title of a play by Victorien Sardou, which had a successful run at the Vaudeville Theatre in Paris in 1885. Pommes Georgette, which were served for the first time at the Paillard restaurant near the theatre, are potatoes cooked whole, hollowed out, then stuffed while still hot with a ragout of crayfish

tails a la Nantua. Poached or scrambled eggs Georgette are served in potatoes with the same garnish. There is also a georgette soup cream of tomato and cream of carrot mixed and blended with perles da japon (tapioca). Finally, crepes Georgette are sweet pancakes filled with a salpicon of pineapple in rum thickened with apricot jam. Sprinkled with sugar and glazed in the oven.

GERBAUDES A traditional festival held at the end of the harvest in the central provinces of France, also called 'Revolle' in Dauphine and Lyonnais and 'chien de Mosson' "Tue-Chien' or Chien' in Franche-Comte, Lorraine, Cote-d' Or and Champagne. Elsewhere, there were different festivals to mark the end of other great agricultural events, such as walnut gathering. The common feature of all these festivals was a gargantuan communal meal, accompanied by singing and dancing ceremonial dishes were served on these occasions roast cockered in Sologne, rabbit au sang in Cher and Indre, and tripe in Creuse, collection of legends, religious precepts and rules for practical living, in which the human body is represented in the form of circle associated with primordial foods palm sugar, wine, ghee, milk, yogurt and water. The best ghee is made of butter from buffalo's milk (which is twice as rich in fat as cow's milk). It is used as an ingredient in patisserie, as a cooking fat and to enrich vegetable purees, rice and dal. Among poorer people ghee is made of sesame oil or mustard. In Nepal it is made of yak's milk.

RECIPES

Gherkins a la russe

Boil some salted water with caster (superfine) sugar, using 1 tablespoon salt and 1 teaspoon sugar per 1 litre (1 ¾ pints, 4 1/3 cups) water. Allow to cool completely. Wash some large fresh gherkins in warm water and cool them in cold water. Drain and pat dry. Lay them in a jar in layers, separating each layer with a few fragments of fennel sprigs and, if available, a few fresh blackcurrant leaves (taken from the ends of the twigs). Press down well. Fill the jars with salted water (it should completely cover the gherkins) and leave to marinate in a cool place for at least 24 hours serving.

When preserving these gherkins, they can be sterilized, but they become softer in the process.

Gherkins pickled in vinegar (prepared cold).

Prepare and marinate the gherkins with salt as in the previous recipe. Then wash in vinegared water; wipe them dry one by one and place them in jars. Add peeled white pickling onions, some fragments of bay leaf, sprigs of thyme and tarragon (which have been scalded, cooled and dried), 2-3 cloves, 1 - 2 small garlic cloves, 1 small chill, a few black pepper-corns and a few coriander seeds. Cover with white vinegar, seal the jars hermetically and store in a cool place. These gherkins can be eaten after 5-6 weeks, but they will improve with time (up to a year).

Gherkins pickled in vinegar (prepared hot)

Rub the gherkins with a rough cloth, then place them in a terrine. Add some coarse salt, stir and leave for 24 hours. Remove the gherkins and dry them by one. Place them in a terrine and cover with boiled white wine vinegar. Marinate for about 12 hours. Strain off the vinegar and add 500 ml (17 fl. oz. 2 cups) fresh vinegar, bring to the boil and, while still boiling, pour over the gherkins. Repeat the process the next day, then leave to cool completely. Scald some jars with boiling water and let them dry lay the gherkins in them in layers, adding seasoning every 2 layers (fragments of bay leaf, sprigs of thyme and tarragon, which have been scalded, cooled and dried, cloves and 1 - 2 chillies per jar). Cover with vinegar, seal the jars with cork stoppers and store in a cool place.

GIANT GRANADILO Known as barbadine in Africa. This is a climbing plant originally from South America, introduced to the West Indies in the 19th century. Related to the passion flower, its green avoid fruits are 20-30 cm (8-12 in) long. When unripe they are used as vegetables in the same way as squashes or vegetable marrow. As they ripen they become yellowish, and their tart, whitish flesh is then used as for passion fruit, for example in the preparation of drinks, jams and sorbets. The bark of the plant is used to make a jelly.

GIBELOTTE A savoury stew of rabbit in white or red wine. The word derives from the Old French gibelet (platter of birds), which was prepared in this way. Pieces of rabbit are browned in the fat of blanched and sautéed bacon. They are then floured, put in a cocotte with the bacon, some small onions and a bouquet garni, and moistened with bouillon and wine. Mushrooms are added during cooking, and pounced liver when the rabbit is cooked. In Quebec a gibelotte is a ragout of various vegetables and fish.

GIBLEST The edible inner parts of poultry, including the gizzard, heart, liver and kidneys, plus the external giblets - the head, neck, pinions (wingtips) and feet.

The external giblets of large poultry (chickens, turkey, geese) can be bought separately in France and are used to make ragouts, fricassees and pot-au-feu. Giblets are a common ingredient in French home cooking, the internal giblets being used in stuffings, garnishes, terrines, pies and even kebabs or fritters.

- Duck and goose giblets. Only the neck, gizzard, liver and heart are used. The feet are not cooked, and the pinions are not separated from the body. Heart: simply take it out. Neck, cut it off close to the head and the body, then remove the skin. Liver, separate it from the entrails, then remove the gall bladder, taking care to cut generously around it in order not to burst the bladder because the bitter bile would make the liver inedible. Gizzard: remove the thick skin with the tip of a sharp knife and use only the two fleshy parts.
- Chicken and turkey giblets. These are prepared in the same way, but while the head and feet of the chicken are eaten, only the turkey's pinions, heart, liver, gizzard and neck are used. Pinions separate them from the bird at the first joint and cut them off at the second. Neck slice it off close to the head and body, then remove the skin. Heart and liver prepare these as duck. Gizzard; slit it on the flesh side without piercing the gizzard-sac, which should be thrown away, chicken's feet. Cut off the claw-joint, then singe and skin the rest. Head singe the head of a chicken (do not use a turkey)

RECIPES

Giblet à la bourgeoise

Dice 100 g (4 oz) thick streaky (slab) bacon and blanch for 5 minutes in boiling water. Strain and leave to cool. Prepare (800 g (1 ¾ lb) turkey or chicken giblets. Peel 100 g (4 oz) small onions, 300 g (11 oz) baby carrots and a garlic clove. Brown the diced bacon in a sauté pan in 25 g (1 oz. 2 tablespoons) butter, lard or goose fat, then strain and remove from the pan. In the same fat cook the onions until golden, strain and remove. Next brown the giblets (except the liver) in the pan, then add the crushed garlic. Stir well, sprinkle on 25 g (1 oz. ¼ cup) flour, and mix in until coloured. Add 100 ml (4 fl oz. 7 tablespoons) dry white wine and let it reduce for a few minutes. Season lightly and add a bouquet garni, the bacon, onions and carrots, and 1.15 litres (2 pints, 5 cups) water or poultry stock to cover the giblets. Cover and bring to the boil, then reduce heat and simmer for about 30 minutes. Add the liver and stir gently, then continue cooking for about 10 more minutes until the liver is cooked. Place the giblets and vegetables in a shallow dish and pour the sauce over.

Giblets a la bourguignonne

Prepare as for giblets a la bourgeoise but replace the carrots by 100 g (4 oz. 2 cups) buttons mushrooms and the white wine by red Burgundy.

GIGONDAS Red or rose AOC wine from vineyards at the foot of the Dentelles de Montmirail in the Rhone valley. The red wines, produced mainly from Grenache, Syrah, Mourvedre and Cinsaut grapes, are powerful, spicy and tannic, and the best can be bottle-aged for at least ten years. Roses, however, are usually drunk young.

GIGOT A French cut of meat corresponding to a leg of mutton or lamb. The name derives from the word for an ancient musical instrument (gigue), which had the same shape. The whole gigot (haunch or long leg) consists of the actual leg itself (or gigot racourici, short leg) and the muscles extending from it, which form the French out quasi or selle de gigot (chump end – not to be confused with the English saddle). The two pieces can be cut and cooked separately: the chump end, tied up with string, can be a very fine roast, whereas the short leg may be roasted, boiled, pot-roasted, braised or even sliced and grilled (broiled). By steeping a short leg of mutton in a marinade before cooking in the oven, it is transformed into gigot chasseur, tasting of venison. The flavour of lamb combines well with garlic, and roast gigot of lamb studded with garlic and garnished with kidney beans is the French traditional dish for family celebrations and special meals. The leg can also be cooked with white wine, bacon and onions with juniper berries, garnished with red cabbage; or with caper sauce, garnished with steamed potatoes and turnips. Other recipes include brochettes a la turque (lamb on skewers) and daubes or braised dishes, such as the famous gigot de sept beures or a la cuiller, which is cooked for a long time over a very gentle heat, so it can be cut with a spoon, and served with the braising liquor strained and boiled down. Gigot of lamb can also be served cold with aioli, in aspic with a green salad or with a spicy tomato salsa.

Let of lamb is carved either paralleled to the bone (the slices are all equally cooked) or perpendicular to the bone, slightly on the side (the meat is more tender, but cooking is graduated) lamb cooked in.

Braised leg of lamb a la bordelaise

Cook a leg of lamb in a mixture of butter and oil in a covered casserole in a preheated oven at 180°C (350°F, gas 4), allowing 40 minutes per 1 kg or 20 minutes per 1 lb., plus an additional 40 or 20 minutes. When one-third done, add 575 g (1 ¼ lb.) tiny potato balls and 250 g (9 oz.) fresh cep or button mushrooms, lightly tossed in oil. Season. When the leg and garnish are cooked, sprinkle with noisette butter in which 4 tablespoons breadcrumbs and 1 tablespoon chopped parsley and garlic have been fried.

Braised leg of lamb with spring onions

Calculate the cooking time for a leg of lamb at 40 minutes per 1 kg. 20 minutes per 1 lb. Plus an additional 40 or 20 minutes. Cook the lamb in a covered flameproof casserole in a preheated oven at 200°C (400°F, gas 6) for 25 minutes, then drain. Melt some butter in the casserole. Lightly coat 1 kg (2 ¼ lb.) spring onions (scallions) in sugar, then fry them in the butter. Place the leg of lamb on the onions and put the casserole back in the oven. When the onions have softened, add 2 tomatoes, peeled and cut into 8 pieces, and 500 ml (17 fl. oz. 2 cups) white wine. Complete the cooking process, turning the leg to make sure it is browned all over and basting it as required with reduced beef stock.

Remove the leg of lamb from the casserole, draining off all the cooking liquor. Drain the spring onions. Cover both and keep hot. Thicken the cooking juices with beurre manie. Carve the lamb. Arrange the spring onions on plates and coat with the sauce. Arrange the lamb on the

plates and serve.

Lea's roast leg of lamb

Crush 4 anchovy fillets in 4 tablespoons olive oil mixed with 2 level tablespoons mustard, sage, basil, rosemary and crushed garlic. Rub the meat with this mixture and marinate for 2 hours, turning from time to time. Calculate the cooking time for the lamb at 30-40 minutes per 1 kg. 15-20 minutes per 1 lb. Plus an additional 30-40 or 15-20 minutes according to how well cooked you require the meat to be when served. Drain and roast in a preheated oven at 200°C (400°F, gas 6).

While the meat is cooking, boil down the marinade with some butter, gradually adding half a bottle of champagne. Strain and thicken with softened butter.

Roast leg of lamb

Stud the leg near the projecting bones with 2-3 cloves of garlic. Cook it on a spit or in a preheated oven at 220°C (425°F, gas 7), allowing 20-22 minutes per 1 kg (9-10 minutes per 1 lb). Place it on a long serving dish and serve with a sauce made from the cooking juice, kept quite fatty, with slices of lemon and chopped watercress. Roast leg of lamb is accompanied by Franch (green) beans in butter, white haricot (navy) beans in juice, or vegetables prepared a la jardiniere or as a pouree.

This is the French method for roasting lamb, and the flesh will be pink. For fully cooked meat, reduce the oven temperature to 190°C (375°F, gas 5) when placing the joint in the oven and allow 45 minutes per 1 kg (20 minutes per 1 lb) and add 20 minutes to the total time.

Roast leg of lamb en chevreuil

Completely skin a very fresh leg of lamb and lard with lardons. Then put it in a special marinade; see chevreuil, en. Leave it to steep for some time, depending on the tenderness of the meat and the temperature (2 days in summer, 3-4 days in winter). Dry the leg with a cloth, then roast. Serve a roebuck sauce or a poivrade sauce separately.

Roast leg of lamb with 40 cloves of garlic

Desalt some anchovy fillets. Trim a leg of lamb as necessary. Stud it with silvers of garlic (2-3 cloves) and the anchovy fillets cut into fragments. Brush with a mixture of oil, thyme, powdered rosemary and pepper. Roast on a spit or in the oven as for roast leg of lamb, basting occasionally with a little of the herbs and oil. As the meat starts to cook, put 250 g (9 oz) unpeeled garlic cloves into boiling water after boiling for 5 minutes, drain the garlic and put into a saucepan with 200 ml (7 fl oz. ¾ cup) stock. Simmer for 20 minutes. Add a small cup of this liquor to the meat juices and pour over the meat. While completing the cooking wash some watercress thoroughly in running water and chop coarsely. Arrange the leg on a serving dish, surround by the cloves of garlic and chopped watercress. Serve the juice in a sauceboat.

Split-roast leg of lamb with parsley spit-roast a leg of lamb. Before cooking is completed, cover it evenly with a layer of fresh breadcrumbs mixed with chopped parsley and possibly some chopped garlic. Finish cooking the lamb until the surface turns golden brown. Put it on a long serving dish and garnish with chopped watercress and halved lemons. Serve the juice separately.

GIGUE Haunch of roebuck or deer, also called cuissot in Franch. Once the sinews are drawn a haunch is usually studded with lardons, marinated if necessary, then roasted in a preheated oven at 200°C (400°F, gas 6). Allow 30 minutes per 1 kg. 15-18 minutes per 1 lb. Celery or chestnut puree, mushroom fricassee and red- or whitecurrant jelly are the conventional garnishes.

GILBERT, PHILEAS French cook (born la Chapelle-surDreause, 1857; died Couilly-Pont-aux-

Dames, 1942. After an apprenticeship as a cook/ astrycook in Sens, he travelled around France, working with Escoffier, Emile Bernard, Ozanne and Monagne. He became a great practitioner, theoretician and scholar. The author of numerous books, including *la Cuisine retrospective*, *1 Cuisine de tous les mois* and *L'Alimentation et la Technique culinaire a travers les ages*, he collaborated in the writing of Escoffier's *Guide culinaire*. He wrote numerous articles in professional magazines and cookery journals, becoming known for raging controversies with his colleagues.

GILLIERS. The official chef of King Stanislas Leszezynski. In 1751 he published *Le Camameliste francais* (camamelisie comes from *cammamelle* or *came a mel*, an old French term for sugar canel. This is a valuable document both for its history of friandises (sweet delicacies) and for its illustrations by Dupuis, engraved by Lotha, which depicted the masterpieces of 18th-century glassware and gold smiths' work.

GIMBLITTE A small ring biscuit (cookie) in the shape of a crown, a speciality of Albi. The word seems to come from the Italian *ciambella* (a ring shape cake similar to an *echaude*). The dough-made from flour, ground almonds, sugar, egg yolks yeast and grated citron, orange lemon rind (zest) - is not the same as that for *echaudes*, but the cooking principles is the same the biscuits are first immersed in boiling water, then drained, dried and browned in the oven. Fernande Moliniet, a pastry-cook in Albi and author of *Recberches historiques sur les specialities gourmandes du Tarn*, thinks that gimblettes were invented by the monks of Nonterre, who entrusted the recipe to the canons of Albi in the 15th century.

RECIPE

Orange gimblettes

Grate the rind (zest) of half an orange on a lump of sugar, crush the sugar to a fine powder and mix it with caster (superfine) sugar so that the whole amount measures 175 g (6 oz., $\frac{3}{4}$ cup). Pound thoroughly 100 g (4 oz. $\frac{2}{3}$ cup) fresh almonds. Place 225 g (8 oz. 2 cups) sifted plain (all-purpose) flour in a circle around this mixture, and in the centre put 15 g (1/2 oz. 1 cake) fresh yeast dissolved in 70 ml (2 $\frac{1}{2}$ fl oz. $\frac{1}{4}$ cup) milk. Add 50 g (2 oz, 4 tablespoons) butter, 2 egg yolks, a pinch of salt, the almonds and the orange-flavoured sugar. Knead all these ingredients in the usual way and leave the dough in a warm place for 5-6 hours to allow the yeast to ferment.

Knock back the dough and divide it into 5-6 strips, each the width of a little finger. Cut the strips diagonally into pieces 13 cm (5 in) long. Make these into little rings so that the joins are invisible. Drop the rings into a large saucepan of boiling water. Stir gently with a spatula for a few minutes to prevent the rings from sticking and to bring them to the surface. Drain them and drop them into cool water. When cold, drain again, then toss to dry them.

Dip each ring in a little beaten egg (2 eggs should be used in all) 2-3 times. Leave them to drain for a few minutes. Arrange them carefully on 3 lightly greased baking sheets and bake them in a preheated oven at 200°C (400°F, gas 6) for 20-30 minutes, until they are a good colour.

Little plaited biscuits (cookies) or little rolls about as long as a thumb can also be made this way. These gimblettes may also be flavoured with the rind (zest) of lemon, citron or Seville (bitter) orange, or with aniseed, vanilla or orange-flower water.

GIN pure alcohol, distilled usually from grain, into which are infused aromatic plant products, particularly oil of juniper. The two basic types are Dutch and British. Dutch gin (genever), directly stemming from medicinal compounds evolved in the Netherlands in the 16th century, is heavily aromatic, it is usually drunk chilled and neat. Dry gin, the universal style, originated in London in the 1870s. Much lighter and more popular than the older genever, it is essentially a versatile mixing spirit – with tonic water, juices and in numerous cocktails. Dry gin is made in

many countries, with many premier brands carrying English names flavoured gins have declined, but sloe gin is still popular in Britain and the United States. Gin's culinary uses are confined mainly to offal and game dishes.

GINGER A plant of South-east Asian origin that is cultivated in hot countries for its spicy, aromatic rhizomes (underground stems), which are used fresh, preserved in sugar or powdered. Widely appreciated in the Middle Ages ginger was used as a flavouring and as a sweetmeat. Since the 18th century it has fallen out of use in classic European cookery, except in patisserie and confectionery, biscuits (cookies), cakes, pickles and jams, particularly in Britain, Alsace and the Netherlands, and for flavouring drinks. However, it continues to be an important seasoning in eastern cookery – fresh or dried, grated or preserved in sugar, syrup or vinegar. In India and Pakistan it is used to flavour curries, meat, fish in sauce, rice and vegetables purees, and to flavour tea. In China and Japan it is widely used fresh, shredded in court-bouillon, marinades and soups. It is an essential seasoning for fish and whale fillets. It is also eaten pickled between courses. In south-east. Also crystallized (candied) ginger is the most widespread sweetmeat.

RECIPE

Ginger cake

Cut 100 g (4 oz. ½ cup) preserved ginger into very small cubes. Soften 100 g (4 oz. ½ cup) butter with a wooden spatula. Vigorously whisk together 3 large eggs, 1 tablespoon rum and 2 tablespoons hot water. When the mixture is thick and foamy, gradually add 175 g (6 oz. ¼ cup) caster (superfine) sugar, continuing to whisk. Sift together 250 g (9 oz. 2 cups) plain (all-purpose) flour and 2 teaspoons baking powder, make a well in the middle and blend in the beaten eggs, the softened butter and the ginger. Mix well and pour into a buttered marigule mould or deep sandwich tin (layer cake pan) 22 cm (8 ¼ in) in diameter. Bake in a preheated oven at 220°C (425°F, gas 7) for about 40 minutes.

GINGER ALE Aerated water to which colouring and ginger essence are added, often used to make gin or whisky into a long drink.

GINGER BEER A fizzy soft drink, traditionally widely consumed during summer months in Britain. One traditional method of making home-made ginger beer is from a ginger 'plant', by fermenting ground ginger and sugar with yeast in a small amount of liquid for about a week. Sugar is added daily to 'feed the plant'. At the end of this fermentation, the plant is strained and the liquid diluted with lemon juice, water and sugar, then bottled. The bottles have to be stored with their caps loose initially then, when fermentation has subsided, the caps are tightened and the bottles stored in a cool place. The result is a bubbly, spicy, lemon drink.

GINGERBREAD British Gingerbread is a cake flavoured with ginger and treacle (molasses). The French equivalent (pain d'épice), whose name means literally 'spice bread', is a cake with a basis of flour, honey and spices (it need not contain ginger). The use of honey as the only sweetening product for breads or cakes goes back to ancient times. Aristophanes mentions melitunta, which was made with sesame flour, eggs and fresh cheese, and coated generously with honey after cooking. The Romans prepared panis mellitus with German wheat flour, honey, pepper and dried fruit. The Chinese making (honey bread) is mentioned as part of the rations of the horsemen of Genghis Khan. It is generally believed that Gingerbread was introduced to Europe during the time of the Crusades. At Pithiviers, however, it is held that Gingerbread was introduced into the city by St. Gregory, an American bishop who took refuge there in the 11th century. Whatever the case, it was from that time that the manufacture of Gingerbread spread into the Netherlands, Britain, Germany, Belgium, France and Italy.

The guild of pain d'epiciers, founded at Reims, was officially recognized by Henri IV in 1596. According to A. Sloamovici in *Ethnocuisine de la Bourgogne* (1973), pain d'epice 'was the monopoly of the city of Reims, and at first manufactured exclusively with rye flour. In Burgundy, however, the boichet or boichee, made with wheat flour, honey and leaven, had been known since the 14th century, and gauldery bread, made of honey and millet flour, was known in the 25th century.' Reims retained the monopoly until the Revolution, then Dijon, where the local production gave rise to a flourishing trade, took it over.

Gingerbread was formerly regarded primarily as a fairground delicacy. In Paris the Gingerbread Fair, which became the Throne Fair in the 19th century, had been held since the 11th century on the site of the present Saint-Antoine Hospital, where there was then an abbey. The monks sold their won ginger bread cakes there, in the shape of the little pigs. Gingerbread was sold in many different shapes (animals, little men, flowers) as well as the large traditional pure or the ball. Belgium speculos, which are made of gingerbread, depict all kinds of popular characters (harlequin, Columbine, Saint Nicholas).

Today two types of gingerbread are made in France that of Dijon, made with wheat flour and egg yolks; and couque, made with rye flour. The demi-couque, or couque batarde, made with a mixture of flours, is used mainly for the large gingerbread pure loaves. In industrially manufactured products, the honey is totally or partially replaced by other sweetening agents (invert sugar, glucose, grape must) and the spices are often artificial essences. However, it is always prepared according to the traditional method: the flour and sweetening agents are mixed together and matured in a cool, dry place for about a month (formerly for several months). It is then mixed with baking powder and spices, shaped, glazed with mil and eggs, and baked in the oven Ordinary gingerbread is baked in pave loaves, while fancy gingerbread is cut into hearts and various other shapes.

Although it is eaten mainly at teatime or at festivals (particularly in Belgium and Germany), gingerbread also has some uses in cookery, for thickening sauces, ragouts and carbonades, especially when beer is used in the recipe.

Gingerbread can easily be made at home. The best results for pain d'epice are achieved with a strongly flavoured honey, traditionally buckwheat or heater honey. Wheat flour is generally used (sometimes mixed with rye flour), and flavourings can include orange-flower water, orange or lemon rind (zest), star anise or cinnamon, or a mixture of spices as well as ginger. Orange or apricot a mamalade may also be added to the mixture. After baking the top of the cake may be decorated with pieces of angel green walnuts or candied orange peel.

RECIPES

Gingerbread

Warm together 100 g (4 oz. ½ cup) margarine or lard (shortening) and 200 g (7 oz. ¾ cup) milk and allow to cool. Sift 200 g (7 z. 2 cups) plain (all-purpose) flour, 1 teaspoon mixed spice, 2 teaspoons ground ginger and 1 teaspoon bicarbonate of soda (baking soda) into a bowl. Add the treacle mixture, 50 g (2 oz. ¾ cup) brown sugar and 2 eggs. Beat well. Pour into a 18 cm (7 in). square tin (pan) lined with greaseproof (wax) paper. Bake in preheated oven at 150°C (300°F, gas 2) for 1 ¼-1 ½ hours, until firm to the touch

Pain d'epice

Heat 500 g (18 z. 1 ½ cups) honey to boiling point, then skim it. Place in an earthenware bowl 500 g (18 oz. 4 ½ cups) sifted plain (al-purpose) flour make a well in the centre, pour the honey into it and mix a wooden spoon. (some flours absorb more liquid than others; it may be necessary to add more liquid in order to obtain a firm paste.) Gather the paste into a ball, wrap it in a cloth and let it stand for 1 hour. Then add 2 ½ teaspoons baking powder and knead the paste thoroughly. mix in 2 teaspoons aniseed, a generous pinch of cinnamon, the same amount of

powdered cloves and ½ teaspoon grated lemon or orange rind (zest).

Alternatively, mix the sifted flour directly with the same weight of liquid honey. Let the paste sand, then knead it hard with 100 g (4 oz. ½ cup) caster (superfine) sugar, 2 teaspoons bicarbonate of soda (baking soda). 50 g (2 oz. ½ cup) skinned and chopped almonds and 65 g (2 ½ oz. ½ cup) mixed and chopped candied orange and lemon peel.

Pour the mixture into a 23 cm (9 in) square cake tin (pan) or a buttered manque mould. Bake in a preheated oven at 190°C (375°F, gas 5) for about 30 minutes, as soon as the cake is cooked, quickly brush the top with some milk sweetened to a thick syrup or with sugar cooked to the fine thread stage (see sugar) and glaze for a few seconds in a cool oven.

GINGER WINE Water, ginger, yeast, sugar, lemon, raisins, pepper and sometimes alcohol; mixed with whisky to make Whisky Mac.

GINKGO NUT The oval, pale green fruit of the Asian ginkgo tree. The olive-sized kernel is much used in Chinese and Japanese cooking, either roasted or grilled (broiled), as a garnish for fish or poultry or, in the autumn, simply as a dessert nut. A typical dish consists of large prawns (shrimp mixed with ginkgo nuts, pieces of chicken and mushrooms cooked on hot cooking salt in an earthenware casserole).

GINSENG The root of a plant growing in mountainous regions of Korea and Manchuria. It is considered to be the 'root of life' by the Chinese, who have attributed many therapeutic, magical and aphrodisiac properties to it. Used mainly in a tonic drink, ginseng is also used to make a herbal tea, sweets (candies), pastilles, dyes and ointment. It can also be presented whole in alcohol or dried and used as seasoning in the same way as ginger. Its taste is similar to that of fennel.

GIRAUMON A type of ground cultivated mainly in the West Indies and some tropical countries. There are two varieties: one with a large fruit (3-4 kg. 6 ½ - 9 lb.), the other with smaller fruit (about 1 kg 2 ¾ lb.), the latter being preferred, because giraumons do not keep once they are opened. Its firm flesh is sweet and slightly musky. Also called *bounnet turc* (Turkish bonnet) and *citrouille iroquoise* (Iroquois pumpkins), giraumons can be eaten raw like cucumbers, but are usually cooked like pumpkins, especially in West Indian cookery (in a ratatouille called *giraumonade* and in ragouts). When green, they are used to make jam, and the leaves are sometimes used like sorrel.

GIRELLA *girella* a small, brightly coloured Mediterranean rock fish, with spiky rays on its dorsal fin. Its flesh is delicate and tasty but full of bones. *Girella* is sometimes served fried, but it is used mainly in *bouillabaisse*.

GITE A LA NOIX A French cut of beef from the top of the leg. With the round of beef, which extends from it, it was formerly classified as braising meat but is now used for grilling (broiling) and roasting. The round of beef is lean, tender and tasty, *Gite a la noix* is also used to make steak tartare and beef on skewers. For roasting, it is larded and tied with string.

GIVRY Red and white AOC wines from the Cote Chalonnaise in southern Burgundy. The reds are made from Pinot Noir, the Whites from Chardonnay. The Cote Chalonnaise has a proud history and is said to have been planted with vines since Roman times.

GIZZARD A digestive pouch in birds, consisting of a thick muscle. If the gizzard is not cooked with the bird or if it is not minced in the stuffing, it can be fried or roasted separately (particularly duck or goose gizzard) or prepared in a ragout of giblets. It is also often preserved. When a chicken is drawn, the gizzard is slit in two to remove the small stones and the thick envelope that

surrounds them.

GJETOST originally made in Norway from goat's milk whey, this sweet, brown cheese is now factory made from pure goat's milk or a mixture of cow's and goat's milk, which is cooked until caramelized. The designation Ekete Gjetosi on the label means that the cheese is made solely from goat's milk-gjet means goat in Norwegian. It is moulded in blocks weighing between 200 g (7 oz) and 4 kg (9 lb.).

GLACE Describing fruits that are crystallized (candied) or in liqueur and petits fours that are coated with a syrup cooked to the 'crack stage' so that they have a hard, shiny layer. The word is also used for fruits and chestnuts (marrons glacés) preserved in syrup.

In France the term is also applied to many iced desserts and drinks, and to cakes and pastries covered with icing (frosting).

GLASSWARE Common soda glass is transparent or translucent materials made from the fusion of silica (sand, sodium carbonate (soda) and calcium carbonate (lime). Crystal glassware is made from flint glass a very clear glass containing lead oxide, silica, potassium carbonate and potassium nitrate, good quality crystal glass makes a clear ringing sound when struck. Common and crystal glassware may be engraved, coloured or gilded. In spite of its fragility and poor resistance to sudden changes in temperature, glass is widely used for table- and kitchenware, not to mention bottles, because of its transparency and resistance to chemicals.

The history of glass. Egyptian paintings show that the art of glass-blowing was known as far back as the 4th century BC, and glass objects have been in existence for more than 5,000 years, until the Middle Ages, however, pottery utensils were more common in ordinary households, glassware being rather rare and served for luxury use. The glass industry in France dates from the Gallo-Roman era. In the 6th century the glassware of Clotaire I consisted of concave, stemless goblets, their borders decorated with a fine strip of coloured glass. There were also bottles and white-enamelled dessert cups. But the use of glass in tableware as we know it today did not come until the 14th century. The 16th-century Venetian glass-blowers were the first to obtain a colourless glass which they named cristallo. Shortly afterwards, the glass-makers of Bohemia discovered that clear glass could also be made by adding limestone to the glass paste. However, it was an Englishman, George Ravenscroft, who in 1675 discovered lead crystal. In France the Cristalleries de Baccarat dates, in its present form, from 1816.

- The industrial and technical progress made during the 19th and 20th centuries has produced a wide range of drinking glasses. Venetian glass ornamented with filigree work, heavily patterned Bohemian crystal, coloured and engraved tall wine glasses from the Rhine and wide-mouthed flute glass from Dutch glassworks have become collectors' items. Coloured glass is not often used for wine glasses, so that the natural colour of the wine may be appreciated. The wine glass should never be completely filled, and it must be wide enough for the aroma of the wine to be appreciated, since part of the pleasure of drinking wine is to sample its bouquet.
- Glassware for a formal meal, three matching glasses are required (in decreasing size) for water, for red wine and for white wine. The set is sometimes completed by a champagne flute. However, it is inadvisable to set out too many glasses, because they can get in the way of the cutlery and the setting is, therefore, often reduced to two glasses, one for water and the other for wine. For an informal meal, the latter may be used for several different wines or be changed in the course of the meal.

Glasses come in a wide range of shapes and sizes. Most wine-producing regions have designed thin-walled glasses of a particular shape to allow the best possible tasting of their wine. Glasses are used for Cognac, Armagnac and marc brandy; liqueur glasses are usually short and narrow, made

of thicker glass and often without a stem. Beer is served in a tankard or tall glass. 'short' cocktails are served in a cocktail glass of 80-120 ml (2 ½ - 4 fl. oz ¼- ½ cup) capacity, while long drinks are served in a tall 300 ml (10 fl. oz., 1 ¼ cups) Collins glass. Large glass goblets may be used for mineral water and fruit cups, medium goblets for wines and for aperitifs with water or a mixer, and small goblets for dry aperitifs, port and short drinks, such as sherry. There are also various specially designed glasses, such as champagne tulips and brandy goblets. A mixing glass may be used instead of a cocktail shaker to prepare cocktails, it has capacity of 600-700 ml (20 fl oz., 2 ½ cups).

GLASSWORT A small fleshy plant, also called marsh samphire, with salty sap. It grows in European salt marshes as far north as Norway and also in the camargue (mistral calls it sans-souiro). It is similar to rock samphire. The plant is harvested in summer for its tender green tips, which can be eaten in a salad, cooked like French (green) beans or pickled and used as a condiment, like gherkins (sweet dill pickles.).

GLAZE OR STOCK GLAZE *glace de cuisine* A syrup substance obtained by boiling down an unthickened stock of meat, poultry, more rarely game, or even fish. Stock glazes are used as an essence to be added to certain sauces in order to enhance their flavour or to baste dishes to be browned in the oven. They are also used as the base for a sauce when adding other ingredients.

Stock glazes may be used to speed up the preparation of soups, coulis and aspics. Ready-made meat glazes, marketed as 'extracts' or 'essences', are available, they are mostly made of beef and vegetable matter. They offer a more limited range of flavours than cooked glazes, but the latter no longer play as important a role in cooking as they used to because they take a long time to prepare, as is demonstrated in this impressive recipe taken from *secrets de la nature et de l'art concenant les alimets* (1769).

'Take a quarter of large ox, a whole calf (or a party only, depending on its size), two sheep, two dozen old hens and two old cocks, or a dozen old turkeys, plucked and drawn. After defatting all this meat and scalding and cleaning the calf's and sheep's feet separately, put it all in a large boiler. Add the hot liquor from 12-14 litres of stag's horn gratings, boiled separately, and put through the press. Then pour four buckets of spring water over it all. Put the lid on the boiler, sealing the edge with a flour-and-water paste. Apply a weight of 50-60 pounds. Boil the meat over a low even flame; without skimming it, for 6 hours or more if necessary, until it is sufficiently cooked, when the bones can be easily detached. Remove the largest bones, leaving the boiler over the heat to keep the meat very hot. Take the meat out as quickly as possible; chop it up immediately and then part it in large press with hot iron planes to extract all the juices as soon as the operation is completed, add the extracted juices to the hot stock left in the boiler and strain immediately through a large horsehair strainer'

The word 'glaze' is also used for any substance used to give food a glossy surface

RECIPE

Meat glaze

Glaze de viande Remove all the fat from a brown stock. When it is as clear as possible, boil it down by half. Strain through a muslin cloth (cheesecloth), then boil it down again and strain. Continue this process until it will coat the back of a spoon, each time reducing the temperature a little more as the glaze becomes more concentrated. Pour the meat glaze into small containers and keep them in the refrigerator.

A similar method is used with a poultry or game stock to obtain a poultry or game glaze.

By boiling down a fish fumet to a syrupy consistency, then decanting it and straining it through muslin a light-coloured fish stock is obtained, which is used to enhance the flavour of a fish sauce or to pour over fish before putting it in the oven.

GLAZING The process of creating a glossy surface on food. This may be achieved by several methods according to the effect required.

Gold food is brushed with such glazes as arrowroot, aspic, jelly, stock glazes and sugar syrup.

Desserts, such as fruit tarts and flans, babas and savarins, are coated with a fruit glaze, a liquid jelly made from finely sieved apricot jam or redcurrant jelly, usually with gelatine added. As well as being decorative, this prevents the fruit from drying out or oxidizing.

Food that is to be baked, particularly pastry, is coated with whole beaten egg, egg yolk only, milk or milk and sugar.

Hot cooked food, particularly vegetables, can be glazed either by cooking with butter, sugar and very little liquid or by brushing with melted butter when cooked.

Food coated with sauces that are rich in egg yolk, cream or butter is grilled or broiled under, or baked in, a very high heat to form a shiny brown surface.

In France the term *glacage* is also used for glazing cakes with icing (frosting) and for the preparation of many cold or frozen desserts and chilled drinks.

CLOUCESTER A traditional English cow's-milk cheese, with a firm, close texture. Double Gloucester is larger than Single Gloucester, which is seldom made now. The main difference is that Single Gloucester is made with skimmed evening milk and whole morning milk, while Double Gloucester is made with whole milk. Gloucester is compact and smooth, with a delicate and creamy flavour. It is used for making sandwiches and canapes, but it is also sometimes served as a dessert, with a salad or a fruit compote.

GLUCOS The simplest of the carbohydrates and the end product when carbohydrates are digested by the body. Glucose is present in the blood and is used as a source of energy by the body. It is found naturally in ripe fruit and honey.

Glucose is made industrially by heating starch with various acids. This produces dextrins first and then an impure form of glucose itself. Two forms of glucose are used commercially, viscous and semi solid. Glucose has many industrial uses, notably to increase the sugar content of wine and beer, and in the manufacture of syrup, confectionery and jam. Liquid glucose (corn syrup or clear corn syrup in America) is a clear syrup of glucose and other sugars. It is used in the preparation of sugar paste and to prevent sugar syrup from crystallizing.

CNOCCHI Small dumplings made of flour, semolina (semolina flour), potato or choux pastry. They are usually poached, then they may be cooked au gratin in the oven and served as a hot entrée. This dish is Italian in origin (the word means 'lumps') and is classified with pasta, but it is also found in Austro-Hungarian and Alsatian cookery in the form of *Knepfle*, *knodel*, *noques* or *quenelles*, which are all quite similar.

Italian *gnocchi alla Romana* are made with semolina, egg and cheese; *gnocchi à la parisienne* are prepared from choux pastry with milk and cheese; and *gnocchi à la piemontaise* or *à l'alsacienne* are made with potato puree, eggs and flour. The basic ingredients can be varied by incorporating various cooked vegetables (pumpkins, spinach, green vegetables, beetroot), which colour the *gnocchi*, by varying the cheese (Emmental, Parmesan, Ricotta) or the flour (maize, wheat); and by including chicken liver or brains, herbs and condiments (nutmeg, fines herbes, paprika, oregano, parsley).

RECIPES

Potato gnocchi

Cook 3 medium-sized potatoes in boiling salted water for about 20 minutes. Meanwhile grate 6-

7 medium-sized peeled potatoes and squeeze them in a cloth to extract as much water as possible. Peel and mash the cooked potatoes, then mix them with the grated raw potatoes. Add 100-125 g (4-4 ½ oz. 1 cup) plain (all-purpose) flour, a little grated nutmeg, salt and pepper, then 2 whole eggs, one after the other. Mix thoroughly. Boil some salted water use 2 spoons to shape the paste into small, round portions. Drop them into the water and leave to simmer for 6-8 minutes. Drain the gnocchi and place them on a cloth. Butter a gratin dish and arrange the gnocchi in it, coated with 200 ml (7 fl. oz. ¾ cup) crème fraiche and sprinkled with grated cheese. Brown in a very hot oven.

Gnocchi a la parisienne

Make some choux pastry using milk instead of water and flavour with grated nutmeg. Add 75 g (3 oz. ¾ cup) grated parmesan per 500 g (18 oz) dough. Boil some salted water, using 1 tablespoon salt per 1 litre (1 ¾ pints. 4 cups). Push the dough through a piping (pastry) bag fitted with a large plain nozzle so that it drops into the water in pieces measuring about 3 cm (1 ¼ in.). Poach for a few minutes, then drain and arrange on a cloth. Line a gratin dish with Mornay sauce, place the gnocchi in it, cover them with more sauce, place the gnocchi in it, cover them with more sauce, sprinkle with grated Gruyere, and pour over melted butter. Brown quickly in a preheated oven at 250°C (480°F, gas 9).

Gnocchi alla Romana

Pour 125 g (4 ½ oz. ¾ cup) semolina into 500 ml (17 fl oz. 2 cups) boiling milk and stir to obtain a very thick smooth porridge. Add salt, pepper and grated nutmeg, then 100 g (4 oz. 1 cup) freshly grated parmesan cheese and 25 g (1 oz. 2 tablespoons) butter. Allow to cool slightly and then beat in 1 lightly beaten egg and 1 yolk.

Spread the paste evenly on a moistened slab or in a tin (pan), leave to cool completely, then chill until firm. Cut with a pastry (cookie) cutter into rounds about 5 cm (2 in) in diameter. Arrange the rounds in a buttered gratin dish and sprinkle with extra grated Parmesan cheese. Pour over melted butter and brown slowly in the oven. Alternatively, deep-fry small balls of this paste, drain on paper towels and serve immediately, with tomato sauce if liked. (The paste can also be made without butter or grated cheese.)

Gnocchi with herbs and tomatoes

Wash 500 g (18 oz). Potatoes and bake them in their skins in a preheated oven at 180°C (350°F, gas 4) for 40 minutes. Peel them while still hot and mash them to a puree. Arrange them with a well in the middle and allow to cool. Peel and seed 500 g (18 oz). Ripe tomatoes and cut into small cubes. Chop up ½ onion, 1 shallot and 1 small celery stick. Heat some olive oil in a sauté pan and stir in the onion, shallot, celery and 1 garlic clove. Remove the later when it is golden. Now add the tomatoes, fry for a few minutes, then add a little basil, rosemary sage and mint. Season with salt and pepper and reduce the cooking juices. Then add 100 g (4 oz. 1 cup) plain(all-purpose) flour 2 pinches nutmeg. 3 egg yolks and 50 g (2 oz. ½ cup) freshly grated Parmesan cheese to the potato puree. Add a little flour to make a ball that is neither too dry nor too moist divide into 100 g (4 oz). Chunks and shape into cylinder on a floured surface. Cut the cylinders into small pieces and press them to the back of a fork to make a slightly concave shape with ridges. Poach the gnocchi for 6-8 minutes in boiling salted water.

GOAT A domestic animal bred mostly for its milk. In France, where a wide variety of goat's-milk cheese is produced, the main rearing areas are Poitou, Berry, Dauphine and Touraine.

Goat's meat is fairly firm. With a pleasant flavour but a strong smell. It is consumed principally in the regions where the goats are bred; when the animal is young, it is eaten roasted or marinated, sometimes even smoked and dried (in the mountains). The male (bouc) is today eaten only when a kid, but for centuries, in spite of its leathery flesh and pungent smell it was a

basic meat of the poor, the word boucherie (butcher's shop) is derived from bouc.

GOAT'S-MILK CHEESES Cheveres in France cheeses prepared exclusively from goat's milk contain at least 45% butterfat. Mic-chevre cheeses are made from a mixture of cow's milk and goat's milk (at least 25%). Among the best known French goat's-milk cheeses are cabecou, Chabichou, Chevreton, Crotin, Pouligny-Saint-Pierre, Saitne-Mure, Selles-sur-Cher, valencay.

Goat's milk is increasingly being used in other countries to make both hard and soft cheeses include MinGabhar from County Wexford in Ireland, Forroche, Tymshoro, Vaulscombe and Wigmore from England and Wales; and Coach Farm and Cypress Grove in the United States of America. Firm goat's – milk cheeses include Ticle More from Devon and Ribblesdale from Yorkshire in England, from Yorkshire in England; Pen y Bont from Wales; and Idaho Goatster in the United States of America.

GOBLET A wide-mouthed drinking vessel. Antique goblets were made of gold and silver, often exquisitely engraved and embellished with precious stones

GOBO A root of a variety of burdock. It is long, thin and brown, and is commonly used in Japan as a condiment, finely chopped usually blanched. Gobo has a flavour similar to that of cardoon and is used in cooking stocks and vegetable mixtures.

GOBY gobie A small sea fish, known in France as goupon de mer, of which there are numerous types. Its flesh has a delicate taste, but because it is so small it is usually served fried.

GODARD A classic garnish for large cuts of meat, poultry, and calves' sweetbreads. According to the dictionaries de l'Academie de gastronomes, it was dedicated to the farmer-general and man of letters Godard d'Aucour (17-16-95), but other authorities say that it is named after the chef de cuisine of the Elysee Palace at the time of Sadi-Carnot. The garnish consists of quenelles (Lamb's sweetbreads and glazed), cockscombs and kidneys, small truffles and fluted mushroom caps. These are covered by a sauce made of white wine or champagne with a ham mirepoix.

RECIPE

Godard sauce

Cook 2 tablespoons ham mirepoix in butter, add 200 ml (7 fl. oz. $\frac{3}{4}$ cup) champagne, and boil down by half. Moisten with 200 ml (7 fl. oz. $\frac{3}{4}$ cup) demi-glace sauce and 7 tablespoons mushroom essence and boil down again by one-third strain.

GODIVEAU The delicate forcemeat, consisting of veal and fat, used to make quenelles, which are served as hot entrée or used to fill vol-au-vent or used to accompany meat dishes. The word seems to be a corruption of gogues de veau (gogues of veal). Godiveau can also be made from fish (pike in particular) or poultry. The mixture, which must be very smooth, springy and yet firm, requires quite a long preparation time, because the raw meat and fat are pounded with cream or panada, eggs and seasoning.

RECIPES

Godiveau Yonnais

Pound together in a mortar 500 g (18 oz) trimmed diced beef suet, 500 g (18 oz) frangipane panada and 4 egg whites (these ingredients may first be put through a blender). Add 500 g (18 oz) pike flesh and season with salt and pepper. Work vigorously with a spatula, then with a pestle, rub through a fine sieve, place in an earthenware dish and work with a spatula until smooth.

The forcemeat is shaped into quenelles and poached in salted water when served as a garnish for pike.

Godiveau with cream

Chop up 1 kg (2 ¼ lb) fillet of veal and pound it. Also chop up and pound 1 kg (2 ¼ lb) beef suet. Mix these ingredients together and add 1 tablespoon salt, ¼ teaspoons pepper, a pinch of grated nutmeg, 4 whole eggs and 3 egg yolks, grinding vigorously with a pestle the whole time, rub the forcemeat through a fine sieve and spread it on a board. Leave on ice or in the refrigerator until the next day. Put the forcemeat back in the mortar and pound it again, gradually adding 750 ml (1 ¾ pints, 3 ¼ cups) single (light) cream.

To test the consistency of the godiveau, poach a small ball and rectify if necessary, adding a little iced water if it is too firm or a little egg white if it is too light. Shape into quenelles and poach.

GOGUES Savoury black puddings (blood sausages) that are specifically of Anjou. Made of vegetables, bacon, cream and blood, they are poached in boiling water, then cut into slices and fried.

RECIPE

Gogoues

Chop 250 g (9 oz) onions, 250 g (9 oz) spinach beet leaves, 250 g (9 oz) spinach leaves and 250 g (9 oz) lettuce leaves. Season with salt and pepper, leave to stand for 12 hours, then braise over a very gentle heat with 40 g (1 ½ oz. 3 tablespoons) lard in a casserole. Dice 250 g (9 oz) fat bacon and cook without browning. Add to the chopped vegetables and season with a pinch of cinnamon and mixed spice. Take off the heat and add 7 tablespoons double (heavy) cream and 250 ml (8 fl. oz. 1 cup) pig's blood. Adjust the seasoning. Fill a pig's intestine with this mixture, twisting it very 10-15 cm (4-6 in) after filling. Poach the gogues in salted water, just below boiling point, for about 30 minutes. When they rise to the surface, prick them with a pin to prevent them from bursting, drain and leave to cool. When they are cold, cut the gogues into thick slices and brown them in butter or lard in a frying pan.

GOLD a precious metal used for decorative tableware or as a veneer, in the form of silver gilt. Gold also has some culinary uses. In the Middle Ages pates and roast birds were wrapped in thin gold leaf. Even today, chocolates (palets d'or) are decorated with a tiny piece of gold leaf, and minute pieces of gold are suspended in the liqueur Danziger (goldwasser, which is used to flavour soufflé Rotchshild. It is also an authorized food additive (E175), a colouring agent for confectionery and cake decorations.

GOMPHIDE A fleshy, viscous mushroom that grows under conifers. It is edible if peeled carefully, although its flesh turns black when cooked. It is usually sautéed in oil and served with noisette butter and a little fresh cream.

GONDOLE A decoration consisting of a stiffened white table napkin, reinforced by a sheet of greaseproof (was) paper or foil and foled using a particular technique into the shape of a curved horn. In catering gondoles are used to decorate the two ends of a long dish when serving fish.

GOOSE A migratory bird originally prized as a game bird and later domesticated. The Romans practised the forcefeeding of geese; the preparation of foie gras therefore has a long history.

All breeds of domesticated goose are probably descended from the greylag goose. In France geese providing foie gras may weigh up to 12 kg (26 ½ lb) after fattening; they are found mainly around Toulouse, Landes and Strasbourg. White geese, from Bourbon or Poitou, are descended from the snow goose, and they weigh less (5-6 kg. 11-13lb.). Laying birds may be kept until they are five or six years old; because the meat is by then very tough and dry, it is usually stewed or preserved. Table geese are killed at three months, by which time the breast is well developed and the meat has a delicate flavour. In areas where geese are bred primarily for foie gras, the remainder of the bird (the meat and carcass, called the paletot) is sold as it is, or cut up and preserved, or made into rillettes. The gizzard, heart, tongue, neck and giblets are all used in various savoury dishes. Today, in spite of competition from the turkey, roast goose is still the typical dish cooked at Christmas and New Year in Scandinavia and Germany. Formerly in Britain roast goose with sage and onion stuffing was served at Christmas and Michaelmas. Two famous recipes for cooking goose come from northern Europe: goose à la Pinstar de Vise from Belgium and smoked goose from Pomerania. Many of the recipes given for cooking turkey and chicken can be used for goose.

RECIPES

Balotine of goose with Savigny-les-Beaune Take a young goose weighing about 3.5 kg (8 lb) and cut off the wings and legs. Bone the legs and remove the meat from the wings to make the forcemeat. Remove the Supremes from the carcass and refrigerate until required.

Stuffed goose legs en ballotines Grind the reserved wing meat and the liver very finely. Place in a bowl over a dish of ice and work the mixture until smooth. Then blend in an egg white followed by 300 ml (½ pint, 1 ¼ cups) double (heavy) cream. Add salt, pepper and a pinch of cayenne pepper, and 50 g (2 oz. ½ cup) boiled diced chestnuts, stuff the boiled legs with this mixture, shape them into ballotines and tie them. Spread some slices onion over the base of an ovenproof dish and lay the carcass of the goose on top. Then place the ballotines on top of the carcass and braise them in a preheated oven at 180°C (350°F, gas 4) for 45-60 minutes, basting frequently so that they remain moist. (The remainder of the stuffing can be used to make godiveau.)

Chestnut custards (Mix 300 ml (½ pint, 1 ¼ cups) single (light) cream 3 whole eggs, 150 g (5 oz. ½ cup) chestnut puree and 100 g (4 oz. 1 cup) boiled diced chestnuts. Butter 8 small dariole moulds and divide the mixture among them. Cook in a bain marie in preheated oven at 170° C (325°F, gas 3). Leave for a few minutes before unmoulding.

Onions stuffed with garlic puree Blanch 8 medium sized Spanish onions in fast-boiling salted water, refresh them and drain them carefully. Peel 500 g (18 oz) garlic cloves, cook them in milk, drain them and rub them through a fine sieve. Reheat them with a little cream. Stuff the onions with the garlic puree, filling them to the top.

Accompanying sauce Remove the fat from the liquor in which the ballotines were braised and deglaze the pan with a bottle of Savigny-les-Beaune. Reduce by one-third, strain and thicken the sauce with 200 g (7 oz. Scant 1 cup) butter. Adjust the seasoning.

Fried Supremes Fry the Supremes in the goose fat until the outside is golden brown but the inside is still pink.

Presentation On each plate, place a thin slice of supreme, a slice of ballotine, a stuffed onion and a chestnut custard. Pour the sauce around the items without covering the sliced meat. Serve the rest of the sauce separately.

Goose à la bourguignonne

Dice 100 g (4 oz) blanched lean bacon and fry it in 25 g (1 oz, 2 tablespoons) butter. Using the same pan, fry 20 small onions and then 20 sliced mushrooms. Remove them and brown the goose all over in the same butter. Remove the goose, deglaze the pan with 500 ml (17 fl oz, 2 cups) red wine, boil down to reduce it by half and then add 400 ml (14 fl oz, 1 ¾ cups) demi-glace sauce (or reduced stock). Boil for 5 minutes and add a bouquet garni. Put the goose back into the pan. Start the cooking over a high heat, then reduce the heat, cover the pan and cook gently for 30 minutes. Add the bacon, onions and mushrooms and continue to cook over a moderate heat, with the pan still covered, for 45-60 minutes. Remove the bouquet garni, and either serve the goose and its accompaniments in the cooking dish or arrange it on a large serving dish and pour the sauce over it.

Goose à l'alsacienne

Braise some sauerkraut with a small piece of lean bacon, stuff a goose with 1 sausage meat seasoned with salt, pepper, a pinch of allspice and a little chopped onion and parsley. Truss and roast the goose as for roast with sage and onion stuffing, basting it frequently. When the goose is half-cooked, add a little of the goose fat to the sauerkraut and continue cooking. Poach Strasbourg sausages gently in hereby simmering water. Spread the sauerkraut over a long serving dish and place the goose in the centre. Cut the bacon into pieces and arrange them around the bird, alternating the bacon with the sausages. Keep everything hot. Skim the fat from the goose cooking juices and deglaze the pan with white wine and an equal quantity of stock. Boil down to reduce. Serve the sauce separately.

Goose à l'instar de Vise

Take a 3.5 kg (8 lb) goose that has not yet started laying and poach it in white stock flavoured with 2 heads (bulbs) of garlic for 1 ½ hours. Drain it, cut into pieces and place these in a sauté pan. Moisten with goose fat and simmer, with the lid on, until cooked.

Meanwhile, prepare a veloute sauce using the goose fat (for the roux) and the cooking juices from the goose. Cook over a low heat for 1 hour. Thicken the veloute with 4 egg yolks, then pass it through a very fine strainer. Add a few tablespoons cream and a purée of the garlic that was cooked with the goose.

Drain the pieces of goose and add to the sauce. Heat well and serve in a deep dish.

Goose en dube Capitole

Stuff the goose with a fine forcemeat mixed with foie gras and diced truffles. Truss and braise it in the usual way. When it is almost cooked, remove the string used for trussing and pour the braising liquid through a fine strainer. Put the goose back into the pan with 250 g (9 oz.) small mushrooms, an equal quantity of stoned (pitted) blanched olive and 250 g (9 oz) small fried chopolatas. Pour the cooking juices over the goose and finish cooking in a preheated oven at 180°C (350°F, gas 4).

Goose hearts en papillotes

Cut 4 large squares of foil. Place 3 carefully cleaned goose hearts in the centre of each square together with 100 g (4 oz) cleaned and sliced cep mushrooms. Season generously with salt and pepper and fold the foil into parcels, sealing the edges thoroughly. Place them on a gril over very hot embers. Cook for about 20 minutes on each side.

Goose in the pot

The day before it is required, stuff a young goose weighing about 3.5 kg (8 lb) with the following mixture: the chopped liver and heart, 2-3 diced apples and 3-4 desalted anchovy fillets pounded to a paste. Leave the goose in a cool place for 24 hours. The following day make a stock with 20 unpeeled garlic cloves, a bouquet garni and an onion studded with 2 cloves. Stud

the goose all over with garlic and poach it in the stock for 1 ½ hours, skimming the pan when it comes to the boil.

Stew some dessert apples and add to them 2 desalted, pounded anchovies and 1 cup of the strained cooking stock. Prepare some small gougeres: for every 2 eggs used for the dough, add 100 g (4 oz) Gruyere cheese and 1 pureed anchovy fillet.

Serve the goose very hot, accompanied by the apple and garnished with the gougeres.

Roast goose with fruit

Stuff a goose and roast it as of roast goose with sage and onion stuffing. While it is cooking poach some quartered pears in boiling syrup until translucent. Peel and core some small apples and sprinkle them with lemon juice. Fill the centres with redcurrant jelly. Half an hour before the goose is cooked, place the apples around it and baste with the goose fat that has collected in the pan. Complete the cooking. Place the goose on a long serving dish and arrange the apples and the drained pear quarters around it. Keep hot at the front of the oven. Eglaze the cooking pan with a little of the pear syrup, reduce the liquid by half and pour it into a sauceboat (gravy boat).

Stuff the goose with this mixture and sew up the vent. Calculate the cooking time at 40 minutes per 1 kg. 20 minutes per 1 lb. in, in a preheated oven at 180°C (350°F, gas 4). Drain off excess fat during roasting. Place it on a long serving dish, pour over the deglazed cooking juices and serve with unsweetened or very slightly sweetened apple sauce.

GOOSE BARNACLE A type of barnacle, which is permanently attached to a rock by a long, stalk-like foot. In Biarritz it is called operne, in Brittany it is called poche-peze; while in saint-jean-de-Luz it is known as lamperna. It is found in large numbers on rocky reefs battered by the sea but is so difficult and dangerous to harvest that it rarely appears on the dining table. However, the natives of Biarritz, insist that it is delicious when cooked for 20 minutes in a court-bouillon (only the foot is edible). It is the emblem of a gastronomic society, les chevaliers de l'Operne, which is dedicated to increasing the consumption of seafood.

GOOSEBERRY The fruit of the gooseberry bush, a large berry with a slightly hairy, green, ambergreen or pink skin. The French name, grosseille a maquereau, derives from the use of the fruit to prepare a sauce traditionally served with mackerel. Gooseberries are grown on a small scale in France and on a large scale in the Netherlands and Britain.

Depending on type, gooseberries may be eaten raw with sugar or used to make tarts, sorbets. Fools, jellies and syrups. The larger, pink, fruit are sweeter than the small green varieties and are known as dessert gooseberries. They are used in puddings, chutneys and fruit salads and in sauces to complement fish and duck. They freeze well.

RECIPES

Gooseberry jelly

Remove the stalks from 3 kg (6 ½ lb) gooseberries and put them in a pan. cover and heat them, shaking them from time to time until the skins burst. Puree the fruit in a blender, then strain. Pour the juice obtained back into the pan. add 2.5 kg (5 ½ lb. 11 cups) granulated sugar and the juice and grated rind (zest) of 2 lemons. Cook over a high heat for 5 minutes, then lower the heat and cook for 15 minutes. Skim and pot.

Gooseberry sauce

Cook 500 g (18 oz) gooseberries in a saucepan with 500 ml (17 fl. oz. 2 cups) water and 6 tablespoons sugar. When the pulp becomes very soft, strain and serve piping hot. If the gooseberries are very ripe, add a few drops of lemon juice.

Gooseberry syrup

Mix a few tablespoons of water with 1 kg 92 ¼ lb. 4 ½ cups) caster (superfine) sugar and cook to the large ball stage (see sugar). Add 500 ml (17 fl. oz., 2 ¼ cups) strained gooseberry juice. Bring to the boil once more and then leave to stand, skim, then cook until the temperature reaches 103°C (217°F). Strain, bottle and seal.

GORENFLOT The name of one of Alexandre Damas's heroes, a larger-than-life monk who appears in *La Dame de Monsoreau* and *les Quarante-Cinq*. In the middle of the 19th century, this name was given to a large hexagonal baba, created by the Parisian pastrycook Boubonneux, and also to a garnish for pieces of braised meat, consisting of a julienne of red cabbage, slices of saveloy sausage and stuffed potatoes.

GORGONZOLA A DOP Italian cow's-milk cheese (48% fat), white or light yellow and streaked with blue Gorgonzola should be delicate and creamy with a natural grey rind, pitted with red. It has a distinct smell and can have a mellow, strong or sharp flavour, depending on its degree of maturity (it is ripened dry, in a cold, damp cellar. Cylindrical in shape, 25-30 cm (10-12 in) in diameter and 16-20 cm (6 ¼ - 8 in) high, it is wrapped in silver paper bearing its trademark due to the special manufacturing techniques that hot curds from the morning milking are used to line the moulds, while the cold curds from the evening milking are placed in the middle. Contrary to the normal manufacturing technique for blue cheeses, the mould *Penicillium glaucum* is not included.

The history of Gorgonzola is connected with the migration of cattle from the Alps to the south of the plains of the Po. Tired from their journey (structure in the Lombard dialect), the cattle were rested in the small town of Gorgonzola in the region of Bergamo. Their milk was used to make a soft cheese, *Stracchino di Gorgonzola*. Apparently, it was not until the beginning of the 11th century that this cheese became blue-veined, although the exact circumstances of this innovation are not known. In Lombardy they still make *Panerone*, a cheese similar to Gorgonzola, but not a blue cheese.

Gorgonzola is served in small cubes with appetizers, included in mixed salads, spread on canapés or presented as sauces for forcemeats and to flavour gratins, soufflés and flaky pastries. In Lombardy hot polenta may be served with a piece of melted Gorgonzola in the middle. In the Trieste area a mixture of Gorgonzola, mascarpone (a fresh creamy cheese), cream, anchovy, paste, cunin, chives and sweet mustard is served as a dessert.

TOTTSCHAL, ALFRED Swiss doctor and scholar born Geneva, 1873; died Paris, 1954). Founder of the medical gastronomy review *Grandgousier* (1934-48), he also published *Histoire de l'alimentation et de la gastronomie* (1984) in two volumes. This is a lively and well-documented study, which describes the way in which people have eaten and cooked from prehistory up to the 20th century. He collaborated with Prosper Montagne in the first edition of the *Larousse Gastronomique*. Published in 1938.

GOUDA A DOP Dutch cow's-milk cheese (30-40% fat) with a compressed paste. Firm to the touch, it is light yellow to yellow ochre, depending on whether it has matured for two or three months waxed rind, tinged with yellow or colourless), has been semi oven dried (golden rind) or oven dried (yellow rind). Its flavour can be mellow or pronounced. Gouda owes its name to a small Dutch port near Rotterdam, from which it was originally exported. It is made in flat rounds with a curved edge, 25-30 cm (10-12 in) in diameter and 7 cm (2 ¼ in) high, weighing 3-5 kg (6 ½ - 11 lb.) in France and Belgium it is usually made in a rectangular block (*galantine*) weighing 2-3 kg (4 ½ - 6 ½ lb.) 'Genuine', originating in the south of Holland, is protected by a label. Limited all over the world, factory-made Gouda is very similar to Edam both in taste and

in the way it is used. The rare farmhouse cheese has a good fruity tang to its flavour on when he saw his skill in producing pieces moulees (decorative set pieces). Between 1840 and 1855 Gouffé ran a famous restaurant in the Faubourg saint-Honore. Later. Although Gouffé was semi-retired, Emperor Napoleon III always called upon him to prepare banquets, and Alexandre Dumas and Baron Brisse managed to persuade him to become the head chef at the Jockey Club. It was at this time that he published various culinary works.

His most important work, *livre de cuisine* (1867), was republished several and eventually revised and enlarged by Prosper Montagné. His other works include *le Livre de conserves* (1869), *Le Livre de pâtisserie* (1873) and *le livre des soupes et des potages* (1875).

His name has been given to a dish consisting of small pieces of sautéed meat coated with a Madeira-flavoured demi-glace sauce and garnished with potato nests filled with morels in cream and buttered asparagus tips.

GOUGERE Savoury choux, usually in round or ring shapes, flavoured with cheese (Gruyere, Comte or Emmental). In Burgundy cold gougères traditionally accompany wine-tasting in cellars. Individual or large gougères are also served warm as an entrée.

RECIPE

Gougères

Make 500 g (18 oz) unsweetened choux paste. After adding the eggs, blend in 100 g (4 oz. 1 cup) grated Gruyere cheese and a pinch of white pepper. Butter a baking sheet and shape the dough into small balls using a spoon or into a ring using a piping (pastry) bag. Brush with beaten egg, sprinkle with flakes of Gruyere and cook in the oven at 200°C (400°F, gas 6) for about 20 minutes until golden brown. Leave to cool in the oven with the heat switched off and the door half-open.

Gougères with celeriac, celery and cream of caviar.

Fit a piping (pastry) bag with a large fluted nozzle. Prepare 250 ml (8 fl. oz. 1 cup) gougère pastry. Pipe 4 rings 10 cm (4 in) in diameter and bake in a preheated oven at 240°C (475°F, gas 9). Slice in half horizontally and cool on a wire rack.

Coarsely chop some frisée; season with salt, pepper and lemon juice. Cut celery and celeriac (celery root) into matchsticks. Mix the frisée, celery and celeriac with 200 ml (7 fl. oz. 1 cup) whipped whipping cream and 25 g (1 oz. 1 generous tablespoon) caviar, working very gently with two forks in order not to damage the caviar.

Arrange a circle of lamb's lettuce on each plate and place the gougère, bases in the middle. Spoon the cream mixture on the bases and cover with the gougère tops. Serve freshly filled, garnished with diced tomato.

GOUJON Small strips of fish, typically plaice or sole, coated and fried. The name is derived from gadgeon, a small freshwater fish. The term is also used to describe strips of poultry coated in breadcrumbs and fried.

GOULASH A Hungarian beef soup named after the keepers of Magyar oxen (gulyas). The origin of this dish, which is not made with onions and paprika and garnished with potatoes, dates back to the 9th century, before the foundation of the Hungarian state, when nomadic tribes prepared a meal that was in keeping with their way of life. At that time goulash consisted of chunks of meat stewed slowly until the cooking liquid completely boiled away. The meat was dried in the sun and could be used later to prepare a stew or a soup by boiling it in water.

Traditionally, goulash is made in a special cauldron (bogrács). There are a number of

regional variants of the recipe according to the cut of beef and the cooking fat used (pork fat or lard), but purists agree that goulash should not include flour or wine, not should soured (sour) cream be added just before serving. Hungarians regard Vinnese Goulash as a flour-thickened version of genuine goulash soup; in Hungary the latter is sometimes served with potatoes and csipetke (small quenelles of egg pasta, poached in stock).

RECIPE

Hungarian goulash

Peel 250 g (9 oz) onions and slice them into rings, cut 1.5 kg (3 ¼ lb) braising steak (chuck beef) into pieces of about 75 g (3oz). Melt 100 g (4 oz. ½ cup) lard in a casserole. When it is hot, put in the meat and onions and brown them. Add 500 g (18 oz) tomatoes, peeled, seeded and cut into quarters, then 1 crushed garlic clove, a bouquet garni, salt, pepper and finally 1 tablespoon mild Hungarian paprika. Add enough stock to cover the meat, bring to the boil, then reduce the heat, cover cook very gently for 2 hours, add 600 ml (1 pint, 2 ½ cups) boiling water and 800 g (1 ¾ lb) potatoes, peeled and cut into quarters. Again bring to the boil and continue boiling until the potatoes are cooked. Adjust the seasoning. Serve very hot.

GOUMI A wild berry that originated in the Far East but is now grown in the United States. The gourmi has a fleshy red or orange skin covered with silvery dots. When raw, its flesh is rather sour; it is therefore usually cooked and used in compotes or as a filling for tarts.

COURD (SQUASH) The fruit of several plants of the family Cucurbitaceae. Originating in tropical Asia and Africa, they have a thick skin and watery flesh and were used as vegetables marrows, courgettes (zucchini) and various squashes. Pumpkins are large, round fruits with yellow or red skin and flesh. They are eaten in winter in soups, gratin dishes, purees, souffles and pies. The courgette is a summer vegetable, but can now be obtained all year round. Squash melons have firm flesh and a flavour rather like an artichoke. The very small varieties can be pickled in vinegar. Custard marrows are eaten mostly in the West Indies. Winter and muscat squashes (the later do not keep well) are longer and wider, and tend to be more insipid and watery than courgettes, but they can be cooked in the same way. Their seeds must always be removed.

Calabashes and colocynths are grown as ornamentals because of their attractive colours, shapes and patterned skins.

RECIPES

Marrow au gratin

Peel a large marrow (summer squash) and cut it into several medium-sized pieces. Blanch them in salted water for 4-5 minutes, drain and pat them dry. Place them in a greased gratin dish on a layer of grated cheese. Pour some melted butter over the top and brown them in a medium oven.

Marrow au gratin may also be prepared with alternating layers of pieces of marrow and sliced onion (softened in butter) or with rice cooked in meat stock.

Marrow flower fritters

Pick very fresh marrow (summer squash) flowers and wash them only if really necessary. Pat them dry, dip them in a light batter and deep-fry them in hot fat at 180°C (350°F) until golden brown. Drain the fritters, sprinkle with salt and serve very hot as an hors d'oeuvre.

GOURD-MELON An oriental plant, the fruit of which looks like a marrow (squash), taste something like a cucumber and is eaten as a vegetable in South-east Asia and China. It is cooked in water and preserved in vinegar.

GROUMANDSAND GOURMENTS Synonymous until the 18th century, these two words later became clearly differentiated a *groumand* merely enjoy good food, whereas a *gourmet* knows how to choose and appreciate it. In *Caracteres*, la Bruyere described the *gourmand* as follows: 'Above all, he has a discerning palate which is never deceived, and so he never experiences the ghastly problem of eating a had stew or drinking a mediocre wine. In fact, there is a hierarchy that starts at the bottom with the *goinfre* (greedyguts), progress to the *goulu* (glutton, then the *gtrmand*, the *friand* (epicure) and the *gourmet*, and finally the *gastronome*.

GROUTER A light meal eaten in France between lunch and dinner. Until the 18th century, *gouter* was eaten at about 5 p.m. and constituted a proper meal, generally cold, with cakes, cheese, fruit and wine. With the change in mealtimes following the revolutions, *gouter* was increasingly omitted as noted by Grimod de la Reyniere: 'Now that people dine at six o'clock, they hardly ever have a *guoter*, except children.' Indeed, nowadays the *gouter* or *quatre-beures* is eaten only by chicken, and consists of fruit juice, bread, chocolate, biscuits (cookies) and milk.

Even when it was a full meal, the *gouter* was always considered common and unstylish. It was replaced by the English meal of afternoon tea, with tea and cakes. But in the countryside, *gouter alinatoire* (high tea) was traditionally served at the end of the Afternoon, when work in the fields was over. It was so substantial that it took the place of dinner, a simple snack of soup or milk and bread being served at night. In Spain, where mealtimes are later, 6 p.m. marks the middle of the afternoon and is the time for the *mirienda*, which usually consists of a cup of coffee or chocolate and cakes. Dinner is eaten at about 10 p.m.

GOYERE a speciality of the north of France, particularly Valenciennes. Its origin dates back to the Middle Ages. It was originally a cheesecake made with cream cheese, eggs and *cassonade* (or honey) flavoured with orange-flower water. Today it is a *Maroilles* cheese flan: a mixture of matured and white *Maroilles*, or of *maroilles* and drained cream or curd cheese. It is eaten very hot, as a *entree* with fairly strong beer or red wine. Some think that *goyere* owes its name to a pastrycook called *Gohier* (hence the old spelling *gobiere*). Others maintain that the name is derived from the Old French *goguer*, meaning to enjoy oneself.

RECIPE

Goyere

Make a short pastry with 250 g (9 oz., 2 cups) plain (all-purpose) flour, 1 egg, 125 g (4 ½ oz. ½ cup) butter and a generous pinch of salt. Roll it out to a thickness of 3 mm (1/8 in), line a flan (pie) dish with it and bake blind for 10-12 minutes. Leave to cool.

Remove the rind from half a *Maroilles* cheese, cut the cheese into cubes, and rub through a sieve with 200 g (7 oz., scant 1 cup) well-drained curd cheese. Add to this mixture 3 beaten eggs, 2 tablespoons *crème fraiche* and a pinch of salt. Seasoned generously with pepper and mix well. Pour the filling into the flan case (pie shell), level the surface and bake in a preheated oven at 220° (425°F, gas 7) for 20 minutes. Take the *goyere* out of the oven and trace a diamond pattern on the top with the tip of a sharp-pointed knife. Dot with cubes of butter and put back in the oven for about 15 minutes. Serving piping hot.

GOZETTE A small pocket made of puff, shortcrust or yeast pastry in which are placed slices of apple with cinnamon, fried in butter and sprinkled with soft brown sugar. The *gozette* pastry is closed and glazed with egg yolk, then baked.

GARDIN A tiered plinth, usually cut from sandwich bread, used for the presentation of cold dishes (such as *chanuds-froids*), particularly for buffets. In former times *gardins* were widely

sued for the presentation of set pieces of confectionery; they were carved wooden stands, decorated with sugarwork (pastillage), almond paste, sugar motifs and nougat. Careme describes this decoration:

‘Let us suppose, for example, that you wish to decorate a gradin with laurel leaves. You first cut out a laurel wreath in paper. Next you give the base of the gradin a light coating of icing and stick the paper wreath to it. Now you cover the rest of the gradin with a medium grade of coarse sugar. When this is done, you remove the paper after which you sprinkle the imprint of the leaves with green pistachio sugar. Now, you have a laurel crown surrounding the base of the gradin.

‘For a large set piece with three gradins, each one can be individually decorated. This creates a graceful and elegant effect.

I have also sometimes embellished my gradins with laurel crowns made from biscuit pastry shaped like laurel leaves and coloured green, or with garlands of spun sugar. This last decoration has both brilliance and elegance.

‘I have also created gradins out of almond paste, moulded in basket moulds.

But although he favoured the presentation of set pieces on gradins, Careme maintained that young practitioners should not forget ‘that gradins of German or Italian waffles, of nougat, of glazed duchesse cakes, of puff pastry... of Genesecake or of corquembourg are immensely effective and truly belong in the realm of the great pastry-making establishments.’

And, in fact Careme was right all types of gradin mentioned above are edible, whereas the other types, regardless of how decorative they might be, were mere pieces of wood..

GRAHAM, SYLVESTER, American nutritionist (born West Suffield, Connecticut, 1894; died Northampton, Massachusetts, 1951). He became the leader of a crusade against the bad eating habits of his compatriots, denouncing excessively spicy condiments and overindulgence in meat. For him, the cure-all was bran and it was essential to make bread exclusively from wholemeal (whole-wheat) flour under his trademark name. Graham bread, containing all the original bran, marketed in the United States and in Europe since the mid-19th century, was the first internationally consumed bread. It is a wholemeal bread with a very dense texture and it keeps extremely well. Graham crackers, still one of the most popular American biscuits (cookies), are made with wholemeal flour and are named after Sylvester Graham.

GRAINER The French word grainier applies to cooked sugar tending to crystallize and turn cloudy or to a fondant mixture that has been overheated. The word also described whisked egg whites lacking cohesion and the property of holding air. Instead of becoming thick and foamy, the egg whites form a multitude of small particles when beating stops. This defect is often due to greasy equipment. It may be possible to correct this by adding 2-3 drops of vinegar just as the egg whites are beginning to form small bubbles before rising.

GRIMMONT A style of serving shellfish cold, usually reserved for lobster and crayfish. The shellfish are first cooked in court-bouillon, then cooked. The flesh of the tail is made into escalopes (scallops), garnished with slices of truffle and glazed with jelly. The shell is filled with a mousse made from the flesh of the claws and the coral. The escalopes are placed on top, alternating with poached, glazed oysters. The dish is decorated with lettuce hearts and parsley.

The word is also used for a classic preparation of poached chicken, from which the breasts and breastbone are removed. The cavity is filled with lark fillets, mushroom tops, and cockscombs and kidneys, bound together with a béchamel sauce flavoured with truffle oil, on which the breast filets, cut into thin strips, are laid. The dish is then covered with sauce suprême, sprinkled with Parmesan cheese and browned in the oven.

GRAMOLATE Also known as gramolata. A type of sorbet made from a granita mixture . it is served between main courses of as a refreshment during an evening party. It should not be confused with gremolata, a condiment in Italian cookery, which is made of a mixture of orange and lemon rind (zest), chopped parsley and garlic and is used in ragouts and, mot often, in osso bucco.

GRANA PADANO Cooked pressed AOC Italian cheese made from partly skimmed cow's milk (32% fat), with a natural crust coated with oil. It is a lightly convex cylinder weighing 24-40 kg (53-88 lb.). known since the 12th century, it has a very hard, granular texture, and a smoky, slightly rancid taste. In cooking it is often used grated.

GRANCHER, MARCEL ETIENNE Gastronomic writer and chronicler (born Lons-le-Saunier, 1897); died Le Cannet, 1976). He settled in Lyn and founded the Academie Rabelais and the Academe Rabelais and the Academie des Gastronomes Lyonnais. In 1937, together with Curnonsky, he published a work called Lyn, capitale de la gastronomie. He also wrote a number of novels in which food plays an important part, such as *Le Charcutier de Machouville* (1942), and was a connoisseur of wines, which he describes in *De vins d'Ileure IV a ceux de Brillat-Savarin* (1952). In *Cinquante Ans a table* (1953), he describe the achivement of perfection in gastronomy, after centuries of cookery, in the following terms: 'We did not immediately come up with bearnaise, Bercy and poivrade sauces. It took more than a single attempt to discover reduced cream, marinade and forcemeat. We did not straightway invent barding fat, the touch of garlic, and the thin slice of truffe under the skin... While genius is spontaneous, its manifestations nevertheless require the passage of time before glorious perfection is achieved, this is particularly true in the area of food and drink.. Magical dishes, magical words : a great cook is, when all is said and done, a great poet... for was it not a visit from the Muses that inspired the person who first had the idea of marrying recipe and chicken, grape and thrush, potatoes and entrecote, Parmesan and pasta, aubergine (eggplant) and tomato's, Chambertin and cocked, liqueur brandy and wood cook onion and tripe?

GRAND-DUC The name given to various dishes created in the Parisian restaurants frequented by the Russian aristocracy during the second Empire and at the turn of the 20th century. These dishes contain asparagus tips and truffles. Poached fillets of sole covered with Mornay sauce, arranged in a ring around asparagus tips and crayfish tails and garnished with thin slices of truffe,; soft0boiled (soft-cooked) or poached eggs covered with Monray sauce, browned, garnished with a slice of truffe, placed on a bed of fried croutons or puff-pastry croustades and surrounded by asparagus tips in butter; sautéed meat served with the cooking liquid mixed with Madeira an dperigourdine sauce, topped with thin slices of truffl an dsurrounded with bundles of asparagus tips. Stuffed turkey grand-duc is a very elaborate recipe created in 1906 by M. Valmy-Joyeuse, while he was a change of kitchens of the Marquise de Mazenda.

RECIPE

Stuffed turkey grand-duc

Slit open a turkey along the pack and stuff with the following mixture: 500 g ml (18 oz) chicken rubbed through a fine sieve, 500 ml (17 fl oz. 2 cups) double (heavy) cream, 250 g (9 oz) foie gras poached in port wine and rubbed through a sieve. Mix all these ingredients throughly and season. Add 12 truffles, peeled and cooked for 10 minutes in a little liqueur brandy, and 24 chicken hearts with the blood vessels removed, which have been soaked in water, steeped in white Malaga wine, drained, dried in a cloth, stuffed with a puree of York ham and poached for 15 minutes in truffe essence.

Carefully reshape the stuffed turkey. Cover with slices of raw ham or bacon, and enclose

in a large layer of lining pastry, taking care to keep the shape of the bird as far as possible. Bake in a preheated oven at 180°C (250°F, gas 4) for 2 ½ hours. During cooking, cover the turkey with greaseproof (wax) paper folded into four, so that it will cook all through without browning the pastry too soon. Serve the turkey freshly cooked, with a demi-glace sauce flavoured with truffle essence.

GRAND MARINIER A liqueur evolved by the Mariner-Lapostolle family firm in 1880. It is based on oranges, and there are two types. Cordon rouge includes Cognac, cordon jaune is slightly lower in strength. Grandi mariner is often used in sweet dishes, such as souffles or with crepes or in whipped cream.

GRAND-MERE Describing dishes similar to those called bone femme or en cocotte. The term is applied particularly to a chicken casserole served with pieces of fried bacon, small brown-glazed onions, sautéed mushrooms and fried new potatoes. The same garnish can accompany fried entrecote (sirloin) or rump steak.

RECIPE

Entrecote grand-mere

Prepare 12 small glazed onions, 12 blanched mushroom caps and 50 g (2 oz. 1/3 cup) diced blanched salt pork or bacon. Sauté the steak in butter, browning both sides, then add the vegetables and bacon to the pan and cook all together. Meanwhile, prepare and fry some small new potatoes until browned. Arrange the steak on the serving dish surrounded by the garnishes and keep hot. Dilute the pan juices with a little stock, bring to the boil and pour over the steak. Sprinkle with chopped parsley and served with the potatoes.

GRABD VEFOUR A Parisian restaurant situated in the Galerie de Beaujolais in the Palais-Royal. Founded by Aubertot in 1784 and initially called the Café de Chartres, it was first taken over by charrier, who served English breakfasts and whose scallops with mushrooms were famous, and then (in 1820) by Jean Vedour. Bonaparte, Brillat-Savarin, Murat, Grimod de la Reyniere, Lamartine, Thiers and Sainte-Beuve frequented this well-poultry mayonnaise. Other proprietors succeeded Jean Vefour, but the restaurant kept his name. When, under the Second Empire, one of the Vefour's brothers opened his own restaurant in the Palais-Royal, a distinction was made between the Grand Vefour and the Petis Vefour (which closed in 1920). At the end of the 19th century the Vefour ran into difficulties, but after World War Ii Louis Vaudable (whose restaurant, Maxim's, closed) took it over and in 948 went into partnership with a young chef, Raymond Oliver, who became the maitre of the restaurant two years later. Jean Cocteau and Colette, to whom several recipes are dedicated, frequented the restaurant and helped to establish its excellent reputations; its 18th-century décor has remained intact.

GRAND VENEUR A term used to describe dishes of ground game, roasted or sautéed, covered with grand veneur sauce (also called venison sauce). This is poivrade sauce (sometimes made with the blood of the animal) with redurrant jelly and cream added. Grand veneur dishes are usually accompanied chestnut puree.

RECIPES

Grand veneur sauce

Prepare a poivrade sauce using the trimmings of a piece of cooked venison, and boil it down to obtain at least 200 ml (7 fl. oz. ¾ cup). Strain, then blend it with 1 tablespoon reducrant jelly and 2 tablespoons cream. Whisk, if the sauce is to accompany hare, mix 1 tablespoon hares' blood

with 2 tablespoons strained marinade and add this mixture to the reduced and strained sauce.

Saddle of roebuck grand veneur

Trim the saddle, then lard it with strips of bacon that have been marinated in Cognac with chopped parsley, salt, pepper and a little oil, Roast it and arrange on a serving dish surrounded by braised chestnuts or chestnut puree and dauphine potatoes. Serve with a grand veneur sauce.

GRANITA A type of Italian sorbet popularized by Tortoni in Paris in the 19th century. It is a half-frozen preparation with a granular texture's (hence its name), made of a lightly sweetened syrup or a oil a syrup flavoured with coffee or liqueur. Unlike sorbet, granita does not contain any Italian meringue.

It is served in sundae dishes or a glass bowl, either between courses or as a refreshment.

RECIPE

Granita

Make a light syrup with fruit juice (such as lemon, orange, tangerine, passion fruit or mango) or very strong coffee. Cool the syrup, then pour it into an ice tray and freeze for 3-4 hours, without stirring. The granita will then have a granular texture.

GRAPES. The fruit of the vine, which grows in bunches on a stalk. The skin, which may be green, yellow or purple, encloses a sweet pulp with one to four seeds. Both white and black varieties are used to make wine. There are also varieties cultivated as desert grapes, which are served as fresh fruit or used in cooking, and other varieties are dried to produce raisins, sultanas (golden raisins) and currants.

It is known that in the stone Age wild vines were already established in the Caucasus where they originated, as well as in the Mediterranean region. Very early on people discovered how to make a fermented drink from grapes. The cults of Osiris and Dionysus, as well as the biblical story of Noah, evidence of the antiquity of the cultivation of vines and the manufacture of wine. After the Greeks and Romans, who learned the technique of drying grapes, came the Gauls, inventors of the cask. The Gauls made great progress in the cultivation of vines, while later still monks throughout Europe became progressively more adept in the art of winemaking. Throughout this period, fresh and dried grapes were always available.

Grape juice, valued for its invigorating and purifying properties, gave rise to the cult of the 'grape cure' in France. A grape cure centre (called the Uvarium) was opened in Moissac in 1927; in 1930 a grape centre was set up at the Saint-Lazare station in Paris and sold the juice of 5 tonnes of grapes daily. The development of bottled fruit juices led to the disappearance of these public outlets, but in Avignon, Beziers and Narbonne freshly pressed grape juice is still sold during the grape harvest.

When buying dessert grapes, choose fruit that is clean ripe, firm and not too closely packed on the stalk, which should be firm and crisp. The grapes should be of equal size uniformly coloured and with the bloom still on. Ripe grapes do not keep well; they can, however, be stored for a few days in the centre of a refrigerator, wrapped in a perforated paper bag. They should be taken out an hour before they are required.

Before they are eaten, grapes should be carefully washed in water that has been slightly acidulated with lemon juice or vinegar. If served as a dessert, they can be arranged in a basket or dish, alone or with other seasonal fruits, together with a special pair of scissors designed for cutting off small bunches from the main stalk.

Grapes are also used in patisserie and other forms of cookery. Sole Veronique, created by Auguste Escoffier in 1903 and named after a comic opera, combines grapes with sole. Chicken is often served with grapes in a similar dish. Grapes are served with veal and duck livers, roast

quails and thrushes and boudin blanc. They are used in fruit salads, tarts and flans, jams (including raisine) and sweet rice dishes. Grapessed oil, a table oil, is extracted from the seeds.

RECIPES duck foie gras with grapes

Skin and seed 8 large white Muscat grapes for each slice of foie gras. Slice the foie gras fairly thickly, season the slices with salt and pepper and sauté them rapidly in butter. Drain and keep hot. Deglaze the pan with a small glass of Sauternes, Monbazillac or a liqueur wine and half thickened veal stock), then add the grapes and shake then bout in the pan. adjust the seasoning. Pour the sauce and the grapes on to the foie grass and serve very hot.

Grape jam

Pick the grapes off the stalk, removing any bad ones, and seed them the grapes are large. Weigh the fruit. Weigh out 500 g (18 oz. 2 ¼ cups) granulated sugar for every 1 kg (2 ¼ lb) grapes. Put the sugar into a pan with 120 ml (4 ½ fl oz. ½ cup) water per 1 kg (2 ¼ lb.) grapes and dissolve it over a low heat. Bring to the boil and boil for 4 minutes, then add the grapes and a split vanilla pod (bean). Bring back to the boil and skim the pan. cook for 10 minutes over a medium heat, then 15 minutes over a low heat. Take out the grapes with a slotted spoon and put them to one side. Boil the syrup to a temperature of 107°C (225°F). see sugar, then replace the grapes and bring the pan back to the boil. Take off the stove and pot in the usual way.

Grape tart

Make a tart pastry with 250 g (9 oz. 2 ¼ cups) plain (all-purpose) flour, a generous pinch of salt, 100 g (4 oz., ½ cup) caster (superfine) sugar, 1 egg yolk, ½ glass water and 125 g (4 ½ oz., ½ cup) softened butter. Roll the dough into a ball and chill it for 1 hour. Wash and seed 500 g (18 oz) white grapes

In a bowl mix 3 eggs with 100 g (4 oz, ½ cup) caster (superfine sugar and 250 ml (8fl oz. 1 cup) single (light) cream. Beat the mixture with a whisk and while whisking gradually add 250 ml (8 fl oz 1 cup) milk then 6 tablespoons kirsch.

Roll cut the dough and use it to line a 24 cm (9 ½ in) tart tin (pan). prick the bottom with a fork, spread the grapes over the tin and bake in a preheated oven at 200°C (400°F, gas 6) for 10 minutes. Pour the cream into the tart and continue to cook for 25-30 minutes (cover the tin with foil if the cram brown too fast). Leave the tart to get cold, then unmould it on to a serving dish and sprinkle with icing (confectioner's sugar.

Muscat grape turtles

Make apate sablee (see short pastry), roll it out very thinly, cut out 4 circles 18 cm *7 in) in diameter and use them to line 4 tartlets tins (pans). Prick the bottom of each lined tin, leave to rest, then bake blind for 15 minutes.

Mix together 250 ml (8 fl. oz. 1 cup) black Muscat grape juice, 150 ml (¼ pint, 2/3 cup) single (light) cream 100 g (4 oz. ½ cup) melted butter, 2 egg yolks, 2 whole eggs and 2 tablespoons sugar. Fill the tarts with this mixture and bake in a preheated oven at 180°C (350°F, gas 4) for 20 minutes.

GRAPEFRUIT A large round citrus fruit, 11-17 cm (4 ½ - 7 in) in diameter, the most common varieties of which have a yellow skin and a refreshing, slightly acid-tasting pulp. There are also pink varieties, which have a pinkish-red tinge to the skin and pink flesh that is much sweeter. The grape fruit tree probably of the world's crop is now grown in the southern United States.

The grapefruit is popular as a breakfast food, usually cut in two, each segment being detached from the skin with a special serrated knife with a curved point designed to loosen the segments. It is eaten either lain and fresh, or quickly grilled (broiled) after being brushed with melted butter and/or sprinkled with sugar. Grapefruit is also an ingredient in cocktails and salads,

and it goes well with some rich savoury poultry and meat dishes.

As a dessert, grapefruit can be used in ices, fruit salads, cakes and various sweet courses, in the same way as the orange.

The fruit is also used to make marmalade, and the juice is widely consumed as a drink.

RECIPES

Grapefruit ices

Cut the tops off some grapefruit, hollow them out with a special grapefruit knife without piercing the rind and separate the segments, press the segments (or put them through a blender, then strain) to obtain the juice and use this to prepare a grapefruit ice in the same way as an orange ice. Put the grapefruit skins in the freezer. When the ice has just started to freeze, fill the grapefruits and return to the freezer until the ice has frozen, transfer to the refrigerator 40 minutes before serving.

Grapefruit salad

Mix grapefruit segments with fine slices of apple sprinkled with lemon juice, chopped celery and a few shredded lettuce leaves. Dress with a little yogurt or a light oil-based dressing.

GRAPA A mare brandy made in Italy from the residue of grapes left after pressing. It should ideally be matured so that the harsh initial taste is refined. Grappa is made in various regions and may be used for certain dishes, such as the Piedmontese specialty braised kid.

GRATER A flat, convex or cylindrical utensil with the surface perforated with holes of different sizes and shapes, some of them toothed. A solid substance is rubbed over the holes repeatedly to reduce it to coarse or fine threads (cheese, carrots, celery) or to powder or very fine fragments (coconut, nutmeg, rind of citrus, Parmesan cheese). A nutmeg grater is the smallest, being 3 cm (1 ¼ in) long. A cheese or vegetable grater may be 20 cm (8 in) long. Some graters are in the form of mechanical in which the interchangeable drums provide the grating surface. Food processors are equipped with grating accessories for large quantities.

GRATIN The golden crust that forms on the surface of a dish when it is browned in the oven or put under the grill (broiler). Usually the top of the dish has been coated with grated cheese, breadcrumbs or egg and breadcrumbs. Formerly, 'gratin' was the crust adhering to the cooking receptacle, which was scraped off (gratte in French) and eaten as a titbit.

The term has been extended to denote a method of cooking fish, meat, vegetables, pasta dishes and even sweets. The preparation is cooked or reheated in oven so that a protective layer forms on the surface, improving the taste of the food and preventing it from drying up. This layer consists of strongly flavoured grated cheese (such as Gruyere or Parmesan) or breadcrumbs, sprinkled with melted butter. The length of cooking time depends on whether the dish is to be cooked from scratch or merely reheated or browned. In all cases a number of rules apply to dishes that are flume proof and can be transferred directly to the table; butter them generously so that the preparation does not stick; if the dish is to be browned under the grill, it must already be very hot; for a gratin that is to be fully cooked, the dish must be set on a metal tray separating it from the oven shelf or placed in a bain marie.

Gratins are served straight from the dish they are cooked in. They are frequently made using minced (ground) leftover meat, pasta and poultry, but the method can also be applied to more elaborate preparations (lobster thermidor, scallops à la parisienne, sole au gratin, calves' sweetbreads au gratin, crayfish).

RECIPES

Gratin dauphinois

Peel and thinly slice 1 kg (2 ¼ lb) potatoes and arrange them evenly in a generously buttered dish. Mix 2 whole eggs with a little milk, add 1 teaspoon salt, then whisk together with 600 ml (1 pint, 2 ½ cups) warmed milk or cream. Pour this mixture over the potatoes and dot with knobs of butter. Cook in a preheated oven at 220°C (425°F, gas 7) for about 50 minutes, if necessary protecting the top of the dish with foil towards the ends of the cooking period.

The bottom of the dish can be rubbed with garlic, and a little grated nutmeg may be added at the same time as the salt. Grated Gruyere may also be added: one layer on the bottom of the dish and another on the top.

Gratin languedocien

Half-cook in oil 4 peeled and sliced aubergines (eggplants), seasoned with salt and pepper, and 12 halved, seasoned tomatoes. Arrange them in alternate layers in a flameproof dish. Cover with a mixture of breadcrumbs, chopped garlic and parsley. Sprinkle with olive oil. Begin cooking on the top of the stove, then bake slowly in preheated oven at 180°C (350°F, gas 4) until the top is well browned.

Gratin of beetroot in verjuice

Slice 1 kg (2 ¼ lb) raw beetroot (beets) and cut into sticks. Cook in a white stock and drain without cooling. Gently heat 200 ml (7 fl. oz. ¾ cup) single (light) cream without boiling, whisking all the time. Remove from the heat. Mix together half a glass of verjuice obtained by pressing a large bunch of sour white grapes, 2 egg yolks, 1 tablespoons chopped parsley, salt and pepper. Gradually add this mixture to the cream. Arrange the vegetables in a baking dish and cover with the sauce. Sprinkle with grated Cantal cheese, add very small knobs of butter and cook au gratin by placing the dish in a very hot oven for a few minutes until the top is browned.

Gratin of sardine filets with lemon juice

Wash 800 g (1 ¾ lb) sardines and wipe them dry with paper towels. Remove the fillets with a kitchen knife and place the fish in buttered roasting tin (pan), skin side down. Put the rind (zest) of 1 lemon and 100 g (4 oz. ½ cup) crème fraiche in a bowl. Season with salt and pepper and the juice of 2 lemons. Stir and pour over the sardines. Cook in a preheated oven at 240°C (475°F, gas 9) for 7-10 minutes. Serve with toasted bread.

Gratin savoyard of frog's legs

Allow ½ pairs of frog's legs per person. Trim them, season with salt and pepper, dip in milk and then lightly flour, fry in butter with shallots and a little chopped garlic, then drain and arrange them in a fairly large baking dish. Dilute the pan juices with mandement wine (from the Cote de Mandement on the right bank of the Rhone, in the canton of Geneva) or with a fruity white wine; reduce and pour over the frog's legs. Sprinkle with chopped chives and parsley, then squeeze the juice of a lemon over them. Mix together 250 ml (8 fl. oz. 1 cup) double (heavy) cream, 75g (3 oz. ¾ cup) grated Gruyere cheese and 2 egg yolks. Season with salt and pepper and pour over the frogs' legs. Brown under the grill (broiler) and serve garnish with a few fluted slices of lemon.

Macaroni gratin

Bring 2.5 litres (4 ¼ cups) macaroni and cook for 5 minutes, stirring with a wooden spoon so that the macaroni do not stick. Remove from the water, drain and hold under cold running water to cool them. Place them in a bowl and cover with milk. Cover and place in the refrigerator for ½ hours. The following day, take out the macaroni. Season with salt and pepper. Stir well, pour into a gratin dish and smooth the top with a wooden spatula. Sprinkle with 75g (3 oz. ¾ cup) grated Gruyere cheese and dot 25 g (1 oz. 2 tablespoons) butter, cut into small pieces, across the top.

Bake in a preheated oven at 180°C (350°F, gas 54) for 10 minutes, then place under a medium hot grill (broiler) for 1 minute. Serve very hot.

Polenta gratin

Dice 2 boneless chicken breasts. Chop 2 onions and 75 g (3 oz. ½ cup) olives very finely. Season and 75 g (3 oz. ½ cup) olives ver finely. Season with salt, pepper and chopped fresh coriander (cilantro) and fry until golden. Remove from the eat. Now brown 2 chopped onions and 2 tomatoes, peeled, seeded and crushed, and 250 g (9 oz, 1 ¾ cups) polenta (cornmeal) in the olive oil. In a roasting tin (pan), put a layer of chicken, then a layer of polenta. Continue this layering price. Arrange the vegetables in a baking dish and cover with the sauce. Sprinkle with grated cantal cheese, add very small knobs of butter and cook au gratin by placing the dish in a very hot oven for a few minutes until the top is browned.

Gratin of sardine fillets with lemon juice

Wash 800 g (1 ¼ lb) sardines and wipe them dry with paper towels. Remove the fillets with a kitchen knife and place the fish in a buttered roasting tin (pan), skin side down. Put the rind (zest) of 1 lemon and 100 g (4 oz. ½ cup) crème fraiche in a bowl. Season with salt and pepper and add the juice of 2 lemons. Stir and pour over the sardines. Cook in a preheated oven at 240°C (475¼, gas 9) for 7-10 minutes, serve with toasted bread.

Gratin savoyard of frog's legs

Allow 12 pairs of frogs' legs per person. Trim them, season with salt and pepper, dip in milk and then lightly flour. Fry in butter with shallots and a little chopped garlic, then drain and arranged them in a fairly large baking dish. Dilute the pan juices with Mandement wine (from the Cote de Mandement on the right bank of the Rhone, in the canton of Geneva) or with a fruity white wine; reduce and pour over the frog's legs. Sprinkle with chopped chives and parsley, then squeeze the juice of a lemon over them. Mix together 250 ml (8 fl. oz. 1 cup) double (heavy) cream, 75 g (3 oz. ¾ cup) grated Gryere cheese and 2 egg yolks. Season with salt and pepper and pour over the frogs' legs. Brown under the grill (broiler) and serve garnished with a few fluted slices of lemon.

Macaroni gratin

Bring 2.5 litres (4½ pints, 11 cups) salted water to the boil. Add 300 g (11 oz. 2 ¾ cups) macaroni and cook for 5 minutes, stirring with a wooden spoon so that the macaroni do not stick. Remove from the water, drain and hold under cold running water to cool them. Place them in a bowl and cover with milk. Cover and place in the refrigerator for 12 hours. The following day, take out the macaroni. Season with salt and pepper. Stir well, pour into a gratin dish and smooth the top with a wooden spatula. Sprinkle with 75 g (3 oz. ¾ cup) grated Gruyere cheese and dot 25 g 91 oz. 2 tablespoons) butter, cut into small pieces, across the top. Bake in a preheated oven at 180°C (350¼, gas 4) for 10 minutes, then place under a medium hot grill (broiler) for 1 minute. Service very hot

Polenta gratin

Dice 2 boneless chicken breasts. Chop 2 onions and 75 g (3 oz. ½ cup) olives very finely. Season with salt, pepper and chopped fresh coriander (cilantro) and fry until golden. Remove from the heat. Now brown 2 chopped onions and 2 tomatoes, peeled, seeded and crushed, and 250 g (9 oz. 1 ¾ cups) polenta (cornmeal) in the olive oil. In a roasting tin (pan), put a layer of chicken, taken a layer of polenta. Continue this layering process until al the ingredients have been used up. Gratine in a preheated oven at 240°C (475¼, gas 9) for 5 minutes and serve very hot.

GRANTEE Onion soup poured into a tureen or individual casseroles made of ovenproof porcelain, topped with dried bread and grated cheese and cooked au gratin in a very hot oven. Gratinee is a Parisian specialty, traditionally served for late supper in the bistros of Montmartre and the district around the Halles.

In general, the cheese used is Gruyere, Comte or Emmertal, but gratinee can also be made with cantal or Bleu d' Auvergne

RECIPES

Gratince

Peel and finely slice 4 large onions. Heat 40 g (1½ oz. 3 tablespoons) butter and 4 tablespoons of in a shallow frying pan. add the onion and stir with a wooden spatula until they are golden brown.. sprinkle with 25 g (1 oz, ¼ cup) flour and stir until brown. Add 200 ml (7 fl. z. ¾ cup) dry white wine, reduce for a few minutes over a gentle heat, then pour in 1 litre (1¾ cups) water or stock. Season with salt pepper, add 2 small crushed cloves of garlic and a bouquet garni, then bring to the boil and cook very gently for 1 hour.

Meanwhile, in the oven dry some slices of bread cut from a long, thin French loaf. Mix 3 egg yolks with 6 tablespoons Madeira or port . preheat the oven to 220 °(425¼ , gas 7) and put a bain marie into it. When the onion soup is cooked remove the bouquet garni, gradually add the mixture of egg yolks and Madeira, then divide the soup among 4 individual open proof soup bowls. Generously sprinkle the dried slices of bread with Gruyere and arrange on the surface of the soup. place the soup bowls in the bain marie in the oven and cook until the top of the bread is well browned. Serve immediately.

Gratinee de poires aux pistaches

Bring to the boil 1 litre (1¾ pints, 4½ cups) water with 1 vanilla pod (bean) cut into two, 200 g (7 oz. 1 cup) caster (superfine) sugar and 2 tablespoons lemon juice. Peel and core 6 ripe but firm pears. Poach gently. Allow to cool. Make a crème potasiere (confectioner's custard) with 250 ml (8 fl oz. 1 cup) milk, 1 vanilla pod cut in two, 20 g (¾ oz. 2½ tablespoons) plain (all-purpose) flour., 3 egg yolks and 70 g) 2¾ oz. 5 tablespoons) sugar. Place in a bowl, add 1 tablespoon pear brandy and when it is almost cold, 3 tablespoons whipped cream. Beat 1 egg yolk with 25 g (1 oz. 2 tablespoons) sugar until the mixture foams and turns a paler yellow. Incorporate 1 tablespoon pistachio nuts and 2 tablespoons whipped cream. Drain the pears and cut them in the shape of a fan but still attached. Cut 1 vanilla pod into matchsticks. Put some crème pastisiere on to each plate and place a pear in the middle. Sprinkle icing (confectioner's) sugar on the pears without going over the edge. Place the plates under the grill (broiler) to brown the fruit. Pour some pistachio cream evenly around the pears and draw marbling patterns with the point of a knife. Now sprinkle the edge of the plate with icing sugar and chopped pistachio nuts. Place a spoonful of ice cream next to each pear. Decorate with vanilla matchsticks and serve immediately.

GRATE PAILLE A rich COW'S-milk cheese (70% fat) made with both pasteurized and unpasteurized milk in the He-de France. Produced in brick shapes about 8 cm (3 in) high, the cheese has a beige molted rind and an oily texture. The flavour is very rich and creamy.

GRATTONS Also known as gratterons. The name given in certain regions of France to the residue of melted pork or goose fat containing small pieces of meat, which is eaten cold as an hors d'oeuvre also friton.) Grattons from Auvergne are strips of pork neck and fatty meat cooked

together, then pounded or minced (ground) and pressed in a mould. Lyonnais grattons are formed into rissoles and not moulded. Bordeaux grattons combine melted pork fat and lean pork. In *Odeurs de forêt et Flumets de table*, Charles Forot gives the recipe for vivarais grattons. The pork fat, cut into small pieces, is melted for 5-6 hours over a very low heat. When it has completely melted, it is put into jars. Salt, pepper, spices, chopped pursley and a pinch of grated garlic added to the remains of meat left on the bottom of the pan. This mixture is stirred for a long time so as to mix together the ingredients and flavours, then it is put in a stone jar.

Goose grattons are obtained during the preparation of confit, by draining the residue of goose fat and the tiny fragments of flesh while they are still hot. They are then pressed, sprinkled with fine salt and eaten cold.

Grattons can also be pieces of fatty pork cooked until crisp (cracklings).

GRAVES Red and white AOC Bordeaux wines from the gravelly vineyards mostly to the south of the city of Bordeaux, along the left bank of the River Garonne and down into the Landes. The area was often considered as two regions the northern part, particularly famous for red wines, and the southern region, abutting and enclosing the Sauternais. In 1987, however, an area of the Graves region, which included a number of the famous properties and the southern parts of Bordeaux, was formed into a new appellation. Pessac Leognan. The Graves region, which was named after the type of ground (gravel and sand), is possibly the oldest part of the Bordeaux vineyard to have been planted.

The red wines are made from the same grapes as other red wines of the Bordeaux area: Cabernet Sauvignon, Cabernet Franc and Merlot.

The white wines of the Graves, more numerous than the reds, are made from the same grapes as Sauternes -- Semillon, Sauvignon Blanc and Muscadelle -- and they are basically of two types the truly dry wines and Graves Superior, which are sweet wines. They dry whites are excellent accompaniments to fish.

GRAVES DE VAYRES Red and white AOC wines from the left bank of the Dordogne, in the Entre-Deux-Mers region, the whites being dry, the reds lighter in style. They should not be confused with the wines coming from the Graves region itself.

GRAVLAS Also known as gravad lax. This classic Scandinavian dish of salmon pickled with salt, sugar and dill, originates from an ancient method of preserving fish by burying it. Over a period of few days the fish would ferment and become slightly sour, but when buried for weeks or months it would begin to decay.

Gravlax is prepared by filleting the fish and laying one fillet, skin side down, in a dish, then topping it with a pickle mixture of sugar, pepper and dill before covering with the second fillet. The fish is weighted down and allowed to pickle for 4-10 days in the refrigerator. Every day the fish is turned and basted with the pickle liquid (which develops as the sugar and salt draw out the juices in the salmon and dissolve). The pickle mixture is scraped off before serving.

Gravlax may be served thinly or thickly sliced, usually with a slightly sweetened sauce of mustard and dill.

GRAVY Cooking juice, usually from meat extended with stock or other liquid and thickened with a roux or another starch. The excess fat is removed and a small amount retained to make a roux before liquid is added. Alternatively, the pan can be deglazed with wine or other alcohol, or little stock, then more liquid may be added and boiled until reduced to a slightly syrup consistency. Gravy may also be thin, but full-flavoured.

GRAYING ombre A freshwater fish similar and related to the trout: it is distinguished by its small mouth and its dorsal fin. Weighing about 1.12 kg. (2½ lb) and 4-50 cm (16-20 in) long, it

has a good flavour and its cooked in the same way as trout. It will not travel or keep, however, and must be cooked and eaten without delay.

GREASING The process of coating a baking sheet, cake in (pan) or mould with cooking fat to prevent the preparation from sticking to the container during cooking to enable it to be removed easily.

GRECQUE, A LA Describing dishes of Greek origin but more loosely used for dishes inspired by Mediterranean cuisine. Vegetables a la grecque are cooked a marinade flavoured with the live oil and lemon and served cold, either as an hors d'oeuvre or an entrée. Pilaf a la grecaque consists of rice mixed with sausage, peas and cubes of pepper. Fish a la grecque is coated with a white wine sauce flavoured with celery, fennel and coriander seeds.

RECIPES

Marinated fish a la grecque

Gently cook 100 g (4 oz. 1 cup) finely chopped onions in 150 ml (¼ pint 2/3 cup) olive oil without browning them. Add 150 ml (1/4 pint. 2/3 cup) white wine, 150 ml ¼ pint. 2/3 cup) water and the strained juice of a lemon. Add 2 finely shredded (bell) peppers, 1 crushed garlic clove and a bouquet garin (consisting of parsley, a sprig of thyme, a bay leaf and a sprig of fresh fennel). Season with salt and pepper boil for 15 minutes. Pour piping hot over the selected fish, allow to cool and keep in the refrigerator. This quantity of sauce is sufficient for 500 g (18 oz.)fish. Suitable fish include sardines and red mullet.

Sauce a la grecque for fish

Heat a finely sliced quarter of a celery heart and 3 finely sliced onions in 3 tablespoons olive oil. Add a bouquet garni (including a sprig of fennel), 6 tablespoons white wine and 12 coriander seeds. Boiling down by two-thirds and add 6 tablespoons thin veloute sauce and the same quantity of single (light) cream. Boil down by one-third. Blend in 50 g (2 oz., ½ cup) butter and strain before serving.

The veloute sauce may be replaced by an equal volume of strained fish fumet and 1 tablespoons beurre manie, added in small knobs to the boiling liquid, which is whisked for 1-2 minutes.

Stuffed tomatoes a la grecque

Soak 125 g (4½ oz, scant 1 cup) sultanas (golden raisins) in a little tepid water until they swell, then drain. Heat 4 tablespoon olive oil in a saucepan and add 200 g (7 oz. 1 cup) rice; stir until the grains became transparent. Then add to the rice twice its volume of boiling water, a pinch of powdered saffron, 1 teaspoon salt, pepper, a pinch of cayenne and a bouquet garni. Bring to the boil and simmer gently until the rice is cooked. Slice off the tops of 6 large tomatoes, remove the seeds and pulp and lightly season the insides with salt. Place the tomatoes upside down in a colander to drain. When the rice is cooked, drain and cool, add the sultanas and adjust the seasoning. Dry the tomato cases, put 1 teaspoon oil in the bottom of each and fill them with the mixture of rice and sultanas. Replace the tops. Arrange the stuffed tomatoes fairly close together in a baking dish. Pour a little oil in the bottom of the dish and cook in a preheated oven at 240°C (475° ¼, gas 9). Remove the tomatoes from the oven before they become too soft and serve immediately.

Vegetables a la grecque

Choose very fresh tender vegetables, such as aubergnes (eggplants), cardoons, mushrooms, cauliflower, courgettes (zucchini), fennel, artichoke hearts and small onions. Small onions may be left whole, but the other vegetables should be washed thoroughly and cut into fairly small pieces so that they can be cooked properly. They should be sprinkled with lemon juice if there is a risk of discoloration. Make a court-bouillon by boiling 6 tablespoons olive oil, 750 ml (1¼ cups) water and the strained juice of 2 lemons with a bouquet garni (consisting of parsley, celery, fennel, thyme and bay leaf), 12-15 coriander seeds and 12-15 peppercorns for 20 minutes. Lightly brown the vegetables in a little olive oil, then pour over the very hot court-bouillon and finish cooking. Add 2 tablespoons concentrated tomato puree (paste) to the court-bouillon if desired.

GREENEGAGE A type of plum with a green skin, sometimes tinged with yellow, red or purple, and greenish-yellow, sweet flesh with good flavour; there are many different strains. Greengages are delicious eaten fresh and make good jam. They can also be bought canned in syrup.

The French name, *reine-Claude*, is an abbreviation of *prune de la reine Claude* (Queen Claude's plum), because the fruit was dedicated to Claude of France, wife of Francis I.

GREMOLATA A flavouring mixture used in Italian cooking, consisting of chopped parsley, grated lemon rind (zest) and finely chopped garlic. The fresh mixture is sprinkled over cooked dishes just before serving to introduce a fresh, zesty flavour. It is the classic final flavouring and garnish for *osso buco*, the veal stew cooked on the bone.

GRENADIER Fish of the *Macrouridae* family, which lives in the deep waters of the Atlantic; it is fished from Greenland to the bay of Biscay. It is identified by its tapered body, which ends in a point. The flesh is very white, and the boneless fillets are ideal for making fish mousse.

GRENADIN A small slice of fillet of veal, about 2 cm (¾ in.) thick and 6-7 cm (2½-3 in.) long, cut from the loin, the filet or the chump end of the loin. Grenadins are usually interlarded with best larding bacon and then grilled (broiled), fried or even braised. A small unbarded grenadin of veal fried in butter is called a *noisette*. Grenadins may also be cut from white turkey meat.

RECIPES

Braised veal grenadins

Trim four 100 g (4 oz) grenadins and interlard with bacon fat. Butter a casserole dish and line it with unsmoked bacon rinds or pork skin with the fat removed. Peel and finely slice a large carrot and a medium-sized onion and brown them in butter, with any trimmings of meat from the grenadins. Put the vegetables on top of the bacon rinds. Arrange the grenadins on top on, cover and cook gently for 15 minutes. Add 200 ml (7 fl. oz., ¾ cup) white wine and boil down almost completely. Then add a little stock, bring to the boil, cover the casserole dish and cook in a preheated oven at 200°C (425°F, gas 7) for about 40 minutes, basting the meat several times. Arrange the grenades on an overproof serving dish, coat them with a little of the strained cooking juice and glaze in the oven. Dilute the cooking juices in the casserole with consommé, strain and remove the fat. Boil down further if necessary and pour the sauce over the grenadins. Serve with buttered spinach.

Fried grenadins in cream

Season four 100 g (4 oz) grenadins with salt and pepper and sauté them in oil until brown on both sides. Reduce the heat, cover and cook gently for about 15 minutes until tender. Drain the grenadins and keep them hot in a serving dish. Remove the cooking oil from the pan and add 200 ml (7 fl. oz., ¾ cup) white wine or cider. Scrape the pan with a spatula, add a small sprig of

tarragon and boil down to reduce by half. Remove the tarragon, add 200 ml (7 fl. oz, $\frac{3}{4}$ cup) single (light) cream, and boil down, stirring continuously. Adjust the seasoning and pour the sauce over the grenadins.

GRENADINE A refreshing drink made of water and grenadine syrup. The latter was originally made from pomegranates only, but today it contains vegetable matter, citric acid and certain red fruits.

Grenadine syrup is used as a colouring agent for cocktails, diabolos and aperitifs.

GRENOBLOISE, A LA Preparations of fish a la meunic're, garnished with capers and finely diced lemon flesh. Caviars may also be added.

GREUBONS Residue made after gently rendering pork fat to make lard. These coloured fragments, also known as rillous or greubons in the Jura, are used in making a savoury.

GRIBICHE A cold sauce based on mayonnaise in which the raw egg yolk is replaced by hand-boiled (hard-cooked) egg yolk. Capers, fines herbes and the chopped white of a hard-boiled egg are added. Gribiche sauce is served with calf's head (tete de vesti) or cold fish.

RECIPES

Gribiche sauce

Thoroughly pound or mash the yolk of a hard-boiled (hard-cooked) egg and gradually add 250 ml (8 fl. oz. 1 cup) oil, beating constantly and keeping the mixture smooth as for a mayonnaise. As it thickens, add 2 tablespoons vinegar, salt, pepper, 1 tablespoon each of capers, chopped parsley, chervil and tarragon, and the white of the hard-boiled egg cut into julienne.

GRIDDLE A flat cast-iron cooking plate, traditionally known as a bakestone or girdle. Used lightly greased to cook griddle cakes, such as Welsh cakes, some types of scones, including potato scones; small thick pancakes or drop scones; and crumpets. Heavy cooking plates of this type, varying in size and shape, are used in many countries. For example, in Brittany they are used to cook galettes and crepes, in India they are used to cook flat breads, such as chapatis; and in Malaysia they are used to make murtabak, a filled roti made from finely stretched dough enclosing a savoury filling. A heavy frying pan is usually used instead of a griddle in modern kitchens.

GRIFF A French cut of beef consisting of the muscle between the shoulder and the neck. When food being placed between them. It is especially useful for sardines, sausages or small cutlets, which are often difficult to turn over on an ordinary grill. Some grills consist of a cast-iron or sheet steel plate that is placed in direct contact with the hotplate or burner of the stove.

Electric or gas grills consist of burners or infrared elements. They may be situated above the unit or in the roof of the unit. This type of grill is effective only if the heat radiation is intense.

GRILLADE The French name for food that has been grilled (broiled), particularly meat.

A prime French cut of pork taken from along the blade bone or loins and usually is also known as a grillade. These cuts are scarce, because there are only two per pig, weighing 400-500 g (14-18 oz), a grillade is slightly fatty, tender and tasty and is characterized by long by long fibres, which are cut crossways before cooking. Grillades are fried or grilled over a medium heat. They may also be coated with egg and breadcrumbs, stuffed or rolled into large paupiettes.

GRILLING A method of cooking by intense heat the nourishing juices being sealed into the meat by the crust formed on the surface. The fuel traditionally used for grilling is small charcoal (known as *braise* in France). The charcoal, when thoroughly alight, is spread out to form a bed in a gail pan with a well-regulated draught. This bed of charcoal varies in depth according to the size and kind of meat to be grilled. The food is cooked over the hot coals. When using a gas or electric grill, the food is usually cooked under the heat source.

The grill must be scrupulously clean and heated before the meat is laid upon it or under it. The food to be grilled must be basted with clarified butter, oil or fat, and seasoned. Meat should be gently flattered and trimmed before cooking.

Fish should be scored with a knife, well coated with butter and oil and seasoned. Fish that is rather dry has a tendency to stick to the bars of the grill and should, therefore, be floured before being coated with butter or oil. This will form a covering that will enable the fish to cook without becoming too dry. Turn grilling meat or fish over once or twice during cooking and baste frequently with the butter or oil, using a brush.

Grilled food is ready when it resists pressure it is lightly touched with the fingertip. Tiny pinkish droplets appearing on the browned surface are another indication that it is fully cooked. Grilled white meat should be less browned than red meat and a less intense heat should be used. Grill fish at moderate heat and baste frequently.

Grill poultry first if it is to be cooked in breadcrumbs. When three-parts cooked, cover with the butter or oil and roll in the breadcrumbs.

- **Gridding** This is a form of cooking on a very hot, preheated surface, typically a heavy fluted griddle. In America this is known as grilling. The technique produces a result similar to that achieved by grilling and differs from frying in that the fat drains away into a ridge around the edge of a griddle; also the temperature is so fierce that the food seals and cooks rapidly.

GRILL-ROOM also known simply as a grill. A restaurant or room where, in theory, only grills are served. It is usually used to describe a restaurant in a larger hotel, where the service is faster and the meals are less elaborate than in the large dining room. The name was first used in England in the 1890s.

GRIMOD DE LA REYNIERE, ALEXANDRE BALTHASAR LAURENT French writer and gastronome (born Paris, 1758; died Villiers-sur-Orge; 1837). His father, who was a farmer-general, was himself the son of a pork butcher. Born disabled, with one hand shaped like a claw and the other like a geese's foot, the boy was rejected by his aristocratic mother and eventually rebelled against his entire family. While pursuing his law studies, his extravagant behaviour made him quite notorious.

- **Taste for scandal.** Shortly after becoming a qualified barrister, the young Alexandre, who had already published *Reflexions philosophiques sur le plaisir par un celibataire*, organized a memorable dinner at the end of January 1783. He sent the following invitation card to his guests. You are invited to attend the funeral procession and burial of a feast that shall be given by Master Alexander balthasar Laurent Grimond de la Reyniere, Esquire, barrister to the high court, drama correspondent of the *Journal de Neuchatel*, at his residence in the Champs-Elysees. You are invited to attend at nine o'clock in the evening and the meal will be served at ten. Bachaumont, in his *Memoires secrets*, relates the details of this curious dinner: 'In the middle of the table... there was a cataflaque..... we took our seats at the table. The meal was magnificent, consisting of nine courses, one of which was entirely of pork. At the end of this course. Monsieur de La Reyniere asked his guests whether they had enjoyed it; after everyone had replied in chorus 'excellent', he said: "Gentlemen, those cooked means were from Mr. So-and-so, the pork butcher, living at such-and-such a place, who is the cousin of my father." After another course where everything was prepared with

oil, the host again asked his guests if they were pleased with the oil, then said; “it was supplied by Mr. So-and-so, the grocer, living at such-and-such a place, who is cousin of my father. I recommend him as highly as I do the pork butcher.” By proclaiming the plebeian origin of his paternal forebears, Alexandre, who was indeed the grandson of a pork butcher, simply aimed to upset his mother, but at the same time he managed to gain a reputation as a madman, which he carefully fostered.

He held gatherings in his father’s residence twice a week. Bestowed with literature, he invited not only Beaumarchais, Chenier and Restif de la Bretonne, but also would-be poets and public letter-writers. The sole qualification for admission was the ability to drink 17 cups of coffee, one after the other. The food served was simply bread and butter with anchovies and, on Saturday, sirloin. At this stage in his life, Grimond was passionately fond of the theatre; he became one of the best drama critics of this time.

- From retreat to the grocery business. Following a particularly shocking scandal, the young barrister’s family obtained an order against him under the king’s private seal. In April 1786 Alexandre was sent to a Cistercian monastery near Nancy, where he spent three years. It was at the table of the abbot the Grimond discovered the art of good eating, and his knowledge of this improved in Lyon and Beziers, where he next took refuge.

In order to make a living, he decided to set up in business. In the Rue Merciere, Lyon, he started a business. In the Rue Merciere, Lyon, he started a business selling groceries, hardware and perfumery. Then he traveled through the fairs in the south of France. But the death of his father in 1792 brought him back to Paris. He renewed his ties with his mother, whom he saved from the gallows, and endeavored to pick up a few fragments of his father’s estate, including the mansion in the Champs-Elysees, where he again organized extravagant dinner parties. At the same time he resumed his drama criticism. But Talma, whom he had often attacked. Managed to have his review *le censeur dramatique* suppressed.

- A vocation for gastronomy Banned from drama criticism, Grimond turned to writing about restaurants. This gave rise to the series *Almanach des gourmands* (1804-12), an anecdotal and practical guide to Paris, including a food guide that proved to be very successful. In 1808 Grimond published *Manuel des amphitryons* to instruct the new rich in the conventions and properties that they must observe. In his *Varieties nutritives* he wrote the following soup must be eaten boiling hot and coffee drunk piping hot - happy are those with a delicate palate and a cast-iron throat. The local wine, a dinner at your friends house and music performed by amateurs are three things to be equally dreaded – cheese is the biscuit of drunkards.’

Grimod de la Reyniere established his authority on gastronomic matters by setting up a jury of tasters, who awarded a kind of academic certificate called legitimation to various dishes or foods that were presented to them. The jury of tasters met at intervals at Grimod’s home in the Champs-Elysees. There, they solemnly tasted the choice dishes sent by tradesmen who sought publicity by making known to their customers the judgement always favourable, pronounced by this gastronomic Areopagus. Among the most influential members of this jury were Cambaceres, the marquis of Cussy and Gastaldy, doctor and gastronome, who died at table when he was almost a hundred years old! Gastaldy conceived an original way of classifying wines: the king – Chambertin; the queen – Romance-Conti; the regent - clos-de-Vougeot; the princes of the blood – Romance, Romance-Saint-Vivant, Clos-de-Tart, Musgny, La Tache, Nuits-Echezaux, Bonnes-Mares, the first cousin of Chambertin – Reichebourg. However, the jury of tasters soon had to give up its sittings because some of its judgements around protest Grimod was even accused of partiality!

Threatened with lawsuits, Grimod had to suspend publication of the *Almanach*. His mother had died, and he inherited the remains of vast fortune. He married the actress with whom he had been living for 20 years and retired to the country to live among his life long friends the Marquis of Cussy and Doctor Roques. He died one Christmas Eve, during the midnight feast, and left, among other extravagances, the following recipe for an ‘unparalleled roast’, punctuated

with references to the actresses of his time: ‘Stuff an olive with capers and anchovies and put it in a garden warbler. Put the garden warbler in an ortolan, the ortolan isn a lark, the lark in a thrush, the thrush in a quail, the quail in alarded lapwing, the lapwing in a plover, the plover in a red-legged partridge, the partridge in a woodcock – as tender as Mlle Volnais – the woodcock in a teal, the teal in guinea fowl, the guinea fowl in a duck, duck in a fattened pullet – a white as Mlle Belmont, as fleshy as Mlle vinne and as fat as Mlle Contat – the pullet in a pheasant, the pheasant in a duck, the duck in a turkey - white and fat like Mlle Arsene – and finally, the turkey in a bustard.’

GRIS DE LILLE A soft cow’s-milk cheese from Flanders (45% fat), also called Purant Macere and Vieux Lille. It is very similar to maroilles, with a pale pinkish-grey washed rind, and is matured by soaking in brine and washing with beer. It is sold in slabs 12-13 cm (5 in) square and 5-6 cm (2-2 ½ in) thick. It has a highly seasoned, salty taste and a very strong smell; it is known as ‘the stinkes’.

GRISSINI Italian bread sticks. Long, thin and crunchy, they are made from a dough containing butter or oil and sometimes eggs or malt. They were first made in Turin and are either eaten as appetizers or served with soup or pasta dishes.

GROG A Traditional winter drink, made with a mixture of boiling water, rum, sugar (or honey) and lemon. The rum may be replaced by Cognac, Kirsh or whisky.

Originally, grog was simply a glass of rum topped up with water. Its comes from ‘Old Grog’, a nickname borne by Edward Vernon, a British Admiral, because of the grogram clock he used to wear. In 1776 he ordered his crew to put water in their ration of rum.

The name may also be used informally in Australia) for any alcoholic drink

GROS-LANT A white wine from the lower reaches of the River Loire, made from the grape of the same name (also called Folled Blanche). Pale in colour, it is light in character and very dry, a pleasant wine to drink with seafood and shellfish.

GROUPE merou A Large marine fish that can grow to a length of more than 1.5 m (5 ft) and weigh about 50 kg (110 lbs.). it is a member of the sea perch family. There are two closely related species: one is found in the Mediterranean: the other, also called stone bass or wreckbass (cornier in French), is more widespread, also occurring in the Atlantic, it is brown, speckled with yellow and has an enormous head (representing one-third of its weight), a wide mouth with a protruding bottom lip and numerous teeth. A peaceful fish that prefers the warm seas of the Caribbean and Mediterranean, it is a favourite catch of underwater fishermen. It is rarely sold by fishmongers, although its flesh is excellent. It is cooked like tuna but is particularly tasty when grilled over charcoal.

RECIPES

Ceviche of grouper

Clean and trim 4 grouper steaks of 200 g (7 oz) each. Cut into 1 cm (1/2 in) cubes. Squeeze the juice from 4 limes. Place the diced fish in a large salad bowl sitting on a bed of ice cubes. Sprinkle the lime juice on the fish and allow to marinate for 2-3 hours, stirring several times to cook the grouper, which must remain pink in the middle. Drain and place in a large bowl. Peel and finely chop diagonally 4 spring onions (scallions) and their stems, Peel, seed and crush 3 cherry tomatoes. Add all these ingredients to the fish. Season with salt and add ½ teaspoon freshly grated ginger, 1 pinch turmeric, chives and chopped flat-leaf parsley. Pour olive oil on

top and sprinkle with paprika. Stir well and serve.

Grouper with corcellet sauce

Trim, gut and clean a small group, popach it in very concentrated court-bouillon, and allow it to cool in the stock. Take out the fish, remove the skin and garnish with blanched tarragon leaves and thin slices of tomato.

Finely chop 6 large, very ripe, peeled and seeded tomatoes and rub then through a sieve. Store the resulting fresh tomato puree in the refrigerator. Just before serving, add 2 generous tablespoons anseed-flavoured Corcellet mustard to the tomato puree. Serve well chilled.

GROUSE Any of several game birds belong to the same family. They resemble fowl and are mostly ground living. British species include the red grouse, the black grouse and the capercaillie. The common French species is the hazel grouse (gelinotte), and the pin-tailed grouse (ganga) is found in the south of France (this species has very delicate flesh and is usually spit-roasted). In North America there are many species, including the ruffed grouse, blue grouse and sage grouse.

Grouse may be roasted, braised or made into pates or terrines.

RECIPE

Roast grouse

Mash 50 g (2 oz. ¼ cup) butter with 2 tablespoon lemon juice, salt and pepper. Wipe 2 plump or 4 small prepared grouse and place some of the butter inside each bird. Cover the breasts of the birds with bacon and tie in place, then wrap each birds in foil. Place the birds, breast side down, on a rack resting in a baking tin (pan) and roast in a preheated oven at 200°C (400°¼, gas 6) for about 25 minutes for small birds and 35 minutes for larger ones. While the larger ones. While the birds and 35 minutes for the larger ones. While the birds are roasting fry the grouse livers in butter, then mash together to make paste. Fry 2-4 slices of bread, crusts removed, in a mixture of butter and oil until crisp and golden. Spread these croutons with the liver paste. Unwrap the birds, baste each one well with hot fat, then dust the breast with flour, baste again and return to the oven for about 5 minutes until well browned. Serve the grouse resting on the croutons, garnished with watercress. Serve hot game chips and rowan or redcur ant jelly separately. The birds should be moist enough to serve without gravy.

GRUEL A liquid food made by boiling a cereal flour in milk, water or vegetables broth. Gruel is one of the oldest forms of nourishment. The Egyptians made gruel from millet, barley and wheat the Roman legionaries was usually gruel made from wheat and the related cereal, spelt, together with onions, salted fish and cheese. The Germans and Franks ate gruel made from oat. In the French provinces, the evening meal traditionally consisted of maize (corn) or buckwheat gruel.

GRUMEAU A French word meaning a small lump, also used to describe a clot of blood, a coagulum formed in milk or the lumps found in a lumpy sauce or batter.

GRUYERE A Swiss or French cow's-milk cheese (45% fat content) with a firm but pliable texture and a brushed and washed rind. It takes about six months to mature in a damp cellar and has nutty flavour. It is ivory yellow or golden or golden brown in colour.

Gruyee is made in Switzerland from unpasteurized milk in the cantons of Fribourg, Neuchatel and aud; in France, it is manufactured in Savoy, Franche-Comete and Burgundy. By

analogy, the word is often incorrectly used in France for all cooked compressed cheeses sold in large rounds, including Emmental, Beaufort and Comte.

According to the Swiss, Gruyere cheese is named after the Counts of Gruyere, whose coat of arms was embellished with a crane (grue) and who settled in the Gruyere valley in the canton of Fribourg at the beginning of the 9th century (in France, Swiss Gruyere is called 'Frilbourg'). The French believe that the word comes from agent gruyer, an officer of the waterways and forestry authorize who, in the Middle Ages, used to collect certain taxes in the form of timber and cheese.

Gruyere cheese that are exported are less salty than those made for local consumption, and to enhance the pungent flavour of this excellent cheese the Swiss preserve it in a cloth soaked either in salt water or in white wine. The cheese is made in cheese factories in the mountains, close to the features. It keeps for a very long time if uncut. Some connoisseurs demand a very mature cheese; others prefer it to be fairly fresh. It is eaten at the end of meals or in sandwiches and is used to prepare many dishes, such as fondues, grains, souffles, croutes, croque-monsieur and mixed salads; it also served as a condiment for pasta and rice.

Gruyere is used to make processed cheese called Crème de Gruyere. This is also made from Comte cheese and is sold in small triangles wrapped in silver paper. Gruyere de comte is one of a number of Gruyere-type cheeses made in the United States and all over Europe. For a long time, a type of Gruyere cheese was manufactured in the Jura, but Gruyere de Comte manufacturers themselves now insist that the appellation Gruyere de Comte be replaced simply by Comte.

GUACAMOLE A dip originating in Mexico and consisting of avocado, tomato, onion, lemon juice and spices. It is usually eaten with totopas, maize (corn chips).

GUAVA A fruit originating in Central America and the West Indies but now grown in many tropical countries. There are several varieties: some are pear-shaped, some are apple-shaped, and some are shaped like walnuts. The thin yellow skin of the guava is dotted with black spots when ripe and sometimes mottled with green; it covers an orange-pink, white or yellow pulp. Highly flavoured and refreshing, yet rather sour, it contains a large number of hard seeds. The variety called 'pear of the Indies', which is the size of a hen's egg, is the most popular. It is imported from Brazil and the West Indies (December to January) or from India and the Ivory Coast (November to February). When it is ripe it is eaten on its own, after being peeled and seeded (it may be flavoured with sugar or a little rum). It is also used to make drinks, ice creams and jellies. In Brazil the pulp collected when making jelly is often used to make a firm jellied fruit paste or cheese, which is sliced and served as a dessert with fresh goat's-milk cheese. Guava is also preserved in syrup and is included in exotic fruit salads. In China there is a variety called the strawberry guava, which is the size of a walnut, with a white, black, yellow or red skin and a strong flavour.

GUDGEON A small freshwater fish with a large head, thick lips and very delicate flesh. Formerly abundant, gudgeon were a speciality of the small eating houses on the banks of the Seine and Mame that served fried food; Fulbert Dumnteil described it as that small fish – a crunchy tasty mouthful, and stated: 'In a good lunch, there is no second course more delicate than a splendid plateful of fried gudgeon, skillfully browned.'

Gudgeon must be gutted (cleaned), wiped but not washed, dipped in milk or beer, then drained, seasoned with salt and pepper, rolled in flour and deep-fried. As soon as they are crisp and golden, they are drained sprinkled with fine salt and served with lemon as an hors d'oeuvre. If the fish are fairly large they are fried twice, first in oil that is at the correct temperature to cook them, then in very hot oil to brown them.

By extension, goujons or goujonnettes is the name given to fillets of sole and other fish

cut diagonally into strips, coated, fried and served like gudgeon or used as a garnish.

GUELON A mixture consisting of eggs, milk and sugar, to which cream or buttermilk or even flour is sometimes added. It is used to enrich fruit tarts, combining with the cooking juices.

GUIGNOLET A cherry liqueur made from a specific variety of cherry, from around the River Loire. It is one of the liqueurs of Anjou and, in the region, is sometimes combined with kirsch. It is quite different from the cherry brandies of other areas and should not be confused with kirsch, which is a distillate of the fruit and an alcool blanc.

GUILLOT, ANDRE French chef (born Faremoutiers, 1908 died 1993). Apprenticed at the age of 16 in the kitchens of the Italian Embassy, Guillot later pursued his career in various private houses; his employers included Raymond Roussel, an extremely rich epicurean who had his early fruit and vegetables brought from the Cote d'Azur in a Rolls-Royce, and the Duke of Auerstaedt. From 1952 he worked at the Auberge do Vieux-Marly, which he turned into a restaurant of great renown. After retiring, he wrote about his experiences and recorded his expertise in *La Grande Cuisine bourgeoise* (1976) and in *la Vraie Cuisine legere* (1981).

He was outspoken and did not hesitate to attack well-established traditions 'I am certain to annoy many restaurateurs when I say that all these flambe dishes set a light under the customers noses are no more than play-acting. The flambe process must be carried out at the start of cooking, in the privacy of the kitchen.

GUINEA FOWL A gallinaceous bird, all domesticated varieties of which are descended from an African species that was known as appreciated by the Romans, who called a Numidian hen or Carthage hen. Before the introduction of modern rearing method in France, young guinea fowl (pintadeaux) – a speciality of the Drome region - were sold at Whitsun (the seventh weekend after Easter) at about 11 weeks old, while adults, weighing over 1 kg (2 ¼ lb), were killed in the autumn.

Guinea fowl are now bred all the year round. In France are sold with a red label guaranteeing their origin, feeding and rearing. The term *fermier* (free-range) is reserved for birds reared with access to runs, as opposed to those that are battery reared. The most tender and succulent birds are the young pintadeaux. They can be roasted and prepared in the any way suitable for a young pheasant, partridge or chicken. The flesh of the adult guinea fowl is firmer and is usually fricasseed or prepared in any other way suitable for chicken, being well basted, barded and larded or casseroled to keep the flesh moist.

RECIPES

Breast of guinea fowl with potatoes Alex Humbert

Prepare 800 g (1 ¾ lb) potatoes by the Alex Humbert method : slice thinly and soak in cold water for about 10 hours, then cook for approximately 20 minutes in 150 g (5 oz., 2/3 cup) clarified butter seasoned with salt and pepper. Drain off the excess butter and brown the potatoes in the oven.

Remove the breast meat from 2 guinea fowl, each weighing about 1.5 kg (3 ¼ lb), slicing along the breastbone. Season with salt and pepper. Heat 100 g (4 oz. 7 tablespoons) butter in a large flameproof casserole and brown the guinea fowl breasts on both sides (8 minutes in all), then remove. Add 4 chopped shallots to the casserole. Cook them for a few seconds and then mix in 50 g (2 oz, 1 cup) fresh breadcrumbs to absorb all the cooking butter. Brown slightly and stir in 3 tablespoons wine vinegar, then add 5 chopped basil leaves. Put to one side and keep warm.

On to each of 4 warmed plates. Pour 2 tablespoons previously made brown gravy, place

some of the potatoes in the centre and cover with a guinea fowl breast cut into 5 or 6 slices. Give one twist of the pepper mill and add a little salt. Finally, sprinkled with the breadcrumb mixture and serve immediately.

Guinea fowl Catalan style

Blanch 30 peeled garlic cloves for 1 minute, having first removed any green part. Peel 3 lemons and remove all the pith. Cut 2 into quarters and slice the third one. Blanch them for 1 minute. Roast a guinea fowl, barded with a few thin slices of salted or smoked breast of pork. Cut the guinea fowl into pieces. Deglaze the roasting tin (pan) with 100 ml (4 fl oz. 2 cup) of Rancio or dry Banyuls. Add the crushed carcass of the bird and 200 ml (7 fl. oz. $\frac{3}{4}$ cup) of veal stock. Simmer for 10 minutes, strain through a chinois, pressing in order to extract all the juices. Pour this sauce on to the garlic and lemons, and return to the hear for a few minutes. Season with salt and pepper. Place the pieces of guinea fowl in the sauce and cook over a low heat for 10 minutes. Serve with steamed or roasted new potatoes or with rice.

Guinea fowl salad with fruit

Roast half a guinea fowl weighing about 1 kg (2 $\frac{1}{4}$ lb) for approximately 30 minutes. Leave to cool completely. Wash and dry some radicchio leaves, and cover the serving dish with them. Peel and finely slice 1 Granny Smith apple and 2 peaches. Sprinkle with lemon juice. Arrange these items on the bed of lettuce, together with the finely sliced meat of the guinea fowl and 25 g (1 oz, $\frac{1}{4}$ cup) blackcurrants. Blend 150 ml ($\frac{1}{4}$ pint, $\frac{2}{3}$ cup) plain yogurt with 1 tablespoon cider vinegar, seasoned with salt and pepper. Cover the guinea fowl with this dressing.

Guinea fowl with chest nuts

Cut 2 small guinea fowl in half lengthways. Brown them in hot butter in a flameproof casserole, together with 150 g (5 oz. $\frac{3}{4}$ cup) diced belly of pork and 3 chopped shallots. Cook gently for approximately 40 minutes, turning occasionally, then dilute the meat juices with 250 ml (8 fl oz. 1 cup) red Burgundy. Add a bouquet garni and 300 g (11 oz) cooked chestnuts. Cook gently for a further 10 minutes. Remove the bouquet garni, bind the sauce with 75 g (3 oz. 6 tablespoons) butter, adjust the seasoning and serve hot straight from the casserole.

Stuffed guinea fowl Jean Cocteau

Draw a guinea fowl weighing about 1 kg (2 $\frac{1}{4}$ lb) and put the liver and gizzard to one side. Soak 100 g (4 oz., 1 $\frac{3}{4}$ cups) fresh breadcrumbs in hot milk, then. Mix with 1 raw egg, 1 chopped tarragon, chives, chopped parsley and chervil, then the liver and gizzard, also chopped. Stuff the guinea fowl with this forcemeat and season the outside lightly with salt and pepper. Sew it up, bard it and tie firmly, then fry in a flameproof casserole containing 15 g (1/2 oz. 1 tablespoon) butter and 1 tablespoon oil. When the guinea fowl begins to turn a golden colour, remove it from the casserole and place on a dish, then sprinkle with 100 ml (4 fl oz. $\frac{1}{2}$ cup) heated Cognac and set alight.

In the same casserole place 3 carrots and 3 onions chopped into large pieces and 2 crushed garlic cloves. Leave to cook for a few moments, then return the guinea fowl to the casserole. Moisten with 250 ml (8 fl oz. 1 cup) each white wine and Cognac. Add 100 ml (4 fl oz., $\frac{1}{2}$ cup) water, cover the casserole and cook for 45 minutes over a gentle heat.

Use a fork to prick 4 boudins blancs and 4 black puddings (blood sausages), place them with 1 tablespoon oil in a flameproof dish and grill (broil). Peel, quarter and core 4 apples and brown them in a sauté pan with a little butter. Season very lightly with salt. When the guinea fowl is ready, carve it and arrange on a warm dish. Cover with the strained cooking liquid, sprinkle with chopped herbs and surround with the grilled puddings and apple quarters.

GUINEA PEPPER The name is sometimes applied to cayenne pepper, but it is usually an

alternative term for Melegueta pepper.

GUINEA PIG The guinea pig has long been a source of food in Peru, Ecuador and Bolivia where it is known as cuy or cui. Peruvian Incas kept domesticated guinea pigs as a source of food. European explorers named this rodent, a species of cavy (cavy porcellus), the guinea pig and introduced it to Spain in the 16th century. It was considered a delicacy at first, but it did not become an established source of food. Guinea pig is cooked in South America, West Africa and the Philippines, by grilling or simmering in a rich stew.

GUINGUETTE A type of French suburban tavern, usually situated in pleasant surroundings. Where people go to eat, drink and dance on public holidays. Some etymologists believe that the name is derived from guinguet, a rather sour wine cultivated in the Paris suburbs; other is might be derived from the Old French guinguer (to jump), which has given rise to the French word guincher (to dance) in the 18th century guinguettes were spread out along the Seine, in the district of the Tuileries. Their name is especially linked to the Romantic period, when they were found outside the gates of Paris and on the Hilltops of Belleville.

GULAB JAMUN An Indian speciality, a dessert or milk which is boiled until greatly reduced and condensed. A little flour is added and the mixture is rolled into small balls. These are deep-fried in ghee or oil until golden and then macerated in a syrup flavoured with rose water, cardamom or vanilla. The gulab jamun may be flavoured with spice or stuffed with a filling of nuts and dried fruits before being shaped.

GUM a viscous, translucent substance that exudes from certain plants.

- **GUM ARABIC** secreted from acacia trees in Sudan and Egypt. The basic ingredient of chewing gum, marshmallow and liquorice, it is also used to glaze some items of confectionery and as a clarify stabilizer in the chemical treatment of wines.
- **GUM TRAGACANTH** The most mucilaginous kind of gum, extracted from shrubs of the genus *Astragalus*. It is used in the manufacture of stabilizers, emulsifiers and thickeners for the food industry. It prevents crystallization in ice cream and jam. Gutar gum produced by a leguminous plant, can be used for the same purposes as gum tragacanth. Gums extracted from some algae are also used in cooking, as well as synthetic gums.

GUMBO An American stew or beauty soup featuring in Creole and Cajun cooking. A stew of mixed ingredients, including vegetables, okra in particular, with onion, (bell) peppers, tomatoes and garlic. Fish, crab, oysters, poultry, meat and/or spicy sausage may be added. The okra acts as a thickening agent (okra is also known as gumbo in West Africa) but it is not an essential ingredient in all recipes for gumbo (and there are many). File powder, made from ground sassafras leaves, may be added as well as or instead of okra to thicken and flavour gumbo.

GUMPOLDSKIRCHNER A wine town Thermenregion, Austria, producing good white varietal wines, particularly from Zierfandler and Rotgipfler grapes

GUARNARD Grondin also known as gurnet. Any of several European fish of the family Triglidae. The French name, meaning 'grunter', derives from the gruntign sound the fish is said to make when it comes out of the water. In Britain it is also called sea robin. All gurnards have a cylindrical body, a spindle-shaped tail, a large head protected by bony plates, an elongated muzzle and a wide mouth. The pectoral fins are finger-shaped and are used to explore the muddy sea bed. They are 20-60 cm (8-24 in) long and their weight varies between 100 g (4 oz) and 1.25 kg (2 ¼ lb). there are several types of gurnard, which are mainly distinguished by their colour: the cuckoo gurnard is red mottled with green, the grey gurnard is brownish-grey, the red

gurnard and the trigle lyre are pink or red, with lighter coloured bellies.

The fish should always be carefully trimmed with the fins removed. The flesh is lean, white, firm and sometimes rather tasteless, but it is rich in protein, iodine and phosphorus. It is usually poached or used in soups and bouillabaisse. It can also be cooked in the oven or even grilled (broiled), but in this case the fish must be protected, because the fragile skin is damaged by excessive heat.

Gurnard is often sold in France as red mullet, but although it has a delicate flavour it cannot really be compared with this fish. However, all recipes for red mullet are suitable for gurnard.

RECIPE

Baked gurnard

Choose 2 good quality gurnards, each weighing about (400 g (14 oz)). Draw, clean and dry them. Score oblique cuts on the back of each fish from the backbone outwards and pour in few drops of lemon juice. Butter a gratin dish and spread in it a mixture of 2 large onions, 2 shallots and 1 small garlic clove, all very finely chopped. Sprinkled with chopped parsley. Place the fish in the dish and add 200 ml (7 fl oz. $\frac{3}{4}$ cup) white wine and 50 g (2 oz. 4 tablespoons) melted butter. Season with salt and pepper and sprinkle with a little rhyme. Arrange slices of lemon along the backs of the fish and sprinkle with chopped fresh bay leaf. Bake in a preheated oven at 240°C (475°F, gas 9) for about 20 minutes, basting the fish several times during cooking.

Just before serving, flame the gurnards with 4 tablespoons heated pastis.

GUT To remove, by hand or mechanically, the innards, including the giblets, of an animal, bird or fish.

GYOZA Japanese name for Chinese-style dumplings. Circle of dough are folded into little pastries over the filling, which usually consists of well-seasoned minced pork with vegetables. The dumplings are fried in a little fat, then a small quantity of water is added and the pan is covered so that the dumplings are steamed until cooked through. The gyoza are served freshly cooked, with a dipping sauce. When cooked by frying and steaming, the dumplings are known as pot stickers or pan stickers. They may also be deep-fried, steamed or simmered in broth.

GRYO Greek spit-roast lamb. Minced (ground) lamb is shaped on a vertical spit and cooked in front of a heat source. The meat is sliced off the outside as it is cooked, then served in pitta bread, with onion, tomato, lettuce and tzatziki (cucumber in yogurt) or a yogurt or a yogurt sauce. Rolled up in the bread, with its accompaniments, gyro pita is a popular snack.

GYROCEPHALUS RUFUS gyrocephale rousatre A funnel-shaped mushroom, split at the side and orange – pink to reddish-brown. It grows in damp meadows and under conifers. Fleshy and tender it is eaten raw in salads when unripe; otherwise it can be eaten only after thorough cooking.

H

HACHEE SAUCE A sauce of ancient origin, so called because all the ingredients are chopped and appear as separate pieces in the finished sauce. It can accompany roast red meat or venison. Careme gives this receipt:

Put 2 tablespoons vinegar into a saucepan. Add 1 level tablespoon chopped mushrooms, half this quantity of parsley, 2 chopped shallots, a little garlic, a fragment of thyme and bay leaf, 2 cloves, a generous pinch of white pepper and a little grated nutmeg. Cook this seasoning over a low heat. Remove the thyme, bay leaf and cloves, and add 2 tablespoons consommé and 2 tablespoons espagnole sauce. Boil down to reduce and transfer to a bain marie. Just before serving, stir in a small piece of anchovy butter, 2 small gherkins, chopped very finely, and some capers.

HACHUA A Basque dish made from sirloin of beef and fat ham, braised for several hours in white wine with carrots, onions and a bouquet garni. Hachua is also the name of a ragout of veal or beef braised with diced Bayonne ham, peppers and onions.

HADDOCK eglefin A fish belonging to the cod family but generally smaller than cod. up to 1 m (3 ft) long and weighing 2-3 kg (4 ½ - 6 ½ lb). When sold whole and gutted (cleaned), fresh haddock can be recognized by its brownish-grey colour, with a dark lateral line and a black mark under its first dorsal fin. The fresh is white and delicate. Haddock is also sold in fillets.

Fresh haddock is prepared and cooked in the same way as cod, both fish lending themselves to a great number of culinary treatments.

Smoked haddock is prepared by splitting the fish lengthways as soon as it is caught, rubbing it lightly with salt, hanging it by the tail, and leaving it to smoke for 24 hours. Smoked haddock is usually poached in milk and served either with boiled potatoes and leaf spinach or with a poached egg and covered with a white cream sauce. Other members of the cod family, especially cod itself, may be lightly smoked in the same way as haddock, but they have neither the texture nor the subtle flavour.

The following recipes are for smoked haddock.

RECIPES

curried haddock

soak the smoked haddock in cold milk for 2-3 hours. Prepare a curry sauce. Drain and dry the haddock thoroughly, then bone, skin, and dice the fish. Cook thinly sliced large onions in butter, allowing 2 onions per 450 g (1 lb) fish. Cool. Add the haddock to the onions, moisten with the curry sauce, then cover and simmer for about 10 minutes. Serve with boiled rice.

grilled haddock

place the smoked haddock in a dish, cover it with cold milk, and leave for 2-3 hours. Dry the fish thoroughly, brush with melted butter or oil, and grill (broil) gently. Serve with melted butter seasoned with pepper and lemon juice, but no salt, accompanied by boiled potatoes or buttered spinach.

haddock gateau

boil 1 kg (2 ¼ lb) potatoes in their skins. Clean and slice the white part of 5 leeks and braise them

in a littler water and 40 g (1 ½ oz, 3 tablespoons) butter for 8 minutes. Thinly slice 2 smoked haddock fillets weighing about 350 g (12oz) each. Clean 150 g (5 oz, 2 cups) mushrooms and slice them thinly. Peel the potatoes and cut them into thick slices. Spread two-thirds of the haddock in the bottom of a buttered ovenproof mould and cover with the mushrooms, potatoes, leeks and the remaining haddock. Top with 6 tablespoons crème fraiche. Sprinkle with pepper, but no salt. Cover the mould with foil and cook in a bain marie in a preheated oven at 240C (475 F, gas 9) for 30 minutes. Unmould the gateau and retain the juices that will have formed. Cook 1 chopped shallot in 10 g (¼ oz, 1 ½ teaspoons) butter, add the juices, and boil down until reduced by one-third. Add 6 tablespoons single (light) cream. Pour this sauce over the gateau.

haddock rillettes

poach 900 g (2 lb) smoked haddock in a mixture of unsalted water and milk for 3 minutes. Simmer very gently, but do not boil, remove the fish and drain well. Using a food processor, mix together 5 hardboiled (hard-cooked) eggs, 40 g (1 ½ oz, 3 tablespoons) butter, 3 tablespoons parsley and 2 tablespoons chopped chives. Then add the haddock, the juice of half a lemon and 6 tablespoons olive oil, and mix together very rapidly. Place the mixture in a bowl. Peel and seed 2 large tomatoes and place in a food processor or blender. Add the juice of half a lemon, 3 finely chopped shallots, 6 tablespoons olive oil, salt and pepper. Blend to a smooth sauce. Cover the bottom of each plate with 3 tablespoons of this sauce. Arrange 3 ovals of the haddock mixture (formed with a spoon) in a star pattern on the sauce. Serve with toast.

poached haddock

Soak the smoked haddock in cold milk for 2-3 hours, then remove it. Bring the milk to the boil, add the haddock, and poach without boiling (otherwise it will become stringy) for 6-10 minutes, depending on the thickness of the fish. Serve with melted butter strongly flavoured with lemon juice and chopped parsley, accompanied by boiled potatoes.

HAGGIS A Scottish national dish, a type of spicy offal sausage, traditionally consisting of a sheep's stomach stuffed with a spicy mixture of the animal's heart, liver and lungs, onions, spices, oatmeal and mutton fat. The haggis is poached in stock or water and served with mashed swede (rutabaga). The traditional accompaniment is malt whisky or strong beer. It is served on high days and holidays, such as the anniversary of the birth of the Scottish poet Robert Burns (25 January), who wrote an Address to a Haggis and Hogmanay.

The name probably comes from the verb hagen (to hack), although some authorities suggest that it is derived from the words an guil'an neuf (mistletoe for the New Year), the cry of the mistletoe sellers in the Middle Ages, possibly inspired by a vague memory of ancient Druidic ceremonies.

The best haggis are still prepared in a stomach casing, but good examples are commonly available in synthetic casing. Although its description is not immediately appearing, haggis has an excellent nutty texture and delicious savoury flavour. It is especially good with a simple veloute sauce of rich chicken or lamb stock flavoured with a generous quantity of whisky, refreshed by stirring in a handful of chopped parsley. This accompaniment may not be traditional but it complements the haggis and buttery swedes.

HAKE merlu A sea fish that has a long cylindrical body with two dorsal fins, one anal fin and no barbs. It belong to the genus Merluccius and there are about ten species. In France the fish is called colin in many recipes and even by fishmongers. Small hake are called merlucbons

The hake measure up to 1 m (39 in) and weigh up to about 4 kg (9 lb). The head and back are dark grey (hence the French name colin, which comes from the Dutch koolvisch, meaning coal fish) the undersurface is silvery white. It has a mild flavour and few bones and these are easy

to remove. Although it is intensively fished, it is always expensive. Before the opening up of North Atlantic fishing, hake was salted and used instead of salt cod in European markets. Medium-sized fish are sold whole (in which case there is 40% waste). Larger fish are sold in sections or steaks. The piece of hake just behind the head tastes the best, but its appearance is less pleasing. The head itself, which is cartilaginous, imparts a smooth texture to fish soups.

Hake should always be cooked for a short time, particularly when poached, and care should be taken to ensure that the flesh not disintegrated. There are numerous ways of preparing hake, both hot au gratin with delicate sauce such as caper or Mornay, and cold with mayonnaise or sauce verte. All recipes for cod are suitable for hake.

RECIPES

hake a la boulangere

Season a piece of hake weighing 1 kg (2 ¼ lb), taken from the middle of the fish. Put it into a greased gratin dish and coat with melted butter. Arrange 800 g (1 ¾ lb) thinly sliced potatoes and 200 g (7 oz, 1 ¾ cups) sliced onions around the fish. Sprinkle with salt, pepper, thyme and powdered bay leaf. Pour 25 g (1 oz, 2 tablespoons) melted butter over the top. Place the dish in a preheated oven at about 200°C (400°F, gas 6) and cook, for 30-35 minutes. Sprinkle the fish with a little water several times during cooking. Serve in the gratin dish garnished with chopped parsley.

hake cosquera

Cut a 1 kg (2 ¼ lb) hake into thick slices. Wash 24 clams. Heat 2-3 tablespoons olive oil in an earthenware casserole and cook the fish steaks for 6 minutes. Season with salt and pepper. As soon as the juices from the fish become colourless, add the clams. Sprinkle with chopped garlic and parsley and continue to cook briefly until the shellfish open. Serve immediately.

hake mere Joseph

Dress a hake weighing about 1 kg. (2 ¼ lb). Remove the head and cut the body into 4 pieces. Dry then and rub each piece thoroughly with the cut surface of a lemon half. Sprinkle with pepper, and brown them in lard in flameproof casserole. Add 3-4 chopped shallots and allow them to brown slightly. Blend 1 tablespoon tomato puree (paste) with 1 tablespoon brandy and add to the casserole. Season with salt, cover, and simmer gently for 15-20 minutes.

hake steaks a la duxelles

Clean and chop 500g (18 oz, 4 ½ cups) button mushrooms and 2 shallots and mix together with 1 tablespoon lemon juice. Fry the mixture in 20 g (¾ oz, 1 ½ tablespoons) butter over a high heat for 5 minutes. Line a greased gratin dish with the mushroom duxelles and arrange 4 hake steaks on top. Add 250 ml (8 fl oz, 1 cup) white wine and 250 ml (8 fl oz, 1 cup) fish stock, or 500 ml (17 fl oz, 2 cups) fish fumet. Top with small pieces of butter, season and add a bouquet garni. Place in preheated oven at 240°C (475°F, gas 9) and cook for 25 minutes. Moisten with small quantities of water during cooking. Drain the fish and keep warm. Reduce the cooking liquid, replace the fish in the dish, pour over some cream and return to the oven for 5-6 minutes.

Hake steaks a la koskera

Flour 4 hake steaks. Heat 2 tablespoons olive oil in a deep, non-stick frying pan. Add the fish steaks and brown them on both sides, then add 2 chopped garlic cloves. Add 250 ml (8 fl oz, 1 cup) white wine, 250 ml (8 fl, 1 cup) of the liquid from a can of asparagus, 100 g (4 oz, 1 cup) petits pois cooked in water, 200 g (7 oz) clams and ½ chopped sun-dried red pepper. Simmer for about 15 minutes, or until the fish and vegetables are cooked. Add plenty of parsley and adjust the seasoning. Arrange in a dish, garnish with asparagus tips and quarters of hard-boiled (hard-cooked) eggs.

HALEVY The name given to two dishes, one of poached or soft-boiled eggs, the other of poached fish (cod, turbot or halibut), both dedicated to the French lyric composer Jacques Halevy and his nephew Ludovic, who wrote the libretto for various comic operas (particularly by Offenbach). These dishes, now seldom prepared, are unusual in using two different sauces for the same dish. Eggs Halevy are served in pairs, sometimes in tartlet cases filled with chicken in a veloute sauce. One egg is coated with either allemande sauce or supreme sauce and garnished with chopped truffles; the other is coated with tomato sauce and garnished with chopped egg yolk. Cod Halevy is surrounded by a border of duchess potatoes and served with the same sauces as for the eggs, each sauce covering one half of the dish. Turbot Halevy is also bordered with duchess potatoes, but one half is covered with a white wine sauce and chopped truffles and the other half with a Nantua sauce and chopped egg white.

HALIBUT fletan de l'Atlantique Flat sea fish, member of the Pleuronectidae family, which lives in cold, deep Atlantic waters. It can be up to 2.5 m (8 ft) long weigh up to 350 kg (800 lb); the flesh is very lean, white and similar to turbot. It can be grilled (broiled) or poached like brill. The black halibut (fletan noir) has a white, boneless flesh.

HALICOT a mutton stew, whose name is derived from the Old French verb *balicoter* (to cut into small pieces). The dish is also known as *haricot de mouton* even though it did not originally contain beans; it is mentioned in the recipes of Taillevent and La Verenne before the haricot (navy) bean was introduced into France. Today the stew is made with chopped meat, turnips, onions, potatoes and sometimes haricot beans.

RECIPE

Halicot of mutton

Cut about 800 g (1¾ lb) neck or breast of mutton into pieces. Season and put into a casserole with 4 tablespoons oil. Add a large sliced onion, 1 teaspoon granulated sugar and 3 level tablespoons plain (all-purpose) flour. Stir thoroughly. Then add 3 tablespoons tomato puree (paste) diluted with a little stock. Completely cover the meat with more stock, stir well, add a small crushed garlic clove and bouquet garni, and cook for 45 minutes., Skim the fat from the sauce and add 500 g (18oz) potatoes cut into quarters or neat oval shapes, 400 g (14 oz) small turnips and 200 g (7 oz) small peeled onions. Add sufficient stock to cover the vegetables and continue to cook for about 40 minutes.

HALLES, LES one of the main market places in central Paris, dating back to the reign of Philip Augustus in 1183. The other important markets were the corn and flour market (established in 1765) and the fresh fish and oyster market (in the Rue Montorgueil). Until 1969 all the wholesale food markets of central Paris were grouped together under metal pavilions that were constructed by the architect Victor Baltard in the reign of Napoleon III (1852-70). These pavilions, known as umbrellas, replaced the stalls and booths that had stood on this site, which was called *Les Champeaux*, since the time of Louis de Gros. In the 15th century the market halls of *Less Champeaux* were reserved exclusively for food trading. In 1958 an enquiry was opened into the possibility of moving *Les Halles* from their central position to a site on the outskirts of Paris, and in 1973 the wholesale markets for meat and poultry moved to Rungis.

HALVA

HALVA Also known as *halvah*. An Eastern sweetmeat based on roasted sesame seeds, which are ground into a smooth paste and mixed with boiled sugar. It has a high fat content and, although

very sweet, a slightly bitter taste. Other types of halva can be aerated and whipped, and cream or crystallized (candied) fruit may be added.

HAM A leg of pork, cured in various ways. The ham may be sold whole or sliced, cooked (for example, Paris ham or York ham) or raw – that is pickled in brine, dried, and sometimes smoked (for example, the hams of Bayonne, Auvergne, Westphalia, Parma, Prague). A good ham should be plump, with an ample, though not too thick, layer of fat under the rind. Pork shoulder is cured in the same way, but it is not entitled to be called “ham” the flavour is not as good, but it can be used in cooked ham dishes.

Ham is cut from the leg and then brined. Gammon is also from the leg but it is cured while still on the side of the carcass. It may be smoked separately or left unsmoked. In French cookery the term jambon means not only ham but also a leg of fresh pork. This cut can be cooked in a great many ways, either whole or divided into smaller cuts. It is also used as an ingredient for stuffing and in various manufactured pork products.

The salting and smoking of pork to produce ham is of Fresh origin,. It was the Gauls, subjected the pork to the smoke of certain selected woods for two days. They then rubbed the meat with oil and vinegar, and hung it up to dry and preserve it. The Gauls are ham either at the beginning of a meal to sharpen their appetites, or at the end to induce thirst.

Salting is also an ancient method of preserving meat all over Europe. Pigs, in particular, were ideal animals for home rearing and they were kept in town gardens as well as country cottages. The meat from animals slaughtered in early autumn was salted and hung for winter use. This method is also used in China where Yunnan is known for fine-quality ham.

Modern Curing Today the curing of ham involves two main operations, salting and smoking. The hams are salted in brine or dry salt; rubbed with dry salt, saltpeter and sugar and left for three days well covered with this mixture; or have brine injected into the veins before they are boned. The salted joints are then put into brine, washed, brushed and dried. Finally, the hams are smoked in special chambers, starting with a light smoke, which grows denser as the operation proceeds. This treatment varies according to the type of ham and whether it is to be eaten cooked or raw.

Formerly, the characteristic flavours of hams varied with the type of salt, the curing process and the breed, diet and age of the pig; hence their regional names. In many cases these names still designate a local product, but others merely described a method of curing and are applied to hams from any breed of pig or place of origin. This is the case with York ham, Prague ham and even Bayonne ham.

Ham served cooked York ham is the best-known variety. After dry salting. It is lightly smoked. It is cooked on the bone either in stock or steamed. It can be served hot or cold.

Paris ham is pressed in a mould and steamed to give it its oblong or cylindrical shape. It is unsmoked and lightly salted, with a delicate flavour.

Prague ham is soaked in sweetened brine and may also be smoked. It is sold ready-cooked, or ready for cooking, either by poaching or by baking in a pastry case.

In the United States high-quality hams are referred to as country-cured and most of them are produced in Georgia, Kentucky, Tennessee and Virginia . The best-known is Snutfield, a dark, lean Virginia ham. Mass-produced hams are called urban or city hams, and are not of the same quality.

Raw hams These hams are usually served finely sliced. They are cured, matured and dried; They may be smoked. Although they are suitable for serving raw, they may be used in cooked dishes. The various trade names are not usually protected. Traditionally the ham is treated by repeatedly rubbing salt into the meat, but not by injecting brine (though this may be done to certain ‘mountain’ or ‘country’ hams); the most important aspect of the curing process is the maturing period.

Bayonne ham is manufactured all over France, although the original product was made in that region and is still made of Orthez and Peyrehorade. The red seal guarantees that the ham comes

from good-quality carcasses, has been rubbed with a mixture of salt from Salies-de-Bearn, saltpeter, sugar, pepper and aromatic herbs, and has been dried for 130-180 days.

Hams from the Alps, the Morvan, the Causses, Savoy and the Ardennes are all smoked to some extent, and are of varying quality. The injection of brine and polyphosphates along the length of the bone hastens the curing and the ham can be sold two months after processing, but its keeping quality is poor and the flavour insipid. If, however, it has been produced by local tradesmen supplied direct from the farms, then it is full of flavour. It is eaten in thin slices, either raw or fried with eggs, or it may form part of one of the regional dishes.

Parma ham (prosciutto di Parma) is particularly tasty, being matured for 8-10 months. Connoisseurs are very fond of the ham from San Daniele. It is eaten very thinly sliced, with melon or fresh figs.

Serrano ham, from Spain, is an unsmoked ham from white pigs.

Westphalian ham is protected by trademark. It is dry-salted, brined, desalted and cold-smoked over strongly resinous wood, then dried. Mainz ham is brined, desalted, soaked in brandy or wine lees, and smoked for a long period. Both these German products are excellent.

A leg of wild boar is also called a ham; it is soaked in a sweet-and-sour marinade, then braised in the same liquid, often with fruit such as prunes, raisins or candied orange peel.

Other specialties include Reims ham (prepared with pieces of cooked shoulder and ham, covered with aspic and pressed in a mould), which is traditionally sold coated with breadcrumbs; jambon persille from Burgundy or the Morvan, also made with cooked shoulder and ham, with cooked shoulder and ham, with jelly and a large proportion of parsley added before moulding. According to Austin de Croze, the very best of all hams is from Artigues-de-Lussac, cooked but not smoked, fried with garlic and vinegar, left in the vinegar for 24 hours, and served very cold.

Cooking ham Hams to be served cooked and cured by traditional methods, with a high salt content, have to be soaked for several hours before cooking. However, the majority of hams cured by contemporary processes are far less salty and do not require soaking, which can make them tasteless. Check with the supplier or on the label for information.

The drained ham should be brought to the boil in fresh water. Just as the water boils, it should be drained away and fresh water added. When the water boils and scum has been skimmed off, flavouring ingredients, such as onions, vegetables, a bouquet garni, cloves, coriander seeds and peppercorns are added. The ham is then simmered gently. Alternatively, many mild, lightly salted hams can be baked. A combination of boiling for half of the time and then baking gives excellent results. As a guide, cooking times are calculated at 40 minutes per 1 kg. or 20 minutes per 1 lb, plus an extra 40 or 20 minutes.

BRAISED HAM

A few hours before cooking a fresh ham (or a corner of middle gammon), rub it with salt mixed with powdered thyme and bay leaf. When ready to cook, wipe the ham dry, then brown it lightly in 50g (2oz, ¼ cup) butter. Prepare a meatless matignon* with 250 g (9oz, 1½ cups) peeled, finely diced and cored carrots, 100g (4oz) celery sticks with the strings removed, and 50 g (2oz, 1/3 cup) coarsely chopped onions. Cook these vegetables gently in 50 g (2 oz, ¼ cup) butter, in a covered pan, with a bay leaf, a sprig of thyme, salt, pepper and a pinch of sugar, for about 30 minutes. Then add 20 ml (7fl oz, ¾ cup) Madeira or 200 ml (7fl oz, ¾ cup) Meursault or Riesling and let it reduce with the lid off until the vegetables are soft and all the liquid has been used up.

Put the ham in a roasting tin (pan), coat it with the matignon and sprinkle it with melted butter, then cover with buttered greaseproof (wax) paper. Cook in a preheated oven at 200 °C (400 °F, gas 6), allowing 20-25 minutes per 450 g (1 lb), basting frequently with the cooking butter (if this seems to be getting too brown, add a few tablespoons of stock). When the ham is cooked, remove the greaseproof paper and the matignon and place the ham on a hot serving dish. Deglaze the roasting tin with a mixture of one-third Madeira and two-thirds stock, and reduce by half. Put the matignon and the cooking juices through a blender and pour this sauce over the ham.

Braised ham a la bayonnaise

Soak a Bayonne ham in cold water for at least 6 hours to remove the salt, then poach it in salted water until it is three-quarters cooked (the meat should still resist a trussing needle stuck into it). Drain and skin it by removing the rind and excess fat, leaving about 1 cm (½ in) of fat on the ham. Complete the cooking as for braised ham. When it is cooked, put it on an ovenproof serving dish, with a little of the strained cooking juices poured over, and glaze in the oven.

Meanwhile, prepare a well-seasoned rice pilaf, adding chopped tomatoes (use slightly less water to cook the rice, as tomatoes are very watery). Sprinkle some cleaned button mushrooms with lemon juice and cook them gently in butter. Fry some very thin chipolata sausages in butter. Mix the rice and the mushrooms, and arrange this garnish around the ham, with the chipolatas around the edge of the dish. Serve the rest of the cooking juices separately in a sauceboat.

Braised ham a la crème

Cover a fresh ham with water and cook until three-quarters done (the meat should still resist a trussing needle stuck into it). Remove the rind and surplus fat, leaving about 1 cm (½ in) of fat on the ham. Prepare a mirepoix* with 200 g (8oz) peeled and cored carrots, 125 g (4½oz) onions, 75g (3oz) celery sticks and 125 g(4oz) raw ham or blanched belly pork. Melt 50 g (2oz, ¼ cup) butter in a saucepan and add the mirepoix with a sprig of thyme and a few sprigs of chopped parsley; cook very gently with the lid on until the vegetables are quite soft.

Spread the mirepoix in a roasting tin (pan) and place the skinned ham on top; pour over 6 tablespoons stock, 50 g (2oz, ¼ cup) melted butter and 200 ml (7fl oz, ¾ cup) Madeira. Cover the ham with buttered greaseproof (wax) paper and cook in a preheated oven at 200 °C (400 °F, gas 6) for about 1½ hours, basting frequently with the cooking juices and adding a little stock if necessary to keep it moist. When cooked, drain the ham and place it on a hot serving dish.

Reduce the cooking liquid a little, then add 500 ml (17 fl oz, 2 cups) crème fraiche and reduce by one third. Put this sauce through a blender and serve it with the ham.

Braised ham with pineapple

Put a fresh ham weighing about 5 kg (11 lb) into cold water, bring to the boil, and simmer very gently for 2 hours. Drain the ham and leave until cold, then remove the rind, leaving a 1 cm (½ in) layer of fat on the ham. Stud the ham with cloves and sprinkle with 125 g (4½ oz, ½ cup) caster (superfine) sugar. Place in a roasting tin (pan) and bake in a preheated oven at 220 °C (425 °C, gas 7) for 1½ hours.

Heat about 12 canned pineapple slice in their syrup. Put 250 ml (8fl oz, 1 cup) wine vinegar and 20 peppercorns into a saucepan, bring to the boil, and then add 500 ml (17 fl oz, 2 cups) stock. Prepare a pale caramel with 125 g (4½ oz, ½ cup) caster sugar and strain the flavoured stock on to the caramel. Add 2 glasses of sherry and reduce until syrupy; pour into a sauceboat. Put the ham on a hot dish and surround it with the drained slices of pineapple; serve the sauce separately.

Cold ham mousse

Mince (grind) 500 g (18oz) cooked bean ham, adding 200 ml (7 fl oz, ¾ cup) cold thick veloute* sauce. Puree in a blender, then put it into the bowl and stand it on ice; season and stir with a spatula for a few minutes, adding 150 ml (¼ pint, 2/3 cup) liquid aspic, a little at a time. Finally, gently cold in 400 ml (14 fl oz, 1¾ cups) double (heavy) cream whipped until fairly stiff. Pour into a mould lined with aspic, and chill until set. Turn out on to the serving dish and garnish with chopped aspic.

Glazed ham

Soak a medium-sized ham in cold water for at least 6 hours, then scrub it and bone it at the loin end. Put it in a large sauce pan with plenty of cold water but no seasoning. As soon as the water boils, reduce the heat and let it simmer very gently, allowing no more than 20 minutes per 450g

(1lb). After draining and skinning the ham, put it in a roasting tin (pan), sprinkle with icing (confectioner's) sugar and glaze in a preheated oven at 180 °C (350 °F, gas 4) for about 30 minutes. As it caramelizes, the sugar turns into a sort of golden lacquer, enhancing the appearance and flavour of the ham.

Glazed ham reine pedauque

Poach a middle or corner gammon in Meursault for 20 minutes per 450g (1 lb). Cut it into thin slices and leave until cold. Spread each slice with a layer of foiegras mixed with diced truffle, and put the slices together to re-form the original shape. Coat with a port-flavoured chaud-froid sauce. Garnish with slices of truffle and glaze with port-flavoured aspic. Place the glazed ham on a long serving dish and surround it with little squares of aspic.

Ham a la chablisienne

Remove the stalks from 1.5 kg. (3 ¼ lb) spinach, wash the leaves and cook them briskly in salted boiling water until wilted. Cool them down in iced water, then squeeze out all the water. Finely chop 1 small shallot and sweat in a saucepan in 10 g (¼ oz, 1 ½ teaspoons) butter, without letting it brown. Add 200 ml (7 fl. Oz, ¾ cup) Chablis and reduce to 4 teaspoons. Add 200 ml (7 fl. oz, ¾ cup) chicken stock and reduce by half. Pour in 200 ml. (7 fl. Oz, ¾ cup) double (heavy) cream and cook until it thickens slightly. Season with salt and pepper, in another saucepan, heat 50 g (2 oz, ¼ cup) butter until it turns brown. Add the spinach and stir with a fork spiked with a peeled garlic clove. Adjust the seasoning. Place the spinach in an ovenproof dish. On top arrange 4 thick slices of ham previously warmed in stock and then drained. Pour the sauce on top and put in a preheated oven at 180°C (350°F, gas 4) for a few minutes.

Poached ham in pastry à l' ancienne

Poach a York ham in water until it is two-thirds cooked, then drain. Remove the skin and glaze on one side with caramel, then let it get cold. Prepare 575 g (1 ¼ lb) lining pastry (see short pastry), about 225 g (8 oz) vegetable mirepoix and 3 tablespoons mushroom duxelles. Mix the mirepoix and the duxelles together, adding 1 chopped truffle.

Roll out the pastry to a thickness of about 4 mm (¼ in) and spread the vegetables mixture over an area in the center about the same size as the ham. Place the ham on the vegetables, glazed side down, wrap it in the pastry and seal the edges. Put it in a buttered roasting tin (pan), sealed side down. Brush the top of the pastry with beaten egg yolk and garnish with shapes cut from the pastry trimming. Make a hole in the top for the steam to escape and cook in a preheated oven at 180-200°C (350-400°F, gas 4-6) for about 1 hour. Place the ham on a serving dish. If liked, a few spoonfuls of Perigueux sauce can be poured in through the opening.

Other recipes See aspic, canapé, cornet, crepe, fig, pate, pea porte-maillot, quiche.

HAMBURGER Minced (ground) beef shaped into a flat round patty and grilled (broiled) or fried. The name is an abbreviation of Hamburger steak – beef grilled in the Hamburg style. Originally introduced into the United States by German immigrants, the American style of hamburger has been exported around the world. It is usually sandwiched in a round bread roll and may be garnished with tomato ketchup, mayonnaise, lettuce, pickles and slice of tomato. It may also be topped with various other foods, including cheese (a cheeseburger), olives (olive burger), mushrooms (mushroom burger) or chilli (chilli burger).

RECIPE

Hamburgers

Mix 400 g (14 oz) best-quality minced (ground) beef with 50 g (2 oz, 1/3 cup) chopped onion, 2 beaten eggs, salt, pepper and 1 tablespoon chopped parsley if liked. Shape the mixture into 4 thick flat round patties and fry in very hot clarified butter or grill (broil). They are cooked when

droplets of blood appear on the surface. Fry 100 g (4 oz, 2/3 cup) chopped onion in the same butte to garnish the hamburgers. Serve very hot in a round bun.

HANAP A large drinking goblet with no handle. Used in France in the Middle Ages. It was made of wood, pewter, silver or even hard polished stone.

HANGING The operation of leaving red meat, especially game, in a cool place for a varying length of time to make fresh more tender and improve the flavour.

The French word is derived from *faisan* (pheasant). When it is fresh, pheasant is tough and without much flavour. It grows tender and its aroma develops after it has been hung, the length of time depending upon the temperature. In Brillat-Savarin's time, pheasant was not considered fit for the gastronome's table except in a state of complete putrefaction. This authority recommends, in effect, that it should be kept, unplucked, until its breast turns green, so that for roasting on the spit it has to be held together by a slice of bread tied on with string. Nowadays, game and meat are no longer hung until they are high.

Game that is wounded in the belly or damaged by lead shot should never be hung, as it will not very quickly. Woodcock and certain other game birds are not drawn, but large game should be drawn as quickly as possible. Game birds are wrapped in muslin (cheesecloth) or a cloth and suspended by the legs in a cool, dry, and preferably well-ventilated place. Woodcock needs to be left for the longest time, followed by wild duck, pheasant and partridge. Small birds are generally not hung. Game animals are hung for 2-4 days. Both winged game and ground game when hung acquire a similar flavour to that of pheasant.

Meat should be hung in a cool, airy place. In theory, beef needs to be hung for 3-4 weeks at -1.5°C (29°F), 15 days at 0°C (32°F), 2 days at 20°C (68°F) or 1 day at 43°C (109°F). In practice, however, it is hung in a cold room at 2°C (35°F) for 5-6 days.

HARE A game animal belonging to the same family as the rabbit, but larger and having dark flesh. The male is called 'buck', the female a 'doe'. The best French wild hares are found in Beauce, Champagne, Brie, Normandy, Poitou, Gascony and Perigord (the last being the region where the most famous French hare dish, *la royale*, originated). The meat is highly flavoured and excellent, the mountain variety having a more delicate flavour than that of the plains.

Hare meat is cooked in different ways according to its age. A leveret (2-4 months) weighs about 1.5 kg ($3\frac{1}{4}$ lb) and is usually roasted. A 1-year-old hare (called a *trios-quarts* in France) weighs 2.5-3 kg ($5\frac{1}{2}$ - $6\frac{1}{2}$ lb) and yields excellent saddles for roasting and meat for sautéing. Hares more than 1 year old (known in France as *capucins*), weighing 4-6 kg (9-13 lb), are mostly made into civets (jugged hare). A year-old hare is best of the table. If it is much older, it should be made into a terrine or cooked *en daube*.

Hare are not hung, since they deteriorate after about 48 hours. A marinade based on a rough red wine is used for civets. Hare fillets and legs are sometimes used for specific recipes. Hares with cherries is a German speciality.

RECIPES

Preparation of fillets of hare

Separate the saddle from the forequarters of a hare as far behind the ribs as possible, and place the saddle on its back. With a pointed knife, cut away the meat on both sides of the backbone. Ease off the flesh to halfway up the backbone, then place the blade of a very heavy knife against the backbone and, by tapping on the blade, complete the separation of the fillets. Do the same on the other side. Separate the fillets from each other, then lard them with fat bacon. Season with salt, pepper and a pinch of cayenne; pour over a dash of brandy and leave to marinate until the time for cooking.

Fillets of hare on croutes

Prepare the fillets and place them in a buttered roasting dish. Pour over melted butter and cook them in a preheated oven at 240 °C (475 °F, gas 9), covering them with foil once they are browned. Serve on bread croutes fried in butter and cot with financieriere of Perigueux sauce, or a fruit sauce (cranberry or redcurrant).

Hare cutlets with mushrooms

Finely chop a boned hare. Add one-third of its weight of bread soaked in cream and an equal quantity of chopped mushrooms, parsley and shallots. Season with salt and pepper, add a pinch of quateepices (a mixture of white peppercorns, nutmeg, cinnamon or ginger, and cloves), and blend all the ingredients together into a firm paste. Divide the mixture into portions 50-65 g (2-2½ oz), roll into balls, then flatten into cutlets. Coat with flour and fry in clarified butter. Serve with a game sascue, such as poivrade.

Hare mousse

Remove the sinews from 450 g (1 lb) hare meat and chop the meat very finely in a food processor. (A few chopped truffle skins may be added.) Sprinkle with 1¼ teaspoons table salt and a large pinch of white pepper. Gradually incorporate 2-3 egg whites, still in the processor, then rub the mixture through a sieve. Stir the sieved mixture in a shallow frying pan over a low heat until it is quite smooth, then transfer it to a bowl; refrigerate for 2 hours.

Stand the chilled bowl in a bowl of ice cubes and gradually add 750 ml (1¼ pints, 3¼ cups) double (heavy) cream, stirring vigorously with a wooden spoon. Put it back in the refrigerator for 1 hour. Butter some dariole moulds and fill with the mousse. Put the moulds in a bain marie, bring to the boil, cover with foil, and cook them in a preheated oven at 200 °C (400 °F, gas 6) for 25-30 minutes (a fine needle inserted in the mousse should come out clean). Serve with a Perigueux sauce.

Hare pate

Bone a hare and set aside the fillets (including the filets mignons) and the thigh meat. Remove the sinews from these cuts, lard the meat, and season with salt, pepper and a little mixed spice. Then marinate them in brandy together with an equal weight of thin slices of lean unsmoked ham, fat bacon and quartered truffles. Prepare a game forcemeat with the rest of the meat; rub it through a sieve and then thicken it with the hare's blood.

Butter an oval hinged mould and line with lining pastry. Cover the pastry with very thin slices of fat bacon and spread a layer with very thin slices of fat bacon and spread a layer of forcemeat over the bottom and up the sides. Arrange a layer of marinated hare fillets in the mould and cover with a layer of forcemeat. Continue to fill the mould with alternate layers of hare and forcemeat, finishing with a layer of forcemeat. Cover with slices of fat bacon, then with a layer of pastry, inserting a chimney in the center to allow the steam to escape during cooking. Seal well around the edges. Shape the crust with pastry crimper and garnish the top with pastry shapes. Brush with beaten egg and cook in a preheated oven at 190 °C (375 °F, gas 5), allowing 35 minutes per 1kg (15 minutes per 1 lb.)

Let the pate cool in the mould. When it is cold, pour a few spoonfuls of Madeira-flavoured aspic through the central hole (or, if the pate is to be kept for any length of time, a mixture of melted butter and lard). The pate should be prepared at least 24 hours before serving.

Hare with chocolate

Skin a hare, detach the saddle and thighs, season these with salt and pepper, and marinate for 3 days in oil. Break up the rib cage, the forelimbs and the offal, and marinate these for 3 days in a marinade offal, and marinate these for 3 days in a marinade made with 2 bottles of red wine, 2 onions, a garlic head (bulb) broken into cloves, 2 carrots and a leek (coarsely chopped), thyme, bay leaves, grated nutmeg, pepper, the juice of 1 lemon, chopped root ginger, cinnamon and

cloves.

After 3 days, strain the marinade and sauté the pieces of carcass in olive oil until brown. Remove the fat. Add a little of the marinade and a calf's foot. Cook very gently for 4 hours, then remove the fat. Strain the sauce obtained and thicken it with 50 g (2oz) bitter (bittersweet) chocolate and 100 g (4 oz, ½ cup) butter. Heat the juice of 1 lemon with 3 tablespoons poultry blood without boiling, and add to the sauce. Cook the saddle and thighs in butter in a casserole (the meat should remain pink). Cut into portions. Pour over the sauce and serve with spiced pears sautéed in butter.

Roast hare en saugrenee

Let the hare hang, unskinned, in a cool place for 24 hours, then joint it and reserve the blood and liver. Place the joints in a dish containing 250 ml (8 fl oz, 1 cup) cider, 4 tablespoons olive oil, 1 onion and 1 carrot (finely chopped), 6 juniper berries, 12 shallots and a pinch of spice. Leave to marinate for 12 hours.

Blanch the shallots from the marinade and put them in a roasting dish with a slice of fat bacon. Place the hare on top and roast in a preheated oven at 200 °C (400 °F, gas 6) for 30-40 minutes. Prepare the hearts of 2 celery heads, wash them, blanch them in salted water and drain. Braise the celery for 40 minutes in a buttered dish, moistened with stock.

Place the cooked hare in a warm dish. Deglaze the roasting dish with 1 small ladle of stock and 1 tablespoon brandy. Remove from the heat and thicken carefully with the pureed liver of the hare and the reserved blood. Pour this sauce over the hare. Serve the celery separately.

Other recipes See cherry (savoury dishes), saddle.

HARICOT See halicot

HARICOT BEANS, DRIED Legume produced basically for its dry seed. (See beans, dried.) Some varieties, which are shelled and dried before they are sold, are very highly regarded.

- FLAGEOLETS Very delicate, white or green, and with little starch, these kidney-shaped beans are grown in the regions of Arpajon, Brittany, and in the north of France. Also known as chevriers, they are picked from April to September before they are mature; they are sold after they have been dried under cover, canned or frozen.
- LINGOTS Large, thin very white beans grown in the north of France and the Vendée. Sold dried, they keep a long time.

Produced in smaller quantities, soissons, rognons de coq (cock's kidney beans), Suisse blancs (Swiss white beans), and cocos blancs are all good as well. Like fresh beans, dried haricot beans are used in various characteristic regional dishes. Flageolets are a traditional accompaniment for leg or shoulder of pork, and are excellent with lamb.

Cooking dried haricot beans Soak the beans in plenty of cold water for at least 2 hours or, preferably, overnight. Drain them put in a large saucepan and cover with plenty of water. Bring to the boil, then skim and boil for 10 minutes. Reduce the heat so that the water simmers. Add 1 bouquet garni, 1 peeled onion stuck with 2 cloves, 1 peeled garlic clove and 1 diced carrot. Cover and cook for 1½-2½ hours at a gentle simmer, until the beans are tender. Check the water level during cooking and add more, if necessary, to keep the beans covered. When the beans are thoroughly cooked, season them to taste. Do not add salt earlier in the cooking process, as this will harden the beans and prevent them from becoming tender.

HARICOT BEANS, FRESH See beans, fresh

HARISSA A condiment from North Africa and the Middle East. It is a paste (tabal) made from chillies, oil, garlic and coriander. Pounded with cumin or coriander and sometimes with dried

mint or verbena leaves. The harissa must be left for 12 hours before using. Covered with olive oil, it keeps well in a sealed container. It is diluted with a little stock and added to couscous, soups and dried meat. It is also served as a table condiment.

HASH A preparation of finely chopped raw or cooked meat, poultry, fish or vegetables. Hashes are nearly always prepared from leftovers and usually either piled in the centre of a ring of duchess potatoes and browned in the oven, or accompanied by a pilaf of rice or a risotto. The classic example of this dish is hachis Parmentier, in which finely chopped beef is topped with mashed potato, then with breadcrumbs and butter, and browned in the oven.

A puree of vegetables, such as aubergines (eggplants), tomatoes, courgettes (zucchini) or pumpkin, can be substituted for the potato. Diced beef, mutton, rabbit or pork is sometimes enriched with mushrooms, and diced veal or poultry is often mixed with cream. Béchamel sauce or Mornay sauce (see moussaka). Finely chopped or minced (ground) meat is also used for meatballs, croquettes and fricadelles. Pork is used for certain regional dishes, such as caillettes and attignoles.

Fish for hashes should be firm-fleshed (such as tuna, swordfish or cod) and it is best to use only one variety of fish.

RECIPES

Beef Hash

All the recipes for beef hash can also be used for mutton or lamb. They can also be used for leftovers of pork if the meat has been braised. If it has been boiled or roasted, use the recipes for veal hash.

Beef hash à l'italienne

Sauté 3 tablespoons chopped onion in 3 tablespoons olive oil until slightly brown, sprinkle with 1 tablespoon flour and mix well. Then add 200 ml (7 fl oz, ¾ cup) water or stock, 3 tablespoons tomato puree (paste) diluted with 6 tablespoons stock, a bouquet garni and a crushed garlic clove. Cook gently for about 30 minutes. Remove the bouquet garni and allow to cool. Add some of this sauce to some finely chopped braised or boiled beef and reheat gently. Serve with tagliatelle and the remainder of the sauce.

Beef hash with aubergines au gratin

Prepare and cook the sauce as for beef hash à l'italienne, then add the finely chopped beef together with 1 tablespoon chopped parsley. Slice some aubergines (eggplants) into rounds, sauté them in oil and arrange them in a buttered gratin dish. Pour in the beef in its sauce, smooth the surface, sprinkle with mixture of grated Parmesan cheese and breadcrumbs, pour over a little olive oil and brown in a preheated oven at 230°C (450°F, gas 8).

Boiled beef hash

Chop very finely (by hand or in a food processor) 500 g (18oz) boiled beef. Cook 2 large finely chopped onions in 15 g (½ oz, 1 tablespoon) butter until tender. Sprinkle with 1 tablespoon flour and cook until golden brown. Add 200 ml (7 fl oz, ¾ cup) stock, season with salt and pepper, and bring to the boil, stirring constantly. Simmer for 15 minutes. Allow to cool, add the boiled beef, and cook in a covered dish in a preheated oven at 200°C (400°F, gas 6) for 25 minutes.

Chicken Hash

Small hot entrees with chicken hash

Make one of the following sauces; allemande, béchamel, cream or veloute. Dice poached, braised or roast chicken meat very finely and mix it with the tepid sauce. Heat the mixture thoroughly in a saucepan. Chicken hash can be used to stuff mushroom caps, artichoke hearts or hard-boiled (hard-cooked) eggs (mix the crushed yolks into the hash): sprinkle with grated Gruyere cheese,

cover with melted butter and brown in the oven. The hash can also be used to fill warmed croutes, croustades or vol-au-vent cases.

Veal Hash

Veal hash a l'allemande

Prepare an allemande sauce and allow it to cool. Mix it with finely diced leftover roast or sautéed veal. Pour the mixture into a sauté pan and heat gently but thoroughly. The hash may be served in a flaky pastry case or with fresh pasta.

Veal hash a la Mornay

Finely dice leftover roast or sautéed veal. Prepare a well-seasoned béchamel sauce and add a little crème fraiche. Divide the sauce into 2 equal portions. Add some chopped fines herbes to one portion and some grated Gruyere cheese to the other. Mix the sauce containing the herbs with the diced veal and pour into a buttered gratin dish. Smooth the surface and cover with the cheese sauce. Sprinkle with more grated Gruyere, pour melted butter over the top, and brown in a preheated oven at 240 °C (475 °F, gas 9). Sliced mushrooms, braised in butter with a little lemon juice, can be added if desired.

HAUSER, GAYELORD (born Helmut Eugene Benjamin Gellert Hauser) American nutritionist (born Tubingen, Baden-Wurtemberg, 1895; died Los Angeles, 1984). He suffered from tuberculosis of the hip but was cured by following the advice of a Swiss Doctor, who convince him of the power of natural foods such as wholewheat flour, brewer's yeast, yogurt, dried pulses, cereals and soya. Having written Message of Health and a Dictionary of Foods, Hauser achieved worldwide recognition with Live Young, Live longer (1950). In this book he propounds several basic theories concerning a balanced diet, discusses the importance of fruit diets and aromatic herbs, and suggests cooking methods that preserve vitamins and mineral salts. Various dietetic products have been marketed under his name.

HAUT-MEDOC. The southern part of the Medoc district of Bordeaux. Within this region- the birthplace of such world-famous clarets as Chateaux Lafite-Rothschild, Latour, Mouton-Rothschild and Margaux-there are various parishes, each having its own AOC. For example, the first three of the estates mentioned above are AOC here are Margaux, St-Julien and St-Estephe. Wines not included in these AOC's may be labeled under the Haut-Medoc appellation.

HAUT-POITOU WINES Red, white, and rose wines produced in the Vienne and Deux-Sevre. Mainly produced by a local co-operative, the whites, made from either the Sauvignon Blane or the Chardonnay grape, and the reds, from a blend of Gamay and Cabernels Sauvignon and Franc, are good value.

HAVIR A French culinary term that originally meant to cook the outside of a dish at a very high temperature to sear or seal it. Nowadays it is more likely that anything described as hawi will be burnt on the outside and raw on the inside.

HAWTHORN A thorny shrub or small tree of the rose family that grows throughout Europe, North America and Asia. Its leaves and flowers are used for tisanes, as it is traditionally thought to have a calming action on the heart. A Mediterranean species of hawthorn, known as the Mediterranean or Neapolitan medlar, is very widespread in the south of France; its red fleshy fruits have a tart flavour and are used to make jellies and jams.

HAZEL GROUSE gelinotte A game bird of the grouse family. It is also called hazel hen or wood grouse and is about the size of a partridge. The hazel grouse has succulent flesh and is cooked

like partridge; it can be hung briefly, but not until high. When the hazel grouse has fed on fir cones, its fresh tastes of resin. This flavour can be made less strong by soaking the bird in milk.

HAZELNUT A hard-shelled nut with an oval or round kernel that is produced by one of several species of hazel tree. Harvested in August and September, the nuts can be eaten fresh but are usually dried.

Hazelnut oil is extracted in small quantities for use as a flavouring (for example, in salad dressings) it should not be heated. Fresh hazelnuts are always sold in their green husks (involucres). The whole dried nuts should have shiny shells, not too thick and free from blemishes, holes and cracks; they can be broken only with a nutcracker. Once shelled, the kernels should be kept in an airtight container or they will become rancid. They can be served on their own, salted or toasted, as an appetizer; they are also used whole, grated or ground in many dishes (for example, stuffings, terrines, with chicken, and in fish meuriere, in the same way as almonds). They make a good flavouring for butter as well. Their chief role, however, is in patisserie and confectionery; the noisetier (a cake from Pontarlier), hazelnut cake and noisettine (puff pastry with hazelnut-flavoured butter cream) are some examples.

The filbert (aveline in French) is a variety of large cultivated hazelnut, although the name is sometimes used loosely to describe dishes containing ordinary hazelnuts; for example, truite aux avelines.

RECIPES

Chicken with hazelnuts

Cut an uncooked chicken into 4 pieces. Sprinkle the pieces with salt and freshly ground pepper, dip them in flour, then brown them in butter. Moisten with stock made from the giblets and cook with the lid on for 30 minutes. Keep hot. Lightly toast 150 g (5oz, 1 cup) shelled hazelnuts under the grill (broiler). Then grind them and blend with 150 g (5oz, 2/3 cup) butter. Reduce the cooking liquid from the chicken, then add the nut butter and 4 tablespoons crème fraiche; cook for 5-6 minutes over a low heat. Pour this sauce, to which some whole nuts can be added, over the chicken.

Hazelnut cake

Spread 50 g (2oz ½ cup) ground hazelnuts on baking sheet and brown them lightly in a preheated oven at 140 °C (275 °F, gas 1). Whisk 5 egg yolk with 150 g (5oz, 2/3 cup) caster (superfine) sugar for 5 minutes, then beat in 150 g (5oz, 1¼ cups) sifted plain (all-purpose) flour and the ground hazelnuts. Melt 90 g (3½ oz, 7 tablespoons) butter over a very low heat, blend in the nut mixture, then carefully fold in 5 egg whites whisked to stiff peaks. Pour this mixture into a 20 cm (8in) buttered, deep, round sandwich tin (layer cake pan) and bake in a preheated oven at 180 °C (350 °F, gas 4) for 30-35 minutes. Turn the cake out on to a wire rack and leave to cool.

Meanwhile, make butter cream using 4 egg yolks, 150g (5oz, 2/3 cup) caster sugar, 175 g (6 oz, ¾ cup) butter and 50g (2 oz, ½ cup) ground hazelnuts. Then prepare the decoration: soften 50 g (2 oz, 4 tablespoons) butter and blend in 50 g (2 oz, 4 tablespoons) caster sugar, 1 teaspoon vanilla sugar and 1 egg; using a whisk, beat in 50 g (2 oz, ½ cup) plain flour. Roll this dough out, cut it into small rounds with a biscuit (cookie) cutter, and place the rounds well apart on a lightly buttered baking sheet. Bake in a preheated oven at 240 °C (475 °F, gas 9). Remove the rounds when cooked and leave to cool.

Cut the cake into 3 equal layers, spread butter cream over each layer, then reassemble the cake. Coat the sides with the remaining butter cream and decorate with the baked rounds. The spaces between the rounds can be filled with toasted hazelnuts. Store in a cool place.

Jerusalem artichoke and hazelnut salad

Peel the required quantity of Jerusalem artichokes and cook them for about 10 minutes in salted white wine. Drain and slice. Put the slices into a salad bowl and season with oil, mustard and lemon juice. Chop lightly toasted hazelnuts and scatter them over the artichokes.

Other recipes. See butter (flavoured butters), fond de patisserie.

HEAD A gelatinous variety of white offal (variety meat). Certain part of the head are particularly appreciated and prepared separately; brain, tongue, ears and cheeks, for example. Only calf's head is used whole in classic cuisine, although lamb's or sheep's head is prepared whole in certain regional dishes from Auvergne and south-western France.

Ox head (head of beef) is always sliced or prepared as a terrine (museau de boeuf, . made of salted ox muzzle and chin, and served with vinaigrette).

Pig's head is quite widely used in charcuterie for pate de tete (made with cooked boned head and cooked salted pork with the rind). Museau de porc (boned pieces of head and tail that are cooked, pressed and moulded), bure a la parisienne (head and loin of pork), and tete de porc roulee (boned pig's head and tongue cut into cubes then cooked, set in aspic, moulded and garnished with pressed pig's ears; it is sliced when cold and served with vinaigrette). It is similar to the British brawn, but in the latter the head is cooked and then the meat removed.

Calf's head is always cooked in a white court bouillon. In France it is sold at the tripe butcher's already boned, wrapped and blanched (the flesh must be bright pink and there must be a marked contrast in colour between the flesh and the white gelatinous part). Calf's head has always been of major importance in French cookery and can be prepared in a wide variety of ways, either hot or cold, and served with such sauces as herb. Madeira, caper, ravigote, tomato, gribiche and piquante. It is also cooked stuffed, au gratin, or fried in butter. Traditionally, it was prepared en tortue, a prestigious dish with a rich garnish of truffled quenelles, cockscombs and kidney, calves sweetbreads and mushrooms.

RECIPES

Preparation and cooking of calf's head

Clean the head thoroughly, soak it in cold water, then blanch it. Prepare a white court-bouillon: mix 3 tablespoons flour with 3 litres (5 pints, 13 cups) water in a saucepan. Season with salt and pepper, then add the juice of half a lemon, an onion studded with 2 cloves, and a bouquet garni. Bring to the boil and immerse the head wrapped in muslin (cheesecloth) in this court-bouillon. Simmer very gently for about 2 hours. Serve with the chosen garnish.

Calf's head a Pociitane

Cut half a well-soaked calf's head into 8 uniform pieces and cook in a white court-bouillon with the tongue. Poach the brain separately in a highly flavoured court-bouillon. Put 4 tablespoons chopped onion, lightly fried in butter, into a shallow ovenproof dish and add a small quantity of grated garlic towards the end of cooking. Arrange the pieces of calf's head on top with the sliced tongue and brain. Garnish with black olives, 2 peeled, seeded tomatoes crushed and tossed in oil, and 2 hard-boiled (hard-cooked) eggs cut into fairly thick slices. Season with salt and pepper. Pour 6 tablespoons olive oil and the juice of half a lemon over the calf's head and sprinkle with chopped parsley. Heat in a bain marie, keeping the dish covered. Just before serving, baste the garnished head with the sauce in which it was cooked.

Calf's head in crepinettes

Cut 500 g (18oz) calf's head cooked in a white court-bouillon into medium-sized dice. Add one-third of its weight in diced mushrooms, lightly fried in butter, and 5 tablespoons diced truffles. Blend with concentrated Madeira sauce flavoured with truffle essence and allow to cool.

Divide the mixture into 50 g (2 oz) portions and enclose each of these in 100 g (4 oz, ½ cup)

finely minced (ground) sausagemeat. Wrap each of these in a piece of pig's caul (caul fat), previously soaked in cold water, and roll into the shape of flat sausage. Brush the crepinettes with clarified butter or melted lard, roll them in fine fresh breadcrumbs and sprinkle again with fat. Grill (broil) the crepinettes on both sides under a low heat and serve with Perigeux sauce.

HEAD DIFFUSER

Braised and may be stuffed. It may also be cut into cubes and grilled (broiled) on skewers (like anticucho, a popular Peruvian dish). Heifer's heart is more tender and is considered to be better than ox heart. However, calf's heart has the most flavour and may be either roasted whole or cut into slices and fried. Pig's or sheep's hearts are used to make a ragout or a civet. Poultry hearts are grilled on skewers, used in terrines, incorporated in mixed salads or merely seared in butter.

RECIPES

Casserole of calf's heart a bonne femme

Clean the heart, season with salt and pepper, and brown it in butter in a casserole traditionally made of earthenware. Add pieces of potato, small glazed onions and strips of streaky bacon that have been lightly fried in butter. Cook over a gentle heat for about 30 minutes.

Grilled calf's heart skewers

Clean the heart and cut it into large cubes. Clean some small mushrooms and marinate the heart and mushrooms in a mixture of olive oil, lemon juice, chopped garlic, chopped parsley, salt and pepper. Thread the cubes of heart and the mushrooms, alternately on some skewers, finishing each skewer with a small tomato. Cook under a hot grill (broiler).

Matelote of ox heart

Divide the heart into two and soak the halves in cold water. Remove the blood clots and sinews, wash and wipe. Cut the heart into large dice and marinate for 6 hours in vinegar containing salt, pepper, thyme, cloves and a bay leaf. Drain and lightly brown the diced heart in a casserole with 20 g (3/4 oz, 4 1/2 teaspoons) butter and 100 g (4 oz, 1/2 cup) streaky bacon, cut into small pieces. Add 15 small onions and cook until golden brown. Stir in 1 tablespoon flour with a wooden spoon. Cover the contents of the pan with good red wine and add salt, pepper, a bouquet garni and 1 garlic clove. Cook gently for 3 hours. Half an hour before the end of cooking, add a few strips of bacon and about 15 mushrooms. Remove the bouquet garni and serve very hot.

Roast calf's heart

Clean the heart, season with salt and pepper, cover with oil and 1 tablespoon lemon juice, and marinate for 1 hour. Drain and remove the heart, cut it into large slices and wrap each slice in a piece of pig's caul (caul fat). Put the slices on a spit or skewers and roast for 30-35 minutes. Make a sauce from the juices in the grill (broiler) pan mixed with a little white wine. Reduce and pour over the pieces of heart.

Sauteed calf's heart

Clean the heart and cut it into thin slices. Season with salt and pepper. Saute the slices quickly in butter in a frying pan. Remove, drain and keep warm. Brown some sliced mushrooms in the same butter and mix them with the slices of heart. Deglaze the frying pan with some Madeira. Reduce, add 15 g (1/2 oz, 1 tablespoon) butter, and pour the sauce over the heart and mushrooms.

Sauteed lamb's heart

Clean the heart cut it into thin slices. Season with salt and pepper. Saute the slices quickly in butter in a frying pan. Remove, drain and keep warm. Brown some sliced mushrooms in the same butter and mix them with the slices of heart. Deglaze the frying pan with some Madeira. Reduce, add 15 g (1/2 oz, 1 tablespoon) butter, and pour the sauce over the heart and mushrooms.

Sauteed lambs' heart

Clean the heart, season with salt and pepper, and stuff with forcemeat (fine or mushroom). Wrap it in a piece of pig's caul (caul fat) and tie with string. Follow the recipe for casserole of calf's heart, but cook for an additional 30 minutes. Keep the heart hot on the serving dish and make a sauce over the heart and serve with vegetables such as carrots, turnips and glazed onions, or a printaniere of vegetables.

HEDGEHOG An insect-eating mammal, two varieties of which can be found in France: the dog hedgehog was a common dish in Paris in the early 16th century, but nowadays it is eaten only by gypsies, who either roast it or stew it. The meat has a stronger flavour than wild rabbit. It is roasted by wrapping it in wet clay and cooking it in a pit full of hot embers. When the clay has hardened, it is broken open and the quills remain embedded in it. The hedgehog can also be skinned or scalded and then marinated to make a civet. The gipsy niglo is eaten with a puree of potatoes cooked in red wine with diced bacon.

HEDIARD, FERDINAND A French grocer who lived in the 19th century. A carpenter by trade, Hediard traveled around France as a journeyman. In 1853, while on his travels, he was inspired by the sight of foreign goods coming into the ports to set himself up as a grocer in Paris. His first establishment was in the Rue St. Georges; later he moved to the place de la Madeleine. Hediard was the first Frenchman to sell cardamom from Ceylon, saffron from the island of Reunion (formerly Bourbon), okra from Turkey, annona (custard apple) from the West Indies, mangosteens from Indonesia and Chinese pork crackling. He was also the first regular importer of bananas.

HEIFER A young cow aged between 8 and 20 months. Its meat and liver are of good quality.

HELDER A dish of small pieces of sautéed meat garnished with noisette potatoes and thick tomato sauce. Helder was the Dutch port that General Brune, commander-in-chief of the Dutch army, captured from the English in 1799. A Parisian café was named after the port; it became very popular with army officers and the students at Saint-Cyr, and it was in the Café du Helder that the dish was created. The name is also used for a dish of shaped chicken cutlets with tomato sauce but a different vegetable garnish.

Recipes

Shaped chicken cutlets Helder

Make a veloute from chicken carcasses (the white meat that has been removed is shaped into cutlets). Add tomato to the veloute and reduce over a gentle heat. Incorporate some butter and then strain the sauce. Season the cutlets with salt and pepper, brush with melted butter and place them in a buttered casserole. Sprinkle with a little lemon juice, cover and cook in a preheated oven at 240 °C (475 °F, gas 9) for 6-10 minutes. Braise some diced carrots in butter and boil some diced artichoke hearts and mushrooms in water. Arrange the cutlets on a warmed serving dish and garnish with the vegetables. Cover with the tomato sauce.

Tournedos Helder

Prepare a béarnaise sauce and a very thick tomato fondue. Also prepare noisette potatoes. Brown the steaks in butter, drain them and keep warm. Deglaze the pan with white wine and consommé, and boil down to reduce to a thick syrupy consistency. Put a ribbon of béarnaise sauce on each steak with a little tomato fondue in the center. Garnish with the noisette potatoes. Pour the reduced pan juices over the steaks.

HELIOGABALUS Roman emperor (born 204; died 222), who was notorious for his many excesses, particularly his culinary extravagances. It is said that his kitchens were equipped with silver utensils. A different-coloured dinner service appeared at every feast he gave and he served meals composed entirely of pheasant, chicken or pork. He also devised an itinerant feast moving around the city of Rome, eating the hors d'oeuvre at one house, the main course at another and the dessert at a third. These lengthy meals could take up an entire day! He also organized mock naval battles fought out on wine-filled canals and for a single feast he ordered 600 ostrich brains to be prepared.

HEN the female of various gallinaceous birds, particularly the domestic fowl but also the pheasant (hen pheasant) The word 'he' normally denoted a chicken kept for laying.

Hens are slaughtered between 18 months and 2 years of age, weighing 2-3 kg (4½-6½ lb). Known as boiling fowl, they have firm flesh that is always little fatty. They are usually cooked by gentle simmering, to make them tender.

HENRI IV the name given to a dish consisting of small pieces of grilled (broiled) or sautéed meat or offal (kidneys), garnished with potatoes *pont-neuf* and béarnaise sauce. The presentation of sautéed *tournedos Henri IV* is precisely defined: watercress in the center of the dish, the steaks separated by potatoes *pont-neuf* arranged in pairs crisscross fashion, each pair resting across the one beneath, and the sauce in a ribbon across the steaks. Artichoke hearts stuffed with noisette potatoes sometimes replace the potatoes *pont-neuf*.

HERBS Various aromatic plants that are used in cookery. Among the most common herbs used for seasoning are chervil, thyme, rosemary, dill, tarragon, chives and parsley (see aromatic and fines herbes). Pot herbs traditionally include such vegetables: chard, lettuce, orache, purslane, sorrel and spinach. They are not used only to flavour soups and stews but also as vegetables, salad ingredients and a garnish. *Herbes a soupe*, which were traditionally used to flavour soups and stews, consisted of various green vegetables (carrot and celery tops, radish leaves, parsley stalks). *Herbes de Provence* consist of a mixture of aromatic plants (thyme, rosemary, bay, basil, savory), which are sometimes dried and are used especially to flavour grilled (broiled) food. *Herbes venetiennes* are a mixture of aromatic herbs (tarragon, parsley, chervil and sorrel), which are finely chopped and incorporated into *beurre manie*.

In former times, the term "herbs", when used in cookery, included all edible plants and vegetables that grow above ground; those growing below ground were called "roots".

HERMITAGE AOC red and white from the left bank of the Rhone, the vineyards being on the steepish slopes above Tain-l'Hermitage. The young red wine can be somewhat assertive, even rough textured, but with time it mellows admirably and is justifiably esteemed as one of the great Cotes-du-Rhone wines. Red Hermitage is produced from Syrah alone, which endows the wine with a wonderful bouquet, a full but fine-textured flavour, and great length. The white wine, made mainly from the Marsanne grape, is full-bodied and aromatic. It is dry, with slight mineral overtones of taste (some describe its taste as what of a gun-flint). Hermitage which appears in some reference books as "Ermitage" should not be confused with the nearby Crozes-Hermitage vineyards, which also make first-rate red and white wines.

HERRING Any of various sea fish of the family Clupeidae. The common herring (*Clupea harengus*) is seldom more than 30 cm (12 in) long; it has a tapering body, silvery bluish-green with a silver belly. The large scales are easily removed. Herring are found mainly in the cold waters of the Atlantic and the North Sea.

Herring was an essential part of the European diet in the Middle Ages, especially in northern

Europe, where its economic importance rivaled that of spice. It was because of the herring that the first maritime fishing rights were established, and the herring trade was one of the reasons for the foundation of the Hanseatic League. It served many purposes: food, barter, ransom and gift.

There are many varieties of herring, each one confined to its own sea area: the North Sea and the Baltic, where the largest fish are caught; the Atlantic from Chesapeake Bay in the west to the north of France in the east, the Atlantic or Norwegian Sea, off the coast of Norway, and the Irish Sea. Each variety has its own spawning season, which influences the taste and nutritional value of the fish. A prespawning herring, caught from October to January while still carrying its eggs (hard roe) or milt (soft roe), has the most flavour, but also contains the most fat. When caught after spawning (January to March), the herring is said to be “spent” it is only half the weight and the flesh is drier.

Fresh herring can be cooked in foil, grilled (broiled), fried, baked or stuffed. It can also be preserved in various ways.

- BLOATER Very lightly salted (for 1 day at most) then smoked until it becomes straw-coloured. It will keep for 10 days in a refrigerator.
- BUCKLING Salted for a few hours, then smoked at a high temperature, thus being partly cooked.
- GENDARME – Pickled or red herring Salted for 9 days and then smoked for 10-18 hours.
- KIPPER Slit open and flattened, salted for 1-2 hours, then lightly smoked on both sides over a wood fire. It is traditional breakfast dish in Great Britain, where it sold fresh, frozen, canned or in ready-to-cook bags. It will keep for 24-48 hours in the refrigerators.
- ROLIMOPS AND BALTIC HERRING (formerly Bismarck herring) Slit open like a kipper, marinated in vinegar and spices, rolled up and secured with a silver of wood. Baltic herring are sold as flat fillets.
- SALT HERRING Found in two forms – the small herring from Dieppe or Boulogne, which is salted at sea after the head is removed; and the large herring from the Baltic, cut into thick fillets and preserved in brine.
- SMOKED (or dried) HERRING Salted for 2-6 days, then lightly cold-smoked. Smoked herring fillets are sold in packets.

All north European countries have a great many recipes for serving herring; it is an ingredients of zakouski in Russia and of smorgasbord in Scandinavia in Berlin fresh herring is fried and eaten either hot or cold; in Norway it is prepared in a sweet-and-sour dressing of vinegar, mustard, sugar and ginger; and in Flanders smoked herring and warm potato salad is a classic dish, eagerly adopted by the French.

It was J-K Huysmans who praised the herring most highly: Your raiment, O herring, displays the rainbow colours of the setting sun, the patina on old copper, the golden-brown of Cordoba leather, the autumnal tints of sandalwood and saffron. Your head, O herring, flames like a golden helmet, and your eyes are like black studs in circlets of copper.

RECIPES

Preparation of herring

If fresh, scale the fish, but do not slit them in half. Gut (clean) them through the gills, leaving the hard or soft roes inside. Wash and dry them. If they are to be cooked whole, score the skin lightly on both side. The fish is filleted by running a very sharp knife between the backbone and the fillets, starting from the tail end. The fillers can then be eased off the bone, trimmed, washed and dried.

If the herring is smoked, take out the fillets, then skin and trim them. Before cooking, soak them for a while in milk to remove some of the salt.

If the fish is salted, wash the fillets and soak them in milk, or a mixture of milk and water, to

remove the salt. Drain, trim and dry them.

Fresh Herring

Fried herring

Choose small herrings weighing about 125 g (4 ½ oz). Clean, trim, score and soak them in milk for about 30 minutes. Drain. Coat with flour and deep-fry in oil at 175°C (347°F) for 3-4 minutes. Drain well on paper towels. Sprinkle with salt and serve them with lemon quarters.

Grilled herring

Clean and trim medium-sized herrings. Brush them with oil or melted butter, season with pepper and cook under a moderate grill (broiler). Sprinkle with salt and serve with maitre d'hotel butter or a mustard sauce.

Marinated herrings

Clean and trim 12 small herrings, sprinkle them with fine salt and leave for 6 hours. Chop 3 large onions and 3 carrots. Choose a flameproof dish just big enough to hold the herrings and half-fill it with the chopped vegetables. Add a pinch of chopped parsley, a pinch of pepper, 2 cloves, a bay leaf cut into small pieces, and a little thyme. Arrange the fish in the dish and pour in enough of a mixture of half white wine and half vinegar to just cover the fish. Top with the remaining vegetable, cover the dish with foil and bring to the boil on the top of the cooker (stove). Then cook in a preheated oven at 220°C (425°F, gas 7) for about 20 minutes. Leave the herring to cool in the cooking liquid and refrigerate until ready to serve.

Sautéed herring à la lyonnaise

Clean and trim 6 herrings. Chop 2 medium-sized onions. Season the fish with salt and pepper, coat with flour and fry in butter until golden brown on both sides. Fry the onions until golden brown in a separate pan. Turn the herrings over, add the onions and continue cooking for about 10 minutes. Arrange the fish on a serving dish, cover with the onions and sprinkle with chopped parsley. Deglaze the frying pan in which the fish were cooked with a generous tablespoon of vinegar and pour the sauce over the fish.

Swedish herring balls

Fillet 3 fresh herrings. Boil 3 large floury (baking) potatoes in salted water, peel and mash. Cook 3 finely chopped onions slowly in a covered pan about 10 minutes. Chop the herrings fillets finely, add the potato, onions, salt, pepper and, if desired, a little grated nutmeg. Mix everything together thoroughly and form into small balls. Fry them in butter or oil and serve with hot cranberry sauce.

Smoked Herring

Herring fillets à la livonienne

Remove the fillets from large smoked herrings, trim them and cut into dice. Boil potatoes in salted water peel and slice them into rounds. Peel and halve sweet crisp apples, core them, cut into slices and dip in lemon juice. Arrange the herring, potato rounds and apple slices in concentric circles. Sprinkle with vinaigrette and chopped parsley, chervil and fennel. Refrigerate until required.

Herring fillets marinated in oil

Put lightly smoked herring fillets into an earthenware dish. Soak them in milk and leave in a cool place for 24 hours. Drain the fillets and wipe them dry. Wash the dish. Slice 2 onions for every

450 g (1 lb) fillets and spread half over the bottom of the dish. Arrange the fillets on top and cover with the rest of the onion, some sliced carrot, coriander seeds and half a bay leaf cut into pieces. Sprinkle a little thyme over the top, pour on some groundnut (peanut) oil, cover the dish with foil and leave to marinate for several days at the bottom of the refrigerator.

HERVE A Belgian AOP cow's-milk cheese with a fat content of 45%. It is soft, close-textured, pliable and cream-coloured, with a smooth pinkish-yellow washed rind. The cheese has been made since the 16th century on the plain of Herve, in the province of Leige. It tastes mild and creamy after 6 weeks of ripening, but after 8 weeks the taste becomes more pronounced. Cube-shaped, each side measuring 5-10 cm (2-4 in), it is in season in summer and autumn. The strong-flavoured cheese is best eaten with brown ale, red wine or even very sweet black coffee are good accompaniments to the mild cheese.

HIPPOCRAS A spicy drink based on red or white wine, popular during the Middle Ages and up to the 17th century. It was made by macerating various fruits and spices in wine; angelica and nutmeg; raspberries and brandy; juniper berries, fruit stones (pits), vanilla, wormwood, citrus fruits and violets, cinnamon, nutmeg, mace, cloves and ambergris. Hippocras was sweetened, then filtered, and could be served hot or iced as an aperitif or at the end of a meal. It was also used in cooking, particularly by Taillevent for his partridge trimolette (a sweet-and-sour salmis) and for poached pears. The word probably comes from a Greek verb meaning "to mix", though an analogy has been suggested with the name Hippocrates, the father of medicine: the tammy cloth through which the wine was passed was called "Hippocrates" sleeve. Today hippocras is a home-made drink.

RECIPES

Hippocras with angelica

Infuse 7 g (¼ oz) fresh angelica and a pinch of grated nutmeg in 1 litre (1 ¾ pints, 4 1/3 cups) red or white wine for 2 days. Sweeten to taste and add a glass of brandy. Strain

Hippocras with juniper berries

Infuse 25 g (1 oz, ¼ cup) crushed juniper berries in 1 litre (1 ¾ pints, 4 1/3 cups) red or white wine for 24 hours. Add a little powdered vanilla or vanilla essence (extract) and 75 g (3 oz, 1/3 cup) caster (superfine) sugar. Mix and strain.

HOB The name of the cooker (stove) top or independent cooking surface on which to cook in saucepan and other pans. The appliance may be heated by gas, electricity, oil or, less commonly, solid fuel. It may be an integral part of the cooker or range, or a separate appliance set in an area of work surface.

There is a wide choice of hobs, of different finishes and sizes, with space to accommodate from two to six pans in the average domestic appliances. Electric appliances offer various types of heating plates and gas hobs offer different pan stands. Combined gas and electric burners and rings are available in some appliances, with options for fast boiling or steady simmering. Flat or ridged griddles are a feature of larger hobs, allowing for traditional bake-stone-type cooking or contemporary griddling, allowing fat to drain away between the ridges.

HOLLANDAISE, À LA The name given to a dish of poached eggs, boiled vegetables (artichokes, asparagus, chard, cauliflower) or poached fish, with hollandaise sauce either poured over or served separately. It also describes dishes of Dutch cuisine, such as eggs in cups à la hollandaise.

RECIPE

Eggs in cups à la hollandaise

Butter the insides of 3 cups and coat them with (preferably acacia honey); boil for about 2 minutes until it thickens. Grill (broil) the aiguillettes, separately and arrange them on a warm dish. Pour the sauce over the top and serve immediately.

Serve with potato straws, rice or a mixture of sautéed carrots and turnips.

Caramel cream with honey

Make a caramel with 50 g (2 oz, 3 tablespoons) honey and 50 g (2 oz, ¼ cup) sugar and use to line the bottom and sides of a charlotte mould. Mix together 8 whole eggs and 350 g (12 oz, 1 cup) honey with a spatula. Pour 1 litre (1 1/3 pints, 4 1/3 cups) boiling milk on to the egg and honey mixture, mix well and pour it into the mould. Cook in a bain marie in a preheated oven at 180°C (350°F, gas 4) for 1 hour.

Honey pastry for tarts

Mix 3 tablespoons liquid honey with 100 g (4 oz, ½ cup) creamed butter, using a fork. Quickly blend in 1 tablespoon crème fraîche, followed by 200 g (7 oz, 1 ¾ cups) plain (all-purpose) flour. Set the dough aside to rest. Knead the dough again with a little flour, then roll it out on a well-floured working surface. Line a tart plate and bake blind. Fill the tart case with raw fruit. If the fruit is not sufficiently sweet, add a little honey, if it is too dry, add a little puree or jam made from the same fruit.

Landes ham with honey

Cook 450 g (1 lb, 2 cups) rice in salted water and drain. Coat 4 slices of slightly salted raw ham on both sides with a little liquid honey (such as chestnut honey). Butter an ovenproof dish, line it with the rice, top with the slices of ham and sprinkle with cinnamon. Grill (broil) for 10 minutes. Sprinkle with pepper and serve piping hot.

Onion and honey tart

Peel and thinly slice 1 kg (2 ¼ lb) new onions. Cook in boiling water for 3 minutes and drain. Melt 25 g (1 oz, 2 tablespoons) butter in a thick-based saucepan, add the well-drained onions and cook without allowing them to brown. Add 3 generous tablespoons mixed-flower honey, salt, 1 teaspoon ground cinnamon and a little pepper. Stir thoroughly and remove from the heat.

Line a flan tin (pie pan) with 300 g (11 oz) thinly rolled out shortcrust pastry (basic pie dough). Fill with onions and bake in a preheated oven at 203°C (450°F, gas 8). When the tart is half-cooked, cover it with foil. Serve the tart warm either as an entrée or as a dessert.

HONEY FUNGUS armillaire couleur de miel a mushroom (*Armillaria mellea*) that grows on old tree stumps from summer to early winter. The yellow cap has brownish scales and is edible only if young and cooked: it should be plunged in very hot oil then cooked in butter on a low heat. The fibrous stalk should be thrown away.

HONGROISE, A LA Describing dishes that contain paprika. Hongroise (Hungarian) sauce is based on onion, paprika and white wine, with veloute or tomato puree (paste) added. Depending on what it is to be served with, it is finished with Mornay sauce (for eggs) a reduced fumet thickened with butter (for fish), demi-glace (for meat), or veloute or supreme sauce (for poultry).

Meat dishes à la hongroise are garnished with cauliflower florets coated with paprika-flavoured Mornay sauce, which are arranged in duchess potato cases or browned in the oven and served with potato fondantes.

RECIPES

Gratin of potatoes a la hongroise

Bake the potatoes in their skins in the oven or in hot embers. Cut them in half and scrape out the insides; rub this through a sieve. Peel and chop some onions (use half the weight of the sieved potato) and soften them in butte in a covered pan. Season with salt, pepper and a sprinkling of paprika, then mix with this mixture and put the stuffed potatoes into a buttered ovenproof dish. Cover with breadcrumbs, moisten with melted butter and brown in a preheated oven at 240°C (475 °F, gas 9).

Hungarian omelette

Fry 150 g (5oz, generous ½ cup) diced lean ham in butter over a very low heat. Fry 150g (5oz, 1¼ cups) diced onion in butter. Season with salt, pepper and paprika. Lightly beat 8 eggs, season with salt and pepper, then pour over the onions. Add the diced ham. Cook as for a flat omelette, without folding. Serve immediately with Hungarian sauce.

Hungarian sauce

Peel and chop some onions and fry them in butter, without browning them. Season with salt and pepper and sprinkle with paprika. For 6 tablespoons cooked onion and add 250 ml (8 fl. oz, 1 cup) white wine and a small bouquet garni. Reduce the liquid by two-thirds. Pour in 500 ml. (17 fl. oz, 2 cups) velouce sauce (with or without butter enrichment). Boil rapidly for 5 minutes, strain through a strainer lined with muslin (cheesecloth) and finish with 50 g (2 oz, ¼ cup) butter.

Mushrooms à la hongroise

Clean and wash some mushrooms and cut off the stalks. If the mushrooms are very small, leave them whole; if they are larger, cut them in quarters and dip them in lemon juice. Gently sauté them in butter without letting them colour. Pour off the butter from the sauce pan and replace it with cream, lemon juice, paprika, salt and pepper. Reduce by half, sprinkle with chopped parsley and serve very hot.

HOP

HOP A vigorous climbing plant that grows in temperate regions. The female flowers are used mainly in the brewing industry to give the bitter taste to beer.

The flowers of the male plant, known in France as jets de boublon (hop shoots), are edible and are used particularly in Belgian cooking; dishes including hop shoots are termed a l'anversoise. The shoots are prepared in the same way as asparagus: they are first boiled in salted water with lemon juice added, then they can either be cooked in a covered pan in butter or simmered in cream, veal juices and so on. Hop shoots in cream are the classic accompaniment to poached eggs (plain or on fried croutons, possibly with hollandaise sauce) and poached sole. Hops are particularly popular in central Italy, where they are called hoppoli. In Rome they are made into soup.

Recipe

Hop shoots in cream

Put 350 g (12 oz) fresh hop shoots into salted boiling water; remove while they are still firm. Drain them, braise in butter in a covered pan. Then add 200 ml (7 fl oz, ¾ cup) double (heavy) cream. Season with salt and pepper and simmer until cooked.

HORACE, QUINTUS HORATIUS FLACCUS

Roman poet (born 65 BC; DIED 8 BC). A friend of Virgil and Maecenas and one of the favourites of Augustus, he preferred the simple family pleasures or rural life to the tumult of Rome. When the fashion in cookery was for pretentious and complicated dishes, he advocated simple straightforward meals: farm-reared chicken, roast milk-fed kid, a salad from the garden

and fruit from the orchard.

HORN OF PLENTY *craterelle* A common woodland mushroom, also called trumpet of death (in France its common names are *corne d'abondance* and *trompette-de-la-mort*). Resembling a smoke-grey or black funnel, it is not very fleshy and is slightly tough but is nevertheless highly edible. It is chopped and added to sauces (*poivrade* with red wine), mixed with blander mushrooms to enhance their flavour, or prepared in the same ways as the *chanterelle*. It can be dried easily is ground for a condiment.

HORS D'OEUVRE The first to be served at a meal, particularly luncheon (dinner usually starts with soup). As the *hors d'oeuvre* is, by definition, additional to the menu, it should be light and delicate, stimulating the appetite for the heavier dishes to follow. The presentation of an *hors d'oeuvre* is very important: it should always look decorative.

There are two main types of *hors d'oeuvre*: cold and hot. Cold *hors d'oeuvre* include the following: fish or seafood, which can be marinated, smoked, in oil or vinegar; vegetables *a la grecque*, various types of *charcuterie*; fish roes; various raw vegetables; stuffed or jellied eggs; mixed salads; and prawn (shrimps) cocktail. They are arranged in *hors* Germany and Scandinavia. Today horsemeat is eaten in some European countries, including Belgium, France and Italy: in some parts of China and Japan; and in South America. It is not eaten in Britain or North America.

HORSE BEAN Large green bean from Quebec, an ingredient of several specialities of this province. Horse bean soup is traditional in the region of Saguenay. The beans are cooked for 3 hours with pieces of salt bacon, carrots, onions, savoury herbs (a mixture of herbs steeped in brine) and barley.

HORSE MACKEREL (JACK MACKEREL)

Chinchard A sea fish resembling mackerel, with a body 40-50 cm (16-20 in) long, a bluish-grey back and silvery sides. The lateral line on each side is studded with bony scales that become more pointed nearer the tail. It is widespread in temperate seas and plentiful in summer and autumn. It is prepared like mackerel and is very suitable for fish soups. It is also used for canning, plain or in a tomato sauce.

In the United States, jack mackerel, horse mackerel or California horse mackerel are names given to a fish found in the Pacific, from Canada to Chile. The Atlantic bluefish is also sometimes called horse mackerel.

HORSE MUSHROOM Large wild mushroom of *Agaricus* family, the *Agaricus arvensis*, which can have a cap size up to 20 cm (8 in). Gills turn from creamy white, through pink to dark brown as the cap develops and opens, from a button mushroom to a convex shape. The flesh is firm and white, with a slightly aniseed aroma and flavour resembling common cultivated mushrooms.

HORSERADISH A perennial plant originating in eastern Europe, where it grows wild; it is cultivated throughout Europe and in the United States for its root, which is used as a condiment

Horseradish is a traditional condiment in Scandinavia, Alsace, Russia and Germany. The root has a grey or yellowish skin and white flesh, which is pungent, with a sharp, hot taste and a strong smell. Wear rubber gloves and hold the root submerged in a bowl of cold water while scrubbing and peeling it to reduce the irritation it causes to skin and eyes. After being washed, peeled and grated, it can be with the flavour softened by cream or by bread crumbs soaked in milk. It is sometimes grated and dried, and then has to be reconstituted before use. It can also be sliced. It accompanies a wide range of dishes, such as beef and pork (boiled, braised or cold). Fish (herrings and smoked trout), poached sausages and potato salad. Horseradish is also an ingredient in hot or cold sauces, relishes, vinaigrettes, mustards and flavoured butters, which are served with the dishes mentioned.

RECIPES

Cold horseradish sauce

Soak some breadcrumbs in milk, then squeeze them dry. Add grated horseradish, salt, sugar double (heavy) cream and vinegar (adjust the quantities of these ingredients to give the desired taste).

This sauce can be served with smoked fish, potatoes or beetroot (beet) salad.

Hot horseradish sauce (or Albert sauce)

Cook 4 tablespoons grated horseradish in 200 ml (7 fl. oz, $\frac{3}{4}$ cup) white stock. Add 250 ml (8 fl. oz, 1 cup) English butter sauce*. Boil to reduce, then strain. Mix 3 tablespoons English mustard with 3 tablespoons wine vinegar. Bind the sauce with 2 egg yolks, then add the mustard.

This sauce is served with boiled or braised beef.

Additional recipe. See butter (flavoured butters).

HOTCHPOTCH A Flemish stew that can be made with pig's ears and tails, breast of beef, oxtail, shoulder of mutton, salt bacon and all the usual pot vegetables (cabbage, carrots, onions leeks and potatoes). However, it is more usually made with oxtail only. The vegetables are served whole or mashed into a puree. Formerly, hotchpotch was made with chopped meat, turnips and chestnuts cooked in an earthenware pot with stock, as described in Lagronome, ou ;le Dictionnaire portative du cultivateur (1760). The word hochepot is derived from the Old French hottison (to shake) and its origin is obscure, especially as the term can also be applied to a chicken cooked in a pot with cheap cuts of beef and vegetables.

RECIPE

Oxtail hotchpotch

Cut an oxtail into uniform pieces and put them into casserole with 2 raw pigs ear. Cover the meat with water and bring to the boil. Skim and simmer for 2 hours. Then add a firm round cabbage (cut into quarters and blanched), 3 diced carrots, 2 diced turnips and 10 small onions. Simmer for a further 2 hours.

Drain the pieces of oxtail and trotters, and arrange them in a large round deep dish with the vegetables in the center. Surround with grilled (broiled) chipolata sausages and the pigs ear cut into strips. Serve boiled potatoes separately.

HOT DOG A long split roll filled with a frankfurter sausage (see sausage). The frankfurter was introduced to the United States by German immigrants. It is steamed, boiled or grilled, and eaten in a bun with various toppings-including mustard, onions, pickle relish, pickles, peppers, cheese, beans and sauerkraut-and has become an American national food. The name 'hot dog' was coined around 1900 by the American cartoonist T.A. Dorcan, when he drew talking sausages resembling dachshunds.

HOTELIERE, A L' The name given to grilled or sautéed meat and fish dishes that are served with hotelier butter, a creamed butter to which lemon juice chopped parsley and a dry duxelles are added.

HOTPLATE An electric heating device consisting of one or two heating rings sunk into an enameled metal framework. It is used for keeping serving dishes and their contents warm at the table.

Hotplates were used in Roman times. Made of bronze, they were filled with embers and were used to cook or reheat dishes at the table. In the 13th century they were made from wrought iron and mounted on wheels. In the 18th century they were even made of silver and filled with boiling water.

Chafing dishes can also be used as hotplates.

HOT WATER CRUST PASTRY This closetextured, firm pastry is used as a crust for raised or moulded pies, such as pork or game pies, or as a casing for pates. It is cooked at a lower temperature than puff and shortcrust pastries, and often for a longer period. When used as a casing for large pies, it may be baked for 2 hours or more. The pastry absorbs the juices from the filling, becoming moist and full-flavoured on the inside with a crisp crust outside.

The dough is made from a mixture of hot milk and melted fat-traditionally lard, but often a mixture of lard and butter – combined with the flour to make a smooth dough that can be shaped and moulded while hot. It sets and becomes crumbly when cold. Once made, it is kept warm in a covered bowl over a bain marie until used.

RECIPE

Hot water crust pastry

Mix 350 g (12 oz, 1½ cups) plain (all-purpose) flour with ½ teaspoon salt in a bowl. Heat 4 tablespoons milk and 4 tablespoons water with 100 g (4 oz, ½ cup) lard or 50 g (2 oz, ¼ cup) each of lard and butter over gentle heat until the fat has melted completely. Then bring the mixture to the boil and immediately pour it into the flour. Working quickly, stir the liquid into the flour to make a dough, then knead it lightly together by hand in the bowl. (take care as the mixture is very hot). Do not over-knead the dough or it will become greasy.

Press or roll out the dough as required. If the dough is rolled out into too large a sheet or too thinly it breaks up easily, so for lining large moulds, begin by rolling out the dough, then press it into the mould, thinning it out evenly with the fingertips. For small pies, allow the dough to cool and set slightly (1-2 minutes is usually enough), when small portions can be rolled thinly and evenly to give a smooth result without breaking.

HUMMUS An Arabic and Greek dish made from cooked chick peas crushed with sesame paste (tahini), garlic and lemon. Spices and parsley maybe added to season the dip. It usually accompanies hors d'oeuvre or crudités.

RECIPE

HUMMUS

Soak 175 g (6 oz, 1 cup) chick peas overnight. Drain and bring to the boil in fresh water (not salted), cover and simmer for 2-2½ hours, until the chick peas are completely tender. Drain and puree in a food processor with 2 chopped garlic cloves until course, not completely smooth. Add 100 ml (4 fl oz, 7 tablespoons) tahini and 60 ml (2fl oz, ¼ cup) freshly squeezed lemon juice, then process again, gradually adding 60 ml (2 fl. oz, ¼ cup) olive oil. Transfer to a dish and stir in seasoning to taste with plenty of chopped parsley.

If a food processor is not available, the chick peas can be mashed and the garlic crushed, then the remaining ingredients can be beaten in by hand. The hummus can be seasoned with ground roasted cumin seeds or ground roasted coriander seeds.

HUNDRED-YEAR-OLD EGGS A Chinese specialty consisting of duck eggs that are enclosed in a coating made of lime, mud, saltpeter, fragrant herbs and rice straw, which preserves them for a very long time. They can be eaten after the third month, but there smell grows stronger with age. When they are broken out of their covering, the eggs are black and shiny. They are eaten cold as they are or with slices of ginger, cucumber or pieces of preserved chicken gizzard.

HUNGARY See opposite page.

HUNTING Once the means of providing an essential part of the human diet, hunting became –

and continues to be – a popular sport. In France, until the abolition of such privileges, it was reserved strictly for the nobility. All the grounds around Paris devoted to the royal hunts were called the king's pleasures. The game shot by the king, princes or noblemen was sold in the market known as La Vallee on the Quai de Grands-Augustins, and thus competed with other suppliers of meat. Official inspectors were commissioned to draw up a written return of all the items put up for sale, but that did not prevent poaching from flourishing.

By analogy, the term *chasse* was also given to a meat course consisting solely of roast game arranged on an enormous dish.

HURE The French word for a type of brawn (head cheese) made with boars or pigs head. The word is also used for the head of a pike or a salmon.

HUSK The tough outer casing of the seedlike fruits of cereal plants, such as wheat, barley, rye and oats.

Grauu is the French for husk and the French expression *farine de grauu* is used for whole-wheat flour.

HUSS Small shark, a member of the Squalidae family known as *chien de mer* (sea dog) in France, from Poulgogne to sables-d Olonne, and in Canada but as *aiguiat* in the Mediterranean. It is called nursehound in the United States, which is probably its original British name. It can be up to 1.20 m (4ft) long and is identified by a venomous spine in front of each dorsal fin and by the absence of an anal fin. It is a close relative of the spotted dogfish (*roussette*) and, like it, is usually sold skinned. Having hardly any taste, it is eaten in fish stew, or cold with a generous seasoned vinaigrette.

HUSARDE, A LA The name, usually given to a dish of braised beef garnished with potatoes and stuffed aubergines (eggplants). It is masked with a sauce made from the pan juices deglazed with demiglace and served with grated horseradish.

Hussarde is also the name of a sauce and a garnish. The former is an *espagnole* sauce with tomatoes, shallots, sliced onions, diced ham, grated horseradish and chopped parsley. A *hussarde* garnish, which is served with sautéed meat, consists of halved tomatoes stuffed with a puree of onions and mushrooms stuffed with spinach puree, all moistened with a tomato-flavoured demi-glaze.

HYDNUM *hydne* A mushroom characterized by soft spines or pegs under the cap. The various species grown in deciduous woods in autumn. The best are the *pie de mouton* and the pink *hydnum*, which is more delicate. They are prepared in the same way as *chanterelles* and should be cooked slowly for a long time. They go particularly well with stuffed tomatoes and ragouts.

HYDRIA A Greek jar or pitcher made of ceramic or bronze, originally used by women to fetch water from the well. It has three handles; one vertical, on the neck of the vessel, the other two lateral, on the rounded portion. The *hydria* had various domestic uses, including that of wine container.

HYDROMEL A drink made from honey and water. It was very popular with the ancient Greeks, who regarded bees as a symbol of immortality, and was consumed in large quantities by the Romans. The Celts, Saxons, Gauls and Scandinavians drank as much *hydromel* as beer, calling it *met*. It was drunk up to the 18th century.

HYGROPHORUS *hygrophore* A mushroom of which there are many varieties, some of them edible. Some species grow in November or in March, when few other mushrooms grow. Of the edible varieties, the very delicate snow-white *hygrophorus* (*blank de neige*) is recommended. These mushrooms should be peeled and cooked like cultivated mushrooms. Species that are not very fleshy or have a bitter smell are mixed with other mushrooms or used as a seasoning.

HYPHOLOMA hypholome A mushroom often found growing in clumps on old tree stumps. The edible variety is identifiable by the complete absence of green or yellow in the gills. It is vital to take expert advice when picking mushrooms to avoid any possibility of mistaking poisonous species for edible types.

HYSSOP An aromatic plant from the Mediterranean region, with a pungent taste and a strong, rather acrid smell. In ancient times and during the Middle Ages it was very popular as a flavouring for soups and stuffings. Nowadays its main use is in the distillation of liqueurs, such as Chartreuse, and the young leaves are also used as a seasoning for oily fish and to flavour stuffings, some charcuterie products, fruit salads and compotes.

I

IBEX Wild goat of the Bovidae family, which lives in the mountains of Europe and Asia. Ibexes are common in Italy and Switzerland, but they had almost disappeared from the French Alps. Swiss animals have now been reintroduce there, but they have not yet been re-established in the Pyrenees, although ibexes are numerous in the other mountainous parts of Spain.

ICE BOX A sealed insulated chest containing blocks of ice, maintaining a sufficiently low temperature to cool drinks and preserve foodstuffs for a relatively short time. This type of ice box was superseded by the refrigeration.

ICE-CREAM CAKE A dessert made from alternate layers of different flavoured ice creams and/or a bombe mixture (a very light-textured ice cream), frozen in a brick-shaped mould (see Neapolitan slice) or suitable round cake tin (pan).

The same name is used to describe a round or oblong cake having a sponge cake meringue base with ice cream, sorbet, parfait or a bombe mixture on top. It may be decorated with whipped cream, crystallized (candied) fruit or fruit in syrup, and chocolate vermicelli (chocolate sprinkles).

Comtesse-Marie cake is made in a special square mould lined with strawberry ice cream; the inside is filled with vanilla-flavoured whipped cream.

Recipe

Blackcurrant ice-cream cake

Trim some sponge-cake fingers to the height of a rectangular cake tin (pan). Prepare a sugar syrup flavoured with blackcurrant liqueur and allow to cool. Soak some whole sponge-cake fingers in the syrup and use to line the bottom of the tin. Repeat the process for the cut sponge-cake fingers and use these to line the sides.

To make about 675 g (1 ½ lb) filing, beat 6 egg yolks and 200 g (7 oz, ¾ cup) blackcurrant liqueur and, if available, some blackcurrant macerated in sugar. Add 6 tablespoons cold milk to 400 ml. (14 fl oz, 1 ¾ cups.) very thick, cold double (heavy) cream and whip until the cream stands in peaks. Mix the whipped cream with the blackcurrant mixture and pour into the mould.

Place in the freezer until slightly set, then soak some more sponge-cake fingers in the syrup and cover the mixture with them. Leave in the freezer until completely set. Just before serving, turn out the mould and pipe with whipped cream. This dish may be served with a hot or cold blackcurrant sauce.

ICE-CREAM MAKER sorbetiere An electric appliance consisting of a container with a mixer or paddle blades driven by a motor and used to make ice creams and sorbets. Manual machines, which used crushed ice and salt as a freezing agent, are now rare. Modern electric ice-cream makers are free-standing or placed directly in the freezer. The motor drives the blades, which churn the mixture during freezing. Workshop appliances with integral freezing units are also available, reducing the freezing time and avoiding the need to adjust settings on the main freezer to reduce the temperature for fast freezing. Some ice-cream makers have two compartments so that two flavours can be made at the same time.

ICE AND ICE CREAMS Cold deserts made by freezing a flavoured mixture. Freezing is carried out commercially in an ice-cream maker or a churn freezer, mainly consisting of a refrigerated tank in which a number of electrically driven blades stir the mixture throughout the operation to incorporate air and take it smooth. The tank can act as mould, but the ices are usually spooned into individual tubs or put into moulds after they are taken out of the ice-cream freezer. There are

moulds of all shapes, made of metal or plastic, enabling flavours to be combined in various ways. The mould is filled, then frozen. To remove the ice cream from it, the mould is immersed briefly in warm water. The ice cream can be decorated in many ways, for example with fresh or crystallized (candied) fruit. Chantilly cream, coffee beans liqueur grated chocolate.

***History** The history of ice cream is linked with that of gastronomy and refrigeration. The Chinese knew the art of making iced drinks and desserts long before the Christian era. They taught this art to the Arabs, who began making syrups chilled with snow, called sherbets (hence the words “sherbet” and sorbet).

At the court of Alexander the Great, and later under Nero., fruit salads and puree were served mixed with honey and snow. It was not until the 13th century, however, that Marco Polo is said have brought back from the East the secret of cooling without ice, by running a mixture of water and saltpeter over containers filled with the substance to be cooled. Thus the great fashion for water ices began in Italy.

When Catherine de Medici arrived in France to marry the future Henri II, she introduced iced desserts to the court, among other culinary novelties, but the Parisian public discovered them only a century later, when Francesco Procopio opened a café. People went there to read news-sheets, discuss politics and literature, and above all to sample drinks and delicacies, among which there were ices and sorbets (sherbets) that soon became all the rage. Procope (as he was now called) was soon imitated by his colleagues: in the 18th century, 250 limonadiers were selling ices in Paris, but only in summer. In about 1750 Procope’s successor, Buisson, had the idea of selling ices all the year round. The fashion at the time was to walk under the arcade of the Palais-Royal where the fashionable cafés sold their iced specialties, but these were still of poor qualities.

Around 1775, ices became more delicate in flavour, richer and with more body, so that they could be moulded into different shapes, ices made with milk, cream and eggs appeared. In fact, they had been discovered in 1650 by a French cook of Charles I of England, who paid him to keep his method secret. The end of the 18th century saw the great fashion for fromages glaces. The manufacturer of ices continued to develop. The ice bombe appeared and it became customary to serve it during a meal of any significance. Two Italians, Pratti and Tortoni, were especially famous for their line ices; in particular, Tortoni launched the iced sponge cake in 1778. Under the Second Empire the omelette surprise was invented, then the first coupes, mousses and parfaits. Ices were served at the end of meals and also became common during balls and receptions. Very refined blends of flavours were invented including apricot and wild cherries, Mignonne peaches, Malmsey wine from Alicante, angelica liqueur, the yolks of finch eggs, sugary melon, hazelnuts and mint liqueur, green tea and citron juice, pistachios and peach, according to the recipes in the Preceptorial des menus royaux of 1822. By the beginning of the 20th century, itinerant ice-cream vendors were selling in the streets. The United States has been particularly creative, inventing myriad new flavours and ways of eating ice cream, including sundaes (ice cream topped with flavoured sauces, whipped cream, chopped nuts and sometimes fruit), sodas (scoops of ice cream topped with flavoured syrup to which soda water is added), milk shakes (ice cream and flavoured syrup liquidized with milk), malts (milk shakes with malt added) and pie a la mode (pie with a scoop of ice cream).

Ancient recipes were gradually modified and adapted to the needs of industrial manufacture. Nowadays stabilizers are included, such as edible gelatine, egg white, agar-agar and carob.

Recipes

Ice Creams

Caramel ice cream

Whisk together 9 egg yolks and 300 g (11 oz, 1 1/3 cups) caster (superfine) sugar until the mixture becomes white and foamy. Make caramel without water: warm 100 g (4 oz, 1/2 cup) sugar in a heavy based saucepan over a gentle heat, stir with a wooden spoon. As soon as the sugar melted and turned into a smooth mass, add a further 100 g (4 oz, 1/2 cup) sugar, melt, then blend in

another 100 g (4 oz, ½ cup) sugar. Continue to stir until the caramel has turned brown. Add 1 teaspoon lemon juice or vinegar straight away, and remove from heat.

Boil 1 litre (1 ¾ pints, 4 1/3 cups) milk. Mix with the hot caramel over a gentle heat, stirring with a wooden spoon. Pour this boiling mixture over the sugar and egg yolk mixture, whisking vigorously, then stir the mixture into the saucepan, over a low heat. When the mixture begins to coat the spoon, remove the saucepan from the heat and immerse the base in cold water. Continue to stir until the mixture is cold. Freeze in an ice-cream maker.

Coffee and brandy bombe

Chill a 1 litre (1 ¾ pint, 1 quart) bombe mould in the freezer. Make a custard* with 500 ml (17 fl oz, 2 cups) milk, 6 egg yolks and 125 g (4 ½ oz, ½ cup) caster (superfine) sugar, then add 1 tablespoon instant coffee. Stir until the mixture is cold. Freeze in an ice-cream maker.

Bring to the boil a syrup made with 200 ml (7 fl oz, ¾ cup) water and 250 g (9 oz, 1 heaped cup) caster sugar. While still boiling, pour the syrup over 8 egg yolks and beat with an electric mixer until cool. Whip 6 tablespoons milk with 250 ml (8 fl oz, 1 cup) very cold double (heavy) cream. Blend the cream with the egg yolk mixture, flavour it with 3 tablespoons liqueur brandy and chill.

Honey ice cream

Infuse 10 g (1/3 oz) mixed ground spices (such as black pepper, juniper, cloves, cinnamon) in 1 litre (1 ¾ pints, 4 1/3 cups) milk. Beat 10 egg yolks with 400 g (14 oz, 1 ¼ cups) dark Yonne honey until pale and creamy. Add the boiling milk and cook gently at 85°C (185°F) until slightly thickened. Allow to cool and strain through a chinois. Freeze in an ice-cream maker.

Strawberry ice cream

Make custard with 500 ml (17 fl oz, 2 cups) milk, 6 egg yolk, 125 g (4 ½ oz, ½ cup) caster (superfine) sugar and little natural vanilla extract (essence). Cool, stirring, all the time. Pure 450 g (1 lb) strawberries with 4 tablespoons icing (confectioner's) sugar and stir into the custard. Freeze in an ice-cream maker.

Water Ices

A light sugar syrup is required for the following recipes. The density is given and this can be measured using a saccharometer or syrup hydrometer (see sugar). As a guide, a translucent coating syrup boils at 100°C (212°F) or very slightly above 100.5°C (213°F) – and has a density of 1.2407. To make a light syrup of this type, use 10% sugar to water: 100 g (4 oz, ½ cup) sugar to 1 litre (1 ¾ pints, 4 1/3 cups) water.

Grand Marnier ice

Make 1 litre (1 ¾ pints, 4 1/3 cups) clear, coating syrup (density 1.2407). Whisk in the juice of half a lemon and 6 tablespoons Grand Marnier. Freeze in an ice-cream maker.

Liqueur ice

Mix cold, clear sugar syrup (density 1.1407) with the chosen liqueur, generally 6 tablespoons liqueur to 1 litre (1 ¾ pints, 4 1/3 cups) syrup. Add a little lemon juice. (The density of the mixture be between 1.11425 and 1.1799.) Freeze in an ice-cream maker.

Mango ice

Choose mangoes that are very ripe and in perfect condition. Cut them into two, remove the stone, and put the pulp into a blender, adding the juice of half a lemon or lime. For about 500 ml (17 fl oz, 2 cups) pulp reduced to a puree, prepare 400 ml (14 fl oz, 1 ¾ cups) clear, coating syrup (density 1.2407). Whisk the syrup and mango pulp together. Freeze the mixture in an ice-cream

maker.

ICING A preparation of icing (confectioner's) sugar used to coat sweet goods. Glace and royal icing are the traditional types, but the term covers a variety of cake coverings, including American frosting – a whisked mixture of egg whites and sugar syrup, prepared over hot water to give a foamy, soft and sweet meringue-like mixture. Frosting sets slightly on the surface when cooled. Other types of icing can be made from boiled sugar mixtures, including fondant and fudge icing. Melted chocolate can be used as a main ingredient in icings. Butter cream is sometimes referred to as an icing, in the sense of being a cake covering.

Glace icing Uncooked water icing, known as glace icing, is a simple solution of icing sugar mixed with water: 200 g (7 oz, 1½ cups) sugar mixed with 120 ml (4 fl. oz. ½ cup) water until a thick consistency is obtained. It can be flavoured with a fruit juice, a liqueur or coffee essence (extract). It is used mainly to cover soft sponge cakes and pastries, forming a glittering smooth coating that sets lightly.

* **Royal icing** Royal icing, made with egg whites and icing sugar, is a completely different preparation to glace icing, used for coating marzipan covered fruit cake and for adding piped decoration. Royal icing dries to a fairly hard consistency and it keeps for several months.

RECIPE

Royal icing

Gradually add icing (confectioner's) sugar to lightly whisked egg whites, stirring continuously and gently until it forms a mixture that is thick enough to spread without running. Stop stirring when the mixture is smooth. Strained lemon juice may be added (10 drops for 2 egg whites) Keep the icing cool, covered with damp greaseproof (wax) paper. To cover a Genoese cake 20 cm (8 in) in diameter, use 1 egg white, 175 g (6 oz. 1¼ cups) icing sugar and 1 teaspoon lemon juice. If a piped decoration is to be used, the icing must be firm, so use 300 g (11 oz, 2¼ cups) icing sugar per egg white.

IDIAZABAL Unpasteurized DOP sheep's milk cheese from the Basque region of Spain. This cooked pressed cheese (45-50% fat content) is shaped into 13–18 cm (5-7 in) diameter wheels weighing around 2.5-4.5 kg (5½-10 lb) The firm paste is yellow beige in colour, with tiny holes and a rich buttery flavour. Many of the cheeses are smoked in natural wood smoke.

ILE FLOTTANTE A very light dessert made from egg white and sugar cooked in a bain marie, then unmoulded on to a custard cream and usually coated with caramel. Known in English as floating island, it can be decorated with toasted sliced almonds, chopped praline or very fine strips of lemon zest (the latter dessert is also called dame blanche)

IMAM BAYILDI A Turkish dish of stuffed aubergines (eggplants) whose name means the imam fainted. According to legend, when aubergines prepared in this way were offered to a certain imam (priest) he was so moved by the fragrant odour of the dish that he fainted from sheer gastronomical joy! The stuffing is made with a mixture of the aubergine pulp, onions and tomato. Cooked rice is sometimes added, as are various other ingredients (especially currants or raisins). Spices and aromatic herbs, but not meat. The dish may be served hot or cold. Aubergines, stuffed or plain, are used a great deal in Turkish cooking as a garnish for roast lamb or mutton. In classic cuisine, the garnish a la imam hayidi consists of slices of fried aubergine, sautéed halved tomatoes and pilaf rice, it is served with tournedos steaks or noisettes of lamb.

RECIPE

Imam bayildi

Soak 200 g (7 oz 1 cup) currants in a little tepid water. Wipe 4 long aubergines (eggplants) and, without peeling them, slice them in half lengthways. Carefully remove the pulp without piercing the skin, cut it into small dice and sprinkle with lemon juice. Peel and chop 4 large onions, peel seed and squeeze 8 large tomatoes, and chop a small bunch of parsley. Heat 4-5 tablespoons olive oil and brown the diced aubergine, tomato pulp, chopped onion and parsley. Add salt, pepper, a sprig of thyme and a bay leaf. Cover the pan and cook gently over a low heat for about 20 minutes. Then add 2 crushed garlic cloves and the drained currants. Mix everything together thoroughly and cook for a further 5 minutes. Grease an ovenproof dish remove the thyme and the bay leaf, arrange the aubergine halves in the dish, and fill them with the mixture. Pour some olive oil around the aubergines and add a little fresh thyme and some crumbled bay leaf. Cook in a preheated oven at 160 °C (325 °F, gas 3) for 2 hours.

IMBRUCCIATA Any of various Corsican pastries containing Broccio, a white cheese made from ewe's and goat's milk. The name is applied particularly to a savoury tart and sweet fritters.

RECIPE

Fritters a Imbrucciata

Sift 500 g (18 oz. 4 ½ cups) plain (all purpose) flour into a bowl, add 3 eggs, a pinch of salt, 2 teaspoons baking powder and 3 tablespoons olive oil, and mix together. Add 250 ml (8 fl oz. 1 cup) water and mix to obtain a smooth batter. Cover the bowl with a cloth and leave the batter to stand for 3 hours at room temperature. Cut some fresh Broccio cheese into slices, dip them in a little of the batter, and deep fry them in very hot oil until golden brown. Drain and sprinkle with sugar.

IMPERATRICE, AL The name given to various sweet or savoury classic dishes characterized by the richness of their ingredients. Consomme a Imperatrice, made from chicken stock, is garnish with cockcombs and kidneys, chervil and asparagus tips. Chicken and sole a Imperatrice are finished with supreme sauce. However, the name is most commonly applied to a dessert made with rice crystallized (candied) fruits and a Bavarian cream mixture. All fruit desserts a Imperatrice are based on this preparation.

RECIPE

Rice a imperatrice

Soak 15 g (½ oz. 2 envelopes) gelatine in 3 tablespoons warm water. Soak 125 g (4 ½ oz. ¾ cup) crystallized (candied) fruit in 3 tablespoons rum. Add 250 g (9 oz. 1 ½ cups) short-grain rice to 1 litre (1 ¾ pints, 4 ½ cups) boiling milk containing 1 vanilla pod (bean) a pinch of salt and 15 g (½ oz. 1 tablespoon) butter. Cook gently for about 20 minutes until the rice is just beginning to soften. Now add 200 g (7 oz. scant 1 cup) caster (superfine) sugar and cook for a further 5 minutes. Remove from the heat and add the crystallized fruit with the rum.

While the rice is cooking, prepare a custard with 250 ml (8 fl oz. 1 cup) milk, half a vanilla pod, 4 eggs 5 tablespoons caster sugar and a tiny pinch of salt. While the custard is still hot, add the soaked gelatine and stir until dissolved. Then rub the custard through a fine sieve and flavour with 1 tablespoon rum if desired. Leave the rice and the custard to cool.

Whip 250 ml (8 fl oz. 1 cup) double (heavy) cream with 3-4 tablespoons very cold milk until 3 tablespoons caster sugar. Mix the custard into the chilled rice, then very carefully fold in the cream. Pour into a savarin mould or a deep sandwich tin (layer cake pan) and keep in the refrigerator until required. Unmould on to a serving dish and decorate with crystallized fruit or fruit in syrup.

IMPERIALE, A L The name given to various dishes of grande cuisine, including a consommé garnished with small quenelles, cockscombs and kidneys, fish dishes (such as sole or tourt) garnished with crayfish tails, poached soft roes and finely sliced truffle, and chicken dishes garnished with foie gras and gruffles.

INDIAN CORN Quebec name for maize, unknown to Europeans until they set foot in America. Thinking they were in India, they called it Indian corn. Epluchette de ble d' made (peeling the Indian corn) is a meeting of friends at harvest time where corn on the cob cooked in boiling water on a campfire is eaten with butter and salt. Among the Acadians, washed (lessive) Indian corn is prepared with dried grains, these are soaked in cold water, then boiled with bicarbonate of soda (baking soda) to burst their husks and softened in several changes of water.

INDIENNE, AL The name given to many dishes of curried fish, eggs, mutton or poultry. They are usually served with boiled rice. A curry or Indian sauce can be used to coat or as a base in which to cook main ingredients. With fish and shellfish, a fish fumet is used instead of the chicken stock.

A cold Indian or curry sauce is made with mayonnaise flavoured with curry powder and chives.

RECIPE

Curry or Indian sauce

Cook 4 large sliced onions slowly in 5 tablespoons ghee, butter or oil. Add 1 tablespoon each of chopped parsley and chopped celery, a small sprig of thyme, half a bay leaf, a pinch of mace, salt and pepper. Sprinkle with 25 g (1 oz. ¼ cup) flour and 1 generous tablespoon good quality curry powder and stir. Then add 500 ml (17 fl oz. Cups) chicken stock, stir and bring to the boil, stirring. Reduce the heat, cover the pan and cook slowly for about 30 minutes. A quarter of the chicken stock can be replaced by coconut, milk for a coconut flavoured curry. Rub the sauce through a sieve, add 1 teaspoon lemon juice and 5 tablespoons cream, and reduce a little. Adjust the seasoning.

INDIGO CARMINE Also known as Indigotine. A blue food colouring (E132) originally extracted from plants, but now synthesized from aniline. It is used in food manufacture, mainly in cooked meats, pastries, ices, cheese, jams and confectionery. The colouring is either incorporated into the foodstuff or applied externally.

INFUSION The process of steeping an aromatic substance in a boiling liquid until the liquid has absorbed the flavour. The resulting flavoured liquid is also called an infusion, examples are tea and tisanes (herbal teas) White wine is infused with truffle peelings for flavouring sauces, red wine can be infused with cinnamon and cloves, and vanilla flavoured milk is obtained by infusing a vanilla pod (bean) in boiling milk.

INN An establishment where traditionally, travellers obtain food and lodging on a commercial basis started at the beginning of the 16th century, before this, it was undertaken free of charge by monasteries. Modern inns are small country hotels run on a family basis. Restaurants of rustic appearance, tastefully decorated and offering food and overnight accommodation, are also called inns. The term is used for some British pubs that no longer offer accommodation.

INSECT LARVAE Certain species of insect larvae are eaten as food in several tropical countries. In Cameroon about 20 species of larvae are sold in the markets. They are usually grilled (broiled) or they may be prepared in a sauce with peanuts or ground seeds, cooked over charcoal, wrapped in banana leaves, or cooked on skewers. The Pygmies, who are very partial to them crush them in palm oil and use them as a condiment. The Japanese eat grilled (broiled)

mantis, wasp and dragonfly larvae, whereas in Latin America, grubs and bamboo caterpillars are popular.

The French anthropologist Claude Lévi-Strauss, writing in his book *Tristes Tropiques*, takes great delight in describing a larva known as koro. A stroke of the axe opens up thousands of channels deep down in the wood. In each one, there is a large cream coloured animal, rather similar to the silkworm. From its body comes a whitish fatty substance, it has the consistency and fineness of butter and the flavour of coconut milk. In the West Indies, palm grubs are a choice delicacy. They are grilled (broiled) on skewers and served sprinkled with breadcrumbs and lemon juice.

The French missionary Père Favard recounts the following experience in China at the beginning of the 20th century. For centuries, our farmers in the Midi have devoted themselves to the rearing of silk worm, but never to my knowledge, have they dreamed of using them as food. It is different in China. During my long stay, I have often seen people eat silkworm chrysalids and, indeed, I have eaten them myself, I can affirm that they make an excellent stomach, medicine, both fortifying and refreshing, and often a successful remedy for those in poor health.

This is the way the dish was prepared for the mandarins and the wealthy. On the other hand, the poor people, after grilling the chrysalids and removing their outer coverings, fry them in butter or fat and season them with a little salt, pepper or vinegar, or even eat them just as they are.

INTERLARDING The process of inserting thin strips (lardons) of pork fat into lean cuts of meat using a larding needle, interlarding is similar to larding but the lardons are left protruding from the surface of the meat rather than pushed right into the flesh. Interlarding is usually done only on the top side of the meat. Its purpose is to keep the meat basted, and therefore moist throughout the cooking time, as the lardons will melt in the heat of the oven.

Roasts that are interlarded include fillet of beef, leg of veal, saddle of mutton, haunch of venison, and baron of hare. Small cuts, poultry and game birds can also be interlarded, using very small lardons.

INTESTINE The intestines of slaughtered animals are used mainly as casings for various types of sausages. Pig's intestine is most commonly used. For large sausages, the large intestine and caecum are used, the small intestine is used for chitterlings and small sausages. The small intestine of sheep is used for some sausages, and ox intestines are used to make black pudding (blood sausage). Artificial intestines made from viscose are also used.

IRISH COFFEE An alcoholic drink made from black coffee, sugar and Irish whiskey, topped with cream. To prepare Irish coffee, warm a tall glass and pour in a good measure of Irish whiskey. Add about 2 teaspoons sugar, then fill the glass to within 2.5 cm (1 in) of the top with very strong hot coffee. Stir to dissolve the sugar, then carefully pour double (heavy) cream over the back of a teaspoon, which is just touching the surface of the coffee, so that the cream floats on the surface. Once the cream is added, do not stir.

IRISH STEW A stew of mutton and potatoes, which according to Courtine, is witness if, not of the art of living, at least of the art of staying alive in difficult times, and has thus become a legendary dish. The potato was introduced into Ireland in the 16th century, and together with mutton, became the staple food. Pieces of neck end of mutton are arranged in alternate layers with sliced potatoes and onions. Water is added, and the pot is left to simmer over a very low heat. The traditional accompaniment is pickled red cabbage.

IROULEGUY An AOC, red, rose or white wine from the Basque country. The red wine is made from the Cabernet Sauvignon or Cabernet Franc and the Tannat grapes.

IRRORATEUR A type of spray gun, invented by Brillat Savarin, which was used to perfume, room, especially the dining room.

Brillat Savarin writes in the preface to *la Phystologie du gaut*. I submitted to the council of the society for the Encouragement of National Industries my *trovier* a piece of apparatus invented by me, which is none other than compressor spray that can fill a room with perfume I had brought the spray with me in my pocket. It was well filled I turned on the tap and, with a hissing sound out came a sweet smelling vapour which rose right up to the ceiling and then fell in tiny drops on the people present and on their papers. It was then that I witnesses, with indescribable pleasure, the heads of the wisest men in the capital bending under my *trouration* I was enraptured to note that the western among them were also the happiest.

The pedantic name of this device comes from the Latin verb *irroure*, meaning to sprinkle or to bedew.

ISSUES A term used in the French butchery trade to describe the inedible parts of animal carcasses, such as the skin, hair and horns. In some region, the word issues can also mean both edible offal (variety meats) and also those parts of the animal that are forbidden by law to be sold for human consumption.

When the term is used in the flour industry, it refers to the by products of milling such as bran.

ITALIENNE A L In French classic cuisine, this name is given to dishes of meat, fish, vegetables or eggs that are either dressed with Italian sauce (based on a *duxelles* of mushrooms, ham and chopped herbs) or garnished with artichoke hearts or macaroni. It is also applied to pasta cooked *al dente* and to many other dishes typical of Italian cookery.

RECIPES

Fried eggs a I italienne

Prepare some Italian sauce, allowing 1 tablespoon for each egg, and keep it hot. Cook very small slices of ham in butter over a very low heat, taking care that they do not become tough. Fry the eggs in oil and arrange them in a circle, alternating them with the slices of ham. Pour the Italian sauce over the top.

Italian sauce

Clean and chop 250 g (9 oz. 2 generous cups) button mushrooms, 1 onion and 1 shallot. Heat 5 tablespoons olive oil in a saucepan, add the chopped vegetables and cook over a high heat until the juices from the mushrooms are completely evaporated. Add 150 ml (1/4 pint, 2/3 cup) stock, 6 tablespoons tomato puree (paste) salt, pepper and a bouquet garni and cook gently for 30 minutes. Just before serving, add 1 tablespoon diced lean ham and 1 tablespoon chopped parsley.

Lettuce a I italienne

Braise some lettuce hearts, then drain them well and arrange them in a buttered gratin dish. Moisten with Italian sauce, using 1 tablespoon per lettuce. Cover the pan and simmer over a gentle heat for about 20 minutes. Place the lettuce hearts in a ring and arrange some sauteed veal around the outside. If desired, the lettuces can be sprinkled with a little lemon juice.

Sliced meat a I italienne

Prepare some Italian sauce and keep it very hot. Cut thin slices of beef, mutton or veal that has been boiled or braised. Pour some of the sauce into a greased flameproof dish and arrange the slices of meat on top. Cover with the remaining sauce and sprinkle with grated. Parmesan cheese. Reheat on top of the stove without allowing the sauce to boil.

Swiss chard a I italienne

Remove the green parts of the leaves, then break off the veins and stalks (it is important not to cut them with a knife) and remove the strigy parts. Divide into 7.5 cm (3 in0 length, put into boiling white stock, and cook for about 20 minutes. Drain the chard. Prepare enough Italian sauce to cover the chard. Put the chard and the sauce into a pan, simmer, mix well sand adjust the seasoning. Before serving, sprinkle with chopped basil.

IVOIRE A variety of supreme sauce enriched with white meat glaze or reduced veal stock, used especially for poached chicken. It is used thick for a chaud froid sauce.

RECIPÉ

Chicken a I ivoire

Poach a chicken n white stock, prepare 500 ml (17 ft oz. 2 cups) ivoire sauce. Make 24 small chicken quenelles. Clean and trim 24 button mushrooms, sprinkle with lemon juice, and place in a rooms, sprinkle with lemon juice, and place in a saute pan with a little butter. Just cover with chicken consomme and cook for about 10 minutes.

Drain the chicken and arrange on a serving dish, surrounded by the mushrooms and quenelles.Coat with ivoire sauce serve the remaining sauce in a sauceboat.

Ivoire sauce Add 2 tablespoons reduced veal stock or meat glaze to 200 ml (7 ft oz. 2/3 cup) supreme sauce.

IZARD A variety of the chamois found in the Pyrenees. Tender and full of flavour, the meat (particularly the haunch and the fillets) is much sought after being either roasted or stewed. As the animal to in danger of becoming extinct, it is now a protected species. Therefore mutton, from sheep slaughtered the day after they return from pasture, is marinated to produce a similar taste.

J

JACK. David Jacks created this soft and mild cheese in the 1830s in America. It is matured for a week. Good examples come from Monterey and Sonoma in California. Dry Jack is Monterey Jack, which has been aged for 7-10 months to give a much sharper, nutty flavor.

JACKFRUIT. The fruit a tropical tree that originated in India. Oval in shape and studded with small protuberances, a jackfruit can weigh up to 30kg (67 lb.). The skin is bluish, pale green, yellow or brown; the flesh is white or yellowish and full of large seeds. Blanched and then peeled. It is eaten in stews or baked in the oven as a vegetable. The seeds are cooked in the same way as chestnuts, either roasted or in a puree.

JACOB'S BATON. Baton de Jacob A small stick shaped éclair filled with confectioner's custard (pastry cream) and iced (frosted) with fondant icing.

JALOUSIE. A small rectangular pastry consisting of a strip of puff spread with vanilla flavoured marzipan (Almond paste) and topped with a slatted pastry lid resembling a Venetian blind (jalousie in French). Apple compote, apricot jam or a fruit preserve can be used instead of the marzipan. The jalousie can also be made in the form of one large pastry and fresh fruit fillings can be used.

RECIPE

Jalousies with apricot jam

Roll out 500g (18 oz) puff pastry into a rectangle about 6 mm (1/3 in) strips and cut it into 2 equal strips about 10 cm (4 in) wide. Brush all round the edges of one of the strips with beaten egg and spread 500 g (18 oz, 1 ½ cups) apricot jam in the center. Fold the second piece of pastry in half lengthways, and with a knife make slanting cuts from the folded side to within 1 cm (½ in) of the other edge. Unfold the strip and place it over the first one. Press the edges firmly together to seal them, trimming if necessary to a neat rectangle, then make decorative indentations with the point of a knife. Brush the top with beaten egg, put in a preheated oven at 200°C (400°F, gas 6), and bake for 25-30 minutes. When it is done, brush the top lightly with apricot jam that has been mixed with double its volume of water and boiled to reduce it slightly: finally, sprinkle the top with caster (superfine) sugar.

Cut the strip into 4 cm (1 ¾ in) slices and serve warm or cold.

JAMBALAYA A specialty of New Orleans, inspired paella and made of highly spiced rice, chicken and ham. Various ingredients can be added; for example, sausage, peppers, tomatoes, prawns (shrimp) or oysters.

RECIPE

Chicken jambalaya

Poach a chicken in stock, then drain. When it is quite cold, remove the skin and bones, weigh the meat, and dice finely. Sauté half this weight of row diced ham in 50 g (2oz, ¼ cup) butter over a low heat, with the pan covered. While it is cooking. Prepare some rice*

A la racquet using 300-400 g (12-14 oz, 2 cups) uncooked rice and the stock from the chicken.

When the ham is cooked, add the diced chicken together with some cayenne. Salt

JAMBE DE BOIS

And pepper so that the mixture is highly seasoned. Finally, add the rice, mix Everything together thoroughly, and serve very hot.

JAMBEE DE BOIS. The French term for shin or knuckle of beef (beef shank) left on the bone, when used as an ingredient of a pot-au-feu. In former times, the preparation of potage à la jambée de bois was a major undertaking according to a recipe from 1855 it required a chicken, a brace of partridges, 1 kg (2 lb) boned fillet of veal and a variety of vegetables. The dish came originally from Lyon.

JAMBONNEAU. The French name for the knuckle end of a ham or pork leg. It is eaten fresh, semi-salted or smoked. Braised or poached like ham, but for a longer time, it is served with Sauer kraut and used in thick soups. It can be bought ready cooked and skinned.

The name jambonneau is also given to a preparation of stuffed chicken thigh, because of its similar shape. Bone plump uncooked chicken thighs, making only one cut so as to keep them as intact as possible. Spread with a little forcemeat and reshape the things the thighs so that they look like small ham knuckles. Tie them in shape and braise until cooked through.

JAMBONNETTE. Cooked charcuterie made from pork shoulder (50 – 60%) and bacon (40 – 50%) chopped seasoned and enclosed in rind to make a pear shape. A jambonnette can be fried and glazed in the same way as a gala mine.

JAM, JELLIES AND MARMALADES. Sweet preserves in which the high sugar content acts as a preservative. Jellies and marmalades are set; the majority of jams are set but some are less firm than others and stay

Others and they may be less firm than jellies or marmalades. Some jams can be quite soft, of a thick flowing consistency, and in these are usually referred to as conserves. A homemade conserve has pieces of fruit in thick, fruity syrup. (Commercially, conserve refers to a high quality jam, usually with a high proportion of fruit.)

The art of jam making began in the Middle East. It was introduced into Europe by the crusaders, who had discovered cane sugar and certain previously unknown fruits. In North America, jelly is generally used as the term for jam.

- **Keeping quality** These preserves rely on the right balance of ingredients for a good set and to ensure that they keep well. Keeping quality depends on a high proportion of sugar to prevent the growth of moulds or fermentation. They are poured into sterilized pots and wax paper discs cover the surface of the preserve to exclude air. An airtight lid is used to prevent microorganisms from entering the pots during storage. With the right ingredients and potting, preserve will keep for several months (or longer) in a cool, place without the need for refrigeration. Once the pots are open, the preserve is best stored in the refrigerator. Low-sugar preserves are prepared commercially but they are sterilized in their containers once opened they do not have a long shelf life. It is not possible to produce this type of low sugar preserve without the right processing.

- **Setting quality** Pectin, a gum-like substance contained in the cell walls of plants, is essential for a good set. Cooking the fruit breaks down the cell walls to release the pectin. Acid, found naturally in some fruit or added in the form of lemon juice, helps to release the pectin. When boiled with sugar, the pectin forms a gel that sets. To achieve a good set there must be sufficient pectin, with enough acid and the right concentration of sugar. If there is too little or too much sugar, the preserve will not set.

The pectin content of the fruit can be checked by placing a teaspoonful of the cooked plump (before the sugar is added) in a little methylated spirits and swilling it around in an old jar or container. Fruit with high pectin content will clump together with one clot: that with a medium content will form a few clots: fruit with a low pectin content will clump in lots of small pieces

rather than large clots. Commercial pectin is available as a powder, liquid or in combination with sugar. This product can be added to low-pectin fruit to make set preserves- follow the manufactures instructions for adding the pectin. After the running intervention the family will:

- A. Be able to ensure that they are practicing proper hygiene everyday
- B. Be able to discuss the importance of hygiene
- C. Apply the procedures in maintaining proper hygiene

• **The choice of fruits** certain regions and towns in France have made a speciality of a particular jam: for example, redcurrant jam from Bar-le-Duc, bilberry (chuckle berry) jam from Alsace, and green tomatojam from Provence. In Britain many types of fruit are grown from jam in the vale of Evesham, Kent and Essex. Specialty jams, such as mulberry, quince and meddler, are grown and made in the tip tree area.

To make good preserves, the fruit should be sound and not overripe. Fruit contains the maximum pectin when it is underripe, but its flavour is weak. Often the best solution is to combine a small proportion of underripe fruit with ripe produce. Over ripe fruit has poor flavour and pectin content. Pears, peaches, apricots, strawberries and raspberries should be slightly underripe, while plums and cherries should be just ripe but still full-flavored. Combining fruits rich in pectin with other low in pectin is a good way of achieving an interesting flavour and a good set. Example of fruit with good pectin contents includes cooking apples and crab apples quinces, blackcurrants, redcurrants, physalis, lemons, Seville or bitter oranges and gooseberries. Plums, raspberries blackberries, loganberries and grapes have medium pectin content. Strawberries, apricots, peaches, pears, rhubarb, kiwi fruit, sweet oranges and cherries have a low pectin content. Fruit with a medium or low pectin content can still be used to make conserves with an excellent flavour, but they have a soft set or flowing texture. The same method should be used and the conserve should have a high proportion of sugar to ensure it keeps well. Similarly, the boiling time should be 5-8 minutes.

The flavour of jam can be enhanced by spices (vanilla and cinnamon), a little alcohol (rum and kirsch), caramel (for apples), or another fruit of more robust flavour (peaches, raspberries, cherries, redcurrants, mixed citrus fruits, rhubarb and strawberries). The colour may be deepened by adding blackberries or raspberries to peaches and melon. Watermelon, tomatoes, fresh walnuts, mango, guava and coconut can also be used well as small wild fruits, such as haws, elderberries, blackberries, bilberries and rosehips. At one time flowers (such as violets, roses and pumpkin flowers) and many spices (especially ginger) were used and rose petals are still an important ingredient for some sweet preserves. Lastly, there is milk jam, which does not contain fruit. Widely eaten in South America, where it is known as dulce de leche (milk sweet), it is made by slowly reducing sweetened vanilla or cinnamon-flavored milk.

• **Utensils.** In addition to the usual kitchen equipment, a large, wide proving pan is useful for boiling large quantities of sweet preserves. It should be heavy and made of material that will not react with the acid in the fruit – stainless steel is ideal. Copper and aluminium should not be used as these metals next with fruit and contaminated the preserve. (At one time, copper was favored because the reaction between the metal and fruit produced a sparkling preserve, but this was before the risks of metal contamination were fully appreciated).

As well as the ability to withstand boiling sugar at high temperature without burning the preserving pan allows a large surface area for evaporation, so that the excess water rapidly evaporates and the sugar concentrates quickly, which reduces the boiling time. This helps to give the preserve good colour and flavour, which are spoiled by prolonged boiling.

A long handled spoon is useful for stirring in the initial stages of cooking. A wide necked funnel makes potting far easier, allowing the preserve to be ladled into the pots with speed. The pots should be heat resistant and have airtight, acid-resistant lids. They should be clean and freshly sterilized (a liquid sterilizing solution of the type used for cleaning baby feeding

equipment is recommended). Wax paper discs are essential for covering the surface of the preserve- they come in size to match different jars.

A jelly bag is used to strain the cooked fruit for making jellies. This is fine enough to allow the juice through but not the fibers or pulp that spoil the clarity of the preserve. A special stand allows the bags to be hung with ease.

▪ Sugar as a rule, for fruit with good pectin content use an equal weight of sugar. The weight of sugar may be increased slightly for fruit with very high pectin content. If too little sugar is used, the jam may ferment and will not keep. If there is too much sugar. The jam is too concentrated and tends to crystallize

ordinary white granulated sugar can be used. Preserving sugar has large crystal that dissolve more slowly and produce less scum. Lump sugar or sugar cubes may be used and some cooks prefer these, again for their slow dissolving and reduced scum sugar with added pectin is especially useful for setting fruit with a low to medium pectin content.

- Cooking stages. There are key stages for the majority of sweet preserves – cooking the fruit, dissolving the sugar, then boiling. Testing for setting is important to determine whether the preserve has boiled down to the right sugar concentration. Following a few simple rules at each stage will help to ensure good results.

- Cooking the fruit. The first stage is to cook the fruit until it is completely tender before adding sugar. This is essential as adding the sugar before the fruit is tender will toughen the skins. This stage is also essential for releasing the pectin in the fruit and, to assist this process, lemon juice is added to those fruit that are not naturally very acidic. Water may be added or a very little sugar may be sprinkled over some juicy fruit to help release the juice and prevent the fruit from burning.

The trimming – peel, pith and seeds – are tied in a muslin (cheesecloth) bag and boiled with the fruit. They are a valuable source of pectin. When thoroughly cooked, they should be squeezed into the pan of fruit to extract all the juice from the trimming.

When making marmalade, the rind may be prepared and cooked with the fruit juices in a large proportion of water for a fine result, or the chopped fruit may be used for a coarse marmalade. Citrus fruit require lengthy cooking until quite soft before the sugar is added, otherwise the rind becomes very tough during boiling.

- ADDING THE SUGAR. When the fruit is completely tender, the sugar is added and the preserve is cooked slowly, stirring often, until the sugar has dissolved completely. A little additional lemon juice can be added at this stage as it helps to give the jam a good colour and sparkling appearance.

- BOILING. When the sugar has dissolved, the preserve should be brought to a fast boil, known as a full rolling boil. It should not be stirred as this encourages the sugar to crystallize. The boiling is continued until setting point is reached. This depends on the concentration of sugar, which can be measured by checking the temperature using a sugar thermometer. This can take between 5 and 10 minutes, but it should not take more than about 15 minutes or the preserve will taste overcooked and have a poor colour.

- Testing for setting. Check the temperature of the preserve when it has been boiling for 3-5 minutes. Most preserves set at about 104°C (220°F). When this temperature is reached, remove the jam from the heat and try a saucer test. Place a little of the preserve on a cold saucer and leave it in a cool place for a few minutes. A distinct skin develops when the preserve has reached setting point – push the little puddle of preserve with your finger and the surface should wrinkle quite distinctly. The other useful sign that the preserve has reached setting point is when it forms flakes on the edge of a spoon – try dipping the stirring spoon into the preserve in the pan and then hold it at an angle and allow the preserve to run off. The last of the preserve should begin to set in flakes on the edge of the spoon and run off more slowly, forming wide drips.

Do not overcook the preserve – if it boils for too long, it will become syrupy and will not

set. Over boiled preserve has a dark colour, poor texture and poor flavour.

- Potting. The clean pots should be sterilized and warm. Use a sterilizing solution to thoroughly clean the pots, then place them on a folded tea-towel (dish-towel), on a baking sheet or masting pan, in a warm oven for a few minutes so that they are just too hot to hold.

The majority of preserves should be potted immediately they reach setting point. If the pan has been removed from the heat for any length of time while testing for setting, then return it to the heat and bring the preserve just back to a boil. Remove it from the heat immediately and pot the preserve. Ladle the preserve into the hot pots and cover immediately with discs of waxed paper, placing the waxed side down and ensuring there are no air bubbles between the preserve and paper. Cover immediately with airtight lids, screwing them on firmly.

Fine marmalade, with shreds of rind, should be cooled for a few minutes before potting, otherwise the rind will float. When a fine skin begins to form on the surface of the marmalade in the pan, stir it, and the shreds should disperse evenly and remain in suspension. The marmalade is ready for potting ladle it into the heated pots and cover its surface with waxed discs but do not put lids on the pots. Leave the marmalade to stand undisturbed (moving or shaking the pots may cause the rind to float) until completely cold. Then cover with airtight lids. If lids are placed on the pots when the preserve has cooled slightly, condensation forms inside the jar and this provides the right environment in which mould will grow later.

Label the jars with the type of preserve and the date on which it was prepared. Store in a cool, dark place.

- Jellies. Fruits with a good pectin content are essential for a jelly with a good set. Fruits with only a moderate pectin content will make a soft, floppy jelly. Since the fruit pulp is strained and the solids discarded, there is no need to prepare the fruit to the same extent as for other preserves. Some of the kernels from stone fruits, such as apricots, can be cooked with the fruit for the almond flavour they contribute, but only a small number should be added as they contain cyanogens, compounds that produce cyanide.

The fruit is cooked as for other preserves, sometimes with slightly more water added than usual. The pulp is then strained through a jelly bag for several hours or overnight. It is essential that the bag is not disturbed or squeezed as this will make the jelly cloudy. Although the juice looks cloudy at this stage, it clears when boiled with sugar.

The juice is measured and sugar added according to the volume – usually 450 g (1 lb, 2 cups) sugar to 600 ml (1 pint, 2 ½ cups) juiced when fruit with a high pectin content has been used. The sugar is dissolved as when adding to other preserves and the preserve is boiled in the same way. Testing for setting and potting are also the same as for preserve with whole fruit.

- Uses. Jams, jellies and marmalades are eaten with bread, toast, brioches or other types of rolls for breakfast and snacks. They are also used to accompany desserts (rice pudding, bread pudding, poached fruits, iced desserts, pancakes, waffles) and to fill or cover cakes, to flavour yogurt and soft cream cheese (such as fromage frais), and to make sauces for desserts. Jams also accompany meats; red fruits with game; orange with duck or pork, for example.

RECIPES

Apple jelly

Take 3 kg (6½ lb) tart apples with a good flavour or a mixture of apples, such as crab apples, or cooking apples and dessert apples, including Braeburn, Cox's or Granny Smiths. Wash and quarter them without peeling or coring. Place the quarters in a saucepan containing 3 litres (5 pints, 13 cups)

Continue cooking stirring until the fruit is soft. Add the sugar and heat gently, stirring often, dissolved completely. Bring to a full boil without stirring and boil until setting is reached. Skin pot and cover.

JAPANESE QUINCE. The fruit of an ornamental Japanese tree or shrub with clusters of red flowers. The Japanese quince is a juicy greenish oval fruit, which tastes rather like a lemon. The fruit is very hard and ripens in the autumn. It is not sold commercially and is edible only when cooked. Japanese quinces are usually mixed with apples to make a jelly, using three parts by weight of quinces to one part of apples.

JAPONAISE, A LA. In classic French cuisine, this name is given to various dishes containing Chinese artichokes (called Japanese artichokes in French). It applies particularly to large cuts of roast meat garnished with Chinese artichokes braised in butter or cooked with the meat juices and demi-glace or to a filled omelette. Francillon salad is known as Japanese salad when Chinese artichokes replace the potatoes, but there is another Japanese salad. This is served as an hors d'oeuvre and combines diced tomato, pineapple and orange on lettuce leaves, covered with crème fraîche to which lemon juice has been added, and sprinkled with sugar. Finally, there is a bombe called japonaise. Consisting of peach ice cream filled with tea mousse.

RECIPE

Filled omelette a la japonaise

Clean 300g (11 oz.) Chinese artichokes and blanch for 3 minutes in boiling water, drain, rinse and wipe dry. Braise over a low heat in a covered pan without browning, add salt, pepper and a little cream sauce. Make an omelette with 8 eggs and fill it with the artichoke mixture. Fold the omelette and slide it on to the serving dish; sprinkle with chopped parsley. The rest of the cream sauce is served separately in a sauceboat.

JARDINIÈRE. A mixture vegetables, essentially carrots, turnips and French beans served as a garnish for roast or sautéed meat, casseroled poultry, braised calves' sweetbreads, and similar dishes. Carrots and turnips are cut into chunks 3-4 cm (1 ¼ - 1 ½ in) long, trimmed to a regular shape. Cut into slices 3-4 mm (½ in) thick, then cut again into matchsticks 3-4 mm (1/4 in) wide, the French beans are cut into chunks, sometimes diamond shaped, 3-4 cm (1 ½ in) long. The vegetables are cooked separately, then mixed with garden peas and bound together with butter. The jardinière often also includes string beans and small cauliflower florets. Meat juices or some clear veal stock can be added. A jardinière can also consist of a simple medley of vegetables.

RECIPE

Flat omelette a la jardinière

Prepare a standard jardinière, cooking the ingredients in water on in consommé and making sure that they retain their crispness. Add some cooked peas and tiny cauliflower florets cooked in the same way. Brown gently in melted butter in a large pan, adding salt and pepper. Beat some eggs as for an omelette, adding a pinch of salt and pepper, and pour over the vegetables; cook like a thick pancake. Garnish with steamed asparagus tips and coat with cream sauce.

JARLSBERG. This is an old Norwegian cheese which was revived in the 1950s. It is a cooked and pressed cheese, rather similar to Emmental, with a dry nutty taste but without the complexity of Emmental. The texture is quite and rubbery, and there are numerous large holes in the paste.

JASMINE. A sweetly scented flower used mostly in the perfume industry. In the Far East, sambac jasmine is used to perfume tea, while Chinese jasmine is used in pastry making and cooking.

RECIPE

Red mullet with jasmine

Gut, trim and clean the mullet. Remove the backbone. Stuff the fish with a mousse made of whiting flesh bound with cream and flavoured with essence (extract) of jasmine. Wrap each fish in buttered paper and cook in a preheated oven at 180°C (350°F, gas 4) for 25 minutes. Take the fish out of their wrapping and arrange them on a hot dish. Cover with a tomato-flavoured white wine sauce.

JASNIERES. An AOC dry white from the Goteaux – du-loir in Touraine. It is made from the Chenin, blanc grape. Some dry or sweet botrytised wines are occasionally made.

JELLY. A cold dessert made of fruit juice, wine or liqueur to which sugar and gelatine are added and left to set a dish or dishes or in a mould. There are also savoury jellies, made from fresh vegetable juice. Commercial jelly tablets and crystals are available for making jelly desserts but these contain mostly sugar, flavouring and colouring.

The term jelly is also used to describe a strained, clear, set fruit preserve. See jam, jellies and marmalades.

JEREPICO A vin doux natured produced in South Africa, usually from Muscadelle.

JERUSALEM ARTICHOKE A perennial plant cultivated for its edible tubers, which are cooked and eaten as a vegetable or used in distilling. The French name (topinambour) is the name of a small tribe in Brazil, but in fact the vegetable originated in North America and was introduced into France in the 17th century by Samuel de Champlain. Called pommes de terre by Nicolas de Bonnefons and poires de terre by Lemery, because they are born in the earth, attached to the branches of the root which beans them, the tubers are knobbly and quite difficult to peel.

Fairly firm in consistency, they have a taste similar to that of globe artichokes. They are boiled, steamed or braised with butter and can be served with cream or bechamel sauce, sprinkled with parsley, or used in salads, fried in batter, pureed or souffled.

RECIPES

Jerusalem artichokes à l'anglaise

Peel some jerusalem artichokes, cut into quarters, and trim to egg shapes if they are large. Blanch for 5 minutes in boiling water, then dry them. Cook gently in butter in a covered pan for about 30 minutes. Stir in a few tablespoons of light bechamel sauce or double (heavy) cream and simmer for about 10 minutes. Serve as a garnish for veal, for example, sprinkled with chopped chervil and tarragon.

Jerusalem artichoke pie with foie gras and truffle.

Peel and finely cut 575g (1 ¼ lb) pink Jerusalem artichokes into slices 3 mm (1/8 in) thick. Cook in stock for 5 minutes, then drain. Slice 50 g (2 oz) truffles very finely. Cut very thin slices across the width of a lobe of foie gras. Season with salt and pepper, and add some nutmeg. Line the bottom and sides of well buttered medium sized souffle mould with the slices of jerusalem artichoke. Place a thin layer of truffle on top, then a layer of foie gras. Repeat the layering until all the ingredients are used up and cover with foil. Press down with a smaller mould. Cook in a bain marie in a preheated oven at 180 °C (350 °F gas 4) for 20 minutes. Unmould on to a serving dish and pour over a warm vinaigrette made with walnut oil and sherry vinegar, flavoured with chervil or flat leafed parsley.

Salad of Jerusalem artichokes

Prepare like a potato salad, using small new jerusalem artichokes, cooked in water for 20 minutes,

peeled and cut into uniform pieces. Dress with a sunflower oil vinaigrette seasoned with shallot and sprinkle with plenty of parsley.

JESSICA

Stock for 5 minutes then drain. Slice 50 g (2 oz) truffles very finely. Cut very thin slices across the width of a lobe of foie gras. Season with salt and pepper, and add some nutmeg. Line the bottom and sides of a well-buttered medium-sized soufflé mould with the slices of Jerusalem artichoke. Place a thin layer of truffle on top, then a layer of foie gras. Repeat the layering until all the ingredients are used up and cover with a smaller mould. Cook in a bain marie in a preheated oven at 180°C (350°F, gas 4) for 20 minutes. Unmould on to a serving dish and pour over a warm vinaigrette made with walnut oil and sherry vinegar, flavoured with chervil or flat-leaved parsley.

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Additional recipe

JESSICA. A garnish for poultry supreme, veal escalope scalloped or grenadier (small slices of fillet of veal interlarded with best landing bacon), and soft boiled eggs. It consists of small artichokes braised in butter and filled with a salpicon of bone marrow with shallots, and minels sauced in butter, both arranged on tartlets made from small potatoes. These are accompanied by an alternate sauce enriched with thickened veal stock and flavoured with truffle essence (extract). An omelette Jessica is filled with sliced morels and asparagus tips bound with cream, then folded and surrounded with a ribbon of Chateaubriant sauce.

JESUITE. A small triangular puff pastry filled with marzipan (almond paste) and covered with royal icing (frosting). Formerly, these pastries were covered with a dark coloured perline or chocolate icing shaped like the hat, with a rolled brim, worn by the Jesuits.

JESUS. A large sausage made in Franche Comté (especially at Morteau) and in Switzerland, consisting of coarsely chopped pork (or sometimes pork and beef) encased in the wide part of the gut. It has a small wooden hook inserted in the end so that it can be hung up to be lightly smoked. A marteau (or saucisson de Morteau) is one that is made in the same way in Alsace and the Jura. Both these sausages can be poached and used to garnish thick soups, but they are also used in particular regional recipes.

RECIPE

Jesus à la vigneronne

Make a court-bouillon with 2 litres (3 ½ pints, 9 cups) Arbois wine, 2 litres (3 ½ pints, 9 cups) water, 2 peeled onions each sudded with 2 cloves, a bouquet garni, salt and pepper. Simmer for 1 hour. Place a handful of wine shoors in the pan. Prick 1 or 2 Jesus with a fork and rest them on the vine shoots so they are just above the surface of the liquid; leave them to cook in the steam from the court bouillon. Serve with butter and baked potatoes.

Red wine can be used instead of the Arbois, and red or white haricot (ravy) beans, according to the colour of the wine, can be substituted for the potatoes.

JEWISH COOKERY. Jewish cookery is closely linked to religious feast days and the Sabbath, but it incorporates culinary specialities from all the countries of the Diaspora. It is a family based art, with a unity derived from ancient traditions. The rules imposed by the rabbis do not in any way limit the variety of dishes, they merely ensure that food is completely fresh: (only beef and mutton) is carefully washed, then salted and seared to remove any blood (see kosher). Tradition plays a great part; for example, the fish prepared on Friday for Saturday meal is eaten fried by eastern Jews and stuffed by European Jews. Eggs, symbols of totality and death, are part of many feast day dishes. Honey is a reminder of the Promised Land. Plopped bread (batlab) is a reminder of the sacrificial bread. Even the shape of some foods can relate to a biblical character, like the ears of Manna, a cake served at the feast of Purim. Fasts (at least three of 24 hours duration during the year) are the excuse for some splendid feasts before and after although Jewish religious precepts forbid greed and gluttony, they do not condemn good eating.

The cooking of the Sephardic Jews (from Mediterranean countries) and of the Ashkenazi Jews (from central Europe) is derived from a common source, for example, the cholent of the latter and the finja of the former (meat and vegetable stews) are both cooked in the baker's oven so as to ensure a hot meal on Saturday, when the religious laws forbid the lighting of a fire. However, tastes have been strongly influenced by the foods that are available in the region and the local recipes. North African Jews enjoy couscous. Italian Jews like to eat stuffed (os stomach stuffed rice) and pilaf; Ashkenazi Jews cook potato puddings (leuged) and pasta (such as lokshen, noodles made with water and langlech, pasta filled with meat) as well as Austrian and Russian dishes (borsh, strudel and sorten). On the whole, Jewish cookery relies a great deal on frying, for example in stuffed carp, onions with sugar and meat (a dish served at Sephardic wedding feasts), and the Moroccan pastels, pastry rossoles stuffed with meat, honey and vegetables.

Since Israel became an independent nation it has developed its own native cuisine. Each wave of immigrants tends to retain its ethnic cookery, but in everyday life Israelis eat simply; their meals are based mainly on raw vegetable (particularly cucumbers and avocados), dairy produce and citrus fruits. Like their Middle Eastern neighbours, they are fond of vegetable purées and spiced meatballs. Israeli farmers rear large numbers of turkeys and ducks, of which they have developed a new breed. They also export foie gras.

JEW'S EAR FUNGUS *autriculaire crelle-de judas*. A blackish mushroom shaped like an ear lobe that grows in clusters on old tree trunks. Its body is pantry hard and pantry jelly-like. It was originally eaten raw in salad, but is now mainly served in Chinese restaurants in France under the name of champignon noir (black mushroom).

JOHANNISBERG. A world famous white wine from the Rheingau. The best known variety being that of Schloss Johannisberg. There is also a Swiss Johannisberg made from the Sylvaner grape, whereas the great Rheingau wines are all Riesling. The term often used in California for the Riesling is Johannisberger Riesling.

JOHN DORY. An oval deep-sided fish found along rocky coasts. Only 30-50 cm (12-20 in) long. It has a large head with an enormous mouth and a prominent lower jaw, and the dorsal fin is extended into filaments, the other fins are sooty. On each side of the body, which is bronze coloured with silvery glints, is a large black spot. This spot, according to tradition, is the thumbprint of St Peter, who seized the fish to throw it back into the water because it was meaning (which, in fact, it does when removed from the water). Tradition also has it that the apostle took a coin from the fish's mouth, on Jesus' instruction (if should be pointed out. However, that the Sea of Galilee, which is a freshwater lake, does not harbour this fish).

The John Dory rarely provides more than four servings, since enormous head, the fins and the bones account for nearly 60 % of its weight. Nevertheless, it is one of the best sea fish; its

firm white flesh comes off the bone easily and can be used for many different dishes. It can be cooked like turbot or brill, is used in bouillabraise and fish soups, and many chefs have created original recipes for it.

The English name is a corruption of one of its French nickname Jean-Ddore.

RECIPE

Fillets of John Dory palais-royal

Poach some John dory filets in a mixture of white wine, fish fumer and the juice of a lemon. Boil some potatoes in their skins, peel them, mash them and put in a greased ovenproof dish. Place the fillers on top. Using part of the reduced court bouillon, make some Mornay sauce, pour it over the fish and brown in a preheated oven at 220°C (425°C gas 7).

Grilled John Dory with deep-fried butter pats.

Cut 8 rounds of very cold, slightly salted butter, each weighing 25 g (1 oz). Thickly coat them in breadcrumbs and chill them in the refrigerator. Fritter a John dory, then grill (broil) it. Just before serving, carefully place the rounds of butter into hot deep fat. As soon as they are golden, drain on paper towels and quickly arrange on top of the portions of fish. Garnish the dish with fried parsley and serve straight away.

John Dory fillets in a soufflé

Stream 4 John dory fillets, each weighing 150 g (5 oz). For 4 minutes. Sprinkle with salt and pepper. Whisk 8 egg whites until stiff and fold in 3 tablespoons mustard. Arrange the fillets in an ovenproof dish, pile up the egg whites on top, and cook in a preheated oven at 230°C (450°F, gas 8) for about 4 minutes.

John Dory fillets with lemon

Fillet a John Dory weighing about 1.25 kg (2 ¼ lb). This should provide 600g (1 lb 6 oz) flesh. Remove the skin and cut the flesh into 1 cm (½ in) dice. Finely shred the zest of 2 lemons, blanch and refresh it, then cook it in a little water and 50 ml (2 fl oz, ¼ cup) olive oil. Remove the white pith from the lemons, break up the lemon segments and dice them. Cut 350 g (12 oz) courgettes (zucchini) into small pieces, trim them to the shape of olives and blanch them.

Lightly grease 4 pieces of foil large enough to wrap round a piece of fish and some vegetables. On each one place a quarter of the fish, courgettes, lemon dice and rind, 20 g (1/2 oz, 1 ½ tablespoons) butter, and some salt and pepper. Seal the foil envelopes and bake in a preheated oven at 230°C (450°F, gas 8) for about 8 minutes. Open the envelopes and sprinkle with chopped chives.

John Dory fillets with melon

Fillet a John weighing about 1.5 kg (3 ¼ lb) and quickly sauté the fillets in a nonstick frying pan without fat, allowing 2 minutes for each side. Keep the fillets warm. Blanch a julienne of 2 carrots and 1 leek for 1 minute in boiling water. Pat them dry and sauté briskly in 20 g (¼ oz, 1 ½ tablespoons) butter for 2 minutes. Sprinkle with salt and pepper and keep warm.

In another pan, fry slices of a 400 g (14 oz) melon in 25 g (1 oz, 2 tablespoons) butter, sprinkle with salt and pepper, and allow to caramelize slightly. Arrange a quarter of the melon slices and a John Dory fillet in a ring on each plate, place a spoonful of the vegetables in the center, and sprinkle with fresh chopped mint.

John Dory fillets with red peppers

Fillet a John Dory. Braise the fillets in fish fumer they should be just cooked. Arrange them on a dish and keep warm. Reduce the braising liquid, add 200 ml (7 fl. Oz, ¼ cup) double (heavy) cream, and reduce once again. Remove from the heat, add 3 tablespoons hollandaise sauce, and

adjust the seasoning. Bake 4 whole red (bell) peppers in a preheated oven at 240°C (475°F, gas 9) or put under the grill (broiler) until the skin blackens and blisters. Peel and seed them and puree the flesh in a blender. Season with salt and pepper and heat the puree. Coat the fish with the sauce and with 4 tablespoons pepper puree. Garnish with springs of chervil. Serve with French (green) beans.

John Dory steaks in whisky veloute sauce with vegetable julienne.

Filler 2 John Dorys, each weighing 1.25 kg (2 ¼ lb). Grease an evenproof dish and sprinkle it with 2 finely chopped shallots. Season the fillets with salt and pepper and by them in the dish. Moisten with 7 tablespoons dry white wine and 7 tablespoons whisky. Cover with buttered greaseproof (wax) paper and bake in a preheated oven at (180°C (350 °F, gas 4) for 10 – 12 minutes.

Drain the fillets and reduce the cooking liquid by one-third. Remove from the heat, whisk in 50 g (2 oz. ¼ cup) butter in small places, then add 500 ml (17 fl oz. 2 cups) whipped double (heavy) cream. Mix well, still off the heat. Put the fish back in the oven or under the grill (broiler) for 2 minutes then coat with the sauce.

Serve the fish with steamed potatoes and a vegetable julienne made with 2 carrots, 1 celery heart, the white parts of 2 leeks; a bulb of fresh fennel and 4 large mushroom cups.

John Dory with rhubarb

Fillet a John Dory weighing 1.5 kg (3 ¼ lb) and cook the fillets in a little butter over a gentle heat, allowing minute for each side. Keep warm. Add 150 g (5 oz) rhubarb, peeled and thinly sliced, to the butter in which the fish was cooked, and cook for 30 seconds. Add 200 ml (7 fl oz. 2.4 cup) double (heavy) cream and reduce by half. Season with salt and pepper and add a pinch of sugar and pinch of chopped basil. Mix well and pour the sauce over the fish.

Stuffed John Dory with sea-urchin cream Bone a John Dory, keeping it intact. Stuff it with 300 ml (½ pint, 1 ¼ cups) leeks stewed in butter mixed with a duxelles of grey chanterelles. Place the fish in an ovenproof dish with chopped onion, thyme, bay leaf, 225 ml (8 fl oz. 1 cup) white Cassis wine and 7 tablespoons cream. Bake in a preheated oven at 180°C (35°F, gas 4) for 20 minutes.

Meanwhile, prepare the sauce; open up 2 sea urchins and put the coral into a small sauce pan. Beat together 2 egg yolks and 7 tablespoons double (heavy) cream in a bain marie. When this mixture is really frothy, add. It to the sea-urchin coral, whisking vigorously, and season with salt and cayenne. Pour some of the cream sauce over the fish and put the rest into the sea-urchin shells heated in the oven. Arrange these shells around the fish.

JOINTIN. The process of coming up meat and poultry into large pieces at the joints, using a very sharp knife.

JOINTOYER. A French culinary term meaning to fill in any surface unevenness and to smooth the joined edges of cakes and pastries that are made up of several layers. Using a cream as the filling agent, the object is to ensure a smooth and uniform surface on the top and sides of the cakes; this is essential if the cake is to look its best of if it is to be iced (frosted).

JOINVILLE. The name of a dish of sole fillets arranged in a circle, which was dedicated to the third son of Louis –Philippe, the Due de Joinville. The garnish for fillets of sole Joinville usually consists of prawns (shrimp), poached mushrooms and truffles, while the sauce is made from a sole veloute bound with cream and egg yolks with oyster liquor, mushroom essence (extract) and puree of prawns and crayfish added to it. there are a number of simpler variations.

The name is also applied to a normande sauce with prawn butter, and to a prawn sauce

with crayfish butter and a julienne of truffles when it is to accompany braised fish. Joinville garnish is also used to fill harquettes, tartlets, houchees and an omelette, which is then surrounded with a prawn sauce. Finally there is a galette joinville; made from two squares of flaky pastry filled with raspberry jam.

RECIPE

Fillets of sole Joinville

Clean 250 g (9 oz.) mushrooms; dice them, sprinkle with lemon juice, and cook slowly in butter over a low heat, fillet 2 sole. Make a fumet from the sole trimmings and poach the fillets in this for 6 minutes. Drain. Cook 8 giant prawns (shrimp) in boiling salted water for 4 minutes. Prepare 300 ml (½ pint, 1¼ cups) normande" sauce using the fish fumet and the mushroom cooking juice; add 15 g (½ oz. 1 tablespoon) prawn butter to the sauce. Mix 100g (4 oz. 3/2 cup) peeled prawn with a finely diced truffle and the mushrooms; bind with a little sauce. Arrange the sole fillets a circle on a round dish; stick a prawn into each fillet. Put the garnish in the center of the dish and cover with the sauce. Formerly the fillets were arranged on a border of fish forcement and truffle slices, with the garnish in the middle.

JOULE. Since 1980 this has been the official international unit of measurement for energy. The kilojoule is the metric replacement for the Calorie or kilocalorie (1 k – 0.24 Cal or Kcal). Calories continue to appear without the metric equivalent on some information labels. When kilojoules are given, the calorie equivalent also appears and is generally expressed as kJ/local/

JUDIC. A garnish for small or large cuts of meat, sautéed chicken, braised calves sweetbreads and similar dishes, consisting of braised lettuce small stuffed and chateaus potatoes. Deglazing the pan with Madeira and demi-glace sauce, or with a tomato-flavoured demi-glace. According to the *dic-tionnaire de l' academie des gastronomes*, tournedos judic was supposed to have been named after the comedian Anna Damiens, known as Dame Judic: the steaks are garnished with braised lettuce and a ragout of sliced truffle and cockscombs and kidneys, covered with a Madeira demi-glace. The name is also given to poached fillets of sole garnished with lettuce and fish quenelles, the whole dish being coated with Mornay sauce and browned.

JUDRU Ashort, thick, sausage made from pure pork, a speciality of Chagny in Burgundy. The meat is steeped in Mare brandy and cut into small pieces rather than minced (ground) or chopped.

JUICE See *fruit juice, jus*.

JUICE EXTRACTOR An electrical appliance used to extract juice from vegetables and fruit by means of rapid rotation (citrus fruits, which are pressed, are an exception). A sieve retains the pulp, seeds and skin. Some models have a system for ejecting the waste and can operate continuously, producing large quantities of juice, others require frequent cleaning of the filter. The juices obtained are used in drinks, ices, sorbets and jellies.

JUIVE, A LA Describing a dish of carp, generally served cold. In the authentic Jewish recipe, the carp is cleaned with salt, quickly browned in hot oil, then braised in a white roux with the roux, garlic and parsley. This recipe is adapted in classic French cookery, the fish being sautéed in onion, then braised in white wine with herbs. This dish has many variations; for example, chopped almonds and saffron, or fresh parsley, raisins, sugar and vinegar, can be added to the cooking juices.

A dish of artichokes stuffed with breadcrumbs, chopped fresh mint and garlic, cooked in

oil, is alsodescribed as a la juive.

RECIPES

CARP A LA JUIVE (1)

(Jewish recipe) Scale and gut (clean) a carp weighing about 1 kg. (2 ¼ lb), taking care to reserve the roe. Cut the fish into slices and rub it with coarse salt. Leave for 20-30 minutes, then drain the pieces, dry them with a cloth and add the roe. Ix 2-3 chopped garlic cloves with some parsley in a small bowl. Heat 3-4 tablespoons oil in a saucepan and sear the fish and the roe. Add enough water to almost cover the fish, then add salt and pepper, the parsley and garlic, and simmer for about 20 minutes. Take out the pieces of fish and the roe and arrange them in a deep dish.

Make a smooth paste with 3 tablespoons cornflour (cornstarch) and a little water, then mix in two-thirds of the liquid from the saucepan. Simmer the sauce until it has reduced by one-third. Pour it over the fish and leave in the refrigerator to set.

CARP A LA JUIVE (2)

Cut a medium-sized carp into regular slices and cook them in 200 ml (7 fl. oz., ¾ cup) oil with 100 g (4 oz., 1/3 cup) flour. Pour in enough white wine and fish fumet (or water) to almost cover the fish; add salt, a pinch of cayenne, 2 crushed garlic cloves and a bouquet garni. Moistened with a few tablespoons of oil and bring to the boil, then cook gently for 20 minutes. Drain the pieces of carp and arrange them on a long dish in the shape of the original fish. Boil down the liquor by two-thirds, take off the heat, and thicken by beating in 7 tablespoons oil. Pour this sauce over the carp and leave to cool.

JUJUBE. An oval, olive-sized fruit with a smooth tough red skin; soft, sweet, yellowish or green flesh and a hard stone (pit). The jujube tree, which originated in China, was known to Homer, and the fruit years ago. The jujube is grown in the temperate zone from the Far East to the Mediterranean. The Far East exports large jujubes, either fresh or dried, known as 'red dates'. The jujube can be eaten as it is either fresh or dried, and is also used in pastry-making (cakes and fritters) and in savoury dishes, such as meat stuffings and soups.

JULES-VERNE. A garnish for large cuts of meat consisting of stuffed braised potatoes and turnips, arranged alternately with sautéed mushrooms. It was dedicated to the famous novelist by a 19th-century chef.

JULIENAS. One of the ten classified growths of the Beaujolais, which in good years may have good keeping qualities, although most should be drunk within a couple of years of the vintage.

JULIENNE. Foodstuffs, especially vegetables, that are cut into thin sticks. They are cut with a knife or a mandoline into even slices 1-2 mm (1/16 in) thick and then into strips 2.5 cm (1 in) long. The julienne is cooked in butter in a covered pan until quite soft and then used for various garnishes, particularly for soups and consommés.

Raw vegetables to be served as an hors d'oeuvre can also be cut as a julienne, such as carrots in vinaigrette and celeriac in spicy mayonnaise. Many other foods can also be cut in this way: gherkins, truffles, peppers, mushrooms, ham, tongue, chicken breasts and citrus-fruit peel, for example.

The origin of the word is obscure, but it appears in the 1722 edition of *Le Cuisinier royal*

BOUCHEES A LA JULIENNE. Cut the following vegetables into fine strips; carrots (discarding any hard core), turnips, the white stem of leeks, celery sticks with the strings removed, and mushrooms sprinkled with lemon juice (Use twice as much carrot as each of the other vegetable). Cook the julienne in melted butter, in a covered sauté pan over a low heat, so that the vegetables retain a little bite. Add 7 tablespoons double (heavy) cream for every 450 g (1 lb) vegetables, and reduce until the mixture is thick. Add Bayonne ham, also cut into strips (1 part ham to 5 parts mixture), and heat through without boiling. If liked, a little very fine julienne of truffle can be added. Adjust the seasoning.

Heat some small puff-pastry cases and divide the mixture between them. Serve immediately before the pastry goes soggy.

CONSOMME JULIENNE. Make a julienne of 100 g (4 oz) carrot (discarding any hard core), 75 g (3 oz.) turnip, and 40 g (1 1/2 oz) each of white of leek, onion and celery. Sprinkle with a pinch of salt and a pinch of sugar. Soften the vegetables in 50 g (2 oz 1/4 cup) melted butter over a low heat, with the pan covered, for 10 minutes. Cut 50 g (2 oz) white cabbage into julienne strips and blanch for 10 minutes in boiling water, then refresh and drain; do the same with the heart of a medium-sized lettuce; add these to the other vegetables.

Cook them all together; covered, for 15 minutes. Pour in 300 ml (1/2 pint, 1 1/4 cups) consommé* and simmer for 5 minutes; add 25 g (1 oz) sorrel cut into fine ribbons and 1 tablespoon fresh peas, and cook for a further 25 minutes. Add another 1.25 litres (2 1/4 pints, 5 1/2 cups) consommé and boil for a few seconds; skim the pan, and at the last moment add some chervil leaves.

The consommé can be garnished with pearl barley, rice, semolina, tapioca or vermicelli, or with quenelles, profiteroles or royals.

JULIENNE SALAD WITH ORANGE AND HORSERADISH DRESSING. Pare the zest from 1/2 orange and cut it into fine julienne. Cook the strips of orange zest in boiling water for about 5 minutes or until tender. Drain and set aside. Squeeze the juice from the orange and place it in a large bowl. Add 1 teaspoon caster sugar, 2 teaspoons creamed horseradish, salt and pepper, and whisk until the sugar has dissolved. Gradually whisk in 4 tablespoons olive oil. Then stir in the orange zest.

Cut 1/2 celeriac into julienne and add to the dressing in the bowl, tossing well to coat the celeriac evenly and prevent it from discolouring. Cut 4 carrots into julienne and add to the celeriac. Finely chop 4 spring onions and add to the salad with 2 tablespoons chopped mint. Toss well and chill lightly before serving.

POTAGE JULIENNE A LA CEVENOLE. Prepare 450 g (1 lb.) julienne of carrots, turnips, white of leek, celery and onions, in equal proportions; cook gently in butter for about 30 minutes. Pour in 1 litre (1 1/4 pints, 4 1/2 cups) consommé and cook for a further 30 minutes. Add 500 ml (17 fl. Oz. 2 cups) salted chestnut puree, mix thoroughly, and boil for 5 minutes, just before serving, blend in 50 g (2 oz., 1/4 cup), butter, cut into small pieces.

JUMBLES. Biscuits made from a rich dough, shaped into short ropes and then twisted into knots or "S" shapes, jumbles were originally flavoured with caraway seeds, lemon zest or rose water. The name is also applied to biscuits made from a coarse-textured mixture of dried fruit and nuts. The mixture is piled into clusters before baking and the name refers to the method by which the

ingredients are all jumbled together.

JUNIPER BERRIES. The darkish berries of the juniper tree, which are used in cooking and the manufacture of wines and spirits because of their pungent and slightly resinous flavour. Used either whole or ground, juniper berries are particularly appreciated in Scandinavian cookery. They are the indispensable seasoning for marinades and court-bouillon, dishes of game animals, (wild boar) and birds (thrush, blackbird, woodcock), pork dishes (knuckle, pates) and sauerkraut. They are generally used in dishes à la liegeoise or à la Pardenmaise.

A highly aromatic brandy, drunk mostly in northern Europe, is flavoured with juniper berries; it is known as genievre in France, genever schiedam in the Netherlands, and piquet in Belgium. English gin, as well as a number of schnapps and brandies, are also flavoured with juniper berries. In addition, the berries are used to flavour Scandinavian beers.

JUNKET. An ancient dessert made by setting milk with rennet, originally made using warm milk fresh from the cow and served with clotted cream. The rennet sets the milk to produce a product similar to set, unstrained yogurt. The milk for junket may be flavoured with rose water and sweetened, then sprinkled with a little cinnamon or nutmeg. Junket takes its name from the French jonquette, a type of rush basket used to drain curds, which suggests that the curds of the first junkets were drained before they were served, rather than being left as a light dessert with a jelly-like texture.

JUNK FOOD. A 20th-century term for inferior highly processed, ready-prepared fast food does not provide a well-balanced snack or meal in terms of nutrition. Junk foods often have high fat and salt contents, sweet junk foods have a high sugar content. Synthetic flavourings, flavour enhancers and colours may be used to disguise poor-quality ingredients.

JURANCON. One of the best-known wines from south-western France, produced in limited quantities, in the foothills of the Pyrenees from vineyards that are difficult to work because of their steepness. The white wine has been famous since the day it was used to moisten the lips of the newborn future Henry IV. It is made from local grape varieties (Petit Manseng, Gros-Manseng and Courbu) that in ideal conditions, may be picked late and affected by 'noble rot' (see noble rot). There are two appellations contrôlées, Jurançon, a sweet wine, and Jurançon sec, which is traditionally drunk young. The other Jurançon grapes are Camaralet and Lauzet.

JUS. This French word is roughly equivalent to juice, but has more specific meanings in French cookery than the English word.

It is used primarily for the gravy of a roast, made by diluting the pan juices with water, clear stock or any other suitable liquid, and then boiling it until all the goodness in the pan has been absorbed into the stock. Dishes described as a jus are prepared or served with this gravy.

It is also used for a thickened or clear brown stock, especially veal stock (jus de veau).

Finally, it is used for the juice squeezed from raw vegetables or fruit.

JUSSLERE. A garnish for small cuts of meat, consisting of stuffed onions, braised lettuce and chateau potatoes, sometimes with carrots cut into meat shapes and glazed.

K

KALE. Also known as collard or kail, this member of the cabbage family is dark green, with large, coarse leaves on heads that do not form hearts. Originating in Mediterranean countries, this is the predecessor of the firm-headed or hearted cabbage. Curly kale is more popular than the plain-leafed variety. It can be prepared and cooked in the same way as cabbage, with tough stalks, trimmed off and discarded. The flavour resembles strong cabbage.

KALTSCHALE. A Russian dessert consisting of a fresh fruit salad that has been macerated in wine and is covered with a puree of red fruit (strawberries, raspberries and redcurrants). Is served in a large bowl that traditionally rests on a dish of crushed ice. The word kaltshale is German, and its literal meaning is 'cold cup'.

KALRSCHALE. Rub 1 kg (2 1/4 lb, 7 cups) strawberries and 250 g (9 oz 2 cups) very ripe redcurrants through a sieve. Bring 1 litre (1 3/4 pints, 4 1/3 cups) light sugar syrup and 1/2 bottle of champagne to the boil, then allow to cool. Add the syrup mixture to the fruit puree. Peel and remove the seeds or stones (pits) from several different fruits, such as melon or watermelon, apricots, peaches, pears or fresh pineapple. Cut them into thin slices and sprinkle with lemon juice. Place all the fruit in a large bowl and pour the liquid puree over it. Chill until ready to serve. Add some raspberries at the last moment.

KANGARRO. A marsupial native to Australia. Kangaroo meat has long been eaten by Aborigines and it was shot as game in Australia during the 19th century. It went out of fashion until the latter part of the last century when its lean, dark meat again attracted attention as an alternative to beef. Farmed kangaroo is available in a variety of prepared cuts. The meat is lean, close-textured and dark, with full, rich flavour, similar to venison. Depending on the cut, kangaroo meat can be grilled (broiled) or pan-fried, roast, braised or stewed. When using dry cooking methods, it is important not to overcook the meat; marinating, barding or larding are good methods of keeping it moist.

KASHA. Also known as kacha. An eastern European dish, often a type of porridge or gruel, made from crushed or powdered buckwheat. There are several ways of preparing it; the simplest is to boil it, then serve it as an accompaniment for a savoury main dish in the same way as rice. In Russia it is baked in the oven, mixed with butter, rolled out and shaped into small pancakes. These are served with soups or stews, possibly flavoured with cheese, eggs or mushrooms, or cooked au gratin. In Poland, kasha is also the name for buckwheat, sold crushed and roasted, and for a type of sweet pudding made either from hulled barley (cooked in milk and served with cream) or from semolina (served with melted butter).

POLISH KASHA WITH BARLEY. Pick over 350 g (12 oz, 1 1/3 cups) pearl barley and blanch in boiling water for 2 minutes. Bring 3 litres (5 pints, 13 cups) milk and 65 g (2 1/2 oz, 5 tablespoons) butter to the boil, then add the barley. Bring to the boil, reduce the heat so that the mixture simmers and cook stirring frequently until the barley is soft – about 1 hour. Take the pan off the heat and add 200 g (7 oz, 1 cup) butter. Cool for about 10 minutes before stirring in 6 lightly beaten eggs and 100 ml (4 fl. oz., 7 tablespoons) soured (sour) cream. Pour the mixture into a buttered charlotte mould and cook in a preheated oven at 200 °C (400°F, gas 6) until set and golden on top. Serve it in the mould with double (heavy) cream served separately.

RUSSIAN KASHA. Crush 500 g (18 oz, 3 1/4 cups) fresh buckwheat and soak in sufficient

warm water to make a thick paste. Season with salt and put it in a deep cake tin (pan) or charlotte mould (traditionally an earthenware one is used). Bake in a preheated oven at 180 °C (350 °F, gas 4) for 2 hours. Remove the thick crust formed on the surface and pour the remaining soft paste into a dish. Add 65 g (2 1/2 oz, 5 tablespoons) butter and mix well with a spatula. Spread the paste out on a greased surface, cover it with a board, then press it until it is about 1 cm (1/2 in) thick. Cut into shapes with a pastry (cookie) cutter and fry in clarified butter until golden brown. Serve with soup.

RUSSIAN KASHA WITH PARMESAN CHEESE. Prepare a kasha of buckwheat as described. Spread a thin layer of the soft paste over the bottom of a buttered gratin dish. Sprinkle with grated Parmesan cheese and a little melted butter, alternating the layers until all the ingredients are used up. Smooth the final layer of kasha carefully, then sprinkle with Parmesan cheese, top with melted butter and brown in a preheated oven at 230 °C (450 °F, gas 8). Serve melted butter separately.

KEBAB. A dish consisting basically of small pieces of meat threaded on to skewers and grilled or roasted. It originated in Turkey and eventually spread to the Balkans and the Middle East. The name is a shortened form of the Turkish *sis kebab*, *sis* meaning skewer and *kebab* meaning roast meat. *Sir* (or *shish*) kebab consists of cubes of marinated mutton threaded on to wooden or metal skewers traditionally alternating with cubes of nutrition fat, but the latter is often replaced by large pieces of belly of pork (fat pork). The skewered meat is grilled over hot embers and usually served with quarters of lemon, yogurt or soured (sour) cream. There are many variations of this dish; it may be made with or without vegetables (tomatoes, peppers, onions), or with veal, lamb or even buffalo, or meatballs. Sometimes the kebabs are slipped off the skewers and served on a bed of rice with chick peas, raw onions and a salad of chopped raw vegetables.

DAGH KEBAB. Cut boneless veal into even-sized cubes. Also cut very firm small tomatoes into quarters and seed them. Cut some onions into quarters. Marinate all these ingredients in a little oil containing aromatic herbs. Thread the meat on to skewers alternating with the quarters of tomato and onion. Season, sprinkle with crumbled thyme and grill (broil) under a less fierce heat than for *shish kebab*. Serve with rice pilaf, a green salad or okra.

SHISH KEBAB. Cut some shoulder or leg of mutton into cubes. Marinate the meat for 30 minutes in a mixture of olive oil and lemon juice seasoned with pepper and salt, thyme, powdered bay leaf and a little finely chopped garlic. Cut an equal quantity of belly of pork (fat pork) into cubes and blanch them. Thread the mutton and pork alternately on to skewers and grill (broil) them under a very high heat, or, preferably, over charcoal. Serve with quarters of lemon and either a green salad or saffron rice.

KEDGEREE. An English dish that came originally from India. The word comes from the Hindi word *khicari*, from Sanskrit *khicca*, the origin of which is obscure. It consists of a mixture of rice, cooked flaked fish and hard-boiled (hard-cooked) eggs. The fish is usually smoked haddock, but it may be salmon or even turbot. Peas may be added, or the ingredients can be bound with a curry-flavoured béchamel sauce seasoned with cayenne pepper and nutmeg.

The original Indian dish, known as *kadgeri*, consists of rice garnished with onions, lentils and eggs. Fish was added by the British.

KEFALOTIRI. This well-flavoured ewe's-milk cheese is made throughout Greece and Cyprus. A similar cheese sold outside Greece is often made with cow's milk and has a milder flavour.

KEFIR. The fermented product of camel's milk, also made from cow's milk, goat's milk or

sheep's milk, whole or skimmed, consumed mainly in the Caucasus. With the addition of a yeast known as 'kefir seed', it is matured in bottles.

Young kefir is frothy and has a rather sour taste. "Strong kefir" (kefir fort) is a fizzy drink with a certain amount of alcohol (2.5% after fermenting for 3 days) and a piquant flavour. Easy to digest and rich in protein, kefir has the reputation of being responsible for the long life of the inhabitants of the Caucasus.

KELOGG, WILLIAM KEITH. American industrialist (born Battle Creek, Michigan, 1860; died Battle Creek, 1951). He worked as an assistant to his brother who was a well-known nutritionist and the director of a hospital specializing in nutritional disorders. In 1894, he discovered a process for making flakes out of grains of maize (corn). These could be eaten as part of the vegetarian diet recommended by the Seventh Day Adventists, to which both brothers belonged. In 1898, the process was industrialized and in 1906 a company was formed to market cornflakes. Ever since then, they have been regarded as an integral part of both the English and American breakfast.

KETCHUP. A sweet-and-sour condiment with one flavour predominating, usually based on tomatoes, but sometimes on mushrooms or walnuts. Tomato ketchup is very popular in Britain and North America and is the variety usually sold in France; it is used to flavour meat sauces or served with fish, hamburgers, eggs, rice and pasta. It is made from tomato puree (paste), vinegar, sugar and spices.

KETTLE. A container with a spout, handle and lid, used for boiling water. Kettles are made of aluminium, stainless steel, chrome-plated copper, enamel, Pyrex, plastic and other materials. They may have steam whistles, which blow when the water boils.

Ancient kettles, known in French as *conquemars*, were often very large and were made of earthen-ware or, more usually, copper. These are now used only as ornaments.

A milk kettle or boiler is a cylindrical pot used for boiling milk. It has a perforated lid designed to stop the milk boiling over.

KHGLODETZ. A Russian dish of jellied meats. The meats—generally beef, veal and chicken, or perhaps pig's trotters (feet) and knuckle of veal—are cooked in stock, placed in a dish, garnished with slices of carrot, tarragon and dill, then covered with aspic. When the aspic has set, the *kholodez* is unmoulded and served with gherkins, plums or pears macerated in vinegar.

KID. A young goat. Only the very young males (six weeks to four months old) are slaughtered for meat, as the females are reserved for milk production. They are available from Mid-March until the beginning of May. Kid's meat is insipid and rather soft, similar to that of milk lamb. It is generally eaten roasted and, in most recipes (particularly in Corsica and Spain), well seasoned and spiced.

KIDNEYS. A type of red offal (organ meat). Ox and calves' kidneys are multilobed, while pigs' and sheep's kidneys are shaped rather like a haricot (navy) bean. The kidneys of young animals, such as calves, heifers and lambs, have the most delicate flavour; pigs' kidneys are rather strongly flavoured, while those of the ox and sheep tend to be tough as well as strongly flavoured (it is best to boil the latter for a few minutes and drain them before preparing them for cooking).

In all cases, the transparent membrane that surrounds the kidneys must be removed so

that they do not shrink when cooked. Any blood vessels, together with the central core of fat, must also be removed. When grilled (broiled) or sautéed, they should be served when still pink, otherwise they may become tough. They can also be braised in a medium oven. Calves kidneys are particularly good when fried (whole or sliced) without trimming the surrounding fat, which gradually melts; they are ready when golden brown.

Cocks' kidneys, which are now rare, feature with cockscombs in several classic garnishes.

CALVES KIDNEYS CALF'S KIDNEY A LA BONNE FEMME. Fry 50 g (2 oz, ½ cup) coarsely diced streaky (slab) bacon and 4 small onions in butter in a small flame-proof casserole. Remove the bacon and onions from the casserole, and in the same butter toss a whole calf's kidney with most of the outer fat removed, just to stiffen it. Fry 12 small new potatoes in butter until they are three-quarters cooked, then add the diced bacon, the onions and the kidney, and season with salt and pepper. Continue the cooking in a preheated oven at 240 °C (475 °F, gas 9) for about 15 minutes. Just before serving, sprinkle with 3 tablespoons veal stock. Serve the kidney in the casserole. It may be garnished with mushrooms tossed in butter if desired.

CALVES' KIDNEYS ALI-BABA. Remove most of the surrounding fat from 4 small calves' kidneys, season with salt and pepper, and coat them with strong mustard. Arrange in a lightly buttered ovenproof dish and cook in a preheated oven at 220 °C (425 °F, gas 7) for 7-8 minutes.

Meanwhile, put 500 ml (17 fl. Oz, 2 cups) double (heavy) cream into a saucepan, together with some grated lemon rind and ½ teaspoon ground pepper. Bring to the boil, add the kidneys and cook very gently for a further 8 minutes. Drain the kidneys, put on a plate, cut each 8 pieces and arrange in a hot serving dish. Pour the juices that have collected on the plate into the sauce and put the pan over a high serving dish. Pour the juices that have collected on the plate into the sauce and put the pan over a high heat. Finish the sauce and put the pan over a high heat. Finish the sauce with a few drops of brandy and finally beat in 75 g (3 oz, 6 tablespoons) butter, cut into small pieces. Adjust the seasoning and pour the sauce over the kidneys. Serve very hot.

CALVES' KIDNEYS COLIOURE. Braise 4 calves kidneys in a covered sauce pan on a bed of vegetables. When they are half-cooked, remove them from the pan and rim off the fat. Continue to cook the vegetables until they begin to brown, then deglaze the pan with 60 ml (2 fl oz, ¼ cup) white wine and boil down to reduce the cooking liquid by half. Put the kidneys into a small pan with 40 g (1 ½ oz, 3 tablespoons) butter, some chopped shallots and 12 well-pounded anchovy fillets. Simmer until cooked. Strain the cooking juices over the kidneys and heat through for a few moments. Serve sprinkled with chopped parsley.

CALVES' KIDNEYS WITH CHICKEN LIVERS. Skin 4 calves' kidneys and remove the fat. Halve them and chop into small pieces. Slice 12 chicken livers. Using a tinned copper saucepan or a stainless steel saucepan with a copper base, fry the kidneys and the chicken livers in a knob of butter for about 5 minutes, taking care not to let them brown. While they are still pink, flame them with 5 tablespoons Armagnac and set aside, keeping them hot.

Pour 150 ml (¼ pint, ⅔ cup) port and 500 ml (17 fl oz, 2 cups) red Gigondas wine into the cooking liquor. Boil down to reduce, then thicken with 15 g (½ oz, 1 tablespoon) beurre manie. When the sauce is ready (about 15 minutes), strain it. Arrange the kidneys and chicken livers in the serving dish, then coat with the sauce, adjust the seasoning and sprinkle with chopped parsley.

GRILLED CALF'S KIDNEY. Remove some of the fat from a calf's kidney, slit it lengthways without cutting it through completely, and keep it open and flat by threading it on to 2 small metal skewers. Season with salt and pepper, brush lightly with oil and cook rapidly under a hot grill (broiler). Serve with Bercy butter, maitre d'hotel butter or anchovy butter

ROAST CALF'S KIDNEY WITH MUSTARD. Remove some of the fat from a calf's kidney, season with salt and pepper, and spread with mustard. Place it in a small greased flameproof casserole and roast it in a preheated oven at 240 oC (475oF, gas 9), for about 15 minutes. Drain the kidney and keep hot. Pour the fat from the casserole, add 100 ml. (4 fl oz, 7 tablespoons). Madeira and boil down to reduce by half. Off the heat, mix in 1 tablespoon mustard, then heat and whisk vigorously without boiling. Replace the kidney in the casserole and heat through before serving.

SAUTEED CALFS KIDNEY WITH MADEIRA AND THREE MUSTARDS.

Remove some of the fat from a calf's kidney, season with salt and pepper, and cook for 10-15 minutes in a small pan with a little oil and butter (this is known as cooking a la coque). Drain all the fat away and flame the kidney with a generous liqueur glass of young good-quality with a generous liqueur glass of young good-quality Armanac. Drain the kidney and slice it thinly on a plate; keep hot.

Pour 100 ml (4 fl oz, 7 tablespoons) Madeira into the pan and oil to reduce the liquid by half. Pour any kidney juices on the plate into the sauce, boil rapidly for a few minutes, add the kidney and place the pan over a very low heat. Do not let it boil again.

Blend 50 g (2 oz 1/4 cup), butter with a mixture of Dion, Campagne and Bordeaux mustards. Add this mixture, a little at a time, to the pan, stirring constantly, so that the sauce becomes smooth and creamy. This is the most critical process in the whole preparation and should be carried out away from the heat. Serve the kidney with sautéed potatoes.

SAUTEED CALF'S KIDNEY WITH WHOLEGRAIN MUSTARD. Finely chop 1 large shallot and place in a pan with 1 bay leaf and a sprig of thyme. Add 200ml (7 fl. Oz, 3/4 cup dry white wine and boil until reduced by half. Add 500 ml (17 fl oz, 2 cups) veal stock and 200 ml (7 fl oz. 3/4 cup) double (heavy) cream. Reduce until the sauce has a coating consistency. Stir in 1 teaspoon Dijon mustard and strain the sauce through a fine sieve. Then stir in 1/2 teaspoon wholegrain Meaux mustard. Taste for seasoning and dot the surface of the sauce with a little butter to prevent a skin from forming, then set aside in a bain marie to keep hot.

Remove the fat from 1 calf's kidney slide it in half lengthways and trim away any core or remaining fat, then cut the kidney halves crossways into thick slices. Season with salt and pepper. Brown the pieces of kidney in a hot oil in a frying pan for 2 minutes on each side, then transfer to a sieve and leave to drain for about 10 minutes so that any blood drips away.

Reheat the kidneys in the sauce without boiling. Serve sprinkled with snipped chives. Serve with a potato galette, gratin dauphinois or tagliatelle and buttered spinach.

OX KIDNEYS OX KIDNEY WITH LARDONS. Stir an ox kidney (or preferably a heifer's kidney) in half and take out the central core. Cut the kidney into thick slices. Sprinkle 250 g (9 oz, 3 cups) washed sliced mushrooms with a little lemon juice. Cut 200 g (7 oz) rindless streaky (slab) bacon into thin strips; chop 2 shallots. Melt 25 g (1 oz, 2 tablespoons) butter in a saute pan, add the sliced kidney and brown quickly over a high heat. Then add the mushrooms, the bacon lardons and the shallots, and cook until all the ingredients are lightly browned. Season with salt

and pepper, lower the heat cover the pan and cook for about 20 minutes. Then add a small glass of Madeira and 150 ml (1/4 pint, 2/3 cup) crème fraîche and reduce the sauce over a high heat. Pour the preparation into a serving dish and sprinkle with chopped parsley.

PIGS' KIDNEYS PREPARATION OF PIGS' KIDNEY. To reduce the rather strong taste of these kidneys, skin them, cut them open without separating the halves, take out the white separating them under running water, cover them with milk and leave them in a cool place for 3-4 hours. They can then be grilled (broiled) or sautéed (with bacon lardons or mushrooms) in the same way as calves' kidneys.

Lambs' kidneys lambs' kidneys a l'anglaise. Remove the skin of the kidneys and cut them in half without separating the halves completely. Remove the white central core and tubes. Thread the kidneys on skewers, pushing the skewer through each half of the kidney to keep them open. Season with salt and pepper, brush with melted butter and (if desired) roll them in fresh breadcrumbs. Grill (broil) the kidneys under a high heat for about 3 minutes on each side, then arrange in a long dish with grilled rashers (slices) of bacon, small boiled new potatoes and fresh watercress. Put a pat of maitre d'hôtel butter on each half kidney.

LAMBS' KIDNEYS SAUTEED WITH MUSHROOMS. Clean and slice 8 large button mushrooms and sprinkle with lemon juice. Clean 8 kidneys, cut them in half, season with salt and pepper, and sauté them quickly in very hot butter. (Do not overcook; ensure that they remain pink.) Drain and keep hot in a serving dish.

Sauté the sliced mushrooms in the same butter, drain them and arrange around the kidneys. Keep hot. Pour 250 ml (8 fl. Oz, 1 cup) stock into the pan and boil down to reduce by one-third; add 100 ml (4 fl. Oz, 7 tablespoons) Madeira, port, champagne or Riesling and again reduce by one-third. Thicken with 1 teaspoon arrowroot then add 40g (1 1/2 oz, 3 tablespoons) butter. Pour the sauce over the kidneys and sprinkle with chopped parsley.

KIELBASA. A term used for any fresh sausage in Poland, but also used elsewhere to describe a spiced, garlic-seasoned sausage, sold fresh, smoked or fully cooked.

KILKA. A Russian fish similar to the sprat, three species of which are fished intensively in the Caspian Sea. It is sometimes eaten fresh, but is usually frozen at sea and then canned in oil, salted or marinated. It is served as a cold hors d'oeuvre with slices of lemon.

KINGFISH. A member of the Trevallie family, the yellow tail (*Seriola grandis*) is the best of the Australian species and a prime angling fish, growing to a maximum length of 2.5 m (8 ft). It has fine yellow fins as well as the yellow tail a blue-black back and a stripe along its body. Steaks are cut from larger fish, which can be coarse and dry if too large; the smaller fish are best and can be baked whole.

KIPPER. Smoked herring, prepared by splitting and gutting, then salting the fish in brine before smoking, traditionally over oak. This British speciality originates from Northumberland, where the method of smoking was first used on kippers in the 1840s. Before then, 'kipper' was the term used to describe a male salmon that had just finished spawning, while 'kippering' was the term for the method used to smoke salmon. The kipper replaced the red herring in popularity, the latter being a Yarmouth speciality, highly salted and smoked until dry, a condition in which they kept well.

Kippers are traditionally prepared by juggling-y placing in a tall jub (pitcher) and having

freshly boiled water poured over them. They are left to cook gently in the hot water for about 10 minutes, then drained and served. Poaching for about 5 minutes in smemring water is another method kippers can also be grilled. They are usually served topped with a small pat of butter and accompanied by thinly sliced bread and butter.

KIR. Originally, a Burgundy mixture of dry white Aligote wine and cassis (the blackcurrant liqueur for which Burgundy is famous). Referred to as vin blame cassis, it became associated with the late Canon Felix Kir, a hero of the French Resistance, who, as Mayor of Dijon, insisted on it being the only drink offered at official receptions. Kir Royale was originally made with champagne, but like ordinary Kir is now based on any dry sparkling wine. Kir Communard is red wine plus cassis; in the Beaujolais region this mix is known as a rince cocbon.

KIRSCH. A white spirit (alcool blanc) and a true fruit brandy distilled from cherries; it should not be confused with the sweetened cheery brandies made by most of the great liqueur establishments. The type of cherry used depended originally on where the distillate was made, but nowadays firms reputed for their kirsch, such as those in Alsace, TrancheComte and the Black Forest in Germany, may have to buy in fruit to supplement the local supplies. The kernels of the cherries are included in the mash. As with many spirits that are widely used for culinary purposes, there are less expensive types of kirsch, which are used for flaming pancakes, incorporating with whipped cream and fillings for pastries and cakes, and in confectionery. The top-quality liqueurs are particularly appreciated as a digestif.

APPLIES WITH CREAM AND KIRSCH. Peel and core crisp sweet dessert (eating) apples, sprinkle them with lemon juice and cook them in boiling vanilla-flavoured syrup until transparent. Drain and leave to cool. Mix very cold fresh double (heavy or whipping cream with a quarter of its volume of very cold kirsh then whip until the whisk leaves a trail. Pour this over the apples.

KISSEL. A Russian dessert made from sweetened red fruit puree thickened with arrowroot or flour and sometimes flavoured with white wine. Kissel can be served warm or cold with crême fraiche.

KISSEL WITH CRANBERRIES. Put 1 kg (2 1/4 lb. 9 cups) cranberries through a vegetable mill. Mix with 2-2.5 litres (3 1/2-4 1/4 pints, 9-11 cups) water, pour the mixture through a cloth into a bowl and wring out the cloth to extract the maximum quantity of juice. Alternatively, puree the fruit and water in a blender. Mix 50 g (2 oz. 1/2 cup) potato flour, cornflour (cornstarch) or tapioca into the juice and pour into a saucepan. Add 200 g (7 oz. 1/2 cup) caster (superfine) sugar and bring to the boil. Stir constantly until the mixture thickens and becomes transparent. Pour into a fruit bowl and serve warm or cold.

KISSING CRUST. In baking, the kissing crust is the pale, slightly underdone, portion of a loaf of bread that was in contact with the loaf next to it during baking.

KITCHEN. A room set aside for the preparation of food. The kitchen as a separate room in a house first appeared in about the 5th century BC, but in ancient times it was also associated with religious practices, the hearth where meat and vegetables were cooked was also associated with religious practices, the hearth where meat and vegetables were cooked was also the altar of the cult of the household gods. Roman kitchens in great residences were particularly well equipped, including a water tank, sink, cavities made in worktops for pounding spices and bronze tripods.

In chateaux in medieval France, the kitchen was one of the most important rooms and the scene of constant activity. Very spacious and endowed with one or several gigantic chimneys, particularly in abbeys (Fontevrault) and palaces (Avignon, Dijon), it extended into numerous annexes (including bread store, fruit store and cupbearer's room). In middle-class houses and farms, on the other hand, the kitchen was usually the communal room, where guests were received, cooking was done and meals were taken.

In the reign of Louis XV, when the culinary art underwent a true renewal, the kitchen of a noble house could be luxurious, as the Abbe Coyer proves (in *Bagatelles morales*, 1755, quoted by Franklin): I am dragged into kitchens and made to admire the taste of the master; it is the only room in the house which is pointed out to the curious. Elegance, solidity, cleanliness, conveniences of all kinds, nothing is missing from this vast workshop of Camus, a modern masterpiece where architecture has enjoyed displaying its resources.

In the 19th century, technical progress improved utensils and above all, the range, transformed the kitchen into a veritable laboratory (as great chefs called it). A room distinctly separated from the rest of the house; possessing service entrance, it was sometimes situated in the basement (particularly in Victorian England) or at the end of a long corridor. In middle-class homes, it was the domain of the housewife, as epitomized by the German *hausfrau* in the cliché of the "three K's: Kinder Kirche and Küche (children, church, kitchen).

The 20th century saw progress in lighting and heating, improvements in interior decoration, and the introduction of refrigerators, freezers, dish-washers and various cooking appliances, including microwave ovens. For many people, the kitchen remains the symbol of the home.

KITCHEN EQUIPMENT. Batterie de cuisine. All utensils and accessories used to prepare and cook food. Of widely varying shapes and materials, such utensils range from skewers, which are as old as the invention of fire, to the latest applications of modern technology.

Origins. We know very little about the first kitchen utensils. The Egyptians, the Assyrians and the Persians principally used earthenware and bronze vessels big-bellied in shape, with and without handles. They also used the spit and, for taking cakes and biscuits (cookies), they had baking dishes, rather like those we use nowadays.

The Jews did not generally use earthenware vessels for cooking purposes, most of their pots and pans were made of metal. To extract the meat from the big pots in which the food destined to be offered to God was prepared, they used a big two-pronged fork the forerunner of the modern table fork, which did not make its appearance until the 17th century.

The Greeks, for their culinary preparations, used greatly improved bronze, iron or silver vessels. They also had some in earthenware. Almost all these vessels were conical and not very deep. They had lids and handles or detachable rings.

Among the principal kitchen utensils used by the Greeks was the chystra, a kind of earthenware pan used for cooking meats and stews. It may have been in this utensil that the famous Spartan broths were prepared. Or perhaps they were made in the Kakkabi, a fairly large three-legged pot. The Greeks also had another pot, which can be considered as the prototype of the earthenware casserole. Filled with fruit that probably had been cooked in wine and sweetened with honey, this dish was carried to the altar of Dionysus, on the third day of the feast of Anthesteria, the famous festival in honour of the God.

The Greeks also had bronze casseroles, which resembled those now in use. For cooking pieces of meat and fish they had a frying pan called a legamon. In order to place all these metal or earthen-ware receptacles on the fire, the Greeks used a triangular support, the tripod.

Kitchen utensils used by the Romans were similar to those of the Greeks, and it was Greek cooks who brought the art of cooking to Rome. The Romans, who were sensual, voluptuous people, with a great love of luxury in all things, made kitchen utensils not only of bronze but also of silver. Among the treasures of Bosco-Beale, which are kept in the Louvre in Paris, various kitchen utensils of this type can be seen. Kitchen utensils used by the Romans included the chibanus, an earthenware utensil with holes pierced in it, used for cooking various dishes, mainly pastry, in hot ashes; craticula, a grill for cooking meat and fish on the glowing embers of a fire; and the apala, a dish with cavities of varying sizes, which was used for cooking eggs.

The Gauls and the Gallo-Romans had earthenware and metal kitchen utensils somewhat similar to those of the Greeks and Romans. The Celts knew nothing of the refinements of the sumptuous cookery of Imperial Rome and their pots and pans were rudimentary. With the coming of the Merovingian era, kitchen utensils began to improve. Some specimens of the magnificent bronze vessels in which the food was prepared have survived and can be seen in museums.

From reading Charlemagne's Capitulaires, it seems evident that in succeeding centuries, kitchen utensils were improved still further. After the Crusades, a great number of richly worked metal utensils—coppers, silvers, cauldrons—were brought to Europe and served as models for the artisans of the West in the manufacture of magnificent utensils.

Among the many utensils used was the horsehair sieve, or tammy, a large strainer with a handle, which was used for draining foods, iron hooks on which food was hung, pots and kettles of all the baking tins (pans); saucepans; frying pans (skillets); and a large metal vessel used as a water container; a pot with a handle and a long curved spout; funnels, mostly in copper; a grater used for grating nutmeg and cheese gratings, mortars; spice-grinders; various ladles, long-bladed knives, and various other utensils that are still in use in the present day.

Modern times. Many of the basic utensils we know today already existed during the Renaissance, and about two centuries ago, Brillat-Savarin, who followed the latest developments of his era very closely, owned an economical cooking pot; a roasting shell, a pendulum spit roaster and a steamer. Since then, technical improvements and the emergence of new materials (not to mention the imagination of manufacturers) have led to great variety in modern kitchen equipment.

Electrical appliances have completely transformed professional and domestic kitchens. Food mixers, blenders and food processors replace a battery of individual pieces of equipment. At a domestic level, smaller households and a less formal approach to food, meals and cooking has changed the type of food preparation carried out. This has led to a reduction in the number of items of equipment and in general, the use of versatile appliances (pots, pans and dishes that can be adapted for many techniques or to prepare a variety of dishes).

KITCHEN SCALES. An instrument used for measuring weight, essential for weighing ingredients and keeping to the correct proportions, especially in pastry making. In home cooking, the traditional balance with two pans and a series of weights was superseded by spring-balance scales. Modern electronic kitchen scales weigh with accuracy to 5 grams.

KIWANO. Fruit of a plant from the Cucurbitaceae family, originally from South Africa. Also known as 'horned melon' or 'horned cucumber' after the little spines on its skin, the kiwano has a taste reminiscent of cucumber and melon. It is eaten cold or its flesh can be pulped and the juice then drunk.

KIWI FRUIT. A fruit about the size of a large egg, with a greenish-brown hairy skin. The plant is a climber and belongs to the genus *Actinidia*. It originated in China, but is now cultivated chiefly in New Zealand thence the name and also in California, Western France and Israel. The flesh is pale, green, highly perfumed and juicy, with a slightly acidic taste. The fruit is ripe when soft to the touch. It is used in various ways. Halved and eaten from the skin as a dessert; peeled and cut into cubes or slices for fruit salads and tarts, and as a garnish for roast quail, baked mackerel or fried pork chops. It is also an ingredient in a sweet and sour sauce served with cold meat or fish.

FRUIT SALAD WITH KIWI FRUIT. Choose the fruit according to the season. Divide oranges and grapefruits into segments, then peel and remove the pith. Peel, core and slice apples and pears, and sprinkle with lemon juice. Peel peaches and melon and cut into cubes; sprinkle the peaches with lemon juice. Hull strawberries and raspberries. Peel and slice the kiwi fruit, which should represent a quarter of the total volume of fruit.

Place all the fruit (except for the raspberries) in a large salad bowl. Sprinkle with sugar and moisten with kirsch or another fruit-based liqueur. Leave in a cool place until ready to serve. Add the raspberries at the last moment.

The whole strawberries can be replaced by strawberry puree; put the fruit through a blender, sieve the puree, sweeten with sugar and pour it over the other fruit just before serving.

PORK CHOPS WITH KIWI FRUIT. Fry 4 pork chops in butter. Meanwhile peel 8 kiwi fruit, cut them into thick slices or quarters, and sprinkle with a little lemon juice. Drain the chops and keep them hot in the serving dish. Add the fruit to the frying pan, cover the pan and heat in the pan juices. Arrange the fruit around the chops. Deglaze the pan with 100 ml (4 fl. oz. 7 tablespoons) pineapple juice and an equal quantity of stock. Boil down to reduce the sauce to a thick syrup. Add a generous pinch of pepper and pour over the chops.

KLOSEE. A German and Australian dish consisting of spiced dumplings made from a mixture of flour, breadcrumbs or potato puree; eggs, milk and, sometimes, chopped ham. The dumplings are poached in boiling water and served on their own with melted butter and fried breadcrumbs or used as a garnish for soups or dishes in a sauce. A similar Polish dish, *kluski*, consists of dumplings made from a mixture of flour, eggs, sugar and yeast, which are poached, coated with noisette butter and served as a dessert.

RECIPE

Klosse à la viennoise

Remove the crust from 550g (19 oz.) brown bread. Cut the crumb into small dice and soak the diced bread in boiling milk. Cook 175 g (6 oz. 1 cup) chopped onions in 15 g (½ oz. 1 tablespoon) butter in a covered frying pan soft. Add the onions to the bread together with 1 tablespoon chopped chervil, 1 tablespoon chopped tarragon and 250 g (9 oz. 1 ½ cups) chopped ham. Bind with 1 tablespoon flour and 3 lightly beaten eggs, and season with salt, pepper and nutmeg. Divide the mixture into 50 g (2 oz) pieces and roll them into balls. Coat with flour and poach for about 12 minutes in a large pan of salted water. Fry some fine bread crumbs in butter.

Drain the dumpling and sprinkle them with the breadcrumbs.

KNACKWURST. A type of fresh German sausage similar to a frankfurter, but shorter and thicker. It is made with lean pork, 30 % beef and 20% fat pork, finely minced (ground) and flavoured with cumin and paprika. Saltpeter is added to give it a pinkish colour and the sausage is eaten poached or grilled (broiled). The name is derived from the German knacken (to make a cracking sounds, referring to the sound made when the sausage is bitten into).

KNEADING. The process by which a mixture or dough is made smoother and, sometimes, more elastic. In bread doughs or other yeast doughs, made using strong flour with a high gluten content, kneading develops the gluten in the flour. This makes the dough tough and elastic, trapping gas produced by fermenting yeast and making the risen dough light in texture. Yeast doughs are usually kneaded by applying a firm pressing, turning and stretching action with the hand. They are usually kneaded for about 10 minutes, until quite springy, light, brief kneading from a few seconds to a minute is enough to make a soft baking powder dough smooth, for preparing scones or soda bread. Over-kneading this type of dough will toughen it and spoil its texture. Pasta dough and similar stiff mixtures are kneaded firmly and for almost as long as yeast dough, until smooth.

KNEADING TROUGH The large wooden trough in which bread dough was kneaded. In the 19th century, it was replaced in the bakery trade by the mechanical kneader. The latter is made of stainless steel and the dough is continuously stirred by rotating metal arms. Domestic electric food mixers and food processors have special attachments for kneading dough. Some electric hand mixers are fitted with attachments suitable for kneading light and semi-liquid dough or batter, but their motors are not powerful enough for thick doughs.

KNIFE. A cutting instrument with a handle and a blade. The part of the blade that fits into the handle is called the 'tang' and is encircled with a thick band of steel called a 'bolster'. Between the tang and the blade, there is a projection, the guard or rocker, which prevents the blade from touching the table surface when the knife is lying flat. When a knife has no bolster, the blade is held in place by two plates that form the handle. Before stainless steel came into general use, the blades were made of carbon steel except for fruit knives and fish knives, which were made of silver. Table knives match the style of the forks and spoons.

The ancestor of the knife was a sharpened piece of flint, and the first blades were made of bronze and later of iron. In Greek and Roman times, knives were luxury articles, but were already fairly similar to modern knives. Until the end of the 16th century, knives were used both for cutting and for spearing food, particularly meat, and to cut bread. A knife was used both for cutting and for spearing food, particularly meat, and to cut bread. A knife was a personal object that the host would not necessarily make available to his guests. It was therefore worn on the belt. The colour of the handle could vary according to the time of year (ivory for Easter, bone for Lent). The first round-ended knives appeared around 1630 as the social conventions of the time demanded that the knife should no longer be used as a toothpick. Handles were made of wood, hard stone, horn, shell or metal, and were often decorated with grotesque figures or fantastic animals. Later, they were made of gold and silver plate and sometimes even of porcelain or china, especially in the 18th century. In the 17th century table knives began to differ according to their use.

Nowadays, a standard formal set of serving knives includes knives for cutting meat, for serving fish, for serving cheese (curved with a double-pointed end) and for serving cakes. Bread knives have teeth along one edge like a saw. There are also electric knives with sawlike edges

that are used for cutting meat. In a traditional formal setting, each person at the table has a large knife (or table knife), sometimes a steak knife (with a serrated or special cutting edge), and small knives of various types according to the type of dish being served (grapefruit, fish, cheese, fruit or dessert). Butter knives are especially designed for spreading and have blunt edges and a rounded end.

KITCHEN KNIVES. A set of knives is as personal to a chef as an instrument is to a musician, their weight, balance and shape are all important features. A standard chef's set comprises the following main items, many of which are also likely to be found in a domestic kitchen.

All-purpose knife. The smallest and most frequently used kitchen knife, with a narrow pointed blade, used for peeling vegetables and fruit and many other tasks.

Boning knife. Used mostly by butchers but also by cooks, this is a small knife with a short blade that is wide near the handle and sharply pointed at the end.

Carving Knife Large, with a long, wide, sharply pointed blade.

Chef's Kitchen Knife. With a very wide, stiff, sharply pointed blade, for carving, slicing, shredding and chopping, pointed blade for filleting fish.

Ham knife. With a long, flexible blade rounded at the end, which may be smooth, pitted or fluted, for carving ham and cold or hot meat.

Slicing Knife. Specially designed for vegetables. Various small tools complete the set: a potato peeler (or parer) for peeling vegetables and fruits; a tomato knife, with a very fine saw edge; an oyster knife, with a short thick pointed blade protected by a guard; a knife for a scraping lemon zest and a cannelle knife for fluting. Knives used in patisseries include the long rounded spreading knife; a palette knife (spatula), pliable with no cutting edge, for lifting tarts and pancakes; and a saw-edged knife for cutting biscuits (cookies), cakes and brioches.

Many knives are designed specially for use in commercial cookery and butchery.

Chevalier for drawing the sinews from meat.

Chip knife. With small perpendicular blades spaced at regular intervals, used for cutting potato slices into chips (French fries). (If the blades are closer together, it is a julienne knife.)

Chopper. With a very thick, rectangular blade for breaking up bones.

Cleaver. With an almost rectangular blade, fine and rounded, used particularly for cutting up saddles and loins of mutton and pork.

Fish knife. With a serrated edge for cutting large pieces.

Frozen Food Knife. A strong knife or saw for frozen foods, with a thick serrated blade, irregularly indented on one or both sides, for sawing through frozen foods.

Lardon Knife for cutting fat into lardons and lardoons, fitted with milled screws for adjusting the thickness of the slices.

Meat Knife in the form of a spatulate chopper, for separating minced (ground) meat and sausage meat.

Onion Knife. Possibly with a transparent plastic hood over the blade to prevent tears.

Salami Knife. With a saw-edged blade at an angle to the handle, used for thinly slicing all firm-textured charcuterie.

Smoked-Salmon Knife. With a long, flexible, serrated blade.

KNOCK BACK (PUNCH DOWN). To briefly and lightly knead a yeast dough after the first

proving or rising. By folding the dough over on to itself several times, the gas is knocked out and the dough flattened. It is then shaped and put to rise in its finished shape. This process is sometimes carried out twice during the preparation of the dough and improves the final result. Fast action easy-blend dried yeasts are used to make one-stage doughs, without any knocking back and a single rising process in the finished shape.

KNODEL. Also known as knödel. A type of sweet or savoury dumpling found all over eastern Europe. In Alsace and Germany, knödel are small dumplings made from pasta dough and served with cream or melted butter. The dough may be enriched with bone marrow to produce *markknödel* or with pureed liver to form *leberknödel*. They are served as a hot entrée or as a garnish. In the Czech Republic and Slovakia, knödel may be made from bread-crumbs soaked with milk, from potato puree, or from yeast dough, mixed with chopped onions and meat.

The size and shape varies; some knödel are formed into sausages, which are poached and then sliced. The Austrian *zirschenknödel* are large plum fritters eaten as a dessert. Another type of dessert knödel consists of squares of dough filled with stewed cherries or apricots, formed into dumplings and poached in boiling water. These are served with melted butter and sugar, and may be sprinkled with poppy seeds or chopped almonds.

KNORR, CARL HEINRICH. German industrialist (born Meedorf, 1800; died Heilbronn, 1875). His second marriage, to a wealthy lady farmer, enabled him to set up, in 1838, a small industrial plant for roasting coffee and chicory. After his death, his two sons expanded the business and began to manufacture pea, lentil, haricot (navy) bean and sago flours, which were marketed in packets. These were the precursors of today's packet (dehydrated) soups.

KNUCKLE. Also known as shin, that part of the leg of an animal carcass lying below the thigh or the shoulder. In France, shin of beef is called the *gîtegîte*, and shin of mutton corresponds to the *manche de gigot* (see *gigot*). In veal, the fore or hind knuckle is gelatinous and lean; the bone is rich in marrow. Boned and cubed, it is added to sautéed and braised dishes and blanquettes; whole, it can be cooked in stock with vegetables or form part of a thick meat and vegetable soup. *Osso bucco* is made from slices of veal knuckle. Pork knuckle, or *jambonnet*, can be roasted, braised or boiled like a ham, but it is less tender. The fore knuckle can be braised, boiled or cut up and stewed, a semi-salted pork knuckle is an excellent addition to sauerkraut, meat and vegetable soups, and dishes that require a slightly salty flavour.

KNUCKLE OF VEAL A LA PROVENCALE. Cut about 800 g (1 ¾ lb) veal knuckle (shank) into slices 4 cm (1 ½ in) thick and season with salt and pepper. Brown in a sauté pan in 3 tablespoons very hot olive oil. Chop 150 g (5 oz) onions finely and fry until golden in the sauté pan; add 575 g (1 ¼ lb.) peeled, seeded and coarsely chopped tomatoes—or 500 g (18 oz) tomatoes and 1 tablespoon tomato puree (paste) – together with 150 ml (¼ pint, ⅔ cup) dry white wine and a bouquet garni. Stir well, then add 100 ml (4 fl. Oz, 7 tablespoons) stock or consommé and 2 crushed garlic cloves. Cover the pan and cook gently for about 1 ¼ hours, then remove the lid and reduce the liquid for 10 minutes. Adjust the seasoning.

KNUSPER. A large cinnamon-flavoured shortcake covered with chopped almonds and crushed lump sugar. An Austrian speciality, it is cut into squares or rectangles and eaten with tea or coffee. The name is derived from the German *kunsprieg*, meaning crunchy.

KOFTA. The term for a meatball or small meat patty which may be round, oval or sausage-shaped and large or small. They can be grilled (broiled), fried or baked, served plain or simmered in a sauce. Dishes of this type are made in North Africa, in Mediterranean countries, through

Central Europe, Asia and India. Kofia is the general term and the one commonly used for Indian dishes, but a variety of names are used – in Greece they are known as kefte (or keftbedes in the plural); in Turkey they may be kofte; and in Morocco kefet.

Whatever the name, the mixture is likely to be finely minced (ground) meat, mixed with onions and spices, Grains such as cooked rice, may be added to the mixture and egg may be used to bind it. The kofta maybe stuffed; for example, a piece of cheese may be placed in the middle of the mixture as it is shaped, and Indian narisi kofta consists of a spicy minced lamb mixture shaped around a hard-boiled (hard-cooked) egg.

Vegetable kofia are also made; for example, in Indian cookery there are excellent versions made with cooked pulses or with vegetables, such as cooked peas.

KOHLRABI. A vegetable of the cabbage family whose fleshy stalk swells at the base like a turnip. The round swollen stem is the edible part. Tender when young, kohlrabi is prepared like turnip or celeriac and may be eaten raw or cooked.

KONBU. Kelp, an edible seaweed frequently used in Japanese cookery. The large black leaves are dried when rehydrated, they are widely used, for example, to flavour dashi, the light stock, or as a flavouring in many dishes. Kelp is also finely shredded and coked or marinated, then servd as an accompaniment or garnish.

KORMA. A mildly spiced Indian dish thickened with poppy seeds and/or nuts, such as cashew nuts or almonds. Yogurt and/or cream enrich the sauce. Cubes of lean emat or chicken may be the main ingredients for a korma.

KOSHER. Describing food that is permitted to be eaten according to Jewish dietary laws (the word is Hebrew meaning permitted, 'ritually correct'.) Fruit and vegetables can be eaten without further preparation, but there are strict rules governing the eating of meat. The Old Testament distinguishes between tabor (authorized meat) and tame (prohibited meat). Rabbinical proscriptions forbid the eating of pork, game, horsemeat, shellfish, fish without scales (eels and snakes, as well as camel, hippopotamus and bear. Fermented drinks are alsoforbiden except for wine, which is subject to certain ruels. If a kosher food comes into contact with ne
Indian cookery, there are excellent versions made with cooked pulses or with vegetables, such as cooked peas.

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KOUING-AMAN. A flat Recton cake from the Doumanezx sergion, the name meaning head and butter. It is made from head dough with butter unsalted slightly salted or double with butter cooked in a pan and caramelized with sugar. It is best eaten warm.

RECIPE

Jouing aman

Dissolve 15 g (½ oz. 1 cake fresh (compressed yeast) in 2 tablespoons warm water and mix with 50 g (2 oz. ½ cup) plain (all-purpose) flour. Cover with a cloth and leave to rise in a warm place. When its volume has doubled sift 200 g (7 oz. 1 ½ cups) plain flour and a pinch of salt into a bowl and add the yeast. Kneading it in with the tips of the fingers and adding just enough water to obtain a pliable dough. Knead it well, then leave it to rise again in a warm place.

When its volume has doubled, place it on a floured working surface and roll it into a large circle. Dot the surface with 125 g (4 ½ oz. ½ cup) softened butter cut into pieces and sprinkle with 50 g (2 oz. ¼ cup) caster (superfine) sugar. Fold the dough into three, roll it out and fold it again into three. Leave it for 15 minutes. Roll it out into a circle again, fold it into three and leave it to rest. Repeat the operation once more.

Shape the dough into a circle about 23 cm (9 in) in diameter and put it into a buttered and floured flan tin (pie pan). Score the top of the dough with diamond shapes and brush with egg. Bake in a preheated oven at 240°C (475°F gas 9) for about 20 minutes, brushing the top occasionally with the butter that will run off the dough. Sprinkle with icing (confectionery's) sugar and continue to bake until the cake is cooked (it should still be fairly moist inside). Unmould straightaway and serve warm.

KOULIBIAC. Also *konichan*, *isushka* or *countila acat*, or *boulcade*. A Russian pie filled with fish, vegetables, rice and hard-boiled thickly cooked eggs. The filling is topped with design (adorned with a spiral pattern of the starspoon), an essential element of an authentic headpiece. European cooks have adapted and varied the recipe in many ways. It can be made with *nerodle draugh* or puff pastry, and it may be filled with rice, chicken and mushroom or with *sakmion* for even richness, onion, parsley and shallots. Hard-boiled eggs are an essential ingredient, but *sesign uis* are now very rarely used. *Kadivtare* is often cooked without being enclosed in a dish, but traditionally it is baked in an earthenware dish shaped like a fish.

RECIPE

Basic salmon koulibiac

Make some puff pastry with 250 g (12 oz. 3 cups) plain (all-purpose) flour, 275 g (10 oz. 1 ¼ cups) butter, 200 ml (7 fl oz. ¾ cup) water and 1 teaspoon salt. While the dough is resting prepare the filling. Hard-boil (hard-cook) 3 eggs, shell them and cut into quarters. Cook 100g (4 oz. ¼ cup) rice in boiling salted water, then drain. Skin about 400g (14 oz) boned fresh salmon

and poach it in salted water, adding 200 ml (7 fl oz. ¼ cup) white wine, a bouquet garni and 2 teaspoon paprika.

Cook for about 12 minutes remove from the heat and allow the salmon to cool in its own cooking liquid. Chop 3 shallots and 350 g (12 oz. 4 cups) mushroom, season with salt and pepper, and cook briskly in 15 g (½ 1 tablespoon) butter. Finally, cook 3 tablespoon semolina in boiling salted water.

Roll out thirds of the dough into a rectangle 3 mm (½ in) thick. Leaving a narrow border spread over a layer of rice, then a layer of flaked salmon, the mushroom and the semolina, then top with the hard-boiled eggs. Roll out the remaining dough and cover the pie. Pinch the edges to seal them, garnish with strips of pastry and brush with beaten egg. Cook in a preheated oven at 230°C (450°F gas 8) for about 30 minutes. Serve the kouloubiac very hot, with melted butter.

Chicken kouloubiac

Make 675 g (1 ½ lb) puff pastry. Boil a chicken in stock. Hard-boil (hard-cook) 3 eggs, shell them and cut into quarters. Chop 250 g (9 oz. 3 cups) mushrooms, 2 shallots and a small bunch of parsley, and cook in 50 g (2 oz. ¼ cup) melted butter until all the moisture evaporated. Set mixture aside.

Put 100g (4 oz. ½ cup) rice into the pan with 2 ½ times its volume of the strained chicken stock and a bouquet garni. Season with salt and pepper, mix, cover the pan, bring to the boil and cook for about (6 minutes. Add the cooked mushroom mixture and leave to get cold. Dice 400g (14 oz. 2 cups) cooked chicken meat and the hard-boiled eggs and carefully mix them into the mushroom flavoured rice.

Roll out the pastry, make and bake the kouloubiac as for basic salmon kouloubiac piling the rice mixture on the pastry instead of layering the ingredients.

KOUNAFA. A cake made in eastern countries comprising alternating layers of pastry (cut into strips and browned in butter or sesame oil) and sweetened chopped almonds or hazelnuts (pistachios or pine kernels or a mixture of these nuts, can be used instead. When cooked, the cake is moistened with a thick syrup flavoured with lemon and rose water. There are many variations.

- **BASMA** Very long pastry strips are arranged in a lattice pattern and the nuts are chopped more coarsely.
- **Goun** The pastry strips are very wide, moistened with syrup and covered either with whole toasted nuts or hulls.
- **LAKHAMA.** The nuts are replaced with drained cream cheese, and the strips of pastry are molded instead of forming flat layers.

The Arah bounafa is similar to the Turkish jasiaf which consists of long vermicelli like strands of pastry and finely chopped nuts, salted with a heavy syrup.

KRAPFEN. A doughnut made with yeast dough, usually filled with apricot jam, raspberry jam or almond paste and served hot with a light custard cream or apricot sauce. Also known in France as a bouise de elethe or herfines they originated in Germany and Austria.

KREPLACH. Also known as lereplech. Jewish filled pasta or dumplings with minced (ground) meat or chicken stuffing. Similar to tiny ravioli kreplach are often served in broth.

KROMESKY. A type of rissole or fritter, often served as a hot hors d'oeuvre and originating in Poland but also traditional in Russian. It is made by binding the ingredients in a thick sauce and using as a filling for thin pancakes. The filled pancakes are counted in breakness and fred. Alternatively, the mixture may be coated in butter or breadcrumbs. Kromesky may be made with a savoury or sweet filling. The following are some of the French terms for different types of kromesky.

- A Fancleture. The filling is enclosed in a than layer of chicken potati puree and then in a very thin savory crepe.
- A la francalse the portions of mixture are floured and shaped into patres or cook shapes.
- A la polomaise Each portion of mixture is wrapped in a very thin crepe.
- A la russe. The portoes of mixture are wrapped in pieces of pig's caul (caul fat).

RECIPE

Kromeskies a la bonne femme

Boil 500g (18 oz) beef and retain the cooking stock. Soften 2 tablespoons chopped onion in 15 g (½ oz. 1 tablespoon) butter or lard and add 1 tablespoon flour. Brown lighting and then add 200 ml (7 fl. Oz. 1.4 cup) very reduced beef stock. Stir well, then cook over a very gentle heat for about 15 minutes. Dice the beef very finley and mix it with the sauce. Reheat and then cool completely. Divide the mixture into portions weighing about 65 g (2 ½ oz.) shaping them into cork shapes. Roll them in flour, dip them in batter and fry in very hot fat.

The beef may be replaced by pieces of cooked chicken or game.

Kromeskies a la florecneline

Cook some spimach slowly in butter and mix with a well-recuced béchamel sauce and grated Parmesan cheese. Enclose the mixture in some very hin savoury crepes. Dip them in batter and fry them in very hot fat.

KRUPNIK. A simple Polish soap made from grain usually hurley or backwheat, with vegetables, such as carrots, leeks, celetiac and cabbage.

There is also a potent drink of the same name, made from caramel with spices, including cinnamon, allspice, peppercons and aniseed. The cooled spiced caramel reheated with honey and then Polish spirit is added. The drink is served warm or cold.

KUGELHOPF. A years cake from Alsace, of Austrian origin containing raisin or curronts and cooked in a speicla high cowmike maould. The wond is spelt in various ways (kougetheof, geugethof or konough) and is derived from the German Kuged (a ball). It is said that marie Antolnettes fondness for this type of dough made such cakes bery fashionable in France. However some authorities consider that it was Careme who popularized the cake in Paris, when he was pastry chef at the Avice. He is reputed to have been given the recipe by Eugene head chef to Prince Schwazbery, the Austrian ambassador to Napoleon claim that the first pastrycook so make true leugedbophis in paris was a man named Georges, who was established in the Rue de Coq in 1840.

In Alsauce gaughte is eaten at dunday breakfast and traditionally prepared the night before, as it is always better when slightly stale. It goes well with Alsace wines.

RECIPE

Kugelhopi

Soak 40 g (1 ½ oz. ¼ cup) currants in a little warm tea and soften 175 g (6 oz. ¼ cup) butter at room temperature. Mix 25 g (1 oz. Cakes) fresh (compressed) years with 3 tablespoons warm milk, add 90 g (3 ½ oz. Scant 1 cup) strong plain (bread) flour and mix well. Add just enough warm milk to obtain a soft dough. Shape the dough intro a ball, put it in a bowl, mark a cross on the top with a knife cover it with a cloth and leave it to rise in a warm place, away from draughts.

Sift 250 g (9 oz. 2 ½ cups) strong plains (bread) flour into a heap on the working surface, make a well in the center and into this put 2 eggs and 1 tablespoon warm water. Lix these ingredients and knead the dough well. Dissole 3 tablespoons caster (superfine) sugar and 1 tablespoon salt in a little water and add this to the mixture, together with the softened butter.

Finally add 2 more whole eggs, one at a time, continuing to knead the dough. Roll this out on the board, put the yeast mixture on top, then mix together by gathering the dough up, kneading it on the board and then repeating the procedure. Finally, add the currants. Put the dough into a bowl, cover it with a cloth and leave it to rise in a warm place until it has doubled in volume.

Butter a kugelhupf mould and sprinkle the inside with 100 g (4 oz. 1 cup) shredded almonds. When the dough is ready, shape it into a long sausage and put it into the mould, turning the mould as the dough is fed in (it should half-fill the mould). Leave it to rise again in a warm place until the dough reaches the top of the mould. Bake in a preheated oven at 200°C (400°F, gas 6) for at least 40 minutes. Unmould the kugelhupf on to a wire rack. When it is completely cold sprinkle it lightly with icing (confectioner's) sugar.

KULFI. Indian ice cream made from almonds and milk, flavoured with cardamoms and rose water. The milk is simmered with almonds for 5-6 hours until it is reduced and thickened, then it is sweetened and frozen. Condensed milk and cream are used to shorten the preparation time. Kulfi is frozen in individual cone moulds.

KULICH A traditional Russian Easter cake, shaped like a tower. It is made from yeast dough and contains raisins, crystallized (candied) fruit, saffron, cardamom, mace and vanilla. The cake is sprinkled with icing (confectioner's) sugar, cut into slices crosswise, and traditionally eaten with hard-boiled (hard-cooked) eggs.

KUMISS. Mare's ass's or cow's milk fermented with yeast. This is an easily digestible drink, much enjoyed in Russia.

KUMMEL. A liqueur flavoured with caraway seeds, probably first made in Holland in the 16th century. Caraway is an ingredient of gripe water, the old remedy for treating wind in babies, and it was recommended for flatulence as long ago as ancient Egyptian times. Production of Kummel was fairly widespread in the Baltic countries in the 19th century, some being made in Danzig, where the gold flecked Danziger Goldwasser may be flavoured with both aniseed and caraway.

Today Kummel is a speciality of the northern European countries some versions are rather sweet and are therefore served on the rocks to make the drink more refreshing. Because of the pronounced flavor, its culinary uses are limited, although in English speaking countries the old-fashioned faced cake, made with caraway seeds, can incorporate Kummel as an addition.

KUMQUAT. A citrus fruit originating in central China and now cultivated in the Far East, Austria and America. It resembles small orange, the size of a quail's egg, and has a sweet rind and a sour flesh.

It may be eaten fresh (unpeeled) or preserved and is also used to make preserves and jams. Kumquats may be poached until tender and used in desserts or fruit salads. They may be sliced or used whole in savory dishes.

KUZU. Also known as laro, this is a type of starch obtained from the tubers of the kudzu vine. The vine, a rampant climber, is native to Japan and China and cultivated elsewhere, including Hong Kong and the Philippines.

Starch extracted from the tubers is used as a thickening agent in the same way as arrowroot or cornstarch, for example to thicken soups and gales. In Japanese cookery kuzu is also used to make a type of noodle.

KVASS. A Russian beer, locally from rye and barley must or from soaked and fermented black bread, flavored with mint or juniper berries. It is brown in colour, with a low alcohol content and a bitter-sweet taste. It is sold in the streets of Moscow in summer from the backs of small

tankers. Kvass can be drunk either as it is, or mixed with spirits or tea it is also used in cooking, particularly for making soups.

L

LABELLING Modern food production, transportation and retailing have completely transformed the availability of ingredients. The second half of last century brought a culinary revolution to Western countries with international ingredients available in affordable prices and vast arrays of processed foods. Seasonings and condiments. Whereas food labelling may have been arbitrary in the early days of supermarket shopping, it became the focus of national and international legislation. Not only is it essential that pre-packed items are clearly labelled, but displays and loose produce must also be clearly labelled to designated standards.

-Food labelling. The information given on the labels of food products sold in countries in the European Union must conform to EU regulations. As well as telling consumers what they are buying, labels on most foods give the weight or volume, a full list of ingredients and additives, the country of origin and the name and address of the manufacturer. They also often give additional information, such as nutritional data, serving suggestions and

the date after which the product must not be sold or used.

-Wine labelling. Wines produced within and those imported into the EU must conform to an increasing number of regulations, which in turn can be complicated by national, regional or local laws.

Wines produced in the EU have to state the quality of the wine – for example, Appellation Contrôlée or *Vino da Tavola*. The area of origin must be indicated that can be a country, as in *Deutscher Tafel Wein*, or a controlled appellation, such as *Appellation Margaux Contrôlée*. If the wine is from a European appellation, all the wine should originate from the region-specified on the label. If the wine is from an American Viticultural Area (equivalent to a French AOC) OR FROM A SPECIFIED AREA IN Australia, at least 85% of the wine must come from that area. The volume and alcoholic strength must be included on the label, together with the year of vintage (an exception is made for European table wine), and a minimum of 85% of the wine should be from that year's harvest.

Producers information is required and, if a grape variety is specified, the bottle must contain at least 85% wine made from that variety. Certain countries also include health warnings on the back label and a list of additives.

Within the EU, the use of products names on labels has been restricted so that the name 'sherry' is now used only for wines produced within the Jerez DO, while port is the produce of the demarcated area of the Douro Valley and 'champagne' comes from the defined Champagne region in northern France.

LACAM, PIERRE French pastrycook and culinary historian (born Saint Amand de Belves, 1836; died Paris, 1902). Lacam created many petits fours and desserts, notably puddings topped with Italian meringue. He is best known for his *massena*, which he dedicated to the *Due de Rivoli*: an oval of sweet shortcut pastry (basic pie dough) and an oval shaped base of sponge cake are sandwich together with chestnut puree, covered with Italian meringue and then iced, half with chocolate and half with coffee icing (frosting). Lacam is also credited with the invention of the pastry crimper. Among his literary works are *Le Nouveau Pâtissier-Français et étranger* (1965), the massive *Memorial historique et artistique en France et en Italie* (1893). He also edited a professional magazine *La Cuisine française et étrangère*.

LACCARIA (laccaire) Generic term for a group of very small orange-red, pink or amethyst coloured mushrooms, with spaced out fleshy gills and a spindly stalk. Edible *laccaria* are eaten as a side dish mixed with other mushrooms.

LA CHAPELLE, VINCENT French chef, born in 1703, who began his career in England in the service of Lord Chesterfield. His work *The Modern Cook* was published in 1733 in three volumes: it was subsequently reprinted several times. He returned to France to work for the Prince of Orange-Nassau, then for Madame de Pompadour and, finally, for Louis XV. His book was published in French (as *Le Cuisinier moderne*) in 1735 in four volumes. It was enlarged to five volumes in its final edition in 1742. *Le Cuisinier moderne* was praised by *Gareme* and even in 1930 it was considered by *Nignone* to be perfectly up to date. La Chapelle's recipes were internationally simple and are therefore eminently suitable for today's cooks. Among his dishes are sole stuffed

with anchovies, parsley, shallots and spring (green_ onions, cooked in white wine and sprinkled with orange juice, mackerel with fennel and gooseberries; and lamb ratons, paupiettes of leg of lamb stuffed with chicken, and roasted on skewers.

LA CLAPE Red, rose or white wine from a named terrior within the coteaux de Languedoc appellation, produced in a village on a spur of the Corbieres hills. The wines are typical of his part of the south of France- dry, aromatic, lightweight whites and full reds, most enjoyable while young, although a few can improve with some bottle age.

LLACQUERED DUCK A traditional Chinese dish in which a duck is coated with a sweet and sour lacquer sauce, roasted and served, hot or cold, cut into small pieces. Pork is prepared in the same way. The sauce is a mixture of soy sauce, five spice powder, liquid honey, oil, garlic, vinegar, flour, ginger, red colouring, rice wine, chilli oil and baking powder.

The duck is drawn, pierced in several places with a needle, left to marinate overnight in the sauce and then hung. It is then brushed with sauce several times and allowed to dry between each coat. This process makes the skin golden crispy. The duck is roasted on a spit and basted several times with the juice and lacquer sauce while cooking. Success depends on the degree to which the duck absorbs the sauce. If the duck is roasted in the oven and not on a spit, it must not lie in the dripping pan, otherwise the skin will be dry and shrivelled. Finally, the duck is cut across the grain of the meat into small pieces. These are served with fresh lettuce leaves and heads of sweet and sour leeks or gherkins.

LACRYMA CHRISITI DEL VESUVIO An Italian DOC white, red, rose or sparkling wine produced on the slopes of Mount Vesuvius. It gets its name, tear of Christ, from an old legend – when Lucifer was banished from Heaven, he fell to earth in what is now Campania, and the impact created the Bay of Naples. Sad to see such a beautiful country falling prey to the devil. Christ shed a tear which landed on Vesuvius. Where the tear fell, a vine sprang up. The wines have a minimum alcohol level of 12 degrees. Whites produced from Coda di Volpe, Verdeca, Fatanghina and Greco grapes can be dry, sweet or sparkling. Red and rose wines are made from Piediroso, Sciascinoso and Aglianico grape varieties.

LACTARY lactaire Any mushroom of the genus lactarius, which exudes a white or coloured milky juice when cut. Lactaries are bitter, with an unpleasant smell, and are frequently inedible. They should therefore be tasted when picked, and only those with a sweet-tasting juice should be retained. None of them is poisonous, but few are worth eating. The best is lactarius sanguifluus, which has dark red juice; it should either be grilled (broiled) or cooked slowly with meat, particularly in a gibelotte of rabbit. The orange-coloured lactary, which smells of either crayfish or herrings, may be seasoned and eaten raw. The curry milk cap (Lactarius camphoratus) smells like celery and can be dried and used as a condiment. It can also be used to flavour omelettes. Lastly, the saffron milk cap (Lactarius deliciosus) has an orange-coloured juice that changes to green, and is usually pickled when it is small, or used to make a piquant sauce.

RECIPE

Grilled saffron milk caps a la Lucifer

Blanch the caps from 575 g (1¼ lb) young saffron milk caps for 3 minutes, drain and blot dry.

Prepare 200 ml (7 fl oz, ¾ cup) devilled sauce, boil down to reduce, then add 1 teaspoon paprika, 300 ml (½ pint, 1¼ cups) brown sauce and 2 tablespoons tomato puree (paste). Stir, cook over a moderate heat and season with salt. Add 1 tablespoon Worcestershire sauce and a generous pinch of cayenne. Strain through a sieve, return to the saucepan and keep hot in a bain marie.

Chop a small bunch of parsley and a little fennel. Brush the mushroom caps with olive oil and grill (broil) for 4 minutes. Then rub them with garlic and arrange them on a dish. Sprinkle them generously with the chopped parsley and fennel, together with about 100 g (4 oz, 1 cup) grated Parmesan cheese and some salt. Whisk the hot sauce and pour it over the mushrooms.

LADLE A large bowl-shaped spoon with a long handle used for serving soups and stews. A smaller ladle with a lip is used in cooking for basting and for spooning out cooking juices and sauces; it is made of metal. There is another kind of ladle for punch or mulled wine, which is also lipped and sometimes made of glass. The ladle used in cheese making for pouring the curds into the moulds is known in France as a poche.

LADOIX-SERRIGNY A commune in the northern Cote de Beaune producing mainly red burgundy. The commune AOC name rarely appears on labels because the growers of the two villages understandably prefer to use the names of wines that may be classified as premier cru Aloxe-Corton. Le Corton and Conrton-Charlemagne vineyards also extend into the commune. Commune wines are more usually sold as Cote de Beaune Villages.

LAGUIPIERE French chef (born mid-18th century; died Vilpign 1812), He learned his trade in the household in the Great) and worked for Napoleon Laguiere then moved into the service of Marshal Murat and accompanied him on the Russian campaign. He died during the retreat of the French army from Moscow and his body was brought back to France on the back of Murat's carriage, Careme, who had been one of Laguiere's pupils, wrote in his introduction to *Le Cuisinier parisien*: "You were a man of outstanding gifts which brought you the hatred of those who should have admired your efforts to improve our existence. You should have died in Paris, respected by all for your great work."

This great chef left no literary legacy, but his names have been merely dedicated to him by other chefs: sauces, fillets of sole, turbot or brill (poached, then coated in a white wine or normande sauce, and sprinkled with a julienne of truffles marinated in (Maddiera); and a salmis of pheasant (part-roasted, jointed, then casseroleed in a stock made from the bones, onions, bacon, red wine, Maddiera and a little bouillon).

RECIPES

Dartois Laguipiere

Prepare some strips of puff pastry. Sandwich them together with a salpicon of braised calves sweetbreads and truffle mixed with finely diced vegetables and bound together with a thick veloute sauce. Bake in a preheated oven at 220°C(425°F, gas 7) for 15-20 minutes, then cut into rectangles and serve.

Laguipiere sauce

Put into a saucepan 1 large tablespoon butter sauce, 1 tablespoon good concomme or a little chicken glaze, a pinch of salt, some nutmeg and either plain vinegar or lemon juice. Boil for a few seconds, then stir in a generous knob of fine butter. The sauce may also be made with fish glaze instead of chicken glaze.

This sauce is often known as sauce au beurre a la Laguipiere.

Laguipiere sauce for fish

Prepare some normande sauce. Infuse 3 tablespoons chopped truffles in 1 tablespoon Madiera. Mix the 2 preparations together thoroughly.

LAALANDE-DE-POMEROL AOC red wine, fragrant and smooth, produced in the communes of Lalande-de-Pomerol and Neac. The best growths come from the Eastern part of the region (see Bordeaux)

LAMB The male or female young of the sheep. Lambs killed for the market in France fall into three categories. The milk lamb, known in France as agnelet, is killed before being weaned, at the age of 30-40 days, and weigh 8-10 kg (18-22 lb). The meat of the milk lamb is very tender and delicate, if a little lacking in flavour. Milk collection areas for Roquefort cheese specialize in this type of lamb production, as the ewes must be freed as soon as possible after lambing for milking.

The second category is the agneau blanc or laiton, which is available mainly from Christmas to June and provides 70% of the lamb that comes into the French market. Slaughtered at the age of 70-150 days, it weighs 20-25 kg(44-55 lb).

Milk Lamb

Kurdish milk lamb

Follow the recipe for stuffed milk lamb, but add cooked and chopped dried apricots to the stuffing.

Roast milk lamb

Prepare as for stuffed milk lamb, but baste with melted butter and meat juices during cooking. It may be served as for stuffed lamb or surrounded by young vegetable. Instead of using a spit, the lamb may be roasted in a preheated oven at 180°C(350° F, gas 4); allow 20 minutes per 450 g (1 lb) plus 20 minutes to the total time.

Saddle of suckling lamb prepared as carpaccio with a pistou sauce.

Remove the fat from a saddle of suckling lamb. Season with salt and pepper. Put in a roasting tin (pan) with 1 peeled shallot, cut into pieces, 2-3 sprigs thyme, a little oil and butter. Cook in a preheated oven at 220°C (425°F, gas 7) for 8-10 minutes. Baste from

time to time during the cooking.

To prepare the pistou sauce, remove the leaves from 1 bunch of basil and crush them in a mortar with 3 peeled garlic cloves. Emulsify this paste with 200 ml (7 fl oz, $\frac{3}{4}$ cup) olive oil.

Take the saddle out of the oven, still pink, and put to the side to allow the meat to rest. Bone the fillets and cut into long, thin slices.

Crush the bones finely and return them to the tin, then deglaze it with 120 ml (4 $\frac{1}{2}$ fl oz, $\frac{1}{2}$ cup) dry white wine and a little water. Reduce and add 2 teaspoons black and 2 teaspoons white coarsely ground peppercorns, 1 tomato cut into pieces, 3 chopped garlic cloves, and half of the pistou. Strain this syrupy juice and adjust the seasoning. Arrange the thin slices of lamb round large plates and coat with this juice. Meanwhile, cook 200 g (7 oz) fresh noodles, drain and then mix with 1 $\frac{1}{2}$ teaspoons salted butter, 60 ml (2 fl oz, $\frac{1}{4}$ cup) double (heavy) cream and the remaining pistou sauce.

Reheat the lamb in the oven. Place a nest of noodles in the centre of each plate and sprinkle the edge of it with Parmesan cheese.

Stuffed milk lamb

Ask the butcher to dress a whole baby lamb ready for stuffing and spit-roasting. Finely slice the liver, heart, sweetbreads and kidneys, and fry quickly in butter, seasoning with salt and pepper. Add these to half cooked rice pilaf and loosely stuff the lamb cavity with the mixture. Sew up the openings and truss the animal by trying the legs and shoulders close to the body to give it a regular shape. Pierce the lamb evenly with the spit, season with salt and pepper, and cook over a high heat (20 minutes per 1 kg. 15 minutes per 1 lb). Place a pan under the lamb to catch the juices, blend sufficient stock into the pan juices to make a gravy and keep it hot. Remove the lamb from the spit, untruss it and place it on a long serving dish. Garnish with watercress and lemon quarters and serve the gravy separately.

Rack and Cutlets of Lamb

Breaded lamb cutlets

Season the cutlets (rib chops) with salt and pepper and coat them with a beaten egg, then with breadcrumbs. Saute on both sides in clarified butter, then arrange in a crown in a serving dish and sprinkle with noisette butter.

Grilled lamb cutlets

Season the cutlets (rib chops) with salt and pepper, brush them with melted butter or groundnut (peanut) oil, and cook either over a barbecue or under the grill (broiler). Arrange on a serving dish: the protruding handle bone may be covered with a white paper frill. Garnish with watercress or with a green vegetable, which may be steamed (and tossed in butter or cream if desired), braised, pureed or sauteed. Serve with noisette potatoes

Lamb cutlets Du Barry

Boil or steam small florets of cauliflower until just tender. Prepare some Mornay sauce. Butter a gratin dish and arrange the florets, well separated, in it. Coat each floret with Mornay sauce, sprinkle with grated Parmesan cheese and pour over a little melted butter.

Brown the cauliflower quickly in a preheated oven at 220°C (425°F, gas 7), Grill (broil) or saute the cutlets (rib chops) until cooked through, then arrange them in the serving dish with the cauliflower..

Rack of lamb with thyme

Sweat 100 g (4 oz) lean bacon in a saute pan. Add 3 racks of lamb (6-8 chops, trimmed but with the bone still attached to the fillet.. Seal for 4-5 minutes. Then season with salt and pepper. Remove the lamb and bacon from the pan. Pour away the fat. Deglaze with 550 ml * 18 fl oz, 2¼ cups) vegetable stock. Reduce to a quarter. Place the lamb in a cast-iron braising pan, then cover with a large bunch of green thyme, and bacon cut into small pieces to baste the meat. Cover. Make a long sausage with 200 (7 oz) flour-and-water dough and put round the edge of the braising pan to seal it. Cook for 10 minutes in a preheated oven at 240°C(475°F, gas 9). Strain the juice and check the seasoning. Open the braising pan in front of the guest before cutting up the lamb. Serve the strained cooking juice with the lamb.

Sauteed lamb cutlets

Season the cutlets (rib chops) with salt and pepper, then saute on both sides in clarified butter, goose fat or olive oil. The sauteed cutlets may be served with any of the following garnishes: a la financiere, a la francaise, a la portugaise, a la romaine

LAMBALLE The name given to various dishes in honour of the Princesse de Lamballe, a friend of Marie-Antoinette. These include a soup made from a puree of garden or split peas mixed with tapioca and cooked in consomme, as well as a dish of stuffed quails in paper cases.

RECIPES

Llamballe soup

Prepare 750 ml(1¼ pints, 3¼ cup) puree of fresh peas. Add 750 ml (1¼ pints, 3¼ cups) consomme with tapioca cooked in it and mix well. Garnish with chervil leaves

Stuffed quails in cases ala lamballe

Prepare the stuffed quails in cases (see quail), lining the base of each greaseproof (wax) paper case with a julienne of mushrooms and truffles blended with cream. Add some port to the pan juices in which the quails, were cooked, blend in some creme fraiche and pour the resulting sauce over the quails.

LAMBIC A highly intoxicating, slightly bitter Belgian beer made with malt, uncooked wheat and wild yeast. Lambic is produced by spontaneous fermentation and may either be sold from the keg and pumped under pressure into the glass or it may be bottled. In the latter case, some new beer is added just bottling. This induces a secondary fermentation, and the resulting beer is known as gueuze.

LAMB'S LETTUCE A plant with rounded leaves in a rosette form, which is usually eaten raw in a salad. It is also known as corn salad and field lettuce and, in France as

mache, doucette, valerianelle potagere, raiponce and oreille-de-lievre. It grows wild in fields, usually in the autumn, but is cultivated in France from September to March and gives a good flavour to a winter salad. There are several varieties: Northern Green, with large leaves, is inferior to the round variety, which has smaller leaves and is juicy and tender; Italian corn salad has lighter leaves, slightly velvety and indented, and is less tasty. The lettuce must be carefully washed and dried, leaf by leaf, before it is eaten. It is used in mixed salads, with potatoes, walnuts and beetroot (beef), and enriches poultry stuffing. It can also be cooked like spinach.

RECIPES

Lamb's lettuce mixed salad

Peel and chop 200 g (7 oz, 1 cup) cooked beetroot (beet). Trim, wash and cut into rings 200 g (7 oz) chicory (endive). Wash 250 g (9 oz) lamb's lettuce. Peel, core and thinly slice an apple, then sprinkle with lemon juice. Place all

These ingredients in a salad bowl. Prepare a vinaigrette, seasoning it with mustard, pour on to the salad and mix well. A small handful of coarsely chopped walnuts can be added on the salad, or a little Roquefort cheese can be mixed into the vinaigrette

Lamb's lettuce salad with bacon

Cut 150 g (5 oz) thick rindless streaky (slab) bacon rashers (slices) into pieces. Arrange in a salad bowl. Brown the bacon pieces in a little butter and add to the salad. Sprinkle with vinaigrette.

LAMINGTON A SMALL Australian cake made from a square of sponge cake coated in chocolate or chocolate icing, (frosting) and dipped in desiccated coconut. The cakes were named after Lord Lamington, the governor of Queensland from 1896 to 1901.

LAMPREY An eel-like fish, up to 1 m (3 ft) long, with small fins and no scales. Using its sucker-like mouth, it attaches itself to other fish and feeds on their blood. The European species are marine, but they migrate upriver to spawn in fresh water. In France, they are caught in the lower reaches of Gironde, Loire, Rhone and other large rivers. Lampreys have been a delicacy since ancient times. Roman patricians ate them, and Saint Louis had them brought from Nantes in barrels of water. Gloucester in England was famous for its lamprey pies, and in France, braised lamprey a Fangevine and lamprey a la bordelaise are still popular dishes. The fish can be easily removed. Next, the head and the dorsal nerve that runs down the body from it are removed. The lamprey can then be sliced and cooked in a similar way to eel. It is fatty like eel, but is considered to be superior

RECIPE

Lamprey a la bordelaise

Bleed a medium lamprey, reserving the blood to flavour the sauce. Scald the fish and scrape off the skin. To remove the dorsal nerve, cut off the lamprey's tail, make an incision around the neck just below the gills, then take hold of the nerve through this

opening and pull it out. Cut the fish into slices 6 cm (2½ in) thick and put them into a buttered pan lined with sliced onions and carrots. Add a bouquet garni and a crushed garlic clove, season with salt and pepper, and add enough red wine to cover the fish. Boil briskly for about 10 minutes, then drain the lamprey slices.

Clean 4 leeks, cut each into 3 slices, then cook in a little butter with 4 tablespoons finely diced ham. Add the lamprey. Make a roux with 2 tablespoons butter and an equal quantity of flour. Add the cooking stock of the lamprey and cook for 15 minutes. Strain the sauce and pour it over the lamprey in the pan with the vegetables. Simmer very gently until the fish is cooked.

LANCASHIRE HOTPOT A classic British dish, this hotpot of layered stewing lamb, sliced onions and potatoes originally contained oyster – at one time a cheap food for the Lancaster mills workers and often added to casseroles and stews to stretch a modest amount of meat – and mushrooms. Lamb kidneys were also added, giving the stew a rich flavor. The layer of potatoes on top forms a deep golden crust.

LANDAISE, A LA Describing dishes inspired by cooking techniques of the Landes region of France. The most common ingredients are Bayonne ham, goose fat and mushrooms. The name can be applied both to basic dishes such as potatoes and to more elaborate preparations such as goose or duck livers, as well as to such regional culinary classics as confit d'ote (preserved goose)

RECIPE

Potatoes a la landaise

Fry 100 g (4 oz, 2/3 cup) chopped onions and 150 g (5 oz, 1 cup) diced Bayonne ham in goose fat or lard. When both are browned, add 500 g (18 oz) potatoes cut into large dice. Season with salt and pepper, cover and cook, stirring from time to time, just before serving. 1 tablespoon chopped garlic and parsley.

LANGOUSTE a crustacean also known as spiny lobster, thorny lobster rock lobster in having no claws. In addition, it is also sometimes known as crayfish, a cause of confusion with the freshwater crayfish which resembles a diminutive lobster. To cap the confused nomenclature, in the United States the freshwater crayfish is also known as crawfish.

It takes five years for a langouste to grow to the regulation size (in France) for the table – 23 cm (9 in) long – during which time it sheds its shell more than 20 times, When it reaches its maximum size, it can weigh up to 1 kg (9 lb). Despite the fact that it produces up to 100,000 eggs at a time, the langousete is becoming scarcer. Attempts have been made to breed them near Roscoff, in Brittany.

Langouestes inhabit rocky seabeds at a depth of 20-150 m (65-192 ft) and are found in the Atlantic, the Mediterranean and around the coasts of the West Indies and South America.

The pale, delicate, firm flesh has a milder flavour than that of the true lobster, but the same recipes can be used for both. However, the langouste is more suitable for highly seasoned recipes. The most visually appealing methods of preparing Langouste are en

bellevue and a la parisienne.

There are also two other delicious recipes worthy of mention, one from Spain and one from China. The Spanish recipe is for Catalonian langouste with unsweetened chocolate, cooked with a tomato based sauce seasoned with chopped almonds and hazelnuts, red (bell) pepper and cinnamon chocolate. The Chinese speciality is Langouste with ginger, in which the shellfish is sauteed in sesame oil with onions, chives and fresh ginger. Langouste is also a popular shellfish in the Caribbean.

RECIPES

Grilled langouste with basil butter

Cut a langouste in two. Place the halves in a roasting dish, carapace side down. Season the cut surface with salt and pepper and moisten with olive oil. Grill (broil) for 10 minutes, turning once. Turn once more, so that the flesh faces upwards, and baste with a mixture of melted butter and coarsely chopped fresh basil. Continue to baste a regular intervals until the langouste is cooked (about 20 minutes). Serve piping hot.

Langouste a la parisienne

Most of the preparation for this dish should be carried out the day before. Prepare a court bouillon with 4 carrots and 2 medium onions (chopped very finely), a bouquet garni, 175 ml (6 fl oz, $\frac{3}{4}$ cup) dry white wine, 2 tablespoons salt, some pepper and 3 litres (5 pints, 13 cups) water. Simmer for 20 minutes. Add a langouste weighing 1.8-2 kg (4-4½ lb) and simmer very gently for about another 20 minutes. Drain the langouste by making a small opening below the thorax, then tie to a board to retain its shape. Leave it to cool completely.

Peel and finely dice 3 carrots and 3-4 turnips. Cut 200 g (7 oz) French (green) beans into small pieces. Cook the carrots, turnip and 100 g (4 oz, $\frac{1}{2}$ cup) fresh garden peas separately in salted water. Cook the French beans in another saucepan of boiling water, uncovered, and do not add salt until they are half cooked. All these vegetables should slightly undercooked. Drain and leave to cool.

When the langouste is cold, cut through the membrane underneath the tail and carefully remove the flesh so that the shell is intact. Cut the tail flesh into 6-8 round slices and dice the flesh from the thorax very finely. Make some aspic and glaze the tail slices (several coatings are necessary). Place the shell on a serving dish and glaze it with aspic. Arrange the glazed slices in the shell, overlapping them slightly. Glaze this arrangement once more.

Make a mayonnaise with 2 egg yolks, 1 tablespoon mild mustard 500 ml (17 fl oz, 2 cups) oil, 3 tablespoons tarragon vinegar; salt and pepper. Toss the cold vegetables and the diced flesh of the langouste in three quarters of the mayonnaise and set this macedoine aside in a cool place. Hard boil (hard cook) 8 eggs and leave to cool.

The following day, halve the eggs and sieve the yolks. Add some tomato puree (paste) to the remainder of the mayonnaise, blend in the egg yolks and spoon this mixture into the egg white cases. Cut the tops off 8 small tomatoes at the stalk ends, extract the seeds and juice, sprinkle the insides lightly with salt and turn upside down to drain in a colander. One hour later, fill the tomato shells with the vegetable macedoine. Slice a truffle and place 1 slice on each slice of langouste. Surround the langouste with the

stuffed tomatoes and eggs, and garnish the dish with lettuce chiffonnade.

Langouste with Thai herbs

Roast 4 tablespoon coriander seeds and the same amount of cumin in an ungreased frying pan. Allow to cool, then grind. Mix 4 tablespoons chopped galangal, 8 chopped stems lemon grass and 4 tablespoons chopped fresh coriander (cilantro) with 100 g (4 oz) chopped shallots, 100 g (4 oz) garlic cloves, 2 tablespoons pimento paste, 120 ml (4½ fl oz, ½ cup) sweet red pepper puree, 65 g (2½ oz) shrimp paste, 1 tablespoon saffron, 3 tablespoons turmeric, 1 tablespoon salt and the zest of 1 makrut lime. Place all these ingredients in a blender and liquidize, then strain through a sieve.

Blanch 2 langoustes weighing 800 g (1¾ lb) and cut into two lengthways. Remove the meat from the tail. Cook the meat for 2 minutes in 50 g (2 oz, ¼ cup) butter in a saute pan without browning it. Take it out and put to one side. Now fry the Thai paste with 2 teaspoons grated fresh root ginger. Add 200 ml (7 fl oz, ¾ cup) white port, 20 g (2/4 oz) apple julienne, 40 g (1 ½ oz) carrot julienne and 2 kafir lime leaves. Reduce until dry, then add 1 teaspoon turmeric and 50 g (2 oz, ¼ cup) butter. Remove from the heat and incorporate 200 ml (7 fl oz, ¾ cup) double (heavy) cream. Finally pour in 2 tablespoons coconut liqueur and similar amount of ginger wine. Place the langouste meat in soup bowls. Bring the sauce to the boil and pour over the lobster meat. Sprinkle with chopped parsley.

LANGOUSTINE The French name for the Dublin Bay prawn or Norway lobster. This marine crustacean of the lobster family resembles a freshwater crayfish. In Britain, the shelled tail meat is known as scampi (after the Italian scampo or scampi in the plural), popular as prepared breaded seafood. The langoustine is 15-25 cm (6-10in) long, with a yellowish pink shell which does not change colour when cooked. Its pincers are characteristically ridged and like the legs, are white tipped. Langoustines cannot live for long out of water and they are therefore usually sold cooked, displayed on a bed of ice. When buying langoustines, look for bright black eyes and shiny pink shells. They can be poached and served whole, but many dishes require only the shelled tails. They are one of the ingredients of paella, and are often used instead of king prawns (jumbo shrimp) in European versions of Chinese and Vietnamese dishes.

Ninon langoustines

Remove the large, green leaves of 4 leeks. Slice the remaining white part of each leek in two, lengthways. Separate the leaves and wash. Remove the tails of 24 langoustines. Put the heads in a sauce pan with 1 tablespoon olive oil. Crush them slightly. Season with salt and cover with cold water. Bring to the boil, cover and cook for 15 minutes. Strain. Cut the zest of 1 orange into fine strips. Squeeze this orange and another one. Heat 25 g (91 oz, 2 tablespoons) butter in a saute pan. Add the strips of leeks and cover with water. Cook, uncovered over a high heat until the liquid has completely evaporated. Pour 350 ml (12 fl oz, 1½ cups) langoustine stock and 175 ml (6 fl oz, ¾ cup) orange juice in a saucepan. Add the orange zest. Bring to the boil and reduce by half. Incorporate 50 g (2 oz, ¼ cup) plain butter, cut into pieces, by whisking. Remove from the heat, then season with salt and pepper. Fry the langoustine tails for 2-3 minutes in 50 g (2 oz, ¼ cup) butter. Arrange the langoustine tails and leeks on a heated serving dish. Gently

pour the orange sauce on top.

Peking-style langoustines

Soak 6 large diced shiitake mushrooms and 1 tablespoon Chinese lily flowers in hot water until soft. Drain and slice the mushrooms. Shell the tails of 12 langoustines without detaching them from the body. Saute them in a frying pan in a little oil with 1 bunch of chopped spring (green) onions and 1 crushed garlic clove. Take them out and keep them hot. Blend 1 tablespoon cornflour (cornstarch), ½ teaspoon sugar and 2 tablespoons soy sauce with a little cold water. Brown some crushed tomatoes in the frying pan in which the langoustines were cooked, allow to reduce, then pour in the cornflour mixture to thicken the sauce. Add the mushrooms and drained lily flowers; bring to the boil, stirring and simmer for 2-3 minutes. Pour this sauce over the hot langoustines.

Poached langoustines

Add the langoustines to a cold court-bouillon, bring to the boil and simmer gently for 6 minutes, or until cooked. Drain and leave to cool.

The dressing are the same as for lobster or crayfish.

LANGRES An AOP cow's milk cheese (45% fat content) from Bassigny (Haute-Marne department in the Champagne area of France. Langres is a soft cheese with a reddish brown rind and is produced in rounds 10 cm (1 in) in diameter and 5 cm (2 in) deep, which are slightly hollowed out in the middle. It is springs to the touch, with a creamy yellow paste. It has a strong aroma and flavour and is best served with a full bodied wine or with beer.

LANGUE-DE-CHAT A small, dry, finger shaped biscuit (cookie), whose name (meaning 'eat's tongue') is probably derived from its shape. Langues-de-chat are thin and fragile, but they keep well and are usually served with iced desserts, cream, fruit salad, champagne and dessert wines

RECIPES

Langues-de-chat (1)

Cut 125 g (4¼ oz, heaping ½ cup) butter into pieces and beat with a wooden spatula until smooth. Add 1 tablespoon vanilla sugar and 75-100 g (3-4 oz, 1/3-½ cup) caster (superfine) sugar; work for about 5 minutes with a wooden spatula. Blend in 2 eggs, one at a time. Finally, add 125 g (4½ Oz 1 generous cup) sifted self-raising flour a little at a time, mixing it in with a whisk. Lightly grease a baking sheet. Using a piping (pastry) bag with a round nozzle, pipe the mixture into strips 5 cm (2 in) long, leaving a space of about 2.5 cm (1 in) between them. Bake in the preheated oven at 220c (425 f, gas 7) for about 8 minutes: remove as soon as the langues-de-chat have begun to turn golden.

Langues-de chat (2)

Work together in mixing bowl 250g (9 oz, 1 generous cup) caster (superfine) sugar, 200 g (7 oz, 1¾ cups) plain (all purpose) flour and 1 tablespoon vanilla sugar. Gently fold

in 3 stiffly whisked egg whites. Pipe the mixture and bake as described in the previous recipe. When the langues – de chat are cooked, turn off the heat and leave them to cool in the oven.

LANGUEDOCIENNE, A LA The name for various dishes that include tomatoes, aubergines (eggplants) and cep mushroom, either individually or together. Fried eggs *ala languedocienne* are served on the bed of aubergine rings and accompanied by a tomato and garlic sauce. The languedocienne garnish for joints of meat and poultry consist of cep mushroom fried in butter or oil, sliced or diced aubergines fried in oil, and chateau potatoes (or fried sliced ceps and aubergines with chopped tomatoes). The accompanying sauce is a demi-glace with tomatoes, often seasoned with garlic. The term *a la languedocienne* is also used to describe certain dishes that are typical of languedic cookery, in which the principal ingredients are garlic, ceps and olive oil or goose fat.

RECIPES

Loin of pork *a la languedocienne*

Stick the loin with garlic cloves cut into sticks, sprinkle with salt and pepper, brush with oil and leave to stand for 12 hours. Roast it in a preheated oven at 220° C (425°f, gas 7) for 1 hour per 1 kg (25-30 minutes per 1 lb) or on a spit and serve with its cooking juices accompanied by potatoes in goose fat.

LAPWING *ranneau* A bird with black, bright green and white plumage and a black crest. Through Brillat-Savarin it acquired a great gastronomic reputation and as the Roman Catholic Church did not regard it as a meat, it was a suitable for days of abstinence. As large as pigeon, with fairly delicate flesh, the lapwing is usually roasted undrawn (except for the gizzard) for about 18 minutes, sometimes stuffed with stoned (pitted) olives.

Lapwing eggs came into fashion in Paris in the 1930s, imported at that time from the Netherlands, where the first egg from the nest is traditionally offered to the sovereign. They are prepared as hard boiled (hard cooked) eggs and are used in aspics or in mixed salads.

LA QUINTINIE, JEAN DE French horticulturalist (born Chabanaies, 1626; died Versailles 1688). He began his working life as a barrister in Poitiers, but left the bar to devote himself to the culture of fruit trees. By a process of trial and error, he perfected techniques of pruning and transplanting. He introduced the espalier method of training trees to grow against a wall by means of a trellis. He also created many famous kitchen gardens, including those at Versailles, Chantilly, Vaux and Rambouillet. The king's kitchen garden near the chateau of Versailles benefited from a remarkable irrigation and drainage system, in addition to cold frames and greenhouses introduced by La Quintinie. This garden supplied the royal table with asparagus in April and melons in June. His work *Instructions pour les jardins fruitiers* was published by his son in 1690.

LARD A cooking fat obtained by melting down pork fat. Lard is a fine white fat, which is not used as much now as formerly because of its high animal-fat content. It is

used particularly for slow cooking, but also for deep-frying (it has a high smoking point) and for making pastry. It has a fairly pronounced flavour, which is associated traditionally with dishes from the north and east of France, it is used in the cookery of the Allspice Brittany Britain Scandinavia and Hungary, for ragouts and dishes featuring cabbage, onion and pork and also in specials of the Auvergne region Lard is also a great deal in China.

LARDING The process of adding fat to cuts of meat or certain types of fish to make them more moist or tender. Larding consists of threading thin strips (lardons) or pork fat into a large cut of meat with a larding needle. The lardons can be seasoned with salt and pepper, sprinkled with chopped parsley and marinated in brandy for an hour in a cool place before use. Strips of ham or pickled tongue may also be used, but it is essential that the lardon is very firm (taken straight from the refrigerator) so that it can be threaded through the meat easily. Larding a roast with various ingredients, improves both its flavour and its appearance when it is carved.

LARDING NEEDLE An implement used for larding cuts of meat, poultry and game. It consists of a hollow stainless steel skewer, pointed at one end and with the other slotted into a wooden or metal handle. A lardon is threaded into the needle, which is then pushed into the meat. When the needle is extracted the lardon is left behind in the meat.

LARDONS Also known as lardoons. Strip of larding fat of varying lengths and thicknesses, which are cut from the belly fat (lard maigre) of pork. Lardons about 1 cm (½ in) wide are used to lard lean meat before roasting. Lardons cut at right angles are used in the cooking of ragouts, fried dishes, stews and fricassées, and as a garnish for certain vegetables and salads (dandelion leaves and endives). These lardons can also be cooked with potatoes, used in omelettes, and threaded on to skewers as an ingredient of kebabs.

LARK *alouette* A small passerine with delicate flesh, known as *mauvielletes* in French cookery. There are several species, but it is mainly the crested lark and skylark that were shot for food. According to Grimod de La Reyniere in his *Almanach des gourmands*, they are hardly more than a little bundle of toothpicks, more suitable for cleaning the mouth than filling it. They were traditionally used mainly for making pies, and those from Pithiviers have been well known for centuries. According to tradition, when Charles IX was held to ransom in the forest of Orleans and then set free, he promised to spare the lives of his captors if they told him the provenance of the delicious lark pie they had shared with him. This brought fame to a pastry cook from Pithiviers, called Margeolet and known as Provenchere.

LARUE A Parisian restaurant founded in 1886 by a man named Larue on the corner of the Rue Royale and the Place de la Madeleine. In 1904 it was taken over by Edouard Nignon, one of the greatest chefs of his day. Marcel Proust and Abel Hermant were among his enthusiastic customers. The club des Cent – a society of 100 gourmets – used the restaurant as its headquarters. When the establishment closed its doors for the last time in 1954, the club moved to Maxim's.

LASAGNA Italian pasta cut into wide flat sheets Green Lasagna is flavoured with

spinach, pink lasagna with tomato. The pasta can also be made with whole wheat. The dish called lasagna is usually prepared with alternate layers of minced (ground) topped with grated Parmesan cheese and baked in the oven until browned.

RECIPES

Lasagna with Bolognese sauce

Make a bolognese sauce Cook 575 (1¼ lb) lasagna in boiling salted water until tender, following the packet instructions. Spread the lasagna out on a clean cloth. Prepare a bechamel sauce. Butter a gratin dish and put a layer of Bolognese sauce on the bottom, then alternate layers of lasagna, bechamel sauce and Bolognese ending with a thick layer of Bechamel sauce. Cook in a preheated oven over 200°C (400°F, gas 60 for 30 minutes. Serve with freshly grated Parmesan cheese.

LASSI An Indian drink made from yogurt thinned with water. Lassi may be served plain, seasoned with salt or flavoured with rosewater or fruit and sometimes lightly sweetened. Similar yogurt drinks are prepared in Middle Eastern countries. In Turkey, ayran, made by thinning yogurt with iced water to taste, is served as a refreshing drink with meals.

LAVALLIERE The name given to several great culinary dishes, although it is not known whether they were dedicated to Louise de la Valliere, mistress of Louis XIV, or to a famous actress in the Belle Epoque. The dishes include poultry or calves sweetbreads garnished with trussed crayfish and truffles a la servielle; a cream soup of chicken and celery, garnished with a salpicon of celery and royale, served with profiteroles filled with chicken mouss; poached sole fillet garnished with poached oysters, fish quenelles and mushrooms, the whole dish being coated with a normande sauce, and grilled (broiled) lamb cutlets garnished with artichoke heart stuffed with a puree of asparagus tips and served with a bordelaise sauce with beef marrow.

LA VARENNE, FRANCOIS PIERRE French chef (born Dijon 1678). He was in charge of the kitchens of the Marquis d'Uxelles, the governor of Chalon-sur-Saone, after whom mushroom duxelles were probably named, since this dish was perfected by La Varenne. This master chef is also remembered as the author of the first systematically planned books on cookery and confectionery, which revealed his attention to detail and showed how French cuisine, having been influenced by Italian cookery during the previous 150 years had now developed a style all of its own. *Le Cuisinier francais* was published in 1651, followed by *Le Patisier francais* (1653). *Le Confiturier francais* (1664) and *L'Ecole des ragouls* (1668). These books especially the first – were reprinted several times before the end of the 18th century and marked a new direction in French cookery, a move away from the over-elaborate dishes of the past. His books are now rare but they have been consulted for centuries and contain recipes that can still be used today.

La Varenne is particularly remembered for his potage a la reine, invented in honour of Marguerite de Navarre, the recipe for which is still usable, as well as his soupresse (terrine) of fish, his stuffed breast of veal and his tourte admirable, a marzipan (almond paste) base covered with a lime cream and preserved cherries, then topped with meringue. His name is still linked with various dishes that include mushrooms either as a

salpicon or as dexelles.

RECIPES

La Varenne sauce

To 225 ml (8 fl oz, 1 cup) mayonnaise add 2-3 tablespoons duxelles cooked in oil and cooled, then 1 tablespoon each of chopped parsley and chervil.

Loin of lamb La Varenne

Trim and completely bone a loin of sucking (baby) lamb. Flatten it slightly and season with salt and pepper. Dip it in beaten egg and cover with finely crumbled fresh breadcrumbs (press the breadcrumbs well in to make them stick). Cook the loin and clarified butter, allowing it to turn golden on both sides. Prepare a salpicon of mushrooms bound lightly with cream and coat the serving dish with it' place the loin on top. Moisten with noisette butter and serve piping hot.

LAVÉR The Welsh name of a red sea weed. *Porphyra umbillicus*, with lettuce type leaves which is almost identical to Japanese nori. It grows in inlets on the atlantic coast of northern Europe, where some fresh water dilutes the salt, and is a capricious weed, moving its location.

When cooked it is called laver bread (bara lawr) in Wales where it is sold ready made in local markets on the south and west coasts. Well washed, then cooked for about 5 hours, it becomes a thick dark-green puree. Traditionally, it is mixed with a little oatmeal and shaped into small round cakes, which are then fried in bacon fat and served with bacon in Ireland, laver is also eaten with potatoes, or as a sauce for roast lamb, with lemon or orange juice. Canned laver, available from some delicatessens, is vastly inferior to the fresh product.

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LAVEUR A Parisian boarding house that opened in 1840 in the Ruepente. It was the model for the pension and its unpretentious but excellent cuisine attracted the custom of young writers and politicians. Its patrons included Victor Hugo (whose portrait was still hanging on the wall in 1925), Jules Valles and Gambetta. In Paris recu, Leon Daudet said "When we had something to celebrate, we would treat ourselves to a bottle of champagne, with the invariable plate of biscuits)cookies) and Gondolo gaufrettes (wafers)

LEAVEN Loosely, any substance that can produce fermentation in dough or butter. In a

bakery, this is dough used to make bread rise. It is prepared by taking a piece it by kneading it with flour and water until it has matured sufficiently to act as a raising (leavening) agent for the next batch of bread. As this is a long finicky and laborious operations, many modern bakers have changed to much simpler processes using yeast.

LEBKUCHEN A flat, hard, German gingerbread, shaped into hearts for hanging, on ribbons, and made into gingerbread houses. Flavoured with the seven lebbuchen spices, including black pepper, cloves star anise, cinnamon and nutmeg and honey. Sometimes a little chopped candied peel is added and the gingerbreads are usually glazed, often with icing (frosting) decorations.

A special raising agent called birshbornsalz (hart's horn salt) is used – actually carbonate of ammonia – which needs a very long rising time. This accounts for the Christmas smell of spices in many German homes in advent.

Celebrated in Nuremberg, but made throughout German, it is perhaps the most famous type of gingerbread. It dates to about the turn of the 12th century, when local merchants started importing spices into a region of south Germany, already famous for its honey.

For several weeks after it is made, lebbuchen is too hard to eat and it must mature and soften. It is the origin of the cinnamon and spice. Dutch speculaas (eaten on St Nicholas Eve, 5th December) as well as all the ginger bread men, trees and houses in Switzerland, Scandinavia, the United States of America and Britain.

LE BROUERE Essentially a variation of French Gruyere, this new cheese (45% fat content) is made in Alsace. These cheese are made in not quite spherical wheels about 10 cm (4 in) in depth. Each cheese carries a number and signature. They have a light brown rind with a bright yellow paste; the flavour is sweet and buttery.

LECKERLI Also known as lecrelet. A spiced biscuit (cookie) with a very distinctive flavour, sometimes coated with icing (frosting). It is a Swiss specialty, originating in Basle. The name is an abbreviation of leckerli kucken, meaning tempting cake.

RECIPE

Leckerli

Sift 500 g (18 oz, 4½ cup) candied orange peel, 40 g (1½ oz, 1/3 cup) flaked (slivered) almonds, 20 g (¾ oz, ¼ cup) spices (half mixed spice, half ground ginger), 1 teaspoon bicarbonate of soda (baking soda). The candied peel and flaked almonds can be replaced with chopped hazelnuts and cinnamon). Mix well until blended. Butter some square baking sheets and spread the mixture in them to a depth of 2.5 cm (1 inc). Bake in a preheated oven at 180°C (350°F, gas 4), for about 20 minutes, or until well browned. When done, brush with milk and cut into even rectangles.

LE DOYEN A restaurant that opened in the gardens of the Champs-elysees towards the end of the 18th century. The establishment was originally a fairly humble drinking house called Le Dauphin, near the Place de la Concorde. In 1791 it was rented by Antoine Nicolas Doyen, who numbered among his customers members of the National

Convention including Robespierre. In his Memoires, Barras mention dining there and Grimod de La Reyniere, who was also a patron wrote about Doyen's brother, who had a restaurant of his own in the country of the Tuileries orangery. In about 1848 Le Doyen moved to a new location near the Rond Point, taking over a house that is said to have belonged to Marie de Medici. The restaurant became very fashionable during the Second Empire. A tradition grew up of dining at Le Doyen on the first day of the Paris Salon, when the customers could enjoy sauce verte Le Doyen, a herb mayonnaise. This sauce was created for Napoleon III by his chef, Balvay, in 1855, before he took over the ownership of the restarant.

LEEK A vegetable believed to have originated from a Near Eastern variety of garlic. Leek are usually eaten cooked either hot or cold, though they can be finely shredded in a salad. The plant consists of a bulb and stem completely ensheathed by leaves, to form a cylindrical shaft. It is set deep in the soil so that most of the plant is blanched; this white and tender part is considered to be the best. Most of the green leaves are usually cut off and used in stews and for purees.

The leek was cultivated by the Egyptian and the Hebrews. The Romans believed that leeks had the property of imparting and maintaining the sonority of the voice. The emperor, Nero had leek soup served to him every day, to develop a clear and sonorous voice for delivering his orations, and was nicknamed the orrophage (porrum meaning 'leek' in Latin).

The Romans may have introduced the leek to Great Britain, where it became the national emblem of Wales. In France it has been used for centuries to make soups, and the names porreau and pourreau eventually became poireau at the beginning of the 19th century.

Leeks must be bought when very fresh. They should be smooth, with a good fresh colour and erect foliage. To prepare, the roots and base are removed, then the green part is cut off and set aside. The white part must be washed several times and is then usually blanched in boiling salted water before further preparation. Leeks may be served cold with vinaigrette or mayonnaise, or hot with bechamel sauce, white sauce, melted butter or cream, au gratin or braised. They are also used in soups, tarts, tritters a la grecque, or even stuffed. They go equally well with beef, chicken, lamb and fish. The white part of the leek can also be cut or shredded for a brunoise, or julienne and the green part used to flavour a court-bouillon or stock.

RECIPES

BOILED LEEKS

Trim and clean some young leeks, keeping only the white parts. Cut these all to the same length, split them, wash well and tie together in bunches. Cook them, about 10 minutes in boiling salted water until just tender (they must not fall to pieces) Untie them, drain thoroughly on a cloth or paper towels, and arrange them in a warm dish. Garnish with chopped parsley and serve frsh butter seasoned and flavoured with lemon juice, or with reduced and seasoned cream.

Braised leeks

Trim and wash 12 leeks, keeping only the white parts. Cut into slices and place in a casserole with 50g (2 oz, ¼ cup) butter, salt and pepper, and 5-6 tablespoon water or meat stock. Braise for about 40 minutes. Arrange the leeks in a vegetable dish and pour the braising liquid, enriched with an extra 15 g (½ oz, 1 tablespoon) of butter over the.

Leek flan with cheese

Butter a 25 cm (10 in) flan (pie pan) and line it with 350 g (12 oz) unsweetened lining pastry. Prick the base and bake blind in a preheated oven at 200°C (400°F gas 6) for 12 minutes. Allow to cool. Clean trim and slice 800 g (1¾ lb) leeks (the white part only) and braise them gently for about 14 minutes in 40 g (1½ oz, 3 table spoons) butter. Strain. Make 400 ml (14 fl oz, 1¾ cups) Mornay sauce and allow to cool. Completely cover the base of the flan with half the sauce. Spread the leeks on top and cover with the remainder of the sauce. Sprinkle with 40g (1 oz, 1/3 cup) grated Parmesan cheese and 25 g (1 oz, 2 tablespoons) knobs of butter and place in a preheated over a 240°C (475° f, gas 9) until brown.

Leeks a la creme

Put the well washed white parts of leek into a buttered casserole. Add salt and pepper, cover and braise in butter for 15 minutes. Completely cover with creme fraiche, then continue to simmer, with the lid on, for 30 minutes. Arrange the leeks in a vegetable dish, add a few tablespoons of creme fraiche to the pan juices and pour over the leeks.

Leeks a la vinaigrette

Use the white part of the leeks only, wash well and cook in boiling, salted water. Drain on a cloth to remove any surplus liquid and arrange in an hors d'oeuvre dish. Season with vinaigrette, containing mustard if liked. Sprinkle with chopped parsley and chervil or sieved hard boiled egg yolk.

Leeks au gratin

Trim the leeks and use only the white parts. Wash them well, blanch for 5 minutes in plenty of boiling salted water, drain them, then cook slowly in butter. Arrange the cooked leeks in an ovenproof dish sprinkle with grated cheese (preferably Parmesan) and melted butter and place in a preheated over at 240°C(475° F, gas 9) until brown.

Leeks with bechamel sauce

Blanch the white parts of some trimmed washed leeks for 5 minutes in boiling salted water. Drain thoroughly and braise in butter. Prepare a bechamel sauce that is not too thick. Arrange the leeks in a long dish, cover with the sauce and serve hot.

Turbot with leeks

Lift the fillets from a young 900 g (2 lb) turbot. Trim and clean in fresh water and cut up into small pieces. Make a fumet from the head and trimmings. Wash. Trim and slice 6 small leeks and arrange them in a buttered ovenproof dish. Cover with the fumet, season with salt and pepper, and cook in a preheated over at 220°C (425°F, gas 7) until they are just cooked but not soft. Drain the leeks; retaining the cooking liquid and divide them among individual dishes, Keep warm.

Pour 200 ml (7 fl oz, $\frac{3}{4}$ cup) strained fumet into a pan, add 3 tablespoons creme fraiche, a pinch of sugar, white pepper (2 twists of the pepper mill), and 2 tablespoons dry vermouth. Boil down to reduce. Put the turbot pieces into the sauce. Poach for 5 minutes. Drain the fish and place on top of the leeks. Further reduced the cooking liquid, then pour over the fish. Serve hot.

LEES The deposit that settle in a cask or vat, consisting mainly of tartrates and yeast. A wine bottle directly off the lees' may be slightly working or lively. This is appreciated by some drinkers notably those buying Muscadet. Normally, wine is pumped off its, lees prior to bottling.

LEGRAND D'AUSSY, PIERRE JEAN BAPTISTE French historian (born Amiens, 1737, died Paris, 1800) He planned to write a massive work called *Histoire de la vie privee des Francais, depuis*. Dealing with the housing dress, leisure activities and food of the French. However only three volumes, all on the subjects of food, were published (1782). They gave a detailed account of the diet, menus (especially at Versailles table customs and regional traditions of former times. Legrand d'Aussy also included information about the guilds of the butcher cooks and pastrycooks, together with a collection of proverbs illustrating the most popular customs of its times. After his appointment as chief librarian of the National Library, Legrand d'Aussy devoted his time to other topics of research.

LEMON A citrus fruit with an acid juicy pulp surrounded by an aromatic yellow peel of varying thickness.

Originally from India or Malaysia, the lemon was introduced into Assyria and from there passed to Greece and Rome, where it was used as a condiment and medicament. The Crusaders brought the lemon and other citrus fruits back from Palestine, and its cultivation became widespread in Spain. Northern Africa and Italy. The lemon reached Haiti with Columbus in 1493, while the Spanish and Portuguese were responsible for its introduction to various places in North and South America from the 16th century onwards. Until the 18th century, it was traditional for French schoolboys to give lemons to their masters at the end of the school year. The lemon was also used as a beauty product – it was thought to make the lips red and the complexion pale. Above all, it was a vital remedy against scurvy, being a good source of vitamin C, and was used in particular by sailors.

Lemons are available throughout the year. The different varieties are distinguished by shape, size thickness of the skin and the number of seeds, the quality of flavour is fairly consistent. A good lemon should be heavy and fragrant, with a close grained peel. As the lemon becomes very ripe, it gets less sour and more juicy. There are numerous uses for the lemon in cookery, especially in patisserie, confectionery and drinks.

-The Juice. Obtained simply by hand squeezing or with a lemon squeezer, lemon juice serves firstly as a natural antioxidant, with which certain fruit and vegetables can be coated to prevent discoloration. It is also an ingredient in numerous dishes, including blanquettes and ragouts, it appears in marinades and court bouillons, and replaces vinegar in dressing for raw vegetable and salads, it seasons mayonnaise and certain sauces (butter

of white), and large quantities are used in the preparation of ice creams sorbets and various refreshing drinks. Finally, marinating widely practised in South America and the Pacific islands.

- The peel and the zest. A citrus fruits are often treated with diphenyl, it is preferable, if the peel is to be used to choose untreated lemons or failing this to wash and dry them carefully. The zest may be obtained by grating, peeling it with a special utensil, or by rubbing it with a sugar lump (sugar cube) depending on the intended use. It serves as flavouring usually in patisserie for cream, souffles, mousses, tarts and flans; candied lemon peel is used for flavouring biscuits (cookies) and cakes.
- The fruit Lemons slices are an essential accompaniment for a seafood platter most fried food and savoury fritters, and many dishes coated in breadcrumbs. They are also a necessary ingredients of lemon tea. Lemon quarters may serve as a condiment for certain ragouts and sautes (of veal or chicken) and also for tajines. Preserved lemons are widely used for flavouring fish and meat in North african cookery. Lemon is included in jams, compotes lemon curd and chutneys. Finally, whole lemons are prepared fostered or iced.

--The extract Lemon extract or flavouring is used in confectionery and in wines and spirits. It also flavours certain aromatic.

RECIPES

Savoury Dishes

Chicken with lemon

Cut a chicken into portions. Squeeze 2 lemons and to the juice and add salt, pepper and a dash of cayenne pepper. Marinate the chicken portions in this juice for at least 1 hour, then drain them, retaining the marinade. Wipe the portions, then brown them in butter in a flameproof casserole. Reduce the heat, sprinkle the chicken with crumbled thyme. Cover and leave to cook gently for 30 minutes. Drain the chicken portions and keep them hot. Now add the marinade to the casserole along with 100 ml (4 fl) oz, 7 tablespoons) double (heavy) cream. Stir well and heat, stirring constantly as the sauce thickens. Adjust the seasoning. Coat the chicken portions with this sauce.

Chicken with preserve lemon

Cut a chicken into portions and sprinkle with salt and pepper. Finely slice 300 g (11 oz) onions; crush 3 garlic cloves. Grate at least 1 teaspoon fresh root ginger. Oil a flameproof casserole and spread the sliced onions over the bottom, then sprinkle with the crushed garlic, a pinch of powdered saffron, the grated ginger and 1 tablespoon coriander seeds. Add a bouquet garni. Garnish with 8 slices of preserve lemon.

Arrange the chicken portions on top, sprinkle with 6 tablespoons olive oil, season with salt and pepper, and one third cover the chicken pieces with chicken stock. Cover the casserole and cook over a moderate heat for about 1½ hours, or until the flesh comes easily away from the bones. Remove and drain the chicken, throw away the bouquet garni and reduce the pan juice until it is oily. Coat the chicken portions with it and serve very hot with rice a la creole.

Duckling with Lavender honey and Lemon.

For 4 people, allow 2 ducklings, each weighing about 1.5 kg (3¼ lb) and their giblets. Soften 2 tablespoons mirepoix in a shallow frying pan. Add the giblets and turn them over in the mirepoix. Barely cover with a mixture of half white wine and half water. Season with salt and pepper. Cover and leave to cook gently for about 30 minutes. Strain. Season the ducklings with salt and pepper. Fry them lightly in butter for 20 minutes, taking them out while they are still pale pink.

Discard the cooking butter and deglaze the pan with the juice of 2 lemons; then add 1 small teaspoon lavender honey to make a sauce. Leave to strained duck giblets juices and finally stir in a knob of butter. Adjust the seasoning.

Cut the breast of the ducklings into long thin slices; grill broil) the legs briefly on both sides. Coat with the seasoned sauce.

Preserved Lemons

Wash 1 kg (2¼ lb) untreated lemons, wipe and cut into thick round slices. (Small lemons can simply be quartered lengthwise.) Dust with 3 tablespoons fine salt and leave them to discharge their juices for about 12 hours. Drain them, place in a large jar and cover completely with olive oil. Leave in a cool place for 1 month before use. Close the jar firmly after opening and keep in a cool place away from light.

Sea beam with preserve lemon

Scale and gut (clean) a large sea beam and make a shallow incision in the back. Oil a preserved in oil. Arrange the bream on top and sprinkle with salt and pepper. Add a small handful of coriander seeds and garnish the bream with 6 more slices of preserved lemon. Sprinkle with 2 tablespoons lemon juice and several tablespoons of olive oil, then cook in a preheated oven at 230°C (450° F, gas 8) for about 30 minutes, basting the fish several times during cooking.

Stuffed lemons-

Remove the stones (pits) from about 30 black olives, put 6 olives aside and chop the rest together with a bunch of parsley. Cut the stalk ends off 6 large skinned lemons, using a small spoon with a cutting edge, scoop out all the flesh, leaving the peel intact. Separate the pulp from the fibrous partitions and seeds. Crumble a medium sized can of tuna or salmon and remove

any skin and bones. Mix the lemon pulp and juice (or half the juice if the lemons are very sour) with the crumbled fish and the chopped egg yolks and a small bowl of aioli. Adjust the seasoning. Fill the lemon shells with this stuffing, garnish, each lemon with a black olive and place in the refrigerator until time to serve.

The tuna (or salmon) and aioli mixture may be replaced by a mixture of sardines in oil-and butter.

Sweet Preparations

Confiture de citron

Allow 1.12 kg (2½ lb) sugar per 1 kg (2¼ lb) lemons. Wash the lemons (ideally untreated ones) and carefully remove the outer peel from one third of them. Blanch the peel for 2 minutes in boiling water, then cool in cold water and cut into fine strips. Squeeze the

peeled lemons to extract the juice and cut the remaining ones into thick slices.

Put the juice and slices of lemon in a preserving pan, bring to the boil and boil for 5 minutes, stirring all the time. Add three quarters of the strips of lemon peel, the sugar and 100 ml (4 fl oz, 7 tablespoons) water per 1 kg (2¼ lb) sugar. Stir and cook for 20 minutes over a gentle heat. When the jam is cooked, add the remaining peel, either mixing it in over the heat for 3 minutes, or adding it after straining the jam and reheating it (the jam is then clear like a jelly). Pour into scalded jars.

Frosted Lemon

Cut the stalk ends off some large thick skinned lemons and reserve. Using a spoon with a cutting edge, remove all the pulp from the lemon without piercing the peel. Then chill the peel in the refrigerator. Press the pulp, strain the juice and use it to prepare a lemon sorbet. When the sorbet is set, fill the chilled peel with it and cover with the section that was removed. Freeze until time to serve. Decorate with leaves of marzipan (almond paste).

Lemon Meringue Pie

Butter a baking tin (cake pan) 23-25 cm (9-10 in) in diameter and line it with 350 g (12 oz) shortcrust pastry (basic pie dough). See Short pastry. Cook the pastry case (pie shell) blind in a preheated oven at 200°C (400°F gas 6) for 10 minutes.

Boil 350 ml (12 fl oz, 1½ cups) water in a saucepan. In another saucepan put 65 g (2½ oz, ½ cup plus 2 tablespoons) plain (all-purpose) flour, 65 g (2½ oz, ½ cup plus 2 table spoons) cornflour (cornstarch) and 250 g (9 oz, 1 cup) caster (superfine) sugar and gradually add the boiling water, stirring all the time. Bring to the boil, still stirring, then remove from the heat on with salt and pepper. Dip it in beaten egg and cover with finely crumbled fresh breadcrumbs (press the breadcrumbs well in to make them stick). Cook the loin and clarified butter, allowing it to turn golden on both sides. Prepare a salpicon of mushroom to time. Pour the mixture into the pastry case, bake in a preheated oven at 200° C (400° F, gas 6) for 10 minutes, then leave to cool.

Add a pinch of salt to 4 egg whites, whisk into stiff peaks, then gradually fold in 125 g (4½ oz, ½ cup) caster (superfine) sugar and 20 g (¾ oz, 2 tablespoons) icing (confectioner's) sugar. Spread this meringue over the pie using a metal spatula, then return to the oven for 10 minutes, to brown lightly. Serve lukewarm or cold.

Lemon sorbet

Cut away the zest from 3 lemons, chop it and add it to 500 ml (17 fl oz, 2 cups) cold syrup with a density of 1,2850. Leave to infuse for 2 hours. Add the juice of 4 lemons, then strain. (The density should be between 1,1699 and 1,1799) Complete by the usual method.

LEMONADE A refreshing drink made by a variety of methods, the simplest from lemon juice (3 tablespoons per glass) sugar and still or aerated (sparkling) water. The liquid is often left to infuse with the peel of the fruits before being passed through a cloth, strainer (cheesecloth). Citron presse (pressed lemon) is made in a glass just before serving. Alternatively, the lemon juice can be squeezed and set aside, then the peel cooked in water to extract all its flavour. The strained cooked lemon liquid is sweetened to taste

and the juice is added and diluted with water.

LEMON BALM A lemon scented herbaceous plant native to Europe and cultivated elsewhere. The leaves are used in salads, drinks, soups, stuffings and sauces and to flavour white meat and fish, fresh or dried leaves are also used in tisanes. The sweet scented flowers are distilled to make melissa cordial, especially that known as cau de Carmes.

LEMON CURD An English speciality made from a mixture of sugar, butter, eggs and lemon juice, used to fill tartlets or to spread bread and butter. It should be kept in an airtight jar in the refrigerator.

RECIPE

Lemon curd

Finely grate the peel of 2 large lemons. Squeeze them and reserve the juice. Melt 100 g (4 oz, ½ cup) butter in a double saucepan (double boiler) over a very gentle heat. Gradually add 225 g (8 oz, 1 cup) caster (superfine) sugar, 3 beaten eggs, the grated lemon zest and the lemon juice. Stir until thickened. Put into sterilized jars while still hot and cover with wax paper, pressing the paper on the surface of the lemon curd. Leave until completely cold before covering the pots.

LEMON GRASS A variety of grass found in South east Asia, this has a strong lemon-like flavour and it is popular flavouring ingredient in Thai, Indonesian, Malaysian and Vietnamese cooking known as sereb, sera, serai, takrai or vasammelalang lemon grass is available fresh, dried or ground to a peer for use as a spice.

The stem of the fresh grass are tough, but the lower 7.5 cm (3 in) of the grass is tender and edible. The trimmed grass should be chopped and bruised. Alternatively, the dried grass or tough stems can be praised to release their flavour, used whole in cooking then removed before serving.

LENT in the Roman Catholic calendar, 46 days of abstinence before Easter, intended as a time of penitence. The original strictures and Lent forbade people to eat meat, fat and eggs so the diet comprised mainly vegetables – usually dried, since fresh ones were not in season – and fish, especially dried fish, such as herring and salt cod. However in the past, rules of abstinence were circumvented by various means. In France, for example, special alms enabled people to eat butter and eggs in measured quantities (the proceeds of these particular alms financed the construction of Rouen cathedral's Butter Tower). Moreover, certain waterfowl were permitted, particularly teal and plover, because of a tenuous association with fish, as well as the beaver. Because of its fishlike scaly tail. In the kitchen, pates and pies were brushed with mashed pike's eggs, and carp meat was used instead of eggs as a thickening agent. Even the pastrycook got round the difficulty. Croquants, craquelins, echaudes and cakes of flour and honey boiled with almonds demonstrate this.

The rule of abstinence, which has almost disappeared now, did much to develop the cook's imagination salt cod, served at many tables for 40 days on end, has probably

more recipes than any other fish eaten in France. Fresh fish were also served with a great variety of sauces.

LENTIL. A small, annual leguminous plant with small, round, flat seeds that are borne in pairs in a flat pod. They can be yellow, pink, brown, red, gray or green, and are always eaten shelled and cooked. Lentils have been cultivated since ancient times, originating in central Asia and forming the staple diet of the poor for many centuries. Ancient Rome imported whole shiploads from Egypt.

Red lentils, or split red lentils. Are common. They cook quickly to a soft, powdery texture and are popular for soups and dishes made with lentil purees. Green and brown lentils retain their shape, becoming tender rather than mushy. They are popular for casseroles, particularly with pork, bacon or spicy sausages, and for salads, or as accompaniment to main dishes. Lentils are also a good source of vegetable protein, important in vegetarian diets, and are often key ingredients in main dishes. The green Puy lentil flourishes in the volcanic soil of the Velay in France. The seeds are dark green with blue mottling and have an excellent flavour.

Lentils do not have to be soaked before cooking, as they become tender after boiling, for about 30 minutes. Once cooked, lentils are used as an accompanying vegetable (pureed in gravy, creamed, with parley), as well as for soup. They are the traditional accompaniment for pickled pork and can also be used in salads.

Lentils have a mild flavour and they readily absorb the flavour of ingredients with which they are cooked or dressed. Most herbs, spices and citrus fruits zest go well with lentils, Citrus juice also contrast well.

RECIPES

Green or brown lentil puree

Pick over the lentils and place them in a large saucepan, cover with plenty of cold water, bring to the boil, then skim. Add salt, pepper, bouquet garni, a large onion stuck with 2 cloves and a small diced carrot. Cover and simmer gently for 30-45 minutes (the cooking time will depend on the type and freshness of the lentils). Remove the bouquet garni and the onion. Reduce the lentils to a puree in a blender while still, then heat the puree through, gently, beating in a knob of butter. If desired, add a little stock, water, boiled milk or cream before beating in the butter.

Hot lentil salad

Cook green or brown lentils in boiling water for 30-35 minutes, until tender but still whole. Cut thick bacon rashers (slices) into strips and brown the strips in a little butter. Allow about 100 g (4 oz) bacon for 350 g (12 oz, 1½ cups) lentils. Prepare a vinaigrette and add to it, 1 tablespoon red wine. Drain the lengths and place them in a warm dish. Add the pork, dress with the vinaigrette and add to it. 1 tablespoon red wine. Drain the lentils and place them in a warm dish. Add the pork, dress with the vinaigrette and sprinkle with plenty of chopped parsley. Mix the salad and serve hot or cold. A little

finely chopped mild onion or a chopped bunch of spring (green) onions can be added, and the vinaigrette can be flavoured with a crushed garlic clove.

Red lentil puree

Allow 450 ml (¾ pint, 2 cups) water for 225 g (8 oz, 1 cup) lentils. Add 1 finely chopped onion, 1 finely diced carrots and 1 bay leaf, bring to the boil, reduce the heat to the lowest setting and cover the pan tightly. Cook gently for 20-30 minutes, or until the water has been absorbed and the lentils are tender. Puree in a food processor or beat well, then press through a sieve, if required. Season and enrich with butter or cream.

L'ETOILE An AOC wine from the Jura. The parish of L'Etoile ande saint wineas < plus a littel vin jaune and vin de paille . the white wines tend to be naturally lively (petulant)

LETTUCE A Plant that that grows wild all over the northern hemisphere and is cultivated in many varieties for as its large edible leave .It has been cultivated in Egypt and Asia For thousand of year , and was popular with milky juice from lac, Meaning milk')

Lettuce was introduced into France in the Middle Ages, some think by Rabelais, who is said to have brought some seeds back from Italy, although others believe that the popes in exile at Avignon were responsible. Until the time of Louis XVI, lettuce was eaten as a hot dish. Raw lettuce with a vinaigrette proved a great success in London when it was introduced by the Chevalier d' Albinac, a French nobleman who had emigrated to England. He made his fortune by visiting various private hotels and fashionable restaurants to dress the salads. Brillat-Savarin described him as a fashionable salad maker going from one dining room to another, complete with his mahogany tools and his ingredients which included flavoured oils, caviar, soy sauce, anchovies, truffles, meat juices and flavoured vinegars.

Nowadays, many varieties of lettuce are available commercially. The most common are round (butterhead) lettuce which has a rounded head with a yellow heart and smooth or curled floppy leaves, crisp iceberg lettuces, which are crisp and round, with very large firm hearts, cos (romaine) lettuce which has long dark green leaves with thick veins and a relatively open crisp heart; and loose leaved lettuces which have leaves sprawling out from the centre. Lettuce in the first three categories are various shades of green, while those in the last category can be green or red, or both.

Great care must be taken to clean lettuces thoroughly in plenty of water so that all the soil is removed. It is important to dry the leaves gently. The way lettuce is prepared depends on the size of the leaves. Lettuce can be seasoned and served raw in green or mixed salads, and the leaves are often used as a garnish. In addition it can be braised stuffed, cooked with cream and used to prepare peas a la francaise.

RECIPES

Braised lettuce au gratin

Braise the lettuce in meat stock or water and arrange in an ovenproof dish. Cover with Mornay sauce, sprinkle with grated cheese, top with melted butter and cook in preheated oven at 220°C (425°F, gas 7) until brown.

Lettuce a la creme

Braise the lettuce in stock or water. Divide each lettuce in two, folding each in half, and place in a buttered pan. Moisten with cream and simmer until the cream has reduced by half. Transfer to a serving dish and garnish with fried croutons.

Lettuce salad

Prepare a lettuce chiffonnade, incorporating a julienne of unsmoked ham, breast of chicken and either Gruyere or Emmental cheese. Dress with a vinaigrette made with walnut oil and sprinkle with chopped herbs.

Stuffed lettuce

Trim the lettuce, blanch for 5 minutes, cool under running water and blot dry. Halve each lettuce without cutting through the base. Season them inside. Fill each lettuce with a generous tablespoon of fine force at mixed with mushroom duxelles. Tie each lettuce back and braise in meat stock or water.

Stuffed lettuce can be serve on its own with fried croutons, or it may be sued as a garnish for roast or sauteed meat.

LEVROUX A French goat milk cheese (45% fat content) from the province of Berry. Shaped like truncated pyramid, it is made in the countryside around Levroux in the Indre department. It is similar to Valencay, which some people say is derived from Levroux, they share the same characteristics.

LIAISON Any mixture used for thickening or binding sauces, soups, stews and similar dishes. Commonly used liaisons are beurre manie, egg yolks, arrowroot, cornflour (cornstarch), a roux and cream.

LIBATION An ancient religious ritual in which wine, milk, oil or blood was sprinkled on the ground or on an altar to honour the gods. A libation was made standing with cup in hand, looking up towards the heavens. A few drops of liquid were sprinkled and this was followed by a short prayer uttered with the arms, extended towards the sky, finally, the offering was drunk from the cup. In ancient times no one would dream of eating a meal without first performing a libation. Aas well as being a display of deference to a deity, a libation was also intended to enlist help in times of need, especially before a battle or a journey, It was also used to seal a truce or a peace treaty.

In modern parlance, the word libation is used, often facetiously, to describe the act of taking an alcoholic drink.

LID A cover with a handle or knob, placed over cooking vessels, to prevent splashing and to reduce or stop the evaporation of water and juices. Some serving utensils, such as vegetable dishes and soup tureens, also have lids. Lids may be convex (for saute pans) or

concave (for holding water on certain types of casserole). For utensils without a purpose made lid, so-called universal lids are used. These have three concentric notches so they can fit on pans of different diameters. Other lids have special uses; a filter lid, made of double aluminum mesh, lets steam through but prevents fat from splashing and reduces cooking smells, an anti vapour and anti splashed lid, with a row of small holes around circumference, slows down evaporation and prevents fat from splashing, a strainer lid makes it possible to drain the cooking water while retaining the solid contents of the pan.

LIEBIG, JUSTUS, BARON VON German chemist (born Darmstadt, 1803, died Munich, 1873) Professor of Chemistry at Gießen Heidelberg and then Munich, he was particularly interested in the agricultural and industrial applications of organic chemistry; his most important work on this subject was published in 1823. Realizing that the transport of enormous quantities of meat imported from South America and Australia was proving expensive, he had the idea of extracting the nutritional part of the meat. In 1850 he produced the first meat extract, this was followed by concentrated stock powder.

In 1862 the Fray Bentos Giebert company was formed in Belgium, the forerunner of what was eventually to be a giant industrial concern. In 1865 Liebig was involved in founding Liebig's Extract of Meat Company in England, which later became part of Brooke Bond Oxo.

LIEGEOISE, A LA Describing certain dishes that include alcohol and juniper berries. Kidneys a la liegeoise are casseroled, garnished with crushed juniper berries, potatoes and bacon, and served in a sauce made from the meat juices, gin and white wine. Small birds cooked a la liegeoise are flamed with gin and casseroled with juniper berries and Ardennes ham.

LIGHTS The lungs of certain animals, used as food. Calve's lights are usually used. After being beaten to expel the air, they can be cooked in a civet (with wine, mushrooms strips of bacon and onions), a la poulette or a la persillade (cut into thin slices and sauteed in butter, with garlic and parsley).

LIGURIENNE, A LA Describing large cuts of meat garnished with small stuffed tomatoes alternating with saffron risotto shaped in dariole moulds, and piped duchess potatoes brushed with egg yolk, and browned in the oven.

LILY Lily bulbs and buds are used in Chinese and Japanese cooking. The tiger lily, *lilium tigrinum* and white trumpet lily, *lilium brownii*, are both common. The bulbs are boiled and used as a vegetable or thickening agent.

Tiger lily buds, fleur-de-lis in French are known as golden needles and used fresh or dried in Chinese cooking.

LIMA BEAN A bean plant grown in tropical countries and the United States, also known as Cape bean or pea, Sieva bean, sword bean, jack bean and Chad bean. The seeds are normally pale green and the same size as broad (fava) beans, they are prepared in the

same way as fresh white haricot (navy) beans. Butter beans are a variety of Lima beans grown in the southern United States.

LIMBURG Originally, a Belgian cow's milk cheese, although production has now largely been taken over by German cheesemakers. The brick-shaped cheese (40% fat content) has a soft, smooth, yellow paste and a crust varying in colour from reddish yellow to brick red. It weighs 500-600 g (1-1¼ lb) and has a strong aroma and a full-bodied flavour. Many people enjoy it with a glass of beer. It has been widely copied in the United States, where Leiderkranz is a milder version of the same cheese.

LIME A citrus fruit closely related to the lemon. Rounded, with bright-green peel and very sour pulp, it is smaller more fragrant and juicier than the lemon. The lime is cultivated in tropical countries including the Ivory Coast, Brazil and the West Indies and is often used in Caribbean and Brazilian dishes, particularly fish or meat stews, marinated chicken, jams, sorbets. Punches and cocktails. The zest is used like lemon zest and will keep for a long time steeped in caster (superfine) sugar or rum. Sugar lumps (cubes) rubbed with the zest are kept in an airtight jar for flavouring tea, creams or milk.

RECIPE

Roast pork with lime sorbet and mint

Roast a 1 kg (2¼ lb) fillet of pork (pork tenderloin) for 70 minutes in a preheated oven at 220°C 425°F, gas 7) and leave to cool completely. To make the sorbet, dissolve 575 g (1¼ lb, 2½ cups) sugar in 200 ml (7 fl oz, ¾ cups) water, heat just sufficiently to dissolve the sugar completely and leave to cool. Squeeze enough limes to collect 500 ml (17 fl oz, 2 cups) strained juice. Add it to the syrup. Pour into ice trays and place in the freezer. After about 1 hour, stir and leave for at least 1 further hour until set completely.

Slice the roast thinly and arrange on the serving dish, garnish with sprigs of fresh mint. Prepare a lettuce salad and sprinkle it with chopped mint. Serve the sorbet in small sundae glasses alongside the cold roast meat and the salad.

LIME BLOSSOM The highly fragrant flowers of the lime tree, or linden which are dried and used to prepare soothing infusions, sometimes to flavour creams, ices and desserts, and more rarely as aromatic in cooking. Edouard Nignon made a powder of dried, crushed and sifted lime blossom to season sauces and stocks, and R. Lasserre created a recipe for chicken with lime blossom. Veal chops can also be flavoured with lime blossom, as can cream sauces and dishes-cooked in white wine or cider. The most aromatic lime blossom comes from the Drome in France, a where a lime-blossom ratafia was formerly made. Lime blossom honey has a pronounced aroma and flavour.

LIMONER A French word meaning to remove the skin, blood and impurities from certain foods (brains, fillets of fish, pieces of meat) by dousing them in water or holding them under running water. Certain freshwater fish are washed in this way to remove any slimy covering. The word is also a synonym for ecailler, meaning to remove the scales of fish or to open oysters.

LIMOUSIN AND MARCHE. These two provinces corresponding to the departments of Haute Vienne, Corrèze and Creuse, have the same specialties and products despite the differences in their climate and soil. The plateaux with their grasslands and forests, provide game (hares and partridges) and mushrooms (ceps and chanterelles); they also provide pasture for rearing some very fine livestock (sheep and pigs, but mostly cattle). Where the fields are cultivated, these plateaux also yield excellent vegetables and many kinds of fruit and nuts (especially plums, cherries and chestnuts). The rivers and swamps sustain a variety of fish, including trout, carp, pike, gudgeon and sometimes crayfish.

The culinary specialties of the region include brejaude, miques and other hearty soups made with cabbage, pickled pork and beans; all these are traditionally finished off with red wine. The Limousin pigs are used for making pickled pork, confits and black pudding (blood sausage) with chestnuts, as well as ham, sausages and various pates. Among the excellent farcidures are stuffed cabbage and stuffed mushrooms. The great Limousin speciality is hare encalbessal, but some excellent braised veal dishes are also cooked. Among desserts, apart from the famous clafoutis, should be mentioned the Limousin fruit tarts, plum pies, marzipan (almond paste) and cornues (two horned bûches made at Easter time), the rustic tartes seches (cooked in water, covered with aniseed and finished in the oven.) madeleines from Saint-Yreix, croquants from Bort-les-Orgues and macarons from Dorat. Special mention should be made of the Limousin chestnuts, which have formed a staple part of the diet of the rural population and are still enjoyed boiled.

The vineyards on the slopes of Corrèze and in the Vienne valley produce a modest amount of table wine, but the Limousin peasants also make cider and some very good fruit brandies, based on cherries, plums and prunes, as well as various home made liqueurs, including walnut cordial.

LIMOUSINE, A LA Describing a method of preparing red cabbage. The cabbage is sliced very finely and cooked in lard with a little stock, a dash of vinegar and a pinch of sugar. When it is almost cooked, grated or finely diced potato and crushed raw chestnuts are added. This garnish is served with roast pork and other roasted meat. Chicken a la limousine is stuffed with sausage meat and fried mushrooms, cooked in a casserole, coated with the pan juices mixed with veal gravy, and garnished with bacon and poached chestnuts. An omelette a la limousine is filled with fried diced ham and potato.

LIPTAUER The German name for a Hungarian cheese spread; the base is a fresh cheese originally made in the province of Lipto and also called Liptai or Juhturo. This cheese is made with ewe's milk, sometimes mixed with cow's milk and sold in small wooden cases. It has a creamy colour, a buttery consistency and a slightly spicy flavour. The spread is usually made by mixing the fresh cheese with cream, paprika, chopped capers, onions and anchovies; it is spread on wholemeal (whole-wheat) bread is a snack. It is also used as a stuffing for sweet peppers for an hors d'oeuvre; this dish is very popular in the Czech Republic and Slovakia, where it is called liptovský sir and is usually accompanied by a glass of lager.

LIQUEUR An alcoholic drink of more than table wine strength usually incorporating some form of spirit. Liqueurs may be sweet or sweetish, herby (this type is often used as a digestif after meals), distillates of fruit the alcools blancs), and flavoured spirits (such as fruit brandies). They are served at different times and in different ways – some as aperitifs, especially when poured on the rocks some after a meal, some as between times drinks, often as an ingredient of cocktails and mixes. Liqueurs are widely used in recipes for desserts, confectionery, cakes and pastries and fruits dishes. A large number are mad in France, and many formerly, independent producers have now become part of a few huge organizations.

From very early times compounded mixtures of herbs, spices and other ingredients were used for medicinal purposes. After the evolution of distilling the monastic orders made many drinks with spirits and other ingredients to serve as remedies, preventives and ultimately as enjoyable drinks. In France so rich in many of the ingredients required, the influence of immigrant Italians during and after the 15th century encouraged the practice of making liqueurs in many religious houses and subsequently by lay organizations, as a commercial concern. In regions where the basic materials for liqueur making were cheap or free, the French often made such drinks in the own homes and many old recipes are still followed, especially when there is a glut of fruit or some other ingredient and when the necessary or some other ingredient and when the necessary spirit is fairly cheap. It should be noted, however, that the process of distilling by the general public is illegal and those who wish to make liquuuueurs in their homes may only do so macerating and/or infusing the ingredients in different forms of alcohol. There are many liqueur recipes, but the fomulae for many of the most famous such as Chartreuse, Benedictine and Izarre, are closely guarded secrets, unlikely to be fathomed by the amateur and impossible to reproduce in the domestic kitchen.

The use of the word 'liqueur' as applied to certain spirits implies that it is a superior version of the product, usually intended for drinking without dilution

RECIPES

Apricot liqueur

Stone (pit) 30 apricot and put them in a preserving with 4 litres (7 pints, 4 quarts) white wine; bring to the boil. When boiling, add 1 kg (¼ lb, 4½ cups) sugar, 1½ table spoon cinnamon and 1 litre (1¾ cups) 33° eau-de-vie. Take the pan off the heat, cover and leave to infuse for 4 days. Strain, filter and bottle. Cork the bottles tightly and store in a dry place.

Cherry liqueur

Crush 4 kg (9 lb) Montmorency cherries with their stones (pits). Place in an earthenware dish and leave to macerate for 4 days. Dissolve 1 kg (2¼ lb, 4½ cups) sugar in 4 litres (7 pints, 4 quarts) 22° alcohol and add it to the macerated cherries. Decant the mixture into a large jar, cork it and leave to infuse for 1 month. Then squeeze the mixture through muslin (cheesecloth) to exact the liquid. Filter and bottle. Cork tightly and store in a cool place.

Orange liqueur

Wash 6 oranges, pare off the peel very thinly and chop it. Squeeze the oranges and pour the juice into a jar. Add 500 g (18 oz 2¼ cups) or white eau-de-vie, mix and leave to macerate for 2 months, Filter, bottle, cork and store in a cool place.

The same recipe may be used for lemons and for tangerines.

Strawberry

Hull 1.25 kg (2¾ lb, 9 cups) very ripe strawberries, place in a large jar and cover with 4 litres (7 pints 4 quarts) eau-de-vie. Cork and leave to infuse for 2 months, placing the jar in the whenever possible. Add 500 g (18 oz, 2¼ cups) caster (superline) sugar and shake well. When the sugar has completely dissolved, shake again and filter. Bottle, cork tightly and store in a cool place.

LIQUEUR CABINET In the past an ornate wooden cabinet in which spirits were stored. Today this is outmoded, but any bottle of spirit should be kept upright, otherwise the spirit may not the cork or stopper.

LIQUORICE shrub cultivated in temperate regions for its root, from which liquorice sticks for chewing are cut and liquorice juice is extracted. This juice purified and concentrated, is used principally to make various types of confectionery, it is also used for flavouring medicine and aperitifs, and in brewing. The plant grows wild in Syria. Iran and Turkey; in France; it is cultivated mainly around Uzès in the Gard region. It was grown extensively around Pontefract in England during the 16th century and was used to manufacture Pontefract, lozenges of liquorice sold as sweetmeats.

Depending on its origin, liquorice juice contains 5-10% glycyrrhizin, the ingredients responsible for its sweet taste and its reputed therapeutic properties known since very early times. Assyrian tablets and Chinese and Indian papyri give evidence of its early medicinal use. During the 19th century, liquorice began to be made into sweet, presented inelegantly decorated little boxes or given as a treat to children. There are two basic types.

HARD LIQUORICE (in the form of sticks, pastilles and cakes) Made from a mixture of liquorice juice, sweeteners, gum arabic and perhaps, a flavouring (mint, aniseed, violet), liquorice sweets contain at least 6% glycyrrhizine.

PLIABLE LIQUORICE (ribbons, laces and twists). Made from a paste of liquorice juice plus sweeteners, hard-wheat flour, starch and icing (confectioner's) sugar, this is cooked, then flavoured and extruded in a thread. Gums pastilles and chewing gum and from liquorice are flavoured with at least 4% pure liquorice juice.

LIQUORICE WATER A refreshing drink made from liquorice sticks soaked or infused in water with added lemon juice. The French name, coco comes from the fact the drink resembles coconut milk in appearance. It was popular in the 18th and 19th centuries, when it was sold in the streets and public gardens by the marchand de coco, who carried a small cask on his buck from which he served it in goblets very cheaply.

RECIPE

Orange flavoured liquorice water

Cut 100 g (4 oz) liquorice root sticks into small slices and wash them; place in a saucepan with 2 teaspoons grated peel and 4 litres (7 pints, 4 quarts) water. Boil for 5 minutes, then strain and leave to cool. Serve very cold.

LIRAC A wine from the southern Rhone with its own appellation controlee produced in the Gard around Roquemaure. The most famous is Lirac rose, which is similar to its neighbour, Tavel. It is made principally from the Grenache and Cinsault vines. The red wines are light and suitable for drinking young and the whites are aromatic.

LISETTE Fish of the Scombridae family, less than 1 year old. In summer this small mackerel lives in shoals near the surface and is found in the Bay of Biscay, where it is caught in seine nets, in the Mediterranean and in the North Sea, where it is trawled. The lisette is an excellent swimmer and has a tasty flesh less fatty than that of the mackerel. It is eaten grilled (broiled) marinated in white wine, or smoked.

LISIRAC-MEDOC A vigorous AOC red wine of the six command appellation of the Haut Medoc of Bordeaux, with a beautiful ruby colour, pleasant bouquet and excellent structure. Listrac became Listrac Medoc in 1986.

LIVAROT A cow milk cheese (40-45% fat content) from the Calvados region of Normandy. It has a soft, smooth paste and a washed, brownish red rind, traditionally tinted with annatto (an orange dye from the fruit of a tropical American flowering tree). It is left to mature for 3-1 month in a damp cellar. Livarot is one of the earliest traditional Normandy cheeses. Thomas Corneille, in his Dictionnaire universel géographique et historique of 1708, mentioned its excellent qualities. It originated in the Auge, and it is still made only in the villages of the Livarot area. It is a cylindrical cheese, 11-12 cm (5 in) in diameter and 4-5 cm (1½-2 in) deep and is sold boxed or unboxed, encircled by five thin strips of ribbon (the stripes left by this binding gained it the nickname colonel) which were originally intended to maintain its shape. Livarot is at its best from November to June and has a fine firm elastic texture, with no holes. It has a distinctive but not overwhelming aroma, and a full bodied flavour that is neither bitter nor spicy. It is protected by an appellation d'origine now AOP, and is still made on farms by the traditional method, although there is some mass production and smaller version of the cheese, known as petits lisieux are made.

LIVER Offal (organ meat) from carcasses of animals, poultry and game.

Apart from chicken liver, the most tender and savoury variety is calf's liver which is pale pink and firm, and cooked whole, larded with bacon and roasted or in slices grilled (broiled) or fried and served with a sauce. Next in decreasing order of quality is lamb's liver, which is often fried or grilled on skewers. Ox (beef) liver, which has a strong flavour and is usually tougher is less expensive and sheep's liver which is mediocre, can also be fried or grilled. Pig's (pork) liver can be casseroled, but it is used mainly in the charcuterie and delicatessen trade, for pate, terrines and cooked sausages because it has a slightly stronger flavour.

Chicken livers are widely used in cookery, particularly for cooking on skewers and for risottos, pilafs, pates and forcemeats and for various garnishes. In France, Bresse chicken livers (foies blonds) are regarded as a delicacy and used in chicken-liver terrines. Duck's liver even when the duck has not been fattened, is of very high quality, excellent when cooked with Armagnac brandy and grapes.

The liver of certain fish is also edible. Skate's liver (in fritters) and monkfish liver (poached) are especially used. God liver is smoked and preserved in oil, and then used to make cold canapes.

RECIPES

Calf's Liver

Calf's liver a la bourguignonne

Fry some slices of calf's liver in very hot butter over a high heat. Keep hot on a serving dish. Deglaze the pan with red wine and stock (in equal proportions) and reduce. Pour this sauce over the slices of liver and surround with bourguignonne garnish.

Calf's liver a l'anglaise

Cut some calf's liver into thin slices; fry in hot butter on both sides quickly over a high heat, allowing 25 g (1 oz, 2 tablespoons) butter to 4 slices. Drain and keep hot on the serving dish. Fry some thin rashers (slices) of bacon in the same pan, and use to garnish the liver. Sprinkle with chopped parsley, squeeze of lemon juice and the cooking juices. Serve with small steamed potatoes.

Fried calf's liver a la florentine

Braise some spinach in butter. Peel some large onions, cut into thick slices and separate into rings. Dip the onion rings in butter and fry in very hot oil until golden brown. Drain and keep hot. Lightly grease a serving dish, cover it with drained spinach and keep it hot. Quickly fry some very thin slices of calf's liver in very hot butter and arrange on the spinach. Deglaze the liver pan with white wine, reduce, then pour the juice over the slices. Garnish the liver with the fried onion rings and (if liked) with lemon wedges.

Roast calf's liver

Cover the liver with thick rashers (slices) of bacon, season with salt, pepper, a pinch of fennel and some chopped parsley, then mop with brand. Soak a pig's caul (caul fat) in cold water, wiping it dry and stretching it before use. Wrap the prepared liver in the caul and tie up with string. Cook on a spit or in a preheated oven at 200°C (400°F, gas 6) for 12-15 minutes per 450 g (1 lb). Dilute the pan juices with white wine or veal stock and pour over the liver. Serve with glazed carrots.

Chicken Liver

Bresse chicken liver terrine

Select 8 Bresse chicken livers (preferably white ones; ordinary chicken livers can be used instead, but will give a darker result); rub through a sieve together with 150 g (5 oz, $\frac{3}{4}$ cup) beef marrow. Add 50 g (2 oz, $\frac{1}{2}$ cup) plain (all purpose) flour. Mix thoroughly, then, one by one, add 6 whole eggs and 4 yolks, 2 tablespoons double (heavy) cream and 750 ml ($1\frac{1}{4}$ pints, $3\frac{1}{4}$ cups) milk. Season with salt, pepper and ground nutmeg. Add a

generous pinch of chopped parsley and half a peeled crushed garlic clove. Place the mixture in a greased mould and cover with foil. Then cook in a bain marie in a preheated oven at 180°C (350°F, gas 4) for about 45 minutes or until set. Turn out of the mould just before serving.

Prepare a sauce by reducing some cream, port and fresh tomato puree, enriched with a little butter. Pour the sauce over the dish and garnish with a few slices of truffle. Serve warm or cold.

Chicken liver brochettes à l'italienne

Clean some chicken livers and cut each in half. Roll up each piece of liver in a thin slice of smoked bacon, then thread them on to skewers with pieces of onion and sage leaves in between each piece. Moisten lightly with oil and season with salt, pepper and a little dried thyme. Leave to stand for 30 minutes. Grill (broil) the brochettes under a fierce heat for about 10 minutes, brushing them with oil when necessary. Serve with lemon halves and a green salad.

Chicken-liver croustades

Make some small pastry cases. Clean the chicken livers (turkey or duck livers can be used instead), separate the pieces, season with salt and pepper, and fry quickly in very hot butter. Drain. Fry some slices mushrooms and chopped shallots in butter, then season with salt and pepper. Warm the empty croustades in the oven.

Add enough Madeira sauce to the mushroom pan to make a filling for the croustades, then add the livers. Alternatively, deglaze the liver and mushroom cooking juices with Madeira, then thicken with a small amount of beurre manie. Heat up this mixture and use to fill the pastry cases. Serve very hot. The croustades can be garnished with slices of truffle poached in Madeira.

Chicken liver fritos

Trim about 500 g (18 oz) chicken or duck livers and puree by rubbing through a sieve or using a blender. Peel 4 shallots and chop them finely. Separately chop a small bunch of parsley and a small peeled garlic clove. Gently braise the shallots in 25 g (1 oz 2 tablespoons) butter. Mix the liver puree, garlic chopped parsley and braised shallots together in a bowl, together with 100 g (4 oz, 2 cups) fresh breadcrumbs, 2 beaten eggs, 2 tablespoons Madeira, 2 tablespoons cream, 1 tablespoon plain (all purpose) flour and some salt and pepper. Knead together to obtain a smooth mixture and leave to rest for 1 hour. Divide the mixture into small pieces (about the size of tangerine), roll into balls, flatten them slightly and dip in batter. Deep-fry in very hot oil. Drain well. Serve with a well seasoned tomato sauce and some fried chopped parsley.

Chicken Liver timbale

Prepare some chicken livers and mushrooms as in the recipe for chicken-liver croustades. Cook some shell-shaped pasta or macaroni al dente. Drain well. Add the chicken liver to the pasta, together with the mushrooms and some Madeira sauce (or a Madeira sauce thickened with blended arrowroot or beurre manie) and cream. Adjust the seasoning

and serve very hot in timbale mould or large dish

Lamb's Liver

Lamb's liver with garlic

Peel and chop very finely as many garlic clove as there are slices of liver. Melt some butter in a frying pan and saute the liver over a high heat, on both sides. Season with salt and pepper, drain and keep hot. Put the garlic in the frying pan, stirring well so that it does not brown. Immediately deglaze the pan with as many tablespoons of wine vinegar as there are slices of liver, and allow to reduce by half. Coat the liver with this sauce, sprinkle chopped parsley and serve immediately.

Pig's Liver

Pig's liver with mustard

Use a pig's (pork) liver with strips of bacon and brush generously with strong mustard. Sprinkle with chopped parsley, crushed garlic and a little butter, and cook in a covered casserole in a preheated oven at 150 C (300 F, gas 2) for about 45 minutes. Cut and arrange the liver in slices on a hot dish. Deglaze the casserole with 1 tablespoon mustard and 2 tablespoon wine vinegar; coat the liver with this sauce.

LOAF In addition to being the name for an item of bread, loaf is used to describe a variety of moulded mixtures. Typically, it is a preparation made from a moulded forcemeat cooked in the oven in a bain marie. The basic ingredient of the forcemeat may be fish (such as pike, carp, salmon, whiting) or shellfish (lobster, crab, crayfish), poultry, meat, game or even foie gras.

Vegetable loaves may be made using green vegetables such as endive (chicory), spinach and lettuce, braised and mixed with beaten eggs, artichoke hearts, aubergines (eggplants); cauliflower or carrot.

Although long, deep loaf tins (pans) are usually used loaf mixtures can be baked in any shape or size of mould. Delicate mixtures are cooked in a bain marie. Loaves do not have to be served hot--many are cooled before serving. Some are not even cooked and may be cold mixtures of fish, shellfish or chicken set in mould lined with aspic.

LOBSTER A marine crustacean related to the crayfish and crab and found in cold seas. It is the largest and most sought after shellfish. It has a thick shell and its small pointed head bears long red antennae. The abdomen is in seven sections and terminates in a fan-shaped tail. The first pair of claws, which are full of meat, end in large powerful pincers. The thorax contains a creamy substance (the liver) and hen lobsters frequently have a coral, often used in the sauce served with lobster. The abdomen or tail, is filled with dense-texture white meat that can be cut into escalopes (scallops) or medallions.

There are two main types: the European lobster, found in British and Norwegian waters, and the Northern lobster, fished off the east coasts of Canada and the United States. When cooked, the lobster turns from blue or greenish to red, which is why it is sometimes called the cardinal of the seas' (Monselet). Although a prolific breeder, the lobster has had to be protected; since 1850 experiments in lobster farming have been

carried out on both sides of the Atlantic, but it is still regarded as a rather special delicacy.

A live lobster, which can be identified by the reflex actions of the eyes, antennae and claws should not show any signs of damage from fighting or have any pieces missing when it is bought, especially if it is to be boiled. A female is generally heavier and better value than a male of the same size and in the opinion of gourmets has a better flavour.

Lobster cardinal

Cook a lobster in a court-bouillon. Drain, cool a little and split it lengthway. Remove the flesh from the tail and cut it into slices of equal thickness. Cut off the claws, take out the flesh and dice it to make a salpicon. Add an equal quantity of diced truffles. Bind the salpicon with a lobster sauce. Fill the halves of the lobster shell with the salpicon. Place the slices of lobster interspersed with strips of truffles on top. Pour on some lobster sauce. Sprinkle with grated cheese and melted butter. Place the lobster halves on a baking sheet and brown them quickly in the oven. Garnish with curly parsley.

Lobster en chemise

Plunge a lobster head first into boiling water to kill it and drain immediately. Season with salt and pepper and brush with oil or melted butter. Wrap it in a double thickness of oiled greaseproof (wax) paper, tie it securely and put it on a baking sheet. Cook in a preheated oven at 230 °C (450 °F, gas 8) for 40-45 minutes for a medium size lobster. Remove the string and serve the lobster in the paper in which it has been cooked.

It can be accompanied either by half-melted maitre d'hotel butter or by an americana, béarnaise, Bercy, bordelaise, hongroise or curry sauce.

Lobster escalopes a la parisienne

Cook a medium sized lobster in a court bouillon and leave to cool. Remove the shell and cut the meat into thick slices. Coat slice separately with gelatine-thickened mayonnaise and garnish with a slice of truffle dipped in the half set-mayonnaise jelly; brush over with more jelly to give a glaze. Finely dice the rest of the lobster flesh and mix it with a salad; finely diced truffles can also be added. Bind with thickened mayonnaise and pack this salad into a domed-shaped mould out into the centre of a round serving dish and arrange the lobster slices all around it and the border. Garnish with a chopped jelly.

Lobster Henri Duvernois

Split a lobster in half lengthways or if it is large, cut it up as for a lobster à l'américaine. Season with salt and paprika and sauté it in butter. As soon as it is well coloured, take it out of the pan. Add to the butter in the pan 4 tablespoons julienne of leeks and mushrooms that have been tossed in butter. Put the lobster back in the pan and add 150ml (1/4 pint, 2/3 cup) sherry and 2 tablespoons brandy. Reduce the liquid, pour in some single (light) cream, cover and simmer until cooked. Arrange the lobster on a long serving dish and garnish with a rice pilaf. Boil down the sauce, whisk in 40g (1 1/2 oz, 3 tablespoons) butter and pour over the lobster.

Lobster in court- bouillon

Prepare a really well-flavoured court-bouillon –to 2 liters (3 ½ pints , 9cups) water add the following ingredients: 2 meduim carrots ,1 turnip , the white of leek and 1 celery stick (all finely decided), a large bouget garni , an onion struck with 2 cloves , as a small garlic clove ,500 ml. (17fl oz 2 cups) dry white wine , 200 ml (7fl oz ¾ cup)vinegar salt pepper and a pinch of cayenne pepper . Bring to the boil and simmer for 30 minutes . Plunge the lobster head first into the boiling court- bouillon and let it simmer gently, allowing 10 – 15 minutes per 450g (1 lb) . Drain, if it is to be served cold , tie it on to small board so that it keeps it shape and leave it to get completely cold .

A lobster weighing about 450g (1 lb) should be split length ways and served in 2 halves . If the lobster is large, take off the tail , remover the meat and cut it into medallions. Split the body in half length way and remove the crack the claws .Arrange the medallions on the tail shell and plce the 2 halves of the body together to resemble a whole lobster again . Garnish with the claws . Serve with the mayonaise .

Lobster with cream

Cut up the lobster as described in the recipe for lobster . Saute the pieces of the lobster in butter until they are completely red. Season with salt an dew pepper . Pour off the butter and deglaze the suate pan with 3 tablespoon brandly . Flame the lobster . Then add 400ml(14fl oz, 1 ¼ cups) double 9heavy) cream . Adjust the seasoning , add a pinch of cayenne pepper, cover the pan and cook gently for a maximum of 10minutes . Drain the lobster pieces and arrange them in the deep serving dish ; keep hot ,cold the juice of half a lemon to the saute pan and reduce the cream by half . Add 25g (1oz, 2 tablespoon) butter whisk and pour over the lobster .

Lobster sauce

Prepare 300ml (1/2 pint , 1 ¼ cups) fish fumet made with white wine . Reduce it by two – thirds,, lets it ccool aand add 4 eggs tyolks ; whisk overt a low heat until thick and light . Melt 250g (9oz , 1 ccup) buteer and blend it into the sauce , whisking constantly . Add 2 tablespoon lobster butter . Still whisking season with salt aand pepper add the juice of half a lemon . At the last moment , a little diced lobster meat can be added .

Lobster sauteed a l orange

Split a lobster in half lenthways, and pound the small claws, which should be cut off close to and a pinch of cayenne pepper. Add enough oil to just cover the contents of the pan and cook over the lowest possible heat so that the oil does not smoke.

Rub the mixture through a sieve and adjust the seasoning. Put 4 tablespoons of this oil into a saute pan, slice 4 shallots and 1 onion and brown them in the oil. Together with hald an orange cut into large dice and some tarragon leaves. Push this mixture to the sides of the pan to leave the centre free and put in the lobsters, flesh side down. Boil for 3 minutes to reduce the liquid.

Pour the juice of half an orange into the pan. Turn the lobster halves over on to the shell sides and add the claws. Puree the coral and the intestines with 2 tablespoons single (light) cream in a blender. Add a little brandy, a pinch of cayenne pepper and some chopped tarragon. Garnish the lobster halves with this mixture. Put under a preheated grill (broiler) for 3 minutes and serve at once.

Spit-roast lobster

Plunge a large live lobster head first into boiling salted water for a few minutes, then put it on a spit. Season with salt, pepper, thyme and powdered bay leaf, then brush with melted butter or oil. Roast it over a dish or roasting pan containing a few tablespoons of dry white wine and baste frequently while cooking. A lobster weighing about 1.5 kg (3¼ lb) needs to be cooked for 40-45 minutes. Remove the lobsters from the spit and arrange it on a long serving dish; serve the juice collected in the pan separately. Spit roast lobster can be served with a curry or rawgote sauce.

LOGANBERRY The loganberry is a cross between a blackberry and a raspberry. It is an American hybrid named after James H Logan, who first grew it in California in 1881. The loganberry is a large, juicy, dark red fruit, with a tart flavour, but is considered by some people to be less delicious than the raspberry. Loganberry can be eaten fresh or used in the same way as raspberries.

LOIN A cut of veal, lamb, pork or mutton that induces some of the ribs. It is usually roasted or braised whole or can be divided into cutlets or chops.

Boned (boneless) veal loin is cooked with the bones placed alongside the roast to add their flavour to the meat. When cooking loin of mutton (or lamb, which is more delicate), the fat is lightly trimmed, the tops of the cutlets bones are scraped and the joint chined in order to make carving easier.

Although boned pork loin, tied up and lightly harded, makes an excellent roast, the meat is tastier when cooked on the bone. The butcher should be asked to split the vertebrae and separate the top of each rib. Then tie all the ribs together to form a crown before roasting. Boned loin can also be cut into cubes and cooked on skewers.

LOIRE WINES For a little more than half its length, between Pouilly-sur-Loire and Nantes, the longest river in France is bordered by gently sloping hills where vines have been cultivated since Roman times. Different varieties of vines are grown in the different kinds of soil, the main ones being Cabernet Franc (and some Gamay) for red and rose wines and Chenin Blanc (or Pineau de la Loire) and Sauvignon Blanc for whites. These produce a wide range of wines, ranging from sweet to dry, still to sparkling. Much rose wine is produced. All the wines are inclined to be elegant and refreshing and some of the whites can attain a very high quality; most should be drunk while relatively young, although this depends on both the vintage and the maker.

From east to west, the Loire Valley is divided into nine main wine producing areas of varying sizes. Upriver, producers in the small town of Pouilly-sur-Loire are Sauvignon Blanc grapes to make fine Pouilly Blanc Fume, the more ordinary Pouilly sur-Loire wines being made from Chasselas. Sancerre, nearby, produce many respected dry whites, made only from the Sauvignon Blanc and some red and rose wines made from Pinot Noir. The small regions of Quincy and Reuilly make dry whites from Sauvignon Blanc. The extensive vineyard of Touraine produce all kinds of wine – red, white and rose still and sparkling. The reds include Chinon. Bourgueil and St-Nicolas-de-Bourgueil, and Champigny. The whites, which include Montlouis and Vouvray, range from still to fully sparkling, from dry to sweet and luscious. Slightly to the north, in the Sarthe, Jasnieres makes dry and sweet whites. The Coteaux-du-Loir area is known

mainly for its reds. Anjou, like Touraine, produces a huge range of wines, notably roses and pleasant whites. The finest wines are the reds of Saumur-Champigny and the sparkling white and rose Saumur wines. Further down the river, the sweeter wines of the Coteaux-du-Layon, including Quarts de Chaume and Bonnezeaux are famous, and Savennieres makes distinguished dry white. Nearer the sea, the dry whites Muscadet and Gros Plant are made.

LOLLIPOP A sweetmeat made of boiled sugar mounted on a little stick, which is held in the hand for sucking. Lollipops which appeared at the end of 19th century, are flavoured with fruit, caramel sugar or combined contrasting colours.

The name is also used for a wide variety of ices frozen on a stick inserted in the freezing mould. The simplest frozen lollipops are fruit flavoured, but there are many products made with ice creams as well as water based mixtures.

LOLLO Generic name for several varieties of lettuce known for their small size, maximum 20 cm (8 in) and their shape without a firm heart. The soft finely ribbed, divided leaves are more or less coloured at the tips. Lollo, lettuce leaves are used in salad, they are tender and slightly crisp.

LONGAN An oval fruit about the size of a plum, originating in India and China. Its red, pink or yellow skin covers firm, white, translucent flesh which is quite sweet and surrounds a large black stone (pit) with a white eye shaped marking (hence the Chinese name for the fruit --lung-yen, meaning dragon's eye). The longan is somewhat similar to a lychee, but has a fainter aroma. In France it can be bought canned in syrup, or sometimes crystallized (candied). It is used in fruit salads and can be liquefied to make a refreshing drink.

LONGANIZA A half dried, half smoked Spanish sausage, rather like a fat chorizo sausage. Made from fatty sausage meat, which is highly coloured and seasoned with hot peppers and aniseed, it is eaten fried, particularly with egg dishes, or uncooked.

LONGCHAMP The main racecourse of Paris whose name was given to a thick soup, based on a pea puree.

RECIPE

Longchamp soup

Cut some sorrel into fine strips and soften it in butter in a covered saucepan. When well braised, add 4 tablespoons sorrel to 1 litre (1¾ pints, 4 1/3 cups) pureed fresh peas. Add 500 ml (17 fl oz, 2 cups) stock with vermicelli and stir well. Heat up the soup and sprinkle with parsley.

LONGEOLE A sauge from Switzerland or Savoy, made with vegetables (spinach, beet, cabbage, leeks), which are cooked, drained and bounded, then mixed with pork fat and pluck (heart, lungs and spleen), Longeoles are braised and can be preserved in oil.

LONZO An item of Corsican charcuterie prepared in the same way as coppa, but using the fillet instead of the faux file. The fillet is boned, rubbed with salt and coated with saltpetre, then washed with garlic flavoured red wine, dried and dusted with paprika. It is then pressed into a pig's intestine and tied up with string. Lonzo is eaten in thin slices as an hors d'oeuvre.

LOQUAT The pear-shaped fruit of an ornamental evergreen tree that is native to China and Japan and is cultivated in the Mediterranean basin, as well as in Australia and North, Central and South America. The loquat, which is the size of crab apple, is also called Japanese medlar skin and white, yellow or orange flesh that may be firm or soft, depending on the variety. The fruit may contain one or more seeds. The loquat is eaten raw as a dessert fruit when very ripe, having a slightly acid refreshing flavour. It can also be made into jam, jelly, syrup or a liqueur.

LORETTE A garnish for large joints of roast beef and smaller sauteed ones. It consists of chicken croquettes small bunches of asparagus tips and sliced truffles. A demi-glace sauce is used for large roast for the sauteed steaks the pan is deglazed with Madiera and demi-glace.

Lorette potatoes are deep-fried cheese-flavoured dumphyre potatoes, lorette salad consists of lamb's lettuce with a julienne of celeriac and cooked beetroot (beet).

RECIPE

Lorette potatoes

Prepare a dauphine potato mixture and add grated Gruyere cheese, using 100 g (4 oz, 1 cup) for 675 g (1½ lb) potato mixture. Divide the mixture into portions of about 40 g (1½ oz, 3 tablespoons) and mould into crescent shapes, or use a piping (pastry) bag to make stick shapes or knobs,. Allow to dry for 30minutes in the refrigerator, then deep-fry until golden brown. Drain on paper towels.

LORRAINE This province comprises widely different regions. The Vosges mountains are rich in forests and pastures. The rugged countryside of the Vogesprings and beautiful oak and beech forest is famous for wild boar, mushrooms and bilberries (chuckberries) and for the rearing of horned cattle, whose milk is used for making some well known cheeses (often strong or flavoured). The Lorraine plateau with its fertile soil, increasingly used for growing maize (corn) and animal feed for horned cattle- both beef and dairy preda and also for sheep and pigs. The slopes of the Mause region with its varied agricultural activities, are covered in vineyards, orchards and pastures. The rivers – the Meuse, Moselle and Ornain – are rich in carp, pike and rout.

Lorraine beer no longer enjoy the same it once did, but mirabelle, raspberry, quetche and cherry brandies are still rightly, highly appreciated.

LORRAINE, A LA Describes a preparation of large cut of meat, usually braised, which are garnished with red cabbage, cooked in red wine, and apples. The braising juices are served as an accompanying sauce after the fat has been skimmed

The term is also used to define other specialties from Lorraine, such as potee

(smoked ham soup) and quiche as well as various egg based dishes, all of which include smoked bacon and Gruyere Cheese.

RECIPES

Baked eggs a la lorraine

Grease an ovenproof egg dish with butter and line it with 3-4 rashers (slices) of grilled (broiled) smoked bacon together with 3-4 thinslices of Gruyere cheese. Break 2 eggs into the dish and pour a ring of double (heavy) cream around the yolks. Bake in a preheated oven at 180°C (350°F, gas 4) for 10-15 minutes or until the eggs are just set.

Flat omelette a la lorraine

For a 6 egg omellete, dice 150 g (5 oz, 6 slices) smoked bacon and saute in butter. Shred 65 g (2½ oz, ½ cup) Gruyere cheese. Prepare 1 tablespoon finely chopped chives. Beat the eggs and add the rest of the ingredients, then season with pepper. Melt 15 g (½ oz, 1 tablespoon) butter in a frying pan, pour in the mixture. Cook on one side, then turn and cook the other side.

LOTUS An Asian plant related to the water lily. Its roots, leaves and seeds are used in cookery. The large fan shaped leaves are dried, then used as a wrapping for steamed foods, to which they give a delicate flavour, particularly to rice mixtures.

The young leaves are chopped and used in cooking a herb or in the same way as spinach. In Java, lotus leaves are stuffed with prawns (shrimp) and rice, while in China they are stuffed with chopped meat and onion. In Vietnam, lotus seeds which have a nutty taste are used in a very popular sweet soup.

In Chinese cookery, the seeds are used dried, when they may be ground to a powder for thickening or simmered to make a sweet filing for steamed buns and other sweet specialities. The dried lotus seeds can be eaten as a snack or used in savoury braised dishes. The seeds are either pickled in vinegar or candied syrup.

Lotus roots are the most striking and widely recognized parts of the plant. They are underwater stems, rather than roots, and when cut crossways the hollow channels that run along their length are revealed. Fresh roots have to be thickly peeled and they are often sliced before being boiled or stir-fried. The round holes resulting from the channels give the slices an attractive, flower like appearance. The flavour is delicate, yet distinctive, and the texture is firm and slightly crunchy. Lotus root is known as reukon in Japanese cookery. In Europe and America fresh lotus roots are available in specialist markets and shop scanned lotus root is available prepared and sliced.

LOUISIANE A chicken dish in which the bird is stuffed with a mixture of creamed sweetcorn and diced red and green (bell)peppers, browned on the hob (stovetop) then baked in the oven in a covered casserole, with a few herbs. It is basted frequently. When it is nearly cooked, some chicken stock and Madiera are added. The chicken is served with a garnish of sweetcorn in cream (sometimes in tartlets) rice moulded in darioles and thick fried slices of banana (possibly arranged on fried slices of sweet potato). The accompanying sauce consists of the strained and skimmed liquid.

LOUP D' ATLANTIQUE Fish of the Anarhichadidae family, often confused with sea bass, known as wolf fish (loup) in the Mediterranean. With a length of 1.2-1.5m (1-5 ft), it is differentiated by its elongated body, its strong head, its rounded muzzle and its very large prominent canine teeth. The loup d'Atlantique lives in cold water about 150 m (1.75 ft) deep, from the south of the British Isles to Greenland. Its flesh similar to that of lingcod in the same ways as cod.

LOUPIAC A sweet AOC white wine, from the right bank of the River Garonne, opposite Barsac, some 30 km (20 miles) south-east of Bordeaux. The wines are full-bodied and with a pronounced bouquet.

LOUQUENKA A small raw sausage from the Basque area, flavoured with pimiento and garlic. It is traditionally eaten grilled (broiled) with oysters.

LOVAGE An aromatic herb, which originally came from Persia but is now naturalized in many parts of celery and the plant used to be popular in England. It is also used in Germany, where its leaves and seeds flavour salads, soups and meat dishes. The leafstalks are blanched and eaten in salads but they can also be crystallized (candied) rather like angelica. The roots too are used as a salad vegetable (raw or cooked) and can be dried and ground for use as a condiment. Lovage is also added to cool summer drinks.

LOVING CUP vidrecome A large drinking vessel usually with two handles originating in Germany and used in the Middle Ages at banquets, when it was passed from one guest to another. The French name, which comes from the German wieder (again) and kovumen (come), means literally to start drinking again.

LUCULLUS, LUCIUS LICINIUS Roman general (106-56 BC), now remembered chiefly for the splendour and luxury of his feasts. After winning a brilliant victory over Mithridates, Lucullus retired to his country villa, where he lived on a grand scale. Each of his various dining halls was used according to the amount of money spent on the meals and served there. Thus, surprised one day by the unexpected arrival of Caesar and Cicero, who wanted to share his meal but would not allow him to change anything on their account, he served them in the Apollo room, where the cost of meals had been fixed at 100,000 sesterces. One night, when he was on his own, he reprimanded his cook for preparing a less elaborate meal than when there were guests, and shouted at him. Today Lucullus is dining at Lucullus's.

It was Lucullus who introduced the pheasant, the peach tree and the cherry tree to his native country.

RECIPES

Hot snipe pate Lucullus

Bone 8 snipe and lay them out flat on a working surface. Prepare some fine forcemeat à la crème and mix with a third of its volume of foie gras and chopped snipe's entrails. Spread the forcemeat over the birds and place a piece of truffle in the middle. Reshape the birds and pour some Cognac over them.

Line an oval mould with pastry and spread over it a layer of forcemeat a la crème mixed with half its volume of gratin forcemeat. Place the snipe in the mould, packing them close together and filling in the gaps with the forcemeat. Top with a layer of forcemeat and cover with some rashers (slices) of bacon. Cover the mould with a lid of pastry, seal and crimp the edges, then garnish with pastry motifs. Make an opening in the middle and brush with beaten egg.

Place the mould in a bain marie, bring to the boil over a moderate heat, then cook in a preheated oven at 180 C (350 F, gas 4) for about 1 hour. Cut away the pastry lid, take off the layer of bacon and unmould the pate. Add to it a ragout of truffles bound with a few spoonfuls of Madiera-flavoured game stock. Replace the pastry lid and heat up the plate in the oven. Serve immediately.

Macaroni Lucullus

Boil some macaroni until cooked at dente. Prepare a very concentrated Madiera sauce, then add it to a salpicon of truffle and foie gras. Arrange alternate layers of macaroni and salpicon in a dish. Garnish with strips of truffle.

LUMFISH A fish found in cold seas and therefore abundant in the North sea and the Baltic. About 50 cm (20 in) long it leads a sedentary life, attaching itself to the rocks by means of sucker on its belly. It is fished mainly for its eggs. These are laid in large quantities in March and are yellow in their natural state. They are dyed black or red and sold as caviar substitute, but they do not have anything like the delicious flavour of sturgeon's eggs.

LUNCH The midday meal in many english-speaking countries. The word was introduced into France in the first half of the 19th century, and is used for a cold buffets served at a reception where a large number of guests have to be catered for. In addition to canapes, a lunch of this type consists of cheeses, fruit, petits fours, chilled puddings and a few larger dishes, such as fish in aspic and cold hams.

LUNCHEON MEAT A cooked meat eaten in Britain and the United States. Related to the sausage widely used in Germany for putting on bread, luncheon meat is made of a fine pork paste, often with the addition of chunks of lean meat, thickened with flour, and seasoned with salt, saltptre and spices. The product is available canned or opur inside a skin, which has been smoked and rubbed with olive oil. In the United States, the term luncheon meat is also used for cold sliced meats used for sandwiches.

LUTRE A mixture of flour and water, also known in France as repere, used to seal the lid on to an earthenware cooking pot. The lute hardness as it dries in the heat. This means that the food is cooked in a sealed container, avoiding evaporation.

LYCHEE A fruit that originated in China and which is now grown there and in parts of India. South Africa, the West Indies and the United States. It is about the size of a small plum and has a thin, hard probably shell that can be removed easily. The shell green when unripe, but turns either pink or red or white, juicy, translucent flesh surrounds a

large dark brown stone (pit), the fruit has a sweet rather musky flavoured. In Chinese cookery, they are often served fresh with meat or fish. They can also be used to enhance a winter fruit salad. Lychees are sold canned, preserved in sugar syrup. If the fruit is allowed to dry in its shell, it eventually turns black like a prune. These litchi nuts are very sweet with a slightly acid flavour.

LYONNAISE, A LA Describing various preparations, usually sauteed, characterized by the use of chopped onions which are glazed in butter until golden and often finished off with the pan juices deglazed with vinegar and sprinkle with chopped parsley. Preparation of leftover meats, cardoons and calf's head, are also described as a la lyonnaise if they are served with a lyonnaise sauce which has an onion base.

RECIPES

CALF'S HEAD A LA LYONNAISE

Blanch some pieces of calf's head. Line an overproof dish with a layer of sliced onions softened in butter, plus some chopped parsley, then arrange the pieces of meat on top. Cover with lyonnaise sauce. Sprinkle with breadcrumbs, moisten with clarified butter and cook au gratin.

Calf's liver a la lyonnaise

Cut the liver into thin slices and season with salt and pepper. Coat the slices with flour and saute quickly in butter. Keep them warm on a serving dish. Peel and slice some onions and soften in butter. Bind them with a few spoonfuls of meat glaze and place on top of the liver. Moisten the liver with a dash of vinegar heated up in the same frying pan and sprinkle with chopped parsley. Serve with green beans in tomato sauce.

Cardoons a la lyonnaise

Clean some cardoons, cut them up and blanch them in white vegetable stock. Braise gently in butter. Add a few spoonfuls of lyonnaise sauce and simmer for about 10 minutes. Arrange the cardoons in a vegetable dish and serve very hot.

Lyonnaise Potatoes

Parboil some potatoes and slice them. Melt some butter in a frying pan and add the potatoes. When butter starts to turn golden brown, add some finely chopped onions that have been softened in butter; allow 4 tablespoons onions per 675 g (1½ lb) potatoes. Saute the mixture well. Arrange in a vegetable dish and sprinkle with chopped parsley.

Lyonnaise Sauce

Cook 3 tablespoons finely chopped onions in 15 g (½ oz 1 tablespoon) butter. When the onions are well softened, add 500 ml (17 fl oz, 2 cups) vinegar and 500 ml (17 fl oz, 2 cups) white wine. Reduce until almost evaporated then add 200 ml (7 fl oz, ¾ cup) demi-glace. Boil for 3-4 minutes, then strain the sauce or serve it unstrained. Add 1 tablespoon tomato puree (paste) to this sauce if liked.

Alternatively, sprinkle the cooked onions with 1 tablespoon flour and cook until golden, deglaze with 175 ml (6 fl oz, ¾ cup) white wine, then add some meat stock or pan juices. Boil for a few minutes and serve as above.

Omelette alla lyonnaise

Chop some onions finely. Brown them in butter and add some chopped parsley. Season with salt and pepper. Break the eggs into a fried onion per egg). Cook the omelette and roll it on to serving dish. Pour over it a few spoonfuls of vinegar heated up in the same frying pan and a little noisette butter.

Salt cod ala lyonnaise

Prepare and cook some salt Cod. Drain, separate the individual flakes and put them in a saucepan. Cover the saucepan and place over a low heat to dry out any water the cod might still contain. Dice 3 large white onions and cook them gently over a low heat in 225 g (8 oz, 1 cup) melted butter. As soon as they are golden brown, add the cod and saute. Season with pepper, grated nutmeg and the juice of 1 lemon before serving.

Sauteed veal a la lyonnaise

Take 4 loin chops or 4 escalopes (scallops) of veal and saute in butter. When they are almost cooked, add 4tablespoons sliced onions gently cooked in butter. Complete the cooking, Arrange the meat on a serving dish and keep warm. Add to saute dish 60 ml (2 fl oz, ¼ cup) wine vinegar, 1 tablespoon chopped parsley and 2 tablespoons meat stock. Reduce and pour over the meat.

Other Recipes. See andouillette, artichoke, bean (haricot bean), beet, civet, crapaudine (en), entrecote, frog, godiveau, herring, mackerel.

M

MACADAMIA NUT The fruit of an, Australian tree. Also known as Queensland nut, it has a thin green fleshy husk; a very hard lightly- brown shell encloses the edibles white kernel, which has a mild, yet rich, flavour. The nuts are rounded in shape and slightly larger than chick peas in size. In Asia the nut is used in curries and stews; in the United States it is a flavouring for ices and cakes and is also eaten as a sweetmeat, dipped in honey or chocolate.

RECIPE

Macaire potatoes

Cook 4 large floury unpeeled potatoes in the oven. Cut in half and remove the pulp. Mash the potatoes pulp with butter until smooth, allowing 100g (4 oz, ½ cup) butter per 1 kg (2 ¼ lb.) potato. Season with salt and pepper. Heat some butter in a frying pan and add the mashed potato, spreading it out into a flat round cake. Cook until golden, then with the aid of a plate, turn the potato over and cook the other side.

MACARONI Tubes of pasta, 5-6 mm (about ¼ in) in diameter, which originated in Naples. Macaroni is cooked in a boiling water and may be served with the grated cheese, tomato sauce, butter cream or an gratin. It may also be put in a timbale mould ring mould and served with for examples, seafoods, vegetables or mushrooms. The word comes from the Italian *maccherone*, meaning 'fine paste'. In Rome the popular method of serving macaroni is *alla ciociara*, with sliced fried vegetables smoked ham and slices of sausage. In Naples is served *alla arrabbiata* (with a spicy sauce of pimientos) or with Mozzarella cheese mushrooms, peas and giblets. Macaroni has been known since 17th century and in Britain, in the 19th century when it was fashionable to give a British slant to Italian dishes, macaroni cheese became a traditional dish. It was also served as dessert, showing Britain's fondness for milk puddings.

RECIPES

Macaroni a Pitalienne

Cook 250 g (9 Oz) macaroni and drain thoroughly. Mix in 75 g (3 Oz, ¾ cup) grated cheese (a mixture of Gruyere and parmesan) and 75 g (3 oz, 6 tablespoon) butter, cut into small pieces. Season with salt pepper and a pinch of grated nutmeg. Mix well together, pour into a serving dish and serve very hot.

Macaroni calabrese

Rinse 1 kg (2 ¼ lb.) ripe tomatoes. Cut them in a half and press to remove the juices. Arrange the tomatoes in a gratin dish. Season with a salt and pepper and sprinkle with a generous amount of extra virgin olive oil. Cook in a preheated oven at 180°C (350°F, gas 4) until almost roasted but not completely cooked. Halfway through the cooking process, add stoned (pitted) black olives and capers. Cook 575 g (1 ¼ lb) macaroni in plenty of boiling water, drain and garnish with the tomatoes. Sprinkle a little basil on top, pour on a dash of olive oil and serve very hot.

Macaroni with cream

Boil macaroni until it is three parts cooked. Drain and put back in the saucepan over the heat. To evaporate all moisture. Moistened with 200 ml (7 fl oz, ¾ cup) boiled double (

heavy) cream. Simmer slowly for 10 - 12 minutes. Season with a pinch of salt and a little grated nutmeg. Remove the pan from the heat and mix in 65 g (2 ½ oz, 5 tablespoons) butter, cut into small pieces.

Macaroni with mirepoix

Prepare a vegetable mirepoix with an equal weight to the cooked macaroni. Mix the mirepoix with the macaroni and put into a buttered grain dish. Sprinkle with grated cheese. Pour melted butter over it and brown in the oven.

Macaroni with seafood

Prepare a seafood ragout. Cook the macaroni in salted water and drain thoroughly. Place half the macaroni in a serving dish, cover with the ragout and pile the remaining macaroni on top. Serve very hot.

Macaroon A small, round, biscuit (cookie) crunchy outside and soft inside, made with ground almonds, sugar and egg whites. Macaroons are sometimes flavoured with coffee, chocolate, nuts or fruit and the joined together in pairs.

The origin of this biscuit goes back a long way. The recipe originally came from Italy, particularly Venice, during the Renaissance: the name is derived from the Italian *maccherone* and the Venetian *macarone* (meaning fine paste) , from which macaroni is also derived. Some authorities claim that the recipe for the macaroons of Cormery, in France, is the oldest. Macaroons have been made in the monastery there since 791 and legend has it that they used to be made in the shape of monk's navels. The macaroons of many French towns are famous, including those of Montrorillon (shaped like coronets and sold on their cooking paper) Niort (made with angelica) , Reims, Pau, Amiens and Melun. The Nancy macaroons are probably the best known. During the 17th century they were manufactured by the Carmelites, who followed Theresa of Avila's principles to the letter: Almonds are good for girls who do not eat meat. During the French Revolution, two nuns, in holding with an inhabitant of the town, specialized in making and selling macaroons. They became famous as the 'Macaroons Sister' and in 1952 the street in which they had operated was named after them; macaroons are still made there today.

Ratafias are a similar biscuits, originally eaten with the liqueur of the same (see ratafia). They are the smaller, browner and now usually flavoured with ratafia essence. Araretti are Italian biscuits which are much the same are flavoured with bitter almonds or apricot kernels.

Recipes

Classic macaroons

Line a baking sheet with rice paper or buttered greaseproof (wax) paper. Mix 350 g (120 oz, 1 ½ cups) caster (superfine) sugar with 250 g (9 oz, 2 ½ cups) ground almonds. Lightly whisk 4 egg whites with a pinch of a salt and mix thoroughly with the sugar and almonds mixture. If liked, a little finely chopped candied orange peel or cocoa powder can be added to the mixture before cooking . Pipe or spoon small heaps of this mixture on to the top baking sheet, spacing them so that they do not run into one another during cooking.

Cook in a preheated oven at 200°C (400°F , gas 6) for about 12 minutes. Lift the macaroons off the baking sheet with a spatula, transfer to the wire rack and leave to cool

completely. Macaroons can be stored in an airtight container for several days in the refrigerator, or for several months in the freezer.

Soft macaroons

Mix together 250 g (9 oz, 2 ½ cups) ground almonds, 450- 500g (16- 18 Oz, 3 1/3 - 3 2/3 cups) icing (confectioners) sugar and 1 teaspoon vanilla sugar or a few drops of vanilla essence (extract) in a bowl with 4 lightly whisked egg whites. Whisk 4 additional egg whites into stiff peaks with a pinch of salt and fold very gently into the mixture. Place the mixture in a piping (pastry) bag with a smooth nozzle 5mm (¼ in) in diameter. Pipe small amounts of the mixture on to a baking sheet lined with the rice paper or greaseproof (wax) paper, spacing them so that they do not stick together cooking . Cook in a preheated oven at 180°C(350°F, gas 4) for about 12 minutes. Finish as for classic macaroons. A little finely chopped angelica can be added to the almond mixture.

MACE A spice derived from the fibrous, lacy outer coating of the nutmeg seed. It is pressed, dried and used as it is or reduced to powder. The whole mace is known as a blade. It is a golden brown when dried, with a distinct flavour similar to nutmeg, but stronger. Mace is widely used in a savoury and sweet cooking. It is a popular seasoning for sausage meats and forcemeats, and it has an affinity with pork dishes. It can also be used to improve the flavour of sauces for meats and can be replaced by nutmeg in omelettes, béchamel sauce and potato puree.

MACEDOINE A mixture of vegetables or fruit cut into small dice. The name macedoine is derived from Macedonia, the ancient royal kingdom formed from the various Balkan states united by Phillip II, father of Alexander the Great.

A vegetable macedoine is usually composed of carrots and turnips, which are peeled and cut into slices 3-4 mm (1/8 in) thick, then into sticks and finally 3-4 mm (1/8 in) cubes. French (green) beans are cut into small pieces. The vegetables are cooked separately and then mixed together with some well drained peas and then mixed together with some well drained peas and possibly other vegetables. The macedoine is bound with butter and is served very hot as a garnish for meat and poultry. Roast meat juices are often added, particularly veal, as are chopped herbs and cream fraiche. It can also be served cold, in aspic or bound with mayonnaise and used to stuff tomatoes or to accompany hard boiled (hard cooked) eggs or ham cornets.

A fruit macedoine consists of diced fruits soaked in fruit syrup which is served cold. Often sprinkled with kirsch or rum. It can be used to decorate grapefruit and many other dishes.

Recipes

Vegetables macedoine with butter or cream

Peel and dice 250 g (9 oz) each of new carrots, turnips, French (green) beans and potatoes. Prepare 500 g (18 oz, 3 ½ cups) shelled peas. Add the carrots and turnips to a pan of boiling salted water. Bring back to the boil and add the beans, then the peas and finally the potatoes. Keep on the boil but do not cover. When the vegetables are cooked, drain and pour into a serving dish and add butter or cream (keep the cooking water for a soup base). Sprinkle with chopped herbs.

MACERATE To soak a raw, dried or preserved foods in liquid (usually alcohol - liquer, wine or brandy - or sugar syrup) so that they absorb the flavour of the liquid. Maceratae is the term usually applied fruit, as opposed to marinate, which is used for the same process in savoury cooking. Macerating imparts flavour to the fruit, softens it and draws out the fruit juices. Dried fruits for winter compotes and other dishes are often treated in this way.

To prepare some preserves and jams, the fruits may be macerated with the sugar in which it will later be cooked.

MACKEREL a common oceanic fish found in the waters of the Black Sea and the Mediterranean, the North Sea and the North Atlantic, from Spain to Norway and Iceland and off the coast of Labrador and New England on the American side. It can be fished throughout the year, in the surface waters during the summer months. They migrate in large shoals to specific breeding grounds each year. Mackerel caught by line are always fresher and tastier than those caught by trawler.

The mackerel has a streamlined body, greenish blue with black and green bands on the back and a silvery underside. When freshly caught, the flesh is firm and the eyes are bright. The chub mackerel is common in the Mediterranean but also found off the Iberian and French Atlantic coasts and in New England waters. It is small, has less pronounced markings and larger eyes. Chub mackerel are sometimes known as Spanish mackerel but the term can also refer to similar fish found in tropical and semi tropical waters around the world, particularly in South East Asia, notably off Thailand and the Philippines, and the Caribbean.

Mackerel is an oily fish with a distinctive flavour. It can be prepared in many ways - grilled (broiled); classically served with gooseberry sauce, to set off its richness; stuffed; prepared à la provençale or with white wine, made into a soup (cotriade); or poached and served with mustard, horseradish, tomato or cream sauce. Mackerel fillets can also be smoked, sometimes crusted with peppercorns, or preserved in oil or tomato sauce.

RECIPES

Mackerel Fillets

Fillets of mackerel à la dijonnaise

Filler 4 large mackerel. Season the fillets with salt and pepper and coat with white mustard seeds.

Soften 2 chopped onions in 2 tablespoons oil in a saucepan. Add 1 tablespoon flour and mix well. Pour a glass of stock or fish fumet into the saucepan, together with a glass of dry white wine. Stir well, add a bouquet garni and cook for 8-10 minutes.

Arrange the fillets in a buttered ovenproof dish and add the sauce. Place the dish in a preheated oven at 200°C (400 °F, gas 6) and cook for about 15 minutes. Drain the fish and arrange on a serving dish. Remove the bouquet garni from the sauce. Add a little mustard, check the seasoning and pour the sauce over the fillets. Garnish with slices of lemon and sprigs of parsley.

Fillets of mackerel à la lyonnaise

Fillet and season 4 large mackerel. Soften 4 chopped onions in melted butter, then add 1 tablespoon vinegar. Place half the onions in a buttered ovenproof dish, lay the fillets on top and cover with the remaining onions. Moisten with 3 tablespoons dry white wine.

Sprinkle with breadcrumbs, dot with knobs of butter and cook in a preheated oven at 220°C (425°F, gas 7) for about 10 minutes. Sprinkle with chopped parsley.

Fillets of mackerel in white wine

Add 5 tablespoons white wine to a 500 ml (18 fl oz, 2 ¼ cups) fish stock and boil down to reduce by half. Fillet and season 4 large mackerel. Arrange the fillets in a buttered ovenproof dish, add the stock and cook in a preheated oven at 220°C (425°F, gas 7) for about 12 minutes. Drain the fish and keep warm on a serving dish. Strain the cooking juices and boil down to reduce by third. Add 200 ml (7 fl oz, ¾ cups) double (heavy) cream and reduce by half. Coat the fish with the sauce and sprinkle with chopped parsley.

Mackerel in cider Pierre Traiteur

Trim and wash the mackerel and season them thoroughly. Place them on a base of onions and chopped apples in a pan. Cover with cider, add 3 tablespoons cider vinegar and bring to the boil. Simmer for 5 minutes. Allow the fish to cool in the pan. Remove the fillets and arrange them on a serving dish surrounded by pieces of apples that have been fried in butter. Boil down the cooking liquid in a pan and pour over the mackerel while still hot. Sprinkle with pepper and chopped chives.

Additional recipes See piemontaise.

Whole or Sliced Mackerel

Mackerel ala bouonnaise

Clean some mussels and cook them in a little vinegar over a brisk heat. Prepare a butter sauce using the strained cooking juices from the mussels. Gut (clean) the mackerel, cut it into thick slices, and poach for about 12 minutes in a court- bouillon with a generous quantity of vinegar. Drain the fish, skin and arrange on a serving dish; keep warm. Shell the mussels, arrange them around the fish and coat the mackerel and the mussels with the butter sauce.

Mackerel a la nage

To a 750 ml (1 ¼ pints, 3 ¼ cups) red wine, add 2 garlic cloves, 2 chopped shallots, a clove small piece of cinnamon and a bouquet garni. Boil down to reduce, then add 2 chopped carrots, a bulb of fennel. Finally, add the white parts of 4 leeks (cut into thick slices) and finally chopped green tops of the leeks. Season with salt and pepper and add a little sugar. Continue simmering until the vegetables are cooked but still firm.

Clean and gut 8 small mackerel. Place in an ovenproof dish, partially cover with the vegetable mixture and add a few slices of lemon. Cover the dish with foil and cook in a preheated oven at 180°C (350°F, gas 4) for about 5-6 minutes. Serve very hot.

Mackerel with noisette butter

Clean 6 medium mackerel and cut them into thick slices of a similar size. Poach for about 12 minutes in a court- bouillon made with vinegar. Drain, place on a serving dish, and keep warm. Sprinkle with a little vinegar. Prepare 100 g (4 oz, ½ cup) noisette* butter and add 1 tablespoon capers and chopped parsley. Pour the butter over the mackerel and

serve very hot.

Mackerel with sorrel

Trim 6 mackerel, slit them along the back and dry them. Melt a large knob of butter in a frying pan. Place the fish in the hot butter and cook on the one side in a 5 minutes. Turn and cook the other side. Remove the fish from the pan, season and keep warm. Pick over 500 g (18 oz) sorrel, wash it thoroughly and add it mixture, stirring constantly, until the sorrel is reduced to a puree (do not allow it to be dry out). Check the seasoning then bind the mackerel on the a long dish, garnished with sorrel puree.

Mackerel with two - mustard sauce

Wash and gut (lean) 8 small mackerel (lises) Place them in the a overproof dish, season with salt and pepper, moisten with a glass of dry white wine and cook in a preheated oven at 240°C (475°F gas 9) for 8 minutes. Mix 1 Tablespoon mild mustard with 1 tablespoon mild mustard in a saucepan. When the mackerel are cooked, add their cooking juice to the mustard mixture. Add 40g (1 ½ oz, 3 tablespoons) butter, bring to the boil and cook for 2 minutes. Coat the fish with the sauce and serve with rice or potatoes.

MACON the region between the southern end of the Côte de Beaune and the Beaune and the Beaujolais. It produces red, white and rose AOC wine of the white Pinot - Gris and St-Veran are well known. Character and quality of Côte d'Or Burgundies they can be both agreeable in the United States it is no longer reasonably priced.

MACONNAIS Unpasteurized goat milk cheese from Burgundy (40-45% fat content) with a fresh body and natural bluish crusts. Maconnais is a small truncated cone 3-4 cm (1 ¼ - 1½ in) across weighing 50-60 g (2-2¼ oz). It has a milder, slightly nutty flavor and it is used in making fondue from (strong cheese) in Burgundy and Lyonnais.

MACONNAISE A LA Describing dishes cooked with Macon wine, such as fish cooked in red Macon, such as fish cooked in the red Macon wine with herbs garnished with small brown glazed onions, fried mushrooms, croutons and sharp.

MACROBIOTI Denoting a system of diets inspired by the Zen Sect of sect of Japanese Buddhism, based on balancing the opposing principles of Yin (Feminine) and Yang (Masculine). It was founded by Sakurazawa Nyūiti. Known as Osho (1993-1996). It comprises a dozen diets, adapted to the individual physical and spiritual requirements, based on whole grain cereal and dried vegetables. Some diets include some green vegetables and a little fish, but means fruits and alcoholic drinks are forbidden. The only beverage permitted is tea and then only in small quantities.

MACVIN an AOC vin de liqueur and a regional speciality of the Jura, in France, reputedly dating from the late 9th century. Essentially it is spiced wine, sweet and fairly high in strength due to the addition of marc.

MADEIRA A fortified wine from the island of the same name, which belongs to Portugal. The vineyards are terraced and the vines trained vertically. The wine is produced by a process known as the estufa. In which the wine in the cask is very gradually heated and then allowed to cool down. The finest Madeiras are left to

mature naturally in oakcask stroed under the eaves of the lodge and are heated only by the sun. Quality madeiras are named after grapes that make them: Sercial is the dries verdilho is nony Maderias are named after the grapes that make them. Sercial is the dries Verdelho is nutty and mellow. bual for Boal and Malmsey are sweet and Full-bodied. The wine from each Madeir establishment has its own distinctive character and there are in education a few blend sold under branmd names. Such as rainwater madeira is the regaining its previous popularity it can have a very long llife in the bottle - there are 18th - century maderas still in existence, But these are exceptional vintage wines. Dry Madeiras are good drunk as aperitif or with clear soup, while the sweeter wines may be drunk at any time or with dessert and nut

RECIPES

BRASED HAM WICH MADEIRA

Brais the Ham and cut it into slices > remove the fat from the meat juice reduce them add Madeira. Strain and then thecken with arrowroot or cornflour (cornstarch) Arrage the slince of ham in an ovenproof dish and cover with the Madeira flavoured stock. Cover and heat through in the oven without boiling.

Madeirea Sauce (old recipe)

Add 3 tablespoon madeire to 200 ml
 °(7fl oz ¼ cup) reduced meat juice and warnm.

Madeira sauce (modern Recipe) put i kg (2 ¼) crushed veal bones into an oven proof dish and place in a preheated oven at 240°C (475°F gas 9) Turn 5the bones over from time to time so that they colour evenly Meanwjhile dice 2 carrots and large onoin. When the bones are golden add the vegestable and cook until golden then drin the bones and vegestable and place in a large pan. Remove the from any juice in the cooking dish and add I litre ((1¾ pint 4 1/3 cups)
 Stock or water > Scater the side of the dish well and still residue into liquid.

Quickly bring to the boil skil and add 2 finely chopped celebrety stick 200 g (7 oz) peed and sewd tomatoes I peede crushed garlic clove a garni and puree Bring to the boil cover and simmer genty for 2 hour. starting and then add some tarragon and 100g (4 oz 1 ½ cups) finely chopped mushroom Bring to the boil Dissolve I Tablespoon cornflour (cornstarch) in 200 ML (7 oz ¾ cup) madeire and pour in a stream into the boiling sauce whising it in Strain and reheat before serving ,

MADELEINE A small individual Rrench sponger cake shaped like a rounded shell mad4e with sugar flour metled butter and egg flavoured with lemon or orange - flower water. The mixture is cooked in ribbed oval mould which give the cvakes their shell like apperence.

The origin of this seashell cake so strictly pleated outside and so sensual inside (Marcel proust) is the Subject of much discussion It has been attributed to avice , chef to talleyrand , the French Statesman , who had the idea of baking a pound -cake mixture in the asprie mould. Other authorities however , believe that the recipe is much older and originated in the French town of Commecy which was then a duchy under the rule of stanishen Leszezynski. It is said that during a visit to the Castle in 1755 the duke was very 5taken with a cake made by apeasant girl named Madelineine > This Started The Fashion for madeleinesa (as they were named by the duke) Which were then launched in Versailles by the bis Daughter Marie Who was married to Louise

XV. The attribution of the cake To madeline Pouner . cordon-bleu cook to a rich burgher of Commercy ,seen doubtful

The name madeline is also given to the small individual , English sponge cake which is baked in a dariole mould could coated with jam and desccate4d desiccated coconut and topped with a glance (candied) cherry and angelica.

Recipe

Classic madelinenes

Melt 100g (4 oz ½ cup) butter without allowing it to become hot butter a tray of tray madeliene mould with 20 g (¼ oz , 1 1/2 Tablespoons) butter put the juice of half a lemon in a bown with a pinch of salt 125g(4 ½ oz, scant 2/3 cup) caster (superfine) sugar, 3 egg and an extra egg yolk Mix well together with a wooden spatula and then sprinkle in 125g (4 ½ oz scant 1 ¼ cups) sifted reissuing flour and mix until smoked finally add then melted butter spoon the mixture into the moulds but do not fill more than two third full , bake in a preheated oven at 180°C (350°F, gas 4) for about 25 minutes turn out the mladeleine and cool on a wire rack.

Commercy madelienes

Cream 150 g (5 oz 2/3 cup) butterr with a wooden spoon Add 200 g (7 oz , scant 1 cup) caster (superfine) sugar and mix well add 6 egg one at a time then 200g (7 oz 1 ¾ cups) plain (all purpose) flour sifter with 1 teaspoon baking powder , and finally stir 1 tablespoon orange- flower water , Butter and lightly flour some madeliene mould and spoon in the mixture .bake in a preheated oven at 220°C (425°F gas 7) for about 10 minutes. Turn out the madelienes on to a wire rack to cool

English Madeline

Cream (Superfine) sugar until pale and Creamy. Stir in 2 egg and little- self flour

MAHON

Magnets with green peppercorns

Brown the duck breasts in the butter or goose fat in a frying pan. Add ½ glass of stock , salt and some green peppercorn and cook , keeping the meat rare. Remove from the heat and add 2 tablespoon double (heavy) cream keep warm.

Cook some rice in the Oriental way (light brown the rice in the butter or goose fat, then add stock and cook until the rice is tendeder and all the stock has been adsorbed) and add an equal quantity of chopped mushrooms .Prepare a think béchamel souse (half the volume of the rice). Add the rice and mushroom and form into flat cake. Brown the cake in a little hot oil .Serve the duck breasts with the rice cake and coat with the sauce.

MAHON This semi-hard pressed DOP cheese (40-45% fat content) from the island of major is made by farmers from milk the cheese are gathered from the farmer by recogedore - afinadore who ripen them in the underground cellars for any thing from to months to two years Produce in a regular squares with round corner , the cheese has a tangy, nutty flavour. in majorca it serve sliced with olive oil, the fresh tarragon.

MAIDENHAIR FERM Aspecies of ferm with aromatic and masilagiunos leaves that are used to make infusion and serops eas bronchar condition maidenhair ferm syrop was ones used to sweeten hot drinks, particularly Bavarian cream. Capile, a popular drink in Portugal, especially in Lisbon, is made of maidenhair fern syrup, lemonm zest and cold water.

MAID OF HONOUR A small English tart with an almond filling. Tradition has it that Boleyn dated the recipe while she was lady-in-waiting to Catherine of Aragon and that an Enchanted Henry VIII named the cake of honour. The recipe was mostly closely guarded until a lady from the Court of Jorge gave it to a Gentleman who opened a shop in Richmond to sell it. Originally a small chest cake, with a curd cheese, almond and lemon filling there are various recipes. Almond custard or jam topped with almond sponge typical filling

MAILLE AN 18TH century French mustard and vinegar manufacturer in 12769 succeded leconte as vinegar diceteler to the king but his reputation had already been established. he had invented the famous four thieves vinegar in 1720, the antiseptic quantities of which protected the doctors and nuns treating plague victims in the great epidemic in Marseilles.

A hundred varieties of vinegar health or beauty and 53 varieties of flavoured table vinegars (for examples nasturtium, caper, gage, ravigote and distilled) were produced in his laboratories in Paris as well as mustards and fruits preserved in vinegar. These products were exported to Hamburg and Moscow. The name Maille is still used on a range of mustards and vinegars, the recipes of which date back to the 18th century.

MAINTENON The name given to a savoury dish made with mushrooms, onions and béchamel sauce, sometimes containing truffles, tongue and chicken breast. This style of preparation is usually applied to delicate meats (such as lamb chops, veal and sweetbreads). But stuffed omelettes poached eggs and stuffed potatoes, can also be prepared in this way. Sweetbreads a la Maintenon are braised arranged on croutons, garnished with a slice of truffle and onion puree, and surrounded by a ring of supreme sauce.

Dishes a la Maintenon were probably created by a chef in the service in the Noailles family, who owned the Chateau de Maintenon, but Madame de Maintenon was also interested in cooking she created lamb chops en papilotes for Louis XIV.

REIPES

Lamb(or mutton) chops Maintenon

Quickly brown the chops in butter on one side only. Coat the cooked side of each chop with 1 tablespoon Maintenon mixture shape into a dome, and coat with breadcrumbs. Lavishly butter a baking dish and arrange the chops on it. Sprinkle with melted butter and cooking in a preheated oven at 240°C (475°F gas 9) until golden. Serve with Périgueux sauce.

Maintenon mixture

Clean and slice 150 g (5 oz 2) mushroom and sweat in 15 g (5 oz 2 cup) mushroom and possibly truffle and cooked tongue. bind with thick velouté sauce. prepare and cook a very soft 8-egg omelette the salpiçon on the half the omelette, roll up, and slide on the an ovenproof plate. Coat with a light béchamel sauce sprinkle with parmesan cheese and melted butter and brown quickly in the oven

Stuffed potatoes a la Maintenon

Bake some floury medium unpeeled potatoes in the oven. cut in half and remove the

pulp without breaking the skin prepare a salpicon with chicken cooked tongue and mushroom bound with a light Soubise puree. Fill the potato skins with this mixture, forming a dome shape, Sprinkle the top with grated cheese, breadcrumbs and melted butter. Bake in the oven.

MAISON This French term meaning house when used honestly, indicate that the dish concerned has been prepared according to an original recipe and is served only in the establishment which claim it. It is more commonly used today to refer to a specialty of the house or to a dish that is home-made to the chef's own recipe.

MAITRE D' HOTEL The French term for the person in charge of the dining room in the hotel or restaurant. Traditionally a man the maitre d' hotel is assisted by a team of senior and assistance waiters.

In the royal noble household of France, the office of maitre was always held by the noble men of the highest rank, sometimes princes of the blood royal. Although of the time the office was a sinecure, the maitre d' hotels was at least nominally, in charge of all departments of the royal household. Including the kitchen and cellars, and all the functionaries and servants. In *la maison reglee* (1692) Audiger sets out the maitre de hotels duties in a private house: he should supervise the accounts. Choose the cooks buy the bread wine and meat, and regulate and arrange the table settings of all the different service noble man might require.

The maitre d'hotels function must has almost ceased to exist in private houses as it is rare to require sometimes just to arrange tables and buy provisions, however in the large traditional restaurant it has lost none of its importance. He must be thoroughly familiar with the details of the special work of the dining rooms kitchen and cellars. He must also be able to advise his clients to guide them in their choice of dishes, the wines to go with them and the fruit follows.

MAITRE D HOTELS BUTTER A savoury butter containing chopped parsley lemon juice and served with grilled (broiled) or fried fish, grilled meat or vegetable either in liquid form or solidified, in the round or slices.

Recipe

Maitre d' hotel butter

Work 200g (7 oz generous $\frac{3}{4}$ cup) butter to a smooth paste with a wooden spoon, add $\frac{1}{2}$ tea spoon fine salt a pinch of pepper, a squeeze (about 1 tablespoon) of juice and 1 tablespoon chopped parsley. This butter can be kept in the refrigerator for 2 or 3 days.

Maitre d' hotel French beans

String and slice the beans and place in the large pan of boiling water > Cook at a rolling boil, uncovered and season with salt halfway through cooking. Drain Thoroughly and mix in 50 g (2 oz, $\frac{1}{4}$ cup maitre d'hotel butter per 450 g (1 lb) cooked beans. Serve with a little chopped parsley.

Additional recipe See potato

MAIZE (CORN) A cereal with white, yellow or rust-coloured grain, rich in starch which are attached to the cob protected by the layer of the fibrous leaves with tasselled tops also known as com (in the United States) and Indian corn > it originated in North America. Being discovered by Christopher Columbus.

- Grain Main maize This is hard and yellow with a fairly small cob, it can be

ground into flour, meal or semolina and used to make bread, pancaked fritter waffles polenta tortiller milk pudding biscuit and cake. Cornflake are also made with maize flour. Cornflour (cornstarch) is widely used as a thickening agent. This type of the maize is also used to make Bourbonwhiskey and certain type of beer, as well as corn oil. One variety of maize has - black grains rather than yellows, and is ground to produce blue cornmeal.

- Sweetcorn Known as corn on the cob, this is grown as a vegetable. The grains are pale yellow and the cob is large than that of grain maize. It is harvested while still unripe and must be eaten quickly as the natural sugar in the grains begins to turn to starch after picking and it loses its sweetness. It should be chosen with plump milky grains and covered with pale green leaves. It is sold either fresh, canned or frozen. The fresh cobs are cooked in boiling water or grilled (broiled). They are served with lemon or cream. Sweetcorn can be served hot on or off the cob, as an accompaniment to meat dishes or roast poultry. The grains can also be used in mixed salad. Sweetcorn is harvested when immature. Sold fresh, canned and pickled it is eaten whole and often used in the oriental dishes.
- Popcorn This is prepared by heating the grains in the oil until they pop (puff up and burst) forming soft white light masses which can be sprinkled with salt, coated in melted butter or caramelized. Popcorn is eaten as snack or sweetmeat.

Recipe

Cornbread

Mix 500 g (18 oz, 3½ cups) whole wheat flour, 4 teaspoon sugar, 1½ tablespoon baking powder, 1½ teaspoon sugar and 100g (4 oz ½ cup) butter in a bowl. Blend in 4 egg yolk beaten with 500 ml (17 fl oz, 2 cup) milk and 6 tablespoons double (heavy) cream, stirring as little as possible. Fold in 4 egg whites whisked stiffly and pour into well buttered patty tins (Muffin pans) filling them three-quarter full. Bake in a preheated oven at 220°C (425°F, gas 7) for 25-30 minutes. In the United States this bread is served hot, straight from the oven, at breakfast.

Corn fritters

Make a smooth batter using 100g (4 oz, 1 cup) plain (all purpose) flour, 2 eggs and 100 ml (4 fl oz, 7 tablespoon) water. Add 225 g (8 oz, 1 cup) thawed frozen or drained canned sweetcorn. Stir well adding seasoning taste and little nutmeg. Shallow fry spoonfuls of the sweetcorn in batter in a mixture of sunflower oil and butter until golden underneath and set. Turn and cook the second side until golden. Serve with deep fried bread crumb coated chicken and fried bananas as American Maryland Chicken.

Fresh corn with bechamel sauce

Choose fresh cobs with tender grains. Leave only one layer of leaves on and cook in boiling salted water for about 15 minutes (be careful to keep the water on a boil). Drain the cobs and remove the leaves. Detach the grains from the cobs and serve with a light bechamel sauce.

MALAGA A mainly fortified Spanish Do wine produce around the town of the same name in

a Andalusia. It is made according to a type of solera system, in which the casts of maturing wine are repeatedly topped within younger wines to perpetuate the quality and character of the original. Sixteen types of wines are officially recognized, ranging from dry to sweet with alcohol levels of 15 - 23%.

MALAKOFF The name given to various classic cakes, often containing nuts. The most common type is made of two thick round dacquoise (nut meringue) cakes, each of which is coated in coffee moussé: the top is sprinkled with icing (confectioners) sugar and the sides coated with chopped toasted almonds. Another version of malakoff is composed of a choux paste crown paste on a puff pastry or sponge cake base, the centre filled with ice cream containing crystallized (candied) fruits, Chantilly cream, or any other cold frothy filling.

MALANGA Also known as tannia, yautia or new cocoyam. A large firm starchy root vegetable with a brown skin and white flesh, which is used grated in the West Indies for the preparation of accras. The root vegetable is also baked or boiled and leaves are used in cooking as well. Malanga belongs to the same family of plants as the taro, this being the arum lili family. Malanga should be cooked before eating as it may contain calcium oxalate crystals which are an irritant.

MALLARD Migratory wild duck of the Anatidae family, which has become more and more sedentary and which is easily found, even in the big cities. The adult male has multicoloured plumage: the head and neck are dark green with blue glints and often a white ring at the base of the neck; the back is metallic blue, the throat is red and the stomach is greyish white; the wings are ash blue. The female, a little smaller, has a more or less dark beige plumage, like that of the young. The mallard is prepared in the same way as duck.

MALLOW A common plant that grows in fields, hedgerows and on roadsides. There are about 20 different species found all over the world. Its leaves contain a mucilage used as an emollient and in infusions. The leaves can also be eaten in salad or as a vegetable, like spinach. The flowers are soothing to chest troubles and sore throats.

MALT Barley that is prepared for brewing or distilling by being steeped, germinated, roasted and then crushed in a mill. The extent to which the malt is roasted determines the colour of the beer. The main constituent of malt is starch, which is converted to sugar by fermentation when the crushed malt is soaked and heated. This process, called saccharification, results in the production of wort, which is processed further to produce beer or distilled to produce whisky.

Malt extract - a concentrated infusion of germinated barley - is used as a sugar substitute.

MALTAISE, A LA The term used to describe sweet or savoury preparations which are based on oranges, particularly the Maltese blood orange. Maltaise sauce is a hollandaise sauce flavoured with blood orange juice and shredded rind, served with poached fish or boiled vegetables (such as asparagus, Swiss chard and cardoons). The bombe glacée à la maltaise is coated in orange ice and filled with tangerine-flavoured chantilly cream.

RECIPES

banana croutons à la maltaise

Cut a large, day-old brioche into slices and then cut the slices into rectangles a little longer and

wider than the bananas. Arrange them on a baking sheet, sprinkle with sugar, and lightly glaze in a preheated oven 220 °C (425 °F, gas 7). Meanwhile peel 6 bananas, cut them in half lengthway, and sprinkle lightly with lemon juice. Place the bananas on a buttered baking sheet and cook in the oven for 5 minutes. Arrange the bananas alternating with slices of brioche, in a circle in an ovenproof dish. Fill the centre with a confectioner's custard (pastry cream) flavoured with orange zest. Sprinkle the whole dish with finely crushed macaroons and melted butter and brown in the oven. Before serving, decorate with candied orange peel.

maltaise sauce

Mix the juice of a blood orange with 200 ml (7 fl oz, 3/4 cup) hollandaise sauce. Add 1 tablespoons grated and blanched orange peel.

MAMIROLLE Uncooked pressed cheese made from pasteurized cow's milk (40% fat content) with a washed, smooth, reddish crust. Mamirolle is a rectangular loaf shaped cheese; 15 (6 in) long and 5-6 cm (2-2 1/2 in) wide, weighing 500-600 g (18-21 oz.). It is made in France, Comte, at the dairy industry's famous national school which is established in Mamirolle, to the east of Besancon.

MANCELLE, A LA The name given to dishes which originated in the French town of Le Mans and the surrounding area, notably poultry (roast capon, chicken fricassée), pork rillettes, wild rabbit, and an omelette in which the eggs are mixed with artichoke hearts and diced potatoes.

MANCHEGO A DOP Spanish cheese made from ewe's milk (45-50% content), which originated in La Mancha. It is cylindrical, 10 cm (4 in) deep and 25 cm (10 in) in diameter, and is sold either fresh (rare) or matured for two years (veijo). The cheese is white and firm to the touch with an even distribution of small holes. The flavour is fairly mild and nutty even when very mature. The cheeses used to be pressed in malaited grass moulds which left a cross hatch pattern on the rind; today plastic moulds are used. In Spain Manchego is served in characteristic triangular waters as part of a selection of tapas or with honey and fruit as a dessert.

MANCHETTE A paper frill used to garnish the projecting bones of, for example, a leg of lamb or ham chops).

MANCHON The French term for muff, this is a small petit four made of almond paste. It is shaped like a muff, into a small tube by rolling it around a wooden handle. It is filled with Chiboust cream of praline butter cream and the ends are dipped in ground almonds or in chopped pistachio nuts.

MANDOLINE A vegetable slicer consisting of two adjustable stainless steel blades, one plain, one grooved held in a wooden or metal to be tilted during slicing. It is used particularly to slice cabbage, carrots, turnips and potatoes.

MANGE-TOUT Also known as snow pea or sugar pea. A type of pea with flat pods, which are eaten whole before the seeds are fully formed, hence its French name, mange-tout ('eat all'). The pods have no membrane lining like common garden peas and are usually stringless, so they are crisp but tender. They are brilliant green in colour and can be stored for a few days in the refrigerator. Preparation entails topping and tailing, they taste best when used raw in salads or cooked only briefly - steamed, boiled or stir-fried. They can be used either whole or sliced, for the same recipes as fresh peas, and are widely used in Oriental cuisine.

MANGO A large tropical fruit of which there are many varieties. Mangoes are typically oblong

and greenish, ripening to yellow, red or violet (particularly on the side of the fruit which has been exposed to the sun). The skin should be slightly supple. The orange juicy flesh clings to a large flattish stone (pit) it is aromatic, soft and sweet with an acid aftertaste. Certain varieties are fibrous, others have a flavour of lemon, banana or mint.

The mango tree came originally from India and Malaysia and has been known in Asia for a long time. It was introduced into Brazil and the West Indies in the 18th century and into Africa, Mexico, Florida and Hawaii in the 19th century.

In Asia and the West Indies unripe mangoes, either raw or cooked are used as an hors d'oeuvre or as an accompaniment to fish or meat. Mango chutneys are among the best known chutneys. Ripe mangoes, which do not keep long can be used as a garnish for chicken, as an ingredient in mixed salads, and to make sorbets, jams, marmalades and jellies. Fresh mangoes can be cut in two off the flat stone and eaten with a spoon; alternatively, the flesh can be removed and diced.

RECIPES

duck with mangoes

Choose mangoes that are not too ripe, peel them, and remove the stones (pits) over a plate to collect the juice. Put the fruit and juice in a saucepan with a little apricot or peach liqueur, cover and cook gently for a few minutes over a low heat. Strain the fruit, reserving the juice and put to one side.

Pluck, draw, singe and truss a duck. Season with salt and pepper and coat lightly with fat. Roast in a preheated oven at 220 C (425 F, gas 7) with chopped onions, carrots celery, a little thyme, a bay leaf and 2 tablespoons water. After about 35 minutes for a 1.12 (2 1/2 kg 2 1/2 lb) duckling. When the flesh is still pink, pour off the cooking juices into a pan and add 5 tablespoons white wine or stock. Keep the duck warm.

mango dessert with passion fruit and rum

Remove the pulp from 500 g (18 oz) passion fruit and discard the seeds. Whisk the pulp together with an equal quantity of sugar syrup and freeze to make a sorbet.

Cut some Genoese sponge cake into 4 rounds, 10 cm (4 in) in diameter and 1 cm (1/2 in) thick, and scoop out a slight hollow in each. Cut the flesh of 4 well ripened mangoes into slices. Fill the hollows in the sponge rounds with the passion fruit sorbet and arrange the slices of mango in the shape of a fan over the top. Place in the coldest part of the refrigerator.

Prepare a zabaglione with rum, whisk 4 egg yolks with 7 tablespoons rum in a bain marie. When the mixture is light and fluffy, add 4 tablespoons whipped double (heavy) cream. Coat the slices of mango with the zabaglione, glaze for a short time under the grill (broiler) and decorate with Cape gooseberries.

MANGOSTEEN A round ribbed fruit, the size of an orange, native to Malaysia. The thick, tough, dark red to brown skin covers a delicate juicy white flesh divided into five or six segments. The mangosteen is eaten fresh, peeled and cut in half. It is also used in jams, sorbets and exotic salads. In Indonesia it is made into a vinegar and a concentrated oil is extracted from the seeds to make kokum butter.

MANIOC The edible root of a tropical plant, also called cassava, tapioca or yuca. This has white starchy flesh beneath thick brown peel. It is used as a dried form of granular starch used to make puddings and in some baking. Originally from Brazil, the plant is cultivated throughout South and Central America and has been introduced into Africa, where it is now a basic foodstuff (ground into semolina, salted or sugared in flat cakes, or boiled in fufu). It is also grown in Asia.

There are two varieties of manioc; sweet and 1 litter. The root of sweet manioc is peeled, washed, cut into pieces, cooked in salted water and used like potatoes to accompany meat or fish. The root must be washed, peeled and cooked as it contains natural toxins. A flour is also extracted to make cakes, soups, stews bread and biscuits. The starchy leaves are prepared like spinach (West Indian bredes). Bitter manioc is used in the food industry. It contains larger amounts of the natural toxin, a poisonous juice which contains hydrocyanic acid, but this is eliminated by washing and cooking, the fresh roots are then grated and left to ferment. The starch is extracted by centrifugation, cooked, crushed, dried and made into tapioca.

MANQUE A type of sponge cake that is a speciality of Paris. It is said to have been invented by a famous 19th century Parisian pastrycook called Felix, while preparing a Savoy sponge cake. When the egg whites would not whisk up, in order not to waste the mixture, he had the idea of adding melted butter and flaked (silvered) almonds, and covering the cake with praline when it was cooked. The customer who bought it thought it was so good that she ordered another and wanted to know the name of the mystery cake. The baker said it was a manque (failure), but it became such a success that a special mould was invented.

The moule a manque, is a round deep sided mould which is also used for other cakes. The original manque mixture has been considerably modified since Felix first made it. It is now often flavoured with flaked hazelnuts, raisins, crystallized (candied) fruit, aniseed, liqueur and alcohol. It can be decorated with cream, jam, crystallized fruit or coated with fondant icing (frosting).

RECIPES

gateau manque

Melt 100 g (4 oz, 1/2 cup) butter without allowing it to brown. Separate 6 eggs. Put the yolks into a bowl with 200 g (7 oz, scant 1 cup) caster (superfine) sugar and 1 tablespoon vanilla sugar. Whisk until the mixture becomes light and frothy. Then in 150 g (5 oz, 1 1/4 cups) plain (all purpose) flour, the melted butter and half a liquor glass of rum, mixing until evenly blended. Whisk the egg whites together with a pinch of salt into firm peaks and gently fold them into the manque mixture.

lemon manque

Remove the peel from a lemon and blanch for 2 minutes in boiling water. Refresh in cold water, dry and shred very finely. Finely dice 100 g (4 oz, 1/2 cup) candied citron peel. Prepare the manque mixture and add the shredded lemon peel and diced citron before incorporating the egg whites. Bake the cake, remove from the tin (pan) while still warm, and cool completely.

Lightly whisk 2 egg whites and mix in 1 tablespoon lemon juice, then some icing (confectioner's) sugar, until the mixture has a spreading consistency. Coat the cake with the icing (frosting) and decorate with small pieces of candied citron peel.

MANZANILLA A type of sherry produced from around Sanlucar de Barrameda, in Andalusia. It is crisp and dry and should be served chilled. It is a very good accompaniment to shellfish.

MAPLE One of about 200 species of tree or shrub which grow in temperate climates. The North American sugar maple has orange sap, which is collected from the trunk in the spring and yields a clear golden syrup. Rich in sugar, with an aromatic flavour, maple syrup is very popular in the United States and Canada. It is spread on roasts and ham, served with pancakes and puddings, and used to glaze carrots and caramelize sweet potatoes. Maple syrup tart is another favourite.

Centrifugation of maple syrup produces a butter and an essence used as a flavouring in

patisserie and confectionery is obtained by distillation. Concentrated maple sap can be used to make a cider like drink (especially in Louisiana) which after fermentation, yields an aromatic vinegar.

RECIPE

maple syrup tart

Boil 7 tablespoons maple syrup with a little water for 5 minutes. Blend in 3 tablespoons cornflour (cornstarch) mixed with cold water, then 50 g (2 oz, 1/4 cup) butter, line a tart plate (pie pan) with shortcrust pastry (basic pie dough) and spread the lukewarm syrup mixture over it. Decorate with chopped almonds. Cover with a fairly thin pastry lid, pinch round the edge, prick with a fork, and bake in a preheated oven at 220 C(425 F, gas 7) for about 20 minutes.

MAQUEE Uncooked soft cream cheese from the wallon area of Belgium made from cows milk and rannet, left in muslin (cheesecloth) to strain. After draining, it is lightly whipped and becomes creamy. Maquee is eaten spread on a slice of bread or salted and accompanied with red radishes, or sweetened and sprinkled with soft brown sugar.

MARAICHERE, A LA Describing preparations that incorporate a selection of fresh vegetables. The term is applied particularly to large roast or braised cuts of meat that are garnished with glazed shaped carrots, small glazed onions, braised stuffed cucumber and quarter of artichoke heart cooked gently in butter. Another maraichere garnish consist of Brussels sprouts in butter, salsify and chateau potatoes. The accompanying sauce consist of the deglazed and thickened meat juice or the strained skimmed braising liquid.

MARASCHINO A colourless liqueur made from the distillate of fermented Maraschino cherries. It originated in Dalmatia and is much used in flavouring sweet dishes.

MARBLE Marble working surfaces are used by professional pastry-cooked and confectioners when working with chocolate, sugar and pastries that need to be kept cool. A marble surface always remain clean and cool as it does not absorb fat or atmospheric moisture. However, the surface should not be exposed to acid substances, which will cause pitting. When making toffee at home, a small marble slab brushed with oil can be used.

MARBRADE A charcuterie speciality from southwestern France, similar to brawn (head cheese). It is made with pieces of pig's head loosely packed in aspic and served in a mould

MARC A spirit distilled from the debris (skins and pips) left after the final pressings of grapes for wine. In Italy it is known as grappe. It can be used as brandy in cooking, although marc that has not been matured can be a fiery spirit and should be actually cooked or set alight, and not used neat. The marcs of several French regions are famous, notably the marc de Bourgogne. In Alsace there is one made from Gewurztraminer grape pressings.

MARCELIN A French cake consisting of pastry base covered with strawberry jam, coated with a mixture of eggs and ground almonds and sprinkled with icing (confectioner's) sugar.

MARCHAND DE VIN The name for certain preparations that are made with red wine and shallots, especially a flavoured butter served with grilled (broiled) meat (usually entrecote steak or kidneys). Whiting or sole a la marchand de vin are poached in red wine with chopped shallots, then coated with the cooking liquid, reduced and whisked with butter and sometimes glazed in the oven.

RECIPES

entrecote marchand de vin

Grill (broil) an entrecote steak under a high heat. Season with salt and pepper and garnish with rounds of marchand de vin butter.

marchand de vin butter

Add 25 g (1 oz, 1/4 cup) finely chopped shallots to 300 ml (1/2 pint, 1 1/4 cups) red wine and boil down to reduce by half. Add 300 ml (1/2 pint, 1 1/4 cups) beef consommé, and reduce further until almost dry. Cream 150 g (5 oz, 2/3 cup) butter and mix it with the reduced wine mixture. Add 1 tablespoon finely chopped parsley and a little lemon juice and season with salt and pepper. Chill well.

MARECHALE, A LA in classic cuisine describing small cuts of meat (such as lamb chops or noisettes, veal escalopes (scallops) or cutlets, calves sweetbreads or poultry supremes) that are coated with breadcrumbs and sautéed. They are garnished with bundles of asparagus tips and a slice of truffle on each item and served in a ring of thickened chateaubriand sauce or veal gravy. They may also be served with maitre d' hotel butter. Fish a la marechale are poached in white wine and fish fumet, with mushrooms and tomatoes. The sauce is made from the reduced cooking liquid mixed with meat glaze and butter.

RECIPE

lamb cutlets a la marechale

Braise some asparagus tips in butter. Cut a truffle into thin strips and braise in butter for 2 minutes. Prepare a liquid maitre d'hotel butter. Season the cutlets with salt and pepper, coat them with breadcrumbs, and sauté them in clarified butter. Arrange the cutlets in a crown, garnish each one with a strip of truffle, and place the asparagus tips between the cutlets. Serve with the maitre d'hotel butter in a sauceboat. Very finely chopped truffle parings may be added to the breadcrumbs coating.

MAREDSOUS Pressed uncooked cow's milk cheese (45% fat content) with a washed crust, weigh 0.5-2.5 kg (1 1/8-5 1/2 lb). It has a supple, dense texture and a sweetish taste.

MAREE A French collective name for all sea fish, shellfish and a seafood that are sold in a fish market.

MARENGO A dish of chicken or veal sautéed with white wine, tomato and garlic.

Chicken Marengo is named after the Battle of Marengo (14 June 1800), at which Napoleon Bonaparte defeated the Austrians; it was created on the battlefield itself by Dunand, Napoleon's chef.

Bonaparte, who on battle days are nothing until the fight was over, had gone forward with his general staff and was a long way from his supply wagons. Seeing his enemies put to flight, he asked Dunand to prepare dinner for him. The master chef at once sent men to the quartermaster's staff and ordinance corps in search of provisions. All they could find were three eggs, four tomatoes, six crayfish, a small hen, a little garlic some oil and a saucepan. Using his bread nation, Dunand first made a panada with oil and water, and then having drawn and joined the chicken, browned it in oil and fried the eggs in the same oil with a few garlic cloves and the tomatoes. He poured over his mixture some water laced with brandy borrowed from the general's flask and put the crayfish on top to cook in the steam.

The dish was served on a tin plate, the chicken surrounded by the fried eggs and crayfish with the sauce poured over it. Bonaparte, having feasted upon it, said to Dunand. 'You must feed me like this after every battle.'

The origin of this improvised dish lay in the garnish, for chicken à la provençale, sautéed in oil with garlic and tomatoes, dates from well before the Battle of Marengo. In the course of time the traditional garnish was replaced by mushrooms and small glazed onions and the preparation was also used for veal.

Some authorities believe that the dish was created in the town of Marengo (now Hadjuout) in Algeria.

RECIPE

Sautéed veal Marengo

Cut 1 kg (2¼ lb) shoulder of veal into large even sized cubes and sauté in 25 g (1 oz, 2 tablespoons) butter and 2 tablespoons oil in flameproof casserole until lightly browned. Add 2 chopped onions and brown them, sprinkle with 1 tablespoon flour and cook until golden brown. Add 1 glass of white wine, scraping the bottom of the casserole to incorporate all the residue, then 500 g (18 oz) seeded chopped tomatoes a bouquet garni, a crushed garlic clove, and salt and pepper. Add enough hot water to just cover the ingredients, bring to the boil, cover and simmer for 1 hour.

Meanwhile, glaze 24 small (pearl) onions in 1 tablespoon granulated sugar, 25 g (1 oz, 2 tablespoons) butter, salt and pepper. Keep hot. Sauté 150 g (5 oz, 1½ cups) finely sliced mushrooms in 20 g (¾ oz, 3 tablespoons) butter. Cut 2 slices of bread into croutons and fry in 3 tablespoons oil until golden brown. Five minutes before the meat is cooked, add the mushrooms and complete the cooking.

Pour the sautéed veal into a deep warmed dish, sprinkle with chopped parsley and garnish with the glazed onions and the croutons.

MARGARINES and spread Since the 1860s, margarine has played an important part in the diet of industrialized countries. The product was conceived by French research chemist Hippolyte Mege-Mouries to meet a pressing need for a longer lasting and economical alternative to butter to suit the population that had moved from the country and into the cities. Noticing its pearly sheen, he named his invention margarine, taken from the Greek word margarites meaning pearl. The Dutch company, Jurgens, initiated commercial production in the 1870s. The popularity of margarine soon grew on a worldwide scale, as it became recognized as a valuable and economical food product.

Margarine has a minimum fat content of 80% but less than 90%. Spread, although similar to margarine in that they are made from vegetable oil, have varying fat levels.

Margarines and spreads can be made from a wide variety of vegetable oils, and those most commonly used include rapeseed (canola), sunflower, soya, palm and palm kernel. The oils are refined to purity and blended. Essential vitamins A, D and sometimes E, flavouring, salt and milk and/or they are added and the final mixture is emulsified, pasteurized and chilled.

Over the years, a variety of technological innovations have taken place, resulting in products suitable for a number of uses. Examples include margarines and spreads sold in tubs which can be spread easily even when chilled. Some spreads are based on particular types of fat, others offer a 'buttery taste'

Around a third of all British produced margarine and related spread products are essential ingredients for catering, baking and commercial food processors they are used in taking instead of butter or lard (shortening), for example to provide tender, short or soft textures and flavours to incorporate air in cakes and creams and to produce layers in puff pastry. For pastry, biscuits and bread baking margarine or high fat spreads produce good texture. Margarines and other

high fat spreads are also suitable for frying.

MARGUERY, NICOLAS French chef (born 1834;died1910).He began his career as a dish washer at the Restaurant Champeuax in Paris during which period became an apprentice chef and eventually, in 1887, he opened a restaurant of his own. The Marguery became an elegant opulent rendezbous for gourmets and was famous for its marvelloucellar and especially, for its fillets of sole Margeury (cooked in white wine). Margeury invented a number of other dishes, particularly tournedos Marguery (served on artichoke hearts).

RECIPE

Fillets of sole Marguery

Fillet 2 sole. Using the bones and trimmings, make a white wine fumet, adding a little chopped onion, a sprig of thyme, a quarter of a bay leaf and a sprig of parsley. Season with salt and pepper and boil for 15 minutes. Add to the fumet the cooking liquid from 1 litre (1quarts) mussels cooked in white wine. Season the sole fillets with salt and pepper and lay them in a greased dish. Pour over a few spoonsfuls of the fumet and cover with a sheet of buttered greaseproof (wax) paper. Poach, gently, then drain the fillets and arrange them in a oval dish; surround with a double row of cooked shelled mussels and peeled prawns (shelled shrimp). Cover and keep warm while the sauce is being made.

Strain the fumet and the cooking liquid from the sole, reduce by two-thirds, remove from the heat and when slightly cooled, mix in 6 egg yolks. Whisk the sauce over a gentle heat, like a hollandaise sauce, incorporating 350 g (12 oz, 1½ cups) softened butter. Season the sauce with salt and pepper and strain it; pour over the fillets and their mussel and prawn garnish. Glaze quickly in a preheated oven at 230°C (450° F, gas 8) and garnish with pastry motifs pointing outwards.

MARIE-LOUISE A garnish dedicated to the second wife of Napoleon I and served mainly with cuts of lamb or mutton. It consists of either noisette potatoes and artichoke hearts stuffed with a mushroom duxelles and onion puree, the sauce being made by deglazing the panwith demi-glace ; or small tarts filled with peas and tiny balls of carrot and turnip.
Tournedos marigny

MARIGNAN A savarin cake spread with sieved apricot jam and covered with Italian meringue; it is traditionally decorated with a ribbon of angelica fashioned like the handle of a basket.

RECIPE

Marignan

Soak 75 g (3 oz, ½ cup) raisins in warm water until plump. Weigh out 250 g (9 oz, 2¼ cups) strong plain (bread) flour. Dissolve 15 g (½ oz) fresh yeast (1 cake compressed yeast) in a very small amount of water, stir in a little of the flour, then cover the mixture with the rest of the flour and leave to rise. When cracks appear in the flour (after about 15 minutes), transfer the yeast and flour to a mixing bowl and add 25 g (1 oz, 2 tablespoons) caster (superfine) sugar, a pinch of salt and 3 very lightly whisked eggs; knead the dough. Let it stand for 30 minutes.

Melt 75 g (3 oz, 6 tablespoons) butter and add this to the dough, together with the drained and dried raisins. Turn the dough into a buttered and floured manque mould or deep sided cake tin (pan), 19 cm (7½ in) in diameter, and leave it to rise. When the dough has doubled in volume, bake in a preheated over at 190° C(375° F, gas 5) for about 40 minutes.

Prepare a syrup with 100 g (4 oz, ½ cup) sugar, 250 ml (8 fl oz, 1 cup) water, and 6 tablespoons rum. Pour this over the warm cake. Spread the cake with warmed and sieved apricot jam (about half a jar is required). Prepare an Italian meringue mixture with 400 g (14 oz, 1¾ cups) caster sugar, 4 egg whites and 1 liqueur glass of rum. Completely cover the sides and top of the cake with this mixture. Bend a long strip of angelica over the cake to resemble the handle of a basket and fix it to the cake at each end.

MARIGNY A garnish for small sauteed cuts of meat consisting either of fondant potatoes, peas and French (green) beans cut into sticks (buttered and arrange in tartlet cases) or artichoke hearts stuffed with sweetcorn in cream and small noisette potatoes. The sauce is made by deglazing the pan with white wine (or Madiera) and thickened veal stock. Marigny soup has peas and French beans as its basis.

RECIPES

Marigny soup

Mix 1.5 litres (2¾ pints, 6½ cups) Germiny soup (thinned with a little consommé) with 2 tablespoons sorrel chiffonnade gently cooked in butter and 1 table spoon each of boiled peas and diced French beans. Garnish with 1 tablespoon chopped chervil.

Tournedos marigny

Gently cook some artichoke hearts in butter. Prepare some buttered sweetcorn and some noisette potatoes. Saute the steaks in butter and keep them warm. Deglaze the pan with a little white wine and reduce, complete the sauce by adding some thickened veal stock. Surround the steaks with the artichoke hearts stuffed with sweetcorn and noisette potatoes. Serve with the sauce.

MARIGOLD A garden plant with yellow flowers, the petals of which were once used to heighten the colour of butter. Traditionally they were used to enrich such dishes as Jersey conger soup (with cabbage, leeks and peas), to garnish green salads and to season vinegar. Alexander Dumas proposed, a herb soup a la dauphine, which included marigold flowers. Special care must be taken not to boil the slightly bitter petals.

MARINADE A flavoured liquid, cooked or uncooked, in which savoury ingredients, such as meat, offal (organ meats), game, fish or vegetables, are steeped for varying lengths of time. The process of soaking is known as marinating. Its principal purpose is to flavour the food, but it also makes certain meats more tender by softening the fibres and adding moisture. It is one of the oldest culinary procedures, wine, vinegar, salted water, herbs and spices not only counteract the strong taste of game, for example, but also increase the length of time that the meat can be preserved. The word is ultimately derived from the Latin *marinus* (marine), referring to the sea water or brine that was used for preserving foods in ancient times. Nowadays, foods are usually marinated to improve their flavour rather than to preserve them.

In Mediterranean countries, it is traditional to marinate vegetables and fish (for example, sardines, tuna, peppers, onions and mushrooms). In Sweden, goose is salted and marinated; other foods marinated in Scandinavia include pickled tongue, ham, damson and mackerel (in white wine). In India many ingredients are marinated in spiced curdled milk, in Peru, raw fish is marinated in lemon juice.

The length of time that foodstuffs should be left in a marinade depends on the nature and size of the food and this can vary from 30 minutes to several days. When the marinade is used for its preserving effect, the food should be completely submerged and not removed until

required.

An essential distinction is drawn between cooked, uncooked, and quick marinades. The two former marinades (based on carrots, shallots, onions, pepper, salt, bouquet, garni, parsley, vinegar, garlic and red or white wine) are used for meat and game. A cooked marinade must be cooled before use, whereas uncooked and quick marinades can be used immediately as they require no heating. Quick marinades are used to impart flavour and not generally for tenderizing as this requires a long marinating time. They are used for fish (lemon, oil, thyme and bay leaf), for the ingredients of fritters or fritot (lemon, oil, parsley, salt and pepper), and for the ingredients of terrines pates and galantines (brandy, Madiera or port, salt, pepper and shallots).

In general, the food that is being marinated is turned over with the slotted spoon from time to time. Because of their high acid content, uncooked marinades are used in glass, porcelain or glazed earthenware dishes.

The food should be removed from its marinade just before cooking and drained well; in the case of grilled (broiled), fried or roasted items, the marinade may be used to baste the food during cooking, to deglaze the pan after cooking or to make the accompanying sauce.

RECIPES

Cooked Marinades

Marinade for meat and venison

Take the same vegetables and herbs as listed for the uncooked marinade for large cuts of meat and game and brown them lightly in oil. Moisten with a mixture of 750 ml (1¼ pints, 3¼ cups) wine (red or white according to the recipe) and 6 tablespoons vinegar, then simmer gently for 30 minutes. Season the meat with salt and pepper and put it in a bowl; when the marinade is completely cold pour it over the top. Cover and chill for 2-6 days.

Uncooked Marinades

Marinade for ingredients of pates and terrines

Season the ingredients with salt, pepper and mixed spice. Add a little crushed thyme and a finely chopped bay leaf. Moisten with brandy – about 150 ml (¼ pint, 2/3 cup) brandy for the ingredients of a duck terrine – and marinate for 24 hours in a cool place.

Marinade for large cuts of meat and game

Season the meat with salt, pepper and mixed spice. Place in a pan just large enough to hold it. Add 1 large chopped onion, 2 chopped shallots, 1 chopped carrot, 2 crushed garlic cloves, 2-3 sprigs of parsley, a sprig of thyme, half a bay leaf (coarsely chopped) and a clove. (For a daube add a piece of dried orange peel). Cover completely with red or white wine (according to the recipe) fortified with 1 liqueur glass of brandy. Cover and marinate for 6 hours to 2 days in a cool place, turning the meat 2 or 3 times so it is thoroughly impregnated with the marinade. The marinade can be used in the cooking if the meat is to be braised.

Quick marinade for grilled fish

Season all the pieces to be marinated with salt and pepper. Add a few slices of peeled lemon and sprinkle with some thyme and ground bay leaves. Allow to rest for about 10 minutes.

MARINATE To steep ingredients in a seasoning mixture. The term refers to the preparation of savoury ingredients. Macerate is the term used for soaking sweet items.

MARINIÈRE, A LA A method of preparing shellfish or other seafood, especially mussels, by cooking them in white wine, usually with onions or shallots. The term is also applied to certain

fish dishes which are cooked in white wine and garnished with mussels. Marinere sauce is similar to a Bercy sauce made with mussel cooking juices and the marinere garnish always include mussels and sometimes also prawns (shrimp) Langoustines, crayfish, frogs and various types of seafood used to garnish, for example, croutes, timbales and vol-au-vent are also cooked in this way.

RECIPES

Crayfish or langoustines a la marinere

Saute the shellfish in butter over a high heat. When they are really red, season with salt, pepper, thyme, a little crushed bay leaf and add enough white wine to almost cover them. Cook gently with the lid on for 10 minutes. Drain the shellfish and keep warm in a deep dish. Reduce the cooking liquid and thicken it with butter. Pour the sauce over the shellfish and sprinkle with chopped parsley.

Mariniere sauce

Prepare a Bercy sauce using the juices from moules mariniere. Add 2 egg yolks per 150 ml (1/4 pint, 2/3 cup) sauce and whisk continuously over a low heat until the sauce thickens.

Moules mariniere

Trim scrape and wash some mussels. Peel and chop 1 large shallot per 1 kg (2 1/4 lb) mussels. Put the chopped shallots in a buttered pan with 2 tablespoons chopped parsley, a small sprig of thyme, half a bay leaf, 200 ml (7 fl oz, 3/4 cup) dry white wine, 1 tablespoon wine vinegar and 2 tablespoons butter (cut into small pieces). Add the mussels, cover the pan and cook over a high heat, shaking the pan several times, until all the mussels have opened. Remove the pan from the heat and place the mussels in a large serving dish. Discard any mussels that do not open. Remove the thyme and bay leaf from the saucepan and add 2 tablespoons butter to the cooking liquid. Whisk the sauce until it thickens and pour it over the mussels, Sprinkle with chopped parsley.

MARJORAM A herb of which there are various types, the most familiar being sweet marjoram, pot marjoram and wild marjoram. Sweet marjoram is one of the most popular herbs in Mediterranean cookery; it has a strong aromatic scent but a fairly delicate flavour, which is good in salads and combines well with meat, game, poultry, pulses and some vegetables particularly carrots, salsify and cucumber. To avoid losing its mild flavour, which is easily done in cooking, it is best added towards the end of the cooking period.

Pot marjoram can be used in the same way as sweet marjoram but, because it is not so sweet in flavour, it goes well with more strongly flavoured dishes such as those with onion, garlic and wine. It too is a Mediterranean herb and grows wild in Greece where it is one of the plants they call rigani. There are many wild species of rigani in Greece it is used frequently with lamb.

MARMALADE An orange jam invented by a manufacturer from Dundee in Scotland, in about 1790. In domestic cookery marmalades can, in principle, be made with any fruit, but in 1981 the EEC issued a directive that limited the term to those items prepared with citrus fruit (sweet or bitter oranges lemons and grapefruit). Originally marmalades were made with quinces, the word is derived from the Portuguese marmelada, quinces, cooked with sugar or honey.

MARMELADE A thick sweet puree prepared from fruit that is stewed for a long time with sugar. The fruit, whole or cut into pieces, is first macerated on a sugar syrup –made with 450 g (1 lb) sugar per 150 g (1 lb) fruit – for about 24 hours. In a marmelade, unlike jam, the fruit is no

longer identifiable.

MARMITE A French metal or earthenware covered pot with two handles with or without feet depending on whether it is used for cooking in a hearth or on the stove. Its large capacity makes it suitable for boiling large quantities of food such as soups large cuts of beef, stews, pates, shellfish and various types of seafood. Catering establishments use even larger marmites that are fitted with a tap at the bottom for emptying. The tallest kind in France are called pot-au-feu, and the smallest, fait-toul. The buguenote is an earthenware marmite with short legs.

The word marmite is derived from an Old French word meaning 'hypocrite' which was applied to the vessel because its contents were concealed. In France it was formerly known as oille ouille. Or oule. From the 14th century onwards, the marmite was made of cast iron with a handle and three feet. It was suspended from the trammel of the chimney and used for boiling water and washing laundry, as well as for preparing the soup. In the 17th century the marmite was reserved for making soups. Special silver marmites, decorated with coats of arms, medals and inscriptions, were manufactured to serve the soup at table.

Marmite is also the name of product first made in England in 1902. It is a concentrated yeast extract, made from brewer's yeast with salt and spices, and is used as a spread or savoury flavouring.

MARMITE DIEPPOISE A fish soup from the Normandy coast of France made of sole, turbot and angelfish cooked in white wine with vegetables (celery, leeks, onions, fennel), garnished with mussels, prawns (shrimp) and scallops and blended with cream.

MARMITE NORVEGIENNE The French name for a double cooking pot in which food is cooked very slowly and economically over a low heat. The inner container is an ordinary aluminum or stainless steel casserole. When its contents have been brought to the boil, it is taken off the heat and immediately placed inside the second container, which has double walls filled with an insulating material. The temperature of the food in the casserole falls very slowly - 30°C (86°F) in 6 hours – thus the food can continue to cook without using any more fuel.

MARMITE PERPETUELLE An establishment that was situated in the Rue des Grands-Augustins in Paris, near the old poultry market. It was very famous at the end of the 18th century, especially for eapons and beefs boiled in consommé, which could either be taken away or eaten on the premises. It is said that the fire under the marmite never went out, and that more than 300,000 chickens were cooked successively in the same stock, which the proprietor, Deharme, simply watered down every day.

MAROCAINE, A LA The name given to sauteed noisettes of mutton or lamb arranged on mounds of pilaf rice (lightly seasoned with saffron) and coated with a sauce made by deglazing the pan juices with tomato puree (paste). They are served with sauteed diced courgettes (zucchini) and sometimes braised green ppppeppers stuffed with chicken forcemeat.

MAROILLES, A French cow's milk cheese (containing 45-50% fat) with a soft yellow paste and a smooth shiny reddish-brown rind, Named after the Abbey of Maroilles, where it was first made around 960, it is a semi hard, full-flavoured cheese with a strong smell. Its nickname is vieux paunt or old stinker. Philippe Auguste, Louis XI, Francois I and Fenelon, in particular, greatly appreciated Maroilles cheese. It is manufactured in the towns of Vervins, Avenes-sur-Helpe and Cambrai. Maroilles is excellent in summer, autumn and winter and is matured for 4 months in a damp cellar. It is sold in 13 cm (5 in) squares, 6cm (2½in) deep and weighing 800 g (1¾ lb). Sorbais, Mignon and Quart de Maroilles are related cheeses that benefit from the same DOP. All of them are good to eat at the end of a meal, especially with beer. They are also used in

various regional recipes.

MARQUISE Any various delicate desserts, Chocolate marquise is a glazed dessert halfway between a mousse and a parfait. It is based on chocolate, butter, eggs and sugar, chilled in a mould. And served with vanilla-flavoured custard cream or Chantilly cream. Another type of marquise is a granite (usually flavoured with strawberry, pineapple or kirsch), to which very thick Chantilly cream is added just before serving.

The name is also used for a chocolate dacquoise and for a Genoese sponge or almond cake filled with chocolate flavoured confectioner's custard (pastry cream) and covered with chocolate fondant icing (frosting).

RECIPES

Chocolate marquise

Break 250 g (9oz, 9 squares) plain (dark) chocolate into small pieces and melt it gently in a covered bain marie. Separate the yolks and whites of 5 eggs. Add 100 g (4 oz, ½ cup) granulated sugar to the yolks, beating the mixture until it becomes light and fluffy. Then add the melted chocolate and 175 g (6 oz, ¾ cup) melted butter and mix well. Whisk the egg whites with a little salt until very stiff, and carefully fold them into the chocolate mixture. Cool a deep sandwich tin (layer cake pan) or charlotte mould under running water and pour the mixture into it, smoothing it down well.

Chill for 12 hours in the refrigerator before removing from the mould.

Marquise (the drink)

Dissolve 500 g (18 oz, 2 ¼ cups) sugar in a little water, then add a bottle of dry white wine and 1 litre (1 ¾ pints, 4 1/3 cups) sparkling mineral water. Cut 2 lemons into thin slices, remove the pips (seeds) and add them to the drink. Store in the refrigerator and serve with ice cubes.

MARRONS GLACES Chestnuts that have been poached in syrup and then glazed; they are packaged as sweetmeats and are also used in patisserie. Marrons glacés were created during the reign of Louis XIV and were formerly sold in the syrup in which they were prepared.

RECIPE

Chocolate gâteau with chestnuts

Cut a chocolate sponge cake horizontally into three equal layers. Bring to the boil 200 ml (7 fl oz, 1 cup) water with 150 g (5oz, 2/3 cup) sugar and cook for 3 minutes. Remove from the heat and add 1 tablespoon rum. Soak the three layers of the chocolate sponge with this syrup after it has cooled down.

Bring 3½ tablespoons milk to the boil. Add 250 g (9oz, 9 squares) grated plain (dark) chocolate and stir until the mixture is smooth. Add 25 g (1 oz, 2 tablespoons) butter, then cool before adding 250 ml (8 fl oz, 1 cup) whipped Chantilly cream. Coat the first layer of chocolate sponge with this chocolate mousse. Mix 200 g (7 oz, ¾ cup) chestnut puree with 50 g (2 oz, ¼ cup) soft butter. Beat vigorously and incorporate 1 tablespoon flamed rum, the 300 ml (½ pint, 1¼ cups) whipped Chantilly cream. Using a wide spatula, spread this chestnut mousse on the next chocolate sponge layer, arrange 75 g (3 oz, ½ cup) crumbled marrons glacés on the mousse and cover with the third layer. Put the cake in the refrigerator for 1 hour. Bring 200 ml (7 fl oz, ¾ cup).

MARSH MALLOW A Medical plant related to the common , with staling roots used to make cough lozenges and syrup . the mucilage from the roots was formerly used to make the spong sweets known marshmallow Now, However , Marshmallow are prepared with sugar flavouring colouring then either starch and gelatine or gun arabic and egg white.

Shallow Marshmallow are commonly eaten as sweet but are also used as an ingredient in cooking to make cake , icing (frosting) and sauce . This was a particularly popular fashion in the United State in the middle of the 20th century

Marzipan A product of almond paste , made with ground almond and German Marzipans have the ingredients cooked together (see almond paste, made from ground almonds, sugar and egg is sometimes called marzipan. Marzipan is used in making cakekes and pastries, especially as a base for the icing (frosting) on a Christmas or wedding cake, and it can be coloured and flavoured and used in confectionery to make patits four, usually coated with sugar or praline other marzipan sweetmeat are formed into shape such as fruits and vegetables.

Marzipan sweetmeat are said to have been perfected by an order of nuns in France . The word marzipan is derived from the Italian marzipane originally meaning a sweet box , and later its

Recipe

Marzipan (1)

Blacch 250 g (9 oz , 13/4 cups) sweet almonds and 2 or 3 bitter almonds and pound then in a

MASA HARINA

MORTAR (OR USED A FOOD PROCESSOR) . MOISTER FROM TIME TO TIME WITH A LITTLE COLD WATER . When the almonds have been reduced to fine and fairly firm paste , put them in a heavy – based pan with 500g (18 oz, 21/4 cups) caster (superfine) sugar , a pinch of powdered vanilla or vanilla extract, and a few drops a of orange – power water dry out over a gentle heat , stirring with a wooden spoon,

Put the paste back into the mortar and grind it with the pestle , then or it with the hand on a marble slab until smooth , adding small handful of icing (confectioner's) sugar , sifted through a fine sieve . Use the paste as required.

- **Marzipan sweet (condies)** To make sweets , roll the paste out to a chickness of 2cm (3/4in). Lay it out on sheet of rice paper , and cut it out into various shapes with a cutter. Lay the pieces on a baking sheet lined with rice paper and dry out in a very cool oven.

Marzipan (2)

Take 1.4 kg (3lb sweet almond , blanch and peel them: drain and wipe them in a marble mortal , sprinkling then from time to time with a little water, so that do not become too oily (or use a food processor). When they are pounded to a smooth paste . cook 675g (1½ lb .3 cups) sugar to the small thread stage , 101°C (214°F) . add the almond to sugar and mix together with a spatula carefully scraping the bottom and side to prevent sticking whioch may occur even when the pan is removed from the heat . The pasted is ready when it does not stick to the back of the hand when touched palce the pasted on a board . Sprinkle with caster (superfine) sugar on the both sides and leave it to cool.

- **Baked sweets** Roll out the paste to a moderate thickness and cut out differencent shape with cutter pressing them gently with the fingertip on to sheet baking . cook on one side only . then ice (frost) the other side and bake in the same way.

MASA HARINA A Specially processed couflour (constarch) also know as tamale Flour , much used in maxican food .

MASCARPONE This Italian Specially is made by mixing cream with lemon juice or citric acid Originally , the curd mixture was hung up to drain in Muslin (cheesecloth) : today it is made in factories using centrifugal equipment . It has a smooth creamy taste and texture .It is served on a cheese board or used to make Italian dessert such as trims .

MASCOTTE A Genoese sponge cake soaked in kirrsch or rum , Filled and coated with praline butter cream or coffee - favored butter cream and Toast shredded almond.

Recipe

Mascotte

Make a genoese mixture with 4 egg , 125 g (4 ½oz, generous 1 cup) plain (all-purpose) flour. Bake in buttered round cake tin (pan) 23 cm (9 in) diameter.

Prepare a syrupo with 100g (4oz, ½ cup) granulated sugar and 6 tablespoons water. When it has cooled , blend in 6 tablespoon rum . Make a coffee flavoured butter cream (see cream0 with 4 table spoons instant coffee powder . 250g (9oz generous 1 cup) sugar 6 egg yolks 300g (11 oz scant 1½cup) softened butter and 3 tablespoons rum. Divide into 2 equal portion and add 2 tablespoon toasted crushed almonds to one half

Cut the cake horizontally into 2 halve and soak them in the rum-flavoured syrup. Sandwich together with the butter cream without almonds and coat the top and side of the cake with the remaining butter cream.

MASCOTTE, A LA A garnish for small sauteed cut of meat and poultry of olive – shaped pieces of potato and sliced artichoke hearts sauteed in the butter with a few slice of truffle and sometimes some small stewed whole tomatoes. The sauce is made by deglazing the meat juices in the sauce pan with white wine and thickened veal stock. Dishes a la mascotte were name after an operetta by Audra, 1880. They are usually served in an ovenproof casserole or an earthenware dish.

MASK To coat food with a sweet or savoury substance, usually just before but sometimes during preparation of, for example , aspic or a chaud – froid The masking substance can be a sauce a cream, a salpicon bound with a sauce a puree fondant icing (frosting) or aspic

MASKINONGE Americano indian name for largest species of pike , which is found in Canadian lakes Particularly in the province of quebec Ontario and manitoba . varied in colour , maskinonge always has several light stripes, It is a very aggressive fish, a choice catch for anglers who keep it to eat themselves.

MASSENA A method of preparing sauteed tournedos steaks or lamb noisette in which the pan is deglazed with Perigueux, in which the pan is deglazed sauce and the garnish is artichoke hearts and slices of poached beef marrow bone. Soft-boiled (sfl – cooked) egg Massena are served with artichoke hearts and bearmaise sauce and topped with slices of bone marrow

Recipe

Tournedos massena

Gently cook some medium artichoke hearts in butter and poach some slices of bone marrow (2-3 per steak) in a court – bouillon. Preparing a thin Perigueux sauce, Sauce the Steaks in

the butter and arrange them on a dish with the artichoke hearts Garnish each of the steaks with 2-3 slices of bonemarrow and pour a little of the perigueux sauce over the artichoke hearts. Serve the remaining sauce separately.

MASSENET A garnish for large and small cuts of meat dedicated to the French composer Jules Massenet - it consists of small potatoes baked in individual mould, small artichoke heart filled with a salpicon of bone marrow and French (green) beans in butter, the sauce is made from the meat juices or from a demiglace sauce flavoured with Madeira. Massenet also gave his name to various egg dishes garnished with asparagus tips and artichoke hearts.

Recipe

Scrambled egg Massenet

Cook some asparagus tip in butter. Boil or steam some artichoke hearts. Dice them and sauté them in the butter. Prepare some scrambled egg. Mix them with the diced artichoke hearts and garnish them with the asparagus tips

Soft-boiled or poached egg Massenet Prepare some individual croustades with small potatoes. Fill them with a salpicon of French (green) beans. Dressed with butter and keep hot. Cook the eggs and place one in each croustade. Coat with bone marrow sauce and sprinkle with chopped parsley.

Alternatively, place an artichoke heart in the bottom of each croustade and garnish the dish with very small asparagus tips

MASSELOT FRANCOIS French chef (born 1660: died 1733) he was chef de cuisine to various illustrious personages, including the brother of Louis XIV the dukes of Chartres, Orleans and Aumont Cardinal D'Estrees and the Marquis de Louvois in 1691 he published anonymously *Le Cuisinier royal et Bourgeois*. His name did not appear on the title page until the work was republished in 1712. He also wrote *Instruction nouvelle pour les confitures, les liqueurs et les fruits*, published in 1692. These two works were relatively unknown to the general public but they were held in great esteem by the professional cooks of the 18th century and certainly had an influence on the development of French cuisine. Massolot recipes include Chicken with green olives and herbs ragout of salmon's head with white wine verjuice, capers and mushroom and also benoiles (souffles fritter flavoured with orange-flower water and served very hot sprinkled with sugar)

METAFAN Also known as *matefain* a large thick nourishing pancake made in different regions of France. The dish was first named *metafan* in Franche-Comte when the province was occupied by the Spanish in the 15th century. The word is derived from the Spanish *mata hambre* (kills hunger) which in French became *mate le fain*, hence the frequent spelling *matefain* in the environs of Lyon and in the mountains *metafans* are savoury and contain spinach, potatoes, pieces of bacon, or even lean pork. In Burgundy and Bresse, they are served as sweet dessert dried fruit replacing the savoury ingredients.

Recipes

Besancon metafans

Blend 5 tablespoons plain (all-purpose) flour, 1 egg, 2 egg yolks a little caster (superfine) sugar, a pinch of salt and 1 teaspoon oil with a little milk. Flavour the batter with kirsch and let stand at room temperature for 1 hour. Melt a little butter in a frying pan: when it starts to smoke, pour in some batter tilting this pan so that the batter spread out to cover the base. When the first side is cooked turn the pancake over and brown the other side

Savoy matefain

Make a batter with 125 g (4½oz generous 1 cup) plain (all – purpose) flour ,1200 ml (7 fl oz, ¾ cup)milk . egg salt and pepper and a little grated nutmeg .Then blend in 1 tablespoon melted butter Melt 20g (¾oz,4½ teaspoons) butter in a heavy based frying pan and pour in the batter , tilting the pan so that the batter spread out to cover the base. Cook gently until the pancake is set . turn it out on to a butter flameproof plate, sprinkle generously with grated Gruyere cheese and brown under a grill(broiler)

MATE A beverage prepared from the leaves of a south American holy shrub Both the shrub and the beverage are also known as yerba and Paraguay tea . The leaves – Dried roasted and

Matelote

Powders – are infused to produce a tonic drink rich in caffeine, which is popular in Argentine. Brazil and other South American countries It can be flavoured with lemon , milk or brandy , originally the south American Indians chewed the fresh leaves without any previous preparation.

MATELOTE A French fish stew made with red or white wine and aromatic flavourings. The term is generally applied to stews made with freshwater fish: eel in particular, but also carp, small pike, trout, shad and barbel. Matelote is a standard recipe in the regions of the Loire and the Rhone and in Languedoc; there are also several variations. In Normandy a matelote is made with sea fish such as turbot, mard, conger eel and brill. It is flamed with Calvados, cooked in cider, bound with butter and enriched with shrimp and mussels or oysters. All matelotes are usually of bacon and sometimes with crayfish cooked in court-bouillon and fried croutons.

RECIPE

Cel matelote

Skin 1 kg (2¼ lb) eels and cut them into thick slices. Cook them in 65 g 2 (½ oz, 5 tablespoons) butter until firm, then flame them in 1 liqueur glass of marc or brandy. Add 2 onions, 1 celery stick and 1 carrot, all thinly sliced. Cover with 1 litre (1¾ pints, 4 1/3 cups) red wine and add salt, a bouquet garni, a crushed garlic clove, a clove and 4-5 peppercorns. Bring to the boil and simmer for about 20 minutes.

MATIGNON A vegetable mixture that is prepared au gras (with bacon) or au matigre (without bacon). It is used as a complementary ingredient in various braised or fried dishes. Matignon is also the name of garnish for various cuts of meat, consisting of artichoke hearts stuffed with vegetable fondue, sprinkled with breadcrumbs and browned, accompanied by braised lettuce and sometime Madeira or port sauce.

RECIPES

Matignon mixture

For the au maigre (meatless) version, cook 125 g (4½ oz, 1¼ cup) sliced onions chopped celery, and 25 g (1 oz,¼ cup) sliced onions gently in butter. Add salt, a sprig of thyme, half a bay leaf and a pinch of sugar. When the vegetables are very soft, add 6 tablespoons Madeira and boil to reduce until nearly all the liquid has evaporated.

Fillet of beef a la matignon

Stud a fillet of beef with strips of pickled ox (beef) tongue and truffle (optional). Cover with a matignon mixture and wrap in very thin slices of bacon. Secure with string. Put into a braising pan and add enough Madeira to cover one-third of it. Cover and braise in a preheated oven at

160°C (325°F, gas 3) until the meat is tender. Drain the fillet and remove the bacon and matignon. Skim the fat from the cooking liquid, strain it, pour a few tablespoons over the filler and put it into the oven to glaze. Serve surrounded with a matignon garnish and a little of the sauce. Serve the remainder of the sauce separately.

MATURATION The process of maturing of food or wine under controlled conditions in order to produce the required texture, colour, flavour, aroma and overall quality.

- **Chesse** The final stage in the manufacture of French cheese. In this stage the curds have set and been turned out of their moulds, the rind forms and the cheese acquires its texture, aroma and flavour. The maturing takes place in a cellar, vault or similar place at a particular temperature – 10-18°C (50-64°F) – and a specific degree of humidity, sometimes in the presence of bacterial flora. The lower the temperature and the bacterial flora. The lower the temperature and the larger the cheese, the longer is the maturing and the larger cheese, the longer is the maturing process.

Sausages. Many varieties of continental sausages, being similarly fermented products, also go through the maturing process. They are subjected to a ripening and drying period which ensures their stability taste and aroma.

Wine. Most wines produced today are designed to be drunk young and would not benefit from ageing. Fine wine, vintage, single quinta and crusted ports and some sparkling wines, however, can develop more complex flavours and aromas by 'laying down'. A great number of factors need to be taken into account when assessing when best to drink a wine, the grape variety, area of production, wine making method and whether the wines were fermented and aged in oak barrels. Full maturity is a mellow marriage of flavours and aromas before the wine starts to deteriorate.

MATZO A Jewish unleavened bread which resembles a very thin, large, dry biscuit. The biscuits are crushed to make matzo meal, used in Jewish cooking as a thickener, to make dumplings and as an ingredients in puddings.

MAYONNAISE A cold emulsified sauce consisting of egg yolks and oil blended together and flavoured with vinegar, salt, pepper and mustard.

There are four possible etymologies of its name, whose spelling has also changed several times. Some sources attribute the name of the Duke of Richelieu, who captured Port Mahon on the island of Minorca on 28 June 176. Either the duke himself or his chef created the sauce during the period and named it mahonnaise. Others believe that the sauce was originally a specialty of the town of Bayonne, known as bayonnaise sauce which has since become modified to mayonnase.

The incorporation of complementary ingredients into plain mayonnaise allows a very wide range of derivative sauces to be obtained andalouse, italienne, tartare verte, cambridge, indienne, dijonnaise, gribiche, maitaise, remoulade, russe or Vincent, depending on whether herbs, curry powder, tomato puree (paste) chopped watercress, caviar, anchovy essence, garlic, capers, gherkins, chervil or chopped truffle, respectively are added.

Mayonnaise is served as an accompaniment to cold dishes such as hors d'oeuvre, eggs, fish and meat. It can also be used for garnishing (piped through a bag) or as a seasoning, for example in russian salad, macedoines of fish, shellfish, poultry or vegetables. These dishes are by extension known as mayonnaise.

RECIPES

Classic mayonnaise

Half an hour before making mayonnaise, ensure that all the ingredients are at room temperature. Put 2 egg yolks, a little salt and white pepper, and a little vinegar (tarragon, if available) or lemon juice in a medium bowl. 1 teaspoon white mustard can also be added. Stir quickly with a wooden spoon or whisk and as soon as the mixture is smooth use a tablespoon to blend in about 300 ml (½ pint, 1¼ cups) olive oil. Add the oil drop by drop, with a few drops of vinegar, taking care to beat the sauce against the sides of the bowl. The whiteness of the sauce depends on this continued beating. As it increases in volume, larger quantities of oil can be added in a thin trickle and also more vinegar or lemon juice. It is essential to add the ingredients slowly and sparingly to avoid curdling.

Anchovy mayonnaise

Add 1 teaspoon anchovy essence (paste) or 4 pureed anchovy fillets to 300 ml (½ pint, 1¼ cups) mayonnaise. Mix well.

Aspic mayonnaise

Pound 8 tablespoons meat aspic. When cooled but before it sets, add 300 ml (½ pint, 1¼ cups) mayonnaise and whisk thoroughly. The sauce must be used promptly because it will set very rapidly. It can be flavoured in the same way as classic mayonnaise.

Watercress mayonnaise

Add 2 tablespoons very finely chopped watercress to 250 ml (8 fl oz, 1 cup) very thick classic mayonnaise. Mix well.

MAYTAG First made in 1941, this American blue cheese is produced in Iowa. The cheese comes in foil-wrapped wheels of various sizes. The paste is very white in colour with a thick, soft, crumbly texture and bright green veining. The flavour is smooth and nutty with a final lemon like kick.

MAZAGRAN An earthenware goblet in which coffee and certain iced desserts are served (the name is also given to the dessert itself). Originally, iced coffee laced with brandy or rum was served in mazagran and drunk through a straw. The name is derived from the town of Mazagran, in Algeria, where the French garrison withstood a memorable siege in February 1840. According to tradition, the Zonaves held their ground thanks to this drink. The goblet was created in their honour.

In classic cuisine, mazagran is the name of a cake made with duchess potato mixture and filled with chopped or diced savoury ingredients, the filling is covered with duchess potatoes, piped on with a fluted nozzle. Mazagrans are baked in a hot oven and served hot with a suitable sauce. A single large mazagran can be prepared in a manqué mould or deep-sided cake tin (pan).

MAZARIN A two layered cake made with daquoise mixture and filled with praline mousse.

Formerly a mazarin was a very large Genoese cake with a cone-shaped hollow in the centre. This was filled with crystallized fruit in syrup and topped with the cone-shaped pieces of cake that had been removed, inverted, replaced and iced (frosted) with fondant. The cake was decorated with crystallized fruit. A third type of cake named mazarin was made with raised (leavened) dough and filled with a butter cream cooked in butter.

MEAL A relatively fixed occasion at which food is consumed each day. The three principal meals of the day are breakfast, eaten at the beginning of the day and literally meaning breaking a fast, lunch an abbreviation of luncheon eaten in the middle of the day and dinner, the main meal of the day. A modest dinner is called supper. Other meals, eaten at other times of the day, are brunch,

which is a combination of breakfast and lunch, and afternoon tea and high tea, both British institutions. At both occasions, tea, the beverage, is drunk and whereas afternoon tea is usually accompanied by a biscuit (cookie) or small cake, high tea is more substantial and would include a savoury dish. Religious feast, such as Christmas Easter or Ramadan, are commemorated by meals consisting of traditional dishes.

MEAT The flesh of animals and birds used as food since ancient times. In the Western world, it refers to the flesh of ox (and calf) pig, and sheep, known as beef (veal) pork and lamb or mutton. Beef, lamb and mutton are generally classified as red meats and veal and pork are white meats. The flesh from domesticated birds and wild animals, such as chicken, duck, turkey, rabbit and hare, is categorized as poultry or game.

The edible internal organs of all the above are known as offal. In different countries of the world, the flesh of a wide variety of animals and birds is eaten, including camels, goats, horses, llama, reindeer (venison) and water buffalo.

Meat is composed of small fibres, which are bound together in bundles to form muscles of the animal. These may be surrounded by thick sheaths of tendon or connective tissue and the various cuts of meat are classified into categories according to the amount of this connective tissue present. Cuts for roasting, grilling (broiling) and frying have almost none so are very tender and can be cooked quickly in dry heat. Cuts for pot roasting and braising have a moderate amount and so need gentle, moist cooking to make the meat tender. If there is a high proportion of connective tissue, or the tissues are thick because the animal is old or the muscle has had more active, use the cut needs long, moist cooking, such as stewing or boiling.

The qualities of Meat Immediately after slaughter, the still warm meat is described as being pantelante (twitching) and not edible, the muscles are soft, the water in the meat is strongly bonded to the proteins and the glycogen in the muscles is breaking down into lactic acid. After several hours rigor mortis sets in and the muscles become stiff. At this stage the meat would be extremely tough after cooking; 24 hours after slaughter, the meat is hung to a mature, once it is 'settled' it becomes suitable for eating.

There are five factors to consider when judging the quality of meat.

- **COLOUR** this – the first sign that the consumer is aware of – depends on the level of myoglobin in the blood, the breed and age of the animal, and possibly its feed. Beef is a vivid shiny dark red, with a fine network of yellow fat: veal is slightly pink with white fat; lamb is bright pink with white fat, mutton a little darker; pork is pale pink.
- **TENDERNESS.** This depends on the following; the age and breed of the animal; its feed, the proportion of connective tissue around the muscle fibres; the treatment of the carcass (whether it was stored in a well-ventilated place at the correct temperature); the period of maturing; and correct butchery (cutting up) of the carcass into joints and cuts of meat. In addition to all these factors, the cooking method is also very important, boiling and stewing increase the tenderness, even of very poor cuts of meat; indeed expensive first-category meat from a young animal, which is considered to be very tender, becomes tough in roasted for too long.
- **WATER RETENTION** This relies on the strength of the bond between water and proteins in the meat and is also an important factor, both when preserving meat and when eating it fresh.
- **FLAVOUR.** This comes essentially from the fat and is therefore linked with the succulence, which itself is determined by the feed of the animal. The flavour is more pronounced in an adult animal that has been well reared for the table, often with more highly coloured meat.

* **Cooking Meat.** The choice of cooking method depends on the type and cut of meat. Quick dry method suit tender cuts, slow, moist methods tenderize tough cuts.

Meat is most often eaten cooked and hot, but it is also served cold and there are examples of raw meat dishes, such as steak tartare.

- **Preserving meat.** Cooking the meat will only preserve it for a limited time, and once cool, it has to be chilled. Man discovered, very early on, various ways of preserving meat, quite apart from charcuterie. One method is cooking in fat. To make confits of goose, duck and pork. Coating cooked meats with aspic is another traditional way of preserving them, but only for a limited time.

Salting, practice since ancient times, is a method of preserving raw meat and examples include pickled pork, cured bacon, salt beef and pickled tongue.

Drying of meat takes place in some regions for example, brest from Jura, Swiss Bundefleisch, South American charqui, pastirma in the East and South African biltong are all dried meats. Drying was traditional method used by the American Indians to conserve the meat of the bison. Freeze drying is a new method of preparing dried meat.

Canning is also a successful method long-term preservation and there are many examples of processed meat product sold in cans.

Freezing is the most suitable method for preserving meat. A wide variety of commercially frozen cuts and meat products are readily available. Meat can also be frozen successfully in the domestic freezer.

MECCA CAKE A small sweet French bun, made with choux paste, glazed with egg and sprinkled with granulated sugar or shredded almonds. Mecca cakes are served without fillings, usually with tea.

MEDALLION An item of food cut into a round or oval shape. The word is synonymous with tournedos when applied to small cuts of beef. Medallions of various thicknesses can be prepared from meat, poultry, fish, shellfish, and even from slices of foie gras. Medallions of veal or poultry are sautéed or fried and can be served hot or cold.

RECIPES

Chicken medallions Beauharnais

Remove the breast from a large chicken and cut each into 2 or 3 slices of equal thickness, flatten them slightly and trim them into round or oval medallions. Season with salt and pepper and sauté in butter. Prepare an equal number of artichoke hearts and cook them in butter.

Fry some round bread croutons, the same size of the medallions, in butter. Arrange an artichoke heart on each crouton, cover with Beauharnais sauce, and top with a chicken medallion. Serve any remaining sauce separately.

Chicken medallions Fedora

Prepare some medallions from the breast of a chicken. Peel some cucumbers, cut them into uniform pieces, and cook them in butter. Keep warm. Cut some slices of bread to the same size and shape as the medallions and fry them in butter. Cook the medallions gently in butter, and keep them warm.

Deglaze the pan in which the chicken was cooked with a mixture of wine and stock; boil until almost completely evaporated. Add some cream and reduce again until the sauce is smooth. Place a medallion on top of each crouton and arrange them in a circle on the serving dish. Coat with the sauce and place the pieces of cucumber in the centre of the circle.

MEDIANOCHE A Spanish word meaning midnight and used to denote a meal that was eaten in the middle of the night as soon as the fast of the previous day had finished. By extension, the term was also used for an exquisite meal that was eaten very late, on such occasions as New Year's Eve.

MEDICIS A method of preparing sauteed noisettes of lamb or tournedos, which are either coated with bearnaise sauce or surrounded by a ring of sauce made by deglazing the meat juices with Madiera and a thickened stock. The garnish consists of noisette potatoes, and artichoke hearts cooked in butter, with peas and tiny balls of carrots and turnips arranged alternately.

MEDLAR A yellowish brown pear shaped fruit, 3-4 cm (about 1½ in) in diameter, with greyish flesh enclosing five seeds (certain varieties are seedless). It is native to central Asia and south-eastern Europe and was known in ancient times. It sometimes grows wild in Britain and Wurope. The medlar is edible only when overripe, after the first frosts if it is still on the tree, or after it has been left to ripen slowly on straw. It has a mildly acidic and rather wine like flavour. The fruit is usually made into compotes or jellies.

MEDOC One of the most important regions of Bordeaux. It runs from an area just north of the city of Bordeaux almost to the Pointe de Grave, the tip of a peninsula jutting into the atlantic. The vineyard is divided into the Bas-Medoc in the north and the Haut-Medoc to the south, which includes some of the most famous of all the Bordeaux parishes (communes) Opauillac, St-Julien, St. Estephe, Margaux and certain others, such as Listrac and Loulis. Within these districts some of the greatest red wines of the world are made.

The great estates also produce second' and sous marque wines, which may not be quite up to the quality of their finest wines. It is up to the individual winemakers to decide whether they will declassify their wine – for example; in a very poor year, the chateau label may not be put in a wine that does not attain its usual high standard, but which may be acceptable as a 'second wine' or sous marque.

MEGRIM A large flat-fish of the Pleuronectidae family, also known as sail-fluke and whiff. It is trawled in the North seas and around Ireland.

MELAGUETA PEPPER Also known as ginny pepper. Guinea pepper, alligator pepper, malagueta, malaguetta, manigueta or maniguetta. Part of the same family plant as cardamom and ginger, the small red-brown irregular-shaped seeds are contained in small oval pods. The seeds are used ground or whole and their flavour is reminiscent of a mixture of ginger and cardamom. The seeds are also known as grains of paradise; however there are claims that the true grains are said to come from a related plant of the same species.

MELBA The name of various dishes dedicated to Dame Nellie Melba, the famous 19th century Australian opera singer. The best known is peach Melba created in 1892 by Escoffier when he was chef at the Savoy, in London at the time when Melba was starring in the opera Lobengrin. It was first served at a dinner given by the Duke of Orleans to celebrate her triumph: Escoffier conjured up a dish of a swan of ice bearing peaches resting on a bed of vanilla ice cream and topped with spun sugar.

Melba is also the name of garnish for small cuts of meat consisting of small tomatoes stuffed with a salpicon of chicken and mushrooms bound with veloute sauce.

RECIPES

Lamb noisettes Melba

Stuff 8 very small tomatoes with a salpicon of chicken and mushrooms bound with veloute sauce. Brown them in the oven or under the grill (broiler) and then keep warm. Fry 8 croutons cut the same size as the noisettes of lamb. Saute the noisettes in butter and arrange them on the croutons on a serving dish. Keep warm.

Deglaze the saute pan with 350 ml (12 fl oz, 1½ cups) stock and boil down to reduce by three quarters. Blend 1 tablespoon arrow with 175 ml (6 fl oz, ¾ cup) Madiera, pour the mixture into the saute pan and whisk until the sauce thickens. Add 20 g (¾ oz 4½ teaspoons) butter, cut into small pieces, and continue whisking. Pour the sauce over the noisettes and arrange the stuffed tomatoes in a circle around them.

Peach Melba

Prepare 500ml (17 fl oz, 2 cups) vanilla ice cream and 300 ml (½ pint, 1¼ cups) raspberry puree. Plunge 8 peaches into boiling water for 30 seconds, then drain cool and peel them. Make a syrup with 1 litre (1¾ cups) water, 500 g (18 fl oz, 2½ cups) sugar and 1 vanilla pod (bean) Boil for 5 minutes, then add the peaches and poach them in the syrup for 7-8 minutes on each side. Drain and cool completely

Cut each peach in half and remove the stones (pits). Either line a large fruit bowl with the vanilla ice cream, lay the peaches on top, and coat them with the raspberry puree or spoon the ice cream into individual glasses,. Top with the peaches and Melba sauce, and serve scattered with flaked almonds

MELBA TOAST Fine crisp toast. Made by lightly toasting medium thick slices of bread, then cutting off the crust and slicing each piece of toast horizontally into two thin layers. The uncooked sides are lightly toasted, making the bread curl slightly. Melba toast is served with light pates, such as fish pate, or fine, smooth meat pates, and as an accompaniment for soups or first courses.

MELOKHIA A plant of the mallow family, with green slightly serrated leaves, several species of which are cultivated in Egypt and Israel as a green vegetable. The leaves may be eaten raw in a salad or cooked like spinach. Molokhia, a popular soup in Egypt, is made with fried onions, garlic and coriander, cooked in a very fatty beef stock with chopped melokhia leaves. It can be served with lemon juice and is often thickened with rice. Dried melokhia leaves are also available.

MELON The roundish fruit of several types of climbing plants of which there are a very large number of different varieties. They range in size, shape and colour but all melons have a hard rind, and a juicy sweet flesh, usually with a mass of seeds in the centre. They are in Western countries, usually eaten fresh at the beginning of a meal, as an hors d'oeuvre' or the end, as a fruit. In Asia, some types of melon are cooked and eaten as a vegetable. Melon can also be used to make jams and pickles. The rind of large melon can also be pickled. Melon seeds are dried and eaten as a snack, or used in cooking in China, Greece and Central and South America. Watermelon belong to a different family of plants.

Larger melon are usually cut into wedgeshape slices for serving, but it is better to serve the smaller ones either whole with the top and the seeds removed or cut in half. It is considered wrong to serve melon with a fortified wine poured over it. However, a glass of port, served separately or drunk afterwards is a pleasant accompaniment.

RECIPES

ICE MELON

Choose a large melon weighing about 2 kg (4½ lb) and cut a fairly large slice from the stalk.

Carefully remove the seeds and then scoop out the flesh without piercing the skin., Make a sorbet with the flesh. Put the empty melon shell and the top into the freezer. When the sorbet has set, but is still a little mushy, fill the empty case, pressing down well. Replace the top of the melon and store in the freezer until ready to serve. Serve the melon standing a dish of crushed ice.

Melon en' surprise a la parisienne

Choose a good quality ripe firm melon weighing about 2 kg 94½ lb). Remove a thick slice from the stalk end. Carefully remove the seeds and then scoop out the flesh without piercing the rind. Dice the flesh and place in the refrigerator. Select some fruit in season, such as apricots, peaches and pears, and cut it into cubes. Add some grapes, stoned (pitted) plums, strawberries, raspberries and pineapple cubes. Mix this fruit with the melon cubes, sprinkle with a little caster (superfine) sugar, and pour over some kirsch, Maraschino or other liqueur.

Sprinkle the inside of the rind with a little sugar, pour in a liqueur glass of the same liqueur, fill with the fruit, replace the top of the melon, and store in the refrigerator. Serve the melon in a dish containing crushed ice.

Alternatively, ripe small melon can be used. Cut them in half and prepare each half as above to serve as individual portions.

Melon jam

Dice 1 kg (2¼ lb) melon flesh (net weight after peeling). Put in a large dish containing crushed ice.

Alternatively. Ripe melon can be used . cut them in half and each half as above to serve as individual portions

Melon jam

Dice 12 kg (2½lb) melon flesh (net weigh after peeling) put in large dish in layers , sprinkled with 800g (1¾ cup) sugar. Leaves to macerate in a cool place for 3-4 hours, then cook in a preserving pan until the setting point is reached pot and seal in the usual way.

Melon with Parma ham

Arrange seeded and peeled, fine slice of melon on individual plate, allowing 3-4 per portion . add 3-4 fine slice Parma ham loosely folded to one side of the one side of the melon . the ham and melon are eaten together as a simpple starter .

Melt To heat a product , such as sugar , chocolate or fat until it liquefies. To prevent it from burning a bain marie or a heat different is sometimes used , and the substance is stirred with a wooded spoons.

MENAGERE A LA a French term meaning housewife style . the name is given to various dishes in plain domestic cookery in which simple and relatively inexpensive ingredient are used , prepared according to recipe that are accessible to any good hosewife.

Recipe

Entrecote a la menagere

Gently cook 250g (oz) small carrots 150 g (5 oz) zmalll onion and 150 g (5 oz, 1½cups) mushrooms butter. Season the steak with salt and prepper and broprwn it in butter in a frying pan over a brisk heat add the vegetable and fry for a further 3-4 minutes. Arrange the entrecote and tyhe vegetable on a serving dish and keep hot. Make a sauce in the frying pan by adding 5 tablespoon white wine and 3 tablespoon stock. Boil down to reduce and pour it over the entrecote.

MENDIANTS

Fried egg a la menagere

Prepare enough tomato sauce to provide 1 tablespoon per person. Drain some stockpot vegetables, slice them and saute them in butter. Fry the egg in butter. Line a serving dish with the sauteed vegetable, arrange the eggs on top, surround with a ring of tomato sauce and serve immediately.

Omelette a la menagere

Cut some boiled beef into small dice and fry lightly in butter. Fry an equal quantity of diced onions in butter. Put the meat and onions in the same frying pan. Beat some eggs, add some chopped parsley and season with salt and pepper. Pour the beaten eggs into the frying pan and cook.

MENDIANTS A dish consisting of four types of dried fruit and nuts almonds, figs hazelnuts and raisins, whose colours are those of the habits of the four Roman Catholic mendicant orders (Dominicans in white, Franciscans, in grey, Carmelites in brown and Augustinians in deep purple). Mendiants was traditionally served at Christmas.

Alsace, mendiant is the name of a type of moist fried bread (pain perdu) made with apples, crystallized (candied) fruit and cinnamon. This is also a very popular dessert in Germany, where it is known as armer Ritter.

MENETOU-SALON A wine from the Berry region, south-west of Sancerre. The Sauvignon Blanc grape makes pleasant dry white wines and there are also a few reds and roses made from the Pinot Noir grape.

MENTONNAISE, A LA The name for various dishes inspired by the cuisine of the south of France. For fish prepared a la mentonnaise, the main ingredients are tomatoes black (ripe) olives and garlic, while meat dishes are garnished with courgette (zucchini) halves stuffed with tomato flavoured rice, small braised artichoke and chateau potatoes. Courgettes a la mentonnaise are stuffed with spinach.

RECIPE

Courgettes a la mentonnaise

Cut the courgettes (zucchini) in half lengthways. Make an incision around pulp 1 cm (½ in) from the degree and several smaller incisions in the centre of the pulp. Season the courgettes with salt and put them upside down on paper towels to remove the excess moisture. Dry, then saute gently in olive oil until they are golden brown. Drain, remove the pulp from the centre without damaging the skin, and chop it.

Blanch some spinach in boiling water, then drain, cool, chop and cook it in butter in a covered pan. Mix the courgette pulp with an equal amount of cooked spinach and fill the courgette halves with this mixture. Sprinkle with 1 tablespoon grated Parmesan cheese and add a little garlic and some chopped parsley. Sprinkle with breadcrumbs and olive oil and brown in the oven.

MENU A list specific order of the dishes to be served at a given meal. In French restaurants, all the dishes that are available are listed on the carte; the menu lists the dishes for set meals, the composition of which is decided by the restaurant manager. The word menu dates back to 1718, but the custom of making such a list is much older. In former times, the bill of fare of ceremonial meals was displayed on the wall and enabled kitchen staff, in particular to follow the order in

which dishes should be served.

MENU-DROIT A strip cut from a poultry fillet, 2.5 cm (1 in) wide and 2.5 cm (1 in) thick. Marinated in double (heavy) cream, menus droits are grilled (broiled) for 2 minutes on each side and served with lemon juice and noisette butter. They can also be heated gently for a few minutes in a suitable sauce for poultry. Formerly, menus-droit denoted a ragout made with the tongue, muffle and ears of a deer.

MERINGUER A French verb meaning to top or decorate a dessert or item of patisserie with a meringue mixture. It is usually placed in the oven to brown the surface. In France, the part of the cake or dessert consisting of the cooked meringue mixture is called the meringage.

MERLAN A French cut of beef from the thigh near the topside (beef round). It is so called because its long flat shape resembles that of a whiting (the French name for whiting is merlan). This cut of meat is very good for steaks.

MERVEILLE A traditional French pastry made from dough cut into different shapes and deep fried Merveilles are sometimes made with a raised dough, and the mixture contains a large quantity of flour. The dough is rolled out and either cut into strips and formed into small plaits (braids) or cut with a pastry cutter into rounds, diamonds, heart or animal shapes. Merveilles are sprinkled with sugar and served hot, warm or cold. Closely related to roussettes and oreillettes, merveilles are made in several regions of southern France. Traditionally, they were made at Shrovetide.

RECIPE

Merveilles

Make a dough with 500 g (18 oz, 4½ cups) plain (all purpose) flour, 4 lightly beaten eggs, 150 g (5 oz, 2/3 cup) softened butter, a generous pinch of salt 2 tablespoons sugar and 1 liqueur glass of orange flower, rum or Cognac. Roll the dough into a ball and leave it to stand for at least 2 hours, covered with a cloth. Roll it out to a thickness of about 5 mm (¼ in) and cut it into various shapes with fluted pastry (cookie) cutters. Deep-fry in oil (175°C. 347° F) until golden brown. Drain on paper towels, sprinkle with a mixture of icing (confectioner's) sugar and vanilla flavoured sugar, and pile up on the serving dish.

MESCAL A Mexican spirit made from a distillate of the agave plant. In Mexico it is often drunk by itself, but for export, market the more complex spirit tequila, also made from the agave, is more familiar.

MESENTERY a membrane covering the intestines of animals. In France calves mesentery is usually used in cooking, although the mesentery of lambs and young goats can also be used. The mesentery is washed and poached in boiling water before being sold and must be white and firm to the touch. It may be cut into squares and eaten cold with a revigote sauce or prepared as a hot dish in the same way as tripe à la lyonnaise or tripe à la poulette. It is also used as a filling for vol-au-vent.

METIEL The French term of a mixed crop of wheat and rye, sown and harvested together. The flour made from this crop is used for making various regional breads.

METHODE CHAMPENOISE The method by which champagne is produced where secondary fermentation takes place within the bottle. Sparkling wines produced in the same way, but outside the designated champagne region, may use the term méthode traditionnelle (traditional)

method) or methode classique (classic method)). The grapes are pressed with a maximum extraction rate of 100 litres of juice to 160 kg of grapes. The first pressing releases the cuvee which is acknowledged to be the best as it is highest in sugars and acidity and low in phenolics. The juice from the second pressing is known as the premieres tailles. The harsher third pressing (deuxieme tailles) has been abolished in a move to improve the quality of the base wines.

MEUNIÈRE, A LA A method of cooking that can be used for all types of fish (, filleted or steaks). The fish is always lightly floured (hence the name of the dish – meuniere means miller's wife) and fried in butter. It is arranged on a long dish and sprinkled with lemon juice, then noisette butter and finally chopped parsley. Frog's legs, scallops brains and soft roes can also be prepared a la meuniere.

RECIPE

Sea bream (or bass) a la meuniere

Scale and gut (clean) the fish (each weighing less than 575 g, 1¼ lb) and make a few incisions along the back. Season with salt and pepper and coat with flour (shake the fish lightly to get rid of the excess flour). Heat some butter in a frying pan and brown the fish on both sides. Drain them, arrange on a long dish, sprinkle with chopped parsley and lemon juice, and keep them hot. Add some butter to the frying pan and cook until golden then pour the bubbling butter over the fish.

MEURETTE Any of certain dishes cooked in a red wine sauce, such as a matelote of river fish (for example eel, carp and pike) or a stew of veal or chicken. Apart from red wine, it is traditional to add strips of bacon and often a baby onions and mushrooms. Meurette is usually served with fried croutons. Meurette is usually served with fried croutons. Eggs and brains en meurette are poached in this sauce.

RECIPE

Eggs en meurette

Prepare enough bourguignonne sauce to poach the eggs. Fry some small croutons and small strips of smoked streaky (slabs) bacon in butter. Break the eggs one by one and poach them in the sauce. Arrange them in a dish, pour the sauce over the top and garnish with the strips of bacon and the croutons.

MEURSAULT A village in Burgundy's Cote de Beaune, containing some outstanding vineyards, the first of which are Les Perrieres, Les Generieres and Les Charmes. Most of the wine is white, made from the Chardonnay grape, but there are some reds, made from the Pinot Noir. There is much variation in the styles of the white wines, many of them being outstanding in quality and capable of long lives in bottle.

MEYERBEER A dish of shirred eggs dedicated to the German composer Giacomo Meyerbeer, whose operas were very successful in Paris during the Romantic era.

RECIPE

Shirred eggs Meyerbeer

Cut a lamb's kidney in half without separating the halves completely. Clean, season with pepper and grill (broil). Sprinkle with salt. Cook 2 shirred eggs, garnish them with the kidney and surround with a border of Perigueux sauce.

MEZE Also spelt meze. An assortment of dishes consisting of (usually cold) simple snacks, served in Greece, Turkey, North Africa and the Middle East. Mezes almost take the place of a meal and dishes suitable for a meze table the numerous. Examples include taramasalata, stuffed vine leaves, boreks, green and black (rio) olives, cold meats, dips, marinated vegetables and fish salads, pulses and pitta bread.

MICHE A French wheat bread that was originally made for well to do citizens and then gradually became the daily bread of the rural areas. Originally a small loaf (the word comes from the latin micca, meaning morsel or crumb), it became larger when used as the standard family loaf and is now a large, round country-style loaf.

MICROWAVE OVEN An electric cooking apparatus whose source of energy consists of high frequency ultra-short waves. Ovenproof glassware and china are suitable for microwave cooking but all dishes with metallic trims should be avoided. Specially manufactured plastics are ideal but some thin plastics melt in the microwave, so these materials must be carefully selected. Metallic materials reflects the waves so dishes made of these materials should not be used as the energy will not pass through them. The dish is placed on a turntable or on the base of the cooker. The waves are absorbed by the food and produce heat by the agitation of the water molecules. Microwave cooking is a moist cooking method because of the steam created by heating the water molecules.

The lack of browning, or crisps cooking, means that meat cannot be roasted as in a conventional oven and the speed of microwave cooking does not allow time for any tougher cuts of meat to tenderize.

However, fish, tender poultry and vegetables all cook very successfully in the microwave oven. Sauces, soups and fruit also cook well. The microwave oven can also be used to thaw and reheat foods quickly. Combination microwave ovens offer the facility for simultaneously use of conventional heat and microwaves.

MIDDLE EASTERN COOKING Middle Eastern cuisine is simple yet at the same time sophisticated. For thousands of years, the culinary heritage of each country in the region has been enriched by the contribution of travellers and also by the successive waves of invaders.

MIGNONETTE Courseley ground pepper, particularly from the more flavour some white peppercorns, formerly, a mignonette was a small muslim (cheesecloth) sachet filled with peppercorns and cloves, used to flavour soups and stews.

The name is also used for elaborate preparations of, for example, noisettes of lamb, supremes of chicken and filet mignon. Potatoes cut into thick matchsticks are also called mignonettes.

RECIPE

Mignonettes of milk lamb

Season 8 noisettes of lamb with salt and pepper, sprinkle them with a little thyme and rosemary, and marinate them for 24 hours in grape seed oil. Drain them and coat lightly with strong mustard. Add 1 tablespoon chopped shallot to 5 tablespoons white wine vinegar mixed with 5 tablespoons white wine and an equal quantity of beef stock. Boil down over a brisk heat until almost dry, add 575 ml (19 fl oz, 2½ cups) double (heavy) cream, and season with salt and pepper. Grill (broil) the noisettes briskly for about 2 minutes on each side. Put them in the sauce and cook, uncovered, until reduced.

MIGNOT Parisian caterer of the 17th century, satirized as a poisoner by the critic and poet Boileau. Offended, he brought a legal action but it was rejected. To revenge himself, the caterer had the idea of selling his customers biscuits (cookies) wrapped in fine paper on which was printed a biting epigram against Boileau, written by the Abbe Cottin. The notion amused the Parisians and even Boileau himself. The biscuits made Mignot rich and famous.

MIGNOT The name for various classic french dishes garnished or flavoured with ingredients that are reminiscent of Japanese cuisine. Escalopes of veal or chicken mikado are prepared by arranging the meat on croquettes of curried rice, coated with a curry sauce to which a little soy sauce has been added; the dish is served with tarlets filled with soya bean sprouts in cream. Tournedos or noisettes mikado are arranged on grilled (broiled) tomato halves, coated with a mixture of chopped tomatoes and a small quantity of tomato sauce and garnished with Japanese artichokes cooked in butter in a covered pan. Mikado sauce is made by adding the juice and shredded blanched peel of tangerines to a hollandaise sauce.

RECIPE

Mikado salad

Boil 800 (1¾ lb) unpeeled potatoes in salted water. Allow them to cool, remove the skin and dice them. Season 3 tablespoons mayonnaise with a little soy sauce. Remove the seeds from green (bell) pepper and cut it into very fine strips. Peel, seed and dice the flesh of 3 firm tomatoes. Blanch 6-7 small chrysanthemum flowers for 2 minutes in boiling water, drain, dry and season lightly with vinaigrette. Mix the diced potatoes with the mayonnaise and 150 g (5 oz, scant 1 cup) peeled prawns (shelled shrimp). Arrange the mixture in a dome in a salad bowl and garnish the top of the salad with chrysanthemum petals. Surround the salad with clusters of finely shredded green pepper and diced tomato.

MILANAISE The French name for various cakes or biscuits (cookies)

The small biscuits known as milanais are made with lemon or orange-flavoured almond paste cut into various shapes and decorated with almonds or crystallized (candied) fruit. They can also be shaped by hand into rounds or plaits (braids), for example, and decorated with sliced almonds.

Milanais are also small cakes made of sponge or Genoese mixture flavoured with rum and raisins or with aniseed, covered with apricot glaze and sometimes iced with fondant.

RECIPE

Milanais sables

Using the fingers, blend 250 g (9 oz 2¼ cups) plain (all purpose) flour with 15 g (4½ oz, 2/3 cup) softened butter. Add 1 egg, 125 g (4½ oz, 2/3 cup) sugar and ½ teaspoon vanilla essence (extract or 1 teaspoon vanilla sugar).

Sprinkle the pieces in which holes have been cut out with icing (confectioner's) sugar (these will form the tops) and spread the others with a layer of redcurrant jelly. Lightly press the tops and bottoms together.

MILK A white slightly sweet, nutritious liquid secreted by the mammary glands. Milking animals was originally a religious ritual among the early human societies that raised livestock. Milk has always been a symbol of fertility and wealth: in the Bible the Promised Land is described as 'flowing with milk and honey' and Moses proclaimed that the milk of cows and ewes were gifts from God. In Asia and India, zebu and water buffalo's milk are sacred. Like the Greeks, the Romans were partial to goat's and ewe's milk, but they also drank mare's camel's

and asses' milk.

Fermentation preserves milk and alters its flavour, Apart from spontaneous coagulation, due to the action of the lactic microbes in the milk producing curds and curdling by means of rennet, there are many other types of fermented milk.

- Different types of European milk
- Untreated Milk. This retains all its natural flavour. It must come from brucellosis accredited herds, be bottled on the farm where it was produced, and sold under licence. Untreated milk has to be labelled raw unpasteurized milk. Some people advise boiling untreated milk for 5 minutes before drinking it. It is especially good in the spring and will keep for 24 hours in the refrigerator.
- Pasteurized Milk. This undergoes mild heat treatment, which destroys any harmful bacteria and improves the milk's keeping qualities. A small amount of the vitamin content is lost in pasteurization; otherwise there is little significant change. It will keep for one to two days in a cool place; three to four in a refrigerator. Domestic boiling changes the flavour of milk and also produces a skin in which some of the nutritious substances are often lost.
- Sterilized Milk. Homogenized milk heated to about 150°C (300°F) for several seconds. Sterilization destroys all germs and increases the shelf life of an unopened bottle, which can be kept at room temperature for several weeks. Date stamped plastic bottles and cartons have a shelf life of several months. After opening, it should be stored in the refrigerator. Its flavour is like caramel.
- Skimmed Milk Pasteurized milk from which nearly all the fat has been removed. The vitamin content is also reduced.
- Evaporated Milk, a concentrated homogenized milk, which is sterilized in the can and which, unopened, will keep almost indefinitely.
- Condensed Milk. This is made from whole semi skimmed or skimmed milk to which sugar is added. Unopened, it will keep almost indefinitely.
- Powdered or Dried Milk. This is made from skimmed or semi-skimmed milk to which vegetable fat has been added. Water is evaporated from the milk by heat to produce solids. Powdered milk is packed in airtight containers, and can be kept for a long time if stored at a moderate temperature. It dissolves easily in water but once reconstituted should be treated as fresh milk.
- Uses of Milk. Milk is a very versatile food; it is the basic ingredient of butter, cheese, buttermilk and yogurt and it makes a delicious drink, either on its own or flavoured with for example, fruit, vanilla or chocolate. It is stirred into tea and coffee and forms the basis for many hot drinks, notably chocolate. Milk shakes are popular and this versatile liquid can even be used in cocktails.

MILK CAP One name used for mushrooms of the genus *Lactarius*. The name derives from the milky juice the mushrooms yield when cut.

MILL A mechanical or electric implement used to reduce a solid foodstuff to a powder or paste. The hand worked coffee mill has largely been replaced by the electric coffee grinder.

The pepper mill and the coarse-salt mill are mechanical crushers, with a serrated roller or

grinding wheel, operated by a handle or by a rotating movement of the lid. Freshly ground pepper gives a more pronounced aroma and flavour.

A vegetable mill with a handle and interchangeable plates is often preferable to an electric blender or processor, particularly for preparing purees of starchy vegetables, which can easily be overworked in the electric appliance.

MILLAS Also known as millasse or millias. In the languedoc region of France, a porridge made with either cornmeal or a mixture of whaten flour and cornmeal. When cold, it is shaped into flat cakes and fried. The cakes are eaten like bread either seasoned with salt or sweetened with sugar. The word is derived from the Old French miller, meaning finegrained maize (corn)

RECIPES

Millas porridge

Heat 1 litre (1¾ pints, 4½ cups) water in a large saucepan. When it boils, flavour it with orange flower water and a small piece of lemon zest and gradually add 300-350 g (11-12 oz, 2¾ cups) cornmeal. Cook over a gentle heat, stirring with a wooden spatula. When the porridge is thick, serve it on warm plates with caster (superfine) sugar. Alternatively leave it to cool, cut into slices, and either fry in butter sprinkled with caster sugar or icing (confectioner's) sugar, or fry in lard or goose fat and serve with stews and casseroles.

Millas with fruit

Cook the millas, flavouring it with kirsch or brandy. Put a layer of millas about 1 cm (½ in) thick in a buttered pie dish. Cover with drained cherries that have been cooked in a kirsch or brandy-flavoured syrup. Then put a layer of millas on top of the cherries, smooth the surface carefully and decorate with a border of drained cherries. Sprinkle lightly with crushed macaroons, pour on some melted butter and bake in a preheated oven at 220°C (425°F, gas 7) until golden.

The cherries can be replaced by apricots, peaches, pears, apples, pineapple, plums or prunes, and rum can be used as a flavouring.

MILLET Any of several varieties of cereal grain, The main types of millet include the common millet, used for flour milling or as a poultry feed, pearl millet cultivated for food and for animal fodder in dry arid soils, Italian millet, cultivated for grain and animal fodder, and Japanese millet.

Millet has been cultivated from the earliest times in ancient Rome a kind of milk porridge was made from the grains after removing the husks. This method of preparation is still used by certain African tribes, Millet continues to be important in the diet of many African and Asiatic countries, but in Europe and North America it is cultivated mainly as a pasture grass and fodder crop. Millet is sold in the form of grain, flakes and flour. It is easy to prepare being cooked for 20 minutes in twice its volume of boiling water or milk.

RECIPE

Millet tarlets

Put 200 g (7 oz, 1¾ cups) millet flour, 400 g (14 oz, 1¾ cups) caster (superfine) sugar and 8 beaten eggs into a bowl. Work the mixture well and add a generous pinch of salt and the finely chopped zest of 2 lemons. Add 1.5 litres (2¾ pints 6½ cups) boiling milk and mix well. Pour the mixture into small plain round buttered moulds and cook in a preheated oven at 220°C (425°F,

gas7) for 25-30 minutes.

MIMOSA A plant whose yellow flowers can be made into fritters and used to garnish salads and prepared home made lieuers.

The name is also given to certain egg dishes using sieved hard boiled egg yolk (which resembles mimosa flowers), particularly a cold hors d'oeuvre consisting of stuffed hard boiled eggs. The yolks are sieved, mixed with mayonnaise and parsley and piped in flower shapes into the egg white cases. Mimosa salads are mixed salads sprinkled with sieved hard boiled egg yolk.

RECIPES

Mimosa salad

Boil some unpeeled potatoes, then peel them, cut into cubes and keep warm. Poach some artichoke hearts in salted water and cut them into quarters. Boil and chop some French (green beans. Mix the ingredients and season them with a very spicy vinaigrette. Rub the yolks of some hard boiled (hard cooked) eggs through a coarse sieve and sprinkle over the salad. Serve immediately.

MINCEMEAT A spicy preserve in English cookery, consisting of a mixture of dried fruit, apple, beef suet, candied peel and spices, steeped in rum, brandy or Madiera. It is the traditional filling for individual mince pies served warm at Christmas.

In the 17th century, a mince pie was a huge covered tart filled with ox (beef) tongue, chicken, eggs, sugar, raisins, lemon zest and spices. Gradually, the small tarlets replaced the single large tart and the filling was reduced to a mixture of beef suet, spices and dried fruit, steeped in brandy..

RECIPES

Mincemeat

Combine the following ingredients in a large mixing bowl: 450 g (1 lb. 3 cups) shredded suet, 450 g (1 lb, 3 cups) currants, (1 lb 3 cups) seedless white raisins, 450 g (1 lb 4 cups) chopped apples, 450 g (1 lb, 2 cups) sugar, 450 g (1 lb, 3 cups) sultanas (golden raisins) 100 g (4 oz, 2/3 cup) chopped mixed candied fruit peel, 3 tablespoons brandy or rum, the juice and zest of 1 lemon and 1 teaspoon each of cinnamon, nutmeg, cloves and mace.

Pack closely in jars and cover tightly. This yields about 2 kg (4 ½ lb) mincemeat.

MINCHING Also known as grinding in the United States. The process of cutting or chopping food into very small pieces. This may be done manually with a knife, a manual or electric meat mincer, a blender or food processor.

MINERVOIS Red, white or rose AOC Languedoc wines. The area has been under vines since Roman times and thanks to modern vinification methods and considerable investment, the wines (especially the reds) are acknowledged as being good quality.

MINESTRONE An Italian mixed vegetable soup containing pasta or rice. Italian often start a meal either with minestra (a vegetable soup) minestrina (a lighter soup) or minestrone, which – with its garnish of pasta – virtually constitutes meal on its own. Sometimes several types of pasta are used or it can be made with macaroni alone or with rice. The latter is usually used in minestone in Milan.

Minestone is characterized by the variety of vegetable it contains, which vary from region to region. In Tuscany it is always made with white haricot beans, together with peas, celery, courgettes, leeks onions, potatoes, tomatoes and carrots. It is generally thought that minestone

originated in Genoa, where it is made with pumpkin, cabbage, broad (fava) beans, courgettes, red (kidney) beans, celery and tomatoes and garnished with three sorts of pasta cannolicchi (small cubes filled with meat and herbs), small finger shaped ditalini and feather like penne. It is mainly served with pesto, a thick sauce made with fresh basil olive oil, garlic and grated Parmesan cheese. Elsewhere, minestrone is classically flavoured with garlic grated cheese is served separately.

RECIPE

Minestrone

Cook 300 g (11 oz 1¾ cups small white haricot (navy) beans in large amount of water, seasoned with 1 garlic clove, 1 bunch sage and 1 tablespoon extra virgin olive oil. Puree half the haricot beans by crushing through a sieve. Heat some olive oil in a large saucepan and fry in it 1 slice or chopped uncooked onion and 1 sprig thyme. Add 2 sliced leeks and 2 courgettes cut into cubes, 1 cabbage, cut into thin strips and 500 g (18 oz) spinach. Then after 10 minutes, add tomato sauce. When everything has simmered, add all the haricot beans together with their cooking juices and the pureed haricot beans.

Pour 1 glass olive oil into a small frying pan and add 2 crushed garlic cloves, 1 sprig thyme and 2 sprigs rosemary. Place over the heat and when the garlic starts to turn golden, pour this flavoured oil on to the minestrone through a sieve in order to prevent the herbs from getting into the minestrone. Serve hot or cold.

MINNOW A very small fish with a bluish back and pink belly, commonly found in streams and used mainly as a bait for trout. Although not much used in cookery, it may be eaten fried; the heads are removed and the fish soaked in cold milk until they swell up. If cooked in a court bouillon, they may be used to fill an omelette.

MINT A very fragrant aromatic plant of the genus *Mentha*, used in infusions, to flavour liqueur, sweet and syrups and as a culinary herb. There are about 25 species widely distributed in temperate and subtropical regions. Garden mint or spearmint, is the most common. Its leaves are used to flavour sauces (particularly mint sauce, the traditional accompaniment for roast lamb in England) and salads, in cooking vegetables (especially peas and potatoes), and to season roast lamb and other meat dishes. Mint tea is made by infusing the leaves. Fresh mint can be dried and is also suitable for freezing.

Other species used in cookery are water mint and horsemint, both water loving mints. The leaves of peppermint produce a very pungent oil used mainly in confectionery and to flavour spirits, liqueurs and jellies. Japanese mint is the species from which menthol is extracted. Creme de menthe is a peppermint flavoured cordial made of mint syrup and used in cocktails.

RECIPES

Mint sauce

Pour 150 ml (¼ pint, 2/3 cup) vinegar over 50 g (2 oz, 1 cup) very finely chopped fresh mint leaves in a bowl. Add 25 g (1 oz, 2 tablespoons) brown sugar or caster (superfine) sugar dissolved in 4 tablespoons boiling water, with a pinch of salt and a little pepper, and leave to marinate.

Mint tea

Pour boiling water on to a mix (superfine) sugar, according to taste (the tea is usually drunk very sweet). Infuse for 2-3 minutes, strain and serve very hot.

Mix equal quantities of Chinese green tea and finely chopped mint leaves, allowing 200 ml (7 fl oz, ¾ cup) boiling water for each tablespoon of the mixture. Immediately sweeten with caster

(superfine) sugar, according to taste (the sea is usually drunk very sweet). Infuse for 2-3 minutes, strain and serve very hot.

Mint tea can also be made by the above method by adding 2 teaspoons finely chopped mint to the boiling water. Sweeten with sugar or honey and serve with a thin slice of lemon.

MIQUE A dumpling made in the countryside around Perigord, in France, since the Middle Ages. Originally made with flour and fat, miques today are prepared with a mixture of cornmeal and wheat flour, or wheat flour only, and either lard, goose fat or butter. Yeast and milk are sometimes added, as well as eggs. The dough can be used to make one large ball, which is cut into slices after being cooked, or several small balls. They are poached in salted boiling water or in stock and accompany such dishes as pot-au-feu, pickled pork with cabbage, soup or civet of hare or rabbit. They can be flattened before being poached and cooled and then fried and served as a dessert with jam or sugar.

Miques are also eaten in Bearn and in the Basque country of France, especially black miques, made from maize (corn) and wheat, poached in the cooking water of black puddings (blood sausages) and, then grilled.

MIRABEAU A dish of grilled (broiled) meat (especially beef), fillets of sole or shirred eggs, garnished with anchovy fillets, stoned (pitted) olives, tarragon leaves and anchovy butter.

RECIPE

Entrecotes mirabeau

Stone (pit) about 15 green olives and blanch them in boiling water. Prepare 2 tablespoons anchovy butter. Blanch a few tarragon leaves. Grill (broil) 2 thin sirloin steaks. Garnish with strips of anchovy fillets arranged in a criss-cross pattern, the tarragon leaves and olives and anchovy butter, which may be piped into shell shapes.

MIREPOIX A culinary preparation created in the 18th century by the cook of the Due de Levis Minepoix a French field marshal and ambassador of Louis XV, It consists of a mixture of diced vegetables (carrots, onion, celery) raw ham or lean bacon is added when the preparation is with meat.

A mirepoix is used to enhance the flavour of meat, game and fish in the preparation of sauces notably espagnole sauce) and as a garnish for such dishes as frog's artichokes and macaroni. When a mirepoix is used in braised or pot-roasted dishes, it should be simmered gently in a covered pan until all the vegetables are very tender and can impart their flavour to the dish. Mirepoix without meat is mainly used in the preparation of shellfish, for braised vegetable dishes and in certain white sauces.

RECIPES

Mirepoix with meat

Peel and finely dice 150 g (5 oz) carrots and 100 g (2 oz) celery and 100 g (4 oz) raw ham (or blanched streaky bacon) into fine strips. Heat 15 g (1 oz, 2 tablespoons) butter in a saucepan and add the ham and vegetables, together with a sprig of thyme and half a bay leaf. Stir the ingredients into the butter, cover and cook gently for about 20 minutes until the vegetables are very tender.

Vegetable mirepoix

This mirepoix is cooked in the same way as mirepoix with meat, but the ham or bacon is omitted and the vegetables are shredded into a brunoise.

MIROTON A dish of sliced cooked meat (usually boiled beef or leftovers) reheated in a sauce with sliced onions.

RECIPE

Beef miroton

Cook about 10 tablespoon finely sliced onions in 125 g (4½ oz generous ½ cup) butter in a covered pan. Sprinkle with 1 tablespoons flour. Brown slightly, stirring continuously, then add 2 tablespoons vinegar and an equal amount of stock or white wine. Bring to the boil, then remove from the heat. Pour half the sauce into a long ovenproof. Pour the rest of the sauce over the top, sprinkle generously with breadcrumbs and pour on some melted butter (or dripping). Brown in a preheated oven at 220°C (425°F gas 7) without allowing the sauce to boil. Sprinkle with chopped parsley and seerve piping hot.

MISCHBROT Bread made from 70% rye flour and 30% cornflour (cornstarch). The leaven obtained with half (or more) or rye flour gives rye bread a slightly acidic taste and a crumb with little aeration. This bread is the kind most eaten in Germany, and it is sometimes flavoured with, for example, bacon or onions, It is eaten several days after it is made.

MISO A Japanese condiment consisting of a red or white paste of fermented soya, made from cooked soya beans mixed with rice, barley or wheat grains, salt.

MISTELLE Grape juice to which spirits have been added in order to prevent fermentation from taking place, so that the natural sweetness of the fruit is retained. Mistelle is used in making of various aperitifs and vermouths.

MIXED GRILL, An assortment of various meats such as steak. Lamb chops, sausages, bacon and kidney, barbecued or grilled (broiled) and usually served with a garnish of watercress, grilled tomatoes and mushrooms. It is a popular dish in English speaking countries.

MOCHA A variety of Arabian coffee bean grown on the borders of the Red Sea, named after the Yemenite port from which they were traditionally exported. Mocha is a strong with a distinctive aroma but some people find it bitter with a musky flavour. It is normally seerved very strong and sweet in small cups.

Mocha is used as a flavouring for cakes, biscuits (cookies), ice creams and confectionery and the word is used to describe various cakes with a coffee flavour, particularly a large Genoese sponge cake with layers of coffee or chocolate butter cream.

Mocha is also term used to describe a combined coffee and chocolate flavour. For example, a cake or cream flavoured with both coffee and chocolate may be referred to as mocha.

RECIPE

Mocha cake

Melt 90 g (3½ oz, 7 tablespoons) butter, taking care not to let it get too hot. Whisk 5 egg yolks with 159 g (5 oz, 2/3 cup) caster (superfine) sugar until the mixture has turned white and thick. Mix in 150 g (5 oz, 4½ cups) plain (all purpose) flour and 50g (2 oz, ½ cup) ground hazelnuts, then incorporate the melted butter and fold in 5 stiffly whisked egg whites. Pour this mixture into a deep 22 cm (8½ in) buttered cake tin (pan) and bake in a preheated oven at 180°C (350°F gas 4) for about 35 minutes. As soon as the cake is cooked, turn it out on to a wire rack and leave to cool completely. Then cover and refrigerate for at least 1 hour.

Mocha cake can also be filled and coated with coffee cream, then decorated with toasted flaked (silvered) almonds and crystallized (candied) violets and mimosa. Mocha cake is best eaten the day after its preparation.

MODE, A LA French term describing a preparation of braised beef, to which diced leg to veal, sliced carrots and small onions are added when it is three quarters cooked. Beef a la mode is eaten either hot or cold (in aspic)

Literally meaning in the style of, the term is also used to describe dishes that are speciality of a particular town or region, such as tripe a la mode de caen. In the United states, it is used to describe a sweet pie served with ice.

MODERNE, A LA A French term meaning 'in the modern style' used to describe a garnish of braised lettuce and cabbage (stuffed or plain) and other mixed vegetables, served with cuts of meat.

MOINA A French dish consisting of poached fillets, of sole garnished with quartered artichoke braised in butter and morels a la creme.

MOISTEN To add a liquid to a culinary preparation, either in order to cook it (for example, for stews or braised dishes or to make the sauce or gravy. The liquid which may be water water, milk, broth stock or wine, usually just covers the items to be cooed but in a certain cases (for example, baked fish) the ingredients are only half covered.

MOLLASES. The thick brown uncrystallized residue obtained from cane or beet sugar during refining. This dense viscous syrup can be used for various purposes. Only sugar cane molasses, known as 'black treacle', is sold for domestic consumption. It is used in desserts, such as treacle tart, and in cakes and biscuits (cookies) and also for sweet and sour cooking. It is also used in confectionery and for the manufacture of rum. Sugar beet molasses is used mainly for the production of industrial alcohol, baking powders and animal feeds.

MOLLUSC A Soft bodies animal, usually with a shell. The bivalves (or lamellibranchs), which have a shell consisting of two valves hinged together, include mussels, oysters, cockles and scallops. The gastropods have a single spiral shell and include periwinkles, whelks, snails and limpets. Bivalves and gastropods are sold as shellfish. The third group of mollusc - the cephalopods – do not have shells they include squid, octopuses and cuttlefish.

MONACO A dish consisting of poached fillets of sole covered in a sauce made with white wine tomatoes and mixed herbs and garnish with poached oysters and croutons in the shape of wolves teeth. The name is also applied to a chicken consomme thickened with egg yolks and garnished with slices of bread powdered with sugar. The latter dish is similar to consomme. Monte carlo (chicken consomme thickened with arrowroot, sprinkled with small pieces of Genoese cake made with cheese and browned in the oven).

MONBAZILLAC An AOC white wine from south-west France produced on the left bank of the River Dordogne not far from Bergerac. It is made from the same grapes and by the same methods as Sauternes. Montbazillac is a mellow dessert wine with a delicate bouquet.

MONKFISH An ugly looking sea fish with an enormous head, a very large mouth and a scaleless brownish body. The head is unfamiliar to the consumer as usually only the tail is sold. The flesh is firm, dense, white and lean and can be grilled (broiled), fried, poached or baked. It is found in the Mediterranean and on both sides of the Atlantic.

RECIPES

Take 500 g (18 oz,) thoroughly cleaned monkfish and cut into 8 small escalopes. Season with salt and pepper. Coat them with breadcrumbs, roll in 50 g (2 oz, ½ cup) grated Parmesan cheese, then brown in butter. Cut open 3 green (bell) peppers and remove the seeds. Blanch for about 10 minutes in boiling water, then cut into pieces and puree in a blender or food processor. Enrich the puree with about 65-75 g (2½ - 3 oz, 5-6 tablespoons) butter. Season with salt and pepper and add a dash of Worcesterhire sauce. Place 2 escalopes of monkfish on each plate and surround them with a ribbon of the green pepper puree.

Fillets of monkfish braised in white wine

Lightly flatten 2 fillets and season with salt and pepper. Arrange the fillets in a buttered roasting dish just big enough to hold them and half cover them with reduced fish stock mixed with white wine. Bake in a preheated oven at 220°C (425°F, gas 7) for 7-8 minutes, then cover with foil and bake for a further 5 minutes. Place them on a serving dish and keep warm. Add cream to the juices in the roasting dish and reduce until the sauce has thickened. Adjust the seasoning if necessary. Pour the sauce over the fish, sprinkle with chopped parsley and serve very hot accompanied by braised spinach or pureed broccoli.

Monkfish a l'americaine

Trim wash and dry 1.5 kg (3¼ lb) monkfish and cut into even slices. Wash and dry the heads and shells of some langoustines (the tails of which may have been used to prepare bronchettes, for example). Chop 4 shallots and crush a large garlic clove. Prepare a little chopped parsley and 2 tablespoons chopped tarragon leaves. Skin 500 g (18 oz,) very ripe tomatoes, remove the seeds, then chop the flesh finely. Heat 6 tablespoons olive oil in a flameproof casserole or large saucepan and add the langoustine heads and shells and the sliced monkfish. As soon as the monkfish has started to brown, add the chopped shallots and cook until just golden. Pour 1 liqueur glass of Cognac and set it alight.

Add the crushed garlic, a strip of dried orange zest, the chopped tarragon, and parsley, the chopped tomatoes a small bouquet garni, 1 tablespoons tomato puree (paste) diluted with ¼ bottle of very white wine, salt, pepper and cayenne (this dish must be strongly seasoned). Cover and leave to cook for about 15 minutes, the fish must remain slightly firm.

Drain the fish and keep it warm on a serving dish. Remove the bouquet garni, strain the sauce and pour over the fish. Garnish with tarragon sprigs and serve with rice.

MONOSODIUM GLUTAMATE. A powder used as a seasoning in Far Eastern and some Western cookery, developed in 1905 by a Japanese called Ikeda. Chemically extracted from the gluten of cereals, it is an additive used to enhance the flavour of foodstuffs.

MONTER A French method of preparing potatoes. The potatoes are pureed and mixed with egg yolks (and often cream) and cheese. The mixture is piled into a dome shape on a gratin dish, sprinkled again with grated cheese and put in the oven to brown.

MONTGLAS A salpicon dedicated to the Marquis de Montglas, an 18th century French diplomat. It consists of shredded pickled tongue, poached mushrooms, foie gras and truffles bound with thick Madeira sauce, and is used as a filling.

Lamb chops Montglas are cooked on one side, covered with this salpicon and breadcrumbs, browned in the oven, and surrounded with a border of demi-glace sauce. Lamb's sweetbreads and chicken Montglas are braised and covered with their deglazed pan juices mixed with the salpicon.

MONTMARTRE A tiny vineyard surviving in the heart, of Paris, where much wine was produced. When the vintage (about 400 bottles annually) is sold, the proceeds go to charity. In

1961 vines from certain famous bordeaux estates were planted here.

MONTMORENCY. The name given to various savoury or sweet dishes that include the sour Montmorency cherries. Duck Montmorency, cooked with herbs in a frying pan, is garnished with stoned cherries poached in a Bordeaux wine, the sauce is made by deglazing the pan with cherry brandy and adding strained veal stock. The classic gateau called Montmorency is a Genoese sponge topped with cherries in syrup and covered with Italian meringue, the top is decorated with glaze or crystallized cherries. The ice creams, bombes, iced mousses, croutes, tarts and tartlets called Montmorency all include cherries, which may be fresh, crystallized or macerated in brandy.

There are however, other dishes in classic cookery dedicated to the Montmorency family, which do not include cherries. For example, the Montmorency garnish for cuts of meat consists of artichoke hearts stuffed with balls of glazed carrot and balls of noisettes potatoes.

RECIPES

Bombe glacee Montmorency

Coat a bombe mould with kirsch ice cream. Prepare a bombe mixture flavoured with cherry brandy and add cherries macerated in kirsch. Fill the mould with this. Finish the bombe in the usual way.

Gateau Montmorency

Separate the yolks from the whites of 3 eggs. Whisk the 3 yolks with 50 g (2 oz. ½ cup) ground almonds and 125 g (4 ½ oz scant 2/3) caster (superfine) sugar. Drain 400 g (14 oz) cherries in syrup, halve, stone (pit) and roll them in flour. Incorporate 50 g (2 oz, ½ cup) plain (all-purpose) flour and the cherries into the almond mixture then carefully fold in the 3 egg whites stiffly whisked with a pinch of salt. Pour the mixture into a buttered cake tin (pan) and bake in a preheated oven 200 °C(400 °F, gas 6) for about 30 minutes. Turn the cake out on to a wire rack and allow to cool.

Melt 200 g (7 oz) fondant over a low heat, stirring all the time. Add a liqueur glass of kirsch and 2-3 drops of cochineal (red food colouring) Spread the fondant over the cake with a spatula and decorate with 12 glaze (candied) cherries and a few pieces of angelica.

Alternatively, the cake may be cut into 2 layers, steeped in kirsch, and sandwiched together with butter cream mixed with cherries in brandy.

MONTPENSIER The name given to various savoury or sweet dishes that may have been dedicated to the Duchesse de Montpensier but were more probably dedicated to the fifth son of Louis Philippe. Gateau Montpensier is a Genoese sponge enriched with ground almonds, raisins and crystallized fruit. By extension, cakes cooked in a tin (pan) lined with the ingredient which gives them their flavour are termed a la Montpensier.

RECIPES

Gateau Montpensier

Steep 50 g (2 oz, ½ cup) crystallized (candied) fruit and 50 g (2 oz. ½ cup) sultanas (golden raisins) in 6 tablespoons rum. With the fingertips, work 125 g (4 ½ oz generous 1 cup) plain (all-purpose) flour with 75g (3 oz, 6 tablespoons) butter cut into small pieces. Beat 7 egg yolks with 125 g (4 ½ oz, scant 2/3 cup) caster (superfine) sugar until the mixture is white, then mix in 100 g (4 oz. 1 cup) ground almonds and finally 3 stiffly whisked egg whites. Drain the fruit and sultanas, then add them to the mixture, together with the flour and butter mixture. Work briskly with a wooden spoon for a short time.

Butter a 22 cm (8 ½ in) cake tin (pan) and sprinkle it with 50 g (2 oz, ½ cup) flaked (slivered) almonds. Pour the mixture into the tin and bake in a preheated oven at 200 °C (400 °F, gas 6) for

30 minutes. Turn out the cake on to wire rack and allow to cool. Melt 150 g (5 oz. ½ cup) apricot jam over a low heat, strain and spread over the surface of the cake. Keep cold until serving.

MONTRACHET One of the most famous of all white Burgundies, produced by two parishes (communes) in the Cote de Beaune, Puligny Montrachet and Chassagne- Montrachet. It is made from the Chardonnay grape and usually achieves great distinction. However, the specific vineyard is tiny and the wine is therefore scarce and expensive.

Also a soft goat's milk cheese (45% fat content) from Burgundy with a natural bluish crust. It is cylindrical, 6 cm (2 ½ in) a diameter and 8-9 cm (3-3 ½ in) thick. Packed in a vine leaf, Montrachet has a goatly scent and a marked nutty taste.

MONTRAVEL Mainly AOC white wines, some of which are dry and others sweet from vineyards on the right bank of the River Dordogne, about 130 km (80 miles) east of Bordeaux.

MONTREUIL A garnish for beef steaks and other small cuts of meat consisting of artichoke hearts braised in butter and stuffed with peas and tiny balls of glazed carrot. Poached fish Montreuil are covered with white wine sauce and garnished with balls or boiled potato coated with a shrimp veloute sauce.

MONTRouGE The name given to various dishes which include cultivated mushrooms. They are so called because of the mushroom beds which used to be at Montrouge, near the gates of Paris.

RECIPES

Croquettes Montrouge

Prepare a dry mushroom duxelles and add half its volume of chopped ham and a third of its volume of bread soaked in milk and then dried. Add some chopped parsley and 2 egg yolks for each 250 g (9 oz) of mixture, mix well and season to taste. Shape the preparation into balls the size of tangerine. Flatten them slightly, coat with egg and breadcrumbs, and deep fry in oil at 190 °C (375 °F), Drain on paper towels and sprinkled with salt.

Croustades Montrouge

Line some tartlet moulds with shortcrust pastry and bake blind. Fill them with a thick puree of creamed mushrooms. Sprinkle with fresh breadcrumbs, moisten with a little melted butter, and brown in a preheated oven at 240 °C (475 °F, gas 9)

Escalopes of foie gras Montrouge

Prepare a thick mushroom puree. Cut some foie gras into slices and prepare an equal number of slices of bread of the same size. Fry the bread in butter. Saute the foie gras in clarified butter and put each slice on a slice of fried bread. Arrange in a ring on a flat dish with the mushroom puree in the centre and keep warm. Deglaze the foie gras pan with Madeira and a little stock, boil down to reduce the thicken with a little arrowroot. Pour the sauce over the foie gras.

MOOSE A member of the Cervidae family. A powerful and prolific animal, also known as American elk, which along with deer is the most hunted game in Canada. Although its meat is not sold commercially, it is often found on domestic tables in the autumn. Its meat is cooked in the same way as venison, accompanied by a spicy sauce and a preserve made of wild berries.

MOQUES a Belgian patisserie speciality from Ghent. A fat sausage of pastry made with brown sugar and cloves is rolled in granulated sugar, cut into thick slices and cooked in the oven.

MORAY A large eel, up to 1.3 m (4 ft) long found in tropical seas. It is dark, brown with yellow

and black markings and its wide mouth is armed with several rows of strong pointed teeth, its bite is poisonous. The flesh of the morel is fatty but fairly delicate.

MOREL A very tasty but rare mushroom which is found in the spring. Its globular or conical cap is deeply furrowed in a honeycomb pattern, and therefore the morel must be very carefully cleaned to get rid of any earth, sand or insects which may be inside.

RECIPES

Chicken with morels

Carefully wash 4-5 morels and split them in two lengthways. Dredge 6-8 chicken fillets with flour and fry briskly in 25 g (1 oz, 2 tablespoons) butter in a shallow pan together with 1 chopped shallot. When golden brown, season with salt and pepper and add the morels. Cover the pan and cook gently for 7-8 minutes, then add 6 tablespoons Sauvignon wine and finish the cooking with the lid off. (A little grated nutmeg will further improve the flavour) Add 1 tablespoon double (heavy) cream and cook for another 10-12 minutes. Serve in a hot dish.

Morels a la crème

Clean 250 g (9 oz) morels. Wash them briskly in cold water and dry them thoroughly. Leave them whole if they are small, cut them up if they are large. Put the morels in a shallow frying pan with 15 g (½ oz, 1 tablespoon) butter, 1 teaspoon lemon juice, 1 teaspoon chopped shallots, salt and pepper, braise for 5 minutes, then cover with double (heavy) cream and reduce until the sauce has thickened. Just before serving add 1 tablespoon cream and some chopped parsley.

MOREY SAINT DENIS A red Burgundy, or more rarely a white wine from the Cote de Nuits. The grands crus of the parish are sold under their own names. Clos de la Roche, Clos Saint Denis, Clos de Lambrays, Clos de Tart and Les Bonnes Mares.

MORGON One of the ten crus of the Beaujolais region and considered to have longer ageing potential than many other crus Beaujolais.

MORNAY A béchamel sauce enriched with egg yolks and flavoured with grated Gruyère cheese. It is used to coat dishes to be glazed under the grill used to coat dishes to be glazed under the grill (broiler) or browned in the oven including poached eggs, fish, shellfish, vegetables and filled pancakes. The invention of this sauce and its use is attributed to Joseph Voiron a chef of the 19th century who is thought to have dedicated it to the cook Mornay, his eldest son.

RECIPES

Fillets of sole Mornay

Season some fillets of sole with salt and pepper, place them in a buttered gratin dish, spoon over a little fish stock, and poach gently in a preheated oven at 200 °C (400 °F, gas 6) for about 7-8 minutes, until cooked. Drain them and cover with Mornay sauce, sprinkle with grated Parmesan cheese and clarified butter, and brown in a preheated oven at 240 °C (475 °F, gas 9)

Mornay sauce

Heat 500 ml (17 fl oz, 2 cups) béchamel sauce. Add 75 g (3 oz, ¾ cup) grated Gruyère cheese and stir until all the cheese has melted. Take the sauce from the heat and add 2 egg yolks beaten with 1 tablespoon milk. Bring slowly to the boil, whisking all the time. Remove from the heat and add 2

tablespoons double (heavy) cream (the sauce must be thick and creamy) For browning at a high temperature or for a lighter sauce, the egg yolks are omitted. If the sauce is to accompany fish, reduced fish stock is added.

MORTADELLA A lightly smoked Italian sausage served cold and very thinly sliced as an hors d'oeuvre. A speciality of Bologna, the name by which it is sometimes called, it is traditionally made with different cuts of pork flavoured in various ways, particularly with coriander. The authentic sausage is very large in diameter and appears in cross section as a fine light coloured paste, dotted with diced fat. The first recipe dates from 1484. Later on many different recipes were devised not only in Italy but also in other countries, using a variety of different meats.

MORTAR A bowl made of wood, earthenware, marble or stone in which foods are pounded or ground to a paste or powder using a pestle. Mortars have been used in cookery since ancient times.

MORVANDELLE, A LA A French term, meaning in the style of Morvan ham, soup, omelette, baked eggs, tripe and veal cutlets.

RECIPE

Omelette a la morvandelle

Dice 100 g (4 oz, ½ cup) raw Morvan ham and fry it lightly in butter. Beat 8 eggs as for an omelette season with pepper and add the ham. Cook the omelette in the usual way. Garnish with small thin slices of Morvan ham heated gently in butter and rolled up into cornets.

MOSAIC In charcuterie, a garnish on the top of a terrine or a galantine using ingredients of various colours cut into shapes circles, squares and stars.

In patisserie, a mosaic is a round Genoese sponge, filed with butter cream, glazed with apricot jam and ice (frosted with white fondant. The top is decorated with apricot and redcurrant jam piped in parallel lines and scored with vertical lines, using the tip of a knife.

MOSCATEL Also known as Muscat of Alexandria. Grape variety producing dessert wines. These grapes are grown in Spain, where wines include Moscatel de Malaga, Portugal, where they include Moscatel the Setubal, Italy, where they include Moscato di Pasntelleria as well as in Australia, California and South Africa.

MOUCLADE A preparation of cultured mussels from the Poitou Charentes region. They are cooked in white wine with shallots and parsley, usually flavoured with curry or saffron, and coated with their cooking liquid enriched with cream and butter and thickened with egg yolks or cornflour.

RECIPE

Mussel farmers mouclade

Clean and wash 2 kg (4 ½ lb) mussels. Toss them in a saucepan over a brisk heat until they open. Discard any that do not open. Remove the empty shells and place the ones containing the mussels in a dish, keep hot over a saucepan of boiling water. Strain the juice from the mussels through a fine sieve. Finely chop a garlic clove and a sprig of parsley and blend with 100 g (4 oz, ½ cup) butter. Warm the mussel juice in a saucepan over a gentle heat. Add the flavoured butter, a pinch of curry (or saffron), a pinch of ground celery seed, a dash of pepper and the mussels. Stir well, then simmer for 5 minutes. Sprinkle with 1 teaspoon cornflour (cornstarch) stir well and simmer for 2 minutes. Add 150 ml (1/4 pint 2/3 cup) double (heavy) cream and serve.

MOUSSE A light soft preparation either sweet or savoury, in which the ingredients are whisked

or blended and then folded together.. Mousses are often set in a mould and usually served cold. Savoury mousses, served as an hors d'oeuvre or entrée, many be based on for example, fish, shellfish, poultry, ham or a vegetable, sweet mousses are usually based on fruit or a flavouring such as chocolate or coffee.

RECIPES

Savoury Mousses

Chicken mousse

Prepare in the same way as fish mousse but use poached chicken meat instead of fish and season the mixture well using curry powder or ground nutmeg.

Fish mousse

Clean 500 g (18 oz) fillets or steaks of either pike, whiting, salmon or sole and pound them in a mortar or put in a food processor. Sprinkle with salt and pepper,. Then blend in 2-3 egg whites, one after the other. Rub this forcemeat through a sieve and refrigerate for 2 hours. Then place the bowl in crushed ice and gradually add 600 ml (1 pint, 2 ½ cups) double (heavy) cream, stirring the mixture with a wooden spoon. Adjust the seasoning, pour the mousse into a lightly oiled plain mould, and poach at 190 °C (375 °F, gas 5) for about 20 minutes. Wait about 10 minutes before turning out and serve the mousse warm, coated with a sauce for fish.

MOUSSELINE Any of various mousse like preparations, most of which have a large or small quantity of whipped cream added to them. This term is used particularly for moulds made of various pastes enriched with cream (poultry, game, fish, shellfish, foie gras, for example) Mousselines are served hot or cold. If cold, they are also known as small aspics.

Mousseline is used as an adjective to denote a sauce enriched with whipped cream (mayonnaise mousseline, hollandaise mousseline) It is also used to describe the paste or forcemeat used to make fish balls and mousses.

The term mousseline is much used in confectionery to describe certain cakes and pastries made of delicate mixtures (for example, brioche mousseline).

RECIPES

Mousseline of apples with walnuts

Peel and core 8 medium dessert apples, cut into slices, and make a compote by stewing them until soft with 2 knobs of butter, 3 tablespoons caster (superfine) sugar, 1 teaspoon vanilla flavoured sugar and a small piece of finely chopped lemon zest.

Peel and core 3 more apples and cut each into 8 pieces. Poach these pieces of apple slowly in a syrup prepared with 350 ml (12 fl oz 1 ½ cups) water, 125 g the fruit should be just softened. Remove 14 pieces of apple and complete the cooking of the other 9. Drain the fruit and put the syrup to one side.

As soon as the compote is cooked, mash it with a fork and reduce it over a high heat, turning it over with a spatula until a thick fruit paste is obtained. Remove from the heat and cool. Thicken with 120 ml (4 1/2 fl oz. ½ cup) whipped double (heavy) cream, 3 beaten eggs and 3 yolks. Add 2 tablespoons crushed walnuts and the half poached apple pieces.

Butter a charlotte mould well and pour the mixture into it. Pile it up slightly and cook in a bain marie in a preheated oven at 190 °C (375 °F, gas 5) for about 40 minutes. Remove from the oven and turn out 15 minutes later on to a hot dish.

Prepare a sauce by reducing the syrup in which the apples were cooked to 120 ml (4 ½ fl oz. ½ cup) butter and then 250 ml (8 fl oz. 1 cup) whipped double (heavy) cream. Flavour with Noyau liqueur. Coat the mousseline with this sauce and decorate with the 9 fully cooked pieces of apple. Serve some langues de chat biscuits (cookies) separately.

Mousseline sauce

Prepare a hollandaise sauce, just before serving blend into it half its volume of stiffly whipped double (heavy) cream.

MOUSSERON The common French name for several species of small white or beige mushrooms with a delicate flavour, including St. George's mushroom, the fairy ring mushroom and blewits. They are cleaned and prepared like chanterelles.

MOUVETTE The French term for a round flat wooden spoon of varying size, used principally for stirring (or moving) sauces and creams and for mixing various preparations.

MOZART A garnish for small cuts of meat consisting of artichoke hearts, slowly cooked in butter and stuffed with celery puree and potatoes, cut into strips (called shavings) and fried.

MOZZARELLA An Italian cheese originating from Latium and Campania, still made with buffalo's milk in these areas but with cow's milk (40-45% fat milk in these areas but with cow's milk (40-45% fat content) in the rest of Italy. It is a fresh cheese, springy and white, the mild flavour has a slight bite, Mozzarella is kept in salted water or whey, shaped into balls or loaves of varying size 100 g to 1 kg (4 oz to 2 ¼ lb) The buffalo's milk cheese, which has a more delicate flavour, is eaten at the end of a meal, the cow's milk cheese is used mainly for cooking, particularly for pizzas, but also for preparing a lasagne gratin or for stuffing fried rice croquettes. Mozzarella in carrozza, a popular Neapolitan snack, is a small sandwich filled with cheese, rolled in flour dipped in beaten egg, fried in oil, and eaten very hot.

MUFFIN In Great Britain a muffin is a traditional light textured roll, round and flat, which is made with yeast dough. Muffins are usually enjoyed in the winter split, toasted, buttered and served hot for tea, sometimes with jam. In the Victorian era muffins were bought in the street from sellers who carried tray of them on their heads, ringing a handbell to call their wares.

American muffins are entirely different, more like cake than bread. The raising (leavening) agent is baking powder and the muffins are cooked in deep patty tins (muffin pans) Cornmeal and bran are sometimes substituted for some of the flour.

RECIPES

English muffins

Prepare the yeast in 300 ml (1/2 pint, 1 ¼ cups) warm water. Alternatively dissolve 1 teaspoon caster (superfine) sugar in the warm water and sprinkle in 1 ½ teaspoons dried yeast. Allow to stand until frothy (about 10 minutes)

Mix 450 g (1 lb, 4 cups) strong plain (bread) flour and 1 teaspoon salt together. Add the yeast liquid and mix to form a soft dough. Turn out on to a lightly floured surface and knead until smooth and elastic (about 10 minutes by hand) Shape into a ball and place inside an oiled polythene (plastic) bag leave to rise until doubled in size. Remove from the polythene bag, knock back (punch down) and knead until the dough is firm (about 2 minutes) Cover the dough and rest it for 5 minutes. Roll out on a floured surface to a thickness of 1 cm (1/2 in) Cover again and rest for a further 5 minutes.

Cut into 9 cm (3 ½ in) rounds with a plain cutter. Place on a well floured baking sheet and dust the tops with flour or fine semolina. Cover and prove in a warm place until doubled in size (about 15-30 minutes).

Heat a griddle, hotplate or heavy frying pan and grease lightly. Cook the muffins for about 3 minutes or until golden brown on each side, or bake in a preheated oven at 230 °C (450 °F, gas 8) for about 10 minutes, turning over carefully with a palette knife (spatula) after 5 minutes. Cool on

a wire rack.

MULBERRY The fruit of the mulberry tree. The two most common varieties are the black and white mulberry. The fruit is similar in appearance to the blackberry and should be picked or allowed to fall from the tree when very ripe. The juice of the black mulberry is very staining. In China, the leaves of the white mulberry are fed to silkworms, which eat nothing else. Mulberries are usually eaten raw or can be used in the same way as blackberries.

MULLED WINE An aromatic alcoholic drink made with red wine, sugar and spices and served hot, traditionally in winter, examples are grog, punch and Bishop. Mulled wine is particularly popular in mountainous regions, in Germany and Scandinavia. It is traditionally prepared by slowly heating the contents of a bottle of Bordeaux, Burgundy or a similar red wine for about 15 minutes with lemon or orange zest, sugar or honey, and spices (cinnamon cloves mace), but this should never be brought to the boil, the liquid is strained and served in glasses or cups with handles. In the country it may be served in a pottery jug. To strengthen the aroma of the spices, these are sometimes left to infuse for half an hour in a glass of wine brought up to the boil, before the rest of the heated wine is added. If spirits are added or the wine is sufficiently high in alcohol, its vapours may be flamed.

MULLET One of several unrelated fish which can be divided into two broad groups.
Grey mullet These are found in coastal water and there are several species. The largest is the striped mullet, which is up to 60 cm (2 ft) long with a large head, silvery grey back and brown sides. The golden mullet is the smallest 20-45 cm (8-18 in) it has gold spots beside its eyes and a yellowish tint to the sides.

- **Red mullet (goatfish)** These fish are distinguished from the grey mullets by their smaller size 40 cm (16 in) maximum length reddish coloration and the pair of barbels beneath the chin. They are a lean fish with a delicate flavour. The best variety is bright pink streaked with gold and has a black striped (front dorsal fin and two scales under its eyes). The sand mullet is inferior in quality. It is reddish brown and has three scales under the eyes.

RECIPES

Bakes red mullet a la livournaise

Gut (clean) 4 red mullet, make some light incisions on their backs, season them with salt and pepper, and lay them head to tail in a buttered or oiled gratin dish. Cover with a reduced tomato fondue or sauce, sprinkle with breadcrumbs and 2 tablespoons oil or melted butter, and bake in a preheated oven at 240 °C (475 °F, gas 9). When the top is brown (after about 15 minutes), add some chopped parsley and a few drops of lemon juice. Serve from the cooking dish.

Baked red mullet with fennel

Soften 25 g (1 oz. ¼ cup) chopped onion in oil, then add 1 tablespoon very finely chopped fresh fennel. **Gut (clean)** a mullet make some light incisions on its back, and season with salt and pepper. Butter a small overproof dish, spread the base with breadcrumbs and a little olive oil and bake in a preheated oven at 220 °C (425 °F, gas 7) for 25 minutes. Sprinkle with parsley and a little lemon juice.

Bake red mullet with shallots

Peel and chop 40 g (1 ½ oz. ¼ cup) shallots. Boil them in 150 ml (8 fl oz. 1 cup) dry white wine until almost all the liquid has evaporated, then spread the mixture into a buttered gratin dish. **Gut (clean)** 3 red mullet, dry them, make some incisions on their backs, season with salt and pepper, and lay them in the dish. Pour over 6 tablespoons dry white wine and dot with about 25 g (1 oz. 2 tablespoons) butter. Cook in a preheated oven at 230 °C (450 °F, gas 8) for 15 minutes, basting

several times with the juices, add a little more white wine if necessary. Sprinkle with chipped parsley and a little lemon juice, and serve from the cooking dish.

MULLIGATAWNY A soup of Indian origin, adopted by the British and particularly popular in Australia. It is a chicken consommé to which are added stewed vegetables, such as onions, leeks and celery, highly seasoned with curry and spices (bay leaf and cloves) garnished with chicken meat and rice à la créole. In the original Indian preparation the garnish also include blanched almonds and coconut milk (possibly replaced by cream) The Australians generally add tomatoes and smoked bacon.

MUNG BEAN A bean plant, originating in the Far East, having small green, yellow or brown seeds. In India they are also known as green gram and are sometimes ground to make a flour used for savoury pancakes and dumplings. The hulled split beans are known as moong dal. Mung beans can be cooked and used as a dried pulse and are widely cultivated for their shoots. Commonly known as bean sprouts, they are eaten either raw or blanched. They can be served as a vegetable accompanying a main dish, in stir fries, such as chop suey, or in mixed salads. Bean sprouts can be bought fresh or canned.

MUNSTER An Alsatian cheese made from cow's milk (45-50% fat content) it has a soft yellow paste and a washed rind to orange coloured rind. After it has matured for 2-3 months and had regular washings it has a strong smell and a full bodied flavour. It is eaten with Gewürztraminer in Alsace and with well balanced red wines elsewhere. Created in the 7th century by monks the name is derived from monastère (monastery) it is protected by an AOP which applies to certain districts of the Haut and Bas Rhin. Meurthe et Moselle, the Haute Saône, the Vosges and the Territory of Belfort.

MURAT A method of preparing fillet of sole which are cut into small strips, cooked à la menuisière, and arranged in a timbale with potatoes (boiled in their skins and peeled) and poached artichoke hearts, cut into dice and sautéed. The whole preparation, which may be garnished with slices tomato sautéed in oil, is sprinkled with coarsely chopped parsley, mixed with lemon juice and moistened with noisette butter.

MURFATLAR A region in Romania, not far from the Black Sea, producing dessert wines. The use of overripe grapes gives a golden liqueur like wine with a bouquet reminiscent of orange blossom.

MUSCADET White AOC wine made from the Melon de Bourgogne grape variety in the region south of Nantes, close to where the Loire meets the Atlantic. There are four appellations, Muscadet, Muscadet de Sèvre-et-Maine, Muscadet des Coteaux de la Loire and Muscadet Coteaux de Grand Lieu. The description sur lie means that the wines are left to mature on the lees (grape skins) thus gaining more dioxide before being bottled. The wines can be zesty and crisp and are a good accompaniment to seafood dishes.

MUSCAT There are over 200 different types of Muscat vines recorded but the finest is acknowledged as the Muscat à Petits Grains or Muscat de Fronton the wines can be dry but are mainly sweet and luscious with pronounced grapey aromas. Wines produced include Beaumes de Venise, Asti, Muscat of Samos Vin de Constance from South Africa.

MUSHROOM A type of fungus (a plant with neither chlorophyll nor flowers) generally found growing in cool damp places in woodland and meadows, where the soil is rich in humus. A mushroom cap. Sometimes the whole mushroom may be eaten in other cases just the cap. As

well as wild fungi, there is also a variety of cultivated mushroom.

RECIPES

Mushroom blanc

Bring 6 tablespoons water with 40 g (1 ½ oz, 3 tablespoons) butter, the juice of half a lemon and 1 scant, tablespoon salt to the boil. Add 300 g (11 oz, 3 ½ cups) mushrooms and boil for 6 minutes. Drain and retain the cooking stock to flavour a white sauce, fish stock or marinade.

Mushroom croquettes

Clean and dice some mushrooms, sprinkle with lemon juice and saute them briskly either in oil or in butter. Add some chopped shallot and parsley a little thyme, or bay leaf, a chopped garlic cloves, salt and pepper. Bind this salpicon with a thick bechamel sauce and leave to cool. Divide the mixture into equal portions and roll them into cylinders. Dip the cylinders in batter, plunge into very hot oil and brown. Drain and dry on paper towels. Serve very hot (possibly with a tomato sauce). Either as a entrée or as a vegetable.

Mushroom essence

Clean and dice about 450 g (1 lb) open cap cultivated mushrooms, then place them in a saucepan and season with salt. Add a little white wine and water. Bring to the boil, stirring then reduce the heat and cover the pan tightly. Cook for about 20 minutes, until the mushrooms are greatly reduced. Strain the liquor through a sieve, pressing or squeezing the mushroom dry. Boil the liquor to reduce it to a full flavoured essence.

MUSINGY Grand cru vineyard producing red and white Burgundies from the village of Chambolle Musigny in the Cote de Nuits. Mostly red, the wines are world famous, being extremely fine and delicate and very expensive.

MUSK A strong smelling secretion from the glands of the musk deer and Ethiopian civet or from various seeds (especially musk mallow, cultivated in Africa and in the West Indies) Musk was formerly used as a spice and to flavour certain African and Oriental dishes. Today, smells are musky when they recall the plants from which infusions are made, or the wines which combine the scent of dried apricots, white peaches, dried figs and honey.

MUSLIN (CHEESECLOTH) Loosely woven cloth used for straining thick liquids, such as sauces, and purees, The liquid is either pressed through the cloth with a spatula or enclosed in the cloth, the two ends of which are twisted in opposite directions.

Small muslin bags are used to hold ingredients intended to flavour a dish. The flavouring ingredients are placed on a small square of muslin (or chiffon) the muslin is then drawn up and knotted to form a bag. In this way the flavouring material does not escape into the dish and can be removed when cooking is complete.

MUSSEL A bivalve mollusc found in seas all over the world of which there are many species. European mussels have thin, rectangular shells, which are dark blue, almost black, and finely striped. The common European mussel is cultivated on the coasts of the Atlantic, the English Channel and the North Sea, especially between the mouth of the Gironde and Denmark. It is small, convex and tender. The mussels from Spain tend to be larger, brown in colour and with a tortoiseshell effect. The Toulon mussel, which is larger, flatter and less delicate, is found only in the Mediterranean. The main species of European mussels have spread to other areas through attaching themselves to the hulls of ships. Other varieties are found. Such as the green lipped mussel from New Zealand and a slightly larger variety found in the Pacific coast of North America.

Wild mussels are usually smaller and more leathery than mussels that have been cultivated. Care must be taken when gathering these because of their ability to absorb toxins, as with other shellfish.

Buying and cleaning. Mussels are sold alive, cooked, or cooked and shelled. They are also sold smoked and shelled, and preserved in oil or sauce. Mussels bought live must be known to have come from clean waters, be firmly closed and cooked within 3 days of being caught (mussels with cracked or half opened shells which do not close when they are tapped must be thrown away).

The mussels must be completely cleaned of any beard like filaments and parasite, which may be attached to them, before they are used. This is done by brushing and scraping under running water. To remove the beard the cluster of fine dark hairs by which the shell attached itself to rocks pull it firmly away from the shell. The beard should come away in one clump. If the mussels are consumed raw, they must be eaten the same day that they are bought. Cooked mussels may be kept for 48 hours in the refrigerator.

Cooking. Mussels are often cooked very simply a la marinere in cream, fried, au gratin or in an omelette. French regional mussel dishes include stuffed mussels from the de Re, eclade and mouclade. Mussels also feature in a number of recipes from other parts of the world, including Spanish paella, zuppa di cozze from Liguria, and in various Belgian dishes, made with white wine or cream and parsley and moulets, et frites, a national dish.

RECIPES

Fried mussels

Prepare some mussels a la marinere, remove from their shells and leave to cool. Marinate for 30 minutes in olive oil, lemon juice, chopped parsley and pepper. Then dip in frying batter and cook in oil heated to 180 °C (350 °F). Drain them on paper towels and serve as an hors d'oeuvre (with lemon quarters) or with aperitifs (on cocktail sticks).

Hors d'oeuvre of mussels a la ravigote

Cook some mussels a la marinere, remove from their shells and leave them to cool completely in a salad bowl. Prepare a well seasoned vinaigrette and add to it some chopped hard boiled (hard cooked) eggs, parsley, chervil, tarragon and gherkins (pickled) Pour over the mussels and stir. Put in a cool place until time to serve.

Ice mussel soup

Place a red (bell) pepper in a preheated oven at 240 °C (475 °F, gas 9) for a few minutes, to loosen the skin, then peel. Clean 1.5 kg (3 ¼ lb) mussels and cooked over a brisk heat with half a glass of white wine for 2 minutes. Discard any mussels that do not open. Remove the shells and reserve the cooking liquid. Peel and seed a cucumber, cut it into dice, then place in colander and sprinkle with coarse salt, leave to drain. Cut half a bunch of radishes into slices. Shell and skin 500 g (18 oz) broad (lava) beans. Wash and dice 5 mushroom caps (preferably wild) and sprinkle them with lemon juice.

Finely slice one half of the peeled red pepper and dice the other half. In a food processor, blend 6 peeled tomatoes, the slices of pepper, the mussel cooking juices, 2 tablespoons olive oil, a little sauce a l'angloise and 10 drops of Tabasco sauce. Add the diced and sliced vegetables, the broad beans and the mussels. Adjust the seasoning. Refrigerate for several hours before serving.

Mussels brochettes

Open some mussels over a brisk heat. Discard any that do not open. Remove the mussels from their shells and thread on skewers, alternating them with thin pieces of smoked bacon and

tomato. Season with pepper. Cook under the grill (broiler) for about 1 minute.

Mussels la bordelaise

Prepare 2 kg (4 ½ lb) mussels a la mariniere, drain them, remove one shell from each mussel, and place them in a vegetable dish. Keep hot. Prepare 200 ml (7 fl. oz. or ¾ cup) meatless mirepoix, moisten it with the strained liquid in which the mussels were cooked, and add 150 ml (½ pint, 2/3 cup) fish veloute and 2 tablespoons tomato puree (paste). Heat and reduce by one third, then add the juice of half a lemon and whisk in 50 g (2 oz. ¼ cup) butter. Pour this hot sauce over the mussels, sprinkle with chopped parsley and serve immediately.

Mussels salad

Prepare 1 kg (2 ¼ lb) mussels a la mariniere, drain them and remove their shells. Set aside.

Boil without peeling, 675 g (1 ½ lb) potatoes, peel while still hot and cut into cubes. Finely dice or shred 2-3 celery sticks. Peel and chop 1 shallot and 1 garlic clove and mix with plenty of chopped parsley. Mix all the ingredients together in a salad bowl.

Make a vinaigrette with 2 tablespoons hot vinegar, 6 tablespoons oil, 1 tablespoon Dijon mustard, salt and pepper. Pour this dressing over the salad and serve immediately.

Mussels a la poulette

Prepare some mussels a la mariniere, drain them, remove one of the shell from each mussel and place in a vegetable dish. Strain the cooking liquid through a fine sieve, reduce by half and add 300 ml (1/2 pint, 1 ¼ cups) poulette sauce. Add a little lemon juice, pour over the mussels and sprinkle with chopped parsley. Mix all the ingredients together in a salad bowl.

Make a vinaigrette with 2 tablespoons hot vinegar, 6 tablespoon oil, 1 tablespoon Dijon mustard, salt and pepper. Pour this dressing over the salad and serve immediately.

Mussels a la poulette

Prepare some mussels a la mariniere, drain them, remove one of the shells from each mussel and place in a vegetable dish. Strain the cooking liquid through a fine sieve, reduce by half and add 300 ml (1/2 pint, 1 ¼ cups) poulette sauce. Add a little lemon juice, pour over the mussels and sprinkle with chopped parsley.

Mussels in cream

Prepare 2 kg (4 ½ lb) mussels a la mariniere, drain them, remove one of the shells from each mussel and place them in vegetable dish. Keep hot, Strain the cooking liquid through a fine cloth. Prepare 300 ml (½ pint, 1 ¼ cups) light bechamel sauce, add 200 ml (7 fl. oz. ¾ cup) double (heavy) cream and the cooking liquid from the mussels, and reduce by at least one third. Season with salt and pepper and pour this hot sauce over the mussels.

The bechamel cream sauce may be flavoured with curry or 1 tablespoon chopped onion, softened in butter.

MUST Grape juice, skins, seeds and pulp before it has been acted on by the yeasts that convert the natural sugar in it to alcohol. See wine.

MUSTARD A herbaceous plant, originating from the Mediterranean region, of which there are numerous species. Several have edible leaves, some produce an edible oil and three provide seeds which are used to prepare the yellow condiment of the same name. The three varieties are black mustard (spicy and piquant) brown mustard (less piquant) and white, or yellow, mustard (not very piquant but more bitter and more pungent). These seeds contain two elements, myronate, and

myrosin. When crushed in the presence of water, they release a volatile and piquant essence which gives mustard its distinctive flavour.

Mustard has been known and used since ancient times. Black mustard seeds is mentioned in the Bible, the plant, cultivated in Palestine, was introduced into Egypt, where its crushed seeds were served as a condiment (as they still are in the East). The Greeks and Roman used the seeds in the form of flour or mixed in tuna fish brine (muria), for spicing meat and fish. Mustard also has an ancient history throughout Europe. The medicinal properties of the plant were also highly valued in the Middle Ages. Commercial production began in Dijon by the mid 14th century and in Britain in 1727.

Mustard is a condiment that can be flavoured in many different ways for example with tarragon, garlic, mixed herbs, horseradish, chilli, honey, paprika and fruits. In addition to its uses as a condiment for meat and charcuterie, mustard is used in cookery for coating rabbit, pork, chicken and oily fish before cooking. It may be added to the cooking stock of a ragout or a blanquette, and it is the basis of numerous dressing and sauces, both hot and cold (such as vinaigrette, mayonnaise, remoulade, devilled sauce, dijonnaise, Cambridge) In English cookery, mustard sauce is often enriched with egg yolk or flavoured with anchovy essence, to accompany fish. Gremolata, from Italy, resembles chutney rather than mustard, as it is made from fruits macerated in a sweet and sour sauce containing mustard, it generally accompanies boiled meat.

RECIPES

Mustard and dill dressing

Whisk 2 tablespoons Dijon mustard with 1 tablespoon caster (superfine) sugar and 3 tablespoon cider vinegar in a bowl. Add a little salt and pepper and whisk well. Gradually pour in 150 ml (1/4 pint, 2/3 cup) olive oil, whisking continuously to make a thick dressing. Stir in 3 tablespoons finely chopped dill. Taste for seasoning and sweet sour balance, add a squeeze of lemon juice to sharpen the dressing, if liked. Serve with fish salads, poached or smoked salmon, or graviax. The dressing also goes well with poached eggs, or cold hard boiled (hard cooked) eggs in salads.

Mustard sauce

Melt 2 tablespoon butter in a small saucepan, then blend in 2 tablespoons flour and mix well. Pour in 250 ml (8 fl oz, 1 cup) milk, beat and leave to cook over a brisk heat until the sauce thickens. Lower the heat and simmer for 3 minutes then add 4 tablespoons double (heavy) cream. 1 teaspoon white vinegar, 1 teaspoon English mustard powder, salt and a little pepper. Serve at once with poached fish.

MUSTARD POT A small pot in which mustard is served at table, it sometimes form part of a cruel. Its lid is notched to allow the mustard spoon to pass through. The oldest models, which are made of pewter and very large, date from the 14th century. In silver gilt and even gold. It was only after the 18th century that mustard pots were manufactured in porcelain, pottery, glass or wood.

MUTTON The meat from sheep over a year old. The criteria of quality are firm, compact, dark red flesh and hard fat, pearly white in colour and plentiful around the kidneys. Mutton is at its best at the end of the winter and in the spring, in summer (shearing time) the smell of wool grease tends to impregnate the flesh.

RECIPES

Braised mutton cutlets

Trim some thick cutlets and season with salt and pepper. Butter a shallow frying pan, line it with bacon rinds from which all the fat has been removed and add some thinly sliced carrot and onion. Arrange the cutlets in the pan, cover and cook gently for 10 minutes. Add enough white wine to

just cover then reduce with the lid removed. Moisten with a few spoonfuls of brown gravy or stock, add a bouquet garni and cook with the lid on for about 45 minutes. Drain the cutlets and keep them hot on the serving dish. Surround with boiled Brussels sprouts (the garnish may also consist of chestnuts, sautéed potatoes or a vegetable purée) Reduce the braising stocks, strain it, and pour it over the cutlets.

Mutton broth

Finely dice a carrot, a turnip, the white part of 2 leeks, 1 celery stick and 1 onion. Soften this mirepoix in butter, then add 2 litres (3 ½ pints, 9 cups) white consommé. Add 300 g (11 oz) breast and collar of mutton and 100 g (4 oz, ½ cup) pearl barley blanched for 8 minutes in boiling water. Cover and cook gently for 1 ½ hours. Remove and dice the meat and put back in the soup. Sprinkle with chopped parsley just before serving.

Mutton cutlets à la fermière

Season 6 thick cutlets with salt and pepper. Fry them lightly in butter in a shallow flameproof serving dish. Add 300 ml (½ pint, 1 ¼ cups) vegetable fondue, 6 tablespoons fresh green peas and 150 ml (¼ pint, 2/3 cup) white wine. Reduce, then add a bouquet garni and 200 ml (7 fl oz, 2/4 cup) brown stock and cook with the lid on for 20 minutes. Then add about 20 small potatoes and continue cooking with the lid on for a further 35 minutes. Serve in the cooking dish.

Mutton cutlets à la villeroi

Braise the cutlets and leave them to cool in their stock. Drain them, coat them in Villerol sauce, then dip them in beaten egg and breadcrumbs. Fry until golden in clarified butter and serve with a Périgueux or a tomato sauce.

Mutton cutlets chasseur

Sauté 6 cutlets in butter in a shallow frying pan, then drain and keep them hot. Place in the pan 1 tablespoon chopped shallots and 6 large thinly sliced mushrooms and stir for a few moments over a brisk heat. Sprinkle with 150 ml (¼ pint, 2/3 cup) white wine and reduce until almost dry. Pour in 250 ml (8 fl oz, 1 cup) thickened brown stock and 1 tablespoon tomato sauce, boil for a few moments, then add 15 g (½ oz, 1 tablespoon butter) and ½ teaspoon chopped chervil and tarragon. Coat the cutlets with this sauce.

Mutton filets in red wine

Cut the filets of mutton into small squares. Season with salt and pepper, then cook them quickly in very hot butter, keeping them slightly pink inside. Drain them and put on one side. In the same butter quickly cook (for 6 fillet) 125 g (4 ½ oz, 1 ½ cups) thinly sliced mushrooms and add them to the meat. Make a sauce by adding 300 ml (½ pint, 1 ¼ cups) red wine to the pan juice, reduce then add several spoonfuls of brown veal gravy. Reduce once again, add some butter and strain. Mix the meat and the mushrooms with this sauce and serve very hot.

Ragout of mutton à la bonne femme

Cut 800 g (1 ¾ lb) mutton into cubes, season with salt and pepper, and fry quickly in oil with a chopped onion. Skim off some of the oil in which the meat was cooked, dust the meat with a pinch of caster (superfine) sugar and 2 tablespoons flour and mix. Then add a small crushed garlic clove and moisten with 1 litre (1 ¾ pints, 4 ½ cups) water or stock. Add 3 tablespoons tomato purée (paste) or 100 g (4 oz, ½ cup) fresh tomatoes, peeled and crushed, and bouquet garni. Cook, covered, in a preheated oven at 220 °C (425 °F, gas 7) for 1 hour. Drain the meat and reserve the cooking stock. (strained and skimmed).

Return the meat to the pan and add 400 g (14 oz, 2 ½ cups) potatoes cut into olive shapes, 24 glazed baby (pearl) onions, and 125 g (4 ½ oz, ½ cup) streaky (slab) bacon (diced, blanched and

lightly fried). Pour the cooking stock over the ragout. Bring to the boil, cover and finish cooking in the oven for 1 hour. Arrange in a timbale or in a round dish.

MUZZLE The projecting nose and jaw of certain animals. The muzzle of an ox or pig is used chiefly in charcuterie. Both are prepared in the same way as ox tongue. In France, ox muzzle is usually sold ready prepared and it is used as a cold hors d'oeuvre, served in a herb flavored vinaigrette. Pig's muzzle is also sold as a cooked meat speciality, similar to brawn (head cheese) it is prepared using the whole head (and sometimes the tongue and the tail) which is boned, cooked, pressed and moulded. In Brazil, the most popular dish is fetpada which consists of pig's muzzle cooked in a stew.

MYCOPROTEIN A protein rich type of manufactured fungi which is processed to make Quorn. See Quorn.

MYRTLE A Mediterranean shrub whose aromatic evergreen leaves and purple black berries have a flavour like that of juniper and rosemary. Myrtle leaves are used particularly in Corsican and Sardinian cookery, to flavour roast thrushes, boar, charcuterie and bouillabaisse. The Romans used myrtle leaves and berries extensively for flavouring ragouts and certain wines.

MYSOST A Scandinavian cheese made from cow's milk whey (20% fat content). Mysost is a brown compressed cheese, the water from the whey is evaporated leaving only the whey albumen and lactose which acquires the consistency of very hard butter and a slightly sweetish flavour. See also Gjetost.

N

NAGE An aromatic court-bouillon in which crayfish, langousters, small lobsters or scallops are cooked. They may be served either hot or cold in the cooking stock, which is either seasoned, or mixed with double (heavy) cream. Dishes prepared in this way are described as a la nage (literally, swimming).

RECIPES

Crayfish a la nage

Prepare a nage as described, but keep it hot. Immerse 48 crayfish (either cleaned or not) in the boiling liquid and cook for 8 minutes, stirring occasionally. Season with a pinch of cayenne and leave the crayfish in the cooking stock until completely cold. Serve in a large bowl with the cooking stock.

Alternatively drain the crayfish and prepare a sauce by reducing the cooking stock and stirring in some butter. Pour the sauce over the crayfish and sprinkle with chopped parsley. This method is described as a la litegeoise.

Nage of scallops with lemon thyme

Remove 2.5 kg (5 ½ lb) carefully cleaned scallops from their shells. Remove their beards. Wash again several times and put in the refrigerator. Finely snip a bunch of chives and dice the flesh of 1 lemon. Chop or dice 400 g (14 oz) carrots, 1 medium leek and 300 g (11 oz) celeriac or 2 celery sticks. Bring to the boil 400 ml (14 fl oz, 1 ¾ cups) fish stock, lightly seasoned with salt and pepper, with 200 ml (7 fl oz, ¾ cup) white wine. Add the vegetables, 4 sprigs lemon thyme and the lemon juice. Bring back to the boil, then reduce the heat. Add the scallops and 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream and simmer gently for another 2 minutes (overcooked, the scallops would become hard). Remove from the heat discard the thyme sprigs, and incorporate the chives and diced lemon. Arrange the scallops in soup bowls, and garnish with chervil or parsley.

NALESNIKI Stuffed pancakes from Russia or Poland. Soft cheese is a typical filling around which the pancakes are folded, then coated in egg and breadcrumbs or sometimes a thin batter and fried until crisp. The pancakes can also be stuffed with cabbage, chicken or meat and are a traditional accompaniment for borsch.

Although usually savoury, nalesniki are served as a dessert when filled with sweetened soft cheese or jam.

NAN Also known as naan, this Indian bread is soft, flat, pear shaped and leavened. It is made from plain wheat flour and cooked in a tandoor oven. The term comes from the Persian word for bread and this type of bread is common in many Central Asian countries, including Pakistan and Afghanistan. The precise flour mix shape and cooking method varies according to the country or region of origin.

NANETTE The name given to a classic dish of lamb cutlets, veal escalopes or calves sweetbreads, garnished with small artichoke hearts and mushroom caps braised in butter. The former are stuffed with a chiffonnade of lettuce in cream, the latter with a salpicon of truffles blended with a reduced demiglace. The dish is served with a sauce made from the pan juices deglazed with Marsala and blended with chicken veloute, cream and concentrated chicken stock.

NANTAIS A Breton cow's milk cheese made with pressed curds (40% fat content) It has a smooth washed rind. The paste is springy to the touch, pale to deep yellow in colour, and has a pronounced flavour. Nantais is manufactured in 9cm (3 ½ in) squares, 4 cm (1 ½ in) deep. It is

also known as Cure or Fromage du Cure because it was first made in the 19th century by a priest from the Vendee.

RECIPE

Gateau nantais

Cream 150 g (5 oz. 2/3 cup) butter with a spatula. Mix 250 g (9 oz. 2 ¼ cups) plain (all-purpose) flour, 150 g (5 oz. 2/3 cup) sugar and a pinch of salt in a bowl. Add the butter 3 egg yolks, 1 tablespoon rum and 125 g (4 ½ oz. 1 cup) diced candied angelica. Work these ingredients together to make a smooth paste, roll it into a ball, flatten it out with the palms of the hands, again roll into a ball, and leave in a cool place for 2 hours. Roll the paste out into a circle 2 cm (¾ in) thick and place it on an oiled baking sheet. Mix 1 egg yolk with 1 tablespoon water and brush it over the surface of the gateau, Sprinkle with chopped almonds. Cook in a preheated oven at 200 °C (400 °F, gas 6) for 35 minutes. Serve when cold.

NANTAISE, A LA The name given to various dishes served with a white wine sauce enriched with butter. Scallops a la nantaise are poached, sliced and then reheated in white wine together with poached oyster and mussels. They are then served in the scallops shells with the sauce poured over, and glazed under the grill (broiler). Chopped mushrooms and peeled (shelled) shrimps coated with a mixture of veloute and hollandaise sauce can also be added. Grilled (broiled) fish a la nantaise is served with a sauce made with white wine and shallots and thickened with butter. Roast or braised meat a la nantaise is garnished with glazed turnips, garden peas and creamed potatoes.

RECIPE

Red mullet a la nantaise

Put 150 ml (¼ pint, 2/3 cup) white wine and 2 or 3 finely chopped shallots into a pan and boil down to reduce. Trim and gut (clean) 4 mullet., but do not remove the livers. Wipe the fish, season with salt and pepper, brush with oil and grill (broil). Then remove the livers from the fish mash them and beat them into the reduced sauce together with a few drops of lemon juice and about 50 g (2 oz. ¼ cup) butter. Pour the sauce into a long serving dish and arrange the grilled mullet on top. Garnish with slices of lemon.

NANTES CAKE A small, round French cake flavoured with lemon or orange and cooked in a tin (pan) coated with slivered almonds. The baked cakes are glazed with apricot jam, iced (frosted) with fondant and dusted with coloured sugar grains.

RECIPE

Nantes Cakes

Cream 100 g (4 oz. ½ cup) butter, 100 g (4 oz. ½ cup) caster (superfine) sugar, a pinch of salt, ½ teaspoon bicarbonate of soda (baking soda) and the zest of 1 lemon or 1 orange until pale and soft. Beat in 2 eggs and 125 g (4 ½ oz. 1 cup) sifted plain (all-purpose) flour, beating the mixture well. Butter some tartlet moulds and sprinkle with slivered almonds. Pour in the mixture and cook in a preheated oven at 190 °C (375 °F, gas 5) for about 20 minutes. Turn the cakes out on to a wire rack. Coat them with warmed apricot jam, then ice (frost) them with fondant flavoured with maraschino and dust with coloured sugar grains.

NANTUA, A LA The name given to various dishes containing crayfish or crayfish tails, either whole or in the form of a savoury butter a puree a mousseline or a thick sauce. These dishes often contain truffles as well. Nantua is a town in Burgundy, with a centuries old reputation for gastronomy.

RECIPES

Fillets of sole Nantua

Poach some fillets of sole in a little court bouillon made with white wine or concentrated fish stock. Arrange them in a circle on a serving dish and garnish the centre of the circle with a ragout of crayfish tails. Coat with nantua sauce and garnish with mushroom slices.

Nantua sauce

Make 200 ml (7 fl oz, $\frac{3}{4}$ cup) bechamel sauce. Add an equal volume of strained crayfish cooking liquor and single (light) cream. Boil to reduce by one third. While the liquid is boiling beat in 100 g (4 oz, $\frac{1}{2}$ cup) crayfish butter 1 teaspoon brandy and a tiny pinch of cayenne pepper. Rub through a very fine sieve and use in the appropriate recipe.

NAPOLITAIN A large cylindrical or hexagonal French cake with a hollow centre. It is made of layers and almond pastry sandwiched together with apricot jam, redcurrant jelly or other preserve, and usually lavishly decorated with marzipan (almond paste) and crystallized (candied) fruits. It was formerly used as the set piece of elaborate buffets. The name of the cake suggests that it originated from Naples, but it was more probably created by Careme, who made a number of elaborate cakes for set pieces and named them himself.

Although the large cake is rarely seen today, small biscuits as fonds napolitains are still made in France, they are decorated with butter cream or jam.

Napolitain or neapolitan is the name given to very small tablets of fine, often bitter, chocolate served with coffee. Miniature bars of milk. Chocolate are also sold as neapolitans.

RECIPES

Napolitain cake

Pound 375 g (13 oz, 2 $\frac{1}{2}$ cups) sweet almonds in a mortar, together with 5 g ($\frac{1}{4}$ or 1 teaspoon) bitter almond, together with 5 g ($\frac{1}{4}$ oz, 1 teaspoon) bitter almonds, if desired. Gradually incorporate 1 egg white to prevent the almonds from becoming oily. Then add 200 g (7 oz, 1 cup) caster (superfine) sugar, the very finely grated zest of 1 lemon 250 g (9 oz, generous 1 cup) softened butter and 500 g (18 oz, 4 $\frac{1}{2}$ cups) sifted plain (all-purpose) flour. Work all the ingredients together in the mortar. Add 4 whole eggs, one by one, until dough is very smooth but still firm.

Leave the dough in a cool place for 2 hours. Then roll it out to a thickness of 1 cm ($\frac{1}{2}$ in) on a lightly oiled surface and cut out circles 20-25 cm (8-10 in) in diameter. Leaving 1 round whole, cut out the centres of the remaining rounds with a pastry (cookie) cutter 6 cm (2 $\frac{1}{2}$ in) in diameter. Place all the rounds on a baking sheet, in batches if necessary, and bake in a preheated oven at 200 °C (400 °F, gas 6) for 20-25 minutes.

When completely cold, cover one of the whole rounds with very reduced sieved apricot jam, then build up the cake by placing the rounds with the centres cut out one on top of the other, covered each of them with apricot jam. Place the remained whole round on the top and cover it with apricot jam. Cover the cake with marzipan (almond paste) or royal icing and decorate the top with crystallized apricot halves.

Napolitan biscuits

Rub 250 g (9 oz, generous 1 cup) chilled butter into 250 g (9 oz, 2 $\frac{1}{4}$ cups) plain (all-purpose) flour until the mixture resembles breadcrumbs. Add 250 g (9 oz, 1 generous cup) caster (SUPERFINE) SUGAR, EGG YOLKS. Mix quickly without kneading and roll out to a thickness of about 1 cm ($\frac{1}{2}$ in). Cut into rounds with a pastry (cookie) cutter and bake in a preheated oven at 200 °C (400 °F, gas 6) for about 10 minutes. Decorate the biscuits (cookies) with butter cream or jam when cold.

NAPOLITAINE, ALA A method of serving buttered macaroni or spaghetti either with a tomato sauce or with peeled, chopped and seeded tomatoes, sprinkled with grated cheese. It can be served either as a main dish or as an accompaniment to small cuts of meat.

NAPOLITAINE SAUCE This sauce, invented by Careme, is made with horseradish, ham, Madona espagnole sauce, redcurrant jelly, raisins and candied citron.

This sauce has nothing in common with Neapolitan cooking, which is characterized by the famous pizzaiola sauce, consisting of peeled, chopped seeded tomatoes, garlic, basil or marjoram, and olive oil. It is served with pasta, grilled dishes and pizzas.

RECIPE

Napolitaine sauce

Put 1 tablespoon grated horseradish, a little chopped lean ham, a seasoned bouquet garni, a little ground white pepper, some grated nutmeg and 120 ml (4 ½ fl oz. ½ cup) dry Madeira into a pan. Reduce over a very low heat. Remove the bouquet garni and stir in 2 tablespoons consommé and 2 tablespoons espagnole sauce. When the sauce has reduced, strain and reduce it again, gradually adding (120 ml (4 ½ fl oz ½ cup) Malaga and 3 tablespoons redcurrant jelly, just before serving add a little butter and game glaze.

This sauce goes well with game and venison. If well washed sultanas (seedless white raisins) are added, the sauce can be served with braised or roast fillet (sirloin) of beef à la napolitaine. A little candied citron rind, diced and blanched, may also be added.

NASHI PEAR Also known as Asian pear, this fruit is round rather than pear shaped with crisp, white, very juicy flesh having a pearlike flavour. The browned speckled skin resembles that on russet apples in colour and has a coarse texture.

The Tientsin pear is another type of related Asian pear with a similar texture and flavour to the nashi pear, but an elongated shape and paler, speckled yellow skin.

NASI GORENG An Indonesian rice dish. Finely chopped onion, garlic and chilli are fried in oil, then cooked rice is added with diced cooked pork or chicken and peeled cooked prawns. The fried rice is served garnished with strips of freshly cooked plain omelette laid in a lattice pattern on top, accompanied by cucumber and roasted peanuts.

The Dutch adopted this dish during their colonial period and adapted it to European tastes; it is known in the Netherlands as ripfittend rijsttafel.

NAZI KUNING Javanese festival dish, rice coloured yellow is formed into a cone shape and preserved as the centre of a butter with fried chicken, sweetened raw vegetables, chopped beef meatballs and potatoes. The whole is accompanied by various spicy condiments.

NATURE A French term used to describe dishes which are served plainly cooked with no additions other than those necessary to make them edible.

The term is applied chiefly to boiled or steamed unseasoned vegetables, but also to meat or fish that has been grilled (broiled) au naturel (that is, without butter or sauce) plain omelettes without garnish or filling, and fresh fruit served either as a dessert (such as strawberries or raspberries) or as a first course (such as melon).

NAVARIN A ragout of lamb or mutton with potatoes and various other vegetables, particularly young spring vegetables (when it becomes navarin printanier). The dish is popularly supposed to have been named after the Battle of Navarino, at which British, French and Russian ships, destroyed the Turkish and Egyptian fleets on 20 October 1827, during the Greek War of

independence. However, the dish existed well before 1827, and was more likely to have been named after the mixed (turnip) originally the main accompanying vegetables. Some chefs therefore use the name navarin, quite justifiably for other types of ragout (such as shellfish, poultry and monkfish garnished with turnips).

RECIPE

Navarin of Lamb

Cut 800 g (1 ¾ lb) shoulder of lamb into 6 pieces and 800 g (1 ¾ lb) neck of lamb into 6 slices. Heat 2 tablespoons oil in large flame proof casserole. Brown the pieces and slices of lamb in it. Take out drain and remove two thirds of the fat. Put the meat back in the casserole and sprinkle with 1 teaspoon sugar on top. Stir well, sprinkle in 1 tablespoon flour and cook for 3 minutes while stirring all the time. Add 200 ml (7 fl oz. ¾ cup) white wine and season with salt, pepper and nutmeg. Cook over a moderate heat.

Peel seed and crush 2 tomatoes. Peel and chop 2 garlic cloves. Add these ingredients to the casserole with a bouquet garni and enough water to cover the meat. As soon as it starts boiling, cover reduce the heat and simmer for 45 minutes.

Peel and scrape 300 g (11 oz) new carrots and 200 g (7 oz) new turnips. Peel 100 g (4 oz) small white onions. Brown all these vegetables in 25 g (1 oz. 2 tablespoons) butter in saute pan. Cut 300 g (11 oz) green beans into short lengths and steam for 10-12 minutes. Add the carrots, turnips, onions and 300 g (22 oz 2 cups) shelled petits pois to the casserole. Stir and cover again. Continue cooking for 20-25 minutes. Add the green beans 5 minutes before serving and stir in very gently. Serve very hot.

NAVARRA navarre in French this is an historic wine region in the north of Spain producing good quality, mainly red, wines, from Garnacha blended with Tempranillo, Caberrier Sauvignon. Merlot and Syrah.

NAVETTE A dry boat shaped cake made from butter, flour and sugar syrup flavoured with orange, flavour water. In Marseille, navettes are traditionally made at Candlenas and sold at the four des narvelles near the Abbaye Saint Victor. They have been made to the same recipe for over a century.

The cake is believed to have originated in ancient Egypt, and its shape is thought to represent the boat that carried Isis, the goddess of fertility and harvests. However, another theory suggests that the shape represents the boat that brought the Virgin of the Sea to the Camague, together with Iazanus, whom Jesus raised from the dead.

Navette can also be found at Albi, where they are sometimes made with crystallized fruit or almonds. In this region the shape represents the weaver's shuttle, which was the secret emblem of the Cathars, a medieval heretical Christian sect.

NEOPOLITAN SLICE A slice of ice cream cake made with mouse mixture and ordinary ice cream. Neapolitan ice cream consists of three layers, each of a different colour and flavour (strawberry and vanilla) moulded into a block and cut into slices. Neapolitan ice-cream makers were famous in Paris at the beginning of the 19th century, especially Tortoni, creator of numerous ice-cream cakes.

NEBBIOLO A black grape variety grown mainly in the Piedmont region in northern Italy and used in the production of one of Italy's finest wines. Barolo. There are some plantings in Victoria, Australia, and Argentina.

NECK Also called scrag this part of the neck, shoulder and ribs of slaughtered animals provides economical cuts of meat. The neck contains a lot of fat and gristle and must be cooked slowly. Neck of beef is used in stews and carbonades, and may be braised. Neck of veal, lamb or mutton

is usually cut into fairly large cubes and used for braised dishes or stews such as blanquettes, navarins and Irish stew. Neck of pork is used only to make sausagemeat.

NECTAR In Greek mythology, the drink of the gods, which conferred immortality on those who drank it. In the botanical sense, nectar is the sugary liquid produced by flowers and turned into honey by bees.

NECTARINE A variety of peach with a smooth skin, reddish tinged with yellow, and firm sweet juicy flesh. The flavour is a mixture of plum and peach. Nectarines are eaten plain and can be used instead of peaches in desserts. They are often preferred to peaches as a dessert fruit or snack because of their smooth, rather than velvet like, skin.

NEGRE EN CHEMISE A chilled chocolate dessert covered with Chantilly cream.

RECIPE

Negre en chemise

Melt 250 g (9 oz. 9 squares) chocolate in a double saucepan (boiler) with 1 tablespoon milk. Soften 250 g (9 oz. Generous 1 cup) butter with a spatula. Mix the melted chocolate with the butter, beat thoroughly, and then add 5 tablespoons sugar and 4 or 5 egg yolks. Whisk 5 egg whites until very stiff and fold them carefully into the mixture. Off a bombe or charlotte mould, pour in the chocolate cream and refrigerate for at least 12 hours.

Just before serving make some Chantilly cream by whisking 200 ml (7 fl oz. $\frac{3}{4}$ cup) double (heavy) cream and 5 tablespoons very cold fresh milk, adding 40 g (1 $\frac{1}{2}$ oz $\frac{1}{3}$ cu) icing (confectioners) drops of vanilla essence (extract). Unmould the chocolate cream on to a serving dish, then pipe over Chantilly cream, taking care that the chocolate shows through in places.

NEROLI A volatile oil extracted from orange blossom and used in perfumery. The name is derived from the family name of a 17th century Italian princess, Anne Marie de la Tremoille of Neroli, who is thought to have created the perfume. Neroli, which has a bland, though penetrating, scent, is also used in confectionery and in the manufacture of certain liqueurs.

NESSELRODE The name given to various cooked dishes and pastries, all containing chestnut puree, dedicated to Count Nesselrode, the 19th century Russian diplomat who negotiated the Treaty of Paris after the Crimean War. Braised calves sweetbreads or sauced roebuck steaks in poivrade (pepper) sauce are served with salted chestnut puree. For consommé Nesselrode, the puree is used to fill profiteroles which are served with a game consommé.

Among the desserts, one of the best known is Nesselrode pudding, created by M. mouy, head chef to Count Nesselrode. It consists of custard cream mixed with chestnut puree, crystallized (candied) fruit, currants and sultanas (golden raisins) and whipped cream. In bombe Nesselrode, the bombe mousse mixture contains kirsch flavoured chestnut puree and the mould is lined with a vanilla ice cream.

RECIPES

Consommé Nesselrode

Prepare some game consommé and make some small savoury choux buns. Mix some chestnut puree with one third of its weight of onion puree and use the mixture to fill half of the choux. Fill the remainder with a dry mushroom duxelles. Garnish the consommé with the profiteroles.

Nesselrode pudding

Mix 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{3}$ cups) crème anglaise with 250 g (9 oz. 1 cup) chestnut puree. Macerate 125 g (4 $\frac{1}{2}$ oz. $\frac{3}{4}$ cup) candied orange peel and diced crystallized (candied) cherries in malaga, and soak some sultanas (seedless white raisins) and currants in warm water. Add all the ingredients to the crème anglaise together with 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{2}$ cups) whipped cream flavoured with maraschino. Line the base and sides of a large charlotte mould with greaseproof (wax) paper and add the mixture. Cover the mould with a double thickness of foil and secure it with an elastic (rubber) band. Place the mould in the freezer. When the pudding is frozen, unmould it on to the serving dish, peel off the paper and surround the base with marrons glacés.

NEST A small basket made with potato matchsticks and shaped like a bird's nest. Potato nests are used to hold small roast birds, such as thrushes or quails, the preparation being describes as au nid (in a nest) The nests are built up and deep fried in a special wire basket, called a panier a nids (nest basket), which is made up of two parts, one fitting into the other. Potato nests are sometimes lined with pancakes, particularly when the birds are served with a garnish and a sauce. The nests may be decorated with poached cherries and small bounches of parsley or watercress.

Other preparation described as au nid include soft boiled or poached eggs placed in a hollowed out tomatoes or in nests made of piped Montpellier butter garnished with chopped aspic and watercress.

RECIPE

Potato nests

Peel some firm potatoes. Using a mandoline, cut them into very fine strips (matchsticks) Line the larger nest basket with an even layer of potato matchsticks, overlapping them slightly. Press them against the sides and trim them. Place the smaller against the sides and trim them. Place the smaller basket inside the larger one so that the matchsticsk are held in position. Deep fry in hot oil at 180 °C (350 °F) for 5-6 minutes. Open the basket and the nest should come out quite cleanly.

NETTE A plant whose leaves have stinging hairs which cause a rash on contact, because of this, people are generally unaware of its therapeutic qualities and its food value. The young leaves of the annual small nettle can be chopped and used in salads. The leaves of the perennial large or common nettle can be used in green vegetable soups, on their own or combined with sorrel, leeks, watercress or cabbage, thickened with broad (fava) beans or potatoes. Both types of nettle can be cooked like spinach.

NEUFCHATEL A cow's milk cheese (45% fat contet) with a white downy rind mottled with red, and a soft, smooth, creamy golden yellow paste. It has a mild flavour and is sold in various shapes rectangular, square, cylindrical or heart shaped. It has been made in Neufehated, a small town in the Seine Maritime region, since the middle Ages and is now protected by a DOP, guaranteeing its source of manufacture. Several other cheeses are similar to neufchatedl, such as Cocur de Bray, Bondon and Gournay.

NEVA, A LA The name given to a dish of stuffed chicken coated with a white chaud froid sauce and glazed with aspic.

The reference to the River Neva, which flows through St. petersburg. Is justified because it is served with Russian salad.

RECIPE

Chicken a la neva

Prepare a chicken weighing about 3 kg (6 $\frac{1}{2}$ lb) and remove the breastbone. Stuff the bird with a

mixture of 800 g (1 $\frac{3}{4}$ lb, 3 $\frac{1}{4}$ cups) fine chicken forcemeat, small cubes of raw foie gras and truffles. Truss the bird, poach it in white stock and leave to cool in the liquid. When it is quite cold, wipe dry and coat with a white chaud-froid sauce prepared with some of the cooking liquor. Garnish with mushroom slices, glaze with aspic and allow to set firmly. Place the chicken on a long serving dish.

Prepare some Russian salad mixed with a thick mayonnaise, divide the mixture into two and shape each half into a dome. Garnish each dome with mushroom slices and place them on the serving dish at each end of the chicken. Garnish the edges of the dish with chopped aspic.

NEWBURG A method of cooking lobster created by a Mr. Wenburg. A former head chef at Delmonico's the famous New York restaurant. The first letters of Wenburg have been transposed to give Newburg Lobster. Newburg is basically lobster sauteed in cream although there are many variations on both sides of the Atlantic.

Newburg sauce is made by preparing lobster à la meunière and adding cream and fish stock. It can also be used to accompany fish, particularly sole or fillets of sole garnished with lobster medallion.

RECIPE

Lobster Newburg

Wash 2 lobsters weighing about 450 g (1 lb) each and joint them as for lobster à la américaine. Remove the coral and liver and keep for use later. Season the lobsters with salt and paprika and brown them in 75 g (3 oz, 6 tablespoons) butter. Cover the pan and cook with the lid on for 12 minutes. Drain off the butter, add 300 ml (1/2 pint, 1 $\frac{1}{4}$ cups) sherry and boil down over a high heat. Add 300 ml (1/2 pint, 1 $\frac{1}{4}$ cups) fish stock and an equal quantity of velouté sauce. Cover the pan and simmer gently for 15 minutes. Take out the pieces of lobster and arrange them in a deep dish. (The tail pieces may be shelled if wished).

Boil down the cooking liquid and add 400 ml (14 fl oz, 1 $\frac{3}{4}$ cups) double (heavy) cream. When the sauce is thick enough to coat the back of the spoon, add the coral and liver, rubbed through a fine sieve and blended with 100 g (4 oz, 1/2 cup) butter. Beat the sauce vigorously and pour it over the lobster.

NICE AND ITS ENVIRONS The city of Nice is situated on the French Riviera, in the south-eastern corner of Provence, close to the Italian border. Although influenced by both Provençal and Italian cooking the cuisine of the region still retains its own specific characteristics. The Mediterranean provides the region with a variety of seafood.

Olive trees growing on the hills behind Nice provide both oil and the celebrated small black Nice olives. Orange, especially bitter oranges are a speciality of Nice. Cultivated or wild flowers are a source of honey. Other fruits and vegetables of the region include aubergines (eggplants), tomatoes, courgettes (zucchini) and peppers, combined in the famous ratatouille as well as small purple artichokes, broad beans, and medlars, figs and strawberries. Among the cheeses, Cachat and Brousse de la Vestibie are highly esteemed.

Bellefleur AOC wines are made only in small quantities and are highly sought after. White wines are produced from the Bolle grape variety with some Chardonnay added, elegant roses from Braquet, and reds from Folle Noir, often blended with Cinsaut and Grenache.

NICOISE, A LA The name given to various dishes typical of the cuisine of the region around Nice in which the most common ingredients are garlic, olives, anchovies, tomatoes and French beans.

Fish such as mullet, sole or whiting, grilled (broiled) à la nicoise is served with coarsely chopped peeled, seeded tomatoes, anchovy fillets, olives and sometimes anchovy butter.

The nicoise garnish for large cuts of meat and poultry consists of tomatoes stewed in oil and flavoured with garlic, buttered French beans, or stewed courgettes and small artichokes, and

chateau potatoes. The sauce that coats the meat is made by deglazing the pan with veal stock thickened with tomato.

Salade nicoise is a typical dish of southern France, containing tomatoes, cucumber, locally grown fresh broad beans or small artichokes, green (bell) peppers, raw onions, hard boiled (hard-cooked) eggs, anchovy fillets or tuna, black Nice olives, olive oil, garlic and basil. Neither potatoes nor cooked vegetables should be added to this salad.

RECIPES

Grilled red mullet a la nicoise

Clean, wash and dry the fish, season with salt and pepper, brush with olive oil and marinate for 30 minutes. Make a well flavoured tomato fondue and boil down until very thick. Grill (broil) the mullet gently for 15 minutes. Cover the bottom of the serving dish with the tomato fondue (capers may be added if desired) and place the grilled fish on top. Garnish with strips of anchovy fillets in oil arranged in a lattice, and small black olives. Place a slice of lemon on the head of each fish.

Omelette a la nicoise

Beat some eggs lightly and add some concentrated tomato fondue (1 level tablespoon per 2 eggs), some chopped parsley and some chopped garlic. Make the omelette, garnish it with anchovy fillets arranged in a criss-cross pattern and sprinkle with noisette butter.

Rack of lamb a la nicoise

Trim rack of lamb and calculate the cooking time at 15 minutes per 450 g (1 lb). Brown the lamb lightly in butter in flameproof casserole. Add a coarsely diced, peeled courgette (zucchini) fried quickly in olive oil, a large, peeled, seeded, chopped tomato fried in olive oil, and 20 or so small peeled and parboiled new potatoes tossed in olive oil. Season with salt and pepper and cook in a preheated oven at 230 °C (450 °F, gas 8) for the calculated time. Serve sprinkled with chopped parsley.

NID D'ABEILLE Traditional cake very popular in German and Alsace. It is a round brioche, 5 cm (2 in) thick covered with a mixture of butter, sugar, honey and almonds split in two and covered with confectioner's custard.

NIGELLA Also known as love in a mist and fennel flower, a plant grown for its black seed, which is used as a spice in India, Egypt and the Middle East. In France the seeds are sometimes known as four spices a confusing description as there is a spice mixture of the same name consisting of white pepper ground ginger, cloves and nutmeg. The seeds have a mild peppery flavour and can be used as a substitute for pepper. They are scattered over bread and cakes. In India they are sometimes known as black cumin, but should not be confused with the true black cumin. Nigella seed is also often confused with onion seed, which it resembles, and even referred to as wild onion seed.

NIOLO A Corsican cheese made either from ewe's milk or a mixture of goat's and ewe's milk (fat content at least 45%) Niolo has a soft texture and a natural greyish white rind. After being soaked for 3-4 months in brine it is firm to the touch, with a sharp flavour and a strong smell. Niolo is a farmhouse cheese, made in 13 cm (5 in) squares, 4-6 cm (1 ½ -2 ½ in) deep. It is best from May to December.

NIVERNAIS AND MORVAN The rich pastures of Nivernais and the meadows of Morvan are the home of a highly prized breed of beef cattle, the Charolais, yielding high quality meat suitable for lavishly garnished roast or b raised dishes. Sheep with delicately flavoured meat are reared, and the pork and poultry are of equally fine quality smoked ham from Morvan is a speciality. The

forests of Morva are full of winged and ground game, and trout, pike and perch are fished in the rivers. It is also well known for its root vegetables. There is a wide variety of cheeses, including those of Lormes, Toucy, Tracy and Dormacy.

NIVERNAISE, A LA Describing preparations of large roast or braised cuts of meat or braised duck garnished with glazed carrots cut into olive shapes, small glazed onions and sometimes, braised lettuce. This garnish may also be arranged in croustades and it is usual to pour the braising liquid over the dish.

NOBLE ROT Also known as edelfaule in Germany or pourriture noble in France, this is a fungus *botrytis cinerea*, which can develop in certain humid climatic conditions. It attacks ripe white grapes, reducing their water content, concentrating the sugars and acids and creating other complex chemical changes. The resulting grapes are capable of making some of the great sweet wines of the world such as Sauternes and the great Trockenbeerenauslesen of Austria and Germany. These are referred to as botrytised wines.

NOEL The surname of a pastrycook from Angouleme whose skill at making pates was discovered by Casanova. His son became head chef and *matre d hotel* to Frederick the Great who was so impressed by this chef's creation called *bombe a la Sardanapale* that he wrote an ode in his honour entitled *The Newton of cooking*.

NOEL PETER'S A Parisian restaurant that opened in the *Passage de Princes* in 1854 and became very popular during the period of the Second Empire. At first it was known simply as Peter's after the proprietor *Pierre Fraisse*, having lived in the United States, he served dishes that were then new to France, such as *turtle soup*, *roast beef sliced at the table* to the customer's requirements and above all, *Lobster a l americaine*, which he created. The restaurant was much patronized by journalists, including the writer *Monselet*, who was exempted from paying a cover charge. When the place was bought by *Vaudable*, father of the manager of *Maxim's* it became known as *Noel Peter's* because of its association with a certain Noel. During the 1880's the restaurant pioneered the concept of a *plat du jour* each day of the week was allotted its particular dish. When covered arcade fell out of fashion the restaurant declined and eventually closed.

NOISETTE A small round steak, usually of lamb or mutton cut from the rib or loin. Surrounded by a thin band of fat, like a *tournedos* steak, *noisettes* are very tender and can be fried in butter and served with a variety of garnishes, including *Anna potatoes* and *fried onions*, *morels sauteed with herbs*, *artichoke hearts*, *sauteed aubergines (eggplants)* or *cucumber shells*, *buttered French (green) beans* of *garden peas*, or *asparagus tips*. The accompanying sauce often consists of the pan juices deglazed and reduced with *Madeira*, *tomato sauce* or *wine*.

The name *noisette* is also given to a small round slice of *beef fillet*. Fried in butter and served with the same garnishes a small *grenadin* of *veal*, which can be cooked like a *veal escalope (scallop)* or the *eye of a roebuck cutlet*, *grilled* or *sauteed in butter*.

RECIPES

Noisettes Beauharnais

Braise some small artichoke hearts in butter. In another pan, saute some lamb *noisettes* in butter, arrange them on *fried croutons* and keep hot. Prepare some *noisette potatoes* and a *bearnaise* sauce, and pour the sauce over the artichoke hearts. Deglaze the meat pan with *Madeira*, boil down to reduce and add some *chopped mushrooms*. Arrange the *noisettes* on a serving dish alternately with the artichoke hearts and the *noisette potatoes* and cover with the sauce.

Noisettes chasseur

Saute 8 lamb noisettes in a mixture of oil and butter, then drain. Add 100 g (4 oz. 1 ½ cups) finely sliced mushrooms and 1 tablespoon chopped shallots to the pan, deglaze with white wine and moisten with veal stock to which a little tomato sauce has been added. Arrange the meat on a hot dish, garnish with the mushrooms and pour the sauce over.

Noisettes of the Tour d' Argent

Saute some lamb noisettes in clarified butter and arrange them on a hot dish. Deglaze the cooking pan with a mixture comprising equal quantities of vermouth, sherry and veal stock. Thicken with butter. Put 1 teaspoon Soubise puree on each noisette and grill (broil) for a few seconds. Serve the sauce separately.

Noisettes Rivoli

Prepare some Anna potatoes and arrange them on a serving dish. Saute some lamb noisettes in butter and place them on top of the potatoes. Deglaze the meat pan with Madeira and (if possible) with some demi-glace, then add some finely diced mushrooms. Pour this sauce over the lamb.

NOISETTE BUTTER Butter heated until it becomes nut brown, it is used to add a finishing touch to a variety of dishes, particularly fish.

Noisette sauce is a hollandaise, sauce to which a few spoonfuls of noisette butter are added. It is served with salmon, trout and turbot, cooked in a covered pan on top of the cooker (stove).

NOISETTE POTATOES Small potato balls, cut out with a melon baller, lightly fried and browned in butter. They are used as a garnish, usually for small cuts of meat.

NOIX The fleshy upper part of the fillet end of a leg of veal, cut lengthways. The meat is lean and tender, but tends to be rather dry. It can be sliced into escalopes or grenadins, or it can be roasted. Various garnishes may be used to accompany it for example bouquetiere, bourgeoise, Clamart, milanaise, or piemontaise. It can also be served with mushrooms, braised chicory, buttered spinach mixed vegetables or a risotto. The noix can also be braised which enhances its tenderness. The lean plump eye of a veal cutlet is also known as the noix.

RECIPES

Noix of veal Brillant Savarin

Bone a whole noix of veal. Flatten it, then sew the cut parts together to re-form the noix. Chop 3 shallots. Cook 100 g (4 oz) black morels in cream. Spread a 1 cm (½ in) layer of a gratin forcemeat mixed with the shallots over the veal. Sprinkle on some of the cooked morels, then place a piece of duck foie gras weighing about 200 g (7 oz) in the centre. Roll up the noix and tie it securely. Bard with strips of fat pork, brown the veal in butter, then place in a flameproof casserole on a bed of mirepoix. Moisten with equal quantities of dry white wine and beef stock. Add some peeled, seeded, roughly chopped tomatoes and a bouquet garni. Cover the pan and cook slowly for 2 hours.

Take out the meat, then reduce and strain the cooking liquid. Serve the veal sliced, with a little of the sauce poured over, accompanied by leaf spinach and the remaining more. Serve the rest of the sauce separately.

Roast noix of veal

Heat some butter in a flameproof casserole. Lard a noix of veal with thin pieces of bacon and brown it on all sides in the butter. Sprinkle with salt and pepper, then cook in a preheated oven at 200°C (400°F, gas 6) allowing 16 minutes per 450 g (1 lb)

NONNETTE A small round iced gingerbread cake from France. The cakes were originally made

by nuns in convents, but today they are commercially produced. The nonnettes of Reims and Dijon have a good reputation.

NONPAREILLE A small round caper pickled in vinegar. In France the name is also used for hundreds and thousand (sprinkles) the multicoloured sugar crystals used as a decoration on cakes and pastries.

NOODLES Term used to describe long pasta and believed to originate from the German nudelu, a general name for pasta. For Italian style and other European pasta, noodle, is the term for tagliatelle and similar long, flat pasta or ribbon noodles. Jewish and Russian lobsbina are examples of egg noodles similar to tagliatelle.

In terms of Oriental pasta, noodles cover many types of long thin pasta, both flat and rounded, and made from various types of dough. In addition to wheat flour, the flours and starches used for noodles include those obtained from rice, mung bean, buckwheat and arrowroot. There is an incredible variety as a visit to any well stocked Chinese or Japanese supermarket will confirm. The following are a few examples.

Wheat flour noodles. Chinese style egg noodles are well known, particularly as the main ingredient for chow mein. Made from wheat flour, these round noodles may include egg. White or yellow in colour, fresh or dried, they can be plain or slightly wrinkled. In dried or fresh form noodles of this type are used throughout South East Asia and Japan, where they are known as ramen.

Other Japanese wheat noodles include somen or soumen. There are various types, typically white in colour, round and fine, they are cut into lengths and sold in bundles. Udon are thicker than somen and usually sold fresh, when they are soft and white. Hiyoungi are medium thick dried wheat noodle, between somen and udon, and served cooked and chilled in a cold dish of mixed ingredients, also known as biyamungi.

Rice starch noodles. Rice sticks or rice noodles refer to pasta made from rice flour. These noodles take many forms, from fine semi-transparent vermicelli to thicker examples more than double the width of tallan tagliatelle. Rice sticks require soaking or brief immersing they are used in casseroles and stir fries. Fine vermicelli are added to soup or deep fried to make a crisp, light garnish.

A mixture of rice flour or cornflour with wheat flour is used to make the thicker white Chinese noodles, cut into short lengths and known by a number of names, including bo fin, hor fion, kua leave and kuray teour.

Malaysian laksa are white rice noodles, slightly thicker than spaghetti and sold fresh. They are used by a dish of the same name, consisting of a spicy fish broth, typically garnished with cucumber, lettuce and chillies.

Mung bean noodles Mung bean pasta are often known as cellophane or glass noodles because of their transparent, shiny quality. They may include other flours, such as pea starch, and other types of cellophane noodles can be made using flours ground from yam, buckwheat or wheat. The fine noodles are also known as bean thread noodles. They may be soaked and stir fried, added to soups or used in braised dishes.

Buck wheat flour noodles Buckwheat flour is often used with wheat flour and other starches to make dark noodles sometimes with a slightly coarse texture and wholemeal type flavour. There are many types of Japanese soba, made using varying proportions of buckwheat flour, and they may include yam flour. Fine vermicelli like Japanese noodles, known as naeng myoan are made from a combination of buckwheat wheat and sweet potato starch.

Shirataki. These white Japanese noodles are made from the root of a plant known as the devil's tongue plant. The root is used to make a cake or loaf known as komyaku, from which the noodles are cut. They are sold wet, stored in water in cans or sealed sausage shaped plastic tubes.

Noodle dishes In European style dishes noodles may be served as an accompaniment to sauced dishes tossed with a sauce or dressing or served very simply dressed for example with olive oil, garlic and Pamesan cheese. They have a broader use in Oriental cooking they may be served as a simple accompaniment, for example tossed with chopped spring onions to complement Chinese sauced dishes or fried as a crisp cake or topping, or they may be the main ingredient for the dish complemented by a modest proportion of various other ingredients.

As well as savoury use, noodles feature in sweet dishes. Famous examples include Jewish fokshen pudding and Polish Christmas Eve dessert, for which noodles are tossed with ground poppy seeds, often sweetened with honey.

RECIPES

Fresh egg noodles

Sift 500 g (18 oz. 4 ½ cups) strong plain (bread) flour into a bowl and make a well in the middle. Dissolve 2 teaspoons salt (or less to taste) in 2 tablespoons water, put it in the middle of the flour, then add 3 beaten eggs and 6 egg yolks. Gradually work the liquids into the flour to make a firm dough. Knead the dough thoroughly, working it with the heel of the palm until the dough is smooth and firm. Wrap the dough in a cloth or cling film (plastic wrap) and leave it in a cool place, but not the refrigerator, for 1 hour so it loses its elasticity. Then divide the dough into pieces about the size of an egg and roll these into balls. Roll out each piece into a very thin pancake shape. Lightly dust with flour, roll up loosely, cut into strips 1 cm (½ in) wide, then unroll the strips on a flat surface.

To cook the noodles, plunge them into boiling salted water, using 2.5 litres (4 ¼ pints, 11 cups) water for every 250 g (9 oz) fresh noodles. Boil fast for about 3 minutes, drain and serve tossed with butter.

Noodles au gratin

Prepare some buttered noodles. Mix with 50 g (2 oz, ½ cup) mixed grated Gruyere and Parmesan cheese and a little grated nutmeg. Pour into a buttered gratin dish, cover with more grated cheese, sprinkle with melted butter and brown under the grill (broiler).

NOQUE A small round quenelle from Alsace made from flour eggs and butter. Also called noques are poached and served as a first course or in soup. Noques a l allenaande are quenelles of flour with pork liver added, or are made with choux pastry and lean veal, they are served with meat and gravy or used as a garnish in soup.

Noques a la rievnoise are small light balls made of dough containing eggs cream and butter they are poached in vanilla flavoured milk and served with custard.

RECIPES

Noques a l alsacienne

Bring 250 g (9 oz. Generous 1 cup) butter to room temperature, then cut into pieces and place in a bowl. Sprinkle with salt, pepper and a little grated nutmeg, then work to a paste using a wooden spatula. Blend in 2 whole eggs and 2 yolks, add 150 g (5 oz, 1 ¼ cups) stiffly whisked egg white. Scrape this mixture into a clean bowl and leave it in a cold place for 30 minutes. Shape the dough into walnut sized balls. Poach them in simmering salted water, turning them so they puff up on both sides. Drain, turn into a deep serving bowl, sprinkle with Parmesan cheese and noisette butter, and serve as a first course or with soup.

Noques a la viennoise

Cream 125 g (4 ½ oz, generous ½ cup) butter in a bowl and blend in a generous pinch of salt, 25 g (1 oz, ¼ cup) semolina (semolina flour) 5 egg yolks (one by one) and 3 tablespoons double (heavy) cream. Beat the mixture until smooth, then add 100g (4 oz, 1 cup) sifted plain (all-purpose) flour all at once and beat this in, then fold in 1 stiffly whisked egg white and finally 3 unwhisked egg whites, one by one.

Add 50 g (2 oz. ¼ cup) sugar and 1 teaspoon vanilla sugar to 500 ml (17 fl oz. 2 ¼ cups) milk and bring to the boil. Poach spoonfuls of the dough in the simmering milk, turning them so they puff up on both sides. Drain them, arrange in a bowl and allow to cool.

Prepared some custard by beating together 3 tablespoons double (heavy) cream and 5-6 egg yolks. Blend with the poaching milk and heat gently until the custard thickens. Strain it on to the noques.

NORMANDE, A LA Describing various dishes based on the cooking of Normandy, or made using typically Norman products, notably butter, cream seafood, apples, cider and Calvado. The term can be applied to a host of fish, meat poultry and egg dishes as well as to desserts, such as pancakes, omelettes, puff pastry galettes, Genoese sponge cake and fruit salad.

Sole a la normande is a model for several dishes of fish braised in white wine was in fact invented by a Parisian called langlais, chef at the Rocher de Cancale at the beginning of the 19th century. The original dish was based on fish braised in cream and was prepared with cider, not white wine. However, it evolved to become a haule, cuisine dish with an elaborate garnish comprising oysters, mussels, mushrooms, truffles fried gudgeon and crayfish in court bouillon that was no longer typically Norman.

Normande sauce which accompanies many fish dishes is a fish veloute with cream and mushroom and Small cuts of meat and chicken a la normande are sauteed deglazed with cider, moistened with cream and sometimes flavored with Calvados. Partridge a la normande is cooked in a covered pan with Reinette apples and cream Apples also accompany black pudding (blood sausage) a la normande and are used as the filling for pastries pancakes and galettes a la normande. Cream is used as a dressing for French beans and for matelote normande.

RECIPES

Apple puffs a la normande

Roll out 575 g (1 ¼ lb) puff pastry to a thickness of 2 cm (¾ in) cut it into two 20 cm (8 in) squares, prick them with a fork and place them side by side on a baking sheet. Blend 1 egg white with 75 g (3 oz. ¼ cup) icing (confectioner's) sugar for 2 minutes using a wooden spoon. Spread this icing (frosting) over one of the squares, then bake both squares for 12-15 minutes in a preheated oven at 200°C (400°F, gas 6).

Peel and slice 675 g (1 ½ lb) apples and cook them in 50 g (2 oz. ¼ cup) melted butter with 150 g (5 oz 2/3 cup) caster (superfine) sugar for 15 minutes. Brown 25 g (1 oz. ¼ cup) flaked (slivered) almonds in a frying pan over a low heat, stirring them with a wooden spoon. Spread the cooked apples over the plain square cover with the ice square and sprinkle with the toasted almonds. Serve warm.

Filled genoese sponge a la normande

Bake a Genoese cake, allow to cool completely, then slice it into 2 rounds and sprinkle each half with a little Calvados flavoured sugar syrup. Prepare a very dry apple compote, press it through a sieve, then add half its weight of warm confectioner's custard (pastry cream) flavoured with Calvados. Allow this to cool, then spread a thick layer over the bottom half of the cake. Replace the top half. Spread the surface with sieved apricot jam, then ice (frost) with fondant and leave to cool completely. Decorate with thin slices of apple cooked in very concentrated syrup, flaked

(slivered) almonds and lozenge shaped (diamond shaped) pieces of candied angelica.

Normande sauce

In a heavy based saucepan heat 200 ml (7 fl. oz., $\frac{3}{4}$ cup) fish veloute sauce and 6 tablespoons each of fish fumet and mushroom essence. Mix 2 egg yolks with 2 tablespoons double (heavy) cream, add to the pan, and reduce by one third. Just before serving add 50 g (2 oz. $\frac{1}{4}$ cup) butter cut into small pieces and 3 tablespoons double cream. If necessary pass, the sauce through a very fine strainer.

An alternative method is as follows, mix 2 tablespoons mushroom peelings with 200 ml (7 fl. oz. $\frac{3}{4}$ cup) fish veloute, add 6 tablespoons double cream and boil down by half. Then add 50 g (2 oz. $\frac{1}{4}$ cup) butter cut into pieces and 4 tablespoons double cream. Strain through a very fine sieve.

Potatoes a la normande

Peel 800 g (1 $\frac{3}{4}$ lb) potatoes, slice them thinly wash and dry them, and sprinkle with salt and pepper. Butter a flameproof casserole and put in half the potatoes. Clean and slice 3 large leeks and chop a small bunch of parsley. Spread the leeks and parsley over the potatoes in the casserole, then cover with the rest of the potatoes. Add sufficient meat or chicken stock to cover the potatoes, and dot with 50 g (2 oz. $\frac{1}{4}$ cup) butter cut into small pieces. Cover the casserole, bring to the boil, then transfer to a preheated oven at 220 °C(425 °F, gas 7) and cook for about 45 minutes, or until the potatoes are tender.

Sole a la normande

For a sole weighing about 400 g (14 oz) prepare a garnish of 4 debearded and poached oysters, 12 mussels cooked in white wine, 25 g (1 oz) peeled (shelled) shrimps, 4 fluted mushrooms cooked in white wine, 6 slices of truffle, 4 gudgeon (or smelt) coated with breadcrumbs and fried, 4 trussed crayfish cooked in court bouillon, and 4 heart or lozenge shaped croutons of bread fried in butter (or puff pastry crescents)

Trim the sole, split it, skin one side only, and carefully raise the fillets a little. Break the backbone in 2 or 3 places to facilitate its removal after cooking. Poach the fish in a little fish fumet made with white wine, to which the cooking liquids from the oysters, mushrooms and mussels have been added. Drain the fish on paper towels and remove the backbone.

Arrange the fish on a long buttered serving dish together with the various garnishes and cover with normande sauce made from the fish cooking, stock. The fish can be garnished with a ribbon of light fish aspic or meat glaze.

Sweet omelette a la normande

Peel, core and slice 3 dessert apples. Cook them in 50 g (2 oz. $\frac{1}{4}$ cup) butter and some caster (superfine) sugar. Add 200 ml (7 fl. oz. $\frac{3}{4}$ cup) double (heavy) cream and reduce to a creamy consistency, then flavour with 2-3 tablespoons Calvados.

Beat 10 eggs with a pinch of salt, sugar and 2 tablespoons double cream. Cook the omelette, fill it with the apple mixture, then place under a hot grill (broiler) to glaze.

NORVEGIENNE, A LA Describing several cold dishes of fish or seafood, usually glazed with aspic and garnished with such items as cucumber stuffed with smoke salmon puree, hard boiled eggs halved and topped with shrimp mouse, lettuce hearts and small tomatoes. The term is also used for various hot fish dishes, such as haddock and anchovy soufflé, and puff pastry filled with fish and anchovy butter and garnished with anchovy fillets.

Omelette nutgienne consists of ice cream covered with meringue and browned in the oven.

NOSTRADAMUS French physician and astrologer Michel de Nostre Dame, who was physician to Catherine de Medici and Charles IX is best known for his prophecies, set out in Centuries

astrologues (1555) But in the same year he published *Excellent e Moulit Utile Opuscul e a touts necessavire qui desirent avoir connaissance de plasieurs expuls recellies*. The first part is devoted to formulate for cosmeties, toilet water and scents the second part gives recipes for various jams using honey as well as sugar and cooked wine and including such fruit as cherries ginger limes and oranges paste, marzipan.

NOUGAT A sweetmeat made from sugar, honey and nuts. Although the recipe for the Roman sweet *mucatum* described by Apicius was based on h oney, walnuts and eggs, nougat in its present form appears to have been invented in Marscille I n the 16th century, also based on walnuts. In about 1650, following the introduction of almond trees to the Vivarais region of France by Oliver de Series, Montelimar became the manufacturing centre of nougat based on almonds.

Nougat production is now entirely mechanized and no longer exclusive to Montelimar. A paste of sugar, glucose syrup, honey and invert sugar is beaten and usually lightened with egg while and gelatine then mixed with nuts. When cold it is cut into pieces. Nougat remains a specialty of south eastern France and is one of the traditional Provençal thirteen Christmas desserts.

Several types of nougat are made in France and in other countries. Nougat (or white nougat) contains at least 30%, comprising toasted sweet almonds. (28%) and pistachios (2%). Other regional specialty nougats are made to their own specification. The texture of the finished product is defined by the cooking temperature and the quantity and type of sugar used.

Vietnamese nougat hard or soft, is made from sesame seeds, peanuts and sugar. The Italian *torrone* and the Spanish *turrón* are similar forms of nougat.

RECIPE

White nougat

Cook 250 g (9 oz $\frac{3}{4}$ cup) honey with the same amount of sugar to the soft crack stage - 129 °C (264 °F) Add 1 tablespoon orange flower water and 1 stiffly whisked egg white. Melt over a very low heat, stirring constantly, and bring the temperature up to the soft ball stage - 109 °C (228 °F) Now add 500 g (18 oz. 4 $\frac{1}{2}$ cups) sweet almonds that have been blanched, dried chopped and heated through. Put the mixture into a shallow baking tin (pan) lined with sheets of rice paper. Cover with more rice paper and place a wooden board and weight on top. While the nougat is still slightly warm, cut into squares or rectangles.

Nougat with hazelnuts, pine nuts or pistachios is prepared in the same way.

NOUGATINE A sweetmeat made from light caramel syrup and crushed almonds, sometimes also hazelnuts. Nougatine is rolled out on an oiled marble, slab and cut into small pieces, alternatively, it can be moulded to form cups, eggs, cornets or other shapes for use as cake decorations.

Many sweets (candies) and chocolates have a nougatine filling a mixture of honey, sugar, glucose, almonds or hazelnuts, and egg white – which is cooked, then mixed with pistachios, almonds or preserved fruit.

Nougatine cakes usually consists of a Genoese sponge cake filled with praline or pralinized hazelnuts, brushed with apricot jam and decorated with almonds or toasted or chopped hazelnuts. The nougatine, cake of Nevers, created in 1850 by one of the town's pastrycooks, was reputedly offered in the Empress Eugenie, who was passing through the Nivernais region in 1862. It consists of a Genoese sponge filled with praline cream and ice with chocolate fondant.

RECIPE

Nougatine

Put 200 g (7 oz. 1 cup) caster (superfine) sugar and 4 teaspoons liquid glucose into a copper pan. Melt over a fairly high heat, stirring constantly with a wooden spoon. When the mixture turns a

light brown, add 100 g (4 oz. 1 cup) ground almonds. Stir well, then pour on to an oiled baking sheet. Keep this hot until it is to be used, by placing it at the front of an open oven. Then allow the nougatine to cool and set slightly. Using a lightly oiled rolling pin, roll out the nougatine on the baking sheet to the desired thickness and cut it into shapes with a biscuit (cookie) cutter. Alternatively, if the nougatine is to form the base of a cake, pour it into an oiled cake tin (pan) the same size as the cake, or cut it to shape with an oiled knife.

NOUVELLE CUISINE A movement in cookery started in 1972 by two food critics. H. Gault and C. Millau, with the aim of encouraging a simpler and more natural presentation of food. The movement combined a publicity campaign with novel recipes and a new ethic, although the idea itself was not new. Foreshadowing the apostles of nouvelle cuisine, Voltaire complained. I confess that my stomach does not take to this style of cooking. I cannot accept calves sweetbreads swimming in a salty sauce, nor can I eat mince consisting of turkey, hare and rabbit, which they try to persuade me comes from a single animal. As for the cooks, I really cannot be expected to put up with this ham essence, nor the excessive quantity of morels and other mushrooms, pepper and nutmeg, with which they disguise perfectly good food.

Advocates of nouvelle cuisine rejected the over rich, complicated and indigestible dishes that they considered were no longer suitable for a generation conscious of the health hazards of overeating, especially of fatty foods.

NOYAU Any of several liquers, brandies and ratafias based on an infusion of the kernels of certain fruits, particularly apricots and cherries. The best known of these is Noyau de Poissy, a liqueur made from cherry kernels and drunk straight or with water, it is also used to flavour ice cream sorbets, fruit salads and cocktails.

NUITS-SAINT-GEORGES A small town in the Cote de Nuits in Burgundy, making mostly red wines, plus a few whites. The wines are world famous but diverse there are no grand crus but many exceptional fine wine vineyards and, as with other Burgundies, much depends on the grower and the shipper to establish character and quality.

NULLE A type of custard made with egg yolk sugar and cream, and flavoured with musk or amber. It was in fashion at the time of Louis XIV La Varenne gives the recipe in *Le Patissier francals*. Take 4 or 5 egg yolks, some very fresh cream, a quantity of sugar, a grain of salt, beat all this well together and cook in a deep plate or a flat dish, brown the top with a salamander sprinkle with perfumed water and serve with musk flavoured sugar to sweeten.

NUOC-MAM a condiment used in Vietnamese cookery, Meaning literally fish water, it is made by marinating small fish in brine, then pounding them to a paste. Nuoc mam replaces salt in almost all culinary preparations, it is also used at table as a seasoning served in a flask or small bowl. It has a strong taste and when heated the smell is very pronounced. Lemon juice or red pepper is sometimes added, or it can be garnished with very thinly sliced onion rings. It is a good flavouring for scrambled eggs, soups and stews, and it accompanies spring rolls.

NUTCRACKERS implements used to crack walnuts and other hard shelled fruits. They usually take the form of a chrome plated steel pincer with two notches to accommodate shells of different sizes. There are also wooden nutcrackers, cylindrical in shape and made of olive wood with a large screw that cracks the nuts when tightened.

NUTMEG The seed of the nutmeg tree, native to Indonesia but widely cultivated in tropical Asia and America. There are numerous varieties, the best known being the nutmeg tree of the Sunda Islands. The nutmeg is oval and rounded, in shape, greyish brown in colour and wrinkled. It has a spicy flavour and aroma and is always used grated, nutmegs should be stored in a n airtight container. The crushed nuts are used to manufacture a nutmeg butter, crumbly and very fragrant, which may be used as cooking fat or as a flavouring for butters. The red weblike covering of the seed is the mace, also used as a spice.

Nutmeg is widely used as a spice in savoury and sweet cooking, especially for flavouring cakes and custards and dishes with a base of potatoes, eggs or cheese. It may also be dishes and minced mealballs, grated nutmeg is used to spice numerous cocktails and punches and is used in the manufacture of some fortified wines and spirits.

NUTS The different types of nuts are discussed under their own headings see almond, brazil nut, cashew nut, hazelnut, peanut, pecan, pistachio, walnut and so on.

O

OATS A cereal that is well adapted for cultivation in cold, wet climates and, until the 19th century, was a basic food in Scotland, Wales, Scandinavia, Germany and Brittany. Oats are used mainly to make savoury or sweet broths and gruels, and porridge, eaten for breakfast with milk. They are also used for making biscuits (cookies) and pancakes, particularly in Anglo-Saxon countries. Numerous traditional Scottish, Welsh and Austrian recipes use oats in stews, ragous, stuffings for meat, a coating for herrings, and for charcuterie.

Oats are processed to make oatmeal, in various grades. The largest and coarsest is pinhead, then rough (course), medium, fine and superfine. Pinhead oatmeal can be used $\frac{3}{4}$ make course porridge and in haggis; rough oatmeal, to make oatcakes and biscuits and medium oatmeal. To make cakes and parkin. Fine oatmeal can be used for thickening soups and sauces, for stuffings, and for making Scottish brose and bunnocks.

Rolled oats or oat flakes are made by steaming and rolling pinhead oatmeal, and instant or quick-cooking rolled oats are made by applying greater heat to the grains. Jumbo rolled oats are made by rolling the whole oat grain. Rolled oats are used in breakfast dishes, such as muesli, and to make biscuits, such as flapjacks.

OCTOPUS A fairly large cephalopod mollusc, measuring up to 80 cm (32 in.). The octopus has a head with a horny beak and 8 equal-sized tentacles. Its flesh is fairly delicate in flavour, but it must be beaten for a long time and then blanched before use. Octopus can be prepared like lobster, cut into pieces and fried, or simmered à la provençale and served with saffron rice.

RECIPE

Octopus à la provençale

Clean an octopus, remove the eyes, and beak, and soak it under running water for a long time if it

has not been prepared by the fishmonger. Drain it and beat well to tenderize the flesh. Cut the tentacles and body into chunks of the same length. Blanch the pieces in court-bouillon, drain them and pat dry. Then brown them in oil in a saucepan, with chopped onion. Season with salt and pepper, add 4 peeled, seeded and chopped tomatoes, and simmer for a few minutes. Moisten with ½ bottle of dry white wine and the same quantity of cold water. Add a bouquet garni and a crushed garlic clove. Cook, covered, for at least 1 hour. Sprinkle with chopped parsley and serve in a large bowl.

OENOLOGY The study of the manufacture and maturing of wines (from the Greek oinos wine). In France the title oenologist was officially recognized by law on 19 March 1958, and it is possible to study for a diploma in the subject. An oenologist is a wine technician, whereas an oenophile is a wine lover whose knowledge may or may not be as extensive. In France a wine shop that specializes in the local wines is known as an oenothieque.

OEUIL-DE-PERDRIX Used as a description tasting them and name for pale pink wines, it means literally partridge's eye. It can refer to a distinctive wine from Neuchâtel, Switzerland, produced from Pinot Noir.

OFFAL (VARIETY MEATS) The edible internal parts and some extremities of an animal which are removed before the carcass is cut up. It therefore includes the head, feet and tail, and all the main internal organs. The offal from poultry is called the giblets.

The pig provides the greatest variety of offal used in cooking: brawn (a jellied mould made from the head and ears); various liver pates; sausage made from the chitterlings (small intestine) and the digestive tract; and black pudding (blood sausage). The lungs (lights), spleen (melts) and heart are less highly valued, but other offal provides simple and tasty dishes: pig's trotters (breaded and grilled), kidneys (sautéed) and liver (fried).

The ox provides much edible offal, the commonest dishes being made from the tongue (boiled or pickled), stomach (intestines and tripe), and feet and tail (in pot-au-feu and ragout). The brains are less delicate than those of calves or lambs. Heffer's lives can also be cooked, but the kidneys and spleen are less popular.

Veal offal is regarded as a delicacy mainly brains, bone marrow, kidneys, liver and sweetbreads, but splendid dishes can also be made from the head and feet.

Lamb and sheep offal is also good and the kidneys, liver, testicles, brains, heart, spleen, intestine, stomach and feet can be cooked in many ways.

OIL A fatty substance that is liquid at normal room temperatures. Although there are mineral oils. Such as paraffin, and animal oils, such as whale oil, seal oil and cod-liver oil. It is the vegetable oils that are used in cooking. These are extracted either from seeds such as sunflower, rapeseed, soya or cotton-seed, or from fruits, including olives, avocados and nuts.

Sesame and olive oils have the oldest origins. Records show that they were both used by the ancient Egyptians. The ancient Greeks, too, used olive oil and in Athens the olive was a sacred tree, symbol of the city's life. Oil was used next only for food but also as a fuel to provide light, and its use as a fuel continued for many centuries in Europe.

Most vegetable oils are low cholesterol, being made up mainly of monounsaturated or polyunsaturated fatty acids. However, a few vegetable oils, such as palm oil and coconut oil, contain almost as much saturated fatty acid as animal fats. These oils solidify at normal room temperature in the same way as butter or lard (shortening).

Unsaturated fatty acids are considered less harmful to the body than saturated fatty acids, which may contribute to the incidence of coronary heart diseases and other health problems. Some vegetable oils and some fish oils are also important for their essential fatty acid content. These are fats which the body cannot manufacture for itself; examples are omega 3, found in

cod-liver oil and walnut oil, and omega 6. Found in unrefined sunflower seed oil, olive oil and sesame oil.

Oily extracted from a single vegetable species are known as 'pure' the term 'vegetables oil indicates that the product is a mixture. Some mixtures may include oils with differently fatty acid profiles. Most oils sold in shops have been refined, with the result that their flavour and smell have been removed, leaving them quite neutral. However, there are unrefined oils that have been obtained through cold pressing and these retain the flavour of their vegetable origin. The most widespread example is extra-virgin olive oil.

- Use oils, sometimes mixed with butter, provide the fatty medium for many cooking methods. They are an ingredient in salad dressings, cold soups and condiments and they are also used to preserve foods, such as cooked and smoked fish, goat's cheese and sun-dried vegetables. They are used in marinades to moisten and flavour main ingredients, particularly poultry, game and meat.

Refined vegetable oils are the most suitable for heating to high temperature, as they have the highest smoke points and can withstand the heat best. Grapeseed oil has the highest smoke point at 230°C (450°F) followed by rapeseed oil at (225°C (435°F)). Corn oil, groundnut (peanut) oil, refined olive oil and soya oil are also all good frying oils, each with a smoke point of 210°C(410°F). The highest temperature needed to deep-fry potatoes is 190°C (375°F). It is best not to heat the same batch of oil to this temperature products, such as biscuits (cookies and crackers), confectionery and prepared dishes.

Unrefined vegetable oils, particularly extra-virgin olive oil, are chosen for their flavour and can be used as flavouring ingredients in their own right. Such oils are used to dress hot and cold vegetables and to finish soups, stews and speciality dishes, such as ribollita or gazpacho. They are not recommended for frying as their smoke points tend to be fairly low. The following are the most commonly used oils worldwide.

- **CORN (MAIZE) OIL.** Without a particular flavour, this is always sold refined. It is rich in polyunsaturated and is widely used in the United States and in northern Europe.
- **COTTONSEED OIL** No particular flavour and always sold refined. This oil has a high smoke point and good polyunsaturated fat content. It is widely used outside Europe as a cooking agent, and in the west it is used as an ingredient in margarine, baked goods and proprietary dressings.
- **GROUNDNUT (PEANUT) OIL** No particular flavour and always sold refined, it remains liquid at quite low temperatures, 5°C (41°F). It is widely used in Asian cooking and in the United States.
- **OLIVE OIL EXTRA-VIRGIN** unrefined olive oil and refined olive oil are widely used in southern Europe and their use is widening to the rest of Europe, North America and Japan.
- **RAPESSEED (CANOLA) OIL** No particular flavour and always sold refined. It has a high monounsaturated fatty acid content and high levels of omega 6. It is widely used in northern Europe and increasingly in North America.
- **SOYA BEAN OIL.** This is a refined oil with a light neutral flavour, suitable for all seasonings. Widely used around the world.
- **SUNFLOWER SEED OIL.** This refined oil has a light, almost neutral, flavour with a low solidification point. It has a high polyunsaturated fatty acid content and is widely used for that reason. The unrefined oil has a very definite, slightly earthy flavour.
- Besides the above major oils, there are others which are more localized or less well known.
- **AVOCADO OIL.** This is a relatively new oil, produced from fruit grown in California. Made from the flesh of the fruit without the aid of chemical solvents, it has a high monounsaturated fatty acid content.
- **COCONUT OIL** this has a high saturated fatty acid content and solidifies at much higher

temperatures than other vegetable oils. It is used locally in India, Indonesia and the Philippines as a cooking medium and in the rest of the world in the manufacture of margarine and other mixed oils.

- **GRAPSEED OIL** This is produced mainly in the south of France and is sold refined. It has a very high smoke point and is recommended for deep-frying. It has a very high polyunsaturated fatty acid content.
- **HAZENUT OIL**. This is a relatively new oil and it was first manufactured in the 1970s. Small quantities are made in France with nuts from France, Italy and Turkey, it is used to contribute a nutty flavour to
- **PALM OIL** There are two kinds of palm oil – one made from the thick fibrous layer on the outside of the fruit and the other from the kernel inside. The oils are produced and widely used in West Africa and Indonesia. In the West the oil is used in the production of margarine, biscuits and other manufactured foods.
- **POFFY-SEED OIL**. This has a very fine flavour when it is left unrefined. It is used in salads and for crudities, particularly in northern France. It is known as *Buille blanchée* in France.
- **PUMPKIN (OR MARROW-SPEED) OIL**. This has a strong, slightly sweet flavour and is not suitable for all dishes,
- **RICE BRAN OIL**. This light refined oil, with little flavour has a high unsaturated fatty acid content and good levels of antioxidants.
- **SAFFLOWER OIL** A refined oil with little flavour and a high unsaturated fatty acid content, this is widely used in Asia.
- **SESAME OIL**. There are two types of sesame oil. One uses roasted seeds to produce a dark oil with an extremely strong flavouring. This is widely used to give added flavour to Chinese and Asian dishes – a few drops will give a strong taste of sesame. The other uses uncoated seeds to make a well flavoured, but much lighter, oil which can be used in much the same way as nut oils.
- **WALNUT OIL** This has a characteristic nutty taste and is used principally in dressings and seasonings. France has a tradition of producing walnut oil and the best oils come from the nuts of native trees. However, walnuts may also come from Turkey, India or the United States, Walnut oil has a high polyunsaturated fatty acid, including omega 3. It has the disadvantages of turning rancid quickly.
- **OTHER OILS** other oils include sweet almond oil which is used in the manufacture of confectionery and in the pharmaceutical and cosmetic industries pine seed oil and pistachio nut oil, both less common and used for dressings, mustard oil, which is used in India and the Far East in the same way as ghee (clarified butter); and paraffin oil, which is used to coat dried fruit thinly, to prevent it from sticking together. Paraffin oil is a hydrocarbon and not a vegetable oil - if consumed in a quantity, it can act as a strong laxative.

OUILLE Originally, a large stockpot; the word was then applied also to the contents of the pot. This sense is still preserved in Spain, with its *olla podrida*, and in certain regional dishes from southwestern France, such as *couillade*, *Ouillade* and *oullade*.

Until the 19th century a *pol-er-oille* was a large silver pot in which a substantial soup was served.

OISEAU SANS TÊTE The French name, meaning literally headless bird. For a slice of meat (veal, beef or mutton) that is stuffed, rolled, tied, possibly breaded, and usually cooked in a sauce or braised. In Flanders, *vogels zonder isop* (a literal translation of the French term) are slices of beef stuffed with sausage (or a rasher or slice of bacon seasoned with spiced salt), simmered in stock flavoured with aromatic herbs, served with mashed potatoes, and coated with the cooking juices thickened with *beurre manie*. Alternatively they may be cooked with onions

and beer, as in a carbonade.

RECIPE

Oiseaux sans tete

Bone a shoulder of mutton or lamb and cut it into 8 slices. Beat them trim the edges and seasoned with salt and pepper. Make a stuffing from breadcrumbs (soaked in milk and squeezed dry) and plenty of finely chopped parsley, chives, chervil and tarragon and a raw egg. Put some of this stuffing in the centre of each slice of meat and roll it up. Put a small sprig of rosemary on top of each roll and wrap it in a piece of caul fat, preferably lamb's . Fry 250 g (9 oz. 3 cups) chopped mashrooms in a mixture of butter and oil, drain them and spread them over the bottom of an overproof dish. Arrange the rolls side by side on top of the onions. Cover the casserole with buttered greaseproof (was) paper and cook in a preheated oven at 320°C (425°F, gas 7) for 25 minutes.

Just before serving mix ½ teaspoons curry powder with a little crème fraiche. Pour this sauce over the rolls and serve.

OKRA A tropical plant widely cultivated as a vegetable. The most widespread species, also known as ladies' fingers, gumbo and (in France) bamia or banya, is grown for its pods, which have longitudinal ridges and are either elongated – 6-12 cm. (2 ½ - 1 ½ in) long - or short and squat – 2 – 4 cm (2 ½ - 1 ½ in) long it contains small seeds and a mucus substances, from New Guinea, is cultivated for its sorrel leaves.

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Okra is used before it is ripe, when it is green and pulpy and the seeds are not completely formed (ripe seeds were formerly used as a substitute for coffee) it can be obtained fresh throughout the year and is also available dried and canned. When quickly fried in every hot oil, tender young okra retain their texture and do not become slimy, so stir-frying and deep frying are useful methods. They can be cooked in butter or cream, braised with bacon, fried pureed, or prepared with lime or rice. Okra are added to tajines, foutou and Caribbean ratatouille, and eaten with mutton in Egypt and chicken in the United States. When added early on in the cooking, the okra thicken the cooking liquor; added at the end, the young whole vegetables remain crisp.

RECIPE

Okra a la creole

Wash the okra carefully. If using dried vegetables, soak them in cold water for about 12 hours. Top and tail (stem and head) and put in a saucepan. Cover them amply with cold water and cook for 10-25 minutes, skimming from time to time. Drain and dry them, Peel and finely slice 150 g (5 oz) onions and cook in 2 tablespoons oil until soft. Add the okra and brown very gently. Scald, peel and seed 4 large tomatoes. Crush them and add to the okra with 2 crushed garlic cloves, salt, pepper, a little cayenne and powdered saffron. Cover and leave to cook very gently for at least 1 hour (more if using dried okra). Adjust the seasoning. Serve in a dish with a border of rice a la creole.

OKROCHKA A Russian soup made from kuass chome-made beer) and vegetables, served cold with quartered hand-boiled) eggs, chopped herbs and cucumber, and sourced (sour) cream. The accompanying garnish may be a salpicon of leftover beef fillet, while chicken meat, pickled

tongue and ham, or oil diced crayfish tails and salmon.

OLEAGINOUS PLANTS Fruits, seeds plants with a high fat content. They include walnuts, hazelnuts, almonds, pistachios, peanuts olives and the seeds of sesame, sunflower and rape. Besides their main use as a source of oil, oleaginous plants and seeds play an important role in cookery and gastronomy. They are served raw, grilled (broiled), roasted (fried) or salted as snacks to eat with aperitifs and they feature in many exotic recipes, as well as in more mundane cooking. Like all fatty substances, oleaginous plants and seeds combine well with green vegetables and salads.

OLIVE The small oval fruit of the olive tree, widely cultivated in Mediterranean regions. The fruit ripens from green to black; the fleshy pulp, enclosing an oval stone (pit), is the source of olive oil; and the whole fruit, stoned (pitted) or stuffed, is used in cookery as a flavouring ingredient or hors d'oeuvre.

Originating in the East, the olive tree is extremely long-lived its history is bound up with that of the Mediterranean, which since biblical times has been its native habitat. Large quantities of olives were consumed by both the Greeks and the Egyptians, who credited the goddess Isis with the discovery of oil extraction. In Greek mythology, Pallas Athene struck the Acropolis with her spear and out sprang the olive tree; she then taught men how to cultivate it and make use of its fruits. The Romans, venerated the olive tree. Through ancient times, both olives and olive oil were essential in nutrition and food preparation.

The Romans took the olive tree to all the Mediterranean countries, together with the techniques of oil extraction and the preparation of table olives. It continues to be widely grown in all countries of the Mediterranean basin, where the fruity taste of the olive is very apparent in the cooking. Spain is the leading producer of table olives, followed by Turkey, Greece and Morocco, Small quantities are also produced in Italy, Portugal and in southern France. The olive tree was introduced into Latin America in the 16th century and from there into California in the 19th century. California is now an important producer of table olives.

Fresh olives have a very bitter taste and are not edible in the raw state. The bitterness must be removed in a curing process before the olives can be eaten. There are two basic types of table olive, green and black (ripe). Table olives are an ingredient of many hors d'oeuvre and Mediterranean dishes, including pizzas, mezze from Greece, tapas from Spain, dishes à la nicoise and à la provençale and so on. They are eaten widely as cocktail snacks, but are also used in cookery, either plain or stuffed, for preparing duck, daubes, paupettes and many other dishes.

- **GREEN OLIVES** These are gathered before they are ripe, treated to remove the bitter taste, then rinsed and pickled in brine. In France, varieties of green olive include the Pichoine from the Gard region, Corsica and the Bouches-du-Rhône; Lucques from the Hérault and Aude regions; and Salonenque from the Bouches-du-Rhône.
- **BLACK (RIPE) OLIVES** These are harvested when fully ripe, they are not treated with an alkali but are pickled in brine and then sometimes in oil. Two of the best varieties grown in France are the 'Nyons' from the Drome and the Vaucluse, and the 'Cailletier' from around Nice.
- **OTHER OLIVE PRODUCTS** OLIVES are also marketed in many other ways. 'Cracked' green olives, called cacada, are pickled in brine seasoned with herbs and spices. Green olives in water (à l'eau) are repeatedly soaked in water to remove the bitterness they have a strong fruity taste, but retain a slight bitterness, Green olives are often prepared stuffed with anchovies, sweet bell peppers, pimiento or almonds. Black olives pickled in wine vinegar (from Kalamata in Greece) are treated with brine mixed with oil and vinegar. Black olives preserved dry in salt have a good fruity, slightly bitter taste, but do not keep well. The black

olives from Morocco., washed and dried in the sun, are lightly salted, then packaged or barrelled in oil, Finally, black olives can simply be dried in the ort. Today these traditional methods are supplemented by the mass production of table olives using faster chemical treatments which leave lose some of their black colour during this process and so they are dyed with ferrous gluconire.

RECIPES

Cabbage charlotte with olives

Blanch a cabbage, then cook in water and put through a vegetable mill. To the resulting puree add 100 ml (4 fl. oz 7 tablespoons) water, 1 egg yolk and a little grated cheese. Stone (pit) and coarsely chop 30 black (ripe) olives and add them to the cabbage puree with a stiffly whisked egg white. Mix well. Butter a charlotte mould and sprinkle with dried breadcrumbs. Pour the mixture into the mould and cook in a preheated oven at 220°C (425°F, gas 7) for about 30 minutes.

Cracked olives

Split some green olives, without crushing them, by giving them in light tap with a mallet on the top end. Cover with cold water and leave them for 1 week, changing the water every day. Then put them into brine, prepared using 1 kg (2 ¼ lb) salt per 8 litres (14 pints, 9 quarts) water, flavoured with bay leaf, fennel, the skin of an orange and some coriander seeds, and cover with fennel. Leave the olives for 8 days before eating.

Duck with olives.

Stone 250 g (9 oz. 1 ½ cups) green olives, blanch them for 10 minutes in boiling water, refresh them under cold water and drain. Rub salt and pepper on the inside and outside of a duck weighing about 2 kg (4 ½ lb) and truss it. Slice 200 g (7 oz) slightly salted bacon into small strips, blanch for 5 minutes in boiling water, refresh and dry, then fry in 40 g (1 ½ oz. 3 tablespoons) butter. Drain.

Fry the duck until golden in the same butter, then remove it. Still using the same butter, brown 2 onions and 2 carrots, both finely chopped. Add 250 ml (8 fl. oz. 1 cup) meat stock, 1 tablespoon tomato puree (paste), a pinch of crumbled thyme and bay leaf, and 1 tablespoon chopped parsley. Season with salt and pepper, cook gently for about 20 minutes, then strain.

Pour this sauce into a large flameproof casserole, add the duck and the bacon, cover the pot and bring to the boil on top of the stove. Transfer the casserole to a preheated oven at 230°C (450°F, gas 8) and cook for 35-40 minutes, then add the olives and continue cooking for at least another 10 minutes. Arrange the duck on a hot serving dish, cover it with the sauce, and arrange the olives all around it.

Olives stuffed with anchovy butter

Wash and dry some salted anchovies, remove the fillets and pound to a puree. Mix this with butter, using 65 g (2 ½ oz. 5 tablespoons) butter for 5 anchovies. Season with pepper and mix everything well together. Put the anchovy butter into a piping (pastry) bag with a very narrow plain nozzle and stuff the olives. Keep them in the refrigerator until ready to serve as appetizers or with crudities.

OLIVE OIL Olive oil has a history stretching back before the written word, but the first records of its use are found in ancient Egypt. Olive oil probably originated in the Middle East, from where its production gradually spread to other parts of the Mediterranean basin. Olive oil is now produced in all countries that have a Mediterranean type climate, including parts of Australia, New Zealand, South Africa and South America, California is also becoming an increasingly

important centre of production

There are two main grades of olive oil: extra virgin olive oil and olive oil. Extra-virgin olive oil is unique among cooking oils in that it is made directly from the fresh juice of the olive fruit. The fruit is picked, milled and pressed and the resulting juice is separated into oil and water. If the oil meets the required standard, it is bottled and sold as extra-virgin olive oil; if the oil fails the chemical and taste requirements for extra-virgin status, it is refined and bottled as olive oil. Extra-virgin olive oil is virgin olive oil with less than 1% acidity. Ordinary olive oil has about 15% extra-virgin oil added to it to give it a mild flavour of olives.

Olive oil has always been valued for its flavour, but in recent years it has also been highlighted for its value in a healthy eating regime. Olive oil is rich in monounsaturated fatty acids, which are thought to be beneficial in protecting against coronary heart disease.

The olive oil with the best flavour is the freshest and youngest. The oil may be filtered to give a bright clear colour or it may be left unfiltered, when it may be quite cloudy. Unfiltered oil will deteriorate more quickly. Colour is no indication of quality or flavour. Olive oil varies in flavour from light and delicate to strong and pungent; it may be sweet, bitter or peppery. In general, the olive oils of Spain and France tend to be less aggressive than those of Greece or central or central Italy. However, northern Italy, Sicily and Crete may also produce lighter styles of oil. California oils vary from very mild to quite pungent. Some oils carry the words 'first pressed' or 'cold pressed' on the label. These phrases do not mean very much today, as modern equipment (both hydraulic and centrifugal) is such that there is no second pressing and the extraction can be temperature controlled.

Using olive oil Olive oil is the traditional cooking medium of the Mediterranean and it can be used in almost any culinary application that requires fat. Ordinary olive oil is best for high temperature cooking and deep frying as it has a high smoke point. Extra-virgin olive oil has a lower smoke point, but it will stand up to flash-frying, grilling, basting and pot-roasting. Extra-virgin olive oil is used to dress salads, cooked vegetables and fish dishes and to finished soups and stews. It is also served the beginning of the meal on its own with bread or crudites.

Its definite taste makes olive oil a flavouring ingredient in its own right and it is worth taking care to match the flavour and strength of the oil to the other ingredients in the dish. While mild and sweet oils, such as those from Provence or Liguria, are particularly good with fish, strong salad ingredients, such as rocket (arnugola) or water cross will need a more pungent olive oil from Tuscany or the Greek mainland. Olive oil can also be used in baking to make cakes, cookies and biscuits, and for the short-term preservation of roasted vegetables, wild mushrooms and goat's cheeses.

Olive oil should be used as soon after purchased as possible. If you need to store it, choose a cool, dark cupboard.

OLIVER, RAYMOND French chef (born Langon 1909); died Paris 1990). His father, who had been a chef at the Savoy in London, kept a hotel in Bordeaux, where Oliver started his apprenticeship. In 1948 he and Louis Vaudable, owner of Maxim's (which had been closed when France was liberated), reopened the Grand Veveur restaurant and restored it to its former glory. In 1950 Oliver became the manager of the restaurant and its success was assured.

Raymond Oliver can be regarded as one of the great innovators and reformers of French cuisine, as evidenced by such dishes as red mullet with basil butter in puff pastry, ragout of pike and crayfish with aniseed, sautéed chicken in honey vinegar, stuffed guinea fowl Jean Cocteau, or the simpler Lampreys à la bordelaise and other classic regional dishes. French cuisine has gained a great deal from his humour and his deep knowledge of the culinary arts, which he demonstrated in television programmes. He also lectured in other countries and was the author of various books.

OLIVET A small soft French cow's milk cheese (40% fat), made in the small town of Oliver

Bleu) or ash-covered. The cheese is straw-coloured, with a fruity or spicy taste, and is made in the flat discs 12-13 cm (4 ½ -5 in) in diameter and 2-3 cm (about 1 in) thick. Balzac like to eat with walnuts and chilled wine.

OLIVET CENDRE Soft cows-milk cheese (40% fat) with a natural crust covered in ashes after being reopened for 3 months in a container filled with wood ash. Olivet cendre has a more pronounced, soapier taste than Olivet.

OLLA PODRIDA A Spanish soup whose name, literally translated, means ‘rotten soup’. Numerous regional varieties are found using local produce. The ingredients include various pulses, vegetables, meat and sometimes fruit. This is a country dish that has evolved from the traditional cocido.

OMBIAUX, MAURICE DES Belgian writer and gastronome (born Beauraing 1868; died Paris 1943). Nicknamed the ‘Prince of Walloon story-tellers’ and Cardinal of gastronomy’. He wrote many books which were published in the 1920s.

OMBRINE A sea fish found in the Mediterranean and the Bay of Biscay. It grows to a length of 1 m (39 in) and is silvery in colour, with golden or grey-blue stripes on the back and a marked lateral stripe. It has a short beard on the lower jaw. The flesh is as good as of not better than (that of bass, and the same recipes can be used to cook it.

OMELETTE A sweet or savoury dish made from beaten whole eggs, cooked in a frying pan, and served plain or with various additions. The word comes from the French lamelle (thin strip) because of its flat shape; previously it was known as alumette and then alumette (some authorities claim that the word has a latin origin, ova mellila, a classic Roman dish consisting of beaten eggs cooked on a flat day dish with honey.)

The success of an omelette depends as much on the quality of the pan and the quantity and distribution of the butter as on the cooking. A large variety of different ingredients may be mixed with the omelette or added just before serving, with a ribbon of sauce. An omelette can be served, either flat or folded, as an enree or a dessert, depending on whether it is savoury or sweet; it is nearly always served hot. It can also be used as a garnish for soup and some Chinese rice dishes.

Omelettes were known during the Middle Ages. In the 17th century one of the most famous omelettes was omelette du cure, containing soft carp roes and tuna fish, which Brillat-Savarin much admired. Nowadays, a particularly popular French omellette is the variety known as Mere Poulard (after the owner of the Hotel Poulard in Mont-Saint-Miched in the early 1900s). The omelette owes its fame to the high quality of the Norman butter and eggs as well as to a special knack in the making. Some chefs recommend beating the yolks and the whites separately to obtain a lighter and foamier omelette. Among the difference types of savoury omelettes are :

- Omelettes cooked with a flavouring. The flavouring is mixed with the beaten eggs before cooking
- **FILLED OMELETTES** The hot filing is spread on the omelette, which is then folded over and slipped on to the serving dish.
- **GARNISHED OMELETTES** Filled omelettes with some garnish placed on the top, if the garnish is accompanied by a sauce or bound with butter, it is poured into a slit made in the omelette. It is usual for a garnished omelette to be surrounded by a ribbon of sauce.
- **FLAT OMELETTES** Made like plain omelettes but with fewer eggs; they are cooked for a longer time and turned over in the pan halfway through cooking. The result is a sort of thick

- pancake which can be served cold, accompanies by the same garnishes as a plain omelette.
 - Sweet omelettes are usually filled with jam or poached fruit flavoured with a liqueur; they are sprinkled with sugar and glazed in the oven, or they may be flamed.
- Souffle omelettes are really a type of souffle cooked in a shallow dish (rather than in a deep souffle dish). They can be flavoured with liquor, fruit or coffee.

RECIPES

Plain omelette

Beat 8 eggs lightly and season with salt and (if liked) freshly ground pepper; 2-3 tablespoons milk or 1 tablespoons single (light) cream can be added to the beaten eggs. Heat 25-40g (1 – 1 ½ oz, 2-3 tablespoons) butter in a scrupulously clean pan, preferably non-stick. Raise the heat and pour in the beaten eggs. Stir them with a fork, drawing the edges to the centre as soon as they begin to set. When the omelette is cooked, slide it on to a warm serving dish, folding it in three. Rub a piece of butter over the surface to make it shiny.

Filled Omelettes

Chicken-liver omelette

Slice some chicken livers, sauté them quickly in butter and bind them with some reduced demi-glace sauce. Fill the omelette with this mixture and garnish with a ribbon of demi-glace flavoured with Madeira.

Kidney omelette

Slice or finely dice some calves or sheep's kidneys, sauté them in butter and bind them with some reduced demi-glace sauce flavoured with Madeira. Fill the omelette with this mixture. Garnish with a ribbon of Madeira-flavoured demi-glace.

Omelette Argenteuil

Cook an omelette and fill it with 3 tablespoons asparagus tips cooked in butter. Fold it on to a hot serving dish. Pour some cream sauce around it.

Omelette with black pudding

Grill (broil) some black pudding (blood sausage) and skin it while it is still hot. Mash the meat with a fork. Separate some eggs and whisk the yolks and whites separately, then fold them together. Cook the omelette and fill it with the black pudding before folding it.

Salsify omelette with Brussels sprouts

Cook some salsify in white wine, dice it, braise it in butter and bind with some reduced veloute sauce. Fill an omelette with the mixture and serve it surrounded with noisette potatoes and Brussels sprouts sautéed in butter. Reduce some demi-glace sauce, stir in some butter and pour the sauce around the dish.

Other recipes. See chasseur, chatelaine, duxelles, japanese, maintenon, portugaise, rouennaise, Saint-ubert, shrimps and prawns.

Flat Omelettes

Courgette omelette

Slice some courgettes (zucchini) into thin rounds and sauté them in butter in a frying pan. Beat the eggs with chopped parsley, salt and pepper, pour them into the pan over the courgettes and cook the omelette on both sides like a thick pancake.

Omelette a la grecque

Beat the eggs, adding some chopped onions softened in butter and diced sweet (bell) pepper's. make 2 flat omelettes. Put one of them on a round plate and spread with a layer of very hot finely chopped braised mutton or lamb: cover with the second omelette. Pour some tomato sauce seasoned with a little garlic round the omelette, sprinkle with chopped parsley and moisten with noisette butter.

Omelette a la Sainte-Flour

Brown some sliced onions and blanched bacon strips in pork fat. Beat the eggs, adding the onions and bacon, and make 2 flat omelette. Put one of them on a dish and spread with a layer of braised chopped cabbage. Cover with the second omelette and surround with a ribbon of tomato sauce.

Omelette a la verduriere

Cut some sorrel and lettuce into very fine strips and cook them gently in butter. Beat the eggs and add the sorrel and lettuce with some chopped parsley, chervil and tarragon. Cook like a large pancake. Sprinkle with noisette butter.

Omelette Du Barry

Steam some very small florets of cauliflower. Take them out while they are still a little crisp and fry them in butter. Pour on the eggs, beaten with salts, pepper and chopped chervil, and cook like a large pancake.

Omelette Mistral

Brown 3 tablespoons diced aubergines (eggplants) in oil in a frying pan. beat the eggs together with some diced tomato gently fried in oil, chopped parsley and a pinch of finely chopped garlic. Pour the eggs over the aubergines and cook like a large pancake.

Omelette mousseline

Beat 6 egg yolks with 2 tablespoons double (heavy) cream and season with salt and pepper. Whisk the egg whites to stiff peaks and fold into the mixture. Cook like a large pancake.

Omelette parmentier

Finely dice some potatoes and fry them in butter. Beat the eggs and add the potatoes and some chopped parsley. Cook like a large pancake.

Seafood omelette

Beat the eggs with chopped parsley and chervil, salt and pepper and make 2 flat omelettes. Put one on to a round ovenproof dish and cover it with a ragout of mussels, prawns (shrimp), small clams or other shellfish. Poached and bound with shrimp sauce. Cover with the second omelette. Coat with a cream sauce flavoured with shrimp butter and glaze in a hot oven.

Spinach omelette

Braise enough spinach leaves in butter to provide 4 tablespoons cooked spinach. Mix with 8 beaten eggs and cook like a large pancake.

Other recipes. See diplomate, jardiniere, memnagere, mon-bray, nicoise, paysanne, romaine.

Garnished Omelettes

Omelettes Andre-Theuriet

Fill an omelette with morels in cream. Turn it into a dish and garnish with bunches of asparagus tips cooked in butter. On top, arrange some slices of mushroom which have been tossed in butter. Surround with a ribbon of supreme sauce and serve at once while very hot.

Omelette Feydeau

Make a very creamy omelette and fill it with mushroom duxelles. Slide it on a to a flamproof dish, then garnish the top with poached eggs (one per person) – choose small eggs and keep them underdone. Mask with Mornay sauce to which finely shredded mushroom have been added. Sprinkle with grated Parmesan cheese and brown quickly under a hot grill (broiler).

Other recipes see espagnol, e fines, herbes, hangroise, parisienne, Rossini, vieur.

Omelettes cooked with their Flavouring anchovy omelette.

Soak 3 anchovy fillets until free of salt and rub them through a sieve. Add the anchovy puree to 8 eggs and beat together. Cook the omelets as usual. Garnish with a criss-cross pattern of fine strips of anchovies in oil.

Artichoke omelette

Slice 4 artichoke hearts and sauté them in butter until they are half-cooked, without letting them brown. Add the artichoke slices to 8 eggs and beat together; cook the omelette as usual. It can be garnished with a row of sliced sautéed artichoke hearts and surrounded with a ribbon of reduced veal stock.

Aubergine omelette

Add 2 tablespoons diced aubergines (eggplants), sautéed in oil, to 8 eggs and beat together. Cook the omelette.

Bacon omelette

Fry 3-4 tablespoons diced bacon in butter and beat into 8 eggs. Cook the omelette. It can be garnished with 6 thin strips of bacon fried in butter.

Cep omelette

Brown 200 g (7 oz. 2 cups) sliced cep mushrooms in butter or oil and add them, with some chopped parsley, to 8 eggs, besting them all together. Cook the omelette. Garnish with a line of chopped ceps sautéed in butter or oil.

Any edible mushrooms can be used to flavour this omelette.

Omelette jurassienne

Fry 4 tablespoons finely diced bacon in a large pan over a low heat. Add 1 chopped onion, 3 diced boiled potatoes and 1 diced tomato. In a large bowl, beat 4 eggs with 100 g (4 oz. 1 cup) grated Gruyere cheese and some chopped chives. Pour this mixture over the bacon and vegetables in the pan. add a little salt and plenty of pepper and finish cooking the omelette.

Sorrel omelette

Prepare 4 tablespoons finely shredded sorrel. Cook gently in butter or bind with cream, and beat it into 8 eggs. Cook the omelette. It may be served surrounded with a ribbon of cream sauce.

Tuna omelette

For 5 people, wash 2 soft carp roes and blanch them for 5 minutes in lightly salted boiling water. Chop the roes together with a piece of fresh tuna about the size of a hen's egg so that they are

well mixed. Put the chopped fish and roes into a pan with a small, finally chopped shallot and butter and sauté until all the butter is incorporated – this gives the essential flavour to the omelette.

Blend some fresh butter with parsley and chives, and spread it on to the dish in which the omelette will be served sprinkle with lemon juice and keep warm.

Beat 12 eggs, add the sautéed roes and tuna, and mix well together. Cook the omelette in the usual way, keeping the shape long rather than circular, and ensure that it is thick and creamy. As soon as it is ready, arrange it on the prepared dish and serve at once.

This dish should be reserved for special luncheons for those who appreciate good food. Serve it with a good wine, and the result will be superb.

Notes on preparations: the roes and the tuna should be sautéed over a very low heat, otherwise they will harden and it will be difficult to mix them properly with the eggs. The serving dish should be fairly deep, and preferably fish-shaped so that the sauce can be spooned up when serving. The dish should be heated enough to melt the maitre d'hotel butter on which the omelette is placed

Sweet Omelettes

Omelette a la dijonnaise

Beat 8 eggs with 2 tablespoons sugar, 2 or 3 finely crushed macaroons and 1 tablespoon double (heavy) cream. Make 2 flat omelettes. Put one of them a round ovenproof dish and spread it with 3 tablespoons very thick confectioner's custard (see custard) mixed with 1 tablespoon ground almonds flavoured with Cassis. Place the second omelette on top and completely coat with egg whites whisked to stiff peaks. Sprinkle with icing (confectioner's) sugar and glaze quickly in a very hot oven. Serve the omelette surrounded by a ribbon of blackcurrant jam.

Omelette flambee

Beat the eggs with some sugar and a pinch of salt, then cook the omelette in butter, keeping it very creamy. Dredge with sugar, sprinkle with heated rum and set light to it immediately before serving. The rum can be replaced by Armagnac, Calvados, cognac, whisky or a fruit-based spirit.

Omelett Reine Pedauque

Beat 8 eggs with 1 tablespoon caster (superfine) sugar, 1 tablespoons ground almonds. 1 tablespoon double (heavy) cream and a pinch of salt. Make 2 flat omelettes. Place one of the omelettes in a round ovenproof serving dish. Mix 6 tablespoons thick apple compote with 2 tablespoons double (heavy) cream and 1 tablespoon rum. Spread this mixture over the omelette, put the second omelette on top, sprinkle with icing (confectioner's) sugar and glaze quickly in the oven or under the grill (broiler).

Omelette with fruit compote

Prepare a compose of peaches, plums, apples or apricots: cook the fruit in vanilla-flavoured syrup, drain, bind with jam made from the same type of fruit and flavour with liqueur. Beat 8 eggs with 1 tablespoons caster (superfine) sugar and a pinch of salt. Cook the omelette in butter. Just before folding. Fill with 4 tablespoons fruit compose. Fold the omelette, slip it on to a round plate and sprinkle with caster sugar. Glaze under the grill (broiler).

Souffle omelette

Mix together in a bowl 250 g (9 oz. Generous 1 cup) caster (superfine) sugar, 6 egg yolks and 1 teaspoon vanilla sugar of 1 tablespoon grated orange or lemon zest. Beat until the mixture turns white and thick. Whisk 8 egg whites to stiff peaks and fold carefully into the yolk mixture.

Butter a long ovenproof dish and sprinkle it with caster sugar. Pour in three-quarters of the omelette mixture and smooth it into a low mound with the blade of a knife. Put the rest of the

mixture into a piping (pastry) bag with a plain round nozzle and pipe an interlaced decoration on top of the omelette oven at 200°C. (400 °F, gas 6) for about 20 minutes. Dredge with icing (confectioner's) sugar and glaze under the grill (broiler).

The omelette can also be flavoured with chocolate, coffee or a liqueur.

Souffle omelette with wild strawberries

Clean, wash and drain some wild strawberries. Leave them to macerate in a few spoonfuls of Alsace framboise (raspberry-flavoured spirit) with a pinch of vanilla sugar. Whisk 4 egg whites to stiff peaks and separately beat the yolks with a little sugar. Mix the two carefully, then pour into a heavy frying pan containing very hot butter. When the eggs begin to set, add the strawberries, fold the omelette over and continue to cook over a low heat. Dredge very lightly with sugar and serve. A little fresh strawberry puree can be poured over the omelette.

OMELETTE SURPRISE A dessert based on the same ingredients as a baked Alaska - sponge cake soaked in syrup, ice cream and meringue - but with the addition of fruit. The base, which may be Genoa cake, Genoese sponge or madeleine cake mixture, is sprinkled with liqueur, covered with a bombe mixture, a fruit ice cream or a parfait mixture, mixed with preserved fruits or pralines violets. The whole is then masked with meringue and glazed in the oven. The dessert is surrounded by poached fruits or cherries in brandy.

ONGLET. A french cut of beef consisting of two small muscles joined by an elastic membrane (the supporting muscles of the diaphragm). The butcher splits it open, trims it and removes all the skin and membrane. Onglet must be well hung. The meat is tender and juicy. In the past it was not a popular cut, but it is now accepted that it makes a prime steak. Whether fried or grilled (broiled), it should be eaten rare, otherwise it becomes tough.

RECIPES

Fried onglet with shallots

Make shallow criss-cross incisions on both sides of the meat. peel and chop 3-4 shallots. Heat about are aromatic, juicy and strongly flavoured. As their name indicates, they are pickled (in vinegar), they are also used in casseroles or they can be glazed and served as a vegetables dish.

- PEARL (BUTTON) ONIONS. These small white onions are ideal for pickling, but they can also be added to stews and casseroles.
- SILVERSKIN ONIONS. These are very small and, as their name suggests, they have silver skin and white flesh. They are used for pickling and are also sold cooked as cocktail onions, for use as a garnish, in hors d'oeuvre and adding to drinks.
- SPRING ONIONS (SCALLIONS OR GREEN ONIONS). These are also known as salad onions or bunching onions. These are picked either before the bulbs. Form of with small white bulbs. Originally these were the beds, but now they are available all the year round. They may be cooked or served in salads. They are ideal of quick methods and are often cooked in stir fry dishes. Young spring onions are small and mild in flavour, but as they grow the flavour of the larger bulb becomes stronger
- ORIENTAL ONION These are used extensively in China, Japan and Asia. They look like spring onions and grow in clusters. They thicken stem bases never form bulbs. Both the green and white parts can be eaten and they have a mild flavour, which is between that of a spring onion and leek. Their leaves can be broken off for use, leaving the remainder of the plant growing, which is why they are also sometimes called everlasting onions. similar varieties include welsh onions (scallions or green shallots), which originated in Japan not Wales, and Japanese bunching onions.

- EGYPTIAN ONIONS OR TREE ONIONS These vegetables look unusual as they have small bulbs towards the tops of their stems instead of flowers and larger bulbs at the roots. They taste similar to garlic.
- Buying and using onions. When buying onions, look for bulbs which are quite firm and store them in a cool, dry, airy place. When preparing onions, the substance which makes the eye water (allyl sulphide) is released. To chop onions in comfort, put them into the freezer for 10 minutes or into the refrigerator for 1 hour before peeling, small pickling onions are easily peeled if they are boiled rapidly for 1 minute. Leaving the root end on also helps to prevent the volatile substance from being released. (It disappears during cooking). Once peeled, onions oxidize rapidly and can eventually become toxic; peeled onions should therefore be kept covered.

The onion is a major ingredient in cooking, being used especially as a flavouring in many casserole dishes, in which it may be chopped, sliced or left whole and studded with cloves. Onions are also used for stuffings and to make sauces and braised dishes. In many dishes they are the main ingredient, from Alsace, pissaladiere, tourn, salt cod a la bretonne, onion soup, beef mirron, tripe, soubise puree and all recipes a la Soubise, and in many dishes cooked a la lyonnaise from Asia come onion bbaji and from Britain, stuffed onions, which can be served as a hot main dish or a garnish for roast or braised meat. Fried onion rings are used as a garnish for many dishes (sautéed or fried meat or fish) and finely chopped onion is an ingredient of vinaigrette, marinades and many cold garnishes. The onion is used with potatoes in many stews, and meat and vegetable soups, and it also goes well with cabbage and with many egg dishes. Small glazed onions are an essential ingredient for a range of meat and fish dishes (mattelote, blanquette, chicken en babouille, coq au vin and dishes a la bouguignonne). Pickled onions are used as a condiment.

RECIPES

Fried onions

Peel some onions, slice them into rings 5 mm (1/4 in) thick and separate the rings. Season with salt, dip in flour and fry in very hot oil. Drain them thoroughly on paper towels and sprinkle with fine salt. They can also be marinated in oil and lemon juice for 30 minutes, then dipped in batter and fried.

Onion soup

Finely chop 250 g (9 oz. 1 1/2 cups) onions and dry them in butter without letting them get too brown. When they are almost ready, sprinkle with 25 g (1 oz. 1/4 cup) plain (all-purpose) flour. Continue cooking for a minute or two, stirring the onions with wooden spoon, then pour on 2 litres (2 1/2 pints, 9 cups) white stock and flavour with 2 tablespoons port or Madeira. Continue to cook for a further 30 minutes. Put some slices of bread, which have been dried in the oven, into a soup tureen and pour the soup over them.

Onion tart

Line a buttered 28 cm (11 in) flan tin (tart pan) with 400 g (14 oz) shortcrust pastry (see shortcrust pastry) and cook it blind. Meanwhile prepare a soubise puree with 1 kg (2 1/4 lb) onions. Spread this in the flan case, sprinkle with fresh breadcrumbs, dot with butter and brown it in a hot oven for about 15 minutes.

Stuffed onions

Peel some large onions, taking care not to split the outer white layer, cut them horizontally at the stalk end, leaving about three-quarters of their total height. Blanch them in salted water for 10

minutes, then refresh and drain them. Scoop out the insides, leaving a thickness all round of 2 layers.

Chop the scooped-out onion finely and mix it with some finely chopped pork, veal, beef, lamb or mutton. Stuff the onions with this mixture, put them in a buttered flameproof casserole and moisten with a few tablespoons of slightly thickened brown veal stock. Start the cooking with the lid on, on the hob (stovetop), then continue cooking in the oven, basting frequently to glaze the onions. A few minutes before they are cooked, sprinkle with breadcrumbs or Parmesan cheese, moisten with melted butter and brown the surface.

Onions can also be stuffed in the following ways.

- A la catalone: rice cooked in meat stock with sweet (bell) peppers fried in olive oil and chopped hard-boiled (hard-cooked) eggs.
- A l'italienne: rice cooked in meat with finely chopped onion, cooked lean ham and Parmesan cheese.
- A la parisienne: finely chopped onion mixed with a duxelles of mushrooms and chopped cooked lean ham.

OPERA A garnish for noisettes of veal and sautéed tournedos steaks (filets mignons). It consists of small bunches of asparagus tips and tartlet or croustades filed with chicken livers sautéed in Madeira. The sauce, which is poured over the meat, is made by deglazing the cooking juices with Madeira and demiglace.

This garnish is also used for shirred eggs, in this case the sauce consists of reduced seal stock enriched with butter.

The dessert crème renverse Opera is a caramel custard turned out of its mould and served decorated with Chantilly cream, crushed meringue and strawberries in kirsch Opera gelatin is an elaborate almonds sponge cake with a coffee and chocolate filing and icing.

ORCHE A garden plant whose green fleshy triangular leaves are used in soups and herbs stocks orache leaves may also be cooked like spinach and used either as a vegetable or as a garnish. They may also be used counteract the bitter taste of sorrel.

ORANGE The fruit of the sweet orange tree, cultivated widely in Mediterranean countries and other parts of the world. It is round with an orange or yellow skin and sweet juicy flesh, divided into segments which may or may not contain seeds. Originating in China and mentioned at the beginning of the Christian probably known to the ancient world Seville (bitter) oranges were brought to Europe by the Arabs into Spain and by the Crusaders into France Sweet oranges did not arrive in Europe until later, coming from Arab lands via Genoese or Portuguese merchants the latter also introduced them to America.

For centuries oranges were rarity: they were usually made into preserves, used for a table decoration offered as luxury gifts. Orange come mainly from Spain. Morocco, Turkey, Sicily, Israel, Italy, Cyprus Algeria, Tunisia, South Africa, Australia and the United States.

Sweet oranges The different varieties of sweet oranges are classified into four groups, available at different times of the year.

- **NAVEL ORANGES** Characterized by a navel-like depression enclosing a small internal embryonic fruit. They are seedless and appear from the end of October. The Washington navels, with a firm rough skin, are juicy and slightly sour. Navellate is closely related to the Washington navel, but smaller and sweeter. The navelina is slightly paler and more oval in shape than the Washington navel; its flesh is tart, becoming sweeter later in the growing season.
- **BLONDES** These winter orange have pale flesh. The Shamouti or Jalfa variety is quite large, has a thick skin, seeds and a crisp, well-flavoured, juicy pulp salustianas are seedless,

- have a grainy peel and are very juicy.
- **BLOOD ORANGES** These small oranges have dark-red pulp and the skin may be veined with dark red. They are available from December to April. The mallese orange, with seeds, is sour, very juicy and has an exceptionally good flavour. Moro oranges, with a rough skin, are very juicy.
- **LATE ORANGES** These pale-fleshed orange have few seeds and a thin rind. They include the Valencia variety. Valencia oranges, with or without seeds, have smooth firm skins and are sharp and juicy.
- **Bitter orange**

SEVELLE ORANGE A bitter orange with rough peel, mostly used for making marmalade, jams and jellies. Seville orange trees are cultivated mainly in Spain and on a local scale in the south of France, where crystallized (candied) Seville oranges (chinois confit) are a speciality of Nice. The flower of the Seville orange is used in the preparation of orange-flower water. The aromatic oil extracted from the thick peel of Seville oranges is used in distilling to flavour. Curacao, Cointreau and Grand Marnier. A traditional French dish is pot-roasted duck in bitter-orange sauce (not to be confused with duck à l'orange).

- **Buying and using oranges.** When buying oranges choose fruit that are shiny and heavy for their size. They are not easily damaged and will keep for some days at room temperature. If the zest or peel is to be used, the oranges should be scrubbed in warm water.

Oranges are widely used in desserts, patisserie and confectionery, for fruit salads, mousses, dessert creams, frosted fruit, ices and sorbets, jams and marmalades, fritters, souffles, filled sponges and biscuits (cookies). The candied peel is also used in numerous desserts and cakes, either as an ingredient or as a decoration. Oranges form the basis of an equally large range of drinks: syrups, sodas, juice, orangeade, punches, liqueurs and fruit wines.

Sweet oranges are today used in recipes which, in former times, used bitter oranges. Duck which nowadays is described as a *la bigarade* (with bitter oranges) is in fact cooked with sweet oranges. Some of the traditional dishes that use oranges as an ingredient are trout with orange butter (butter worked) with orange juice, grated nutmeg and paprikat), sole à l'orange (surrounded with peeled orange slices, butter sauce, crème fraîche and Curacao), young partridge roasted à l'orange (garnished with peeled orange segments and grapes, the cooking juices being deglazed with orange juice); fried calf's liver *liver à l'orange* (garnished with orange slices, the pan being deglazed with orange juice); omelette à l'orange (a savoury omelette flavoured with tomato sauce and grated orange zest); veal knuckle à l'orange (braised with a julienne of orange zest, with orange juice added to the cooking liquid); sheep's tongues à l'orange (cooked in water, covered with a sauce made from vinegar roux, thickened with gooseberry jelly and garnished with orange segments); and salad of chicory (endive), beetroot (beets) and peeled, orange segments, dressed with a tarragon-flavoured vinaigrette.

RECIPES

Sweet Oranges

Candied orange peel

Choose thick-skinned oranges. Peel them, scrape off all the white pith from the peel and cut the peel into strips. For each orange, put 250 ml (8 fl oz, 1 cup) water, 125 g (4 ½ oz, scant 2/3 cup) sugar and 6 tablespoons grenadine syrup is reduced by three-quarters. Leave the peel in the syrup until it is quite cold, then drain it. Sprinkle a baking sheet thickly with icing (confectioner's) sugar, roll the pieces of peel in the sugar and dry off under the grill (broiler).

Frosted oranges

Choose some unblemished thick-skinned oranges. Cut off the top of each orange at the stalk end.

Using a sharp-edged spoon, scrape out all the pulp, taking care not to pierce the skin. Cut a small hole at the top of the orange caps, where the stalk was attached. Put the orange shells and the caps into the freezer. Make an orange sorbet with pulp. When it begins to set, put into the orange shells, smoothing the top into a dome shape. Replace the caps and insert along lozenge-shaped piece of candied angelica into the hole, to resemble a leaf. Put back in the freezer until ready to serve.

Orange and apple jelly

Weigh some ripe (but not overripe) apples and wash and slice them (without peeling or coring). Put them into a pan and add 1.5 litres (23/4 pints, 6 1/2 cups) water per 1 kg (2 1/4 lb) apples. Bring to the boil and cook until the apples are quite soft. Pour them into a jelly-bag or a piece of muslin (cheesecloth) stretched over a basin and let the juice drain, without pressing the apples. Measure the juice obtained. Allow 10 large oranges per 1 litre (1 3/4 pints, 4 1/3 cups) apple juice; squeeze them and strain the juice. Mix the two juices and add 900 g (2 lb. 4 cups) sugar and the coarsely grated zest of 4 oranges per 1 litre (1 3/4 pints, 4 1/2 cups) juice. Bring the pan to the boil and cook until the temperature of the jelly (gelatine) 104°C (219°F). Remove the peel and pot in the usual way.

Orange conserve

Wash 16 juicy oranges and 3 lemons. Remove the peel without pith from 2 lemons and 4 oranges and chop it. Remove the white pit from this fruit. Cut all the fruit in half and remove the central white string. Take out the seeds, tie these in a piece of muslin (cheesecloth) and put them into a bowl with 250 ml (8 fl oz. 1 cup) water. Slice the halved fruit finely (the peel can be left on or removed) and put them into a large bowl with the chopped peel and 4 litres (7 pints, 4 quarts) water. Leave them to soak 24 hours, turning the fruit two or three times.

Pour the contents of the bowl into a preserving pan and add the bag containing the seeds. Cover the pan and bring it to the boil. Remove the lid and simmer gently for 2 hours. Add 4 kg (9 lb.) granulated or loaf sugar, bring the pan back to the boil, then reduce the heat and simmer, stirring constantly. Skim the pan and continue to cook for 30 minutes after bringing back to the boil. Pot in the usual way.

Orange dessert

Make cake 24 cm (9 1/2 in) in diameter with 4 eggs, 125 g (4 1/2 oz. 2/3 cup) caster (superfine) sugar and 125 g (4 1/2 oz. 1 cup) plain (all-purpose) flour. Bake and cool on a wire rack.

Make a syrup with 300 ml (1/2 pint. 1 1/4 cups) water and 200 g (7 oz. 1 cup) sugar. Wash 2 oranges. Cut in two and slice finely into even slices. Cook the orange slices in the syrup, drain and put them to one side. Remove the zest of 2 oranges, blanch it twice and cook for 10 minutes in the syrup.

Divide the remaining syrup into 3 amounts. Dilute one amount with 3 1/2 tablespoons orange liqueur to moisten the sponge cake. Dilute the second amount with a little orange juice and add 100 g (4 oz. 1/2 cup) orange jelly to make the sauce accompanying the dessert, which is then strained through a fine chinois. Dilute the third amount with 100 g (4 oz. 1/3 cup) orange jelly and a little orange juice, adding 1 leaf of gelatine, melted for the final glazing.

Make a custard with 500 ml (17 fl oz. 2 1/4 cups) milk, flavoured with 1/2 vanilla pod (bean), 4 egg yolks, 100 g (4 oz. 1/2 cup) caster sugar and 60 g (2 1/4 oz. 1/3 cup) plain (all-purpose) flour. Add 2 sheets of dissolved leaf gelatine and cool it quickly. Whisk until smooth. Add 3 1/2 tablespoons orange liqueur, 150 g (5 oz. 1 cup) candied orange zest. Diced very small, and then gently fold in 300 ml (1/2 pint. 1 1/4 cups) double (heavy) cream, lightly whipped. Cut the sponge cake horizontally into 3 layers. Line the sides of a ring mould 24 cm (9 1/4 in) in diameter, placed on iced (frosted) cardboard, with the half slices of candied orange, slightly overlapping. Place a layer of sponge cake at the bottom of the ring. Soak it with syrup and cover with

half the cream. Put the second layer of sponge cake on top, soak it again and cover with the remaining cream/ put the last layer of sponge cake on top, with the golden side facing upward. Press gently and soak with the rest of the syrup. Put in the refrigerator for a few hours. Glaze with the jelly and put it back in the refrigerator to set. Carefully remove from the ring. Pour a fine ribbon of sauce around and decorate with candied orange zest and sprigs of mint.

Orange sorbet

Select 10 very large juicy orange and remove the peel and the pith. Put the pulp through a juice extractor to obtain the maximum amount of juice. Measure the juice and add 300 g (11 oz. 1 1/3 cups) sugar per 1 litre (1 3/4 pints. 4 1/3 cups) (more if the juice is very sour). Pour the juice into an ice-cream maker and leave it to set.

Orange syrup

Select some ripe oranges and peel a few of them very thinly, put the peel to one side, as it will be used to flavour the syrup. Peel the rest of the oranges. Put the pulp through a vegetable milk, then strain it through a fine sieve or damp muslin (cheesecloth). Measure the juice. Add 800 g (1 3/4 lb. 3 1/2 cups) sugar to each 500 ml (17 fl. oz. 2 cups) juice, put into a preserving pan and bring slowly to the boil. While the syrup is heating, line a large conical strainer with muslin and put in the serve orange peel. Pour the syrup over the peel as soon as it comes to the boil. Let it get completely cold before bottling and sealing.

Orangine

Make a Genoese sponge with 150 g (5 oz. 2/3 cup) caster (superfine) sugar 6 eggs, 150 g (5 oz. 1 1/4 cups) plain (all-purpose) flour. 50 g (2 oz. 1/4 cup) butter and pinch of salt. Leave it to cool completely. Make 250 ml (8 fl. oz. 1 cup) Curacao-flavoured confectioner's custard and mix in 250 ml (8 fl. oz. 1 cup) (heavy) cream. Whisked with a 1 teaspoon vanilla sugar and 25 g (1 oz. 2 tablespoons) caster sugar. Put this cream into the refrigerator. Slice the sponge into 3 equal layers. Soak each layer with 2 tablespoons curacao-flavoured syrup. Spread the cream over 2 of the layers and build up the cake again. Ice (frost) the top and sides with Curacao-flavoured fondant. Decorate the cake with pieces of candied orange peel and angelica.

Savoury orange and cucumber salad

Remove all the peel and pith from some oranges and slice them into rounds about 5 mm (1/4 in) thick. Remove the seeds. Peel and finely slice some cucumber, sprinkle the slices with salt and leave them to drain. Rinse the slices in cold water and dry them. Arrange the slices of orange and cucumber alternately in a round glass dish. Serve with a well-seasoned vinaigrette as an entrée.

Alternatively, the oranges may be cut into small cubes and mixed with twice their volume of grated carrot. Season the salad with vinaigrette made with olive oil and raspberry vinegar and chill until ready to serve.

Bitter Oranges – Savoury Recipes

Bitter orange sauce

Peel the rind (zest) of 1 Seville orange in strips running from top to bottom, ensuring that it is very thin: any pith left on it would make it bitter. Cut each strip into small pieces and place in a little boiling water. Allow to boil for a few minutes, then drain and put in a pan with some espagnole sauce, a little game extract, a pinch of coarsely ground pepper and the juice of 1/2 Seville orange. Boil for a few moments, then add a little good-quality butter.

Brown a bitter orange sauce for roast duck

Cut the rind of 1 Seville orange (or 1 sweet orange) and ½ lemon into thin strips; blanch, cool and drain. Heat 20 g (¾ tablespoons) granulated sugar and 1 tablespoon good wine vinegar in a saucepan until it forms a pale caramel. Add 200 ml (7 fl oz. ¾ cup) brown veal stock (or well reduced bouillon) and boil vigorously for 5 minutes. Add the juice of the orange and a dash of lemon juice. Strain and add the blanched rind. The sauce can be flavoured with a small amount of curacao added just before serving.

Duck in bitter orange sauce

Cut the rind of 1 Seville orange (or 1 sweet orange) and ½ lemon into thin strips; blanch, cool and drain. Fry the duck in butter for about 45 minutes, until the flesh is just pink. Drain, untruss and arrange on a serving dish. Deglaze the cooking stock with 100 ml (4 fl. oz. 7 tablespoons) white wine. Add 300 ml (½ pint, 1 ¼ cups) veal stock or a fairly light demi-glace sauce; otherwise use well reduced chicken stock. Prepare some vinegar caramel, using 2 sugar lumps dissolved in 2 tablespoons vinegar and add to the sauce. Boil for a few moments. Add the juice of the orange and the lemon half, reduce, strain and add the orange and lemon rind. The duck can be garnished with peeled Saville orange segments, if like.

Filets of wild duck in bitter orange sauce

Take the breasts fillets from 2 wild ducks and place in an earthenware dish, with salt, coarsely ground pepper, parsley, thyme, 1 bay leaf, chopped shallots, lemon juice and 3 tablespoons good oil. Marinate the duck in the mixture for 45 minutes, turning frequently. Lay the fillets on a spit rack, then skewer them loosely and sprinkle with the marinade. Cook until they are firm to the touch. Remove the skewers and place the duck in a sauté dish containing a melted knob of butter and the juice of ½ lemon. Serve with bitter orange sauce.

White bitter orange sauce for roast duck

Deglaze the dish in which the duck has been cooked with 175 ml (6 fl. oz. ¾ cup) dry white wine. Cut the rind of 1 Seville orange (or 1 sweet orange) and ½ lemon into thin strips; blanch, cool and drain. When the sauce has almost completely reduced, add 150 ml (¼ pint, 2/3 cup) white consommé or stock and boil for 5 minutes. Thicken with 1 teaspoon cornflour (cornstarch) or arrow-root mixed with 2 tablespoons cold water. Add the juice of the orange and a dash of lemon juice. Strain, add the rind and adjust the seasoning.

Bitter orange-Sweet Recipes

Orange marmalade

Wash and weigh 16 bitter oranges and 2 lemons. Peel them, including the pith, and separate them into segments. Scrape off the pith from half the peel and cut this peel into very fine strips. Put the fruit and the sliced peel into a pan and add an equal weight of water. Leave to soak for 24 hours. Pour into a preserving pan and cook until the fruit can easily be crushed; remove the pan from the heat. Weigh a pan large enough to contain the cooked fruit, pour in the fruit and weigh again to obtain the weight of the fruit. Leave to soak for another 24 hours. Pour the fruit back into the preserving pan, add an equal weight of sugar, bring to the boil and cook for 5-6 minutes. Pot in the usual way.

Seville orange jelly dessert

Peel the rind from 2 sound Seville oranges as thinly as possible, then squeeze the juice of 5 lemons on to the zest and strain the juice through a sieve. Mix with 400 g (14 oz. 1 ¾ cups) granulated sugar and 40 g (1 ½ oz) clarified gelatine. Finish the jelly and mould in the usual manner. Set over ice.

ORANGEADE A refreshing drink made from orange juice and sugar, diluted with plain or soda water. Orangeade is best served well chilled, with ice; a little lemon juice may be added or a trace of Curacao or rum.

ORANGEAT A French petit four shaped like a flat disc, made from almond paste mixed with chopped candied orange peel, iced (frosted) with white fondant and decorated with orange peel.

ORANGE-BLOSSOM FLOWER WATER The fragrant flowers of the bitter (Seville) orange are macerated and distilled to produce orange-flower water. This is manufactured on a industrial scale and is widely used as a flavouring in pastries, puddings, cakes syrups and confectionery. In Morocco it is used to flavour salads and some tajines. Orange blossoms is also used to make orange flower sugar. Which is used to flavour pastries, cakes and custards. The essential oil of orange blossom, called neroli oil, is used in perfumery and for flavouring foods.

RECIPES

Orange-flower liqueur

Add 250 g (9 oz) orange blossom, ½ teaspoon cinammon stick and clove to 1 litre pints, 4 1/3 cups) 22% alcohol (44° proof). Leave for 1 month, then filter. Prepare a syrup with 500 g (18 oz. 2 ¼ cups) sugar and 500 ml (17 fl. oz, 2 cups) water . boil, cool, then add the flavoured alcohol. Filter once more and pour into sterilized bottles. Store in a cool dark place.

Orange-flower sugar

Dry some orange blossom, either in a closed container or in an oven, so as to obtain 250 g (9 oz) dry petals. Add 500 g (18 oz. 2 ¼ cups)caster (superfine) sugar to these petals and pound well in a mortar, then rub through a ver fine sieve. Store in sealed airtight jars in a dry, dark place.

OREGANO Also known as wild marjoram, this is a herb with a pungent flavour. It grows mainly in Italy, where it is an important cooking ingredient, and also in Britain and parts of America, where its flavour is less pungent. It is popular in Mediterranean dishes such as pasta and pizza success and tomato dishes. In its dried form, in which it is often solid, it has a much stronger flavour.

OREILLER DE LA BELLE AURORE A large, square, raised pie dedicated to Brillat-Savarin's mother, Claudine-Auroroe Recamier. It contains two different fillings (one of veal and pork, the other of chicken livers, young partridges, mushrooms and truffles), to which are added marinated veal fillets, slices, slices of breast from young red partridge an duck a saddle of hare, white chicken meat and blanched calves' sweetbreads.

OREILLETES Pastry fritters traditionally made the Languedoc region of France at carnival time. They are made from sweetened dough cut into long rectangles with a slit in the centre (sometimes one end is passed through this hole to form a sort of knot) and fried in oil. The oreillettes of Montpellier, flavoured with rum and orange or lemon zest, are famous.

RECIPE

Oreillettes de Montpellier

Pour 1 kg (2 ¼ lb. 9 cups) plain (al-purpose) flour into a heap and make a well in the centre. Pour 300 g (11 oz. 1 2/3 cups) melted butter into the well and work it in, gradually drawing the flour

to the centre; continue to work in 5 eggs, 2 tablespoons caster (superfine) sugar, a few tablespoons of rum, a small glass of milk and the finely grated peel from 2 oranges. Knead well to obtain a smooth dough. Continue to work the dough until it becomes elastic, then form it into a ball and leave it to rest for 2 hours. Roll out the dough very thinly and cut it into rectangles 5 x 8 cm (2 x 3 1/4 in). Make 2 incisions in the centre of each rectangle. Fry the oreillettes in very hot oil at 175°C (345°F). they will puff up immediately and rapidly become golden. Drain them on paper towels. Sprinkle with icing (confectioner's) sugar and arrange them in a basket lined with a napkin.

ORGANIC FARMING The term covers farming methods for cultivating land and growing crops without the use of artificial fertilizers or pesticides and for rearing animals and birds in a natural and humane way. The production of organic food varies with the different types of food and from country to country.

ORGANOLEPTIC Describing the qualities that determine the palatability or otherwise of a food. The organoleptic qualities of a food or drink can be defined by its flavour, smell appearance, texture and colour.

ORGEAT A syrup made from sugar and milk of almonds, flavoured with orange flower water, this is then diluted with water to make a refreshing drink. In former times it was made from barley (orge in French) hence its name.

ORGY A feast at which eating and drinking is indulged in to excess and which ends in debauchery. This modern sense of the word has lost its original religious overtones. To the ancient Greeks, and later the Romans, orgies were feasts held in honour of Dionysius, then of Bacchus, at which their followers, exalted by wine, dancing and music, became as if possessed by the god and lost all control of themselves.

ORIENTALE, A L' The name given to dishes inspired by the cooking of Turkey and the Balkans and containing numerous ingredients and spices from the Mediterranean region, such as aubergines (eggplants), tomatoes, rice, saffron, onions and (bell) peppers. The garnish a l'orientale for both large and small cuts of meat consists of small tomatoes stuffed with rice pilaf (sometimes flavoured with saffron), together with okra and peppers braised in butter; the sauce is a tomato-flavoured demi-glace.

RECIPES

Red mullet a l'orientale

Clean some very small red mullet, season with salt and pepper, dip them in flour and fry quickly in oil. Arrange them in a flameproof dish. Cover with a fondue of tomato lightly flavoured with saffron, fennel, thyme, a crumbled bay leaf, a few coriander seeds, chopped garlic and parsley. Bring to the boil, cover, then finish cooking in a preheated oven at 220°C (425°F, gas 8), for 6-8 minutes. Leave the fish to get cold in their cooking sauce. Garnish with thin slices of peeled lemon and sprinkle with chopped parsley; serve cold.

Salad a l'orientale

Cook some long-grain rice in salted water to which saffron has been added, keeping it fairly firm; drain thoroughly. Mix the rice with some peeled and finely chopped onion and season with vinaigrette well spiced with paprika. Pile the rice in a dome in a salad bowl. Turn some red and green (bell) peppers under a hot grill (broiler), then skin them, cut them open, take out the

seeds and cut the flesh into strips. Peel, seed and chop some tomatoes. Garnish the rice with the peppers, tomatoes and some stoned (pitted) black (ripe) olives.

Sauce a Porientale

Make some tomato fondue and add saffron and a salpicon of red and green (bell) peppers. Make some very thick mayonnaise. Add the chilled tomato fondue to the mayonnaise and keep cold until ready to serve.

ORLEANAISE, A L' Describing large cuts of meat garnish with braised endive (chicory) and maitre d'hotel potatoes.

ORLEANS The name given to tartlets of eggs (poachd, soft-boiled or sur le plat) which are garnished with either a salpicon of home marrow and truffle bound with Madeira sauce or with finely diced white chicken meat in tomato sauce. It also describes rolled sole fillets en paupiette, garnished with a salpicon of shrimps and mushrooms, covered with white wine sauce and garnished with a slice of truffle.

ORLOFF The name given to a traditional recipe for cooking loin of veal the meat is braised, sliced, stuffed with a puree of mushrooms and onions and possibly slices of truffle, then reshaped, covered with Maintenon sauce, sprinkled with Parmesan cheese and glazed in the oven. The chef who perfected this dish was undoubtedly UrbainDubois, who was in Prince Orloff's service for over 20 years.

Orloff garnish for large cuts of meat consists of braised celery and filled with a mouse made from celery puree), chateau potatoes and braised lettuce.

RECIPE

Veal Orloff

Peel and thinly slice 500 g (18 oz) onions, 1 large carrot and 800 g (1 ¾ lb) button mushrooms. Melt 50 g (2 oz. ¼ cup) butter in a casserole and brown 150 g (5 oz.) bacon rinds, then a boned loin of veal weighing about 1.8 g (4 lb.). add the sliced carrot, 1 large tablespoon sliced onions, a bouquet garni, salt and pepper. Add just enough water to cover the meat, put the lid on a cook over a low heat for 1 hour 20 minutes.

Salmon fillets Orly with tomato sauce

Trim 14 salmon fillets. Put them into a dish with some salt, coarsely ground pepper, a little grated nutmeg, 2 finely sliced shallots, some sprigs of parsley, the juice of 2 lemons, 100 ml (4 fl oz. 7 tablespoons) olive, a little thyme and a bay. Turn the fillets several times in this marinade and drain off the water which they produce. An hour before the meal, drain the fillets on paper towels, sprinkle with flour and turn them in this until they are quite dry. Pat them back into shape with the blade of a knife and dip them into 4 beaten eggs before frying them. When cooked, arrange them in a circle on a plate and serve a light tomato sauce separately.

ORMER (ABALONE) A large single-shell mollusc found off the Pacific coasts of Asia and Mexico, in the Mediterranean and of the European Atlantic coast. All the muscle is edible and has a chewy texture but unique flavour. To cook, remove from the shell, trim and beat well to tenderize, then slice thinly and fry very briefly. It can also be eaten raw. In Japan it is usually cooked by sake-steaming. Dried or canned abalone is used widely in Asia and, although cheaper than fresh, is still expensive. It is considered a delicacy in Chin, it is popular in California, and in New Zealand abalone is a Maori specifically called puva pava, which is sliced and barbecued

on skewers.

RECIPES

Ormeaux à la cancalaise

Place 8 large or 12 medium ormers, still alive, at the bottom of the refrigerator for 48 hours in order to weaken them. Remove them from their shells while still cold. Remove the beards and put them to one side. Scrape the ormers under cold running water to remove all traces of black. Put them on a damp cloth in the refrigerator for 24 hours. Before cooking them, massage gently to tenderize.

Carefully wash and dry the beards, then brown them in 100 g (4 oz. ½ cup) butter. Add 1 peeled and chopped shallot, 1 sliced carrot, 3 finely sliced mushrooms, 3 ¼ tablespoons Coteaux-du-Layon, 1 roasted garlic clove, the stems of ½ bunch of parsley and 2 tablespoons chopped, dried nori. Add 100 ml (4 fl oz. 7 tablespoons) chicken stock. Cover and simmer gently for 1 hour, then strain. (This ormer stock is highly flavoured).

Blanch 4 unblemished leaves of new cabbage in boiling salted water. Drain and put to one side. Heat 3 ½ tablespoons oil in a saucepan and briskly fry the leaves of 20 small sprigs of parsley. Remove from the oil, drain on paper towels and put to one side. Reheat the ormer stock and thicken with 50 g (2 oz. ¼ cup) butter. Brown the ormers for 2 minutes on each side. Allow to rest for 15 minutes to enable the meat to relax. Deglaze the pan with the stock and 4 teaspoons cider vinegar. Strain through a fine sieve. Reheat the cabbage leaves in a knob of butter and a little water.

Place a perfect warm shell on each plate with a cabbage leaf to one side. Finely shred 2 or 3 ormers and arrange on the cabbage leaf, with some on the shell. Sprinkle with finely chopped parsley, pour some ormer stock on top and garnish with a few leaves of fried parsley.

ORTOLAN The French name for a small migratory bird—a species of bunting – considered since early times to be the finest and most delicate of birds to eat. In Britain it is extinct and in France it is now officially protected, as it is becoming so rare in that country. However, the law is not strictly observed in south-western France, especially in the Landes, where they continue to be captured alive and fattened up for private consumption. The bird's diet (millet, buds, berries, grapes and small insects) gives it its flesh flavour and delicacy. Weighing only 30 g (1 ¼ oz). When cough, it can quadruple its weight in a month.

Ortolans are usually in their own fat; the latter drips on the pieces of bread, which some recommend should be spread with Roquefort cheese.

ORVIETO A DOC predominantly dry, delicate white wine produced in Italy's Umbria region from Trebbiano blended with Verdello, Grechetto, Drupeggio and Malvasia Toscana grapes with a minimum alcohol level of 11.5%.

OSSAU-IRATY A French ewe's-milk cheese protected by an appellation d'origine protégée but often sold under the name Fromage de Brebis des Pyrénées'. With a fat content of at least 50%, the cheese has a creamy yellow, highly pressed curd, a smooth orange-yellow to grey rind, and pronounced flavour. It is made in the shape of a flat disc with straight or slightly convex sides, in two sizes: 24.5-28 cm (9 ½ -11 in) in diameter, 12-14 cm (4 ¼ - 5 ½ in) deep, weighing 4-7 kg (9-15 lb.); and 20 cm (7 ¾ in) in diameter, 10-12 cm (4- 4 ¾ in) deep, weighing 2-3 kg (4 ½ - 6 ½ lb). It can be eaten at the end of a meal, on canapes, as a snack or as part of a mixed salad.

OSSO BUCCO An Italian dish, originally from Milan, whose name means literally 'borne with a hole'. It consists of a stew of pieces of veal shin braised in white wine with onion and tomato. It

is generally served with pasta or rice. The variation called alla gremolata is prepared with the addition of a mixture chopped garlic, orange and lemon peel and grated nutmeg.

RECIPE

Osso bucco a la milanaise

Season 8 veal shins, weighing about 1.6 kg (3 ½ lb.), with salt and pepper, sprinkle with flour, then brown them in olive oil in a large flameproof casserole. Chop enough onions to give 5 level tablespoons; add these to the casserole and cook until golden. Moisten with 200 ml (7 fl oz. ¾ cup) white wine, reduce this, then add 4 large tomatoes, skinned, seeded and coarsely chopped. Pour in 250 ml (8 fl. oz. 1 cup) stock. Finally add 1 large crushed garlic clove and a bouquet garni. Cover the casserole and cook in a preheated oven at 200°C (400°F, gas 6) for 1 ½ hours. Arrange the pieces of knuckle in a deep dish and cover them with the reduced cooking liquid. Squeeze on a little lemon juice and sprinkle with chopped parsley.

OSTRICH A large African bird, whose fleshy and eggs have long been eaten. Its brain was considered to be delicacy at the time of Nero. Ostrich is now farmed outside of Africa for its flesh, which is lean and tender. Its meat, the flavour of which is a mixture between beef and game, should be prepared and cooked in the same way as tender beef.

OUASSOU West Indian cryafish which lives in fresh water (ouasson in Creole means king of the springs). It is served fried and also in a stew with many vegetables.

OUBLIE A small flat or cornet-shaped wafer, widely enjoyed in France in the Middle Ages, but whose origins go even further back in time. Oublies, which were perhaps the first cakes in the history of cooking, are the ancestors of waffles. They were usually made from a rather thick waffle batter and were cooked in flat, round, finely patterned iron moulds. Some authorities consider that the name comes from the Greek obelios, meaning a cake cooked, others that it comes from the Latin oblata (offering), which also means an unconsecrated host.

In the Middle Ages oublies were made by the oubloyeurs (or oublieux), whose guild was incorporated in 1270. They made a sold their wafers in the open street, setting up stalls at fairs and in the open space in front of churches on feast days. It was said that the most celebrated oublies were those from Lyon, where apparently they were rolled into cornets after being cooked. The oubloyeurs would put them one inside the other and sell them in fives called a main d'oublies (a hand of oublies). Often they would play dice for them their customer or draw lots for them on a 'Wheel of fortune', which was in fact the cover of the large apannier – or coffin - in which they carried their wares. By the 15th century most of the Parisian pastry cooks were established in the Rue des Oubloyeurs in the Cite, by night and day the apprentices would set out laden with their panniers full of neules (round flat cakes). Ecbaudes (a sort of brioche), oublies and other small cakes, crying Voila le plaisir, mesdames! (Here's pleasure, ladies), which led to oublies being given the popular name of plaisirs. The last of these peddlars disappeared after World War I.

RECIPE

Oublies a la parisienne

Put 250 g (9 oz. 2 ¼ cups) sifted plain (all-purpose) flour, 150 g (5 oz, 2/3 cup) sugar, 2 eggs and a little orange-flower water or lemon juice into a bowl. Work together until everything is well mixed, then gradually add 575 ml (19 fl. oz. 2 1/3 cups) milk, 65 g (2 ½ oz. 5 tablespoons) melted butter and grated zest of a lemon. Heat an oublie or waffle iron and grease it evenly; pour in a 1 tablespoon batter and cook over a high, turning the iron over halfway through. Peel the wafer off

the iron and either roll it into a cornet round a wooden cone or leave it flat.

QUIDAD Traditional dish of Maghreto and , in particular, Moroccan cooking. Quidad consists of hand semolina flour, like couscous, and fish, such as scorepion fish (trascasse) and gilt--head bream (daurade).

OUNANNICHE Name of American Indian origin used in Quebec for describe the freshwater variety of the Atlantic Salmon . Smaller than salmon, it lives only in Lake Saint Jean and its Neighboriung rivers, it is preprepared in the same ways as salmon or trout.

OURTETO A mixture of chopped spinach, sorrel, celery and leeks and flavoured with crushed garlic. It is eaten in Provence, in the south of France . on slices of bread cut from a large round white loaf. Moistened with olive oil.

OUZO A spirit flavoured with aniseed, made in Greece and many of the Greek islands, including Cyprus. Like pastis it terms cloudy when water added, and it should always be served with iced water, though it should not be kept in the refrigerator for any length of time.

OVEN An enclosed cooking apparatus, derived from the bread oven, whose origins are lost in the mists of time. In domestic kitchens the oven is usually a source of dry heat, used for dry cooking methods, such as baking and roasting. There are many types of oven, foelled by gas or electricity. Solid fuel, wood and oil fitted ovens are also available. Some ovens also have additional features, such as a rotisserie, fan aor grill (broiler) elements.

OVERLAP To arrange food so that each piece is partially covered by the next to achieve a decorative effects.

OXTAIL. A cut of meat used to make many delicious dishes, notably oxtail soup and Flemish backhepot (ee botchpotch). It can also be braised and served with a flamande or nivermaise garnish, or it can be boiled, coated with breadcrumbs and grilled (broiled0 a la Sainte-menebould.

Oxtail sour is a classic English soup which, according o some authorities, could have been introduced into Britain by refugees from the French Revolution. It is a clear soup made from an oxtail an traditionally it is flavoured with basil, marijoaram, savory and thyme, although these are often replaced by the classic braising vegetables carrots, leeks and onions. Oxtail soup can be garnished with small vegetables balls or a brunoise, as well as with meat from the oxtail; it is flavoured with Madeira, brandy or sherry

RECIPES

Braised oxtail with horseradish croutes

Cut 2 oxtails into chunks and trim of excess fat. Dust the pieces very lightly with a little well-seasoned flour, then brown them allover in a little butter, lard or oil in a large frying pan. remove and set aside. Cook 2 large sliced onions. 2 diced celery sticks, 2 diced carrots. 2 bay leaves, 1 chopped garlic clove and 2 diced rindless bacon rashers (slices) in the pan, adding a little extra butter, lard or oil if necessary. When the vegetables are softened slightly remove the pan from the heat.

Layer the oxtail and vegetables mixture in a large deep casserole. Return the frying pan to the heat and deglaze it with a little brandy, stirring to remove all the cooking residue form the pan. add a little water and bring to the boil, stirring. Pour this over the ingredients in the casserole. Add a bottle of red wine and plenty of salt and pepper. Cover the casserole and cook

in a preheated oven at 160°C (325°F, gas 3) for about 3 hours or until the oxtail is completely tender.

Towards the ends of the cooking time, beat a little creamed horseradish into softened butter. Cut slices off a beguette and spread them with the horseradish butter. Place on a baking sheet and cook in the oven until crisp and golden.

Taste the casserole for seasoning before serving. Stir in plenty of chopped fresh parsley and serve with the horseradish croutes.

Grilled oxtail Sainte-Menehould

Cut an oxtail into sections 6-7 cm (2 ½-3 in) long and cook them in stock prepared as for a post-au-feu, stop cooking before the meat begins to come away from the bones. Drain the pieces, bone them without breaking them up, and leave them to cool, under a weight, in the stock (from which the fat has been skimmed). Drain and dry the pieces, spread them with mustard, brown them quickly in clarified butter, then roll them in fine fresh breadcrumbs. Grill (broil) gently and serve with any of the following sauces - diable, piquante, mustard, pepper, bordelaise or Robert – accompanied by mashed potatoes.

Oxtail soup

Put 1.5 kg (3 ¼ lb) oxtail, cut into small chunks, into a casserole, on a bed of sliced carrots, leeks and onions. Sweat in the oven for 25 minutes. Cover with 2.5 litres (4 ¼ pints, 11 cups) stocks made by cooking 1.5 g (3 ¼ lb.) gelatinous bones for 7-8 hours in 3.25 litres (5 ½ pints, 14 cups) water. Seasoned simmer gently, so that the boiling is imperceptible, for 3 ½ - 4 hours. Strain the soup and skim off surplus fat. Clarify by boiling it of 1 hour with 500 g (18 g oz. 2 ¼ cups) chopped lean beef and the white part of 2 leeks. Finely sliced, first whisking both these ingredients with a raw white of egg. Strain the stock. Garnish with pieces of oxtail and 300 ml (1/2 pint, 1 ¼ cups) coarse brunoise of carrots, turnips and celery, sweated in butter and dropped into the stock. Add 1 tablespoon sherry.

OYONNADE A French goose stew with wine, thickened with the liver and blood of the bird and mixed with spints. It used to be a traditional dish for All Saints' Day in the Bourbountais region and was served with swedes (rutabaga).

OYSTER A saltwater bivalve mollusc, of which there are many edible varieties.

The oyster has been known to humans from the earliest times. The Celts, the Greeks (who reared oysters in beds) and the Romans all ate oysters in large quantities. Nowadays oysters are farmed, thus ensuring that they are not overfished and are free from pollution.

In the cultivation of oysters, seed oysters are affixed to tiles and reared in areas some way out to sea. When they have reached a certain size, they are transferred to the fattening beds, which are always situated at the mouth of a river, the mixture of fresh and sea water being essential to induce overgrowth of the liver, of which the fattening consists. The growing period lasts from three to four years and requires constant supervision. As the oyster grows, it needs more space and therefore a larger area is required for the bed. It must be protected from pollution and from the natural enemies – skate, winkles crabs, starfish, octopus and sea birds.

The most important varieties are the European oyster, which is found off the coast of Essex and Kent in Britain, on the Atlantic coasts of France, the coasts of Belgium and the Netherlands, and the southern coast of Ireland, the Portuguese oyster which is larger than the European oyster and is a native of Portugal, Spain and Morocco, the American oyster, which is similar in size to the Portuguese oyster and is found along the Atlantic seaboard of Canada and the United States. The most famous American oysters are the Cape, Long Island and Chesapeake Bay oysters. Amongst the Asian oysters, the largest is the giant Pacific oyster, which, because of its size, is generally cooked, dried or used for oyster sauce. Oysters are also found in Australia

and New Zealand.

For generations oysters were supported to be eaten only during the months containing the letter (from September to April). However, with modern methods of rearing and transport they can now safely be eaten at any time of the year. Oysters must always be bought live, with the shells closed or closing when tapped, and they should feel quite heavy, as they should be full of water. They are not opened until the last minute. To test whether an opened oyster is alive, prick the cilia, which should instantly retract.

Nowadays, as oysters have become more expensive. They are nearly always eaten live and raw, plainly dressed with lemon and accompanied by bread and butter or with a vinegar dressing containing shallot and pepper. However, they can also be cooked and used in hot and cold dishes. Oyster can be poached, then chilled and served with various sauces, sometimes in barquettes, they can be browned in the oven in their shells, or they can be served with artichoke hearts or in croustades. Browning must always be done very rapidly and the preliminary poaching is often unnecessary. Oyster can also be cooked on skewers, made into fritters, croquettes, soups and consommés, and used as a garnish in fish recipes. English and American cookery in particular made good use of oysters – in soup, as a sauce, or as Angels on Horseback. Among the French regional specialities is one from Arcachon, where local oysters are served with grilled (broiled) chipolata sausages.

RECIPES

Angles on horseback

Take some oysters out of their shells. Sprinkle them with pepper and wrap each one in thin slice of bacon. Thread them on skewers and grill (broil) for 2 minutes. Arrange on pieces of hot toast.

Oysters a la Boston

Open 12 oysters; carefully take out the flesh from the shells and drain it. In the bottom of each concave shell, place a little white pepper and a generous pinch of fried breadcrumbs. Replace the oysters in the shells; sprinkle them with grated Gruyere cheese and a few breadcrumbs. Do each with a small piece of butter. Brown under the grill (broiler) for 6-7 minutes. Serve with shrimp fritters or parmesan cheese straws.

Oysters a la Brolatti

Peach 12 oyster, drain them and remove the beards. Prepare a sauce with 2 chopped shallots, 2 tablespoons butter, the oyster beards, 2 tablespoons white wine and the strained liquid from the oysters. Reduce the sauce to about 3 tablespoons. Thicken the reduced sauce by whisking in 100 g (4 oz. ½ cup) butter. Season with pepper and lemon juice. Strain the sauce and keep it warm. Warm the oyster shells in the oven. Cook the oysters in butter in a covered pan for 1 minute and then return them to their shells. Cover with the sauce and serve.

Oysters a la rhetaise

Open 24 oysters and put them in a saucepan with their own strained water, 2 shallots, 1 garlic clove and a knob and a knob of butter. Soften and reduce the liquid by half. Put this sauce into a pan with 4 tablespoons single (light) cream, a pinch of cayenne, a pinch of saffron and 2 teaspoons curry powder. Blend everything together and let it reduce. Add a few drops of lemon juice. Arrange the oysters in individual gratin dishes, cover with the sauce and put under the grill (broiler) for 10 seconds.

Oyster fritters

Poach the oysters in their own water and then cool in the cooking liquid. Drain them and dry in

a cloth. Leave them to soak for 30 minutes in a mixture of oil, lemon juice, pepper and salt, then dip them in batter. Cook in very hot oil until the fritters are puffed and golden and drain them at once on paper towels. Sprinkle with fine salt and serve with lemon quarters.

Oyster sauce

Open and poach 12 oysters. Prepare a white roux with 20 g (3/4 oz. 1/2 tablespoons) butter and 20 g (3/4 oz. 3 tablespoons) flour then moisten with 6 tablespoons oyster cooking liquid, 6 tablespoons milk and 6 tablespoons single (light) cream. Adjust the seasoning. Bring to the boil and cook for 10 minutes. Pass through a sieve. Add the debearded and sliced oysters and a pinch of cayenne.

Oysters in their shells (hot)

Poach the oysters, replace them in their shells and set these firmly into a layer of coarse salt in a baking tin (pan). brown in a preheated oven at 220°C (425°F, gas 7) for a few seconds (poaching can be omitted). They can then be served in the following ways.

- a l'americaine Sprinkle with a few drops of lemon juice and a pinch of cayenne.
- a la florentine Replace in their shells on a layer of buttered spinach, then mask with Mornay sauce, sprinkle with grated cheese and brown in the oven.
- a la polonaise sprinkle with chopped hard-boiled egg yolk and chopped parsley over the moisten with noisetta butter mixed with fried breadcrumbs.

Oyster soup

Open 24 oysters and put them into a sauté pan with the strained liquor from their shells. Add 200 ml (7 fl oz. 3/4 cup) white wine. Bring just to the boil and take off the heat as soon as the liquid begins to bubble. Use a draining spoon to transfer the oyster to a plate and set them aside. Skim any scum off the liquid, then whisk in 1 small, finely diced carrot, 1 finely chopped spring onion (scallion) and 3 tablespoons finely crushed water biscuits (crackers) and bring to the boil. Simmer for 1 minute, whisking them add 200 ml (7 fl oz. 3/4 oz. Cup) single (light) cream. Gradually whisk in 100 g (4 oz. 1/2 cup) butter cut into small pieces. The soup should be smooth and hot, but it must not simmer or boil as it will curdle. Replace the oyster and heat for a few seconds. Season with salt and pepper and a pinch of cayenne. Serve at once.

Oysters Robert Courtne

Chop 2 shallots. Put them in saucepan with 200 ml (7 fl oz. 3/4 cup) champagne. Bring to the boil over a high heat and reduce the liquid by half. Let it call slightly. Open 36 oysters and put them into a saucepan with their strained liquid. Add a few drops of champagne and bring just to the boil. Drain the oysters and pour the cooking liquid into the first pan. gradually whisk in 200 g (7 oz., generous 3/4 cup) butter. Add pepper and the juice of 1 lemon. Adjust the seasoning. Put the oysters into a serving dish or their shells, cover with the sauce and serve immediately.

Oysters with cider and winkles

Open 24 oysters and keep the deep halves of the shells. Prepare a stock with 1 litre (1 3/4 pints 4 1/3 cups) water, 1 carrot, 2 celery sticks, 1 tea spoon salt and 200 g (7 oz) winkles in this stock for 10 minutes then take them out of their shells. Skin 2 tomatoes and dice the flesh finely. Poach the oysters in their own water with 6 tablespoons cider. Remove the beards and keep the oysters warm. Prepare the sauce: chop 2 shallots and cook them in 200 ml (7 fl oz., 3/4 cup) cider, then reduce this liquid by half. Add 6 tablespoons single (light) cream, reduce again and finish the sauce with 50 g (2 oz., 1/4 cup) butter cut into small pieces. Add pepper, a few drops of lemon juice and the cooking liquid from the oysters. Adjust the seasoning. Snip the leaves from a small bunch of chervil. Heat the oyster shells, fill them with the poached and beard oysters and the winkles, and cover with the sauce. Sprinkle them with the diced tomato. Glaze them in a

preheated oven at 240°C (475°F, gas 9) and just before serving added the chervil leaves.

Poached oysters

Open the oysters and put them into a sauté pan and pour over them their own water, strained through a muslin (cheesecloth) sieve. Bring almost to the boil, removing the pan as soon as the liquid begins to simmer.

Steak with oysters

Open 8 oysters. Slice through a piece of beef fillet (sirloin) weighing about 300 g (11 oz.), without separating the 2 halves. Flatten it slightly, season with salt and pepper, brush the inside surfaces with a mild mustard and then sear it rapidly in a mixture of equal quantities of oil and butter. Flame it with brandy and keep hot. In another pan put the strained water from 4 oysters. 1 chopped garlic clove. 1 finely chopped shallot, a knob of butter, 3 tablespoons double (heavy) cream and 1 teaspoon brandy. Add pepper and reduce. Slip the oysters into the steak, press it closed and secure it with 1 or 2 cocktail sticks (toothpicks). In a small saucepan put the juices which have run from the meat, the reduced sauce, a few drops of Worcestershire sauce, pepper and 1 tablespoon brandy reduce again. Cover the steak with this sauce. Arrange the last 4 oysters on top of the meat. Sprinkle with chopped parsley.

OYSTER KNIFE A strong knife for opening oysters. The blade, which is thick and blunt, is short and wide, forming a diamond shape, with a blunt point and a sturdy handle. It is designed for sliding between the upper and lower shells, and for twisting them apart at the hinge.

OYSTER MUSHROOM An earlike greyish-brown bracket mushroom. Pleurotus, which grows in clusters to provide grey, dark brown and yellow oyster mushrooms with a delicate texture and flavour. Abundant in autumn and winter the wild grey oyster mushroom, *P. ostreatus*, is firm with a good flavour. *P. pudmonarus*, the brown variety is found wild in spring and autumn. Its flavour is delicate and slightly musky.

RECIPE

Oyster mushroom croutes

Use a zester to pare the zest off 1 lemon in fine shreds. Mix the lemon zest with 1 finely chopped garlic clove and 1 teaspoon finely chopped fresh tarragon. Cut fairly thick slices off a baguette or ciabatta loaf at an angle, brush them with a little olive oil and bake in a preheated oven at 200°C (400°F, gas 6) for about 20 minutes or until (lightly browned and crisp.

When the croutes are almost ready, heat a large knob of butter with a good layer of olive oil in a large sauté pan. Add 1 teaspoon fennel seeds and allow them to sizzle gently for 1 minute. Trim and wipe small to medium oyster mushrooms; if using large mushrooms, cut them in half or quarters. Add the mushrooms to the pan. Sprinkle in the lemon zest, garlic and tarragon, then cook for about 3 minutes over medium heat, turning the mushrooms occasionally. Stir about 2 teaspoons Dijon mustard into the pan juices between the mushrooms. Sprinkle with salt and pepper and a generous quantity of chopped fresh dill, then toss lightly.

Spoon the oyster mushrooms on the baked croutes. Add wedges of lemon so that they can be squeezed over the mushrooms just before they are eaten. Serve at once.

OYSTER NUT The seeds of a ground from a tropical African vine of the *Telfairia* family. The large flat seeds are husked and eaten raw, boiled or roasted. They have a high fat content and their oil is extracted for use as a cooking medium.

OYSTER SAUCE A sauce used in Chinese and South-East Asian cooking as a marinade and seasoning ingredient. Originally made from whole fermented oysters ground to a thick paste, the modern oyster sauce is made from oyster extract and thickened with starch. Soy sauce, sugar and caramel are the other ingredients that go to make this rich, salty and sweet, dark-coloured sauce. Oyster sauce may be used to marinate meat or poultry, or it can be added to stir-fried meat, poultry, vegetables or noodles. It is also used to flavour dipping sources.

OZANNE French chef (born 1846; died 1896). He was chef to the king of Greece and the author of *Poesies gourmandes*.

P

PACHADE A dessert that is a speciality of the Saint-Flour region of the Auvergne. Generally, pachade is made from a crepe batter mixed with fruit (particularly plums or prunes) and baked in the oven in a deep buttered dish. Sometimes, however, it is simply a thick pancake.

PACHERENC-DU-VIC BILH White AOC wines from the Adour Valley in southwestern France. Like the red Mediran, they are traditionally made from grapes allowed to dry on the vine, so the juice is concentrate. The wines can be sweet or dry.

PACIFIC NORTH WEST Fine wines and food producing states of Washington, Oregon and Idaho in northwest United States.

PAELLA A traditional Spanish rice dish garnished with vegetables, chicken and shellfish. Its name is derived from that of the container in which it is prepared.

Paella originated in the region of Valencia. Its three basic ingredients are rice, saffron and olive oil. The garnish, which is cooked with the rice in stock, originally consisted either of chicken, snails, French beans and peas or of eel, frogs and vegetables, but it became considerably enriched and varied as it spread throughout Spain and even beyond. The garnish may now include chicken, rabbit, duck, lobster, mussels, langoustines, prawns (shrimp), squid, chorizo, French beans, peas, red (bell) peppers and artichoke hearts, chicken, chorizo, mussels, langoustines and peas are essential ingredients. Paella may be a rustic dish, cooked in the open air and eaten straight from the paellera, traditionally accompanied by small onions or a very elaborate preparation, presented with great care, the different coloured ingredients contrasting with the saffron flavoured rice

and set off by the green peas.

RECIPES

Paella

Cut a chicken weighing about 1.4 kg (3 lb) into 8 pieces and season them with salt and pepper. Place the crushed backbone and the giblets in a stewpan, cover with water, season with salt and pepper, bring to the boil and skim. Peel and chop 2 onions, cut the white part of the leek and a celery stick into fine strips and chop 3 garlic cloves. Add all the vegetables to the stewpan with a bouquet garni. Wait until the stock comes to the boil again, then simmer for 1 hour.

Wash 500 g (18 oz) square, cut into thin strips and put in a saucepan with some cold water. Bring to the boil, leave to boil for 5 minutes, then cool and set aside.

Heat 4 tablespoon olive oil in a deep frying pan with a metal handle (or use a paella pan) and fry the chicken pieces in it until they turn golden. Drain them. Gently reheat the same oil and add 250 g (9 oz.) chorizo cut into round slices, then the squid, 2 sweet (bell) peppers, seeded and cut into thin strips, and 2 chopped onions. Add a pinch of saffron and leave to soften, uncovered, for 5-6 minutes. Add 6 large tomatoes (peeled, seeded and crushed) and reduce for 5 minutes, still uncovered.

Measure the volume of 400 g (14 oz. 2 cups) long grain rice, tip it into the pan and mix everything together. Place the chicken pieces on top, then add 12 scraped and washed mussels, 12 Venus clams (if available) a handful of brushed and washed cockles and 8-12 langoustines. Strain the giblet stock and measure two and a half times the volume of the rice, then pour into the pan. Cover with foil, bring to the boil over the heat, then cook in a preheated oven at 220 °C (425 °F, gas 7) for 25-30 minutes. Add 250 g (9 oz. 1 ¼ cups) frozen peas, stirring them into the mixture, and leave to cook for a further 5 minutes. Turn off the oven and leave the paella there for about 10 minutes before serving to allow the rice to finish swelling.

PAILLARD A famous Parisian restaurateur of the 19th century. In 1880 he took over the establishment situated at the corner of the Rue de la Chaussée d'Antin and the Boulevard des Italiens, kept since 1850 by the Bignon brothers. Frequented by all the elite of Europe, Paillard restaurant became very fashionable. Favourite dishes were chicken Archduke, Georgette potatoes, calves sweetbreads with asparagus tips, filets of sole Chauchatt and, above all, stuffed duck, rivalling the duck au sang of the Tour d'Argent. Paillard opened another luxurious restaurant, the Pavillon de l'Elysee, nicknamed Petit Paillard.

Referring to one of the dishes created at Paillard's, the name paillard was given to a thin escaloped of veal well flattened and grilled or lightly braised. This term is obsolete in France but is still used in Italy for a veal escalope.

RECIPES

Paupiettes of sole paillard

Flatten some filets of sole, season them with salt and pepper, and cover with a thin layer of fish forcemeat finished with mushroom puree. Roll them into paupiettes and place in saute dish lined with thinly sliced onions and mushrooms, add a bouquet garni and

moisten with fish stock or dry white wine. Cook covered, in a preheated oven at 220 °C (425 °F, gas 7) for 12 minutes.

Drain the paupiettes, arrange them on artichoke hearts, in a deep buttered dish, cover them and keep them hot. Strain the cooking liquid through muslin (cheesecloth) or a fine sieve and add to it an equal volume of mushroom puree, 2 egg yolks, and 200 ml (7 fl. oz. ¾ cup) crème fraîche. Bring to the boil, whisking all the time, and adjust the seasoning. Coat the paupiettes with this sauce, glaze in a preheated oven at 230 °C (450 °F, gas 8) and serve immediately.

PAIN AU CHOCOLAT A small rectangle of croissant dough folded over one or two chocolate bars and baked in the oven. This Viennese speciality is eaten cold.

PAK CHOI Also known as bok choy or bok choi or quingcai. A member of the Brassica family this vegetable has rounded leaves on wide, white stalks that grow in a rosette. The vegetable shredded for use in stir fries soups and casseroles or braised dishes. Small beads may also be cooked whole. The tender leaves wither rapidly on cooking (rather like spinach) but the stalks retain their crisp texture.

PAKORA A popular Indian snack and street food, these savoury fritters consist of vegetables in a spicy batter made from chick pea flour. Onion bhajis or bhajias are very similar. They may be made from a single vegetable, such as aubergine or potato, or with a mixture of ingredients, such as cauliflower, onion potato and peas.

PALATE An item of red offal (variety meat) consisting of the fleshy membrane at the back of the tongue until 19th century, ox palate was soaked in cold water, blanched, cooked cut into slices or small sticks, then prepared as fritters in a gratin or a la lyonnaise. It is now rarely used, except as a complementary item in the preparation of ox muzzles.

PALATINATE The wine region, a continuation of the Alsace vineyard to the north, extends along the left bank of the River Rhine and is one of Germany's main wine growing areas. It includes the Pfalz and Rheinhessen wine regions. It produces a huge quantity of wine, mostly white though some red is made in the Mittelhaardt region, north of Neustadt, some truly fine wines are produced. They extend to all the quality ranges of German wines and are in general rather full and fragrant and can often be drunk even with quite robust food unlike many of the other line. German wines from other areas. The various grapes associated with German wines are grown, including the Rheinriesling. Among famous wine villages the names of Pforzheim, Duesenheim, Ruppertsberg and Wachenheim are especially notable. Other good wines are made around Bad Dürkheim, Rallstadt, Letstadt and Königsbach.

PALAY, MAXIMIN (known as Simin) French writer born Casteide Doat, 1874, died Gelos, 1965) A committee member of the Felibrige (a society of writers dedicated to preserving the Provençal language) Palay collected in his *Dictionnaire du bearnais* (1932) numerous culinary traditions of his native region. He also published *La Cuisine du pays* (1936), describing typical recipes of Armagnac, the Basque country, Béarn, Bigorre and the Landes including abigades alticuilt, armottes, cruchude garbure, miques, foie

gras, confits, piperade, salmis of guinea fowl and touron. This work also includes details of the maxims, tricks of the trade, utensils and ingredients used in these regions.

PALERON A French cut of beef that includes the shoulder with some of the adjoining collar. It is a fleshy mean, providing cuts for braising or boiling. Neck or chuck are the nearest British and American equivalent cuts.

RECIPE

Paleron menagere

Cut 1 kg (2 ¼ lb) chuck steak into large dice and season with salt and pepper. Brown in hot oil in a saucepan for 5 minutes. Then pour off the oil, add a large, finely diced onion and cook until lbrown. Sprinkle with 1 tablespoon flour, stirring well to coat the meat and the onion, then moisten with 500 ml (17 ft oz. 2 cups) dry white wine. Add 2 whole tomatoes, 2 chopped garlic cloves and a bouquet garni. Cover with a mixture of half water and half stock, add 1 tablespoon coarse salt and cook gently with the lid on for 1 hour, stirring from time to time. Add 400 g (14 oz, 3 cups) carrots and 200 g (7 oz, 1 ½ cups) turnips cut into small sticks. Leave to simmer for 10 minutes. Finally add 20 button (pearl) onions, which have been cooked in salted water, and adjust the seasoning. Sprinkle with coarsely chopped parsley and serve very hot.

PALET A small crisp petit four flavoured with rum, aniseed, vanilla or brown sugar, ground almonds, candied peel or other ingredients may be added Palets de dumes are traditionally made with currants.

RECIPE

Palets de dames

Wash 75 g (3 oz. ½ cup) currants and macerate them in a little rum. Mix 125 g (4 ½ oz, ½ cup) softened butter and 125 g (4 ½ oz ½ cup) caster 9superfine) sugar. Work with a whisk, then blend in 2 eggs, one after the other, and mix well. Next add 150 g (5 oz. 1 ¼ cups) plain (all-purpose) flour, the currants with their rum and a pinch of salt. Mix thoroughly. Butter a baking sheet, dust it lightly with flour and arrange the mixture on it in small balls, well separated from each other. Cook in a preheated oven at 220 °C(425 °F, gas 7) for 25 minutes or until the edges of the palets are golden.

PALETOT The French term for a partly boned carcass of a web-footed bird (goose or duck). After removing the neck and wings, the bones of the thoracic cage, the vertebral column and the pelvis and the wishbone are removed through an opening in the back. The bird then looks like a knitted jacket (paletot). The fatty skin is cut into small pieces and cooked, it provides the fat that covers and preserves the pieces as a confit. Chopper very finely, it is sometimes used in certain charcuterie products to enhance the flavour.

PALETTE A French cut of pork corresponding to the shoulder blade (butt) with the adjoining muscles. It is a tender meat that is especially suitable for stews, it is particularly good with sauerkraut, when it is salted and sometimes smoked. Uncured, it is good for roasting and is so rich in fat that there is no need to lard it. It may also be sauteed.

Palette – the wine A Provencal AOC wine region around Mont Sainte Victoire. Very

attractive red, white and rose wines are made, predominantly produced by Chateau Simone.

RECIPES

Palette of pork with haricot beans

Soak a salted blade or butt of pork in cold water to remove the salt, changing the water once. Stud the meat with pieces of garlic and place it in a saucepan. Cover it generously with cold water, add a bouquet garni and leave to simmer for about 2 hours. Cook separately some dried or fresh white haricot (navy) beans or lentils. When the beans are half-cooked, add the meat (drained), adjust the seasoning and complete the cooking gently with the lid on. Alternatively the cooked shoulder may be lightly fried in lard (shortening) before being added to the beans.

Palette of Pork with Sauerkraut

Soak a salted blade or butt of pork in cold water to remove the salt, changing the water once. Prepare some sauerkraut, place the drained shoulder in it and cook for about 2 hours oven a very low heat or in a preheated oven at 180 °C (350 °F, gas 4) The sauerkraut may be garnished with a few vegetables (potatoes, carrots, turnips and small onions) added 45 minutes before the end of the cooking time.

PALM HEARTS (HEARTS OF PALM) The terminal buds of certain palm trees, in particular the West Indian cabbage pal glug-glug cabbage or ti-coco cabbage. The tender parts are eaten raw, thinly sliced in salad, the firmer parts are cooked and used to prepare acrus, gratins or fillings for omelettes. The taste is similar to artichoke. Canned palm hearts are also available.

RECIPES

Braised palm hearts

(Creole recipe) Rinse some palm hearts in water and wipe well. Melt some pork dripping (fatback) in a shallow frying pan. Cut some pieces of palm hearts about 5 cm (2 in) long tie them together in bunches and lightly brown them in this fat over a gentle heat for 30 minutes. Add 1 teaspoon flour, blending it in, then mix in 1 tablespoon tomato puree (paste) and some very concentrated chicken stock. Bring to the boil, stirring and cook for several minutes, then simmer gently until the sauce is reduced. Serve with a little of the sauce.

Palm hearts in salad

Drain a can of palm hearts, refresh them in cold water, wipe them and cut them into round slices. Peel a cucumber, remove the seeds and cut the pulp into dice. Peel seed and dice 4 ripe firm tomatoes. Using a melon baller, scoop out some small balls from the pulp of an avocado. Mix together 200 ml (7 fl. oz. $\frac{3}{4}$ cup) double (heavy) cream, some chopped chives, 2 tablespoon vinegar and 1 tablespoon lemon juice. Season liberally with salt and pepper. Combine the other ingredients with the sauce. Garnish some individual dishes with a lettuce chiffonade. Divide the preparation between them and chill until

time to serve.

Palm hearts mille-feuille with smoked marlin

Using a blender make a vinaigrette with 200 ml (7 fl oz. ¾ cup) groundnut (peanut) oil, 100 ml (4 fl oz. 7 tablespoons) wine vinegar, 1 teaspoon prepared mustard and 1 egg . Cut 250 g (9 oz.) smoked marlin (billfish) into 12 slices. Wash 200 g (7 oz.) tomatoes and cut into small cubes. Make roses with 4 cherry tomatoes. Cut 4 black olives into fan shapes (3 per olive) Squeeze the juice of lemon. Finely slice 1 palm heart and coat the slices in the vinaigrette and lemon juice to prevent them from going black. Put a ring 7.5 cm (3 in) in diameter and 4 cm (1 ½ in) high in the centre of each plate. Put a slice of marlin in the bottom and add a thin layer of finely sliced palm heart. Cover with another slice of marlin and a thin layer of palm heart. Finish with a slice of marlin. Place a cherry tomato rose in the centre and arrange 3 of the olive fans. Remove the ring carefully. Place some diced tomatoes round the edge of each plate and garnish with a little parsley.

Palm hearts with shrimps

Thoroughly drain some canned palm hearts, refresh them in cold water, then wipe and coarsely shred them. Prepare a light well-seasoned mayonnaise coloured either with tomato ketchup or with a very reduced strained tomato sauce. Peel some cooked shrimps. Scald some bean sprouts refresh them in cold water and dry them. Mix all the ingredients together and put in a cool place. Line some individual dishes with a lettuce chiffonnade, divide the mixture among them and serve chilled.

PALMIER A small pastry made of a sugared and double rolled sheet of puff pastry cut into slices, the distinctive shape of which resembles the foliage of a palm tree. First made at the beginning of the 20th century, palmiers are served with tea or as an accompaniment to ices and desserts.

RECIPE

Palmiers

Prepare some puff pastry and give it 4 extra turns, dusting it generously with icing (confectioner's) sugar between each rolling. Roll it out to a thickness of 5 mm (¼ in) into a rectangle 20 cm (8 in) wide (the length will depend on the quantity used). Dust again with icing sugar. Roll each of the long sides to the centre and flatten slightly, then fold the strip in half. Cut this into sections 1 cm (½ in) thick and place on a baking sheet, leaving enough space between them so that they do not stick to each other during cooking. Cook the palmiers in a pre heated oven at 220 °C (425 °F, gas 7) for about 10 minutes, turning them over halfway through cooking to colour both sides.

PALM TREE Any of numerous tropical trees belonging to the family Palmae. Many species are commercially important as a source of food, notably the date palm, coconut palm and sago palm. Some palm, especially the cabbage palm, have edible terminal buds and others yield sugar, oil and vegetable butter. The sap of some species is fermented to produce wine.

PALMYRA A palm tree of Asia and Africa with edible buds and young shoots. The

pulp of the fruit is made into a kind of flour used in numerous local dishes in Sri Lanka, it is also used to make a popular jam. The fruit may be eaten either raw or roasted. The sap can be used in the preparation of fermented drinks.

PALOISE, A LA Describing preparations of small cuts of grilled (broiled) meat garnished with French (green) beans in cream and noisette potatoes. The paloise garnish for large grilled cuts (which is rare) consists of glazed carrots and turnips, French beans in butter, sprigs of cauliflower coated with hollandaise sauce and croquette potatoes. The paloise sauce is a bearnaise sauce with mint rather than tarragon) but grills a la paloise may be accompanied by either demi-glace sauce or a classic bearnaise sauce.

RECIPE

Grilled lamb cutlets a la paloise

Prepare some noisette potatoes and some French (green) beans in cream (see bean) and keep them hot. Season some lamb cutlets (chops) that have the bone and exposed with salt and pepper, coat them very lightly with olive oil and grill (broil) them quickly on both sides. Garnish the bone ends with white paper frills and arrange the cutlets in a crown on a large round serving dish. Place the beans in the centre and arrange the potatoes in clusters between the cutlets.

PANACHE A mixture of two drinks in approximately equal quantities. It usually refers to beer and fizzy lemonade, but the term may also be used to describe other drinks. In cooking and patisserie panache also means a mixture of two or more ingredients with different colours, flavours or shape.

RECIPE

Panache of lobsters and crayfish with caviar

Prepare a well flavoured court bouillon. In it cook a lobster of 800 g (1 ¾ lb) for 12 minutes with the liquid gently bubbling. Remove the lobster, cut it under the chest, between the antennae and set aside. Put about 1 kg (2 ¼ lb) crayfish (about 20) in the same liquid, boil for 2 minutes and leave to cool in the liquid. Remove the shell of the tail and pincers of the lobster, slice the tail flesh into 12 even rounds. Drain the crayfish and shell them. Make a beurre blanc nantais. When ready to serve, put a little butter in a saute pan and cook the rounds of lobster tail, the pincer meat and the crayfish tails to make them firm. Add a little court bouillon and 3 tablespoons double (heavy) cream. Let it heat without coming to the boil. To serve, arrange the lobster and crayfish in shallow platters. Keep the plates warm in the oven. Add a little beurre blanc nantais to the sauce (to taste) and at the last minute, 4 teaspoons caviar. Cover the shellfish with the sauce.

PANADA paste of variable composition used to bind and thicken forcemeats. A flour panada is used to thicken quenelle forcemeats, the flour is added all at once to brilling salted and buttered water, and the mixture is beaten well over the heat until it thickens. A frangipane panada is used for poultry and fish forcemeats, bread panada for fish forcemeats, potato panada for querrelles of white meal and rice panada for various forcemeat.

Panada is also the name of a type of soup or gruel made from bread, stock milk (or

water) and butter. It has to simmer for a certain time and is served piping hot. The basic recipe may be enriched with eggs or crème fraiche and seasoned with nutmeg or tomato sauce.

RECIPES

Bread panada

Soak 250 g (9 oz. 4 ½ cups) fresh white breadcrumbs in 300 ml (1/2 pint, 1 ¼ cups) boiled milk until the liquid is completely absorbed. Pour this mixture into a saucepan and let it thicken over the heat, stirring it with a wooden spoon. Pour into a buttered dish and leave to cool.

Flour panada

Palce 300 ml (½ pint, 1 ¼ cups) water, 50 g (2 oz. ¼ cup) butter and ½ teaspoon salt in a saucepan and bring to the boil. Add 150 g (5 oz. 1 ¼ cups) plain (all-purpose) flour, beat well over the heat with a wooden spoon, then cook until the mixture comes away from the edges of the saucepan. Pour the panada into a buttered dish, smooth the surface, cover with buttered paper and leave it to cool.

Frangipane panada

Put 125 g (4 ½ oz. 1 ¼ cups) plain (all-purpose) flour and 4 egg yolks in a saucepan. Mix well, stirring with a wooden spoon, then add 90 g (3 ½ oz. ½ cup) melted butter ½ teaspoon salt, some pepper and a pinch of nutmeg. Then the mixture by blending it with 250 ml (8 ft. oz. 1 cup) boiled milk, poured in gradually. Cook for 5-6 minutes, beating vigorously with a whisk. Pour the panada into a buttered dish, smooth the surface, cover with buttered paper and leave to cool.

Panada soup based on meat stock

Remove and crusts from 250 g (9 oz. About 10 slices) stale bread and reduce it to crumbs. Peel and seed 500 g (18 oz) tomatoes, then crush the pulp. Peel and chop a large onion. Heat 2 tablespoons oil in a saucepan and cook the onion until golden, then add the tomatoes and leave to cook for 5 minutes with the lid on. Add 1 litre (1 ¾ pints 4 ½ cups) stock and a pinch of powdered marjoram, adjust the seasoning and leave to cook for about 30 minutes. Pour 500 ml (17 ft oz. 2 cups) stock over the breadcrumbs, leave them to soak, then add the mixture to the soup and let it cook for a further 10 minutes. Press the soup through sieve (or puree in a blender) and serve piping hot. A tablespoon of oil and some coarsely chopped herbs may be added to the soup just before serving.

Panada soup with milk

Remove the crusts from 250 g (9 oz, about (10 slices) stale bread and pour over it 1 litre (1 ¾ pints, 4 ½ cups) boiling milk. Leave to soak, then cook gently for 15 minutes. Puree in a blender and season with salt.

This panada may be sweetened, sprinkled with nutmeg or enriched with an egg yolk beaten with crème fraiche.

Potato Panada

Boil 300 ml (½ pint, 1¼ cups) milk seasoned with ½ teaspoon salt, a pinch of pepper and

a pinch of grated nutmeg until it has reduced by one sixth Add 20 g (3/4 oz. 1 1/2 tablespoons) butter and 250 g (9 oz 1 1/4 cups) thinly sliced boiled potatoes. Cook gently for 15 minutes, then mix well to obtain a smooth paste. Use this panada while still warm.

Rice panada

Add 200 g (7 oz. 1 cup) shortgrain rice to 600 ml (1 pint 2 1/2 cups) white unclarified consomme to which 20 g (3/4 oz 1 1/2 tablespoons) butter has been added and cook in a preheated oven at 160 °C (325 °F, gas 3) for about 50 minutes. Mix the cooked rice well with a wooden spoon to obtain a smooth paste. Leave to cool in buttered dish.

PAN-BAGNAT Also known as pan bagua. A speciality of Nice consisting of a kind of sandwich anchovy, celery and black (ripe) olives, its name means literally, bathed bread (bathed in oil). Some people spread the bread with garlic flavoured anchovy puree before garnishing it. Originally, this preparation was a salade nicoise in which stale bread was crumbled an hour before serving.

RECIPE

Pan-bagnat

Split a round bread roll in two and open it out without separating the two halves. Remove two thirds of the crumb. Rub the remaining crumb with garlic and sprinkle it with a little olive oil. Fill with slices of tomato, onion and hard-boiled (hard cooked) eggs, thin strips of sweet (bell) pepper, stone (pitted) black olives and anchovy fillets in oil. Sprinkle with olive- oil vinaigrette and close up the roll.

PANCAKE A flat product, savoury or sweet, made by frying batter with the minimum of fat. The most popular pancake is of the French crepe variety, made from a thin batter, cooked in a thin layer on a lightly greased pan. The size and thickness may vary, but the pancake is thin enough to roll or wrap around a filling.

Thicker smaller pancakes are made from leavened batter, typically with baking powder, yeast or folded in whisked eggs white acting as a raising agent Ingredients such as fruit may be added.

Indian pancakes, for example dosas, are made from a batter of ground pulses. Chinese pancakes are very thin made from a rolled out wheat flour and water dough. They are lightly cooked in pairs, then peeled apart and lightly cooked on their second sides. These pale, soft pancakes are heated in a steamer and served with Peking duck.

PANCETTA An Italian speciality this spiced cured belly of pork is similar to high quality streaky (slab) bacon. It may be eaten raw, in thin slices, and also used in making various dishes.

PANDORA A spindle shaped fish closely related to the sea bream caught in the Mediterranean and in the Bay of Biscay. It is 30-50 cm (12-20 in) long has a grey green back and a white belly and weighs up to 1 kg (2 1/4 lb) Pandora is prepared like sea bream but does not have as much flavour.

PANEER Also known as panir, Indian fresh cheese with a firm texture and a very light

flavour. It is used in savoury and sweet dishes. Fried cubes of paneer, which form a golden crust and soften slightly in the middle, may be added to pilau or cooked with peas.

PANETIERE A small openwork cupboard, hanging of the wall or from the ceiling, which was formerly used, particularly in Brittany and Provence, for keeping bread.

PANETIERE, A LA Describing various preparations which, after cooking are arranged in a round, hollowed out loaf of bread, which has been lightly browned in the oven. Lamb's sweetbreads, chicken livers, salpicons, various ragouts, scrambled eggs, small birds, and fillets of fish in sauce may be presented in this way.

RECIPE

Fillets of sole a la panetiere

Cut the top off a large, round loaf and remove three-quarters of the crumb. Butter the inside and lightly brown in a preheated oven at 200 °C (400 °F, gas 6). Season some fillets of sole with salt and pepper, fold them in two, coat with flour and cook them in butter. Prepare a ragout of mushrooms in cream. Drain the fillets of sole and arrange them in a crown in the bread. Pour the mushroom ragout into the centre and heat in the oven for about 5 minutes.

PANETTONE A large, round Italian cake which is a speciality of the city of Milan and Venice. Panettone is made from a raised dough enriched with egg yolks (which give it its colour) and contains raisins and candied orange and lemon peel. The dough is traditionally kneaded three times a day for several days to give the characteristic light texture, then it is placed in a cool oven to rise and cooked in a cylindrical mould. Traditional Christmas fare, this cake is also eaten for breakfast, with coffee, and it is sometimes served as a dessert, accompanied by a liqueur wine.

The word is derived from pane (bread) According to one legend, it is a contraction of pane de tondo, Tonio, a poor baker from Milan, had a pretty daughter with whom a young nobleman was in love. As she could not be married without a dowry, Tonio provided all the ingredients necessary to make an excellent cake. Tonio made a fortune with his pane and his daughter made a good match.

RECIPE

Panettone

Mix 3 tablespoons water, 50 g (2 oz. ¼ cup) butter and 75g (3 oz. ½ cup) soft brown sugar in a saucepan and palce over a moderate heat, making sure the mixture does not come to the boil. Sift 300 g (11 oz. 2 ¼ cups) plain (all-purpose) flour and 20 g (¾ oz, 3 packages) dried yeast at least four times. Put into a mixing bowl. D Add 25 g (1 oz. 2 tablespoon) raisins and 50 g (2 oz, ½ cup) diced candied citron peel. Mix together thoroughly and incorporate 2 egg yolks. Slowly add the butter soft brown sugar mixture. Work the dough thoroughly with a wooden spoon until leaves the sides of the bowl. Then place the dough on slightly floured work surface and knead it for another 1-2 minutes. Mould the dough into the typical done shape of panettone, making an incision in the shape of a square with a cross in the middle. Leave to rest in a warm place for 30 minutes. Bake in a preheated oven at 180 °C (350 °F, gas 4) for 45 minutes, wrapping the

panettone in foil for the first part of the cooking process to prevent the dough from spreading. Just before the end of the cooking, spray a little water over the incision in the panettone, which will give it glossy surface.

PANFORTE An Italian Christmas speciality from Siena, it is a highly spiced sweet mixture of dried fruit and nuts bound with honey and baked on a rice paper base in a shallow round tin. Ground coriander, mace, cinnamon, cloves and white pepper are included candied fruits and peel are also added panforte is dredged with icing (confectioner's) sugar and tightly packed, then allowed to mature for at least a few days before eating. In airtight wrapping panforte has a long shelf life.

PANNEQUET A sweet or savoury pancake filled with chopped ingredients, a puree or a cream.

Pannequets (the name is derived from the English word pancake) are generally served as a small entrée as a hot hors d'oeuvre, as a soup garnish or as a dessert course. They are spread with the chosen filling, rolled up or folded into four, then browned or glazed under the grill (broiler) or sometimes coated with breadcrumbs and fried.

Fillings for savoury pannequets include anchovies in béchamel or tomato sauce, spinach in Mornay sauce, melted cheese soft roes with mushrooms. Mushrooms with paprika or ham, chopped mutton with aubergines (eggplants) shrimps in Aurora sauce, game puree, pureed chicken in cream, and crayfish in Nantua sauce.

Sweet pannequets may be filled with confectioner's custard (pastry cream) flavoured with crystallized (candied) fruits, syrup, praline or liqueur, or with chestnut cream or jam. They may be browned under the grill (broiler) or flamed.

RECIPE

Preparation of pannequets

Make a batter with 250 g (9 oz. 2 ¼ cups) plain (all-purpose) flour, a pinch of salt, 3 beaten eggs, 250 ml (8 oz 1 cup) milk, 250 ml (8 fl oz, 1 cup) water and 1 tablespoon melted butter. For sweet pancakes, add 1 tablespoon caster (superfine) sugar mixed with the eggs. Prepare some fairly thick pancakes. Pile them in a covered dish and keep to over a saucepan of boiling water.

Savoury Pannequets

Anchovy pannequets

Prepare 8 savoury pannequets and 300 ml (½ pint, 1 ¼ cups) fairly thick béchamel sauce without salt. Soak 8 anchovies in water to remove some of the brine, take out the fillets and reduce them to a puree. Cut 8 anchovy fillets canned in oil into small pieces. Mix the béchamel sauce and the anchovy puree and adjust the seasoning. Spread each pannequet with anchovy béchamel sauce and sprinkle with small pieces of the fillets. Fold in four and arrange in a buttered ovenproof dish. Sprinkle with fresh breadcrumbs fried in butter and place under the grill (broiler) for 3-4 minutes or in a preheated oven at 230 °C (450 °F, gas 8) for 10 minutes.

Cheese pannequets

Prepare 8 savoury pannequets and 300 ml (½ pint, 1 ¼ cups) thick bechamel sauce, to which 100 g (4 oz 1 cup) grated Gruyere or Parmesan cheese has been added.

Proceed as for anchovy pannequets but add grated cheese to the fried breadcrumbs before placing under the grill (broiled) or in the oven.

Fried pannequets

Fill some savoury pannequets, roll them into cigar shapes and cut into sections about 3 cm (1 ¼ in) long. Coat with egg and breadcrumbs and fry just before serving. Garnish with fried parsley. Fried pannequets may be filled like other savoury pannequets or in any of the following ways:

Pannequets a la reine

Prepare 8 savoury pannequets and 150 ml (¼ pint, 2/4 cup) chicken puree with cream. Add a little salpicon of truffle to the puree. Spread the filling on the pannequets and fold them into four. Cover each pannequet with 1 tablespoon very reduced chicken veloute made with cream and sprinkle with mixture of fried breadcrumbs and grated Parmesan cheese. Proceed as for anchovy pannequets.

Pannequets for soup

Prepare some savoury pannequets (allow 6 for 8 people) and a vegetable brunoise, a cheese bechamel sauce or a very dry mushroom duxelles. Cover half of the pannequets with the chosen garnish and cover with the remaining pannequets. Press e each pair together firmly then cut out rounds with a fluted cutter. Place these in boiling consomme just before serving.

Pannequets with soft roes

Poach some soft roes, drain cool and cut them into a salpicon. Prepare 8 savoury pannequets. 4 tablespoons mushroom duxelles and 300 ml (½ pint, 1 ¼ cups) well reduced bechamel sauce or thin velotte. Mix the duxelles with the bechamel sauce and add the soft roes. Proceed as for anchovy pannequets but add grated Parmesan cheese to the fried breadcrumbs.

Apricot Pannequets

Prepare 8 sweet pannequets. Make 250 ml (8 fl oz, 1 cup) confectioner's custard (pastry cream) flavoured with rum and add to it 12 very ripe apricots (or drained canned apricots) stone (pitted) and cut into dice, and 75g (3 oz. ¾ cup) coarsely chopped almonds. Spread the pannequets with this preparation and roll them up. Arrange them in a buttered ovenproof dish dust them generously with icing (confectioner's) sugar, and place them in a preheated oven at 230 °C(450 °F, gas 8) for 8-10 minutes.

Pannequets a la cevenole

Prepare 8 sweet pannequets. Mix 250 ml (8 fl oz, 1 cup) sweetened chestnut puree flavoured with kirsch with 3 tablespoons crème fraiche and 3 tablespoons fragments of marrons glacés. Spread the pannequets with this mixture and finish as for apricot pannequets.

Pannequets a la creole

Prepare sweet pannequets. Mix 300 ml (1/2 pint, 1 ¼ cups) confectioner's custard (pastry cream) flavoured with rum with 4 slices of canned pineapple cut into a salpicon. Spread the pannequets with this mixture and finish as for apricot pannequets.

Pannequets with Crustallized fruit

Prepare 8 sweet pannequets. Cut 250 g (9 oz. 1 ½ cups) crystallized (candied) fruit into small dice and macerate them in 100 ml (4 fl oz. 7 tablespoons) brandy or rum. Mix 4 egg yolks with 125 g (4 ½ oz, ½ cup) caster (superfine) sugar, add 65 g (2 ½ oz, ½ cup) plain (all-purpose) flour, and mix well. Sprinkle with 500 ml (17 fl oz, 2 cups) boiling milk, whisking quickly. Pour into a saucepan and boil for 2 minutes, beating with a whisk. combine the crystallized fruit and the macerating spirit with this mixture, then leave until lukewarm.

Spread each pannequet with a generous tablespoon of the fruit cream mixture, roll them up and arrange in a buttered ovenproof dish. Dust with 100 g (4 oz ¾ cup) icing (confectioner's) sugar and caramelize in a preheated oven at 220 °C (425 °F, gas 7) Serve as soon as they are taken out of the oven. The pannequets may be flamed with rum just before serving.

Praline pannequets

Prepare 8 sweet pannequets. Prepare 300 ml (½ pint, 1 ¼ cups) confectioner's custard (pastry cream) flavoured with liqueur (Cointreau or Grand Manier) or with Armagnac and mix with 100 g (4 oz ½ cup) crushed pralines. Spread the pannequets with this mixture and finish as for the apricot pannequets, but sprinkle with 8 finely crushed macaroons before putting in the oven.

PANZAROTTI Rice fritters prepared in Corsica especially for religious festivals, rice being the symbol of life, abundance and immortality. The rice, cooked in milk, is mixed with brandy, oil and yeast, then egg yolks, grated lemon and stiffly whisked egg whites. The fritters are served hot dusted with sugar.

PAPAW A slightly elongated and curved tropical fruit native to North America. It has a smooth yellowish skin and juicy, pale yellow flesh with numerous seeds, Its flavour and aroma are reminiscent of a banana and a pear. Not to be confused with pawpaw, the alternative name for papaya, the two are not related.

PAPAYA Also known as pawpaw. A large pearshaped, tropical fruit with a smooth, yellowish skin its orange coloured flesh has a central gelatinous cavity filled with edible black seeds. Originating in Malaysia the papaya is now cultivated in South America, Asia and Africa. It can be cooked as a vegetable when green and unripe, or eaten ripe as a fruit. It is often used to make jam or pickles.

The green papaya is bled and seeded. It may then be grated like a raw carrot, cooked like a vegetable marrow (squash) prepared as a gratin or in gruel, or fried in slices.

When it is completely ripe, the papaya is served as an hors d'oeuvre like melon, in a salad or as a dessert with sugar and cream. its juicy and refreshing pulp is improved by flavouring with a little rum.

PAPER A material often used in cookery for the preparation, cooking, serving or preserving of foods and dishes. Greaseproof (wax) paper withstands a certain amount of heat and provides insulation, it is used to wrap dishes to be cooked en papillote, to cover preparations while they are cooked in the oven so that they do not brown too quickly and to line cake tins (pans) Cellophane paper is used to cover jams when they are put in jars.

Lace doileys, of various shapes and patterns, are used for presenting sweet (candies) and cakes. Plain doilley with a crinkled edge are used for serving fried food. Iced petits fours and bouchees are presented in little cases of pleated paper which are also used for baking small cakes. Paper towels are widely used in the kitchen for cleaning and wiping foolstuffs and for draining fried dishes.

PATET A traditional Swiss soup from the Vaud canton. It consists of leeks and potatoes and is often accompanied by a piece of smoked pork. It is usually served with sausage ring.

PAPETON A speciality of Avignon based on pureed aubergines (eggplants) and eggs cooked in a mould that was originally shaped like a papal crown.

The creation of the papeton might have arisen after quarrels between the cooks of Avignon and those who had come from Italy with the papal court and who therefore claimed to be superior. The local cooks wishing to prove the contrary, devised an original dish which pleased the pope.

RECIPE

Aubergine papeton

Prepare 500 ml (17 fl oz. 2 cups) very reduced tomato fondue. Peel 2 kg (4 ½ lb) aubergines (eggplants), cut them into cubes, sprinkle with fine salt and leave them to exude their juice for 1 hour. Wash them in cold water, wipe thoroughly, then flour them lightly and cook very gently in 4 tablespoons olive oil until soft. Sprinkle with salt and leave to cool, then puree in a blender. Mix 7 large eggs, beaten as for an omelette, with 100 ml (4 fl oz. 7 tablespoons) milk, 2 finely crushed garlic cloves, some salt, pepper and a pinch of cayenne. Add the aubergine puree and pour into a buttered manqué mould. Place this mould in a bain marie, bring it to the boil on the top of the stove, then cook in a preheated oven at 180 °C (350 °F, gas 4) for 1 hour. Turn out on to a warmed serving dish and coat with the hot tomato fondue.

PAPILLOTE A small decorative paper frill used to garnish the bone end of a lamb or veal chop, or the drumstick of a chicken.

The term en papillote is used to describe a preparation cooked and served in wrapping of greaseproof (wax) paper or foil. Veal chops, whole stuffed fish, fish, fillets and potatoes can be prepared en papillote. The dish is generally cooked with herbs, a sauce, chopped onions or mushrooms. The paper is buttered or oiled, wrapped around the food and folded tightly so that the food is completely enclosed. The wrapping swells in the oven during cooking, and the dish is served piping hot, before the wrapping collapses.

The name papillote is also given to sweet (candy) or chocolate wrapped in brightly coloured shiny paper with fringed ends. The papillote lyonnaise contains a riddle or a motto wrapped up with the sweet, its name is attributed by some to a confectioner called

Papillot, but it more probably derives from papillon (butterfly). The cosaque is a papillote in the form of a cracker made with two papers of different colours, one of them gold. Formerly sold at fairs, these crackers have practically disappeared.

RECIPES

Fillets of fish en papillotes

Cut out some rectangles of greaseproof (wax) paper large enough to wrap up each fillet (such as sole, whiting, fresh cod, sea bream) folded in two. Spread 1 tablespoon double (heavy) cream in the centre of each papillote and season with salt and pepper. Place on top a fish fillet seasoned with salt and pepper, sprinkled with a little lemon juice and folded in two. Cover with a little cream and scatter with coarsely chopped herbs. Close the papillotes, folding the edges together. Cook in a preheated oven at 230 °C (450 °F, gas 8) for about 15 minutes.

A little julienne of vegetables cooked in butter may be placed under over the folded fillet.

Papillotes a la choinoise

Cut some fillets of fish (such as whiting, fresh cod, sea bream haddock) into pieces about 25 x 5 cm (1 x 2 in) Season with salt and pepper, sprinkle with Chinese rice wine or a little sherry and leave to marinate for 30 minutes. Cut out some rectangles of greaseproof (wax) paper large enough to wrap up each piece of fillets and oil them. Place a piece of fish in the centre of each rectangle and sprinkle with ½ teaspoon chopped ginger and 1 tablespoon chopped spring onion (scallion) Close up the papillotes and fry in very hot oil (180 °C. 350 °F) for 3 minutes. Drain them arrange on a serving dish and serve with spring onions cut into a julienne.

Papillotes of lobster and scallops

Separate the tail from a lobster and set it aside. Open the body and take out the stomach. Crush the carapaces and heat the pieces in a thick based saucepan with some chopped shallot. Add 250 ml (8ft oz. 1 cup) vermouth and reduce by half, then add 150 ml (¼ pint, 2/3 cup) double (heavy) cream and reduce again by half. Add the lobster tail, cook for 4 minutes, then remove the pan from the heat. Shell the tail and cut the flesh into 8 slices. Cut a truffle into 8 thin slices. Open 8 scallops and take out the kernel and the coral. Strain the sauce.

Prepare 4 pieces of oiled greaseproof (wax) paper. Place 2 slices of lobster on each piece of paper and top them with 2 scallops and 2 slices of truffle. Coat with the sauce and sprinkle with chopped fresh herbs. Close up the papillotes tightly, folding the edges together, and cook them in a preheated oven at 230 °C (450 °F, gas 8) for a maximum of 5 minutes. Serve in a very hot stainless steel dish so that the papillotes do not collapse.

Red mullet en papillotes

Clean 8 small red mullet, but leave the liver inside. Prepare a forcemeat with 5-6 slices of white bread dipped in milk, some parsley and 4 tablespoons anchovy butter. Season the fish with salt and pepper, stuff them with the forcemeat, brush with olive oil and leave to marinate in a cool place for 1 hour. Place each mullet on a rectangle of oiled greaseproof (wax) paper and close up the papillotes. Cook in a preheated oven at 230 °C (450 °F, gas 8

for 15-20 minutes.

Veal chops en papillotes

Saute some veal chops in butter until they are cooked through and golden. Cut out some squares of greaseproof (wax) paper, big enough to wrap up each chop, and oil them. Place on half of each square of paper 1 slice of ham cut to the dimensions of the chop, 1 veal chop, 1 tablespoon mushroom duxelles and another slice of ham the same size as the first. Fold over the paper and press the edges together. Place the papillotes in a preheated oven at 240 °C (475F, gas 9) until the paper turns golden.

PAPRIKA A spice ground from one or more varieties of sweet red pepper (parika in Hungarian) used to season ragouts, stuffings, sauces and soups, to flavour fresh cheeses and for gambling. Paprika is a distinctive feature of Hungarian cookery, into which it was introduced only in the 19th century, for Paprika was probably invented by the Turks and has been known in Europe since the time of Christopher Columbus. The Paffy brothers of Szeged, Hungary, invented a machine to strip stalks and seeds from pepper and the spice is still at its most sophisticated in Hungary, is the main centre for producing paprika, the best variety is the pink or sweet pepper, which has a piquant flavour but no bitter aftertaste.

The original shrub that produces this pepper is native to America. Its pods 6-13 cm (2 ½ -5 in) long and 3 cm.(1 1/3 in) wide, are harvested at the end of the summer, when they are red, they are then dried and crushed. There are in fact, many types of paprika made from a range of peppers, from the long tapering, mild varieties to the round, hot cherry peppers. Parikas labelled noble sweet (the commercial description) are likely to be Hungarian. Spain is another centre for paprika production, where the pepper are smoked before being made into paprik, Jarandilla, in the west and the River Vera valley are famed for Spanish paprika.

Professor Szent Gyogya, who was awarded the Nobel prize for medicine, considered this pepper to be the plant with the highest content of vitamin C. It develops the best flavour when it is cooked with onion and lard (shortening). It should be added to the preparation away from the heat or with liquid, otherwise the sugar it contains may caramelize and impair the flavour and colour of the dish.

RECIPE

Saute of lamb with parika

Cut 1.5 kg (3 ¼ lb) lamb cutlets (chops) or boned shoulder into cubes and saute them in butter. When they are brown, add 150 g (5 oz. ½ cup) chopped onions to the saute dish. Season with salt and sprinkle with 2 tablespoons flour. Stir for a few minutes, then blend in 1 teaspoon paprika away from the heat. Moisten with 200 ml (7 fl oz, ¾ cup) white wine, reduce by half, then add 300 ml (½ pint, 1 ¼ cups) stock and 2 tablespoons tomato puree (paste). Add a bouquet garni and cook, covered, for 30 minutes. Drain the pieces of lamb and put them in a saute dish with 250 g (9 oz. 3 cups) mushrooms, thinly sliced and quickly fried in butter. Add to the sauce 200 ml (7 fl oz. ¾ cup) crème fraîche and 1 teaspoon paprika, reduce and strain then pour it over the lamb. Simmer gently with the lid on for 25 minutes.

PARASOL MUSHROOM A mushroom, of Lepiota family, found in copses and clearings, whose cap is usually covered in large scale. All the large varieties are edible, but the long woody stems surrounded by a thick ring are best discarded. Of the smaller species one is poisonous. The two best species for eating are the common parasol and the shaggy parasol. They are brown or brownish grey with many gills, which stand away from the stalk. The white flesh is rather soft and insubstantial and turns pink or reddish when exposed to the air. They cook quickly and can be deep fried, shallow fried, grilled (broiled) or even served raw in a salad.

RECIPE

Parasol mushrooms a la supreme

Prepare the caps of 1 kg (2 ¼ lb) young parasol mushrooms, without washing them. Make a white roux with 25 g (1 oz 2 tablespoons) butter and 40 g (1½ oz ½ cups) hot chicken stock. Let it cook over a low heat for 15 minutes. Turn the heat up and thicken the sauce with 1 egg yolk mixed with 4 tablespoons double (heavy) cream. Season with salt and milk red paprika and keep warm in a bain marie. In a shallow frying pan, cook 65 g (2½ oz. ¼ cup) chopped onions seasoned with ½ teaspoon paprika in butter. When the onions start to turn pale golden, add the mushroom caps and saute them briskly for 5 minutes, then season with salt, a little grated nutmeg and a bouquet garni to which extra basil and tarragon have been added. Cover the pan and cook for 10 more minutes over a high heat. Drain the mushrooms and keep them hot in sauce in the pan with a little butter. Whisk the supreme sauce and add to the mushrooms check the seasoning. Serve piled up on small slices of white bread which have been fried golden brown in noisette butter.

PARATHA Indian fried, flat, wheatflour bread with a flaky texture. The texture is achieved by rolling and folding the dough several times, brushing with ghee to create a flaky pastry type product. Parathas may be plain or stuffed with a savoury or sweet filling. A spicy mixture of vegetables or minced (ground) meat may be used for the filling. Grated carrot, sugar, raisin and nuts may be lightly spiced to make a sweet filling.

PARFAIT An iced dessert made with double (heavy) cream, which gives it smoothness, prevents it from melting too quickly and enables it to be cut into slices. Originally the parfait was a coffee flavoured ice cream, today, the basic mixture is a flavoured custard cream, a flavoured syrup mixed with egg yolks or a fruit puree, which is blended with whipped cream and then frozen. There is a special parfait mould in the shape of a cylinder with one slightly rounded end. The parfait can be served by itself or used as a base for preparing an iced cake, an iced soufle or a vachern.

RECIPE

Ice parfait

Mix 4 tablespoons water with 200 g (7 oz ¾ cup) caster (superfine) sugar and cook to the fine thread stage (110 °C 230 °F). Place 8 egg yolks in a bowl and pour the boiling syrup over them, little by little, whisking all the time. Continue to whisk until the mixture has cooled. Then add the chosen flavouring from the suggestion below.

Whip 200 ml (7 fl oz ¾ cup) double (heavy) (both chilled) until very firm. Blend the whipped cream with the cooled mixture of egg yolks and syrup and pour into a parfait

mould. Place in the freezer and leave to set for at least 6 hours.

Suggested flavouring Add 3-4 tablespoons brandy or liqueur 4-5 tablespoons coffee essence (extract) 200 g (7 oz 7 squares) melted plain(dark) chocolate. 150 g (5 oz. 2/3 cup) powdered almond praline, or about 10 drops of vanilla extracts.

PARFAIT AMOUR A liqueur of Dutch origin flavoured with lemon (or citron) cloves, cinnamon and corande. It originated in the 18th century and was very popular between the two world wars. The liqueur was coloured red or violet and perfumed with violets.

PARIS-BREST A large ring shaped cake of choux pastry, filled with praline flavoured cream and sprinkled with shredded (slivered) almonds. It was created in 1891 by a pastrycook whose shop was situated in the suburbs of Paris on the route of the bicycle race between Paris and Brest, he had the idea of making large, ring-shaped eclairs resembling bicycle wheels. The Paris Nice is a variation without almonds filled with Saint Honore cream.

RECIPE

Parish-Brest

Sprinkle 100 g (4 oz 1 cup) flaked (silvered) almonds over a baking sheet and cook them in a preheated oven at 200 °C (400 °F gas 6) until golden. Prepare a choux paste with 100 g (4 oz ½ cup) butter, 2 tablespoons caster (superfine) sugar, a generous pinch of salt, 200 g (7 oz, 1 ¾ cups) plain (all-purpose) flour, 350 ml (12 fl oz 1 ½ cups) water and 5 or 6 eggs, according to their size. Fill a piping bag, fitted with a nozzle 1.5 cm (¾ in) in diameter, with this mixture and pipe 2 rings. 18 cm (7 in) in diameter. Glaze them with beaten egg, sprinkle them with the flaked almonds and cook in a preheated oven at 180 °C(350 °F, gas 4) for 35 –40 minutes. Turn off the oven and leave the rings to cool with the door ajar, then remove from the oven and leave them to get completely cold.

Prepare a confectioner's custard (see custard) with 65 g (2 ½ oz ½ cup) plain flour, 175 g (6 oz. ¾ cup) caster sugar, 15 g (½ oz 1 tablespoon) butter 4 whole eggs, a generous pinch of salt and 500 ml (17 fl oz. 2 cups) boiling milk. In another bowl make a praline-flavored French butter cream with 200 ml (7 fl oz ¾ cup) milk, 6 eggs, 200 g (7 oz 1 cup) caster sugar, 400 g (14 oz, ¾ cup) butter and 75 g (3 oz ½ cup) pralines. Finally prepare 150 g (5 oz) Italian meringue.

Leave the three preparations to cool thoroughly, then mix them together. Cut the choux, rings in half horizontally and fill the lower halves with the meringue mixture using a piping bag with a large fluted nozzle.

Replace the top halves of the rings, dust with icing (confectioner's) sugar and put in a cool place until time to serve.

Individual Paris Brest Instead of making large pastries, pipe rings measuring about 7.5 cm (3 in) in diameter. Bake as above, allowing about 30 minutes. Fill and serve with a custard sauce, if liked hazelnuts can be used instead of almonds in the praline and the dessert can be decorated with a few whole caramelized nuts.

PARISIEN A lemon-flavoured sponge cake filled with frangipane and crystallized (candied) fruits, covered with Italian meringue and lightly browned in the oven.

RECIPE

Parisien

Beat 3 egg yolks with 100 g (4 oz, ½ cup) caster (superfine) sugar. When the mixture is white and thick, add 25 g (1 oz, ¼ cup) plain (all-purpose) flour 25 g (1 oz ¼ cup) potato flour, ½ teaspoon vanilla sugar and the grated zest of lemon. Whisk 3 egg whites into stiff peaks and fold them carefully into the mixture. Pour this batter into a buttered manque mould, 23 cm (9 in) in diameter, and cook in a preheated oven at 180 °C (350 °F, gas 4) for about 35 minutes.

While the cake is cooking prepare a frangipane, over a very low heat, warm 400 ml (14 ft. oz. 1 ¾ cups) milk with a vanilla pod (bean) split in two. Beat 3 egg yolks in a basin with 75 g (3 oz. 6 tablespoons) caster sugar, until the mixture is white. Add 25 g (1 oz. ¼ cup) cornflour (cornstarch), stir well and slowly pour in the boiling milk, mixing with a wooden spoon. Return the mixture to the saucepan and bring to the boil, whisking all the time, then pour into a bowl. When lukewarm, add 75 g (3 oz, ¾ cup) ground almonds and mix well.

Take the cake out of the oven and leave it to cool. Prepare an Italian meringue by boiling 3 tablespoons water with 175 g (6 oz, ¾ cup) caster sugar to the soft ball stage. Place the saucepan in a bain marie to keep the syrup hot. Whisk 3 egg whites into stiff peaks, then gradually pour in the syrup in the trickle, whisking continuously. Continue to whisk for 2-3 minutes. Cut the cooled cake into layer 1 cm (½ in) thick and spread each layer with frangipane. Chop 100 g (4 oz. ¾ cup) crystallized (candied) fruits and sprinkle over the frangipane. Reassemble the cake.

Fill a piping bag fitted with a fluted nozzle with the meringue and cover the cake completely. Dust with icing (confectioner's) sugar and cook in a preheated oven at 180 °C (350 °F, gas 4) until golden. Leave to cool completely before serving.

PARISIENNE, ALA Describing preparations that are typical of the classic repertoire of Parisian restaurants. The term is particularly applied to meat and poultry dishes garnished with potatoes a la parisienne and accompanied by braised lettuces or artichoke hearts the latter may be garnished with a jullienne of pickled tongue and mushrooms bound with veloute, decorated with a thin slice of truff.

Cold preparations of fish or shellfish a la parisienne are made with thick mayonnaise and the garnish often includes artichoke hearts garnished with macedone in mayonnaise, stuffed hard boiled eggs or cubes of aspic.

The term a la paristenuie is also applied to dishes containing chicken breasts, button mushrooms pickled tongue or vegetable macedonine. Soup a la paristeine is made with leeks and potatoes, finished with milk and garnished with chervil leaves.

RECIPES

Canapes a la parisienne

Cut some slices of white bread into rectangles and remove the crusts. Spread them with chervil butter. Coat some very thin slices of chicken breast (cooked in a white stock) with mayonnaise and garnish with a pattern of sliced truffle and tarragon leaves. Arrange the chicken slices on the canapes and surround them with a border of chopped aspic jelly.

Chicken a la parisienne

Remove the breastbone from a chicken, stuff it with 500 g (18 oz) forcemeat (cream or fine), truss it and poach in veal stock. Drain and leave to cool. Take off the chicken breasts. Remove the forcemeat, cut it into dice and mix with about 400 g (14 oz) cold chicken mousse. Replace this mixture in the chicken and round it out well to reshape the breast of the bird. Coat the chicken with chaudfroid sauce.

Cut the breasts into thin slices, coat them with chaud-froid sauce, garnish with truffle and pickled tongue and place them on the chicken. Glaze with aspic jelly. Arrange the chicken on the serving dish. Mix some vegetable macedoine with mayonnaise and pour into small dariole moulds. When set, turn them out on to the serving dish around the chicken, placing a thick slice of truffle on each dariole. Garnish the spaces between with chopped aspic.

Cold salmon cutlets a la parisienne

Poach some thick slices of salmon in court-bouillon and allow them to cool. Cut each slice into two. Cover the serving dish with a macedoine of vegetables in mayonnaise, arrange the half slices on it and coat them with mayonnaise thickened with gelatine. Between the cutlets arrange some bunches of asparagus tips, some carrots cut into pod shapes and some chopped French (green) beans, all these vegetables being first cooked in salted water and well drained. A thin slice of truffle may be placed on each cutlet.

Glazed salmon a la parisienne

Place a whole salmon in a fish stock, bring to the boil and simmer for 7-8 minutes. Leave it to cool in the cooking stock, then drain it and remove the skin and bones without breaking the flesh. Pat dry with paper towels. Coat it several times with half set aspic jelly (prepared from the cooking stock), putting the fish in the refrigerator between applications. Cover the serving dish with a layer of aspic. When the aspic is firmly set, arrange the salmon on top.

Prepare some vegetable macedoine mixed with thick mayonnaise and use it to stuff some small round tomatoes. Hard boil (hard cook) some eggs and cut in half sieve the yolks and mix with some mayonnaise. Pipe the mixture into the whites. Garnish the border of the dish with the tomatoes and eggs and slices of lemon.

Omelette a la parisienne

Beat 8 eggs with 2 tablespoons chopped onion softened in butter and 2-3 tablespoons chopped mushrooms quickly sauteed in butter. Cook the omelette and roll it up on a warmed serving dish, cover it with grilled chipolata sausage. Surround with a thin ribbon of reduced veal stock mixed with butter.

Parisian salad

Prepare a vegetable macedoine and add to it a salpicon of langouste and truffles. Mix with mayonnaise thickened with gelatine, then pour it into a domed mould coated with aspic and lined with thin slices of langouste and truffle. Put in a cold place to set, then turn it out.

Alternatively, the ingredients may be mixed together, turned into a salad bowl lined with lettuce leaves and garnished with slices of truffle and quarters of hard boiled (hard-cooked) eggs.

Parisian sauce

Beat 2-3 Petit Suisse cheeses in a mixing bowl. Alternatively, use 50-75 g (2-3 oz $\frac{1}{4}$ - $\frac{1}{3}$ cup) cream cheese. Season with salt and sprinkle with paprika. Add 2 tablespoons lemon juice, then beat the sauce like the mayonnaise, adding to it, in a thin trickle. 250 ml (8 fl. oz 1 cup) oil. Finally add 1 tablespoon chopped chervil. This sauce is served mainly with cold asparagus.

PARMENTIER, ANTOINE AUGUSTIN Military pharmacist and French agronomist. Contrary to popular legend, parmentier did not invent the potato, which had been known and cultivated in France since the 16th century, but he was an enthusiastic propagator of it. While he was a prisoner of war in Westphalia during the Seven Years War, he discovered the nutritional value of this vegetable, which was highly prized by the local population but considered by the French at that time as unwholesome and indigestible, fit only as a food for cattle or the destitute. In the few provinces in France where it was eaten, it was usually used in the form of flour, mixed with wheat and rye to make a bread.

Parmentier encouraged the spread of the potato throughout the whole of France by publishing booklets about its cultivation and its uses. His works also extended to other fields. An expert at milling, he founded a school of baking in Paris, he brought out numerous reports on the Jerusalem artichoke, maize (corn) the sweet chestnut, wines, syrups, preserves and food hygiene. He was appointed inspector of Public Health and eventually ennobled as a baron. For a time the potato itself was known as the parmentiere in his honours, and he gave his name to various culinary preparations based on potatoes especially bacbis Parmentier chopped beef covered with pureed potatoes and browned in the oven. Other dishes named after him include a cream of potato soup, various egg dishes (omelettes filled with diced fried potatoes, scrambled eggs mixed with sauteed cubes of potato, eggs cooked in nests of potato puree) and a garnish for lamb and veal.

RECIPES

Casserole of veal chops a la Parmentier

Season 2 fairly thick veal chops with salt and pepper and brown them on both sides in 25-40 g (1-1 $\frac{1}{2}$ oz 2-3 tablespoon) butter in a flameproof casserole. Finish the preparation as for loin of lamb. Parmentier, but cook in a preheated oven at 200 °C (400 °F, gas 6) for 1 hour.

Eggs sur le plat Parmentier

Line some small buttered dishes with diced potatoes fried lightly in butter. Break 2 eggs into each dish and cook in the usual way

Bach is Parmentier

Dice or coarsely chop 500 g (18 oz. 4 $\frac{1}{2}$ cups) boiled or braised beef. Melt 25 g (1 oz. 2 tablespoons) butter in a shallow frying pan and cook 3 chopped onions in it until they are golden. Sprinkle with 1 tablespoon flour, cook until lightly brown, and then moisten with 200 ml (7 fl. oz. $\frac{3}{4}$ cup) beef stock or braising stock with water added to it. Cook for about 15 minutes, leave to cool, then add the beef and mix well. Place the beef and

onions in a buttered gratin dish, cover with a layer of potato puree, sprinkle with breadcrumbs and moisten with melted butter. Brown in a preheated oven at 230 °C (450 °F, gas 8) for about 15 minutes.

Although it is not traditional, a small cup of very reduced tomato sauce can be added to the chopped meat and a little grated cheese may be mixed with the breadcrumbs.

Loin of Lamb Parmentier

Brown a trimmed loin of lamb in 25-40 g (1-1 ½ oz. 2 –3 tablespoons) butter in a flameproof casserole. Add 400 g (14 oz, 2 cups) peeled, diced potatoes. 3 tablespoons melted butter, and season with salt and pepper. Place the casserole in a preheated oven at 220 °C (425 °F, gas 7) and cook for about 45 minutes. Drain the meat and the potatoes and keep them hot in the serving dish. Deglaze the casserole with 4 tablespoons white wine and the same amount of stock (traditionally veal stock), reduce. Pour this sauce over the lamb and sprinkle with chopped parsley.

PARMESAN, Parmigiano reggiano is the DOP Parmesan cheese. The King of Italian cheeses made from skimmed cow's milk (28-32% butterfat content) mixed with rennet and cooked for 30 minutes. It goes through several processes of draining and drying before being coated. Hard, yellow and with a crumbly, granular consistency. Parmesan cheese has a very fruity, even piquant, flavour. It was known in Parma in the 13th century and by the 14th century was being used grated on pasta. It was introduced into France by a Duchess of Parma who married a grandson of Louis XV.

PARSLEY A herb originating in southern Europe and cultivated mainly for its aromatic leaves, which are used to flavour or garnish many dishes.

Before the reign of Charlemagne parsley was thought to have magic powers, but since then it has become one of the most commonly used plants in cookery. There are three types of parsley, flat-leaf parsley, which has large, flat, relatively smooth leaves, has a strong flavour, curly leaf parsley, which has bright green, crinkly leaves and good flavour, and turnip rooted parsley which is cultivated for its swollen root, which is cooked like celeriac and used in soups. It is eaten in eastern Europe particularly in Austria, Germany, Hungary and the former Soviet Union. In France a number of other plants are known as parsley. Neapolitan or celery leaf parsley is a type of wild celery, corlander is known as Arabian or Chinese parsley and dill is commonly called Russian or Swedish parsley.

In cookery fresh parsley is an ingredient of a bouquet garni and is used in marinades and stocks. When mixed with chopped garlic it is often served with sauteed or fried dishes. Chopped parsley is frequently added during the final preparation of a dish or is sprinkled over food just before serving to give a fresh flavour it is also useful in salads, either coarsely chopped or broken into small sprigs. Deep fried parsley is used as an accompaniment and garnish for fried items, particularly fish and seafood. Finely chopped parsley is used to flavour butter, sauces and vinaigrettes. Parsley freezes well, and it can be dried, but drying spoils the flavour and has been superseded by freezing as a preservation method for herbs that lose their flavour when dried.

In former times meat was larded with parsley in *Le Bourgeois Gentilhomme* (1670) Moliere mentions a loin of mutton rich with parsley.

RECIPE

Fried parsley

Wash, drain and dry some curly-leaf parsley and separate it into little sprigs. Place these in a wire basket and deep fry in very hot oil for a few seconds. Drain on paper towels and use immediately. Fried parsley is used as a garnish for skate with black butte sauce.

PARSNIP A vegetable cultivated for its white or yellowish, sweet tasting root. Widely grown by the Greeks and enjoyed in the Middle Ages and during the Renaissance, the parsnip has become a rarity in contemporary French cookery, although it is popular in other countries.

The parsnip is used in the same ways as other root vegetables and is often preferred to turnips as it has more flavour. Parsnips may be boiled, steamed, roast or baked. They are excellent mashed or purred and make good soup either on their own or with mixed vegetables, poultry and meat. Creamed parsnips can be cooled, shaped coated in egg and breadcrumbs, then deep fried to make croquettes. They are complemented by curry spices and many well with celery and cauliflower in vegetable curries. In traditional British cookery they are a favoured accompaniment for roast beef when par boiled and then roasted in the fat and cooking juices from the meat.

PARTRIDGE A highly prized game bird, which is hunted throughout France and in Britain in France the word partridge is used for partridges of either sex up to the age of one year. They have tender, succulent flesh that needs very little cooking. The bird is barded or wrapped in vine leaves and roasted with juniper berries or grapes. It may also be stuffed. Young birds can be recognized by their flexible beaks and by the pointed first feather on the wing, which has a white tip. Very young partridges, found at the beginning of the season, are known as poutillards in France. One young partridge per serving is sufficient.

The principal species found in France are the redlegged partridge and the common or grey partridge. The former has a red back and breast, a white throat and a red beak and feet. It is more often seen in south and south western France.

The smaller and more common grey partridge, the main type found in Britain, has a reddish grey back and ash grey breast. The male has a conspicuous brown horsehoe mark on the breast. The meat of the grey partridge is fuller in flavour and superior to that of the red legged bird.

The rock partridge is also found in France and has a high gastronomic reputation, although it has become extremely rare.

RECIPES

Partridge a la coque

Gut (clean) and singe a young partridge, season with salt and pepper, spread foie gras in the cavity and truss. Fill a saucepan with salted water and lay a stick across the top. Bring the water to the boil and hang the partridge by its feet from the centre of the stick so that it is suspended in the water. Boil briskly for 20 minutes, then remove the bird and allow it

to cool. When cold, keep it in the refrigerator until ready to serve.

Partridge croustades

Completely bone 4 young partridges. Reserve the breast fillets and marinate them for 25 hours in 750 ml (1 ¼ pints, 3 ¼ cups) red wine. Mince (grind) the meat from the thighs with the liver and season with salt and pepper. Place the bowl of minced meat over a dish of ice and gradually work in 2 eggs, followed by 150 ml (¼ pint, 2/3 cup) crème fraîche. Refrigerate the resulting mousse and then shape it into small quenelles.

Prepare a game stock with the partridge trimmings, the carcass and the marinate. Boil until reduced by half, then add 300 ml (½ pint, 1 ¼ cups) demi-glace. Strain this stock, bring it to the boil, add the quenelles of partridge mouse and poach them for 6 minutes.

Make 4 rectangular croustades with puff pastry. Fry 4 sliced cep mushroom caps in butter and season with salt and pepper. When the quenelles are cooked, remove from the stock and keep hot. Reduce the stock to make about 400 ml (14 fl oz, 1 ¾ cups) sauce, removing any scum that rises to the surface. At the last minute, thicken the sauce with 50 g (2 oz, ¼ cup) foie gras. Fry the partridge fillets in butter, season with salt and pepper and cook for 2 minutes only on each side, so that they are still pink.

Fill the croustades with the quenelles, the fried mushrooms and the partridge fillets. Add a little sauce and place in a preheated oven at 150 °C (300 °F, gas 2) for 3 minutes. Serve the remaining sauce separately.

Partridge cutlets Romanov

Soak 2 pig's caul (caul fat) in cold water. Pluck 4 young partridges, singe them, gut (clean) them and set aside the livers and hearts. Bone the breasts and remove the skin. Remove the feet, but keep them whole except for cutting off the claws. Marinate the breasts in a mixture of 4 tablespoons port 1 tablespoon brandy, salt and pepper.

Prepare a forcemeat by finely mincing (grinding) 100 g (4 oz, 1 cup) pork, 100 g (4 oz, 1 cup) fat bacon 50 g (2 oz, ½ cup) chicken livers and the hearts and livers of the partridges. Sauté 2 chopped shallots in butter, then place in a bowl and mix with an egg yolk, some spiced salt and a little truffle juice.

Prepare the sauce by first browning the partridge bones in a saucepan together with 1 onion and 1 carrot. Then add some powdered thyme, a peeled, crushed tomato, 250 ml (8 fl oz, 1 cup) white wine, the marinade and a ladleful of veal stock. Add 6 juniper berries and cook for 1 hour (the liquid should then be syrup).

Spread the cauls out on the worktop, wipe them and cut each into 2 rectangles measuring 20 x 15 cm (8 x 6 in). Spread a thin layer of forcemeat on each rectangle and put a partridge foot at the end. Place a partridge breast on the forcemeat and add a thin slice of foie gras and slice of truffle. Cover with a thin layer of forcemeat. Fold the caul over the stuffing and shape it into a cutlet, using the partridge foot as the bone. When four cutlets have been prepared, roast them in a preheated oven at 230 °C (450 °F, gas 8) for 15-20 minutes they should still be slightly pink.

Arrange the cutlets on a dish and garnish the ends of the feet with a little white paper frill. Strain the cooking juices, add 150 ml (¼ pint ¾ cup) double (heavy) cream, and thicken with 100 g (4 oz, ½ cup) butter. Adjust the seasoning and pour the sauce over the

cutlets. Serve with either chestnut puree or fried fresh cep mushrooms.

Partridge Monselet

Stuff 2 cleaned partridges with foie gras, adding a little diced black truffle. Truss and season well, then brown the birds all over in butter in a small flameproof casserole. Cover the casserole and continue to cook gently for 15 minutes. Turn 4 lightly cooked artichoke hearts in a little lemon juice and melted clarified butter, then add them to the casserole and cook for a further 15 minutes. Add a finely diced black truffle. Heat 2 tablespoons brandy, add to the casserole and flambe. Lightly cook some chanterelles in butter in a separate pan. Arrange the partridges with the artichoke bottoms and sliced foie gras used as stuffing, with the cooking juices poured over. Add the chanterelles and serve at once.

Partridge salad with cabbage

Select arrange Savoy cabbage with a good heart. Remove about 8 of the leaves and wash them in plenty of water after removing the thick midribs. Blanch for 5 minutes in boiling salted water, cool and drain. Pick 6 partridges, gut them and retain the livers. Cut the birds into quarters and use the breasts only (the thighs can be made into a terrine). Bone the breasts and season them with salt and pepper. Wipe 500 g (18 oz. 6 cups) small firm cep mushrooms with a damp cloth and chop them coarsely.

Brown 6 slices of belly of pork in a frying pan and add the partridge breasts and livers. Cook for 6 minutes and then add the mushrooms. Cover the pan and braise for a further 5 minutes. Remove the contents of the pan and keep hot. Deglaze the pan with 100 ml (4 fl oz. 7 tablespoons) sherry vinegar, add some crushed peppercorns, boil down to reduce and then thicken the sauce with 100 ml (4 fl oz 7 tablespoons) hazelnut oil. Dip the cabbage leaves in the sauce and lay them out on the serving dish. Arrange the slices of pork, the partridge and livers, and the sliced mushrooms on the top and sprinkle with chopped chives.

Partridge with lentils

Roast 2 partridges in 50 g (2 oz, ¼ cup) lard for 20 minutes. Then place them in a heavy based saupan with 100 g (4 oz. 1 cup) bacon pieces, 2 sliced onions, 2 sliced carrots, 175 ml (6 fl oz. ¾ cup) white wine, 175 ml (6 fl. oz, ¾ cup) stock, some salt and a bouquet garni. Simmer gently for 1 ½ hours. In the meantime, boil in water until tender 250 g (9 oz. 1 ¼ cups) lentils (previously soaked for 2 hours and drained) with 200 g (7 oz) fat bacon, 4 small onions, 2 carrots (cut into quarters) 1 boiling sausage weighing 200 g (7 oz) and a pinch of salt. Arrange the lentils in a deep dish, place the partridges on top and surround with the sliced sausage.

Stuffed partridges in aspic

Bone some young partridges from the back. Cut them open and season with salt and pepper. Stuff each bird with 100 g (4 oz. ½ cup) truffled game forcemeat wrapped around a piece of raw foie gras and a small peeled truffle. Season with salt, pepper and mixed spice and sprinkle with brandy. Close up the partridges, truss them and wrap each one in thin bacon barding or a piece of pig's caul (caul fat)

Prepare an aspic stock with Madeira, the partridge carcasses and trimmings, knuckle of veal and fresh bacon rind. Cook the partridge in this stock then drain, remove the barding, untruss, wipe and arrange them in an oval terrine. Leave them to cool, then chill them. Clarify the aspic, adding gelatine if necessary for a good set, and cover the partridges completely with it. Chill again until ready to serve.

PASCALINE A method of preparing lamb formerly traditional on Eastern Day. Dumas gives a recipe, which he describes as being common in France until the reign of Louis XVI, the lamb stuffed and roasted, is served whole, like the paschal lamb sacrificed by the Jews for the feast of Passover. Monselet gives the same version and claims that he tasted it during a journey in Provence. Simon Arbello, on the other hand, mentions a completely different pascaline of lamb, made by Kontagne, who had found the recipe in the papers of Talleyrand and Carême. In this recipe lambs heads are stuffed with liver, bacon and herbs, lightly fried in fat, then arranged in a round dish with lambs feet cooked in white stock, lambs sweetbreads larded with bacon, croquettes of tongue and brain, and fried croutons, the whole is coated with a veloute sauce to which finely sliced onions have been added.

RECIPE

Pascaline

Truss a 6-month old lamb to give a neat shape. Stuff with a forcemeat made of pounded lamb's flesh, yolks of hard boiled (hard cooked) eggs, stale breadcrumbs and chopped herbs, seasoned with quatre épices. Cover the lamb with thin strips of bacon, roast it over a brisk fire and serve it whole as a main dish following the soup, either with a green sauce or on a ragout of truffles with ham coulis.

PASHKA A traditional Russian Eastern dish made of curd cheese, sugar, soured cream, and walnuts or almonds, then pressed in a pyramid shaped mould. The pashka mould is usually wooden, with the sides carved with symbols representing the tissue and with drainage holes in the base. The cake is decorated with crystallized fruits forming the letter X and B (initials, in the Cyrillic alphabet, of Khristos Voskres, meaning Christ is risen)

PASSION FRUIT The edible fruit of the passion flower, a climbing plant, also known as granddilla, originating in tropical America, but also grown in the West Indies, Africa, Australia and Malaysia. The fruit, which is the size of a hen's egg, has yellowish green or brownish red leathery skin, which is smooth and shiny when unripe and wrinkled when mature. The orange yellow flesh, which is slightly acid and very fragrant, contains small, edible, crunchy, black seeds. It can be eaten simply cut in half and scooped out of the shell with a small spoon eaten raw, or the pulp can be pressed through a sieve and the juice made into sorbes, drinks, jellies and creams. Passion fruit pulp is used as a filling for the classic dessert pavlova.

RECIPE

Passion fruit sorbet

Scoop out the flesh from some very ripe passion fruit and press it through a fine sieve. Add an equal volume of cold sugar syrup and a little lemon juice (the density should then be about 1.075, see sugar) Use an ice-cream maker to freeze the mixture. As a simpler alternative, granulated sugar can be added to the pulp, together with just enough water to reach a density of about 1.075, press the pulp through a fine sieve before setting in the ice-cream maker.

PASTA There are many forms of pasta, most of which can be categorized as Italian style or Oriental Italian style pasta is primarily wheat based. Oriental pastas are prepared from a variety of flours and starches, and they often take the form of long strands or strips of pasta.

Italian style pasta . This consists of a dough made from durum-wheat flour water and sometimes eggs. Pasta is shaped in various ways and can be flavoured. It is sold dried or fresh, ready to cook in boiling salted water or it may be sold ready stuffed and cooked simply needing to be heated.

The term Italian style is used here because this type of pasta is made in other countries. For example., noodles similar to tagliatelle are prepared throughout Europe, and filled pastas resembling Italian tortellini or ravioli are popular in Eastern European countries. Polish uska are little filled pasta usually (containing a dried mushroom stuffing) traditionally served in beetroot soup and varentki or variety are semi-circular filled dumplings from Russia.

Durum wheat is grown in Italy, the Mediterranean, the Middle-East, Russia and North and South America. It is a hard wheat, high in gluten, which is ground into semolina. British semolina is a coarse product and not suitable for pasta. Pasta flour is milled from the same wheat but to a finer degree although the term semolina is often used to describe pasta flour, it refers to the type of wheat used.

It is a popular belief that the 14th century explorer Marco Polo introduced pasta into Italy from China, but the first known reference to pasta can in fact, be traced to Sicily in the Middle Ages. It had been a basic food in Italy for many years, particularly in Naples and Rome, before Catherine de Medici introduced it into France, although it became really popular throughout France only under the Empire.

Until the early 20th century, macaroni and vermicelli were the pastas most commonly used in France mainly to make timbales, gratins and sweet desserts and to garnish soups. After 1840 pasta was manufactured on an industrial scale.

Pasta is made by kneading semolina flour with water, adding various other ingredients and then shaping it.

There are hundreds of different shapes of dried pasta, but they can be loosely grouped into two types. Flat pastas are made industrially by rolling the dough between rollers into thin sheets, which are cut into various shapes with a punch, a stamp or some other suitable machine. The shapes include rectangles or squares with straight or wavy edges and flat ribbons of various widths. Cylindrical forms of pasta are made by extruding the dough or forcing it through a pierced plate. The hole through which the dough is forced may be straight, curved, notched or fluted to produce solid or hollow tubes of variable

size and shape. Drying is an important operation, and care must be taken to ensure that the pasta will mature and keep well.

Fresh pasta is the same type product that has not been dried. It must, however, be eaten within a few days.

Cooking and serving pasta Even when cooking a small quantity of pasta, a large pan must be used because plenty of boiling water is needed for the pasta to swell and move freely. Otherwise, the released starch makes it sticky. A tablespoon of oil added to the water can help prevent this. Sprinkle small pasta into briskly boiling water. Long pasta, such as spaghetti, is gradually pushed into the boiling water until it softens and bends. It is by sealing the pasta in fast boiling water in this way that one obtains the degree of cooking known as *al dente*.

Oriental style pasta Noodles are the predominant type, but similar types of dough are filled to make bite sized dumplings served as dim sum. Chinese dumplings may be filled with meat, such as well seasoned and slightly spicy pork, or seafood, such as minced prawns, a combination of pork and prawns is also used. Steaming is the usual cooking method for Chinese dumplings, which are often served with a dipping sauce. Pot stickers are slightly larger dumplings cooked first by pan frying then by simmering.

Wontons are small squares of wheat flour dough made with egg. A tiny portion of full flavoured filling is pinched into the middle of the dough, then the corners are free, making tiny bundles. These are simmered in broth or deep fried and served coated with sauce.

RECIPE

Cooking pasta

Plunge the pasta into a large quantity of boiling water – 2 litres (3 ½ pints, 9 cups) per 250 g (9 oz. 4 cups) pasta – containing 1 tablespoon salt per 1 litre (1 ¾ pints, 4 ½ cups), unless any additional ingredients are to be very highly seasoned. Gently stir the pasta so that it does not stick together and keep the water boiling at a constant rate. Drain the pasta completely when it is cooked and season immediately. If the pasta is not to be used straight away, drain it and keep it hot mixed with 1 tablespoon oil. When ready to use, plunge it into boiling water, drain once more and add the other ingredients.

PASTILLAGE A paste, used in confectionery, made from a mixture of icing (confectioner's) sugar and water with the addition of gelatine or gum tragacanth and powdered starch. It is kneaded by hand or by machine until firm enough to be rolled out and shaped easily, it may be coloured during kneading.

The pieces shaped from the pastillage are left to dry and then attached to the cake with royal icing or softened pastillage.

In the hands of a skilled confectioner, pastillage can be used to create decorative preparations closely resembling sculpture. Artistic pastrycooks paint pictures on pastillage plaques.

PASTILLE A small, round flat sweet (candy) manufactured in different ways. One type of pastille is made from a cooked sugar syrup to which icing (confectioner's) sugar, a flavouring and a colouring have been added. The syrup is then dripped through a funnel to form drops, which are sometimes coated with chocolate. Another type of pastille is

made from a mixture of icing sugar and gum tragacanth or gum arabic, which is rolled and then stamped into various shapes. These pastilles are flavoured with mint, lemon, aniseed or with salt extracted from a mineral water they are rarely coloured.

The word pastille comes from the the Spanish pastilla, derived from a diminutive of the Latin panis (bread). However, some authorities claim that these sweets were invented by and named after Jean Pastilla, a confectioner appointed by Marie de Medici.

PASTIRMA Also known as pasterma, pasterma, pastarma or pastourma. Mutton beef or goat meat marinated with spices and garlic and then dried. Distinguished by a very strong taste, pastirma forms part of Turkish and Greek mezze and is eaten like dried ham.

Popular pastrami of New York Jewish deli fame is a comparatively modern product adapted from the traditional wind dried beef. This is cured, highly seasoned, dried and cooked. It is known as a sandwich filling or topping (hot or cold), particularly on rye bread.

PASTIS In the south of France, an aniseed flavoured, rather strong drink, somewhat similar to the famous Pernod in the north. The formula does not now, in fact, contain any of the absinthe that originally made this type of aperitif distinctive. The name pastis is a local dialect word meaning confused or mixed, a reference to the cloudy appearance of the drink when diluted with water. Sometimes the water is dripped on the spirit through a piece of sugar held in a perforated spoon. The people of the region will spend hours sipping pastis while watching the local game of boules or petanque. Some regional recipes include pastis. Because the herby aniseed flavour is especially useful in fish dishes. There are many brands of pastis, two well known names being Richard and Berger.

- **Pastis the pastry** The term is also used for various pastries made in south western France. At Andernos les Bains the pastis bourrit is made from raised dough. The Gascon pastis is difficult to make because the dough must be spread over the whole work surface to dry for an hour. It is then saturated with goose fat and cut into rounds. Half of these are spread with thin slices of apple macerated in Armagnac brandy, then covered with the other rounds, cooked in the oven and sprinkled with Armagnac. This method of making puff pastry seems to have been brought from Spain by the Moors and is reminiscent of the Moroccan pastilla.

RECIPES

Bearn pastis

Break 12 eggs into a mixing bowl and add 1 tablespoon orange flower water, 3 tablespoons brandy, 400 g (14 oz, 1 ¾ cups) caster (superfine) sugar, a little milk and 100 g (4 oz. ½ cup) melted butter. Beat quickly, then beat in 25 g (1 oz) fresh yeast (2 cakes compressed yeast) dissolved in a little water and sufficient flour to make a soft dough. Gather the dough into a ball in the bowl, sprinkle with flour, cover with a cloth and leave it to rise in a warm place for 12 hours. Place the risen dough in a buttered mould and cook in a preheated oven at 220 °C(425 °F, gas 7) for about 45 minutes.

Pastis bourrit

Make some leaven with 25 g (1 oz. ¼ cup) plain (all-purpose) flour, 7 g (¼ fl. Oz, 7

tablespoons) water. Leave to rise. Make a well in 1 kg (2 ¼ lb, 9 cups) plain flour in a very deep mixing bowl and add 150 g (5 oz. 2/3 cup) melted butter, a pinch of salt, 250 g (9 oz. 1 cup) sugar, and 3 tablespoons rum or anisette cordial. Stir and add 7 g (¼ oz) fresh yeast (1/2 cake compressed yeast) and the leaven. Beat everything well. Whisk 6 egg whites into stiff peaks and add them to the dough. Leave to rise.

When the dough has doubled in size, butter some moulds, half-fill them with dough (this quantity of dough is enough for 2 or 3 pastis) and leave to rise to the top. Cook in a preheated oven at 220 °C (425 °F, gas 7) for 45 minutes until the pastis are golden. This cake is served with caramel custard or at a wedding. Cut into slices and toasted, it may also be served with foie gras

PASTRY A mixture of flour and liquid, usually enriched with fat, forming a light dough. Pastry is used for savoury and sweet recipes, to partly or completely encase a filling before cooking. Alternatively, pastry cases may be baked and filled, topped or layered after cooking. When flavoured or sweetened, the pastry may be baked to make a variety of items, such as cheese straws or palmiers.

Types of pastry. Depending on the ingredients and the proportions in which they are used, a variety of different pastry doughs can be made. Pastry doughs can be grouped according to their texture when cooked. As a rule, all ingredients should be chilled for pastry, and the mixture must be handled lightly and swiftly.

Choux Paste or Pastry. Choux paste differs from the pastries in that it is a paste, not a dough. It is sometimes included in the pastry category, probably because it rises, becomes crisp and crusty, and forms a case or shell when cooked.

Fine layered pastries . These have little or not fat but consist of a flour and water dough, sometimes with egg added. The dough is first rolled, then stretched until paper thin or even finer. The pastry is assembled in several layers, each brushed with a little fat. The fat makes the layer of pastry stick together during shaping and also prevents the pastry from drying out and disintegrating. The fat gives the pastry a crisp texture and golden colour. Filo and strueded pastries are two examples.

PASTRY BRUSH A brush used for coating food or culinary utensils, with liquid. For example, for brushing food with butter or oil (especially meat for grilling) for greasing moulds and dishes, and also for brushing pastries or similar items with beaten egg or milk before they are cooked.

PASTRY (COOKIE) CUTTER A round, semi-circular, oval or triangular utensil, with a straight or fluted cutting edge, for cutting sheets of pastry into various shapes and sizes. Pastry cutters are made of tin or stainless steel. An emporte piece a colonne is a cylindrical tin containing a set of pastry cutters with high edges and decreasing diameters, fitting into each other.

PASTRY, FLAKY a layered pastry similar to puff pastry, but with fewer layers and not as rich. The dough is made with three quarters fat to flour and it is rolled and folded four times. Traditionally, a mixture of butter and lard is used, but the dough can be made with all butter.

The pastry is used as for puff pastry, but it does not rise high enough for making deep pastry cases, such as bouchees or a vol-au-vent. It is the traditional choice for sausage rolls, pie crusts and apple turnovers. Flaky pastry is cooked at a high temperature, so that it rises and sets into crisp layer.

RECIPE

Flaky pastry

Mix 75 g (3 oz, 1/3 cup) butter with 75 g (3 oz. 1/3 cup) lard or white vegetable fat shortening) by chopping both types of fat, together in a basin. Divide into quarters and chill well. Rub a quarter of the fat into 225 g (8 oz. 2 cups) plain (all-purpose) flour, then mix in 7-8 tablespoons cold water cold water to make a soft dough.

Knead the dough lightly on a floured surface, then roll it out into a long rectangle measuring about 15 x 35 cm (6 x 14 in). Mark the pastry across into thirds. Dot another quarter of the prepared fat in lumps over the top two thirds of the pastry. Fold the bottom third over the fat on the middle third, then fold the top third down. Press the edges together and give the pastry a quarter turn in a clockwise direction. Chill the pastry for 15 minutes. Repeat the rolling and folding twice more once with the remaining portion of fat and once without any additional fat. Chill the pastry for 15-30 minutes between each rolling and at the end, before rolling it out and using as required.

PASTRY WHEEL A small fluted wheel, made of wood, steel or plastic, mounted on a handle. It is used to cut pastry into strips or serrated narrow bands, for decorating the top of tarts, or to cut out shapes for fritters or ravioli.

PATE This word is used in three ways in French the word pate on its own should, strictly speaking, be applied only to a dish consisting of pastry case filled with meat, fish, vegetables or fruit, which is baked in the oven and served hot or cold. The best English translation of this word is pie, although many of these dishes are much richer and more elaborate than the sort of pie usually eaten in Italian and the United States and are often prepared in moulds rather than pie dishes.

Pate en terrine is a meat, game or fish preparation put into a dish lined with bacon, cooked in the oven and always served cold. The correct French abbreviation of this is terrine, but in common usage the French also call it pate. The English have adopted both names.

In general, baking starts in a preheated oven at 200-220 °C (400-450 °F, gas 6-7) which is then turned down to about 150 °C (300 °F, gas 2) The total cooking time is relatively long: 35-40 minutes per kg (15-18 minutes per lb) Some hot pates have a little sauce, gravy or juice poured into them through the chimney before serving for others, the sauce is served separately in a sauce boat. For pates that are served cold, aspic, flavoured with Madeira or port can be poured through the chimney when cold to fill up the spaces made during cooking. The pate is not turned out of the mould until the aspic has set, and it is kept cool until served. Hot or cold pates are cut into thick slices and served as an entrée. Small individual pates are arranged on plates, sometimes with aspic croutons.

RECIPES

Pates en Croute

Butter pastry for pate en croute

This pastry can be used for hot or cold pates. Put 500 g (18 oz. 4 ½ cups) sifted plain (all-purpose) flour in a heap on the worktop and make a well in the centre. Add 2 teaspoons salt, 125 g (4 ½ oz, ½ cup) butter, 2 whole eggs and about 3 tablespoons water. Mix together then knead lightly. Roll into a ball, cover and keep cool for 2 hours before use.

Lard pastry for pate en croute

Particularly used for pork pates, this dough is made by the same method used for butter pastry, but with 500 g (18 oz, 4 ½ cups) flour, 125 g (4 ½ oz, ½ cup) softened lard (shortening) 1 whole egg, 200 ml (7 fl. oz, ¾ cup) water and 3 teaspoons salt.

Ham pate (cold)

This is prepared like veal and ham pate, but lean minced (ground) ham or thin ham matchsticks are added to the forcemeat.

Lamprey pate a la bordelaise (hot)

This is made with lamprey fillets and fish forcemeat with herbs, which are layered in the pastry-lined mould with leeks sweated in butter.

Pate en croute pave du roy

Cut 300 g (11 oz) lean fillet of veal and 300 g (11 oz) lean fillet of pork into small cubes and marinate for 12 hours in 175 ml (6 fl oz, ¾ cup) white wine and 175 ml (6 fl oz, ¾ cup) Cognac, salt, pepper and a pinch of allspice. Mince (grind) 500 g (18 oz, ¾ cu foie gras to the marinated meat.

Make an extra-rich butter pastry with 500 g (18 oz 4 ½ cups) plain (all-purpose) flour, 300 g (11 oz, 1 1/3 cups) butter and 2 eggs and use to line a pate mould, reserving enough for the lid. Cover the bottom with bacon and add half the meat mixture. Cover with a thin layer of bacon and use the remaining pastry for the lid. Make two holes in the lid and brush with beaten egg.

Cook in a preheated oven at 220 °C(425 °F, gas 7) for 15 minutes, then reduce the temperature to 180 °C (350 °F, gas 4) and continue to bake for 1 ¼ hours. If necessary, cover the top of the pate en croute loosely with foil to prevent the crust from becoming too brown. Leave to cool and pour some cold aspic jelly through the holes in the lid to top up the filing. Place in the refrigerator for 12 hours.

Pork pate a la honroise (hot)

Cut 300 g (11 oz, 1 ½ cups) pork loin into strips and leave in a cold marinade for ingredients of pates and terrines for 5-6 hours (see marinade) Peel and dice 150 g (7 oz, 2 ½ cups) mushrooms, then sweat both vegetables in butter with salt, pepper and paprika. Bind with 2-3 tablespoons veloute sauce.

Line the pate mould with pastry for apte en croute. Coat the bottom with 200 g (7 oz. 1 cup) cream forcemeat containing chopped chives and paprika. Add the mushrooms and onions and press down gently. Drain the strips of pork, stiffen them slightly in hot butter, then put them on top of the vegetables. Cover with 200 g (7 oz. 1 cup) forcemeat and then with pastry (which can be pastry for pate en croute, shrotcrust or puff pastry) Finish the

pate in the same way as veal and ham pate and bake in a preheated oven at 180 °C (350 °F, gas 4) for 1 ½ hours. Pour some Hungarian sauce.

Salmon pate (hot)

Prepare 600 g (1 ¼ lb) pike forcemeat and add a chopped truffle. Finely slice 575 g (1 ¼ lb) fresh salmon and marinate it for 1 hour in a little oil with some salt, pepper and chopped herbs. Line a shallow oval pate mould with pastry for pate en courte made with butter. Cover the bottom with half the pike forcemeat, then add the salmon slices (drained) and the remaining forcemeat. Top with a piece of pastry. Finish as for veal and ham pate. Bake in a preheated oven at 190 °C (375 °F, gas 5) for 1 ¼ hours.

Veal and ham pate (cold)

Remove the sinews from 300 g (11 oz) noix of veal and cut into matchsticks about 10 cm (4 in) long. Prepare 300 g (11 g) lean pork and 200 g (7 oz) ham in the same way. Put all these meats into a terrine, sprinkle with 1 tablespoon spiced salt, add 100 ml (4 fl oz. 7 tablespoons) Madeira and leave to marinate for 6-12 hours (some herbs and chopped shallots can also be added to the marinade).

Line a round or oval pate mould with pastry for pate en croute made with butter. Coat the bottom and sides with very thin strips of fatty bacon (200 g 7 oz) and cover this with a layer of about 250g (9 oz, 1 cup) fine forcemeat. Fill up with layers of the veal, pork and ham matchsticks, separating them with thin layers of forcemeat. If desired, add 1 or 2 truffles cut into quarters or a few pistachio nuts. Finish with a layer of 200 g (7 oz, ¾ cup) forcemeat. Place a sheet of pastry over the top and pinch all round to seal.

Glaze the top with egg and garnish with shapes cut out from leftover pastry (rolled out thinly) Make a hole in the centre and insert a small smooth metal piping nozzle. Glaze the top again.

Bake the pate in a preheated oven at 190 °C (375 °F gas 5) for about 1 ¼ hours. Pour a few tablespoons of melted butter, lard (shortening) or aspic in through the chimney. Turn the pate out of the mould when completely cool.

Woodcock pate (cold)

Prepare about 575 g (1 ¼ lb) game forcemeat a gratin. Remove the wings from 2 large woodcocks, season with salt and papper and roast for about 10 minutes in a preheated oven at 230 °C (450 °F, gas 8) (they should still be very pink). Remove the flesh from the thighs and carcass and mince (grind) in a food processor with the liver and intestines. Add this minced (ground) meat to the forcemeat and adjust the seasoning.

Line an oval pate mould with butter pastry. Coat the bottom and sides of the mould with a layer of forcemeat, then add the 4 wings. Cover with thick slices of truffle lightly fried in butter, spread the remaining forcemeat on top and cover with pastry. Finish as for veal and ham pate and bake in a preheated oven at 190 °C (375 °F, gas 5) for about 1 ½ hours. Leave to cool completely, then pour in some chicken aspic through the chimney. Keep the pate cool until it is served.

PATE PANTIN A variety of pate en croute rectangular or oblong in shape, that is not cooked in a mould. The filling (meat, chicken, game or fish) is placed in the centre of the pastry, the edges are folded over and sealed, and the pate is placed on a baking sheet and baked in the oven. The pate may be baked with the sealed edges underneath or a second layer of pastry may be placed over the joint and the edges sealed by pinching them together. It is served hot or cold as an entree.

RECIPE

Chickec pate pantin

Prepare the chicken (or use duck or young turkey) as for a ballotine. Half cook it in a light chicken stock, drain it and leave it to cool. Roll out about 575 g (1 ¼ lb) brioche dough and divide it into 2 equal portions. Coat one of the halves with very thin strips of bacon, place the chicken in the centre and turn up the edges of the dough all around the sides. Place some more thin strips of bacon on top of the filling and cover with the second piece of dough. Seal the edges and make a small hole in the centre of the top to allow steam to escape. Bake in a preheated oven at 190 °C(375 °F, gas 5) for about 70 minutes and serve hot.

PATISSERIE Sweet or savoury pastries and cakes generally baked in the oven. The term also applies so that art of the pastry cook as well as to the place where pastries are made and sold. The pastrycook, however, usually makes sweet things hot, cold or iced desserts, all types of cakes gateaus, petits fours and the highly decorated sweet creations that were traditional centre pieces, known as pieces montees in French. Quiches, vol-au-vent, pates en croute, tarts, bouchees, rissoles and savoury crepes are generally made by the chef or cook. Patisserie is closely linked with the manufacture of ice cream and confectionery, which includes working with sugar, crystallized fruits, almond paste, nougatine and decorations, and uses sweetened creams and sweet sauces.

Prehistoric man made sweet foods based on maple or birch syrup wild honey, fruits and seeds. It is thought that the idea of cooking a cereal paste on a stone in the sun to make pancakes began as far back in time as the Neolithic age.

There were about a hundred pastrycooks in Paris at the end of the 18th century. This number vastly increased over the next 200 years.

PATTE A Canadian terms for leg of pork. The prok ragout typical of Quebee is characterized by being thickened with toasted flour.

PAUILLAC A communal appellation in the Haut Medoc region of Bordeaux. Many good and some very great clarets come from the estates here, as well as a nubmer of small scale wines. The most famous of all the superb first growths Chateaux Lafite Rothschild, latour and Mouton-Rothschild. All of these are AOS Pauillac.

PAULEE A feast at the end of the harvest or the grape gathering, which used to be traditional in all region of France. The word paulee comes from Burgundy, in other regions of France the feast is known by other names. In the Maconnais, Dauphine and Lyonnais region, for instance, it is referred to as the revolle, in the Bordeaux region as the

pampaillet, in Champagne, Lorraine and Franche-Comte as the tue-chien, and in central France as the gerbahudes.

Today, the Paulee de Vendanges survives only at Meursault and is celebrated at the end of November on the third day of the Trois Glorieuses of the Cote de Beaune. The first day is devotee to the great annual chapter of the Chevaliers du Tastevin at the Clos de Vougeot, and the second to the auction of the Hospices de Beaune wines that takes place in the fermenting room of the Hotel Dieu

PAUPIETTE A thin slice of meat spread with a layer of forcemeat and then rolled up. Paupiettes may be barded with thin rashers of fat bacon and tied up with string or secured with small wooden cocktail sticks. They can be braised in a little liquid or fried. Veal is most often used, but beef, lamb and turkey escalopes, or even slices of calves sweetbreads, are also suitable.

RECIPES

Braised paupiettes of beef

Flatten some thin slices of beef fillet, sirloin or chuck steak, season with salt and pepper, and spread with a layer of well seasoned sausagemeat. Roll them up wrap in thin rasher (slices) of fat bacon and tie with string. Braise the paupiettes in white wine or madiera, drain them, untie the string, remove the bacon and arrange them on a heated dish.. Coat with the cooking juices.

All the accompaniments for small cuts of braised meat are suitable for these paupiettes, noisette potatoes, braised vegetables, vegetable puree, stuffed artichoke hearts, risotto, rice pilaf. Some garnishes (bourgeoise or chipolata) can be added to the casserole halfway through the braising time.

Paupiettes of beef can also be braised in red wine. In this case, the accompaniments (baby onions, bacon and mushrooms) can also be added while the paupiettes are cooking.

Paupiettes of beef Sainte –Menehould

Braise some beef paupiettes until three quarters cooked. Leave to cool in their strained cooking juices, then drain, pat dry and spread with French mustard mixed with a little cayenne. Moisten with melted butter, roll in fresh breadcrumb crumbs and gently grill. (broil) them. Arrange the paupiettes on a serving dish garnished with watercress. Reheat the cooking juices and serve, strained, in a sauceboat.

Paupiettes of braised calves sweetbreads

Blanch and clean some calves sweetbreads and cook them gently for 15 minutes, with a little dry white wine, on a bed of carrots, celery and leeks that have been softened in butter. Drain the sweetbreads, cut them into slices and roll up in blanched spinach leaves. Keep hot on a serving dish. Reduce the cooking juices in the pan, thicken with beurre manie and add a little curry powder, a dash of mustard and a little double (heavy) cream. Adjust the seasoning. Strain the sauce over the paupiettes on the serving dish.

Paupiettes of chicken with cabbage

Blanch some large leaves of green cabbage for 15 seconds. Drain and wipe them. Remove the legs, wings and breast from an uncooked chicken and season them with salt

and pepper. Wrap the chicken pieces in cabbage leaves to make 5 large paupiettes and tie them up tightly with string. Brown some chopped carrots and onions in goose fat or dripping in a pan, add the paupiettes and cook them until they brown. Add 400 ml (14 fl oz, 1 ¾ cups) water, cover the pan and cook for about 1 ½ hours.

The chicken pieces may be boned and skinned before use, if preferred.

Paupiettes of lamb a la creole

Cut 6 even slices from a leg of lamb. Flatten them well and season with salt and pepper. Peel and chop 6 large onions. Seed, then chop 1 large green (bell) pepper into very small dice. Gently cook half the onions and all the pepper in 25 g (1 oz, 2 tablespoons) butter. Add 350 g (12 oz, 1 ¾ cups) fine pork forcemeat and season with salt and pepper. Spread the forcemeat evenly over the slices of lamb, roll them up and tie with string. Brown the paupiettes in a casserole with 25 g (1 oz, 2 tablespoons) butter and the remaining onions, cook until brown, then add 3 peeled tomatoes (seeded and chopped), some chopped parsley, 1 small crushed garlic clove, 1 piece of lemon rind, some salt and pepper and a little cayenne. Cover and cook in a preheated oven at 200 °C (400 °F, gas 6) for 45 minutes.

Drain the paupiettes, arrange them in a circle on a serving dish and keep warm. Reduce the pan juices until thickened, add 1 tablespoon rum, strain and coat the paupiettes with the sauce. Fill the centre of the dish with rice a la creole.

Paupiettes of turkey a la crecy

Flatten some slices of turkey breast, roll them into paupiettes and cook as for paupiettes of veal braised a brun. Drain the paupiettes and return to the pan with the strained braising liquor. Add 1 kg (2 ¼ lb) glazed carrots and heat through. Serve the paupiettes coated with their sauce and surrounded with the carrots.

Paupiettes of veal braised a brun

Coat some flattened veal escalopes (scallops) with a pork forcemeat mixed with dry mushroom duxelles and chopped parsley and bound with egg. Roll them up, bard them with thin rashers (slices) of fat bacon and tie with string. Arrange them in a buttered flameproof casserole lined with pieces of pork skin or bacon rinds and sliced onions and carrots browned in butter. Place a bouquet garni in the middle. Season with salt and pepper. Cover and cook over a gentle heat for 10 minutes.

Add some dry white wine or (depending on the accompaniments) Madeira- 200 ml (7 fl oz, ¾ cup) per 10 paupiettes. Reduce almost completely, then pour in some thickened veal stock until the paupiettes are two thirds covered. Cover and braise in a preheated oven at 200 °C (400 °F, gas 6) basting frequently, for 45-60 minutes. Drain the paupiettes and remove the barding, then glaze them in the oven. Arrange them on the serving dish and coat with their braising liquor, reduced and strained. Serve with braised buttered vegetables or with vegetable puree.

PAUVRE HOMME, A LA Describes preparations of leftover meat served with a type of clear mirepoix sauce made by deglazing a roux with vinegar reducing it and adding stock, chopped shallots, chives or onions, and chopped parsley. In the original recipe breadcrumbs were used instead of flour.

The term is also used for fried noisettes or cutlets of venison coated with a sauce made by deglazing the pan with vinegar and any marinade from the meat, thickening it with *beurre manie* and adding sliced gherkins. The name of the sauce (meaning poor man's sauce) derives from the fact that it was originally made with leftovers.

RECIPE

Poor man's sauce

Make a golden roux with 1 tablespoon butter and 1 heaped tablespoon flour. Deglaze with 3 tablespoons vinegar boil to reduce and add 200 ml (7 fl. oz. $\frac{3}{4}$ cup) stock (or use water with a little added meat glaze or extract) Season with salt and pepper and boil for a few minutes. Just before serving add 1 tablespoon chopped blanched shallots, 1 tablespoon chopped parsley and 2 tablespoons dried white breadcrumbs.

PAVE This word, which literally means slab or block, is applied to several dishes but most commonly to a square shaped cake or dessert made from Genoese sponge cake sandwiched with butter cream or squares of rice or semolina pudding.

It also used for a cold entrée, usually a mousse, set in a square or rectangular mould, coated with aspic jelly and garnished with slices of truffle.

Pave also describes a square block of gingerbread and thick piece of prime grilled beef.

RECIPE

Fried rice paves

Make a thick rice pudding using 125 g (4 $\frac{1}{2}$ oz, $\frac{1}{2}$ cup) short grain rice and 600 ml (1 pint, 2 $\frac{1}{2}$ cups) milk, sweetened to taste (the grains must be completely soft and the mixture sticky). Butter a baking sheet soft and the mixture sticky. Butter a baking sheet and spread with a layer of rice about 1 cm ($\frac{1}{2}$ in) thick. Smooth the surface, sprinkle with a little melted butter and leave to cool completely. Cut the rice into 5 cm (2 in) squares.

Stew 800 g (1 $\frac{3}{4}$ lb) fruit with a little sugar until reduced to a puree (use apricots, apples, plums, oranges or greengages). Strain the pulp into a pan, add some chopped canned pineapple and boil to reduce by one third. (Chestnut puree could also be used).

Spread half of the rice squares with the fruit and top with the remaining squares. Press them together, coat in breadcrumbs and deep fry in hot oil at 175-180 °C (347-356 °F) until golden brown. Drain them on paper towels and serve very hot with strawberry or custard cream.

PAVE D AUGE A Normandy cow's milk cheese (50% fat content) with a soft straw coloured centre and a washed crust. A firm cheese with a strong flavour, it is sold in 11 cm (4 in) squares, 5 cm (2 in) deep. Pave d'Auge (or Pave de Moyaux) resembles Pont-Eveque, but is more full bodied and contains more fat.

PAVLOVA A meringue basket or case, the best being of beautiful appearance with a crisp and soft texture, filled with cream and fruit. This is the national dessert of both Australia and New Zealand. The meringue is made from egg whites whisked with vinegar and a little cornflour as well as sugar to give the crisp crust concealing a marshmallow inside. The whipped cream filling is topped with sliced or diced fruit, including peaches and kiwi. Passion fruit seeds ornament the top.

The dessert was named for the Russian ballerina Anna Pavlova on her visit to Australia in 1929 and honours her most famous role as the Dying Swan. First winning a newspaper prize in New Zealand, the recipe was perfected by Bert Sachse in Perth.

PAYSANNE A mixture of vegetables cut into small squares and used to make soups known as potages tailles or rot prepared en paysanne are first cut into small sticks 8-10 mm thick, which are in turn cut across into thin slices. Cabbage leaves are cut into strips 8-10 mm (1/3 in) wide, and each strip is then cut into small squares. Leeks are cut in half lengthways, if large, or slit lengthways and washed if small they are then sliced evenly.

By extension, the term a la paysanne describes various braised dishes cooked with softened vegetables, the vegetables need not necessarily be cut en paysanne. Potatoes a la paysanne are cut into rounds and simmered in a herb flavoured stock. Omelette a la paysanne is a potato omelette flavoured with sorrel and herbs.

Casserole of veal chops a la paysanne

Prepare a vegetable fondue with 4 carrots, 2 onions, 2 leeks (white part) a turnip and 4 celery sticks, all diced and softened in 25 g (1 oz. 2 tablespoons) butter. Add 1 tablespoon chopped parsley and season with salt and pepper. Fry 2 firm diced potatoes in a mixture of 20 g (1/4 oz. 1 1/2 tablespoons) butter and 2 tablespoons oil. Brown 200 g (7 oz) diced smoked streaky (slab) bacon in butter. Mix all these ingredients together. Fry 4 veal chops in butter, place them with the other ingredients in a casserole, season with salt and pepper, reheat thoroughly and serve.

Omelette a la paysanne

For an 8 egg omelette, prepare 3-4 tablespoons sorrel braised in butter, 200 g (7 oz) potatoes boiled in their skins, skinned sliced and browned in butter, and 1 tablespoon chopped parsley and chervil. Beat the eggs and add the garnish. Pour the mixture into a large frying pan and make a flat omelette.

Potatoes a la paysanne

Peel and slice 1 kg (2 1/4 lb) waxy potatoes. Braise 100 g (4 oz. 3 cups) chopped sorrel in 25 g (1 oz. 2 tablespoons) butter with a crushed garlic clove, 1 tablespoon chopped chervil and some salt and pepper. Put a layer of potatoes in a buttered saute pan, then a layer of the cooked sorrel and top with the remaining potatoes. Sprinkle lightly with salt, add generous quantity of pepper and pour in sufficient stock to just cover the contents of the pan. Sprinkle with 25 g (1 oz 2 tablespoons) butter cut into small pieces. Cover the pan and bring to the boil. Then transfer to a preheated oven at 200 °C (400 °F, gas 6) and cook for 50-60 minutes.

Sole a la paysanne

Thinly slice a carrot, an onion, celery stick and the white part of a small leek. Braise in butter, seasoning with salt and a pinch of sugar. When cooked, add enough warm water to just cover. Then add 1 tablespoon diced French (green) beans and an equal quantity of fresh peas. Finish cooking all the vegetables together, then boil the liquid to reduce it by one third.

Place a trimmed sole weighing about 300 g (1 oz) in a buttered, oval, earthenware dish, season with salt and pepper and cover with the vegetables and their cooking liquor. Poach the fish in a preheated oven at 180 °C (350 °F, gas 4) When cooked, remove most of the cooking liquor from the dish, boil to reduce and then whisk in 2 tablespoons butter. Coat the sole with the sauce and glaze in a very hot oven. Serve immediately.

Soup a la paysanne

For 4 serving, peel and dice the following ingredients and palce them in a large pan 200 g (7 oz. 1 ¾ cups) carrots, 100 g (4 oz. 1 cup) turnips. 75 g (3 oz. ¾ cup) leeks (white part). 1 onion and 2 celery sticks. Cover the pan and sweat the vegetables in 40 g (1 ½ oz. 3 tablespoons) butter.

Add 1.5 litres (2 ¼ pints, 6 ½ cups) cabbage cut into small squares, refresh, drain and add them to the pan. Leave to cook gently for 1 hour, then add 100 g (4 oz. 2/3 cup) diced potatoes and 100 g (4 oz. ¾ cup) small fresh peas. Cook for a further 25 minutes.

Crisp a long French stick in the oven. Just before serving the soup, add 25 g (1 oz. 2 tablespoons) butter and sprinkle with chopped chervil. Serve with the hot French bread.

PEA The small round green seed of the plant *Pisum sativum* up to eight of which are enclosed in a long green pod.

Peas have been cultivated as a vegetable since ancient times, but they did not become widely appreciated in France until the 17th century, when Audiger introduced a new Italian variety to the French court. However, Taillevent had already made known his recipe for cretomee de pois. Madame de Maintenon, in a letter to the Cardinal of Noailles in 1696, wrote. The question of peas continues. The anticipation of eating them, the pleasure of having eaten them and the joy of eating them again are the three subjects that our princes have been discussing for four days... It has become a fashion indeed, a passion.

Peas can be frozen, canned, bottled and dried. Frozen peas can be used in the same way as fresh peas. In France a distinction is made between early fresh garden peas and the late varieties.

When buying peas, make sure that the pods are smooth and bright green. The peas should be shiny and not too large, tender but not floury. The sooner peas are eaten after picking the better they taste. Peas can be boiled or cooked in butter a la with lettuce and small onions. They can also be cooked with bacon a la bonne or carrots or flavoured with mint. The cooking time is quite short for freshly picked peas, but longer for those picked a few days previously. Peas are regarded as the classic accompaniment for veal, lamb and poultry, they are often served with asparagus tips or artichoke hearts, as well as in a lardiniere or a macedoine. Peas can also be pureed, made into soup or used to garnish soups and broths. When cold, they can be incorporated into mixed salads and vegetable terrines.

RECIPES

Boiled peas

Shell the peas and cook them in boiling salted water in an uncovered saucepan. They should be tender without becoming mushy or losing their colour (10-20 minutes depending on size and freshness). Drain them thoroughly and serve with butter. The epas

can be flavoured by cooking them with a sprig of fresh fennel or mint and serving them sprinkled with chopped fresh fennel or mint.

Peas a la bonne femme

Melt some butter in a frying pan and lightly brown 12 baby (pearl) onions and 125 g (4 ½ oz, ½ cup) diced lean bacon. Remove the onions and bacon from the pan, add 1 tablespoon flour to the hot butter and cook for a few minutes, stirring with a wooden spoon. Moisten with 300 ml (1/2 pint, 1 ¼ cups) white consomme, boil for 5 minutes, then add 675 g (1 ½ lb, 4 ½ cups) fresh shelled peas. Add the onions and bacon together with a bouquet garni and cook, covered, for about 30 minutes.

Peas a la crème

Boil 800 g (1 ¾ lb, 5 ¼ cups) fresh peas, shelled, drain them and put them back in the saucepan. Dry out a little over a brisk heat, then add 150 ml (¼ pint, ¾ cup) boiling crème fraiche and boil until reduced by half. Adjust the seasoning and add a large pinch of sugar. Just before serving, add 2 tablespoons crème fraiche, blend well and serve sprinkled with chopped herbs.

Peas a la fermiere

Clean 500 G (18 OZ) BABY CARROTS AND PEEL 12 BABY (PEARL) ONIONS. Brown them in butter in a saucepan. When the carrots are brown but still firm, add 800 g (1 ¾ lb, 5 ¼ cups) fresh peas, shelled a coarsely shredded lettuce and a bouquet garni composed of parsley and chervil. Season with salt and sugar, moisten with 2 tablespoons water, cover the pan and simmer gently for about 30 minutes. Remove the bouquet garni. Blend in 40 g (1 ½ oz, 3 tablespoons) butter just before serving.

Peas a la francaise

Place 800 g (1 ¾ lb, 5 ¼ cups) fresh peas, shelled, in a saucepan together with a lettuce shredded into fine strips, 12 new small (pearl) onions, a bouquet garni composed of parsley and chervil, 75 g (3 oz., 6 tablespoons) butter cut into small pieces, 1 teaspoon salt, 2 tablespoons caster (superfine) sugar and 4 ½ tablespoons cold water. Cover the pan, bring gently to the boil and simmer for 30-40 minutes. When the peas are cooked, remove the bouquet garni and mix in 1 tablespoon fresh butter just before serving.

Peas in butter

Cook the peas in boiling salted water, drain them, and put them back in the saucepan over a brisk heat, adding a pinch of sugar and 100 g (4 oz. 1/2 cup) fresh butter per 1 kg (2 ¼ lb, 6 ¾ cups) fresh peas, shelled. Serve hot, sprinkled with chopped herbs.

Peas with ham a la languedocienne

Cut a medium onion into quarters and brown in goose fat with 125g (4 ½ oz) lean unsmoked raw ham. Add 800 g (1 ¾ lb 5 ¼ cups) fresh shelled peas and brown lightly. Sprinkle with 1 tablespoon flour and cook for a few minutes. Then add 300 ml (1/2 pint, 1 ¼ cups) water, season with salt and caster (superfine) sugar, add a small bouquet garni and cook, uncovered for about 45 minutes. Remove the bouquet garni and serve hot.

PEACH The fruit of the peach tree, with a velvety skin, juicy sweet flesh, which can be white or yellow in colour, and a single stone (pit). The peach tree originated in China, where it has been grown since the 5th century BC. It was introduced to Japan and then to Persia, where it was discovered by Alexander the Great. He in turn introduced it to the Greeks. The English name comes from the French *Peche*, and the Latin name, *Prunus persica* (literally Persian plum) is an indication of its origins. Throughout the centuries, the peach has been highly regarded as a table fruit and has been used as an ingredient in many delicate desserts. In the reign of Louis XIV splendid varieties of peach were grown in France by La Quintinie, and the peach was nicknamed *teton de Venus* (Venus breast). It was also much in favour during the Empire and the Restoration. The peach forms the basis of various refined dishes, including peach Bourdaloue, cardinal Conde, and the internationally famous peach Melba.

Peaches are harvested from the end of May to September. In France peaches come mainly from the southeast and the southwest. White peaches have an delicate, fine textured flesh, which is full of flavour. They make up 30% of the total crop and are used. They make up 30% of the total crop and are used for jams, compotes, sorbets and souffles, as well as being a table fruit. The majority of the crop consists of yellow peaches, which generally mature later than the white forms and are less aromatic and not as juicy. They are best suited for jams, tarts, fritters and for decoration.

Alberge is a type of peach particularly esteemed in Touraine. *Balzac* considered jam made from *alberges* to be unrivalled. The fruit has a wrinkled skin, and its juicy flesh, which has a tart flavour, clings to the stone. It was traditionally used in Anjou in certain ragouts. Lesser known today, its principal role is in jam making.

RECIPES

Chilled peaches with raspberries

Poach some peaches in a vanilla-flavoured sugar syrup, leave to cool completely, then chill. When ready to serve, drain and arrange them in a glass dish. Prepare a fresh raspberry puree, add a little of the reduced sugar syrup and flavour with a few drops of raspberry liqueur. Cover the peaches with the puree and decorate with fresh raspberries.

Crown of peaches with Chantilly cream

Prepare an egg or caramel custard (see custard) or a Bavarian cream in a 1 litre (1 $\frac{3}{4}$ pint, 4 $\frac{1}{2}$ cup) ring mould. Bring a mixture of 1 litre (1 $\frac{3}{4}$ pint, 4 $\frac{1}{3}$ cup) and 575 g (1 $\frac{1}{4}$ lb 2 $\frac{1}{2}$ cups) granulated sugar to the boil, add a vanilla pod (bean) and simmer gently for 5 minutes. Plunge 6 ripe peaches into boiling water for 30 seconds. Drain, peel and remove the stones (pits). Poach the fruit gently in the sugar syrup for 15 minutes, then drain thoroughly.

Unmould the custard (or Bavarian cream) on to a round dish. Arrange the peaches in the centre of the ring and chill. Whip 300 ml ($\frac{1}{2}$ pint, 1 $\frac{1}{4}$ cups) double (heavy) cream with 100 ml (4 fl. oz, 7 tablespoons A) very cold milk, 65 g (2 $\frac{1}{2}$ oz., $\frac{1}{3}$ cup) caster (superfine) sugar and 1 teaspoon vanilla sugar. Pipe this whipped cream in a dome over the peaches, using a piping bag fitted with a star (fluted) nozzle.

Decorate with glace (candied) cherries and pieces of angelica.

Peach conserve

Plunge 1 kg (2 ¼ lb) peaches into boiling water for 30 seconds. Drain, peel and remove the stones (pits) Poach the fruit in pan with 100 ml (4 fl. oz, 7 tablespoons) water and the juice of 1 lemon for about 30 minutes. Then add 900 g (1 lb. 4 cups) granulated sugar. Bring back to the boil and cook until setting point is reached (about 20 minutes) Pot and cover in the usual way.

Peaches a la bordelaise

Plunge 4 peaches into boiling water for 30 seconds. Drain, peel and remove the stones (pits). Sprinkle the fruit with sugar and leave to steep for 1 hour. Boil 300 ml (½ pint, 1 ¼ cups) Bordeaux wine with 8 lumps of sugar and a small piece of cinnamon stick. Place the peach halves in this syrup to poach for 10-12 minutes. When the fruit is cooked, drain, slice and place in a dish. Boil the syrup to reduce it, pour over the peaches and leave to cool. Serve with vanilla ice cream, decorated with wild strawberries and mint.

Peaches Penelope

Prepare a strawberry mouse as follows. Wash and hull 1 kg (2 ¼ lb) ripe strawberries and puree them in a blender. Add 300 g (11 oz, 1 ½ cups) caster (superfine) sugar Stir to dissolve. Prepare some Italian meringue with 100 g (4 oz, ½ cup) caster sugar and 2 egg whites and set aside to cool completely. Whip 250 ml (8 fl. oz., 1 cup) double (heavy) cream with 150 ml (¼ pint, 2/3 cup) very cold milk. Add the Italian meringue to the strawberry puree, then carefully fold in the whipped cream. Put the mouse into individual 10 cm (4 in) soufflé moulds and place in the refrigerator to set.

In the meantime, poach some peaches as for crown of peaches with Chantilly cream, allow them to cool, then place in the refrigerator. To serve, turn out the mousses into sundae dishes, place either a half peach or slices of peach on each mouse and decorate with fresh raspberries. Sprinkle with a little icing (confectioner's) sugar and serve with zabaglione flavoured with Parfait Amour liqueur.

Peach jam

Plunge the peaches into boiling water for 30 seconds. Drain peel and remove the stones (pits) Weigh the fruit. Using 800 g (1 ¾ lb 3 ½ cups) sugar and 100 ml (4 fl. oz, 7 tablespoons) water per 1 kg (2 ¼ lb) peaches, boil the sugar and water for 5 minutes add the fruit and simmer gently, stirring occasionally. The jam is ready when it coats the back of a wooden spoon (about 40 minutes) Pot and cover in the usual way.

Peach sorbet

Prepare a sugar syrup with 350 g (12 oz, 1 ½ cups) sugar and 300 ml (½ cups) water. Bring to the boil, simmer for 3 minutes and cool. Plunge 1 kg (2 ¼ lb) ripe peaches into boiling water for 30 seconds. Drain, peel and remove the stones (pits) Reduce the fruit to a puree in a blender and add the juice of 1 lemon. Mix the cold sugar syrup and the peach puree together, pour into an ice-cream maker and freeze

Peach sundaes

Prepare 500 ml (17 fl. oz. 2 cups) vanilla ice cream. Plunge some peaches in boiling water for 30 seconds (allow 6 peaches for 4 sundaes) Drain, peel and remove the stones (pits). Reserve a few slices of peach for decoration and chop the remainder. Sprinkle with

1 tablespoon lemon juice and 2 tablespoons fruit liqueur (preferably strawberry) Whip 200 ml (7 fl oz. $\frac{3}{4}$ cup) double (heavy) cream. Chill 4 sundae glasses in the refrigerator, put a quarter of the peaches into each cup, cover with a layer of ice cream and pipe the whipped cream on top, using a piping bag fitted with a star (fluted) nozzle.

Decorate with a few thin slices of raw peach, which have been soaked in liqueur

PEACOCK A bird of the same family as the pheasant originating in the Middle East. Greatly prized in ancient times for its beauty, the peacock appeared on the table of Europe under Charlemagne, essentially as a banquet dish. Throughout the Middle Ages it enjoyed considerable prestige but more for the beauty of its plumage than for the succulence of its flesh. For several centuries now, it has practically disappeared from cookery.

The peacock was served with great ceremony, roasted and entirely reconstituted, sometimes spitting fine. It was skinned, roasted then recovered with its skin and its feet were gilded. The task of carving it was allotted to the most eminent guest, who did so to the applause of the company present and then made a vow to perform some exceptional deed for example, in a war or in the service of his lady or of God.

PEANUT The edible seed of a widely cultivated tropical plant. Originating in South America, the plant was introduced into Africa by Portuguese slave traders and was widely grown from the colonial era onwards. It is also grown in India and the United States. Each pod matures underground and contains from two to four seeds, also called groundnuts or sometimes ground pistachios.

In Africa the seeds may be made into a paste, grilled (broiled) or served in a variety of dishes. In Egypt they are made into cakes. However, they are now primarily an oil crop. Groundnut oil, which has a neutral flavour, is one of the most widely used cooking oils as it is very stable. The same oil can be used for frying over and over again, and it can be heated to high temperatures without losing its qualities. It is also suitable for mild flavoured salad dressings. Furthermore, groundnut oil plays an important role in the canning industry and in the manufacture of margarine. Raw groundnuts have a high energy value.

Roasted and salted peanuts are served as cocktail snacks. They can replace pine nuts in salads, and almonds and pistachios in patisserie. They are made into smooth or crunchy peanuts butter, which is used in sandwiches and snacks, and also used in making some biscuits (cookies).

PEAR The fruit of the pear tree, which narrows towards the stalk and has a yellow, brown, red or green skin, a fine white slightly granular flesh and a central core. The tree is native to Asia Minor and grew wild in prehistoric times. It was known to the Greeks and was even more popular with the Romans, who ate it raw, cooked or dried. They also used to prepare an alcoholic drink with the fruit.

Today there are countries varieties of pears (*Pyrus communis*) produced by progressive selection of cultivated varieties.

A distinction is made between summer, autumn and winter pears, which can be either dessert or cooking varieties.

The first pears ripen in mid-July, but the main season is between September and

January. The pear is the third most popular fruit in France. Most French varieties come from the south east Lot et Garonne, Normandy and Maine-et-Loire. Pears are also imported from Argentina, South Africa and Australia. In Britain many of the same varieties are grown or imported.

Dessert pears can be eaten raw as a table fruit or used in fruit salads and desserts. They can be used as a decoration, in which case they should be sprinkled with lemon juice to prevent discoloration as the flesh oxidizes quickly. Many of the cooking varieties have now disappeared and dessert pears are used instead. Nevertheless, the flavour of the Gure and Belle Angevine becomes apparent only when they have been cooked.

Pears are used in numerous desserts, including mouses, charlottes, souffles, tarts, ice creams, sorbets and compotes and in a number of specialties. Pears can also be cooked with poultry and game and can be prepared as hors d'oeuvre. Dried pears are used especially for compotes and to accompany savoury dishes. The most common variety of pears that is canned in syrup is the Williams Bon Chretien, which is also used for making pear brandy and pear liqueur. The brandy is allowed to mature for a few months in an earthenware jar or bottle, it develops a delicate bouquet, very much like the natural fragrance of the fruit, which is intensified by serving it in chilled glasses. Pear liqueur, which is not as highly regarded, is made either from diluted sweetened brandy or from a mixture of steeping and distillation. Both may be drunk as digestive and used in a number of dessert.

RECIPES

Baked pears with Sauternes

Make some walnut ice cream with a custard base made from 1 litre (1 $\frac{3}{4}$ cup) walnuts ground to a puree with a little milk, 150 g (5 oz, $\frac{2}{3}$ cup) caster (superfine) sugar and 6 whole eggs. Peel, core and halve 2 sugar and 6 whole eggs. Peel, core and halve 2 Doyenne du Comice pears. Put 200 g (7 oz, $\frac{3}{4}$ cup) butter and 300 g (11 oz, 1 $\frac{1}{2}$ cups) sugar in a saute pan over a medium heat. As soon as the caramel begins to thicken, add the pears, then a bottle of Sauternes and cook slowly until the fruit is tender. Serve coated with the ice cream.

Bourdaloue pear tart

Roll out some shortcrust pastry (basic pie dough) thinly. Use to line a buttered pie dish, making a little crest along the edge. Cover the pastry with a layer of frangipane cream and arrange thinly sliced pears in syrup on top. Cook in a preheated oven at 190 °C (375 °F, gas 5) for 30 minutes. Leave to cool, then coat with apricot glaze

Pear charlotte

Put 15 g ($\frac{1}{2}$ oz, 2 envelopes) gelatine to soften in 5 tablespoons cold water. Press 350 g (12 oz) drained canned pears through a sieve and warm the pulp gently in a saucepan. Add the softened gelatine to the pear puree and stir to dissolve. Cut 350 g (12 oz) drained canned pears into 1 cm ($\frac{1}{2}$ in) cubes. Whip 250 ml (8 fl oz, 1 cup) whipping cream with 3 tablespoons icing (confectioner's) sugar. Whisk 2 egg white with 50 g (2 oz, $\frac{1}{4}$ cup)

caster (superfine) sugar until they form stiff peaks.

Line a charlotte mould with a ring of greaseproof (wax) paper. Line the bottom and the sides with sponge finger (ladyfingers) trimmed at the ends to the height of the mould. Pour the pear and gelatine mixture into a large bowl, add the diced pears and 1 ½ tablespoons pear brandy, then incorporate the cream and the egg whites, using a spatula. Pour this mixture into the charlotte mould and chill in the refrigerator for about 10 hours until set.

Turn out the charlotte on to a serving dish and surround it with a ring of raspberry sauce. Serve the remainder of the sauce in a sauceboat.

Pear in wine

Peel 8 fine Williams Bon Chretien or Passe Crassane pears, but leave the stalk on and brush them with lemon juice. Put the pear peelings in a large saucepan and add 1 litre (1 ¾ pints, 4 ½ cups) red wine (cotes du Rhone or Madiran) 100 g (4 oz., 1/3 cup) honey, 150 g (5 oz, ¾ cup, firmly packed) soft brown sugar, the zest of 1 lemon (previously blanched) a little white pepper, a few coriander seeds, a pinch of grated nutmeg and 3 vanilla pods (beans) slit in two. Bring to the boil and simmer. After 20 minutes, add the pears, stalks upright. Cover the pan and cook slowly for 20 minutes. Leave to cool before putting in the refrigerator for 24 hours. Serve coated with the gelled juice.

Pear Joinville

Line 23 cm (9 in) savarin mould with caramel. Boil 1 litre (1 ¾ pints, 4 ½ cups) milk with half a vanilla pod (ean) Beat 12 eggs with 200 g (7 oz. ¾ cup) caster (superfine) sugar until thick and pale. Add the boiling milk gradually, whisking all the time, then strain the mixture through a fine sieve and pour it into the caramel lined mould. Put the mould into a baking dish filled with enough water to reach halfway up the sides. Cook in a preheated oven 200 °C (400 °F, gas 6) for 20 minutes or until the custard has set. Remove from the oven and allow to cool completely before turning out.

Drain the contents of a large can of pears. Melt 200 g (7 oz, 2/3 cup) apricot jam over a gentle heat and flavour with 100 ml (4 ft oz. 7 tablespoons) kirsch or pear brandy. Make a Chantilly cream by whipping together 200 ml (7 ft. oz, ¾ cup) double (Heavy) cream, 5 tablespoons ice milk, 50 g (2 oz. ½ cup) icing (confectioner's) sugar and 1 teaspoon vanilla sugar. Cut the pears into thin slices and arrange them in the centre of the caramel mould. Put the Chantilly cream in a piping bag fitted with a star (fluted) nozzle and decorate the pears.

Serve immediately with the warm apricot sauce.

Pear Wanamaker

Cut 6 madeleines in half and arrange them on a buttered dish, spacing them out slightly. Soak with kirsch and coat with a thick, sweetened, pear puree mixed with a little redcurrant jelly. Poach 6 peeled pears in vanilla flavoured syrup, cut in half, remove the cores and place a pear half on each half madeleine. Prepare a vanilla souffle mixture and cover the pears with it. Brown in the oven. If desired, serve with a kirsch zabaglione.

Wild duck with pears

Pluck, draw and season a small wild duck. Roast it for about 30 minutes so that the flesh remains pink and leave it in its cooking dish. Make caramel with 2 tablespoons caster

(superfine) sugar and add 150 ml (¼ pint, 2/3 cup) red wine, a small stick of cinnamon, 6 coriander seeds, 6 black peppercorns and the zest of an orange and a lemon. Bring it to the boil and cook 2 peeled pears in it for no longer than 15 minutes.

Remove the breast fillets of the duck, bone the legs and put the carcass and bones to one side. Cut the pears in half, slice them and keep them warm. Dilute the duck cooking juices with 150 ml (¼ pint, 2/3 cup) red wine. Add the carcass and the pear cooking syrup. Bring to the boil, reduce and then strain. Cut the duck fillets and leg meat into thin slices. Cover with the sauce and surround with slices of pear (the finished dish may be warmed up for 30 seconds in a microwave cooker just before serving if desired).

PECAN NUT The fruit of a tall tree found in the north eastern United States. It has a smooth brown fragile shell enclosing a bilobed brown kernel, which looks and tastes similar to a walnut but has a slightly softer texture. Pecan nuts are eaten as a snack or widely used in cooking for cakes, biscuits, in ice cream or a topping. They are also ersatile for savoury dishes. Pecan pie is a popular American sweet dish.

PECHARMANT A red AOC wine from the Bergerac region of the Dordogne, for which the same grape varieties as those in the Bordeaux vineyard are used, especially Merlot.

PECORINO An Italian ewe's milk cheese Pecorino is hard pressed with a yellow crust when mature. The name is derived from the Italian word for ewe. The cheese was praised by Pliny and his contemporary Columella, who described its manufacture in *De re rustica*. Pecorino cheese has a white, cream or straw yellow centre, depending on its degree of maturity. It is produced from October to June in southern Italy. There are several variety, the best known being Pecorino Romano, a cooked cheese from Lazio. It is matured for at least eight months and contains 36% fat. It is manufactured in cylinders 20-25 cm (8-10 in) in diameter and 15-25 cm (6-9 in) high. It has a strong salty flavour and is used as a table cheese or, when sufficiently aged, as a condiment, like Parmesan cheese. Pecorino Sicilliano and Pecorino Sardo, the Sicillian and Sardinian varieties, contain more fat and are uncooked cheeses. They have an equally strong flavour.

PECTIN A natural gelling agent found in plants. It is a polysaccharide and is especially abundant in certain fruits. Pectin can be extracted on an industrial scale from dried apple marc.

Pectin is an essential ingredient in making set preserves, such as jam and jellies. When making jellies and marmalades, a small muslin (cheesecloth) bag containing the seeds and skins of apples, quinces and citrus fruit is boiled with the sugar and fruit juice, the pectin from the seeds and skins is released and helps set the jelly.

PEDIMENT An element of food presentation which was once very popular but is not often used today. Pediments of rice shaped in *dariole* moulds to accompany eggs or small pieces of meat remain a classic method. In catering pediments are used for cold dishes, which have been set in a mould with milk and gelatine and are cut as desired.

In decorative cookery, pieces of melt, poultry and fish used to be arranged on elaborate pediments. Turkey was served on a pediment made from a mixture of ordinary very white lard with a proportionate quantity of kidney and mutton fat, which must be very

pure and very fresh. All filaments, fibres and pieces of skin must be removed, it should then be cut into small pieces and soaked in water for at least four hours. Like pieces montees pediments were influenced by architecture and by the animal and floral world, their shapes and ornamentation were very varied, bastions, crowns, saltys, angels, heads, peasants, sailors, swans, wings, dolphins, claws, animals and flowers moulded in lard, butter and wax etc. Careme left many designs for pediments.

PEELING The action of removing the skin of fruits and vegetables. The French term, epluchage is also used for the removal of stalks, ribs, wilted leaves and roots of salad plants spinach and cabbage.

Peeling is generally done by hand, using a knife or peeler, although sometimes in restaurants an electric peeling machine is used, this reduces waste to 5%, whereas up to 25% can be wasted in peeling by hand. When peeling potatoes in this way however, any eyes have to be picked out afterwards. The peelings are not always thrown away, cabbage stalks are kept for soups, cucumber peel is sometimes used to decorate cocktail glasses and truffle parings are as precious as the truffle itself.

PEKING DUCK A famous dish from classical mandarin cookery. Its preparation is intricate and involved. The duck should be drawn, washed, rapidly scalded and dried. An air pump is used to separate the skin from the flesh, so that the skin swells outwards. The duck is then stuffed with a mixture of spring onions (scallions), aniseed, ginger, celery and sesame oil, sewn up, then hung, preferably in a draught, where it is coated every half hour with mixture of honey and flour. After 3 hours it is roasted in the oven and basted with its own juice and a little sesame oil.

There is a precise ritual for serving Peking duck, the skin is cut into 3 x 4 cm (1 ¼ x 1 ½ in) rectangles, which, in theory are the only parts of the bird to be eaten, the meat being saved for other uses. In common practice, however, the meat is also cut into pieces and rolled in pancakes. Using chopsticks, a rectangle of the skin is placed on a small hot savoury pancake, to this is added a piece of spring onion (scallion) which has been dipped in a sauce with a sour plum base, the pancake is covered with a little sugar, and garlic, rolled up, still using the chopsticks, and eaten. Apart from requiring that only the skin is served, tradition also dictates that the carved re-formed duck is presented in advance to the diners.

PEKINOISE, ALA A method of preparing pieces of fried fish or scampi in batter served with a sweet and sour sauce, inspired by Chinese cookery. The sauce is made with chopped garlic and onions mixed with slivers of ginger. These are braised in butter, then sprinkled with sugar. Soy sauce is added, followed by fresh tomato juice. The mixture is thickened with cornflour and flavoured with Chinese mushrooms.

PELAMID Another name for the bonito, one of the smallest members of the Scombridae family, that includes mackerel and tuna. The pelamid is no more than 70 cm (28 in) long and lives in warm seas. All recipes for tuna can be prepared with pelamid. Its flesh is considered to have a finer flavour and to be less dense than that of the albacore, the long fin tuna.

PELARDON A small goat's-milk cheese from Cevennes (45% fat content), with a soft white centre and a very fine natural crust. Its full name depends on the region whose it is produced in Cevennes it is known as the Pelardon des Cevennes, in the Ardeche as Pelardon de Ruoms, and in Gard, where it is often steeped in white wine, it is called Pelardon d'Anduze. It measures 6-7 cm (2 ¼ -2 ½) in diameter and is 2.5 –3 cm (1-1 ¼ in) thick. This cheese is made on the farm and has a delicious nutty flavour.

PELLAPRAT, HENRI PAUL French chef born Paris, 1869, died Paris, 1950) After serving his apprenticeship with Pons, a Parisian pastrycook, Pellaprat obtained work at the Champeaux and then became assistant chef to Casimir Moisson at the Maison Dorce, where he eventually became the chef on the army he was assigned to the officers mess at Verdun. Pellaprat became a cookery instructor at the Cordon-Bleu schools in Paris and wrote many books on the culinary art that are still considered to be important today.

PELLE The French name for various kitchen utensils designed for lifting foods, tart or pie slice, fish slice, flour scoop and oven shovel. Tart or pie slices can be made of porcelain, earthenware, stainless steel or silver plate and are often manufactured to match the cutlery or crockery. They can also be used for cakes and the ice creams. Fish slices are made of stainless steel or silver plate. They are sometimes slightly concave and may be slotted for lifting large fish. Flour scoops are used for scooping up flour, sugar and other dry ingredients. Oven shovels are made of wood and have handles 2 metres (6 ½ ft) long. They are used in bakeries and large kitchens to remove large baking sheets of pastries from the oven.

PELMIENI A type of Russian ravioli originating from Siberia, made with noodle dough and stuffed with minced (ground) meat, potato puree with cheese, or with chicken. The pelmient are cooked in boiling salted water and served with melted butter poured over them. Soured cream, or meat juice mixed with lemon juice, can be served separately.

PELURE D' OIGNON A French term, meaning literally onion peel that is sometimes used to describe the shade of red that certain wines acquire with age and that other rose wines possess naturally

PEMMICAN A North American Indian cake of dried and pounded meat mixed with melted fat, a food product famous since the early explorations of North America. It is no longer in demand.

Permmican could be kept for a long time, did not deteriorate and took up little space. It was first made from the meat of bison (wild ox, now almost completely extinct) or from venison. Theump of the animal was cut into thin slices, dried in the sun and pounded finely. This meat powder was then mixed with melted fat in the proportion of two parts meat to one part fat and enclosed in bags made from the animals skin. It was eaten raw or boiled in water.

The word comes from the Algonquian pime, meaning fat or grease.

PEPERONE Also known as peperoni. A spicy Italian salami or sausage of pork and beef, which may be eaten raw. It is a popular topping for pizza.

PEPINO The fruit of a shrub of the Solanaceae family, cultivated in New Zealand and in Central and South America. Also known as the pepino melon, the pepino has a firm, juicy and slightly sweet flesh under golden skin streaked with purple. The fragrant flesh is eaten like a melon.

PEPPER (BELL PEPPER) The vegetable known as sweet or bell pepper, this is a large, fleshy capsicum with a mild flavour. Green, pale cream, yellow, yellow, orange, red, purple or black, these are widely used in cooking. Choose peppers that are firm and glossy, avoid any with wrinkles or soft spots. Peppers are an excellent source of vitamin C.

The flavour varies slightly according to the colour and type. Green peppers are strong with a distinct edge to their flavour, making them slightly bitter, red peppers are sweet with a rounded flavour, and orange or yellow peppers are often lightly flavoured by comparison.

Peppers are used raw in dishes such as salads or salsas. They feature in a wide variety of cooked dishes, including fish, meat, poultry, egg, rice and pasta recipes. They may be stuffed with meat or rice and cooked in a sauce. Classic dishes with peppers include gazpacho, ratatouille, piperade and pepperata, they are also characteristic ingredients in dishes prepared à la basquaise, à la portugaise, à la turque, à l'andalouse and à la mexicaine.

Preparing peppers Halve the pepper or cut around the stalk to remove the core, seeds and white fibrous ribs from inside.

To peel peppers, grill (broil) then close to the heat, turning as necessary until the skin blackens and blisters all over. Alternatively, spear on a long fork or skewer and run in a gas flame until blackened. Place in a polythene bag or wrap in foil until cool enough to handle, by which time the skin will have loosened and can be removed easily by peeling and / or scraping off with a knife.

RECIPES

Grilled pepper salad

Cut some green (bell) peppers in half, removing the stalks and the seeds. Oil them very lightly and cook in a very hot oven or under the grill (broiler), skin side up, until the skin blisters and blackens. Peel them and cut into strips. Make a vinaigrette with olive oil, very finely chopped garlic, chopped parsley, lemon juice and a very small quantity of vinegar. Sprinkle over the pepper strips while they are still warm, marinate at room temperature for at least 2 hours, then chill in the refrigerator. Serve as a cold hors d'oeuvre with toast spread with tapenade, shrimps, small octopuses in salad and so on.

Langoustines royales with sweet red pepper

Shell 20 large langoustines. Brown 1 sugar lump (dry) in a saucepan, then add 1 tablespoon vinegar and the juice of half a Seville (bitter) orange. Reduce to a thick syrup, then add 2 glasses red port wine and 3 strips of orange peel. Reduce by half, leave to cool slightly, then whisk in 60 g (2 oz. ¼ cup) butter.

Cook 2 red (bell) peppers for 10 minutes in a very hot oven or grill (broil) them, turning until the skins blister and blacken. Peel the peppers, remove the seeds and cut the flesh

into strips.

Steam the langoustine tails for 3 minutes. On each of 4 ovenproof plates pour 1 tablespoon sauce and arrange 5 langoustines in a circle, alternating with strips of pepper. Place in the oven for a few minutes to heat through.

Mille-feuille of scallops with sweet peppers

Prepare some puff pastry. Roll out thinly and divide into 16 equal rectangles, about 10 x 7 cm (4 x 2 ½ in) Cook in a preheated oven at 220 °C(425 °F, gas 7) under golden. Trim the edges and keep warm. Cook 6 peeled and crushed garlic cloves in 250 ml (8 fl oz, 1 cup) whipping cream. Strain, season with salt and pepper and add 25 g (1 oz. 2 tablespoons) butter. Keep warm.

Clean, peel and remove the seeds from 3 red peppers and 3 green peppers. Cut into strips and cook in 3 tablespoons olive oil. Saute 32 walnut halves and 16 scallop corals in butter. Keep all prepared ingredients warm.

Construct 8 mille-feuilles by layering the puff pastry, red pepper, 4 walnut halves, 2 scallop corals, a little garlic cream, green pepper and finally, a rectangle of puff pastry. Glaze the mille-feuilles with hot melted butter and arrange on a serving dish. Serve with scalloped mushrooms sauteed in butter and beurre blanc.

Peppers a la piemontaise

Grill (broil) some peppers or cook in a very hot oven until the skins blister and blacken. Peel them, remove the seeds and cut into strips. Make a risotto a la piemontaise. Arrange alternate layers of peppers and risotto in a buttered gratin dish. Finish with a layer of pepper, sprinkle with grated Parmesan cheese and melted butter, and brown in a hot oven.

Stuffed peppers

Cut the stalk ends off 12 very small green peppers. Remove the seeds and blanch for 5 minutes in boiling salted water. Prepare a stuffing by coarsely chopping 2 handfuls of very fresh sorrel leaves, 4 peeled seeded tomatoes, 3 Spanish onions, 3 green peppers and a small sprig of fennel. Place in a saucepan with 2 tablespoons warm olive oil and cook gently, stirring, until soft but not brown. Strain to remove the liquid and mix with an equal volume of rice cooked in meat stock.

Stuff the peppers with this mixture. Pour a little oil in a deep frying pan and arrange the stuffed peppers in it, closely packed together. Half-fill the pan with thin tomato sauce to which lemon juice and 200 ml (7 fl oz, ¾ cup) olive oil have been added. Cook for about 25 minutes with the lid on. Arrange the peppers in a shallow dish together with the liquid in which they have been cooked. Leave to cool and then refrigerate for at least 1 hour. Serve as an hors, d'oeuvre.

Stuffed Pepper fritters

Peel and seed some very small green peppers, as for stuffed peppers a la turque. Marinate for 1 hour in a mixture of olive oil, lemon juice and chopped garlic, seasoned with salt, pepper and a pinch of cayenne. Peel and chop equal quantities of onions and mushrooms. Gently fry them in butter, add an equal volume of well-reduced tomato sauce, then some chopped garlic and parsley. Cook this mixture until it has the consistency of a thick paste. Drain and dry the peppers and stuff them with the mixture. Dip them in a light fritter

batter and fry in very hot fat (180 °C, 350 °F) until golden. Drain and serve with a well-reduced tomato sauce.

Stuffed peppers a la turque

Cut away a small circle around the stalks of some (bell) peppers and place them in a very hot oven or under the grill (broiler) until the skin has blistered and blackened. Peel them, cut off the stalk ends and remove the seeds. Blanch for 5 minutes in boiling water. Cool, drain and dry thoroughly. Mix equal quantities of rice cooked in meat stock and cooked coarsely chopped mutton. Add some crushed garlic, chopped parsley and well-reduced tomato sauce, a handful of raisins soaked for 1 hour in warm water may also be added. Slightly widen the opening in the peppers and stuff them with the rice and mutton mixture.

Peel and chop some onions and fry them gently in olive oil in a casserole without allowing them to brown. Then add the stuffed peppers, packing them tightly together. Pour in a mixture of equal proportions of stock and tomato sauce to come a quarter of the way up the peppers. Adjust the seasoning. Bring to the boil, then cover and cook in a preheated oven at 230 °C (450 °F, gas 8) for 30-35 minutes. Arrange the stuffed peppers in a serving dish and pour the cooking liquid over them.

PEPPERCORNS AND PEPPER The berry like fruits of the pepper plant (*Piper nigrum*), a climbing vine native to India, Java and the Sunda Islands. The peppercorns ripen from green to red and finally to brown. Peppercorns harvested at various stages of maturity provide different types of pepper. Black pepper is whole red peppercorns sold dried, it is very strong and pungent. Unripe green peppercorns are sold dried or pickled in vinegar or brine, they are less pungent than black pepper and more fruity. While pepper is ripe peppercorn with the outer husk removed, it is less spicy and particularly suitable for seasoning white sauces. Grey pepper is a mixture of black and white pepper.

The name pepper is also used loosely for several other seasonings and condiments, notably cayenne, paprika and chilli powder (all derived from varieties of capsicum).

Whole or ground pepper. Pepper is sold either as peppercorns or ready ground. The peppercorns must be solid, compact and of uniform colour, and they must not crumble. Ground pepper quickly loses its flavour and aroma, it is therefore best to buy whole peppercorns and grind or crush them yourself as required.

Pepper in cooking. Several dishes take their name and character from pepper, the French *poivrade* sauce, *steak au poivre*, the German *Pfefferkuchen* (gingerbread, literally pepper cake) and the Dutch pepper pot (a spicy ragout of mutton with onion). Whenever a recipe states adjust the seasoning, salt and pepper are added at the discretion of the cook. Pepper is required in practically all savoury dishes, whether they are served hot or cold. Whole peppercorn are used in court—bouillons, marinades and pickles, crushed pepper for grills, certain raw vegetable dishes, forcemeats and hashes and freshly ground pepper mill produces a very spicy fresh seasoning whereas a pinch of pepper gives a more discreet flavour to sauces and stews. Green peppercorns are used in specific dishes, such as *camard poele*, fish terrines and avocado salad.

PEPPERMINT A mint liqueur made from various kinds of mint steeped in alcohol. The infusion is then filtered and sweetened. Peppermint is drunk on its own, with ice cubes, with water or poured over crushed ice and sucked through a straw.

PEPPERY A word defining a slightly piquant taste combined with an aromatic flavour, as is found in pepper mint or some boletus mushrooms. As long as it remains tolerable, the sensation in the mouth is reminiscent of pepper.

PERCH A freshwater fish belonging to the genus Percat. The common or river perch is considered in France to be one of the best freshwater fish. It is usually 25-35 cm (10-14 in) long but can grow to 50-60 cm (1 ½ -2 ft) and weight up to 5 kgs (6 ½ lb) which is exceptional, as the fish grows slowly. It has a bumped, greenish brown back marked with dark bands and bearing two dorsal fins, the first of which is spiny, the remaining fins are red the first of which is spiny, the remaining fins are red Perch must be scaled as soon as they are caught otherwise the task becomes impossible. Small perch are fried, medium ones are prepared a la meuniere or in a stew, and large ones can be shuffed, like shad.

RECIPE

Perch fillets milanese

Make a risotto a la piemontaise with 250 g (9 oz. 1 ¼ cups) rice. Wash the fillets of 4 perches and pat dry with paper towels. Coat the fillets in breadcrumbs and fry on both sides in butter. Butter an oval serving dish and put the risotto in it. Arrange the perch fillets on top. Garnish with lemon quarters.

PERE LATHUILE A small suburban café established in 1765 by Lathuile, near the Pone de Clichy in Paris, which was invogue for a while because its cellar, its sauteed chicken and its tripe a la mode de Caeu. It became famous on 30 March 1814, at the time of the fall of the Empire, when Marshal Monecy installed his command post there in a last attempt at resisting the opposing forces. Pere Lathuile distributed all his food and drink provisions to the soldiers, so as to leave nothing for the enemy.

PERIGOURDINE, A LA Describing egg, meat, poultry or game dishes served with perigourdine sauce or Perigueux sauce. Perigourdine sauce consists of demi glace sauce enriched with a little foie gras pauree and truffles cut into large slices

Many other dishes from the Perigord region are described as a la perigourdine despite the fact that they contain neither foie gras nor truffles.

RECIPES

Calves sweetbreads a la perigourdine

Clean some calves sweetbreads, blanch them in boiling water, then cool and press them in the usual way. Stud them with small pieces of truffle and braise in brown stock. Drain and keep hot. Make a Perigueux sauce with the reduced cooking liquor. Coat the sweetbreads with some of the sauce and serve the remainder separately.

Eggs en cocotte a la perigourdine

Butter some ramekins and line them with a puree of foie gras. Break 1 egg into ramekin,

place a knob of butter on top of each yolk and cook in a bain marie in the oven. When serving surround the yolks with a ring of Perigueux sauce.

Salpicon a la perigourdine

Fry some diced truffles gently in butter, add some diced duck or goose foie gras, season with pepper and blend with a little Perigueux sauce. The ingredients should barely be coated with sauce.

PERIGUEUX A Madeira sauce containing finely diced or chopped truffles. It is served with small cuts of meat, poultry or game and with bouchées, these preparations are described as Perigueux or a la perigourdine.

RECIPES

Perigueux Sauce

Clean, peel and dice some truffles and gently braise them in butter for 10 minutes. Then add them to some Madeira sauce just before mixing in the cornflour (cornstarch) and Madeira.

Pheasant Perigueux

Pluck, singe and gut (clean) a pheasant. Season the carcass inside and out with salt and pepper, then insert some slices of truffle between the skin and flesh. Fry the truffled pheasant in butter in a heavy based saucepan and arrange on a slice of bread fried in butter. Prepare some Perigueux sauce with the cooking juice and serve separately. The dish can be garnished with large quenelles of truffled game forcemeat.

PERMIT An official document that must accompany wines and spirits in circulation within France attesting that the required excise tax has been paid before the wine was put on the market. Wines intended for export must be accompanied by a paper known as an acquit.

PERRY A fermented drink made like cider but with pear instead of apple juice. It has been made since ancient times in western France. Normandy, Brittany and Maine et Loire. Sparkling perry is an inexpensive alcoholic drink in the UK.

The French word *poire* should not be confused with the pear alcohol blanc, referred to in full as *Poire William*.

PERSANE, ALA Describing a preparation of mutton or lamb noisettes or chops garnished with slices of fried aubergine (eggplant) fried onions and tomato stewed with peppers. The cooking juices are flavoured with tomato and spooned over, the garnishes. *Pilat a la persane*, more obviously influenced by Iranian cuisine, consists of a mixture of rice and diced mutton fried with onions which is simmered in stock with pepper and various condiments. The dish is finally sprinkled with melted mutton fat.

PERSILLADE A mixture of chopped parsley and garlic, which is added to certain dishes at the end of the cooking time.

Beef persillade is a piece of leftover boiled beef sautéed in oil and seasoned with

persillade. Persillade mixed with fresh breadcrumbs provides the finishing touch to a loin of lamb persille and stuffed tomatoes a la provencale. It is also a basic ingredient in snails a la bourguignonne.

The word persille is also used to describe dishes finished off with persillade or with chopped fresh parsley (for example, potatoes or sauteed tomatoes) and for dishes in which a large quantity of chopped parsley is used, such as ham with parsley.

PERSILLE The French term to describe certain cheeses veined with bluish green moulds. The term is often included in the name of the cheese. For example, Persille des Aravis, Persille de Thones and Persille du Grand Bornand are Savoyard goat's milk cheese (45% fat content) with pressed centres and brushed natural crusts. They have a strong flavour and are manufactured in cylinders 8-10 cm (3-4 in) in diameter and 12-15 cm (5-6 in) high. Persille du Mont-Cenis is made with a mixture of cow's and goat's milk (45% fat content) and has a lightly pressed centre and a natural crust. It also has a strong flavour and is sold in cylinders 30 cm (12 in) in diameter and 15 cm (6 in) high.

The word persille is also used to describe dishes prepared with persillade and a piece of top quality beef flecked with fat.

PERSIMMON The fruit of a tree of Japanese origin that has been cultivated for centuries in China and Japan and is now cultivated commercially in Italy and other Mediterranean countries and also in the Middle East and the United States. The Japanese persimmon resembles an orange tomato, with soft, sweetish, orange red flesh and up to eight seeds, depending on the variety. It should be eaten when very ripe, otherwise, it has a bitter taste. When it ripens, the skin becomes transparent. The flesh is usually eaten fresh, but it can be made into compotes, jams or sorbets or cooked a la imperatrice.

The Sharon fruit is similar to a persimmon, but the flesh is sweeter, even when firm and slightly underripe. It can be used in the same recipes as the persimmon.

RECIPE

Iced persimmon a la creole

Cut a hole in the fruit around the stalk and scoop out the pulp with a teaspoon, taking care not to break the skin. Sprinkle a little marc brandy or liqueur into each fruit and leave to macerate for 1 hour. Mix the fruit pulp with some pineapple ice (1 tablespoon pulp to 3-4 tablespoons pineapple ice) Press the mixture through a fine sieve and fill the fruit shells with the cream. Freeze for about 1 hour before serving.

PESSAC-LEOGNAN AOC red or white wine produced on the left bank of the Garonne, near Bordeaux. It includes all of the estates listed in the Graves 1959 classification and other renowned chateaux, notably Haut Brion, La Mission Haut-Brion and Pape-Clement.

PESTLE A utensil used for crushing or pounding food in a mortar. It can be used for such items as garlic, tomatoes, butter, coarse salt, spices, nuts, parsley or bay leaves. The rounded head may be integral with a short stem or may fit on to a separate handle. The puree pestle, nicknamed champignon in French, has a relatively long handle ending in a large, solid head made of boxwood, beech or lignun vitae or sometimes of perforated metal. It is used for pressing purees and forcemeats through a sieve and for pressing

poultry carcasses in a strainer to extract the juice.

PESTO A cold Italian sauce from Genoa. Large quantities of basil are ground with garlic, pine nuts and Parmesan cheese and olive oil is added gradually to make a bright green, aromatic and full flavoured sauce with thick pouring consistency. In its simplest presentation, pesto is tossed with freshly cooked pasta to make a fabulous meal, it may be served to complement a wide variety of other foods, including fish, poultry, meat and vegetables. Many variations have been created from this classic sauce using different herbs and ingredients, such as sundried tomatoes.

PETERAM A well known speciality from Luchon in the haute-Garonne. It is a stew of sheep's trotters (feet) and tripe, ham, calf's mesentery, bacon, potatoes, garlic and herbs, cooked slowly over a period of 10 hours in dry white wine.

PETILLANT the term used to describe wine with a slight sparkle. This is sometimes naturally present, but may also be encouraged and regulated.

PETIT-BEURRE A small square or rectangular biscuit (cookie) with fluted edges. The dough is made with flour, sugar and butter, but contains no eggs. Petits-beurres are a speciality of Nantes, where they are manufactured on an industrial scale. They are eaten for afternoon tea or served with various desserts, they are also used as an ingredient in a number of desserts.

PETIT DEJEUNER The traditional French, or continental, breakfast consists of a cup of tea, coffee, café au lait or hot chocolate with buttered croissants, bread or biscuits spread with jam or honey.

PETITE MARMITE A type of pot-au-feu served in the receptacle in which it was cooked (originally an earthenware pot but now often small individual dishes made of flameproof porcelain) The petite marmite was created in Paris in 1867 by Moderat Magny in his famous restaurant. In theory it should contain lean beef, oxtail, chicken, marrow bone, stock pot vegetables and small cabbage balls. The soup is usually served with grated cheese, croutons spread with rounds of marrow and sprinkled with pepper, or slices of a long thin French loaf crisped in the oven and sprinkled with fat from the stew.

RECIPE

Petite marmite à la parisienne

Pour 2.5 litres (4 ½ pints, 11 cups) cold consommé into a pan. Add 500 g (18 oz) rump roast (standing rump) and 250 g (9 oz) short rib of beef. Bring to the boil and skim. Then add 100 g (4 oz, ¾ cup) chopped carrots, 75 g (3 oz, 2/3 cup), chopped turnips, 75 g (3 oz) leeks (white part only, cut into chunks) 2 baby (pearl) onions browned in a dry frying pan, 50 g (2 oz) celery hearts (cut into small pieces and blanched) and 100 g (4 oz) cabbage (blanched in salted water, cooled and rolled into tight balls). Simmer these ingredients for 3 hours, occasionally adding a little consommé to compensate for the evaporation.

Lightly brown 2 sets of chicken giblets in a preheated oven at 200 °C (400 °F, gas 6)

add them to the pan and cook for a further 50 minutes. Finally add a large marrow bone wrapped in muslin (cheesecloth) and simmer for another 10 minutes. Skim off the surplus fat, unwrap the marrow bone and replace it in the pan. Serve the soup hot with small slices from a long thin French loaf that have been crisped in the oven and sprinkled with a little fat from the stew. Spread some of the bread with bone marrow and season with freshly ground pepper.

PETIT FOUR A small fancy biscuit (cookie) cake or item of confectionery. The name, according to Careme, dates from the 18th century, when ovens were made of brick and small items had to be cooked a petit four (at a very low temperature) after large cakes had been taken out and the temperature had dropped.

After the bonbons, dragees, marzipans, pralines and crystallized fruits that were in vogue during the Renaissance and in the reign of Louis XIV, other titbits were created. They requires imagination and flair by the pastrycooks to reproduce the la ge scale decorations in miniature. Careme himself attached great importance to the petits four known as colifichets part of the pieces montees, which decorated the table and buffets. Today, petits four constitute an important part of patisserie. They are served mainly at buffets, lunches or with cocktails, but also with tea, ice creams and some desserts. At a sophisticated meal in France, an assortment of petits fours may be served either with or after the dessert.

PETIT MAURE A cabaret that opened in Paris in 1918, on the corner of the Rue de Seine and the Rue Visconti. It was frequented by Voiture, Theophile de Viau, Colletet, Tallemant des Reaux and most notably, the poet Saint-Amant, who is said to have died there in 1661, after a violent beating occasioned by a rather biting epigram. In the following century, another Petit Maure was fashionable for a time. This was a small suburban restaurant of Vaugirard, where one could enjoy the strawberries and petits pois that grew in the surrounding district, drink the local wine and eat the home bred turkeys.

PFLUTTERS Also known as Floutes. These Alsatian dumplings are made with potato puree, beaten egg and flour or semolina, sometimes moistened with milk, they are poached in boiling water and served as an entrée with melted butter. Pflutters can also be made into cakes and fried. In this case, the dough is rolled out and cut into shapes with a pastry (cookie) cutter, and they are served with a roast.

RECIPE

Pfutters

Prepare 500 g (18 oz) very fine potato puree and mix with 2 eggs and about 76 g (3 oz, ¾ cup) plain flour (all-purpose flour) to obtain a fairly stiff dough. Season with salt, pepper and nutmeg. Shape the dough into balls and drop them into a saucepan of boiling salted water. Poach for 8-10 minutes, drain and arrange in a buttered dish. Sprinkle with hot noisette butter in which fine stale breadcrumbs have been browned to give a crumbly topping.

PHEASANT A long-tailed game bird introduced into Europe from Asia in the early Middle Ages. In many countries shooting has considerably reduced the pleasant

population, in spite of the periodic supply of reared birds. These are either released in January and allowed to breed in the wild or they are liberated just before the shoot. In the latter case, the flesh of the birds has less flavour than that of the truly wild pheasant. Hens and young cock pheasants can be roasted without being barded, but barding fat on the back and breast is necessary for old male birds. True connoisseurs prefer the hen pheasant to the cock because the hen has finer flesh. The male bird is larger than the female. It is also more brightly coloured, with iridescent blue and green feathers, bright fleshy wattles, longer tail feathers and large leg spurs. Pheasants should be hung for a period of between three days and two weeks, depending on taste and the weather, in a cool dry, airy place. A bird has usually been hung for long enough when the tail feathers can be pulled out easily. Reared birds should not be hung but cooked immediately like poultry.

RECIPES

Preparation of pheasant

Keep the pheasant in the refrigerator for a few hours as this makes it easier to pluck. Begin by twisting the large wing feathers to remove them. Then pluck the remaining feathers in the following order, the body legs, neck and wings. Draw the bird in the same way as a chicken. Season the inside of the carcass with salt and pepper. Bard if necessary and truss the bird with the legs present as tightly as possible against the breast, especially if the bird is to be roasted.

Cold Pheasant Dishes

Ballotine of pheasant in aspic

Take a Strasbourg foie gras. Soak in cold water and (from Careme's recipe) blanch. Cut each half into 4 fillets and trim. Pound 2 of these fillets in a mortar with the trimmings and the meat of a red partridge with an equal weight of pork fat. Season the mixture very well. Add 2 egg yolks and some cultivated mushrooms tossed in butter. Pound the lot thoroughly. Press the stuffing through a quenelle sieve.

Carefully bone a well hung fat pheasant. Lay it on a cloth and season very well. Lay on top of it half the stuffing and then 3 fillets of foie gras, interspersing these with halved truffles. Add as much spiced salt as required. Cover the whole with half the remaining stuffing. Lay on top the rest of the foie gras and the halves of truffle. Season and cover with the rest of the stuffing.

Fold the pheasant into shape. Wrap in a cloth. Tie and cook in aspic stock flavoured with Madeira, to which have been added the bones and trimmings of the pheasant and partridge. Leave the ballotine to cool under a light weight. Glaze with aspic in the usual way.

Grilled pheasant à l'américaine

This recipe is particularly suitable for young pheasants. Split the pheasant along the back and flatten it gently. Season with salt and pepper, then fry in butter on both sides until the flesh is firm. Coat both sides with freshly made breadcrumbs seasoned with a large pinch of cayenne. Grill (broil) the pheasant slowly. Place on a dish and cover with grilled bacon rashers (slices). Garnish with grilled tomatoes and mushrooms, bunches of watercress and potato crisp (chips) or game chips. Serve with maître d'hôtel butter.

Pheasant with truffles

At least 24 hours before cooking, insert some large slices of prepared truffle under the skin of a pheasant. Make a forcemeat with 250 g (9 oz) diced truffles and 350 g (12 oz) fresh pork fat and use it to stuff the pheasant. Cook in a preheated oven at 220 °C (425 °F, gas 7) for 50-55 minutes or for 55-60 minutes on a spit. Place it on a large crouton, arrange some balls of game forcemeat around it and serve with Perigueux sauce.

Roast Pheasant

Truss and bard a young pheasant, brush with melted butter and season with salt and pepper. Roast in a preheated oven at 240 °C (475 °F, gas 9) for 30-40 minutes, depending on the size of the bird, basting 2 or 3 times. Fry some croutons until golden brown. Untruss the pheasant and remove the barding fat. Place it on top of the croutons and keep warm. Deglaze the roasting tin (pan) with a little poultry stock and serve this gravy separately.

Salmi of pheasant

Pluck, draw, prepare and truss a young pheasant. Roast in a preheated oven at 240 °C (475 °F, gas 9) for only 20 minutes so that it is still rare. Set the roasting tin (pan) aside. Cut the pheasant into 6 pieces of follows, remove the legs, remove the wings, leaving sufficient white meat on the breast bone, cut the breast into 2 pieces, widthways. Trim each piece carefully and remove the skin. Place the portions of pheasant in a buttered saute pan and add a dash of good quality Cognac. Season with pepper. Cover and keep warm.

Crush the bones of the carcass, the skin and trimmings, and brown briskly with 1 unpeeled garlic clove in the roasting tin in which the pheasant was roasted. Reduce the heat and add 3 finely chopped shallots, cover and sweat the shallots gently for 5 minutes, then spoon or pour off excess grease. Deglaze with a dash of Cognac and add 500 ml (17 fl oz, 2 cups) good red wine. Season the mixture and add a bouquet garni. Cook the wine, uncovered, for a few minutes and then add a generous ladle of game stock. Simmer for 30 minutes, uncovered. Skim thoroughly. Strain the sauce through a chinois, pressing the mixture to extract as much of the juice as possible. Pour the liquor into clean pan and bring back to simmering point. Correct the seasoning. Flavour the sauce with a little truffle juice and thicken with 50 g (2 oz, ¼ cup) foie gras pressed through a sieve and pour over the pheasant. Fry a few sliced button mushrooms in butter, add to the pheasant and heat through gently, but thoroughly. Garnish with a few slices of truffle. Serve with garlic croutons.

(17 fl oz, 2 cups) good red wine. Season the mixture and add a bouquet garni. Cook the wine, uncovered, for a few minutes and then add a generous ladle of game stock. Simmer for 30 minutes, uncovered. Skim thoroughly. Strain the sauce through a chinois, pressing the mixture to extract as much of the juice as possible. Pour the liquor into a clean pan and bring back to simmering point. Correct the seasoning. flavour the sauce with a little truffle juice and thicken with 50 g (2 oz, ¼ cup) foie gras pressed through a sieve and pour over the pheasant. Fry a few sliced button mushrooms in butter, add to the pheasant and heat through gently, but thoroughly. Garnish with a few slices of

truffle. Serve with garlic croutons.

Sautéed pheasant

Cut a young tender pheasant (preferably a hen) into 4 or 6 pieces. Season with salt and pepper, brown in butter and continue to cook gently in an open pan. Arrange the pieces of pheasant on a warmed, covered serving dish. Deglaze the sauté pan with 4 tablespoons white wine and a little veal stock, reduce the sauce by half and add some butter. Pour the sauce over the pheasant and serve very hot.

Slices of pheasant with orange juice

Remove the flesh from a pheasant. Make a sauce as follows. Crush and pound the carcass and place it in a saucepan with some veal stock and a bottle of flat champagne. Add salt and pepper, bring to the boil and leave over a low heat to reduce. Press through a fine sieve and return to the heat. Add the minced (ground) heart and liver; cook for another 10 minutes. Cut the pheasant flesh into long, thin slices and sauté these in butter for 10 minutes, adding a handful of chopped parsley, chervil and chives. Arrange the slices on a dish. Add the cooking juice from the pheasant to the sauce, together with the strained juice of an orange. Stir and pour the hot sauce over the slices of pheasant.

PHILIPPE A Paresian restaurant established in the 19th century in the Rue Montorgueil, near Les Halles, on the site of an old post house. It began as a modest public house, but when Magny was installed as head chef in 1842, followed by Pascal, ex-chef of the Jockey Club, in 1848, the Philippine became very fashionable. It was famous for entrecôte steaks, onion soup, Normandy sole and matelote, its clientele was not as sophisticated as that of the neighbouring Rocher de Cancale, but people went to Philippine mainly to eat well. In the 1870s the club des Grands Estomacs used to meet there and it is said that their Gargantuan meals could last as long as 18 hours!

PIC, ANDRE French chef (born saint-Peray, 1893; died Valence, 1984). He began his career at the auberge le Pin, the family inn near Valence, with his mother Sophie, who was herself a famous cook. He then became an apprentice chef at various houses in the Rhone Valley. In 1924 he returned to Le Pin, which became a renowned stopping place on the road to the Midi. In 1936, he opened a restaurant in Valence itself, and in 1939 it was awarded three stars in the Michelin Guide. André Pic, Alexandre Dumaine and Fernand Point were the three greatest French chefs in the period between the wars.

In the 1950s, however, Pic's health deteriorated and his son Jacques took over, Jacques began by reviving his father's great specialities: paoullarde en vessie (chicken in a bladder), crayfish gratin, Grignan truffle turnover and bouillidin de brocher à la Richelieu (made with pike) – in a style similar to that of Escoffier. His own creations include bass fillets with caviar, cassolette of crayfish with morel mushrooms, calves' kidneys with sorrel or mint and fishermen's salad with sherry.

PICCALILLI An English pickle consisting of small florets of cauliflower, sliced gherkins, shallots and other vegetables cooked and preserved in a spicy mustard and vinegar sauce, flavoured with turmeric, which also gives a bright yellow colour. It may be strong or mild and is eaten with cold meats, particularly ham and roast pork.

PICCATA In France a small round veal escalope (scallop) cut from the noix or the sousnoix and fried in butter. Three piccatis per person is usually sufficient. It was originally an Italian dish, most often served with marsala or lemon.

RECIPE

Veal piccata with subergines and tomatoes

Cut a filler of veal weighing about 1.4 kg (3 lb) into 12 round slices (piccatos). Cut an aubergine (eggplant) into round slices and dust them with flour. Fry the piccatos in a frying pan in 50 g (2 oz. ¼ cup) clarified butter and drain them. Fry the aubergine slices in the same butter. Sauté 2 sliced white onions gently in a covered pan. Cut a sweet red (bell) pepper into strips, and fry them in butter for about 15 minutes. Crush 450 g (1 lb.) ripe tomatoes.

Arrange the piccatos on a ovenproof serving dish alternating them with small strips of cooked ham and the aubergine slices. Garnish with the onions, the strips of red pepper and the tomatoes. Cook in a preheated oven at 200-220°C (400-425°F, gas 6-7) for 5 minutes. Sprinkle with noisette butter and garnish with parsley just before serving.

PICHET An earthenware pitcher used in France for serving water, fruit juice, cider or carafe wine (but not good-quality wine). In restaurants, vin au picbet is an unbottled medium-quality wine served in large quantities.

A picket is also an old measure for salt and liquids. Made of tin, with or without a lid, it is one of the most handsome regional utensils.

PICKLE A condiment consisting of vegetables or fruit (or a mixture of both) preserved in spiced vinegar. Of Indian origin, pickles are milder version of the acbars of Madrawyand Bombay. Pickles are sold in jars, sometimes arranged decoratively, but can also be made at home. They are served with cold meats, cheese and curries with apertitifs and in mixed hors d'oeuvre.

The vegetables used for pickling – cauliflower, cucumber, cabbage, marrow (squash) and courgettes (zucchini), mushrooms, small onions and unripe tomatoes – are sliced if necessary and soaked in brine or in cold water. They are then rinsed, put into jars and covered with spiced vinegar. They can also be cooked in vinegar with spices. Fruits (plums, cherries, apples, pears, peaches) are cut into small pieces and usually cooked for a short time so that they will soak up the vinegar. Eggs and walnuts can also be pickled. The best salt to use is coarse sea salt, as this gives the optimum flavour.

Malt, wine, cider or spirit vinegar may be used. The spices enhance the flavour and also act as preservatives. The classic formula is as follows to 1 litre (1 ¾, 4 1/3 cups) vinegar, add a 5 cm (2 in) stick of cinnamon, 1 teaspoon cloves, 2 teaspoons fennel seeds, 1 teaspoon black pepper, 1 teaspoon mustard seeds (or 5 teaspoons whole pickling spice and 2 or 3 bay leaves). Bring the mixture to the boil and then steep for 3 days. The vinegar is then strained and used either cold (for vegetables, which should remain crisp) or hot (for fruit, which should be a little softer). Mixed pickles may combine any number of vegetables, such as onion, cabbage, cucumber, green beans, carrots and green peppers. But some vegetables and fruits are pickled on their own; for example, beetroot (red beet) with dill, red cabbage with white wine vinegar, sweet (bell) peppers with white wine vinegar, sweet (bell) peppers with rhyme and bay leaf, lime with pepper and peaches with spices and lemon zest.

RECIPES

Cauliflower and tomato pickles

Divide 2 medium-sized cauliflower into florets and arrange them in layers in a terrine together with 657 g (1 ½ lb) firm tomatoes (quartered), 4 coarsely chopped onions and a chopped cucumber. Sprinkle each layer with an equal quantity of salt – a total of about 200 g (7 oz. 1 cup). Cover completely with cold water, place a sheet of foil over the top and leave in a cool place for 24 hours.

The next day place the vegetables in a strainer and rinse them thoroughly under running

water to wash away the excess salt. Drain and place them in a large saucepan. Sprinkle with 1 teaspoon mustard powder, 1 teaspoon ground ginger and 1 teaspoon black pepper. Then add 250 g (9 oz. 1 ½ cups, firmly packed) brown sugar. Pour in 750 ml (1 ¼ pints, 3 ¼ cups) white wine vinegar and bring to the boil over a medium heat, stirring frequently. Then simmer for 15-20 minutes, continuing to stir, until the vegetables are just beginning to soften but are still firm when pricked with the tip of a knife.

Remove the pan from the heat, put the vegetables in clean jars and completely cover with vinegar. The proportions given make 3 kg (6 ½ pickle. The jars should be stored in a cool, dry place away from the light.

PICKLED. Describing pork or beef that has been preserved by steeping in brine to which saltpetre has been added, and then boiled. For recipes using pickled tongue.

The word is also used to describe vegetables and fruit preserved in brine or vinegar.

PICNIC ‘An informal meal in which everyone pays his share or brings his own dish’, according to the Littré dictionary. That was the original meaning of the word, which is probably of French origin (the French *piquer* means to pick at food; *niq*ue means something small of no value). The word was accepted by the Academie francaise in 1740 and thereafter became a universally accepted word in many languages.

From the informal picnic, the outdoor feast developed. In Victorian Britain picnics may not have been as formal as country-house dinners, but they were often elaborate affairs. Weekend shooting parties and sporting events were occasions for grand picnics with extensive fare still served on some occasions, notably during the evening intervals at the Glyndebourne opera festival and at Henley regatta. Traditional fare, such as smoked salmon sandwiches, raised pies, dressed salmon, chicken *chaud-froid* and strawberries and cream, were often complemented by contemporary alternatives.

The popular family picnic is still an informal meal in the open air, the dishes are usually cold and easy to carry: for example, hard-boiled (hard-cooked) eggs, salads, pates, cold meats, sandwiches, cheeses tarts and fruit. These days, however, with the aid of vacuum flasks, camping stoves and portable barbecues, picnics can take on whole new dimensions with as much hot food as cold on the menu!

PICODON An AOP Goat’s-milk cheese (45% fat content) with a soft centre and a fine natural crust that is baluish, golden or reddish, depending on the name. It comes from the languedocian word *pico* (to sing) – has a strong or nutty flavour. It is produced in several regions and is in season between May and December. Picodon de Dieulefit (in Dauphine) is 6-7 cm (2 ½ in) in diameter and 2-3 cm (3/4- ¼ in) thick; it is steeped in white wine. Picodon de Saint-Agreve (in Languedoc) is slightly larger and has a less pronounced flavour; Picodon de Valreas is eaten when half-ripe.

PICON Very similar to Cabrales, but reputed by some to be even better, this DOP blue cheese from Cantabria in northern Spain may be made with cow’s, ewe’s or goat’s milk. It has a sharply piquant flavour with a lingering complexity.

PICPOUL DE PINET A white wine, one of the named crus from the Coteaux du Languedoc, made exclusively from the Picpoul Blanc grape, which is attracting a lot of interest.

PIE The French have adopted the English word for the classic British and American pies. A pie consists of filling topped with a crust and baked. Pastry is the usual crust, and the filling can be savoury or sweet. The name is said to originate from magpie, the bird notorious for collecting items and hiding them in its nest, reflecting the idea that a mixture of ingredients could be

combined under the pie crust.

Confusion often over the terms pie and tart. Traditionally, the British pie is made in a deep dish and has a pastry lid, but not a pastry base. The traditional pie dish has a wide rim on which to place a strip of pastry to which the top crust can be attracted once the filling is in place. A pie funnel, paced in the middle of the dish to support the pastry lid once the filling has cooked and reduced, allows steam to escape during cooking.

Raised pies are served cold. They consist of pastry completely enclosing savoury filling, and they stand along without a dish or container. Hot water crust pastry is used for the crust. Small pies are traditionally raised by hand, by shaping a ball of pastry over the fist, then placing the filling in the hollow and attaching a lid. Pork is a classic filling for small raised pies. Alternately, the pastry crust may be shaped over jam jars, placed upside down, and it is left until set before removing and filling. Pie moulds are used to shape small or large pie and many more very elaborate. The sides of the mould are removed towards the end of baking the tops of raised pies are garnished with pastry trimmings, and a hole is left to allow steam to escape. Aspic is poured into the cooked pie and left to set before serving. Game and pork are typical filling for large raised pies, in Scotland, small raised pies are filled with lamb in gravy.

A British tart is shallow, baked on a tart plate, which is deeper than a standard dinner plate, with a pastry base and a lid. When a lattice of pastry strips replaces the lid, the tart becomes a lattice tart. British tarts are usually sweet. An apple tart, or plate tart, differs from an apple pie in being shallow and having a

A British tart is shallow, baked on a tart plate, which is deeper than a standard dinner plate, with a pastry base and a lid. When a lattice of pastry strips replaces the lid, the tart becomes a lattice tart. British tarts are usually sweet. An apple tart, or plate tart, differs from an apple pie in being shallow and having a pastry base. The French open tart, with a pastry base but no lid, is now accepted as a tart, particularly when the filling is cooked individual jam tarts or strawberry tarts are traditionally open. In Britain the word flan is often used to describe tarts that consist of a baked pastry case that is filled when cooked. American pies can have a bottom crust but no lid, and they would generally be known as tarts in Britain.

A pie can also have a mashed potato topping, as in shepherd's pie or fish pie.

Savoury pies are usually served as a main course. The best known are chicken pie, steak and kidney pie, game pie, and pork and apple pie. Buffalo and beer pie (make with buffalo meat, vegetables, spices and beer), oyster pie, clam pie and salmon pie are American specialties.

The classic dessert pies are apple pie and plum pie, but almost any stone (pit) fruit can be used as well as pears, blackcurrants, redearants, blackberries gooseberries and rhubarb. American specialties include pecan pie, pumpkin pie and blueberry pie. These dessert pies are traditionally served with custard or cream.

RECIPES

British-style apple pie

Make shortcrust (basic pie) pastry using 225 g (8 oz, 2 cups) plain (all-purpose) flour and 100 g (4 oz. ½ cup) butter. Instead of all butter, half white vegetable fat (shortening) and half butter can be used. Roll out a small portion of pastry into a strip and press this on the dampened rim of a deep pie dish. Peel, core and slice 900 g (2 lb.) cooking apples.

Roll out the remaining pastry and use to cover the top of the pie, dampening the pastry rim with water and pressing the edge firmly to seal in the fruit. Make several slits or a hole in the middle the pie and decorate the top with pastry trimmings. Brush with milk and bake in a preheated oven at 200°C (400°F, gas 6) for 15 minutes. Reduce oven temperature to 180°C (350°F, gas 4) and cook for a further 30 minutes, until the top of the pie is browned. Sprinkle with caster (superfine) sugar and cool slightly before serving.

Chicken pie

Cut a raw chicken weighing about 1.25 kg (2 ¾ lb.) into pieces. Sprinkle the pieces with 100 g (4 oz. 2/3 cup) finely chopped onions and shallots, 150 g (5 oz. 1 ¾ cups) sliced mushrooms and some chopped parsley. Season with salt and pepper. Line a buttered pie dish with 200 g (7 oz) very thin slices of veal seasoned with salt and pepper. Place the chicken in the dish, first the thighs, then the wings and finally the breasts. Cover with 150 g (5 oz) bacon cut into very thin rashers (slices). Add 4 hard-boiled (hard-cooked) egg yolks cut in half. Pour in some chicken stock to three-quarters fill the dish.

Press a strip of puff pastry around the rim of the pie dish, brush with water, then cover the whole dish with a layer a pastry. Seal the edges, then flute with the back of a knife. Brush the whole surface with beaten egg and make a hole in the centre. Bake for 1 ½ hours in a preheated oven at 190°C (375°F, gas 5), just before serving, pour 2-3 tablespoons concentrated chicken stock in into the pie.

French-style double-crust apple pie

Rub 100 g (4 oz. ½ cup) butter into 200 g (7 oz. 1 13/4 cups) plain (all-purpose) flour. Add ½ teaspoons water. Knead to form a soft ball of dough that does not stick to the bowl. Allow the pastry to rest in a cool place for at least 20 minutes, then divide it into 2 unequal pieces.

Butter a china manque mould or deep ovenproof dish. Roll out the larger piece of dough and line the bottom and the sides of the mould. Mix 2 heaped tablespoons plain flour, 2 heaped tablespoons soft brown sugar, a pinch of vanilla powdered, ½ teaspoon ground cinnamon and a pinch of grated nutmeg. Sprinkle half of this mixture over the pastry. Peel 800 g (¾ lb.) pippin (eating) apples, cut into quarters, then into slices. Arrange these on the pastry, forming a dome in the centre. Add a dish of lemon juice and sprinkle with the remaining spice mixture. Roll out the second piece of pastry and cover the pie, sealing the edges with beaten egg. Make an opening in the centre. Glaze the top with the beaten egg. Put in a preheated oven at 230° C (450°F, gas 8). After 10 minutes, reduce the oven temperature to 180°(350°F, gas 4), glaze again with the egg and return to the oven. It may be glazed again a third time if desired. Cook for a total of 50 minutes. Serve on its own, with crème fraiche, blackberry coulis or some ice cream.

Pear pie

Peel the core 4 pears, cut into slices and sprinkle with lemon juice. Arrange the pear slices in a buttered pie dish and sprinkle with 2 tablespoons caster (superfine) sugar; a little ground cinnamon may also be added. Dot with 25 g (1 oz. 2 tablespoons) butter.

Prepare some shortcrust (basic pie) pastry (see short pastry) and put a border around the rim of the dish, brush it with beaten egg and cover the dish with a lid of pastry. press down to seal the edges, then crimp between finger and thumb, brush with beaten egg and bake in a preheated oven at 180°C (350°F, gas 4) for 1 hour. When cooked, dust with sugar and serve very hot.

PIECE MONTEE A large ornamental item of patisserie, formerly very popular, used to decorate the table at a banquet or party. It usually reflects the theme of the other decorations. Such set pieces are much rarer today than in the past, often now being replaced by arrangement of flowers, especially on sideboards. In France the piece manotee is still popular for a wedding or baptism and displays the artistic skills of the confectionery trade.

The piece montee can be made of various ingredients layers of sponge cake or Genoese sponge, nougat; shaped or blown sugar; flowers ribbons and leaves made out of drawn or twisted the sugar, baskets of woven sugar; inedible decorative sugarwork; crests and pompons of spun sugar; crisp petits fours crystallized (candied) fruit; dragees; items of almonds paste, and chocolate shavings. Classic pieces montees a la francaise are constructed on a metal framework with a central pivot the enables trays to the stacked one above the other in tiers. Pieces montees a l'espagnole, on the other hand, consist of separate trays of confectionery arranged in layers one

on top of the outer edges of the tray beneath. Whichever style is chosen the confectioner may give free rein to his or her imagination, working on various subjects, some of which have become standard since the great era of pieces montees when Careme reigned supreme; the harp, the lyre, the globe, the Chinese pagoda, the horn of plenty, the ship, the chapel, the banstand. The waterfall, the Louis XV carriage, the dolphin on the rock, the harvester's basket, the temple and the cart,. Today a simple a popular type of piece montee is the croquembouche made of profiteroles filled sweetened cream, glazed with sugar and arranged on top of one another with glazed fruit.

Pieces montees were very popular in the Middle Ages, when they were very spectacular, of gigantic proportions and often made in the shape of animal, such as the peacock. But it was in the 18th and 19th centuries that the pieces montees reached their greatest heights, depicting allegorical subjects (for which Childboust and Frascati were famous) and pastoral or historic subjects, such as 'The Great St. Bernard Pass' or 'The Episode of the Lodi Bridge'. However, these sumptuous items were rarely edible, and their function was first and foremost a decorative one. Today's pieces montees are more modest but combine pleasure to the eye with pleasure to the taste.

One 'literary' set piece has remained famous. It was conceived by Flaubert for the wedding reception of Madame Bowry: 'At the base was piece of blue cardboard represented a temple with porticoes, colonnades and stucco statuettes all around in tiny niches, embellished with gold stars. Above this, on the second tier, stood a castle keep of Savoy cake, surrounded by tiny fortification made out of angelica, almonds, currant and pieces of orange. Finally on the top tier, was nothing less than a verdant meadow where there were rocks, pools made of jam and boats made out of nutshells. The tiny figure of Cupid could be seen, playing on a chocolate swing, the posts of which were tipped with two real rosebuds.'

PIEDMONT A quality wine-producing region in northern Italy making intense, full-bodied wines from the renowned Nebbiolo grape variety including DOCG Barolo, Babaresco and Gattinara, DOC wines includes those produced from Barbera, the lighter style Dolcetto, Bonarda, Cortese and Moscato. Sparkling wines are also produced, notably Moscato d'Asti – sweet, aromatic and sometimes with a delicate sportiz, and Asti or Asti Spumante, produced through natural bottle or tank fermentation and ideal drunk with deserts.

PIEDS ET PAQUETS A speciality of Provence, consisting of stuffed sheep's tripe tied up to form small packets (paquets) and simmered in white wine and stock with bacon and sheep's trotters or feet(pieds). Sometiems called pieds-paquets or pieds-en-paquets, the dish apparently originated in the Restaurant de la Pomme, on the outskirts of Marseille.

RECIPE

Pieds et paquets de la pomme

Clean a sheep's tripe and cut it into 8 corner of each piece. In the middle of each place a spoonful of a minced (ground) mixture of 100 g (4 oz) raw ham, 100 g (40 oz) lamb's mesentery, a garlic clove and a bunch of parsley. Roll each piece of tripe around the stuffing and form a packet (paquet by pushing one corner of skin into the slit; tie if necessary.

Clean, blanch and single some sheep's trotters (pieds), in a flameproof casserole place 100 g (4 oz. ¾ cup) diced bacon, 1 leek and a thinly sliced onion. Brown them, then add a sliced carrot and 2 tomatoes, peeled, seeded and crushed. Cover with 500 ml (17 fl oz. 2 cups) white wine and 2 litres (3 ½ pints, 9 cups) meat stock, then add the trotters and the 'packets'. Add a bouquet garni 2 crushed garlic cloves, salt, pepper and 2 cloves. Cover and seal the lid with a flour-and-water paste. Simmer very gently for 6-7 hours.

Open the casserole, remove the 'packets' (untie then if necessary) and remove the bones

form the trotters. Skim of excess fat from the stock and reduce to the desired consistency by simmering with the lid off until ready to serve.

PIEMONTAISE, A LA Describing various dishes that incorporate a risotto, sometimes accompanied by white Piedmont truffles. Arranged in a variety of ways – in darioles, in timbale moulds or a conquettes – the risotto is used to garnish poultry, meat and fish. The term a la piemontaise also refers to dishes of the Piedmont region of northern Italy that do not necessarily feature truffles, such as polenta, ravioli and macaroni, pastries a la piemontaise are usually based on hazelnuts, another famous product of Piedmont.

RECIPES

Artichoke hearts a la piemontaise

Cook some artichoke hearts in butter. Prepare a risotto a la piemontaise and garnish each artichoke heart with a dome of 2 tablespoons risotto. Sprinkle with grated Parmesan cheese and a little melted butter and brown in a very hot oven. Serve with tomato sauce.

Atteraux a la piemontaise

Prepare some polenta; season with salt and pepper. Spread it over a lightly oiled square baking sheet and allow to cool completely. Cut into 4 cm (1 ½ in) squares and thread on to skewers. Coat in breadcrumbs and deep-fry in hot oil at 175-180°C (347-356°F) until brown. Drain on paper towels and arrange on a dish garnished with fried parsley. Serve with a well-reduced tomato sauce.

Fillets of mackerel a la piemontaise

Prepare a risotto a la piemontaise using 200 g (7 oz. 1 cup) rice. Fillet 4 mackerel; wash and pat them dry with a clean cloth or paper towels, then dip in breadcrumbs and fry in butter on both sides. Butter a long serving dish, cover with the risotto and arrange the fillets on top. Garnish with quarters of lemons. Serve with a slightly thickened tomato sauce.

Piemontaise sauce

(from Careme's recipe) finely dice 2 large onions and brown in clarified butter. Strain, then cook in a good stock, skimming off all the fat. Blend in enough béchamel sauce to accompany an entrée, together with 225 g (8 oz. 2 cups) diced Piedmont truffles and 2 tablespoons pine nuts (kernels). After the sauce has boiled for a short while, add a little chicken glaze, a little garlic butter and the juice of 1 lemon (The quantity of truffles can be reduced without affecting the recipe.)

spring chickens a la piemontaise

prepare a risotto a la piemontaise, using 250 g (14 oz. 2 cups) finely minced (ground) sausage meat and the minced livers of 4 spring chickens (poussins). Season the chickens with salt and pepper, stuff with the forcemeat, truss, and cook in a casserole containing 50 g (2 oz. ¼ cup) butter in a preheated oven at 180°C (350°F, gas 4) for about 50 minutes. Place the risotto in a ring on a heated serving dish, arrange the chickens in the centre and keep warm. Deglaze the casserole with 300 ml (1/2 pint, 1 ¼ cups) white wine and 3 tablespoons tomato puree (paste). Reduce by half, thicken with 1 tablespoon beurre manie, add 3 tablespoons freshly chopped parsley and pour this sauce over the chickens.

Veal chops a la piemontaise

Season 4 veal chops with salt and pepper; dip them in flour, beaten egg and, finally, fresh breadcrumbs mixed with grated parmesan cheese – 40 g (1 ½ oz. ½ cup) Parmesan to 50 g (2 oz.

1 cup) breadcrumbs. Cook gently in 40 g (1 ½ oz. 3 tablespoons) clarified butter. Serve with squares of risotto a la piemontaise, prepared with 20 g (7 oz. 1 cup) rice, and a well-reduced tomato sauce.

PIERRE-QUI-VIRE A soft cow's-milk cheese (45% fat content) from Burgundy with a reddish, washed crust. Pierre-qui-Vire is a disc, 10 cm (4 in) in diameter and 2.5 cm (1 in) thick, weighing 200 g (7 oz). Made by the monks of the abbey of the same name, it has a taste similar to Epoisses. Badly formed cheeses are reshaped and flavoured with fines herbes to make Bouette de la Pierre-quivire.

PIGEON A domesticated or wild bird of which several species are eaten as poultry or game. Young pigeons (squabs; pigeonmeaux in French) are particularly tender and are usually roasted. The rock dove, which still lives in the wild in Brittany, Provence and in mountainous regions of southern Europe, is the ancestor of all the varieties of domestic pigeon. The most common wild pigeon in France is the wood pigeon or ring dove. Its flesh is denser and more highly flavoured than the domestic pigeon, although both are prepared in the same way. Most recipes for woodcock are applicable to pigeons. Casseroles, stews, ballotines, pates and ragouts are suitable for older birds, whereas younger and more tender birds are good roasted, grilled (broiled) a la crapaudine, sautéed and en papillotes. It is customary to leave the liver inside when dressing the bird since pigeon's liver does not contain bile. Otherwise it is drawn and prepared like other poultry. Young pigeons are only very lightly barded, if at all, whereas it is essential for adult birds.

Pigeon has been a popular dish since the Middle Ages and was much in vogue during the reign of Louis XIV, especially served with peas. The French cook La Verenne gives a recipe for pigeon and gree-pea stew in which the birds are poached in stock and then garnished with lettuce, peas and pieces of bacon.

RECIPES

Dressing roasting pigeons

To pluck the birds more easily, chill for a few hours in the refrigerator; the flesh will tighten and there will be less danger of tearing. Pluck each bird beginning with the large wing feathers, then the tail and proceed upwards to finish at the head. Singe and draw. Place a thin rasher (slice) of bacon on the back and breast of the birds. Truss by folding the head down between the wings.

Pigeon compote

Season 4 pigeons with salt and pepper, inside and out, then place 3-4 juniper berries and 1 tablespoon mare brandy in each bird. Turn the birds over so that the brandy is evenly distributed inside. Put a thin strip of bacon over the breast and truss. Brown the pigeon in a flameproof casserole containing 50 g (2 oz. ¼ cup) butter, then remove, drain and keep warm.

In the same butter, brown 20 small (pearl) onions and 100 g (4 oz. 2/3 cup) smoked streaky bacon, cut into small pieces. Then add 150 g (5 oz. 1 2/3 cups) thinly sliced mushrooms. When these have turned a good golden colour, add a bouquet garni, 200 ml (7 fl. oz. ¾ cup) white wine and the same quantity of chicken stock. Reduce by two-thirds, return the pigeons to the casserole, cover and bring to the boil. Then cook in a preheated oven at 230°C (450°F, gas 8) for 30 minutes. Remove the bouquet garni, until the pigeons, arrange them on a heated serving dish and spoon the cooking liquid over.

Pigeons a la nicoise

Peel 18 small pickling (pearl) onions. Put them in a flameproof casserole with 20 g (1/4 oz. 1 ½ tablespoons) butter. Season with salt and pepper. Add 3 tablespoons water, cover and cook for

20 minutes over a moderate heat. Melt 40 g (1 ½ oz. 3 tablespoons) butter in a braising pan, add 6 pigeons, turning them over so they brown on all sides. Add 1 crumbled bay leaf and 2 pinches of winter savory. Pour over 100 (4 fl. oz. 7 tablespoons) dry white wine and incorporate the drained onions. Simmer for 15 minutes. Add 200 g (7 oz.) small black olives and cook for another 5-10 minutes. Steam 1 kg (2 ¼ lb.) sugarsnap (snow) peas. Put them in a serving dish and arrange the pigeons on top, garnished with the olives, onions and a few fresh bay leaves and sprigs of savory.

Roast pigeons, shallots vinegar

Debone 2 pigeons, each weighing about 375 g (1 ¼ lb.). in a medium saucepan, prepare a stock with the carasses, 1 carrot and 2 onion cut into slices, a bouquet garni, 150 ml (1/4 pint, 2/3 cup) white wine, salt and pepper. Add just enough water to cover and cook for 30 minutes. Strain the stock and boil down to reduce by a third to a half; the exact volume of stock will depend on the size of the pan and volume of water added.

Fry the pieces of pigeon in 1 tablespoon of olive oil, turning occasionally, until just cooked; deglaze with 2 tablespoons shallot vinegar then add the pigeon stock.

Boil 800 g (1 ¾ lb) potatoes in their skins. Peel them, then mash with a fork, adding 100 g (4 oz. ½ cup) butter and 2 teaspoons ground cumin, Use two spoons to scoop the potatoes in quenelle shapes. Arrange the pieces of pigeon on 4 plates, surround with the quenelles and pour over the sauce.

Squab a la minute

Split the bird in half lengthways. Remove the small bones, gently flatten the 2 halves and fry quickly in butter. When the squab is almost cooked, add 1 tablespoon chopped onion lightly fried in butter. Finish cooking. Arrange the squab on a dish and keep warm. Dilute the pan juices with a dash of brandy, thicken with a little dissolved meat essences and add 1 ½ teaspoons chopped parsley. Pour the sauce over the bird.

Squabs en papillotes

Take 4 squabs and split each in half lengthways. Remove as many bones as possible, especially the breastbone. Season each half with salt and pepper, and fry in a casserole containing 50 g (2 oz. ¼ cup) butter to seal them. Prepare a duxellies from 40 g (1 ½ oz. ½ cup) mushrooms and 200 g (7 oz. 1 ¼ cups) raw unsmoked ham. Cut out 8 heart-shaped pieces of greaseproof (was0 paper, all each pieces lightly on one side and spread with the duxellies. Place a pigeon half on each and fold over the edges of the papillotes to seal. Cook in a preheated oven at 230°C (450°F, gas 8) until the paper cases have swollen and browned (about 15 minutes.)

Squabs with peas

Season 4 squabs with salt and pepper inside and out. Truss, then brown on all sides in 50 g (2 oz., ¼ cup) butter in a flameproof casserole. Remove and drain. Dice 150 g (5 oz. ¾ cup) slightly salted streaky bacon, scald for 5 minutes in boiling water then drain and cool. Peel 12 small (pearl) onions. Brown the bacon and onions in the butter in which. Brown the bacon and onions in the butter in which the pigeons were cooked, then, without removing them, deglaze the casserole with 175 g (6 fl. oz. ¾ cup) white wine and 175 ml (6 fl. Oz. ¾ cup) stock. Reduce by half.

Return the pigeons to the casserole and add 800 g (1 ¾ cups) fresh peas, shelled, 1 lettuce heart and a bouquet garni. Season with salt and pepper, cover and cook in a preheated oven at 220°C (425°F, gas 7) gently for about 30 minutes. Adjust the seasoning, remove the bouquet garni and serve from the casserole. The peas may be flavoured with savory if wished.

Stuffed pigeons with asparagus tips

Starting at the backbone, bone 4 pigeons, each weighing about 400 g (14 oz.). prepare a forcemeat with 250 g (9 oz.) noix of veal, 250 g (9 oz) fat bacon, 250 g (9 oz) calves' sweetbreads and 250 g (9 oz) fole gras. Chop all these ingredients very finely and add 25 g (12 oz. ¼ cup) broken truffle pieces and 1 whole egg. Blend together. Stuff the pigeons and then wrap each in a caul (caul fat), which will prevent the skin from drying while they are cooked.

Place the pigeons in a flameproof casserole, cover and cook over a gentle heat for about 15 minutes. Remove the pigeons, deglaze the casserole with 4 tablespoons vermouth the reduce over a brisk heat before pouring the sauce over the pigeon.

Serve with a gratin of asparagus tips prepared as follows: boil 32 asparagus tips in plenty of salted water, spread on a buttered gratin dish, cover with 100 ml (4 fl. 7 tablespoons) crème fraiche blended with 1 beaten egg yolk and brown under the grill (broiler).

PIGEON PEA Also known as Ango pea and cajan. A pulse vegetable consisting of pale green to dark red seeds enclosed in long pods; the shrub itself is native to Asia but is also cultivated in Africa and the West Indies. The peas are used either fresh or dried, in purees or as a base for sauce. A type of flour made from the peas used to prepare fritters and cakes.

PIGOULLE A soft cheese from poitou made from sheep's milk or cow's milk (45% fat content), lightly crushed with mould. Pigouille is a small round cheese weighing about 250 g (9 oz.). It has a mild, creamy flavour, like Caillebottle. The word pigouille originally referred to the long pole used to steer the flat-bottomed boats of the Poitou marshes.

PIKE brochet A freshwater fish with a long head and strong jaws equipped with hundreds of small sharp teeth. The body is long and thin, marbled with green or brown, and the belly is silvery, Nicknamed grand loup d'eau (water wolf) in the Middle Ages because of its voracious nature, pike was much appreciated at the royal table and was reared in the Louvre fish ponds. It measures from 40 cm (16 in) – the minimum size below which it is not allowed to be fished – to 70 cm (28 in); exceptional fish may reach up to 1.5 m (5 ft) and weigh up to 25 kg (55 lb.) but, over 4 kg (9 lb.), the flesh is good only for quenelles and mousses.

In addition to the traditional preparation au beurre blanc, pike is prepared with white wine; a la juare or roasted. At spawning time the roe and eggs are slightly toxic (but they are eaten in some countries, especially Romania). River pike are better than those from ponds.

RECIPES

Pike au beurre blanc

Gut (clean) the pike, clean it carefully and cut off the fins and tail. Prepare a court-bouillon in a fish kettle and boil for about 30 minutes. Add the pike. As soon as the court-bouillon starts to boil again, reduce the temperature to keep it at a barely perceptible simmer. After 12-20 minutes remove the fish kettle from the heat.

Meanwhile, prepare the beurre blanc boil down some vinegar containing 2-3 chopped shallots and freshly ground pepper (one turn of the pepper mill); when it has reduced by half remove from the heat. Soften a large piece of butter – about 225 g (8 oz. 1 cup) to 2 tablespoons reduced vinegar – On a plate using a spatula and incorporate it gradually in the vinegar, into the vinegar, beating vigorously with a whisk. It will turn frothy without becoming liquid and will acquire its characteristic whiteness. Drain the pike, arrange on a long dish and coat with the beurre blanc, adding fresh sprigs of parsley. Alternatively, serve the beurre blanc separately in a sauceboat.

Alternative recipe Wash the pike in plenty of water, sprinkle with fine salt and leave for about 15 minutes. Wash again and place in the fish kettle, surrounded with parsley, 2 sliced onions, 2 quartered shallots, 2 garlic cloves, 8-20 or the green part of a leek, a sprig of fresh thyme, a bay

leaf and a few slices of carrot; season with salt and pepper. Cover with sprigs of parsley and add enough dry white wine to cover the whole fish. Leave to marinate for 1 hour. About 35 minutes before serving, place the fish kettle over a high heat; as soon as it begins to bubble, reduce the heat and simmer as gently as possible.

While it is cooking prepare a *beurre blanc* as in the first recipe, using 250 g (9 oz. 1 cup) slightly salted butter. Keep the *beurre blanc* warm in a bain for a few seconds on a cloth and place on a long, very hot dish. Using the blade of a knife, quickly slit the middle of the side, from the head to the tail, following the lateral line. Detach and remove the main bone, holding the head in the left hand, then reshape the fish. Quickly stir the *beurre blanc* with a spatula to mix the shallots in well, pour over the pike and serve.

Pike au bieu

This method is used mostly for cooking young or very small pike. Cook the fish in a court-bouillon prepared as for trout au bleu. Drain place on a napkin and garnish with fresh parsley. Serve with melted butter or with one of the sauces recommended for poached fish. To accompany the fish serve boiled potatoes, various purees (celery, turnip, onion), leaf spinach or broccoli.

Pike du meunier

Scale, beard, gut (clean), remove the heads from, and wash 3 young pike, each weighing 675-8—g (1½-1¾ lb.). cut into pieces and season; dip in milk and then flour. Cook gently in a sauté pan with 200 g (7 oz. ¾ cup) butter and 1 tablespoon oil. Separately, soften 4 medium chopped onions in butter. When the pieces of pike are lightly coloured, add the onions and 3 tablespoons very good white vinegar. Reduce by half, season with salt and pepper and serve each portion with 2 croutons cooked in butter.

Pike in vinegar

Take a pike weighing about 1.5 kg (3 lb.). remove the fillets and season with salt and pepper, then dust with flour. Cook them a la meuniere, but then deglaze with white wine vinegar; reduce add 3 tablespoons fresh double (heavy) cream, and bind with a little bichamel. Pour the sauce over the fillets. Serve with a sprinkling of chopped parsley.

Terrine of pike with Nantua sauce

Cut the fillets from a pike weighing about 1.5 kg (3¼ lb) and remove the skin. Cut the fillets from the belly into narrow strips, then into dice.

Prepare a frangipane by mixing 100 g (4 oz. 1 cup) plain (all-purpose) flour, 40 g (1½ oz. 3 tablespoons) butter and 3 egg yolks with 200 ml (7 fl. oz. ¼ cup) hot milk. Work this mixture over the heat, until the dough collects in a ball around the spatula. Then spread the frangipane on a button mushrooms and chop 4 or 5 shallots.

Brown the dice pike in butter in a frying pan, then add the mushrooms and brown, finally add the shallots, but do not allow them to change colour. Remove all ingredients with a skimming spoon and pour 100 ml (4 fl. oz. 7 tablespoons) good dry white wine into the frying pan, stir with a spatula to deglaze, then replace the ingredients and add 25 g (1 oz. ½ cup) chopped parsley. Remove from the heat.

Pound or finely chop the remaining flesh of the pike (about 500 g.18 oz.); season liberally with salt and pepper. Add the cooled frangipane in small pieces, then 3 unwhisked egg whites. Mix well, then pas twice through the mincer (or chop finely in food processor). Beat the mixture with 350 ml (12 fl. oz. 1½ cups) double (heavy) cream and add the diced fish, mushrooms and shallots.

Generously butter a flameproof pate dish and heap the mixture into it. Cover and place in a bain marie. Bring to the boil on top of the stove. Then place in a preheated oven at 180°C

(350°F, gas 4) and cook gently for about 1 ½ hours. The top of the terrine should turn pale gold, but not down. Serve the terrine in the container in which it was cooked, with Nantua sauce.

PIKE-PERCH sandre a large fish of the perch family, living in rivers and lakes, which can reach a length of 1 m (39 in). and a weight of 15 kg (33 lb.) its back is greenish-grey, striped with dark bands; the gills and dorsal fins have hard spines, which are difficult to remove, as are the scales, which are light and tend to fly around and adhere to the hands when scraped. The delicate flesh is firm and white and has few bones, it is prepared in the same way as pike or perch. The pike-perch comes from central Europe, in France it is caught in the Doubs, the Soane and in the small lakes into which it has been introduced.

Smaller than the European pike-perch, the fish is called dore in Canada because of its golden scales. There are blue, green and yellow varieties, particularly appreciated by fishermen for their fighting spirit. It is cooked like perch or other fin-fleshed fish.

RECIPES

Fillets of pike-perch with cabbage

Trim and clean a pike-perch weighing about 1.5 kg (3 ¼ lb.). remove the 2 filets, trim and wash them then cut each in half.

Prepare the flavourings for a court-bouillon: a carrot a celery stick, 2 small white young onions, a shallot, a garlic clove, a bouquet garnis with a sprig of tarragon, a sage leaf and the green part of a leek added, and a muslin (cheesecloth) bag containing 3 lightly crushed peppercorns, a clove a star anise and 2 coriander seeds. Put all these ingredients in a large saucepan with 1 ½ teaspoons coarse sea salt and 500 ml (17 fl. oz. 2 cups) water, boil for 5 minutes and leave to cool.

Cut away the thick ribs from the leaves of a small green cabbage weighing 675-800 g (1 ½ - 1 ¾ lb), wash the leaves and blanch for 8 minutes in boiling water. Drain, squeeze in a sieve and keep warm.

Prepare the sauce: in a large bowl put ½ teaspoon table salt, a pinch of freshly ground pepper and 4 tablespoons wine vinegar, beat in 150 ml (1/4 pint 2/3 cup) olive oil and keep in a warm place.

Arrange the pike-perch fillets in a fish kettle, on top of the vegetables from the court-bouillon, and just cover with the cooled court-bouillon; add 100 ml (4 fl. oz. 7 tablespoons) spirit vinegar and the juice of half a lemon. Bring to the boil, cover, remove from the heat and leave to poach for 5-8 minutes. Arrange the cabbage leaves in the serving dish. Lift out the fillets with a fish slice, removing any vegetables, and arrange on top of the cabbage. Pour the sauce over and sprinkle with 3 small young onions, finely chopped, and 1 tablespoon chopped chives.

Marinated pike-perch with cardoons

Finely chop 5 garlic cloves, a small bunch of parsley and 2 thyme sprigs. Mix with the juice of 2 lemons and 150 ml (1/4 pint, 2/3 cup) olive oil in a large shallow dish. Lay 4 pike-perch cutlets in the dish, turning them once in the marinade to make sure they are well coated. Cover and leave in a cold place for 2-3 hours.

Trim 2 kg (4 ½ lb.) cardoon stalks and cut them into 2.5-5 cm (1-2 in) lengths. Cook the cardoons in boiling salted water, adding a little lemon juice, for 1 hour. Peel 300 g (11 oz) pickling onions and brown them gently in butter, turning occasionally so that they are evenly glazed. Set the onions aside to keep hot. Drain the cardoons and return them to the pan; add a knob of butter and keep them hot.

Remove the fish cutlets from the marinade. Pour the marinade into a saucepan and heat it gently then cover and leave to infuse over a low heat for about 30 minutes, stirring occasionally. Grill (broil) the fish cutlets until golden on both sides. Arrange the buttered cardoons on a serving platter or individual plates and top with the fish cutlets. Add the glazed onions, then

spoon the sauce over the fish and vegetables.

Pike-perch and oyster-mushroom salad

Peel and wash 657 g (1 ½ lb) oyster mushrooms; slice thirty, sauce briskly in 100 ml (4 fl. oz. 7 tablespoons) olive oil with salt and pepper and drain. Gently heat 2 tablespoons vinaigrette with 2 tablespoons cream until warm; add the mushrooms and a vegetable julienne made from 1 carrot, ¼ celeriac, 100 g (4 oz) French (green) beans and 1 turnip all stewed in butter. Season 4 fillets of pikeperch, each weighing 200 g (7 oz), and cook in a covered dish in a preheated oven at 180°C (350°F, gas 4) for about 20 minutes. Serve with the oyster mushroom salad, pouring a few drops of vinegar over each fillet just before serving.

PILAF also known as pilau. A method of preparing rice that originated in the east. The word is Turkish and is related to the Persian pilaou (boiled rice). In the basic recipe the rice is browned in oil or in butter with onion, then cooked in stock; halfway through cooking, vegetables, meat or fish may be added. Pilaf is always spiced, sometimes with saffron, particularly in paella.

There are many variations of pilaf, including garnishes of seafood, shrimps, prawns, lobster, foie gras, sautéed chicken livers, lamb's sweetbreads, sheep's kidneys, fish in sauce, minced (ground) meat or thinly sliced chicken. The rice is often moulded in the shape of a crown and the garnish in its sauce is arranged in the centre. Pilaf rice can also be moulded in darioles, as a garnish for meat, fish or poultry.

RECIPES

Chicken pilaf

Prepare some pilaf rice as in the recipe for garnished pilaf. Select a chicken weighing about 1.25 kg (2 ¼ lb) and divide it into 8 pieces. Season with salt and pepper and cook in a flameproof casserole containing 50 g (2 oz, ¼ cup) butter. Remove with a draining spoon. Add to the casserole 1 tablespoon chopped onion, 175 ml (6 fl. oz. ¾ cup) dry white wine, 200 ml (7 fl. oz. ¾ cup) chicken stock, 1 tablespoon well-reduced tomato sauce, a crushed garlic clove and a bouquet garni. Cook this sauce for 5 minutes, stirring, then strain and return it to the casserole with the pieces of chicken reheat thoroughly. Shape the pilaf rice into a ring on the serving dish and pour the chicken and its sauce into the centre. Serve hot.

Garnished pilaf

Thinly slice and chop 1 large onion. Heat 3 tablespoons olive oil in a flameproof casserole. Measure 250 g (9 oz. ¼ cups) long-grain rice. Test the temperature of the oil by tossing a grain into it; when the grain begins to change colour, pour in all the rice at once and stir with a wooden spoon until the grains are transparent. Incorporate the chopped onion and stir. Add to the rice 2 ½ times its volume of stock or boiling water and season with salt, pepper, a small sprig of thyme and half a bay leaf. Stir, cover, reduce the heat and cook gently for 16-20 minutes. Turn off the heat. Remove the thyme and bay leaf, then place a cloth under the lid to absorb the steam. Butter may be added just before serving.

Mould the rice to form a ring and fill the centre with any of the following garnishes; slices of foie gras and truffles, sautéed in butter and sprinkled with their cooking juices deglazed with a little Madeira; poultry liver and mushrooms, sliced, sautéed in butter and flavoured with garlic, shallots and parsley, halved lamb's kidneys sautéed in butter and sprinkled with their cooking juices deglazed with white wine and enriched with butter, or fish in sauce (bream in white wine or a l'Americaine, tuna en double or monkfish o l'Americaine.)

Shellfish pilaf

Dice 150 g (5 oz) cooked crab, lobster or langoustine meat. shell 150 g (5 oz) cooked shrimps and

toss in butter. Cook 500 ml (17 fl. oz. 2 cups) mussels (or cockles or clams) a la mariniere, allow them to cool in the cooking juices, then remove the shells and keep warm. Strain and measure the cooking juices and dilute with boiling water to obtain 680 ml (23 fl. oz. 3 ¾ cups) liquid. Wash and drain 300 g (11 oz. 1 ½ cups) long-term rice. Heat 4 tablespoons olive oil in frying pan; add the rice and stir. When it is transparent, add the diluted mussel juice, salt and pepper; cover and cook for 15 minutes. Then add the shellfish meat (bound with lobster or langouste butter), the shrimps and the mussels, serve piping hot.

PILCHARD A small fish related to the herring and sprat; young pilchards are called sardines. Pilchards are often sold canned in oil or tomato sauce.

PILI-PILI A small, hot-tasting. African pepper, the name of which is a corruption of the Arabic felfel (strong pepper). Its use is virtually confined to Africa (especially Senegal) and Reunion Island. Crushed with ground seeds and tomato pulp, it is a basic ingredient of rougail and numerous sauces. In Africa pill-pill is eaten with semolina, foulou, meats and griddle cakes.

PAMBINA A'gonquin Indian name used in Canada to describe the fruit of the trifoliate viburnum, a shrub of the Caprifoliaceae family. These berries, which remain hanging by their stalks all winter, are much appreciated by game birds such as grouse, whose flesh it flavours. The berries become soft in severe frost, and this is when they are picked to make a bright, rather bitter red jam or jelly, which is a perfect accompaniment to game.

PINCER A French culinary term meaning to brown certain foods, such as bones, carcasses or flavouring vegetables, in the oven with the addition of very little or not fat, before moistening them to make a brown stock. The word also means to caramelize meat juices slightly in their cooking fat before skimming off the fat and diluting the juices to make gravy.

The word also means to crimp up the edges of pies or tarts before cooking to improve their appearance.

PINEAPPLE A tropical plant whose fragrant fruit weighing 1-25 kg (2 ¼ - 5 ½ lb), resembles a large pine cone and is topped with a cluster of green leaves. When the fruit is ripe the skin colour changes quite yellow-brown, the fruit may be over-ripe. Its russet skin, covered with lozenge-shaped scales, encloses the juicy yellow flesh. Spines, or short prickly spikes, on the skin are firmly implanted in the flesh and have to be cut out with the point of knife. A hard core runs down the centre of the fruit.

Discovered in Brazil by Jean de Lery in the 16th century, the pineapple was introduced first into England and then France. The earliest pineapples repined under glass were presented to Louis xv in about 1733. Still rare and expensive at the beginning of the 19th century, this fruit is now widely grown in the West Indies, Africa and Asia and is common in European markets, particularly in winter. There are many varieties, ranging from miniature fruit suitable for one or two portions to very large specimens. Some are quite tart and mild in flavour, others are sweet, fragrant and luscious. There are a few pineapple products: it is widely consumed canned in syrup or juice and as pineapple juice. Semi-dried pineapple is available for use in sweet dishes and baking and candied pineapple is very sweet.

Pineapple may be served plain or with kirsh in salads and in numerous sweets and desserts. It can also be used to dress fatty meats (pork and duck, as in Creole, Asian and West Indian recipes)

Because fresh pineapple deteriorates in temperatures lower than 7°C (45°F), it is not advisable to store it in the refrigerator. When served plain, it is better to cut it along its length, as it is sweeter at the base. Round slices are always served with the tough central core removed.

RECIPES

Savoury Dishes

Caribbean chicken with pineapple and rum

Season a large thicken inside fat, butter or oil and dust with a pinch of ginger and cayenne. Chop 2 large onions and 1 shallots and soften them in the fat around the chicken. Pour 3 tablespoons rum over the chicken and set light to it. Then add 60 ml (2 fl. oz. ¼ cup) pineapple syrup and 1 tablespoon lemon juice. Cover and cook in a preheated oven at 180°C (350°F, gas 4) for 45 minutes. Dice 6 slices of pineapple and add them to the casserole. Add salt and pepper and cook for about 10 more minutes.

Duck with pineapple

Prepare a young duck, season its liver with salt and pepper and replace inside the carcass. Slowly brown the duck in butter in a flameproof casserole for 20 minutes, add salt and pepper, and then flame it in rum. Add a few tablespoons canned pineapple syrup. 1 tablespoon lemon juice and 1 tablespoon black pappercorns. Cover the dish and finish cooking (50 minutes altogether). Brown some pineapple slices in butter and add them to the casserole 5 minutes before the end of the cooking time. Check the seasoning. Cut the duck into pieces and arrange on a warm plate. Garnish with the pineapple and pour the cooking juices over the top.

Loin of pork with pineapple

Brown a loin of pork in a flameproof casserole with a little butter and oil. Add salt and pepper, cover the casserole and cook gently for about 1 ½ hours, either on the top of the stove or in a preheated oven at 200°C (400°F, gas 6). Brown some pineapple slices and apple quarters in butter and add them to the casserole 5 minutes before the end of the cooking time. Place the pork with the apples and pineapple on a warm plate and keep hot. Deglaze the casserole with a little hot water or rum and serve this separately as a sauce.

Sweet dishes

Apple and pineapple jam

Dice 450 g (1 lb) peeled and cored cooking apples and 450 g (1 lb) peeled pineapple. Simmer the fruit in 4 tablespoons water until soft. Stir in 900 (2 lb.4 cups) preserving sugar until dissolved. Boil the jam rapidly until setting point is reached. Pot and cover as usual.

Iced pineapple a la bavaroise

Choose a large, well-shaped pineapple with a good cluster of fresh leave. Cut off the top 1 cm (1/2 in) below the crown and set aside. Scoop out the flesh, leaving an even 1 cm (1/2 in) thickness around the outside. Fill the inside with a mixture of pineapple. Bavarian cram and a salipicon of pineapple soaked in white rum. Leave to set in a cool place or on ice. Replace the top of the pineapple before serving.

Iced pineapple a la broubonnaise

Prepare a large pineapple, scooping out the flesh as for iced pineapple a la bavaroise. Soak the chopped flesh in rum. Sprinkle the inside of the pineapple case with 2 tablespoons white rum and leave in a cool place for about 2 hours. Just before serving, fill the pineapple case with alternate layers of rum ice cream and the soaked flesh. Replace the top and arrange the pineapple on a napkin or in a fruit bowl, surround with crushed ice.

Iced pineapple a la Chantilly

This dish is prepared in the same way as iced pineapple a la bourbonnise, but the rum ice cream is replaced with a mixture of vanilla ice cream and whipped cream.

Iced pineapple a la parisienne

This dish is prepared in the same way as iced pineapple a la bourbonnise, but with banana ice cream. Each layer of ice cream is scattered with blanched sliced almonds.

Pineapple ice

Add the crushed flesh of half a fresh pineapple to 500 ml (17 fl. oz 2 cups) sugar syrup and leave to soak for 2 hours. Reduce to a puree in a blender and flavour with rum. Measure the density with a syrup hydrometer and adjust the sugar content as necessary to achieve a density of 1,609. Freeze in an ice-cream maker.

Pineapple surprise

Cut a pineapple in half lengthways through the whole fruit, including the leaves, and scoop out the flesh carefully, making sure you do not damage the skin. Cut the flesh into small, equal-sized cubes and macerate in 100 g (4 oz. 1 1/2 cup) caster (superfine) sugar and 3 tablespoons light rum for 2 hours.

Bring 500 ml (1 pint. 2 1/4 cups) milk to the boil with a vanilla pod (bean) cut in half. Beat 1 whole egg and 3 egg yolks with 100 g (4 oz. 1/2 cup) caster sugar. When the mixture is white and foamy, add 65 g (2 1/2 oz. Cup) plain (all-purpose) flour and stir to obtain a very smooth mixture. Pour the hot milk on to this mixture, very slowly so as not to cook the yolks and make the mixture curdle. Return to a low heat and whisk briskly until the custard has thickened. Remove from the heat. Drain the pineapple and add the rum-flavoured in syrup to the crème patissiere. Chill the mixture in the refrigerator. Reserve a few pieces of pineapple for decoration, then add the rest to the crème patissiere. Fold in 3 very stiffly whisked egg whites and 100 ml (4 fl. oz. 7 tablespoons) crème fraîche. Fill the pineapple halves with this mixture. Decoration with the reserved pineapple and a few wild strawberries. Add a little finely pared lime rind if liked. When they are available, small pineapples can be used, allowing 1/2 per portion.

PINEUAU DES CHARENTES A sweet aperitif made in the Charentais by 'stopping' grape juice from fermenting by the addition of Cognac. It varies according to the maker, in both colour and style, and said to date from the time of Francois 1. It can be served with melon or even with foie gras and features in some regional recipes.

PINE NUT Also known as pine kernel. The small oblong edible seed of the stone pine, which grows in the Mediterranean region. Surrounded by a hard husk, pine nuts (or pignolet, as they are known in the south of France) are extracted from between the scale of the pine cones.

Pine nuts taste a little like almonds but are sometimes more resinous and spicy. Pine nuts are sometimes eaten raw or used in a variety of dishes, but they are often lightly browned in a dry frying pan to bring out their flavour. They are often used to garnish rice dishes in India and in Turkey, where they are also used in stuffed mussels, poultry forcemeats and mutton balls. In Italy pine nuts are used in sauces for pasta, fish forcemeats, fillings for omelette and to flavour sautéed chicken. In Provence they are used in charcuterie, in fourte aux bettes nicoise and in a raw vegetables salad dressed with olive oil. They are also used in patisserie – for macarons and biscuits (cookies - and in other recipes.

RECIPES

Pine-nut crescents

Boil 4 tablespoons water with an equal quantity of sugar in a small saucepan, then remove the syrup from the heat. In a mixing bowl blend 50 g (2 oz. 1/2 cup) plain (all-purpose) flour with 150 g (5 oz. 1 1/4 cups) ground almonds, 200 g (7 oz. 1/4 cup) caster (superfine) sugar and 3 egg

whites. When the dough is quite smooth, divide it into 30 pieces and shape into small crescents. Cover a baking sheet with lightly oiled greaseproof (was) paper. Dip the crescents in beaten egg, then roll them in 200 g (7 oz. 2 cups) pine nuts. Arrange the crescent on the baking sheet and bake in a preheated oven at 200 °C (475°F, gas 9). Arrange them on a serving dish. Remove the fat from the cooking liquor, reduce and strain it, and pour it over the pinions.

Serve with one of the following garnishes: Choisy, financiere, forestiere, Godard, jordiniere, languedocienne, macedoine, milanaise, piemontaise, rice pilaf or risotto. Braised pinions may also be garnished with all kinds of braised or boiled vegetables, coated with butter or cream.

Turkey pinion fritters.

Stuff and braise small turkey pinion as in the recipe for stuffed braised turkey pinions. Strain the hot cooking liquor, then pour it back over the pinions and leave until cool. Remove the pinions from the liquor, pat dry, then marinate for 30 minutes in olive oil, lemon juice, salt, pepper and chopped parsley.

Drain and dry the pinions, then dip them in batter and fry in very hot deep fat until crisp and golden. Drain and sprinkle with salt. Serve that pinion fritters on a doilley or napkin, garnished with fried parsley and lemon quarters or, more originally, with fresh mint leaves. A well-seasoned tomato sauce may be served with this dish.

Turkey pinions a la fermiere

Prepare and braise the pinions as in the recipe for stuffed braised turkey pinions. Cooked chopped onions and parsley may be added to the finely minced (ground) pork forcemeat. Arrange the drained pinion in casserole with a fermiere vegetable garnish. Remove the fat from the reserve cooking liquor, reduce and strain it into the casserole over liquor, reduce and strain it into the casserole over the vegetables. Cover and cook in a preheated oven at 200°C (400°F, gas 6) for about 25 minutes or until piping hot.

PINOT One of the great grape families, used for making classic wines and grown in many countries the Pinot Noir makes the finest red burgundies; it and the Pinot Meunier are two of the black grapes used in champagne. The Pinot Blanc and Pinot gris are two of the white varieties of Pinot

PINOT BLANC Pinot Blanc is widely planted in Germany, Italy, Hungary, Australia and parts of California. It is also cultivated in Alsace where it is blended with Auxerrois to make the AOC Pinot Blanc, also known as Klevner, and Cremant d'Alsace,

PINOT GRIS A permutation of the well-known grape variety Pinot Noir, from which it is distinguished by the bluish-grey colour of its grapes, producing white wines. Grown in Alsace, Germany (Graver Burgunder or Rulander), Italy (Pinot Grigio), Austria, Hungary (Szekebarat), California, Oregon, Australia and New Zealand, it produces full, dry wines that partner food well.

PINOT NOIR A high quality red grape variety that is notoriously difficult to grow, Pinot Noir has small, compact bunches of grapes that are bluish with a thick skin, rich in colouring matter, protecting a colourless flesh. It has made the reputation of the great red wines of Burgundy, such as Romanee-Conti, La Tache, Musigny, Chambertin, Clos-deVougeot, Pommard and Corton. It is also one of the traditional champagne grape varieties, together with Chardonnay and Pinot Meunier. For champagne, pressing is carried out very rapidly so that the skins do not colour the juice. In a favourable climate Pinot Noir can produce the richest, silkiest wines in the world, especially on calcareous soil. Excellent wines are also being produced in Switzerland, Oregon,

New Zealand and some estates in South Africa.

PIPE To force a paste, icing (frosting), cream stuffing or similar substance from a piping (pastry) bag. The operation must be carried out steadily, holding the nozzle in the bag at an angle. The shape of the nozzle and the way it is handled determine the final shape of the preparation – eclairs are made by piping out choux pastry into finger shapes, the mixture for langues de chat is piped out in thin tongue shapes, while the mixture for duchess potatoes is forced about into large spiral rosettes.

PIPERADE A Basque specialty consisting of a rich stew of tomatoes and sweet (bell) peppers (piper in Bearnais), sometimes seasoned with onion and garlic, cooked in olive oil or goose fat and then mixed with beaten eggs and lightly scrambled a garnish of Bayonne ham may also be added or piperade may be eaten with slices of fried ham on the side.

RECIPES

Eggs a la piperade

Peel and seed 1 kg (2 ¼ lb) tomatoes and cut into quarters. Seed 500 g (18 oz) red and green sweet (bell) peppers and cut into strips. Gently fry the peppers and tomatoes, seasoned with salt and pepper, in a large frying pan in 2 tablespoons olive oil for 30-40 minutes. Dice 150 g (5 oz. 2/3 cup) Bayonne ham and add to the fried vegetables. Beat 8 eggs and pour them gently into the frying pan, stirring until they have coagulated but are still quite soft, serve piping hot.

Pipeprade with poached eggs

Melt a little fat (preferably ham fat) in a large sauté pan finely slice 1 kg (2 ¼ lb.) onions and 1 kg (2 ¼ lb.) seeded green sweet (bell) peppers and cut into strips, lengthways. Add to the ham fat in the pan and a bouquet garni. Add 2 kg (4 ½ lb.) peeled, seeded, coarsely chopped tomatoes. Seasoned with salt and pepper. Add a little sugar if the tomatoes are too acid and 1-2 pinches of paprika. Cook over a high heat, stirring often until the liquor from the tomatoes has evaporated. Correct the seasoning serve topped with poached eggs.

PIPING (PASTRY) BAG A cone-shaped bag fitted with nozzles of different sizes and shapes. The bag may be made of coarse linen or nylon. The nozzles, made of plastic or metal, have large or small apertures that may be plain, starred, fluted, slidelike or serrated.

Small piping bags can be made from greaseproof (wax) paper or other cooking parchment – these are used for line work, such as intricate cake decorating or piping chocolate. Piping bags are used extensively in confectionery and patisserie for creating decorative designs of icing (frosting) and cream. They are also used for shaping certain pastries, notably eclairs, and for piping potato or meringues. They are also used in savoury cookery, for example to pipe creamed potatoes or to hand-till sausage skins.

A rigid syringe may also be used for piping bag, but it has a restricted capacity and is not as easy to handle.

PIQUANT The term used to describe an acid flavour. In France if pique, it may also be said of a fizzy drink, meaning that it creates a prickly sensation in the mouth. In general use, the term describes a mildly spicy acidity and a more complex flavour than simple acid. For example, sauces that are piquant usually combine the merest hint of a hot flavour with a little acidity-this may be the result of using chilli with lemon, mustard with vinegar or a complex condiment based on slightly hot spices with acid ingredients. It can also be used to describe a positive quality in matured ingredients, as, for instance, in a well-matured cheese that combines a rich spiny tone with remnants of immature acidity.

PIQUETTE A home-made drink obtained by soaking the residue from grape-pressing in water. By extension, the word denotes a sour wine of poor quality with a low alcohol content.

PIROSHKI Also known as *pirozzi*, in Russian and Polish cooking, small filled pastries served with soup or as a hot entrée. They are made of choux pastry, puff pastry, or a yeast or brioche dough; the savoury filling may be based on fish, rice, game, poultry, meat, brains, cream cheese or chopped vegetables. They can be baked or deep-fried.

RECIPES

Caucasian piroshki

Spread a thin layer of cheese-flavoured choux pastry on a large baking sheet and cook in a preheated oven at 180°C (350°F, gas 4) for about 25 minutes. Turn the pastry out on the work surface and cut in half. Coat one half with a layer of thick béchamel sauce to which grated cheese and cooked sliced mushrooms have been added. Cover with the other half and seal the edges well. Cut into 6 x 6 cm (2 ½ x 1 ¼ in) rectangles. Coat completely with more breadcrumbs. Deep-fry in very hot oil or fat, drain on paper towels and arrange on a napkin.

Cheese piroshki

Butter 8 danish moulds and line them with unsweetened brioche dough. Mix 225 g (8 oz, 1 cup) curd cheese with 75 g (3 oz, 6 tablespoons) creamed butter and 3 beaten eggs; season with salt, pepper and nutmeg. Fill the moulds with this mixture and cover with a thin layer of brioche dough. Trim this flush with the edge and press firmly on to the base. Leave to rise at room temperature away from draughts for about 1 hour, then cook in a preheated oven at 220°C (425°F, gas 7) for 25-30 minutes. Turn out and serve very hot.

Moscow piroshki

Prepare some unsweetened brioche dough and cut small ovals, 6-7 cm (2 ½ in) wide and 10 cm (4 in) long. Prepare filling and mix 125 g (4 ½ oz) cooked white fish fillets (whiting or pike), the sturgeon) and 2 hard-boiled (hard-cooked) eggs. Season with salt and pepper. Put a large knob of this mixture on each oval. Moisten the edges of the ovals slightly, fold over to cover the filling and press to seal tightly.

Leave for 30 minutes in a warm place for the dough to rise, then brush with beaten egg and cook in preheated oven at 220°C (425°F, gas 7) for about 25 minutes. When ready to serve, drizzle with a little melted *matre d'hotel* butter.

Puff-pastry piroshki

Make 400 g (14 oz) puff pastry. Prepare 5 tablespoons finely diced cooked game (wild duck, pheasants, young rabbit or partridge) or the same amount of white fish (fillets of whiting or pike) poached in a court-bouillon. Add to the diced meat 2 chopped hard-boiled (hard-cooked) eggs and 5 tablespoons long-grain rice cooked in meat stock. Mix this thoroughly and adjust the seasoning.

Roll out the pastry very thinly and cut out 12 rounds, about 7.5 cm (3 in) in diameter. Pull slightly into oval shapes. Put a small amount of fat on to half of each piece, without going right to the edge. Brush the other half of each oval with beaten egg and fold over, pressing the edges together firmly. Score the top and brush with beaten egg. Cook in a preheated oven at 220°C (425°F, gas 7) for about 20 minutes until crisp, puffy and golden. Serve piping hot.

PIROT A specialty of Poitou consisting of pieces of sautéed kid goat seasoned with fresh garlic and scorrel leaves.

PIS A French butchery terms denoting the breast and belly meat of cattle, equivalent to brisket and flank in Britain, and to plate in the United States. There is no direct translation as French cuts of meat differ from those of the English and American.

The word is also sometimes used for the udder of the cow, ewe, goat or sow, but this is more frequently referred to as titine in French.

PISSALADIÈRE a speciality of the nice region consisting of a flan filled with onions and garnished with anchovy fillets and black olives. It is traditionally coated with the condiment pissalat before being cooked, hence the name. A good pissaladiere should have a layer of onions half as thick as the base if bread dough is used; if the flan is made with shortcrust pastry (classic ice dough), the layer of onions should be as thick as the flan pastry. It can be eaten hot or cold.

RECIPES

Pissalatidere

Prepare 657 g (1 ½ lb.) bread dough, and work into it 4 tablespoons olive oil. Knead it by hand, roll it into a ball and leave to rise for 1 hour at room temperature. Soak 12 salted anchovies for a short while in cold water (or use 24 drained canned anchovy fillets).

Peel and chop 1 kg (2 ¼ lb) onions and fry them gently until soft in a covered frying pan with 4-5 tablespoons olive oil, a pinch of salt, a little pepper, 3 crushed garlic cloves, 1 sprig of thyme and 1 bay leaf. Fillet the anchovies. Strain 1 tablespoons pickled capers, pound them into a puree and add to the softened onions.

Flatten three-quarters of the dough to form a circle. Place on an oiled baking sheet and spread with the onion and caper mixture, leaving a rim around the edge. Roll up the anchovy fillets and press them into the onions, together with 20 or so small black (ripe) olives. Shape the rim of the dough to form a wide border that will retain the filling. Roll out the remainder of the dough and cut it into thin strips. Place these in a criss-cross pattern over the filling, pressing the ends into the border. Brush the dough with oil and cook in a pre-heated oven at 240°C (475°C (475°F, gas 9) for about 20 minutes.

The strips of dough may be replaced by anchovy fillets arranged in a criss-cross pattern if preferred.

PISSALAT Also known as pissada. A condiment originating from the Nice region, made of anchovy puree flavoured with cloves, thyme, bay leaf and pepper and mixed with olive oil. Originally pissalat was made from the fry of sardines and anchovies, but because this is not really available outside the Mediterranean area, anchovies in brine may be used instead. Pissalat is used for seasoning hors d'oeuvre, fish, cold meats and the regional dish pissaladiere.

Escalopes of red mullet with pissalat

Fillet 3 red mullet, each weighing about 200 g (7 oz.) Season with salt and pepper and cook in a frying pan in 2-3 tablespoons olive oil and 25 g (1 oz. 2 tablespoons) butter. When cooked, removed and drain on paper towels. Arrange the fillets in a ring on a round serving dish. Prepare some béchamel and mix this sauce and garnish with small sprigs of chervil or cress.

PISTACHE A method a method of preparation from language-doc, characterized by the presence of garlic cloves in the cooking liquid, it is used particularly for marinated and braised mutton (pistache of mutton (pistache of mutton or mutton en pistache) and also for prtridges and pigeons.

The Saint-Gardens pisatache, a speciality of Comminges, is a somewhat richer variation, consisting of a mutton ragout with garlic cloves to which are the haricot (navy) beans cooked with a skin of pork, fresh pork rind and a bouquet garni.

Partridge e pistache

Stuff a partridge with a forcemeat of its liver, breadcrumbs, raw ham, parsley and garlic, all chopped and bound with 1 egg. Truss the partridge, bard it, season with salt and pepper and place in a flame-proof casserole containing 3 tablespoons heated goose fat. Cook until the partridge becomes a good golden colour, then remove it.

Place 1 tablespoon diced raw ham in the casserole, brown it, dust with 1 tablespoon flour and cook for a few minutes. Add 3 tablespoons dry white wine, then 100 ml (4 fl oz 7 tablespoons) giblet or chicken stock. Add 1 tablespoon tomato puree (paste), a bouquet garni and a small piece of dried orange peel. Cook for 10 minutes remove the ham and the bouquet garni. Strain the sauce.

Return the partridge to the casserole, together with the ham and bouquet garni, then pour on the sauce. Bring to the boil, cover and cook for 10 minutes. Then add 12 garlic cloves (blanched in boiling salted water, drained and peeled) and simmer for a further 30 minutes. Remove the bouquet garni and serve the partridge straight from the casserole.

Shoulder of mutton en pistache

Roll up and tie and boned shoulder of mutton and place it in a flameproof casserole lined with a large slice of raw unsmoked (boiled) ham, 1 sliced onion and 1 sliced carrot. Add salt, pepper and 2 tablespoons goose fat or lard. Cook over a very gentle heat for 20-25 minutes. Remove the mutton and ham add 2 tablespoons flour to the casserole. Stir and cook for a few minutes, then add 200 ml (7 fl. oz. $\frac{3}{4}$ cup) white wine and the same amount of stock. Mix thoroughly, strain and set aside.

Dice the ham and return to the casserole, together with the mutton. Add 50 garlic cloves (blanched in boiling water and peeled), a bouquet garni and a piece of dried orange peel. Add the strained cooking liquid, cover the casserole and cook in a preheated oven at 220°C (425°F, gas 7) for about 1 hour. Remove and drain the shoulder, until it and arrange on a warm plate. Cover with the sauce (bound with breadcrumbs if necessary) and serve the garlic cloves as a garnish.

PISTACHIO The seed of the pistachio tree, native to western Asia and reputedly introduced to Rome by Vitellius during the reign of Tiberius. The tree is now cultivated widely in Mediterranean countries and the southern United States. The pistachio nut is about the size of an olive and the pale green kernel is surrounded by reddish skin. It is enclosed in a smooth, pale reddish-brown shell, which is easy to break and is covered by a brownish husk. Sweet and delicately flavoured, the kernel is used chiefly for decorating pastries, cakes and confectionery. It is also used to flavour churcuterie and is eaten roasted and salted in cocktail snacks.

In Mediterranean and oriental cooking, pistachios are used in poultry sauces and stuffings and also in hash. In classic cuisine they garnish galantines brawn (head cheese) and mortadella. In India pistachio puree is used to season rice and vegetables. Pistachios go best with veal. Pork and poultry. Their green colour (often accentuated artificially) makes them popular for creams (especially for filling cakes, such as the galicien) and also for ice creams and also for ice creams and ice-cream desserts. Confectionery it is especially associated with nougat

RECIPES

Loin of pork with pistachios

Marinate a loin of pork – or unsmoked (fresh) ham – for 24 hours in white Bordeaux wine. Soak 800 g (1 $\frac{3}{4}$) prunes in warm white Bordeaux. Stud pork joint with garlic and pistachios. Place it

in a flameproof casserole, add 500 ml (17 fl. oz 2 cup) of the marinade, cover and cook for 3 hours over a moderate heat. Then add the strained prunes, cook for a further 45 minutes and serve very hot.

Pistachio brawn

Clean and scrape a pig's head; remove the tongue, brains and the fat portion of the throat. Cut off the ears at their base. Put the head, ears, Tongue and 2 calves tongues to soak in brine for 3-4 days. Drain. Wrap the head in a cloth, put it in a flame proof casserole together with the ears, also wrapped, and braise gently for 4-5 hours. After 2 hours, add the tongues.

Remove the best part of the skin spread it on a linen cloth or napkin. Cut the flesh of the head into strips as thick and as long as possible, leaving out the parts tinged with blood. Sprinkle all the meats with quatre épices spice mixture and add about 10 chopped shallots. While still hot, arrange the meats and shallots on the skin, mixing the various meats and interspersing them with pistachios. Strips of raw truffle may also be added. fold the skin over the contents, wrap it in the napkin and tie with string.

Return it to the cooking liquid, bring to the boil and simmer for 1 hour. Drain, remove the string and place the galatine in a brawn (headcheese) mould. Cool. Putting a weight on top so it is well pressed. Chill before serving sliced.

PISTOLE A small, clear yellow plum, which is cultivated and prepared in the region of Brignoles. The pistole is stoned (pitted pressed flat, then rounded and dried).

PISTOLET A small, round Belgian roll, made from a very light, crustily dough, eaten for breakfast, particularly on Sunday. Pistolets are the equivalent of French croissants. They are served also during the day, cold, and filled with cold meats or cheese or even raw minced (ground) beef fillet.

PISTOU A condiment from Provence, made of fresh basil crushed with garlic and olive oil. The word (derived from the Italian pestare, to pound) is also used for the vegetable and vermicelli soup to which it is added. The condiment sometimes supplemented by Parmesan cheese and tomatoes, is similar to the Italian pesto.

RECIPE

Pistou soup

Soak 500 g (18 oz. 3 cups) mixed white and red haricot (navy) beans for 12 hours in cold water. Drain and place in large saucepan together with 2.5 litres (4 ½ pints, 11 cups) cold water and bouquet garni. Bring to the boil, boil rapidly for 10 minutes, then add a little salt, reduce the heat and cook gently, adding 250 g (9 oz) French (green beans and cut into pieces. Dice 2 or 3 courgettes (zucchini). Scrape and dice 2 carrots and peel and slice 2 turnips. When the haricots have been cooking for 1 ½ hours, add the French beans, carrots salt and pepper. After a further 15 minutes, add the courgettes and turnips. Cook for another 15 minutes. Then add 200 g (7 oz) large vermicelli and cook for a further 10 minutes.

Meanwhile, pound together the pulp of 2 very ripe tomatoes. 5 peeled garlic cloves. 3-4 tablespoons fresh basil leaves and 75 g (3 oz. ¾ cup) grated Parmesan cheese, gradually adding 4 tablespoons olive oil. Add this mixture to the soup while it is still boiling, then remove from the heat and serve piping hot.

Quartered artichoke hearts or potatoes may be added 30 minutes before the end of cooking, if wished.

PITA A traditional Middle Eastern dish. It consists of a round base of unleavened bread, cut in

two, beaten and then covered with a mixture of maize (corn) and pureed sesame seeds, grated raw vegetables and chick peas.

PITAHAYA The pink or red fruit of one of the species of the *Opuntia* cactus, originally from the American tropics. Its thick scales conceal a white flesh sprinkled with small seeds, which is eaten raw. The pitaha is sometime acid, sometimes sweet.

PITCHER A pot-bellied vessel, cylindrical or truncated in shape, made of stoneware, glass or pottery and having one or two handles and a pouring spout (or a slanting neck). Pitchers (*cruches*) are usually used for serving cold drinks (water and fruit juices). A small pitcher (*cruchon*) is sometimes used in France for serving local wine.

PITCHVIERS. A cow's-milk cheese from the Orleans area, with a high fat content (40-45%), a soft texture and a greyish-white, furry crust. Ripened under a thin layer of hay, it is a supple creamy-yellow to coulommiers, it is shaped into rounds. 12 cm (5 in) in diameter and 2.5 cm (1 in.) thick.

PITCHIVIERS A large, round, puff-pastry tart with scalloped edges filled with an almond cream. A speciality of Pithaviers, in the Orleans region, it traditionally serves as a 'Twelfth Night cake, when it contains a broad (fava) bean. The town of Pithiviers is also renowned for another cake, again made of puff pastry, but filled with crystallized (candied) fruit and covered with white fondant icing (frosting). The classic Pithievers has been interpreted in a various ways, the almond cream being replaced by such fillings as creamed rice, kidney and even chicken liver in a sauce.

RECIPE

Pithiviers

Cream 100 g (4 oz. ½ cup) butter with a spatula with mix with 100 g (4 oz. ½ cup) caster (superfine) sugar. Then beat in 6 egg yolks, one at a time, 40 g (1 ½ oz. ¼ cup) potato flour, 100 g (4 oz. 1 cup) ground almonds and 2 tablespoons rum. Mix this cream thoroughly. Roll out 200 g (7 oz) puff pastry and cut out a circle 20 cm (8 in) in diameter. Spread this with the almond paste, leaving a 1 cm (½ in) border all round. Beat 1 egg yolk and brush it around the rim of the circle.

Roll out a further 300 g (11 oz) pastry and cut another circle the same size as the first but thicker. Place it on the first circle and seal the rim. Decorate the edge with the traditional scalloped pattern and brush with beaten egg. Score diamond or rosette patterns on the top with the point of a knife. Cook in a preheated oven at 220°C (425°F, gas 7) for 30 minutes. Dust with icing (confectioner's) sugar and return it to the oven for a few minutes to glaze. Serve warm or cold.

PITTA BREAD The English name for Middle-Eastern flat yeasted bread. The bread puffs slightly during cooking to form a hollow pocket that can be filled to make a type of sandwich. Originating from the Greek name *plaskuos* for a thin bread, 'pitta' evolved into pizza in Italy. Turkish *pide* is a similar flat bread, plain or topped and baked as for Italian pizza.

Pitta is internationally popular filled or as an accompaniment to salads or dips.

PIZZA A popular Italian dish originating from Naples. In its simplest form it consists of a thin slash of bread dough spread with thick tomato puree (paste) and Parmesan or Mozzarella cheese, seasoned with herbs and garlic, then baked in an oven. There are countless varieties of pizza, garnished with vegetables (small artichoke hearts, peas, olives, mushrooms, peppers, capers).

Slices of smoked sausage, ham, anchovy fillets, seafood or muscles. It can be served as a entrée, a savoury or a snack.

The word 'pizza' derives from an Italian verb meaning to sting or to season. From the same origin comes a la pizzalola, a piquant mixture of tomato sauce, shreds of pepper, herbs (thyme, marjoram, bay leaf) and garlic, which is suitable for pasta, pork chop or grills.

Leon Gessi in Rome et ses environs describes pizza as 'a blossoming flower, noble and full of fragrant odours; Mozzarella bubbles in the heat of the fire, revealing spots of oil and touches of tomato. Rustcoloured steaks soften the bright red of these touches, but-it is the anchovy puree which strengthens the taste on the palate... which is difficult to define because it subtly covers a range extending from a sweet kiss to a sharp bite.'

Neapolitan pizza went around the world with migrating Italians, who opened pizzerias in the major cities of Europe and North America. These are typically small popular restaurants offering Italian pastas, pizzas and other specialities.

In classic French cuisine, a pizza is prepared as a tartlet of shortcrust pastry (basic pie dough) or puff pastry garnished with a puree of tomatoes, olives and anchovies, Miniatur pizzas are served as cocktail snacks.

RECIPES

Pizza dough

Crumble 16 g (1/2 oz) fresh baker's yeast (1 cake compressed yeast) into 3 tablespoons warm water containing a little sugar and leave until frothy (about 15 minutes). Alternatively, sprinkle 2 teaspoons dried yeast into the same amount of water and sugar, stir until dissolved and leave in a warm place until frothy.

Sift 350 g (12 oz. 3 cups) strong plain (bread flour, make a well in the centre and pour in 300 ml (1/2 pint, 1 1/4 cups) warm water and a 4 tablespoons olive oil. Add the yeast and 1 teaspoon salt. Work the dough with the fingers, then knead on a floured board until the dough becomes smooth and elastic (about 10 minutes). Roll it into a ball, dust with flour and leave in a covered bowl in a warm place away from draughts until it has doubled in volume (about 1 1/2 hours).

Knead for a further minute, then roll out into a circle about 25 cm (10 in) in diameter. Raise the edge with the thumbs to form a rim. The pizza is ready for filling and baking in the oven.

Neapolitan pizza

Spread 6 large spoonfuls of well-seasoned passata or tomato concassée on a base of pizza dough. Add 140 g (5 oz) Mozzarella cheese, cut into fine silvers, 50 g (2 oz) anchovy fillets and 100 g (4 oz) black olives and spread evenly on the pizza. Sprinkle with oregano to taste. Season with salt and pepper and pour 4 tablespoons extra-virgin olive oil over the top. Cook in a preheated oven at 240°C (475°F. gas 9) for 30 minutes.

Pizza Mario

Make some fairly short pastry with 500 g (18 oz. 4 1/2 cups) plain (all-purpose) flour, 175 ml (6 fl oz. 3/4 cups) good-quality olive oil and a large pinch of salt. Leave overnight. Then flatten the dough by hand and line a lightly oiled tart (pie) plate with it. Open some mussels over the heat, then over the heat, then remove from their shells. Add them to a mixture of chopped shallots, salt, pepper, 5-6 pounded anchovies and 2-3 crushed tomatoes. Spread this mixture over the dough and garnish with 2 anchovy fillets arranged in a cross and a few black olives. Sprinkle with grated Parmesan cheese and a dash of olive oil and cook in a preheated oven at 230°C (450°F, gas 8) for 12 minutes.

PLAICE A flat-fish of the Pleuromectidae family, which lives in coasted waters from Norway to Morocco. It is abundant in the Atlantic, the English Channel and the North Sea, but rare in the Mediterranean. It is 25-60 cm (10-24 in) long, with both eyes on the uppermost side, which is grey-brown in colour with orange spots (which are very distinct and bright in fresh fish). The hind (lower) side is pearly grey.

Plaice is available all the year round, but is best from November to April. Allow a 175-225 g (6-8 oz) whole fish per portion, because of waste. The flesh, which has a delicate taste and texture, can be prepared like sole or bill; it is particularly suitable for frying, grilling (broiling), poaching and preparing à la bonine femine and even a la Duglerer, according to tradition, it was for plaice that the chef Duglee of the Café Angalais originally created this.

RECIPE

Plaice à la florentine

Clean a large plaice, put it into a buttered dish, add equal quantities of concentrated fish stock (or court-bouillon) and white wine, and bake in a preheated oven at 160°C (325°F, gas 3 for about 35 minutes, basting frequently. Remove from the dish and drain. Completely cover the bottom of an ovenproof serving dish with spinach braised in butter. Lay the plaice on the spinach, cover with Mornay sauce, sprinkle with grated cheese and clarified butter, and glaze quickly in a preheated oven at 240°C (475°F, gas 9).

PLAISIR A popular name, meaning literally 'pleasure', formerly given to wafers (oublies) rolled into cone, which street vendors offered 'for pleasure'

PLANTAGENET The name describing the specialities created by association of pastrycooks of the Loire region, known for their use of marzipan cherries and cointreau, based on biscuits (cookies), portfaits, ice cream of cakes, and recognizable by a label carrying this appellation. There is also Plantagenet bonbon with chocolate (white, dark or milk), which is square, filled with praline and orange zest, and lightly flavoured with Cointreau.

PLAINTAIN Any of various species of common herbaceous plants found growing in the wild. The young leaves may be used in salads or soups.

For plantain bananas.

PLATE A piece of crochery used to hold food, the size and shape varying according to the nature of the food it is meant to contain. In this sense, the French word assiette replaced the term ecuelle (bowl) in the 16th century. The name assiette derives from the fact that it marked the position where the eater was seated (assis) at the table. The word denoted the action of placing an eater or a guest at the table, then the action of putting the plates on the table, then the serving of a meal (by a tavern-keeper who lenalt assiette, offered food to customers), and finally it came to mean the complete range of dishes served during the course of a meal.

In ancient times, plates, either flat or bowl-shaped, were made terracotta, wood or precious or non-precious metal. The Romans also moulded them from glass paste. By the end of the 15th century silver plates had become a symbol of wealth in France, and up to the 17th century the tables of the rich bourgeoisie were covered with magnificent gold plate and silverware. But following the disastrous wars in the reign of Louis XVI, faience and porcelain replaced precious metal in such homes. Nicolas de Bonnefons commented in 1653 on the novelty of the individual soup plate, or assiette à l'italienne, introduced into France by Mazarin and given the name of mazarine. The plates were followed out so that one can be offered soup and serve oneself with the quantity one wishes to consume, without the distaste that some might feel about the spoons of others being taken out of the mouth and dipped into the dish without first being wiped.

The centre of a hollowed-out plate is called the ombilic (navel). The edge is called marli.

(raised rim) or talus (slope), but some modern soup plates do not have this feature. A complete table service includes, in descending order of size; flat plates, soup plates, cheese plates, dessert plates, fruit plates, buffet plates and bread plates. The salad complete the service plates with six or twelve compartments for snails and oysters, plates for fondue bourguignonne with compartments for the sauces, suitability shaped bowls for avocados, corn-on-the-job and artichokes, and draining plates that are used to serve strawberries or asparagus. Presentation plates are a particular refinement; very flat and sometimes made of silver or silver-gilt, they are placed underneath a second, slightly smaller flat plate. They remain on the table when each plate is changed and are removed only at the cheese course.

Correct use of plates Traditional etiquette requires that two plates should never be placed on top of each other (except for presentation plates). The table is first laid with the plates, which are replaced when the guests are seated by those for the first course. This custom is now limited for some catering establishments. It is advisable to have heated plates ready to serve hot dishes.

Although the use of plates is widespread in most western countries, this is far from being the case in other parts of the world. In the Far East bowls are most often used. In Africa it is often the custom to eat out of the main dish with the fingers, while in the Middle East flat breads are sometimes used instead of plate.

PLATINA (born Bartolomeo sacchi) Italian humanist (born Platina, 1421; died Rome, 1481), known as all Platina', born near Cremona, he became the Vatican librarian after publishing in Venice in 1474 a book in Latin on the culinary art entitled *de honesta Voluptate ac Valetudine* ('Honest Pleasure and Health). This highly successful work was reprinted six times in 30 years and translated into French by the prior of Saint-Maurice, near Montpellier, with the help of a famous cook of the time, Nony Comeuse, II Platina defended the then novel idea that delicacy is more important than quantity in cooking. He protested against the abuse of spices and recommended seasoning with lemon juice or wine. Furthermore, he suggested starting a meal with fresh fruit, such as melon or fig. His collection of recipes which also contains a wealth of medical advice, is one of the first to describe regional specialties of the south of France.

PLEUROTE French name for *Pleurotus ostreatus*, the oyster mushroom.

PLOMBIERES an ice cream made with custard cream prepared with almond-flavoured milk and usually enriched with whipped cream mixed with crystallized (candied) fruit steeped in kirsch. Formerly, plombieres cream was a type of custard cream, usually prepared with milk enriched with ground almonds and whipped cream, served with melted apricot jam sauce or in a pastry shell. Balzac writes in his novel *splendeurs et Miseres de courtisanes* (1847) after supper, ices by the name of plombieres were served. Everyone knows that this type of ice is arranged in a pyramid with small, very delicate crystallized fruit placed on the surface. It is served in small glass dish and the covering of crystallized fruit in no way affects the pyramid shape.

It has been said (incorrectly) that plombieres ice cream was invented at Plombieres-les Bains, in the Vosges, at a time when Napoleon III was taking a cure there. During his visit, he entertained the Italian statesman Cavour, who persuaded him to intervene in the war of Liberation between Italy and Austria (1859). However, it had already been mentioned by Balzac before this, so one must assume that the etymology of plombieres is connected with the lead (plomb) moulds of crystallized fruit to the recipe, which is the distinctive feature of this dessert, dates from the beginning of the 19th century.

RECIPES

Chestnut plombieres ice cream

Proceed as in the recipe for plombieres ice cream but instead of the crystallized (candied) fruit add

250 g (9 oz. 1 cup) sweetened chestnut puree, obtained by cooking the chestnuts in vanilla-flavoured sweetened milk (Alternatively, used a can of sweetened chestnut puree.)

Plombieres cream

Place 8 egg yolks and 1 tablespoons rice flour in a saucepan. Add 500 ml (17 fl. oz. 2 cups) full cream (whole) good milk, which is almost boiling. Place the saucepan over a moderate heat, stirring continuously with a wooden spoon. When the mixture begins to thicken, remove it from the heat and stir thoroughly until it is perfectly smooth. Then cook it over the heat for a further few minutes. This cream must have the same consistency as a confectioner's custard (pastry cream). Then add 175 g (6 oz. $\frac{3}{4}$ cup) caster (superfine) sugar and a minute pinch of salt.

Pour the mixture into another pan and set it on ice, stirring from time to time; it will thicken as it cool. When it is completely cold, just before serving, mix in 4 tablespoons of a liqueur (kirsch or rum, for example) and then a small quantity of whipped cream, the finished product should be light velvety and perfectly smooth. Serve in a silver dish, in small pots, in a pastry case, a biscuit (cookie) crumb case or dish-shaped base of almond paste.

Plombieres ice cream

Pound thoroughly in a mortar (or use a blender or processor) 300 g (11 oz. 2 cups) blanched fresh almonds and (if desired) 15 g (1/2 oz. 1 $\frac{1}{2}$ tablespoons) ground bitter almonds, gradually adding 4 tablespoons milk. Then add 1.5 litres (2 $\frac{3}{4}$ pints, 6 $\frac{1}{2}$ cups) scalded single (light) cream and mix thoroughly. Press through a fine sieve. Place 300 g (11 oz. 1 $\frac{1}{2}$ cups) caster (superfine) sugar and 12 egg yolks in a large bowl and beat until the mixture becomes white and thick. Bring the almond milk to the boil and pour it on to the egg and sugar mixture, whisking continuously. Place over the heat and stir gently until the cream coats the back of the spoon. Then immerse the base of the saucepan in cold water to stop the cooking process and continue to whisk until the cream has cooled. Place in an ice-cream freezer.

When the mixture is partially frozen, mix in 200 g (7 oz. 1 cup) finely chopped crystallized (candied) fruit soaked in kirsch or rum. 400 ml (14 fl. oz. 1 $\frac{3}{4}$ cups) whipped double (heavy) cream and 150 ml $\frac{1}{4}$ pint, $\frac{2}{3}$ cup) milk, both very cold. Then place in an ice-cream mould and freeze.

PLOVER A migratory wading bird which several species winter in western Europe. In the Middle Ages the plover was considered to be a delicate and delicious food, served at winter feasts and in the best houses. The ringed plover frequents the marshlands and water meadows near the sea, while the golden plover, which is the more sought-after, inhabits moorlands. Plovers are considered to be excellent game and certain gastronomes insist that they should be cooked undrawn. This tradition is an old one; in the 16th century, according to Lucien Tendret, only three kinds of birds – larks, turtledoves and plovers – could be roasted without 'breaking into them'. Plover can be prepared in the same way as woodcock or lapwing, but it is usually roasted. Its eggs are used in the same way as those of the lapwing.

PLUCHES The French name for the fresh leaves of some herbs, such as chervil, tarragon and pursley used to flavour salads and hot dishes. Chervil leaves for example, are used to flavour several sauces and soups, the leaves being cut with scissors rather than chopped, and added to the dish at the last minute to give maximum flavour. It is important not to boil these herbs and thus impair their flavour, although for certain recipes the leaves may be quickly blanched in boiling water before use.

PLUCK The heart, spleen, liver and lungs of a slaughtered animal. The components of ox (beef) and calf's pluck are cooked separately. Lamb's or sheep's pluck is prepared as a ragout with red or white wine in several regions. Pig's pluck is a speciality of Vendee, where it is made into a

ragout together with the animal's blood and skin and sometimes the head.

At one time, all these pieces of offal (organ meat) were made into a grout. The French porter and writer Bernard Palissay made the following remarks 'in my time I have found that people did not want to eat sheep's feet heads, or stomachs, yet at the moment this is what they prize most highly.

PLUCKING The process of removing the feathers from a fowl or a bird. It is usual to start at the tail and work towards the head; care must be taken not to tear the skin. The feathers are easier to remove if the bird is put into the refrigerator to firm the flesh (especially in the case of a small bird) Poultry is usually sold ready-plucked, but small feathers often remain on the wing tips, and these should also be plucked before singeing, which burns off any residual down. Any remaining vestiges of the feathers, such as the tube-like remnants of the shafts, can be removed with the point of a knife.

PLUM A yellow, green red or purple stone (pit) fruit, which is eaten fresh from July to September as a dessert fruit and has numerous uses in patisserie and confectionery. It is also dried, preserved in brandy and distilled to produce a spirit.

Originating in Asia, the plum tree (*Prunus domestica*) was cultivated in Syria and grafted by the Romans, who preserved plums (particularly damsons) by drying. It was the crusaders who introduced the plum to western Europe. The fruit was particularly prized after the Renaissance. From the 16th century plums were widely cultivated and many varieties were the Catherine, the Imperide, the Perdrigon, the Goutte d'Or and the Plum de Monsieur (the favourite of Louis XIII's brother).

Plums selected for eating should be ripe but not soft, wrinkled or blemished; a very slight white bloom on the surface proves that they have not been handled too much. The main plum-producing regions of France are in the south-west, the south-east and the east. They are also grown in abundance in Britain, and imported varieties are available most of the year.

- Japanese varieties are available during June and July. Fairly mediocre in quality, they are large, round and juicy, either purplish-red with orange-coloured orange-yellow with yellow flesh.
- Bonne de Bry, a small, blue and rounded plum with a juicy and very sweet, greenish-yellow flesh, is available in July. Greengages, which are yellowish, with firm, very juicy, sweet and fragrant flesh, are abundant in July.
- A reddish-purple greengage appears in August and September. This is as good as the green variety. It is followed by the Eante plum (elongated, purplish-red, with sweet but not very juicy flesh), the alsatian quetsch (small, oblong and purple-black, with very sweet, fragrant, yellow flesh), the Nancy early mirabelle and, at the end of August, the Vosges mirabelle (small, round and orange, with very fragrant, sweet, juicy flesh).
- Brignole, a dark red plum from Brignole in France, is comparatively new species valued as a cooking fruit.

In Britain there are several varieties of plum, in addition to the greengage and the damson.

- Czar is ready in early August. A large dark-blue plum with golden flesh, it is suitable for cooking or as a dessert variety.
- Pershore is also available in August, it is a conical shaped dessert fruit with a yellow skin and rather pulpy flesh.
- Victoria plums ripen in late August and are very popular fruit. They are large and oval with a yellowish-scarlet skin. Sweet and juicy, they are perfect for bottling or eating as a dessert fruit.
- Kitke's blue is ready in late August; it is a large fruit with deep purple skin with a distinct bloom and dark, sweet, juicy flesh; suitable for cooking or eating as a dessert fruit.

Later varieties include Warwickshire Drooper, the cherry plum and the Monarch, in the United States the Santa Rosa and Burbank plums are tart and juicy and grown especially in California. They are also known as Japanese plums and are exported throughout Europe. Dark purple beach plums grow wild in the United States, especially around Cape Cod; they are mostly used to make beach-plum jelly.

A distinction is made between the varieties of plums used for cooking, preserves, jams and distillery, and those varieties that are enjoyed as dessert fruit. The Metz mirabelle and the quetsch, for example, are both used for distilling. The damson's is used for bottling and jam-making and for making damson cheese. This traditional English preparation is a very thick damson pulp, boiled with sugar, which stores well and is served with biscuits (cookies) or used to fill tartlets.

RECIPES

Flambeed plums

Stone (pit) some greengages or mirabelle plums and poach them in a vanilla-flavoured syrup until just tender. Drain them and place in a flameproof casserole. Add a little arrowroot blended with water to the cooking syrup, pour a little of this syrup over the plums and heat. Sprinkle with quetsch or mirabelle brandy heated in a ladle, flame and serve immediately.

Plum conserve

Stone (pit) some plums, weigh the pulp and weigh out 675 g (1 ½ lb. 3 cups) sugar per 1 kg (2 ¼ lb.) pulp. Put the fruit in a preserving pan with 100 ml (4 fl. oz. 7 tablespoons) water per 1 kg (2 ¼ lb) fruit. Bring to the boil and leave to cook for about 20 minutes. Stirring with a wooden spoon. Puree the fruit in a blender, return the puree to the pan and add in sugar. Cook until the conserve coats the wooden spoon. Pot in the usual way.

Plums in brandy

Choose some very ripe, sound plums or greengages, prick them in 3 or 4 places with a large needle and weigh them. In a preserving pan, prepare a sugar syrup with 250 g (9 oz. 1 cup) sugar and 3 tablespoons water per 1 kg (2 ¼ lb.) fruit, bring it to the boil and leave to boil for 2 minutes. Add the plums, stirring so that they are evenly coated with syrup, then transfer them to jars with skimmer. Leave to cool completely, then add some fruit spirit – 1 litre (1 ¾ pints, 4 1/3 cups) per 1 kg (2 ¼ lb.) plums – to cover the plums. Seal the jars.

Leave to stand for at least 3 months before consuming.

Plum tart

Prepare a lining pastry with 200 g (7 oz. 1 ¼ cups) plain (all-purpose) flour, 90 g (3 ½ oz. 6 ½ tablespoons) softened butter, a pinch of salt, 1 egg and 1 tablespoon water. Roll the dough into a ball and refrigerate for 2 hours. Wash 500 g (18 oz.) ripe plums and stone (pit) them without separating the halves completely. Roll out the dough to a thickness of 5 mm (1/4 in) and use it to line a buttered tart tin (pan). Trim off the excess pastry and mark the edge with a criss-pattern. Prick the bottom with a fork, sprinkle with 40 g (1 ½ oz. 3 tablespoons) caster (superfine) sugar, and arrange the plums in the tart, opened out with curved sides downwards. Sprinkle the fruit with 40 g (1 ½ oz. 3 tablespoons) caster sugar. Cook in a preheated oven at 200°C (400 °F, gas 6) for 30 minutes. Remove from the oven, leave until lukewarm, then coat the top with apricot jam.

Plum tart à l'alsacienne

Prepare a sweet pastry with 125 g (4 ½ oz. ½ cup) softened butter, 250 g (9 oz. 1 cup) caster (superfine) sugar. 1 whole egg 250 g (9 oz. 2 ¼ cups) plain (all purpose) flour and 250 g (9 oz. 2 cups) ground almonds. Add just enough very cold water to bind the dough; roll it into a ball and place in the refrigerator for 2 hours.

Set aside a quarter of the dough and roll out the rest to a thickness of 5 mm (1/4 in). use it to line a tart tin (pie pan) 23 cm (9 in) in diameter. Roll out the remaining dough very thinly layer of quetsch or mirabelle plum jam over the tart and arrange the strips of pastry in a criss-cross pattern over the top. Cook in a preheated oven at 220°C (425°F, gas &) for 30 minutes. Dust with icing (confectioner's) sugar and serve the tart hot, with whipped cream.

PLUM CAKE a traditional British cake, flavoured with num and containing currants, raisins, sultanas and candied peel.

RECIPE

Plum cake

Soften 500 g (18 oz. 2 ¼ cups) butter until creamy and beat until it turns very pale. Add 500 g (18 oz. 2 ¼ cups) caster (superfine) sugar and beat again for a few minutes. Then incorporate 8 eggs, one at a time, beating well after each addition. Add 250 g (9 oz. 1 ½ cups) chopped candied peel (orange, Citron or lemon), 200 g (7 oz. ¼ cups) seedless raisins, 150 g (5 oz, 1 cup) sultanas (golden raisins) and 150 g (5 oz. 1 cup) currants. Mix in 500 g (18 oz. 4 ½ cups) plain (all-purpose) flour sifted with 1 ½ teaspoons baking power, the grated zest of 2 lemons and 3 tablespoons sugar. Pour 4 tablespoons warm rum over the pudding and set it alight. The pudding can also be served cold.

PLUTARCH Greek biographer, essayist and philosopher (born Chaeronea, Boeotia, AD 120). His main source of inspiration was Platonism and he wrote about 250 essays, of which about a third have survived in the form of his *Parallel lives* (a series of biographies) and the *Moralia*. Among the latter are a few fragments from a *Symposium*, which deals with cooking and dietetics. The translation in 1572 by Jacques Amyot, a French bishop and classical scholar, made Plutarch the most widely read and influential ancient author in France until the 19th century. The *Symposia* were published in France under the title *Regles et Preceptes de sante de Plutarque* (Plutarch's rules and precepts about health).

POACHING A method of cooking food for gently simmering it in liquid. The amount of water or stock used depends on the food to be poached.

Red meat is poached in a white stock with vegetables. It is usually immersed in simmering stock, so that it is sealed and retains its juices and flavour. White meat is seldom poached.

Large poultry to be poached is put into cold white stock with vegetables, the liquid is then brought to the boil, skimmed and seasoned. The poultry is then simmered very slowly in the stock. Poultry for poaching can be stuffed or not and trussed. It can be larded with best lardons or studded with pieces of ham, tongue or truffles cut into the shape of little pegs. To protect the breast while cooking, poultry should be barded. To test whether the poultry is ready; prick the thigh. When the juice that runs out is white, the bird is cooked. After cooking, drain and untruss the poultry and remove the barding. Serve on fried bread, surrounded with an appropriate garnish. The stock, strained and skimmed, is boiled down and added to the sauce to be served with the dish.

Large fish can be poached whole or in slices, and moistened with concentrated fish stock or court bouillon. Thick slices of fish are prepared in the same way. Fillets of fish (brill, whiting, sole, turbot) to be poached are put in a buttered baking dish, seasoned, moistened with a few

tablespoons of concentrated fish stock and cooked in the oven.

Poached eggs are cooked in simmering salt water to which a few drops of vinegar have been added.

Fish or meat bulfs are put into a butered pain, covered with boiling salted water and very slowly summered.

Fruit is coached in a sugar syrup to cook it while still retaining its shape.

Some foods are poached on the brain marie principle, including mousses, mousselines, moulds and puddings. They are put in baking tins or pans half-full of hot water and cooked in a very slow oven.

POCHOUSE Also known as pauchouse. A Burgundy matelote (fish stew) made from a selection of pike, gudgeon, eel, perch or carp; it should also include burbot, which is now very rare. The Bresse pochouse often includes tench, carp and catfish. Pochouse is cooked with white wine and thickened with *beurre manie*.

The name is probably derived from the French *poche*, a fisherman's game bag, which in the local patois alongn the banks of the doubs and the Saone is also known as pochouse. The recipe comes from the lower doubs and is a very old one, appearing in the dispensary registers of the hospital of Saint-Louis de Chakon-sur-Saone as early as 1598. It was introduced into burgundy by the fish merchants from Bresse. The dish is a speciality of Verdon-sur-le-doubs where there is an association, the *Confrene de Cbeuliers de la Pochouse*, which is dedicated to preserving it.

RECIPE

Pouchouse

Butter a flameproof casserole generously and completely cover the bottom with 2-3 large peeled sliced onions and 2 carrots cut into rings. Clean 2 kg (4 ½ lb.) freshwater fish and cut into uniform pieces: use 1 kg (2 ¼ lb.) eels (skinned) and 1 kg (2 ¼ lb.) burbot, tench, pike or carp. Place the pieces of fish in the casserole with a bouquet garni in the centre. Cover with dry white wine and add 2 crushed garlic cloves. Add salt and pepper, cover, bring to the boil, reduce the heat and allow to simmer for about 20 minutes.

Meanwhile dice 150 g (5 oz.) unsmoked streaky bacon and blanch for 5 minutes in boiling water. Strain. Glaze 20 small (pearl) onions. Clean and slice 250 g (9 oz. 3 cps) mushrooms and sprinkle with lemon juice. Toss the bacon and mushrooms in butter in a sauté pan. strain the pieces of fish and add them to the sauté pan, together with the onions.

Thicken the cooking liquid from the fish with 1 tablespoon *beurre manie*, strain and pour into the sauté pan. simmer for a few minutes, then add 200 ml (7 fl. oz. ¾ cup) *crème fraiche*. Boil, uncovered, for 5 minutes to reduce. Pour the *pochouse* into a deep serving dish and garnish with garlic-flavoured croutons.

POELON A small, long-handled saucpan, often with a lid. It was formerly made of earthenware (glazed or not) and was suitable for a slow-cooking simmering or braising foods. It is still used for the same purposes but is now made of stainless steel, black or enamelled cast iron, or enamel plate, it can also be used for browning mushrooms, making sauces and cooking *paupiettes* or peas with pieces of bacon. The *caquelon*, used for preparing *fouline souyarde* (a baked cheese fondue), is a type of poelona, as is the pan used for making burgundy fondue, which is deeper, fitted with a lid and rests on a table warmer. The sugar poelou is made of copper and is used for cooking sugar and syrups.

POGNE Also known as *pognon* or *pougnon*. A type of brioche, sometimes filled with crystallized (candied) fruit, served either hot or cold, often with redurrant jelly. It is a speciality

of the Dauphine. The *pogne de Romans* is well known, but *pognes* are also made in Crest (mainly for Easter). Die and Valence. In certain parts of the Lyonnais and Franche-Comete regions, *pgnes* can be brioches or tarts, made either with fruit or, in winter, with ground or pumpkin. The word originates from *Pougua* or *pugne*, a patois word for the handful of dough left over from bread-making, which housewives used to enrich with butter and eggs to make pastries.

RECIPE

Pogne de romans

Arrange 500 g (18 oz. 4 ½ cups) (all-purposed) flour in a circle on the workshop, in the middle of this circle put 1 ½ teaspoons salt, 1 table spoon orange-flower water, 25 g (1 oz) fresh yeast (2 cakes compressed yeast), 250 g (9 oz. 1 cup) softened butter and 4 whole eggs. Mix together thoroughly working the dough vigorously to give it body. Add 2 more 200 g (7 oz. ¾ cup) caster (superfine) sugar, little by little, kneading the dough all the while. Place this dough in a bowl sprinkled with flour, cover with a cloth and leave it to rise for 10-12 hours at room temperature away from draughts.

Turn the dough out on to the table and knock it back (punch down) with the flat of the hand. Make into 'crowns' shape two-thirds of the dough into bells, then use the remainder to shape smaller balls to place on top, like brioches. Place these crowns in buttered baking tins (pans). Leave the dough to rise for a further 30 minutes in a warm place. Brush with beaten egg and bake in a preheated oven at 190°C (375°F, gas 5) for about 40 minutes. Serve with redcurrant jelly.

POINT, A the French term describing a grilled (broiled) or sautéed steak (or other small out of meat) that is cooked to the medium stage – between medium-rare and well-done

By extension, a dish is referred to as a point when cooking has reached the desired stage and must be stopped immediately (green vegetables and pasta cooked *al alente*, fish in *court-bouillon*). The expression is also used to describe a dish that is ready to be served, all preparations being completed to the chef's satisfaction.

POINT, FERNAND French chef (born Louhans, 1897; died Vienne, 1955). His parents kept the station buffet at Louhans, where both his mother and grandmother were in charge of the cooking. He studied in Paris (as sauce chef at Foyot's, the Bristol and the Majestic), then at the Hotel Royal in Evian, where he was the fish chef. In 1922 when the Parish-Lyon-Mediterranean railway company refused to recognize officially the Louhans station buffet as a restaurant, Auguste Point (his father) decided to move to Vienne, where he opened a more conventional restaurant. Two years later he left it to his son, who renamed it La Pyramide. Fernand Point concentrated on good-quality food enhanced by careful cooking and meticulous preparation. The restaurant soon became well known to gastronomes on their way to the south of France. All the famous people of the time came to sample what Curmonsky regarded as the pinnacle of culinary art. Fernand Point's personality also had a lot to do with popularity of the restaurant. His humour, his intransigence, the warmth of his welcome, his anecdotes, his eccentricities and his massive size, all contributed to make him one of the great French chefs. After his death, the kitchens of La Pyramide were supervised first by Paul Mercier and then by Guy Thivard, still under Madame Point's administration.

The great chef was also a first-class teacher, and his pupils, namely Thuiller, Bocuse,

Chapel, the troisgros brothers, outliner and Bise, bear witness to the value of his training. Point's cuisine was in the great classical mould: truffled bresse children en erssie, stuffed salmon trout braised in port wine, delicés de Aint-Autone en feutillete, a dish of pig's trotters (feet) in puff pastry, which he made especially for Albert Lebrun; and the famous marjolaine. Which took him several years to perfect (a light almond and hazelnut sponge cake filled with three different creams chocolate, butter and paralinel).

The pharaoh of the Pyramide at Vienne (in the words of his biographer Felix Benoit) is also remembered for his maxims, some of which can be found in his book *Ma gastromontie*. 'Garnishes must be matched like a tie to a suit' and 'A good meal must be as harmonious as a symphony and as well-constructed as a Norman Cathedral.' He considered that the most difficult preparations were often those that appear to be the easiest. "A hearnaise sauce is simply an egg yolk, a shallot, a little tarragon vinegar and butter, but it takes years of practice for the result to be perfect.

POIRE A French cut of beef that is part of the topside. It is a round, lean, very tender cut and is cooked as steak. It weighs about 500 (18 oz.).

POITOU The variable quality of the soil has not prevented Poitou from having solid culinary traditions. The prosperity of the region is based on its cereal crops, cattle, sheep, goats pigs and poultry. The ground and winged game (here, rabbit, quali, thrush and partridge) are plentiful, and the produce of the lakes and rivers provides excellent fish dishes tench a la pottevine, lamprey simmered in wine and ceels sautéed in garlic, grilled (broiled) or prepared as a bouilliture. The marshland of Poitou provides frogs, and the nearby coastline of the Vendee is a source of sea fish (especially for chaudree) and shellfish (especially mussel and oysters).

The cultivated marshlands are very fertile, yielding onions, artichokes, asparagus, melons, peas, white beans (mojettes, cooked with cream) and French (green) beans, leeks (which are made into a succulent vegetable loaf). Cauliflowers and cabbage. Orchards are planted with apples (especially the 'Clorland' variety), cherries, peaches and walnuts as well as the chestnuts for which the region is famous.

Soups typical of the region include a wine soup, served either hot (known as rotie) or cold (mige) and a pig's head potée. Charcuterie specialities include the famous pate de Pagues en croute, a pie filled with meat, poultry, meathalls, and hard-boiled (hard-cooked) eggs; duck-liver pates and the confits of Civray and Sauze-Vaussais. Snails (lumas) are cooked stuffed or in wine, and frogs' leg are prepared as a blanguette or a la lugonnaise (sautéed in butter and garnished with fried garlic cloves. Among the most characteristic dishes of Poitou are the sauce de pire, pig's liver and lung simmered with onions, shallots, red wine and spices; the gigorit of pork and poultry; the Vendee fressure, pigs' fry with bacon, eaten cold; the pirot, prepared with goat meat, young fresh garlic and sorrel, the Poitou bifteckles, chopped beef bound with bone marrow. Eggs, breadcrumbs, onions and white wine, and also the far, a rum-flavoured tart, and forcemeats.

Poitou produces some good fresh cheeses, such as caillebottes and small callies, but it is best known for its wide variety of goat's-milk cheeses, including the famous chabico, the Bougon, La-Morbe Saint-Heray, Lusignan, Parthenay, Saint-Loup, Saint Saviol, Saint-Verent, Sauze-Vaussais, Trots -Cornes and Xaintray.

Among the desserts should be mentioned the tourteau (made with goat's-milk cheese clafoutis, grimolle (a fruit pancake baked in the oven) and plum pie. Butter is used to prepare broye and fouee (a circle of bread dough covered with cream and butter and baked in the oven). Mtlas, echantés and cruquelitus are common in the west of Poitou. Some noted local products are berlingoettes of Chatellerault, the macarons of Montmorillon and Lusignan, the Biscuits (cookies) of Pathenay, the nougatine of Politiers and the candied angelica of Niort (a famous liqueur is also made from the plant).

Poitou produced some pleasant red, white and sparkling wine.

POIVRADE Any of various sauces in which pepper plays a more important role than that of a simple condiment. The best known polvrade is a mirepoix mixed with vinegar and white wine, reduced, blended with a roux and white wine, and seasoned with crushed peppercorns. It is served with marinated meat and ground game. The other poivrade sauces are based on vinegar and shallots (hot) or vinaigrette (cold).

Potvrade is also the name of a small artichoke, which is eaten a la croque au set (with salt as the only accompaniment).

RECIPES

Carer... 's polvrade sauce

Put 2 sliced onions and 2 sliced carrots in a saucepan. Add a little lean ham, a few sprigs of parsley, a little thyme, a bay leaf, a generous pinch of mignonette, a little mace, then 2 tablespoons good vinegar and 2 tablespoons clear stock. Simmer over a gentle heat until the vegetables are very soft. When well reduced add 2 tablespoons clear stock and 2 tablespoons well-blended spagnole sauce. Boil for a few minutes, then press the sauce through a sieve and boil again to reduce to the desired consistency.

Add a little butter to the sauce just before serving.

Polvrade sauce.

Finely dice 150 g (5 oz) scraped or peeled carrots with the cores removed 100 g (4 oz. 2/3 cup) onions and 100 g (4 oz.) green (unsmoked) streaky bacon. Cut 50 g (2 oz 1/2 cup) celery into thin strips. Sweat very gently for about 20 minutes with 25 g (1 oz. Tablespoons) butter, a sprig of thyme and half a bay leaf. Add 500 ml (17 fl. oz. 2 cups). Vinegar and 100 ml (4 fl. Oz 7 tablespoons) white wine, then reduce by half.

Make a brown roux with 40 g (1 1/2 oz. 3 tablespoons) butter and 40 g (1 1/2 oz. 1/3 cup). Plain beef or chicken stock and cook gently for 30 minutes. Skin the fat from the mirepoix and add to the roux. Deglaze the mirepoix pan with 100 ml (4 fl. oz. 7 tablespoons) white wine and add to the sauce, together with 2 tablespoons finely chopped mushrooms.

Cook gently for a further hour, adding a little stock if the sauce reduces too much. Crush about 10 black peppercorns, add to the sauce and leave to simmer for 5 minutes. Then strain the sauce through coarse muslin (cheesecloth) or a very fine strainer.

If this sauce is to be served with a marinated meat, use the strained marinade to deglaze the cooking pan and diluted the roux. If it is to be serving with game, cut the trimmings from the game into small pieces and add to the mirepoix.

POJARSKI A way of serving veal chops in which the meat is detached from the bone, chopped with butter and bread soaked in milk, seasoned reformed on the bone and fried a clarified butter. By extension, it has come to mean a cutlet made up of white-chicken meat or salmon, covered with flour or breadcrumbs and sautéed in clarified butter.

Kotliety pojarskie is a classic Russian dish of meatballs, named after its creator, an innkeeper called Pojarski. Originally made of beef, they were a great favourite of Tsar Nicolas I. When the tsar arrived at Pojarski's unexpectedly one day, he was served with veal meatballs instead and enjoyed them just as much, so they became popular too.

RECIPES

Salmon cutlets Pojarski

Chop 300 g (11 oz.) fresh salmon flesh, then add 65 g (2 1/2 cup) scale breadcrumbs (soaked in

milk and strained) and 65 g (2 1/2 oz. 5 tablespoons) fresh butter. Season with salt and pepper and sprinkle with a pinch of grated nutmeg. Divide the mixture into 4 equal portions and shape into cutlets. Coat with breadcrumbs and brown on both sides clarified butter. Arrange on a serving dish, sprinkle with the cooking butter and garnish with cannelled slices of lemon.

Veal chop Pojarski

Bone a veal chop and keep the bone. Weigh the flesh and chop finely. Add an equal weight of scale breadcrumbs soaked in milk and strained, a quarter of its weigh of butter and a little chopped parsley. Season with salt and pepper and add a pinch of grated nutmeg. Stir the mixture thorough until smooth. Scrape the chop bone thoroughly and blanch in boiling water for 5 minutes. Cool and wipe dry. Press the meat mixture along the bone and reshape the chop. Leave to dry for 30 minutes, then cover with four and cook in clarified butter for about 15 minutes until brown chop on a serving dish, garnish with a cancelled slice of lemon sprinkle with a little noisette butter and serve with an appropriate vegetable cooked in butter.

POLENTA A commel porridge tat is the traditional basic dash of northern Italy (both Venice and Lombardy claim to have invented it). The Greeks used to eat various cereal porridges called poltos, but maize (corn) did not arrive from America until the beginning of the 16th century.

Polenta is traditionally made with water in a large copper pot, stirred with a big wooden spoon. The porridge is cooked in a round wooden tray and then cut into squares or diamond shapes. It can also be made with milk (for desserts), stock or with a mixture of white wine and water. Like rice and pasta. Polenta is very versatile and is used for a large number of dishes fritters, croquettes, gratins, croutes and timbales, served plain, with buter and cheese, in a sauce, or even flavoured with vegetables, ham or white truffle, polenta may accompany fish stews, meat ragouts or brochettes of small birds. In italy the large-grained. Bergano and Verona varieties of maize, which take a long time to cook, are preferred for making polenta.

Gastronomic societies have been formed to promote polnetaa and as dishes the Academie des Polentophages was founded at the beginning of the 18th century, and the P.P.P.P. Society (Prima Patria) Poi Polenta, "First the homeland, then plental"). A century later.

RECIPE

Parmesan Polenta

Boil 1 litre (1 ¾ pints, 4 ½ cups) water with 1-2 teaspoons salt (or to taste), then add 250 g (9 oz. 2 cups) cornmeal and mix together thoroughly. Cook for 25-30 minutes, stirring continously with a wooden spoon. Then add 50-65 g (2-2 ½ oz. 4-5 tablespoons) butter and 75 g (3 oz. ¾ cup) grated Parmesan cheese. Pour the porrid, e on to a damp plate, spreading it out I an even layer, and leave to cool completely. Cut into squares or diamond shapes and fry in butter until golden. Arrange on a serving dish and sprinkle with grated permesan cheese and noisettes butter.

POLIGNAC The name of various classic French dishes dedicated to members of the Polignac family.

Supremes of chicken Polignac are covered with supreme sauce enrich with thinly sliced truffles and mushrooms. Flat-fish are poarhed, dressed with a sauce made with white wine and cream, and served with a mushroom julienne. Eggs Polignac are either cooked in moulds, on thin slices of truffle or soft-boiled and covered with Perigueux sauce.

RECIPE

Eggs Polignac in a mould

Butter some small round moulds and line the bottom with a thin slice of truffle. Break an egg into each mould. Bake in a preheated oven at 180°C (350°F, gas 4) in a bain marie. Turn each egg out on to a crouton of bread fried in butter. Heat some meat glaze and add to it in an equal volume of *moitre d' hotel* butter. Cover the eggs with this sauce.

POLKA a gateau consisting of a ring of choux pastry or a base of shortcrust pastry (basic pie dough), filled with confectioner's custard (pastry cream) or frangipane cream, then dusted with sugar and caramelized with a red-hot skewer forming a criss-cross pattern. Small polkas can also be made.

Polka bread (*pain polka*) is a traditional French bread, particularly popular in the Loire Valley. Usually round and flat, weighing 2 kg (4 ½ lb.), it has deep criss-cross grooves in the top, which enable the bread to be divided without using a knife. It is always highly baked with a thick, brown crust.

In both cases, the name is derived from the dance of the same name, the criss-cross pattern resembling the figures of the dance.

RECIPE

Gateau polka

Make a short pastry with 50 g (2 ¼ cup) softened butter, 125 g (4 ½ oz. 1 cp) plain (all-purposed) flour, 1 tablespoon caster (superfine) sugar and 1 egg yolk. When smooth, roll it into a ball and chill in the refrigerator.

Make a confectioner's custard (pastry cream) with 1 litre (1 2/3 pints, 4 ½ cups) milk, 6 eggs, 200 g (7 oz. ¾ cup) caster sugar, 175 g (6 oz. 1 ½ cups) plain flour and 100 ml (4 fl. oz. 7 tablespoons) rum. Leave to cool.

Roll out the dough thinly into a circle 20 cm (8 in) in diameter. Place it on a buttered baking sheet and prick with a fork. Make some choux pastry with 120 ml (4 ½ fl. oz. ½ cup) water, 25 g (1 oz. 2 tablespoons) butter, 1 tablespoon caster sugar, a pinch of salt 65 g (2 ½ oz. 2/3 cup) plain flour and 2 beaten eggs. Place in a piping bag with a plain nozzle 1.5 cm. (5/8 in) diameter. Brush the rim of the pastry circle with beaten egg and pipe the choux pastry in a border 5 mm (1/4 in) from the edge. Brush this border with beaten egg.

Bake in a preheated oven at 200°C (400°F, gas 6) for 20 minutes, covering the centre of the circle with foil if the pastry browns too quickly. Leave to cool completely, then pour the confectioner's custard into the centre. Sprinkle with granulated sugar. Carefully heat a metal skewer in a flame until it is red hot and then mark a criss-cross pattern on the top of the custard.

POLLACK Either of two large sea fish (up to 70-80 cm (26-32 inc. long), related to the whiting. The yellow pollack is found in the Atlantic as far south as the Bay of Biscay, while the black pollack can be found as far north as Norway and rarely further south than Brittany.

The black pollack has a grey underside and a grey-green or dark-green back; the yellow pollack is more of an olive colour, and its underside is coppery or silvery. Both varieties are very lean fish (1 ¾ fat), but the yellow variety has a finer texture. Both are sold whole, in steak or filleted. Black pollack is often deep-frozen. Pollack can be prepared in the same way as cod or whiting, but the black pollack tends to disintegrate and should not be cooked for as long. In Scandinavian countries dried pollack is called kippfish, when dried and salad, it is referred to as stock fish.

POLO, MARCO Venetian voyager (born Venice, 1254, died Venice, 1324). He travelled through Armenia, Persia and the Gobi Desert, was lavishly entertained in Peking, then returned to Europe at the end of a 16-year voyage via Sumatra and the Persian Gulf. While imprisoned by the Genoese, he wrote an account of his voyage, *The Book of the Wonders of the World*. He

is given credit for the discovery and spread of rice and pastas, but more importantly he enabled Venice to trade in spices and exotic goods from the Far East. In memory of this great voyager, an annual gastronomy prize, Macro-Polo-Casanova, is awarded by a panel of journalists and restaurateurs to the best Paris restaurant specializing in foreign cooking.

POLONAISE, A LA describing a classic dish of vegetables, especially cauliflower and asparagus. The vegetables are cooked in boiling water, then sprinkled with chopped hard-boiled (hard-cooked) egg yolk and parsley (or fines herbes) and finally with breadcrumbs fried in butter. The description also refers to other recipes derived from Polish cooking.

RECIPES

Asparagus a la polonaise

Clean some asparagus and trim to the same length. Cut into small bunches and cook for 25 minutes in plenty of boiling salted water (to which may be added 1 tablespoon flour to help the asparagus keep its colour). Drain thoroughly and arrange in a long buttered dish, in staggered rows, sow clearly. Sprinkle with sieved hard-boiled (hard-cooked) egg yolk and chopped parsley. Lightly brown some breadcrumbs in noisette butter and pour over the asparagus. Serve immediately.

Beetroot salad a la polonaise

Peel some cooked beetroot (beet) and cut into thin slices. Season with a highly spiced vinaigrette, pile in a salad bowl and sprinkle liberally with chopped parsley and sieved hard-boiled (hard-cooked) egg yolk. Thin apple slices sprinkled with lemon juice may be added.

Cauliflower a la polonaise

Divide a cauliflower into large florets and cook in boiling salted water until just cooked (the cauliflower should stay slightly firm). Reshape it in a round serving dish, sprinkle with 2-3 chopped hard-boiled (hard-cooked) eggs and chopped parsley, and keep in a warm place. Crumble 75 g (3 oz.) About 3 slices of scale bread in 75 g (3 oz. ½ cup) melted butter in a frying pan. Fry until golden and sprinkle over the cauliflower, serve immediately.

Swiss chard a la polonaise

Trim away the green parts of the leaves from the white central stalks of the Swiss chard, cut the white stalks into strips, remove the strings, then cut into pieces of the same length. Cook, covered, for about 1 hour in a white stock for vegetables. Drain and finish the dish as for asparagus a la polonaise. Cook the green part of the leaves like spinach for a separate dish.

POLONAISE Also known as brioche polonaise. A brioche soaked in rum or kirsch, sliced and layered with crystallized (candied) fruits mixed with confectioner's custard (pastry cream), and then covered with meringue and decorated with sliced almonds before browning in the oven. Small individual brioches may be hollowed out and filled with the custard and fruit mixture and are sometimes arranged on little pastry bases or in paper cases before being covered with meringue.

RECIPES

Brioche polonaise

Make a brioche weighing about 800 g (¾ lb.). Dice about 200 g (7 oz. ¾ cup) crystallized (candied) fruit and steep in kirsch. Make a syrup with 200 g (7 oz. ¾ cup) granulated sugar, 250 ml (8 fl. oz. 1 cup) water and a liquor glass of kirsch. Prepare a confectioner's custard (pastry

cream; see custard) with 50 g (2 oz. ½ cup) plain (all-purpose) flour, 4 egg yolks, 100 g (4 oz. ½ cup) caster (superfine) sugar, 1 teaspoon vanilla sugar and 500 ml (17 fl. oz. 2 cups) milk. Mix 40 g (½ 3 tablespoons) butter with the custard, then incorporate the drained fruit.

Cut the brioche horizontally into slices, after removing the top. Dip the slices in the way syrup and spread each with a thick layer of the fruit custard. Reshape the brioche and put the top back in position. Stiffly whisk 4 egg whites, incorporating 50 g (2 oz. ¼ cup) caster sugar. Completely cover the brioche with the meringue, then sprinkle with icing (confectioner's) sugar – no more than 2 tablespoons - and scatter about 100 g (4 oz. 1 cup) shredded (silvered) almonds over the surface over the surface. Brown in a preheated oven at 230°C (450°F, gas 8) for 5 minutes. Cool completely before serving.

POLYPORE A generic term for a very large number of mushrooms species growing on tree trunks. The polypore en touffee or poulet de bois and the umble polypore are highly valued in the east for their consistency and flavour, which makes them excellent accompaniments for chicken and fish.

POMEGRANATE A shrub of Asiatic origin, cultivated for its large, edible fruit. The fruit has a tough reddish-yellow or green skin enclosing many red seeds surrounded by sweet, pinkish, juicy pulp. The ancient Egyptians fermented pomegranates to make a heady wine. The fruit was regarded as a symbol of love and fertility because of its numerous seeds; it is mentioned in Greek mythology as well as being depicted in Christian symbolism. The dried seeds were used as a condiment by the ancients, and the fruit was used mainly as a medicine until the Renaissance. Recipes featuring the pomegranate begin to appear at the time of Louis XIV. Especially those for sauces and soups.

It is cultivated in many tropical countries, including central America, Lebanon, Pakistan and India, and it also grows in the south of France. The fruit is usually eaten fresh or used to make refreshing drinks, but in some countries it is also used as an ingredient or as a condiment; pomegranate concentrate is used in some Lebanese dishes (meatballs and stuffed fish); fresh seeds are used in salads, aubergine (eggplant) purees, sweet couscous and almond cream in oriental cookery; and crushed seeds are used in meat dishes in India and Pakistan.

RECIPE

Lemonade with pomegranate juice

Choose 6 very ripe pomegranates, squeeze out the juice from the seeds using a vegetable mill or blender, and then strain. Add the juice of 2 lemons and 2 oranges and the zest of 1 lemon and 1 orange. Add water (twice the volume of the fruit juice) and sugar as required. Steep for several hours or up to 36 hours in the refrigerator, pass through a very fine strainer and chill before serving.

POMELO The largest of the citrus fruits, sometimes known as shaddock. The pomelo is pear-shaped, 20-30 cm (8-12 in) long, with a thick skin and a bitter, coarse flesh similar in flavour to the grapefruit, it can be eaten on its own or used in the same recipes as grapefruit.

POMEROL A Bordeaux wine region, slightly north-west of Saint-Emilion. There is some gravel in the soil, which makes the finer Pomerol wines, produced predominantly from the Merlot grape, very elegant. The most famous estate is Chateau Petrus, but there are many other well-known ones, including Chateaux Lafleur, Le Pin, L'Eglise-Clinet and La Flur de Gay.

POMAINÉ, EDQUARD POZERSKI

French doctor and gastronome (born Paris, 1875; died Paris, 1964). Head of the food physiology

laboratory at the Pasteur Institute, where he spent his entire career, Dr. de Pomiane conducted research into digestion and dietetics, which led him to take an interest in cooking. He invented gastronomie, a study of the physico-chemical processes to which foods are subjected during cooking. Himself a gourmet, he cooked to perfection, with an emphasis on simplicity and the harmonization of flavours. He wrote in a lively, humorous and pleasant style and is still one of the most popular of 20th-century French gastronomic writers.

We are particularly indebted to him for *Bien manger pour ceux qui vivent* (1922), *La Cuisine en six leçons* (1927), *Le Code de la Bonne Chère* (1924), *Radio-Cuisine* (1936), based on radio broadcasts in 1933-34 and 1934-35, on his culinary discoveries, his travel, his own creations and his own creations and his favourite recipes. In *Cuisine fine, recettes modernes* (1929) he traced his Polish family back to its origins (his father emigrated to France in 1845). His other works include *La Cuisine pour la femme du monde* (1934), *Reflexes et Reflexions devant la nappe* (1940) and *Cuisine et Restrictions* (1940), in which Pomiane dealt humorously with subjects in which cooking and contemporary life are closely associated.

Pommard An AOC wine from a village in the Côte-de-Beaune in Burgundy. The red wines, produced from Pinot Noir, are deep in colour, with good structure, and are capable of long ageing.

Pomme de Pin a tavern established in the 16th century on rue de la Casse in Paris. Made famous first by François Villon, then by Rabelais, it was associated from three centuries with the world of literature, being frequented by the poet of La Pléiade and later by the classical poets. In the 17th century writers were allowed to get drunk free of charge, which helped the establishment to enjoy a long period of popularity.

Other taverns of the same name existed in Paris, Rome and Copenhagen. The symbol of the pine cone, from which the tavern derives its name, is probably a survival of the worship of Dionysus, the god of wine, whose symbol was a stick surrounded with wine shoots and topped with a pine cone.

Pompadour, Jeanne Poisson, Marquise de French royal favourite (born Paris, 1721; died Versailles, 1764). The wife of Charles le Normand d'Étiolles, a farmer-general, she became Louis XV's mistress in 1745 and was made a marquise. She played an important role in the king's life and was a notable influence in the field of the arts.

Like many other courtesans of the period, she was very interested in cookery. Several dishes were named after her (dislikes of apricots, lamb chops, pheasant croquettes and small iced petits fours), both during her lifetime and in the 19th century (especially by Escoffier and Urbain Dubois). Other dishes appear to be her own creations, such as fillets of sole with truffles and mushrooms, chicken breasts en béchamel and tendrons of lamb au soleil (cooked in a white veal stock with thin escalopes and truffles). Monselet also credits her with a sauce for asparagus containing butter and egg yolks, bound with cornmeal and seasoned with verjuice.

In classic cookery Pompadour is the name of a dish of noisettes of lamb or tourmedos fried and coated in Choron sauce, then surrounded with Périgueux sauce and artichoke hearts stuffed with lightly browned moquette potatoes.

Salpicon Pompadour (diced foie gras, pressed tongue, mushrooms and truffles bound with a Madeira sauce) is used to fill timbales à vol-au-vent.

RECIPE

Savoury Dishes

Lamb cutlets Pompadour

Braise the cutlets, which should be taken from the fillet end and trimmed of fat; drain and allow to cool thoroughly. Mask with a well-reduced Soubise puree and leave to dry. Coat with fine breadcrumbs and then beaten egg. Lightly brown the outlets in clarified butter. Serve with lemon quarters and small buttered turnips.

Rissoles pompadour

Roll out some rough puff pastry to a thickness of 5 mm (1/4 in) and cut out an even number of circles 5-6 cm (2-2 1/2 in) in diameter. Prepare a salpicon of pickled tongue, truffles and mushrooms cooked in butter and bound with a very thick demi-glaze sauce; coat half the pastry circle with this mixture (not completely to the edge) and cover with the remaining circles. Seal the rissoles tightly and leave for 30 minutes. Fry in hot oil at 180°C (350°F) until golden brown. Drain on paper towels and serve with fried parsley.

Sweet Dishes

Atteraux of apricots Pompadour

Thread slices of stable brioche on skewers, alternating with halved apricots, which have been cooked in syrup and thoroughly drained. Dip them in fried with breadcrumbs and deep-fry quickly in hot oil at 180 °C (350°F). drain on paper towels, sprinkle with caster (superfine) sugar and serve with hot apricot sauce.

Rice cakes Pompadour

Prepare 175 g (6 oz. 1/4) short-grain rice, cooking it until all the milk has been absorbed and the grains begin to burst allow to cool slightly. Butter a baking sheet and spread the warm rice to a thickness of about 1 cm (1/2 in). dot the surface with butter and allow to cool completely. Prepare 200 ml (7 fl. oz. 3/4 cup) thick confectioner's custard (pastry cream) flavoured with rum. Chop 150 g (5 oz. 1 cup) crystallized (candied) fruits into small pieces. Cut the rice into 5 cm (2 in) squares. Mix the custard and crystallized fruits and coat the underside of the squares with this mixture; stick the squares together in pairs, coat twice with breadcrumbs and deep-fry in hot oil at 180°C (350°F.). Drain the cakes on paper towels and serve with hot apricot sauce.

POMPANO An atlantic fish of the Carangidae family, this is *Trachinotus carolinus*, related to the round pompano. (*Trachinotus ovatus*), which is found in the Mediterranean. Pompano is derived from the Spanish name for vine leaf (*pampana*). The fish is blue-green with a silver belly grows to about 45 cm (18 in). length. The flesh is firm and delicate in flavour, making excellent eating the round pompano (*Trachinotus ovatus*) is not considered to be the same culinary delicacy.

POMPE a sweet or savoury pastry, popular in many parts of Auvergne, Lyon and Provence. Pompe aux grattons, from the Bourbonnais area, is a type of tart or crown-shaped brioche containing landons or grattons, which is served as an entrée or with an aperitif (a white saint-Pourcain), in the Nivernais it is called pompe aux grigmaudes; pompe a ix poires, a fruit tart or pie, is also found here.

In Auvergne, pompe (or pompo) aux, ommes is a traditional dish for family celebrations, Christmas and Easter. It is made of buttery rough puff or flaky pastry, spiced with cinnamon and filled with jam, plums or even cream cheese.

In Provence, pompe a l'buile is a flat Christmas cake of leavened dough made with olive oil, flavoured with orange-flower water, lemon zest or saffron, and sometimes studded with sugared almonds (dragees). The pompe a lbuile is an essential elements of the 13 desserts of the Provencal Christmas, which are eaten with mulled wine, its variants are numerous and include flammudo, gibassier, girodo, resseto and toca.

RECIPES

Christmas pompes

Place 1 kg (2 ¼ lb. 9 cups) plain (all-purpose) flour in a bowl and add 250 g (9 oz). Greased-dough leaven cut into small pieces, 250 g (9 oz. 1 ½ cups, firmly packed) brown sugar, ½ teaspoon salt, 4 tablespoons olive and 3-4 whole eggs. Mix well. Add the grated zest of an orange and a lemon. Knead the dough thoroughly and 'throw' it on the table. When it is very soft, roll the dough into a ball, wrap it in an oiled plastic bag and leave to rise in a warm, draught-free place for about 6 hours. Knead the dough again, divide into 8 pieces and shape into crown. Place the crowns on a buttered cloth and leave for a further 2 hours. Then place in preheated oven at 230°C (450°F, gas 8) and bake for 25 minutes. Remove from the oven, moisten with orange-flower water and return to the oven for 5 minutes with the oven door left open.

POMPONNETTE A small rissole, filled with forcemeat or a finely minced salpicon, which is fried and served as hot hors d'oeuvre. The name is a diminutive of pompon.

RECIPES

Pomponnettes

Prepare 400-500 g (14-18 oz) lining pastry) and leave in a cool place for about 2 hours. Prepare 250 g (9 oz. 1 cup) gratin or game forcemeat, mushroom duxelles or a ham and mushrooms salpicon bound with a very thick bechamel sauce. Roll out the pastry to a thickness of 3-4 mm (1/2 in) and cut into circles 7.5 cm (3 in) in diameter. Place a small amount of filling on the centre of each circle. Moisten the edges, draw up together towards the middle like a small pouch and pinch firmly to seal. Deep-fry the pomponnettes in hot oil heated to 180°(356°F) until golden. Drain on paper towels and serve very hot.

PONCHON, RAOUL French poet (born la Roche-sur-Yon. 1848 died Paris, 1937). He wrote some 150,000 verses on the themes of eating and drinking. Which were published in daily newspapers on the best of these appeared in the collection *La Muse au cabaret*, (1920). He proclaimed the bottle superior to the saucepan ('one must eat to drink, not drink to eat') and proved to be a worth and proved to be a worthy heir of Saint-Amant, Basselin and Beranger. He was elected to the Goncourt Academy in 1924.

PONT-L'ÉVÊQUE An AOP soft cow's-milk cheese (45-50% fat content) from Normandy, with a washed or brushed crust, matured for six weeks in a damp cellar. Sold either wrapped in waxed paper in a wooden box or unwrapped, it is 10 cm (4 in) square and 3 cm (1 ¼ in) thick. It should have a smooth crust, golden-yellow or orange in colour and never sticky, hard or greyish. The interior should be soft but not runny. It has pronounced flavour and should 'smell of the earth, not mure': if it smells too strong, it can be unpacked and wrapped in a damp cloth for half a day.

Point-l'Éverque is served at the end of a meal with a full-bodied red wine. The name comes from the chief market town of Calvados, where it is made. Probably one of the oldest cheeses of Normandy, it was mentioned by Guillaume de Lorris in the *Roman de la Rose*, where it was known as augelot (from augelot, meaning 'cheese from Auge'). It is at its best in the autumn and winter. The cheese should be cut first in half through the centre, then progressively toward the edges, keeping the remaining portions together so that the interior does not dry out. It is still often farm-produced. The Pave d'Auge is similar but thicker.

PONT-NEUF A small Parisian pastry consisting of a tartlet of puff or shortcrust pastry, filled

with frangipane or a mixture of choux pastry and confectioner's custard (pastry cream) flavoured with rum or with crushed macaroons, topped with a pastry cross and glazed with apricot jam or redeurrant jelly after baking. This name is also given to a type of talmouse decorated with a lattice of pastry.

RECIPE

Ponts-neufs

Prepare a lining pastry with 200 g (7 oz. 1 ¾ cups) plain (all-purpose) flour, pinch of salt, 25 g (1 oz. 2 tablespoons) caster (superfine) sugar, 100 g (4 oz, ½ cup) melted butter and 1 whole egg. Roll the dough into a ball and put it in the refrigerator. Prepare a confectioner's custard (pastry cream; see custard) with 400 ml (14 fl oz. 1 ¾ cups) milk, 4 eggs. 50 g (2 oz. ¼ cup) caster sugar, half a vanilla pod (bean) and 25 g (1 oz. ¼ cup) plain flour; add 25 g (1 oz. ¼ cup) crushed macaroons and leave to cool. Prepare a choux paste with 100 ml (4 fl oz 7 tablespoons) water. 25 g (1 oz. 2 tablespoons) butter, a pinch of salt, 65 g (2 ½ oz. 2/3 cup) plain flour, 3 eggs and 1/3 teaspoon caster sugar. Leave to cool.

Roll out the lining pastry very thinly, cut into 10 circles and line sections of patty tins (muffin pans) of a slightly smaller diameter. Roll the remaining pastry into a ball. Mix the choux pastry with the confectioner's custard and fill the tartlets. Glaze the tops with egg yolk. Roll out the remaining pastry very thinly and cut into 20 thin strips; use to make a pastry cross on each tartlet. Cook in a preheated oven at 190°C (375°F, gas 5) for 15-20 minutes and cool on a wire rack.

Melt 100 g (4 oz ½ cup) redcurrant jelly over a gentle heat; coat the opposite quarters of each tartlet with the jelly and dust the remaining quarters with icing (confectioner's) sugar. Keep cool until ready to serve.

PONT-NEUF POTATOES A dish of fried potatoes, cut into sticks twice as thick as matches. Pontneuf potatoes are generally used to garnish small cuts of grilled (broiled) beef, especially tournerdos Henri IV (the names come from the statue of the king on the Pont-Neuf in Paris). In English they are popularly known as chips (French fries)

RECIPE

Pont-neuf potatoes

Peel some large waxy potatoes, wash them and cut into sticks 1 cm (1 ½ in) thick and 7 cm (2 ¾ in) long. Wash well and dry in cloth, deep-fry in oil heated to 170°C (339°F) for 7-8 minutes, until they begin to colour, then drain. Just before serving, fry again in the oil, reheated to 180°C (350°F), until golden. Drain and sprinkle with line salt.

POPCORN Aerated grains of a type of maize (corn) that explodes when cooked in a little hot oil in a covered pan. the moisture in the grain causes the starch to soften and swell when heated. As the moisture content evaporates, the corn pops, leaving the grain dry and crisp. They may be coated with caramel, sprinkled with sugar or seasoned with salt.

POPPADOM. Also known as poppadum, papadam, papad and by various other spelling. This Indian savoury, a crisp, thin wafer, is usually classed as a type of bread. The dough is made from lentil or chick pea flour, rolled out very thin and fried. A raising agent in the dough makes it puff up during brief cooking, expanding in size and browning rapidly.

Poppadoms may be plain or spiced, for example with cumin and/or peppercorns. Chilli

spiced poppadoms have a hot flavour. They are sold dried ready for cooking in a little hot oil, or they can be cooked under a hot grill (broiler). Authentically, poppadoms are served throughout or at the end of a meal, but they are often eaten as an appetizer, with raita and/or fresh chutneys, in restaurants. Tiny cocktail poppadoms are available dried, and these are ideal for serving with drinks.

POPPY Any plant of the genus *Papaver*. The red poppy (coquelicot in French) has blazing red petals. These are used as colouring in confectionery notably for coquelicots de Nemours, flat, rectangular sweet (candies) made from cooked and flavoured sugar, colored red. Poppy leaves used to be eaten as a vegetable, much in the same way as sorrel. When in season, they are traditionally added with the flowers to the catillettes (flat sa usages) made in Viviers.

Varieties of the opium poppy are cultivated for their blue-grey seeds, which are rich in oil (4-50%); these seeds are not narcotic. Poppy-seed oil is extracted from varieties grown in the Balkans, Germany, Poland, the Netherlands and (more rarely) in northern France. The oil is pale and has a pleasant taste, and it is used in cooking and to dress or flavour dishes in the same way as olive oil, in Paris and northern and northern France it is known as huile blanche (white oil), olivette and petite huile.

Poppy seeds, which have a rather nutty taste, are used mainly in pastisserie in Turkey, Egypt and central Europe, where they are used to flavour a cream filling for some gateaux or are sprinkled over bread rolls (also very popular in Britain). They are also used as a condiment for cream and curd cheeses, to flavour Chinese rice-flour noodles and as an ingredient in Indian curries.

PORBEAGLE A fish of the shark family, known as taupe or ioville, it can reach a length of 3.7 m (12 ft). It is fished by the fishermen of the Ile d'Yeu off Vendee throughout the year, but especially from May to September, when it migrates towards the coast. It is sold as 'sea calf', or as slices like tuna, and it is cooked in the same way as tuna.

PORCHE a Breton especially from Dou-de-Bretagne. Based on pig's trotters (feet), bones and rinds, flavoured with various condiments and sorrel, it was formerly cooked overnight in the local baker's oven.

POREE A fairly thick puree or soup, made in the Middle Ages with green vegetables, spinach, Swiss chard, leeks and watercress. Depending on whether times were bad or not, these leaves were cooked in water, meat stock or almond milk.

RECIPE

Poree of Charnie

Chop the whites of 1.5 kg (3 ¼ lb.) leeks and soften them in 100 g (4 oz. 1/3 cup) slightly salted butter in a frying pan. Add 200 ml (7 fl. oz. ¼ cup) fish stock, 200 g (7 oz. ¾ cup) crème fraîche, a pinch of coarse salt and the same of pepper. Arrange 6 fillets of turbot or John Dory, 6 pieces of monkfish, 6 scallops and 6 langoustine tails. Cover and poach for 8 minutes. Serve the fish on the bed of leeks thicken the liquid with 2 egg yolks and pour it over the fish. Garnish with chervil.

PORK The flesh of the domestic pig. The male pig is called a boar, the female a sow, and the young a piglet, porker or sucking pig, according to age. The wild boar is the ancestor of the domestic pig. It became domesticated living on refuse near human settlements, which is why pork is regarded as unclean in some religions. From the Middle Ages the killing of a pig, an abundant source of food, was the occasion for a feast day.

Selective breeding has produced a high-meat carcass, with a thin coat of fat and large hams. In the past pigs had long legs, were fattened on potatoes and chestnuts and were butchered at about 10 or 12 months. Modern breeds have shorter legs and provide more meat; they are fattened in six or seven months on cereal flours and weigh between 90 and 100 kg (200-220 lb.) . Their meat is in general less tasty and not always of the quality. The Large white Yorkshire, Western White, Darnish Landrace and the Belgian Pietrain, which is white with black patches, are among the most common breeds. Pork is a widely consumed meat in France, Germany, Scandinavia and Britain.

- Cuts of pork good-quality pork is identified by firm pink flesh, which shows no trace of moisture; whitish and damp flesh comes from a factory-farmed pig and is bland; meat that is flaccid, too red or too fat comes from an older animal of mediocre quality. In northern and eastern France white meat is preferred; elsewhere, pink is more sought-after. In Paris pork from a butcher is paler than that used for charcuterie because pink meat absorbs water better, which is an advantage in making pates, hams and galantines. Some cooks prefer the former as being finer and more delicate, others the latter as having more flavour. Pork is eaten fresh, slightly salted, cured or smoked. There is an old French saying that all parts of a pig can be eaten and an English one that all parts can be eaten except the squeak. It is true that even the ears, feet, offal (variety meats) and tail, has culinary use, either fresh or in charcuterie.

After slaughter, the offal and head are removed and the pig is cut in half; the leg and shoulder are cut from each half-carcass for separate treatment. It is mainly the back of the pig that is sold for fresh meat, although in Britain the leg and shoulder are also sold fresh. A wide variety of names is used for different cuts, and many prepared meats are labeled according to their suitability for specific cooking methods rather than the area of carcass from which they originate. The following is a guide to some traditional cuts and carcass sections.

- The spare rib and bladebone (shoulder butt) are roasted or braised in a casserole. More moist than fillet (loin), soft and slightly fatty, they can also be made into a stew, grilled (broiled) or fried as chops cut into cubes for kebabs or used for home-made sausagemeat.
- The foreloin and the unboned middle fillet give succulent roasts but can also be prepared as chops and grilled (broiled) or fried; this is lean and rather dry meat.
- The hind loin is more succulent and less fatty than the spare rib; it is usually roasted.
- The tenderloin is the middle part of the fillet, which consists of tender juicy noisette.
- Grillades is the French name for thin blade steaks cut in a fan shape, which are flat and excellent for grilling (broiling); they are tasty but rather rare.
- The leg is sometimes eaten fresh; the fillet end can be cut into thick slices and grilled (broiled) or used for kebabs; it can also be braised or roasted. The knuckle end is usually boiled in stock.
- The hand (picnic shoulder) is often braised on the bone; when chopped, it makes a fine meat for pate. It can also be roasted or sautéed and is often used in a potée or with sauerkraut.
- The thick end of belly consists of the top ribs; formerly eaten only salt pork, it can also be grilled (broiled) as spare ribs or cooked in a sweet-and-sour sauce, Chinese style, it is from the belly of the animal that the fat and skin are removed to make lardons and strips for barding and larding.
- Pork in cookery. Pork has been enjoyed in France since the time of the Gauls. It was, however, a meat of the common people; Grimod de la Reyniere saw the pig as 'an encyclopedic animal, a meal on legs' that did not provide roasts for aristocratic tablets; he considered only sucking pig to be of value. The same is true of Britain, where pigs were economical to feed and easy to rear in small spaces, such as the back gardens of town houses as well as country cottage gardens.

A rich and fatty meat, pork goes well with (pineapple, apples, prunes) and vegetable

purees. It can be enlivened with green sweet (bel) pepper, mustard, fried onions, pepper sauce, garlic or a roquefort sauce. Garnished with beans and Lentils, it makes a substantial winter meal. Aromatic herbs (especially sage) are often used to flavour roast and grills.

The base of all French regional potees, pork is also used in recipes inspired by Chinese, Caribbean and Danish cookery.

RECIPES

Grilled pork chops

Seasoned the chops with salt pepper, brush with melted butter or oil and grill (broil) under a moderate heat, turning once. Arrange on a serving dish and garnish with watercress. Serve with lemon wedges.

Loin of pork a l'alsacienne

Salt and pepper a loin of pork and cook in a preheated oven at 200°C (400°F, gas 6) allowing 50 minutes per 1 kg (22 minutes per 1 lb, and turning it over halfway through the cooking time. Prepare a braised sauerkraut with a garnish of bacon and sausages. Drain the loin, place in the centre of the sauerkraut and continue cooking for a further 15 minutes. To serve, cut the bacon into slices and separate the loin chops. Arrange on the sauerkraut with the sausages and boiled potatoes.

Loin of pork bonne femme

Salt and pepper a loin of pork. In a flameproof dish heat 15 g (1/2 oz. 1 tablespoon) butter or lard per 1 kg (2 ¼ lb.) meat. Brown the meat on all sides, then place the dish in a preheated oven at 200°C (400°F, gas 6) and cook according to the weight of the meat, allowing 50 minutes per 1 kg (22 minutes per lb). about 25 minutes before

The end of the cooking time, and add 500 g (18 oz) peeled potatoes per 1 kg (2 ¼ lb.) meat and 20 small (pearl) onions fried in butter. Season with salt and pepper, cover and finish cooking. Separate the loin chops and serve very hot, sprinkled with chopped parsley.

Loin of pork with red cabbage.

Prepare a braised red cabbage while roasting a loin of pork. Arrange the pork on a hot serving dish, surround with red cabbage and boiled potatoes or braised chestnuts. Serve very hot.

Mother's cretons

In a heavy-based saucepan place 500 g (18 oz. 2 ¼ cups) minced (ground) shoulder of pork, 1 chopped onion 2 crushed garlic cloves, 1 cup breadcrumbs, 1 cup milk, 1 cup chopped parsley, salt, pepper and cinnamon. Mix thoroughly, cover and cook for 2 hours over a gentle heat, stirring frequently. Leave to cool, then process in a blender or food processor for 2 minutes. Pour into a buttered terrine and refrigerate until firm.

Neck of pork with broad beans

Soak 1 kg (2 ¼ lb.) smoked neck of pork for 12 hours in fresh water, changing the water two or three times if the meat seems too salty. Place the pork in a braising pan and cover with cold water. Bring to the boil and skim. Add 1 leek, 1 carrot, 1 onion, 1 celery stick, 1 bay leaf, 6 peppercorns 3 cloves and 200 ml (7 fl. oz. ¼ cup) Rivaner or Rie ling. Cover and cook for 2-3 hours. Prepare a roux with 50 g (2 oz ¼ cup) butter and 2 tablespoons plain (all-purpose) flour, dilute with stock from the braising pan to make a sauce cook 1 kg (2 ¼ lb.) broad (fava) beans with a few sprigs of summer savory; serve the meat sliced, with the beans and boiled potatoes.

Pork chops a la bayonnaise

Stud the chops with silvers of garlic. Season with salt, pepper, powdered thyme and bay leaf and sprinkle with oil and a dash of vinegar. Leave to marinate for 1 hour, then sauté briskly in lard. When the chops are browned on both sides, surround them with small new potatoes tossed in goose fat and cep mushrooms fried in oil. Cook in a preheated oven at 200°C (400 °F, gas 6) for 20 minutes. Arrange on a hot dish and sprinkle with chopped parsley.

Pork chops a la gasconne

Marinate the chops as for pork chops a la bayonnaise. Fry quickly in butter or goose fat. Place in a pan with 6 peeled and slightly blanched garlic cloves per chop and finish cooking over a gentle heat for 20 minutes. When the chops are almost cooked add 8 stoned (pitted) blanched green olives per chop. Arrange the chops in a crown and put the garnish in the centre. Deglaze the pan juices with 4 tablespoons white wine, add a few tablespoons of meat juice (or stock) if required and reduce. Pour the sauce over the chops and sprinkle with chopped parsley.

Pork chops a l'alsacienne

Salt and pepper the pork chops and either sauté in a little butter or lard or braise them. Arrange in a turban on heated serving dish and garnish as for loin of pork a l'alsacienne. Coat the chops with their deglazed cooking juices or, if braised, with the strained braising juices.

Pork chops charcutiere

This dish is found ready-cooked in some French pork butchers' shops, prepared as follows. Sauté the pork chops (they may be coated with breadcrumbs) in lard, then simmer in charcutiere sauce with thinly sliced gherkins.

In restaurants the preparation is as follows, flatten the chops slightly, season, coat with melted butter and breadcrumbs and gently grill (broil) arrange them in a crown and fill the centre of the dish with mashed potato. Serve separately. In a sauceboat, a charcutiere sauce to which chopped gherkins have been added at the last minutes.

Pork chops pilleverjus

Trim and slightly flatten 4 pork chops. Season with salt and pepper, and fry in lard until both sides are golden. Place 4 tablespoons finely chopped onions, lightly cooked in butter, in the frying pan. add a bouquet garni, cover and cook gently for about 30 minutes. Meanwhile, shred a spring cabbage heart and cook in butter. Moisten with a few tablespoons of boiling cream, then stir. Arrange the cabbage julienne in a dish, place the chops on top and garnish with boiled potatoes if required. Deglaze the pan juices with 1 tablespoon vinegar and 4 tablespoons meat glaze and pour over the chops.

Pork chops with Robert sauce

Season the chops with salt and pepper, grill (broil) gently and serve with Robert sauce and mashed potatoes or haricot (navy) beans.

Alternatively, sauté chops in butter or lard; when half-cooked, add 100 g (4 oz. 2/3 cup) finely chopped white onions (for 4 chops). Drain the chops, arrange on a serving dish and keep warm. Deglaze the pan juice with 200 ml (7 fl. oz., 3/4 cup) white wine and reduce almost completely. Moisten with 300 ml (1/2 pint, 1 1/4 cups) demi-glace sauce or 200 ml (7 fl. oz. 3/4 cup) stock and boil for 5 minutes. Add 1 tablespoon concentrated tomato puree (paste) and thicken with 1 tablespoon beurre manie. Remove from the heat and add a pinch of caster (superfine) sugar and 1 tablespoon mustard to sauce. Pour the sauce over the chops and serve very hot.

Roast loin of pork with various garnishes

Season a loin of pork with salt and pepper 2 hours before cooking. In a overnproof dish heat a maximum of 15 g (1/2 oz. 1 tablespoon) lard per 1 kg (2 1/4 lb.) meat. brown the meat on all

sides, place the dish in a preheated oven at 200°C (400°F, gas 6) and cook for about 50 minutes per 1 kg (22 minutes per 1 lb.) baste the loin with its cooking juices and turn it several times during cooking.

Serve with the cooking juices, skimmed of fat and any of the following garnishes: potatoes (boulangerie, dauphinoise, or pureed). A vegetables puree (celery, endive, cabbage, Brussels sprouts, chicoy, artichoke hearts or lettuce) or fruit (apples, pears or pineapple). The skimmed cooking juices can also be used to make various sauces, such as charcutiere, piquante, Robert or tomato.

Roast pork with Jerusalem artichokes

Peel 800 g (1 ¾ lb.) Jerusalem artichokes per 1 kg (2 ¼ lb.) meat Trim them into large bulb shapes and blanch for 5 minutes in boiling salted water. Rinse in cold water and drain. Melt 20 g (¾ oz. 1 ½ tablespoons) lard in a pan and brown the pieces of pork gently. Cook in preheated oven at 200°C (400°F, gas 6) allowing 50 minutes per 1 kg (22 minutes per 1 lb.). About 30 minutes before the end of the cooking time, add the artichokes and season with salt and pepper.

Serve the roast pork surround by the artichokes; the deglazed cooking juices should be served separately.

Salt pork with lentils

Soak 500 g (18 oz.) slightly salted spare ribs, 1 slice slightly salted knuckle end of ham, 400 g (14 oz.) slightly salted joint and 200 g (7 oz.) slightly salted belly of pork steaked with fat in cold water for at least 2 hours. Rinse all the pieces, place in plenty of cold water, bring to the boil. Skim thoroughly and simmer for 1 hour. Pick over 500 g (18 oz, 2 ½ cups) Puy lentils, then wash, drain and cook for 15 minutes in plenty of water. Drain again and add to the meat with 1 large onion stick with 2 cloves, 2 carrots, 2 leeks a bouquet garni and a few black pepper percorns. Simmer for 45 minutes, skimming from time to time. Add 1 cooking sausage and continue cooking for another 40 minutes. Remove all the meat and reserve in a warm place. Discard the bouquet garni and drain the lentils. Place in a large serving dish and arrange the sliced meat on top.

Sautéed pork chops

Trim and flatten 4 pork chops and season with salt and pepper. Heat 25 g (1 oz. 2 tablespoons) butter or lard in a frying pan and brown the chops on both sides. Cover the pan and cook for about 15 minutes. Remove the chops and arrange on a hot dish. Coat with the deglazed cooking juices and serve with any of garnishes suggested for roast loin of pork.”

Shoulder of pork with five spices

In a mortar crush 2 garlic cloves and 2 shallots with 2 teaspoons sugar and the same amount of muocmam and soy sauce, ½ teaspoon five spices and a little black pepper. Fry the shoulder of pork, with its rind, on all sides, then add the spice mixture. Cover and cook for 30 minutes over a moderate heat turning the meat halfway through the cooking time. Remove the lid and reduce, turn the meat in its cooking juices, then remove and slice; arrange the slices on a plate and pour over the reduced juices. Serve with plain boiled rice.

Other recipes. See ballotine, boulangerie, brochette, ear, feet and trotters, kidneys, longuedocienne, liver, pate, pineapple, salting, sauerkraut (saverkrout a talsacienne), spare ribs, zampon.

PORK FAT The fatty tissue lying just beneath the skin of a pig. At one time a staple item of the diet, pork fat today is used mostly as a seasoning or a cooking fat. In France a distinction is made between pure pork fat (lard gras) and belly fat (lard mutgre).

Pure pork fat is usually used fresh and occurs in two layers. The layer closest to the flesh is used mostly for making lard and is called 'melting fat' the layer next to the skin, called 'hard fat' (leaf lard), is firmer and melts less readily; it is used mostly for barding.

Belly fat consists of fat streaked with muscular tissue. It has many more culinary uses than pure pork fat and can be salted or smoked, as well as used fresh. Thinly sliced belly pork – or streaky bacon – is often served with eggs.

The thick fat found especially around the fillet and the kidneys is known in France as panme. When melted, it yields a high-quality lard, used for preparing fine forcemeats and white sausage. In Lorraine, the residue (chons) obtained by gently melting this pork fat in stewpan is used to flavour a large, crusty, flat cake, which is served with dandelion salad and a rose wine.

PORKOLT. One of the four great Hungarian dishes seasoned with paprika. Also flavoured with onions, porikolt is made with meat that is too fat for goulash, cut into larger pieces. Mutton, game, pork, goose and duck are served in this way, as are veal or even fish (carp) and sometimes shrimps (in white wine).

PORK RIND pork rind is a generally thick, hard and very fatty. When scaled or singed and scraped, it is used to line casseroles and stewpans, adding its fat to the preparation. It is an ingredient of pork brawn (headcheese), brafatude soup zamponne, cassoulet, and various items of characterie, such as coulenu. Along with calves' feet, it can be used to give the gelatinous elements required in the preparation of meat aspics. After boiling in a flavoured stock, pork rind may be used to prepare ballotines (meat loaves) and roulades.

PORRIDGE A dish of rolled oats or oatmeal cooked in boiling water or milk, which can be eaten, with or without sugar, with hot or cold milk or cream. It is a traditional breakfast dish in Anglo-Saxon countries. The name is derived from French potage. An ancient food of Celtic origin, it has always been popular in Scotland's changeable climate, where it is eaten with salt instead of sugar, and in Ireland and Wales. Its reputation has spread throughout Britain and its especially enjoyed with brown sugar and cream.

RECIPE

Porridge

Add 1 tablespoon salt to 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{4}$ cups) water and bring to the boil. Sprinkle 240 g (9 oz.3 cups) rolled oats into the water and boil gently, stirring continuously with a wooden spoon, until the mixture thickens (about 15 minutes). Each serving may be sprinkled with sugar or salt and eaten with milk or cream poured over it.

PORT One of the great wines of the world. It is produced from a demarcated region in the Upper Douro Valley in northern Portugal and is usually matured and blended in the amarzeus (wine lodges) of the shippers in Vila Nova de Gaia opposite Opostto (the wine takes its name from this sea port) traditionally, in order to qualify as true port, the wine had to be shipped over the bar or the point where the Douro meets the Atlantic. However, producers are now able to export wines direct from the vineyards, thus opening up the market to smaller growers who previously had to sell their wines to the largest companies.

The name 'port' is protected within the UE, although many other countries produce 'port-style' wines. The wine is made from a blend of grape varieties, including Touriga Nacional, touriga Francesa, Tinta Cao and Tinta Rortiz, and the fermentation is arrested by the addition of grape spirit. Depending on when the spirit is added, the resulting port varies in sweetness because of the natural sugars retained in the wine. There are various styles of port. While port is produced from white grapes and is a ideal chilled as an aperitif – it is often drink

in Portugal with a tonic water mixer. Ruby port is perhaps the simplest wine. It is a blend of young wines from different vintages, aged in bulk for a few years and bottle. It is a deep ruby in colour and full and fruity. The name given to vintage Character ports is misleading in essence they are premium ruby ports and are often sold under brand names.

Tawny ports are variable in quality, but the finer wines and those with an indication of age – 10, 20, 30 or over 40 years – are blended wines that have matured for longer in wooden cask, thus taking on a mellow tawny colour. They become elegant and raisins.

Colheitas are tawny ports from a single harvest and aged for a least seven years in wood. Late bottled vintage ports (LBV) are a blend of wines from one harvest and bottled after hour to six years. LBVs labeled Traditional are not filtered before bottling and so will throw a sediment, which will need decanting. The wines are ready for drinking when bottled.

Vintage port is made only in exceptional years, which are 'declared'. Only grapes picked from the top quality vineyard sites are used. The wines are matured in cask for around two years, then bottled without filtering. They develop slowly, becoming more harmonious and complex, and are suitable for ageing for at least 15 years.

Single Quinta ports are wines from a single estate (quinta) and are produced in very good years when there is no vintage declaration. The method of production is similar to Vintage port. Both styles require decanting, as does crusted port, which is produced from a blend of harvests and bottled young.

Port may be enjoyed at any time – more unusual food pairings are drinking Tawny with soft cheese or fruit cake, and LBVs with chocolate. The classic combination is with cheese, particularly strong Cheddar or stilton.

PORTEFEUILLE, EN Describing dishes in which the food is stuffed, folded or placed in layers one on top of the other. The term is applied to the following dishes veal chops split, stuffed and cooked in a caul (caul fat) or coated with breadcrumbs, a grain of sautéed potatoes a la lyonnaise, and minced (ground)meat layered with sauce and topped with pureed potatoes. An omelette en portefeuille is folded in three, first towards the side opposite the handle of the pan, then towards the centre of the pan.

RECIPES

Grilled veal chops en portefeuille

Soak a pig's caul (caul fat) in cold water for 2 hours. Take thick veal chops from the loin, cut open the lean meat and season the pocket with salt and pepper; fill with mushroom duxelles or with a salpicon of pressed tongue and mushrooms cooked slowly in butter, bound with a thick bechamel sauce. Wrap each chop in a piece of caul and grill (broil) gently. Serve with buttered spinach.

Sautéed veal chops en portefeuille

Prepare the chops as for grilled veal chops en portefeuille, then cook in butter in frying pan. Arrange the chops on a round dish with small braised carrots, keep warm. Deglaze the cooking juices with white wine and stock, bind with beurre manie and pour over the chops.

Veal chop cussy en portefeuille

Cut a pocket in a thick veal chop taken from the middle of the loin. Stuff with a salpicon of mushrooms, carrot and lean ham bound with a thick, seasoned bechamel sauce. Secure with a wooden cocktail stick (toothpick). Coat the chop with beaten egg and breadcrumbs and cook in clarified butter until golden on both sides. Prepare a risotto and add cream, grated cheese and a salpicon to truffles. Arrange the chop on a round dish garnished with the truffle risotto. Pour a ring of brown veal gravy, flavoured with tomato, around the dish; sprinkle the chop with noisette

butter.

PORTE-MAILLOT Also known as maillot. A garnish for large pieces of braised meat, consisting of carrots, turnips, onions and green beans, Braised lettuce or cauliflower is sometimes added to the mixture.

RECIPES

Braised beef porte-maillot

Cut 100 g (4 oz.) Fat (slab) bacon into thin strips and marinate for 12 hours in a mixture of oil and brandy (one-third brandy, two-thirds oil), mixed herbs, chopped garlic, and salt and pepper, interlard 1.5 kg. (3 ¼ lb.) trimmed beef aigulillettes with the bacon strips. Braise the meat in a flameproof casserole with 200 ml (7 fl. oz. ¾ cup) white wine, the same amount of stock and the ingredients of the marinade.

Glaze 250 g (9 oz.) small (pearl) onions, 250 g (9 oz.) small turnips and 500 g (18 oz.) new carrots. Cook the beef for at least 2 ¾ hours; 10 minutes before the end of the cooking time add the onions, carrots and turnips and finished cooking. Steam some green beans until just tender and drain. Arrange the meat on a long serving dish (platter) and surround with the vegetables in separate piles. Keep warm.

Skim the fat off the cooking juices, strain and reduce. Sprinkle with chopped parsley and serve the sauce separately in a sauceboat.

Braised ham porte-maillot

Braise, drain and dress the ham. Place it in a small braising pan, pour over 500 ml (17 fl. oz. 2 cups) Madeira, cover and simmer gently for 30 minutes. Prepare a garnish of glazed carrots and onions green beans cooked in salted water and braised lettuce. When the ham is cooked, glaze it in the oven. Arrange on long serving dish (platter) surrounded by the vegetables in separate piles and keep warm. Skim the fat off the cooking juices strain and serve separately.

Braised ham porte-maillot

Braise, drain and dress the ham. Place it in a small braising pan, pour over 500 ml (17 fl. oz. 2 cups) Madiera, cover and simmer gently for 30 minutes. Prepare a garnish of glazed carrots and onions, green beans cooked in salted water and braised lettuce. When the ham is cooked, glaze it in the oven. Arrange on a long serving dish (platter), surrounded by the vegetables in separate piles and keep warm. Skim the fat off the cooking juices, strain and serve separately.

PORT-SALUT A trademark granted by the monks of Port-du-Salut Abbey at Entrammes in Mayenen to a commercial enterprise making Saint-Paulin cheese like al Saint-Paulins, Port-Salut is made from pasteurized cow's milk (45-50% fat content). The cheese is pressed, but not cooked and has a washed crust. It is round, about 20 cm. (8 in) in diameter and 7.5 cm (3 in) deep, and has a soft, creamy texture. It is served at the end of a meal or on toast and is used to make croque-monsieur. The Trappist monks of Entrammes produce a similar cow's-milk cheese in the same way.

PORTUGAISE, A LA describing various dishes (eggs, fish, kidneys, small pieces of meat and poultry) in which tomatoes predominate.

RECIPES

Portuguese omelette

Fill an omelette with a very thick spicy tomato sauce or concassée and surround it with a ring of the same sauce.

Portuguese sauce

Finely chop 2 large onions and cook in 1 tablespoon olive oil until soft. Peel, seed and crush 4 tomatoes and add to the onions, together with 2 crushed garlic cloves. Bring to the boil, cover and cook slowly for 30-35 minutes, stirring from time to time, until the tomatoes are reduced to a pulp. Moisten with 150 ml (1/4 pint, 2/3 cup) stock and season with ground pepper. Leave to cook for a further 10 minutes. Bind with 2 teaspoons *beurre manie* and sprinkle with chopped parsley.

Sole à la portugaise

Lightly butter a long ovenproof dish and cover with a thick tomato sauce flavoured with garlic. Trim, prepare and season a 675 g (1 1/2 lb.) sole and lay it in dish. Moisten with 2 tablespoons olive oil, 1 tablespoon lemon juice and 2 tablespoons fish stock, cook in a preheated oven at 230 °C (450°F, gas 8) for about 10 minutes, basting the sole from time to time with its cooking juices. Sprinkle with breadcrumbs, brown under the grill (broiler), then sprinkle with chopped parsley.

Tournedos à la portugaise

Prepare very small stuffed tomatoes and brown them with some chateau potatoes. Fry the steaks in a mixture of butter and oil, drain and keep warm. Deglaze the cooking juices with white wine and thick tomato sauce and thicken with a little *beurre manie*. Arrange the tournedos on the serving dish with the tomatoes and the potatoes. Serve the sauce separately.

POT Formerly in France, a pot was a large cooking vessel. The word survives in the dishes *poule au pot* (stewed chicken) and *pot-au-feu*. It is still used in Britain too, in 'stockpot' and 'hot-pot'.

POTATO A starchy tuber, native to America, which is a major food in the form of a vegetable (always cooked); it is also processed in a wide variety of ways and used in distilling, the starch industry and the biscuit (cracker) trade.

- History the potato, which was originally grown by the Incas, was discovered in Peru by Pizarro and brought to Europe in 1534. Fifty years later Sir Walter Raleigh made the same discovery in Virginia and brought the potato to England. The English name, like the Spanish (*batata*), is derived from *patata*, the American Indian name for the sweet potato (due to early confusion between the two vegetables). The Spaniards introduced it to Italy, where it was called *tartufo* (little truffle). It was soon planted all over Europe: in Germany it was called *Kartoffel*, in Russia *kartotschbleu* and in France *cartoufe* or *tartoufie*, being eaten there in the 16th century in the form of regional dishes, such as the *truffade* and the *truffiat*. Long regarded in France as food fit only for the poor, the potato was popularized by Parmentier and became one of the staple foods at the beginning of the 19th century. It lends itself to the most comprehensive range of recipes of all vegetables, from the popular mash and chips (French *freis*) to the elaborate potato straw nests, duchess potatoes and soufflé potatoes.
- Types. There are numerous varieties of potatoes available, varying according to country and season, but with a broad choice throughout the year. They fall into two main categories - early or new potatoes and main crop or old potatoes. Modern cultivation methods and food transportation mean that early or new potatoes are now available throughout the year. In addition to these two categories, salad potatoes are small, waxy vegetables with a thicker skin than new potatoes (but this is not as thick as that on main crop or old potatoes). Salad

potatoes have the texture and fuller flavour of new potatoes.

Fine-skinned early potatoes, traditionally harvested in the spring and early summer, do not keep well. Main crop potatoes can be stored in a dry, dark and cool environment for several months – traditionally from the end of the picking season in autumn through to the following spring. Thick brown paper bags are the best form of container because polythene makes the vegetables sweat and rot.

Main crop potatoes are classed according to their texture and cooking qualities. Although they are never as firm and waxy as early or salad potatoes they are described as waxy or Houry, suitable for boiling and most methods or for baking, roasting and frying. Some traditional types fell between the categories and were traditionally labeled as good cooking potatoes for general use, many popular cultivars tend to be produced for this quality, and they are unlikely to disintegrate with careful boiling but are also good for baking.

Potatoes may have white or red skins, or a mixture of both. The colours vary from creamy white to yellow-cream; from pink; through light red to deep red, purple, mauve, blue or virtually black. The flesh of the purple and dark-skinned varieties is often a similar colour to the skin. Colour is not necessarily an indicator of cooking quality, and there are waxy or floury examples of each type.

Examples of early or new varieties include Jersey Royals, Home Guard, Arran Pilot or Piper and Marris Piper. Main crop potatoes include the well-known Pentland Square, Golden Wonder, King Edward, Maris Piper, Ailsa, Desiree and Wilja. Salad potatoes include Linzer Delicatessée and Pink Fir Apple. When buying, the description of texture and cooking qualities is the most useful guide.

- **Storage.** Potatoes should be stored in a cool, dry, well-ventilated place at 8-10°C (46-50°F) to prevent them from sprouting or freezing. It is particularly important that the storage place is dark and cool, to prevent the development of solanine, a substance normally present in small amounts. When the level rises, the potatoes turn green, and the high solanine content is toxic so that vegetables should be discarded immediately.
- **Preparation and use.** Numerous utensils have been designed for preparing potatoes, including the potato peeler holder (for peeling a potato broiled in its skin without burning oneself). Knife-guide (for producing regular slices), special knives for potato straws, waffles and chips, the chip cutter. Chopping and shredding board, scoop and master.
- Potatoes can be served with moist meats, poultry, fish and even eggs many combinations are standard; gigot à la boulangère, chateaubriand with pont-neuf potatoes, hachis Parmentier, Francillon salad, poached fish and steamed potatoes, and numerous garnishes (à la bougeoise, flamande, Henri IV, maraichère, Montreuil, Parmentier). The potato also forms the basis of many traditional and regional dishes, both in France and other countries, aligot, gratin dauphinois or savoyard, goulash, Irish stew, criques, rosti, saladier lyonnais and platters.

Its flavour can be complemented by grated cheese, bacon, onion, cream, herbs, garlic and spices. Potatoes are also used to give body to a number of dishes, including quenelles, gnocchi, vegetable and meat loaves, stews, croquettes and panada. Careme even had the idea of making a small pastry with it, and the potato can be used, very successfully, mixed with wheat flour in pastry bread dough and scones.

RECIPES

Baked potatoes with garlic

Peel 1.5 kg (3 ¼ lb.) potatoes, cut into slices, wash and dry. Heat a mixture of oil and butter in a flameproof casserole, then add 4 chopped garlic cloves and 3 thinly sliced

onions. Fry gently, stirring until soft. Add the potatoes and mix well. Cover and cook in a preheated oven at 200°C (400°F, gas 6) for about 1 hour, until the potatoes are tender. Sprinkle with chives.

Baked stuffed potatoes

Peel some large potatoes, trim off the ends and carefully scoop out the inside to leave cylinder shapes. Blanch the potato cylinders, drain and pat dry. Season them with salt and pepper inside and out, fill them with the chosen stuffing, then arrange them closely packed together in a buttered flameproof dish. Half-cover them with clear stock. Bring to the boil, then cover and cook in a preheated oven at 200°C (400°F, gas 6) for 30-35 minutes.

Drain the potatoes and arrange in a buttered ovenproof dish. Sprinkle with breadcrumbs or grated cheese (or a mixture of both), pour melted butter over them and brown in a preheated oven at 230°C (450°F, gas 8). The cooking juice may be used as the base for a sauce to go with the potatoes.

- Potatoes stuffed with duxelles Fill the potatoes with a highly seasoned duxelles.
- Stuffed potatoes à la charcutiere Fill the potatoes with sausagemeat mixed with plenty of chopped parsley and garlic and, if desired, chopped onion fried in butter.
- Stuffed potatoes à la provençole Mix equal amounts of canned tuna in oil and chopped hard-boiled (hard-cooked) egg yolks. Bind with well-reduced tomato fondus or a rich tomato sauce and adjust the seasoning this stuffing must be highly spiced.

Deep-fried potatoes

Peel or scrub the potatoes, slice or cut into fingers for making British-style chips. Cut fine fingers for French fries. Rinse then dry the potatoes thoroughly. Heat the oil for deep-frying to 180°C (350°F). This temperature will drop to 150°F (300°F) when the potatoes are added and the oil should be reheated to 180°C (350°F). Continue cooking, uncovered, until the potatoes turn golden. shake the basket or rearrange the potatoes occasionally so that they cook evenly.

Thick and fine chips (French fries), known as *pont-neuf* potatoes in French, should be drained when they are tender before they have turned brown. Reheat the oil and then add the potatoes again and cook until crisp and brown. This double-frying process gives chips a crisp, light finish.

When potatoes are cut very finely into potato straws, they will cause only a small drop in the temperature of the fat and will therefore need to be immersed only once.

Hashed potatoes

Boil some potatoes in salted water, drain and chop up roughly. Sauté them well in butter in a frying pan. add salt and pepper. Press them well down into the form of a cake, leave to brown and then turn out on a warm dish. Chopped onions fried in butter may be added to these hashed and browned potatoes, which typical of American cooking.

Mashed potatoes.

Peel and quarter the potatoes or cut the into large chunks. Boil in salted water for about 15 minutes or until tender. Drain thoroughly, then return. Them for the pan. heat,

shaking the pan, for a few seconds to evaporate moisture. Then remove from the heat and add 75 g (3 oz., 6 tablespoons) butter per 800 g (1 ¾ lb.) potato. Mash, then add a little milk and beat with a wooden spoon until smooth. Adjust the seasoning, adding freshly ground white pepper.

The mash may be flavoured with grated cheese 75 g (3 oz. 2/4 cup) per 800 g (1 ¾ lb.) mash or placed in a buttered dish, sprinkled with a little melted butter and browned in the oven or under the grill (broiler).

Alternatively, a potato ricer, mouli grater or vegetable mil may be used to make the mash instead of a hand masher.

Potato cocotte

Cut some peeled potatoes into finger shapes, then trim into oblongs 4-5 cm (1 2/ - 2 in) long (keep the trimmings for a soup). wash and drain the potatoes, place in a saucepan, cover with cold, unsalted water and bring rapidly to the boil. Drain the potatoes.

Heat a knob of butter and a little oil in a sauté pan big enough to hold the potatoes in a single layer. As soon as the fat is hot, add the potatoes, seal them over a brisk heat, then sauté them gently for about 15 minutes. Cover and place them in a preheated oven at 200°C (400°F, gas 6) and continue cooking for about 10 minutes. Check the potatoes while cooking and remove from the oven as soon as they have browned. Drain and season them with fine salt. Serve in a vegetable dish or next to the meat to be garnished, sprinkled with chopped parsley.

Potatoes a la boulangere

Prepare 800 g (1 ¾ lb.) peeled potatoes, cut into slices and brown them in 40 g (1 ½ oz. 3 tablespoons) butter. Slice 400 g (14 oz) onions and brown in 20 g (¾ oz. 1 ½ tablespoons) butter. Arrange alternative layers of potatoes and onions in a buttered ovenproof dish. Seasoned with a little salt and pepper, then cover completely with stock. Cook in a preheated oven at 200°C (400°F, gas 6) for about 25 minutes, then reduce the oven temperature to 180°C (350°F, gas 4) and leave to cook for a further 20 minutes.

If required, add a little stock while they are cooking.

Potatoes a la crème

Boil some firm unpeeled potatoes in salted water peel them immediately, cut into thick slices and arrange them in lightly buttered casserole. Cover with crème fraiche, season with salt, pepper and nutmeg, and cook them in preheated oven at 200°C (400 °F, gas 6) until the cream has completely reduce and the potatoes re tender. Add a little extra cream just before serving and sprinkle with chopped herbs.

Potatoes a la maitre d'hotel

Put some potatoes in a saucepan of cold salted water, bring to the boil and boil until cooked. Peel and cut into thin slices. Place in a sauce pan and cover with boiling milk or water. Add 40 g (1 ¼ oz. 3 tablespoons) butter per 800 g (1 ¾ lb.) potatoes. Season with salt and pepper. Cover the pan and boiled until the liquid has reduced. Turn into a vegetable dish and sprinkle with chopped parsley.

Potatoes a la sarladaise

Peel and wash 1.5 kg (3 ¼ lb.) potatoes. Cut into lengthways, then cut each half into quarters. Heat 2 tablespoons goose fat in a flameproof casserole until it turns a beautiful rich brown colour. Add the potatoes and cook over a high heat, stirring often. Remove the excess fat. Season with salt and pepper. Crush 4 garlic cloves, whole but not peeled, and add to the potatoes. If in season, add the stalks of 2 fresh ceps, cut into quarters. Cover and cook in a preheated oven at 200°C (400 °F, gas 6) for 40 minutes.

Potatoes au jam

Peel some potatoes and cut into quarter. Butter a flameproof casserole and arrange the potatoes in layers. Half-cover with meat glaze or stock. Season with salt and pepper. Cover the pan and bring to the boil, then cook in a preheated oven at 200°C (400°F, gas 6) for about 40 minutes, adding a little stock if necessary (these potatoes must be very soft). Sprinkle with chopped parsley.

Potatoes emillees

Sauté some thinly sliced peeled potatoes in butter in a heavy-based frying pan, together with some small pieces of bacon and a bay leaf. Cover the pan when the potatoes are half-cooked so that they remain soft. When they are brown and well cooked, bring the pan to the table, break 1 egg per person into it and stir together so that the eggs coagulate quickly. Serve with a salad.

Potatoes Mere caries

Peel some waxy potatoes and cut of them 28 large cork shapes about 5 cm (2 in) long. remove the rind from 14 rashers (slices) of smoked streaky bacon (about 225 g 8 oz.) and cut each rasher in half. Pack the potato shapes tightly in a saucepan and completely cover with cold salted water. Bring to the to blanch the potatoes, then drain.

Brown 50 g (2 oz. ¼ cup) butter in a sauté pasn, then add the drained potatoe shapes. Season with pepper and cover. Leave to brown for about 20 minutes, stirring frequently. Remove from the heat, leave to cool, then roll each potato shape in a half-rasher (slice) of smoked baco. Arrange these in a sauté pan and cook, uncovered , in a preheated oven at 180°C (350°F, gas 4) for 10 minutes. Drain the cooking fat from the sauté pan and replace with 25 g 91 oz. 2 tablespoons) fresh butter. Roll the potatoes in this butter before serving.

Potatoes vendangeurs de bourgogne

Place in a cast-iron or copper terrine 175 g (6 oz) smoked streaky bacon rashers (slices) with the rinds removed, then 225 g (8 oz) thinly sliced raw potatoes. Sprinkle with grated Gruyere cheese. Then add 150 g (5 oz) slightly salted belly pork , blanched and thinly sliced, and cover with 225 g (8 oz) potatoes, 50 g (2 oz. 1/2 cup) grated Gruyere cheese, then a further 150 g (5 oz.) slightly salted bolly pork prepared in the same way. Finished with 225 g (8 oz) potatoes, 50g (2 oz. ½ cup) grated Gruyere cheese and a further 175 g (6 oz) smoked streaky bacon rashers with the rinds removed. Season lightly with pepper, scatter with a few knobs of butter and cook in a preheated oven at 200°C (400°F, gas 6) for 1 ¼ hours or until cooked through. Unmould and serve piping hot.

Potatoes with bacon

Melt 25 g (1 oz. 2 tablespoons) butter or lard in a flameproof casserole and sauté in it 125 g (4 ½ oz. ½ cup) diced blanched bacon together with 10 small (pearl) onions. Drain and remove from the casserole. Cut some potatoes into oval shapes or cubes and brown them in the casserole. Season with salt and pepper, replace the bacon and onions, cover and cook gently for about 15 minutes. Sprinkle with chopped parsley and, if desired, finely chopped garlic.

Potato fondantes

Peel some potatoes and trim them to the shape of small eggs. Fry gently in butter for 5 minutes, then drain. Add more butter, cover and finish cooking in a preheated oven at 200°C (400°F, gas 6). When cooked, remove from the oven, add 4 tablespoons white stock and leave until the potatoes have absorbed the stock. Serve in a vegetable dish, with our parsley.

Alternatively, fry the potatoes in butter in a sauté pan. When cooked, remove the potatoes, wipe out the pan with paper towels, then add fresh butter 100 g (4 oz. ½ cup) per 1 kg (2 ¼ lb.) potatoes. Replace the potatoes, cover and keep warm over a very gentle heat or in a preheated oven at 150 ° C (300 ° F, gas 2) until all the butter is absorbed.

Potato mousseline

Bake some unpeeled potatoes in the oven, peel them and rub the pulp through a sieve. Stir this mash over the heat, adding 200 g (7 oz. ¾ cup) butter per 1 kg (2 ¼ lb.) mash, then 4 egg yolks, Season with salt, white pepper and grated nutmeg. Remove from the heat and add 200 ml (7 fl. oz. ¾ cup) whipped cream. Heap the mixture in a buttered ovenproof dish, sprinkle with melted butter and brown in a preheated oven at 230°F, gas 8).

Potato pancakes

Peel and wash some potatoes, pat them dry and grate coarsely. Drain on paper towels, then place in a bowl. Add salt and pepper, and for every 500 g (18 oz. 2 ½ cups) potatoes add 2 eggs beaten with 100 ml (4 fl. oz. 7 tablespoons) milk and 1 ½ tablespoons melted butter. Mix thoroughly. Fry spoonfuls of the potato mixture in a buttered frying pan, distributing the potato evenly to make small, thick pancakes. When set and golden underneath, turn the pancakes and fry until golden on the second side. Keep cooked pancakes hot until the entire batch of batter is cooked. Service in a warm dish.

A little grated cheese or grated garlic and chopped herbs can be added to this mixture. These pancakes may be served with coq au vin, roast veal or roast venison.

Roast potatoes

Peel some potatoes and cut into fairly small, evenly sized pieces (leave them whole if they are small). Melt some butter or lard in flameproof casserole – 100 g (4 oz. ½ cup) per 1 kg (2 ¼ lb.) potatoes - and put the potatoes into it (in a single layer only). Roll the potatoes in the fat, season with salt, then cook at the top of a preheated oven at 190°(375 ° F, gas 5) for 40 minutes or more, frequently basting with the fat until they turn golden and are cooked through. Sprinkled with chopped parsley to serve.

Sautéed cooked potatoes

Boil 15 unpeeled potatoes in salted water until almost tender. Drain and leave to cool., then peel and cut into slices. In a sauté pan heat a mixture of equal amounts of butter and oil; or use butter only 50 g (2 oz. ¼. Cup) per 800 g (1 ¾ lb) potatoes . brown the potatoes evenly for 12-15 minutes, first over a brisk heat, then over a gentle heat, uncovered, turning them often. Seasoned with salt and pepper and sprinkle with chopped parsley.

Sautéed raw potatoes

Peel and cut 800 g (1 ¾ lb.) waxy potatoes into slices or small cubes. Wash, pat dry and season with salt and pepper. Fry for 25 minutes in a frying pan in butter or oil - 50 g (2 oz , ¼ cup) butter or 4 tablespoons oil per 800 g (1 ¾ lb.) potatoes – or in a mixture of equal amounts of butter and oil. Cover when brown, but toss frequently to that they cook evenly. Serve in a vegetable dish. Sprinkled with chopped parsley.

Souffle potatoes

Peel some large waxy potatoes wash and pat dry. Cut into slices 3 mm (½ in.)thick. Wash and dry once again Deep-fry in oil at 150 °C (300°F) for about 8 minutes. Drain on a paper towels and leave to cool. Reheat the oil to 180°C (350°F). and replace the potatoes in it. Cook until puffy and brown, then drain on paper towels. Serve in a very hot dish, sprinkled with salt.

Stuffed baked potatoes

Bake some large unpeeled potatoes in a preheated oven at 200°C (400°F, gas 6) for 1 ¼ - 1 ½ hours, until tender. Cut a slice off the top lengthways and scoop out the potato without breaking the skins. Press the pulp through a sieve and mix it with butter, a little, a little milk or single (light) cream, salt and pepper. Fill the empty potato skins with the potato mixture, sprinkle with breadcrumbs or grated cheese (or a mixture of the two) and brown in the oven.

The sieved potato mixture can be enriched by using double (heavy) cream instead of milk single cream. Fromage frais or yogurt can be used for a creamy, yet light, result. Grated Gruyere, Parmesan or mature (sharp) Cheddar cheese can be added. Chopped fresh parsley, dill, fennel or basil are good; snipped chives are excellent with other flavourings or on their own.

Stuffed baked potatoes a la cantalienne prepare some baked potatoes. Add an equal volume of braised chopped cabbage to the pulp and adjust the seasoning. Fill the potato skins with this mixture, sprinkle with grated cheese and a little melted butter or lard (shortening) and brown in a preheated oven at 230°C (450°F, gas 8).

Stuffed baked potatoes a la florentine

Prepare some baked potatoes. Mash half of the potato pulp and mix with twice its volume of spinach cooked in butter and chopped. Fill the potato skins with this mixture. Cover with Mornay sauce, sprinkle with Parmesan cheese and brown in a preheated oven at 230°C (450°F, gas 8) or under the grill (broiler).

Stuffed baked potatoes chasseur

Prepared some baked potatoes. Mix the pulp with an equal volume of thinly sliced chicken livers and mushrooms sautéed in butter. Adjust the seasoning and add a small quantity of chopped herbs. Fill the potatoes with this mixture, sprinkle with breadcrumbs and then with melted butter. And brown in a preheated oven at 230°C (450°F, gas 8).

Stuffed baked potatoes with ham and mushrooms

Prepared some baked potatoes. Keep the pulp. Prepare equal amounts of chopped cooked ham, chopped onions fried in butter. Mix together, then bind with a little bechamel sauce the seasoning adding paprika if desired. Stuff the potatoes, sprinkle with breadcrumbs and melted butter and brown in a preheated oven at 230°C (450°F, gas 8).

POT-AU-FEU an essentially French dish that provides at the same soup (the broth), boiled meat (usually beef) and vegetables (root and leaf). The foundation of empires, according to Mirabeau, pot-au-feu is an ancient dish with innumerable variations. Like poulie and poule au pot, it is prepared in a huge pot in which the ingredients are cooked together in water, with added flavourings Pot-au-feu (which can also be made with poultry) is served in restaurants or at home as a warming winter dish.

For a successful pot-au-feu many flavours and textures are needed lean cuts of meat, such as shin; fatter cuts, such as belly or flank gelatinous cuts, such as oxtail, and thick slices of meat with marrow bone.

To improve the flavour of the broth, the meat may be put into cold water brought to the boil, then skimmed when the first bubbles appear. The broth will be light and tasty, but the meat will lack flavour. To maintain the flavour of the meat, it should be put into boiling water, so the juices are sealed in and do not escape into the water. Alternatively, strongly flavoured meats may be put into boiling water while others (such as rolled boned breast) are put into cold water.

A pot-au-feu is tastier when it is cooked the day before and the fat is skimmed from the surface before reheating. The classic vegetables are carrots, turnips, onions (often studded with doves), leeks celery (cut into even lengths and tied in bundles) and parsnips. A bouquet garni and aromatic herbs are also added. Potatoes are cooked separately; if a cabbage is to be used, it should be blanched before it is added to the broth so that its flavour does not overpower that of the meat.

A pot-au-feu is a meal in itself. The skimmed broth is served with toasted croutons sprinkled with cheese, then the marrow on toast, and finally the sliced meat and vegetables, with fresh sea salt and freshly ground pepper, and accompanied by gherkins, grated horseradish, various mustards, pickles, small beetroot (red beet), pickled onions and redcurrant jelly, as in eastern France.

The leftover meat from a pot-au-feu can be eaten hot or cold; in a salad with gherkins, potatoes or shallots in oil; as boiled beef with sauce or made into shepherd's pie, meatballs or croquettes.

RECIPE

Broth from the pot-au-feu

Strain the broth from a pot-au-feu through a fine sieve. Leave to cool and refrigerate. Several hours later, skin off the fat from the surface. Thoroughly brown a chopped onion and add it to the broth to give colour. Strain again and adjust the seasoning. Bring to the boil gently and serve very hot in cups or bowls with toasted croutons. A little port or Madiera may be added to the broth.

pot-au-feu

Place 800 g (1 ¾ lb) flank (flank or short plate) in a large stockpot and pour in 3 litres (5 pints, 13 cups) cold water. Heat until just simmering, then skim the water, cover and continue to simmer for 1 hour. Stud 1 onion with 4 cloves and add it to the pan with 4 coarsely crushed or chopped garlic cloves, a bouquet garni, 1 teaspoon salt and pepper. Add 800 g (1 ¾ lb) each of sirloin and chuck steak. Bring back to simmering point, skim the soup, then cover and simmer gently for 2 hours.

Cut 6 carrots, 6 turnips and 23 parsnips into large even-sized pieces, turning them into neat ovals if like. Cut the white parts of 3 leeks and 3 celery sticks into similar lengths. When the pot-au-feu has cooked for 3 hours, add the celery, and leeks, then simmer for 10 minutes before adding the carrots, turnips and parsnips. Continue to cook for a further 1 hour.

Towards the end of the cooking time, poach 4 sections of marrow bone in lightly salted water for 20 minutes. Drain the meats and vegetables, and place on a large serving platter. Drain the marrow bone and add to the platter. Skim the fat off the broth and spoon a little over the meat and vegetables. Serve at once, with coarse salt, gherkins, mustard and toasted French bread on which to spread the marrow.

POT-BOUILLE In the Grand Dictionnaire and persel Pierre Larousse defines this word as 'everyday household cooking. It was used in this sense by Flaubert, Richepin, Huysmans and Valleys Zola used the expression as the title for one of his books (1882). The term pot-bouille is no longer in use, but the more colloquial (lambouille, derived from pot-en-bouille, is still found.

POTEE Any dish cooked in an earthenware pot. This term generally applies to a mixture of meat (mainly pork) and vegetables (especially cabbage and potatoes), which is cooked in stock and served as a single course. Potee is a very old dish and is found throughout rural France, often under other names (bochepot, garbure and oille); similar dishes exist in most other parts of the world. Each region has its own traditional recipe, the following are examples of ingredients used.

- **POTEE ALBIGEOISE** Leg of beef, hock of veal, raw smoked ham, preserved duck, sausage, carrots, turnips, celery, leeks, white cabbage and haricot (navy) beans.
- **POTEE ALSACIENNE** Smoked bacon fat, white cabbage, celery carrots and haricot (navy) beans. The vegetables are sweated in goose fat before the liquid is added.
- **POTEE ARTESIENNE** Pig's head, unsmoked (slab) bacon, breast, turnips, celery, white beans and potatoes.
- **POTEE AUVERGNATE** Fresh or salt pork, sausages. Half a pig's head, cabbage,

- carrots and turnips
- PORTEE BERRICHONNE. Knuckle of ham, sausages, and red beans cooked in red wine.
- POTEE BOURGUIGNONNE Bacon, shoulder of pork, hock of pork (ham. Hock), cabbage, carrots, turnips, leeks and potatoes. Also, in the spring green beans and peats.
- POTTEE BRETONNE Shoulder of lamb, duck, sausages and vegetables. An eel potee is also made in Brittany.
- POTTEE CHAPENOISE Called the grape-pickers' potee unsmoked streaky bacon, salt pork, cabbage, turnips, celeriac and potatoes, sometimes sausages or smoked ham, and perhaps chicken.
- POTTEE FRANCHE-COMTOISE Beef, bacon, Morteau sausage, mutton bones and vegetables.
- POTEE MORVANDELLE. Ham, dried sausage, smoked sausage and various vegetables.

RECIPE

Potée lorraine

Soak a pickled shoulder of pork in cold water to remove the salt. Clean and blanch a green cabbage and rinse in cold water. Line a stewpot with bacon rinds and add the pork shoulder, the cabbage, 500 g (18 oz) fat belly pork, 1 uncooked pig's tail, 6 peeled halved carrots, 6 peeled turnips, 3 leeks (cleaned, sliced and tied in bunches), 1 or 2 celery sticks (strings remove) and a bouquet garni. Cover with water and bring to the boil; cook for 3 hours. About 45 minutes before the end of the cooking time add a boiling sausage and some peeled potatoes. Adjust the seasoning. Serve the cut-up meat and vegetables together and the broth separately.

POTJEVLEISCH Also known as potje-vleish. A Flemish speciality, well known around Dunkirk. It is a terrine of three meats (veal, bacon and rabbit) to which calves' feet are sometimes added. The name means literally 'pot of meat'.

RECIPE

Potjevleish

Trim and bone 200 g (7 oz) loin of pork, 200 g (7 oz) rabbit meat, 200 g (7 oz) chicken meat and 200 g (7 oz) leg of veal. Cut into pieces 5 x 2 cm (2 x ¾ in). Peel and blanch 5 large garlic cloves. Place in a bowl, then add 1 diced celery stick, 3 sprigs of thyme, ¼ bay leaf, 2 tablespoons juniper berries and 750 ml (1 ¼ pints, 3 ¼ cups) light beer. Add the pieces of meat, cover and leave to soak for 24 hours in a cool place.

Soften 3 sheets of leaf gelatine in cold water. In a medium-sized terrine arrange the drained meat in three layers, each one covered with a sheet of gelatine. Strain the marinade and seal the lid with flour and water paste. Cook 3 hours. Leave to cool and rest at room temperature. Chill until set. Arrange a slice of Potjevleish on each plate and garnish with fines herbs. Serve with onion or rhubarb chutney or a herb salad.

POT-ROASTING Slow cooking by moist heat in a covered flameproof casserole after first browning in butter or other fat, then adding seasoning and a little water, stock or wine. This may be carried out in the oven or on top of the stove. Pot-roasted meat, poultry or fish should be frequently basted during cooking. The meat is usually cooked on a bed of vegetables. When it is ready, the meat is removed from the casserole and the fat is skimmed from the rich, full-bodied cooking liquid, which is used as a sauce. Suitable items for pot-roasting include white meat (such as rib and noix of veal and loin of pork brisket, topside or silverside of beef; leg or shoulder of lamb; and also poultry (particularly duck, chicken and small turkeys).

POTTED CHAR An old English specialty consisting of a fish paste that was traditionally served at breakfast. The fish is cooked in stock with herbs and spices, then pureed, placed in shallow earthenware dishes and covered with a layer of clarified butter. It keeps for several weeks.

POULLY-FUISSE An AOC white wine from the Macannais district in southern Burgundy, made from the Chardonnay grape. Good quality wines with ageing potential are to be found in Solut-Pouilly, Vétgisson, Fuisse and Chaintre.

POULLY-FUME Also known as Pouilly Blanc Fume and Blanc Fume de Pouilly. An AOC white wine produced from Sauvignon Blanc grapes on the slopes above the River Loire between Pouilly and Sancerre. Internationally renowned, the wines are to be distinguished from Pouilly-sur-Loire wines, which are made from the Chasselas grape variety.

POULAMON A small fish of the Gadidae family, which normally lives in the sea, but in Quebec in winter it swims up the Saint Lawrence river to breed. This is the occasion for popular festivals, notably at Sainte-anne-de-la Perade. As soon as the ice begins to break up, hundreds of little cabins are set up on the river banks for fishermen. The poulamon, which is also called the 'little fish of the flume', is usually fried.)

POULARD, MERE (Born Annette Boutisot) French restaurant owner (born Nevers, 1851; died Mont-Saint-Michel, 1931). Chambermaid to Edouard Corroyer, an architect in charge of restoring historic monuments, she accompanied her master when he undertook the restoration of the Abbey of Mont-Saint-Michel. There she married Victor Poulard, the local baker's son, and the couple took over the management of the hotel-restaurant, the Tête d'Or.

Mme Poulard made her name with her omelette, the secret of which has been attributed to a long handled pan placed on a hot wood fire; the quality of the butter and egg; a glass of cream added to the eggs; a very short cooking time; and the proportion of whisked egg white. Visitors crossing by boat from the mainland to Mont-Saint-Michel would work up a hearty appetite, for which Mme Poulard prescribed her omelette at any time of the day.

POULE AU POT a pot-au-feu made with beef and a stuffed chicken. There are numerous variations on the stuffing ingredients and the choice of stewing vegetables.

The historian Jacques Bourgeat quotes a text dating from 1664 in which Hardouin de Perefixe, the archbishop of Paris, recounted a conversation between Henri IV of France and the duke of Savoy, to whom the king is reputed to have uttered his famous words. 'If God grants me a longer life, I will see to it that no peasant in my kingdom will lack the means to have a chicken in the pot (time poule dans son pot) every Saturday

RECIPE

Paule au pot a la bearnaise

For a chicken weighing 2 kg (4 ½ lb.) make a forcemeat with 350 g (12 oz. ½ cups) fine sausage, 200 g (7 oz.) chopped Bayonne ham, 200 g (7 oz. 1 ½ cups) chopped onion, 3 crushed garlic cloves, a small bunch of parsley (chopped) and 4 chopped chicken livers. Season with salt and pepper and work these ingredients together well to make a smooth paste. Stuff the chicken and carefully sew up the openings at the neck and parson's nose (tail). Then continue as for the recipe of petite marmite using the same vegetables. Cut the chicken into portions, slice the forcemeat and serve with the vegetables.

POULETTE, A LA The term applied to various dishes served with poulette sauce, which is made by adding lemon juice and chopped parsley to allemande sauce, it was originally served with fricassée of chicken (poulet), hence its name. Nowadays the sauce is more often used with fish (eel), mussels, offal (variety meats), snails or mushrooms.

RECIPES

Calves' brain a la poulette

Soak 2 calves' brains in cold water with a little vinegar added, then clean them and poach for 6-7 minutes in a court-bouillon. Drain and leave to cool. Cut into thick slices and heat them very gently in some poulette sauce. Sprinkle with chopped parsley and serve very hot.

Lambs' brains. Cut in half, are prepared in the same way.

Mushrooms a la poulette

Clean some mushrooms by rinsing them under water several times and draining well; then stew them in butter, without letting them colour, add just enough poulette sauce to bind the mushroom; check and adjust the seasoning if necessary. Serve the mushrooms sprinkled with chopped herbs in a warmed vegetable dish.

Poulette sauce

Whisk 2 or 3 egg yolks with 400 ml (4 fl. oz. 1 ¾ cups) white veal or poultry stock (or fish fumet if the sauce is to be used with fish or mussels). Heat for about 10 minutes, whisking all the time, adding lemon juice (from a half or a whole lemon) and 50 g (2 oz. ¼ cup) butter. Remove from the heat when the sauce coats the spoon. Keep the sauce warm in a bain marie until needed, stirring from time to time to stop a skin from forming.

POULIGNY-SAINT-PIERRE A goat's-milk cheese from Berry (45% fat content), with a smooth curd and a fine natural rind with a blush tinge. It is firm but smooth, with a pronounced flavour, and is shaped like an elongated pyramid (hence its nickname 'Eiffel Tower'). It is farmhouse-made, at its best from April to November and protected by an AOC (which limits its production to the district of Blance, in the department of Indre). It is sometimes matured in the mould, between plane leaves with a little mare brandy.

POULTRY The generic term for farmyard birds, notably chicken, turkey, duck, goose and guinea fowl. The French term *volaille* is used in cookery to indicate chicken when used in basic preparation such as stocks, minced (ground) or thinly sliced meat in sauces *salpicon*, *consomme*, *croquettes* and salads; recipes using a particular bird will name it specially.

Chicken is by far the most popular poultry; next comes turkey, more widely eaten since it has been sold in portions (*escalopes*, legs, roasts). France is the leading world producer of guinea fowl. Geese bred in France are raised nowadays mainly for the production of *foie gras*, but in Britain they are fattened for the table, especially for Christmas. They remain fairly expensive and uneconomical. The breeding of ducks, on the other hand, has developed in France under the dual impetus of a fashion for duck *foie gras* and *magre*s (duck fillets). In Britain duck has become increasingly popular for special occasions, both whole and as fillets sold separately. The commercial production of poultry, particularly chickens and turkeys, has transformed what was once a farmyard enterprise into a huge industry, a fact regretted by some breeders and consumers. Who prefer traditional methods. This has allowed prices to fall and a constant supply to be provided for the market.

In the Middle age poultry (together with small game) was sold in France by *rotisseur-oyers* and *poudatliers* and in Britain by *poulterers*. They sold geese, capons, chicken and ducks. During the time of the Renaissance poultry started to be fattened in the coop. The turkey was still (one of the first occasions it was served in France was at the marriage of Charles IX on 26 November 1570), but the guinea fowl, forgotten since Roman times, reappeared thanks to the Portuguese, who brought it back from Guinea. From the 17th century a distinction was made between free-range farmyard chickens and those that had been especially fattened. Mme de Sevigne mentions the chicken of Caen and Rennes, in Paris Le Mans chickens were prized above all others, while at Lyon those of Bresse were preferred. Turkey was still a luxury and Barbary ducks and geese were both sought-after. In the 18th century goose had become a bourgeois dish, but Rouen ducks were highly prized.

Until the end of the 19th century the poultry market in Paris was situated at La Valle, around the quail des Grands-Augustins and the neighboring streets. La Vallee, whose flour is the leading and inexhaustible source of all the fur and feathers sold in Paris' (Grimond de La Reyniere), was still encumbered in 1900 with crates full of live poultry and square hampers in which rows of dead poultry lay in deep beds... on the ground, the large bins—geese, turkeys, ducks – squelched about in the dung higher contained hens and rabbits. (Zola, *Le Ventre de Paris*).

- Poultry in cooking in the past birds that today would be roasted were poached or boiled and vice versa. Nowadays, the classic ways of cooking poultry are roasting

(the most usual method, boiling or steaming braising (particularly for birds that are rather old or very large, as well as for gables) and sautéing. Force meat is often an essential complement to the dish. Chicken livers, gizzards (and, more rarely, cockscombs and kidneys) are also used in several ways in cooking.

Poultry can be served in hot or cold dishes but as never eaten raw. In home cooking the commonest dishes are casseroles, fricassees, pilaf, hashes, blanquettes, curries and gratin dishes, French regional dishes also include salmis, poule au pol, fritters, crippinettes, kromeskis and gratin dishes. Among more elaborate recipes are chicken in aspic, ballotines, chauds-froids, medallions, supremes, turbans, souffles, bouchees and vol-au-vent, as well as dishes à la reuene.

RECIPES

Pound cake

Butter and flour a cake tin (pan). Weigh 3 eggs. Then weigh out the same amount of caster (superfine) sugar, butter and sifted plain (all-purpose) flour. Break the eggs. Keeping whites and yolks separate. Beat the yolks with the sugar and a pinch of salt until the mixture becomes white and creamy. Beat in the butter, which should be melted but not hot, then the flour and finally 3 tablespoons rum or brandy. Whisk the egg whites to stiff peaks and fold them in carefully. Pour the mixture into the cake tin and bake for about 45 minutes in a preheated oven at 200°C (400°F, gas 6); the temperature can be increased to 300°C (425°F, gas 7) when the cake has risen. Turn the cake out of the tin as soon as it is removed from the oven and leave it to cool on wire rack.

Instead of mixing in the yolks and whites separately, the whole eggs can be lightly beaten and mixed directly with the sugar, the result is not quite so light.

Orange pound cake

Mix up a pound cake according to the basic recipe, flavouring it with 3 tablespoons cognac, Grand Marnier or Curacao. In addition, add the blanched, finely grated rind from 2 oranges or 74 g (3 oz. 1 2/3 cup) chopped candied orange peel. Bake the cake and let it cool.

Heat 400 g (14 oz. 1 1/4 cups) orange marmalade, boil until it is reduced to three-quarters of its volume, then pour it over the cake. Leave until cold, then refrigerate for 1 hour before serving.

POUNTARI A specialty of Auvergne, consisting of a hash of bacon, onions and aromatics rolled up in a cabbage leaf (or a piece of pig's intestine), tied at both ends like a sausage and cooked in a vegetable soup. It is served in slices with the soup.

POUNTI. A speciality of Auvergne, consisting of a hash of bacon, onions and Swiss chard bound with milk beaten with eggs and cooked in a cool oven in a casserole greased with lard. This rustic dish can be enriched with ham, raisins or prunes, as well as pot herbs.

POUPELIN An old-fashioned gâteau consisting of a large, flat made of choux pastry and filled with sweetened whipped cream, ice cream or a fruit mousse just before serving.

POUPETON A traditional method of preparing meat or poultry boiling, stuffing and rolling it into ballotines or pampiettes ready for braising Poupeton of turkey, which Brillat-Savarin liked, was originally stuffed with onolons (boundings) arranged on slices of fole gras.

RECIPES

Calf's head in a poupeton

Cook a whole calf's head in a court-bouillon, drain it and flatten it out on a large piece of pig's caul (caul fat). Remove part of the lean meat, as well as the ears and tongue, cut them into small dice and mix with a stuffing made from equal quantities of a gratin forcemeat and veal forcemeat also add 150 g (5 oz. 1 1/3 cups) chopped mushrooms. Season with salt and pepper and sprinkle with mixed spice, then add 2 liqueur glasses of brandy. Mix until all the ingredients are combined.

Spread the stuffing over the calf's head, then roll it up into a ballotine: wrap in the caul and tie it up. Cook gently in a preheated oven at 180°C (350°F, gas 4) in some braising stock made made with Madiera, Bayonne ham, knuckle of veal. Carrots, onions and a bouquet garni until firm and cooked through. Drain and untie the poupeton, slice it and arrange the slices on a large serving dish. Pour over a few tablespoons of braising stock and glaze it in the oven.

Surround with a garnish made up of braised lambs sweetbreads or slices. Of calves' sweetbreads, cockscombs and kidneys stewed in Madeira. Calf's brain fritters and stuffed olives, blanched and dipped in Madiera demi-glace. Arrange 12 trussed crayfish, cooked in a court-bouillon with white wine, in rows, on either side of the dish. Pour over a few tablespoons of braising stock, strained and reduced to a good consistency. Serve the rest of the sauce separately.

poupeton of turkey Brillat-Savarin

prepare a turkey in the same way as for a ballotine. stuff it with a smooth mixture forcemeat. O grain forcemeat. Lambi sweetbreads braised o glanec and diced loie grass and truffles. Roll the turkey into a ballotine, wrap it in a pig's caul (caul fat), then in muslim (cheesecloth) and tie it up.

Line a greased flameproof casserole with diced raw ham and slices of carrots and onion. Place the turkey in this and cook gently, covered, for 15 minutes, then add 3 tablespoons. Madeira. Reduce by half, add some gravy (or chicken stock) and continue cooking covered, in a preheated oven at 190°C (375°F, gas 5) for 1 1/2 hours. Skim the fat from the cooking liquid, strain, season and serve in a sauceboat.

The poupetan can also be served cold, as it is or in aspic.

POULTRY. A goat's milk cheese from bourgundy (45% fat content) with a soft curd and a natural rind, which is fine and bluish. It is fairly smooth with a flavour of baselnuts and a goaty smell, and is made exclusively in Essert (yonne). Moulded into a

small cylinder with convex sides. 10 cm (4 in.) in diameter 6 cm (2 ½ in.) high and weighing about 300 g (1 oz.) it is on its best between April and November

POUSSE-CAFÉ A French slang term for a spirit brandy or liqueur served at the end of a meal, in a small glass or in an empty coffee cup, which is still warm enough to allow the flavour and aroma to develop. Not mixed into a tall glass. This kind of drink is called a *pousse-amount* when an egg yolk is used in the middle of these layers.

POUTINE A dish from the south of France, consisting of a mixture of tiny young fish, particularly sardines and anchovies, which are fried like white-bait. The name with poached fish. Sprinkled with lemon and oil, and can be used to garnish a soup or fill an omelette.

PRALINE Traditionally a confection consisting of almonds coated with caramelized sugar. The granulated appearance results from the technique used in its manufacture: the almonds are heated in sugar syrup (with the addition of a little glucose) to the hard crack stage so that sugar crystals form around the nut. The almonds are then coated several times with the sugar syrup, the last coating being coloured and flavoured, traditionally providing pink, beige or brown pralines flavoured with chocolate or coffee.

The praline is a speciality of Montargis, where its inventor, Lassagne, who was chef de louche (master of the household) to the Comte du Plessis-Praslin, came to retire. Leger 1 has it that his creation came about in this way: seeing a kitchen boy ribbing him about leftovers of caramel and almonds, Lassagne had the idea of cooking whole almonds in sugar. The sweetmeat that resulted had a great success and even, it is said, contributed to certain diplomatic triumphs, for which the Comte du Plessis-Praslin, minister to Louis XIII and Louis XIV, took all the credit (he also gave his name to the sweets). Lassagne finally retired to Montargis in 1630 and there founded the Maison de la Praline, which exists to the day.

Pralines have also become a traditional fairground sweet, cooked in the open air in a copper 'shaker'; the almonds are sometimes replaced by peanuts, which are cheaper. The following verse was composed in honour of the 'true' praline, at about the time of its creation.

The sweet, when created, was certainly rare;

Dented all over, its colour was brown.

Its subtle aroma delighted the nose;

You'd think it was made of a nectar divine. Other towns in France have also made this product a speciality, notably Aigueperse (where the almonds are coated in soft sugar) and Vebres-l'Abbey (where they are sold in paper cones). Pralines are also used for decorating brioches and souffles.

- Caramelized nuts in modern culinary use the term refers to almonds coated with caramel, or cooked with sugar until caramelized, and set in a thin layer on a baking sheet. Praline is used in patisserie and confectionery, for flavouring creams and ice creams, and for filling sweets and chocolates. When home-made it spoils very quickly and will keep for only a day or two, stored in an airtight jar or wrapped in foil. When cold, the nuts and caramel are finely or coarsely crushed. Hazelnuts may be used instead of, or as well as, almonds.

RECIPE

Brioche with pralines

Make some leavening dough with 250 g (9 oz. 2 ¼ cups) strong (bread) flour and 20 g (¾ oz) fresh yeast (1 ½ cakes compressed yeast) or 2 teaspoons dried yeast dissolved in 150 ml (2/3 cup) warm water. Roll this dough, which will be fairly soft, into a ball and leave it to rise for at least 30 minutes; it should double in volume.

In the meantime, mix together 800 g (1 ¾ lb. 7 cups) plain (all-purpose) flour 1 tablespoon salt. 65 g (2 ½ oz. 5 tablespoons) sugar and 6 whole eggs. Knead vigorously and then add 900 g (2 lb. 4 cups) good-quality softened butter, a little at a time. Then mix in the leaven and roll the dough into a ball again. Leave this to rise at room temperature for 6-7 hours.

Mix some pink pralines (or candied rose petals) into the dough, then put it into a large brioche mould and bake in a preheated oven at 200°C. 400°F, gas 6) for about 1 hour. When cooked, decorate the surface of the brioche with a few crushed pralines.

Praline

Blanch 200 g ((7 oz. 1 ½ cups) almonds and toast them under the grill (broiler) or in a frying pan without fat (they should be golden brown but not burned). Put 200 g (7 oz. ¾ cup) granulated sugar and 1 tablespoon water into a copper pan and melt over a brisk heat. When the sugar bubbles, add a few drops of vanilla extract, as soon as the sugar has turned brown, add the almonds and mix all together briskly for 1 minute. Pour on to a greased baking sheet, spread out and leave to cool. Pound the praline very finely in a mortar as required.

PRALINE A delicate filling for sweets (candies) or hazelnuts mixed with sugar, then crushed with cocoa or cocoa butter.

Praline is also the name of a cake consisting of layers of Genoese sponge separated by a layer of praline butter cream and covered with a layer of the same cream sprinkled with chopped almonds.

PERCUSSION The French term meaning pre-cooking and referring to the first very rapid cooking of a food which changes its appearance. This includes browning (cooking over or at a high heat to colour the food). Blanching by rapid boiling in water or deep-frying.

PRESERVATION OF FOOD The keeping of perishable foods in a consumable form. Most of the process of preservation, learned by trial and error, have been handed down through the ages, the necessity of guarding against want by stocking surplus food is almost as old as human life itself. The biological discoveries of the end of the 19th century and the vast improvements in techniques have meanwhile improved and diversified methods considerably.

The principal of preservation, whether it be on an industrial or small domestic scale, is to prevent or slow down the development and action of natural slow down the development and action of natural micro-organisms and enzymes and to avoid exterior deterioration.

- **DEHYDRATION** This draws much of the water (which encourages biological reactions) from the food. Drying and smoking have been practiced since antiquity and small-scale processes can still be found coexisting beside the great industrial ovens. In everyday practice, exposure to fresh air or the sun is sufficient for the dehydration of vegetables, aromatic plants, and mushrooms, and the kitchen oven will suffice for fruit.
- **SATURATION** This also results, albeit indirectly, in the elimination of water. This is the principle of preservation by cooking in sugar (jam, confectionery) or by salting (raw meat submerged in dry salt or put into a saturated brine solutions). Salting is also used to preserve butter. Preserving with oil (aromatic plants and fish) is a very old method, used by the ancients.
- **COATING** A method that protects the food from the action of oxygen. The gastronomic practice most common nowadays is the preserving of meat in its own fat, although this is of limited value if not accompanied by sterilization.
- **PRESERVATIVES** These create a medium incompatible with all microbial life, hence their use among the authorized additives, classic methods employ either vinegar, sweet-and-sour preparations (gherkins, pickles, chutneys) or alcohol (for fruit). Alcoholic fermentation, (wine, beer, cider, spirits) and acidic fermentation (sauerkraut) are, in varying degrees preserving agents.
- **HEAT** This destroys enzymes and micro-organisms as long as the temperature is sufficiently high and the period of treatment sufficiently long. Pasteurization (milk, semi-preserved products) is an industrial practice allowing only short-term preservation (from a few days to several months) and foodstuffs have to be kept in the refrigerator. sterilization (preserves UHT milk) enables food to be kept for long periods at room temperature. These two processes however, result in the destruction of certain vitamins sensitive to heat (C,B). sterilization can be carried out in the kitchen, but it must be done with care and only with a pressure cooker.
- **REFRIGERATION** This is a very old practice, but for centuries natural ice and snow had to be used. The activity of enzymes and bacteria is reduced (but germs are not destroyed) at temperature of -8 to -10°C (18 to 14°F). refrigeration enables vegetables, milk products, opened drinks and fresh meat, to be preserved for several days. Very low temperature, such as those used for freezing, enables foods to be preserved for longer periods (up to several months or even a year for some foods); the nutritive value remains the same, and the taste of the food is best preserved by this method.

In everyday practice the length of time food can be kept depends on the type of food itself and the storage methods available. a cellar enables foodstuffs to be preserved in greater quantity; a pantry, refrigerator or freezer will give successively longer periods of preservation. Packaging also plays an important role, from airtight tins for dry biscuits (crackers and cookies) to plastic film and foil, which are especially suited to refrigeration.

PRESERVATIVE An additive intended to stop deterioration (fermentation, mould, decay) in foods. Many preservatives are natural products such as salt. Sugar and vinegar, others are synthetic and are used extensively in commercial products.

PRESERVES Food preparation with a long shelf life. These are prepared by methods and/or using ingredients that prevent attack, by micro-organisms that cause decay or spoilage. Preservation methods include drying, pickling or cooking with sugar, sterilization and freezing. The term generally refers to jams and similar sweet preserves and to chutneys and pickles. These are popular products for home preparations; commercial preserve often rely on sterilization and/or the addition of chemical preservatives to ensure lengthy shelf life and food safety in the commercial and retail environment.

METHODS JAR A wide-necked glass container, usually hermetically sealed with either a metal screwing or with a glass lid fitted with a rubber seal and a metal clasp. These jars are used for bottling and sterilizing preserving fruit and vegetables in their own juice, other liquor or syrup. Jars for serialized food should not be too large, because once they are opened, their contents must be used quickly. Also, the sterilization process is more difficult for large quantities. Home bottling is an old fashioned method of preserving replaced replaced by freezing as a domestic means of storing vegetables and plain fruit. The process of sterilizing and sealing jars is one that requires close attention, with exact temperatures and timing used to ensure foods safety.

PRESS A utensils used for producing a liquid or puree from solid ingredients. Citrus fruit squeezers made from glass, plastic or wood allow fresh fruit juice to be squeezed from oranges and lemons. Castaluminium fruit squeezers, with perforated bowls, are also sometimes used for other types of fruit, but produce only small quantities of juice (for fruit cocktails.). the 'half-slice' squeezer, made of metal, is used for flavouring lemon tea or squeezing over fish or hors d'oeuvre where a wedge of lemon is needed.

Small process made from enameled steel are used for making jellies, jams and wine: these crush the fruit very rapidly by the action of a screw against a face-plate. A vegetable mill (or puree press) is used to rub cooked vegetables or fruit through a sieve to reduce them to a pure. All these have mostly been replaced by electrically operated machines with centrifugal action. Meat presses are used to extract the juice from raw or slightly cooked meat. the carcass (or duck) press is a piece of equipment used mainly for extracting the fatty juices from the carcass of a duck.

Some terrines pates and meats (such as tongue) need to be chilled under a press to be smoothly integrated, well moulded or well flattered. The food is left in a cool place, covered with a small board with a heavy weight on top, or a special press with a screwdown lid can be used. In old French cookery, the term soupresse ('under press') was applied to a sort of fish pate in which the crushed flesh of the fish was wrapped in a piece of muslim (cheesecloth) and pressed down hard.

PRESING The process of making pressed cheese, cooked or uncooked. It consists of accelerating the draining of the cut-up curds by putting them in a press, which is operated either by hand or mechanically. It makes it possible to produce cheeses that can be kept.

PRESSURE COOKER a sealed saucepan in which food is cooked under pressure at a higher temperature and therefore much more quickly than in an ordinary pan

temperature range from 112-125°C (234-257°F) instead of a maximum of 100°C (212°F), the boiling point of water at atmospheric pressure.

A type of autoclave, the pressure cooker is made of thick aluminum or stainless steel; its lid had a watertight seal that can usually be closed hermetically, either with a screw and clamp or a bayonettype locking mechanism. A valve controls the escape of the steam once the desired pressure is reached (a safety device included in case the valve becomes blocked). It is essential to allow the pressure to fall before opening the lid, either by letting all the steam escape through the valve, or by cooking the pressure cooker with cold water. modern pressure cookers are simple to use, with automatic valves, timers and pressure-releasing devices to speed up the final stages of pressure cooking.

The pressure cooker is designed in steam or in water or stock (often with a reduced quantity of liquid). It has the advantage of saving time, especially for cooking ingredients that take several hours by traditional methods. However, in the opinion of gourmets, the pressure cooker cannot replace the traditional method of simmering. In such opinion, meat has a tendency to be noticeably softer, with less flavour, and the flavours of various ingredients in a dish are indiscriminately mixed.

PRETZEL A biscuit (cracker) from Alsace, traditionally served with beer. It is usually shaped like a loose knot and is made of dough poached in boiling water, sprinkled with coarse salt and cumin seeds and hardened in the oven. The ancient origins of this pastry are linked to the cult of the sun. it was originally made in the shape of a ring encircling a cross. Since this was too fragile, it evolved into its present shape, which is a traditional motif of bakers and pastrycooks. Originally, the pretzel as not necessarily the crisp biscuit known-today, but a chewy product. Pretzels of all sizes are now made as aperitif biscuits.

Sweet pretzels are also made, particularly in Germany and Austria; they may be flavoured with vanilla or aniseed and iced with a hard sugar coating.

PRICKLY PEAR The edible orange-red pearshaped fruit of a species of cactus. The fruit has a thick skin covered with large prickles and must be handled with care, preferably wearing gloves. The prickles can be removed by rubbing the skin with a thick, rough cloth. The fruit is peeled and eaten raw, sprinkled with a little lemon or lime juice. It can also be cooked and pureed for use in desserts and preserves. An oil can be extracted from the seeds, and the seeds can be sprouted to produce edible shoots, which are used mainly as animal feed.

PROMROSE A meadow and woodland plant whose pale yellow flowers appear in spring its young tender leaves can be eaten as a salad and its flowers are used for garnishing salads and for herbs teas. Primrose flowers are also used in several recipes, including a dish of roast veal cooked in butter with sliced onions, carrots and a bouquet garni, moistened with white wine, to which primrose flowers are added 30 minutes before cooking is finished; the cooking liquid is deglazed with port and thickened with cream.

PRINCE ALBERT A method of preparing fillet of beef, which was named in honour of the Prince Consort, husband of Queen Victoria. The meat is stuffed with raw foie gras

with truffles, braised in a vegetable fondoué and then moistened with port; the garnish consists of whole truffles.

RECIPE

Fillet of beef Prince Albert

Marinate a raw goose foie gras studded with truffie in a little Cognac with salt and pepper for 24 hours in a cool place. Lard a piece of beef cut from the middle of the fillet with fine strips of bacon. Slice the meat along its length without separating the 2 halves completely. Drain the foie gras, place it in the meat and tie together firmly to keep the liver in place. Fry the meat in butter in a braising pan over a brisk heat until it is well browned on a sides, then cover it with a layer of matignon, wrap in very thin rashers (slices) of bacon and secure with string.

Prepare a braising stock with a cal's foot and aromatic herbs, adding the liver marinade; pour into the braising pan and add the beef. Pour on a little port, cover, bring to the boil, then transfer to a preheated oven at 200°C (400°F, gas 6) and cook for 1 hours. Untie the fillet, remove the bacon and matignon, but leave the string holding the foie grass in place. Strain the braising stock, pour some over the meat and glaze quickly in a very hot oven. Untie the meat, place it on a serving dish and garnish with whole truffles, stewed in butter or poached in Madeira. Serve the braising stock, skimmed of fat and strained, in a sauceboat.

PRINCESSE A rich garnish for poultry, salmon steaks, calve's sweetbreads vol-au-vent or egg dishes, distinguished by the inclusion of asparagus tips and silvers of truffle.

RECIPES

Calves' sweetbreads princesse

Slice some calve's sweetbreads and braise them in white stock; drain and keep warm. prepare an allemande sauce with the braising stock. In separate pans, cook some green asparagus tips in butter and heat through some silvers of truffle in butter. Arrange the slices of sweetbread in the serving dish and garnish with the silvers of truffle and bunches of asparagus tips. serve the sauce separately.

Chicken princesse

Poach a chicken in white stock. Bake some barquette cases (shells) blind and cook some green asparagus tips in butter. Drain the chicken and place it on a serving dish and keep warm. Prepare an allemande sauce with the cooking liquid. Arrange the asparagus tips in the barquettes and use to garnish the dish. sprinkle the barquettes with silvers of truffle heated through in butter. Pour some sauce over the chicken and serve the remainder in a sauceboat.

Fillets of sole princesse

These are prepared in the same way as salmon steaks princesse, but they are poached folded in half. The asparagus tips are sometimes cut very short and arranged in barquettes made from fine lining pastry. Both the barquettes and the fillets are garnished with silvers of truffle cooked in butter.

Salmon steaks princesse

Ask the fishmonger to cut some steaks of equal thickness from a large fresh salmon. Prepare some fish fumet, leave it to cool and strain. Lay the steaks in a fish kettle with a small amount of fumet and poach them gently for 6 minutes from the time that the fumet starts to simmer. Drain and skin the steaks and arrange on a serving dish; keep warm. Use the cooking liquid to make a normande sauce. Garnish the steaks with silvers of truffle warmed through in butter and with green asparagus tips, also cooked in butter (these can be arranged in barquettes made of fine lining pastry). Serve the sauce separately.

Scrambled eggs princesse

Prepare some scrambled eggs and pour into a bowl. Garnish with green asparagus tips stewed in butter, a julienne of white chicken meat bound with supreme sauce and some silvers of truffle heated through in butter.

Soft-boiled or poached eggs princesse

Prepare some soft-boiled or poached eggs, arrange them on slices of fried bread and coat with supreme sauce; garnish with silvers of truffle heated through in butter. Garnish the dish with bunches of freshly cooked asparagus tips dressed in butter and a julienne of white chicken meat bound with supreme sauce.

PRINTANIERE, A LA Describing various dishes (meat, poultry, eggs) that are garnished with a mixture of vegetables (in theory, spring vegetables), usually tossed in butter.

Navarin of mutton and spring vegetables soup are usually described as printanier.

RECIPE

Vegetable ragout a la printanier

Generously grease a large flameproof casserole with butter. Prepare and wash the following new vegetables: 250g (9 oz) baby carrots, 250 g (9 oz) baby turnips, 12 button onions, 250g (9 oz) very small new potatoes, 2 lettuce hearts, 250 g (9 oz) finely sliced French (green) beans, 250 g (9 oz. 1 ½ cups) shelled peas and 3 trimmed artichoke hearts quartered and sprinkled with lemon juice. Separate half a very white cauliflower into tiny florets.

Put the carrots, beans, artichoke hearts and onions into the buttered casserole; just cover with chicken stock and bring to the boil. After it has boiled for 8 minutes, add the turnips, potatoes, peas, cauliflower and lettuce hearts; adjust the seasoning and continue cooking for about 20 minutes. Drain the vegetables and arrange them in a vegetable dish. Reduce the cooking liquid, whisk in 50 g (2 oz. ¼ cup) butter and pour over the vegetables.

PROCOPE The café in Paris, which is still in existence in the Rue de l'Ancienne-comédie. The establishment was founded in 1686 by Francesco Procopio del Coltelli, who changed his name to Procope; he had previously worked with the Armenian Pascal, who ran a coffee stall at the Saint-Germain Fair and thus introduced the beverages to the capital. Procope opened the first permanent establishment devoted to the consumption of coffee, café was richly decorated with chandeliers, wood panelling and mirrors.

The procope rapidly became the most famous centre of Parisian literary and intellectual life. From the 17th to the 19th century it was patronized by writers, actors (the Comédie-Française was situated opposite from 1687 to 1770), Encyclopedists and later by Revolutionaries and Romantics. His syrup drinks, ice creams, confectionery and cakes were also popular. Procope had the original idea of pasting up a news-sheet on the chimney of the stove that heated the room: his café thus became 'the true speaking newspaper of Paris' and a celebrated forum for the Exchange of ideas.

The founder retired in 1716 and his son Alexandre succeeded him. In 1753 a certain Dabuisson bought the establishment, then later sold it to the Italian Zoppi (a friend of Marat and Danton), who managed it during the time of the Empire. The focus of literary life during the Romantic period, the Procope later began to suffer the effects of competition from the Café de la Régence. It was sold in 1872 to Baroness Thenard and disclosed in 1890; it reopened in 1893 as a literary club, then became, successively, a vegetarian restaurant and an eating house for poor students, before being used by the French administration. It reopened as restaurant in 1952 but never recaptured its former glory.

PROFITEROLE A small, filled sweet or savoury bun made of choux paste. Savoury profiteroles are filled with a cheese mixture or game puree and are generally used as garnish for soup.

Sweet profiteroles are filled with confectioner's custard (pastry cream), chantilly creams, ice cream or jam; they are the basic ingredient of croquembouches and gateaux Saint-Honore. Chocolate profiteroles are filled with vanilla or coffee ice cream or Chantilly cream combined with fruit puree and can be served zabaglione flavoured with syrup of the same fruit. The name comes from the word profit and originally meant a small gratuity or gift.

RECIPE

Chocolate profiteroles

Prepare some choux paste with 250 ml (8 fl. oz. 1 cup) water, a pinch of salt, 2 tablespoons sugar 125 g (4 ½ oz. 1 cup) plain (all-purpose) flour and 4 eggs. Using a piping with a plain nozzle, pipe out balls of dough the size of walnuts on to a greased baking sheet and brush them with beaten egg. Cook in a preheated oven at 200°C (400°F, gas 6) for about 20 minutes until crisp and golden; allow to cool in the oven.

Meanwhile melt 200 g (7 oz. 7 squares) plain (semisweet) chocolate with 100 ml (4 fl. oz. 7 tablespoons) water in a bain marie; add 100 ml (4 fl. oz. 7 tablespoons) double (heavy) cream and stir well. Prepare some chantilly cream by whipping 300 ml (1/2 pint. 1 ¼ cups) double cream with 100 ml (4 fl. oz. 7 tablespoons) very cold milk, then 75

g (3 oz. 6 tablespoons) caster (superfine) sugar and 1 teaspoon vanilla sugar. Split the profiteroles on one side and fill them with the Chantilly cream, using a piping bag. Arrange in a bowl and serve with the hot chocolate sauce.

PROGRESS A light and crunch cake base made from mixture of stiffly whisked egg whites, sugar and ground almonds and/or hazedouts, which is piped out in a spiral to form discs and baked in the oven. The cake is built up by placing the discs one on top of the other with praline butter cream or with coffee or chocolate cream. The cake is topped with flaked (slivered) or roasted almonds, sprinkled with icing with icing (confectioner's) sugar and iced (frosted) with fondant or decorated with butter cream, which is piped with a fluted nozzle or with a small plain nozzle to write the word "progress" on the top.

RECIPE

Coffee progres

Grease 3 baking sheets, dust with flour and trace a circle, about 23 cm (9 in) in diameter, on each of them with a spoon. In a bowl mix together 150 g (5 oz. 2/3 cup) granulated sugar, 250 g (9 oz. 2 cups) ground almonds and a pinch of salt. Whisk 8 egg whites until stiff with 100 g (4 oz. 1/2 cup) granulated sugar and gently fold into the first mixture with wooden spoon. Put this mixture into a piping bag with an 8 mm (3/4 in) nozzle and fill the 3 circles, piping in a spiral from the centre to the edge. Bake in a preheated oven at 180°C (350°F, gas 4) for 45 minutes. Gently ease the cooked discs off the sheets and let them cool on a flat surface.

While the oven is still hot, roast 150 g (5 oz. 1 cup) flaked (slivered) almonds for 5 minutes. Put 250 g (9 oz. 1 1/4 cups) granulated sugar in a saucepan with 3 tablespoons water and bring to the boil. Beat 6 egg yolks in a bowl, then gradually pour over the boiling syrup, bearing hard until the mixture cools. Dissolve 2 tablespoons instant coffee in 1 tablespoon boiling water. Cream 350 g (12 oz. 1 1/2) butter and gradually beat in the egg-syrup mixture; then pour in the dissolved coffee and beat well. Reserve one-quarter of this butter cream; cover each disc with one-third of the remaining cream. Then put the discs one on top of the other and cover the sides with the reserved butter cream. Decorates the top with the flaked almonds. Place in the refrigerator for about 1 hour.

Cut the some strips of thick paper 1 cm (1/2 in) wide and 25 cm (10 in) long. Place them on top of the cake without pressing leaving a gap of 2 cm (3/4 in) between each, and dust the cake with sifted icing (confectioner's) sugar. Carefully remove the paper strips and put the progress back in the refrigerator for at least 1 hour before serving.

PROSCIUTTO The Italian word for ham, used in the names of raw hams coming from Italy, in particular prosciutto di Parma and prosciutto de San Daniele.

PROTEIN Any of a large group of nitrogenous compounds, present in all animals and

plants, consisting of linked amino-acid units. Foods of animal origin are rich in proteins fish, poultry, game, meat, eggs, milk and cheese. Plant proteins occur in a variety of foods, including pulses, bread and pasta.

PROVENCALE, A LA Describing numerous preparations inspired by (or arising directly from) the cookery of Provence, in which olive oil, tomato and garlic predominate. The Provençal garnish for cuts of meat or poultry includes either peeled and slowly cooked tomatoes and large mushrooms garnished with duxelles seasoned with garlic, or crushed garlic-flavored tomatoes with stoned (pitted) olives (black or green), or aubergines (egg-plants) stuffed with a tomato fondue. French (green) beans in butter and chateau potatoes. Provençal sauce (made with tomato, onion, garlic and white wine) is used to dress vegetables, eggs, poultry and fish.

RECIPES

Bass or brill a la provencale

Prepare a Provncal sauc. Scale some bass or brill, weighing about 400 g (14 oz). Cut off the fins and make an incision in the top of the back, on either side of the backbone. Wash and wipe the fish. Sprinkle them with salt and pepper, dust them with flour and brown them quickly in olive oil in a frying pan. mask an ovenproof dish with a little Provençal sauce. Arrange the fish in it and just cover with Provençal sauce. Sprinkle with fresh breadcrumbs, moisten with a little olive oil and cook in pre heated oven at 200°C (400°F, gas 6) for about 20 minutes, sprinkle with dropped arisley and serve piping hot in the cooking dish.

Fried eggs, a la provencale

Prepare a garnish of fried tomatoes and aubergines (eggplants) and a tomato fondue as for the soft-boiled eggs o la provencale. Mask a dish with the vegetables. Lightly fry some eggs in olive oil and arrange them in the dish. Coat them with tomato foneu and sprinkled with chopped parsley garlic.

Provençal sauce

Heat 2 tablespoons olive oil in a heavy-based saucepan. Soften in it without browning 3 tablespoons peeled and chopped onions, then add 800 g (1 ½ lb. 3 cups) peeled, seeded and crushed tomato icing (confectioner's) sugar. Carefully remove the paper strips put the progress back in the refrigerator for at least 1 hour before serving.

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RECIPES

Bass or brill à la provençale

Prepare a Provençal sauce. Scale some bass or brill weighing about 400 g (14 oz). Cut off the fins and make incision in the top of the back, on either side of the backbone. Wash and wipe the fish. Sprinkle them with salt and pepper, dust them with flour and brown them quickly in olive oil in frying pan. Mask an ovenproof dish with a little Provençal sauce. Arrange the fish in it and just cover with Provençal sauce. Sprinkle with fresh breadcrumbs. Moisten with a little olive oil and cook in preheated oven at 200°C (400°F, gas 6) for about 20 minutes. Sprinkle with chopped parsley and serve piping hot in the cooking dish.

Fried eggs à la provençale

Prepare a garnish of fried tomatoes and aubergines (eggplants) and a tomato fondue as for the soft boiled eggs à la provençale. Mask a dish with the vegetables. Lightly fry some eggs in olive oil and arrange them in the dish. Coat them with tomato fondue and sprinkle with chopped parsley and garlic.

Provençal sauce

Heat 2 tablespoons olive oil in a heavy-based saucepan. Soften in it without browning 3 tablespoons peeled and chopped onions. Then add 800 g (1 ½ lb. 3 cups) peeled seeded in crusted tomatoes and cook gently for about 15 minutes. Add a crushed garlic clove, a bouquet garni, 200 ml (7 fl. oz. ¾ cup) dry white wine and 200 ml (7 fl. oz. ¾ cup) meat stock. Leave to cook, covered for 15 minutes, then adjust the seasoning, remove the lid and reduce the sauce by half. Add some fresh chopped parsley or basil just before serving.

Sautéed veal chops à la provençale

First prepare a garlic-flavoured tomato sauce and then some small round tomatoes stuffed with mushroom duxelles and browned in the oven. Quickly brown some veal chops in olive oil in a frying pan. Season with salt and pepper, cover, reduce the heat and leave to complete cooking for about 15 minutes. Drain the chops and arrange them in the serving dish surrounded by the stuffed tomatoes. Keep hot in the oven with the door ajar.

Pour the oil out of the frying pan, add the tomato sauce and 3-4 tablespoons white wine, stir well and reduce by half over a brisk. Pour the sauce over the chops, sprinkle with chopped parsley or basil and serve piping hot.

Soft-boiled or poached eggs à la

Provençake

Prepare a garlic-flavoured tomato fondue. Cut some very large firm (beefsteak or Manmade) tomatoes in half horizontally, remove the seeds and fry some slices of aubergines (eggplants) or courgettes (zucchini) in olive oil. Prepare the same number of soft-boiled or poached eggs as there are tomato halves.

Place the eggs in the tomato halves and arrange the latter in a crown in a round, heated serving dish. Coat with tomato fondue. Arrange the sliced vegetables in the centre and sprinkle with chopped herbs.

PROVE (RISE) Of dough, to increase in volume through the action of a rising (leavening) agent. To make a leavened dough rise, it should be placed away from draughts in a warm atmosphere - 25-30°C (77-86°F) – to encourage fermentation this results in the production of carbon dioxide gas, which puffs up the dough. While it is proving goes on for too long, the dough becomes acid.

PROVOLONE A pasta flata or cooked and stretched paste cheese from southern Italy. The plastic curd lends itself to improvisation, and so Provolone comes in all shapes and sizes. The shaped cheeses (45% fat content) are brined and hung up to up to give a firm paste with a thin, natural rind. They may be sold after two months or up to six months. As the cheese matures, the paste develops small cracks or fissures and the flavour strengthens until it becomes rich and spicy. Provolone is usually used in cooking. But it can be sliced and served as an appetizer or in sandwiches. Provolone has been extensively copied in North America, where the best version is made in Wisconsin.

PRUNE A dried red or purple plum, which keeps for a long time. The preparation of prunes has been are dried in the sun, but most prunes today are prepared by progressive desiccation in the oven; there is also a technique of dehydration through immersion in hot syrup, producing Karisbad plume, which taste strongly of the fruit and are packed in wooden boxes for Christmas.

Several varieties of plums are processed into prunes, the finest being the ente (or Agen) plain, the large damson of Tours and the Catherine. The Perdrigon plum, peeled stoned (pitted), dried in the sun and slattened, is sold under the name of pistole. The same plum, unpeeled unstoned, scaled, then dried in the shade, is called brignole (named after the town of Briggonoles, of which it is a specially) or prunean fleur; it was very popular during the Renaissance, being the favourite delicacy of the Dae de Guise.

When purchased, it must be quite black, shiny and soft, but not sticky or excessively sweet. Its pulp should be amber-yellow, not caramelized. Sold loose or packaged. Prunes should be stored in a place that is neither too damp nor too dry (which would cause blooming, a sugary crystallization on the surface).

Before use, traditional prunes must be washed then soaked (for a minimum of 2 hours but preferably overnight) in cold or tepid weak tea. However, they may also be cooked direct in water or red wine, particularly if they are to be made into a compote or a potree. Ready-to-use prunes that do not require soaking are now readily available. They are tender but will swell and become soft when soaked.

Stoned prunes are included in numerous pastries, either whole or boiled to a pulp with sugar (for tarts, puddings and turnovers). They may also be used for ices, fruit

salads or fruits compotes, or served soaked in liqueur or brandy, then flamed. In confectionery, they are stuffed in various ways (often with almonds paste) and sometimes glazed they can also be preserved in brandy.

Prunes are used as a condiment in cookery, particularly for rabbit and pork, but also for game, goose and turkey; they are also used to stuff paupiettes of fish, Prunes and cinnamon in Algeria roast pork with prunes in Denmark and Poland; sweet-and-sour carp in the former Czechoslovakia; and bacon lightly fried with prunes in Germany.

RECIPES

Compote of prunes

Soak the prunes in tepid weak tea for at least 2 hours. When they are swollen, drain them, stone (pit) them and put in a saucepan just cover with cold water (or red or white wine) and stir in some sugar to taste – a maximum of 100 g (4 oz. ½ cup) per 500 g (18 oz 4 oz cups) prunes – 2 tablespoons lemon juice and 1 tablespoon vanilla – flavoured sugar. Bring to the boil, then cook gently for about 40 minutes. Serve lukewarm or cold. When well-reduced and strained, this compote may be used to fill-pastry cases, turnover to tarlets.

The prunes may be left unstoned (unpitted) and the quantity of water or wine can be increased; the prunes are then served with all their juice.

Marzipan and sugar-coated prunes.

Heat in a saucepan 4 tablespoons water, 200 g (7 oz. ¾ cup) caster (superfine) sugar and 20 g (¾ oz. 1 ½ tablespoons) powdered glucose, until the temperature reaches 115°C (240°F). Remove from the heat and add 100 g (4 oz. 1 cup) ground almonds. Stir well with a wooden spoon until the mixture has the consistency of cooked semolina. Cut 40 semi-dried Agen prunes in halves, without separating the halves, and take out the stones (pits).

Knead the cooled almond paste by hand; when it is soft, add 3 or 4 drops of red or green food colouring and 1 tablespoons rum. Knead the paste on a smooth worktop. Gather it into a ball. Roll it out into a very thin long cylinder and cut into 40 equal sections. Roll the sections into olive shapes and insert into the prunes, making 2 or 3 slanting cuts in the visible part of the almond paste. Arrange the prunes in little pleated paper cases.

The prunes may also be glazed with sugar syrup.

Prunes in Rasteau with fresh cream

Soak 36 prunes overnight in 500 ml (17 fl. oz. 2 cups) light red Bordeaux wine and the same amount of Rasteau (a sweet of the Rhone Valley). The following day cook them in the wine together with a lemon and an orange cut into thick slices; bring to the boil, reduce the heat and simmer for 15 minutes. Leave to cool, then cover and chill for 3 days in the cooking liquid. Remove the double (heavy) cream.

Prunes stuffed with Roquefort cheese

Stone (pit) about 30 Agen prunes and flatten them with the blade of a knife. Crumble 100 g (4 oz) Roquefort cheese with a fork and crush 30 hazelnuts. Mix the Roquefort cheese

with the hazelnuts some pepper, 2 tablespoons crème fraiche and 1 tablespoon port. Place a small ball of this mixture in the centre of each prune. Reshape the prunes and put in a cool place for several hours before serving as a cocktail snack.

Prunes with bacon

Stone (pit some semi-dried Agen prunes by splitting them lengthways, insert a shell pistachio in place of the stone, then roll up each prune in half a thin rasher (slice) of bacon. Secure the bacon around the stuffed prunes by means of a wooden cocktail stick (toothpick). Arrange the prunes in an ovenproof dish, and place in a preheated oven at 230°(450°F, gas 8) until the bacon is crispy (about 8-9 minutes). Serve piping hot as a cocktail snack.

PRUNE DE CYTHERE French name for ambarella also known as pomme cythere, the fruit of a spiny shrub of the mango family, it comes from south-east Asia and the Pacific islands.

PRUNIER, ALFRED French restaurateur (died 1898). In 1872 he founded a restaurant in Paris, in the Rue Duphot, serving oysters, grills and judiciously chosen wines, which quickly became successful. Among the customers were Sarah Bernhardt, Oscar Wilde, Clemenceau and the great Russian dukes.

His son Emile succeeded him and establishment became known for its fish and seafood specialties, notably bass à l'angevine, Boston fillet (beef with oysters), marmite dieppoise. Lobster Newburg and thermidor, and, of course, oysters and shellfish. He opened a second restaurant, Prunier-Traktir, in the Avenue Victor Hugo and also took an active interest in oyster culture and fishing, particularly sturgeon farming in the Gironde region (for French caviar).

On his death in 1925, his daughter Simone continued his work and opened a third restaurant in London, which closed in 1976.

PUB A public house. An establishment in Britain licensed for the sale and consumption of alcoholic drinks. In older pubs there are often several rooms known as bars. The public bar is usually the most crowded room. Providing drinks at the bar and possibly snacks. The saloon bar, lounge bar and sometimes a private bar offer varying degree of comfort, elegance and privacy. Many pubs also have restaurants renowned for their high standard of food.

One of the much debated features of British pubs is their restricted hours of opening and closing. Furthermore, customers go to the bar to order and pay for drinks, rather than being waited on at tables.

PUCHERO A Spanish or Latin American stew, highly seasoned, made with beef, mutton, sausage, ham and vegetables. In Latin American countries it is garnished with corn on the cob.

PUDDING Any of the numerous dishes, sweet or savoury, served hot or cold, which are prepared in a variety of ways.

English suet puddings consist of a sweet or savoury filling (for example, apples

or steak and kidney) completely enclosed in a suet dough and steamed or boiled in a pudding basin (mould) most other puddings of English origin are served as desserts, usually baked or boiled in a mould.

In the past the word 'pudding' applied to all boiled dishes, it has the same origin as the French boudin (black pudding, blood sausage). However, the sweet pudding that is known today did not assume its modern form until the 17th century.

Some English puddings have now become traditional in Continental Europe, with their own variations. Among these are diplomat and Nesselrode puddings, bread pudding, apple or pear pudding (in a suet crust) and 'semolina', tapioca and rice puddings. Soufflé pudding is made with choux pastry enriched with sugar, butter, egg yolks and whisked egg whites and flavoured with vanilla, chocolate or orange.

Iced puddings are made by lining the mould with sponge cake or finger biscuits and filling it with ice creams, sometimes combining several colours.

In France, the name 'pudding' is also given to a cake made from dry bread or stale brioche, sweetened and mixed with milk, raisins, rum, eggs and candied orange peel, cooked in a small brioche mould, then lightly covered with fondant icing (frosting). It is similar to the English bread pudding, though much more elaborate.

RECIPES

American pudding

Put in a large bowl (75 g (3 oz. $\frac{3}{4}$ cup) stale breadcrumbs, 100 g (4 oz. 1 cup) plain (all-purpose) flour, 100 g (4 oz. $\frac{2}{3}$ cup, firmly packed) browned sugar and 75 g (3 oz. $\frac{1}{2}$ cup) finely diced crystallized (candied) fruit, 1 tablespoon blanchd finely shredded orange zest and the same amount of lemon zest. Blend the mixture with 1 whole egg and 3 yolks. Add a generous pinch of cinnamon, the same amount of grated nutmeg and 1 liqueur glass of rum. Mix well and pour into a buttered, and floured charlotte mould. Cook in a bain marie in a preheated oven at 200°C (400°F, gas 6) for about 50 minutes until firm. Leave to cool and turn out on to the serving dish. Serve with rum-flavoured zabaglione.

Biscuit pudding with crystallized fruits

Soak 125 g (4 $\frac{1}{2}$ oz. $\frac{2}{3}$ cup) currants in rum. In a saucepan, moisten 200 g (7 oz. 2 $\frac{1}{2}$ cups) crumbled sponge finger biscuits (ladyfingers) with 600 ml (1 pint, 2 $\frac{1}{3}$ cups) boiling milk to which 150 g (5 oz. $\frac{2}{3}$ cup) caster (superfine) sugar has been added. Work the mixture over the heat, then add 150 g (5 oz. $\frac{3}{4}$ cup) diced crystallized (candied) fruits, the currants, 3 egg yolks and 125 g (4 $\frac{1}{2}$ oz. $\frac{1}{2}$ cup) melted butter. Finally, fold in 3 egg whites whisked into very stiff peaks. Butter a smooth, round mould, sprinkle it with breadcrumbs, pour the mixture into it, and cook in a bain marie in a preheated oven at 200°C (400°F, gas 6) for 50-60 minutes. Serve with a pineapple or cherry sauce.

Cabinet pudding

Prepare 600 ml (1 pint, 2 $\frac{1}{2}$ cups) vanilla-flavoured egg custard. Cut 100 g (4 oz. $\frac{2}{3}$ cup) crystallized (candied) fruits into a salpicon. Wash 100 g (4 oz. $\frac{2}{3}$ cup) seedless raisins, then moisten with 3 tablespoons rum. Pour another 3 tablespoons rum over 150 g (5 oz. 2 cups) sponge finger biscuits (ladyfingers) broken into pieces. Butter a

charlotte mould and fill it with alternate layers of sponge fingers. Raisins and crystallized fruit. Pour the egg custard over. Place in a bain marie and cook in a preheated oven at 220°C (425°F, gas 7) for about 45 minute. Leave the pudding until lukewarm before turngn it out. Serve with a vanillaflavoured custard cream or an apricot sauce.

Capucine iced pudding

Prepare a Genoeste sponge and cook it in a charlotte mould. Leave it to cool completely, then slice a thin layer of sponge from the top (to serve as a lid). Scoop out the rest of the sponge. Leaving a lining crust and fill it with alternate layers of tangirine-flavoured iced mousse and kummel-flavoured iced ousse. Cover with the sponge lid and put in the freezer for 6 hours. Just before serving, decorate with Chantilly cream, using a piping bag. Traditionally, this iced pudding it set on a base of nougatine and decorated with flowers and ribbons made of sugar.

Chocolate pudding

Soften 150 g (5 oz. 2/3 cup) butter at room temperature and 125 g (4 ½ oz. 4 ½ squares) plain (dark) dessert chocolate in a bowl over a pan of simmering water. Work the butter with a wooden spoon in a warm mixing bowl, then beat in 75 g (3 oz.6 tablespoons) caster (superfine) sugar and 1 tablespoons vanilla-flavoured sugar. When the mixture is white and creamy, add 8 egg yolks, one after the other. Mix the softened chocolate with 1 tablespoon flour and 1 tablespoon potato flour, then blend it with the mixture. Finally, add 5 stiffly whisked egg whites. Pour into a buttered and floured charlotte mould, place in a bain marie, and cook in a preheated oven at 200°C (400°F, gas 6) for about 50 minutes until firm. Turn out the pudding while still lukewarm and coat with vanilla-or coffee-flavoured custard cream

English almond pudding

Cream together 125 g (4 ½ oz. ½ cup) softened butter and 150 g (5 oz. 2/3 cup) caster (superfine) sugar in a basin. Add 250 g (9 oz. 2 cups) almonds blanchd and finely chopped, pinch of salt, 1 tablespoons double (heavy) cram. Work the mixture well, then pour it into buttered souffine dish and cook in a preheated oven at 200°C (400°F, gas 6) for at least 45 minutes. Serve from the dish.

English apple pudding

Mix together the following ingredients: 400 g (14 oz. 3 ½ cups) plain (all-purpose) flour, 225 g (oz. 1 ½ cups) finely chopped beef suet, 2 tablespoons caster (superfine) sugar, a little salt and 100 ml (4 fl. oz. 7 teaspoons) water, knead thoroughly. Then roll out the dough to a thickness of 8 mm (2/3 in).

Butter a litre (1 ¾ pint. 5 cup) pudding basin (mould and line it with half of the dough. Fill with finely sliced applies, sweetened with caster sugar and flavoured with the grated zest of a lemon and some ground cinnamon. Cover with the remaining dough and press the edges together firmly. Wrap the basin in a cloth and tie it up firmly at the cop. Place the pudding on an old saucer in a saucepan with enough boiling water to come halfway up to sides. Of the basin. Cover and cook for about 2 hours over a gentle heat, topping up with boiling water as necessary.

This pudding can be prepared with pears in the same way.

French bread pudding

Crumble 14 slices of stale milk bread. Pour over the top 4 beaten eggs mixed with 100 g (4 oz. ½ cup) caster sugar (superfine) sugar; add 400 ml (14 fl. oz. 1 ¾ cups) tepid milk, then 4 tablespoons raisins which have been soaked in weak tea, 3 tablespoons chopped crystallized (candied) fruit, the same amount of rum, a pinch of salt and sieved apricot jam. Mix everything together well.

Butter a pudding basin (mould) or a charlotte or manque mould and pour half the mixture into it arrange 4 finely sliced canned pears over the surface, then pour in the remaining mixture. Place the mould in a bain marie containing boiling water. Put in a preheated oven at 200°C (400°F, gas 6) and cook for about 1 hour until set. Dip the bottom of the mould in cold water, then turn the pudding out. Serve with blackcurrant sauce.

German bread and fruit pudding

Finely dice 150 g (5 oz. about 5 slices) white bread and fry lightly in butter. Put in a bowl and pour on 200 ml (7 fl. oz. ¾ cup) boiled milk. Mix, then add 2 apples cut into small cubes and cooked in butter, 50 g (2 oz. 1/3 cup) diced candied orange peel, 50 g (2 oz. ½ cup) ground almonds and the same amount of seeded raisins, which have been soaked in water and drained. Add 75 g (3 oz. 6 tablespoons) caster (superfine) sugar, 1 tablespoon blanched and finely chopped lemon peel and 3 egg yolks. Mix well, then blend in 3 egg whites whisked into very stiff peaks.

Pour this mixture into a buttered charlotte mould, place in a bain marie, and cook in a preheated oven at 200°C (400°F, gas 6) for about 50 minutes. Turn out the pudding while still lukewarm and coat with a sauce made by mixing 200 ml (7 fl. oz. ¾ cup) red wine with 2 tablespoons sieved and warmed apricot jam.

Lemon souffle pudding

In a saucepan, work 100 g (4 oz. ½ cup) butter into a soft paste with a wooden spoon. Add 100 g (4 oz. ½ cup) caster (superfine) sugar and 100 g (4 oz. 1 cup) plain flour (all-purpose flour), then moisten with 300 ml (1/2 pint, 1 ¼ cups) hot milk and mix well. Bring to the boil, stirring all the time, then beat until the mixture leaves the sides of the pan clean. Remove from the heat and beat in the juice of 2 lemons and 5 egg yolks, then fold in 6 egg whites whisked into stiff peaks and 2 tablespoon blanched and finely chopped lemon peel.

Turn the mixture into a buttered 1.5 litre (2 ¾ pint, 6 cup) pudding basin or souffle mould, place in a bain marie, and cook in preheated oven at 200°C (400°F, gas 6) for 40 minutes until well risen and golden brown. Serve with a lemon flavoured custard cream.

Rice pudding.

Wash 250 g (9 oz. 1 ½ cups) round-grain rice and blanch it in boiling water. Drain it and lace in a flameproof casserole, then add 1 litre (1 ¾ pints. 4 ½ cups) milk boiled with 150 g (5 oz. ½ cup) caster (superfine) sugar, half a vanilla pod (bean) and a pinch of salt. Add 50 g (2 oz. ¼ cup) butter. Stir and bring slowly to the boil then cover the casserole and finish cooking in a preheated oven at 220°C (425°F, gas 7) for 25-30 minutes.

Remove from the oven and beat in 8 egg yolks, mixing carefully, then 7-8 egg whites into very stiff peaks. Use this mixture to fill about 10 small moulds which have been buttered and sprinkled with fine breadcrumbs. Cook in the oven in a bain marie for 30-35 minutes. Turn out and serve with a rum-flavoured zabaglione, a custard cream or a fruit sauce flavoured with liqueur.

The mixture maybe flavoured with 50 g (2 oz. ½ cup) cocoa per 500 g (18 oz. 3 cups) cooked rice.

Scotch pudding

Place 500 g (18 oz. 9 cups) fresh breadcrumbs in a bowl with rum. Work the mixture together thoroughly and pour it into a smooth buttered mould, filling it up to 1 cm (1/2 in) from the brim. Place in a bain marie and cook in a preheated oven at 200°C (400°F, gas6) for 1 hour. Serve with a rum-flavoured zabaglione or a Madeira-flavoured custard cream.

Semolina pudding

Sprinkle 250 g (9 oz. 1 ¾ cups) semolina into 1 litre (1 ¾ pints. 4 ½ cups) boiling milk in which has been dissolved 125 g (4 ½ oz. ½ cup) caster (superfine) sugar, a generous pinch of salt and 100 g (4 oz. ½ cup) butter. Mix and cook over a very gentle heat for 25 minutes. Leave to cool slightly then add 6 egg yolks, 1 small liqueur glass of orange-flavoured liqueur and 4 egg whites whisked into very stiff peaks. Pour this mixture into a savarin mould, buttered and dusted with semolina. Place in a bain marie and cook in a preheated oven at 200°C (440 °F, gas 6) until the mixture is slightly elastic to the touch. Leaveteh pudding to stand for 30 minutes before turning it out. Serve with custard or an orange sauce.

PUFFBALL. A globur or pear-shaped mushrooms. The giant puffball is globular and its short stalk is almost unnoticeable. It is edible when young and unripe, while the flesh is still white, but the tough skin must be discarded. It can be eaten sliced, covered in breadcrumbs and fried, or as a filling for an omelette. Other varieties of puffball and pearl-shaped and some are edible. lycoperdon echinatum, recognizable by its brownish colour and clusters of hairs, is not edible.

PAFFU PASTRY. Ate feuillettee or feuilletage in French, this is rich and delicate pastry made up of very thin layers. It is said by some historians to have been invented by Calude Gelle, better known, as the 17th –century landscape painter claude Lorraine, who was said to have served a pastrycook's apprenticeship, others say it was invented by a chef called feuillet, who was chief pastrycook to the house of Conde. Careme praises Feuillet, who was undoubtedly a great pastrycook, and in his *pâtissier royal* writes. Richard spurred me on to work twice as hard by speaking to me often of the great Feuillet.' But Careme stops there and nowhere in his learned treatises on pastry does he say that Feuillet was the inventory of puff pastry. But Josepy Favre is definite on this subject. In this *Dictionnaire unversed de cuisine* he states that Feuillet was the inventor of puff pastry.

It appears. However, from the study of documents.of a much earlier date, that puff pastry was known not only in the Middle Ages, but also in ancient Greece. In a charter

drawn up by Robert, bishop of Amiens (1311), puff-pastry cakes are mentioned. It therefore seems more likely that this pastry was perfected and brought back into fashion by Clause Lorrain and feuillet in their own times.

- Preparation. The preparation of puff pastry is a length and complicated procedure. Butter is incorporated into a rolled-out dough of flour and water. The dough is then folded, turned at right angles, rolled out and folded again. The turning, rolling out and folding is repeated a number of times and the dough is left to stand and chill between each turning. The more turns there are (up to eight), the greater the number of layers in the finished pastry.

This basic preparation can be varied. Margarine, lard or white vegetable fat (shortening), oil or goose fat may be substituted for butter, and egg yolks can be added (as in Viennese puff pastry).

Commercially prepared puff pastry is more popular with most domestic cooks than home-made pastry. It may be purchased chilled or frozen, in blocks or ready rolled. Bought pastry varies widely in quality, with the poorest examples being extremely tasteless and fatty. Better examples are to be found, made with all butter and usually sold chilled in blocks.

- Use puff pastry is light, golden and crisp, but not usually sweetened. It is used for pies, tarts, allumettes, bouchees, vol-au-vent, mille-feuils and many other dishes. Creative cooks are experimenting by adding flavouring ingredients. Chocolate pastry for mille-feuille is a good example cocoa powder is mixed with the butter.

Puff pastry is baked at a high temperature so that the air trapped during rolling expands. This separates the layers and makes the pastry rise. The melting fat content and heat set the layers and give the pastry its characteristic crisp texture.

Puff pastry can also be deep-fried successfully, for example when used as a covering for fritters. The pastry should be rolled thinly and the oil for deep frying should be very hot. When frying, puff pastry is suitable only for ready cooked fillings or those that cook quickly. As soon as the pastry has puffed and turned golden, it should be drained in a basket or on a draining spoon, then transferred to a dish lined with kitchen paper or a clean napkin so that any remaining fat is mopped up. Then it must be served immediately.

The French name *demi-feuilletage* is given to any leftover pieces of dough that may then be rolled out and used, for example, to line barquettes or tartlets, or to make fleurons and other decorative items.

Rough puff pastry The so-called rough puff pastry can be made in a much shorter time by incorporating all the butter in lumps with the dough, rolling the dough fewer times and omitting the resting periods between each turning.

Plaky pastry. A layered pastry similar to puff pastry, but with fewer layers and not as rich. The dough is made with three-quarters fat to flour and it is rolled and folded four times. Traditionally, a mixture of butter and lard is used. But the dough can be made with all butter. The pastry is used as for puff pastry, but it does not rise high enough for making deep pastry cases. Such as bouchees or a vol-au-vent. It is the traditional choice for sausage rolls, pie crusts and apple turnovers. Flaky pastry is cooked at a high temperature, so that it rises and sets into crisp layers

RECIPES

Puff pastry

Put 500 g (18 oz. 4 ½ cups) plain (all-purpose) flour on a board in circle, making a well in the middle. Since flours differ, the exact proportion of water to flour is variable. Into the centre of this circle put 1 ½ teaspoons salt and about 300 ml (1/2 pint. 1 ¼ cups) water. Mix and knead until the dough is smooth and elastic. Form into a ball and leave to stand for 25 minutes.

Roll out the dough into square, mark a cross in the top and roll out the wedges to form an evenly thick cross shape. Put 500 g (18 oz. 2 ¼ cups) softened butter in the middle of this dough. (The butter should be softened with a wooden spatula until it can be spread easily). Fold the ends of the dough over the butter in such a way as to enclose it completely. Leave to stand for 10 minutes in a cold place, until rested and firmed slightly.

The turning operation (called *tourne* in French) can now begin. Roll the dough with a rolling pin on a light floured board in such a way as to obtain a rectangle 60 cm (24 in) long, 20 cm (8 in) wide and 1.5 mm (3/8 in) thick. Fold the rectangle into three. Give it a quarter-turn and, with the rolling pin at right angles to the folds, roll the dough out again into a rectangle of the same size as the previous one. Again fold the dough into three and leave to stand for about 15 minutes and chill if too sticky. Repeat the sequence (turn, roll, fold) a further 4 times. Leaving the dough to stand for about 15 minutes after each folding. After the sixth turn, roll out the dough in both directions and use according to the recipe.

Puff pastry case for flans

Prepare some puff pastry and roll it out to a thickness of about 5 mm (1/4 in.). Cut it into a rectangle twice as long as it is wide. Then cut 4 small strips about 3 cm (1 ¼ in) wide, two of which are the same length as the width of the rectangle, and two the same as its length. Cut the ends of these strips at right angles so that they form corners. The remaining rectangle of the pastry forms the base of the tart. Brush some beaten egg around the edge of the base and stick the strips to it to form the sides of the pastry case. Trim the edges with a knife and mark the top edge with a decorative criss-cross pattern. Prick the base to prevent the pastry from rising during cooking. Bake in a preheated oven at 230°C (450°F, gas 8) for about 20 minutes. Fill the flan case with drained poached or cooked fruit covered in a fruit glaze.

Puff pastry made with oil

Make the flour and water dough as described in the traditional recipe for puff pastry then incorporate 200 ml (7 fl. oz. ¾ cup) ground nut (peanut) oil. Roll out the dough into a 20 cm (8 in) square and brush it generously with oil. Then proceed in the usual way except that the dough is brushed with oil each time it is rolled out. Allow a total of about 350 ml (12 fl. oz. 1 ½ cups) oil for 500 g (18 oz. 4 ½ cups) plain (all-purpose) flour.

Rough (fast) puff pastry

Mix 400 g (14 oz. 300 g (11 oz. 1 ½ cups) butter cut into pieces. 1 tablespoon salt and 200 ml (7 fl. oz. ¼ cup) very cold water in a bowl to form a soft smooth dough. Roll it out into a rectangle measuring about 60 x 20cm (24 x 8 in). fold it into three, turn and roll it out again into a rectangle of the same size. Repeat twice more without allowing it

to stand between turns. Use immediately.

PUGLIA WINES. Puglia or apulia, on the heel of the boot of Italy, produces large amounts of wine. The majority was traditionally sold for blending or for use in the manufacture of vermouth, but with modern wine-making technique some good quality wine is made.

PUITS D'AMOUR A small pastry made of two rounds of rolled-out puff pastry placed one on top of the other, the second being hollowed out. After cooking the centre is filled with jam or vanilla- or praline-flavoured confectioner's custard (pastry cream), which is sometimes caramelized. This pastry was probably created in 1843, after the success of a comic opera entitled *Le putts d'amour*.

RECIPE

Puits d'amour

Roll out (500 g (18 oz) puff pastry into a 25 x 18 cm (10 x 7 in) rectangle. Cut out from it 12 circles, 6 cm (2 ½ in) in diameter. Place 6 of them on a buttered baking sheet and brush with beaten egg. Cut out the centres of the other 6 circles with a 3 cm (1 ¼ in) pastry (cookie) cutter; place these rings on the circles of pastry and brush with beaten egg. Cook in a preheated oven at 230°C (450°F, gas 8) for 15 minutes. Allow them to cool, then dust with icing (confectioner's sugar and fill the centres with redcurrant jelly or vanilla-flavoured confectioner's custard.

PULIGNY-MONTRACHET A vineyard region in the Cote de Beaune in Burgundy, most famous for its white wines from the Chardonnay grape, but also making some reds. There are several AOC grand and premier cru wines, of which the best known is probably le Montrachet.

PULGUE A Mexican alcoholic drink obtained by fermentation of the juice of the maguey plant, a species of agave. This very popular drink is consumed in large quantities on farms, as well as in the pulquerias, small popular taverns.

PULSES Leguminous plants whose seeds are used as a vegetable; they include peas, beans, lentils, soya (soy) beans and peanuts. One of the characters of pulses is their very high energy value and very low water content compared with fresh vegetables (which means they can be stored for long periods). They are also an important source of vegetables protein and form a vital part of a vegetarian diet along with a mixture of grains and vegetables.

Pulses form one of the staple foods in India. Many North African countries (Particularly chick peas) and south America (red kidney beans).

PUMPERNICKEL Rye bread originating from Westphalia and now manufactured throughout Germany and sometimes in Alsace. Very solid and almost black in colour, pumpernickel is made with leaven and coarsely crushed pure Rye, abroad, it is often sold, packaged, in very thin slices. As it has a fairly pronounced flavour, it is eaten mostly with smoked sausages. Marinated fish and cheese.

These are several explanations of its etymology pumper could be an onomatopoeic reference to the action of the yeast, and nickel an abbreviation of the christian name Nikolaus (often used in Germany to designate a halfwit), the word would therefore mean 'a coarse bread suitable for a halfwit'. According to another explanation, the word originated in the 1450s; as a severe famine was threatening the inhabitants of Osnabruck, the municipality baked a 'good bread' (bonum Panicum) for the poor; its success was so great that it continued to be made and its name developed into bumpomichel, then into pumpernickel.

PUMPKIN A vegetable of the marrow (squash). Family, which is round, with a flattened top and base. The orange ribbed rind. There are several varieties, weighing up to 100 kg (220 lb.). Once the seeds and fibres have been removed, the flesh is eaten cooked, often as a soup, in a gratin or as a puree. It is also used as a pie filling (à la curauille), mixed with onion, especially in northern France, where pumpkin pie is as popular as in the United States. The pumpkin is cultivated in southern France, especially in the south-east, where it is harvested from October to December and keeps throughout the winter. When bought in slices, preferably cut from a small, juicy, fresh-coloured pumpkin, it does not keep long.

In French recipes pumpkin is sometimes called citrouille, rather than potiron.

RECIPES

Pumpkin and remove the seeds and surrounding fibres. Cut the pulp into slices and blanch in boiling salted water for about 10 minutes. Drain thoroughly and put into a frying pan with some veal stock. Cover and simmer gently for about 20 minutes. Serve sprinkled chopped parsley.

Pumpkin gratin à la provençale

Peel a fine ripe pumpkin and remove the seeds and their surrounding fibres. Cut the pulp into small dice and blanch for 10 minutes in boiling salted water; refresh in cold water and drain. Peel some onions and sweet them gently for 5-6 minutes in butter. Rub the inside of a gratin dish with garlic and butter arrange a layer of cut drained pumpkin pieces, then the onions, then the rest of the pumpkin, in the dish. Sprinkle with grated cheese and olive oil and brown in preheated oven at 220°C (425°F, gas 7).

Pumpkin puree

Sweet the pulp of a pumpkin in butter and reduce to a puree, as for pumpkin soup. Cook some potatoes (one-third of the weight of the pumpkin) in boiling salted water and reduce to a puree. Mix the two purees add a little boiling milk, and stir thoroughly. Remove from the heat and beat in some fresh butter.

Pumpkin soup

Peel and seed a pumpkin to obtain 800 g (1 ¾ lb) pulp. Cut the pulp into small pieces and place in a saucepan with 50 g (2 oz. ¼ cup) butter and 8 tablespoons water. Add salt, lower the pan and sweat for about 20 minutes. Puree the pulp. Pour into the rinsed-out saucepan and add 1 litre (1 ¾ pints, 4 1/3 cups) stock or consommé. Bring to the boil,

adjust the seasoning and whisk in 50 g (2 oz. ¼ cup) butter cut into small pieces. Serve with small croutons fried in butter.

Alternatively, the puree can be diluted with 1 litre (1 2/4 pints, 4 ½ cups) boiling milk and sweetened to taste. Thicken with 2 tablespoons ground rice blended with a little a little milk.

Sautéed pumpkin with spices

Melt 50 g (2 oz. 1 cup) salted butter in a frying pan and add 1 tablespoon clear honey and 34 crescent-shaped pieces of fresh pumpkin, each weighing about 200 g (7 oz.). fry until golden. When they have finished cooking, sprinkle with 1 teaspoon all-spice, 1 teaspoon curry powder, the chopped zest of 1 unwaxed mandarin, 2 teaspoons freshly chopped mint leaves, the juice of half a lemon and some good quality salt. Serve hot with chicken or sweetbreads.

PUNCH an iced or hot drink, sometimes flamed, which can be made with tea, sugar, spices, fruits and rum or brandy, or with rum and sugar syrup. The word originally described a British colonial drink, in which, theoretically, five ingredients had to be included (Punch means 'five' in Hindustani). In France in the 18th century, the word changed to the form pomche or bouleponche (from the English punch bowl in which the drink was served).

About 1830 the ban on the importation of rum into France from the West Indies was lifted. Rum had been prohibited so as not to compete with cognac. At the same time a fashion for English things introduced the vogue for punch. A forerunner of the cocktail, it has been made according to various recipes. English punch consists of boiling tea poured over slices of lemon, with sugar, cinnamon and rum (it was formerly flamed before being drunk). In French punch, the quantity of tea is smaller and the rum is sometimes replaced by brandy, poured in last and flamed. Marquise punch, which is served hot or iced, is made with sauternes wines and with sugar, lemon peel and cloves, it may be flamed. Roman punch is a sorbet made with dry white wine or champagne with orange or lemon slices, mixed with Italian meringue, over which a glass of rum is poured at the time of serving. Planters punch is a mixture of white rum, sugar-cane syrup and orange or lemon juice, sometimes enlivened with a dash of Angostura bitter. Brazilian batida punch, which appeared more recently in Europe, has base of brandy, rum and lime, guava or mango juice.

RECIPES

Iced punch

Dissolve 200 g (7 oz. ¾ cup) sugar with the grated zest of a lemon in 1 litre (1 ¾ pints, 4 ½ cups) sweet white wine. Heat gently, then add 1 tablespoon tea leaves and leave to infuse for about 10 minutes. Strain then add an orange and a lemon, peeled and cut into slices, and 200 ml (7 fl. oz. ¾ cup) warmed flaming rum. Leave to cool. Strain and put in the freezer for 3 hours until slushy, then stir and serve in sundae dishes.

Kirsch punch

Infuse 1 tablespoon tea leaves for 8 minutes in 1 litre (1 ¾ pints, 4 1/3 cups) boiling water, put 500 g (18 oz. 2 ¼ cups) caster (superfine) sugar in a punch bowl. Pour in the

strained hot tea and stir until the sugar has dissolved. Flame 750 ml (1 ¼ pints, 3 ¼ cups) kirsch and add to the punch. Serve in punch cups). The Kirsch may be replaced by rum.

Marquise punch

Put in a copper pan 1 litre (1 ¾ pints, 4 1/3 cups) Sauternes (or similar sweet white wine) g (7 oz. ¾ cup) caster (superfine) sugar, and the grated zest of a lemon, tied in muslin (cheesecloth) with a clove. Heat until a fine white foam has formed on the surface, then pour into a punch bowl. Add 250 ml (8 fl. oz. 1 cup) flaming Cognac. Serve in punch cups decorated with a thin slice of lemon.

West Indian punch

Mix in a shaker 250 ml (8 fl. oz. 1 cup) pineapple juice 250 ml (8 fl. oz. 1 cup) orange juice and 4 tablespoon orange or grenadine syrup. Add 500 ml (17 fl. oz. 2 cups) white rum and shake thoroughly. Pour over ice cubes in frosted glasses.

PUREE A creamy preparation obtained by pressing and sieving cooked foods (or by using a blender or food processor).

Vegetable puree used as a garnish or condiment are fairly thick. For making soups, they are diluted with a liquid. Certain vegetables which are too watery to give a sufficiently thick puree are thickened with a binding agent – potato puree, cornflour (cornstarch) or potato flour, thick béchamel sauce. The following vegetables may be pureed artichoke, asparagus, aubergine (eggplant), beetroot (red beet), cardoon, carrot and other root vegetables, celery, mushrooms, endive, cauliflower, courgette (zucchini), chicory, spinach, broad (fava) beans, red or white haricot (navy or kidney) beans, green beans, lettuce, lentils, chestnuts, onions (soubise), sorrel. Split peas, green peas (Saint-Germain), potato and pumpkin. Pureed garlic, watercress and tarragon are usually used as condiments.

Purees of meat, game or fish, often mixed with a brown or white sauce, are usually used as fillings for vol-au-vent, croquettes or barquettes, or as a stuffing for hard-boiled (hard-cooked) eggs, artichoke hearts and pancakes.

Fruit purees, either cold or hot, are used for making ices, mousses, souffles and dessert sauces.

RECIPES

Anchovy puree (for cold dishes)

Desalt 75 g (3 oz) anchovies, remove the fillets and reduce them to a puree in a mortar or in a blender with 4 hard-boiled (hard-cooked) egg yolks and 40 g (1 ½ oz. 3 tablespoons) butter; Add 1 tablespoon chopped herbs, mix well.

This puree is used to stuff hard-boiled eggs, artichoke hearts and fish (red mullet), for serving cold.

Anchovy puree (for hot dishes)

Desalt 75 g (3 oz.) anchovies, remove the fillets and pound them into a puree 150 ml (¼ pint, 2/3 cup) thick béchamel sauce and, if desired, 2-3 sieved or pounded hard-boiled (hard-cooked) egg yolks and some coarsely herbs.

This puree is used to fill couchees, tartlets or rissoles that are to be served hot.

calf's or chicken liver puree

Quickly fry the diced calf liver or whole chicken livers in butter, then reduce to a puree in a blender. Season and flavour with madiera if desired.

This puree is used for a gratin forcemeats.

Game puree

Remove the sinews from the cooked meat of peasant, duck, young rabbit or partridge and reduce the flesh to a puree in a blender or food processor. Incorporate the same weight of rice cooked in meat stock and puree again quickly adjust the seasoning.

This puree is used as an a grain forcemeat.

Potato and turnip puree

Peel 800 g (¾ lb.) turnips and 800 g (1 ¾ lb.) potatoes. Cut them separately into cubes. Put 8 juniper berries. 4-5 slices fresh root ginger a teaspoon rosemary leaves and 1 teaspoon black peppercorns in a small linen bag. Peel and chop 2 medium-sized onions. Peel and chop 2 garlic cloves. Heat 3 tablespoons goose fat or duck fat in a flameproof casserole. Add the diced turnips. Season lightly with salt and a pinch of sugar, then brown. Add the potatoes and sauté them, then add the onion and garlic. Add a little chicken stock and cook over a low heat until the stock has evaporated. Meanwhile, heat 1 tablespoon fat and fry 12 crooutons on both sides.

Remove the linen bag from the vegetables, puree the vegetables in a food processor and adjust the seasoning. Sprinkle with a little roasting juice if desired and serve garnished with the croutons.

Salmon puree

Puree 250 g (9 oz) skinned and boned fresh salmon with bones and skin removed). Add to this puree 100 ml (4 fl. oz. 7 tablespoons) very thick bechamel sauce. Heat, stirring well, then whisk in 50 g (2 oz. ¼ cup) butter. Adjust the seasoning. If desired, add a quarter of its weight of mushroom duxellies.

The puree is used to fill barquettes, pannequets, croustades and hard-boiled (hard-cooked) eggs.

Shrimp puree

Pound in a mortar some shelled shrimp. Add an equal volume of bechamel sauce mixed with cream and reduced. Adjust the seasoning.

This puree is added to stuffings and sauces for fish and shellfish.

Smoked-salmon puree

Using a blender or a food processor puree 200 g (7 oz) smoked salmon together with the juice of half a lemon and 4 egg yolks. Add 50 g (2 oz. ¼ cup) butter and work the mixture until smooth.

This puree is used for garnishing canapes, barquettes, cold pancakes or slices of smoked salmon rolled into cornet shapes.

PURI Also known as poori. This Pakistani and Indian bread (made particularly in Northern India) is made from wheat flour. The basic dough is the same as for chapati, the flat, wholemeal bread cooked on a bakestone, but it is rolled into small, thin rounds. The freshly prepared rounds are deep-fried in hot oil so that they puff up into golden, crisp hollows. They are served to accompany a meal, particularly with a selection of mixed dishes served on a thali. They are sometimes stuffed or topped with a savoury mixture when cooked.

PURSLANE A hardy plant (*portulaca oleracea*) which originated in India, was known by the Romans and was used in the Middle Ages. Particularly for pickling. There are seven species, including the golden purslane with large leaves and the claytonia (cultivated in the north of France and in Belgium). Rich in magnesium and with slightly spicy flavour, this purslane can be eaten as a salad, flavoured with burnet. The fleshy young leaves and the tender stalks can be cooked like spinach and cardoons (particularly with gravy, butter or cream). The leaves can also be used as garnish for soups, omelettes and cuts of meat (instead of watercress) or to flavour sauces (bearnaise or paloise).

PYRAMIDE The name of a goat's cheese with a shape similar to Valencay, made in a cheese factory in central France from frozen curds and milk powder.

Q

QUADRILLER A French culinary term meaning to mark the surface of grilled (broiled) food usually meat or fish) with a criss cross pattern of lines. These scorings can be produced by contact with very hot (but not scorching) single grill bars, which brown the surface of the food. Alternatively, very hot skewers can be used mark surface.

Food that has been coated in egg and breadcrumbs, such as fish or escalopes (scallops), can be marked before cooking, using the back of a knife to trace squares or diamond shapes on the surface to improve the appearance of the cooked dish.

In pastry and cake making a criss cross pattern is achieved by placing narrow strips of pastry over an open tart. A red hot skewer can be used for mark a dessert cream or a meringue topped dessert. For savoury dishes, a criss-cross pattern can be made with anchovy fillets on a pissaladiere, a pizza or a mixed salad.

QUAIL A small migratory game bird found in Europe, in flat open country, from April to October. It has become very scarce (A breed from the Far East is raised like poultry in France) in the autumn the bird is plump and round and its flesh is full of flavour. Wild quail should never be allowed to get high ' Quail fattened in captivity has less flavour. The third is drawn and usually barded with bacon. Weighing 150-200g (5-7 oz) quails may be roasted (especially on skewers) grilled (broiled) sauteed, braised or stuffed and

served on a canape. They can be served chaud froid (jellies) and can also be used in a pate or terrine. Quails' eggs are plum shaped and yellowish green with brown marking they may be served hard boiled (hard-cooked) en cocotte or in aspic. One can also buy hard boiled quails eggs preserved in vinegar or brine for use as a cocktail snack

RECIPES

Grilled quails

Pluck, draw and singe the quails. Split them down the centre of the back from the base of the neck to the tail and flatten them slightly. Season with salt and pepper, brush with flavoured oil or melted butter and grill (broil) lightly for about 20 minutes. (Before cooking the quails may be coated with fresh-breadcrumbs)

Grilled quails petit-due

Coat the quails with melted butter and breadcrumbs and grill (broil). Arrange them on a bed of Anna potatoes and place a large grilled mushroom on each quail. Heat a few tablespoons of game fumet with a little Madiera and butter and sprinkle this over the quails.

Jellied stuffed quails a la pergourdine

Prepare and stuff the quails as described for stuffed quails in cases, adding diced foie gras to the forcemeat. Reshape the quails and wrap each one in a piece of muslin (cheesecloth) tied at both ends. Poach for 20-25 minutes in liquid meat aspic stock, flavoured with Madiera. Leave the quails to cool in the stock, but drain them before it sets. Unwrap them and dry with a cloth. Arrange them in a round, fairly shallow terrine. Clarify the aspic jelly and pour over the quails. Chill in the refrigerator before serving.

Quail casserole

Pluck, draw and singe the quails. Smear the inside of each carcass with a knob of butter kneaded with salt and pepper, then truss each bird. Melt some butter in a flameproof casserole and fry the quails until golden. Add salt and pepper, cover the dish and place it in a preheated oven at 240°C (475°F, gas 9) for 12-18 minutes. When the birds are cooked, deglaze the dish with a little brandy.

Quail casserole a la bonne femme

Pluck, draw and singe and truss the quails. Fry them in butter in a flameproof casserole until golden. Dice some potatoes and scalded bacon and cook in butter in a separate pan. Add the fried potato and bacon to the quails and complete the cooking in the oven as for quail casserole.

Quail casserole with grapes

Pluck, draw and singe 8 quails. Wrap each one in a vine leaf and a very thin rasher (slice) of bacon, truss and fry in butter until golden. Add salt and pepper, cover the pan and leave to cook for another 10 minutes. Peel and seed about 60 large white grapes. Untruss the quails, arrange in an ovenproof dish (which can be taken to the table) and add the grapes. Sprinkle with the quails' cooking juices. Place the dish, without a lid in a

preheated oven at 240° (475°F, gas 9) for 5 minutes, just before serving. 2-3 tablespoons brandy can be added to the dish.

Quails with rice

Pluck, draw and singe the quails. Season with salt and pepper, truss them and cook them in butter. Arrange them on a bed of rice pilaf. Dilute the pan juices with a dash of brandy and either game stock or game fumet. Pour the sauce over the quails.

Roast quails

Wrap the quails in vine leaves and then in thin rashers (slices) of larding bacon. Secure with string. Roast on a spit before a lively fire or in a preheated oven at 200°C F, gas 6) for 15-20 minutes. Arrange each quail on a canape. Garnish with watercress and lemon quarters. Serve the diluted pan juices separately.

Stuffed quails a la gourmande

Pluck, draw and singe the quails. Season with salt and pepper, and stuff each bird with a mixture of butter, lean ham and chopped truffles peel). Truss them and brown them in butter in a saute pan. Cover the pan and finish cooking. Drain the quails, dilute the pan juices with champagne and reduce. Adjust the seasoning. Arrange the quails in a circle on a warm serving dish. Garnish the centre of the dish with boletus or chanterelle mushrooms sauteed in butter. Pour the pan juices over the birds.

Stuffed quails a la Monselet

Pluck, draw and half bone the quails. Stuff them with a salpicon of truffles and fole gras. Wrap each bird separately in a piece of muslin (cheesecloth) and poach them in a Madiera-Flavoured game stock prepared from the bones and trimmings of the quails. Drain the birds, then unwrap and place them in an earthenware casserole together with a garnish of sliced artichoke hearts tossed in butter, cultivated mushrooms and thick slices of truffles. Strain the stock, add an equal quantity of creme fraiche and reduce. Pour this sauce over the birds. Cover the dish and place in a preheated oven at 180°C(350°F, gas 4) for 10 minutes. Serve the quails in the casserole.

QUAIL, BOBWHITE A species of quail, *Colinus virginianus*, a member of the Phasianidae, family originally from North America and found also in some parts of tropical Africa. Recently introduced into France, the bobwhite is one of the species that may be shot for sport; it has therefore become the object of breeding. It is prepared in the same way as the common quail, which it resembles.

QUARTS DE CHAUME A sweet white wine produced from Chenin Blanc grapes grown within the Coteaux-du-Layon appellation of the Loire Valley. It took its name from the fact that former owner of that particular section of the vineyard used to retain a quarter of the vintage for his own use. The wines are made only in the best vintage and usually only with grapes affected by noble rot (*botrytis*). They are capable of long ageing.

QUASI A French cut of veal taken from the rump (corresponding to rump steak in beef). In Anjou it is called the *cul-de-veau* and is used to make many quenelles for 15 minutes, without letting the water boil. Drain them and leave to get cold, then proceed

according to the recipe.

Pike quenelles a la a la florenntine

Prepare some pike quenelles, spinach in cream, and a bechamel sauce enriched with cream: 100 ml (4 fl oz 7 tablespoons) creme fraiche to 400 ml (14 fl oz, 1¾ cups) bechamel sauce; the sauce should be very thick. Butter a gratin dish and spread the spinach over the bottom of the dish. Arrange the quenelles on top, mask them with the bechamel sauce, sprinkle with grated cheese and dot with pieces of butter. Brown in a preheated oven at 230°C (450°F, gas 8)

pike quenelles mousseline

Work 500 g (18 oz) pike flesh, 1 teaspoon salt, a pinch of white pepper and a pinch of grated nutmeg in a blender, then add 3 egg whites one by one. When the mixture is smooth, pour into a bowl and refrigerate. Also refrigerate 600 ml (1 pint, 2½ cups) creme fraiche and the blender goblet. When the fish mixture is cold, pour it back into the blender goblet, and 250 ml (8 fl oz, 1 cup) of the chilled creme fraiche and blend for a few seconds, until it is thoroughly incorporated. Add a further 200 ml (7 fl oz, ¾ cup) creme fraiche, blend again, then repeat the process with the remaining creme fraiche. Shape the mixture into quenelles and poach as for ordinary pike quenelles.

Salmon quenelles

These are made in the same way as pike quenelles, but using salmon instead of pike. Poach, arrange on a dish, then cover them completely with Nantua sauce, cream sauce or white wine sauce.

Veal quenelles

Make a godiveau with cream and chill it for at least 30 minutes. With floured hands, roll the mixture into balls. Press these into the shape of large olives poach them, then proceeds as in any of the recipes for pike quenelles; for example cook them in a bechamel sauce enriched with creme fraiche.

Chicken meat can be used to make quenelles in the same way.

Quercy This French region, and its capital Cahors, is renowned for cuisine similar to that of its neighbour, Perigord.

The soups are outstanding fourth with garlic and onion, cabbage soup accompanied by miques (cornmeal dumplings), and vegetable soups of which the remain after all the bread and vegetable have been eaten are drunk with red or white wine (this is known as le chabrot)

For many, however, Quercy is best known for its truffles these may be eaten rolled in bacon rashers (slices) enclosed in puff pastry, in salad, with hard boiled (hard-cooked) eggs sprinkled with verjuice lemon juice and walnut oil; or added to pates poultry and game dishes and omelettes.

QUESO The Spanish word for cheese. Numerous cheeses in Spain and Latin America are called simply queso followed by a qualifying adjective. For example, there is a queso

anejo of Mexico a dry crumbly cheese made from goat's or cow's milk, served with cornmeal pancakes and sometimes sprinkled with red pepper (it is then known as enchabilado); the queso de bola of Mexico and Spain, made from cow's milk and resembling Edam; the Chilean queso de cabra, a round white fresh goat's milk cheese, the Spanish queso de cabrales, a type of blue goats or ewe's milk cheese, the queso de crema of Costa Rica, a cow's milk cheese with a pressed curd; the Spanish queso de Mabon, a pressed cow's milk cheese; the queso de puna from Puerto Rico made from skimmed cow's milk and eaten, fresh and the queso de mano from Venezuela a round cow's milk cheese wrapped in banana leaves, with a pressed and rubbery curd.

QUETSCH type of plum with mauve skin and sweet, well flavoured, yellow flesh. It is grown mostly in Alsace, from where it gets its original German name (Zuetsche). It is particularly suitable for tarts, compotes and jams and is the source of a well known brandy, which is smooth and fruity.

QUICHE An open tart filled with a mixture of beaten, creme fraiche and pieces of bacon, served hot as a first course or hors d'oeuvre. Originating in Lorraine (the name comes from the German Kachen, meaning cake) it has become a classic of French cuisine and is also widely enjoyed in other countries.

Its origins go back to the 16th century; in Nancy, where it is a speciality, its local name is feaouse. Quiches used to be made from bread dough, but now shortcrust or puff pastry is used. In some areas now shortcrust or puff pastry is used. In some areas of Lorraine any pastry tart filled with migaine (eggs and cream) mixed with onions, cream cheese or pumpkin is called a quiche, and elsewhere quiches can be made with cheese, ham bacon, onion, mushrooms, seafood and various other ingredients.

A quiche tourangelle is filled with rillettes and beaten eggs, sprinkled with chopped fresh parsley and served warm.

RECIPES

Quiche lorraine

Make some lining pastry with 250 g (9 oz, 2¼ pastry) plain (all purpose) flour, 125 g 4½ oz, ½ cup) butter, a generous pinch of salt. 1 egg and 3 tablespoons very cold water. Roll it into a ball and chill in the refrigerator for a few hours. Then roll it out to a thickness of 5 mm (½ in) and line a buttered and floured tart tin (pan) 23 cm (9 in) in diameter brining the edges of the pastry up to extend slightly beyond the tin edge. Prick it all over and cook blind in a preheated oven at 200°C (400° F, gas 6) for 12-14 minutes. Leave to cool.

Mussel quiche

Cook 450 (1 lb) mussels and remove them from their shells, Reserve the mussel cooking liquor.

Make a shortcrust pastry (basic pie dough; see short pastry) with 200 g (7 oz, 1¾ cups) plain (all purpose) flour, 100 g (4 oz, 1 cup) butter, 4 tablespoons water and 3 pinches of salt. Roll out the dough to a thickness of 3 mm (1/8 in) and use it to line a 23 cm (9 in) tart tin (pan). Spread the mussels over the base Mix 1 whole egg with 50 g

(2 oz, ½ cup) double (heavy) cream, 250 ml (8 fl oz, 1 cup) milk diluted with some of the mussel cooking liquor and salt and pepper; pour over the mussels cooking liquor and salt and pepper pour over the mussels. Cook the quiche in a preheated oven at 220°C (425°F, gas 7) for 30 minutes and serve with a well chilled white wine.

QUIGNON a piece of bread usually the end crust of a loaf. /the word is a modification of coignon from the Latin cunelus (a small coin). In Flanders at Christmas, they make cougnouts, little cakes of yeast dough in the shape of swaddled child, in Provence these are known as cuignots.

QUINCE The yellow fruit of a tree native to Asia but widely cultivated in temperate region. Round or pear-shaped, it is covered with a fine down when ripe. It is an aromatic fruit, and its flesh, which is very hard and tart when raw, is rich in tannin and pectin. Quince is too hard to be palatable raw, but it is used to make some fragrant and delicate dishes in Europe, it is used to make confectionery, liqueurs and jam (the word marmalade comes from the Portuguese marmelo, meaning quince).

The quince tree is native to the caucasus and Iran and was known as the pear of Cydonia. It was very popular with the Greeks who ate it hollowed out, filled with honey and cooked in a pastry case. The Romans extracted an essential oil from the fruit that was used in perfumery. It has been known in France for centuries and has been used not only in cookery but also in perfumery and medicine. In the 14th century Menagier de Paris, there is a recipe for quince paste and there is an equally ancient recipe in Spain, where it is called dulce de membrillo. Quince is used in the preparation of compotes and jellies, as well as in ratafia and fruit pastes. In the East it may be eaten with salt, or stuffed or used in tajines and stews. It may even be used as a garnish for roast poultry, such as quail or chicken.

RECIPES

Baked quinces

Generally butter an ovenproof dish. Peel 4 very ripe quinces and hollow them out carefully with an apple corer. Mix 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream with 65 g (2½ oz., 5 tablespoons) caster (superfine) sugar and fill the quinces with the mixture. Sprinkle the fruit with 125 g (4½ oz, ½ cup) caster (superfine) sugar and bake in a preheated oven at 220°C (425° F, gas 7) for 30-35 minutes basting several times.

Quince liqueur or ratafia

Cut the quinces into quarters and remove the seeds. Shred the fruit without peeling. Place in a bowl, cover and leave to stand in a cool place for 3 days. Squeeze them through muslin (cheesecloth) and collect the juice. Add an equal volume of spirit or vodka to the juice. For each 1 litre (1¼ cups) of the mixture add 300 g (11 oz, 1¼ cups) caster (superfine), sugar, 1 clove and a small piece of cinnamon stick. Infuse in a jar for 2 months, then strain through muslin (cheesecloth) and bottle.

QUINCY A dry white AOC wine from Berry. In the upper reaches of the river it is made from the Sauvignon grape, is of high quality and somewhat similar to white

Sancerre.

QUINOA Seed of *Chenopodium quinoa*, a plant cultivated by the south –American Incas for the leaves and seed. Quinoa is a staple in the highland of South America, including Bolivia, Chile, Colombia, Ecuador and Peru. The seeds are also grown to a small extent in the USA and Britain. Quinoa is used as a grain or milled to produce a variety of products including flour for baked goods, breakfast cereals and animal feed. Quinoa flour is combined with wheat for breadmaking since it does not contain gluten.

QUINQUINA Any various wine – based aperitif containing a certain proportion of crushed cinchona bark: the flavour is slightly bitter. due to the quinine in the bark. and some gentian root in the spirit and white wine. Alternative 5th: peel of a Seville orange, raisins and cinchona bark can be macerated in 90° alcohol red wine and cassias.

QUORN The trade name for mycoprotein, a protein rich manufactured fungi. Cultivated from a starter based on egg white (albumen) and processed to form chunks, slices or mince: quorn is available as a plain ingredient or in prepared food. Its texture is similar to tender chicken and its flavour is bland; it absorbs the flavour of ingredients, aromatics and seasonings with which it is cooked.

R

RABBIT A small burrowing mammal closely related to the hare that has been regarded as a pest for many years, because of the damage it inflicts on crops and also as a result of its prolific breeding habits. An old name for the rabbit is coney or cony derived from the Old French conies, from the Latin cuniculus. Rabbit was regarded as a fertility symbol, especially in Germany, and was often included in Easter menus. Rabbits have been domesticated for many generations, and in 17th century France the practice of rearing rabbits for the table was widespread. The meat was prepared as a civet, in a mustard or a poulette sauce, with onions or prunes, jellied or made into rillettes. The tastier wild rabbits were roasted, grilled (broiled) or fried.

Domestic rabbits which are raised not only for their meat but also for their fur distinguished by their size, the colour and texture of their fur, and the quality of their meat. Some notable French varieties are the Burgundy tawny, the silver field rabbit and the Bouscat glant. Efforts have been made to introduce the cottontail rabbit, a native of North America, to France to raise it commercially for its meat.

A medium rabbit should be jointed into six pieces; two front legs, two hind legs and the two halves of the saddle. Marinating in wine seasoned with shallots, carrots, parsley, garlic and thyme improves a commercially reared rabbit before it is made into a pie or a stew, and the addition of pig's blood brings about an even greater improvement. Rabbit can be deep frozen either raw or cooked.

RECIPES

Rabbit coquibus

Joint a rabbit into small portions and marinate overnight in 250 ml (8 fl oz, 1 cup) white wine with a bouquet garni, including a sprig of savory. Drain and wipe, reserving the marinade. Peel 24 small onions. Blanch 24 strips of slightly salted belly pork or bacon. Heat 40 g (1½ oz, 3 tablespoons) butter in a large flameproof casserole and lightly brown the pieces of rabbit in it, together with the onions and bacon. Sprinkle with a little flour and cook until golden. Pour in the reserved marinade with the bouquet garni. Add enough stock to cover the pieces of rabbit and sprinkle with salt and pepper. Bring to the boil, reduce the heat and cover the casserole. Simmer for 15 minutes. Then add 500 g (18 oz) peeled new potatoes, cover and continue cooking for 45 minutes. Taste for seasoning before serving.

Rabbit roasted in a caul

Soak a large pig's caul in fresh, joint a rabbit weighing 1.25 kg (2¾ lb); season the pieces with salt and pepper, sprinkle with a little dried thyme

Sauteed rabbit chasseur

Joint the rabbit and prepare exactly like sauteed chicken chasseur, with mushrooms and strips of larding bacon. Serve with steamed potatoes.

Sauteed rabbit with prunes

Soak 350 (12 oz, 2 cups) prunes in tea until swollen, then drain them. Saute a rabbit of about 1.25 kg (2¾ lb) as in the recipe for rabbit sauteed à la minute. Pound the rabbit's liver with 1 tablespoon vinegar (or put through a blender). When the rabbit is cooked keep hot in a serving dish. Dilute the pan juices with 150 ml (¼ pint, 2/3 cup) white wine, add the prunes, then reduce a little. Mix in the pounded liver and adjust the seasoning. Pour the prunes and gravy over the rabbit.

RABBIT, COTTONTAIL North American rodent, *sylvilagus*, intermediate between the hare and

the wild rabbit, although it is not a close relation of either and it differs from them in its ability to climb trees.

RABELAIS, FRANCOIS French humanist and writer (born Chinon, c 1483, died Paris 1553). He became successively a monk, a doctor and a professor of anatomy before ending his days as the parish priest of Meudon. He is best known, however, as the author of the comic satires *Pantagruel* (1532), *Gargantua* (1534) *Tiers Livre* (1546) and *Quart livre* (1552). This powerful and original body of work, which one has to 'crack like a bone' to get the 'real marrow', is very much occupied with eating and drinking. The terms 'pantagruelian' and 'gargantuan' are used to describe an appetite, meal or stomach of gigantic size, worthy of a well laden festive board.

In the Book IV of *Pantagruel* (chapter LIX and LX), Rabelais makes a long list of dishes and foods, giving us some idea of what was eaten in the 16th century... soups made with prime cuts of meat, bay leaf soups, soups lionnoise (with onion and cheese) olive oiled in brine, caviar, *boutargue* (a paste of dried salted and dried cod), roast capons with their cooking ducks *à la dodine* (boned and served with a sauce). Pigeons, squabs, geese, swans herons, cranes, partridge, francolins, turtledoves, rock pigeons, pheasants, quails, plovers, blackbirds woodcocks, hazel grouse, loons, etc. leverets, fawns, young rabbits, sausages, black puddings (blood sausage), *saveloys*, *andouilles* spread with fine mustard, potted boar's head; bleaks, eels, barbels, pike, young carp, loach, tench, trout, shad, white apron (small perchlike fish), whales, plaice, dolphins, sea beam, sturgeons, lobsters, oysters in their shells, fried oyster lampreys in hippocras sauce, dabs, *laveret* (salmon like lake fish), salted hake, Moray eels, sea anemones, sea urchins, bonito, skate, salmon, turtles or other etc.

RABOTTE Also known as *rabote*, An apple or pear enclosed in pastry, cooked in the oven and served warm or cold. It is the name used in Picardy. Ardennes and Champagne for the Norman *doullon* or *bourdelot*. In Picardy it is also called *talibur* and in Ardennes and Champagne the name *boulaud* is sometimes used. The name *rabote* comes from the word *rabote*, which was the old term for the ball used in real tennis.

RACAHAOUT A culinary starch used in the Middle East and Arab countries. It is a greyish powder, consisting salep, cocoa sweet corns, potato flour rice, flour, sugar and vanilla, which is mixed with water or milk to make a drink or soup.

RACHEL The stage of the great tragic actress Elizabeth Felix (1821-58). She was the mistress of the famous gastronome Doctor Veron, whose dinners are still a byword, and many dishes in classic cuisine have been named after her. The Rachel garnish – for small grilled (broiled) or sauteed cut of meat, braised calves sweetbreads, or poached or soft boiled eggs – consists of artichoke hearts stuffed with thin slices of beef marrow, with a bordelaise or beef marrow sauce. Artichoke hearts are also used in the Rachel mixed salad. Whiting (or turbot) Rachel is poached, masked with Nantua sauce and garnished with a julienne of truffle.

RECIPE

Rachel salad

Clean and string some celery sticks and cut them into chunks. Cook some potatoes and some artichoke hearts in salted water and cut them into small dice. Mix equal amounts of these ingredients and dress them with a well flavoured mayonnaise. File into salad bowl and garnish with asparagus tips, cooked in salted water and well drained. If desired the salad can be garnished with slices of truffle.

RACK A trellis or grid of varying shape, size material and function.

Round or rectangular wire racks, usually with small legs, are used to cool cakes and pastries, after they have been taken out of the oven and removed from their tins (pans). This allows the steam to be released during cooling; otherwise, the cakes would retain too much moisture. A similar rack is also used in a roasting tin. By roasting the meat on the rack, the joint is prevented from lying in its cooking juices.

Wooden racks serve for storing fruits or vegetables, wicker trays are used for drying crystallized (candied) fruits; and racks or stainless steel or plastic covered wire form storage units in refrigerators and landers.

RACLETTE A cheese fondue from the canton of Valais in Switzerland. It is prepared by holding it half-round of the local cheese close to the fire; as it melts, the softened part is scraped off and eaten (the word raclette means literary 'a scraping') Traditionally, the cheese should be grilled in front of a wood fire. It is held slantwise over a plate and the runny part is scraped off together with part of the grilled rind (after several scrapings, when the rind becomes coated with the melted cheese, it is called a religieuse and is a much-coveted morsel). The melted cheese is shared between the guests and is eaten hot, with boiled potatoes, freshly ground pepper, gherkins and pickled onions. Raclette should be accompanied by *Ferdant*, a white wine from Valais and must be made from a fatty and highly flavoured cheese. *Bagnes*, *Conches* or *Orsieres*. It is now possible to buy a 'raclette oven' for the table which is filled with a support for the cheese while it is exposed to an electric element.

RADICCHIO A variety of chicory (endive) of Italian origin now also cultivated in the south of France and other countries throughout the world. Radicchio keeps well. Its small beans, red with white veins, are round and crunchy and have a taste which is at once bitter, peppery and slightly acid. It is sweetest late in the year, most bitter in the summer. It is generally used in salads, mixed with other salad vegetables and looks particularly attractive when mixed with curly endive (chicory) and green lettuce or lamb's lettuce (corn salad). It is often served with terrines, pies and pates, a suitable dressing is walnut-oil vinaigrette. It is also used in some cooked dishes for example, as a topping for pizza.

RADISH A cruciferous plant, cultivated for its edible root, which is generally eaten raw in European dishes, as an hors d'oeuvre or in salads. In East Asian dishes, the long white radish is used both raw and cooked, as a vegetable in its own right, as well as for garnishing or as a relish to accompany main dishes.

There are many varieties of radish, differing in size, shape and colour, the main types being 'small pink' and 'large black'. The radish has been grown in China for more than 3000 years and was esteemed by the Greeks and the Romans. In France, it was not cultivated until the 16th century and is now grown principally in the Loire region, being available throughout almost the whole year.

RED RADISHES These are small, flattish, round or slightly elongated and pink or scarlet, with or without a white tip. Their flavour is particularly good in March-April and September-October, when they are not too hot (in summer they may be too strong)

There are pale pink or yellow radishes round or slightly elongated. There are also some traditional regional varieties, the *Strasbourg* – small, white and top-shaped, 5 cm (2 in) across, the *turnip radish* very long and narrow, with a red skin and juice scented flesh – which is found in eastern France and in Nice; and the *golden yellow radish* – with flesh of this colour, 3-4 cm (1³/₄-1¹/₂ in) long – which is grown in Alsace.

***WHITE RADISH.** These large, elongated radishes are also known as *mooli* or *daikon*. They are milder in flavour than the small red ones and are popular as a raw or cooked vegetable in East

Asian cooking. The leaves may also be used in cooking. The large white radishes are also carved into elaborate garnishes.

*BLACK RADISH. The black skinned radishes, also known as the Spanish black or Spanish, radish, are old varieties. They are still cultivated, especially in Spain as well as in Italy, and they may be round or elongated. The coarse black skin conceals white flesh with a strong flavour.

Today there are two basic types of ragout – brown and white. For a brown ragout, of which the best known example is ragout of mutton, the meat is first browned in fat, then sprinkled with flour, cooked a little and finally moistened with clear stock or water (or thickened meat juices, if the meat has not been floured). For a white ragout (as for a fricassee), the meat is cooked until firm but not coloured, then sprinkled with flour and diluted with stock. (A white ragout, should not, however, be confused with a blanquette).

Vegetables for ragout – chicory (endive), celery, mixed root vegetables, mushrooms – are usually browned, then cooked in their own juices, with herbs and tomatoes (peeled, seeded and coarsely chopped).

RECIPES

Ragout of celeriac

Peel a celeriac root and cut it into small oval shaped pieces. Blanch these for 5 minutes in boiling water, then place in a flameproof casserole with butter, salt and pepper and let it stew gently, with the lid on, for about 30 minutes. Bind with cream sauce, sprinkle with coarsely chopped parsley and serve as a garnish to roast or braised white meat.

Ragout of mushrooms

Clean and slice 500 g (18 oz, 6 cups) large cultivated mushrooms, sauté them in butter or oil, then add a small glass of Madeira and some cream sauce. Reduce over a low heat until thick and creamy, sprinkle with coarsely chopped parsley and serve as a garnish for roast or braised white meat or for braised fish.

West Indian ragout

Cut 800 g (1¾ lb) shoulder of beef or neck of mutton into small pieces. Chop 3 onions and slice 3 carrots, 6 potatoes and 3 ripe tomatoes. Brown the meat in oil or butter in flameproof casserole, add the vegetables and mix together. Then pour in 175 ml (6 fl oz, ¾ cup) water and simmer over a low heat, stirring occasionally. When the ragout has been cooking for 45 minutes, take out the vegetables, drain them and keep warm.

Add 1 small chopped chilli, salt and pepper, 3 tablespoons vinegar and 1 tablespoon peanut butter to the casserole.

Bone a herring and grill (broil) it gently, turning once, until cooked through. Mash the flesh and mix it into the sauce, adding a little hot water if necessary. Cover the casserole and simmer for a further hour. Transfer the vegetables and the meat to a deep dish, pour the sauce over and served very hot with rice à la créole.

RAGU The name for the celebrated Bolognese meat sauce, commonly served with spaghetti, the principal ingredients of which are minced (ground) meat, usually beef, cooked with chicken livers, unsmoked bacon, onion, celery, tomato puree (paste) and wine. Curiously, given the popularity of the pairing elsewhere, meat sauce in Bologna is never served over spaghetti, but with tagliatelle or lasagna.

RAGUENEAU, CYPRIEN Parisian pastrycook (born Paris 1608, died Lyon, 1654). He established himself in the Rue Saint-Honore, displaying the sign 'Amateur de Haute Gresse,

where he created the tartelettes amanding (almond tarts) mentioned by Edmond Rostand in *Cyrano de Bergerac*. He kept open house for half starved poets and bohemians, who paid in poetry. He was renowned for his tarts, marzipan, confections, savoury pies flavoured with musk and amber, puff pastries, fritters and biscuits (cookies). Charles d' Assoucy relates that he would give away these delicacies to anyone who flattered him by calling him 'Apollo reborn as a pastrycook'.

RAIL Any of a large family of wading birds. Two species are regarded as delicacies in France – the corncock, found in wet meadowland, and the water rail, living in marshland. The corncock is particularly valued, its size and the influence that it is supposed to have on quail migration has resulted in its nickname of the king of quails' in France. It is cooked in the same ways as quail.

RAISSINE A jam made without sugar, by simmering grape juice (or even sweet wine) with various fruits cut into pieces,. It is a speciality of Burgundy. Raisine is usually spread on slices of bread; it does not keep as well as jam.

RECIPE

Select some very sweet grapes, either black or white, discarding any which are marked or bad. Put them into a preserving pan over a low heat and crush them with a wooden spoon. Strain the pulp through a cloth and collect the juice in a bowl. Pour half of this juice into a saucepan and boil briskly. Skimming the pan carefully. When the juice rises in the pan add some of the reserved juice; do this each time the juice boils up. Stir constantly.

When the must has reduced by half, add the fruit (such as pears, quinces, apples, peaches and melon) peeled, seeded; add at least the same quantity of fruit as there were grapes. Cook until the jam becomes quite thick (a drop taken up between the thumb and index finger should form a sticky thread when the fingers are separated), The jam may be passed through a sieve (if desired) and then potted in the usual way.

RAISSON, HORACE-NAPOLEON French writer and gastronome (born Paris, 1798, died Paris 1854). Under different pseudonyms, one of which was A, B de Perigord, he published several cookery books, notably a *Nouvel Almanach des gourmands* (1825-30), borrowing this title from Grimod de La Reyniere. His *Code gourmand* went through several editions. In 1827 he published a *Nouvelle Cuisiniere bourgeoise* under the name of 'Mlle Manguerite' This book remained popular for quite a long time, the last edition published in 1860.

Raita An Indian side dish based on raw vegetables such as cucumber, or fruits, mixed with plain yogurt and salt (in the case of vegetables) or sugar (for fruits).

RAITO Also known as raite or rayte. Provençal condiment which may have originated in Greece. The sauce consists of olive oil and red wine, with tomatoes, onions crushed walnuts and garlic, flavoured with bay leaf, thyme, parsley, rosemary fennel and a clove, and sometimes garnished with capers and black (ripe) olives, the mixture is simmered for a long time until very thick, and then strained. It is served very hot with certain fried or sauteed fish, often cod.

RAKI A Turkish aniseed-flavoured aperitif, very similar to the Greek ouzo. The best rakis, with 45-50° alcohol are made from selected aged branches, some like the Greek mastika, have mastic, (resin of the mastic tree) added. Raki should be served cold. Traditionally, it is drunk neat from a small glass sips, alternated with mouthfuls of iced water.

RAMADAN The ninth month of the Muslim lunar year, during which the faithful must fast from dawn until dusk. During this period, a Muslim must not drink (except to rinse the mouth out), eat smoke, have sexual relations or apply perfume during the daytime. A meal is eaten at sundown, usually consisting of soup (barina), hard boiled (hard cooked) eggs, dates and sweet cakes. After evening prayer and before it is time to fast again, just before dawn, a second meal is eaten, this may include pancakes honey and sometimes also soup (bazine, made from semolina with butter and lemon juice added or balalim, made of pulse and herbs and containing sausages, lamb or veal and dumplings, made from leavened semolina). Halfway through the month, a traditional meal is served. In Morocco, for instance, this consists of pastilla, roast chicken with lemon, and a sweet pastry. The end of Ramadan is celebrated by a feast, during which a sheep is ritually roasted.

RAMAIN, PAUL, French doctor (born Thonon, 1895; died Douvanie, 1966). He liked to describe himself as an 'independent provincial gastronome' and was a great connoisseur of wines, choosing for his motto 'Jamais en vain, toujours en vin'.

A well known mycologist, he was the author of *Mycogastronomie* (1953), which is still regarded as an authority and which gives some very good, little-known mushroom recipes. Writing on the best wines to accompany meals, he suggests that all good meals could well be accompanied solely by 'excellent authentic champagnes' ranging from the blanc de blancs to the blanc de rouges or the oeil de perdrix (pink champagne). But he also recommends locally grown wines and mentions a meal he ate in Aveyron of an 'extremely high gastronomic standard', accompanied by an Cahots wine, apparently the wine and the food together created 'a faultless gustatory and olfactory symphony'.

RAMBUTAN A fruit, belonging to the same family as the lychee originating in Malaysia and very common throughout South-East Asia. Crimson, green, orange or yellow in colour, the thick shell is covered with hooked hairs and has a translucent sweet pulp that is more acidic but also more aromatic than that of the lychee. The fruit is available fresh in November and December and can be bought canned in syrup all the year round. The rambutan is eaten peeled, in fruit salads, but can also accompany poultry or pork.

RAMEKIN A small, round, straight sided souffle dish, 8-10 cm (3-4 in) in diameter, in ovenproof china or glass; it is used to cook and serve individual portions of a variety of hot entrees, small cheese, seafood or fish, souffles, eggs en cocotte a la creme, or aux fines herbes. It is equally useful for serving aspics (particularly eggs en gelee, served unmoulded), as well as for cold creams and custards, which may or may not be unmoulded.

In former times, ramekin was a slice of toasted bread spread with 'meat, kidneys, cheese, onions or garlic cloves' (according to La Varenne), moistened with cream, and as was often done with various dishes, sprinkled with soot from the chimneys. Nowadays, the word is still used in the Swiss canton of Vaud for a type of toasted cheese. The word is derived from ramken, the diminutive of the German rabm (fresh cream) thus, it came to mean a little dish with cream. Later on, it denoted either a tartlet filled with a cream cheese or a type of gongere (choux pastry) sometimes made in a small mould.

Two French regional specialties are still called 'ramekin' used in its old sense; the ramequin donaisten (baked bread rolls, stuffed with a mixture of chopped kidney, breadcrumbs soaked in milk, eggs, and herbs) and the ramequin de pays de Gex cheese melted together in a saucepan with stock, red wine, butter, garlic and mustard, served like a fondue with cubes of bread).

RECIPES

Ramekin

Pour 250 ml (18 fl oz, 1 cup) milk into a saucepan and season with a generous pinch of salt, a small pinch of sugar and a little white pepper. Add 25 g (1 oz, 2 tablespoons) butter and bring to the boil. As soon as the milk begins to boil, move the pan half off the heat and mix in 100 g (4 oz, 1 cup) sifted plain (all-purpose) flour. Return to the heat and stir vigorously with a wooden spoon, as for choux paste, until the mixture has dried out. When it is quite dry, take the pan off the heat and add 3 eggs, one by one, and 50 g (2 oz, ½ cup) finely diced Gruyere cheese. Put this paste into a piping (pastry) bag with a plain nozzle and pipe small buns on a baking sheet. Brush with beaten egg and sprinkle with tiny pieces of Gruyere. Bake the ramekin in a preheated oven at 190°C (375° F, gas 5) for 15 minutes.

Jellied eggs in ramekins

Arrange 2 blanched leaves of tarragon, in a cross shape in the bottom of each ramekin dish. Coat the inside of each ramekin with a little tarragon flavoured meat aspic and leave in the refrigerator to set. Then put in a small slice of very good ham, cut to the shape of the dish. Arrange shelled soft boiled (soft cooked) egg on top, fill the dish with aspic and leave to set in the refrigerator. Unmould just before serving.

Ramekin vaudois

Cut some thin, slices from a large white loaf and slice some Gruyere cheese – 300 g (11 oz) of each. Arrange alternate slices of bread and cheese in a buttered gratin dish. Beat together 2 eggs and 500 ml (17 fl oz, 2 cups) milk, season with salt, pepper and nutmeg, and pour the mixture over the bread and cheese (the liquid should half-fill the dish). Dot with butter and cook in preheated oven at 190°C (375°, gas 5) for 25 minutes.

RAMPION A plant of the campanula family with edible roots. These may be eaten raw in salads, for which they are cut into pieces and usually mixed with beetroot (red beet) or celery; or they can be cooked in the same way as salsify or turnips. The leaves, which have a refreshing taste, can also be eaten in salads or cooked like spinach, rampion is rarely used in cooking today.

RAMPONEAUX, JEAN Also known as Ramponeau, Parisian innkeeper and restaurant (born Vignol, 1724, died Paris, 1802). As his wine cost 1 sou per pint less than that sold by his fellow innkeeper in the Courtille du Temple, at the lower end of Belleville, he attracted a lot of curious idlers hoping for a cheap drink', as Grimm commented in 1760. A number of prints from that period show the interior of the Tambour Royal, as his inn was called, and it was the subject of poems and songs.

His son took over this flourishing business, and Jean opened a restaurant in the Chaussee d' Antin, with tables for 600 diners, called La Grand Pinte. Filled with confidence over his successful ventures. Ramponeaux tried to make a name for himself in the world of the theatre, here, however, he failed, la Grand-Printe was closed in 1851

RANCID Describing stale fat or fatty foods which have developed strong smell and an acid taste, due to oxidation of the fat. Rancidity is accelerated by exposure to light, high temperatures and metallic contamination.

RANCIO Term used to describe wines of the vin doux naturel type, which owe their special taste to ageing in cask over several years, in theory under the sun the resulting oxidation produces a very smooth wine.

RANGE. A large stove with hotplates or burners and one or more ovens, heated by solid fuel, oil gas or electricity. The range was originally made of masonry, and then of either thick sheet metal or cast iron. It is the main basic piece of equipment in a kitchen, especially in the restaurant

trade. The range often has a polished cast iron hotplate and pans can be moved along easily to the desired position. A hot water boiler may also be heated by this type of stove. There are also models modified for use in a large kitchen: 'browning' ranges, 'live'fire' ranges and 'simmering-plate' ranges.

The first ranges appeared in the 18th century and caused a revolution in the kitchen by replacing the large fireplace, which until then, was the only source of heat available. The introduction of the range meant that several sources of heat at different temperatures, were available and several dishes requiring different temperatures could be cooked at the same time, so items could be roasted, boiled simmered or simply kept warm. It is no accident that the 18th century is noted for the invention of so many new dishes. Another decisive development occurred at the end of the 18th century, when the cast-iron range, which burned coal, replaced the wood-burning stove. However, the problem of ventilation was still a concern and led Careme to comment, 'Coal is killing us'. In the 1850s in London, the chef Soyer introduced the gas cooker and today, most stoves are heated by either gas or electricity.

RAPE A plant related to the cabbage that is widely cultivated for the oil contained in its seeds, although they also contain toxins that have to be removed. Rapeseed oil cannot be heated to very high temperatures, but it keeps well and remains in a liquid state down to freezing point. The flower buds of rape may be eaten in the same way as broccoli.

RAS EL HANOUT A complex mixture of twenty or more ground spices, used mainly in Morocco, Algeria and Tunisia. The mixture varies but may typically include cardamom, cumin, ginger, cinnamon cloves, black pepper, turmeric, coriander, nutmeg, chilli and wild herbs. The Tunisian version is generally less hot and is perfumed with dried rosebuds. The literal meaning is 'head' or 'top of the shop.'

Ras el hanout is used to season soups and stews and is known as a flavouring for the broth which accompanies couscous. It is also used in many other North African dishes.

RASPBERRY. The fruit of the raspberry cane which grows wild in the woods or can be cultivated in the garden. In Europe and America, it is cultivated in open soil or under frames.

The raspberry has been known since prehistoric times and the Ancients attributed its origin to divine intervention; the nymph Ida pricked her finger while picking berries for the young Jupiter and thus raspberries, which had been white until then, turned red. Raspberries have been cultivated since the Middle Ages, although cultivation methods were improved in the 18th century, the fruit did not become widely cultivated until the 20th century.

Raspberries are oval or conical in shape, rather small, and have a sweet, slightly acid, flavour. They are usually fairly dark red, but yellow coloured varieties have also been produced, as have orange, pink, purple and black. Greenhouse raspberries are marketed from mid April onwards but do not have the delicious flavour of those grown in open soil from mid June to October. Raspberries must always be firm, plump and ripe when they have delicious flavour. The fruits are delicate and must be handled carefully; they do not keep for very long.

The loganberry is a cross between a blackberry and a raspberry. It is an American hybrid named after James Logan, who first grew it in California in 1881. The loganberry is a large juicy, dark-red fruit and is marketed in September and October. It also has a tart flavour but is considered by some people to be less delicious than the raspberry.

Other hybrids of more recent origin include the tayberry (name after a river in Scotland) and the boysenberry (named after its inventor)

RECIPES

Raspberry barquettes

Prepare some barquettes (boat-shaped tartlets) of shortcrust pastry (basic pie dough) and leave them to cool. Spread a little confectioner's custard (pastry cream) in each tartlet and top with fresh raspberries. Coat the fruit with some warmed red currant or raspberry jelly.

Raspberry charlotte

Line a charlotte mould with sponge fingers (lady fingers) soaked in raspberry-flavoured syrup. Whip some fresh cream with caster (superfine) sugar and vanilla sugar. Add an equal quantity of raspberry puree made with either fresh or frozen raspberries. Fill the lined mould with the mixture and cover with a layer of sponge fingers, also soaked in raspberry syrup. Press the sponge fingers down, put a plate over the mould and chill for at least 3 hours. Invert on to a plate just before serving.

Raspberry jam

Select firm ripe fruit and remove the items. Put them into a preserving pan. For each 1 kg (2¼ lb, 4½ cups) sugar, boiled to the 'soft ball' stage. Pour the syrup over the raspberries, bring back to the boil, cook gently for 5-6 minutes, then remove from the heat. Put the jam into clean, sterilized jars, cover, seal, label and store.

RASSOINICK A Russian soup made from poultry stock flavoured with cucumber, thickened with egg yolk and cream, and garnished with cucumber cut into shapes and finely diced pieces of poultry meat (classically duck). A richer version is made by adding brisket of beef and vegetables, such as beetroot (red beet), leeks and cabbage to the stock. The soup is thickened with cream and beetroot juice, seasoned with fennel and parsley, then garnished with the diced meat and possibly small grilled (broiled) sausages.

RASTEAU A village in the southern Rhone producing red, white and rose wines sold as Cotes-du-Rhone Villages. The AOC relates to vins doux naturels made from Grenache.

RASTEGAI A small over, Russian patty made of puff pastry and normally filled with a mixture of sturgeon spinal marrow, hard boiled (hard cooked) egg and fresh salmon. It is served with melted butter as a hot entree or as part of the zakuski.

RATAFIA A home made liqueur produced by macerating plants or fruit in sweetened spirit, some traditional ingredients are: angelica, cherries, black currants, quinces raspberries, walnuts, oranges and cherry kernels.

The name is also given to a sweet apertif made in the French provinces this is a mixture of two thirds fresh grape juice (must) and one third brandy. These liqueurs are mostly intended for home consumption but some have achieved a higher status., such as Plateau from Charentes, the Floc of Gascony and the Ratafia Champenois from the Champagne region.

RATATOUILLE. A vegetable stew typical Provencal of cookery, originally from Nice, which is now found all over south-east France and is popular abroad. The word derived from the French *touiller* (to mix or stir), at first designated an unappetizing stew.

A ratatouille from Nice (ratatouille nicoise) is made from onions, courgettes (zucchini), aubergines (eggplants), sweet (bell) peppers and tomatoes simmered in olive oil with herbs. It accompanies roasts sauteed chicken or small cuts of meat, as well as braised fish, omelettes and scrambled eggs. According to the purist, the different vegetables should be cooked separately, then combined and cooked together until they attain a smooth creamy consistency.

RECIPES

Ratatouille nicoise

Trim the ends of 6 courgettes (zucchini) and cut them into rounds (do not peel them). Peel and slice 2 onions. Cut the stalks from 3 green (Bell) peppers, remove the seeds and cut them into strips. Peel 6 tomatoes, cut each into 6 pieces and seed them. Peel and crush 3 garlic cloves. Peel 6 aubergines (eggplants) and cut them into rounds. Heat 6 tablespoons olive oil in a cast iron pan. Brown the aubergines in this, then add the peppers, tomatoes and onions, and finally the courgettes and the garlic. Add a large bouquet garni containing plenty of thyme, salt and pepper. Cook over a low olive oil and continue to cook until the desired consistency is reached. Remove the bouquet garni and serve very hot.

RATON The former name for a small tartlet filled with either sweetened cream cheese or confectioner's custard (pastry cream). A raton can also be made with a mixture of flour, sugar, crushed macaroni, pounded almonds, eggs and milk, this is cooked in a pie, turned over halfway through cooking and served hot.

Nicolas de Bonnefons, in his *Delices de la campagne* (1650) gives another recipe using puff pastry (quoted by P. Androuet in *La Cuisine au fromage*); during the last turn and rolling a well drained cream cheese is incorporated into the dough, which is rolled out, cut into small rectangles, brushed with beaten egg, sprinkled with grated cheese and baked.

RAVE In France, the word rave is used loosely for several vegetables regarded as having a low culinary status such as kohrabi, turnip, swedes and black radishes. In former times, the name was applied to all root vegetables as opposed to herbes.

RAVIGOTE A spicy sauce serve hot or cold but always highly seasoned. Cold ravigote is a vinaigrette mixed with capers, chopped herbs and chopped onion. The hot sauce is made by adding veal veloute sauce to equal quantities of white wine and wine vinegar, reduced with chopped shallots; it is finished with chopped herbs and served particularly with calf's head and brains and boiled fowl. Savoury butter and mayonnaise a la ravigote are flavoured with chopped herbs and shallots and sometimes with mustard.

RECIPE

Ravigote sauce (cold)

Prepare 120 ml (4½ teaspoon chopped tarragon, 1 teaspoon chopped parsley, 1 teaspoon fines herbes, 2 teaspoons chervil, 1 finely chopped small onion and 1 tablespoon dried and chopped capers.

RAZOR-SHELL Also known as razor clam. A sand-burrowing bivalve mollus with an elongated tubular shell. It can be made to come to the surface of its burrow by placing a little coarse salt at the opening of the hole. The two main types are the straight razor-shell, which is 10-20 cm (4-8) long, and the curved razor-shell, which is 10-15 cm (4-6 in) long. They may be eaten either raw or cooked (after cleaning)

REBLOCHON A cow's milk cheese made in Savoy (50% fat content) with a pressed uncooked curd and a washed rind, yellow, pink or orange in colour. It is very pliable, creamy and fine-textured, with a sweet nutty taste, and was known in the 15th century. Its name comes from the French verb rebloche, meaning to milk a second time because the cheese used to be made in the Alpine meadows from the last milk to be drawn from the cow, which is very rich in fat.

It shaped like a flat disc 13 cm (5 in) in diameter and 2.5 cm (1 in) thick; there is also a smaller version, 9 cm (3½ in) in diameter and 3 cm (1½ in) thick. It is made both on farms and in dairies and can be tean from May to october.

REBOUX, PAUL French writer and journalist (born Henri Amillet, Paris 1877; died Nice, 1963). He was the author of several recipe books including *Plats nouveaux*, 300 recettes on singulieres (1927), *Plats du jour* (1936) and *Le Nouveau Savoir Manger* (1941), which were much criticized by chefs of the classic cuisine, he was however, a pioneer and an enlightened lover of good food. He wrote a memorable homage to mustard. A touch of these mustard bring out the flavour of Gruyere cheese season a salad, gives a lift to white sauces, and gives style to a ragout. The hors d'oeuvre is the first dish to feel their good effect, which ceases only with the dessert.

REDCURRANT A shrub of the genus *Ribes* that is cultivated for its fruit-small red, acid-tasting berries growing in clusters of 7-20. (The white currant is a variety producing slightly sweeter white berries – it is prepared and used in the same way as the redcurrant) Redcurrants were introduced into France from Scandinavia in the Middle Ages. In France they are now cultivated principally in the Rhone valley and (on a smaller scale) on the cote d'Or and in the Loire valley.

RECIPES

Redcurrant jelly (1)

Use either all redcurrants or two thirds redcurrants and one-third white currants. Weigh 100 g (4 2/3 oz) raspberries for each 1 kg (2 1/4 lb) curants.

Crush the currants and raspberries together and strain them through a cloth which is wrung at both ends. Measure the juice. Allow 1 kg (2 1/4 lb, 4 1/2 cups) granulated sugar for each 1 litre (1 3/4 pints, 4 1/2 cups) fruits juice. Heat the sugar in a pan with little water – just enough in which to dissolve the sugar. Add the fruit juice and cook until setting point is reached then pot and cover as usual.

Redcurrant jelly (2)

Put the prepared and weighed currants in a pan, add a small glass of water for each 1 kg (2 1/4 lb) currants, then heat them gently until the skins burst and the juices come out. Add raspberries (the same proportion as in the recipe above) and boil for a few seconds only. Strain the fruit and filter the juice. Continue as described above.

REDFISH a FISH, ALSO CALLED Norway haddock, related to the scorpion fish. There are two main varieties the smaller one lives in the Mediterranean and in the atlantic as far north as the River Loire, the larger one is found in the North Atlantic and in colder waters. The redfish has a large spiny head, like the scorpion fish, but lacks spines on its fins. It is bright pink with a silvery sheen and the inside of its mouth is black or bright red. The fish is plumper than the scorpion fish and there is less waste (40-50%) when it is prepared for cooking. It has lean firm flesh and is tastier than the scorpion fish. It yields very good fillets which taste like crab.

RED KIDNEY BEAN. Variety of bean eaten widely in the USA, Spain and the West Indies in its dried form. Red kidney beans accompany chilli con carne, the beef ragout typical of the cooking of the pioneers of Texas. In France, where they are cultivated a little, they are often cooked with red wine and bacon. Dried red kidney beans have to be soaked, boiled for 10 minutes and then simmered in unsalted water for about 1 hour or until tender.

RECIPE

Red beans a la bourguignonne

Soak and drain red kidney beans, then boil them for 10 minutes and drain. Cook the beans with a little streaky bacon in equal quantities of water and red wine until tender. When the beans are

cooked drain them a little and place in a deep saute pan. Cut some bacon into dice, cook gently in butter then add to the pan. Thicken with beurre manie and season to taste.

REFORM SAUCE An English sauce, originating from the Reform Club in London, based on an espagnole sauce well seasoned with black pepper and with the addition of gherkins, hard boiled egg whites, mushrooms, pickled tongue and truffle. It is traditionally served with lamb cutlets or may be used to fill an omelette. The sauce can also be prepared using the same ingredients but with a base of game sauce (half pivrade and half demi-glace with redcurrant jelly added); it is served with game cutlets and small single cuts of venison.

REGENCE. The name given to various elaborate dishes associated with the style of cooking of the Regency period in France. Regence garnish consists of quenelles (fish, poultry or veal, according to the main dish) poached mushrooms caps and sliver of truffle. Poached oysters may be added for fish dishes and slices of foie gras for meat, offal (variety meats) or poultry dishes, fish dishes are masked with normande sauce flavoured with truffle essence and meat dishes with a supreme or allemande sauce. Regence sauce was formerly served with calves sweetbreads and pached or braised fowl.

RECIPES

Calves sweetbreads regence

Prepare the sweetbreads, stud them with truffles and braise them in white stock. Meanwhile, make some large chicken quenelles with truffles and saute some slices of foie gras in butter. Prepare an allemande sauce using the reduced braising liquor from the sweetbreads. Arrange the sweetbreads on a hot dish and surround them with the quenelles and foie gras slices. Garnish with silvers of truffle tossed in butter and coat with the sauce.

Regence sauce

Coarsely dice 100 g (4 oz, $\frac{3}{4}$ cup) lean ham and cut 1 onion into quarters, melt 50 g (2 oz, $\frac{1}{4}$ cup) butter in a saucepan and cook the ham and onion without letting them brown. When the onion is almost cooked, add 1 sliced shallot. Deglaze the pan with 100 ml (4 fl oz, 7 tablespoons) Graves wine, reduce by two-thirds, then add 200 ml (7 fl oz, $\frac{3}{4}$ cup) white chicken stock. Reduce further until the sauce coats the back of a spoon, then strain.

ROYALE, A LA Describing clear soups garnished with a royale the term is also applied to various other dishes which have a light and delicate garnish.

Fish a la royale (salmon, turbot, trout) are poached and served hot, garnished with quenelles, mushrooms, poached oysters and truffles, accompanied by a mouseline sauce. Poultry a la royale is poached, garnished with quenelles and mushrooms (sometimes with the addition of slices of foie gras), and covered with royale sauce (a thick veloute to which cream and chopped truffles are added). Hare a la royale is a famous dish claimed by Perigord and Odenais. The description a la royale may also apply to hot or cold desserts puddings, souffles, stuffed pineapple, ice cream sundaes which are made from unusual ingredients and are presented with sophistication.

RECIPES

Consomme a la royale

Make some meat or chicken consomme, prepare a plain or herb flavoured royale. Let the royale get completely cold, unmould it on to a cloth (this will absorb any moisture) and cut it into small cubes, circles, stars or leaves, just before serving add this garnish to the hot soup.

Hare a la royale

Collect the blood from a good sized skinned hare, reserve the liver, heart and lungs, and remove the head. Carefully grease the bottom and sides of a very large stewpot with goose fat. Make a bed of bacon rashers (slices) in the pot, place the hare (on its back) on top and cover with bacon rashers. Add 1 sliced carrot, 20 garlic cloves, 40 shallots, 4 onions studded with cloves, and a bouquet garni. Pour in 250 ml (8 fl oz. 1 cup) wine vinegar and a bottle and a half of Burgundy. Season with salt and pepper. Put the pot over a low heat, cover it and cook for 3 hours.

Finely chop 125 g (4 ½ oz) bacon, the hare's offal (variety meat) 10 garlic cloves and 20 shallots. Mix all these together very thoroughly. Remove the stewpot from the heat. Lift out the hare very carefully and put it on a dish, leaving the bacon and vegetables in the stewpot. Tip the contents of the pot into a strainer, pressing to extract as much liquid as possible. Add this to the chopped bacon, offal and vegetables and pour in half a bottle of heated Burgundy. Pour this mixture into the stewpot, replace the hare and cook over a low heat for 1 ½ hours. Skim off the surface fat. About 15 minutes before serving, add the blood, well whisked and diluted with Cognac. When cooking is complete, arrange the hare on a serving dish and pour the sauce around it. Serve the same type of wine that was used to cook the hare.

Royale sauce

Mix together 200 ml (7 fl oz, ¾ cup) chicken veloute sauce and 100 ml (4 fl oz, 7 tablespoons) white chicken stock. Reduce by half, adding 100 ml (4 fl. oz. 7 tablespoons) double (heavy) cream during the reduction. Just before serving add 2 tablespoons finely chopped raw truffle, then whisk in 50 g (2 oz. 4 tablespoons) butter, and finally add 1 tablespoon sherry.

Salpicon a la royale

Prepare 3 tablespoons chopped mushrooms and 1 tablespoon chopped truffle. Cook the mushrooms in butter, then add the truffle and 4 tablespoons chicken puree. Mix well and use as a filling for bouches or barquettes.

RUN IN To mix fat into dry ingredients, usually flour, using the fingertips to achieve a crumbly consistency similar to breadcrumbs. This is done fairly rapidly by pinching or rubbing the small pieces of fat with the flour, allowing it to drop back into the bowl. The technique is quick and light the palms of the hands should remain clean. The aim is to incorporate some air as well as combining fat with flour, without melting it or reducing the mixture to a paste. If the rubbed in mixture is to be bound together, for example into a dough, a little liquid is added after rubbing in. A food processor is often used for this technique, but care must be taken to avoid overprocessing the mixture into a paste.

RUBENS Sauce made from a brunoise of vegetables combined with white wine and then reduced, fish stock is added and the sauce is then simmered, sieved, degreased and reduced again. This preparation is then flavoured with Madeira, combined with egg yolks, thickened with *beurre rouge* and finished with a dash of anchovy essence.

RUDD rotengle A freshwater fish, known also in France as *gardon rouge* (red roach) as it is similar to the roach in appearance and habitat. It is cooked in the same way as the roach. Lied, grilled (broiled) or *meuniere*.

RUE A perennial herbaceous plant with small, greyish blade, bitter-tasting leaves. It is an ancient herbal remedy, and during the Middle Ages was among the plants used for making liqueurs. Traditionally it was used to flavour the herb based *hippocras*. In Italy it is used to flavour *grappa* (a mare brandy) a small bunch of fresh rue sprigs is put into the bottle to macerate. In eastern Europe, it is an ingredient of meat stuffings and is added to flavour cheeses and marinades.

RUIFARD A dessert typical of the Dauphine region of France, particularly the Valbonnais area. It is a large pie made from yeast dough filled with sliced pears, apples and quinces cooked in butter, sweetened and flavoured with Charteause.

RECIPE

RUIFARD

Dissolve 15 g (½ oz) dried yeast (2 packages active dry yeast) in 2 tablespoons warm water. Sift 250 g (9 oz. 2 ¼ cups) strong plain (bread) flour into a heap and pour the dissolved yeast into a well in the centre. Mix in a little of the flour to make a thick cream. Leave it to rise for 10 minutes. Then add 1 whole egg 20 g (¾ oz. 1 ½ tablespoons) softened butter, 1 tablespoon oil, 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream, 15 g (½ oz, 1 tablespoons) sugar and ¼ teaspoon salt. Work with the hands to incorporate all the flour and knead until the dough leaves the fingers cleanly, then put it in a bowl and leave to rise for 30 minutes at 25 °C (77 °F).

Peel and slice 5 large apples, 5 pears and 2 small quinces. Cook them for 10 minutes with 50 g (2 oz. ¼ cup) butter and 150 g (5 oz, 2/3 cup) sugar, flavour with 2 tablespoons Chartreuse. Butter a 20 cm (8 in) sandwich tin (layer cake pan) and roll out half the dough to a thickness of 5 mm (¼ in) Line the base and sides of the tin with this dough and pour in the cooked fruit. Roll out the remaining dough a little more thinly and cover the fruit, sealing the edges with a little cold water.

Leave to rise for a further 10-15 minutes, then brush the surface with egg yolk. Bake in a preheated oven at 290 °C (375 °F, gas 5) 30 minutes.

RULLY A village in the Cote Chalonnaise area of Burgundy producing red and white wines. Nineteen vineyards have premier cru status. Sparkling Cremant de Bourgogne is also made.

RUM A spirit distilled from sugar cane. The origin of the word is disputed, it may be a corruption of the Spanish ron, it may derive from the Latin sacharum (sugar) or it may be a contraction of rumbustion or rumbullon, formerly meaning strong liquor. The Oxford English Dictionary prefers the latter etymology and dates the use of the word rum from 1654.

History. According to legend, sugar cane was brought to the West Indies by Christopher Columbus from the Canaries, where it had been introduced from the Orient. Distillation from sugar cane or its by products was taking place in Hispaniola around the start of the 17th century, but these rough spirits were drunk by colonists only in the absence of imports of anything better, a contemporary description of them is hot, hellish, and terrible. Gradually, rum became more refined, sea farers acquired a taste for it and introduced it into Europe, particularly western England, France and Spain and it eventually spread all over the known world.

Historically, rum was powerful and strong in flavour. The cane juice, or diluted molasses would ferment violently in hot climates when it contact with natural yeasts, producing an alcohol wash. From this rum was distilled, and often redistilled, in pot-stills. There were improvements in techniques cultured yeasts were discovered, filtration improved and the value of maturing appreciated but no basic change took place in rum production until the invention in Britain of continuous distillation, which was perfected in the 1830s. Patent stills, were soon in operation in the Caribbean region and they were to have a profound effect. Continuous distillation permitted increased volume with less labour and gave improved control over the final product's strength and degree of flavour.

Types of rum Some de luxe rums are wholly from pot stills, but most of the rums of normal commerce come from the column stills at very high strength and as almost flavourless spirit. They are either left as white rum or coloured and flavoured in various ways. Blending of rums of

diverse origins is commonly practiced.

Since all distillates are initially colourless, regardless of absence or presence of natural flavour, it is necessary to adjust dark rums to the required colour, ranging from pale golden, through amber, to deep brown, by the addition of caramel. Certain premium rums are matured in oak cask long enough to acquire some natural tint from the wood. Colour is however, principally a matter of style, it has nothing to do with taste and only marginally with quality. The consumer has come to associate a dark hue with a pungent rum and white rum with virtual lack of flavour. Yet there are excellent full flavoured rums that are almost colourless.

In speciality rums, there are two outstanding types. Rhum agricole is particularly relished in France and there is some demand for it in the United State. This agricultural rum is made not from molasses but entirely from straight cane juice this confers prestige in the opinion of some drinkers. The best known comes from Martinique and is aged for six years. British Navy Rum from the British Virgin Island, is relatively new to general commerce formerly it was exclusively sold to be used as the Royal Navy's official daily issue of powerful, highly aromatic rum. The issue was stopped in 1970.

Rum of sorts is made wherever sugar cane flourishes, often for purely local use. In world terms by far the largest producer is Puerto Rico. All styles are made there, including some unusual anejos (aged) rums. However, white rum predominates, typified by Ron Bacardi, progenitor of Cuban rum, whose largest distillery is in Puerto Rico. The next most important rum island is Jamaica. Jamaica rum is traditionally double distilled in pot still and distinctly pungent. but Jamaica also produces light white rums by continuous distillation. Martinique is principally noted for rich fragrant rum. Other important producers are Guyana which intils heavy, sometimes exceptionally strong rums, but also white varieties. Barbados, famous for Mount Gay, a smoothly medium rich rum and Trinidad.

Uses of rum. White rum is best for punches, daiquiris and other cocktails, while the stronger and darker rums are used in grogs, flamed dishes, cooking and patisserie. Old rums can be drunk as liqueurs.

There are many uses for rum in cooking from soaking sponge cakes (for desserts and charlottes) to flavouring pancake batters, dessert creams, mousses, zabaglione, sorbets and fruit salads, or sprinkling on babas and savarins, flaming pancakes and omelettes, and macerating crystallized (candied) or dried fruit.

Rum combines particularly well with sweet potatoes, pineapple and bananas and the meat and fish turkey, scampi or monkfish kebabs, kidneys, roast duck). The aroma enhances sauces and marinades, Rum is suitable for flaming only very tender meat, such as offal (variety meats) and spring chicken.

RUMEN The first compartment of the stomach of ruminants, the three others being smaller. Before it is used, the rumen is emptied, heated in water at 70 °C (158 °F), then scraped, to remove any food particles which may be sticking to its lining. It is then hardened in boiling water, this results in boeuf blanc (white beef) This is used to make tripe or for preparing gras double (a dish made with three stomachs) a la lyonnaise, a la florentine, or even as tablier de sapeur (fireman's apron). Tripouts of the Auvergne are made from lamb rumen and other internal organs.

RUMFORD, BENJAMIN THOMPSON, COUNT American physicist (born Woburn, Massachusetts, 1753, died Paris 1814), He came to Europe to reorganize the army of the Elector of Bavaria, and during this period became interested in the problems of nutrition in particular how to extract the maximum benefit from food while using the minimum of fuel. As a result, he invented a brick cooker, with separate adjustable burners, which made the cook's job very much easier and also saved fuel. He also invented a pressure cooker and a kitchen stove.

Having discovered that the volatile oils in coffee were responsible for its taste, he suggested

making coffee in a closed container, over a constant heat which kept the liquid just below boiling point and so avoided destroying the aroma, he could thus claim to be the inventor of the percolator. He is often credited with the invention of baked Alaska.

RUHOHR, KARL FREDERICH VON German writer and patron of the arts (born Dresden, 1785, died Dresden, 1843) Rich and independent, writer of novels and travel books, he is best known as the author of a cookery book, *Der Geist der Kochkunst*, which appeared in 1823, two years before Brillat-Savarin's *La Physiologie du gout*. Karl von Rumohr was an enlightened amateur, a fastidious connoisseur, a historian, even a dietician, his book deals with the nature of food, the origins of cookery and cooking methods, and the preparation of meat and fish sauces, pates and preserves. It then goes on to discuss vegetables, herbs, spices sugar and jams. The third volume is devoted to table manners and how to receive guests. The book relates remarkably well to modern culinary practice.

RUMP STEAK A cut of beef taken from between the buttock and the sirloin. Less tender than fillet but with a better flavour, the cut yields steaks for rapid grilling (broiling) or frying, when cut into pieces it can be used for kebabs or a fondue bourguignonne. It can be cooked as a roast for which a piece of least 7 cm (2 ¼ in) thick is required usually from the top rump, which is treated in the same way as fillet or sirloin, the meat which is dense and lean, should be lightly barded.

RUNNER BEAN A climbing bean plant widely cultivated for its edible green pods, which are cooked and prepared in the same way as French beans. A famous variety is the scarlet runner (*baricot d'Espagne*) named after its red flowers.

RUSK A slice of bread made from a special kind of dough (containing flour, water, salt, yeast, fat and sugar) and rebaked in the oven. Rusks are widely consumed in France (as *biscottes*) and also in other countries such as Germany (as *Zwieback*) and the Netherlands. The bread is first baked in a mould, then sliced. The stale slices are rebaked in the oven, giving them a golden colour. They must have a crumbly texture with very small holes.

RUSSE, ALA Describing preparation of shellfish coated in aspic jelly, covered with a chaud-froid sauce or a thick mayonnaise, and accompanied by a Russian salad (a macedoine of vegetables bound with mayonnaise set in an aspic lined mould or served in glass dishes) Russian sauce served in glass dishes) Russian sauce served with crudites or cold fish, is made from mayonnaise mixed with caviar and possibly the creamy parts of lobster or crayfish.

All these dishes are inspired by the classic cuisine as practised at the time of the tsars, particularly by French chefs, and are not really representative of true Russian cookery. However, some recipes described as *a la russe* are based on Slav traditions, including those featuring cucumbers, and gherkins, bitoke, herrings, stuffed (bell) peppers, fillet of beef, kasha and piroshki.

RECIPES

Canapes a la russe

Remove the crusts from slices of white bread and cut into small rounds, squares or triangles. Spread with butter flavoured with herbs, cover with Russian salad and then coat with a thin layer of aspic. Refrigerate and serve as an hors d'oeuvre. A small slice of truffle may be placed in the centre of each canape.

Fillets of herring a la russe

Boil some potatoes in their skins, then peel and slice them. Take some large herring fillet in oil and slice them very thinly. Reshape them placing a slice of potatoe between each slice of

herring. Arrange on a long serving dish and dress with a herb vinaigrette (made with parsley, chervil, tarragon and chives) to which some finely chopped fennel and shallots have been added.

Russian mayonnaise

Melt 400 ml (14 fl oz, 1 $\frac{3}{4}$ cups) aspic jelly, but do not let it get too warm. Mix with 300 ml ($\frac{1}{2}$ pint, 1 $\frac{1}{4}$ cups) mayonnaise and 1 tablespoon wine vinegar. Pour the mixture into a bowl placed over crushed ice and beat with a whisk until it becomes frothy (never use a wooden spoon) This sauce can be used to bind a dry macedoine of vegetables, which is then set in aspic lined moulds.

Russian salad

Boil and finely dice some potatoes, carrots and turnips, boil some French (green) beans and cut into short pieces. Mix together equal quantities of these ingredients and add some well drained cooked petits pois. Bind with mayonnaise and pile up in a salad bowl. Garnish with a julienne of pickled tongue and truffles and add some finely diced lobster or langouste meat.

For a more elaborate dish, the ordinary mayonnaise can be replaced by thickened mayonnaise and the salad is poured into mould lined with aspic and garnished with slivers of truffle and pickled tongue. Chill in the refrigerator for 4 hours and remove from the mould just before serving.

Russian sauce (cold)

Mix equal quantities of caviar and the finely sieved creamy parts (liver of lobster. Make some mayonnaise and add the caviar mixture use 1 part mixture to 4 parts mayonnaise.

This sauce may be seasoned with a little mild mustard.

RUSSULA A short, brightly coloured mushroom with granular, crumbly flesh. There are numerous species, not all of which are edible. They can be differentiated by colour or more reliably by tasting a very small fragment of the raw mushroom. If it has a bitter or a hot taste. It should not be eaten, mild tasting species can be eaten., but experience is needed to select the edible varieties. The best species, which are cooked in the same way as cultivated mushrooms, are the green russula, and the variety known in France as charbonnier or charbonniere, with a purple violet or green cap and a pleasant but rather insipid taste.

RUSTER AUSBRUCH An Austrian white wine, produced near Rust in the Burgenland, from late picked grapes. It is therefore somewhat concentrated and sweet the term ausbruch in the context of Austrian wines, signifies that the grapes are not picked until very ripe.

RYE A cereal native to western Asia which appeared in Europe before the Iron Age and to grown mainly in Nordic regions, in the mountain and on poor soil. Rye flour can be made into bread, because it does not have a high gluten content it is usually mixed with wheat flour. This results in bread with a fine crumb and dense texture. The higher the proportion of wheat flour, the better the gluten content and elasticity of the dough, and the lighter the bread, Rye bread rolls are popular served with oysters and seafood. Rye flour is also used to make gingerbread and certain cakes Scandinavian pies and crispbread. Some spirits can also be made from rye, for example, vodka and whiskey.

RYE WHISKEY An American whiskey, produced and consumed mainly in Pennsylvania, Maryland and Canada. It is made from nonmalted rye and barley or rye malt. It is not matured for as long as Scotch or Bourbon and it has a more pungent taste.

S

SABAYON French name for zabaglione. The name is also given to a savoury mousseline sauce made with champagne and served with fish or shellfish.

SABLAGE In former times, a table decoration made with sands of different colours, which were spread on the tablecloth so as to form various patterns, such as flowers. Landscapes, coats of arms and monograms.

SABLE A crumbly biscuit(cookie) of varying size, usually round and often with a fluted edge. Sables are made from flour, butter, egg yolks (these are sometimes omitted) and sugar mixed rapidly until of a sandy texture. The mixture is kneaded quickly, then either rolled out thinly and cut out with a pastry (cookie) cutter, or rolled into a thick sausage shape and sliced, as for so called Dutch sables, which are made with two mixtures, one coloured with vanilla. Sables can be flavoured with lemon, flaked (slivered) almonds or raisins, and iced (frosted) with chocolate or topped with jam. Shortbread and Austrian Knusper are other varieties of sable. Sable pastry is also used for making tartlets and barquettes, often filled with cream or strawberries.

RECIPES

Milan sables

Place 250 g (9 oz 2 ¼ cups) plain (all-purpose) flour in a bowl. Add the grated zests of 1 lemon, 125 g (4 ½ oz, ½ cup) softened butter cut into small pieces, 125 g (4 ½ oz, ½ cup) sugar, 4 egg yolks, a pinch of salt and 1 teaspoon brandy or rum. Knead these ingredients together quickly, roll the dough into a ball and chill for 30 minutes. Then roll out the dough to a thickness of 5 mm (¼ in) and cut out the sables with a round or oval pastry (cookie) cutter. Arrange the sables on a greased baking sheet, brush them with beaten egg and score lightly with a fork. Bake in a preheated oven at 200 °C (400 °F, gas 6) for 15 minutes, when the sables should be scarcely golden.

Vanilla and cinnamon sables

Mix 250 g (9 oz. 2 ¼ cups) sifted plain (all-purpose) flour with 125 g (4 ½ oz, ½ cup) butter until crumbly. Add 125 g (4 ½ oz, 1 @ cup) caster (superfine) sugar and egg. Work together quickly, roll the mixture into a ball, then chill for 1 hour. Cut the dough in half, sprinkle one half with 1 teaspoon ground cinnamon and the other with 1 teaspoon vanilla sugar. Knead each half until the flavourings are well blended, then roll each out into a rectangle, 5 mm (¼ in) thick. Brush the vanilla dough with water and lay the cinnamon dough on top. Roll up the 2 layers into a sausage shape. Brush with water, sprinkle with 3 tablespoons sugar and cut into slices 5mm (¼ in) thick. Arrange on a greased baking sheet and bake in a preheated oven at 200 °C (400 °F, gas 6) for about 15 minutes. Allow the sables to cool completely, then store in an air tight container.

SACCHAROMETER An instrument, also called a syrup hydrometer, for measuring the density of a solution of sugar in water, in order to obtain the correct concentration. The saccharometer consists of a sealed tube with a weighted bulb, at one end. A second tube

is three quarters filled with the syrup solution to be tested. The saccharometer works on the principle that any body immersed in a liquid displaces its own weight by volume, so when plunged into the syrup, the graduated tube, sinks vertically and the density of the syrup is indicated by the reading at the level to which the saccharometer sinks. The saccharometer can only be used when preparing syrups at the lower temperatures up to the light crack stage, 129-133 °C (265-275 °F).

SACHERTORTE A famous Viennese gâteau, created at the Congress of Vienna (1814-15) by Franz Sacher, Mettenich's chief pastrycook. Sachertorte is a soft of chocolate Savoy sponge cake, filled or spread with apricot jam then covered with a chocolate icing it is traditionally served with whipped cream and a cup of coffee.

For years, Vienna was divided into two camps by the sachertorte controversy. The supporters of sachertorte as it was served at the Sacher Hotel two layers separated by jam, the top being iced were led by the descendants of Franz Sacher, who regarded their version as the only authentic one. On the other side were the customers of the famous Demel patisserie, who based their claim on the rights acquired by Eduward Demel from Sacher's grandson, who authorized the so-called true recipe the cake is simply spread with jam.

RECIPE

Sachertorte

From Joseph Wechsberg's recipe in Viennese Cookery. Time Life (line two 20 cm (8 in) round sandwich this (layer cake pans) with buttered greaseproof (wax) paper. Melt 200 g (7 oz, 7 squares) plain cooking (semisweet) chocolate, broken into small pieces, in a bain marie. Lightly beat 8 egg yolks and mix in 125 g (4 ½ oz. ½ cup) butter, melted, and the melted chocolate. Whisk 10 egg whites until stiff with a pinch of salt and add 150 g (5 oz. 2/3 cup) caster (superfine) sugar, slightly vanilla-flavoured, beating all the time until the mixture stands up in stiff peaks. Fold one third of the egg whites into the chocolate mixture, then gradually and lightly mixing and folding together all the ingredients until all traces of white disappear. Pour equal quantities of the mixture into the 2 tins and bake in a preheated oven at 180 °C(350 °F, gas 4) for about 45 minutes, until the cakes are well risen and a skewer inserted in the centres comes out clean. Turn out the cakes on a wire rack allow to cool completely.

To make the icing (frosting) put 150 g (5 oz. 5 squares) plain cooking chocolate, broken into pieces, in a saucepan together with 250 ml (8 fl oz. 1 cup) double (heavy) cream and 200 g (7 oz. ¾ cup) vanilla sugar. Stir over a moderate heat until the chocolate mixture, and pour this back into the saucepan. Cook for 1 minutes stirring then leave to cool at room temperature.

Spread 175 g (6 oz. ½ cup) sieved apricot jam over one of the halves of the chocolate cake, then put the other half on top. Cover the whole cake with the chocolate icing, smoothing it out with a metal spatula. Slide the cake on to a plate and chill in the refrigerator for 3 hours, until the icing hardens. Remove 30 minutes before serving.

SACRISTAIN A small biscuit (cookie) made from a stick of twisted puff pastry, often sprinkled with flaked (slivered) or chopped almonds. Classically, it is one of the assortment of biscuits served with tea.

SADDLE A cut of meat consisting of the two joined loins. The saddle of a hare or rabbit extends from the lower ribs to the tail. It is a fleshy piece of meat that can be roasted whole, often larded or barded and marinated. It can also be cooked with mustard or with cream braised and served with mushroom puree, chestnuts and poivrade saute, or sauteed and garnished with cherries, with a soured cream sauce. When it is not cooked whole, the saddle is cut into two or three pieces and made into a civet, stew or saute with the rest of the animal.

A saddle of venison comprises the part of the animal between the loin and the haunch.

RECIPES

Roast saddle of hare

Insert some small strips of fatty bacon into the saddle. Sprinkle it with salt and pepper, brush with oil and roast it in a preheated oven at 240 °C (475 °F, gas 9) for about 20 minutes. It can also be spit-roasted.

Garnish the serving dish with fluted half slices of lemon and watercress. Serve the saddle either with its own cooking juices by deglazing the roasting tin (pan) with white wine or with a poivrade sauce, the tin can also be deglazed using a mixture of equal proportion of white wine and double cream.

Saddle of hare a l allemande

Insert some small strips of fatty bacon into the saddle and sprinkle it with table salt. Cut 1 carrot and 1 onion into slices, chop 1 shallot, 1 celery stick and 1 garlic clove. Put some of these vegetables dishes.

RECIPES

Saffron ice cream with rose water

Whip 150 ml (1/4 pint, 3/2 cup) milk with 150 ml (1/4 pint, 2/3 cup) double (heavy) cream. Place in the freezer to harden.

Beat 3 egg yolks in a bowl with 75 g (3 oz. 2 cup) caster (superfine) sugar until the mixture foams. In a saucepan, bring to the boil 450 ml (3/4 pint, 2 cups) milk, 150 g (5 oz, generous 2/3 cup) crème fraiche and 1/2 teaspoon vanilla essence (extract). Reduce the heat so that the mixture does not even simmer. Slowly incorporate the egg yolk mixture, stirring all the time. Remove from the heat. Pound 1/2 teaspoon saffron, then stir in a little hot water and pour into the saucepan with 1 tablespoon rose water. Stir well and leave to cool completely, stirring occasionally. Chill well, then transfer to an ice frozen whipped cream from the freezer and scoop it into small pieces using 2 teaspoons. Return the scoops to the freezer.

SAGE A perennial herb widely cultivated in temperate climates for its leaves, which have an aromatic slightly poppery flavour and are used for flavouring fatty meats (such as pork forcemeats, marinades, certain cheese and various drinks. Sage is traditionally considered to have curative properties the name comes from the Latin *salvus*.

In France, sage is used mainly in Provence, for cooking white meat and certain vegetables soups. It is used more frequently in Italian cuisine saltimbocca, osso bucao, paupietes and rice minestrone are flavoured with sage. In Britain and Flanders, sage and onion are used for poultry and pork stuffings and to flavour sauces. In Germany, ham sausages and sometimes beer are flavoured with sage, and in the Balkans and the Middle

East it is eaten with roast mutton. In China, tea is flavoured with sage.

RECIPE

Sage and onion sauce

Cook 2 large onions for 8 minutes in salted boiling water. Drain them and chop them. Put the chopped onion into a saucepan with 100 g (4 oz, 2 cups) fresh white breadcrumbs and 25 g (1 oz, 2 tablespoons) butter. Season with salt and pepper and add 1 tablespoon chopped fresh sage. Cook for 5 minutes, stirring constantly. Just before serving, add 3 tablespoons pan juices from the roast pork or goose that this sauce is served with.

SAGO A starch made from the pith of the sago palm and other palms cultivated in the tropics. Sago comes in the form of small whitish, pinkish or brownish grains, which are very hard and semi-transparent and have a sweetish taste. Sago has been known in Europe from the time of the Renaissance. At the end of the 17th century, it was one of the most popular forms of starch in the West, used for garnishing veal or chicken broth, for thickening soup, for making soft rolls, or cooked in milk with spices. In Europe, it is now little used only for thickening and to make puddings. It is more widely used in tropical areas. In Indonesian cookery, for example, it is reduced to a paste with coconut pulp and milk and used for making fritters, cakes, ravioli and desserts. In India, it is boiled with sugar to make a dessert jelly.

SAINTE-ALLIANCE, A LA This description, evoking the festivities surrounding the signing of the Treaty of Paris (1815) by the sovereigns who had conquered Napoleon 1, is given to several dishes: foie gras poached with truffles and champagne, a chicken stuffed with truffles cooked in Madeira, then fried and surrounded with slices of foie gras cooked in butter, and roast pheasant stuffed with woodcock, served on a canape spread with woodcock puree. Brillat-Savarin supplied the recipe for the last dish in his *Physiologie du gout*, but without this name.

RECIPE

Pheasant a la Sainte-Alliance

(from Brillat-Savarin's recipe) Hang a pheasant until it is very high, then pluck it and lard it with fresh firm bacon. Bone and draw 2 woodcock, separating the flesh and the offal. Make a stuffing with the flesh by chopping it with steamed beef bone marrow, a little shredded pork fat, some pepper, salt, herbs and truffles. Stuff the pheasant with this mixture.

Cut a slice of bread 5 cm (2 in) larger than the pheasant all round, and toast it. Pound the livers and entrails of the woodcock with 2 large truffles, 1 anchovy, a little finely chopped bacon and a moderately sized lump of fresh butter. Spread this paste evenly over the toast. Roast the pheasant in a preheated oven at 230 °C (450 °F, gas 8) when it is cooked, spoon all the roasting juices over the toast on a serving dish. Place the pheasant on top and surround it with slices of Seville (bitter) orange. This highly flavoured dish is best accompanied by wine from Upper Burgundy.

SAINTE-BEUVE, CHARLES AUGUSTIN

French writer (born Boulogne-sur-Mer, 1804, died Paris, 1869) One of the greatest

literary critics of his time, he was also one of the most famous gourmets. He founded, together with the Goncourts, Gavarni, Renan and Turgenev, the Magny dinners, he was also one of the regulars at Alexandre Duma's Wednesday suppers.

SAINTE-CROIX-DU-MONT AOC sweet white wine produced on the right bank of the River Garonne, opposite the Sauternes region, using the same grapes and the same methods.

SAINTE-MAURE A French goat's-milk AOP cheese from Touraine (45% fat content), with a soft curd and a thin natural bluish rind, sometimes marked with pink and sometimes coated in ash. The best source is the Sainte-Maure plateau, where the cheese is farmhouse made and has a particularly good flavour in summer and autumn. It is firm and creamy with a fairly pronounced goaty smell and a well developed bouquet. It is cylindrical in shape, 15 cm (6 in) long and 4 cm (1 ½ in) in diameter. Sometimes a straw is inserted through the centre, running the length of the cheese. Liqueil, another cheese from the Tours area, is similar to Sainte Maure and has the same shape.

SAINTE-MENEHOULD Describing dishes in which the main ingredient is cooked, cooled, coated with breadcrumbs and grilled (broiled) then served with mustard or Sainte-Menedould sauce . The term is typically applied to pig's trotters a speciality of the town of Sainte Menehold in the Marne region of France, where the recipe was developed, but it can also be used for skate, pigeon, chicken, oxtail, pig's ears, crepinettes, and poultry wings.

RECIPES

Sainte-Menehould sauce

Melt 15 g (½ oz 1 tablespoon) butter in a saucepan, Add 15 g (½ oz 2 tablespoons) finely chopped onion, cover and cook very gently for 10 minutes until soft. Season with salt, pepper, a pinch of thyme and a pinch of powdered bay leaf and add 100 ml (4 fl oz, 7 tablespoons) white wine and 1 tablespoon vinegar. Reduce until all the liquid has evaporated then moisten with 200 ml (7 fl oz, ¾ cup) demi-glace sauce. Boil over full heat for 1 minute, then add a pinch of cayenne pepper. Remove from the heat and blend in 1 tablespoon each of mustard, very finely diced gherkins, chopped parsley and chervil.

Turkey wings Sainte-Menehould

Braise some small turkey wings with herbs and flavourings, but do not let them get too soft (about 50 minutes) Drain and leave to cool. Pour a little melted butter or lard over them, roll them in fresh breadcrumbs and chill for 1 hour. Coat with melted butter and bake in a preheated oven at 230 °C (450 °F, gas 8) until golden (about 15 minutes) Serve with mustard or Sainte- Menehould sauce.

SAINT-EMILION A very attractive historic town and centre of a prestigious region for red wine production on the right bank of the River Garonne. The vineyards are reclassified every ten years the most famous being Chateau Ausone and Cheval Cabernet Franc grape varieties and can be full bodied, with good concentration and capable of long

ageing. The satellite appellations Lussac St., Emilion.Montagne st. Emilion, Puisseguin St. Emilion and St Georges St. Emilion lie on the outskirts, to the north and east of the town

SAINT-FLORENTIN A French cow's milk cheese (45% fat content) with a soft curd and a smooth reddish brown washed rind. Saint Florentin is a wheel shaped cheese, 12-13 cm (4 ½ -5 in) in diameter and 3 cm (1 ¼ in) thick. It is best from November to June and has a fairly strong flavour. However, it is often sold unaged, as a soft cheese, which tastes very sweet and milky.

The small town in the Yonne region from which the cheese comes has also given its name to a trout dish known as a la Saint Florentin, which was described by Fullbert Dumonteil as flavoured with nutmeg and cloves, cooked over a clear flame in Chablis wine which when well heated, gives it a crown of fire.

Saint Florentine is also the name of a square Genoese sponge cake, which is split in half, soaked with kirsch and filled with a cream made with Italian meringue, melted butter, kirsch and glace cherries or fresh strawberries. The top of the cake is iced (frosted) with pink fondant and the sides are left uncovered, to show the fruit in the filling.

SAINT GERMAIN The name given to various dishes containing green peas. Also known as Clamari or split peas, they are all named after the Conte de Saint Germain, war minister under the French king. Louis XV, Saint German puree, which is fairly thick and sometimes bound with egg yolk, is served with joints of meat and accompanied by a sauce made of clear veal stock. The puree is served separately in a vegetable dish or heaped up on top of artichoke hearts around the meat. When diluted to the required consistency with white stock or consomme, this puree becomes Saint Germain soup, for which there are various garnishes.

The term is also applied to a method of preparing filets of sole or brill, which are dipped in melted butter, coated with breadcrumbs, grilled (broiled), and served with a bearmaise sauce and a garnish of noisette potatoes.

RECIPES

Fillets of sole Saint-Germain

Fillet 2 soles. Flatten them out and sprinkle with salt and pepper. Brush with melted butter, dip in fine fresh breadcrumbs, spoon over 50 g (2 oz. ¼ cup) melted butter and grill (broil) gently on both sides. Arrange on a long dish, surround with 575 g (1 ¼ lb) small noisette potatoes, and serve with bearmaise sauce in a sauceboat.

Saint-Germain puree

Prepare in the same way as Saint-Germain soup but add 100-150 ml (4-5 fl oz. ½- 2/3 cup) double (heavy) cream to the peas after they have been sieved.

Saint Germain soup

Shell 800 g (1 ¾ lb) fresh peas and put into a saucepan with lettuce heart, 12 small new onions, a bouquet garni with chervil added, 50 g (2 oz. ¼ cup) butter, 1 teaspoon salt and 1 tablespoon granulated sugar. Add 250 ml (8 fl oz, 1 cup) cold water, bring to the boil and cook gently for 30-35 minutes. Remove the bouquet garni and rub the vegetables

through an ordinary sieve, then a fine one. Add a little consomme or hot water to obtain the desired consistency of soup and heat through, Add 25 g (1 oz, 2 tablespoons) butter, beat well and sprinkle with chopped herbs. If desired, a few peas and croutons can be added to garnish.

SAINT HONORE A gateau consisting of a layer of shortcrust pastry. Or puff pastry, on top of which is arranged a crown of choux paste, which is itself garnished with small choux balls glazed with caramel. The inside of the crown is filled with Chiboust cream or Chantilly cream.

A Parisian gateau, Saint-Honore takes its name from the patron saint of bakers and pastrycooks. It is also said that its name may come from the fact that the 19th century pastrycook, Chiboust, who created the cream which is used in it, set himself up in the Rue Saint Honore in Paris.

RECIPE

Saint Honore

Prepare the dough for the base with 125 g (4 ½ oz, 1 cup) plain (all-purpose) flour, 1 egg yolk, 50 g (2 oz, ¼ cup) softened butter, a pinch of salt, 15 g (½ oz, 1 tablespoon) granulated sugar and 2 tablespoon water. When the mixture is smooth, put it in the refrigerator.

Make some choux paste by heating 250 ml (8 fl. oz, 1 cup) water, 50 g (2 oz ¼ cup) butter, 15 g (½ oz, 1 tablespoon) caster (superfine) sugar and a pinch of salt until the butter has melted, then bring to the boil. Immediately add 125 g (4 1/2 oz, 1 cup) plain (all-purpose) flour, stirring, and remove from the heat. The paste should form a ball, leaving the sides of the pan clean. Cool slightly before beating in 4 beaten egg, one by one.

Roll out the dough for the base into a circle 20 cm (8 in) in diameter and 3 mm (½ in) thick. Place on a buttered baking sheet, prick with a fork and brush the edge with beaten egg. Fit a piping (pastry) bag with a smooth nozzle the diameter of a finger and fill it with one third of the choux paste. Pipe a border around the base 3 mm (½ in) from the edge. Brush this border with beaten egg. On a second buttered baking sheet, pipe 20 small choux balls, about the size of walnuts. Bake the base and choux balls in a preheated oven at 200 °C (400 °F, gas 6) for about 25 minutes, then leave to cool completely.

Prepare a light caramel sauce by cooking 250 g (9 oz, 1 cup) granulated sugar with 100 ml (4 fl. oz, 7 tablespoons) water until it reaches 145 °C (293 °F) Dip the choux balls in the caramel and stick them on top of the choux border so that they touch each other.

To make the cream filling soften 15 g (½ oz, 2 envelopes) gelatine in 5 tablespoons cold water. Boil 1 litre (1 ¾ pints 4 ½ cups) milk with a vanilla pod (bean) Beat 6 eggs yolks with 200 g (7 oz, 1 cup) caster (superfine) sugar until the mixture turns white and thick and then add 75 g (3 oz, ¾ cup) cornflour (cornstarch) Remove the vanilla pod from the milk and pour the milk over the mixture, beating hard. Return it to the saucepan and bring to the boil, whisking all the time. Stir in the softened gelatine until it has completely dissolved. Stiffly whisk 4 egg whites in a bowl. Bring the custard back to the boil and pour it over the egg whites, folding them in with a metal spoon. Leave until cold and on the point of setting, then fill the centre of the cake with this mixture, sprinkle with icing sugar and grill rapidly until golden.

Put in a cool place until ready to serve, but do not keep for too long.

SAINT-HUBERT The name of various dishes, usually based on game or including game, which take their name from the patron saint of hunters. Quails Saint Hubert are casseroleed with a piece of truffle in each bird and coated in a sauce made by deglazing the meat residue with Madeira and gamestock. The name is most often used for dishes that include game puree, for filling large mushroom caps served with saddle of hare and poivrade sauce in tartlets with poached or soft boiled eggs coated with poivrade and in vol-au-vent, timbales or omelettes or for making consommé.

RECIPES

Consommé Saint Hubert

Make some game consommé, thicken it with tapioca, then garnish it with an ordinary royale and a julienne of mushrooms pouached in Madeira.

Omelette Saint Hubert

Prepare an omelette and fill it with a game puree thickened with a reduced demi-glace sauce, flavoured with game fumet. Arrange some sliced mushrooms, sautéed in butter on top.

Saint Hubert timbales

Grease some dariole moulds, garnish them with slices of truffle and some chopped pickled tongue, then line them with a layer of game forcemeat. Prepare a salpicon of game meat, truffles and mushrooms, bound with demi-glace sauce made with game fumet, and divide it between the darioles. Cover with game forcemeat. Place the darioles in a bain marie and cook in a preheated oven at 200 °C (400 °F, gas 6) for 18-20 minutes. Allow to rest for a few moments before turning out of the moulds. Serve as a hot starter, coated with poivrade sauce

SAINT JOSEPH Also known as St. Joseph Appellation red and white wines produced in the Ardeche region of France on the right bank of the River Rhone, opposite the Hermitage vineyard. Saint Joseph AOC wine, produced from syrah, may often be a robust, highly coloured red, whose bouquet emerges after it has aged in the bottle for a few years. The whites are lighter in character than the white Hermitages and are produced from Marsanne and Roussanne varieties.

SAINT MALO a SAUCE FOR GRILLED FISH FOR WHICH THERE ARE SEVERAL RECIPES. Prosper Montagne recognizes at least two. The most is of reduced white wine with shallot, it can be thickened with mushrooms. This sauce often has butter added, the final touch being a little mustard and or a trickle of anchovy essence or Worcestershire sauce. Saint malo sauce does not in fact have anything to do with the town of Saint Malo.

RECIPE

Saint Malo Sauce

Cook 40 g (1 ½ oz, ¼ cup) chopped onion in a little butter until soft but not coloured. Add 100 ml (4 fl oz, 7 tablespoons) white wine, a sprig of thyme, a piece of bay leaf and

a sprig of parsley. Reduce by two thirds. Moisten with 250 ml (8 fl. oz. 1 cup) veloute sauce made with fish stock, and 100 ml (4 fl. oz. 7 tablespoons) mushroom cooking juices and reduce by one third. Strain through muslin (cheesecloth) and mix in 1 teaspoon mustard, a trickle of Worcestershire sauce and 15 g (½ oz, 1 tablespoon) butter.

SAINT-SAENS The name of the famous composer has been given to a garnish for poultry supremes, which is typical of the rich cooking of the second Empire in the time of Napoleon III. It consists of small truffle and foie gras fritters, cock kidneys and asparagus tips, accompanied by a supreme sauce flavoured with truffle essence.

SAKE Also known as sake or saki. A Japanese alcoholic drink brewed from rice. It is clear or pale straw in colour and styles can range from dry, light and crisp to fuller and slightly sweet. Sake should be drunk young except for the specially aged Koshu, and served chilled or, if desired, warm. It is closely associated with rituals and ceremonies and the Japanese religion Shinto. It is often drunk as an aperitif, served with crudites or used in cookery, especially in shellfish and white fish dishes.

SALAD A dish of raw, cold or warm cooked foods, usually dressed and seasoned, served as an appetizer, side dish or main course.

Green salad. These consist of green leaved raw vegetables, such as lettuce, curly endive, chicory, watercress, dandelion leaves, spinach, Nice mesclun, purslane, rocket, sorrel and lamb's lettuce. These salads are served as appetizers or as an accompaniment to dishes such as grills, omelettes, meat, poultry, game or fish. They are usually dressed with vinaigrette, which can be flavoured and mixed with croutons, strips of bacon, cheese, shallots and garlic.

Plain Salads. These consist of a basic ingredient, either raw or cooked, but always served cold with a cold dressing. The basic ingredient can be a vegetable, meat or shellfish, and the range is very varied, for example. French beans, carrots, celery, cauliflower, lentils, red or white cabbage, potatoes, rice, crayfish, crab and cold chicken.

Mixed salads. These are more elaborate dishes combining various ingredients of contrasting flavour, textures and colours. Mixed salads can include exotic ingredients, such as truffle or lobster medallions, or simple ones (as in salade Nicoise) but should always be decorative. The accompanying dressing should blend with the flavour of the ingredients. Mixed salads are served as appetizers or main courses, but can also accompany hot or cold roast meats. In addition to the many regional specialties, chefs often create their own salads, producing an immensely wide range.

RECIPES

Dressings

Basic vinaigrette

Prepare a basic vinaigrette with 1 tablespoon wine vinegar, 3 tablespoons olive oil, salt, pepper and, if desired, 1 teaspoon mustard. This vinaigrette can be varied in many ways.

Indian style for cooked vegetables, rice or pasta. Add 1 small crushed garlic clove and 1 tablespoon, finely chopped onion, fried until soft in 1 tablespoon oil with 1 teaspoon curry powder.

With anchovies For raw salads, potato, pasta, roasted (bell) peppers or tomatoes.

Thoroughly soak 4 anchovies to remove the salt and fillet them, if necessary. Puree them with 1 teaspoon capers, add this mixture to the vinaigrette.

With herbs Chop a bunch of chives, chervil and parsley with a few tarragon and mint leaves. Make the vinaigrette and mix in the chipped herbs.

With nuts Chop 50 g (2 oz. ½ cup) walnuts, peanuts or hazelnuts, or a mixture of all three types. Prepare a salad. Make the vinaigrette and add the chopped nuts just before tossing the dressing into the salad and serving.

Cheese dressing

Mash 50 g (2 oz) Roquefort or Fourme d' Ambert cheese and mix in 1 Petit Suisse cheese or 2 tablespoons cream cheese and 2 tablespoons single (light) cream. Add a few drops of Tabasco sauce and 1 teaspoon brandy, season with a very little salt and pepper if desired, and mix well. Pour this mixture over the salad and toss just before serving.

Mustard and cream dressing

For beetroot (red beet) macedoine, celeriac, chicory (endive) or potato. Blend 1 tablespoon French mustard with 3 tablespoons single (light) cream, add 1 teaspoon (or more) vinegar and season with salt and pepper.

Mixed Salads

Alienor salad

Mix 2 tablespoons grated horseradish with enough crème fraiche to give a smooth sauce with a strong flavour. Trim 2 smoked trout and remove the fillets, taking out all the bones. Cover 4 plates with lettuce. Cut a large avocado stone (pit) removed into thin slices arrange the slices on the plates and sprinkle them with lemon juice. Arrange 2 fillets of trout, coarsely shredded, on each plate. Coat with the horseradish sauce. Sprinkle with a few flaked (slivered) almonds and complete with slices of gherkin.

American salad

Line individual salad bowls with lettuce leaves. For each serving, mix together 1 tablespoon diced pineapple, 2 tablespoons sweetcorn either canned or cooked in boiling water, 1 tablespoon thinly shredded chicken breast poached in white stock, and 1 tablespoon peeled, seeded and diced cucumber. Dress with 2 tablespoons vinaigrette flavoured with tomato ketchup and pile up in the bowls. Garnish each bowl with quarters of hard boiled egg and tomato.

Chinese style duck salad

Shred 200 g (7 oz) roast duck meat (with the skin if it is crisp) Soak 7-8 black Chinese dried mushrooms and 2-3 dried shiitake mushrooms in hot water for 30 minutes. Drain and squeeze dry, then cut into quarters.

Make a dressing by mixing together 1 teaspoon each of mustard and sugar, 1 tablespoon tomato puree (paste) 1 tablespoon each of soy light sauce and cider or rice vinegar, a pinch of black pepper, ½ teaspoon ground ginger, a pinch each of thyme and powdered by leaf, 1 small crushed garlic clove, 3 tablespoons sesame oil and, if desired, 1 tablespoon rice wine.

Mix the duck, mushrooms and 500 g (18 oz) bean sprouts together in a large bowl and

pour over the dressing. Toss well, sprinkle with 1 tablespoon chopped fresh coriander (cilantro) and serve at once.

Fiddlehead fern and Matane prawn salad

Cook 575 g (1 ¼ lb) fiddlehead ferns for 3 minutes in boiling water. Drain well and set aside. Prepare a vierge sauce, made with 250 ml (8 fl oz. 1 cup) extra virgin olive oil, the juice of 2 lemons, salt and pepper.

Brown 1 chopped onion in 100 ml (4 fl oz. 7 tablespoons) extra-virgin olive oil. Add 6 ripe tomatoes, peeled, seeded and crushed. Cook for 5 minutes over a high heat, stirring, then add 3 tablespoon sherry vinegar. Cook for 3 minutes to reduce then season to taste. Add 2 tablespoons snipped chives. Spoon the tomato mixture on to serving plates and top with fiddlehead ferns. Add 100 g (4 oz) peeled, cooked Matane prawns (shelled Matane shrimp) Garnish with unpeeled prawns (unshelled shrimp). Serve immediately with the vierge sauce.

German Salad

Coarsely chop 400 g (1 4 oz. 2 ½ cups) boiled potatoes and 200 g (7 oz. 1 ½ cups) tart eating apples and mix with 2 tablespoons mayonnaise. Place in a salad bowl, garnish with a large shredded gherkin and 2 herring fillets. Sprinkle with chopped parsley. Garnish with slices of cooked beetroot (red beet) and onion. Pour a mustard flavoured vinaigrette over this garnish just before serving.

Icafy truffle salad

Prepare a vinaigrette by whisking together salt, 2 ½ teaspoons aged wine vinegar and 2 ½ teaspoons sherry vinegar, 5 tablespoons groundnut (peanut) oil, pepper and 1 tablespoon truffle juice.

Wash and trim 20 g (¾ oz) curly endive (frisee), 20 g (¾ oz) oak leaf lettuce, 20 g (¼ oz) lolillo rosso, 20 g (¾ oz) red chicory (endive) 20 g (¾ oz) marjoram, 10 g (½ oz) chervil 10 g (½ oz) rocket (arugula) 10 g (½ oz) chervil 10 g (1/3 oz) flat leafed parsley 7 g (¼ oz) sage 10 (1/2 oz) dill, 10 g (1/2 oz) tarragon 4 small mint leaves and 4 small celery leaves. Place the herbs and salad leaves, except for the celery and mint, in a large salad bowl and toss. Add 10 g (1/2 oz) chopped truffle, toss again, then add the prepared vinaigrette. Toss gently again to coat all the leaves. Arrange the salad in a pile on each of 4 plates, sprinkle each with a little more chopped truffle and garnish with a celery leaf and a mint leaf. Sprinkle a few drops of aged wine vinegar on top and serve.

Port Royal Salad

Mix together slices of boiled potato, chopped cooked French (green) beans, and slices of peeled apple lightly sprinkled with lemon juice. Add some mayonnaise to this mixture. Heap up in a salad bowl, pour over some more mayonnaise and garnish with whole French beans arranged in a star shape. Surround with small lettuce hearts and quarters of hard boiled (hard cooked) eggs.

Raw vegetable salad

Wash and thinly slice 2 tomatoes, 3 celery sticks and 1 head of fennel. Peel and finely dice 1 beetroot (red beet) Halve 2 sweet (bell) peppers, remove the seeds and cut the flesh into thin strips. Wash and chop a small bunch of parsley. Wash 1 lettuce and line the base of a shallow dish with the lettuce leaves. Place on top small heaps of fennel, beetroot, celery and peppers. Arrange 10 green and black (ripe) olives in the centre and the tomato slices all around the side. Pour over some vinaigrette and sprinkle with the chopped parsley.

Salad Nicoise

Separate the leaves of 1 lettuce and wash. You may also use 100 g (4 oz) miesclun (mixed salad greens) Wash and cut 10 very firm tomatoes into 8 equal wedges. Place in a colander in the refrigerator, over a plate, and sprinkle with salt to extract the water. Hard boil (hard cook) 6 eggs, then cool, shell and cut into quarters. Peel 2 small mild salad onions and chop very finely. Wash and fillet 6 anchovies preserved in salt. Rinse 1 (bell) pepper, seed and cut into strips. Wash 3 celery sticks with their leaves, dry and chop finely. Sprinkle 3 Provencal artichoke hearts with lemon juice and slice very finely. Place at the bottom of a shallow serving dish a few lettuce leaves, a layer of tomatoes, slivers of artichoke hearts, a few strips of pepper, shredded tuna, chopped celery and onions. Repeat until all these ingredients have been used up. Prepare a salad, toss and add little salt if necessary. Garnish with the quarters of hard boiled egg, some black olives and anchovy fillets.

Seafood salad

Roast and shell 8 king prawns (jumbo shrimp) Cook 1 kg (2 ¼ lb) mussels and 1 kg (2 ¼ lb) cockles in a tightly covered pan with a little water over a brisk heat for about 5 minutes, shaking the pan occasionally, until the shells have opened. Discard the shells and any closed shellfish. Cook 4 scallops and cut into thin strips. Cook crab and crumble the meat.

Wash a white curly endive (frisee) a little purslane and 1 lettuce. Mix the leaves together and season with wine vinegar, salt, lemon juice and olive oil. Arrange the salad leaves on 4 plates. Season the seafood and sprinkle on top. Garnish each plate with 2 asparagus tips, thin slices of avocado, seasoned, snipped chives, chopped parsley and chervil.

Skate salad

Poach a wing of skate weighing 800 g (1 ¾ lb) in simmering water, with vinegar, pepper and thyme added, for 6-8 minutes. Dress some mesclun (mixed salad greens) with 1 tablespoon wine vinegar, 3 tablespoons olive oil, 2 finely chopped shallots and some chopped herbs. Warm in a preheated oven at 110 °C(225 °F, gas ¼) When the skate is cooked, peel it, flake the flesh and mix with the salad. Add the finely grated zest of 1 lemon and 2 crushed tomatoes, toss all the ingredients lightly together and serve warm.

Toulouse salad

Using a melon baller, scoop balls of melon from the flesh of a medium sized melon. Cook 2 artichoke hearts in water and lemon juice, cool, then cut into thin strips. Thinly slice the white and green parts of a very tender leek, shred a thick slice of unsmoked ham. Mix together all these ingredients. Make a well seasoned vinaigrette, adding chopped

parsley, chives and sage, and blend it with 1 teaspoon cream. Pour over the salad and toss gently. Place a large leaf of raw spinach, washed and patted dry, on each plate. Divide the salad between the plates, just before serving grate a little fresh root ginger over them.

SALAD BOWL A deep bowl for serving salad traditionally with matching servers in wood. Horn or silver. A salad bowl should be chosen to match the salad. For example, olive wood salad bowls are often reserved for highly seasoned green salads, which need to be tossed easily, whereas mixed salads, with ingredients of different colours are best displayed in a fairly shallow transparent bowl. Individual salad bowls may be used for serving portions of side salad.

SALAD BURNET a hardy perennial herb whose serrated grey green leaves have a cool cucumber like flavour. It is used to season omelettes, cold sauces, marinades and soups and its tender young leaves can be used in salads like watercress. Burnet can also be used, like borage, in cooling drinks and for flavouring vinegar.

SALAMANDER A type of oven in which the heat is directed down from the roof, used by professional savoury or sweet dishes. It is named after the legendary animal that was resistant to fire and lived the bowels of the earth. Many chefs favour this method of cooking, which according to Andre Guillot, keeps all flavours intact, in the best conditions of speed and hygiene. A grill can be used instead of a salamander.

A salamander is also an iron, a metal instrument, which is heated over a flame or in a fire until red hot and then held over dishes, especially crème brulee, to brown or caramelize the surface.

Small hand held blow torches are a popular alternative for browning or caramelizing foods.

SALAMI A charcuterie product of Italian origin, which take the form of a sausage usually made of finely minced (ground) pork, or a mixture of meats, interspersed with pieces of fat. Beef, goose, wild boar or veal may also be used. The mixture can be flavoured with red wine, smoked, or spiced with peppercorns, garlic and herbs such as fennel or parsley.

In Italy, salami is made particularly in Milan and Bologna under various official names including salame Milamese, florentino, di Felino, de fabriano, di Secondigliano and Calabrese. Salami made in France must bear a label in French, giving the place of origin, to avoid confusion. Notable example is salami de Strasbourg .

Salami is often served thinly sliced as a cold appetizer, it is also used in sandwiches and canapes and in cooked dishes such as pizza.

SALMIS A game stew. The word is an abbreviation of salmigondis and the dish is usually made with woodcock, wild duck, pheasant or partridge, but domestic duck, pigeon or guinea fowl can also be used. The bird is two thirds roasted, joined and then cooked in a saucepan, with mushrooms, for the remaining cooking time. It is served coated with salmis sauce a kind of espagnole sauce made with the carcass and the cooking juices diluted with wine dry white for woodcock, port for guinea fowl, chamibertin for duck).

RECIPE

Woodcock salmis

Puck and singe 2 woodcock, truss them and roast in a preheated oven at 220 °C (425 °F, gas 7) until two thirds cooked.

Melt 50 g (2 oz ¼ cup) butter in a saute pan and add a carrot and an onion (both diced) a pinch of dried thyme and a pinch of powdered bay leaf. Cover and cook gently for 15 minutes. Then add a generous pinch of pepper and remove from the heat. Divide each woodcock into 4 joints, then skin them and arrange in a shallow heatproof serving dish, cover and keep warm.

Chop the skin and crush the bones of the carcasses, add to the diced vegetables, together with the roasting juices. Mix well with a wooden spoon for 4-5 minutes over a gentle heat. Then moisten with 200 ml (7 fl. oz. ¾ cup) dry white wine and 400 ml (14 fl. oz. 1¾ cups) thickened brown veal stock. Bring to the boil and cook gently for 15 minutes.

Meanwhile, clean 150 g (5 oz. 1 ¾ cups) very small button mushrooms and cook, covered in the juice of half a lemon, 2 tablespoons water and pinch of salt, for 10 minutes. Drain and spoon the mushroom over the joints of woodcock, then flame with 2 tablespoons warmed brandy. Continue to keep warm.

Strain the sauce through a fine sieve, pressing the bones hard against the sides. Thicken with 1 tablespoon beurre manie, boil, then pour over the meat. Garnish with triangles of bread fried in butter.

SALMON. A migratory fish living mainly in the sea but spawning in fresh water. True salmon are found only in the northern hemisphere. Fish referred to as salmon elsewhere are, in fact, different species.

Young salmon remain in fresh water for about two years, at this age when they are 15-20 cm (6-8in) long and are called smolt, they begin to migrate towards the sea, where they reach maturity. The duration of their stay in the sea is variable as it depends on when they become sexually mature spawning takes place in the winter following their journey upstream.

Salmon under three years of age are best for eating. They have pink, fatty, highly nourishing flesh, which can be cooked, smoked or sometimes eaten raw. The salmon has a silvery blue back with small, scattered black markings that turn orange when spawning. The sides and abdomen are golden.

Salmon were among the most popular fish in Europe in the Middle Ages they were cooked in stock, potted, braised served in ragouts, pates or soups, or salted. When salmon became rare it came to be regarded as one of the luxury foods. Pollution, overfishing and the construction of dams have considerably reduced salmon fishing generally. This is despite the construction in some places of specially designed ladders, to help the fish migrate upriver and counteract the effect of dams. Most commercially available, salmon comes from the Pacific and the North Sea. Salmon breeding in the Norwegian fjords, on the Scottish coasts and elsewhere has become big business. Although gourmets are not happy about the quality of farmed salmon, most consumers cannot tell the difference between farmed and wild salmon, and the increase in production of this kind of fish has made it a common food.

RECIPES

Cold Salmon Dishes

Cold poached salmon

Poach a whole salmon (or some salmon steaks) in a court bouillon or a fish fumet and leave to cool in the liquid. Drain the fish, wipe it and arrange on a large dish, garnished with parsley. Alternatively, the skin can be removed and the fish garnished with lettuce hearts, hard boiled (hard cooked) eggs or stuffed vegetables, such as cherry tomatoes or slices of cucumber.

The following garnishes are also suitable small pieces of aspic, prawns (shrimp) or crayfish tails, lobster medallions, a macedoine of vegetables, or small barquettes or cooked artichoke hearts filled with caviare, mousse or a seafood filling.

Cold poached salmon may be served with the following sauces: andalouse, Chantilly, gribiche, mayonnaise, ravigote, remoulade, verte or Vincent.

The poached salmon can be drained and served hot, with the skin removed, and accompanied by hot melted butter, beurre blanc or a white wine sauce.

Escalopes of raw salmon with pepper

Brush a cold plate lightly with olive oil and lay some thin raw escalopes (scallops) of salmon on it. Brush the escalopes with olive oil. Season with two turns of a pepper mill and one turn of a salt mill, then sprinkle with crushed green peppercorns. Serve very cold.

Marinated salmon

Fillet a fresh Scotch salmon and cut the fillets into very thin escalopes (scallops) Prepare a marinade with 1 part olive oil to 2 parts lemon juice and add some salt, pepper and 1 tablespoon chopped herbs (chives, chervil and tarragon) Marinate the escalopes for a maximum of 3 minutes. Make a sauce with a little whipped crème fraîche, some salt and pepper, and 1 teaspoon Meaux mustard. Drain the slices of salmon and arrange them on a serving dish. Serve the sauce separately.

Hot Salmon Dishes

Colombines of salmon Nantua

Rub the following ingredients through a sieve 125 g (4 ½ oz) raw pounded salmon, 125 g (4 ½ oz.) bread soaked in milk and squeezed, 2 whole eggs and 120 ml (4 ½ fl oz, ½ cup) whipping or double (heavy) cream. Mix them together over rice, season with salt and pepper, and add a little grated nutmeg. Prepare large dumplings with the mixture and poach them in Nantua sauce.

Escalopes of salmon

Cut some raw salmon fillets into escalopes (scallops), weighing about 100 g (4 oz) each. Flatten them lightly and trim if necessary. Any of the recipes using salmon cutlets and steaks can be followed for escalopes.

Fried salmon steaks

Season some salmon steaks, 2 cm (¾ in) thick, with salt and pepper. Dust well with flour

and deep fry quickly in oil at 100 °C (350 °F) until golden brown. Serve with lemon or lime wedges.

Grilled salmon steaks

Season some salmon steaks 2.5 –5 cm (1-2 in) thick, with salt and pepper. Brush them with olive oil and cook them gently under a moderate grill (broiler) Serve with maitre d'hotel butter, bearnaise sauce or gooseberry sauce.

Salmon cutlets

Trim some halved salmon steaks into the shape of cutlets and fry them in butter, with or without a coating of breadcrumbs. Serve them as they are, sprinkled with the butter in which they were cooked, or serve with a sauce and garnish.

Salmon cutlets can also be made with croquette mixture fashioned into the shape of cutlets. Coat these cutlets with beaten egg, and breadcrumbs, fry in butter and serve coated with a sauce and garnished.

Salmon cutlets can also be prepared with a salmon quenelle mixture, put into cutlet shaped moulds and poached. They are served as a hot appetizer coated with sauce.

Salmon cutlets a la florentine

Cook some salmon cutlets in reduced fish stock (just enough to cover them) Coarsely chop some spinach and cook gently in butter, for 6-7 minutes. Add 3 mushroom caps (or 3 slices of truffle) per cutlet and continue to cook for a further 6-7 minutes. Drain the cutlets and keep them hot in a serving dish. Deglaze the pan with 150 ml (¼ pint, 2/3 cup) madeira, add 200 ml (7 fl. oz, ¾ cup) double (heavy) cream and reduce until creamy. Pour the sauce over the cutlets and serve immediately.

SALSA Spanish hot sauce, either hot or cold. The term is usually applied in Spain and Mexico to spicy sauces, often hot with a chillies (chiles) , and particularly to uncooked sauces or dips.

SALSIFY A root vegetable, also called oyster plant or vegetable oyster, of which there are two varieties the true salsify, which is white and thick, with numbers of rootlets, and the black salsify, or scorzomera, which is black, longer and tapering and has no rootlets. The word scorzomera comes from Catalan escorso (viper) since the plant was formerly used in Spain to treat snake bites. Black salsify is easier to peel than true salsify and is cultivated for canning. Both varieties have a fairly strong and slightly bitter flavour and tender flesh, they are prepared in the same way. Both vegetables are in season between mid-autumn and early spring. They are particularly suitable for garnishing white meat.

RECIPES

Preparing and cooking salsify

Scrape or peel the salsify with a potato peeler, cut it into chunks 7.5 cm (3 in) long, and put them as they are prepared into water with a little lemon juice or vinegar added to prevent discoloration. Cook in boiling vegetable stock, covered at a steady gentle simmer for 1-1 ½ hours, according to the quality of the vegetable, then drain and pat dry before

final preparation for serving. (Alternatively, cut the salsify into pieces and cook the pieces with the skin on. It will then be easier to peel the vegetable after cooking. If the salsify is not to be used immediately, it can be stored in its cooking liquid in the refrigerator for 1-2 days, but it will lose some of its nutritional value.

Salsify a la polonaise

Cook the salsify in white stock, drain and dry, then stew in butter for about 10 minutes. Arrange in a deep dish and sprinkle with chopped hard-boiled (hard-cooked) egg yolks and parsley. Fry some fresh breadcrumbs in noisette butter – 25 g (1 oz, ½ cup) breadcrumbs to 100 g (4 oz, ½ cup) butter and pour over the salsify.

Salsify au gratin

Wash, scrape or peel, and roughly chop 1kg (2 ¼ lb) salsify. Plunge into water with lemon juice added, then cook for 1 hour, or until tender, in salted white stock. Drain and dry, Cook 2 chopped shallots in butter until soft. Pour over 500 ml (17 fl oz, 2 cups) double (heavy) cream and reduce. Add the salsify and a little stock. Season with salt and pepper and pour into a gratin dish. Sprinkle with grated Gruyere cheese and breadcrumbs and brown in a preheated oven at 220 °C (425 °F, gas 7) for 20 minutes.

Salsify fritters

Cook 1 kg (2 ¼ lb) salsify, drain and puree. Add 100 g (4 oz. ½ cup) butter and season with salt and pepper. Roll the puree into little balls, coat them in flour and deep-fry in hot oil at 180 °C (350 °F,) until golden all over. Remove with a slotted spoon and drain on paper towels. Arrange on a warmed dish and garnish with fried parsley.

Salsify in stock

Wash peel and cook the salsify, then drain and dry. Pour over some slightly thickened white veal stock or meat gravy. Cook in a preheated oven at 180 °C (350 °F, gas 4) for 15-20 minutes.

Salsify Mornay

Cook the salsify drain, dry, then arrange in a gratin dish lined with a layer of Mornay sauce. Coat with boiling Mornay sauce, sprinkle with grated Parmesan cheese, pour over some melted butter and brown in a preheated oven at 230 °C (450 °F, gas 8)

Salsify salad with anchovies

Cook some salsify in white stock, drain thoroughly and dry. Mix in some light, well seasoned mayonnaise and chopped, drained, canned anchovy fillets (or whole filleted and anchovies that have been soaked to desalt them) Sprinkle with chopped herbs.

Salsify with bechamel sauce

Cook, drain and dry 800 g (1 ¾ lb) salsify. Lay the salsify on a buttered ovenproof dish and cover with a fairly thin bechamel sauce, made with 25 g (1 oz 2 tablespoons) butter, 25 g (1 oz ¼ cup) plain (all-purpose) flour and 450 ml (¾ pint, 2 cups) milk. Cook in a preheated oven at 190 °C (375 °F, gas 5) for 20 minutes, then pour over 2-3 tablespoons cream and reheat before serving.

Salsify with mayonnaise

Cook the salsify and leave to cool, then drain thoroughly and dry. Add some well seasoned mayonnaise or vinaigrette. Sprinkle with chopped herbs and serve with a cold white meat dish, such as rabbit in aspic.

SALT A white crystalline colourless, sharp-tasting substance, which is used as a condiment and preserving agent. In its pure state, salt consists of sodium chloride and is abundant in nature. There are two basic types sea salt which is extracted from sea water by evaporation 650 kg per cubic meter 60 lb per cubic yard, and rock salt, which is found in a crystalline state in the ground as a surface deposit at the site of dried salt lakes or more commonly, as underground deposits from ancient oceans.

Since ancient times, salt has been a precious commodity. The Hebrews used it in sacrifices and ceremonies. Homer described nations as poor when they did not mix salt with their food. Salt is often a symbol of friendship and hospitality and in some countries is still traditionally offered with bread to strangers. The Romans used salt to preserve fish, olives, cheese and meat and it formed part of the soldiers' wages. In the Middle Ages, the salt routes were used for a solid flow of trade, both in France especially from Saintonge) and Scandinavia, where dried salt fish was the basic food. There was a salt measurers guild in France as early as the 13th century. Its members had the task of counting the salt fish and quantities of butter arriving in Paris by boat, and they also supervised the measuring of salt and grain. In medieval Britain, salt was an essential commodity even for peasants. It was collected from the coastline where sea water had evaporated and left a crystalline deposit, and then stored in a box near the fire.

SALT BOX A wooden or earthenware box with a hinged lid, traditionally attached to the wall near a cooking surface, for easy access. Coarse and fine salt may be kept in two different boxes.

SALT CELLAR A small receptacle used for serving salt at the table. Made from various materials in several different shapes, such as a sprinkler or a tiny bowl and spoon, salt cellars are often incorporated in a cruet with pepper and mustard pots. Originally, salt cellars were simply hollowed out lumps of bread, then silver salt cellars and rich gold plated articles appeared, often fitted with a lock, as salt was once an extremely expensive commodity.

SALT COD Cod that has been salted and dried not to be confused with stockfish, which is simply dried cod. For centuries, salt cod has been a basic food in some European countries and was particularly favoured by Catholics for days of abstinence. As it keeps so well, salt cod was also a valuable food in times of siege and on long sea voyages.

Today, salt cod is most popular in Portugal, Spain, France, Italy and in parts of Latin America and Africa subjected to colonial influence. In Spain and Portugal, there are specialist shops that sell only salt cod and offer a large choice. The fish is sold by the cut and often labelled with the dish for which it might be used. European cod is preferred to Newfoundland cod.

RECIPES

Desalting and poaching salt cod

Wash the dried fish thoroughly under cold running water, then either leave it whole or cut it into sections, which speeds up the desalting process. Place it in a colander, with the skin uppermost, in a bowl of cold water, so that the fish is completely covered. Soak for 18-24 hours (12 hours for fillets), changing the water several times, the fish must be almost or totally free of salt (according to preference before it is cooked).

Drain the cod and place it in a saucepan with plenty of cold water. Add a bouquet garni. Bring the water to the boil and keep it simmering for about 10 minutes. Drain well and prepare according to the chosen recipe.

Fillets of salt cod maitre d'hotel

Desalt the fillets whole, then drain and cut them into small tongue shapes. Flatten them slightly, coat with breadcrumbs and cook in butter. Arrange the pieces in a serving dish and coat with half-melted maitre d'hotel butter. Serve with boiled potatoes.

Fried salt cod

Desalt the cod, cut it into small tongue shapes and soak for 1 hour in milk that has been boiled and cooled. Drain the fish pieces, flour them and fry in oil heated to 175 °C (347 °F). Place on paper towels and sprinkle with fine salt. Serve with lemon quarters.

Salt cod a la creole

Desalt and poach 800 g (1 ¾ lb) salt cod. Prepare a fondue with 1 kg (2 ¼ lb) tomatoes, some olive oil, plenty of garlic and onion, and a dash of cayenne pepper. Cut 6 tomatoes in half and remove the seeds. Seed 2 green (bell) peppers and cut them into small tongue-shaped pieces. Sauté the tomatoes and peppers in oil. Spread the tomato fondue in an oiled gratin dish, arrange the drained and flaked cod on top, then cover it with the tomato halves and the pieces of pepper. Sprinkle with a little oil and cook in a preheated oven at 230 °C (450 °F, gas 8) for 10 minutes, moistening with little lime juice. Serve piping hot with rice a la creole.

Salt cod a la florentine

Desalt and poach 800 g (1 ¾ lb) salt cod, drain and flake it. Blanch 1 kg (2 ¼ lb) spinach for 5 minutes in salted boiling water, then drain and press it to extract the water. Cook the spinach slowly in 50 g (2 oz, ¼ cup) butter for about 10 minutes. Line a gratin dish with this spinach. Arrange the cod on top, coat with Mornay sauce, sprinkle with grated Parmesan cheese and moisten with a little melted butter. Brown in a preheated oven at 230 °C (450 °F, gas 8).

Tongues of salt cod in pistou

Thoroughly desalt 800 g (1 ¾ lb) salt cod tongues. Poach them for 6 minutes in a mixture of equal quantities of water and milk. Drain, lightly flour and fry quickly in olive oil. Crush 2 blanched garlic cloves and some basil in a mortar. Mix with olive oil, add some fresh pureed tomato and sprinkle with pepper. Sauté this pistou and the tongues in a non-stick frying pan and serve piping hot.

SALTIMBOCCA An Italian dish that is a speciality of Rome but originally came from Brescia, where the name literally means jump into the mouth. It consists of line slices of veal fried in butter, topped with small slices of ham, flavoured with sage and gently braised in white wine.

SALTING A preserving process used mainly for pork and certain types of fish. It is sometimes combined with smoking and drying. A very ancient technique, used by the Romans for fish, olives, shrimps and cheese, it became very much more sophisticated in the Middle Ages, for cod, herring and other fish. Salting is now less common than previously, especially in domestic cookery, where the main preserving method is freezing. It is confined to specific foods, using dry salt or brine.

Cheese Salting is an important operation in the manufacture of cheese. It accelerates drainage in soft fresh curd cheeses when sprinkled on the hand, and encourages rind formation on cooked and uncooked pressed curd cheeses immersed in brine, the more the brine is renewed, the thicker and harder the rind becomes. Some soft cheeses are salted to varying extents (slightly salted) or preserved in a light brine, as are the goat's and ewe's milk cheeses of Mediterranean countries.

First Anchovies are cleaned and put into salt for 6-8 months. Herrings, sprats, salmon and eels are salted in dry salt or brine, then smoked. Cod are split in half, flattened and boned, then stacked between layers of salt with the addition of sulphurous anhydride.

Free, vegetables and seas salting is sometimes used to preserve French beans and herbs but is particularly associated with sauerkraut, peanuts, cashews, almonds, walnuts and hazelnuts as well as crisps

Meat Raw ham and bacon are rubbed with a mixture of salt and saltpetre, then the pieces are piled into salting tubs. The exuded water forms a supersaturated brine, in which the pieces are moved around every 10-15 days, salting last for 40-60 days.

Cooked ham is placed in vats, covered with brine and left there for 30-40 days, at a temperature of 3-5 °C (37-41 °F) It may also be smoked. Other traditional salted meats include beef in brine and salted tongue. Pork is also salted in brine without being cured.

RECIPES

Home salted pork

Choose fairly even sized pieces of belly pork, knuckles of ham, spare rib or shoulder chops, and trimmed rind. Rub them with fine salt and lay in a salting tub, putting the largest pieces at the bottom start with the pieces of belly pork, pressing them down well. Cover with cooking salt, making sure that there are as few air pockets as possible. A few garlic cloves, peppercorns and a bay leaf may be added, but not to excess. Then pile on the knuckles of ham, filling up the holes with the spare rib or shoulder chops. Cover each layer with salt, pressing down well, and finish with the rinds. Preservation time is 2-3 weeks for spare rib chops 1 month for knuckles of ham, and much longer for belly of pork. Knuckle, brushed and wiped, can be stored hung up in a cool, airy place.

Rolled salt belly pork

Choose a piece of streaky belly pork that is not too fatty. Trim it, cut into a rectangle and slash the inside. Rub with salt mixed with chopped garlic, then sprinkle with chopped thyme. Roll up the belly and tie tightly. Rub the outside the rind side with fine salt for some time, so that it penetrates thoroughly. Cut the belly into 2 or 3 pieces, according to the size of the salting tub.

SALTING TUB A container used for salting pork. Formerly a large wooden tub, it is now a cement, earthenware or plastic vat.

SALT-MEADOW SHEEP *outon presate* A French sheep or lamb raised and fattened on the pastures close to the sea, which are impregnated with salt and iodine. In this way, the flesh acquires a unique flavour and provides high quality meat.

SALTPETRE The common name for potassium nitrate, derived from Latin *sal* (salt) and *petrae* (stone) Saltpetre takes the form of small white crystals, formerly obtained by scraping deposits from the walls of cellars and storerooms, but now manufactured industrially. A powerful bactericide, saltpetre has been used since ancient times to preserve food, especially raw and cooked meats, since it strengthens the actions of fermenting agents, while giving a characteristic flavour to the product being treated. Its oxidizing action produces the characteristic bright pink colour of salt beef, ham and pickled tongue. It is used in conjunction with salt in all types of brine, with the addition of at least twice its weight of sugar since it has a very bitter taste. If used excessively it can be harmful, so its use is controlled by very strict regulations.

SALT PORK A piece of pork (loin, knuckle, shoulder or hand) that has been salted in brine or dry salt and is sold raw. Before being cooked, it is desalted by soaking in water for 1-12 hours, depending on the degree of salting.

Salt pork has more flavour and cooks more quickly than unsalted meat. The classic French recipe for salt pork is *potée* but it can also be boiled and served with cabbage, pease pudding or with lentils and carrots.

RECIPE

Boiled salt pork with pease pudding

Boil a piece of salted belly pork with some carrots, turnips, celery, leeks, onions and parsnips. Meanwhile, prepare a very smooth puree of split peas (preferably yellow) using 500 g (18 oz, 2 ¼ cups) split peas, 100 g (4 oz, ½ cup) butter, 3 eggs, grated nutmeg, salt and pepper. Butter a pudding basin (mould) and pour the mixture into it. Place the basin in a roasting tin (pan) containing 2.5 cm (1 in) boiling water and cook in a preheated oven at 190°C (375 °F, gas 5) for 40 minutes. Drain the cooked pork, place in a serving dish and surround with the well drained vegetables. Turn out the pease pudding and serve separately.

SAMARITAINE, A LA A term applied to large braised cuts of meat garnished with rice timbales, dauphine potatoes and braised lettuce.

SAMBAL A condiment (originally Indonesian) made with red chilli peppers, grated

onion, lime juice, oil and vinegar. The name may also be used to describe the dish that it accompanies.

SAMBAL A condiment (originally Indonesian) made with red chilli peppers, grated onion, lime juice, oil and vinegar. The name may also be used to describe the dish that it accompanies.

SAMBUCA A colourless anise-flavoured Italian liqueur, sometimes drunk con la mosca with one or two coffee beans floating in the glass, after it has been set alight. Sambuca is very strong but has a sweetish taste, the coffee beans are crunched as it is drunk.

SAMOS wine from the Greek island of samos, which has its own AOC Samos wines are made from Muscat Blanc a Petits Grains.

SAMOSA An Indian pastry snack and popular street food, consisting of a filling in a fine layered pastry. The pastry is of the filo type and the filling may be based on meat or vegetables or a mixture of both. Samosas are triangular and are deep fried until crisp and brown. Vegetable fillings usually include diced potatoes and roasted whole spices, such as mustard seeds and black onion, which give a crunchy texture. Minced meat is popular, cooked with whole spices onions and vegetable.

SAMOVAR A Russian kettle, which provides a permanent supply of boiling water for domestic purposes. The word comes from samo (itself) and varif. Originally made from brass or copper, but now of aluminium or stainless steel and electrically heated, the samovar is the traditional Russian wedding gift. It consists of a pot-bellied container with two handles and a central chimney, which rests on a grid on which embers are placed. Cold water is added at the top and heated by contact with the chimney, the boiling water is drawn off through a small tap at the bottom of the container. Since this water is used, among other things, for making tea, the name samovar has also been applied to a simple silver container heated by a small spirit lamp, which provided boiling water for adding to tea, during large gatherings.

SAMPHIRE The common name for *Cribnum viarithjium* a perennial herb, also called rock samphire, which grows on clifftops in cracks in the rocks or on dry stony ground. Its fleshy leaves are rich in iodine and are used principally to flavour soups and salads. The leaves can also be pickled in vinegar like gherkins or cooked in butter or cream, like purslane.

Samphire is used in an original way in Sarah Bernhardt's recipe for larks. Pound in a mortar the flesh of two larks, add some butter, some chopped samphire, some breadcrumbs soaked in milk, some Malaga raisins and some crushed juniper berries. Stuff a third lark with the mixture and roast it on a spit covered with samphire leaves and a strip of fat bacon. Serve on a crofton soaked in gin, and then toasted and buttered.

SAMSOE A Danish cow's-milk cheese (45% fat content) originally from the island of the same name and now produced in creameries all over Denmark. It has pressed curd and a golden yellow rind coated with paraffin wax. Mild and firm, with a few round

holes, it acquires a nutty flavour after a few months maturing. It is made in round discs, 46 cm (18 in) in diameter and weighing about 15 kg (33 lb)

SAND-SMELT A small sea fish, also called silver side, living in shoals along coasts and in estuaries. The sand smelt is about 15 cm (6 in) long and has a conspicuous silvery stripe down each side of the body. It is sometimes passed off a smelt, but its flesh is less delicate. It is generally deep fried but may also be eaten smoked. The French name atherine is derived from the Greek word ather, meaning beard of an ear of grain, as its bones resemble an ear of barley. Similar species are found in the Mediterranean.

SANDWICH To its simplest form, two slices of bread enclosing a plain or mixed filling based on cooked meats or fish, raw vegetables or cheese, cut into thin slices or small pieces. Sandwiches are made with virtually any type of bread, or rolls, spread with plain flavoured butter. Various condiments may complete the filling, including gherkins, herbs and black.

History: Sandwiches are named after John Montagu, 4th Earl of Sandwich in invertebrate gambler who acquired the habit of sending for cold meat between two slices of bread so that he would not have to leave the gambling tables to eat. Although the name is relatively recent dating from the beginning of the 19th century, the concept itself is mousteu the French cheese and ham sandwich fried until crisp and golden. Baked or grilled, filled or topped breads are also sometimes grouped with sandwiches.

RECIPES

Alsatian sandwich

Spread 2 thin slices of rye bread with butter mixed with grated horseradish. Fill with thin slices of poached strasbourg sausage, peeled and cut diagonally. Thin slices of black radishes can be added.

Basil sandwich

Lightly toast 2 slices of bread and spread with butter mixed with chopped fresh basil. Fill with chopped hard boiled (hard-cooked) eggs, sliced black (ripe) olives, and a few strips of sweet red (bell) pepper marinated in oil and well drained.

Club Sandwich

Remove the crusts from 3 large slices of bread. Lightly toast them and spread with mayonnaise. On 2 slices place a lettuce leaf, 2 slices of tomato, some thin slices of skinned cold roast chicken breast and sliced hard-boiled (hard-cooked) egg. Coat with more mayonnaise mixed with a little tomato ketchup or chopped herbs and put one slice on top of the other. Top with the third slice.

SANGLOVESE A quality grape variety that is widely planted in Italy. It is used solely in the production of Brumello di Montaleino and as the base of blends, in Chianti, Vino Nobile di Montepulciano, Umbria's Noginao and Rosso Picero and Rosso Conero from the Marche. The wines produced range from those that are light and suitable for early

drinking to those that are intense, full bodied and with good tannins.

SANGLER A French culinary term meaning to pack crushed ice and cooking salt around a watertight mould placed inside a container. This process was traditionally used with ice-cream chums for freezing and for temporarily preserving bombe mixtures.

SANGRE DE TORO The registered name of one of the red wines of the Torres winery in the Penedes area of northern Spain.

SANGRIA The Spanish version of a cup, a mixed drink based on red or white wine added fruit and mineral water, sometimes with a spirit as well. It is served chilled since red wine is the most usual base, the drink takes its name from sangre. Spanish for blood.

RECIPES

Sangria with brandy

Mix together 1 lemon and 1 orange, both sliced, 1 quartered apple, 5 tablespoons sugar, 1 bottle red wine, 60 ml (2 fl oz, ¼ cup) Spanish brandy, and 750 ml (1 ¼ pints, ¾ cups) carbonated mineral water. A pinch of cinnamon may be added.

Sangria with peaches

Strain a large can of peaches and cut the fruit into pieces. Pour them into a large glass bowl, together with their syrup. Remove the peel and pith from 4 oranges and 2 lemons, slice them and add to the peaches. Pour over 2 litres (3 ½ pints, 9 cups) Spanish or Algerian wine, 1 litre (1 ¾ pints, 4 ½ cups) lemonade and 2 liqueur glasses of Grand Marnier or Cointreau. Mix well and chill for at least 3 hours.

SANTE A thick soup derived from Parmentier soup, with sorrel stewed in butter and springs of chervil added. Nicolas de Bonnefons, however wrote in *Les Defices de la campagne*. Same soup should be good honest soup, full of choice meats and well reduced, without chopped vegetables, mushrooms, spices or other ingredients., it should be simple, since it bears the name saute.

RECIPE

Sante soup

Prepare 1.5 litres (2 ¼ pints, 6 ½ cups) fairly thin potato and leek soup. Cook 4 tablespoons shredded sorrel in butter until soft. Mix together and thicken with 3 egg yolks blended with 100 ml (4 fl. oz. 7 tablespoons) double (heavy) cream. Beat in 50 g (2 oz. ¼ cup) butter, cut into small pieces, and sprinkle with chevil. Serve with thin slices of French bread, dried out in the oven.

SANTENAY AOC Burgundy from the Cote de Beaune, from the southernmost parish in the Cote-d'Or, producing mainly red wines from Pine Noir and some white wines.

SAPODILLA The fruit of a Central American tree cultivated in many tropical countries. It is about the size of a lemon and covered with a tough grey or brown skin. Its reddish yellow flesh, which tastes similar to the apricot is eaten almost overripe.

SARD A sea fish related to the sea bream, found only off the coast of Provence, France. Known as lou sar in Provencal cookery, it may be grilled (broiled) boiled or deep-fried.

RECIPE

Sard with chieve butter

Choose a sard weighing about 800 g (1 ¾ lb) sprinkle with salt and pepper. Grill very rapidly over charcoal or on a preheated serrated griddle until the marks of the grill begin to show, then turn the fish through 90 and repeat so that a crisscross pattern is formed. Carefully fillet the fish and place the fillets in a roasting tin (pan) with 2 tablespoons olive oil and 1 head of garlic previously cooked in its skin, split into cloves and peeled. Bake the fillets in a preheated oven at 230 °C (450 °F, gas 8) for 5 minutes, then dry on paper towels. Alternatively, fillet the raw fish and prepare for the oven in the same way, but increase the cooking time slightly to compensate for not grilling first.

Arrange on a dish and pour over beurre blanc mixed with chopped chives. Place a walnut sized piece of crushed tomato on top. Surround with the garlic cloves and heart shaped croutons spread with tapenade.

SARDE, ALA Term used to describe cuts of meat coated with a sauce made by deglazing the pan juices with a tomato demi-glace, garnished with rice croquettes, and served either with mushrooms and beans cooked in butter, or with pieces of cucumber and stuffed tomatoes.

SARDINE A small fish maximum length 25 cm (10 in) related to the herring, various species of which are found world wide. With a blue green back, and silvery sides and belly, it may take its name from Sardinia, where it was once fished abundantly .The sardine is still fished intensively and is eaten fresh or canned.

Fished in spring and summer, the sardine starts growing in early spring and reaches its maximum size towards the end of summer. These large sardines are fat and full of flavour, and may be known as pilchards . In Europe, distinction is made between the small Italian sardine 13-15 cm (5-6 in) long, which should be deep fried since it is never very oily and dries out easily, the medium sized sardine, 18-20 cm (7-8 in) long with more compact and flavoursome flesh, for grilling (broiling) or frying and the grilled in this own fat and has fine flavour. Fresh sardines can also be prepared as an escabeche or in a bouillabaisse, coated with breadcrumbs and fried, or stuffed and baked they can even be eaten raw, in pates, or marinated.

RECIPES

Baked sardines

Wash and gut (clean) 12 good sardines. Grease an ovenproof dish and sprinkle the bottom with 2 or 3 chopped shallots. Lay the sardines on the dish and pour over a little lemon juice and 60 ml (2 fl oz, ¼ cup) white wine, dot with 25 g (1 oz. 2 tablespoons) butter, cut into small pieces. Bake in a pre heated oven at 220 °C (425 °F, gas 7) for 10-12 minutes until just cooked through. Sprinkle with chopped parsley.

Fried sardines

Scale, wash and gut (clean) the sardines, open out and remove the backbones. Sprinkle the fish with lemon juice and leave to marinate in a cool place for 30 minutes. Wipe dry, coat in breadcrumbs and oil and deep-fry in hot oil at 180 °C (350 °F) for about 3 minutes. Drain the fish, sprinkle with a little lemon juice and serve very hot.

Raw sardines

Lay the sardines on a wicker tray, without removing the scales or gutting (cleaning) them. Put a generous pinch of mixed salt and pepper on each head. Refrigerate for 2 days. Remove the heads and gut the sardines, then skin and serve with toast and slightly slated butter.

Sardine escabeche

Scale, wash and gut (clean) the sardines, remove the heads and wipe thoroughly. Heat in a frying pan enough olive oil to half cover the sardines. Fry the fish, turning them when golden, drain and place in a deep dish. Add to the cooking oil and equal quantity of fresh oil and heat. Add to this mixture one quarter of its volume of vinegar and one eighth of water, some peeled garlic cloves, thyme, rosemary, bay leaves, parsley. Spanish chilli peppers, salt and pepper. Boil for 15 minutes, then remove from the heat and leave to cool. Marinate the sardines in this mixture for at least 24 hours before serving.

SARGUS A fish similar to and related to the sea bream, and prepared and cooked in the same way. It has an oval, squat silvery body, large eyes, a spiny dorsal fin and a black mark on the tail fin. There are species found in the Mediterranean and in the Atlantic, south of the Bay of Biscay.

SARLADAISE, A LA The name given to a method of preparing potatoes in the Perigord region. The thinly sliced potatoes are sauteed in goose fat. When they are cooked, they are sprinkled with chopped parsley and garlic, covered and left to sweat. In restaurants, truffles are often added, but this is incorrect, truffles are, however, an ingredients of sarladaise sauce, a cold emulsified sauce flavoured with brandy, served with grilled (broiled) or roast meat.

RECIPE

Sarladaise sauce

Mash 4 hard-boiled (hard cooked) egg yolks and blend with 2 tablespoons double (heavy) cream. Add 4 tablespoons very finely chopped fresh truffles and beat the sauce with olive oil as for mayonnaise. Add 1 tablespoon lemon juice, salt and pepper, and 1 tablespoon brandy.

SARRASINE, ALA Term for a method of preparing large joints of meat garnished either with small buckwheat pancakes or with rice cassolettes filled with tomato and

green pepper fondue, topped with fried onion rings and served with a fairly thin demi-glace sauce.

SASHIMI A Japanese dish of raw fish, shellfish and molluses. The fish is trimmed, boned and cut with a long thin knife. Precise cutting techniques are used according to requirements and / or type of seafood. For example, slices may be very fine or thick, straight or slanting, strips may be fine or thick, and decorative cuts may be applied. Tuna, bonito, abalone, bass, sole and plaice are cut into thin slices, cuttlefish and shellfish are cut into thin strips. The pieces are arranged attractively on a plate, garnished with ingredients such as shoots of young white radish known as daikon, sliced daikon, seaweed, slices of fresh ginger and slices of lemon. Dipping sauces, such as flavoured soy sauce, and a Japanese horseradish paste, known as wasabi, are typical accompaniments or condiments for the seafood.

SASSER A French culinary term meaning to wrap thin skinned vegetables, such as carrots, new potatoes and Japanese artichokes, in a cloth with a little coarse salt, and to shake them for a few moments. The process cleans the vegetables by friction.

SATAY Also known as sate, this is the name for small kebabs of fish, poultry or meat on short bamboo skewers. The ingredients are marinated before being skewered and cooked over charcoal, then they are served with a dipping sauce. The marinade is usually slightly spicy and sweet, typically with lime and garlic, and the popular accompaniment is a spicy peanut sauce. Found all over South East Asia, particularly as a street food but also served as an appetizer in restaurant, satay is thought to have originated in Indonesia.

SAUCE A hot or cold seasoned liquid either served with, or used in the cooking of, a dish. The word comes from the Latin *salsus* since salt has always been the basic condiment. The function of a sauce is to add to a dish a flavour that is compatible with the ingredients. Talleyrand claimed that England had 3 sauces and 360 religions, while France had 3 religions and 360 sauces. In an editorial of *Cuisine et Vins de France*, Curmoussy declared sauces comprise the honour and glory of French cookery. They have contributed to its superiority, or pre-eminence, which is disputed by none. Sauces are the orchestration and accompaniment of a fine meal, and enable a good chef or cook to demonstrate his talent.

RECIPES

Anchovyade

Peel 3 garlic cloves and scrape them on the prongs of a fork over a plate. Rinse and chop the leaves of 6 sprigs of parsley. Remove the salt from 10 anchovies and fillet them using a small knife. Drain canned anchovy fillets. Add them to the garlic and shred them, using 2 forks. Make the sauce by incorporating 100 ml (4 fl oz, 7 tablespoons) olive oil into the anchovy paste, whisking the mixture. Still whisking, add the chopped parsley and a few

drops of vinegar.

Andalusian sauce (cold)

Add 5 teaspoons very reduced and rich tomato fondue to 75 g (3 oz ½ cup) mayonnaise. Finally, add 75 g (3oz, ½ cup) sweet (bell) peppers, seeded and very finely diced.

Aniseed sauce

Aniseeds are grey-green in colour but when they are old and stale, or have been incorrectly store, they turn brown. Avoid stale aniseeds, especially when making this sauce. Cook 2 lumps of sugar and 3 tablespoons vinegar to a caramel. Add 100 ml (4 ft. oz. 7 tablespoons) white wine and 1 teaspoon aniseeds, bring to the boil and strain. Boil again and reduce by two thirds. Add 300 ml (½ pint, 1 ¼ cups) thickened brown veal stock. Boil quickly again and strain. This sauce is particularly good with roast venison.

Apple sauce

Cook pieces of peeled apples with a small quantity of sugar until they are soft, flavour with a little ground cinnamon or cumin. In northern Europe, this sauce is served with roast pork as well as roast goose and duck.

Barbeque sauce

Mix 500 ml (17 ft oz. 2 cups) tomato sauce with 60 ml (2 ft oz. ¼ cup) olive oil, 2 tablespoons brandy a few drops of Tobasco sauce ½ teaspoon curry powder, 1 tablespoon chopped herbs (chieves, tarragon, parsley and chervil) and 1 tablespoon very finely chopped spring onion (scallion) Mix all the ingredients thoroughly, season with salt and sprinkle generously with pepper. This sauce is served with grilled meat and sausages.

Basic white sauce

Make 100 g (4 oz, ½ cup) pale blond roux using 50 g (2 oz, ¼ cup) butter and 50 g (2 oz. ½ cup) plain (all-purpose) flour. Blend in 1 litre (1 ¾ pints, 4 ½ cups) white stock (chicken or veal) Bring to the boil and cook gently for 1 ½ hours, skimming from time to time.

Bread sauce

(from Careme's recipe) Chop 2 shallots and cut 1 thin slice of lean ham into small pieces. Place in a saucepan with 2-3 tablespoons white veal stock and a little pepper. Simmer and reduce over a low heat. Remove the ham and add 1 ½ tablesspoons very fine dried breadcrubms, a little fresh butter. 2 tablespoons consomme and the juice of 1 lemon. Boil for a few minutes and serve.

Bread sauce a l anchienne

Chop 1 garlic clove. 1 shallot and some parsley. Put into a saucepan with 4 ½ tablespoons white wine. reduce by half, then mix in 2 tablespoons very fine fresh breadcrumbs a little butter, a pinch of pepper, some grated nutmeg, 120 ml (4 ½ ft oz. ½ cup) consomme and 60 ml (2 ft oz. ¼ cup) white veal stock. Reduce by half and add the juice of 1 lemon.

Butter sauce

Put 1 scant tablespoon flour and a little butter into a saucepan over a gentle heat. Blend them together with a wooden spoon, remove from the heat and add 4 ½ tablespoons water or consomme, a little salt, some grated nutmeg and the juice of half a lemon. Stir constantly over a brisk heat, and as soon as it comes to the boil, remove the sauce. Stir in a large piece of butter. The sauce should be velvety and very smooth, with a rich but delicate flavour.

Chateaubriand sauce

Mix 100 ml (4 fl oz. 7 tablespoons) white wine with 1 tablespoon chopped shallots and reduce by two thirds. Then add 150 ml (1 ¼ pint, 2/3 cup) demiglace sauce and reduce by half. Remove from the heat and add 100 g (4 oz ½ cup) fresh butter, 1 tablespoon chopped tarragon, a few drops of lemon juice and a little cayenne pepper. Mix well but do not strain. This sauce is served with grilled (broiled) meat.

Cream sauce

Add 100 ml (4 fl oz. 7 tablespoons) double (heavy) cream to 200 ml (7 fl oz. ¾ cup) bechamel sauce and boil to reduce by one third. Remove from the heat and add 25-50 g (1-2 oz. 2-4 tablespoons) butter and 60-100 ml (2-4 fl oz, ¼ scant ½ cup) double (heavy) cream. Stir well and strain. This sauce is served with vegetables, fish, eggs and poultry.

Dried cherry sauce

Wash 225 g (8 oz. 1 cup) dried cherries. Pound them in a mortar and pulse them in a saucepan with 1 ½ tablespoons icing (confectioner's) sugar, 350 ml (12 fl oz 1 ½ cups) good quality Burgundy wine, 2 tablespoons vinegar, a pinch of ground coriander and a little grated lemon zest. Bring to the boil and simmer for 20-25 minutes. Then stir in 4 tablespoons espagnole sauce and the juice of 1 lemon and mix well. Reduce the sauce, stirring continuously over a brisk heat, and then rub through a sieve. This sauce is served with venison.

English bread and butter sauce

Bring to the boil 1 tablespoon breadcrumbs in 2 large tablespoons consomme, adding 1 small onion cut in half and 1 clove. Add a little salt, grated nutmeg and cayenne pepper. Simmer for 10 minutes, remove the onion and the clove, and mix in 1 tablespoon English butter sauce. Before serving, whisk in a little more butter. This sauce is served with roast game birds.

Fennel sauce

Prepare 250 ml (8 fl oz, 1 cup) English butter sauce and add 1 tablespoon chopped blanched fennel. This sauce is served with boiled or grilled (broiled) fish.

Francois Raffatin sauce

Put 2 egg yolks, 1 tablespoon strong mustard and some salt and pepper in a saucepan. Beat the ingredients and then add 175 ml (6 fl oz. ¾ cup) dry white wine. Cook gently over a low heat, stirring with a wooden spoon, until the sauce thickens. Sprinkle with

chopped chervil. This sauce is usually served with leftover meat.

French sauce

Heat some bechamel sauce in a saucepan. When almost boiling, add a little garlic, a little grated nutmeg and some mushroom ketchup. Immediately before serving bring to the boil, then add some crayfish butter to colour it pink. This sauce is served with fish.

Hachee sauce

Cook 1 tablespoon chopped onion in 15 g (½ oz, 1 tablespoon) butter for about 15 minutes. Then add 1 ½ teaspoons chopped shallots and cook for a further 5-10 minutes. Add 100 ml (4 fl oz 7 tablespoons) vinegar, reduce by three quarters and add 150 ml (¼ pint, 2/3 cup) demi-glace sauce and 100 ml (4 fl oz. 7 tablespoons) fresh tomato puree. Boil for 5 minutes. Just before serving add 1 tablespoon lean chopped ham, 1 tablespoon dry mushroom duxelles, 1 tablespoon chopped capers and gherkins and 1 tablespoon chopped parsley. Do not strain. This sauce is served with slices of cooked meat or a boiled joint.

Musketeer sauce

Prepare 500 ml (17 fl oz 2 cups) mayonnaise and add 2 tablespoons chopped shallots (cooked in white wine until the liquid has completely reduced) and 1 tablespoon dissolved meat glaze. Mix together and season with a little cayenne pepper. This sauce is served with grilled foods.

Mustard sauce with butter

Prepare 200 ml (7 fl oz. ¾ cup) butter sauce or hollandaise sauce. Add 1 tablespoon mustard and strain. This sauce is served with boiled or grilled fish.

Mustard sauce with cream

Mix 1 part Dijon mustard with 2 parts double (heavy) cream. Season with a little lemon juice and some salt and pepper. Whisk thoroughly until the sauce becomes slightly mouse like. This sauce is served with white meat, poultry and fish.

Onion Sauce

Cook 100 g (4 oz ¾ cup) chopped onions in 300 ml (½ pint, 1 ¼ cups) milk seasoned with salt, pepper and nutmeg. As soon as the onions are cooked, strain and use the milk in which the onions were cooked to make a white sauce by stirring it into a roux made with 20 g (¾ oz, 1 ½ tablespoons) butter and 20 g (¾ oz 3 tablespoons) plain flour. Bring to the boil, add the chopped onions and cook gently for 8 minutes.

This typically English sauce is poured over mutton, chicken, braised game or rabbit.

The onions can also be cooked in milk, then the liquid thickened with *beurre manie*, using the above proportions of butter and flour.

Parsley sauce (1)

Prepare a sauce with 25 g (1 oz. 2 tablespoons) roux and 250 ml (8 fl oz, 1 cup) freshly cooked fish stock that is strongly flavoured with parsley. Cook for 8 minutes and strain. Just before serving, add 1 tablespoon chopped blanched parsley and a dash of lemon

juice. This sauce is particularly suitable to serve with salmon and mackerel.

Printantere sauce

Add 50 g (2 oz $\frac{1}{4}$ cup) green butter sauce to 200 ml (7 fl oz, $\frac{3}{4}$ cup) allemande sauce and strain. Serve with soft-boiled (soft-cooked) or poached eggs or poached chicken.

Red wine sauce

Select the fish of your choice and cook it in 150 ml ($\frac{1}{4}$ pint, $\frac{1}{2}$ cup) mirepoix cooked in butter, 500 ml (17 fl oz, 2 cups) red wine, 1 garlic clove and some mushroom skins. Remove the fish, then reduce the liquid by one third. Thicken with *beurre manie*, add a few drops of anchovy essence, season with a pinch of cayenne pepper and strain. This is a suitable sauce for stuffed, hard-boiled or poached eggs and fish.

Saffron rouille

Peel 3 garlic cloves, slit them lengthways and remove the green part. Grind with 1 pinch of coarse salt and add 2 pinches of white pepper, 1 pinch of saffron, 2 pinches of cayenne pepper and 2 egg yolks. Whisk vigorously to obtain a smooth paste. Allow to rest for 5 minutes. Make the sauce by incorporating 250 ml (8 fl. oz 1 cup) olive oil, a little at a time, into this paste.

Sorrel sauce

Cook 2 chopped shallots in 4 $\frac{1}{2}$ tablespoons dry vermouth, then reduce by half. Add 175 ml (6 fl oz, $\frac{3}{4}$ cup) double heavy cream and reduce again until, the sauce is thick and smooth. Add 150 g (5 oz, 2 cups) finely shredded sorrel leaves, season with salt and pepper, boil again briefly and allow to cool. Just before serving, add a few drops of lemon juice. This sauce is especially good with fish.

Vierge sauce

Beat 25 g (4 $\frac{1}{2}$ oz, $\frac{1}{2}$ cup) butter until soft, then beat in 2 tablespoons lemon juice and some salt and pepper. Continue to beat well until the mixture becomes fluffy. This sauce is served with asparagus, leeks and other boiled vegetables.

White wine sauce

Boil 150 ml ($\frac{1}{4}$ pint, $\frac{2}{3}$ cup) fish fumet made with white wine, until reduced by two-thirds. Allow to cool slightly and add 2 raw egg yolks. Whisk over a gentle heat, as for hollandaise sauce. As soon as the yolks thicken to a creamy consistency, whisk in a little at a time, 150 g (5 oz. $\frac{2}{3}$ cup) clarified butter. Season with salt and pepper, add $\frac{1}{2}$ teaspoon lemon juice and some mushroom skins and stalks if wished. Rub through a fine sieve and reheat, but do not boil. This is a suitable sauce to serve with fish.

SAUCEBOAT part of a dinner service used for serving sauce or gravy. Sauceboats are usually oval. In shape with a handle and one or two lips. A spoon or ladle is often used to serve the sauce and the sauceboat may have a matching saucer like base. Some sauceboats, used for the gravy and roast meat, have two lips and a double bottom. The latter enables the fat to be poured off one side, leaving the gravy to be poured from the other lip afterwards. From the Middle Ages until the 18th century, sauceboats were made

of tin or silver.

SAUCEPAN A cylindrical cooking utensil with a handle and usually a lid. The first copper saucepans appeared in the 14th century, but their tin plating was far from perfect and they were little used. However, the long handle made them more manageable than a cooking pot. With the advent of the modern cooker (stove) the use of saucepans became widespread. They are made in many materials aluminium stainless steel, cast iron, enamelled steel, copper, ceramic or flameproof porcelain.

Saucepans are mainly used to heat liquids, to cook food in liquid and to reheat prepared dishes for which a double saucepan is often used. They are frequently sold in sets of three live or more but it is not always sensible to buy saucepan in sets since one or two sizes will probably be little used, and it is often preferable to have at least two of container. A small milk pan is particularly useful. Some pans are ovenproof and may be used as a casserole.

SAUERKRAUT White cabbage that has been finely sliced, dry salted and fermented. Sauerkraut requires some cooking before eating, although less cooking time is needed for commercially available canned and bottled sauerkraut, which is pasteurized and therefore already partly cooked. Sauerkraut is popular in parts of France. Germany Austria, Switzerland, Russia Poland and the Balkans.

RECIPES

Chicken au gratin with sauerkraut

Peel and dice 1 leek (white part) and 2 carrots. Stick an onion with 2 cloves. Tie up in a small piece of muslin (cheesecloth) 1 tablespoon juniper berries, 1 teaspoon peppercorns and 2 peeled garlic cloves. Wash 1.5 kg (3 ¼ lb) raw sauerkraut in plenty of water, then squeeze and disentangle it with your fingers.

Grease a large flameproof casserole with 40 g (1 ½ oz. 3 tablespoons) goose fat and pile half the sauerkraut in it. On top, arrange the vegetables and a large bouquet garni augmented with 1 celery stick and the muslin bag of spices. Cove with the remaining sauerkraut. Over the contents, pour 200 ml (7 ft oz, ¾ cup) dry white wine and 300 ml (½ pint, 1 ¼ cups) chicken stock. Season lightly with salt, cover and bring to the boil. Then transfer to a preheated oven at 190 °C (375 °F, gas 5) and cook for 1 hour.

Season a 1.5 kg (3 ¼ lb) chicken with salt and pepper inside and out and place it in the middle of the sauerkraut. Return to the oven for a further 2 hours. Then take the chicken out, cut it up and bone it. Grease a gratin dish with goose, fat. Press the sauerkraut and pile it in the dish, having removed the bag of spices, the cloves and the bouquet garni. Cover with the chicken, moisten with 300 ml (½ pint 1 ¼ cups) crème fraiche, sprinkle 100 g (4 oz, 1 cup) grated Gruyere cheese on top and brown in a very hot oven.

Sauerkraut a lasacienne

Thoroughly wash 2 kg (4 ½ lb) raw sauerkraut in cold water, then squeeze and disentangle it with your fingers. Peel 2 or 3 carrots and cut into small cubes. Peel 2 large onions and stick a clove in each.

Coat the bottom and sides of a flameproof casserole with goose fat or lard. Pile in half the sauerkraut and add the carrots, onions, 2 peeled garlic cloves, 1 teaspoon ground

pepper 1 tablespoon juniper berries and a bouquet garni. Add the rest of the sauerkraut, a raw knuckle of ham and 1 glass of dry white Alsace wine and top up with water. Season lightly with salt cover and bring to the boil. Then transfer to a preheated oven at 190 °C (375 °F, gas 5) and cook for 1 hour. Add a medium sized smoked shoulder of pork and 575-800 g (1 ¼ -1 ¾ lb) smoked belly (salt pork). Cover bring to the boil on the hob (stove top), then cook in the oven for a further 1 ½ hours.

Meanwhile, peel 1.25 kg (2 ¼ lb) potatoes. After 1 ½ hours, remove the pork belly from the casserole and add the potatoes. Leave to cook for a further 30 minutes. During this time, poach 6-8 Strasbourg sausages in barely simmering water. When the sauerkraut is cooked, remove and discard the bouquet garni and the cloves and return the pork belly for 10 minutes to reheat it. Arrange the sauerkraut in a large dish and garnish with the potatoes, sausages and meat cut into slices.

Sauerkraut au gras for garnish

Follow the recipe above for sauerkraut but replace the water with unskimmed stock and do not add meat. Cook gently for 3 hours, it is served as a garnish for poultry or meat.

SAUPIQUET In French medieval cookery a spiced sauce made with red wine verjuice and onions, which was served with roast lamb or wild fowl. Just before serving it was thickened with toasted bread. In the languedoc and Rouergue regions, saupiquet is a dish of roast have served with a highly seasoned wine sauce containing the animal's liver and blood and sliced onions. The term is used by certain cooks for variations of the dish particularly those made with duck, which have a sauce flavoured with wine and vinegar.

The word saupiquet comes from sau and piquet. It has no connection with Saupiquet, chef of the Baron de La Vieuville, who is thought to have created puff pastry.

RECIPES

Duck saupiquet

Grill (broil) or roast 300 g (11 oz) sliced duck breasts and arrange them in a hot dish. Gently cook 2 small chopped garlic cloves in 2 tablespoons vinegar and 2 tablespoons white wine. Leave to cool, then put through a blender or food processor with 1 ½ tablespoons cream cheese. 100 g (4 oz) duck's liver and 1 tablespoon olive oil flavoured with herbs. Cover the duck with this sauce.

Ham saupiquet

Cut 8 thick slices of boned ham, which has been thoroughly desalted, and fry them in lard over a brisk heat take a roux with 25 g (1oz ¼ cup) plain (all purpose) flour and 25 g (1 oz. ¼ cup) plain (all-purpose) flour and 25 g (1 oz. 2 tablespoon) butter, then add 200 ml (7 ft oz. ¾ cup) ham, chicken or veal stock. Add the ham trimmings, 7 or 8 juniper berries and some chopped tarragon and reduce for 15 minutes. Reduce some wine vinegar seasoned with 10 crushed peppercorns. Pour the sauce over this and simmer for another 15 minutes. Thicken with 200 ml (7 ft. oz. ¾ cup) crème frache, then rub through a very fine sieve. Drain the slices of ham, arrange them on a hot dish and pour the sauce over them.

SAUSAGE Typically, a mixture of minced (ground) seasoned meat, enclosed in a tube-

like casing sausages may be fresh, cured, air-dried, smoked or precooked there are numerous types and many regional variations and specialities. The word sausage is derived from the Latin *salsicia*, from *salsus*, meaning salted. In French terminology, a *saucisse* is usually small and fresh, while a *saucisson* is usually larger and may be fresh or dried.

The sausage casing or skin can be made from a natural material, such as pig's or sheep's intestine, or an artificial casing made of cellulose or a synthetic material.

The term is so widely used that there are many types of sausage outside this typical description. For example, fish, poultry or vegetables may be used as the main ingredients, the sausages may be large and round rather than tube like and the mixture is not always encased in a skin, a flour or egg and breadcrumbs coating being used instead.

RECIPES

Grilled sausages

Use *chipolatas*, *crepinettes* or a piece of Toulouse sausage. Lay the sausages side by side in a grill (broiler) pan. Grill (broil) gently so that they cook right through without the outside burning. Serve with mashed potato or a puree of fresh vegetables or haricot (navy) beans.

Sausage a la languedocienne

Twist 1 kg (2 ¼ lb) Toulouse sausage into a coil and secure with 2 crossed skewers. Heat 3 tablespoons goose fat or lard in a saute pan and place the sausage in it. Add 4 chopped garlic cloves and a bouquet garni, cover the pan and cook for 18 minutes, turning the sausage halfway through. Drain the sausage, remove the skewers, arrange it in a serving dish and keep hot. Deglaze the pan with 2 tablespoons vinegar, then add 300 ml (½ pint, 1 ¼ cups) stock and 100 ml (4 fl. oz. 7 tablespoons) fresh tomato puree. Boil for a few minutes, then add 3 tablespoons pickled capers and 1 tablespoon chopped parsley. Pour this sauce over the sausage and serve with an aubergine gratin or tomatoes stuffed with rice.

Sausage in brioche a la lyonnaise

Select a boiling sausage of pure pork, weighing about 1 kg (2 ¼ lb) and about 30 cm (12 in) long. Boil it for 40 minutes in stock and allow to cool completely.

Dissolve 20 g (¾ oz, 1 ½ cakes) fresh (compressed) yeast in 3 tablespoons water. Mix 500 g (18 oz, 4 ½ cups) strong plain (bread) flour with 1 ½ tablespoon table salt, 20 g (¾ oz 1 ½ tablespoons) caster (superfine) sugar, 5 eggs and the yeast in a food processor. When the dough begins to come away from the sides of the bowl, incorporate 250 g (9 oz. 1 cup) butter. Roll the dough into a ball, place it in a bowl, cover and put in a warm draught free place to rise. When risen, knock back the dough, flatten and knead it four or five times. Then replace it in the bowl, cover and chill until ready to use.

Roll out the dough into a rectangle on a lightly floured surface. It should be a little longer than the sausage. Skin the sausage, dust it lightly with flour and roll it up in the dough. Fold the ends over and seal the edges firmly together. Place it in a long narrow terrine dish and leave it to rise. When the brioche fills the mould, glaze it with egg and bake in a preheated oven at 200-220 °C (400-425 °F, gas 6-7) for 25-30 minutes. Turn it out of the mould and serve hot, with a chicory (endive) salad, if desired.

Sausages with cabbage

Braise some green or white cabbage. At the same time, grill (broil) some Toulouse sausages. Place the cabbage in a heated serving dish and arrange the sausages on top.

Alternatively, the sausages can be braised in white wine and the cooking juices poured over the cabbage.

SAUSAGE ROLLS Traditional British pastry made by enclosing long thin rolls of sausage meat in thinly rolled puff (or flaky) pastry. The long rolls are cut into lengths (bite-size or longer) glazed with egg and baked. Cooked chopped onions may be added to the sausage meat and the pastry may be brushed with mustard before the sausage meat is placed on it. Served hot, warm or cold as a snack, finger buffet fare or picnic food.

SAUSSELI A small puff pastry in Russian cookery, related to the French darioles, sausselis, which are served as a first course or canape, have various fillings, but the traditional filling is a mixture of cabbage braised in lard, onions and chopped hard boiled.

SAUTE To cook meat, fish or vegetables in fat until brown, using a frying pan, a saute pan or even a heavy saucepan. Small items are cooked uncovered, but slightly thicker pieces sometimes need to be covered after browning, to complete the cooking. The process sometimes consists of frying food while vigorously shaking the pan, which prevents it from sticking and ensures it is cooked on all sides. A sauce or gravy may be made by deglazing the cooking pan.

Sauteed potatoes are made with slices of raw or cooked potato, fried in butter or oil until golden. They are usually flavored with parsley or garlic, or mixed with truffles or sweated sliced onions.

Sautés of meat or fish are dishes in which the meat is cut into uniform pieces, sauteed over a brisk heat, and then moistened and covered until the cooking is complete. The cooking liquid is reduced, thickened and sometimes strained to form the sauce. A garnish may be added during cooking.

RECIPES

Minute saute of lamb

Cut 800 g (1 $\frac{3}{4}$ lb) shoulder of lamb into small pieces and saute in butter or oil over a brisk heat for 8 minutes. Season with salt and pepper. When the meat is well browned, add the juice of half a lemon, turn into a hot dish and sprinkle with chopped parsley.

Minute saute of veal

Using veal instead of lamb, proceed as for minute saute of lamb, but cook the veal for about 15 minutes. When serving, keep the meat hot in a serving dish and deglaze the pan with 175 ml (6 fl oz. $\frac{3}{4}$ cup) white wine. Reduce, add the juice of half a lemon and whisk in 25 g (1 oz. 2 tablespoons) butter. Pour the sauce over the meat and sprinkle with chopped parsley.

Saute of lamb or veal chasseur

Cut 800 g (1 ¾ lb) shoulder of lamb or veal into 50 g (2 oz) pieces and brown in a mixture of 20 g (¾ oz. 1 ½ tablespoons) butter and 2 tablespoons oil. Add 2 peeled chopped shallots, some stock 200 ml (7ft oz. ¾ cup) for lamb, 300 ml (½ pint, 1 ¼ cups) for veal- and 2 tablespoons tomato sauce. You could also add 175 ml (6 ft oz. ¾ cup) dry white wine to the stock if liked. Season with salt and pepper, add a bouquet garni, cover, then leave to simmer for 50 minutes (lamb) or 1 ¼ hours (veal) When the meat is cooked, add 250 g (9 oz. 3 cups) sliced mushrooms fried in oil. Heat all the ingredients through, put into a serving dish and sprinkle with chopped herbs.

Saute of veal clamart

Cut 1 kg (2 ¼ lb) shoulder of veal into uniform pieces. Season with salt and pepper and brown in heavy based saucepan with 25 g (1 oz. 2 tablespoons) butter or 3 tablespoons oil. Drain the meat, pour the fat out of the pan, deglaze the pan with 175 ml (6 ft oz, ¾ cup) white wine, then replace the meat and add 300 ml (½ cups) stock. Bring to the boil over a brisk heat, then reduce, cover and leave to cook for about 1 hour. Add 1 kg (2 ¼ lb, 7 cups) shelled peas and 12 baby (pearl) onions. Bring back to the boil and continue cooking for another 30 minutes. Adjust the seasoning pour into a hot dish and sprinkle with chopped parsley.

Saute of veal with red wine

Cut 1 kg (2 ¼ lb) shoulder of veal into 50 g (2 oz) pieces and brown in 25 g (1 oz, 2 tablespoons) butter. Add 1 large sliced onion and season with salt and pepepr. Then add 300 ml (½ pint, 1 ¼ cups) red wine, 150 ml (¼ pint, 2/3 cup) stock, 1 bouquet garni and 1 crushed garlic clove. Cover and leave to cook gently for 1 ¼ -1 ½ hours. In the meantime, glaze 20 baby (pear) onions until brown and fry 150 g (5 oz. 1 ¾ cups) sliced mushrooms in butter. Drain the pieces of meat, strain the sauce and thicken it with 1 tablespoon beurre manie. Return the meat to the saute pan and add the onions, mushrooms and sauce. Reheat gently for 10-15 minutes.

Veal saute a la portugaise

Cut 1 kg (2 ¼ lb) shoulder of veal into 50 g (2 oz) pieces. Season them with salt and pepper and brown them in 3-4 tablespoons olive oil. Add 1 very large chopped onion and 1 crushed garlic clove. Deglaze the frying pan with 175 ml (6 ft oz. ¾ cup) white wine, then add 300 ml (7 ft oz, ¾ cup) tomato sauce. Add 1 bouquet garni and leave to simmer for about 1 ¾ hours. Drain the meat. Strain the sauce and reduce it by half. Return the meat to the saute pan and add 8 tomatoes, which have been peeled, seeded and fried in oil, 1 tablespoon chopped parsley and the reduced sauce. Cover and leave to simmer for another 20 minutes. Arrange in a hot dish.

SAUTE PAN A round shallow pan with straight or slightly flared sides and a handle. It is used to fry meat, fish and vegetables, often cut into pieces. The sides are slightly higher than the sides of a frying pan and enable the ingredients to be stirred easily, in order to coat them with fat and ensure that they cook evenly, especially when cut up into small dice or chopped and seasoned with herbs.

To make sautes in the correct sense of the word a type of saute pan called a sautoir or

plat a sauter is preferred. It is a shallow pan with vertical sides, handle and a lid. Made of aluminium, cast iron, stainless steel or tinned copper, it is used to make sautes of meat, poultry or fish. The pan is covered in order to finish the cooking, sometimes in the oven.

SAUTERNES A famous white wine from the Bordeaux region of France, south of the city of Bordeaux, on the left bank of the River Garonne. On account of its location, the grapes can be affected in some years by noble rot. This acts on the ripe and eventually overripe fruit and concentrates the juice in each grape. Because of the variation in the rate of ripening and the formation of noble rot, the grapes can seldom be picked a bunch at a time, but rather must be picked in small clusters or sometimes even grape by grape, the harvesters needing to work through each vineyard several times. The resulting wine is rich, very fragrant and luscious.

The most famous Sauternes of all is undoubtedly Chateau d Yquem, but there are a number of other estates making excellent Sauternes. These wines should all be drunk chilled, although they are usually served at the end of a meal with dessert or fruit, some enthusiasts recommended serving Sauternes with melon and also with foie gras earlier in the meal, or with Roquefort blue cheese.

SAUVIGNON BLANC White grape variety widely grown in Bordeaux, the Loire Valley, Italy, New Zealand, Chile, Australia, South Africa, California, Portugal, Spain and Hungary. It has small bunches of golden yellow grapes, and flavours of gooseberries, green peppers, grass and tropical fruits.

SAVARIN A large ring shaped gateau made of baba dough without raisins. After cooking, it is soaked with rum-flavoured syrup and filled with confectioner's custard or Chantilly cream and fresh or crystallized fruit. The savarin was created by the Julien brothers, famous Parisian pastrycooks during the Second Empire. It was named after Brillant Savarin, who gave Auguste Julien the secret of making the syrup for soaking the cake. Small individual savarins can also be made.

Savarin moulds can also be used for other mixtures, both sweet and savoury, such as hot or cold rice mixtures, meat, fish or vegetable loaves, or mousses, jellies and cakes.

RECIPES

Preparing savarin batter in a food processor or mixer

Instead of making savarin batter by hand- armaching task involving a cross between first kneading and then beating a heavy batter using the palm of the hand a suitable food processor or mixer can be used. Follow the manufacturer's instructions for the choice of attachments and maximum quantities that can be mixed in the machine. This method is also suitable for dried fast action, easy blend types of yeast.

Put 1 teaspoon vanilla essence (extract) 25 g (1 oz. 1 tablespoon) acacia honey, 25 g (1 oz. 2 cakes) crumbled fresh (compressed) yeast, 1 ½ teaspoons salt, finely grated rind (zest) of ½ lemon and 3 eggs in the bowl of a food processor or mixer, fitted with a kneading attachment. Mix well, then add 250 g (9 oz. 2 ¼ cups) strong plain (bread) flour and mix or process until the mixture comes away from the sides of the bowl. Add another 3 beaten eggs and continue in the same way. Then add a further 2 beaten eggs and continue mixing for 10 minutes, before gradually adding 100 g (4 oz. ½ cup) butter,

at room temperature and cut into small pieces, without stopping the machine. When the dough is very light, smooth and elastic, allow to rise at room temperature for 30 minutes.

Savarin with red fruit sauce and whipped cream

Make savarin as above and leave it to cool. Prepare a syrup by boiling 500 ml (17 fl oz. 2 cups) water with 250 g (9 oz. 1 cup) sugar and a vanilla pod (bean) Put the savarin in a deep dish and pour the hot syrup over it. Leave to cool and sprinkle with 150 ml (1/4 pint, 2/3 cup) rum. Crush 250 g (9 oz. 2 cups) raspberries, then sieve. Mix the raspberry puree with 150 ml (8 fl oz, 1 cup) well reduced cherry juice and add the juice of half a lemon. Whip 200 ml (7 fl oz. 3/4 cup) double (heavy) cream with 2 1/2 tablespoons very cold milk and 2 teaspoons vanilla sugar. Fill the centre of the savarin with the cream and put over the cherry and raspberry sauce. Serve well chill.

SAVENNIERES An AOC of the Anjou region in the Loire valley. All white, these wines are made from the Chenin Blanc, have considerable elegance and charm, and can live long in bottle. Two subappellations are Savennieres La Roche aux Moines and Savennieres-Coulee de Serrant.

SAVIGNY-LES-BEAUNE AOC mainly red and some white wine from the Cote de Beaune. They can be charming wines, although they are not particularly suited to long ageing.

SAVORY An aromatic herb, originating from southern Europe, with a scent resembling mint and thyme. Its name is derived from the Latin *satureia* a reference to the aphrodisiac qualities once attributed to it. There are two species. The annual summer savory, with silver green leaves, is the species usually used in cooking. The perennial winter savory, with narrower stiffer leaves, is used mostly for flavoring soft goat's or ewe's milk cheeses and certain marinades in Provence, it has the nickname of *poire d'ane*. Dried or fresh savory is the most popular herb for flavour. Provençal salads, grilled veal, roast lamb and loin of pork. When dried it is used to flavour peas, ragouts, soups, forcemeats and pates.

SAVOURY A small savoury item, English in origin, which was served at the end of the meal, after or sometimes instead of the dessert in late Victorian and Edwardian times. The range of saouries included Welsh rarebit, angles on horseback, cheese straws, cheese soufflé, filled tartlets, poached eggs, various devilled items and hot or cold canapes.

RECIPE

Savoy sponge cake

Beat 500 g (18 oz, 2 1/4 cups) caster (superfine) sugar, 1 tablespoon vanilla-flavoured sugar and 14 egg yolks until the mixture is pale and thick. Add 175 g (6 oz, 1 1/2 cups) potato flour or cornflour (cornstarch) Finally, fold in 14 egg whites stiffly, whisked with a pinch of salt until they stand in peaks. Pour the mixture into Savoy cake tins (pans), which have been buttered and dusted with potato flour, filling them only two thirds full. Bake in a preheated oven at 180°C (350°F, gas 4) for about 40 minutes.

SCALLOP A bivalve mollusc, which moves by successively opening and closing its shell. In general, one side of a scallop's shell is flat and the other is rounded both are marked with fan shaped deep grooves and ridges. The hinge is framed by triangular lugs.

Fresh scallops may be sold live in their shells or already cleaned and shelled, they are also available frozen or canned. Scallops comprise firm white flesh, which is the muscle that holds the shells together and which is a great delicacy and the orange or pale red coral, or roe. The parts are eaten in Europe, but not in North America.

Scallops are generally eaten cooked, but require very little cooking or they will quickly toughen. They can be baked, grilled or sautéed, cooked à la méricaine with champagne or au gratin and served in the shell, hurried, poached with various sauces, cooked on skewers or eaten cold with a salad.

RECIPES

Scallop brochettes

Marinate the flesh and corals of 12 good scallops in a mixture of olive oil, garlic and chopped parsley, with a little lemon juice, salt and pepper. Leave for 1 hour, turning the ingredients at least once during this time. Clean 12 small mushrooms. Remove the seeds from a large sweet (bell) pepper and cut into squares. Cut 200 g (7 oz) smoked brisket into small pieces. Thread all these ingredients on 4 skewers, always placing piece of meat on either side of the scallops flesh and its coral. Dip into the marinade and grill (broil) for 15-18 minutes under a moderate heat.

Scallops Mornay

Poach the white flesh of the scallops with the corals. Fill the rounded halves of the shells with Mornay sauce. Slice the poached flesh and place the slices, with the corals, in the shells. Cover with more Mornay sauce. Sprinkle with grated cheese, baste with melted butter and brown in a preheated oven at about 240°C (475°F, F gas 9).

Steamed scallops

Place the flesh of some scallops and their corals into the basket of a steamer. Slice the flesh if the pieces are very large. Pour a well spiced court bouillon into the lower part and steam for 2-3 minutes. Finely sliced vegetables, such as the white part of a leek, fennel or celery, may be placed in the basket and steamed for about 10 minutes, before adding the scallops. Alternatively, the scallops and corals may be put into a dish with a lid, seasoned with salt and pepper and cooked in the oven in their own juice.

SCALLOP SHELL A preparation consisting of a salpicon, puree or ragout, thickened and covered with an appropriate garnish, and presented in a scallop shell called a coquille, or in a receptacle of the same shape made of metal, tempered glass or heat RESISTANT PORCELAIN. Scallop shells are normally cooked au gratin or with a savoury glaze, and served hot as a light first course. They can also be served cold. A number of preparations can be served in a scallop shell, including brill with shrimps, crayfish tails or skate livers au beurre blanc, devilled oysters, soft roes with spinach, riande de dessert with a tomato sauce, minced chicken, mussels, lambs, sweetbreads and fish pieces with a Mornay sauce.

RECIPES

Scallops shells of fish a la Mornay

Mix some cooked fish allow about 450 g (1 lb) for 4 people with 300 ml (½ pint, 1 ¼ cups) Mornay sauce and some chopped parsley. Season to taste. Fill the scallop shells with this mixture. Sprinkle with grated Gruyere cheese, add a few knobs of butter and brown in a preheated oven at 240°C (475°F, gas 9).

Scallop shells of fish a la provencale

Mix 400 g (14 oz) cooked fish with 400 ml (14 fl oz., 1 ¾ cups) well- seasoned Provençal sauce to which 1 tablespoon capers has been added. Distribute the mixture evenly among the scallop shells and sprinkle with some grated cheese according to taste. Baste each scallop shell with ½ teaspoon olive oil and heat in the oven.

Scallop shells of shrimps

Shell some mussels, which have been cooked a la mariniere, and strain the juice. Wash and thinly slice 250 g (9 oz, 3 cups) mushroom, then saute briskly in butter with 1 chopped shallot. Prepare a bechamel sauce, add the juice from the mussels and season. Mix all these ingredients, adding 150 g (5 oz, ¾ cup) peeled (shelled) shrimps. Butter 4 scallop shells and distribute the mixture evenly. Sprinkle with fresh breadcrumbs and a little grated parmesan cheese, baste with melted butter and brown in a preheated oven at 240°C (475°F, gas 9).

SCAMORZE An Italian cheese (44% fat content), originally made from buffalo's milk in the centre of the peninsula, but now made from cow's and sometimes goat's milk throughout Italy. A pressed cheese with a natural crust, it is white or cream in colour with a nutty flavour. This cheese is related to Cacio cavallo, but it is not matured as long. It is moulded into the shape of a narrow gourd with four little ears at the top for handling. It is often eaten fresh and can be used in cookery like mozzarella.

SCAMPI Italian name widely used for a shellfish that bears a number of other names, for example Dublin Bay prawn or Norway lobster. Scampi is usually applied to the tails only, while the French word langoustine is used for the shellfish when sold whole. Scampi can be cooked in the oven, fried or sauteed with garlic, grilled on skewers, rolled up in small slices of ham, made into a ragout with other seafoods, or boiled and served cold with lemon vinaigrette. Scampi fritte is the best known preparation.

SCAPPI, BARTOLOMEO Italian chef of the mid-16th century, who served several popes, in particular Pope Pius V. Informed by many journeys, Scappi edited an enormous culinary treatise on cooking, which was published in Venice in 1570, entitled Opera (Works) and consists of six books, illustrated with fine engraved plates. The first is devoted to general instruction on cooking, the fourth contains a list of 113 menus, created by him for official banquets, and the other two describe various different ingredients and dishes.

SCOOP OUT To remove the pulp from a fresh fruit or a raw vegetable before using it in a particular recipe. The cavity is usually stuffed with a filling consisting of the pulp

mixed with other ingredients.

When preparing melon balls, the seeds are removed from the melon halves and then the flesh is scooped out with a melon baller, the melon balls can then be macerated in wine, replaced in the hollowed out rinds and served chilled.

In the preparation of fruit sorbets served in their skins (lemon, orange, tangerine or pineapple) the principle is the same, the sorbet is made with the fruit pulp and when the shell has been refilled, it is served chilled.

Apples can be hollowed out with an apple corer, before baking them in their skins or slicing them into rings for fritters.

SCORING Making a shallow incision, using a small knife or cutter in the skin of a fruit, vegetable or nut. Scoring an apple around its circumference prevents it from bursting during baking, while scoring chest nuts make them easier to peel.

For a vol-au-vent, the lid is marked by scoring the pastry with a pastry cutter or small knife before cooking.

Designs can be scored with the point of a knife or the prongs of a fork on top of a cake, pie or biscuit that has been brushed with beaten egg and is ready to bake. A puff-pastry galette is usually scored with diamond shapes, pitbiviers with a rose pattern, and sables, croquets and almond biscuits with criss-cross or parallel lines.

SCORPION FISH A fish found in warm temperate waters worldwide. In the Mediterranean it is often known by its French name, rascasse, It has a thick body and an enormous spiny head, marked with a transverse ridge and with loose skin hanging above and in front of the eyes. The dorsal fin is dotted with large spines. The small so-called brown scorpion fish is 30 cm (12 cm long and grey with a pink belly, scarce and expensive, it is much sought after and cooked like sea bream. The red scorpion fish is 50 cm (20 in) long and a pinkish bronze colour, it is much more common and has rather tasteless and tough flesh. It is an essential ingredient of fish soups, and bouillabaise. Species found in Australia include red rock cod and red scorpion cod.

SCOTCH BROTH A Scottish soup, also known as barley broth. The ingredients are neck of shoulder of mutton, barley and various vegetables, including carrots, turnips, onions, leeks, celery, and sometimes green peas and cabbage. It is served sprinkled with parsley. Sometimes the broth is served first, followed by the meat with caper sauce.

SCOTCH EGG A traditional British snack or picnic food, thought to have originated in Scotland. This consists of a hard-boiled egg covered in an even layer of sausagemeat, coated in egg and breadcrumbs and deep fried. When cold, the Scotch egg is cut in half before serving. Originally, the sausagemeat was hand chopped and the Scotch egg was served hot as well as cold. When homemade, with excellent sausagemeat, the combination is a very successful one and ideal picnic fare.

SCOVILLE SCALE A scale by which to compare the pungency of chillies (chili peppers) Developed in 1912, the scale applies units of heat according to the amount of capsaicin present in the fresh chillies.

SEA BREAM A broad category of marine fish, with gold or silvery scales, generally narrow bodied and oval in silhouette. The ancient Greeks and Romans liked it cooked with seasoned sauces and accompanied with fruits. There are many different species worldwide.

Buying and cooking. Fresh sea bream are sold whole, usually gutted, the scales are numerous, wide and sticky and are preferably removed by the fish monger. The percentage of waste is very high so allow 300 g (11 oz) per son. Deep frozen fillets of sea bream are also available. The backbone come away easily, even when raw, and the fish is often cooked stuffed.

RECIPES

Braised gilthead bream with apples

Remove the scales from a gilthead bream weighing about 800 g (1 ¾ lb) clean it through the gills and wipe it. Retain the liver. Peel and chop 3 shallots, 1 small fennel bulb and 1 onion. Peel and crush 2 garlic cloves. Remove the zest from 1 lime and blanch, cool and dry it. Arrange a bed of fresh fennel sprigs in a long flameproof casserole. Add the shallots, fennel, onion, garlic, lime rind and some parsley stalks, moisten with 250 ml (8 ft. oz, 1 cup) fish fumet 1 tablespoon olive oil and 2 tablespoons white rum. Bring to the boil.

Place the bream on this bed, make 3 slits in the uppermost surface and insert lemon or orange slices and diced streaky (slab) salted bacon. Coat with olive oil and sprinkle with pepper and salt. Around it arrange the liver, cut into quarters, and 2 apples, also cut into quarters. Cover with foil and cook in a preheated oven at 180°C (350°F, gas 4) for 20-30 minutes. Arrange on a serving dish. Strain the reduced cooking juices, adjust the seasoning and serve separately in a sauceboat.

Fillets of sea bream with vegetable julienne

Fillet a sea bream weighing about 1.7 kg (3 ¾ lb) Prepare a julienne of vegetables comprising the white parts of 2 leeks, 4 sliced celery sticks, ½ fennel bulb and 2 young turnips. Arrange it in a buttered gratin dish. Season the fillets with salt and pepper, fold them in half and place them in the dish. Add some crème fraiche and a little lemon juice and cook in a preheated oven at about 220 °C (425°F, gas 7) for about 30 minutes, covering the dish with a sheet of foil.

Gilthead bream with lemon in oil

Remove the scales from 1 large gilthead bream, clean it and make small cuts in its back. Oil a gratin dish and line it with 8 slices of lemon preserved in oil. Place the sea bream on top and season with salt and pepper. Add 1 small handful of coriander seeds. Garnish with 6 slices of lemon preserved in oil. Pour over 2 tablespoons lemon juice and a few spoonfuls of olive oil. Cook in a preheated oven at 230°C (450°F, gas 8) for 30 minutes basting several times.

SEA CUCUMBER Known as beche de mer or less appealingly as a sea slug, there are many types this sea creature, but only a few are valued as food. The edible types belong mainly to the Holothuroidea species. They resemble short cucumbers in shape and there are different types, varying in length, thickness and colour.

Sea cucumber is popular in South-East Asia and China, it is exported from Australia to the Oriental countries. It is extensively processed, by gutting, blanching, drying and sometimes smoking. The dried sea cucumber is soaked before being cooked.

SEAFOOD A collective term for shellfish and other small edible marine animals (fruits de mer in French) such as spider crabs, mussels, shrimps, winkles, clams, sea urchins, oysters and langoustines. Seafood is often served as an hors d'oeuvre, perhaps on a bed of crushed ice and fresh, clean seaweed and accompanied by butter and rye bread. It is also an ingredient of omelettes, risotto vol-au-vent, pasta dishes and many more.

RECIPES

Seafood bouchees

Prepare and cook some savoury bouchee cases. Prepare a seafood ragout. Warm the bouchee cases in the oven fill with the hot seafood ragout, cover with the bouchee tops and serve immediately.

Seafood ragout

Peel and chop 2 shallots and 1 large onion. Clean 800 g (1 ¾ lb) mussels and 12 langoustines. Scald and peel 5 or 6 tomatoes, remove the seeds and crush the pulp.

Place the mussels in a pan with 200 ml (7 fl oz, ¾ cup) dry white wine, 1 bouquet garni and half the chopped shallots and onion. Season with pepper. Cover the pan and cook until the shells just open, then remove the mussels and strain the cooking liquid through fine muslin (cheesecloth).

Place the flesh of 15 scallops and the strained mussel liquid in a saucepan, cover and poach very gently for 5 minutes. Remove the scallops from the liquid. Remove the mussels from their shells.

Saute the langoustine in oil in a flameproof casserole. When they have turned red, add some pepper and the remaining chopped shallots and onion, cook until golden. Add a liqueur glass of warm brandy and flame. Add the crushed tomatoes and the cooking liquid used for the mussels and scallops, cover cook very gently for 5-6 minutes, then remove and drain the langoustines. Continue cooking the tomatoes for about 10 minutes.

Meanwhile, shell the langoustine tails, crush the shells and add them to the casserole to flavour the mixture. Cut the langoustine tails into chunks and slice the scallop flesh. Heat 50 g (2 oz. ¼ cup) butter in a saute pan until it forms, then add the langoustines, scallops, mussels and 100 g (4 oz) peeled prawn (shelled shrimps) Press the tomato sauce through a fine sieve., add 200 ml (7 fl oz, ¾ cup) double (heavy) cream, adjust the seasoning and reduce until the mixture just starts to thicken. Pour over the seafood.

Seafood risotto

Clean and cook 2 litres (3 ½ pints, 2 quarts) mussels and 1 litre (1 ¾ pint 4 ½ cups) cockles or clams separately in white wine seasoned with spices and herbs. Drain the shellfish and remove from their shells. Put them in a casserole with 200 g (7 oz) peeled prawn (shelled shrimp) tails and 4 shelled scallops, previously poached in white wine and sliced. Prepare 400 ml (14 fl oz, 1 ¾ cups) fish veloute sauce, using a white roux and the combined cooking liquids. Cook this sauce for 25 minutes, or until very smooth, add 6 tablespoons double (heavy) cream and reduce. Then mix in 40 g (1 ½ oz, 3 tablespoons)

butter and press through a sieve. Pour the sauce over the shellfish and keep hot without boiling. Meanwhile, prepare a risotto a la piemontaise and arrange it to form a large border in deep dish. Pour the seafood mixture into the centre.

SEAKALE. A European plant that grows wild in coastal districts, but can be cultivated elsewhere. Seakale has broad, fleshy, pale coloured leaf stalks, topped with tiny green leaves. It may be treated like asparagus boiled or steamed and served with a seasoned sauce or melted butter, or blanched and braised, or sauteed with garlic, or eaten cold with a vinaigrette dressing.

SEAL Loup marin is the name given on the east coast of Canada to the seal, a sea mammal of the Phocidae family which was once regularly hunted. Recent attempts have been made to commercialize it, but success has been limited. The seal's extremely nutritious flesh must first be removed from its fat, which has an extremely strong taste. It is floured and seared then simmered for a long time in a casserole. The fins make a choice dish when braised.

SEASONING The addition of various ingredients (salt, pepper, spices, condiments, aromatics, oil and vinegar) in variable quantities to a culinary preparation, either to give it a particular taste or to increase its palatability without changing the nature of the foods it contains. Seasoning is a delicate art that requires a precise knowledge of basic substances to bring out the best in the different flavours by blending them.

SEA SQUIRT A small, marine, invertebrate animal whose body is surrounded by a tunie, or sac-like membrane. The edible variety resembles a large purple-brown fig. Hence its French nickname, figure de mer. It has two orifices through which it siphons water in and out, and attaches itself to rocks or the seabed. Found in the Mediterranean, it is split in half and the yellow part inside eaten raw, like the sea urchin.

SEA URCHIN A spiny, marine invertebrate comprising a spherical shell made of chalky platelets, which bears mobile spines. The shell encloses the digestive system, the locomotory system and the five yellow or orange genital glands. The latter form the edible portion.

There are numerous species of sea urchins world, wide, ranging in diameter from 2.5 cm. Sea urchin is a popular delicacy in countries around the Mediterranean and in Japan.

RECIPES

Langoustines in sea urchin shells

Dip 4 large tomatoes in boiling water for 2 minutes, peel, halve and seed them, then dice them finely. Heat 25 g (1 oz, 2 tablespoons) butter in saucepan and gently cook 2 small finely chopped shallots. Add the diced tomato, salt and pepper, cook for 15 minutes, then set the pan aside.

Open 12 sea urchins and extract the edible part, strain the liquid and put it aside. Thoroughly clean the empty shells and set aside. Cut 12 langoustines in half, cook them in a little oil over a very high heat for 2 minutes, then shell them.

Put the sea urchin liquid and 2 tablespoons Cognac into saucepan with 100 ml (4 fl oz,

7 tablespoons) dry white wine and 2 small chopped shallots, reduce by half. Add the tomatoes and reduce again for 2 minutes. Add 4 tablespoons double (heavy) cream, reduce again for 2-3 minutes, then whisk in 65 g (2 ½ oz, 5 tablespoons) butter. Heat the langoustines and the sea urchin corals through, without letting them boil.

To serve, heat the reserved sea urchin shells in the oven for a minute or two. Fill each with 1 tablespoon very hot sauce, langoustine and coral. Arrange on hot plates. Sprinkle with chervil leaves.

Oursinade sauce

Melt 100 g (4 oz, ½ cup) butter in a heavy-based saucepan and add 6 egg yolks. Mix together and moisten with 2 or 3 glasses of the poaching liquid from the fish that the sauce is to cover. Beat until the mixture forms a smooth cream. Put into a bain marie, add the corals from 12 sea urchins and beat again until they are well blended.

Sea urchin omelette

Lightly beat 12 eggs in a bowl, add a little pepper, then the juice of ½ lemon, and beat again. Add the corals from 12 sea urchins and mix them into the eggs. Heat a few drops of olive oil in a frying pan and cook the omelette. Serve it set, or slightly runny, with lemon juice.

Sea urchin puree

Open the sea urchins, take out the corals and press them through a sieve. Add an equal quantity of very reduced béchamel sauce. Heat the mixture while stirring and then beat in 25 g butter.

This puree can be used to fill puff-pastry cases or tartlets. It can also be spread on slices of fried bread and then sprinkled with grated cheese and browned under the grill (broiler) or in the oven.

SEAWEED Various marine plants, much used in Japanese cookery in particular. Most seaweeds form a single botanical group and are arranged in four large families: brown, red, blue that are entirely of a marine environment and green. (originating from land-based plants.) Various seashore plants such as glasswort, whose habitat is the shoreline, are sometimes associated with seaweeds.

Seaweeds may be eaten fresh or used in a processed form: dried, compressed into sheets or powdered, for use as a seasoning.

SECHE Small crumbly cake made in the French-speaking part of Switzerland from puff pastry, decorated with lardons, cumin or even sugar.

SUDUM A fleshy plant that grows in dry, sunny sites in parts of Europe, two common species being the wall pepper and the white stonecrop. The plants used to be eaten as vegetables and were recommended in particular by Olivier de Serres in the 17th century. Sedum leaves may be eaten raw in salads, or cooked with other leafy vegetables, or the leaves may be dried and ground to a powder for use as a seasoning.

SEELAC The French name for the black pollack when it has been salted, smoked and

marinated in oil. The name appears to come from the German and lachs.

SELLES-SUR-CHER An AOP goat's milk cheese from the Loire Valley, it is natured after the village of Selles sur Cher near to Ordeans, Produced in small 17-9 cm (3-3 ½ in) diameter discs, the cheese is always coated in ash. The white interior is firm, yet moist, with a sweet nutty flavour which sharpens as it matures.

SEILTZER WATER A naturally sparkling mineral water or water that is charged with a carbon dioxide gas under pressure. The name Seltzer is a corruption of Niederselters, a village in west Germany in the taunus, whose mineral springs have been famous since the 18th century. Seltzer water is an ingredient in the preparation of many cocktails.

SEMILLON White grape variety from Bordeaux. Originally from the region of Sauternes, it is the main grape used in all the great AOC wines of the Gironde, Dordogne and Lot-et Garonne. It is also widely grown in Australia, Chile, Argentina, California and South Africa. Semillon has medium sized, compact bunches of grapes, juicy with a slightly musky flavour.

SEMOLINA A food obtained by coarsely grinding a cereal, mainly hard (durum) wheat, into granules. White semolina is ground from rice, semolina for polenta from maize, and semolina for kasha from buckwheat. Yellow semolina is made from wheat and coloured with saffron, it resembles cornmeal in appearance.

The grains are first moistened, then ground, dried and sieved. Both light and nourishing, semolina is used to make pasta and to prepare soups, garnishes and dishes such as couscous, tabouleh, gnocchi, puddings, rings, cakes, custards and souffles.

High grade semolina is made by grinding the wheat kernel, whereas ordinary semolina contains more of the peripheral part of the grain. Fine semolinas are generally used to make pasta, whereas medium and coarse semolinas are used in soups and desserts. Very fine semolinas are used in baby foods.

RECIPES

Baked semolina pudding

Bring to the boil in a flameproof casserole 1 litre (1 ¾ pints, 4 ½ cups) milk containing 150 g (5 oz, 2/3 cup) caster (superfine) sugar, a pinch of salt and a vanilla pod (bean) split in half. Mix in 250 g (9 oz, 1 ½ cups) semolina and 75- 100g (3 –4 oz, 6-8 tablespoons) butter, then cover the pan and cook in a preheated oven at 200 °C (400 °F, gas 6) for 25-30 minutes.

Semolina subrics

Make a baked semolina pudding as above, remove from the oven and mix in 6 egg yolks. Leave to cool a little, then spread it in a layer 2 cm (¾ in) thick over a buttered baking sheet. Brush the surface with melted butter to prevent a crust forming and leave to cool completely. Cut out rounds using a 6 cm (2 ½ in) pastry (cookie) cutter and brown them in a frying pan in clarified butter. Arrange them in a ring in a round dish and fill the centre with redcurrant jelly or with another red jelly or jam (preserve).

SENDERENS, ALAIN French chef (born 1939), A native of south western France, he went to Paris at the age of 21 after his apprenticeship in Lourdes. He progressed from pantry keeper to head roasting chef at the Tour d'Argent, then joined Marc Soustelles staff at Lucas-Carton as sauce cook. After serving as head fish chef at the Berkeley, he became assistant chef at the newly opened Orly Hilton. In 1973 he opened his own restaurant in Paris, he named it L'Archestrate, in honour of the ancient Greek poet and gourmet Archemstratus. Since 1985 he has been in charge of the renowned and innovative cuisine at Lucas-Carton.

SERAC White cheese made from cow's milk, strained and ground, with little fat, made by hand in Savoy and the French speaking part of Switzerland. A version of this cheese is made from the residues left in whey after the curds have been removed from Beaufort cheese, Serac is mixed with melilot, a strong smelling clover to make Schabzieger, a cheese typical of the Glarus Alps.

SERGE, A LA Term for a dish of calves sweetbreads or veal escalopes coated with a mixture of fresh breadcrumbs, truffles and chopped mushrooms, then fried and garnished with small artichoke quarters stewed in butter and a coarse julienne of ham warmed in Madeira. The sauce is a demi-glace flavoured with truffle essence.

SERRA DA ESTRELA Soft Portuguese DOP ewe's milk cheese (45-60% fat content) with washed crust. It is a cylinder 15-20 cm (6-8 in) in diameter and 4-6 cm (1 ½ -2 ½ in) thick, weighing 1-1.7 kg (2 ¼ -3 ¾ lb). Made in the mountainous region of the same name, the flowers and leaves of wild are added to the curds. It has a sweet flavour when young, which becomes piquant after more than 6 weeks of maturing.

SERRER A French culinary term that means to finish whisking egg whites with a quick circular movement of the whisk, making them very stiff and homogeneous.

SERVERY office a room in a restaurant, generally adjoining the kitchen, where all the items of table service are kept, and where certain dishes may be prepared. Wines are also placed there to reach room temperature.

In classic French cuisine, the word office was used for the branch of the culinary art that involved, according to Carême, the preparation and making of all the delightful delicacies that are offered at the tables of the wealthy.

SERVICE Originally, the group of dishes comprising each part of a formal meal. There were at least three services. The term also indicated the manner in which they were presented to the guests. Service à la française lasted until the end of France's second Empire, when it was replaced by service à la russe.

SERVIETTE, A LA This describes a way of serving certain foods, particularly truffles. Truffles à la serviette are poached, then arranged in a timbale mould or a casserole, which is placed on a napkin folded into the shape of a pocket. If they have been cooked en papillote in hot ashes, they are placed directly on the napkin. Potatoes baked in their skins

can also be served a la serviette, as can boiled asparagus, which is arranged without dressing on a white folded napkin.

Rice a la seviette is cooked in simmering salted water, drained, rinsed under cold running water and wrapped in a napkin to dry out in a cool oven. Ham and duck liver wrapped in a cloth and tied with string are known as a la serviette, but should more correctly be called au torchon.

SESAME An annual plant grown in hot countries for its seeds, from which an odourless light coloured oil is extracted. Sesame oil has a sweet flavour, which resembles that of hempseed oil, and keeps well without turning rancid. It is widely used in Middle and Far Eastern cookery as a cooking oil or, more often, as a condiment or seasoning, although it loses its flavour quite quickly.

Sesame seeds have a nutty taste, which is more pronounced when they are toasted, and have many uses in cooking. They can be sprinkled over bread and sweet and savoury biscuits. In the Middle East sesame seeds are ground with sugar and almonds to make a sweet compressed bar called halva, they are also ground to an oily savory paste called tahina or Lihini, which is an important ingredient in humus, a Middle Eastern dip.

SETOISE, ALA Describing a dish of monkfish, a fish much used in the cookery of Sete, a town in southern France. The fish is cooked briskly with a julienne of vegetables stewed in olive oil and white wine., it is then drained and coated in a thick mayonnaise mixed with the reduced cooking juices.

SEYSSEL AOG dry and light white wines of Savory, grape, but sparkling Seyseed, known locally as Bon Blanc, is made from the Molette, Chasselas and Rousette grapes.

SHAD A migratory fish belonging to the herring family, which lives in the sea and travels upriver to spawn. The allis shad, which can measure up to 60 cm (2 ft) in length, and the smaller twaite shad are the main species found in Europe. The American shad is found in both Pacific and Atlantic waters.

Shad flesh is tasty and quite rich, but quickly deteriorates and is full of small fine bones. It was popularly with the Romans and frequently appeared in recipes in the Middle Ages. Traditionally served with sorrel, shad is often stuffed and may be grilled.

RECIPES

Preparing shad

Carefully scale and gut (clean) the shad, keeping the roe. Using plenty of cold water, wash the fish well on the outside to remove the remains of the scales, and on the inside to wash away the blood. Dry it with paper towels.

Fried shad

Cut the fish into slices and soak in milk. Coat them with flour and plunge into hot fat. Fry the fish until golden, then drain and arrange on a napkin with fried parsley and lemon quarters.

Grilled shad with sorrel

Gut (clean) scale, wash and dry a shad, weighing about 1 kg (2 ¼ lb) Make regular slits in the fleshy part of the back and both sides. Season with salt and pepper and marinate for 1 hour in oil, with a little lemon juice, chopped parsley, thyme and a bay leaf. Drain the fish, grill (broil) under a medium heat for 30 minutes or until tender, then arrange the fish on a long dish, surrounded by lemon quarters or slices. Serve with maltre d'otel butter and a garnish of lightly braised sorrel.

Shad au plat

Choose a shad weighing 675-800 g (1 ½ -1 ¾ lb) Gut (clean) the fish and fill the cavity with a mixture of 50 g (2 oz. ¼ cup) butter kneaded with 1 tablespoon chopped parsley, 1 ½ teaspoons chopped shallot, salt and pepepr. Place the shad on a long buttered oven proof dish. Season with salt and pepper, sprinkle over 100 ml (4 ft oz. 7 tablespoons) dry white wine, dot with small pieces of butter and cook in apreheated oven at about 200 °C (400 °F, gas 6) for 15- 20 minutes. Baste frequently during cooking. If the liquid reduces too quickly, add a little water. Serve on the cooking dish.

Shad may also be cooked a la provencale and a la bonne femme.

Stuffed shad ala mode de Cocherel

For 2 kg (4 ½ lb) fish, prepare a stuffing by crushing in a mortar or processing in a blender 300 g (11 oz) whiting flesh. Add 1 egg white, salt, pepper and grated nutmeg, then 350 ml (12 ft oz. 1 ½ cups) double (heavy) cream. Mix together well with a wooden spatula, preferably standing the bowl in a large container of ice to prevent the cream from turning. Finally add 4 teaspoons blanched, drained and snipped chives and 2 teaspoons finely chopped parsley.

Stuff the shad with this mixture and wrap very thin strips of bacon around it. Then tie it up to hold made a sweet compressed bar called halva, they are also ground to an oily savoury paste called tahina, which is an important ingredient in hummus, a Middle Eastern dip.

In China, a syrup nourishing drink is made from the seeds, they are used to make prawn toast, an open deep-fried sandwich of sesame seeds and ground prawns on bread and are sprinkled over Chinese toffee apples. In Japan, gomasio is a popular seasoning, comprising lightly toasted sesame seeds and sea sali.

In the American South the seeds are called benne seeds. In paris of Africa and Asia, they are called ajonpili, and are reddish in colour and eaten roasted, like peauts.

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SEYSSSEL AOC dry and light white wines of Savory. They are made from the Attesse grape, but sparkling Seyssed, known locally as Bon Blanc, is made from the Molette, Chasselas and Rousette grapes.

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Grilled shad with sorrel

Gut (clean) scale wash and dry a shad, weighing about 1 kg (2 ¼ lb) Make regular slits in the fleshy parts of the back and both sides. Season with salt and pepper and marinate for 1 hour in oil, with a little lemon juice, chopped parsley, thyme and a bay leaf. Drain the fish, grill (broil) under a medium heat for 30 minutes or until tender, then arrange the fish on a long dish, surrounded by lemon quarters or slices. Serve with mature d'hotel butter and a garnish of lightly braised sorrel.

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Stuff the shad with this mixture and wrap very thin strips of bacon around it. Then tie it up to hold plasticity of the curds enables them to be given original shapes.

SHARK An edible cartilaginous fish with an elongated body, a pointed snout and a broad mouth. There are numerous species of shark, ranging in size from small dogfish, with a maximum length of 1.5 m (5 ft) to the gigantic whale shark, which can reach 18 m (60 ft).

Shark has boneless, fin, meaty white flesh, which has a tendency to smell of ammonia.

It is available fresh, frozen, smoked and dried salted, and eaten in many countries around the world. Some of the smaller sharks may be sold whole, but fillets or loin steaks are more commonly available. The smaller species of dogfish, such as the smooth bound and the spur dog (often marketed as huss and rock salmon in Britain, as flake in Australia and saumonete in France) are usually sold skinned with head and tail removed, thus looking most unshark like Dogfish may be prepared and cooked like cod or other large fish, and much of it is used in the British fish and chip trade. In general, shark meat can be tough and often benefits from being marinated before cooking, shark" fins are an ingredient of a famous Chinese soup.

RECIPE

Shark a la creole

Slice the flesh of a small shark and marinate it for several hours in the juice of 2 litres diluted with water, garlic, salt, pepper and 1 chilli pepper. Slice 2 onions and 4-5 shallots and wash 3 tomatoes, brown all these in a saucepan along with 2 chilli peppers, 3 garlic cloves and 1 bouquet garni. Drain the fish pieces, place them on top of the vegetables and cook with the pan covered. To serve, sprinkle with lime juice, chopped parsley and little grated garlic. Serve with rice a la creole and red kidney beans.

SHEA A tree from tropical Africa with oval fruit containing oily seeds, when the seeds are dried and crushed, they yield a white butter like fat called shea butter. This is used instead of cooking fat in some African countries, and can also be used to make soap and candles.

SHELDUCK A large duck resembling a goose in shape. This and closely related species, the ruddy shelduck, are now protected by law. Formerly they are prepared like wild duck and regarded as lenten fate. Their flesh has a pronounced fishy taste, since they eat shellfish and roe.

SHELLFISH Aquatic invertebrates, with a shell or carapace, many of which are edible. There are two main classes of shellfish crustaceans and molluscs. Crustaceans. These are arthropods and most of them are marine. The marine crustaceans include lobsters, langoustes, (spiny lobsters) crabs, and shrimps, the only freshwater crustacean used in cookery is the crayfish, Crustaceans must be bought very fresh and are best bought live if you are to prepare them yourself. Crustaceans are available ready cooked, frozen and canned. The heaviest crabs and lobster as are the best, they should still have their claws on.

SHIRAZ

cultivated in Japan, China, Korea and parts of the United States and Europe. Shiitake

have a strong meaty flavour. They go well with meats, can be grilled (broiled), or used in rich sauces, stir-fries and other Oriental dishes. Dried shiitake need rehydrating in warm water before use.

SHORTBREAD A biscuits (cookie) rich in butter, which is served with tea and is traditionally eaten at Christmas and New Year. Originating from Scotland and traditionally made with oatmeal, it is now made with wheat flour. For special occasions, it may be decorated with candied lemon or orange peel or flaked (silvered) almonds. In the Shetland Isles it is flavoured with cumin. Shortbread is traditionally baked in a large round and served cut from the centre into triangular wedges; it is a relic of the ancient New Year cakes that were symbols of the sun.

RECIPE

Shortbread

Cream 175 g (6 oz. $\frac{3}{4}$ cup) butter with 75 g (3 oz. $\frac{1}{3}$ cup) caster (superfine) sugar until very soft and pale. Gradually work in 250 g (9 oz. 2 $\frac{1}{4}$ cups) plain (all-purpose) flour to make a firm dough. Divide among two 15 cm (6 in) round greased sandwich tins (layer cake pans), pressing the dough out evenly, and chill well. Mark into wedges and bake in a preheated oven at 160°C (325°F, gas 3 for 50-60 minutes, until pale golden. Dust with castor sugar and cut the wedges, but leave in the tins for 15 minutes, until set, then transfer to a wire rack to cool.

SHORT PASTRY Shortcrust pastry (basic pie dough) is the popular type used for savoury and sweet dishes, such as pastry cases and pies. Short pastries have a medium to high proportion of fat to flour and a low moisture content. They are handled lightly and quickly, with the minimum of rolling, to give a crumbly – or short- texture when baked. This type of pastry does not rise during cooking.

There are several types, with different proportions of fat the higher the proportion of fat, the more fragile and crumbly the pastry. Standard shortcrust pastry uses half fat to flour. Butter, margarine, lard or white vegetable fat (shortening), or a mixture of these may be used, rich short pastries are made with butter. Short pastry may be sweetened or flavoured with savoury ingredients (such as cheese) and enriched by binding with egg yolk as well as a little water. The addition of a small proportion of water to shortcrust pastry gives the characteristic crisp surface, which is different from a very rich short pastry with a fine 'melt-in-the-mouth' texture right through to the top.

Oil can be used instead of solid fat to make short pastry. The resulting pastry is crumbly which can make it difficult to roll out; when cooked it tends to be quite soft)

RECIPES

Shortcrust pastries

Basic shortcrust pastry

Sifts 225 g (8 oz. 2 cups) plain (all-purpose) flour into a bowl and stir in a pinch of salt, if required. Add 50 g (2 oz. $\frac{1}{4}$ cup) chilled butter and 50 g (2 oz. $\frac{1}{4}$ cup) chilled lard or white vegetable fat (shortening). Cut the fat into small pieces. Then lightly rub them into the flour until the mixture resembles breadcrumbs. Sprinkle 2 tablespoons cold water over the mixture, then use a round bladed knife to mix it in. The mixture should form clumps: press these together into a smooth ball. Chill the pastry for 30 minutes before baking. Roll out and use as required.

Cheese pastry

Follow the recipe for shortcrust pastry, adding 50-100 g (2-4 oz. $\frac{1}{2}$ - 1 cup) grated Cheddar or

Gruyere cheese and 4 tablespoons grated parmesan cheese to the rubbed-in mixture. Use for savoury dishes or to make cheese straws or savoury biscuits. For the latter, use the larger quantity of cheese and season the pastry with a generous pinch of cayenne pepper; chopped tarragon or rhyne. Caraway seeds or grated nutmeg may be added to season the pastry.

Rich shortcrust pastry

Follow the recipe for shortcrust pastry, using 175 g (6 oz. $\frac{3}{4}$ cup) butter instead of butter and lard or beat 1 egg yolk with 1 tablespoon water and use to bind the pastry adding a further 1 tablespoon water if necessary.

French Short Pastries

Pate a foncer

This is a lining for flans and tarts; it is a basic shortcrust made by the French method. Sift 250 g (9 oz. $2\frac{1}{4}$ cups) plain (all-purpose) flour on to a board. Make a well in the centre and add $\frac{1}{2}$ teaspoon salt and 125 g (4 $\frac{1}{2}$ oz. $\frac{1}{3}$ cup) butter (softened at room temperature and cut into pieces). Start to mix the ingredients and then add 2 tablespoons water (the quantity of water required may vary depending on the type of flour used). Knead the dough gently, using the heel of the hand. Shape it into a ball. Wrap it in foil and set aside in a cool place for at least 2 hours if possible.

A richer pastry can be made by increasing the quantity of butter to 150 g (5 oz. $\frac{2}{3}$ cup) and by adding 1 small egg and 2 tablespoons caster (superfine) sugar.

Pate brisee

This is the French equivalent of shortcrust pastry (basic pie dough) which can be made with, or without, a little sugar. Sift 250 g (9 oz. $2\frac{1}{4}$ cups) plain (all-purpose) flour in a bowl or on to a board. Add a pinch of salt and 1 tablespoon caster (superfine) sugar (to taste). Spread the mixture into a circle and make a well in the centre. Add 125 g (4 $\frac{1}{2}$ oz. $\frac{1}{2}$ cup) softened butter and a beaten egg, and knead the ingredients together as quickly as possible with 2 tablespoons very cold water. Form the dough into a ball, even if there are still some whole pieces of butter visible. Wrap it in foil and leave it to rest for at least 1 hour in the refrigerator. Knead the dough, pushing it down gently with the heel of the hand, and roll it out a lightly floured worktop to the required thickness.

Pate sablee

This is a rich, sweetened short pastry, flavoured with vanilla and used for sweet flans and tarts. Sift 250 g (9 oz. $2\frac{1}{4}$ cups) plain (all-purpose) flour. Cream 125 g (4 $\frac{1}{2}$ oz. $\frac{1}{2}$ cup) butter, quickly mix the flour and butter by hand, draw the mixture together and make a well in the centre. Add 2 whole eggs, 125 g (4.2 oz. $\frac{1}{2}$ cup) caster (superfine) sugar and a few drops of vanilla essence (extract). Quickly blend the ingredients together; roll the pastry into a ball and chill for 1 hour.

Alternatively, the pastry can be made by first mixing the egg and sugar, then rubbing in the flour, and finally kneading in the butter rubbed in the flour, and finally kneading in the butter.

Pate sucree (dite seche)

Another sweet, short pastry. Heap together 250 g (9 oz. $2\frac{1}{4}$ cups) plain (all-purpose) flour, a pinch of salt and 75 g (3 oz. $\frac{1}{2}$ cup) caster (superfine) sugar and make a well in the center, add 1 large egg (or 2 small ones), 100 g (4 oz. $\frac{1}{2}$ cup) softened butter and 1 $\frac{1}{2}$ teaspoons orange-flower water and work all the ingredients together; drawing the flour into the centre. Knead the dough quickly and gently and keep cool.

SHOULDER The part of the body to which the front leg is attached. In butchery, shoulder of

beef yields cuts for braising or boiling, and blade or shin (shank) is especially suitable for the stockpot. Shoulder of veal gives cuts for braising, frying, roasting, stewing (fabricandau, vel blanquette) and even for escalopes (scallops), but it can also be cooked whole, after boning and stuffing, rolled into a ballotine and braised or roasted. Shoulder of mutton or lamb yields pieces for stewing, navarin, braising, or kebabs. It can also be cooked whole (boned or unboned.), stuffed with garlic, roasted, grilled (broiled), braised or rolled up and stuffed. Shoulder of venison can be treated like haunch, but it is usually stewed.

RECIPES

Lamb

Braised shoulder or lamb

Bone and shoulder of lamb, train it. Season with salt and pepper, roll it up and tie with string. Crush the bones and brown them in butter with the trimmings. Trim the fat off some pork rind and line a braising pan with the rind. Peel and finely slice 2 carrots and 1 onion, cook in butter for 10 minutes, then add to the braising pan. Put the shoulder in the braising pan and season with salt and pepper. Add 150 ml (9 1/4 pint, 2/3 cup) white wine and reduce. Add 250 ml (9 fl oz. 1 cup) thickened gray, 100 ml (4 fl. oz. 7 tablespoons) tomato puree. 1 bouquet garnie and the bones and trimmings. Cover and cook in a preheated oven at 220°C (425°F, gas 7) for about 1-1 1/2 hours, depending on the size of the joint. Drain it, glaze in the oven, then arrange it on a serving dish.

The usual garnish consists of green or white haricot (navy) bean, vegetable purees, artichoke hearts or haricot bean puree à la bretonne. It can also be served with mushrooms à la bordelaise, together with cooking juices deglazed with red wine and demi-glace and flavored with shallot, thyme and bay leaf.

Grilled-shoulder of lamb

Trim the bone, make incisions in the flesh on both sides, brush with melted butter or oil, and grill. Garnish with bunches of watercress.

Roast shoulder of lamb en ballotine

Bone a shoulder of lamb and season with salt and pepper, insert small pieces of garlic, if desired, then roll it up as for a ballotine and tie with string. Roast, either in a dish or a spit, in a preheated oven at 240°C (475°F, gas 9) for about 50 minutes. The skin should be crisp and the centre pink. Remove the string and serve with just the cooking juices.

Stuffed shoulder of lamb à la gasconne

Bone a shoulder of lamb and season with salt and pepper. Soak 4 slices of bread in some milk. Chop up 3-4 slices of raw ham, 1-2 onions, 2-3 garlic clove and a small bunch of parsley. Squeeze the bread and add to this mixture, together with 1 egg and some salt and pepper. Mix well spread it over the meat. Roll up the shoulder, tie with string as for a ballotine, and place in a roasting tin (pan). Brush with a 1 tablespoon goose fat and brown quickly in a preheated oven at 240°C (475°F, gas 9)

Scald about 800 g (1 1/4 lb.) green cabbage, cool in cold water and squeeze dry. Peel and dice 2 carrots water and squeeze dry. Peel and dice 2 carrots; peel 1 onion and stick it with cloves. Transfer the joint to a braising dish, add the cabbage, diced carrots, onion and 1 bouquet

garni, then half-cover the shoulder with stock (do not skim the fat off first) cover and cook in a preheated oven at 190°C (375°F, gas 5) for 45 minutes. Then add 800 g (1 ¾ lb.) peeled potatoes cut into quarters or small whole potatoes, and cook for a further 20-25 minutes. Remove the onion and bouquet garni before serving.

Stuffed shoulder of Lamb à l'albigeoise

Bone a shoulder of lamb and season with salt and pepper. To make the stuffing, mix 350 g (12 oz) sausage meat with 350 g (12 oz) chopped pig's liver, 2-3 garlic cloves, a small bunch of parsley (chopped) and some salt and pepper. Cover the shoulder with this stuffing, roll it up and tie it like a ballotine. Peel 800 g (1 ¾ lb.) potatoes and cut into quarters. Peel 12 garlic cloves and scald for 1 minute in boiling water. Heat 2 tablespoons goose fat. In a flameproof casserole, add the ballotine and brown all over, then add the potatoes and garlic coating them well with the fat. Season with salt and pepper and cooking in a preheated oven at 230°C (450°F, gas 8) for at least 50 minutes (longer for a large shoulder). When the joint is cooked, sprinkle with chopped parsley and served from the casserole.

Mutton

Shoulder of mutton en ballon

Bone a shoulder of mutton and season with salt and pepper, then spread it out on the worktop. Prepare a stuffing comprising 200 g (7 oz) fine sausage meat, 150 g (5 oz), 1 ⅔ cups mushrooms chopped up with a small bunch of parsley, 1 shallot, 2 peeled garlic cloves, 1 beaten egg, a little crushed thyme and some salt and pepper. Make this stuffing into a ball and place it in the centre of the meat. Fold the meat into a ball around the stuffing and tie with string.

Heat 3 tablespoons olive oil in a round flameproof casserole, add the joint and brown it all over. Then add 175 ml (6 fl. oz. ⅔ cup) white wine and the same amount of strong stock. Cover and cook in a preheated oven at 200°C (400 °F, gas 6) for about 1 ¼ hours. Remove the string and cut the meat into segments, rather like a melon. Skim the fat off the cooking juices, then add 4 tablespoons thick tomato fondue, reduce if necessary. Sieve and serve in a sauceboat to accompany the meat.

Shoulder of mutton with garlic

Bone and roll a shoulder of mutton into a ballotine and tie it neatly in place. Place the mutton in a large flameproof casserole with a slice of unsmoked ham, 1 chopped onion and 1 diced carrot. Season with salt and pepper and add 3 tablespoons goose fat or lard, cover the casserole and sweet for 20-25 minutes, basting occasionally.

Remove the mutton and the ham and set aside stir in 2 tablespoons plain (all-purpose) flour and cook for a few minutes. Pour in 200 ml (7 fl. oz. ¾ cup) white wine and 400 ml (14 fl. oz. 1 ¼ cups) stock, stirring. Bring to the boil, then remove from the heat. Press the sauce through a sieve and set aside.

Replace the mutton ballotine in the casserole dice the ham and sprinkle it over the mutton. Peel and blanch 50 garlic cloves, then add them to the casserole with a bouquet garni and a piece of dried orange peel. Pour in the sieved sauce and cover, cook in preheated oven at 220°C (425°F, gas 7) for 1 hour. Serve the ballotine sliced and arranged on a platter or plates, coated with the sauce and garnished with the garlic cloves. Serve a potato cake or gratin of potatoes with the mutton.

Veal

Stuffed shoulder of veal

Bone a shoulder of veal weighing about 1.5 kg (3¼ lb), flatten it out carefully, then season it

with salt and pepper. Mix 450 g (1 lb) fine sausage meat with 200 g (7 oz) mushrooms, 1 garlic clove and some chopped herbs and season with salt and pepper. Cover the meat with this stuffing, roll it up and tie with string. Braise as for shoulder of lamb. Cook until the juices run clear when the meat is pricked. Remove the drain the meat and untie, reduce the cooking juices, strain and pour over the joint. Glaze the joint in a very hot oven, then arrange on a serving dish and pour more juice over it. Serve the rest of the cooking juices in a sauceboat. Aubergines (eggplant) fried in oil or glazed vegetables (carrots, turnips or onions) make an ideal garnish.

Stuffed shoulder of veal à l'anglaise

Bone a shoulder of veal weighing about 1.5 kg (3 ¼ lb). prepare a stuffing consistent of one-third chopped calf's or ox kidney, one-third chopped breast of veal or veal fat and one-third breadcrumbs soaked in milk, then squeezed. Season well and bind using 1 egg per 450 g (1 lb) stuffing, season the veal with salt and pepper, and cover it evenly with the stuffing, roll it up and tie with string. Braise or roast, as preferred. Serve with the reduced cooking juices and garnish with slices of boiled bacon, cabbage and boiled potatoes.

SHRIMP NET A small hanging net used for catching shrimps and crayfish.

SHRIMPS AND PRAWNS Shellfish that live in fresh and salt water and range in size from tiny insect-like species to giant varieties almost 30 cm (12 in) long-these tend to come from warmer water. The larger species are commercially important as food. In general terms, 'shrimp' is the name used in Britain for the smaller varieties, while 'prawn' refers to specific, larger species in the United States 'shrimp' is used in the majority of cases. (The French word, crevette, is the Picardy form of the word chevrette, meaning a kid goat, an allusion to their bounding movements in the water.)

There are numerous species of edible shrimps and prawns. The species living in tropical waters carry their eggs inside the rather large third pair of legs, those inhabiting temperate and cold waters do not have claws on the third pair of legs and the eggs are carried outside, attached to the abdominal legs.

There is widespread demand for, and consequently a large international trade in, these popular shellfish. Shrimp and prawn fishing (via nets or trawling) is highly industrialized, while prawn aquaculture (commercial 'fish farming') is practiced worldwide, in both salt and fresh waters, and involves various different species. For example, species of tiger prawns are farmed in parts of Asia and Latin America; freshwater prawns in India and the Far East.

- Common species of shrimps and prawns.
- **COMMON OR BROWN SHRIMP** (*Crangon crangon*) Found in Europe, this is about 3-6 cm (1 ¼ -2 ½ in) long. Fiddly to peel because of its size, it is greyish-brown when cooked. It is fished intensively off the English Channel and North Sea coasts, and is also found in the Mediterranean. A related species fished in waters around the United States is the California bay or grey shrimp (*Crangon franciscorum*).
- **COMMON PRAWN** (*Palaemon serratus*) found in the North Atlantic and Mediterranean waters, this reaches a maximum length of 10 cm (4 in).
- **DEEP-WATER PRAWN** (*Pandalus borealis*) (found in northern waters on both sides of the Atlantic, this is almost always sold cooked).
- **RED PRAWN AND PINK PRAWN.** The red is known as crevette rouge in French, or gambero rosso in Italian, and the pink prawn is caramote in French or mazzancolla in Italian. These are highly regarded Mediterranean species, both of which can grow to about 20 cm (8 in).
- **WHITE, PINK-GROOVED AND BROWN SHRIMPS.** The white shrimp (*Penaeus setiferus*) and the pink-grooved shrimp (*P. duorarum*) from the Gulf of Mexico, and the

brown shrimp (*P. aztecus*) of the Atlantic are the most important commercially fished species in waters near the United States, and can reach 20-23 cm (8-9 in) in length.

- **TIGER OR KING PRAWNS** These are found in the warm waters of the Indo-Pacific. The black, or giant, tiger prawn, also known in Australia's leader prawn (*penaeus monodon*), is distributed over most of the Indian Ocean and reaches the western Pacific from southern Japan to northern Australia. *P. semiscatus* is another tiger prawn fished off the coasts of northern Australia, and can reach 28 cm (11 in) in length. Considered the best in terms of taste and body exported in large quantities to Japan.
- **BANANA PRAWN** This is another warm-water variety found in the Indo-Pacific and is related to the tiger prawn. The common banana prawn (*Penaetus merguensis*) is harvested in the tropical climate of Australia and is widely available in the domestic and Pacific Rim fish market.
- **GIANT FRESHWATER PRAWN (*Macrobrachium rosenbergii*)** This occurs in fresh water rivers in the tropical Indo-Pacific region, extending to northern Australia, and is farmed by aquaculture in a large number of countries.
- **Preparation and cooking** Shrimps and prawn may be sold fresh, canned or frozen. They are often sold cooked; when fresh, the shell is very shiny, the flesh is firm and it is easy to peel (shell) them. They are sometimes coloured artificially. Some large prawns are sold raw, with or without their shells. All but the smallest shrimps require removal of the dark, threadlike intestinal vein and runs along their backs. Shrimps and prawns can be peeled and deveined before or after cooking.

Shrimps and prawns require only brief cooking or they will toughen. They can be prepared for eating in numerous different ways, for example in salads, curries and stir-fries, in the British-style prawn cocktail and in Mediterranean seafood dishes. They can be cooked in seawater or salted water and served with just butter, plain or flavoured with garlic Gambas, which appear in Spanish and West Indian cuisine, are often fried or grilled on skewers. In South-East Asia, small shrimps are used to produce a fermented shrimp paste called *blacbau* or *terasi*. Prawn crackers are another Asian speciality, made by pounding prawns into a paste, drying it in the sun and cutting into a paste, drying it in the sun and cutting it into petal shapes. These are then fried in very hot oil to make them swell up. They are served as a snack or as an accompaniment to various Oriental dishes.

RECIPES

Fried prawns or shrimps

Wash and drain some raw prawns or shrimps and fry them in hot oil for about 1 minute. Drain, season with salt and serve with aperitifs.

Prawn omelette

Bind some peeled (shelled) prawns (shrimp) with prawn sauce and use them to fill an omelette. When serving pour a thin line of sauce around the omelette.

Prawn pannequets.

Bind some peeled (shelled) cooked prawns (shrimp) with some well-reduced prawn sauce. Prepare some savoury pannequets. Fill each of them with prawns - about 500 g (18 oz. 3 cups) for 12 pannequets - and roll them up. Arrange them in a buttered dish, brush them with a little melted butter and reheat them in the oven.

Prawn salad

Season some peeled (shelled) cooked prawns (shrimp) with vinaigrette or mayonnaise. Arrange

them in a dish or a salad bowl garnished with quarters of hard-boiled (hard-cooked) eggs and lettuce hearts.

Prawn sauce

Add ½ teaspoon anchovy essence (extract) to 250 ml (8 fl. oz. 1 cup) english sauce. Mix 40 g (1 ½ oz. ¼ cup). Peeled (shelled) cooked prawns (shrimp) with the sauce and season with a pinch of cayenne pepper.

Prawn sauce (for fish)

Blend 200 ml (7 fl. oz. ¾ cup) normande sauce with 2 tablespoons shrimp butter. Season with a pinch of cayenne pepper and press through a sieve or mix in a blender. If the sauce is to be served separately, add to it 1 tablespoon peeled (shelled) cooked prawns (shrimp) just before serving.

Shrimps in cider

Head 50 g (2 oz. ¼ cup) slightly salted butter and a dash of olive oil in a frying pan. as soon as the mixture begins to foam, add some raw shrimps and cover immediately. Stir well. After 3 minutes of cooking, add 100 ml (4 fl. oz. 7 tablespoons) dry farm (hard) cider. Reduce the liquid. Put the shrimps in a cloth. Season with coarse sea salt and pepper and shake well. Eat while still lukewarm with bread and butter and cider.

Alternatively, prepare a fish stock with 1 litre (1 ¾ pints, 4 1/3 cups) dry cider, 1 ½ tablespoons coarse sea salt, thyme, bay leaves, 10 black peppercorns and 1 thinly sliced apple, and reduce for 10 minutes. Throw in the live shrimps and boil for 30 seconds. Put the shrimps in a cloth, season with salt and pepper and shake well.

Shrimps sautéed in whisky

Wash, drain and sauté some raw shrimps in oil in a frying pan. add some pepper, a pinch of cayenne pepper and either whisky. Cognac or mark-6 tablespoons per 500 g (18 oz. 3 cups) shrimps. Flame and serve very hot.

SHROPSHIRE BLUE This British blue cheese does not have any connection with the county of Shropshire; in fact, it was invented in Scotland and is now made by some of the Stilton cheese producers. It is made in a very similar with the starter culture. The end result is a bright red cheese with blue veining. It has a sharper taste than stilton, but it is equally distinctive.

SICHUAN PEPPER Also known as anise pepper or Chinese, this hot, slightly peppery, spice cutlery, plates and serving dishes, but also accessories such as candelabras, table mats, hand bells, salt cellars and knife rests. Silver plates and dishes were used in ancient times. In medieval Europe, their use spread among the nobility and rich merchants, until this mass of immobilized precious metal began to worry the monarchs. In 1310 Philip the Fair, in an attempt to solve a monetary crisis in France, prohibited the manufacture of gold and silver dishes. But this measure had no effect, and the custom of using silver tableware continued until the French Revolution. It was nevertheless increasingly restricted to display items, after Louis XIV had to the royal tableware melted down to replenish the coffers and encourage the development of porcelain and faience.

In 1846, the Englishman Elkington and the Frenchman Ruolz simultaneously invented electroplating thus putting silverware within the reach of the less wealthy, who were able to replace their galvanized iron cutlery with silvered metal.

To prevent silver cutlery from going black, it should be stored away from contact with the air, either in cases or wrapped in special material or tissue paper. It must be cleaned regularly with special cleaning materials applied with a very soft cloth.

SIMMER To cook food slowly and steadily in a sauce or other liquid over a gentle heat, just below boiling point, so that the surface of the liquid bubbles occasionally. When cooking poached dishes the liquid should be kept simmering. Meat for simmering or stewing comprises the tougher cuts, which become tender and tasty when cooked for a long time in seasoned stock, wine or beer.

SIMNEL CAKE A British cake made for Easter. It was originally made for Mothering Sunday, the fourth Sunday in Lent, when children in service were allowed time off to return to their homes. The fruit cake was taken as a gift.

The present fruit cake has evolved from various ancient and regional specialties, often consisting of dried fruit and spices, sometimes made with bread dough. Today's simnel cake has a layer of marzipan baked in the middle and it is covered with marzipan on top, then decorated with small balls of the paste. The topping is glazed under the grill (broiler) or in a hot oven until lightly browned. The balls of paste are thought to represent the twelve apostles and their number is usually reduced to eleven to represent the betrayed by Judas.

SINGAPOUR A large Genoese sponge cake, filled with jam (preserve) and fruit in syrup, coated with apricot jam and generously decorated with crystallized (candied) fruits.

RECIPE

Singapour

Bring 750 ml (1 ¼ pints, 3 ¼ cups) water to the boil with 575 g (1 ¼ lb. 2 ½ cups) granulated sugar. Drain a large can of pineapple slices, add the slices to the mixture and simmer for 1 ½ hours. Leave the slices to cool, then drain them.

Whisk 4 eggs with 125 g (4 ½ oz. ½ cup) granulated sugar in a bain marie until the mixture reaches 40°C (104°F), then remove from the heat and cool completely. Mix in 125 g (1 ½ oz. 1 cup) plain (all-purpose) flour, stirring with a wooden spoon, then add 50 g (2 oz. ¼ cup) melted butter. Pour the batter into a buttered and flavoured 23 cm (9 in) cake tin(pan). Bake in a preheated oven at 200°C (400°F, gas 6) for about 20 minutes, or until, the cake is well risen and golden and the centre springs back when lightly pressed.

Meanwhile, melt 250 g (9 oz. ¼ cup) apricot jam (preserve) over a gentle heat and grill (broil) 150 g (5 oz. 1 ¼ cups) chopped almonds. Prepare a syrup with 300 ml (1/2 pint, 1 ¼ cups) water and 300 g (11 oz. 1 1/3 cups) granulated sugar and allow to cool, then add 3 tablespoons kirsch.

Cut the sponge in half horizontally and let it soak up the kirsch syrup. Spread the lower half with some of the apricot jam; cut the slices of pineapple into small dice, set a few aside and sprinkle the rest over the jam. Place the upper half of the sponge in position and coat the whole cake with more of the jam. Sprinkle with chopped almonds and decorate the top with the remaining diced pineapple, together with glace (candied) cherries and candied angelica. Serve on the day it is made.

SINGEING The process of rotating poultry or game birds over a spirit lamp or gas flame in order to burn off any feathers or down that remain after plucking.

SINGER A French culinary term meaning to sprinkle ingredients browned in fat with flour before adding liquid (such as wine, stock or water) to make a sauce. The flour must cook for several minutes before the liquid is added in order to thicken the sauce.

The term previously meant to colour a sauce with caramel, which was familiarly called jus de singe ('monkey juice).

SIPHON A bottle made of thick glass or aluminum containing water that has been made

effervescent with carbonic gas under pressure. It is closed with a screwed-on plastic or metal top provided with a lever, which when depressed, allows the liquid to flow through an interior tube. The siphon is used to jet the water directly into the glass, it is refilled with water by unscrewing to top, into which gas cartridges are placed. Until World War II, siphons made of thick glass sometimes engraved or coloured (blue or green), were often covered with wicker or metal basketwork they were filled with Seltzer water.

The siphon for Chantilly cream also uses gas cartridges and provides white, fluffy, chantilly-like cream that lacks the richness and flavour of a classic whipped cream. It is not recommended to fill the siphon more than three-quarters full, using an equal quantity of double (heavy) cream and sweetened milk.

SIRLOIN A prime cut of beef from the lumber region, which extends from the last rib to the sacrum. The sirloin includes the fillet (tenderloin), contre-filet or faux-filet (sirloin), rump steak and bavette (top of the sirloin). Cooked whole, the sirloin makes a display piece. It is, however, more usually cut into several large joints.

RECIPES

Braised sirloin

Ask the butcher to prepare a piece of sirloin 2-3 kg (4 ½-612 lb) in weight, cut along the grain of the meat. lard the joint with lardons of bacon that have been marinated for at least 1 hour with a little brandy, pepper, spices, chopped parsley, sliced carrot and sliced onion. Tie up the sirloin, brown it on all sides in hot fat, then place it in a large braising pan on a mirepoix of vegetables. Add a bouquet garni and pour over about 600 ml (1 pint, 2 ½ cups) stock. Cover the pan and braise the joint in a preheated oven at 150°C (300°F, gas 2) for about 4 hours, or until the meat is very tender. After braising, the meat may be sliced and served with the cooking liquid, deglazed, reduced and strained.

Roast sirloin

This very large joint is not normally cooked whole except by professional chefs. They trim off the top a little to give the joint a more regular shape, then cut the ligament that runs along the chine into regular sections and remove part of the fat that surrounds the fillet. The joint is then seasoned with salt and pepper and generally roasted in the oven or on a spit - allowing 10 – 12 minutes per 1 kg (5 – 6 minutes per 1 lb.) ; it should be pink on the inside. It is served surrounded with watercress or with a bouquetiere or printaniere garnish.

SIROPER Also known as siroter. A French culinary term meaning to pt a cake of leavened dough (baba or savarin) to soak in a warm syrup or to pour syrup over it several times until it is thoroughly impregnated. The term also means to pour a trickle of syrup over a sponge cake to lightly moisten it, flavour it and soften it before decoration.

SKATE AND RAY Virtually interchangeable names for cartilaginous, flat seawater fish of the Rajidae family, found in cold and temperate waters. These flat fish live at the bottom of the sea, camouflaged against the seabed by their colouring. The pectoral fins are enlarged in the form of wings and the tail is long and thin. The upper side of the fish is greyish-brown and bears two eyes and a short snout; on the underside, which is lighter coloured, there is a large mouth with pointed, slashing teeth. The cartilaginous skeleton is easily removed

The best flavoured skate is probably the thornback, or roker, which is caught off the Mediterranean coast, as well as in Atlantic, Pacific and Indian Oceans. It is 60-120 cm (2-4 ft long and marked with pale spots, and owes its name to the cartilaginous spines scattered over the back and wings (and sometimes the belly). Other edible species include the spotted ray, pale

brown with large black spots; the black spots; the blonde ray; the white skate; the blue, or common, skate; and the thorny skate. Which is found in Arctic waters.

The skin of a skate is covered with a viscous coating. Since this will regenerate for about 10 hours after death, the freshness of a skate can be judged by rubbing it with a cloth and observing whether the coating reappears. It is usually only the wings of a skate that are sold, or the fish may be sold in slices it is sometimes skinned. The pinkish-white flesh is meaty and has a fine texture. It should be washed several times to get rid of the smell of ammonia which is most marked when the fish is quite fresh. Skate liver is considered to be a delicacy by some gourmets, as are the 'cheeks'

The traditional accompaniment for skate is black butter (or even better, noisette butter) as in the French classic dish, raie au beurre noir, but it may also be served with hollandaise sauce, vinaigrette with herbs or meuniere sauce; it may be fried (especially good for small skate), grilled (broiled), served as gratin or with bechamel sauce (particularly the Breton version of the sauce, with leeks).

RECIPES

Fried skate

Select some very small skimmed skate (or the wings from a small or medium fish). Pour some cold milk over them and soak for 1 hour, then drain, coat with flour and deep-fry at 180°C (350°F). when cooked, drain on paper towels, sprinkle with salt and arrange on a serving dish. Garnish with fluted lemon halves.

Skate au gratin

Butter a flameproof casserole and sprinkle the bottom with 2 tablespoons chopped shallot and the same amount of chopped parsley. Add 150 g (5 oz. 1 2/3 cups) finely sliced mushrooms. Seasoned 2 skate wings with salt and pepper and arrange them in the dish. Moisten with 5 tablespoons white wine, dot with 25 g (1 oz. 2 tablespoons) butter cut into small pieces, and cook in a preheated oven at 230°C (450°F, gas 8) for 10 minutes. Remove the skate and drain it. Add 1 tablespoon crème fraîche to the cooking liquid and reduce it by half. Return the skate to the dish, pour over the cooking juices, sprinkle with breadcrumbs, do not with butter and brown under the grill (broiler).

Skate liver fritters

Poach some skate liver for 6 minutes in court bouillon, then drain it and leave it to cool. Make some fritter batter. Slice the liver and marinate it in salt, pepper, oil and a little lemon juice minutes. Drain the slices of liver, dip them into the batter and deep-fry them at 180 C (350°C (350°F). Drain on paper towels, sprinkle with salt and serve with fluted lemon halves.

Skate liver with cider vinegar

Poach 400 g (14 oz). Skate liver very gently in courtbouillon for 5 minutes. Leave it to cool in the stock. Peel and core 4 firm apples (preferably Cox's. Orange Pipins or Granny Smiths), slice them and cook over a low heat in 1520 g (1/2-3/4 oz. 1 -1 1/2 tablespoons) butter. Season with salt and pepper. Slice the liver and brown in a little butter. Drain and arrange the slices on a hot dish. Pour the butter from the pan in which the livers were cooked, then add 2 tablespoons cider vinegar to the pan, boil for 1-2 minutes and pour over the liver. Surround with the cooked slices of apple and sprinkle with chopped chives.

Skate with lemon

Poach a skate wing, about 150 g (5 oz), in a little salted water with 1 chopped shallot. Peel 1 lemon, removing all the pith, and divide it into segments. Peel and grate 1 apple. Mix the apple

and the lemon segments and add them to the to the fish halfway through cooking. Just before serving, add 1 tablespoon crème fraîche, a little pepper and a pinch of grated nutmeg .

Skate with noisette butter

Cut the skate into chunks, leaving the wings whole. Poach in court-bouillon or in water to which have been added 200 ml (7 fl oz. $\frac{3}{4}$ cup) vinegar and 1 teaspoons salt per 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{3}$ cups) water. Bring to the boil, skim the pan and simmer for 5-7 minutes, according to the thickness of the fish. Make some noisette butter. Drain the fish and arrange it on a hot dish. Sprinkle with lemon juice and, just before serving, pour over the noisette butter. Sprinkle with capers and garnish with a little parsley, serve at once with plain-cooked potatoes.

SKIM To remove the scum that rises to the surface of a stock, soup or ragout when it is boiled. The skimming is carried out with a spoon, a special skimmer or a small ladle.

Skimming is also the term for removing cream from unhomogenized milk the process occurs spontaneously after 24 hours, if whole fresh unhomogenized milk is allowed to stand, the cream rises to the surface and can be easily removed, particularly for use in home baking. In the dairy industry, centrifugal skimming machines are used. Milk is widely sold as full cream, semi-skimmed or skimmed.

SKIMMER A large, flat or slightly concave perforated spoon with a long handle, used for skimming. For skimming sauces and stocks, the skimmer is made of stainless steel, aluminum, enameled metal or tin. For jam (preserve) making, it should be made of untinned copper made of galvanized wire is used for removing deep-fried foods from hot oil and a concave wire skimmer is used for lifting poached items from their cooking water.

SKIRT A butchery term for the diaphragm of a beef animal or a horse, which is along flat band of dark fibrous muscle. If the membranes are carefully removed and the meat is flattered out, the skirt can be cut into steaks which, although rather tough, are full of flavour. It is usually used for moist stews and casseroles, cooked slowly to allow the meat to become tender.

SKOAL The Scandinavian drinking toast, equivalent to 'good health' or 'a votre sante', The word has its roots in the old Norse skalle (skull), commemorating an ancient warrior custom of drinking from the vanquished enemy's skull.

SLIPPER LOBSTER Cigale de mer Also known as squat or flat lobster, there are over 50 species of these lobster like creatures of the family Scyllarielae. They have small claws at the ends of their legs, but they do not have the large, long pincers typical of lobsters. Their shells range in colour from rust-red or chestnut to green-tinged. The powerful ridged tail is wide and the two fine antennae are reduced in size. A more conspicuous pair are widened into shovel shapes, which are useful for digging in search of food only the tail is eaten.

The grande cigale of the Mediterranean can weigh as much as 2 kg (4 $\frac{1}{2}$ lb); the smaller one is only 70-10 cm (3-4 in) and is used in soups. The French name comes from the snapping, cricket-like noise they make, audible underwater. In northern Spain the santaguino, St. James' lobster, has a mark like a cross on its back. Another species is fished in Scottish waters. Called a slipper lobster in the United States, it is fished off Hawaii (and is imported from Thailand, Singapore and Australia). Called bay lobster in Australia (and popularly, 'bugs'), the best and largest – up to 23 cm (9 in) – is the Moreton hay bug; the Balmain bug is also well-known.

RECIPE

Skewered saffron-dressed flat lobster tails. Remove the shells from the tails (discarding the

heads and legs), rinse and blot dry. Marinate the tails in the following mixture: 1 pinch saffron threads and 1 chopped garlic clove per 500 g (18 oz) tails, mixed with olive oil, lemon juice, parsley, crumbled thyme, salt and pepper. Thread them on to skewers and grill (broil) briefly until the meat is firm and cooked through time depends on size.

SLIT To open a fish slightly so that the cooking heat can penetrate the flesh more quickly while also preventing it drying out), or to cut a pocket in a piece of meat or chicken breast for inserting an ingredient, such as garlic.

SLIVOVITZ A plum brandy made throughout central and eastern Europe, also known as slivovica. The name comes from the Serbo-Croat Slijiva and Russian Sliva (plum). It is the national drink of the Bosnians and the Serbs, who also call it prakija. It is made from purple plums, the stones (pits) of which are usually crushed and fermented with the pulp. Slivovitz is a true alcohol blanc, not just a brandy flavoured with plums. It is usually served as a digestive.

SLOE The fruit of the blackthorn, a thorny shrub common throughout Europe. The sloe resembles a very small blue plum, with firm greenish flesh, which is juicy and very sour, it is edible only after the first frosts. Sloes are used to make jam (preserve) and jelly, sloe gin, sloe wine and other alcoholic drinks, such as the Spanish pacharan.

SLOKE A name used by the Irish and the Scouts for the seaweed laver, which is also called 'sea spinach' in former times it was cooked to make a traditional dish, also called sloke; it is now used as base for soups and sauce served with mutton. It is particularly popular with the Welsh, who boil it to a puree, then mix it with oatmeal to make laverbread, which is fried and served with bacon for breakfast.

SMALLAGE An umbelliferous plant, also called wild celery and known as ache des marats in French from which cultivated celery originated. This was used as a seasoning in Greek and Roman times. This wild plant can be included in salads and also serves as an ingredient in medicinal syrups and tisanes.

SMELT A small marine fish of the salmon family, with fine delicate flesh. It grows up to 20 cm (8 in) long, is silvery in colour and has a second dorsal fin, which distinguishes it from similar but poorer quality fish, such as bleak and atherine, which are often used as substitutes. It spawns in estuaries but seldom travels upriver beyond the tideline.

The classic method of preparation is frying. The fish are gutted (cleaned), washed, dried and stored in the refrigerator (they also freeze very well). Besides frying, they can also be marinated, grilled (broiled), cooked in white wine, coated with flour and fried, or cooked au gratin. In Scandinavian countries, smelt are used in the manufacture of fish oil and fishmeal.

RECIPES

Brochettes of fried smelt

Dip the prepared smelt in salted milk, then roll them in flour and shake off any excess. Impale them on metal skewers (6-8 fish per skewer) and deep fry in very hot oil.

Cold marinade of smelt

Prepare the smelt, roll them in flour and shake off any excess. Brown them in oil in a frying pan. Drain season with salt and pepper, then arrange in a dish. Peel and slice some onions and scald them for 1 minute in boiling water. Cool, then wipe dry and arrange over the fish. Add some peppercorns (2-3 for every 30 smelt), thyme and bay leaves. Add vinegar and soak

for at least 24 hours before serving as a cold hors d'oeuvre.

The vinegar in the marinade can be replaced by white wine boiled with 2 chopped shallots, 1 bouquet garni and some salt and pepper.

Fried smelt

Dip the prepared smelt in salted milk, then roll them in flour and shake off any excess. Deep-fry in very hot oil at 175-180°C (347-350 °F), then drain the fish on paper towels and sprinkle with fine salt. If desired, arrange in a cluster and garnish with fried parsley. Serve with lemon quarters.

Grilled smelt à l'anglaise

Prepare the smelt, split lengthways along the back and remove the backbone. Gently open them out and season with salt, pepper and a little cayenne pepper. Drip them one by one a melted butter and in fresh breadcrumbs, then grill (broil) then quickly. Sprinkle with fine salt and serve with maitre d'hotel butter.

Smelt veloute soup à la dieppoise

Prepare a veloute soup using 75 g (3 oz. 1/3 cup) white roux, 750 ml (1 1/4 pints. 3 1/4 cups) fish stock and 100 ml (4 fl oz. 7 tablespoons) mussed cooking liquid. Cook 250 g (9 oz) cleaned smelt and 1 tablespoon chopped onion in butter. Fillet the smelt and reduce to a puree. Add this to the veloute, then sieve. This mixture can be thickened with 1 or 2 egg yolks, if desired. Garnish the soup with 12 poached mussels and 12 peeled prawns (shelled shrimp).

SMETANA A soured (sour) cream, used extensively in central and eastern Europe. Produced by bacterial fermentation, it does not keep well. It is mainly used with fish, boarsch, and as a sauce for stuffed cabbage leave, sauerkaraut and Hungarian meat stews. The similar sauer 'Sabne of Germany has a milder taste but is used in the same ways and also in horseradish sauce with herrings.

SEMEUN Also known as smen or smenn. Clarified butter used in Arabic and Magherbi cookery Europeans loosely describe it as rancid, but this is incorrect Smeun is made with the butter from ewe's milk or occasionally cow's milk (even buffalo's milk in Egypt), which is liquefied, clarified and mixed with a little salt (or sometimes semolina). It is stored in earthenware or stoneware pots. The traditional preparation of smeun came from the need to preserve fats in hot climates. As it ages, the butter becomes refined and develops an almond taste. It is used in pastries and in the preparation of couscous, broths and tajines.

SMOKING A traditional method of preserving fresh, using prolonged exposure to smoke from a wood fire. Smoking tends to dry the food, kills bacteria and other microorganism on the food's surface, deepens its colour and impregnates it with a smoky flavour. Nowadays, smoking (or smoke-curing) is rather less a means of preserving than a process for giving flavour to meat or fish.

Smoked meat is traditional in many countries. Bresil, from Franche-comte in eastern France, is made from lean beef; salted and hardened, and served in very thin slices, South American charqui is beef, mutton or llama cut into long strips and dried; grisons meat (lean beef soaked in brine and dried in the open give a very close texture) comes from Switzerland; and pastirma from Turkey is smoked left or should of mutton.

Smoking is mostly performed on certain cuts of pork (ham, belly, bacon), sausage (for example, frankfurters), poultry (goose, raw or cooked chicken, cooked turkey pieces), some game (wild boar, pheasant) some fish (salmon, eel, sturgeon). It is often preceded by salting of

soaking in brine. For fish, there are two techniques. In cold smoking (20-30°C, 68-86°F), the fish is exposed to the smoke from a slow-burning wood fire; in hot smoking, it is first exposed to a draught of hot air (60-80°C, 140-176°F) emitted by a fast-burning fire, then placed in the thick smoke from a fire covered with sawdust. This second type of smoking involves a limited degree of cooking of the fish. Meat and pork products are hot-smoked, directly over an open fire.

The duration of smoking varies from 20 minutes to several to several days. The most commonly used woods are beech, oak and chestnut, to which aromatics (juniper, healthier, laurel, sage and rosemary) can be added. In the United States, hickory is often used in France, sausages in Savoy are smoked over fir wood, while in the Charente, mussels are cooked in the smoke from pine needles. (In general, however, resinous woods perform badly and produce an acrid taste). In Brittany, gorse is used for ham. In Andalusia in Spain, chorizo is smoked over juniper, a plant also used by the Sicilians to smoke ewe's-milk cheese. The Chinese smoke eggs over fennel, cinnamon and popular sawdust fires.

A smoky flavour can be produced using a concentrate extracted from carbonized wood. The concentrate is sprayed over the surfaces of the foods, but the food is not thoroughly impregnated, as in true smoking. This smoky flavour is mostly given to foods that cannot undergo traditional smoking, such as biscuits (crackers) and cheese.

SMOOTH HOUND Small shark of the family of Triakidae, of which there are species worldwide. In France, the smooth hound (emissole) is sold skinned under the name saumonette. It has a flesh that is much appreciated particularly in Normandy, where it is cooked à la crème.

SMORGASBOARD An abundant assortment of hot and cold dishes served in Sweden as *hors d'oeuvre* or a full buffet meal, related to the Russian *zakuski*. The literal meaning of the word is 'table of buttered bread' and it is a vast buffet from which guests serve themselves according to their appetite. A traditional order is observed: the first course is herrings, as this is the king of Scandinavian foods. On the first plate one might mix *bareng du verrier* (herrings marinated in sugar, vinegar, carrots, and spices) with some fried marinated herring with soured (sour) cream and smoked herring with raw sliced onion or cucumber. The herring dishes are followed by other fish dishes; salmon and smoked eels; jelled trout; cod roes with fennel; hard-boiled (hard-cooked) eggs with caviar or salmon roe; lobster salad; crab with shrimps, peas and mushrooms; or the typical smorgasboard speciality *fagelbo*, a salad of sprats, lettuce, onions, capers, sliced beetroot (red beet) and raw egg yolk. Then plates are changed for the third course, which consists of cold meats and Swedish *charcuterie*; veal in aspic, pressed tongue, roast beef and liver pate, with vegetable macedoine in mayonnaise or cold pasta salads. The fourth course includes several traditional Swedish hot dishes 'Janssen's temptation', an anchovy or sprat gratin with potatoes, cream and onions; stuffed onions; and meatballs with (bell) peppers and so on.

Several varieties of ryebread and crisp pancakes are served with the meal; there are also several types of cheese, both strong and mild (which are often eaten first, before the herrings). The desserts are usually fruit-based; for example, baked apples, cheesecake, cakes made with berries or fruit salad. Beer and aquavit are served for drinks.

Traditionally, smorgasboard was a sumptuous and carefully prepared buffet, at which the hostess could employ all her skills. It is now only really available in restaurants rather than in the home. Historically, it dates back to the ancient Norse custom of putting all the dishes for a meal on the table together. The present form dates from the 19th century, when catering helped its development considerably.

SNAIL A terrestrial gastropod mollusc characterized by a spiral shell. Some species are highly prized in gastronomy, particularly in France, where the snail is called *escargot* and where two native species are most commonly eaten.

BURGUNDY OR RAMON SNAIL Also called vineyard snail or large white, it is 45 cm (1 ¾

in) long. It has a slightly mottled or veined body and a tawny-yellow shell streaked with brown; the aperture of the shell is smooth or barely rimmed. It has a slow rate of growth taking two to three years to reach maturity. Rearing them is difficult, but wild snails may be collected in Burgundy, Franche-Comte, Savoy and Champagne.

- PÉTIT-GRIS This is the common snail or garden snail. It is 2.5 cm (1 in) long, with an unspotted body and a brownish shell with a spiral of fawn-grey; the aperture has a rimmed edge. In the wild, it is found mostly in Provence, Roussillon and Languedoc, but also in Charente and Brittany. Its flesh is delicate, fruity and slightly firm.
- Buying snails These snails are sold either live or freshly cooked in France (by pork butchers, caterers and fishmongers), or frozen.

The French species are becoming increasingly rare and, although the petit-gris is reared on snail farms in various parts of the world, imports of other varieties have increased to meet the demand. These include large snails from Algeria and Turkey, which have striped shells, and snails from central Turkey, which are imported either live, canned or frozen. Giant 'Achatine' snails, less delicate and sold preserved, some from China, Indonesia and Africa. These are commercially reared and can reach 450 g (1 lb.) in weight.

The types of live snail available depend on the season: spring and autumn for the *coureurs* ('runners'); summer and winter when they are *opercules* (the shell's aperture is sealed off for hibernation) or *voiles* ('veiled'—these are the best and, because they have fasted, the leanest). In France, the collection of both Burgundy and petit-gris snails is governed by regulations.

- History Snails were among the first animals to be eaten by man, on the evidence of the heaps of shells found in prehistoric sites. It was the Romans who first prepared them for cooking. They had 'snaileries' where the snails were fattened on wine and brain, and Pliney speaks of grilled (broiled) snails, eaten with wine as a snack before or after meals. The Gauls, it seems, enjoyed them as a dessert. In the Middle Ages, the Church permitted consumption of snails on days of abstinence. They were fried with oil or onion, cooked on skewers or boiled. But Nicolas de Bonnefont was 'astonished that the odd tastes of man have led him as far as this depraved dish in order to satisfy the extravagance of gluttony.'

In the 17th century, the consumption of snails was appreciably reduced. But Talleyrand brought them back into fashion in the early 19th century by asking Caramelle to prepare some for the dinner he gave for the tsar of Russia.

French gastronomy. All the regions of France have their own name for the snail; it is called *cagaouille* in Saintonge, *lumas* in Poitou, *caracol* in Flanders, *caranar* in Lorraine, *carrage* or *cacalan* in Provence, *carcaulada* in Roussillon and *cantalen* in Nice. In the south, it is usually prepared in wine, with bacon or ham, spices, garlic and olive oil; it is also with bacon or ham, spices, garlic and olive oil; it is also included in tarts, pastries and turnovers, cooked in broth, *fricassée* or on skewers, or grilled on a *woofite*. For the classic entrée, snails are stuffed with butter à la bourguignonne and served piping hot in their shells or in tiny individual pots (6-12 at a time, on a special grooved dish, the *escargotière*, they are eaten using a special pair of tongs and a small two-pronged fork.

Sucarelle is a typical regional dish from southeastern France, small snails (preferably) are cooked in court-bouillon with fennel and rosemary, then browned in olive oil with onion, tomatoes, bay leaf, garlic and pepper; they are then floured, sprinkled with stock and lemon juice, and simmered for a long time; the bottom of the shell is pierced and the flesh sucked through the hole.

Grimod de la Reynière gives that use only the shell. 'In the season when snails are unobtainable, we sometimes divert ourselves by deceiving the senses through a semblance which is not unamusing. We make an excellent fine forcemeat, either of game or of fish, with anchovy fillets, nutmeg, delicate species, herbs and a binding of egg yolks. Well washed and very hot small shells are used. Each one is filled with the forcemeat and they are served burning hot.' The recipe for *escargots simulés Comtesse Reguidi* is as follows: 'In large well-washed

snail shells (from which, naturally, you will have expelled any undesirable inhabitant) place rounds of lambs' sweetbreads sautéed in butter. Fill the cavity of the shells with a fine forcemeat of creamed chicken, to which some chopped white truffle has been added. Place the snails disguised in this way with breadcrumbs and cook for a few minutes in the oven.

Snails served with butter in their shells may be prepared à l'alsacienne (using flavoured aspic, garlic butter and aniseed), à l'italienne (maitre d'hotel butter and Parmesan cheese) or à la valaisane (chilli-flavoured gravy, garlic butter and chives). Snails served with sauce may be prepared à la poulette, other sauces include garlic-flavoured mayonnaise and béarnaise sauce. They can also be cooked in red wine or white wine, flamed in Armagnac or lightly fried.

Preparation snails collected from the wild need to be starved for about 10 days to ensure they are rid of any poisonous leaves they may have eaten. (in Provence, instead of fasting, they are put on a diet of thyme, which helps the molluscs to eliminate poisonous material and also, flavours their flesh.) some authorities recommend that snails should not be purged with salt, because that risks spoiling their gastronomic quality. If they are purged, a small handful of coarse salt is required for 48 large snails. Together with 5 tablespoons vinegar and a pinch of flour, cover the vessel containing the snails and place a weight on top leave to soak for 3 hours. Stirring from time to time. Next, wash the snails in several changes of water to remove all the mucus, then blanch them for 5 minutes in boiling water. Drain and rinse in fresh water. Shell them and take out the black part (cloaca) at the end of the tail, but do not remove the mantle, comprising the liver and other organs, which represents a quarter of the total weight of the animals and is the most delicious and nutritious part. Cultivated snails do not require the purification period but should be used on the day of purchase.

RECIPES

Butter for snails

Finely chop 40 g (1 ½ oz) shallots and enough parsley to fill 1 tablespoon. Crush 2 garlic cloves. Add all these ingredients to 350 g (12 oz, 1 ½ cups) softened butter, 1 tablespoon salt and a good pinch of pepper. Mix well. (this quantity is sufficient to fill about 50 snail shells).

Snail broth

(from an ancient recipe) Prepare 36 snails. Shell them and put them in a saucepan containing 3 litres (5 pints, 13 cups) water, add 400 g (14 oz.) calf's head, 1 lettuce (cleansed and quartered), a handful of purchase leaves and a little salt. Heat, then skim. Bring to the boil, then reduce the heat and simmer for about 2 hours. Adjust the seasoning and strain.

Snails à la bourguignonne

Put the shelled snails in a saucepan and cover them with mixture of equal parts of white wine and stock. Add 1 tablespoon chopped shallot, 15 g (½ oz) onion and 75 g (3 oz.) carrot per 1 litre (1 ¾ pints, 4 1/3 cups) liquid and 1 large bouquet garni. Add salt, allowing 1 teaspoon per 1 litre (1 ¾ pints, 4 1/3 cups).

Simmer for about 2 hours, then leave to cool in the cooking liquid. Meanwhile, boil the empty shells in water containing 1 tablespoon soda crystals per 1 litre (1 ¾ pints, 4 1/3 cups). Drain them, wash in plenty of water and dry in the oven, without letting them colour. Prepare some butter for snails; at least 50 g (2 oz, ¼ cup) is required for 12 snails. Remove the snails from the cooking liquid. Place a little butter in the bottom of each shell, insert a snail and fill up the shell with more butter. Arrange in snail dishes and heat without letting the butter brown. Serve piping hot.

Snails à la poulette

Cook 48 shelled as for snails a la bouguignonne, then drain. Prepare a white roux using 25 g (1 oz. 2 tablespoons) butter and 25 g (1 oz, ¼ cup) plain (all-purpose) flour. Add 250 ml (8 fl. oz. 1 cup) chicken stock, 250 ml (8 fl. oz. 1 cup) white wine and 1 bouquet garni. Cook briskly for about 15 minutes, or until the sauce is reduced by a third. Soften 1 large chopped onion in 20 g (¾ oz. 1 ½ tablespoons) butter in a saucepan. Add the snails and the sauce and cook for 5 minutes.

Meanwhile, mix 2 egg yolks and the juice of 1 lemon; chop a small bunch of parsley. Remove the bouquet garni from the saucepan. Blend a little of the hot sauce with the egg yolks and lemon juice then add to the saucepan. Stir briskly and remove from the heat. Sprinkle with chopped parsley and serve piping hot.

Snails grilled a la mode du languedoc

Arrange some shelled snails on a grid (grill). Prepare a fire of vine shoots; as soon as the embers form a light ash, place the grid of top, sprinkle the snails with salt, pepper, thyme and crushed fennel and grill. Meanwhile, cook some diced fatty bacon in a frying pan until soft. Tip the cooked snails into a dish and baste with the sizzling bacon fat. Serve immediately with farmhouse bread and red wine.

SNAKE Practically all snakes, poisonous or not, are edible; the boas of South America, the pythons of Africa, the cobras of Asia, the rattlesnakes of Mexico and the grass snakes and adders of Europe. Until the 18th century, adder-based diets were very fashionable in France for their beneficial effects on health and beauty. Mme de Sevigne, who obtained her address from Poitou, advised her daughter to go on a month's adder diet once a year. Recipes of the period are full of suggestions: the adders should be skinned and gutted (cleared), cooked with herbs used to stuff a capon, cooked in stock, jellied or made into oils.

In China, an ancient recipe mentions the three cobras necessary to make a very complex dish called 'the meeting of the tiger, the phoenix and the dragon'. In Cameroon, a ragout of adder and spices is prepared. In a recipe for python stew, the snake is skinned, cut into pieces, dusted with flour, and sealed in a frying pan with palm oil, then flamed with Armagnac and stewed for 5 hours in a rich tomato and onion sauce (fondue) flavoured with shallots, thyme, bay leaf and (bell) peppers. This dish is considered to taste like sautéed chicken.

SNAPPER The name given to a wide number of different tropical sea fish; the best known of which is probably the red snapper, also known as mangrove jack, an Indo-Pacific fish, popular from Australia to America. The name 'red snapper' is also applied to a number of different tropical fish of that colour; specific examples include the humback red snapper, Malabar red snapper and emperor red snapper. Other popular snappers from the Atlantic waters off the United States, include the grey, yellowtail, mutton and schoolmaster snappers.

Snappers take their name from their large, often pointed heads and sharp-toothed mouths capable of a sharp snapping action. Their eating quality varies from good to excellent.

SNIFE a migratory game bird, similar in appearance to the woodcock but smaller, having a wing span of 50 cm (20 in), it is found in marshes, ponds and water meadows. Snipe are hunted from August to April (but are best in the autumn) in the northern hemisphere and are more easily shot than woodcock. The plumage is brownish-black on the head and back and white underneath. It is prepared in the same way as woodcock.

SNOEK The South African name, also used in Australia (where it is more commonly known as barracuda), for an elongated, blue-backed, carnivorous fish (*Scomberomorus*) with a maximum length of 135 cm (4 ft 6 in.). Abundant in the southern Pacific and Atlantic, it was much canned and exported during World War II.

SNOWBALL An ice cream dessert – *boule-de-neige* in French – made using a spherical (bombo) mould. The mould is lined with chocolate ice cream, filled with a mousse mixture and, when turned out, covered with Chantilly cream.

SOAK To immerse a foodstuff in water for a variable length of time. Soaking is carried out to reconstitute dried vegetables or fruits, to facilitate the cooking of dried vegetables (lentils, beans), to desalt salt fish (especially salt cod), or to clean and wash vegetables or preserve them in the short term.

SOAVE AOC dry white wine produced in the Veneto region using 70-79% Garganega, the remainder being Chardonnay, Pinot Blanc or Trebbiano, it can be one of Italy's best wines.

SOBRESSADA A speciality of Spanish charcuterie, this is an unsmoked spreading sausage that consists of small pieces of lean meat in a fatty stuffing, highly seasoned and coloured with sweet (bell) pepper. The name *sobressada de Mallorca* is protected so no imitations can be made.

SOBRONDE A rustic soup from Perigord in France, made from haricot (navy) beans, potatoes, not vegetables, celery, and flavorings, garnished with both fresh and salt pork or sometimes ham.

RECIPE

Sobronade

Soak 800 g (1 $\frac{3}{4}$ lb. 4 $\frac{1}{2}$ cups) dried haricot (navy) beans in cold water for 12 hours. Peel 2 turnips and cut into thick slices. Brown one third of these in a pan with 100 g (4 oz. $\frac{1}{2}$ cup) chopped fat bacon. Drain the beans and put them into a large saucepan, cover completely with cold water and add 250 g (9 oz. 1 $\frac{1}{4}$ cups) diced ham and a piece of fresh pork (fat and lean), weighing about 800 g (1 $\frac{3}{4}$ lb.). Bring to the boil and skim; add all the turnip, 1 bouquet garni, 1 onion studded with 2 cloves, 4 carrots, 2 sliced celery sticks, 1 bunch of parsley and 2 chopped garlic cloves. Boil for about 20 minutes, then add 250 g (9 oz.) potatoes cut into thick slices and leave to cook for about another 40 minutes. Garnish a soup tureen with slices of dried bread and pour the soup on top.

SOCCA A flour made from chick peas in the Nice region of France. A thick porridge is made from it, which can be cooked au gratin, used to fill a tart, or sliced (when cold), fried in olive oil and served with sugar. The latter is a popular delicacy, which is sold in the streets.

RECIPE

Socca

Mix 125 g (4 $\frac{1}{2}$ oz. 1 cup) chick pea flour with 250 ml (8 fl. oz. 1 cup) water, salt, pepper and 1 tablespoon olive oil. Whisk vigorously. Pour this mixture into 2 large buttered gratin dishes. Cook in a preheated oven at 240°C (472°F, gas 9) for 20 minutes. Using a fork, prick the bubbles that have formed on the surface of the socca, then grill (broil) until golden under a preheated grill (broiler).

SODA BREAD A type of non-yeast bread, leavened with bicarbonate of soda (baking soda), of Irish origin. The bread was traditionally cooked in a covered pot over a peat fire. It is always served freshly baked, preferably still warm. Bicarbonate of soda and acidic sour milk or buttermilk, left after churning butter, react to make the bread rise. The solid loaf, with only a little butter, has a deep cross cut in the top to ensure that it cooks evenly. The bread can be made

with white or wholemeal flour, or a mixture of both.

RECIPE

Irish soda bread

Sift 450 g (1 lb. 4 cups) plain (all-purpose) flour, 1 teaspoon bicarbonate of soda (baking soda) and 1 teaspoon salt into a bowl. Rub in 25 g (1 oz. 2 tablespoons) butter, then mix in about 300 ml (½ pint, 1¼ cups) buttermilk to make a soft but not sticky dough. Knead the dough briefly and quickly for a few seconds on a well-floured surface, then shape it into a ball and flatten it slightly. Place the loaf on a floured baking sheet and cut a deep cross in the top. Bake in a preheated oven at 220°C (425°F, gas 7) for about 40 minutes, until risen, browned and firm. Cool on a wire rack. Serve the loaf on the day it is baked.

Variation Fresh milk and 1 tablespoon lemon juice can be used instead of the buttermilk.

SODA WATER effervescent mineral water formerly sold in a siphon but now usually bottled. Soda water is used to dilute spirits, syrups and fruit juices.

SOFT ROE the sperm, or milt, of a male fish. Soft roe is white and smooth. Roes can be used fresh, smoked or preserved in an oil. Herring roes are the most widely available variety, followed by carp (one of Brillat-Savarin's favourite dishes when used as an omelette filling) and mackerel. Whether poached in a court-bouillon or cooked à la meunière, they can be served as hot hors d'œuvre (barquettes, bouchees, canapés and fritters) or used as a garnish in fish dishes. Poached roes can be cooked briefly in butter or oil, with herbs or lemon zest, and then served on toast or croutons as a snack or light meal.

RECIPES

Poached soft roes in court-bouillon

Soak the roes in cold water for 2 hours, then remove the small blood vessels that run down the sides. Prepare a simple court-bouillon with cold water, a little lemon juice, salt and oil – 2 tablespoons for every 500 ml (17 fl. oz. 2 cups) water. Put the roes in this liquid, bring slowly to a very gentle simmer and poach for about 4 minutes. Drain and cool.

Soft roes à la meunière

Soak the roes and blot them dry with paper towels. Coat them with flour, shake off any excess and fry in butter seasoned with salt and pepper. Sprinkle with lemon juice.

Soft roes à l'anglaise

Poach the roes in a court-bouillon and allow to cool. Coat them in flour, then dip them in egg and breadcrumbs. Fry in butter, browning on both sides. Arrange on a serving dish and sprinkle with a mixture of melted butter and lemon juice. Garnish with half slices of lemon.

Soft roes in noisette butter

Poach the roes in a court-bouillon, dry on paper towels and arrange on a long dish. Sprinkle with capers and chopped parsley, together with a little lemon juice. Top with a few tablespoons of noisette butter.

The lemon juice may be replaced with a few drops of vinegar, and the chopped parsley with 2 tablespoons chervil added to the noisette butter.

Soft roes in scallop shells à la normande

Poach the roes in a court-bouillon and drain them. Put them in scallop shells edged with a border

of duchess potatoes, previously browned in the oven. Top the roes in each shell with a poached drained oyster, a cooked mushrooms and 1 scant tablespoon shrimps and mussels. Coat with normande. Mornay or butter sauce, and garnish each shell with a generous strip of truffle.

SOLE A flat sea fish, almost a perfect oval in shape, found in the waters around western Europe. There are no true soles found in American waters, although the name may be used for some flounderlike fish. Soles have eyes on the right-hand side of their head (which is grey or brown the blind side being creamy white). Soles range in weight from 200-800 g (7 oz-1 ¾ lb.)

The sole was the favourite fish in the cookery of ancient Rome, where it was called *solea jovi* (Jupiter's sandal). In a former times it was preserved (marinated in salt), sweated, fried, made into pate or soup, stewed or roasted. During the reign of the French king, Louis XIV, it became a 'royal dish' since when the fillets have been used in a number of elaborate dishes, one of which was created by the Marquise de Pompadour. The great French chefs of the 19th century, especially Duglere and Marguery, exercised all their skill in preparing sole dishes.

- Types of sole as a general rule, the finest sole are fished in deep, rather than coastal waters; cold-water varieties are better than those of warmer seas. Since about 50% of the weight is lost in trimmings, sole is often bought gutted (cleared) and skinned or filleted. Its freshness is indicated by a very white blind side, coloured gills and, above all, by a very sticky skin.
- **DOVER SOLE** also called Channel sole, this is the best-known and tastiest sole. It is brown or grey in colour and reaches a maximum length of 50 cm (20 in). Fished in the English Channel, the Atlantic the Baltic and the North sea, Dover sole is exported from The Netherlands, Belgium, Denmark and England. The flesh is firm and delicate with an exquisite taste, which is best when grilled (broiled) or pan fried whole and served plainly. Alternatively, it can be filleted into 4 for serving with sauces.
- **SAND SOLE** ALSO called partridge, or French, sole, this has dark stripes and is smaller (up to 35.5 cm/14 in long) and less tasty than Dover sole. It is fished in the English Channel and the Atlantic, as far as Nantes on the west coast of France.
- **THICKBACK SOLE** This is smaller and thicker than the sand sole, and again not as tasty as Dover sole.
- **CETEAU OR SETEAU** This is a very small species of sole, common off the west coast of France between the Loire and Arcachon, but also caught off African coasts. It is known as *lange de chat* (cat's tongue) or *avocat* (lawyer) in the south-west of France. It has a clear brown skin and is seldom longer than 25 cm (10 in). It is usually cooked by very quick frying in hot oil.
- **WITCH OR TORBAY SOLE** This is not a true sole but a variety of plaice with a reasonable flavour. It is an inexpensive substitute for Dover sole, as is the lemon sole.
- Preparing and cooking there are very few bones in the flesh, but there is a long fin armed with straight sharp spines all around the fish which should be carefully removed with a fish knife. The large bones linked to the backbone are easily removed.

Usual cooking methods are deep-frying for the smallest fish; steaming, pan-frying or grilling (broiling) for medium sole or sole fillets (200-250g 7-9 oz.) ; and poaching in stock for larger fish stuffed sole are braised or cooked in the oven, Fillets, rolled into *paupiettes* or left flat, are poached and served with a sauce or coated with breadcrumbs and fried.

There are more recipes for sole than for any other fish; *a l'amiral*. *A la bonne femme*. *Au gratin*, *a la dieppoise*. *Colbert*, *duglere*, *Mornay*, *Joinville*. *Nantua* and *a la normand*. Fillets lend themselves to even more recipes *a la bateliere*, *a la bordelaise*, *en goujonnettes*, *a la bongroise*, *a la Riche* and *a la w'aleuska*, not forgetting *aspics*, *kebabs*, *croquettes*, *fritters*, *pates*, *timbales* and *vol-au-vent* fillings.

Undoubtedly the most popular classic dish is a succulent *sole meuniere*, as described by

Proust in a l'ombre des jeunes fillets en fleurs' . From the leathery skin of a lemon we squeezed a few golden drops on two sole, which soon left their bones on our plates. Light as a feather and sonorous as a zither.

RECIPES

Preparing sole and fillets of sole

To skin a sole, take hold of the tail fin with a cloth and cut the black skin at a slight angle just above the fin. Gently detach the skin with our thumb, then take hold of it with the cloth and remove it with one sharp pull towards the head. Remove the head and, of the white side, pull the skin from the head towards the tail. Cut the side fins close to the flesh with scissors. The head can also be cut in half at an angle. To remove the fillets, cut the flesh down to the bones on each side of the backbone with a filleting knife. Detach the flesh with the knife, from the backbone to the sides, to make 4 fillets. Remove any debris attached to the flesh and flatten slightly. Wash under running water.

Fillets of sole a la cantonnaise

Trim 2 good fillets for each guest. Sprinkle each one with a very small pinch of ground coriander, cinnamon, mixed spice, nutmeg and chopped onion. Add 2 slices of fresh root ginger and fold the fillets in half. Sprinkle with oil and a little more seasoning, then steam for 10-12 minutes. Arrange on a warm plate and season with salt and pepper.

Prepare the sauce separately. Heat 4 tablespoons oil in a pan and add 2 large chopped green (bell) peppers. 50 g (2 oz. 2/3 cup) sliced mushrooms, 8 thin strips of smoked pork, a slice of ham cut into strips. 100 g (4 oz. 3/4 cup) chopped shrimps and a drained 225 g *8 oz) can of crabmeat. Cook for 5 minutes, stirring continuously. Beat 2 eggs with 1 tablespoon soy sauce; stir into the pan and dilute with a little stock blended with 2 tablespoons tomato puree (paste). Reheat and pour over the fillets of sole.

Fillets of sole a l'anglaise

Coat 8 fillets of sole with egg and breadcrumbs and cook them in clarified butter. Arrange on along plate and cover with maitre d'hotel butter. Serve with potatoes or a boiled or steamed green vegetables such as leeks or spinach.

Fillets of sole poached in salted water and milk are also known by this name. They are served with boiled potatoes and melted butter. Whole sole can be cooked in the same way.

Fillets of sole au gratin

Butter a gratin dish and coat the base with 4 tablespoons dry mushroom duxelles. Arrange 8 seasoned fillets of sole on top. Garnish with sliced mushrooms around the dish and place 2 mushroom caps cooked in butter on each fillet. Coat with a little duxelles sauce to which some concentrated fish fumet has been added, sprinkle with breadcrumbs and clarified butter, and cook in a preheated oven at 230°C (450°F, gas 8) until brown. Sprinkle with the juice of half a lemon and serve in the cooking dish.

Fillets of sole Cubat

Poach fillets of sole in mushroom stock and butter. Place on a long ovenproof dish and cover with a thick mushroom duxelles. Place 2 slices of truffle on each fillet. Coat with Mornay sauce and brown in a the oven. (this dish is named after Pierre Cubat, chef at the court of Russia in 1903).

Fillets of sole Drouant

Arrange trimmed fillets of sole in a buttered dish. Season with salt and pepper. Sprinkle with 1

finely chopped shallot and moisten to the level of the fish with white wine and mussel stock. Cover and cook in a preheated oven at 220°C (425°F, gas 7) for 7 minutes. Drain the fillets and reduce the cooking juices by half. Add an equal amount of crème fraîche. Remove the heat and add 100 g (4 oz. ½ cup) butter and the same amount of americaine sauce (prepared as in the recipe for lobster à l'américaine). Strain and pour over the fillets. Glaze quickly in a preheated oven. Serve the fillets surrounded with shelled mussels and peeled prawns (shelled shrimp).

Fillets of sole homardine

Fillet 3 x 800 g (1 ¾ lb) sole. Prepare a fish fumet with 500 g (18 oz) ¾ cup) water, 1 onion, 1 shallot, 1 lemon, 1 bouquet garni, a bunch of parsley, salt and pepper.

Prepare a lobster à l'américaine as follows: peel, seed and chop 5 tomatoes; make a mirepoix of 1 onion, 2 shallots, 2 garlic cloves, 1 carrot and ¼ celery stick. Remove the leaves from a tarragon sprig and chop it. Remove the lobster's tail. Split the shell in half and reserve the juices (greenish parts) and the coral. Cook the lobster halves and the tail in a pan with 100 ml (4 fl. oz. 7 tablespoons) olive oil until red; add the mirepoix, mix and pour over 100 ml (4 fl. oz. 7 tablespoons) brandy. Flame, then add the chopped tomatoes, ½ teaspoons concentrated tomato puree (paste). 300 ml (1/2 pint. 1 ¼ cups) Chablis, some tarragon and 1 bouquet garni. Add just enough water to cover the lobster. Season with salt, pepper and a pinch of cayenne pepper. Cover and cook for 20 minutes

Prepare some beurre manie by mixing the reserved coral and juices of the lobster with 75 g (3 oz. 6 tablespoons) butter and 1 tablespoon flour. Drain the cooked lobster and reduce the cooking juices by half.

Strain the fish fumet and poach the fillets of sole in it for about 10 minutes. Drain the fillets, reduce the fumet and strain.

Cover the bottom of an ovenproof dish with 300 g (11 oz. 3/12 cup) sliced mushroom caps; put the fillets and shelled sliced lobster tail on top. Cover the dish with foil and place in a preheated oven at 140°C (275°F, gas 1) to keep warm.

Make a hollandaise sauce with 100 g (4 oz. ½ cup) butter, 2 eggs, juice of half a lemon, salt and pepper. Mix the beurre manie into the reduced cooking juices, stir for 3 minutes, then add the fish fumet and the hollandaise sauce. Mix well and add 2 tablespoons crème fraîche. The sauce should be rich and smooth. Coat the fillets with the sauce, garnish with little puff-pastry flowers and glaze in a very hot oven. Serve immediately.

Fillets of sole Marco Polo

Roughly chop some tarragon, fennel and 1 celery stick. Crush some lobster or langouste shells and put them in a frying pan. Flame with brandy and add the trimmings from 4 sole. Moisten with 300 ml (½ pint, 1 ¼ cups) white wine and simmer, allowing the liquid to reduce slightly.

Place 50 g (2 oz. ¼ cup) butter, ½ chopped shallot, and half a peeled, seeded and crushed tomato in a saucepan and moisten with 200 ml (7 fl. oz. ¾ cup) champagne. Season with salt and pepper poach the fillets of sole in this mixture for 5-6 minutes.

Sieve the cooking juices of the shells, crushing the latter firmly, then strain through muslin (cheesecloth). Add 100 g (4 oz. 1/3 cup) butter and whisk in 2 egg yolks and 100 ml (4 fl. oz. 7 tablespoons) crème fraîche.

Serve the fillets in their cooking juices, well reduced, separately from the lobster sauce.

Fillets of sole Robert Courtine

Fillet 2 x 675 g (1 ½ lb.) sole. Sprinkle with lemon juice and keep cool. Sweat 2 chopped shallots in a knob of butter over a gentle heat, moisten with 100 ml (4 fl. oz. 7 tablespoons) white wine and add a pinch of salt and pepper. Reduce slightly and add 250 ml (8 fl. oz. 1 cup) soured (sour) cream. Reduce by a third, remove from the heat and whisk in 150 g (5 oz. 2/3 cup) butter cut into small pieces. Strain into a sauceboat and keep warm in a bain marie. Reserve the

shallots for the forcemeat.

Flake 200 g (7 oz). White fish in bowl, mix with the reserved shallots and seasons with salt and pepper. Place the bowl over crushed ice and work in 150 ml (1/4 pint, 1/3 cup) double (heavy) cream. Lay the fillets of sole skin-side up and season lightly. Spread the forcemeat along the fish and fold into 3. Steam (on seaweed, if possible) for 7-8 minutes. Arrange on a dish and sprinkle with a little servings caviare. Add the remaining caviare – about 75 g (3 oz) although - to the sauce, mix gently and pour over the fillets.

Garnish with chunks of peeled, blanched, steamed cucumber bound with soured (sour) cream or, better still, make a garnish of small potato pancakes; rub 250 g (9 oz) boiled potatoes through a fine sieve into a basin. Add 3 tablespoons plain (all-purpose) flour and 2 tablespoons double cream, mix with a fork and beat in 5 whole eggs, one at a time. Heat a heavy pan over a gentle heat lightly cover the bottom with oil and pour in the mixture to make small pancakes, which require about 3 minutes cooking on each side. The potato pancakes can be made in advance and kept warm.

Fillets of sole with apples

Boil 2 teaspoons green peppercorns with 2 tablespoons fish fumet in a pan. add 3 tablespoons crème fraiche, pepper and a pinch of salt. Reduce, add 2 sliced tart apples and cook for a few seconds. Gently poach 4 fillets of sole in a little fish fumet for 2 minutes. Drain, arrange on a plate and surrounds with the apples. Add the cooking juices of the fish to the peppercorn mixture and bring to the boil. Pour over the fish and serve.

Fillets of sole with basil

Cover the bottom of an ovenproof dish with a mixture of 4 finely chopped shallots, 1 tablespoons basil and 1 tablespoon live oil. Arrange the seasoned filets of 2 x 800 g (1 3/4 lb) sole on top. Moisten with 5 tablespoons fish stock and an equal amount of white wine. cover with foil and bring to the boil over a brisk heat. Then place in a preheated oven at 230°C (450°F, gas 8) for 5 minutes. Drain the fish and keep warm on 2 plates. Reduce the cooking juices to a third. Whisk in 125 g (4 1/2 oz. 1/2 cup) butter in small pieces, adjust the seasoning and add the juice of half a lemon. Plunge a tomato into boiling water for 30 seconds, peel, seed and dice, then place the tomato on the fillets and coat with the sauce. Sprinkle with chopped basil.

Fillet of sole with mushrooms

Fold each fillet of sole over 2 large mushroom caps and cook over a gentle heat in a fish fumet prepared with white wine. carefully invert the drained fish on a to a long dish to that the mushroom face upwards. Add an equal quantity of crème fraiche to the cooking juices and reduce by half. Whisk in 25 g (1 oz. 2 tablespoons) butter, strain and pour over the fish.

Fillets of sole with noodles

Lay 8 fillets of sole in a buttered dish. Sprinkle them with chopped shallots and season. Moisten with white wine and fish fumet (made with the skin and bones of the sole). Add a crushed tomato cook in the oven for 8 minutes.

Meanwhile, make a hollandaise sauce. Cook some fresh noodles of dente; refresh them, turn into a buttered gratin dish and bind with 100 ml (4 fl. oz. 7 tablespoons) crème fraiche. Place the drained fillets on top, reduce the cooking juices and add to the hollandaise sauce with a little crème fraiche. Adjust the seasoning, coat the fillets and glaze in a very hot oven.

Fillets of sole with vermouth

Place the fillets of sole in a buttered pan. Moisten with 100 ml (4 fl. oz. 7 tablespoons) fish fumet and 100 ml (4 fl. oz. 7 tablespoons) dry vermouth Poach gently for 10 minutes. Remove the fish and keep warm. Cook 125 g (4 1/2 oz. 1 1/3 cups) sliced mushroom caps in butter over a brisk heat for 4 minutes, with salt, pepper and lemon juice. Strain both cooking juices into a pan and

reduce to 4 tablespoons; add 400 ml (14 fl. oz. 1 $\frac{3}{4}$ cups) double (heavy) cream and boil. Remove from the heat and bind with 3 egg yolks. Reheat. Stirring without allowing the mixture to boil. Garnish the fillet with the mushrooms and coat with the sauce.

Fried fillets of sole en goujons

Cut 2 large fillets of sole diagonally across in slices about 2 cm ($\frac{3}{4}$ in) wide. Dip in salted milk, drain, coat with flour and fry in hot fat or oil at 180°C (350°F). Drain on paper towels, sprinkle with fine salt and arrange in a heap on a napkin. Garnish with fried parsley and lemon wedges. The fillets, also known as goujonnettes, can be used as a garnish for large braised fish and for a sole a la normande.

Grilled fillets of sole

Season the fillets of sole, baste with oil or clarified butter and grill (broil) each side for 4 minutes. Arrange on a long dish surrounded by lemon slices and fried parsley. Serve with melted butter flavoured with lemon juice.

Grilled sole

Skin a sole of a least 400 g (14 oz.). Lightly season, soak in oil and drain well. Grill (broil) on both sides. Serve with half slices of cancelled lemon, fried parsley and any sauce suitable for grilled fish.

Grilled sole a la nicoise

Arrange a grilled sole on a warmed dish and surround with a tomato fondue seasoned with tarragon and mixed with a little anchovy butter (1/2 teaspoons butter to 3-4 tablespoons fondue). Finish with capers and stoned (pitted) black (ripe) olives.

Paupiettes of sole

Prepare a forcemeat from 500 g (18 oz) pureed whiting, salt, pepper and 200 ml (7 fl. oz. $\frac{3}{4}$ cup) crème fraiche, working in a bowl over crushed ice.

Remove and prepare the fillets from 2 x 800 g (1 $\frac{3}{4}$ lb) sole. Lightly flatten them on a damp work-top and season both sides. Spread the forcemeat over the 8 fillets, roll them up and tie loosely, so that the forcemeat does not escape. Butter a flameproof dish large enough to hold the fillets upright, side by side, then sprinkle it with 2 or 3 chopped shallots and arrange the fillets in it. Season. Moisten with 175 ml (6 fl. oz. $\frac{3}{4}$ cup) each of white wine and fish fumet. Cover with foil, bring to the boil, then place in a preheated oven at 230°C (450°F, gas 8) and cook for 10-15 minutes. Drain the paupiettes and arrange on a serving dish. Keep warm.

Strain the cooking juices into a small saucepan and whisk in 1 tablespoon butter. Pour this on the 2 egg yolks beaten with the juice of half a lemon, then return it to the saucepan and whisk until thick, without allowing it to boil. Pour over the paupiettes and serve very hot.

Paupiettes of sole a l'ancienne

Cover 8 fillets of sole with a thin (250 g 9 oz) whiting forcemeat (prepared as in the previous recipe) mixed with 75 g (3 oz) dry mushroom duxelles. Roll up the filets, coat with egg and breadcrumbs and cook in 40 g (1 $\frac{1}{2}$ oz. 3 tablespoons) clarified butter. Shape some small cutlets of whiting forcemeat and cook separately. Arrange the paupiettes and cutlets alternately in a ring. Garnish with a ragout of shrimp tails, mushrooms and truffes, flavoured with Madiera.

Sole a la dieppoise

Poach 4 soles, each weighing 350 g (12 oz.), in a mixture of 100 ml (4 fl. oz. 7 tablespoons) white wine and 100 ml (4 fl. oz. 7 tablespoons) fish stock. Seasoned with salt

and pepper. Keep warm. Cook 100 g (4 oz) prawns (shrimp) in salted water. Remove their shells and keep them warm. Cook 500 ml (17 fl. oz. 3 cups) mussels with a bouquet garni over a light heat to open them. Remove them from their shells and keep warm. Prepare a roux with 40 g (1 ½ oz. 3 tablespoons) butter and 40 g 91 ½ oz. 6 tablespoons) plain (all-purpose) flour; add some of the reduced cooking liquid from the soles, and strained cooking liquid from the mussels and that of the mushrooms. Bind with 100 ml (4 fl. oz. 7 tablespoons) double (heavy) cream and 25 g (1 oz. 2 tablespoons) butter. Arrange the soles on a dish, surround with the prawns, mussels and mushroom and pour the hot sauce on top.

Sole a la meniere.

Skin, gut (clean), wash and trim 4 sole, each weighing 250-300 g (9-11 oz); lightly flour and season with pepper. Heat 75-100 g (4-4 oz. 6-8 tablespoons) clarified butter and 1 tablespoon oil in a frying pan. brown the sole for 6-7 minutes on each side. Drain and arrange on a heated serving dish. Pour over 75 g (3 oz. 6 tablespoons) butter melted in a saucepan with the juice of 1 lemon. Sprinkle with chopped parsley. Served with sliced vegetables fried in oil or butter.

Suitable vegetable include aubergines (eggplants) and courgettes (zucchini) fried in oil, chunks of cucumber sweated in butter, sliced artichoke hearts fried in butter, mushrooms (especially ceps) fried in butter or oil, and red or green (bell) peppers cut into thick julienne strips and sweated in oil.

Sole a l'arlesienne

Poach 2 sole for 5-6 minutes in a fish fumet. Arrange on a serving dish and garnish with 4 small peeled tomatoes, cooked in butter, and 4 steamed sliced artichoke hearts to which 100 ml (4 fl oz. 7 tablespoons) reduced double (heavy) cream has been added. Then reduce the fish cooking juices and add 1 tablespoons tomato puree (paste). Add a little crushed garlic and 50-75 g 92-3 oz. 4-6 tablespoons) butter to the sauce. Pour the sole.

Sole and mushroom brochette

Cut the fish into square pieces of equal size. Sandwich them together two by two with a stuffing made from hard-boiled (hard-cooked) egg yolks, fresh breadcrumbs and chopped parsley. Thread them on skewers, alternating them with mushrooms tossed in melted butter. Season with salt and pepper and base with clarified butter. Cover with white dried breadcrumbs and grill (broil).

Sole bagatelle

Prepare a salpicon from a lobster a l'americaine, mushrooms and truffles. Bind with very thick americane sauce with a little added cream – 100 ml (4 fl. oz. 7 tablespoons) double (heavy) cream to 300 ml (1/2 pint. 1 ¼ cups) sauce. Lay out the fillets of sole and spreads with the salpicon, fold the fillets over the stuffing and coat with egg and breadcrumbs. Lightly brown them in a frying pan and arrange on along dish, garnish with sliced truffles. Keep warm.

Cook 1 tablespoon grated shallot in butter without allowing it to colour. Moisten with 175 ml (6 fl. oz. ¾ cup) dry white wine and reduce by half. Then double the volume with fish fumet and season. Add chopped parsley and the juice of 1 lemon. Thicken with 50 g (2 oz. ¼ cup) beurre manie. Cook for 10 minutes finishe with 25 g (1 oz. 2 tablespoons) butter and some finely chopped chives. Pour over the sole.

Sole sur le plat

Open a sole as fir stuffing. Put 25 g (1 oz. 2 tablespoons) butter and some finely chopped chives. Pour over the sole.

Sole sur le plat

Open a sole as for stuffing. Put 25 g (1 oz. 2 tablespoons) seasoned butter inside and place in a buttered gratin dish. Moisten with fish fumet with added lemon juice to the level of the fish and dot with knobs of butter. Cook in a preheated oven at 230°C (450°F, gas 8) for about 15 minutes, basting frequently (the cooking juices should become syrup and glaze the surface of the fish). Serve in the cooking dish.

Sole with orange

Brown a trimmed floured sole in a knob of butter until cooked through on both sides. Place on a hot serving dish and season with pepper. Garnish with thick slices of peeled orange with the seeds removed. Melt a little butter in a bain marie, season with salt and add a little crème fraiche and Curacao. Pour over the sole.

Sole with thyme

Cook a small sole in butter in a frying pan for 2 minutes each side. Season with salt and pepper and add ¼ teaspoon dried thyme and 2 tablespoons white wine. Cook for 30 seconds, then remove the fish. Reduce the juices by half and add 2 tablespoons double (heavy) cream and a peeled slice of lemon, chopped. Boil the sauce until thick and pour over the fish. Garnish with small steamed courgettes(zucchini).

Stuffed sole Auberge de l'III

Remove the black skin from 2 x 800 g (1 ¾ lb) sole and cut off the heads at an angle. Cut along the backbone and open out. Remove the bone, taking care that the fillets remain attached.

Put 100 g (4 oz) whiting fillets, 1 egg white, salt pepper and a pinch of grated nutmeg in a blender or food processor. With the motor running add 250 ml (8 fl. oz. 1 cup) very cold double (heavy) cream, a little at a time. Mix the forcemeat with 150 g (5 oz) diced salmon fillets and 50 g (2 oz. ½ cup) chopped pistachios in a bowl. Stuff the sole with the mixture, season and arrange on a buttered ovenproof dish. Sprinkle with chopped shallots and moisten with 250 ml (fl. oz. 1 cup) Riesling and 250 ml (8 fl. oz. 1 cup) fish fumet. Cover with foil and cook in preheated oven at 220°F (425°F, gas 7) for 25 minutes. Arrange on a plate and keep warm.

Pour the cooking juices into a pan, add 250 ml (8 fl. oz. 1 cup) double cream and reduce by half. Whisk in 100 g (4 oz. ½ cup) butter, a little at a time, add the juice of 1 lemon. Adjust the seasoning and pour over the sole.. Garnish with slices of truffle glazed in butter and puff-pastry flowers.

SOLFERINO sauce based on reduced tomatoes to which is added meat glaze, a pinch of cayenne pepper and lemon juice. The sauce is finished with tarragon maitre d'hotel butter and shallot butter.

SOLILEMME Also known as solilem. A type of brioche, rich in eggs, butter and cream, which is cut in half after cooking, while still warm, and sprinkled with melted salted butter. Solilemme is usually served with tea, but it can also be served in slices with smoked fish. It is thought to have originated in Alsace and is similar to, though richer than, the English tea bread Sally Lunn.

RECIPE

Solilemme

Mix together 125 g(4 ½ oz. 1 cup) sifted plain (all purpose) flour and 15 g 91/2 oz. 1 cake) fresh (compressed) yeast, creamed with 2-3 tablespoons warm water. Leave to rise for about 2 hours at room temperature, away from draughts. Break up the dough, mix in 2 eggs and 3 tablespoons

crème fraîche, then add 375 g (13 oz. 3 ¼ cups) sifted plain flour. Knead the dough. Mix 125 g (4 ½ oz. ½ cup) butter cut into small pieces. 3 tablespoons double (heavy) cream and 2 eggs into the dough. Knead thoroughly, adding a little roe cream if necessary (the dough should be fairly soft). Place in a buttered charlotte mould and leave to double in volume, away from draughts. Cook in a preheated oven at 220°C (425°F, gas 7) for 40 minutes. Turn out the solilemme and cut horizontally into 2 layers. Sprinkle each with 40 g (1 ½ oz. 2 tablespoons) melted slightly salted butter and sandwich together again.

SOLOGNATE, A LA Term for a preparation for duck. The bird is stuffed, preferably the day before, with its liver, which has been marinated in Armagnac and herbs, then finely minced (ground) with fresh soft breadcrumbs. The duck is then potroasted.

Gigot à la solognote is a leg of lamb marinated in white and wine vinegar with flavourings, then roasted. The marinade, well reduced, is used as a

SOMMELIER Originally the monk who had charge of the crockery. Linen, bread and wine in a French monastery – in other cellarer. During the Ancient Regime, the king's household had several sommeliers, whose primary function was to receive the wine brought by the sommers (from French betes de somme, 'beasts of burden). The name 'sommelier' was also applied to the officials who took care of royal furniture; later it was used for any bearer of burdens. During the reign of Louis XIV, the sommelier was the official in charge of the transport of baggage when the court moved. In the household of a great lord he was the official who chose the wines, table settings and desserts.

Nowadays, the sommelier of a large restaurant is the specialist wine waiter, a job that requires extensive knowledge of the subject and the ability to choose the appropriate wine for a dish. The sommelier may also be responsible for buying, storing and cellaring the wine and advising on the wine list. The caviste (cellarman) is responsible of supervising the wines in the cellar

SORB APPLE The berry-like fruit of the sorb tree. Native to southern Europe, and related to the rowan, it is also called the service tree, but is a different species from the American service-berry. Sorbe apples resemble small greenish or reddish pears; they are gathered after the first frosts and become pulpy and sweet when they are overripe. They can then be eaten without further preparation, like medlars, though they have a more delicate flavour; or they can be made into a jelly to accompany game or fowl.

In Spain and the west of France, they are also used to make a fermented drink, which is a little like (hard) cider.

SORBET A type of water ice that is softer and more granular than ice cream as it does not contain any fat or egg yolk. The basic ingredients of a sorbet is fruit juice or puree, wine, spirit or liqueur, or an infusion (tea or mint). A sugar syrup, sometimes with additional glucose or one or two invert sugars, is added. The mixture should not be beaten during freezing. When it has set. Some Italian meringue can be added to give it volume.

Historically, sorbets were the first iced desserts (ice creams did not appear until the 18th century). The Chinese introduced them to the Persians and Arabs, who introduced them to the Italians. The gallicization of the Italian sorbetto, derived from Turkish chorbet and Arab charab, which simply meant 'drink', sorbets were originally made of fruit, honey, aromatic substances and snow. Today, the sorbet is served as a dessert or as a refreshment between courses; at large formal dinners in France, sorbets with an alcoholic base are served between the main courses, taking the place of the liqueurs (trou normand) formerly served in the middle of the meal. Sorbets are usually served in sundae dishes or tall glasses;; they are sometimes sprinkled with a liqueur or alcohol to match their flavour (for example, vodka on lime, clear spirits on the

appropriate fruit). Other ingredients, such as raisins or pine nuts, can be incorporated into the mixture before freezing.

RECIPE

Fruit sorbet

For soft fruit, prepare a syrup using 20 g (7 oz. 1 cup) granulated sugar and 150 ml (1/4 pint, 2/3 cup) water per 500 g (18 oz) fruit poach the fruit in the syrup. Then puree in a blender or food processor; the density of the mixture should be 1.1513 for citrus fruit use 100 g (4 oz. 1/2 cup) sugar and 150 ml (1/4 pint, 2/3 cup) water for every 3-4 fruit. Finely grate the zest, then squeeze the juice from the fruit and mix with the syrup: the density of the mixture should be 1.1697. correct the density by adding more sugar if it is too weak or more water if it is too strong. Pour into an ice-cream maker and allow to freeze. Halfway through the cycle some Italian meringue (one third of the volume of the sorbet) can be added.

Honey sorbet with pine nuts

Mix 900 g (2 lb. 2 1/2 cups) orange-blossom honey, the juice of 1 lemon, a few drops orange-flower water and 1 litre (4 1/3 pints, 4 1/3 cups) water. After processing in an ice-cream maker, add some lightly toasted pine nuts, then pour into a mould and place in the freezer until required.

Passion fruit sorbet

Halve some ripe passion fruit, strain the pulp through a vegetable mill, then through a fine sieve. Measure the pulp and add an equal volume of cold syrup made from 500 ml (17 fl. oz. 2 cups) mineral water and 675 g (1 1/2 lb. 3 cups) caster (superfine) sugar. The density of the mixture should be 1.135; add in a little lemon juice, the density then being 1.075. pour the mixture into an ice-cream maker and freeze until set. It is also possible - and easier- to add caster sugar to the pulp and add enough, water to obtain a density of approximately 1.075, and then strain the mixture through a fine sieve before putting, it in the ice-cream maker. Serve scoops of the sorbet with a fan of mango slices and a little passion fruit pulp.

Peach sorbet

Prepare a syrup by boiling 100 ml (4 fl. oz, 7 tablespoons) water with 300 g (11 oz. 1 1/3 cups) granulated sugar and allow to cool. Peel 1 kg (2 1/4 lb.) white peaches, cut into quarters and puree in a blender or food processor. Add the juice of 1 large lemon and mix the puree with the cold syrup. Pour into an ice-cream maker and set in operation for a 1 hour. When the sorbet has frozen, switch off the machine and put the container in the freezer, together with 4 sorbet glasses, for about 1 hour. To serve; place 2 balls of sorbet in each glass and pour over some well-chilled champagne (1/2 bottle for the 4 glasses).

Pear sorbet

Peel 4 juice pears and cut into quarters, remove the pips and dice the flesh. Sprinkle with the juice of 1 lemon. Reduce to a fine puree, with 300 g (11 oz. 1 1/3 cups) granulated sugar, in a blender or food processor. Pour the puree into an ice-cream maker and operate for 1 1/2 hours, or until the sorbet freezes. Put the container into the freezer until required or serve immediately.

Raspberry sorbet

Prepare a syrup by boiling 250 g (9 oz. 1 cup) granulated sugar and 400 ml (14 fl. oz. 1 3/4 cups) water. Allow to cool. pour in 400 g (14 oz. 2 3/4 cups) rasp-berries and the juice of half a lemon. Puree in a blender or food processor and then rub through a sieve if wished. Pour the mixture into an ice-cream maker and set in operation for about 1 hour. When the sorbet begins to freeze, pour into a mould and place in the freezer until required.

Sorbet of exotic fruits

Peel 1 very ripe pineapple, cut it into 4, remove the centre and dice the pulp, retaining the juice. Cut 2 mangoes in half, remove the stone (pits) and scoop out the flesh with a spoon. Peel and slice 1 banana. Put the fruit into a blender or food processor with the juice of 1 lemon and puree it. Measure the juice obtained. Add 75 g (3 oz. 1/3 cup) caster (superfine) sugar per 250 ml (8 fl. oz. 1 cup) juice. Mix with a fork and add 1 teaspoon vanilla sugar and a pinch of cinnamon. Pour into an ice cream maker and set in operation for 1 ½ hours. When the sorbet begins to freeze, place in the freezer until required.

Sorbet with Calvados

Dissolve 200 g (7 oz. 1 cup) caster (superfine) sugar in 325 ml (11 fl. oz. 1 1/3 cups) water add a vanilla pod (bean) cut in half. Bring to the boil to obtain a light syrup. Remove from the heat and discard the vanilla pod. Add the juice of 1 lemon and a pinch of cinnamon. Mix well. Whisk 3 egg white to stiff peaks and mix them gently into the syrup. Pour into an ice-cream maker. When the sorbet begins to freeze, add 4-5 liqueur glasses aged Calvados. Beat for a few moments, turn into a mould and freeze until required.

Strawberry sorbet

Wash and hull 1 kg (2 ¼ lb. 8 cups) strawberries and puree in a blender or food processor. Add 300 g (11 oz. 1 ½ cups) caster (superfine) sugar. Mix well to dissolve, then add the juice of half a lemon and 1 orange. Pour into an ice-cream maker. Set in operation for about 1 hour. Pour the sorbet in a mould and place in the freezer for a further 1 ½-2 hours to allow the sorbet to freeze completely.

SORGHUM A cereal that is grown in hot, dry areas worldwide. In some countries, it is grown only for animal fodder. Also known as Indian millet, guineacorn or durra, sorghum has a slightly nutty taste. It can be cooked and eaten like rice, or ground into flour, which is used for making porridges and flat, unleavened breads. Fermented drinks also made from its seeds, and sorghum syrup is extracted from some varieties of sorghum, and is used in baking.

Sorghum has been grown in Africa since prehistoric times and records of sorghum cultivation in India date back to 1900 BC. It was grown in Italy in the days of Pliny and was possibly named surgo ('rise') at this time; the name could also be derived from Latin syriacus (from Syria). Its cultivation was abandoned in Europe at the end of the 15th century, but it remains a staple food crop today in Africa, India and China, and is gaining increasing importance elsewhere in the world. Examples of sorghum's many culinary uses include cakes made from sorghum and served with spicy sauces or milk and butter, a type of couscous made from sorghum in Mali; and sobleh, a traditional sorghum porridge with ginger, sold in the streets in Tunisia. In China such porridges are staple food. Sorghum appeared 3000 years before rice. Pombe, a beer made with sorghum and okra, is traditionally brewed by women in the Sudan. An alcohol flavoured with rose petals called caoliang or katoloang, is made from sorghum in China; it is also used in cookery for marinades and sauces.

SORINGUE An eel dish typical of 15th -century French cookery. Skinned steamed pieces of eel were simmered in a thick sauce of toasted breadcrumbs mixed with verjuice and flavoured with ginger, cinnamon, cloves and saffron, with added fried onion rings and chopped parsley. Finally, the dish was enhanced with wine, verjuice and vinegar.

SORREL. A culinary plant originating in northern Asia and Europe; its edible green leaves have a slightly bitter taste (from the oxalic acid they contain). When sorrel is for a sale, it should be

shiny and firm; it will keep for some days in the bottom of the refrigerator. It is prepared and cooked in the same way as spinach, when made into a puree or shredded, it can be given extra smoothness by adding a white roux or some cream. Sorrel is a traditional accompaniment for fish (shad, Pike) and veal (top-side, breast). It can also be used as a filling for omelettes, as an accompaniment to eggs en cocotte, and to prepare soup and velute sauce. When the leaves are very young and tender they can be eaten in a salad.

RECIPE

Chiffonnade of sorrel

Pick over the sorrel leaves and remove the hard stalks. Wash and dry the leaves and shred them finely. Melt some butter in a saucepan without letting it colour – allow 25 g (1 oz. 2 tablespoons) butter for 200 g (7 oz. 3 ½ cups) leaves. Add the sorrel, three-quarters cover the pan with a lid and let it cook gently until all the vegetable liquid has disappeared. The chiffonnade can be used as it is as a garnish; it can also be mixed with double (heavy) cream and reduced. A ‘mixed’ chiffonnade is a combination of sorrel and lettuce.

Preserved sorrel

Prepare and clean some sorrel as above, shred it finely and cook it in butter until it is completely dry. Pack it into a wide-mouthed jar. When it is quite cold, seal the jar and sterilize it. The sorrel can also be packed into containers and frozen. It is advisable to prepare only small quantities at a time.

Sorrel puree.

Prepare and clean some sorrel as above. Put the leaves into a large saucepan and pour in boiling water, allowing 1 litre (1 ¾ pints, 4 1/3 cups) water per 1 kg (2 ¼ lb.) sorrel. Bring to the boil, cool for 4-5 minutes, then remove from the heat and drain in a sieve. In a flameproof casserole, make a white roux using 65 g (2 ½ oz, 5 tablespoons) butter and 40 g (1½ oz. 6 tablespoons) plain (all-purpose) flour. Add the sorrel and mix well together. Pour in 500 ml (17 fl. oz. 2 cups) white stock and add salt and pinch of sugar.

Cover the casserole, bring to the boil on top of the stove, then transfer it to a preheated oven at 180°C (350°F, gas 4) and cook for ½ hours. Puree the sorrel in a blender or food processor and return it to the hob (stove top) to reheat. Bind it with 3 whole eggs beaten with 100 ml (4 fl. oz. 7 tablespoons) double (heavy) cream. Finally add 100 g (4 oz. ½ cup) butter, cut into small pieces.

SOT-L’Y-LAISSE The small piece of chicken meat in the hollow of each of the iliac bones, just above the tail. The French name for this delicacy, which literally means the fool leaves it there’s, confirms its choiceness. Its English name is the oyster.

SOUBISE the name given dishes containing an onion sauce (a bechamel to which onion puree has been added or an onion puree (usually thickened with rice). These preparations were named in honour of Charles de Rohan, Prince of Soubise and Marshal of France, an 18th –century French aristocrat. It is particularly applied to dishes of eggs, served on the puree or sometimes covered with the sauce. The puree may also be used to garnish cuts of meat or as a stuffing for vegetables.

RECIPE

Hard-boiled eggs a la Soubise

Hard boil (hard cook) some eggs; cool and shell them. Prepare 2 tablespoons Soubise puree per egg and pour into a buttered dish. Place the eggs in the puree at regular intervals and coat with cream sauce.

Soubise puree

Peel and thinly slice 1 kg (2 ¼ lb.) white onions and place in a saucepan with plenty of salted water. Bring to the boil, then drain the onions and place in a saucepan with 100 g (4 oz. ½ cup) butter, salt, pepper and a pinch of sugar. Cover and cook over a gentle heat for 30-40 minutes (the onions should not change colour). Then add to the onions a quantity of boiled rice or thick bechamel sauce equal to one quarter of the volume of the onion. Mix thoroughly and cook for a further 20 minutes. Adjust the seasoning, press through a very fine sieve and stir in 75 g (3 oz. 6 tablespoons) butter.

Soubise sauce

Prepare a Soubise puree with bechamel sauce. When it is well thickened, add 100 ml (4 fl. oz. 7 tablespoons) whipping cream. Blend thoroughly.

Stuffed potatoes Soubise

Bake some firm unpeeled potatoes in the oven, then scoop out the insides of the potatoes into a bowl. Prepare a well-reduced soubise puree. Add one quarter of its volume of double (heavy) cream and reduce still further until the mixture is extremely thick. Beat into the scooped-out potato until well blended. Stuff the potato skins with this mixture, arrange them in an ovenproof dish and sprinkle with breadcrumbs and small knobs of butter. Brown in a very hot oven.

SOUCHET Also known as Suchet. Sauce made with a julienne of vegetables stewed in butter, to which white wine and fish stock are then added. It is reduced and finished with butter.

SOU DU FRANC A former practice whereby the housekeeper or cook responsible for buying food, was given a cash discount of 5%. It was officially accepted by the employers that this profit, which could be quite considerable, should be kept by the housekeeper or cook over and above their basic wages. On the other hand, any servant caught trying to make an illicit profit by falsifying the accounts was immediately dismissed.

SOU-FASSUM A whole cabbage stuffed with a forcemeat of Swiss chard, bacon, onions, rice and sausage meat, typical of Nice, in France. Traditionally wrapped in a net known as a fassumier, it is cooked in the stock of mutton pot-au-feu. In a variation of this dish, the cabbage leaves are arranged alternately with the forcemeat in a terrine lined with slices of streaky bacon. The sou-fassum, which is said to be of Greek origin, is thought to date back to the founding of Antibes.

RECIPE

Sou-fassum

Trim a large green cabbage, blanch for 8 minutes in boiling salted water. Then cool and drain. Detach the large leaves, remove their ribs and spread them out flat on a net or a piece of muslin (cheesecloth), soaked and wrung out.

Chop the remainder of the cabbage and set aside. Make the forcemeat by mixing 250g (9 oz) blanched chopped Swiss chard leaves; 200 g (7 oz. 1 cup) lean bacon, diced and browned; 100 g (4 oz. 2/3 cup) chopped onions, fried in butter; 2 larger tomatoes, peeled, seeded and crushed; 100 g (4 oz. 2/3 cup) blanched rice; and 800 g (1 ¾ lb. 3 cups) sausage meat with 1 crushed garlic clove added.

Layer the forcemeat and chopped cabbage on the laid-out leaves. Then fold the cabbage

leave around to enclosed the stuffing in a neat ball. Tie up the net or muslim, plunge the cabbage into a mutton pot-au-feu stock and boil very gently for about 3 ½ hours. Drain the cabbage, unwrap and arrange on a round dish. Pour over a few tablespoons of stock and serve hot.

SOUFFLE A hot preparation that is served straight from the oven, so that it is well risen above the height of the mould in which it is cooked.

- Types of hot soufflé. There are two basic types savoury soufflés, which are served as hors d'oeuvre or light meals, and sweet soufflés, which are served as desserts.
- Savoury soufflé These are made from a thick bechamel sauce or a puree, bound with egg yolks, to which are then added stiffly whisked egg whites. Ingredients added to the basic mixture (in the form of a salpicon or puree), which determine the name of the soufflé, include vegetables, ham, cheese, white poultry meat or poultry livers, fish or shellfish or a game offal salpicon. During cooking, the air trapped in the egg white expands and increases the volume of the preparation, which must be served immediately, before it collapses. A soufflé must never be left to stand, but the basic mixture can be prepared in advance and kept in a bain marie or in a cool place until the stiffly whisked egg whites are added, just before cooking. The egg whites are whisked with a pinch of salt until stiff and folded in very gently. First a little of the egg white is beaten with the mixture to slacken it, then the remainder is folded in quickly, a little at a time, until the mixture is smooth.

The cooking mould is cylindrical, so that the preparation can rise evenly; it is buttered and often covered with flour, and filled only three-quarters full. For individual soufflés, ramekins are used. Special care must be taken not to open the oven door while the soufflé is cooking. As the soufflé is served straight from the mould, the latter is made of an attractive material that withstands high temperatures, such as fireproof porcelain (the material most frequently recommended), enamelled cast iron, (which guarantees good distribution of heat) or fireproof glass (which takes longer to heat). The classic fluted white French soufflé dish (and ramekins or individual dishes in the same style) are made of a heatproof porcelain called aluminite.

- Dessert soufflés These are based either on a milk mixture or a fruit puree and a cooked sugar mixture. For the former, a confectioner's custard (pastry cream) (see custard) is used, which is bound with egg yolks and flavoured (with vanilla, liqueur or spirit) before folding in the stiffly whisked egg whites. Alternately, a blond roux can be used; it is mixed with boiling sweetened vanilla-flavoured milk and bound with yolks. (or yolks and whole eggs) before adding the stiffly whisked egg whites and the flavouring. The soufflés are cooked in buttered, sugar-coated moulds. Dessert soufflés may be filled with pieces of sponge finger (ladyfinger) or Genoese cake (soaked in liqueur or spirit), which are either in the milk instead of instant coffee and sweeten with 75 g (3 oz. 1/3 cup) caster (superfine) sugar.

Coffee soufflé

Over a low heat, dissolve 2 tablespoons instant coffee in 1 tablespoon milk taken from a 250 ml (8 fl. oz. 1 cup). Then add the remainder of the milk and bring to the boil. Beat 2 egg yolks with 2 tablespoons) caster (superfine) sugar until the mixture turns thick and white, then incorporate 25 g (1 oz ¼ cup) plain (all-purpose) flour in a trickle. Gradually pour the boiling coffee-flavoured milk in to the mixture, beating briskly. Pour the mixture into a saucepan and bring to the boil, transfer it to a large bowl and allow to cool. Butter a 20 cm (8 in) soufflé mould and sprinkle it with 2 tablespoons caster sugar. Whisk 6 egg whites until they are stiff, incorporate a further 2 egg yolks into the coffee preparation, then carefully fold in the whites using a metal spoon. Pour the mixture into the mould and cook in a preheated oven at 190°C (375°F, gas 5) for 20 minutes. Then sprinkle the soufflé with icing (confectioner's) sugar and return to the oven for 5 minutes to glaze the surface. Serve immediately.

Curacao soufflé

Prepare a confectioner's custard using 250 ml (8 fl. oz. 1 cup) milk (see custard). Add 65 g (2 ½ oz) praline, 100 ml (4 fl. oz 7 tablespoons) rum and 50 g (2 oz. 1/3 cup) crystallized (candied) fruit. Stiffly whisk the whites of 5 eggs (whose yolks have been used for custard) and fold them into the mixture. Butter a 20 cm (8 in) soufflé mould, then coat with caster (superfine) sugar. Pour in the mixture. Place in a preheated oven at 180°C (350°F, gas 4) and bake for 15 minutes. Sprinkle with icing (confectioner's) sugar and allow to cook for a further 5 minutes, so that the top of the soufflé is caramelized.

Soufflé Simone

Generously butter a 20 cm (8 in) soufflé mould. Melt 100 g (4 oz. 4 squares) cooking (semisweet) chocolate in 2 ½ tablespoons milk. Add 2 tablespoons confectioner's custard and 50 g (2 oz, ¼ cup) caster (superfine) sugar and bring to the boil. Remove from the heat and add 2 egg yolks mixing thoroughly. Stiffly whisk the whites of 5 eggs and sweeten very slightly. Lightly sprinkle the buttered mould with 2 tablespoons caster (superfine) sugar. Fold the egg whites into the chocolate mixture and pour into the mould. Bake in a preheated oven at 200°C (400°F, gas 6) for about 25 minutes. Serve with lightly whipped cream.

Strewberry or raspberry soufflé

Prepare a confectioner's custard as in the recipe for soufflé Ambassadrice. Add 300 g (11 oz. 2-3 cups) pureed wild strawberries, large strawberries soaked in sugar or raspberries. Fold in 12-14 very stiffly whisked egg whites. Pour the mixture into a well-buttered large soufflé mould coated with sugar. Bake in a preheated oven at 190°C (375°F, gas 5) for 20-25 minutes.

Iced Soufflés

Iced fruit soufflé

Cook 300 g (11 oz. 1 1/3 cups) superfine sugar in 100 ml (4 fl. oz. 7 tablespoons) water to the soufflé stage. Pour this syrup over 5 very stiffly whisked egg whites, whisking until completely cold. Puree 350g (12 oz about 2 cups) fresh strawberries or raspberries, or apricots, peaches or pears cooked in sugar. Fold the puree into the egg white and sugar mixture together with 500 ml (17 fl. oz 2 cup) stiffly whipped cream.

Cut a strip of greaseproof (wax) paper or foil 23 cm (9 in) wide and longer than the circumference of the soufflé mould. Fold in half to reduce its width to 11.5 cm (4 ½ in. surround the mould with this double strip so that it comes well above the edge and keep it in place with an elastic band or adhesive tape. Pour the soufflé mixture into the mould until it reaches the top of the paper, smooth over the surface and freeze until firm (about 4 hours). Remove the paper to serve.

Iced raspberry soufflé.

Sort and clean 400 g (14 oz. 2 ¾ cups) raspberries. Put the best 20 to one side; crush the other and press through a sieve. Mix this puree with an equal amount of caster (superfine) sugar and add 500 ml (17 fl. oz. 2 cups) chantilly cream. Whisk the whites of 2 eggs very stiffly, whisking in 50 g (2 oz. ¼ cup) caster sugar. Fold lightly into the puree and cream mixture, then pour it into a 15 cm (6 in.) soufflé mould, around which has been wrapped a band of oiled greaseproof (wax) paper 6 cm (2 ½ in) higher than the mould. Place in a freezer for at least 8 hours. When the soufflé is firm remove the paper. Decorate with the reserved raspberries and serve immediately, with a lightly sweetened puree of fresh raspberries and almond tuiles. Serve with a dry champagne.

Savoury soufflés

Basic recipe

Make a bechamel sauce using 40 g (1 ½ oz. 3 tablespoons) butter, 40 g 1 ½ oz. 6 tablespoons) plain (all-purpose) flour and 200 ml (7 fl. oz. ¾ cup) cold milk. Season with salt. Pepper and nutmeg and incorporate the chosen flavouring. Then add 4-5 egg yolks (use fairly large eggs) and fold in 4-5 egg whites whisked to stiff peaks. Preheat the oven for 15 minutes at 220°C (425°F, gas 7). Butter a souffle mould 20 cm (8 in) in diameter and coat with flour. Pour in the mixture and bake in the preheated oven at 200°C (400°F, gas 6) for 30 minutes, without opening the door during cooking until well risen and a deep golden-brown on top.

Cheese and poached egg souffle

Mix 250 ml (8 fl. oz. 1 cup) milk with 50 g (2 oz. ½ cup) plain (all-purpose flour and an equal amount of softened butter. Bring to the boil stirring continuously, then beat in 5 egg yolks and 100 g (4 oz. 1 cup) grated Gruyere cheese. Gently fold in 6 stiffly whisked egg whites. Pour half the mixture into a 20 cm (8 in) buttered souffle mould and cook in a preheated oven at 200°C (400°F, gas 6) for 10 minutes. Meanwhile, poach 4 eggs in vinegar water for 4 minutes, then drain, plunge into fresh water, drain again and trim. Take the souffle out of the oven and place the eggs in it. Add the remaining souffle mixture, return to the oven and continue cooking at the same temperature for a further 10-15 minutes.

Cheese souffle

Follow the basic recipe, adding to the bechamel sauce 75-90 g (3-3 ½ oz. ¾ cup) grated Gruyere cheese or 50 g (2 oz. ½ cup) grated Parmesan cheese and a pinch of grated nutmeg. Proceed as in the basic recipe.

Chicken liver souffle

Clean 250 g (9 oz.) chicken livers, cut into pieces and sauté in butter together with 2-3 chopped shallots and a small bunch of parsley. Add salt and pepper, then put the mixture into a blender or food processor, together with 25 g (1 oz. 2 tablespoons) butter. Blend this pure with the bechamel sauce in the basic recipe and proceed as directed.

Chickory souffle

Prepare 250 g (9 oz.) braised or stewed chicory (endive), dry it over the heat and rub through a sieve. Incorporation 150 ml (¼ pint. 2/3 cup) bechamel sauce and 40 g (1 ½ oz. 1/3 cup) grated Parmesan cheese if desired. Sprinkle with nutmeg, add 3 egg yolks, then the stiffly whisked whites, and finish off as in the basic recipe, cooking for about 25 minutes.

Crab souffle

Prepare a bechamel sauce from 40 g (1 ½ oz. 3 tablespoons) butter, 40 g (1 ½ oz. 6 tablespoons) plain (all-purpose) flour, 150 ml (¼ pint, 2/3 cup) milk and 100 ml (4 fl. oz. 7 tablespoons) reduced crab cooking liquid. Incorporate 200 g (7 oz 1 cup) crab puree and adjust the seasoning. Add 4-5 eggs (the yolks. Then the stiffly, whisked whites) and cook as in the basic recipe. (Shrimp or lobster soufflés may be prepared in the same way.)

Game souffle with Perigaeux sauce

Pound in a mortar 250 g (9 oz) cooked pheasant or partridge meat together with 150 ml (¼ pint. 2/3 cup) thick bechamel sauce flavoured with game stock. Season with salt and pepper. Add 3 egg yolks one by one, rub through a sieve, then incorporate 3 stiffly whisked egg whites. Bake in preheated oven at 200°C (400 °F, gas 6) for about 25 minutes. Serve with perigaeux. Sauce.

Ham souffle

Process 150 g (5 oz. 1 cup) lean ham in a food processor, or finely mince (grind) twice. Prepare a cheese souffle mixture, add the ham and proceed as directed

Potato soufflé

Bind 400 g (oz. 1 2/3 cups) mashed potato with 60 ml (2 fl. oz. ¼ cup) double (heavy) cream. Add 3 egg yolks, then fold in a 4 stiffly whisked egg whites. Cook as in the basic recipe.

Chestnut, sweet potato or Jerusalem artichoke soufflés may also be made in this way. They can be flavoured with 75 g (3 oz. ¾ cup) grated Gruyere cheese or 50 g (2 oz. ½ cup) grated Permesan cheese.

Salmon soufflé

Skin a salmon and remove all the bones with a small pair of tweezers - you need 400 g (14 oz) flesh. Pass this flesh through a blender or food processor very quickly so as not to heat it. Add 4 whole eggs and 250 ml (8 fl. oz. 1 cup) crème fraîche. Stir this mixture with a spatula for 15 minutes. Keeping the bowl standing in ice. Rub through a sieve and adjust the seasoning. Whisk 4 slightly salted egg whites until stiff and fold gently into the salmon mixture. Pour into a buttered soufflé mould and bake in a preheated oven at 200°C (400 °F, gas 6) for about 25 minutes. (This recipe can also be made using salmon trout or brown trout).

Soufflé à la romaine

Proceed as in the recipe for spinach soufflé, but add 5 diced desalted anchovy fillets to the spinach.

Spinach soufflé.

Proceed as in the recipe for chicory soufflé, but replace the chicory with 250 g (9 oz) spinach, blanche, drained and pressed, then chopped or sieved and simmered in butter.

Tomato soufflé

Prepare a béchamel sauce as in the basic recipe. Add to it 250 ml (9 fl. oz. 1 cup) thick fresh tomato puree and 75 g (3 oz. ¾ cup) grated Parmesan cheese. Proceed as for the basic recipe, extending the cooking time by 5 minutes.

Woodcock soufflé and chestnuts

Pluck, singe and draw 2 woodcock. Remove the drumsticks and seal them quickly in butter, bone them and cut the flesh into small dice. Thinly slice the white meat of the wings and the breast. Seize in butter and leave to cool.

Make the sauce as follows: prepare and cut into small dice 1 small carrot, 1 small onion and 1 stick thinly sliced celery. Place these vegetables in a saucepan with 25 g (91 oz. 2 tablespoons) butter and with the small bones and intestines of the woodcock. Fry together, flame with 1 ½ tablespoons brandy, then add some brown stock and 1 bouquet garni and boil gently, skimming several times. After cooking for 2 hours, strain it through some muslin (cheesecloth), return to the boil, skim and strain once again. Keep in a warm place.

Peel 675 g (1 ½ lb.) chestnuts, steam them and reduce to a puree in a blender or food processor. Then blend in 6 egg yolks. 50 g (2 oz. ¼ cup) butter, salt, pepper, a pinch of cayenne pepper and the diced flesh of the woodcock. Whisk 6 egg whites until stiff and fold them into the mixture. Butter a 20 cm (8 in) soufflé mould and pour this mixture into it, layering it alternately with the slices of white meat, finishing with a layer of soufflé mixture. Bake in a preheated oven at 200 °C (400 °F, gas 6) for about 30 minutes. Serve the soufflé with the sauce.

SOUMAINTRAIN A French soft-textured cow's milk cheese (45% fat content) with a washed, reddish, damp rind. A speciality of the Yonne region, it has penetrating odour and a spicy flavour. It is sold unwrapped in a round slab; 12-13 cm (1-1 ¼ in). deep. Farm made, it is at its best from the end of spring until autumn, accompanies by a full-bodied Burgundy.

SOUP A liquid savoury food served at the beginning of a meal or as a light meal in itself. There are many sops that make heavy meals, including Italian minestrone and chunky seafood chowder.

Originally in France, the soupe was the slice of bread on which was poured the contents of the cooking pot (potage). Soupe and potage are now often synonymous, although the former is also used to designate unstrained vegetable, meat or fish soups garnish with bread, pasta or rice, it is also used for regional or classical soups with bread added to them, such as French onion soup (soupe a l'oignon gratine).

Soups can be classified into two broad groups clear soups and thick soups. Clear soups are discussed in the entries on bouillon and consomme. Thick soups can be further subdivided according to the type of thickening used.

- Puree soups Vegetable soups thickened with the starch contained in the pureed vegetables.
- Bisques Made with pureed shellfish and usually enriched with cream.
- Cream soups Thickened with bechamel sauce or a roux; enriched with milk and/or cream.
- Veloute soups Thickened with egg yolks, butter and cream.
- In addition to these, there are soups and broththickened with arrowroot, rice and tapioca.

RECIPES

Articoke voloute soup

Prepare a white roux with 40 g (1 ½ oz. 3 tablespoons) butter and 40 g (1 ½ oz. 6 tablespoons) flour. Moisten with a generous 750 ml (1 ¼ pints, 3 ¼ cups) chicken consomme. Blanch 8 small artichoke hearts, cut into slices, and simmer in 40 g (1 ½ oz. 3 tablespoons) butter for about 20 minutes. Add them to the consomme, bring to the boil and cook until the vegetables break up. Reduce the mixture to a puree in a blender or food processor. Dilute with a little consomme to obtain the desired consistency and heat. Remove from the heat and thicken the soup with a mixture of 3 egg yolks beaten with 100 ml (4 fl. oz. 7 tablespoons) double (heavy) cream. Finally, whisk in 75 g (3 oz. 6 tablespoons) butter. Reheat but do not boil.

Asparagus veloute soup

Prepare a thickened chickenconsome as described in the recipe for artichoke voeloute soup. cut 400 g (14oz.) washed asparagus into pieces, blanch for 5 minutes in boiling water, drain and then simmer with 40 g (1 ½ oz. 3 tablespoons) butter for about 10 minutes. Puree in a blender or food processor and add to the consomme. Finish as for artichoke veloute soup. garnish with cooked asparagus tips and parsley.

Celeriac veloute soup

Proceed as for artichoke veloute soup, but use 300 g (11 oz) celeriac, blanched, sliced and simmered in 40 g (1 ½ oz. 3 tablespoons) butter instead of artichokes.

Chicken veloute soup

Thicken a generous 750 ml (1 ½ pints, 3 ¼ cups) chicken consomme with a white roux made with 40 g (1 ½ oz. 3 tablespoons) butter and 40 g (1 ½ oz. 6 tablespoons) plain (all-purpose) flour. Add a small young chicken and simmer gently until the bird breaks up with a fork. Drain and bone the chicken, reserve some breast meat for a garnish and reduce the remainder to a pure in a blender or food processor, adding a little of the cooking liquid. Mix with the rest of the cooking liquid and complete as for artichoke veloute soup. Cut the reserve meat into very fine strips and add to the soup just before serving.

Game or any other meat can be used instead of chicken to make a game or meat veloute soup.

Crayfish veloute soup

Proceed as for shrimp veloute soup, but use 12 crayfish instead of shrimps. The soup may be thickened with 65 g (2 ½ oz. 5 tablespoons) crayfish butter instead of fresh butter.

Fish soup with mussels

Shred the cleaned white part of 3 leeks. 2 carrots and 1 celery stick and fry in 100 ml (4 fl. oz. 7 tablespoons) olive oil. Add a pinch of saffron, a sprig of thyme, 1 bay leaf, 1 crushed garlic clove and 250 g (9 oz. 1 cup) crushed fresh tomatoes. Add 150 g (5 oz.) each fillets of brill, monkfish, red mullet and weever (sand lance), together with 1.5 litres (2 ¾ pints, 6 ½ cups) fish fumet. Simmer for 15 minutes. Season with salt and pepper and add 500 g (18 oz.) Shelled mussels. Serve piping hot.

Fish veoute soup

Proceed as for chicken veloute soup, using fish instead of chicken. The chicken consommé may be replaced by fish fumet.

Hungarian soup with liver dumplings

Cut 150 g (5 oz) calves' or chicken liver into dice and sauté briskly in 15 g (1/2 oz. 1 tablespoon) lard. Season with salt and pepper. Braise 50 g (2 oz 1/3 cup) thinly sliced onions in butter. Put these ingredients through a blender or food processor, together with 1 tablespoon chopped parsley. 1 large egg, 50 g (2 oz, ¼ cup) butter, salt, pepper, 1 teaspoon paprika and a generous pinch of grated nutmeg. Shape the mixture into small dumplings and simmer them in stock for 15 minutes. Prepare 1.5 litres (2 ¾ pints, 6 ½ cups) chicken consommé and serve garnished with the dumplings.

Iced avocado veloute soup

Using a melon baller, scoop out some ball of pulp from a small peeled and seeded cucumber. Blanch them rapidly in boiling water. Peel a firm ripe tomato after dipping it in boiling water, and cut the flesh into very small dice. Halve 3 avocados remove the stones (pits) and scoop out all the pulp with a spoon. Put the pulp through a blender or food processor, adding the juice of 1 lemon 4 tablespoons crème fraîche and 400 ml (4 fl. oz. 7 tablespoons) milk. Season with salt and dust with cayenne pepper. Place in the refrigerator to chill. Pour the soup into 4 bowls and garnish with the cucumber balls, the diced tomato and 6 finely chopped mint leaves. Serve ice cold

Longouste veloute soup

Proceed as for shrimp veloute soup, but use 1 small langouste instead of shrimps. The soup may be thickened with 65 g (2 ½ oz. 5 tablespoons) lobster butter instead of fresh butter.

Mushroom veloute soup

Proceed as for artichoke veloute soup but use 400 g (14 oz. 4 ½ cups) cultivated mushrooms, sliced and simmered in 40 g (1 ½ oz. 3 tablespoons) butter, instead of artichokes.

Oyster veloute soup

Poach 24 oysters in their own juices and add the cooking liquid to a generous 750 ml (1 ¾ pints. 3 ¼ cups) fish veloute soup. complete the cooking and thicken as for artichoke veloute soup. Trim the oysters, steam them quickly to reheat and add them to the soup just before serving.

Potato and leek soup

Cut off the green part of 12 leeks and remove the withered leaves. Peel and quarter 4 large potatoes. Thinly slice the cleaned green parts of the leeks and fry in 25 g (1 oz. 2 tablespoons) butter. Add 1.5 litres (2 $\frac{3}{4}$ pints, 6 $\frac{1}{2}$ cups) boiling water, bring back to the boil, then add the potatoes. Season with salt and pepper and leave to cook gently with the lid on for about 1 hour. Put through a blender or food processor and pour into a soup tureen. Sprinkle with chopped parsley and serve piping hot with small slices of bread dried in the oven.

Puree of Brussels sprout soup

Trim 500 g (18 oz.) Brussels sprouts and blanch them for 2 minutes in boiling water. Rinse in cold water and drain thoroughly, then sweat gently in 50 g (2 oz. $\frac{1}{4}$ cup) butter. Finish as for puree of celery soup.

Puree of celery soup

Scrub 500 g (18 oz.) celery sticks. Chop the celery or the same weight of blanched peeled celeriac and sweat in 50 g (2 oz. $\frac{1}{4}$ cup) butter. Puree the cooked celery in a blender or food processor. Pour the puree into saucepan and add 1.75 litres (3 pints, 7 $\frac{1}{2}$ cups) chicken stock and 250 g (9 oz) floury potatoes, cut into quarters. Bring to the boil and cook for about 30 minutes. Rub through a sieve and add sufficient stock to obtain the desired consistency. Adjust the seasoning. Just before serving, beat in 50 g (2 oz. $\frac{1}{4}$ cup) butter, cut into small pieces. Serve with small croutons fried in butter.

Puree of tomato soup

Peel and chop 50 g (2 oz. $\frac{1}{3}$ cup) onions. Sweat them in 25 g (1 oz., 2 tablespoons) butter, then add 800 g (1 $\frac{3}{4}$ lb) peeled tomatoes, 1 crushed garlic clove, 1 small bouquet garni, salt and pepper. Cook gently for 20 minutes, add 100 g (4 oz., $\frac{1}{3}$ cup) longgrain rice and stir. Add 1.5 litres (2 $\frac{3}{4}$ pints, 6 $\frac{1}{2}$ cups) boiling stock, stir, cover and leave to cook for 20 minutes. Remove the bouquet garni. Reduce to a puree in a blender or food processor. Then return to the saucepan and whisk in 50 g (2 oz., $\frac{1}{4}$ cup) butter cut into small pieces. Sprinkle with chopped parsley or basil. Serve with croutons flavoured with garlic and fried in olive oil.

Shrimp veloute soup

Thicken a generous 750 ml (1 $\frac{1}{4}$ pints, 3 $\frac{1}{4}$ cups) chicken consommé or fish fumet with a white roux made with 40 g (1 $\frac{1}{2}$ oz. 3 tablespoons) butter and 40 g (1 $\frac{1}{2}$ oz. 6 tablespoons) plain (all-purpose) flour. Cook 400 g (14 oz. 2 $\frac{1}{3}$ cups) peeled (shelled) shrimps with a mirepoix. Then rub through a sieve or put through a blender or food processor and add this puree to the thickened consommé. Finish as for artichoke veloute soup: the 65 g (2 $\frac{1}{2}$ oz. 5 tablespoons) fresh butter may be replaced by an equal quantity of shrimp butter.

Soissonnais soup

Soak 350 g (12 oz. 2 cups) dried white haricots (navy) beans in cold water for 12 hours. Put them in a saucepan with 1.5 litres (2 $\frac{1}{4}$ pints, 6 $\frac{1}{2}$ cups) cold water and bring to the boil. Add 1 onion studded with 2 cloves, 1 peeled diced carrot, 1 bouquet garni and 75 g (3 oz. $\frac{1}{3}$ cup) slightly salted belly of pork or unsmoked streaky (slabs) bacon, blanched diced and fried in butter. Cover, bring to the boil and cook until the beans break up. Remove the onion and the bouquet garni. Put the beans and some of the liquid through a blender or food processor. Return the puree to the saucepan, dilute with stock or consommé and adjust the seasoning. Bring to the boil and whisk in 50 g (2 oz. $\frac{1}{4}$ cup) butter. Serve with croutons fried in butter.

Solferino soup

Wash, trim and chop the white part from 100 g (4 oz) carrots and sweat in 25 g (1 oz. 2 tablespoons) butter for 15 minutes. Make about 20 potato balls using a melon baller, and cooking

in salted boiling water for 15 minutes, without allowing them to break up. Set aside. Peel and crush 800 g (1 ¾ lb) tomatoes and add the pulp to the sweated vegetables with 1 bouquet garni and 1 garlic clove. Season, cover and cook gently for 15 minutes, then add 1.5 litres (2 ¾ pints, 6 ½ cups) stock and 250 g (9 oz) peeled potatoes cut into pieces. Cook for 30 minutes.

Remove the bouquet garni and puree the vegetables in a blender or food processor. Dilute with a little stock if necessary and reheat. Remove from the heat, whisk in 50-75 g (2-3 oz., 4-6 tablespoons) butter in small pieces, then add the potato balls, serve with chervil.

Sorrel veloute soup

Proceed as for artichoke veloute soup, but use 250 g (9 oz) instead of artichokes. Blanch the sorrel in salted boiling water for 3-4 minutes, drain and dry thoroughly. Sweat in 40 g (1 ½ oz. 3 tablespoons) butter for about 15 minutes, then add to the consomme and finish as for artichoke veloute soup.

Soupe a la bonne femme

Heat 40 g (1 ½ oz. 3 tablespoons) butter in a saucepan, but do not let it brown. Add the cleaned white part of 4 finely sliced leeks and cook gently until quite soft. Then add 3 litres (5 pints, 13 cups) ordinary consomme and bring to the boil. Add 350 g (12 oz, 1 ¾ cups) thinly sliced potatoes, bring to the boil again, season with salt and pepper, then lower the heat and leave to cook for 1 hour, just before serving, remove the saucepan from the heat and whisk in 50 g (2 oz. ¼ cup) butter and 1 tablespoon chervil leaves.

Soupe albigeoise

Fill a large flameproof casserole with salted water and boil some beef flank (flank steak), calf's foot, salt pork and cooking sausage, together with vegetables such as cabbage, carrots, turnips, leeks and potatoes. Add 1 whole head of garlic per 6 servings. Brown some thin slices of goose confit in butter and garnish the soup with them.

Soupe alsacienne a la farine

Mix 20 g (¾ oz. 3 tablespoons) sifted plain (all purpose) flour with a few tablespoons cold consomme and pour on to this mixture 1.5 litres (2 ¾ pints, 6 ½ cups) boiling consomme, beating continuously. Adjust the seasoning and add plenty of grated nutmeg. Leave to simmer for 5 minutes. Then remove the saucepan from the heat, add 100 ml (4 fl. oz. 7 tablespoons) crème fraiche and whisk in 15 g (½ oz. 1 tablespoon) butter.

Soup hollandaise

Peel 1 onion, wash 1 small celery stick and chop together. Lightly brown these vegetables for 10 minutes in 15 g (½ oz. 1 tablespoon) butter over a gentle heat. Add 3 tomatoes, peeled, seeded and cut into quarters. Continue cooking for 10 minutes. Puree the vegetables in a blender or food processor and return to the saucepan. Add a pinch of pili-pili and bring to the boil. Dilute with 1.5 litres (2 ¾ pints, 6 ½ cups) water and cook for 15 minutes.

Cut 200 g (7 oz) stale bread into very small pieces and place in a soup tureen with 150 g (5 oz. 1 ¼ cups) grated gouda cheese. Remove the saucepan from the heat, add 100 ml (4 fl. oz. 7 tablespoons) crème fraiche and pour into the tureen. Cover and leave to stand for 5 minutes before serving.

Stracciatella soup

Pour into a bowl 100 g (4 oz. 2 cup) fine fresh breadcrumbs and add 2 eggs, lightly beaten. Mix, then add 50 g (2 oz. ½ cup) grated Parmesan cheese, salt, pepper and nutmeg. Pour this mixture into 1.5 litres (2 ¾ pints. 6 ½ cups) boiling chicken consomme, whisking vigorously. Cook very

gently for 8 minutes. Give a final whisk just before serving.

Veal soup with quenelles

Prepare small veal quenelles. Make a roux with 40 g (1 ½ oz. 3 tablespoons) butter and 40 g (1 ½ oz. 6 tablespoons) plain (all-purpose) flour. Pour on to it 1.5 litres (2 ¾ pints, 6 ½ cups) well-seasoned veal stock, whisk well and reheat. Pour the soup into a tureen, add the quenelles, garnish with chopped herbs and serve piping hot.

Viennese sour cream soup

Prepare 1.5 litres (2 ¾ pints, 6 ½ cups) thin veloute sauce and add 1 onion studded with a clove, 1 bouquet garni, pinch of ground cumin and grated nutmeg. Cook gently for 20 minutes, then rub through a fine sieve. Add 100 ml (4 fl. oz. 7 tablespoons) soured (sour) cream, or double (heavy) cream mixed with 2 tablespoons lemon juice, and serve with small fried croutons.

SOUP TUREEN. A wide deep bowl, fitted with two handles, used for serving soup. A lid, sometimes with a notch to accommodate the ladle, keeps the soup warm. In formal dinner, most soups are served directly in soup dishes or cups and the soup tureen does not appear on the table. However, it is used for which it may be made of gold-or silver plate or fine porcelain (the first such tureens appeared in the 18th century). These substantial soups with solid ingredients tend to be served in tureens made of earthenware, glazed clay or fireproof porcelain. Greatinees are often served in small individual soup tureens made of fireproof porcelain.

SOUR Term expressing a sensation of acidity when it is abnormal (a sauce, milk or wine becomes sour when it has 'turned'), or when it seems less pleasant (sour cherries, which are not edible in their natural state, become edible when they have been preserved in alcohol).

This word also describes a complex sharp pungent sensation in the mouth, caused by a combination sensation in the mouth, caused by a combination of an acid taste and aromas. Lactic acid makes milk products pleasantly sour, and acetic acid produces vinegar, other aromatic molecules give a 'sharpish' and frequently refreshing note to certain products, including fromage frais, yogurt and some cheeses.

SOURIS The small, sweet, rounded piece of metal at the knuckle end of a large of lamb or mutton. Stronger-tasting than the nose, it can be eaten on its own, with a thin strip of grilled (broiled) skin, or accompanied by a slice of rare meat from the rest of the joint, the contrasting flavours being delicious.

SOUVAROV A method of preparing pheasant, partridge, woodcock or quail, which is also suitable for chicken. The bird is stuffed with foie gras and truffle, fried until three-quarters cooked, then finished off in a casserole together with the frying pan juices. Chinese, and is a useful substitute for anyone with an intolerance to cow's milk. Soya milk can be used in cooking, although it has a tendency to curdle when added to hot liquids, and can be used to make soya milk yogurt.

Soy sauce and black beans sauce. These are condiments made from fermented soya beans, both of which are widely used in oriental cooking.

In ancient China, soya beans were regarded as one of the essentials of daily life, and have always played a large part in Chinese cuisine. Japanese cooking, too, has always made extensive use of soya-based products; natto is a product of fermented soya beans, used as a garnish for rice dishes and dishes for special occasions, tofu, or soya cheese, with its many uses, and miso, made of rice, barley or soya, which is fermented and used in broths and soup, or as a garnish for fish with vegetables. The Vietnamese enjoy pancakes of soya flour and soya milk, served plain or with honey, while Indonesians make great use of tempeh, a thin cake made from

fermented soya beans.

RECIPES

Shallfish and soya bean sprout salad

Cook a large crab in stock and 200 g (7 oz.) prawns (shrimp) in salted water. Shell the crab and the prawns and flake the crabmeat. Place 500 g (18 oz. 4 ½ cups) soya bean sprouts in cold water, remove the debris that comes to the surface, drain and balance for more than 1 minute in salted boiling water. Drain and refresh in every cold water, then wipe them.

Place the flaked crab, prawns and bean sprouts in a salad bowl. Finely slice 2 spring onions (scallions) and add ½ teaspoon soy sauce, ½ teaspoon mustard, a pinch of sugar, 1 tablespoon brandy or sherry, 1 tablespoon vinegar, 2-3 tablespoons oil, pepper's, a little salt and a few drops of Tabasco (or a small pinch of cayenne pepper). Pour the sauce on to the salad, mix well and sprinkle with chopped fresh coriander (cilantro).

Soya bean sprout salad

Prepare 500 g (18 oz. 4 ½ cups) soya bean sprouts as for the recipe above and lightly fry with 3 tablespoons hot oil. Drain and allow to cool completely. Hard boil (hard cook) and shell 4 eggs. Turn the beansprout into a salad bowl and dress with spicy vinaigrette seasoned with a touch of cayenne pepper. Add a few slices of white chicken meat or cold roast duck. Mix and garnish with the quartered hard-boiled eggs.

SOYER, ALEXIS French cook (born Meaux, 1810, died London, 185880. He started out at the age of 16 at Grignon's in Paris and became the deputy chef in the kitchens of the Ministry of Foreign Affairs. After the July Revolution, he emigrated to England, where he was chef at the Reform Clubs, whose kitchens he installed. After the sudden death of his wife, an English actress called Emma Jones, he devoted himself to charity, opening canteens for the underprivileged in London and Dublin.

He worked for the British government during the Crimean War and designed an 'economical bivouac and camp kitchen' for the army. He also invented a 'magic' oven, the ancestor of the table hotplate, which was heated by a spirit lamp. Soyer, who had a sense of publicity, launched Soyer sauce (for meat dishes) and Soyer nectar (based on fruit juice and aerated water).

He wrote several books, both for wealthy gourmets and for the less fortunate, including. The Gastronomic Regenerator (1846), the Poor Man's Regenerator (1848) and a Sbilling Cookery (1954).

SOY SAUCE A basic condiment from China. South-east Asia and Japan (it is called shoya in Japan and jiang young in China). The sauce is made from a fermented mixture of soya (soy) bean, what water and salt. Other ingredients can be used chopped pork in Canton, ginger and mushrooms and Peking. Sometimes nuoc-mam or anchovy paste is added. There are light and dark varieties of soy source. Tamari is a dark soy sauce made without wheat. Soy sauce has the same nutritional value as meat extract and improves with ages.

In Japanese cooking, it is used mainly to season grilled kebabs, tofu, cold vegetable and fish salads, fritters and sashimi. It can be enrich with grated dukon taro, ginger, horseradish sauce or finely sliced vegetables. In China, soy sauce is mainly used in marinades and stewes dishes, wile in Indonesia it is mainly a table condiment and goes by the name of leecap.

RECIPE

Soy sauce

The following is taken from a traditional Chinese recipe. Boil 2.5 kg (5 ½ lb. 13 cups) soya beans in water until they are reduced to a puree. Add 1 kg (2 ¼ lb. 9 cups) plain (all-purpose) flour and knead well to produce a thick dough. Leave in a cool dark place for 2 days, then hang the container in a draught for a week. When a yellow mould appears on the dough, place a jar containing 5 litres (8 ½ pints, 5 ½ quarts) water is warm to the touch, put the dough into the jar. Leave this uncovered for a month, pounding the mixture vigorously everyday with a stick. The mixture will turn black as it ages.

Leave for 4-5 months without stirring or covering the jar, unless the weather is bad, in which case the jar should be covered. Decant and store the sauce in hermetically sealed bottles.

SPAGHETTI long solid threads of pasta (spagoo means string), and one of the most popular of Italian pasta products. Originating in Naples, it spread to other parts of Italy (especially to the kitchens of Rome and Liguria) and then abroad. Originally made in the home, spaghetti began to be marketed in the Renaissance period, at the same time as macaroni. Outside Italy it is usually prepared alla napaletana, with a tomato sauce base, alla bolognese, with a sauce based on minced (ground) meat and tomato, and alla carbonara, with bacon, Parmesan cheese and eggs.

Cooked al dente, spaghetti is traditionally served with tomato sauce and Parmesan cheese, as an accompaniment for poultry or veal. There is a large number of other original recipes, especially in Latium (West central Italy): a cacio e pepe, with cheese and pepper, alla carrettiera, with mushrooms and tuna; con le vongole, with clams and chopped parsley; and all-amatriciana, with tomatoes, onion, bacon and pecorino cheese. In Naples, it is eaten with mushrooms, peas and mozzarella cheese, or alla zappatora, with sweet (bell) and chille peppers. In Capri it is cooked with squid, and in Umbra it is served with chopped white truffles marinated in olive oil with garlic and anchovies.

RECIPES

Spaghetti a la ligurienne

Peel and crush 2 garlic cloves. Strip and chop 2 sprigs of basil. Place these ingredients in a mortar together with 40 g (1 ½ oz. 1/3 cup) dry crumbled Pecorino Romano cheese and 25 g (1 oz. ¼ cup) pine nuts. Cover with 60 ml (2 fl. oz. ¼ cup) olive oil and leave to soak for 2 hours. Then pound all these ingredients with a pestle to obtain a fluid paste. Cook the spaghetti al dente, drain, pour into a heated serving dish and cover with the basil sauce. Stir and serve immediately.

Spaghetta alla botarga

Cook 575 g (1 ¼ lb.) spaghetti al dente. In a frying pan, brown 1 red chilli (chillie pepper) and 2 crushed garlic cloves in 60 ml (2 fl. oz. ¼ cup) extra-virgin olive oil. Drain the spaghetti and add to the frying pan. stir the mixture thoroughly. Remove from heat and add 150 g (5 oz. ¾ cup) crumbled salted and pressed tuna or mullet roe, some chopped parsley and a few drops of lemon juice. Stir and serve immediately.

Spaghetti alla carbonata

Cook 250 g (9 oz) spaghetti al dente. Meanwhile, cut 100 g (4 oz.) rindless streaky (slab) bacon into small pieces and fry over a gently heat until crisp. Beat 2 eggs in a bowl, adding 50 g (2 oz. ½ cup) grated Parmesan cheese and salt and pepper to taste. When the spaghetti is cooked, drain, return it to the pan and stir in the beaten egg and hot bacon. (The heat of the pasta is sufficient to cook the eggs). Serve immediately, with 50 g (2 oz. ½ cup) grated Parmesan cheese in a separate dish for sprinkling on top and 1 red chili (chilli paper). Over a high heat, add 60 ml (2 fl. oz. ¼

up) dry white wine and 2 kg (2 ¼ lb) peeled tomatoes, crushing them with a fork. Allow the water to evaporate completely. Cook 575 g (1 ¼ lb.) spaghetti of dente. Drain and add to the saucepan. Stir and sprinkle with 100 g (4 oz. 1 cup) grated Pecorino Romano cheese. Serve very hot.

Spaghetti with basil

Cook 250 g (9 oz.) spaghetti al dente. Meanwhile peel and crush 3 garlic cloves, then strip and chop 3 sprigs of basil. Pound these ingredients in a mortar and form a fine paste by gradually adding 3 tablespoons olive oil. Drain the spaghetti and tip into a heated serving dish, add 50 g (2 oz. ¼ cup) butter cut into small pieces, the pounded basil mixture, then 100 g (4 oz. 2/3 cup) stoned (pitted) black (ripe) olives cut into small dice. Mix thoroughly and serve piping hot, with grated Parmesan cheese in a separate dish.

SPALLA A speciality of Italian charcuteries, made in the same way coppa but with shoulder of pork (spalla in Italian), boned, trimmed and salted, then wrapped and tied in a casing, steamed and only partially dried.

SPARASSIS CRISPA mushroom with a thick stalk, divided into a large number of flattened branches. It looks like a large yellowish curly endive (frisee) and grows near the trunks of conifer trees. It has a hazelnut taste and is best eaten young.

SPARERIB (SHOULDER BUTT) A cut of pork taken from the back of the animal, near the head. This part yields a soft, slightly fatty meat. chops are cut from here, as well as pieces for grilling (boiling) on skewers and roasting on a spit (they do not need to be barded). It is also used for stews. The sparerib kept whole, either boned or not, it is a roasting joint.

SPARE RIBS The upper part of the pork belly, cut in long narrow strips, the flesh and fat surrounding the pieces of bone and ribs. The appearance of this cut justifies its French nickname of cartouchiere (cartridge belt). The best spare ribs are the fleshiest and the leanest. They are either boiled (in potes, as a sauerkraut garnish or processed as salt pork) or grilled (broiled). Spare ribs of pork, marinated in spices and soy sauce, then grilled, make a popular Chinese dish. In the United States, spare ribs are marinated in a mixture of soy sauce, ketchup, sugar, ginger and often garlic, then grilled or barbecued.

RECIPE

Spare ribs

Prepare a marinade with 1 tablespoon sugar, 1 teaspoon salt, a pinch of ground ginger, 60 ml (2 fl. oz.

That are also rubber or plastic spatulas for scraping out batter, sauces or other mixtures from the sides of the mixing bowl (these should not be used over heat).

SPATZLE A speciality common to Alsace in France and southern Germany, consisting of small dumplings made of flour, eggs and cream poached in boiling water. They are used to garnish sauced meat dishes (speciality game) or are eaten as an entrée, au gratin, with cream or noisette butter, or with small fried croutons. In Württemberg, spatzle are similar to small quenelles and are made with liver puree or cheese. The word literally means 'little sparrow', in Alsace, it is also spelt spatzele or spetzli.

RECIPE

Spatzle with noisette butter

Blend together 500 g (18 oz. 4 ½ cups) sifted plain (all-purpose) flour, 4 whole eggs, 2 tablespoons double (heavy) cream and 1 tablespoon fine salt. Season with pepper and grated nutmeg. Boil plenty of salted water in a large pan. drop small spoonfuls of the dough into the boiling water, using a second spoon to shape them into them into little dumplings. Leave the spatzle to poach until they rise to the surface. Drain on paper towels and serve piping hot, liberally coated with noisette butter. (they may be fried in butter before being coated with noisette butter.)

SPECULOS Also known as speculaas. A Dutch and Belgian speciality consisting of small, flat, spicy, ginger biscuits (cookies) made in the shapes of legendary and traditional characters. Speculos are traditionally made in carved wooden moulds and sold at traditionally made in carved wooden moulds and sold at Flermish fairs; they are also found in southern Germany (as Spekulatius). The name comes from the Latin speculator ('he who sees'), the nickname for St. Nicholas, the original model for these cakes.

RECIPE

Speculos

Put 500 g (18 oz. 4 ½ cups) sifted plain (all-purpose) flour in a pile on the worktop. Make a well in the centre and add a pinch of salt, 1 teaspoon bicarbonate of soda, 1 ½ teaspoons ground cinnamon, 3 eggs, 4 finely crushed (or ½ teaspoon ground) cloves, 300 g (11 oz, 1 ¾ cups) brown sugar and 200 g (7 oz. 1 cup) softened butter. Mix these ingredients thoroughly, gradually incorporating the flour. Roll the dough into a ball and leave in a cool place overnight. Divide into several pieces and roll them out. Mould them in speculos moulds coated with flour. Turn cut on to a lightly buttered baking sheet and bake in a preheated oven at 190°C (375°F, gas 5) until the biscuits (cookies) have browned (about 20 minutes).

SPELT An ancient variety of wheat, quite unlike modern varieties, with small brown grains that adhere strongly to the chaff. Widely grown until the beginning of the 20th century, especially in upland regions of Germany, Switzerland and France, spelt is now grown only in parts of central and eastern Europe. Its nutritional value is comparable with soft wheat and it does not need rich soil. After threshing spelt can be cooked like rice, it is still an ingredient in certain country soups, especially in Provence and is used to make bread.

RECIPE

Spelt broth

Place either 1 kg (2 ¼ lb) shoulder or leg of mutton (on the bone) or 1 large cooking sausage in a saucepan and add 3 litres (5 pints, 3 quarts) water. Bring to the boil, then skim, add 1 onion studded with 2 cloves, 2 carrots, 1 turnip, 1 leek, 1 stick celery, 1 garlic clove and 1 bouquet garni, season with salt, add 4 small handfuls of spelt, then simmer gently for 3 hours. When ready, remove the meat and vegetables and serve together. The remaining swollen spelt makes a smooth and creamy broth.

SPICE Any of the many aromatic substances derived from plants, that have a fragrant or sharp flavour and are used to season food.

- The spice route Most spices come from the East and the first spice to be introduced to Europe was pepper, from India, which long remained a rare and expensive commodity. Roman food was always liberally spiced, ginger being a particular favourite, and the practice of adding spices continued through the Middle Ages and remained common until the 18th century.

The use of spices in cooking was originally introduced by the Byzantines. Foodstuffs were preserved in spiced sauces, sometimes to hide the fact that the meat was 'high', sometimes to replace the flavour lost after lengthy boiling.

Supplies increased as a result of the Crusades, and control of the 'spice' route' aroused much rivalry. Venice managed to obtain a near-monopoly over the distribution of spices in Europe, and the quest for alternative sources of supply was one of the reasons for the great voyages of discovery to America and the West Indies. Spices became more plentiful and less expensive, with British and Dutch companies in particular trading in them. Meanwhile, belief in the miraculous properties of spices waned, and spices were used in cookery with much greater discretion. Nowadays, only saffron can be considered a genuinely precious spice.

Because of their rarity and value, spices were highly esteemed as gifts. It is reported that in the 16th century, a German banker called fuggler, wishing to honour Charles V, had a faggot of cinnamon burnt in his honour. Taxes, ransoms or customs dues were sometimes paid in spices. Thus, the French word *epice* had a special meaning under the Ancient Regime. It was the gift that litigants, especially successful ones, would make to the judge, it consisted at first of confectionery, and later of coin of the realm. Subsequently, *epices* became a compulsory tax, paid to the judge as remuneration. The poor were exempted from this tax, but on certain documents one could read: 'Justice will not be rendered to those who do not pay *epices*.' The practice was abolished by the Revolution.

- Spices in French cookery. The word *epice* was originally applied to sugary items as well as to spices. There was a distinction between *epices de chambre*-fennel or aniseed dragees, nougat, marzi pan, jams (preserves) and crystallized (candied) fruits – and *epices de cuisine*. The latter term covered products no longer considered to be spices, such as milk, sugar and honey, as well as others that have totally disappeared (galingale, amber and musk).

Taillevent gave a list of the spices he thought were necessary in a well-stocked kitchen: ginger, cinnamon, cloves, cardamom, chillies (chili peppers) and peppercorns, spikenard, cinnamon flower, saffron, nutmeg, bay leaves, galingale, mastic, orris, cummin, sugar, almonds, garlic, onions, chives, and shallots, to which should be added 'green-colouring spices' (parsley, salmoude, sorrel, vine leaves, redcurrant leaves and green wheat) and 'steeping spices' (white wine, verjuice, vinegar, water, fatty stock, cow's milk and almond milk). Thus, 'spice covered both liquids and solids used in cookery. Taillevent also referred to *poudres* (powders, which would now be called spices) without indicating their composition. In the Middle Ages and up to the 17th century, *poudre* meant 'powder made of ground spices', *Poudres fortes* (strong powders) were distinguished from *poudres douces* (mild powders), according to whether the spices were sharp or not. *Le Tresor de sante* (1607) gives the composition of the 'powder' used for sauces and soups: ginger, 4 ounces; cinnamon, 3 ½ ounces; peppercorns, 1 ½ ounces; chilli, 1 ounce; nutmeg, 2 ounces; cardamom and galingale 1 ounce each; cloves, 1 ounce. The author added; 'All the powder will keep for one month, or even 40 days, without spoiling. They must be kept in leather bags, to avoid exposure to the air, since they have already been overexposed on the long journey from their place of origin. from Spain to Calcutta (India), where pepper and ginger come from, is 400 leagues by sea, and from there to the Spice Islands and nearby islands, where cloves and nutmeg come from, is 200 leagues.'

Careme regarded the abuse of spices as one of the enemies of good cookery, and in his memoirs he recalls that before his arrival at the court of King George IV of England, the cooking was 'so strong and over-flavoured that the prince often had pains lasting all day and night.

Spices were widely reputed to have aphrodisiac qualities, as well as being the mark of refined and high-class cuisine. Baudelaire's response to Flaubert's Pecuchet., who was afraid of spices because they might 'set his body on fire', was that spices ennobled food. He scorned 'simple meats and insipid fish' and also summoned. 'the whole of nature's pharmacy to the laid of the kitchen. 'Peppers, English powder saffron-like substances and exotic dusts' seemed essential to him to make a dish elegant and attractive.

- Spices in contemporary cookery Spices are fundamental to the food of the many countries where they are grown, including Indian. South-East Asian, African and Caribbean cooking. Being affordable in Western countries, spices are now readily available and their use has moved on from the conspicuous consumption practiced by early cooks.

There are two styles of Western spice cookery. With broader knowledge of world cuisine and a wide variety of international ingredients displayed in the context of authentic cooking styles, such as Indian. Chinese or South-East Asian. There is better understanding of the preparation and use of spices to achieve subtle or pronounced results and less cross over-spicing or inappropriate mixing of clashing flavours. Much spice cookery relies on class combinations, even when they are applied to differences main ingredients from those for which they were originally intended.

Knowledge has inspired experimentation Individually or carefully blended, spices are now used to complement ingredients and dishes that are far removed from traditional cuisine. Referred to as fusion food, many dishes marry the spices of one culture with the produce and methods of another individual, complementary flavours are allowed to run in parallel in a dish, providing excitement as they alternately surprise the plate, rather than blending in a depth of flavour that may be elusive in special identity.

The flavours of spices are better appreciated refreshing aniseed, fennel or cardamon, warming cinnamon, nutmeg or cloves or the variety of heat and complex flavour of chillies. Cooks are just as like to introduce a few roasted seeds to a simple leafy salad as they are to prepare a paste for simmering a in a stew.

Spices play a vital role in flavouring savoury preserves, such as chutneys, pickles, sauces and condiments. They enhance simple or light produce and combine well with sweet and piquant ingredients, when matured, they become rich and complex, giving many preserves their inimitable characters.

As well as savoury cooking, spices are important in sweet dishes ranging from light salads to baked cakes and breads. While many sweet dishes rely on single spices others are characterized by spice mixtures – Italian panforte, a rich confection of nuts and dried fruit; the gingerheads of Eastern Europe, and Christmas cakes and puddings are good examples.

Fresh spices Chillies and ginger are popular examples of spices that are used fresh – often referred to as aromatics – as well as dried and processed. The flavour of the fresh spice is very different from that of the dried or processed product.

Ground spices Bought ready ground or prepared just before use, these re popular. Ground spices are cooked by a wide variety of methods, from pan frying or grilling (broiling) to roasting and moist cooking. Spices that are roasted, then ground, sometimes sprinkled over cooked dishes as a final seasoning - garam masala, the Indian spice mix, is a good example

- Spice pastes These may be based on ready ground spices or spices that are toasted and then ground with the other ingredients that make up the paste. Indian cookery is known for its spice pastes, made with onions, garlic, ginger and yogurt as well as dried spices. Pastes of spices in oil are also popular – for example, fiery harssa, the chili and spice paste used in turkishian cooking, is well-known as a condiment for cousouc.
- Whole dried spices Many spices are used whole, roasted of plain, to bring light flavour to a dish. Whole spices are often used in marinades to impart their flavour to food before cooking. They may be added to the cooking water for rice or pulses, or used in other moist dishes, such as casseroles and stews. When roasted or lightly fried in a little oil, small seeds are used to dress cooked vegetables or enliven salads.

SPICE BOX A small cylindrical or rectangular box with a lid, usually forming part of a set. Their containers may vary in size and are designed to store, within easy reach, the ingredients that are frequently used in cooking. They were very common in kitchens until the 19th century and were Usually arranged in a line on the mantel shelf. Spice boxes in contemporary kitchens, as a decorative as they are functional, may be made of wood, enameled or painted metal, porcelain or

pottery, spices keep better, however, in airtight opaque bottle.

Restaurant chefs tend to keep a metal spice box within easy reach. This is a rectangular box with compartments containing, nutmeg and so on

SPIDER CRAB The name given to several species of crab having a spiny shell, slender hairy legs and long claws. The most common spider crab in Europe is the maia. Its shell is about 20 cm (8 in) across compared with the giant spider crab, which lives on the coasts of Japan and has a body 50 cm (16 in) wide and a claw span of nearly 3 m (10 ft.) Considered by some to be the finest of all shellfish, the spider crab is perhaps best prepared in a courtbouillon and traditionally served cold, accompanied by mayonnaise.

SPIKENARD A bitter and highly scented aromatic extract obtained from certain valerianaceous plants. It was highly esteemed in ancient and medieval cookery, being used in sauces, meat dishes and wines. Indian spikenard, which tastes of ginger and verbena, is still used in Malaysian and Sri Lankan cooking.

SPINACH A vegetable with dark-green curled smooth leaves, generally cooked, but also eaten raw in salads when young tender.

Spinach originated in Persia and was brought to Europe in the 11th century via Arab invasion of Spain, it was very fashionable in the 17th century when it was often cooked with sugar and used in sweet dishes.

Nowadays, spinach is available all the year round. The winter varieties have much larger and lighter-coloured leaves than the summer ones. Scaled, drained and served with fresh butter spinach is a classic accompaniment to veal and poultry as well as eggs, it is also used in tarts and pates for stuffings (mixed with other vegetables, particularly sorrel), souffles, purees, gratins and for colouring pasta. It is an essential ingredient for Florentine dishes. Spinach is also available preserved in jars (whole, chopped or as puree) and deep-frozen.

Because of its pronounced bitter-sweet flavour people either love or hate spinach. Le Prudhomme in Flaubert's Dictionnaire des idées reçues declared 'I dislike it, and am happy to dislike it because if I like it I would eat it, and I cannot stand it.

A Mexican shrub known as giant Mexican spinach has large leaves that are cooked and eaten like spinach. Similarly, New Zealand (tetragonion) spinach although unrelated to spinach, is another substitute

RECIPES

Preparing and cooking spinach

Cut off the stalks, wash the spinach in plenty of water and remove any yellow or withering leaves. The flavour and nutritional qualities are best preserved if it is cooked very quickly and served immediately. Boil a large quantity of water in a saucepan and add the prepared and drained spinach. Boil briskly for 8 minutes. Check if the spinach is cooked by pinching a piece between your fingers. More mature leaves take longer than younger ones. Drain in a large colander or sieve, refill the pan with cold water and replace the spinach. Repeat this several times to cool the spinach quickly. Then, taking handfuls at a time, squeeze hard to extract all the water, if the spinach is not to be served immediately, keep it in an earthenware dish in the refrigerator or in a cool place.

Scallop broth with spinach

Cut 12 prepared scallops into slices. 5 mm (1/4 in) thick, and place in a buttered frying pan. Add salt and 120 ml (4 1/2 fl. oz. 1/2 cup) fish stock, poach for 2 minutes, then remove and drain. Add 200 ml (7 fl. oz. 3/4 cup) crème fraîche to the stock and reduce until it is the consistency of a light

soup. add 500 g (18 oz. 3 ½ cups) chopped fresh spinach and heat for 2 minutes. Then bind with a mixture comprising 100 ml (4 fl. oz. 7 tablespoons) double (heavy) cream, 2 egg yolks and the juice of 1 lemon. Then add the scallop slices and adjust the seasoning. Serve in hot dishes garnished with hot roughly chopped tomatoes.

Spinach and potato soup with poached eggs

Wash and trim 1 kg (2 ¼ lb) spinach, cook for 5 minutes in boiling water, cool and drain. Squeeze with your hands to extract all the water, then chop. Place 150 ml (1/4 pint, 2/3 cup) olive oil in a flameproof casserole, add 1 chopped onion and brown lightly, then add the spinach and stir over a low heat for 5 minutes. When the spinach is dry, add 5 potatoes cut into slices. Season with salt and pepper and a little saffron. Add 1 litre (1 ¾ pints, 4 1/3 cups) boiling water, 2 chopped garlic cloves and 1 sprig of fennel, and cook, uncovered, over a low heat. When the potatoes are cooked, break 4 eggs, one by one, on the surface, and allow to cook very gently. This dish can be served straight from the casserole.

Spinach au gratin

Wash, trim, parboil and dry some spinach. Lightly butter a gratin dish and spread out the spinach leaves in it. Cover with a light bechamel sauce flavoured with nutmeg and grated cheese and then with melted butter, and brown in a preheated oven at 230°C (450°F, gas 8). Hard-boiled (hard-cooked) egg halves may be arranged on top of the sauce before sprinkling with cheese, if desired.

Spinach croquettes

Mix 2 parts chopped spinach cooked in butter with 1 part duchess potato mixture. Shape this mixture into balls the size of tangerines and gently flatten. Coat with beaten egg and breadcrumbs, deep-fry in oil heated to 180°C (350°F) until golden, then drain on pepper towel. Serve with grilled (broiled) or roast meat or poultry

Spinach in butter

Wash, trim and parboil some spinach, then drain and dry in a cloth. Melt a little butter in a frying pan and add the spinach. Season with salt, pepper and a little grated nutmeg. When all the moisture has evaporated, add more butter, allowing 50 g (2 oz., ¼ cup) butter to 500 g (18 oz. 3 ½ cups) cooked spinach. Arrange in a vegetable dish and garnish with fried croutons. The spinach may also be sprinkled with noisette butter, if desired.

Spinach in cream

Wash, trim, parboil and dry some spinach. Arrange it in a warm vegetable dish and pour heated crème fraiche or cream sauce over the top; stir before serving. The spinach maybe slightly sweetened, and served with fried croutons cut into the shape of sponge fingers (ladyfingers).

Spinach puree

Wash, trim, parboil and dry some spinach, then rub it through a sieve or use a blender to form a puree. Add 50 g (2 oz., ¼ cup) butter for every 500 g (18 oz. 3 ½ cups) cooked spinach. If desired, add one-third of its volume of potato puree, or bind with one-quarter of its volume of bechamel sauce.

Spinach salad

Plunge some prepared spinach into boiling water for a few seconds. Cool under running water, then drain and dry in a cloth. Arrange in a salad bowl, sprinkle with chopped hard-boiled (hard-cooked) eggs and dress with oil, vinegar, salt and pepper.

Raw spinach may be finely sliced and mixed with flakes of smoked haddock, sliced scallops or new potatoes.

SPIT A pointed iron rod with which a piece of meat or a whole animal is speared for roasting either horizontally or vertically over or in front of a fire.

When all cooking was carried out at the hearth, the roasting spit was a most important piece of equipment. It is used much less nowadays, although this method of cooking provides excellent roasts. According to Escoffier, Cooking a roast on a spit is performed in the open air, in a dry atmosphere. Which leaves the joint with all its unique flavour.

Spit-roasting owes its perfect cooking to the regular and constant rotation of the spit. From the technical point of view, this method of cooking, which is closer to grilling (broiling) than oven-roasting comprises two phases. In the first, the meat is cooked quickly at a high temperature to seal the outside (particularly for red meat actual cooking; the second phase, which requires a lower temperature and skill on the part of the roaster, is intended to cook the inside of the joint to the required degree. White meat and poultry, on the other hand, require simultaneous cooking of the inside and the outside, at a lower temperature than for red meat. while it is cooking the meat is basted with the drippings.

SPLIT PEAS Small, pale green or yellow dried peas that are split in two. Picked in summer, they are obtained from mature peas that are mechanically stripped of their cellulose skins and then split in two, dried and often polished by friction. Certain varieties of peas, such as Rondo, are specially grown for producing split peas.

Split peas can be stored in a dry place for several months and are always soaked before being cooked. They can be used for preparing soups, stews and purees, especially as a garnish for preparations cooked à la sainte-Menebould, and also with roast pork or veal. They can also be served as a vegetable with boiled ham.

RECIPES

Cooking split peas

Soak some split peas for 1 ½ hours in cold water. Drain, then place them in a saucepan with 2 litres (3 ½ pints, 9 cups) fresh cold water per 500 g (18 oz. 2 ½ cups) peas. Add 1 carrot, 1 celery stick, the white part of a leek and 1 onion, all chopped as for a mirepoix. Then add 1 bouquet garni including the green part of the leek and, if possible, a knuckle of ham and some lettuce leaves. Bring slowly to the boil, skim and season with salt and pepper. Simmer gently with the lid on for about 2 ½ hours. Then remove the bouquet garni and the ham. Strip the meat off the bone and discard the skin. Dice and serve with the peas if wished.

Split pea puree

Rub some cooked split peas through a fine sieve or reduce to a puree in a blender or food processor. Pour the puree into a heavy-based saucepan and heat stirring continuously with a wooden spoon and slowly pouring in a little of the strained cooking liquid. Blend in some cream, remove from the heat, add knob of butter and serve piping hot.

Split pea soup

Rub some cooked split peas through a fine sieve or reduce to a puree in a blender or food processor, together with the vegetables they were cooked with. Add equal amounts of the cooking liquid and milk (or use one-third of this volume of cream instead of milk and replace the cooking liquid with consommé). Stir well and adjust the seasoning. Sprinkle with chervil. Fry some croutons in butter or oil and serve separately. The ham used for cooking the split peas may also be added after being finely diced.

SPONGE CAKE A cake that is usually lightened with baking powder or whisked egg whites.

There are many varieties, the best known being the French Savoy sponge cake, Swiss (jelly) roll and pound cake. They are often enriched with almonds and flavoured with lemon zest, vanilla, chocolate or liqueurs, and can be filled with jam (preserve) or butter cream.

RECIPES

Basic sponge cake mixture

Using a large bowl and a spatula, beat 500 g (18 oz. 2 ¼ cups) caster (superfine) sugar with 2 tablespoons vanilla and 10 egg yolks until the mixture is very pale and thick enough to form a ribbon trail. Then carefully fold in 125 g (4 ½ oz. 1 cup) plain (all-purpose) flour and an equal quantity of cornflour (cornstarch), 10 stiffly whisked egg whites and a pinch of salt.

Alternately, a slightly heavier mixture can be made using 250 g (9 oz. 1 cup) plain flour and a pinch of salt.

Large Sponge cakes

Almonds sandwich cake

Prepare a sponge cake mixture using 500 g (18 oz. 2 ¼ cups) caster (superfine) sugar, 1 tablespoon vanilla sugar, 12 egg yolks, 175 g (6 ¼ oz. 1 ½ cups) sifted plain (all-purpose) flour and an equal quantity of cornflour (cornstarch) when the egg and sugar mixture is very pale, and thick enough to form a ribbon trail, add the flour and cornflour, then 200 g (7 oz. 1 ¾ cups) blanched almonds (with 4 or 5 bitter almonds if desired), which have been pounded to a paste with 2 egg whites and a few drops of orange-flower water. Whisk 10 egg whites until stiff and fold into the mixture. Butter a very large round cake tin (pan) and dust the inside with caster sugar. Pour in the mixture, which should fill only two thirds of the tin. Bake in a preheated oven at 160°C (325°F, gas 3) until risen and springy to the touch about 1-1 ¼ hours depending on the size of the tin. Turn the cake out on to a cooling rack and, when cool. Slice horizontally into 3 equal layers. Spread the bottom round with apricot jam and the middle round with raspberry jelly. Reassemble the cake and coat the top and sides with apricot glaze. It may be iced (frosted) with vanilla fondant icing (frosting) and decorated with chopped almonds on the top and sides, if desired.

Italian sponge cake

Using a large bowl and a spatula, beat 500 g (18 oz. 2 ¼ cups) caster (superfine) sugar with 1 ½ teaspoons vanilla sugar and 10 egg yolks. Whisk 10 egg whites with a pinch of salt until stiff and fold into the mixture. Quickly fold in 125 g (4 ½ oz. 1 cup) plain (all-purpose) flour and 125 g (4 ½ oz. 1 cup) cornflour (cornstarch) sifted together. Butter a charlotte mould and dust the inside with caster sugar and cornflour. Pour the mixture into the mould no more than two-thirds full. Bake in a preheated oven at 160°C (325°F, gas 3) until risen. Golden and firm to the touch – about 1 ¼ hours depending on the size of the mould.

Orange sandwich cake

Prepare the same mixture as for Italian sponge cake. Butter a charlotte moulds and dust generously with icing (confectioner's) sugar. Pour the mixture into the mould, no more than two-thirds full. Bake in a preheated oven at 160°C (325°F, gas 3) until risen, golden, and firm – about 1 ¼ hours depending on the size of the mould. Turn the cake out on to wire rack and leave until just warm. Cut horizontally into 2 rounds of equal thickness. Pour a little Curacao on to the bottom half and spread with a thick layer of orange jam (preserve) or marmalade. Place the other half on top. Coat the top and sides with orange jam or warmed sieve marmalade. Coat with fondant icing (frosting) flavoured with Curacao. Decorate with candied orange and mint sprig, and serve with a coulis and blackcurrant and raspberry. Instead of making a large cake, the mixture can be baked in individual moulds or soufflé dishes.

Swiss roll

Prepare a sponge cake mixture using half the quantities for almond sandwich cake. Line a rectangular baking sheet with greaseproof (wax) paper and brush with clarified butter. Spread the mixture evenly using a metal spatula until it covers the whole buttered area to a thickness of about 1 cm (½ in). Cook in preheated oven at 190°C (350°F, gas 4) for 10 minutes. The top of the cake should be just golden. Meanwhile, prepare a syrup using 75 g (3 oz. 1/3 cup) granulated sugar, 60 ml (2 fl. oz. ¼ cup) water and 3 tablespoons rum. Lightly toast 125 g (4 ½ oz, 1 ½ cup) flaked (slivered) almonds. When the cake is cooked, turn it out on to a cloth and sprinkle with the syrup. Spread it with apricot jam or raspberry jelly. Using the cloth, roll up the cake and trim the ends. Cover the whole Swiss (Jelly) roll with apricot glaze and decorate with the toasted almonds.

Sponge Drops and Small Sponge Cakes

Chocolate soufflé biscuits.

Melt 300 g (11 oz. 11 squares) plain (semisweet) chocolate and stir in 2 egg yolks). Beat 500 g (1oz., 2 ¼ cups) caster (superfine) sugar with 10 egg whites in a small saucepan over a very low heat or in a bain marie. When the meringue mixture is fairly firm, add the chocolate mixture. Grease and flour a baking sheet and pipe the biscuit (cookie) mixture on to it, in the shape of macaroons or sponge fingers (ladyfingers). Bake in preheated oven at 180°C (350°F, gas 4) for about 10 minutes.

Geneva sponge fingers

Beat 125 g (4 ½ oz., ½ cup) caster (superfine) sugar with a little grated lemon zest, a pinch of salt, 1 whole egg and 3 egg yolks until the mixture is thick enough to form a ribbon trail. Add 50 g (2 oz. ¼ cup) clarified butter, 40 g (½ oz. ½ cup) ground almonds. (25 g (4 ½ oz. 1 cup) plain (all-purpose) flour and 3 stiffly whisked egg whites. Pour into finger-shaped moulds that have been buttered and dusted with caster sugar and cornflour and bake in a preheated oven at 180°C (350°F, gas 4) for about 10 minutes. Turn the sponge fingers out of the mould and leave to dry at the front of the oven with the oven door open. Leave to cool and store in an airtight container.

Italian sponge drops

Put 250 g (9 oz. 1 cup) granulated sugar into a small saucepan with 500 ml (17 fl. oz 2 cups) water and boil until the syrup reaches the 'hard ball' stage. Partially cool, then add 4 egg yolks and 125 g (4 ½ oz. 1 cup) plain (all-purpose) flour. Whisk 4 egg whites stiffly with a pinch of salt and add to the mixture. Pipe into small flat rounds and finish as for lemon sponge drops.

Lemon sponge drops

Using a large bowl and a spatula, beat 250 g (9 oz. 1 cup) caster (superfine) sugar with 8 egg yolks until the mixture is thick enough to form a ribbon trail. Add the grated zest of 1 lemon, 125 g (4 ½ oz. 1 cup) sifted plain (all-purpose) flour, 75 g (3 oz. ¾ cup) cornflour, 1 ½ tablespoons ground almonds and 8 egg whites stiffly whisked with a pinch of salt.

Using a piping (pastry) bag with a smooth nozzle, pipe small flat rounds, 2.5 cm (1 in) in diameter, on to a baking sheet and dust with caster sugar. Bake in a preheated oven at 180°C (350°F, gas 4) for about 10 minutes, or until lightly browned and set. Cool completely before storing in an airtight container.

Punch cakes

Using a large bowl and a spatula, beat together 375 g (13 oz. 1 2/3 cups) caster (superfine) sugar, 1 ½ teaspoons orange-flavoured sugar, 1 ½ teaspoons lemon-flavoured sugar, 3 whole eggs and 12 egg yolks until light and fluffy. Continue beating and add 3 tablespoons rum and 375 g (13

oz 3 ¼ cups) sifted plain (all-purpose) flour, then 8 stiffly whisked egg whites and 300 g (11 oz. 1 ¼ cups) clarified butter. Butter some small paper cases and fill them with the mixture. Bake in a preheated oven at 180°C (350°F, gas 4) for about 15 minutes, until risen and golden.

Sponge biscuits

Make a basic sponge cake mixture. Flavour with Curacao and add chopped candied orange peel. Using a piping (pastry) bag with a smooth nozzle, pipe the mixture on to a sheet of greaseproof (wax) paper in figures of 8. Dust with icing confectioner's sugar. Bake in a preheated oven at 180°C (350°F, gas 4) for about 10 minutes. Remove the biscuits (cookies) from the paper while still warm and allow to cool completely before storing them in an airtight container.

SPONGE FINGER (LADYFINGER) A small elongated sponge cake made of a mixture similar to that used for Savoy sponge cake, but lighter. Sponge fingers, also called sponge biscuits and boudoir biscuits, are served with fruit creams and purees and are often used as a border for cold charlottes or served with ice creams. They can be kept for 2-3 weeks in an airtight container.

RECIPE

Sponge fingers

Beat 250 g (9 oz. 1 cup) caster (superfine) sugar with 8 egg yolks until the mixture is thick enough to form a ribbon trail. Flavour with 1 tablespoon orange-flower water. Add 200 g (7 oz. 1 ¾ cups) plain (all-purpose) flour and fold in 8 egg white stiffly whisked with a pinch of salt. Using a piping (pastry) bag with a smooth nozzle, pipe short lengths of the mixture on to baking sheets lined with greaseproof (wax) paper. Dust with icing (confectioner's) sugar and gently lift and tap the sheets of paper to remove any excess sugar. Bake in a preheated oven at 160°C (325°F, gas 3) for about 10 minutes, or until pale golden.

The mixture can be flavoured with orange or lemon zest, if liked.

SPOON A type of frothy sorbet, which used to be a great favorite in England, made with a lighter syrup than that required for a true sorbet. As it begins to set, it is mixed with half its volume of Italian meringue. Like sorbet, it is made from fruit juice, wine, sherry or port and served in a tall glass. The name comes from the Italian *spuma* (foam). In Italy, *spumone* is a light frothy ice cream made with egg whites, a flavouring and whipped cream.

SPOON A utensil comprising a hollow part (the bowl) and a handle of varying length. The French word for a spoon is *cutillere*, derived from the Latin *cochblea* (small), since a *cutillere* was originally a spatula used for eating snails.

The spoon is as old as the knife and was used both to prepare and to eat the meal. The first spoons were cut in a simple fashion out of wood, sometimes sweet-smelling wood, such as juniper or box. During the middle Ages and the Renaissance, however, the spoon became a luxurious table utensil, made of crystal, serpentine or cornelian, but always with a fairly short handle studded with precious stones or enamels. In the 17th century, chased silver was used for the first time and the handle became longer. Ever since then, the sizes and shapes of spoons have varied according to their uses.

Table spoons. These are usually made of metal (silver, silver plate or stainless steel), or at least the bowl is. A table setting includes three sizes of spoons: the serving spoon (tablespoons), the soup spoon and the dessert spoon. In addition to these basic spoons, there are many others with specific uses, according to the dish to be consumed; grapefruit (serrated edge), oysters (which some people prefer to eat with a fork), boiled eggs, sauce, ice cream and coffee. Other spoons of various shapes complete this individual set: spoons for breakfast, cocktails or syrups (with a very long handle) and for tea.

Table settings may also include specific spoons for serving salad, often made of wood, horn or plastic. The spoon specifically for serving sauce has a bowl with two compartments (with far and without. Other serving spoons of special shape include those used for salt, mustard, sugar, jam, honey (often of a material to match the serving container), fruit salads (with a pouring spout), olives, (made of wood pierced with holes), strawberries and ice cream (in the shape of a spatula or a paddle).

Kitchen spoons. The shape and material used for cooking spoons are suited to their uses. For example, basting spoons are small ladles with a lateral pouring lip; and spoon for tasting are made of porcelain so that one does not burn oneself. Spoons for stirring and mixing are usually made of wood, which is strong and a poor conductor of heat. Some have a corner on the bowl for reaching into any awkward areas in the bottom of a pan. there are also sets of spoons for measuring. The ice cream spoon is used for filling bombe moulds and the ice cream soup for shaping balls for sundaes and cornets. Finally, the melon baler, which has a small oval, flatted or round bowl, is used to make decorative ball shapes out of potatoes carrots and fruits (apples or melons)

SPRAT This is a small fish related to the herring. 11.5-15 cm (4 ½-6 in) long with a bluish green back and silvery sides. It is most common in the Baltic and north seas and in the English Channel, but is also found in the Atlantic. Rich and oily, fresh sprats can be cooked like sardines and are good grilled (broiled) or dusted with flour and pan-fried. However, they are more often sold smoked (Kiel sprats are a well known German speciality), preserved or marinated. Sprats are much used in Scandinavian cooking (in gratins, open sandwiches and salads), where confusingly, smoked sprats are called ‘anchovies’ and canned sprats may actually be young herrings.

RECIPE

Sprats a la vinaigrette

Remove the heads and skin from some fresh. Arrange them in small bowl and sprinkle liberally with chopped shallots and parsley. Coat with oil and shallot-flavoured (or white distilled) vinegar. Leave to marinate in a cool place for 10 hours. Serve with parsley, rye bread and shallots butter.

SPRING ONION (SCALLION) Also known as salad or green onion. A variety of onion that produces small white mild-flavoured bulbs with a long neck of stiff leaves. Spring onions are usually eaten raw and thinly sliced in salads, although they may be cooked and are often used in stir-fries.

SPRING ROLL an Oriental preparation, so called because it is often served during the New Year celebrations, known in China and Vietnam as the Spring Festival. The Chinese spring roll differs slightly from the Vietnamese version; it consists of a square of dough made with eggs and wheat flour, rolled around a filling of pork, onions, prawns (shrimp). Bamboo shoots or beansprout. Flavoured mushrooms, chives and sometimes water chestnuts. The filling is bound with egg and a seasoning based on soy sauce, ginger, pepper and rice wine. the rolls are deep-fried, served with soy sauce flavoured with garlic and lemon, and garnished with lettuce leaves, raw beansprouts, mint leaves, parsley or fresh coriander (cilantro).

The vietnamese spring roll is called a nem. Chicken can be used in the filling instead of pork and crab instead of prawns, but the distinctive feature is that the filling is seasoned with nuoc-nam and wrapped in a very thin rice pancake. These spring rolls are either deep – or shallow-fried and served with lightly peppered nuoc-man, mint leaves and lettuce leaves. Very tiny spring rolls are known as cha gio.

SQUASH The edible fruit of various members of the gourd family, which are cooked and served as a vegetable. Squashes vary widely in size, shape and colour (white, yellow, orange and green) and feature in many cuisines. They can be roughly divided into two categories - summer squash and winter squash (although there are some anomalies).

Summer squash in general, these are varieties picked when immature and tender, with thin, edible skins and soft seeds. The mild—flavoured flesh has a high water content and requires little cooking. Summer squash varieties include the crookneck squash (yellow with a bulbous base and a long, curved neck); the pattypan squash (small, round and flattish with a scalloped edge, also called custard marrow); the silk squash (a long, thin, tapering and ridged squash, favoured in Oriental cooking and also known as Chinese okra); the courgette (zucchini) and the vegetable marrow (very large, green and watermelon), which can grow to the size of a watermelon). Summer squashes can be cooked by steaming, boiling, baking, sautéing, deep-frying and grilling (broiling)

- **Winter squash** These tend to be mature squashes with hard, thick skins and seeds that are generally inedible. Their flesh is deep yellow to orange in colour; it is firmer than that of summer squash and so requires longer cooking. Winter squashes are often halved and baked (sometimes stuffed), or peeled, chopped into chunks and cooked in stews or by steaming or boiling. Two popular treatments include baking squash with butter and brown sugar or maple syrup, and boiling, then mashing squash with butter and a little orange juice. Very small squashes can be pickled in vinegar. Many recipes for pumpkin are suitable for squashes.

Winter squash varieties include butternut squash (can elongated pear shape, smooth-skinned and yellow-orange in colour with sweet, nutty-tasting flesh); acorn squash (oval-shaped with a thick, ribbed, dark green or orange skin); spaghetti squash (a pale, melon-shaped squash, also called vegetable spaghetti since its flesh separates when cooked into spaghetti-like strands); hubbard squash (very large with a dark green to bright orange; thick, bumpy, hard skin and grainy-textured flesh); and turban squash (family of colourful winter squashes with hard, bumpy skins and turban-like formations at the blossom end). Other winter squashes include the kabocha squash (streaked green skin with smooth, sweet-tasting flesh); the delicata squash (also called sweet potato squash, for its similarity in taste to sweet potato); the golden nugget squash (small pumpkin-shaped squash with bright orange skin); the calabaza (round pumpkin-like squash, also called West Indian pumpkin, popular throughout the Caribbean and in Central and South America and similar in taste to butternut squash); and the cushaw squash (a family of squashes popular in Cajun and Creole cooking).

- **Squash flowers** The flowers from both summer and winter squash are edible. They come in varying shades of yellow and orange and may be used as a garnish or in salads. Squash blossom fritters - flowers coated in a light batter (sometimes stuffed with ingredients such as soft cheese) and fried —are a popular cooked dish.

SQUEEZE OUT To use to extract the juice of a fruit or vegetable or to remove excessive liquid from a food. The liquid and seeds may be removed from tomatoes by halving them and pressing them in a colander with a spoon before crushing the flesh. Excess liquid in blanched drained spinach is squeezed out by hand. A special lemon squeeze is used to squeeze the juice from citrus fruits.

SQUID A marine mollusc of the cephalopod family, related to the cuttlefish. Squid is found worldwide and there are numerous species. Also called calamari, squid has a spindle-shaped body, which varies in size according to species. It has two triangular fins, or 'wings,' at the tail end and its head bears ten arms, or tentacles, two of which are longer than the others. Like cuttlefish, the squid has an ink sac situated near its heart. Squid are sold fresh, whole or ready-

cleaned and sliced, as well as frozen and sometimes dried.

Young, tender squid may be used whole and require less cooking than larger ones. However, squid should never be overcooked or it will become rubber. Its tubular body is ideal for stuffing with various ingredients. Alternatively, squid may be thinly sliced into rings and together with its tentacles, used in stir-fried, cooked in sauce à l'américaine or in a white wine sauce, battered and deep-fried (a component of the Italian dish, Fritto misto) or served cold in salad or with aioli. A classic Squash speciality is to cook squid en su tinta, in a black sauce made from its own ink; the ink is also used in some Italian pasta and risotto dishes. In Japan, squid may be eaten raw, cooked as tempura or served in its dried form.

RECIPE

Fries or sautéed squid

Wash and dry 1 kg (2 ¼ lb) very small cleaned squid. Put them in a frying pan with 60 ml (2 fl. oz. ¼ cup) cold olive oil. Heat and cook over a brisk heat for 10 minutes, turning continually. Season with salt and pepper, cover the pan, reduce the heat and cook for 15 minutes more. Add 2-3 chopped large garlic cloves and 1 tablespoon chopped parsley. Increase the heat and stir. Serve very hot.

Squid à l'andalouse

Wash and dry 1 kg (2 ¼ lb) white squid flesh and cut it into thin strips. Fry the strips in very hot olive oil. Place 3-4 (bell) peppers in a very hot oven for a few minutes so that skin swells. Peel, remove the seeds and cut the flesh into thin strips. Peel 3 onions and slice them into rings. Peel 4-5 tomatoes, remove the seeds and crush the pulp. Dice 100 g (4 oz) farmhouse bread and brown in very hot olive oil. Add the strips of pepper to the squid, then the onions and finally the tomatoes. Brown the mixture add 120 ml (4 ½ fl. oz. ½ cup) very dry white wine and cook for 35-45 minutes over a low heat. Chop and mix together the diced fried bread, a small bunch of parsley and 3-4 large garlic cloves. Add a pinch of saffron, 75 g (3oz ¾ cup) ground almonds and 2 tablespoons oil. Pour this mixture over the cooked squid, mix well and adjust the seasoning. Serve piping hot with well-drained rice.

Stuffed squid

Separate the tentacles from the bodies of 12 small squid, 10 cm (4 in) long. Remove the guts from inside the bodies and the blackish membranes and skin from the outsides and rinse the squid thoroughly under cold running water. Pat them dry and season with salt and pepper.

Chop the tentacles and brown them in olive oil in a heavy-based saucepan. Add 4 chopped onions and cook gently for 10 minutes until all of the liquid has completely evaporated. Add ½ bunch of parsley, chopped, 50 g (2 oz. ½ cup) fried cubes of bread, 1 chopped garlic clove and a pinch of cayenne pepper. Stuff the squid with this mixture and secure using wooden cocktail sticks (toothpicks). Brown the squid in more olive oil.

Peel 4 large green or red (bell) peppers, or a mixture of both, removed their cores and seeds, then slice them. Peel and roughly chop 8 tomatoes; remove the stones (pits) from 12 black (ripe) olives and halve them or leave them whole if they are small. Place the vegetable in a casserole, adding seasoning to taste. Arrange the stuffed squid on top. Cover and cook in a preheated oven at 200 °C (400°F, gas 6) for 1 ½ hours basting frequently. Adjust the seasoning to taste, sprinkle with chopped parsley and serve with rice.

Stuffed squid à la marseillaise.

Buy some small cleaned squid complete with their tentacles. Chop the tentacles finely, together with 2 large onions. Soak 100 g (4 oz. 4 slices) stale bread in milk, then squeeze it out. Chop and mix together some garlic and parsley. Brown the chopped tentacles and onions in olive oil,

then add 2 peeled and crushed tomatoes. Mix all the ingredients together. Add 2-3 egg yolks, salt, pepper and a pinch of cayenne pepper, and blend well. Fill the squid with this stuffing, sew them up and pack tightly together in an oiled baking dish. Sprinkle with chopped garlic and parsley, add 1 coarsely crushed onion, salt, pepper, 120 ml. (4 ½ fl. oz., ½ cup) white wine and an equal amount of hot water. Cover the dish with oiled greaseproof (was paper. Start the cooking on the hob (stove top) then transfer the dish to a preheated oven at 180°C (350°F, gas 4) for about 30 minutes. Uncover the dish to reduce the liquid, then sprinkle the squid with olive oil and dried white breadcrumbs and brown under the grill.

SQUILLA MANTIS *squilla* Known as the mantas shrimp, this is one of the many different crustaceans in the *Spaillidae* family. It is a large shrimp-like crustacean living on the muddy bed of the Mediterranean members of the same family are also found in South are also found in SouthEast Asia and off the Atlantic and Pacific coasts of America (but they are not fished commercially in America (but they are not fished commercially in America). The *montis* shrimp has a pair of large, grasping appendages like those of a praying mantis and it grows up to 25 cm (10 in) long it grows up to 25 cm (10 in) long. It is prepared in the same way as scampi, but is less of a delicacy.

STALE Term for food, particular bread, that is so longer fresh, being rather dry and hard. For some dishes (croutes and pain perdu), the bread or brioche should be slightly stale. (Bread can be kept fresh if it is stored in the freezer.)

STANLEY The name of various onion dishes seasoned with curry powder, named after the British explorer Sir Henry Morton Stanley. Eggs Stanley, soft boiled (soft cooked) or poached, are arranged on tartlets filled with Soubise puree and coated with curried sauce. Chicken Stanley comprises chicken sautéed with onions, then coated with a Soubise sauce spiced with curry powder. This sauce may also accompany poached chicken.

RECIPE

Sautéed chicken Stanley

Cut a chicken into 6 pieces and sauté them in butter in a flameproof casserole without allowing them to brown. After 30 minutes, add 2 large finely sliced onions, cover and finish cooking over a low heat (about 20 minutes). Cook some mushroom in butter. Arrange the chicken and mushrooms in a serving dish and keep warm. Deglaze the casserole juices with 200 ml (7 fl. oz. ¾ cup) double (heavy) cream, reduce by a quarter and press through a sieve. Add ½ teaspoon curry powder and a pinch of cayenne pepper, then whisk in 40 g (1 ½ oz. 3 teaspoons) butter. Cover the chicken this sauce and, if desired, garnish with a few strips of truffle.

STAR ANISE The reddish brown fruit of an evergreen shrub native to the Far East. It is shaped like an eight-pointed star and contains seeds with a slightly hot aniseed flavour. The spice can be used whole or ground. In the West, it is used in confectionery, in the preparation of liqueurs (anisette) and in pastry, and biscuit making. Star anise is commonly used in oriental cuisine and is an ingredient in Chinese five spices or five-spice powder. In China, it is used as a seasoning for fatty meats (pork and duck) and sometimes as an ingredients of scented tea. In some Eastern countries, the spices is chewed as a breath freshener.

STARCH A type of carbohydrate stored in the seeds stalks, roods and tubes of numerous plants. Fruits and vegetables that are rich in starch include potatoes, chestnuts, sweet potatoes, bananas, cassavas and yants.

Starch for culinary uses is extracted from the roots or tuberts of certain plants (such as

cassava, yam or potato) or from the grain of wheat, rice or maize (corn). It takes the form of a fine, white powder that swells and forms a gelatinous paste in a hot liquid, potato starch issued in large quantities in the food industry. In the domestic kitchen, starch is used to thicken purees, broth and sauces. The main types used are cornflour (cornstarch), potato flour, arrowroot and tapioca.

STEAK A slice of meat. when the term is not qualified, it refers to a cut of beef; without description of a suitable cooking method, it is assumed to be tender cut for grilling (broiling) or frying. Steak can also be used as a term for tougher cuts, such as braising or stewing steak, and it can be used for all types of meat as well as for a portion of fish.

Introduced to France after the Battle of Waterloo by the occupying English forces steak was originally cut from the fillet, rump or sirloin. It later became customary to cut steaks from all roasting joints and subsequently to cut steaks from small roasting joints and subsequently from braising joints as well. The fact that butchering techniques vary between countries and even regions explains the differences in the names and shapes of cuts of meat. However, fillet is acknowledged as the best cut, from which come chateaubriand, filet mignon and tournedos. Sirloin and rump provide first-class steaks that are tender and full of flavour, and steaks cut from topside are almost as tender. Popular steaks include potterhouse, T-bone, entrecote (rib steak) and fiorentina (an Italian steak cut from the sirloin and fillet). Beef steak may be cooked to varying degrees according to taste – from ‘blue’ to well done.

Steak tartare is a preparation of raw chopped fillet, with an egg and various seasonings. The origins of steak au poivre, a steak coated with crushed peppercorns or served with a peppercorn sauce, are controversial. Chefs who claim to have created this dish include E. Lerch in 1930, when he was chef at the restaurant Albert on the Champ-Élysées, and M. Deveaux in about 1920, at Maxim's. However, M.G. Comte certifies that steak au poivre was already established as a speciality of the Hotel de Paris at Monte Carlo in 1910, and Ok Becker states that he prepared it in 1905 at Paillard's.

RECIPES

Steak au poivre

Generously sprinkle a thick steak (preferably rump steak) with coarsely ground black pepper. Seal the steak in hot clarified butter or oil in a sauté pan. When half-cooked, season with salt. When it has finished cooking, remove from the pan and keep hot. Skim the fat from the sauté pan and dilute the cooking juice with white wine and brandy. Boil down a little, then add 2 tablespoons demi-glace sauce or thick veal stock. Reduce further until the sauce becomes thick and glossy. Finish off with fresh butter and adjust the seasoning with salt.

Serve the steaks coated with the sauce. Some cooks flame the steaks with Cognac, Armagnac, whisky or liqueur brandy, and it is standard practice to finish the sauce with cream. It has also become common practice to prepare this dish using whole green peppercorns.

Steak Dumas

Poach 12 rounds of beef marrow in some court bouillon. Sauté 4 sirloin steaks in butter in a frying pan, season with salt and pepper and garnish with the marrow slices; remove from the frying pan and keep warm. Add 100 ml (4 fl. oz. 7 tablespoons) dry white wine and 2 tablespoons chopped shallots to the frying pan and reduce by three-quarters. Add 100 ml (4 fl. oz. 7 tablespoons) stock, bring to the boil. Stir in 100 g (4 oz. 1/3 cup) butter and adjust the seasoning. Coat the steaks with the sauce and sprinkle with chopped parsley.

STEAK AND KIDNEY PIE. A British speciality consisting of a hot pie with a filling of lean beef and kidney, to which are added onions and mushrooms, or sometimes potatoes, hard-boiled

(hard-cooked) eggs, or oysters (for steak, kidney and oyster pie)

Steak and kidney pudding has the same filling, which is packed raw into a pudding basins (mould) lined with suet dough and cooked by boiling or steaming for several hours.

RECIPE

Steak and kidney pie

Make some puff pastry, using 225 g (8 oz. 2 cups) plain (all-purpose) flour and 225 g (8 oz. 1 cup) butter. (traditionally, steak and kidney pie can also be made with flaky or shortcuts pastry).

Cut 675 g (1 ½ lb) stewing steak into cubes. Clean on ox (beef) kidney and cut it into small pieces. Season 25 g (1oz. ¼ cup) plain flour with salt and pepper to taste and oat the steak and kidney with the mixture. Finely chop 1 onion. Melt 50 g (2 oz. ¼ cup) butter in a saucepan, add the meats and onion and fry until golden. Stir in 600 ml (1 pint. ½ hours until the meat is almost tender.

Spoon the mixture into a 1.15 litre (2 pints, 5 cup) pie dish, reserving excess liquid for gravy). Wet the rim of the pie dish and put a strip of pastry around it: brush with water, then cover the dish, reserving excess liquid for gravy. Wet the rim of the pie dish and put a strip of pastry around it; brush with water, then cover the dish with pastry. Trim, knock up and flute the edges with the back of a knife and brush with beaten egg. Make a small hole in the centre of the pie crust to allow steam to escape, and bake in a preheated oven at 190°C (375°F, gas 5) for about 45 minutes. Cover the pastry with foil if overbrowning. Serve piping hot in the pie dish.

STEAK BATT also known as a steak mallet or meat mallet. A culinary hammer, originally made of wood but now usually stainless steel. There is usually steel. There is usually one side plain and the other ridged. Relatively heavy in proportion to its size, the steak batt is used for tenderizing and/or flattening meat, including steaks, cutlets and escalopes (scallops)

STEAMING A method of cooking whose origins are believed to predate the discovery of fire, using the stones of hot springs. Fish, vegetables and poultry in particular may be cooked in this way, as well as grains such as rice and couscous. The essential factor in steaming is the perfect quality of the ingredients used, since the slightest doubtful quality is accentuated. In Britain, suet and sponge puddings are also steamed.

In western cookery, the classic process for steaming consists of quarter-filling a saucepan or casserole with water or stock. Flavoured as desired, then placing the item to be cooked in perforated container or basket, the base of which is just above the level of the boiling liquid. The saucepan or steamer is covered and the item is cooked gently in the steam from the water or stock, which must be kept topped up. Several baskets may be stacked one above the other and steamed simultaneously.

Food may also be cooked in their own steam without any liquid, in a heavy-based saucepan or casserole over a low heat or enclosed in foil in the oven. Steaming foods in their own moisture is different from steaming over liquid as the food sits in the moisture in the base of the container. This method is usually referred to as sweating. To roasting is based on a similar combination methods, but using dry cooking (roasting) and steaming with the moisture evaporating from a small quantity of liquid in the bottom of the pot.

Steaming is also used oriental cookery, particularly in Chinese cooking, to prepare dim sum, little snacks. These include bit-sized dumplings cooked in bamboo steamers stacked on large. The method is also used for fish, poultry and meat dishes, usually with the careful use of aromatics, such as fresh root ginger, and full-flavoured sauces. Filled buns, savoury or sweet, are also steamed.

This aim when steaming is to retain and magnify the natural flavour of the main ingredients, enhancing them by well-chosen complementary seasonings or aromatics. As a moist

method. It is suitable for tenderizing tough meats as well as ensuring that tender fish and chicken remain succulent.

RECIPES

Steamed fillets of sole in tomato sauce

Arrange 6-7 sprig of basil in the basket of a steamer and place on top 4 sole fillets folded in half. Season with salt and pepper. Pour a little water into the lower pan, bring to the boil and cook, covered, for about 8 minutes. Keep the sole fillets hot.

Poach 1 egg for 3 minutes in boiling water with vinegar added; mash well. Cook 1 chopped shallot gently in olive oil in a saucepan. Away from the heat, add the mashed poached egg, a dash of French mustard, the juice of 1 lemon, salt and pepper, as well as some basil leaves. Finely chopped. Place over a low heat and whisk the mixture. While whisking, gradually add 100 ml (4 fl. oz. 7 table spoons) olive oil to thicken the sauce to the consistency of a hollandise. Then add 3 tomatoes, peeled, seeded and diced, and 1 tablespoon chopped chervil.

Serve the sole fillets coated with the sauce.

Steamed turbot steaks.

Cut a turbot into steaks; season with salt and pepper and steam for 12 minutes. Chop some shallots and put them in saucepan with a drop of vinegar and 100 ml (4 fl. oz 7 tablespoons) single (light) cream beaten with 2 mashed bananas. Reduce. Glaze in butter 2 unpeeled garlic cloves per turbot steak. Serve the fish coated with the sauce and surrounded with the garlic cloves and sprigs of parsley.

Veal steamed with vegetables

Cut a shoulder of veal into 24 pieces and place in a heavy-based casserole, together with 18 small trimmed carrots, 18 olive-sized turnip pieces, the white part of 18 leeks cut into 2 cm (3/4 in) pieces and 18 small young onions. Cover and cook over a very low heat without fat or liquid, shaking the pan occasionally to prevent sticking. After 20 minutes. Remove the turnips, season them with salt and keep hot. Ten minutes later, remove and season the leeks; after a further 10 minutes do the same with the carrots and onions. Continue to cook the veal over a very low heat, so that it does not burn, for a further 20 minutes. Moisten with 120 ml (4 1/2 fl. oz 1/2 cup) white wine and reduce until almost dry. Then add 500 ml (17 fl. oz. 2 cups) whipping cream and leave to cook for 10 minutes. Replace the vegetables in the casserole and bring to a final boil. Serve the veal with its vegetables piled into a dish.

STEELS AND SHARPENERS. A Steel is a cylindrical grooved rod made from high-carbon steel, used for honing knife blades. The handle usually has a ring on the end for hanging it up. A steel gives only a temporary edge, and sharp knives, especially butchers' and kitchen knives, should be ground periodically on a grindstone to sharpen them.

Electric sharpeners have slots for knives and kitchen scissors. When the motor is switched on a wheel spins fast, putting a sharp edge to the knife.

Oilstones are made of a very hard silicon carbide. The very fine grain gives a good edge to the knife, making it extremely sharp.

STEEP To saturate certain cakes with syrup, alcohol or liqueur to make them moist and to add flavour. Babas, savarins, plum pudding, sponge fingers (ladyfingers) and Genoese sponge may be treated in this way.

STEGT SILD 1 LAGE Scandinavian cold herring dish. The fish is boned, cleaned, brush with a mixture of mustard and parsley, folded head-to-tail, then floured and fried. It is left to marinate for a few hours in a mixture of vinegar, water, pepper, sugar and bay leaves. Stegt sild 1 large is

eaten cold with capers and onions.

STERLET A small freshwater sturgeon, less than 1 m (3 ft) long, common in Eastern Europe and Western Asia. It is prized for its delicate flesh and used as a source of high-quality caviar. Eaten fresh, dried or marinated, it may be prepared in the same way as salmon, salmon trout and larger sturgeon, but is not frequently braised in white wine.

STEWING The term for long slow cooking in liquid. This may be carried out on the stove top or in the oven, but in either case the temperature should be kept low enough to prevent the liquid from doing any more than barely simmering. The ingredients are covered with liquid and a generous proportion of flavouring ingredients, such as onions and root vegetables, are added with aromatics. This is a method for tenderizing tough meats and firm ingredients, such as pulses and root vegetables. The cooking time may range from 1 hour to 4-5 hours, according to the type of food used.

Stews should always be rich, an intensity resulting from the mingling of flavours, extraction of juices and breaking down of connective tissue and gelatinous substances. The extended cooking time results in significant evaporation even at a controlled temperature may be increased (or pan uncovered) towards the end of cooking to encourage reduction. Stews also have a good colour, from the sediment forming around the rim of the pot as well as from colourful root vegetables.

STILTON An English cheese made from cow's milk (48-55% fat content). It is firm and cream-coloured, uniformly mottled with bluish veins, and has a natural brushed rind. Considered one of the best cheeses in the world, some say it was originally made in the village of Stilton in Huntingdonshire, where its production dates back to 1743. Others say it was first served at the Bell Inn, Stilton, in the 18th century. However, it was - and still is - made in parts of Leicestershire, Derbyshire and Nottinghamshire, and its production is tightly protected. Stilton is moulded in a cylinder, 15 cm (6 in) in diameter by 25 cm (10 in) high, and weighs 4-5 kg (9-10 lb). It is at its best from autumn to spring and is particularly popular in Britain at Christmas.

Stilton is traditionally accompanied by a glass of port or Burgundy, together with fresh walnuts or grapes. Some people soak it in port. Madeira or sherry, by pouring the wine into a hollow cut out of the centre of the cheese, which is eaten after a week or two with a small spoon. This is not considered advisable by cheese enthusiasts, who recommend cutting it across into rounds and working gradually down the cheese. To revive a slightly drying cheese, simply wrap it in a moistened cloth and leave it until the dampness has restored the proper consistency.

SITR To agitate ingredients with a spatula, wooden spoon or whisk, either before or during cooking, to ensure that the mixture is smooth and free from lumps and/or that it does not stick to the pan while cooking.

Rice and pasta need to be stirred as soon as they are immersed in boiling water.

STIR-FRYING A method of cooking over high heat in a large pan while stirring continuously, originating from oriental cooking methods and particularly Chinese cooking in a wok. The method is very quick and the ingredients are finely cut into even pieces, typically strips small, very thin slices, then cooked briefly. Ingredients are added at different stages, according to how quickly they cook, but the entire process takes no more than a few minutes. Food may be cooked in batches and combined at the end before serving in order to avoid creating too much cooking juices which will slow down the methods and result in braising rather than frying.

ST-JEAN-DE-MINERVOIS A vin doux naturel with delicate orange and grape aromas, produced in the Languedoc region from the quality muscat grape variety Petit Grains.

STOCK A flavoured liquid base for making a sauce, stew or braised dish. A white stock is prepared by placing the ingredients directly into the cooking liquid; in a brown stock, the ingredients are first browned in fat. Sauces made from white stock are always called white sauces, whether they are basic or variation sauces (for example, allemande, poulete, aurore or supreme); all sauces made from brown stock are called brown sauces (for example, espagnole, bordelaise, Bercy or piquante).

Stocks can be veal, beef, poultry, game, vegetables, aromatic ingredients or fish. Other basic cooking stocks include veloute, consommé. Aspic jelly, marinade, matignon and court-bouillon.

White and brown stock, which served as essential bases for almost all the great classic sauces, take a long time to make and are often expensive. In practice, they belong to the realm of the restaurant and their use has been considerably reduced in domestic cookery. The advent of stock (bouillon) cubes and of commercial ready-made stocks have reduced the use of traditional stocks.

- **FIRST STOCK.** This is made with fish trimmings including bones, skin and heads (excluding the gills as they are bitter). They are simmered for 30-45 minutes with aromatic, vegetables and herbs. Over-cooking spoils the flavour of fish stock.
- **WHITE STOCK.** This is made with white meat or poultry, veal bones, chicken carcasses and aromatic vegetables. It is used to make white sauces, blanquettes, fricassees and poached chicken dishes.
- **BROWN STOCK** This is made with beef, veal, poultry meat and bones, and vegetables that have been browned in fat and then had the liquid added to them. It is used to make brown sauces and gravies, braised dishes and brown stews, for deglazing fried meats and for making glazes by reduction.
- **VEGETABLE STOCK** This is made by boiling vegetables and aromatic herbs that have first been gently fried in butter.

In general, stocks are aromatic but not salty, since they have to remain unseasoned until the sauce is perfected. Nevertheless, an optional pinch of salt enhances the blending of ingredients and the liquid.

RECIPES

Brown veal stock

Bone 1.25 kg (2 ¼ lb) shoulder of veal and the same amount of knuckle of veal. Tie them together with string and brush with melted dripping. Crush 500 g (18 oz) veal bones as finely as possible. Brown all these ingredients in a large flameproof casserole or saucepan. Peel and slice 150 g (5 oz) carrots and 100 g (4 oz) onions, then add them to the pan. Cover and leave to sweat for 15 minutes. Add 250 ml (8 fl. oz. 1 cup) water and reduce to a jelly-like consistency. Repeat the process. Add 3 litres (5 pints. 13 cups) water or white stock and bring to the boil. Skim and season. Leave to simmer very gently for 6 hours. Skim off the fat and strain through a fine sieve or, better, still through muslin (cheesecloth).

Game stock

Tie together 1.5 kg (3 ¼ lb) shoulder, breast and other pieces of venison. Draw and truss 1 old partridge and 1 old pheasant. Brush all the meat with butter and brown in the oven in a roasting tin (pan). Slice 150 g (5 oz) carrots and 150 g (5 oz) onions. Line a large flameproof casserole with fresh pork rind, then add the carrots and onion, 1 kg (2 ¼ lb) hare or wild rabbit trimmings and the rest of the game. Deglaze the roasting tin with 500 ml (17 fl. oz. 2 cups) red wine and 500 ml (17 fl. oz. 2 cups) water and reduce to a jelly-like consistency. Pour into the casserole, add

2.5 litres (4 ¼ pints, 11 cups) water, bring to the boil, then skim and season lightly. Add 1 large bouquet garni, 1 sprig of sage, 10 juniper berries and 1 clove. Simmer for 3 hours. Skim off the fat, then strain through a fine sieve or, better still, through muslin (cheesecloth).

Thick veal stock

Reduce 2 litres (3 ½ pints, 9 cups) brown veal stock by quarter. Thicken with 2 tablespoons arrowroot blended with 3 tablespoons clear cold veal stock. Strain through Muslin cheesecloth) or a fine sieve and keep hot in a bain marie.

Tomato veal stock

Add 200 ml (7 fl. oz. ¾ cup) fresh tomato puree to 2 litres (3 ½ pints, 9 cups) brown veal stock. Reduce by a quarter. Strain through a fine sieve or, better still, through muslin (cheesecloth).

White chicken stock

Prepare in the same way as for ordinary white stock, but add a small chicken (which can be used afterwards in another recipe) or double the quantity of giblets.

White stock

Bone an 800 g (1 ¾ lb) shoulder of veal and a 1 kg (2 ¼ lb) knuckle of veal, then tie them together with string. Crush the bones. Place the bones, meat and 1 kg (2 ¼ lb) chicken giblets or carcasses in a saucepan. Add 3.5 litres (6 pints, 3 ½ quarts) water, bring to the boil and skim. Add 125 g (4 ½ oz) sliced carrots, 100 g (4 oz) onions, 75 g (3 oz) leeks (white part only), 75 g (3 oz) celery and 1 bouquet garni. Season. Simmer gently for 3 ½ hours. Skim off the fat and strain through a very fine sieve or, better still, through muslin (cheesecloth).

STOCKFISH Cod that has been dried until stiff and hard. Stockfish is traditionally produced in Norway where freshly caught cod are decapitated and gutted (cleaned), then hung from timber frames and dried in the open air for 6-12 weeks. The name comes from the German *Mede* or Dutch (stock) and *fisch* or *vis* (fish). Stockfish was an important food in early Medieval times, but was later replaced in popularity by salt cod. Stockfish is particularly popular today in Italy, especially in Liguria and Veneto. Here, confusion, arises from the fact that stockfish, *stoccafisso*, is also referred to by Venetians as *bacaala*, which is the name for salt cod elsewhere in Italy. Stockfish keeps well and requires soaking in water before use.

RECIPES

Stockfish a la nicoise

Soak 1 kg (2 ¼ lb) stockfish in water for 48 hours, then chop it into pieces. Prepare 750 ml (1 ¼ pints, 3 ¼ cups) rich tomato fondue flavoured with garlic. Put the stockfish and the tomato fondue in a saucepan, cover and let it poach gently for 50 minutes. Then add 400 g (14 oz) thickly sliced potatoes and 250 g (9 oz. Generous 2 cups) pitted black (ripe) olives. Cook for a further 25 minutes. Five minutes before it is ready, add 1 tablespoon chopped fresh basil.

Stockfish and turnip soufflé

Poach 300 g (11 oz) well-soaked stockfish in champagne without boiling, then rub it through a sieve or puree in a blender or food process. Make a béchamel sauce using 40 g (1 ½ oz. 3 tablespoons) butter, 40 g (1 ½ oz. 1/3 cup) plain (all-purpose) flour, 400 ml (14 fl. oz. 1 ¾ cups) milk and salt and pepper. Add to this 50 g (2 oz. ½ cup) grated Gruyère cheese and the stockfish puree. Thinly slice some young turnips and cook gently in butter over a low heat. Add 4 egg yolks to the béchamel sauce and then fold in 5 very stiffly whisked egg whites. Pour the mixture into some buttered ramekins, arranging layers of turnips slices between layers of soufflé

mixture. Cook in a preheated oven at 200°C 9400 F, gas 6) for 20 minutes.

STOCKPOT A fairly deep, cylindrical, two handled pan with a heavy close-fitting lid. Such pans are usually made a hardened aluminum, but some are of stainless steel, enamel or cast iron. The translation of the French name *fait-tout* (literally 'do all') is a good description of this type of pan, which is used for cooking food with or without liquid. Two handles are needed as the pan is very heavy when full.

STOEMP Flemish mixture of potatoes and one or two types of finely chopped vegetables, such as savory cabbage, red cabbage, carrots, leeks spinach or celery, boiled together, then mashed and seasoned fried diced bacon of often added to the mixture.

STOLLEN Similar to brioche and made with dried fruits this is a German specialty traditionally eaten at Christmas. There re several recipes, the best known being the from Dredsdem. Some stollens have a filling of marzipan.

RECIPE

Dresden stollen

Make a well in the centre of 800 g (1 ¾ lb. 7 cups) sifted plain (all-purpose) flour add 20 g (1/4 oz. 1 ½ cakes) fresh (compressed) yeast. 1 tablespoon caster (superfine) sugar and 250 ml (8 fl. oz. 1 cup warm milk. When bubbles form in the mixture. Knead it thoroughly, incorporating the flour to make a smooth dough. Cover with a cloth and leave to rise in warm place free from draughts.

Soak 200 g (7 oz. 1 1/3 cups) currants in 3 tablespoons rum. Soften 500 g (18 oz. 2 ½ cups) butter at room temperature then beat it with 150 g (5 oz. 2/3 cup) granulated sugar and 3 eggs until light and creamy, add the currants and the rum, 200 g (7 oz. 1 ½ cups) chopped mixed peel (candied peel), a pinch of powdered vanilla or a few drops vanilla of essence (extract) and 1 teaspoon grated lemon rind (zest).

Add this mixture to the dough with just enough milk to keep it soft but not sticky. Knead it well, knocking it back (punching it down) several times, as for a brioche dough, and leave it to rise again under a cloth. When it has doubled in size, turn it on to a floured work surface, stretch it into a thick sausage shape and fold it in half lengthways. Put this on a buttered baking sheet and leave it to rise again for 15 minutes in a warm place. Brush with clarified butter and bake a preheated oven at 180°C (350°F, gas 4) for 50 minutes.

When cooked, brush again with clarified butter, dust with icing (confectioner's) sugar and leave to cool before serving.

STONEWARE Dense hard pottery that is fired at a very high temperature. It may be brown, red. Yellow or grey, depending on the colour of the clay. Fine stoneware consist of a mixture of clay and feldspar and is usually enamelled. It is generally used for oven wave and serving dishes but is also traditional for preserving jars.

STOPPER bouchon a piece of cork, glass, plastic or rubber, usually in the shape of a cylinder or truncated cone, which is inserted into the neck of a bottle, carafe or flash to form a more or less airtight seal. The French word bouchon comes from the Old French boushe, meaning a bunch of hay, corn or leaves to be used as a stopper.

- For wine Originally, wine was protected by layer of oil poured on the surface, then wooden pegs covered with hemp soaked in oil were used. Its elasticity, flexibility and durability made cork ideal for stopping wine bottles. Wines that are to be drunk young are given a softer cork than wines that are laid down for several years, allowing the young wine to

'breathe' more readily. Corks must be 445 cm (about 1 ¼ in) long for champagne, sparkling wine and cider they are held in place with wire. Sometimes the cork is sealed with wax or covered with foil or a plastic capsule

- Special stoppers. There are several different kind of stopper that allow an opened bottle to resealed or to facilitate pouring from a bottle.
- Glass pourer for serving aperitifs.
- Chrome-plated metal pourer To measure out syrups or liquerurs.
- Dropper to measure out a dash of spirit or bitters into a cocktail.
- Pressure cork to close an opened bottle of champagne.
- Spring stopper To close a bottle of sparkling mineral water or an operated bottle of beer.

STORZAPRETI A corsican specially, particularly associated with Bastia, consisting of dumplings made of chopped green vegetables (spinach, Swiss chard or both), mixed with fresh Broccio cheese and bound with eggs, grated cheese, salt and pepper. They are poached in salted boiling water, drained and browned in the oven.

STOUT A strong dark English and Irish and Irish beer with a high proportion of hops. Some roasted barley is added to the malts and give the beer its distinctive taste. Probably the best-known stout is Ireland's Guinness.

ST. NICHOLAS'S DAY A traditional feast day in northern Europe, celebrated on 6 December. The legend goes that a butcher had cut up three children into pieces and put them into a salting tub. Nicholas, suspecting the crime and passing by the place, insisted on tasting the criminal's salted meat. faced with refusal, he resuscitate the little victims. On the night between 5 and 6 December, it is traditional for children to hang stockings full of hay, oats and bread on the fireplace, to feed the saint's donkey.

From the culinary point of view, St. Nichola's Day is celebrated with aniseed biscuits (cookies), gingerbread, chocolate and red sugar candy in the shape of the saint, who was the bishop of Myra, in Asia Minor, in the 4th century. In Alsace, bakers used to celebrated the feast day by making a special kind of bread called mannella (literally 'little man').

STRACCHINO An Italian cow's-milk cheese (48% fat content) with a washed rind and a soft centre. Traditionally made on the return of the cows from the Alpine pastures (when they are 'tired', stracbe in Italian), Stracchino is speciality of the Lombardy region.

STRAINER A utensil used to filter drinks, liquids and sauces or to drain raw or cooked foods. Strainers are of various sizes and shapes according to their uses. Small strainers generally have a handle to enable them to be held under a pouring spout. Examples are the tea or infusion strainer, made of stainless steel or aliminium and perforated with small holes, and the milk 'skin.' The finest strainer, used for pressing sauces, straining broths and creams is the conical chinots. The vegetable strainer, which is much larger, is made of metal or plastic netting. Colanders are strainers with a base for standing in the sink.

Cloth strainers of horsehair, wool, silk or yarn were formerly used for sieving, sifting or filtering. Today, they are usually made of linen, cotton or mylon and are used particularly in confectionery for the preparation of fruit jellies and syrups.

STRASBOURGEOISE, A LA Term for a dish consisting of large cuts of meat or poultry, braised or lightly fried and garnished with braised sauerkraut. Thin strips of streaky (slab) bacon cooked with the saurkraut, and thin slices of foie gras sautéed in butter, the pan juices are used to make the sauce.

The term *a la strasbourgeoise* is also used to describe sautéed *tournedos* served on thin slices of *foie gras* and coated with a sauce made by deglazing the pan juice with Madera-flavoured *demi-glace*. *Consomme a la strasbourgeoise* is seasoned with juniper berries, thickened with starch and garnished with a *julienne* of red cabbage and slices of Strasbourg sausage; grated horseradish is served separately.

STRW A hollow tube of straw, glass, plastic or waxed paper, used for sipping cold drinks, such as milk shakes, soda and cocktails, from tall glasses. Curved straws are used to drink cocktails served in small glasses. Straws may accompany coffee and chocolate *liegeois* and other iced desserts served in tall glasses.

STRAWBERRY Red, roughly conical, fruit, which has its seeds on the outside. Strawberries are cultivated in numerous varieties throughout Europe and America. The strawberry was valued in Roman times for its therapeutic properties and the alchemists of the Middle Ages considered it to be a panacea.

In Europe, strawberries began to be cultivated from the wild varieties in the 13th century. The scarlet Virginia strawberry (*Fragaria virginiana*) was introduced into Europe from America early in the 17th century, and the French explorer Frezier later imported some strawberry plants from Chile (*F. Chilloensis*). Both of these strawberries were larger than the European *haubois* strawberry (*F. moschata*) and crossed naturally to produce the cultivated strawberry known today. Hundreds of modern varieties are derived from this and are constantly being added to by cross-breeding.

Strawberries grow well in temperate areas; peak season is from late spring to early summer, although the season can be extended by growing under glass. Spain, Israel and the United States are major exporters. In some countries 'pick your own' (PYO) is popular, allowing people to pay the farmer for what they pick themselves from his fields.

The strawberry is both refreshing and full of flavour. Although available frozen and canned. Strawberries are best when fresh and uncooked. Fresh strawberries should be red, shiny, unbruised, firm and fragrant. They need not necessarily be large; in fact, the larger ones are often full of water and have less flavour. Strawberries are delicate and do not keep long (a maximum of 48 hours in the refrigerator, loosely covered, if not too ripe). They should be rinsed quickly if dirty before hulling them. They should never be soaked, handled too much or exposed to heat and should be eaten within an hour after preparation. They are often served as a dessert with sugar and cream (a British favourite), or sometimes sprinkled with black pepper, they may also be steeped in wine, champagne or kirsch. Strawberries feature in many dessert recipes – in fruit salads, sundaes, flans, soufflés, sauces, Babarian creams, mousses and ice creams – and in jams (preserves) and liqueurs.

Wild strawberries These can be found growing in woods, while alpine varieties may be found in mountainous regions. The berries of wild strawberries are small, up to 1 cm (1/2 in) long, very dark red and matt and do not have to be hulled. The flavour and scent of really ripe wild strawberries far surpass those of cultivated ones. All the recipes given for cultivated strawberries can be prepared using wild strawberries.

RECIPES

Iced strawberry mouse

Dissolve 900 g (2 lb. 4 cups) granulated sugar in 500 ml (17 fl. oz. 2 cups) water and boil until a thick syrup is obtained (104.5°C, 220°F). add 900 g (2 lb. 4 cups) sieved freshly prepared strawberry puree. Then fold in 1 litre (1 ¾ pints, 4 1/3 cups) very stiffly whipped cream. Freeze in the usual way. (Raspberry mouse can be prepared in the same way.)

Strawberries a la maitaise

Cut some oranges in half and scoop out the flesh Trim the bases of the orange halves to that they can stand upright. Place them in the refrigerator. Squeeze the pulp and sieve it to obtain the juice. Wash, wipe and hull some small strawberries. Add some sugar and a little Curacao or Cointreau to the orange juice, and pour the mixture over the strawberries. Store in the refrigerator. To serve, fill the orange halves with the strawberries and arrange them in a dish on a bed of crushed ice.

Strawberry jam

Select perfect, unblemished fruit. Wash the strawberries carefully only if necessary, otherwise wipe and hull, then weigh them. Use 657 g 91 ½ lb. 3 cups) preserving or granulated sugar and 100 ml (4 fl. oz. 7 tablespoons) water per 1 kg 2 ¼ lb) fruit. Dissolve the sugar and water in a preserving or large pan over a gentle heat, then cook to the 'soft ball stage' or 116°C (241°F). skim the syrup, add the prepared strawberries and cook for a few minutes so that the juice is released. Remove the strawberries and boil the syrup again until it is at the soft ball stage once more. Return the strawberries to the pan and cook for another 5-6 minutes, until the jam reaches the jelling stage (101°C, 214°F). to enable the jam to keep longer, boil until the temperature reaches 104°C (219°F)., the 'thread stage'. Put into sterilized jars. seal, label and store.

Strawberry puree (bottled)

Prepare the puree as for freezing, place in sterilized jars and seal. Put the jars in a large preserving pan, separating them with either paper or cloths. Cover the jars with cold water and bring to the boil for 10 minutes. Leave in the pan to cool, then wipe. Label and store in a cool dry place.

Strawberry puree (frozen)

Wash and wipe the strawberries carefully, hull them, mash to a puree and strain the puree through a fine sieve. Add 300 g (11 oz. 1 1/3 cups) granulated sugar per 1 kg (2 ¼ lb) fruit. Place in special freezer containers, leaving 1 2 cm (¾ in) space between the top of the puree and the lid.

Close the container, label and freeze. The puree must be defrosted at room temperature or in the refrigerator, before opening the container.

Strawberry syrup

Wash, wipe and hull some very ripe strawberries. Crush them and squeeze through a cloth. Pour strained strawberry juice into a bowl and check the density, which depends on the sugar content of the fruit and determines the amount of sugar to be added. This will range from 1.7 kg (3 ¼ lb. 7 ½ cups) granulated sugar per 1 kg 92 ¼ lb) fruit if the density at boiling point is 1.007, to 1.12 kg (2 ½ lb. 5 cups) if the density at boiling point is 1.075. boil the sugar and the juice from the strawberries for 2-3 minutes. The density of the syrup should then be 1.3`9. Pour the strawberry syrup into sterilized jar, seal and store in a cool and dry dark place.

STRAW POTATOES Potatoes cut into long, very thin strips and deep-fried. Cooked, they resemble straw and are served mainly with grills.

RECIPE

Straw potatoes

Peel some large firm potatoes, cut them into very thin strips and leave them to soak in plenty of cold water for 15 minutes. Drain and wipe thoroughly, then cook them in deep-frying oil at 180-190°C (350-375°F) until they are golden (about 5 minutes). Drain them on paper towels, dust

them with fine salt and serve them piping hot.

STRENGTHEN To reinforce the flavour and aroma of a preparation by adding concentrated substances (meat glaze to a sauce, for example) or strong and piquant ingredients (spices or condiments). The flavour of a liquid preparation can also be strengthened by reducing it (by boiling).

STREUSEL Crumbly topping for cakes and desserts, popular in central European cooking, the name for which comes from the German word *streusen* (to scatter). Streusel comprises flour, butter and sugar with possible additional ingredients such as ground cinnamon, vanilla essence (extract), lemon zest, ground almonds or other nuts.

Streusel is also the name for a round brioche from Alsace in France, which is covered with a sweetened shortcrust pastry made without eggs and flavoured with vanilla and cinnamon, and possibly ground almonds. The Alsace streusel is sometimes cut in half and filled with cream.

STRING Fine cord made of hemp or flax used to truss poultry and to tie joints of meat or poultry before roasting or braising. Fine thread is also used to sew up meat and poultry after they have been stuffed, and to secure such dishes as paupiettes and stuffed cabbage. *Gigot à la ficelle* is leg of lamb roasted in front of a hot fire suspended by a piece of string that allows it to be rotated as it is roasting. This method of preparation (more picturesque than gastronomic) is attributed to Alexandre Dumas.

STROGANOV A dish of thinly sliced beef, contented with a cream-based sauce and garnish with onions and mushrooms.

This traditional dish of classic Russian cookery has been known in Europe, in various forms, since the 18th century. The stroganovs were a family of wealthy merchants, financiers and patrons of the arts originally from Novgorod. They set up trading posts as far as the Netherlands; one of them, raised to the nobility by Peter the Great, employed a French cook, who might have given his master's name to one of his creations, (some authorities give an etymology derived from the Russian verb *strogat*, 'to cut into pieces'.)

Thin strips of beef (fillet, sirloin or rump steak), seasoned with salt, pepper and paprika are sautéed over a brisk heat, then coated with a sauce made by deglazing the pan juices with white wine, cream and thickened veal stock, to which onions sautéed in butter have been added. The dish is served with pilaf rice sautéed mushrooms. In one version regarded as more 'Russian', the onions and mushrooms are sautéed together and then added to the thin strips of sautéed meat; the whole mixture is then coated with a sauce made by blending a roux with soured (sour) cream and seasoning it with mustard and lemon juice. Alternatively, the meat may be marinated, then sautéed, flamed and coated with a sauce made from the reduced marinade blended with cream.

RECIPE

Beef Stroganov

Cut 800 g (1 ¾ lb) fillet of beef into fine strips 2.5 cm (1 in). Sprinkle with salt and pepper and place in a small overproof dish with 4 sliced onions. 3 chopped shallots. 1 large carrot cut into slices, 1 crushed bay leaf and a small sprig of crumbled fresh thyme. Add just enough white wine to cover the meat and leave to marinate in a cool place, covered, for 12 hours. Drain and dry the meat; reduce the marinade by half and set it aside.

Sauté 2 thinly sliced onions in a shallow frying pan in 25 g (1 oz. 2 tablespoons) butter until soft and lightly brown; set aside. Lightly brown 200 g (7 oz. 2 1/3 cups) thinly sliced

mushrooms in the same pan with 25 g (1 oz. 2 tablespoons) butter, then add them to the onions. Wipe the pan and melt 50 g (2 oz. ¼ cup) butter in it; when hot, add the meat and sauté over a brisk heat, turning it frequently. When the meat is well browned (about 5 minutes), sprinkle it with 3 tablespoons warmed brandy and flame it. Keep warm in a serving dish.

Tip the onions and mushrooms into the frying pan together with the reduced and strained marinade and 150 ml (¼ pint, 2/3 cup) double (heavy) cream; stir over a brisk heat until thickened. Adjust the seasoning and coat the meat with the sauce. Sprinkle with chopped parsley and serve piping hot.

STRUDEL Sheets wafer-thin pastry rolled around a sweet or savoury filling (the name literally means 'whirlwind'). Strudel is one of the most famous Viennese pastries; inspired by the Turkish baklava made from the related filo (phyllo) pastry, the recipe was apparently created by a Hungarian. The dough, which must be made with strong (high-gluten) flour, is difficult to prepare and to handle. It is stretched so thin as to be almost transparent; it is then sprinkled with breadcrumbs and ground almonds, spread with the chosen filling and rolled up. The usual filling is apples and raisins flavoured with cinnamon and grated lemon zest. Other classic fillings include stoned (pitted) morello cherries sugar, lemon zest, and ground almonds, and cream cheese mixed with egg yolks, lemon zest, raisins, cream and stiffly whisked egg whites. In Austria, savoury strudels can be filled with chopped boiled beef with bacon, onions, paprika and parsley; another version uses chopped cabbage, baked with fat and sugar.

RECIPE

Apple studel

Mix 150 ml (¼ pint, 2/3 cup) tepid water in a bowl with a pinch of salt, 1 teaspoon vinegar and 1 egg yolk; add 1 tablespoon oil. Make a well in 250 g (9 oz. 2 ¼ cups) strong plain (bread) flour in a mixing bowl; pour the egg mixture into the centre, mix with the blade of knife, then knead until the dough is elastic. Gather it into a ball and place it on a flour board; cover it with a scalded basin and leave it to stand for 1 hour.

Peel and finely dice 1 kg (2 ¼ lb) cooking apples; sprinkle them with 3 tablespoons caster (superfine) sugar. Wash and wipe 200 g (7 oz. 1 1/3 cups) raisins.

Spread a large floured tea towels (dish cloth) over the worktop and place the dough on it. Stretch the dough carefully using your knuckles; working from underneath it, brush with melted butter, then keep on stretching it until it is every thin, taking care not to tear it. Trim the edges to the shape of a large even rectangle.

Lightly brown a handful of breadcrumbs and 10 g (4 oz. 1 cup) chopped fresh walnuts in 75 g (3 oz. 6 tablespoons) melted butter; spread this mixture evenly over the dough. Sprinkle with the prepared apples and raisins, then dust with 1 teaspoon cinnamon and 8 tablespoons caster sugar. Roll up the dough carefully to enclose all the ingredients, then slide the strudel on to a buttered baking sheet. Brush with 2 tablespoons milk cook in a preheated oven at 200°C (400°F, gas 6) for 40-45 minutes. When golden, take it out of the oven, dust it with icing (confectioner's) sugar and serve it lukewarm.

STUD Typically, to insert one or more cloves into a large raw onion, which is then added to a preparation to flavour it during cooking.

A piece of meat, poultry or game can also be studded – with small thin sticks cut from truffle, cooked ham, anchovy fillets or gherkins, the meat thus flavoured is usually braised. Large joints of firm meat are not often treated in this way

STUFATU Also known as stufato. A Corsican ragout of meat with tomatoes and onions, which is generally served with pasta. It is prepared with braising beef. Loin of pork and diced ham,

browned in oil with tomato, onion, garlic and parsley. The mixture is sprinkled with white wine and flavoured with bay leaves, rosemary and thyme. Stufatu (the word literally means 'slowly cooked in a closed container') can also be prepared with mutton, pigeons or partridges, rabbit or chicken giblets. It is commonly served in a soup tureen, in alternating layers with pasta cooked al dente and sprinkled with cheese.

STUFF To fill the interior of poultry, game birds, prepared joints of meat, fish, shellfish, hollowed-out vegetables, eggs, fruit or other preparations (pancakes, croquettes) with a stuffing, a forcemeat, a salpicon, a puree or any other approximate mixture. This is usually carried out before cooking except in the case of certain cold dishes.

Practically all poultry and game birds can be stuffed, unless they are very small. Cuts of meat that are suitable for stuffing include boned shoulder, leg and breast, paupiettes (rolled-up filets) and chops; whole milk-fed lamb and sucking pig can also be stuffed. Most types of river and sea fish can be stuffed round fish are stuffed whole, while fillets of flat fish are wrapped around the stuffing, scallops mussels, clams and snails are also suitable for stuffing. The most suitable vegetables are tomatoes. Large mushrooms, cabbage (whole or leaves), aubergines (eggplants), courgettes (zucchini), (bell) peppers, potatoes, onions, chicory, vine leaves and lettuce hearts. The best fruits for stuffing are avocados, citrus fruits (scooped out and filled with ice cream sorbet, and frozen), melon, pears and apples.

SUFFING A mixture used as a filling for a in ingredients. Stuffings may be made from bread, rice or other grains, vegetables or fruit. They can be coarse or fairly fine in texture and are usually well flavoured. A wide range of forcemeats and fine mixtures are also used as fillings forcemeat may be term is used for mixture than are more refined or complex than stuffings.

RECIPES

Chestnut stuffing

Boil and peel 450 g (1 lb) chestnuts, then coarsely chop them. Finely chop 1 large onion, 1 celery stick and 1 garlic clove, and sweat with 2 crumble bay leaves in a covered pan in butter 50 g (2 oz. ¼ cup) butter for about 30 minutes, until thoroughly softened but not browned. Stir in the grated zest of 1 lemon, 2 tablespoons lemon juice and 4 heat. Discard the bay leaves, then add 2 tablespoons thyme leaves, 1 tablespoon chopped fresh tarragon and a good handful of parsley, chopped. Stir in the chestnuts and season with salt, pepper and fresh grated nutmeg.

Herb and lemon stuffing

Follow the method for sage and onion stuffing, using 1 onion and reducing the cooking time to 10 minutes instead of sage, add the grated zest of 1 lemon, 4 tablespoons chopped parsley and 3-4 tablespoons chopped thyme or tarragon.

Rice stuffing

Cook 100 g (4 oz. 1/3 cup) long grain rice in 300 ml (1/2 pint, 1 ¼ cups) fish, poultry, meat or vegetable stock, depending on the use for the stuffing. Cook 1 finely chopped onion, 2 finely chopped garlic cloves and 2 finely diced celery sticks in olive oil until soft but not browned. Add 2 tablespoons chopped capers and 1 teaspoon very finely chopped fresh rosemary. Remove from the heat and mix in the rice.

Add seasoning to taste and extra finely chopped herbs to complement the main ingredient; coriander (cilantro) leaves, marjoram, oregano, fennel or dill and all suitable. When using delicate herbs, such as dill, it may be necessary to omit the rosemary. Chopped raisins, currants, ready-to-eat dried apricots or prunes or peeled and diced dessert apple or pear can be added. Chopped walnuts or lightly roasted pine nuts also go well in rice stuffing.

Sage and onion stuffing

Finely chop 3 onions and cook in 50 g (2 oz. ¼ cup) butter in a covered pan for 20-30 minutes, until the thoroughly softened and reduced but not browned. Stir occasionally so that the onions cook evenly. Add 4 tablespoons milk and cook for a few seconds, then remove from the heat. Chop the leaves from 4 large fresh sage sprigs and add to the onions. Leave to cool. Mix the sage and onions with 225 g (8 oz. 4 cups) fresh white breadcrumbs, made from good country style bread. Add salt and pepper to taste. Bind with little extra melted butter or milk, if necessary.

STURGEON A very large migratory fish found in the northern hemisphere, which lives in the sea and migrates upriver to spawn. Almost prehistoric looking, the sturgeon has a long tapering body with pointed, plate like scales running along its length and fleshly around its mouth. Once plentiful in certain European and American rivers, it is now mainly fished in the Volga Basin and the Caspian Sea, essentially for its roe, rather than its flesh. Overfishing and destruction of habitat have caused the decline in numbers of sturgeon, however, sturgeon farming is having some success.

Among the several species of sturgeon, the largest is the beluga (*huso buso*), which grows up to 9 m (30 ft.) long, weighs up to 1400 kg (3086 lb.) and provides the coastlest caviarre. Other species of sturgeon found in European waters are the severuga (*acipenser stellatus*) and oschetra (a *gueldenstaesdt*); the small cest is te sterlet (*A. ruthenius*). The white sturgeon (*A. trausomontainus*) is the largest North American species.

Sturgeon flesh is white, firm and rich. It may be cut into steaks or thick slices and braised like veal (*freicandeau* of sturgeon), grilled (*broiled*), sautéed or roasted. One luxurious recipe is sturgeon poached in champagne. The traditional Russian methods of preparing sturgeon is called *en attente* (waiting) the fish is cooked in court-bouillon for several hours. With aromatic vegetables. It is served cold with cooked parsley, olives mushrooms, crayfish tails, horseradish, lemon and gherkins, or hot with a tomato sauce finished with crayfish butter. Sturgeon is also very good when smoked.

RECIPES

Fricandeau of sturgeon a la hongroise

Brown a thick slice of sturgeon in butter with finely diced onions. Season with salt, paprika and bouquet garni. Moisten with 200 ml (7 fl. oz. ¾ cup) white wine. Boil down. add 300 ml (1/3 pint, 1 ¼ cups) veloute sauce based on fish stock, Finish cooking in a slow oven, the fish. Serve with boiled potatoes, cucumber balls or a puree of sweet (bell) peppers.

Sturgeon a la brimont

Fillet a medium-sized sturgeon. Trim the fillets and thread anchovy fillets through them. Place in a baking dish lined with a fondue of carrots, onions and celery, finely sliced and cooked slowly in butter until very tender. Cover with 2 peeled, chopped and seeded tomatoes mixed with 4 tablespoons coarsely diced mushrooms. Surround with potatoes cut into little balls with a ball-scoop, three-quarters cooked in salted water and drained. Moisten with 100 ml (4 fl oz 7 tablespoons) dray white wine. dot with 50 g (2 oz. ¼ cup) butter, cut into tiny pieces. Bake in a preheated oven at 150°C (300 °F, gas 2). Basting frequently, for about 40 minutes, depending on the size and thickness of the fish. Gently east the flakes apart at the thickest part to see if the fish is cooked. Five minutes before the end of cooking sprinkle with breadcrumbs and brown lightly.

ST. VINCENT'S DAY The feast day of the patron saint of wine growers (22 January) St. Vincent was a Spanish deacon and martyr whose remains are said to have been taken to Burgundy and then to Champagne. The feast day used to be celebrated with gantuan 'pig feasts', a custom revived by the Chevaliers du Tastevin during the 1930s. The Confrene des Vignerons

de Saint-Vincent de Bourgogne et de Macon was founded in 1950.

SUBRIC A small croquette sautéed in clarified butter and garnish. It is usually garnished with fried parsley and accompanied by a fairly highly seasoned sauce. Subrics are made from ready-cooked ingredients (leftover meat, diced chicken livers, fish, vegetable puree or cooked rice) bound with allemande or cream and grated cheese. They are never coated in egg and breadcrumbs and deep-fried like most croquettes. Sweet subrics, made with rice or semolina, are served with jam or poached fruit as a dessert.

In ancient times, subrics were cooked sur les briques- on hot bricks from the kitchen fire – hence their name.

RECIPES

Potato subrics

Finely dice 500 g (18 oz) potatoes and blanch for 2 minutes in salted boiling water. Drain and wipe, then cook slowly in butter. Remove from the heat and bind them with 250 ml (8 fl. oz. 1 cup) thick bechamel sauce salt, pepper and grated nutmeg. Proceed with moulding and cooking as for spinach subrics.

Spinach subrics

Cook some well-washed spinach gently in a covered saucepan without water. Drain and cool it. For 500 g (18 oz. 3 ½ cups) pressed chopped spinach add 150 ml (¼ pint. 2/3 cup) very thick bechamel sauce. 1 whole egg and 3 yolks, lightly beaten as for an omelette, then 2 tablespoons double (heavy) cream. Season with salt, pepper and grated nutmeg, then leave to cool completely. Mould this mixture into small balls and cook in 40 g (1 ½ or 3 tablespoons) clarified butter in a frying pan until golden (about 3 minutes). Serve piping hot with a cream sauce well seasoned with nutmeg.

Sweet rice subrics

Cook 800 g (1 ¾ lb. 3 ½ cup) chopped crystallized (candied) fruits soaked in liqueur and spread the mixture over a buttered baking sheet, in a layer 2 cm (¾ in) thick. Brush the whole surface with 40g (1 ½ oz. 3 tablespoons) melted butter and leave to cool, then chill lightly.

Cut the rice into rounds, rings or squares and cook in clarified butter in a frying pan until golden on both sides. Arrange in serving dish and decorate each subric with 1 teaspoon redcurrant or raspberry jelly, apricot puree, or an apricot half poached in syrup.

SUCCESS A French round cake made from two layers of meringue mixture containing almonds, separated by a layer of praline-flavoured butter cream and topped with a smooth layer of the butter cream. It is decorated with flaked (silvered) almonds, sugar, hazelnuts, marzipan leaves and, traditionally, by a rectangle of almond paste with the word 'success' piped in royal icing (frosting).

The success mixture is also used for making petits fours, usually filled with butter cream, as well as various pastries.

RECIPE

Success base

Crush 250 g (9 oz. 2 cups) blanched almonds with 250 g (9 oz. 1 cup) sugar until reduced to a powder. Fold in 350 g (12 oz) egg whites (about 8) whisked into very stiff peaks with a pinch of salt. Pour this mixture into two 18-20 cm (7-8 in) flan rings set on buttered and floured baking sheets; it should form a layer about 5 mm (¼ in) thick. Cook in a pre heated oven at

180°C (350°F, gas 4), for 12-15 minutes. Cool on a wire rack after removing the rings.

SUCHET Description for a mentioned used for preparing and serving crustaceans, which are first cooked in a court-bouillon. The tail shell is removed and the flesh cut into escalopes (scallops) or medallions, which are gently heated in white wine with a julienne of carrots, celery and leeks. The seafood and vegetables are arranged in the half-shells and coated with a sauce made from the cooking liquid, usually enriched with white wine. Alternatively, a Mornay sauce may be used. The sauce is glazed under a grill (broiler).

SUCKING PIG also known as suckling pig a very young piglet, usually slaughtered at less than two months old, when it generally weighs less than 15 kg (33lb). usually roasted whole it forms a sumptuous dish for special occasions, it is also cooked in a blanquette and in a rogout. Its succulent pale flesh has been appreciated throughout Europe since the Middle Ages, the grilled skin and ears were once a choice dish. Sucking pig is most popular now in Spain and Portugal.

Sucking pig roasted à l'anglaise (stuffed with onions and sage, moistened with its own juice and Madeira, and served with a puree of apples and raisins) was well known in the 1890s in restaurants of the Paris Boulevard. Another speciality, sucking pig in aspic, was particularly famous in the East. In Madame bouvary, sucking pig is the main attraction of the wedding breakfast: "The table was set up inside the cartshed. On it there were four sirloins of beef, six fricassees of chicken, casserole veal, three legs of mutton and, in the centre, a beautiful roasted sucking pig. Flanked by four chitterlings with sorrel.

RECIPES

Roast sucking pig

Clean out the animal as for stuffed sucking pig l'occitane, without bonign or stuffing it. Sew it up and tie up the trotters. Marinate the pig, following that same recipe, then cook the pig on a spit over a high heat of about 1 ¼ hours; the skin should be golden and crisp. Baste the pig with a little of the marinade during cooking. Serve on a dish garnished with watercress.

Stuffed sucking pig l'occitane

Clean out the sucking pig through an incision in the belly. Bone it, leaving only the leg bones. Season the inside with salt and four spices, sprinkle with brandy and leave for several hours.

Prepare a forcemeat: slice the pig's liver and an equal amount of calves' or lambs' liver, season and brown briskly in very hot butter. Drain and set aside. In the same butter, still over a high heat. Lightly brown the pig's heart and kidneys and 150 g (5 oz) calves' sweetbreads (trimmed, blanched, rinsed in cold water and sliced). Drain these ingredients and add to the liver. Add 40 g (1 ½ oz. 3 tablespoons) butter to the same pan and brown 200 g (7 oz. 1 ½ cups) finely chopped onion, then add 2 tablespoons chopped shallots and 75 g (3 oz. 1 cup) shredded mushrooms and cook for a few moments. Add pinch of powdered garlic, cover with dry white wine and reduce, then add 400 ml (14 fl. oz. 1 ¾ cups) stock and boils, add 150 g (5 oz) fresh bacon rinds, cooked and cut into small pieces, and 100 g (4 oz. ¾ cup) blanched pitted green olives. Cook for a few minutes, then add the reserved liver mixture and beat without boiling. Mix well and leave to cool. Then add an equal amount of fine sausage meat and bind with 4 whole eggs. Add chopped parsley and 60 ml (2 fl. oz. ¼ cup) brandy, mix well and adjust the seasoning.

The day before the sucking pig is to be cooked, stuff it with this mixture. Sew it up, truss and marinate in a mixture of oil. Branch, sliced carrots and onions, crushed garlic cloves, chopped parsley thyme, bay leaf and pepper.

On the day of cooking, lay the pig out in a large braising pan lined with bacon rinds and sliced carrots and onions (those from the marinade, with others if necessary). Do not hesitate to

add plenty of vegetables, as they will be used as a garnish; small carrots and onions may be used whole. Brush the sucking pig with melted lard, cover and cook on the hob (stove top) until the vegetables begin to fry. Moisten with 300 ml (1/2 pint, 1 1/4 cups) dry white wine, reduce, then add a few tablespoons stock and a bouquet garni. Finish cooking in a preheated oven at 200°C (400°F as 6). The total cooking time should be about 2 1/3 hours, when the skin will be slightly crisp.

Drain and untruss the sucking pig and lay out on a serving dish. Garnish with pork crepinettes with mixed herbs and small black puddings (blood sausages) cooked in butter. Add the sliced onions and carrots from the braising pan and pour over the strained cooking juices. Serve with a celery puree or mashed potatoes.

SUEDOISE A cold dessert, made of fruits cooked in syrup, arranged in layers in a mould or an earthenware dish, then covered with a jelly flavoured with fruit, wine or liqueur. When set, the suedoise is turned out and served with fresh whipped cream or a fruit sauce.

SUEDOISE, A LA term describing various dishes reminiscent of Scandinavian cookery. Mixed salads a la suedeoise combine vegetables, fruit, mushrooms, cheese and shellfish or fish, dressed with a herb-flavoured vinaigrette. Mayonnaise a la suedeoise is mixed with grated horse radish and apple sauce, made with white wine but no sugar. Roast pork a la suedeoise is stuffed with stoned (pitted) prunes and served with apples stuffed with prunes.

RECIPE

Anchovy salad a la suedeoise

Peel and dice 500 g (18 oz) cooking apples and sprinkle with lemon juice. Dice the same weight of cooked beetroot (beet). Mix these ingredients with a vinaigrette seasoned with mild mustard. Heap in a salad bowl and garnish with desalted anchovy fillets, the whites and yolks of hard-boiled (hard-cooked) eggs chopped separately and thin slices of blanched mushroom.

SUET The hard fat from around the kidneys and loin of beef (which tastes best) and other animals. It has a very high melting point and it has influenced British cooking considerably. One of its more famous uses is in fish and chip shops, to fry chips and battered fish. The traditional domestic alternative to suet as a cooking fat is dripping (rendered-down fat from roasting beef), used to roast potatoes and bake Yorkshire pudding.

Suet is better known as the fat in suet crust pastry, used to make dumplings and steamed puddings. Both savoury and sweet. There include suet pastry rolled up with a filling (jam or currants), or suet to line a bowl with savoury or sweet filling (Sussex pond pudding has cut lemons inside). Alternately, suet is mixed with crumbs and dried fruit, to make plum duff. New College pudding, the Scotts cloutie dumpling (which also has black treacle) and the plainer brown George'. Suet is also traditional in mincemeat and Christmas pudding.

Suet is sold trimmed, shredded and dredged with flour to prevent the shreds from sticking together. Vegetarian alternatives to proper suet are readily available and known as vegetable suet, they are based on vegetable fat.

SUET PASTRY A traditional British pastry, made by mixing shredded suet with flour and water. This differs from other pastries, particularly short pastries, particularly short pastries in that self-raising flour and a higher proportion of water are used. The pastry rises during cooking and has a spongy texture when cooked.

Suet crust pastry can be cooked by boiling steaming or baking. It is used to make savoury and sweet steamed or boiled puddings and dumplings. It is also used for baked pastry dishes, such as roly-poly, a pastry roll filled with jam or a savoury mixture. When baked as a toppings

or shaped into dumplings, the pastry becomes golden brown and crusty on the outside.

RECIPES

Suet crust pastry

Sift 225 g (98 oz. 2 cups) self-raising flour into a bowl. Stir in a pinch of salt and 100 g (4 oz. $\frac{3}{4}$ cup) shredded suet. Mix in 175 ml (6 fl. oz. $\frac{3}{4}$ cup) cold water make a soft dough. Turn the dough out on to a floured surface and shape into a smooth ball, then roll out fairly thickly or use as required.

Suet dumplings

Prepare the suet crust pastry. Divide it into 8 equal portions and roll each into a ball on a lightly floured surface. To cook the dumplings, add them to barely simmering broth and cook for 15 minutes, until risen, light and fluffy. Alternatively, bake the dumplings on the surface of a stew in a covered casserole for about 40 minutes.

SUGAR Any of a class of sweet-tasting carbohydrates, formed naturally in the leaves of numerous plants, but concentrated mainly in their roots, stems or fruits. The plants' energy reserve may be in the form of simple sugars or high-molecular weight polymers of simple sugars (known as starch) sugar can be extracted from the maple tree, the tamarind, palmyra, coconut and date palms, and from sorghum and grapes among others. However, the two main commercial sources of sugar are sugar cane, a giant bamboo-like grass, in tropical regions and sugar beet, a root vegetable, in temperate regions.

The term 'sugar', in the singular, usually denotes cane sugar or beet sugar, the scientific name for which is sucrose (or saccharose). It consists of a molecule of glucose combined with a molecule of fructose. In the plural, 'sugars' denotes the class of soluble simple carbohydrates to which sucrose belongs. Other simple sugars include glucose (or dextrose), which occurs naturally in fruit and vegetables; glucose syrup (partially hydrolysed starch); fructose (or levulose), which is the sugar of fruit and honey; and galactose, found in dairy products.

The different sugars vary in sweetening power. Fructose is sweeter than sucrose and its 'sweetening power' in culinary use is greater. Glucose and fructose are therefore sweeter than pure sucrose.

- **History** A few thousand years ago, sugar was already being used in Asia, in the form of cane syrup, whereas in Europe at that time honey and fruit were the only source of sweetening. According to legend, the Chinese and Indians have always known how to manufacture granulated sugar. In about 510 BC, at the time of the expedition of Darius to the valley of the Indus, the Persian discovered a 'reed which yields honey without the assistance of bees'. They brought it back with them and jealously guarded the secret of how this sugary substance could be obtained, and traded it as a rarity. In the 4th century Bc, Alexander the Great also brought back the 'sweet reed', from which was extracted Sarkara (a Sanskrit word meaning 'grain'), a crystal obtained from the juice of the plant. Cultivation of this reed gradually extended to the Mediterranean basin (Venice an important trade centre for sugar) and to Africa. A new food had just been created: saccharose for the Greeks, saccharum for the Romans, sukkar for the Arabs, then zucchero in Venice, sucre (then sucre) in France, sugar in England, azucar in Spain, Zucker in Germany.

In the 15th century, the Spanish and Portuguese produced cultivation of the cane into their Atlantic possessions (the Canary Islands, Madeira and Cape Verde islands), so as to free themselves from the monopoly of the Mediterranean producers, Lisbon soon superseded Venice as the principal European city of refining. The discovery of the New World and other colonial conquests led to the extension of sugar-cane cultivation, firstly in the Caribbean, Brazil and Mexico, next in the Islands of the Indian Ocean, then in Indonesia, and finally as far as the

Philippines and Oceania. The West Indies, which had become known as the "Sugar Islands", provided sugar for the refineries of the European ports. Growing European demand for sugars, later increased even more by the fashion for tea, coffee and chocolate, was a major reason for the slave trade, which kept the American sugar plantations supplied with labour.

Sugar beet remained initially unexploited, although French botanist Oliver de Serres had drawn attention to its high sugar content as early as 1575. It was not until 1747 that the German chemist Marggaaf succeeded in extracting sugar from beer and solidifying it. In 1786, a former student of his called Achard tried to produce it on an industrial basis, but the output was still small, with a very high cost. In 1800, chaptal published some conclusive findings and blockades of France during the Napoleonic Wars cut off continental Europe from supplies of cane sugar and gave an additional impetus. In 1811, Delessert perfected the industrial extraction of beet sugar in his Passy refinery ; on 2 January 1812, he offered Napoleon I the first sugar loaf, France later became the first large-scale beet sugar producer in Europe.

Today, sugar beet is grown extensively in Russia the Ukraine, Germany, France, Poland and northwestern USA. Sugar cane is grown in Brazil, India, China, the southern states of the USA, Thailand, Australia, Mexico, Southern Africa and Pakistan.

- Manufacture of raw sugar. Once harvested, the beets and cane must be converted there is no microbiological degradation and no loss of their rich sugar content. For this reason, raw sugar factories are established close to the growing areas and work without a break during the whole harvesting campaign, which lasts several months.

The principle of raw sugar production from both beet and cane consists of extracting the sucrose by successively eliminating the other constituent parts of the plant.

The root of the beet is sliced and the sweet juice is extracted by diffusion in hot water. The juice, which contains 13-15% sugar, is then treated with milk of lime and carbon dioxide. This results in the production of chalk trapping much of the insoluble non-sugar material, which is filtered off to give a clear juice.

In the case of cane sugar, the cut cane is shredded, crushed and sprayed with hot water. The juice is heated, treated with lime and then filtered.

Both clarified cane and beet juices are then concentrated by evaporation under reduced pressure until crystallization is induced. The concentrated crystallized mass is transferred to mixers (crystallizers), where crystal growth continues. The crystalline raw sugar is then separated from the remaining syrup by centrifugation. Not all of the sugar may have been extracted from the juice at this stage, so the remaining liquid may be recycled. When it is no longer economically practical to extract more sugar, the remaining syrupy liquid is called molasses. Cane molasses is called blackstrap and has various uses in food and drink processing, beet molasses is unfit for human consumption and is used in animal feed.

Some raw cane sugars are prepared with extra care and to recognized standards; these sugars are marketed for consumption as unrefined brown sugars and include such sugars as raw cane demerara and muscovado sugars. In the main, however, raw sugars require further refining. Raw sugar is a stable product, which may be handled, stored and transported to whenever it is to be refined.

Unlike the production of raw sugar, refining may continue all years and need not be in the country of origin. Cane refineries tend to be in the importing country, while raw beet is often refined adjacent to the raw beet sugar factory.

- Refining raw cane sugar Refining raw cane sugar removes all impurities, leaving an end-product of pure natural sucrose. This product contains no artificial colouring, preservation or flavourings of any kind. White refined sugar contains 99.9% pure sucrose; brown sugar contains a small proportion of molasses, which imparts colour and flavour.

The raw sugar consists of brown sugar crystals containing many impurities and covered with a coating of molasses. The outer layers are first softened with a warm syrup solution to create a butter-like mixture called magna. This is passed into centrifugal machines to separate the

molasses film from the crystals. The crystals are rewashed to remove remaining impurities and treated again with lime and carbon dioxide. The emerging liquid, which is a clear amber colour, is passed over hone charcoal or another decolorizing agent (such as resin) to remove nearly all the soluble impurities and any nonsweetening colouring matter. The liquid is now colourless and clear and ready for recrystallization.

The liquid is boiled in a vacuum to avoid colouring or destroying the sugar by heat. When the liquid reaches the correct consistency, crystallization is started by adding to the liquid a controlled quantity of very small crystals known as 'seeds', when the tiny crystals have grown to the required size, they are separated from the mother liquid in centrifugal machines and dried in granulators. The boiling and crystallization process is repeated several times. Before the sugar starts to discolour. This liquid is then used to make other sugar products, such as golden syrup, or is boiled and crystallized again together with syrup separated from the raw sugar magna. The final syrup is called 'refinery molasses'.

Different sizes of sugar crystals are normally produced by variations in boiling technique and duration. The crystals are graded by screening before being packed just under half the sugar produced is used in direct form; the remainder is sold to food industries or to specialists producing items containing sugar.

Sugars and sugar products. White sugar is refined beet or cane sugar containing 99.9% sucrose and less than 0.06% moisture, having been oven-dried at 105°C(221°F). It has the highest purity and may be sold as granulated, caster (superfine), grain or lump sugars.

Brownsugar is unrefined, or raw, cane sugar (no brown sugar is made from beet because of the inedible molasses), containing 85-98%, sucrose and certain impurities, which account for the varying shades of brown. Natural brown sugar possess a distinctive flavour. There are various types ranging from the very dark most, soft molasses sugar and muscovado, through a pale muscovado to the large crystallized demetara. Some essential minerals and vitamins may be present but probably in insufficient quantities to substantiate claims that brown sugar is nutritionally superior to white. Some commercial brown sugar are, in fact, refined white sugar with caramel or molasses added to colour and flavour them. This is indicated on the label under 'ingredients'; the natural raw product will have no such list.

Organic sugars are those made from organically grown sugar beet and sugar cane.

- **CASTER (SUPERFINE) sugar** comprising fine, small grained crystal. Caster (sometimes spelt 'castor') sugar dissolves faster than granulated and is particularly used in baking for making meringues and for sweetening fruits and ices Golden caster sugar, again derived from unrefined cane sugar, is also available
- **GRANULATED, OR 'REGULAR', SUGAR** Produced directly from crystallization of the syrup, it forms fairly coarse crystals. It is the most common all-purpose sugar – for use on the table and in cooking derived from cane sugar molasses, is very pale brown in colour and has the same general uses.
- **ICING (CONFECTIONER'S) SUGAR OR POWDERED SUGAR** Granulated sugar milled into a very fine powder, mixed with starch, calcium phosphate or cornflour (cornstarch) to prevent it caking. The fastest dissolving sugar, it is used for dusting, decorating and icing (frosting) cakes and is included in many kinds of confectionery. Golden icing sugar, very pale brown in colour, is derived from unrefined cane sugar.
- **LUMP (LOAF) SUGAR** Obtained by moulding moistened granulated sugar while hot, then drying it in order to fuse the crystals together (agglomerated sugar). Invented in 1854 by Eugene Francois, a Parisian grocer, lump sugar takes the form of cubes, tables or irregular chunks quick-dissolving cubes are compressed only, to give an open texture and quicker dissolution. Larger quantities are usually packaged in cartons to preserve the shape of the sugar lumps, two or three lumps, wrapped in paper, are often served in cafes and restaurants for sweetening hot drinks. Some recipes call for lumps to be used to rub the zest from citrus

fruit.

- **PRESERVING SUGAR** Large sugar crystals designed for jam (preserve) making because they dissolve quickly without forming too much scum. Some jam sugars (gelling sugars) consists of caster or granulated sugar, with added natural pectin and citric and/or tartaric acid, which helps produce a good-quality set in jams and jellies, particularly for fruit low in pectin. This sugar is useful for reducing boiling time, thereby giving a better colour and retaining the aromatic flavour of the fruit.
- **SUGAR LOAF** Mainly used in Arab countries, this is sugar moulded into a cone shape, with its base wrapped in blue paper.
- **SUGAR NIBS (CRYSTAL SUGAR)** Rounded grains, obtained by crushing pieces of blocks of white sugar, sorted for size in a sieve. This sugar is used in the manufacture of sweetened products and of decorating pastries such as Bath buns.
- **VANILLA SUGAR** Caster sugar to which has been added at least 10% powdered essence (extract) of natural vanilla. Used for flavouring sweet dishes and pastries, it is sold in small quantities in sachets available from specialist shops.
- **DEMERARA SUGAR RAW** or partly refined cane sugar with relatively hard, large, golden-colored sugar crystals. Some demeraras are simply white sugar with added molasses.
- **JAGGERY** Moist, dark brown, coarse unrefined sugar, extracted by traditional methods from the sap of palm trees. It tastes strongly of molasses and is used in India and South-East Asia.
- **MUSCOVADO SUGAR** Another raw cane sugar. Dark muscovado (called Barbados sugar) is similarly good for baking rich cakes, white light goes particularly well in cooking with banana, toffee and butterscotch flavours.
- **SOFT MOLASSES SUGAR OR BLACK BARBADOS SUGAR.** Soft fine, moist, raw cane sugar. Very dark in colour, it has high molasses content and a strong flavour. It is often used for making gingerbread, rich, dark fruit cakes, Christmas cakes and Christmas puddings, and for chutneys and pickles.
- **CANDY SUGAR** Very large crystals of white or brown sugar (the latter) being white sugar sprayed with caramel colour) obtained by means of slow crystallization on wire-mesh frames. This is often served with coffee.
- **FONDANT** Sugar syrup worked when cool into a thick white paste with a quantity of glucose syrup or cream of tartar, used for flavouring and decorating patisserie and confectionery. Fondant can also be made with icing (confectioner's) sugar, egg white and glucose syrup worked together. A ready-mixed dry fondant can also be bought (which requires the addition of just water) and ready-to-roll fondant in blocks is also marketed.
- **INVERT SUGAR** A sugar obtained by the action of acids and an enzyme (invertase) on sucrose, which comprises a mixture of glucose and fructose with a little non-inverted sucrose. It is used mainly by professional pastry cooks and industries (brewing confectionery, in the form of 'invert sugar solution' (62% dissolved solids, of which 3-5% is invert sugar) or invert sugar syrup' (62% dissolved solids, of which over 50% is invert sugar and syrups for example, golden syrup).
- **LIQUID CARAMEL LIQUID** Sugar ready for use without cooking sold in small bottles or sachets for flavouring yogurts, dessert and ices.
- **LIQUID SUGAR (SUGAR SYRUP)** Literally, a sugar solution, normally prepared by dissolving white sugar in water. In industry, however, it is more closely defined. It is a colourless or golden solution of cane sugar containing at least 62% dissolved solids (usually 66% for better microstability), of which not more than 3% consists of invert sugar. The cane industry has a wide range of liquid sugars, most of which are prepared from intermediate liquids from the refinery process. Cane molasses has a pleasant flavour, unlike beet, hence there is no equivalent to these products in the beet industry. Liquid sugars are used in the

food and brewing industries and also for preparing punches or dessert -1 coffeespoons is equivalent to 3 g (1/3 oz). Sugar.

- SYRUP, MOLLASSES AND BLACK TREACLE Some syrups, such as maple syrup and palm syrup, occur naturally, but golden syrup (slightly sweeter than sugar) is a by product of sugar refining, which under goes its own refined process. It is used a great deal in biscuit (cookie) manufacture and in the brewing industry, as well as having a useful role in home baking for melted mixture (such as brandy snaps and flap-jacks) and in cakes and desserts. Corn syrup, produced from sweetcorn (maized), can be light or dark (the darker one being more strongly flavoured). It is used in the same way as golden syrup.

Molasses and black treacle are dark and viscous with a strong distinctive flavour, and are less sweet than honey. Molasses is the natural syrup drained from sugar cane or a blend of refinery syrups obtained during the refining of white sugar. Black treacle is a refined molasses-like sugar syrup. They are interchangeable in cooking for such recipes as gingerbread, rich fruit cakes, treacle toffee and the American specially. Boston baked beans. Treacle is also used in the pharmaceutical industry, for lozenges and lincruscs.

- TURBINADO SUGAR Similar to demerara, but more refined and lighter in colour.
- VERGEOISE Solid residue from refining beet or can sugar, giving a product of soft consistency, golden or brown, with a pronounced flavour. It is used mostly in Flemish patisserie and found mainly in France.
- Sugar in industry and cooking sugar is widely used in the industrial preparation of foods and beverages; confectionery, chocolates, biscuits (cookies), manufactured desserts, cakes, dietetic foods, yogurts, jellied milks, dessert creams and ice cream, evaporated and powdered milks, jam canned fruits and vegetables, fizzy drinks (soda), fruit juices, squashes, syrups cordials, beers, ciders, champagnes, sparkling wines, liqueurs and creams, fortified wines and aperitifs. Sugar is also used in the manufacture of some pharmaceutical products.

In cookery, sugar is an important ingredient of sweetening, as well as having a number of other functions.

SWEETENING Sugar is added to numerous hot or cold drinks, the flavour of which it completes, strengthens, improves or just sweetens – for examples in coffee, tea, chocolate, infusions, fruit juices and sodas it performs the same functions with numerous dairy products, fruit salads and compotes. It is also one of the essential ingredients of patisserie and sweet dessert dishes.

For making biscuits (cookies), pastries and petits fours, sugar may be flavoured with the zest of citrus fruits, cinnamon, aniseed, clove, ginger or dried and pounded flower petals (orange blossom, thyme, lime, violet or rose).

RECIPES

Aniseed sugar

Dry out 50 g (2 oz) aniseed wrapped in paper in a cool oven. Pound it finely in a mortar with 500 g (18 oz. 2 ¼ cups) caster (superfine) sugar. Sift through a sieve. Store in a tightly corked jar, in a dry place. Use as required

Cinnamon sugar

Chop 1 thin stick of cinnamon, mix with 1 tablespoon caster (superfine) sugar; then pound with another tablespoons of sugar, sift, through a fine sieve. Pound the cinnamon remaining in the sieve with another tablespoons of sugar and sift, store as for aniseed sugar.

Clove sugar

Proceed and store as for aniseed sugar, using 20 g (¾ oz) whole cloves and 500 g (18 oz. 3 cups) caster (superfine) sugar.

Ginger sugar

Proceed and store as for aniseed sugar, using 25 g (1 oz) fresh root ginger and 500 g (18 oz. 2 ¼ cups) caster (superfine) sugar.

Glace icing

Mix some icing (confectioner's) sugar with a little water. Flavour it with coffee, melted chocolate; a liqueur; vanilla essence (extract); or finely grated orange, tangerine or lemon zest. The quantity of water should be increased if a softer icing (frosting) is desired. Used it to coat small and large cakes and biscuits (cooked).

Orange sugar

Take some sweet orange with fine skins. Rub sugar lumps over the zest, but take care not to reach the white pith immediately under the zest since this is extremely bitter and would spoil the orange flavour. As the surface of the sugar becomes coloured, scrape off the layer of zest that becomes attached to it through repeated rubbing. Continue until all the zest is removed, then dry the sugar in a sealed container or in a cool oven. Crush the sugar lumps and sift through a fine sieve.

The procedure is the same for Seville (bitter) orange, lemon or tangerine sugars. Store as for aniseed sugar.

Vanilla sugar.

Split 50 g (2 oz) vanilla pods (beans) and chop them finely. Pound them finely in a mortar with 500 g (18 oz. 5 cups) lump (loaf) sugar and sift through a fine sieve. Store as for aniseed sugar.

SUGAR BOWL A container for serving sugar at table. It may be made of porcelain, earthenware, glass or crystal, stainless steel, silver or silver plate and sometimes forms part of a tea or coffee service. Bowls for lump (loaf) sugar are accompanied by a pair of sugar tongs and often fitted with a lid. Prototypes of sugar bowls, called sugar pots, appeared in the 18th century. Caster (superfine) sugar can be served in a sugar bowl with a small ladle, but a sugar sprinkler (dredger) is more practical.

SUGAR CANE A plant, originating in Indonesia, widely cultivated in tropical and subtropical regions for its sugar-rich stems, which contain 14% sucrose. References to 'an Indian reed with juice sweeter than honey' occur in Roman literature, however, widespread cultivation of sugar cane did not develop until after the discovery of America, where it was planted on large scale.

A cane known as 'eating cane' is grown by the local people, who remove the husk and chew it to extract the sweet juice.

Industrial cane juice, obtained by crushing the stems, is used to make sugar. It also ferments spontaneously and can be distilled to produce various spirits, particularly rums.

SUGAR DREDGER A small cylindrical container with a screw top pierced with small holes, used for sprinkling icing or caster (confectioner's or superfine) sugar over the top of cakes, waffles and desserts, or dishes to be caramelized.

SUGAR SNAP PEA A type of pea similar to but distinct from the mange-tout (snow pea), in that the pod is similarly wholly edible but is lumpy rather than flat because the peas inside have swollen and matured. Sugar snap peas actually resemble normal garden peas in appearance when harvested and are therefore often sold labelled as 'edible podded'. Sugar snap peas are thicker than snow peas and can be broken or snapped like green beans. They can be stored in the refrigerator for a few days and are prepared by topping and tailing; some varieties have strings that need removing. Like mange-tout, sugar snap peas should be served raw or only briefly cooked in order to retain their crisp texture.

SUISSE A traditional pastry of Valence (from the Drome region of France) in the shape of a little man, made of sweetened brioche dough flavoured with orange. The original suisse was said to have been modelled on the Emperor Napoleon, whose legendary hat was, over the years, confused with the cocked hats of the Swiss Guard at the Vatican. However, a different explanation exists: "As a prisoner of the republican army, Pope Pius IV... came end his days at Valence, It was the picturesque costume of the soldiers of his Swiss Guard (designed, it is said, by Michelangelo), soon a familiar sight to the inhabitants of Valence, which inspired an astute pastry cook to make little men from crisp pastry flavoured with orange, to which he gave the name of swisses, which they have kept to this day '(Ned Rival, "Traditions pastssieres de nos provinces.)

Suisses were formerly baked as a speciality for Palm Sunday, but are now sold all the year round.

SUKIYAKI A typically Japanese dish, of the type described as nabemonto (cooked directly on the table). Its origin goes back to the era when religion banned the consumption of meat. In country districts, however, the peasants used to cut birds and game into fine strips and grills them secretly out in the fields (sukyaki means literally 'grilled on a ploughshares').

Nowadays, sukiyaki usually consists of thin slices of beef, chopped vegetables, vermicelli or small noodles and tofu, sautéed in a copper pan over a table hotplate, then dipped in raw egg just before being eaten. Pork, chicken and fish are also prepared in this way. In Japan, each guests serves himself directly from the pan, as the cooking proceeds.

RECIPE

Sukyaki

Before proceeding with the cooking, which is done in the course of the meal, prepare the ingredients: 450 g (1 lb) lean beef (fillet or sirloin), cut into very fine strips; 250 g (9 oz) shirataki (vermicelli made with starch), dipped in boiling water and drained (this may be replaced by fresh small noodles); 100 g (4 oz. 1 1/3 cups) thinly sliced mushrooms; 150 g (5 oz. 1 cup) canned bamboo shoots, drained and finely sliced; 4 large leeks, thinly sliced; 150 g (5 oz. 3/4 cup) bean curd cut into small dice; 100 g (4 oz. 1 1/2 cups) blanched shredded Chinese cabbage; and (optional) a few coarsely shredded spinach leaves.

Heat a large heavy-based pan on a table hotplate, over a brisk flame, and grease it lightly with a piece of beef fat, which should be removed before cooking begins. Place one-third of the strips of meat in the pan, heat through, then add 60 ml (2 fl oz, 1/4 cup) soy sauce and 2 tablespoons sugar; turn over the meat, cook for 1-2 minutes, then push towards the edge of the pan. Next, add one-third of the vegetables, together with some shirataki and bean curd, and sprinkle with 60 ml (2 fl. oz. 1/4 cup) sake; leave to cook for 4-5 minutes. Distribute the vegetables and meat between the plates (the proportions given are for 4), and repeat the operation until the ingredients are used up.

Sukiyaki is eaten with chopsticks; each mouthful is dipped in raw beaten egg before being eaten; each guest breaks an egg into a small bowl for this purpose, sukiyaki is served with plain boiled rice.

SULTANS Type of dried fruit. Sultanas are dried grapes, lighter in colour and flavour than raisins, and seedless. Sultanas also referred to as sultana raisins or golden raisins are tender, delicate and very sweet. Used in baking in sweet dishes and in some savoury cooking in the same way as raisins. See dried vine fruits.

SULTANE, A LA A term describing various preparations, characterized by pasta and nuts,

either in the form of a flavoured butter to finish a chicken veloute or to accompany fish, or chopped, or used as a flavouring for ice cream or hot fruit-based desserts (apricots, pears and peaches). The sultane garnish for supreme of chicken served on a chicken forcemeat, consists of small tartlets filled with truffle puree and studded with peeled pasta hio halves. There is, however, another sultane garnish, for large cuts of meat, which does not contain pasta hio nuts it consists of duchess potatoes cut into the shape of Islamic crestrents (to which it owes its name) with a julienne of stewed red cabbage.

SUMAC also known as sumachor shoomak. A shrub originating in Turkey, certain varieties of which are cultivated in southern Italy and in Sicily. Its fleshy petals and small berries are dried and reduced to purple powder, which has an acid taste and is very popular in Middle Eastern cookery. Mixed with water, it can be used in the same ways as lemon juice, particularly in preparations of tomatoes and onions, chicken forcemeats, marinade of fish and dishes with a lentil base.

Varieties of sumac cultivated in Britain are ornamental and not used in cookery. The dried and ground leaves are also used in cookery. The dried and ground leaves are also used in tanning and dyeing.

SUMMER PUDDING A British pudding or dessert of mixed summer fruit moulded in pudding basin lined with overlapping slices of bread. The dish is said to have originated in spas and nursing homes, where it was served patients, as an alternative to heavy puddings made with pastry, and it was known as 'hydropathic' pudding. Before bread was dosed with additives to prevent it from drying out, and the home freezer was commonplace, summer pudding was a popular dish for using up day-old or slightly stale bread and a glut of summer fruit. It is still a popular, fabulous dessert, and it has the advantage of being light but full flavour.

RECIPE

Summer pudding

Cook some redcurrants and blackcurrants with sugar until their juice runs and they are just tender. Add a mixture of strawberries (having or quartering any that are large) and raspberries; blackberries can be added for an autumn pudding, when available. Taste the fruit mixture and add enough caster (superfine) sugar to sweeten it and create a generous amount of syrup.

a generous amount of syrup.

Line a deep basin (bowl) with medium-thick slices of bread, trimmed of crusts, overlapping them evenly. Place a neat slice in the bottom of the bowl first, so that it will look neat when the pudding is turned out. Fill with the fruit mixture, pressing it down well, then cover with bread slices. Stand the basin in a shallow dish and cover the top with a saucer or plate. Lace a heavy weight on top to press the pudding and chill overnight. (The shallow dish will catch any juice that seeps from the pudding). Reserve any leftover fruit juices to spoon over the pudding before it is served.

Ease a knife between the pudding and the basin before inverting it on to a serving dish. Spoon any served juices over the top, especially if there are any white patches of bread, and serve at once, with clotted cream or whipped cream.

SUMPTUARY LAWS Government regulations issued to keep down expenses in banquets and also designed to control personal extravagance. In ancient Rome, the sumptuary laws forbade the consumption of very young animals and the slaughter of certain species. They also put a stop to ostentatious displays of luxury, and once even decreed that everyone should eat with their

doors wide open so that the laws could be enforced. This type of controlling legislation was also introduced during the ancien Regime in France (pre-1789), when it was extended to customs and traditions, notably to wedding feasts: "To put an end to ruinous extravagance .. members of the upper classes shall no longer be allowed to serve more than eight courses at table; thee will include the entrée, entremets and set pieces; as for wedding feasts, the number of dishes will henceforth be restricted to a maximum of six'

SUNDAE A dessert that originated in the United States, consisting of ice cream and fruit coated with jam or syrup and topped with nuts, confectionery and cream. Originally, it was reserved for the family meal on Sundays: at the end of the 19th century, North America was fairly puritanical and the consumption of sweet and delicacies was still frowned upon. But the fashion for ice-creams, encouraged by the first manually operated ice-cream freezers, was increasing and gradually the nickname 'sundae' was given to the traditional ice which could be served on Sundays 'without offending God', today, there is a wide variety of sundaes.

Henri Troyat, in *La Case de l'oncle Sam*, describes it thus... I shall remember that sundae all my life. In a sumptuous confectioner's shop, light, airy, full of fragrance, we were served with a mountain of coffee ice cream, sprinkled with cream and scattered with walnuts, honey, peanuts and various fruits. When I carried the first spoonful to my mouth....my taste buds experienced a violent ecstasy, a whole opera o sensation rolled of my tongue.."

SUNFLOWER An annual plant, originally from Mexico and Peru, also known as helianthus. Nowadays, it is widely cultivated both for ornament and for its seeds, from which an oil is extracted. Sunflower is a good all-purpose oil for cooking as well as for use in salad dressings and for making mayonnaise. Sunflower seeds can be nibbled, raw or roasted as snack, and are an excellent source of energy.

SUPERSTITIONS OF THE TABLE There have always been superstitions associated with eating. Some have a rational explanation, others remain a mystery.

Split salt is supposed to bring bad luck. The origins of this superstition go back to the times when it was very expensive (and therefore not to be wasted). In addition, salt has been a symbol of friendship and welcome from the earliest times to offer salt and bread remains a traditional gesture of greeting in a number of countries. On the other hand, the act of throwing a pinch of salt over one's shoulder to ward off bad luck arises purely from superstition; as Leon de Fos wrote. "Upon my faith, the essential thing is for no salt to be dropped into the stewed fruit or custard."

Crossed knives, another bringer of bad luck, evoke both the cross on which St. Andrew was crucified and the murderous gesture of crossing swords wit an enemy.

Ought one to break the shell of an egg after eating the contents? This customs has its roots in the past; it is referred to by ancient and modern writers. The Romans attached great importance to it. The egg was regarded as an emblem of nature, a substance that was both mysterious and sacred. People were convinced that magicians used eggs in their incantations, emptying them and drawing magic characters from inside the shell. These had the power to cause much harm. One crushed the shell to destroy evil spell. Occasionally it was enough to pierce it with a knife, or to rap it three times.

Why will you marry within the years (or, if you are already married, why will you have a daughter) if the last drop of a bottle of wine is poured into our glass? This has been seen as an allusion to the poverty that befalls the married man, or the one who has to many daughters to marry off and provide with dowries. On the other hand, wine split over the table is an omens of good luck, in memory of the ancient libations.

The presence of 13 people at table is regarded as unlucky because of its association with the Last Super, where the 13 participants included Judas Iscariote, who said that it is

dangerous to be 13 as table only if the diner is prepared for 12.

There are various popular superstitions attached to the food itself. Cabbage is not supposed to be eaten on St. Stephen's Day, because the saint, according to the legend, hid in a cabbage field to try and escape from his persecutors. Melon was said to cause fever in autumn, and jams (preserves) were supposed to ferment when the fruit trees begin to blossom. The custom of throwing handfuls of rice over newly married couples as they come out of the church is supposed to symbolize abundance and prosperity.

SUPPER A light meal taken in the evening. Originally the only evening meal (now called dinner), supper usually consisted of soup (hence the name) and was eaten relatively early. The fashion for supper as an intimate late dinner became established in French high society in the 18th century. Saint-Simon recalls the famous suppers of the Regent hotels. For small suppers, dishes were prepared in kitchens spicily set up on the same floor, using utensils made of silver. The routes often gave the cooks a hand." Rich and extravagant dishes were prepared, including marinated wild boar kidney, oysters with cream followed by cakes, tarts, salads and entremets (pig's trotters, Siante-menehould, peas with poached eggs, apples à la chinoise).

Until the middle of the 19th century, supper was the essential conclusion of any successful high – society evening. At a ball, the orchestra gave the signal for supper by means of a fanfare. Gradually, however, the supper was abandoned (one reason was the expense), it was sometimes replaced by buffets or refreshments brought on trays, and sometimes, very late in the evening, by punch and pastries. At dawn, the guests were revived with the tea both, chocolate, coffee, sandwiches and wines. However, private households continued to hold quiet supper. When only a chosen few are left in the drawing room, the master of the house gathers them together quietly around a table concealed in some cosy nook, and there they see in the day, chatting about the events of the past night. Wit and appetite normally find their best openings in these private suppers, which have a certain smack of the forbidden fruit' (E. Briffault, Paris a table). The supper vogue also became established with restaurateurs of the time, especially those who had private rooms.

SUPREME The breast and wing of a chicken or game bird; the term is also used for a fine fillet of fish (sole or brill, for example). Supremes of chicken or game (traditionally garnished with truffles, a delicate and stylish preparation, hence their name) are usually cooked rapidly; they may be brushed with butter, sprinkled with lemon juice and baked quickly in the oven in a covered casserole or wrapped in foil, or poached in a very little liquid (without boiling), or browned quickly in butter, or coated with breadcrumbs and fried or grilled (broiled).

Supremes are usually served with fresh green vegetables bound with butter or cream, but the classic garnishes for fried or poached chicken can also be used. The accompanying sauce is white or brown, depending on the method of cooking and the garnish. Fillets of turkey and duck can be cooked in the same way.

Supremes of fish are generally poached and served with a garnish and a white wine, shrimp, Nantua, américaine or normande sauce. The term is also applied to preparation of luxury foods (supremes of foie gras for example). Supreme sauce, which accompanies poached and fried poultry, is a reduced vol-au-vent mixed with chicken stock and fresh cream, sometimes finished with mushroom essence and lemon juice.

RECIPES

Preparing Supremes

Pull the leg of the bird away from the body, slice down to where the thigh joins the carcass. Cut through the joint and remove the whole leg. Repeat with the other leg and set both legs aside for use in another recipe, separate the flesh on either side of the breastbone, cutting down towards

the wing joint. Then server the joints of the wings from the body, without separating tem from the breast meat. finally, cut through each wing at the second joint to remove the pinion (wing tip). Carefully ease off the skin.

Garnishes for Supremes of chicken

Prepare the supreme a blanc or a brun. The following garnishes can be used: diced aubergines (eggplants) sautéed in butter, braised lettuce or chicory (endive), pieces of cucumber slowly cooked or sautéed, French (green) beans or macedoine of vegetables in butter, pease a la francoise, asparagus tips in butter or cream, or vegetables puree.

Supreme sauce

Prepare a veloute with a white roux, comprising 40 g (1 ½ oz. 3 tablespoons) butter and (750 ml (1 ¼ pints, 3 ¼ cups) well-seasoned and well-reduced chicken consomme. Add 500 ml (17 fl. oz. 2 cups) white chicken stock and reduce it by at least half. Add 300 ml (1/2 pints, 1 ¼ cups) crème fracieh and reduce the sauce to about 600 ml (1 pint, 2 1/3 cups), at which point it should coat the spoon. Remove from the heat and stir 50 g (2 oz ¼ cup) butter. Strain through a very fine sieve and keep warm in a bain marie until ready to use.

Supremes of chicken a blanc

Season the supremes with salt and pepper, brush with clarified butter, arrange in a buttered casserole and sprinkle with a little lemon juice. Cover the casserole and cook in preheated oven at 220°C 9425 F, gas 7) for about 15 minutes. drain the supreme and arrange them on a serving dish with the chosen garnish.

Supreme of chicken a brun

Season the supreme with salt and pepper, coat them in flour and cook them in clarified butter in a sauté pan until golden on both sides. Arrange on a serving dish with the chosen garnish.

Supreme of chicken a l'anglaise

Season the supreme with salt and pepper, then coat them with beaten egg and breadcrumbs. Cook in clarified butter in a sauté pan until golden and cooked through. Arranged on a bed of Anna potatoes, surround with grilled (broiled) tomatoes and garnish each supreme with a grilled rasher (slice) of bacon.

Supreme of chicken a la perigourdine

Cook some supremes a brun and arrange them on a serving dish. On each supreme place a slice of foie gras fried quickly in butter and a thin slice of truffle. Coast with perigueux sauce.

Supreme of chicken with mushrooms

Cook some supreme a blanc. Garnish then with mushrooms that have been slowly cooked in butter and coat them with supreme sauce mixed with the pan juices.

Alternatively, cook the supremes a brun, garnish with sautéed mushrooms and coat with Madera sauce or demi-glace flavoured with Madiera.

Supreme of chicken with Sauternes and preserved lemon.

Season 4 prepared chicken supremes. Use a flameproof casserole in which the supremes will fit snugly, overlapping slightly if necessary. Cook the supremes gently in a mixture of butter and olive oil, skin-side down, untill browned. Torns the supremes over and half cover the casserole then continue to cook gently until the chicken is cooked through.

Meanwhile, trim and clean 500 g (18 oz). Chanterelles and sweet them gently in a covered frying pan. drain and set aside. Finely chop 3 shallots. Remove the chicken from the pan.

Degrease the juices and stir in half the shallots. Add 200 ml (7 fl. oz. $\frac{3}{4}$ cup) Sauternes and reduce by half. Stir in 300 ml (1/2 pint, 1 $\frac{1}{4}$ cups) single (light) cream and a pinch of mignonete – a mixture of ground black and white pepper- then reduce for 2 minutes. sieve the sauce.

Return the sauce to the pan and stir in a dash of lemon juice with the finely diced zest of 1 preserved lemon then replace the chicken and reheat thoroughly but gently, without boiling. In a separate pan, cook the remaining shallot in butter with the chanterelles. Season with salt and pepper. Arrange the supreme on plates, partly slicing the meat, if liked, with their sauce. Add the chanterelles and garnish with a little shredded lemon zest and parsley.

SURATI An Indian cheese made from buffalo milk, sometimes also from cow's milk, with a soft whitish centre and a slightly sour yet salty flavour. It is matured and sold in its whey in large terracotta containers. It takes its name from the city of surat, where it is manufactured.

SURPRISE, EN A term describing certain dishes that are presented in such a way as to give a false impression of their flavour or consistency, of which are revealed, when they are eaten as a delightful surprise. The most obvious example of such a dish is baked Alaska, in which ice cream is hidden inside a meringue that has been placed for a short time in a hot oven.

The term en supreme is generally given to fruits that have been scooped out and filled with ice cream or sorbet and frozen, or filled with a soufflé mouse or either preparation and chilled. Good examples are oranges, tangerines, melons and pineapples, all of which can have their

'lids' replaced to hide what is inside sugar-coated fruits are also described as en surprise.

In one of his *lettres gourmandes* to the playwright Emile de Najjar, Charles Monselet mentions eggs en surprise, for which he gives an ancient recipe from the royal chateau of Marly: 'take 12 fine eggs and each one, make two small holes at the ends. Pass a straw through one of these holes to burst the yolk, then empty the eggs by blowing through one of the ends. Rinse the shells in water, drain them and dry in the open air. Fill up one of the holes in each egg with a mixture of flour and egg yolk and leave to dry, then fill the eggs through the remaining hole with chocolate custard cream mixture, coffee custard cream mixture or orange-blossom crystal cream mixtures (made with the blown-out egg); for this purpose, use a very small funnel. Stop up the holes of the eggshells with the flour and egg yolk mixture. And cook then in plenty of hot water (which should not be allowed to boil) to set the custard cream. Remove the 'plugs' from the two ends of the eggs. Wipe the eggs and serve them under a folded napkin as a dessert.

RECIPE

Pineapple en surprise

Cut the top off a choice pineapple close to the leaves and hollow it out carefully, without splitting the skin. Cut the pulp into dice and macerate it with 100 g (4 oz. $\frac{1}{2}$ cup) caster (superfine) sugar and 2 tablespoons rum for 2 hours.

Boil 500 ml (1 pint, 2 $\frac{1}{2}$ cups) milk in a saucepan with a vanilla pod (bean) split in two. In a mixing bowl, beat 1 whole egg with 3 yolks and 100 g (4 oz. $\frac{1}{2}$ cup) caster sugar, when the mixture is white thick, blend in 50 g (2 oz. $\frac{1}{2}$ cup) plain (all-purpose) flour to obtain a very smooth paste. Pour the boiling milk over the paste fairly slowly to avoid cooking the yolks, whisking rapidly all the time. Return the mixture to the pan, place over a gentle heat and stir until the cream has thickened. Then remove from the heat and add the juice in which the pineapple has been macerated.

Cool this cream in the refrigerator, then mix it gently with the diced pineapple, 3 egg whites whisked to very stiff peaks, and 100 ml (4 fl. oz. 7 tablespoons) crème fraîche. Fill the pineapple with this preparation, replace its top and refrigerate until ready to serve.

SUSHI Japanese speciality comprising rice mixed with a dressing when freshly cooked. A round-grain rice that remains whole when cooked but becomes slightly sticky is used. The moist grain barely cling together so that the mixture can be shaped in a mould or by rolling. Additional ingredients includes fresh or cooked raw fish or seafood or vegetables. Layers of sushi rice and prepared ingredients are pressed in a mould to make rice 'cakes' or wrapped in a sheet of nori seaweed and served in slices. Dipping sauce and, pickled ginger are typical accompaniment.

Sushi can also be mixture of prepared rice with other ingredients, served in bowls, or the mixture can be rolled into small cones of nigiri by diners just before it is eaten.

SUZETTE A type of sweet pancake flavoured with tangerine and coated with a tangerine-flavoured sauce. In the recipe given by Escoffier, tangerine juice and curacao are used to flavour both the pancake batter and the melted butter and sugar (to which tangerine zest has been added) used to mask the pancakes.

Henri Charpentier, who was Rochefeller's cook in the United States, falsely claimed to have invented crepes Suzette in 1896, at the Café de Paris in Monte Carlo, as a compliment to the Prince of Wales and his companion whose first name was Suzette, in actual fact, at that date Charpentier was not old enough to be the head waiter serving the prince. Back in the United States he introduced the fashion for flamed crepes Suzette. Elsewhere, Leon Doudet, in Paris vécu(1929), speaks of pancakes called Suzette which in about 1898 were one of the specialities of Marie's Restaurant (famous for its oeufs toupinel and its entrecote bordelaise). They were made with jam and flavoured with brandy 'which improve them greatly.

RECIPE

Crepes Suzette

Prepare a crepe batter with 250 g (9 oz. 2 ¼ cups) plain (all-purpose) flour, 3 whole eggs. 250 ml (8 fl. oz. 1 cup) milk and a pinch of salt, add the juice of 1 tangerine, 1 tablespoon curacao and 2 tablespoons olive oil. Leave to stand for 2 hours at room temperature. Work 50 g (2 oz. ¼ cup) butter with the juice and grated zest of 1 tangerine, 1 tablespoon curacao and 4 tablespoons caster (superfine) sugar.

Make some thin crepes in a heavy-based frying pan (never washed, but wiped each time with clean paper towels), coat them with a little of tangerine butter, fold them in four, return them one by one to the frying pan and heat them. Arrange them in a warm dish, slightly overlapping to serve.

WAN a large, aquatic, web-footed bird with only leathery flesh, now regarded purely as an ornamental bird. From the middle ages to the Renaissance however, it ranked with the peacock in providing a sumptuous roast at banquets. On some occasions the bird was carefully plucked and roasted on a spit, then dressed in its feathers and broth ceremoniously to the table with a piece of blazing camphor or wick in its beak.

SWEAT. To cook vegetables (generally cut up small) in their own juices in a covered pan over a gently heat, so that they become soft (but not brown). A little fat is usually used to begin the cooking process or more can be added for a rich result. The pan is covered during cooking, so the ingredients retain a certain amount of their natural moisture. Sweating is a popular alternative to sautéing or frying as a low-fat cooking method.

SWEDE (RUTABAG) A root vegetable with orange-yellow flesh. Related to the turnip and one of the brassicas, the swede is also known as the Swedish turnip. Originally from Scandinavia (where it is called rutabagge), it can be cooked in the same way as potatoes or turnips (baked,

roasted, boiled and mashed). It is not as watery as turnip and it has a distinctive flavour similar to other brassicas. Swede is often mashed with potatoes and/or carrots, used in soups or stews. It is sometimes referred to as a turnip.

SWEET Term describing a sugary taste. The sweet taste that man craves was provided by the various fruit sugars and honey until the use of sugar (extracted from sugar cane or sugar beet) became widespread. In cooking, sweetness is provided by substances giving a sweet character to the dish.

SWEET AND SOUR The association of two contrasting flavours, acid and sweet, in the same dish is a very old culinary practice. Honey with vinegar and verjuice were among the basic ingredients of the seasonings used in Roman times and in medieval cooking, with its sauces and ragouts. Many meat, game or fish (particularly river fish) dishes, marinated or boiled in wine or beer, have dried fruit in the sauce, or the jelly of red berries as an accompaniment; this is one of the distinguishing features of Russian, Scandinavian, German, Alsatian, Jewish and Flemish cooking. Fruits (such as grapes, quinces, plums, cherries and cranberries) preserved in vinegar or acetum, a syrup mixture of honey and vinegar whose name is derived from the Latin acetum (vinegar) and mel (honey), are a typical example of the sweet-and-sour combination; there is a large range, too, of cooked condiments – chutneys, sweet mustards, achar – some of which are of exotic origin (from India and the West Indies) and were introduced into Europe by British colonialists. It is undoubted in China, however, that sweet-and-sour cooking is at its finest, particularly for pork and duck.

RECIPE

Sweet-and-sour sauce

Soak 1 tablespoon raisins in water, using a small heavy-based saucepan, cook 3 lumps of sugar moistened with 2 tablespoons vinegar until they caramelize slightly. Add 150 ml (1/4 pint 2/3 cup) dry white wine and 2 teaspoons chopped shallots; cook briskly until the liquid has evaporated. Add 250 ml (8 fl. oz 1 cup) demi-glace sauce and boil for a few moments. Press the sauce through a fine sieve. Then return to the pan and slowly bring to the boil. Drain the raisins and add them to the sauce with 2 teaspoons capers. This sauce can be served with poultry or roast pork.

SWEETBREAD The culinary term for the thymus gland (in the throat) and the pancreas (near the stomach) in calves, lambs and pigs, although the latter are not much used. Thymus sweetbreads are elongated and irregular in shape pancreas sweet breads are larger and rounded. Lambs' and calves' sweetbreads are cooked in the same way, but the latter are considered to be superior, they can be used in fillings and ragouts for moulds and vol-au-vent. Sweetbread need to be blanched, refreshed and cooled before use; they can then be fried, braised, roasted, grilled (broiled), poached, cooked en gratin on skewers.

RECIPES

Preparing lambs or calves sweetbreads

Soak the sweetbreads in cold water until they become white, changing the water from time to time until it remains clear (at least 5 hours). Put them into a saucepan with cold salted water to cover and bring then slowly to the boil. At the first sign of boiling, remove and drain the sweetbreads and refresh them under cold running water. Then drain and wipe dry, remove the skin and fibres and press them between 2 cloths under a board with a weight on top. Leave for 1 hour.

Depending on the recipe chosen, they can be studded with thin pieces of bacon, truffle,

tongue or ham.

Fried sweetbreads.

Blanch, cook and press some sweetbreads. Cut each one into 3 or 4 slices season with salt and season with salt and pepper. Dip each slice in flour and fry in butter until brown. Alternately, clean the sweetbreads well and dry them thoroughly. Put them into a sauté pan with some melted butter, add salt and pepper to taste, cover the pan and let them cook gently for 30-35 minutes.

Serve fried sweetbreads sprinkled with chopped parsley on top of Anna potatoes, with a thick béarnaise sauce served separately.

Grilled sweetbreads

Blanche, cool and press some sweetbreads. Brush them with oil or clarified butter, season with pepper and grill (broil) slowly, either whole or sliced, under a moderate heat. Serve with a green salad; with a seasoned vegetable, steamed and tossed in fresh butter; or with a puree of carrots peas or turnips.

Poached sweetbreads

Blanch, cool and press some sweet breads, put them into a sauté pan, barely cover them with white stock and let them simmer very gently for 35-40 minutes, according to their thickness. Drain them and keep hot. Reduce the cooking liquid and pour this over the sweetbreads. Serve with buttered green beans, young broad (fava) beans, or a macedoine of spring vegetables.

Roast sweetbreads

Blanch, cool and press some sweetbreads, and lard them if wished. Seasoned with salt and pepper and wrap each one in a small piece of pig's caul (caul fat). Thread them on to a skewer and roast in a preheated oven at 220°C (425°F, gas 7) for about 30 minutes.

Sweetbread fritters

Blanch, cool and press some sweetbreads. Cut into slices and dip them first in flour, then in a light fritters batter, and deep-fry at 180°C (350°F) until golden brown on both sides. Drain the fritters on paper towels. Serve with quarters of lemon and either a well-reduced tomato fondue or a her mayonnaise.

Sweetbreads braised in white stock

Blanch, cool and press some sweetbreads. (They may be larded, studded or left plain, depending on the recipe). Put some bacon rinds and some finely sliced onions and carrots into a buttered flameproof casserole and lay the sweetbreads on top. Add salt and pepper and a bouquet garni. Cover the casserole and begin the cooking slowly over a gentle heat. Then moisten with a few tablespoons of white stock. Transfer the covered casserole to a preheated oven at 220°C (425°F, gas 7) and continue the cooking for 25-30 minutes, basting frequently with the stock. When the sweetbreads are cooked, they can be glazed very lightly by removing the lid and leaving the casserole in the oven for a further 5-6 minutes, basting with the fat in the stock. Serve with one of the following garnishes: anversoise, nantua, princesse or regence.

Sweetbreads in breadcrumbs

Blanch, cool and press some sweetbreads. Cut them into slices, dip in beaten egg and then in breadcrumbs, and sauté them in butter. Alternatively, after dipping them in beaten egg, roll them in a mixture of minced (ground) ham and mushrooms, or in a mirepoix or in grated Parmesan cheese. When cooked, serve with braised chicoy (endive) or sweetcorn.

Sweetbreads with grapes

Prepare either 1 large sweetbread or 2 medium ones, and lard them with 100 g (4 oz. ½ cup) strips of pork fat. Heat 50 g (2 oz. ¼ cup) butter in a saucepan and cook the sweetbreads gently until they are golden brown. Add 8 small onion, salt, pepper, 1 bouquet garni and 4 chopped mushrooms. Cover the pan and simmer until the sweetbreads are cooked (about 20 minutes). arrange them in a dish and keep hot.

Deglaze the pan with 100 ml (4 fl. oz. 7 tablespoons) fresh grape juice and add some white Muscat grapes and 4 tablespoons Madiera. Work 1 tablespoons flour with 50 g 92 oz . ¼ cup) butter to a smooth paste or *beurre manie* and use the mixture to thicken the sauce.

Terrine of sweetbreads

Blanch and cool 4 sweetbreads. Stud them with slices of truffle and press them under a light weight for 24 hours. Brown a finely chopped mirepoix of onions, carrots, shallots and 1 garlic clove in some butter. Season the sweetbreads *en sauté* them with the mirepoix, without allowing them to brown. Pour in 175 ml (6 fl. oz. ¾ cup) white wine, 175 ml (6 fl. oz. ¾ cup) Madeira and 6 tablespoons port. Add a bouquet garni and braise gently for 40 minutes. take out the sweetbreads and reduce the cooking liquid by a quarter. Strain and set aside.

Make a fine forcemeat using 250 g (9 oz. 1 cup), firmly packed) minced (ground) fat pork, an equal quantity of minced *noix* of veal. 75 g (3 oz. 1/3 cup) minced ham, 100 ml (4 fl. oz. 7 tablespoons) *crème fraiche*. 1 egg, 1 tablespoon foie gras, salt and pepper. Line a terrine with thin strips of bacon. Fill the dish with alternate layers of sweetbreads and forcemeat, covering each layer of forcemeat with very thin rindless bacon rashers (slices). Pour a little of the strained reduced cooking liquid on the each layer. Finish with a layer of forcemeat topped with bacon rashers.

Cover the terrine and cook gently in a *bain marie* in a preheated oven at 180°C (350°F, gas 4) for 1 ½ hours. Before it becomes completely cold, cover with port-flavoured aspic jelly. Chill for 1-2 days before serving.

SWEETEN To reduce the sharpness, tartness bitterness, sourness acidity of excessive seasoning in a dish by adding to it a little water. Milk cream of sugar, or by prolonging the cooking time considerably. A pinch of sugar will sweeten crushed tomatoes, and the acidity of a same may be lessened by first boiling up the wine that is added to the meat juices in the pain.

SWEETENER A chemical substance with a high sweetening power but no nutritional value and containing no calories. The best known are *sauchrm* and *aspiratame*. Sweeteners are used in the food industry, in sugar free diets and by those among to reduce calorie intakes by using sweeteners instead of sugar, particularly in hot drinks.

SWEET LIME A small citrus fruit that is often confused with other varieties of lime, but which constitutes a separate species. It is spherical, 2.5-4 cm (1-1 ½ in). in diameter, greenish-yellow, strongly scented and produces a large quantity of juice. It is used for making sharp-tasting sauces in exotic cookery, notably Brazilian duck with rice, Peruvian ceviche, Indian saffron the. Tunisian dried vegetable soup, and also certain Oriental salads, stews and grilled (broiled) fish dishes. It s grated zest is an ingredient in certain chutneys, and lime syrup is sprinkled on some pastries.

SWEET POTATO An edible tubers originating in South America and gradually introduced to New Zealand, the Pacific islands, Europe Africa and Asia. It has a reddish, violet or grey skin and a sweet and floury flesh, white, orange-yellow, pink or violet in colour, which is usually eaten cooked – as a vegetable, a garnish or as the basis for a dessert.

When bought, it should be really firm, with no bruise or smell. It is prepared like the ordinary potato (although unrelated), but as much sweeter sweet potatoes may be boiled, baked

or pureed, cooked in their skins, in cream, as croquettes, in gratins and in soutes Caribbean cookery probably offers the most original recipes for them.

In the United States, the sweet potato is often wrongly referred to as a yam, which is a different plant.

RECIPES

Sweet potato cake

Soak 150 g (5 oz. 1 cup) seedless raisins in some rum. Boil 5 unpeeled sweet potatoes in unsalted water. When they are cooked, peel them and puree finely in a blender or food processor. Blend 1 teaspoon vanilla-flavoured sugar and 1 tablespoon flour with the potato puree and beat the mixture hard. Soften with a little milk, then add 3 whole eggs prepared in the same way. The stalks are usually boiled or steamed.

Swiss chard often appears in regional dishes, especially in Lyon, Provence and Corsica, in stuffings and soups using the green leaves, and gratin dishes and garnishes using the stalks. Swiss chard tart is a speciality of Nice and is served as a dessert.

RECIPES

Preparing Swiss chard

Remove the green parts of the leaves, then break the veins and leaf stalks (it is important not to cut them with a knife) and remove the stringy parts. Divide these into sections 5-7.6 cm (2-3 in) long and cook in salted water or, better still, in a white vegetable stock. Once drained these sections are ready for use in various recipes. Wash the green parts, blanch for 5 minutes in boiling water (salted or unsalted), rinse in cold water, drain and pat dry.

Swiss chard au gratin

Prepare Swiss chard in béchamel sauce and pour into an ovenproof dish. Smooth the surface, sprinkle with grated cheese and melted butter, and brown at the hottest possible temperature in the oven or under the grill (broiler).

Swiss chard in béchamel sauce

Cook 800 g (1 ¾ lb.) Swiss chard veins in a court bouillon and drain. Place in a deep frying pan with 400 ml (14 fl. oz. 1 ¾ cups) fairly liquid béchamel sauce; cover and cook for about 5 minutes. Mix with 50 g (2 oz. ¼ cup) butter and serve in a vegetable dish.

Swiss chard in butter

Cook 1 kg (2 ¼ lb) Swiss chard veins thoroughly in salted water or white stock. Drain, place in a deep frying pan with 75 g (3 oz. 6 tablespoons) fresh butter, cover and cook gently for 15-20 minutes. Place in a vegetable dish, pour over the butter in which the chard was cooked and sprinkle with chopped parsley. Alternatively, the chards may be blanched for 5 minutes in salted water, drained and then cooked in a deep frying pan with 75 g (3 oz 6 tablespoons) butter and 200 ml (7 fl. oz. ¾ cup) water. Arrange in a vegetable dish and pour over the cooking liquid.

Swiss chard in cream

Boil 800 g (1 ¾ lb) Swiss chard veins in white stock and drain. Fry for 5 minutes in 25 g (1 oz. 2 tablespoons) butter. Moistened with 300 ml (1/2 pint, 1 ¼ cups) boiling double (heavy) cream and cook until the volume has reduced by half. Place in a vegetable dish and pour over the cooking liquid.

Swiss chard pie

Marinate 100 g (4 oz. $\frac{3}{4}$ cup) raisins in a little brandy. Make the pastry using 500 g (18 oz. 4 $\frac{1}{2}$ cups) strong plain (bread) flour, a pinch of salt, 4 tablespoons sugar, 1 sachet easy-blend dried yeast (1 package active dry yeast), 1 egg yolk and 20 ml (7 fl. oz $\frac{3}{4}$ cup) oil. Mix the dough, adding a few teaspoons of very cold water, knead until smooth and leave to stand, covered, in a warm place until light and rise-about 1 hours.

Blanch 500 g (18 oz) Swiss chard leaves in salted water, dry very thoroughly and chop coarsely. Peel 2 cooking apples, slice thinly and sprinkle with lemon juice. Cut 2 dried figs into quarters; crumble 1 macaroon. Mix these ingredients (including the chopped chard leaves) with the raisin, 2 whole eggs, a little grated lemon zest, and about 40 g (1 $\frac{1}{2}$ oz) pine kernels (nuts).

Grease an ovenproof fan dish, 28 cm (11 in) in diameter. Line with half the pastry, spread the filling over the pastry base and coat with 3 tablespoons redcurrant jelly. Cover with the remaining pastry and pinch the edges together to seal the pie. Place a small pastry funnel in the lid. Bake in a preheated oven at 200°C (400°F, gas 6) for 30-40 minutes. dust with icing (confectioner's) sugar and serve hot or cold.

SWISS ROLL (JELLY ROLL) A thin sponge cake, spread with jam (jelly) and rolled up. There are many variations on the plain sponge and filling including cream filling, chocolate flavoured sponge with chocolate cream filling. Plain Swiss roll can be served as a cake or used in dessert, for example as a basis for British trifle or to line a charlotte mould.

SWORDFISH A very large game fish, 2-5 m (6-16ft) long and weighing 100-500 g (220-1102lb). which is abundant in all warm seas. It has an elongated upper jaw, which is about these times the length of the lower jaw and resembles a sword. Its firm flesh is considered excellent and is similar to that of tuna. Swordfish is available fresh or frozen. And is best grilled (broiled) or barbecued.

SYLLABUB An English cream or dessert of sherry or wine with lemon, possibly with brandy, with whipped double (heavy) cream. Syllabub is served in a wineglass so that the liquid and cream separate and the liquid is drunk or spooned through the cream. The name is obscure, most credibly derived from 'bubbly', and/or 'silly' meaning merry.

The recipe goes back at least to Tudor times, when it was made of new milk and cider, with the cows, milked directly into an ale pot, to give a frothy (cappuccino) effect. This was also achieved in the kitchen by using a 'wooden cow' achieved in the kitchen by using a 'wooden cow' An everlasting syllabub was allowed to stand for several days for the cream to rise and thicken. There are variations all over England the Somerset version mixes port and sherry with clotted cream which then stands for 20 minutes, to be topped with more cream.

Similar creams A variety of similar creams are related to the syllabub. Posses started as warmed ale curdled with boiling milk, to be drunk or eaten, but by the mid-18th century these were made with cream and sack (sweet sherry), often with lemon, and thickened with grated Naples biscuits and/or ground almonds. They also have a history as invigorating invalid food (served in a china dish with a lid), but are better known is Elizabeth Moxon's version, from English Housewifery (1749), as a whisked cream flavoured with lemon zest and white wine, lightened with whisked egg whites.

Foods, in the 17th and 18th centuries, were desserts of boiled, or fresh, cream mingled with sack, ground almonds for fresh fruit. The latter version now predominates – fresh fruit and cream blended together – for a dessert that any fool can make.

The best known version of flummery is probably white wine or sherry, with lemon syrup, egg yolks and brandy, set with gelatine, but flummery also covers milk with semolina (also called flamri), sometimes even rice, enriched with cream, set with gelatine and flavoured with nutmeg or lemon. The later version points to flumery's history (in Wales and Ireland) as an

oatmeal 'dish, soaked and then cooked. Frumenty is the wheat version, eaten as a solid gruel with spices and raisins (and the origin of Christmas pudding). The liquid strained from these cereals is gelatinous, and a base to which cream and fruit could be added.

These cream added touch of sophistication at the end of supper and special glasses were designed of syllabubs. The Georgian invention of the hand whisk changed such recipes by making possible light, whipped cream, which could be folded into mixtures. The introduction of ice houses for the rich, at the end of the 18th century, and the coating of rice cream began their denise popularity.

SYLVANER A white-wine grape cultivated in many countries. It is grown in particular in Germany and Alsace.

SYMPOSIUM In ancient Greece, a symposium was continuation of dinner, during which it was customary to serve wine accompanied by fresh and dried fruit, cheeses, salted cakes or even preserved cicadas which provoked a thirst and therefore maintained the desire to drink – the word is derived from the Greek symposium (banquet) from syn (with) and poles (drinkers) Women, with the exception of slaves, dancing girls and countesses, were excluded from the symposium, which could provide the opportunity for philosophical discussion, as in the Plato's Symposium. More often, however, it was an occasion for musical pageants and dancing, acrobatic and similar displays, the symposiasts, who arrived at the end of the dinner, pointed the diners in drinking goblets of wine.

The symposium traditionally began with a libation from the master of the house, who open the session by striking up a symposium pucan a hymn in honour of Dionysius. A symposiarch' was appointed to decide the number of goblets to be drunk, the quantity of wine they would contain, and the proportion of water to wine: (Greek wine, at that time was very thick and highly alcoholic). The servants drew the wine from the bowl, prepared the mixtures and served them to the guests in goblets (cyathae). It was customary to dilute the wine more as the night progressed. In Xenophon's Symposium. Socrates expressed a wise percept regarding this if the servants cause a fine and frequent rain to fall into our small goblets of wine ... we shall not reach a state of drunkenness under the influence of alcohol, but its sweet persuasion will lead to more gaiety, ' the tradition of the symposium continued into Romans times, but often degenerated into a drinking bout.

SYRAH OR SHIRAZ red grape variety producing bluish black grapes with a soft juicy flesh. These make powerful, heady, tannic, rich fruity wines which can improve with age. In France it is known as Syrah and is mainly grown in the Rhone Valley and the Languedoc. It is also widely planted in Australia and used in the production of the renowned Penfolds' grange), south Africa, Argentina and California, where the wines are usually labeled Slutaz.

SYRINGE A small hollow metal or plastic cylinder with a plunger, a handle and a threaded tip to which various nozzles can be attached. The rigidity of the syringe makes it more manageable than a piping (pastry) bag, but its capacity is limited. It is used for decorating cakes and pastries.

The bating syringe; which is made of plastic and has a bulb at one end, is for sucking up cooking fat to baste a roasting joint. Unfortunately, it sucks up all the juices, not just the fat, which is not conducive to a good roast, which should be basted with the fat only, leaving the juices most in the tin (pan hot making a flavour some gravy).

Other syringes are used in characaturie to inject brine into salted meat.

SYRUP A solution of sugar in water, which can be used hot or cold in the preparation of jams and ices with syrup and for many operations in pastisserie and confectionery – for ext fondant information on cooking sugar syrup measured by boiling temperature and or density is included under sugar.

Simple syrups for patisserie and sugar work, or when preparing sorbets and other mixtures for which syrup of a precise concentration is required.

Simple syrups for patisserie and sugar works or when preparing sorbet and other mixtures for which syrup of a precise concentration is required the temperature and/or density of the syrup is measured. For simple home cooking and preparation of dishes for which such detail is not essential, light medium or heavy syrups can be made without lengthy boiling and testing. Measure sugar and water by volume (for example, with a cup), and for a light syrup use 1 part to 3 parts water; for medium syrup use 2 parts sugar to 3 parts water; and for heavy syrup use 3 parts water. Dissolve the sugar in the water, stirring frequently, without allowing it to boil, stop stirring and bring to the boil when the sugar has dissolved completely. Boiled for about 2 minutes until clear, then cool or use as required. These syrups are useful for sweetening fruits salads or poaching soft fruit (light syrup), for soaking sponge cakes or baba (medium syrup flavoured with spirits), or for making compotes of sharp fruits, such as plums or rhubarb (heavy syrup).

- Flavoured syrups. Concentrated syrups flavoured with fruit or other flavourings, can be diluted with water to make a refreshing drink. Fruit syrups are usually based on the juice of red fruit (strawberry, raspberry, blackcurrant), to which sugar is added – 1.8 kg (4 lb) cube sugar to the juice of 1 kg (2 ¼ lb) fruit in 1.5 litres (2 ¾ pints, 6 ½ cups) water. They are cooked over full heat until they reach 32°C (90°F) on a sugar (candy) thermometer, then cooled and bottled. For long-term storage these are sterilized and sealed.

Some syrups are a mixture of a sugar syrup and an essence or concentrate (mint, grenadine, aniseed., orange or lemon). These are diluted in a proportion of 5.8 with still or sparkling water, lemonade or milk. They are also used in numerous cocktails.

Simple flavoured syrups make versatile ingredients for sweet sauces and dessert toppings. The pared zest from lemons, oranges or limes is ideal for flavouring syrups. Citrus syrup combines well with liqueurs or spirits in dressings for crepes, waffles or fruit fritters. Spiced syrups are excellent for brining the flavour of the spice to sweet dishes, for example in compotes and fruit salads. Cinnamon sticks, whole cloves, a piece of nutmeg or whole green cardamoms can be added to the syrup during cooking then left in the jar or bottle to infuse. Citrus zest particularly from oranges, complements the warm flavour of the spices. Herb syrups can be delicate and delicious with light flavoured fruits, such as melon, papaya or pears, bay leaves, mint and lavender complement sweet dishes.

Syrups were once more popular as refreshments than they are today and violets and roses were used, in addition to fruits. The word has the same origin as sorbet, from the Arabic charab (drink).

T

TABASCO A proprietary American sauce, popular in cookery the world over, that consists of chili peppers marinated in spirit vinegar with salt. This hot flavoured condiment is used to season a wide variety of foods, including meat, egg and red kidney bean dishes and sauces. It is also used in cocktails.

TABBOULEH A popular Middle Eastern salad and speciality of Lebanon, from where it is thought to have originated. There are many versions, from simple mixtures of soaked wheat flavoured with herbs to vegetable rich varieties with with a comparatively small proportions of wheat to tomatoes, onions and peppers. Essentially, tabbouleh is made of bulgur wheat mixed with aromatic herbs, tomatoes and spring onions or chopped onion. Sometimes sweet pepper and lemon are added. Tabbouleh is traditionally served with or in cos lettuce leaves and eaten with the fingers. The lettuce is used to scoop up the salad.

RECIPE

Tabbouleh

Put 250 g bulgur wheat (9 oz. 2 ½ cups) into a bowl. Add plenty of cold water to cover and leave to soak for 20 minutes, drain thoroughly in a fine sieve. Place the bulgar in a large salad bowl. Add 500 g (18 oz 3 cups) finely diced juicy tomatoes with their juice, 250 g (9 oz. 1 ½ cups) finely chopped onions, 2 tablespoons of both chopped fresh mint and parsley. Season with salt and pepper. Mix in 100 ml (4 fl oz. 7 tablespoons) olive (or sesame) oil and the juice of 3 lemons. Leave in a cool place for 2-3 hours, stirring occasionally. Just before serving, garnish with 8 spring onions (scallions) and leaves of fresh mint.

TABIL A mixture of spices in Arab cookery, consisting of three parts fresh (or dried) coriander (cilantro) to one part caraway (fresh or dried), crushed with garlic and red pepper. Tabil is dried in the sun finely ground and stored in a dry place. In particular, it is used to spice semolina dishes,

mutton ragout and puree of broad (fava) beans in oil. It is also used to season vinaigrette for crayfish cooked in court bouillon and as a sauce to accompany snails two popular Arab dishes.

TABLE A piece of furniture on which food is served. In a wider sense, the word can also refer to the meal itself.

Tableware through the years At the beginning of the 17th century, the usefulness of items still took precedence over their decorativeness. The conventional plate had a wide raised rim and in France was called a cardinal's hat, the fork, which was still rare, had only two prongs. The drinking glass was beginning to replace the metal goblet, although pewter ewers were very common.

The beginning of the 18th century saw the introduction of more elaborate silverware. Forks and spoons were adorned with architectural motifs, forks had four prongs, but the knives still did not match the forks and spoons. The plate evolved into its modern shape and the drinking glass came into general use. The flat pewter candlestick became a sconce. New items appeared, such as the sugar sprinkler, the egg cup and the salt cellar.

The Regency period and the reign of Louis XV were the heyday of silverware. Decoration became more complex, with mouldings and borders. Fork, spoon and knife formed a matching set. The sconce broth bowl on its stand appeared, soon followed by the soup plate. Glasses became more and more delicate. The fashion for coffee and drinking chocolate give rise to the coffee pot and sets of coffee cups. The colle pot was used to serve soups and ragouts of game.

Decorating the table. The fashion for complicated patisserie decorations, candelabra or monumental flower arrangements went out long ago, nowadays, one or two candles or a vase of flowers is considered an elegant and practical decoration. For special occasions chemins de fleurs in little crystal jar dimieres, arranged end to end, make a charming border of roses, violets, or nasturiums. Also attractive are spray of autumn leaves on the tablecloth. Bowls or baskets of fruit can replace floral decorations. Low fruits dishes plates or baskets with handles that are easy to hold are preferable to symmetrical pyramidal arrangements on high dishes, which might impede conversation with guests sitting opposite fruit should be arranged without too much interspersed, it necessary with clusters of leaves and should please the eye as well as the appetite.

TABLE D'HOTE Formerly a large communal table at an inn, where people sat as and when they arrived and where everyone could be served meals that were prepared throughout the day. A communal table d'hote was also the rule in boarding houses where meals were served at a set time. They still exist in provincial areas, in certain hotels for commercial travelers. In Paris in a few restaurants with regular customers, they are again fashionable. When the inn was superceded by the restaurant customers were served at separate tables.

TABLE ETIQUETTE AND MANNERS A set of rules which govern the serving and eating of a meal, the strictness with which they re adhered to depends on the degree of formality of the meal lunch generally being rather less formal than dinner Brillat Savarin said. To invite someone to one's table is to assume responsibility for his happiness during the time he is under your roof. The guest' enjoyment will be increased if a tasteful arrangement of the table and a flawless service are added to the good quality of the food.

A question of manners. Table manners have developed through the ages and attitudes towards them vary in every country. The Gauls used to eat sitting down, and the Romans lying down, while the Japanese traditionally squat on their heels at the table. The French are taught to keep their hands over the table brought out the meal, whereas English etiquette requires that they should be placed in the lap when not actually eating. Belching, regarding as the grossest indelicacy in western countries, was a sign of politeness in ancient Rome and still is in the Middle East.

One of the first collections of the rules of etiquette was compiled by Robert de Blois, since the rules of chivalry extended to good table manners. His advice was always to have clean hands and fingernails, not to eat bread before the first course, not to take the largest pieces of food, not to pick one's teeth or scratch oneself with one's knife, not to talk with one's mouth full, and not to laugh too loudly. Washing one's hands before and after the meal was a compulsory ritual for which servants would bring a copper basin full of perfumed water and a towel. When we realize that there were no forks at that time, that a bowl and goblet were shared by several guests, and that meals could last for hours, these precautions were not negligible.

The Placing of guest. Today, table arrangement and the places allotted to guests are still subject to a number of rules for formal occasions such as state banquets.

At very formal meals, the guests will enter the dining room in couples, or the women will be asked to enter the dining room first. When there are eight or fewer guests, the mistress of the house shows each one where to sit. Above that number, it is a good idea to provide small cards. For a party meal, a table plan must be prepared. The subtleties of French etiquette sometimes present problems of precedence.

In ancient times, the place of honor was on the left of the master of the house, on the side of the heart. In the Middle Ages, the table hierarchy was much less precise, but the master of the house honoured his guest by having a choice morsel brought to him, inviting him to cut off a piece of meat, or drinking to his health. In China, the place of honour is situated opposite the door of the dining room and, if possible, facing south. Precedence is determined by age, degree of relationship and social rank, rarely by sex.

Rules for guests. All meals to which guests are invited are social occasions which required mutual deference and courtesy. Guests should not arrive before the indicated time, but custom dictates that a guest should not keep his host waiting for more than a quarter of an hour.

When the guests are taken into the dining room, they should wait to be seated by the hostess, it is she who, when each course is served, gives the signal to take the first mouthful. It is also she who rises first from the table when the meal is over.

A formal luncheon, ladies wearing hats may keep them on (a custom which crossed from England to France at the beginning of the 20th century).

Nothing is touched with the fingers except bread, which is broken up into pieces and never cut with a knife, and a few foods, such as globe artichokes and certain seafoods, which are usually reserved for less formal gatherings.

The cutlery should be handled without any noise, and the knife should never be put in the mouth. When a dish is offered to guests, they should serve themselves with moderation, taking the portion closest to them without ostensible selection. At family meals, the dish may be placed in the middle of the table.

It is the custom to wait a little before beginning to drink. The master of the house will pour the first few drops of each bottle of wine into his own glass, in case it is corked. Wine glasses are filled only two thirds full, to bring out the bouquet of the wine.

The rules of etiquette

Artichokes. These are eaten leaf by leaf the leaves being detached with the fingers. However, at formal meals only the hearts are served, garnished or stuffed.

Asparagus. The tips are cut off with a fork and the rest is left, unless the hostess invites the guests to use their fingers. It is, however, acceptable these days to eat the whole thing with the fingers, leaving any woody stalk on the side of the plate afterwards.

TABLE NAPKIN An individual piece of linen which is used to protect the clothing or to wipe the mouth during a meal. On a set table the napkins are folded, sometimes with a bread roll inside, and placed on the plate. Decorative folding is sometimes used in restaurant or at formal dinner parties. It is good manners to wipe the mouth before drinking and whenever trace of sauce or other food remains on the lips. Tying the napkin around the neck is regarded as inelegant,

unless the dish consists of shrimps or seafood which require peeling (That said, the Serviette au cou, a gastronomic society, was founded in Paris in 1934, by Paul Colombier, it had a monthly dinner, served at a precise time, at which there was no place of honour and tying the napkin round the neck was compulsory)

The Roman used a sudarium to mop the forehead and face while slaves brought round basins of water for washing. The use of napkins was not widespread at the beginning of the Middle Ages, although tablecloths did exist. Guests wiped their hands and mouths on the cloth or on the *louguriere*.

In catering establishments, the *maitre d'hotel* traditionally carries a folded napkin on his left arm as a mark of office, as do waiters.

It is customary to arrange certain dishes on white napkins instead of dish papers or doilies a *gondola* for a whole fish served on a long dish for example, or a folded napkin for hot toast or a *bombe*.

TABLE SETTING The linen crockery and cutlery laid out for a meal for formal occasions, everything should coordinate, with matching tablecloth and napkins, all the crockery of same design, or at least toning, and matching sets of wine glasses. A few flowers, into strongly scented, may be arranged in small cluster or in a single flower below. The table cloth, white or of an unobtrusive pattern, is placed on a table felt, to deaden the sound, table mats placed directly on the table are suitable for less formal meals. Each guest must have sufficient elbow and leg room about 60 cm (2 ft). The places are laid symmetrically fork on the left of the plate, soup spoon and main knife on the right, together with the fish knife or *osyter* fork (if required), the knife rest, which is now rarely seen, should not be used for a formal dinner. According to the number of wines, several glasses (not more than three), of decreasing size, are placed in front of the plate. The napkin, folded in the simplest possible manner, is put on the plate. Salt cellars and *carafes* are placed at either end of the table, or possibly in the centre if the table is round. The wine, uncorked in advance, remains in its original bottle, but clarets may be decanted into a *carafe*, fresh water is also provided in a *canafe*.

TABLE SONG The ancient custom of singing at table at the end of a meal arose from the natural tendency of the guests to express their satisfaction. According to Ecclesiastes. There is nothing under the sun better for man than to eat, drink and be merry. Go, therefore, eat your bread with joy and drink your wine with cheer. Greek and Roman banquets usually ended with great spectacles, and in the Middle Ages all feasts were punctuated by interludes of song or *mine*, but the table song, or rather, the drinking song, began in the 15th century, with Olivier Basselin, creator of the *rau de vire*, from which the term *vaudeville* is derived.

The custom was at its peak at the time of the Empire and the Restoration. E Briffault notes in Paris a table. Under the empire part of the old freedom of the past returned people used to sing at table during *de assert*, sometimes drinking songs, most often fashionable ballads, there were also verses to celebrate festivals and weddings. It was then that singing dinners were formed, dinners for bachelors, dinners for friends, dinners for corporations, etc. As early as 180s Grimod de la Reyniere complained of patriotic songs sung during the Revolution and rejoiced in the return of drinking songs and *lvoe* songs, symbols of healthy French gaiety composed by Desaugiers, Pannard Colle Favart and others. Practising what he preached, he published drinking and eating songs in the successive editions of his *Almamach des goturmands*.

TABLIER DE SAPEUR A speciality of Lyon, made of pieces of tripe cut from the so-called *honecomb*, dipped in beaten egg and covered with breadcrumbs. They are then fried or grilled (broiled) and served piping hot with snail butter, *gribiche* sauce or *tartare* sauce.

TABOUREAU A chef who probably lived at the beginning of the 16th century. He is the author of a *Viandier*, which is similar in some ways to that written by Taillevent. Taboureau's manuscript, dating from the 1550's contains recipes which date back to the 14th century as well as the *escriteaux* (menus) of banquets given by the Comte d'Harcourt in honour of the king of France in 1396

TACHE, LA Red AOC grand cru of the Cote de Nuits. Made in the commune of Vosne-Romance, this robust wine with its powerful bouquet of red berry fruits and violet notes is rated by some as the best in the commune.

TACO In Mexican cookery, a commeal pancake (tortilla) filled with a thick sauce, minced (ground) meat seasoned with chili pepper, black beans, or avocado puree with onion. When filled, the pancake is rolled and eaten straight away or fried gently Tacos are a popular snack or hot entrée.

TAFIA Originally, the name given to rum by the natives of the French West Indies. The word is now used to mean a second rate form of the spirit.

TAGLIATELLE Italian egg ribbon noodles, about 6 mm (¼ in) wide and golden or green in colour (green tagliatelle contains spinach) Tagiatelle is a speciality of Emilia-Romagna, where according to legend, its invention was inspired by a nobleman's love for the hair of Lucrezia Borgia Tagiatelle literally means small cut-up things. In Italy, there are variant forms tagienrni, which are narrower (3 mm in) and tagliolini, which are shorter Feticine is a wider ribbon pasta.

Tagliatelle may be served in a wide varies of ways with many sauces, including a simple dressing of olive oil and garlic a cream and ham sauce a light seafood dressing or a rich meat sauce.

TAHINI Beige coloured, oily and thick paste of sesame seeds. Used in Middle Eastern cooking both savoury and sweet, and a popular product for vegetarian dishes. The oil floats and the thick paste must be stirred thoroughly before use.

TAHITIENNE, ALA A term for raw fillets of fish (gilt-head bream, monkfish, grouper or turbot) cut into thin strips or small dice, marinated for several hours in lemon juice and oil with salt and pepper, then served with seeded tomato quarters or tomato pulp and sprinkled with grated coconut. Fish a la tabitiemie can also be included in a mixed salad along with avocado, grapefruit quarters and a chiffonnade of lettuce and tomatoes, all seasoned with lemon mayonnaise.

TAIL The caudal appendage of an animal, classed as a cheap cut of meat.

The most widely used is oxtail, which makes many delicious dishes, notably oxtail soup. Lamb's or sheep's tail is not often used, although it can be boiled and then grilled (broiled) or braised with curry. Pig's tail can be cooked in the same way as pig's trotters (feet), boned and stuffed, braised or boiled, coated with breadcrumbs and grilled (broiled) it can also be pickled in brime.

The tail of prawns (shrimps) scampi, crayfish and similar crustaceans is often the only edible portion after shelling.

TAILLAULE A pastry from Neuchâtel.Switzerland, made from a leavened dough to which chopped candied orange peel and num have been added Baked in a rectangular mould, taillaude is cut up when cooked using scissors.

TAILLE A pastry from the French speaking part of Switzerland, savoury and slightly flaky to

which pork pieces known as greubons are added the *taille* is a hearty traditional snack.

TAILLEVENT, GUILLAUME TIREL A French cook (born Pont Audemer, c 1310 died Pont Audemer c 1395) author of *le Viandier* one of the oldest cookery books written in French. Four manuscripts were discovered by Baron Jerome Piednon who assisted by Gabriel Vicarie, published the book in 1892 and included some information about the author's life and career.

The name Guillaume, Tired is found in a manuscript dated 1326 describing the coronation of Jeanne d'Evreux – the young Tired was in the service of the latter as a kitchen boy. In 1346 he entered the service of Philippe de Valois who later gave him a house in Saint Germain en-Laye then he joined the household of the Dauphin, as squire, becoming cook in 1335. He subsequently held the same position in the households of the Duke of Normandy and of Charles V (1368-1380). Finally, in 1381 he entered the service of Charles VI, who ennobled to master of the king's kitchen provisions, the crowning title of his career. Guillaume Tired, known as Taillevent a nickname apparently inspired by the length of his nose, was buried in the priory of Notre Dame, in Hennebont.

Moreover, the late 20th century move toward *nouvelle cuisine* took inspiration from Taillevent, updating such old dishes as salmon pate with sorrel, civet of hot oysters and fresh ham with leek.

TAJINE A deep glazed earthenware dish with a conical lid that fits flush with the rim. It is used throughout North Africa for preparing and serving a range of dishes that are cooked slowly in a flavoured basting liquid, these preparations themselves are also called tajines and are made with vegetables, such as potatoes and courgettes (zucchini) fish, chicken, and quinces or dates, meat or even fruit, Mutton with prunes, or veal with tomatoes and aubergines (eggplants) are typical.

RECIPES

Tajine of beef with cardoons

Pour 60 ml (2 fl oz, ¼ cup) olive oil into a tajine and brown 1 kg (2 ¼ lb) cubed beef, 2 sliced onions, 2 chopped garlic cloves ½ teaspoon cumin, ½ teaspoon ginger 2 pinches saffron strands, ½ teaspoon grey pepper (mixed ground black and white peppers) and 1 teaspoon salt. Cover with water and simmer gently for 1 hour. Peel 1.5 kg (3 ¼ lb) cardoons, cut into strips, placing them in water and lemon juice to prevent discoloration. Add to the tajine and cook for 30 minutes, then add the juice of 1 lemon and cook for 10 minutes.

Tajine of carrots Put 1 kg (2 ¼ lb) sliced carrots into a tajine or saucepan. Add 5 tablespoons olive oil, then add 450 g (1 lb) finely sliced onions a bouquet of coriander (cilantro) the same amount of parsley, 2 chopped garlic cloves, 1 teaspoon ginger., a pinch each of cumin, paprika and saffron powder, 2 turns of the pepper mill and a large pinch of salt. Mix together put on the lid and cook over a very low heat for 1 1/2 hours (using a heat diffuser) Just before serving, add 150 g (5 oz, 1 cup) black (ripe) olives and sprinkle with lemon juice.

Tajine of mutton with prunes and honey

In a tajine (or saucepan) put 1 kg (2 ¼ lb) mutton cut into pieces, 5 tablespoons olive oil, a pinch of salt, 1 finely sliced onion, a pinch of ginger a bouquet of coriander (cilantro) a pinch of saffron powder and 1 cinnamon stick. Cover with water, put on the lid and simmer over a very low heat for 2 hours, (using a heat diffuser) When the meat is cooked, take off the lid and allow the sauce to reduce and thicken. Remove the coriander, meat and cinnamon. Add 450 g (1 lb) prunes to the sauce and cook for 20 minutes. Then pour in 5 tablespoons honey and simmer for a further 10 minutes. In a frying pan, brown 1 tablespoon sesame seeds. Return the meat to the tajine along with 1 teaspoon orange flower water. Replace the lid reheat and serve very hot. Just before serving, sprinkle with the fried sesame seeds.

TALEGGIO A DOP Italian cow-milk cheese (48% fat content) pressed, uncooked, and white or creamy yellow, it has a soft texture and a washed, thin, pale pink rind. The fruity taste is accompanied by a pronounced smell. Originally from Taleggio it is now made throughout Lombardy and is sold as slabs 20 cm (8 in) square by 5 cm (2 in) thick, in silver paper. It is best between June and November.

TALLEYRAND-PERIGORD, CHARLES MAURICE DE French statesman (born Paris, 1754 died, Paris 1838) who not only managed to retain high office and good fortune throughout the Revolution until the Restoration but was also a celebrated host and connoisseur of good food, whose table was considered one of the finest in Europe. He employed the famous pastry cook Advice

RECIPE

Talleyrand sauce

Prepare 200 ml (7 fl oz. $\frac{3}{4}$ cup) chicken velouté sauce and add 200 ml (7 fl oz $\frac{3}{4}$ cup) white stock. Mix and reduce by half. Add 4 tablespoons double (heavy) cream and 3 tablespoons Madeira. Boil for a few moments. Remove from the heat and blend in 50 g (2 oz. $\frac{1}{4}$ cup) butter. Strain the sauce and add 1 tablespoon vegetable mirepoix, then the same amount of finely chopped truffles and pickled tongue.

TALMOUSE A small savoury pastry made with soft fresh cheese and dating back to the Middle Ages. The Saint Denis talmouses, which used to be made for the Archbishop of Paris, are mentioned by François Villon and referred to by Balzac in *Un début dans la vie*. On entering Saint Denis, Pierrotin stopped in front of the door of the innkeeper who sells the famous talmouses and where all travellers alight Georges bought them some talmouses a glass of Alicante wine Le Viandier and Le Menagier de Paris both give a recipe for them. Made with fine cheeses, cut into squares as small as beans. A generous amount of eggs are added and it is all mixed together. The pastry case is coated with eggs and butter.

RECIPE

Talmouses à l'ancienne

Roll out some puff pastry to a thickness of 5 mm ($\frac{1}{4}$ in) and cut it into 10 cm (4 in) squares. Brush with egg yolk and in the centre of each square place 1 large tablespoon cheese soufflé mixture, then on top sprinkle a little diced Gruyère cheese. Fold the corners of each square to the centre, keeping the filling in the middle. Put the talmouses on a buttered baking sheet and bake in a preheated oven at 200 °C (400 °F, gas 6) for 12 minutes. Serve piping hot.

TAMAL An ancient Mexican dish consisting of a bed of ground corn mixed with lard (this is traditional, but some cooks use butter) steamed in the husk of a corn cob. The corn mixture may be coarse or fine, soft or stiff. It is placed on the husk or on banana leaves and topped with a spicy filling of poultry, meat or vegetables. The dough and husks are folded around the filling and tied, then cooked in a steamer. There are many regional variations. Tamales are served hot as an entrée and are also a popular street food.

TAMARILLO Fruit of a tree of the Solanaceae family, originally from Peru. Tamarillos grow in bunches of 30, they must be peeled before their juicy pulp is eaten.

TAMARIND The fruit of leguminous evergreen tree, which originated in west Africa but is now grown in the West Indies, India tropical Africa and South East Asia. The brown pods, 10 – 15 cm (4-6 in) long and 7.5 cm (3 in) wide, contain a bitter pulp dotted with a few hard seeds. Tamarinds are mostly used for preparing jams, sorbets, chutneys, drinks and condiments. In India,

the pulp of dried tamarind a major ingredient in spice mixtures is also used in salads, broths and purees of dried vegetables. The juice of fresh tamarind is used to season crudites. In China, crystallized (candied) tamarind is used to garnish certain sweet and sour soups.

TAMIE A cow's milk cheese from Savoy (40-45% fat content) made by the Trappist monks of the monastery of Tamie. Pressed and uncooked with a soft and elastic texture, Tamie has a washed, smooth, clear rind, a fairly pronounced factic taste, and is made in the form of rounds, 18 cm (7 cm) in diameter and 4-5 cm (1 ½ -2 in) thick. Also called Trappiste de Tamie, it is served at the end of the meal or grilled (broiled) on croutes.

TAMPONNER A French culinary term meaning to carefully place flecks of butter on the surface of a hot preparation, such as a sauce (especially bechamel) or a soup, as the butter melts, it forms a thin film of grease over the sauce, which prevents a skin forming while it is kept hot.

TANDOORI In Indian cookery, particularly in the Punjab and Pakistan, a method of cooking chicken or other meat. The pieces of chicken are skinned, then coated in yogurt mixed with chili, powder turmeric, ginger spices, onion and chopped garlic. After marinating overnight the chicken is sprinkled with saffron or chili powder and cooked in a bed of embers in a special cylindrical clay oven called a tandoor, until the flesh is tender, but the outside is crispy. Tandoori chicken is served with salads, onions and tomatoes with tamarind juice and coriander. Cucumbers with yogurt and cumin, or grated, cabbage with pepper and lemon juice. Fish and galettes can also be cooked in the tandoor.

TANGELO A citrus fruit produced by crossing a tangerine and a grapefruit. It can be peeled as easily as a tangerine. Irregular in shape, the tangelo (an American hybrid) is bigger and more acid than an orange, but it is used in the same way - as fresh fruit, for fruit salad and for fruit juice.

TANGERINE A citrus fruit resembling a small slightly flattened orange. Also known as mandarin. There are many types of tangerine but their linking characteristics are sweet, fragrant flesh and loose skin, therefore they are easy to peel. This citrus fruit originated in China, with the fruit from North Africa first taking the name tangerine. Many varieties have been produced and the same names are often used for different types, confusing the subject and making identification difficult. As in the cultivation of most fruit, new examples are often available, and seedless types are particularly popular.

RECIPES

Frosted tangerines

Choose fine even sized tangerine with thick skins. Cut off the tops and remove the segments without breaking the peel. Place the empty shells and tops in the freezer. Squeeze the pulp, strain the juice and add 300 g (11 oz. 1 ½ cups) caster (superfine) sugar for every 500 ml (17 fl oz. 2 cups) juice. Dissolve the sugar completely in the juice. Add a little more juice if too thick or a little more sugar if too thin. Place in an ice-cream maker, but stop the process before the ice sets. Fill the frosted shells with the ice pulp and cover each with its top. Return to the freezer to allow the ice to set.

Tangerine gateau

Grind 125 g (4 ½ oz, 1 cup) shelled almonds in a mortar and add 4 eggs, one by one. Add 4 pieces of candied tangerine peel, finely chopped, as well as 125 g (4 ½ oz. 2/3 cup) icing (confectioner's) sugar, 3 drops vanilla essence (extract) 2 drops bitter almond essence (extract) and 2 tablespoons apricot jam, strained through a fine sieve, Stir well.

Roll out some short crust pastry (basic pie dough) to line a flan ring mould. Spread a layer of

tangerine compote on the bottom and cover with the almond mixture. Smooth the top. Bake in a preheated oven at 200 °C (400 °F, gas 6) for about 30 minutes. Take out of the oven and allow to cool. Press 3 tablespoons apricot compote through a sieve and spread over the top of the cake. Decorate with a few fresh mint leaves, quarters of tangerine cut in half horizontally, and flaked (slivered) almonds, briefly grilled (broiled) to colour them. Put in a cool place. Just before serving, place the cake on a serving dish and cut a few slices so as to reveal the inside.

Tangerine syrup

Remove the peel from 4 tangerine, cut it into julienne strips and steep in a syrup made with 100 ml (4 fl oz, 7 tablespoons) water and 300 g (11 oz, 1 ½ cups) sugar. Add a sprig of fresh mint and allow to cool completely leave the mint to infuse in the syrup for 2 hours. Carefully remove the white pith from the tangerine segments and cut them into small pieces. Remove the mint from the syrup and pour this on to the fruits. Keep in a cool place until time to serve.

TANNIN A substance contained in some vegetable matter, such as tea, and oak or walnut bark, and also in the skin pips (seeds) and stalks of grapes. In wine making tannin dissolves in the alcohol and is one of the main constituents of red wine, responsible for its character and longevity. It is particularly abundant in Bordeaux wines, which explains why they take so long to mature. Excess tannin makes wine astringent and leads to the formation of a deposit in the bottle.

TANSY A common European plant with tall stems and golden yellow aromatic flowers. Its leaves have a bitter flavour and were included in the pharmacopoeias compiled by monks in the Middle Ages. In former times, a highly flavoured household liqueur was made with tansy. When Stanislas Leszczyński invented the baba, he sprinkled it with tansy water.

TAPAS In Spain an assortment of hors d'oeuvre or cocktail snacks traditionally served to accompany Malaga, sherry Manzanilla or cider. The custom of nibbling tapas while drinking aperitifs, particularly in the evening is widespread in bars and restaurants. The word comes from *tapa* since it originally meant a slice of bread which was used to cover a glass of wine to protect it from flies. Once confined only to Spain tapas bars can now be found in many of the world's cities.

Tapas can sometimes take the place of dinner because they are so varied and abundant, they may include cubes of ham garnished with sweet red (bell) pepper, white haricot (navy) beans with vinaigrette squares of thick filled omelettes, seafood in sauce sautéed kidneys fried shrimps, black (ripe) olives in brine, tuna, rissoles. Cauliflower in vinaigrette small eels fried with sweet red peppers, squid stuffed sweet peppers, and even snails in a piquant sauce pigs trotters (feet) with tomato or chicken fricassee with mushrooms. These tapas are served in small earthenware dishes, into which people dip using their fingers or cocktail sticks (toothpicks)

TAPENADE A condiment from Provence, made with capers (from Toulon) desalted anchovies and stoned black olives pounded in a mortar and seasoned with olive oil, lemon juice aromatics and possibly a drop of marc brandy. Tapenade is sometimes augmented by small pieces of tuna, mustard, garlic, thyme or bay leaf. It accompanies crudites meat or grilled fish, is spread on slices of toast, and can garnish hard-boiled eggs. The word is derived from the Provençal *tapeno*.

RECIPE

Tapenade

Desalt 100 g (4 oz) canned anchovy fillets, peel 4 garlic cloves and stone (pit) 350 g (12.2 oz, 3 cups) black (ripe) olives. Blend using a food processor, 100 g (4 oz) tuna canned in oil, drained, the anchovy fillets, 100 g (4 oz, 1 cup) capers, the juice of 1 lemon, the olives and the garlic. Press the ingredients through a very fine sieve, then pound the puree in a mortar (or use a food

processor), gradually adding 250 ml (8 fl oz, 1 cup) olive oil and the juice of 1 large lemon. The finished tapenade should be thick and smooth.

TAPIOCA A starchy food extracted from the roots of the manioc plant, which is hydrated, cooked, then ground. It is used mainly for thickening soups and broths and making milk puddings and other deserts. The tapioca (the word is derived from the Tupi-Guarani tapioca) comes from Guyana, Brazil and the West Indies.

RECIPES

Tapioca consomme

Sprinkle 75-100 g (3-4 oz, 2/3 -1/4 cup) tapioca in 1.5 litres (2 1/4 pints, 6 1/2 cups) boiling consomme and cook for 10 minutes. Serve piping hot.

Tapioca dessert

Boil 500 ml (17 fl oz, 2 cups) milk with a pinch of salt, 25 g (1 oz. 2 tablespoons) sugar and 1 teaspoon vanilla sugar. Sprinkle in 75 g (3 oz, 2/3 cup) tapioca, stir then add 2 beaten egg yolks. Continue mixing, then blend in 3 egg white whisked to stiff peaks with 75 g (3 oz. 2/3 cup) icing (confectioner's) sugar. Serve thoroughly chilled.

Tapioca with milk

Boil litre (1 3/4 pints, 4 1/2 cups) milk with a pinch of salt, 2 tablespoons sugar and, as desired, either a vanilla pod (bean) or 1/2 teaspoon orange-flower water. Sprinkle in 75-100 g (3-4 oz, 2/3 -3/4 cup) tapioca, mix, then cook for 10 minutes, stirring regularly. Remove the vanilla pod.

TARAMASALATA Also known as taramosalata, particularly with reference to the authentic Greek dish. This Greek speciality is traditionally served as one of the mezze dishes or as a starter. It consists of a smooth, creamy paste of fish roe (botargo) crushed with breadcrumbs soaked in milk, egg yolk, lemon juice, a little vinegar, salt, and pepper, then emulsified with olive oil. This is now a popular international dip, widely available as a commercial preparation, varying both from the original recipe and in quality.

TARO A perennial plant grown in tropical regions for its large starchy tuberous rhizomes, which have twice the calorific value of the potato. Taro originally came from India. It is known as chouchine or chou caraibe in Martinique, malanga in Cuba and Haiti, songe in Reunion and madere in Guadeloup, Up to 40 cm (16 in) long, the roots have a smooth skin and are variously coloured white, purplish blue, red or yellowish, according to the variety. They are scrubbed and peeled., then used in the same way as the potato boiled, fried or cooked au gratin. In China, balls of steamed taro are stuffed with meat, then fried in Japan, it is used in vegetable stews. In haiti, the grated raw pulp is used to prepare acras. Taro is also used in desserts.

TARRAGON An aromatic perennial plant originating in central Asia. Its name is derived, via the Arabic tarkhout, from the Greek drakontion the herb was formerly reputed to cure snakebite.

French tarragon is the plant used as a culinary herb for its pronounced, yet, delicate, aniseed like flavour. Russian tarragon is lighter in colour and more piquant, but does not have such a delicate taste. The narrow, elongated leaves of French tarragon have a fine flavour and are used to season salads, sauces and pickles. Tarragon is one of the herbs used in fines herbes. It is also a traditional aromatic for flavouring chicken dishes, fish and eggs. Tarragon vinegar is a classic ingredient for salad dressings and sauces. Tarragon leaves are used fresh or they may be preserved by drying or freezing.

RECIPES

Tarragon cream

Boil 100 g (4 oz, 2 cups) chopped fresh tarragon with 150 ml (¼ pint 2/3 cup) dry white wine. When almost completely dry, add 350 ml (12 fl oz, 1 ½ cups) thick bechamel sauce, season with salt and pepper, bring to the boil for a few seconds, then rub through a sieve. Reheat and add a little butter.

This puree is used as a filling for small vol-au-vent, barquettes or canapes and also for stuffing certain vegetables such as artichoke hearts or mushrooms.

Tarragon puree (cold)

Blanch 100 g (4 oz, 2 cups) tarragon leaves and cool under running water. Wipe them and pound in a mortar (or use a blender) with the yolks of 6 hard-boiled (hard-cooked) eggs, 2 tablespoons butter, salt and pepper.

Tarragon pure (hot)

This is prepared in the same way as tarragon cream, but with a very reduced bechamel sauce. It can also be made by adding a puree of tarragon leaves (blanched, cooled under running water, drained, pounded in a mortar

Tarragon sauce for poached fowl

Add a large handful of tarragon to the white stock in which the chicken was poached. Skin the fat from the stock, strain reduce and thicken with arrowroot/ Add some freshly chopped tarragon just before serving.

Tarragon sauce for small cuts of meat

Saute the meat in butter, then remove from the pan. Make a sauce from the pan juices by adding 100 ml (4 fl oz. 7 tablespoons) white wine, 1 tablespoon) white wine 1 tablespoon chopped tarragon leaves and 200 ml (7 fl oz, ¾ cup) stock. Boil down by half, adjust the seasoning and thicken with beurre manie.

Tarragon sauce for soft boiled or poached eggs

Coarsely chop 100 g (4 oz. 2 cups) washed and wiped tarragon leaves, add 100 ml (4 fl oz, 7 tablespoons) white wine, then boil down. Add 200 ml (7 fl oz, ¾ cup) demi-glace or thickened brown veal stock and boil for a few moments. Strain through a very fine sieve. Add 1 tablespoon fresh coarsely shredded tarragon just before serving.

TART A pastry case (shell) filled, before or after baking, with savoury or sweet ingredients. The words tart (tate) and flan are often used interchangeably in Britain and France to designate a pastry filled with fruit, jam, custard or some other filling. The American term often used is open pie. Most such dishes are cooked and served in the United States in a pie dish, whereas in Britain and France a metal tin or pastry ring, placed on a metal baking sheet, is used.

Savoury tarts are served as hot entrees and include flans, quiches, onion, tomato or cheese tarts, pasaladiere, flaniche, and goyere. Sweet tarts are usually filled with fruit or a flavoured cream, they are one of the commonest and most varied pastries.

To prepare a tart, a flan ring pie dish or tin (pan) is lined with suitable pastry short crust puff or sable and the filling is placed in it. If the fruit is to remain uncooked, the case is baked blind and filled after baking. When the case is to receive a liquid filling, it is half baked, then filled. Tarts of the galette type are baked directly on baking sheet without a tin these are filled with narrow strips of fruit and sprinkled with sugar.

Tarts baked with their filling are usually made of shortcrust or puff pastry tarts are baked blind as rectangles edged with puff-pastry strips, they are then usually filled with confectioner's custard and poached fruit, then glazed. Other varieties include upside down tarts, modelled on tarts tatin,

tarts decorated with crisscrossed pastry strips, known as France as absactenunes and including the Austria.

RECIPES

Savoury Tarts

Curd cheese tart

Mix 500 g (18 oz, 2 ¼ cups) well drained curd cheese with 5 tablespoons plain (all-purpose) flour, the same amount of crème fraîche, 2 eggs, salt and a very little pepper. Pour this mixture into an unbaked tart case (pie shell) made of shortcrust pastry (basic pie dough) sprinkle with knobs of butter and bake in a preheated oven at 200 °C (400 °F, gas 6) for about 45 minutes, Serve cold.

Spinach tart

Quickly blanch 1.5 kg (3 ¼ lb) young fresh spinach Chop coarsely and blend with 40-50 g (1 ½ - 2 oz. 3-4 tablespoons) butter. Season with salt and pepper. Line a 20 cm (8 in) tart tin (pie pan), preferably made of cast iron for more rapid and even baking, with puff pastry rolled out to a thickness of 5 mm (1 ¼ in) Fill pastry rolled out to a thickness of 5 mm (¼ in) Fill it with the spinach .Drain 4 anchovy fillets canned in oil and lay them on top of the tart in a criss-cross pattern. Sprinkle the tart with few knobs of butter and bake in a preheated oven at 220 oC (425 oF, gas 7) oven for 20 minutes. The anchovy fillets may be replaced by fresh sardines cooked very rapidly in a frying pan with a little olive oil.

Tomato tart

Make some puff pastry, roll it out and use it to line a greased flan tin (pie pan) gently prick the bottom. Mix together 6 whole eggs, 100 ml (4 fl oz, 7 tablespoons) crème fraîche, 25 g (1 oz, 2 tablespoons) butter and 50 g (2 oz. ½ cup) grated Gruyere cheese. Add 1 kg (2 ¼ lb) tomatoes, peeled, seeded and crushed. Mix well and season with salt and pepper. Fill the tart with this mixture and bake in a preheated oven at 180 °C (350 °F, gas 4) for about 45 minutes.

Sweet Tarts

Alsace tart

Beat 1 whole egg with 250 g (9 oz, 1 cup) caster (superfine) sugar, then add 125 g (4 ½ oz ½ cup) melted butter. Work the mixture together. Gradually blend in 150 g (9 oz. 2 ¼ cups) sifted plain (all-purpose) flour, then 250 g (9 oz, generous 2 ¼ cups) ground almonds. Knead thoroughly, adding 1-2 tablespoons water, if the dough is difficult to work. Roll out three quarters of the dough to form a circle 1 cm (½ in) thick, place this on a buttered baking sheet. Roll out the remaining dough very thinly and cut it into narrow strips. Surround the pastry circle with one of the strips and arrange the others crisscross fashion on the disc.

Fill each section with a different sort of jam (strawberry, plum or apricot, for example) and bake in a preheated oven at 200 °C (400oF, gas 6) for 20 minutes. Serve lukewarm or cold.

Apple Tart

In a food processor blend 250 g (9 oz, 2 ¼ cups) plain (all-purpose) flour, 125 g (4 ½ oz, ½ cup) butter cut into pieces, and a large pinch of salt until the dough sticks to the sides of the bowl. Add 3 tablespoons water (or a little more) and operate the food processor again until the dough begins to bind together. Quickly shape the dough into a ball, wrap it in foil and chill for 2 hours.

Peel and finely slice 800 g (1 ¾ lb) apples and sprinkle with lemon juice. Roll out the dough to a thickness of 5 mm (¼ in) and use it to line a buttered and floured 25 cm (10 in) tart tin (pie pan) Arrange the slices of apple over the pastry base in concentric circles, sprinkle generously with granulated sugar and 50 g (2 oz, ¼ cup) melted butter. Bake in a preheated oven at 220 oC (425 oF, gas 7) for about 30 minutes, until the apples caramelize slightly. Serve lukewarm,

accompanied by crème fraîche.

Apricot tart

Make 350 g (12 oz) shortcrust pastry (basic pie dough, see short pastry) Roll it out to a thickness of 5 mm (1/4 in) and use it to line a 24 cm (9 1/2 in) buttered and floured flan tin (pie pan) Chill for 30 minutes. Prick the bottom with a fork. Stone (pit) 800 g (1 3/4 lb) very ripe apricots and arrange the halves on the bottom of the tart case, with the cut sides against the pastry. Sprinkle with 5 tablespoons caster (superfine) sugar. Bake in a preheated oven at 200 °C (400 °F, gas 6) for about 40 minutes. Turn out on to wire rack. Spread the top with 3 tablespoons apricot compote, sieved and boiled down. Serve cold.

Basque tart

In a mixing bowl blend 300 g (11 oz, 2 3/4 cups) sifted plain (all-purpose) flour, 4 egg yolks, a pinch of salt 2 teaspoons baking powder, 100 g (4 oz, 1/2 cup) caster (superfine) sugar and 50 g (2 oz, 1/4 cup) softened butter, gradually add sufficient milk to obtain a pliable yet firm dough. Put aside for 1 hour. Roll out the dough and line a buttered 25 cm (10 in) flan tin (pie pan). Prick the base with a fork and bake blind in a preheated oven at 200 °C (400 °F, gas 6) for 20 minutes.

Meanwhile, peel and quarter 12 apples. Remove the cores and sprinkle with lemon juice. Melt 100 g (4 oz, 1/2 cup) butter in a saucepan, cook the apples to a pale golden colour, sprinkle with 100 g (4 oz, 1/2 cup) caster sugar and gently stir. Arrange the apples on the tart base in a rosette and sprinkle with the butter they were cooked in. Sprinkle with 2 tablespoons granulated sugar and glaze for 5 minutes, either in a very hot oven or under the grill (broiler).

Cherry tart

Line a flan tin (pie pan) with short crust pastry (basic pie dough) and fill with ripe stoned (pitted) cherries. Whisk together 200 g (4 oz, 1/2 cup) caster (superfine) sugar and 2 whole eggs, then blend in 200 ml (7 fl oz, 3/4 cup) milk and 50 g (2 oz, 1/2 cup) plain (all-purpose) flour. Pour this cream over the cherries and bake the tart in a preheated oven at 200 °C (400 °F, gas 6) for about 30 minutes. Alternatively use the same method as for apricot tart.

Chocolate tart

Prepare a chocolate sable pastry with 125 g (4 1/2 oz, 1/2 cup) butter 50 g (2 oz, 1/2 cup) icing (confectioner's) sugar, 50 g (1 oz, 1/2 cup) ground almonds, 1 whole egg, 175 g (6 oz, 1 1/2 cups) plain (all-purpose) flour and 3 tablespoons sifted cocoa powder (see short pastry). Allow to rest for 2 hours in a cool place. Roll out the pastry and line a flan tin (pie pan) Bake in a preheated oven at 180 °C (350 °F, gas 4) for about 40 minutes and leave to cool. Bring 250 ml (8 fl oz, 1 cup) glucose. Pour on to 200 g (7 oz, 7 squares) cooking chocolate with 80% cocoa content, broken up into small pieces, and 50 g (2 oz, 1/4 cup) pure cocoa paste. Add 50 g (2 oz, 1/4 cup) butter. Allow to cool but not thicken. Sprinkle 25 g (1 oz, 1/4 cup) toasted chopped almonds on the bottom and pour the chocolate ganache on top.

Curd cheese (mequin) tart a la mode de Metz

Prepare a short crust pastry (basic pie dough) tart base (shell). Mix 200 g (7 oz, 1 cup) well-drained curd cheese (called mequin or me'gin) 100-200 ml (4-7 fl oz, 1/2-3/4 cup) crème fraîche, 3 beaten eggs, 2-3 tablespoons caster (superfine) sugar and a pinch of salt, flavour, if desired with 1 teaspoon vanilla sugar or some vanilla essence (extract). Fill the base with this mixture and bake in a preheated oven at 200 °C (400 °F, gas 6) for about 35 minutes.

German cherry tart

Prepare some puff pastry and roll it out to a thickness of 5 mm (1/4 in) Use it to line a flan tin (pie pan) moistening the edges of the pastry and pinching them to make a border. Prick the base with a

fork. Sprinkle with a little caster (superfine) sugar and pinch of powdered cinnamon. Over the base arrange some stone (pitted) cherries (fresh or canned, well-drained) and bake in a preheated oven at 200 °C (400 °F, gas 6) for about 30 minutes. Allow to cool, then coat the top with a generous layer of sweetened cherry puree, prepared by cooking some cherries in sugar. To finish, bake some fine breadcrumbs to pale golden colour in the oven and sprinkle them over the tart.

German gooseberry tart

Clean some large ripe gooseberries. Prepare a puff pastry tart base and bake blind. Mix the gooseberries in a saucepan with an equal weight of sugar cooked to the crack stage when the juice until it sets into a jelly. Put the gooseberries back into the syrup, boil together for a moment, then pour into a basin. When cool, use it to fill the tart mask with whipped cream.

Lemon Tart

Make a tart case (shell) of short crust pastry (basic pie dough) and bake blind until the pastry is crisp but not completely cooked. Mix together 3 eggs, 100 g (4 oz, 1/2 cup) sugar 75 g (3 oz, 6 tablespoons) melted butter, the juice of 5 lemons and their grated zest. Whisk and pour into the tart case. Bake in a preheated oven at 240 °C (475 °F, gas 9) 10-15 minutes.

This recipe can be made using 3 oranges or 7 tangerines instead of the lemons.

Pineapple tart

Prepare some short pastry with 150 g (5 oz, 1 ¼ cups) plain (all-purpose) flour, 75 g (3 oz 6 tablespoons) softened butter, a pinch of salt and a little cold water. When it is pliable and well-mixed, roll it out and use it to line a 22 cm (8 ½ in) buttered flan tin (pie pan) prick the base with a fork. Leave in a cool place for 2 hours, then bake blind in a preheated oven at 200 °C(400 °F, gas 6) for 20 minutes.

Meanwhile, mix together 2 egg yolks, 75 g (3 oz, 6 tablespoons) caster (superfine) sugar, 1 teaspoon flour and 175 ml (6 fl oz, ¾ cup) milk. Stir this mixture over a low heat until it thickens, then add the juice of half a lemon and 60 ml (2 fl oz, ¼ cup) reduced pineapple syrup. Take the tart case out of the oven, allow it to cool then pour in the pineapple cream and arrange on top 6 slices of canned pineapple, well-drained Whisk 2 egg whites to stiff peaks, pour over the fruit and sprinkle with 25 g (1 oz, 2 tablespoons) caster (superfine) sugar. Return to the oven at the same temperature and cook for 10 minutes to brown the meringue mixture. Leave in a cool place until just before serving.

Puff-pastry apple tart

Prepare an apple compote with 800 g (1 ¾ lb) apples, the juice of half a lemon, 150 g (5 oz. 2/3 cup) caster (superfine) sugar and 1 teaspoon vanilla sugar. Sieve, heat gently to dry off the excess liquid. Prepare 400 g (14 oz) puff pastry. Roll it out to form a rectangle 30 x 13 cm (12 x 5 in) Make a border, with a small strip of pastry about 1 cm (½ in) wide. Bake blind. Thinly slice 500 g (1 8 oz) crisp apples and saute them in 50 g (2 oz. ¼ cup) butter until they are brown but still intact. Spread the apple compote over the cooked base, decorate with the slices of apple and sprinkle with 2 tablespoons icing (confectioner's) sugar, then glaze in the oven or under the grill (broiler).

Raspberry tart

Prepare some short pastry (basic pie dough) using 300 g (11 oz. 2 ¾ cups) plain (all-purpose) flour, 1 eggs, a pinch of salt, 125 g (4 ½ oz, ½ cup) butter and 5 tablespoons water. Roll it into a ball and leave it in a cool place for 1 hour. Then roll it out to a thickness of 3-4 mm (about ¼ in) and use to line a 24 cm (9 ½ in) tart tin (pie pan). Prick the base and bake blind. Prepare some confectioner's custard (pastry cream, see custard) using 50 g (2 oz ½ cup) plain flour, 20 g (¾ oz, 1 ½ tablespoons) butter 175 g (6 oz. ¾ cup) sugar, 4 eggs, 500 ml (17 fl oz., 2 cups) milk

and a vanilla pod (bean) Leave to cool. Pick over 500 g (18 oz. 3 ½ cups) raspberries on top and coat them with melted redcurrant and raspberry jelly. Serve chilled.

Strawberry tart

Sort, wash and hull 1 kg (2 ¼ lb 7 ½ cups) strawberries. Put them in an earthenware bowl and sprinkle with the juice of 1 lemon and 50 g (2 oz. ¼ cup) caster (superfine) sugar. Prepare short pastry using 300 g (11 oz. 2 ¾ cups) plain (all purpose) flour, 150 g (5 oz, 2/3 cup) softened butter, a pinch of salt and 2 tablespoons water. Roll it into a ball and leave it in a cool place for 2 hours. Then roll out the pastry and use it to line a buttered and floured 2 cm (11 in 0 tart tin (pie pan). Prick the base with a fork and bake blind. When the tart is cool, fill it with the strawberries. Mix 60 ml (2 fl oz, ¼ cup) redcurrant jelly with the juice drained from the strawberries and pour this syrup over the tart. The top can be decorated with whipped cream.'

Swiss wine tart

Mix 350 g (12 oz, 3 cups) plain (all-purpose) flour, a pinch of salt and 1 tablespoon caster (superfine) sugar. Add 75 g (3 oz, 6 tablespoons) softened butter and 15 g (½ oz. 1 cake) fresh (compressed) yeast mixed with 3 tablespoons milk. Alternatively sprinkle 1 ½ teaspoons dried (active dry) yeast over the milk, whisk with a balloon whisk until dissolved and leave in warm place until frothy before adding it to the other ingredients. Rapidly work the ingredients, then roll the dough into a ball and set aside for 2 hours. Roll it out and use it to line a buttered tart tin (pie pan) Beat 3 eggs with 100 g (4 oz. ½ cup) sugar until the mixture into the tart case (shell) Bake in a preheated oven at 220 oF (425 oF, gas 7) for 20 minutes. Take out the tart, sprinkle with caster sugar and knobs of butter, then return it to the oven for a further 15 minutes. Serve lukewarm.

TARTAR A crystalline deposit left inside wine casks after racking. This by product of wine consists mainly of crude potassium acid tartrate, which when purified, gives cream of tartar, used in baking.

Tartaric acid is one of two principal acids found in grapes, the other being malic acid. If the must lacks acidity some tartaric acid may be added to it if the relevant wine laws allow for this .Acidity help to preserve wine and affects it stability and colour.

TARTARE, A LA A term originally describing dishes covered with breadcrumbs, grilled (broiled) and served with a highly seasoned sauce, but now usually used for a sauce or a raw meat dish. Tartare sauce is a mayonnaise made with hard boiled (hard cooked) egg yolks, onion and chives and is served with fish, calves feet, oysters and pont-neuf potatoes. Steak tartare is made with minced (ground)beef or horse meat, according to the purist) served raw with egg yolk and seasoning. In Belgium, the dish is called fillet americain.

The expression a la tartare is also applied to various highly seasoned cold or hot dishes paupiettes of anchovies spread with horseradish butter or fried eggs on a bed of mineral (ground) beef seasoned with paprika, for example.

RECIPES

Anchovy fillets a la tartare

Thoroughly deasalt 12 anchovy fillets. Mix 1 tablespoon finely grated horseradish with the same amount of butter. Mask each fillet with a little of this flavoured butter and roll it into a paupiette. Cut some cooked beetroot (beet) into slices 5 mm (1/4 in) thick and trim them with a fluted cutter. Place 1 anchovy paupiette on each slice. Garnish with a little sieved hard boiled (hard-cooked) egg and chopped parsley, then a few capers. Sprinkle with vinaigrette and serve thoroughly chilled.

Steak tartare

Mince (grind) 150-200 g (5-7 oz) lean beef (rump steak, sirloin or top rump) Season with salt and pepper, a little cayenne and a few drops of Worcestershire sauce or Tabaco. Shape the meat into a ball, place it on a plate, hollow out the centre and put a raw egg yolk in the hollow. Around the meat arrange 1 tablespoon each of chopped onion, chopped parsley and chopped shallots and 1 teaspoon drained capers. Serve with tomato ketchup, olive oil and Worcestershire sauce.

Tartare sauce

Prepare some mayonnaise, replacing the raw egg yolk with hard-boiled (hardcooked) egg yolk. Add some finely chopped chives and chopped spring onion (scallion).

Alternatively, a mixture of raw, egg yolk and hardboiled egg yolk can be used, and chopped herbs can replace the chieves and onion.

TARTE AU SUCRE Brioche pastry case covered with a cooked mixture of sugar of verjuice, nuts of butter and beaten egg. This speciality of northern France is eaten warm.

TARTINE The French word for a slice of bread spread with butter, jam or any other suitable substance of spreading consistency.

TARTLET A small individual tart made in the same way as a large tart and with the same fillings. Tartlets filled with fruit, creams or other sweet mixtures are served as a dessert, savoury tarlets are served as hors d'oeuvre or small entrees.

RECEIPES

Coffee or chocolate tarlets

Line some greased tarlet tins (pans) with sable pastry. Prik the botton with fork and bake blind for about 10 minute.sAllow of the cases with French coffee butter cream and the remainder with Chantily cream flavoured with chocolate and rum.

Walnut and honey tartlets

Line some greased tartlet tins (pans) with shortcrust pastry (basic pie dough) Sprinkle them with crushed walnuts and arrange some narrow strips of pastry in a crisscross pattern on the top. Brush with beaten egg and bake in a preheated oven at 200 °C (425 °F, gas 7) for about 15 minutes. When they are cooked, coat them with acacia honey.

TASSAU A meat dish that is typical of West Indian and Central American cookery. It is made by steeping some pieces of meat (beef, veal or poultry) for several hours in a chilled and very spicy courtbouillon containing pepper, cloves, thyme, chilli, onion, limes and chieves. The meat is then poached rapidly in the court bouillon, drained and then either grilled (broiled) or fried. Tassau is served either with boiled bananas or with fried sweet potatoes.

TASTE The sense by which the flavours of food are perceived, the organ used being the tongue, which is equipped with taste buds. It is possible to distinguish four basic tastes salt, acid, sweet and bitter, which, combined in different ways, determine the states of everything we eat. From a gastronomic point of view, the sense of taste is closely associated with the sense of smell. The aroma of a dish provides a good deal of information about its taste, and the sense of smell contributes greatly to the sense of t taste while actually eating this is why food seems tasteless to anyone who has a cold.

TASTER A specialist who judges the quality of a drink or a food by its taste. No instrument has

been devised to rival a properly trained human palate, particularly in the area of wine tasting, where the test consists of savouring the wine by rolling it in one's mouth so that all its qualities are brought out. In Paris there is still a Compagnie de Countier Gourmets Piqueurs de Vins, which dates back to the time of Philip the Fair. The word piqueur derives from a tool called a couple de poing a take a sample. The food industry often makes use of professional tasters. Tea, coffee, butter, foie gras and oil, and tested by panels, which consist of groups of tasters whose opinions are cross-checked.

TASTING The critical appraisal of a food or drink via its impression on the senses. Although many foods are tasted, from basic items such as butter, oil and tea to the luxury foods, such as foie gras and fine chocolates, the word is usually applied to the tasting of wines and spirits.

The professional taster adopts the same procedure for both wines and spirits, but a spirit whether on its own or broken down with water, is seldom actually put in the mouth, it is mainly sniffed. In blind tasting the identity of the liquid is not known. There are three main stages in tasting looking, sniffing and appraising the liquid in a mouth. The taster will look at the colour and limpidity of the liquid and will then sniff at it. Then a small quantity is taken into the mouth, usually with a certain amount of air, which is drawn through the liquid, the sample is pulled around to make contact with the top and sides of the mouth and the tongue.

The registering of impressions conveyed by the smell is of great importance and much may be learned from this stage of tasting, although only experience can enable one to interpret the messages received by the nose from a wine or spirit. When the wine gets into the mouth, another set of impressions are registered flavoured associated with particular grapes, regions and even makers and, with both the smells and the tastes, certain faults, in the wine can be picked out.

TATIN The name given to a tart of caramelized apples that is cooked under a lid of pastry and then inverted to be served with the pastry underneath and the fruit on top. This delicious tart, in which the taste of caramel is combined with the flavour of apples cooked in butter under a golden crispy pastry crust, established the reputation of the Tatin sisters, who ran a hotel restaurant in Lamotte. Beuvron at the beginning of the 20th century. However, the upsidedown tart, made with apples or pears, is an ancient speciality of Sologne and is found throughout Orleans. Having been made famous by the Tatin sisters, it was first served in Paris at Maxims where it remains a speciality to the present day.

RECIPE

Tarte Tatin

Mix 200 g (7 oz, scant 1 cup) sugar with 25 g (1 oz, 1 cup) butter. Smear this over the bottom and sides of a 23 cm (9 in) tarte Tatin tin (pan) or flameproof shallow baking tin or dish.

Peel and core 800 g (1 ¾ lb) apples and cut them into quarters or wedges, if large. Trim the pointed ends off the pieces of apple, then arrange them in concentric circles in the tin adding the trimmed off corners to fill in the gaps. When the apples are neatly packed in place, cook over a fairly high heat until the butter and sugar form a golden caramel. The mixture will rise as it boils and coats the apples, remove the tin from the heat to prevent it from boiling over. Leave until completely cold.

Make about 350 g (12 oz) shortcrust pastry (basic pie dough) roll it into a ball, and leave it in a cool place for 2 hours Roll out the pastry into a circle 3 mm (1/8 in) thick.

Cover the apples with the pastry, tucking it inside the edge of the tin so that the fruit is contained. Bake in preheated oven at 200 °C (400 °F, gas 6) for 20-30 minutes.

Place a serving dish on top of the tin and turn the tart upside down. Remove the tin. Serve warm, with crème fraiche.

TAVERN Originally a tavern in France was simply a wine shop, as distinct from the cabaret,

which also provided metals. In 1698, tavern keepers were given permission to serve meat, provided that it was prepared elsewhere, at the rotisserie or the charcuterie. Ten years later, they were allowed to cook meat on the premises, but they were still forbidden to cook ragouts, which were the prerogative of the traiteurs. Nowadays a tavern is usually a brasserie or a restaurant with traditional décor.

TAVERNE ANGLAISE The name given to several Parisian restaurants that specialized in English food. The first Taverne anglaise, which was also known as the Grande Taverne de Londres, was opened by Beauvilliers at the Palais-Royal in 1782. Later, he founded another establishment in his own name. There was also a Taverne anglaise in the Rue Taranne, in Saint Germain des-Près.

The Englishman Richard Lucas opened a Taverne anglaise in 1832 and the menu included roast beef and Yorkshire pudding. This establishment became the Restaurant Lucas and subsequently the Lucas carton. A fourth Taverne anglaise opened in 1870 in the Rue de Richelieu, it served rare meat, rib of beef and rhabath tart.

TCHORBA A thick soup from Arab cookery made with pieces of sheep's tail and mutton cutlets. The meat is browned in oil with onions, and tomatoes, mixed with courgette, garlic, thyme and bay leaves, then cooked in plenty of water with white haricot (navy) beans or chick peas, and seasoned with red pepper, black pepper and saffron. Before serving some macaroni or vermicelli or dried fruit are added to the soup.

Similar dishes are found in Balkan cookery, corba beef soup with sweet (bell) pepper and onion, thickened with rice, from the former's Yugoslavia, and Romanian or Bulgarian Clorba, a sharp tasting soup made with beef and vegetables which may be seasoned with lemon.

TEA The most universally consumed beverage made by infusing the dried leaves of an Asiatic evergreen shrub *Camellia sinensis*. There are two main varieties of tea plant, that of China and that of India, with numerous local varieties and hybrids. Climate, soil altitude and orientation of all affect the growth and quality of the plants, and therefore the colour, fragrance and taste of the tea. The best plants are cultivated at an altitude of about 2000 metres (6500 ft) and are picked in the spring. Growing areas are situated at latitudes between 42°N and 31°S, in regions with a hot humid climate and winters that are neither too cold nor too dry.

It is thought that tea cultivation originated in China around 3000 BC and spread to Japan in about AD 780. It was not grown in India until the 1840s, and in Ceylon (now Sri Lanka) the first tea estate was planted in 1867. The beverage was brought to Europe in the 17th century by the Dutch, and reached England in 1644. It arrived in America in the early 18th century. At first regarded primarily as a medicinal beverage, tea drinking soon became fashionable with the aristocracy and then popular at all levels of society.

Today the principal tea producers are India, Sri Lanka, China, Japan, Indonesia, East Africa, Latin America and parts of Russia. In Britain, tea is mostly taken with milk and sometimes sugar, and drunk at regular intervals throughout the day. The drinking of tea is important in China and in Japan, where the tea ceremony has influenced social life, art, religion and philosophy.

Green Tea. A speciality of China and Japan prepared by subjecting the leaves to fierce heat, given tea forms the basis of the Japanese tea ceremony, an important part of Japanese social life, and culture. It is also highly favoured by the Chinese and Muslims, who are forbidden to drink fermented tea. The varieties are Gunpowder the rolled leaves of which are similar to small shot about 3 mm (1/8 in) long. Tychen known as Coarse Gunpowder or Imperial Tea. Having larger pellet sized rolled leaves, Moroccan mint tea, which is very refreshing and Japanese tea which gives a highly coloured infusion.

Black tea Whether from China or elsewhere there are five stages in its preparation withering, when the leaf is dried and softened, rolling during which the cells of the leaves are broken down to release and mix the constituents, moist fermentation for 2-3 hours at 27 °C (81 °F) desiccation for 20 minutes at 90 °C (194 °F) and sorting or grading. The three main types of black tea come from Sri Lanka (Ceylon) India and China.

RECIPES

China tea

Boil 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{3}$ cups) water in an enamel kettle. When the water starts to boil vigorously, pour a little into a teapot (made of earthenware or porcelain) Shake the teapot for 30 seconds so that it is heated evenly. Pour the water away. Put 2 teaspoons black tea into the teapot, fill with boiling water, put on the lid and leave for 2 minutes. Pour the tea into a large cup, then immediately pour it back into the teapot (this operation brings out the fragrance of the tea) Allow the infuse for a further 2 minutes, then serve.

Eggs with tea leaves – Chinese

Put 6 eggs into a saucepan with 500 ml (17 fl oz, 2 cups) cold water. Leave the pan uncovered and simmer for 20 minutes. Allow to cool. Remove the eggs and crack the shells by tapping with the back of a spoon over the entire surface. Put the eggs back into the saucepan with 500 ml (17 fl oz, 2 cups) cold water, 1 tablespoon salt, 2 tablespoons soy sauce, 1 star anise and 2 teaspoons black China tea. Bring to the boil, then reduce the heat as much as possible and cook gently for 2 hours. Then eggs must always be covered with liquid (add boiling water as necessary) Remove the saucepan from the heat and allow the eggs to steep in the cooking liquid for 8 hours. Just before serving, shell the eggs. Cut them in half lengthways and serve them with thin strips of cold roast pork and a salad of sprouted soya beans with mushrooms, seasoned with soy sauce vinaigrette.

Ice tea

Prepare an infusion of green tea and add a sprig of fresh mint. Strain the tea, pour it into a carafe, sweeten it slightly, allow it to cool, then chill it for at least an hour

Indian tea with milk and spices

Pour 500 ml (17 fl oz, 2 cups) milk into a saucepan and add 1 cinnamon stick, 2 crushed cloves, 2 crushed cardamom seeds and 1 piece of fresh root ginger (peeled and chopped) Bring to the boil, then add 1 $\frac{1}{2}$ tablespoons tea and some caster (superfine) sugar, according to taste. Boil for 1-2 minutes, cover remove from the heat and allow to infuse for at least 708 minutes. Strain the infusion and serve very hot.

Lamb with prunes, tea and almonds Algerian

Bone 1 kg (2 $\frac{1}{4}$ lb) shoulder of lamb, remove the fat and cut the meat into large dice. Sprinkle with finely ground salt and cook it in a casserole with butter until golden brown. Drain, Add to the butter in the casserole 250 ml (8 fl oz, 1 cup) water 1 cinnamon stick chopped into pieces 50 g (2 oz, $\frac{1}{2}$ cup) blanched almonds, 200 g (7 oz, 1 cup) caster (superfine) sugar and 2 tablespoons orange flower water. Bring this mixture rapidly to the boil, stirring continuously. Replace the meat, cover the pan and allow to simmer over a low heat for 45 minutes Meanwhile, soak 350 g (12 oz, 2 cups) stoned (pitted) prunes in very strong green tea. Add the prunes and tea to the casserole and cook for a further 10 minutes.

Tea sorbet

Prepare quite a strong infusion of tea according to taste. Add sugar in the proportion of 300 g (11

oz, 1 ½ cups) per 1 litre (1 ¾ pints, 4 1/3 cups) and allow to set in a chum freezer. Prunes cut up into tiny pieces may be added to the sorbet. Green tea flavoured with jasmine gives excellent results.

Tuna fish in tea- Vietnamese

Brown a bluefin tuna steak, weighing about 800 g (1 ¾ lb) in oil in a frying pan. Meanwhile, prepare an infusion of fairly strong tea (black China tea or lotus tea) Put the tuna into a saucepan together with 100 g (4 oz, ½ cup) diced fresh unsalted belly of pork .Add a piece of fresh root ginger cut into thin strips, pepper 1-2 teaspoons nuoc-mam (Vietnamese fish sauce) a lump of sugar and the tea (ensure that the liquid just covers the fish) simmer over a gentle heat for 1 hour.

TEAL A small wild duck, several species of which are hunted in France, including the common teal, which rarely migrate and is found in France and Britain all year round, and the summer teal, which comes from Africa, as well as the Baikal teal, the marbled teal and the sickled teal. In the United States there are various species the most common being the green winged teal. The teal is more difficult to hunt than the mallard because of its jerky flight, but is cooked in the same way. Its brownish and rather bitter meat is much sought after by connoisseurs. In the Middle Ages it was considered to be a lean meat, that is one that could be eaten on fast days, Teal, like all wild ducks, is roasted blood rare and seldom braised.

TEAPOT A receptacle with a lid, a spout and a handle, used to prepare and serve tea. Teapots come in various sizes and can be made of various different materials, including porcelain, fatence, earthenware and metal.

An innovation prepared in the 19th century a trellis, or a screen pierced with small holes, placed inside, at the base of the spout, thereby preventing the leaves from pouring into the cup with the infusion. However, this does not mean that a strainer need not be used .Some models also have an internal strainer, which is fitted to the opening of the teapot. The tea leaves are placed in it before the water is poured in. The first metal teapots appeared in France at the end of the 17th century. Those made of porcelain and patience came initially from China and Japan, then later from Meissen and Sevres.

TEA ROOM An establishment in which tea, hot chocolate, coffee, soft drinks and cakes (and sometimes savoury pastries or egg dishes, salads, sandwiches, croque monsieur and so on) are served in the afternoon or at lunch time. Nowadays, tea rooms are usually part of a baker's shop or a large store. The luxurious tea rooms found in larger cities in the first half of the 20th century, where society ladies met for five o'clock tea, are now disappearing.

TEA – THE MEAL A light meal in the afternoon, at which sandwiches, pastries and cakes are served with tea. A rather more substantial meal is high tea (or meat tea) which is taken particularly in Scotland and the north of England, where the evening meal is replaced by a tea served with cold meat, fish and salads, as well as buttered rolls, toast and cakes. Afternoon tea taken at the five o'clocks was launched by the Duchess of Bedford in about 1830 (at that time lunch was served quite, early and dinner was served late). It provided an opportunity to display tea services made of porcelain or silver plate, to create recipes for cakes and biscuits (cookies) and to lay down rules of etiquette associated with the occasion . The most common items of an English tea are bread and butter, scones, muffins, crumpets, buns, cakes, biscuits, gingerbread and shortbread with jams and jellies, lemon curd and other spreads.

TEMPURA Typically Japanese shrimp or vegetable fritter, using a light batter made with wheat flour, water and eggs. Tempura is traditionally accompanied by a lightly sweetened sauce and a white radish puree sprinkled with ginger. It is perhaps the most important Japanese dish, now

known as enjoyed throughout the western world.

TENCH A European freshwater fish found in ponds and quiet waterways. It is 15-30 cm (6-12 in) long, with barbed on each side of the mouth, and has tiny olive green to reddish brown scales covered with thick mucus. Fish caught in clear water are delicious especially since tench do not have too many bones. But ones caught in muddy waters may be trained, which is why fishermen pour a spoonful of vinegar into their mouths as soon as the fish is caught, then soak them in water. Tench is generally used in matelotes and can also be fried or prepared à la mèmère. In the past it was more popular, being cooked in court bouillon or à la bonne femme and used in soups, ragouts and pies.

TENDE-DE-TRANCHE A French cut of beef taken from the top of the thigh. Classified as second category beef, it nevertheless provides cuts for steaks, dessous-de tranche merlan potre and morceaux du boucher. Tende-de-tranche can also be roasted.

TENDERIZING Even good quality meat may be tough for several hours after slaughtering. The storage or hanging of meat at low temperatures, 0-2 °C (32-36 °F) enables it to mature and become tender before it is sold.

The cook can also encourage tenderizing during preparation and by using the appropriate cooking method. Meat can be beaten or flattened with a steak mallet, which helps to make it more tender. Meat may also be tenderized by soaking it in a marinade. Lengthy marinating in acidic ingredients, such as yogurt or citrus fruit juice, for 1-2 days, encourages tender results. Papain, an enzyme found in plants, and fruit in particular, is used for culinary purposes, breaking down protein, effectively digesting it and making it tender. The texture of the meat changes it becomes tender but dry rather than succulent fruit makes the poultry crumbly, dry and quite unpleasant in texture, it becomes almost curdled.

Papaya and pineapple are both rich in papain, and using them in marinade produces tender meat. The enzymes is destroyed at high temperatures, so canned fruit does not have the same effect and cooking meat with the fruit, without marinating, will provide only a short period, during the initial brief heating when the enzyme can take effect before being destroyed.

Generally, the effect of low slow and moist cooking is the one relied on to tenderize tough meats. Tender cuts do not require lengthy cooking dry methods and shorter times make them palatable.

TENDRET, LUCIEN French lawyer and gastronome (born Belley, 1825, died Belley, 1896) He was a compatriot and distant relative of Brillant Savarin and a scholar who was passionately interested in food. In 1892, he published *La Table au pays de Brillant Savarin*, in which he chicken Celestine, a Lyonnais speciality as well as recipes for the three famous paties en croûte of Belley, the orelle de la Belle Arure, the toque du président Adophe Clerc, and the chapeau de moussieur Gabriel Cortois de Quincey rich in game, poultry truffles and foie gras.

TENDRON A piece of beef or veal cut from the extremities of the ribs, from the point at which the chops are generally cut, to the sternum. Tendrons of veal, which contain a few small cartilages, are streaked with fat and are very smooth. They are used for blanquette, braised or sautéed veal, or veal Merengo. If they include sufficient lean meat, they can be cut into slices potroasted or braised as cotes parisiennes, and the garnished with fresh pasta, risotto braised spinach in butter or braised carrots, Tendrons of beef are streaky pieces of meat used for braising and for pot-au-feu.

RECIPES

Braised tendrons of veal à la bourgeoise

Braise 4 tendrons of veal, when half cooked, add 12 small glazed onions, 12 shaped and glazed carrots, and 50 g (2 oz, ¼ cup) diced streaky (slab) bacon (blanched and fried) Finish the cooking, drain the tendrons and arrange them on an oven proof serving dish. Sprinkle them with a little of the cooking juices and glaze in a preheated oven at 230 °C (450 °F, gas 8) Serve piping hot, garnished with the vegetables and the diced bacon.

Tendrons of veal chasseur

Cook 4 tendrons in a shallow frying pan with 25 g (1 oz, 2 tablespoons) butter (10 minutes on each side) Drain them and keep them hot on a serving dish. Add 200 g (7 oz, 2 1/3 cups) finely sliced mushrooms to the pan, brown them, and then add 3 tablespoons each of stock, white wine and tomato sauce. Add 2 chopped shallots, then boil down by at least half. Pour the mushrooms and sauce over the tendrons, sprinkle with chopped herbs and serve piping hot.

Tendrons of veal with spinach or sorrel

Braise some tendrons of veal and some spinach (or sorrel) in butter in separate pans. Drain the tendrons, arrange them on a hot dish and sprinkle with the cooking juices. Garnish with the drained and buttered vegetables.

TEQUILA A spirit made in several Mexican states from the plant *Agave lequilana*. The pulp of this plant is chopped up and baked to extract the sap. Then it is shredded and pressed, so that the juice runs out and begins to ferment. Subsequently it undergoes a double distillation. Some tequila is aged in wood, gaining colour, the best is usually five years old and golden in tone. Unless tequila is part of a cocktail, it is traditionally drunk from a small glass, the drinker puts some salt in the join of his thumb and forefinger, licks a slice of lime or lemon and knocks the reflex of the wrist so that the salt jumps up to the mouth. The tequila is then drunk in a single gulp.

TERIYAKI Japanese dish of grilled food glazed with a sauce of soy sauce, mirin or sake and sugar to give an excellent flavour and rich colour. The food fish, chicken meat or vegetables may be marinated before cooking. Teriyaki sauce is available as a commercial product.

TERRINE A fairly deep dish with straight sides, grips or handles, and tightly fitting lid that rests on an inner lip. Terrines are manufactured in a wide range of sizes, they can be made of glazed earthenware or of porcelain, ovenproof glass or even enamel cast iron. The food cooked or served in such a container is also known as a terrine.

The word terrine in France is also the name of a stoneware utensil shaped like a truncated cone with a wide rim and, sometimes, a pouring spout, it is used to hold milk, or cream to work a forcemeat or a paste or to steep a foodstuff. A terrine may also be a simple serving utensil used to present dishes such as pickled herring fillets or mushrooms.

RECIPES

Terrine de body

Cut 575 g (1 ¼ lb) veal escalopes and 400 g (14 oz) smoked belly of pork into fine strips. Finely chop 16 shallots and a bunch of parsley and season with 2 teaspoons ground black pepper. Arrange the ingredients in a terrine as follows, first a layer of pork belly, then a layer of veal, then a layer of shallots and parsley, continuing this way until the ingredients are used up, finishing with a layer of pork. Moisten each layer with a little dry white wine and press down hard.

Cover the terrine and place it in a bain marie. Bring to the boil on the hob (stove top), then cook in a preheated oven at 180 °C (350 °F, gas 4) for terrine before allowing it to cool. Chill for at least 24 hours before serving.

Terrine de l'océan

Scale, gut and clean a 1 kg (2 ¼ lb) pike, 500 g (18 oz) fresh salmon and 2 large red mullet. Lift out the fillets and ensure that no bones remain. Reserve the trimmings.

Cut an 800 g (1 ¾ lb) lobster in half, seal it in 40 g (1 ½ oz. 3 tablespoons) slightly salted butter, then remove the shell and put it to one side. Clean 1 kg (2 ¼ lb) mussels and cook in a covered pan until they open. Remove the flesh and retain the cooking juices.

Prepare the forcemeat as follows, wash 500 g (18 oz) leeks and finely slice the white parts, chop 2 garlic cloves and 4 shallots. Soften all these vegetables in 40 g (1 ½ oz, 3 tablespoons) slightly salted butter. Add 200 g (7 oz, 3 cups) coarsely chopped sorrel, then the leaves the fillets of pike and then the lobster flesh. Blend in the leek and sorrel mixture. Season with salt and pepper, add a pinch of four spices, 2 tablespoons mustard and 3 whole eggs. Mix thoroughly then add the mussels.

Terrine of duckling

Bone a duckling weighing about 1.25 kg (2 ¼ lb) without damaging the breast meat. Cut the latter into even strips, together with 300 g (11oz) bacon fat. Put the meat into a bowl with salt, pepper, ½ teaspoon four spices, 4 tablespoons brandy, a chopped bay leaf and a small sprig of fresh thyme with the leaves removed. Thoroughly soak the meat in this mixture and marinate for 24 hours in a cool place. Put the rest of the duck in the refrigerator. Soak an intact pig's caul (caul fat) in cold water, then squeeze and wipe it dry.

Prepare a duxelles with 250 g (9 oz. 3 cups) button mushrooms, 2 or 3 shallots, salt and pepper.

Finely chop 350 g (12 oz) fresh belly of pork, 1 onion, the remaining duck meat and the blanched zest of an orange. Mix the duxelles and the chopped meat in a bowl with 2 eggs, pepper and salt. Work the mixture well to make it homogeneous. Work the mixture well to make it homogeneous, adding the marinade in which the strips of bacon fat and duck were steeped.

Line the terrine with the caul. Arrange half of the forcemeat in an even layer. Cover with alternating strips of the marinated duck and bacon fat. Cover with the rest of the forcemeat. Press down the caul on the contents of the terrine and trim. Place a bay leaf and 2 small sprigs of fresh thyme on top and then put on the lid.

Place the terrine in a bain marie, bring to the boil on the hob (stove top), then cook in preheated oven at 180 °C(350 °F, gas 4) for 1 ½ hours. Remove from the oven and allow to cool. When lukewarm, take off the lid and replace with a weighted board. Allow the terrine to cool completely.

An aspic flavoured with port can be poured into the terrine and allowed to set. To preserve the terrine, cover with a fine layer of melted goose fat.

Terrine of pheasant, partridge or quail

Proceed as for terrine of duckling, but arrange the forcemeat in 3 layers, one separated by strips of meat, and the next by a thin layer of foie gras and diced truffle.

Terrine of veal with spring vegetables

Poach 500 g (18 oz) lean, boneless loin, fillet or leg of veal in a well seasoned court bouillon until very tender. Allow to cool in the stock. Cut half of the meat into neat, even rather thick strips or cubes. Prepare a jelly with the clarified cooking stock.

Shell 40 g (1 ½ oz) petits pois and cook in salted boiling water until tender. Drain and refresh in cold water, drain well. Thinly slice 250 g (9 oz) baby carrots and cook in boiling salted water until just tender. Drain, refresh and drain well Blanch and drain 4 sliced courgettes.

Line the bottom of a terrine or mould with plenty of dill. Add layers of the vegetables, alternating them with the meat until the terrine or mould is almost full. Season each layer with pepper and sprinkle with a few dill leaves. Press to settle the contents. Pour in the cooled, but not

set, jelly. Allow to set in the refrigerator for a few hours, unmould and serve chilled.

Terrine of vegetables Fontanieu

Cook separately, in very lightly salted water, 7 fluted carrots, 300 g (11 oz) French (green) beans, and 150 g (5 oz $\frac{3}{4}$ cup) petits pois. Cut the following vegetables into sticks and cook separately, 500 g (18 oz) turnips, 500 g (18 oz) courgettes (zucchini) and 1 small root of celeriac. Peel, halve and seed 3 tomatoes. Cool the vegetables and dry them thoroughly.

Bring 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{2}$ cups) double (heavy) cream just to the boil, then blend in 500 g (18 oz. 6 cups) shredded button mushrooms. Season with salt and pepper. Remove the mushrooms after 5 minutes and chop them. Do not boil down the cream, but blend in while it is still hot 25 (1 oz. 4 envelopes) powdered gelatin, 5 tablespoons dry vermouth and the chopped mushrooms. Keep the mixture warm ready for assembling the terrine.

TERRINEE A cold dessert that is a speciality of Normandy. It was formerly an indispensable item of food at village fetes and on special occasions and still remains a traditional family dish. It consists of rice cooked in milk in a glazed earthenware terrine, with sugar and a little salt, traditionally flavoured with cinnamon and sometimes with nutmeg. The cooking process lasts at least 5 hours and the finished dish has a thick tasty golden crust. It is particularly nourishing especially as it was often eaten with a slice, of fatture Terrine is also commonly called tourte goule, terrgoule, torgoule or hourre guelde.

TETE-DE-MOINE A Swiss cow's milk cheese (40% fat content) from the canton of Berne. Pressed and uncooked it is a firm yet pliable cheese with a washed brownish yellow rather sticky rind. It has a spicy flavour and a pronounced aroma. The cheese is creamy yellow and becomes reddish as it matures. It is sold unwrapped in cylinders that are as high as they are wide (9-12 cm, 3 $\frac{1}{2}$ -4 $\frac{3}{4}$ in) The best Tete de-Moine comes from Bellelay, where, long ago, it was customary for the prior of the abbey to receive one cheese par tete-de-moine (per monk) each year as a fee. Nowadays, it is produced on a small scale as a cottage industry, and is in season between September and March.

This cheese is served at the end of the meal. Traditionally, the upper layer is sliced off and kept as a cover and the inside is sliced off in small frilly curls with an implement known as a girotte. It is also used for sandwiches and canapes.

TETE DE NEGRE A ball-shaped confection, consisting of two meringues sandwiched together with chocolate flavoured butter cream. The ball is then coated with more cream and covered with grated coconut for coconut on one half and cocoa powder on the other.

The name is also given to a dome shaped rice cake entirely coated with chocolate sauce and surrounded with a ring of whipped cream, and to a small party made of very light sweet pastry arranged on a water and coated with chocolate.

TETE MARBREE A pig's head pickled in brine, cooked, cut into dice, rolled into a rectangular shape and covered with jelly.

TETILLA Looking like a child's spinning top, this conical cow's milk cheese (45% fat content) comes from Galicia in northern Spain. It has a thin, yellow rind and a pale yellow paste with some small holes. The elastic paste has a milky flavour with a lemon tang. It is served with Seranto ham and fino sherry.

TFINA A slowly cooked ragout of Arab cuisine. Made with brisket of beef, calf's foot, chick peas or white haricot (navy) beans, peeled potatoes and whole eggs in their shells, arranged in layers with olive oil, garlic, paprika and honey. Meatballs and spices may also be added. Tfina must simmer for several hours. Traditionally, the meat is served in one dish and the vegetables

and eggs in another. In wheat tffina, the potatoes are replaced by wheat or pearl barley and the eggs are replaced by wheat or pearl barley and the eggs are omitted this is the typical Sabbath dish of Algerian Jewish cookery. Tinas are also made with spinach or vermicelli.

TERMIDOR The name of a lobster dish created in January 1894 at Maire's a famous restaurant in the Boulevard Saint Denis in Paris, on the evening of the premier of Thermidor, a play by Victorien Sardou according to the Dictionnaire de l'Académie des Gastronomes).

The name thermidor is also given to a dish consisting of sole poached in white wine and fish fumet, with shallots and parsley, and covered with a sauce made from the reduced cooking liquid thickened with butter and seasoned with mustard.

Lobster thermidor

Split a live lobster in two lengthways, Crack the shell of the claws and remove the gills from the carcass. Season both halves of the lobster with salt, sprinkle with oil and roast in a preheated oven at 220 °C (425 °F, gas 7) for 15-20 minutes. Remove and dice the flesh from the tail and claws.

Prepare a stock using equal proportions of meat juices, fish fumet and white wine, flavoured with chervil, tarragon and chopped shallots. Boil it down to a concentrated consistency, then add a little very thick bechamel sauce and some English mustard. Boil the sauce for a few moments, then whisk in some butter (one third of the volume of the sauce). Pour a little of this sauce into the two halves of the shell. Fill the shells with the flesh of the lobster, cover with the remainder of the sauce, sprinkle with a little grated Parmesan cheese and melted butter, and brown rapidly in a preheated oven at 240 °C (475 °F, gas 9)

More simply the lobster can be split into two and grilled (broiled). The two halves of the shell are then emptied out, lined with a little cream sauce seasoned with mustard, and the sliced lobster flesh is put back covered with the same sauce and glazed in the oven. Arrange the lobster on a long dish and serve piping hot.

TERMOMETER An instrument used to measure temperature. The graduation is in degrees Celsius or Fahrenheit on a scale varying according to the use intended monitoring the temperature of a freezer cooking sugar syrup, deep frying and so on. Most thermometers used in the kitchen consist of a glass tube containing a liquid which expands as the temperature increases. For roast meat, there are bimetallic thermometers consisting of metals with different expansion coefficients. The meat thermometer has a pointed end and is graduated from 30 °C (86 °C) to 120 °C (248 °F) and has markings, often in colours, for well done, medium and rare meat. It is implanted in the centre of a joint of meat to measure the internal temperature. The frozen meat thermometer is graduated from 30 °C to 30 °F (-22 to 86 °F).

THICKEN To give liquid or liquid mixture more body, making it slightly less runny and not as fine or thin in texture. The techniques and ingredients used to thicken foods vary considerably according to the type of food and recipe. Starches are the most common ingredients for thickening cooked dishes, protein foods, such as eggs, are also widely used. Starches thicken mixtures by absorbing moisture and swelling, eggs thicken by setting. Uncooked mixtures can also be thickened often by different methods, such as the formation of an emulsion.

THICKENING. There are several different methods, depending on the thickening agent used. Thickening may be carried out at the beginning of cooking or at the end.

RECIPES

Thickening with arrowroot

Mix 1 teaspoon arrowroot with 2-3 tablespoons cold stock. Pour this mixture into 500 ml (17 fl oz, 2 cups) boiling stock or juice and whisk until it thickens. Strain.

Thickening with blood

Add 1 tablespoon vinegar to a small bowl of liquid blood (rabbit, hare, pork or duck) to prevent it curdling. To thicken the sauce, remove it from the heat and add this mixture, whisking continuously. Do not let it boil again. Sometimes the pureed liver of the animal can be added as well.

Thickening with butter

Heat the strained sauce or stock. Cut the butter into small pieces and add it all at once to the hot liquid. Whisk well, 1 tablespoon liquid can absorb up to 50 g (2 oz, ¼ cup) butter.

Thickening with cream

Mix the cream with a little of the sauce, stock or soup to be thickened and then pour it back into the preparation. Whisk until it begins to boil, then lower the heat and let it reduce until it has reached the desired consistency.

Thickening with liver

Clean the liver of the appropriate animal and puree it finely. Add one quarter of its weight of double (heavy) cream and mix well. Remove the boiling liquid from the heat and whisk in the cream and liver mixture at once.

THIGH The upper fleshy part of the leg of animals. A thigh of beef provides choice pieces of meat for roasting, such as topside (beef round) rump, silverside (bottom round) and also steak.

A thigh of veal provides the fillet (round) and the rump, which may be roasted whole or cut into paupiettes or escalopes.

In poultry, the thigh ends in the drumstick. Both thigh and drumstick are used for ragouts and fricasses. The thigh may be boned and stuffed. In France, a thigh of turkey, together with the drumstick, is sold under the name of gigolette of turkey. The thigh of a frog's leg is the only edible part of the animal.

THIN To add a liquid (such as broth, stock, milk, consommé or water) to a sauce, puree or stuffing to render it less thick. For example, mayonnaise is thinned by adding a mixture of boiling water and vinegar.

THOUARSAIS WINES White, red and rose wines of the Loire valley. The whites are made from the Chenin Blanc, the reds and roses from the Cabernet Franc.

THREAD-FIN A sea fish related to the mullet, sometimes called grand pourceau in France. About 50 cm (20 in) long, it inhabits coastal regions of West Africa and can be found in the estuaries and rivers. Caught in large numbers, it has tasty flesh and is an important local food, particularly in Senegal, where it is used in the bou diene.

THRUSH A small bird belonging to the same family as the blackbird. There are a dozen species in France, which for centuries have been hunted in autumn and winter for their delicate flesh, the flavour of which depends on their diet (grapes, juniper berries or peas) although this practice is at last dying out throughout Europe. The song thrush makes excellent eating. The larger mistle thrush feeds on mistletoe berries, which make its flesh taste rather bitter. The smaller redwing is also highly prized, the fieldfare, imported from northern Europe, has a rather insipid flavour but finer flesh.

All thrushes are prepared in the same way as quails and there are in addition certain regional specialities, particularly pies and terrines. They are often cooked with juniper berries. Once common in Britain and the United States, thrushes have become rarer in recent years. For this reason they are now protected birds in Britain and may not be killed.

THYME A perennial plant with small grey green aromatic leaves and small purplish flowers, much used as a culinary herb and also to prepare infusions. Thyme contains an essential oil, thymol, which has a very aromatic odour and antiseptic properties. Thyme is one of the basic herbs used in cooking. Alone or in a bouquet garni, fresh or dried, it is used in stuffings, casseroles, stews, soups and baked fish. Fresh thyme is particularly good for flavouring scrambled eggs, salads, tomato dishes and lentils. It is also used in the preparation of certain home made liqueurs.

With thyme has clusters of rose pink flowers and a less pronounced flavour than garden thyme. It is used mostly with chicken or white meats, and in Provençal cookery it is traditionally used to flavour trout, mutton and rabbit. It is also used in the production of a liqueur.

TILAPIA A name for a fresh water fish, including several species. Known as a food source since biblical times, with references to them in the context of the parting of the Red Sea, tilapia is usually a grey fish, with firm, white flesh of a good flavour. The species native to Africa is farmed in the United States.

TILSIT A Swiss cow's milk cheese (45% fat content) from the cantons of Saint Gall and Thurgovie. It is pressed, uncooked pliable and golden yellow, with small regular holes and a polished yellow brown rind. It has a very fruity flavour and a strong colour and takes the form of a small round slab about 35.5 cm (14 in) in diameter and 7-8 cm (2 ¼ - 3 ¼ in) high.

Originally from Holland, the cheese was imported several centuries ago into Tilsit, in the former east Prussia. It was not until the end of the 19th century that it was introduced into Switzerland. It is also made in northern Germany and central Europe, but has a stronger taste and is sometimes flavoured with aniseed. Used for canapés and toasted croutets, it is also served at the end of a meal and may replace Emmentaler in gratin dishes and soufflés, which it flavours more strongly. When it has matured for more than four months, it is used like Parmesan cheese.

TIMBALE This word is used in various senses. Originally a timbale was a small metal drinking goblet, such timbales are now usually made of silver or silver plate and are purely decorative, being given to babies at birth or as christening presents.

The word also refers to a serving dish similar to a vegetable dish, made of silver-plated metal, stainless steel or heatproof porcelain, in which vegetables, scrambled eggs or ragouts are served.

Today, however, the word is applied chiefly to a plain, round, high sided mould and the preparation cooked in it a pie crust baked blind and then filled with meat of various kinds, forcemeat or pasta, blended with sauce. The crust is often garnished with patterns cut out with a pastry (cookie) cutter. The filling may be breast of chicken, calves or lamb's sweetbreads, fish or seafood (fillets of sole, crayfish or scampi), truffles, quenelles, or any of the fillings for vol au vent or bouchées. Sometimes layers of meat or forcemeat are alternated with layers of pasta.

The name timbale is also given to small preparations moulded into darioles, consisting of various salpicons, vegetables and risotto, served as an entrée or a garnish.

Finally, a timbale can also be a dessert, a pastry case (shell) baked blind, then filled with various fruits, creams or ice cream.

RECIPES

Large timbale case

Butter a large timbale or charlotte mould. Garnish the inside with little shapes of very firm noodle

paste 9slightly moistening them so that they will adhere to the pastry used to line the mould).

Prepare 400 g (14 oz) lining pastry (see short pastry) and roll it out into a circle 20 cm (8 in) in diameter and 5 mm (1/4 in) thick. Sprinkle lightly with flour and fold in half, then bring the ends into the centre until they meet. Roll out again to smooth away the folds. Place this round of pastry in the mould and press it firmly against the base and sides without disturbing the noodle-paste decorations. Cut off any excess pastry.

Line the pastry case (shell) with buttered paper (buttered side inwards) then fill it up with dried beans. Place a circle of paper on top of the dried beans (which should be heaped into a dome) and then, on top of this, a round sheet of pastry 1 cm (1/2 in) thick. Join the edges of the pastry together by pressing them between the fingers, then make the rim of the pie by pinching this border with pastry pincers.

Moisten the lid with water and garnish with little shapes (leaves, rosettes, fluted rings) cut from a thin sheet of pastry. Make a chimney in the centre of the lid. Brush with egg and bake in a preheated oven at 190 °C (375 °F, gas 5) for 35-40 minutes.

Take the timbales out of the oven, cut round the lid with a sharp pointed knife, then remove it. Take out the paper and dried beans and brush the inside of the pastry case with egg. Put the timbale back in the oven with the door open to dry for a few minutes, then remove it, turn it out of the mould on to a wire rack and keep it hot together with the lid. Fill as desired and replace the lid. Serve immediately.

Small timbales as an entrée

Butter some dariole moulds and sprinkle with truffle, pickled tongue or lean ham (chopped or cut into decorative shapes) Line evenly with a layer 5 mm (1/4 in) thick of fine poultry or fish forcemeat, rice au gras (cooked in a meat stock) or vegetable brunoise. Fill the middle with a cooled salpicon or a barquette filling. Cover with layer of the forcemeat used to line the moulds and cook in the oven, in a bain marie, for 15-18 minutes. Leave for a few moments, then turn the timbales out of the moulds on to a dish or on to rounds of fried bread or artichoke hearts. Serve with a sauce in keeping with the main ingredient.

Small timbales a la fermiere

Butter some dariole moulds and garnish with vegetable brunoise braised in butter. Line the moulds with a thin layer of quenelle forcemeat. Fill with a macedoine of vegetables bound with thick bechamel sauce. Cook in the same way as timbales a epicurienne. Turn out of the moulds and serve with a herb flavoured cream sauce.

Timbales clysee

Prepare 8 pastry cups from a short biscuit type (cookie-type) pastry made by thoroughly blending 100 g (4 oz, 1 cup) plain (all-purpose) flour, 100 g (4 oz. 1/2 cup) sugar, 1 egg and 50 g (2 oz. 1/4 cup) rather soft butter. Flavour with vanilla. Divide the dough into 8, then roll into very thin rounds and arrange on a buttered and floured baking sheet. Bake in a preheated oven at 200 °C (400 °F, gas 6) for 6-8 minutes.

While the pastry rounds are still hot, mould each of them into a cup shape. Place slice of sponge cake soaked in a kirsch flavoured syrup at the bottom of each pastry cup. Add a spoonful of vanilla ice cream and cover with fresh fruit, such as strawberries or raspberries. Coat this with a spoonful of kirsch-flavoured redcurrant jelly, then pipe rosettes of chantily cream round the inside edge of the cup.

Cover each of the filled cups with a cage of spun sugar, cook 200 g (7 oz, scant 1 cup) sugar and 40 g (1 1/2 oz 1/4 cup) glucose to the hard crack stage (see sugar) Thread this sugar in a delicate lattice over the bowl of a ladle. Slide the sugar cage off the ladle when set.

TIRAMISU Italian dessert invented during the 1970's based on plain cake or a yeasted sweet bread soaked in spirits or liqueur and coffee, topped with a mascarpone mixture, sometimes containing beaten egg yolks lightened with whisked egg whites.

TISANE An infusion of herbs and dried plants that is drunk hot, on its own or slightly sweetened. The word derives from the Greek ptisane and originally designated a decoration of this cereal.

Today, most tisanes are made from medicinal plants. Digestive infusions, which are said by some to be beneficial at the end of a meal, can include the following anised, a stimulant and sedative, camomile effective against neuralgia, migranes and fever pains, corn poppy, a sedative and supposed to be effective agaisnt ashma, ground ivy, antitussive marjoram, for spasms and insomnia, lemon balm, for giddiness, palpitations, migraines and sleep disorders, mint, a tonic and stimulant, meadow sweet, a sudorific and diuretic, effective against influenza and rheumatism, rosemary, beneficial to the liver, sage, a tonic stomatic and digestive, wild thyme, an antiseptic, good for the respiratory tract and the stomach, lime blossom, an antispasmodic and sudorific, verberna, digestive, and violet, an antitufisve expectorant, sudorific and diuretic. Tisanes can combine two plants blended together for example lime blossom and mint, or line blossom and star anise.

TIVOLI The name given in the 18th and 19th centuries, to several Parisian establishments providing illuminations, fireworks and other attractions, together with refreshments and evoking the famous Villa d' Este with its water and evoking the famous Villa d'Este with its water gardens, built in Tivoli, not far from Rome, in the 16th century. In classic cookery, the name Tivoli has been given to a garnish for small cuts of meat, consisting of bunches of asparagus tips and grilled (broiled) mushroom caps, filled with a salpicon of cockcombs and kidneys blended with supreme sauce.

TOAD-IN-THE HOLE A traditional British dish. It originally consisted of pieces of cooked meat mixed with smoked bacon, covered with batter and baked in the oven. In 1861, Mrs. Beeton gave an excellent recipe for steak and kidney pieces cooked in batter, but specified that any leftover meat could be used instead. This was indicative of the status of the dish as a simple, family recipe for an economical meal. Nowadays, it is made with fresh sausages, lightly baked in a shallow dish, covered with pancake batter and then cooked in a hot oven. The resulting crisp., well risen batter and golden sausages are served hot Good onion gravy is often served with toad in the hole.

TOAST A slice of bread grilled (broiled) on both sides in a toaster or under the grill (broiler) and served hot. Pieces of toast can be served in a toast rack, which will keep them crisp, they can also be served in a basket, loosely wrapped in a napkin to keep them warm.

Buttered toast is traditionally eaten for breakfast or tea, often spread with marmalade, honey or jam. It is also an accompaniment to caviar, foie gras, smoked fish and pates, and is used as a base for various other savoury preparations Cheese, flavoured butters, poached, fried or scrambled egg, grilled kidneys, mushrooms, asparagus tips with bechamel sauce, and grilled bacon. Slices of toast spread with forcemeat are served with roast game birds, especially woodcock and snipe.

A toast is also a proposal to drink someone's health. This sense of the word derives from the old habit of placing a slice of toast in a glass of hot spiced wine, the glass of wine was passed round among the guests and the slice of toast was offered to the guest of honour.

RECIPE

Garlic toast

Cut some slices 5 mm (¼ in) thick from a loaf of brown or white bread and grill (broil) them

lightly. Spread them with garlic puree and sprinkle with a thin layer of breadcrumbs and a little olive oil. Brown quickly in a hot oven and serve very hot with a salad of endive (chicory) cherry tomatoes or mesclun (mixed green salad).

TOFFEE A Canadian sweet invented in the 16th century by Marguerite Bourgeoys, who had come from Troyes in France to open the first school in French Canada. To attract the little savages, she made a syrup from molasses which she left to cool down with the first snow of winter. This happened on 25 November, and toffee is still a traditional delicacy on St. Catherine's day. In Britain, toffee is homemade or produced on a small scale in many establishments. The basic sugar and butter syrup is flavoured with nuts, chocolate, mint, liquorice or treacle or left plain. The American taffy is a little different, and usually pulled.

TOFU Also known as bean curd. A basic foodstuff of Far Eastern cookery, especially Japanese, prepared from soya (soy) beans, which are soaked, reduced to a puree, then boiled, sieved and set in blocks. In recent years, Westerners have found tofu to be a good alternative to dairy produce in a vegetarian diet, as well as an excellent source of protein for vegans. With an appearance and colour reminiscent of fresh cheese, tofu can be used as meat or fish substitute in a variety of modern dishes.

Originally from China, where it is said to have been prepared as early as the 2nd Century BC Mongolian doufu was introduced into Japan during the 8th century by Buddhist priests. It traditionally constituted the basis of vegetarian dishes. Western travellers referred to tofu as early as the 17th century, but it is only since the 20th century that its method of manufacture and its uses have become familiar in the west.

Relatively neutral in taste and very rich in vegetable proteins, tofu is used in a wide variety of Japanese recipes, combined with sweet and sour sauces in vegetable and seaweed salads, diced with noodle dishes, crumbled and cooked like scrambled eggs, with mushrooms and aromatics. It is used in sukiyaki, in fish and shellfish dishes and in soups, garnished with spring onions (scallions) or onions, it is shaped into small patties or fried in balls, it is coated with miso and grilled on skewers. It can also be cut into cubes, fried and eaten with grated ginger and soy sauce. In summer, it is served chilled, in a salad with spring onions, dried bonito, grated daikon and sesame seeds. In winter, it is scalded and accompanied by konbu.

Chinese doufu is firmer than Japanese tofu. It is usually used in steamed dishes, soups and broths. Cut into dice or strips, it also accompanies fish. Doufu can also be pressed, plain or flavoured in various ways with curcuma, green tea, or red (bell) pepper and fried with vegetables or added to marinated dishes. Fermented doufu, which has quite a strong flavour is often seasoned with pepper and used to garnish gyoza and potes.

In Vietnam, the Philippines, Indonesia and Korea, tofu is prepared with various condiments dried shrimps, mint and rice spirit.

TOKANY A Hungarian beef stew, in which paprika is not the principal seasoning (unlike goulash or paprikache) The meat is cut into thin strips, which are lightly cooked with onions in lard. The basting liquid is white wine and the seasoning is based in particular on pepper and marjoram. Sometimes, halfway through cooking, some pieces of fried smoked larding bacon are added, the stew is finished off with soured (sour) cream.

TOKAY Also known as Tokaji, A world famous sweet white wine, produced in the Tokaji Hegyalja region in northern Hungary. The area extends into Slovakia, but the predominant production is in Hungary. The main grape varieties are Furmint, blended with Hárslevelű and sometimes Muscat Blanc à Petits Grains. The local climate encourages the development of noble rot in some years but the grapes naturally high sugar levels at picking qualify them as Aszú. There are different styles of wine made those without Aszú may be made into a base wine for

Tokaji Aszu or a varietal, for example Tokaji Furmint. Where a mix of Aszu and non Aszu grapes have been harvested together the resulting wine is labelled Szamorodni (as it comes). The famous and historic wines are produced from Aszu grapes. They are stored until the base wine has fermented, then added as a paste in controlled amounts measured in hods called puttonyos. Each hod contains 20-25 kg (44-55 lb) of paste, the higher number of puttonyos, the sweeter the wine, Tokaji Aszu may be sold as 3, 4, 5 or 6 puttonyos.

Tokaji Esszencia is a rarity and made only from the free-run juice seeping from the store Aszu berries.

The production of Tokaji is complex and lengthy. Any visitor to the strange cellars underground in the region will be astounded by the thick blanket of mould that covers the walls and which must obviously have marked effect on the wines that mature many years in the small casks known as gonel. The bottles for the sweet wines are 50 cl, slightly dumpy in shape with elongated necks. Although the dry wines can be enjoyed on many occasions, the sweet ones are possibly best served at the end of a meal, lightly chilled.

TOMATE An aperitif made in Corsica with the local and excellent pastis (aniseed flavoured) and grenadine, which results in a drink looking exactly like tomato juice.

TOMATO An annual plant cultivated for its red fruits, which are widely used, cooked or raw, as vegetables, in salads, or to make a sauce or juice. Originally from Peru (the name comes from the Aztec tomah) the tomato was imported into Spain in the 16th century. Until the 18th century, it was thought to be poisonous and remained an ornamental plant (called Peruvian apple or acacia apple) In the south of France it was nicknamed love apple or golden apple a name also used in Italy. When its properties as a vegetable cum fruit were discovered, the tomato became established in Spain then in the Spanish kingdom of Naples, then in the north of Italy, the south of France, and Corsica. It was not until 1790 that it reached the Paris area and the north of France. In an edition of Encyclopedia Britannica, published in 1797, it was stated that the tomato was at that time in daily use in Britain, but in fact it took until the 19th century for it to be really established. Nowadays, it is grown and cultivated throughout the British Isles.

RECIPES

Cold tomato mouse

Lightly fry in butter 500 g (18 oz, 2 ½ cups) coarsely chopped tomato pulp (net weight after skinning and seeding) When it is well dried out, add 100 ml (4 fl oz, 7 tablespoons) veloute sauce in which 4 leaves of gelatine (softened in cold water and drained) have been dissolved. Strain this mixture through coarse muslin (cheesecloth), then put in a bowl and whisk until smooth. When cool, add half its volume of fresh whipped cream. Season with salt, pepper and a little cayenne pepper and add a few drops of lemon juice. Mix well, then pour into a glass dish.

The mousse can also be used as a garnish for cold dishes (particularly fish) in this case, pour into dariole moulds lined with aspic jelly, set in the refrigerator, then turn out of the moulds.

Concentrated tomato glaze

Immerse some ripe tomatoes in boiling water for 30 seconds, then peel them. Pound in a mortar and cook over a brisk heat until they are boiled down by half, then press through a fine strainer. Cook once more very gently until the pulp thickens and becomes syrupy. (It can be made even smoother by straining it twice in the course of cooking) This tomato glaze keeps well in the refrigerator. It is used in the same way as tomato puree (paste)

Fresh tomato pulp

Pound and press raw, ripe, perfectly sound tomatoes through a sieve to remove the seeds and skin. Put this pulp into a saucepan and boil for about 5 minutes. Strain through muslin

(cheesecloth) and collect the thick pulp remaining in the cloth this can be used to flavour hot or cold sauces. The fine liquid can be used in stock.

Green tomato jam

Select some green tomatoes and prepare them in the same way as for red tomato jam. But steep for 24 hours and use preserving sugar with added pectin. The cooking time is 4 minutes after the syrup has come to the boil.

Grilled tomatoes

Cut a circle around the stalk of some round, firm, sound tomatoes. Remove the seeds with a teaspoon. Lightly season the tomatoes with salt and pepper, brush with olive oil and grill (broil) them rapidly so that they do not collapse.

Red tomato jam

Choose some very ripe firm tomatoes that are free of blemishes. Remove the stalks and plunge them in boiling water for 1 minute. Peel, cut into small pieces, then steep for 2 hours with their weight of granulated sugar and the juice of 2 lemons per 1 kg (2 ¼ lb) tomatoes. Put the mixture in the pan and bring to the boil. Cook very gently until the syrup reaches

To help the jam to set, either add 300 ml (½ pint, 1 ¼ cups) apple juice per 1 kg (2 ¼ lb) tomatoes or replace the granulated sugar with preserving sugar with added pectin. The cooking time, after boiling, is then reduced to 4 minutes.

Sauteed tomatoes a la provencale

Remove the stalks from 6 firm round tomatoes. Cut them in two, remove the seeds, then season with salt and pepper. Heat 3 tablespoons olive oil in frying pan and put in the tomato halves cut-side downwards. Brown them, then turn them over. Sprinkle the browned sides with a mixture of chopped parsley and garlic (3 heaped tablespoons). When the other side is browned, arrange the tomatoes on a hot serving dish. Add some breadcrumbs to the frying pan and brown lightly in the oil, then pour the contents of the pan over the tomatoes.

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Alternatively, the breadcrumbs can also be added to the chopped parsley and garlic mixture, the stuffed tomatoes are then arranged in a gratin dish and the cooking finished in a hot oven.

Souffle tomatoes

Remove the seeds from some firm, regular shaped tomatoes. Sprinkle with oil or clarified butter and cook for 5 minutes in a preheated oven at 240 °C (475 °F, gas 9) Allow to cool and fill with tomato souffle mixture. Smooth the surface, sprinkle with grated Parmesan cheese and put back in the oven at 200 °C (400 °F, gas 6) for 15 minutes.

Stuffed tomatoes

Choose some ripe but firm tomatoes, of medium size and regular shape. Cut a circle round the stalk end and, with a teaspoon, remove the seeds and juice. Still using the spoon, enlarge the hole slightly until it is large enough to receive the stuffing. Lightly season the inside with salt and turn the tomatoes upside down on a cloth to drain. Arrange the tomatoes on an oiled baking sheet and warm them for 5 minutes in a hot oven. Drain again, then stuff them, heaping up the stuffing to form a dome. Complete according to the recipe.

Hot stuffed tomatoes are usually sprinkled with breadcrumbs and oil or clarified butter before being cooked.

Stuffed tomatoes a la bone femme(hot)

For 8 medium tomatoes, mix together 250 g (9 oz., 1 cup) sausagemeat, 75 g (3 oz. 1/3 cup) onion lightly fried in butter 2 tablespoons fresh breadcrumbs, 1 tablespoon chopped parsley, 1 crushed garlic clove and salt and pepper. Stuff the tomatoes with this mixture. Sprinkle with breadcrumbs and oil or clarified butter and cook in a preheated oven at 220 °C (425 °F, gas 7) for 30-40 minutes.

The stuffing can be precooked very gently in a frying pan for 15 minutes. The tomatoes are then stuffed and cooked au gratin. If this method is used, the tomatoes will not collapse.

Stuffed tomatoes a la nicoise (hot)

Make a stuffing consisting of equal proportions of rice cooked in meat stock and aubergine (eggplant) diced very small and tossed in olive oil. Add chopped parsley, garlic and breadcrumbs fried in olive oil. Stuff the tomatoes, put them in an oven proof dish, sprinkle them with breadcrumbs and olive oil and cook in a preheated oven at 220 °C (425 °F, gas 7) for 30-40 minutes.

Tomatoes stuffed with tuna (cold)

Mix together equal amounts of rice pilaf and flaked canned tuna. Add 1 tablespoon mayonnaise

for every 4 tablespoons rice fish mixture and mix in some chopped herbs and finely diced lemon pulp. Stuff the tomatoes, garnish each with a black (ripe) olive and chill until just before serving, serve with sprigs of parsley.

Tomatoes with mozzarella

Wash, peel and slice 4 tomatoes. Cut 200 g (7 oz) mozzarella into thin slices. Arrange the tomato slices on 4 plates and cover with slices of cheese. Season with salt and pepper. Sprinkle with fresh, chopped basil. Add a dash of vinegar, then a little olive oil. Serve at room temperature.

Tomato loaf

Boil down some tomato pulp over a low heat until it becomes very thick. Blend in some beaten eggs 6 eggs per 500 g (18 oz, 2 cups) puree. Season with salt, pepper and a pinch of mixed spice. Fill a round well butted tin (pan) or dariole moulds with this mixture and cook in a bain marie in a preheated oven at 180 °C (350 °F, gas 4) for 40 minutes. Allow the loaf to stand for a few moments before unmoulding. Serve coated with tomato sauce mixed with butter.

Tomato salad

Immerse some ripe, firm sound tomatoes in boiling water for 30 seconds. Peel them, cut into slices and place in a colander to drain off the liquid. Arrange the slices in a salad bowl. Add some finely chopped mild onion 100 g (4 oz, 1/3 cup) onion per 1 kg (2 1/4 lb) tomatoes and dress with a tarragon flavoured vinaigrette. Leave in a cool place. Just before serving sprinkle with chervil, parsley, basil or chopped tarragon.

Tomato sauce

Cut 100 g (4 oz, 6 slices) fresh streaky (slab) bacon into small dice. Blanch, drain and lightly cook in 3-4 tablespoons oil. Add 100 g (4oz, 3/4 cup) each of diced carrots and diced onion. Cover and lightly fry for 25-30 minutes. Sprinkle in 50 g (2oz, 1/2 cup) sifted plain (all-purpose) flour and lightly brown. Add 3 kg (6 1/2 lb) fresh tomatoes, peeled, seeded and pounded, 2 crushed garlic cloves, a bouquet garni and 150 g (5 oz) blanched lean ham. Add 2 litre (1 3/4 pints, 4 1/2 cups) white stock. Season with salt and pepper, add 1 1/2 tablespoons sugar and bring to the boil while stirring. Cover and leave to cook very gently for 2 hours. Strain the sauce into a basin. Carefully pour some tepid melted butter on the surface to prevent a skin forming.

Tomato sorbet

Peel 1 kg (2 1/4 lb) very ripe tomatoes, press them and filter the juice. Measure the volume, 250 ml (8 fl oz, 1 cup) is needed. Make a cold syrup with 150 ml (1/4 pint 2/3 cup) water and 300 g (11 oz, 1 1/2 cups) preserving sugar. Mix the syrup with the tomato juice and add 2 tablespoons vodka, then pour into an ice-cream mould and freeze for at least 1 hour. Whisk 1 egg white with 50 g (2 oz, 1/2 cup) icing (confectioner's) sugar over a pan of water at about 60 °C (140 °F). When the sorbet begins to set, whisk it, gently fold in the beaten egg white and put back in the freezer until it sets (about 2 hours).

TOMBE Fish of the Triglidae family also called pearl gurnard on the Atlantic coast and galinette in the Midi.

With a maximum length of 75 cm (30 in) it is distinguished from other gurnards by its large blue pectoral fins and its smooth lateral line. Fished throughout the year from Norway to Senegal and in the Mediterranean, it has a firm white flesh which is perfect cooked à la normande, in the oven on a bed of potatoes and onions.

TOMBER A French term meaning to cook watery vegetables, either whole (such as spinach) or cut up (as with chifonade of sorrel finely sliced onions) over a low heat with or without fat. Under the action of the heat, they cook in their own juices without browning.

In the terminology of old French cookery, tober referred to a method of cooking meat in a saucepan, without any liquid other than that produced by the meat itself. The reduced syrup meat juices were used for the sauce. The expression tober a glace still means to boil down a cooking liquid until it is syrupy.

TOMME Also known as Tome. The generic name of two large families of cheeses, one made from goat's or ewe's milk, especially in south eastern France and the Dauphine and sometimes in Savoy the other from cow's milk, pressed and uncooked, typical of Savoy and Switzerland. Tomme is also the name given to Cantal and Laguiole at the first stage of their preparation, when they are still fresh.

Goat's or ewe's milk Tommes The soft goat's milk cheeses are usually made in small discs of various sizes. They include Tommes des Allues from the Haute Tarentaise and the similar Tomme de Courched, Tomme de Belley from Franche Comte, Tomme de Brach from Limousin, sometimes blue veined, Tomme de Camargue flavoured with thyme and bay, Tomme de Comnovin and Tomme de Corps from the Dauphine, Tomme de Crest from Valence, and Tommes de Sospel from the Alpes Maritimes.

Toma is the Italian name given to similar soft, bloomy rind cheeses in Italy, but here they are mainly made from pasteurized cow's milk. Examples include Toma della Valcuvia from Lombardy and Toma de Carmagola from Piedmont.

Cow's milk Tommes These are usually made with skimmed milk and are well pressed, uncooked and have a natural polished rind. Tomme de Boudane (from Savoy) and Tomme de Revard are variants of Tomme de Savole (20-40% fat content) pliable and homogeneous, with a uniform yellow or red rind, a pronounced smell of mould and a nutty flavour, they are best from June to November and eaten at the end of the meal and in sandwiches. They are sometimes flavoured with fennel. Tomme au marc has a strong smell of alcoholic fermentation and a fairly piquant taste, the cheeses are dried slightly, then arranged in layers with marc brandy, in a cask sealed with clay, then left to ferment (it should not be confused with Tomme au raisin, a kind of processed cheese, coated with roasted grape seeds) Tomme de Romans (from the Dauphine) shaped like a flat disk, is thoroughly pliable, with a milk to nutty flavour and a lactic smell. Tomme vaudoise (for de Payeme) is a soft, almost findless Swiss cheese, white and springy, with a creamy taste, it is sometimes flavoured with cumin. Finally there is tomme de sixt, which is eaten very dry, and Tomme de Vivarais, which Charles Forot recommends kneading with rapeseed (canola) oil, a little vinegar, salt and pepper and serving with baked packet potatoes.

TOM-POUCE A small pastry consisting of two squares of shortcrust pastry (basic pie dough) sandwiched together with a cream made of butter, crushed nuts, sugar and coffee essence (extract) it is iced (frosted) with coffee fondant and decorated with a grilled (broiled) hazelnut.

TONGS A utensil comprising two arms made of metal, wood or plastic. They are either pivoted or connected by a spring and are used for grasping a variety of foods, including asparagus, gherkins, snails, salads, ice cream, sugar and ice (sugar and ice tongs sometimes have claws to help grasp the cubes) Lobster tongs are used for crushing the claws to extract the flesh. Working on the same principle, the pastry crimper is used for pinching the edges of pastries

TONGUE Fleishy organs from the heads of slaughtered livestock, which are classed as offal (variety meat) for culinary purposes. Ox (beef) tongue, weighing up to 2 kg (4 ½ lb) calf's tongue (considered to be superior in quality and quicker to cook) pig's tongue and lamb's tongue

are all used and can be prepared in many different ways in ragouts, steved, boiled and served with highly seasoned sauces (charcutiere, piquante, Italian) in fritters, au gratin, and often cold, with a vinaigrette. In earlier days, tongue was cooked with verjuice or chestnuts, made into small sausages, or grilled on skewers. Picked ox tongue (a I ecariate) is preserved in brine and can be used in man ways sometimes as a garnish for other meats. It can also be smoked.

Pink flamingo tongues were considered to be a delicacy in ancient Rome, and blackbird tongues were popular in the Middle Ages. Deep-fried salt cod tongues served with tartare sauce are a Canadian speciality.

RECIPES

Preparation of tongue

Soak the tongue in plenty of cold water for 12 hours, renewing the water 2 or 3 times. Then trim it, removing the fat part, parts and dip it in boiling water. Skin it by making an incision in the skin at the base and on the top and pull the skin towards the tip. Wash and wipe the skinned tongue, then sprinkle it with fine salt and leave it in a cool place for 24 hours. Wash it again, then wipe it.

Calf's Tongue

Boiled calf's tongue

Calf's tongue prepared in this way is always served with calf's head. Prepare and skin the tongue. Prepare a cooking stock separately, blend flour with cold water, using 1 tablespoon flour per 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{3}$ cups) water, until smooth. Strain the mixture and pour into a large saucepan. Season with 1 teaspoon salt and add 1 tablespoon vinegar per 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{2}$ cups) water. Bring to the boil, then add 1 large onion stuck with 2 cloves and a bouquet garni. Put in this stock the tongue and the calf's head weighing about 1 kg (2 $\frac{1}{4}$ lb) well tied up with string. Add about 200 g (7 oz, 1 cup) chopped veal fat, bring back to the boil and cook for 2 $\frac{1}{2}$ hours.

The tongue may be served with a simple vinaigrette or with various other sauces, such as caper, fines herbes, hongroise, piquante, ravigote or Robert.

Braised calf's tongue

Prepare the tongue and brown it in 50 g (2 oz, $\frac{1}{4}$ cup) butter drain. Brown 1 kg (2 $\frac{1}{4}$ lb) crushed veal knuckle bones in the oven. Blanch 1 boned calf's foot. Peel and dice 2 large onions and 3 carrots, cook them in butter in a pan until golden, then take them out. Line this pan with a large piece of prok rind with the fat removed, add the diced onion and carrot, the veal bones, the boned calf's foot, the tongue, a bouquet garni and a crushed garlic clove.

Blend 2 tablespoons tomato puree (paste) with 300 ml ($\frac{1}{2}$ pint, 1 $\frac{1}{4}$ cups) white wine and the same quantity of stock (the wine may be replaced by Madiera, cider or beer) pour over the tongue. Add 2 tablespoons brandy, season with salt and pepper, cover and bring to the boil. Place the pan in a preheated oven at 200°C (400°F, gas 6) and leave for about 2 $\frac{1}{2}$ hours to finish cooking.

Drain the tongue and cut it into slices. Cut the flesh of the calf's foot into dice. Take out the bouquet garni, the remainder of the rind and the bones. Puree the stock and vegetables in a blender and coat the tongue with the mixture.

Calf's tongue a l itallienne

Braise the tongue as in the previous recipe, adding some crushed tomatoes to the pan at the same time as the bouquet garni. Blanch 200 g (7 oz, 1 $\frac{1}{2}$ cups) green olives in boiling water, add them to the pureed braising stock and spoon them over the tongue.

Lambs' or Sheep's Tongues

Devilled lambs or sheep's tongues

Braise the tongues and leave to cool in their stock. Cut them in half and spread each half with mustard seasoned with cayenne pepper. Baste with butter, Dip in breadcrumbs, pour butter over

them and grill (broil) slowly. Serve with devilled sauce.

Lambs' or sheep's tongue brochettes

Prepare some lambs or sheep's tongues and braise them as for calf's tongue, taking care that they remain slightly firm. Allow them to cool completely then cut them lengthways into thin tongue-shaped slices. Marinate them for 30 minutes with some mushroom caps in a mixture of olive oil and lemon juice, with a crushed garlic clove. Cut some smoked belly bacon into strips. Roll up the tongue slices and thread them on to skewers, alternating with the strips of bacon and the mushroom caps. Soak once again in the marinade and grill (broil) slowly.

The marinade may be omitted in this case, lightly brown the mushrooms and the strips of bacon in butter before skewering them, then baste the skewers with melted butter and coat with breadcrumbs. Sprinkle again with a little melted butter and grill (broil) gently. Serve with a tomato sauce.

Lamb's or sheep's tongues au gratin

Braise the tongues and cut them in half lengthways. Put them in an ovenproof dish masked with Mornay sauce. Garnish each half tongue with a cooked mushroom. Cover with Mornay sauce, sprinkle with breadcrumbs and pour on melted butter, brown slowly. Sprinkle with chopped parsley.

Lambs or sheep's tongues en crepinette

Braise the tongues and leave to cool in their stock. Cut them in half and enclose each half in fine pork forcemeat with truffles, then wrap in a piece of pork caul. Baste the crepinettes with melted butter. Dip in breadcrumbs and grill (broil) slowly. Serve with Perigueux saur.

Ox Tongue

Ox tongue a la bourgeoise

Prepare the tongue and braise it as for a calf's tongue. Prepare a bourgeoise garnish with 500 g (18 oz) carrots cut to uniform size and half cooked, and 20 or so strips of larding bacon (slightly salted belly bacon) blanched and lightly fried in butter. About 15 minutes before the end of cooking, drain the tongue and strain the braising stock. Return the tongue to the braising pan, add the bourgeoise garnish and pour the strained braising stock over everything. Finish cooking in a preheated oven at 180-200 °C (350-400 °F, gas 4-6).

Ox tongue a l alsacienne

Prepare the tongue and poach it in stock as for calf's tongue until it is half-cooked (about 1 ½ hours). Prepare some sauerkraut a l alsacienne with its aromatic garnish and a piece of blanched larding (belly) bacon. Line a braising pan with rinds of smoked bacon and pour the sauerkraut into it, together with its garnish and the bacon. Place the tongue in the middle, cover the pan and poach for another hour, or until cooking is completed. Prepare some boiled potatoes, poach some Strasbourg sausages for 10 minutes in boiling water. Arrange the sauerkraut on a hot dish. Cut the tongue and the bacon into slices, place them on the sauerkraut and surround them with the potatoes and the sausages.

Valenciennes stuffed ox tongue

Trim a smoked tongue and cut it into thin slices. Prepare a mixture consisting of two thirds foie gras and one third fine quality butter, work it with a glass of port, some finely chopped fresh truffles, salt and pepper. Coat the slices of tongue with this preparation and reshape the tongue, wrap it in muslin (cheesecloth) and keep it in a cool place. To serve, unwrap the tongue, glaze it with clear aspic and arrange it on a bed of aspic.

TONKINOIS An almond manque cake sliced into two and filled with paraline butter cream. The

sides are masked with this cream and decorated with grilled (broiled) shredded (sliced) almonds, the top is iced (frosted) with orange fondant and sprinkled with grated coconut.

The name is also given to a square petit four made of nougatine and filled with frangipane flavoured with preline. The top is iced with chocolate and decorated with chopped pistachios.

TOPKNOT A marine flatfish 20-50 cm (8-20 in) long, which has two eyes side by side a large mouth and fins with long filaments its dorsal side is greyish, marked with brown or pink, and it has a very clear lateral line. The thick firm white flesh is lean and comes away easily from the bones. Sometimes also known as megrim, the topknot can be used for many dishes, particularly when filleted.

TOP RUMP Part of the leg of beef consisting of the group of three muscles situated in the front, in the femoral region. The round (round) flat and moving muscles provide very good roasts and tender tasty steaks, which are fairly lean. The round is less homogeneous than the other two cuts. The top rump also provides meat for spit roasting or minced (ground) beef (for hamburgers or steak tartare)

TORREE Speciality of the canton of Neuchatel. Switzerland, a region in which the sausage is king. It is cooked with other charcuterie under the ashes. The meal which follows, called by the same name, is eaten round the fire.

TORSK Fish of the Gadidae family, which lives in the waters off the north west of Scotland, northern Europe and the east coast of Canada, at depths of 150-450 m (492-1476 ft) Having the particular characteristic of a single dorsal fin, it is known as loquette in the Boulogne and pousse morue in St. malo. It is fished from April to July.

TORTEIL Also known as tourteau A typically catalan pastry, the authentic name being torté This crown shaped brioche is a speciality of Villeranche de Conflent and Arlesur Tech., where it is flavoured with aniseed. In Limoux, where it is traditionally eaten on Twelfth Night, it is decorated with crystallized (candied- citron raisins and pine nuts, then flavoured with orange, lemon and rum.

TORTELLINIA Italian pasta made with small pieces of thinly rolled dough, filled with a stuffing, folded and shaped into rings. They exist in different sizes and shapes (rolled up narrow strips or small rounded turnovers) and are called tortelli, tortelletti (mentioned in a 13th century recipe book) tortellani, tortellounti and torrigfornt. All these words derive from torta with various diminutives and augmentatives.

The pasta used may be made simply with eggs or coloured with tomato or spinach. The stuffing is usually made from chicken or ham, chopped with lemon zest, nutmeg, egg yolks or Parmesan cheese Tortellini is a speciality of the Bolognese Christmas dinner (filled with turkey, ham and sausage forcemeat) Poached in a consomme or cooked in water, tortellini and tortelloni are served with melted butter or in a sauce tomato or cream (sometimes with mushrooms) and with Parmesan cheese. This stuffed pasta is of ancient origin, legend has it that a young apprentice pastrycook made them in the shape of a navel out of love of his mistress.

TORTILLA A thin Pancake made of cornmeal, which form an important part of the diet in Latin American countries and has gained recognition in Britain and the United States. It was named by the Spanish conquistadors, in Spanish cookery, a tortilla is a flat onelette, usually filled with salt cod or potatoes, which is cut into quarters like a cake (the word has the same origin as torta, a tart).

Cornmeal has been used since time immemorial for preparing pancakes, which are traditionally grilled (broiled) on earthenware utensils. They are used as bread or as tart bases and are stuffed

for turnovers and sandwiches. The old Indian method of preparation consists of kneading the cornmeal dough, or masa, on stone called metate then shaping it into circles about 20 cm (8 in) in diameter and 3 mm (1/4 in) thick which is quite a delicate operation. Nowadays, tortillerias provide ready made tortillas, which can be bought cooked or uncooked. Grilled tortillas, lightly browned, have a thin but tough crust on each side. They can also be puffed up like soufflé potatoes, then stuffed. Tortillas are always eaten hot, either on their own (as bread) or filled with various ingredients, usually with a piquant sauce.

The range of condiments and stuffings used include guacamole, avocado puree with red (bell) pepper, chopped raw onion, red pepper, green tomato coulis, grated queso (cheese) or thin strips of chicken breast. The main dishes prepared with tortillas are tacos, a very popular type of sandwich, enchiladas, tortillas rolled around their filling (fried sausages or pieces of roasted chicken), then coated with a sauce and cooked in the oven, tostadas, small very crisp tortillas, covered with sautéed or fried red kidney beans and sometimes embellished with chopped meat, served as a hot hors d'oeuvre, chilaquiles, thin strips of fried tortilla covered with a highly spiced sauce and cooked in the oven, and quesadillas, tortillas filled with meat in sauce or vegetables with cheese, folded into turnovers, then fried in lard.

The tortilla even forms part of the Mexican breakfast, which basically consists of buenos rancheros fried eggs arranged on fried tortillas and garnished with tomatoes crushed with red pepper and slices of avocado. At lunch, the soup is sometimes thickened with small pieces of tortilla, Sopa seca is a dish consisting of pieces of tortilla generously coated with sauce and served piping hot. Equally popular are sopas, tortillas filled with meat, beans and highly spiced sauce. Among the specialties of Yucatan, mention should be made of the papaizul tortillas stuffed with pieces of pork or hard boiled eggs, served with a sauce made from ground pumpkin seeds, tomato puree (paste) and pumpkin seed oil. In Venezuela, cornmeal pancakes are found in the form of arepas. These are thicker than tortillas and are often raw in the middle, even after cooking. Butter, eggs, spices or fried maize (corn) grains are sometimes added to the dough.

TORTILLON A dry petit four, usually made of twisted puff pastry (like a sacristain) with crystallized (candied) or dried fruits or shredded (silvered) almonds, alternatively it is made of choux pastry moulded into a zigzag shape.

Tortillon is also another name for the brassadeau

RECIPE

Tortillons

Fill a medium sized piping (pastry) bag with choux paste. Holding the bag at 45° and making zigzag pattern, pipe on to a baking sheet some sawtooth shapes 15 cm (6 in) long. Sprinkle each tortillon with 12 currants steeped in rum. Dust very lightly with icing (confectioner's) sugar and bake in a preheated oven at 180°C (350°F, gas 4) for 25 minutes.

TORTONI A café, restaurant and ice-cream parlour opened in Paris in 1798, at the corner of Rue Taitbout and Boulevard des Italiens, by a Neapolitan called Velloni. Shortly afterwards, it was purchased by his head clerk, Tortoni, who gave the place its name. It closed in 1893. Every celebrity in Paris climbed the steps of the famous ice-cream parlour which was also a highly regarded restaurant, well known for its cold buffets. Its meats in aspic, papillotes of young hare and salmon escalope attracted as many customers as the ice cream cakes, sorbets and granitas, Italian specialties that Tortoni made fashionable in Paris. A Tableau de Paris, dated 1834, quoted by R. Heron de Villefosse in *Histoire géographique et gourmande de Paris*, describes the activity of the establishment. In the morning, its excellent cold lunches brought in the stockbrokers, bankers and the fashionable set from the Chaussee d'Anti. At four o'clock, the speculators from the Stock Exchange met in front of its façade. Finally in the evening, the regular customers from the Boulevard came to savour the imperial tea and the flavour of the ice pyramids in the shape of

fruits and plants.

TORTUE, EN A method of preparing calf's head. It is cooked in white court-bouillon, simmered with the tongue and sweetbreads in a white wine sauce with olives, mushrooms and gherkins added, then heaped on a platter in a mound usually garnished with small quenelles of veal forcemeat and fried croutons. This French dish, which dates back to the Middle Ages, is also highly esteemed in Belgium.

Calf's head en tortue was once a large and spectacular entrée, the head was surrounded by small quenelles of veal forcemeat, cock combs and kidneys, cooked mushrooms, stuffed poached olives, slivers of truffle and escalopes of calf's tongue. Small fried eggs, small slices of calf's brain cooked in court bouillon, gherkins shaped like olives, dressed crayfish and fried heart shaped croutons completed the garnish.

Nowadays, calf's head en tortue is usually prepared using pieces of head, simmered in tortue sauce and arranged on fried croutons, surrounded by a more modest garnish. When served whole, it is stuffed and cooked in a braising stock seasoned with turtle herbs, a mixture of basil, thyme bay leaf, sage, rosemary and marjoram, with coriander seeds and peppercorns, inside a muslin (cheesecloth) bag

Tortue sauce, made with white wine, mirepoix, a roux and stock and flavoured with tomato, traditionally accompanies calf's head en tortue, it was originally intended for turtle, hence its name, and is also used for fish and offal.

RECIPES

Calf's head en tortue

Prepare a white court-bouillon and cook the calf's head and, separately, the tongue and sweetbreads. Cut all this offal (variety meat) into pieces and keep warm in their stock.

Make some tortue sauce. Cook in butter, without browning 250 g (9 oz 3 cups) diced mushrooms. Stone (pit) 150 g (5oz. 1 ¼ cups) green olives, blanch for 3-4 minutes in boiling water and dice them. Also dice 7-8 gherkins. Strain the sauce and add the gherkins, olives and mushrooms. Heat thoroughly and adjust the seasoning by adding a pinch of cayenne.

Drain the pieces of offal and cover them with the sauce. Garnish the dish with small quenelles of veal forcemeat and croutons fried in butter.

Tortue sauce

Infuse a bouquet garni and a few sprigs of basil in 500 ml (17 fl oz, 2 cups) dry white wine. Lightly cook in butter 150 g (5 oz) smoked ham, 3 onions and 3 carrots (both cut into dice) Sprinkle with 3 tablespoon flour and brown. Add the strained in the evening, the regular customers from the Boulevard came to savour the imperial tea and the flavour of the ice pyramids in the shape of fruit is and plants.

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TOSCANE, ALA A term used in France to describe various dishes prepared with Parmesan cheese and ham, specialities of Ermita Romagna, True Tuscan cookery, however, is characterized by grilled beefsteak, bean dishes and Chianti. Macaroni a la toscane is bound with a puree of foie gras and sprinkled with diced truffles sauteed in butter.

RECIPES

Allumettes a la toscane

Cut some puff pastry into strips 7.5 cm (3 in) wide and 5 mm (¼ in) thick. Mix equal amounts of cooked ham cut into small dice and poultry forcemeat, season and add a little chopped truffle. Completely coat the strips of puff pastry with this mixture. Cover with a very little bechamel sauce, sprinkle with grated. Parmesan cheese and cook in a preheated oven at 240°C (475°F, gas 9 for 12-15 minutes).

Souffle fritters a la toscane

Mix a little grated nutmeg, 50 g (2 oz, ½ cup) grated parmesan cheese, 50 g (2 oz, ¼ cup) cooked ham cut into small dice and a little chopped truffle with 300 g (11 oz) choux paste. Shape into balls. Fry the fritters in boiling oil and serve very hot as an entrée.

TOULOUSAINNE, ALA Describing a garnish for poached or pot-roasted poultry or a filling for croustades, tarts or vol-au-vent. It consists of a ragout of small quenelles of poultry, lamb's sweetbreads or cockcombs and kidneys, mushrooms and truffles, bound with allemande sauce (or toulousaine sauce, which is a supreme sauce thickened and enriched with egg yolks and cream)

Nowadays, the expression is more frequently applied to various dishes from south western France.

TOULOUSE-LAUTREC, HENRI DE (French painter (born Albi, 1864, died Chateau de Malrome, 1901) This great artist, noted for his drawings, paintings, lithographs and posters, was also an excellent amateur cook, the creator of recipes in which originality vied with soundness of taste (chick peas with spinach, perch with anchovies, plums in rum) and also with humour (grilled grasshoppers, seasoned with salt and pepper). Thanks to his friend Maurice Joyant, the traditional and regional recipes that he cooked were collected in *La Cuisine de Monsieur Momo*, of which 100 copies were printed in 1930, the work was republished in 1966 under the title *L'Art de La cuisine*, with illustrations of menus by Lautree.

TOUPIN An earthenware pan or small stewpot, used in Savoy to prepare soups, fondues and ragouts. Its name has been given to a pressed cow's milk cheese (45% fat content), in the shape of a tall cylinder, made in the Vallee d' Abondance. It is firm and homogeneous, with a fruity flavour, and has a thin, rather rough, rind.

TOUPINEL. A poached egg dish, said to have been created in the restaurant Maire at the end of the 19th century. It apparently owes its name to a vaudeville by A. Bisson. Feu Toupinel, which was playing at that time on the boulevards. Eggs Toupinel are presented in scooped out baked potatoes. The potato pulp is mashed with butter and cream, seasoned with salt and nutmeg, then put back into the potatoes, which are coated with Mornay sauce. Finally, a poached egg is placed on top of each potato, also covered with Mornay sauce, and the dish is glazed in the oven or under the grill (broiler). Celery puree or shredded lean ham is sometimes added to the mashed pulp. Eggs Toupinel are traditionally served with fried parsley.

TOURANGELLE, ALA Describing large pieces of roast lamb or mutton served with their thickened juices and a garnish of French (green) beans and flageolet beans bound with butter. The expression is also applied to poached or soft-boiled (soft-cooked) eggs arranged on tartlets filled with flageolet beans puree and coated with cream sauce.

TOUR D'ARGENT The oldest Parisian restaurant. It originated in 1582, an inn on the Quai de la Tournelle, standing on the remains of a castle, built by Charles V. of which a white stone tower still remained. A certain Rourteau used to prepare hereon and wild duck pies, which Henri III himself ate there. Later, Richelieu enjoyed goose with prunes at the inn, while his great nephew, the Duke of Richelieu, had his all beef menu prepared there. Madame de Sevigne praised its chocolate and Madame de Pampadour its champagne. Under Napoleon 1, Lecog, head of the imperial kitchens, took over the restaurant, which had suffered during the Revolution. Roast duck and leg of lamb were at that time the best known dishes. Paillard succeeded Lecog, and George Sand and Musset were among the restaurant's regular customers.

It was after 1890 that the Tour d'Argent acquired the prestige that it retains to this day, with the renowned Frederic, first maitre d'hotel and then manager, who invented the recipe for canard au sang and had the idea of attributing a serial number to each bird served. The tradition has continued and the canardiers in white aprons officiate on the small stage of the theatre du canard, where two magnificent presses occupy the place of honour. The great Frederic, who made the Tour d' Argent the Bayreuth of cookery.

TOURER A French term meaning to give the necessary turns to puff pastry dough to make it puff up during baking. This entails successive operations of folding, rolling out, turning the dough through 90 then refolding, and so on. Professional pastrycooks do this on a tour de patisserie, which is a refrigerated marble or metal slab.

TOURIN Onion soup, sometimes with garlic or tomato, prepared with lard or goose fat it is common to the Perigod and Bordeaux areas. The food historian Jean-jacques Duben writes. Tourin is onion soup made with good fat and a little garlic, bound with egg yolk in a trickle of vinegar and poured over slices of state home made bread. When there is no more bread left in the soup bowl, a good glass of strong red wine of the year is poured in. The colour is certainly not attractive, I admit, but we are on our own and this warm beverage, flowing and generous, is an exceptional tonic.

Tourin which also spelled tourvain tourrin, touril or touri was traditionally taken to newly weds on the morning after their wedding and bore the name tourin des maries or tourin des noces (with vermicelli added). In Quercy, some variants are tourin a l'oucou (cooked with a preserved goose leg). Tourin a la poulette (onion and flour browned in goose fat before adding the liquid) and tourin aux raves (shredded kohlrabi, browned in lard) In Perigord, a crushed clove or garlic and a little tomato puree (paste) or fresh tomatoes are usually added.

RECIPES

Perigord tourin

Lightly brown in goose fat, in a frying pan, 150 g (5 oz, 1 cup) finely chopped onion. Sprinkle with 1 tablespoon flour and add 2 crushed garlic cloves and a few tablespoons of boiling water. Stir to avoid lumps. Cook 2 large seeded tomatoes in 2 litres (3 ½ pints, 9 cups) stock. Drain, crush and return to the stock. Add the contents of the frying pan and boil for 45 minutes. Just before serving, blend in 2 egg yolks mixed with a few tablespoons of stock. Pour into a soup tureen over some thin slices of farmhouse bread.

Tourin de noces

Brown in lard or goose fat 1 large grated onion and 6 quartered tomatoes. Add 1.25 litres (2 ¼ pints, 5 ½ cups) hot water. Season well with salt and pepper. When the vegetables are cooked, rub them through a sieve. Add 1 tablespoon vermicelli and some small grilled (broiled) croutons to the soup and boil for a few minutes more. Season with pepper and serve.

TOURNEBRIDE An obsolete name for an inn situated near a cheateau or country residence, where visitors servants and horses were lodged. Already old-fashioned at the beginning of the 20th century, the word tournebride, which originally meant turnabout, is however, still used to describe a quiet welcoming country inn in France.

TORUNEDOS (FILET MIGNON) A small round slice, about 2.5 cm (1 in) thick, taken from the heart of a fillet of beef and sauteed or grilled. In French butchery, the classic presentation of the tournedos, barded and tied up, enables others roasting cuts to be used in the same way as fillet, these cuts are called au facon tournedos (tournedos style)

The Dictionnaire de l'Academie des gastronomes explains the etymology of the word, which appeared around 1864, as follows. In the last century, the stalls backing on to the central alleys of the fresh fish pavillion, in the Paris halles, were assigned fish of doubtful freshness. By analogy, the name tournedos was given to pieces of fillet of beef that were kept for a few days in storage. An indiscretion is said to have led to the word's appearing on a restaurant menu one day, the public, not knowing its origin, adopted it. Another explanation is connected with the dish ordered by Rossini which surprised the head waiter so much that he had the dish served behind the back of the other customers. This cut of meat has one of the largest varieties of garnishes and sauces.

RECIPES

Sauteed or grilled tournedos

Saute the tournedos very rapidly in butter, oil or a mixture of both, so that the interior remains pink. They can also be grilled (broiled) Depending on the choice of garnish, or to prevent the garnish from masking the tournedos, the steaks are sometimes arranged on fried or grilled croutons, potato cakes, artichoke hearts or rice. The following are a few suggestions for garnishes and sauces.

A la bearnaise Grill and garnish with chateau potatoes, serve bearnaise sauce separately.

Ala d' abrantes Season with paprika, saute in oil, then arrange on a grilled slice of aubergine (eggplant) add to the cooking juices some lightly fried onion, a salpicon of sweet (bell) pepper and tomato sauce.

A la perigourdine Saute in butter, place on a fried crouton, garnish with slices of truffle tossed in butter, pour over a sauce made from the pan juices mixed with Madeira.

Archiduc Saute in butter and arrange on a potato cake, garnish with croquettes of calves brains and silvers of truffle, cover with the pan juices diluted with sherry, crème fraiche and veal stock, and flavoured with paprika.

Clamart Saute in butter and garnish with artichoke hearts filled with peas or fresh pea puree, pour over a sauce made from the pan juices mixed with white wine and veal stock.

Saint Germain Saute in butter, place on a fried crouton and garnish with thick pea puree.

With anchovies Saute in butter and arrange on a slice of fried bread, pour over a sauce made from the pan juices mixed with thickened veal stock, white wine and little anchovy butter, garnish with half fillets of anchovies in oil, placed in a crisscross pattern on the tournedos.

With mushrooms Saute in butter, pour over a sauce made from the pan juices mixed with thickened veal stock and Madeira, garnish with mushrooms sauteed in butter.

Tournedos Brillat-Savarin

Wash 250 g (9 oz) fresh morels, cut off the stems and make small cuts in the caps. Simmer them in a little water for 15 minutes, then drain. Brown a chopped shallot in butter in a frying pan. Add the morels with a little mustard and a few tablespoons of double (heavy) cream. Finish cooking over a low heat. Adjust the seasoning and keep warm.

Gently fry the tournedos in butter. Remove and keep warm. Stir into the pan 175 ml (6 fl oz. $\frac{3}{4}$ cup) port and 5 tablespoons gray and heat. Remove from the heat and thicken the sauce with butter. Adjust the seasoning. Arrange the morels around the tournedos and pour over the strained sauce.

TOURTE A round pie or tart, which can be savoury or sweet. The name originally designated a round loaf (from the Latin tortus) A tourte consists of a shortcrust or puff pastry case (shell) filled either with a mixture of meat, poultry, game, fish or vegetable (with aromatics and additional ingredients) or with fruit and cream, covered with a lid of the same pastry. Some sweet tourtes do not have lids, these are high-sided tarts. Large rustic brioche are called tourtes.

Similar to English pies, tourtes nowadays derive from rustic or regional cookery. They once played a major role as classic entrees or desserts, tourtes with truffles, oysters, pigeons, foie gras, beatilles and goduvaux, very fashionable until the 17th century, gave way to the lighter vol-au-vent, croutes and timbales, as Careme pointed out in his *l'Art de la Cuisine Francaise*. The tourte is no longer elegant enough to appear on our opulent tables, because its shape is too common, even the middle classes scorn it and eat only hot patates and vol-au-vent, whereas rich merchants and their families used to regale themselves with the humble tourtes.

In medieval cookery and during the Renaissance, it was once of the commonest dishes and was sometimes highly decorative mention should be made of the frangipane tourte, similar to the Pithiviers gateau, and the tourtes pannerfennes of Taillevent (large round tall pies filled with mutton, veal or pork, with spices and raisins, coloured with saffron, and with casketed edges in which small flags bearing the guests coats of arms were placed.

RECIPES

Apricot tourte

Place some thinly rolled-out shortcrust pastry (basic pie dough) in a tourtiere or deep flan dish lightly moistened in the middle. Trim it to size, prick the base and moisten the edge, fixing around it a band of puff pastry 3 cm (1 ¼ in) wide and 1 cm (½ in) thick to form the rim. Fill the tourte with stoned (pitted fresh apricots, without letting the fruit touch the pastry rim (which would prevent it from rising evenly during cooking). Brush the upper surface of the rim with egg and score it lightly with the point of a knife. Bake in a preheated oven at 190 °C (375 °F, gas 5) for about 45 minutes. About 5 minutes before it is cooked, sprinkle lightly with icing (confectioner's) sugar to provide a glaze.

Many other fruits can be used, cooked or uncooked, whole or cut up, pineapple, cherries, nectarines, pears, apples or plums.

Tourte of veal with Parmesan cheese

Make 400 g (14 oz) shortcrust pastry (basic pie dough, see short pastry) Soak a pig's caul (fat) in cold water. Cut into strips 250 g (9 oz) noix of veal, a large slice of smoked ham and 200 g (7 oz) bacon fat, marinate in a bowl with 100 ml (4 fl oz, 7 tablespoons) white wine, 2 tablespoons white wine 2 tablespoons Cognac, thyme, salt and pepper.

Meanwhile, chop up 200 g (7 oz) breast of veal, a large slice of smoked ham, 200 g (7 oz) bacon fat, 300 g (11 oz) calf's liver and 3-4 shallots. Add 100 g (4 oz, 1 cup) grated Parmesan cheese and mix with 2 beaten whole eggs, salt and pepper.

Roll out two-thirds of the pastry and line a buttered tourtiere or deep flan dish with it. Lay the caul inside, letting the edges overhang. Spread half of the forcemeat on top, add the strips of meat, then the remaining forcemeat. Fold over the edges of the caul. Roll out the remaining pastry and place it on top of the flan dish, sealing the edges by moistening and pinching them. Make a small hole in the middle and slide a funnel made of foil inside to let the steam escape. Brush the top of the tourte with beaten egg and bake in the preheated oven at 220 °C (425 °F, gas 7) for 1 ½ hours.

Tourtes a la mode bearnaise

Melt 500 g (18 oz, 2 ¼ cups) butter and pour it over 100 g (4 oz, 8 cakes) fresh (compressed) yeast in a bowl. Mix together. Add 500 g (18 oz, 2 ¼ cups) caster (superfine) sugar, 12 eggs, 1 small glass rum, the grated zest of 2 lemons, a pinch of salt and enough flour to obtain a firm mixture. Leave to rise for 24 hours. Divide into balls and put into buttered moulds. Bake in a preheated oven at 220 °C (425 °F, gas 7) for about 45 minutes.

TOURTEAU A French name for the common edible crab, the biggest European crab, fished both in the Atlantic and in the Mediterranean, where it lives on rocks and stones at depths of up to 100 m (328 ft) Its oval yellowish brown carapaces is wider than it is long and is lightly scalloped around the edge. The first pair of legs, which are highly developed and have large black tipped pincers, contain a delicate flesh.

RECIPES

Tourteau fromage

Make some short pastry (basic pie dough) using 250 g (9 oz, 2 ¼ cups) plain (all-purpose) flour,

125 g (4 ½ oz, 9 tablespoons) butter, 1 egg yolk, 1 –2 tablespoons water and a pinch of salt. Lave in a cool place for 2 hours, roll out to a thickness of 5 mm (¼ in) and line a buttered tourtiere (or deep flan dish) 20 cm (8 in) in diameter. Bake blind for about 10 minutes. Mix 250 g (9oz) well-drained fresh goat's milk cheese with 125 g (4 ½ oz, ½ cup) caster (superfine) sugar, a pinch of salt, 5 egg yolks and 25 g (1 oz, ¼ cup) potato starch. Mix well, then add 1 teaspoon brandy or 1 tablespoon orange flower water. Whisk 5 egg whites to very stiff peaks and gently fold them into the mixture. Pour into the pastry case (shell) and bake in a preheated oven at 200 °C (400 °F, gas 6) for about 50 minutes. Serve warm or cold.

TOURTIERE A round mould of variable diameter, slightly wider at the top, with high fluted or smooth side. Made of ovenproof white porcelain earthenware or ovenproof glass, sometimes with a removable base, it is used for cooking and serving tourtes, tarts or pies.

The word is also used in France for any kind of pie dish, tart mould or flan ring.

TOURTOU Also known as tourton. A small buckwheat pancake, the Limousin equivalent of the Breton galette, traditionally cooked in a frying pan greased with pork fat. Tourtous are a speciality of the Tulle region, where they are still made at home by housewives and taken to the local village shops to be sold.

In Perigord, Quercy and Rouergue, tourteaux are small cornmeal pancakes (not be confused with the fourteau fromage)

TRAIT A small quantity of a spirit or liqueur used for making a cocktail. It is generally measured by means of a measuring cap.

TRAPPISTE A generic name for various cheeses made by monks, particularly in the Trappist monasteries of Citeaux, Belval, Briquebec, Mont des-Cats and Lamie, as well as in certain Belgian monasteries. They bear the name of the abbey where they are made sometimes preceded by the words trappiste de . Made from cow's milk (40-45% fat content) they take the form of discs of varying sizes. Trappiste de Belval, originating in Picardy, is a pressed uncooked cheese with a smooth washed rind, straw yellow to greyish in colour. Pliable and delicate, the ivory yellow cheese has a mild flavour. Trappiste de Citeaux with the same characteristics, has a more fruity flavour. Trappiste d' Echourgnac an ivory yellow cheese pierced with very small holes, which has a mild flavour, and Trappiste d' Entramine's which has a fruity flavour are also worth mentioning.

TRAVAILLER A French verb meaning to beat or mix together the elements of a dough, batter or any liquid preparation, in order to blend in various ingredients, to make it homogenous or smooth, or to give it body. Depending on the type of preparation (forcemeat, puree, dough, cream or sauce), the process is carried out either on the stove or away from the heat, sometimes on ice, with a wooden spatula, a manual or electric whisk, a blender, a mixer or even with the hand.

The intransitive form of the verb travailler is applied to rising dough or fermenting alcohol.

TRAY A large, flat, low-rimmed container, sometimes with handles, used for presenting and carrying to table various foods. It may be made of wood, wicker, glass or metal. A plateau de fruits de mer seafood platter's) is an assortment of shellfish served on a tray garnished with crushed ice or seaweed.

TREACLE An alternative term for heavy syrup or golden (corn) syrup but more usually used in the context of black treacle, which is a dark (almost black) thick product of molasses and sugar syrup. It has a strong, bitter flavour .Black treacle is used in some baking such as dark gingerbreads, and in some savoury dishes, including Boston baked beans.

TRENCHER Formerly a wooden board used for carving meat. In the Middle Ages, the trencher was a thick slice of bread which was used as a plate. When the bread became too impregnated with sauce or broth at the end of the meal, it was given to the poor. Parisian trencher bread, according to the *Menagier de Paris*, was a fairly coarse loaf made in Corbeil and sold in the Place Mauberit

TRICHOLOMA A genus of fleshy robust mushrooms with white or pink gills, indented near the stalk, and without a ring (or volva) They are available from spring to the end of autumn and most species are edible the tastiest are *Tricholoma gamboston* which is white or buff and the wood blewit which is brownish violet colour (the fibrous base of its stalk must be cut off and the rather sticky skin of its cap must be removed). Both of these are excellent when prepared like chanterelles and can even be eaten raw. The wood blewit also grows in winter and can be cultivated. Other species worthy of note are *Tricholoma argyraceum*, which is brownish grey with a very delicate flavour after cooking *Tricholoma equestre* which tastes like a carnation, the pinkish white. *Tricholoma columbetta*, and *Tricholoma terreum*.

TRICLINIUM In ancient Rome a dining room containing three couches arranged parallel to three sides of a table the fourth side remaining free for the service. Each couch accommodated three guests,

Rich patricians had three trichiniums; one for summer, one for winter and one for spring and autumn.

TRIFLE A favourite English dessert – despite its name meaning ‘of no account’ – eaten on festive occasions. Also called tippy cake, it is usually made of sherry-soaked sponge cake with custard and often jam, decorated with cream and sometimes fruit; however, recipes go back to the 16th century with many variations. Naples biscuits, macaroons and ratafia biscuits (cookies) formed the bottom layer in the 18th century, covered with custard and syllabub, the latter becoming cream old versions of the Scottish whim-wham include syllabub, layered with sponge and redcurrant jelly. The dean’s cream (from Trinity College, Cambridge) contains crumbled ruffias or macaroons with sherry, cream and crystallized (candied) fruit, while the dukes’ custard over Naples biscuits. There are also consciously non-alcoholic version from the 1860s: ‘church’ trifle was made with sherry and ‘chapel’ without it, but jam instead. Jelly is a modern addition.

Zuppa inglese is direct copy created in Naples to honour Lord Nelson in 1798, but the world has many similar desserts.

TRIGGERISH A flat, lozenge-shaped fish from warm seas. Its French name of a Roman war machine (balista) and derives from the dorsal trigger which it display in times of danger. The best-known species is the Mediterranean triggerfish, which is prepared in the same way as tuna and has a similar flavour.

TRIM To remove all the inferior, unsuitable or inedible parts from food before cooking.

Some cooked items or dishes are trimmed to improve their appearance before serving. For example, poached eggs are trimmed after cooking to remove the dough edges.

TRIMALCHIO A character created by Petronius, a Roman writer of the 1st century AD, in the *Satyricon*, an account of the wanderings of a young dissolute. Roman Trimalchio is a typical

parvenu who exhibits vulgar ostentation in his private life, particularly at table. Trimalchio offers his friends and courtesans a gargantuan feast with a multiplicity of courses: fish, plump chicken, wild boars, sow's udder, pigs stuffed with sausages and black puddings (blood sausages), oysters and snails. In Trimalchio, Petronius caricatures the nouveaux riches the habits described are not representative of the usual Roman practice of the time. The expression *festin de Trimalicion* (Trimalchio's feast) is sometimes used to describe a magnificent, but in view of its true meaning it is hardly a compliment.

TRIPLE The stomach of ruminants (especially ox, calf or sheep) used as food. It is usually sold specially prepared or cleaned for cooking, but is also available ready-cooked or pickled.

- Triple in French cooking Tripe can be prepared in a variety of ways and it is used in a large number of regional French dishes, usually highly seasoned. The best-known French dish is *tripes à la mode de Caen*. The authenticity of which has been defended by the Norman *Confédération de la Tripière d'ore* since 1952; each year they award a prize to the best manufacturer. Triple can also be marinated and then fried or grilled (broiled); sautéed with onions slowly stewed with tomatoes; cooked au gratin, cooked in a sauce with vegetable flavourings, or cooked in broth, wine or cider. Particular mention should be made of *tripe en meurette*, cooked with vinegar, shallots and *crème fraîche*; *Bugey tripe*, sautéed, flamed with *mare* brandy and slowly stewed in white wine with tomatoes and spices; and *tripe à la dauphinoise* (slowly stewed with bacon rinds, pork skin, tomatoes, garlic and spicy stock.)
- International tripe dishes Tripe dishes of other countries include *busecca* from Lombardy, a soup made with calf's tripe and green vegetables, *Spaniards tripes à la madrilène*, highly spiced and garnished with chorizo, chilli peppers, garlic and thin strips of sweet red (bell) pepper, *Bulgarian tchorba*, *tripe soupe*, the Arab *anurise*, tripe and plack boiled with cumin, pepper and orange and lemon rind and *harbouche*, or tripe couscous, tripe simmered with oil, garlic, cumin, caraway, white haricot (navy) beans and beef sausage, and the British tripe and onions, simmered in milk with bay leaves.

RECIPES

Tripes à la mode de Caen

Line the bottom of a marmite or flameproof casserole with 500 g (18 oz. 2 ½ cups) finely sliced onions and 500 g (18 oz. 3 cups) sliced carrots. On top of these put 2 calves feet, boned and cut into pieces, together with their long bones split, in half lengthways. Add a mixture of 2 kg (4 ½ lb) ox (beef) tripe, consisting of the *pasalterium* (or *manyplices*), *rennet* (or *reeds*), *reticulum* and *rumen*, cut into 5 cm (2 in) pieces. Insert among the tripe 4 garlic cloves, a large bouquet garni (mostly thyme and bay leaf) and 300 g (11 oz) leeks, tied in a bunch. Season with 3 teaspoons coarse salt, 1 teaspoon freshly ground pepper and a pinch of 'four spices'. Cover with a few slices of beef fat, then pour in enough cider, mixed with a few tablespoons of Calvados, to cover.

Begin cooking on the stove without a lid, then cover and seal with a flour-and-water luting paste. Cook in a preheated oven at 140°C (275°F, gas 1) for about 10 hours. Before serving, remove the layer of fat, drain the tripe and take out the bouquet garni, all the bones and the leeks. Put the tripe into a serving dish and pour over the cooling stock, strained and skimmed of fat. Keep as hot as possible until serving. Serve on heated plates or in small earthenware bowls, with steamed potatoes.

Tripe soup à la milanaise

Cut into Julienne strips 500 g (18 oz). Calf's tripe, which has been blanched, cooled and drained. In a flameproof casserole heat 100 g (4 oz. ½ cup) bacon cut into small cubes, a medium-sized onion and the shredded white part of a leek. Add the julienne strips of tripe and brown for a few minutes on the stove. Sprinkle with 1 tablespoon flour. Add 2 litres (3 ½ pints, 9 cups) stock or water and bring to the boil. Cut the heart of a medium sized cabbage into small pieces, blanch for

6 minutes in boiling water, then drain. Peel and seed 2 tomatoes and crush had pulp. Add to the boiling soup the cabbage, the tomatoes, 5 tablespoons peas and a few small sprigs of broccoli. Seasoned with salt and pepper and pepper and cook rapidly for at least 1 ½ hours.

TRIPERIE In France, all the offal (variety meat) of slaughtered animals, which is sold mainly by the tripe butcher. However, kidneys and liver may be sold at an ordinary butcher, and pig's offal is sold and processed by the pork butcher. In the Middle Ages, the tripe butchers' corporation was founded in Paris by six families, who purchased white or red offal from butchers on a whole sale basis. They prepared the offal and resold it to merchants, who peddled it about the streets, in copper containers, especially ox (beef) tripe with saffron.

TROIS-FRERRES A pastry created in the 19th century by the three Julien brothers, celebrated Parisian pastrycooks, for which a special mould, in the shape of a large twisted crown, was invented. A mixture of rice flour and melted butter is poured on to eggs whisked with sugar, flavoured with vanilla or Marschino, cooked, then set on a base of sweet pastry. Trois-freres is traditionally glazed with apricot and decorated with apricot and decorated with candied angelica. A variant of this pastry is made ground almonds, sugar, eggs and whipped cream, flavoured with orange, iced (frosted), then decorated with fruit. The special mould is sometimes replaced by a savarin mould.

RECIPE

Trois-freeres

Make 250 g (9 oz) pate sablee (see short pastry). Put 7 whole eggs into a heatproof basin and whisk on the hob (stove top), over hot water water, with 250 g (9 oz. 1 cup) caster (superfine) sugar. When the mixture is thick and creamy, our in 225 g (8 oz. 2 cups) rice flour, 200 g (7 oz. 1 cup) melted butter and 2 tablespoons Maraschino or rum, mix thoroughly, then pour into a well-buttered trois-freres mould. Roll out the dough to a round shape 5 mm (1/4 in) thick and a little larger than the mould. Place on a buttered and floured baking sheet. Bake both the pastry dough and the egg mixture in a preheated oven at 200°C (400°F, gas 6) at the same time, the former for 45 minutes and then latter for 20 minutes. Remove from the oven, urn out of the mould and allow to cool. Set the crown-shaped cake on the pastry base, cover generously with apricot syrup, sprinkle with chopped shredded (slivered), almonds and decorate with diamond shapes of candied angelica.

TROISGROS, JEAN AND PIERRE French chefs and restaurateurs Jean (born 1926, Chalon-sur-Saone; died (1983; Roanne) and Pierre (born 1928), Chalonsur-Saone), the sons of Jean-Baptise. Troisgros, a café-owner who later come oroprietor of the small station hotel at Roanne (Loire), when and his wife were in charge of the kitchens. The two brothers were sent to Lucas-Carton in Paris for their apprenticeship, then to Ferdnand Point in Vienne. In 1954 they began to practice their trade in the family hotel, then took over the management; therefore their progress was continuos (one star in the Michelin guide in 1955, tow in 1965, three in 1968).

Their cookery was inspired by recipes handed down from past generations, sometimes almost peasant in character for example, pigeons a la gouse d'ail on chemise, snails en poelon with green butter and foie gras fried with spinach. But they also brought family dishes to peak of perfection, notably their famous escalope of salmon with sorrel and their mosique of vegetables stuffed with truffles. Pierre proved to be mat specialist, whereas Jean was a wine connoisseur. Together they created rib of beef au fluree and a la moelle, accompanied by a gratin of potatoes a la forezienne (without cheese), aiguilleties of mallard with st. George's mushroom, or, in a more modern vien, scallops en croute with nantes butter, and salade riche (for gras, lobster and truffle).

TRIPEZIENNE A round of brioche pastry, cooked, then filled with a cream mousseline enhanced with rum, and sprinkled with icing (confectioner's) sugar. This speciality of Saint-Tropez is now known all over France.

TROQUET A popular term in France for a drinking establishment (synonymous with bistro). It is shortened from a *mastroquet* (wine retailer), which appears to come from the Dutch *meesterike* (small employees), allied to the slang word *stroc* (a measure of wine).

TROU NORMAND The former custom, also called *coup de millieu*, of drinking a small glass of spirits in the middle of a large meal to aid digestion and stimulate the appetite for the remaining courses. The spirit was *calvados* (hence the name, *Calvados* being distilled in Normandy, but Cognac, *kirsch* or a fruit brandy could also be drunk, usually after the entrees and before the roasts. Nowadays, in place of the *trou normand*, a fruit sorbet is sometimes served, sprinkled with an appropriate spirit; orange and Cognac, pineapple and *kirsch*, pear and pear brandy, or lemon and vodka.

TROUSSER A French term meaning to arrange fowl or winged game in the appropriate form before trussing, with the legs straight out for roasting and folded in the braising or poaching. The term *trousse* is particularly applied to a bird with a small incision made in its sides for inserting the leg and thigh-joint. For some small fowl, *troussage* may make trussing unnecessary.

Crayfish (and sometimes langoustines) are often *trousse* for a particular garnish; the process consists of sticking the ends of the pincers into the base of the 'tail' (that is, the abdomen).

TROUT A fish of mountain streams, lakes and rivers, highly sought-after by fishermen. This carnivorous fish, with tasty flesh (its name comes from Greek *troktes*, meaning 'voracious'), is also bred on a large scale in trout farms. Since 1961, when the *guillon* law was passed, only specially bred rainbow trout have been sold in fish shops or served in restaurants in France, whereas the majority of regional trout dishes are, in principle, intended for trout caught locally.

- **BROWN, SEA AND NALMON TROUT.** The common brown trout constitutes 55% of bred trout, but young fish are rapidly reintroduced into their natural environment to restock well-oxygenated rivers. Adult trout are a golden colour, with spots on the top half of the body, but the degree of colouring depends on habitat, sex and age; they can grow as long as 60 cm (2 ft. highly esteemed in the Middle Ages, trout was then cooked in a court-bouillon or a pie. A variety called the lake trout, living in lakes and fast-flowing streams can grow as long as 1 m (39 in) its diet, rich in shellfish, turns its flesh pink; it is then called salmon trout. The same is true of the sea trout which lives in coastal rivers nearer the English Channel and swims down to the sea, returning to the rivers in autumn. In France fishing for the brown trout, lake trout and sea trout requires a permit; the fish are reserved for private consumption.
- **RAINBOW TROUT** The rainbow trout is a species imported from the United States (where it lives in open water), it is bred in fish farms on a large scale. It is a silvery fish, sometimes with a purplish-blue band down its side. It has spots over its entire body. Including the fins.
- **SPECKLED TROUT** The speckled trout is a fish of the salmonidae family, imported from Labrador and introduced into the lakes of the Alps and the Vosges. Often wrongly confused with the char, the speckled trout is particularly identifiable by the many zebra stripes of its colouring. This fine, much sought-after species is fished in spring.
- **Trout farming** The brown trout was the first fish to be bred successfully by artificial insemination, as early as the 15th century. At the Reome monastery (Cote-d'Or), Dom

Pinchon took and fertilized some trout eggs, put them in boxes on a bed of sand and replaced the fish in the river. Known to a number of fishermen and kept secret, this method was rediscovered in 1842 by two Vosgians. But the expansion of trout farming did not occur until the beginning the 20th century, when the rainbow trout was imported. The milt of stud males is poured on to the eggs of selected females, the eggs are left to mature in water rich in oxygen at constant temperature. The alevins are then placed in tanks, while they are growing they are sorted into batches of uniform size. At about five months, the alevin measures 6 cm (2 ½ in) and already has the general shape of a trout. Between 6 and 16 cm (2 ½ and 6 ½ in), or 40 –75 g (1 ½-3 oz), it is called a troulet (truitelet), which becomes a truite-portion between 18 months and 2 years, when it measures 28 cm (11 in) and weigh 150-300 g (95 –11 oz). It can live for a further 10 years and reach 6-8 kg (13-18 lb), but this only happens to those specimens selected for reproduction.

The diet of the bred trout - fish meal and soya (soy) flour - is carefully measured, the trout cannot be forced-fed in order to make it grow. Furthermore, it needs space, otherwise it will die. The defects attributed to trout from breeding farms (tasteless or flaccid flesh) are usually caused by the treatment they received at the fishmonger or at the restaurant, where the water in which they are kept may be too warm or insufficiently oxygenated.

- Smoked trout Smoked trout are also sold whole or in skinned (rainbow or sea front, sometimes salmon trout). In Norway, in particular, salmon trout bred in farms are smoked, frozen or bottled.
- Trout cookery Trout a la meuniere and au bleu are well-known dishes, which are succulent when made with freshly caught brown trout. There are in addition, a variety of tasty ancient recipes from the French provinces. In Auvergne, trout is fried with chopped bacon and garlic; stuffed a la monteliorienne (with breadcrumbs, cream, herbs, and mushrooms), cooked in fumet and coated with cream sauce; or poached in fillets and served on a julienne; of cabbage simmered in cream. Trout a la d'essée is poached, then, the next day, rolled in breadcrumbs and cooked au gratin. In south-western France, trout (known as trouete or truchet) is fried or braised in white wine with cep mushrooms or stuffed with whiting flesh ground with duck foie gras and cooked en papillote. In Savoy, trout is cooked au bleu, a la meuniere (a speciality of Lake Annecy), in a court-bouillon (served with a mousseline sauce), or stuffed and braised a l'appremont, in Corsica (where Corte is a major river-fishing centre), it is traditionally cooked with aromatics and red wine in a poelon (a long-handled metal pan). In Normandy, trout is pot-roasted with bacon a la made de Vire, cooked in a matelote with cider (in the Andelys); cooked en pupilloise, with apple, herbs, cream and Calvados, or made into a hot pie (a traditional dish of the bishops of Rouen). Mention should also be made of trout a la bauraisienne (roasted with peppercorns), trout a la montharboise (stuffed) with spinach and shallot and cooked in a court bouillon, also called caprice de Buffon (in honour of the naturalist Buffon, who was born in Monbard), trout pate a la lorraine (fillets ground with nutmeg and herbs, mixed with chopped morels and garnished with whole fillets); trout flambe from Perigord, served with melted butter; and plain grilled (broiled trout, as described by Austin de Croze. The trout were gutted, scraped, and washed, while some broad flat pebbles were being heated in a hole with burning twigs. The hot pebbles were removed with forked branches, on each was placed few drops of oil or a tiny piece of butter, followed immediately by the seasoned trout, in which some diamond-shaped incision had been made hot pebbles were used to seal the other side of the trout... which were eaten au naturel on large hunks of bread. Jean Giono, a great connoisseur, denounces trout with almonds, a classic restaurant dish that is despised by many gourmets. 'never with butter, never with almonds. That's not cookery, it's cardboard-making... Apart from trout au bleu, people don't know how to cook trout.

Despite the prejudice against them, bred trout are widely used in restaurants in various dishes, hot or cold, some more elaborate than others. Chefs have prepared them in a variety of

imaginative ways Laguiere served the Emperor Napoleon grilled trout, which had been marinated in olive oil and lemon, with a maitre d'hotel sauce seasoned with nutmeg. Fernand Point devised a recipe for trout stuffed. With mushrooms, truffle, carrots and celery, sealed in a court-bouillon, sprinkled with port, and finished off in the oven en papillote, coated with the cooking juices thickened with beurre manie. Classic preparations include trout poached in a court-bouillon and served with a hollandaise sauce, cooked in red wine a la bourguignonne, fried a la Colbert, or cold, in aspic, with various garnishes. In addition, any salmon recipe can be used for trout.

RECIPES

Fried trout

Clean, gut and dry some very small trout. Season with salt and pepper and dust with flour. Deep-fry in sizzling oil, then drain and arrange on a napkin. Serve with a green salad and slices of lemon.

Medallions of trout with chive butter

Blanch 100 g (4 oz) spinach for 1 minute. Rinse in plenty of cold water, dry well and chop very finely in a blender, combine 150 g (5 oz) scallops without their corals, the spinach, 5 tablespoons whipping cream and 3 tablespoons white wine. Season with salt and pepper. Cover 6 good trout fillets with this mixture, then roll them up on themselves. Wrap each trout fillet in foil, carefully sealing the ends. Cook in steam for 8-10 minutes. Put to one side. Reduce almost completely 120 ml (4 ½ fl. oz. ½ cup) good white wine with 1 very fine chopped shallot in a saucepan. Add 250 g (9 oz. 1 cup) very cold butter, cut into pieces, and incorporate vigorously. Add 3-4 tablespoons finely chopped chives. Correct the seasoning. Put this chive butter on the plates and place the rolled trout fillets, cut into medallions, on top. Garnish with the vegetables cooked of dente.

Salmon trout Beuharnais

Stuff a salmon trout weighing about 900 g (2 lb) with 250 g (9 oz) forcemeat of whiting and cream mixed with 4 tablespoons vegetables mirepoix lightly cooked in butter. Place on the butter grid of a fish kettle, half-cover with fish fumet made with white wine and cook in a preheated oven at 230°C (450°F, gas 8), or place the fish kettle on the hob (stove top) across two burners or hotplates, for about 20 minutes. Drain the trout, place in serving dish and garnish with noisette potatoes cooked in butter and small artichoke hearts cooked in butter and filled with bearnaise sauce.

Strain the cooking liquid, reduce, thicken with butter and serve with the trout.

salmon trout with salad

Clean and filet 4 salmon trout. Slice the fillets into thin strips, lay on a porcelain dish, season with salt and pepper and sprinkle with olive oil. Turn them over and repeat the operation. Leave to marinate overnight in a cool place.

On the day of the meal, cook some small artichokes, keeping them crisp, peel 2 very ripe avocados, poach 3 quails' eggs per guest and prepare a very fine julienne of orange zest and ginger. Cook 3 crayfish per person in a highly flavoured court bouillon.

Arrange the raw trout fillets in a fan shape on the plates. Place the crayfish, with their tails shelled, at the base of the fan, then complete the fan, with avocado slices, artichoke quarters and quails eggs. Sprinkle with the julienne of orange and ginger then season with a dash of lemon juice and a little olive oil.

In autumn, make the garnish with thin strips of Caesar's mushrooms, a boletus cap marinated with the trout fillets, small shape pieces of beetroot (red beet), crisp French (green) bean, artichoke hearts, poached quails' eggs and a julienne of orange zest and fresh ginger.

Trout a la bourguignonne

Clean and dry 4 trout and season with salt and pepper inside and out. Finely slice 250 g (9 oz) cleaned mushrooms, 1 carrot and 1 onion, lightly cook in butter and use to line a buttered ovenproof dish. Place the trout in the dish and add a bouquet garni and just enough red Burgundy to cover the fish. Bring to the boil on the hob (store top), then cover and cook in preheated oven at 220°C (425°F, gas 7) for about 10 minutes. glaze 12 small (pearl) onions. Drain the trout and place in a heated serving dish, with the onions as garnish. Keep hot. Strain the cooking liquid, thicken with 1 tablespoon beurre manie, and put back on the heat for 2-3 minutes, add 2 tablespoons unsalted butter, whisk and pour over the trout.

Trout a la nage jean Giono

Clean and rinse the freshly killed trout. Pour into a dish 1 glass vinegar and season with salt and pepper; put the trout in the dish, turning them over several times, then leave to marinate for 15 minutes.

Heat a little vinegar in a large sauté pan or flameproof casserole (large enough to hold the trout), then pour in 1 glass olive oil beaten with 5 glasses water. Add 1 carrot, 1 leek and 1 onion (all sliced), 1 small chopped celery stick, 3 crushed garlic cloves, 5 crushed juniper berries, a pinch of powdered thyme, salt, pepper and a dozen fennel seeds. Boil rapidly, until the liquid has reduced to about 1 cm (1/2 in).

Add the trout. Cover, bring to the boil, then cook at maximum heat for 1 minute and over a low heat for a further 4 minutes.

Trout au bleu

For true trout au bleu, the fish must be extremely fresh – killed about 10 minutes before cooking and serving. Take the fish out of the water and kill them with a hard blow on the head; gut and clean rapidly, without wiping. Sprinkle with vinegar, then plunge into a boiling court-bouillon containing a high proportion of vinegar, Simmer, allowing 6-7 minutes for fish weighing about 150 g (5 oz). Drain and arrange on a napkin. Garnish with fresh parsley and serve with melted butter or hollandaise sauce.

Trout with almonds

Clean and dry four 250 g (9 oz) trout. Season with salt and pepper and dust with flour. Melt 50 g (2 oz, 1/4 cup) butter in a large oval frying pan and brown the trout on both sides, then lower the heat and cook for 10-12 minutes, turning once. Brown 75 g (3 oz., 1/4 cup) shredded (silvered) almonds in a dry frying pan or in the oven and add to the trout and arrange on a serving dish. Sprinkle with 2 tablespoons lemon juice and some chopped parsley. Keep warm. Add 20 g (3/4 oz. 1 1/2 tablespoons) butter and 1 tablespoon vinegar to the frying pan, heat, then pour over the trout with the almonds.

Trout with leeks

Remove the backbone from an uncooked trout, season with salt and pepper, and stuff with a fine forcemeat of whiting and cream. Roll up in blanched whole leaves of young leeks. Cook in a buttered dish with a little white wine and shallots. Drain the fish. Reduce the cooking liquid, if necessary, and thicken with cream; adjust the seasoning and pour over the trout.

TROUVILLE The name given to a recipe for lobster. After being cooked in a court-bouillon, it is removed from its shell and cut into salpicons, then mixed with thin slices of mushrooms

sautéed in butter, oysters and mussels (poached and trimmed), and slices of truffle. This mixture is arranged within a circle of risotto with sauce a la normande, the whole is then covered with a light sauce Mornay, sprinkled with grated cheese and glazed under the grill (broiler).

TRUFFADE Also known as truffado. A speciality from Auvergne, made of cooked potatoes, peeled coarsely shredded, then fried in lard over a brisk heat, with thin strips of Tomme (fresh Cantal cheese) added. The mixture is stirred until the cheese added. The mixture is stirred until the cheese melts and combines with the potato to form a thick pancake, which is turned over, covered, cooked for a few more minutes over a low heat and then served as a hot entrée. Connoisseurs of this dish consider that the best Tomme for truffade is that of a Planeze, which is particularly high in fat. Fried lardons or chopped garlic are sometimes added. The name comes from truffe, or trouffe, a former name for 'potato' in country areas.

TRUFFER A French culinary term meaning to impart the aroma of truffles to a dish by incorporating pieces of truffle. It is mainly foie gras, forcemeats (for pates, poultry, quenelles and black puddings), salpicons and ragouts that have diced or chopped truffle added to them. A chicken can be 'truffled' by sliding strips of truffle between the flesh and skin. As Grimond de La Reyniere stated; 'Maraschino can be "truffled" as well as turkey,' but overuse is not recommended, as the Dictionnaire de l'Académie des gastronomes makes clear: 'Let us be truffophiles, even truffivores at times, but let us refrain from truffomania!'

TRUFFLE A subterranean fungus which lives in symbiosis with certain trees, mainly the oak but also the chestnut, hazel and beech. A highly esteemed foodstuff, the truffle (from the Latin tuber, meaning 'outgrowth' or 'excrecence') is rounded, of variable size and irregular shape, and black, dark brown or sometimes grey or white in colour; it is found especially in chalky soil or clay, quite near the surface, less than 30 cm (12 in) deep. French truffle production (particularly in the south-west and south-east) has drastically declined since the beginning of the 20th century, because of deforestation, the deterioration of suitable land and the use of pesticides. Before 1914, some 1740 tons of truffles were harvested each year in Perigord alone. Now less than 200 tons are harvested in the whole of France. Methodical truffle cultivation has not yet given conclusive results.

- Mysterious origins. The truffle has been known and appreciated since ancient times. The Egyptians ate truffles coated in goose fat and cooked en papillote. The ancient Greeks and Romans attributed therapeutic and aphrodisiac powers to them the latter quality was still recognized in the 19th century, when Alexandre Dumas wrote. They can on certain occasions, make women more tender and men more lovable. Up to the beginning of the 18th century these origins were shrouded in mystery: since, during storms, flames leap from the humid vapours and dark clouds emit deafening noises, is it surprising that lightning when it strikes the ground, gives rise to truffles, which do not resemble plants?, asked Plutarch. In the Middle Ages, when they were looked upon as a manifestation of the devil, they fell into oblivion. Having returned to popularity during the Renaissance, they subsequently suffered a further eclipse, but came back into favour under Louis XIV and have reigned supreme since then. La Varenne recommended ragout of dried or fresh truffles as an entrée washed, cooked in wine, seasoned with salt and pepper and served on a napkin or in a dish garnished with flowers. In 1711, Claude Joseph Geoffroy, a French Botanist, published a paper entitled *Végétation de la truffe*, which definitively classified the truffle among the mushrooms.

The practice of using muzzled pigs to seek out truffles was common in the 17th century; in 1705 Lemery wrote. There are dogs which can detect them as well as pigs. Some peasants, in areas where truffles are found, have taught themselves through long experience to recognize the places where they are hidden. Nowadays, the many varieties of truffles are always gathered with the assistance of an animal (pig or dog) that can detect their presence in some cases, the

movement of a fly may reveal that truffles are nearby. With the animal on a leash, the 'digger' closely follows its footsteps and unearths the truffles as soon as the animal begins to rout in the ground 'he then carefully replaces the clods of earth so that no traces remain - the other truffles must be left to mature and the curiosity of potential poachers must not be aroused. Truffle cultivation remains essentially empirical and small-scale truffles are neither sown nor planted. They spring up spontaneously when the fungal spouses or mycelia encounter the rootlets of an oak tree (or another symbolic species) and from a mycorrhiza, which takes its nutrients from the tree, the truffle itself is the fruiting body of the fungus and does not appear to be connected by any filaments to the mycorrhiza.

- Varieties of truffles The varieties of truffles, 32 of which are found in Europe. The most highly esteemed is the black truffle of Périgord, which matures after the first frosts; it has black flesh streaked with whitish veins and gives off a strong aroma. In fact, it mainly comes from Tricastin, Vaucluse, Lot, Quercy and Gard, but it retains the prestigious appellation which established its reputation (it is also found in Piedmont, Tuscany and Aragon), the truffe d'été, or truffe de Saint-jean, dark brown and white-veined, the grey truffle of Champagne and Burgundy, and the truffles of Alsace and Vaucluse, brown with black veins, have less of an aroma, like the terfez (the show white truffle, which grows in North Africa, in the Atlas mountains).

The white truffle of Piedmont enjoys a measured popularity. It has a delicate aroma, especially marked in the truffle of the Alba region, and is in season from October to December. In cookery, it is served with capon, veal and sometimes langoustine. It is also eaten cooked in Asia, sprinkled with Parmesan cheese, and seasoned with lemon vinaigrette. A sauce made with Piedmont truffles. Butter, cream, garlic and anchovy is poured over spaghetti or vegetables served cold. The truffle is also used raw, grated or cut into thin strips (with a coupe-truffle, a special utensil), as a garnish for grilled meat, chicken agnolotti or risotto.

Truffles in cookery A good black truffle must be well rounded and in a single piece. It is not at its best until ripe which prompted Grimod de la Reynière to say 'truffles are only really good after Christmas... So let us allow ignorant tops, headless gourmands and inexperienced palates the petty triumph of eating the first truffles.'

Although its use in cookery is more restrained than in the past, because of its rarity and high price the prestige of the truffle remains intact and the superlatives attributed to it bear witness to its almost mythical quality: 'diamond of cookery' (Brillat-Savarin), 'fairy apple' (George Sand), 'black queen' (Emile Goudeau), 'gem of poor lands' (Colette), 'fragrant nugget' (J. de Coquet), 'black pearl' (Fulbert Dumonteil) and 'holy of holies for the gourmet' (Alexandre Dumas). Regarding their cost, J-L. Vudoyer is said to have observed: 'There are two types of people who eat truffles: those who think truffles are good because they are dear and those who know they are dear because they are good.'

Truffles are eaten raw or cooked, cut into strips or slices, diced or shredded, in the form of juice, fumet or essence, or simply for their fragrance. 'when you feel like eating boiled eggs, if you have some truffles in the house, put them in a basket with the eggs and the next day you will have the best boiled eggs you have ever tasted in our gastronomic life' (M'des Ombiaux). Truffles occur, frequently associated with foie gras, in all recipes called game, meat, poultry, pate, forcemeat, black puddings (blood sausages), egg dishes, egg dishes and salads. They also feature in various sauces (diplomat, financière, Joinville, regence and rich) and garnishes (banquière, Belle-Helen, Berry, cardinal, Chambord, Demidof, favorite, Frascati, Godard, Loret, Lucullus, réforme and Rohan). Other prestigious dishes including truffles are fillet of beef Prince Albert; timbale Talleyrand; chicken à la d'Albufera, demi-euil and Edward VII; filets of sole à l'imperiale and Renaissance; lobster with victoria sauce; and tournedos Rossini.

However, as Colette says, 'You pay its weight in gold for it, then in most cases you put it to some paltry use. You smear it with foie gras, you bury it in poultry overloaded with fat,

you drop it up and down it in brown sauce, you mix it with vegetables covered in mayonnaise.... to hell with thin slices, strips, trimmings and peelings of trufflest. It s not possible to like them for themselves? Indeed, the true connoisseur enjoys truffles whole and fresh either raw, with butter or salad, or cooked (in embers, braised with white wine or champagne or in a puff—pastry case).

Colette also gives us a delicious recipe: “Steep in good very dry white wine (keep your champagne for banguets; the truffle does very well without it), lightly seasoned with salt and pepper. Cook in a covered black cocotte. For 25 minutes it dances in the boiling liquid with 20 or so lardons - like Trittons playing around a black Amphitrite - which give substance to the cooking juices. No other spices whatever! and to hell with the pressed napkins, tasting and smelling of chlorine, the final bed of the cooked truffle! Your truffles should come to the table in their court-bouillon. Take a geneours helping the truffle whets the appetite and assists the digestion.

Canning Truffles can be bought in cans, peeled or scrubbed, ripe and whole. They are graded sur choix (with firm flesh black and of a uniform size and colour), extra (with firm flesh, more or less black and slightly irregular in size), premier choix (with more or less firm flesh, sometimes light in colour, of irregular size and possibly with abrasions). They are also canned in pieces, at least 5 mm 9/16 in) thick dark in colour, with up to 2% impurities, peelings, of variable colour, with 20% cracks at most and up to 3% impurities, and fragments, with up to 5% impurities.

- Truffle products truffle-flavoured oils, vinegars, pastes and sauces are available. The oils and vinegars are useful and provide a comparatively inexpensive way of brining the flavour of truffles to pasta, sauces and similar dishes. It is a good idea to check the list of ingredients on pots of paste and sauces as they may include flavour enhancers and a large proportion of seasoning, that can limit their use in some recipes.

RECIPES

Ragout of truffles

Peel 8 fresh 40 g (1 ½ oz) truffles, cut into quarters, and seasoned with salt and pepper. Add 100 ml 94 fl oz 7 tablespoons) dry Banyuls and marinate for 20 minutes at room temperature.

Reduce by half 200 fl oz, ¼ cup) good fullbodied red wine in a flameproof casseole, lightly rubbed with garlic. Blend in 1 teaspoon flour mixed with 2 teaspoons butter, bring to the boil, then add the truffles and the marinade.

Cover with foil and put on the lid, brining the edges of the foil over the top; cook in a preheated oven at 180°C (350°F, gas 4) for 10 minutes.

Cut some stale bread into 3-4 cm 9/16 in) croutons, dry them slightly in the oven, then rub with garlic and spread the soft side with goose or duck fat. Serve the ragout in its casserole, with the courtons in a separate dish.

Sauté of Piedmont truffles

White or black truffles may be used for this recipe, which can be prepared at table as follows. Finely slice the truffles. Put in a silver dish a few tablespoons of olive oil or butter and some good meat glaze, the size of an egg, cut into small pieces. Place the truffles on top with little salt, white pepper and grated nutmeg. Sprinkle with a few tablespoons of oil or a few pieces of fine butter. The silver dish, covered with its lid, is placed on a spirit heater in front of the hot. Who frequently stirs the truffles with a spoon, replacing the lid of the dish each time. About 8 minutes' cooking should be sufficient. The host then adds the juice of a lemon and serves his or her guests.

Truffle ice cream

Boil 3 large well-scrubbed truffles in 1 litre (1 $\frac{3}{4}$ pints, 4 $\frac{1}{3}$ cups) milk for about 1 hour. In the meantime, whisk 8 egg yolks with 250 g (9 oz. 1 cup) sugar. Drain, dry and trim the truffles. Pour the milk over the sugar and egg mixture to make a custard; cook until it forms ribbons when the spoons is lifted, then add the chopped truffle trimmings. Allow to cool, then leave to set in an ice-cream maker. Cut the truffles into julienne strips. Fill tulip glasses with alternate layers of ice cream and truffle, finishing with a decoration of julienne strips. This ice cream is served as a dessert.

Truffle salad

Clean some raw truffles and slice finely or cut into julienne strips. Make a vinaigrette with oil, vinegar, salt, pepper and lemon juice, but without aromatic herbs. (when fresh truffles are not available, preserved truffles can be used.)

The truffles may be mixed with sliced boiled potatoes (demi-dueil salad) or sliced artichoke hearts (imperatrice salad).

Truffle sauce

Cook a very black fresh truffle in a mixture of half meat stock, with a little tomato puree (paste), for 10 minutes. drain and cut into julienne strips. Cover the pan tightly and reduce the liquid to a few teaspoonfuls, then add 2 egg yolks and the julienne. Thickens with 200 g (7 oz, $\frac{3}{4}$ cup) clarified butter, as for a bearnaise sauce. Season with salt and pepper.

This sauce is served with poached fish, white meats and Lauris asparagus.

Truffles for garnishes

Depending on the dish to be garnished, fresh raw truffles are peeled, then cut into strips or dice of varying size, or into quarters, or shaped like olives. Cook gently in butter for a few minutes only, so as into to impair their flavour or texture. Add a few tablespoons of dessert wine and keep hot, but do not boil.

Sterilized truffles or truffles in goose fat, which have already been cooked, need only be heated wit the dish that they are to accompany.

Truffle tourte a la perigourdine

Line as pie dish, 4-5 cm (1 $\frac{1}{2}$ -2 in) deep, with lining pastry and place on a baking sheet. Arrange on the bottom a layer of uncooked toie gras cut into large dice, seasoned with salt and pepper and sprinkled with 'four spices' and Cognac, covering the pastry to within 1 cm (1/2 in) of the edge. Top with scrubbed and peeled whole truffles, seasoned with salt and pepper and sprinkled with 'four spices' and Cognac. Place small slices of foie gras, seasoned with salt and pepper, on the truffles. Cover with a thin layer of pastry and seal the edges. Garnish the top with cut-out shapes of pastry and place a funnel in the centre. Brush with egg and bake in a preheated oven at 200°C (400°F, gas 6) for 40-45 minutes. Pour through the funnel a few tablespoons of reduced dei-glance sauce, flavoured with Madeira and truffle essence. The tourte is served hot or cold.

TRUSS To thread one or two pieces of trussing twine through the body of a poultry or game bird with a trussing needle to hold the legs and wings in place during cooking. This is done after dressing the bird (that is, when it has been plucked, cleaned trimmed and singed); if the bird is to be braised, poached or fried whole (rather than roasted), the legs are tucked under the skin before trussing.

A well-trussed bird sits better on its roasting or cooking dish. It is easier to baste and turn and easier to cook and prepare, especially if it is to be served whole. It is always untied after cooking so that the parts which are protected by the legs can be checked to see that they are properly cooked.

TRUSSING NEEDLE A very large needle, usually of stainless steel, 15-30 cm (6-12 in) long and 1-3 mm (about 1/8 in) in diameter, pointed at one end and having an eye at the other. It is used to pass one or two strings of thread through the body of a chicken or game bird in order to keep the legs and wings in place or for sewing up stuffed boned meat. Trussing needles are often sold in a case containing an assortment of needles of different sizes.

TSARINE, A LA a term that describes poached poultry garnished with olive-shaped pieces of cucumber in cream, or poached fish (sole or brill) garnished with cucumber cooked in butter and coated with Mornay sauce seasoned with paprika. The expression also refers to various dishes directly inspired by classic Russian cookery. Cream of hazel grouse and celery, garnished with a julienne of celery; poached eggs arranged on tartlets filled with hazel grouse puree, coated with cream and mushroom sauce, soft roes poached in white and garnished with chopped vesiga and caviar.

TUILE A crisp thin biscuit (cookie), so named as it was considered to resemble the shape of a curved tile. The basic mixture consists of sugar, shredded (slivered) or ground almonds, eggs and flour, sometimes with added butter and flavoured with vanilla and orange. This is spread on to a baking sheet. The tuile acquires its characteristic shape by being laid over a rolling pin while still hot, then left to set until cool and crisp. Flat round tuiles (called mignons) are stuck together in pairs with meringue, then dried in the oven.

RECIPE

Tuiles

Whisk together 100 g (4 oz. ½ cup) caster (superfine) sugar, 1 teaspoon vanilla sugar, 75 g (3 oz. ¾ cup) plain (all-purpose) flour, 2 eggs and a small pinch of salt. Blend in 25 g (1 oz. 2 tablespoons) melted butter and 75 g (3 oz. ¾ cup) shredded (slivered) almonds (optional). Using a teaspoon, place small quantities of the mixture, well apart from one another, on a buttered baking sheet. Spread them out slightly with the back of a fork dipped in cold water. Bake in a preheated oven at 240°C (475°F, gas 9) for about 4 minutes – the edges of the tuiles should be golden brown, the centres remaining white. Take out of the oven, remove from the baking sheet and bend them, while still hot, over a rolling pin or a very clean bottle. Leave to cool.

TULIP light biscuit (cookie) made of butter, icing (confectioner's) sugar, flour and egg white. The mixture is spread on greased baking sheets. Well part in circles, using a spoon or a palette knife (spatula). The mixture spreads during cooking to make thin biscuits. The hot, soft biscuits can be shaped when first removed from the oven by putting them in individual brioche moulds. The mixture quickly becomes firm and crisp as it cools and sets. They are served cold and crisp, filled with Chantilly cream, fruit or ice cream. The biscuits should be stored in an airtight container to prevent them from softening. They should be filled shortly before being served, otherwise they become soft. The biscuits can be rolled around wooden spoon handles, rolling pins or cream horn tins (pans) to make different shapes.

TUNA *Thunnus thynnus*. A good source of the omega-3 fish oils so highly valued by modern nutritionists, tuna was also highly appreciated in ancient times. The Phoenicians used to salt and smoke it. Archestrattus recommended the great tuna of Samos and that of Sicily, but he said, if one day you go to Hippone, a town in illustrious Italy (in North Africa), the tuna there are better than all the rest, 'When using the female tuna, he recommended cutting the tail into pieces, roasting it, sprinkling it with salt and oil and pickling it in a strong brine. In

the Middle Ages, pickled tuna was appreciated particularly to nine (cut up, roasted or fried in olive oil, then salted and strongly spiced). In the time of Louis XIV, the grocers still traded in pickled tuna. From the 19th century, tuna fishing gradually extended to the Atlantic

Tuna are migratory fish which travel in dense shoals. As early as the 2nd century BC, the Greeks knew of their migratory habits, and ancient fishing methods have been practised for a long time in Sicily and the former Yugoslavia. In Provence, at the end of the 19th century, the approach of shoals of tuna was still heralded by lookouts blowing their horns. At the outbreak of World War I, fishing for bluefin tuna was still on a small scale and restricted to the Mediterranean, whereas fishing for albacore, which had been modernized around 1850, was thriving in the Bay of Biscay. The first boat designed for fishing tuna for the canning industry was built in 1906. Around 1930, a few ship owners in Saint-Jean-de-Luz fitted their boats with refrigerated holds. Today tuna fishing is industrialized and scientific locating the migrating shoals by helicopter or even satellite in the final decades of the 20th century, the fishing methods of certain countries causes controversy because it was found that other marine life, including dolphins, were perishing alongside the tuna. Such was the outcry that many manufacturers now label their cans 'dolphin friendly'

- Types of tuna Five species of tuna are now fished the albacore, yellowfin tuna, bluefin tuna, blackfin tuna, blackfin tuna and skipjack, which represents the third grade of canned tuna found in supermarkets.
- ALCABORA OR WHITE TUNA Called germon or thon blanc in France. This is widely used for canning. Formerly much more abundant than it is today, it weighs 10-30 kg (22 – 66 lb) and is fished from the Azores to Ireland. Its white flesh, slightly rose-tinted and very tasty, resembles veal and is cooked in a similar way. Formerly, it was nicknamed veal of the Carthusians, as it could be eaten on days of abstinence. Breton germon is sold fresh from the end of May to the beginning of October. It is sliced and braised (after marinating) or broiled (broiled).
- YELLOWFIN TUNA Called albacore in France, this is bigger and heavier than the albacore, up to 2.5 m (8 ft) long and 250 kg (550 lb) in weight: it has a steel blue back, greyish sides and a silvery belly (like the albacore), but its fins are yellow and its flesh pale pink. It is fished practically throughout the year in a tropical and equatorial waters. Rarely sold fresh, it is widely used by the canning industry.
- BLUEFIN TUNA Fished in the Mediterranean, the Bay of Biscay, and a few tropical seas. In Australia, it is known as the southern bluefin to distinguish it from the northern variety. When it is young, its belly has green stripes and its flesh is white. The flesh of adult fish is dark red. The average weight of a bluefin tuna is 100-125 kg (220-275 lb), but some very old fish are more than 3.5 m (11 ½ lb.) long and weigh 700 kg (1545 lb). The bluefin tuna is almost always sold fresh. In France it is prepared by Basque, Sicilian or Provençal cooking methods cut into slices, marinate, then braised or cooked en daube, rather than grilled. The flesh of the bluefin tuna is best when it has been kept for about eight days by that time it is shiny and bright red, with a more pronounced taste than that of albacore. When its colour is verging on light brown, the fish has gone bad.
- BLACKFIN TUNA Called bigeye in the United States, this is caught in the same areas as the yellowfin. It does not exceed 100 kg (220 lb.) and is usually eaten fresh, but it does not have the flavour of albacore.
- SKIPJACK This is a bonito. Its flesh is as good as that of the bluefin tuna but less firm. It is used mostly in canning for tuna-based preparations. Several other resemble tuna and are prepared in similar ways the pelamide (pelmid or bonito) which is cooked in steaks like albacore but does not have its quality and taste; meliva (frigate mackerel), a small fish found in warm seas, with a dark blue back and often smoked; thoutine (little tunny), a bonito with a speckled belly and brown flesh, used in canning.

Preserved tuna Tuna is consumed in a wide range of preserved form, which are used to fill sandwiches, and make mixed salads; stuffed vegetables including avocados, (bell) peppers and tomatoes; and various hors d'oeuvre.

Tuna is available canned in water, brine, various oils or sauces. Canned tuna is presented either whole (the slab is in fact composed of pieces tightly packed together), in small fragments or in fillets (long strips taken from the belly of the fish).

Cans labelled 'tunny' or 'tuna fish' almost always contain tropical tuna (yellowish, skipjack or blackfin). Those labeled 'albacore', white tuna' or 'germon' must contain that variety, which is more expensive and of better quality.

RECIPES

Grilled tuna

Mix some olive with lemon juice, salt, pepper, a little cayenne pepper, some finely chopped parsley and, if desired, a crushed garlic clove. Marinate some steaks of white tuna (albacore) 4-5 cm (1 ½-2 in) thick in this mixture for at least 30 minutes. grill (broil) the drained steaks under a low heat for 10 minutes on each side. Serve with a flavoured butter - sweet (bell) pepper or anchovy.

Tuna en dabe a la provencale

Stud a slice of bluefin tuna with anchovy filets. Marinate in olive oil, lemon juice, salt and pepper for 1 hour.

Brown the fish in olive oil in a flameproof casserole, remove and set aside. Add 1 chopped onion and cook for 10 minutes, until softened but not browned. Stir in 2 large peeled, seeded and crushed tomatoes, a small crushed garlic clove and a bouquet garni. Replace the tuna, cover and cook for 15 minutes. pour in 150 ml (1/4 pint. 2/3 cup) white wine and Finnish cooking in the oven, basting often, for 40minutes. drain the fish and place on a serving dish. Add the concentrated cooking liquor and serve with a little timbale of ratatouille and a fan of sautéed courgette 9zucchini0.

Tuna rouelle with spices and carrots

Brown a 1 kg (2 ¼ lb) tuna rouelle in butter in a flameproof casserole. Surround it with 6 peeled tomatoes, cut into quarters, 10 small, peeled whole onions and 1 kg (2 ¼ lb) baby carrots, peeled and sliced. Mix with 500 ml (17 fl. oz. 2 cups) chicken stock and season with 2 teaspoons fresh rot ginger, a pinch of grated nutmeg, ½ teaspoons ground cinnamon, 4 saffron strands, ½ teaspoon ground cumin and salt. Cover, bring to the boil and simmer for 1 hour. Serve very hot.

TURBAN A word used to describe certain foods arranged in a circle on the dish; fillets of fish, crown of lamb, for example. The term also refers to a preparation of forcemeat or a salpicon, cooked in a ring mould turban of fish, shellfish, poultry, rice or game; these are generally served as a hot or cold entrée, coated with sauce. Mousses and ice creams are also moulded in a turban.

RECIPES

Iced turban

Pour into a ring mould some vanilla ice cream mixed with a salpicon of crystallized 9candied) fruits steeped in rum. Freeze until set. Turn out of the mould on to a layer of nougatine and fill the centre with vanilla-flavoured Chantilly cream.

Turban of poultry

Line a buttered ring mould with thin slices of raw poultry cut from the breast, so that the slices slightly overhang both edges. Mask with a thin layer of poultry forcemeat, then fill the moulds with a salpicon of cooked poultry, mixed with truffle and mushrooms, and bound with allemande sauce. Covered with 2 thin layer of forcemeat and fold the overlapping slices over the top. Cook in a bain marie in a preheated oven at 180°C 350°F, gas 4 0 for about 40 minutes, then leave to stand for 10 minutes before turning out of the mould on to a round dish. Fill the centre of the turban with braised slices of calves' sweetbreads and sautéed morels. Coat with supreme sauce.

TURBIGO A dish consistign of lamb's kidneys cut in half, sautéed , garnished with grilled (broiled) chipolatas and sautéed mushrooms and covered wit a sauce made from the cooking juices mixed with white wine and tomato-flavoured demi-glace sauce. This recipe, named after the Lombardy town where the French won two victories over the Austrians under the First and second Empire, dates back to an era when restaurateurs and cooks named their creations after military victories or generals.

RECIPE

Lamb's kidneys Turbigio

Cut the kidney's in half; remove the thin skin that surrounds them and the white central parts. Season with salt and pepper and fry briskly in butter-arrange them in a circle on a round dish, possibly on a bed of croutons browned in butter, and keep hot.

Cook some small button mushrooms in the butter used to cook the kidneys and grill (broil) as many small chipolatas as there kidney halves. Arrange the chipolatas between the kidney halves and place the mushrooms in the centre. Mix the cooking juices with white wine and tomato-flavoured demi-glace sauce, reduce and pour over the kidneys.

TURBOT A flatfish living on the sandy pebbly beds of the Atlantic (called berdonneau or triboulet in France) and the Mediterranean (nicknamed rombu or clavelat). It is one of the best fish. Both eyes are on one side of its body, which is brownish, dotted with black and white marks. The blind side is sometimes pigmented as well, which is unusual with flatfish. Its lozenge-shaped body, which is broader than it is long and made round by its fins, has led to the intention of a special turbot kettle (turbotteire). Its tough skin lacks visible scales but is covered with small bony tubercles (hence its name, which derives from the Scandinavian word for a throne).

Highly esteemed since ancient time and nicknamed roi du creme (king of Lent) for centuries, turbo has been prepared in the most sumptuous ways. For Napoleon, Laguiere created tubort a L'imperiale (cut into slices, poached in milk, arranged with crayfish tails and coated with a truffle sauced). The way in which it was cut up at table, with a silver fish slice, was formerly governed by price rules.

Turbot is sold whole and gutted (cleaned) or in chunks depending on its size. Most fish measure 40-50 cm (16-20 inc) and weigh between 2 and 4 kg. (4 ½ and 9 lb.), although some, which are not necessarily less delicate, reach 90 cm (3 ft) and 20 kg (44 lb.) Chicken turbot (turbotish) is the name given to small turbot weighing 1-1.5 kg (2 ¼-3 ¼ lb), which are often cheaper than large turbot, although they have the same qualities. There is always a large amount of waste about 50% of the weight (slightly less for the biggest fish).

Its white firm flaky flesh, which is particularly delicate and tasty, makes turbot an expensive fish. Whether if it poached (in milk, to ensure that its flesh remains white), braised grilled (broiled) or pot-roasted, its cooking must be carefully controlled. If it is cooked for too long, the flesh loses its flavour and texture. All recipes for brill and John

Dory are suitable for whole turbot, and all recipes for fillet of sole are suitable for fillets of turbot.

As in the past, the great chefs give turbot pride of place in their creations. Some classic preparations for turbot are Duglere, à l'aminal, Bercy, à la comcalaise. Saint-Malo and Victoria, while cold dishes include turbot in scallop shells or with mayonnaise, green sauce, tartare, remoulade or gribiche sauce in turbot à la pelerine, created by Prosper Montagne, the fish is sprinkled with melted butter and cooked on a baking sheet lined with onion lightly cooked in butter, coated with the cooking juices mixed with white wine, cream and butter, then glazed in the oven and garnished with fried scallops arranged en buisson. Such a large fish is rarely deep-fried, but Brillat-Savarin recommended this method to his cook La Palanche: 'You tried may helish idea and you were the first to have the glory of offering the startled world a huge fried turbot. That day, there was a great jubilation among the lucky guests. Notable creations of 20th-century chefs include turbot braised in vermouth (Fernand Pointe); supreme de turbot de ligne, studded with anchovies, roasted with parsley and served in a champagne sauce (Alain Chapel); blanc de turbotin with sorrel fondue (Roger Verge); langouette of turbot (André Guillot), chicken turbot with grapes and tea (Alain Senderens), and chicken turbot studded with anchovies and steamed with saffron (Michael Guerard). But many gastronomes consider that turbot should simply be grilled or poached on its own.

RECIPES

Escalopes of turbot with buttered leeks

Slice some fillets of turbot into escalopes and make a fumet with the trimmings. Seal the escalopes in butter on both sides, then cover with the fumet. Simmer for 5 minutes. Drain the fish. Mix the cooking juices with an equal amount of double (heavy) cream. Arrange the escalopes on a hot dish and pour over the sauce. Serve with an embeurree of leeks; cook 1 kg (2 ¼ lb) shredded white parts of leeks in a preheated oven at 190°C (375°F, gas 5) with 200 g (7 oz. 1 cup) butter and 175 ml (6 fl. oz. ¾ cup) water, covered, for 20 minutes; season with salt and pepper.

Fillets of turbot with leek fondue and beef marrow

Soften some shredded leeks with a knob of butter for 20 minutes, over a very low heat. Season with salt and pepper. Add some crème fraîche and cook for a further 5 minutes, then set aside. Steam the turbot for 8 minutes. Reduce for 1 minute half a shallot (finely chopped) in 100 ml (4 fl. oz. 7 tablespoons) red wine. Add 2 tablespoons meat glaze. Reduce, then remove from the heat and thicken with 25 g (1 oz. 2 tablespoons) butter cut into small pieces. Line the plates with this sauce, put the fillets of turbot on top, then surround with the leek fondue, alternating with a concassée of tomatoes (2 very ripe tomatoes, peeled, seeded, diced and lightly cooked in a little butter with a chopped shallot). Finish off with slices of beef marrow, soaked in cold water for 2-3 hours, then poached for 3 minutes in boiling water. Garnish with parsley.

Turbot en papillote with crispy vegetables and champagne sauce.

Filet a 1.5 kg (3 ¼ lb.) turbot and cut into 12 escalopes of equal thickness. Meanwhile, prepare a fish stock with the bones. Peel and cut 2 medium-sized carrots, 1 celery heart, 1 small turnip and the white part of leek into a coarse julienne. Cut 75 g (3 oz) green beans in half. Cook the vegetables for 3 minutes in the fish stock with 20 g (¾ oz. 1 ½ tablespoons) butter. Season when almost cooked. Drain and reserve the cooking liquid. Sweat 2 peeled and chopped shallots in 2 teaspoons butter. Deglaze with 200 ml (7 fl. oz. ¾ cup) brut champagne and the reserved cooking liquid. Reduce by half.

Fold 2 sheets of foil 30 x 60 cm (12 x 24 in) in half to make 2 double-thick squares. Cut

these into semi-circles, leaving the folded edge uncut. Place 6 fish escalopes, lightly seasoned with salt, pepper and cayenne pepper, on one half of each foil semi-circle. Put the vegetables on the fish and fold the other half of foil over. Seal the edges.

Add 200 ml (7 fl oz. $\frac{3}{4}$ cup) crème fraîche to the champagne reduction and bring to the boil, then cook for a few seconds, whisk in 125 g (4 $\frac{1}{2}$ oz. $\frac{1}{2}$ cup) butter, cut into small pieces. Cook the papillotes in a preheated oven at 220°C (425°F, gas 7) for 7 minutes. Take out of the oven and open the parcels in front of the guests. Pour in a little on each plate and place 2 escalopes on top.

Turbot with morels.

For 5 or 6 servings. Soak 300 g (11oz) dried morels in plenty of water (or use fresh morels when in season). Remove the stalks and wash thoroughly. Cook in salted water, strain, squeeze gently and brown in a saucepan, adding 2 finely chopped shallots at the last moment. Add 200 ml (7 fl. oz. $\frac{3}{4}$ cup) double (heavy) cream and bring to the boil. Adjust the seasoning and simmer for about 10 minutes.

Fillet, skin and trim a 3-4 kg (6 $\frac{1}{2}$ - 9 lb) turbot and cut into 100 g (4 oz) escalopes. Season with salt and pepper on both sides. Garnish half the escalopes with small pills of morels and cover with the remaining escalopes. Cook in a frying pan with a little butter, then in a preheated oven at 180° (350°F, gas 4) for about 10 minutes. Arrange in a dish and coat with Americaine sauce. Put a medallion of lobster on each escalope

TURBOT KETTLE A square or diamond-shaped fish kettle, provided with a grid with handles and a lid. Made of smooth or hummered aluminum, copper, tin-plated iron or stainless steel, the turbot kettle is designed for cooking large whole flatfish turbot, brill and skate.

TURNOIS A cake that does not require cooking made from chestnut puree, sugar, butter and grated chocolate and flavoured with kirsch. The puree is poured into a buttered square mould lined with greaseproof (wax) paper at the bottom, then pressed down firmly and left to cool for several hours. The cake is then turned out of the mould cut into slices and served.

The name turnois (or turin) is also given to a square petit four made of sweet pastry, garnished with chestnut puree flavoured with kirsch, then spread with apricot syrup and decorated with chopped pistachios.

TURKEY A farmyard bird raised for its delicate flesh. The size of the bird will vary according to its variety and breeding. Although the traditional large birds are still available, particularly at festive seasons, medium sized and small birds have been developed which are suitable for smaller gatherings all the year. Large turkeys are still produced for cutting up into joints and for charcuterie. The flesh of turkey cocks is drier and it is advisable to lard it with bacon strips. The word dindonneau (meaning young turkey) is often used on French menus.

The turkey was called 'Indian chicken' by the Spanish conquerors, who thought they were still in the Indies when they discovered it in Mexico (hence the French name - a contraction of poule d'Indes). It first appeared on a French table in 1570, at the marriage feast of Charles IX, but it was not commonly used in cooking until about 1630. In England, it eventually replaced the Christmas goose and is still the main part of the traditional Christmas meal, stuffed and served with bread sauce, cranberry jelly and a variety of accompaniments. The turkey still lives in the wild in the United States and Mexico, but it was already domesticated in Mexico at the time of the Aztecs, prepared with a sauce containing chocolate, it constitutes the national dish (mole poblano de guajolote). In the United States, turkey is the traditional dish on Thanksgiving Day, since the arrival of the first colonists who

were saved from famine by the wild turkey. It is stuffed with corn bread, roasted and served with chestnuts and orange and cranberry sauce.

Brilliant-Savarin, who proclaimed himself a 'dindonophile (turkey-lover), declined a long paragraph in The Sixth Medillation to the 'Indian chicken' The turkey appeared in Europe towards the end of the 17th century, it was imported by the Jesuits, who raised a large number of them, particularly in a farm they owned near Bourges, it was from there that they gradually spread over the whole of France. This is why the colloquial name for a turkey is still Jesuit in many places.'

- Selecting and preparing turkey A good turkey should be young, plump and short-necked, with a supple windpipe. If the bird is old, its feet are reddish and scally the sinews must be drawn from the legs (it is best to ask the butcher do this). The bird may be easier to carve (if the wishbone is removed. Usually the entire breast is barded to that the flesh is protected from drying out during cooking.
- Apart from dishes using turkey joints or giblets, turkey is usually stuffed and roasted. However, it is sometimes braised or cooked in a ragout (like goose) and garnished a la bourgeoise or a la chippolatta. Turkey meat may also be grilled (broiled), cooked in a fricasee like chicken, or casseroles and garnished with such vegetables as aborigines (eggplants), artichokes, mushrooms, small onions or browned potatoes. Skinned and boned turkey meat is sold cut into escalopes, strips or dice, or minced (ground) for use in many types of recipes.

RECIPES

Braised turkey legs

This recipe uses the legs of young turkeys; the wings or supreme can be used for another dish. Bone the legs, fill with a suitable poultry stuffing, then roll them into small ballotines. Braise in white or brown stock, then drain and glaze in the oven. Arrange on a serving dish and coat with the cooking stock. Serve with a vegetable puree, braised vegetables (such as carrots or celery), rice or creamed potatoes.

Daube of turkey a la bourgeoise

This dish is made with a very tender turkey hen, rather than a young turkey cock. Braise the bird in a suitable brown stock; when three-quarters cooked, drain. Strain the braising stock. Replace the bird in the braising pan and surround, with a bourgeoise garnish. Add the strained braising stock, cover the pan and finished cooking over a gentle heat.

Roast turkey

Season and truss a small turkey and hard the breast and back with bacon. Roast either on a spit, allowing 20 minutes per 450 g (1 lb.), or in a preheated oven, allowing 25 minutes per 450 g (1 lb) at 160 °C(325°F, gas 3). Remove the bacon before the bird is completely cooked so that it browns. Serve with the skimmed strained cooking juices and garnish with watercress.

Roast turkey stuffed with chestnuts

Scald and peel 1 kg (2 ¼ lb) chestnuts. Half-cook them in stock, drain and wrap in a large piece of soaked pig's caul, if available. Enclose them in the boned turkey, tie it up neatly and roast in the usual way.

Roast turkey stuffed with dessert apples

Season the turkey and, if desired, insert some slices of truffle between the skin and the flesh. Remove the gall bladder from the liver and pound the liver with a small can of goose foie

gras mousse, 40 g (1 ½ oz. 3 tablespoons) butter and 2 tablespoons port. Peel and remove the seeds from 800 g (1 ¾ lb) dessert (eating) apples, cut them into thick slices, and brown them in a frying pan in 75 g (93 oz. 6 tablespoons) butter. Mix half the apples with the liver mixture and use to stuff the turkey. Keep the remaining apples hot. Place a very thin strip of bacon on the breast on the back of the bird and tie up firmly.

Cook the turkey in a preheated oven at about 200°C (400°F, gas 6) for about 2 hours for a 3 kg (6 ½ lb.) bird. The bird is cooked if the juices released when the skin is pricked are clear. Remove the bacon slices and quickly brown the turkey breast, if necessary, in a very hot oven. Carve in the varieties Nantais and Croissy are elongated and white and are old in spring and summer. There is also a black variety, which may be elongated or round.

Turnips should be firm and heavy with an unblemished smooth shiny skin. Spring turnips are often sold complete with their leaves, which can also be cooked (like spinach). Spring turnips must be used within a short time of purchase, winter turnips, on the other hand, will keep for 2 months in a cool place.

Turnips should be peeled and washed just before they are cooked, otherwise they will darken; small new turnips are improved by blanching for 10 minutes before further preparation to reduce their very strong flavour. An essential ingredient of pot-au-feu and beauty meat soups, turnips can also be prepared in the same way as carrots (glazed à l'anglaise, sautéed in butter or cooked with cream), or pureed, used in a vegetable loaf or in a soufflé. They have the property of absorbing large quantities of fat, and for this reason they are traditionally served with fatty meat such as mutton or duck.

RECIPES

Stuffed turnips à la duxelles

Peel and hollow out some medium-sized young turnips, cook them for 8 minutes in boiling water, then drain and refresh in cold running water. Drain again and lightly sprinkle the hollows with salt. Cook the scooped-out flesh in butter and rub it through a sieve. Prepare a mushroom duxelles (1 tablespoon per turnip), add the puree and fill the turnips with the mixture. Arrange the stuffed turnips in a buttered gratin dish. Add a few tablespoons of beef or chicken stock, sprinkle with breadcrumbs and pour on some melted butter. Cook slowly in a preheated oven at 200°C (400°F, gas 6); the cooking time will depend on how tender the vegetables are - test by pricking with a skewer.

Stuffed turnips à la piémontaise

Cook as for stuffed turnips à la duxelles, but use risotto for the stuffing. Sprinkle with grated Parmesan cheese before browning in the oven.

Stuffed turnips braised in cider

Peel and blanch 575 g (1 ¼ lb) small round young turnips. Slice off and reserve the tops, then scoop out a shallow hollow in each and cook the scooped-out flesh in boiling salted water. When soft, reduce to a puree in a blender. Sauté the hollowed-out turnips and tops in equal quantities of olive oil and butter and cook until browned. Sprinkle with salt and pepper.

Meanwhile, boil half bottle of dry (hard) cider and reduce to half its original volume. Drain the turnips and tops well and add them to the cider. Pour in a little stock and braise in a preheated oven 190°C (375°F, gas 5) for 15 minutes. Drain them, reserving the cooking juices. Add the puree liquid to thicken it, and adjust the seasoning. Add 50 g (2 oz. ¼ cup) butter, beat the mixture and keep hot.

Mix together 100 g (4 oz. ½ cup) sausage, 25 g (1 oz. 2 tablespoons) a gratin forcemeat, some basil, rosemary and thyme flowers, shape the mixture into balls and cook

in butter over a low heat. Place one ball into each hollow turnip, adding the tops to form lids. Pour the sauce over the serve very hot.

Turnips au gratin

Peel some turnings and slice them into rounds. Blanch them in boiling salted water, drain and refresh under cold running water and braise in butter. Place the turnip rounds in a buttered gratin dish, smooth the top and coat with Mornay sauce. Sprinkle with grated cheese and brown in a pre-heated oven at 240°C (475°F, gas 9).

TURNOVER A pastry in the shape of a semicircle, made from a thinly rolled round of puff pastry folded over a filling of stewed fruit, traditionally (but not necessarily) apples. Most are individual, but large turnovers, using a simple shortcrust pastry (basic pie dough), may be prepared for several people. All these pastries are eaten warm or cold.

Turnover can also be savoury. They are usually small and served very hot, as an hors d'oeuvre or entrée, with various fillings such as fish, poultry, game, ham or mushrooms.

RECIPES

Preparing turnovers

Whether savoury or sweet, the method is the same roll out some puff pastry to a thickness of about 3 mm (1/8 in). Cut out circles 5-15 cm (2-6 in) in diameter. Place a fairly dry filling on half of each circle, without going right up to the edge, fold the free half back over the filled half and join the two edges firmly, pinching them to prevent the filling from oozing out during cooking. Decorate with lines made with the top of a knife and glaze with egg yolk.

Savoury turnovers

Turnovers for light entrees

Following the methods for preparing turnovers, use any of the following savoury fillings.

- A la lyannoise creamed pike with butter and crayfish tails, truffle and Cognac.
- A la Nanta Ragout of crayfish tails a la nantue.
- A la perigourdine Salpicion of foie gras and truffle sprinkle with Cognac.
- A la reine Puree of chicken mixed with diced truffles and mushrooms.

Sweet Turnovers

Apple and prune turnovers

Soak 250 g (9 oz. 1 3/4 cups) stoned (pitted) prunes in tepid water and 50 g (2 oz. 1/3 cup) washed currants in 4 tablespoons rum. Peel and thinly slice 4 good apples, then place in a stewpan with 5 tablespoons water and 50 g (2 oz. 1/4 cup) caster (superfine) sugar. Leave to cook for 20 minutes, then blend and return to the pan with the drained currants and 25 g (1 oz. 2 tablespoons), butter; stir over a gentle heat to dry out. Put the drained prunes in another pan with 100 ml (4 fl oz. 7 tablespoons) weak tea, 50 g (2 oz. 1/4 cup) sugar and the grated zest of a lemon; boil gently for 10 minutes, then blend and return to the pan to dry uncovered over a gentle heat.

Roll out 500 g (18 oz) puff pastry thinly on a floured board. Cut out 8 rounds using a cutter 15 cm (6 in) in diameter, and elongate them slightly. Brush over the edges of the rolled-out pastry with beaten egg and fill half of each round with stewed apples and stewed prunes, without mixing them. Fold over the pastry and join the edge together, tucking them over each other and pressing down well. Arrange the turnovers on a moistened baking sheet and brush with beaten egg. Trace light diamond-shaped cuts in the pastry. Bake in a preheated oven at 220°C (425°F, gas 7) for about 25 minutes and serve them either warm, or

cold and dusted with icing (confectioner's) sugar.

TURNSPIT (ROASTING JACK) A mechanism for rotating a roasting spit in front of a heat source. The modern turnspit is an oven or barbecue accessory, usually operated by electricity.

In the Middle Ages, turnspits were operated by gallopins (urchins), young apprentice rotisseurs, who turned the handles of heavy spits in front of glowing fires. Subsequently, dogs were used to turn the spit by running inside a wheel fixed to turn the spit by running inside a wheel. Self-turning spits appeared at the end of the 16th century; Montaigne, in his *Voyage en Italie*, describes these appliances operating by a spring or a system of weights and counterweights. In the 18th century, when clockwork mechanisms were perfected turnspit could function automatically for 1-2 hours, a bell sounded when they needed to be reset. There were also spits operated by the heat of the fireplace, which turned a bladed wheel. In some restaurants, there were giant spit-roasters for cooking several dozen at the same time.

TURQUE, A LA a term that describes various dishes inspired by Oriental cookery, particularly rice pilaf, either arranged in a ring with a garnish in the centre, or moulded in darioles as an accompaniment to shirred eggs, omelette or lamb, served with sautéed aubergines (eggplants).

The term refers specifically to a dish of chicken livers, sautéed with chopped onion and tomato-flavoured demi glaze sauce added; or aubergines, or sweet (bell) pepper, stuffed with minced (ground) mutton, rice and duxelles, baked with tomato-flavoured onion fondue. Vegetables stuffed a la turque can be used to garnish pot roasted loin or saddle of lamb.

RECIPES

Lamb noisettes a la turque

Prepare some rice pilaf and sauté some diced aubergine (eggplant) flesh in oil. Fry the lamb noisettes in butter and arrange in a serving dish; garnish with the aubergine and the rice pilaf moulded in darioles. Keep hot. Dilute the pan juices with tomato-flavoured veal stock and pour over the noisettes.

Stuffed peppers a la turque

Put some (bell) peppers in a preheated oven at 230°C (450°F, gas 8) until the skin blisters and blackens, so that they can be peeled easily. Cut open at the stalk end and remove the seeds, then blanch in boiling water for 5 minutes. Make a stuffing from two-thirds minced (ground) cooked mutton and one-third rice pilaf. Season with salt and pepper and add a little chopped garlic and just enough reduced tomato sauce to bind the stuffing. Fill the peppers with this mixture, to which some fairly dry mushroom duxelles can be added.

Peel, finely slice and lightly cook in oil enough onions to cover the bottom of a flameproof casserole. Pack the stuffed peppers into the casserole, add a few tablespoons of light tomato sauce and cover. Bring to the boil on the hob (stove top), then cook in a preheated oven at 220°C (425°F, gas 7) for about 30 minutes.

TURRON also known as touron, Confectionery of Spanish origin, made from ground almonds, egg whites and sugar. Of various colours and flavours it can also contain pistachios, whole almonds, walnuts or dried fruit. There are numerous varieties, which are all southern specialities.

- The Spanish turrón, also called jijona (from the name of the town where it is a speciality), is made from honey and sugar, with walnuts, hazelnuts, pine nuts, and sometime coriander and cinnamon. The Alentejo turrón, a traditional Christmas sweetmeat, is more crunchy. Both are made in the form of slabs, which are cut into slices.

- The Catalan turrón, which resembles the black nougat of Provence, contains hazelnuts but no nougat of Provence, contains hazelnuts but no almonds.
- The basque turrón, made simply from almonds paste, coloured red, takes the form of small balls similar to arbutus berries.
- The bayonne tuorun is similar to almonds paste. It looks like a chequerboard, with squared of different colours and flavours, with or without almonds.
- The honey touron of Gap, made from sugar and honey, contains almonds and hazelnuts. The name touvonis also given to a round petisfour, made from almonds paste, royal icing (frosting), chopped pistachios and orange zest.

RECIPE

Tourons

Pound 250g (9 oz. 2 cups) blanched almonds with 2 egg whites; add 200 g (7 oz. 1 cup) caster (superfine) sugar and knead the mixture on a marble worktop. Sprinkle with 2 tablespoons icing (confectioner's) sugar and roll out to a thickness of 5 mm (1/4 in). mix 100 g (4 oz. 1 cup) chopped pistachios with 200 g (7 oz 1 cup) caster sugar and the zest of half an orange, very finely chopped. Add 100 g (4 oz) royal icing (frosting) and 2 whole eggs. Mix well with a spatula. Spread this mixture evenly over the almond paste. Cut into circles or rings and arrange on a buttered and floured baking sheet. Dry in a very cool oven.

TURSAN Wine from landes in south-western France. It has been known since Gallo-Romand times is a best known as a dry, white wine, made from a local vine called the Barroque. There are red and rose versions, the former being fairly full-bodied. They are mostly made from the Tannat grape.

TURTLE a short-legged reptile, amphibious or terrestrial, whose body is enclosed in a scaly carapace. There are several edible varieties, but they are increasingly rare and protected, so their preparation for the table is chiefly a matter of quite small, used to become common on the east coast and islands of tropical America. Sought-after for its shell, it also provides highly esteemed meat and eggs. The loggerhead, the largest turtle, is considered to be leathery, with a taste of the sea. The diamondback turtle or terrapin, which lives in fresh water is bred in the United States. Boiled in salted water and boned, it is prepared according to local recipes in Maryland.

At the beginning of the 19th century in New York, a popular entertainment was hard becoming turtles imported live from the West Indies. West Indian cookery has the greatest variety of dishes prepared from turtle which provides excellent flesh, the head, legs tail, intestines and eggs are also edible. In addition, its fat provides very good oil. It is traditionally made into soup, double, fricassee, stew and Colombo. Turtle steaks, marinated in vinegar. Oil and garlic, are cooked like beef and served highly seasoned with pepper in Egypt, turtle meat is prepared into a stew, with onions and pomegranate juice. The flippers make a special braised dish, served with a spicy sauce. In Europe, turtle soup was, at once time, a speciality this was British contribution to classic French cookery Queen Victoria and Prince Albert were known to have begun their Christmas dinner at Windsor Castle in 1810 with turtle soup. It was being made in France as early as the 16th, since, as stated by Declamare (quoted by Franklin), the blood of turtles, even live turtles is cold. Therefore, the turtle is a true fish, and can be eaten without qualm on days of abstinence.'

- Mock turtle soup Mock turtle soup, made from calf's head, was invented in Britain. This

rather strange dish was created as a cheap alternative to the expensive and luxurious, genuine turtle soup, which was something of a sign of affluence on the dinner party menu. Imported turtles were extremely costly, so canned turtle was used but that also was too pricey for many budgets. The recipe for mock turtle soup is included here of its 'novelty value.

RECIPE

Mock turtle soup

Boil a boned calf's head in white court-bouillon for 1 ½ hours with carrots, an onion studded with cloves, celery, a bouquet garni, salt and pepper. Drain the head and discard the ears; trim the rest of the meat and put it under a press between 2 plates. When it is quite cold, cut it into small round or square pieces and reheat in a little of the stock.

While the calf's head is cooking make a clear brown gravy in stewpan, by adding some stock to slices of salt leg of pork, veal knuckle and a half roasted chicken. When these meats are almost cooked and the gravy reduced, add the calf's head cooking juices and vegetables and simmer gently for about 2 hours.

Strain, thicken with a little arrowroot diluted with cold stock, then add an aromatic infusion of basil, spring onion (scallion), marjoram, thyme and bay leaf in Madiera or port).

Strain the soup it into a soup tureen; garnish with pieces of calf's head and, if desired, small quenelles made from sausagemeat mixed with mashed hard-boiled (hard-cooked) egg yolks.

TURTLE HERBS A mixture of aromatic herbs (basil, marjoram, chervil, savory and fennel), used to flavour turtle soup and also turtle sauce, which is served with calf's head and boiled ox (beef) tongue.

TUSCANY A renowned wine proclaiming region in central Italy best known for Chianti produce mainly from Sangiovese. Further south the grape is used in making Brunello di Montalcione and vino Nobile di Montapulciano, giving fuller, richer, more intense wines. Some white wines are produced from Trebbiano, but the region's reputation for quality is based on the excellence of the red wines.

TUTTI-FRUTTI An expression of Italian origin meaning all the fruits, it is used to describe various desserts that combine the flavours of several fruits or contain mixed fruits, crystallized (candied) puffed or fresh, generally cut into small pieces.

Tutti-Frutti ice cream contains, diced crystallized fruits steeped in kirsch. A tutti frutti bombe may be coated with strawberry ice cream, with a lemon ice cream mixed with diced crystallized fruit inside.

Tutti-frutti is also a pastry made of a thin layer of sweet pastry covered with a layer of crystallized or poached fruit, finely diced, then a second layer of pastry. The top is covered with apricot syrup, iced (frosted) and generously sprinkled with shredded (silvered) almonds or pieces of candied orange peel.

RECIPE

Tutti-frutti bombe

Line a bombe mould with 1 litre (1 ¾ pints, 4 1/3 cups) pineapple ice and harden in the freezer. Then make a sugar using 250 g (9 oz. 1 cup) sugar and 100 ml (4 fl. oz. 7 tablespoons) water, pour into a saucepan in a bain marie and blend in 8 egg yolks. Whisk on the hob (stove top) until thick and frothy. Strain, then whisk again in a basin. Blend in 400 ml (14 fl. oz. 1 ¾ cups) chantilly cream. flavour with 1 tablespoon kirsch and add a salpicon of

400 g (14 oz. 3 cups) crystallized (candied) fruits steeped in kirsch, together with 100 g (4 oz. 2/3 cup) raisins soaked in rum and well drained. Pour the mixture into the mould and decorate with glaze (candied cherries, candied angelica and shredded (silvered) almonds.

TVAROG in Russian cookery, a mixture of drained and sieved curd cheese, softened butter or soured (sour cream and beaten eggs, usually seasoned with salt and pepper. It is used to stuff small patties, which were served cold as an hors d'oeuvre. Tvrog can also be used to fill tartlets pastry cases (shells) or rolled pancakes.

TVP The abbreviation for textured vegetable protein, a manufactured produce made primarily from soy beans. The vegetable protein is processed to form a variety of foods, including some resembling meat in texture, colour and flavour, such as dried granules, intended as an alternative to minced (ground) meat, and chunks. When they were first promoted, the flavoured dried TVP items were aimed at the vegetarian market, to replace meat filled sausages, burgers and grilled bacon. They were also highlighted as an inexpensive alternative to meat for making stews and meat sauces. As well as dried foods, canned products resembling meat stews were also manufactured. Although dried textured vegetable protein shapes and granules are still sold, vegetable protein is more often used in commercial as an extender for poultry and meat products.

TWELFTH-NIGHT CAKE A traditional cake eaten on the day of epiphany. A bean is inserted in the cake before cooking, and the person whose portion contains the bean is appointed 'king' or 'queen' for the occasion. This ceremony probably dates back to Roman times. During the Saturnalia the king of the day' was chosen by lot, using a bean concealed in a galette. It was only in the Middle Ages that this cake ceremony began to be associated with the festival of Epiphany. From this time, the Church attached a different significance to it – the sharing of the holy bread – but the tradition of the 'elected king' survived. Formerly, in many French provinces, the cake was cut according to a particular ritual, with songs and processions of children collecting alms. During the Revolution, an unsuccessful attempt was made to replace the "Twelfth-Night cake with a cake of Equality or Liberty, started out during a 'good neighbour' festival.

In Britain Queen Victoria's Twelfth-Night cake of 1849 was described by The Illustrated London News as being of regal dimensions, being about 30 inches in diameter, and tall in proportion.

Nowadays, France has two major traditional Twelfth-Night cakes in the north, in Lyon and in the Paris area, the cake is a puff-pastry galette, sometimes filled with frangipane; in the south, the cake is like a brioche, often decorated with crystallized (candied) fruit or flavoured with brandy or orange flower water in Provence and Auvergne, the Twelfth-Night cake is like a crown-shaped brioche and in Bordeaux and Limoux the cake is flavoured with citron. The bean is replaced by a china figurine of a baby or animal.

RECIPE

Bordeaux Twelfth-night cake

Make a well in 500 g (18 oz, 4 1/2 cups) plain (all-purpose) flour and crumble in 20 g (3/4 oz. 1 1/2 cakes) fresh (compressed) yeast and 2 teaspoon salt. Work in 8 whole eggs, one by one the zest of a lemon grated in small quantities, and 200 g (7 oz. 1 cup) butter softened until creamy. Knead the dough well until evenly blended, then leave it to rise in a warm place for 10 hours.

Knock back (punch down) the dough as for brioche dough and divide it into 4 equal parts. Shape each one into a crown and place these crowns, after inserting the bean on the underside of one of them, on a piece of buttered paper. Allow to rise in a very cool oven, then leave to cool. Brush the crowns with beaten egg. Decorate with thin slices of citron and

crystallized (candied) sugar. Bake in a preheated oven at 200°C (400°F, gas 6) for about 40 minutes.

Traditionally, the 4 crowns are placed on top of each other.

TYROLIENNE, A LA A term given to preparations of meat, chicken, grilled kidneys, soft boiled or poached eggs, or baked brill, garnish with fried slices of onion and a tomato fondue (or crushed tomato). Tyrolienne sauce is a tomato-flavoured bearnaise sauce, thickened with oil instead of butter.

RECIPE

Grilled chicken a la tyrolienne

Prepare a 1 kg (2 ¼ lb) chicken en crampoudine or spstchcocked. Season with salt and pepper, brush with flavoured oil and grill (broil) for 25-30 minutes. Meanwhile, peel and lice 2 large onions and separate into rings. Dust the rings with flour and deep-dry in oil at 180°C (350°F). Cut 4 medium sized tomatoes into quarters, seed and lightly fry in 25 g (1 oz. 2 tablespoons) butter. Arrange the grilled chicken on a hot dish, surrounded by the onions and tomatoes. Seasoned with salt and pepper and garnish with parsley.

TYROPITA Also spelt tiroptia, these are Greek cheese pies, puffs or turnovers. They are made from filo pastry with a filling of feta cheese, often mixed with a mild cheese or soft cheese. The pastry is cut into strips and the filling is placed at one end, then the pastry is folded over the filling several times to make a small triangular pie. The pastries are brushed with melted butter and baked until crisp and golden. They are served warm as a snack. For a main course, large versions of the pie are prepared in deep baking trays. Spanakol la are cheese and spinach pies.

TZATZIKI Greek dish, a type of salad or dip, served as a first course or with a selection of mezzeas a snack or horn d'oevre. Tzatziki consists of finely cut or grated cucumber in yogurt usually seasoned with garlic and sometimes with mint, it may be topped with a trickle of olive oil.

RECIPE

Tzatziki

Peel 1 cucumber (English cucumber) and cut it in half lengthways. Scoop out and discard the seeds from the middle, then coarsely grate the remainder of the vegetable. Place the grated cucumber in a sieve and sprinkle it lightly with salt. Leave to drain over a bowl for about 30 minutes. Squeeze the excess liquids from the cucumber, then place it in a bowl. Add 1 crushed garlic clove and a squeeze of lemon juice. Stir in 300 ml (1/2 pint, 1 ¼ cups) Greek yogurt. Finely chop the leaves from 2-3 sprigs of mint and add them to the tzatziki. Season with a little cayenne pepper and chill for about 1 hour before serving. Offer warm crusty bread with the tzataiki.

TZIMMES Jewish stew of vegetables, typically potatoes and carrots, often with beef, sweetened with sugar or honey, sometimes flavoured with cinnamon, fresh or dried fruit, such as apples, prunes or raisins, may be added. Tzimmes is served for Rosh hashanah, the New Year, when sweet foods are eaten to symbolize hope for sweetness and happiness in the year to come.

U

UDDER The mammary gland of an animal, especially that of a cow. Its gastronomic role is now fairly limited, in contrast to former times. Cow's udder should first be sliced, soaked in cold water, blanched and cooled. It can then be braised (possibly studded with small pieces of bacon fat) in the same way as noix of veal and served with mushrooms or rice. It can also be used in pates and terrines. Apicius gives a recipe for puff-pastry pie of sow' udders, fish and chicken spiced with pepper and pine kernels. In the Middle Ages

people enjoyed cow's udder with verjuice, while heifer's udder was quite a common constituent of forcemeat.

UDE, LOUIS-EUSTACHE French cook, a contemporary of Careme, who was one of the first to introduce the French culinary art into Britain.

Having been Louis XVI's head cook, then Princess Letizia Bonaparte's maitre d' hotel, he became chef to Lord Sefton, then to the Duke of York and finally director of St. James Club in London. An annuity bequeathed by Lord Sefton, a gourmet and epicurean, enabled Ude to retire and write *The French Cook or the Art of Cookery developed in all its various branches* (1813, republished several times up to 1833). This is a practical good cookery course for organizing elegant and inexpensive dinners, with anecdotes, advice on choosing menus and a list of several new French recipes.

UGLI A tropical plant, originally from eastern India, similar to the lemon tree and having fragrant fruit resembling medium-sized oranges. The Indians (who call them bilva or mabura) cook ugli fruit in a ashes because of their leatheriness, then eat them with sugar. They can also be made into jam.

ULLUCO Also known as ullucus. A plant from western South America, cultivated in Bolivia and Peru for its small, pinkish, edible tubers. Attempts to introduce the ulluco into Europe as a substitute for the potato have not been successful.

UMBRIA A quality wine producing region in Central Italy best known for the white wine Orvieto and red wines Torgiano and Rosso di Montefalco made from Sangiovese. Recent investment in the vineyards and wineries has led to an exciting range of wines being produced from Merlot, Cabernet Sauvignon, Pinot Noir and Chardonnay, as well as Sangiovese.

UNLEAVENED BREAD Describing a dough that is without leaven, or yeast. Unleavened bread plays an important role in Jewish ritual, as Orthodox Jews consider fermented bread to be profane. According to tradition, unleavened bread symbolizes absolutely pure food, the fermentation brought about by the leavening agent marking the beginning of the process of decay. Each year biblical Jews made matzo (from a verb meaning to extract) round ritual bread resembling the offertory cakes of the Mediterranean peoples. Later, matzo was eaten in place of bread during the seven days of Passover, to commemorate the deliverance of the children of Israel (see Exodus XII:33)

In earlier times the rabbis ordained that three women should work simultaneously in making matzo one to knead the dough, another to shape the biscuits (cookies), and the third to put them into the oven. The custom of making patterns and interlaced designs on the matzo was abandoned, however, and the biscuits are now crisp, round or square, and of varying thickness and size. They may sometimes be shaped in moulds with geometric patterns. In England, in 1875, matzo was first made industrially under rabbinical control.

The composition of unleavened bread for religious purposes must be scrupulously respected water and wheat flour (harvested in a prescribed way), without salt, sugar or fats. Barley, spelt, oats or rye may also be used. Sometimes the dough is flavoured with wine or fruit, but only pure matzo is eaten on the first night of Passover. A whole cuisine has built up around the use of unleavened flour including traditional soups containing matzo balls, fritters and cakes. Some of these recipes may account for the name celestial bread in the Cabbala.

UNMOULD To turn out a cake, jelly, ice cream and the like from a tin or mould. This is often a delicate operation and should be carried out with care.

Aspics and jellies Plunge the base of the mould in hot (but not boiling) water for a few seconds.

Remove and shake lightly from side to side. Loosen the jelly around the edge with the blade of a knife, place a serving plate on top of the mould, turn over quickly and lift off the mould steadily, keeping it vertical. The same procedure, can be used for cream desserts and flans.

Sponge cakes Unmoulding is made easier if the mould or tin has a non-stick surface. Otherwise, it needs to be greased and lightly dusted with flour before adding the mixture. Another alternative is to line the tin or mould with greaseproof (wax) paper. Turn out on to a wire rack immediately after removing from the oven.

Unmoulding ice cream Dip the mould briefly into cold water and then into lukewarm water. Loosen the ice cream with the blade of a knife, taking care not to cut into it. Place a napkin or a paper daily and then the serving dish on top of the mould. Turn over quickly and lift off the mould, keeping it vertical.

URUGUAY See Praguay and Urugauay, and South America.

V

VACHERIN A cold dessert, made of a ring of meringue or almond paste filled with ice cream or whipped cream (or both). It owes its name to its shape and colour, which resemble the cheese of the same name. The classic vacherin is made of rings of meringue placed on top of each other, filled with ice cream of one or more flavours, to which may be added fresh or crystallized (candied) fruit, sponge biscuits soaked in liqueur, marrons glacés and so on, on a base of sweetened pastry. Whipped cream is piped over the top, and the dessert is decorated with piped over the top, and the dessert is decorated with crystallized flowers, sugar coated pearls or fruit.

Sometimes the name vacherin is given to rounds of meringue layered with cream or ice cream.

RECIPES

Iced chestnut vacherin

Whisk 8 egg whites to stiff peaks, then mix in 500 g (18 oz. 2 ¼ cups) caster (superfine) sugar with a spatula. Make a round layer of meringue by piping a flat spiral on greased greaseproof (wax) paper on a baking sheet. Pipe 2 rings of the same diameter on to baking sheets. Cook in a very low oven, then leave to cool.

Cook 400 g (14 oz) peeled chestnuts in milk for 40 minute, drain them and reduce to a puree. When the puree is cold, add 1 liqueur glass of rum, 3 stiffly whisked egg whites, 25 g (1 oz, 2 tablespoons) melted butter and 3 coarsely chopped marrons glacés. Freeze for 4 hours in the freezer. Place the rings of meringue on to the flat round to form a shell, then pile the ice cream into this meringue shell. Decorate with Chantilly cream and a few marrons glacés. Return to the freezer until ready to serve.

Iced vacherin

Prepare 3 layers of meringue: draw 3 circles on sheets of greaseproof (wax) paper, marking their

centres. Grease the paper on the side on which the circles have been drawn, then place the ungreased side on baking sheets. Whisk 8 egg whites to very stiff peaks with a pinch of salt, towards the end of this operation scatter in 500 g (18 oz. 2 ¼ cups) caster (superfine) sugar (the mixture will be pearly). Fill a large piping (pastry) bag fitted with a large, smooth nozzle with this meringue mixture, then, starting from the centre of the circles, cover these with meringue, forming a flat spiral. Place the baking sheets in a preheated oven at 110 °C (225 °F, gas ¼) or at the coolest setting, close the door, turn off the oven and cook for 1 ½ -2 hours as it cools. Allow the meringues to become completely cold.

Prepare some vanilla ice cream, make a light custard cream with 5 egg yolks, 150 g (5 oz 2/3 cup) sugar 100 ml (4 fl oz, 7 tablespoons) 2/3 cup sugar, 10 ml (4 fl oz, 7 tablespoons) milk, a vanilla pod (bean) and 400 ml (14 fl oz, 1 ¾ cups) double (heavy) cream. Freeze this cream in an ice-cream maker, making sure that it remains soft. Prepare 500 ml (17 fl oz. 2 cups) soft strawberry ice cream in the same way.

To assemble the vacherin, remove the greaseproof paper from the meringue layers with the point of a knife. Place a ball of vanilla ice cream in the centre of one layer, then place the second layer on top, pressing sufficiently to allow the ice cream to come to the edges of the layer. Replace in the freezer to harden the ice cream, then remove and repeat the process with the strawberry ice cream between the second and third layers. Replace the vacherin in the freezer and prepare the decoration.

Heat 100 g (4 oz ½ cup) sugar with 400 ml (14 fl oz. 1 ¾ cups) water and boil for 1 minute. Whisk 2 egg whites to very stiff peaks, pour the boiling syrup over them and whisk until the mixture is cold. Add 500 ml (17 fl oz. 2 cups) double (heavy) cream and whisk until the mixture has set. Chill in the refrigerator, then put into a piping bag with a fluted nozzle and pipe it decoratively on the top of the cake. Alternatively, simply apply a smooth covering over the top and sides of the vacherin, giving it the appearance of a cheese. The vacherin may also be decorated with crystallized (candied) fruits or violets.

Heat 100 g (4 oz. ½ cup) sugar with 400 ml (14 fl oz. 1 ¾ cups) water and boil for 1 minute. Whisk 2 egg whites to very stiff peaks, pour the boiling syrup over them and whisk until the mixture is cold. Add 500 ml (17 fl. oz. 2 cups) double (heavy) cream and whisk until the mixture has set. Chill in the refrigerator, then put into a piping bag with a fluted nozzle and pipe it decoratively on the top of the cake. Alternatively, simply apply a smooth covering over the top and sides of the vacherin, giving it the appearance of a cheese. The vacherin may also be decorated with crystallized (candied) fruits or violets.

Mocha vacherin

Place a 20 cm (8 in) flan ring, 5 cm (2 in) deep, on a cardboard base. Put a baked success base in the ring and place it in the freezer for 20 minutes, this is the mould to be filled.

Prepare a mocha ice cream, coarsely grind 50 g (2 oz) good quality coffee beans and add to 500 ml (17 fl oz, 2 cups) milk sweetened with 100 g (4 oz. ½ cup) caster (superfine) sugar. Bring to the boil, for 10 minutes. Pour the milk through a fine strainer and replace it in the pan over a gentle heat. Whisk 6 egg yolks in a bowl with 100 g (4 oz. ½ cup) caster sugar. When the mixture is white and thick, add a little of the hot coffee-flavoured milk, whisking, then pour the contents of the bowl into the milk saucepan. Heat gently, stirring constantly with a wooden spoon. When the custard mixture coats the spoon at 83 °C (180 °F) withdraw the pan from the heat and stir occasionally until cold. Then add 250 ml (8 fl. oz. 1 cup) double (heavy) cream and freeze in an ice-cream maker

Fill the mould with this ice cream, gently mixing into it 20 coffee beans that have been steeped in liqueur. Smooth the surface with a palette knife, put the mould back in the freezer and leave to freeze for 3 hours. Place a serving dish in the refrigerator for 30 minutes, then carefully remove the flan ring and place the vacherin on the plate.

For the decoration, prepare coffee-flavoured Chantilly cream, made with 200 ml (7 fl. oz ¾

cup) double cream, 60 ml (2 fl oz, ¼ cup) milk, 3 tablespoons icing (confectioner's) sugar and 1 teaspoon instant coffee powder. Put this mixture in a piping (pastry) bag first decorate the sides of the vacherin with vertical bands of cream, then decorate the top, piping 8 spirals around it to indicate the portion for each guest. Finish with a rosette in the centre. Place 1 liqueur-soaked coffee bean in each whirl, Replace in the freezer until ready to serve.

VACHERIN CHEESES The name to several cow's milk cheeses (45% fat content) from Switzerland or France (Savoy or Franche-Comte) having a soft texture and a washed rind.

Vacherin d' Abondance, a Savoyard farm cheese, is in the shape of a thick pancake, 25 cm (10 in) in diameter and 4 cm (1 ½ in) deep, encircled by a thin strip of spruce bark and set into a box, adhering to the base. A soft, runny sweet tasting cheese with a smooth red or pink rind, it should be served with a fruity white wine from Savoy or Burgundy, and the rind should not be discarded (the flavour is exceptional). Vacherin des Bauges (or des Aillons) is similar but sometimes creamier. These traditional cheeses were made as long ago as the 12th century, when they were called vachelins. Finally, Vacherin Mont d'or, made on the farms in the Joux district of Franche Comte from unpasteurized milk and in Switzerland from unpasteurized milk in the canton of Vaud comes in the form of a flat cylinder, 15-30 cm (6-12 in) in diameter and 3-5 cm (1 ¼ -2 in) deep, also in a box and encircled by a strip of resinous sapwood. Excellent at the end of autumn and in winter, this creamy cheese has a sweet, slightly aromatic flavour, the rind is smooth and pink, slightly damp, and the cheese is soft, almost liquid in the case of Swiss Vacherin.

A good Vacherin may be recognized by the colour and appearance of its rind. Before being broached it should be stored in a cool damp place. Once started, a block of wood should be placed against the cut surface to prevent it running too much, but it is a cheese which should be eaten quickly, as it rapidly loses its fragrance and flavour.

These soft cheeses should not be confused with Vacherin Fribourgeois, which is a Swiss cooked cheese. It is shaped like a small millstone, 40 cm (16 in) in a diameter and about 8 cm (3 in) deep (it is similar to Tomme d' Abondance) it is a soft cheese with a smooth yellowish grey or pink rind, smelling a little of resin and with a slightly acid taste. It is used particularly to make fondue fribourgeoise.

VACQUEYRAS AOC red, white or rose wines from the southern part of Cotes du Rhone, robust and concentrated, produced from Grenache, Syrah, Mourverdre and Cinsaut.

VALENCAY A goat's milk cheese from Berry (45% fat content) also made in Touraine and the Charentes. It has a soft texture and a natural rind that is dusted with charcoal if it comes from a farm otherwise the rind may have bloomed surface, Made in the shape of a truncated pyramid, 7.5 cm (3 in) across by 6-7 cm (2 ½ in) high, it is firm to the touch, with a musty smell and a nutty flavour.

VALENCIENNE, ALA the term applied to a rice dish inspired by Spanish cooking and prepared in the Valencian style, cooked in meat stock and garnished with asalpicón of peppers and smoked ham, sometimes with peeled and seeded tomatoes, peas and green beans may also be added to the rice. It varying concentrations, or in the form of vanilla sugar.

Vanilla is used particularly in patisserie and confectionery, to flavour creams, cake mixtures, ices, compotes, poached fruit, desserts, sweets (candy) and chocolate, for example. It is also used in distillery and flavours punch, hot chocolate, mulled wine and

sangria. In cookery a trace of vanilla is sometimes used to season fish soup, the cooking juices of mussels, certain white meats and even creamed vegetables.

RECIPES

Vanilla ice cream

Prepare a crème anglaise with 100ml (4 fl oz, 7 tablespoons) milk and a vanilla pod (bean) cut in two, 5 or 6 egg yolks, 150 g (5 oz, 2/3 cup) caster (superfine) sugar and 400 ml (14 fl oz, 1 3/4 cups) double (heavy) cream. Pour the custard cream into an ice-cream maker and allow to set in the freezer for 4 hours. Pile up the mixture in a mould and replace in the freezer to complete the setting of the ice cream.

It may be unmoulded on to a serving dish and decorated with crystallized (candied) fruit or fruit poached in syrup or coated with cold fruit puree (strawberry, peach or mango, for example) or else used in balls in sundaes or to fill profiteroles.

Vanilla soufflé

Pour 250 ml (8 fl oz, 1 cup) milk into a saucepan and add a vanilla pod (bean). Heat gently until boiling, stirring occasionally, then cover and remove from the heat. Leave to infuse until completely cold, or for at least 30 minutes. Remove the vanilla pod.

Mix 4 egg yolks with 3 tablespoons caster (superfine) sugar and 25 g (1 oz, 1/4 cup) plain (all-purpose) flour. Gradually stir in a little of the vanilla-flavoured milk to make a smooth paste. Then stir in the remaining milk and pour the mixture into the saucepan. Bring to the boil, stirring continuously, until smooth and thick. Remove from the heat and cover the surface of this crème pâtissière with wet greasproof (wax) paper or cling film (plastic wrap) and leave to cool.

Butter a 20 cm (8 in) soufflé dish and sprinkle it with caster sugar. Whisk 6 egg whites until stiff, but not dry, then beat a spoonful of them into the crème pâtissière to soften it slightly. Fold in the remaining whites and turn the mixture into the dish. Run your fingertip or end of a mixing spoon around the inside of the rim of the dish to make a shallow channel in the mixture, then bake the soufflé in a preheated oven at 190 °C (375 °F, gas 5) for 20 minutes. Working quickly, dust the surface of the soufflé with icing (confectioner's) sugar and cook for a further 5 minutes to glaze the surface. Serve at once.

VANILLIN A chemical substance responsible for the aroma of vanilla pods (beans) it may also be produced synthetically by using eugenol, an essence extracted from the clove tree. This consists of colourless crystals with a strong smell and a pronounced vanilla flavour. Synthetic vanillin competes widely with natural vanilla, being used in patisserie, confectionery and chocolate making, but its flavour is harsh and inferior to that of natural vanilla and it is avoided by discriminating cooks.

VANNER A French culinary term meaning to stir a hot cream sauce or mixture, with a wooden spatula or a whisk until it is cold, to keep it smooth and particularly to prevent a skin forming on its surface. This process also shortens the cooling time.

VARIENIKI In Russian cooking a large form of ravioli filled with a mixture of drained curd

cheese, butter and beaten eggs, seasoned with pepper and nutmeg, poached in boiling water and served as an entrée with soured (dairy sour) cream or melted butter. Lithuanian varieniki are stuffed with chopped cooked beef, onion and suet, bound with a parsley sauce, they are served in the same way as the Russian version.

VATROUCHKA A Russian cheesecake consisting of a sable base, covered with a mixture of eggs, sugar, crystallized (candied) or sometimes dried fruits and curd cheese, usually topped with a lattice of pastry and dusted with sugar after cooking. Another Russian culinary speciality are vatrouchki, small turnovers made of ordinary brioche dough and filled with a savoury curd cheese filing.

RECIPE

Vatrouchka

Macerate 200 g (7 oz, 1 generous cup) diced crystallized (candied) fruits in 2 tablespoons Cognac, Armagnac or rum.

To prepare the pastry, beat together in a bowl 3 egg yolks and 1 egg white with 200 g (7 oz, 1 cup) caster (suprfine) sugar until the mixture is thick and creamy. Whisk in 125 g (4 ½ oz., ½ cu) softened butter, then sprinkle with 350 g (12 oz. 3 cups) sifted plain (all-purpose) flour. Form the pastry into a ball and chill for about 1 hour, Cut the pastry in half. Use one portion to line a 25 cm (10 in) Prick the pastry with a fork and bake blind in a preheated oven at 200 °C (400 °F, gas 6) for 12-15 minutes. Then leave to cool.

Meanwhile prepare the filling combine 4 whole eggs and 5 yolks with 400 g (14 oz. 1 ¾ cups) caster sugar in a bowl until the mixture is thick and creamy, add the crystallized fruits with the alcohol in which they have been macerating and 1 kg (2 ¼ lb, 4 ½ cups) curd cheese, mix well together.

Pour the filling into the cooled pastry and smooth the surface. Roll out the reserved pastry into a rectangle and cut it into narrow strips. Arrange these in a lattice pattern on top of the filling sealing the ends on the sides of the pastry case. Glaze the filling and the pastry strips with beaten egg and bake in a preheated oven at 180 °C (350 °F, gas 4) for 40-50 minutes. Take out the vatrouchka, dust with icing (confectioner's) sugar and leave until completely cold before serving.

VEAL The meat of a calf up to one year old, specially reared for slaughter when weaned. Veal is a white, tender and delicate meat, highly prized in cooking, but its quality varies considerably according to the method of rearing.

Grass-fed and yearling veal. Pink veal comes from grass-fed, loose-housed animals 4-5 months old, so called grey veal is from older animals and the meat is sometimes hung for 2-3 days. The meat does not have the quality of white veal, which is from animals under 3 months old. It contains more water and it also lacks the mature flavour of well hung beef, but it is suited to light dishes, such as blanquette. Yearling veal is a comparatively new category of meat, known as anejo in Spain where it outsells beef. The French name for these older animals is broutart (which also includes lamb as well as calves) from the years after World War II when the demand for meat was too urgent to let young animals reach maturity.

High quality veal. When the calf has been fed exclusively on its mother's milk it gives a very pale pink meat smelling of milk, with satiny white fat having no tinge of red. In certain regions of France, including Normandy, the calf used to be finished for the market by giving it up to 10 eggs daily the yolks of which coloured its mouth, it was then said to have a palais royal.

Cuts and cooking methods. The cutting up of the calf in the so-called Parisian manner which is the most widespread, provides for the following first category cuts, consisting of the chump end

of loin, the leg- giving the parts known in French as the noix, sous-noix and noix patissiere and escalopes cut from the noix or the noix patissiere the loin, and the fillet, as well as the best end of neck, second category cuts, consisting of the shoulder, breast, tendron flank and upper ribs, and finally, third category cuts, the scrag end and the knuckles.

Calf's offal is the most prized animal offal, particularly the liver, sweetbreads, kidneys and spinal marrow, but the head, brains, tongue, feet and mesentery are also valued. Calf's foot is used to prepare stocks, stews and braised dishes.

Outside France, it is in Italy that the widest variety of veal dishes is found osso bucco, piccata, saltimbocca and veal with tuna fish sauce, for example, also worthy of mention are the Hungarian porkolt with paprika, the Austrian Wiener schutzen and the British veal and ham pie.

Braised veal chops a la cistine

(from Caremes recipe) Braise some veal chops, coat them first with 1 generous tablespoon duxelles, then with breadcrumbs, then dip in beaten egg and finish with another coating of breadcrumbs. Fry in well browned butter and serve with a light tomato sauce.

Breaded veal chops a la milanaise

Flatten the chops and season with salt and pepper. Dip in beaten egg and coat in a mixture of half breadcrumbs and half grated parmesan cheese. Cook gently in clarified butter in saute pan, then arrange on a serving dish garnished with cannelloni slices and sprinkled with noisette butter. Serve macaroni a la milanaise separately.

Casseroled veal chops

Season some veal chops with salt and pepper and cook gently in 20 g ($\frac{3}{4}$ oz. 1 $\frac{1}{2}$ tablespoons) butter or 2 tablespoons oil per chop, at first uncovered, then covered, until they are browned. Deglaze the saute pan with 2 tablespoons each of veal stock and white wine per chop, reduce by half and pour over the chops.

Alternatively, half-cook the chops, remove them from the pan, put in the chosen accompanying vegetable replace the chops in the pan and complete the cooking. The accompanying vegetables could include diced aubergine (eggplant) small (pearl) onions, Vichy carrots, mushrooms hearts cut into quarters and cooked in butter, or green beans.

Alternatively, the chops may be completely cooked and garnished with vegetables cooked separately, either by braising sauteeing or steaming.

Other vegetables that may be used are chicory. Brussels sprouts, cauliflowers, endive, spinach, hop shoots, beans, lettuce, chestnuts, sorrel, peas or tomatoes. Buttered noodles or rice can also be served.

Casseroled veal chops a la bonne femme

Saute the chops in a flameproof dish until they are half-cooked. Add the bonne femme garnish, consisting, for each chop, of 4 small pieces of bacon, 5 small onions and 6 small new potatoes, all well browned. Cover and complete the cooking in a preheated oven at 220 °C 425 °F, gas 7)

Cold best end of neck of veal

Trim a shortened best end of neck (rib) of veal and season it with salt and pepper. Cook in a preheated oven at 220 °C (425 °F, gas 7) allowing 30-40 minutes cooking time per 1 kg (2 $\frac{1}{4}$ lb) Allow to cool completely, then glaze with aspic jelly. Chill until ready to serve. Garnish with watercress and artichoke hearts stuffed with asparagus tips, glazed with aspic if desired.

Cold veal a l italienne

Cook some small white (pearl) onions in olive oil in a flameproof casserole and set aside. Using the same pan, brown a noix of veal, then add to the casserole 300 (11 oz) canned tuna in oil, 100

g (4 oz) desalted anchovy fillets, 2 peeled and diced lemons, salt, pepper and bouquet garni. Replace the onions in the casserole. Moisten with an equal mixture of white wine and veal stock, cook for 1 ½ hours, then allow to cool in the casserole. Remove the veal and pass the rest of the contents of the casserole through a blender or processor. Prepare a mayonnaise, add the strained sauce to it and serve with the veal.

Filets mignons of veal with lemon

Pare the zest of half a lemon and cut into fine strips. Put into a saucepan with 6 tablespoons cold water and bring to the boil, then drain and rinse in cold water. Put the lemon strip back into a saucepan with 1 tablespoon water and 1 ½ teaspoons sugar cook until the water has evaporated, then set aside.

Heat 20 g (¾ oz, 1 ½ tablespoons) butter in a frying pan. When it starts to sizzle, add 4 veal filets mignons, each weighing 75 g (3oz) sprinkled with salt and pepper on both sides. Brown them for 5 minutes on each side, then keep hot on a plate.

Pour off the butter from the pan and deglaze with 4 tablespoons dry white wine, reducing to 1 tablespoon liquid. Mix in 40 g (1 ½ oz, 3 tablespoons) butter, then 1 tablespoon chopped parsley.

Transfer the filets mignons to hot serving plates. Pour any meat juices into the sauce and coat the fillets with the sauce. Garnish each fillet with a peeled slice of lemon and a little of the shredded zest cooked in sugar.

Grilled veal chops

Flatten the chops and season with salt and pepper. Coat with tarragon flavoured oil and elave to marinate for 30 minutes. Grill (broil) gently until the meat is cooked through (about 15 minutes) turning over once. Serve the chops with a green salad, a mixed salad or green beans, steamed and served with green butter.

Sauteed veal chops a la crème

Brown some veal chops, seasoned with salt and pepper, in a frying pan using 1 tablespoon oil per chop, cover and finish cooking over a low heat (about 15 minutes) Strain off the oil from the pan and add 1 chopped shallot per chop, cook uncovered until browned. Remove the chops and shallots and keep hot. Add to the pan 2-3 tablespoons cider or white wine and 1 tablespoon double (heavy) cream per chop boil over a brisk heat until the sauce is reduced and smooth. Adjust the seasoning and coat the chops with the sauce.

All garnishes suggested for escalopes of veal may accompany sauteed veal chops.

Veal grenadins with salsify

Interlard 8-12 grenadins with strips of bacon fat. Cover the base of a flameproof casserole with pork or bacon rind. Finely slice 1 onion and 1 carrots, then brown then together in butter and palce in the casserole. Add the grenadins, cover the casserole and cook gently for 15 minutes. Pour in 200 ml (7 fl. oz, ¾ cup) dry white wine and bring to the boil, then continue cooking until the wine has almost dried up. Pour in enough stock to come a short way up the meat, add season bring to the boil and cover. Cook in a preheated oven at 220 °C (425 °F, gas 7) for about 40 minutes, basting the grenadins occasionally.

Meanwhile, scrub 675 g (1 ½ lb) salsify and cook in boiling water for 10 minutes. Allow to cool, then drain, peel and trim. Cut the salsify into fine strips and toss in lemon juice, seasoning and a little melted butter. Cover and set aside.

When the grenadins are cooked, transfer them to a gratin dish or overproof serving dish or paltes. Spoon a little of the cooking juices over the meat. Then arrange the strips of buttered salsify around the edge and place the dish or plates in the oven until the meat and salsify are lightly glazed. Sprinkle with chives and serve.

Vitello tonnato

Bone a 2 kg (4 ¼ lb) loin of veal and tie it neatly with string. Chop the bones into short lengths and set aside. Season the meat with salt and pepper. Brown it on all sides in a saute pan in 2 tablespoons olive oil, then remove the roast from the pan. Put the bones in the bottom of a large roasting tin (pan) then place the meat on top and dot with 50 g (2 oz, ¼ cup) butter. Cook in a preheated oven at 220-230 °C (425-450 °F, gas 7-8) for 20 minutes. Add 1 diced carrot, 1 chopped onion and 2 garlic cloves in their skin, then continue cooking for a further 10 minutes. Season the meat and allow it to cool. Discard the bones, then degrease the cooking juices in the pan and reduce them by half. Deglaze the pan with 100 ml (4 fl. oz, 7 tablespoons) white wine and 200 ml (7 fl. oz, ¾ cup) water. Reduce, then strain the juice and set aside.

Puree 150 g (5 oz) cooked or drained canned tuna, with 3 preserved anchovies. (desalted and boned) 40 g (1 ½ oz) drained capers and 2 tablespoons of the meat cooking juices. Mix with 450 ml (¾ pint, 2 cups) mayonnaise. Add seasoning to taste and, if necessary thin the sauce with up to 4 tablespoons chicken stocks.

Cut the meat into 2-3 cm (¾ - 1 ¼ in) thick slices. Arrange on a platter and pour the tuna sauce over. Sprinkle with sprigs of flat-leaved parsley and 25 g (1 oz) capers. Serve with quartered radicchio hearts, dressed with olive oil and lemon juice.

VEAU DE MER The commercial name for porbeagle or taupe. This is a shark sold as steaks, fillets or in slices, like tuna.

VEGANISM A strict form of vegetarianism in which the diet is based on cereals, fruit, nuts, fresh and dried vegetables and vegetable oils. It excludes all animal products, even eggs, milk and honey.

With the ready availability today of a wide variety of fresh fruit and vegetables and modern production of items like soya (soy) milk, vegetable protein products and pure vegetable margarines, it is possible to have a reasonably varied and nutritious vegan diet. It is, however, still difficult to maintain a good balance of essential nutrients, and vegans must take great care to avoid dietary deficiencies in protein, calcium, iron, and vitamins B12.

VEGETABLES Herbaceous plants cultivated for food. According to the species, different parts of the vegetable are eaten, the fruit of courgettes sweet peppers and tomatoes, for example, the seeds of peas, lentils and beans, the leaves of spinach, lettuce and cabbage, the bulbs of onions, shallots and fennel, the tubers of potatoes and yams, the germ of soya, or the roots of carrots, turnips, parsnips and radishes. Mushrooms and other fungi are also usually regarded as vegetable. For culinary purposes a distinction is made between fresh vegetables (including greens) dried vegetables and salads.

Cultivation, refrigeration and transportation have influenced the choice of vegetables available in Western supermarkets in the same way that they have broadened the choice of fruit. There seems to be an ever-expanding choice of exotic vegetables and markets in multi-cultural communities offer an excellent variety. As well as roots and tubers, the fruit vegetables, pods and pulses, summer and winter squashes are increasingly popular.

Vegetable in cooking. Some vegetables are fundamental to the majority of savoury cooking for the essential flavour they contribute. The humble onion brings essential character to a vast range of dishes, it is also an excellent vegetable in its own right. Carrots and celery are also widely used in the same way as onions. Some vegetables are used in modest proportions to complement the main ingredients in many dishes. The other vegetable fruit that is as important as the onion in many cuisines is the tomato, which forms the basis for many sauces.

Apart from their roles as flavourings, vegetables are cooked by all methods, singly or in various combinations, in dishes that are served as a separate course in some culinary cultures or

to accompany fish or poultry and meat dishes.

Vegetables are also the main ingredients in many dishes and they are often the primary focus for a menu. As main dishes, they may be vegetarian or contain animal foods in a supporting capacity for example as a stuffing.

Preserved vegetables Vegetables are widely used in chutneys, pickles and relishes. In addition they are often preserved individually, as for example in sauerkraut or pickled onions. Bottling vegetables in brine has been replaced by freezing as a practical method of preserving them. The same is also true of drying those vegetables that are dried are the ones that develop a particular flavour or intensity, such as mushrooms, sundried tomatoes or sun-dried peppers. Peas and other pulses are dried, Freezing is the most practical method because it conserves the fresh flavour of produce and the vitamin content.

VEGETARIANISM A type of diet that totally excludes meat, poultry and fish, but permits eggs, milk and butter. By including a wide variety of vegetables, grains, pulses and their products and dairy foods, the vegetarian diet can be well balanced.

VEINE A French cut of beef from the neck, subdivided into a fat reune (or saignee) and lean vene (or second clod) both rich in connective tissue. This meat is used for braising and stewing (daube, carbonade and son on).

VELOURS The name given to a carrot soup to which consomme., substantially thickened with tapioca, is added. This gives the soup a thick, velvety consistency.

VELOUTE SAUCE One of the basic white sauces, made with a white veal or chicken stock or a fish fumet, thickened with a white or golden roux. Numerous other sauces are derived from a allemande, caper, poulette and mushroom sauces from veal veloute) ivoire, supreme and aurore, suaces (from chicken veloute) and bretonne, cardinal and Nantua sauces (from fish veloute) The basic veloute can also be used as a basis for making smooth, fine but rich soup.

RECIPES

Basic veloute sauce

Stir 2.75 litres (4 $\frac{3}{4}$ pints, 12 cups) white veal or chicken stock into a pale blond roux made with 150 g (5 oz. $\frac{2}{3}$ cup) butter and 150 g (5 oz. 1 $\frac{1}{4}$ cups) plain (all-purpose) flour. Blend well together. Bring to the boil, stirring until the first bubbles appear .Cook the veloute very slowly for 30 minutes, skimming frequently. Strain through a cloth Stir until it is completely cold.

Veloute may be prepared either in advance or just before it is required As the white stock used for making it is seasoned and flavoured, it is not necessary to add other flavourings. An exception is made for skins and trimmings of mushrooms, which may be added when available, this addition making the sauce yet more delicate.

Veloute sauce based on fish stock

Make in the same way as basic veloute sauce, replacing the veal or chicken stock with fish stock.

VENACO A Corsican cheese made from goat's or a greyish scraped natural rind. It comes from Venaco and Corte and is made in only a small scale as a it is made in the for of a 13 cm (5 in) square slab, 6 cm (2 $\frac{1}{2}$ in) high Venaco is a whitish, fatty cheese, firm to the touch, with a strong smell and sometimes a piquant flavour. It is served with a full bodied red wine.Sometiems the cheese is crumbled and soaked in wine and marc brandy.

VENDEE The coastal strip of Poitou is known as the Vendee, and the cuisine of this region combines the resources of the sea with the culinary traditions of the hinterland.

The pastureland of the Vendee is stock breeding country, and many cattle are raised, providing excellent meat. Cereals and vegetables are also grown, including the famous Vendee green cabbages and mogettes, white haricot (navy) beans, which are cooked in the usual way and dressed with butter and cream. Other popular dishes are broad (fava) bean puree in stock, cbouee green cabbage boiled in salted water, drained pressed and mixed with for 2 minutes on each side, until well browned outside and still slightly pink in the middle.

Reheat the sauce and add 150 g (5 oz. 2/3 cup) butter, cut in small pieces, whisking hard continuously. Drain the venison on paper towels. Deglaze the pan with a little water and reduce for 1 minute, then whisk this into the sauce and add seasoning to taste. Drain the pears on paper towels. Coat warmed plates with the sauce, then arrange the venison and pears on top.

VENITIENNE, A LA The name given to pouached fillets of sole, slices of conger eel sauteed in butter, poached chicken or soft-boiled or poached eggs when accompanied by venitienne sauce. This sauce is made with a mixture of vinegar, tarragon and allemande sauce, reduced, mixed with green butter, strained and garnished with herbs. Fish served with a normande sauce mixed with herbs and chopped capers may also be called a la venitienne.

RECIPES

Fillets of sole a la venitienne

Fold the fillets of sole in half and poach them in a fish fumes made with white wine. Drain and wipe them and arrange them in a ring on a serving dish, alternating with heart-shaped croutons fried in butter. Coat them with venitienne sauce mixed with the reduced cooking liquid from the sole.

Venitienne sauce

(from Cereme's recipe) Boil together in a saucepan 2 tablespoons allemande sauce, a generous pinch of chopped tarragon blanched and drained in a fine silk strainer, 1 tablespoon chicken glaze, a little isigny butter, a pinch of grated nutmeg and a few drops of good tarragon vinegar.

VENTADOUR The name given to a dish of tournedos steaks or noisettes of lamb, garnished with slices of bone marrow and truffle and served with artichoke puree and potato cocotte.

VENTRECHE Belly of pork, salted, then rolled a speciality of south west France. Completely boned and skinned, the belly is salted for about ten days, then washed drained and braised. Sprinkled with ground pepper, it is rolled, fitted into a cellulose casing, then dried for one to four weeks. Ventreche is used in the same ways as salted belly of pork.

VERBERA, LEMON Also known as lemon vervain. The leaves of this evergreen shrub, *Aloysia triphylla*, have a distinct lemon flavour. They are narrow and bright green, and may be used whole or finely chopped. An infusion of the leaves and flowers of lemon verbena, sweetened with honey, is recommended for liver and kidney ailments and for soothing the nerves. Fresh verbena leaves contribute their lemon fragrance to stocks, sauces and moist dishes. Whole sprigs can be added to the cooking water for vegetables, rice or pasta, or they can be used to flavour steamed foods. When finely chopped, the leaves are also suitable for dry mixtures, such as forcements.

Dried powdered verbena leaves can be added to meat and fish stuffings to give a delicate flavour.

VERDIER The name given to a dish of hard boiled (hard-cooked) eggs stuffed with foie grass,

placed on a bed of cooked sliced onions, coated with a bechamel sauce containing truffles, sprinkled with Parmesan cheese and browned in the oven. The dish is attributed to the proprietor of the Maison Doree.

RECIPE

Hard boiled eggs Verdier

Hard-boil (hard-cook) the eggs, shell and halve them. Remove the yolks, rub them through a sieve and mix with one third of their volume of foie gras cut into very small dice. Fill the halves of egg white with the mixture. Slice some onions, gently soften them in butter, blend them with a very little bechamel sauce seasoned with curry powder and spread in a layer in a gratin dish. Place the stuffed eggs on top, and coat with bechamel sauce mixed with a julienne of truffles. Sprinkle with Parmesan cheese and brown in a very hot oven.

The foie gras may be replaced by diced chicken livers sauteed in butter and the truffles with a julienne of sweet peppers, but in this case the dish should not be called by the classic name.

VERDURE A term used in French cuisine to describe a green salad or a mixture of green pot herbs. Chopped verdure is used especially to make forcemeats or purees. The name verdurette is given to a vinaigrette sauce mixed with chopped chives, hard boiled eggs, chervil, tarragon and parsley. Kitchen staff in the times of the ancient Regime included a verdurier, whose job was to provide the herbs and vinegar.

VERGEOISE A type of French soft brown sugar (beet or cane) crystallized from a syrup remaining at the end of the refining process, the colour and smell of which is determined by the components of the raw material used. Its name is taken from the old sugar moulds, the vergeoises, in which large sugar loaves were made.

There are two kinds of vergeoise, light and dark brown, the former is obtained by re-cooking the syrup removed at the first stage of the sugar-refining process, dark brown vergeoise, with a more unusual smell, results from re-cooking the syrup removed at the second stage of sugar refinement.

In northern France and Belgium vergeoise is commonly used to make pastries, especially tarte au sucre and also to sprinkle on or fill crepes and waffles.

VERJUICE The acid juice extracted from large unripened grapes or crab apples, which was formerly widely used as a sauce ingredient, a condiment and in deglazing until eventually superseded by the instruction to add a dash or lemon juice in recipes. In the Middle Ages vertjus was an acid-tasting stock prepared with the juice of unripe grapes, sometimes mixed with lemon or sorrel juice, herbs and spices. It was used in most sauces and liaisons.

In the latter years of the 20th century the use of verjuice experienced a revival. It is in general use in Middle Eastern cookery.

RECIPE

Soft roes of herring with verjuice

Soak 800 g (1 ¾ lb) soft roes of herring for 1 hour in cold water with 100 ml (4 fl oz. 7 tablespoons) white wine vinegar. Drain and wipe. Season with salt and pepper, coat with flour, shaking off any excess, then prick with a needle to prevent them from bursting during cooking. Heat 40 g (1 ½ oz, 3 tablespoons) butter and 3 tablespoons oil in a frying pan. Carefully place the roes in the hot fat and cook for 3-4 minutes on each side.

Heat 75 g (3 oz. 6 tablespoons) butter in a separate frying pan and brown 76 g (3 oz. 1 cup) diced mushrooms and an equal quantity of diced sour apples for 4 minutes. Then add 75 g (3 oz) diced tomatoes, cook for 1 minute and add 50 g (2 oz) capers, salt and pepper. Arrange the roes on warmed plates, sprinkle with 50 g (2 oz. 1 cup) small sprigs of parsley and garnish with the browned vegetables.

Remove the fat from the pan in which the roes were cooked and add, over a brisk heat, 3 tablespoons cider vinegar and an equal quantity of verjuice. Bring to the boil and pour over the roes.

VERMICELLI A pasta made in the form of fine strands often used in soups but also served like spaghetti. Angel's hair is a very fine variety of vermicelli, used only in consommés and clear soups. Vermicelli is also used to make certain puddings and soufflés.

Chinese vermicelli, prepared with soya flour, comes in long, lustrous skeins. Boiled or fried, it is used in soups, vegetable mixtures, forcemeats and so on. In the Far East there is a type of vermicelli made with rice flour. It consists of long, flat, whitish strands and is cooked in the same way as noodles.

VERMOUTH An aromatized wine whose name is derived from the German word Wernut (wormwood or absinthe) this being an ingredient of many recipes for vermouth.

Vermouth is now made in many regions where wine is made, although commercial production began in Turin in the 18th century. Before this, various versions of wine incorporating herbs, spices, barks and peels were made, often for semi-medicinal purposes, records of these drinks exist from about the 5th century BC. By the end of the 18th century establishments for making vermouth were established in Marseille and Chambéry in France, and these places with Turin, remain the world centres for production.

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VERNIS A bivalve mollusc that inhabits the sandy ocean bed and belongs to the same family as clams it is cooked in the same way. Its shells, 6-10 cm (2 ½ - 4 in) long, are smooth, shiny and brown, marked with dark radiating stripes.

VERNON. The name of a dish of sautéed small cuts of meat, which are garnished with artichoke hearts topped with asparagus tips, turnips stuffed with mashed potato and hollowed out apples filled with peas in butter.

VERON, LOUIS DESIRE French doctor and journalist. After practising medicine in fashionable circles, he became a critic and the editor of various literary reviews, then administrator of the Opera and finally a political journalist at the head of *Constitutionnel*, which supported the cause of Louis Napoleon and the Empire. He owes his place in the history of gastronomy to his role as a lavish host, at first in his apartment in the Rue de Rivoli, then at Auteuil. Among his guests, Sainte-Beuve, Nestor Roqueplan and Arsène Houssaye rubbed shoulders with Halevy, Auber, Trousseau, Velpéau and a number of famous actresses, including Rachel, his mistress. On Fridays dinner was more formal, and guests included certain political personalities, sometimes even the Prince President himself.

RECIPES

Fillets of brill Veron

Cut the fillets in half lengthways, season with salt and pepper, dip in melted butter and breadcrumbs, sprinkle with more melted butter and cook gently under the grill (broiler). Arrange the fillets on a hot serving dish and coat with Veron sauce.

Veron sauce

Prepare a reduced herb mixture as for a bearnaise sauce. Then add 200 ml (7 fl oz, ¾ cup) normande sauce and 2 tablespoons very concentrated brown veal stock or fish glaze. Season with a pinch of cayenne, rub through a sieve and add 1 tablespoon snipped chervil or tarragon.

VERONICA A genus of plants of which there are numerous species found throughout temperate regions. *Veronica officinalis*. Common speedwell, nicknamed the tea of Europe in France, was used as long ago as the early 18th century as a substitute for tea. *Veronica heccabunga*, brooklime, is often confused with watercress and can be eaten raw in salads or cooked like spinach.

VERT In Flemish cooking the name au vert is given to a dish of eels cooked with numerous herbs which vary according to the season and may include sorrel, spinach salad cress, white deadnettle, parsley, chervil, tarragon, mint, sage, salad burnet and lemon balm.

Sauce verte (green sauce) is a mayonnaise containing a puree of herbs. In former times the sauce was more of a vinaigrette, which the Parisian sauciers in the reign of Louis XII used to sell in the streets.

The modern recipe was perfected by Balvay, formerly chief to Napoleon III, then chef at the restaurant Le Doyen, where it became a speciality, particularly when served with sea trout. Beurre vert is a flavoured butter made with chopped herbs.

RECIPE

Green sauce

For 400 ml (14 fl oz, 1 ¾ cups) sauce, prepare 300 ml (½ pint, 1 ½ cups) mayonnaise and 100 ml (4 fl oz, 7 tablespoons) puree of green herbs (spinach, watercress, parsley, chervil and tarragon), blanched for 1 minute in boiling water, cooled under the tap, thoroughly dried and then pounded in a mortar. Mix the 2 preparations together and rub through a sieve.

Use the sauce like classic mayonnaise, especially to accompany cold poached fish.

VERT-CUIT A French culinary term used when food is cooked very lightly and served almost raw by analogy with fruit, which is described as vert (green) before it has ripened. Duck au sang and woodcock, in particular, are served vert-cuits.

VERT-PRE The term describing preparations of grilled (broiled) meat (kidney's steaks, chops, noisettes and so on) garnished with straw potatoes and watercress and served with maitre d hotel butter, which is either placed on the meat in rounds or melted and served in a sauceboat. The name is also given to preparations of white meat, duckling, vol au-vent, for example, garnished with a mixture of peas, asparagus tips and green beans, tossed in butter. Chicken or fish coated with green sauce are also called vert pre.

VICAIRE, GEORGES French scholar (born Paris, 1853, died Chantilly, 1921) A cousin of the poet Gabriel Vicaire, he wrote a *Manuel de l'amateur de livres au XIX siècle* and also a study of Balzac as a publisher and printer. However, he is best known to collectors of books on cuisine for his valuable *Bibliographie gastronomique*, which records and describes some 1,500 works on gastronomy and cuisine from the time when printing first began up to 1890. The work is dedicated to Baron Jérôme Pichon, with whom he published Taillevent's *Viamedier* in 1892.

VICHY The name given to a dish of sliced carrots cooked over a low heat (traditionally with sugar and bicarbonate of soda or Vichy salt) until all the moisture is absorbed. To justify the name, the water used for cooking should be Vichy Saint-Yorre mineral water. Vichy carrots, or carrots à la Vichy, with fresh butter and parsley, are often served with veal cutlets and sautéed chicken,

coated with a sauce made by deglazing the cooking pan with veal stock.

RECIPE

Vichy carrots

Peel 800 g (1 ¾ lb) young carrots and cut into thin rounds. Place in a saute pan and just cover with water, adding 1 teaspoon salt and a generous pinch of sugar per 500 ml (17 fl oz, 2 cups) water. Cook gently until all the liquid is absorbed. Serve the carrots in a vegetable fish, sprinkled with small pieces of butter and chopped parsley.

VICHYSOISE A leek and potato soup thickened with fresh cream and served cold, garnished with chopped chives. Vichyssoise was created in the United States by Louis Diat, a French chef who named the soup after his local town. As a child, he had eaten the soup for breakfast when he lived in a village near Vichy in France. The name vichyssoise is also given to any cold soup based on potatoes and another vegetable, such as courgettes.

RECIPE

Vichyssoise

Slice 250 g (9 oz) leeks (white part only) and cut 250 g (9 oz) peeled potatoes into quarters. Soften the leeks in 50 g (2 oz, ¼ cup) butter in a covered pan without allowing them to brown. Then add the potatoes, stir and pour in 1.75 litres (3 pints, 7 ½ cups) water. Add salt, pepper and a small bouquet garni. Bring to the boil and cook for 30-40 minutes. Puree the potatoes and leeks in a blender or food processor and return to the pan. Blend in at least 200 ml (7 fl oz, ¾ cup) crème fraîche and return just to the boil, stirring frequently. Allow the soup to cool and chill in the refrigerator for 1 hour. Serve sprinkled with chopped chives in consommé cups.

VICTORIA There are a number of dishes and sauces dedicated to Queen Victoria, all characterized by their rich ingredients or elegant presentation. Barquettes and bouchees, fillets of sole, poached and soft boiled eggs and filled omelette Victoria all contain a sauté of lobster and truffle, bound in various ways. Scallop shells of fish Victoria, with mushrooms and truffles, are coated with Nantua sauce and garnished with slices of truffle.

Salad Victoria is a mixed salad of diced cucumber, a sauté of langouste, sliced celeriac, sliced artichoke hearts, sliced potatoes and thin strips of truffle, dressed with pink mayonnaise.

RECIPES

Scallop shells of salmon Victoria

Fill the scallop shells with a mixture of salmon poached in fumet, sliced mushrooms cooked in butter and small diced truffles. Coat with Nantua sauce, dust with grated parmesan cheese, sprinkle with clarified butter and brown in a very hot oven. Garnish each scallop shell with a slice of truffle heated in butter.

Victoria sauce for fish

Prepare 250 ml (8 fl oz, 1 cup) white wine sauce. Add 2 tablespoons lobster butter, a dash of cayenne, and 2 tablespoons diced lobster flesh and truffles.

Victoria sauce for venison

Prepare 250 ml (8 fl oz, 1 cup) espagnole sauce, add 150 ml (¼ pint, 2/3 cup) port and 3 tablespoons redcurrant jelly. Then add 8 peppercorns, 2 cloves, a small stick of cinnamon and the blanched zest of an orange. Boil until reduced by one third, add the juices of the orange and a little cayenne, and rub through a sieve.

VIDELER A French culinary term meaning to make a border around the edge of a piece of

pastry by gently easing it with the fingers a little at a time, upwards then toward the centre to form a rolled edge. The rim of a tart case is treated in this way before being cooked in a flan ring to give a neat even edge.

VIENNOISE A LA The description a la viennoise is given to veal escalopes or to fillets of poultry or fish coated with egg and breadcrumbs, sauteed and served with chopped hard boiled eggs fried parsley and capers the meat or fish is usually topped with a slice of lemon with skin and pith removed and with a stone green olive surrounded by an anchovy fillet. The serving dish is coated with thickened veal stock, and noisette butter is served separately.

RECIPES

Chicken a la viennoise

Quarter a young chicken weighing 800-900 g (1 ¾ -2 lb) sprinkle the joints with salt and pepper then coat with egg and breadcrumbs. Cook in a frying pan in 60 g (2 oz. ¼ cup) clarified butter, turning once., or deep-fry in fat at a temperature of 180 °C(350 °F) until golden and cooked through. Drain on paper towels and serve with fried parsley and lemon quarters.

Escalopes a la viennoise

Flatten 4 escalopes well and sprinkle with salt on both sides. Put 4 tablespoon flour with a little salt on one plate, 175 g (6 oz. 2 cups) dried breadcrumbs on another and 2 beaten eggs on a third. Melt 100 g (4 oz. ½ cup) lard in a large frying pan. Dip the escalopes into the flour so that they are completely covered with a very fine coating then in the beaten egg and finally in the breadcrumbs, coating them evenly on both sides. Place in the lard when it is on the point of smoking and cook gently for 8 minute on each side. Serve well browned.

VIENNOISERIE A French term taking its name from Vienna and the local baking traditions. This is used to describe bakery products other than bread, traditionally consisting of croissants, milk bread rolls, fruit buns, brioches and so on that is items made from raised dough or puff or rough puff pastry and excluding biscuits (cookies) sables and so on, which come into the category of patisserie. Fancy breads, such as Viennese, granary and large bioche, for example, grouped under the term panasserie, are sometimes also included in viennoiserie.

VIEUX PANE A soft cow's milk cheese (50% fat content) with a washed crust. It is a flat, square cheese weighing 2.25 kg (5 lb) Recently invented, it is factory made and has an honest, earthy flavour.

VIGNERONNE, A LA The description given to dishes prepared with grapes or autumn produce or in wine growers style. Salad a la vigneronne consists of dandelion leaves and browned , chopped bacon, dressed with walnut oil. The bacon pan is deglazed with vinegar, and this is used to season the salad. Small birds a la vigneronne are usually cooked in a casserole with grapes. Snails a la vigneronne are shelled, sauteed with garlic and shallots, coated in batter containing chives then fried.

RECIPES

Partidge a la vigneronne

Pluck, clean and truss a partridge. Cook it in butter in a saucepan for about 30 minutes, then drain and untruss it. Put into the saucepan 24 skinned and seeded grapes, 3 tablespoons game fumet and 1 tablespoon flamed brandy. Cover the pan and cook gently for 5 minutes, then replace the partidge on top, heat through and serve.

VILLAGEOISE, ALA The description given to poached white meat or poultry accompanied by

vilageoise sauce. This is either a bechamel sauce mixed with onions softened in butter, veal or poultry stock and mushroom essence, which is strained, thickened with egg yolk and finished with butter or a light veloute sauce mixed with onion puree, thickened with egg yolk and cream and finished with butter.

RECIPE

Villageoise sauce

Slice 400 g (14 oz 2 ½ cups) onions and cook gently for 20 minutes with a piece of butter about 50 g (2 oz ¼ cup) Add 300 ml (½ pint, 1 ¼ cups) very thick bechamel sauce, then 200 ml (7 fl oz. ¾ cup) veal or poultry stock and a little mushroom essence. Continue to cook over a low heat, stirring constantly. Strain the sauce and thicken it with an egg yolk. Away from the heat, beat in 40 g (1 ½ oz, 3 tablespoons) butter cut in small pieces.

VILLEROI The name of a sauce used to coat various foods that are then covered with egg and breadcrumbs and deep fried. These preparations are described as a la Villeroi and include attereaux of offal, brochettes of seafood, fish steaks, sweetbreads, chicken pieces or mutton cutlets, they are served with a tomato, devilled chasseur or mushroom sauce.

Villeroi sauce (dedicated to Marshal de Villeori, mentor of Louis XV) is an allemande sauce, made either with meat stock or fish stock mixed with white stock and mushroom essence and then reduced, the sauce may be finished with truffle essence or puree, of tomatoes or onions, or mixed with chopped truffles or mushrooms or a mirepoix.

When the sauce has reached the right consistency it should be left to cool before being used to coat the food.

RECIPES

Attereaux or lamb's brains a la Villeroi

Cook the lamb's brains in white stock, leave them to get cold under a press, then cut into pieces. Marinate for 30 minutes in oil with a few drops of lemon juice, chopped parsley, salt and pepper. Thread the pieces on to skewers and coat with Villeroi sauce. Then Coat with egg and breadcrumbs and deep fry in hot oil at 180 °C (350 °F) until golden. Drain dust with fine salt and arrange on a serving dish.

Scallop and oyster brochettes a la Villeroi

Poach the white flesh and the coral of the scallops in water, then the shelled oysters in their own water, allow to cool. Drain and thread alternately on to skewers, coat with Villeroi sauce, then breadcrumbs, fry and serve as for attereaux of lamb's brain a la Villeroi.

Villeroi sauce

Prepare 200 ml (7 fl oz, ¾ cup) allemande sauce., dilute with 4 tablespoons white stock flavoured with a little mushroom essence, then reduce until it coats the spoon. Put through a strainer and stir until the sauce is barely tepid.

VINAIGRETTE A cold sauce or dressing made from a mixture of vinegar, oil, pepper and salt, to which various flavourings may be added. Shallots onions, herbs, capers, garlic, gherkins, anchovies, hard-boiled (hard-cooked) egg or mustard, for example.

Vinaigrette is used especially for dressing green salads. The choice of oil (olive, sunflowers, walnut and so on) and vinegar is made according to the nature of the salad, the vinegar may be replaced by lemon juice or is sometimes flavoured with it. Vinaigrette is also used to dress various other cold dishes vegetables (such as tomatoes, asparagus, cauliflower, leeks or artichoke hearts) meat sheep's trotters (feet), brawn, boiled beef, calf's head and fish in court-bouillon. It is considered to be a typically French sauce and is often called. French dressing in Britain. It was a

French émigré, Chevalier d'Albignae, who started the fashion in London high society for salads dressed in this way.

RECIPE

Vinaigrette

Dissolve a little salt in 1 tablespoon vinegar (salt does not dissolve in oil). Add 3 tablespoons oil and some pepper. The vinegar can be replaced by crème fraîche.

Other flavourings, such as herbs, mustard or garlic, may be added to taste. The mixture may also be placed in screw-top jar and shaken vigorously to form an emulsion.

VINALGRIER The French name for the small glass bottle, usually with glass stopper, used for serving vinegar at the table, it forms a pair together with the oil bottle as part of a cruet.

In France the name is also given to a large earthenware or stoneware cask traditionally used to make homemade vinegar. Shaped like a bottle or jug, usually with a capacity of 5 litres (9 pints, 5 ½ quarts) it has a tap at its base, allowing the vinegar to be drawn off as required.

RECIPE

Vincent sauce

Prepare a mayonnaise with 1 egg yolk, 1 teaspoon white mustard, 1 tablespoon white-wine vinegar, 250 ml (8 fl oz, 1 cup) oil, salt and pepper. Blanch the following herbs for 1 minute in boiling water, chervil, chives, watercress, sorrel and parsley. Rub the mixed herbs through a sieve and add 1 generous tablespoon of the resulting puree to the mayonnaise. Mix in 1 finely chopped hard-boiled (hard-cooked) egg and adjust the seasoning.

VIN DE LIQUEUR The term adopted by the EU for all fortified wines, such as port, in which fermentation has been arrested by the addition of spirit.

The term vin de liqueur or vin liquoreus also signifies a sweet wine, where the spirit has been added earlier so that in the resultant drink the spirit is more pronounced. Ratafia, Pineau des Charentes, Maculin and Floc de Gascogne are all included in this category.

VIN DE PAILLE A dessert wine, coming mainly from the vineyards of the Jura and also from a small number of producers in Hermitage, Arbois and L'Etoile, which is made from grapes that are slightly dried after picking either by being laid on straw mats (hence the name paille) or hung on racks. This drying before pressing concentrates the juice, and the wine is luscious and sweet in style and capable of long ageing. Very little is produced.

VIN DOUX NATUREL In France a wine that has been fortified with brandy, which increases its strength to more than that of table wines and arrests the working of the yeasts, so that some of the natural sweetness in the grapes remains in the finished wine. Both red and white examples are made, and the majority come from the Grand Roussillon region in the south on the Franco-Spanish border, others come from the mouth of the Rhone. The grapes are predominantly Muscat as in the well-known Beaumes de Venise and Muscat de Frontignan. But other grapes used include the Malvoisie and the Grenache as in Rasteau.

VINEGAR A sour liquid, widely used as a condiment, consisting of a dilute solution of acetic acid obtained by natural fermentation of wine or any other alcoholic solution. Vinegar has been produced and used since the Gallo-Roman era, vinegar diluted with water was a common drink of the Roman legionaries. Orleans, an important centre for wine transport on the Loire, soon became the vinegar capital, and half the French wine vinegar is still produced there. The vinegar merchants' corporation was created in this city in 1394, and in 1580 Henri IV ordered that the profession of vinegar and mustard merchant should be a recognized occupation in the town and

its suburbs, which resulted in the perfection of carefully developed production methods.

In 1862 Pasteur discovered that acetification was caused by a bacterium. Acetification takes place on contact with air, it produces a good vinegar if the wine red or white is light, acid and thoroughly strained to get rid of any residue. The operation takes place at a temperature of 20-30 °C (68-86 °F). The fermentation is caused by bacteria present in an even, velvety grey film, which forms on the surface and slowly sinks into the liquid in a folded sticky mass, this is the vinegar mother. The quality of vinegar always depends on the quality of the wine or other alcohol used to make it, it must contain at least 6% acetic acid and be clear, transparent and colourless if it comes from white wine or differing shades of pink if it comes from red wine. Spirit or wine vinegars are mostly used in France, but in Britain and the USA malt and cider vinegars are also widely used. Vinegar may also be made from champagne or even honey. There are also differently flavoured or coloured vinegars, such as those using beetroot.

Types of vinegar

Balsamic Vinegar a dark, richly flavoured wine vinegar originating from Modena in Italy, where there is a long tradition of making this vinegar that was thought to be a tonic and health giving, the meaning of its name.

Authentic balsamic vinegar is made from selected grapes, reduced to a must and concentrated, then fermented for a year. This is the comparatively quick part of the process the technique that makes balsamic vinegar so special is the long maturing in wooden casks for at least 10 years. The vinegar is not set aside indefinitely, but transferred from one cask to another, each carefully selected for the wood and the flavour it imparts. During the maturing, the vinegar evaporates during the warm summers and rests in the cool winters, to become rich, full-boiled and mellow. The finest vinegars are aged for well over ten years and they can be nurtured for anything from thirty to a hundred years.

Industrial production Industrially produced wine vinegar is made in 24 hours with red or white wine, which is brewed with beechwood shavings soaked in vinegar, a quick method which gives a pungent, unperfumed product, Spirit vinegar is obtained by forcing air into a mixture of vinegar and beetroot alcohol, it is colourless or tinted with caramel.

Uses of vinegar Essential in the preparation of mustards, cold sauces and vinaigrettes vinegar also plays a major role in cooked reduced sauces and in deglazing. It is indispensable for sweet and sour preparations and for marinades and preserves, such as pickles or fruit and vegetable chutneys.

Different types of vinegar have different uses Spirit vinegar is used to clean fish and mushrooms, it is also used to prepare cocktail onions and gherkins. White wine vinegar is suitable for seasoning endive, cos lettuce and chicory, for meat game and fish marinades, to prepare beurre blanc and hollandaise and béarnaise sauces, and to finish noisette butter, as well as to deglaze. The traditional French white wine vinegar is preferred for making aromatized vinegar at home.

Home made vinegar. The method consists of pouring some good quality white or red wine into a cask and placing delicately on the surface a piece of vinegar mother. The vessel is then sealed with a paper stopper (to allow air to pass) and left at room temperature for a minimum of one month and a maximum of two months. The vinegar may then be drawn off as required and replaced by an equal quantity of wine. If a vinegar mother is unobtainable, wine vinegar should be mixed with red wine in equal proportions and then left, as before, for a fermentation to take place, in this case, however, it will take at least three or four months for the vinegar to be produced. The vinegar mother should always stay on the surface and not mix with the alcohol. The cask should never be placed in a wine cellar.

Flavoured vinegars. The traditional wine vinegars are often aromatized, using tarragon, basil, garlic, shallot, lemon, raspberry or even rose and elderflower.

A wide variety of traditional and contemporary spiced, sweetened and flavoured vinegars of excellent quality are produced commercially. From fungi, such as truffles, and mixtures of pickling spices, to fruit and herb mixtures, they reflect a history of seasonings. Home made flavoured vinegars are easily prepared with dried spices and herbs. Fresh herbs give an excellent flavour when they are simply crushed with or added to vinegar in a bottle however, there is a risk of contamination from *Clostridium botulinum* present on the herbs. This bacteria may be found on fresh uncooked produce and although it may be destroyed, its spores are highly resistant and they may develop in anaerobic conditions, that is without air, when the vinegar is stored for any length of time. Boiling the herbs separately or in the vinegar before leaving them to infuse is the safest method, but this does spoil the flavour of some herbs.

RECIPES

Herb vinegar

Peel and slice 2 small onions and 2 shallots and blanch for 30 seconds in boiling water with 5 chives. Cool and wipe them and place in a 1 litre (1 ¾ pint, 1 quart) bottle of traditional French wine vinegar. Leave to macerate for a month before use.

Raspberry vinegar

Pour into a stoneware jug 2 litres (3 ½ pints, 9 cups) red wine vinegar and as many cleaned raspberries as it will hold. Leave to macerate for 8 days, then strain through a very fine sieve or jelly bag, without pressing the fruit, and decant into bottles.

Rose vinegar

Put 100 g (4 oz) red rose petals in 1 litre (1 ¾ pints, 4 ½ cups) red-wine vinegar and leave to macerate for 10 days. Strain and bottle.

Tarragon vinegar

Blanch 2 sprigs of tarragon for 10 seconds in boiling water, cool, wipe dry and place in a 1 litre (1 ¾ pint, 1 quart) bottle of white wine vinegar. Leave to macerate for 1 month before use.

VINHO VERDE Red or white wine made from a wine growing area between the Minho and Douro rivers in northern Portugal. Traditional Vinho Verde wines are low in alcohol, between 8.5 and 11.5%. The whites are light, crisp, sometimes spritzy, with lean acidity and are good as aperitif or picnic wines. The reds are lean and slightly peppery and make an excellent accompaniment to rich, oily food. Wines qualifying under the Vinho Regional Minho appellation, which has the same demarcated area as Vinho Verde, may now be made in a fuller style with higher alcohol levels.

VIN JAUNE An AOC wine from the Jura, coming from Chateau Chalon, Arbois, L'Etoile and several other regions. The grapes, all Savagnin, are picked late and the wine is put into oak casks, which are then sealed. The wine stays in the casks for a minimum of six years, during which time a yeast film forms on the surface, similar to flor on sherry. This method results in an unusual dry wine, yellow in colour, of slightly more than table wine strength and with a nutty flavour. Good vintages will fill out in the mouth. Vin Jaune keeps admirably, even for many years. In cooking it may be best known for *coq au vin jaune*, a speciality of Franche Comte.

VIN SANTO Holy Wine A dessert wine ranging from a straw like to deep amber colour, produced throughout Tuscany mainly from Trebbiano and Malvasia grapes, although in some

areas other varieties, including Chardonnay, into Gris and Pinot Blanc, may be used. There is a pale pink to intense rose coloured wine known as Vin Santo Occchio de Pernice, which is made from Sangoiovese and Malvasia Nera grapes. Production methods vary depending on the producer. The grapes are laid to dry on racks or mats under the rafters, then pressed and stored for a minimum of three years in small oak or chestnut casks. The barrels are sealed and not topped up. The better producers age their wines for longer. The resulting wine can be dry, semi-sweet or sweet.

VINTAGE The harvesting of grapes when they are at an optimum balance that is, when the grape sugar and acidity are in balance. A vintage wine is made from the produce of a single harvest.

VIOLET Known in French as the *figue de mer*, the *Microcosmus sulcatus* is a member of the *Pyuridae* family. The violet looks like a gnarled shellfish, but its outer covering is a leathery coat. It can grow to about 8 cm (3 ½ in) in size. Its habitat is the seabed or rocks. The violet is cut in half to reveal the edible, soft yellow centre, which looks like scrambled egg. Scooped out and eaten raw, in Provence it is considered to be a delicacy. In Italy the violet is known as *uovo di mare* or *limone de mare* and in Spain it is *probecho*.

VIOLET FLOWERS Purple flowers from a small perennial plant. When newly opened, they may be used to decorate salads or in stuffings for poultry or fish. The sweet violet, a common European species, was formerly used in a cough medicine, nowadays, it is used mainly in confectionery and preserves. Crystallized (candied) violets are a speciality of Toulouse and are popular in Britain the complete flowers are immersed in sugar syrup, sometimes coloured, which is allowed to come to the boil. After crystallization they are drained and dried, then used as decoration or to aromatize desserts, sometimes with crystallized mimosa flowers.

VIVOFLAY The name of a spinach dish consisting of *subrics* made with spinach puree, wrapped in blanched spinach leaves, then coated with Mornay sauce and browned in the oven. Spinach *subrics* also feature in the Viroflay garnish to accompany large joints of roast meat served with thickened gravy, quartered sauteed artichoke hearts and chateau potatoes.

VISITANDINE A small round or boat-shaped cake, made of a rich mixture of egg whites, ground almonds, butter and sugar. After cooking, it is sometimes glazed with apricot jam and iced (frosted) with fondant flavoured with kirsch. Visitandines, which were first made in monasteries, were invented as a means of using up surplus egg whites.

RECIPE

VISITANDINES

Mix 500 g (18 oz. 2 ¼ cups) caster (superfine) sugar and 500 g (18 oz. 4 ½ cups) sifted plain (all-purpose) flour, then mix in 12 very lightly beaten egg whites little by little, stirring in well, and finally 800 g (1 ¾ lb, 3 ½ cups) melted butter (barely tepid). To finish, add 4 stiffly whisked egg whites. Fill buttered barquette moulds with small quantities of the mixture, using a piping (pastry) bag with a large smooth nozzle. Cook in a preheated oven at 220 °C (425 °F, gas 7) for about 10 minutes or just long enough for the cakes to be browned with the insides remaining soft.

VIVANEAU A tropical fish of the West Indies and Africa, similar to sea bream (*dorade*) It is a brightly coloured fish weighing up to 2 kg (4 ½ lb) with a triangular head and pointed muzzle. Its flesh is fine and firm, very suitable for marinating in lime and spices, but it is also often prepared with coconut milk or simply grilled.

VIVEUR Now a synonym for reveller or lover of the high life, this term was used, mainly in the 19th century, to describe various fairly rich or spiced culinary preparations. *viveurs* or *des viveurs* soup is a chicken consomme seasoned with cayenne, garnished with fine strips of celery and served with paprika diablottins. It may also be coloured with beetroot (red beet) juice and garnished with small poultry quenelles. *Viveur omelette* is made with celeriac, artichoke hearts and beef cut into small dice.

RECIPE

Viveur omelette

Cook 2 artichoke hearts in white stock, drain them and cut into dice. Boil 2 tablespoons diced celeriac in salted water and drain. Cut 100 g (4 oz) beef fillet into small cubes, salt them and dust with cayenne. Saute all these ingredients in butter in a large frying pan and pour over them 8 beaten eggs, seasoned with salt and pepper. Make into a flat omelette and serve very hot.

VLADIMIR A name given to various dishes dating from the Edwardian era, probably dedicated to a grand duke of this name. Turbot or sole *Vladimir* is poached, coated with white wine sauce containing crushed tomatoes and poached clams, then glazed in the oven. Small cuts of meat *Vladier* are sautéed, garnished with small pieces of braised cucumber and diced sautéed courgettes and covered with a sauce made of the cooking liquid deglazed with soured cream and seasoned with paprika and grated horseradish, this preparation is reminiscent of Russian cookery. Eggs *star le plat Vladimir* are fried, then sprinkled with Parmesan cheese and garnished with diced truffles and asparagus tips.

VOANDZEIA A type of bean, also called groundnut or *pois arachide*, with yellow pods containing round edible seeds, very rich in starch and protein. It has considerable economic importance in tropical Africa, where it is widely used as food, being one of the most nutritive vegetable products. It has also been introduced into Central America.

VODKA An alcoholic drink made from grain, molasses, potatoes or various other vegetables that are available for distillation. It probably originated in Poland and is now made in many countries, including Britain. *Vodka* goes through distillation and rectification in continuous process. It is a neutral spirit and basically has neither taste nor smell. It is mainly appreciated for the stimulus given by the alcohol.

Various vodkas may be flavoured with spices, plants, leaves or fruits. From Poland, for example, comes *zubrouka*, made of maceration of grasses called *bison grass*, mentioned by Somerset Maugham in his novel *The Razor's Edge* as a drink that smells of freshly mown hay and spring flowers.

Vodka is now an international drink, often served with caviare and smoked fish. It is also used to flame various fish preparations and a special sweet omelette and to deglaze certain dishes, particularly poultry.

The West was slow to take to *vodka*, but in recent years it has become enormously popular in the United States. It is used in a variety of mixes, including *Bloody Mary* (*vodka* and tomato juice).

VOILER A French cookery term meaning to coat certain pastries or iced desserts with a veil of sugar, consisting of fine threads of sugar cooked to the hard crack stage.

VOISIN A restaurant in the Rue Saint Honore in Paris, considered to be one of the foremost in the capital between 1850 and 1930.

Its first manager was *Bellanger* who set up a cellar of reputable Burgundies. The menu for the

Christmas Eve midnight feast in 1870, consisting of the choicest meat of animals from the Paris Zoo, has remained famous: elephant consomme, civet of kangaroo, haunch of wolf with roebuck sauce, antelope terrine with truffles and so on. Taken over by Braquessac, who came from Bordeaux, the restaurant kept up its reputation with its chef, Choron, who created, among other things, a bearmaise sauce with tomatoes. Daudet, the Concourts and Zola were regular customers as was the Prince of Wales.

RECIPE

Duck Voisin

Roast a duckling so that the meat remains slightly pink- about 30 minutes in a preheated oven at 230 °C (450 °F gas 8). Let it get completely cold, then remove the fillets. Break up the carcass and trimmings and use these to prepare a salmi. Strain the salmi, remove the fat, and add to it an equal quantity of meat aspic. Reduce and strain. Place a layer of this sauce in a timbale mould, when it has set, place on top a layer of finely sliced duckling fillets. Coat them with more of the sauce, then cover with a layer of sliced truffle. Continue to fill the timbale with alternating layers of duck and truffle, coating each layer with a little half-set aspic. Finish with a layer of aspic. Chill in the refrigerator until set. Turn out and serve very cold.

VOL-AU-VENT A round case of puff pastry, 15-20 cm (6-8 in) in diameter, having a pastry lid. The vol-au-vent is filled after baking and served as a hot entrée or hors d'oeuvre. Its invention is attributed to Careme, who had the idea of replacing a shortcrust pastry case with puff pastry of such delicacy that it flew away in the wind on coming out of the oven. The celebrated chef also said. This entrée is attractive and undoubtedly very good, it is almost always eaten with pleasure on account of its extreme delicacy and lightness.

The filling for a vol-au-vent is bound with sauce, there are many different kinds: a la financieriere, a la reure, a la benedictine, a la toulousaine, a la nanthua, seafood, mushrooms, in bechamel sauce, sole fillets, poultry or veal quenelles, veal, sweetbreads or escalopes, sliced chicken fillets, lobster chicken or game finished with a salpicon of the basic ingredient can also be used, and even spaghetti in tomato sauce with diced ham. The classic presentations, however, are vol-au-vent financieriere and mariniere.

Both the filling and the pastry case must be very hot, and the filling takes place at the last moment to avoid soaking the pastry. The vol-au-vent is served immediately, although it may be placed briefly in the oven to reheat after filling.

The classic vol-au-vent has been adapted to modern tastes. Individual ones are now popular, and bite-size cocktail ones are often made to serve with drinks.

RECIPE

Vol-au-vent case

Prepare 500 g (18 oz) fine puff pastry. Divide it in half and roll out each half to a thickness of 5 mm (¼ in). Cut out 2 circles, 15 cm (6 in) in diameter. Place 1 pastry circle on a slightly dampened baking sheet. Using a 12-13 cm (4¾ = 5 in) round cutter, remove the centre of the second circle. Dampen the top of the pastry circle and place the outer ring from the second one on top. Turn the ring over as you place it on the circle so that the slightly floury underside is uppermost.

Roll the central circle of pastry from the ring to the same size as the vol-au-vent. Dampen the border of the vol-au-vent and place this third layer on top. Glaze the top with beaten egg top then use a small knife to score around the inside of the border. This marks the lid covering the well in the vol-au-vent scoring it without cutting through completely makes it easier to remove when cooked. Mark a pattern on top of the lid by lightly scoring it in a criss-cross pattern.

Bake in a preheated oven at 220 °C (425 °F, gas 7) for about 15 minutes until well-risen and golden brown. After taking it out of the oven, place the vol-au-vent on a wire rack, carefully cut out the lid without breaking it, place it on the wire rack, and remove the soft pastry from the inside.

of the vol-au-vent. Keep hot, Reheat the filling, fill the case with it, place the lid on top and serve very hot.

Vol-au-vent financiere

Blanch 50 g (2 oz) sweetbreads, rinse under cold water, then dry. Remove the skin and cut into large chunks. Cut 200 g (7 oz) chicken quenelles into medium-sized cubes. Blanch 12 cockscombs and cook in butter for 2 minutes. Season with salt and pepper. Cut 300 g (11 oz) mushrooms into quarters and saute in butter in a frying pan and then drain. In the same pan, saute the sweetbreads, seasoned with salt and pepper, for 2 minutes. Remove and set aside with the mushrooms. Deglaze the pan with 100 ml (4 fl oz. 7 tablespoons) Madeira, reduce a little and return the mushrooms and sweetbreads to the frying pan. Cover and simmer for 3-4 minutes.

Make a golden roux with 40 g (1 ½ oz. 3 tablespoons) butter, 40 g (1 ½ oz, 6 tablespoons) flour and 500 ml (17 fl oz, 2 cups) chicken stock. Add salt, pepper, nutmeg, 1 chopped white truffle and 100 ml (4 fl oz. 7 tablespoons) Madeira. Cook gently for 10 minutes.

Place the sweetbreads, mushrooms and their juice, the diced quenelles, cockerels, kidneys and 12 shelled crayfish in a saucepan. Pour the sauce on top and allow to simmer for 4-5 minutes. Just before serving remove from the heat and add 1 egg yolk mixed with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream. Fill the vol-au-vent with the stuffing and place the lids on top.

VOLIERE, EN Describing a decorative method of presenting game birds, particularly pheasant and woodcock. This method was in common use up to the 19th century but is now obsolete. On the cooked bird, the head, tail and outspread wings were placed in position and held with small wooden pegs. In the Middle Ages peacocks, swans and herons were presented en voliere, and a piece of burning flax was placed in their beaks. Under the Ancient Regime various game birds, complete with their feathers, were served on a large silver dish and presented as *chasse royale*.

VOLNAY An AOC red Burgundy wine from the Cote de Beaune. The favorite wine of Louis XI, Volnay is famous for its elegance, quality and charming bouquet.

VOSNE-ROMANEE A village in the Cote de Nuits area of Burgundy, producing very fine wines from Pinot Noir. There are six grand cru vineyards. Romanee Conti, La Romanee, La Tache, Richebourg. Romanee St. Vivant and La Grande Rue, as well as wines produced at premier cru and village level.

VOUVRAY AOC white wines from the Loire Valley near Tours. Made from the Chenin Blanc and Arbois grapes (mostly the former) Vouvray is dry to sweet, may be still petillant (slightly sparkling) or moussoux (fully sparkling) It often ages in cellars dug into the limestone.

VUILLEMOT, DENIS-JOSEPH French chef (born Crepy-en-Valois, 1811, died Saint Cloud 1876). The son and grandson of maitres d 'hotel, he started his apprenticeship under Vey, became the pupil of Careme, then set up on his own account at Crepy and later at Compiègne. He then assumed the management of the Restaurant de France at the Place de la Madeleine in Paris and finished his career at the Hotel de la Tete-Noire, at Saint Cloud.

A long standing friend of Alexandre Dumas, he was his technical associate for the recipes in the Grand Dictionnaire de la cuisine (1873). He also organized a banquet in the novelist's honour on his return from Russia, which has remained famous for its culinary creations, all bearing names evoking the title of Dumas works soups a la Buckingham and aux Mobicans, tourte a la Henri III, lobster a la Porbos, fillet of beef a la Monte-Cristo, bouchée a la reine Margot, bombe a la dame de Monsoreau, salad a la Dumas, gateau a la Gorenplot, and crème a la reine Christine.

W

WAFFER A small crisp, light biscuit with waffle like marks from the cooking plates used for the dough. Wafers are mainly produced industrially. They can be plain, shaped like a fan, rolled up like cigarettes or filled with jam or praline cream. Wafer dough is also used to make ice-cream cornets.

WAFFLE A thin, light batter cooked on the stove between the two buttered and heated plates of a waffle iron. The waffle batter is made of flour, butter, sugar, eggs and water or milk, sometimes with a flavouring such as vanilla, or orange flower water, cinnamon, aniseed, brandy or citrus fruit zest.

The ancient Greeks used to cook very flat cakes, which they called obelios, between two hot metal plates. This method of cooking continued to be used in the Middle Ages by the obloyeurs who made all sorts of oublies, which were flat or rolled into cornets. The oublie became the waffle in the 13th century, when a craftsman had the idea of forging some cooking plates, reproducing the characteristic pattern of honeycombs, which at that time were called ganfres (from the Old French wafla)

Waffles like fritters and pancakes, were one of the most common foods in country cooking. Sometimes they were simply made of flour and water or milk. The richer country people added eggs, cassonade. Each area has its own recipe for waffles they can be savoury, made with ham, cheese or pumpkin or sweet. The batter can be enriched with fresh cream or butter, or made lighter with whisked egg whites.

Waffles from the central regions of France are delicate and crunchy and can be kept in a tin. In Champagne and Franche Comte the waffles are very crisp and sprinkled with sugar. The waffles of norther France, called dtenies, are thick and greasy and eaten hot. The batter contains a lot of butter and fresh cream, and the flour is mixed with milk rather than water.

Waffles, like pancakes, are traditionally sold in the street and at fairs, particularly in the northern provinces of France and Flanders. They are extremely popular in the United States, especially served with maple syrup for breakfast. It is thought that the Pilgrim Fathers brought them from England in 1620.

Waffles are usually eaten hot, sprinkled with sugar and accompanied by whipped cream or jam.

RECIPES

Waffles

In a large earthenware bowl sift 500 g (18 oz. 4 ½ cups) plain all-purpose) flour with 2 teaspoons bicarbonate of soda (baking soda), 4 teaspoons baking powder and 2 teaspoons salt. Add 30-40 g (1 –1 ½ oz 2-3 tablespoons) caster (superfine) sugar. 150 g (5 oz, 2/3 cup) melted butter., 5 beaten eggs and 750 ml (1 ¼ pints, 3 ¼ cups) milk (or more if very light waffles are preferred) Mix well until the batter is runny and completely smooth.

Heat and, if necessary grease a waffle iron. Pour a small ladle of batter in one half of the open waffle iron. Close the mould and turn it over so that the batter is distributed equally in both halves. Leave to cook. Open the waffle iron, take out the waffle, sprinkle with icing (confectioner's) sugar and serve.

Bricetelets vaudois

Beat 65 g (2 ½ oz. 5 tablespoons) butter with 100 g (4 oz. ½ cup) caster (superfine) sugar into a foamy mixture. Add 1 whole egg plus 1 yolk, 250 ml (8 fl oz. 1 cup) crème fraiche, a pinch of salt and the grated zest of 1 lemon. Mix together, then add 200 g (7 oz. 1 ¾ cups) sifted plain (all-purpose) flour. Work together quickly to make a runny batter. Using a ladle or spoon, pour small quantities into a waffle iron. Close and cook, then remove and serve hot.

Filled waffles

Mix 15 g (½ oz. 1 cake) fresh (compressed) yeast or 1 ½ teaspoons dried yeast with 300 ml (½ pint, 1 ¼ cups) tepid water. Blend in 500 (18 oz. 4 ½ oz., Generous ½ cup) butter. 40 g (1 ½ oz., 3 tablespoons) caster (superfine) sugar and 2 teaspoons salt, and knead to obtain a smooth dough. Leave to prove (rise) under a cloth overnight, then shape it into little balls and again leave to rise on a floured board for 1-2 hours.

In a warm basin, cream 250 g (9 oz. Generous 1 cup) butter, 200 g (7 oz. 1 ½ kcups) icing (confectioner;s) sugar and 200 g (7 oz) praline. Use to fill the waffles.

Liege waffles

Take 500 g (18 oz. 4 ½ cups) sifted strong plain (bread) flour. Mix 15 g (½ oz. 1 cake) fresh (compressed) yeast or 1 ½ teaspoons dried yeast with 125 ml (4 oz. ½ cup) tepid water and blend with a quarter of the flour. Leave to rise until doubled in size. Then add the rest of the flour, a generous pinch of salt. 125 g (4 ½ oz generous ½ cup) caster (superfine) sugar, 4 beaten eggs and 200 g (7 oz. Scant 1 cup) softened butter. Mix well.

Work the dough with the palm of the hand. Divide it into balls, each the size of an egg. Roll into sausage shapes and leave to stand on a floured board for 30 minutes. Heat a waffle iron and, if necessary., grease it. Put a piece of dough between the plates. Close the waffle iron and leave to cook. Repeat with the remaining dough. Serve the waffles lukewarm or cold, sprinkled with icing (confectioner's) sugar.

WAFFLE IRON A hinged cast iron mould, consisting of two honeycomb patterned plates between which waffle batter is cooked.

Hand operated waffle iron, of which the oldest date from the 15th century, are sometimes veritable masterpieces, richly adorned with designs and engraved with coats of arms, crosses and religious or magic symbols. They are placed over a heat source. For this purpose they are equipped with long handles.

Traditional waffle irons are still used but the majority are electric, with a thermostat and non stick plates. Some models have interchangeable plates so that toasted sandwiches, grills and even pancakes can also be cooked in them.

WALDORF A mixed salad consisting of diced apple and celery and walnuts, dressed with a thin mayonnaise. It is named after the prestigious New York hotel, the Waldorf Astoria, where it originated as a simple apple and celery salad, dressed with mayonnaise.

This name has also been given to a dish of marinated conger eel fillets, floured, grilled (broiled) and sprinkled with melted butter. It is served with small baked potatoes and mayonnaise Americane (with mustard and the coral of a lobster or langouste added).

WALEWSKA, ALA The name given to fish poached in a fumet garnished with slcies of lobster (or other crustacean) and thinly sliced truffle, coated with Mornay sauce finished with lobster butter and glazed in the oven. This dish, typical of the rich cuisine of the Second Empire, appears to have been dedicated to Count Walewski, natural son of Napoleon 1 and Marie Walewska, who was ambassador in London and minister for foreign affairs under Napoleon III.

RECIPÉ

Fillets of sole a la Walewska

Poach some sole filelts in a fish fumet for 5 minutes, using very little liquid. Arrange on a long ovenproof dish and on each filelt place a slice of lobster or langouste flesh (cooked in court bouillon) and a slice of raw truffle. Coat with Mornay sauce containing 1 tablespoon lobster or langouste butter to every 150 ml (¼ pint, 2/3 cup) sauce. Glaze quickly in a very hot oven.

WALNUT The fruit of the walnut tree, consisting of a hard shelled nut surrounded by an outer green fleshy husk, called a shuck. The delicious kernel is shaped like the two halves of a brain. (which is why the ancient Greeks and Roman believed that walnuts cured headaches). The kernel is 35-50% of the total weight, depending on the quality of the nut. It is covered with a fine skin, light to dark yellow in colour and the kernel is white, turning greyish with age. Some thin shelled varieties can be crushed in the hand, but normally nutcrackers are required.

RECIPES

Cream soup with walnuts

Blend 1 egg yolk into 1 litre (1 2/4 pints, 4 1/2 cups) chicken stock. Peel some fresh walnuts, pound them in a mortar and add them to the soup. Finish with a little double (heavy) cream.

Green walnuts in verjuice

Clean some fresh green (unripe) walnuts without breaking them, place them in cold water, drain and dry them sprinkle with coarse salt, then pour over some verjuice (the acid juice of unripe grapes) Scatter some chopped herbs over the walnuts and serve with cold meat, such as roast veal or pork.

Pheasant with walnuts

Pound together 60 peeled fresh walnut kernels, 3 Petit-Suisse cheeses (or 3 oz. Cream cheese), 1/2 wine glass grape juice, the juice of 1 lemon, and with boiling spiced vinegar, making sure that the walnuts are completely covered. Seal the jars and store them in a cool place. Serve with cold meats.

Scampi with walnuts

Soak the walnut kernels in cold water overnight. Dry peel and fry quickly in hot oil, then drain them and keep hot. Season some shelled scampi with white wine, fresh root ginger juice, salt and pepper. Roll them in flour and fry in very hot oil. In another pan, quickly fry some green onion stalks. Turn all these ingredients out on a hot dish, mix together and sprinkle with stock to which white wine, soy sauce and ground ginger have been added.

Walnut cake

Cream 125 g (4 1/2 oz., generous 1/2 cup) butter, then beat in 300 g (11 oz, 1 1/2 cups) caster (superfine) sugar, 5 eggs (one by one) 125 g (4 1/2 oz, generous 1 cup) ground green walnut kernels. Then fold in 2 tablespoon rum and 75 g (3oz. 3/4 cup) sifted self raising flour and mix well until smooth.

Butter a 20 cm (8 in) sandwich tin (layer cake pan) line the base with a circle of buttered greaseproof (wax) paper and transfer the mixture of the tin. Bake in preheated oven at 200 °C (400 °F. gas 6) for 35-40 minutes. Allow the cake to cool in the tin before turning it out. Decorate the top with walnut halves.

WARBLER A small songbird of which there are many species, including the garden warbler and blackcap. During the autumn migration, they cross the south of France when the figs and grapes are ripe and eat the seeds. Brillat Savarin was particularly enthusiastic about them, although they were already appreciated in Roman times. Once hunted to excess they are now a protected species.

WASABI A Japanese plant, *Wasabia japonica*, found growing wild on river banks or cultivated in running water for its root (a rhizome, in fact) It is related to watercress, but the roots has a hot flavour, similar to horseradish but not as harsh. Fresh wasabi root, which is given in colour, is

grated and used in sushi or mixed with soy sauce and served as a condiment for sashimi. Fresh wasabi is expensive, as is the true dried and ground root. The common dried or paste product sold as wasabi outside Japan is often made from horseradish, mustard and colouring.

WASHINGTON A garnish for poached or braised chicken consisting of boiled sweetcorn bound with very thick cream. The name is somewhat paradoxical, because although maize (corn) is considered the national cereal of the United States, George Washington is renowned for having encouraged the growing of wheat.

WATER CARRIER Large houses and princely residences were the first to have private water sources, at least their own wells, but the rest of the population had to make do with public fountains, which were few and unevenly distributed. It was not until 1860, under the auspices of Baron Haussmann, that these fountains began to be systematically sited in Paris, heralding the gradual installation of running water to buildings. Before this people relied on the services of the water carriers.

WATER CHESTNUT The tuber of an aquatic plant originating in South East Asia under similar conditions to those for rice cultivation. The water chestnuts are corms that form on the runners from the rhizomes from which the plants grow. They have dark brown skin enclosing crunchy white flesh, which is edible raw or cooked. One of the characteristics of the water chestnut is the fact that it does not become soft or tender during cooking, but retains its pleasing crunchy texture. The flavour is delicate and slightly nutty.

WATERFISH A hot or cold sauce for freshwater fish, of Dutch origin. Hot waterfisch sauce (mainly for pike and perch) is made by cooking a julienne of vegetables in white wine until reduced, then moistening with court bouillon, reducing once more, then adding hollandaise sauce and parsley.

Cold waterfisch sauce is an aspic jelly prepared with the court bouillon of the fish it is accompanying with the addition of a julienne of vegetables, sweet red pepper, gherkins and capers, the fish is coated with the aspic, then decorated with thin strips of anchovy and served with remoulade sauce.

RECIPES

Cold waterfisch sauce

Prepare a julienne of vegetables as for hot waterfisch sauce, moisten with 200 ml (7 fl oz, $\frac{3}{4}$ cup) of the court-bouillon used to cook the fish that the sauce is to accompany and simmer until the liquid has evaporated. Dissolve 2 leaves or 7 g ($\frac{1}{4}$ oz, 1 envelope) gelatine in 200 ml (7 fl oz, $\frac{3}{4}$ cup) fish court bouillon, add the vegetable julienne while still hot, then allow to cool. Add 1 tablespoon each of chopped gherkins, chopped sweet red pepper and capers, mix together.

WATERMELON A large spherical or oval fruit, weighing 3-5 kg (6 $\frac{1}{2}$ -11 lb) with a dark green rind and pink flesh, which is sweet and very refreshing but slightly insipid, the pulp is studded with large, flat black seeds.

Of tropical origin and known since antiquity, the watermelon is grown in many countries, particularly Spain and parts of the United States. When it is bought, it should be heavy and not sound hollow. It is generally cut into slices and eaten just as it is to quench the thirst. When the seeds have been removed, watermelon pulp may be included in fruit salads (possibly served in the empty rind) In some countries, it is picked when green and unripe and prepared like a vegetable marrow (squash).

RECIPE

Watermelon a la provencale

Make a circular incision around the stalk of a ripe watermelon. Cut off the end and scoop out some flesh. Shake the fruit so that some of the seeds fall out. Fill the watermelon with Tavel wine, stop it up with the cut-off end and seal it with wax. Chill in the refrigerator for at least 2 hours. Just before serving take off the end, strain the wine, cut the watermelon into slices and serve it with the wine.

WATER PARSNIP A perennial herb with tubercous roots, which are prepared like salsify, and leaves, which can be eaten in salads. Cultivated in Japan and China, water parsnips were introduced into Europe in the 16th century and were once highly esteemed as a vegetable, they have now practically disappeared.

WATERZOO. Also known as waterzootje. A Flemish speciality consisting of freshwater fish and eel cooked in a court bouillon with herbs. Hamburg parsley roots and vegetables. The preparation is finished with a generous amount of butter and crème fraiche and is sometimes thickened with breadcrumbs. Waterzoo is also made in Ghent, using chicken.

RECIPES

Chicken waterzoo

Poach a chicken until three quarters cooked (about 40 minutes) in a white stock containing an onion stuck with 2 cloves, a bouquet garni, 1 celery stick and 1 leek, both sliced. Slice 1 leek, 1 carrot and 1 celery stick and cook in a flameproof casserole with some of the chicken stock, as for fish waterzoo. Cut the chicken into 8 pieces and arrange them on the vegetables. Add sufficient stock to cover the chicken and cook for a further 30 minutes.

Remove the chicken pieces and the vegetables with a slotted spoon. Add 200 ml (7 fl oz, $\frac{3}{4}$ cup) double (heavy) cream to the casserole and reduce to smooth sauce, adjust the seasoning. Replace the chicken and vegetables, and serve from the casserole, accompanied with bread and butter or buttered toast.

Fish waterzoo

Cut 200 g (7oz) white part of leeks and the same quantity of celery into fine strips, butter a large flameproof casserole and cover the base with the vegetables, add salt, pepper and a bouquet garni containing 4 sage leaves. Add sufficient fish fumet (or court bouillon) to cover kg (4 $\frac{1}{2}$ lb) freshwater fish (about 1.25 litres 2 $\frac{1}{4}$ pints, 5 $\frac{1}{2}$ cups) and add 100 (4 oz $\frac{1}{2}$ cup) butter in small pieces. Cover and cook gently for about 30 minutes, then allow to cool. Meanwhile clean the fish and cut into sections. Place them in the cold cooking liquid, adding a little more court bouillon if necessary partly cover the pan, bring to the boil, and poach for at least 20 minutes. Remove the fish with a slotted fish slice, discard the bouquet garni and mix 200 ml (7 fl oz, $\frac{3}{4}$ cup) double (heavy) cream into the cooking liquid. Reduce this sauce, then replace the fish and reheat. Serve from the casserole, accompanied with bread and butter or slices of buttered toast.

WEDDING FEAST The ceremonial meal that follows a wedding traditionally known as the wedding breakfast in Britain, no matter when it is served has an important role. According to the New Testament, it was at a wedding feast that Jesus performed the miracle of turning water into wine, this illustrates the importance of the wedding feast as a social gathering from the earliest times.

In former times, the festivities of the wedding feasts of the nobility and royalty lasted for several days. On these occasions, roast meat, cakes and public fountains of wine were offered to the people. Marriages with princes or princesses from foreign lands were also occasions when new kinds of food were introduced into France .

WEDGE-SHELL A small marine bivalve mollusc with a pastel coloured wedge shaped shell, 3-4 cm (1 ½ - 1 ½ in) long which lives in the sand at the water's edge. In France it is known as baricot demer flion or vament. It is eaten in the same way as cockles, either raw or cooked, after having been soaked to clean it, it has a very good flavour.

WEEVER A sea fish that often lies buried in the sand on the sea bed. It is appreciated for the quality of its flesh but feared for its poisonous spines, the spines and the fins should therefore be cut off before any other preparation and the fish handled with gloves on. The greater weever which is usually 25 cm (10 in) long but may reach 40 cm (16 in) has a long body (bron back striped with blue, yellow sides, and white belly) and a short head, with a wide mouth and large eye close together. Its flesh is firm and fragrant, and fillets are cooked in the same way as sole fillets. Whole and cleaned it may be grilled (broiled) or prepared like red mullet. Weever steaks can be used in a matelote made with white wine. The lesser weever (the size of a sardine) has hardly any flavour.

RECIPE

Grilled weever

Gut and clean the weevers. Make shallow slits on the back of each fish and on each side of the central fin. Marinate them for an hour in a mixture of oil, lemon juice, salt, pepper and chopped parsley, with a little chopped garlic. Then gently grill (broil) them for about 15 minutes, turning once.

Serve with melted butter strongly flavoured with lemon and mixed with chopped herbs or with a mixture of olive oil and raw, crushed tomato pulp.

WEISSLACKER A German cow milk cheese produced in foil wrapped blocks weighing about 1.5 kg (3 ½ lb Golden yellow right through with a dense texture and a washed rind, it has a pronounced flavour and smell. It originated in Bavarian and is also called. It is traditionally served with rye bread and Doppebock beer.

WELSH RAREBIT A welsh speciality consisting of a slice of toasted bread covered with a mixture of Caerphilly, cheshire or Cheddar cheese melted in pale ale with English, mustard pepper and sometimes a dash of Worcestershire sauce and an egg yolk. It is then grilled (broiled) and served very hot.

RECIPE

Welsh rarebit

Grate 250 g (9 oz. 2 ¼ cups) Cheddar or Caerphilly cheese and place in a saucepan. Add 200 ml (7 fl oz, ¾ cup) pale ale, 1 large teaspoon prepared English mustard and a pinch of pepper. Heat gently, stirring constantly, until the mixture is smooth and runny. Toast 4 slices of sandwich bread and butter them. Put each slice on an individual flameproof plate, also buttered and coat with the cheese mixture without spilling any over the edges of the bread. Brown under the grill for 3-4 minutes. Serve very hot.

WENSLEYDALE Originally made from ewe's milk and now from cow's milk, this English cheese from small or medium size drum shapes. It is clothbound or waxed. The cheese has a thin, dry natural rind and a firm, but crumbly, paste. The taste is sweet and milky, with a tangy finish. The white version is a traditional accompaniment for apple pie or fruit cake. There are also blue and smoked versions.

WEPLER A brasserie that opened in the Place Clichy in Paris in 1891, not far from the Pere

Latheuile, whose declining custom it hoped to capture. In its early days it was particularly well known as a place for wedding feasts and banquets, In 1906 its proprietor switched to the formula pioneered by the Duval restaurants, and in about 1930 the Wepler reverted to a brasserie. It was in this sad and freezing aquarium enlivened by a gypsy orchestra, that the American author Henry Miller set up house, for the price of a cup of coffee with cream never reordered, he had at his disposal writing paper, envelopes, ink and pen. All that for free. This can only happen in Paris.

WEST INDIAN PUMPKIN Local varieties of winter squash, also known as giraumon, green pumpkin, roadback, Culban squash or calabaza. They vary in skin colour and size, but the flesh is orange yellow. It can be prepared and cooked as for ordinary pumpkin or other squashes, such as butternut squash.

WHALE A large aquatic mammal hunted for its blubber in some parts of the world (the far north of Canada, Norway and Japan) in spite of increasingly strict measures intended to protect it from complete extinction.

WHEAT A cereal used to produce flour and semolina that can also be eaten cooked, crushed and so on.

Wheat was cultivated in Neolithic times and was used in girlic griddle cakes and broth. The Egyptians, followed by the Greeks and Romans, used it to make bread, and it is in this form that wheat has mostly been used in southern and western Europe. It has virtually replaced other cereals in this part of the world, whereas other civilizations have grown up on rice or maize.

Each grain of wheat consists of a husk (bran) and kernel. The latter is made of starch and a mixture of proteins called gluten, which varies according to the particular type of wheat. Inside the kernel is the seed or embryo the area rich in nitrogenous material and fatty substances.

There are several varieties of wheat with different uses within the food industry. Gluten rich hard wheat is used for making semolina, especially for pasta and couscous. soft wheat is ground for flour of varying degrees of whiteness, depending on how much of the husk is removed.

RECIPE

Germinated wheat

Place wheat grains in a flat container and cover them with water. Leave for 24 hours. Wash the grains in running water, then replace in the container, without water, for another 24 hours. The grains must, however remain moist. Wash again the next day. The grains now have a little white point (this is the germ) and are ready for use. They do not keep and must be used the same day. They are eaten either in their natural state or dried and ground and then added to soups, salads or purees.

WHELK A marine gastropod of the Buccinidae family, with a whitish, conical, pointed shell, very common on the coasts of the English Channel and the Atlantic. It is known as ran or buccin, while on the Mediterranean coast it is known as casque epineux (spiny helm) Cooked in salted water for just 8 to 10 minutes so as not to make them tough whelks are eaten with buttered bread and, sometimes mayonnaise.

WHISK A kitchen utensil made of tinned or stainless steel wire bent into loops and held together in a handle.

An egg whisk, which is short and rounded, with flexible wires attached by a ring to a wooden or metal handle, is used for whisking egg whites. It is also used to make potato puree, to beat egg yolks with sugar (especially for zabaglione) and to whisk crème fraîche.

A sauce whisk, which is longer and has stiffer wires and a metal handle, is used to beat and emulsify sauces and also to beat custards and various mixtures so that they will not be lumpy.

Nowadays electric beaters, fitted with steel or plastic attachments are often used instead of hand whisks. Whisking is made much easier, especially for egg whites and mayonnaise, but the results are inferior for delicate mixtures, such as hollandaise and béarnaise sauces and Chantilly cream.

WHISKY A spirit originating from Scotland and made from malted grain. It is spelled whiskey in Ireland and the United States, but Irish whiskey is different from American whiskey, which is made from rye or maize (corn).

WHITEBAIT The young of herrings, sprats, and so on which are very common along coasts and in river estuaries. These small fish are usually fried and eaten whole.

The French word, blanchaille, is also used to describe various small freshwater fish.

WHITE FISH This anodyne term is accepted for lake fish of the family Corigonidae in the United States of America and Europe. They are beloved by restaurants in areas with no coast line, because simple service (fried, with lemon or poached) suits the fresh fish best. They are also good smoked.

WHITING A sea fish similar to haddock and cod but without barbs. The whiting is 25-40 cm (10-16 in) long, with a greenish grey back, golden coloured sides and a silvery belly with a line of small brownish yellow streaks above the pectoral fin. It lives near the coast and is fished mainly in the Atlantic, from the north of Norway to Spain. Available most of the year, it is sold whole or in fillets.

Whiting flesh is fine textured and friable and contains less than 1% fat, making it easy to digest. It must be cooked carefully because the flesh tends to fall apart easily. Whiting is an essential ingredient in some regional soups along the French coast. It dissolves in the soups along the French coast. It dissolves in the soup, giving a velvety texture. It can be prepared in many ways, fried, grilled, fried in breadcrumbs or poached in wine. It can also be stuffed, rolled into paupiettes or used in forcemeats, fish loaves or mousses.

RECIPES

Fried whiting en colere

Soak the whiting for 10 minutes in milk or pale (light) ale. Drain pat it dry, season with salt and pepper and roll it in flour. Shape the fish into a circle by putting the tail into the mouth and clenching the jaws so that it remains in this position during cooking. Deep-fry in hot (but not smoking) fat, making sure that it is evenly browned on both sides. Drain it on paper towels and serve with fried parsley, slices of lemon and tartare sauce. Whiting can also be fried flat, but in this case a shallow incision should be made along its back.

Fried whiting en lorgnette

Make a deep incision in the fish along each side of the backbone. Do not separate the fillets from the head. Remove the backbone, starting at the tail and breaking it off at the base of the head. Season with salt and pepper and dip in egg and breadcrumbs. Roll up the fillets on either side of the head and secure each of them with a small wooden skewer so that they stay in position. Deep fry in very hot (but not smoking) fat. Arrange on a napkin and garnish with fried parsley and slices of lemon.

Poached whiting with melted butter

Put a large whiting into a cold court bouillon in a pan. Bring to the boil, cover and poach gently for 10 minutes. Drain the fish and arrange it on a serving dish. Pour a little melted butter over the top and sprinkle with chopped parsley. Serve any remaining butter in a sauceboat. Garnish with steamed potatoes, rice, cucumber slices, spinach or leeks cooked in butter or sautéed courgettes.

9zucchini) or aubergines (eggplants)

Stuffed whiting with cider

Remove the backbone from 4 whiting each weighing about 300 g (11 oz) Gut (clean) them through the back and season with salt and pepper. Cut 2 carrots, 2 celery sticks and the white parts of 2 leeks into very fine slices. Cook very gently for 5 minutes in a covered pan with 25 g (1 oz. 2 tablespoons) butter, salt and pepper. Leave to cool. Stuff the fish with the vegetables and place them in a large ovenproof dish with 1 tablespoon olive oil. Pour 350 ml (12 fl oz, 1 ½ cups) dry (hard) cider and 175 ml (6 fl oz, ¾ cup) fish stock over the fish. Cook in a preheated oven at 220 °C (425 °F, gas 7) for 15-20 minutes or until cooked. Remove the fish, boil down the stock until it is almost dry, then add 250 g (9 oz. Generous 1 cup) curd cheese and heat gently, stirring, without boiling. Pour this sauce over the whiting, sprinkle with chopped chives and serve very hot.

Whiting a l'anglaise

Open the fish from the back and remove the backbone. Season with salt and pepper, roll in flour dip in egg and breadcrumbs and brown in butter on both sides. Arrange it on a dish and coat with slightly softened maitre d' hotel butter. Serve with boiled potatoes.

Whiting a l'espagnole

Dip the whiting in egg and breadcrumbs, brown it in oil and serve on a bed of tomato fondue seasoned with a little crushed garlic. Garnish with fried onion rings.

Whiting hermitage

Remove the bone from a large whiting and gut (clean) it through the back. Stuff it with a mixture of breadcrumbs, creamed butter, chopped shallot, egg, chopped herbs, salt and a pinch of cayenne. Put it into a buttered gratin dish with a little cream and some fish stock. Cover with buttered greaseproof (wax) paper and bake in a preheated oven at 220 °C (425 °F, gas 7) for 15 minutes. Drain the whiting and keep it hot. Boil the cooking liquid to reduce and add some butter, cream, salt and pepper. Bring to the boil again and pour over the fish.

WILD BOAR The ancestor of the domestic pig which has been hunted since ancient times and is now increasingly rare. It is known in French hunting terms as *bete noire*. The young animals have delicate flesh, but the flavour of the meat becomes more pronounced with age and is very strong in the adults.

Horace was once of the first to acclaim wild boar as a noble, highly flavoured dish. If you shun insipid meat, let a wild boar from Umbria fed on *flex accorm*, make your table bend under its weight. Martial was equally enthusiastic.

RECIPE

Boar's head brawn (head cheese)

Cook in court bouillon 4 pigs tongues, which have been blanched, peeled and soaked in brine for 4-5 days. Singe a boar's head weighing about 5 kg (11 lb) scrape it out carefully, and bone it completely, without tearing the skin. Cut off the ears and set aside remove the tongue and the fleshy parts attached to the skin. Cut the pieces of lean meat into large, evenly sized cubes, leave them, with the tongue and the skin of the head, to marinate for 10 hours with 5 carrots, 4 chopped onions, thyme, bay leaf, salt, pepper and 1 teaspoon mixed spice.

Cut into dice 2 cm (¾ in) square the boar's tongue, the cooked pigs tongues, 500 g (18 oz) pickled tongue, 800g (1 ¾ lb) ham, 1 kg (2 ¼ lb) boned and trimmed chicken meat and 500 g (18 oz) fat bacon. Add 400 g (14 oz) truffles (peeled and coarsely diced) 150 g (5 oz. 1 cup) shelled pistachio nuts and pieces of lean meat from the head. Marinate for 2 hours in brandy salt,

pepper and ½ teaspoon mixed spice. Add 4.5 g (10 lb) fine pork forcemeat and 4 whole eggs, mix all together well.

Spread out the skin of the head, with the outside underneath, on a cloth that has been soaked in cold water and wrung out. Lay the stuffing in the middle and fold the skin over the mixture. Wrap the head in the cloth, reshaping it into its original form, and tie it firmly.

Cook in aspic jelly stock to which the bones and trimmings from the boar's head and the carcas and trimmings from the chicken have been added, simmer very gently for about 4 ½ hours. One four before it is ready, put the ears into the stock to cook. Drain leave to stand for 30 minutes, then unwrap the head, wash the cloth and wring it out well. Roll the head in the cloth again and bind with wide tape, taking care to keep the shape (start binding at the sour end) Leave to cool for at least 12 hours, then unwrap and wipe dry.

Using thin wooden cocktail sticks (toothpicks), fix the ears, coated with a layer of brown chaud froid sauce or dissolved meat glaze, in their correct positions. Place the head on the a rack and coat with the same sauce, put the tusks back in their sockets and make eyes with hard boiled (hard cooked) egg white and truffles. Lay the head on a large dish, garnish with truffles and shelled pistachio nuts and glaze with the aspic (which should have the consistency of unbeaten egg white) Chill in the refrigerator. In domestic cookery, where the truffles are omitted, the cooled head is simply covered with golden breadcrumbs. The ears are diced and added to the rest of the stuffing.

WINE A drink made from the juice of the grape, the sugar in the fruit being converted into alcohol by the action of yeasts in the process of fermentation.

According to the definition of the wine and spirit Association of Great Britain, wine is The alcoholic beverage obtained from the juice of freshly gathered grapes, the fermentation of which has been carried through in the district of its origin and according to local tradition and practice, This means that drinks made from fruits other than grapes are not, strictly speaking, wines. Nor can alcoholic drinks made from dried grapes, imported grapes concentrate and grape and fruit extracts be described as wine, and in it is important to recognize the distinction between British wine and English wine which is made from grapes grown in England.

WINE CELLAR A cellar is the best place to store wines, being (ideally) dark, airy and quiet, with a constant temperature and protected from unpleasant smells. It should not be subject to seasonal temperature changes and should also be slightly damp and draught free. If conditions are too damp, moulds may grow on the outside of the corks and the labels may deteriorate, although this does not affect the wine.

WING Either of the front limbs of a bird, including the muscles that operate it. The latter form the delicate white meat of the breast. When cooked whole, both the wing and breast of young and tender birds (especially chicken or young turkey) is called a supreme on older birds it is called (incorrectly) a poultry cutlet.

WINKLE A small marine mollusc harvested from coastal waters. It is recognized by its brown or black shell with its pointed spine, the hard operculum must be removed before eating.

Winkles are eaten cold with bread and butter, after poaching for five minutes in salted water (it should be possible to remove them whole from their shells with a pin, if they are cooked for too long, they become brittle) They are also eaten in salads.

WINTERTHUR A dish of langouste prepared like lobster cardinal but filled with shrimps and a salpicon of langouste. It is named after a Swiss town in the canton of Zurich.

WOK A large pan with a rounded base. Traditionally made of cast iron, the wok is designed for

cooking over a brazier or gas burner. It is widely used in Chinese cooking mainly to prepare stir-fried dishes, but also for roasts, sautes, steamed dishes and even soups. Similar pans are used in other South East Asian countries, and a smaller shallow rounded pan (tauva) also features in Indian equipment. The wok's advantage for stir frying is that it allows food to be tossed and stirred constantly while cooking, in this way it can be cooked rapidly over a high heat. The wok has become popular all over the world.

WOOD BLEWIT The generic name given to a range of plump gilled mushrooms, with cap or stem, or both, of a violet amethyst or lilac blue colour. Wood blewits are very late, and they are found in woods, at the edge of forests or in cool, damp fields. Three species are of particular gastronomic interest, the wood the wood blewit, naked tricholoma (tricholome nu) the most sought after, is violet blue all over, with a delicate floral aroma, the sinister tricholoma (tricholome sinistre) or amethyst foot, is very pretty, with a fine, intense violet colour, on the stem only, the squalid tricholoma (tricholoma sordide), or squalid blue foot, is often of modest size, with a very intense amethyst colour. After cooking the tender flesh of this blewit has a smooth flavour, which is an excellent accompaniment for white meats and dishes of fish served with sauce.

WOODCOCK A migratory bird with a wingspan of 60 cm (24 in) a long bill and short legs. In France woodcock are hunted in March and April and October and November they are latter and more tender in the autumn) in Britain they are classified as game birds and can be shot only between September and January. The bird is fairly rare and difficult to find because it is well camouflaged its plumage is the colour of dead leaves. It has long been regarded as a delicacy. In classic cuisine, it is hung for 4-8 days until the skin on the body is shiny, the feathers and tail come away easily, and the beak can be broken with the fingers and then used to make salmis pates and mousses. Modern recipes, however, prefer it not to be hung, and it is usually roasted undrawn, except for the gizzard, and often served on a toast base.

The parts of the bird most esteemed by such French authors on gastronomy as Godard d'Aucour are the entrails. These should be collected from cooked birds, seasoned with spices and lemon juice, then mixed with chopped fatty bacon or foie gras laced with brandy and each ten spread on fried bread or toast.

RECIPES

Preparation of woodcock

Unlike poultry and other game, woodcock is not trussed with string, it trusses itself. The long pointed beak goes through the thighs and the legs are raised and held together. It is customary to remove the eyes of the woodcock, but not the intestines (except for the gizzard) After cooking the intestines are spread on toast.

Casserole of woodcock

Truss the woodcock and bard with thin bacon, Brown in some butter season, then place in an ovenproof dish and roast in a preheated oven at 240 °C (475 °F, gas 9) for 15-18 minutes, basting frequently, until the bird is cooked. Drain the bird, remove the bacon and keep warm. Pour a dash of brandy into the dish and, if possible, a few tablespoons of game stock. Remove the intestines and chop with an equal quantity of fresh bacon. Add salt and pepper, a pinch of grated nutmeg and a dash of Cognac, Armagnac or Calvados. Fry a slice of bread (white or brown) spread it with the intestines and then put it in a very hot oven for a few minutes to cook the bacon. Serve the woodcock on the toast canape and moisten with the cooking juices.

Casserole of woodcock a la crème

Prepare and cook a woodcock as in the recipe for casserole of woodcock. Add to the casserole a dash of Cognac, Armagnac, or Calvados and a few tablespoons of crème fraîche. Return to the oven to warm through.

Cold timbale of woodcock

Line a raised pie dish with lining pastry and then with thin slices of bacon. Cover the bottom and sides of the lined dish with a game forcemeat flavoured with diced truffle. Bone 2 woodcocks, stuff with foie gras studded with truffle, roll into ballotines and seal by frying in butter. Place the woodcock in the dish and fill the gaps between with the fine forcemeat mixed with foie gras and the chopped intestines, well seasoned and flavoured with a dash of Cognac. Spread a layer of game forcemeat over the whole, shaping it into a dome, then top with thin rashers (slices) of fat bacon. Cover with hot water crust shaped to fit the top of the pie. Seal the edges to form a crimped ridge and garnish the top of the pie with pastry shapes. Make a small hole in the pastry lid to allow steam to escape. Bake in a preheated oven at 180 °C (350 °F, gas 4) for 1 ¼ hours. Allow to cool thoroughly before turning out of the mould. Serve on a dish covered with a napkin.

Cold woodcock à la Diane

Roast the woodcock until rare and slice the meat. Pound the intestines with a knob of foie gras, a knob of butter, nutmeg and brandy. Sieve and season well. Reshape the sliced flesh around the intestine mixture, arranging it on large slices of raw truffle marinated in brandy to resemble a woodcock and coat with a firm game aspic. Chill well in the refrigerator before serving.

Hot woodcock pâté à la périgourdine

Bone 2 woodcocks, spread out the birds on a table, and fill with stuffing as in the recipe for woodcock casserole à la périgourdine. Roll the woodcocks into ballotines and wrap each one separately in muslin (cheesecloth). Poach for 12 minutes in a Madeira braising stock prepared with the carcass and trimmings. Drain and allow to cool. Unwrap when cold. Meanwhile, prepare a fine forcemeat composed of two thirds game forcemeat and one third veal forcemeat. Line the bottom and sides of an oval pâté mould with a thin layer of shortcrust pastry (basic pie dough) and spread the forcemeat over this. Place the ballotines side by side in the mould. Cover with 10 slices of foie gras fried in butter and 20 slices of truffle. Cover with the remaining forcemeat. Cover the pâté with a layer of pastry and seal and trim the edges. Make a hole in the pastry lid for the steam to escape. Garnish with shaped pastry trimmings and brush with egg. Place the pâté on a baking sheet and bake in a preheated oven at 180 °C (350 °F, gas 4) for 1 ¼ hours. Just before serving pour a few tablespoons of Périgoux sauce into the pâté through the hole in the lid.

Roast woodcock on toast

Truss the woodcock, bard, tie up with string and roast on a spit or in a preheated oven about 240 °C (475 °F, gas 9) for 18-20 minutes. Prepare a toast canapé as for casserole of woodcock and serve the woodcock on top of the canapé. The dish may be garnished with large peeled grapes.

WOOD PIGEON A species pigeon that is prepared in the same way as ordinary pigeon although its flesh is more delicate and flavoursome. In the Bordeaux region it is enjoyed in a salami or roasted in the Basque country it is eaten lightly, grilled or as a confit.

In south western France, where it is known as palombe, the wood pigeon is traditionally hunted with nets during its annual migration over the Pyrenees.

WOODRUFF Also known as sweet woodruff, *Galium odoratum* is a herb with a flavour described as similar to new mown hay, honey and vanilla. In Germany where it is known as waldmeister, literally master of the forest, and Eastern European countries, woodruff is used to

flavour sausages. It is also steeped in Rhine wine to make an aromatic wine drink Maibode or Matrink, traditionally consumed on May Day.

WORCESTERSHIRE SAUCE An English condiment whose recipe was apparently discovered in the East Indies by Sir Marcus Sandys, a native of Worcestershire. On returning home, he asked the English grocers Lea & Perrins to make up a sauce that resembled his favourite condiment. It was launched commercially in 1838. The present day Originally and Genuine Worcestershire sauce, which still bears the names of its inventors, is made of malt vinegar, molasses, sugar, onions, garlic, tamarind, anchovies and other secret flavourings and spices. It is used to season ragouts, soups, stuffings, vinaigrette, deviled or tomato sauces, steak tartare and exotic dishes, it also flavours various cocktails and tomato juice.

WORK To incorporate one or more ingredients into another using a spatula, mixing spoon or a small palette knife, until they are thoroughly mixed. This operation is particularly used in making beurre manie.

WRASSE A fish of the bridgae family, which is fished on coasts from Norway to Senegal and also in the Mediterranean. The wrasse also called labre, is about 40 cm (16 in) long and can live for 20 years.

RECIPE

Wrasse with potatoes

Blanch 250 g (9 oz) thick, streaky lightly salted bacon in water and cut into small strips. Peel and slice 150 g (5 oz, generous 1 cup) shallots. Peel 1 kg (2 ¼ lb) potatoes, cut into thin slices, wash and wipe dry Grease an ovenproof dish with lard and arrange the strips of bacon and potatoes in it in alternate layers, sprinkled with shallots. Season with salt and pepper. Moisten with 500 ml (17 fl oz. 2 cups) white wine. Place in a preheated oven at 200 °C (400 °F, gas 6) for 30 minutes.

Meanwhile, scale, clean and wash 4 wrasse, each weighing about 400 g (14 oz) and rub them outside and inside with salt and pepper. Place them on the potatoes, sprinkle with small pieces of lard and return to the oven for 10 minutes. Turn the fish over and continue cooking for a further 5 minutes. Serve very hot in the baking dish.

WUCHTELN An Austrian dessert consisting of squares of yeast dough folded over a plum jam filling put in a warm place to rise, then baked and served hot, dusted with icing (confectioner's) sugar and accompanied with a compote of prunes.

X Y Z

XAVIER A cream soup or consomme thickened with arrowroot or rice flour and garnished with diced plain or chicken royale. It may also be flavoured with Madeira, garnished with small savoury pancakes or served with oeufs files (threads of egg white cooked in the soup)

RECIPE

Xavier soup

Prepare 1.5 litres (2 $\frac{3}{4}$ pints, 6 $\frac{1}{2}$ cups) chicken consomme. Thicken it with 3 tablespoons cr me de riz (rice flour) or cornflour (corn starch) slaked with milk or water. Away from the heat, add 3 egg yolks mixed with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream. Stir in 50 g (2 oz, $\frac{1}{4}$ cup) butter. Garnish with diced chicken royale and serve in cups.

XIMENIA A small tropical shrub with edible, though rather sour, fruit.

YAK A long haired, domesticated ruminant that lives on mountainous pastures of central Asia. It is used as a pack animal and also provides meat and milk. Yak meat (gyak in Tibetan) is cooked mainly as thin slices fried quickly in butter or grilled (broiled) on bamboo sticks, larger joints are boiled after marinating if the animal is old. Dried complete with the bones, the meat is sometimes reduced to a coarse powder used as a basis for soups and porridges made with yak milk. The Tibetans use yak's milk also to make small very hard, cube-shaped cheeses and butter, which is eaten when rancid.

YAKITORI A Japanese dish of chicken kebabs cooked over charcoal embers. They usually include pieces of chicken meat, skin, gizzard and liver. Balls of minced (ground) chicken mixed with spring onions (scallions) mushrooms and sometimes quail's eggs, peppers or ginkgo nuts can be used. Other birds are also used for yakitori. The ingredients are threaded on to thin bamboo skewers, then grilled for 4-5 minutes. Yakitori are served with drinks as snacks rather than as part of a main meal. In Japan restaurants specialize in yakitori, offering a whole range of these kebabs. They are also sold in the streets.

YA-LANE A tree originally from China whose buds are cooked before flowering and preserved in vinegar to make an excellent condiment. The dried flowers are used to spice rice dishes.

YAM The round or elongated edible tuber of a tropical climbing plant of the Dioscorea genus, of which several species are cultivated in Africa, Asia and America. The flesh is white, yellow or pink, and the skin may be rough or smooth and white, pink, yellow or blackish-brown in colour, depending on the species. The tubers vary in size from small examples resembling large potatoes to giants of 20 kg (45 lb) or up to three times that size. The typical yam in the Western supermarket has rough, thick, brown skin, white flesh and is about twice the size of a potato.

In the United States the name yam is used for the sweet potato, the tuber of *Ipomoea batatas* and plant in the Convolvulaceae family, commonly known as the morning glory family of plants.

Yam can be used in the same way as potatoes or sweet potatoes. They can be boiled peeled or in their skins, or baked, or used in a wide variety of dishes, including soups, ragouts, purees, souffles, croquettes, fritters, gratins, chips and so on, as well as in various sweet dishes. The flesh tastes similar to that of potato and its texture is floury. A starch extract from yams, called Guyana arrowroot, is widely used in cookery and confectionery.

YASSA A Senegalese dish consisting of pieces of grilled (broiled) mutton, chicken or fish (originally monkey) which have been marinated in lime juice and highly seasoned condiments. It is served with rice or millet, and the marinade is used as a sauce.

RECIPE

Chicken yassa

The day before the meal (or at least 2 hours in advance) cut up a chicken into 4 to 6 pieces, marinate them in the juice of 3 times with half a chilli pepper, finely chopped, 1 tablespoon groundnut (peanut) oil, 3 large onions (sliced) salt and pepper. Remove the chicken pieces and grill them, preferably over hot embers, browning them well all over. Remove the onions from the

marinade and brown them with a little oil in a sauce pan, then moisten with the marinade and 2 tablespoons water. Add the chicken pieces, over the pan and simmer for about 25 minutes. Serve the chicken very hot coated with the sauce, in the centre of a ring of rice a la creole.

YEAST A microscopic fungus that multiplies rapidly in suitable conditions and is used as a raising (leavening) agent in various kinds of dough. In the right conditions, when yeast is mixed with flour and liquid to make dough, it ferments and converts sugar and starch into ethanol. (ethy alcohol) and carbon dioxide. This gas causes the dough to rise The use of brewer's yeast in baking dates from 1665, when a baker had the idea of adding some to his leaven, Empress Maria Theresa of Austria was so delighted with the bread produced in this way that the loaf was called a queen loaf.

Types of yeast. Yeast for cooking is available fresh or dried, brewer's yeast is not used. The same results can be achieved using fresh or dried yeast, but the technique by which they are incorporated with the main ingredients differ. When dried yeasts are used always check the manufacturer's instructions for the correct method of incorporating the product and for the optimum temperature of liquids to promote fermentation.

YOGURT Also known as yoghurt and by various other spellings. A fermented milk product with a slightly sour taste, obtained by the combined action of two species of bacteria, *Streptococcus thermophilus* and *Thermobacterium bulgaricum*, these were discovered in the early 20th century by the Russian biologists Ilya Metchnikoff.

Make for centuries in the balkans. Turkey and Asia, yogurt appeared briefly in France during the reign of Francois I, Jewish doctor from Constantinople treated the king's intestinal trouble with yogurt, but later returned to the East with the secret of its preparation. The product really caught on only after World War I, when Greek and Georgian immigrants started serving it in their restaurants or producing it on a small scale for local dairymen. Marcel Ayne, in *Maison basse* (1935) still considered it necessary to explain the term, One morning he was putting away some pots of yogurt, a kind of curdled milk which was rather popular, but whose spelling was uncertain.

Yogurt (both the product and the word) is of Turkish origin, although many French dictionaries give the French yogurt as derived from the Bulgarian jaurt. However, the product is also traditional in India, Arabic countries, central Asia and countries of the former Ottoman Empire, whose peoples attribute to it their health and longevity.

Yogurt products. There is a wide choice of plain yogurts, with various fat, contents and textures. Set yogurt has a light, slightly jelled texture. Strained yogurt is thick and creamy. Yogurt made from full fat milk is creamy. Some yogurt products are thickened with starch or set with gelling agents. Fruit and nuts are popular flavouring ingredients, many flavoured commercial yogurts have a very high sugar content. Yogurt drinks, dressings, dips and frozen yogurt are all available.

Use There is a host of traditional uses for yogurt. Apart from an iced drink, prepared by beating yogurt with water, it is used as a medium in which to cook meat and vegetables, as a topping for baked dishes, to dress salads, in soups and in sauces. Yogurt is popular as a snack, dessert or for breakfast., plain yogurt is often sweetened with sugar, honey, jam, or fresh or dried fruit. It is widely used in contemporary Western cooking in savoury dishes, dressings, sauces, refreshing drinks and desserts.

RECIPES

Cucumber salad with yogurt

Peel a large cucumber, split lengthways, and remove the seeds. Cut the flesh into very thin half

slices, dust with 1 teaspoon fine salt and leave for 30 minutes in a colander for the cucumber to lose some of its water. Rinse under the cold tap, wipe well and mix with 3 tablespoons yogurt sauce.

Yogurt cocktail

Reduce to a puree 1 small peeled banana and 2 slices canned pineapple, using a blender or processor. Blend in 2 pots of natural yogurt and 1 tablespoon pineapple syrup. Add sugar to taste.

This cocktail may also be made with banana and strawberries, pear and peach, or mango and lemon.

Yogurt sauce

Mix 1 small pot of natural yogurt with 1 teaspoon paprika, season with salt and pepper, then add 1 teaspoon lemon juice and the same quantity of chopped chevil and chopped chives.

Use to dress a salad of cucumber, tomatoes, courgettes (zucchini) sweet (bell) peppers, cauliflower, green beans or potatoes.

YORKAISE, ALA A term used for egg dishes containing York ham. Cold eggs a la yorkaise are poached, arranged on small, round, thick slices of ham, garnished with chevil and tarragon, then coated with madeira jelly. Fried eggs a la yorkaise are made with hard boiled (hardcooked) eggs, these are cut in half and the yolks sieved and mixed with a salpicon of ham bound with bechamel sauce, the eggs are then resembled, breaded, fried and served with tomato sauce.

YORKSHIRE PUDDING A British speciality from the north of England, Yorkshire, pudding is made of a batter of eggs, flour and milk, which is traditionally baked in the fat of roast beef, for which it is the classic accompaniment. Fat from the cooked roast is poured into a shallow ovenproof dish and the pudding batter then added, it is cooked in the oven until well risen, crisp and brown and served with the roast, together with gravy, roast potatoes, a green vegetable, mustard and horseradish sauce.

RECIPE

Yorkshire pudding

Whisk 2 eggs until frothy with 2 teaspoons salt, mix in 150 g (5 oz. 1 ¼ cups) plain (all-purpose) flour, whisking constantly. Add 250 ml (8 fl oz, 1 cup) milk in a thin stream and beat until the mixture is smooth. Put in a cool place for 1 hour. In an ovenproof dish heat 2 tablespoons roast beef fat (or, failing this, lard) until it sizzles, beat the batter once more, adding 3-4 tablespoons cold water, and pour into the dish. Bake in the top of a preheated oven at 220 °C (425 °F, gas 7) for 15 minutes, then lower temperature to 200 °C (400 °F, gas 6) and bake for about a further 15 minutes, the pudding should be well risen, crisp and brown. Serve very hot.

ZABAGLIONE A light, foamy dessert of Italian origin, made by whisking egg yolks, wine and sugar together over a gentle heat. Zabaglione is served barely warm in cups or glasses (like those of the Cafè Greco, in Rome, of which it is a speciality) it can also be poured over a dessert, poached over a dessert, poached fruit, a pastry or ice cream. The word is derived from the Neapolitan dialect word zapillare, meaning to foam.

Zabaglione can be made with dry white wine (Asti or champagne) sweet white wine (Sauternes) marsala fortified wine (Frontignan, Malaga, Banyuls) port or else a mixture of white wine and a liqueur (Chartreuse, Kmmel) or white wine and a spirit (brandy, whisky, rum, kirsch) It can also be flavoured with lemon or vanilla. Its preparation requires some skill, as the yolks must thicken without coagulating and the end result must be very frothy. Sometimes whisked egg whites are added to Zabaglione after it has been beaten, just before serving.

The term sabayon is also applied to a sort of mouseline sauce, usually made with champagne,

which is served with fish or shellfish.

RECIPES

Zabaglione

Put 5 egg yolks into a basin and add the grated zest of half a lemon, a pinch of powdered vanilla or a few drops of vanilla essence (extract) and 180 g (6 ½ oz, ¾ cup) granulated sugar. Whisk until the mixture is thick and pale, then place the basin in a bain marie and continue whisking, adding 200 ml (7 fl oz, ¾ cup) white wine and 100 ml (4 fl oz, 7 tablespoons) marsala, a little at a time. When the zabaglione is thick and frothy, take the basin out of the bain marie. Frost the rim of 6-8 sundae dishes with lemon juice and granulated sugar. Divide the zabaglione among these dishes and serve with plain petits fours.

Rum zabaglione with marrons glacés

Beat 10 egg yolks and 200 g (7 oz, 1 cup) granulated sugar with a whisk in a bain marie, until the mixture becomes pale and thick. Mix in 3 wine glasses white wine and 3 tablespoons white rum, beating all the time, until the mixture becomes thick and frothy. Flavour lightly with a few drops of vanilla essence (extract). Arrange some marrons glacés in sundae dishes, cover with zabaglione and chill in the refrigerator until required.

Strawberry gratin with lemon zabaglione

Cut 24 large strawberries in half and arrange them on the bottom of a gratin dish, with the cut side down. Make a lemon zabaglione, put 4 whole eggs, the grated zest and juice of 4 lemons, 100 g (4 oz, ½ cup) granulated sugar and 100 g (4 oz, ½ cup) butter into a saucepan (preferably copper bottomed). Beat the mixture with a whisk, in a bain marie, until it becomes very frothy. Cover the strawberries with this mixture and brown quickly under the grill (broiler).

ZAKUSKI In Russian cooking an assortment of small hot or cold savouries served before a meal, with vodka, as hors d'oeuvre. In former times the zakuski constituted part of the meal, although they were served in a room adjacent to the dining room. The extent and variety of the zakuski reflected the prosperity of the host and the status accorded to the guest. The array of dishes was often such that dinners would over-indulge before starting the main meal. A full zakuski table, which is similar to the Scandinavian smorgasbord, may consist of caviare and smoked fish eggs on buttered black bread canapés, rye bread croutons, hollowed out and filled with sauerkraut and slices of smoked goose, piroshki or (little dumplings or filled pastries) with different fillings, soured or smoked fish (salmon, eel, sturgeon) meatballs, herring pate, stuffed eggs, fish or chicken salads, beetroot (red beef) and potatoes dressed with herbs, sweet and sour gherkins, and pickled beetroot, quetsch plums and mushrooms.

ZAMPONE An Italian speciality from Modena, consisting of a boned and stuffed pig's trotter (foot) sold ready to cook or precooked and served hot or cold. It is stuffed with a forcemeat of pork, green (unsmoked) bacon, truffles, and seasoning and then cured, smoked, boiled and often served with lentils.

The word comes from zampa (paw) a large trotter is called a zampone, a small one a zampino.

RECIPE

Zampone

Soak a ready to cook zampone in cold water for 3 hours, scrape the skin well and prick it all over with a barding needle. Wrap it in a thin cloth, tie at each end and in the centre, then put it into a flameproof casserole and cover with cold water. Bring to the boil and poach for 3 hours. Serve either hot, with mashed potatoes or lentil puree and braised spinach or cabbage, or cold, sliced like a sausage with parsley.

ZARZUELA A Catalan speciality consisting of a fish and seafood ragout Zarzuela (the name literally means opereta) combines many kinds of seafood such as clams, mussels, squills, squid shrimps and scampi, as well as various rock fish, cut into sections, lobster, langouste (crawfish) or scallops may also be added. The ingredients are cooked with onions and peppers browned in olive oil and garlic together with sliced smoked ham, chopped tomatoes, ground almonds, bay leaf, saffron, parsley and pepper, all moistened with white wine and lemon juice.

Zarzuela is served in the casserole in which it is cooked, with small croutons fried in oil, it is sometimes seasoned with a few drops of absinthe.

ZEBU A domesticaed ox, originally from India and widespread also in Malaysia, Africa and especially, Madagascar. The zebu is distinguished by its humped back. It is used as a draught animal and for its meat.

ZEPHYR The name (meaning literally a light wind) given to various savoury or sweet dishes, served hot or cold, characterized by a light and frothy consistency.

A zephyr is often a souffle, The name is also given to quenelles, mouses or small savoury puddings made in dariole moulds and consisting of pounded lean veal, chicken meat or fish mixed with butter, egg yolks, and either crème fraiche or stiffly whisked egg whites.

In the West Indies zephyrs are balls of vanilla rum ice cream surrounded by meringue shells and accompanied by a chocolate zabaglione, served as a dessert. Zephyrs may also be small light cakes made of layers of sweet pastry or meringue covered with praline or coffee flavoured buttercream, sandwiched together, then iced (frosted) with fondant.

RECIPE

Seafood zephyr

Wash 2 litres (3 ½ pints, 2 quarts) mussels and open them, shell 300 g (11 oz) shrimps. Reserve 6 mussels and 12 shrimps and finely chop the remainder together.

Now prepare a souffle, mix together over a low heat 50 g (2 oz. ¼ cup) butter and 65 g (2 ½ oz, ½ cup) plain (all-purpose) flour, then mix in 500 ml (17 fl oz. 2 cups) cold milk and bring to the boil, Add 5 egg whites so stiff peaks and fold them lightly into mixture. Butter a 20 cm (8 in) souffle dish and empty the mixture into it, three quarters filling it. Level the surface by shaking the dish. Cook in a preheated oven at 190°C (375 °F, gas 5) for about 20 minutes.

Meanwhile, dip the reserved mussels and shrimps in a mixture of half an egg yolk and 25 g (1 oz. ¼ cup) grated Gruere cheese. When the souffle is almost cooked (after about 20 minutes), scatter these mussels and shrimps over the top, together with a little grated cheese (this must be done extremely rapidly so that the souffle does not collapse) Brown in a very hot oven for about 5 minutes and serve immediately.

ZEST The coloured and perfumed outer rind of an orange, lemon or other citrus fruit. The zest is separated from the whitish part of the skin by using a special knife (called a zester) or a potato peeler. Cut into the strips or small pieces, the zest is used to flavour creams, cake mixtures and desserts. It may also be candied pickled in vinegar, grated or rubbed on to lump sugar. Candied orange zest, sometimes chocolate coated, is called ecorces d'orange or orangettes.

RECIPE

Lemon zest preserved in vinegar

Remove the zest from 3 lemons and cut into fine strips, making jullienne. Put this into a small saucepan of boiling water and boil gently for 10-15 minutes. Remove and drain the jullienne, clean the saucepan, then replace the jullienne along with 1 tablespoon sugar and 1 wine glass vinegar. Cook very gently until all the liquid has evaporated, then thoroughly mix the jullienne with the caramel that has formed.

Zests prepared in this way are used particularly to flavour chicken terrines and can also be used as a condiment, like chutney.

ZEWELWAI An onion tart made in Alsace, traditionally served as a hot entrée. A tart plate lined with shortcrust pastry (basic pie dough) is filled with a mixture of sliced onions, lightly cooked until soft in butter or lard, cream, beaten eggs, salt, pepper and nutmeg. Before baking a few lardons of blanched and browned smoked streaky (slab) bacon may be placed on top.

ZINFANDEL A black grape variety, very widespread in the United States, particularly in California. Zinfandel makes light, elegant, blush wines, ranging from dry to sweet, as well as fragrant roses and reds, which can be light and fruity to concentrated and full bodied with excellent structure. It is thought to be related to the Italian Primitivo grape variety.

ZINGARA A sauce or garnish containing paprika and tomato Zingara sauce is a mixture of demi-glace and tomato sauce mixed with ham, pickled tongue and mushrooms and seasoned with paprika. It is served with small cuts of meat, poultry and soft boiled (soft cooked) or poached egg. The garnish consists of the same ingredients and goes with veal escalopes or sauteed chicken, dusted with paprika and served with a sauce made by deglazing the pan juices with tomato sauce and Madeira.

RECIPES

Sauteed chicken a la Zingara

Season a 1.25 kg (2 ¾ lb) chicken with salt and pepper, cut it into 4 pieces and dust with paprika. Brown the pieces in oil in a flameproof casserole reduce the heat, cover and continue cooking. After 30 minutes add 4 tablespoons strips of ham and the same quantity of pickled tongue and mushrooms, add a little truffle and a small sprig of tarragon. When the chicken is cooked arrange it on a serving dish, together with its garnish (without the tarragon) and keep hot.

Deglaze the casserole with 60 ml (2 fl oz. ¼ cup) Madeira and 2 tablespoons tomato fondue. Reduce until almost dry, then add 150 ml (¾ pint, 2/3 cup) until almost dry, then add 150 ml (¼ pint, 2/3 cup) demi-glace sauce and heat thorough. Toast 4 slices of sandwich bread, quickly fry in butter 4 small round slices of ham, place the ham on the pieces of toast and arrange alongside the chicken. Coat the chicken with the sauce and sprinkle with chopped parsley. Serve very hot.

Soft-boiled (or poached) eggs a la zingara

Brown some slices of stale sandwich bread in butter and cover with strips of unsmoked ham with the fat removed. Arrange soft boiled (soft-cooked) or poached egg on each of these croutons, coat with zingara sauce and serve very hot.

Zingara sauce

Prepare 250 ml (8 fl oz. 1 cup) demi-glace sauce, 2 tablespoons sieved tomato sauce and julienne consisting of 1 tablespoon each of cooked ham, pickled tongue and mushrooms cooked gently in butter for about 5 minutes, until their liquor has evaporated, plus a little truffle. Add the julienne to the demi-glace sauce and mix in the tomato sauce. Add a dash of paprika and taste the sauce for seasoning then keep hot in a bain marie until ready to serve.

ZOLA, EMILE French novelist (born Paris, 1840, died Paris, 1902) His Italian ancestry (on his father's side) and his childhood spent at Aix-en-Provence gave Zola an abiding taste for Mediterranean, Provençal and Piedmontese dishes. Escoffier, whom he met in London, relates that he worshipped stuffed cabbage a la mode de Grasse he also liked grilled (broiled) sardines sprinkled with olive oil, as well as blanquette of milk lamb a la provençale. Zola himself admitted. What will be the death of me are bouillabraises, food spiced with pimiento, shellfish,

and a load of exquisite rubbish which I eat in disproportionate quantities..

His contemporaries described him as more of a gourmand than a refined gourmet. Zola regarded luxury food as a status symbol, and for this reason was sometimes regarded as a parvenu, indeed the dinners he gave were often ostentations.

Was his aim, as in his novels, to denounce the pleasure seeking taste of the bourgeoisie? Whatever his motives, his works offer us a panorama of contemporary Parisian cuisine.

ZUPPA INGLESE A dessert invented by Neapolitan pastrycooks and ice cream makers who settled in the big cities of Europe during the 19th century. Inspired by the English puddings that were fashionable at the time zuppa inglese (literary English soup) usually consists of a sponge soaked with kirsch, filled with confectioner's custard (pastry cream) and crystallized (candied) fruits macerated in kirsch or Maraschino, then covered with Italian meringue and browned in the oven. In another version, alternate layers of slices of brioche loaf browned in the oven and crystallized fruits macerated in rum are placed in a gratin dish and soaked in boiling milk mixed with beaten eggs and sugar, after cooking, the dessert is covered with Italian meringue and browned in the oven.

