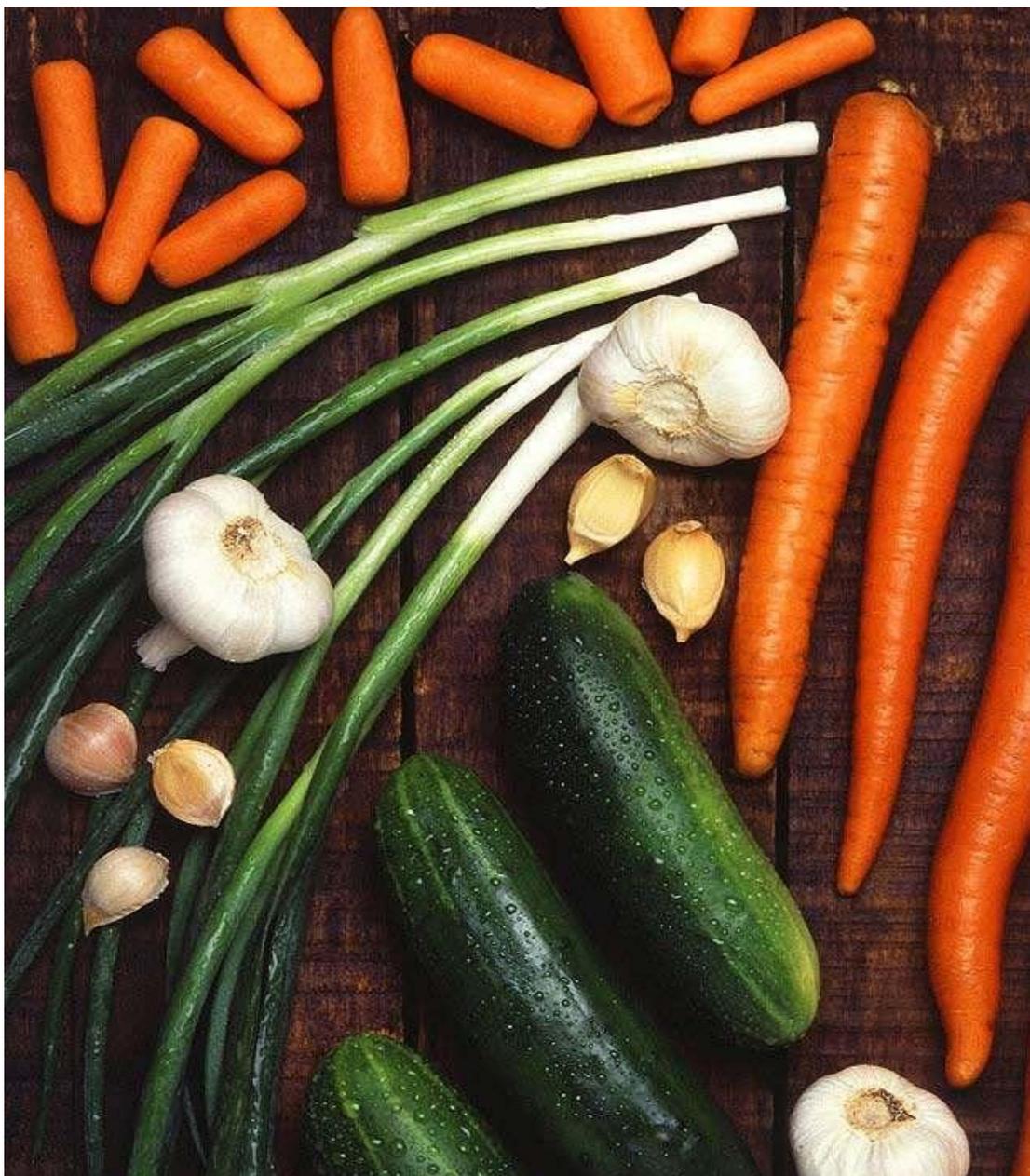


FAIR LADY COOKBOOK

AN INTERNATIONAL COLLECTION



Supplement to Fair Lady, May 30 1973.

A memorable taste treat from around the world. Famous basic dishes from different countries make this exciting recipe collection indispensable on your cook shelf. ANNETTE KESLER researched and adapted each recipe ensuring the ingredients were readily available. Whether you're looking for ideas to add sparkle to the family's winter suppers or something special for a fireside party, read on... we promise it's here!

**AMERICA
AUSTRIA
BELGIUM
CARIBBEAN
CHINA
DENMARK
ENGLAND
FRANCE
GERMANY
GREECE
HOLLAND
HUNGARY
INDIA
ISRAEL
ITALY
JAPAN
MEXICO
NEW ZEALAND
PORTUGAL
RUSSIA
SOUTH AFRICA
YUGOSLAVIA**

AMERICA...

Home of the hot dog, hamburger, frozen dish and packaged mixes also has a wealth of traditional European dishes brought in by the early settlers. Entertaining today-brunches, barbeques, cock-tails, poolside parties - is a sensible combination of the traditional and the convenient.

Onion-Cheddar Soup (Serves 2 to 3)

① 1 cup minced onion; 2 tablespoons butter; 375 ml milk, scalded; 125 ml cream, scalded; 2 cups grated sharp Cheddar cheese; pinch each dry mustard, cayenne pepper, and cumin; 1/2 teaspoon salt; 1 tablespoon chopped chives.

② Sauté onion in butter in a soup pot until limp and just beginning to take colour. Add scalded milk and cream and bring to just under boiling. Stir in cheese, lower heat, and cook until cheese has melted. Add mustard, cayenne pepper, cumin and salt. Sprinkle with chives before serving.

Corned Beef Hash (Serves 4 to 6)

① Two 300-g tins corned beef; 500 g cooked diced potato; 1 cup finely chopped onions; 125 ml beef stock; salt to taste; 1/2 teaspoon Tabasco pepper sauce; 2 tablespoons butter; 2 tablespoons coarsely chopped parsley.

② Mix together corned beef, potato, onions, stock, salt and pepper sauce. Melt butter in frying pan, spread the mixture in evenly and cook slowly until it is browned on the bottom. Serve folded over as an omelet on a serving dish or in the pan in which it was cooked. Top with chopped parsley.

Apricot Chiffon Pie (Serves 8)

① 439-g tin of apricot halves, drained; 250 g digestive biscuits, crushed; 125 g butter, melted; 4 tablespoons castor sugar; 1 small packet lemon jelly; cold water; rind of 1/2 lemon, finely grated; 3 egg whites, stiffly whisked; 125 ml thick cream; 8 walnut halves.

② Puree apricots in an electric blender or by rubbing through a sieve. Mix biscuit crumbs with the melted butter and sugar. Press crumb mixture into the base and sides of a 20 cm pie plate or dish to make a 'shell'. Chill for about 1 hour. Put jelly into a measuring jug, pour in syrup from the fruit and make up to 250 ml with cold water. Melt jelly over a gentle heat, set aside to cool. When jelly is cold and just beginning to set, add apricot puree and lemon rind. Fold in egg whites. Carefully spoon chiffon into the crumb case. Chill until firm. Decorate with whipped cream and walnuts.

Strawberry Angel Cake (Serves 10)

① 439-g tin strawberries; knob of butter; 1 tablespoon each flour and castor sugar, mixed; 8 egg whites; 1 level teaspoon cream of tartar; 170 g castor sugar; 4 tablespoons flour; 4 tablespoons corn flour; 1/2 level teaspoon salt; 1 teaspoon vanilla essence; 250 ml thick cream.

② Butter a deep 25 cm round cake tin very lightly. Dust with the mixed flour and sugar. Whisk egg whites with cream of tartar until foamy and add 6 tablespoons of the sugar, a tablespoon at a time, beating until stiff peaks form. Sieve the flour, corn flour, salt and remaining sugar together twice. Fold lightly into the whites, with the vanilla essence. Spoon into prepared tin and bake for about 45 to 50 minutes in a slow oven, 150°C, until the cake is lightly browned and springs back when pressed with a finger. Remove from oven and turn the tin upside down on a wire tray covered with a tea cloth, but do not remove the tin until cake is completely cold. Whisk cream. Pipe over the cake. Top with the strawberries. Chill.

Coconut Muffins (Makes 1 1/2 dozen)

① 1 1/2 cups dried flaked coconut; 375 g sifted flour; 1 tablespoon baking powder; 170 g sugar; 1 1/2 teaspoons salt; 1 egg; 1 egg yolk; 375 ml evaporated milk, undiluted; 6 tablespoons melted butter.

② Resift flour with the baking powder, sugar and salt into a large bowl. Add coconut and mix well. Beat together the whole egg, yolk, evaporated milk and 3/4 cup water in a small bowl. Add melted butter, then combine liquid ingredients quickly and lightly with the dry. Don't worry about lumps -

they will fade in the baking. Pour batter into greased muffin cups to 2/3 of the level. Bake in a pre-heated 205°C oven for about 20 minutes. Muffins are cooked when the tops spring back when pressed lightly or when cake tester comes out clean and fairly dry. Let muffins cool slightly before turning out. Serve hot or cold.

AUSTRIA...

Land of a hundred strudels, pastries, and the much sought after Sachertorte. Veal is a great favourite among meats hence Wiener Schnitzel and dozens of ways with dumplings.

Paprika Steaks (Serves 6)

① 12 beef steaks, 6 mm thick; 4 tablespoons flour; 6 tablespoons salad oil; 3 onions; freshly ground black pepper to taste; pinch of rosemary; pinch of tarragon; 2 bay leaves; 1 teaspoon salt; 1 chicken stock cube; 250 ml boiling water; 125 ml red wine; 2 tablespoons paprika; 125 ml sour cream; 2 tablespoons chopped pickled cucumbers; 2 tablespoons finely chopped parsley.

② Wipe beef slices with a damp cloth. Sprinkle flour on greaseproof paper and lightly coat each slice. Heat oil in a large pan. Peel and dice onions. Add to pan and cook until golden. Add meat and fry for 5 minutes on each side. Add black pepper, rosemary, tarragon, bay leaves and salt. Dissolve chicken cube in the boiling water. Add to the pan together with red wine. Pour the mixture into a casserole and bake covered at 175°C for 1 1/2 hours or until the meat is tender when pierced with a metal skewer. Remove the lid, pour in the paprika, cream, cucumbers and parsley. Stir gently. Return to the oven covered for 10 minutes longer.

Apple Strudel (Serves 6 to 8)

① PASTRY: 750 g flour; 1 egg; pinch of salt; 1 tablespoon oil; 2 tablespoons lukewarm water;
FILLING: 8 tablespoons butter; 6 1/2 tablespoons breadcrumbs; 1,5 kg peeled and cored, finely sliced apple; 1/2 cup raisins; 1 tablespoon cinnamon mixed with 4 tablespoons sugar; icing sugar for sprinkling.

② Sift flour into a bowl. Make a well in the centre. Add egg, salt and oil and a few spoonfuls of lukewarm water. Knead into a smooth dough, adding more water if necessary. Let rest for 30 minutes. Spread a clean cloth over your working surface and sprinkle with flour. Roll dough out thinly then begin to stretch with the knuckles of both hands, pulling in every direction until the dough is transparent. Be careful not to tear it. Cut off the thick edges. Brush pastry with melted butter and sprinkle with breadcrumbs. Mix apple with raisins and the cinnamon and sugar mixture. Spread over pastry, leaving a 2,5 cm margin on all sides. Roll up as you would a Swiss roll. Brush with butter. Put on a well-greased baking sheet. Bake in a 175°C oven for about 30 minutes until golden brown. Brush with melted butter from time to time. Remove from oven and sprinkle with icing sugar. Serve hot or cold.

Chocolate- Dessert (Serves 4 to 6)

① 250 g plain chocolate; 250 g butter; 4 teaspoons sugar; 250 g Marie biscuits; vanilla essence; glacé cherries and nuts to decorate; 125 ml whipped cream.

② Grease and line a 20-cm tin with a detachable base. Melt chocolate slowly in a basin over hot water. Melt butter in another saucepan. It must melt slowly. Beat sugar into butter. Add the melted chocolate. Mix well, to obtain a smooth paste. Break biscuits into fairly small pieces, but do not crumb. Mix broken biscuits into chocolate mixture, and stir in the essence. Press into cake tin and decorate top with nuts and cherries. Set overnight in refrigerator. Remove from tin. Pipe swirls of the whipped cream on the top before serving.

BELGIUM...

Food combining the light touch of French cuisine with the solidness of German fare. Their stews, poultry and vegetable dishes are ideal winter food.

Mushroom Soup (Serves 6 to 8)

- ① 250 g button mushrooms; 500 g potatoes; 4 tablespoons butter; 125 g onions, peeled and sliced; 375 ml chicken stock or 1 chicken stock cube dissolved in 375 ml boiling water; 375 g milk; 1 bay leaf; 1 level teaspoon salt; freshly ground black pepper to taste; 125 ml cream; 1 egg yolk.
- ② Slice mushrooms. Cut potatoes into thin slices. Melt butter in a large pan, add onions, potatoes and half the mushrooms. Cover and sauté for about 10 minutes. Stir in the stock, milk and add bay leaf. Bring to the boil, add salt and pepper and simmer for 30 minutes. Remove from heat and add reserved mushrooms. Blend in an electric mixer or put through a sieve. Reheat gently. Blend the cream and egg yolk and stir into the soup.

Steak with Marrow Sauce (Serves 8)

- ① 1,5 kg tenderised steak; freshly ground black pepper to taste; 2 large marrowbones; 3 tablespoons butter; 1/2 cup spring onions, chopped; 1 1/2 tablespoons flour; 375 ml red wine; 1 tablespoon chopped parsley; 1 1/2 teaspoon dried thyme leaves; 1 teaspoon salt; 2 tablespoons butter or margarine; 1 shallot, chopped; 1 teaspoon chopped parsley; watercress.
- ② Wipe steak with a damp paper towel. Sprinkle both sides with pepper, pressing in well. Stand for 30 minutes. In a large saucepan, bring 2 litres water to boil. Add marrowbones. Bring back to boil. Reduce the heat. Simmer uncovered for 10 minutes. Remove bones and cool. Scoop out the marrow. Chop finely. Put butter in a small saucepan and fry onions while stirring, until transparent, about 5 minutes. Remove from heat. Stir in flour. Cook over a low heat, stirring 1 minute. Slowly add the wine, stirring constantly. Add 1 tablespoon parsley, thyme and 1/2 teaspoon of the salt. Simmer gently for 10 minutes. Stir in the marrow. Keep warm over a very low heat while cooking the steak. Heat 2 tablespoons butter in a heavy pan. Fry shallot and parsley for about 1 minute. Add steak. Cook over a medium heat for 5 minutes, turning once. The steak will be quite rare. Cook 7 minutes longer for medium rare. Place on a hot serving dish and sprinkle with remaining salt. Pour about 1/4 cup marrow sauce into the pan. Bring to boil, stirring to loosen brown particles. Add to the rest of the sauce. Spoon a little of the hot marrow sauce over the steak. Top with watercress.

Carbonnade of Beef (Serves 4)

- ① 1 kg chuck steak or stewing beef; 4 tablespoons seasoned flour; 2 tablespoons dripping; 2 large onions, sliced; 1 clove garlic, crushed; 250 g mushrooms, sliced; 250 ml brown beer; 500 ml water; 1 teaspoon salt; 1/4 teaspoon freshly ground black pepper; pinch of nutmeg; 1 teaspoon vinegar; 8 slices French bread cut 2,5 cm thick; 3 teaspoons French mustard.
- ② Cut meat into 5 cm cubes. Toss in seasoned flour. Melt dripping in a pan and brown the meat. Place in an ovenproof dish. Fry onion and garlic together for 5 minutes in the pan, add mushrooms and stir in any remaining flour. Add the beer and water, bring to the boil, stirring, and add the salt, pepper, nutmeg, and vinegar. Pour over meat, cover. Cook in oven at 160°C for 2 hours. Skim any fat from the casserole and pour it over the slices of bread. Spread them quickly with mustard and push them well down into the stew, mustard side up. Cook, uncovered, for another hour. The bread will float to the top and become crisp.



Chicory and Ham Roll (Serves 4)

- ① 8 small heads of chicory; 8 slices cooked ham; 2 tablespoons flour; 4 tablespoons butter; thin cream; 1 1/4 cups strong grated cheese; 1/4 teaspoon nutmeg; 1 teaspoon salt, freshly ground black pepper to taste; 6 tablespoons fresh white breadcrumbs.
- ② Grease a shallow fireproof casserole. Wash chicory. Simmer in salted water for 10 minutes. Drain and reserve the liquid. Roll each chicory head in a slice of ham, and place in the dish. Melt butter in a frying pan, add flour constantly stirring, remove from heat. Mix the milk with enough of the chicory liquid to make 500 ml of liquid. Add cream. Gradually stir this into the flour and butter. Return to heat, boil up slowly, stirring constantly until it thickens. Season. Add half the cheese and the nutmeg. Pour this sauce over the chicory, cover with breadcrumbs mixed with the remaining cheese, and bake in a hot oven, 190°C for 30 minutes.

CARIBBEAN...

Spanish, English, French and African food flavours. Spices and flavourings are important in fish and meat dishes, often hot and colourful.

Caribbean Fish (Serves 4 to 6)

❶ 1 kg filleted King Klip; 4 green peppers, seeded and sliced; 4 onions, thinly sliced; 4 carrots, cooked and sliced; 2 bay leaves; 3 tablespoons olive oil; 125 ml vinegar; 2 teaspoons salt; 1 teaspoon freshly ground black pepper; 250 ml water.

❷ Reserve a few green pepper rings. Place the rest in a pan with onions, carrots, bay leaves, 1 tablespoon olive oil, vinegar, seasoning and water. Bring to boil and simmer for 20 minutes. Brush fish with the remaining oil. Grill for 3 to 5 minutes on each side. Remove bay leaves from the pan and pour the mixture over the fish. Place the remaining pepper and onion rings over the top and serve immediately.

Pepperpot (Serves 4 to 6)

❶ 250 g pork; 250 g salt beef; 500 g fresh beef or mutton; 750 ml cold water; 1 teaspoon salt; 270g tin spinach; 4 eggplants, sliced; 2 onions, sliced; 2 tomatoes, sliced; 1 tablespoon each chopped thyme and chives; 6 fresh okras or 1 tin, sliced; 1 teaspoon freshly ground black pepper; 500 g cooked split peas.

❷ Wash meats and chop into 4-cm cubes. Put in large heavy pan, cover with half the water. Bring slowly to boil. Add salt just before it boils, then simmer for 1 1/2 to 2 hours. Skim, add remaining cold water. Add all the vegetables and seasoning except peas. Simmer for an hour longer, skimming as necessary. Stir in peas. Cook for 10 minutes. Serve very hot.

Creamed Spinach (Serves 4)

❶ 3 tablespoons butter; 2 tablespoons olive oil; 1 onion, peeled and finely chopped; 300-g tin of spinach purée; 3 tablespoons cream; 2 tablespoons soft breadcrumbs; 2 tablespoons of grated cheese; 1/2 teaspoon salt; freshly ground black pepper to taste; pinch nutmeg.

❷ Heat butter and oil in a saucepan. Cook onion until transparent. Add spinach. When the oil and butter have been absorbed, add the cream, breadcrumbs, cheese, salt, pepper and nutmeg. Heat it thoroughly but do not boil.

Caribbean Marrow (Serves 4)

❶ 1 small marrow; 1 tablespoon butter; 1 onion, finely chopped; 125 g minced raw beef; 1 teaspoon salt; freshly ground black pepper to taste; 2 tablespoons toasted breadcrumbs; 2 tablespoons grated cheese.

❷ Parboil marrow in boiling water until tender (about 20 minutes). Cut in half lengthwise, scoop out seeds and discard, leaving shell intact. Mash pulp. Heat butter and cook onion until transparent. Add meat, mix well and season. Simmer for 20 minutes until meat is cooked. Mix in the vegetable pulp, season again and simmer for 2 hours. Reheat shells, pile in meat mixture, top with breadcrumbs and cheese and bake in moderate oven for 20 minutes until golden brown.

Mince Balls (Serves 6 to 8)

❶ 1 kg raw minced beef; 3 teaspoons grated onion; 6 dashes Tabasco sauce; 1/2 teaspoon salt; 6 rashers bacon with rinds removed; halved and rolled; 10 tiny tomatoes; 6 chicken livers; 6 button onions, parboiled; 6 cubes cooked potato; 6 cubes pineapple; 4 tablespoons butter, melted; 1/2 teaspoon each chopped thyme, parsley and chives.

❷ Mix beef, onions and Tabasco, season with salt and roll into small balls. Flatten slightly. Cook under hot grill for 5 minutes on each side. Brush bacon, tomatoes, liver, onions, potato and pineapple with a little butter and grill. Grease skewers and thread carefully with meatballs, liver pieces, vegetables and pineapple. Mix remaining butter with herbs, reheat under grill. Spread on French bread. Serve the skewers on the bread.



CHINA...

Subtle, exquisite food that needs time to prepare. There are typical Chinese seasonings, vegetables, oils and cooking utensils. The recipes given below were chosen because of their simplicity, apart from soy sauce, most of the ingredients are possibly already on your shelves. For the neat chopping and slicing so essential in Chinese dishes you need a very sharp knife and a wooden chopping board.

Cucumber Egg Petal Soup (Serves 4)

① 1/2 cup unpeeled cucumber, thinly sliced; 1 teaspoon cooking oil; 3 chopped spring onions; 1 teaspoon salt; 1 litre chicken broth or 2 chicken stock cubes dissolved in 1 litre boiling water; 1 teaspoon soy sauce; dash pepper; 1/4 teaspoon monosodium glutamate; 2 tablespoons corn-starch; 2 tablespoons cold water; 1 egg, slightly beaten.

② Heat oil. Add half the onions, then cucumber. Give it a few stirs. Add salt and stock. Bring to a boil and simmer for 2 minutes. Add soy sauce, pepper and monosodium glutamate. Mix corn-starch with 2 tablespoons cold water. Stir into soup. Cook until soup is slightly thickened. Dribble slightly beaten egg into soup while stirring soup around gently. Remove from heat. Wait until egg petals float to surface. Serve with remaining spring onions sprinkled on top.

Pan Fried Spinach (Serves 4)

① 500 g spinach; 3 tablespoons chicken fat; 1 teaspoon salt; 1 tablespoon sherry.

② Prepare spinach, discard thick stalks. Wash carefully to rid of sand. Drain well. Heat fat. Add spinach and salt. Toss vigorously until the leaves are slightly wilted and a jade green in colour, about 1 or 2 minutes. Add sherry and give a few more tosses. Serve immediately.

Chinese Beef Stew (Serves 4 to 6)

① 1 kg beef shin; 1 clove garlic; 2 chopped spring onions; 2 tablespoons cooking oil; 1 small piece fresh ginger, peeled; 1/4 cup soy sauce; 2 teaspoons salt; 2 teaspoons sugar; 375 ml hot water; 4 carrots; 4 stalks celery, cut in 2,5 cm sections.

② Cut beef into 2,5 cm cubes. Peel garlic. Cut the spring onions into 4 cm sections. Heat oil in a heavy saucepan. Add garlic and cook until slightly browned. Add beef and brown well on all sides. Add chopped spring onions, ginger, soy sauce, salt, sugar and hot water. Bring to boil. Remove scum. Simmer covered for an hour or until the meat is beginning to get tender. Peel carrots, slice thinly and add to stew. Simmer another 15 minutes. Add the celery and simmer covered 15 more minutes. Serve on noodles.

Barbecued Spareribs (Serves 4)

① 1,5 kg pork spareribs; 1/2 cup soy sauce; 2 tablespoons honey; 1 tablespoon sherry; 1 clove crushed garlic.

② Wash spareribs. Remove excess fat and gristle. Place in a shallow baking pan. Mix soy sauce, honey, sherry and garlic together. Pour over the spareribs. Marinate one hour. Turn it over and marinate another hour. Drain, reserving the marinade. Place spareribs back in the baking pan. Bake at 175°C for 20 minutes on each side, brushing or basting with marinade every 10 minutes. Finish cooking by browning both sides of ribs under the griller. If a higher glaze is desired, lightly brush with honey before placing under griller.

Chicken Breasts with Peanuts (Serves 4)

① 2 chicken breasts; 1 spring onion; 1 small clove garlic; 1/2 teaspoon salt; 1 teaspoon and 1 tablespoon soy sauce; 1 tablespoon and 1 teaspoon corn-starch; 1/8 teaspoon monosodium glutamate; 1 teaspoon sugar; few drops vinegar; 1 teaspoon sherry; 1 slice fresh ginger, minced; few drops sesame seed oil; 4 tablespoons cooking oil; 4 tablespoons blanched peanuts; 1/2 to 1 teaspoon hot chilli pepper flakes, to taste.

② Cut chicken from the bone. Peel off skin and discard. Dice chicken a little larger than the peanuts. Split the spring onion lengthwise and cut into 2,5 cm long sections. Chop garlic finely. Mix chicken with salt, 1 teaspoon soy sauce and 1 tablespoon corn-starch. In a small bowl mix remaining soy sauce and corn-starch, monosodium glutamate, sugar, vinegar, sherry, spring onion, garlic, ginger

and sesame seed oil. Heat oil in frying pan. Add peanuts and stir until golden. Add chilli flakes, and chicken. Cook 1 minute. Stir mixture in the small bowl until smooth. Add to chicken and cook for a few minutes until sauce coats the chicken.

Glazed Bananas (Serves 4 to 6)

❶ 3 to 4 bananas; 12 tablespoons flour; pinch of salt; 1/2 beaten egg; about 125 ml water; oil for frying.

SYRUP: 6 tablespoons sugar; 3 tablespoons water.

❷ Sift flour and salt into a basin. Make a well in the centre, add beaten egg, followed by enough water to make a smooth batter. Leave for about 20 minutes. Peel bananas, then halve them lengthways and cut them across to make eight portions per banana. Dissolve sugar in the water, bring it to the boil and cook until it is a pale straw colour. Remove from the heat and plunge base of pan into cold water to stop further cooking, but keep the toffee warm so that it does not solidify. Dip each banana piece into the batter. Fry in deep hot oil for 1 or 2 minutes until golden. Drain well on kitchen paper. Dip each fritter in the syrup before dropping them one at a time into a bowl of iced water where the surfaces will crystallise. Remove and serve immediately.

DENMARK...

Smorrebrod and herring of course. What is not as well known is that there are hundreds of different open sandwiches and almost as many ways of preparing herring. Dairy foods are used lavishly at all times, and particularly in the making of Danish pastries and biscuits.

Danish Potatoes (Serves 4)

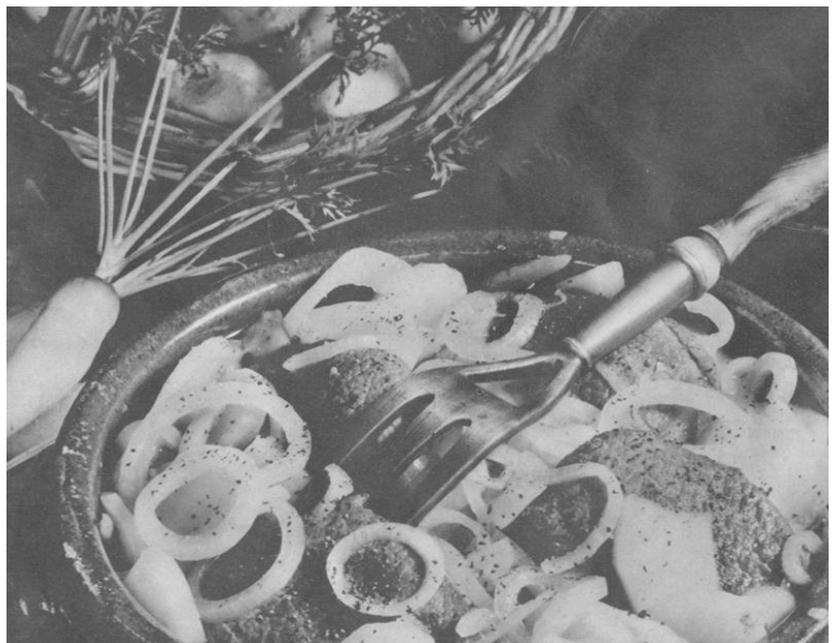
❶ 5 to 6 large potatoes; 2 sliced onions; 2 small tins anchovies; 3 tablespoons butter; 250 ml thick cream; dry breadcrumbs.

❷ Peel potatoes. Cut into very thin rounds. Place in cold water. Peel and slice onions. Drain anchovies. Butter a deep casserole. Fry the onions slowly in 2 tablespoons butter until golden. Dry potatoes. Place layers of potatoes, onions and anchovies in the casserole. Start and finish with a layer of potatoes. Pour on half the cream. Sprinkle top with breadcrumbs and dot liberally with the remaining butter. Cook in a preheated oven, 175°C for 45 minutes. When nearly cooked, and beginning to brown, carefully pour on the remaining cream.

Danish Stew (Serves 4)

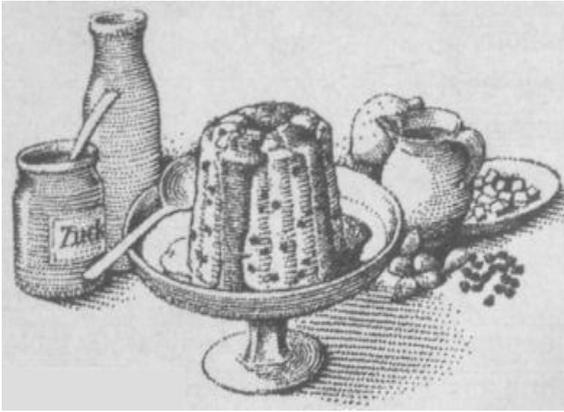
❶ 4 slices of bacon; 2 cups chopped onions (about 2 medium onions); 4 cups finely diced boiled potatoes; 1 teaspoon salt; dash of white pepper; 2 cups finely chopped left-over meat.

❷ Cut bacon with kitchen scissors directly into trying pan. When crisp, drain on absorbent paper, leaving the fat in the pan. Add onions and fry. Remove from pan. Add potatoes to the pan and a little more butter or fat if it is needed. Fry until golden brown. Sprinkle with salt and a little pepper. Add bacon, onions and the chopped meat. Mix well, carefully turning the ingredients with a spatula. Serve it piping hot, with one fried egg per person, pickles and tomato sauce.



ENGLAND...

A selection of true classics.



Baked Glazed Ham

- ① 3 kg middle cut gammon joint; about 20 cloves; 3 table-
spoons honey; 5 tablespoons of demerara sugar; 2 tea-
spoons dry mustard.
- ② Soak ham overnight in cold water. Drain. Put in a large
pan, cover with cold water and bring to the boil. Simmer
for an hour, remove from water and take off the rind. Score
the fat diagonally. Blend honey, sugar and the mustard.
Spread over ham and stud with cloves. Bake it in a hot
oven, 205°C for 14 hours, basting occasionally with some
of the liquid in which the ham was cooked. Serve with
Cumberland Sauce.

Cumberland Sauce

- ① 250 g redcurrant jelly; 2 lumps of sugar; 1 orange; rind of 1 lemon; 2 tablespoons lemon juice; 125 ml port; 2 teaspoons corn-flour.
- ② Put the redcurrant jelly into a small saucepan. Rub lumps of sugar over orange until they have absorbed the orange flavour. Add to jelly with juice of the orange. Add the rind of a lemon, cut into strips with a potato peeler. Add lemon juice and port. Bring to boil and simmer for about 5 minutes. Mix corn-flour to a paste with a little cold water, add a little hot liquid, return to pan and stir it until thick and clear. Strain into a bowl and leave to cool.

Beef in Beer (Serves 4)

- ① 1 kg topside beef cut 1,25 cm thick; 1 tablespoon seasoned flour; 3 large onions; 1 teaspoon salt; freshly ground black pepper to taste; 4 tablespoons butter; 570 ml beer; 2 tablespoons brown sugar.
- ② Trim and discard excess fat from beef slices. Toss meat in seasoned flour. Peel and slice onions, sprinkle with salt and pepper. Heat butter in a frying pan and fry beef until lightly browned on both sides. Remove. Fry the seasoned sliced onions in the butter for 2 to 3 minutes. Fill an ovenproof casserole with alternate layers of beef and onions. Put beer and sugar in a pan, bring to the boil, stirring to dissolve sugar. Pour this over meat and onions. Cover casserole and cook in a moderately slow oven, 160°C, for 2 to 2 1/2 hours until the meat is tender. If liked, a rounded teaspoon of corn-flour can be mixed to a smooth paste with a little cold water, and added to the casserole before serving to make a slightly thicker gravy.

Devonshire Chicken (Serves 4)

- ① 4 chicken joints; 2 tablespoons oil; 2 tablespoons butter; 250 g carrots, sliced; 2 sticks celery, chopped; 4 tablespoons flour; 375 ml dry cider; 1 teaspoon salt; freshly ground black pepper to taste; 2 tablespoons Worcester sauce; 125 g frozen peas.
- ② Heat oil and butter in a frying pan. When butter has melted, add chicken joints and fry it quickly until browned, turning once. Remove joints from pan and place it in a casserole. Add carrots and celery to the pan and fry for 5 minutes. Blend in flour and cook for 1 minute. Add cider, salt, pepper and Worcestershire sauce, bring to the boil stirring constantly. Pour vegetable mixture over chicken, cover and cook at 175°C for 1 hour. Add peas and cook for a further 10 minutes.

Toad-in-the-Hole (Serves 4)

- ① 500 g pork chipolata; 3 tablespoons fat; 1 cup flour; 2 eggs; 250 ml milk; 1/2 teaspoon salt.
- ② Heat fat in a roasting pan. Add sausages. Cook at 205°C for 10 minutes. Make batter with flour, eggs, milk and seasoning. When sausages are lightly browned, take pan out of the oven. Pour the batter over them. Return pan to oven and bake for about 25 to 30 minutes or until the batter is well risen and golden brown. Serve immediately.

Meat Loaf (Serves 4)

- ① 2 slices stale white bread without crusts; 500 g lean minced beef /sausage meat; 1 onion, minced; salt and freshly ground black pepper to taste; a few drops Worcestershire sauce; 1 beaten egg; chopped fresh or dried herbs to taste.
- ② Soak bread in water for about 10 minutes. Drain and add to other ingredients, seasoning to taste. Mix well. Shape into a loaf, flour the outside lightly and bake at 175°C, for an hour. Make gravy

with juices blended with 125 ml water in pan. Serve meat loaf cut in slices. If serving the loaf cold two hardboiled eggs can be put lengthwise into the centre when shaping the mixture. If a less crusty outside is wanted, cover the meat with a lid or a piece of aluminium foil during cooking. Remove foil 10 minutes before final cooking time to allow the loaf to brown.

Bacon and Potato Pie (Serves 4)

① 375 g bacon, diced; 500 g potatoes, peeled and sliced; 2 onions, peeled and sliced; 125 g kidney, sliced; 1 teaspoon salt; freshly ground black pepper to taste; 1 tablespoon tomato purée; 375 ml milk and water, mixed; 4 tablespoons butter; chopped parsley to garnish.

② Put a layer of potato into a well-greased casserole, cover with a layer of onion, then bacon and kidney. Add salt and pepper. Continue until the dish is full, ending with a layer of potato. Mix tomato purée to a thin paste with water, add the milk mixture and pour into the casserole to come 2,5 cm below the top layer of potato. Dot butter over top, cover and cook at 175°C for 1 hour. Take off the lid, increase heat to 205°C. Bake for a further 15 to 20 minutes to brown the potatoes. Top with chopped parsley.

Kidney Mushrooms (Serves 4)

① 500 g kidney; 4 tablespoons dripping; 2 medium onions, chopped; 125 g streaky bacon; 1 tablespoon flour; 250 ml brown stock; 1 teaspoon tomato purée; 2 teaspoons salt; freshly ground black pepper to taste; 250 ml red wine (optional); 125 g mushrooms, quartered.

② Remove skin and core from kidney. Cut into neat pieces. Melt dripping in a pan. Fry onions and bacon until starting to colour, add kidney and continue to cook until well browned. Stir in flour, cook for a few more minutes then add stock, tomato purée, seasoning, wine and mushrooms. Bring to boil. Turn down heat and simmer for 1 hour until the kidneys are tender. Serve with boiled baby potatoes and minted peas.

Apple Cream (Serves 6)

① 1 kg apples; 2 tablespoons butter; 4 tablespoons water; 125 g soft brown sugar; 1 packet gelatine dissolved in 4 tablespoons water; 250 ml cream.

② Peel, core and chop apples. Reserve a few thin slices. Simmer remaining apples with butter and water until tender. Beat over heat to a thick purée, take off the heat. Add sugar and dissolved gelatine. Cool. Whip cream and add to apple mixture when it starts to set. Place into six glasses and decorate with thin slices of apple.

Spiced Apple Pie (Serves 6)

① RICH SHORTCRUST PASTRY: 175 g plain flour; pinch of salt; 4 tablespoons sugar; 12 tablespoons butter; 1 egg; 1 dessertspoon water. FILLING: 750 g cooking apples; 3 tablespoons sultanas; 1/4 teaspoon ground cloves; 4 tablespoons demerara sugar; 1/4 dessertspoon lemon juice. TOPPING: 1 tablespoon demerara sugar; 1/4 teaspoon ground cloves; little milk.

② Sift flour and salt into a bowl. Add sugar and butter, cut into small pieces. Rub butter with fingertips until mixture resembles breadcrumbs. Mix egg and water together. Sprinkle over surface of dry mixture. Mix with a round-bladed knife until large lumps form. Draw together with fingers and form into ball. Turn on to a lightly floured board. Divide the pastry in half and roll each piece out into a round, about 23 cm diameter. Line an ovenproof plate with one piece of pastry. Peel and core apples and slice. Mix together sultanas, cloves, sugar, lemon juice and apple, and arrange on top of the pastry. Damp around the outer edges with water and cover pie with second circle of pastry. Trim the edges. Knock up edges, then flute with back of a knife. Mix together the sugar and cloves. Brush pastry lightly with a little milk and sprinkle sugar mixture over the top. Bake at 205°C for 15 minutes, then reduce to 175°C. Continue cooking for about 20 to 30 minutes. Serve hot with a thick cream.

Devonshire Junket (Serves 4)

① 500 ml milk; 1 to 2 tablespoons brandy; 1 dessertspoon castor sugar; 1 1/2 teaspoon rennet. TOPPING: 125 ml cream; 2 teaspoons sugar; 2 teaspoons brandy; a little grated chocolate.

② Heat milk and brandy to blood heat. Stir in sugar. Remove from heat, add the rennet. Pour at once into glass dish and leave in warm room to set, about 1/2 to 1 hour. When set, whip cream and sugar together till thick. Fold in the brandy, swirl cream over the top of the junket and decorate with grated chocolate.

FRANCE...

The culinary capital of the world. Famous, not only for classical cooking, but also for great regional dishes. Whatever the style of cooking, food is made of the finest quality produce.

Onion Soup (Serves 6)

❶ 4 tablespoons butter; 2 tablespoons vegetable oil; 1 kg onions, thinly sliced; 1 teaspoon of salt; freshly ground black pepper to taste; 8 tablespoons flour; 1 litre strong beef or 2 chicken stock cubes dissolved in 1 litre boiling water. CROUTONS: 6 to 8 slices French bread; 2 teaspoons olive oil; 1 clove garlic, cut; 4 tablespoons each grated Gruyère and Parmesan cheese.

❷ Melt butter and oil in a heavy saucepan, add onions and salt. Cook over moderate heat, stirring occasionally, for 20 to 30 minutes until onions are a rich golden brown. Sprinkle flour over them and continue to cook, stirring, for a further 2 or 3 minutes. Add hot stock and simmer, partly covered, for 30 to 40 minutes, skimming off any fat if necessary. Meanwhile put bread on a baking sheet. Bake for 15 minutes in a slow even, 160°C. Lightly coat both sides of each slice with olive oil, using a pastry brush. Turn the slices over. Bake for 15 minutes more until dry and slightly browned. Rub each slice with the cut clove of garlic and divide into pieces. Check soup for seasoning, then top with the croutons. Mix the grated cheeses and spread on top. Sprinkle with a little melted butter and bake soup in a moderate oven, 190°C, for 10 to 20 minutes, until the cheese has melted. Finish by browning under the grill.

Chicken Liver Paté (Serves 10)

❶ 500 g chicken liver; 500 g pale pink lambs' liver; 250 g streaky bacon; 1 clove garlic; 1 large egg; 1 tablespoon brandy; 3 tablespoons double cream; pinch of mixed herbs; 1 teaspoon salt; freshly ground black pepper to taste.

❷ Remove rind from bacon. Line a 23 cm loaf tin with bacon rashers. Coarsely chop livers and garlic once. Lightly beat egg. Add livers with brandy, cream and herbs. Season. Pour into prepared tin. Cover with foil and stand in a baking tin, half-filled with cold water. Cook for 2 hours in centre of the oven, preheated at 160°C. Cool for 30 minutes. Cover with greaseproof paper. Place a weight on top, leave overnight. Turn out and serve with crusty French bread.

Fresh Mussels (Serves 4)

❶ 4 litres mussels; 1 small onion; 2 tablespoons butter; 125 ml white wine; 1 bay leaf; freshly ground black pepper to taste; few sprigs of thyme; 1 dessertspoon finely chopped parsley; little grated lemon rind (optional).

❷ Discard any mussels that are open and any that float when you put them in a bowl of water. If an open mussel closes when tapped sharply it is usable. Scrub mussels thoroughly to remove all grit and seaweed. Wash them in several changes of cold water. Skin and finely chop onion. Melt butter. Fry onion gently for 5 minutes or until transparent but not coloured. Add wine, bay leaf, good sprinkling of black pepper and thyme sprigs. Add the mussels. Cover pan and simmer for about 5 minutes or until the shells have opened. Strain liquid from the pan. Remove mussels. Discard hard of each mussel shell. Pull out the tiny, dark, weedy part from mussels. Boil mussel liquid until reduced by half. Arrange the mussels in their shells on a serving plate. Pour on the liquid and sprinkle with parsley and lemon rind to taste. Serve with warm crusty bread.

Baked Eggs with Mustard Cream Sauce (Serves 4)

❶ 4 large eggs; 1 tablespoon butter; 3 tablespoons finely chopped parsley; 1/2 tablespoon finely chopped chives; 2 tablespoons strong French mustard; 4 tablespoons very thick cream; 1/4 teaspoon salt; freshly ground black pepper to taste.

❷ Butter 4 little baking dishes well. Break an egg into each. Bring a pan of water to boil. Mix the herbs with the mustard and the cream. Season with salt and pepper. Heat sauce until hot but not boiling. Place the dishes in the pan. Cover and stand for 4 to 6 minutes. Pour hot sauce over the eggs and serve immediately with white rolls.

Coq Au Vin (Serves 4 to 6)

❶ 4 chicken joints; 125 g mushrooms; 8 small onions or shallots; 4 tablespoons butter; 4 to 6 rashers streaky bacon; 1 clove garlic; 3 tablespoons flour; 250 ml chicken stock or 1 chicken stock cube

dissolved in 250 ml boiling water; 250 ml red wine; 1 teaspoon salt; freshly ground black pepper to taste.

② Wash and slice mushrooms, peel and slice onions. Fry together in butter until onions are tender, 5 to 7 minutes. Discard rind, then cut bacon into pieces and fry with onions and mushrooms. Lift vegetables and bacon out of the pan and keep on one side. Crush the garlic with a little salt, and place in pan. Season chicken with salt and pepper. Fry for about 10 minutes turning as necessary until golden brown. Remove from pan. Add to vegetables. Sprinkle flour into juices in the pan. Gradually stir in stock and wine. Keep stirring until liquid boils and forms a smooth sauce. Return the chicken, vegetables and bacon to sauce, season well and simmer for about 30 to 40 minutes, or until chicken is tender when tested with a fork. Remove chicken joints and vegetables and put into a hot casserole, boil liquid rapidly for 5 to 10 minutes. Pour over chicken and serve immediately.

Beef with Mushrooms (Serves 4)

① 500 g beef stewing steak; 1 tablespoon salad oil; 2 tablespoons butter; 3 medium onions, peeled and finely chopped; 1 rounded tablespoon flour; 125 ml red wine; 1 dessertspoon tomato purée; 1 clove garlic, chopped; 250 ml beef stock or 1 beef stock cube dissolved in 250 ml boiling water; a bay leaf; a few parsley stalks; sprig of thyme; 250 g button mushrooms, washed, trimmed and quartered; 1 teaspoon salt; freshly ground black pepper to taste; 500 g potatoes; 125 ml milk; 2 tablespoons butter; 2 tablespoons chopped parsley.

② Trim meat and cut into small cubes. Heat oil and butter in a frying pan, turn the meat in the hot fat until lightly coloured. Remove the meat. Sauté onions gently for 5 minutes then stir in the flour. Cook until golden brown. Remove from heat, stir in the wine, tomato puree, garlic, stock, flavourings and mushrooms. Bring to the boil, stirring continuously. Add the meat, season to taste and simmer gently for 1 1/2 hours until the meat is tender. About 20 minutes before the stew is ready, boil the potatoes, drain and mash with the milk, butter and seasoning. Spoon the potatoes into a piping bag with a vegetable rosette tube and pipe a border round a heated serving dish. Spoon stew into the centre of the dish and sprinkle with chopped parsley.

Chicken with Tarragon Cream Sauce (Serves 6)

① 6 chicken joints; 1 carrot; 1 onion; small stick celery; 250 ml water; 1 bay leaf; 2 sprigs tarragon; 1 teaspoon salt; peppercorns; 3 teaspoons lemon juice. SAUCE: 4 tablespoons butter; 8 tablespoons flour; 350 ml chicken stock (reserved from cooked chicken); 1 egg yolk; 125 ml cream; 1 to 2 teaspoons dried tarragon; CROUTONS: three 2,5 cm slices of bread; 1 tablespoon oil; 4 tablespoons butter; sprigs of tarragon.

② Place chicken joints in a saucepan and just cover with water. Peel carrot and cut into large pieces. Peel onion and cut into quarters. Wash celery, cut into large pieces. Add the vegetables, bay leaf, tarragon, salt, peppercorns and lemon juice. Bring to boil, then reduce heat, cover and simmer for 30 to 40 minutes until chicken joints are tender. Remove from liquid and keep warm. Strain liquid, reserving 375 ml.

SAUCE: Melt butter in a saucepan, stir in flour, cook 2 minutes. Remove from heat and gradually stir in reserved chicken liquid to make a smooth sauce, then simmer for 5 minutes. Mix together egg yolk and cream, add about 4 tablespoons of the hot sauce, mix well. Gradually pour in remainder of sauce, stirring all the time. Return to saucepan and reheat sauce gently without boiling until it thickens. Add seasoning to taste. Stir in tarragon. Arrange joints on hot serving dish and cover with sauce. Top with fried croutons and sprigs of tarragon. Serve immediately.

CROUTONS: Cut slices of bread into small cubes. Heat oil and butter in frying pan and fry until golden brown. Drain on kitchen paper.

Hot Vanilla Snuffle with Apricot Sauce (Serves 4 to 6)

① SOUFFLÉ: knob of butter; 1 tablespoon castor sugar; 2 tablespoons butter; 4 tablespoons plain flour; 125 ml milk; 2 tablespoons castor sugar; 1/2 teaspoon vanilla essence; 3 egg yolks; 4 egg whites. SAUCE: 3 tablespoons apricot jam; 2 tablespoons sugar; 125 ml water.

② Butter a soufflé dish well. Dust with castor sugar. Separate eggs. Melt butter in a saucepan, stir in flour and cook for 2 to 3 minutes. Remove from heat and gradually blend in the milk. Return to heat and bring to the boil. Cook for a few minutes stirring constantly until mixture is thick and leaves the sides of the pan. Mix in sugar. Allow to cool for 1 to 2 minutes. Add vanilla essence, beat in egg yolks, one at a time. Transfer mixture into a large bowl. In another bowl whisk egg whites until stiff

and dry. Fold 1 tablespoon of egg white into the stiff flour mixture to slightly soften it, then fold in the remaining egg whites very lightly, using a spatula or large metal spoon until the mixture is well blended. Pour the mixture into prepared soufflé dish. Smooth the surface very gently. Bake at 175°C for 30 to 40 minutes. Serve at once with apricot sauce.

SAUCE: Place all the ingredients into a saucepan, stir over low heat until the sugar has dissolved. Bring to boil and boil until thick and syrupy. If necessary, add a little colouring before serving.

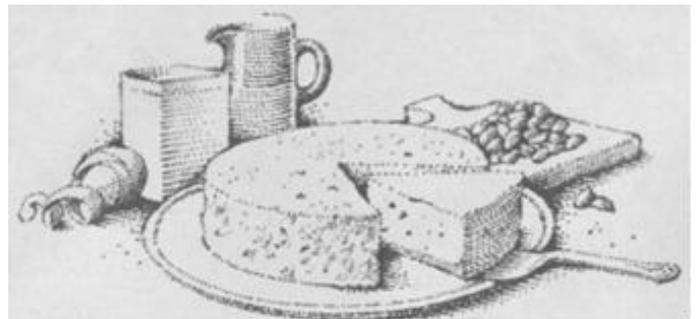
GERMANY...

Plain food such as black bread, cheeses, sausages, smoked ham, eel and fresh-water trout - all of excellent quality. Baking, of the plainer more homely variety, is thoroughly tempting.

Potato Pie (Serves 4 to 6)

❶ 1 kg potatoes; 2 thick slices of bread; 2 cups milk; 2 large onions; 250 g smoked bacon; 1 teaspoon salt; freshly ground black pepper; 1 teaspoon butter.

❷ Peel and slice potatoes into thin rounds. Pat dry between paper towels. Soak bread in milk. Peel and chop the onions. Cut bacon into small pieces. Remove the bread and any crumbs from milk. Reserve milk. Butter a large casserole dish thoroughly and layer the ingredients, starting and ending with potato. Add salt and pepper. Pour over the milk. Dot with slivers of butter. Bake at 175°C uncovered for 2 hours. Serve with a mixed salad.



Tripe and Onions (Serves 4)

❶ 500 g tripe; 350 g onions; 1 bay leaf; 1 teaspoon salt. SAUCE: 5 tablespoons flour; 250 ml milk; 1 cup of the tripe stock; 1/2 teaspoon freshly grated nutmeg; 1/2 teaspoon salt; freshly ground black pepper to taste.

❷ Cut tripe into 2,5 cm squares. Slice onions into large pieces. Place tripe, onions, bay leaf and salt in saucepan with just enough cold water to cover. Cover pan, bring to boil. Reduce heat and simmer it gently until onions are tender - about 15 minutes. Strain. Place on one side, reserving 125 ml of liquid for sauce. Discard the bay leaf. Make the sauce by blending flour to a paste with a little of the milk. Gradually add remaining milk and tripe stock. Pour sauce into a clean saucepan and add the nutmeg, salt and pepper. Bring to boil stirring constantly until sauce thickens. Add the tripe and onions to the sauce. Reheat gently for 10 to 15 minutes, stirring from time to time. Serve with boiled or mashed potatoes.

Gingered Topside (Serves 8)

❶ 750 g joint topside of beef; 2 sticks celery; 1 large onion; 2 carrots; 6 tablespoons butter; 1 tablespoon flour; 1 to 2 teaspoons ground ginger; salt and freshly ground black pepper to taste; 250 ml beef stock or 1 beef stock cube dissolved in 250 ml boiling water; a little chopped parsley.

❷ Wash celery, cut into small pieces. Peel onion, chop finely. Peel carrots, slice thinly. Melt 4 tablespoons of butter in a pan, add prepared vegetables, cover and cook over low heat for about 10 minutes shaking the pan from time to time to avoid sticking. Do not allow the vegetables to colour. Mix flour, ginger and seasoning together in a bowl and turn the beef joint in this until well coated all over. Remove joint and keep on one side. Sprinkle any seasoned flour left in the bowl into the pan with vegetables and stir over low heat for 2 minutes. Gradually blend in stock, bring to boil, simmer gently for 2 to 3 minutes, stirring. Transfer to a casserole. Melt 2 tablespoons butter in a clean pan and brown joint on all sides. Place joint in a casserole on top of vegetables and cover with a well-fitting lid or foil. Cook in a moderate oven, 175°C for 3 hours or until the meat is tender. Remove joint, slice and arrange on a hot serving dish. Press the vegetables and pour liquid into a casserole through a sieve or liquidise in an electric blender. Reheat and coat meat slices. Sprinkle with chopped parsley and serve with freshly cooked green beans.

Sauerkraut with Eisbein (Serves 6 to 8)

❶ 1 kg smoked pork or bacon; 500 ml water; 450-g tin of sauerkraut, drained; 2 raw potatoes; 1/4 teaspoon salt; 1 teaspoon sugar.

② Wash meat, place whole in cold water. Cover and bring to the boil quickly. Lower the heat and simmer it for 1 1/2 hours, add sauerkraut and simmer for another hour. Grate potatoes and add. Bring to the boil and simmer for 20 minutes. Stir in the salt and sugar.

Apricot and Apple Baked Charlotte (Serves 4 to 6)

① 170 g dried apricots, washed and drained; 450 g cooking apples, peeled, cored and sliced; 125 ml water; finely grated rind of 1/2 lemon; 1 teaspoon lemon juice; 125 g castor sugar; 1/2 level teaspoon ground cinnamon; pinch ground nutmeg; pinch of salt; 2 tablespoons dried white breadcrumbs; 8 slices white bread from a large white loaf, about one day old; 1 rounded tablespoon granulated sugar; 125 g butter, melted.

② Snip apricots into small pieces with a pair of scissors. Place in a saucepan. Add apples, water, lemon rind and juice and bring slowly to the boil. Cover and simmer gently for 20 to 30 minutes, until apples are fluffy and apricots tender. Remove the lid. Simmer for 5 minutes, while stirring. Take pan from heat and stir in the castor sugar, cinnamon, nutmeg, salt and white breadcrumbs. Stir to mix thoroughly and set aside while preparing the mould. Trim crusts from bread, set two slices aside and cut each of the rest into three fingers. Generously butter the inside of a charlotte mould or ovenware bowl, and sprinkle with the granulated sugar. Shake the sugar round the tin to coat it evenly. Take 1 of the uncut slices of bread, and cut out a round to fit the base of the mould. Dip one side of the bread into the melted butter; drain off excess and arrange the bread with the buttered side next to the tin. Line sides of mould with the bread fingers, overlapping. If necessary, trim bread fingers to the height of the tin. Spoon filling into the centre, spreading the top smoothly. Dip the remaining bread into the rest of the butter and arrange, buttered side up, over the top of the mould, covering it completely. Press down well. Bake the charlotte on the shelf just below the centre of a hot oven, 205°C, for 30 minutes, covering the top if it becomes too brown. Remove from the oven and stand the mould on a cooling tray for 20 minutes, then invert carefully on to a serving dish and remove the mould. Lightly dust with a little sugar, cut into wedges and serve it warm with thin cream.



Sausages and Sauerkraut (Serves 2 to 4)

① 500 g smoked pork sausages; 250 g of tinned sauerkraut; 2 raw apples; 4 tablespoons lemon juice; 1/4 teaspoon freshly grated nutmeg; 1/4 teaspoon caraway seeds.

② Place the sauerkraut in an ovenware dish. Add the grated apple, lemon juice, nutmeg and caraway seeds. Place the sausages on the sauerkraut. Cover. Bake at 175°C until sauerkraut is heated through and the sausages are hot.

Cherry Dumplings (12 dumplings)

① DOUGH: 2 tablespoons dry yeast; pinch of sugar; 3 tablespoons lukewarm water; 3 tablespoons milk (room temperature); 1/2 teaspoon vanilla essence; 1/4 teaspoon grated lemon peel; 4 tablespoons sugar; 1/2 teaspoon salt; 3 egg yolks; 250 g flour.

FILLING: 24 cherries, stoned; 2 tablespoons sugar.

TOPPING: 125 g butter, melted; 3 tablespoons sugar; 2 teaspoons cinnamon.

② DOUGH: Sprinkle yeast and pinch of sugar over lukewarm water. Place container in warm place

for 2 to 3 minutes, until the yeast has begun to bubble and it has almost doubled in volume. In a mixing bowl, combine milk, vanilla, lemon peel, sugar, salt and yeast. Stir in egg yolks, one at a time. Stir in flour, 8 tablespoons at a time, to make a medium-firm dough. Place dough on a floured board and knead it. Put dough into a large lightly buttered bowl, dust top lightly with flour. Cover it with a kitchen towel. Stand in a warm, draught free area for 35 to 40 minutes, or until the dough has doubled in size.

FILLING: Place cherries in a glass bowl. Add sugar. Punch the dough down. Roll it out on a floured board and knead it again for 1 minute. With a floured rolling pin, roll it into a rectangle 6 mm thick. With a pastry cutter or sharp knife, cut dough into twelve 8 cm squares. Lay 2 cherries in the centre of each square. Dust hands with flour, fold the dough over the fruit, then roll it into a ball. The dough wrapping must be secure enough not to come apart while the dumplings boil. Place dumplings on a dish or baking sheet, cover with a sheet of plastic and allow to rise in cold oven for 10 minutes. Bring 3 litres of salted water to a bubbling boil. With a large spoon, carefully place 4 dumplings in the water. Cover, leave heat high, and let dumplings boil for 5 to 6 minutes. Turn them with a spoon and let them boil for 5 to 6 minutes longer, remove with a slotted spoon on to paper towels to drain.

TOPPING: Dribble melted butter over the dumplings and sprinkle them with sugar, then with the cinnamon. Serve dumplings warm.

Baked Brisket (Serves 6 to 8)

❶ 2 kg brisket of beef, boned and rolled; 125 g prunes; 125 g dried apricots; 1 large cooking apple, peeled and sliced; 2 onions, finely chopped; 2 tablespoons vinegar; 1 tablespoon brown sugar; 1 beef stock cube dissolved in 250 ml water; 1 teaspoon salt; freshly ground black pepper to taste.

❷ Soak dried fruit to soften. Stone prunes. Mix with apple and onion. Surround meat with this in a deep casserole. Combine vinegar, sugar, salt and pepper with the stock. Pour this around the joint. Cover and cook at 150°C for 3 hours. Remove the meat to a serving dish. Purée fruit mixture in an electric blender or press through a sieve and return to the liquid. Serve meat hot or cold, with the sauce served separately.

Semolina Dumpling (Serves 6 to 8)

❶ 125 g semolina; 4 tablespoons butter; 4 tablespoons fine dried breadcrumbs; 8 tablespoons of plain flour; 1 teaspoon salt; freshly ground black pepper to taste; 750 g boiled potatoes, well mashed; 2 large eggs, beaten.

❷ Melt butter in a heavy frying pan. When it stops foaming, add breadcrumbs and cook, stirring it constantly until golden brown. Reserve. Mix flour, semolina, salt and pepper. Beat gradually into the potato. Add eggs and continue to beat until dough just holds its shape in a spoon, adding a little more flour if necessary. Shape dough into 15 or 20 dumplings with floured hands and lower into a saucepan half filled with boiling salted water. Stir it gently to prevent them sticking together and simmer gently for 15 minutes or until they rise to the surface. Cook for a minute, remove with perforated spoon and sprinkle with dried breadcrumbs. Serve with boiled beef and carrots.

GREECE...

Cuisine is distinctive but not extravagant. Dishes are based on a large variety of fish, fresh vegetables and lamb (favourite meat). Greek pastries are syrupy, nut-filled and unforgettable.



Chicken Soup (Serves 6)

❶ 2 large chicken joints; 1 small onion; 1 cup leafy celery; 1 teaspoon salt; freshly ground black pepper to taste; 3 tablespoons rice; 3 large eggs; 2 tablespoons cold water; juice of 2 lemons.

❷ Wipe chicken joints. Place in a large saucepan. Skin onion. Wash celery. Cover the pan with cold water, add salt and pepper and bring to the boil and simmer gently for about 2 hours.

When cooked, lift out chicken and strain the stock. Return stock to saucepan, and when it boils add rice and cook for 12 minutes. Beat eggs with 2 tablespoons cold water and lemon juice, until it is

frothy. Take 1/2 cup of the hot stock and stirring constantly, pour it slowly into the egg and lemon. Add another 1/2 cup, then return it to the pan, stirring slowly, and taking care not to let the soup boil or it will curdle. Serve hot in soup bowls.

Savoury Grape Rolls (Dolmades) (Serves 6 to 8)

❶ Large tin vine leaves; 5 tablespoons olive or salad oil; 110 g finely chopped onion; 60 g uncooked long grain rice; 140 ml water; 1/2 teaspoon salt; freshly ground black pepper to taste; 1 1/2 tablespoons pine kernels; 1 1/2 tablespoons currants; 1 1/2 tablespoons cold water; lemon wedges to garnish.

❷ Heat half the oil in a saucepan. Cook onions for about 5 minutes. Add the rice and stir for 2 to 3 minutes. Add the water, salt and pepper, bring it to the boil, cover tightly and simmer for about 15 minutes until the rice is tender and has absorbed the liquid. Heat a tablespoon of the remaining oil in a small pan and brown pine kernels lightly. Add these to rice and stir in the currants. Bring some water to the boil in a large pan, drop in the vine leaves and turn off heat. After 1 minute, drain the leaves and plunge into cold water. Spread, dull sides up, on kitchen paper to drain. Layer bottom of a heavy medium-sized casserole with a quarter of the leaves and stuff each remaining one with a tablespoon of the rice mixture. Stack side by side, seam sides down in layers in the casserole, and sprinkle with the 1 1/2 tablespoons of oil and cold water. Simmer, tightly covered, for 50 minutes, then uncover and cool. Arrange vine leaves on a dish and garnish with lemon wedges. Serve cold.

Creamed Cod's Roe (Serves 6 to 8)

❶ 125 g smoked cod's roe; 6 thin slices crust less white bread; 125 ml cold water or milk; 3 tablespoons lemon juice; 2 tablespoons finely grated onion; 1 clove of garlic, crushed; 125 ml olive or salad oil.

❷ Soak bread in water or milk for 5 minutes. Drain. Mash until smooth. Add roe, a teaspoonful at a time, mashing and stirring constantly. Beat in the lemon juice, grated onion and crushed garlic and continue mashing until the mixture becomes a smooth paste. Place in a large bowl and beat in the oil a tablespoon at a time. After about 4 to 6 tablespoons, when mixture is creamy and smooth, pour on remaining oil in a slow, thin stream and beat the mixture constantly until it holds its shape. Chill thoroughly before serving, and serve with crusty bread.

Stuffed Eggs (Serves 4)

❶ 8 hardboiled eggs; 250 g of smoked cod's roe; 4 tablespoons softened butter; 3 tablespoons of cream; 1 table spoon lemon juice; 2 teaspoons tomato purée; 1 teaspoon salt; 1/4 teaspoon freshly ground black pepper; 4 to 5 tablespoons mayonnaise; lettuce leaves, tomato strips.

❷ Shell eggs, split in half lengthways. Remove yolks and sieve them. Mix with cod's roe. Mix with butter, cream, lemon juice, tomato purée, mayonnaise and seasoning. Beat well, pile the mixture back into the egg whites. Stand each egg on a lettuce leaf and place a tomato strip lengthwise on each egg.

HOLLAND...

Breakfast is a more substantial meal than lunch, with cold meats and cheese. Thick nourishing soup and stews satisfy during the cold Dutch winters.

Lettuce Broth (Serves 4 to 6)

❶ 2 heads of soft lettuce; 500 ml homemade chicken stock*; 500 ml milk; 1 teaspoon salt; freshly ground black pepper to taste; pinch of ground mace; 1 teaspoon sugar; 125 ml cream; 2 tablespoons chopped parsley.

❷ Chop washed lettuce finely. Simmer with the chicken stock until tender. Put through a sieve or liquidiser in an electric blender, then return purée to the saucepan with the milk, stirring constantly. Add salt, pepper, mace and sugar. When serving, add a teaspoonful of fresh cream to each portion and sprinkle with parsley.

* **NOTE:** It is better to use homemade chicken stock for this recipe. When you have leftover chicken giblets, make a little stock and freeze.

Dutch Herring (Serves 6)

❶ 6 rollmop herrings; 4 tablespoons sweet milk cheese; 1 apple; 6 sticks celery; 6 gherkins; 170 g

cooked peas; small packet cooked frozen mixed vegetables; 1 teaspoon salt; freshly ground black pepper to taste; mayonnaise to bind; 1 cup grapes; parsley for garnish.

② Cut the cheese, apple, celery and gherkins into small cubes. Mix with peas, vegetables, salt and pepper. Blend with a little mayonnaise. Pile into a serving dish. Arrange rollmops on top and add halved, stoned grapes and parsley.

Rice Dome (Serves 4)

① 110 g of rice; salt and freshly ground black pepper to taste; juice of 1/2 lemon; 1/2 a cucumber; 1 banana; 1 orange; 3 to 4 tomatoes. DRESSING: 1 cup yoghurt; 4 to 5 teaspoons cream; pinch sugar; 1/2 teaspoon mustard; 1 teaspoon dill; 2 tablespoons chopped parsley.

② Boil rice in salted water until cooked. Drain, then pile on to a plate, shaping it into a large dome. Sprinkle with lemon juice and pepper. Dice cucumber, banana, orange and tomatoes and pile on top of dome. Mix the ingredients for the dressing in a bottle, shaking well to mix. Pour dressing over the rice.

HUNGARY...

Nourishing Goulash dumplings and veal rolls, often flavoured with the paprika pepper, red and sweet, that is a feature of many Hungarian dishes. The pastries and cakes are excellent - strudels, pancakes with fruit fillings and cakes such as the Dobostorte, a many layered chocolate caramel sponge.

Paprika Potatoes (Serves 4 to 6)

① 1 kg potatoes, peeled and cubed; 4 tablespoons butter; 1 medium onion, thinly sliced; 1 teaspoon salt; 2 bay leaves; 1 1/2 tablespoons paprika; 1/8 teaspoon white pepper; 1 tablespoon cider vinegar; 5 tablespoons sour cream; 2 tablespoons minced parsley.

② Heat butter in a heavy saucepan. Cook onion until soft. Add potatoes, 250 ml water, salt, bay leaves, paprika and pepper. Simmer covered, over moderate heat until the potatoes are tender, but still firm. Add the vinegar and bring to a boil. Cook for 1 minute. Remove bay leaves. Add the sour cream and heat, but do not allow to boil. Sprinkle with parsley.

Hungarian Goulash (Serves 4)

① 1 kg chuck steak; 2 medium onions; 1 clove garlic; 1/2 teaspoon salt; 1 green pepper; 4 tablespoons dripping; 3 level tablespoons paprika; 1 tablespoon tomato purée; 2 tablespoons of flour; 4 tomatoes; 350 ml stock, 1 teaspoon salt; freshly ground black pepper to taste; 2 tablespoons sour cream or yoghurt.

② Trim meat, discarding the skin and excess fat. Cut the meat into 2,5 cm pieces. Peel onions and chop. Crush garlic to a paste with a little salt. Discard seeds from pepper and cut flesh into strips. Heat dripping in a pan and fry onions and pepper for about 4 minutes. Add meat and brown on all sides. Add paprika, tomato purée, crushed garlic and flour. Stir it well and continue cooking for a further 2 to 3 minutes. Skin the tomatoes by placing in boiling water for 1 to 2 minutes, and cut into quarters. Add to pan together with stock and seasonings. Cover and simmer gently for about 2 to 2 1/2 hours, or until meat is tender. (If preferred, turn into a casserole and cook in moderate oven, 175°C for 2 to 2 1/2 hours.) Just before serving top with small spoonful's of sour cream or plain yoghurt and lightly stir into the goulash.

Apricot Dessert (Serves 8)

① 250 g homemade or bought flaky pastry; little beaten egg or egg yolk; icing sugar for decoration. FILLING: 439-g tin apricot halves or fresh apricots; 2 tablespoons vanilla flavoured castor sugar; squeeze of lemon juice; 2 tablespoons chopped blanched almonds; 1 to 2 tablespoons Kirsch.

② Drain apricots but keep 3 tablespoons syrup. Cut apricots into small pieces and place in saucepan. Add reserved syrup. Bring to the boil and simmer gently for 5 minutes. Remove from heat and stir in sugar, lemon juice, almonds and Kirsch. Arrange on a plate and set aside to cool. Divide the pastry in two and roll out, one half to fit a square 20 cm Swiss roll tin. Trim away the edges. Line base of tin, allowing it to come up the sides slightly. Spoon the filling on to the pastry in two rows of four heaps spacing them evenly. Roll the other half of the pastry out to an oblong that is slightly longer than the tin and trim the edges. Halve down the centre and then cut into eight 8-cm squares.

Cut crosses in the centre of each, about 4 cm long. Brush round the filling with water. Cover each spoonful of filling with a pastry square, sealing the edges well.

Goulash Soup (Serves 4 to 6)

❶ 500 g shin of beef, trimmed and cubed; 2 small onions; 1 carrot; 1 parsnip; 2 tablespoons good dripping; 2 tomatoes, skinned and chopped; 1/2 level teaspoon caraway seeds; 1 teaspoon paprika; few bacon rinds; 1 litre beet stock; 2 medium potatoes, cubed; pinch of garlic salt; 1 teaspoon salt; freshly ground black pepper to taste; 125 ml sour cream; parsley for garnish.

❷ Slice onions, carrot and parsnip. Cook in dripping in a deep saucepan until nearly brown. Sauté meat and the chopped tomatoes in the pan, add caraway seeds, paprika and bacon rinds. Stir it together over a low heat for a few minutes, add stock and simmer for 2 hours. Remove rinds, add the potatoes, garlic salt, salt and pepper and cook it gently for another hour. Remove from heat, stir in half the cream and serve the rest separately. Garnish with parsley. This soup has a very thick consistency and can be served as a main dish with either dumplings or fresh bread.

INDIA...

Land of a thousand curries, intriguing flavours, freshly pounded spices and blended relishes. Curries are prepared with a base of meat, eggs or vegetables and are always served with a special flat bread and bowls of colourful piquant accompaniments.

Chicken Curry (Serves 12)

❶ Two 1,8 kg young chickens; 4 breakfast cups coconut milk (see method); 4 onions; 110 g butter; 2 dessertspoons turmeric; 2 teaspoons fresh red and green chillies, cut lengthwise (use dried if fresh are not available); 6 cloves; 1 teaspoon cardamon seed; 5 cm cinnamon stick; 2 teaspoons salt; freshly ground black pepper to taste.

❷ To make coconut milk, grate flesh from a fresh coconut into a basin, pour 4 cups boiling water over it, stir well and leave to stand for 1/2 hour or longer. Strain and squeeze it through muslin to obtain all the flavour from the coconut. Divide the 2 chickens into 12 joints. Fry the sliced onions in a large pan with butter until soft, then add the turmeric, chillies, cloves, cardamon seed, cinnamon stick, salt and pepper. Continue to fry gently for a few minutes. Put in chicken pieces, cook them turning a few times until they are a light golden colour. Add coconut milk with seasoning to taste, and simmer for 3/4 to 1 hour - until chicken is tender.

Egg Curry (Serves 12)

❶ 8 hardboiled eggs; 60 g butter; 1 cup chopped onion; 1 clove garlic, crushed; 1 tablespoon curry powder; 1 level tablespoon flour; 280 ml chicken stock; small tin peeled tomatoes; 1 teaspoon lemon juice; 1 teaspoon sugar; 1 teaspoon salt; freshly ground black pepper to taste.

❷ Melt butter in a pan. Add onions and garlic. Fry gently until soft, then add curry powder. Continue to cook for five minutes. Add flour, fry for another minute or two, then add stock with the roughly chopped tomatoes, lemon juice and sugar. Bring to boil, simmer for 20 minutes, add the salt and pepper. Slice eggs and add, heating them up gently in the sauce. Serve with rice.

Beef Curry with Spinach (Serves 12)

❶ 1 kg of lean stewing beef; 2 onions; 4 tablespoons of butter; 1 teaspoon turmeric; 2 teaspoons coriander; 1 dessertspoon ground ginger; 1/2 teaspoon ground chilli; 500 g spinach, or 300-g packet of frozen spinach; 2 tablespoons yoghurt; a pinch of thyme; 1 tablespoon mustard seeds; 1 teaspoon salt.

❷ Slice onions finely. Fry in butter until soft but not coloured. Trim and cut meat into pieces and add turmeric, coriander, ginger and chilli. Mix well. Fry over medium heat for 10 to 12 minutes. Shred spinach and scatter over meat with the yoghurt, thyme, mustard seeds and salt. Mix well. Cover the saucepan and cook for 1 to 1 1/2 hours, shaking several times. Add 125 ml water as moisture dries out. Just before serving, remove lid and finish over gentle heat to remove any excess liquid. The spinach should be like a thick purée, completely mixed with the meat and the dish should be fairly dry. Serve with rice.

ISRAEL...

Really is a land of milk and honey. There is a plentiful supply of all dairy products, fresh vegetables, olives, nuts, honey and dates. Fish, chicken and turkey are eaten rather than beef which is in short supply.



Prune Casserole (Serves 6)

❶ 1 cup cooked prunes; 6 medium carrots; 4 medium sweet potatoes; 1/2 teaspoon of salt; freshly ground black pepper to taste; 5 tablespoons brown sugar; sprinkling of nutmeg; 3 tablespoons butter; 125 ml hot water.

❷ Remove stones from the prunes. Arrange a layer of thinly sliced carrots in a casserole, add a layer of sliced sweet potatoes, then half the prunes. Add a little salt and pepper. Dot with

butter. Repeat the layers. Spread sugar over the top. Sprinkle with the nutmeg and dot again with butter. Pour the hot water over top, cover and bake for 1 hour at 190°C.

Avocado Pears and Black Olives (Serves 4)

❶ 2 avocado pears; 1 tablespoon lemon juice; 12 black olives; 250 ml sour cream; 1/4 teaspoon salt; freshly ground black pepper to taste; pinch of paprika.

❷ Using a stainless steel knife, cut the pears lengthways through to the stone. Separate the two halves by carefully twisting them in opposite directions. Remove the stones and sprinkle pears with lemon juice to prevent discolouring. Stone olives and chop roughly. Pour cream into a mixing bowl. Add the olives. Season with salt and pepper. Arrange avocados on small serving dishes and carefully spoon on the olive sauce. Sprinkle lightly with paprika.

Gefilte Fish (Serves 6 to 8)

❶ 1 kg stock fish; 500 g red roman or stump nose; 1 kg of fish bones and heads; 2 medium-sized onions; 2 turnips; 2 medium slices white bread; 2 eggs; 4 tablespoons cold water; 1/2 tablespoon oil; 1 dessertspoon salt; 1/4 teaspoon white pepper for mixture; 2 sliced carrots; 2 onions; 1 dessertspoon salt; 1/4 teaspoon white pepper for stock.

❷ Mince together fish, 2 onions, turnips and white bread. Add the eggs, water, oil, salt and pepper. Beat the mixture using a wooden spoon until it becomes light and fluffy, 10 to 15 minutes. Shape into balls and place in a large pot containing boiling water (approximately a 1/4 full), the fish bones, heads, carrots, onions and salt. Simmer for 1 hour on slow heat. Remove the fish, place a slice of carrot on top of each fish ball and pour strained stock into the dish. Serve hot or cold.

Lentil Casserole (Serves 4 to 6)

❶ 500 g lentils; 2 teaspoons salt; 1 small onion; 2 carrots; 1/2 cup celery; 1/4 cup matzo meal or cracker crumbs.

❷ Cook lentils with the salt in about 3 cups of water, until soft and most of the water has evaporated. Do not drain. Dice the onion, carrots and celery and add to the lentils. Add the matzo meal to the mixture. Grease a casserole. Pour in the mixture and bake at 205°C for about 45 minutes or until brown and crisp.

Noodle Pudding (Serves 4)

❶ 3/4 packet broad noodles; 1/2 teaspoon salt; 125 g butter; 1 egg; 1 cup cottage cheese; 250 ml sour cream; 1/2 cup raisins; 2 tablespoons sugar; 125 ml milk; 125 g sugar, cinnamon and butter for topping.

❷ Cook noodles in salted water, drain. Add half the butter. Beat egg and add cottage cheese, sour cream, raisins and half the sugar. Mix with the noodles. Add the milk gradually, using only enough to keep the pudding moist. Use remaining butter to grease a casserole. Pour in pudding. Sprinkle with remaining sugar and cinnamon and add little knobs of butter. Bake at 175°C for about 1 hour until golden brown on top. Serve hot.

Cheese Cake (Serves 6 to 8)

① 6 digestive biscuits; 2 tablespoons butter; 2 tablespoons icing sugar; 1 level teaspoon ground cinnamon. FILLING: 250 g fresh cream cheese, not processed; 250 g cottage cheese; 125 ml sour cream; 3 eggs; 1/2 teaspoon vanilla essence; finely grated rind of 1/2 lemon; 1 tablespoon lemon juice; 125 g castor sugar; 2 tablespoons of butter, melted and slightly cooled; 125 ml thick cream; sugar and cinnamon for sprinkling.

② Crush biscuits finely with a rolling pin and place in a mixing bowl. Melt butter in a pan (medium heat), remove and add to the biscuit crumbs. Add sugar and cinnamon, stirring with a fork to blend thoroughly. Turn into a 20 cm round spring form tin or loose-based cake tin, buttered thoroughly. Pat crumbs smoothly across base. Set aside while preparing filling. Cream the cream cheese in a mixing bowl until soft, sieve cottage cheese and stir in. Blend in sour cream, beaten eggs, essence, lemon rind and juice, sugar, butter and the cream until smooth, then pour into tin on top of biscuit crumb base. Bake in the centre of a moderate oven, 175°C, for 1 - 1 1/2 hours, or until well set. The top will have begun to brown lightly round the edges. Remove from oven and sprinkle with mixed icing sugar and cinnamon while the cake is still hot. Set aside on a wire rack until cold. Gently remove the side of the spring form tin or lift out cheese cake from loose-based one. Sprinkle with the sugar and cinnamon. Cut into wedges and serve on base of tin, as it is too fragile to lift off.

ITALY...

Tasty pasta dishes, risottos with rich meat sauces and cheeses, which vary in flavour from the very sharp to the mildest and the creamiest of Bel Paeses. Fresh ripe fruit, an excellent granite or a torte end a perfect Italian supper.

Italian Rice (Serves 4)

① 1 1/2 cups rice; 1 teaspoon salt; 375 ml water; 5 tablespoons butter; 8 tablespoons strong beef stock; 3 egg yolks; 1 tablespoon grated lemon rind; 1/2 cup of freshly grated Parmesan cheese; freshly ground black pepper to taste.

② Do not wash rice. Bring water and salt to boil. Sprinkle the rice into the saucepan so that the water does not stop boiling. Stir once or twice and cook uncovered for 15 to 20 minutes. Keep extra water boiling to add to rice if it gets too dry before it is done. When done the rice should be firm. Heat a serving bowl. Put in softened butter, and the stock, heated and beaten into the egg yolks, lemon rind, Parmesan and pepper. Beat well. Drain rice well and add to the bowl. Toss together, adding more stock if needed to keep moist. Or, about 125 ml of heavy cream, warmed, may be added. Spaghetti may be used instead of rice but do not substitute Gruyère for Parmesan.

Green Lasagne with Eggplant (Serves 6)

① 500 g green lasagne; 1 large eggplant, peeled, cut into thick slices; 1 teaspoon salt; 125 g flour; 4 tablespoons olive or salad oil; 4 cups homemade tomato sauce; 250 g Cheddar cheese, sliced; 3 tablespoons grated Parmesan cheese.

② Sprinkle eggplant slices with salt, place in a bowl. Top with a plate to weigh them down. After 20 minutes, remove slices. Rinse and dry thoroughly. Dredge lightly on both sides with flour. Fry in oil for about 10 minutes, turning once. Drain and dice eggplant. Cook lasagne in boiling water as directed on packet. Drain thoroughly. Mix with 1 1/2 cups tomato sauce. Place half the lasagne in the bottom of a casserole, top with half the eggplant. Add remaining lasagne and a layer of eggplant. Pour the remaining sauce over the eggplant. Cover with cheese and sprinkle with Parmesan. Bake in a preheated oven of 170°C for 10 minutes until the cheese is melted and golden-brown.

Bolognese Meat Sauce (Serves 6)

① 6 tablespoons butter; 2 tablespoons of olive or salad oil; 1 onion, finely chopped; 1 carrot, finely chopped; 1 stalk celery, finely chopped; 1/2 cup bacon, finely chopped; 3/4 cup minced pork; 3/4 cup minced beef; 1/4 cup of sausage meat; 2 to 3 chicken livers; 125 ml dry white wine; salt and freshly ground black pepper to taste; 4 teaspoons tomato paste; 375 ml beef stock; 6 tablespoons sour cream.

② Heat half the butter and oil in a deep frying pan. Add onion, carrot, celery and bacon. Fry over a low heat until vegetables soften and begin to change colour. Add pork, beef, sausage meat and

chicken livers. Fry gently until they begin to brown. Crumble with a fork. Moisten with wine and continue to cook until it evaporates. Add salt and pepper. Dilute tomato paste with a little stock. Stir into the sauce, cover and cook slowly, stirring occasionally, while gradually adding the remaining stock. After sauce has been cooking for 1 1/2 hours, stir in the cream. Continue cooking until reduced. Add remaining butter. Stir until melted and thoroughly mixed into the sauce.

Rice with Peas (Serves 6)

① 250 g rice; 3 tablespoons butter; 2 tablespoons olive oil; 1 finely chopped onion or 1/2 bunch spring onions, finely chopped; 125 g lean bacon, diced; 450 g shelled peas; 1 litre chicken stock or 2 chicken stock cubes dissolved in 1 litre boiling water; 4 tablespoons Parmesan cheese.

② Melt butter and oil, add the onions and cook until they are transparent but not browned. Add the bacon, peas and rice.

Cook for a minute or two, then add half the stock and simmer gently for about 5 to 10 minutes until it is absorbed. Add remaining stock as required until rice and peas are tender and still fairly moist. Sprinkle generously with Parmesan cheese and serve immediately while creamy.



Italian Salad

① 2 heads of lettuce; 1 curly endive; 1 bunch watercress. DRESSING: 1 clove garlic, crushed with salt; 8 tablespoons of olive oil; 2 tablespoons of lemon juice; 1 teaspoon salt; freshly ground black pepper to taste.

② Wash lettuce, endive and watercress. Shake well to dry leaves. Arrange green salad in a large bowl. Blend the dressing until creamy. Sprinkle it over the salad. Toss until the leaves are covered. Serve immediately.

Nut Cake

① 250 g bought sponge cake, crumbled; 1/2 cup seedless sultanas, soaked in 1/2 cup rum; 3/4 cup shelled walnuts; 1/2 cup pine nuts; 1/2 cup of almonds, peeled and finely chopped; 1/3 cup diced, mixed candied peel; 125 ml sugar syrup. SUGAR SYRUP: 2 tablespoons sugar; 2 tablespoons water - boil and cool; knob of butter.

② Mix all ingredients until well blended, adding enough sugar syrup, to hold the mixture together. Turn into a well-buttered 23 cm pan and bake at 150°C for 20 to 30 minutes. Cool. Turn out and sprinkle with confectioners' sugar before cutting into thick slices.

Zabaglione (Serves 6)

① 6 egg yolks; 4 level tablespoons castor sugar; 5 tablespoons sweet sherry.

② Whisk the yolks with sugar in a medium basin until thick and creamy. Add sherry, then stand the basin over a pan of boiling water, off the heat. Whisk by hand or with an electric beater, until very thick and light - about 5 to 8 minutes. Remove from the pan and pour into six individual serving glasses. Top each with a sponge finger. Serve while still warm.

Almond Biscuits

① 7 tablespoons ground almonds; 1 egg white; 7 tablespoons castor sugar; 1/2 level teaspoon of almond essence.

② Line 2 baking trays with rice paper. Whisk egg white until thick, fold in almonds and sugar and stir in the essence. Fill a piping bag. Pipe out drops the size of a 10c piece on to rice paper, leaving it room to spread. Bake it at 175°C for about 10 minutes, just above the centre of the oven - until biscuits are a pale golden brown.

JAPAN...

Food is a visual treat. Enormous importance is attached to presentation. The dishes are never gross, and because they are eaten with chopsticks, all food is cut up into little strips and small pieces to allow for quick, crisp cooking.



Chicken Omelet with Rice (Serves 4)

① 8 eggs; 50 g long grain rice; 250 ml cold water; 1/2 teaspoon salt; 250 g chicken breast, boned; 1 small leek; 1/4 teaspoon salt; freshly ground black pepper to taste. SAUCE: 4 tablespoons saki or 8 tablespoons brown sherry; 6 tablespoons soy sauce; 250 ml of chicken stock or 1 chicken stock cube dissolved in 250 ml boiling water.

② To cook rice the Japanese way, wash it well by rinsing it with running water until the water which drains off is clear. Drain well, put in a large heavy casserole, add water and leave to soak for half an hour. Cook over medium heat for 10 minutes until the liquid has evaporated then steam for a further 5 minutes. Blend the ingredients for the sauce and place a little in four small bowls. Chop the chicken and the leek. Place in a saucepan with the remaining sauce. Simmer it until the chicken and the leek are cooked. Divide mixture into 4 as filling for 4 omelettes - 2 eggs for each. Cook omelettes and serve each with a small bowl of sauce and rice.

Beef with Vegetables (Serves 4)

① 500 g sirloin of beef, cut in paper-thin slices; 4 tablespoons beef suet; 5 tablespoons sugar; 1/2 cup soy sauce; 375 ml hot water; 2 onions, cut into slices of 1,25 cm thick; 250 g cabbage, sliced thinly; 170 g bamboo shoots, sliced; 250 g mushrooms, sliced vertically; 3 eggs, lightly beaten.

② Heat a large heavy pan. Melt just enough suet to coat the bottom of the pan then remove. Quickly sauté 1/2 of the beef slices with the sugar and soy sauce. Add hot water. Allow the sauce to come to boil before adding a third of all the vegetables. Allow to cook until they are barely tender. Each diner picks out the morsels he wants with his chopsticks, and dips them in beaten raw egg, which is served in small porcelain cups. Add beef and vegetables to the boiling sauce as required. Serve with boiled white rice.

MEXICO...

Exotic, highly spiced food with the accent on imaginative use of the many herbs found there. A Spanish influence is in the lavish use of beans and tomatoes.

Chili Con Carne (Serves 4)

① 375 g dark dried beans (any variety); 500 g mince; 2 tablespoons salad oil; 1 or 2 cloves garlic, crushed; 3 medium-sized onions; 1 teaspoon of salt; 1/2 teaspoon marjoram; pinch of cayenne pepper; 375 g small firm tomatoes; 1 litre stock; 250 g long grain rice; 2 to 3 litres water; 1 teaspoon salt; 2 cloves; 1 small bay leaf.

② Soak beans in cold water to cover overnight. Cook for 1 1/4 to 1 1/2 hours in the water in which they have been soaked. Drain. Brown mince in hot salad oil, add garlic. Peel and dice two onions. Add to meat, brown them. Add salt, marjoram and cayenne pepper. Blanch tomatoes in boiling water for 1 to 2 minutes, peel, cut into quarters and add to the meat mixture. Pour over the stock. Simmer for about 10 minutes, add the beans. Heat again. Cook rice in salt water to cover together with the 3rd onion stuck with two cloves and a bay leaf. Simmer for 12 to 15 minutes. Remove the onion and bay leaf, drain rice and serve with the meat and bean mixture.

Mexican Fish (Serves 4)

① 500 g fillet of hake*; juice of 5 lemons; 250 g green tomatoes, peeled and chopped; 4 sliced peppers; 4 tablespoons olive oil; 1/2 teaspoon of oregano; 1 teaspoon salt; freshly ground black pepper to taste; 1 tablespoon vinegar; 1 onion; 2 avocados.

② Cut fish into bite-size chunks and marinate in a mixture of lemon juice, tomatoes, sliced peppers, oil, oregano, salt, pepper and vinegar for 3 hours. Serve in soup plates and top with slices of the onion and avocado. * Note: The fish should be firm and fresh.

Mexican Custard (Serves 4)

① 1 envelope gelatine; 4 tablespoons water; 1 egg yolk; 500 ml milk; 175 g sugar; 1 teaspoon of cinnamon.

② Dissolve gelatine in cold water. Beat egg yolk briefly in a saucepan while adding milk, sugar, cinnamon and gelatine. Cook over moderate heat while stirring until the sugar is dissolved - about 5 minutes. Pour into a mould or individual cups and refrigerate at least 2 hours before serving.

Stuffed Peppers (Serves 4)

① 4 green peppers; 1/4 cup raisins; 1/4 cup rice; 250 g chopped meat; 3 small onion, minced; oil for frying; 4 egg whites; 125 g flour; 1 1/2 cups tomato sauce.

② Remove skin from peppers with a vegetable peeler. Place in a pot of salted water while preparing stuffing. Soak raisins in water for 1 hour. Cook rice in boiling water for about 15 minutes - until it is tender, drain and reserve. Mix chopped meat with onions and cook in a small amount of oil in a frying pan until the meat is browned lightly, then mix in rice and raisins. Drain peppers. Remove stem, scrape out seeds and fill with stuffing. Heat cooking oil until smoking in a deep French fryer. Beat the egg whites until they form stiff peaks. Roll the peppers in flour and dip in egg whites. Drop into hot oil one at a time and fry until golden brown on all sides. Heat the tomato sauce. When the peppers are all cooked, drain them on paper towels, arrange on a hot serving dish and pour over the tomato sauce.

NEW ZEALAND...

Basic good food - excellent meat and dairy produce, and exotic, colourful fruit. New Zealand lamb is legendary, so is the famous Pavlova.

Roast Lamb

① 1,8 kg leg of lamb. MARINADE: 4 tablespoons olive or salad oil; 1 onion, sliced; 1 carrot, sliced; 1 stick celery, sliced; 1 clove garlic, halved; 850 ml red wine vinegar; 2 level teaspoons salt; 1/2 teaspoon black peppercorns; 1 bay leaf; sprig each of rosemary, thyme and parsley; 4 crushed juniper berries, if available. GRAVY: 140 ml strained marinade; 420 ml stock or water; 1 heaped tablespoon flour; 1 tablespoon redcurrant jelly; salt and freshly ground black pepper to taste; 1 teaspoon oil.

② Skin the lamb and remove the surplus fat. Heat oil and fry the vegetables and garlic slowly in a covered saucepan for 5 minutes, without colouring. Add the wine vinegar, seasonings, spices and herbs. Simmer gently for 15 minutes, then cool completely. Place the leg in a deep china, glass or enamelled basin and pour over the cold marinade. Turn and baste several times a day, for 4 to 5 days at room temperature, or for 6 to 7 days in the refrigerator. To cook, drain the leg (reserving the marinade), then dry it thoroughly with kitchen paper. Brush a large piece of foil with oil. Wrap the lamb completely in aluminium foil. Place it in a roasting pan and cook it at 205°C allowing about 40 minutes to the kg for medium-rare. After the first 45 minutes, remove foil to allow the lamb to brown. Add the salt. Serve hot with roast potatoes, roast pumpkin and gravy.

Pavlova (Serves 6)

① 3 egg whites; 170 g castor sugar; 1/4 teaspoon grated lemon rind; 3/4 teaspoon vinegar; fresh fruit salad.

② Beat egg whites until they are very stiff and stand in peaks. Gradually add sugar, grated lemon rind and the vinegar. Grease a circle of paper, or a baking tray and smooth out the meringue into a circle with a slightly raised edge. Bake it in a cool oven, 120°C for 1 1/2 to 2 hours or until the

meringue has dried out. Cut up assorted fresh fruit for a fruit salad. Fill meringue case with fruit. Or, if available substitute tinned Chinese gooseberries for fruit. Pile whipped cream on top of the fruit.

Citrus Salad (Serves 4)

- 1 2 large grapefruit; 3 large oranges; 1 lime; 3 sprigs mint; 125 ml water; 125 g castor sugar.
- 2 Wash fruit and mint. Peel grapefruit and oranges. Remove the pith. Slice. Cut the lime (without peeling) into very thin slices. Place fruit in a bowl. Pour water into a pan. Add sugar. Bring to the boil and boil for 1 minute. Remove from heat, then add 2 sprigs of mint and cool. Strain liquid over fruits and stir well. Add mint leaves and chill.

PORTUGAL...

Main food feature is expertise with fish - fresh sardines, cod, salted cod, salmon and mackerel. Sucking pig is also popular. Sweets are simple - either fresh fruit or light caramel milk and egg desserts.

Cabbage and Potato Soup (Serves 4 to 6)

- 1 1 medium onion, sliced; 375 ml water; 1 teaspoon salt; 3 potatoes, peeled and quartered; 1 small cabbage; 125 ml olive oil or butter.
- 2 Boil onion in salted water, add potatoes and cook until tender. Lift them out. Force through a fine sieve back into the water. Remove enough leaves from a head of cabbage to make about 250 g and wash them well. Roll leaves and shred them finely. Rinse in cold water and drain thoroughly. Add cabbage to soup with olive oil or butter and cook without the lid on for about 5 minutes. This soup is served with slices of smoked sausage.

Portuguese Fish (Serves 4)

- 1 500 g salted snoek; 1 kg of potatoes, sliced; 1 kg of onions, sliced; 250 ml olive oil; 1 clove garlic, crushed; freshly ground black pepper to taste; 1/2 cup black olives; 4 hardboiled eggs; parsley.
- 2 Soak snoek overnight in cold water. Boil fish and potatoes in clean water, until the potatoes are cooked. Flake fish, removing bones and skin. Fry the onions in olive oil with the garlic and pepper until soft but not brown, then add the fish, potatoes and olives, stirring gently until well mixed. Put into a hot dish, cover with the sliced hardboiled eggs and sprinkle with chopped parsley. **NOTE:** In Portugal dried cod is used, but snoek is an excellent substitute.

Baked Duck with Rice (Serves 4)

- 1 2 kg duck; 125 ml salad oil; 1 tablespoon butter; 3 to 4 onions, chopped; 4 tablespoons streaky bacon, chopped; 1 teaspoon salt; freshly ground black pepper to taste; 250 g rice; 1 litre boiling water.
- 2 Heat salad oil and butter in a deep heavy casserole with a tight fitting lid. Cook onions and bacon until the onions are alight golden-brown. Add duck and cook until it begins to colour, turning it so that it browns all over. Sprinkle with salt and pepper, cover tightly and cook over a low heat for 1 hour or until duck is tender. Cut it into serving pieces and keep warm. Add rice to the juices in the pan with the water or stock, and cook for 10 minutes. Remove rice and liquid to a baking dish and arrange the pieces of duck on top. Bake in a moderate oven, 175°C, until the rice is tender and the duck well browned. Serve with a plain tossed salad or orange slices dressed with a little oil and lemon juice.

Portuguese Caramel (Serves 4)

- 1 250 g sugar; 125 ml water; 6 eggs.
- 2 Dissolve sugar in the water. Boil syrup for about 5 minutes. Allow to cool slightly. Beat egg yolks and pour the syrup on in a thin stream. Stir over a low heat for about 15 minutes or until well-blended and slightly thickened. Do not boil. Strain into small individual dishes. Refrigerate until well chilled.



RUSSIA...

Rich, colourful food as exciting and varied as the different peoples living within her borders. Caviar to cabbage - it runs the whole gamut - from earthy soups and hearty stews made with simple basic ingredients to the heights of the delicate sweet creamy cheese Pascha.



Beetroot and Cabbage Soup (Serves 4)

① 5 beetroot; 1 litre of beef stock; 1 clove; 1 onion; 2 tablespoons of butter; 1 carrot, finely shredded; cupful finely shredded white cabbage; 1 stick celery, finely shredded; 1 clove of garlic, crushed; 1 teaspoon concentrated tomato puree; 125 ml of sour cream; chopped chives for topping.

② Wash beetroot, slice four of them and simmer for about an hour in the stock with the clove and onion. Meanwhile shred fifth beetroot and sauté in butter with the shredded vegetables and crushed

garlic for 15 minutes. Strain stock and press to extract all the juice from the beetroot, return to pan with the shredded vegetables and tomato puree. Simmer for 30 minutes. Blend in the sour cream and sprinkle with chives.

Red Cabbage (Serves 6)

① 1 medium-sized red cabbage; 4 small cooking apples; 2 tablespoons butter; 250 ml boiling water; salt; 3 tablespoons vinegar; 1 level tablespoon castor sugar.

② Discard outer leaves of cabbage. Shred. Wash in cold water and drain well. Wash and core the apples. Slice, but do not peel. Melt butter in a pan. Add cabbage and fry gently for 5 minutes. Add apple slices, boiling water and 1/4 teaspoon of salt. Cover. Simmer very slowly for 1 hour. If the water has not been absorbed by then, uncover pan and simmer gently until all the liquid has been absorbed. Add vinegar and sugar to the cabbage and stir well. Recover the pan and simmer for 10 minutes. Serve the cabbage very hot.

Sorrel Soup

① 250 g sorrel; 250 g spinach; 1 bunch watercress; 1 bunch spring onions; 2 tablespoons freshly chopped parsley; 750 ml salted water; 750 ml chicken stock; 4 tablespoons butter; 5 tablespoons flour; 1 teaspoon salt; freshly ground black pepper to taste; 125 g cream; 1 hardboiled egg and snipped chives for garnish.

② Prepare, wash and chop the sorrel, spinach, watercress, spring onions and parsley. Cook for 10 minutes in the water then drain, retaining cooking water. Sieve or liquidise vegetables and add to chicken stock. Melt butter in the pan, add flour then the vegetable water gradually, bring to boil, cook until thickened, season and simmer for 5 minutes. Add the chicken stock and purée, whisk well and stir in cream. Float the sliced hardboiled egg and chives on top of the soup. Serve in a heated soup tureen.

Russian Mayonnaise (Serves 4 to 6)

① 2 hardboiled egg yolks, sieved; 1 teaspoon of each salt, dry mustard and sugar; 1/2 teaspoon white pepper; 250 ml sour cream; 3 tablespoons salad oil; 1 tablespoon vinegar; 1 teaspoon lemon juice, strained; 1/2 teaspoon each dry tarragon, minced parsley and chervil.

② Rub yolks to a smooth paste with the salt, mustard, sugar and pepper. Blend in the cream, a little at a time, working to a smooth thick sauce. Stir in the oil briskly. Add vinegar and lemon juice, stirring well to combine thoroughly. Add herbs and chill before serving. It makes about 2 cups. Serve with Pumpernickel bread.

Fish Pie (Serves 6)

① 1 kg smoked haddock; 4 tablespoons butter; 1 onion, finely sliced; 4 tablespoons flour; 140 ml evaporated milk; salt; freshly ground black pepper to taste; 1 level teaspoon made mustard; 4 tablespoons grated cheese; 3 to 4 tablespoons cooked mixed vegetables; 2 hardboiled eggs, chopped finely; one 400-g packet frozen puff pastry; a little beaten egg; parsley for garnish.

② Simmer fish in a little water until tender. Lift it out. Remove skin and bones. Melt butter, add the onion and cook it until soft but not coloured. Add flour and milk and stir until the sauce boils and thickens. Remove from heat. Add salt, pepper and mustard, then the grated cheese. Cool slightly before blending in the flaked fish, vegetables and hardboiled eggs. Turn into a basin and leave until it is completely cold. Cut pastry in half and roll out into two squares. Put the cold filling into the middle of one piece, dampen round the edges and cover with the second half of the pastry. Seal edges, trim sides and make a cut in the centre of the pie. Brush with beaten egg. Bake in a 205°C oven until well browned. Fill the centre with parsley before serving.

SOUTH AFRICA...

Mixture of Dutch, English, French and Malay influences. Homely, good food, at times colourful and intriguing with its faint Eastern overtones. Cooks excel in baking as well as in the art of preserving fruits and vegetables.

Stewed Sweet Potatoes (Serves 2 to 4)

① 375 g sweet potatoes; 4 tablespoons of yellow sugar; 2 tablespoons butter; 1 teaspoon salt; 3 cinnamon sticks or 1 dessertspoon crushed ginger.

② Peel and slice potatoes. Place a layer of sweet potatoes in a saucepan. Sprinkle with sugar, add knobs of butter and a sprinkling of salt. Proceed until all potatoes are used up. Add water to cover. Add sticks of cinnamon and crushed ginger. Stew gently until potatoes are soft and golden.

Yellow Rice (Serves 4 to 6)

① 1 cup rice; 4 cups water; 2 tablespoons sugar; 1 teaspoon salt; 1 tablespoon butter; 1/2 teaspoon turmeric; 1/4 cup raisins.

② Wash rice well. Bring water to a rapid boil and add the rice, sugar, salt, butter and turmeric. Boil rapidly, without lid, for about 20 minutes. When rice is swollen and soft, push aside to a cooler part of the stove. Place raisins on top. Allow rice to steam for about 15 to 20 minutes.

Green Maize Soufflé (Serves 4)

① 1 cup minced green maize pulp; 250 ml milk; 1/2 teaspoon salt; freshly ground black pepper to taste; pinch of freshly grated nutmeg; 1 tablespoon butter; 2 tablespoons corn flour; 3 eggs.

② Put maize pulp in a bowl. Add milk, salt, pepper and nutmeg. Cook it over a gentle heat for 10 minutes. Blend butter and corn flour. Stir into creamed mixture, together with well-beaten yolks of eggs. Cook until smooth and creamy. Remove from heat and allow to cool slightly. Whisk the egg whites until stiff. Fold into the mixture using a metal spoon. Pour into a well-buttered snuffle dish, stand in a pan of hot water, cover over with a sheet of greaseproof paper and bake in a moderate oven, 175°C for 30 minutes, until golden brown. Serve immediately.

Green Maize Cheese Custard and Tomato Sauce (Serves 6)

① 2 cups green maize; 3 eggs; 250 ml milk; 2 teaspoons onion juice; 1 cup grated cheese; 1 teaspoon salt; freshly ground black pepper to taste. TOMATO SAUCE: 6 ripe tomatoes; 2 slices onion; 1 bay leaf; 2 cloves; 1 teaspoon sugar; 1 tablespoon butter; 1 tablespoon flour; 1/4 teaspoon salt; freshly ground black pepper to taste; 1 cup sharp grated cheese.

② Cut enough maize off the cobs to make 2 cupful's. Mince. Beat eggs thoroughly, stir into the maize pulp, together with milk, onion juice, cheese, salt and pepper. Pour into well-greased individual custard cups. Stand them in a pan of hot water. Cover with a sheet of greaseproof paper. Put into a moderate oven of 175°C for 30 minutes or until firm, then turn out on to a warm dish and pour the following tomato sauce over them. TOMATO SAUCE: Cut up the tomatoes, add onion, bay leaf, cloves and sugar. Cook until tender, rub through a sieve. Melt butter in a saucepan, blend in flour and gradually add the tomato purée. Stir until thick and smooth. Add salt and pepper. Serve with a bowl of sharp grated cheese.

Bobotie (Serves 4 to 6)

① 500 g of cooked minced lamb; 1 thick slice bread; 250 ml milk; 1/2 cup chopped onion; 2 tablespoons butter; 2 eggs; 1 tablespoon vinegar; 1 tablespoon apricot jam; 1/2 teaspoon salt; freshly ground black pepper to taste; 1 tablespoon curry powder; 1 tablespoon chopped almonds; 1 tablespoon seeded raisins.

② Place meat in a mixing bowl. Remove crusts from bread. Soak bread in half the milk. Fry onion in butter. Mix the onion, 1 egg, vinegar, apricot jam, salt, pepper, curry powder, almonds and seeded raisins. Squeeze the milk out of the bread and crumb it. Mix into the meat mixture with the onion mixture. Pack lightly into a well-buttered baking dish or casserole. Beat remaining egg in the milk and pour carefully over meat mixture. Bake in a hot oven, 205°C for 15 to 30 minutes.

Tomato Bredie (Serves 6 to 8)

① 2 kg best end neck of mutton or sliced beef skin; 6 tablespoons oil; 2 medium sized onions; 12 ripe tomatoes; 125 ml red wine; small piece of red chilli; 4 teaspoons sugar; 2 teaspoons salt; 1/4 teaspoon freshly ground black pepper.

② Cut meat into small pieces. Heat oil. Fry sliced onions until lightly browned. Add meat to the pan and fry quickly for a few minutes. Pour most of the fat from the pan. Peel and slice tomatoes (scald in very hot water for a few minutes to remove skins). Add to the meat and onions. Add wine, finely shredded chilli, sugar, salt and pepper. Cover pan closely and cook gently for 2 to 2 1/2 hours until the meat is tender. Cook slowly and stir often to prevent burning. Add a little extra red wine if it is necessary. Serve with parsley rice.

Sosaties (Serves 2 to 4)

① 1 kg lamb; 3 onions; oil for frying; 6 tablespoons smooth apricot jam; 2 tablespoons wine vinegar; 2 tablespoons sugar; 2 bay leaves; 3 cloves garlic; 2 tablespoons curry powder; 125 g mutton fat; 3 lemon leaves.

② The best lamb to use for this dish is leg. Cut lamb into 2,5 cm cubes. Peel and slice onions into thick slices. Heat a little oil in a pan. Add onions and try to keep them in their rings if possible. Do not brown. Remove from oil and drain. Make a sauce by mixing apricot jam, vinegar, sugar, bay leaves, garlic and curry powder. Gently add onions. Place meat cubes in this mixture. Turn meat two or three times while marinating. Leave in a cool place overnight. Stand for 1 extra day. Remove meat from the sauce, and thread on skewers, a cube of meat, a cube of mutton fat, a ring of onion; repeat this several times. Grill under a hot grill, turning several times. Heat the sauce and pass separately. Serve with boiled rice.

Apple 'Poffertjies'

① 125 g flour; 125 g sugar; 6 cooked sieved apples; 1/2 cup seeded chopped raisins; 1 egg; salt; 125 ml milk; oil for deep frying; cinnamon and sugar or golden syrup.

② Mix ingredients into a stiff batter. Heat oil in a deep pan. When hot but not smoking, fry in small spoonful's. When puffed and golden, drain on brown paper. Serve with cinnamon and sugar or hot golden syrup.

Pampoen Moes (Serves 10)

① 1 medium-sized marrow; 8 thin slices white bread; 3 dessertspoons butter; 2 tablespoons sugar; 1 teaspoon cinnamon; 4 cloves; 2 teaspoons grated lemon rind; 1/2 cup medium dry sherry.

② Peel marrow and slice thinly. Place a layer in an ovenware dish, cover with a layer of sliced bread spread with butter. Sprinkle with a little sugar, cinnamon, cloves and lemon rind. Repeat the layers until the dish is full. Pour sherry over last layer. Bake at 350°C for 15 to 20 minutes until the marrow is soft and the bread golden-brown.

Krakeling (Biscuits) (Makes about 30 krakeling)

① 250 g butter; 3/4 cup castor sugar; 1 egg; 3 1/2 cups flour; 1 teaspoon baking powder; 1 egg yolk; 1 cup sugar; 1 cup blanched chopped almonds.

② Cream butter and sugar until fluffy. Beat and add egg. Sift flour and baking powder together. Mix with creamed mixture. Roll out 6 mm thick. Cut into 6 mm strips. Form into biscuits, the shape of an 8. Brush with egg yolk, dip in sugar and almonds. Bake at 205°C for 10 to 12 minutes.

YUGOSLAVIA...

Solid, hearty food-good nourishing soups, stews and interesting stuffed vegetable dishes. The country is also known for the profusion of the finest berries, particularly cherries and full flavoured plums from which the famous liqueur Slivovitz is made.



Pork with Aubergines (Serves 4 to 6)

❶ 1 kg stewing pork; 6 tablespoons vegetable oil; 4 onions; 3 cups diced aubergines; 2 cups sliced red peppers; 250 g rice; 1 teaspoon salt; freshly ground black pepper to taste; a pinch of cayenne pepper; 1/4 teaspoon marjoram; 1 litre stock; 450 g tomatoes.

❷ Cut meat into small strips. Heat oil in a pan until hot. Brown meat. Slice onions and add. Add aubergines and peppers. Continue to brown. Add rice and brown. Add salt, pepper, cayenne and marjoram. Pour in stock, place lid on saucepan and simmer it over low heat for 1 hour. Ten minutes before the end of cooking time, add peeled and diced tomatoes.

Kebabs (Serves 6)

❶ 500 g veal, boned and cut into 4 cm cubes; 500 g lean pork, boned and cut into 4 cm cubes; 1 teaspoon salt; freshly ground black pepper to taste; 2 tablespoons oil; 2 medium onions, thinly sliced; small bay leaves, broken in half; 2 tablespoons finely chopped onions.

❷ Sprinkle veal and pork cubes with salt and pepper, mix well with oil and sliced onions. Cover and leave in the refrigerator for at least 3 hours, stirring occasionally. Remove cubes and reserve the marinade. Arrange veal and pork cubes alternately on skewers with half a bay leaf separating each pair. Cook it under a preheated grill 13 to 15 cm from the heat, or on an outdoor barbecue for 10 minutes on each side, or until the meat is no longer pink inside when cut. Baste kebabs with the marinade during cooking. Remove from the skewers before eating or serve as they are with finely chopped raw onions.

Plum Pie (Serves 4 to 6)

❶ 500 g readymade short pastry; 1 kg plums; 250 g sugar; 250 g nuts, finely chopped; 2 teaspoons cinnamon; grated rind of a lemon; 4 tablespoons melted butter; 1 beaten egg.

❷ Roll out pastry 6 mm thick. Divide into three equal oblong pieces, to fit into an oblong baking dish or a Swiss roll baking tin. Prepare filling by removing stones from plums and slicing about 6 mm thick. Place slices in a bowl and sprinkle with half the sugar. Mix nuts with the remaining sugar and cinnamon and rind of lemon. Line the baking dish with one layer of pastry, arrange half the plums on this, and cover plums with half the nut mixture. Cover this with the second piece of pastry and repeat the covering of plums and nuts. Cover all with the third piece of pastry and make sure that you seal edges well. Flute the edges and brush top with beaten egg. Bake in a moderate oven, 170°C for about 3/4 hour. If necessary, turn up heat for the last few minutes to brown the top of the pastry.

Rice and Aubergine Casserole (Serves 8)

❶ 2 cups chopped aubergine; 1/2 head celery, chopped; 4 tablespoons onions, chopped; 6 tablespoons butter; 1 clove garlic, crushed; 1 teaspoon salt; 1/2 teaspoon pepper; 1/4 teaspoon oregano; one 439-g tin tomatoes; 750 g cooked rice; 125 g grated cheddar cheese.

❷ Sauté aubergine, celery and onions in butter over medium heat until the onions are transparent. Add garlic, seasonings and tomatoes, cover and simmer for 10 minutes, or until the aubergine is tender. Stir in rice, pour into a buttered casserole, top with cheese and bake at 175°C for 10 to 15 minutes.

Mince Balls (Serves 6 to 8)

① 500 g raw minced lamb; 500 g minced lean steak; 1 tablespoon lard; 1 small onion, finely chopped; 1 large green pepper, sliced; 1 clove garlic, finely chopped; 1 egg white, lightly beaten; 1 teaspoon salt; 1 tablespoon paprika; 2 tablespoons finely chopped onion.

② Heat lard, add onions, green pepper and garlic. Cook for 5 to 10 minutes until onions are lightly coloured. Scrape into large bowl. Add lamb, steak, egg white, salt and paprika. Mix well. Form mixture into small sausage shapes, about 2,5 cm in diameter and 5 cm long. Cover it with foil or greaseproof paper and then refrigerate for an hour or until firm.

Arrange 4 or 5 balls on each skewer. Grill for about 8 minutes on each side or until they are dark brown and well done inside. Serve it on the skewers, sprinkled with finely chopped raw onion.



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