

How the goodness of new Blossom



turned my bedside lamp into a light snack.



I usually find that a pillow goes straight to my head at night. And the thought of a bedspread covered with breadspread has never appealed to me. But a nice crisp bedside lamp, now that seems like a bright idea. Thank goodness for the tasty goodness of new Blossom Margarine. It turns everything into a spread.



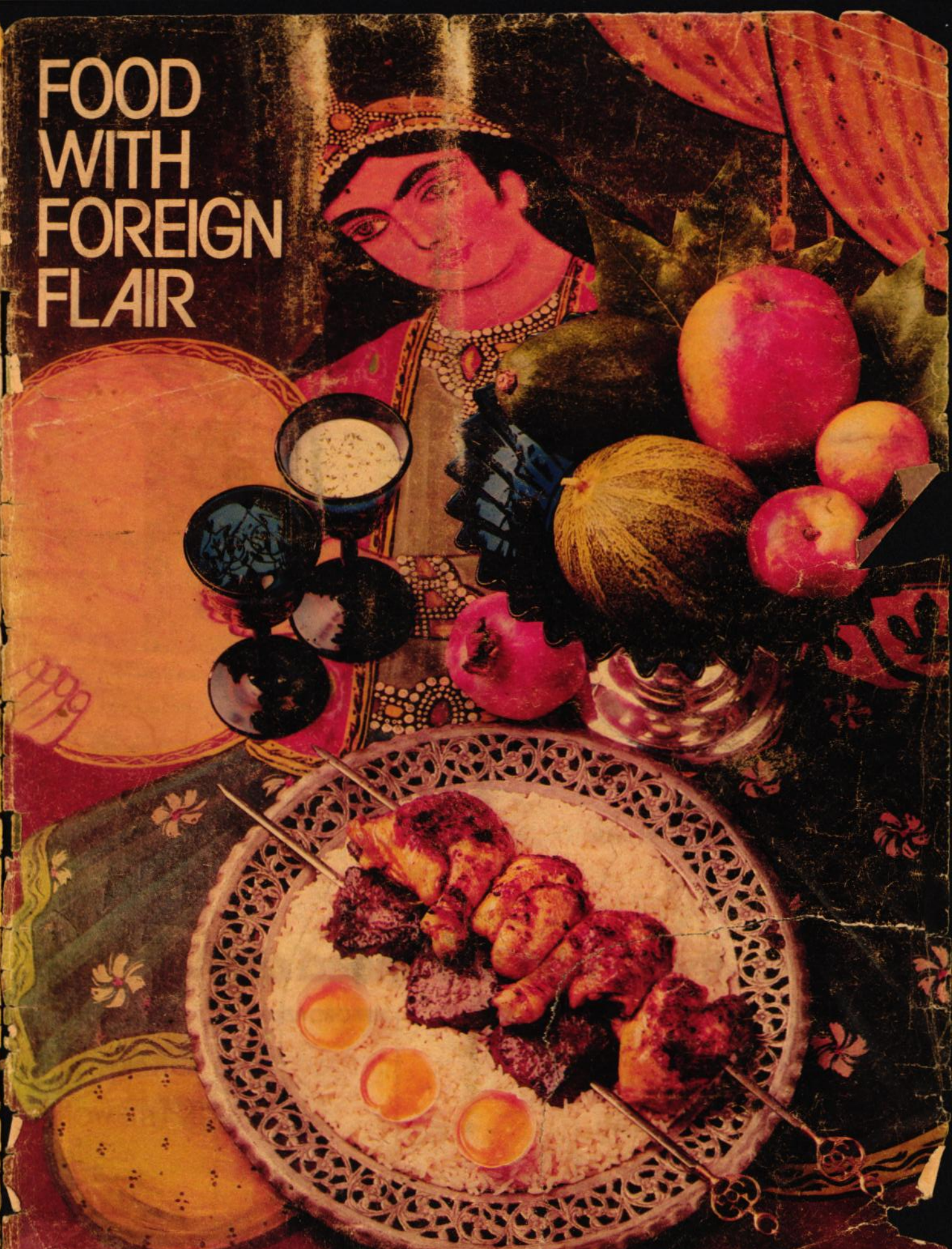
To put real goodness into new Blossom, we take vitamins A & E. And what we end up with, is something like happiness.

The goodness of

**easy without**

Supplement to FAIR LADY, July 2, 1980

# FOOD WITH FOREIGN FLAIR



FAIR LADY'S COOKERY COLLECTION... NO 6

Supplement to FAIR LADY, July 2, 1980

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CORTEZ

## Aztec Stonecraft

### Styled for those who live ahead of their time.

#### ULTRA-MODERN

Although the firing methods used by our master potters conform to the wisdom of age, Aztec Stonecraft has been styled for the woman who values the good things still to come. For her, Aztec Stonecraft is fashioned in a wide choice of colours and designs.

#### QUALITIES

In preparation and presentation, Aztec Stonecraft promises all the time-valued qualities of genuine hand-decorated stoneware. Each item is dishwasher-proof, oven-proof and freezer-proof. And to bear witness to the standards achieved, Aztec Stonecraft proudly displays the S.A.B.S. stamp of approval.



SIERRA

#### REPLACEABLE

The only way to keep a customer is to keep that customer happy. To reach this goal, the quality of our service must match the quality of our product. And that's why we ensure that any item in your set is replaceable. Ten years from now should the need arise.

CORTEZ

#### AFFORDABLE

Aztec Stonecraft is well within the means of all who appreciate this ancient craft, now created right here in South Africa. Should you have any difficulty locating your nearest stockist contact Constantia Porcelain Sales at Cape Town 21-5450, Johannesburg 836-0255, or Durban 37-3624

ARABESQUE

### CREATED IN SOUTH AFRICA. TO TAKE ON THE BEST IN THE WORLD.



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### Food With Foreign Flair

Break away from your old entertaining styles and go international. Each section of Our Cookery Collection No 6 gives recipes that will enable you to prepare a complete menu from one country. You could start with the Indonesian Rice Table — a conversation stopper — a large bowl of steaming hot rice as centrepiece with an array of savoury dishes for your guests to choose from. Most of the dishes can be prepared in advance and the more you serve the more compliments you'll get. We've also included the old favourites — fondue party ideas; classic Greek recipes; popular pasta dishes and even some old-fashioned British puddings. Most of the recipes are so economical that you can use them to brighten up everyday meals. Food in your house will never be the same again . . .

Recipes: FAIR LADY'S FOOD DEPARTMENT

Compiled by: Helen Martin

(F) indicates recipes suitable for the freezer and \* shows the stage at which they are best frozen.

# EASTERN FEAST

FREUNDIN



The Indonesian Rice Table — a large bowl of steaming rice surrounded by lots of spicy dishes. Indonesian family fare usually consists of 1 meat dish; 1 chicken or fish dish; 2 vegetable dishes and 2 side dishes or sambals. But the more the merrier so choose as many of these dishes as you want and get cooking . . .

The meat dishes in this section improve with standing so can be prepared a few days in advance and refrigerated until required. Serve as many as you like with a selection of vegetable dishes and sambals which could include commercially pickled vegetables and crisply fried prawn crackers. Sambal Oelek (hot chilli paste) and Ketjap (type of soy sauce) are available from delicatessens throughout the country.

## GRILLED CHICKEN WITH SOY

ILLUSTRATED ABOVE  
 ■ One chicken, cut into serving pieces; 3 tablespoons soy sauce; juice of 1 lemon; freshly ground black pepper to taste; 3 cloves garlic, crushed; 3 tablespoons salad oil or melted butter. Serves 4.  
 □ Mix together soy sauce, lemon juice, black pepper, garlic and oil. Brush chicken with this mixture then place under a preheated grill until chicken is tender. Baste and turn chicken frequently. TOTAL KILOJOULE COUNT: 6 410 kJ (1 530 Cal). A portion: 1 600 kJ (380 Cal).  
 QUICK CHANGE: Braised chicken — Brown chickens in a saucepan. Add marinade; 1/2 teaspoon turmeric; 4 tomatoes, skinned and chopped; 2 onions,

thinly sliced; 1 tablespoon ground chilli; 1 tablespoon coriander (optional) and 250 ml chicken stock or coconut milk. Simmer gently until tender.

## SKEWERED PORK (SATÉ BABI)

ILLUSTRATED ABOVE  
 ■ 750 g pork fillet, cut into 1 to 2-cm cubes; salt and freshly ground black pepper to taste; ketjap and sambal to taste; 2 tablespoons sugar; 2 tablespoons soy sauce; juice of 1 lemon. Serves 4 - 8.  
 □ Marinate pork cubes with other ingredients for at least 1 hour. Arrange meat on skewers or on saté sticks and grill or fry until crispy and cooked. Serve with peanut sauce. TOTAL KILOJOULE COUNT: 4 260 kJ (1 015 Cal). A portion: 710 kJ (170 Cal).  
 QUICK CHANGE: Use lamb or chicken. Do not marinate if time is short.

## LAMB CURRY (F)

ILLUSTRATED ABOVE  
 ■ 1 kg leg of boned lamb, cut into bite sized pieces; 1 - 2 tablespoons coriander; 3 cloves garlic; one 5-cm piece ginger; 3 tablespoons salad oil; 3 onions, sliced; 1 teaspoon cumin; 1/4 teaspoon nutmeg; 1/2 teaspoon turmeric; 1 cinnamon stick; 1 stalk lemon

grass, bruised or 1 teaspoon grated lemon peel; salt to taste; 1 litre coconut milk (see below); juice of 1 lemon. Serves 8.  
 □ Grind garlic, coriander (if whole) and ginger in a blender to a smooth paste. Heat oil in a large saucepan and fry onion until golden. Add paste, remaining spices and lemon grass. Stir well, then gradually add meat pieces, coating well with spice mixture. Add salt to taste and coconut milk. Bring to the boil, stirring constantly. Simmer uncovered until lamb is tender.\* Add lemon juice and check seasoning before serving. TOTAL KILOJOULE COUNT: 15 230 kJ (3 635 Cal). A portion: 1 905 kJ (455 Cal).

## MEATBALLS (F)

(BABOTTOK)  
 ILLUSTRATED ABOVE  
 ■ 500 g-lean minced beef; 2 onions, finely chopped; 1 teaspoon sambal oelek or to taste; 1/4 teaspoon ground ginger; 4 cloves garlic, crushed; 2 teaspoons freshly ground black pepper; 1 egg, beaten; salad oil or butter for frying. Serves 4 - 8.  
 □ Sauté onion in a little of the oil until translucent. Mix together all ingredients. Form into large

meatballs and cook gently until golden on all sides and cooked through.\* TOTAL KILOJOULE COUNT: 7 425 kJ (1 770 Cal). A portion: 1 235 kJ (295 Cal).

## EGGS IN SOY SAUCE

ILLUSTRATED ABOVE  
 ■ 8 eggs, hard-boiled; 2 tablespoons salad oil; 1 onion, finely chopped; 1 red chilli, chopped; 1 clove garlic, crushed; one 2-cm piece root ginger, bruised; 1 teaspoon anchovy paste; 2 tomatoes, chopped; 1 tablespoon vinegar; 3 tablespoons soy sauce; 1 tablespoon brown sugar; 125 ml water. Serves 4 - 8.  
 □ Heat oil in a saucepan, sauté onion until translucent. Add chilli, garlic, ginger, fish paste and tomatoes. Simmer and stir to form a pulp. Add vinegar, soy sauce, brown sugar and water. Reduce slightly, add halved eggs and allow to cook gently for a few minutes before serving. TOTAL KILOJOULE COUNT: 4 300 kJ (1 025 Cal). A portion: 715 kJ (170 Cal).

## ROASTED COCONUT AND PEANUTS SAMBAL

ILLUSTRATED ABOVE  
 ■ 250 g peanuts; 250 ml oil for deep frying; 250 g desiccated coconut; 1 onion, finely chopped; 2 cloves garlic,

crushed; 1 tablespoon coriander, ground; 1 salam leaf (optional); 2 tablespoons oil; 1 teaspoon powdered beef stock; 60 ml hot water; 250 g desiccated coconut; 1 teaspoon sugar; salt and freshly ground black pepper to taste; 1 tablespoon tamarind or lemon juice. Serves 8.  
 □ Wash and dry peanuts then deep fry in hot oil until crisp. Toast coconut in a dry frying pan until golden. Remove and reserve. Fry onion, garlic, coriander and salam leaf in 2 tablespoons oil. Add beef stock powder, hot water, coconut, sugar, seasoning and tamarind juice. Mix thoroughly. Remove from heat and stir in peanuts. Cool. TOTAL KILOJOULE COUNT: 15 300 kJ (3 650 Cal). A portion: 1 910 kJ (455 Cal).

## CRISP COCONUT SAMBAL

ILLUSTRATED LEFT  
 ■ 2 onions, thinly sliced; 2 red chillies, sliced and seeds removed; 2 tablespoons salad oil; 2 tablespoons ground dried prawns (optional); 100 g desiccated coconut; 1 teaspoon grated lemon peel; salt to taste.  
 □ Sauté onions in oil until translucent. Add remaining ingredients and cook gently until golden, stirring continually. This can be made a week in advance and stored in an airtight jar. TOTAL KILOJOULE COUNT: 3 890 kJ (930 Cal).

It is not usual to serve pudding at the end of a Rice Table, just fresh fruit and a delicately flavoured tea to round off the meal. But for the sweet toothed

## PEANUT SAUCE

■ 1 onion, finely chopped; 2 tablespoons butter; 2 cloves garlic, crushed; 1/2 teaspoon ground chilli; 250 ml water; 150 g peanut butter; 1 tablespoon soy sauce; 1/2 teaspoon sugar and 1 tablespoon lemon juice. Serves 4 - 8.  
 □ Sauté onion in butter until translucent. Add garlic and chilli. Remove from heat and stir in water then peanut, butter. Gradually bring to the boil, stirring well. When smooth remove from heat and add remaining ingredients. Add salt if necessary. TOTAL KILOJOULE COUNT: 4 800 kJ (1 145 Cal). A portion: 800 kJ (190 Cal).

## COCONUT MILK

□ Soak 250 g desiccated coconut in 625 ml boiling water until cool enough to touch. Squeeze together thoroughly then strain through a fine sieve or muslin. Soak the same coconut again in 750 ml boiling water and strain. Combine the two liquids for a medium thick

coconut milk. Alternatively, blend coconut and 1 litre hot water in a food processor or blender for 30 seconds and strain.

## FRIED RICE

(NASI GORENG)  
 ILLUSTRATED RIGHT  
 Originally a simple rice dish served at breakfast but now a popular dinner party dish.  
 ■ 1 onion, finely chopped; 1 clove garlic, crushed; 1/2 teaspoon shrimp paste; 2 tablespoons butter or salad oil; 2 rashers bacon, diced; 2 red chillies, thinly sliced; 250 g rice, cooked; 1 tablespoon soy sauce; 1/2 cucumber, thinly sliced; 250 g cooked chicken; 1 tomato cut into wedges; 250 g prawns, shelled, deveined and fried briefly in butter; 4 eggs, fried until white is set. Serves 4.

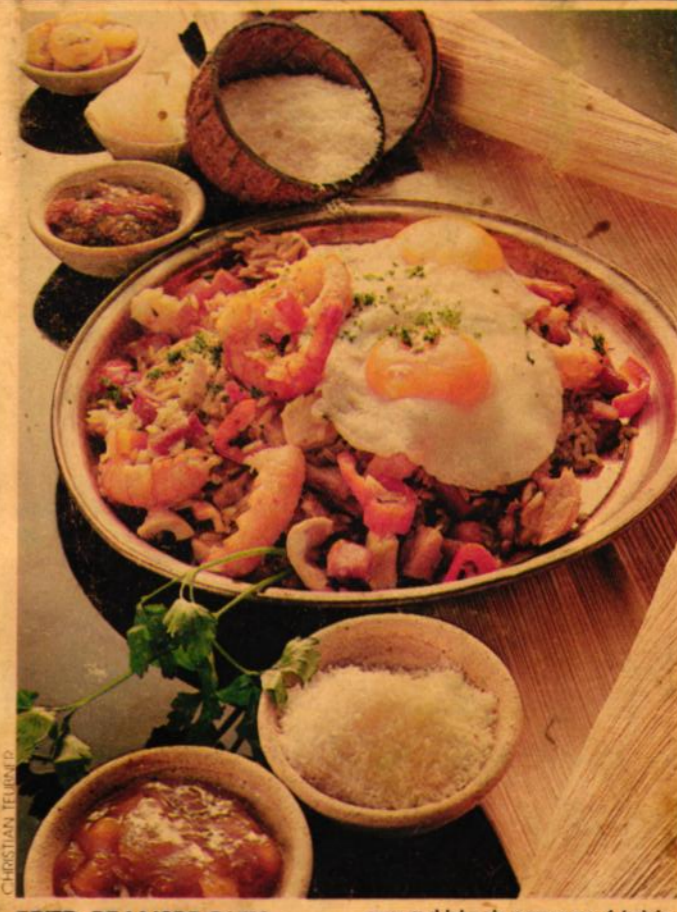
□ Sauté onion, garlic, shrimp paste in butter or oil until translucent. Add bacon and chilli, cook until bacon is crisp. Stir in rice and soy sauce and stir thoroughly until rice is coated and heated through. Check seasoning then add cucumber, chicken, tomato and prawns. Heat through and serve topped with fried eggs. If mixture seems a little dry add a little more butter or oil. TOTAL KILOJOULE COUNT: 9 245 kJ (2 205 Cal). A portion: 2 310 kJ (550 Cal).  
 QUICK CHANGE: Add thinly sliced minute steak with the bacon and omit chicken. Or omit meat, prawns and egg and serve as a simple fried rice.

## FRIED BANANA (PISANG GORENG)

■ 4 bananas, cut in half lengthways; 2 tablespoons golden breadcrumbs; 1 egg, beaten; 2 tablespoons butter; juice of 1/2 lemon. Serves 4 - 8.  
 □ Coat bananas in egg then breadcrumbs and fry in hot butter until soft. Sprinkle over lemon juice and serve. TOTAL KILOJOULE COUNT: 1 930 kJ (660 Cal). A portion: 460 kJ (110 Cal).

## SAUCE KETJAP

■ 3 onions, finely sliced; 3 cloves garlic, crushed; 3 tablespoons butter; 250 ml chicken stock; 75 ml ketjap; 1 tablespoon cornflour; salt; freshly ground black pepper and sambal to taste. Serves 4 - 8.  
 □ Sauté onions and garlic in butter until tender. Add stock and ketjap, simmer gently for about 10 minutes. Make cornflour into a paste with a little water and stir into sauce. Bring to the boil stirring constantly. Add seasoning and sambal to taste. TOTAL KILOJOULE COUNT: 2 065 kJ (495 Cal). A portion: 345 kJ (80 Cal).



## FRIED BEANSPOUNTS (TUMIS TAUGE)

■ 200 g beansprouts; 2 onions, chopped; 2 tablespoons butter; 100 ml coconut milk; salt; freshly ground black pepper and a little sambal oelek (optional). Serves 4 - 8.  
 □ Sauté all the vegetables in the butter or oil until cooked but still firm. Add seasoning, soy sauce, chicken stock, cornflour mixed to a paste with the vinegar, sugar and ground ginger. Cook until sauce clears then serve. TOTAL KILOJOULE COUNT: 1 430 kJ (340 Cal). A portion: 235 kJ (55 Cal).

## CUCUMBER SALAD

■ 1 cucumber; 1/2 teaspoon salt; 1 tablespoon white wine vinegar; 1/2 teaspoon sugar; 1 clove garlic, crushed; 1 red chilli, thinly sliced (discard seeds); 1 small onion, sliced. Serves 4 - 8.  
 □ Peel and halve cucumber lengthways. Scoop out seeds with a teaspoon and cut cucumber into thin crescents. Sprinkle with salt and leave to stand for 30 minutes. Drain well. Blend vinegar, sugar and garlic. Pour over cucumber and top with chilli and onion rings. TOTAL KILOJOULE COUNT: 190 kJ (45 Cal). A portion: 30 kJ (7 Cal).

## STIR-FRIED VEGETABLES

■ 1/4 cauliflower, broken into florets; 1/2 cabbage, shredded; 4 carrots, cut into matchsticks; 2 onions, sliced; 2 cloves garlic, crushed; 125 g peas (optional); 4 tablespoons butter or oil; salt and freshly

ground black pepper; 1 tablespoon soy sauce; 250 ml chicken stock; 1 tablespoon cornflour; 2 tablespoons wine vinegar; 1 tablespoon sugar; pinch ground ginger (optional). Serves 4 - 8.  
 □ Sauté all the vegetables in the butter or oil until cooked but still firm. Add seasoning, soy sauce, chicken stock, cornflour mixed to a paste with the vinegar, sugar and ground ginger. Cook until sauce clears then serve. TOTAL KILOJOULE COUNT: 3 760 kJ (895 Cal). A portion: 625 kJ (150 Cal).

## INDONESIAN BREAD PUDDING

■ 500 g stale white bread, crusts removed; 4 eggs; 6 tablespoons sugar; 500 ml milk; 1 teaspoon vanilla essence; 1/2 teaspoon each nutmeg and cinnamon; 150 g currants or raisins; pinch salt; 100 g butter. Serves 8.  
 □ Soak the bread in water until soft. Beat together eggs, sugar, milk, vanilla and spices. Squeeze bread well then stir into egg mixture with currants and salt. Grease an ovenproof baking dish or tin with some of the butter. Pour in bread mixture, dot with remaining butter and bake at 180 deg C for 30 minutes. Cut into squares and serve sprinkled with sugar. TOTAL KILOJOULE COUNT: 5 675 kJ (1 355 Cal). A portion: 710 kJ (170 Cal).



JAHRESZEITEN-VERLAG



JAHRESZEITEN-VERLAG



JAHRESZEITEN-VERLAG



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# LUCKY DIP

Prepare a variety of savoury butters and sauces, a selection of salads and a plate of diced steak. Supply a fondue pot of hot oil then sit back and let your guests do the cooking

## CHINESE FONDUE

ILLUSTRATED TOP LEFT  
 ■ 1 large onion, chopped; 1 leek, sliced; 2 baby marrows, sliced; 1 carrot, sliced; 1.5 litres chicken stock. TO DIP: 1 kg meat — choose paper-thin slices of beef, veal or pork fillet; bite sized pieces of cooked chicken; thinly sliced lamb kidney. Serves 6 - 8.  
 □ Wash and prepare vegetables, place in a saucepan with chicken stock and bring to the boil. Transfer to the fondue dish and keep the stock boiling throughout the cooking time. The meat must be very thin so that it only takes a minute to cook. Serve with a selection of sauces (see below), fried rice, and a crispy vegetable salad containing sliced bamboo shoots and water chestnuts. Flavour the stock with sherry and pass around after the meat has been cooked. TOTAL KILOJOULE COUNT: 20 105 kJ

(4 800 Cal). A portion: 2 870 kJ (685 Cal).

## SAUSAGE FONDUE

ILLUSTRATED TOP RIGHT  
 ■ 1 kg sausages, as varied a selection as possible; 250 g ham, diced; about 1 1/2 litres salad oil. Serves 4 - 6  
 □ Cut sausages into bite-sized pieces. Heat oil in the fondue pot until it is hot enough to brown a piece of bread in less than a minute. Maintain this heat throughout and do not fill your fondue pot more than half full. Each guest then selects his sausage with his fondue fork and places it in the hot oil until heated through and cooked. Serve a selection of the following sauces and a number of fresh salads. TOTAL KILOJOULE COUNT DEPENDS ON TYPES OF SAUSAGE.

## CHOCOLATE FONDUE

ILLUSTRATED ABOVE LEFT  
 ■ 125 ml cream; 300 g milk

chocolate; 2 - 3 tablespoons brandy (optional). Serves 4 - 6.

□ Pour cream into a thick bottomed saucepan, break chocolate into pieces and heat very gently, stirring until chocolate has melted and blended with the cream. Add brandy and transfer to the heated fondue dish. TO DIP: Wafer biscuits, boudoir biscuits; fresh strawberries, grapes, banana pieces, apple and orange segments, fresh pineapple. TOTAL KILOJOULE COUNT: 7 090 kJ (1 975 Cal). A portion: 1 655 kJ (395 Cal).

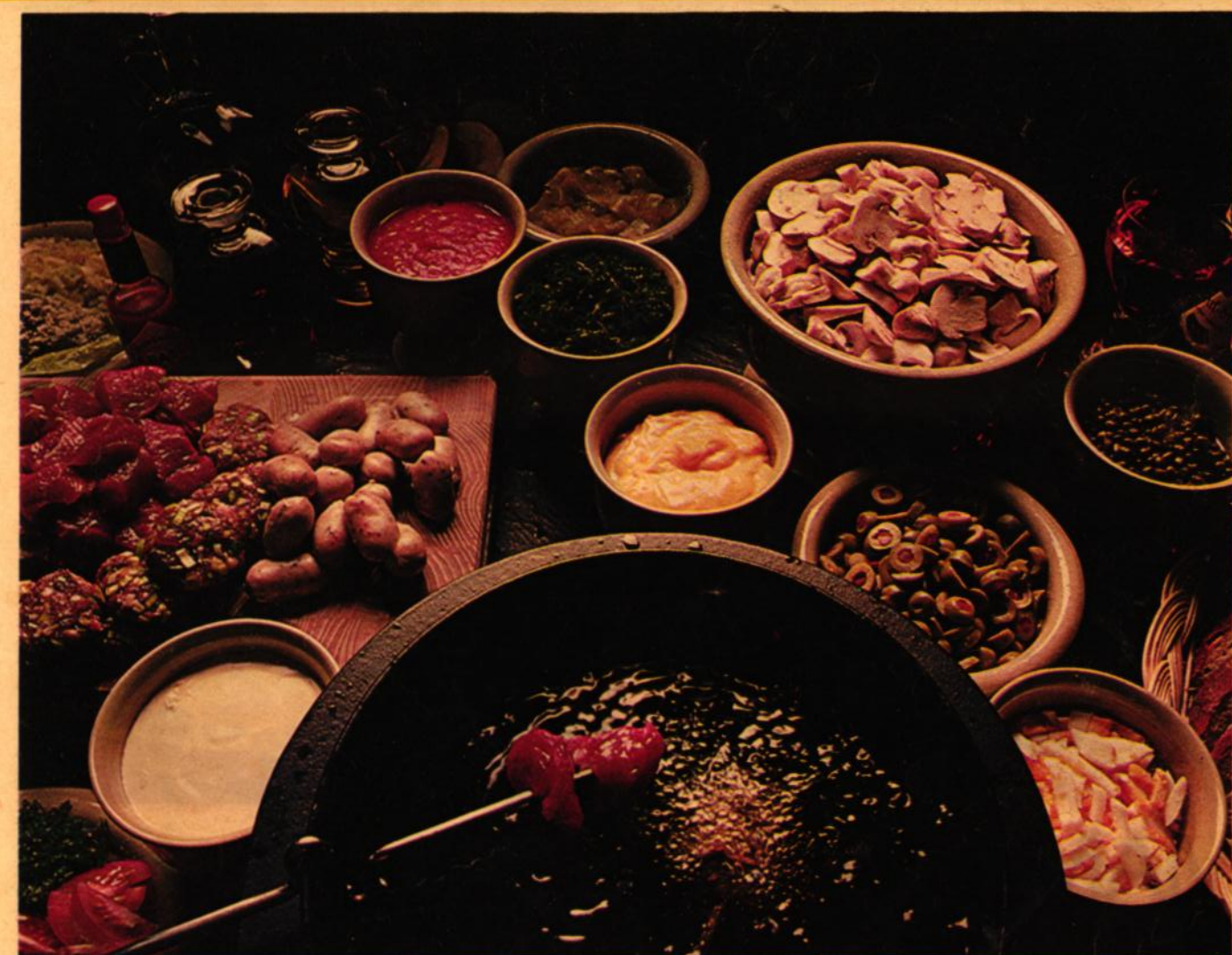
## VANILLA FONDUE

ILLUSTRATED ABOVE RIGHT  
 ■ 750 ml cream; 1/2 teaspoon vanilla essence; pinch salt; 2 - 3 tablespoons sugar; 2 tablespoons cornflour; Van der Hum to taste. TO DIP: Fresh fruit cut into segments, canned peaches, pears or apricots, cocktail cherries. Serves 4 - 6.

□ Heat most of the cream, vanilla, salt and sugar in a thick bottomed saucepan. Make a paste of the cornflour with remaining cream and stir into the pan. Heat through, stirring constantly. Add Van der Hum and transfer to a heated fondue dish. TOTAL KILOJOULE COUNT: 8 225 kJ (1 965 Cal). A portion: 1 645 kJ (395 Cal).

## CHEESE FONDUE

ILLUSTRATED ON PAGE 3  
 ■ 1 clove garlic; 4 glasses white wine; 1 tablespoon lemon juice; 300 - 400 g Emmenthal; 300 - 400 g Gruyère; salt, freshly ground black pepper and a pinch of grated nutmeg; 1 tablespoon cornflour; 3 tablespoons kirsch (optional); grated nutmeg. TO DIP: a selection of crusty bread cut into 3-cm cubes. Serves 6 - 8.  
 □ Rub the inside of the fondue pot with a clove of garlic. Heat



GRÜNER & JAHR

the wine and the lemon juice. Gradually add the cheese, stirring continuously in a figure of eight motion. When mixture is bubbling add the cornflour blended with the kirsch. (Blend cornflour with a little white wine if not using kirsch). TOTAL KILOJOULE COUNT: 14 965 kJ (3 570 Cal). A portion: 2 140 kJ (510 Cal).

## MEAT FONDUE

ILLUSTRATED ABOVE  
 □ Follow the above method but provide a selection of lean tender steak, preferably fillet. Allow 150 - 200 g a person. Ring the changes with pork or lamb cubes or tiny meat balls.

## SWEET AND SOUR SAUCE

■ 1/2 red or green pepper, chopped; 1 carrot, chopped; 6 tablespoons vinegar; 5 tablespoons brown sugar; 2 tablespoons soy sauce; 250 ml chicken stock; 6 spring onions, sliced (optional); 1 large teaspoon cornflour. Serves 4.  
 □ Blanch pepper and carrot in boiling salted water for 5 minutes. Drain. Place vinegar and sugar in a saucepan and heat gently until sugar has dissolved. Add soy sauce, stock and vegetables. Blend cornflour

with a little water, add to the pan and bring to the boil, stirring constantly. TOTAL KILOJOULE COUNT: 1 520 kJ (365 Cal). A portion: 380 kJ (90 Cal). QUICK CHANGE: Add 125 ml crushed pineapple.

## SAUCES --- SERVE A SELECTION

### CURRY BUTTER

□ Blend the following until smooth: 125 g butter; 3 - 4 teaspoons curry powder; 2 teaspoons lemon juice; salt to taste. Serves 4.

### ONION BUTTER

□ Beat the following until smooth: 125 g butter; salt and freshly ground black pepper to taste; 1 small onion, finely chopped; a few sprigs chives, chopped. Serves 4.

### AVOCADO SAUCE

■ 1 ripe avocado; 1 tablespoon lemon juice; 2 tablespoons cream; 2 teaspoons Madagascar green peppercorns; salt to taste. Serves 4.  
 □ Halve avocado, remove stone and scoop flesh into a bowl. Add remaining ingredients except 1 teaspoon peppercorns. Blend thoroughly. Transfer

to a serving bowl and top with reserved peppercorns. TOTAL KILOJOULE COUNT: 1 590 kJ (380 Cal). A portion: 400 kJ (95 Cal).

### CHEESE SAUCE

■ One 250-g carton smooth cottage or cream cheese; 2 tablespoons cream; 2 tablespoons brandy; 2 tablespoons diced red pepper; salt to taste. Serves 4.

□ Blend together ingredients until smooth. Transfer to a serving dish and decorate with a red pepper ring. TOTAL KILOJOULE COUNT: 1 710 kJ (410 Cal). A portion: 425 kJ (100 Cal).

### GARLIC SAUCE

■ 1 small slice white bread; a little warm milk; 4 cloves garlic (or to taste), crushed; 2 egg yolks; pinch salt; 300 ml salad oil; juice of half a lemon. Serves 4 - 8.

□ Soak bread in milk then squeeze dry. Put in a bowl and using a wooden spoon beat until smooth with garlic and egg yolks. Add salt and drop by drop add oil, beating continuously. Once thickened add the remaining oil in a thin stream. Stir in lemon juice and

serve. TOTAL KILOJOULE COUNT: 12 610 kJ (3 010 Cal). A portion: 2 100 kJ (500 Cal).

### HORSERADISH SAUCE

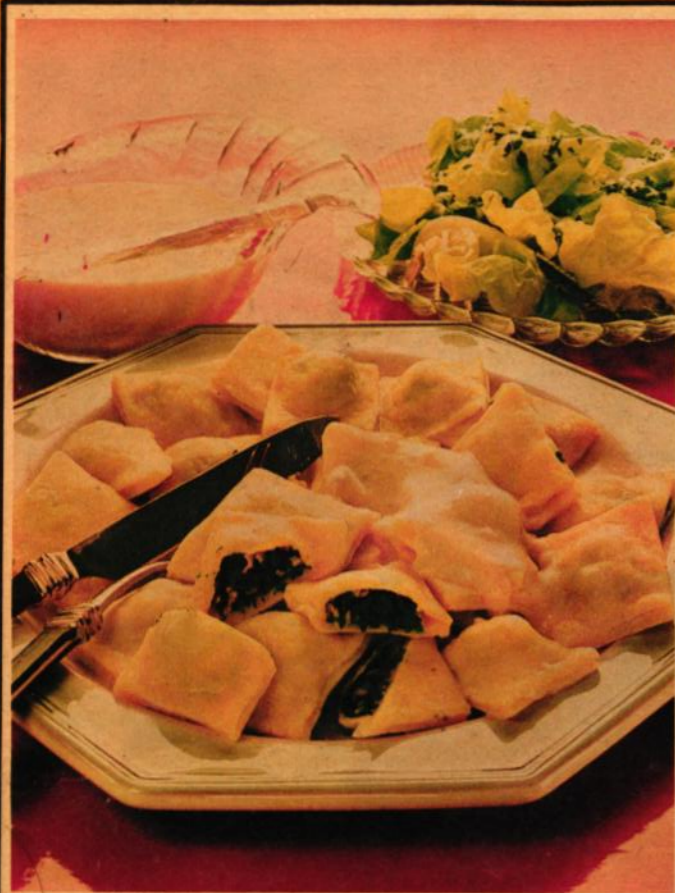
□ Blend together: 250 ml sour cream; 4 - 6 teaspoons prepared horseradish; salt and freshly ground black pepper to taste. Serves 4.

### TARTARE SAUCE

□ Blend together 250 ml mayonnaise; 4 tablespoons finely chopped gherkins; 2 tablespoons chopped capers and 1 tablespoon finely chopped parsley. Serves 4.

### MUSHROOM SAUCE

■ 125 g mushrooms, finely sliced; 4 tablespoons butter; salt and freshly ground black pepper to taste; 1 tablespoon flour; 125 ml milk; cream to taste; 1 tablespoon sherry. Serves 4.  
 □ Sauté mushroom slices in butter until just cooked. Stir in flour and gradually add milk, stirring constantly. Simmer gently for 5 minutes, add a little cream, seasoning and sherry to taste. TOTAL KILOJOULE COUNT: 2 585 kJ (615 Cal). A portion: 645 kJ (155 Cal).



STUDIO TRINAN



STUDIO TRINAN

# MAMA MIA!

Pasta, pizzas and panforte provide a taste of Italian food enjoyed the world over

## PASTA

No bought pasta can match the quality of homemade. ■ 250 g plain flour; 3/4 teaspoon salt; 2 - 3 large eggs; 45 g butter, melted. Makes 250 g. □ Sift flour and salt on to a pastry board or clean work surface and make a well in the centre. Lightly beat eggs and pour into well with melted butter. Gradually fold flour into egg and butter mixture adding enough water to form a stiff paste. Knead until smooth and manageable, about 5 minutes. Rest pasta for about 1 hour before using. TOTAL KILOJOULE COUNT: 5 980 kJ (1 425 Cal).

## SPINACH RAVIOLI

ILLUSTRATED ABOVE ■ 250 g home-made pasta (see above); 150 g ricotta or cream cheese; 150 g cooked spinach, drained and finely chopped; 3 - 4 tablespoons grated Parmesan cheese; 2 egg yolks; salt and freshly ground black pepper and grated nutmeg to taste. SAUCE: 250 ml cream; 2 - 3 tablespoons grated Parmesan; salt and freshly ground black pepper to taste. Serves 4 - 6. □ Divide pasta in half and roll

both pieces into identical, paper-thin rectangles. FILLING: Mix all ingredients and season well. Drop small teaspoonfuls of filling about 3 cm apart in neat rows on one piece of pasta. Brush the area between with a little water or beaten egg and arrange remaining pasta piece carefully on top. Using a pastry cutter carefully cut between the mounds to give little squares containing filling. Press edges firmly to seal. Set aside for about 1 hour. To cook, drop ravioli into lightly boiling salted water and cook for 7 - 10 minutes until dough is tender. Drain well. SAUCE: Gently heat cream with cheese and seasoning, pour over ravioli and serve. TOTAL KILOJOULE COUNT: 11 990 kJ (2 860 Cal). A portion: 2 395 kJ (570 Cal).

## MEAT SAUCE (F)

ILLUSTRATED ON PAGE 3 Perfect to serve on a bed of spaghetti or noodles; or to layer and bake in a casserole with noodles or lasagne and top with grated cheese. ■ 1 large onion, chopped; 2 tablespoons butter; 500 g minced beef; 2 tablespoons flour; 1 stick celery, diced (optional); salt, freshly ground

black pepper and grated nutmeg to taste; 1/2 teaspoon each oregano and rosemary; one 425-g can tomatoes; 1 tablespoon tomato paste; 125 ml white wine; 250 ml beef stock; 100 g mushrooms sliced (optional). Makes 750 g.

□ In a large saucepan, sauté onion in butter until tender. Gradually add minced beef and cook until golden. Stir in flour then add celery, tomato paste, white wine, stock, tomatoes, herbs and seasoning. Cover and simmer gently for 20 - 30 minutes. Add sliced mushrooms just before the end of the cooking time. \* TOTAL KILOJOULE COUNT: 7 555 kJ (1 805 Cal).

## TORTELLINI

ILLUSTRATED ABOVE ■ 250 g home-made pasta (see above). FILLING: 150 g ricotta or cream cheese; 150 g cooked spinach, drained and finely chopped; 3 - 4 tablespoons Parmesan cheese; 2 egg yolks; salt, freshly ground black pepper and grated nutmeg to taste. SAUCE: 1 leek, finely sliced; 2 tablespoons butter; 250 ml cream; 125 g ham, shredded; 2 hard-boiled eggs, chopped; 150 g

cheddar; 4 tablespoons grated Parmesan (optional); salt, freshly ground black pepper and grated nutmeg to taste. Serves 4 - 6.

□ Prepare pasta, roll out thickly and cut into 5-cm circles. FILLING: Mix together all ingredients and season well. Drop teaspoonfuls of filling in the centre of each round. Fold in half, sealing edges with water or beaten egg. Join ends together to form a ring. Drop into boiling salted water for 7 - 10 minutes. Lift out and drain well. SAUCE: Sauté leek in butter until tender. Pour in cream and heat through. Add ham, chopped egg and Cheddar. Stir thoroughly and heat through but do not boil. Add seasoning to taste. Pour over tortellini and sprinkle with Parmesan. TOTAL KILOJOULE COUNT: 18 105 kJ (4 320 Cal). A portion: 3 620 kJ (865 Cal).

## VEAL AND MOZZARELLA ESCALOPES

■ 6 veal escalopes; seasoned flour; 1 egg, beaten; a little milk; 2 tablespoons butter; 1 tablespoon oil; dry white breadcrumbs; butter for frying;



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6 slices Mozzarella cheese; 1 sliced tomato. Serves 6.

□ Cover each escalope with wax paper and flatten, roll in flour and then in beaten egg and a little milk. Roll in crumbs and fry in butter over a moderate heat for 7 - 10 minutes, turning once. Keep hot until all the pieces are cooked. Just before serving, place slices of Mozzarella on each escalope and put under the grill. Serve at once, garnished with sliced tomato. TOTAL KILOJOULE COUNT: 5 655 kJ (1 350 Cal). A portion: 940 kJ (225 Cal).

## SEAFOOD PIZZA (F)

ILLUSTRATED ABOVE ■ 200 g flour; 1 teaspoon salt; 2 teaspoons dried yeast; 100 ml lukewarm milk; pinch sugar; 3 tablespoons olive or salad oil; FILLING: 4 large tomatoes sliced; 1 onion, sliced; 1 clove garlic, crushed; one 105-g can shrimps; one 105-g can smoked mussels; 100 g cheese grated; 1/2 teaspoon oregano or marjoram; salt and freshly ground black pepper; 1 teaspoon capers (optional). Serves 4.

□ Sift flour and salt into a warm bowl. Dissolve yeast in warm milk and sugar and when frothy add to flour with oil. Form into a dough, knead until smooth and elastic. Cover and leave in a warm place to rise. When double in size, knead down, knead for a minute or so then roll out into a large circle. Place

on a greased baking sheet. Arrange tomato and onion rings on top. Scatter over garlic, seafood and any oil from the mussels. Cover with cheese, herbs, seasoning and capers. \* Bake at 220 deg C for 20 - 25 minutes until cheese has melted and base is golden. Serve immediately with a green salad. TOTAL KILOJOULE COUNT: 7 925 kJ (1 890 Cal). A portion: 1 980 kJ (475 Cal).

## MINISTRONE (F)

■ 2 tablespoons butter; 4 slices unsmoked bacon, chopped; 375 g potatoes, peeled and diced; 2 carrots, diced; 2 leeks, diced; handful of chopped spinach; 1 litre onion stock; bayleaf; 2 cloves garlic, crushed; 125 g small haricot beans, soaked overnight; 120-g can tomato purée; one 425-g can tomatoes, sieved; salt and freshly ground black pepper to taste; 125 g broken pasta; 1/2 medium cabbage, shredded finely; 6 leaves of spinach, chopped; 125 g Parmesan cheese, grated. Serves 6 - 8.

□ Melt butter in a large saucepan. Fry bacon for a few minutes. Add potatoes, carrots and leeks. Cover tightly and cook over a gentle heat for 15 - 20 minutes until soft but not coloured. Add stock, bayleaf, garlic, beans, tomato purée, sieved tomatoes, salt and pepper. Bring to the boil and simmer for an hour. Add pasta,



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cabbage and spinach. Simmer for half an hour. Remove from heat. \* Remove bayleaf. Add half the grated Parmesan to soup. Stir well for a few minutes then serve with remaining cheese in a separate bowl. TOTAL KILOJOULE COUNT: 10 320 kJ (2 465 Cal). A portion: 1 475 kJ (350 Cal).

## CHEESE GNOCCHI (F)

ILLUSTRATED ABOVE ■ 500 ml milk; 125 g semolina; 50 g butter, preferably unsalted; salt and freshly ground black pepper; a little grated nutmeg; 2 eggs, beaten; 100 g cheese, thinly sliced. Serves 4. □ Bring milk to the boil then add semolina, butter, seasoning and nutmeg. Cook gently for 5 minutes, stirring constantly. Remove from heat and add eggs. Pour mixture into a well greased Swiss roll tin and smooth it out to about 15 mm thick. Leave until cold. Lay cheese slices on top\* and brown in a hot oven. Cut into 5 cm squares and serve with green salad and your favourite hot tomato sauce. TOTAL KILOJOULE COUNT: 7 005 kJ (1 750 Cal). A portion: 1 750 kJ (440 Cal).

## STUFFED BEEF OLIVES (F)

■ 6 thin slices beef steak; 2 cloves garlic; 1 teaspoon sage; 6 slices streaky bacon; 4 tablespoons freshly chopped parsley; 4 tablespoons finely chopped onion; 6 tablespoons flour; 2 tablespoons butter; 125

ml white wine; 2 teaspoons sugar; 1 teaspoon salt; freshly ground black pepper to taste. Serves 6.

□ Spread beef steaks on a wooden board. Cover with waxpaper. Pound until thin. Rub thin slices of steak with garlic. Sprinkle with sage. Place bacon over beef, sprinkle with parsley and onion. Roll up. Tie with twine. Dredge with flour. Heat butter in a flameproof casserole. Gently brown the steak rolls. Add wine, sugar, salt, pepper. After 10 - 12 minutes cover casserole. Cook at 175 deg C for 2 hours until tender. \* Serve with sautéed potatoes and a crisp green salad. TOTAL KILOJOULE COUNT: 8 105 kJ (1 935 Cal). A portion: 1 350 kJ (320 Cal).

## SPAGHETTI ALLA BERSAGLIERA

■ 450 g spaghetti; 1 onion, finely chopped; 4 tablespoons olive oil; 125 g salami, cut into strips; 4 tablespoons dry white wine; 1 kg tomatoes, peeled and seeded; salt and freshly ground black pepper; 125 g Provolone cheese (or sweetmilk); freshly grated Parmesan cheese; butter. Serves 4. □ Fry the onion in oil until golden and add the salami. Cook for another minute then moisten with wine and cook until the wine evaporates. Stir in the tomatoes and season to taste.

Simmer gently for 45 minutes. Cook the spaghetti in salted water until al dente. Cut the Provolone into thin strips and when the pasta is just cooked, add the cheese to the sauce and mix well. Drain spaghetti, cover with sauce and sprinkle with Parmesan. Serve with butter and extra Parmesan. TOTAL KILOJOULE COUNT: 14 270 kJ (3 405 Cal). A portion: 3 565 kJ (850 Cal).

#### HERB FRITTATA

■ 1 large mild onion, finely chopped; 2 tablespoons salad oil; 6-8 eggs; 1 tablespoon each finely chopped parsley, mint and basil; salt and freshly ground black pepper to taste; butter. Serves 4.  
□ Fry the finely chopped onion in oil until soft and transparent. Turn into a bowl with the beaten eggs, finely chopped herbs and seasoning and mix well. Melt the butter in a frying pan and pour in the egg mixture. Cook slowly on one side until brown, add more butter if necessary before turning the pancake and cooking the other side. Serve immediately with crusty bread and a garlic flavoured green salad. TOTAL KILOJOULE COUNT: 3 960 kJ (945 Cal). A portion: 1 000 kJ (235 Cal).

#### CHICKEN ITALIENNE (F)

■ 1.5 kg roasting chicken; 30 g butter; 1 onion, finely chopped; 4 teaspoons tomato concentrate; 250 ml chicken stock; salt and freshly ground black pepper to taste; bouquet garni; 1 teaspoon cornflour; 250 g button mushrooms, cooked; 50 g cooked ham, shredded; chopped parsley. Serves 4.  
□ Brown the chicken all over in butter in a flameproof casserole. Add the onion and continue to cook until it is golden brown. Blend in the tomato concentrate with the stock and seasonings and bring to the boil. Cover the casserole tightly and cook slowly on top of the stove or in a 180 deg C oven for 50-60 minutes or until the chicken is tender. Take out the chicken and carve into neat joints. Meanwhile, thicken the sauce in the casserole with cornflour mixed to a paste with 1 tablespoon water. Boil up the sauce well adding mushrooms and ham and chicken pieces.\* Sprinkle with chopped parsley just before serving. TOTAL KILOJOULE COUNT: 6 770 kJ (1 615 Cal). A portion: 1 690 kJ (405 Cal).

#### POLPETTA (F)

An Italian dish of thin pieces of

pork wrapped around stuffing and served in a wine sauce.

■ 400 g pork fillet; 125 g minced pork; 125 g pork sausage meat; 2 cloves garlic, crushed; salt and freshly ground black pepper to taste; 1 teaspoon freshly chopped sage; 1 tablespoon grated Parmesan cheese; 1 egg, beaten; 125 g thinly sliced streaky bacon; seasoned flour; 50 g butter; 150 ml white wine. Serves 4.

□ Slice pork fillet into thin escalopes and beat flat with a wooden rolling pin. Mix minced pork, sausage meat, garlic, seasoning, sage and cheese with egg to bind. Put a layer of stuffing on to each piece of pork, roll up. Wrap each one in a slice of bacon and dust with flour. Fry meat rolls in butter in a shallow ovenproof dish until they are golden brown all over. Pour on wine and simmer until liquid is reduced by a quarter. Cover and bake in a 180 deg C oven for 30-40 minutes.\* TOTAL KILOJOULE COUNT: 8 595 kJ (2 050 Cal). A portion: 2 150 kJ (515 Cal).

#### PANFORTE

Traditional Christmas fare but delicious enough to serve all year round, especially with after dinner coffee.

■ 125 g almonds; 125 g hazel nuts; 60 g glacé apricots, chopped; 60 g glacé pineapple, chopped; 60 g mixed peel; 80 g flour; 2 tablespoons cocoa; 1 teaspoon cinnamon; 60 g dark chocolate; 75 g sugar; 125 ml honey. Makes 1.  
□ Roast nuts at 180 deg C for about 20 minutes or until just turning golden. Chop roughly and place in a bowl with glacé fruit and mixed peel. Sift in flour, cocoa and cinnamon and mix well. Line the base and sides of a 20-cm shallow cake tin, preferably loose bottomed, with greaseproof paper. Melt chocolate in a bowl over simmering water. Gently heat sugar and honey until sugar has dissolved, bring to the boil and simmer gently for about 5 minutes or until syrup forms a soft ball when dropped into cold water. Add syrup and chocolate to the fruit and mix well. Working quickly spread mixture into the prepared tin and bake at 170 deg C for 35 minutes. Remove and cool in tin. Turn out, remove paper and wrap in foil, leave for at least one day before serving. Sift icing sugar thickly over the top and cut into 1 cm slices. TOTAL KILOJOULE COUNT: 13 270 kJ (3 165 Cal). A slice: 330 kJ (80 Cal).

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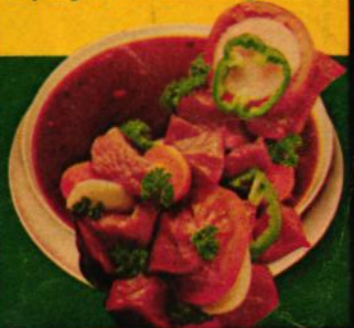
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## SPINACH PIE (F)

(SPANAKOPITA)

ILLUSTRATED ON PAGE 3

■ 250 g phyllo pastry, about 16 sheets; 250 g butter; 1 small onion, chopped; three 250-g packets frozen chopped spinach, thawed and drained; 3 eggs, beaten; 250 g Feta cheese, crumbled; 4 tablespoons freshly chopped parsley; 1 teaspoon dill or oregano; salt and freshly ground black pepper. Serves 16.

□ Sauté onion in 4 tablespoons butter until golden. Add spinach and stir well. Remove from heat and add eggs, cheese, parsley, dill and seasoning. Mix well. Butter a 28-cm baking dish and layer 8 pastry sheets on the bottom, brushing each leaf with melted butter. Spread evenly with spinach mixture and cover with remaining pastry sheets, again brushing each sheet with butter. Pour over any remaining butter. Cut into 16 squares and bake at 180 deg. C until puffy and golden, about 30 - 35 minutes. \*TOTAL KILOJOULE COUNT: 19 190 kJ (4 580 Cal). A portion: 1 200 kJ (285 Cal).

## COLD YOGHURT AND CUCUMBER DIP

(TSAZIKI)

■ 250 g cucumber; 250 ml yoghurt; 1-1/2 teaspoons white vinegar; 1 teaspoon olive or salad oil; 1-1/2 teaspoons finely chopped fresh mint leaves or 3/4 teaspoon dried mint; 1/2 teaspoon finely cut fresh dill leaves or 1/4 teaspoon dried dill; 1 teaspoon salt. Serves 4.

□ Peel cucumber and slice lengthways into halves with a small, sharp knife. Scoop out seeds by running the tip of a teaspoon down the centre of each half. Discard seeds and grate cucumber coarsely. Stir yoghurt in a deep bowl with a whisk until smooth. Beat in grated cucumber, vinegar, oil, mint, dill and salt thoroughly but gently. Do not overbeat. Taste for seasoning and refrigerate for at least 2 hours, until chilled. TOTAL KILOJOULE COUNT: 1 525 kJ (365 Cal). A portion: 380 kJ (90 Cal).

## GREEK SALAD

ILLUSTRATED RIGHT

■ 1 small crispy lettuce; 1 cucumber, peeled and sliced; 2 tomatoes, cut into wedges; 1 onion, thinly sliced; 100 g Feta cheese, diced; 4 tablespoons black olives; 2 tablespoons capers (optional). DRESSING: 100 ml olive oil; 60 ml wine

vinegar; salt and freshly ground black pepper to taste; 1/2 teaspoon oregano. Serves 6.

□ Wash and dry lettuce, arrange in a salad bowl with cucumber, tomatoes, onion rings and cheese. Sprinkle over olives and capers. DRESSING: Whisk together ingredients and pour over salad just before serving. TOTAL KILOJOULE COUNT: 6 265 kJ (1 495 Cal). A portion: 1 045 kJ (250 Cal).

## ROAST LAMB, GREEK STYLE

(PSITO ARNI)

■ One leg of lamb; salt and freshly ground black pepper; 3 cloves garlic, cut into slivers; 100 g butter, melted; 60 ml lemon juice; 1 teaspoon rosemary; 1 kg potatoes, parboiled; paprika; Egg and Lemon Sauce (see below). Serves 6.

□ Wipe lamb with a damp cloth, sprinkle with seasoning. Make slits in the lamb and insert garlic slivers. Place lamb in a roasting pan, without the rack. Brush with butter and pour over the lemon juice. Sprinkle with rosemary. Arrange potatoes around the meat, brush with remaining butter and sprinkle with paprika. Roast uncovered at 160 deg C for 20 - 25 minutes to 500 g plus 25 minutes extra. Turn potatoes occasionally. Serve with Egg and Lemon Sauce. TOTAL KILOJOULE COUNT: 18 000 kJ (4 295 Cal). A portion: 3 000 kJ (715 Cal). NOTE: Cube left-over lamb and toss with egg and lemon sauce for a simple supper. (ILLUSTRATED)

## EGG AND LEMON SAUCE

(AVGOLEMONO)

■ 2 tablespoons butter; 3 tablespoons flour; salt and freshly ground black pepper; 500 ml chicken stock; 3 tablespoons lemon juice; 4 egg yolks; 1 tablespoon chopped parsley. Serves 4 - 6. □ Melt butter in a heavy based saucepan, stir in flour and cook for a few minutes. Remove from heat and gradually stir in seasoning, chicken stock and lemon juice. Bring to the boil, stirring constantly. Beat egg yolks in a bowl, add a little of the stock mixture and beat well. Slowly add to the stock in the pan, beating continuously. Cook gently until sauce thickens but do not boil and stir all the time. Add parsley and serve. TOTAL KILOJOULE COUNT: 2 520 kJ (600 Cal). A portion: 505 kJ (120 Cal).

## STUFFED VINE LEAVES (F)

(DOLMADES)

ILLUSTRATED RIGHT

■ 125 ml salad oil; 1 small onion, finely chopped; 500 g minced lamb or beef; 100 g rice; 75 g pine nuts (optional); 1 tablespoon fresh dill or 1 teaspoon each oregano and basil; salt and freshly ground black pepper to taste; 30 vine leaves (blanched) or one can; 2 tablespoons lemon juice; 500 ml tomato juice. Serves 6.

□ Heat oil in a frying pan and sauté onion until golden. Add lamb and cook until brown, stirring constantly. Add rice, nuts, herbs, seasoning and 175 ml water or stock. Cover and simmer for about 10 minutes or until water is absorbed and rice half cooked. Remove and cool before stuffing leaves. Separate leaves (if canned rinse to wash away brine). Cover base of a heavy bottomed saucepan with a few leaves. Put 1 tablespoon lamb in centre of each leaf, fold like an envelope and roll. Continue until mixture has been used. Layer stuffed leaves tightly into the pan. Pour over lemon and tomato juice. Place a heavy plate on top to prevent leaves from unrolling. Simmer gently for about 30 minutes, until liquid is absorbed. \* Serve hot or cold. TOTAL KILOJOULE COUNT: 14 485 kJ (3 455 Cal). A portion: 2 415 kJ (575 Cal).\*

## KEBABS WITH PORK AND VEAL (F)

(SOUVLAKIA)

■ 500 g boneless veal, cut into 4-cm cubes; 500 g lean boneless pork, cut into 4-cm cubes; 1 teaspoon coarse salt; freshly ground black pepper to taste; 2 tablespoons oil; 2 medium onions, thinly sliced; small bayleaves, broken in half; 6 small tomatoes, halved; 2 tablespoons finely chopped onions. Serves 4 - 6.

□ 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 marinade. Arrange veal, pork and tomato alternately on skewers with half a bayleaf separating each pair. Cook under a preheated grill 13 cm - 15 cm from the heat, or on braai for 10 minutes on each side or until the meat is no longer pink inside when cut. Baste the kebabs with the marinade during cooking. Either remove from skewers before serving, or serve as they are,

accompanied by the finely chopped raw onions. TOTAL KILOJOULE COUNT: 6 200 kJ (1 480 Cal). A portion: 1 240 kJ (295 Cal).

## SPINACH PASTIES (F)

(SPANAKOPITAKIA)

■ 500 g bread dough, flaky or shortcrust pastry; 1 kg spinach, cooked and drained; 2 onions, chopped; 3 tablespoons salad oil or butter; salt and freshly ground black pepper; 1 teaspoon ground cumin; 50 g walnuts, chopped; 250 g mature Cheddar cheese; 1 egg yolk. Makes 8 - 12.

□ Fry onion gently in oil until golden. Turn into a bowl. Drain spinach and mix with onion. Season well with salt, pepper and cumin. Fry nuts in fat left over from onions and add to the mixture with diced or coarsely grated cheese. Roll out dough as thinly as possible and cut into 8-cm squares or circles. Spoon a knob of filling into middle of each piece, moisten edges and fold pastry over to make pasties. Press edges well together. \* Brush with egg beaten with little water and bake until light and golden or deep fry in hot oil. Serve immediately with sour cream. TOTAL KILOJOULE COUNT: 19 020 kJ (4 540 Cal). A portion: 1 900 kJ (455 Cal).

## BRINJAL PÂTE

■ 2 medium brinjals, about 500 g each; 2 cloves garlic, salt and freshly ground black pepper to taste; 1 tablespoon white wine vinegar; 2 tablespoons salad oil; 4 tablespoons freshly chopped parsley; 1/2 teaspoon dried oregano; 1 large tomato sliced; black olives. Serves 6.

□ Wash brinjals, peel and cube. Simmer in boiling water for about 10 minutes or until tender. Drain well. Combine brinjals, garlic, seasoning, vinegar and oil in a blender until smooth. Refrigerate overnight to blend flavours. Mound mixture on to a platter, sprinkle with parsley and oregano and garnish with tomato slices and olives. Serve chilled to spread on biscuits or bread. TOTAL KILOJOULE COUNT: 780 kJ (425 Cal). A portion: 295 kJ (70 Cal).

## APRICOT CREAM (F)

ILLUSTRATED RIGHT

■ One 825-g can apricot halves (or 1 kg fresh apricots, poached); 2 tablespoons gelatin; 50 g ground almonds; 50 g castor sugar; 2 eggs,

separated; 1 teaspoon almond essence; 2 teaspoons lemon juice; 125 ml cream, whisked until stiff. Serves 8.

□ Dissolve gelatin in some of the apricot juice over a low heat. Purée or sieve remaining apricots (reserving a few) with juice until smooth. Whisk the sugar and egg yolks in a bowl over simmering water until thick. Remove from heat and fold in dissolved gelatin. Fold into apricot purée with ground almonds, almond essence, lemon juice and whisked cream. Whisk egg whites until stiff. Fold into mixture and pour into eight individual moulds. Refrigerate until set. \* Turn out and decorate with additional cream and apricot slices. TOTAL KILOJOULE COUNT: 7 880 kJ (1 880 Cal). A portion: 985 kJ (235 Cal).

## MELON ICE (F)

■ 2 kg melon, preferably honeydew; 3 teaspoons gelatin; 200 g sugar; 375 ml milk; 60 ml lemon juice; 60 ml orange juice. Serves 6.

□ Combine gelatin, sugar and milk in a saucepan and heat gently, stirring constantly, until both gelatin and sugar are dissolved. Cool. Halve and seed melons, scoop out flesh and purée in a blender. (Reserve shells.) Transfer to a bowl and stir in lemon and orange juice then gelatin mixture. Cool, pour into a freezer tray and freeze until mushy. Remove and beat with an electric mixer until light. Return to freezer and freeze until solid. Serve scoops in the melon shells. TOTAL KILOJOULE COUNT: 5 670 kJ (1 355 Cal). A portion: 945 kJ (225 Cal).

## BUTTER COOKIES (F)

(KOURABEDES)

■ 225 g butter at room temperature; 50 g sugar; 2 egg yolks; 1 teaspoon vanilla essence; 1/2 teaspoon almond essence; 300 g flour; 50 g almonds, finely chopped; whole cloves; icing sugar. Makes 32.

□ Beat together butter, sugar, egg yolks and essences until light and fluffy. Add flour and nuts and mix gently with your hands. Divide dough in two and turn on to a lightly floured surface. Make each half into a roll, about 40 cm long and cut each roll into 2 to 3-cm pieces. Press a whole clove into each piece. Place on ungreased baking sheets and bake at 180 deg C for about 20 minutes until cooked but not browned. Sprinkle with icing sugar while still warm and cool on a wire rack. \* Sprinkle again with icing sugar just before serving. TOTAL KILOJOULE COUNT: 14 430 kJ (3 445 Cal). A portion: 450 kJ (105 Cal).





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## CELERY SOUP BONNE FEMME (F)

ILLUSTRATED ABOVE

■ 1 bunch celery, sliced; 2 carrots, sliced; 1 large onion, chopped; 1 leek, sliced; 4 tablespoons butter; 3 cloves; freshly ground black pepper; 3 tablespoons flour; 1 litre chicken stock; 125 ml cream; 2 egg yolks (optional). Serves 4.

□ Sauté vegetables in butter with cloves and black pepper for a few minutes. Cover and allow to 'sweat' for about 10 minutes. Stir in flour and gradually add stock, stirring constantly. Cover and simmer gently until vegetables are thoroughly cooked, about 20-30 minutes.\* Blend together cream and egg yolks (if included). Add a little of the soup and mix then return mixture to the soup, stirring constantly. Do not boil. TOTAL KILOJOULE COUNT: 4 775 kJ (1 140 Cal). A portion: 1 195 kJ (285 Cal).

## FRENCH ONION SOUP

■ 3 large onions, sliced; 2 tablespoons oil; 1 tablespoon butter; 1 tablespoon flour; 2 teaspoons mixed herbs; freshly ground black pepper to taste; 1 litre onion stock; 8 slices of French bread spread with butter; 50 g strong cheese, grated. Serves 4.

□ Heat oil and butter in a flameproof casserole. Add onions, cook until translucent. Sprinkle with flour, herbs and black pepper. Add onion stock. Cook for about 10 minutes.\* Remove. Cover with overlapping slices of French bread, sprinkle with cheese. Place under grill until bread and cheese are crusty. Serve immediately. TOTAL KILOJOULE COUNT: 5 780 kJ (1 380 Cal). A portion: 1 445 kJ (345 Cal).

## CHICKEN CHASSEUR (F)

■ 1.5 kg chicken, jointed and floured; 4 tablespoons butter; 2 tablespoons salad oil; 2 cloves garlic, crushed; 125 g baby onions; 4 tablespoons flour;

500 ml chicken stock; 125 ml white wine; 1 tablespoon tomato purée; 1 teaspoon coarse cooking salt; freshly ground black pepper to taste; 1 teaspoon marjoram; 1 teaspoon chopped chives; 125 ml sour cream; 250 g fresh mushrooms cooked in a little butter; crisp croûtons. Serves 4-6.

□ Heat butter and oil in a frying pan, add garlic. Lightly brown chicken and onions. Place in a heavy casserole. Stir flour into any fat left in frying pan and add stock, wine and tomato purée, salt, pepper, marjoram, chopped chives. Cover and bake at 175 deg C for about 1 hour.\* Stir in sour cream. Add mushrooms and serve topped with crisp croûtons. TOTAL KILOJOULE COUNT: 10 690 kJ (2 550 Cal). A portion: 2 140 kJ (510 Cal).

## PÂTÉ DE CAMPAGNE (F)

ILLUSTRATED ABOVE

■ 375 g calves' liver; 200 g streaky bacon; 750 g minced

veal; 1 large onion, peeled and finely chopped; 2 cloves garlic, crushed; 30 ml tomato concentrate; 3 ml dried sage; 3 ml dried mixed herbs; 125 g butter; 124 ml red wine; salt and freshly ground black pepper; 2-3 bayleaves. Serves 6-8.

□ Clean the liver removing any gristle. De-rind the bacon. Put liver and bacon through the coarse plate of a mincer. Mix with the veal, onion, garlic, tomato concentrate and herbs. Season well. Stir in the wine to give a moist but not wet mixture and spoon into a 1 litre dish. Arrange bayleaves on top and cover with a lid or layer of foil. Bake in a 180 deg C oven for about 2 hours or until meat begins to shrink away from sides of the dish. Cool, cover with a fresh piece of foil and weigh the pâté down with a heavy can, refrigerate overnight.\* TOTAL KILOJOULE COUNT: 13 460 kJ (3 210 Cal). A portion: 1 920 kJ (460 Cal).

## APPLE GALETTE (F)

A dish from Normandy.

■ PASTRY: 225 g flour; good 150 g butter; 60 g icing sugar; 2 egg yolks. FILLING: 1.5 kg apples; 15 g butter; grated rind 1/2 lemon; 150 g granulated sugar; 3 tablespoons coarse cut marmalade, (optional). ICING: 4 heaped tablespoons icing sugar; 2 tablespoons redcurrant or guava jelly, well beaten. Serves 4-6.

□ PASTRY: Sift flour into a bowl leaving a well in the centre. Put in butter, icing sugar and egg yolks and work with one hand to a smooth dough. Chill for at least 1 hour. Divide into 3 and roll each piece to a 20 cm circle. Slide on to 3 baking sheets and prick all over with a fork. Bake at 180 deg C for 10-12 minutes until pale biscuit colour. Cool. FILLING: Wipe, quarter and core apples and slice into a saucepan greased with butter. Dot with any remaining butter and cover with well buttered circle of greaseproof paper and a lid. Leave on a low heat to cook gently to a pulp. Sieve into a clean saucepan. Add lemon rind and sugar to taste and simmer until filling is really thick, stirring all the time. Stir in

marmalade and leave to cool.\* Sandwich the pastry circles with filling and top with white icing. When this is almost set, pipe parallel lines of redcurrant or guava jelly over icing and draw the point of a knife across the jelly lines in alternate directions to make a feather pattern. TOTAL KILOJOULE COUNT: 17 605 kJ (4 200 Cal). A portion: 3 520 kJ (840 Cal).

## MUSSELS SOUP PROVENCAL

ILLUSTRATED ABOVE

■ 1 kg cleaned mussels; 4 onions, chopped; 2 cloves garlic, crushed; 4 tablespoons salad oil; one 425-g can tomatoes; salt and freshly ground black pepper to taste; a few drops Tabasco; 1/2 teaspoon thyme and oregano; 1/4 teaspoon turmeric; 250 ml water; 70 g stuffed green olives (optional); 250 ml white wine; 60 ml sherry; 2 tablespoons freshly chopped parsley. Serves 4 as a starter.

□ In a large saucepan sauté onion and garlic in oil until tender. Add tomato, seasoning, Tabasco, herbs and turmeric and cook for about 20 minutes. Meanwhile heat the water in another saucepan, add mus-



STUDIO IRANIAN



THREE LIONS

sels, cover and cook for about 6 minutes until opened. Drain and transfer to the tomato mixture with remaining ingredients and heat through. TOTAL KILOJOULE COUNT: 4 975 kJ (1 185 Cal). A portion: 1 245 kJ (295 Cal).

## FRENCH VEGETABLE PÂTÉ

ILLUSTRATED ABOVE

■ SPINACH LAYER: 500 g frozen spinach, thawed; 2 eggs, beaten; 100 ml cream; salt and freshly ground black pepper to taste; 1 teaspoon nutmeg. TOMATO LAYER: One 420-g can tomatoes; 2 tablespoons flour; 1 egg; 50 ml cream; 1 teaspoon basil; 2 cloves garlic, crushed; salt and freshly ground black pepper. CHEESE AND LEEK LAYER: 3-4 leeks, finely sliced; 150 g Cheddar cheese, grated; 3-4 tablespoons butter; 200 ml cream; 2 eggs; salt and freshly ground black pepper; a sprinkling of grated nutmeg and paprika; 1/2 teaspoon prepared mustard. Serves 10.

□ SPINACH LAYER: Mix thawed spinach with eggs, cream, seasoning and nutmeg. TOMATO LAYER: Drain and purée tomatoes. Blend some of the tomato juice with flour to form a paste then stir into

tomato purée. Mix with remaining ingredients. CHEESE AND LEEK LAYER: Sauté leeks in butter until soft. Remove from heat, stir in cream and cheese. Remove from heat and add remaining ingredients. Grease a 2-litre loaf tin and spread the base with half the spinach mixture. Add the tomato mixture, then the leek mixture and finally the remaining spinach mixture. Cover with foil and place in a roasting pan half filled with hot water. Bake at 160 deg C for 2 hours until set. Cool before turning out. Serve as a starter, with fish or with ham. TOTAL KILOJOULE COUNT: 10 955 kJ (2 615 Cal). A portion: 1 095 kJ (260 Cal).

## CHOU FARCI PROVENCAL (F)

(Stuffed Cabbage Leaves)

■ 1 cabbage; 1 pork chop; 30 g lean bacon; 125 g cooked chicken; 1 sheep's brain; 2 eggs; 3-4 lettuce leaves; 50 g grated Gruyère cheese; 1 onion, finely chopped; 1 clove garlic, crushed; 120 g cooked rice; salad oil; 3 carrots, peeled and cut into rounds; 1 onion, sliced; 2 cloves garlic, crushed; sprig thyme; 1 bayleaf; salt and freshly ground



black pepper to taste; 250 ml white wine; 250 ml chicken stock. Serves 4 - 6.

□ Blanch the cabbage in boiling salted water for 10 minutes or until the leaves are just supple. Chop the pork meat, bacon, chicken and brains finely and add the eggs, finely shredded lettuce, cheese, onion, garlic and cooked rice. Fry in a little oil for 1 - 2 minutes. Separate the cabbage leaves and cut out the hard stems then add the finely chopped cabbage heart to the stuffing. Spread the remaining leaves with stuffing and roll up, tucking in the ends and arranging the rolls side by side in a flameproof casserole. Add the remaining ingredients, cover and simmer very slowly for 3 - 4 hours, moistening the top of the cabbage with juice from time to time. \* TOTAL KILOJOULE COUNT: 7 310 kJ (1 745 Cal). A portion: 1 465 kJ (350 Cal).

#### WALNUT BREAD (F)

A delicious farm bread from Burgundy.

■ 750 g bread flour; 1 tablespoon salt; 30 g sugar; 10 g dried yeast; 750 ml warm milk; 100 g melted butter, cooled; 100 g coarsely chopped walnuts; 150 g finely chopped onion. Makes 4 small loaves.

□ Sift the flour and salt together into a bowl. Dissolve the sugar and yeast in 125 ml milk and leave until frothy. Add to the flour with the rest of the warm milk and butter. Knead until the dough is smooth — about 10 minutes. Leave in a warm place to rise (about 1 1/2 hours). Knock back dough and mix in walnuts and onions. Shape into 4 round loaves and leave on a greased baking sheet to prove for 50 minutes when they should have doubled in size. Bake at 180 deg C for 45 minutes or until the bread sounds hollow when tapped. \* TOTAL KILOJOULE COUNT: 19 370 kJ (4 625 Cal). A portion: 970 kJ (230 Cal).

#### CARAMEL RICE

An economical but delicious version of rice pudding from France.

■ 180 g rice; 500 ml milk; large piece lemon peel; 125 ml thick cream; 150 g sugar; juice 1 orange; 50 g candied peel. Serves 4 - 6.

□ Pour the milk into the top of a double saucepan and add the rice, lemon peel and 4 tablespoons sugar. Cover and cook until the rice is tender about 1 1/2 hours. By this time the rice should have absorbed most of the milk and be creamy. Turn the rice into a 750 ml-soufflé dish and add the orange juice and thick cream with the candied peel. Chill

thoroughly. Spread the top of the rice with a layer of sugar about 0.5 cm thick and slide under a really hot grill. In about 2 minutes the sugar will have turned to toffee and the top should be smooth and even. Remove immediately and chill. TOTAL KILOJOULE COUNT: 9 090 kJ (2 170 Cal). A portion: 1 820 kJ (435 Cal).

#### ORANGE SOUFFLÉ

■ 4 large oranges; 4 eggs, separated; 4 tablespoons castor sugar; 1 tablespoon Cointreau; icing sugar. Serves 4.

□ Slice off the tops of the oranges and scoop out the flesh to make a hollowed out shell. Finely peel rind from tops of oranges and cut into thin strips. Drop into boiling water and blanch 5 minutes. Drain and

reserve. Squeeze juice from orange flesh into a small saucepan and reduce over a high heat to about 1 tablespoon. Beat egg yolks and sugar until thick and creamy and add orange rind, juice and liqueur. Beat egg whites until stiff and fold into the yolk mixture. Spoon into the orange shells and bake in a 230 deg C oven for 10 minutes. Sprinkle with icing sugar and return to oven for a further minute. TOTAL KILOJOULE COUNT: 3 270 kJ (780 Cal). A portion: 815 kJ (195 Cal).

#### ICE-CREAM SOUFFLÉ GRAND MARNIER (F)

ILLUSTRATED ON PAGE 3

■ 4 eggs, separated; 3 tablespoons water; 250 g castor sugar; 300 ml thick cream; 150 ml Grand Marnier; 4 tablespoons powdered

drinking chocolate. Serves 6 - 8.

□ Place water and half the sugar in a saucepan and heat gently until sugar has dissolved. Bring to the boil and cook until a thick syrup forms (a thread should form from a teaspoon dipped in the syrup). Pour over yolks and beat until thick. Whip cream until stiff. Place egg whites and remaining sugar in a bowl over a saucepan of simmering water and beat until thick and peaks form. Carefully fold into egg yolks. Finally fold in cream and liqueur. Pour into a 750-ml soufflé dish with a 5-cm collar made from foil or greaseproof paper. Freeze for at least 24 hours. Dust with chocolate powder just before serving. TOTAL KILOJOULE COUNT: 10 045 kJ (2 395 Cal). A portion: 1 435 kJ (340 Cal). ♦

## THE BEST OF BRITISH

Although culinary experts may sniff at boiled beef and carrots, the old faithfuls like Queen of Puddings and Irish Soda Bread, prove there's nothing wrong with plain cooking

#### LAMB AND MUSHROOM PUDDING

■ 800 g boneless lamb; 125 g mushrooms; 1 tablespoon seasoned flour; 1 onion, finely chopped; 3 carrots, sliced; 125 ml stock or cold water; 1 teaspoon mixed herbs; salt and freshly ground black pepper. PASTRY: 250 g self-raising flour; pinch salt; 180 g suet; 125 ml water. Serves 6.

□ Trim the meat into 1-cm cubes. PASTRY: Sift flour and salt into a bowl and chop or grate in the suet. Mix to a firm dough with cold water. Grease a 15 to 17-cm pudding basin (750 ml

capacity). Cut off two-thirds of the pastry and roll into a circle about 1 - 2 cm thick, large enough to fit the inside of the basin. Dust the pastry with flour and fold in half then into quarters. Lift inside basin, point down and unfold carefully, moulding it to fit the bowl. Roll remaining third to make a lid. Shake meat in seasoned flour. Mix with onion, carrots and herbs and seasoning and arrange in basin. Pour in enough cold water to three parts fill bowl. Damp pastry edges, put on lid and seal edges by pinching them well together.

Cut a circle of foil twice the diameter of top of basin and make a deep pleat down the centre. Twist under rim of basin firmly and lower pudding into a large saucepan of fast boiling water. Boil steadily 3 - 4 hours. To serve, remove from saucepan, take off foil and wrap a clean, folded napkin round the basin. TOTAL KILOJOULE COUNT: 12 415 kJ (2 965 Cal). A portion: 2 070 kJ (495 Cal).

#### MELTON MOWBRAY PIE (F)

■ PASTRY: 450 g plain flour; 1 teaspoon salt; 210 g cooking fat; 450 ml milk and water

(mixed in equal proportions); milk for glaze. FILLING: 1 kg boned shoulder or leg of pork; salt and freshly ground black pepper; 2 teaspoons fresh sage, chopped; 1 teaspoon mixed dried herbs; 1/2 teaspoon each nutmeg, cinnamon, allspice and ground cloves; 1 - 2 teaspoons anchovy essence (optional); 125 ml jellied stock made from pork bones simmered with water, bouquet garni and onion stuck with cloves; 1 teaspoon gelatin. Serves 8 - 10.

□ STOCK: Simmer pork bones with water, bouquet garni, onion stuck with cloves for 3 - 5 hours. Strain and season well. Reduce or make up to 125 ml with water or wine and thicken with gelatin dissolved in 1 tablespoon water. Cool. FILLING: Chop pork finely or mince coarsely and mix with remaining ingredients. Fry a spoonful to test flavour, remembering that cold pies need more seasoning. PASTRY: Warm a mixing bowl and sift in flour and salt making a well in centre. Heat cooking fat in milk and water until dissolved and when just boiling, pour into flour and stir with a wooden spoon until combined. Work by hand to get a smooth but still warm dough. Cut off one quarter and leave in a covered bowl while pressing the remainder into a loose-bottomed 17-cm cake tin. Work it into the base and up the sides so that it comes about 1 cm above the rim of the tin. Fill with meat mixture, mounding it slightly in the centre. Pat out remaining pastry and put on top of pie. Seal edges and glaze top with milk. Make a hole in centre of pie and decorate around it with pastry leaves and a central rose. Bake at 180 deg C for 1 - 1 1/2 hours, covering the pie with damp greaseproof if it overbrowns. Cool in the tin. Take out, lift off central rose, and carefully pour in cool jelly. \* TOTAL KILOJOULE COUNT: 19 180 kJ (4 580 Cal). A portion: 2 130 kJ (510 Cal).

#### QUEEN OF PUDDINGS

■ 500 ml milk; 2 tablespoons butter; 3 slices bread, crumbed; 3 - 4 tablespoons sugar; grated peel of 1 lemon; 2 eggs, separated; 100 g castor sugar; 3 - 4 tablespoons warmed jam. Serves 4 - 6. □ Bring milk and butter to the boil. Pour over breadcrumbs, sugar and lemon peel. Stir and leave to cool. Beat in egg yolks

## Tonight's the night — make it a Tastic night!

"Add Tastic magic to every meal."



Versatile Tastic Rice adds magic to every dish on the menu... from soups to stews, from salads to sweets... because delicious Tastic always cooks separate, fluffy and white. Rely on Tastic to make every meal you cook fantastic.

### Tropical Chicken with Orange Rice

Preparation & Cooking: 30 minutes  
Serves: 6

6-8 Chicken pieces  
3 Large firm bananas  
50 g Blanched almonds  
90 ml Orange juice  
30 ml Dark rum (or brandy)  
10 ml Orange peel, finely grated  
25 g Butter  
125 ml Flour  
10 ml Curry powder  
2 ml Ground coriander  
5 ml Salt  
30 ml Oil  
Orange slices to garnish

Reduce heat, cover and cook gently for about 20 minutes until tender. Melt butter in a separate pan, slice in the bananas and sauté gently until soft. Stir in the rum, orange juice, almonds and orange rind. Bring to the boil and cook at high heat for 2 - 3 minutes to reduce and thicken liquid slightly. Arrange chicken on the orange rice, pour over the banana mixture and garnish with a few orange slices.

Tastic Orange Rice: Place 500 ml Tastic rice in a pan with 625 ml orange juice, 625 ml water, 10 ml salt, 15 ml finely grated orange rind and 2 ml saffron or turmeric. Bring to the boil, stir well, cover and simmer for about 25 minutes until rice is tender and water is absorbed.

Trim, wash & dry the chicken pieces, then place in a plastic bag with flour, salt, curry powder and coriander and shake until well coated. Heat oil in a heavy pan and fry the chicken until well browned on all sides.

## TASTIC

Cooks perfectly every time.





then pour into a pie dish and bake at 180 deg C until set, about 20 - 30 minutes. Spread warmed jam on top. Whisk egg whites until stiff. Fold in castor sugar. Spoon or pipe meringue over pudding and return to oven until golden, about 15 minutes. **TOTAL KILOJOULE COUNT: 7 040 kJ (1 680 Cal).** A portion: 1 410 kJ (335 Cal). **QUICK CHANGE:** Fold 2 tablespoons coconut into the meringue before topping the pudding.

#### CHICKEN AND BACON PIE (F)

**ILLUSTRATED ABOVE**  
 ■ 1 chicken; a few parsley stalks; salt and freshly ground black pepper; 1 bayleaf; 1 kg bacon pieces; 1 onion, chopped; 2 tablespoons freshly chopped parsley; 250 g margarine or half margarine half lard; 500 g flour; 1 egg, beaten. Serves 8 - 10.

□ Place chicken in a saucepan with 500 ml water, parsley stalks, seasoning and bayleaf. Bring to the boil, cover and simmer until chicken is tender, 45 - 60 minutes. Remove

chicken and take meat from bone. Strain stock and reserve. Toss bacon pieces in a frying pan and brown, add onion and sauté until golden. Add seasoning and parsley. Mix with chicken meat. Leave to cool. Rub fat into flour until mixture resembles breadcrumbs. Add just enough water to form mixture into a ball, about 6 - 8 tablespoons. Roll out three quarters of the pastry and use to line an 18-cm loose-bottomed cake tin, about 7 cm deep. Add filling and cover with remaining pastry, sealing edges firmly with a little water. Decorate pie with pastry trimming and make a hole in the centre. Brush with beaten egg and bake at 200 deg C for 30 minutes, reduce heat to 180 deg C and bake 30 minutes longer. Skim fat off reserved stock, heat gently if necessary and pour through hole into pie. Leave to cool in tin.\* **TOTAL KILOJOULE COUNT: 36 145 kJ (8 620 Cal).** A portion: 4 015 kJ (960 Cal).

#### STUFFED BAKED PEARS

■ 6 large pears, peeled and

cored; 50 g fruit mincemeat; 2 tablespoons coarse cut marmalade; 30 g chopped nuts; 2 tablespoons golden syrup or honey; water. Serves 6.

□ Stuff the pears with mincemeat mixed with marmalade and chopped nuts. Place them close together in an ovenproof dish and spoon over golden syrup or honey. Pour round just enough water to prevent pears burning and bake at 180 deg C for 40 minutes or until tender. Remove to a warmed dish and leave to cool. Serve with cream or custard. **TOTAL KILOJOULE COUNT: 3 220 kJ (770 Cal).** A portion: 535 kJ (130 Cal).

#### MARMALADE CAKE (F)

■ 180 g butter; 180 g castor sugar; 3 eggs, separated; 300 g self-raising flour; 3 tablespoons coarse cut marmalade; 60 g chopped mixed peel; grated rind 1 orange; 5 tablespoons water. **ICING:** 125 g icing sugar, sieved; juice 1 orange. Makes 1 cake.

□ Grease and line an 18-cm cake tin. Beat butter and sugar until light and creamy. Beat in

egg yolks one at a time with 1 tablespoon flour. Stir in marmalade, peel, orange rind and water. Fold in remaining flour. Whisk egg whites until stiff and fold into cake mixture. Turn into prepared tin and bake at 180 deg C for 1 1/4 hours until risen and firm. Cool. **ICING:** Blend icing sugar with orange juice and pour over cake letting it trickle down the sides.\* **TOTAL KILOJOULE COUNT: 17 675 kJ (4 220 Cal).** A portion: 1 475 kJ (350 Cal).

#### IRISH SODA BREAD (F)

■ 500 g flour; 1 teaspoon salt; 1 teaspoon bicarbonate of soda; 1 teaspoon cream of tartar; 2 tablespoons lard; 250 ml buttermilk or milk. Serves 4 - 8.

□ Sift dry ingredients into a bowl. Rub in lard. Make a well in the centre and stir in enough buttermilk or milk to give a soft spongy dough. Knead lightly on a floured surface. Shape into a round cake about 5 cm thick. Place on a lightly floured baking sheet, mark the round into four with a sharp knife. Bake at 200 deg C for 30 - 35 minutes until

well rise.\* **TOTAL KILOJOULE COUNT: 8 925 kJ (2 130 Cal).** A portion: 1 485 kJ (355 Cal). **QUICK CHANGE:** Use half white flour, half wholewheat flour.

#### ENGLISH TEA SCONES (F)

**ILLUSTRATED ON PAGE 3**

■ 250 g self-raising flour or 250 g cake flour and 3 teaspoons baking powder; 1 teaspoon salt; 2 - 4 tablespoons margarine; about 125 ml milk, sour milk or cream. Makes 12.  
 □ Sift flour and salt into a bowl. Rub in margarine then, using a knife, mix in liquid to form a soft dough. Do not knead. Place dough on a lightly floured board and roll out until about 2 cm thick. Cut out 5-cm rounds, using a plain or fluted pastry cutter or shape mixture into a round and cut into triangles. Brush with milk or a beaten egg. Bake on an ungreased baking sheet at 230 deg C for 10 - 12 minutes until golden.\* Serve with butter, whipped cream and jam. **TOTAL KILOJOULE COUNT: 5 410 kJ (1 290 Cal).** A portion: 450 kJ (105 Cal). **QUICK CHANGE:** Add 2 - 4 tablespoons dried fruit or chopped dates before adding the milk.

#### WILTSHIRE LARDY CAKE (F)

■ **BREAD DOUGH:** 500 g bread flour; 1 teaspoon salt; 2 tablespoons margarine or lard; 3 teaspoons dried yeast; about 250 ml hot water. **FILLING:** 125 g lard; 150 g sugar; 100 g currants; sugar and water to glaze. Serves 8 - 12.

□ **BREAD DOUGH:** Sift flour and salt into a bowl. Rub in margarine. Dissolve yeast in hot water and when bubbly add to flour and mix together to form a dough. Knead on a floured surface for 10 minutes until smooth and elastic. Place in a clean bowl, cover and leave until doubled in size. **FILLING:** Roll dough into a large oblong, about 1 cm thick. Spread two thirds of the dough with one half of the lard. Sprinkle with half the sugar and currants. Fold the dough into three, bringing up the uncovered third first. Seal the ends by pressing with a rolling pin. Turn dough halfway round and again roll into an oblong. Spread two thirds of it with remaining lard, sugar and currants. Fold and turn as before. Roll out to fit a roasting tin (the dough should be about 4 cm thick). Press down well, especially at the corners. Cut a criss-cross pattern on the surface and leave to rise in a warm place for about 20 minutes. Bake at 220 deg C for 30 minutes. Turn on to a wire rack. Brush with sugar glaze (dissolve 1 tablespoon sugar in 1



tablespoon water). Cut into squares to serve.\* **TOTAL KILOJOULE COUNT: 16 560 (3 950 Cal).** A portion: 1 655 kJ (395 Cal).

#### SCOTCH BROTH (F)

**ILLUSTRATED ABOVE**

■ 500 g flank or neck of mutton, cut into small pieces; 2 litres water; 2 teaspoons salt; 50 g pearl barley; 2 onions, chopped; 3 carrots, chopped; 2 turnips, chopped; 2 leeks sliced; 1 wedge white cabbage, about 400 g, shredded; freshly ground black pepper; 4 tablespoons chopped parsley. Serves 6 - 8.

□ Put meat in a large saucepan with water and salt, bring to the boil removing any scum from the surface. Reduce heat, add barley and simmer for 30 - 40 minutes. Add vegetables except for cabbage and parsley. Cover and simmer for 2 hours.\* Add shredded cabbage 10 minutes before serving time. If liked, remove bone and return meat to the soup. Adjust seasoning to taste and serve

#### SCOTTISH COCK-A-LEEKIE (F)

**ILLUSTRATED ABOVE**

■ 500 g prunes; 500 g stewing beef in a piece (optional); one 2-kg chicken; 1.5 kg leeks; salt and freshly ground black pepper; bayleaf; 1 kg potatoes (optional). Serves 6 - 8.

□ Soak prunes in cold water overnight. Put beef in a large pan and cover with plenty of cold water, bring to the boil and skim. Simmer for 1 1/2 hour before adding the chicken, with 2 whole leeks. Season, add bayleaf. Cook slowly — surface of the water should barely move — for 2 - 3 hours. Remove the 2 leeks and add the prunes and the potatoes, cut into thick slices. Simmer for 10 minutes, then add the remaining leeks, cut into 2 cm pieces and allow another 10 minutes until tender. Take out the chicken and beef and carve them into serving pieces. Serve with the

#### HIGHLAND VEGETABLE SOUP (F)

**ILLUSTRATED ABOVE**

■ 500 g lamb, cut into pieces; 2 litres water; 2 teaspoons salt; 2 onions, chopped; 2 carrots, sliced; 1 cauliflower, broken into florets; 250 g frozen peas (optional); 1 small lettuce, shredded; freshly ground black pepper. Serves 6.

□ Place meat in a large saucepan with water and salt. Bring to the boil and skim carefully. Simmer gently for 30 - 40 minutes. Add onions and carrots, simmer for about 20 minutes. Add cauliflower florets and peas, cook for a further 10 minutes.\* Add shredded lettuce just before serving. Adjust seasoning to taste. **TOTAL KILOJOULE COUNT: 7 910 kJ (1 885 Cal).** A portion: 1 320 kJ (315 Cal).



## A CULTURED CUISINE

The Japanese take pride in the freshness of their food and the final finish of the dish

Hot sake (rice wine) is served at the start of a Japanese meal. A light sherry is a good alternative.

### BEEF SUKIYAKI

ILLUSTRATED ABOVE

■ 500 g thinly sliced beef steak; 2 onions, sliced into rings; 200 g button mushrooms, wiped and trimmed; 2 large carrots, cut into wedges and blanched; 100 g beansprouts; quarter small white cabbage, shredded; small bunch watercress or spinach; salad oil for frying. SAUCE: 6 tablespoons soy sauce; 1 tablespoon brown sugar; 1 tablespoon dry sherry; 125 ml beef stock. Serves 4.

□ SAUCE: Mix all the ingredients

in a small saucepan and bring slowly to the boil. Set aside but keep hot. Brown the sliced meat quickly in a little oil, push to one side while browning the vegetable types individually. Group them round the meat in a warmed serving dish and pour over the hot sauce. Serve with boiled rice, a small dish of egg yolks (to dip hot meat and vegetables into), extra soy sauce and mango chutney if liked. TOTAL KILOJOULE COUNT: 6 105 kJ (1 455 Cal). A portion: 1 525 kJ (365 Cal).

Traditionally the meat and vegetables are served raw in individual dishes for the diners to select and cook for themselves.

### YOSENABE

■ 250 g uncooked, dark chicken meat; 375 g white line fish, skinned; 3 tablespoons salad oil; 3 medium onions, finely sliced; 1 green pepper, de-seeded and thinly sliced; 125 g mushrooms, chopped; 4 medium tomatoes, peeled and de-seeded (optional); 250 ml chicken stock; 1 tablespoon sherry; 1 teaspoon sugar; salt, freshly ground black pepper and soy sauce to taste. Serves 4 - 6.

□ Cut chicken into small pieces or strips and fish into narrow fingers. Fry chicken and onion in oil until onions are soft. Add pepper, fish, mushrooms and

remaining ingredients and simmer gently 15 - 20 minutes until chicken is tender and liquid evaporated. Serve with shrimp crisps. TOTAL KILOJOULE COUNT: 6 005 kJ (1 435 Cal). A portion: 1 200 kJ (285 Cal).

### SHABU, SHABU

The Japanese version of a fondue. Guests cook their own food dipping pieces of meat and vegetables into boiling stock. The name comes from the swishing sound the food makes as it cooks.

■ 1 kg fillet steak; 1 bunch spring onions; 2 carrots; 400 g button mushrooms; 1 butter let-

tuce; 2 litres chicken stock. SAUCE: 2 tablespoons sesame seeds; 1 tablespoon vinegar; 6 tablespoons soy sauce; 2 tablespoons finely chopped spring onions; 1 teaspoon finely grated fresh root ginger. Serves 6.

□ SAUCE: Lightly brown sesame seeds in a dry frying pan, stirring over a gentle heat. Crush and mix with the remaining sauce ingredients. Partially freeze and slice the meat very thinly. Cut onions into bite-sized pieces. Slice carrots into circles, parboil and drain. Wipe mushrooms, trim and halve. Shred lettuce very coarsely. To serve, pour a 3-cm layer of stock into a table top cooker or electric frying pan. Heat and place in the centre of a small table keeping the mixture boiling and adding more stock when necessary. Guests pick up the raw meat and vegetables with chopsticks and cook them in the boiling stock until just tender. Eat immediately after dipping pieces into the readymade sauce. Finally, serve the stock as a soup in small bowls. TOTAL KILOJOULE COUNT: 8 460 kJ (2 020 Cal). A portion: 1 410 kJ (335 Cal).

### SUNOMONO

A side salad to accompany one or two fish, meat or vegetable dishes.

■ 1/2 turnip, finely grated; 1 large carrot, finely grated; 1/2 English cucumber, cut into strips; 125 g cooked prawns; 250 g green beans, cut into 5-cm lengths and blanched; 250 g broccoli, blanched and drained. DRESSING: 6 tablespoons wine vinegar; 2 tablespoons sugar; 1 - 2 tablespoons soy sauce; salt. Serves 4.

□ DRESSING: Combine vinegar, sugar, soy and salt in a small bowl and mix well. SALAD: Pile vegetables and prawns into individual serving bowls and spoon over a little dressing. TOTAL KILOJOULE COUNT: 2 105 kJ (500 Cal). A portion: 525 kJ (125 Cal).

### SHIOYAKI

■ 1 small trout per person; fine sea salt; lemon wedges.

□ Clean each trout carefully. Pierce through the head near the eye with a skewer, pushing it through the body and out behind the dorsal fin about halfway down the body and in again, just next to the tail, so that the fish looks as if it is swimming. Sprinkle well with salt and grill for about 7 minutes, turning the fish and grilling the underside for 7 minutes more so that the skin is crisp and flesh tender. Extract the skewer and lay the fish on a serving dish in a 'swimming' position. Garnish with lemon. TOTAL KILOJOULE COUNT: 1 045 kJ (250 Cal).



### CHICKEN TERIYAKI

ILLUSTRATED ABOVE

■ 4 chicken breasts, deboned; 2 tablespoons soy sauce; 1 tablespoon dry sherry; 1 cm piece fresh ginger, peeled and finely sliced; 1 tablespoon sugar. Serves 4.

□ Pierce the chicken skin with a fork and cut breasts into 2-cm cubes. Mix the remaining ingredients and pour over chicken. Leave for at least 30 minutes to marinate then thread cubes on to wooden toothpicks and fry, grill or braai over a moderate heat, basting with the marinade while they cook. TOTAL KILOJOULE COUNT: 5 340 kJ (1 275 Cal). A portion: 1 335 kJ (320 Cal).

### CUCUMBER AND EGG SALAD

ILLUSTRATED ABOVE

■ 3 cucumbers, peeled and cut into sticks; 3 tablespoons wine vinegar; 1 tablespoon sugar; 1 - 2 tablespoons dry sherry; salt and pepper to taste; 2 tablespoons soy sauce; 2 eggs, beaten; oil for frying; 2 tablespoons toasted sesame seeds. Serves 4.

□ Arrange cucumbers in a ser-

ving dish. Mix vinegar, sugar, sherry, and seasoning and pour over. Beat soy sauce with eggs and fry half the mixture as for an omelette but over a gentle heat so that the eggs don't brown. Turn out on to a plate and sprinkle with sesame seeds. Roll up and slice into rings while cooking the second omelette. Roll up and slice. Arrange on top of cucumber, tossing over any remaining toasted sesame seeds. TOTAL KILOJOULE COUNT: 2 145 kJ (510 Cal). A portion: 535 kJ (130 Cal).

### TEMPURA

ILLUSTRATED ABOVE

■ 200 g mushrooms, wiped and trimmed; 2 large onions, thickly sliced; 1 medium brinjal, sliced; 200 g prawns with tails; 4 fillets sole cut into 2 to 3-cm strips. BATTER: 2 eggs; 125 ml cold milk or water; 100 g flour; 1/2 teaspoon ground ginger; 1 teaspoon salt; 1 teaspoon sugar; salad oil for frying; lemon wedges. Serves 4 - 6.

□ BATTER: Beat eggs and milk then gradually mix in the remaining ingredients to make a smooth batter. Chill for 1 hour. Spear the onions on toothpicks to keep the rings together. Dip

batches of vegetables and fish into the batter then fry in deep fat until crisp. Drain well and arrange on a serving dish. Serve immediately with lemon to flavour. TOTAL KILOJOULE COUNT: 5 405 kJ (1 290 Cal). A portion: 1 080 kJ (260 Cal).

### TSUKEMONO

Salted pickles to serve with rice at the end of a Japanese meal. Dribble over a little soy sauce just before serving.

■ 1 cucumber; 1 brinjal; 1 medium turnip; crushed sea salt; lemon juice; 1 hot dried chilli. Serves 4.

□ Wash and quarter lengthways the cucumber and brinjal then cut the quarters into thin pieces. Peel turnip and cut into similar slices. Layer the vegetables into a pottery or glass bowl and sprinkle with about 1 teaspoon salt and lemon juice. Add finely sliced chilli and cover with a plate, slightly smaller in diameter than the bowl. Weight and leave the vegetables for 1 hour before serving, grouped by colour, on individual dishes. TOTAL KILOJOULE COUNT: 515 kJ (125 Cal). A portion: 130 kJ (30 Cal).

# THE ALL-AMERICAN PIE

and other sweet and savoury recipes that reflect America's cosmopolitan origins

## PENNSYLVANIA SHOOLY PIE (F)

ILLUSTRATED RIGHT

■ One 22-cm pastry lined pie dish, (see Pumpkin Pie); 150 g flour; pinch nutmeg; 1/2 teaspoon cinnamon; pinch cloves; 100 g butter; 6 tablespoons light brown sugar; 100 g molasses; 1/2 teaspoon bicarbonate soda; 125 ml boiling hot coffee; 100 g seedless raisins. Serves 8.  
□ Sift flour, and spices into a bowl. Rub in butter until mixture resembles breadcrumbs, stir in sugar. Mix molasses, soda and hot coffee. Stir in raisins and half the crumb mixture. Pour into pastry lined pie dish. Sprinkle with remaining crumb mixture. Bake at 190 deg C for 40 - 45 minutes.\* Serve hot or cold. TOTAL KILOJOULE COUNT: 16 940 kJ (4 045 Cal). A portion: 2 115 kJ (505 Cal).

## REFRIGERATED LEMON CHEESECAKE (F)

ILLUSTRATED ON PAGE 3

■ 150 g digestive biscuits, crushed; 100 g butter, melted; 4 tablespoons sugar. FILLING:

250 g cream cheese; 6 tablespoons sugar; 2 eggs, separated; 125 ml sour cream; grated peel and juice of 1 lemon; 1 tablespoon gelatin; 125 ml cream, whipped until stiff; toasted flaked almonds to decorate (optional). Serves 6.  
□ Mix together crushed biscuits, melted butter and sugar. Press into a 20-cm spring form cake tin. FILLING: Beat together cream cheese and sugar until light. Add egg yolks, sour cream, lemon peel. Dissolve gelatin in lemon juice over a low heat and fold into cheese mixture. Fold in whipped cream. Whisk egg whites until stiff then fold, into mixture until well blended. Pour on to biscuit base.\* Refrigerate for at least 2 hours or until set. Remove sides of the pan (use a hot knife to help ease away the mixture). Sprinkle with almonds and serve. TOTAL KILOJOULE COUNT: 15 135 kJ (3 615 Cal). A portion: 2 520 kJ (600 Cal).

## BLONDE BROWNIES (F)

■ 120 g butter or margarine; 200 g light brown sugar; 1 egg,

beaten; 1 teaspoon vanilla essence; 125 g sifted self-raising flour; pinch salt; 100 g dark chocolate, roughly chopped. Makes 16.  
□ Melt butter and sugar in a saucepan. Add egg and vanilla essence, beat until light, using an electric mixer. Stir in flour and salt followed by chocolate pieces. Pour into a greased 20-cm baking tin and bake at 180 deg C for 25 - 30 minutes. Do not overcook, toothpick should come out barely clean. Cut into squares and cool in the tin.\* TOTAL KILOJOULE COUNT: 11 890 kJ (2 840 Cal). A portion: 745 kJ (175 Cal).

## AMERICAN PEACH SORBET (F)

■ 250 ml sieved canned peaches (or apricots); 250 ml orange juice; 125 g castor sugar; 1 tablespoon lemon juice. Serves 6.  
□ Mix all ingredients until sugar has dissolved. Turn into a plastic or metal container and freeze until firm, stirring every 30 minutes to break down the crystals.\* Serve scooped into

glasses. TOTAL KILOJOULE COUNT: 4 030 kJ (960 Cal). A portion: 670 kJ (160 Cal).  
NOTE: This is more like a granita than a sorbet and can be served spooned into glasses layered with fresh orange segments and topped with cream for an even more scrumptious dish.

## BLACK BEAN SOUP CREOLE (F)

■ 500 g haricot beans, soaked in water to cover (preferably overnight); 125 g bacon in one piece; 250 g beef shin, cut in slices; 250 g beef bones; 2 onions, chopped; 4 large carrots, diced; 2 large cloves garlic, chopped; 2 large bayleaves; 2 cloves; 1/4 teaspoon ground mace; 1 teaspoon each dry mustard and paprika; freshly ground black pepper and salt to taste; 125 ml dry sherry; 1 small lemon, seeded and thinly sliced; 1 hard-boiled egg, thinly sliced. Serves 6 - 8.  
□ Sauté bacon and beef lightly with bones, onions, carrots and garlic in a large saucepan.

Cook, stirring, until onion is limp and slightly coloured. Add drained beans and 2.5 litres of water. Add bayleaves, cloves, mace, mustard, paprika, pepper and salt. Bring to a boil, lower heat, cover and cook slowly until beans are soft, about 3 - 3 1/2 hours. Remove bones and whole spice from soup. Discard. Chill, remove any fat. Purée soup in a blender or sieve.\* Add seasoning, reheat, add sherry. Pour into heated tureen. Float lemon and egg slices on top. TOTAL KILOJOULE COUNT: 10 480 kJ (2 500 Cal). A portion: 1 495 kJ (355 Cal).

## PARSNIP AND WALNUT FRITTERS

■ 1 kg parsnips; 100 g walnut halves; 2 large eggs; 2 heaped teaspoons flour; generous 125 ml milk; salt and freshly ground black pepper to taste. Serves 6.  
□ Wash and peel parsnips and simmer in salted water until tender. Blend to a stiff purée or put them through a mouli-sieve removing any tough pieces. Mix to a smooth paste with egg yolks, flour, milk and seasoning. Add walnuts. Beat egg whites until stiff and fold into the purée before cooking. Fry spoonfuls of batter in deep or shallow until golden brown on both

sides. Remove and drain. Serve as a course on their own, with crisply grilled bacon or with baked white fish. TOTAL KILOJOULE COUNT: 5 415 kJ (1 290 Cal). A portion: 900 kJ (215 Cal).

## PUMPKIN PIE

ILLUSTRATED RIGHT

■ CRUST: 175 g flour; 100 g butter; 1 tablespoon sugar; 1 egg yolk; 1 - 2 tablespoons water. FILLING: 500 g cooked pumpkin, puréed until smooth; 2 eggs, beaten; 150 g sugar; 1/2 teaspoon salt; 2 teaspoons cinnamon; 1 teaspoon ground ginger; 1 teaspoon ground cloves; 500 ml cream. Serves 8.  
□ CRUST: Sift flour into a bowl. Rub in butter until mixture resembles breadcrumbs. Stir in sugar and egg yolk then add only enough water to form pastry into a ball. Press into pie dish, making a decorative edge. FILLING: Mix together all ingredients and pour into pastry case. Bake at 200 deg C for 10 minutes then reduce heat to 180 deg C and continue baking for a further 20 minutes or until filling has set. Serve warm or cold with whipped cream. Flavoured with a little sweet sherry. TOTAL KILOJOULE COUNT: 14 745 kJ (3 520 Cal). A portion: 1 845 kJ (440 Cal). ♣



THE BITE (Ginger)

THE HEAT (Chilli)

THE AROMA (Methee)

THE COLOUR (Turmeric)

THE RAPTURE (Fennel)

THE TANG

THE MYSTERY (Cumin)

# The Ecstasy without

Supplement to FAIR LADY, July 2, 1980

THE TANG

THE MYSTERY (Cumin)

THE SH

Good curry shouldn't leave your guests howling for water. On the other hand there should be more than a fine dividing line between curry and stew. That's why Robertsons have cunningly assembled some of the most exotic flavours of the east. 8 pure spices carefully blended into a remarkable powder. To bring you the pure ecstasy of Rajah. By Robertsons - the spice people.



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