

CONTENTS

CHAPTER 1 1 HERBS SPICES AND FLAVOURINGS

INTRODUCTION	WHERE DO THEY COME FROM FRESH IS BEST THE WORLD OF FLAVOURS
HERBS	A HERB RECOGNITION CHART COMMENTS AND HINTS RECIPES USING HERBS
SPICES	A SPICE RECOGNITION AND HINTS
CHART	SPICE MIXTURES RECIPES AND HINTS
FLAVOURINGS	THE BASICS THE FOUR FLAVOURINGS ACIDS AND HOT FOODS CHILLI CHART USING SWEET FLAVOURS VINEGAR SALT MARINADES, A DESCRIPTION MARINADE RECIPES THE FLAVOUR BASES OF ITALY
OLIVES AVAILABLE.	A CHART OF THE VARIOUS OLIVES

CHAPTER 2 33 STOCKS AND SOUPS

INTRODUCTION	THE USE OF STOCK SOUPS THROUGH THE YEARS
STOCK, EXTRACTING	THE ESSENCE THE USES AND RULES OF STOCK STOCK METHODS AND RECIPES
SOUP	THE ESSENTIALS THE STYLES HINTS ON SOUPS SOUP RECIPES

CHAPTER 3 47 SAUCES

INTRODUCTION	WHY SO MANY WHERE DID THEY COME FROM
SAUCES	FRENCH OR ITALIAN? FAT IN SAUCES DIFFERENT SAUCE BASICS THE ROUX BASE BROWN SAUCE EMULSIFIED SAUCE USE YOUR BLENDER OTHER SAUCES
SAUCE RECIPES INCLUDING BASICS	

CHAPTER 4 61 MILK CHEESE AND EGG

INTRODUCTION	THE PRODUCTS
MILK & CREAM	UNDERSTANDING THE PRODUCTS
CHEESE	GUIDE TO CHEESE STYLES A GLOSSARY OF CHEESE TERMS SOME CHEESE IDEAS TO TRY
EGGS	DESCRIPTIVE GUIDE COOKING METHODS EGG RECIPES SOUFFLE BASICS AND METHODS
MILK CHEESE AND EGG RECIPES	

CHAPTER 5 87 FATS AND OILS

INTRODUCTION	THE USE AND CONSIDERATIONS THE IMPORTANCE
BUTTER	THE BLENDS, STYLES AND CONTENTS
MARGARINE	ITS USES AND INGREDIENTS
OIL	THE WIDE VARIETY OF CHOICES COOKING WITH OIL OLIVE OIL CONTENT OF OIL FLAVOURED OIL OIL DO'S AND DON'TS
SALAD DRESSING RECIPES	

CHAPTER 6 95 FISH

INTRODUCTION	THE DIVERSITY AND CHOICES
FISH	HANDLING CHOOSING STORING FREEZING THE COOKING METHODS OTHER WAYS TO USE FISH IE SOUPS
SQUID, OCTOPUS AND CUTTLFISH	DESCRIPTIONS AND COOKING STYLES
SHELLFISH AND CRUSTACEANS	TYPES SELECTION STORAGE COOKING
MOLLUSCS	THE CHOICES COOKING
RECIPES - FISH OF ALL SORTS	

CHAPTER 7 125

POULTRY AND GAME

INTRODUCTION

WHAT ARE THE CHOICES
WHY DO WE ACCEPT THEM!

CHICKEN

UNDERSTANDING THE NUMBERING
SYSTEM
COOKING METHODS
IMPORTANT COOKING TIPS
A FURTHER TRICK OR TWO

DUCK

THE CHOICES IN THE
MARKETPLACE
VARIOUS COOKING METHODS

TURKEY

HOW TO CHOOSE THE BEST BIRD
THE BEST WAY TO COOK A TURKEY

GOOSE

WHY SHOULD YOU CHOOSE GOOSE
COOKING A GOOSE THE
PERFECT WAY

OTHER POULTRY AND GAME

THE CHOICES IN THE MARKET
PLACE
THE VARIETY OF COOKING
METHODS

RECIPES FOR POULTRY AND GAME

CHAPTER 8 143

MEAT, PATES & TERRINES

MEAT

BUYING MEAT
STORING
THE COOKING METHODS,
BARBECUES
BRAISING AND STEWING
POACHING

BEEF

THE VARIETY OF CUTS
COOKING STYLES
TEMPERATURES AND METHODS
RECIPES

VEAL

THE CHOICES AVAILABLE
COOKING METHODS
TEMPERATURE CHART AND HOW
LONG TO COOK
VEAL RECIPES

PORK

THE CHOICES THE MARKET HAS TO
OFFER
HOW TO COOK
COOKING TIMES AND TEMPERATURES
PORK RECIPES

LAMB

THE CHOICES THE MARKET OFFERS
THE COOKING METHODS
LAMB RECIPES

HAM

A RUN THROUGH OF ALL THE TYPES
AVAILABLE.

OFFAL

A DESCRIPTION OF THE VARIETY
OF OFFAL
HOW TO PREPARE AND COOK
OFFAL RECIPES

PATÈS AND TERRINES

ANCIENT WAY OF PRESERVING
FOOD
HOW TO MAKE A GREAT PATÈ
TERRINES.. HOW TO MAKE THEM
NOTES ON TERRINES
RECIPES FOR TERRINES AND PATÈS

CHAPTER 9 181

VEGETABLES

GENERAL

AN OVERVIEW
COOKING METHODS
GREAT SALADS
CHARTS OF COOKING TIMES FOR

VEGETABLES

VEGETABLE RECOGNITION CHART
EDIBLE FLOWER CHART
LET'S TALK VEGETARIAN
MUSHROOMS
HINTS ON STORAGE
KNOW YOUR MUSHROOMS

VEGETABLE RECIPES

CHAPTER 10 219

GRAINS AND PULSES

INTRODUCTION

GRAINS

RICE
THE CHOICES AND
COOKING METHODS
COOKING HINTS

WHEAT
THE PRODUCTS AVAILABLE

BARLEY
THE CHOICES AND
COOKING METHODS

CORN
THE PRODUCTS

BUCKWHEAT
OATS
RYE

ALL ABOUT RISSOTO

GROUND RULES AND HELP

PULSES

HISTORY AND HEALTH
THE CHOICES

RECIPES

CHAPTER 11 243

PASTA AND NOODLES

INTRODUCTION

THE ORIGENS

PASTA

THE INGREDIENTS
HOW TO MAKE PASTA
PASTA MACHINE
FLAVOURS FOR PASTA
DRY OR FRESH

NOODLES

GRAINS USED TO MAKE NOODLES
HAND MADE NOODLES
DRY OR FRESH
COOKING STYLES
FILLED NOODLES

CHAPTER 16 355 CHOCOLATE SUGAR AND HONEY

CHOCOLATE

CHOCOLATE TERMS
CONTENTS
STORING CHOCOLATE
USING CHOCOLATE
TEMPERING
GANACHE
HINTS ON CHOCOLATE
CHOCOLATE RECIPES

SUGAR

A HISTORY
THE TYPES OF SUGAR
SUGAR SYRUPS
BOILING SUGAR
STAGES OF BOILING
HINTS ON SUGAR
FONDANTS

HONEY

AN OVERVIEW
HINTS ON HONEY
TYPICAL HONEY
RECIPES USING HONEY

CHAPTER 17 375 FRUIT AND NUTS

INTRODUCTION

AN OVERVIEW

FRUIT

A GENERAL LOOK
HANDLING FRUIT
CHOOSING FRUIT
STORING FRUIT
EATING AND USING FRUIT
PROBELMS
FREEZING
COOKING FRUIT AND METHODS
OTHER USES
FRUIT WITH OTHER FOODS

FRUIT RECOGNITION CHART

DRIED FRUIT

AN OVER VIEW
SUGAR CONTENT
STORAGE
HEALTH
A CHART OF THE VARIOUS DRIED
FRUITS

FRUIT RECIPES/DRIED FRUIT RECIPES

NUTS

AN OVERVIEW
NUT RECOGNITION CHART
STORING
COOKING WITH NUTS

CHAPTER 18 415 HOME PRESERVES

INTRODUCTION

THE METHODS OF PRESERVING

A GENERAL LOOK

JAMS, JELLIES AND MARMALADES

THE GROUND RULES
PECTIN
SUGAR

JAMS

GUIDELINES FOR
MAKING JAM
WHAT CAN GO WRONG

JELLIES

METHODS
WHAT WENT WRONG

MARMALADE

HISTORY
INGREDIENTS
METHODS

PECTIN CONTENTS OF VARIOUS FRUITS

WHAT WENT WRONF WITH THE JAM JELLY OR MARMALADE

FRUIT CHEESES, BUTTERS ADN CURDS

A GENERAL LOOK

THE STYLES
THE METHODS

CANDIED AND CRYSTALISED FRUITS

A SEASONAL TREAT
A DESCRIPTION
THE METHOD

CRYSTALISED FLOWERS

PICKLES AND CHUTNEYS

HOW GOOD THEY ARE

PICKLES

THE CHOICES
THE INGREDIENTS
THE METHODS

CHUTNEY

CHUTNEY DEFINED
THE CHOICES
THE SPICES AND FLAVOURS
EQUIPMENT AND METHOD

HINTS ON PRESERVING

BOTTLING

AN OVER VIEW
WHAT TO BOTTLE
THE METHODS
OTHER CHOICES

HOME MADE LIQUEURS

RECIPES

RECIPES FOR PRESERVES

CHAPTER 19 437 HINTS AND AIDS

WHAT DOES IT MEAN

FOOD SUBSTITUTES

US FOOD TERMS

CONVERSION CHARTS

INDEX 445