



FOOD DESCRIPTIONS



THE DIFFERENCE IN MOUSSES AND CREAMS.

PARFAITS: iced desserts originally made with reduced ground coffee with water, coffee essence or filter coffee mixed with beaten egg yolks and sugar syrup until cold then with whipped cream folded in and frozen. Parfaits are made with different fruit puree flavours. The texture should be smooth.

COFFEE PARFAIT recipe

8 oz freshly ground coffee
5 flu oz water
16 egg yolks
1 pint of sugar syrup
1 ¾ pints of double cream

Method

Put the ground coffee in the water and reduce gently until there is only about 1 fluid oz left or the same if using filter coffee. The sugar syrup should have been previously made and cooked the degree of large or long thread (219 F), this is the second degree of sugar cooking which is where the sugar is pulled between the thumb and forefinger should foam longer threads. Beat the egg yolks and gradually add the cold sugar syrup and coffee reduction then strain through a sieve into a bowl. Place the bowl over a pan of hot water and beat until it is thick enough to leave a ripple effect. Remove and continue beating on ice until the mixture cools down and becomes cold. Fold in the whipped cream, place in moulds and freeze.

BAVAROIS: a mousse in which the sugar and egg yolks are beaten then flavoured with boiled milk, with vanilla added to the mixture. Dissolved gelatin is added, then the mixture is reheated until it coats the back of a spoon, which must not boil. It is then strained and allowed to cool when the mixture begins to set. Whipped double cream is added.

VANILLA BAVAROIS recipe

16 oz caster sugar
16 fresh egg yolks
2 pints milk
1 oz gelatin
vanilla pod
2 pints of double cream

Method

Beat the sugar and egg yolks together until they become creamy and white.

Add the boiled milk which has been infused with the vanilla pod. Add the dissolved gelatin in warm water. Return to the stove and gently heat stirring almost continuously until it coats the back of a wooden spoon. This mixture must not boil. Strain through a fine sieve and allow to cool, stir now and again. When the mixture begins to set, fold in the whipped cream and place in pre-oiled moulds and leave to set on the fridge.

CRÈME CARAMEL: made by adding boiled milk to beaten egg and sugar, placed in individual moulds which have been lined with burnt sugar then baked in the oven in a bain marie. This mixture is known in French as Crème Renversee.

CRÈME CARAMEL recipe

4 oz caster sugar
4 whole eggs
2 egg yolks
1 pint milk
1 vanilla pod.

Method

Beat all the whole egg and yolks in a bowl with the castor sugar, gradually add the just-boiled milk that has been flavoured with the vanilla pod, whisking continuously. Strain through a sieve into individual moulds. Cook in an oven in a bain- marie until firm and set.

Traditionally the moulds should be lined with burnt sugar which is made with 6 oz caster sugar mixed with enough water to cover it in a thick-bottomed pan. Start to dissolve the sugar over a low heat then increase the heat. Once the mixture is boiling it must not be stirred. When it reaches over 300-deg F the mixture turns yellow at first, then golden brown and finally dark caramel. As the mixture turns dark it is at this stage that it should be placed in the moulds to line. The purpose of the lining to flavour the egg custards while cooking and to tint the custard colour.

CRÈME A L'ANGLAISE: a fresh custard sauce often used as a base to be enhanced by fruit puree. It is finished with whipped cream by beating egg yolks and sugar into it until thick and creamy, adding boiled milk over a low heat. The mixture is now cooked until it coats the back of a spoon. It is at this stage that the sauce is used as a hot custard. If not it is allowed to cool and

set with gelatin, whipped cream and flavouring such as fruit puree.

CRÈME A L' ANGLAISE WITH RASPBERRIES: recipe

16 egg yolks
1 lb caster sugar
2 pints milk
vanilla pod
2 oz gelatin
1 pint double cream
1 lb pureed raspberries

Method

Beat the 16 egg yolks and 1 lb of caster sugar together well and add the 2 pints of boiling milk which has been flavoured with vanilla. Cook gently, stirring until it coats the back of a wooden spoon. It must not boil or it will curdle. Remove from the heat and strain into a bowl. Keep on ice and stir occasionally until it starts to set then add the dissolved gelatin, the pureed raspberries and gently fold in the whipped cream. Place in coupes or serving dishes.

BLANC-MANGER: a type of jellied almond milk made by pounding soaked almonds mixed with water and sugar then set with dissolved with gelatin.

Recipe

1 lb sweet almonds
20 bitter almonds
1¾ pints of water
1 oz gelatin
4 oz granulated sugar.

Method

Blanch the almonds and leave to soak in cold water with the skins removed until soft and white in colour. Drain and place in a liquidiser with 1¾ pints of water gradually added until the mixture is milky and fine in texture. Pass through an open wire sieve. Dissolve the gelatin with some of the almond milk. Heat the remainder with the sugar, stirring frequently. When the mixture boils add the gelatin and allow to be incorporated. Strain in pots and allow to set. The blanc manger can be turned out when set or served in pots.

Note that proper crème Chantilly served or decorated with this dessert is very accessible (whipped cream flavoured with caster sugar and vanilla flavoured sugar).

PANNA COTTA: is an Italian speciality of flavoured milk with cream and

thickened with gelatin leaves.

Recipe

1 ¾ pt double cream
200g castor sugar
2 vanilla pods
4 leaves soaked gelatin
¼ warm milk
1 oz chopped ginger.

Method

Warm a pint of the cream with the vanilla pods, ginger and sugar. Mix the soaked gelatin with the warm milk. Mix both mixtures together and leave to infuse for a while then pass through a fine strainer (chinois) into individual dariole moulds and leave overnight. Turn out from moulds and decorate with the remainder of the whipped double cream.

CRÈME PLOMBIERES: a cream coupe using rice flour as a thickening agent together with egg yolks. It is usually served with warm apricot coulis or melted jam.

Recipe

8 egg yolks
1 pint double milk
1 oz ground rice flour
6 oz castor sugar
pinch salt
1 pint double cream
Grand Manier
apricot coulis.

Method

Mix the egg yolks and ground rice flour together. Add the almost-boiling milk, put on a moderate heat. Stir continuously with a wooden spoon until it thickens so that it covers the back of the spoon. Remove from the heat and add the sugar and salt. Place this mixture in an open bowl, set the bowl on ice and allow to cool, stirring occasionally until it starts to set and cool. Fold in the whipped double cream and flavour with the Grand Manier. Place into individual pots or open coupes to set and garnish with streaks of apricot coulis.

SABAYON (Zabaglione): a simple egg yolk and sugar whip, cooked on a low heat with wine until it is frothy and thick and served immediately with a flavour to taste. It can also be served with sponge fingers to dip.

Recipe

5 egg yolks
vanilla essence
7 oz granulated sugar
1 fluid oz Marsala

7 fluid oz white wine
zest of lime
lemon juice.

Method

Mix 6 oz of granulated sugar, the egg yolks and lime zest together, then whisk over hot water in a stainless steel bowl with a balloon whisk. Beat gently until it gives a ribbon effect or leaves a trail. Add the white wine a little at a time until thick and frothy, flavour with the Marsala. Place this mixture into coupes or serving glasses whose rims have been dipped in lemon juice and sugar. Serve immediately. This is a special dessert of Italian origin which can be served with sponge fingers as a petit four.

A special **ZABAGLIONE** dish is flavoured with white rum and set in coupe dishes with whole-poached chestnuts. Extra egg yolks are used so it will set. It is served straight from the fridge.

MOUSSES: heavy and rich and contain high proportions of cream. The most popular and famous are chocolate mousses, other usually being made with fruits such as soft berries like blackberries, blackcurrants, raspberries, apricots or peaches.

Recipe

1 pint double cream
6 oz castor sugar
8 oz bitter sweet chocolate
vanilla essence
a little water.

Method

Melt the chocolate with the vanilla essence and 4 tablespoons of hot water over a low heat until a paste forms. Add 7 oz of sugar and 6 more tablespoons of hot water. Slowly bring to the boil and allow to cool. When cool fold in the whipped cream which contains 1 oz of sugar and a little vanilla essence. Place in chocolate pots and keep chilled in the fridge until needed.

CRÈME BRULÉE: a rich egg cream baked in the oven in a bain marie and topped with burnt sugar. Neat cream is used instead of milk and is rich in content.

Recipe

9 egg yolks
4 oz castor sugar
1 pint single cream
1 pint double cream

vanilla essence.

Method

Beat the egg yolks and castor sugar gently until white in appearance then add the pre-warmed single and double cream with the vanilla essence. Strain the mixture into individual dariole pots. Remove any froth then bake in a bain marie in a medium oven until set. The top should have a light golden brown colour. The brulee should then be allowed to cool before serving.

The brulee is nice served with a liquid sugar caramel by putting the sugar in a thick bottom pan covered with water and mix. Place on a low heat to dissolve then bring to the boil gently without stirring. When it browns remove from the heat and add drops of water, gently and a few at a time, to cool the mixture and achieve the correct consistency.

LEMON POSSET recipe

225 ml lemon juice (4-5 lemons)
850 ml double cream
250 grams caster sugar.

Method

Stir the double cream, zest of the lemons and sugar together so it is well mixed, bring to the boil and simmer gently for no more than three minutes. Remove from the heat and whisk in the lemon juice then strain the mixture thoroughly through a conical strainer into a bowl. Remove any scum or froth and place into the glass serving bowl and store overnight. Possets go well with pureed fruit topping.

OTHER TYPES OF CREAMS AND MOUSSES

CRÈME CAPRICE: whipped sugared cream cohered gently with broken pieces of meringue.

MOUSSE MONTE-CARLO: similar to crème caprice but flavoured with tangerine.

MOUNT BLANC: whipped cream with chestnut puree and other flavours such as strawberries or raspberries.

EATON MESS: crushed strawberries folded into whipped cream and flavoured with liquor.

JUNKET: a cold milk pudding that has been thickened with rennet and flavoured to taste.

DESCRIPTIONS OF STOCKS AND SOUPS

STOCKS

BROWN STOCKS (Estouffade): are made with beef, veal or poultry bones and meat which has been browned in the oven with vegetables before liquid is added and simmered for several hours.

WHITE STOCKS: are made with veal, chicken or white bones and meat plus aromatic vegetables such as onions, carrots, leeks and celery, then placing directly in the cooking liquid and simmered without colour.

FISH STOCKS (Fonds-de-Poissons): are made by adding water, white wine and lemon juice to the bones of white fish such as sole, whiting, brill or turbot with grated onions, a sprig of parsley and thyme, white-only mushroom trimmings and a bay leaf. The liquid is brought to the boil and simmered gently for approximately 30 minutes before straining through muslin or a fine strainer.

BOUILLON: the flavoured liquid of the stock or broth, which is, of course un-clarified. That means it is cloudy and obtained from the bones and meat, boiled with vegetables for several hours at a ticking-over heat or gentle simmer. It is the soul and base of quality soups and sauces.

VEGETABLES STOCKS: are made with gently-fried vegetables with aromatic herbs then moistened with the cooking liquor, brought to the boil and allowed to simmer.

GAME STOCKS: are best made with venison bones or the carcass of birds such as pheasants and partridge or with some bones of rabbits and hare. The bones should first be browned with vegetables then moistened with water and gently simmered.

FISH STOCKS: are made with white-fish bones such as sole and turbot with white vegetables. They take little time to cook to achieve a strong flavour.

GLACE DE VIANDE: a meat glace achieved by reducing usually brown stock to a concentrate so it sets like a jelly. The stock has to be reduced until it coats the back of a wooden spoon. During the reducing process it should be passed a few times through a muslin

cloth to clarify the stock. Game and poultry together with fish stock can be used to make the respective glaces.

NOTE that all stocks should be continually skimmed of fat and scum and topped up during boiling. This is best done when the liquid is just ticking over at around boiling point or just simmering.

SOUPS

Soup can be described as a liquid food which is normally served at the beginning of a lunch or dinner although it can be enjoyed as a mid-morning snack or as part of a brunch menu. The point to bear in mind is that soup can set the tone for the complete menu, whether lunch or dinner

Soups are based on meat, fish or vegetables and are thickened with a number of agents or, in the case of puree, soups from the starch in the vegetables. Most are served in soup bowls, dishes or cups or from a soup tureen at or near the table.

The basic liquid can be water, milk or the stock of fish, meat or game. There are also complete soup meals such as Pot-au-Feu but most are classed as clear or thick soups. Thick soups are further classified as purees, broths, bisques, veloute and cream soups. Clear soups are consommé, beef tea or bouillon. Before stock-based soups can be made successfully the basic stocks must be made to give the requisite body.

CLEAR SOUPS

BASIC CONSOMMÉ

6 pints cold brown stock
1 halve minced lean beef
8 oz chopped carrots and leek
2 egg whites

Method

Place the minced beef, chopped carrot, leek and egg whites into a pan and mix together. Add the cold stock then bring to the boil, stirring constantly with a wooden spoon. Once at the boil draw the saucepan to the side of the stove and allow the soup to gently simmer or tick over and boil for 1 3/4 hours. Once the soup has been brought to the boil it must not be stirred. Throughout cooking carefully skim any surplus fat or scum. When ready carefully strain through a muslin cloth or damp cloth

remove any floating fat froth or foam. This is now a consommé or clarified clear soup and should have an amber colour. Minced chicken, veal or game meat can be used instead of beef for different flavoured consommé.

OTHER POPULAR CLASSICAL CONSOMMÉ

CONSOMMÉ ROYAL

A garnish of cooked and set savoury egg custard using stock instead of milk, cooked in a bain marie, allowed to cool and set overnight. The garnish is diced and placed in the soup on serving.

CONSOMMÉ BRUNOISE

A garnish of small diced vegetables cooked by boiling so as to prevent fat floating on the consommé.

CONSOMMÉ A LA MADRILENE

This is a poultry consommé enriched with tomato pulp to flavour and set as a jelly with gelatin to serve chilled.

CONSOMMÉ CELESTINE

Julienne of pancakes mixed with herbs or chopped truffle and the consommé is slightly thickened with tapioca.

VELOUTE SOUPS

These are soups thickened with a liaison of egg yolks mixed with cream and added at the last minute. The mixture must not re-boil or it will curdle. The basis of a veloute soup is a white roux moistened with white stock. The meat, fish, shellfish or vegetables are then cooked in the veloute. Once cooked it is rubbed through a sieve or pounded with a mortar before sieving, then thickened with a liaison of egg yolks, mixed with cream and added at the last minute. Blending knobs of butter complete the preparation.

EXAMPLE OF A BASIC VELOUTE

2 pints of white stock (chicken or veal)
or fish stock
4 tablespoons flour
2 oz approx of butter.

Method

Melt the butter, add the flour and cook over a low heat until it becomes a blond roux or off-white in colour. Gradually stir in the stock and allow to simmer until cooked (approx 1 1/2 hour).

POTAGE VELOUTE DE VOLAILLE AGNES SORREL

Prepare a chicken veloute and add a medium sized young chicken (approx 3 lbs) and simmer gently in 2 pints of veloute until cooked. Drain the chicken and allow to cool then bone it. Retain some of the breast for garnishing. Pound the remainder with a mortar and return to the veloute to cook a little longer, then pass and rub through a sieve. Correct the consistency and flavour (salt and pepper) and add the garnish of fine julienne of chicken breast, tongue and mushroom. Thicken with a liaison of egg yolks and cream. Do not allow to boil and serve immediately.

OTHER POPULAR VELOUTE

DUBARRY

Cauliflower veloute with small fleurets of cauliflower to garnish, flavoured with chervil and thickened with a liaison of egg yolks and cream.

POIREAUX

Leek veloute garnished with fried croutons and blanched julienne of leek and thickened with a liaison of egg yolks and cream.

JACQUELINE

Fish veloute with a garnish of carrot balls, peas, asparagus heads and boiled rice then thickened with a liaison of egg yolks and cream.

SAINT-HUBERT

Game-flavoured veloute garnish with dice of game, chopped truffle, flavoured with red currant jelly and brandy then thickened with a liaison of egg yolks and cream.

CREAM SOUPS

All cream soups are thickened with a basic white béchamel sauce or rice cream sauce.

2 pints milk
pinch salt
4oz flour
1 whole onion Cloute (studded) with bay leaf and cloves
2 parsley sprigs
thyme sprig
peppercorns
4 oz butter

Method One

Heat the milk slowly with the whole onion studded with the cloves and bay leaf, parsley, thyme and peppercorns until almost at boiling point. Melt the

butter in another saucepan and add the flour, cook slightly without colour. Add the milk to the roux adding a little at a time to the correct consistency then allow simmering for 20 minutes then strain.

Method Two

When using ground rice, mix with a little cold milk then add the hot milk, gradually stirring with a wooden spoon. Simmer for 25 minutes then strain. Oatmeal can also be substituted for the ground rice.

When making cream soups the just-cooked or blanched vegetables or meat are pre-cooked (usually in butter in a covered pan) by different means then pounded or rubbed through a sieve. They are then added to the béchamel or cream rice sauce and allowed to infuse when cooking is finished. Once infused the consistency and seasoning is corrected then sieved or pureed through a blender, finished with cream and served.

CREAM OF JERUSALEM ARTICHOKE SOUP

Blanch the peeled artichoke in boiling water then drain and cool. Slice the artichokes and complete the cooking in butter in a covered pan for about 10 minutes. Rub through a fine sieve and add this thin puree to the white sauce. Serve with fried croutons and garnish with a small tablespoonful of boiled rice.

OTHER POPULAR CREAM SOUPS:

Crème de volaille (cream of chicken),
crème de celeri (cream of celery)
crème de champignons (cream of mushroom).

PUREE SOUPS.

These are thickened with the starch contained in the vegetables or in the pulses used in the soups. They are simmered gently in stock and should be smooth in consistency after first being passed through a sieve or liquidised. Fried cubed croutons are usually used as garnishes.

PUREE OF GREEN SPLIT PEA SOUP

1 lb split green peas (dried and soaked in water overnight)
salt
2 medium leek (middle to top part only)
2 ½ pints water (or light stock)
2 fluid oz double cream
2 oz butter

3 oz streaky bacon
White bread for croutons
1 lettuce heart
Mirepoix of carrots, onions, parsley sprigs, bay leaves, little chervil.

Method

Brown the diced streaky bacon in a pan, add the chopped mirepoix and cook in a little butter, add the washed pre-soaked split green peas, shredded leek and lettuce. Cover with a lid and cook gently in the water or stock until soft. Pass through a sieve and return to a pan to check the required consistency with some white stock. Add knobs of butter before serving with a cordon of cream. Garnish with fried croutons.

OTHER POPULAR PUREES:

Puree parmentier (potato puree), puree de pois frais (fresh pea puree), puree portugaise (tomato puree with herbs), puree de haricots blancs (white haricot bean puree).

Bisque soups are shellfish puree soups where shellfish shells are used to make the first part of the puree process, most are flavoured with white wine, brandy and cream.

CRAYFISH BISQUE

2 oz butter
18 raw medium sized crayfish
3 pints fish stock
Brandy
4 fluid oz white wine
2 fluid oz cream
mirepoix of vegetables: carrots, onions, bay leaf, thyme and parsley
2 oz ground rice.

Method

Melt the butter and add the mirepoix and cook until coloured brown. Add the crayfish from which the intestines have been removed by twisting the fish in half. Cook until the fish turns red then flambé with the brandy. Add the white wine and reduce then add 1 pint of fish stock and simmer for 10 minutes. Remove the crayfish tails from the soup and take out the meat, which should be retained for garnishing. Return the shells to the soup with the remainder of the fish stock. At this time 2 oz of ground rice should be added and allowed to cook further for approx 15 to 20 minutes. Once cooked pound the shell and pass the bisque through a sieve or liquidise first then pass through a sieve. Re-boil the bisque and correct the seasoning.

Thicken if necessary with an egg yolk and cream liaison. Finish the soup with knobs of butter (*monte au beurre*), garnish with the diced meat and serve immediately. Brandy, more cream or a dash of cayenne may be added to enhance the bisque.

Crab, lobster, Dublin bay prawns and live shrimps can be prepared in the same way as the crayfish bisque. But note that the crab feathers must be removed before preparing a crab bisque

OTHER FAMOUS AND FOREIGN SOUPS

MULLIGATAWNY: Indian soup adopted by the British; consists of curried chicken soup heavily flavoured with spices and finished with cream. Should have a smooth consistency and is garnished with blanched almonds and boiled rice.

COCKY LEEKIE: Scottish soup consisting of a mixed chicken and veal consommé with a garnish of julienne of leek, cooked in butter without colour, poached prunes without pips and chicken cut in strips.

BORSCH: from eastern Europe and Russia, this is a difficult soup to describe because there are so many varieties. But they all have one thing in common: the meat is usually beef cooked in stock with vegetables for long periods. Beetroot gives the soup its traditional colour. Once the beef is cooked it is removed from the soup, some is cut into small cubes to be used for the garnish, while the remainder is used for other things. The soup is served with julienne of leek, carrots, celery, onions, beetroot and sometimes white beans. Sour cream is usually served as a garnish separately or floating on top. Borsch can also be made with fish and there is a green borsch with green vegetables and herbs such as spinach, chervil, sorrel and parsley as a base.

SAUCES

A sauce is a liquid, seasoned if savoury or sweetened if used as a dessert. It is used in the preparation of food or to accompany food and also to enhance or add flavours to dishes as well as being compatible or complementary them. It can be hot or cold but the quality of the sauce can make or break a dish. Preparation requires utmost

skill apart in reducing, de-glazing and in achieving the correct consistency, thickening methods and the use of alcohol etc.

SAUCE ESPAGNOLE.

This is the basic brown sauce which acts as the basis for a demi-glaze which is, in turn, the basis of a number brown sauce derivatives.

4 oz clarified butter
2 oz diced fatty bacon
4 ½ oz flour (strong)
2 oz chopped onions
6 pints brown stock (approx)
2 oz chopped carrots
Bay-leafs
thyme sprigs,
parsley stalks
2 crushed tomatoes
tablespoonful tomato puree
mushroom trimmings.

METHOD

Make a brown roux by melting the butter and adding in the flour, cook slowly to the side of the stove until the roux becomes nut brown in colour and free from lumps. Add the tomato puree and cook for a few more minutes then allow to cool slightly. Gradually add the hot brown stock and bring to the boil, making sure the correct consistency is reached. Add to the sauce the pre-browned vegetables and fatty bacon together with the herbs. Allow the sauce to tick over on the side of the stove for approx 3 ½ hours, adding stock when needed to adjust the consistency. Strain through a strainer once cooked.

DEMI-GLACE

A rice brown sauce is made by reducing sauce Espagnole by half with brown stock with some wine or mild sherry. The sauce should be glossy and should just be thick enough to cover the back of a wooden spoon. Demi-glaze is also known as half-glaze and from it many others are made, the best-known and most popular being described below:

SAUCE CHASSEUR: sliced or minced mushrooms tossed in butter, with chopped shallots added then reduced in white wine, demi-glaze being added and finished with chopped parsley.

SAUCE PIQUANT: chopped shallots reduced with white vinegar and dry white wine, demi-glaze being added and allowed to cook. Once cooked it is passed through a strainer, a julienne of

gherkin added to the sauce with a teaspoonful of tarragon, together with cracked peppercorns and chopped chervil.

SAUCE POIVRADE: vegetable mirepoix of carrots and onions, fried in butter with a bay leaf, parsley stalks, thyme sprigs and off-cuts of streaky green bacon then reduced with wine vinegar. Demi-glace is added and simmered for a further 45 minutes then strained through a fine sieve and finished with knobs of butter and a good pinch of coarsely-ground pepper (mignonette).

SAUCE GRAND VENEUR: sauce poivrade flavoured with red currant jelly and finished with cream; served with game dishes.

SAUCE PERIGOURDINE: demi-glace containing foie-gras puree (liver pate parfait can be used) or goose pate flavoured with Madeira and finished with chopped truffles.

SAUCE DIABLE: chopped shallots, coarse ground pepper (mignonette) reduced with white wine and a light wine vinegar, added to the demi-glace, cooked for 30 minutes then strained. The sauce can then be furthered flavoured with cayenne pepper, Worcester sauce, English mustard or anchovy butter depending what the sauce is to accompany.

BECHAMEL

This is a white sauce made with a white roux then moistened with onion-flavoured milk and cooked for 20 – 30 minutes.

2 pints milk
pinch salt
4oz flour
1 whole onion Cloute (studded) with bay leaf and cloves
2 parsley sprigs
4 oz butter

Method

Heat the milk slowly with the whole onion studded with the cloves and bay leaf, parsley stalks almost until boiling point is reached. Melt the butter in another saucepan and add the flour, cook slightly without colour, making a white roux. Add the milk to the roux a little at a time to ensure the correct consistency, allow to simmer for 20-25 minutes then strain.

Apart from thickening cream soups the béchamel sauce is the base for other popular sauces:

SAUCE MORNAY: béchamel sauce mixed with grated cheese such as Gruyere or parmesan then finished with butter and cream.

SAUCE HUITRES: creamed béchamel with oyster juice and garnished with collops of poached oysters.

SAUCE SOUBISE: béchamel sauce containing fine diced and cooked onions without colour then strained, re-seasoned and finished with cream.

SAUCE CARDINAL: béchamel sauce containing some fish stock, flavoured with cayenne pepper and finished with truffle essence and lobster butter.

Note that lobster butter is made by pounding boiled lobster shells, lobster eggs and coral with a mortar with an equal quantity of butter. Melt the butter in a bain-marie, straining it through a muslin skin and squeeze the contents into iced water. This will solidify when it can be removed, dried and moulded before use.

SAUCE HOLLANDAISE

This is a cooked egg yolk, butter which has many derivatives.

4 egg yolks
1 lb fresh butter
a little water
salt
pepper
squeeze of lemon juice.

Method

Place the egg yolks in a bowl over hot water and start by whisking until it starts to turn white and produce a ribbon effect, leaving the whisk mark in the mixture. Gradually add the melted clarified butter, whisking continuously. Water may need to be added to correct the consistency. Finish by seasoning with salt, pepper and lemon juice.

OTHER POPULAR SAUCES MADE FROM THE BASIC HOLLANDAISE:

SAUCE MOUSSELINE: the basic hollandaise sauce in which whipped cream is folded in at the last minute.

SAUCE BÉARNAISE: reduction of

chopped shallots, tarragon, coarse pepper and vinegar strained into the hollandaise and finished with chopped tarragon and chervil.

SAUCE CHORON: bernaise sauce to which tomato puree is added.

SAUCE MALTAISE: hollandaise sauce finished with the juice and zest of the blood orange.

SAUCE PALAISE: reduction of shallots, mint, coarse pepper and vinegar then strained into the hollandaise and finished with chopped chervil and fresh garden mint.

SAUCE MOUTARDE: simply flavouring the hollandaise with mild English mustard.

SAUCE NOISETTE: adding nut brown butter at the end to flavour the hollandaise.

SAUCE BAVAROISE: reduction of grated horseradish, peppercorns, thyme, bay leaf and parsley stalks in vinegar, strained into the hollandaise then garnished with crayfish tails cut collop-style resting on the sauce.

VELOUTE SAUCES

The basic veloute sauce is made by adding to a blond roux equal quantities of fat and flour, cooked slowly on the side of the stove until it turns off-white, together with white chicken or veal stock and allowing the sauce to tick over for approx 1 ½ to 2 hours.

OTHER POPULAR SAUCES USING THE MEAT VELOUTE BASE:

SAUCE SUPREME: chicken veloute finished with a good portion of fresh cream.

SAUCE AURORE: using the sauce supreme to which tomato coulis or puree is added.

SAUCE IVOIRE: using the sauce supreme to which glace de viande (meat glaze) is added to flavour and slightly colour.

SAUCE ALLEMANDE: chicken veloute cohered with egg yolks to finish; must re-boil; sometimes cream is added to enhance the flavour.

SAUCE RAVIGOTE: white wine reduction with vinegar added to the

veloute and incorporating chopped tarragon, chervil and chive and finished with shallot butter.

FISH VELOUTE

The basic fish veloute is prepared in the same way as the meat veloute except that fish stock is used instead of meat stock. Fish veloute takes a little less time to cook, usually 1 to 1 ½ hours.

OTHER POPULAR SAUCES USING THE FISH VELOUTE BASE:

SAUCE BERCY: fish veloute to which finely chopped shallots cooked in butter without colour are added then reduced with white wine and fish stock. The sauce is then finished with chopped parsley and knobs of butter.

SAUCE NORMANDE: fish veloute a la crème, finished with a liaison of egg yolk and cream containing mushroom essence and oyster juice.

SAUCE AMIRAL: fish veloute with white wine a la crème containing a garnish of mushroom heads and small blanched button onions.

SAUCE SUCHET: fish veloute finished a la crème with white wine and a garnish of fine julienne of vegetables and truffles.
Sauce Saint-Malo: fish veloute flavoured with mild mustard and containing fine chopped shallots, cooked in white wine and finished with cream and anchovy essence.

MAYONNAISE

This is a cold sauce and, apart from many derivatives, is very popular. It is mainly used to accompany cold dishes but also used with aspic jelly to coat food or piped through a piping bag to garnish food. Its other main use is binding of food together. It is simple to make providing caution is observed. Mustard was not used originally but English mustard is now commonly used.

4 egg yolks
ground pepper
salt
cayenne
lemon juice
vinegar (malt)
tarragon wine
1 pint oil
little boiling water.

Method

Whisk the egg yolks, salt, pepper and mustard hard until it starts to turn white. Add half the vinegar, gradually add the oil, whisking well a little at a time, incorporate the remainder of vinegar, tarragon wine when adding the oil. Finish with the lemon juice and then add a couple of tablespoons of boiling water to ensure cohesion and prevent the sauce from curdling. All the ingredients should be at room temperature.

OTHER POPULAR DERIVATIVES:

SAUCE RUSSE: the mother of sauce mayonnaise is mixed with caviar puree, a little mild mustard and the creamy parts of sieved lobster.

SAUCE ANDALOUSE: sauce mayonnaise mixed with tomato puree and dice red capsicums

SAUCE TARTARE: sauce mayonnaise incorporating chopped onions and chives with the sieved hard yolks of boiled eggs.

SAUCE SUEDOISE: sauce mayonnaise mixed with apple puree and freshly-grated horseradish sauce.

SAUCE VERTE: sauce mayonnaise mixed with the juice of blanched parsley, watercress, tarragon, chervil, spinach and fresh green herbs and squeezed through a muslin cloth.

SAUCE GRIBICHE: mayonnaise made with boiled egg yolks instead of raw eggs with a garnish of julienne of gherkins, hard boiled egg whites, capers and chopped chervil and tarragon.

STEW

These are the different methods of cooking meat, often using tougher cuts. Stocks and vegetables are also used in the process to enhance the flavours and to tenderise the meat.

BLANQUETTE

This is a white stew traditionally made with veal and poultry which is started by cooking it in its own juices then in white stock or with water added. Aromatic vegetables and flavouring are added and the stew is cooked with a blond roux and thickened fully with a liaison of egg yolks and cream. Vegetable Blanquette are usually made with fennel, celeriac and leek heads. Fish blanquette are made using monk fish.

VEAL BLANQUETTE.

2 lbs diced lean veal
4 oz button onions
4 oz button mushrooms
spoonful of flour
2 slices thick white bread
2 whole onions
bunch parsley
6 medium carrots
bouquet garni (bay leaf, sprig of thyme, parsley, celery stick)
2 pints of white stock
3-4 egg yolks
4 fluid oz double cream
4 fluid oz white wine
pinch of nutmeg
some cloves
4 oz butter

Method

Seal the diced veal in a pan without colour in 2 oz butter, allow to cool then add the flour and cook slightly on a low heat. Add the hot stock and white wine and simmer gently with two whole onions - one of which is studded with cloves - the peeled and sliced carrots and the bouquet garni tied with the celery stick. Either cook on a low heat on the side of the stove or in the oven, but either way using a lid. Cooked for about an hour and a quarter then add the pre-cooked button mushrooms and onions when the meat is soft. Remove the whole onions and bouquet garni then squeeze in the lemon juice to flavour. Thicken with the liaison of egg yolk and cream. DO NOT REBOIL. then serve with chopped parsley, a fine sprinkling of nutmeg and the white bread shaped in hearts which has been shallow-fried in butter.

FRICASSEE

This is a stew with the meat and some of the vegetables being browned. The meat is usually chicken and is cooked in a thickened sauce and finished with an egg yolk and cream liaison.

CHICKEN FRICASSEE

4 chicken breast (bone removed) 6-7 oz
1 lb young carrots
4 egg yolks
bouquet garni (bay leaf, sprig of thyme, parsley, celery stick)
1 pint chicken stock
2 oz flour
3 oz butter
tablespoon wine vinegar

bunch of parsley
pinch of sugar

Brown the sliced carrots in butter, remove the carrots then brown the chicken breasts which have already been cut in two and liberally covered with flour. Cover with the chicken stock and seasoning then gently cook under a lid. Remove the chicken when cooked and keep warm. Reduce the cooking liquor and remove the bouquet garni, add the wine vinegar then thicken with a liaison of egg yolks and cream. Add a pinch of sugar, coat the chicken with the sauce, sprinkle with chopped parsley and garnish around the dish with the pre-cooked button onions and mushrooms.

A well-known fricassee of fish contains turbot, scampi, mullet and john dory placed in hot foamy butter with very finely chopped shallots. Cover with white wine, a little fish stock and poached gently. Once cooked remove from the liquor and reduce. The fish is then arranged on the plate, topped with the reduced liquor then covered with a sabayon of egg yolks and white wine, seasoned well and sprinkled with chopped chervil.

RAGOUT

This can be a brown or white stew of meat, fish or vegetables cooked in and served in a thickened liquid with herbs and seasoning.

Fish Ragout: seafood like mussels, clams, cockles and scallops with the cords removed cooked in white wine then placed in a white wine fish sauce and sprinkled with rough chopped parsley.

Vegetable Ragout: large chunks of mixed vegetable such as celery, onions, peppers, courgette, aubergines and cauliflower browned and cooked in its own juices with herbs and with peeled seeded coarsely-chopped tomatoes.

Ragout of Lamb (white ragout): similar to a Lancashire hot-pot using shoulder of lamb cut into slices, the fat removed and layered with sliced peeled potatoes and onions. Seasoned a bouquet garni added and slowly cooked in stock in the oven with a lid for approximately an hour and a half; the potatoes thicken the stew.

Ragout of Mutton (brown ragout):

sliced lean mutton which is browned in fat or dripping, sprinkled with flour and cooked in the oven gently for a few minutes, then moistened with brown stock and the meat covered. Add some browned vegetables, bouquet garni and cook in the oven until tender.

Ragout of Mushrooms: mushroom first sautéed in butter with Marsala or Madeira added, reduced with cream then cooked on a low heat until creamy and thick and served with sprinkled roughly chopped parsley.

CASSOULET

This is a stew in which the essential ingredient is the haricot bean, originally from Lima, Peru, although dishes made in Europe use the Spanish bean. The meat ingredient is goose, pork, mutton and Toulouse sausage. Salt cod cassoulet incorporates the white haricot bean.

Toulouse Cassoulet: soak the white beans overnight in cold water. Boil for an hour in salted water and drain, then return to the pot of boiling water containing blanched bacon rind rolled and tied, carrot chunks, crushed garlic, bouquet garni and whole cloves. Add to this lightly-browned cut pieces of duck, pork breast, mutton and Toulouse sausages cut in rounds. Cook slowly in the oven with a layer of white breadcrumbs soaked in goose fat. Cook for approximately an hour and a half and serve in the cooking dish.

JUGGED HARE (CIVET DE LIEVRE)

This is a hare stew which is thickened with the animal's blood. First marinate the hare pieces in red wine, fry in butter with onions and minced carrots, then flame with brandy. Some flour is added at this stage and singed gently to cook. Cover with red wine and brown stock along with a bunch of fresh herbs (tied), pureed garlic and tomato paste, then cover with a lid and cook gently in the oven. Once cooked remove the hare and keep warm, strain the sauce and add some blanched then fried bacon lardons, button mushroom and onions. Place the hare back into the sauce and thicken with the blood. The sauce must NOT REBOIL. Garnish with chopped parsley and heart-shaped croutons.

NAVARIN OF LAMB

This is traditionally lamb or mutton stew using the scrag-end, neck or shoulder cut. The meat is cut into pieces and nicely browned in a casserole dish with onion and carrots. A spoonful of sugar is added at this stage to caramelise to colour the sauce. Add flour, cook gently then moisten with brown stock and cook with tomato paste, crushed garlic and a herbed bouquet garni. Cook for approx an hour and a half in a covered pot in the oven. Remove the meat from the sauce then strain the sauce back on to the and garnish with olive-shaped turnips, small potatoes, petit onions and dwarf carrots. The garnish should be laid on the stew and brushed with butter and served in individual casserole dishes or in a timbale.

SALMIS

This type of dish is normally made from game birds such as pheasant, duck, pigeon, guinea fowl and partridge, which are half-roasted and the breasts are then removed from the bone, the carcasses are then chopped and used to make a salmis sauce with browned vegetable and white wine, Demi-glace and stock is added then the cooking is completed. The removed breasts are then placed in the salmis sauce and cooked with truffle and mushroom essence to finish.

NOTES