



THIRD EDITION

INTERNATIONAL COOKING

A Culinary Journey

Patricia A. Heyman



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Patricia A. Heyman

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Printer/Binder: RR Donnelley, Owensville
Cover Printer: Phoenix Color, Hagerstown
Text Font: 10.25/12.25 ITC Garamond STD

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Library of Congress Cataloging-in-Publication Data

Names: Heyman, Patricia A., author.

Title: International cooking : a culinary journey / Patricia A. Heyman.

Description: Third edition. | Boston : Prentice Hall, [2017] | Includes bibliographical references and index.

Identifiers: LCCN 2015050384 | ISBN 9780133815238 | ISBN 0133815234

Subjects: LCSH: International cooking. | LCGFT: Cookbooks.

Classification: LCC TX725.A1 H48 2017 | DDC 641.59--dc23 LC record available at <http://lcn.loc.gov/2015050384>

10 9 8 7 6 5 4 3 2 1

PEARSON

ISBN 10: 0-13-381523-4
ISBN 13: 978-0-13-381523-8

*Dedicated to four who are in my heart forever—
for limitless love and support:*

Lisa Heyman, my mom

and

Alan Roer, my husband

I wish you could see this book;

Julius Heyman, my dad

and

Emma Frank, my Oma

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Preface

People say the world is becoming smaller. Of course, the world is not shrinking, but more accessible travel, familiarity with people from foreign lands, and efficient communication make faraway destinations seem less remote.

No longer reserved for the wealthy, travel to foreign lands is attainable for many people. The price of an airline ticket to Europe often costs less than flying from New York to California, and myriad flights travel overseas every day. While college spring break used to mean a trip to Florida for the lucky, now a week in Paris or scuba diving in Belize fits into the realm of spring break possibilities.

With the help of telephones, computers, wireless technology, satellites, airplane travel, and continually developing technologies, business and pleasure truly span the globe. As a result, more and more people are familiar with foods from foreign lands, and dishes from all corners of the world penetrate the menus of other cuisines.

Culinary schools used to teach continental cookery, which primarily covered the cuisines of Europe; however, that no longer suffices. Offering a much broader range of cuisines, international cookery is the necessary course now. As travel to Asia, Latin America, and destinations throughout the world has increased, so has the interest and knowledge of cuisines spanning the globe.

Today many businesses operate globally. Companies from around the world relocate employees to other countries for varied periods of time. This adds to the ethnic diversity of neighborhoods all over the globe. In addition, when people move to foreign lands, they learn about other cultures and cuisines, and they adopt the aspects they like.

Demographic changes also have altered our perspective of the world. Great increases in the number of immigrants play a significant part in the cultural composition of cities, schools, and neighborhoods. Of course, ethnic restaurants thrive in areas with substantial ethnic populations, and then these cuisines become more mainstream. According to the last census, the fastest growing ethnic groups in the United States are Hispanics and Asians. Mexican and Asian restaurants proliferate. No wonder salsa has replaced ketchup as the leading condiment in the United States.

Immigration and increased birth rates continue to change the demographics of the world. Predictions released from the United Nations estimate that people from Asia, Africa, and Latin America will represent about 87 percent of the world's population by 2050. The remaining 13 percent will reside in other regions, including North America and Europe. People from densely populated developing countries continue to seek opportunities in more prosperous nations. As a result, many immigrate to the more affluent countries. So, although the world is not shrinking, it certainly is changing, and that change results in people's being exposed to more countries, more cultures, and more cuisines.

>> GOAL OF THE BOOK

The goal of this book is to provide a comprehensive picture of cuisines found throughout the world and an explanation of their development and evolution. This is accomplished by information about the food and culture, as well as recipes from each area. Discussion in each chapter focuses on the development of the cuisine and the many issues that molded and influenced it. With this knowledge, each cuisine's evolution can seem both logical and natural.

Additionally, understanding the cuisine and familiarity with its traditional recipes allow the cook or chef to adapt and create recipes. With this information, he or she can incorporate current trends, characteristics of any geographical area, or personal preferences into the traditional recipes.

>> PREMISE OF THE BOOK

What makes each cuisine unique? This book shows that neither random selection nor chance caused a cuisine to develop as it did. First, many of a cuisine's culinary traits result from conditions that naturally exist in the region or country—factors such as the geography, topography, climate; what can be grown or raised there; and historical influences from settlers, invaders, and bordering countries.

Second, and often determined by the factors listed earlier, many food preferences and cultural traits create the differences that distinguish one cuisine from another. The preferred carbohydrate, whether rice, pasta, bread, or corn, makes a significant impact on the cuisine. How can one think of Asian cuisines without thinking of rice? The herbs, spices, and other flavorings utilized create the taste associated with each country. For example, chili peppers and salsa are identified with Mexican cookery. The variety of protein consumed in the region further defines the cuisine. The Jewish and Muslim strictures against eating pork in the Middle East (as well as other places), the abstinence from beef in India, and the abundance of seafood and fish in areas near water characterize the cuisines of these places. All these issues clearly affected the cookery in each region and country, causing it to evolve into the cuisine it is today.

>> ORGANIZATION OF THE BOOK

Each chapter is divided into six sections: history, topography, common food ingredients and flavorings, cooking methods, regions, and general characteristics of the cuisine. The development and the evolution of each cuisine become apparent through an understanding of the issues discussed in these sections. Following this dialogue, each chapter contains a glossary (a master glossary is located in the back of the book), a chart summarizing the material covered in the chapter, and a selection of recipes characteristic of the cuisine and its heritage, with dishes representing all segments of the menu. In addition to the entrées, the collection of recipes contains at least two first courses, soups, salads, vegetables, starches, breads, and desserts. When appropriate, the choice of entrées includes a selection of meats, poultry, fish and/or seafood, and vegetarian dishes to offer sufficient variety. The group of recipes is well rounded enough to prepare a successful buffet representing the country(ies) in the chapter.

Throughout history and today, wine has been valued for enhancing food as well as the whole dining experience. Food and wine pairing is an important aspect of dining today and, therefore, must be included in a book of this type.

Jerry Comfort, senior manager of wine education at Foster's Wine Estates (Beringer Vineyards, Château St. Jean, Château Souverain, Stags' Leap Winery, St. Clement, Greg Norman, Meridian, Lindeman, and many other wineries) has provided wine recommendations for each first course, soup, and entrée in the first two editions.

Wine pairings for the new recipes in this third edition are created by Leo Schneemann. Currently, his jobs include Wine Director for KG-NY Restaurant Group (Wallsé, Café Sabarsky, Blaue Gans, and Upholstery Store: Food and Wine), Managing Co-Owner of the Upholstery Store: Food and Wine, and General Manager of the New York City restaurant, Wallsé. Born in Austria, Schneemann received his education and extensive training in restaurants and wineries of Austria, France, and Switzerland. With especially broad knowledge of Austrian and German wines, he is a member of the American Sommelier Association.

The cooking method(s) employed appear at the top of each recipe. My colleague Bob Chapman always told his students that there are only six ways to cook—no matter what you're cooking. Whether the cuisine is American, French, or Chinese, the six cooking methods remain bake/roast, grill/broil, braise, boil/simmer/poach/steam, sauté, and deep-fry. Braising is braising, regardless of what spices and flavorings surround the foods. Please let that thought demystify the recipes you encounter in your cookery from around the world.

Some chapters cover one country, others include two or more countries, and still others contain a whole continent. Choosing to group some countries together and exclude others from this book altogether is the result of both the time limitations of a course and the magnitude of covering every country in the world. As a result, I have tried to include countries that are culinary representatives of the world cuisines.

Many of the European countries covered in a continental cookery course need their own chapter. Theirs remain the most familiar cuisines to many dining customers, and they still guide many of the cookery principles and standards in the Western world. This does not lessen the profound, significant, and growing influence of a myriad of other “lesser known” cuisines that are included in this book. Realize that the popularity and influence of any particular cuisine continually changes. Triggered by a limitless number of factors, trends come and go, leaving today's hottest cuisines passé tomorrow.

Although this book may contain too many chapters for a one-semester course, I am including more countries knowing that the instructor might need to omit some. Rather than write a textbook that fits neatly into a semester, I want to offer a valuable book for one's personal library covering cuisines from every continent.

>> WHY I WROTE THIS BOOK

The idea for this book began when I was the program coordinator for the culinary arts program at Jefferson Community College in Louisville, Kentucky. Searching in vain for a book on international cuisine for our students, I called colleagues across the country only to find that they did just what we did—lectured on the cuisine and distributed lots of handouts. So, finally, here is the book I wanted to find!

>> MY HOPE

Writing this book has been a joy on many levels. For more than two years, I submerged myself into researching and learning about the cultures and cuisines of other lands and testing more than 250 recipes. For this edition, I modified the text, tested and added more than 65 recipes, and included at least one bread recipe in each chapter. Although I have barely scratched the surface of knowledge about the world's cuisines, it's been a fascinating culinary journey!

As I always tell my students before espousing strong personal opinions, “This is from the world according to Patsy.” So here are some thoughts from my world: I strongly believe that knowledge of a cuisine is an important part in understanding the culture and the people who live there. Armed with this knowledge, we can understand and appreciate others for both their similarities to and differences from us. It is my sincere hope that this book will open some doors to knowledge of other cuisines and cultures, which will lead to greater tolerance for others.

Notes on Using This Book

Always read the entire recipe before beginning. Reading through the recipe makes it easy to understand the preparation and assembly, giving you an overview of what the recipe involves. Gather all the needed ingredients, and then begin cooking.

In the recipes, I make some assumptions regarding ingredients. Unless otherwise specified:

1. Garlic cloves and onions have been peeled.
2. Bell peppers have been cored and seeded.
3. All fresh fruits and vegetables have been washed.
4. All meat, poultry, fish, and seafood have been washed.
5. Stems have been removed from fresh herbs.
6. “Pepper” is ground black pepper.

A topic that must be addressed is homemade stock versus stock prepared from bases. For better or worse, because of labor and money issues, the majority of cooks and chefs use prepared bases for stocks. Of course, the recipes in this book do not designate homemade or stock prepared from bases; however, most prepared bases are quite salty. As a result, recipes containing stock include little or no salt in the ingredients. Toward the end of every recipe, instructions call for correcting the seasonings. At that point, you should taste the recipe and add salt or any other needed seasonings. Remember that it is easier to add more salt at the end of the recipe than to remove salt from the dish!

Every recipe in this book includes both weight and volume measurements. Although all the culinary schools I have visited use scales, that might not be the case in every restaurant or catering kitchen. Certainly, I have worked in restaurants without scales or with only one digital scale. With both measurements available, anyone can prepare the recipes in this book.

Finally, this international cookery book obviously contains many ingredients not commonly used in North American cookery. Throughout this book, my goal was to keep the unusual ingredients to a minimum so people living in areas that do not have large ethnic communities can prepare the recipes. Don't let the foreign-sounding ingredients intimidate you! A large supermarket stocks most of the ingredients listed in this book. An Asian market will carry many of the ingredients needed for Indian as well as the Asian and Middle Eastern cuisines. I even bought a few of the dried peppers needed for the Mexican recipes from a Mexican restaurant in town. A natural foods store or co-op will probably sell all or most of the herbs or spices needed for the recipes.

If an ingredient cannot be found, substitute. Look on the Internet for a suitable substitute for the ingredient. Many foreign cheeses are similar to ones easily obtained in the United States. Although the taste or melting quality might not be exactly as it is in the native country, it should be close enough to prepare the dish and enjoy it.

Substitute freely, if necessary, but do try to use the listed ingredients, if at all possible, to create the most authentic dish.

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>> NEW TO THIS EDITION

The third edition of *International Cooking: A Culinary Journey* contains more material in both the dialogue of the chapter and the recipes. It has updated information from the second edition of the textbook and additional recipes in each of the 18 chapters. In addition, the book is formatted into smaller sections to enable the student to absorb the information more easily.

- More than 65 new recipes added, with three to five new recipes per chapter.
- All chapters now contain at least one bread recipe. In this edition, the collection of recipes in every chapter includes two or more first courses, two or more soups, two or more salads, two or more vegetables, two or more starches, one or more bread, and two or more desserts, as well as an assortment of entrées with at least one beef dish, one pork dish, one lamb dish, one poultry, and one seafood or fish (when appropriate to the country/region). This allows the students to prepare a comprehensive buffet of the cuisines covered in each chapter.
- The revised and updated text contains new information and additional sidebars giving the student more knowledge. With our changing world, some new countries were noted, while nonexistent countries were deleted.
- Over 700 photographs, with many of the older photos replaced. It also contains more how-to photographs, which provides more clarity for the students.
- Maps have been enlarged and new regions/areas noted in the chapter openers.
- Updated PowerPoint slides for use with the lectures on each chapter.

Websites

A world of information exists on the Web, but obtaining that information often presents a formidable challenge. After much searching, I have compiled a list of websites that contain more recipes, as well as information about some of the food products and countries discussed in this book. There are literally thousands of websites with information and/or recipes on international cuisines. This list represents just a small portion of the sites available in “cyberland.”

Websites for embassies, consulates, and national tourism agencies often contain worthwhile information about the history, customs, foods, and food traditions of a given country. Food companies and organizations feature particular products and recipes that utilize their products. Of course, try searching using each country or cuisine followed by the words “cooking,” “culinary,” “cookery,” or “recipes.”

A disclaimer: Websites come and go, so realize that this list is constantly changing and some of these sites may disappear. View this merely as a start for further research....

Website	Countries
www.allrecipes.com	Search for individual countries
www.food-links.com	Many countries
www.recipesource.com	Many countries
www.kitchenlink.com	Many countries
www.globalgourmet.com	Many countries
www.about.com	Many countries
www.sallybernstein.com	Many countries
www.foodtimeline.org	Many countries
www.internationalrecipes.net	Many countries
www.worldtravelguide.net	Many countries (go to individual country for information on food and drink)
www.goya.com	Latin America, Caribbean
www.justmexico.org	Mexico
www.caribbeantraveler.com	Caribbean Islands (go to Caribbean Culture, then click on Food at bottom of the page)
www.visitjamaica.com	Jamaica
www.sbs.com.au/food/cuisine/brazilian	Brazil
www.ziyad.com	Middle East

Website	Countries
www.egypt.cl/typical-food.htm	Egypt
www.allaboutturkey.com	Turkey
www.syriancooking.com	Syria
www.denmark.dk	Denmark
www.norway.org	Norway
www.visitnorway.com	Norway
www.italianmade.com	Italy
www.italiantourism.com	Italy
www.sbs.com.au/food/cuisine	Portugal
www.spain.info	Spain
www.russianfoods.com	Russia and Eastern Europe
www.poland.travel/en-us	Poland
www.gotohungary.com	Hungary
www.orientalfood.com	Asian countries
www.tourismthailand.org	Thailand
www.visitkorea.or.kr	Korea (click on Food)
www.bento.com	Japan
www.jnto.go.jp	Japan
www.koreanrecipes.org	Korea
www.discoverhongkong.com	Hong Kong
www.tourismchina.org	China
www.filipinofoodrecipes.net	Philippines
www.tourismofindia.com	India
www.australia.com	Australia
Meat	
www.beefandlamb.com.au/Home	Beef and lamb
www.nzbeeflamb.co.nz	New Zealand—beef and lamb
www.vealfoodservice.com	Veal
www.beeftips.com	Beef (Wisconsin Beef Council)
www.beef.org	Beef
www.certifiedangusbeef.com	Beef
www.beeffoodservice.com	Beef
www.porkbeinspired.com	Pork
Poultry	
www.mapleleaffarms.com	Duck
www.eatchicken.com	Chicken
www.tyson.com	Chicken
Seafood	
www.seafood.no	Norwegian Seafood Export Council
www.nfi.org	National Fisheries Institute
www.alaskaseafood.org	Alaska seafood

Website	Countries
Cheese	
www.cheesefromspain.com	Spanish cheeses
www.cheese.com	Cheeses from many countries
Beans	
www.pea-lentil.com	USA Dry Pea & Lentil Council
Fruits and Vegetables	
www.idahopotato.com	Potatoes
www.maine potatoes.com	Potatoes
www.pma.com	Produce
Olive Oil	
www.villabertolli.com	
www.colavita.com	
www.asoliva.com	Spanish olive oil
Seasonings	
www.astaspice.org	American Spice Trade Association
www.kikkoman.com	Soy sauce and other products
Miscellaneous	
www.almonds.com	Almonds
www.dececco.it	Pasta
www.pasta.com	Pasta
www.ilovepasta.org	Pasta
www.professionalpasta.it	Pasta
www.landolakes.com	Butter
www.aeb.org	American Egg Board
www.recipes.wuzzze.org	International recipes

Acknowledgments

So many people have helped and supported me in this endeavor. First and foremost are my husband, Alan Roer, and my mom, Lisa Heyman. They have listened; offered advice; encouraged me; and given as much help, support, and love as possible. Many friends cared about this project and me. I thank all the people who tasted the 400 plus recipes that I tested for this book—years of dinner parties and get-togethers that Alan and I will never forget. More thanks to my entire family, including my stepchildren, and to my father-in-law, Irving Roer, who really wanted to see this book in print—I wish he could have. In the life of this book, Samantha and David have grown from “Why do you always have to make new recipes?” to “Sure, I’d love to try a new recipe. What country is it from?” The difference of a few years is remarkable, and perhaps the exposure to diverse foods creates adventurous diners.

Wine has become an intrinsic part of the dining experience, and I think all culinary textbooks should include wine pairings with the recipes. I am thrilled for the collaboration with Foster’s Wine Estates and Jerry Comfort, wine educator at Foster’s Wine Estates. When I first spoke with Jerry about the idea of including a wine pairing suggestion with each recipe, his initial response was “What a great idea!” His enthusiasm for this project never wavered. Jerry, I appreciate your hard work and know that your input increases the value of this book as a reference tool for the student/cook/chef/manager in the future. I hope we have started a trend so that future textbooks will include this valuable asset, too. Thank you, Jerry, for writing the pairings for the first two editions of this book. Leo Schneemann, the wine director for KG-NY Group prepared the wine pairings for this edition.

I also want to thank the many individuals representing organizations around the world that provided photographs for use in this book or who helped me track down someone who had the “right” photograph. Through countless e-mails sent, I encountered many, many helpful individuals who went out of their way to help me (a stranger) find some of the beautiful photographs in this book. Often, it made me pause and think about how many kind people are out there.

The following reviewers should also be acknowledged for their input on the third edition Vickie Brown-Racy, Northeastern State University; Kristin Goss, Erie Community College; David Jones, Laney College; and Sherry Siphon, Tarrant County College - Southeast Campus.

Unfortunately, I cannot name everyone, but many more are in my heart. Thank you all—I realize what a lucky woman I am.

British Isles

>> LEARNING OBJECTIVES

By the end of this chapter, you will be able to:

- Name foods that are available in the British Isles and explain why those particular foods are prevalent
- Identify similarities and differences between the cuisines of the various countries of the British Isles
- Identify cooking methods commonly used in the British Isles
- Name some foods typically served at tea and in a pub
- Prepare a variety of dishes from the British Isles



>> HISTORY

The British Isles consists of the islands of Great Britain, Ireland, several larger islands, and about 5,500 small islands. The countries of England, Scotland, and Wales make up the island of Great Britain while Ireland contains two countries, Northern Ireland and Ireland. Protected by the surrounding water, the British Isles endured relatively few invasions throughout history.

Evidence found in caves confirms the existence of Old Stone Age people in Britain more than 10,000 years ago. By 3000 B.C., inhabitants of this land were raising cattle, pigs, sheep, and crops.

ROMANS AND OTHER CONQUERORS

Julius Caesar discovered Britain in 55 B.C. Soon after, the Romans gained control of most of the land. Leaving numerous contributions throughout these countries, the Romans built many cities, as well as roads that were used for transportation and trading. In addition, they introduced and spread Christianity throughout the British Isles. In terms of their culinary legacy, the Romans are credited with bringing artichokes, asparagus, carrots, cucumbers, endive, parsnips, and turnips, as well as pheasants, peacocks, and guinea fowl. They also imported almonds, dates, olives and olive oil, and wine and introduced cheese-making techniques to the British Isles. The Romans ruled until the early 400s, when the Saxons gained control.

Following the rule of the Romans, Germanic tribes and Danes invaded at various times before the Norman Invasion took place in 1066. At that time, a group of Vikings, the Normans, sailed across the English Channel and conquered England. The Vikings introduced the techniques of smoking and drying fish to preserve it. Simplicity and heartiness characterizes the food of the British Isles, with the most profound culinary influences coming from the Celts, Germans, and Normans. Among their many contributions, the Franco-Normans brought nutmeg, mace, saffron, ginger, pepper, and sugar to the British Isles.

KINGDOMS AND RELIGION

Around the time the Romans left, the British Isles consisted of many small kingdoms. Through fighting, marriages, and other mergers, eventually many of the kingdoms united. Finally, in 1603, one monarch ruled England and Scotland.

At different times in Britain's history, the Catholic and Protestant religions became the national religion. For example, King Henry VIII changed the official religion from Catholicism to the Church of England (Episcopalian) when he wanted to divorce his wife. Since Catholics did not eat meat on Fridays and many holy days, the cuisine of Britain includes many fish entrées and dishes that contain no meat. Many areas had access to plenty of fish and seafood through lakes, rivers, or the seas surrounding this island.

In 1536, Wales and England united. Scotland remained independent until the 1700s, when it joined England and Wales.

AN EMPIRE

From the 1700s to the 1900s, Britain built a huge empire that covered one-quarter of the world. Its colonies stretched around the globe, including islands in the Caribbean, parts of North and South America, Africa, the Middle East, India, the Far East, Australia, and islands in the Pacific. This far-reaching colonization resulted in a strong British influence around the world and significant influences from faraway lands on Britain. Exposure to cooking techniques and food ingredients, as well as dishes from these worldwide colonies, greatly impacted the culinary scene of the British Isles.

The British adopted many foods and dishes from their colonies. Still today, tea from China remains the popular drink throughout the British Isles. Although they contrast

According to reports, the British consume 163 million cups of tea each day.

sharply with the typically bland foods of Britain, curries, chutneys, condiments, and highly spiced foods from India have become a permanent part of Britain's cuisine.

IRELAND

Introduced to Ireland from the New World in the 1600s, potatoes quickly became a staple and major part of the diet in this poor country. In the 1840s, Ireland was hit with a potato blight. A fungus destroyed the potato crop, and starvation raged throughout the country. A million people died, and more than a million fled Ireland during that time. The population of Ireland today remains just a bit over half of what it was before the potato blight.

Today, Ireland remains torn by religious strife, as it has been for many, many years. The Protestants of Northern Ireland wished to align with predominately Protestant Great Britain; however, the people living in the south of Ireland, who are mostly Catholic, did not wish to become the religious minority of the United Kingdom. In 1920, the British Parliament passed the Government of Ireland Act, which allowed the people of Ireland to choose many aspects of self-government. As a result, the northeastern corner of Ireland became Northern Ireland and united with Britain. The remaining section of Ireland chose not to join the United Kingdom and, in 1921, became the independent country of Ireland. Still experiencing ongoing political troubles with the United Kingdom, in 1949, Ireland declared independence from anything to do with the British.

>> TOPOGRAPHY

Situated to the northwest of Europe, the British Isles are bordered by the English Channel, Strait of Dover, North Sea, and Atlantic Ocean. The English Channel lies to the south and separates Britain from France. The North Sea is to the east, and the Atlantic lies to the west.

Although the British Isles lie at quite a northern latitude, they experience temperate weather. This mild climate results from warm ocean currents that moderate the temperature, causing mild summers and cool, damp winters with almost no snow.

Scotland composes approximately one-third of Great Britain and lies in the northern part of the island. Wales is situated in the southwest corner, and England covers the southern two-thirds of Great Britain.

The topography of Great Britain is quite varied, ranging from the windswept land of Northern Scotland to the rugged mountains and deep valleys of Wales, to the gently rolling plains and meadows of England. The coastline also differs greatly, with some parts rocky, some consisting of steep cliffs, and others sandy beaches.

ENGLAND

England consists of three regions. The Pennines lies in the northern half and contains coast, mountains, hills, and lakes. The Southwest Peninsula comprises low plateaus, highlands, and coast. The rest of England is known as the English Lowlands and consists of fertile farmland, plains, hills, valleys, coast, and the Thames River.

Numerous lakes and rivers are found throughout England. More than 2,000 miles of waterways flow through this land. The River Tweed and the Cheviot Hills form the border between England and Scotland.

SCOTLAND

Rugged Scotland contains many mountains, valleys, and lakes (called "lochs" in Scotland). The northern two-thirds consists of barren and mountainous highlands, conducive to raising sheep and cattle. The only fertile land in Scotland is found in the lowlands of the "central" section, the top part of the last third. Rivers, valleys, rolling hills, and fertile

Ingredients and Foods Commonly Used throughout the Cuisines of the British Isles Include

- lamb and mutton
- beef
- seafood including cod, haddock, salmon, herring, mackerel, shrimp, and oysters
- ham and bacon
- potatoes
- winter vegetables including kale, cabbage, cauliflower, Brussels sprouts, rutabagas, carrots, and peas
- cucumber and celery
- oats
- scones and crumpets

farmland make up this central area. In addition to the potato, grains for feeding both livestock and people grow well in this region. These include oats, barley, and wheat. The south contains rugged highlands, rolling treeless moors, and pastureland for grazing sheep and cattle. Known for milk production, many dairy products come from this area.

WALES

Wales is situated on the western coast of Great Britain. With England to its east, the rest of the land is surrounded by the Atlantic Ocean. Wales consists of low, broad mountains and deep valleys.

The northern section contains rugged mountains, which provide a good place for raising sheep and cattle for beef. In the central section, the mountains become more rounded, and lots of sheep and cattle graze there also. The southern area consists of plateaus and valleys. Although much cattle is raised in the north for dairy production, most of the crops produced in Wales grow in the south.

IRELAND

A separate island about the size of Maine, Ireland lies to the west of Great Britain. The Irish Sea separates Ireland from Great Britain, and the Atlantic Ocean borders the north and west of Ireland. Northern Ireland occupies the northeast corner, while the country of Ireland comprises the remaining five-sixths of the island. Composed of low mountains and rolling hills, Ireland is dotted with lakes and rivers. The central portion contains lowlands and rolling green pastures, and mountains lie near the coasts.

>> COOKING METHODS

Roasting, braising, and frying remain the most common cooking methods used in meat preparation. The ample amounts of mutton (old sheep) and tough cuts of meat often appear braised in stews. Pies, puddings, and larger cuts of meat usually are baked or roasted. Whether deep-frying or sautéing, the British often fry foods. Fish and chips is a popular deep-fried dish served throughout the British Isles.

Surrounded by seas, very fresh, high-quality seafood abounds, so poaching is often the preferred cooking method. With the bounty of fish, fish and seafood frequently are smoked, providing a method of preserving seafood for times when less of it is available.

Many identify boiling and blandness with British cookery. Indeed, boiled foods appear frequently, including all sorts of vegetables and meats.

>> REGIONS

With lots of sheep and cattle grazing in the hills and mountains throughout the British Isles, lamb, mutton, and beef remain the most popular meats. Mint sauce often accompanies lamb. Ample dairy products are produced, and cheese consumption is high all through the British Isles.

ENGLAND

Several dishes are associated with the cuisine of England. Fish and chips—deep-fried fish and thickly cut French fries—is served accompanied by malt vinegar. Steak and kidney pie consists of a stewlike combination of kidneys and steak topped with a pastry crust. “Bangers and mash” translates into sausages and mashed potatoes. Another dish made with those ubiquitous mashed potatoes, shepherd’s pie, combines ground or minced beef with them as a topping.

England’s abundant coastline, lakes, and rivers yield plenty of fish and seafood. Favorite fish include cod, haddock, Dover sole, and plaice. Prawns (large shrimp), oysters, and other shellfish are consumed often.

Condiments rank high in English cuisine. Horseradish sauce accompanies roast beef; strong mustards, chutneys, vinegars, and Worcestershire sauce appear frequently.

SCOTLAND

Scottish cooking includes plentiful seafood, especially cod, haddock, salmon, and mackerel. Salmon from the waters of Scotland is considered some of the finest in the world. Most commonly, the salmon is served grilled, smoked, or poached. Another popular fish is herring, including *kippers*, smoked herring, which are eaten throughout the British Isles.

Scotland’s rugged terrain supports game including boar, venison, and many types of wild fowl as well as wild berries and mushrooms. Because abundant sheep thrive in this mountainous land, lamb remains the most often consumed meat. All parts of the animal are used, as demonstrated by the famous dish, *haggis*. A Scotch delicacy, *haggis* consists of sheep’s offal mixed with oatmeal, stuffed in a sheep’s stomach, and boiled. Oatmeal appears often, both as a filler combined with other ingredients and eaten alone as porridge or cooked cereal.

WALES

With many herds of sheep in Wales, lamb reigns as the most popular meat here too. Providing dairy products and meat, cattle also thrives. People in areas near waterways consume fish and seafood.

The cuisine of Wales reflects the workingman—farmers, fishermen, laborers, and coal miners. Easily grown leeks, cabbage, turnips, and potatoes are popular vegetables. Welsh *rarebit*, a melted cheese dish served on toast, originated in Wales. Breweries have existed here since the 1800s.

IRELAND

Known as the Emerald Isle, Ireland contains rolling farmland and lush, green lands because of its high annual rainfall. Potatoes rank as *the* dietary staple, and seafood, mutton, lamb, and beef are consumed regularly. Irish stew, a stew containing mutton or lamb cooked with potatoes and onions, remains a favorite. Cabbage also appears often. With plentiful pastureland in the interior portions of this country, sheep, cattle

In 1762, the sandwich was invented. An avid gambler, the 4th Earl of Sandwich, John Montagu, ordered roast beef with two slices of bread while sitting at the gambling table. By placing the meat between the slices of bread, Montagu could eat at the table while still playing cards and manage to keep his hands clean. Named after its creator, this culinary delight gained great popularity and became known as the “sandwich.”



Steak and Kidney Pie

Elzbieta Sekowska © Shutterstock

for meat and dairy, and hogs thrive. The staggering range of available seafood includes cod, herring, mackerel, whiting, shrimp, lobster, salmon, and trout. With so much access to the ocean, seaweed functions as an important ingredient in the diet on this small island, as it does on the island of Japan.

>> CUISINE

Simple cooking prevails throughout the British Isles. On Sunday, the typical main meal consists of roast beef (or perhaps mutton, lamb, or pork) with potatoes and one or two vegetables. Yorkshire pudding, a savory battercake cooked in the fat drippings from the roast, usually accompanies the meat. The remainders from Sunday's roast often form the basis for several meals later in the week. Two popular dishes, shepherd's pie and bubble and squeak, begin with leftover meats.

Much of British cookery includes few spices, resulting in a reputation for bland dishes. With lots of cool, damp weather, soups play a substantial role in the diet in these countries. *Cawl*, clear broth with vegetables, is a creation from Wales. *Cockaleekie* hails from Scotland and is their version of very thick chicken soup containing leeks and barley.

With miles and miles of shoreline surrounding this large island, seafood remains a staple. Cod and haddock appear everywhere; fish and chips is widely consumed. They smoke all sorts of seafood to preserve it. In addition, game remains an important part of the cuisine.

As a result of the short growing season, winter vegetables, including cabbage, turnips, rutabagas, cauliflower, Brussels sprouts, carrots, and peas, are most available and frequently served. The British prepare most vegetables simply by boiling and seasoning with salt, pepper, and butter.

Puddings and pies are popular fare throughout the British Isles. The main difference between a pie and a pudding depends on the dish in which it is baked. A pie comes in a dish about 2 or 3 inches high, whereas a pudding is prepared in a bowl or basin-type dish. Unlike the typical American version of pie, the British prepare both sweet and savory puddings and pies. From steak and kidney to vegetarian, a wide assortment of meats and/or vegetables fills the pies and puddings. Often, the sweet varieties are prepared with dried fruits and/or treacle (sweet syrup like maple syrup or molasses). Whether sweet or savory, they appear frequently in the cuisines found in all of these countries. A variation of the pie, the *pasty*, resembles a turnover. Cornish pasties, filled with meat, potatoes, and sometimes vegetables, remain a popular snack, first course, or light entrée. Schoolchildren frequently eat a Cornish pasty after school.



Individual Meat Pudding

© Joe Gough

PUBS AND BEVERAGES

The pub, short for public house, is the British name for a bar. Truly a British/Irish institution, people gather together to meet friends, watch sports on television, listen to music, eat, and, of course, drink. Typically, one can order food to accompany the drink. Pub food includes such favorites as fish and chips, bangers and mash, sandwiches, cheese plates, and many other dishes.

The most popular alcoholic beverages include all sorts of beers, ale, lager, and stout. However, the British Isles have certainly made a mark on the world of hard liquor. Commonly known as Scotch, Scottish whiskey was first produced in Scotland in the 1400s. Irish whiskey is also quite well known. Gin originated in England. The most popular nonalcoholic beverage, tea, is brewed until quite strong and served with cream and sugar, as we serve coffee in the United States.



Bangers and Mash

© Joe Gough

THE ORIGINS OF WHISKY

References to whisky date from as early as 1494 in Scotland. By 1500, it reigned as the favorite drink of Scottish royalty. The popularity of whisky soared by the 1600s, and distilleries opened throughout Scotland. Over the centuries, Scotch whisky has evolved and improved; the Scotch available today is described with adjectives like complex, aromatic, smoky, and smooth.

The name derived from the Gaelic *uisge beatha* or *usquebaugh*, meaning “water of life.” Eventually, *uisge* became pronounced as “usky,” which evolved into “whisky.”

Scotch whisky is distilled from barley. Some say they made the first whisky to use “ruined” rain-soaked barley.

Now, the first step in making Scotch whisky is to malt (germinate) the barley. To do this, the barley soaks in tanks with spring water for several days. When the grain germinates, it changes the composition of the grain from starch to starch and sugars. Since sugars ferment, this is crucial to the development of the whisky. At the end of this stage of production, they dry the grain in a kiln. The type of wood or peat (coal) used for the drying greatly affects the final flavor of the whisky. After the malting, the liquid undergoes four more processes: mashing, fermenting, distilling, and finally blending and maturing the liquor. Like wine and other liquors, the techniques, length of time, and countless other variables determine the quality and flavor of the final product.

Scotch whisky matures in casks (barrels). Often, those casks were used earlier for the storage of other wines or spirits like sherry, bourbon, rum, or port. Of course, the history of the cask affects the flavor and the color of the finished Scotch whisky.

Single malt Scotch is made from a single distillery. The rest are a blend of whiskies from different distilleries. In theory, blending whiskies combines the best characteristics of all the components to produce a particular flavor palate for the final product.

In order to be called “Scotch,” the whisky must be made in Scotland. Today, Scotch whisky ranks as one of Scotland’s most important industries.

MEALS

Hearty breakfasts are customary throughout the British Isles. Eggs, breakfast meat (bacon, sausage, and/or ham), toast, marmalade, oatmeal or porridge, fruit, and kippers frequent breakfast plates.

As in the United States, lunch consists of a sandwich, cold meats, or cheese. Around four or five o’clock in the afternoon, many still consume what is known as “tea,” a meal of assorted sweet and savory foods served with tea. Many types of sandwiches, fish, cold meats, cheeses, pickled vegetables, scones, crumpets, breads, cookies (known as “biscuits” throughout the British Isles), and/or cakes may accompany the tea. The selection of foods served can be quite simple or very elaborate. Therefore, the size of the evening meal depends on whether the diner had tea and how much food was consumed at tea.

REGION	AREA	WEATHER	TOPOGRAPHY	FOODS
England	Pennines (northern half)	Mild, damp winters, mild summers	Coast, mountains, hills, lakes	Seafood, cattle, sheep, chicken, eggs, milk
	Southwest Peninsula (southwest)	Mild, damp winters, mild summers	Coast, low plateaus, highlands	Seafood, barley, beets, wheat, potatoes, fruit
	English Lowlands (remaining southern half)	Mild, damp winters, mild summers	Coast, valleys, fertile farmland, plains, hills, Thames River	Seafood, vegetables, fruits
Scotland	Northern two-thirds	Mild, damp winters, mild summers	Coast, mountains, treeless moors, valleys, lakes	Seafood, sheep, cattle
	Central	Mild, damp winters, mild summers	Rivers, valleys, fertile farmland, rolling hills	Seafood, wheat, oats, barley, potatoes
	South	Mild, damp winters, mild summers	Rolling treeless moors, pastures, highlands	Seafood, sheep, cattle, milk, dairy products
Wales	North	Mild, damp winters, mild summers	Mountains, coast, valleys	Seafood, sheep, cattle
	Central	Mild, damp winters, mild summers	Rounded mountains, coast, valleys, lakes, plateaus	Seafood, sheep, cattle, dairy
	South	Mild, damp winters, mild summers	Plateaus, valleys, coast, forests, lakes, pasture, plains	Seafood, cattle, dairy, oats, barley, potatoes, cauliflower, cabbage
Northern Ireland	North	Mild, damp winters, mild summers	Low mountains, coast, lakes, rolling hills	Seafood, sheep, cattle, potatoes
	Central	Mild, damp winters, mild summers	Plains, fertile farmland	Seafood, sheep, cattle, chicken, eggs, dairy, potatoes, cabbage, turnips, pears, plums, apples, mushrooms
Ireland	Coasts	Mild, damp winters, mild summers	Mountains, coast	Seafood, sheep, cattle, potatoes, seaweed
	Central	Mild, damp winters, mild summers	Pastureland, rolling hills	Sheep, cattle, fruits, winter vegetables, potatoes

CHEESES FROM THE BRITISH ISLES

England

Cheddar Made from cow's milk; sharp deep flavor, firm texture

Cheshire Made from cow's milk; the oldest variety of English cheese from the twelfth century, tangy yet mild flavor, firm crumbly texture; a tall cheese

Derby From Derbyshire, made from cow's milk; mild flavor, firm yet flaky texture, often mixed with sage

Gloucester Made from cow's milk; mild with a little sharpness in flavor, firm texture

Lancashire Made from cow's milk; tangy yet mild flavor, firm crumbly texture

Leicester Made from cow's milk; sweet yet sharp flavor, creamy texture

Stilton Made from cow's milk; a blue cheese, creamy texture

Wensleydale From Yorkshire, made from sheep's milk in the early days but now made from cow's milk; mild with buttermilklike taste, crumbly firm texture

Scotland

Bonnet Made from goat's milk; hard, at least 6 months to mature; named for town of Stewarton, which had a mill where they made bonnets

Crowdie Made from cow's milk; fresh cheese; hails from the time of the Vikings; slightly tart flavor, creamy yet crumbly texture

Orkney Extra Mature Cheddar Made from cow's milk; aged at least one year; firm texture

Seriously Strong Cheddar Made from cow's milk; aged one and a half to two years; strong flavor, firm texture

Wales

Caerphilly Made from cow's milk; mild flavor, creamy, semifirm texture; first made in 1830

Llanboidy Made from cow's milk; Cheddar-like flavor, creamy, crumbly texture

Ireland

Cashel Blue Made from cow's milk; a blue cheese, soft texture

>> Review Questions

1. Discuss the geographic factors of the British Isles as they relate to the cuisines of the various countries.
2. How does the weather influence the cuisines of these countries?
3. Name four food ingredients that are prevalent in the British Isles.
4. Name beverages (alcoholic and nonalcoholic) that are favored in the countries of the British Isles.
5. What is tea, and what foods are served for tea?
6. What is a pub, and what foods are typically served there?
7. Name and describe four dishes served in the British Isles. Tell whether they are regional dishes or are served throughout the British Isles.

>> Glossary

bangers and mash Sausages and mashed potatoes

biscuits British word for cookies

cawl Clear broth containing vegetables, served in Wales

chips Thickly cut french fries served throughout the British Isles

cockaleekie A thick chicken soup containing leeks and barley from Scotland

colcannon An Irish dish of potatoes mixed with kale or cabbage

fish and chips Deep-fried fish and thickly cut french fries, served with malt vinegar

haggis Scottish dish consisting of sheep's heart, liver, and lung mixed with oatmeal, stuffed in a sheep's stomach, and boiled

kippers Smoked herring, frequently served at breakfast or tea

mutton Old lamb, which contains a stronger flavor and tougher texture than younger lamb

pasty A turnover usually filled with meat, potatoes, and vegetables

porridge Cooked cereal, usually oatmeal

potato crisps British term for the American version of potato chips

prawns Large shrimp

scone A slightly sweetened bread product (like an American biscuit) containing dried currants

shepherd's pie A dish containing cooked beef topped with a crust of mashed potatoes

steak and kidney pie A stewlike combination of kidneys and steak in a pastry crust

treacle A sweet syrup like maple syrup or molasses

Yorkshire pudding A savory battercake cooked in meat fat, usually served with roast beef

SCOTCH EGGS (SCOTLAND)

HARD BOILED EGGS SURROUNDED BY SAUSAGE



Pearson Education, Inc.

TWIST ON THE CLASSIC

For an entrée salad, prepare a lettuce salad with mustard vinaigrette. Top salad with a Scotch egg cut in half. Nest each half in the greens so the hard boiled egg faces the diner.

Scotch eggs developed as food for farmers or shepherds to take to the fields for later consumption. The fried egg sausage combination was easy to carry, tasty, and full of protein. Today, Scotch eggs are a popular pub food served throughout the British Isles.

Number of Servings: 8

Serving Size: 1 egg, about 4 oz. (114 g)

Total Yield: 2 lb., 1 1/2 oz. (950 g)

Wine Style: Medium- to full-bodied dry white wine, from an old world cool climate region. Possible grape varietals are Pinot Blanc, Pinot Gris, Riesling, Gruner Veltliner, and Silvaner.

Example: Pinot Blanc GG "im Sonnenschein" 2011, Rebholz (Pfalz/Germany)

Cooking Method: Boil, deep-fry

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
pork sausage	1 lb.	454 g		
Worcestershire sauce	1 oz.	28 g	2 tablespoons	30 mL
mace	sprinkling			
flour	2 1/2 oz.	71 g	1/2 cup	120 mL
eggs, hard boiled, peeled	14 1/2 oz.	411 g	8 each	
egg	3 1/2 oz.	104 g	2 each	
water	1 oz.	28 g	2 tablespoons	30 mL
breadcrumbs, dried	5 oz.	142 g	1 cup	240 mL
oil, for deep-frying				

Accompaniment:

mustard, English or brown

- 1 Mix sausage with Worcestershire sauce and mace.
- 2 Pat 2 to 2 1/4 oz. (57 to 64 g) of sausage mixture into patty about 1/4-inch (0.5-cm) thick on piece of plastic wrap.
- 3 Place flour on plate. Roll egg in flour; shake egg to remove excess. Place hard boiled egg in center of sausage. Using plastic wrap, fold sausage around egg. Seal tightly so it covers egg completely. Chill.
- 4 Set up standard breading station: Flour is already on plate. Mix egg with water in bowl. Place breadcrumbs on plate.
- 5 Roll sausage-covered egg in flour. Dip in egg wash. Roll in breadcrumbs. Refrigerate until needed.
- 6 At time of service, heat oil to 375 degrees (190°C) for deep-frying. Add sausage eggs, a few at a time to maintain oil temperature. Fry until golden, about 3 to 4 minutes on each side. Turn to fry all sides until golden. Remove to drain on absorbent paper.
- 7 Serve accompanied by mustard either hot, room temperature, or cold.

Note: When preparing hard boiled eggs for Scotch eggs, do not overcook the eggs. Place eggs in saucepan of water, bring to a gentle boil, reduce heat, and simmer about 6 minutes. Cool with cold water and refrigerate until needed.

PICKLED ONIONS (ENGLAND)

Note: Pickled onions make a good accompaniment to a sandwich. Use any place a traditional pickle might appear.

Total Yield: 1 pint (480 mL)

Cooking Method: Boil

Food Balance: Sweet/sour

Wine Style: Light and fruity Riesling, Pinot Blanc, soft-style reds—Shiraz

Example: Beringer Vineyards Pinot Grigio

TWIST ON THE CLASSIC

Replace the raw onions with pickled onions on any meat, poultry, seafood, or vegetable kabob before grilling.

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
small white boiling onions	1 lb.	454 g		
kosher salt	2 1/4 oz.	64 g	1/4 cup	60 mL
malt vinegar			2 cups	480 mL
sugar	3 3/4 oz.	107 g	1/4 cup	60 mL
pickling spices	1/4 oz.	8 g	1 tablespoon	15 mL
whole cloves			3 each	
black peppercorns, whole			5 each	

- 1 Place onions in pot of boiling water, boil 1 minute, drain, rinse with cold water.
- 2 Peel onions, place in bowl, sprinkle with salt, stir to coat evenly.
- 3 Cover bowl, set in cool place for 12 hours.
- 4 Drain onions, rinse well with cold water, let drain.
- 5 Combine vinegar, sugar, pickling spices, cloves, and peppercorns in nonreactive pan.
- 6 Bring to boil, stir to dissolve sugar, boil for 5 minutes.
- 7 Add onions, adding water if liquid does not cover onions.
- 8 Return to boil for 10 minutes, uncovered, until onions show slight resistance when pierced with sharp knife.
- 9 Remove pan from heat, let mixture cool.
- 10 For quicker use place in jar or other nonreactive covered container and store in refrigerator at least 2 weeks before serving. For longer storage, process pickled onions in canning jars.



© Monkey Business

CORNISH PASTY (ENGLAND)
BEEF, ONION, AND POTATO TURNOVER



© Joe Gough

TWIST ON THE CLASSIC

Pasties can hold an endless variety of fillings. In addition to beef, prepare them with lamb, pork, chicken, or vegetarian fillings. How about a wild mushroom pasty flavored with truffle oil or duck with hoisin as the filling?

Note: Serve Cornish pasties as a snack, first course, luncheon entrée, or at tea.

Number of Servings: 12 or 24
Serving Size: 1 or 2 turnovers
Total Yield: 24 turnovers
Food Balance: Balanced protein
Wine Style: Wide variety of wines: Sauvignon Blanc, Chardonnay, Pinot Noir, Merlot, Shiraz
Example: Beringer Founders’ Estate Pinot Noir

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
Pastry:				
flour, all-purpose	1 lb., 4 oz.	567 g	4 1/2 cups	1.8 L
salt			1/4 teaspoon	2 mL
butter, shortening, or combination, chilled, cut into 3/4-inch (2-cm) pieces	12 oz.	341 g	1 1/2 cups or 3 sticks	360 mL
cold water	6 to 8 oz.	171 to 227 g	3/4 to 1 cup	180 to 240 mL
Filling:				
beef, top round, trimmed and minced	1 lb.	454 g		
potatoes, white, waxy, or all-purpose, peeled and cut into small dice	10 1/2 oz.	298 g	3 medium	
onions, medium dice	8 oz.	227 g	2 medium	
salt	3/4 oz.	22 g	1 tablespoon	15 mL
pepper	1/4 oz.	8 g	2 teaspoons	10 mL
fresh parsley, minced	1/2 oz.	15 g	1/4 cup	60 mL
Assembly:				
egg, lightly beaten	1 3/4 oz.	50 g	1 each	

PASTRY:

- 1 Place flour and salt in bowl of food processor fitted with knife blade. Pulse to mix.
- 2 Add butter, shortening, or combination, pulse to mix until clumps the size of peas form.
- 3 With machine running, add water through feed tube; dough should form a ball quickly. If it does not, pulse until dough comes together.
- 4 Wrap ball in film, refrigerate until well chilled, several hours or overnight. For quicker chilling, pat into disk and place in freezer.

FILLING:

- 1 Combine all filling ingredients in bowl, mix well.
- 2 Cover and refrigerate until ready to use.

ASSEMBLY:

- 1 Preheat oven to 400 degrees (205°C). Position oven rack in center of oven.
- 2 On lightly floured surface, roll pastry thin, 1/8 to 3/16 inch (30 mm to 45 mm) thick.
- 3 Cut 5- to 5 1/2-inch (13 to 14 cm) circles, place 1 1/2 oz (43 g) or 3 tablespoons (45 mL) of filling just under center of each circle of dough.

- 4 Brush edges of dough with cold water, fold dough over filling until edges meet to form half-circle, and crimp edges to seal well.
- 5 Place on baking sheet, brush with egg.
- 6 Bake for 12 minutes, reduce heat to 325 degrees (160°C), bake another 45 minutes. Serve immediately or slightly cooled.

CREAM OF PEA SOUP

Note: This soup presents a strong green color of spring, and it delivers a very fresh flavor. With a base similar to vichyssoise, cream of pea soup can be served hot or cold.

Number of Servings: 12

Serving Size: 8 oz. (227 g)

Total Yield: 6 lb., 3 3/4 oz. (2.8 kg)

Food Balance: Sweet/protein

Wine Style: Low-oaked to unoaked whites and soft, fruity reds

Example: Souverain Sauvignon Blanc or Château St. Jean Merlot

Cooking Method: Sauté, boil



© Viktorija

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
butter	1 oz.	28 g	2 tablespoons	30 mL
leeks, washed thoroughly and sliced	10 3/4 oz.	305 g	2 each	
potato, white, waxy, or all-purpose, peeled and cut into large dice	9 oz.	256 g	2 medium	
all-purpose flour	1 oz.	28 g	3 tablespoons	45 mL
stock, ham, chicken, or vegetarian, hot	3 lb., 8 oz.	1.6 kg	1 quart + 3 cups (7 cups)	1.68 L
frozen peas	2 lb.	908 g		
fresh parsley, minced	1/4 oz.	8 g	1 tablespoon	15 mL
fresh mint, minced	1/4 oz.	8 g	2 tablespoons	30 mL
salt	to taste			
pepper			1/2 teaspoon	3 mL
heavy cream	4 oz.	114 g	1/2 cup	120 mL

Garnish:
fresh mint, minced

- 1 Melt butter in large pan over medium heat. Add leeks and potato, sauté about 5 minutes.
- 2 Lower heat to medium-low, add flour. Stir until blonde *roux*.
- 3 Slowly whisk in hot stock. Cook about 30 minutes.
- 4 Add peas, parsley, and mint. Remove from heat, purée in batches in food processor fitted with knife blade.
- 5 Return to pan, heat over medium-low heat until simmering. Add salt, pepper, and cream. Be careful not to boil once cream is added.
- 6 Correct seasonings. Serve, garnished with mint.

TWIST ON THE CLASSIC

For a lighter version, substitute milk for the cream in this recipe. Also, this refreshing soup could be thinned and used as a sauce for vegetables or chicken.

COCKALEEKIE (SCOTLAND)
CHICKEN AND LEEK SOUP

TWIST ON THE CLASSIC

Give this an Indian flavor by spicing it with curry powder and garnishing it with a few plumped raisins.

Number of Servings: 23
Serving Size: 8 oz. (227 g)
Total Yield: 11 lb., 10 oz. (5.3 kg)
Food Balance: Protein
Wine Style: Light- to medium-bodied Viognier or Chardonnay, and soft reds, such as Merlot or Shiraz
Example: Souverain Chardonnay or Stone Cellars Merlot

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
stewing chicken, washed	about 6 lb.	2.8 kg		
cold water			5 quarts (20 cups) 6 each	4.8 L
leeks, washed thoroughly and sliced 1/2-inch (1 1/3-cm) thick, including 2 inches (5 cm) of the green stems	1 lb., 7 oz.	652 g		
barley	4 oz.	114 g	1/2 cup	120 mL
salt	3/4 oz.	22 g	1 tablespoon	15 mL
pepper	to taste			
grated nutmeg	to taste			
Garnish:				
fresh parsley, minced	1/4 oz.	8 g	2 tablespoons	30 mL

- 1 Remove excess fat from cavity of chicken.
- 2 Place water and chicken in large pot.
- 3 Bring to boil over high heat, skimming when necessary.
- 4 Add leeks, barley, and salt, reduce heat to low, simmer about 3 hours, until chicken is well done.
- 5 Remove chicken, set aside to cool slightly. Remove and discard skin and bones, cut meat into pieces no larger than 2 inches (5 cm). Cover and refrigerate until needed.
- 6 Cool soup in cold water bath, refrigerate overnight to solidify fat. Remove fat and discard.
- 7 Return meat to soup, heat thoroughly.
- 8 Add pepper and nutmeg. Correct seasonings. Serve, garnished with parsley.



CULLEN SKINK (SCOTLAND)

SMOKED HADDOCK CHOWDER

Number of Servings: 13
Serving Size: 8 oz. (227 g)
Total Yield: 6 lb., 12 oz. (3.1 kg)
Wine Style: Medium-bodied red wine with well-integrated oak and a balanced acidity. Possible grape varietals are St. Laurent, Zweigelt, Blaufrankisch, and Pinot Noir.
Example: St Laurent "Schafleiten," Judith Beck (Neusiedlersee/Austria)

Cooking Method: Boil



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INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
Finnan haddock or smoke haddock, undyed	1 lb. to 1 lb., 4 oz.	454 g to 567 g	2 each	
bay leaves			2 each	
onion, chopped	12 oz.	340 g	2 large	
water	2 lb. or to barely cover	908 g	1 quart	946 mL
potatoes, red, peeled, cut into chunks	2 lb.	908 g	about 6 each	
milk, whole	3 lb.	1.4 kg	1 quart, 2 cups	1.4 L
salt	1/2 oz.	15 g	2 teaspoons	10 mL
pepper			1/2 teaspoon	3 mL
butter	2 oz.	57 g	4 tablespoons or 1/2 stick	60 mL

Garnish:
 chives, minced
 parsley, minced

TWIST ON THE CLASSIC

Use this thick soup as a sauce for fish. For another idea: parboil florets of broccoli and cauliflower, place in ovenproof dish and pour some of the Cullen skink over it. Top with grated cheddar and heat in a 425-degree (220°C) oven until vegetables are done and dish is hot and cheese browns (broil if needed to brown cheese).

- 1 Wash haddock; place in pot large enough to hold it without folding the fish. Add bay leaves and onion. Barely cover with water.
- 2 Bring to boil over medium heat; lower heat and simmer until fish flakes, about 10 minutes.
- 3 Gently remove fish from stock; allow to cool. After it cools, remove skin and all bones. Flake fish and refrigerate until needed.
- 4 Add potatoes to stock; partially cover pot and cook until done. If liquid becomes too little, add some of the milk. Remove bay leaves and discard.
- 5 Purée potato mixture until smooth in food processor fitted with knife blade. Return to saucepan. Add milk, salt, pepper, butter, and reserved fish. Heat gently until hot over medium-low heat.
- 6 Correct seasonings. Garnish with minced chives and/or parsley. Serve.

Note: If smoked haddock is unavailable, substitute another smoked fish. Use any firm fish, if available.

PICKLED RED ONION SALAD

TWIST ON THE CLASSIC

While pickled onions are a long-time British favorite, try pickling bell peppers of assorted colors and cauliflower instead of or as an addition to onions.



© Azurita

Note: Allow at least 1 hour for onions to marinate. Chill salad plates in advance.

Number of Servings: 8
Serving Size: 4 oz. (114 g)
1 1/4 oz. (36 g) lettuce
1/2 oz. (15 g) cheddar cheese
1 3/4 oz. (50 g) onions
1/2 oz. (15 g) vinaigrette
Total Yield:
1 lb., 1 1/2 oz. (497 g) onions in marinade
4 1/4 oz. (120 g) vinaigrette
Food Balance: Balanced
Wine Style: Wine friendly—Try your favorite
Example: Chardonnay, Zinfandel

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
red wine vinegar		43 g	3 tablespoons	45 mL
port		29 g	2 tablespoons	30 mL
Dijon mustard	1/4 oz.	8 g	1 teaspoon	5 mL
salt			1/4 teaspoon	2 mL
pepper			1/8 teaspoon	1 mL
olive oil		86 g	1/4 cup + 2 tablespoons	90 mL
red onion, cut in half and sliced 1/4-inch (1/2-cm) thick	12 1/4 oz.	348 g	1 large	
VINAIGRETTE:				
red wine vinegar		29 g	2 tablespoons	30 mL
port		15 g	1 tablespoon	15 mL
curry powder			1/4 teaspoon	2 mL
salt			1/4 teaspoon	2 mL
pepper			1/8 teaspoon	1 mL
olive oil		86 g	1/4 cup + 2 tablespoons	90 mL
salad greens, variety of choice	10 oz.	284 g		
cheddar cheese, grated	5 oz.	142 g	1/2 cup	120 mL

- 1 Place vinegar, port, mustard, salt, pepper, and olive oil in nonreactive saucepan. Bring to boil.
- 2 Add onion, reduce heat, and simmer about 4 minutes.
- 3 Remove from heat, let cool in marinade until room temperature. Correct seasonings. Marinate at least 1 hour. Refrigerate until needed.

VINAIGRETTE:

- 1 Place red wine vinegar, port, curry powder, salt, and pepper in bowl of food processor fitted with knife blade.
- 2 With processor running, slowly add olive oil through feed tube. Process until mixture emulsifies (thickens). Correct seasonings.

ASSEMBLY:

- 1 Place 1 1/4 oz. (36 g) salad greens on each chilled plate. Sprinkle 1/2 oz. (15 g) cheddar cheese over greens.
- 2 Top with 1 3/4 oz. (50 g) marinated onions. Drizzle about 1/2 oz. (15 g) or 1 tablespoon (15 mL) vinaigrette over salad. Serve.

WATERCRESS AND ORANGE SALAD (IRELAND)

Note: If watercress is unavailable, substitute spring mix or another variety of lettuce. Chill salad plates in advance.

Number of Servings: 15
Serving Size: 3 oz. (86 g)
Total Yield: 2 lb., 13 oz. (1.28 kg)

TWIST ON THE CLASSIC

Jazz up this salad by topping it with smoked salmon or other smoked fish.

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
Dressing:				
fresh lemon juice		57 g	1/4 cup	60 ml
salt			1/2 teaspoon	3 mL
white pepper			1/8 teaspoon	1 mL
olive oil		57 g	1/4 cup	60 mL
watercress, washed, tough stems removed, and dried	8 1/2 oz.	241 g	2 bunches	
celery, thinly sliced	12 1/2 oz.	355 g	6 stalks	
onion, minced	4 oz.	114 g	1 small	
oranges, peeled, pith removed, and sliced thinly	1 lb., 2 oz.	511 g	4 each	

- 1 Place all dressing ingredients in a jar or bowl of food processor fitted with knife blade. Beat or process until mixture thickens (emulsifies).
- 2 Place watercress, celery, and onion in bowl, top with oranges.
- 3 Pour dressing over salad, mix gently to distribute dressing. Correct seasonings.
- 4 Serve immediately, making sure at least one orange slice tops each serving.



BEEF STEW BRAISED IN GUINNESS (IRELAND)

Note: Serve this hearty stew with bread to sop up the remaining sauce.

Number of Servings: 11

Serving Size: 8 oz. (227 g)

Total Yield: 5 lb., 14 oz. (2.7 kg)

Food Balance: Protein

Wine Style: Light- to medium-bodied, fruity Sauvignon Blanc, Merlot, Shiraz, or Cabernet Sauvignon

Example: Souverain Cabernet Sauvignon

Cooking Method: Braise

TWIST ON THE CLASSIC

An interesting change is to substitute beef short ribs for the stew meat. This elevates a common beef stew to a dish that could be served in any restaurant from a diner to an upscale establishment.

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
prunes	12 oz.	341 g	2 cups	480 mL
oil		57 g	1/4 cup	60 mL
bay leaves			6 each	
beef, chuck or round, trimmed and cut into 2-inch (5-cm) chunks	4 lb. to 4 lb., 8 oz.	1.8 kg to 2.1 kg		
onion, sliced 1/4-inch (1/2-cm) thick	1 lb., 2 oz.	511 g	2 large	
flour	1 oz.	28 g	1/4 cup	60 mL
Guinness		341 g	1 1/2 cups	360 mL
water		454 g	2 cups	480 mL
fresh parsley, minced	1/4 oz.	8 g	2 tablespoons	30 mL
carrots, peeled and cut into 1-inch slices	1 lb.	454 g	5 each	
salt	1/4 oz.	8 g	1 teaspoon	5 mL
pepper			1/2 teaspoon	3 mL

Garnish:
fresh parsley, minced, *optional*

- 1

Preheat oven to 300 degrees (150°C). Cover prunes with hot water, set aside.
- 2

Heat oil in large ovenproof pan or braiser on medium-high heat, add bay leaves and sauté.
- 3

Add beef, sauté until seared on all sides.
- 4

Add onion, sauté until lightly browned.
- 5

Reduce heat to medium, sprinkle flour over mixture in pan, mix until browned.
- 6

Reduce heat to low, slowly whisk in Guinness and water, a little at a time. If necessary, add more water to cover meat.
- 7

Add parsley, carrots, salt, and pepper; stir to distribute seasonings.
- 8

Place in oven and braise for 2 to 2 1/2 hours, until meat is tender. Stir occasionally. Add soaked prunes 30 minutes before serving.
- 9

Correct seasonings and serve, garnished with minced parsley, if desired.



© Annamavriita

SHEPHERD’S PIE (ENGLAND)

BEEF TOPPED WITH MASHED POTATOES

Note: This common British dish was prepared from leftovers of the beef roast traditionally served on Sundays. For easier restaurant service, make shepherd’s pie in individual casseroles.

Number of Servings: 12

Serving Size: 5 oz. (142 g) or 1/6 pie

Total Yield: Two 9-inch pies (23 cm)

Food Balance: Protein

Wine Style: Light- to medium-bodied Chardonnay, Merlot, Shiraz, Zinfandel, or Cabernet Sauvignon

Example: Beringer Founders’ Estate Merlot

Cooking Method: Boil, bake



© Fudio

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
cooked beef, minced, or ground	1 lb., 8 oz.	680 g		
beef, cooked				
potatoes, white, waxy, or all-purpose, peeled, and quartered	3 lb.	1.4 kg		
butter or meat drippings	1 oz.	28 g	2 tablespoons	30 mL
onion, diced	14 oz.	397 g	2 large	
flour	1 oz.	28 g	3 tablespoons	45 mL
beef stock, hot		680 g	3 cups	720 mL
salt	to taste			
pepper			3/4 to 1 teaspoon, to taste	4 to 5 mL

Topping:
butter, melted

TWIST ON THE CLASSIC

Prepare shepherd’s pie with any filling substituted for the traditional beef filling, covered with mashed potatoes. Try curried chicken or slices of a sausage such as English bangers, Italian sweet or hot sausage, or Spanish chorizo.

- 1

While preparing beef, boil potatoes in water until tender. Process into mashed potatoes. Season potatoes with salt and pepper, to taste.
- 2

Preheat oven to 425 degrees (220°C).
- 3

Melt butter or meat drippings in skillet, add onion, sauté over medium-low heat until soft, about 4 minutes.
- 4

Add flour and cook until light brown in color.
- 5

Slowly whisk in stock. Add meat, salt, and pepper, and simmer at least 10 minutes. Add more stock if too thick. Correct seasonings.
- 6

Place meat mixture into pie pans, steam table pan, or individual ovenproof dishes. Top with mashed potatoes, which can be spread or decoratively piped over meat. Dot or brush with melted butter.
- 7

Bake for 25 to 30 minutes. If needed, brown under broiler until golden. Serve immediately, accompanied by your choice of vegetable.

IRISH STEW (IRELAND)

Note: Originally, long-cooking Irish stews made use of tough, strongly flavored mutton.

Number of Servings: 9

Serving Size: 8 oz. (227 g)

Total Yield: 4 lb., 10 oz. (2.1 kg)

Food Balance: Balanced protein

Wine Style: Wide variety: Sauvignon Blanc, Pinot Blanc, Pinot Noir, Merlot

Example: Château St. Jean Pinot Noir

Cooking Method: Braise

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
potatoes, white, waxy, or all-purpose, peeled, and cut into 1/4-inch slices	1 lb., 8 oz.	680 g		
onions, 1/4-inch slices	1 lb.	454 g	4 each	
lean boneless lamb, neck or shoulder, 1 1/2-inch cubes	2 lb.	908 g		
salt	1/2 oz.	15 g	2 teaspoons	10 mL
pepper			1/2 teaspoon	3 mL
thyme			1 teaspoon	5 mL
fresh parsley, minced	1/4 oz.	8 g	2 tablespoons	30 mL
stock or water		227 g	1 cup	240 mL

TWIST ON THE CLASSIC

Replace the boneless lamb with lamb shanks, add more thyme, and use a combination of stock and wine or Guinness instead of water in this recipe.

- 1

Preheat oven to 300 degrees (150°C). Place oven rack in lower half of oven.
- 2

Place half of potatoes (12 oz./341 g) in ovenproof pan.
- 3

Top with half of onions (8 oz./227 g), then lamb.
- 4

Sprinkle half of seasonings (salt, pepper, thyme, and parsley) over lamb.
- 5

Place remaining onions over lamb.
- 6

Arrange remaining potatoes on top.
- 7

Sprinkle with remaining seasonings.
- 8

Pour in stock or water.
- 9

Cover pan, place in oven. Bake for 2 to 2 1/2 hours, until lamb is tender. Add more water if becoming too dry; remove lid if too soupy. Correct seasonings. Serve.



Courtesy of the Idaho Potato Commission

DUCK WITH PEAS AND ONIONS

Number of Servings: 8
Cooking Method: Bake, sauté
Serving Size: 1/4 duck, 6 oz. (171 g) peas and onions
Total Yield: 10 lb., 6 1/2 oz. (4.72 kg)
Wine Style: You can pair this dish with a more full-bodied white wine with some age on it or a lighter red wine.
Possible grape varietals are Riesling, Gruner Veltliner, Sauvignon Blanc, Pinot Noir or St. Laurent.
Example: 2013 Domaine Reverdy-Ducroux Sancerre 'Les Vignes Silex' (France/Upper Loire)

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
duck, neck and giblets removed	10 lb., 13 1/2 oz.	4.8 kg	2 each	
salt, coarse	as needed			
bacon, cut into 3/4-inch (2-cm) pieces	5 oz.	142 g	6 slices	
boiling onions, peeled	14 oz.	397 g	24 each	
pepper	as needed			
chicken stock		114 g	1/2 cup	120 mL
honey	2 1/2 oz.	71 g	1/4 cup	60 mL
peas, frozen	2 lb.	908 g		

- 1 Preheat oven to 350 degrees (180°C). Place oven rack in center of oven.
- 2 Place duck on rack in roasting pan with breast side up. Using fork, stick the duck all over. Sprinkle salt over duck. Place in oven and bake for 1 hour. Remove from oven, discard fat from bottom of pan.
- 3 Turn duck over so the breast side is down. Stick with fork, sprinkle with salt, and return to oven for 1 hour. Remove from oven, discard fat from bottom of pan.
- 4 Turn duck over so the breast side is up. Return to oven and bake another 45 minutes or until duck is almost done. From this point, the duck cooks another 30 minutes. (Thermometer inserted into fully cooked duck thigh should read 175 degrees [80°C].)
- 5 While duck is cooking this final time, place bacon pieces and whole onions into skillet over medium heat. Sauté until bacon is crisp (onions will brown), about 10 minutes. Season with pepper.
- 6 After 45 minutes, remove duck from oven, pour off excess fat. Remove duck and rack from pan. Deglaze pan with stock, stirring to release baked-on bits from bottom of pan. Add honey and cook to combine.
- 7 Stir onion and bacon mixture into liquid in duck pan. Return rack and duck to pan. Return to oven for 15 minutes.
- 8 Remove from oven. Add frozen peas to pan. Bake another 15 minutes.
- 9 Correct seasonings. Serve duck with vegetables, making sure each portion receives three onions.



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TWIST ON THE CLASSIC

If duck with crisp skin is desired, broil duck until golden on all sides before deglazing the pan and adding the vegetables. Then continue with the recipe as written.

COD CAKES (SCOTLAND)



Courtesy of the Idaho Potato Commission

TWIST ON THE CLASSIC

Try substituting cheddar cheese for the béchamel sauce for a different flavor. Serve the cod cake over a salad for a luncheon dish or warm weather entrée.

Note: Like many recipes from the British Isles, this recipe is a bit bland. If you want to spice it up, add some nutmeg and cayenne pepper. Be careful not to overdo it.

Number of Servings: 9

Serving Size: Two 3-oz. patties (86 g)

Total Yield: 3 lb., 7 oz. (1.6 kg)

Food Balance: Protein

Wine Style: Soft and fruity Viognier, Marsanne, Chardonnay, Dolcetto, or Beaujolais

Example: Greg Norman Chardonnay

Cooking Method: Sauté

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
Béchamel Sauce:				
butter	1 oz.	28 g	2 tablespoons	30 mL
flour	1 oz.	28 g	2 tablespoons	30 mL
milk, hot		227 g	1 cup	240 mL
salt	to taste			
pepper	to taste			
cod or haddock, poached, then flaked	1 lb., 1 oz.	482 g	3 cups	720 mL
onion, finely minced	2 oz.	57 g	1/4 cup	60 mL
potatoes, white, waxy, or all-purpose, cooked and mashed	1 lb., 8 oz.	680 g	3 cups	720 mL
salt			3/4 teaspoon	4 mL
pepper			1/2 teaspoon	2 mL
dried thyme, crushed			1/2 teaspoon	2 mL
fresh parsley, minced	1/2 oz.	15 g	3 tablespoons	45 mL
prepared mustard			1 1/2 teaspoons	8 mL
egg	5 oz.	142 g	3 each	
frying oil	as needed			
Garnish:				
lemon, minced parsley, and/or tartar sauce				

BÉCHAMEL SAUCE:

- 1

Melt butter in pan over medium heat, add flour, and whisk until a blond *roux* (very lightly colored).
- 2

Reduce heat to low, add milk slowly, whisking constantly until thickened to medium consistency.
- 3

Season with salt and pepper.
- 4

Correct seasonings. Strain through China cap or *chinois* to remove any lumps. Cover and refrigerate if not using immediately.

ASSEMBLY:

- 1

Add béchamel sauce and all other ingredients, except oil, to bowl. Stir gently until blended.
- 2

Form 3-oz. (86-g) patties with floured hands. Refrigerate until ready to sauté.
- 3

Heat 1/4- to 1/2-inch (1/2-cm to 1.3-cm) oil in skillet over medium heat.
- 4

Sauté cakes until golden brown on both sides.
- 5

Drain on absorbent paper.
- 6

Serve, garnished with lemon, parsley, and/or tartar sauce.

DOVER SOLE MEUNIÈRE (ENGLAND)

DOVER SOLE WITH BUTTER SAUCE

Number of Servings: 9
Serving Size: 6 oz. (171 g) fish + 1 oz. (28 g) sauce
Total Yield: 3 lb., 7 oz. (1.6 kg) fish
Wine Style: For this dish, a full-bodied white wine with creaminess and oak flavors is required.
Possible grape varietals are Chardonnay, Gruner Veltliner, Sauvignon Blanc.
Example: 1994 Domaine aux Moines Savennières Roche aux Moines (France/Loire Valley)

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
flour, all purpose	5 oz.	142 g	1 cup	240 mL
salt	1/4 oz.	8 g	1 teaspoon	5 mL
white pepper			1/4 teaspoon	2 mL
butter, unsalted	as needed for frying			
oil, vegetable or canola	as needed for frying			
sole fillets	3 lb., 6 oz.	1.5 kg		
Meunière Sauce:				
butter, unsalted	5 oz.	142 g	10 tablespoons or 1 stick + 2 tablespoons	148 mL or 1 stick + 30 mL
salt			1/2 teaspoon	3 mL
white pepper	to taste			
lemon juice		28 g	2 tablespoons	30 mL
parsley, minced	1 oz.	28 g	1/4 cup	60 mL
Garnish:				
lemon wedges				

- 1 Mix flour, salt, and pepper on plate. Preheat oven to 300 degrees (150°C).
- 2 Mix equal parts of butter and oil in skillet. Use enough butter/oil mixture to coat skillet. Heat over medium-high heat until hot.
- 3 Dredge fish in flour; shake off excess. Fry fish until golden, a few minutes. Turn, sauté other side until golden. Remove to pan and keep warm in preheated oven.
- 4 Wipe out pan if needed. Again add more butter and oil. Repeat until all fish is sautéed.

FOR MEUNIÈRE SAUCE:

- 1 Melt butter in saucepan over medium-high heat. Cook until butter turns lightly browned, 1 or 2 minutes. Remove from heat.
- 2 Add salt, pepper, and lemon juice. Be careful: It might splatter. Add parsley. Stir to combine.
- 3 Serve fish drizzled with 1/2 oz. (1 tablespoon) butter mixture. Garnish with lemon wedges.

Note: In the past, cooks sautéed the Dover sole in only butter. Because oil has a higher smoke point, the cook can sauté the fish at a higher temperature by using a mixture of butter and oil.



© Marco Mayer

TWIST ON THE CLASSIC

For a different taste and presentation, top the Dover sole with a seafood stuffing or place the stuffing under the sole.

WELSH RAREBIT (WALES)
CHEDDAR CHEESE SAUCE OVER TOAST

TWIST ON THE CLASSIC

Experiment with this recipe by using different lagers, ales, porters, or stouts. The taste will change dramatically. For a nonalcoholic version, substitute milk or stock for the beer.

Note: Every collection of classic British cooking includes a version of Welsh Rarebit. There are countless variations on this recipe.

Number of Servings: 8
Serving Size: 2 1/2 oz. (71 g) cheese sauce on toast
Total Yield: 1 lb., 5 oz. (596 g)
Food Balance: Protein
Wine Style: Soft and fruity blush, Pinot Blanc, Chenin Blanc, Merlot, Shiraz, or Zinfandel
Example: Souverain or Greg Norman Zinfandel

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
toast, crusts removed			8 each	
sharp Cheddar cheese, grated	1 lb.	454 g	6 cups	1.44 L
flour	1/2 oz.	15 g	2 tablespoons	30 mL
beer or ale		114 g	1/2 cup	120 mL
butter	1 oz.	28 g	2 tablespoons	30 mL
Worcestershire sauce			2 teaspoons	10 mL
dry mustard			1/2 teaspoon	3 mL
cayenne			pinch	
egg yolk	1 1/2 oz.	43 g	2 each	

- 1 Place toast in individual shallow ovenproof dishes, set aside. Preheat broiler.
- 2 In top of double boiler or saucepan, mix cheese with flour, then add beer, butter, Worcestershire sauce, mustard, and cayenne.
- 3 Stirring constantly, melt in top of double boiler over simmering water or in saucepan over medium-low heat. Do not let mixture boil.
- 4 Place yolk in small bowl, whisk briefly.
- 5 Stirring constantly, slowly add some melted cheese to yolk to temper it.
- 6 Take cheese mixture off heat. Stir yolk mixture into cheese. Correct seasonings.
- 7 Pour cheese evenly over toast.
- 8 Place cheese dishes under broiler until lightly brown, about 1 or 2 minutes. Serve immediately.



© Fanfo

TURNIPS AND LEEKS (SCOTLAND)

Note: If desired, bake in ramekins or individual dishes. Serve in the individual dishes or unmold the Turnips and Leeks onto plates.

Number of Servings: 9

Serving Size: 4 oz. (114 g)

Total Yield: 2 lb., 4 oz. (1.1 kg)

Cooking Method: Bake

TWIST ON THE CLASSIC

To make this dish more colorful, add sweet potatoes with the turnips and leeks.

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
turnips, peeled and thinly sliced	1 lb., 6 oz.	624 g	5 medium	
leeks, core removed, washed thoroughly, and sliced thinly, leaving about 3 inches of green	10 1/4 oz.	292 g	2 each	
salt	as needed			
pepper	as needed			
grated nutmeg	as needed			
cream		57 g	1/4 cup	60 mL
chicken stock		177 g	3/4 cup	180 mL
butter	1 oz.	28 g	2 tablespoons	30 mL

Garnish:
paprika, *optional*

- 1

Pan-spray or grease 3-quart ovenproof pan. Preheat oven to 350 degrees (180°C).
- 2

Place layer of turnips on bottom of pan. Place layer of leeks over turnips. Sprinkle with salt and pepper.
- 3

Repeat layering turnips, leeks, salt, and pepper. Sprinkle every few layers with nutmeg.
- 4

Sprinkle top layer (either leeks or turnips) with salt, pepper, and nutmeg. Pour cream over top, then chicken stock.
- 5

Dot with butter. Cover dish and bake 1 hour. Uncover and bake another 15 minutes. Serve, garnished with sprinkling of paprika, if desired.



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CAULIFLOWER CHEESE



© Lilyana Vynogradova

Number of Servings: 11
Serving Size: 4 oz. (114 g)
Total Yield: 2 lb., 12 1/4 oz. (1.3 kg)
Wine Style: Cauliflower with cheese would pair very well with a fuller bodied white wine from a cool climate region.
Possible grape varieties are Pinot Gris, Pinot Blanc, Gruner Veltliner, Riesling, Chardonnay.
Example: Grauburgunder “Pluris” 2011, Hirtzberger (Wachau/Austria)

TWIST ON THE CLASSIC

Create an entrée pasta dish by adding elbow macaroni or penne and pieces of cooked lobster meat to the cauliflower, and then top with cheese sauce and breadcrumb topping and bake as in the Cauliflower Cheese recipe.

Cauliflower cheese is served throughout the British Isles as a side dish or a vegetarian entrée. Sometimes, some chopped ham is added to the dish, and it is served as an entrée.

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
Béchamel Sauce:				
butter, unsalted	1 oz.	28 g	2 tablespoons	30 mL
flour, all purpose	1 oz.	28 g	1/4 cup	60 mL
milk, hot		227 g	1 cup	240 mL
clove, whole			2 each	
onion, cut in half	3 oz.	86 g	1 small	
salt			1/4 teaspoon	2 mL
white pepper			1/8 teaspoon	1 mL
mustard, dry			1/8 teaspoon	1 mL
nutmeg			sprinkling	
cheddar cheese, grated	4 oz.	114 g	1 1/2 cups	360 mL
cauliflower, core and leaves removed	1 lb., 12 oz.	794 g	1 head	
breadcrumbs, dried	2 3/4 oz.	78 g	1/2 cup	120 mL
cheddar cheese, grated	2 oz.	57 g	3/4 cup	180 mL

- 1 Preheat oven to 425 degrees (220°C). Pan spray ovenproof dish.
- 2 Melt butter in small saucepan over medium heat. Whisk in flour and cook until blonde *roux*.
- 3 Reduce heat to medium-low; slowly whisk in hot milk until all milk is incorporated. Stick one clove in each onion half. Add onions, salt, pepper, mustard, and nutmeg to milk mixture.
- 4 Whisk occasionally and simmer for 15 to 20 minutes until thick.
- 5 Remove from heat. Remove onions and discard. Add 4 oz. (1 1/2 cups, 114 g or 360 mL) cheese to sauce. Stir to incorporate. Set aside until needed.
- 6 Break cauliflower into florets. Place water in saucepan about 1-inch (2 1/2-cm) deep.
- 7 Add cauliflower to water, bring to boil over medium-high heat. Boil 3 to 4 minutes to cook until half done. Remove florets from saucepan, place in prepared dish.
- 8 Mix breadcrumbs and 2 oz. (3/4 cup [57 g or 180 mL]) cheese together in small bowl. Set aside until needed.
- 9 Pour sauce over cauliflower. Top with breadcrumb cheese mixture. Bake for 20 to 25 minutes until bubbly and golden brown. Serve.

COLCANNON (IRELAND)

MASHED POTATOES WITH KALE OR CABBAGE

Note: An intrinsic ingredient in Irish cookery, the ever available and inexpensive potato is added to countless dishes to extend the food.

Number of Servings: 13

Serving Size: 4 oz. (114 g)

Total Yield: 3 lb., 6 oz. (1.5 kg)

Cooking Method: Boil, sauté

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
milk		227 g	1 cup	240 mL
scallions, with 3 inches green, sliced	2 1/2 oz.	71 g	1 bunch	
potatoes, white, waxy, or all-purpose, peeled and quartered	2 lb.	908 g		
kale or green cabbage, washed and cut finely or shredded	1 lb.	454 g		
butter	1 oz.	28 g	2 tablespoons	30 mL
salt	1/4 oz.	8 g	1 teaspoon	5 mL
pepper			1/4 teaspoon	2 mL
ground mace			1/4 teaspoon	2 mL

Garnish:
fresh parsley, minced

- 1

Place milk and scallions in small pan, heat.
- 2

Boil potatoes in water until tender, drain well.
- 3

While potatoes boil, in a pan over medium heat, sauté kale in butter until tender. If using cabbage, boil until tender and then sauté in butter.
- 4

Mash potatoes using milk and scallions for liquid.
- 5

Stir cooked kale or cabbage and seasonings into potatoes.
- 6

Correct seasonings. Serve, garnished with minced parsley if desired.

TWIST ON THE CLASSIC

Try replacing the mashed potatoes with mashed rutabaga or sweet potatoes for color.



Courtesy of the Idaho Potato Commission



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Courtesy of the Idaho Potato Commission

TWIST ON THE CLASSIC

For an elegant canapé, make small (about 1 inch [2.5 cm] in diameter) pancakes, and top them with a dollop of crème fraîche, a piece of smoked salmon, and capers.

BOXTY (IRELAND)
POTATO PANCAKES

Note: There are endless variations on this traditional Irish dish. To utilize leftover mashed potatoes, many cooks combine mashed potatoes with grated potatoes to make this pancake. Often, this dish is served on Halloween and Shrove Tuesday (the day before Ash Wednesday, the beginning of Lent).

Number of Servings: 11 pancakes

Serving Size: 3-oz. pancake (86 g)

Total Yield: 2 lb., 1 oz. (936 kg)

Cooking Method: Sauté

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
flour	4 oz.	114 g	1 cup	240 mL
salt	1/4 oz.	8 g	1 teaspoon	5 mL
pepper			1/2 teaspoon	3 mL
caraway seeds			1 teaspoon	5 mL
milk		114 g	1/2 cup	120 mL
potatoes, white, waxy, or all-purpose, peeled and grated	2 lb.	908 g	6 each	
butter, for frying	2 to 4 oz.	57 to 114 g	4 to 8 tablespoons or 1/2 to 1 stick	60 to 120 mL

- 1 Mix flour, salt, pepper, caraway seeds, and milk in bowl. Refrigerate until needed.
- 2 In colander, squeeze excess moisture from potatoes.
- 3 Add potatoes to milk-flour mixture, correct seasonings. Form into 3-oz (86-g) patties (flour hands if necessary).
- 4 Heat 3 tablespoons (45 mL) butter, or enough for sautéing, in skillet over medium-high heat. Sauté pancakes until golden and crisp on edges, about 3 minutes on each side. Serve immediately.



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Instead of reserving this to accompany roast beef, consider serving it with any braised dish like stew, lamb shanks, or short ribs.

YORKSHIRE PUDDING (ENGLAND)

Note: Yorkshire pudding typically accompanies roast beef or other large pieces (joints) of meat.

Note: To prepare Yorkshire pudding in individual servings, pour the batter into small dishes or muffin tins instead of a baking pan.

Number of Servings: 9

Serving Size: 3-inch × 4 1/4-inch (8-cm × 11 1/2-cm) piece

Total Yield: 9-inch × 13-inch (23-cm × 33-cm) pan

Cooking Method: Bake

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
all-purpose flour	4 1/2 oz.	128 g	1 cup	240 mL
salt			1/2 teaspoon	3 mL
eggs	3 1/2 oz.	104 g	2 each	
milk		227 g	1 cup	240 mL
pan drippings or butter	1 oz.	28 g	2 tablespoons	30 mL

- 1 Place flour and salt in bowl of food processor fitted with knife blade, pulse to mix.
- 2 With processor running, add eggs and milk through tube, pulse to mix well.
- 3 Remove batter to bowl, refrigerate at least 1 hour. Meanwhile, preheat oven to 400 degrees (205°C).
- 4 Place pan drippings or butter in 9- by 13-inch (23-cm by 33-cm) pan or 1/2-steam table pan; heat in oven until hot.
- 5 Stir batter, pour batter into pan, bake for 15 minutes. Reduce heat to 350 degrees (180°C), bake another 10 to 15 minutes, until puffy, crisp, and golden.
- 6 Remove from oven, cut into squares. Serve immediately.



© Joe Gough

SCONES (ENGLAND)

RICH BISCUITS WITH CURRANTS

Note: Served warm with butter and jam, honey, or lemon curd, scones appear regularly accompanied by tea.

Total Yield: 12 biscuits

Cooking Method: Bake

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
all-purpose flour	9 1/2 oz.	270 g	2 cups	480 mL
baking powder	1/4 oz.	8 g	2 teaspoons	10 mL
sugar	1 oz.	28 g	2 tablespoons	30 mL
salt			1/2 teaspoon	3 mL
unsalted butter, cold, cut into 12 equal pieces	3 oz.	86 g	6 tablespoons	90 mL
egg	1 3/4 oz.	50 g	1 each	
milk		114 g	1/2 cup	120 mL
dried currants	1 3/4 oz.	50 g	1/3 cup	80 mL

- 1 Preheat oven to 400 degrees (205°C). Place oven rack in center of oven. Grease baking sheet or cover with parchment paper.
- 2 Place flour, baking powder, sugar, and salt in bowl of food processor fitted with knife blade, pulse to mix.
- 3 Place butter pieces on top of flour mixture, pulse to mix until clumps the size of peas form.
- 4 In a separate bowl, mix egg and milk. With processor running, pour egg and milk through feed tube, pulse until dough forms ball. Add currants, and pulse once or twice.
- 5 Remove dough from processor bowl to lightly floured counter; knead gently, if necessary, to mix in currants.
- 6 Divide dough into three even parts, pat each part into 4- to 5-inch (10-cm to 13-cm) circle.
- 7 Cut each circle into quarters, place pieces on prepared baking sheet.
- 8 Bake for about 15 minutes, until lightly brown. Serve immediately with butter and jam, honey, or lemon curd.

TWIST ON THE CLASSIC

Bakers prepare myriad variations of this classic recipe. Some replace the currants with dried blueberries, cherries, cranberries, chopped apricots, or any other variety of fruits. Still others add nuts or replace part of the flour with cornmeal to add crunch.



David Murray and Jules Selmes © Dorling Kindersley



Courtesy King Arthur Flour

LEMON TART



Finished lemon curd



© JJAVA



Constantinos Loumakis © Shutterstock

Note: Traditionally, lemon curd is spread on toast like jam. The applications for this versatile, pungent cream are endless. It is a great addition to any dessert repertoire.

Number of Servings: 8

Serving Size: 1/8 of 9-inch (23-cm) tart

Total Yield: one 9-inch (23-cm) tart

Cooking Method: Simmer, bake

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
Lemon Curd:				
egg yolks	6 3/4 oz.	191 g	10 each	
sugar	7 1/4 oz.	206 g	1 cup	240 mL
lemon juice		256 g	1 cup + 2 tablespoons	270 mL
lemon zest, grated	1 oz.	28 g	3 tablespoons	45 mL
butter, cut into pieces	4 oz.	114 g	1/2 cup (1 stick)	120 mL
pie dough	13 oz.	369 g		
egg white	1 oz.	28 g	1 each	
semisweet chocolate, in chips, shaved, or in small pieces	1 1/2 oz.	43 g		
Chantilly cream	12 oz.	341 g		

LEMON CURD:

- 1 With wooden spoon, mix egg yolks and sugar in nonreactive pan. Cook over low heat, stirring constantly for a couple minutes.
- 2 Stirring constantly, add lemon juice and zest. Slowly add butter, a piece or two at a time. Continue stirring, cook until mixture thickens, about 20 to 30 minutes.
- 3 Remove from pan, cool completely. Stir frequently or cover with parchment paper to prevent skin from forming on top. Store in refrigerator, tightly covered.

ROLLING OUT DOUGH:

- 1 Place chilled ball of pie dough on table. If dough is made with butter, it will be stiff. With rolling pin, hit ball to flatten into disk about one-inch (2.5-cm) thick. Lightly flour table and rolling pin if needed.
- 2 Roll dough from middle to sides. Release dough from table with icing spatula after every few rolls. After each roll or two, turn dough one-quarter turn to keep dough round. Roll into circle of desired thickness, between 1/8 and 1/4 inch (30 and 60 mm).
- 3 Release dough from table with spatula. Fold gently in half. Lift and position over tart pan so dough covers pan when unfolded.
- 4 Press dough into all corners of pan. Flute edges of dough. Prick bottom of pie shell with fork in several places to prevent buckling of dough during baking.
- 5 If possible, chill thoroughly before baking.

BAKING:

- 1 Place rack in bottom half of oven, preheat oven to 375 degrees (190°C). Line inside of pie shell with aluminum foil with shiny side down (to prevent dough from buckling). Make sure foil reaches into all “corner” seams (where sides and bottom of pan join).
- 2 Bake for about 10 minutes, until just set. Remove from oven, remove foil.
- 3 Brush bottom of crust with egg white, return to oven for another 15 to 20 minutes until golden. Remove from oven, cool about 10 minutes.

ASSEMBLY:

- 1 Layer chocolate over bottom crust. Allow to sit a few minutes to melt. Using icing spatula, spread evenly over bottom of crust. Cool crust completely.
- 2 Spread lemon curd about 1/2-inch (1.3-cm) thick in prepared pie shell. Remove rim and bottom of pan. Place tart on serving plate or cardboard round.
- 3 Decoratively pipe top with Chantilly cream. Refrigerate until serving.

Tightly covered, lemon curd stores well in the refrigerator.

Chantilly cream is lightly sweetened whipped cream. To make 12 ounces (341 g) of Chantilly cream, begin with about 1 1/2 cups (360 mL) of heavy whipping cream. Whip the cream on low speed until it starts to thicken, about 1 minute. Increase speed to high, and whip until about half thickened. Add a little sifted confectioner's sugar (about 1 tablespoon or 15 mL) and vanilla extract. Continue whipping until soft peaks form.

When removing zest from lemon, be careful to avoid the white pith that is just under the yellow zest. While the zest contains the oils and the lemon flavor, the pith is bitter.

Use the pie dough recipe of choice or use the one for Pâte Brisée in Chapter 3, France.

If available, prepare this dessert in a 9-inch (23-cm) tart pan with a removable bottom.

TWIST ON THE CLASSIC

This pungent, tart lemon cream (curd) makes a wonderful filling for a tart or between layers of white, yellow, or chocolate cake. Lemon curd easily replaces jams or preserves in almost any application. To create a variation on the classic British trifle, make a lemon blueberry trifle: moisten the cake pieces with simple syrup or rum, top with some lemon curd (substituted for the traditional raspberry preserves), add blueberries over the lemon curd, and top with whipped cream. Repeat layers to fill an attractive clear glass bowl or individual martini glasses.

PASTRY CREAM
CUSTARD

Note: Use a stainless steel saucepan because whisking against aluminum can cause the custard to become gray in color. Pastry cream should be used within 24 hours.

Total Yield: 1 lb., 8 oz. (680 g), or 3 cups (720 mL) **Cooking Method:** Boil

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
sugar	5 1/2 oz.	156 g	2/3 cup	160 mL
milk		511 g	2 1/4 cups	540 mL
cornstarch	1 1/4 oz.	36 g	1/4 cup	60 mL
egg yolks	4 oz.	114 g	6 each	
butter, unsalted	1 oz.	28 g	2 tablespoons	30 mL
vanilla			2 teaspoons	10 mL

- 1 Combine sugar and 1 1/2 cups (360 mL) of the milk in nonreactive pan, stir, bring to boil over medium heat.
- 2 Whisk cornstarch and remaining 3/4 cup (180 mL) milk together in bowl, add yolks, whisk well.
- 3 While whisking, very slowly pour hot milk into yolk mixture to temper eggs.
- 4 Return mixture to pan, whisk constantly over medium-low heat until mixture boils. Make sure to whisk into corners of pan to prevent sticking and burning.
- 5 Cook for 1 minute, scrape into nonreactive bowl using the whisk. (Using a spatula adds overcooked pastry cream from the corners of the pan.)
- 6 Add butter and vanilla, stir well.
- 7 Stirring frequently, chill in ice water bath until cool, then cover with plastic wrap and refrigerate until needed.



Whisking pastry cream while cooking



Adding butter to pastry cream

TRIFLE (ENGLAND)

SHERRY-FLAVORED CAKE LAYERED WITH VANILLA CUSTARD, RASPBERRY PRESERVES, AND WHIPPED CREAM



Sprinkling sherry on cake pieces



Assembling the trifle — placing preserves over cake pieces

Note: Trifle looks beautiful layered in a glass bowl or oversized brandy snifter; however, it may be prepared in individual bowls or glasses for easy service. Martini or marguerita glasses work well because the top is wide enough to easily accommodate a spoon. Many prefer pound cake instead of sponge cake for their trifle.

Number of Servings: 10
Serving Size: 5 oz. (142 g)
Total Yield: 3 lb., 4 oz. (1.5 kg)

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
sponge cake, homemade or purchased, cut into 1-inch (2.5 cm) cubes	15 oz.	426 g	6 1/2 cups	1.56 L
sherry, dry		170 g	3/4 cup	180 mL
heavy cream		341 g	1 1/2 cups	360 mL
confectioner's sugar	3/4 oz.	22 g	2 tablespoons	30 mL
vanilla	1/4 oz.	8 g	1 1/2 teaspoons	8 mL
raspberry preserves	4 to 8 oz.	114 to 227 g to taste	1/4 to 1/2 cup to taste	60 to 120 mL to taste
vanilla pastry cream or custard, recipe on p. 31	1 lb.	454 g	2 cups	480 mL
Garnish:				
raspberry preserves				

TWIST ON THE CLASSIC

Change the flavor combinations of a trifle to use available fresh fruits or to match the season.

- **Tropical Trifle:** Substitute pineapple preserves for the raspberry preserves (or omit the preserves for this variation), add chopped tropical fruits over the pastry cream, and sprinkle the cake pieces with rum instead of sherry
- **Chocolate Trifle:** Use apricot or raspberry preserves and replace the vanilla pastry cream with chocolate pastry cream or chocolate pudding
- **Christmas Trifle:** Place a layer of raspberries and chopped kiwi over the raspberry preserves

- 1 Place cake pieces in bowl, sprinkle with sherry to taste. Do not add more sherry than the cake can absorb without collapsing.
- 2 Whip heavy cream until half thickened and barely holding peaks. Scrape down sides of bowl with spatula.
- 3 Add confectioner's sugar and vanilla, whip until thickened and holding peaks.
- 4 Place whipped cream in pastry bag filled with large star tip.
- 5 Place 1/3 or 1/2 of cake pieces in bowl, depending on width of bowl, to cover bottom.
- 6 Top with 1/3 or 1/2 of raspberry preserves (drop bits of preserves from a spoon on top of cake pieces).
- 7 Using pastry bag or spoon, cover with layer of pastry cream, about 1/4 inch thick (use 1/3 or 1/2).
- 8 Pipe layer of whipped cream over pastry cream (use about 1/3 or 1/2).
- 9 Repeat layers (if using thirds, repeat all layers twice; if 1/2, repeat layers once), decoratively piping the final layer of whipped cream.
- 10 Garnish with dollop of raspberry preserves. Cover and refrigerate until serving time.
- 11 Spoon onto plates to serve.



Trifle for a crowd and an individual serving

Spain and Portugal

>> LEARNING OBJECTIVES

By the end of this chapter, you will be able to:

- Identify differences and similarities in the regional cuisines of Spain and Portugal
- Explain how the topography and climate influence the cuisines found on the Iberian peninsula
- Know which food products are prevalent in various regions of Spain and Portugal
- Prepare several Iberian dishes



>> HISTORY

Lying in southeastern Europe, the Iberian Peninsula contains the countries of Spain and Portugal. Archeologists believe people first inhabited this peninsula about 100,000 years ago. The Iberians settled there 5,000 years ago and built the first cities in Spain. Throughout history, many invading countries left a great impact on the cuisines of Iberia. Around 200 B.C., the Romans entered Spain from the south, bringing grapes for wine, garlic, wheat, and olives.

MOORS

The Moors, who were Arabs from North Africa, entered the south of Spain in 711 A.D. Eventually they conquered most of Spain and ruled the country for hundreds of years, until the late fifteenth century.

Reflecting the culinary world of northern Africa and various countries of the Middle East, the Moors introduced the Spaniards to oranges, lemons, watermelon, pomegranates, grapes, artichokes, spinach, eggplants, rice, dates, almonds, marzipan, herbs, fruits, vegetables, and a variety of spices, including nutmeg, saffron, and pepper. The Spanish adopted combining sweet with savory, as well as the use of honey, from the Moors.

Another major contribution from the Moors, *tapas* resemble Middle Eastern *meze*, appetizers or small plates. Of course, this type of food became very popular throughout Spain and reigns as a very well known and popular food.

In addition to many new foods, the Arabs acquainted the Spanish with cooking techniques such as marinating and frying foods in olive oil. Strong Arab influence is apparent in the cooking, architecture, and religion found in Andalusia, a region in southern Spain.

NEW WORLD

Finally, another major influence on the Iberian cuisines came in the late 1400s when Christopher Columbus and other explorers returned from the New World. Along with their triumphs of discovering new lands and claiming them for Spain or Portugal, these explorers returned to their homeland with tomatoes, corn, potatoes, sweet peppers, and chocolate from the New World.

EMPIRES

When all of the invaders were gone at the end of the fifteenth century, Spain finally became a unified country. At that time, Spain began to build its own empire. The Spaniards gained control of lands in South America, North America, Asia, Africa, and Europe. They ruled their extensive empire for about 100 years, until the late sixteenth century.

In 1588, the British defeated the invading Spanish Armada, a fleet of ships that sailed to the British Isles to attack. Between this time and the 1700s, Spain lost many of the countries it had ruled and lost its rank as a major world power.

The Portuguese also built an empire in the late 1400s, which lasted about a century. Like the Spanish, their empire began with explorers discovering foreign lands around the world and claiming these new territories for Portugal.

SPANISH INQUISITION

Under the leadership of King Ferdinand II and Queen Isabella I, the Spanish established the Spanish Inquisition in 1478. The purpose of this political action was to purge the country of Jewish, Muslim, and Protestant people. Those who did not convert to Catholicism escaped or were killed. Reports claim that 160,000 Jews left Spain or were killed there in 1492. In 1502, the Spanish expelled most Muslims.

>> TOPOGRAPHY

Containing mountains, coastlines, plateaus, hills, rivers, and streams, Spain and Portugal's topography is characterized by great diversity. Spain makes up five-sixths of the Iberian Peninsula; Portugal occupies the remaining one-sixth.

SPAIN

Spain ranks as both the third largest country in Europe and the third most mountainous European country. Only Switzerland and Austria contain more mountains.

The Atlantic Ocean borders Spain on the northwest, the Bay of Biscay on the north, and the Mediterranean Sea lies to the east and south. Only 8 miles of water separate Africa from the south of Spain. France neighbors Spain on the northeast; Portugal joins on the west.

The majority of Spain has a dry climate and consists of poor soil and *meseta*—high, dry plateaus. Because the land is not very fertile, it is used primarily for the grazing of sheep and goats.

The coastal areas receive more rainfall than the interior, where dry conditions prevail. Also, the north of Spain receives more precipitation than the south. Hot, sunny summers and cold winters dominate Spain's climate. The southern areas near the Mediterranean Sea enjoy a warmer climate, and the mountainous regions are colder.

Situated in the northwest of Spain, the dramatic landscape in Galicia contains beaches, mountains, and valleys. The Pyrenees Mountains lie in the northeast, forming the border with France. They actually stretch for almost 270 miles across the entire country from the Mediterranean Sea to the Bay of Biscayne (in the Atlantic Ocean). In essence, the Pyrenees form a barrier separating Spain and Portugal from the rest of Europe. Because, historically, travel over these mountains was so difficult, this rugged mountain range created significant isolation.

The central portion of Spain is a large, open expanse of land. With poor soil and a fairly dry climate, this area produces thin cattle that yield tough meat.

The southwest of Spain consists of dry basin; however, any land in this area that is supplied with water—whether by rivers, streams, or irrigation—transforms into fertile farmland. The area along the Mediterranean in the south contains fertile plains.

PORTUGAL

Because of moderation from ocean breezes, Portugal experiences a more temperate climate than Spain. Cooler summers and warmer winters reign in Portugal.

The entire west and south side of Portugal borders the Atlantic Ocean, yielding lots of coastline and plentiful seafood. Plains line the coasts.

Spain joins Portugal on its east. Generally, this country consists of two regions—the mountainous, cooler, and humid north and the drier, more temperate south. Actually, the mountains lie in the northeastern, central, and southwestern areas, whereas most of the remainder of the country consists of flat land.

Ingredients Commonly Used throughout the Cuisines of Spain and Portugal Include

- seafood
- pork and lamb
- *serrano* ham and chorizo sausage
- blood sausage
- dried beans
- olive oil and olives
- garlic
- saffron and Spanish paprika
- parsley
- citrus fruits
- honey
- almonds

OLIVE OIL

Many claim that Spain produces more olive oil than any other country in the world, which it exports to many countries around the world. In fact, the Spanish claim they export lots of bulk olive oil to Italy where it is labeled and sold as Italian olive oil.

In addition to Spain and Portugal, major olive-oil-producing countries include Italy, Greece, Israel, France, Morocco, Tunisia, and Turkey. Also, California and South America produce ample amounts of olive oil.

Generally, olive trees thrive in a dry climate without low temperatures. The Mediterranean climate is ideal—mild winters, long, hot, dry summers, and rainy springs and falls. Many of the countries with high olive production border the Mediterranean Sea.

A group of foods including olives, grapes, and almonds flourish in many areas of Spain. As a result, olive oil and a wide variety of wines are produced in many regions.

Of course, numerous varieties of olives grow. The variety determines many of the characteristics of the oil, such as the color and some of the flavor traits. In addition to the type of olive, the weather and soil conditions as well as other factors determine the characteristics of the olive oil. This explains why olive oil differs so greatly from region to region. With so much difference between oils, sometimes varieties of oils are blended; other times one varietal is used alone.

>> COOKING METHODS

During the Middle Ages, when shepherds and nomads roamed the countryside, the Spanish began using one-pot cookery. They cooked any available ingredients in one pot over a fire. Because most of the flocks were sheep, lamb was the most prevalent meat. As a result, braising remains a common cooking method there.

Actually Arabs from North Africa, the Moors used cooking methods that came from the Arabians who cooked over an open fire while traveling through the desert. They introduced grilling and frying to the southern region of Andalusia, where they entered Spain. As the Moors extended their rule throughout Spain, their cooking techniques permeated the cuisine of the country.

With the introduction of the olive by the Romans hundreds of years before the Moors entered Spain, olive oil became a popular cooking fat. When the Moors popularized frying, olive oil became the preferred cooking fat. Today Spain produces an enormous quantity of olive oil, and the export of olive oil is a major industry for Spain.

>> REGIONS

The various regions of Spain and Portugal exhibit huge diversity in topography, climate, and influences from their many invaders throughout history. Differences in the foods that grow, the selection of herbs and spices, and the cultural aspects of each area cause vast variations in the regional cuisines found in these two countries. Although many of the same dishes are prepared in the regions of Spain and Portugal, the recipes have pronounced regional adaptations.

GALICIA

Lying in the northwest corner of Spain, Galicia is known for simple, fresh food and its bounty of fish and seafood from the cold waters of the Atlantic Ocean bordering on the north and the many rivers. This region supports many fishermen and farmers. Plenty of dairy for milk and cheese and cold weather vegetables like cabbage, potatoes, and apples come from this region.

Galicia is the home of the *empanada*, traditionally a meat pie or turnover with a soft, flaky crust that appears as a first course or entrée throughout Spain and Latin America. Fillings range from pork to seafood to vegetable mixtures.

BASQUE

Situated in the north of Spain, the Basque region contains a rugged terrain that led to significant isolation. Many think the finest and most simple food in Spain comes from this region. The Basque cuisine exhibits strong influence from its neighbor, France. The Basque region and bordering Catalonia are known for their use of many sauces. Because of the terrain, game and many types of mushrooms abound.

LA MANCHA

Lying in the central part of the country, this landlocked region experiences more extreme climates than other regions. Pigs thrive with the sparse grazing available, so pork and sausages appear often. While common throughout Spain, the well-known air-dried hams and chorizo hail from this region.

With a sparse population and large, open expanse of land, much of the central portion of Spain is known as the land of “the hunt.” To the south of Madrid lies La Mancha, an area with many windmills and sheep. In addition to lots of sheep, wheat thrives in La Mancha. This provides flour for many of the breads consumed throughout Spain.