

Ingredients

C R E A T E D B Y P E T E R M I R A M S

O R I G I N A L T E X T B Y L O U K I E W E R L E

*h.f.*ullmann

Herbs, spices & seeds

Not so long ago, the most exotic flavourings to be found in an average pantry were salt, pepper and possibly garlic. Fresh herbs were a rare sight, except for perhaps a patch of mint or parsley growing outside the back door.

How times have changed! Thanks to the migration of different ethnic groups and the movement of people around the world in general, our culinary spectrum has grown enormously. We are now familiar with a wealth of flavours and aromas, and often cook with the herbs, spices and seeds associated with Italian, Greek, Moroccan, Spanish, Lebanese, Thai, Indian, West Indian, Chinese and Japanese cuisines, to name but a few.

There is nothing to match the flavour and fragrance of fresh herbs, which are easily available from any supermarket either in bunches or pots. Better still, they can be grown in the garden or a window box for snip-and-come-again freshness. Dried herbs are also a good option. However, they tend to be stronger and more pungent than the fresh variety, and so should be measured accordingly to maintain balance when cooking.

Balance and harmony is also especially important when it comes to spicing food. In countries where spices are integral to cooking, the art is learnt at mother's knee. Strong spices are hardly ever used on their own. When using cumin, for example, you'll often find a little coriander balances the flavour; Indian cumin beef curry being an exception.

To get the most out of your spices, before adding to a dish, dry-roast them by placing in a small frying pan over a moderate heat, shaking the pan frequently until the typical aroma is released and small wisps of smoke start to escape. Remove from the heat immediately, as burning turns them bitter. Grind in a pestle and mortar or in a spice blender. Include ground spices in the early stages of a recipe to bring out the full flavour.

LOVAGE*Levisticum officinale*

The finely chopped leaves give a peppery celery flavour to salads, soups and meat dishes.



Add soft, leafy herbs late in the cooking process, about 5–10 minutes before the dish is cooked. Woody varieties, such as rosemary or thyme, can stand longer cooking times.

Most of the herbs in this section are available dried, but use fresh whenever possible. Herbs are easy to grow in a small garden bed, in pots, or even in a sunny window box.

If you have to use the dried variety, keep in mind that the flavour is much stronger. You will need to reduce the quantity by a third or a quarter so, if a recipe calls for 1 tablespoon of chopped rosemary leaves, use only 1–1½ teaspoons of the dried variety.

Dried herbs lose their potency after a while, so check the best-before date regularly. If past it, throw the herbs out and buy a new supply or, better still, try using fresh.

**ELDER***Sambucus nigra*

Use the fresh flowers to make wine or batter, deep-fried for a dessert, or to add flavour to fruit jellies. The berries may be used in tarts and sweet sauces, for jams, jellies and chutneys, and also to make wine.

CHAMOMILE*Chamaemelum nobile*

Use the small, yellow and white, daisy-like flowers in salads. The dried flowers of English chamomile are used to make a soothing, herbal tea.

Dairy & farm produce

When asked to picture the typical countryside, one immediately thinks of dairy cattle contentedly grazing on the rolling hills and in the lush, green valleys, as they have done for hundreds of years. In the old days, the white-tiled farmhouse dairy was relied upon to produce wonderful, flavoursome butter, rich, thick cream and cheese, as well as fresh milk. There would also be hens roaming around the yard providing a daily supply of eggs.

There are still traditional producers who carry on these time-honoured methods, but increasingly, our dairy produce comes from commercial operations from all over the world. Today the richness and variety of farm produce, whether we live in the country or the city, is truly wonderful.

Even in times gone by, it would be hard to imagine a household without milk, which is so richly endowed with calcium, so important for strong bones and healthy teeth. However, today milk comes in many forms.

The range of creams also has to be seen to be believed. Even single cream now comes in thick or pouring consistencies as well as its regular state.

Butters differ in flavour, depending on their country of origin. Unsalted butters from Denmark are popular for everyday use, while British regional butters are at a premium, but are well worth the cost. From northern France, the excellent unsalted *beurre crû* is a luxury butter for enriching sauces and, using as it comes, on crusty bread.

The world of cheese is vast with regionals, international champions and farmhouse-produced cheeses widely available. When buying cheese, try to go to a specialist cheese shop, where attendants are knowledgeable and can give you advice on ripeness, flavour and texture, and will introduce you to new varieties. There's enough choice to keep you happily exploring for a lifetime.

**BAKED RICOTTA**

Fresh ricotta baked in a tin and served in slices. Egg whites, paprika or other flavourings and oil are often added.

**FETTA**

A traditional Greek-style cheese made from the milk of goat, sheep or cow. It has a soft-to-firm or crumbly texture, depending on method of manufacture. Salty flavour and frequently sold in a brine solution.

**NEUFCHÂTEL**

A soft, fresh, unripened, low-fat cream cheese with refreshing taste. Made from cow's milk.

**BOURSIN**

A French, soft, cream cheese with garlic and herbs added as flavouring. Made from cow's milk.

**CREAMED COTTAGE CHEESE**

A low-fat cheese. Small, white, tender particles that have been washed repeatedly, and a light cream dressing added. Made from cow's milk.

**COTTAGE CHEESE**

A low-fat cheese which comes in a fairly solid mass, with a paste-like consistency and mildly acidic flavour. Made from cow's milk.

**RICOTTA**

A cream cheese traditionally made from whey but now mostly from skimmed cow's milk. Very low in calories. Pure white with a soft texture and barely discernible sour flavour.

**MASCARPONE**

A cream cheese made from pure cow's cream. May replace cream in recipes, for example in desserts and pasta sauces.

**QUARK**

An unsalted, slightly acidic type of cottage cheese made with skimmed milk.



GLEN PROSEN

Rubus idaeus

A mid-season, very firm raspberry used mostly for cooking.



GLEN MOY

Rubus idaeus

An early, firm-textured raspberry with a full flavour.



CHILLIWACK

Rubus idaeus

A summer raspberry with a sweet, fruity flavour.



LEO

Rubus idaeus

A late season, large, round, orange-red raspberry with an intense taste.



JULIA

Rubus idaeus

A large, good-quality, mid-season raspberry packed with flavour.

Use for desserts.



COMMON RASPBERRY

Rubus idaeus

Small, sweet and juicy for desserts, and particularly good for stuffing grouse.



GOLDEN RASPBERRY

Rubus idaeus

The yellow version of the common raspberry.



WHITECURRANT

Ribes sativum

White cousin of the redcurrant, it has a sweet, sharp taste. Excellent for tarts and other desserts.



REDCURRANT

Ribes sativum

A tart berry good for jellies.



CRANBERRY

Vaccinium oxycoccos

A sharp berry which must be cooked with sugar to make it palatable.



BLACKCURRANT JUMBO

Ribes nigrum

A large variety of blackcurrant.



BLACKCURRANT

Ribes nigrum

An acidic berry good for pie fillings and, lightly poached in sugar syrup, for summer pudding.



BLUEBERRY

Vaccinium spp.

A sweet berry good for preserves and muffins.



ELSANTA

Fragaria virginiana

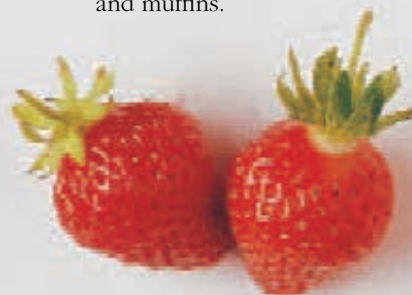
A popular, sweet strawberry.



FRAIS DE BOIS

Fragaria virginiana

Also known as **alpine strawberry**. Tiny with an intense taste.



MARA DE BOIS

Fragaria virginiana

A wild/cultivated cross variety.



CAVATAPPI
Corkscrew-shaped pasta.



CASARECCIA
Also known as **strozzapreti**
(meaning 'priest strangler').



PASTA AL CEPPO
Scroll-shaped pasta.



FARFALLE
Butterfly-shaped pasta. Also available in
spinach (*con spinaci*) flavour.



FARFALLINE
Tiny, butterfly-shaped pasta.



FARFALLONI
Large, butterfly-shaped pasta.



FUSILLI
Spring-shaped pasta. Also available in
spinach (*con spinaci*) and wholemeal
(*tipo integrale*) flavours.



ELICOIDALI
A narrower form of rigatoni, this hollow
pasta takes its name from its spiral
pattern. Also available in wholemeal (*tipo
integrale*) flavour.



MACCHERONI
Short lengths of hollow pasta tubes.

Fresh & processed meats

With a new emphasis on healthy eating, and the changes brought by our varied multicultural society, the role of meat has changed. The good news is that, instead of the emphasis being on quantity, it is now on an unprecedented range of quality produce, and there has probably never been a time when the quality has been more reliable. Over the past decade, the concern over the welfare of livestock has led to changes in the meat industry. Strict regulations are laid down to control the living conditions, diet and rearing of animals, resulting in excellent meat from butchers and supermarkets. This is especially true of the beef industry.

Meat is no longer at the centre of the plate; portions are smaller and are generously supplemented with vegetables, pulses and grains. Many cuts these days are tailored for cooks with busy lifestyles, where quick preparation and cooking are as important as the flavour. The vast choice of ready-prepared meat is staggering.

On the health issue, there's been a move towards breeding animals with less fatty meat, although some supporters of 'old-fashioned' taste have their reservations about the overall benefit. A little marbling in beef actually delivers the flavour. There are few, however, who would disagree that it's a good idea to trim off excess fat when cooking meat.

Offal has its fans and foes: people either love it or loathe it. When photographing the many and varied items for this book, there was no shortage of takers afterwards when distributing meats, fish, pasta, cheeses, etc. When it came to offal, though, it was an entirely different matter. However, it is one of the cheapest and most nutritious forms of meat, and is frequently used in fashionable dishes cooked with a difference.

What used to be a midweek staple — the sausage — has also taken on 'designer' status. The humble banger has been elevated into the realms of a gourmet dish. The choice is phenomenal with scores of tastes and blends.

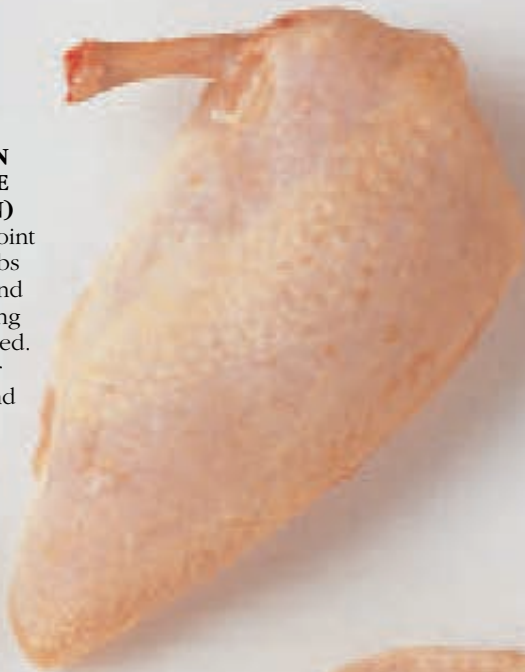
CHICKEN BREAST (SKIN ON WITH WING)

A quarter joint of chicken for use in casseroles and stews, or for roasting.



CHICKEN BREAST (SKIN ON)

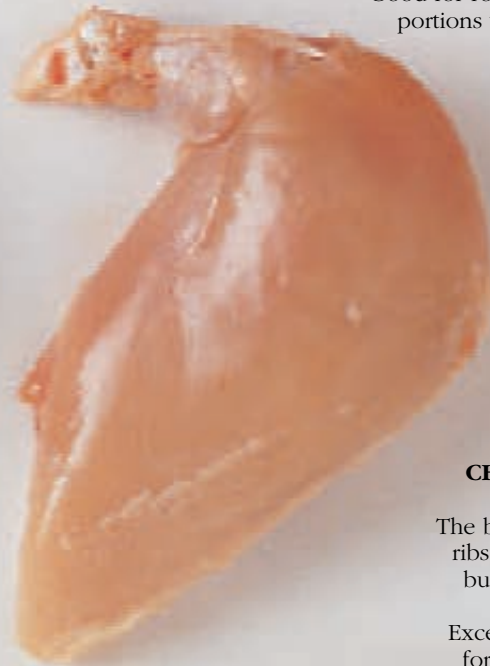
Good for roasting in individual portions where the skin and bones add flavour.



CHICKEN SUPREME (SKIN ON)

The breast joint with the ribs removed and the last wing bone attached.

Good for stuffing and roasting.



CHICKEN SUPREME (SKINLESS)

The breast joint with the ribs and skin removed, but with the last wing bone still attached. Excellent cut into strips for fast-cooked dishes such as oriental stir-fries.

CHICKEN BREAST FILLET (SKIN ON)

A boneless cut, good for baking or poaching.



CHICKEN BREAST FILLET

Boneless and skinless chicken, excellent cut into strips for oriental stir-fries, or into chunks for curries. Also good for kebabs, especially if the meat is marinated first.

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