

## Basic Chicken Stock

### Ingredients

- 2-3 chicken carcasses (raw or cooked)
- 1 onion sliced
- 1 leek split in two
- 2 celery stalks
- 1 carrot cut into chinks
- A few parsley stalks
- Sprig of thyme
- 6 peppercorns

### Method:

1. Chop up the carcasses as much as possible.
2. Put all the ingredients into a saucepan and cover them with 3.4l (7 pints) cold water.
3. Bring to the boil. Skim the fat off the top with a tablespoon.
4. Simmer for 3-4 hours. Strain and remove any remaining fat. Do not add any salt
5. Freeze in old yoghurt containers with lids, or old plastic milk containers.

Chicken stock will keep for several days and will freeze perfectly.

*From: Forgotten Skills of Cooking - Darina Allen*

## Basic Vegetable Stock

*You can make vegetable stock from whatever vegetables you have handy, but try not to use too much of any one vegetable unless you want that flavour to predominate.*

### Ingredients

- 1 small white turnip
- 2 onions peeled and roughly sliced
- 2 green parts of two leeks
- 3 celery stalks washed and roughly chopped
- 3 large carrots, scrubbed and chopped into chunks
- 100g (94oz) mushroom stalks
- 4-6 parsley stalks
- Bouquet garni
- A few peppercorns

### Method:

1. Put all the ingredients into a large saucepan.
2. Add 2 ½ (4 pints) litres of cold water. Bring to the boil and reduce the heat. Cover and leave to simmer for 1-1 ½ hours.

3. Strain through a sieve.

Vegetable stock keeps for a week in the fridge and can be frozen.

*From: Forgotten Skills of Cooking - Darina Allen*

## Basic soup formula - the 1:1:3:5 method

- 1 part diced onion
- 1 part diced potatoes
- 3 parts vegetables of your choice
- 5 parts stock or a mixture of stock, water, milk

## Cream of Potato Soup (serves 6)

### Ingredients

- 50g (2oz) butter
- 550g (20oz) potatoes, peeled and cut into 7mm (1/3 inch) dice
- 110g (4oz) diced onions, peeled and cut into 7mm (1/3inch) dice
- Salt and freshly ground
- 1.2litres (2 pints) Chicken stock or Veg stock
- 125ml (94fl oz) full-cream milk
- Freshly chopped herbs

### Method:

1. Melt the butter in a heavy saucepan.

When it foams, add the potatoes and onions and toss them in the butter until well coated.

3. Season with salt and pepper.
4. Cover with a layer of damp greaseproof paper and put the lid on and sweat the vegetables for about 10 minutes.
5. Meanwhile bring the stock to the boil. When the vegetables are tender but not coloured, add the stock and continue to cook until the vegetables are soft.
6. Puree the mixture with a hand blender or liquidiser.
7. Taste and re-season as required.
8. Thin with full cream milk to the required consistency.

*From: Forgotten Skills of Cooking - Darina Allen*

## Country Vegetable Soup

### Ingredients

Serves 6

- 1 kg (2 lb) mixed root vegetables - carrots, celery, Jerusalem artichokes, leeks, onions, parsnips, potatoes, swedes, turnips, etc.
- 75 g (3 oz) butter or margarine
- 2 cloves garlic, sliced
- bay leaf
- salt and pepper to taste
- 300 ml (1/2 pt) good chicken or vegetable stock

### Method:

1. Wash and prepare the vegetables, trimming and peeling where necessary, and slice them.
2. Heat the butter or margarine in a large pan and add the vegetables, garlic, bay leaf, and a little salt and pepper.
3. Stir well, then cover and cook slowly for 15 minutes, stirring occasionally.
4. Add the stock, bring to the boil, then cover and simmer gently for 30 minutes or until the vegetables are tender.
5. Remove the bay leaf. Strain the soup, reserving the liquid.
6. Coarsely mash or blend half the vegetables. Add to the liquid.
7. Sieve or liquidize the remaining vegetables until they form a thick puree.
8. Add to the soup, reheat and taste for seasoning.
9. Spoon into individual bowls and serve sprinkled with grated cheese, if wished

<http://www.cookitsimply.com/recipe-0010-09130q.html>

## Alan's Brown Bread

### Ingredients

- 400g wholemeal flour
- 200g white flour
- 50g+ wheatgerm
- 50g+ pinhead oatmeal
- 100 g bran
- 2 teaspoons baking soda

- 2 teaspoons baking powder
- 2 tablespoons brown sugar
- 1 teaspoon salt
- optional extra: handful of pine nuts, pumpkin seeds - most nuts/seeds will do here -
- not too much however.
- 1ltr Buttermilk (or 1ltr ordinary milk with 1/2 t/spoon of baking soda through it)
- 3 beaten organic eggs
- 1 dessertspoon olive oil

### Method

1. Preheat the oven to 180°C/350°F/Gas mark 6
2. Mix all dry ingredients together and then add liquid to dry mix slowly mixing with one hand - within 60 seconds it becomes moist.
3. Slowly pour mix equally into the two oiled/lined tins. Place in centre of oven and bake for 50-55min.
3. Remove for oven and take out of tins immediately and allow to cool before consuming (if it sticks just let cool a little as the mixture will contract).

### Note:

- There are obvious variations/flexibility with ingredients with the basic ratio of dry to wet ingredients being kept the same.
- Cooking time is crucial to get right so watch carefully over last 5/10 minutes so as not to burn the surface of the bread. The bread is done when the underside sounds like a 'drum' when tapped.
- A useful variation is to make one large cake and a tray of scones - the scones depending on
- size should take 20-25min.
- The above mixture makes two large size brown loaves - suitable for freezing in bags. By the time you have washed up everything it should take about 20mins preparation time.
- Enjoy the process because soon you will not need to consult any recipe to make
- your own wonderful (and healthy) brown bread.

## White Soda Bread (makes 1 medium loaf)

### Ingredients

- 450g (1lb) white flour, preferably unbleached
- 1 level teaspoon salt
- 1 level teaspoon bicarbonate of soda
- 350-400ml (12-14 fl oz) buttermilk, depending on the consistency

### Method:

1. Preheat the oven to 230°C/450°F/gas mark 8
2. Sieve the dry ingredients into a large wide bowl. Make a well in the centre and pour most of the buttermilk in at once.

3. Grip the bowl with one hand and use the other to mix the flour in from the sides of the bowl, adding more milk if necessary. The dough should be softish and not too wet and sticky.

4. When it all comes together, turn out onto a well-floured work surface. Wash and dry your hands so that the dough is easier to handle.

5. Tidy up the dough and flip it over gently. Then pat it into a round, about 2.5cm (1 inch) deep and cut a deep cross in it, which is done according to Irish folklore in order to let the fairies out!

6. Bake for 15 minutes, then turn down the oven to 200°C/400°F/Gas mark 6 for 30 minutes or until it is cooked. If in doubt tap the bottom of the bread - if it is cooked it will sound hollow. Leave to cool on a rack.

### Cheesy, Oaty Soda Bread



#### Ingredients

- 275g/10oz plain flour
- 250g/9ozs stoneground wholemeal flour
- 25g Flahavans Porridge oats
- 1 teaspoon salt
- 1 rounded teaspoon bicarbonate of soda
- 125g/4 ½ ozs hard farmhouse cheese e.g. Carrigaline, coarsely grated
- 500ml (16 fl oz/1 pint) buttermilk

#### Method:

1. Preheat the oven to 230°C/450°F/gas mark 8.
2. Sieve the flour, salt and soda into a large mixing bowl and stir in the wholemeal flour, oats, and 75g of the grated cheese.
3. Make a well in the centre, add 450ml of the buttermilk and mix together to make a soft but not too sticky dough. Add a little more buttermilk if the mixture seems too dry.
4. Turn out the mixture onto a lightly floured surface and knead very lightly and briefly into a round.

5. Flip over the dough and gently flatten out into a disc about 4cm thick.

6. Lightly dust a baking tray and place the dough on it and sprinkle with the remaining cheese and a few more oats. Then using a sharp knife, cut a large cross into the top of the loaf, almost half way through the dough.

7. Bake the loaf on the middle shelf of the oven for 15mins. Then lower the temperature to 200°C/400°F/Gas mark 6 and bake for a further 20-25 mins, until it sounds hollow when you tap the base. Leave to cool on a cooling rack before serving.

From: [www.goodtoknow.co.uk/recipes](http://www.goodtoknow.co.uk/recipes)

### Fairy Cakes

#### Ingredients

- 110g (4oz) soft butter
- 110g (4oz) caster sugar
- 2 eggs
- ½ teaspoon vanilla essence
- 150g (5oz) plain flour
- 1 teaspoon baking powder
- 1 tablespoon milk or water
- 50g (2oz) sultanas, cherries, coconut or chocolate chips (optional)



#### Method:

1. Preheat the oven to 220°C/425°F/Gas mark 7.
2. Cream the butter until really soft. Add the sugar and use a wooden spoon to beat until pale and creamy.
3. Whisk the eggs with the vanilla essence and add the mixture to the creamed butter and sugar, little by little, beating well with each addition.
4. Stir in sieved flour and baking powder, adding a little milk or water if necessary, until you have a mixture that drops off the spoon easily.
5. If you want sultanas, cherries, coconut or chocolate chips etc now is the time to add them.

6. Put into greased and floured bun cases and bake for about 10 minutes. As soon as they begin to rise reduce the temperature to 190°C/375°F/Gas mark 5. Bake for a further 10 mins or until golden.

7. Leave to cool on a wire rack and decorate as desired.

*From: Forgotten Skills of Cooking - Darina Allen*

## Coconut & Oatmeal Biscuits

### Ingredients

- 110g (4oz) desiccated coconut
- 175g (6oz) porridge oats
- 55g (2oz) caster sugar
- 55g (2oz) plain flour
- 140g (5oz) butter
- 2 tablespoons Golden Syrup
- 2 tablespoons water

### Method:

1. Preheat the oven to 180°C/350°F/Gas mark 4. Lightly grease two baking trays.

2. Cut the butter into lumps and melt in a saucepan. When melted add the golden syrup and mix well. Take off the heat and add 2 tablespoons of water.

3. Place all the dry ingredients in a bowl and add the melted butter and syrup. Mix well. The mixture will be crumbly but moist.

4. Place tablespoon amounts spaced well apart, onto a prepared baking tray and flatten out into a round biscuit shape.

5. Bake for 10-15 minutes, until golden.

6. Leave to cool on the baking trays then transfer onto a wire rack, and leave to cool completely before serving.

*From: Eileen Cullen*

## Apple Crumble

### Ingredients

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### Method:

1. Preheat the oven to 180°C/350°F/Gas mark 4. Lightly grease two baking trays.