

# A TERRINE

CAN BE MADE FROM RAW FILLETED.....



CHICKEN  
RABBIT  
HARE  
PIGEON —

OR FROM: PORK, PORK-LIVER, VEAL, ETC.

I suggest you ask your butcher to grind  
1. 2 lb Pig Liver + 1/2 lb. Belly of Pork.  
[He will hate to dirty his machine—  
but insist or change your butcher.]

MARINADE the  
meat overnight,



A spoonful  
of brandy  
will  
make  
it even  
better.

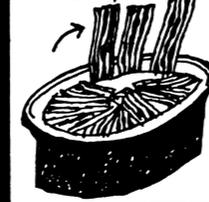
1/2 bot.  
DRY  
WHITE  
WINE

## 2. ADD:

1 teaspoon salt  
2 beaten eggs  
and any of the  
following that  
you can find:  
2 minced cloves  
of garlic  
2 heads of cloves  
(crush them)  
minced bacon  
teaspoon basil  
1/2 finely-  
chopped onion  
chopped parsley  
8 oz. breadcrumbs  
(soaked in milk,  
then squeezed)  
**STIR IT ALL!**

## 3. DUMP

this into  
a terrine (or similar  
pot) lined with streaky  
bacon sliced as fine  
as your grocer can  
slice it. Remove rind  
and pieces of bone.  
**WHEN FULL**  
close bacon ends  
over top.



## 4. You can arrange

other items to make  
pretty patterns —  
very impressive!



PISTACHIO NUTS  
HAM SLICE  
TRUFFLES  
STRIPS HAM FAT  
HAM SLICES ROLLED

## 5. COVER DISH



with metal foil or  
put a split  
calf's foot on top.  
**COOK** in a  
water jacket —  
Reg 4 (360°F) 2 hours.

## 6.

Leave to get cold.  
**A FINAL TOUCH.**  
Add a cup of warm  
clear aspic. (If it  
comes from a tin  
don't admit it)

## 7. SERVE

in  
thin slices; they  
should be at  
room temperature.  
**A PÂTÉ**  
is a terrine  
cooked in pastry.

If it says 'pâté maison' on a menu it is most probably made from veal, pork belly and pork liver. If there is any game, etc., in it, it takes its name from that item. A game terrine is not made from one hundred per cent game, but from the chosen item added to veal and pork. The proportions are up to you.

If there is reason to believe that the game might be tough, extend the marinade period.

If you can get crépine — pig caul — from your butcher, use this as a surround to the filling instead of the thin slices of bacon. Or another alternative is to use thin slices of pork fat. Those from the outer fat of the loin are best.

If you pour clear-jellied stock into the terrine (as section 6), then the terrine should be used within four or five days. To keep it longer than this take the cooked filling out of the dish and wipe away all traces of

moisture with a cloth. Replace it and pour fat over it to seal. Refrigerated, it will keep for several months.

Although it looks good on a table the best way to serve terrine is to remove only as much as is to be eaten, slice it, and leave for an hour at room temperature.

## Small FRY

A quick look into the ocean  
(FISHY DRAWINGS ARE TO SCALE)

GENERALLY SOLD COOKED.  
Can be eaten raw or  
cooked (as mussels).  **COCKLES**

 **MUSSELS** Small, imported, sand-free ones are best. If they have to be opened before cooking (to get them clean) don't bother to buy them.

**MARINIÈRE** Put 2 qts. of cleaned (but not opened) mussels + ½ bot. dry white wine + handful chopped parsley + wineglass olive oil + crushed garlic + a little fresh pepper into a big pot. COVER. Bring to boil, lower heat. Soon all shells will open. Eat mussels; drink sauce.



### WHITEBAIT

Variously described as young smelt, young herring or young sardine. Now available all year round (Although best in late spring)

### CRISP WHITEBAIT

FLOUR sparsely. Shake excess flour away. Drop into deep boiling fat. SERVE Crisp; ACCOMPANY with brown bread & butter + lemon.

### PACIFIC PRAWN



LARGE, rather coarse in texture.

### PACIFIC SALAD

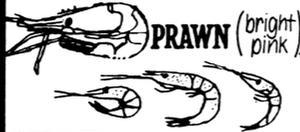
Put wedge of lemon + teaspoon fennel in a saucepan of simmering water. Add prawns for 3 mins. @@@L.

**SHELL.** SERVE with home-made mayonnaise. **GARNISH** with hard-boiled egg + anchovy

### MEDITERRANEAN PRAWN



(orange)  
These are more expensive than Pacific.



**PRAWN** (bright pink)

### SHRIMP

varying size (brown/pink)

### SOUP CREAM SAUTÉ

SAUTÉ ½ onion in generous butter till golden. Add 1 lb. cooked shrimp + ½ lb. sliced mushrooms. COOK 5 mins. Add plenty (up to ¾ pint) sour cream. Let it heat but NOT Boil. SEASON. Add wine - glassful of sherry. SERVE.



### OYSTER (Portuguese)



### OYSTER NATIVE

(Whitstable)  
Observe R-in-month rule.

Open them yourself (watch the fishmonger do it!) Eat with brown bread & butter. OTHERWISE lightly fry in butter or add to scrambled egg or even to a steak-and-kidney pudding!

There is a sharp division between the fashionable and the unfashionable in the fish shop. A shrewd shopper will take advantage of this. As far as the smaller varieties go, the expensive items are:

**Smelts** (or Sparlings: French Éperian). Can be all sizes but the small (4-inch) ones are best. Perhaps more delicate in flavour than any other fish. Rinse, then fry in butter.

**Whitebait** See above.

**Oysters** Natives (Whitstable, Burnham, Colchester) graded by size. Biggest are most expensive. Portuguese are a different species: green in colour, and less expensive. A squeeze of lemon is not essential. Eat freshly opened oysters with a Muscadet wine—great.

**Scallops** Expensive, but go a long way. Ask fishmonger to remove the tiny brown fibre. Delicious fried with bacon.

Lower-priced small varieties are:

**Cockles** Known in France as the poor man's oyster. Generally sold cooked in England. Eat with a sprinkle of vinegar or use in a fish stew, etc. Most mussel recipes apply. May be in brine: if so rinse.

**Shrimps** Too often found only under a nasty pink synthetic mayonnaise. If they are good, serve them plain; if they aren't — don't buy them.

**Whelks** Not very digestible. Boil, or buy cooked; serve with vinegar or vinaigrette, and a simple salad.

**Winkies** As whelks.

**Mussels** See notes above on cockles. Can be bought shelled, but since the water inside the shell is the important factor these are not completely successful, except as an ingredient.

*N.B. All the items on page 244 are expensive except shrimps.*

# ENGLISH TRIFLE

Take it to the table before serving, as it looks like hell on the plates.

A PLEASANT VARIATION IS TO USE CHOC. CUSTARD + COFFEE CUSTARD + BANANAS (SLICED). IN THIS CASE USE TIA MARIA OR CRÈME DE CACAO ON THE FRUIT.

## 1. CHOOSE

an impressive-looking large dish—



of any SHAPE or SIZE.

## 2. LINE IT

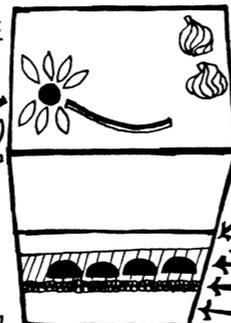
— with plain cake or sponge. Sprinkle cake with lots of sherry. (But it should hold its shape — not go SOGGY.)



## 3. HAVE REMAINING INGREDIENTS GOLD BEFORE ASSEMBLY.

DECORATE with cherries, angelica, almonds

Repeat at least once—changing type of fruit.



**TOP** with blobs of thick cream (Use a forcing-bag for a really ambitious job.)

**EGG CUSTARD** (with a trace of Cornflour)  
**JELLY** (not too firm)  
**FRESH FRUIT + BRANDY**  
**APRICOT JAM** (best poss.)  
**CAKE + SHERRY.**

**THE FRUIT** should be poached in syrup before use. (Use tinned or frozen for a less than perfect result.)

When I was an assistant pastry chef my boss once said to me, 'There's only one essential ingredient in trifle: first-class sherry.' He was a man much given to exaggeration, but the point is a good one. Don't go to all the trouble involved in making a trifle if you are going to use left-over stale cake, odds and ends, and tickle it up with cooking sherry.

Many cooks make the custard and jelly firmer than they otherwise would. Some cooks put jelly and sherry into the sponge. This is to prevent the whole thing collapsing as you serve it. This is especially important in a restaurant because the trifle must remain on the sweet trolley, and look appetising for an hour or so.

You may prefer to switch alcohols and use any of the fancy liqueurs, like the Tia Maria I have suggested in the strip. Some people sprinkle a little rum, kirsch or brandy on each portion as it's served. As you see from

all these variations, it's a very personal business. Develop your own personal style. My mother's trifles are famous far and wide. They are a long labour of love, and usually end up so vast that only the bread-mixing bowl can hold them.

# CIGARS ARE THE END

OF ANY FINE MEAL, THERE ARE MANY CIGARS, JAMAICAN, DANISH, DUTCH, CUBAN. THEY ALL GIVE PLEASURE OF VARYING TASTE. A TINY CIGAR IS JUST LIKE A LARGE CIGAR BUT SMALLER.

HERE ARE A FEW DRAWN TO SCALE.



CORONA GRANDES



CORONA



PETIT CORONA



TRES PETIT CORONA



LONG DANISH PANATELLA



SWISS STUMPEN



WHIFF

CASUAL SMOKERS SHOULD TRY A PANATELLA OR WHIFF

**CROSS SECTION:** Various layers may come from different parts of the world.

**WRAPPER:** Gives bouquet. Green or yellow spots do not affect quality, nor does colour show strength. Often made from Sumatran.

**BINDER:** Gives the burning quality.

**FILLER:** This is the important part; the 'meat' of the cigar.

**END:** will show evenness of rolling (important for drawing).

**SELECTING:** People roll cigars to see if they crackle. THEY ALL DO. Better to select a good cigar merchant.



**NEVER PIERCE IT**

**GUT IT**

very sharp knife



Rotate cigar while holding it firmly.

**LIGHTING**

HOLD MATCH AWAY



Draw until entire end is well alight.

**COLD DEAD ONES** taste bitter if relit. If you must relight, remove dead ash first.

**BIG BAND Controversy**

TRY THIS SIMPLE TEST. Smoke half a cigar with band **ON**. Remove band. Does it taste different?



**larousse tells us** that professional tasters have to renounce smoking.

Smoking during a meal should be discouraged, but the aroma of cigar smoke at the end of a meal, blending with the aroma of good brandy, gives the host or hostess a fine feeling of complacency.

Good drawing depends upon careful, even filling. Buy cigars which are regular in size, shape and colour, for these are likely to have been best filled.

Uneven burning can usually be traced to wrong preparation. Never pierce the end, because this is an inadequate 'flue' and will give several different troubles at once (e.g. heat and tobacco oil in the mouth), so make a large vent in the end.

Provide a cigar cutter if you can. Don't put the open end in the mouth and light the closed end, for although this gives a good draught, it may come unwrapped.

England is the only place where there is a

nonsensical tradition of removing the band. Do as you wish, but don't be upstage about smokers who leave the band on.

- 1 Never stub a cigar out; it will go out quickly enough.
- 2 If your cigar goes out before you are finished, re-light it immediately. Once it gets cold, it will taste bitter if relit.
- 3 Don't leave cigar butts in the dining-room overnight. They leave a musty aroma.
- 4 Lighted candles in a room where cigars are being smoked reduce the smoke and the musty aroma the next day.

Remember that a tiny cigar can be just as good in quality as a large one (or better), and have a few small or slim ones for guests who don't normally smoke cigars.