

1980

## Making the Most of It

Theodora Fitzgibbon

Follow this and additional works at: <https://arrow.tudublin.ie/irckbooks>



Part of the [Arts and Humanities Commons](#)

---

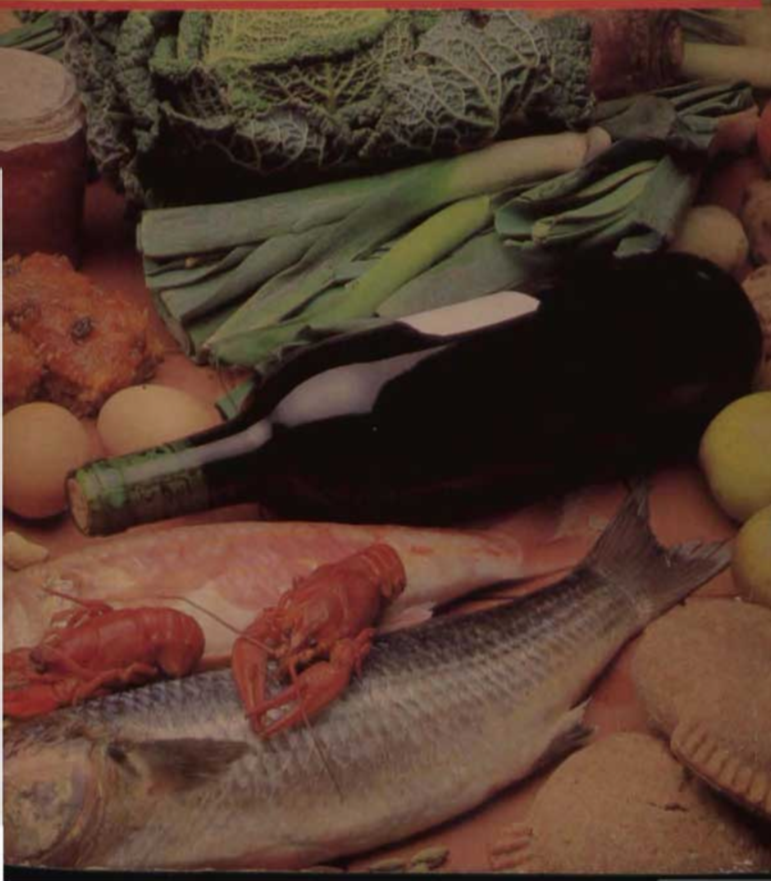
### Recommended Citation

Fitzgibbon, Theodora, "Making the Most of It" (1980). *Cookery Books*. 16.  
<https://arrow.tudublin.ie/irckbooks/16>

This Book is brought to you for free and open access by the Publications at ARROW@TU Dublin. It has been accepted for inclusion in Cookery Books by an authorized administrator of ARROW@TU Dublin. For more information, please contact [arrow.admin@tudublin.ie](mailto:arrow.admin@tudublin.ie), [aisling.coyne@tudublin.ie](mailto:aisling.coyne@tudublin.ie), [vera.kilshaw@tudublin.ie](mailto:vera.kilshaw@tudublin.ie).

THEODORA FITZGIBBON

# MAKING THE MOST OF IT



## Making the Most of It

*Theodora FitzGibbon*

Theodora FitzGibbon was born in London of Irish parents. She is cookery editor of the *Irish Times*. A frequent participant in cookery programmes on television and radio, she is the author of many cookbooks, including *The Art of British Cooking*, *Eat Well and Live Longer* and the well-known 'Taste' series.

Arrow Books Limited  
3 Fitzroy Square, London W1P 6JD

An imprint of the Hutchinson Publishing Group

London Melbourne Sydney Auckland  
Wellington Johannesburg and agencies  
throughout the world

First published by Hutchinson 1978  
Arrow edition 1980

© Theodora FitzGibbon 1978

Decorations © Hutchinson Publishing Group Ltd

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out, or otherwise circulated without the publisher's prior consent in any form of binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser

Made and printed in Great Britain by  
The Anchor Press Ltd  
Tiptree, Essex

ISBN 0 09 920490 8

For George, who first thought of the idea

# Contents

INTRODUCTION	9
1 Soups	15
2 Egg and cheese dishes	35
3 Oatmeal and its uses	57
4 Bread	67
5 Milk products	91
6 Pasta and rice	109
7 Mainly vegetable and vegetarian dishes	137
8 The cheaper kinds of fish	175
9 Poultry and game	201
10 Making the most of the cheaper cuts of meat	223
11 Miscellaneous	273
12 Free foods from Nature	289
INDEX	303