

1993

The Belfast Cookery Book

Margaret Bates

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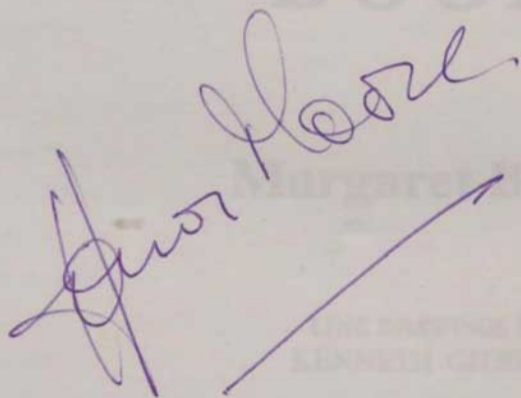
**THE
BELEAST
COOKERY
BOOK**

Margaret Bates

Margaret Bates was a leading professional cook, and was a vice-principal of the Belfast College of Domestic Science. She built up a comprehensive library of reference books on all aspects of cooking, and travelled extensively throughout Europe researching national specialities. Her bestselling *Talking About Cakes* was awarded a medal in the international literary contest organised by the German Gastronomic Academy in conjunction with the International Culinary Art Exhibition at Frankfurt-am-Main.

Margaret Bates died in 1968.

How to Cook



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THE BELFAST COOKERY BOOK

Margaret Bates

LINE DRAWINGS BY
KENNETH GILBERT

THE
BLACKSTAFF
PRESS

BELFAST

THE BELFAST COOKERY BOOK

Margaret Bates

LIVE COOKING BY
KITCHEN COLUMN

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FOREWORD

THIS is a book which should give pleasure to all who enjoy good food. It is practical and comprehensive in its mingling of recipes, classical and local, with social history. The value which was placed on local produce, such as the potato, Lough Neagh eel and shell fish, is part of the history of Ireland and illustrates how food habits and patterns reveal the type of culture of a people.

Many classical recipes are included in the section dealing with foreign food. There is a delightful French Christening Cake, instructions for the famous Fritto Misto Mare from Italy, Kebabs from Turkey and advice on the making and serving of curries.

Recipes for old national dishes are reproduced. Yellow Man, a traditional Irish sweet-meat, and Brotchan Roy, a broth made with leeks, are typical examples which should prove to be of more than local interest.

The first chapter sets out the philosophy of the book, that while first class ingredients are necessary, flavour and texture are vital to the production of good food. To achieve this, detailed information is given on seasonings and flavourings and on the use of herbs and wine.

The thanks of the staff and students of College are due to the Vice-Principal, Miss Bates. Many students and a wide section of the public, both here and abroad, will benefit by her research and be grateful for this work.

February 1965

JOYCE STEWART
*Principal,
Belfast College of Domestic Science*

FOREWORD

ACKNOWLEDGEMENTS

WHILE writing this book I received much help. An especial debt is owed to the Principal, Miss Joyce Stewart. It was she who initiated the book and she has given generously both of her time and of her wide culinary knowledge.

Sincere thanks are due to my colleagues Mollie McVeigh, Kitty Pennington, Kathleen Jones, Sadie Harrison, Margaret Bambrick and Margaret McDermott for discussions and for providing recipes which they themselves had tested; and to Elizabeth Boyle and Renee Coffey for their constructive criticism of the text.

MARGARET BATES