

1987

Corkabout Cookbook

Roz Crowley

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ROZ CROWLEY'S
CORKABOUT
COOKBOOK



RTE CORK LOCAL RADIO

UNION QUAY CORK TELEPHONE 277777 TELEX 75327

412 MW and 89.2 FM stereo



As our local radio broadcasts are at present heard at mealtimes, a Cookery Corner was an obvious programme choice. In Roz Crowley we've been fortunate in finding, not only a superb cook, but a natural broadcaster as well. She joined the Local Radio team in January 1985 and just six months later, held her first 'live' cook-in on the June Bank Holiday Monday. A three course meal, no less, was what Roz decided upon and she had just one hour in which to complete it in the tiny studio kitchen. For the record, the menu consisted of Lentil Salad, Lamb with Asparagus and Pears in Coffee. The only minor mishap occurred when the French beans fell into the pears, but they were fished out without any adverse affect to either dish!

Without doubt the most requested recipes were those for Brown Bread, Carrot Cake and Black Forest Gateaux- (a lady from the Black Forest Region of Germany gave details on Local Radio of this authentic recipe and it's included in this book).

Listeners are invited to submit their favourite recipe and indeed many have already done so.

Appreciation for the service can best be gauged by the level of listener response to the Christmas 'phone-in - the high point in any cook's year.

Long may Roz Crowley continue her Cookery Corner on Cork Local Radio.

MAIRE NI MHURCHU
HEAD OF RADIO PROGRAMMES, CORK

Due to the success of the 1st Edition I'm delighted to present you with the 2nd edition of The Corkabout Cookbook. I hope you like the presentation of the new edition which is due in large part to the generosity of our advertisers.

As in the first edition you will find your favourite recipes from my cookery slot along with some others which I hope you will find useful. As always they are aimed at you, the listener, and are, in the greater part not very complicated or expensive as, judging by your reaction to the programme, you don't want to spend all day in the kitchen, but appreciate the use of natural ingredients to get maximum effect. Of course on occasion we splurge on some extravagance and enjoy it all the more for being a treat. The recipes are a mix of traditional and new-style which have been given by friends or started in my own kitchen. It's very difficult to say where a recipe starts as, after all, it is one of the longest-standing occupations of man and has undergone many fashions to come back full circle to a revival of the appreciation of quality ingredients which need very little adornment. We have to work a little harder when we use cheaper cuts of meat and this can be an interesting challenge. I was amazed to find how much my children enjoyed the Lambs Tongue Casserole, Lentil Cottage Pie, and Fried Rice dishes which can cost as little as £1.50 for a family of four. I hope you will take courage and a wooden spoon in your hands and try them.

I'm delighted to introduce a new feature to the book with Billy Browne's guide to the planting of herbs. Billy's slot on the programme has been consistently popular for many years and I'm very grateful to him for such a comprehensive contribution. As always thanks to Head of Radio Programmes Maire Ni Mhurchu, Producer Pat O'Donovan and all the staff of RTE in Cork for their enthusiasm and co-operation and to my friend Marie Crowley for her all help particularly in proof-reading. The quotations I have included are borrowed from my Celebrity Cookbook of 1984 so, as well as helping to put food on the table, I hope this offering will put a smile on your face.

Keep smiling and keep listening!

Roz