1998

Good Enough to Eat: How We Shop, What We Eat

Maureen Tatlow

Follow this and additional works at: https://arrow.tudublin.ie/irkbooks

Part of the Arts and Humanities Commons

Recommended Citation
Tatlow, Maureen, "Good Enough to Eat: How We Shop, What We Eat" (1998). Cookery Books. 78. https://arrow.tudublin.ie/irkbooks/78

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 yvonne.desmond@tudublin.ie, arrow.admin@tudublin.ie, brian.widdis@tudublin.ie.

This work is licensed under a Creative Commons Attribution-Noncommercial-Share Alike 3.0 License
GOOD ENOUGH TO EAT

How we shop, what we eat

MAUREEN TATLOW
GOOD ENOUGH TO EAT

How we shop, what we eat

Maureen Tatlow
This publication is intended to provide a summary of aspects of the matter covered. It does not purport to be comprehensive or to constitute legal or other professional advice.
Contents

Acknowledgments xiii
Introduction xv

1 Beef 1

How to Choose 1
Butcher or Supermarket? 5
The Butcher: An Endangered Species 8
BSE, Growth Promoters and All That 10
Growth Promoting Hormones 13
Quality Schemes 15
Meat: Buying the Best and Tips for Cooking It 16
Beef Tips 18
Lamb Tips 20
Pork and Bacon Tips 21

2 Lamb 23

The Season of Lamb 23
Mutton Dressed as Lamb? 25
Mountain Lamb 25
Organic Lamb 26

3 Pork and Pork Products 27

Pork 28
Bacon 34
Ham 37
Sausages 39
Black and White Puddings 40
4 Chicken and Other Poultry
   Chicken 42
   Turkey 51
   Duck 52
   Guinea Fowl 53
   Goose 53

5 Fish
   Assessing the Fishmonger or Fish Counter 56
   Fish and Health 59
   When is it in Season? 60
   Farmed Fish 62
   Shellfish 68
   Smoked Fish 75

6 Milk and Other Dairy Products
   Milk 78
   Buttermilk 81
   Cream 82
   Crème Fraîche 83
   Soured Cream 84
   Yoghurt 84
   Ice-Cream 86
   Butter 88
   Margarines and Spreads 89

7 Cheese
   Factory or Farm? 92
   Buying Good Cheese 93
   Some Irish Farm Cheeses 100
   Some Irish Factory Cheeses 102
   Some Imported Cheeses 103

8 Eggs
   Battery Eggs 105
   Free-Range? 107
Contents

‘Fresh’ Eggs 109
Eggs and Food Poisoning 111

9 Bread and Flour
  Bread 114
  Breads from Other Countries 119
  Flour 121
    White Flours 122
    Brown Flours 124
    Other Flours 125
  Raising Agents 126

10 Fruit and Vegetables
  Finding the Best 128
  Are They Safe? 130
  Fruit 133
  Vegetables 141

11 Convenience Foods
  Which Ones to Buy? 161
  Quick yet Tasty Cooking 163
  Healthy Meals? 163
  Convenience from Fridge and Freezer 164
  ‘Convenience’? 165

12 The Larder
  Baby Food 167
  Chocolate 171
  Condiments and Sauces 173
  Dried Fruit 173
  Gelatine 174
  Grains and Pulses 175
  Herbs and Spices 175
  Honey 176
  Jams and Marmalades 176
  Nuts 177
## Contents

<table>
<thead>
<tr>
<th>Category</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oils</td>
<td>178</td>
</tr>
<tr>
<td>Olives</td>
<td>182</td>
</tr>
<tr>
<td>Pasta</td>
<td>184</td>
</tr>
<tr>
<td>Rice</td>
<td>185</td>
</tr>
<tr>
<td>Salt</td>
<td>187</td>
</tr>
<tr>
<td>Sauces (Bottled)</td>
<td>187</td>
</tr>
<tr>
<td>Stock Cubes</td>
<td>188</td>
</tr>
<tr>
<td>Sugar</td>
<td>188</td>
</tr>
<tr>
<td>Things Tomatoey</td>
<td>190</td>
</tr>
<tr>
<td>Vanilla</td>
<td>191</td>
</tr>
<tr>
<td>Vinegars</td>
<td>192</td>
</tr>
</tbody>
</table>

### 13 How Was It Produced?
- The Roasted Carrot                | 194  |
- A Radical Experiment in Farming   | 194  |
- The Problems with Intensive Farming | 195  |
- Is There a Future?                | 198  |
- World Trade Pressures             | 199  |
- Sustainable Alternatives          | 199  |

### 14 Pesticides
- More and More Pesticides         | 205  |
- Children Are Most Vulnerable     | 206  |
- Inadequate Testing               | 207  |
- The Circle of Poison             | 210  |
- What Happens to a Pesticide?     | 212  |
- Picture-Perfect Food             | 212  |
- Getting Rid of Pesticides        | 213  |
- Post-Harvest Pesticides: Storage Aids | 213  |
- Reduced Pesticide Use is Feasible | 214  |

### 15 Genetic Engineering
- When the Tomato Met the Flounder Fish | 215  |
- The Claims and Concerns            | 216  |
- What Can You Do?                   | 219  |
## Contents

### 16 Labelling
- Names and Images 220
- Product Names 221
- Do You Read the Label? 222
- Words and Claims 223
- Adding Water to Food 227

### 17 Food Poisoning
- Have We Gone Too Far? 231
- Food Poisoning on the Rise 232
- The Most Important Safety Rules 233
- Storing Food in the Fridge 235
- The Main Bugs 236
- Irradiation 238

### 18 Where to Buy
- Supermarkets? 240
- The Specialists 242
- Markets 243
- How to Buy 244
- Some Great Small Shops and Delis 244
  - Dublin 244
  - Around the Country 247
  - Cork 248
  - Galway 249
  - Kerry 250

### Select Sources
- Books and Reports 251
- Magazines 252
- Further Information 253