

1998

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

Maureen Tatlow

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



Part of the Arts and Humanities Commons

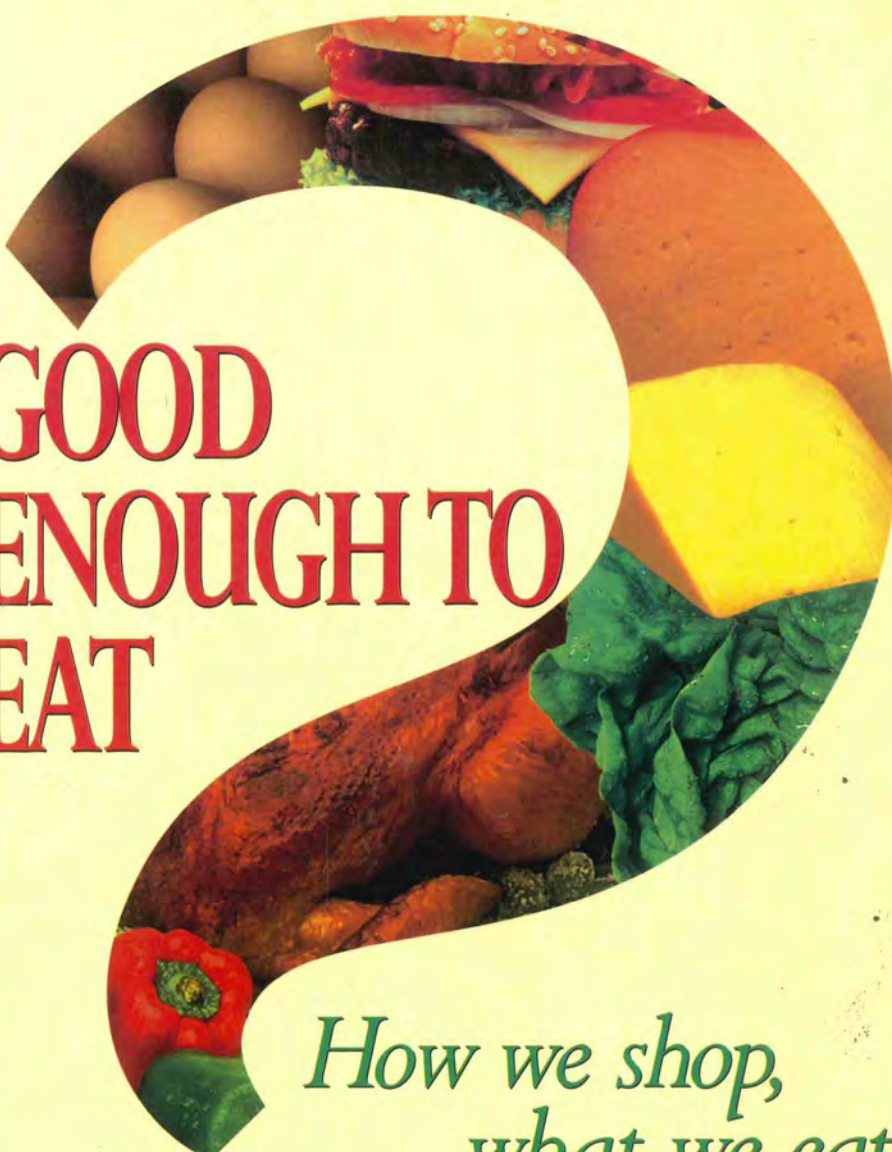
Recommended Citation

Tatlow, Maureen, "Good Enough to Eat : How We Shop, What We Eat" (1998). *Cookery Books*. 78.
<https://arrow.tudublin.ie/irckbooks/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 arrow.admin@tudublin.ie, aisling.coyne@tudublin.ie.



This work is licensed under a [Creative Commons Attribution-Noncommercial-Share Alike 4.0 License](https://creativecommons.org/licenses/by-nc-sa/4.0/)



GOOD
ENOUGH TO
EAT

*How we shop,
what we eat*



MAUREEN
TATLOW

b 10882376

GOOD ENOUGH TO EAT

HOW WE SHOP, WHAT WE EAT

Maureen Tatlow

DIT Library Cathal Brugha Street

GILL & MACMILLAN

Gill & Macmillan Ltd

Goldenbridge

Dublin 8

with associated companies throughout the world

© Maureen Tatlow 1998

0 7171 2697 8

Design by Identikit Design Consultants

Print origination by O'K Graphic Design, Dublin

Printed by ColourBooks Ltd, Dublin

This book is typeset in 11/14 pt Lapidary 333.

All rights reserved. No part of this publication may be copied, reproduced or transmitted in any form or by any means, without permission of the publishers.

A catalogue record for this book is available from the British Library.

1 3 5 4 2

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	42
	Chicken	42
	Turkey	51
	Duck	52
	Guinea Fowl	53
	Goose	53
5	Fish	54
	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	78
	Milk	79
	Buttermilk	81
	Cream	82
	Crème Fraîche	83
	Soured Cream	84
	Yoghurt	84
	Ice-Cream	86
	Butter	88
	Margarines and Spreads	89
7	Cheese	92
	Factory or Farm?	93
	Buying Good Cheese	96
	Some Irish Farm Cheeses	100
	Some Irish Factory Cheeses	102
	Some Imported Cheeses	103
8	Eggs	105
	Battery Eggs	106
	Free-Range?	107

'Fresh' Eggs	109
Eggs and Food Poisoning	111
9 Bread and Flour	114
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	128
Finding the Best	128
Are They Safe?	130
Fruit	133
Vegetables	141
11 Convenience Foods	161
Which Ones to Buy?	161
Quick yet Tasty Cooking	163
Healthy Meals?	163
Convenience from Fridge and Freezer	164
'Convenience'?	165
12 The Larder	167
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

Oils	178
Olives	182
Pasta	184
Rice	185
Salt	187
Sauces (Bottled)	187
Stock Cubes	188
Sugar	188
Things Tomatoey	190
Vanilla	191
Vinegars	192
13 How Was It Produced?	194
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 --	205
More and More Pesticides	206
Children Are Most Vulnerable	207
Inadequate Testing	210
The Circle of Poison	212
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	215
When the Tomato Met the Flounder Fish	215
The Claims and Concerns	216
What Can You Do?	219

16 Labelling	220
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	231
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	240
Supermarkets?	240
The Specialists	242
Markets	243
How to Buy	244
Some Great Small Shops and Delis	
Dublin	244
Around the Country	247
Cork	248
Galway	249
Kerry	250
Select Sources	251
Books and Reports	251
Magazines	252
Further Information	253