

1989

## Simply Delicious

Darina Allen

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



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

---

### Recommended Citation

Allen, Darina, "Simply Delicious" (1989). *Cookery Books*. 88.  
<https://arrow.tudublin.ie/irckbooks/88>

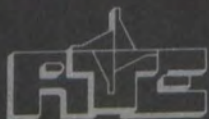
This Book is brought to you for free and open access by the Publications at ARROW@TU Dublin. It has been accepted for inclusion in Cookery Books by an authorized administrator of ARROW@TU Dublin. For more information, please contact [arrow.admin@tudublin.ie](mailto:arrow.admin@tudublin.ie), [aisling.coyne@tudublin.ie](mailto:aisling.coyne@tudublin.ie),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

SIMPLY

*Delicious*



DARINA ALLEN



Published in Ireland by  
Gill and Macmillan Ltd  
Goldenbridge  
Dublin 8

with associated companies in  
Auckland, Delhi, Gaborone, Hamburg, Harare,  
Hong Kong, Johannesburg, Kuala Lumpur, Lagos, London,  
Manzini, Melbourne, Mexico City, Nairobi,  
New York, Singapore, Tokyo

© Darina Allen, 1989

0 7171 1687 5

Photographs by Peter Harding  
Food styling by Rory O'Connell  
Design by Peter Larrigan

Print origination in Ireland by Irish Typesetting and Publishing Ltd, Galway  
Printed in Spain by Graficas Estella, Navarra

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.

LEABHARLANNA ATHA CLIATH  
DUBLIN COLLEGE OF CATERING  
ACC. NO. 0717 116875  
COPY NO. DT 1017  
INV. NO. 1805  
PRICE IR£ 4.99  
CLASS 641.5



# Contents

---

FOREWORD	ix
GLOSSARY	xi
SOUPS AND STARTERS	1
Crudités with Garlic Mayonnaise*	3
Salad of Carrot and Apple with Honey and Vinegar Dressing*	5
Old-fashioned Salad with Lydia's Dressing*	6
Timbales of Smoked Salmon with Cucumber and Fennel Salad*	7
Salmon Pâté with Fennel	8
Rillettes of Fresh and Smoked Salmon	9
Pink Grapefruit Sorbet*	9
Purée of Onion Soup with Thyme Leaves*	11
Potato and Fresh Herb Soup	11
Lettuce, Cucumber and Mint Soup	12
Spring Cabbage Soup	13
FISH	14
Pan-grilled Mackerel with Maître d'Hôtel Butter*	16
Sauté of Mackerel with Mushrooms and Herbs	17
Poached Salmon with Hollandaise Sauce*	17
Grey Sea Mullet Baked with Butter	22
Monkfish with Cucumber and Tomato Hollandaise	23
Baked Plaice or Sole with Herb Butter*	24
Baked Turbot or Brill with Sauce Mousseline	25
Cod Baked with Cream and Bay-leaves, with Duchesse Potato*	26
Sea Trout with Cream and Fresh Herbs	27
POULTRY	29
Casserole Roast Chicken with Tarragon*	30
Casserole Roast Chicken with Leeks and Bacon	31
Chicken with Rosemary and Tomatoes	32
Turkey Baked with Marjoram	32
Pheasant with Apples and Calvados	33
Pheasant with Celery and Port	34
Chicken Stock*	35
Ballymaloe Chicken Liver Pâté with Melba Toast*	36

BEEF AND LAMB	39
Fillet of Beef with Mushrooms and Thyme Leaves*	41
Fillet of Beef with Black, White and Pink Peppercorns	42
Carpaccio with Mustard and Horseradish Sauce	43
Sauté of Calves Liver with Whiskey and Tarragon*	44
Boeuf Bourguignonne	44
Brown Beef Stock	46
Lamb Roast with Rosemary and Garlic*	49
Red Currant Jelly*	50
Roast Potatoes*	50
Lamb Roast with Garden Herbs	51
Mint Sauce	52
Ballymaloe Irish Stew*	52
Spiced Lamb with Aubergines	53
THE ESSENTIAL SALAD!	55
Green Salad with Billy's French Dressing*	57
PUDDINGS	58
Ballymaloe Vanilla Ice-cream served in an Ice Bowl*	60
Ballymaloe Coffee Ice-cream with Irish Coffee Sauce	62
Meringue Gâteau with Kiwi Fruit*	62
Meringue Nests with Strawberries and Cream	64
Almond Tart or Tartlets with Raspberries*	64
Summer Fruit Salad with Sweet Geranium Leaves*	66
Summer Pudding	66
Black Currant Fool	67
BREADS AND JAMS	69
Brown Soda Bread and Scones	71
White Soda Bread and Scones*	72
Mummy's Sweet White Scones*	72
Great Grandmother's Cake	73
Ballymaloe Brown Yeast Bread*	74
Ballymaloe Cheese Biscuits	75
Jane's Biscuits	76
Raspberry Jam*	76
Loganberry Jam	77
Blackberry and Apple Jam	77
Damson Jam	78

The items marked with an asterisk denote recipes which are demonstrated on RTE's *Simply Delicious* television series.