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CORINNA CHAPMAN'S PANTRY

all sorts of rice
all sorts of flour
all sorts of sugar
honey
anchovies
capers
minced garlic
salt
bottled lemon juice and bottled lime juice
dried peas, lentils and so on
Worcestershire sauce
tomato ketchup
tinned fish, including sardines
whole egg mayonnaise
tinned beans, including baked beans and chickpeas
dried fruit
olive oils and ordinary vegetable oil
coffee in all forms
cooking chocolate and powdered chocolate
vinegars
tinned packet paste or cube stock
bottled black olives
capers
for some reason, a tin of lychees and one of hominy grits for
which I am totally unable to account ...

No chilli, wasabi, hot English mustard or horseradish. At all.

CORINNA'S MAXIMS FROM GRANMA CHAPMAN

Keepe well thy catte, or pick misse turdes out of thy wheate
(from Chaucer).

A soup boiled is a soup spoiled.

Taste as you go. The only way to cure an oversalted soup is to
cook a raw potato in it. Or add a teaspoon of sugar. Crying will
not help. It's already oversalted.

A dirty saucepan full of hot water in the sink is already washing
itself.

Clear as you go. Get it all off the table as soon as you can.

Find all the ingredients for the recipe before you start cooking.

A fresh egg sinks in cold fresh water. A rotten one floats.

Cook with good wine, or use water.

Never trust a thin cook.

DINNER IDEAS (DANIEL'S FAVOURITES)**BEEF GOULASH**

2 big onions, peeled and chopped
1 clove garlic, crushed
1 tablespoon oil
1 kg beef, chopped into cubes
2 capsicums, one green and one red, cleaned, sliced
1 tin tomatoes
1 sprig of rosemary, stripped and chopped
1 tablespoon fennel seeds
1 tablespoon caraway seeds
2 teaspoons red paprika
300 ml red wine (Hungarian, if possible—Bull's Blood, perhaps)
300 ml or more beef stock
sour cream or yoghurt, and black pepper, to serve

Fry the onions and garlic in the oil. Add the beef and brown it. Put all the meat and veg and herbs and spices into a large casserole and add the wine and stock. Cook in a slow oven for three or more hours, until the meat is gelatinous and the seeds are soft. Serve in soup plates with a dollop of sour cream and black pepper. Rice or noodles can accompany it. The only trouble with goulash is that one is supposed to steal one of the ingredients—old gypsy joke. I managed by stealing the rosemary from my neighbour's hedge.

BEEF OLIVES

This dish has nothing to do with olives. In the eighteenth century, this dish was called *Oiseaux Sans Tetes*—birds without heads—because the rolls of steak look sort of like that if you squint and look sideways and you don't know that your chef has spent the partridge budget on vin rouge. By the operation of the Bloody Foreigners And Their Bloody Words Law, this went into English as Olives. Weird but true.

500 g grilling steak
1 small onion, grated or chopped finely
water
1 cup soft breadcrumbs
1 teaspoon dried sage
a pinch of salt and pepper
1 tablespoon butter or dripping
toothpicks
1 tablespoon flour
2 cups beef stock

I love these. You need thinly sliced grilling steak—rump is good. Make the steaks into roughish squares and flatten them a bit—a rolling pin, a wine bottle, a meat hammer—I've always wanted a meat hammer but possibly it is a good thing that I do not have one. Lay them out flat and make the sage and onion stuffing, which also works really well for chicken.

Cook the onion in the water until cooked. Drain the onion, reserving the water. Add the breadcrumbs, sage, salt and pepper, and a knob of the butter or dripping to the onion and mix well. Put a spoonful or two of stuffing in the middle of your flat steak, roll it up and secure it with toothpicks. Continue until you have stuffed all the beef olives. Place them toothpick side down in a casserole dish.

In a saucepan, melt the remainder of the dripping or butter and stir in the flour (you are making gravy, but don't panic). Stir until the flour and butter gets sticky, then pour in, gradually, the onion water, then a cup or so of beef stock, then a cup more and stir frantically until it tastes cooked and you have a couple of cups of gravy—see, you aren't afraid of the word any more, are you? A balloon whisk is a great comfort when making gravy.

Pour the gravy over the little steaks, cover, put the whole thing in the oven and cook for about twenty minutes. If your nerve fails, however, then flour the beef olives, cook them until brown in a little oil, lay them in the casserole and pour over a couple of cups of beef stock. They will make their own sauce this way and you will not have to attempt gravy.

PASTA PUTTANESCA

The girls come home tired and sweaty and just want to take—you should forgive me—the bad taste of their profession out of their mouths. And they're hungry. So they make pasta in the manner of whores. Put on the pasta to cook first while you make the sauce thus.

1 crushed garlic clove or one teaspoon of crushed garlic. More if it's been that sort of night ...
some chopped bacon, or prosciutto if you have it
5 anchovies (or however many you either have, or like)
1 tablespoon capers
a handful of pitted chopped black olives
a handful of chopped parsley
1 tin tomatoes, or a cup or so of passata

Fry the garlic until a little translucent, bung in the bacon or prosciutto until slightly crispy, throw in the rest of the ingredients, warm through until the pasta is cooked. Serve with parmesan cheese. You can fry a few onions first if you have time, or green or red peppers, and add chilli if you allow that disgusting fruit into your house. It's meant to be a hot, strongly tasting, invigorating, fast and easy dish for those who work too hard ...

PEA AND HAM SOUP

1 ham hock, ask the butcher to split and break it for you (those lads get a massive kick out of being asked to break bones, it is a little worrying), or several slices of bacon, crisped in the microwave

2 litres water

1 stick of celery

1 carrot

1 onion

3 leeks

2 cups green split peas, soaked overnight. Any soaking cuts down the cooking time, but if you forgot or the dog drank the water, use them out of the packet and just cook the soup for longer

I make this soup in two stages. One, I boil the ham hock in about two litres of water for several hours, until the flesh falls off the bones. Then I remove the bones and cut up the ham. I cool the stock overnight and skim it in the morning. If you are making vegetarian soup, of course, omit this step.

Don't throw away the water—add the vegetables and the ham and the peas and simmer it all for about three hours. If you are using bacon, just put all the ingredients into the pot, add water, and cook gently for the three hours until the peas are melted.

Leave it to cool, then blend it, and sprinkle the bacon on top. Do not be alarmed if, when you come to reheat it, this soup has gone solid. That's a good sign.

Pease porridge hot, pease porridge cold, pease porridge in the pot, nine days old—as we used to sing while skipping. This reheats very well in a microwave, stirring after each minute. Serve it with rye bread, if you have a good baker.

RISOTTO CORINNA

If you have been turned off the idea of risotto by the laborious instructions, this one works and you can sit back with a drink instead of slaving over a hot stock and stirring for ages. Risotto is just the same as pilaf, or any of the other rice dishes.

olive oil

2 onions, chopped

2 teaspoons or cloves of garlic, mashed

1 cup arborio rice

3 cups stock, any kind, made with paste cubes or packet or real stock itself

cooked chicken or any leftover vegetables

parmesan cheese

Heat the oil and fry the onions and garlic until translucent. Bung in the rice and stir until it is all coated with oil.

Pour in the stock and bring it to a rapid boil. Boil it for one minute then slap on a cover and take the pot off the heat.

Let it stand for fifteen minutes, then fork it around a bit. If it is still really wet, put the lid back on and leave for five minutes.

Fluff the whole thing up a bit, add the chicken and stir in as much parmesan as you like (I use a cup, but I'm greedy). *Voila!*

Or rather, *Ecco!* Risotto.

Put in any combo you like, adding pre cooked ingredients at the end if you like, and you haven't had to waste valuable reading time stirring rice, which after awhile wears on the nerves. You can also make a good risotto in a microwave. Don't let recipes wear you down.

TOURNEDOS PARISIENNE

- 1 slice of bread per person
- 1 slice of fillet (across the round about half an inch thick, get the butcher to slice it for you) per person
- 1 clove garlic
- coarsely ground black pepper
- 3 tablespoons butter mixed with 2 tablespoons oil
- 2 tablespoons brandy
- a handful of pitted black olives
- 1 cup thinly sliced button mushrooms

Using a sharp knife or a pastry cutter, cut each slice of bread into a round. Toast.

Rub the fillets with a clove of garlic. Roll each fillet in the pepper.

Put the oil and butter into the frying pan and let it get really hot, so that a cube of bread will brown in a couple of seconds. Then fry the fillets, two minutes or so each side.

Melt a little more butter over them and then put the brandy into a metal ladle, allow it to heat over the pan, then pour it on and light it.

WATCH OUT FOR YOUR EYEBROWS.

Set each fillet on a slice of bread. Add the olives and the mushrooms to the pan, cook for a couple of minutes, then pour over the fillets.

LAMB SHANKS WITH PUMPKIN AND MAPLE SYRUP

I can't recall where I found this recipe and there is no magazine designation on the torn-out page. Whoever thought of it, it's terrific. If you like pumpkin, of course.

lamb shanks
seasoned flour in a plastic bag
2 tablespoons oil
1 onion, chopped
garlic
500 g pumpkin, peeled and chopped
250 ml red wine
1 tin tomatoes
1 cup pitted chopped dates
1 teaspoon cinnamon
handful of chopped parsley
3 cups chicken stock or water (I use water)

Coat the lamb shanks with seasoned flour. Heat the oil in a big casserole and brown them all over.

Take them out and add the onion, the garlic and soften, then the rest of the ingredients. Bring to the boil, replace the shanks, and simmer for a couple of hours, making sure that the liquid is always high enough to cover the chops.

Just add more water each time it cooks down. Or put the pot in the oven for the same time.

When you feel it is cooked, peel and mash some potatoes for an accompaniment, or serve with a lot of crusty bread to sop up the sauce, which is delicious. You can leave this to cool and reheat the next day with an improvement in its flavour.

CHICKEN AND PINEAPPLE, 1971 STYLE

4 chicken Marylands

1 packet French onion soup, dried, Maggi style

1 tin pineapple rings

Put chicken into a casserole dish, sprinkle over the onion soup and lay the pineapple on top, pour over the pineapple juice and maybe a little extra water, to cover. Cook for about half an hour in a moderate oven.

BREAD RECIPES FROM EARTHLY DELIGHTS

Yeast is a fungus—one of the friendly ones—and it is a picky creature, only flourishing when it is neither too hot nor too cold. Lukewarm is the temp which yeast likes best. Water is lukewarm when it tastes neither hot nor cold in your mouth. When, if it was milk, you would feed it to a baby.

There isn't a lot of point in making your basic bread, unless you really want to, because it will get eaten up in a twinkling, and there goes half an hour's hard kneading, not to mention all the other work, which can really hurt the feelings. I remember watching a friend of mine seeing her day's work vanish down the throats of a few teenagers in a moment. They didn't even stop talking about boys long enough to say, 'Good bread'. She was devastated. Our ancestors made bread because they had to, and as soon as bakers (as it might be, me) came along, they stopped doing it. There was a reason for that. It's hard work.

But if you have a lot of time on your hands and you have to stay home, there is nothing nicer than listening to the bread rise in a silent kitchen. Very historic. Mythic. For good bread with a reasonable crust you really need Strong or Bread flour. You can also use it for everything else you use flour for.

YOUR BASIC BREAD

1 packet dried yeast
a pinch of sugar
170 ml lukewarm water
250 g plain strong or bread flour
pinch of salt
1 tablespoon virgin olive oil

Dissolve the yeast and sugar in a tablespoon of the lukewarm water and watch it bubble. Put the flour and salt in a large metal or china bowl, make a well in the middle, pour in the yeast mix and the rest of the water.

Knead to a dough, turn out on a floured board and knead. (A big tray is great for this, it saves you from having to scrub the table. It won't move around if you spread a damp tea towel under it.)

Push the dough away from you with both fists, fold it, then push it again. Or you can pull, as you wish. This will take about ten minutes of hard work. The longer you knead, the more coherent the loaf, because you are stretching the glutens (I know this sounds like a muscle). Fold and thud, fold and thud, until it becomes a mantra and the dough is stretchy, and when you dent it with a finger it pops out the dent.

Roll it up, stick it back in the bowl, and pour the oil over the top. A lot of blenders have dough hooks—they make a terrible noise, but they do take a lot of the work out of kneading. Set the dough to rise. This needs to go in the celebrated 'warm place' until it doubles in size.

Dough will rise wherever you put it, even in the fridge. There is a lot to be said for bunging it in the fridge and making the bread in the morning. It makes for a scented morning. If you want it to rise fast, put the whole thing in the back of a car, or in a bed

with the electric blanket on.

When it has doubled in size and dents return when poked, put it back on the board, knead it again to incorporate the oil, and then add anything you want to include—crushed nuts, mixed fruit and a tablespoon of sugar, pitted chopped olives. Spread them over the top, roll up the dough, then knead it again. Into the tin to rise again. Or divide it into eight balls for rolls, putting them on a greased oven tray to rise. Stick the whole thing into a plastic bag.

Then, when the poke test again produces dents which fill themselves in, bake it in a hot oven—around 10 minutes for rolls and 15 minutes for bread. It's cooked when it sounds hollow when tapped. You can glaze the bread with sugary water or with egg wash if you like.

If while and after doing this you get a warm glow of achievement, you are indeed a baker, and need to buy a baker's cookbook. If it all seems like too much trouble, then buy bread or make damper or soda bread, which has baking powder in it.

PASTA DOURO

Pasta Douro is a white Italian bread made to the same recipe, but either put a pot of boiling water into the bottom of the oven while baking or mist the loaves every five minutes or so. Use one of those misters they sell to revive houseplants. This makes for a very crispy crust. A cup or so of water will do, you just want some steam.

FRENCH OLIVE ROLLS

750 g strong bread flour (use half wholemeal and half white if you like a denser roll)
3 cups lukewarm water
1 packet dried yeast
2 cups or so of kalamata olives, chopped and pitted
2 teaspoons sea salt
2 tablespoons virgin olive oil
extra sea salt and oil, for glazing

This one requires sponging, which means that you mix 250 grams of the flour, 2 cups of the water and the yeast, beating it well until the mixture is creamy, then covering it and leaving it to ferment for two or so hours, until the bubbles break through the floury crust. When they do, mix in the rest of the flour, water and the olives, salt and oil, and knead it into a soft loaf. If it's too gluey, add more flour until you have something kneadable. Put it aside to prove until it has doubled in size. When swollen, remove to your floured surface and cut into about twenty pieces. Roll them into balls, flatten them a little on a floured baking sheet, cover with a tea towel and leave to rise again. Note: a

tea-towelled surface in a warm place is a preferred resting place for some cats. Try to fend them off or your rolls will be a lot flatter. Half an hour later, brush with a little oil and scatter them with sea salt. Bung them into a moderate oven for about twenty minutes. Utterly marvellous with a French cheese.

SAINT BRIGID'S BREAD OR BARA BRITH OR BARM BRACK

This is a rich celebration bread, using expensive dried fruits and spices. The 'barm' refers to an ancient word for yeast. For all you linguists.

6 cups strong bread flour
1 teaspoon each mixed spice and salt
1/4 cup of caster sugar, or 1 tablespoon honey
1 packet dried yeast
300 ml lukewarm milk
150 ml lukewarm water
4 tablespoons softened butter
2 1/3 cups chopped dried fruit—raisins, figs, currants, dried apricots,
candied peel ...

Mix the flour, spice, one tablespoon of the sugar (or all of the honey), salt and yeast. Pour in the water and milk mixed together. Combine well, adding the rest of the sugar. Make a sticky, soft dough. Plump it into a clean bowl to rise for about an hour. Then drop it onto a floured surface and knead it into a flattened oblong. Spread the butter on it, add the fruits, roll it up and start kneading again until it is all more or less incorporated. It looks like a speckled sedimentary rock but tastes much better. Prove it again for half an hour. Oil a round cake tin of about 23 cm. Pat the dough into it and leave it to prove again for another half an hour. That dried fruit is heavy. The yeast needs to get its little pseudopodia going in order to raise it. Then glaze the top with milk and bake in a moderate oven for at least 45 minutes. If the top starts to scorch, cover it with foil. It's cooked when you tap the bottom and it sounds hollow. Most of my ancestors only got to eat this to celebrate a wedding or a birth. Enjoy.

DAMPER

But, if the whole yeast thing is too much trouble, or you haven't the patience or the biceps, then why not make that Australian staple, damper, otherwise known by our Irish forebears as soda bread? It's just a scone dough as follows.

1 tablespoon butter
2 cups self raising flour (hence the soda)
a pinch of salt
250 ml buttermilk, or so

Rub the butter into the flour and salt (in the old days they used lard, if you have any it makes a savoury, meaty loaf). Pour in the buttermilk and mix until you have a soft, workable dough. You may not need all the buttermilk.

Then flub it onto a floured surface, briefly knead it, then shape into a round loaf. Slash it in the shape of a cross (this makes it cook more thoroughly, and also keeps off evil sprites, protection which we need in these parlous times) and cook on a baking sheet for about 15 minutes.

You can glaze it with egg wash if you like it shiny. To this you can also add anything—nuts, herbs, dried fruits. Scrumptious with soup. And butter and honey. Any way, really ...

DESSERTS FOR HEAVENLY DELIGHT

TARTE TARTIN

- 2 tablespoons butter
- 2 tablespoons sugar
- 3 cooking apples, peeled, cored and sliced
- 1 sheet shortcrust pastry

Using a slope-sided frying pan, similar to your omelette pan, non-stick, which can go into the oven, melt the butter and stir in the sugar until it begins to caramelise—go golden and gluey.

Take it off the heat and lay the apples in concentric rings over the caramel. Then cap this with the sheet of shortcrust, trimming the edges, and put into the oven for about 20 minutes.

Cool for awhile and loosen the pastry all round with a sharp knife. Then lay a plate over the frying pan and upend it.

If God is good, you will have a perfect tarte tartin when you take the frying pan off. If not, then cut it into rough pieces and pretend it was meant to be like that. You can also make a tarte tartin with confectioner's custard, but I like this one with its sharp flavours. Serve it with ice cream or cream.

CHEAT'S BISCUITS, which really ought to be called
SENSIBLE PRECAUTION COOKIES

As soon as the women of the world accepted, indeed, embraced, the refrigerator, they realized that they could cut their baking time in half and restore some valuable reading time by storing dough in the fridge. Now we have freezers it is even more sensible to double the amount and stash the rest, even if your children accuse you of serving pterodactyl soup or roast mammoth (certainly, when cooking with megafauna you would have had leftovers).

2/3 cup brown sugar

4 tablespoons butter

1 egg

1/2 teaspoon, or 3 drops, vanilla essence (Or any other essence—for lemon biscuits use 3 drops lemon essence, or 1 tablespoon lemon juice, and top with candied peel. The same for orange.)

1/2 cup chopped nuts (or chocolate bits, or sultanas, or any other favourite flavouring—hazelnuts are divine)

2 cups self-raising flour

Cream butter and sugar together, add the egg and the vanilla, mix well, add the nuts, mix again, then add the flour and turn the mixture onto a tray. Knead it and shape it into a roll about the thickness of an actual sausage.

Wrap the sausage of dough in greaseproof paper or cling wrap (I like cling wrap) and put it into the fridge. You can freeze it until you next defrost, when it will be a nice surprise. Or it will keep in the fridge for weeks.

When you want biscuits, cut slices from the roll and cook them in a moderate oven for 10 to 15 minutes. Press sweeties or coconut or chocolate bits or sprinkles or hundreds and thousands onto

the top. Or dent the middle and put in a teaspoonful of jam or marmalade.

YOUR BASIC MUFFINS

1 1/2 cups self-raising flour
1/3 cup sugar, for sweet ones
1/2 cup of filling, ie, fruit, cheese, herbs, nuts
a pinch of salt
1/3 cup light vegetable oil, or canola or similar
1 egg
1 cup buttermilk

Mix all the dry ingredients, mix all the wet ingredients, and then combine. Plop into muffin tins and bake in a moderate oven about 10 minutes—until it springs back when poked. If making sweet muffins, add spices to please. If making herb and cheese, omit sugar. This is your ur-text for muffins—have fun with it. Try chopped candied fruit and lemon juice, try chopped dates and a teaspoon of honey, just keep to the proportions and you will be famous for your muffins.

MICROWAVE CHOCOLATE CAKE

This is from Peter Russel Clarke, a great pioneer of Australian cooking, though his laugh reminds me far too closely of Kerry O'Keefe's. Which is not his fault, poor man. This, despite my extreme scepticism, actually works and will produce a hot puddingy cake in 3 minutes cooking. For the midnight munchies. Or the three-in-the-morning horrors.

4 tablespoons self-raising flour
4 tablespoons caster sugar
2 tablespoons cocoa
1 egg
3 tablespoons light vegetable oil
a few drops of vanilla extract
3 tablespoons milk

Mix all the dry ingredients, stir in the wet. You can add a handful of choc chips or cut up chocolate bar (ie, a Bounty bar, a Mars Bar) if you like. Or honeycomb. This was supposed to be made in a coffee mug but I used a plastic microwave dish and it rose very well. Cook in the microwave for three minutes on high, or 100 per cent. Leave it sit for a moment. Turn it out while hot. You can then make a chocolate sauce with equal quantities of chocolate and cream in the microwave to decorate it. Yummy.

If you keep to the proportions you can make instant fruit cake and all manner of unusual items. Nice if you want to experiment and don't want to waste too much food. If you leave out the cocoa you need to replace it with 2 or more tablespoons of flour. The mix will bear about half a cup of additions. It does not brown, so ice it. Or just eat it at once.

BOILED CHOCOLATE CAKE

From the admirable Mary Phillipou, for when you unexpectedly have a children's party arriving on your doorstep or a lot of relatives who didn't mention that they were on their way . . .

4 tablespoons butter

$\frac{3}{4}$ cup caster sugar

$\frac{1}{4}$ cup drinking chocolate powder (milk)

$\frac{1}{4}$ teaspoon bicarb of soda

$\frac{1}{4}$ cup water

$\frac{1}{2}$ cup milk

1 egg

$1\frac{1}{2}$ cups self-raising flour

Preheat oven to 180 degrees.

Grease a 20-cm cake tin and line it with baking paper.

Combine the butter, sugar, chocolate, bicarb of soda, water and milk in a saucepan. Stir and bring to the boil. Take off the stove. Allow to cool to room temperature. Add the egg and flour and mix well. Pour into the prepared tin and bake for about 30 minutes. It's cooked when a skewer inserted in the middle comes out clean.

Allow the cake to cool before icing.

Icing

2 cups pure icing sugar

3 tablespoons milk chocolate powder

melted butter
milk

Mix together the chocolate powder and enough melted butter and milk to make it smooth—about a teaspoon of each to start, then add more little by little until the paste is sturdy but not stiff.

Ice cake when cold. A studding of smarties is always popular. Or hundreds and thousands. Or grated chocolate.

You can make a grown-up version of this for a very fast and impressive dessert cake by using baking cocoa or grated dark cooking chocolate instead of milk chocolate powder. When the cake is cool pour over it a tablespoon or two of Kahlua, rum or brandy and then either ready-made chocolate syrup or chocolate ganache, made by melting equal quantities of good dark chocolate and cream in a microwave. Add a handful of glacé cherries or candied peel or sugared violets or walnuts and serve with heavy cream and strawberries.

It's a flexible recipe. Play with variations on one of those cold dark Sunday afternoons when you feel like cooking and your undeserving household is watching the cricket/football. If the experiment fails, they still have to eat it. And like it.

LITTLE TEA CAKES

1½ cups self-raising flour
2 tablespoons butter
½ cup caster sugar
1 egg
pinch salt
4 tablespoons milk

Topping

1 teaspoon melted butter
1 tablespoon cinnamon sugar (or tablespoon of caster sugar mixed with a pinch of cinnamon)

Cream the butter and sugar.

Add the egg and continue beating. Add the flour and the milk, mixing all the time.

Put into a muffin tins and cook at 180 degrees for about 20 minutes.

While warm brush butter over the tops and sprinkle with cinnamon sugar.

Alternatively, spread the tops with jam and sprinkle with coconut. You can add all sorts of things to a teacake recipe. Lemon juice and zest, apple puree, spices and nuts, walnuts and coffee, swirl raspberry jam or chocolate topping through the mixture—it's very forgiving. Play with it.