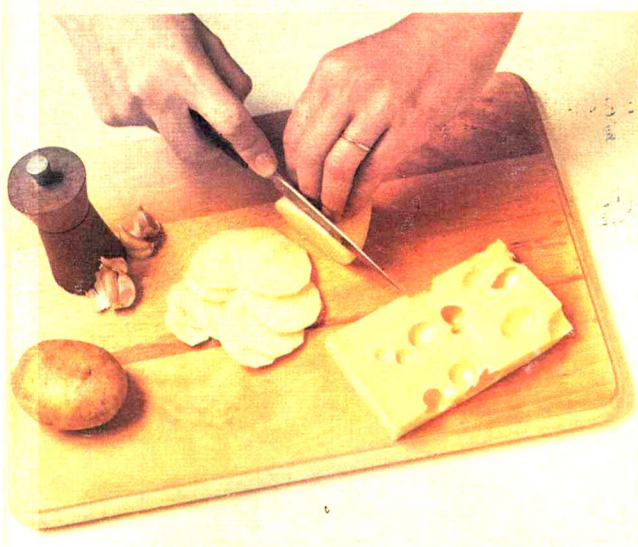


WOMAN ALIVE

# *You in Your Kitchen*



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Kitchen*





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WOMAN ALIVE

*You in Your  
Kitchen*

by Dilys Wells

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***This is a book about cooking, rather than a cookbook. Instead of the flat instructions you find in all the recipes you've ever tried to follow, you'll find the reasons behind the directions - and this knowledge will at last free you from blind obedience to a cookbook. Here you will learn what happens in the actual process of cooking, how you can diagnose a failure so as to avoid it next time, what the essential tools of the trade are. Here, too, are a dozen basic recipes with several variations, given with step-by-step photos in full color. Master these, and you can build on them to achieve that casual-but-sure skill of the experienced cook who will try anything. Just as important, your new mastery should help you enjoy cooking more.***

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# The Talented Amateur

Even though housewives don't get paid for their work as chief cook, many are of equal ability to the professional chef. They attain such skill by perseverance, talent, care—and, often, formal study in classes.

**Right:** a visitor to a Victorian cooking school gets a taste of one of the goodies, offered by the proud person who made it.

**Below:** starting a child off early in the kitchen—with patience and love—is a good way to make her enjoy cooking later in life.



**Below:** it may not be all fun, but a school home economics course usually gives a girl a good foundation in the basics of cooking.

**Below right:** some women like to read cookbooks just for the pleasure of it, as well as consulting them for all kinds of information.



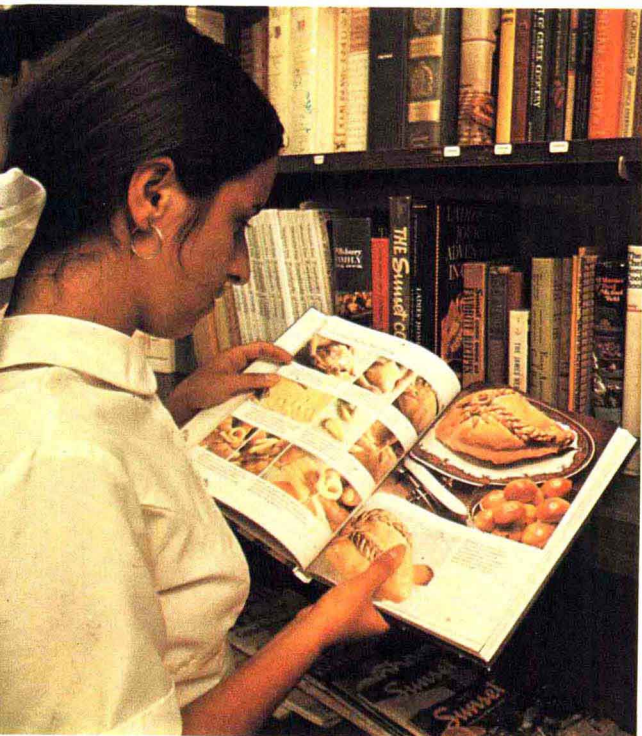


**Above:** when adults take a course in cooking, they usually do so because they like to cook, and want to improve their skills.



**Above right:** serving a Swiss fondue at a dinner party is an easy and pleasant way to learn more about food from other countries.

**Right:** men often discover that they enjoy cooking if they get the proper encouragement. Trying pastry is a bold step, indeed.



# More than a Meal

There are some happy times when the food we eat is special in the way it is made and served—certainly more sumptuous than usual, and often reserved just for the occasion. In fact, the meal becomes a feast—and the memory of it can linger long in the mind.



**Left:** when is a picnic not a mere picnic? When, as shown in this painting of Victorian times, it is served like a grand dinner.

**Below:** the young Queen Victoria attends a banquet at the ancient Guildhall in 1837—and the guest list numbers in the hundreds.





**Above left:** Christmas and rich food are practically synonymous. Dickens describes the fun and feasting in *The Christmas Carol*.

**Below:** the “Festival of the Hungry Ghosts”, as celebrated in Hong Kong, calls for luxurious and dainty dishes in great quantity.



**Above:** the elegant restaurant in the exclusive Savoy Hotel was a favorite eating place for London’s high society in Edwardian days.



**Above:** cake and ice cream and other kinds of food that satisfy a sweet tooth are the order of the day at a child’s birthday party.

# Food for Tomorrow

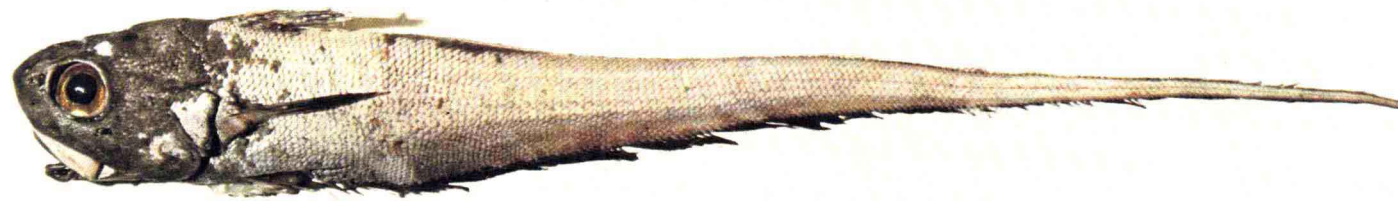
With the world population increasing year by year, the food supply must be stretched to feed more and more people. To do this without destroying the environment, scientists are developing substitutes for meat—which is the biggest source of protein intake—as well as new ways of growing food.

**Below:** the two sticks of kabob on the left in this picture are made of soya, a high protein food that can substitute for meat.



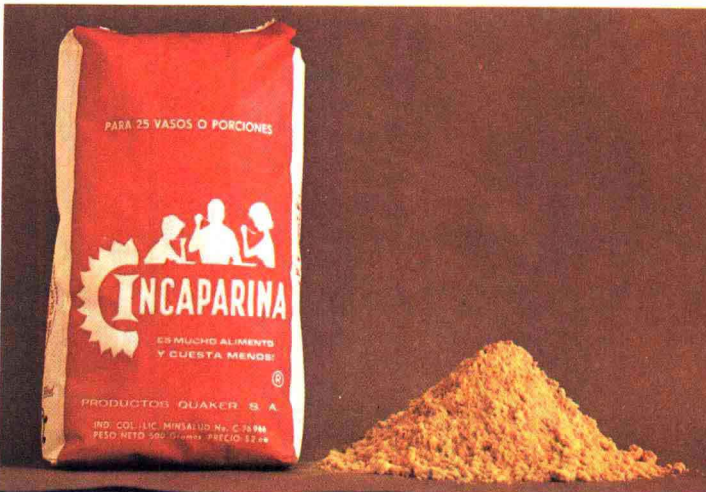
**Above and below:** at the electronic controls of a beef foodlot in Colorado, an operator automatically measures out the proper amount of feed for a tremendous number of cattle.





**Above:** overfishing is making common food fish extinct, so we'll now have to go deeper into the sea for such fish as the grenadier.

**Right:** shown here is a protein food in meal form, synthesized from maize, sorghum, and cottonseed. It can replace meat in a diet.



**Above:** making arid desert land fertile is the formula for producing more food on the Israeli kibbutzim—and it has been working.

**Right:** today there is a bigger trend toward growing the family supply of fresh vegetables and fruit in one's own garden.

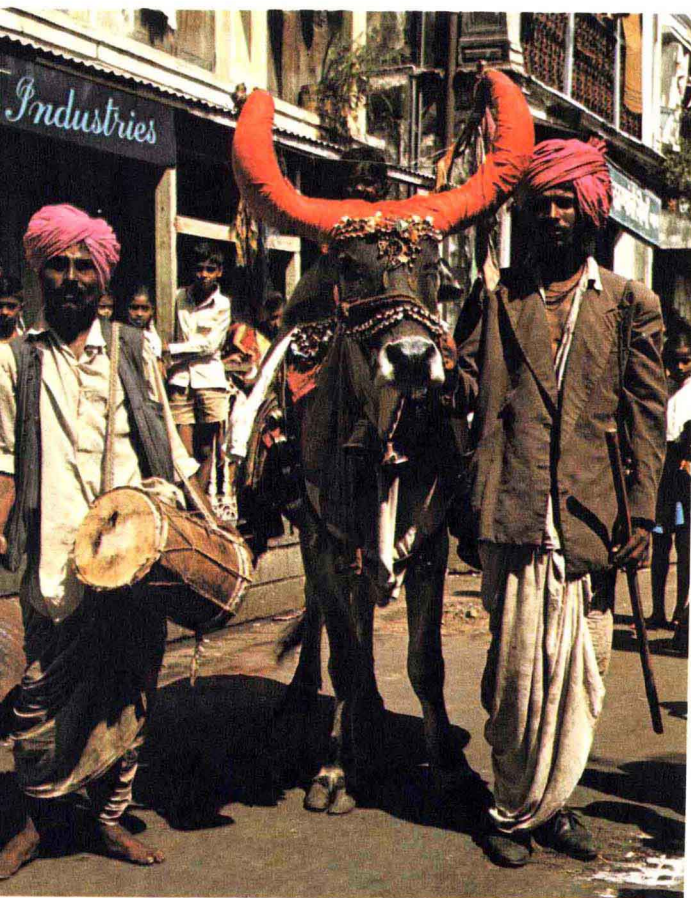
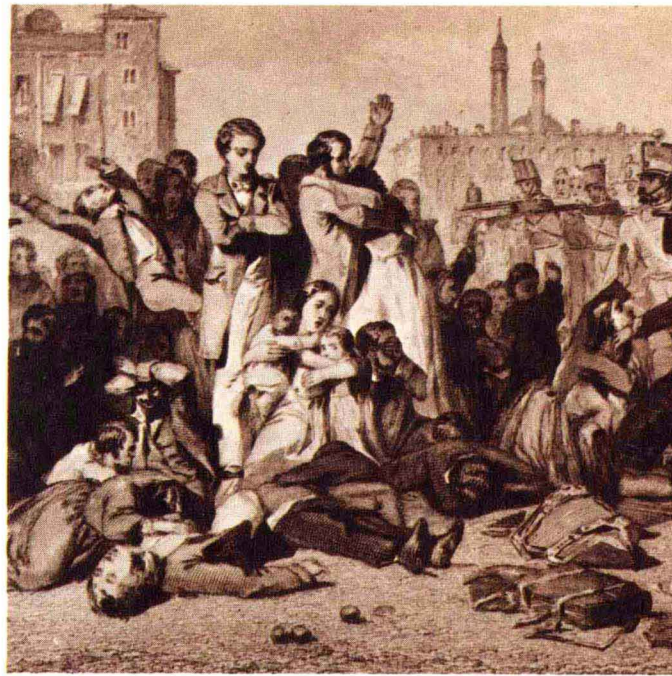


# Food Taboos

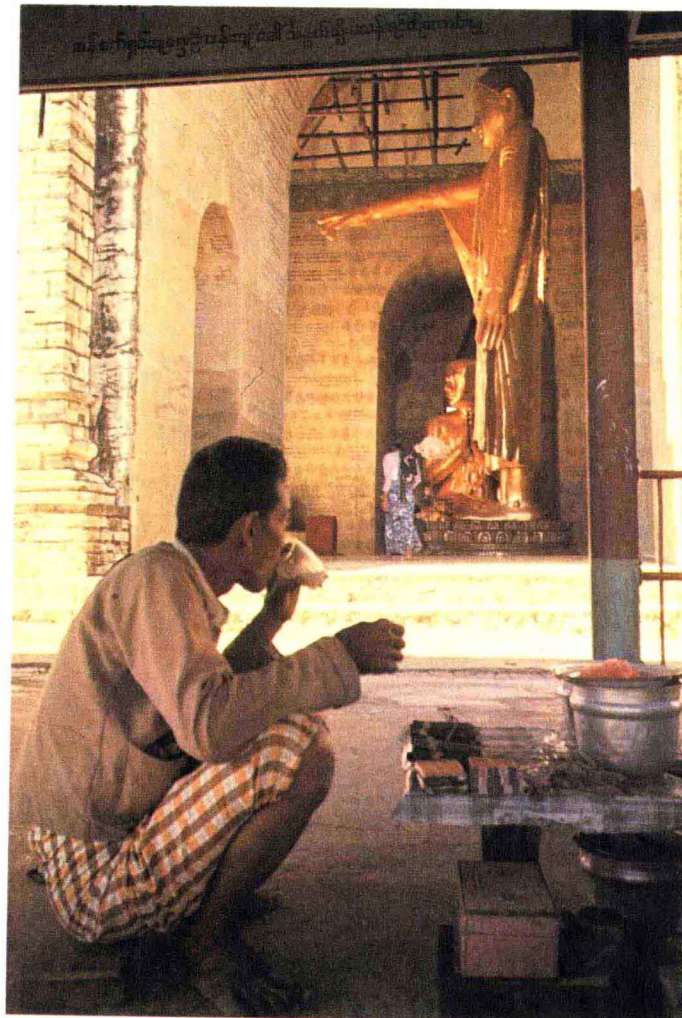
Over the centuries, food has been closely tied in with mankind's social and religious beliefs. This has given rise to rules and regulations on what may or may not be eaten, and many people give strict adherence to the laws that govern their daily diets.

**Right:** a bloody uprising by Indians against the British in 1857 occurred over a misunderstanding about cartridge grease said to infringe on both Hindu and Muslim food taboos.

**Below:** the cow that is held sacred by Hindus is paraded in honor along the streets.



**Right:** a strict Buddhist is also a strict vegetarian. Many of the vegetarian dishes popular today are based on Buddhist recipes.





**Above right:** Catholic families traditionally eat only fish on Fridays. The law on this is now more lenient, but the habit persists.

**Below:** eating in a health food bar helps overcome one of the new food taboos—usually self-imposed—against food additives.

**Right:** orthodox Jews not only keep separate table and kitchen ware for meat and milk dishes, but also change all these at Passover.



# Back to Basics

Less than a hundred years ago, it was common for women to bake all the bread, make all the jams and preserves, and do a large amount of canning. Today, there is a growing tendency—especially among the younger people—to do as our grandparents used to do, and buy far fewer manufactured foods.

**Right:** soon there will be fresh, healthful, and delicious homemade bread on the table of this Canadian farmhouse, as pictured about 65 years ago.

**Below:** the big difference in taste between homemade and bought jams has prompted many moderns to do their own jam making.





**Above:** it can be a happy family affair when there's a vegetable patch in the back yard.

**Below left:** here is a tempting display of prize-winning preserves of all varieties.



**Above:** the renewed desire for natural foods has popularized health food restaurants.

**Below:** more people today insist on free-range chickens and eggs for taste and quality.



# *Starting Out Right*

## 1

Say the word “cooking” to a few women and see what different reactions you get. You probably know someone just like Diana Phipps, who will shudder slightly and say “ugh”. She finds it a positive chore to cook. Then there’s someone else like Jenny Castigli. She shrugs indifferently and says it’s simply another housekeeping activity she takes in her stride. Those like Marion Bloch, though, will light up with enthusiasm. Marion thinks of cooking as a creative art form that helps her make one of the most important contributions to family life.

Whatever your own present attitude to cooking, and whatever your degree of experience in the kitchen, you’ll find that a spark of interest in the subject—backed by a good working knowledge of basic techniques—can make cooking a greater pleasure and an easier job. This book is designed to spark your interest and improve your techniques. It will do this by an emphasis on tools, methods, and variations rather than on recipes. So, get set to have fun learning about cooking as a skill and a vocation rather than as a catalog of recipes.

First of all, let’s face up to the fact that we are living in a prepackaged society where food’s concerned. It’s so easy to open a can or a box—and there’s so much variety of choice—that many of us take this easy way out. On the other hand, there is an opposite trend, too. Many women—and men as well—are turning to complicated cookery as a form of relaxation. Cooking classes are usually well attended, and glossy cookbooks sell by the million. We want to keep a balance between the sensible use of convenience foods, and the preservation of home cooking as a worthwhile craft. For most of us, complicated gourmet cooking is not a

high priority—and needn’t be.

Nonetheless, to be able to serve a fine meal, you need both skill and flair. You can acquire the skill with relative ease, and you can develop a flair even if you weren’t born with it. You simply need basic knowledge to blend and serve foods that complement one another in flavor, taste, color, and texture. There is great pride in craftsmanship when carefully prepared ingredients are cooked to perfection. There is great joy in transforming raw ingredients into an exquisite meal—one that first pleases the eye, and then the palate. Compliments from guests are as rewarding as medals of honor.

Fortunately, many of us as average cooks get as much—or more—satisfaction when our family tucks into a plain and unpretentious meal with obvious enjoyment. That’s the other side of the art of cooking: making the ordinary family meal tasty and satisfying. It may be slightly disappointing if the brood can’t tell the difference between the beef Sauerbrauten you spent two days on, or the flavorsome beef stew you pressure cooked in an hour. However, it can’t be totally disappointing if they truly enjoy both.

### **Budget cooking**

Happily, there is no rule that the most expensive ingredients make the best meal. Many world famous dishes are made from inexpensive raw materials, and many mothers throughout the world find that the most popular meals they serve are simple and

Cooking as a creative art depends in part on liking to cook—but a real interest, some care and attention, and a little study can open the doors to culinary mastery for all.