

# PRACTICAL COOKERY

14<sup>TH</sup>  
EDITION

FOR LEVEL 2  
COMMIS CHEF  
APPRENTICES AND NVQS

DAVID FOSKETT  
PATRICIA PASKINS  
NEIL RIPPINGTON  
STEVE THORPE

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## 9 Brown onion soup



Ingredient	4 portions	10 portions
Onions	600g	1.5kg
Butter or margarine	25g	60g
Clove of garlic, chopped (optional)	1	2–3
Flour, white or wholemeal	10g	25g
Brown stock	1 litre	2.5 litres
Salt and pepper		
Flute (thin French stick, 2 cm in diameter)	¼	¾
Grated cheese	50g	125g

Energy	Cals	Fat	Sat fat	Carb	Sugar	Protein	Fibre
827 kJ	197 kcal	9.7g	5.8g	20.4g	8.1g	8.3g	3.1g

- 1 Peel the onions, halve and slice finely.
- 2 Melt the butter in a thick-bottomed pan, add the onions and garlic, and cook steadily over a good heat until cooked and well browned.
- 3 Mix in the flour and cook over a gentle heat, browning slightly.
- 4 Gradually mix in the stock, bring to the boil, skim and season.
- 5 Simmer for approximately 10 minutes until the onion is soft. Correct the seasoning.
- 6 Pour into an earthenware tureen or casserole, or individual dishes.
- 7 Cut the flute (French loaf) into slices and toast on both sides.
- 8 Sprinkle the toasted slices of bread liberally on the soup.
- 9 Sprinkle with grated cheese and brown under the salamander.
- 10 Place on a dish and serve.



During cooking, the finely sliced onions first become translucent



As the onions continue to cook, they begin to brown without becoming crisp



When the onions are ready, they are well browned



Cook in the flour, and finally the stock

## 60 Hollandaise sauce



Ingredient	Makes 500 g
Peppercorns, crushed	12
White wine vinegar	3 tbsp
Egg yolks	6
Clarified butter	325 g
Salt and cayenne pepper	

- 1 Place the peppercorns and vinegar in a small pan and reduce to one-third.
- 2 Add 1 tablespoon of cold water and allow to cool. Add the egg yolks.
- 3 Put on a bain-marie and whisk continuously to a sabayon consistency.
- 4 Remove from the heat and gradually whisk in the clarified butter.
- 5 Add seasoning and pass through muslin or a fine chinois.
- 6 Store in an appropriate container at room temperature for no more than 2 hours.

### Note

Egg-based sauces should not be kept warm for more than two hours. After this time, they should be thrown away. They are best made fresh to order.

### Variation

- Mousseline sauce – a hollandaise base with lightly whipped cream.
- Maltaise sauce – a hollandaise base with lightly grated zest and juice of one blood orange.

### Faults

If you add oil or butter too fast when making hollandaise or mayonnaise, the sauce may curdle because the lecithin has had insufficient time to coat the droplets. This can be rectified by adding the broken sauce to more egg yolks.



# 43 Chasseur sauce



Ingredient	4 portions	10 portions
Butter or oil	25 g	60 g
Shallots, chopped	10 g	25 g
Clove of garlic, chopped (optional)	1	1
Button mushrooms, sliced	50 g	125 g
White wine, dry	60 ml	150 ml
Tomatoes, skinned, deseeded, diced	100 g	250 g
Demi-glace, <i>jus-lié</i> or reduced stock	250 ml	625 ml
Parsley and tarragon, chopped		

Energy	Cals	Fat	Sat fat	Carb	Sugar	Protein	Fibre
227 kJ	55 kcal	5.3g	2.5g	1.4g	1.2g	0.5g	0.5g

- 1 Melt the butter or heat the oil in a small sauteuse.
- 2 Add the shallots and cook gently for 2–3 minutes without colour.
- 3 Add the garlic and the mushrooms, cover and cook gently for 2–3 minutes.
- 4 Strain off the fat.
- 5 Add the wine and reduce by half. Add the tomatoes.
- 6 Add the demi-glace; simmer for 5–10 minutes.
- 7 Correct the seasoning. Add the tarragon and parsley.

May be served with fried steaks, chops, chicken, etc.

### Healthy eating tips

- Use an unsaturated oil (sunflower or vegetable). Lightly oil the pan.
- Skim the fat from the finished dish.
- Season with the minimum amount of salt.

# 80 Ratatouille



Ingredient	4 portions	10 portions
Baby marrow (courgette)	200 g	500 g
Aubergines	200 g	500 g
Tomatoes	200 g	500 g
Oil	50 ml	125 ml
Onions, finely sliced	50 g	125 g
Clove of garlic, peeled and chopped	1	2
Red peppers, diced	50 g	125 g
Green peppers, diced	50 g	125 g
Salt, pepper		
Parsley, chopped	1 tsp	2–3 tsp

Energy	Cals	Fat	Sat fat	Carb	Sugar	Protein	Fibre
579 kJ	138 kcal	12.6g	1.7g	5.2g	4.6g	1.3g	2.4g

- 1 Trim off both ends of the marrow and aubergines.
- 2 Remove the skin using a peeler.
- 3 Cut into 3 mm slices.
- 4 Concassé the tomatoes (peel, remove seeds, roughly chop).

- 5 Place the oil in a thick-bottomed pan and add the onions.
- 6 Cover with a lid and allow to cook gently for 5–7 minutes without colour.

- 7 Add the garlic, marrow and aubergine slices, and the peppers.
- 8 Season lightly with salt and mill pepper.
- 9 Allow to cook gently for 4–5 minutes, toss occasionally and keep covered.
- 10 Add the tomato and continue cooking for 20–30 minutes or until tender.

11 Mix in the parsley, correct the seasoning and serve. The vegetables need to be cut evenly so that they will cook evenly; it also improves the texture of the dish.

### Healthy eating tips

- Use a little unsaturated oil to cook the onions.
- Use the minimum amount of salt.



Ingredients for ratatouille



Add the tomato to the vegetables during cooking (step 10)