

# **Good Housekeeping:** **1001 Recipes** For Every Occasion

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# Introduction

A recipe book for every occasion – that’s the phrase we coined in the *Good Housekeeping* offices when we started working on this book. Because, quite simply, it is just that. Food and the way we cook have changed dramatically over the past couple of decades. Catching up with friends, once the preserve of the weekend, can be done over a casual bowl of pasta midweek. A Saturday night dinner is still special, of course, but more often than not we call it supper. And where once the host would make everything herself, now a couple of timesaving ingredients make it easier to create a feast.

This book has everything you need, from quick snacks and simple salads to basic midweek suppers and easy bakes. Via your queries through the email, hotline and letters, we know time is precious for many of you, so we’ve included lots of recipes that you can whiz up easily. All of them have been triple-tested in the Good Housekeeping Institute, too, which means they’ll work every time you make them. Plus there’s nutritional information for calories, fat and carbohydrates for each dish and a whole section dedicated to vegetarian recipes.

Whichever recipe you decide to cook first out of the 1001 recipes, we hope it’ll spur you on to cooking more!

Enjoy,

Emma Marsden  
Good Housekeeping Cookery Editor



# Basics

We're all busy, busy, but finding time to make a good stock will really pay off when you use it as the base for your soups and casseroles. You'll know exactly what's gone into it – no additives – and once it's on the heat the stock can be left to simmer away while you get on with life's other pleasures. The four main stocks are light, dark, fish and vegetarian. Once they're made, freeze them in small quantities so you'll always have some available.

Making your own pastry, too, is very satisfying and fun, and some can be made in the food processor, if you don't like getting your hands dirty! Choux must be one of the easiest pastries to make – and just think of all the profiteroles you can produce. Shortcrust is a versatile pastry that can be made plain or with additional ingredients – check out the variations under the recipe, while Sweet Tart Pastry is a richer, sweet version of shortcrust.

There's nothing nicer than homemade – be it a simple chicken soup, a great apple pie, or a crisp salad dressed with your own salad dressing. Try out these recipes and taste the difference.

## Fish Stock

**900g (2lb) fish bones and trimmings, washed and dried**  
**2 carrots, peeled and chopped**  
**1 onion, peeled and chopped**  
**2 celery sticks, sliced**

**bouquet garni (2 bay leaves, few thyme sprigs, small bunch of parsley)**  
**6 white peppercorns**  
**½tsp sea salt**

- 1 Put the fish trimmings into a large pan. Add the vegetables, 900ml (1½ pints) cold water, the bouquet garni, peppercorns and salt. Bring slowly to the boil and skim the surface. Cover the pan, reduce the heat and simmer for about 30 minutes.
- 2 Strain the stock through a fine sieve into a bowl and check the seasoning. Cool quickly, cover and keep in the fridge for up to two days. Use the stock as required.

**Makes 900ml (1½ pints)** preparation: 10 minutes cooking time: 35 minutes  
 per 100ml (3½fl oz): 5 cal; trace fat; 1g carbohydrate

## Turkey Stock

**turkey giblets**  
**1 carrot, peeled and thickly sliced**  
**1 onion, peeled and cut into wedges**

**1 celery stick, thickly sliced**  
**8 black peppercorns**  
**2 bay leaves**

- 1 Put all the ingredients in a pan with 900ml (1½ pints) cold water. Cover and bring slowly to the boil, then reduce the heat and simmer for 2 hours, occasionally skimming any scum from the surface.
- 2 Strain the stock through a fine sieve into a bowl. Discard the giblets, vegetables and herbs. Cover the stock and chill for up to one day. Use the stock as required.

**Makes 900ml (1½ pints)** preparation: 5 minutes cooking time: about 2 hours  
 per 100ml (3½fl oz): 10 cal; trace fat; 2g carbohydrate

## Chicken Stock

**225g (8oz) onions, peeled and roughly chopped**  
**150g (5oz) trimmed leeks, roughly chopped**  
**225g (8oz) celery sticks, roughly chopped**  
**1.6kg (3½lb) raw chicken bones**

**bouquet garni (2 bay leaves, few thyme sprigs, small bunch of parsley)**  
**1tsp black peppercorns**  
**½tsp sea salt**

- 1 Put all the ingredients in a large pan with 3 litres (5 pints) cold water. Cover the pan, bring slowly to the boil and skim the surface. Partially cover the pan, reduce the heat and simmer gently for 2 hours. Check the seasoning.
- 2 Strain the stock through a fine sieve into a bowl and cool quickly. Cover and keep in the fridge for up to three days. Remove the fat from the surface and use the stock as required.

**Makes 1.2 litres (2 pints)** preparation: 10 minutes cooking time: about 2 hours  
 per 100ml (3½fl oz) 10 cal; 1g fat; 1g carbohydrate

## Meat Stock

**450g (1lb) stewing meat, cut into pieces (according to the flavour required, use veal, beef, lamb or pork bones)**  
**450g (1lb) meat bones**  
**1 large onion, peeled and sliced**  
**1 large carrot, peeled and sliced**

**2 celery sticks, sliced**  
**bouquet garni (2 bay leaves, few thyme sprigs, small bunch of parsley)**  
**1tsp black peppercorns**  
**½tsp sea salt**

- 1 To impart flavour and colour, first brown the meat and bones. Put them into a roasting tin and roast at 220°C (200°C fan oven) mark 7 for 30–40 minutes until well browned, turning occasionally.
- 2 Transfer the meat and bones to a large pan, add the remaining ingredients 2 litres (3½ pints) cold water. Cover the pan, bring slowly to the boil and skim the surface. Partially cover the pan, reduce the heat and simmer gently for 4–5 hours. Check the seasoning.
- 3 Strain the stock through a fine sieve into a bowl and cool quickly. Cover and keep in the fridge for up to three days. Remove the fat layer from the surface and use the stock as required.

**Makes 900ml (1½ pints)** preparation: 10 minutes cooking time: 4–5 hours  
 per 100ml (3½fl oz): 10 cal; 1g fat; 1g carbohydrate

## Vegetable Stock

225g (8oz) onions, peeled and roughly chopped  
 225g (8oz) celery sticks, roughly chopped  
 225g (8oz) trimmed leeks, roughly chopped  
 225g (8oz) carrots, peeled and roughly chopped  
 2 bay leaves  
 few thyme sprigs  
 small bunch of parsley  
 10 black peppercorns  
 ½tsp sea salt

- 1 Put all the ingredients into a large pan with 1.7 litres (3 pints) cold water. Cover the pan, bring slowly to the boil and skim the surface. Partially cover the pan, reduce the heat and simmer for 30 minutes. Check the seasoning.
- 2 Strain the stock through a fine sieve into a bowl and leave to cool. Cover and keep in the fridge for up to three days. Use the stock as required.

**Makes 1.2 litres (2 pints)** preparation: 10 minutes cooking time: 35 minutes  
 per 100ml (3½fl oz): 5 cal; trace fat; 1g carbohydrate

## Basic Gravy

A rich gravy is traditionally served with roast meat and poultry. If possible, make the gravy in the roasting tin while the joint (or bird) is resting. This will incorporate the meat juices that have escaped during roasting.

- 1 Carefully pour (or skim) off the fat from a corner of the roasting tin, leaving the sediment behind. Put the tin on the hob over a medium heat and pour in 300–450ml (½–¾ pint) vegetable water, or chicken, vegetable or meat stock as appropriate.
- 2 Stir thoroughly, scraping up the sediment, and boil steadily until the gravy is a rich brown colour. A little gravy browning can be added to intensify the flavour and colour.

**Makes about 300ml (½ pint)** preparation: 2 minutes cooking time: 2–3 minutes  
 per 100ml (3½fl oz): 10 cal; 2g fat; 1g carbohydrate

### Variations

**Thick gravy:** Sprinkle 1–2tbsp flour into the roasting tin and cook, stirring, until browned, then gradually stir in the liquid and cook, stirring for 2–3 minutes until smooth and slightly thickened.

**Rich wine gravy:** Deglaze the roasting tin with about 150ml (¼ pint) red or white wine, or 90ml (3fl oz) fortified wine such as sherry or Madeira, and allow to bubble for a minute or two before adding the stock or water. For a sweeter flavour, add 2tbsp redcurrant jelly with the wine.

## Shortcrust Pastry

225g (8oz) plain flour, plus extra to dust  
 pinch of salt  
 125g (4oz) butter, or half white vegetable fat and half butter, cut into pieces

- 1 Sift the flour and salt into a bowl. Add the fat and mix lightly, then, using your fingertips, rub the fat into the flour until the mixture resembles fine breadcrumbs.
- 2 Sprinkle 3–4tbsp cold water evenly over the surface and stir with a round-bladed knife until the mixture begins to stick together in large lumps. If the dough seems dry, add a little extra water. With one hand, collect the dough together to form a ball.
- 3 Knead lightly on a lightly floured surface for a few seconds to form a smooth, firm dough; do not over-work. Wrap the dough in clingfilm and leave to rest in the fridge for 30 minutes before rolling out.

**Alternatively,** to make the pastry in a food processor, put the flour and salt in the processor bowl with the butter. Whiz until the mixture resembles fine crumbs, then add the water. Process briefly, using the pulse button, until the mixture just comes together in a ball. Continue from step 3. Shortcrust pastry can be stored in the fridge for up to three days, or frozen.

**Makes a '225g (8oz) quantity'** preparation: 10 minutes, plus resting  
 per 25g (1oz): 110 cal; 6g fat; 12g carbohydrate

### Variations

**Wholemeal pastry:** Replace half the white flour with wholemeal flour. A little extra water may be needed to mix the dough.

**Nut pastry:** Replace 50g (2oz) of the flour with finely chopped or ground walnuts, hazelnuts or almonds, adding them to the rubbed-in mixture just before the cold water.

**Cheese pastry:** Stir in 3–4tbsp freshly grated Parmesan cheese or 75g (3oz) finely grated Cheddar cheese and a small pinch of mustard powder before adding the water.

**Herb pastry:** Stir in 3tbsp finely chopped herbs, such as parsley, sage, thyme or rosemary, before adding the water.

**Olive pastry:** Stir in 4tbsp finely chopped pitted black olives, at stage 2.

**Poppy seed pastry:** Add 15g (½oz) poppy seeds before adding the water.

## Sweet Tart Pastry

**225g (8oz) plain flour**  
**pinch of salt**  
**150g (5oz) butter, cut into pieces**

**2tbsp golden caster sugar**  
**1 egg yolk**

- 1 Sift the flour and salt into a large bowl and rub in the butter using your fingertips until the mixture resembles breadcrumbs. Stir in the sugar. Alternatively, use a food processor to incorporate the butter into the flour, then add the sugar and pulse to mix. Tip into a bowl and continue.
- 2 Mix the egg yolk with 3tbsp cold water, then add to the dry ingredients and mix with a round-bladed knife to a dough.
- 3 Knead gently until just smooth. Wrap the pastry in clingfilm and leave to rest in the fridge for 30 minutes before rolling out. Use as required. Tart pastry can be stored in the fridge for up to three days, or frozen.

**Makes a '225g (8oz) quantity'** preparation: 10 minutes, plus resting  
 per 25g (1oz): 110 cal; 7g fat; 11g carbohydrate

## Puff Pastry

**450g (1lb) strong plain (bread) flour, plus extra to dust**  
**pinch of salt**

**450g (1lb) butter, chilled**  
**1tbsp lemon juice**

- 1 Sift the flour and salt together into a bowl. Cut off 50g (2oz) butter and flatten the remaining large block with a rolling pin to a slab, about 2cm (¾ inch) thick, and set aside.
- 2 Cut the 50g (2oz) butter into small pieces and rub into the flour, using your fingertips.
- 3 Using a round-bladed knife, stir in the lemon juice and enough chilled water to make a soft elastic dough – you will need about 300ml (½ pint).
- 4 Turn out on to a lightly floured surface and quickly knead the dough until smooth. Cut a cross through half the depth, then open out to form a star.
- 5 Roll out, keeping the centre four times as thick as the flaps. Put the slab of butter in the centre of the dough. Fold the flaps over the dough, envelope-style.
- 6 Press gently with a rolling pin and roll out to a rectangle, measuring 40.5 x 20.5cm (16 x 8 inches).
- 7 Fold the bottom third up and the top third down, keeping the edges straight. Wrap in clingfilm and leave to rest in the fridge for 30 minutes.
- 8 Put the pastry on a lightly floured surface with the folded edges to the sides. Repeat the rolling, folding, resting and turning sequence five times.
- 9 Shape the puff pastry as required, then rest it in the fridge for about 30 minutes before baking.

**Makes a '450g (1lb) quantity'** preparation: 40 minutes, plus resting  
 per 25g (1oz): 100 cal; 8g fat; 7g carbohydrate

## The Shortest-ever Walnut Pastry

**50g (2oz) walnuts**  
**175g (6oz) plain flour, sifted, plus extra to dust**

**125g (4oz) chilled unsalted butter, diced**

- 1 Put the walnuts and flour in a food processor and whiz to chop the nuts roughly. Add the butter and continue to process until the mixture resembles fine crumbs. Add 3tbsp cold water and blend to combine.
- 2 Tip the pastry out on to a floured surface and knead lightly. Shape into a round flat disc, wrap and chill for 1 hour.
- 3 Roll out the pastry on a lightly floured surface to a 30.5cm (12 inch) circle and use to line a 23 x 4cm (9 x 1½ inch) fluted tin, leaving the edges hanging over the rim of the tin. Prick the base all over, cover with clingfilm and chill for 20 minutes. Preheat the oven to 200°C (180°C fan oven) mark 6.
- 4 Line the pastry case with greaseproof paper and cover with baking beans. Put on a baking sheet and bake for 20 minutes. Remove the greaseproof paper and beans and continue to cook for a further 15 minutes. Take out of the oven and cool for 5 minutes, then trim the edge with a small sharp knife. Use as required.

**Makes 1 x 23 x 4cm (9 x 1½ inch) pastry case** preparation: 15 minutes, plus chilling  
 cooking time: 35 minutes, plus cooling  
 per 25g (1oz): 110 cal; 8g fat; 9g carbohydrate

## Trouble-shooting: if your pastry shrinks

Shrinking is caused when the pastry is overstretched when rolling out or when making it in a processor. If you're doing the latter, once you've added the water you should pulse until the mixture just comes together – no longer – then take it out and knead lightly by hand.

Pastry needs chilling twice to relax it, for 20 minutes each time. First, pop it in the fridge just after you've made it (wrap it in clingfilm to stop it getting too firm, which makes rolling out easier), then chill it again when you've lined the tin.

Lightly dust the work surface with flour to prevent sticking – too much will dry out the pastry and lead to cracking when you're rolling it out.

Lift the pastry into the tin and press down gently. Leave the edges hanging loosely over the rim of the tin and bake.

## Suet Crust Pastry

**300g (11oz) self-raising flour**  
**½tsp salt**

**150g (5oz) shredded suet or vegetarian suet**

- 1 Sift the flour and salt into a bowl, add the shredded suet and stir to mix.
- 2 Using a round-bladed knife, mix in enough cold water to make a soft dough – you will need about 175ml (6fl oz). If the dough seems too dry, add a little extra water.
- 3 Knead very lightly until smooth. Use as required.

**Makes a '300g (11oz) quantity'** preparation: 10 minutes  
per 25g (1oz): 90 cals; 5g fat; 10g carbohydrate

## Choux Pastry

**65g (2½oz) plain flour**  
**pinch of salt**

**50g (2oz) butter**  
**2 eggs, lightly beaten**

- 1 Sift the flour and salt on to a large sheet of greaseproof paper.
- 2 Pour 150ml (¼ pint) cold water into a medium pan, add the butter and melt over a low heat. Increase the heat and bring to a rolling boil.
- 3 Take off the heat, immediately tip in all the flour and beat vigorously, using a wooden spoon. Continue beating until the mixture is smooth and leaves the sides of the pan to form a ball; do not over-beat. Leave for 1–2 minutes to cool slightly.
- 4 Gradually add the eggs, beating well between each addition, adding just enough to give a smooth dropping consistency. The choux pastry should be smooth and shiny. Use as required. It can be either spooned or piped into shape, usually directly on to a dampened baking sheet.

**Makes a '2-egg quantity'** preparation: 10 minutes  
per 25g (1oz): 50 cals; 4g fat; 3g carbohydrate

## Herb pistou

**¾tsp sea salt**  
**6 garlic cloves, peeled and chopped**

**15g (½oz) chopped basil**  
**12tbsp olive oil**

- 1 Using a pestle and mortar or a strong bowl and the end of a rolling pin, or a mini processor, pound together the salt and garlic until smooth.
- 2 Add the basil and pound down to a paste then blend in the olive oil, a little at a time.

**Serves 6** preparation: 45 minutes cooking time: 1 hour per serving: 291cals; 64g fat; 38g carbohydrate

## Two-minute Dressing

**2tbsp white wine vinegar**  
**4tbsp olive oil**

**1½tsp mustard (Dijon or wholegrain)**

- 1 Put all the ingredients into a screw-topped jar, screw the jar shut and shake to emulsify.

**Makes 90ml (4fl oz)** preparation: 2 minutes  
per 1tbsp serving: 66 cals; 7g fat; 0g carbohydrate

## Five-minute Mayonnaise

**2 large egg yolks**  
**1tsp English mustard**  
**salt and pepper**  
**200ml (7fl oz) grapeseed or sunflower oil**

**100ml (3½fl oz) extra-virgin olive oil**  
**1tsp white wine vinegar or lemon juice, plus**  
**extra to season**

- 1 Put the egg yolks into a 850ml (1½ pint) bowl. Add the mustard and season with 1tsp salt and plenty of pepper, then mix thoroughly with a wooden spoon.
- 2 Combine the oils in a jug. Sit the bowl on a damp tea-towel to hold it steady. Add about ½tsp oil to the egg mixture and whisk in. Stop whisking as you add each ½tsp oil, then continue whisking until the mixture emulsifies. (The yolks thicken and the mixture starts to look like mayonnaise.) Turn the bowl occasionally to mix everything in. Keep adding the oil, 1tbsp at a time now, until you've added about half of it. If the mayonnaise starts to curdle (called 'splitting') don't worry – add about 1tbsp cold water and stir in with a spoon, then continue with the recipe. If this doesn't work, put another egg yolk in a clean bowl and gradually whisk in the curdled mixture, 1tbsp at a time.
- 3 Add the vinegar or lemon juice, which will thin the mixture a little. Now begin pouring in the remaining oil in a thin, steady stream, whisking all the time. When all the oil has been added the mayonnaise should be thick and wobbly.
- 4 Taste the mayonnaise for seasoning and, if necessary, stir in a little more salt and pepper, a splash of vinegar or a squeeze of lemon juice. Cover and keep chilled for up to four days.

**Makes 300ml (½ pint)** preparation: 15 minutes  
per 1tbsp serving: 110 cals; 12g fat; 0g carbohydrate