


THE HAWTHORN SERIES



# The Essential Book of Sauces and Dressings

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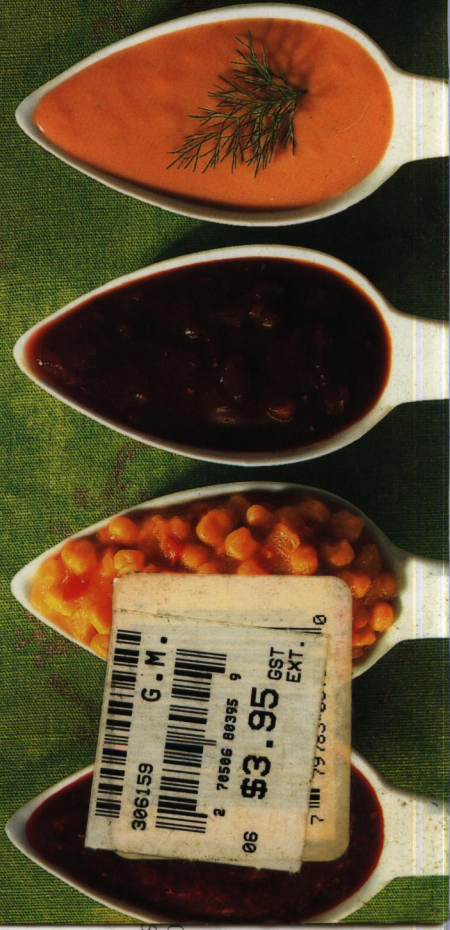
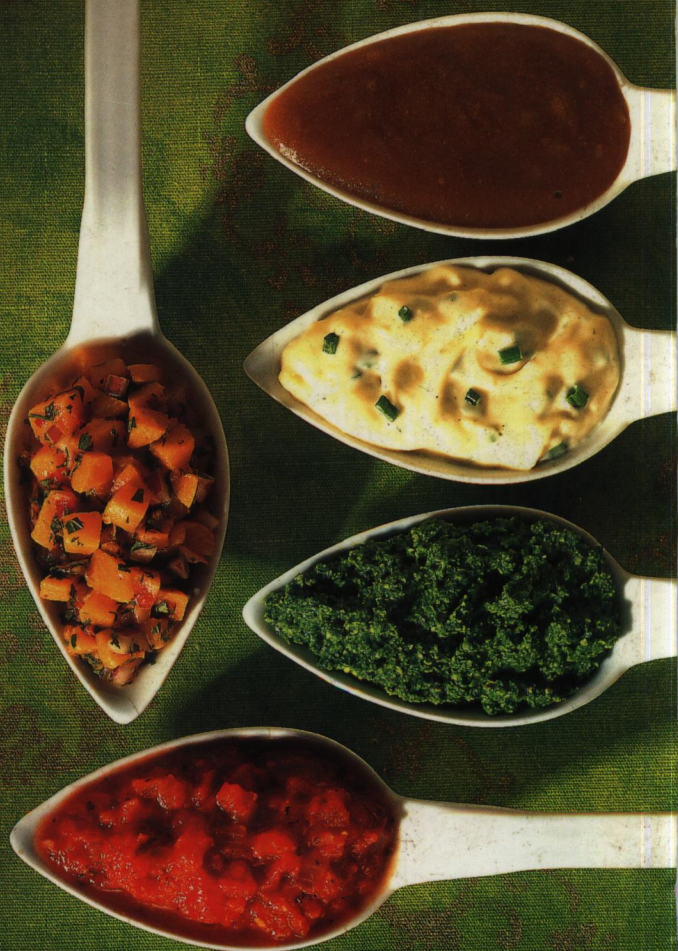


## Your Promise of Success

Welcome to the world of Confident Cooking, created for you in our test kitchen, where recipes are double-tested by our team of home economists to achieve a high standard of success – and delicious results every time. We invite you to share in the delights of this special collection of recipes.

*Sauces are an essential part of any good cook's repertoire—this collection includes savoury and sweet sauces, dressings of all kinds and a range of chutneys, relishes and salsas, with suggestions for their use.*

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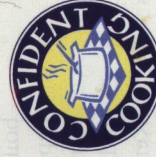
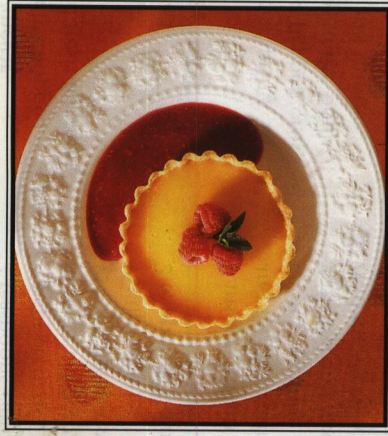
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SAUCES CHART

COURSE SAUCES

**SALMON**

PAN-FRIED STEAKS Béarnaise, Angel, Dill, Mediterranean Lemon Dressing, Peach Salsa, Mango and Mint Salsa

POACHED WHOLE OR FILLETS Béarnaise, Angel

**TROUT**  
SMOKED Horseradish Cream

**TUNA**

PAN-FRIED OR BARBECUED STEAKS Shiitake Mushroom, Olive Tomato, all salsas

**WHITE FILLETS**

PAN-FRIED, GRILLED Angel, Sweet and Sour, Dill

GRILLED OR BARBECUED Tomato Salsa, Red Capsicum, Mango and Mint

DEEP-FRIED (CRUMBED OR BATTERED) Chinese Lemon, Sweet and Sour Tartare

**WHOLE FISH**

BAKED, PAN-FRIED OR BARBECUED Chinese Lemon, Sweet and Sour, Dill

**SMOKED FISH**  
HADDOCK, KIPPERS White, Parsley, Cheese

**VEGETABLES**

ARTICHOKES Angel, Hollandaise, Mayonnaise, Aioli

ASPARAGUS Angel, Hollandaise, Orange Hollandaise, Mayonnaise, Aioli

BEANS (GREEN) Angel

BROCCOLI White, Cheese

CAULIFLOWER White, Cheese





# SAUCES FOR COURSES

## COURSE SAUCES

### ■ BEEF

#### PAN-FRIED STEAK

Green Peppercorn, Béarnaise, Shiitake Mushroom, Red Wine, Creamy Mushroom, Tomato Pasta, Caramelised Onion, Father's Favourite, Eggplant Relish, all flavoured butters

#### GRILLED OR BARBECUED

Béarnaise, Shiitake Mushroom, Tomato Pasta, Caramelised Onion, Father's Favourite, Barbecue, all flavoured butters

#### ROAST

Béarnaise, Traditional Gravy, Shiitake Mushroom, Caramelised Onion, Eggplant Relish, Horseradish Cream

#### BARBECUED

Shiitake Mushroom, Tomato Pasta, Satay, Quick Peanut, Caramelised Onion, Father's Favourite, Barbecue, Grilled Tomato Salsa, Red Capsicum Salsa, all flavoured butters

#### CORNERED BEEF

White, Parsley

#### COLD MEATS

Father's Favourite, Apple Sauce, Eggplant Relish, Horseradish Cream, Fruit Chutney, Mango Chutney, Corn Relish, Peach Salsa, Tomato Relish, Chilli Jam

#### SAUSAGES

Curry, Caramelised Onion, Father's Favourite, Barbecue, Mango Chutney, Tomato Relish, Fruit Chutney

#### HAMBURGERS

Shiitake Mushroom, Satay, Quick Peanut, Caramelised Onion, Taco, Father's Favourite, Barbecue, Eggplant Relish, Horseradish Cream, Tomato Relish, Chilli Jam, Peach Salsa, Grilled Tomato Salsa, Red Capsicum Salsa, Mayonnaise

### ■ LAMB

#### PAN-FRIED CUTLETS, CHOPS OR FILLETS

Red Wine, Mint, Shiitake Mushroom, Father's Favourite, Eggplant Relish, Tomato Relish

#### GRILLED CUTLETS, CHOPS

Shiitake Mushroom, Mustard

#### BARBECUED

Grilled Tomato Salsa, Red Capsicum Salsa

#### ROAST

Traditional Gravy, Mint

### CREAMY MUSHROOM SAUCE

■ Preparation time: 10 minutes

★ Total cooking time: 7 minutes

Serves 4

meat or chicken (see below)

30 g butter

350 g button mushrooms, sliced

2 tablespoon white wine

½ cup chicken stock

½ cup cream

1 clove garlic, crushed

1 tablespoon chopped fresh chives

1. Pan-fry the meat or chicken of choice; remove from pan, cover with foil and keep warm. Melt the butter with the pan juices, add the mushrooms and stir over medium heat for 5 minutes or until soft and golden.

2. Add the wine, stock, cream and garlic and bring to the boil. Cook, uncovered, for 2 minutes, stirring constantly, until the sauce thickens slightly. Stir in the chives and serve immediately.

**SERVE** over pan-fried beef or veal steaks, or pan-fried chicken breast fillets.

*Creamy Mushroom Sauce (top) and Traditional Gravy*

### TRADITIONAL GRAVY

■ Preparation time: 5 minutes

★ Total cooking time: 5 minutes

Serves 4-6

roast of choice (see below)

pan juices from roast

2 tablespoons plain flour

1 cup beef or chicken stock

salt and pepper

1. Remove the meat from the roasting pan and set aside. Place the pan on top of the stove. Sprinkle flour over the base of the pan and combine with the pan juices. Cook over medium heat for a minute or two while stirring constantly with a wooden spoon.

2. Add the stock gradually, scraping the bottom of the pan to dissolve any juices that may have become stuck. Make sure the stock and the flour mixture are well combined before adding more stock—this will stop the gravy becoming lumpy. Bring the gravy to the boil and cook for 1 minute, still stirring.

Season to taste and serve immediately. (The gravy may be strained to remove any dark flecks or meat particles.)

**SERVE** with roast beef, lamb, chicken or pork.



# SECRETS OF SAUCE-MAKING

Whipping up a sauce is the easiest way to turn ordinary food into something special. Most sauce recipes are simply a matter of combining a few ingredients, although some of the classic sauces involve techniques which must be followed closely.

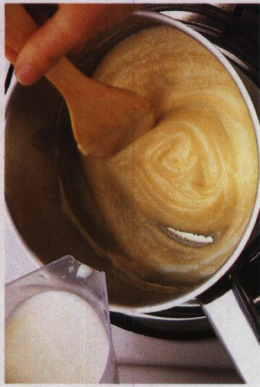
This is not to say that they are difficult to make, but the following points will help you make perfect sauces every time.

Try to use heavy-based stainless steel pans for sauce-making, but if you must use an aluminium pan only use a wooden spoon as your stirring tool. A metal spoon or whisk in an aluminium pan will discolour the sauce. Heavy-based stainless steel pans distribute the heat more evenly and are less likely to 'catch' or burn on the bottom.

**WHITE SAUCE:** White sauce should be a part of every cook's repertoire but 'fear of lumps' can be a deterrent. The butter and flour mixture, which is known as the *roux*, must be cooked for a full minute to remove the raw taste from the flour. The milk is then added a little at a time, and stirred to a smooth paste between each addition. You can add the milk a little faster as you come to the end, but all lumps must



*Cook the butter and flour mixture for about a minute. (White Sauce)*



*Stir the mixture until completely smooth between each addition of milk. (White Sauce)*

be stirred out before adding more milk or they will be impossible to get rid of later. If the sauce needs to stand for a short time before use, cover with a sheet of plastic wrap placed directly on the surface of the sauce to prevent a skin forming.

**HOLLANDAISE SAUCE:** Making Hollandaise is another task which can appear daunting but it is easy when you know how. Hollandaise, like mayonnaise, is what is known as an emulsified sauce. That is, you





**BUTTERSCOTCH SAUCE**

- ★ **Preparation time:** 5 minutes
- ★ **Total cooking time:** 15 minutes
- ★ **Makes about** 1½ cups

125 g butter  
 ½ cup soft brown sugar  
 2 tablespoons golden syrup  
 ½ cup cream  
 1 teaspoon vanilla essence

1. Combine the butter and sugar in a medium pan. Stir over low heat until the butter has melted and the sugar has dissolved. Bring to the boil.
2. Add golden syrup and cream. Reduce heat and simmer for 10 minutes or until the sauce is slightly thickened. Remove from the heat and add the vanilla. Serve hot or cold. The mixture will thicken on standing.

**SERVE** spooned over ice cream and with waffles or pancakes.

**BERRY COULIS**

- ★ **Preparation time:** 8 minutes
- ★ **Total cooking time:** nil
- ★ **Makes about** 1-1½ cups

250 g strawberries, raspberries or blackberries  
 2-4 tablespoons icing sugar, or to taste  
 1 tablespoon lemon juice  
 1-2 tablespoons Cointreau or Grand Marnier, optional

1. Hull strawberries. Place the berries in a blender or food processor. Add the icing sugar and lemon juice and blend or process until smooth.
2. Add Cointreau or Grand Marnier, to taste. Will keep, covered and refrigerated, for up to 3 days.

**SERVE** with fresh and cooked whole fruit, gelatine desserts, soufflés and ice cream.

**Note:** Use fresh or frozen fruit; frozen berries are often available in supermarkets. Sieve the fruit if a smooth sauce is required.

For variety make **Mango Coulis:** use 2 mangoes, peeled, seeded and pureed or frozen mango puree. Proceed as above.

*Butterscotch Sauce (top)  
and Berry Coulis*

**SHIITAKE MUSHROOM SAUCE**

- ★ **Preparation time:** 15 minutes
- ★ **Total cooking time:** 10 minutes
- ★ **Serves** 4-6

30 g butter  
 200 g shiitake mushrooms, thinly sliced  
 2 tablespoons muscat  
 ¼ cup rich beef stock  
 2 tablespoons wholegrain mustard  
 ¾ cup cream  
 salt and freshly ground pepper  
 1 tablespoon finely chopped fresh parsley

1. Melt the butter in a small pan, add the mushrooms and stir over moderate heat until the mushrooms are soft.
2. Add the muscat and stir until almost evaporated. Stir in the stock, mustard and cream, then bring to the boil while stirring. Lower the heat and simmer for 5 minutes or until the mixture has reduced and thickened slightly. Season, add parsley and serve.

**SERVE** over pan-fried, grilled or roast beef or pork, with grilled lamb cutlets, pan-fried tuna steaks, or chicken fillets, and beef or lamb burgers. Toss through hot pasta.

*Angel Sauce (top)  
and Shiitake  
Mushroom Sauce*

**ANGEL SAUCE**

- ★ **Preparation time:** 10 minutes
- ★ **Total cooking time:** 2 minutes
- ★ **Serves** 4

125 g butter  
 3 egg yolks  
 1½ tablespoons lemon juice  
 freshly ground white pepper  
 2 egg whites

1. Heat the butter slowly in a pan until it begins to bubble. Place the egg yolks, lemon juice and pepper in a blender and blend for 5 seconds. Slowly pour the hot butter onto the yolk mixture in a steady stream until all the butter has been added. Transfer the sauce to a large bowl and allow to cool. Stir occasionally to prevent a skin forming on the surface of the sauce.
2. Place the egg whites in a small, dry bowl. Using electric beaters, beat the whites until soft peaks form. Fold into the sauce. Refrigerate for at least 30 minutes before serving. (The sauce can be prepared ahead and refrigerated for up to 24 hours.)

**SERVE** over steamed artichokes, asparagus or green beans, cooked peeled prawns or grilled scallops, oysters on the half shell, smoked salmon or any grilled fish.







# SWEET SAUCES

*Dressing up simple desserts such as ice cream, fresh or poached fruit, pancakes and steamed puddings is made very easy with the addition of these luscious sweet sauces.*

## HOT CHOCOLATE SAUCE

— **Preparation time:** 5 minutes

★ **Total cooking time:** 20 minutes

**Makes about** 1/4 cups

- 200 g dark chocolate, chopped
- 3/4 cup water
- 1 tablespoon caster sugar
- 1/2 teaspoon vanilla essence
- 1/4 cup cream
- 1 teaspoon butter
- 1 tablespoon rum or brandy, optional

1. Place the chocolate, water and sugar in the top of a double boiler. Place over low heat and simmer until the chocolate has melted. Leave to simmer for 15 minutes, stirring occasionally.
2. Remove from the heat and stir in the vanilla, cream, butter and optional rum or brandy. Serve immediately. Store for up to 2 weeks in a screw-top jar. The sauce will thicken on refrigeration, but can be reheated gently to serve.

**SERVE** hot over ice cream or as a sauce for profiteroles, waffles and pancakes.

## BRANDY CREAM SAUCE

— **Preparation time:** 10 minutes

★ **Total cooking time:** nil

**Serves** 8

- 2 egg yolks
- 1/3 cup caster sugar
- 1/3 cup brandy
- 1 cup cream, whipped
- 2 egg whites

1. Place the egg yolks and sugar in a small bowl. Using electric beaters, beat until the mixture is thick and creamy and the sugar is dissolved. Transfer to a large bowl. Stir in the brandy and fold in the whipped cream. (Whisky or calvados may be used instead of brandy.)
2. Place the egg whites in a small dry bowl. Using electric beaters, beat until soft peaks form. Fold into the yolk mixture. Serve immediately.

**SERVE** with fresh or poached fruit or with steamed plum or chocolate pudding.

**Hot Chocolate Sauce (top)**  
and **Brandy Cream Sauce**

## QUICK PEANUT SAUCE

— **Preparation time:** 10 minutes

★ **Total cooking time:** 5 minutes

**Makes about** 1/2 cups

- 1 cup pineapple juice
- 1 cup peanut butter
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons sweet chilli sauce
- 1/4 cup soy sauce

1. Combine the pineapple juice, peanut butter, garlic powder, onion powder, chilli sauce and soy sauce in a small pan. Stir over medium heat until the mixture is smooth and heated through.
2. Add a little water for a thinner sauce, if preferred. This sauce will keep, covered, in the refrigerator for up to 3 days. Reheat in a pan over medium heat when required.

**SERVE** with grilled or barbecued beef and chicken satay sticks.

**Quick Peanut Sauce (top)**  
and **Classic Satay Sauce**

## CLASSIC SATAY SAUCE

— **Preparation time:** 5 minutes

★ **Total cooking time:** 15 minutes

**Makes** 2 cups

- 1 cup roasted unsalted peanuts
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 3 cm piece green ginger, grated
- 1/2 teaspoon chilli powder
- 2 teaspoons curry powder
- 1 teaspoon ground cumin
- 400 ml can coconut milk
- 3 tablespoons soft brown sugar
- 1 tablespoon lemon juice
- salt, to taste

1. Place the peanuts in a food processor and process until they are finely chopped.
2. Heat the oil in a medium pan. Add the onion and cook over medium heat for 5 minutes or until softened. Add the garlic, ginger, chilli, curry and cumin and cook, stirring, for 2 minutes.
3. Add the coconut milk, brown sugar and processed peanuts. Reduce the heat and cook for 5 minutes or until the sauce is thickened. Add the lemon juice, season and serve. (For a smoother sauce, process in a food processor for 30 seconds.)

**SERVE** with beef or chicken kebabs and with grilled chicken.



# Salsas

*Highly seasoned, often with chilli, these spicy accompaniments are traditionally served with Mexican meals and are also excellent with barbecued or cold meats and vegetables.*

## PEACH SALSA

— Peel and chop 2 firm yellow peaches into 1 cm cubes. Place 1 tablespoon lime juice, 2 teaspoons fish sauce (nam pla) and 1–2 teaspoons sweet chilli sauce in a medium bowl; mix well. Add peaches, 1 finely chopped small red onion, 1 tablespoon chopped mint and 1 tablespoon chopped coriander. Toss gently to combine. Cover and refrigerate for 30 minutes, and then serve. Serves 4.

## GRILLED TOMATO SALSA

— Heat grill. Cut 4 large vine-ripened tomatoes in half, remove or squeeze out seeds. Place on foil, cut side down, under grill. Grill until skin is blistered and loose. Peel off skin, cool and then chop flesh. Combine tomato, ½ finely chopped red onion, 1–2 crushed garlic cloves, 1–2 seeded and finely chopped small red or green chillies, ¼ cup chopped fresh coriander, 1 tablespoon olive oil, 1 tablespoon lime or lemon juice, salt and freshly ground black pepper in a glass or ceramic bowl. Leave to stand at room temperature for at least an hour. Makes 1¼ cups.





# Curry Coolers

Simple to make, colourful on the table and usually prepared well ahead of time, these coolers are essential accompaniments to spicy food and a delight for the curry lover.

## COCONUT BANANAS

— Peel 2 large bananas and cut into thick slices. Dip slices into  $\frac{1}{3}$  cup lemon juice, then toss in enough desiccated coconut to coat each piece. Serve at room temperature.

## CUCUMBER RAITA

— Combine 2 peeled, finely chopped Lebanese cucumbers with 1 cup of plain yoghurt. Fry 1 teaspoon ground cumin in a dry pan for a minute until fragrant, then add to yoghurt mixture with  $\frac{1}{2}$  teaspoon grated ginger. Season with salt and freshly ground black pepper. Place in a serving bowl and dust with some paprika to garnish. Serve chilled.

Coconut Bananas (top)  
and Cucumber Raita



## SPICED CRANBERRY SAUCE

— Preparation time: 5 minutes

★ Total cooking time: 5 minutes

Makes 1 cup

- 250 g jar whole cranberry sauce
- 1 teaspoon grated orange rind
- $\frac{1}{4}$  cup orange juice
- 1 teaspoon ground ginger
- $\frac{1}{2}$  teaspoon ground cardamom
- $\frac{1}{4}$  teaspoon ground allspice

1. Combine the cranberry sauce, rind, juice and spices in a small pan.
2. Bring the mixture to the boil over medium heat. Reduce the heat and simmer for 2 minutes.

SERVE at room temperature with turkey, chicken or pork.

## APPLE SAUCE

— Preparation time: 20 minutes

★ Total cooking time: 20 minutes

Makes 2 cups

- 6 green apples, peeled, cored and chopped
- $\frac{1}{2}$  cup water
- 1 tablespoon lemon juice
- 1 tablespoon sugar
- 1 teaspoon finely grated lemon rind
- $\frac{1}{4}$  teaspoon cinnamon

From top: Spiced  
Cranberry Sauce, Apple  
Sauce and Caramelised  
Onion Sauce

1. Combine the apples, water and juice in a medium pan. Bring to the boil, reduce heat and simmer, covered, for 20 minutes or until apples are very soft. Cool.

2. Transfer the apple mixture to a food processor; add the sugar, rind and cinnamon. Process the mixture until smooth. Keep, covered, up to 3 days in the refrigerator.

SERVE either warm or at room temperature with pork or ham. Also good on pancakes or waffles.

## CARAMELISED ONION SAUCE

— Preparation time: 5 minutes

★ Total cooking time: 40 minutes

Makes  $1\frac{1}{2}$  cups

- 40 g butter
- 3 medium onions, sliced
- 1 tablespoon flour
- $1\frac{1}{2}$  cups beef stock
- 1 tablespoon red wine vinegar

1. Melt the butter in a large pan. Add the onions and cook over low heat for 30 minutes or until soft and brown. Add the flour and cook, stirring constantly, for 1 minute.
2. Add the stock gradually, stirring constantly to combine. Add the vinegar, bring to the boil. Reduce heat; simmer for 2 minutes. Serve.

SERVE with steak or over sausages and hamburgers.





## Butters

Using a flavoured butter is one of the simplest ways to spice up a wide variety of foods. Roll the prepared butter into a log shape and cover in plastic wrap. Refrigerate until firm and then cut into slices.

### BLUE CHEESE SPREAD

- Combine 200 g blue cheese, 125 g butter, 1/4 cup chopped parsley and 1 teaspoon lemon juice in a food processor. Process for 30 seconds or until well mixed.

### ANCHOVY BUTTER

- Using electric beaters, beat 125 g softened butter with 4 finely chopped anchovy fillets, 1 tablespoon lemon juice and 1 tablespoon finely chopped fresh parsley in a small bowl until well combined.

From left: Tangy Mustard Butter, Garlic and Herb Butter and Curry Spread



## Pesto Sauces

A thick uncooked sauce, traditionally made with basil, pine nuts and Parmesan cheese and served with pasta, pesto is also delicious when made with other herbs and vegetables.

### BASIL PESTO

— Wash and dry 2 bunches of basil leaves. Place in food processor with  $\frac{1}{3}$  cup toasted pine nuts, 2 cloves crushed garlic and  $\frac{1}{3}$  cup finely grated Parmesan cheese. Process until finely chopped; with motor running, add  $\frac{1}{3}$  cup of olive oil in a thin stream until well combined. Season with salt and pepper.

### PARSLEY PESTO

— Wash and dry leaves of 2 bunches of parsley. Place in a food processor and add 2 tablespoons lemon juice, 1 clove crushed garlic and  $\frac{1}{2}$  cup toasted blanched almonds; process until finely chopped. With the motor running, add  $\frac{1}{3}$  cup light olive oil in a thin stream until mixture is well combined.



Basil Pesto (left) and Parsley Pesto



### TACO SAUCE

— Preparation time: 10 minutes  
 ★ Total cooking time: 20 minutes  
 Makes about 1½ cups

1 tablespoon oil  
 1 small onion, finely chopped  
 1 teaspoon ground coriander  
 1 teaspoon ground cumin  
 $\frac{1}{2}$  teaspoon chilli powder  
 1 clove garlic, crushed  
 1 small red capsicum, finely chopped  
 1 small green capsicum, finely chopped  
 2 large ripe tomatoes, finely chopped  
 $\frac{1}{2}$  teaspoon sugar  
 salt and pepper

1. Heat the oil in a small pan. Add the onion and cook over medium heat for 2 minutes until soft. Add the spices and stir for 1 minute, then add the garlic and capsicum and stir-fry for 2 minutes.  
 2. Add the tomatoes and stir until combined. Bring to the boil, reduce heat, simmer 15 minutes, stirring occasionally, until thickened slightly. Add sugar and stir to combine; season. Store, covered, in the refrigerator for up to 3 days.

**SERVE** warm with tacos, nachos, or as a dip with cornchips.

From top: Taco Sauce, Seafood Sauce and Dill Sauce

### SEAFOOD COCKTAIL SAUCE

— Preparation time: 10 minutes  
 ★ Total cooking time: nil  
 Makes about  $\frac{1}{3}$  cups

$\frac{3}{4}$  cup mayonnaise  
 $\frac{1}{3}$  cup cream  
 2 teaspoons Worcestershire sauce  
 $\frac{1}{4}$  cup tomato sauce  
 Tabasco sauce  
 salt and white pepper

1. Place mayonnaise, cream and sauces in a small bowl; stir until combined. Add Tabasco and season to taste.

**SERVE** with any cooked, cold prawns or shellfish.

### DILL SAUCE

— Preparation time: 5 minutes  
 ★ Total cooking time: nil  
 Makes  $\frac{1}{2}$  cups

$\frac{1}{2}$  cup yoghurt  
 $\frac{1}{2}$  cup sour cream  
 1 tablespoon horseradish cream  
 $\frac{1}{4}$  cup fresh dill, chopped  
 3 spring onions, finely chopped  
 salt and freshly ground black pepper

1. Combine yoghurt, sour cream and horseradish in a bowl and stir until creamy. Add dill and spring onions, mix well. Season, cover and chill.

**SERVE** with fish, or spoon over steamed new potatoes.





**ORANGE HOLLANDAISE**  
**(MALTAISE)**

Replace the tablespoon of lemon juice with 2 tablespoons of orange juice. Strain the juice through a fine sieve to remove any pulp before measuring.

**CHANTILLY HOLLANDAISE**

Whip 1/2 cup of cream until soft peaks form. Using a metal spoon, fold into the hollandaise sauce and then adjust seasonings, to taste.

**PROCESSOR METHOD**

Use the same quantities as for the basic hollandaise, but place the yolks, water and juice in a food processor and blend for 10 seconds. Melt the butter; skim off the froth. With the motor running, add the melted hot butter to the processor in a thin stream. Transfer to a bowl and season to taste.

*From left: Basic Hollandaise, Orange Hollandaise and Chantilly Hollandaise*



**HARISSA**

— **Preparation time:** 10 minutes

★ **Total cooking time:** 20 minutes

**Serves** 6

- 100 g dried whole red chillies
- 6 cloves garlic, crushed
- 1/3 cup salt
- 1/3 cup ground coriander
- 1/3 cup ground cumin
- 2/3 cup olive oil

1. Remove the stems from the chillies. Cut in half lengthways, then remove and discard the seeds. Cover with boiling water and set aside to soften for 5 minutes.
2. Drain the chillies and combine with the garlic, salt and spices in a food processor. With the motor running, add the oil in a thin stream until the mixture is well combined. Keep the sauce, covered, in the refrigerator for up to 2 weeks. Serve at room temperature as an accompaniment.

**SERVE** with Moroccan foods such as couscous, or stir into soups and stews for extra spice.

**TOMATO RELISH**

— **Preparation time:** 15 minutes

★ **Total cooking time:** 1 hour

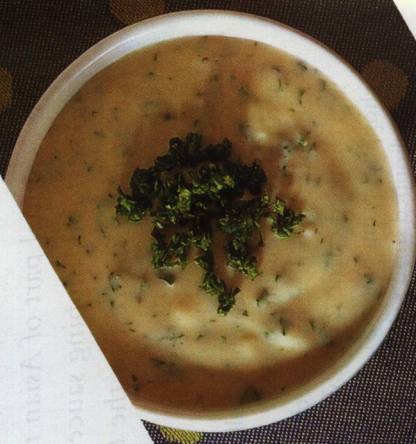
**Serves** 4

- 1.5 kg tomatoes, roughly chopped
- 3 large onions, chopped
- 2 cups soft brown sugar
- 2 cups tarragon vinegar
- 2 cloves garlic, crushed
- 2 teaspoons dried basil
- 1 tablespoon dried mustard
- 1 tablespoon curry powder
- 1 teaspoon ground allspice

1. Combine all the ingredients in a large pan. Bring the mixture slowly to the boil, stirring constantly until the sugar dissolves.
2. Reduce the heat and simmer for 1 hour, stirring occasionally, until the mixture is thick. Spoon into warm sterilised jars, and seal while the mixture is still hot. Store in a cool, dark place.

**SERVE** with cheese and biscuits, roasts, cold meats, hamburgers or ploughman's lunch.

*Harissa (top) and  
Tomato Relish*



*From left: Classic White Sauce,  
Cheese Sauce, Curry Sauce  
and Parsley Sauce*

**CURRY SAUCE**

- Add a finely chopped small onion and 2 teaspoons curry powder to the melted butter and stir for 2 minutes until the onion is soft. Add the flour and proceed with the white sauce recipe as directed.

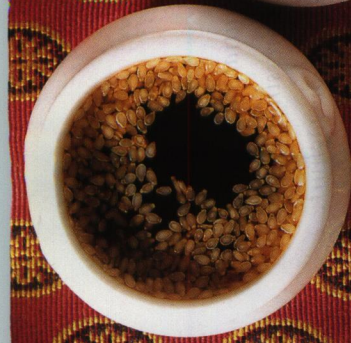
**PARSLEY SAUCE**

- Add 1/4 cup finely chopped fresh parsley to finished sauce and stir to combine. Other fresh herbs such as chives, dill or tarragon may be added, or try a combination of your favourite herbs.

**CHEESE SAUCE (MORNAY)**

- Make the white sauce as directed, using 1 1/3 cups milk. After removing from the heat, add 1/2 cup finely grated tasty cheese and 1/4 teaspoon mustard powder. Stir until the cheese has melted and the sauce is smooth. Season to taste.





From left: Soy and Sesame Sauce, Coconut and Chilli Sauce and Japanese Sauce

### THAI SPICY SAUCE

Combine 2 finely chopped spring onions, 1 teaspoon chilli powder, 1 tablespoon lime or lemon juice, 1 tablespoon fish sauce and 1 teaspoon sugar in a glass or ceramic bowl. Serve with pork, beef or chicken Thai dishes. Makes about 1/4 cup.

### SOY AND SESAME SAUCE

Combine 1 cup rice or white wine vinegar and 1/2 cup caster sugar in a small pan. Stir over low heat until dissolved. Place in a serving bowl with 2 tablespoons dark soy sauce, 1/4 teaspoon salt, 1 tablespoon toasted sesame seeds and 1 tablespoon honey. Serve with any Thai or Chinese entrées or with fried or steamed chicken or fish. Makes 1 1/2 cups.

### COCONUT AND CHILLI SAUCE

Heat 2 teaspoons of oil in a small pan. Add 2 teaspoons curry paste and 1 small roughly chopped red chilli and stir for 30 seconds to heat through. Stir in 1/2 cup coconut milk, 1 teaspoon caster sugar, 1 teaspoon fish sauce and 1/4 cup chopped basil leaves. Stir over low heat 2 minutes. Serve warm with deep-fried fish or seafood. Makes about 1/2 cup.

### JAPANESE SAUCE

Combine 1/2 cup each of lemon juice and dark soy sauce in a screw-top jar. Add 1 tablespoon each of mirin and sake, 1 tablespoon dried bonito flakes and a 5 cm piece kombu seaweed. Refrigerate for 24 hours, then strain back into jar. Keeps 2 months, refrigerated. Use with sashimi and sushi. Makes 1 1/4 cups. (All ingredients are available from Asian food stores.)



# CONDIMENTS

Usually served as an accompaniment and including chutneys, relishes and salsas, condiments are often vegetable or fruit based and can live in up many simple dishes.

## CORN RELISH

— Preparation time: 5 minutes  
 ★ Total cooking time: 25 minutes  
 Makes 2 cups

- 1 cup white vinegar
- ¼ cup caster sugar
- 2 teaspoons dry mustard
- 1 small onion, finely chopped
- 425 g can corn kernels
- ¼ cup finely chopped red capsicum
- 1 teaspoon finely chopped red chilli
- ½ teaspoon turmeric
- ½ teaspoon salt
- 2 teaspoons cornflour
- 1 tablespoon water

1. Place vinegar, sugar and mustard in medium pan. Bring to boil, stirring until sugar dissolves. Reduce heat; simmer 5 minutes. Add onion, corn, capsicum, chilli, turmeric and salt. Cook until vegetables are tender.
2. Mix cornflour with water; add to mixture, stirring constantly. Cook 5 minutes to thicken. Spoon into warmed, sterilised jars; seal while hot and store in a cool, dark place.

**SERVE** with cold meats or on jacket potatoes.

## MANGO CHUTNEY

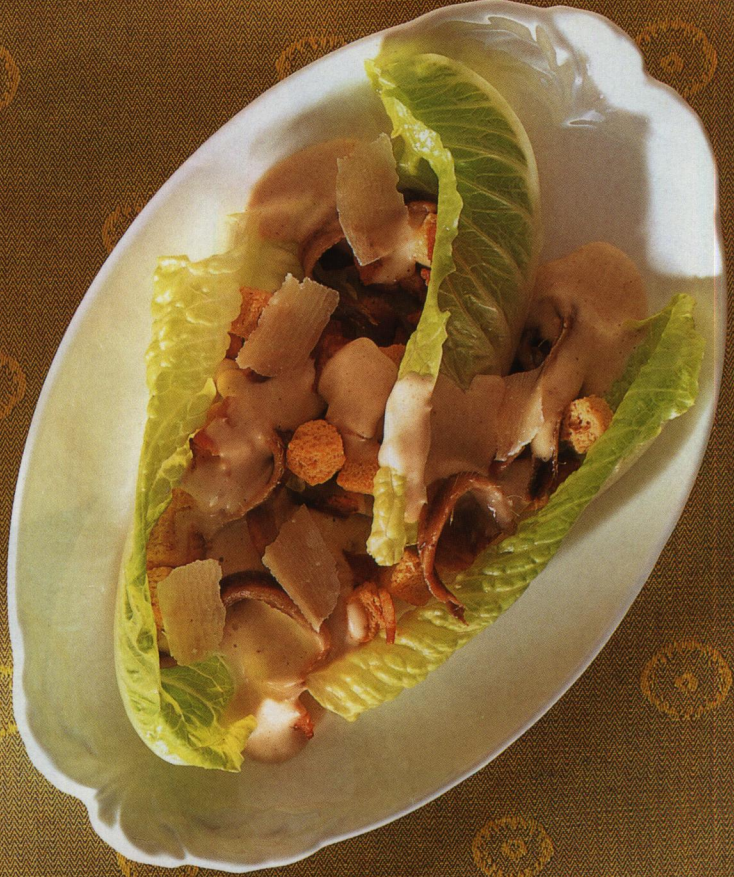
— Preparation time: 15 minutes  
 ★ Total cooking time: 1 hour  
 10 minutes  
 Makes 3 cups

- 3 large mangoes
- 1 teaspoon salt
- 1 cup white vinegar
- 1½ cups raw sugar
- 2 small red chillies, seeded and chopped
- 5 cm fresh ginger, grated
- ½ cup dates, finely chopped

1. Peel the mangoes, remove stones and chop flesh; sprinkle with salt.
2. Place vinegar and sugar in a large pan and bring to the boil. Reduce heat and simmer for 5 minutes.
3. Add the mango, chillies, ginger and dates. Simmer for 1 hour or until the mango is tender. Pour into warm sterilised jars and seal. Store in a cool, dark place.

**SERVE** with curries, ham sandwiches, sausages or on cold meats.

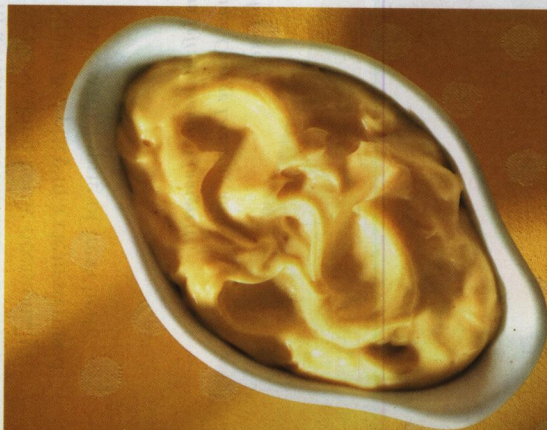
**Corn Relish (top) and  
 Mango Chutney**





# Mayonnaise

Used as a salad dressing or as a sauce, particularly with fish dishes, mayonnaise has many variations and is simple to make once you know how—see *Secrets of Sauce-Making* on page 59 for extra instructions.



## BASIC MAYONNAISE

Place 2 egg yolks in a medium mixing bowl. Add 1 teaspoon Dijon mustard and 2 teaspoons lemon juice; whisk together for 30 seconds until light and creamy. Add 1 cup light olive oil, about a teaspoon at a time, whisking continuously. Increase the amount of oil as the mayonnaise thickens. When all the oil has been added, stir in an extra 2 teaspoons of lemon juice and season to taste with salt and white pepper. Makes about 1 cup.

## PROCESSOR METHOD

Use the same ingredients as for basic mayonnaise, but place the yolks, mustard and juice in a food processor and process for 10 seconds. With the motor running, add the oil in a slow, thin stream until combined. Transfer to a bowl and season to taste.

*Basic Mayonnaise (left),  
Aioli (top right),  
Tartare Sauce (bottom left)  
and Green Goddess  
Dressing (bottom right)*

## WARM BACON DRESSING

Preparation time: 10 minutes  
Total cooking time: 5 minutes  
Serves 6

- 3 slices bacon
- 1 tablespoon oil
- 2 tablespoons cider vinegar
- 2 teaspoons wholegrain mustard

1. Remove rind and fat from bacon. Cut bacon into thin strips. Heat oil in a pan and cook bacon until crisp.
2. Remove the pan from the heat and cool slightly. Add the vinegar and mustard and stir into the pan juices.

**SERVE** over boiled potatoes for a warm salad, or over a spinach salad.

## BLUE CHEESE DRESSING

Preparation time: 5 minutes  
Total cooking time: nil  
Makes about 1 cup

- ½ cup whole egg mayonnaise
- ¼ cup thick cream
- 1 teaspoon white wine vinegar
- 1 tablespoon finely chopped chives
- 50 g blue cheese
- salt and white pepper

1. Combine the mayonnaise, cream, wine vinegar and chopped chives in a small bowl.

*From top: Warm Bacon Dressing,  
Blue Cheese Dressing and  
Mediterranean Dressing*

2. Crumble the blue cheese into the mayonnaise mixture and gently stir through. Cover and refrigerate for up to 3 days.

**SERVE** over cooked asparagus, boiled small potatoes, on jacket potatoes or with a green salad.

## MEDITERRANEAN LEMON DRESSING

Preparation time: 5 minutes  
Total cooking time: nil  
Serves 6

- 2 tablespoons chopped preserved lemon peel
- 1 small clove garlic, crushed
- 1 teaspoon honey, warmed
- ½ cup olive oil
- 1 tablespoon lemon juice
- 1 teaspoon chopped fresh oregano (or lemon thyme) leaves
- 2 tablespoons pine nuts
- freshly ground pepper, to taste

1. Place the preserved peel, garlic and honey in food processor. Process until the lemon peel is finely chopped.
2. Add the oil, lemon juice, oregano and pine nuts and process until smooth. Season with pepper.

**SERVE** over cooked prawns, mussels, oysters on the shell, or grilled scallops. Also excellent with pan-fried salmon steaks.