

Book good news for bad cooks

Good Cook Bad Cook contains 80 recipes that will ensure culinary success in the kitchen. The book comes with a detailed description next to each recipe of what can go wrong, so you will never make the same mistakes again. This is an informative resource for the confident cook or if you are looking to expand your culinary skills.

Macaroni Cheese

- ½ cup butter
- ½ cup bacon, chopped
- 3 tbsp plain flour
- 2 cups full cream milk
- 1 tbsp wholegrain mustard
- 1½ cups grated tasty cheese
- 225g macaroni, cooked in a large pan of salted water according to packet instructions and drained
- Salt and black pepper
- ½ cup breadcrumbs

Method
Melt the butter in a pan and gently cook the onion and bacon for about five minutes until soft. Stir in the flour and cook briefly, making sure it doesn't catch. Add the milk and stir constantly until the sauce boils and thickens.

Remove from the heat and stir in the mustard and most of the cheese. Season to taste.

Mix the pasta with the sauce and place in a greased ovenproof dish. Sprinkle with breadcrumbs and remaining cheese and bake in a 180C oven for about 15 minutes or until the top is golden and bubbling.

Total time: 45 minutes
Serves: 4

GOOD COOK BAD COOK — Victoria Heywood

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Lemon Tart

- 1 qty shortcrust pastry
- 6 eggs
- 1½ cups caster sugar
- juice and finely grated zest of three large lemons
- ¾ cup orange juice, freshly squeezed
- 3 tbsp unsalted butter, melted

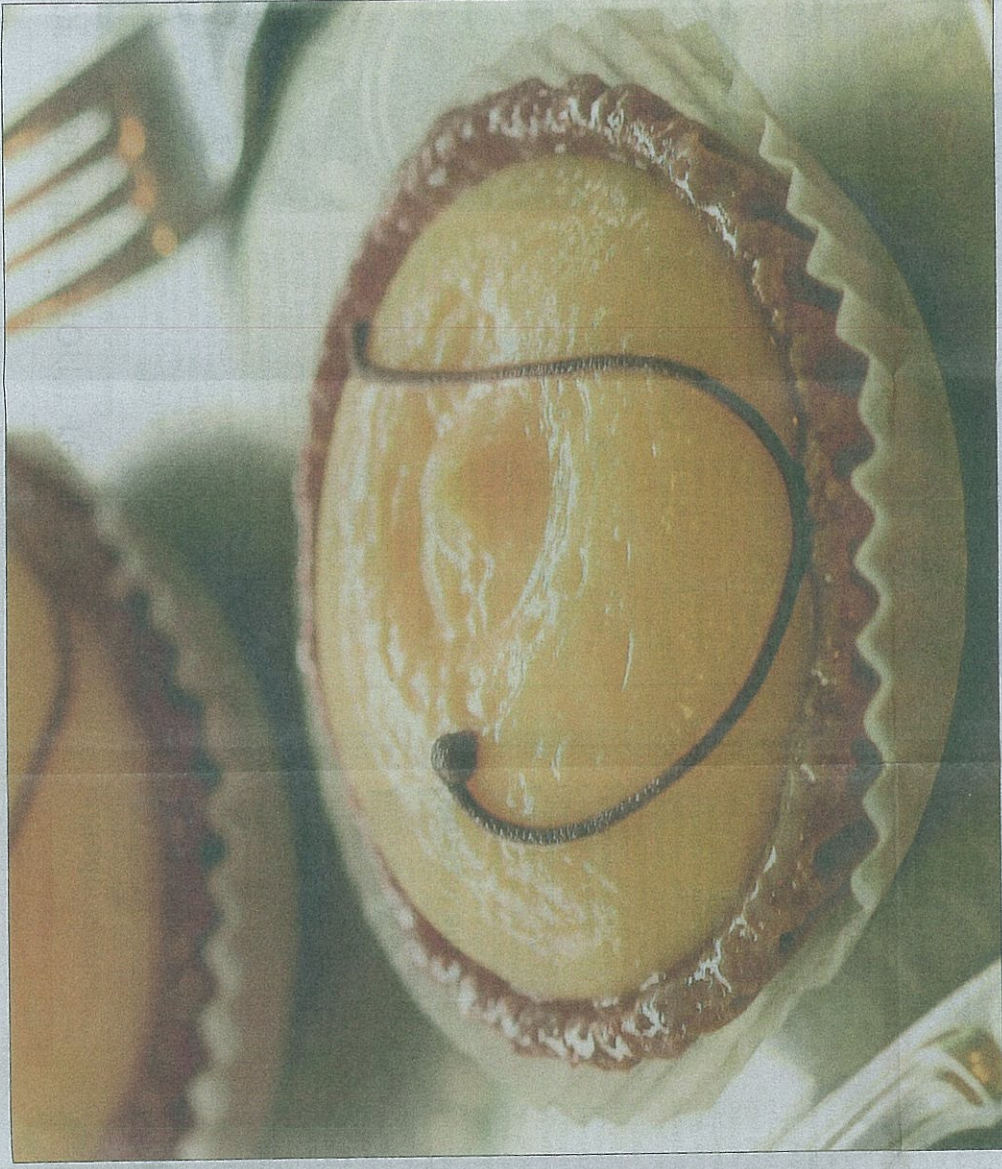
Method
Preheat the oven to 180C and prepare the pastry shell. Remove the shell from the oven and allow it to cool.

For the filling, beat together the eggs and sugar until pale and light in colour. Carefully add the lemon zest, juices and melted butter. Stir well.

Pour the lemony liquid into the shell and bake for about 20 minutes until the filling is just set and starting to turn golden.

Remove from the oven and allow to cool, still in its tin, on a wire rack. Then refrigerate. Serve cold.

Total time: 1 hour
Serves: 12



Good Cook Bad Cook by Victoria Heywood will guide you on your way to making a delicious lemon tart.

Shortcrust Pastry

- 200g flour, sifted
- Pinch of salt
- 1 tbsp sugar
- 125g butter
- 1 free-range egg
- 2 tsp cold water

Method
Mix the flour and sugar together in a large basin. Grate the butter over the top and work into the flour with your fingertips until it resembles

fine breadcrumbs.

Mix the egg and water together and add to the crumble mix. Use a knife to bring it all together into a smooth dough.

Scoop the dough out and wrap in glad wrap, and chill in the fridge for one hour.

Remove from fridge and roll out to desired size. Blind bake for 5 minutes on 200C, then reduce oven to 180C for about 15 minutes.

- ### Beef Casserole
- ½ cup plain flour
 - Salt and black pepper
 - 750g chuck steak, trimmed, cut into 3cm pieces
 - 1 tbsp olive oil
 - 200g bacon or pancetta, diced
 - 2 tbsp butter
 - 2 onions, peeled and chopped
 - 3 garlic cloves, peeled and chopped
 - 4 carrots, peeled and chopped into 2cm thick slices
 - 95g tomato paste
 - 250ml red wine
 - 500ml good quality beef stock
 - 3 bay leaves
 - 6 sprigs fresh thyme
 - 500g small button mushrooms, sautéed until tender
 - Fresh parsley, chopped, to serve

Method

Place the flour in a large clean plastic bag and season well with salt and pepper. Add the beef, hold the top of the bag tightly shut and gently toss about until the cubes are evenly coated. Shake off any excess flour.

Heat half the oil in a large flameproof casserole dish over medium to high heat. Add the bacon and cook until golden, then remove with a slotted spoon and reserve.

Add the rest of the olive oil and enough beef to easily fit without overcrowding. Cook for three to four minutes, or until browned all over. Transfer to a heatproof bowl.

Cook the rest of the beef in batches, making sure the pan gets hot enough again between each batch.

Add the onion, garlic and carrot to the casserole dish and cook, stirring occasionally, for five minutes or until the vegetables are tender. Add the tomato paste and stir to combine. Cover and simmer over low heat, stirring occasionally, for two hours.

Add the sautéed mushrooms and continue cooking for another 20 minutes. By now the meat should be meltingly tender when prodded with a fork.

Season with more salt and pepper, divide among warm serving plates and sprinkle with parsley. This is great with some fluffy mash and lightly cooked greens, or a baked spud and salad.

Total time: 3 hours
Serves: 6

a break from clones and add sushi to your powder

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