

## Downton Abbey Cookbooks in Evergreen!

**Mastering the Art of French Cooking. Volume 2** by Julia Child  
Adult Nonfiction 641.5944 CHI

**Edwardian Cooking** by Larry Edwards  
Adult Nonfiction 641.5942 EDW

**The Unofficial Downton Abbey Cookbook** by Emily Ansara Baines  
Adult Nonfiction 641.5 BAI

**England's Heritage Food and Cooking** by Annette Yates  
Adult Nonfiction 641.5942 YAT

**Mrs. Beeton's Book of Summer** by Isabella Beeton  
Adult Nonfiction 641 .59 BEE

### Coming in February

**Cooking Around the Fire | Tuesday, February 25, 6 pm**

During this Project Foodie, we will look at some recipes to enjoy around a fire, whether that be snuggled by a cozy fireplace or relaxing around a campfire.

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# Downton Abbey

January 21, 2014

## PROJECT FOODIE



mixing things up in the kitchen with GPL

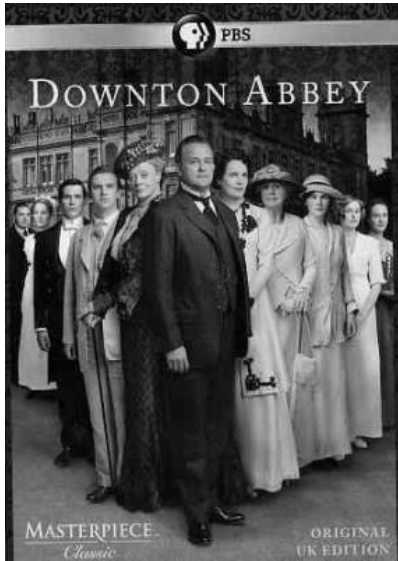


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## Food in Edwardian Times: A Brief History



During the time of King Edward VII food was very important to the rich in England. Food was used as a status symbol and elaborate dinner parties were used to show off to guests.

Four meals a day were common; breakfast, lunch, afternoon tea and dinner. Dinner parties were very elaborate. It was not uncommon for ten courses to be served throughout the meal. These dinner parties were so important to the status of wealthy families that a chef could earn up to ten times more than the butler. Typically if a chef was paid this much he was a male that had studied French cuisine. French cuisine became fashionable among the wealthy after King Edward VII made his food preferences known.

Etiquette was just as important as the meal. This included how the table was set, how food was served and how diners should behave. Courses were served in order with the correct cutlery and china. Around 50 pieces of silver, china and crystal could be used by each guest. Every piece had to be accounted for or the servants could be locked out of the house while their rooms were searched. If they did in fact steal from the family, they were dismissed without references.

### What You'll Do...

Preheat oven to 200 F (105 degrees C) and place the rack in the center of your oven. Line a baking sheet with parchment paper.

Beat the egg whites on medium speed with an electric whisk until foamy.

Add the cream of tartar and continue to beat the whites until they hold soft peaks.

Add the sugar, a little at a time, and continue to beat until the meringue holds very stiff peaks.

Beat in the vanilla extract.

Test to make sure the meringue is ready by rubbing a little between your thumb and finger. When it is no longer gritty you are ready to go.

Place at least 10 equal sized mounds of meringue onto the prepared baking sheet. You can use a tablespoon and make a swirl, or put into a piping bag with a star for a more decorative cookie.

Bake the meringues for 60 minutes. You may wish to rotate the pan halfway through to ensure even heating.

The meringues are done when they are pale in color and fairly crisp.

Turn off the oven, open the door a crack, and leave the meringues in the oven for at least another 60 minutes to dry out.

Meringue Cookies can be stored in an airtight container for several days.

## Make Your Own Meringue Cookies

Meringue can be piped into any size of cookie or into nests to hold other goodies

### What You Need

- 4 large egg whites at room temperature.
- 1/4 tsp. cream of tartar (or a 1/2 tsp. lemon juice)
- 1 cup superfine or caster sugar
- 1/2 tsp. pure vanilla extract



Meals were served by the footman. They were expected to be faultlessly clean, polite and competent. Thin-soled shoes were required so they did not make a sound when serving. If they did not wear gloves (gloves were the norm) a napkin would be the buffer between themselves and the serving dishes. A good server was expected to not drop anything and serve food noiselessly.

The family had their own demanding role to play. Good manners were essential. In this passage from *Etiquette: Rules & Usages of the Best Society*, Anon, 1886):

*"Greediness should not be indulged in. Indecision must be avoided. Do not take up one piece and lay it down in favour of another, or hesitate. Never allow a servant...to fill your glass with wine that you do not wish to drink. You can check him by touching the rim of your glass... Bread is broken at dinner. Never use a napkin in place of a handkerchief for wiping the forehead, face or nose. Everything that can be cut without using a knife should be eaten with the fork alone. Never lay your hand, or play with your fingers upon the table. Do not toy with your knife, fork or spoon, make crumbs of your bread, or draw imaginary lines upon the tablecloth."*

While the rich used food as a status symbol, the poor in England were lucky to be able to eat one meal a day. Their diet was based on tea, bread, potatoes and bacon. Meat was not served at every meal and it was often not even served every day. Fish and chips shops became common and they catered to the poorer people of England.

## King Edward Coronation Toffee Shortbread

*from Edwardian Cooking*

*According to "Edwardian Cooking": This pastry was created to celebrate the coronation of King Edward and the beginning of the Edwardian era. This shortbread was regularly served at high tea, but is now commonly served with whipped cream as a dessert item.*



### What You'll Need...

- 1 cup butter, softened
- 2 egg yolks
- 1 cup brown sugar
- 1 tbs. vanilla
- 2 cups flour

### What you'll do:

Preheat the oven to 300F.

For the pudding base, pour the milk into a pan and add the split vanilla pod.

Bring slowly to the boil over a medium heat.

Separate the eggs, and reserve the whites to make the meringues.

Place the sugar into a large bowl with the egg yolks and whisk until the mixture is light and creamy.

Slowly pour the egg mixture into the hot milk, whisking all the time, then add the breadcrumbs and lemon zest.

Half-fill a roasting tin with boiling water to make a bain-marie (water bath).

Pour the pudding mixture into 4 x 4 oz. individual ramekins, or one large oven-proof baking dish and place them into the bain-marie. Mrs. Patmore made one large one.

Place the bain-marie in the centre of the oven and bake for 10-15 minutes for the individual molds, 30 – 40 minutes for the larger version, or until the pudding or puddings are almost set, but still slightly wobbly in the centre.

Place the jam into a small pan over a low heat and gently melt. Spread the jam over the top of the pudding when it has finished baking and cooled.

To serve, gently remove the pudding from the molds, and transfer to a serving platter), garnish with raspberries and meringues, and sprinkle with some extra caster sugar...*not salt*.



## Mrs. Patmore's Raspberry Meringue Pudding

from [www.downtonabbeycooks.com](http://www.downtonabbeycooks.com)



### What you'll need:

- 16 fluid ounces of milk
- 1 vanilla pod, split or 2 tsp. vanilla extract
- 3 1/2 ounces caster sugar (super fine sugar or sugar substitute)
- 4 egg yolks (freeze the whites if you aren't making your own meringues)
- 5 ounces fresh breadcrumbs
- zests from 2 lemons
- 7 ounces raspberry jam
- 1 tbsp. icing sugar
- 1 pint fresh raspberries
- 2 tbsp. caster sugar for garnish (not salt!)
- meringue cookies, or make your own

### What You'll Do...

- Preheat the oven to 350°F. Line an 8-inch round cake pan with parchment paper.
- In a mixer with the paddle attachment, beat the butter, egg yolks, brown sugar, and vanilla until smooth.
- Add the flour and beat on a low speed until well combined.
- Place the dough into the prepared pan and press into place with your fingertips.
- Place the dough into the oven and bake for 25 minutes.
- Remove from the oven and let cool for 10 minutes.
- Remove from the pan, cut into wedges, and let cool on a wire rack until ready to serve.



## Royal Cheddar Cheese Soup

*from Edwardian Cooking*

*Aubrey's comments:  
The first time I made  
this, there was way  
too much garlic! I  
also found that an  
immersion blender  
works instead of a  
food processor.*



*This soup was always served with bread as one of the dinner courses. Soups were served to the guests by footman and were served warm, not hot. Blowing on soup to cool it was considered "uncouth".*

### What you'll need...

- 1 tbs. butter
- 2 yellow onions, peeled and chopped
- 2 potatoes, peeled and cubed
- 4 cloves of garlic, peeled and minced
- 6 cups chicken stock
- ½ tsp. dry mustard
- 1 cup heavy cream
- 2 cups grated sharp Cheddar cheese
- ½ tsp. hot pepper sauce
- 3 tbs. minced chives

19. While the beef is cooking, prepare the onions and mushrooms. Set them aside until needed.
20. When the meat is tender, pour the contents of the casserole into a sieve set over a saucepan.
21. Wash out the casserole and return the beef and bacon to it.
22. Distribute the cooked onions and mushrooms over the meat.
23. Skim fat off the sauce.
24. Simmer sauce for a minute or two, skimming off additional fat as it rises. You should have about 2 1/2 cups of sauce thick enough to coat a spoon lightly.
25. If too thin, boil it down rapidly. If too thick, mix in a few tablespoons of stock or canned bouillon.
26. Taste carefully for seasoning. Pour the sauce over the meat and vegetables.
27. Recipe may be completed in advance to this point.

**For immediate serving:** Cover the casserole and simmer for 2 to 3 minutes, basting the meat and vegetables with the sauce several times.

Serve in its casserole, or arrange the stew on a platter surrounded with potatoes, noodles, or rice, and decorated with parsley.

**For later serving:** When cold, cover and refrigerate. About 15 to 20 minutes before serving, bring to the simmer, cover, and simmer very slowly for 10 minutes, occasionally basting the meat and vegetables with the sauce.

## ***Boeuf Bourguignon***

1. Remove rind from bacon, and cut bacon into *lardons* (sticks, 1/4 inch thick and 1 1/2 inches long). Simmer rind and bacon for 10 minutes in 1 1/2 quarts of water. Drain and dry.
2. Preheat oven to 450 degrees.
3. Sauté the bacon in the oil over moderate heat for 2 to 3 minutes to brown lightly.
4. Remove to a side dish with a slotted spoon. Set casserole aside.
5. Reheat until fat is almost smoking before you sauté the beef.
6. Dry the stewing beef in paper towels; it will not brown if it is damp.
7. Sauté it, a few pieces at a time, in the hot oil and bacon fat until nicely browned on all sides. Add it to the bacon.
8. In the same fat, brown the sliced vegetables. Pour out the sautéing fat.
9. Return the beef and bacon to the casserole and toss with the salt and pepper.
10. Then sprinkle on the flour and toss again to coat the beef lightly with the flour.
11. Set casserole uncovered in middle position of preheated oven for 4 minutes.
12. Toss the meat and return to oven for 4 minutes more. (This browns the flour and covers the meat with a light crust.)
13. Remove casserole, and turn oven down to 325 degrees.
14. Stir in the wine, and enough stock or bouillon so that the meat is barely covered.
15. Add the tomato paste, garlic, herbs, and bacon rind. Bring to simmer on top of the stove.
16. Then cover the casserole and set in lower third of preheated oven.
17. Regulate heat so liquid simmers very slowly for 2 1/2 to 3 hours. The meat is done when a fork pierces it easily.

### **What You'll Do:**

- In a medium saucepan, melt butter over medium heat. Add the onions, potatoes, and garlic and sauté 10 minutes
- Add the chicken stock and bring to a boil. Reduce heat to simmer and cook 10 minutes.
- Remove the contents of the saucepan to a food processor and puree.
- In the saucepan, over medium heat, whisk together the dry mustard and heavy cream.
- Stir the puree into the saucepan and simmer 5 minutes.
- Stir in the Cheddar cheese and hot sauce and keep stirring until the cheese has melted.
- Ladle into serving bowls, top with some chives, and serve.



## **Julia Child's Boeuf Bourguignon**

*from Mastering the Art of French Cooking*

*Julia Child wrote: As is the case with most famous dishes, there are more ways than one to arrive at a good boeuf bourguignon. Carefully done, and perfectly flavored, it is certainly one of the most delicious beef dishes concocted by man, and can well be the main course for a buffet dinner. Fortunately you can prepare it completely ahead, even a day in advance, and it only gains in flavor when reheated.*

### **Vegetable and Wine Suggestions**

Boiled potatoes are traditionally served with this dish. Buttered noodles or steamed rice may be substituted.

If you also wish a green vegetable, buttered peas would be your best choice. Serve with the beef a fairly full-bodied, young red wine, such as Beaujolais, Côtes du Rhône, Bordeaux-St. Émilien, or Burgundy.

**Serves 6**

### **What you'll need:**

#### **Kitchen Supplies:**

- 9- to 10-inch, fireproof casserole dish, 3 inches deep
- Slotted spoon

#### **Boeuf Bourguignon:**

- 6 ounces bacon
- 1 Tbsp. olive oil or cooking oil
- 3 pounds lean stewing beef , cut into 2-inch cubes
- 1 sliced carrot
- 1 sliced onion
- 1 tsp. salt
- 1/4 tsp. pepper
- 2 Tbsp. flour
- 3 cups full-bodied, young red wine , such as a Chianti
- 2 to 3 cups brown beef stock or canned beef bouillon
- 1 Tbsp. tomato paste
- 2 cloves mashed garlic
- 1/2 tsp. thyme
- Crumbled bay leaf
- Blanched bacon rind
- 18 to 24 small white onions , brown-braised in stock
- 1 pound quartered fresh mushrooms , sautéed in butter
- Parsley sprigs

