

Cookbook: Names of Foods

Culinary Eponyms

Names of dishes attributed to
persons, places and events

English and German

Compiled and adapted
by

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To roast some beef,
 to carve a joint
 with neatness,
To boil up sauces, and
 to blow the fire,
Is anybobody's task;
 he who does this
Is but a seasoner
 and broth-maker;

A cook is quite another thing.
His mind
Must comprehend all facts
 and circumstances:
Where is the place, and
 what the time of supper;
Who are the guests, and
 who the entertainer;
What fish he ought to buy, and
 where to buy it.

_____ Dionysius ("Banquet of the Learned")

Introduction

This book is a compilation of cooking recipes named after persons, places, occasions or events. The entries are accompanied interestingly by brief historical accounts, biographical data as well as other relevant matters. Served foods are usually descriptive; the main ingredient is stated such as meat, fish or vegetable; or the method of preparation like boiling, frying or baking. Then why do some foods have proper names? "The answer is not very obscure," according to food historian Terence Scully, "Proper names help sell a dish and its cook."

Most of the recipes are no longer in vogue and may not appeal to the taste nowadays. Some sweets are just too sweet, while some are very sour to the modern palate. Besides, one has to consider that nutritional opinions can be diversified and just like fashions that change to the pace of time. Cooking is not merely serving food on the dining table, but also an art. As an art, cooking metamorphosis into other dimensions of Zeitgeist. The lifestyle we have today is vastly different from that of our great-grandparents.

Changes to the original old recipes had been avoided or were limited. The number of persons in a household before was markedly more than it is today. The portions or servings can be intimidating when compared to the quantity nowadays. Some recipes were purposely not included for reasons like redundancy, less popularity or unavailability of ingredients. In former times, it was not uncommon to partake with gusto heads and brains of animals, turtles, game and birds.

Several recipes that are found in almost every book of cookery, were not included. Spellings (eg. fillet/filet, pottage/potage) were retained in its original style. Many common ingredients today like tomato, baking powder, refined sugar were unheard of before.

Cooking is fundamental; it answers to the basic need of man for survival. However, an ingenuity that tandems with fine taste is a dominant asset of epicures and chefs. Gourmet food together with a sophisticated presentation is subtle, nevertheless an influential element in the world of politics, crafty business and of course, romance. A well-prepared food is an effective medium in conveying a non-verbal expression of positive feelings. Undoubtedly, good cooking is a pervading factor of a harmonious household - it starts with a hearty breakfast and ends with a delightful scrumptious dinner or a dainty supper.

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2021

Cookery is an art, ... as well as a profession. It is a manipulative art which cannot be acquired by mere theoretical teaching, for it requires years of assiduous and constant practice before experience brings efficiency.

_____ Charles Herman Senn (1862 - 1934)

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Measurements and Equivalents

Ounces to Grams:

1 ounce (oz) = 28.35 grams

3 oz = 85.05 g

4 oz = 113.40 g

5 oz = 141.75 g

8 oz = 226.80 g

10 oz = 283.50 g

Pounds to Grams:

1 pound (imperial, avoirdupois,)= 453.592 grams (g)

3 lb = 1360.78 g

5 lb = 2267.96 g

1 kg = 2.2 lbs = 35 oz

U. S. Equivalents

Gill to Milliliter:

1 gill = 118.29 ml

3 gills = 354.88 ml

5 gills = 591.47 ml

1 (US) pint = 473 ml

Cup to Milliliter:

1 metric cup = 250 ml

1/3 cup = 78 ml

1/4 cup = 60 ml

U. K. Equivalents

Gill to Milliliter

1 gill = 142.06 ml

3 gills = 426.19 ml

5 gills = 710.32 ml

1 (UK) pint = 568 ml

Common Equivalent Measures

3 teaspoons (tsp) = 1 tablespoon (tbsp)

8 tablespoons = $\frac{1}{2}$ cup

12 tablespoons = $\frac{3}{4}$ cup

16 tablespoons = 1 cup = 8 fl.oz

2 cups = 1 pint = 16 fl.oz

4 cups = 2 pints = 1 quart = 32 fl. oz

Butter: 1 cup = 250 g = 9 oz

Flour: 1 cup = 140 g = 5 oz

Sugar: 1 cup = 250 g = 9 oz

1 Loth/Lot (Old German) = 14.62 grams

In the cooking recipes, some conversions were rounded off.
The recipes are for 2 -3 servings or as directly noted.
Please note that "standard" measurements differ between countries (United States, United Kingdom, Australia).

Common Terms in Cookery

Many of the terms commonly used in cookery are French and do not have exact equivalent in the English language.

Bain-Marie is a cooking utensil used to maintain heat on sauces and other mixtures, and for melting ingredients without burning them. It is of two parts, one contains the water and the other pan which is smaller contains the ingredients.

Bouquet garni is a bunch of herbs tied together and is used to flavor all sorts of dishes. The herbs are thyme, lemon thyme, basil, bay leaf, leeks, celery, and mace. It can also include chervil, parsley root and leaf, marjoram and tarragon.

Court Bouillon is a highly seasoned stock, used mainly to boil freshwater fishes. It is prepared by filling a pot with 2 liters of water, adding slices of 1 carrot, onion, sprigs of thyme, parsley, bay leaf, butter, salt and pepper. Let it simmer for about an hour; then strain. It can be kept for days inside the refrigerator.

Julienne refers to a method of slicing foodstuffs, especially vegetables, into thin slices resembling matchsticks. The julienne strips are decorative and easier to cook.

Liaison is a thickening made with egg yolks and cream or with butter and flour. It is used to thicken white soups and sauces.

Mirepoix is used to flavour sauces and braised dishes of meat. It is made by frying bacon, carrot, onion, a clove of garlic, shallots and a sprig of thyme.

Named after a French aristocrat, Charles Pierre Gaston de Levis-Lomagne, Duke of Mirepoix (1699 - 1757).

Roux is used for thickening soups, saucies and gravies. It is made of equal parts oil and flour. French cooking uses butter, allowing it to melt then slowly adding flour. It has to be cooked gently and stirred constantly, not less than 15 minutes, till it gets a smooth velvety consistency.

Brown roux is for brown sauces e.g. espagnole.

Pale roux is for veloutes or cream sauces.

White roux is for white sauces and Bechamel.

Francois Pierre de la Varenne (1615-1678) is regarded as the French chef who introduced the style "roux" in the world of cooking. His book, *Le Cuisinier Francois*, was published in 1651 and *Le Pâtissier françois* in 1653.

Some authors (e.g. Harold McGee) have found an earlier printed recipe for "roux." About 118 years before it appeared in a French book, the recipe was already described by a German woman. Almost nothing is known about Sabina Welserin but her book is a valuable source of old German cuisine. Members of the Welser family were wealthy mercantile entrepreneurs, influential in the economy and finance of old Europe.

The recipe of roux (lard and flour) was described as part of the sauce for a dish of wild boar's head. The sauce had exotic ingredients like ginger, pepper, cloves and cinnamon. In those days, the boar's head garnished with sprigs of rosemary and an orange or apple in its mouth was the centrepiece of the dinner table.

Das Kochbuch der Sabina Welserin, c. 1533

*Wie man ain wilden schweinskopff sieden soll, aúch
wie man ain brie dariber machen soll*

*Ain wilden schweinskopff soll man jnn ainem wasser woll
sieden vnnd, wan er gesotten jst, aúff ainen rost legen vnnd jn
mit wein treffen, so went man, er sey jm wein gesotten,
darnach soll man ain schwartz oder ain gelbs brielin dariber
machen, erstlich wan man das schwartz brielin will machen,
soll man ain wenig schmaltz lassenn haisß werden vnnd ain
leffellin voll schens mell jm schmaltz brennen vnnd darnach ain
gúten wein daranthon vnnd ain gúten kersseltz, das es
schwartz werd, vnnd zúcker, jmber, pfeffer, negellen vnnd
rerlach, weinber, ziwbien, die kerenlen heraústhon, vnnd
mandel klain geschniten/ vnnd versuchs, wie es dich gút
dúnckt, also machs.*

Welt jr ain gelbs brielin machen

*So machts jn massen wie das schwartz brielin, allain fúr
die seltz nempt ain saffera vnnd thiet kain negellin daran, so
habt jr aúch ain gúten brie.*

Salpicon is a mince of poultry and game with ham and mushrooms, or fruits. It is to bind with sauce used for croustades, rissoles, and filling desserts and pastries. The word comes from Spanish *sal*, salt and *picar*, cut.