



# Weekend COOKING



**T**he journey we are undertaking finds its roots far earlier than my childhood, when I helped my mother to bake. In fact we need to go back to 1873 when something occurred that would influence me as a child and throughout my adulthood. It took almost a hundred years for there to be any effect on my life, but that happened when as a child I was allowed to borrow some books from the adult section of a library. The first was 'Around the World in Eighty Days.' The author, Jules Verne, was a great visionary in

his writing, with prophecies of going to the moon, and travelling vast distances under the sea. But it was the journey of Phileas Fogg that first captured my imagination, inspired me to write, and gave me a yearning to travel which is still with me this day.

I am not a professional cook or chef; I am an aircraft engineer by trade, as well as an author of crime fiction. From an early age I had an interest in the preparation and consumption of food (particularly the consumption!), often helping my mother

bake. As I grew older, I tried making my own variations of recipes, sometimes with disastrous results, but on occasion something edible emerged.

So it seemed the most obvious thing to do would be to combine my love of food with my desire to travel, and embark upon a journey of discovery of the foods and people of the world.

Welcome to my 'Around the World in Eighty Dishes.'

*Glen R Stansfield.  
Author, biker and nutcase.*

## Summer Casserole



**G**reenland is the world's largest island (excluding Australia, which is considered to be a continent,) and it is perhaps the world's most inaptly named place too. Over 80% of the island is covered with ice and is second only to Antarctica in terms of the size of the ice sheet. There is much speculation as to how the island came to be named. Some suggest it was an exiled Viking, Erik the Red, who named it Greenland in an effort to get other

Vikings to come and settle, while others think he landed on the southern shores in the summer, when the land is green. Some think it is merely an error in translation from the word "grunt" meaning ground.

The Inuit people are believed to have been the earliest settlers, followed in the late 10th century by the Vikings. It is thought the Vikings cleared away much of the trees and used the land for raising sheep and goats. As would be expected in such a place, the opportunity for growing crops is somewhat limited and restricted to the southern regions. Just when this form of agriculture first took place is unclear. Hunting and fishing would be the primary source of food for both Inuit and Viking alike, although the Vikings had the advantage of regular trade with other settlements.

Many of the recipes from the region owe their origins to the early hunters and fishermen, but have been modified over the years as more ingredients became available with the advent of modern agricultural methods, allowing the growing of crops that would previously have been impossible.



### WHAT YOU NEED

- 1kg halibut, or any firm white fish such as cod
- juice from 2 lemons
- 2 tablespoons butter
- 1 large onion, diced
- 1/2 small celeriac, peeled and cut into 2.5cm cubes
- 1 large leek, washed and sliced
- 1 carrot, peeled and diced
- 200ml white grape juice
- 1tbs white wine vinegar
- 300ml fish stock
- 2 egg yolks
- 150ml whipping cream (>35% fat content)
- salt and fresh grated nutmeg, to taste

### WHAT TO DO

- Dice the fish then place in a dish, and cover in lemon juice – set aside.
- In a large heavy pan, melt the butter.
- Add the diced onion, celeriac, leek, and carrots.
- Stir until all ingredients are coated with the butter.
- Cover and cook until the vegetables are slightly tender (around 10 minutes.)
- Add the fish, grape juice, vinegar and stock.
- Cover and bring to a simmer.
- Cook for another 15 minutes.
- In a medium sized bowl, whisk together the egg yolks and the cream, adding a pinch of salt. \*Take 150ml of the liquid from the pan and stir it into the cream mixture.
- Slowly add the mixture to the pan over the fish and vegetables.
- Cover and cook for a further 5 minutes.
- Remove the lid, season with salt and nutmeg, to taste.
- Serve immediately.



I hope you enjoyed the sixty-fifth of our eighty dishes from around the world. Please join me next time when we visit Iceland.

## Nibble picks OF THE WEEK

If there's one thing that completes an exciting weekend, it's a platter full of munchies. Every week, we will be hitting the town to pick out a few nibble choices that'll give you a happy stomach for 2 days.

### BUGLES CHIPS

Who does not love munching on chips? Who does not want their tongue to roll in unique flavours, which would make one want, more and more? Bugles, which is rich in corn, gives a unique taste to one, due to its availability in flavors like chilly, ketchup and original and the list goes on. What makes Bugles stand apart, is the fact that, it is fried in coconut oil, which keeps one in good health, and there is no specific brand that stands out. Available in hypermarkets and supermarkets, Bugles serves as an excellent snack partner, where the snack time becomes enjoyable due to its crunchiness and health factor.



### PRINGLES

Witnessing potato wafers in a vertical can, is something, which everyone would love to, as it gives one the feeling of more quantity and better quality. Pringles is one perfect snack, not just for junk lovers, but also for health conscious freaks, as pringles is less oily, less salty and very light for the stomach. Available in hypermarkets and supermarkets and, in a variety of flavours where a few to name are, chilly, paprika and original, Pringles hits the bull's eye in making every time enjoyable as well as appreciable, due to its taste and cost factor.



### GALAXY RIPPLE

Who does not love chocolate? Who does not wish to keep their tongue dipped in a pool of chocolate? Ripple of galaxy brand, falls into the list of mesmerizing and tempting chocolates, owing to its flakiness and extra chocolate, that oozes, when one bite goes inside the mouth. Available in hypermarkets and supermarkets, ripple does create ripple effect: not to time and sea waves, but to our mind, which will loom in immeasurable positivity and happiness.

