

Traditional Recipes

The following recipes (pronounced "RÉ-SI-PIZ") are taken from the book:
"Recipes of All Nations" by Countess Morphy, published by Wise & Co. (New York), 1935.

Recipes included here are from England, Portugal, Brazil, Italy and Greece.

1. Traditional Recipes from England



TOAD-IN-THE-HOLE

The modern version of this dish is somewhat different from the original one—modern housewives and cooks having substituted sausages for beef. I will keep, however, to the traditional version, which is the better. Make a batter with 1 cup of flour, 1 egg, 1 cup of milk, and a good pinch of salt. Pour about one quarter of this in a baking tin, thinly coated with dripping, and put in a moderate oven till almost set. Then put in 1 lb. of steak cut up in small pieces, season it well with salt and pepper, and cover with the rest of the batter. Bake in a quick oven at first and continue in a moderate oven till sufficiently cooked.



MULLIGATAWNY SOUP

(Alternative version)

Ingredients: One fowl, 1 $\frac{3}{4}$ quarts of white stock, 1 small carrot, 2 onions, 1 stick of celery, 1 tablespoon of chopped mushroom peelings, parsley, 1 level tablespoon of curry powder, flour, butter, $\frac{1}{2}$ cup of cream, salt, rice.

Method: Joint the fowl in 8 or 10 pieces, and put in a saucepan with the stock, one shredded onion and carrot, the mushroom peelings, the celery, and a little salt. Bring to the boil and skim carefully. Simmer gently for 1 $\frac{1}{2}$ to 2 hours, according to the size and age of the fowl. Chop the other onion finely and brown in a little butter, sprinkle it with the flour and curry powder, add gradually a few tablespoons of the chicken stock, and stir till quite smooth. Strain through a coarse sieve, put it back in a saucepan, and stir in the cream. To serve, put the pieces of chicken, carefully skinned, into the soup tureen, strain the stock over them, and stir in the cream and curry mixture. Rice is also served with this mulligatawny soup.



Mulligatawny: <https://en.wikipedia.org/wiki/Mulligatawny>

2. Traditional Recipes from Portugal

BACALHAU Á PORTUGUESA (Salt cod à la Portugaise)

Ingredients: 1½ lbs. of dry salt cod, 3 or 4 large potatoes, 5 onions, tomatoes, pimientos, oil, butter, salt, and pepper.

Method: Having soaked the cod, as in the preceding recipe, remove the bones, and flake the fish. Slice the potatoes, the onions, the tomatoes and the pimientos, and place in alternate layers in a deep earthenware casserole with the fish. Add several tablespoons of oil, a little melted butter, and season with salt and pepper. Simmer for 1 to 1½ hours, keeping the casserole closely covered.



GALINHA CEREHADA Á PORTUGUESA (Chicken sauté à la Portugaise)

The chicken is jointed into 8 pieces, which are cooked to a rich golden color in a little oil and butter. One chopped onion and 1 clove of garlic are then added and, when the onion is slightly golden, 2 or 3 chopped tomatoes are added, and $\frac{2}{3}$ cup of small, previously cooked mushrooms. The dish is seasoned with salt and pepper. Simmer gently for $\frac{3}{4}$ hour, put the pieces of chicken on a hot dish, pour the sauce and the mushrooms over them, and garnish with small cooked tomatoes.



PUDIM PORTUGUEZ (Portuguese pudding)

Ingredients: The yolks of 12 eggs, 2 cups of sugar, the juice of 6 oranges.

Method: Put the lump sugar in a saucepan with the juice of the 6 oranges and boil till it begins to thicken. Remove from the fire and, when slightly cool, beat in the yolks of eggs. Pour the mixture into a well-buttered mould and cook in a saucepan of water, which should be kept simmering all the time. When set, remove from the mould and let stand till cold.



3. Traditional Recipes from Brazil

FEIJÃO which is pronounced “Fay-jyan,” is a very popular dish in Brazil. It is made with Brazilian black beans, previously soaked in water for 12 hours. The beans are next put in cold water and simmered for several hours. They are then mixed with cooked onions and tomato sauce, all highly seasoned with salt and pepper. Sometimes fat pork or sausages—*chouriços*—are also added to the dish, which is a very substantial one.

CAMERÕES. This dish consists of shrimps cooked with rice, highly seasoned with chilli peppers, and is very reminiscent of the Creole “Jambalaya.”



4. Traditional Recipes from Italy

MAIALE UBRIACO ("Intoxicated pork")

This amusing name comes, I suppose from the fact that, in the process of cooking, the red wine in which the pork is being cooked naturally reduces considerably and the pork is said to have drunk it and is therefore intoxicated. The dish consists of loin of pork, well seasoned with salt and pepper, and browned in 1 or 2 tablespoons of oil in a deep frying pan, with several cloves of garlic and chopped parsley. A generous supply of red Chianti wine is then added, and the meat is simmered till the wine has reduced by half. To serve, put the meat on a hot dish and pour the sauce over it.



POLLO ALLA DIAVOLA (FIRENZE)
(Devilleed chicken)

This simple and exquisite dish is very popular in Florence, and is the traditional dish eaten at the fair of the Impruneta.

It consists merely of a young chicken, flattened out and skewered for grilling, well brushed over with oil and highly seasoned with salt, pepper, and ginger, and sprinkled over with chopped onion and parsley. It is then grilled over a clear charcoal or wood fire and served very hot. The seasoning of ginger gives it quite a distinctive flavor.



5. Traditional Recipes from Greece

KOTOPOULO BAMIES (Chicken with "Ladysfingers")

This is the chicken dish *par excellence* in Greece. The chicken is roasted till half cooked, then jointed, and put in a casserole with butter, a little highly concentrated tomato purée or paste, well seasoned with salt and pepper, and a few *bamies*, or "ladysfingers." This vegetable, so widely cultivated in tropical countries, is a variety of okra, or *gombo*, but smaller than the okra of the Southern United States. The chicken is simmered for $\frac{3}{4}$ hour till tender and served with the "Ladysfingers."



KOURABIÉDES (Greek shortbread)

This shortbread is popular throughout Greece and is eaten on all festive occasions.

Cream $\frac{1}{2}$ lb. of butter, work in gradually 1 lb. of flour, $\frac{1}{2}$ lb. of confectioner's sugar and 1 teaspoon of baking powder. Work thoroughly, roll out, and divide into pieces 2 inches wide and about 3 inches long. Bake in a slow oven for $\frac{3}{4}$ hour without browning. When done, dip in confectioner's sugar, being careful that each piece is evenly coated.

