

eat well ~ feel well

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Slow cooking in a short while

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AEON

First published in 2024 by
Aeon Books

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British Library Cataloguing in Publication Data

A C.I.P. for this book is available from the British Library

ISBN-13: 978-1-80152-136-9

Typeset by Medlar Publishing Solutions Pvt Ltd, India

www.aeonbooks.co.uk

*to the many
who have nourished me
and for those I have fed*

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PREFACE

Elizabeth David, doyenne of postwar English cookery writers, collected a number of recipes centred around Le Creuset cookware in a small wire-bound booklet, published by the company in 1969. The recipes I present in this booklet differ entirely from hers, as does their intention. But I cannot resist quoting from her introductory remarks:

Some of the very first cooking utensils I ever owned were orange-red cast-iron casseroles lined with white enamel. They took my fancy ... during a pre-war trip to France ... they did much to help me ... everything I cooked seemed to turn out right. They were cheerful and clean-looking ... saved me washing up ... looked civilised on the table. My affection for them grew.

By the time she had written this little piece, she had made her reputation with *French Provincial Cookery* and had opened a shop in Pimlico where I bought some of my own pots and pans. I agree with her entirely about the cookware but I am hoping to address a wider audience with an especial interest in suggesting a small but rich repertoire of tasty

good food for working families with children. But everyone needs to eat well to feel well.

NOTICE

The author has received no payment or payment in kind or promotional advantage from any of the producers or suppliers of cookware mentioned in this book.

Health from an enjoyable diet

This is a book about self-care. We all need to eat and enjoy our food. In home cooking, any blending can be done by hand rather than by machine. Baby food has to be relatively smooth but adults need to eat their solids. That marks the end of my campaign against smoothies.

This is a workaday guide rather than a fancy cookery book: there are no recipes for dinner-parties or other entertainment: there are more than enough of those already. This is about good living for self and family rather than display for others. But guests will be impressed.

I have kept it methodical and simple which is all you need if you want to feed yourself and family all year round. I have not invented a “method”, just a way of doing things well and satisfyingly. It is slow-cooking for families and people in a hurry. Slow cooking but in a short while is quiet and sure. It preserves nutrients and flavour and keeps the temperature low so the health benefits of cold-pressed olive oil are not lost to heat.

The emphasis of the method is on breakfast but there are also plenty of straightforward recipes for lunch and dinner. Enough for a fortnight.

Each of us grew up in a food culture. The great profusion of foods in our shops and confusion of information from our media may loosen

this anchor to our wellbeing and make it possible for our inherent sense of food to be dispersed. If this book was all you had as a source of information, I can guarantee that you would at least have the opportunity to be healthily well-fed.

The appendix on foods broadens out the information embodied in the recipes where the health benefits of each ingredient of the breakfasts is detailed. Just in case you have any interest in the broad science of nutrients I have given a summary tucked away at the back of the book.

Cooking, like gardening, involves standing and a lot of movement so is very good exercise and, unlike going to the gym, will benefit others as well as you.