1990

The Best of McDonnells Good Food Cook Books

Paula Daly

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The best of
McDonnells
GOOD FOOD COOK BOOKS

PAULA DALY
For over ten years I’ve had immense pleasure – and lots of fun too – experimenting, preparing and sampling recipes for four editions of McDonnells Good Food Cook Book.

During that time, it’s been my pleasure to meet and chat with thousands of housewives across the country – discussing ideas, sharing opinions and urging them to try something different, to explore new possibilities.

But one question that kept coming up had really nothing to do with baking times,
ingredients or techniques. It simply was ‘What’s your favourite recipe?’ That’s a question I could never answer – I have so many.

But it was that very question that got me thinking myself – what were my favourites? This book is an attempt to answer that question. From cakes to casseroles to pasta, I have finally compiled in one volume what I consider the very best of my Good Food Cook Book recipes, as well as many new ones. Even at that, pressure on space has forced me to leave out a few of my pets.

Cooking is such an ever-evolving interest, supremely satisfying and so worthwhile. The right ingredients, a little care and a lot of love can turn anyone into an enviable hostess!

I hope you get as much fun and satisfaction out of ‘Paula’s Best’ as I have in bringing them to you.
USEFUL FACTS AND FIGURES

The quantities in all the recipes in this book are given in both Metric and Imperial measures. The Metric conversions have been rounded off to the nearest 25 grams or millilitres. See Table opposite.

Weight
Because of the rounding off of the Metric conversions, some recipes made to the Metric quantities have slightly more volume than their Imperial equivalent.

Volume
As a guide, a litre is a little more than 1⅛ pints.

Length
The Metric conversions in this book have been rounded up or down to the nearest centimetre. E.G. A 7 inch cake tin has been converted to 18 cm (although it is exactly 17.76 cm).

NOTE
Because of the variation in conversions from Imperial to Metric, it is strongly advised that you follow either the Imperial or Metric quantities in a recipe. To mix Imperial and Metric quantities and sizes in the one recipe could lead to unsatisfactory results.
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