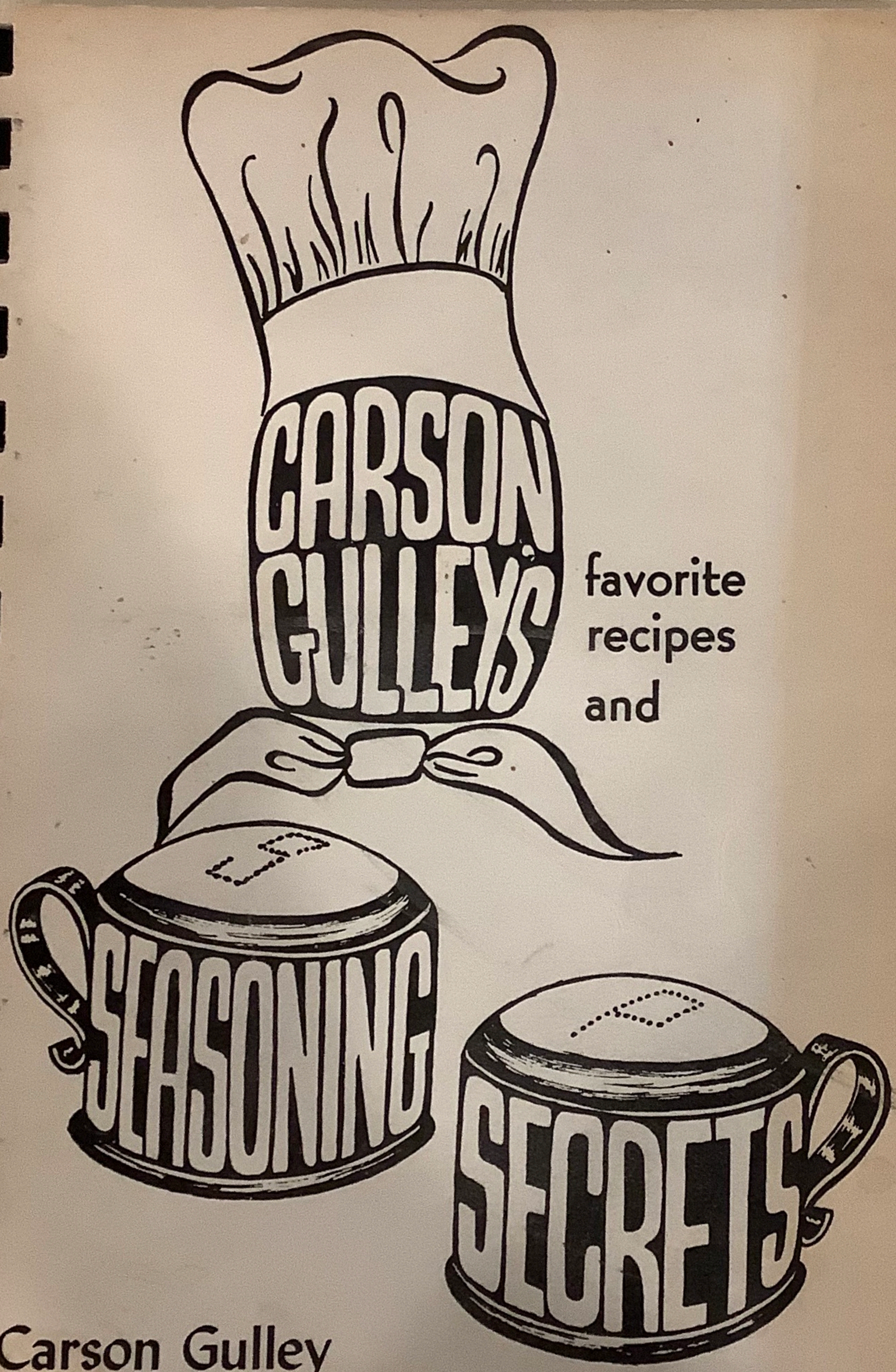


Carson Gulley

Radio and television food consultant, former University of Wisconsin Senior Chef, Resident Halls, and an authority on herbs and spices.

Acc 2015/330

Price $2.50

Seasoning Secrets

and favorite recipes of

Carson Gulley

Radio and television food consultant, former Universtiy of Wisconsin Senior Chef, Resident Halls, and an authority on herbs and spices.

252

Acc 2015/330

Contents

	Page
Preface	7
Acknowledgements	9
Others Say	10
Seasoning	12
Herb and Spice Guide	23
Meat Cookery	29
Meat Recipes	32
Poultry	41
Fish and Seafoods	55
Casseroles and Baked Dishes	61
Eggs and Cheese	64
Snacks	67
Vegetables	75
Sauces	77
Soups	82
Salads	85
Salad Dressings	93
Picnic or Outdoor Cookery	95
Desserts	97
Miscellaneous Recipes	112
Cooking Measurements	116
Index	118

Acc 2015/330

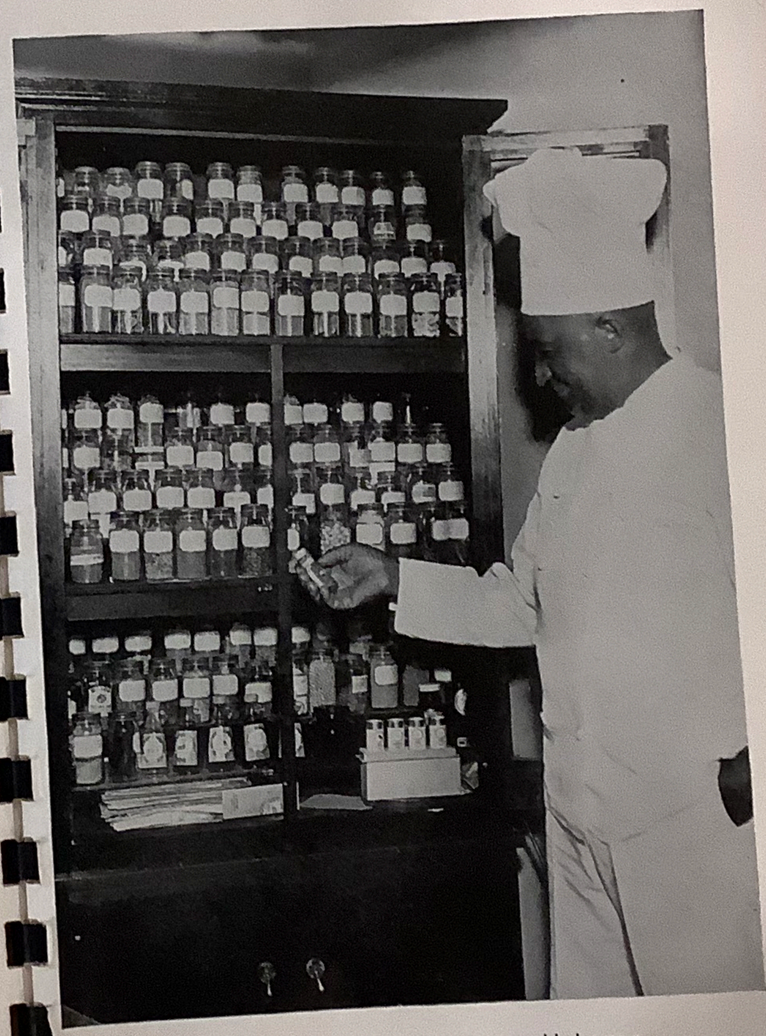
First Revised Edition
© 1956 by Carson Gulley
First Printing—March, 1956

Copyright 1949 by the Author, Carson Gulley

First Printing 1949
Second Printing 1950
Third Printing 1953

ALL RIGHTS RESERVED. NO PORTION OF THIS BOOK IS TO BE REPRODUCED IN ANY FORM, EXCEPT FOR REVIEW, WITHOUT PERMISSION OF THE AUTHOR.

Printed in the United States of America
Straus Printing Co., Madison, Wis.



Chef Gulley and his spice collection, assembled over a period of approximately 20 years as a hobby.

7052

Preface

When I was working on a Commercial Dietetics Training Course at Tuskegee Institute in 1936, Dr. George Washington Carver said to me one day, "Chef Gulley, you are an artist, and you are dealing with the finest of all arts. You give so much time to the little things that most cooks overlook. Yet if any creation is to be perfect every step in its preparation must be considered important." Strange as it may seem I did not understand Dr. Carver's views until later—just as I did not see the need for my writing a cookbook which he and several members of the Southern Hotel Association asked me to do at that time.

Since then I have come to realize more fully that cooking is an art. But it is more than that for *food is the nucleus of life itself*, and the preparation of food, therefore, is one of the most important occupations in all human endeavors.

Ever since I began giving talks, lectures, and demonstrations to public groups I have been called upon to answer questions put to me by the housewife by telephone, letter, or in person. These calls and inquiries have become increasingly numerous. In fact, so much so, that they prompted me to prepare SEASONING SECRETS in its original form, and this expanded revision, SEASONING SECRETS AND FAVORITE RECIPES in order that interested individuals might have readily available — at their finger tips — the answers to many questions raised.

Another important question I have been asked dozens of times—and it is a legitimate question—"Why another cookbook?" I answer that this way. You may see in this booklet recipes that have been listed ever since there were cookbooks. Yet by the process of reorganizing and varying cooking time, amounts of certain ingredients, and using a completely different method of preparation I have been able to produce—in many instances a more flavorful, delicious, and enjoyable dish. Baked beans and salad dressings, for example, are notable illustrations of this point.

Throughout my cooking career my work has been principally directed toward the common sense idea of cooking. This idea of doing an exceptional job with the simple things plus whatever creative ability I may have possessed can be credited with whatever success I may have had in my work. The essence of my experiences I have tried to catch and incorporate in this book.

I feel that anybody can be a creator in the art of cooking if he or she is willing to work open-mindedly to please, and to continue with constant experimentation. You can only make food an enjoyable life's work if you put body and soul into it.

Anyone who wants to be a success in foods must learn food from its origin to the table. Freshness is the first step in preparation and that freshness must be maintained throughout the entire process of cooking and preparing food.

Close to thirty years experience in cooking for large groups—first at Principia Institute, St. Louis, Mo., at summer resorts, at Tuskegee Institute, and at the University of Wisconsin for 27 of those years — has greatly increased my sympathy both for the housewife who wants to know how to meet her prob-

Acc 2015/330
2504

lems in handling food, the mainstay of the family, and for those responsible for institutional and quantity preparation of foods.

I came to my life's work without any previous training for tackling the job. The only equipment I brought to the work was an open-mind and wide-open eyes. These have proved to be invaluable assets through the years.

My cooking career began when I landed a dishwashing job in a small restaurant in the oil field town of Eldorado, Arkansas, back in 1922. That alone is enough to say that I came up the hard way. It is my sincere hope that SEASONING SECRETS AND FAVORITE RECIPES will help others to find a smoother road, sooner and with fewer mistakes and better results.

The publication of the original SEASONING SECRETS in the spring of 1949, marked the beginning of a new day for me in my chosen field. It was the key to ever-widening opportunities for sharing experiences with a host of new friends through practical demonstrations in the preparation of foods before homemakers, radio and TV audiences, vocational classes, hotel and restaurant proprietors, caterers and others concerned with the preparation of food for large or small groups.

The new material contained in this revised and enlarged SEASONING SECRETS AND FAVORITE RECIPES is intended: (a) to fill the gap left open by the urgency of getting the original SEASONING SECRETS to press, (b) to incorporate both significant observations made during the period and valuable suggestions from well-wishers, and (c) to answer many of the basic questions frequently raised during the course of our work. Included in this new material are the following: a revolutionary new and better way to prepare and utilize turkey as well as instructions for properly preparing turkey in the usual "whole roasted" way, entire new sections on buffet suppers or snacks and outdoor cookery, demonstrations of the importance of proper temperatures in the cooking of meats and ways to prepare the new and increasingly popular Rock Cornish Game Hen, and many new recipes throughout the book.

ACKNOWLEDGEMENTS

The cooperation of the many friends, acquaintances and well-wishers who have either assisted me directly in the various kitchens or in one form or another have given me aid and encouragement in my chosen field through the years is very much appreciated. Those who have thus helped are too numerous to mention by name. Yet, in my life's work as in so many other callings and professions, it is the day to day counsel, advice, friendly criticisms but constant support of those with whom we work and those with faith in our work that makes possible not only the product of each day's labor but also continued progress in that field. So to all of those who have given a "helping hand" along the way, in any form, whether at Principia, the University of Wisconsin, Tuskegee, throughout the state of Wisconsin, or elsewhere, I again say a sincere "Thank You".

Permission of "Woman's Day" to reprint recipes on Combination Meat Loaf with Herbs and Baked Beans (with modifications) which originally appeared in their publication in October 1948, is very much appreciated.

Mrs. Grace G. Clark of Chillicothe, Missouri, and Mrs. Fay Porter of Marshall, Wisconsin, have graciously shared with us several of their prized cookie recipes. To Mrs. Clark we are also indebted for a short-cut brownie recipe. Others who have graciously shared their favorite recipes are: Mrs. E. B. Fred, white fruit cake; Mrs. Emmett Williams, cheeseless lemon pie; and Mrs. H. E. Peet, hickory nut cake.

The American Meat Institute and the National Live Stock and Meat Board have assisted by supplying specific information on "Meat Selection and Cookery" as well as the glossy prints that illustrate the difference in results obtained from the right and wrong method of cooking meats.

Beyond the most sincere good wishes and cooperation of fellow-workers and admirers, there remained the time-consuming laborious task of harmonizing food facts and cooking experience with words in order that "culinary explorers" might find my directions and suggestions both useful and enjoyable. In this phase of the undertaking, the Hannas—Hilton and Lillian—have proved themselves true friends and able colleagues.

Finally, as the person who has most constantly worked with me, regulated her own life and activities to mine, who has patiently served as my most willing "guinea pig" throughout years of food and recipe experimentation, who has on so many occasions sacrificed her own comfort to my work, and has often been deprived of companionship because of my work, I wish to salute and acknowledge with deepest appreciation the whole-hearted support and devotion of my wife, Beatrice.

CARSON GULLEY
Madison, Wisconsin

February, 1956

Acc 2015/330

MUSHROOM SAUCE

(Serves 8)

- 1 pound fresh mushrooms or 2 No. 1 cans mushrooms
- ½ cup onions, sliced thin and cut across
- ½ cup green peppers, sliced thin
- 1 teaspoon seasoning salt
- ¼ teaspoon white pepper
- 1 teaspoon salt
- ¼ cup butter
- 2 tablespoons parsley, chopped
- 2 cups milk
- 1½ cups good brown beef or veal stock, or beef bouillon
- 3 tablespoon flour

Wash mushrooms and peel if necessary. Mushrooms may be sliced, chopped, or left whole before cooking. Quarter slices of onion and green peppers. Sauté onions in butter until translucent. Add seasoning; then mushrooms and green peppers. Toss around until hot; sprinkle in flour, and continue cooking. Add hot stock gradually and stir until thick. Reduce heat and stir in hot milk. Serve hot.

HOLLANDAISE SAUCE

(Serves 1)

- ¼ cup butter
- 1 egg yolk
- ⅛ teaspoon salt or Seasoning Salt
- 2 tablespoons lemon juice

Use double boiler with boiling water not quite touching the upper pan. Divide butter into three pieces. Put one piece in the top pan to melt. Mix the egg yolk and lemon juice, and add to the piece of melted butter. Stir rapidly and constantly, adding another portion of butter as first ingredients become smooth; when mixture begins to thicken, add the third piece of butter and the salt. As soon as thickened, remove from fire. The tricks in successful Hollandaise are constant stirring; not cooking one second too long; and being ready to serve the moment it is taken from the fire. This sauce should be made while the guest waits, and never for large quantity service.

If sauce shows signs of curdling more liquid is needed. For the desired result add—a little at a time—any one of the following: lemon juice, vinegar, cream, stock, or water—until proper consistency is reached.

HOT SAUCE FOR WIENERS

- 1 pound beef, ground coarsely
- 1 cup fat or suet
- 4 cups onions, minced
- ½ tablespoon celery salt
- 1 tablespoon whole black pepper
- ½ tablespoon whole white pepper
- 1 tablespoon paprika
- ½ teaspoon rosemary
- ⅛ teaspoon leaf thyme
- 1 bay leaf
- 1¼ tablespoons chili powder
- ½ teaspoon cayenne pepper
- 1½ cups chili sauce
- 4 tablespoons Mixed Herb Wine vinegar
- ½ clove garlic, mashed (remove when fragrance becomes evident)
- 1 tablespoon sugar
- 1 tablespoon Worcestershire sauce
- ½ teaspoon Tabasco sauce

Sauté meat in hot fat. Cook until all signs of blood disappear. Add onions and cook until translucent. Add all the spices, garlic and vinegar and cook for a period of two hours—just simmering, and stirring occasionally. Add chili sauce and cook over boiling water or in double boiler for a period of six hours. Add Worcestershire sauce and Tabasco sauce just before removing from the heat.

Serve with wieners that have been heat through in boiling water. (Yield—8 cups).

MINT SAUCE

(Serves 6)

- ½ cup fresh mint
- 1 tablespoon sugar
- 2 tablespoons lemon juice
- ½ cup Mixed Herb Wine vinegar

Chop the fresh mint and mash it into the sugar. Let stand for two hours. Add the lemon juice and vinegar; let stand for four hours. Then serve cold. Especially recommended for lamb.

HERB SAUCE

(Recommended for Venison)

- 2⅛ tablespoons onion, cut fine
- 1 tablespoon chives, cut fine
- 2 tablespoons parsley, cut fine
- ¼ teaspoon rosemary
- 1/16 to ⅛ teaspoon thyme, crusehd fine and added during the last 10 minutes of cooking. Avoid using too much.
- 2 tablespoons butter
- ½ cup juice from roast
- ½ cup water
- 1 tablespoon Worcestershire
- 1 tablespoon A-1 Sauce
- 1 dash Tabasco sauce

Sauté onion in butter; after onion is translucent add the chives, parsley, rosemary and thyme and let simmer not more than 10 minutes over very low flame. Add sauces.

Mix meat juice and water and bring to a boil. Add to the sautéed herbs, and serve hot. May be used with wild game roasts or other meat when high herb flavor is desired.

HERB BUTTER SAUCE

(Recommended for Venison)

- 2⅛ tablespoons onion, cut fine
- 1 tablespoon chives
- 2 tablespoons parsley
- ¼ teaspoon rosemary
- 1 tablespoon Worcestershire
- 1 tablespoon lemon juice
- 1/16 to ⅛ teaspoon thyme, crushed fine and added during last 10 minutes of cooking

Combine as in recipe above. Serve hot on steaks and chops.

EGG SAUCE

- ½ teaspoon salt
- 1/16 teaspoon white pepper
- ⅔ cup fish stock
- ⅔ cup cream or milk
- 3 hard cooked eggs, chopped
- 1 tablespoon chopped parsley
- 2 tablespoons chopped sweet pickles
- 1 tablespoon chopped green olives or stuffed olives
- ¼ teaspoon seasoning salt or ⅛ teaspoon marjoram, ⅛ teaspoon savory, ¼ teaspoon "MSG"

Make Roux

- 2 tablespoons butter
- 2 tablespoons flour

Make roux. Add hot fish stock and hot cream to roux gradually. Season, and fold in other ingredients. Serve hot on fish as needed. May be used on broiled, baked, or boiled fish of any kind; very good on baked Finnan Haddie.

FIGARO SAUCE

- 2 cups tomato puree
- ¼ teaspoon leaf thyme (dry)
- 1 bay leaf
- 1 peppercorn
- ¼ teaspoon crumbled rosemary leaf

Combine all ingredients. Cook slowly until thick. Season to taste with salt and sugar. Strain through fine sieve. Cool. Mix with equal portion of mayonnaise. Serve with any fish requiring Figaro Sauce.

SEA FOOD COCKTAIL SAUCE

- 2 tablespoons green pepper, cut fine
- 2 tablespoons onion, cut fine
- ½ cup celery, sliced thin and cut fine
- ½ cup catsup
- 1 cup chili sauce
- 1 tablespoon A-1 Sauce
- 1 tablespoon Worcestershire Sauce
- Dash of Tabasco and only a dash or 1/16 teaspoon
- 1 tablespoon fresh grated horseradish
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon lemon juice
- ¼ teaspoon seasoning salt

Mix well 6 hours before serving. Yields 2½ cups. Can be kept two weeks under good refrigeration.

May be used on pork, any sea foods—hot or cold—pickled fish, lobster, and especially good with shrimp or oysters on the half shell or broiled.

DELMONICO SAUCE

- 2 cups medium cream sauce
- ¼ cup Sauce Bercy or Cooking Sherry
- 1 tablespoon parsley, chopped
- 2 tablespoons butter
- Salt and pepper

Combine all ingredients.

SAUCE MARNAY

(4 cups)

- 3 cups medium cream sauce
- 1 cup parmesan cheese, grated
- 1 cup American Cheddar cheese, grated
- 1 teaspoon Worchestershire Sauce
- ½ teaspoon celery salt
- ½ teaspoon mono sodium glutamate
- 1/16 teaspoon dry mustard

Fold grated cheese into Cream Sauce. Add all other seasoning. Stir occasionally over hot water until smooth. Serve hot with cauliflower, broccoli, asparagus, Brussel sprouts, boiled macaroni, and broiled finan haddie.

Others Say

I am pleased that Carson Gulley has asked me to write a FOREWORD for SEASONING SECRETS AND FAVORITE RECIPES.

For twenty-six years Carson Gulley served as head chef of one of the largest units of the University of Wisconsin residence halls system, working for the greater part of that time under my direction. Carson Gulley is an outstanding chef who is never satisfied with anything done in a half-hearted way. He is always experimenting and seeking to improve his methods and recipes.

As a member of the Residence Halls Staff, Carson Gulley made a record which will long be remembered by the University and his associates. On several occasions, for example, he personally assisted me in conducting a course for graduate dietitians. He has also shared actively in the University's class work for the training of apprentices in residence halls administration. But by far his most outstanding piece of work was, during the war, when the Navy asked the University to train a hundred cooks and bakers for sea-duty. Carson Gulley tackled that most difficult task and came through with "flying colors". He succeeded in inducing young men in uniforms not only to lose themselves in cooking, but to become so proficient at it that Gulley-trained men went out to make enviable records both on ship and shore duty around the world.

This is the same know-how and more that Carson Gulley has incorporated into his book. I like SEASONING SECRETS AND FAVORITE RECIPES, and I am sure you will too. It deserves to stand near the top of any list of helpful cooking aids.

D. L. HALVERSON
Former Director of Residence Halls
University of Wisconsin

Carson Gulley's interest in food—*good food*—is a consuming hobby as well as a profession. He has studied the origin, distribution, marketing and preparation of food products throughout a long and successful career. During these years he has worked out a large number of original and very excellent recipes. His knowledge and his recipes he now shares with the homemaker in this book.

Not only is Carson Gulley a top notch chef, but he is an excellent teacher as well. His demonstration classes on food preparation are always popular. His first class at Longfellow School in Madison began with an enrollment of six, and when the class outgrew facilities it was moved to Washington School. At the end of the session there were 150 in the class.

His second class at Shorewood School, where it was necessary to limit the attendance to eighty, was filled to capacity every time it met. Women clamored to come, and classes spread to schools and clubs throughout the state. His good humored presentation of his subject, his explanations as to why certain processes work best, his tips on marketing and nutrition, and his recipes are a great help and inspiration to the homemaker faced with three meals a day for her family.

If you wish both success and finesse with your food problems you will find, SEASONING SECRETS AND FAVORITE RECIPES, an interesting and useful book.

MARGARET HOUSE IRWIN, Homemaker
Formerly on the Home Economics
Faculty of the University of Wisconsin

Carson Gulley has had an active interest in food for a long time. In his youth, he worked at various jobs in kitchens and learned from chefs and cooks in hotels, restaurants, dining car service and summer resorts in many parts of the country. His outstanding ability as a cook, and his willingness to change old ideas, to apply better methods and to use newer knowledge of cooking principles have been contributing factors in his success.

Carson Gulley's interest in his work is unlimited and his information extensive. His offering in this book, SEASONING SECRETS AND FAVORITE RECIPES, is the result of experience, experiment, and tested results.

BEULAH DAHLE
Assistant Director
Residence Halls
University of Wisconsin

Carson Gulley has been an important force in the motivation of better cookery in the central Wisconsin area through his constant television contact with housewives. His program is a source of unending culinary delight for thousands of families to whom the latest Carson Gulley suggestion on television — or a particularly ingenious recipe — is immediately translated into a savory dish.

This is a service which requires the utmost in resourcefulness and imagination. These prerequisites are reflected constantly over the WMTV television screen by Carson Gulley and his charming wife.

GERALD A. BARTELL
President Bartell Television Corporation

It was our pleasure to discover and introduce Carson Gulley as a broadcast personality. With his first programs on WISC and WISC-FM in Madison, Wisconsin he immediately won his audience with his easy and informal presentation of his limitless food knowledge. Carson Gulley is an unquestioned expert who has the happy talent of making his teachings understandable to even the most inexperienced.

RALPH O'CONNOR
General Manager WISC and WISC-FM
Madison, Wisconsin

Acc 2015/330
2504

Seasoning

Seasoning is an art. It merits attention. It rewards efforts!

According to some sources, it was the search for herbs and spices—major seasoning agents—that led Columbus and his men to the discovery of America.

Cooking pleasures never dreamed of—a world of seasoning thrills—lie ahead for the "explorer".

Webster defines seasoning as: "Act or process by which anything is seasoned. That which is added, as to food, to give zest, or relish, as salt, spices, etc.; condiment."

From the standpoint of cooking, seasoning includes everything that is used to make good food better or more palatable.

SEASONING AGENTS

What then are the best known seasoning agents? A careful check will reveal them to be the following: *Butter, fruits, vegetables, meat extractives, herbs, spices, vinegars, wines, extracts, mono sodium glutamate,* and *food itself.*

BUTTER

There is nothing on earth that will take the place of butter as a seasoning. It is used in every phase of cookery from the most common soups to the fanciest desserts. Substitutes can and may be used as one chooses; but they remain substitutes.

Butter, when fresh and sweet, is the only fat that enrichens and intensifies the original flavor of any food. At the same time a word of caution is in order. The very delicate quality of butter that puts it in a class by itself as an excellent seasoning makes it the most dangerous fat that can be used, if it is the least bit rancid or not at its best.

Butter is used with flour to make roux for thickening cream sauces for soups and other cream dishes, if they are to be good and full of flavor.

It is also used in broiling steaks, chops, fish, chicken, cooking vegetables, baking cakes, hot breads, pies, making boiled salad dressings, and in a variety of other ways as a seasoning, including flavored butters.*

Last, but by no means least, butter is served fresh with every meal.

SEASONING BUTTERS

Many recipes refer to certain kinds of butter by name—particularly for use on special meat or fish dishes. *Incidentally butter purchased for cooking or seasoning should be unsalted.*

The following recipes for seasoning butters will be found especially delectable and dependable.

Herb Flavored Butter

A very effective and easy method by which to experiment with herb flavors is by means of herb butters. This utilizes the practice of introducing herb flavors through a fat as I recommend elsewhere.

Use approximately 1 part fresh, finely cut herb to 4 parts butter. Cream butter and blend with herb. When using dried herbs reduce amount to ¼ as much as fresh, and soak in lemon juice for a few minutes before mixing with butter.

Some suggestive varieties and uses are: sweet marjoram butter for cooked roasts; dill butter on cooked pork or lamb chops; dill, thyme, or parsley butter with lemon juice on broiled steaks.

Vary measurements and uses according to your own preferences.

*SAVORY HERBS—Their Culture and Use; Farmers Bulletin 1977 published by the U. S. Department of Agriculture gives detailed information on herb butters.

Brown Butter for Stock

Heat ¼ cup butter until slightly brown. Add 2 tablespoons lemon juice and 1 tablespoon minced parsley. Pour over broiled steak.

Cape Butter

Let butter stand at room temperature until it becomes soft. Season with cayenne pepper, lemon juice, and finely cut chives. Mix well. For sea foods use as desired.

Lemon Butter

Mix 1 part lemon juice with 2 parts melted butter, a bit of chopped dill and parsley, and a few grains of cayenne pepper. Serve on lamb chops or fish.

Lobster Butter

Pound 2 cups cooked lobster shells with ½ cup butter in a mortar. Place in a saucepan with 2½ cups water. Boil slowly for one hour. Strain into a large vessel. Cool and set in refrigerator overnight. Next morning remove the top and throw out the water.

Melt this butter enough to strain so that all sediment may be removed. Cool, and keep in a cool place until used.

Maitre D'Hotel Butter

¼ pound butter
3 tablespoons lemon juice
1½ tablespoons good chopped parsley
1/16 teaspoon cayenne pepper

Cream butter well. Add parsley and mix thoroughly. Just before serving add lemon juice and 1/16 teaspoon cayenne pepper. Serve as needed.

Mustard Butter

Cream 4 tablespoons butter and add 1 tablespoon prepared mustard. Add ½ teaspoon chopped parsley. Blend well. Use as desired.

Roquefort Butter

Blend 3 tablespoons creamed butter with 2 tablespoons Roquefort cheese. Spread on broiled steak and place under broiler for two minutes.

Service Butter

Cream 6 tablespoons butter. Gradually add 2 tablespoons sifted flour.

Use to thicken tomato sauce, fish stock, or to stabilize Hollandaise Sauce. Add according to thickness desired.

FRUITS

Fruits may and frequently do serve as seasoning agents in cooking. For example, no one should ever attempt to make a salad without lemon or lime. Regardless of the flavor that is desired or that is supposed to be present it can and will be intensified by the use of fresh lime or lemon juice. No thought of seasoning that leaves out fruit should ever be considered complete.

Meats, sea foods, and fruits in general can all be enhanced in flavor by the use of fresh lime or lemon juice.

Acc 2015/330

Fruit Seasoning Combinations

Some of the familiar and appropriate combinations of fruits and the food flavors they enhance are:

Apple juice or apple cider with ham
Apples, glazed or fresh, with fresh pork
Pineapple or pineapple juice with cured pork or ham loaf
Cranberries with cured pork, poultry, and many other dishes
Oranges, tangerines, and apples in stuffing for pork and poultry

Tomato—commonly referred to as a vegetable—is used in more branches of cooking than any other fruit. It is used as a vegetable, as the base for many sauces, in soups, alone, and jardiniere.

The tomato is one of our principal salad vegetables (fruits). It is used fresh or cooked both in salads and appetizers. It blends well with many meat, macaroni, spaghetti, and cheese dishes.

VEGETABLES

Vegetables are most commonly used simply as vegetables with meals. However, many vegetables are used in seasoning. In such cases they may fall on the borderline and be classified as vegetables or as herbs. Vegetables in this category are celery, onion, parsley, leeks and green peppers. They are all wonderful seasoning vegetables and have proved themselves as such.

The seeds of some of these vegetables are found whole in all spice cabinets. They are ground and made into onion and celery salts for use in milder forms of seasoning.

Onions, celery, parsley, leek, and green pepper add zest and flavor to salads. Many sauces would be helpless without them. They are also very much in demand as fillers for many meat and vegetable hot dishes, such as chop suey, potato salad, sea food, meat salads, and table relishes.

MEAT EXTRACTIVES

The extractives of meats are the essences that make the product desirable and palatable. The extractive is that substance we crave from the meat.

Flesh of some description is yearned for by practically everyone. Whatever the individual choice—whether it be meat, poultry, fish, or game—the desire nevertheless exists.

Meat extractives form the base on which soups, chowders, and sauces are all constructed.

HERBS AND SPICES

Herb and spice cookery affords a variety of fascinating and enjoyable recipes, when skillfully executed. Competence and care are essential requisites for the finest results in the use of herbs and spices.

The excessive use of any seasoning, especially herbs and spices, is highly objectionable. It is far better to use less than required than to use more than is needed.

Herbs and spices should be used in amounts just large enough or sufficient to attract the attention of the diner to the fact that something new—perhaps unusual—has been added to the food to improve its flavor and delicacy. They should never be used in such quantities that their full and natural strength stands out as conspicuous.

Function of Herbs and Spices

Spices are commonly used both for fragrance and flavoring. The favorites in herb cookery are parsley, sweet basil, chervil, sweet marjoram, thyme, rosemary, tarragon, sage, dill, and chives. These may be used singly or in blends. There are no rules in blending herbs, but imagination, interest and constant experimentation assure their most effective use.

Herbs and spices may be flavorful and enticing but, with few exceptions, by themselves they provide very little, if any, nourishment for the body. They cannot take the place of food. What they do is to harmonize the several food products of the menu and accentuate their attractiveness and palatability.

Individual Tastes

Every individual has a distinct taste or desire of his own in the matter of seasoning. This individual—this different—slant, is especially true with respect to herbs and spices.

Some people are possessed of a very sensitive taste. With others it is not so keen. Some people are very discriminating with respect to foreign flavors. Others are more cosmopolitan.

For individual or even family service it is an admirable practice to cultivate and develop and to cater to discriminating tastes and desires. In the case of cooking for the general public, or in group feeding, however, the practice is not very feasible.

Cooking with herbs and spices is an art. Factors and considerations such as those listed above make the teaching of that art a difficult task.

Constant experimentation, therefore, I highly recommend as an important approach to the study of herbs and spices for the purpose of seasoning. These experiments should be conducted on a small scale in the tester's own kitchen before the results are introduced to the public.

Know Your Herbs and Spices

Experience will prove that there are herbs and spices that are especially suited for use with particular foods. When used with such foods they blend beautifully, giving just the desired effect. In combination with many other foods, these same herbs and spices will produce horrible and disastrous results.

Certain spices are found in many varieties. It is important to know that though some of them have the same name they cannot be used interchangeably. For example, paprika has at least five varieties. There is Hungarian paprika, which is very hot, like cayenne or red pepper. Domestic paprika which is commonly used as a coloring agent and as a garnish, but is also used in many sauces. Portuguese paprika is sweet in flavor and easily adapted to a number of dishes. Spanish paprika resembles Portuguese paprika and is used mainly in stews, tomato sauces, and Spanish sauce. Then there is plain paprika. This variation in the types and uses of paprika makes it essential to know and specify the kind you want for any specific purpose.

The guide should be carefully studied as an aid in determining the herbs and spices that can be used with different foods, in various combinations of foods, and in different methods of cookery.

Commercial Blends

There are now on the market a number of highly recommended commercial blends that have been worked out and tested in the test kitchens of reputable establishments. Well known among these concerns are the House of Herbs, Salisbury, Connecticut; Spice Islands, San Francisco, California; and Griffiths Laboratories, Chicago, Illinois.

From the standpoint of harmonizing proportions and blending herbs and spices these houses have literally performed a modern miracle in the food industry.

Acc 2015/330

254

Acc 2015/330

By tests and personal experience I have found these commercial blends to be accurate and satisfactory.

There are good reasons for the excellence of the commercial blends. Whenever herbs and spices are blended at the herb gardens they are blended with equal freshness. That is a point of major importance in the process.

When the individual experimenter or housewife attempts to blend, the herbs and spices used may differ in age as much as two or three years. During that time one or more of them might have become oxidized and flavorless. Should this happen the blended product would also be unbalanced and off flavor.

In the highest sense of the word, food cookery is an art. Accordingly, it cannot be too strongly stressed and emphasized that where herbs and spices are used in the seasoning process, they should be administered with delicacy, competence, and a keen appreciation of their qualities and flavor.

Chemical Reactions

It is a natural occurrence that chemical and heat reactions create and bring about variations in the same recipe from time to time. However, if products that are uniform in both age and measurements are used the natural variations will be at a minimum; and never radically wrong.

The art of blending herbs and spices is difficult even under the most favorable conditions. When the job has to be done with unevenly aged, oxidized, and flavorless products, the task is made that much harder. Under such conditions it is impossible to compete with commercial blends that are made from herbs and spices at their best—fresh and full of flavor.

Cooking with Herbs and Spices

In spice cookery, the *when* and *how long* are just as important as the *where* and *how much*. Depending on the type of food being prepared, many herbs and spices are to be cooked for the entire cooking period. Others may remain in the food for only a short time. For example, when making soups, stews, and chowders, certain herbs and spices should be put in by means of bouquets or spice bags which can be removed as soon as the desired flavor has been attained. In the case of others, they are blended with butter or sautéed in fat before combining with the other ingredients. If some herbs are allowed to remain in the cooking food too long their flavor will increase to such an extent that they become objectionable. *Bay leaf, leaf thyme,* and *rosemary* are members of this strong variety.

Herbs and spices crumbled, powdered, or used in the form of salts and seeds usually need to be watched very closely. As a general characteristic, they tend to grow stronger the longer they remain in the food. Celery salt, garlic salt, or any combination of the two, for example, added to cold tomato juice cocktail or cold vegetable cocktail *just before serving* might lift their flavor to a tantalizing height. Two hours later the same cocktail will be far stronger than at the earlier serving—even if kept in refrigeration.



Introducing Herb Flavors

Herb flavors can best be introduced into hot dishes through the medium of some kind of fat. If onions, celery, or similar seasoning materials are used they should be sautéed in a small amount of fat.

Note, for example, the following recipe and method of making bread dressing or stuffing for meat or poultry.

1	cup celery		Dash of white pepper
1	cup onion		Dash of celery salt
½	teaspoon leaf sage	1	cup chicken broth or 1 bouillon
4	tablespoons butter or good cooking oil		cube dissolved in 1 cup hot water
1	teaspoon salt	1	quart or 4 cups bread crumbs

Cut celery and onions fine and sauté in butter or cooking oil over a slow fire until translucent. Add sage, crushed very fine, and the other seasoning. Cook for about five minutes until well-blended. Add 1 cup hot chicken broth, or one bouillon cube dissolved in a cup of hot water, to the sautéed celery and onion. Add this mixture to the bread, broken into bits or cut into half inch cubes.

The process of sautéing the sage in the butter with the onion and celery introduces the seasoning into the fat. Since the entire combination is mixed into the bread, the flavor is equally distributed to all parts of the bread thus giving a uniform flavor throughout.

The method described above produces a highly satisfactory result in introducing herb and spice flavors where recipes call for herbs and spices. Meat loaf, meat balls, soups, and cream sauces are also dishes that are adaptable to this method of seasoning.

(If this dressing is to be used for veal birds or stuffed pork chops, two eggs should be whipped and added with the stock or bouillon and blended well with a fork before stuffing.)

Cooking Time

Herb and spice cookery is very much like vegetable cookery in at least two respects. For best results in the retention of both color and nutritive value, most vegetables should be cooked but a short time.

Herbs and spices are closely related to the vegetable family. Like the latter they, too, require but a short time for best results in cooking. The last half hour of cooking is frequently long enough for many of them to be kept in the food. The objective is to keep them in the food just long enough for them to shed their flavors.

Objective

The main objective of herb and spice cookery is to create an original food concoction, if possible, or enhance by variation in seasoning the already acceptable and standardized preparation and serving of good wholesome food.

Too often this objective is deliberately distorted. The legitimate purpose of the use of herbs and spices in seasoning is never to cover up an inferior product or camouflage bad food.

Freshness Essential

Freshness is an absolutely essential quality for all products in herb and spice cookery. It is impossible to attain uniformity of control where off-flavored seasonings and inferior half-spoiled foods are used. For example, regardless of the freshness of the herbs and spices, you cannot make a good salad dressing with rancid oil. On the other hand, the best salad dressing will do no good in bringing back to life half-spoiled sea foods, steaks, poultry, or other foods.

2504

University of Wisconsin Senior Chef, Resident
Halls, and an authority on herbs and spices.

Acc 2015/330

Then also, there is the matter of obtaining fresh herbs and vegetables. In gathering them from your own garden you will find the earliest morning hours, before the sun has begun to wilt them, the best time to select your needs for the day. In the market, morning hours are also preferable for selecting fresh produce since they are usually brought in by hucksters or from refrigeration at this time.

If you are able to visit commercial herb gardens—the Potter's, Baraboo, Wisconsin, House of Herbs, Salisbury, Conn., and Spice Islands, San Francisco, California, offer such opportunity—you may purchase fresh herbs direct from the grower.

Spices should be pungent and full of flavor—fresh—when purchased and must be kept closed, away from heat and direct sunlight, to preserve these qualities. Over a ten year period I have found the opaque, shaker-topped jars with complete cap covering which Griffiths Laboratories supplies for their spices to be the most satisfactory container.

Fine Herbs

The following are the Fine Herbs—the most delicate of the herb family. In the fresh stage they require very little cooking, if used in hot dishes. The combinations are:

Thyme, Parsley, Burnet
Parsley, Sweet Marjoram, Chives
Tarragon, Chervil, Parsley (for fish)
Rosemary, Sweet Basil, Parsley

The above groups are favorable combinations that may be put in appetizers, cocktails, cheese spreads, cold sea foods, and hot soups just before serving; sautéed with mushrooms and served on broiled steaks with blue cheese. They may also be used in vegetable salads. When so used they should be cut fine with a sharp knife—not chopped and bruised.

The classification just mentioned is known as the mild herbs with the exception of thyme and marjoram which must be used sparingly at all times. The marjoram classified with the fine herbs is sweet marjoram not the black or pot marjoram.

Herbs not listed in this group are considered too strong and dominating for such combinations and usages.

All dried herbs are much stronger than fresh herbs. Consequently much care should be exercised in blending herb combinations—the fine as well as the strong. For that matter the same applies to the strong herbs used alone.

Any herb cooked too long in foods will eventually become a dominating factor, and thus, objectionable.

Herbs and spices should never be used in a haphazard manner in any process of cooking. To insure success consult an herb or spice chart or guide. It will get you on the right track as to the proper use of herbs and spices, or proper combinations to use in order to secure the result desired. You will be rewarded many times over in food flavor and meal enjoyment for moments spent in getting your herb and spice "bearing." Let the chart or guide help you select the right herb or combination for the taste effect you seek.

LEFT-OVERS

It is a generally recognized fact that the public considers such dishes as meat loaf, meat balls, croquettes, and the various types of scalloped dishes, left-over foods—at the turning point in both food value and palatability. That impression ought to be corrected. The responsibility for correcting it is the responsibility of those of us who cook—whether we are cooking for a family of two, a large institution, or the general public.

Left-over foods, used as left-overs are all right. If desired, there is no reason why they should not be prepared in the above mentioned dishes. Such preparation, however, ought to be done when the food is at its best—not after it has reached the stage where there develops the urge to "cover it up," by the use of herbs and spices. When herbs and spices are used to camouflage they do an injustice both to themselves and the food.

MONO SODIUM GLUTAMATE

Mono sodium glutamate is a modern cooking miracle. "M-S-G"—as it is popularly called is not an herb, not a spice; and not a seasoning. Technically speaking, it is a vegetable protein derivative. But in plain language it is "that certain something" which brings out and intensifies the natural flavor of the food itself.

To the housewife and institutional chef, "M-S-G" is a relatively new discovery. On the other hand it has long been known by the Chinese and has been in use by American commercial canners and food handlers for years.

One of the most valuable qualities of mono sodium glutamate is its ability to bring out and intensify the natural flavor of foods. It should thus be used in the pure form and strictly according to directions. A small amount will usually produce the desired effect.

Mono sodium glutamate should not be used with fruits, highly cured meats, or highly seasoned or spiced foods.

"M-S-G" is a culinary new-comer. Yet it is simple to use and easy to keep on hand.

In the preparation of left-overs, in cream sauces, and in foods which have to be held for a while between preparation and serving, a little mono sodium glutamate can be an invaluable asset. A small amount of it intensifies the natural food flavors which otherwise would be covered with blandness and lost. It is almost like the process of recreating or restoring the original qualities.

Mono sodium glutamate is a wonderful discovery. It ought to be used as it was intended to be used. If its purpose is perverted or the product carelessly handled "M-S-G" can be very dangerous. For example, mono sodium glutamate should never be used to camouflage spoiled, tainted, or questionable foods. Any food in which enzymatic action has begun should be thrown out without hesitation.

The main purpose of mono sodium glutamate is to make good food better!

As pointed out, mono sodium glutamate, in certain respects, literally performs miracles. Yet there are many foods that can be made just as palatable and enjoyable without mono sodium glutamate as with it. However, in the whole process—from selection to serving—*every rule and principle relating to proper preparation must be carefully followed and rigidly observed.*

The preparation of creamed chicken is an A-1 example of this point.

Creamed Chicken

Selection and Cleaning

The first step is to select the proper bird for the recipe. For this recipe select a five-pound, well-developed, well-fed and well-finished stewing chicken. It must be dressed, cleaned, and washed with baking soda inside and out—the latter to remove all dust film that might possibly serve to contaminate the natural flavor. It should not be dressed more than two days before cooking; and at that, it should not be stored in temperature more than 40°F. or less than 32°F. In other words, as near 32°F. as possible, but not lower than freezing.

2504

Cooking

The chicken must be cooked the day it is to be served, and the method of cooking is very important.

Use the smallest kettle you have with a cover which will conveniently hold the chicken and 2 quarts of water for cooking. *Start in cold water, add seasoning; bring to a boil; then lower flame so that chicken just simmers.*

Seasoning

¼ teaspoon white pepper
¼ teaspoon celery salt
1 teaspoon of salt per pound of chicken

As soon as chicken is tender remove kettle from fire. Let chicken remain in stock until stock is cooled to room temperature so that natural juices and extractives stay in it.

Preparation

After the chicken has been removed, boil the stock until it is reduced to ½ to ⅓ of its original volume. Remove from the fire and strain through a fine strainer.

Cream Sauce: or Chicken Supreme

Use equal portions of chicken stock and whole milk. To each cupful of chicken stock and milk allow 2½ tablespoons flour and 2 tablespoons chicken fat for the roux. Make the roux, using the flour and chicken fat according to the above specifications. When the roux is made, gradually add the chicken stock and milk, which must be hot, and whip into a smooth sauce. No seasoning will be necessary.

Combining Chicken and Sauce

Meantime the chicken should have been removed from the bones. It should not need to be diced or cubed. Put the chicken in a casserole dish, pour the sauce over it, and heat in the oven for thirty minutes at 300°F.

Serve hot with biscuits, on toast, with noodles, rice, mashed potatoes, or in patty shells. A sumptuous dish that is, if ever there was one!

VINEGARS

Herb Vinegars

Wherever possible cold dishes such as cocktails should be seasoned with herb vinegars. When herb vinegars are used, once the desired flavor is attained it remains the same for an indefinite period. It does not grow stronger with the passing of a few hours.

Herb Wine Vinegars

In salad dressings herb flavors are best introduced through herb wine vinegars. Flavors are better controlled through the use of vinegar than by the use of salts or herbs themselves.

Herb wine vinegars are used in making many sauces for sea foods. The famous Bearnaise Sauce that previously required hours for making, by combining and cooking the various ingredients, may now be made in a jiffy by using mixed herb wine vinegar, water, butter, and eggs.

If individuality is to be maintained and a high standard established in making salad dressings with a distinctive flavor of your choice you must get acquainted with wine flavored vinegars. Wine flavored vinegars possess long life keeping quality.

Many meats such as lamb chops, steaks, fish and sea foods may be broiled by first marinating in your favorite wine vinegar, and finishing off with butter or salad oil.

Many salads, by the use of herb wine vinegars and your favorite salad oil, may be served without a dressing.

Spiced Vinegars

If unable to secure the herb wine vinegars, you may spice or flavor cider vinegar by boiling the spice or herb in the vinegar before making the salad dressing. As a beginning in this phase of herb cookery you might start with a cupful of boiling cider vinegar. Toss a handful of fresh basil, marjoram, or thyme—cut in narrow julienne strips—into the boiling vinegar and leave just long enough to wilt. After three minutes strain and use the herb or spice flavored vinegar as directed in your recipe.

ACCOMPANIMENTS

Herbs and spices, as valuable ingredients in the manufacture of salad dressings and sauces, make an important contribution to cooking. Hardly a sauce or salad dressing for meats, vegetables, poultry, sea foods, or dessert can be made without herbs and spices in some form.

A salad is often the bouquet of the table—both from an artistic and a nutritional standpoint. On many occasions salads are made with raw foods that are needed by the body to supply the vitamins and minerals essential for a well-balanced meal.

Often the salad dressing creates the palatability necessary to entice or tempt the appetite of the diner for the salad. Salad dressing also adds food value to the menu.

Most salads made from cooked foods are made with, or are at least partially composed of, salad dressing. In other words, the dressing constitutes part of the salad.

Spiced Accompaniments

Spiced accompaniments, which depend on herbs and spices, include such tasty dishes as:

Spiced crab apples, spiced pears, peaches, pineapple, beets, celery, cucumbers, watermelon pickles, relishes, chutney, catsup, and pickled sea food.

Practically all types of food may be processed with spices.

Wine

Wine is a seasoning agent for meats, poultry, and a variety of fish dishes. Along with spices and lemon juices it is used as a marinate for game. Wine is also used in making the sauce for newburgs, chicken paprika, chicken a la king, shrimp creole, etc.

Wine as a seasoning is extensively utilized in European cookery. In the United States its full seasoning qualities are only rarely employed. It offers a fertile field for experimentation.

Brandy

Brandy is another "spirit" also used in cooking. It is found to be quite desirable in plum puddings and many fruit sauces.

Extracts

Extracts are the distillates of the oil of corresponding fruits. They are to fruits what extractives are to meats. Almond, vanilla, and lemon extracts, for

Acc 2015/330
252

University of Wisconsin Senior Chef, Residem
Halls, and an authority on herbs and spices.

Acc 2015/330

example, are obtained from the almond nut, vanilla beans, and the lemon respectively.

Extracts are extensively used as seasoning or flavoring for sweet entrés, pastries and confections.

SEASONING SALTS

Herb salts are a convenient means of seasoning salads, sauces, soups, and many other foods. They are convenient to use and to keep on hand. But the use of herb salts creates certain problems.

Since the salts are made from seeds containing oils, they have certain chemical reactions as a result of these oils. Just as oil permeates wherever it touches, the oil in these salts spreads and intensifies the flavor the longer it remains in any food. Therefore, it needs to be used with caution. Remember that the taste of the food as you prepare it may change to a much stronger flavor a few hours later. Used correctly, however, the salts form a milder seasoning than the direct herbs because the oils have been blended with salt.

Another caution for the use of herb salts is that their strength deteriorates with age. If not used in a reasonable time, or if left open or kept at too high a temperature, they become oxidized and crystallized so that their true flavor is lost. The seeds themselves will keep indefinitely as long as whole, and one may soak or boil them to get the substance for flavoring, but once the seeds are cracked or ground, the oil begins to escape. And the oil is essential to the seasoning quality.

Following is a list of seasoning salts and suggestions for their use:

Basil Salt

Use to season tomato dishes and sauces, gives an excellent flavor when cooked with salt fish, tuna fish, liver and green vegetables.

Celery Salt

The best way to use celery in salad dressings, sauces and gravies; lift out the hidden flavors of fruits, vegetables and meats. Blends well with practically any flavor. Especially good in bread dressings and stuffings for poultry and wild game.

Garlic Salt

Use on steaks, roasts, and in meat balls, or in beef soups and green salads.

Marjoram Salt

Use on breaded cutlets, spinach and squash; can also be used in soups, lemon sauce, stuffings and salads.

Onion Salt

Gives fine flavor to steaks, roasts, pork chops, meat gravies, stews, soups, hash, and fried potatoes, and in salads made of fresh vegetables.

Vegetable Salt

Sprinkle in tomato juice, orange, milk, or on cereals and salads.

Caution

The average spice or seasoning leaflet commonly advises the use of more seasoning than the beginner or average person likes.

Herb and Spice Guide

The successful way to herb and spice cookery is through experience and experimentation in your own kitchen. But before you begin experimenting consult the Guide. It will get you acquainted with the possibilities of herb and spice seasoning, or reassure you of the fact that such herbs and spices ought to be used for the flavor desired.

Herbs and spices—fresh or dried—do not blend with all foods. Therefore, the following Guide is intended to serve as your protection in their use. In blending herbs and spices for use in any recipe make sure that they are all especially suited to the particular food under consideration.

ALLSPICE in flavor, a blend of cinnamon, clove, and nutmeg. Usable in a wide variety of cookery. Add it whole to soup stocks; use whole in recipes calling for a long cooking time. Essential in pickling; excellent as a pastry spice. In seasoning cold meats, wrap it in a cloth and crush with a mallet before adding to the meat—or use freshly ground allspice.

ANGELICA leaves and stalks are candied or glazed like citron. Use in fancy cookies, cakes, and confections, steam puddings and fruit cakes. Grate for use in cookies; chop for use in puddings and fruit cakes.

ALMOND the Spanish variety is available in this country bleached and ready for roasting. Fresh domestic almond must first be blanched by covering with boiling water and allowing to stand for about ten minutes. The hulls will then come loose easily. An almond paste can be bought ready-made in cans for use in delicate pastries. Almond extract is useful in many different cake and dessert recipes. For soups and baking, almonds need not be roasted. For almond bisque, blanch the nuts and grind. Make a thin cream sauce, cook in double boiler for an hour with the ground nuts. When ready to serve, dilute with milk to desired consistency. For a soup in which the almond flavor is not pronounced, substitute chicken stock for half the milk. Season slightly with celery salt, table salt, and white pepper.

ANISE slightly licorice in flavor; use sparingly until an appreciation of the flavor has been cultivated. Seeds of Spanish anise are used for breads, rolls and confections. One-half teaspoon anise seed added to the boiling vinegar and strained out will season a quart of mayonnaise. Anise leaves are used fresh or dried in salads and in making herb tea.

ANISE, STAR powdered, is often used as a brown coloring agent, particularly in apple butter.

ARROWROOT use as a stabilizer in place of an equal amount of flour or cornstarch to thicken puddings and cream pies. In making pie crust arrowroot will not take the place of flour entirely. When used in butterscotch sauces or ice cream, arrowroot will not spoil as quickly as cornstarch. It does not absorb moisture from the air.

Arrowroot is particularly useful when cooking for allergy patients who cannot eat flour.

BALM, COMMON or LEMON lemon-scented leaves are used fresh or dried in meat, fish, and salad dishes.

BALM, PINEAPPLE—use same as common or lemon balm.

BASIL, SWEET has faint pepper-lemon-clove taste. Use fresh leaves in salads, and leaves in stews, soups, fish sauces, and omelettes. Chop fresh leaves like parsley; crumble dry leaves well. Add to soups and chowders the last ten minutes of cooking. For fried tomatoes add crumbled dry leaf to crumb mixture. In vegetable cocktail add crushed basil leaves about an hour before serving.

BAY LEAF use in stews, sauces, soups, fish cookery, cold or hot meat, game dishes either alone or blended with other seasonings. In cold meats crush the leaf and mix with other seasoning; in soups—tie the leaf in a cheesecloth so that it may be easily removed according to taste preference before the soup is served.

2284

BORAGE cucumber taste. Use fresh or dried leaves in salads. Crystallized flowers can be added to cake and confections. If using borage in any hot dish, keep it in cheesecloth bag for removal as soon as flavor is sufficiently introduced.

BURNET slight cucumber flavor. Use in salads; also in making vinegars.

CAMOMILE (sometimes spelled Chamomile)—dry leaves and flowers used in herb tea. In Mexico the seed is used in making chili, sauces, soups, stews, and in tomato dishes where high flavor is desired.

CAPER premature blossom of spice plant "caper" which is pickled for use in cold dishes, sauces, and salads—especially sea food such as tuna, crabmeat, or salmon. Taste is sharp, sweet, and lemon-like.

CARAWAY use dried seeds in breads, cakes, cheese, soups, sauerkraut, new cabbage, sprinkled on French fried potatoes, goulash, pork liver and kidneys. Mix with cream and other cheese for canapé spreads, or celery stuffing.

CARDAMON can be obtained whole, decorticated, or in powdered form. Include in many mixed spices or spice bags. Use in gingerbreads, cookies, cakes, and biscuit batters, and in poultry stuffing. Use ground cardamon in sausage mixture, on hot dogs, and try rubbing it on fresh pork. Use with nutmeg and cinnamon in apple pie.

CASSIA similar in flavor to cinnamon, somewhat stronger and more pungent; may be used instead of cinnamon. The cassia stick is thinner than the stick cinnamon bark, and does not give such a dark color as does cinnamon. Cassia varieties, include Honan, Batavia and China Saigon.

CELERY seeds and leaves are used for flavoring meats, sauces, and salad dressings. For poultry or game stuffings sauté fresh celery or use celery salt or whole celery seed. Celery leaves or stalks for soups should be sautéed before putting into the stock. Serve stalks as a relish, pickled with cucumbers, or creamed as a vegetable with pieces of mushroom and carrot.

CHERVIL resembles a mild parsley in flavor with slight peppery taste. Use in place of parsley in salads, egg and poultry dishes, and in sorrel and spinach soups.

CHIVES young green tops are mildly onion flavored. Use chopped in savory foods, sauces—especially sea food and fish dishes—salads, and cream or cottage cheese.

CINNAMON use to flavor desserts, pies, pastries, breads, meats, and stuffings; dust on fried bananas, and in making beverages. Especially good with apples, and often combined with allspice, nutmeg and cloves; mix with sugar for use on waffles or toast. Pickling and canning.

CITRON glazed rinds used for fruit cakes, cookies and steam puddings.

CLOVE use whole for flavoring ham and other baked meats. Cloves contain oil and are high in flavor, therefore, are excellent for pickling fruits, or combining with other spices for pumpkin pie, spice mixture, catsup spices, etc.

COMENIEN seeds are used for chili only. In the making of chili con carne, comenien seed alone would set off the flavor of the dish.

CORIANDER use seeds when fully matured and dry. Coriander seeds must be kept dry or the odor and flavor will be unpleasant. Use in frostings, cookies, sweets, and in hot dogs, gingerbreads, pound cakes, stuffings, mixed salads, pickles, chutney. For a spice bag mix a few coriander seeds, a bit of ginger root, a whole clove, a few mustard and allspice seeds.

CUMIN seeds resemble caraway. Use in soups, stews, cooking chicken, and for pickling; sometimes added to pastries. Blends well in wine cookery. May be substituted for comenien.

CURRY POWDER a combination of herb seeds and spices in a dry, yellow powder. Use in making such dishes as curried lamb and stews, Spanish or curried rice, and in tomato sauce. May be used as you would mustard in salad dressing.

DILL aromatic seeds are used in pickling, fish cookery, and in salads. When using the dill sprig in salads bruise it and mix with the salad ingredients for a time but remove before serving.

FENNEL use seeds, which have an anise-like flavor, in salads, savory foods, especially fish, and in pickling. Crush or grind the seeds for use in soups, stews, and chowders. Cut fresh leaves in julienne strips for use in salads, but use very sparingly because of their high flavor.

FENUGREEK seed is used in making curry powder, but flavor is so strong that it should never be used as a substitute for curry powder.

FILE a powder made from the dried leaves of tender tips of sassafras. Used in Creole cookery, particularly gumbos.

GARLIC a bulbous herb with strong onion flavor; too often misused and consequently disliked. Handle discreetly and use sparingly. Chop garlic very fine and sauté in oil to a golden brown before adding to stews chili, sauces, or other hot dishes.

A simple way to handle garlic seasoning is in the form of garlic salt, juice, or vinegar. These extracts have the exact flavor of fresh garlic and are more easily controlled. Garlic vinegar may be added to vegetable salad dressings in place of cider vinegar. Another easy way to control garlic flavor is to keep a clove of garlic in a half cup of salad oil in a covered jar in the refrigerator; when garlic seasoning is wanted use a few drops of the oil in which garlic has been kept, or for salads, rub the salad bowl with the garlic flavored oil.

GINGER can be obtained in whole, ground, or crystallized form. Ginger is used as a spice in cookies, the familiar gingerbread, and other confections; it is a popular pickling spice. Crystallized ginger may be used in fruit salad by shaving a little ginger over the top of the salad or by mixing it with a dressing made of one part whipped cream and one part mayonnaise.

FISH HERB is a mixture of mint, sage, thyme, basil, dill and marjoram. When making fish chowder, fish herb should be added the last ten minutes of cooking. It may be mixed with salt and sprinkled over fish in the process of baking.

HORSERADISH may be had fresh or commercially prepared. The fresh horseradish is much stronger and more flavorful. The prepared horseradish must be kept under refrigeration and is good so long as it retains its white color, but if it turns dark it has lost its seasoning power. The dehydrated horseradish is good the year around and does not need refrigeration.

Horseradish is especially good in seafood cocktails or as a relish for meats. It may be mixed with whipped cream to taste for a ham dressing.

HYSSOP use leaves for flavoring vegetables, especially those of the bean family. When seasoning canned vegetables, the juice should be drained off; add finely chopped hyssop leaves, butter and salt; pour the heated liquid over the vegetables.

JUNIPER crush berries and sprinkle over wild game while cooking, or add to Spanish sauce and curried dishes.

LAVENDER a sweet spice used to decorate cakes or confections. Also used for sweet meat seasoning.

LEEK mild onion flavor, used principally in appetizers, soups, and relishes.

LEMON a citrus fruit, the juice of which is essential to fish cookery, all fruit salads, raw fruit preparation, and many vegetables. Use lemon juice for dredging to prevent discoloration of such fruits as bananas and apples; add it to apple dishes to bring out flavor especially to old apples. Marinate all fruits in lemon juice to which has been added a sprinkle of sugar, before combining in fruit salads.

LIME use interchangeably with lemon.

LOVAGE stems have a rich celery-like flavor, and can be combined with marjoram, chives, and mint in French dressing. Used alone or in combination with other herbs in cottage and cream cheese, lima bean salads, sandwiches and poultry stuffings. Use like celery in soups, sauces, and stews. The candied roots may be used in cake frostings and cookies.

MACE (the lacey covering of the nutmeg seed) use whole blades in fish sauces, in pickling, preserving, and particularly in stewed cherries or prunes. A blade, or piece, added to Welsh rarebit gives distinction to the dish. One blade chopped fine flavors gingerbread batter. Chop fine and add to biscuit dough to serve with fruit or strawberry shortcake. It brings out the flavor of chocolate in recipes, and is excellent in yellow cake, pound cake, and in anything fried in deep fat, such as fried cakes. Grind and add to cream soups, or add to soup stock and

Acc 2015/330

oyster stews the last ten minutes of cooking.

If used with a light hand, mace may be found desirable in all branches of cooking.

MARJORAM used ground in meat, salad dressings, stuffings, gravies for Swiss steak, and in meat loaf. May be used to garnish tomato, cucumber, and other vegetable salads. Dried marjoram leaves are crumbled and added sparingly to soups and stews, the last ten minutes of cooking. Marjoram can be bought as domestic, French and "sweet", the last being recommended for fish dishes.

MINT fresh leaves may be chopped fine for fruit salads or used whole as garnish. Use with lamb roast, in iced tea or mint juleps, or for marinating canned fruits to bring out the fresh flavor.

MUSTARD young tender leaves may be used in salads. Seeds are ground for pickling or for seasoning sausage and other cold meats. The black mustard is recommended for dark meats like salami. Yellow mustard seed is also used in pickling, in making sausage and cold meats, but is most frequently used powdered and made into prepared commercial mustard known as English salad mustard. Prepared or powdered mustard may be added to salad dressings and sauces.

NUTMEG is a stable spice in the baker's cabinet and is used to bring out the flavor of many dessert recipes. When used in soups in powdered form it should be added the last ten minutes of cooking. Principally used in apple pies or apple dishes of all kinds, and in egg nogs.

OREGANO (see Sage, Oregano).

PAPRIKA (Domestic) contains Vitamin C. Used in both sweet and strong sauces. May be sprinkled on the most delicate salad, and may be used to season your strongest sauce. Has a flavor that goes well with many others. When buying paprika, specify the domestic variety for general use because of its mild flavor. Used as a coloring agent on neutral-colored food.

PAPRIKA (Hungarian) is too strong to use in salads; use only in cooked foods. Excellent if used sparingly in meat dishes and sauces, but not in mild sauces. Has a very strong flavor resembling cayenne pepper, and may be used interchangeably with it.

PAPRIKA (Spanish or Portuguese) similar in rich taste and distinctive flavor, but sweeter and milder than Hungarian paprika. Very good for tomato sauces on spaghetti or fish.

PARSLEY when fresh may be used in soups, sauces, dressings, to garnish potatoes, meats, poached eggs, omelettes, fricasseed chicken, and in combination with other herbs and spices. To prepare parsley for use soak in water and then wash well under running water. When using chopped parsley to garnish vegetables, place chopped parsley in cheesecloth and hold under running water; then wring dry. The gummy secretion of the parsley will stick to the cloth and the parsley will be dry and sprinkle easily. Has won popularity over all herbs, blends well with all hot diches, meats, sauces, vegetables, and butters. May be dipped in batter and French fried as a vegetable garnish for steaks. High in Vitamins A and C.

PEPPER, Black, standard seasoning for all meat cookery and table use. Used in pickling, soups, and meats. Many cold meats may be peppered on the outside by crushing the grain and rolling the meat in the pepper.

PEPPER, White, use interchangeably with black pepper; is particularly good in seasoning cold meat. Is recommended for cream soups or light-colored dishes where specks of black pepper would detract from the appearance.

PEPPER, Chili, is used in chili powder. If chili con carne is to be made you should have chili pepper as well as chili powder. Chili peppers come in large black pods and are also known as "red chili" pods.

PEPPER, Chili Petin, is very hot. Use for chili, cold meats, and barbecue sauces. Must be used sparingly.

PEPPER, Migonnette, rich in pepper flavor, but not as hot; most effective in all kinds of stock making.

PEPPER, (Louisiana red hots), used for pressed meats such as head cheese, and other kinds of meat cookery, sauces, soups, and stocks.

PEPPER, (Southern Red Hots), used in making all hot sauces. It is used in the South to flavor vegetables as pepper is consumed there in large quantities. Both Louisiana and Southern red peppers are excellent in making cold meats.

PEPPER, Cayenne, use very sparingly. Use ground in meats, soups and salad dressings, fish and meat sauces, scalloped cheese dishes, pickling.

PEPPERS, Sweet (Domestic) a vegetable in reality, but used chiefly as a seasoning agent. Plays a great part in tossed green salads, and is used in practically all kinds of tomato sauces such as spaghetti, Spanish, and tomato Creole. May be stuffed with bread and meat, baked and served as a vegetable. Use sautéed with onions and mushrooms, folded into cream sauces, to be served as mushroom sauce. Used to garnish salads, or served whole stuffed with cream cheese. Blends well with other flavors, and are often chopped and mixed with sandwich spreads.

PEPPERCORN resembles a pine burr in appearance and is usally one-eigth inch in diameter and about one inch long. Particularly good to bake with pork.

POPPYSEED used for breads, buns, rolls, cookies and candies. When mixed with sugar and milk and boiled ten minutes, it is used as a spread on pastry and hot breads dotted with butter.

ROSEMARY the sweetest herb, blends well with practically anything—meat, fish, or vegetable. Leaves can be used in all herb bouquets, in sweet and savory foods, delicate French dressings, fruit salads, fish soups and chowders. May be mixed with black thyme, whole white pepper and peppercorn to season cold meat such as head cheese and Rula Pilsa.

RUE blue-green leaves used fresh in salads and dried to flavor cooked vegetables.

SAFFRON comes from the tiny stigma of a crocus-like flower, and is an expensive herb since over 70,000 blossoms are needed to yield one pound of seasoning. Used principally for its pleasant yellow color; used in saffron cakes which are a specialty of Cornish people when served with plum preserves and clotted cream. Saffron rolls and buns are a delight to the Latin palate. Most highly esteemed is "Arroz con Pollo,' the famous chicken-rice dish of Spain. Spanish rice is not complete without saffron.

SAGE, White (Silver leaf) next to parsley is the most familiar herb and probably the strongest in flavor. Should be included in every dish where pork is cooked; is standard in goose and poultry stuffings, breakfast sausage and veal dishes; used in cold meats such as spiced luncheon meats, and with tomatoes and fresh cheese.

SAGE, Oregano a product of Mexico, used primarily for seasoning Mexican and Spanish dishes, particularly chili con carne and highly flavored stews of lamb or mutton.

SASSAFRAS (see File).

SAVORY a gentler sage with a touch of lemon and pepper. In some European countries it is called the "bean herb" because of the flavoring it lends to the bean-pea-lentil family, when used alone or in combinations with other herbs. Is invaluable in seasoning rich stews, meat sauces, meat loaves, croquettes, cocktails, and salads. Either fresh or dried may be used in cooked foods, but the fresh should be sautéed before putting into the food. The dry may be sprinkled over croquettes.

SESAME seed is sprinkled on breads and rolls, and is used to flavor candy.

SORREL leaves can be used in tossed or fruit salads when young and tender, or prepared like spinach and cooked for three minutes to serve as a fresh green vegetable.

TANSY strong and spicy, the young leaves are used to flavor cakes and puddings.

TARRAGON taste is decidedly sharp, clean and tangy; often used alone to season chicken, rabbit, eggs, fish, shell fish and sauces, pickling, newburgs, and thermidor. A superb salad herb.

THYME leaf is piney and pungent in flavor and strongly aromatic. Try it in a variety of foods,—clam chowder, meat, fish soups and stews, on many vegetables. Use fresh as a garnish for salads, but do not use it constantly, because the taste can get monotonous.

TURMERIC a yellow powder from the root of the plant; used mainly in curry powders, table mustard, pickling spices, and mixed ground spices.

VANILLA beans are used to prepare vanilla extract for flavoring cakes, puddings, ices and beverages.

WATERCRESS a peppery herb used in salads and in sandwich spreads.

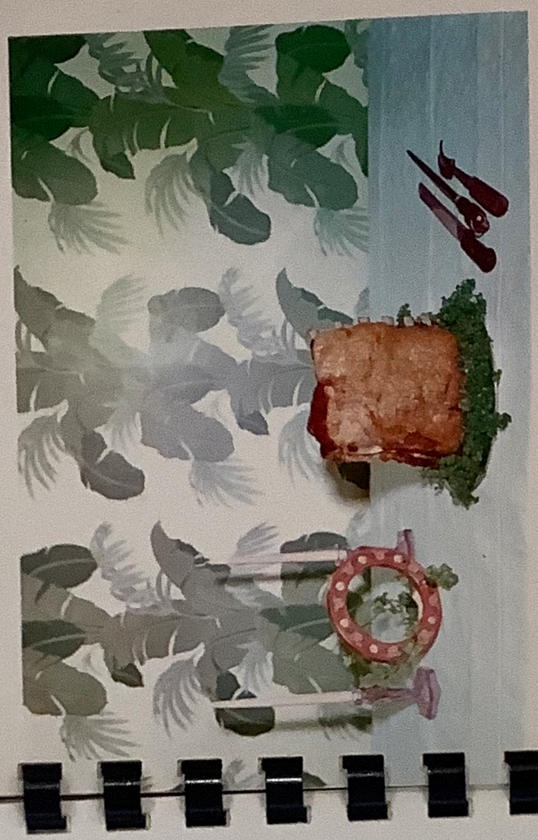
Acc 2015/330

2504

Acc 2015/330

2507

Meat Cookery



Meat Cookery

Finesse in any branch of cooking requires a thorough knowledge of the food, careful handling of the ingredients, and imaginative experience in working with them. This is nowhere more true than in meat cookery where the natural flavor, the extractives, and whatever additional seasonings one may use depend upon the raw product with which one has to work.

There is a wide range in kinds, grades, cuts, and prices of meats, but unless you know how to take advantage of this variety, the many kinds and cuts will mean nothing; all of which emphasizes the importance of having a thorough knowledge of how to select meat, how to care for it, and how to cook it. These three points—selection, care, and cookery—are interrelated. Knowing one is not enough. It is necessary to know all three.

How to Select Meat

There are five very important factors to be considered when deciding the kind and cut of meat to be selected and the amount to buy:

1. Number of people to be served determines amount to buy.
   You may figure 3 portions per pound with bone out.
   2 portions per pound with bone in.

2. Cooking time required:

Regardless of the kind or cut, all meat is cooked at low heat. (Oven temperature 300°F.). The following is a guide for your use.

	Time Minutes per pound	Internal Temperature by Meat Thermometer
Standing Ribs of Beef (rare)	18 to 20	140°F
(medium)	22 to 25	160°F
(well done)	27 to 30	170°F
Rolled Rib of Beef (rare)	32	140°F
(medium)	38	160°F
(well done)	48	170°F
Pork Loin (center cut)	35 to 40	185°F
(end cut)	45 to 50	185°F
Ham (10 to 12 pounds) (Smoked)	15	160° to 170°F
Ham (half) (Smoked)	18 to 20	160° to 170°F
Lamb (leg)	30 to 35	175° to 180°F
(rolled shoulder)	40 to 45	175° to 180°F
Veal (leg)	25 to 30	170°F
(rolled shoulder)	40 to 45	170°F

3. Cooking equipment needed:
   A modern oven with a broiler, a shallow roasting pan with a rack, frying-pan with cover, kettles with covers, oven and roasting thermometer.

4. Budget expenditure:
   Meat involves the largest percentage of your food dollar. Therefore, I shall emphasize the utilization of the cheaper cuts, and extenders, and through a few significant recipes point out that these less expensive dishes may be made not only nutritious but tasty, palatable and inviting.

5. Kinds and cuts available:
   I suggest that you get a copy of the *Meat Manual* published by the National Live Stock and Meat Board, 407 S. Dearborn St., Chicago 5, Illinois. It gives excellent charts and information on this whole subject.

Acc 2015/330
252

How to Care for Meat

Fresh Meat

Store in coldest part of refrigerator, *unwrapped* or with loose covering of waxed or parchment paper.

Cooked Meat

Store in refrigerator closely covered, but only after meat is completely cooled.

Cured Meat

Store wrapped, in refrigerator.

Frozen Meat

Hold at 0°F. or lower. If thawed before cooking, thaw in refrigerator overnight. Never refreeze. It is better to cook meat frozen than to thaw quickly with the help of water or at room temperature, in the case of roasts or boiled meats. Steaks should be thawed or partly thawed before cooking.

How to Cook Meat

Dry Heat

Refers to roasting, broiling, and pan-broiling. This method is suitable for such cuts as roasts of tender beef, veal, fresh pork, cured pork, lamb and meat loaves. And like all of the other methods of meat cookery, it is easy if a few simple rules are followed:

1. Season with salt and pepper.
2. Place meat, fat side up, on rack in open roasting pan.
3. If you cannot tell when meat is done, insert meat thermometer and cook at 300°F for entire cooking time with *no water added at any time.*

Braising and Cooking in Liquid

(1) Brown meat on all sides in fat in heavy skillet. If desired, first dredge the meat with flour. The meat should be browned slowly for a more permanent brown; this step adds to the savory goodness of braised meat.

(2) Season with salt and pepper.

(3) Add small amount of liquid—one cup for a 4 to 5 pound roast.

(4) Cover tightly. The steam softens the connective tissues and makes the meat more tender.

(5) Cook at low temperature until tender. Just as in the dry-heat methods, the secret of success in moist-heat cookery is in a low temperature. The time involved depends on the size and shape of the cut being cooked. A good theme song in cooking meat would be "low and slow."

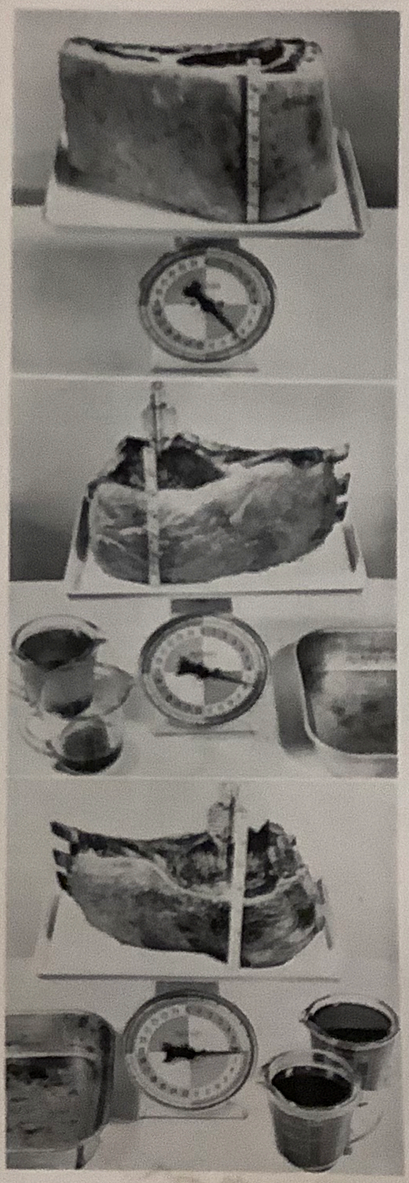
Pan Frying or Sautéing

Frying in a small amount of fat. This method is often used for pork chops and steaks, ham steaks, lamb chops, or any tender meat containing fat marbeling. Country-fried steak, liver, and such variety meats may also be cooked by this method after they have been dredged in flour.

Deep Fat Frying

Refers to that process in which the fat covers the meat, and is most often used for cooking breaded chops, cutlets, croquettes, etc. Temperature used is not less than 375°F. Food needs to be drained after cooking by this process.

The Importance of Roasting Meat At Proper Temperatures



American farmers and meat industry people have spent years and fortunes improving the yields from our meat animals and making more usable and better meat available at lower prices. Even though both groups have made tremendous progress and have made possible a large increase in the per capita consumption of meat, meat still remains the most expensive item in our food dollar. More important it is needlessly wasted too often in our kitchens through improper roasting. Too many of us are thus throwing away the savings which have been hard won for us.

The illustrations on this page graphically and dramatically demonstrate the needless loss brought about by roasting meat, in this case a standing rib roast of beef, at too high a temperature. In addition to the loss of edible meat, there is the complete loss of drippings because they are burned, as well as the loss of flavor and good texture in the remaining meat.

The top photo shows the standing ribs of beef, before roasting, which weigh 9 pounds, 10 ounces.

The middle picture shows the beef roasted at 300° oven temperature, to an internal temperature of 160°. This took 4 hours, and 40 minutes or 29 minutes per pound. The finished roast weighs 7 pounds, 8 ounces and there is 1 pound, 4 ounces of good, nourishing drippings. The weight loss in the meat was 2 pounds, 2 ounces or 22 percent.

The bottom picture shows what happens when a like roast of identical weight is roasted at an oven temperature of 450°, again to an internal temperature of 160°. In this case the roast was in the oven 2 hours and 32 minutes or 16 minutes per pound. The roast lost 3 pounds, 8 ounces or 36 percent of its weight during roasting, and the 2 pounds, 3 ounces of drippings were burned and unusable. The weight after roasting was only 6 pounds, 2 ounces.

Acc 2015/330

Meat

STEWS AND MEAT PIES

In a stew there should be present an individual distinction as in any other meat preparation. To do this much more skill and cooking technique should be employed as we are dealing with meat and vegetable cookery in the same process. The meat should not be overcooked but at the same time it should be tender and palatable. The vegetables must not be overcooked, if so the flavor and appearance is destroyed.

In a stew or meat pie, the meat may be cooked in a simmering process or by browning it in the oven. If the meat is to be browned in the oven, it must be done in the form of a steak, and as soon as it can be browned it should be changed to a simmering temperature; if not, the meat will be left very dry. The use of paprika may be eliminated in part or altogether in the browning process, but it must be added in the simmering process in all cases except white veal pie or stew. If, however, a white stew is not absolutely desired the use of paprika will greatly improve the flavor and appearance of the stew.

In using commercial or utility grades the simmering or moist heat and long cooking time are always essential to secure tenderness. In using the more choice cuts, such as small ends of T-Bone steaks, or other choice or good grades, braise the meat; then simmer for about 20 minutes or until tender.

BEEF STEW

(Serves 8)

- 2 pounds beef cut into 1-inch squares
- ½ pound or 2 cups onions, cubed
- ½ pound or 2 cups carrots, cubed
- ½ pound or 1 cup canned tomatoes
- ½ pound or 2 cups potatoes, cubed
- ½ tablespoon sugar
- 4 teaspoons salt
- ½ teaspoon white pepper
- ½ tablespoon paprika
- ½ cup flour
- ½ cup fat
- 1 quart water

Boil the meat in water. If more is needed, it should not be more than just enough to cover the meat. Simmer for 2½ hours.

The tomatoes, onions, paprika, sugar, salt and pepper should be added at the beginning of the cooking time. Cook until meat is partially tender. Remaining time for cooking meat should not be more than required for cooking the vegetables; this is necessary in order that the vegetables retain their original color and conformation. Add the carrots and potatoes and finish cooking.

Make a roux of the flour and fat, and thicken stew. Serve hot with biscuits or dumplings.

WHITE VEAL STEW OR PIE

(Serves 8)

- 2 pounds veal (cut into 1-inch pieces for stew or ½-inch for pie)
- ½ pound or 2 cups onions, cubed
- ½ pound or 2 cups potatoes, cubed
- ¼ pound or 1 cup carrots, cubed
- ½ pound or 1½ cups fresh or fresh frozen peas
- 1 quart water
- 2½ teaspoons salt (more may be added, if desired)
- ½ teaspoon white pepper
- 1 cup Pascal celery, cubed
- 1 tablespoon chopped parsley
- 1 bay leaf tied in a bag

For Roux

- ¾ cup flour
- ¾ cup fat

Put the veal in a stew kettle, add water and spices; simmer for 30 minutes. Remove bay leaf whenever desired flavor has been introduced. Add potatoes and onions; cook for 20 minutes. Then add peas and simmer for 10 minutes. Make roux and thicken stew. Put in baking dish and top with pie biscuit; bake at 375°F. until brown.

BROWN LAMB STEW WITH CURRY

(Serves 8)

- 2 pounds lamb cut into 1-inch cubes
- ½ pound or 2 cups onions, cubed
- ½ pound tomatoes or 1 cup canned
- ½ pound or 2 cups carrots, diced
- ½ pound or 2 cups potatoes, cubed
- 1½ tablespoons parsley, chopped
- ½ cup flour
- ½ cup fat
- 1½ teaspoons sugar

- 3 teaspoons paprika
- ¼ teaspoon white pepper
- 1 pint water
- 2 teaspoons curry powder (this will give very mild flavor—increase as you may desire)

Brown the meat in the fat in a hot skillet, then add spices, salt, and flour, and continue cooking until meat is brown. Then add onions, tomatoes, sugar, and water. Simmer until slightly tender. Add potatoes and carrots, and finish cooking. Cook until tender. The vegetables are added in time to allow them to cook sufficiently, but not so far ahead of time as to make them overly done so that they lose their taste and color.

SWISS STEAK

- 6 five ounce pieces round steak
- 2 teaspoons salt
- ¼ teaspoon pepper
- ½ cup flour
- 4 tablespoons shortening
- ¼ cup onion, cut fine
- ½ cup celery, cut fine
- 1 cup stock
- ½ cup tomatoes (canned)
- ¼ teaspoon marjoram

(Note: if you prefer not to use tomatoes, use 1½ cups of stock instead of just one cup. ¼ teaspoon of oregano may be substituted for the marjoram.)

Season the steak with salt and pepper, dredge in flour and let stand a few minutes. Brown meat in the hot fat and place in a baking dish. Now sauté the onions and celery in the fat, add stock and tomatoes and bring to a boil. Sprinkle marjoram over the meat, add the hot liquid which contains the celery and onion and bake in a 325°F. oven until tender.

TENDERLOIN

Tenderloin of beef can be the most economical piece of meat you buy, or it can be the most expensive. Since it is destructive to roast a tenderloin or fillet of beef at a high temperature or at any temperature for a long time, such a process of cooking makes the cut expensive and is wasteful of good food.

Tenderloin is tender and can be served rare. If it is roasted, it should be cooked at 300°F. figuring about 20 minutes per pound for rare and 25 to 30 minutes per pound for medium.

I have discovered a very unique way of preparing beef tenderloin with cream sauce as an extender. Recipe as follows:

CREAMED TENDERLOIN TIPS

(Serves 4)

- 1 pound tenderloin steak
- 1 4 oz. can mushrooms (½ cup)
- 2 tablespoons green pepper, sliced
- 2 tablespoons parsley, chopped
- ¼ teaspoon Mono Sodium Glutamate
- ½ teaspoon seasoning salt
- ½ teaspoon salt
- ½ cup water
- 3 tablespoons fat
- 1/16 teaspoon paprika
- 1/16 teaspoon white pepper
- flour for dredging

Cream Sauce:

- 2 cups milk, heated in double boiler
- 5 tablespoons butter
- 5 tablespoons flour

Combine over heat and thicken; continue to cook in double boiler while preparing other ingredients.

Slice steak about ¼ inch thick, 1 inch long, and ¼ inch wide. Sprinkle with 1 teaspoon salt, dash of white pepper, and dredge in flour. Sauté in 3 tablespoons fat in iron skillet. Sprinkle with herbs and seasoning. Add 1 tablespoon parsley, mushrooms, and green peppers. Add cream sauce and water. Pour into ungreased casserole and sprinkle with remaining parsley and dash of paprika.

Keep hot in 300°F. oven until ready to serve—not more than 20 minutes. Serve on toast.

This same recipe may be used for hamburger which is dredged in flour; veal—cut julienne; and whole veal steaks—cooked until tender.

COUNTRY FRIED STEAK

(Serves 4)

- 4 8 oz. top, tender sirloin steaks
- ½ cup onion, sliced thin
- ½ cup celery, sliced fine
- 2 tablespoons parsley
- 2 tablespoons fat
- 1½ cups good stock or 3 bouillon cubes
- 2 teaspoons: marjoram, savory, basil, thyme, rosemary, and parsley

Pan fry the steaks.

Sauté onion and celery in fat. Cook until brown. Add hot stock and herb seasoning. Pour over steaks; serve hot.

Acc 2015/330

BROILING STEAKS

In broiling, cooking is done by direct and reflected radiant heat. The oven door should remain slightly open to take full advantage of radiant heat. Be sure to completely thaw and wipe frozen meats with a cloth before broiling. Never season your steak before browning. To each pound of steak allow 1 teaspoon seasoning salt. Consult the chart below for time and distance from broiling unit.

Thickness	Distance from unit	Time, first side	Time, second side
¾ inch			
Rare	3″	5 min.	3 min.
Medium	4″	7 min.	4 min.
Well done	5″	9 min.	5 min.
1 to 1½ inches			
Rare	4″	6 min.	5 min.
Medium	5″	9 min.	6 min.
Well done	6″	13 min.	9 min.
1½ to 2 inches			
Rare	5″	9 min.	7 min.
Medium	6″	13 min.	8 min.
Well done	7″	16 min.	12 min.

ROAST SHORT RIBS OF BEEF

(Serves 6)

6 pounds short ribs of beef
6 teaspoons salt
1 teaspoon white pepper
4 tablespoons flour

Ask your butcher to crack the rib bones into serving portions, but don't cut the meat through. Season the meat, sprinkle with flour and bake, uncovered in a 350°F. oven until the meat is well browned. Then add one cup of water, cover tightly and continue baking until tender, allowing 25 to 30 minutes per pound.

BEEF A LA MODE

(Serves 12)

4 pounds beef spencer roll
4 teaspoons salt
½ teaspoon Marjoram
½ teaspoon oregano
½ teaspoon white pepper
2 cups carrots, diced 1 inch think
2 cups celery, cut 1 inch thick
2 cups onions
1 pkg. frozen peas

Have your butcher make you a 4 pound spencer beef roast. Mix all seasonings together and season meat. Put meat in a shallow roasting pan and bake in 300°F. oven, allowing 35 minutes per pound. About the last half hour cooking time add the vegetables and cover with aluminum foil. If you have cooked the meat at the proper temperature it will not be necessary to add water. Serve with mashed potatoes.

POT ROAST

The best pot roasts come from the chuck in any grade of beef. But—from the standpoint of cooking time—it is very important to know the grade. In the very best grades, namely: prime, choice, and good, pot roasts may be cooked by braising with very little moisture added, and for a shorter period than is necessary with less tender grades. Pot roasts generally are prepared by the moist heat method of cooking. The commercial and utility grades will need a longer cooking time, but the need for longer cooking does not mean that they are any less nutritious than the best grade of roast available. It does mean that you need to prepare and cook it differently than you do the choice pot roast.

Brown the roast in a heavy pan or kettle on top of the stove or in the oven; then add moisture, cover and cook at 300°F.—or better yet—275°F. until tender. As to seasoning for this or any roast —season before putting in the oven.

If you like thyme, marjoram, rosemary, dill, whole black or white pepper—and know how to use them—you may add them to your roast when it goes in the oven, and cook them for the full length of cooking time. But please always hold this in mind—*that I have not yet found 3 people that can appreciate the same quantity of herb seasoning. Use it accordingly.*

BEEF A LA STROGANOFF

(Serves 4)

1½ pounds beef tenderloin
4 tablespoons butter
1½ cups thinly sliced onions
½ pound fresh mushrooms
1 cup hot beef bouillon
1 cup medium cream sauce
1½ cups sour cream
1 cup green pepper rings

(Note: the cream sauce should be made with coffee cream instead of milk.)

Sauté the onions in 2 tablespoons of the butter. Slice muchroom *stems* and add them to the skillet in which onions are being sautéed. Add some chopped parsley and the cup of hot beef bouillon, and let it simmer gently while preparing the meat. Slice meat very thin and dredge in flour. Now, taking another skillet, brown the meat in the remaining 2 tablespoons of butter, browning first on one side, seasoning, turning, and browning on the other side. Add half of the cream sauce. Pour the contents of both skillets into a casserole. Blend the balance of the cream sauce with the sour cream and add. Sauté the whole mushrooms very lightly in butter and distribute evenly over the top. Decorate with green pepper rings and bake in a 300°F. oven about 10 minutes.

BEEF BROCHETTE

(Serves 6)

1½ pounds of beef tenderloin
24 slices of onion
24 mushroom buttons
⅓ cup melted butter
salt and pepper to taste
skewers

Cut meat in 2-inch squares and place on skewers alternately with onion slices and muchrooms. Marinate in melted butter and broil under moderate heat, turning often until done, which will take about half an hour.

BLUE RIBBON HAMBURGER STEAK

(Serves 6)

2 pounds ground beef
¾ cup cracker or bread crumbs
½ cup water
6 strips of bacon

Mix meat, crumbs and water. Form into 6 meat balls, wrap each with a strip of bacon, mash to desired thickness. Broil one side, season with salt and pepper, then broil other side and season.

GLAZED PORK CHOPS

(Serves 6)

6 pork chops
1½ cups fresh orange juice
½ cup water
4 tablespoons finely chopped onion
½ teaspoon marjoram
1 teaspoon salt
½ teaspoon white pepper

Flour pork chops and brown in fresh fat. Pour off fat and sprinkle with salt, pepper, marjoram and onions. Combine orange juice and water and pour over chops. Cover skillet tightly. Set in oven and cook 45 minutes at 350°F. until tender. If meat gets too dry you may add more orange juice. There should be about 1/3 cup sauce in the pan when finished cooking. Garnish with *Cinnamon* Apples.

BOHEMIAN PORK CHOPS

(Serves 6)

6 pork chops, cut 3 to the pound
3 tablespoons flour
2 teaspoons salt
¼ teaspoon white pepper
6 tablespoons red wine
3 tablespoons lard
¼ teaspoon garlic seasoning powder
¼ teaspoon marjoram seasoning powder or oregano seasoning
or
¼ teaspoon oregano herb

Mix flour and seasonings together. Dredge pork chops in flour mixture. Heat lard in iron skillet. Sauté pork chops until brown. Pour off fat and put iron skillet with meat in 350°F. oven. Cook until tender. Fifteen minutes before serving, pour 1 tablespoon red wine over each pork chop. Serve hot with wine drippings from the skillet and parsley buttered potatoes.

HUNGARIAN PORK CHOPS

6 pork chops
1½ teaspoons salt
½ teaspoon garlic seasoning salt
½ teaspoon white pepper
1 teaspoon Hungarian paprika
½ teaspoon sugar
½ cup flour
6 slices onion
6 slices tomato
½ cup water

Sprinkle salt over meat. Mix other seasonings with the flour and dredge each chop in the flour mixture. Brown chops on both sides and arrange in a baking dish. Sauté onion rings, being careful not to separate them, and place them on top of the chops. Add the tomato slices, one to each chop. Drain fat from skillet. Then pour the half cup of water into the skillet, stirring and scraping to get all of the browned juice blended with the water. Pour over chops and bake in a 350°F. oven 45 minutes or until well done.

Acc 2015/330

BARBECUED SPARE RIBS

(Serves 8)

4 pounds spare ribs
4 teaspoons salt

Rub salt on spare ribs and dust with flour. Bake until golden brown, drain off fat, and cook slowly until tender. Add barbecue sauce about 10 minutes before serving. Cover and cook slowly at very low temperature to prevent barbecue sauce, which contains sugar, from burning.

If desired, the ribs may be served without barbecue sauce.

BAKED HAM

(Serves 20)

1 ham 10 to 12 lbs.
½ cup brown sugar
8 pineapple slices
1½ cups white sugar
½ cup pineapple juice
8 maraschino cherries

Today's ham needs refrigerating, due to the modern method in curing the ham. By tenderizing the ham the cooking time has been shortened. It is not necessary to boil hams before cooking or baking if they have not been tenderized, but they do require a longer cooking time.

To bake: trim off the skin and excessive fat. Cut diagonally across the fat to form diamonds. Stud with whole cloves. Place ham with fat side up on a rack in an uncovered pan. Bake in slow oven 325°F. allowing 25 minutes per pound. 45 minutes before ham is done, remove from oven, sprinkle with brown sugar and return to oven and bake 30 minutes longer. About 5 minutes before ham is done, remove from oven and place glazed pineapple slices on ham, cherries in center that have been glazed by cooking pineapple juice and white sugar together until they reach a temperature of 230°F. Pour syrup over ham. Or you may glaze the ham by pouring melted jelly over it.

CANNED HAM

(Serves 30)

1 15 pound canned ham
whole cloves
1½ cups sugar
½ cup pineapple juice
8 pineapple slices
8 maraschino cherries

Remove ham from can, and place in a shallow baking pan. Score in diamond shape across the ham and stud it with whole cloves, and bake in a 325°F. oven allowing 10 minutes per pound. About 2½ hours cooking time. Make the following glaze by boiling the sugar and pineapple juice together until they reach a temperature of 230°F. Add pineapple and cherries and cook until they are glazed. Place pineapple slices on ham, a cherry in the center. Pour the syrup over ham.

HAM LOAF

(Serves 6)

1½ pounds ground ham
½ pound ground veal
1 tablespoon brown sugar
4 tablespoons minced onion
¼ teaspoon ground cloves
1 teaspoon salad mustard
1 cup cracker or bread crumbs
½ cup milk or water

Sauté onion in butter until soft and translucent. Add to meat. Add all other ingredients and mix well. Bake in a loaf pan at about 325°F., allowing 30 minutes to the pound or until the loaf's internal temperature reaches 170°F. Slice and serve with *Mustard Sauce*.

GLAZED BAKED CANADIAN BACON

1 cup sugar
⅓ cup water
4 pineapple slices
maraschino cherries
6 pounds Canadian bacon

Place Canadian bacon in a shallow baking pan and bake in a 300°F. oven, allowing 40 minutes per pound. If Canadian bacon has a casing on it, it is not necessary to remove it before cooking. While the bacon is baking make your glaze by cooking sugar and water together until sugar is thoroughly dissolved. Add pineapple slices and cherries and continue cooking until mixture reaches a temperature of 230°F. When Canadian Bacon is done remove from oven and take the casing off meat. Arrange the fruit on the Canadian bacon, pour hot syrup over it and bake 10 minutes longer. (Note: Canadian bacon should be baked long and slow.)

PORCUPINE MEAT BALLS

(Serves 4)

2 tablespoons fat
⅛ cup sliced onion
½ pound ground pork
½ pound ground beef
½ cup uncooked rice
¼ cup dry milk
½ cup bread crumbs
1 cup cold water
1 teaspoon salt
½ teaspoon seasoning salt
1 beef bouillon cube
1 cup hot water

Melt fat, and sauté onions in it. Mix together meat, onion, rice, dry milk, bread crumbs, seasonings, and cold water. Form into meat balls and place in buttered baking dish. Dissolve bouillon cube in the cup of hot water, pour over meat balls and bake in a 350°F. oven about 50 minutes. Serve with mashed potatoes.

SWEDISH MEAT BALLS

(Serves 12)

2 pounds ground round steak
1 pound ground pork steak
2 beaten eggs
1 cup mashed potatoes
1 cup dry bread crumbs
1 teaspoon brown sugar
5 teaspoons salt
1 cup milk
¼ teaspoon pepper
1/16 teaspoon ginger
1/16 teaspoon nutmeg
1/16 teaspoon allspice
1/16 teaspoon cardamon
1/16 teaspoon cloves
1/16 teaspoon marjoram
1 quart light cream sauce

Mix all ingredients together except the cream sauce. Make into small balls—about 6 per pound. Sauté in fat to brown. Arrange in baking dish and pour the cream sauce over the meat balls. Bake at 300°F. for 30 minutes or until done.

If preferred, onions may be used as in recipe for Meat Loaf with Herbs.

SANDWICH RELISH

1 cup chili sauce
6 tablespoons pickle relish
2½ teaspoons prepared mustard (jar mustard)
Dash Tobasco sauce

Mix all ingredients together ahead of time and put in a covered jar. Especially good on hot dogs and hamburger.

BAKED CORNED BEEF

(Serves 4-6)

3 pounds corned beef
½ cup Sherry
¼ cup brown sugar
5 or 6 whole cloves

Wash corned beef under running water to remove brine. Cover with cold water and bring to a boil. Drain and replace water with fresh water. Bring to a boil and simmer slowly in a covered kettle until tender. Remove from kettle and place in a baking dish on a rack. Stick with cloves. Sprinkle with brown sugar. Pour Sherry over this. Continue basting occasionally with brown sugar and Sherry that is in the bottom of the pan until a thick syrup glaze has been developed. Serve hot or cold with *Mustard Sauce*.

STUFFED WIENERS

Gash wieners lengthwise, being careful not to cut entirely through them. Stuff with aged Cheddar cheese which has been cut in strips and dipped in mustard. Wrap with bacon and broil until the bacon becomes crisp.

VEAL BIRDS

(Serves 6)

2 pounds veal steak
2 teaspoons salt
½ teaspoon sweet marjoram
2 tablespoons fat

DRESSING

6 cups bread cubes
1 cup chopped onion
1 cup chopped celery
4 tablespoons butter
½ teaspoon salt
½ teaspoon leaf sage
1 cup rich broth: or 1 cup hot water and one beef bouillon cube

Sauté onions and celery in butter. Add sage and salt and cook together. Add stock and bring to a boil. Pour this liquid over the bread cubes and mix thoroughly. (Note: one beaten egg added to this dressing helps it to hold together). Roll the dressing into the veal steaks and place in a baking dish . . . not too close together. Sprinkle with salt and marjoram, dust with a little flour, oil with the 2 tablespoons of fat, and bake in a 350°F. oven until brown. Then add gravy or water to half cover the meat, put a cover on the baking dish and continue baking until tender.

Acc 2015/330

COMBINATION MEAT LOAF WITH HERBS

(Serves 6)

½ pound ground pork
½ pound ground beef
½ pound ground veal
1½ teaspoons salt
1½ cups cracker crumbs
¾ cup onions, chopped fine

Sauté onions before putting them into the meat. (I'm sure you have heard people say, "I can't eat it if it has onions in it." But if the onion is cooked before it is added, it will not be openly pronounced and objectionable).

To each 1½ pounds of meat add:

⅛ teaspoon celery salt
⅛ teaspoon ground mace
⅛ teaspoon sweet marjoram
½ teaspoon white pepper
⅛ teaspoon leaf thyme
1 tablespoon brown sugar

Mix all the spices together and add to the sautéed onions; pour into this mixture 1 cup of cold milk. Stir well and work it into the meat and cracker crumb mixture. Mold into loaves or put into a loaf pan. Bake at 250-300°F. for 2½ to 3 hours, or until done. It should be 185°F. in the center by meat thermometer when done.

CHOP SUEY

(Serves 8)

1 pound veal, cubed or cut julienne
1 pound pork, cubed or cut julienne
2 teaspoon salt
1½ cups onion, sliced fine
2 cups celery, sliced
½ pound mushrooms (optional)
½ cup green pepper, cut fine (optional)
10 oz. chop suey vegetables
1 oz. (2 tablespoons) brown sauce
2 tablespoons soy sauce
1½ cups water
1 tablespoon Worcestershire sauce
½ cup chop suey vegetable juice
Make Roux—
5½ tablespoons flour
¼ cup fat

Add the water, brown sauce, and salt to the meat and simmer about 15 minutes. Add the onions and continue simmering 30 minutes, or until the meat is tender. Add celery and cook about 15 minutes. (Celery should be slightly crisp when cooking is finished). Add chop suey vegetables, chop suey sauce and Worcestershire sauce. Bring to a boil and thicken with the roux. If fresh mushrooms or green peppers are used, sauté slightly in fat and add when the chop suey vegetables are added. Add roux.

SPAGHETTI AND HAMBURGER SAUCE

(Serves 10)

1 No. 3 can tomatoes (6 cups)
1 10 oz. can tomato puree (1½ cups)
1½ cups chopped onion
½ cup green peppers, chopped
¼ cup bacon fat
1 tablespoon chili powder
1 tablespoon paprika
½ tablespoon salt
1 pound spaghetti
1 pound hamburger, salted
2 tablespoons sugar added to tomatoes
1 clove garlic, optional

Sauce

Sauté the chopped onions and green pepper in the bacon fat until translucent. Do not brown. Add spices (chili powder, paprika, salt). Add tomatoes, tomato purée, and sugar. Simmer in a covered container until all is well-blended (about 1 hour). If garlic is used, cut it up fine and sauté in bacon fat separately, cooking very well. Then add to sauce.

Spaghetti

Cook spaghetti in large quantity boiling salted water. Simmer for 15 minutes and add 1 quart cold water; let stand 5 minutes. Drain well and wash with cold water. Fold into the hot sauce and let stand 1 hour before serving. (Keep hot).

Hamburger

Take one pound hamburger, one cup cracker crumbs, one half cup water. Mix thoroughly together and form into 20 equal size meat balls. Sauté or broil until brown, but not well done. Finish cooking on top of spaghetti, or in spaghetti sauce.

SAUERBRATEN

(Serves 10)

4 pounds boneless pork or beef
3 cups tarragon vinegar
1 cup water
1 cup onion, sliced
½ cup red wine
3 bay leaves
4 cloves
4 teaspoons salt
4 allspice, crushed
1 tablespoon whole black pepper, crushed
4 tablespoons fat
1 tablespoon sugar
6 gingersnaps

Put meat into vinegar and water with onion, bay leaves, cloves, allspice, and pepper, and allow to stand in refrigerator for 3 days. Drain; brown all sides in fat in a heavy kettle. Add 2 cups of the brine in which it was soaked. Add sugar, salt and gingersnaps. Bring to a boil and cook covered very slowly 3 to 4 hours, either in an oven or on top of stove, turning and basting occasionally. Add wine, remove, strain gravy, and serve.

CHILI

(Serves 8)

2 pounds chili meat (ground coarsely)
½ cup fat
2 tablespoons paprika
3 tablespoons chili powder
1 tablespoon salt
½ cup flour
1 cup onion, cut fine
1 cup strained tomatoes
2 teaspoons sugar
½ teaspoon garlic salt
¼ teaspoon cumin
⅛ teaspoon oregano
⅛ teaspoon comenien
4 cups stock
1 cup water

Sauté the meat in the fat until no trace of blood can be found, but not until brown. Add chili powder, paprika, and onions. Cook very slowly for 30 minutes. Add flour and remaining seasonings. Cook until thick and add hot stock, water, and tomatoes. Cook over slow fire or in double boiler until meat is tender. Serve with kidney beans, spaghetti, or macaroni. (Yield—approximately 2 quarts).

This makes a delicious one dish or plate meal. It is rich and meaty; really a healthy, hearty meal for winter. And it has all the necessary herbs and spices for a real herb concoction.

KIDNEY SAUTE'

3 cups sliced kidney
1 cup onions, cut fine
1 cup green pepper, sliced
1 cup mushrooms, sliced
½ cup butter, or shortening
¼ cup flour
2 cups stock

Sauté kidney in 3 tablespoons butter. Add onion, green pepper and mushrooms and sauté for a few minutes. Season with a good seasoning salt. Then add flour and cook until it is hot. Then add hot stock. Have come to a boil and cook until it starts to thicken. Simmer for a few minutes until tender. Serve in a rice ring.

SWEETBREADS A LA KING

(Serves 6-8)

1 pound sweetbreads (pre-cooked as directed below)
½ cup onion rings
1 green pepper, cut into rings
6 tablespoons butter
1 pimiento, cut into rings
1 pound fresh mushrooms
4 tablespoons flour
1 cup stock, or juice from sweetbreads
1½ cups hot milk or cream
1 cup Sherry

Sauté onions and green pepper for a few minutes in 2 tablespoons butter. Add pimiento. Cut sweetbreads in lattice shape, about 2 inches long and ½ inch thick. Add musrrooms and sweetbreads to pepper and onions. Tumble until hot but do not stir out of shape. Remove from fire until sauce is made with 4 tablespoons of flour and 4 tablespoons of butter. Cook until hot but do not brown. Add hot milk and stock. Whip into a smooth sauce and add Sherry. Fold in first mixture. Serve on toast. Garnish top with a few pieces of green pepper mushrooms and pimiento.

Directions for cooking sweetbreads:

Wash sweetbreads in cold water. Precook by poaching or simmering in water for 5 minutes. Leave in juice until cool enough to handle. Use 1 teaspoon salt to each quart of water. Save juice for cream sauce.

BEEF TONGUE

(Serves 6 to 8)

1 fresh beef tongue
2 bay leaves
1 teaspoon salt per pound of meat
1 teaspoon allspice
½ teaspoon garlic seasoning salt

Wash tongue, put in a kettle of cold water and bring to a boil. Lower heat and simmer from 2½ to 3 hours until skin is tender enough to peel off. Trim off excess fat and the inedible meat at the larger end of tongue. Place remaining tongue in a baking dish, add the seasonings and bake until tender.

Acc 2015/330

VENISON ROUND STEAK

1 pound venison round steak
1 teaspoon fresh, crushed pepper
1 teaspoon salt
⅛ teaspoon garlic seasoning powder
1 tablespoon chopped parsley
1 small pinch kitchen thyme

Crush all seasonings as finely as possible, blend and sprinkle them over the meat. Dredge meat in flour and fry in a heavy skillet, browning first on one side, then the other. Drain fat, sprinkle meat with chopped parsley, cover and cook in a 300°F. oven until tender. (You may need to add a tablespoon or so of good stock or of water during the baking time.) The cooking time will vary with the age of the venison, but if it is from a young animal, it will be ready to eat in about 15 or 20 minutes.

BAKED RABBIT WITH HERBS AND SPICES

Skin the rabbit, being sure to wear rubber gloves during the process as a guard against tularemia. Wash thoroughly making certain that all traces of hair are removed. Draw, removing all entrails, and wash out thoroughly. Store in the icebox for at least three days at 32°F., if possible.

In preparation for cooking place the dressed rabbit in a pail with enough water to cover. Sprinkle in about 2 tablespoons of salt. Leave it in the water for about 30 minutes. Remove and rinse clean. Dry with clean cloth.

Prepare rabbit for broiling by marinating it in butter and sprinkle the entire surface with salt and white pepper. Dust with flour. Place under broiler and broil for 45 minutes—not too slow, not too fast—about 375°F. to give it an even brown. Remove from broiler; cut into quarters, and put into baking dish.

Sauté 2 tablespoons minced onion and 2 tablespoons chopped parsley. Add 1 tablespoon vinegar and 1 tablespoon Worcestershire sauce and ¼ cup water to sautéed parsley and onions. Pour this over the rabbit and allow it to simmer for 30 minutes at about 300°F. Sprinkle over it ¼ teaspoon leaf thyme and ¼ teaspoon rosemary and 1 tablespoon chopped parsley. Allow to simmer about 20 minutes more. Serve with the juice in the pan poured over the rabbit. Garnish with French fried onions and parsley.

BAKED RACOON

(Approximately 10-12 lbs.)

Remove pelt and entrails, and wash thoroughly. Hang in cold storage at about 30°F. for at least four days to be sure all of the animal heat is out. Remove all of the fat covering and musk deposits under the shoulder and behind the knee. Remove all sweetbread formation around the neck and shoulders. Rub the entire carcass with baking soda. Wash thoroughly under running water. Cut into halves or quarters depending on the size.

Place in kettle and cover with water. Season with salt (approximately 1 teaspoon per pound of meat), and make a strong mixture of about 1 teaspoon cayenne pepper per gallon of water. Bring to a boil, remove and wash under cold running water. Wipe dry with clean cloth.

Marinate the meat with melted lard and sprinkle with a mixture of:

2 tablespoons whole white pepper (beaten up well in a cloth)
1 tablespoon rosemary
1 tablespoon marjoram
1 tablespoon leaf thyme
3 tablespoon salt

Additional spice mixture may be needed depending on the size of the animal. Dredge with flour and place in oven; bake at 300°F. until tender.

FRIED RABBIT

Clean thoroughly and disjoint like a chicken; season with salt and fresh white pepper and a little celery salt. Dredge in flour and fry to a tempting golden brown. Drain off the fat and cover with lid. Let steam in the oven for 20 to 30 minutes. If it is a young rabbit it should be done at the end of this time. Older rabbits should bake longer.

Poultry

Poultry is one of the major sources for meat dishes. It is enjoyed by people of every walk of life and cherished by convalescents. The flesh of poultry is delicate and savory, *if fresh*. But to be successful in poultry cookery you must know the trade terms and specify accordingly in purchasing. There's a piece of poultry for every occasion regardless of purse or purpose. The following list of trade classifications will enable you to specify which kind and type of poultry you wish to purchase.

Chicken: Fowl (old hens and old stags—good for boiling), Old Roosters, Old Cockerels, Capons, Roasting Chickens, Friers, Broilers, and Squab Broilers (young chickens—1¼ to 1½ pounds).

Pigeons: Squabs (young pigeons), and pigeons.

Guinea Chickens: Guinea Hens.

Ducks and Muscovy Ducks: Young and old.

Turkeys: Broilers, Young Hens, Young Toms, Old Hens, and Old Toms.

Geese: Young and old.

If you are going to broil chicken you must buy a broiler—young and tender, well-fed and finished, weighing from 1 to 2½ pounds. I recommend the 2 pound, milk-fed, stocky legs, and full breast for the best broiler. That size is meaty and when cooked is nice and juicy. In my estimation broiled chicken is your best poultry dish. BUT it can *not* be perfected by just buying a chicken. You must specify *Broiler*.

Poultry is best when fresh and does not improve with age—before or after cooking—unless frozen, and that is not improving—it is holding or keeping. Poultry requires individual attention. It must be thoroughly cleaned. Either dry picking or a semi-scald is acceptable for removal of the feathers. All hair, feathers and pin-feathers should be removed with care—without singeing, if possible. The bird is then drawn (entrails removed) with care so that the gall bladder (the greenish sac attached to the liver) does not burst while it is being removed. The oil bag on the tail of each bird should be removed before cooking.

(The feet and heads of all poultry may be cleaned and cooked to make stock for the preparation of gravy.)

All poultry should be cleaned by rubbing the carcass inside and out with baking soda and washing in clean water—preferably running water so that there is no danger of contamination from particles adhering to a pan or present in water which has been used for cleaning other birds.

When boiling poultry (and we use the term "boiling" here in the common sense of simmering, for whenever the boiling temperature is reached the heat should be turned down so that the water simmers rather than boils) a clean vessel or kettle is imperative. Any impurity or food particles present in the cooking vessel may taint the whole bird while cooking.

Poultry should alway be cooked in as small an amount of water as possible, and even then—when done—the stock should be reduced by boiling to at least 2/3 of its original volume.

In cooking poultry of any kind, whenever possible, it should be served the same day it is cooked. No chicken, duck, goose, or turkey should ever be cooked the day before or stuffed the day before and cooked the next day. In the first place a perfect concoction cannot be made by such a method, but even more important from a health standpoint—it is a dangerous risk.

BROILED YOUNG CHICKEN

Select one young broiler, two pounds in weight. Remove pin feathers and wash clean. Wipe dry and cut in half, remove back and rib bones and flat hip bone. Season with salt and pepper and dust with flour. Brush the full suface with butter. Place in hinged-type wire broiler under a gas flame about 4½ inches from the heat, or over charcoal. Broil to a golden brown and continue the heat until five minutes after you see the bubbles appear. Broiling time is about 30-40 minutes. Serve immediately. Some people prefer to steam the chicken in the oven a while before serving.

BARBECUED CHICKEN

Cook as for broiled chicken and add the barbecue sauce recipe found under *Sauces*. Heat for a few minutes in an oven, or cook in a pit or charcoal furnace using long, slow, heat. Add barbecue sauce.

Acc 2015/330

CHICKEN PAPRIKA

(Serves 4)

1 heavy frying chicken (3½ pounds net)
1 tablespoon paprika
4 teaspoons salt
½ cup flour for dredging
¼ teaspoon cumin
⅛ teaspoon thyme
1 cup stock
½ cup milk
½ cup sherry wine
3 tablespoons celery, chopped fine
2 tablespoons onions, chopped fine

Make Roux
4 tablespoons flour
4 tablespoons fat from frying chicken

Make the stock by simmering the neck, bones, giblets, and well-cleaned feet in 2 cups water until liquid is reduced to half its original volume, or 1 cup. Season stock with ½ teaspoon salt and ⅛ teaspoon white pepper.

Disjoint chicken after it has been thoroughly cleaned. Season with salt and white pepper. Dredge in flour and ½ tablespoon paprika. Let set for a few minutes. Fry to a golden brown; remove from fat. Sauté onions and celery in that fat. Remove these and use 4 tablespoons of the fat to make the roux. Add hot stock gradually to the roux, then the hot milk and unheated wine. Add the sautéed vegetables and remainder of seasonings; whip until thick and smooth. Place the fried chicken in a baking dish, pour the sauce over it, and bake at 300°F. for 1 hour—or until tender. This is mild chicken paprika; two to three times as much paprika may be used, if desired.

BATTER FRIED CHICKEN

(Serves 2)

2½ pound frying chicken
2 teaspoons salt
¼ teaspoon white pepper
1 cup sifted flour
¼ teaspoon salt
2 eggs, beaten
1 cup milk
fat for deep frying

Wash and disjoint chicken. Put in sauce pan with just enough water to cover, add the 2 teaspoons of salt and the pepper and simmer for about 20 minutes. Drain well. Make a batter by mixing flour and the quarter teaspoon of salt together. Combine milk and eggs and beat them into the flour with a wire whisk until well blended. Dip pieces of chicken into this batter, turning until all sides are well coated, lay each piece in a shallow pan for a few minutes so it may drain, then fry in deep fat at 375°F. until brown.

CHICKEN DELISH

(Serves 8)

Cut up a 5 pound stewing hen, cover with water, add 2 teaspoons of salt and simmer (do not boil) until tender. Let the chicken stand in its own liquid over night. Skim off fat, remove skin and put it through a fine food chopper. Remove meat from bones and cut into bite-sized pieces. Make a gravy using one half cup of chicken fat, ¾ cup flour, and 1½ quarts chicken stock. Make the following dressing, put it in a large greased baking pan, arrange the chicken meat over it, add the gravy, cover with buttered crumbs and bake one hour in a 325°F. oven.

DRESSING

½ cup chicken fat
ground-up skin
2 cups diced onions
2 cups diced celery
8 cups dry bread, broken or cubed
1 tablespoon ground sage
2 teaspoons salt
¼ teaspoon pepper

BROWN FRICASSEE OF CHICKEN

(Serves 4)

1 four pound frying chicken
3 teaspoons salt
½ teaspoon white pepper
½ teaspoon MSG
6 tablespoons fat
6 tablespoons flour
3 cups hot stock

Clean chicken thoroughly. Disjoint, season with mixture of salt, pepper, and MSG. Dredge in flour, let stand on absorbent paper for a few minutes. Fry in a heavy skillet with enough fat to half cover the chicken, turning only once. Make a gravy by using the 6 tablespoons of the fat used for frying the chicken. Add the flour, cook slightly, then add the stock, cooking and stirring until mixture becomes thick and smooth. Put chicken in a casserole, pour gravy over it and bake in a 300°F. oven about one hour, or until tender. Serve with mashed potatoes or steamed rice.

DEVILED CHICKEN BALLS

1 can boned chicken (6 oz.)
2 tablespoons finely chopped onion
2 tablespoons finely chopped chives
2 tablespoons finely chopped celery
1 tablespoon chopped parsley
2 tablespoons bread crumbs
1 teaspoon curry powder
½ teaspoon salt
1 teaspoon paprika
2 tablespoons prepared mustard

Sauté onions, celery, chives and parsley in butter. Cut chicken fine and mix all ingredients together until well blended. Make into balls early and chill. Just before serving, *Bread* and fry in deep fat until golden brown at 375°F.

CHICKEN A LA KING

(Serves 4)

6 tablespoons butter
8 tablespoons flour
2 cups milk
2 cups hot chicken stock
6 onion rings, sauteed
6 green pepper rings, sauteed
6 pimiento rings
2 cups diced, cooked chicken
3 tablespoons sherry
mushrooms
salt and pepper to taste

Make a roux of the butter and flour, add milk, stock and seasonings and cook, stirring constantly until mixture becomes thick and smooth. Add onion, green pepper, pimiento, chicken, and mushrooms. When they are heated through, add the sherry and serve on baking powder biscuits.

COLD BONED CHICKEN

(Serves 10)

1 five pound stewing hen
5 teaspoons of salt
1 teaspoon white pepper
2 quarts water

Clean chicken thoroughly by rubbing it with baking soda inside and out, and washing well. Remove the neck. Now, cut the skin down the back, and remove from the meat, being careful to keep it as whole as possible. With a sharp knife remove the meat from the bones. Lay the skin out on a carving board, and place the meat on it, alternating layers of dark and white meat, and sprinkling the salt and pepper (which have been mixed together) over each layer. Fold the skin around the meat and wrap in a clean, white cloth, tieing the ends to keep it in the shape of a meat loaf. Place in a pan with a tight fitting cover, add the chicken bones and the 2 quarts of water and simmer gently for three and one half hours. Remove wrapped chicken and continue cooking the stock down until you have about 3 cups left. Put the loaf of meat into a bowl, pour the stock over it, and put another bowl (partly filled with water . . . or whatever method you prefer for weighting it) on top of the loaf, so that it is under pressure as it stands in the refrigerator over night. About 6 hours before you're ready to serve the chicken, remove it from the bowl and allow it to stand in the refrigerator on a plate. Immediately before serving, remove the cloth wrapping and slice the meat in very thin slices.

CREAMED DUCKLING

(Serves 4)

6 tablespoons fat
6 tablespoons flour
2 cups duck stock
1 cup milk
½ teaspoon white pepper
¼ teaspoon MSG
3 cups cooked, diced duck
4 tablespoons cooking sherry

Melt butter, add flour, and cook together to make a roux. Heat the stock in one sauce pan and the milk in another one. Add 2 tablespoons of the roux to the hot milk and cook until it's smooth and well blended. Now, add the balance of the roux to the hot stock and cook until it thickens. Combine these two sauces, add seasonings, duck, and the sherry and serve. (NOTE: the above recipe may be converted to DUCK A LA KING by the simple expedient of adding to the sauce ¼ cup of: green pepper, pimiento, and mushrooms which have been sautéed in butter.)

POULTRY STUFFING

Poultry should be stuffed the day it is to be cooked with freshly prepared stuffing. Have the stuffing as hot as you can handle it. If you stuff poultry the day before it is cooked, you are taking chances of changing the flavor of the turkey or even getting food poisoning.

Stuff the entire cavity including the crop cavity, but don't pack it tightly as the dressing will expand during cooking. *Allow about one cup of dressing for each pound of turkey.*

See page 48 for poultry stuffing or dressings.

Radio and television food
University of Wisconsin Senior Chef, Resident
Halls, and an authority on herbs and spices.

Acc 2015/330

PREPARING AND ROASTING TURKEY



Dredge bird inside and out with baking soda, wash under clean fresh running water and drain.



Use a sharp knife to slice and finely cut (do not grind) vegetables for stuffing. Use bread at least 3 days old, cut into small cubes. **Never soak in water.**



After preparing dressing according to recipe, dry inside of bird thoroughly, season with salt and pepper, brush with melted butter and stuff cavity and crop cavity.



Truss bird by securely tying legs to tail, secure crop flap to back and neck skin to back with skewers. Brush entire bird with turkey fat or butter and dust lightly with flour. Place in hot, shallow pan and shake if skin sticks during searing process. Roast 18 to 20 minutes per pound at 300°F.



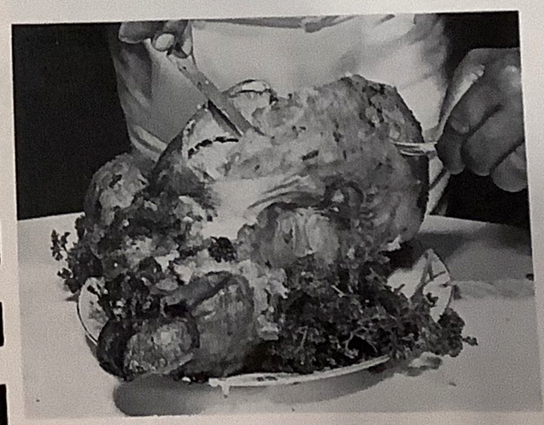
If turkey reaches desired degree of brownness before it is done, cover **loosely** with aluminum foil to protect skin from excessive dryness. Never add water.



First step in proper carving—remove leg and thigh.

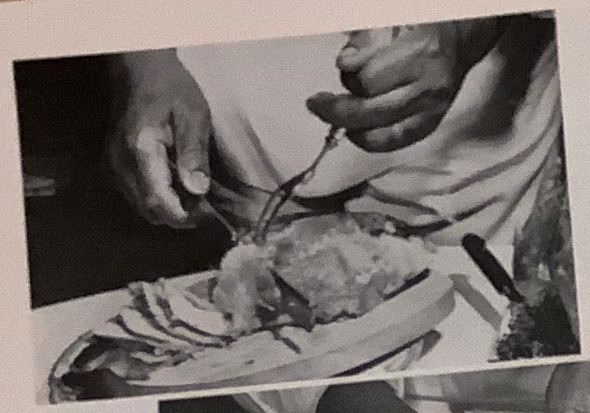


Second step in carving—remove wing.

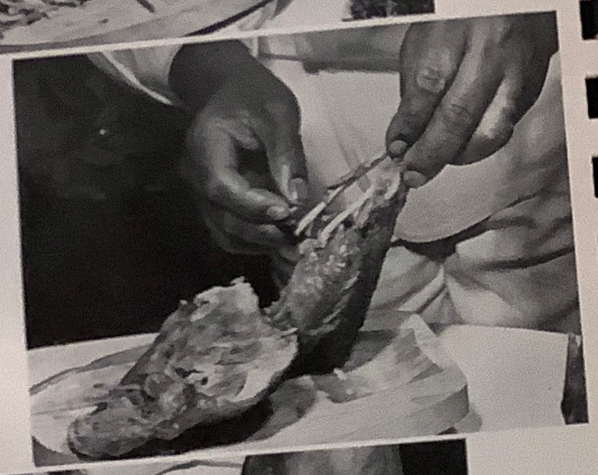


Third step in carving—remove whole side of breast from breast bone out.

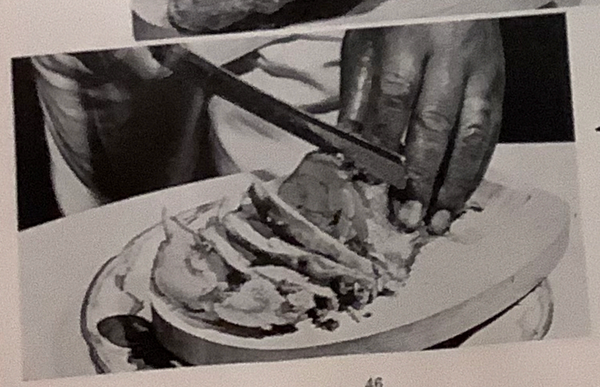
Acc 2015/330



Fourth step in carving—slice breast across grain.



Fifth step in carving—removes bone and tendons from legs and thighs.



Sixth step in carving—slice leg and thigh across grain.

HOT TURKEY SANDWICHES WITH CHEESE

(Serves 6)

- 4 cups medium cream sauce
- 2 cups diced, cooked turkey
- 2 teaspoons salt
- 1 cup grated aged Cheddar cheese
- 6 or 8 slices of toast

Fold the diced turkey into the hot, seasoned cream sauce. Pour sauce over toast slices, top with grated cheese, dot with butter and put under broiler until the cheese melts.

COLD BONED TURKEY

(14 Slices Per Pound)

- 1 10 pound turkey
- 8 teaspoons salt
- 2 teaspoons white pepper
- 2 teaspoons celery salt
- ½ cup plain gelatin

Clean the turkey thoroughly by rubbing it with baking soda inside and out and wash it under running water. Remove all the skin by working down the back. Separate the breast into two sections by cutting the meat from the bone, starting from the back working to the breast bone. Remove the legs and bone them. Cut the turkey skin in half, roll one side of the breast and leg together in half of the skin, seasoning it before you roll it in the skin. Tie it up in a cloth in the shape of a meat loaf. Do likewise with the other breast and leg. Break the bones and put in a kettle large enough to cook the turkey and bones at a simmering temperature until turkey is done. Remove the turkey from the stock and continue boiling the bones until one-half of the stock is left. Strain and add gelatin after it has been soaked 10 minutes in just enough water to make it moist. Stir until gelatin is melted. Pour this over the turkey and put it under a press weight for 24 hours. Remove it from the cloth and you can serve it as any other cold meat.

RICE AND TURKEY CASSEROLE

(Serves 4)

- 2 cups cooked rice
- ½ cup chopped celery, sauteed
- ½ cup chopped onion, sauteed
- 1 cup cream sauce
- 1 cup cooked, diced turkey
- ½ cup grated, aged Cheddar cheese

Fold all ingredients together except the cheese, which is sprinkled over the top. Bake in a 350° F. oven for about 30 minutes.

TURKEY CHOP SUEY

(Serves 6)

- 4 cups sliced celery
- 3 cups sliced onions
- 5 cups cooked turkey
- 1 teaspoon seasoning salt
- 1 teaspoon salt
- ¼ cup brown sauce
- 3 tablespoons chop suey sauce
- 1 tablespoon Worcestershire sauce
- 1 number 2 can chop suey vegetables
- 2 tablespoons cornstarch dissolved in:
- ¼ cup cold water
- 1 cup sliced green pepper

Sauté the onions in butter until soft and translucent. Add celery, brown sauce, and juice from the chop suey vegetables. Cook until tender but not mushy. Add seasonings and turkey (which has been cut in ½ inch thick strips). Bring to a boil, add moistened cornstarch and cook, stirring constantly until mixture thickens. Fold in the green pepper and the vegetables, cover and cook over low flame for 5 minutes. Serve hot with rice or noodles.

PHEASANT

Pheasant is one of our prize birds. How to cook it depends on the age of the pheasant. Only young birds should be broiled. Unfortunately, when pheasant or any wild bird is on the menu the cook cannot specify "young birds only"—the hunter takes them as they come. But there is a way to tell whether the birds bagged are young or old. Long spurs on a cock indicate an old bird; short, soft, pliable spurs are the mark of a young bird.

Young or old, pheasant should not be overcooked. The shorter the cooking time, the better the flavor. Anyone lucky enough to bag a young pheasant, or buy one for that matter, should use the very best method of cooking young or old birds.

ROAST PHEASANT WITH WILD RICE STUFFING

Clean the bird thoroughly by removing all feathers and hair pulled into the muscle by the shot which should be removed. Wash out blood clots. Rub the bird with baking soda and rinse thor-

Acc 2015/330
252

oughly under running water. Before stuffing, wipe the bird dry inside and out. Season cavity with salt, seasoning salt, and a little kitchen thyme. Stuff with wild rice stuffing, and truss by tying so that the stuffing cannot escape. Oil well with butter. Bake at 300°F. until meat is tender. No one can tell you how long it will take, but, do not overcook!

ROAST BREAST OF PHEASANT

Remove legs and thighs, leaving as much skin on the breast as possible. Cut the bird down the back and spread open. Remove the keel bone by carefully cutting the flesh from the bone, but be careful not to cut through the skin. Remove the rib bone. Brush the cavity with butter. Fill the breast cavity with stuffing and fold the breast back to hold the dressing and rub with melted butter. Place in shallow baking dish and bake until breast is tender. In the meantime, sauté ½ cup onions, ½ cup celery and mix 1 cup cooked wild rice, seasoning it with ½ teaspoon sage, ¼ teaspoon white pepper, ½ teaspoon salt. Bake this mixture in oven for about 20 minutes in 350°F. oven. Spoon rice mixture on a hot platter on each side and place roast breast of pheasant in center.

FRICASSEE PHEASANT

Use the legs and thighs from the breast of pheasant. Season with salt and pepper and dredge in flour. Fry in fat 375°F. until brown. Place in baking dish. Pour fat from frying pan, leaving about 4 tablespoons. To this add 4 tablespoons flour and cook until light brown. Add 2 cups of good stock and cook until thick. Add ½ cup cream to thicken stock mixture. Season with salt and pepper. Pour over pheasant in baking dish and bake in 350°F. oven until tender.

CHESTNUT DRESSING

(16 pound turkey)

4 quarts dry bread cubes
4 cups celery, cut fine
4 cups chestnuts, ground
4 teaspoons salt
1 teaspoon white pepper
2 cups butter (or any good fat other than bacon)
4 cups stock (or cream or milk)

NOTE: The chestnuts for this dressing should be hulled and blanched in boiling water to remove the inner skins. They should not be roasted nuts, as full flavor is needed.

Sauté celery in fat until it becomes translucent. Add seasonings and ground nuts. Cook for a few minutes. Add liquid, fold into bread cubes and mix well.

CELERY STUFFING

(Serves 16)

4 quarts dry bread broken or cut into ¼ inch squares
4 cups celery, sliced fine
4 cups onions, sliced fine
1 tablespoon sage leaf, crushed fine
4 teaspoons salt
1 teaspoon white pepper
2 cups butter or chicken fat, pork fat (do not use bacon)
4 cups good stock—if no stock is on hand use 4 chicken bouillon cubes dissolved in 4 cups boiling water

Sauté the onions, celery and seasonings in the fat until translucent. Add the stock and fold into the bread. Dry the bird's cavity with a towel. Season the inside with salt and pepper. Stuff.

WILD RICE STUFFING

(Serves 4)

1 cup wild rice (makes 3 cups cooked wild rice)
1 cup celery, cut fine
½ cup onion, cut fine
½ teaspoon leaf sage
1 cup stock
¼ cup butter
1 cup dry bread crumbs
⅛ cup chopped parsley

Sauté onions and celery in butter until translucent. Add parsley and spices and 1 cup good stock—(hot) pork, veal or chicken, or two bouillon cubes dissolved in one cup boiling water may substitute for the stock. Bring ingredients to a boil and fold into the crumbs and wild rice.

OYSTER DRESSING

(Serves 16)

2 cups oysters
1 cup butter
¼ cup chopped parsley
4 tablespoons onion
½ teaspoon leaf sage
¼ teaspoon celery seed
2 teaspoons salt
3 quarts dry bread cubes

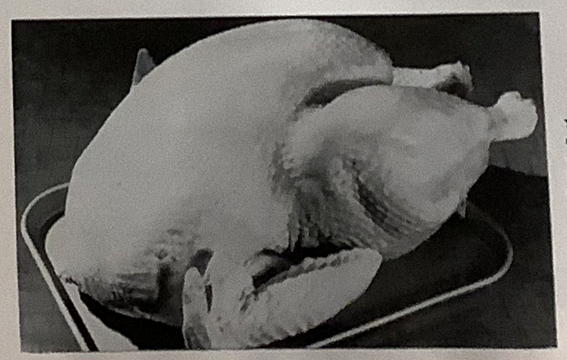
Heat oysters gently for a few minutes, and then drain off liquid. Melt the butter (or other good fat) and sauté parsley and onions in it. Add to bread cubes (or crumbs if you prefer). Add oysters and seasonings and blend well.

The Newest Method of Turkey Preparation and Utilization

The new method of preparing turkey which is described below will almost double the number of servings ordinarily secured from a whole-roasted bird. This economy plus the extreme ease of serving and the fact that turkey is now plentiful and available throughout the year, should greatly increase consumption of our now favorite holiday poultry.

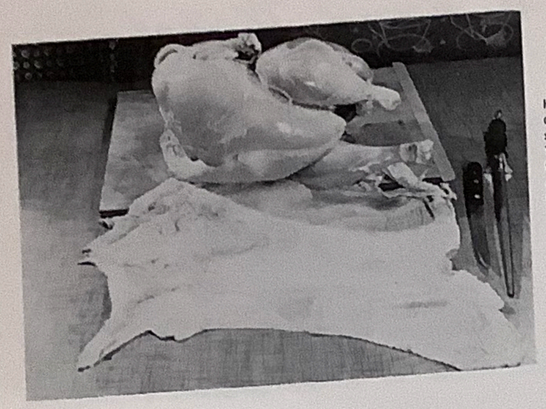
Normally, and particularly in institutional feeding, one pound of uncooked turkey is figured per serving. In the demonstration which follows, a 27 pound, 3 ounce bird yielded approximately 50 servings. This yield, came from 12 and a half pounds (45.9% of the gross weight) of choice edible, easy-to-serve cooked turkey, ready for slicing. Servings were figured at 4 ounces of boneless meat. In addition there were valuable by-products from the wings, giblets and carcass ready to be put to excellent use for salad, sandwich filling, chop suey, casserole dishes or creamed turkey. Another completely usable by-product was four pounds of natural juice.

Before cooking, the bird was divided as follows: 2 breasts, 12 pounds; 2 legs and thighs, 7 pounds; 2 wings, 1½ pounds; neck, liver, giblets and heart, 2 pounds; carcass and bones, 4 pounds, 11 ounces.

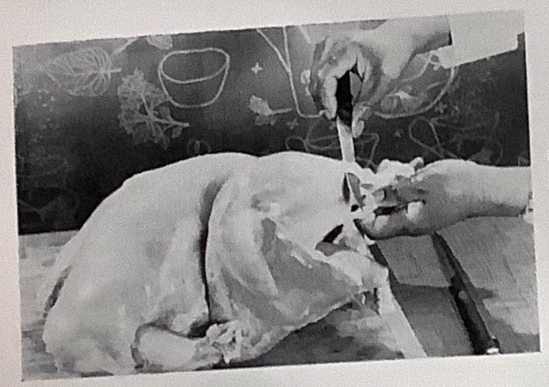


This is a 27 pound, 3 ounce turkey, ready to be prepared the new economical, and easy-to-serve way.

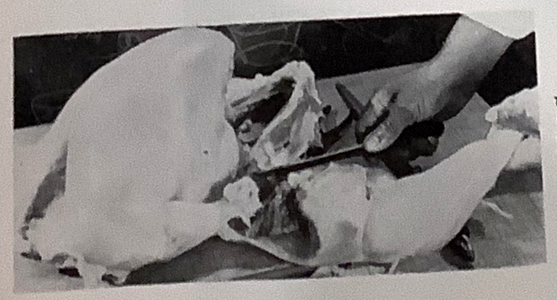
Acc 2015/330



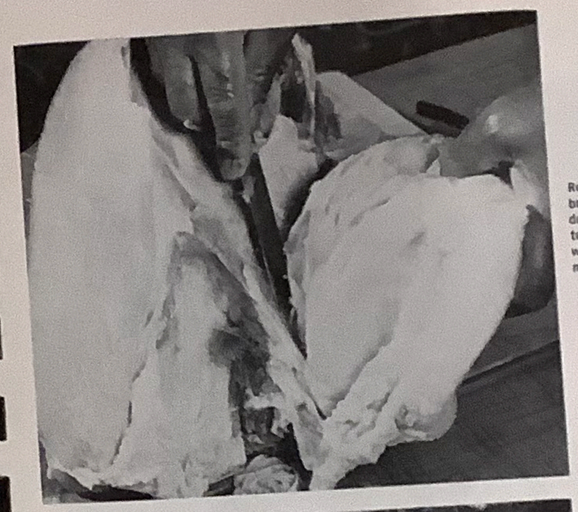
Here you see the whole carcass from which the skin has been removed. The skin is divided into four equal proportions. After the breasts and legs have been boned, they will be re-wrapped with their own skin and tied securely for baking.



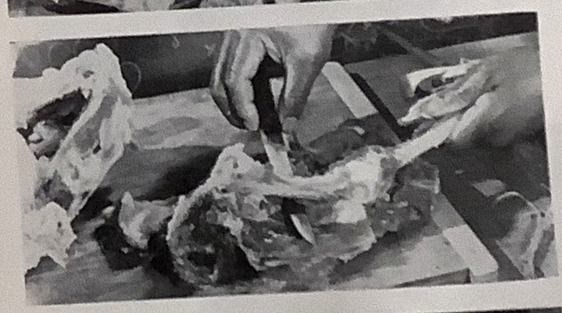
Removal of the tendons from the leg is essential to carving.



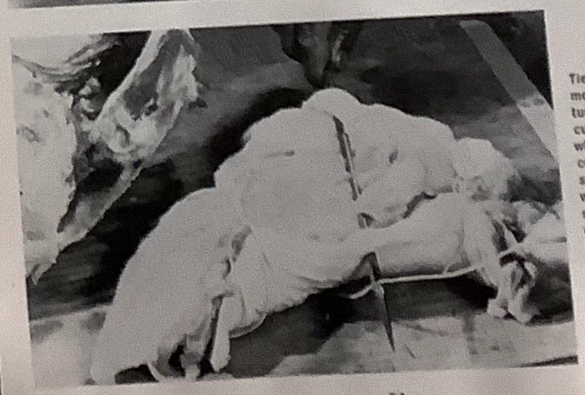
The first step in breaking down the carcass is removal of the leg and thigh.



Remove one side of the breast by cutting closely down the keel bone. Protect the whole muscle without cutting it any more than possible.

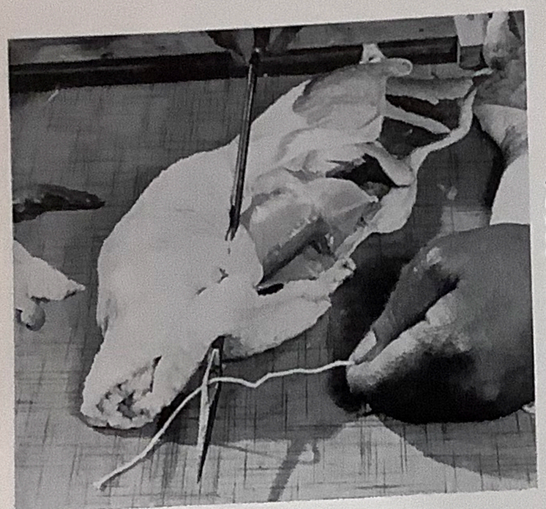


Bone the leg in preparation for boneless, rolled turkey.



Tie the breast or white meat in the skin of the turkey for roasting. When cut across the grain, the white meat of turkey will cook as quickly as any steak, cutlet or chop when broiled, fried or sauteed. One must be very careful not to season excessively. To do so will destroy the natural flavor of delicious turkey.

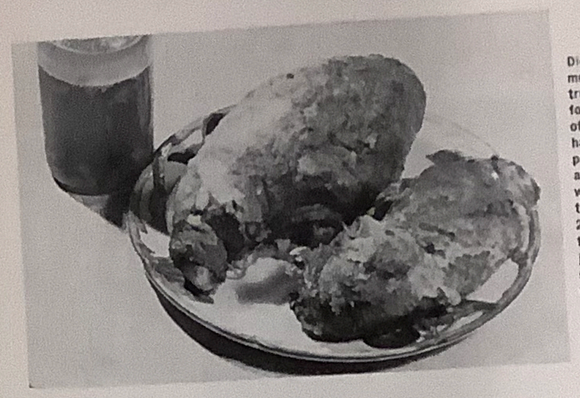
Acc 2015/330
2504



Tie the boneless leg back into the skin of the turkey to support it and to protect the delicate flesh of the turkey during roasting. The skin wrapping will keep the meat tender and juicy.



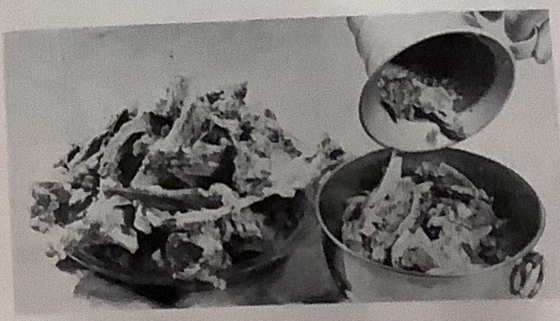
Both legs and breasts rolled, buttered, seasoned, and dusted with flour ready for roasting or baking. Using this method, a 27 pound turkey that normally requires 9 hours to bake allowing 20 minutes to the pound, can be cooked in less than 4 hours. There will be more turkey to eat, it will be much easier to carve, and the left overs may be used more profitably.



Did you ever see anything more beautiful than this truth-telling example of a foolproof and perfect job of roasting? This leg and half of the breast wrapped in skin were roasted at 300° F. Without any water being added at any time, the meat yielded 25% more turkey plus two pounds of natural juice for making gravy or sauce to be served with the turkey.



Look at the piece the knife and fork are in— all white meat carved across the grain. If baked at low temperatures until it develops 175°F. by thermometer test, it will carve easily and every slice will be tender and juicy. The leg can also be carved completely and it too yields considerably more turkey, very palatable and attractive.

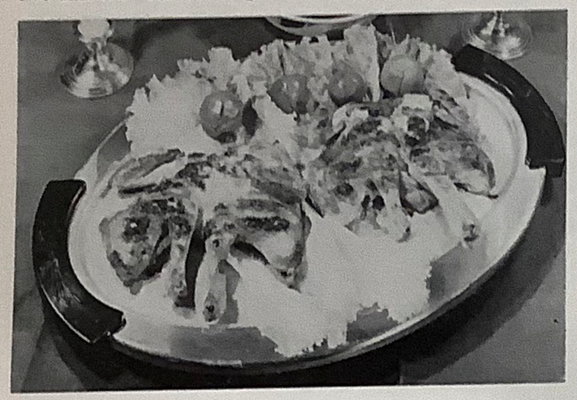


This figure shows the bones and carcass meat. The bones should be cut so they will fit into a kettle and boiled without too much water until the meat will slip from the bones. This is done while the turkey is fresh and sweet. The trimmings can be used in many ways including chop suey, hash, turkey a la king, creamed, mincemeat sandwiches, salads, shortcake and turnovers. This completes near-perfect utilization of the bird.

Acc 2015/330

Rock Cornish Game Hen

It's new. It's delicious. If it is prepared and cooked the way it should be, it has a savory taste that can't be duplicated by any other bird. The birds come fresh-frozen, oven ready with only a minor cleaning job needed. I recommend two methods for cooking the Rock Cornish Game Hen.



The Broiled Rock Cornish Game Hen ready to serve.



The Baked Rock Cornish Game Hen ready to serve.

BROILING: Split the bird down the back, open—remove bones and keel bone. Remove liver and lung formation, rub with baking soda, and wash under clean running water. Dry well. Season with a good seasoning salt, marinate in butter, dust with flour and broil six inches from the flame until a nice brown on one side. Turn and brown on the other side, then butter well with creamed and seasoned butter and serve immediately with wild rice dressing.

BAKING: The bird should be thoroughly cleaned as described at left. It should be marinated with butter inside and out and seasoned with a good seasoning salt. Bake in a small shallow pan without stuffing in a 400°F. oven for 45 minutes and serve in a nest of wild rice. A silver skillet, as illustrated, makes an ideal serving dish. If it is to be stuffed, the dressing should be pre-cooked and hot when put into the bird.

Fish and Seafoods

Fish and seafoods comprise one of the most important branches of our natural food resources. No substitute has as yet been found to take their place in our diets. The boundaries of the United States—oceans, lakes, and gulf—and their tributaries are rich sources of sea foods including salt and fresh water fish of practically every description. If we would but learn the seasons and habitat of the various regions of the country, scarcity of sea foods would become a thing of the past.

Fish is marketed fresh and fresh frozen the year around. There is no food more palatable and delicious than fresh fish—when it is fresh. And it is not enough to know that it is fresh according to government specifications. Federal regulations permit a considerable leeway in this respect. For example, under government standards fish can be marketed as fresh from as much as twenty to thirty days after it is caught. Fish in this category is definitely not the fresh fish of which I am speaking.

Fresh fish—salt or fresh water—caught or hauled in daily by anglers and commercial fishermen is succulent and delicious. It has no equal in food value and palatability. Fish, like poultry, does not improve at all with age. However, in order to secure the best possible results under the circumstances fish must be kept clean and cold after it is caught until cooked.

Fish is a delicate product so if you don't know your fish you must know your fish dealer.

I describe here briefly the activities of a well-known Midwest establishment, Smith Bros., Port Washington, Wisconsin, as an illustration of first class care and caution in the handling of fish.

When they draw their nets and load the fish on the tugs the fish are immediately placed on ice and kept there until they reach port. As soon as they reach port the crew cleans the fish—washing them in clean clear water—and packs them in a fresh, clean batch of ice—not that in which they were brought from lake to port. The fish are kept in this new cold pack until they are ready for shipment to markets around the country.

In preparation for shipping, the bottom of the box is covered with ice and parchment paper laid on the ice. The fish is placed on a layer of parchment and covered with another layer. The box is finally filled with ice and the product is ready for its journey.

When the fish reaches its destination it is in good condition. It is clean and cold but not water-soaked. What is more it does not have that old fish-house smell from dirty fish-boxes and dirty ice.

Regardless of how fish comes shipped to you it should be thoroughly washed, cleaned and cooked as soon as possible or frozen. If fish has once been frozen and thawed, however, it should never be frozen again.

All fresh fish should be firm and should readily respond when pressed with the finger. You can depend on it—fresh fish will never contain bad odor.

On many occasions fish that is marketed as "fresh frozen fish" might have been spoiled before it was frozen. A careful check should therefore be made with respect to bad odor in order to be sure that you are getting the product you want.

FISH COOKERY

After cleaning fish well some should be well scaled; others should be skinned. Some should be cooked with skin on. Still others, like salmon and large trout, should be skinned before cooking. Whitefish, walleyed pike, perch, red snappers, large black bass, and many others should be scaled. Halibut, flounder, and cod fish should be cooked with skin on for flesh protection.

All fish should be cooked well done. Practically all fish require only short time for cooking. Be that as it may they should be cooked well-done in order to develop the best flavor.

Low temperature in cooking fish, as in cooking meat, is imperative. Thick fish such as salmon, and trout—to mention only a couple—should be baked at a temperature of not more than 300°F. until done.

Deep fat frying—the most popular method of cooking fish—should be done at 375°F. Temperature control should be

Acc 2015/330

carefully watched. It is just as bad to fry fish in fat that is below the appropriate temperature as it is to fry fish in fat that is too hot.

Broiling

Broiling brings out the very best qualities in fish. Either small whole fish or split fish of medium size are best for broiling. Fillets or fish steaks may also be broiled.

To prepare for broiling, wipe fish dry, brush lean fish with salad oil, butter, French dressing or melted shortening. Season with salt and white pepper.

Preheat broiling compartment 5 to 10 minutes. Arrange fish, skin side down, on greased pan. The regular broiler pan may be used or a separate shallow pan may be kept just for cooking fish. Place fish about three inches from the flame and broil until tender and well-browned. It is usually necessary to turn split fish of medium or inch-thick steaks. The broiling time will vary with the size and variety of fish. A 2 to 3 pound fish, split, will take 10 to 15 minutes; an inch-thick fish steak will take about 15 to 20 minutes.

Before serving, marinate the broiled fish with butter, dill mixed with butter, chopped parsley butter, or tarragon.

Boiling and Steaming

If a fish is rather dry, boiling or steaming is the best method of preparation. This method is especially recommended for thick steaks cut from large cod or halibut.

In boiling, the whole fish or individual pieces should be tied in a parchment bag and placed thus in the boiling water. This method will preserve flavor and texture, keep fish in shape, and prevent water soaking. All seasoning will need to be put directly on the fish in this method.

If parchment for such a bag is not available, it is advisable to cut large fish in pieces for individual service before cooking. Put the sections of fish on a plate; tie this in cheesecloth and plunge it into hot water. To boil medium-sized fish whole, wrap twine around the body leaving the head and tail out of the water, and a length of twine at the head end which can be used in removing the cooked fish from the kettle.

When not using parchment, cook fish gently in boiling water to which salt, a little vinegar or lemon juice, a few peppercorns and a kitchen bouquet of parsley, celery tops or other available herbs have been added. Vinegar or lemon juice helps to keep fish texture firm and prevents white fish from discoloring.

Fish may be steamed by placing on a rack just above the boiling water. A pressure cooker is an excellent means for steaming.

Baking

Larger fish, of three pounds or over, are suitable for baking. In this class are bluefish, red snapper, black cod, salmon, shad, and whitefish. They may be stuffed or not as desired. Lean varieties of fish should either be larded or constantly basted with fat or oil while baking. To lard, cut several gashes through the skin and insert thin strips of fat pork. Fatty fish need no additional fat or oil.

Fish may be baked with or without the head and tail. Remove the bones and sprinkle with salt inside and out. Fill with any desired stuffing and fasten securely with toothpicks or with needle and thread.

If a piece of cheesecloth dipped in salad oil is placed underneath the fish in the baking pan, it will be easier to handle the fish when cooked. Bake in a hot oven, 375°F. to 400°F., allowing 15 minutes per pound for a fish weighing up to four pounds (before trimming). Allow 5 minutes for each additional pound. Test for tenderness with sharp-pronged fork. Remove from the pan to the hot platter or plank. Garnish as desired.

If desired, fish for baking may be filleted and the stuffing heaped on the two fillets placed side by side on the bottom of the baking pan. Bake at 375°F. to 400°F., allowing 8 minutes per pound.

Fillets may be put together with stuffing between and baked like a whole stuffed fish, or they may be braised, cooked in a covered pan in cream or rich milk.

Breaded Fish

Take two parts corn meal, one part flour, season with salt and white pepper. After the fish is thoroughly cleaned roll in the above mixture and lay on table or place on wax paper for ten minutes. Fry in equal parts of butter and lard—enough fat to cover half the fish. When well browned on one side, turn and brown on the other side. The fish will be cooked if it has not fried too fast. Cook in hot fat about 370°F.

To use bread or cracker crumbs rather than the corn meal, use two parts bread crumbs, one part flour, and season with salt and white pepper. The fish should be

cleaned thoroughly and dipped in plain flour. Next dip fish in a batter made of ½ cup water, ½ cup milk, 1 well-beaten egg, salt and white pepper. Roll in bread crumbs. Let stand on flat surface for ten minutes, then fry.

Grilled Fish

Lightly oil or butter surface of fish or fillets and be sure fish is well-dried before starting to grill. Turn fish or fillets twice or four times, according to size and thickness while cooking as both sides should be cooked evenly. The use of wooden tongs is recommended so as to prevent the fish from breaking. Begin with a fairly slow heat and finish off a little faster to brown fish evenly. One or two cuts across a whole fish will enable the inside to cook more readily. The grill may be wiped with oil or butter before fish is placed on it.

HOME-MADE PICKLED FISH

Many of us have turned up our noses when there is mention of pickled fish. Probably we have encountered samples of this delicacy which have been rubbery and tough, tasted strong and bitter. I have experimented with pickling brines and have found one that leaves the fish flaky and tender. Follow this recipe and the fish will not become bitter or sour.

2 cups water
1 quart tarragon or mixed herb wine vinegar
2 tablespoons sugar
2 tablespoons salt
1 teaspoon whole white pepper
1 teaspoon whole black pepper
2 cups onion rings
2 cups celery, sliced
1 teaspoon red hot peppers
1 teaspoon leaf thyme
1 teaspoon whole allspice
1 teaspoon juniper berries
3 crushed bay leaves
1 tablespoon sweet marjoram
6 pounds fish, whole or pieces—trout is best. Small pieces of trimming may be used.

Add the above spices to the vinegar and sugar. After the fish has been washed and cleaned it should be soaked in salt water (1 cup per gallon) for six hours. Then it should be placed in the boiling pickle brine and heated until it comes to a boil, then simmered slowly for 5 minutes. Cool. The fish should be kept in the brine in a tightly sealed container for at least 24 hours, under good refrigeration.

MOLDED FISH SALAD

(Serves 70 As Appetizer)

The following two steps are worth anyone's continued practice until one is able to produce the proper results, because they are admired and accepted by discriminating people as the best in cold fish cookery.

Step I—Pickled Salmon or Trout

1 5 pound Salmon
2½ cups tarragon wine vinegar
1 cup water
2 tablespoons salt
1 teaspoon celery seed
6 allspice
1 cup sliced celery
½ cup onion, sliced
2 tablespoons sugar

Mix all spices and vinegar and bring to a boil.

Prepare fish, salmon or trout, by splitting into halves, removing bones and skin. Put the boneless slabs in a long loaf pan. Cover with the above hot pickling brine and simmer for 10 minutes, or until tender. Let it cool in the brine.

Step II—Chaud Froid Fish Mold

Remove pickled slabs of fish from the cold brine. Marinate the fish in a glaze prepared as follows:

3 tablespoons lemon juice
2 tablespoons gelatin (soaked in ¼ cup water)
2 cups brine

The fish mold may be garnished with ripe olive slices for simulating scales, stuffed olives for eyes, and pimiento. Use the following procedure: Work with the mold placed in a dish of ice and first line the mold with a thin layer of glaze. Then dip the garnishes in the glaze and arrange in the mold. When they have jelled in the mold, add another thin layer of glaze and proceed with the Chaud Froid Sauce.

Prepare Chaud Froid Sauce as follows:
2 cups mayonnaise
1 cup pickling brine
3 tablespoons gelatin
2 tablespoons lemon juice

Method: Soak gelatin in ½ cup cold brine. Heat ½ cup brine to boiling point and add to soaked gelatin. Fold into mayonnaise.

Line mold with the prepared Chaud Froid Sauce. Add the fish in flaked pieces or whole—but it must be pressed together and well-covered with the sauce. Chill until firm. Serve.

Acc 2015/330

2504

CRAB A LA NEWBURG

(Serves 4)

2 heaping cups crab meat
½ cup butter
2 cups cream
2 tablespoons flour
2 tablespoons lemon juice
4 eggs
¾ teaspoon salt
⅛ teaspoon clove
⅛ teaspoon paprika
½ cup dry sherry
1 tablespoon brandy

Melt butter in iron skillet but do not brown. Stir in crab meat gently. Sauté for 1 minute; stir in flour. Add cream slowly, stirring constantly and lightly. When sauce is smooth, add salt, clove and paprika, and let mixture bubble for five minutes.

Have guests seated at the table; have piping hot serving dish, hot plates and toast points ready.

Stir in the sherry. Beat eggs just short of foaminess and stir in quickly. Add the brandy and lemon juice. Rush Newburg garnished with parsley, instantly to the table. Serve with any dry white wine and any green salad made with French dressing. (Brandy may be omitted, but not the sherry.)

BAKED HADDOCK WITH EGG SAUCE

(Serves 2)

1 pound frozen haddock
salt and pepper to taste
cracker crumbs for topping
1 cup medium cream sauce
2 hard boiled eggs
2 tablespoons chopped parsley

Put fish in a shallow pan, sprinkle with salt and pepper and the coarse cracker crumbs (enough to cover). Bake in 350°F. oven until tender. Force eggs through a sieve or ricer, add to the cream sauce, add chopped parsley, and when fish is tender pour the sauce over it and return to oven to continue baking until the sauce bubbles.

BROILED LOBSTER TAIL

1 lobster tail
½ cup cracker crumbs
⅓ cup melted butter
1 teaspoon seasoning salt
1 tablespoon chopped parsley

Thaw lobster over night in the refrigerator. While still in frigid stage remove the soft under shell and remove the muscle or meat from the shell and devein it and remove the tough outer skin. Wash under cold running water. Season lobster with seasoning salt and butter (melted). Return to the shell and sprinkle with buttered crumbs and bake according to size from 16 to 24 minutes. Garnish with chopped parsley, lemon and melted butter. Serve immediately.

They may be steamed until tender and then finish baking the same way by a flash broiler heat.

FISH A LA KING

(Serves 6)

2 tablespoons butter
½ cup onions cut fine
1 cup celery cut fine
½ cup sliced green pepper
2 ounces mushrooms
2 cups medium cream sauce
4 cups cooked, flaked fish
¼ cup sherry wine
4 ounces of pimientos
salt and pepper to taste

Melt butter in frying pan and use it for sautéing onions and celery until they're translucent. Remove them from pan and sauté the green peppers and mushrooms. Put fish, onions and celery into a buttered casserole. Add sherry to cream sauce and pour over them. Put green pepper, mushrooms and pimiento on top and bake in a 350°F. oven until sauce bubbles well.

OYSTERS SUPREME

(Serves 4)

½ cup butter
1½ cups chopped celery
½ teaspoon mustard
¼ teaspoon salt
¼ teaspoon white pepper
3 tablespoons flour
3 cups rich cream
2 dozen oysters
¼ cup sherry

Sauté celery in butter until it is almost done, but do not brown. Add mustard, salt, pepper and flour and cook, stirring constantly. Add cream gradually, stirring and cooking until mixture thickens and bubbles. Add well cleaned oysters, cooking about 5 minutes longer. Add sherry and serve garnished with parsley.

ESCALLOPED OYSTERS

(Serves 4)

1 quart oysters
1 teaspoon salt
1 cup fine bread crumbs
4 tablespoons butter
1 cup milk

Drain and save, the liquid from the oysters. (Be sure they're free of shell and sand.) Place a layer of oysters in a buttered baking dish, sprinkle with salt, and cover with a layer of bread crumbs. Repeat with another layer of oysters, salt and crumbs. Dot with butter, add oyster liquid and just enough milk to cover the top layer of oysters. Bake in a 350° F. oven until edges of the oysters curl and the top is lightly browned.

SALMON CROQUETTES

(Serves 4)

2 cups cooked salmon
2 cups cooked rice
4 tablespoons cracker crumbs
4 tablespoons milk
½ teaspoon salt
¼ teaspoon white pepper
¼ teaspoon MSG
1 large egg, beaten

Mix salmon, rice and cracker crumbs together in one bowl. Mix milk, seasonings and beaten egg together in another. Blend well and pour over the salmon mixture. Stir until well blended. Allow to chill in the refrigerator for 2 hours. Shape into croquettes, roll each one in flour, then in a batter made of the following: 1 well beaten egg: ½ cup milk: ⅓ cup water. Then roll each croquette in cracker crumbs. Let stand for 10 minutes, then fry in deep fat until brown. Serve with *Pea and Celery Cream Sauce.*

SHRIMP CREOLE

(Serves 6)

1 pound shrimp
1 teaspoon salt
¼ teaspoon white or red pepper

Remove the shell and sand vein from shrimp. Wash clean under running water. Place in stew kettle with just enough water to cover. Add salt and pepper. Bring to a boil and cook for 5 minutes. Drain and save the juice.

SAUCE:

1 cup minced onions
2 tablespoons butter
½ cup green pepper, cut fine
2 tablespoons flour
½ cup mushrooms, sliced
½ cup stock or juice from shrimp and 2 tablespoons ham cut fine (optional)
2 cups canned tomatoes
½ cup tomato puree
½ teaspoon paprika
1 teaspoon sugar
½ teaspoon salt

Sauté onions in butter until soft and translucent. Add green pepper and cook for a few minutes. Add flour and cook until it makes a paste with onions, green pepper and mushrooms. Add the hot stock, tomatoes and tomato puree and stir. Bring to a boil with all other ingredients and cook over low fire or in double boiler; mix with shrimp and serve on cooked rice. Use 3 cups of cooked rice for 6 portions.

SHRIMP STUFFED PEPPERS

(Serves 4)

1 egg, slightly beaten
¼ cup French dressing
1 cup cooked rice
½ pound cooked shrimp
¼ cup grated cheese
4 whole green peppers

Mix the first four ingredients thoroughly, adding salt and pepper to taste. Remove tops of peppers, remove membrane and seeds, wash and drain. Stuff cavaties with shrimp mixture, top with grated cheese and bake in a 375°F. oven for 30 to 45 minutes.

SALMON STEAK WITH WINE SAUCE

Select 6 fresh, or fresh frozen salmon steaks (about 1½ pounds). Wash well, making sure the skin is free of scales. Arrange steaks in buttered baking dish, sprinkle with 2 teaspoons of salt and a little white pepper. Dot with butter, sprinkle with cracker crumbs, and bake in a 350°F. oven until almost, but not quite, done. Remove from oven and add the following sauce:

1 cup cream sauce
⅓ cup light sherry
¼ teaspoon monosodium glutamate
1 teaspoon salt

Blend ingredients well. Spoon over salmon steaks, top each steak with 3 or 4 capers, a little chopped parsley, and melted butter. Return to oven and bake 10 minutes longer.

Acc 2015/330

FINNAN HADDIE IN WINE SAUCE

(Serves 6)

- 2 pounds smoked Finnan Haddie
- 2 cups heavy cream sauce
- 5 tablespoons sherry
- ½ teaspoon seasoning salt

Soak fish in scalding water for 2½ minutes. Drain and put fish in a buttered casserole. Bake 15 minutes in a 350°F. oven. Remove from oven, drain off the juice that has accumulated on the fish. Blend the juice with the cream sauce, add the sherry and salt, pour over fish, return to oven and bake 15 minutes longer.

SALMON LOAF

(Serves 4)

- 1 number 2 can of salmon
- 2 beaten eggs
- 1½ cups bread crumbs
- 1 cup milk
- ¼ teaspoon seasoning salt

Drain juice from salmon and add it to the eggs. Flake the salmon. Add salmon, crumbs and seasonings to the combined eggs and juice. Mix well, and fold in the milk. Bake in a loaf pan (not more than 1½ inches deep) in a 375°F. oven until it is set and browned lightly over the top. Serve with *Pea and Celery Cream Sauce.*

SALMON PATTIES

(Serves 4)

- 1 seven ounce can of salmon
- 2 cups cooked rice
- 1 egg, beaten
- ⅓ cup bread crumbs
- 1 teaspoon seasoning salt
- additional crumbs for breading

Beat egg, add juice drained from the can of salmon, add rice, bread crumbs and the flaked salmon. Mix, shape into patties, roll in the additional crumbs and fry until golden brown.

LOBSTER AND SCALLOP THERMIDOR

(Serves 4)

- 2 cups cooked lobster
- 2 cups cooked scallops
- ¼ cup sherry wine
- 1 cup of stock from lobster and scallops
- 2 tablespoons butter
- 2 tablespoons flour

CREAM SAUCE

- 1 cup coffee cream
- 2 tablespoons butter
- 2 tablespoons flour

For thermidor sauce use one cup of stock from lobster and scallops and thicken with butter and flour which has been made into a Roux. Cook together until thick.

For cream sauce heat coffee cream in double boiler. Melt butter and add flour and cook to a Roux. Add Roux to hot cream and cook until thick.

Now mix thermidor sauce and cream sauce together and add sherry. Add cooked lobster, cut in pieces the same size as scallops, and scallops to sauce. Then put in casserole dish and sprinkle with grated cheese and melted butter and bake for about 20 minutes in a 350°F. oven.

Casseroles and Baked Dishes

CHICKEN WINE CASSEROLE

(Serves 8)

- 6 cups cooked chicken
- 2 cups raw rice
- ¼ cup butter
- ¼ cup oil or chicken fat
- ½ cup green pepper
- ½ cup onion
- ⅛ cup mushrooms (1 small can)
- 4 cups chicken stock
- ½ cup Sherry
- 1 cup canned tomatoes or 3 large fresh tomatoes
- 2 teaspoons salt
- ¼ teaspoon Rosemary
- 1 clove garlic
- 1 fresh pimiento (½ cup)
- 2 tablespoons grated Italian cheese

Wash rice thoroughly rubbing between fingers to remove starch. Dry rice. Fry rice in fat until partially browned. Add green pepper, mushrooms and cook until brown. Add stock, Sherry, tomatoes and other seasonings. Reserve some of the pimiento and cheese for garnish. Stir well. Cover and bake in moderate oven 350°F. for 20 minutes. Remove from oven; add chicken cut in large or small size pieces. Sprinkle with cheese and pimiento. Cover, return to oven and bake 30 minutes longer.

TUNA AND VEGETABLE CASSEROLE

(Serves 4)

- 2 tablespoons butter
- ½ cup onions
- ½ cup celery
- 1 seven ounce can tuna fish
- 1½ cups cooked carrots
- 1½ cups cooked potatoes
- 1 tablespoon butter
- 2 cups medium cream sauce
- ½ teaspoon salt

Sauté onions and celery in 2 tablespoons butter. Add the flaked tuna fish. Drain the carrots and potatoes and add 1 tablespoon butter to them (it helps to keep vegetables separated). Add raw peas, the drained vegetables and the cream sauce. Mix, top with crushed corn flakes and a little butter, and bake in a buttered casserole at 350°F. for 30 minutes.

OYSTER, MACARONI AND MUSHROOM CASSEROLE

(Serves 4)

- 3 cups cooked macaroni
- 1 pint oysters
- ½ cup minced onions
- 1½ teaspoons salt
- ¼ teaspoon white pepper
- ⅛ teaspoon cayenne pepper
- ¼ cup chopped parsley
- 1 ten ounce can mushroom soup
- ½ cup grated American cheese

Put macaroni and oysters into a buttered casserole. Sauté onions in butter, add seasonings, parsley, and the soup which has been mixed and blended with the milk. Bring to a boil and pour over contents of the casserole. Top with buttered crumbs and the grated cheese and bake in a 350°F. oven for 45 minutes. Remove from oven, let stand for 10 minutes, then serve.

TURKEY CASSEROLE

(Serves 6-8)

- 12 ounce package egg noodles
- ½ cup celery, cut fine
- ½ cup onions, cut fine
- 4 tablespoons butter
- 4 tablespoons flour
- 3 cups good turkey stock
- 2 chicken bouillon cubes, add to turkey stock
- 1 cup hot milk
- 2 teaspoons salt
- 1 teaspoon celery salt
- ½ cup grated cheese
- 3 cups turkey trimmings

Bring noodles to boil; let simmer for 15 minutes. Add 2 cups cold water; let set for 10 minutes. While this is setting, sauté onions and celery in 2 tablespoons butter. Mix flour in remaining 2 tablespoons butter and cook into smooth paste. Add the hot stock to roux and cook until thick. Add hot milk and seasoning. Cut the turkey as fine as possible. Giblets and heart may be used. Strain noodles and fold all ingredients together in a large mixing bowl, and bake in buttered casserole dish. Top with grated cheese or cornflakes.

Acc 2015/330

2504

CREOLE RICE AND FRANKS

(Serves 6)

6 franks
½ cup chopped green pepper
½ cup chopped onions
3 tablespoons fat
3 cups cooked rice
2 cups tomatoes
1½ teaspoon salt

Brown green pepper and onion in fat. Add rice, tomatoes and salt. Cover and simmer 30 minutes. Place franks on rice. Return covered and simmer five minutes.

MEAT BALLS AND MUSHROOM SAUCE

(16 Meat Balls)

(Serves 6-8)

½ cup onion, cut very fine
1 tablespoon butter or fat
1 egg
½ cup milk
1 pound hamburger
½ pound pork sausage
1 cup cracker crumbs
1 teaspoon sugar
1 teaspoon salt
⅛ teaspoon mace
⅛ teaspoon allspice
⅛ teaspoon marjoram
1 10½ oz. can mushroom soup
1 cup medium cream sauce

Cook onion in fat or butter until soft and translucent. Beat egg and milk together and mix all ingredients and work together well. Form into uniform meat balls. Roll in flour and brown in heavy skillet; put in casserole dish. Cover with mushroom soup and cream sauce. Mix thoroughly together and sprinkle with chopped parsley. Bake in moderate oven 350°F. for 1 hour.

CHEESE HALIBUT-CASSEROLE

(Serves 6)

1 pound fresh halibut
1 cup fine noodles
2 cups thin cream sauce
2 cups grated American cheese
½ teaspoon Worcestershire sauce
2 tablespoons lemon juice
¼ cup buttered bread crumbs
salt and pepper to taste

Cook halibut for 10 or 15 minutes. Drain, remove skin and bones and flake. Cook noodles in boiling salted water for 10 minutes. Add 1 cup of cold water and set them aside while making the sauce. Add worcestershire sauce, grated cheese and lemon juice to the cream sauce and cook, stirring constantly, until cheese is melted. Drain the noodles, grease a casserole and put half of the noodles in it. Cover with half of the fish and half of the sauce. Repeat with remaining ingredients, top with buttered crumbs and bake in a 325°F. oven about half an hour.

LAMB CASSEROLE

(Serves 6-8)

2 pounds stewing lamb
2 tablespoons fat or butter
2 tablespoons chopped onions
1 tablespoon flour
¾ cup meat or mushroom stock
2 teaspoons salt
½ teaspoon pepper
1 cup tomatoes
1 cup mushrooms (optional)

Cut meat into 2-inch pieces. Brown in fat. Place in casserole. Sauté onions in remaining fat; add flour and stir until slightly brown. Add stock and cook until thick. Season and pour over meat; add tomatoes and mushrooms. Cover and bake in moderate oven 350°F. for 1 hour until tender. Sprinkle with chopped parsley.

STUFFED GREEN PEPPERS

(Serves 6)

4 tablespoons melted butter
¼ cup green onions, cut fine
¼ cup mushrooms
½ cup fresh tomatoes
1 cup cooked corn
½ cup bread crumbs
2 cups cooked rice
1 egg, beaten
1 tablespoon water
1 teaspoon salt
½ cup grated cheese
6 whole green peppers

Sauté onions and mushrooms in butter, then add tomatoes, water and simmer gently. Mix together corn, bread, rice, salt and half of the grated cheese, then blend with sautéed mixture. Remove tops from peppers, clean out membrane and seeds, wash and drain. Fill cavities with dressing and bake 45 minutes to one hour in a 300°F. oven.

HAMBURGER CASSEROLE

(Serves 4)

1 package egg noodles (6 oz.)
¼ cup celery
¼ cup onions
1 pound hamburger
¼ cup water
1 cup medium sauce
1 can cream of mushroom soup
½ teaspoon celery salt
1 teaspoon Accent (MSG)
1 teaspoon salt
¼ teaspoon white or black pepper

Cook noodles in 4 quarts water for 15 minutes. Remove from fire and add 1 cup cold water; let stand for 5 minutes. Drain when ready to combine with meat mixture.

Sauté onions and celery until translucent. Remove from pan and sauté hamburger, made into small patties, until brown. Add ¼ cup water to meat and simmer for a few minutes to get all the brown substance in the pan. Mix cream sauce and mushroom soup together; add to meat and noodles that have been put in a baking dish.

In blending meat and noodles, try to get meat equally distributed. Sprinkle the top with buttered crumbs or cornflakes and bake in oven 375°F. for 30 minutes or until the bubbles come through. Be sure to season to suit your taste.

ASPARAGUS WITH CHEESE SAUCE

(Serves 6)

2 pounds fresh asparagus, or
2 packages frozen asparagus
2 cups medium cream sauce
1½ cups grated cheese

Cook asparagus until done. Season to taste. Add grated cheese to hot cream sauce and stir until melted. Pour over cooked asparagus and serve.

PORK AND NOODLE CASSEROLE

(Serves 4)

1 pound ground pork
½ teaspoon leaf sage
2 teaspoons salt
1 cup sliced celery
1 cup sliced onions
3 cups medium cream sauce
8 ounce package of noodles
crushed corn flakes

(Note: use very lean pork . . . pork cutlets work very well.) Season the ground pork with salt and sage and brown in a heavy skillet. Remove meat, put onions and celery into skillet and sauté them. When they are soft and translucent, add meat and cream sauce to them and simmer gently, while noodles are being boiled. Butter a 2 quart casserole, and put cooked, drained noodles, and meat mixture into it. Top with corn flakes and bake about 30 minutes in a 350°F. oven.

ESCALLOPED POTATOES AND HAM

(Serves 4)

5 cups sliced, raw potatoes
1½ cups diced ham dredged in flour
1 tablespoon melted butter
1 cup hot milk

Butter a casserole, into it put alternating layers of potatoes and ham, add hot milk and melted butter, then bake in a 300°F. oven about 1½ hours or until potatoes are tender. (Note: you may need salt, depending upon the saltiness of the ham you use.)

DRIED BEEF LIMA CASSEROLE

(Serves 6)

1 5 oz. pkg. dried beef
1 10 oz. pkg. frozen lima beans
½ cup onions, cut fine
2 hard cooked eggs
2 cups milk
3 tablespoons butter
4 tablespoons flour
¼ teaspoon white pepper

Make a medium cream sauce with butter and flour made into a roux, and add hot milk and cook until thick. Sauté onions in butter or vegetable shortening until translucent. Cut dried beef into small pieces. Add onions, hard cooked eggs, dried beef and lima beans to cream sauce and mix thoroughly. Pour into a buttered casserole and bake in 350°F. oven for 30 minutes. Sprinkle top with crushed potato chips or corn flakes.

SCALLOP POTATOES

(Serves 4)

6 cups sliced potatoes
1 cup milk
1½ teaspoons salt
2 tablespoons butter

Wash potatoes thoroughly removing all of the starch. Butter baking dish. Put half of the potatoes in baking dish. Add half of the salt. Add remaining potatoes and salt. Pour milk over potatoes and bake in a 350° oven for 1 hour, or until potatoes are tender and brown.

Acc 2015/330

Eggs and Cheese

Cheese combines the virtue of dairy products and compares favorably with meats in nutritive value. And like meats, cheese should be cooked only at low temperatures.

Cheeses are numerous in variety and may be used in any course of the meal. In fact, a meal may be built around cheese, served hot or cold.

SELECTION OF EGGS

Eggs need no introduction, but few realize that unnoticed they may be used in every course in most meals. While they are so commonly used, I believe it is worthwhile to give some pointers on selection, storage, and use.

Every state has its own system of grading eggs. The best policy to adopt in buying eggs is to follow the U. S. Standard of Specifications:

Quality Factors: The air cell, the space between the shell and the membrane of the egg, determines the grade of the egg, for in time the air cell becomes larger owing to the evaporation of moisture. Lack of refrigeration speeds up the depth of the air space.

No. 1. U. S. Specials ⅛ inch

No. 2. U. S. Extra ¼ inch

No. 3. U. S. Standard ⅜ inch

No. 4. U. S. Trades. All weak and watery; showing signs of germ development. When an egg is broken a flat yolk or a watery white indicates that the egg is stale and not suitable for table use.

GENERAL COOKING SUGGESTIONS

Eggs contain important vitamins, proteins, and minerals that are essential to body-building and health. Some of these factors are destroyed if cooked too long or at too high a temperature.

Do not boil eggs, simmer them.

For custards, cream eggs with sugar before adding to milk. Also, custards should not be baked in too hot an oven lest the mixture curdle and separate.

Eggs should never be fried at too high a heat or they become tough and leathery.

STORAGE OF EGGS

Eggs have good keeping qualities if properly handled. Fresh eggs have a natural film that protects them from foreign flavors and rapid evaporation. This film should not be removed if eggs are to be kept for any length of time. If they are dirty, wipe off the spots with a damp cloth but *do not wash*. Eggs should always be kept under refrigeration or in a coll place.

BEATING AND CREAMING EGGS

If eggs are to be beaten, as for meringue, salads, dressings, and creaming for custard or cakes, they should be at room temperature before using. Always add a dash of salt to eggs for a whiter and foamier meringue.

If an electric mixer is used, much care should be exercized that the machine is not started at too high a speed. The low speed is to be used just until they rotate, then continue on a higher speed. This is why the old-fashioned wire whisk is better than our electric mixers, as it does not chop the eggs into pieces.

BAKED EGGS WITH CHEESE

Break eggs into greased baking dish. Add 2 tablespoons milk to each egg. Cover with cracker crumbs; dot with butter, and sprinkle with cheese. Season according to your preference using salt and pepper, or seasoning salt, or some other herb blend. Bake for 15 minutes at 350°F.

CREAMED EGGS

(Serves 4)

6 hard-cooked eggs (shelled)
2 cups medium white sauce
Salt and pepper or Seasoning Salt

Dice eggs, fold into white sauce, season. Cook in double boiler 30 minutes or until hot. Serve in heaping portions garnished with wedges of buttered toast.

This basic recipe may be varied by adding vegetables such as fresh or fresh frozen peas, asparagus tips, or mushrooms. it may also be used with patty shells instead of toast.

EGGS BENEDICTINE

(Serves 1)

1 round hard roll or English muffin
1 slice of cooked ham cut into julienne strips
1 tablespoon butter
½ cup tomatoes, diced
1 egg (poached)
2 tablespoons Hollandaise sauce

Season to taste with sugar, salt, white pepper and a sprinkle of grated cheese.

Split hard rolls or English muffin in half, hollow into cup shape, and toast. Cut a slice of ham into julienne strips and sauté in butter. Fill toasted roll cup with ham. Sauté sliced tomatoes, season with sugar, salt, and white pepper, and place on top of ham. Place poached egg on top of roll, ham and tomatoes. Cover with Hollandaise Sauce, sprinkle with grated cheese. Place under broiler until cheese is melted. Serve hot.

WELSH RAREBIT

(Serves 6)

1 pound aged American cheese, grated
Make Roux
4 tablespoons butter
4 tablespoons flour
1½ teaspoons salt
2 eggs
4 cups hot milk
1 tablespoon Worcestershire sauce
1 teaspoon dry mustard
1 teaspoon paprika

Make the roux. Add hot milk gradually to the roux. Beat eggs well and whip into cream sauce. Fold in grated cheese, season and cook in double boiler until firm.

This same Welsh Rarebit may be made with beer instead of milk and the addition of a dash of Tobasco sauce.

NEVER FAIL OMELET

(Serves 4)

4 large eggs, separated
3 tablespoons butter
3 tablespoons flour
1 cup milk
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon fat

Make a cream sauce out of the butter, flour and milk. Cool slightly. Add salt to egg whites and beat until stiff, but not dry. Beat egg yolks, add the cream sauce and pepper to them, blend well and fold gently into egg whites. Pour into moderately hot, large skillet in which the tablespoon of fat has been melted. Level surface gently and cook over low heat until brown on bottom (about 5 minutes). Transfer to a slow oven (325°F.) and bake until surface is dry and the omelet is firm in the center and will spring back when pressed lightly with finger tip. (About 15 or 20 minutes.) Serve plain or with a favorite sauce on a warm platter.

CHEESE FONDUE

(Serves 4)

1 cup milk, heated
1 cup soft bread crumbs
½ cup grated cheese
2 tablespoons butter
½ teaspoon salt
⅛ teaspoon pepper
3 eggs, separated
1 teaspoon mustard
1 teaspoon Worcestershire sauce
paprika

Start egg whites beating in electric mixer. Cream egg yolks and seasonings and combine with hot milk. Pour over bread and cheese, fold into stiffly beaten egg whites and turn into a buttered baking dish, size 6x10x1½. Top with crumbs or strips of cheese, dot with butter, sprinkle with paprika and bake in a 325° F. oven for 45 minutes. Serve hot.

BAKED MACARONI AND CHEESE

(Serves 10)

1 pound package macaroni
1 pound grated, aged Cheddar cheese
3 tablespoons butter
2 tablespoons flour
2 teaspoons paprika
1 tablespoon Worcestershire
2 teaspoons salt
1 tablespoon salad mustard
2 cups hot milk
½ cup buttered crumbs

While macaroni is boiling, make a cream sauce by melting butter, adding flour, paprika, worcestershire sauce, salt, mustard and cooking to a smooth paste over a low fire. Add hot milk to this seasoned roux and cook, stirring constantly until thick. Drain macaroni well, then put it in a buttered casserole alternating with layers of grated cheese. Pour sauce over all, top with buttered crumbs and bake in a 350°F. oven about 30 minutes.

Acc 2015/330

EGGS GOLDENROD

(Serves 4)

4 tablespoons butter
4 tablespoons flour
2 cups milk
1 teaspoon salt
¼ teaspoon monosodium glutamate
6 hard boiled eggs
6 slices toast

Use butter, flour, milk, salt and MSG to make a cream sauce. Separate egg yolks from whites. Dice the whites and add to hot cream sauce. Put yolks through a ricer. Pour sauce over toast and sprinkle egg yolk over top.

CHEESE SOUFFLE

(Serves 4)

2 tablespoons butter
3 tablespoons flour
1 cup hot milk
3 eggs, separated
½ teaspoon salt
few grains of pepper
1 cup grated American cheese

Make a cream sauce of the first 3 ingredients. Cool to room temperature. Beat egg yolks and fold them into the cream sauce. Beat egg whites until they stand in peaks but are not dry. Fold them into the sauce. Add seasonings and fold in half of the cheese. Butter only the bottom (not the sides) of a casserole, pour mixture into it, sprinkle with balance of cheese and bake in a 350°F. oven 40 minutes. Serve at once.

SCOTCH MEAT AND EGG OMELET

(Serves 4)

4 eggs
4 tablespoons milk
½ cup (or more) finely chopped cooked meat
Salt and pepper to taste

Beat eggs well; add milk, then the meat and seasoning. Drop by tablespoons on a hot lightly greased griddle. Turn as you would pancakes.

EGG, VEGETABLE AND MUSHROOM CASSEROLE

(Serves 4)

1 cup onions, cut fine
1 cup celery, sliced
4 hard cooked eggs
2 cups cooked egg-noodles
2 cups mushrooms, sliced
3 cups medium sauce
1½ cups cooked peas
¼ cup butter
1 cup crushed potato chips

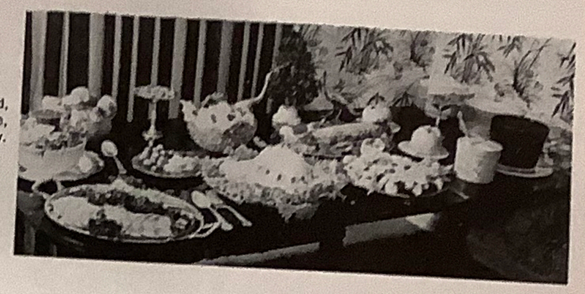
Sauté onions and celery in butter until soft and translucent. Add mushrooms and cook until hot. Mix egg noodles, peas, diced eggs in the cream sauce. Fold in celery, onions and mushrooms. Pour into a buttered casserole. Sprinkle with potato chips and bake at 350°F. until hot and bubbles come through.

PARTY CASSEROLE

1 pound hamburger
1 tablespoon butter
2 8-oz. can tomato sauce
8 ounces noodles
1 cup cottage cheese
8 ounces cream cheese
¼ cup thick sour cream
1 teaspoon Worcestershire Sauce
1 tablespoon chopped pepper
4 tablespoons melted butter

Brown the hamburger in 2 tablespoons melted butter in a heavy skillet. Stir in tomato sauce. Remove from heat. Boil noodles 10 minutes in salted water. Add 1 cup cold water and let set a few minutes. Drain. Combine cottage cheese, cream cheese, sour cream and sautéd green peppers and onions. In a buttered 2 quart casserole spread half the noodles, cover with cheese mixture and then cover with remaining noodles. Pour remaining 2 tablespoons melted butter over noodles. Then put in hamburger mixture. Bake at 350°F. for 20 to 30 minutes.

Snacks



A buffet or smorgasbord, set before guests arrive, makes entertaining easy.

1. The Smorgasbord

We are all familiar with the French hors d'oeuvres or appetizers. The Scandinavian counter-part is called smorgasbord and is served with schnapps at the dining table as a first course. The smorgasbord as served in the Scandinavian countries usually consists of hot potatoes, fish and meat dishes, salads, as well as canapes. We in this country have modified the smorgasbord and have used it in the sense of a buffet. This provides an opportunity for serving large quantities and varieties of food without the necessity of elaborate service and help.

Our American style smorgasbord usually consists of two hot dishes, a cold meat plate, salads, a cheese tray, appetizers, hot breads, assorted fish, small cakes and a beverage. Because of the great variety of foods, one must be careful about the general appearance of the table. It is not necessary to use many decorations, for the artistic arrangement of the food alone beautifies it.

A complete smorgasbord or buffet is outlined below. Any one of the items may, of course, be altered to suit your indivdual taste.

The hot foods should occupy the end of the table so that they can be served from a chafing dish. Creamed chicken or sweetbreads with mushrooms are suggested. Your salads may include a tossed green vegetable salad and a fruit gelatin mold.

Cold potato salad is the best way to serve potatoes on a smorgasbord or a buffet. It should come to the table artistically displayed and its taste should be as tempting as its appearance. One should use good potatoes, cooked in the jackets, peeled, diced and seasoned before they are cold so they may take on the seasoning, then chilled and mixed with the salad dressing and all other ingredients as directed under "Salads". When the potato salad is served it should be arranged in a beautiful salad bowl and garnished with some of all of the ingredients used in the potato salad, such as hard cooked eggs, pimiento, parsley, radishes and the addition of fancy cucumber slices and sprigs of fresh herbs.

Cold meat and cold potato salad may be arranged on a platter to make an attractive picture. Spread melted butter on a slice of boiled ham and add a small serving a la cornucopia of very finely-diced potato salad. Roll as for a jelly roll—the butter will seal the ham around the salad. Dip each end in

Acc 2015/330

Acc 2015/330

3. Canapes

Canapes are sandwiches or the principal item in the line of appetizers or hors d'oeuvres. They can be small open-faced sandwiches arranged neatly on a tray. In making canapes use day-old bread, round or square crackers and some hotbreads.

Sandwiches or canapes may have the appearance of different spreads and yet be made of one food item. For instance, a canape made with a liver sausage spread can be found in different recipe books as puree de foie gras or pate de foie gras—it is merely goose-liver paste in cans or smoked liver sausage from your corner grocery store, which has been mashed into a fine paste.

Anchovies are popularly used for canapes. They come canned, packed in oil or in paste form. Anchovy paste is very strong in flavor and not much is required to flavor a sandwich. Caviar, bead onions, olives, cream cheese, peanut butter are all helpful in making tiny sandwiches.

CANAPE SUGGESTIONS

Make a hole lengthwise through a pickle. Fill with cream or cheddar cheese spread and put in refrigerator to cool. Slice and serve on salted wafers with thinly-cut dried beef.

Spread peanut butter on round or square crackers. Use a fine star pastry tube to decorate edges with cream cheese or deviled egg yolk mixture.

Spread fancy-cut slices of toast or crackers with cream cheese. Cover with similarly shaped slices of smoked tongue.

Spread slices of toast or crackers with anchovy paste. Sprinkle with riced yolk of egg.

Roll chutney in slices of bacon. Broil and serve on toast.

Make a paste of finely-chopped chicken salad, prepared by taking 1 part celery, 2 parts chicken, lemon juice and mayonnaise. Season with salt and pepper and spread on thin slices of bread. Garnish with chopped parsley.

Sauté mushrooms in butter. Chop fine. Spread on heart-shaped slices of toast. Place under broiler for a few minutes. Serve hot.

Spread cheddar cheese on crackers. Place under broiler until cheese melts. Sprinkle with chopped parsley and serve hot.

Minced clams, salmon, tuna fish, shrimp, or any flaky fish may be mixed with mayonnaise and lemon juice and spread on fancy cuts of bread. Serve as an open-faced sandwich or as a two-piece one.

To ½ cup finely-chopped cooked ham add 1 chopped sweet pickle, 6 stuffed olives, 2 tablespoons mayonnaise, juice of ½ lemon and salt, if desired. Serve on round slices of toast or bread.

Stuffed Celery—work aged cheddar cheese into a paste by grinding in a food chopper or grating and beating well in an electric mixer. Wash celery hearts clean. Separate stalks or blades. Using a star pastry tube fill each stalk with cheese. Garnish with chopped, stuffed olives. Place in refrigerator to chill.

Broiled Grapefruit—use a grapefruit knife to remove membranes and core, leaving the sections free in the shell. Sprinkle grapefruit with sugar. Place in hot oven or under a broiler. When beginning to brown, sprinkle with powdered sugar. Place marshmallow in core space. Return to oven and heat until marshmallow is browned. It must be served hot.

Plank Appetizer—cut a lengthwise slice of bread about ¼ to ½ inch in thickness. Spread with cream cheese, then fill pastry tube with anchovy paste and place paste over the cream cheese. Put a deviled egg mixture in a star tube. Place deviled stars of egg mixture at equal distances (about 1½ inches apart) on the anchovy. Sprinkle with paprika and chopped parsley. Cut bread into 1½ inch squares and place a slice of stuffed olive on top of each square. This is a quick method for making a large number of open-faced sandwiches.

Sandwich Loaf—slice a loaf of bread lengthwise. Spread each slice with butter and cover with a different-colored sandwich filling. Stack slices so that the colors will blend. Make a paste of cream cheese and cover the entire loaf. Place in refrigerator to chill. Slice and serve as an appetizer.

SANDWICH SUGGESTIONS

Cream cheese and avocado—add lemon juice and sweet relish; salt to taste.

Cream cheese and chives—salt to taste.

Cream cheese and parsley—chop crisp parsley. Especially good if served on Boston brown bread.

Cream cheese, pimiento cheese and olive.

Cream cheese and dried beef—chop beef; dip buttered bread into beef; spread second slice of bread with cheese. Combine slices of bread.

Cream cheese and crisp bacon.

Cream cheese, dried beef and chives.

Cream cheese and chopped dates.

Cream cheese and apricots.

American cheese and pimiento—add cream to cheese and beat until smooth; add diced pimiento.

Cottage cheese and crushed pineapple.

Cottage cheese and cucumber—add seasoning and lemon juice.

Cottage cheese, chives and paprika.

Egg and pimiento—chop hard-cooked eggs; add diced pimiento and mayonnaise; salt to taste.

Egg and celery—chop hard-cooked eggs; add diced celery and mayonnaise.

Egg and ham salad—add chopped eggs to minced ham and mayonnaise.

Chicken salad spread—add diced celery and mayonnaise.

Deviled ham—add sweet relish, mustard and mayonnaise.

Turkey salad spread—add diced celery and mayonnaise.

Braunschweiger and bacon—cut bacon into small pieces; fry crisp; add to smoked liver sausage, mayonnaise and cream cheese.

Bacon and green pepper—cut bacon into small pieces and fry until crisp; add chopped peppers; combine with seasoning and mayonnaise.

Crab meat spread—add mayonnaise and chopped celery or mayonnaise and diced cucumbers; add lemon juice.

Lobster salad—add mayonnaise and chopped cucumber and celery.

Tuna fish spread—add mayonnaise, lemon juice, celery and salt.

Salmon salad spread—add mayonnaise, celery and lemon juice.

Peanut butter and bacon—dice and fry bacon until crisp. Use a little cream cheese.



2504

Peanut butter and chopped nuts.

Peanut butter and banana—add mashed bananas to peanut butter.

Peanut butter and jelly—spread one slice of bread with peanut butter; spread another with jelly.

Peanut butter and chopped figs.

Peanut butter and honey.

Walnut and cream cheese—mix and spread on Boston brown bread.

Date and nut—chop dates and nuts; mix with cream cheese and spread on bread.

Olive and nut—chop stuffed olives and walnuts; spread with cream cheese.

Cucumber and almond—chop cucumbers and almonds; spread with cream cheese, add lemon juice.

Shredded carrot spread—shred carrots; mix spread with cream cheese, lemon juice and seasoning.

CHEESE SPREADS

Cheese-Onion Spread—mix ½ package (1½ oz.) cream cheese with one tablespoon minced onion and season with salt; add cream to moisten. Serve on crackers or pieces of toast. Sprinkle lightly with paprika or place a small sprig of parsley in the center. You can also spread it on slices of dried beef, roll tightly and cut in one-inch pieces.

Chili-Cheese Spread—Mix one package cream cheese with enough chili sauce to moisten. Serve on crisp potato chips.

Roquefort-Chives Spread—mix roquefort cheese with enough French dressing to moisten; season with chopped chives. Serve on toast or crackers.

OLIVE NUT CANAPES

- 2 cups cream cheese
- ½ cup olives, chopped
- ½ cup nuts, chopped
- 1 teaspoon lemon juice
- 2 tablespoons chopped parsley
- ½ teaspoon seasoning salt
- 2 tablespoons coffee cream

Cream the cheese until it is soft, add cream, lemon juice and seasoning salt. Fold in nuts and olives. Blend thoroughly and spread on bread or crackers.

HERB CREAM CHEESE SPREAD

- 1 pound cream cheese
- ¼ teaspoon monosodium glutamate
- ¼ teaspoon thyme seasoning powder
- ¼ teaspoon garlic seasoning powder
- ¼ teaspoon tarragon seasoning powder

Cream cheese thoroughly, add herbs and seasonings, blend well and spread on bread or crackers.

MEAT SPREADS

Ham-Cheese Spread—mix one cup finely-chopped boiled ham, ¼ cup grated cheese, ½ teaspoon grated onion and 1 teaspoon catsup. Spread on crackers and place in center of each a bit of Fluffy Horseradish Sauce (See page 79). Sprinkle with paprika.

Deviled Ham Spread—mix 1 cup deviled ham with 2 hard-cooked eggs chopped and 1 tablespoon horseradish. Serve on toast or bread and garnish with watercress.

LIVER SPREAD

- 1½ pounds liver sausage
- 6 slices bacon
- 4 tablespoons cream cheese
- 1 tablespoon lemon juice
- 1 tablespoon minced onion

Mash the sausage until it is a smooth paste. Cook bacon until it is crisp. Chop bacon fine and add to sausage. Fold in cream cheese and lemon juice and serve on bread or crackers.

FISH SPREADS

Anchovy-Cheese Spread—mix 1 part anchovy with 2 parts cream cheese. Spread on crackers. Garnish with ½ curled anchovy.

Deviled Crab Meat Spread—add 1 cup flaked crab meat to 1 tablespoon butter, 1 tablespoon onion juice, 1 tablespoon Worcestershire sauce, ¼ teaspoon dry mustard, ¼ cup thick white sauce annd heat thoroughly. Season with salt and pepper. Serve hot on crackers.

Tuna Fish Spread—mix ½ cup flaked tuna fish, 1 tablespoon lemon juice and 1 teaspoon grated onion with mayonnaise to moisten. Spread on toast squares and garnish with half slice of lemon.

Smoked Fish Canapes Spread—Arrange thin strips of smoked salmon and smoked herring on thin finger-sized strips of toast with cream cheese. Decorate edge of toast with anchovy butter and sprinkle with chopped parsley.

Shrimp Spread—mix finely-chopped shrimp with lemon juice and tobasco sauce, mayonnaise and season with salt and pepper. Spread on toast diamonds and garnish each with walnuts.

Caviar Egg Spread—mix 2 tablespoons caviar with 2 hard-cooked eggs minced. Moisten with mayonnaise. Serve on toast rounds.

ATTRACTIVE WAYS TO SERVE CANAPES AND HORS D'OEUVRES

Place hors d'oeuvres on toothpicks—(shrimp and bacon, rolled chipped beef, codfish balls, mushrooms, olives, tiny sausages, cheese squares).

1. Cut a grapefruit into halves. Place it flat side down on a platter. Stud the grapefruit with hors d'oeuvres on toothpicks. Place canapes around it.

2. Cut hole in center of whole grapefruit—make hole large enough to place a tin of canned heat in the center. Stud grapefruit with sausages and cheese squares. Garnish plate with open-faced sandwiches or relishes. Light canned heat before serving.

3. Cut a cantaloupe into halves. Remove the seeds. Place it flat side down on a platter and stud with hors d'oeuvres, or place it on a plate round side down and fill it with cheese balls, olives, etc.

4. Cut a pineapple into halves lengthwise. Place it flat side down and end to end on a long platter. Allow the leaves to protrude over either side. Place on each leaf a maraschino cherry.

5. Cut large, colorful apple into halves. Place flat side down on plate and stud with hors d'oeuvres.

6. Cut hole in center of red or green cabbage. Fill with mayonnaise or cocktail sauce. Surround with cooked shrimp on toothpicks. The shrimp may be browned in butter.

Acc 2015/330

2504

CHICKEN ASPIC SALAD

Serves 12

2	tablespoons gelatin	½	cup celery
1	cup water	1	cup chicken stock
3	cups cooked chicken		

Soak gelatin in ½ cup of the 1 cup of water. Heat chicken stock, and the remaining ½ cup water until hot. Add gelatin and stir until gelatin has dissolved and cooled. Pour a little gelatin in the mold. Line with stuffed sliced olives. Mix celery with chicken and fold in cool gelatin. Pour in mold.

SYLTA OR RULA PILSA

Use two lamb breasts about two pounds in weight. Make a pocket of the breasts and divest them of all fat.

Use one beef flank well trimmed and cut into strips about an inch wide.
Use one-pound slabs of pork, cut like the beef.
Use 2/3 tablespoons of the following seasonings:

Sage
Thyme
Allspice
Whole white pepper
Packers Deluxe meat cure

Fold in 2 cups of thinly-sliced onion rings.

Chop all the spices together. Roll the meat in the chopped spices and arrange them in the pocket of lamb so that when sliced, you will cut across the ends of each, leaving a beautiful color.

Sew up the pocket of lamb. Roll the whole mixture in a pork skin. Tie this up as neatly as possible and put in some well-seasoned stock of veal. Add any of the spices that you have left. Bring this to a boil. Turn off the heat. Place in the oven at a low temperature, 160°F. and cook it for five hours.

Take the mixture out of the broth and roll it in a cloth as tightly as possible. Pour the broth over the cloth and all. Put a weight on it and press overnight, leaving the flat side down.

This is to be served on a smorgasbord or buffet luncheon.

COLD BONED CHICKEN OR TURKEY

See Poultry Chapter

SMOKED SALMON SALAD PLATE

Arrange on a large salad plate sufficient slices of smoked salmon. Surround with large lettuce cups filled with orange and grapefruit sections. Decorate with avocado and ripe olives. Radishes and tomatoes may be added.

Vegetables

Vegetables contain important vitamins and minerals essential to well-balanced meals. At their best, vegetables are abundantly supplied with these vitamins and minerals. However, they cannot be at their best if they are wilted, old, and partly decayed. Here again—in the case of vegetables—freshness is essential.

Cooking Vegetables

Many vegetables may be eaten raw, and whenever possible should be so used in order that they may give the highest nutritive value. In cooking vegetables it should always be remembered that the *food value is the important thing*, and food value can only be preserved by proper cooking. All vegetables should be cooked in as little water as possible. If vegetables are fresh, as they should be, the time required for cooking will be very short.

No vegetables or food of any kind can possibly be cooked and served with 100 per cent food value. Careless cooking, however, is responsible for reducing the value of most foods far below their normal level. If cooks, or people who cook, would stop to think long enough they would realize the fact that in the preparation of food they are dealing with values that are far greater than dollars and cents. Should this happen cooking and food preparation would soon be elevated to the plane to which it belongs.

This observation is more important in the cooking of vegetables than in any other branch of cookery. The short cooking time required for vegetables correspondingly reduces the time in which their food values can be destroyed.

Extensive recipes for cooking vegetables at this time are unneccessory. There are already many good recipes on the market. To my knowledge, one of the best sources is "Secrets of Profitable Vegetable Cookery" of the Little Gold Business Books Series, published by J. O. Dahl, Haviland Road, Stamford, Conn.

All leafy vegetables should be fresh, crisp, and thoroughly cleaned by washing in running water. In the case of spinach and cabbage—they should be cooked in practically no water at all. Spinach should be cut into pieces about one-half to one inch in length. Cabbage should be shredded. A little butter—about one tablespoon per quart—should be added to the stew pan placed on the hot stove. As soon as butter is melted add the cut vegetable. Stir vegetable until the juice appears. Reduce heat and simmer until done. Cooking time should not be more than ten minutes. Spinach will sometimes cook in as little time as three minutes. These directions apply to all leafy vegetables.

We often read or hear the term buttered carrots, buttered cabbage—or buttered some other vegetables—used. In most cases the term is merely an expression that bears no relation whatever to the method of preparation. The method described above in which butter is placed in the stew pan and the vegetables stirred into it confirms quite fully to my conception of preparing buttered vegetables.

The common method of boiling leafy vegetables in water and draining off the goodness and food value that has been destroyed is extremely wasteful and should be carefully avoided.

Potatoes, carrots, parsnips, onions, beets, and such tubers and roots may be baked or broiled by simply adding a little butter and seasoning. Bake at 300°F. These vegetables are much better when cooked that way. This process preserves the goodness that nature supplied in these foods.

In the case of roots and tubers, instead of boiling, cook as directed above by dredging and baking at low temperature.

Cook at low temperature in little water, and in as short cooking time as possible.

This general rule for cooking vegetables might well be modified by regional or sectional conditions. For example, in the South or southern United States, turnips, turnip greens, collards, kale, and mustard green are both common and favorites.

Whenever these vegetables are fresh, young, and tender they may be cooked the same as spinach or new cabbage. However, extreme and continued hot weather tend to toughen them. Their quality might remain good; but lacking

Acc 2015/330

Acc 2015/330

tenderness, such vegetables require a longer cooking period.

Cook at simmering temperature with hog jowl, ham shank, bacon fat, or if desired, with butter.

There is another notable exception to the general rule of short cooking time for vegetables; that is in the case of dried vegetables such as beans.

BAKED BEANS

(Serves 6)

(Carson Gulley's own method)

- 1½ pounds dry navy beans
- 1 cup tomato puree
- ½ cup brown and white sugar combined (⅓ brown)
- 1 tablespoon dry mustard
- ½ cup onion, cut fine
- 1 teaspoon savory
- 2 teaspoons salt
- ½ pound salt pork, diced
- 4 cups water

Wash beans, soak overnight. Combine puree, sugar, mustard, salt, onion, savory and water. Heat together until boiling. Place diced salt pork in 3-quart bean pot; add beans. Pour in tomato mix and add water to about two inches above beans. Cover and cook in the oven at simmering temperature or about 250°F., overnight or at least for 12 to 18 hours. If oven gets hotter during that time, it may be necessary to add more water. Watch to see if the under side of the lid becomes darkened or burned. If so, when steam condenses on the lid it will cause the beans to become strong-flavored and taste burned. Therefore, any signs of burn on the lid should be cleaned off.

This recipe might look simple, but it must be given a chance—it takes time to prove its value. If properly prepared it will win many friends that have long been lost to the hearty and healthful dish of Baked Beans.

The reason for such long cooking as recommended in this recipe is that fermentation of raw bean hulls in the stomach causes gas; shorter cooking may tenderize the inside, but leave the hull raw. But with long, slow cooking the whole bean is thoroughly cooked, becomes butter tender, and also keeps its shape. The flavor of all ingredients is thoroughly diffused, and the whole texture is smooth.

By the use of proper temperature controls and correct cooking methods this recipe brings out the flavor and palatability of the basic ingredient—plain navy beans—as no addition of herbs, spices, or other seasoning could do. In any use of the oven, but especially in such a long, slow process as this recipe calls for, it takes double checking to assure that your oven temperature is correct—oven thermostats sometimes go out of control, but you can check with another oven thermometer.

CANDIED SWEET POTATOES

(Serves 6 to 8)

- 4½ pounds uniform size sweet potatoes
- 4 cups sugar
- 2 cups water
- 2 tablespoons butter

Combine sugar, water, and butter; bring to a boil and pour over raw peeled potatoes in a baking dish 2½ inches deep. Bake in an oven at 350°F. for 30 minutes. Turn the potatoes over. Return to oven and cook until tender. If syrup is not thick enough, remove the potatoes and cook syrup until it is the right consistency, then replace potatoes in syrup.

FRENCH FRIED ONIONS

Cut large Spanish onion in slices. Separate into rings, dredge in flour, dip into the following batter:

- 1 egg, beaten
- ½ cup milk
- ½ cup water
- ½ teaspoon salt

then roll in a breaded mixture which consists of a half cup of flour mixed with a half cup of cracker crumbs. Let stand on absorbent paper 10 minutes and then fry in deep fat.

FRENCH FRIED PARSLEY

Clean and wash parsley, follow method described for French fried onions. This makes a beautiful garnish and is very delicious.

BAKED ACORN SQUASH

Cut squash in half. Remove seeds and wash. Season with small amount of sugar and salt and put one teaspoon butter in each half. Put in baking dish after seasonings are added. Bake 350°F. until squash is tender, approximately 45 minutes.

Sauces

The purpose of sauces is to make food more palatable and to enhance natural flavors, but not to cover up poor foods. Some sauces are made plain and some are spicy as desired or as the menu requires.

Technically speaking, sauces may be: brown gravy, cream sauce, or the natural juices that come from the roasting pan. If properly handled, no spices are needed at all in natural juice from roasts.

Some sauces are made in a jiffy; others require long cooking. For example: a very good fresh mushroom sauce can be made within five minutes. On the other hand, a barbecue sauce that includes many dry herbs and spices should be simmered for at least three hours to produce the best results. Dry spices are much like navy beans that are soaked twelve hours to get the best results. We must allow time for nature to take its course. Some spices may cook for the full length of time. Others should be added only long enough to serve the purpose for which they are used. Peppercorn, and black or white pepper should be cooked a long time. Leaf thyme, bay leaf, and garlic need to stay in only long enough to shed their flavor.

The modern experimenter with herbs in sauces may save much time and produce a better sauce by becoming acquainted with the new herb sauce blends now on the market and also the vegetable protein derivatives which give such long-sought lifts to otherwise hidden flavors.

WHITE OR CREAM SAUCE

The only difference between "white" and "cream" sauce is that "white" sauce is made with milk and "cream" sauce with cream. The roux for thickening both sauces should be made by using equal portions of butter and flour. The sauce may be made thin, medium or heavy. It is not good to follow the old idea of using a flour paste to make a good cream sauce. The flour should be cooked and the best way to do that is by making a roux of hot butter or some good fat and cooking it until it almost begins to brown. The results will not be so pasty.

Precautions

Milk should never be added to stock before stock is add to roux.

Cheese should be added to cream or white sauce rather than to the milk. This method will prevent curdling.

No. 1—THIN SAUCE

- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup milk or cream
- ½ teaspoon salt
- ⅛ teaspoon white pepper

No. 2—MEDIUM SAUCE

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk or cream
- ½ teaspoon salt
- ⅛ teaspoon white pepper

No. 3—HEAVY SAUCE

- 3 tablespoon butter
- 3 tablespoon flour
- 1 cup milk or cream
- ½ teaspoon salt
- ⅛ teaspoon white pepper

Cook flour and butter together well, but do not brown. Add hot milk or cream. Season with about ½ teaspoon salt and a few grains of white pepper.

I would suggest that you try ¼ teaspoon mono sodium glutamate per cup of white or cream sauce especially when serving with canned vegetables, leftover, or food which may have to stand for some time before being served.

WHITE FISH STOCK

A plain fish stock may be made by using whatever fish bones and trimmings are on hand—just be sure they are fresh. Add water, to just cover; simmer until tender, and strain through cheesecloth. Season with ¼ teaspoon salt and ¼ teaspoon seasoning salt.

A richer and more tasty stock may be made by adding the fish bones and trimmings to the recipe for Court Bouillon. Mushrooms—skins and peeling—may be added, and white wine as the case may be.

2504

FISH ESSENCE

Prepare fish, spices and vegetables as for White Fish Stock. Clarify with egg whites. This latter is done by using 2 egg whites to each cupful of stock. Stir one-fourth of the stock into the egg whites after they've been beaten slightly, add remainder — boiling hot — into this egg mixture. Then cook at low temperature, without stirring, until eggs are completely coagulated. Strain—also without stirring or forcing in any way.

FISH VELOUTE'

- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup white fish stock
- ⅛ teaspoon cayenne pepper
- salt to taste

Melt butter in sauce pan over low fire. Stir in flour and cook well, but do not brown. Gradually add the hot fish stock, season, and whip until thick. Strain through fine wire strainer.

May be used hot or cold. If holding for a time, cool and keep in refrigerator.

ALLEMANDE SAUCE

- 2 cups Fish Velouté
- 1½ tablespoons lemon juice
- 2 tablespoons mushroom catsup or very finely chopped fresh or canned mushrooms
- 1 egg yolk
- pinch of turmeric
- few grains of grated nutmeg
- salt

Beat the egg yolk before combining it with other ingredients. Heat Fish Velouté and combine all ingredients, seasoning to taste with salt, and whip until smooth as velvet. Serve hot.

CARDINAL SAUCE

- 2 cups Fish Velouté
- ¼ cup Lobster Butter (see Butters section)
- 1 cup good tomato sauce or tomato paste

Heat Fish Velouté. Add lobster butter and tomato sauce, season with salt, if needed. Blend ingredients well with wire whip in double boiler. Serve hot.

COURT BOUILLON

- ½ cup carrot, cut fine
- ½ cup onion, cut into rings or sliced thin
- ½ cup celery, sliced
- 4 sprigs parsley, whole
- 1 bay leaf, whole
- ½ cup vinegar
- 2 cups water
- 1 tablespoon sugar
- 2 teaspoons salt
- 1 tablespoon butter
- 1 whole black pepper
- 1 allspice

Mix all ingredients and begin cooking in cold water. Simmer for 1 hour. (Add more water if necessary.) Strain and use as needed for preparation of fish. This make a wonderful stock in which to boil fish.

TARTAR SAUCE

- ¼ cup green olives, chopped
- ¼ cup sour pickles, chopped
- 2 tablespoon shallots or small onions, chopped fine
- 1 tablespoon capers
- 1 teaspoon parsley, chopped
- 1 hard cooked egg, chopped
- 2 tablespoons lemon juice
- 1 tablespoon Worcestershire Sauce
- 2½ cups mayonnaise

Chop olives, pickles, egg, onions, and parsley—each separately—and then combine all ingredients. Mix well, and chill before serving.

CREOLE OR SPANISH SAUCE

- 2 cups tomatoes, canned or fresh quartered
- ½ cup minced onion
- ½ cup green pepper, minced
- 1 tablespoon parsley, chopped
- 1 bay leaf
- ¼ teaspoon garlic powder or garlic salt
- dash of Tabasco sauce
- 1 peppercorn
- 1 teaspoon sugar
- 2 tablespoons fat or butter
- 1 teaspoon paprika
- 2 cups stock made by dissolving 2 bouillon cubes in 2 cups hot water

Make Roux:

- 2 tablespoons flour
- 2 tablespoons fat

Sauté all vegetables except tomatoes in fat until translucent. Add spices, tomatoes, and stock; cook slowly for at least two hours. Force through strainer until vegetables have been throughly puréed. Add roux. Whip until smooth. Serve as desired.

QUICK CREOLE OR SPANISH SAUCE

Use canned tomato soup, but follow all other steps except length of cooking time in above recipe. That is, sauté vegetables, add seasonings and tomato soup; heat thoroughly, and serve. No roux needed.

BARBECUE SAUCE

- 4 tablespoons butter or good fat
- ¼ cup onion, finely chopped
- 1½ teaspoons white pepper
- 2 tablespoons sugar
- 2 tablespoons celery salt
- 4 teaspoons paprika
- 3 tablespoons garlic vinegar
- 3 cups seasoned stock*
- 1 teaspoon Tabasco sauce
- 2 tablespoons Worcestershire sauce
- 1½ cups chili sauce

Sauté onions in butter until tender. Add all dry ingredients, then liquid ingredients. Boil slowly for 1 hour. Pour over meat. Heat in oven at low temperature for 30 minutes or more. (Yield—1 quart).

*If this sauce is to be kept for any length of time, use bouillon cubes dissolved in hot water instead of meat stock.

CRANBERRY SAUCE

- 1½ cups sugar
- 1 cup water
- 1 pound or 4 cups cranberries

Wash cranberries in cold water and remove any stems or soft berries. Combine sugar and water. Bring to boil; lower temperature. Simmer for 5 minutes. Add cranberries and cook slowly without stirring until all the skins pop open. Remove from fire and allow the sauce to remain in the vessel until cool.

JELLIED CRANBERRY SAUCE

- 2 cups sugar
- 1 cup water
- 1 pound or 4 cups cranberries

Wash and sort cranberries; then cook in boiling water until all skins have popped open. Add sugar and cook until thick. Work through a fine wire strainer. Return to fire and cook until hot and thick. Much care should be used, since cranberries burn easily. Pour into molds and cool before putting into refrigerator.

COLD HORSERADISH SAUCE

- 2 cups whipped cream
- 2 tablespoons dehydrated horseradish or 4 tablespoons fresh horseradish
- 2 tablespoons garlic vinegar (if dehydrated horseradish is used)
- ½ teaspoon salt

If using the dehydrated horseradish, soak for ten minutes or more in the vinegar. Add salt, and fold into the whipped cream. Serve cold with ham.

MUSTARD SAUCE

(Christine Notterstead)

- 1 cup brown sugar
- 1 cup prepared mustard
- 1 cup chili sauce

Combine all ingredients and mix well six hours before serving. May be served hot or cold.

MUSTARD SAUCE FOR CORNED BEEF

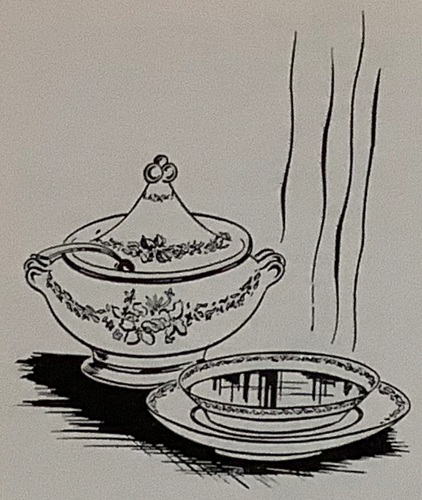
- 3 tablespoons butter
- 1½ tablespoons flour
- 2 tablespoons prepared mustard
- ½ cup boiling water or meat stock
- ½ cup boiling vinegar
- ½ teaspoon salt—if water is used
- 1 tablespoon dehydrated horseradish (soak for 10 minutes) or 2 tablespoons fresh horseradish

Use double boiler. Melt butter, add flour and blend as for cream sauce. Add hot water and vinegar gradually, stirring until smooth. Add other ingredients. Bring to boil. Serve hot.

RAISIN SAUCE

- ½ cup sugar
- ½ cup prepared mustard
- ½ cup seedless raisins, chopped fine
- 1 tablespoon ham fat
- ¼ cup vinegar
- 1 tablespoon dehydrated horseradish
- ½ tablespoon Worcestershire Sauce
- ¼ teaspoon white pepper
- ¼ tablespoon arrowroot starch
- Few grains of ground cloves and mace

Mix all ingredients except starch. Heat and thicken with starch which has been moistened in water. Or it may be thickened with roux made of flour and ham fat if the arrowroot is not available. Serve hot with ham.



Soups

Essence is the substance or extractive of certain food stuffs such as meat, poultry, fish or vegetables. In the making of soups or sauces the first objective is the essence, and it must be good and tasty; if not, the foundation for the sauce or soup is not substantially laid.

CLARIFIED CONSOMME' OR BROTH

3 pounds veal shank
5 quarts water
2 teaspoons celery salt
4 teaspoons salt
2 cups carrots, cut fine
2 cups celery, cut fine
2 cups onions, cut fine
10 eggs

Cut off meat and grind it. Fracture the bones into pieces about four inches long. Put the bones in the water and boil for about 1 hour.

Wash the eggs; then beat them—shell and all, and mix with the meat, vegetables and seasonings. Mix one quart of the hot water into the mixture so that eggs will not coagulate too soon, and pour in the remainder of the boiling water and bones. Lower the temperature to simmering. Whip the mixture into the water with a spoon; then let simmer for 45 minutes to 2 hours without stirring. Strain through fine sieve or cloth.

CONSOMME' ROYAL

Use same broth as for clarified consommé and add fancy cut custard—about 6 per cup.

CUSTARD:
1½ cups milk
1 teaspoon salt
⅛ teaspoon white pepper
4 eggs

Beat eggs slightly. Add salt and pepper, and milk last. Beat until well-mixed. Bake in a shallow flat bottom pan about 8″ by 8″ set in a pan of water in oven about 350°F. Cool and cut as desired for consommé royal.

CONSOMME' JARDINIE'RE OR JULIENNE

Use clarified consommé and add 1/3 cup julienne cut carrot, onions, turnips, celery and parsley to each cupful of consommé.

Sauté vegetables in good fat or butter until translucent. Drain or strain off fat. Add to broth and cook until tender. Serve hot.

CONSOMME' WITH FANCY CUT CHICKEN AND VEGETABLES

Use same stock as for clarified consommé; add desired amounts of fine julienne cut cooked white breast of chicken, cooked carrots, parsley and sautéed celery.

Variation: Ham or other meat may be substituted for chicken; other vegetables or herbs may also be used.

THIN VEGETABLE SOUP

(Serves 12)

1 cup onion, sliced thin
1 cup celery, sliced thin
1 cup carrots, sliced thin
1 cup potatoes, cut julienne
1 cup tomatoes, fresh or canned (if fresh—peel and cut)
1 tablespoon green pepper, chopped
6 cups stock
1 teaspoon sugar
1 tablespoon chopped parsley
½ teaspoon Seasoning Salt
Salt and pepper to taste

Sauté the carrots, celery and onion until translucent. Add the potatoes, green pepper, and tomatoes. Then add the hot stock, sugar and seasoning, and simmer 15 minutes.

This recipe may be used as a basic soup to which you may add other herbs; it may be converted into a cream soup by the use of cream sauce, or broth may be strained and used with rice, barley, macaroni, or noodles.

CREAM VEGETABLE SOUP

(Serves 6 to 8)

½ cup potatoes, cut into fine julienne strips
½ cup mushrooms, cut fine
1 cup celery, sliced fine
½ cup onions, sliced fine
½ cup tomatoes
1 teaspoon sugar
½ cup carrots, cut julienne
2 tablespoons green pepper, cut very fine
2 cups medium cream sauce
2 cups good stock
1 tablespoon chopped parsley
½ teaspoon Seasoning Salt
¼ teaspoon mono sodium glutamate

Sauté celery, onions, and carrots until translucent. Then add tomatoes, green pepper and mushrooms. Sauté for a few minutes. Add hot stock and potatoes, and boil until potatoes are tender. Season, add parsley, and mix gradually into hot cream sauce. Serve hot.

MULLIGATAWNEY

(Serves 6)

⅔ cup onion, sliced thin
½ cup carrots, sliced thin
½ cup fat
½ cup flour
4 sprigs parsley
1 blade of mace
2 whole cloves
5 cups hot stock
1 teaspoon lemon juice
1 apple, diced
1 teaspoon seasoning salt

Tie the parsley, mace, and cloves in a cheesecloth bag, and simmer in the stock for 15 minutes. Remove.

Sauté the onion, carrots, and celery in the fat until translucent. Add the flour and cook a short time.

Add the stock and simmer until the vegetables are tender. Add the lemon juice, apple, and seasoning and cook 10 minutes longer. Serve hot. May be strained or puréed before apple is added, then serve hot.

SHRIMP GUMBO

(Serves 6)

2 cups fresh shrimp after it is shelled
2 cups water
½ cup onion, cut fine
¼ cup celery, cut fine
2 tablespoon butter
2 tablespoons chopped parsley
½ cup tomato, fresh and skinned
¼ cup rice, cooked
¼ teaspoon sugar
⅛ teaspoon seasoning salt
1/16 teaspoon leaf thyme
1/16 teaspoon cayenne pepper
1 cup okra (canned or fresh) cut crosswise
1½ cups stock or water, or bouillon made from cubes

Shell, devein, wash thoroughly, and cut into ¼ inch pieces. Simmer in the 2 cups of water about 5 minutes. Let cool in liquid. Sauté onions in the butter until translucent. Add half the parsley, all the celery, tomato, rice, thyme, salt, pepper, and okra. Add the hot stock and simmer 30 minutes. Skim off excess fat and check for seasoning. Garnish with remainder of parsley. Serve in soup plates; the consistency is similar to heavy chili.

*Bay leaf or thyme should remain in a soup or stew just long enough to impart its essence and should then be removed.

CLAM CHOWDER

(Serves 6)

½ pound salt pork, shredded fine
2 small dry onions, or 1 cup green onions, cut fine
1 quart canned or shucked clams
2 cups potatoes, cut julienne
3 cups hot, whole milk
1 teaspoon Seasoning Salt
8 soda crackers, soaked in cold milk

Render salt pork to a crisp. Remove pork from fat. Add onions and sauté until soft and translucent. Cook clams and potatoes in barely enough water to cover. Season with salt and pepper, being careful not to get too much salt. When mixture comes to a boil add hot milk.

Soak 8 crackers in cold milk and add to chowder. Sprinkle crisp pork and fresh chopped parsley on top as you are serving. Serve hot.

OYSTER STEW

(Serves 6)

1 pint standard oysters
4 cups hot milk
2 tablespoon celery, cut fine
2 tablespoons butter
½ cup water
1 teaspoon salt
¼ teaspoon Seasoning Salt

Strain liquor from oysters. Pour liquor and half cup of water into a pan and bring to a boil; skim off the scum that forms. Sauté celery in butter.

Add oysters to hot liquid and as soon as the edges of the oysters begin to curl, add the hot milk. Combine sautéed celery with oysters and milk. Season and serve hot.

CHICKEN GUMBO

(Serves 12)

3 cups chicken, cut julienne or diced
½ cup boiled or cooked ham, cut julienne
½ cup onion, sliced thin
½ cup celery, sliced thin
2 tablespoons butter
2 cups okra, canned or fresh, cut crosswise
6 cups stock, chicken or veal
½ cup fresh tomatoes, cut fine
¼ cup sweet red pepper, sliced fine
2 tablespoons parsley, chopped
½ cup cooked rice
1 bay leaf
½ teaspoon sugar

Sauté onions and celery in butter until translucent. Add chicken, tomato, okra, pepper, rice, bay leaf,* and stock gradually. Simmer 30-40 minutes. Add ham and parsley. Season to taste. Skim off excess fat before serving. Serve in soup tureen.

*Remove bay leaf as soon as flavor has been diffused.

CREAM OF MUSHROOM SOUP

(Serves 4)

2 tablespoons parsley, chopped
1 cup celery, cut fine
4 tablespoons butter
2 cups hot stock
2 cups mushrooms, chopped
2 cups light cream sauce
¼ teaspoon seasoning salt
¼ teaspoon salt

Sauté celery in butter. Add chopped mushrooms, one tablespoon parsley, and sauté for a few minutes. Add hot stock gradually to vegetables and bring to a boil. Stir entire mixture into cream sauce until smooth. Garnish with remainder of parsley, and a little paprika. Serve hot.

FISH CHOWDER

(Serves 12)

1 pound any kind of fresh, boneless fish, cut julienne
2 cups potatoes, diced fine
1 cup onion, sliced fine
¼ teaspoon garlic seasoned salt
3 sprigs parsley, cut fine
1 cup fresh tomatoes, peeled and cut
3 cups boiled water
3 cups hot milk
¼ cup salt pork or bacon, cut fine
½ teaspoon French marjoram
Salt and pepper to taste

Optional Garnish:
chopped green pepper
paprika

Fry the salt pork or bacon until crisp. Remove. Dredge the fish in flour and fry in the same fat until a golden brown. Remove the fish, and sauté onion until translucent. Add water and potatoes, and boil until potatoes are tender. Add the remaining ingredients except for the milk and simmer for 8 minutes. Fold in hot milk. Garnish with chopped green pepper and paprika.

Salads



Acc 2015/330

2014

FLAME SALAD

(Serves 6)

1 package lemon gelatin
1 cup hot water
¼ cup beet juice
2 tablespoons vinegar
1 tablespoon lemon juice
½ teaspoon salt
2 teaspoons grated onion
1 tablespoon prepared horseradish
¼ cup diced celery
1 cup diced, cooked beets

Dissolve gelatin in hot water, add beet juice, vinegar, lemon juice, salt and onion. Chill until it begins to stiffen. Then add horseradish, celery and beets and return to refrigerator to chill thoroughly. Serve on lettuce topped with mayonnaise.

VOLCANO SALAD

(Serves 6)

6 pineapple rings
12 pear halves
18 dates
½ cup chopped nuts
6 maraschino cherries
4 tablespoons salad dressing
½ cup whipped cream
½ cup grated American cheese
½ cup cottage cheese
lettuce

Blend grated American cheese and cottage cheese together. Now, take 6 individual salad plates, arrange a bed of lettuce on each. Add a pineapple slice. Fill the pear cavities with the blended cheeses and fit 2 halves together, standing on end on the pineapple ring. Fold the salad dressing into the whipped cream and spoon generous portions on each salad. Top with a maraschino cherry and chopped nuts. Garnish each serving with dates which have been split and stuffed with some of the cheese mixture.

PEPPER SALAD RING

(Serves 6)

2 large green peppers
6 ounces cream cheese
2 tablespoons lemon juice
½ cup finely chopped apples
½ cup finely chopped celery
¼ cup hickory nut meats

Slice tops from peppers, remove seeds and membrane. Cream the cheese, blending in lemon juice and salt to taste. Combine with apples, celery and nuts. Fill pepper cavities, and chill until firm. Slice crosswise and serve on salad greens.

SPRING SALAD SUPREME

Use amounts of the following ingredients according to the individual's taste and the number of portions desired. One quart should yield four servings.

Slice tomatoes, cucumbers, radishes, and green onions, leaf lettuce, watercress, and tender hearts of spinach (cut each leaf into four pieces), cut raw carrots and boiled new beets into strips but keep beets separate. Mix all ingredients except beets, and marinate with pure olive oil and garlic vinegar. Season with salt and pepper. Place beet strips on top of salad the very last thing.

EAST INDIA STUFFED TOMATOES

(Serves 6)

6 medium tomatoes
⅔ cup diced cucumber
⅔ cup chutney, cut fine
¼ cup broken crisp bacon
1 tablespoon mayonnaise

Wash tomatoes and remove pulp. Use the pulp, mixing it with the above ingredients. Stuff tomatoes and serve on endive or chicory leaves. Serve with chicken, duck, or steak dinner.

COMBINATION SALAD

In this salad imagination is a prime factor. Any vegetable you may like in a salad can be used, but you should have salad greens as the base and equal portions of such vegetables as lettuce hearts, tomatoes, cucumbers, green peppers, radishes, and water cress—about 1 cup for each serving, or 1 quart for four portions. Serve thin French dressing in separate dish.

MOCK CRABMEAT SALAD

(Serves 1)

½ cup fresh shredded cabbage
2 onion rings
½ apple, diced (unpeeled to represent crabmeat)
1 tablespoon parsley, cut fine
3 or 4 carrot strips

Marinate ingredients in lemon juice and mayonnaise. Serve on lettuce leaf, sprinkled with parsley.

Salad Dressings

The best test for good salad dressing is that it tastes like something one would like to eat alone. It is salad dressing that can be produced only by using the very best of salad ingredients. This all refers to freshness. Salad oils can become rancid very soon after they are opened, and should be checked before making into salad dressings. Eggs, the principal emulsifying agent in the production of salad dressing, should be strictly fresh and free of foreign flavor. Fresh spices, fresh clean vinegars, and fresh lemon juice are also essential.

MAYONNAISE

(1 Quart)

4 egg yolks
1 pint olive oil
½ teaspoon dried mustard or 1 tablespoon prepared mustard
1 tablespoon sugar or 1 heaping tablespoon powdered sugar
1 teaspoon salt
½ cup vinegar
4 tablespoons lemon juice (important for flavor)
¼ teaspoon celery salt
Dash of white pepper, paprika, and cayenne

Put part of the salt into the egg yolks and start beating. Put rest of the salt, the celery salt, sugar into the vinegar-mustard mixture and boil. Add oil gradually to the egg mixture and continue beating it until it starts to thicken, at which time add I teaspoon or so of the hot vinegar mixture. Add oil and hot vinegar *alternately*. All is incorporated. Add lemon juice last.

VARIATIONS

Tomato or Capitol Mayonnaise may be made by adding small diced tomatoes to the above recipe.

Caper Mayonnaise for sea food salads by adding capers, chopped parsley and lemon juice.

CARSON'S WISCONSIN DRESSING

1 cup salad oil
¼ cup sugar
½ cup malt vinegar
2 teaspoons salt
2 tablespoons parsley
1 small onion, cut into fine pieces
1 clove garlic, or 1 teaspoon garlic salt
1 tablespoon paprika
1 teaspoon celery salt

Put all dry spices and sugar in mixing bowl. Add 1/3 of the oil and beat from 5 to 10 minutes, then add 1 tablespoon vinegar and continue to beat. Repeat process, adding oil in a thin stream and alternating with the vinegar, until all has been used. Then add parsley, onions, and peeled clove of garlic. Let stand 1 hour before using. Remove clove of garlic and pour over shredded cabbage. Serve on any vegetable salad—cooked or fresh—or as required.

ROQUEFORT CHEESE DRESSING

¼ pound Roquefort Cheese
1½ cups French Dressing or mayonnaise
1 tablespoon shallots or chives, chopped fine

If French Dressing is used, crumble the cheese into small lumps or beads before combining.

If mayonnaise is used, mash the cheese into a smooth paste and fold into the mayonnaise. Then blend the finely chopped shallots or chives into the dressing.

DAIRYLAND CREAM DRESSING

1 tablespoon granulated sugar
1 tablespoon mustard
1 teaspoon salt
1 tablespoon powdered sugar
5 teaspoons flour
4 egg yolks
1 cup vinegar, Mixed Herb Wine
2 tablespoons butter
1 cup heavy cream
1 cup cream cheese
2 tablespoons orange juice

Mix together salt, sugar, flour and powdered sugar. Whip egg yolks until lemon-colored and fluffy and mix into this the mustard and melted butter. Add mixed dry ingredients and vinegar, and cook in double boiler until thick. Remove from flame and cool. Whip cream until stiff. Mash thin cream cheese until the consistency of whipped cream and add a dash of sugar, then fold together.

Acc 2015/330

HOW TO BARBECUE CHOICE CHUCK ROAST BEEF

(Serves 8)

Select a 4 pound choice chuck roast of beef, and season it with

4 teaspoons good seasoning salt
½ cup olive oil
½ teaspoon marjoram
½ teaspoon rosemary

Season meat with salt, marjoram and rosemary. Brush all over with olive oil. Fasten meat on chrome plate spit, if you have a charcoal portable rotisserie-type broiler. Broil over heat, rotating until the internal temperature reaches 140° for rare, 160° for medium rare and 170° for well done. Brush on barbecue sauce the last 5 minutes of cooking time. Unless you have a rotisserie portable broiler, you will have to use very low heat and turn it often.

BARBECUE PORK LOIN ROAST

(Serves 8)

4 pound pork loin roast
4 teaspoons salt) Mix together
½ teaspoon oregano)

Select a lean pork loin roast. Season it with salt mixture. Fasten meat on the chrome plate spit. Cook meat for 2 hours or until meat tests 180 degrees in center. Put barbecue sauce generously over meat the last 5 minutes of cooking time.

CHARCOAL BROILED LAKE TROUT

(Serves 12)

1 4 pound lake trout (whole)
¼ cup olive oil
4 teaspoons seasoned salt

Scale fish, wash and remove the backbone. Do not skin. Marinate inside and out with salad oil. Sprinkle with salt. Place fish, skin side out, in spit basket, if you have one, if not use a hinge-type wire broiler. Broil 30 minutes over fire, rotating during the cooking time if you are using the rotisserie-type wire broiler. If you are using the hinge-type wire broiler, it will be necessary for you to turn the fish during the cooking time. Be sure to have a low heat.

BEANS BAKED IN ALUMINUM FOIL

Wash and pare enough beans to serve your party. Cut aluminum foil large enough to hold the beans. Place beans in aluminum foil in a pouch-like shape, with ¼ cup water and enough butter to season them. Place on your charcoal broiler and cook for about 30 minutes or less if beans are tender.

BAKED SWEET POTATOES IN ALUMINUM FOIL

Wash potatoes and remove all decayed spots. Rub the skin with clean fat and roll in aluminum foil and bake 1 hour depending on the size of the potatoes. You can bake white potatoes using the same method.

BAKED CARROTS IN ALUMINUM FOIL

Wash and peel enough carrots to serve your party. Place carrots in aluminum foil with 3 tablespoons water, 1 tablespoon butter and 1 tablespoon sugar. Bake over charcoal for 1 hour or until tender.

PRIME RIB ROAST BEEF

Select a 4 pound prime rib roast of beef. Have butcher cut off short ribs. Oil meat with olive oil and season with 4 teaspoons good seasoning salt. Fasten it on chrome plate spit. Broil over heat, rotating until the internal temperature reaches 140° for rare, 170° for well done and 160° for medium rare.

KIDDY'S HAMBURGER

1 pound of hamburger
8 slices of bacon

Make 8 hamburgers from one pound of meat. Shape in patties and wrap bacon around—fasten with tooth picks. Broil over charcoal until brown, season the brown side with salt, turn and brown on other side.

CORN BAKED IN ALUMINUM FOIL

Select enough ears of corn to serve your party. Husk the corn, keeping the husk as whole as possible. Remove the silk and wash corn. Wash the shuck. Spread melted butter on corn and wrap it back in the shuck. Cut strips of aluminum foil large enough to wrap the corn. Place corn in foil with 1 tablespoon water. Place on your charcoal broiler and broil about 20 minutes, turning occasionally.

Desserts



Acc 2015/330

2504

CRANBERRY STEAMED PUDDING

(Serves 6)

2 cups sifted all-purpose flour
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons shortening
¾ cup sugar
1 egg, well-beaten
1 cup milk
1½ cups washed, chopped cranberries
2 tablespoons grated orange rind
Pulp of 1 orange, diced

Sift flour, baking powder and salt together. Blend shortening, sugar and egg together. Alternately add dry ingredients and milk; beat thoroughly. Fold in remaining ingredients. Pour into a greased and sugared quart mold. Place on trivet in Cooker over 2 cups of hot water. Turn heat high until steaming; then reduce heat and steam 2½ hours.

APPLE CRISP I

(Serves 6)

1 cup flour
1 cup sugar
½ cup butter or other shortening
6 cups cooking apples, diced and slightly sweetened
dash of cinnamon and mace

Combine flour, shortening and sugar as for pie crust. Spread over apples which have been seasoned with cinnamon and mace. Bake at 400°F. for 30 minutes or until apples are done.

APPLE CRISP II

(Serves 8-10)

2¾ pounds McIntosh apples (2 quarts peeled and sliced)
1 cup sugar
1 tablespoon butter
¼ teaspoon allspice
¼ teaspoon nutmeg
¼ teaspoon cinnamon } combine

Spread with Graham Cracker topping:

1 cup graham cracker crumbs
¼ cup butter
¼ cup brown sugar

Bake at 350°F. for 35 minutes or until apples are done.

BAKED APPLES

and ways to serve them

Wash apples and core. Place in a baking dish and stuff centers with:

1. Chopped onion
2. Cranberry sauce } These three delicious with meats
3. Mashed sweet potato
4. Mince meat
5. Pitted sour red cherries and brown sugar
6. Honey and lots of butter
7. Crushed pineapple
8. Brown sugar, cinnamon and dates
9. Generous crumbling of Roquefort or blue cheese

Place one cup of water in baking pan. (Part of this may be the liquid from the fruit stuffing, if desired.) Cover and bake 45 minutes at 375°F. Uncover and finish baking 15 minutes. Baste 3-4 times with liquid in pan. If no stuffing is desired, sprinkle generously with granulated sugar and a dash of cinnamon. (Apples may be wrapped in aluminum foil; set in pan and bake 40 minutes at 325°F.)

BAKED CUSTARD

4 eggs (or 6 yolks)
½ cup sugar
¼ teaspoon salt
3 cups scalded milk
1 teaspoon vanilla
½ teaspoon nutmeg

Beat eggs thoroughly. Add sugar and continue beating. Add salt. Pour the hot milk very slowly over the egg mixture, beating with a wire whisk to keep it smooth. Add vanilla, pour into buttered custard cups, sprinkle with nutmeg. Set custard cups in a pan with one inch of water in it. Bake in a 350°F. oven about 45 minutes, or until a silver knife inserted in the custard comes out clean. NOW! To really dress up your baked custard, take 1 cup of sour cream, mix 2 tablespoons of powdered sugar and ½ teaspoon of vanilla into it, spread over the baked custard and return to oven for an additional 5 minutes. Cool and serve.

CARAMEL PEACH CRUNCH

(Serves 6)

½ cup sifted flour
1½ cups oatmeal
⅔ cup brown sugar
1 teaspoon cinnamon
½ teaspoon salt
½ cup melted butter
4 cups fresh sliced peaches

Combine flour, oatmeal, brown sugar, cinnamon and salt. Add the melted butter and press mixture into a 9 inch pie pan, reserving some of it for a topping. Peel and slice the peaches, add them to the pie tin, top with remaining crumbs and bake in a 375°F. oven for 30 minutes.

CREAM PUFFS

1 cup boiling water
½ cup butter
1 cup sifted flour
¼ teaspoon salt
4 eggs

Add butter to the boiling water and when it has melted, add the flour and salt. Stir vigorously and cook until mixture leaves the sides of the pan and forms a cohesive mass. Remove pan from heat and allow mixture to cool one minute. Add eggs, one at a time, beating well (by hand) after each addition. Drop from tablespoon on greased cookie sheet about 2 inches apart. Bake in a 400°F. oven for 15 minutes. Reduce heat to 325° F. and bake 25 minutes longer. Remove from oven and prick a small hole in each cream puff. Return them to the oven (which has been turned off) and allow them to stand there for 10 minutes. Then remove and place on wire rack to cool.

Dessert Sauces

FOAMY SAUCE FOR PUDDINGS

6 eggs (separated)
¾ cup orange juice
1 tablespoon orange rind
½ cup sugar
2 tablespoons cornstarch
⅛ teaspoon salt
1⅔ cup sugar } Boil to 240° F.
⅔ cup water

Mix egg yolk, orange juice, orange rind, sugar, cornstarch and salt. Whip in hot water bath until foamy. Boil sugar and water to 240°F. Do not stir. Add to partially beaten egg white in a fine stream. Finish whipping stiff. Add egg yolk mixture. Fold in thoroughly. Serve hot on puddings.

SAUCE FOR HOT PUDDINGS

1 cup sugar
1½ tablespoons flour
½ teaspoon salt
1½ cups water
½ teaspoon vanilla
1 tablespoon vinegar
1 tablespoon butter
2 tablespoons lemon juice in place of of vinegar, if desired

Mix flour, sugar, salt; add water. Boil. Add butter and flavoring. Serve hot on puddings.

FRUIT SAUCE

¼ cup sugar
½ teaspoon salt
1 tablespoon cornstarch
½ cup cold water
½ cup pineapple juice
1 tablespoon lemon juice
1 teaspoon lemon rind
1 tablespoon butter

Combine sugar, salt and cornstarch; add water and stir until smooth. Stir in fruit juice and cook until clear and thick about 5 minutes. Pour over custard.

SHERRIED CUSTARD SAUCE

2 cups milk
3 eggs or 6 egg yolks
¼ cup Sherry
¼ cup sugar
⅛ teaspoon salt

Heat milk in double boiler. Beat eggs or yolks slightly together with sugar and salt. Add the hot milk a little at a time, stirring constantly. Return all to double boiler and cook over hot (not boiling) water, still stirring constantly, until the mixture coats a metal spoon. Remove at once from hot water, strain, cool and stir in Sherry. Serve chilled over pudding.

WINE SAUCE

(1 Pint)

2 tablespoons cornstarch
4 tablespoons sugar
1 cup fruit syrup (left from canned fruit)
2 teaspoons lemon juice
Peeling of ¼ lemon, cut in strips
1 cup Port, Muscatel or Tokay

Add sugar to cornstarch. Add fruit syrup gradually, stirring until blended. Add lemon peel and cook, stirring constantly, until thickened and clear. Add the wine and lemon juice. Bring to a boil. Chill and serve.

Acc 2015/330

BANANA NUT BREAD

1¾ cups flour
2 teaspoons baking powder
¼ teaspoon baking soda
¾ teaspoon salt
¼ cup shortening
⅔ cup sugar
2 eggs
1 cup mashed, ripe bananas
½ cup broken nut meats

Sift flour,baking powder, soda and salt together. Cream shortening and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Add bananas and mix well. Add flour mixture in small amounts, beating well after each addition. Add pecan nut meats. Turn into a greased loaf pan 8 by 4 by 2½. Bake in a moderate oven (350°F.) for 50 or 60 minutes or until done. Cool on rack before slicing.

PINEAPPLE DATE BREAD

¼ cup shortening
¾ cup crushed, drained pineapple
½ teaspoon vanilla
2 eggs, beaten
2 cups sifted flour
3 teaspoons baking powder
½ teaspoon salt
¾ cup sugar
1 cup chopped dates

Cream shortening. Add pineapple and vanilla. Mix well and beat 2 minutes. Add eggs. Sift all dry ingredients together and add, beating 2 minutes longer. Add dates and blend well. Bake in a greased, paper-lined loaf pan about one hour in a 350°F. oven.

PINEAPPLE WAFFLES

3 eggs separated
1½ cups flour
1 tablespoon sugar
3 teaspoons baking powder
½ teaspoon salt
1 cup milk
¾ cup crushed pineapple
3 tablespoons melted butter

Beat egg yolks. Sift flour and dry ingredients together, and add to beaten yolks alternately with milk. Fold in pineapple, melted butter, blending well, and then fold in egg whites which have been beaten stiff. Cook and serve with Pineapple Sauce.

WAFFLES

1¾ cups flour
3 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
2 eggs, separated
1¼ cups milk
4 tablespoons butter, melted

Sift and measure flour. Add other dry ingredients and sift all together. Beat egg yolks, then add milk and dry ingredients to them alternately. Add melted butter. Beat egg white until stiff but not dry, and fold them into the batter.

GARLIC BREAD

1 loaf French bread, unsliced
¼ teaspoon garlic seasoning powder
½ cup butter
2 tablespoons chopped parsley

Mix dry ingredients into butter. Cut loaf of bread into slices but not clear through. Spread garlic butter between slices of bread and place in oven until hot.

GLAZED CRANBERRY FILLED APPLES

1½ cups sugar
½ cup water
¼ cup cinnamon candies
1 cup raw cranberries
5 drops red food coloring
6 apples

Cook sugar, water and candies together until they are dissolved. Core and peel the apples and drop them into the syrup, cooking gently until tender. Remove apples from syrup, add cranberries to it, cooking until their skins burst. Lift cranberries from syrup and fill centers of apples with them. Continue cooking the syrup till it becomes thick. Cool slightly, then pour it over the filled apples. (NOTE: this makes a wonderful garnish for your turkey platter.)

CINNAMON APPLESAUCE

¼ cup water
⅛ cup cinnamon candies
1 cup sugar
5 cups sliced apples
1 cup water

Cook the quarter cup of water and the cinnamon candies together until the candy is dissolved. Add sugar and simmer gently until it dissolves. In another pan, cook the apples and the cup of water together until apples are tender. Stir syrup into the cooked apples, blending well. Cool and serve.

GLAZED CINNAMON APPLES

½ cup cinnamon candies
½ cup water
1½ cups sugar
¼ teaspoon red food coloring

Cook candies and water together until the candy is dissolved. Add sugar and cook to 230°F. (or until it becomes a heavy syrup).. Core and peel either Winesap or Delicious apples. Drop them into the syrup and cook gently until they become tender.

LEMONADE

(one gallon)

8 lemons
1½ cups sugar
3½ quarts water

Slice one lemon very thin and mix it into the sugar about half an hour before making the lemonade. Mix the juice of the remaining lemons with the sugar, add water and enough chopped ice to bring quantity to one gallon.

GOLDEN SUMMER PUNCH

6 ounces frozen orange juice
6 ounces frozen lemonade
12 ounces apricot nectar
20 ounces pineapple juice
1 quart gingerale
1 quart white soda
orange slices, mint leaves

Add water to frozen concentrates as directed on can. Combine with nectar and pineapple juice. Chill well. Just before serving add ice cubes, gingerale and white soda, orange slices and mint leaves.

HOT CRANBERRY PUNCH

(8 to 12 servings)

3 cups cranberries
3 cups water
1¾ cups sugar
2 (2-inch) sticks cinnamon
10 whole cloves
1 teaspoon grated lemon rind
1 tablespoon lemon juice
1 teaspoon grated orange rind
4 cups orange juice
2 cups strong, hot tea

Pick over and wash cranberries. Place cranberries and water in cooker. Cook over high heat until skins begin to pop. Force berries through a strainer or food mill. Return cranberry pulp to cooker. Add sugar, cinnamon and cloves. Turn heat down low and simmer 10 minutes. Add remaining ingredients. Heat thoroughly. Serve hot.

NOTE: Frozen, concentrated orange juice may be used, if desired, instead of fresh orange juice. Punch may be prepared a day or so ahead of time and stored in the refrigerator. Reheat just before serving.

ORANGE SHERBET PUNCH

1½ quarts water
1 cup lemon juice
3 quarts orange sherbet or raspberry or lime
1 pint white soda
1 pint gingerale

Mix lemon juice and water together. Put sherbet in large punch bowl and pour lemon mixture and the carbonated beverages over it.

HOT CHOCOLATE

Make a simple syrup:
½ cup water) Boil together
1½ cups sugar) to make syrup
To make hot chocolate:
¼ cup simple syrup
2 ounces chocolate
1 quart milk

Melt chocolate and add to syrup. Add this to one quart hot milk. More syrup may be added to sweeten, if desired.

HALLOWEEN CIDER

2 quarts sweet cider
¼ teaspoon salt
6 cloves
½ teaspoon allspice
1 three inch cinnamon stick
dash of nutmeg for each serving

Add spices to sweet cider. Simmer for 10 minutes. Remove from heat and serve immediately.