# WIBA COOKING SCHOOL OF THE AIR

# CARSON GULLEY RECIPES

## FOR APRIL, 1953



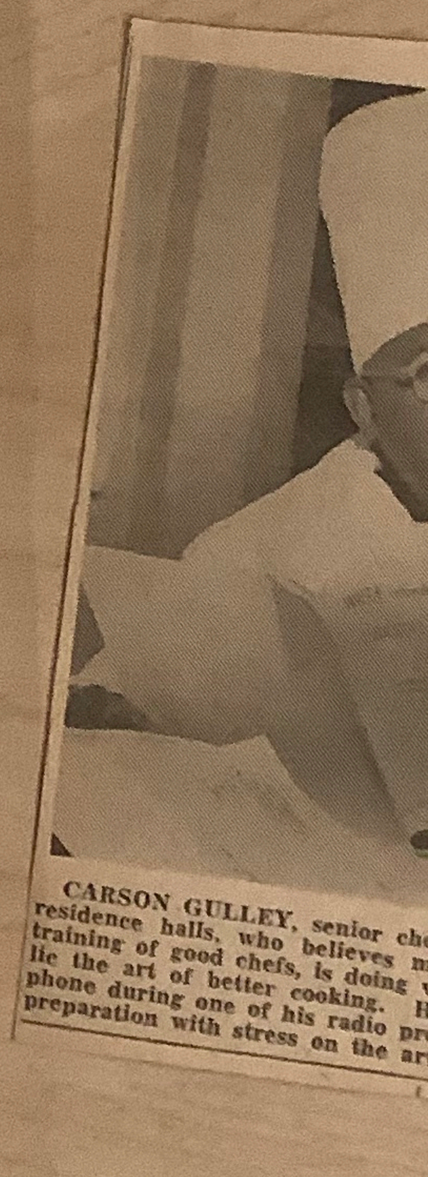
WIBA, RADIO PARK
MADISON, WISCONSIN

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WIBA COOKING SCHOOL OF THE AIR April, 1953

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| Thursday, April 2 . . . . . | Hot Cross Buns<br>Hot Chocolate<br>Coffee |
| Tuesday, April 7 . . . . . | Veal Birds<br>Almond Chocolate Chiffon Pie<br>Ginger Ale Salad |
| Thursday, April 9 . . . . . | Goulash, Hungarian Style<br>Hungarian Pork Chops<br>Taffy Bars |
| Tuesday, April 14 . . . . . | Country Fried Steak<br>Cheese Fondue<br>Lemon Velvet Chiffon Pie |
| Thursday, April 16 . . . . . | Combination Meat Loaf with Herbs<br>Strawberry Rhubarb Pie<br>Rhubarb Custard Pie |
| Tuesday, April 20 . . . . . | Creamed Beef Tenderloin<br>Eggs Benedictine<br>Chicken Salad |
| Thursday, April 23 . . . . . | Breaded Fried Fish<br>Creamed Dried Beef<br>Stuffed Onions |
| Tuesday, April 28 . . . . . | Stewing Chicken with Dumplings<br>Fudge Bottom Pie |
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THURSDAY, APRIL 2: Hot Cross Buns; Hot Chocolate; Coffee

## Hot Cross Buns

1 cake yeast
¼ cup lukewarm water
1 cup milk
1 cup sugar
1 egg
¼ cup shredded citron
½ cup seedless raisins
3½ cups sifted flour
½ teaspoon salt

Soften yeast in lukewarm water, scald shortening and milk together and cool to lukewarm; add flour and yeast mixture as quickly as possible, with beaten egg. Knead well and lightly with citron and raisins; let rise in greased bowl in a warm place to twice its volume. Punch down and shape into buns. (Yield: about 16 or 18)

Place in baking pan, not too close together, and let rise to twice their size. Cut a cross on each bun and bake at 375 F. for 20 minutes. After baking, fill the cross on each bun with powdered sugar frosting. Serve hot.

## Hot Chocolate

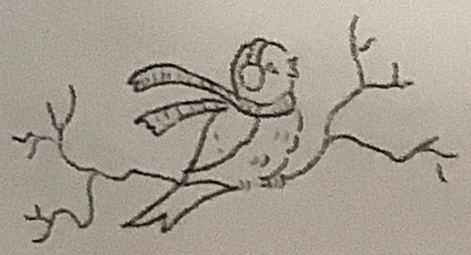
Make a simple syrup: ½ cup water, 1½ cups sugar } Boil together to make syrup.

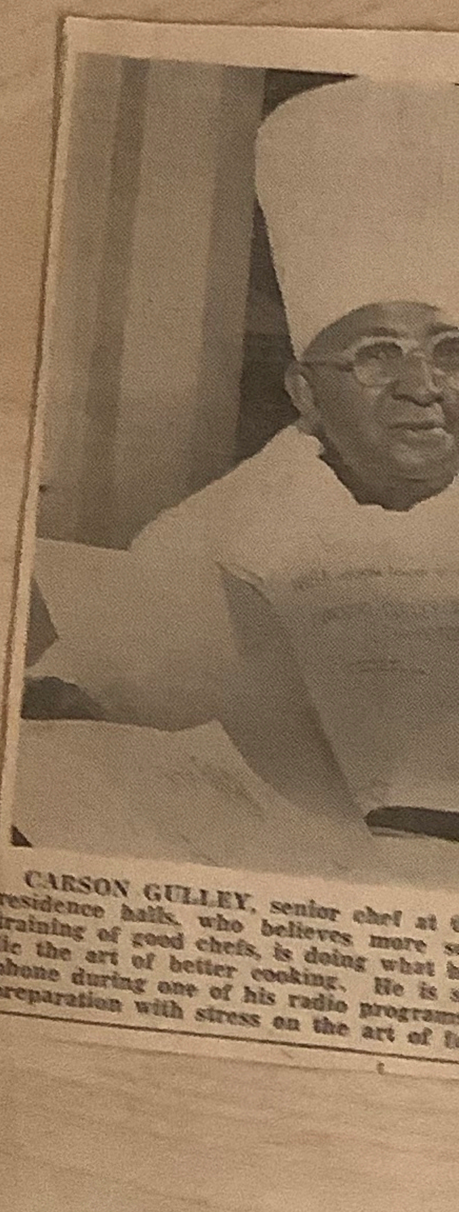
To make hot chocolate: ¼ cup simple syrup
2 ounces chocolate
1 quart milk

Melt chocolate and add to syrup. Add this to one quart hot milk. More syrup may be added to sweeten, if desired.

## Coffee

Here is a way to make REALLY GOOD coffee! Select your favorite brand of coffee and grind. For each cup of coffee allow 1 tablespoon. Add an extra tablespoon for the pot. Depending on the strength desired, this should give you between 40 and 50 cups per pound.





CARSON GULLEY, senior chef at [illegible] residence halls, who believes more [illegible] training of good chefs, is doing what [illegible] lic the art of better cooking. He is [illegible] phone during one of his radio programs [illegible] preparation with stress on the art of [illegible]

TUESDAY, APRIL 7: Veal Birds, Almond Chocolate Chiffon Pie; Ginger Ale Salad

## Veal Birds

Have your butcher cut veal steak for 6 veal birds. (3 to the pound)

2 teaspoons salt

½ teaspoon marjoram

2 tablespoons good lard or other fat

Dressing



6 cups bread cut in ¼ inch pieces

1 cup onions cut fine

1 cup celery cut fine

4 tablespoons butter

½ teaspoon salt

1 cup stock or 1 cup hot water and 1 boullion cube

Saute onion, celery, in butter until translucent but not brown. Add stock to the vegetables and fold into the bread. Season to taste with salt and white pepper. Stuff veal steaks with dressing, rub meat with melted fat, dust with flour and bake in oven until brown. Make gravy with drippings and pour over meat after it is brown and cook until tender.

## Almond Chocolate Chiffon Pie (Mrs. Kindschi)

20 marshmallows

½ cup milk

4 4-ounce almond candy bars

½ pint whipping cream

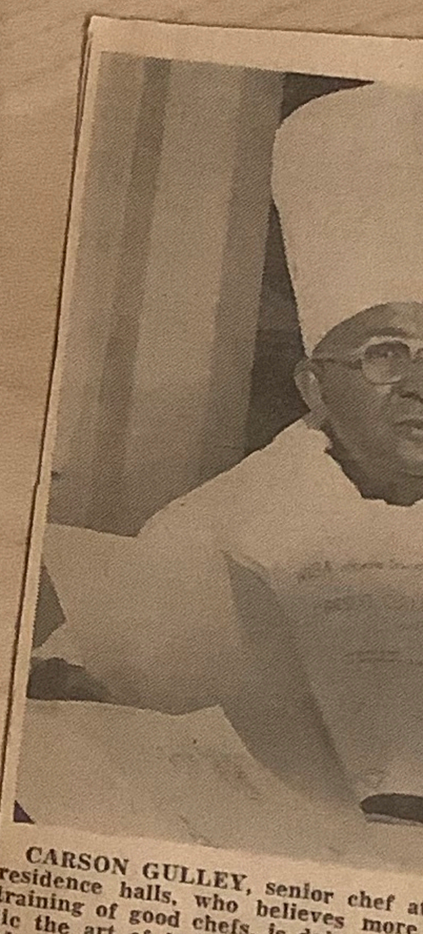
Put marshmallows, candy bars, and milk in top of double boiler and melt over hot water. Cut almonds, not too fine so you can distribute them evenly. Cool the mixture. Whip the cream and fold into the chocolate mixture. Pour into graham cracker crust.

Crust: 1½ cups graham crackers

6 tablespoons butter

1 teaspoon cinnamon

Mix crumbs, butter and cinnamon together thoroughly. Put into an 8 inch pie plate and bake for 10 minutes. Cool before putting the filling into the crust.



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## Gingerale Salad

1 pkg. strawberry jello
1 cup water
1 cup ginger ale
½ cup sugar
1 cup grapefruit
½ cup grapes
½ cup celery cut fine

Dissolve jello in 1 cup hot water. Put into refrigerator until it gets thick and syrupy. Pour 1 cup cold ginger ale into the jello and mix well. Add fruit and return to the refrigerator for 2 or 3 hours. If fruit and gingerale are cold it will jell much faster.

THURSDAY, APRIL 9: Goulash, Hungarian Style; Hungarian Pork Chops; Taffy Bars

## Goulash Hungarian Style

2 lbs. lamb breast (cut each portion on each side, but not through)
½ lb. onions
½ lb. fresh tomatoes
8 4-oz. whole potatoes
3 teaspoons salt
2 teaspoons paprika
1 teaspoon cumin
1 teaspoon caraway seeds
½ teaspoon Garlic seasoning salt
1 teaspoon sugar
2 tablespoons flour

Caraway seeds may be soaked over night in a very little water. Mix other seasonings and flour together. Wipe lamb breast with damp cloth. Rub meat with fat and sprinkle with seasoned flour and brown in skillet, or dutch oven. When brown add ½ cup water, if needed, and cook 40 to 50 minutes before putting in the vegetables. Cover each portion of meat with 1 slice onion. On the onion place a slice of tomato. Put potatoes in pan and sprinkle with caraway seeds and cook until tender. Serve. Bake in 350 degree oven.

## Hungarian Pork Chops

4 pork chops, 3/4 in. thick
3 teaspoons salt
¼ teaspoon garlic seasoning salt
4 slices tomato
3 tablespoons flour
1 tablespoon Paprika Hungarian
4 slices onion
½ teaspoon sugar

Mix all of the seasoning and flour together. Dredge pork chops in the mixture. Saute slowly in iron skillet until brown in a very little fat. Put in baking dish, and place 1 slice onion and 1 slice tomato on each chop. Cook until chops are well done. Serve with mashed potatoes and green vegetables (Bake at 350 F.)


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## Taffy Bars

2/3 cup butter )
½ cup brown sugar ) Cream together, put in pan and bake 325 degrees.
1 cup flour )

Topping: 2 eggs
3/4 cup brown sugar
1 cup cocoanut
1 teaspoon vanilla
1 tablespoon flour
1 teaspoon baking powder
½ teaspoon salt
½ cup nuts

Beat eggs; mix flour, salt, and baking powder with sugar. Add to the eggs and beat until sugar is dissolved. Stir in vanilla, nuts, and cocoanut. Spread on baked crust, return to oven and bake until set. Oven - 325 degrees.

**TUESDAY, APRIL 14: Country Fried Steak; Cheese Fondue; Lemon Velvet Chiffon Pie**

## Country Fried Steak

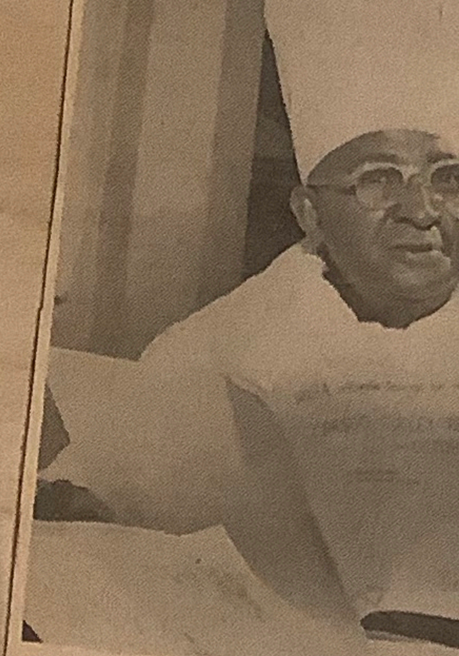
6 small sirloin steaks (about 3 to pound)
2 teaspoons salt
3 tablespoons flour
½ teaspoon oregano
2 tablespoons chopped parsley
2 beef boullion cubes
3 cups hot water
1 tablespoon Worcestershire sauce



Mix seasonings with flour; dredge steaks in the mixture. Saute meat in just enough fat to cover the bottom of the frying pan. After browning the meat on both sides, remove from pan, and add 2 tablespoons flour to the fat. Make a roux; add the hot stock made with boullion cubes and hot water. Cook until thick; return steaks to pan and cook until tender. Add chopped parsley to graw just before serving.

## Cheese Fondue

1 cup milk
2 cups bread, cubed
1 cup cheese, diced
1 tablespoon butter
3 eggs
2/3 tablespoon prepared mustard
1 teaspoon salt
½ teaspoon paprika
¼ teaspoon Worcestershire sce.



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Separate eggs and beat yolks until smooth; add half the salt, mustard, paprika, and Worcestershire sauce and beat until thoroughly mixed. Add milk. Beat the egg whites until fluffy but not dry and add remainder of salt. Add the first mixture to the cubed bread. Add diced cheese and fold in the beaten egg whites. Pour the melted butter over the top and bake for 20 minutes at 350 F.

## Lemon Velvet Chiffon Pie

2/3 cup sugar
4 tablespoons corstarch
¼ teaspoon salt
2/3 cup boiling water
2 tablespoons butter
2 eggs, separated
1/3 cup fresh lemon juice
1 tablespoon grated lemon peel
1 tablespoon plain gelatin
½ cup cold water
1 cup coffee cream

Mix sugar, cornstarch, and salt in saucepan. Add boiling water and stir constantly; cook until thick and smooth. Remove from stove and mix in beaten egg yolks and butter. Cook over low heat, stirring constantly for 5 minutes. Remove from heat; add lemon juice and peel. Stir in gelatin that has been dissolved in cold water. Blend in cream. Let set until mixture begins to thicken; fold in stiffly beaten egg whites. Pour into baked 9-inch pie shell, and let stand in cool place until thick. Especially good when topped with whipped cream.

THURSDAY, APRIL 16: Meat Loaf with Herbs; Strawberry Rhubarb Pie; Rhubarb Custard Pie

## Combination Meat Loaf With Herbs

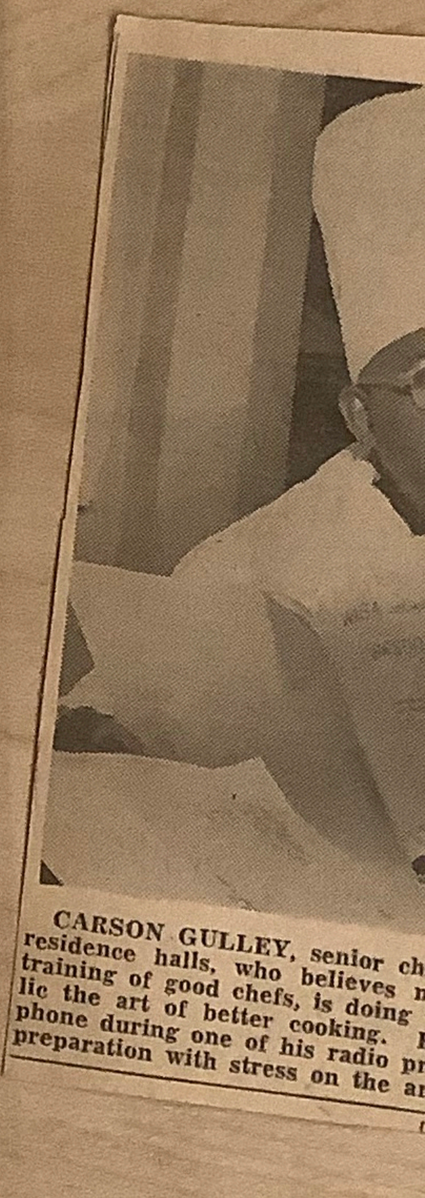
1 pound pork
1 pound beef
1 pound veal
3 teaspoons salt
3 cups cracker crumbs
1½ cups onions

Onions should be cooked or sauted before putting them into the meat loaf, preferably sauted. 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 objectionable.

To each 3 pounds of meat add:

1 teaspoon celery salt
¼ teaspoon ground mace
¼ teaspoon sweet marjoram
1 teaspoon white pepper
¼ teaspoon leaf thyme
1 tablespoon brown sugar

Mix all spices together and add to the sauted onions, and pour into this mixture 2 cups 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 3 or 4 hours, or until done. It should be 165 in the center by meat thermometer when done.



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## Strawberry Rhubarb Pie

1¼ cups sugar
¼ cup fresh strawberries
2 tablespoons butter
¼ cup flour
2 cups diced rhubarb
1 double recipe pie crust

Sift flour and sugar. Use ½ with fruit. Line pan with pastry. Put other ½ flour and sugar mixture on bottom of pan. Add fruit. Dot with butter. Arrange pastry strips over top in lattice disign. Bake in a 425 F. oven for 10 minutes; reduce heat to 350 and bake for 30 minutes longer or until fruit is tender. Cherries may be substituted for strawberries.

## Rhubarb Custard Pie

2 cups rhubarb, cut in ½ inch lengths
1½ cups sugar
3 egg yolks
3 tablespoons water
2 rounded tablespoons flour
1/8 teaspoon salt
½ teaspoon nutmeg
2 tablespoons butter

Blend flour, sugar, salt and nutmeg. Beat egg yolks and water together and add to other mixture. Add rhubarb and put in raw pie shell. Dot with butter. Bake for 20 minutes in a 425 F. oven; reduce heat to 350 and bake until rhubarb is tender. Make meringue of 3 egg whites and ¼ cup sugar. Put on hot pie and bake until meringue is brown (350).

**TUESDAY, APRIL 21: Creamed Beef Tenderloin; Eggs Benedictine; Chicken Salad**

## Creamed Beef Tenderloin

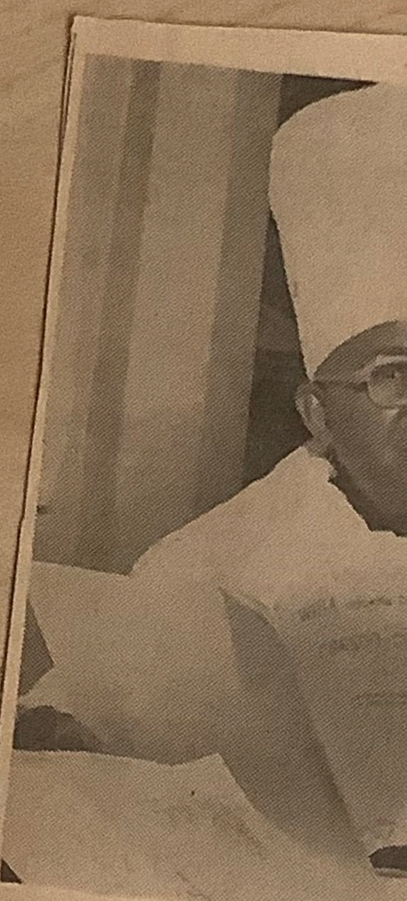


1 lb. Tenderloin steak
1 4-oz. can mushrooms (½ cup)
2 tbs. green pepper, sliced
2 tbs. parsley, chopped
¼ tsp. Old Hickory
¼ tsp. Mono-Sodium Glutamate
¼ tsp. Dash Seasoning Salt
½ tsp. salt
½ cup water
3 tablespoons fat
1/16 tsp. paprika
1/16 tsp. white pepper
flour for dredging

### 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.



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Slice steak about ¼ inch thick, 1 inch long, and ¼ inch wide. sprinkle with 1 teaspoon salt, dash of white peppers, and dredge in flour. Saute 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.

## Eggs Benedictine
(serves 1)

1 round hard roll or English Muffin
1 slice of cooled ham cut into julienne strips
1 tablespoon butter
½ cup tomatoes, sliced
1 egg, poached
2 tablespoons Hollandaise sauce



Split hard rolls or English Muffin in half, hollow into cup, shape, and toast. Cut a slice of ham in julienne strips and saute in butter. Fill toasted roll cups with ham. Saute 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.

## Chicken Salad
(serves 4)

3 cups chicken, light and dark meat
3/4 cup celery, sliced thin or cut fine
½ cup mayonnaise
3 tablespoons coffee cream
2 tablespoons lemon juice, for flavor
1 teaspoon salt

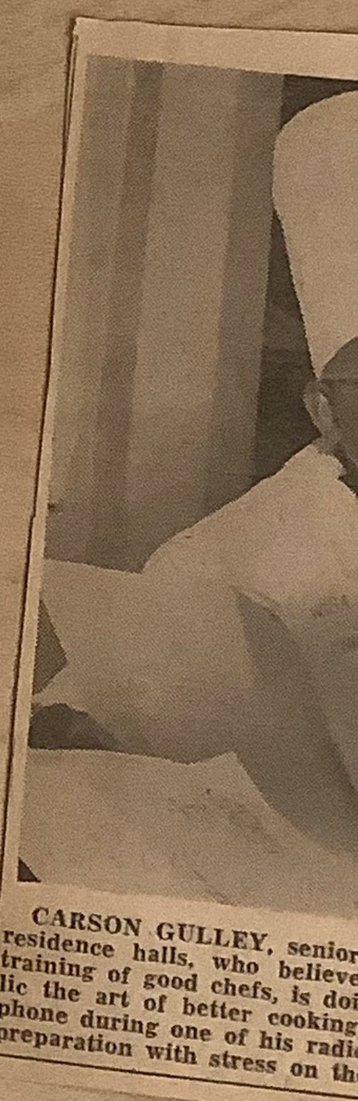
Garnish: 1 tablespoon chopped parsley and 2 tablespoons thinly shredded carrots.

Blend mayonnaise and coffee cream together Toss all ingredients together until well marinated. Garnish with chopped parsley and shredded carrots. If salad is to be served on lettuce, it should be cut in julienne strips.

THURSDAY, APRIL 23: Breaded fried Fish; Creamed Dried Beef; Stuffed Onions

## Breaded Fried Fish

Take two parts corn meal, one part flour, season with salt and white pepper. After the fish is thoroughly cleaned, roll in above mixture and lay on table or place on waxed paper for 10 minutes. Fry in equal parts of butter and lard - enough to cover half the fish. When well browned on one side, turn and brown on the other. The fish will be cooked if it has not fried too fast. (about 370 F.)



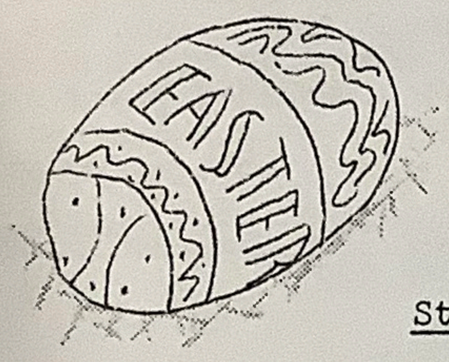
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To use bread crumbs or cracker crumbs rather than corn meal, use two parts crumbs, one part flour, and season with salt and white pepper. The fish should be cleaned thoroughly and dipped in plain flour. Next, dip fish in batter made of ½ cup water, ½ cup milk, 1 beaten egg, salt and white pepper. Roll in crumbs. Let stand on flat surface for 10 minutes - then fry.

## Creamed Dried Beef

Cream Sauce: (6 cups) Add:

8 ounces dried beef
¼ teaspoon celery salt
1/16 teaspoon mace
¼ teaspoon MSG




Add seasonings to cream sauce and cut dried beef into ½ inch squares. Put in cream sauce at least ½ hour before serving.

## Stuffed Onions

Select onions 2½ inches in diameter. Peel and remove about 1½ inches in center. Cut the onion removed from the center and saute in butter.

Mix with:
1 egg
2 c. dried bread crumbs
½ teaspoon salt
¼ teaspoon white pepper
¼ teaspoon sage

Before adding egg and crumbs, mix these with a little stock. Stuff onions and bake in slow oven until done.

## TUESDAY, APRIL 28: Stewing Chicken with Dumplings; Fudge Bottom Pie

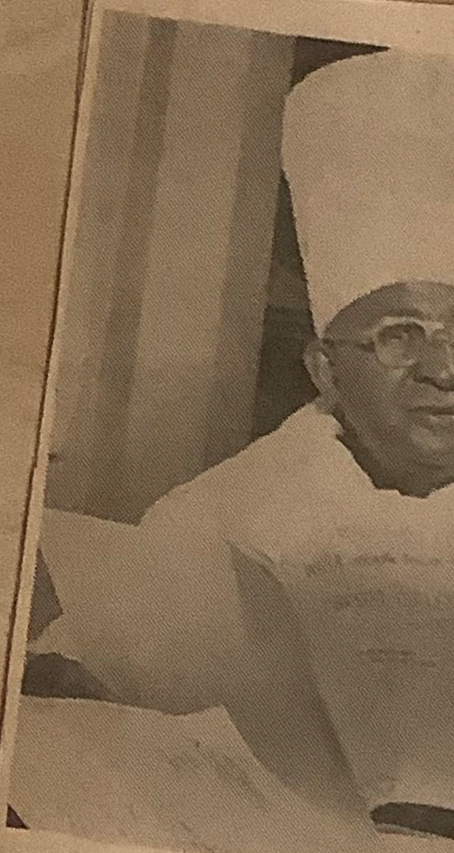
## Stewing Chicken with Dumplings

Select a well-fed, well-developed stewing chicken. Dress, clean, and wash with baking soda inside and out. 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. Season with ¼ teaspoon white pepper, ¼ teaspoon celery salt, and 1 teaspoon salt per pound of chicken. When chicken is tender, remove kettle from fire. Allow chicken to remain in stock until it reaches room temperature. Make gravy of stock and serve with:

Dumplings: (1 dozen)

2 cups flour
4 teaspoons baking powder
1½ teaspoons salt
1 tablespoon sugar
2 eggs
1 cup milk

Beat eggs, sugar and salt; add milk. Sift flour and baking powder together; fold into milk and eggs as quickly as possible. Drop from spoon onto oiled sheet and steam over boiling water. You may drop them into hot chicken stock and cook until done.



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## Fudge Bottom Pie

½ cup sugar
2 cups milk
4 egg yolks
1¼ tablespoons corn starch
pinch of salt

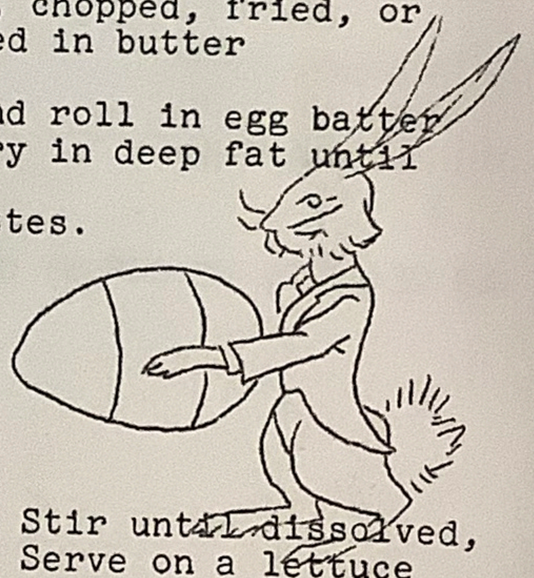
Make a custard of above ingredients. When thick enough to coat a spoon, remove 1½ cups of custard from double boiler and to it add 1½ squares melted chocolate and 1 teaspoon vanilla. Cool it and spread over graham cracker crust. To the remaining hot custard add 1 tablespoon plain gelatin which has been dissolved in 4 tablespoons of cold water, and cool. Beat 4 egg whites until stiff, but not dry and add ¼ teaspoon cream of tartar and ½ cup sugar and ½ teaspoon vanilla making a heavy meringue. Slowly fold the beaten egg whites into the cooled custard and on top of the fudge bottom. Place in refrigerator until ready to use.

THURSDAY APRIL 30: Beef Croquettes; Seven-Up Salad; Coffee Devils Food Cake

## Beef Croquettes

3 cups chopped cooked beef
½ cup bread crumbs
1 egg, well beaten
1 cup boiled rice or mashed potatoes
½ cup milk or stock
1 onion, chopped, fried, or cooked in butter

Mix all ingredients, season to taste, shape and roll in egg batter and bread crumbs. Let set for 10 minutes. Fry in deep fat until brown. Serve with a cream or tomato sauce.
Note: Never use raw onions in croquettes.



## Seven-Up Salad

1 package lime jello
1 large can apple sauce
1 small bottle Seven-Up

Boil the applesauce, then add the lime jello. Stir until dissolved, cool, and add the Seven-Up. Chill until set. Serve on a lettuce leaf - garnish with a little salad dressing.

## Coffee Devils Food Cake

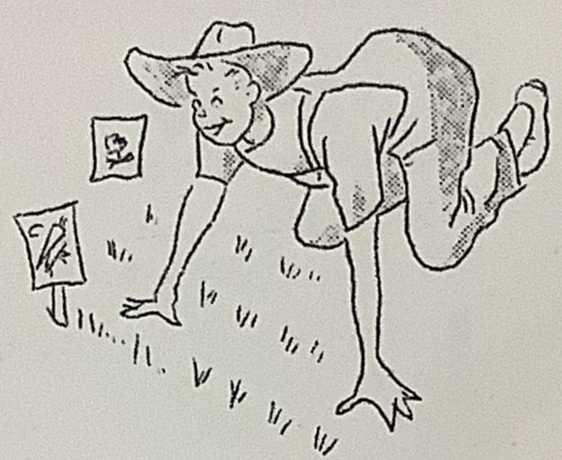
Mrs. James Porter
Marshall, Wisconsin

½ cup butter
1½ cups sugar
2 eggs, beaten
2 c. sifted cake flour
1 tsp. baking powder
½ tsp. salt
1 cup cold coffee (strong)
2 squares melted chocolate
1 teaspoon vanilla

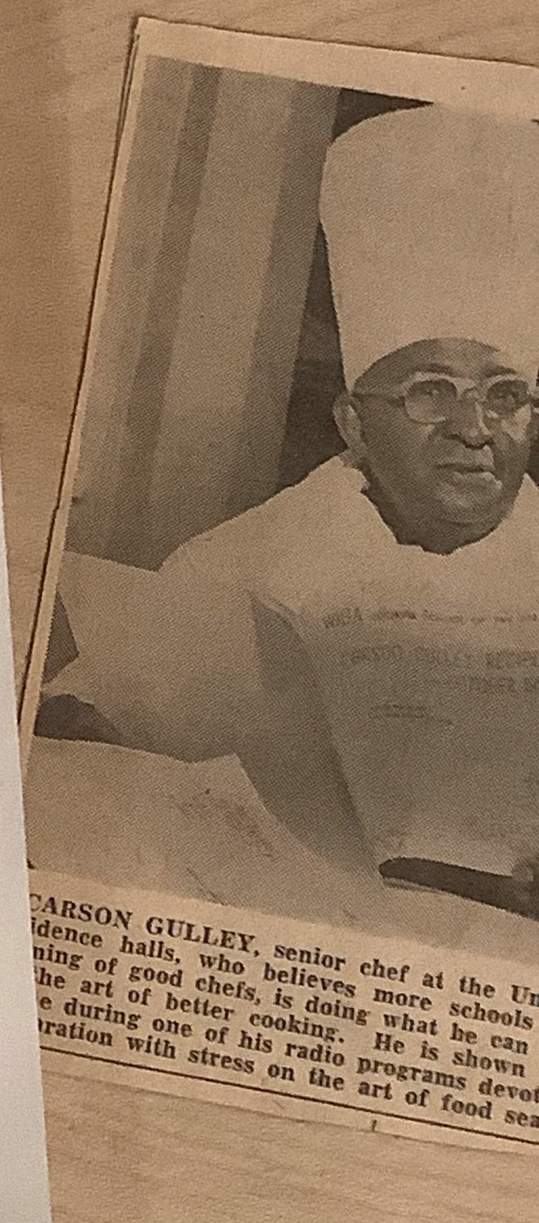


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Cream shortening and sugar together; add eggs, and continue creaming until well-blended. Sift dry ingredients with flour. Add flour to the cream mixture alternately with coffee. Fold melted chocolate into batter and vanilla. Bake in 2 9-inch greased cake tins at 375 for 25 to 30 minutes. Frost with seven-minute cake frosting.



HEAR CARSON GULLEY OVER WIBA - TUESDAYS AND THURSDAYS AT 11:30 AM



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