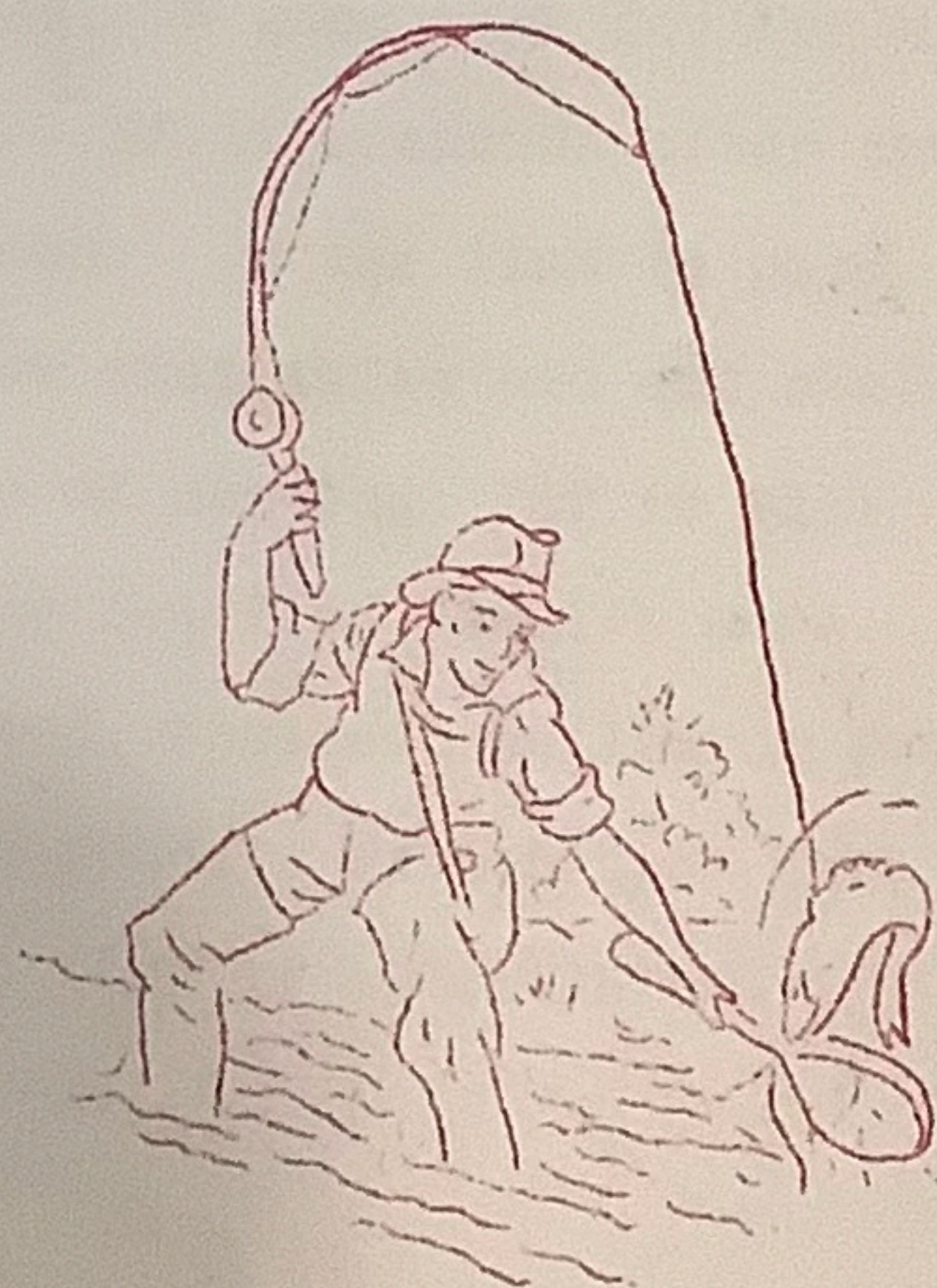


WIBA COOKING SCHOOL OF THE AIR  
CARSON GULLEY RECIPES  
FOR FEBRUARY, 1953

FISH PREPARATION



WIBA, RADIO PARK  
MADISON, WISCONSIN

25¢

### FISH

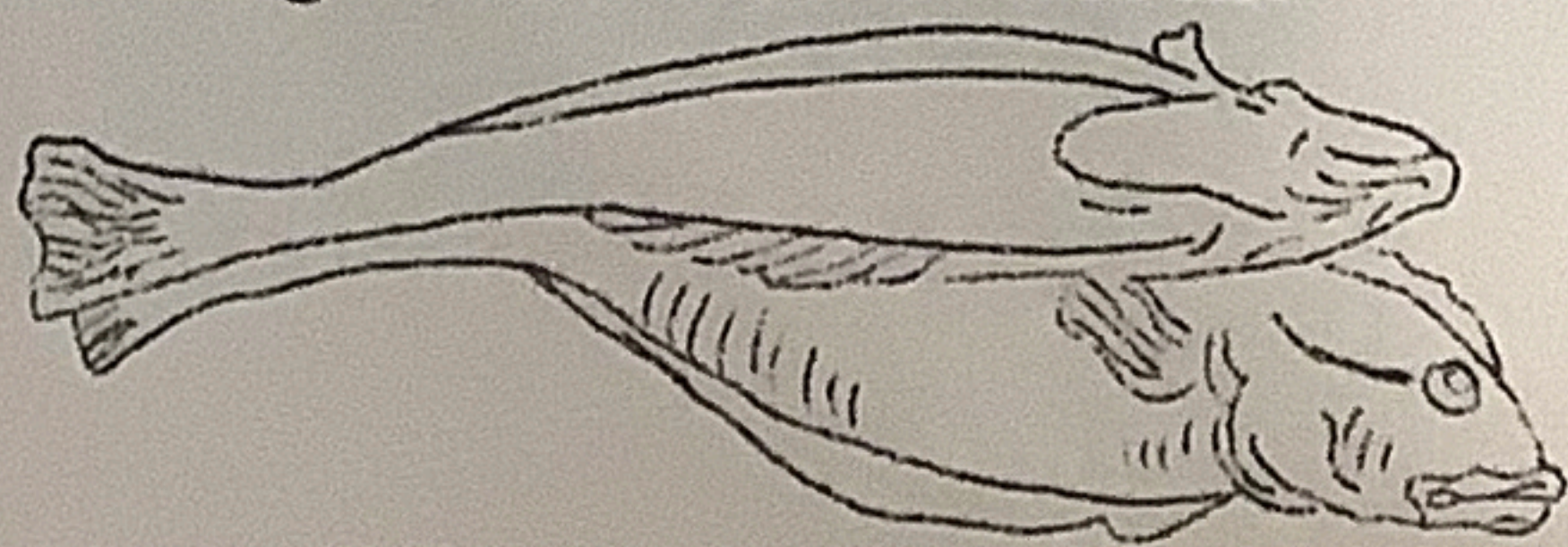
Strictly fresh fish, properly prepared, is one of the most savory and delicious foods you can serve. However, it must be handled properly from the time it is caught. There are several precautions which must be observed in order to retain the delicious fresh flavor.

First, when a fish is caught, it should be immediately killed and bled. If it is to be some time before you take it home and dress it for the refrigerator, place it in a cold box of ice. The flesh of fish is extremely perishable. Just because you took the fish from the water on a day's fishing trip, don't feel that it will keep the entire day. You may hang it over the side of your boat in the water, but it will spoil just as fast as it would if it were out of the water.

If you are buying your fish from the market, be sure that it is fresh. The gills should be bright red, the eyes bright and not sunken. There should be no loose scales. A good test for freshness is to press a finger on the flesh - if it responds after the finger has been removed, the fish is good. If the fish is pale, without any sign of blood, you will know that it is old and stale.

Never cook fish too far in advance of serving, for it will develop an unpleasant after-taste. Very few fish require more than 10 minutes of cooking, whether baked, broiled, boiled or fried.

Fish is one of our oldest and best foods. With proper care in purchasing and preparation, you will find it a delightful and and highly nourishing food. Use it often.



CARSON GULLEY, senior chef residence halls, who believes most training of good chefs, is doing what he can to help the art of better cooking. He is on the phone during one of his radio programs, preparing with stress on the art of

THURSDAY, FEBRUARY 5: Breaded Fried Fish; Grilled Fish

Breaded Fried Fish: Take 2 parts corn meal, 1 part flour; season with salt and white pepper. When fish is thoroughly cleaned, roll in above mixture and let stand for 10 minutes. Then lift the fish out of the corn meal and press with fingers so that the mixture will cling to fish. 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. Fish will be cooked if it has not fried too fast. Fat should be about 370 F.

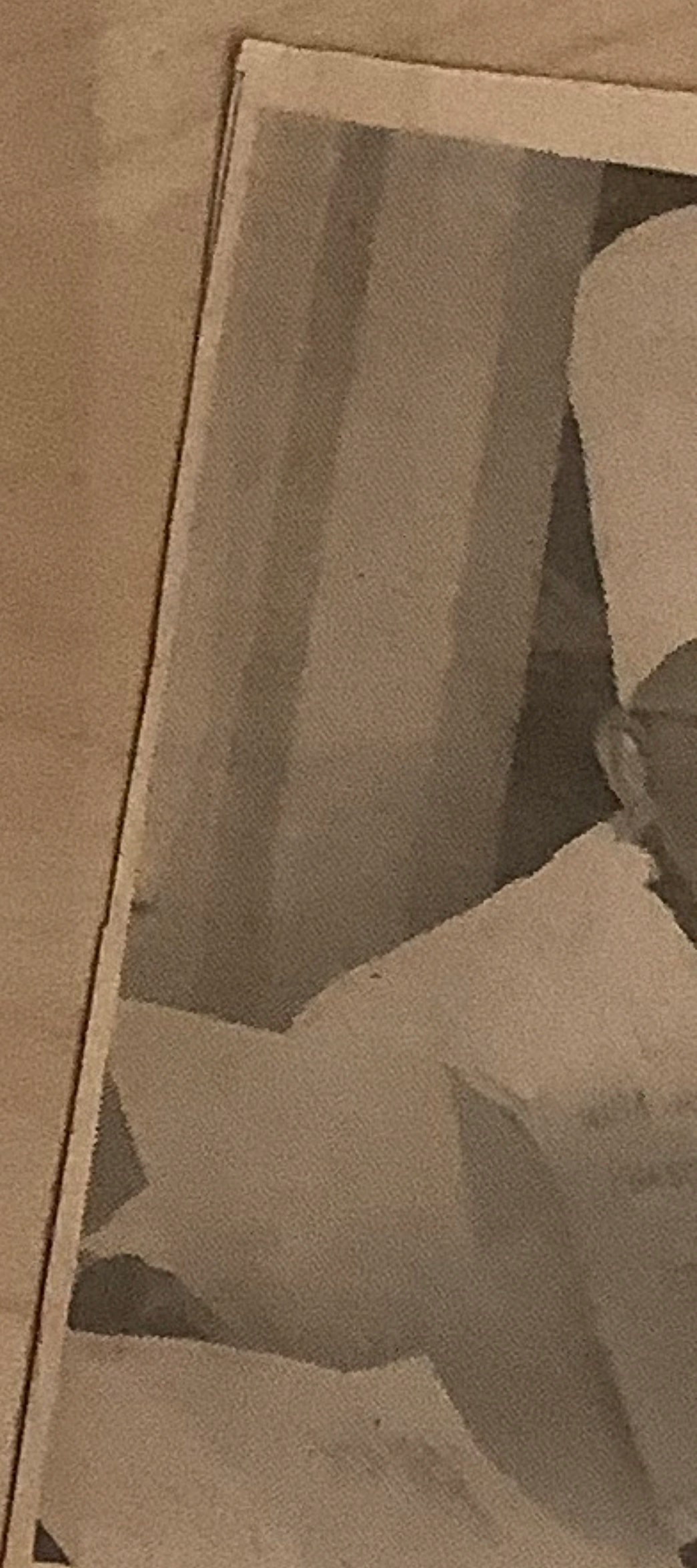
To use bread or cracker crumbs rather than corn meal, use 2 parts bread crumbs, 1 part flour, and season with salt and white pepper. Fish should be cleaned thoroughly and dipped in flour. Then dip in batter made of  $\frac{1}{2}$  c. water,  $\frac{1}{2}$  c. milk, 1 well beaten egg, salt, and pepper. Roll in bread crumbs. Let stand on flat surface for 10 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, to prevent the fish from breaking. Begin with fairly slow heat - finish off a little faster. to brown evenly. The grill may be wiped with oil or butter before fish is placed on it.

TUESDAY, FEBRUARY 10: Glazed Pork Chop; Rainbow Cake

Glazed Pork Chop

6 pork chops	$\frac{1}{2}$ teaspoon marjoram
$1\frac{1}{2}$ cups fresh orange juice	1 teaspoon salt
$\frac{1}{2}$ cup water	$\frac{1}{2}$ teaspoon white pepper
4 tbs. finely chopped onion	



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Flour pork chop and brown in fresh fat. Pour off fat and sprinkle with salt, pepper, marjoram and onions. Combine orange juice and water and pour over chop. 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.

Rainbow Cake

1/2 cup shortening	1 1/2 cups milk
1 1/2 cups sugar	1/4 tsp. almond extract
1/4 teaspoon salt	3/4 tsp. vanilla
3 egg yolks	3/4 tsp. red food coloring
1 1/2 tsp. yellow food coloring	3/4 tsp. green food coloring
3 tsp. baking powder	

Sift flour, measure; sift flour, baking powder and salt together. Cream shortening with sugar and flavoring until fluffy. Add sifted dry ingredients and milk alternately in small amounts, beating well after each addition. Divide cake batter in half. Take one-half the batter and divide it into small bowls. Tint one portion a deep red and the second a deep green. Add 1 1/2 teaspoons yellow food coloring to the other half making it a deep yellow. Take one-half the yellow mixture and put into two 9-inch heart shaped cake tins. Spoon red cake mixture on this in circles around tins. Do like-wise with green batter, putting batter on inside of the red on each cake. Put the remainder of yellow batter on top of cakes, being careful not to mix the red and green. Bake in oven 375 F for 25 minutes or until test done. Frost with the following:

3 egg whites	1/2 cup water
1 1/2 cups sugar	1/4 tsp. cream of tartar

Beat egg whites until stiff but not dry. Make a syrup with 1 1/2 cups sugar and 1/2 cup water. Boil together until it forms a soft ball when poured from the spoon. Add to beaten egg whites gradually until all has been incorporated. Frost the cake with part of the white frosting. Add red coloring to the remainder and put on top of the white frosting on the cake - not on the sides. If you like you may add green coloring to about 1/4 cup frosting and put on top around edge of cake.

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THURSDAY, FEBRUARY 12: Broiled Spanish Mackerel; Baked Lake Trout

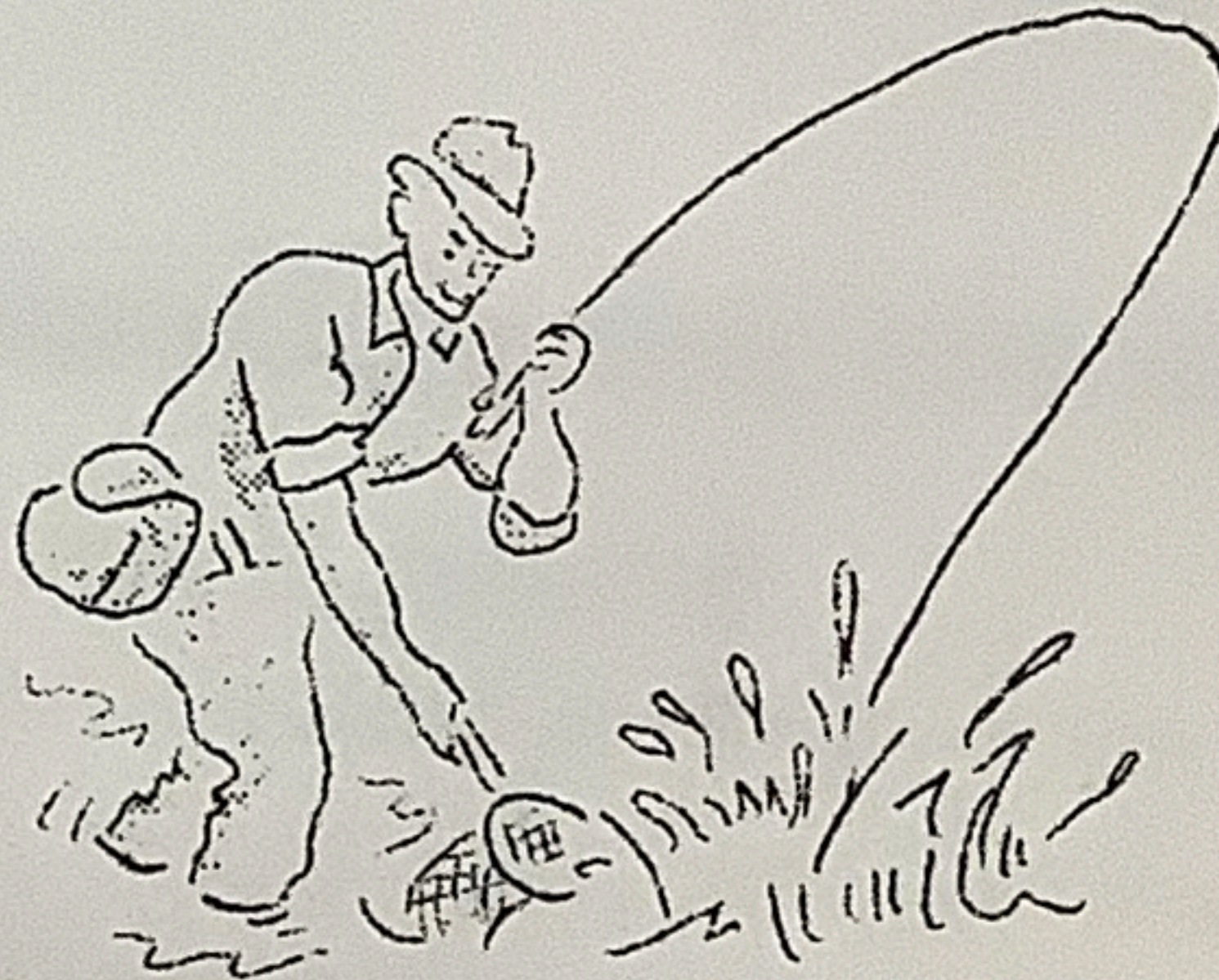
Broiled Spanish Mackerel

Dress fish and split lengthwise. Remove all bones, wash and wipe dry; season with salt and white pepper. Roll in oil and broil over a brisk fire to a nice brown. When done, dress on a hot platter, and pour over the fish two tablespoons of melted butter. Garnish with parsley and quartered lemon.

Baked Lake Trout

Prepare a 6 pound trout for baking. 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. Bake in a hot oven, 350 F. until done. (About 1 hour)

If desired, the fish may be filleted and the stuffing heaped on the two fillets placed side by side on the baking pan. Or the fillets may be put together with stuffing between and baked like a whole stuffed fish.



TUESDAY, FEBRUARY 17: Baked Finnan Haddie in Cream Sauce; Caramel Pudding

Baked Finnan Haddie in Cream Sauce

2 lbs. finnan haddie steaks (3 oz. size). Blanch to the boiling point. Cover with  $3\frac{1}{2}$  cups medium cream sauce well seasoned with:

1 teaspoon fish herbs

1 teaspoon mono-sodium glutamate

1 teaspoon salt

2 tablespoons butter

Cover fish and cook 10 minutes at 350 F. Serve on hot plate. Garnish with toast, lemon, and fried parsley.

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Caramel Pudding

1 tablespoon butter }  
1½ cups brown sugar } Boil together 5 minutes to make a syrup. Pour  
2 cups water } syrup into buttered baking dish.

1 cup brown sugar

½ cup flour

1 tbs. butter

½ cup milk

1 tsp. cinammon

2 tsp. baking powder

½ cup raisins

Cream butter and sugar. Sift flour, baking powder and cinnamon together and add to creamed mixture. Fold in raisins and add milk. Add flour to this mixture until batter is sufficiently thick to drop by spoonsful into baking dish with hot syrup. Bake for 35 to 40 minutes at 350 F.

THURSDAY, FEBRUARY 19: Planked White Fish; Fish Chowder

Planked Whitefish

Allow 2 pounds of whitefish untrimmed for 2 servings. Scale and clean, split down the back, remove bone, and wash fish again. Dry with a cloth. Season fish on all sides with salt and pepper. Dip into butter. The plank should be of a high grade oak, designed for planking purposes. Heat empty plank in oven after oiling with butter or other good fat. Put fish on plank, leaving the drain grooves free. Place in oven and allow to cook until brown, or until the fish is done. Decorate with mashed potatoes squeezed through a pastry tube, and with small whole broiled tomatoes. Serve with tartar sauce.



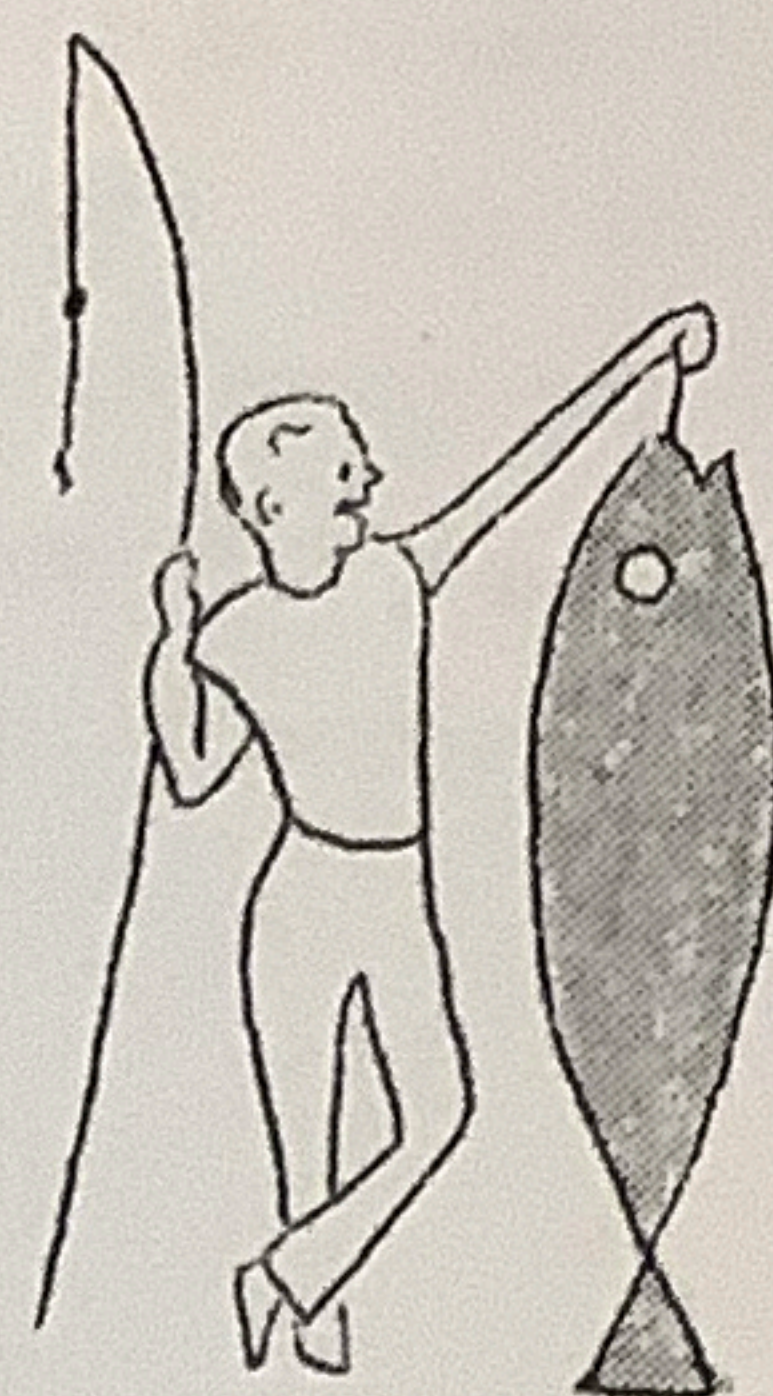
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Fish Chowder

(Serves 10)

1½ lbs. fresh lake trout	1 cup fresh tomatoes
1/8 tsp. ground cumin seed	1 cup green celery (Pascal), chopped fine
2 tsp. salt	½ cup onions, chopped fine
½ bay leaf, crushed fine	¼ cup parsley, chopped
1/8 tsp. leaf thyme	
4 cups milk	
4 cups water	

Make roux: 4 tbs. butter  
4 tbs. flour



Clean and wash fish thoroughly. Crush spices fine as possible; mix with salt. Cut fish into thin, julienne strips and season with salt and spices; dredge in flour. Melt butter in hot stew pan and saute fish until slightly brown. Drain fat from the fish, and saute fish until slightly brown. Drain fat from the fish, and saute celery, onions and half of the parsley in the fat until translucent. Drain fat from vegetables, mix in the flour and stir into a smooth roux. Add milk and mix into light cream sauce. Add two quarts of boiling water to the fish and bring to a boil. Fold fresh tomatoes, parsley, into sauted celery and onions; pour into boiling fish. When mixture comes to a boil again, pour into the cream sauce. Check for salt. Add one teaspoon of sugar when tomatoes are used. Serve hot.

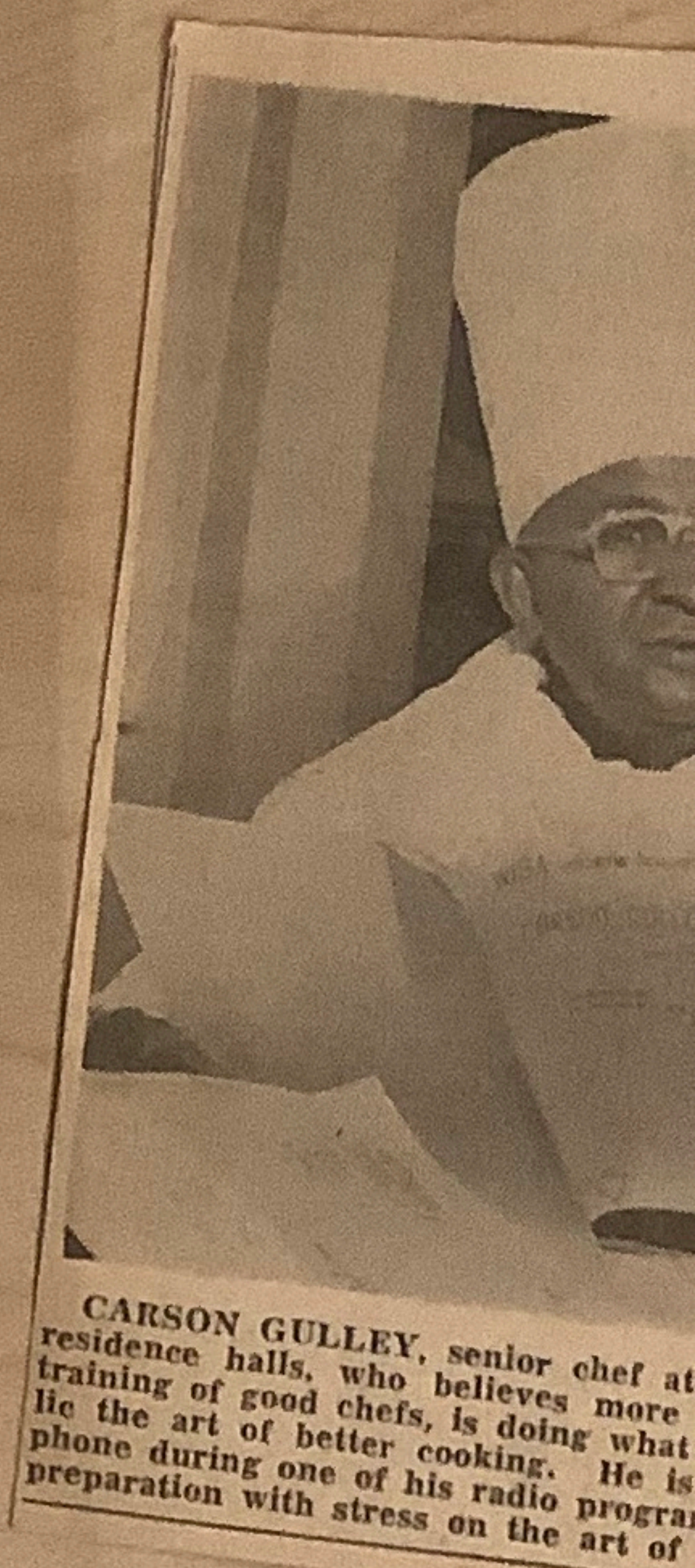
TUESDAY, FEBRUARY 24: Salmon Loaf; Cream Vegetable Soup

Salmon Loaf

(Serves 10)

1 No. 2 can salmon	2 eggs, well beaten
1½ cups bread crumbs	1 cup light cream sauce

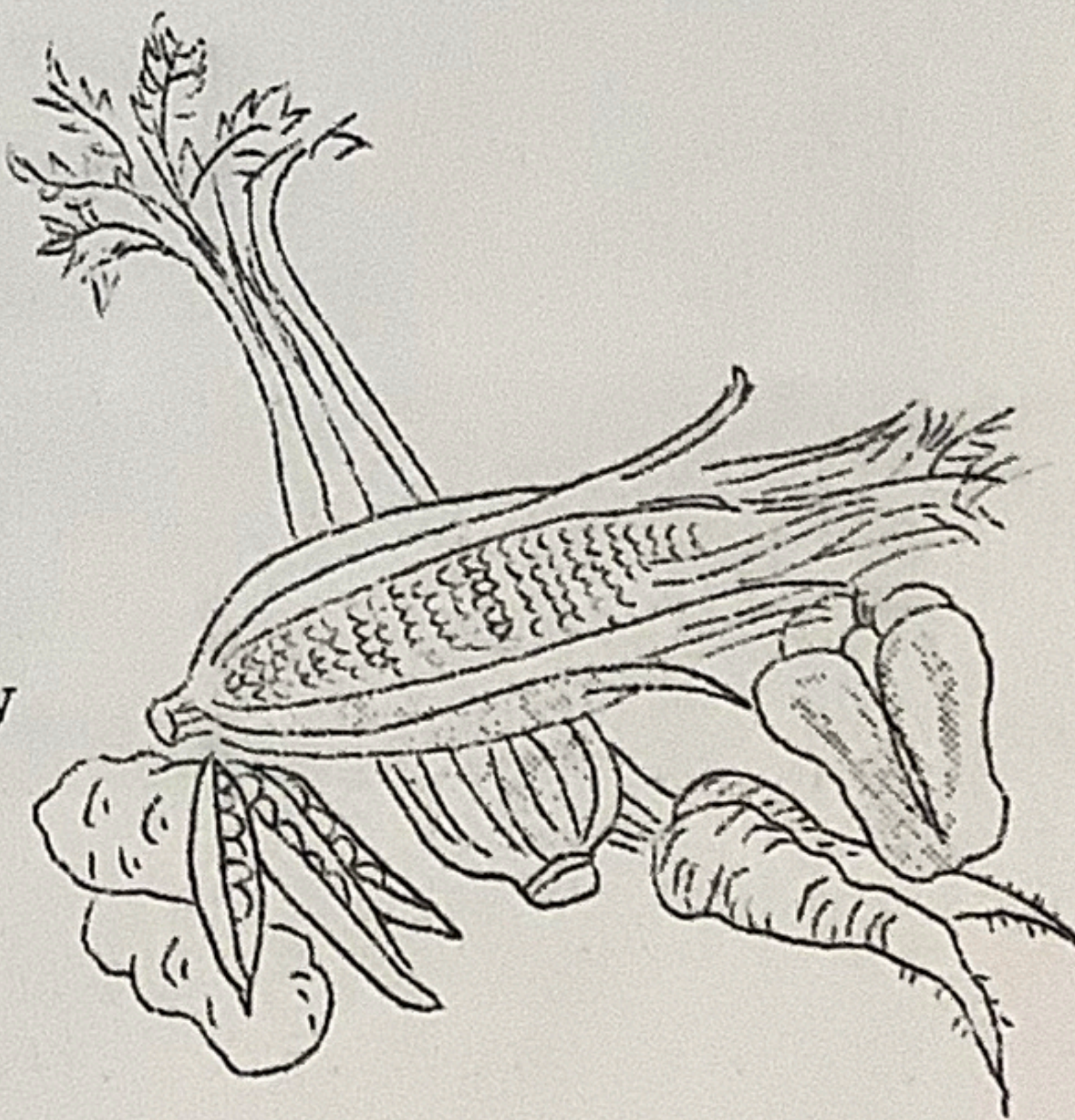
Beat eggs and add juice from salmon. Grind contents of can in



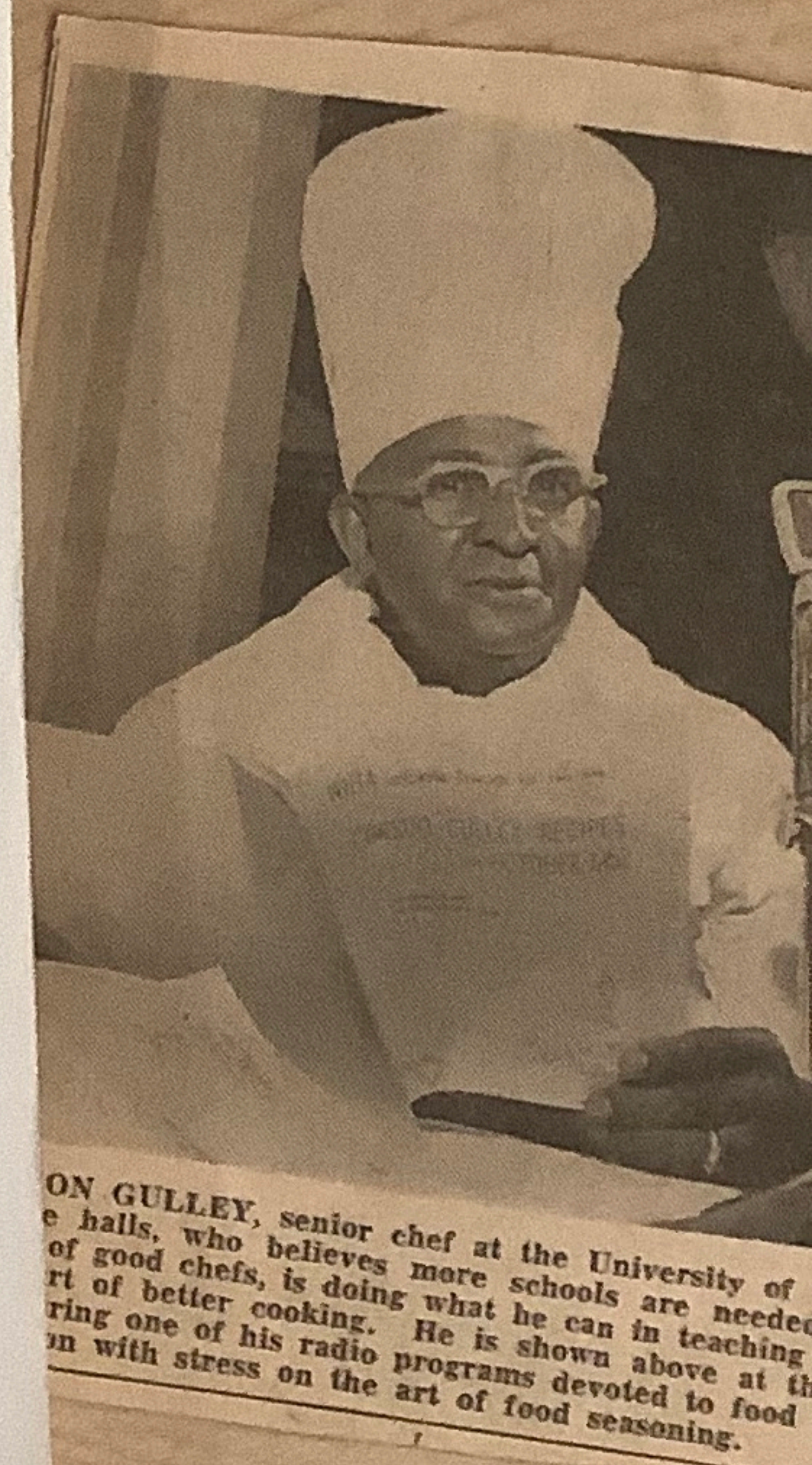
food chopper. Add crumbs and eggs. Mix well and fold in cream sauce. Bake in a loaf pan not more than  $1\frac{1}{2}$  inches deep. Keep in temperature of 375 F. until set or browned. Serve with cream-pea sauce, or cheese sauce, made by using thin cream sauce with equal parts of aged cheese, adding 1 tablespoon Worcestershire sauce and blending well. Serve hot.

Cream Vegetable Soup

- $\frac{1}{2}$  cup potatoes, cut into fine julienne strips
- $\frac{1}{2}$  cup mushrooms, cut fine
- 1 cup celery, sliced fine
- $\frac{1}{2}$  cup onions, sliced fine
- $\frac{1}{2}$  cup tomatoes
- $\frac{1}{2}$  cup carrots, cut julienne
- 1 tablespoon sugar
- 2 tablespoons green pepper, cut very fine
- 2 cups medium cream sauce
- 2 cups good stock
- 1 tablespoon chopped parsley
- $\frac{1}{2}$  teaspoon Dash seasoning salt
- $\frac{1}{4}$  teaspoon mono-sodium glutamate



Saute celery, onions, and carrots until translucent. Then add tomatoes, green pepper, and mushrooms. Saute for a few minutes more. Add hot stock and potatoes, and boil until potatoes are tender. Season, add parsley, and mix gradually into hot cream sauce. Serve hot.



ON GULLEY, senior chef at the University of e halls, who believes more schools are needed of good chefs, is doing what he can in teaching rt of better cooking. He is shown above at th ring one of his radio programs devoted to food on with stress on the art of food seasoning.

THURSDAY, FEBRUARY 26: Fried Scallops; Chicken Gumbo

Fried Scallops

Wash scallops, and dry; Season with salt and white pepper, dredge in flour, dip in egg batter made of:

1 egg

$\frac{1}{2}$  cup water

$\frac{1}{2}$  cup milk

salt and pepper


Finish in a mixture of 1 cup cracker crumbs and  $\frac{1}{2}$  cup flour. Allow to stand for 10 minutes, then fry in deep fat at 375 F. and serve immediately with tartar sauce.

Tartar Sauce:  $\frac{1}{4}$  cup green olives, chopped  
 $\frac{1}{4}$  cup sour pickles, chopped  
2 tbs. shallots or small onions,  
chopped fine  
1 tablespoon capers  
1 tsp. parsley, chopped  
1 hard cooked egg, chopped  
2 tbs. lemon juice  
1 tbs. Worcestershire Sauce  
 $2\frac{1}{2}$  cups mayonnaise

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

Chicken Gumbo

3 cups chicken, cut julienne or diced  
 $\frac{1}{2}$  cup boiled or cooked ham, cut julienne  
 $\frac{1}{2}$  cup onion, sliced thin  
 $\frac{1}{2}$  cup celery, sliced thin



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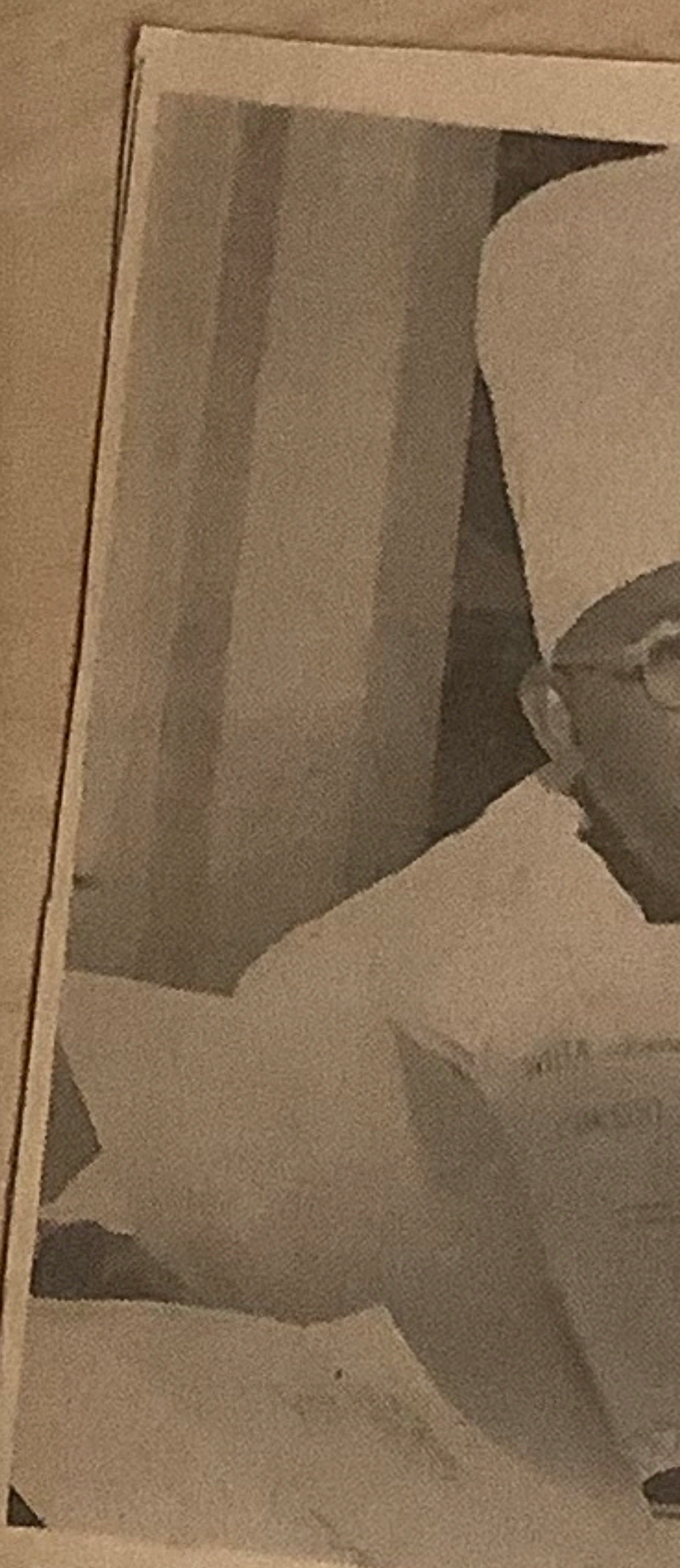
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2 tablespoons butter  
2 cups okra, canned or fresh, cut crosswise  
6 cups stock, chicken or veal  
 $\frac{1}{2}$  cup fresh tomatoes, cut fine  
 $\frac{1}{4}$  cup sweet red pepper, sliced fine  
2 tablespoons parsley, chopped  
 $\frac{1}{2}$  cup cooked rice  
1 bay leaf  
 $\frac{1}{2}$  teaspoon sugar

Saute 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.

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



CARSON GULLEY, senior chef at residence halls, who believes in training of good chefs, is doing his part to help the public the art of better cooking. He is on the phone during one of his radio programs, preparing with stress on the art.