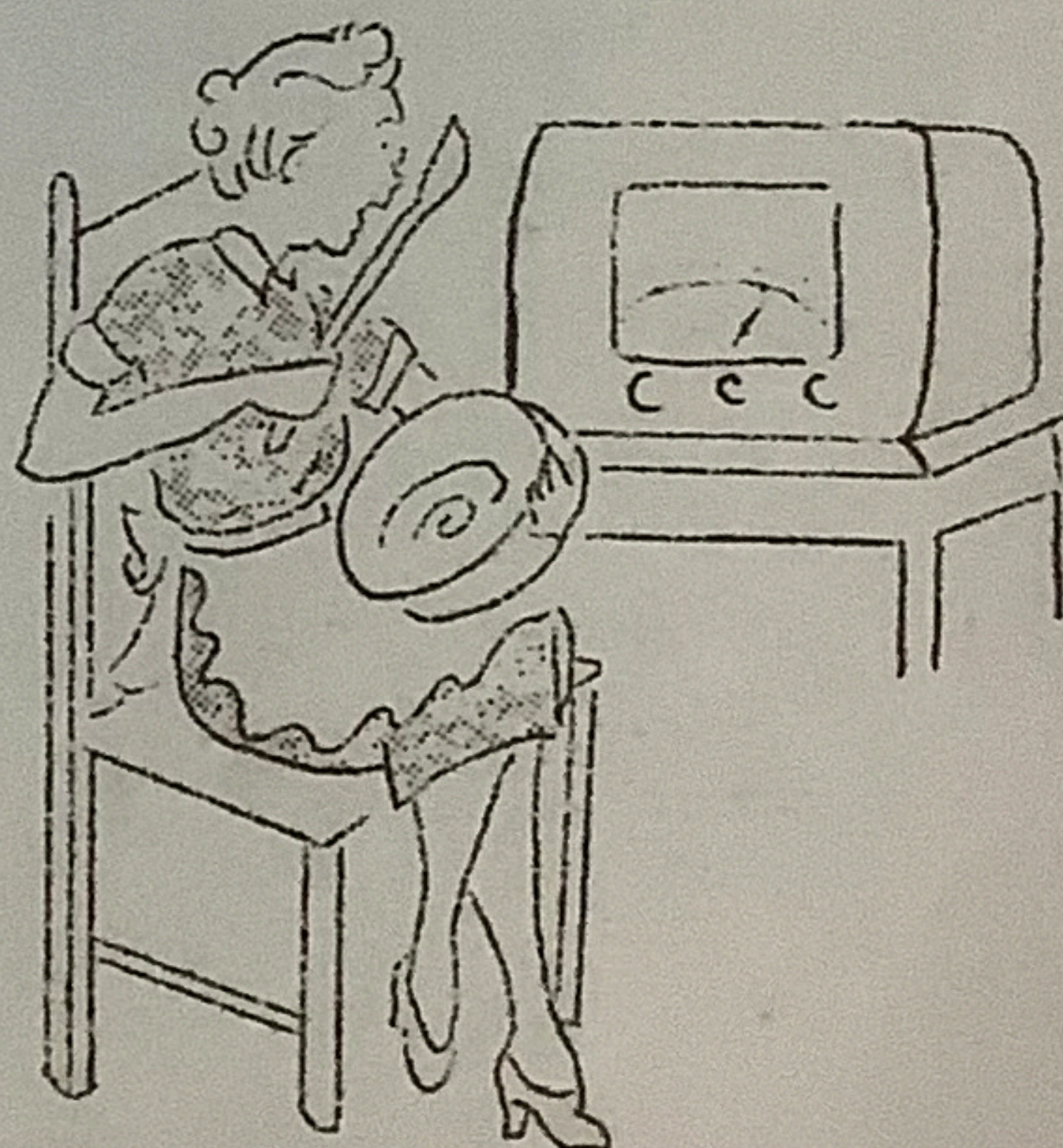


WIBA COOKING SCHOOL OF THE AIR
CARSON GULLEY RECIPES
FOR JANUARY, 1953

CASSEROLE DISHES .



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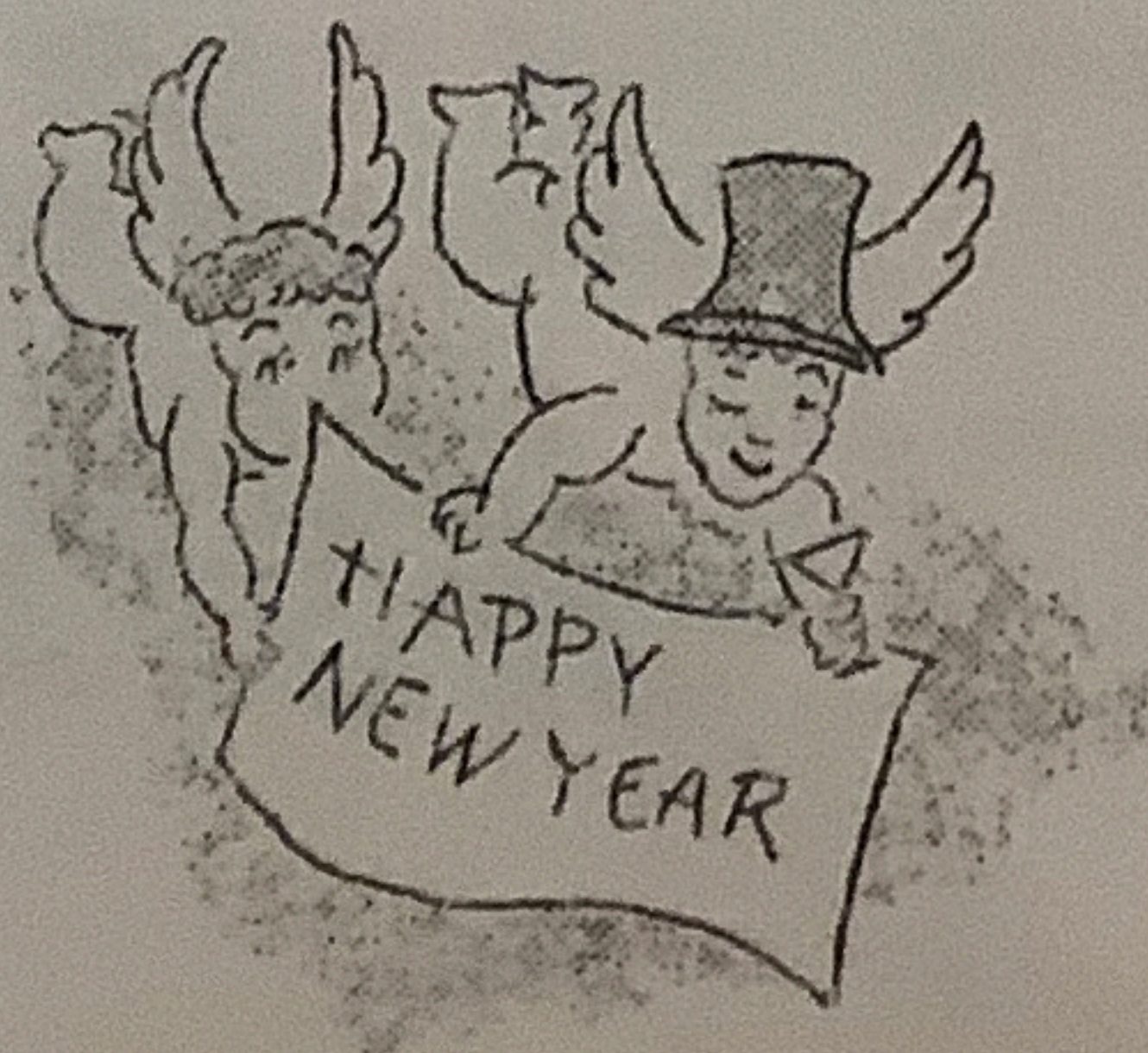
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CASSEROLE DISHES

My conception of a casserole is that it is a food idea built on one of many foundations, with your favorite flavor added. The foundation may be potatoes, rice, noodles, macaroni, spaghetti, or eggs in the form of a souffle or with bread crumbs. I suggest many foundations to give you a choice. Those who do not care for noodles or spaghetti may choose from the many others. But in blending anything, the foundation should be planned first, and then blended with foods such as meat, poultry, seafood, vegetables, or cheese. All of these make delicious casseroles.

It is hardly necessary to give you an exact recipe for a casserole. Here is where creative cookery begins and ends. Everyone who has some imagination, creative ability, and a good sense of taste can make good casseroles. I am sure you understand that in using meats and other left-over foods, you must be tactful and alert in adding a pleasant flavor, to create the richness that is needed to make your meal palatable and inviting.

Casseroles provide interesting and tasty meals, and they are economical, for they give you a way to use and make the most of left-over meat and vegetables.



CARSON GULLEY, senior residence halls, who believes training of good chefs, is the art of better cooking. He is on the phone during one of his preparations with stress on

THURSDAY, JANUARY 1: Tuna Fish A La King; Sweetbreads A La King

Tuna Fish A La King

1 can tuna (oil packed, 7 oz.)	$\frac{1}{4}$ c. onion rings
3 c. cream sauce, well seasoned to taste	1 c. jumbo peas, fresh or frozen
$\frac{1}{2}$ lb. mushrooms	$\frac{1}{4}$ c. pimiento, cup in strips
$\frac{1}{4}$ c. shredded green pepper	

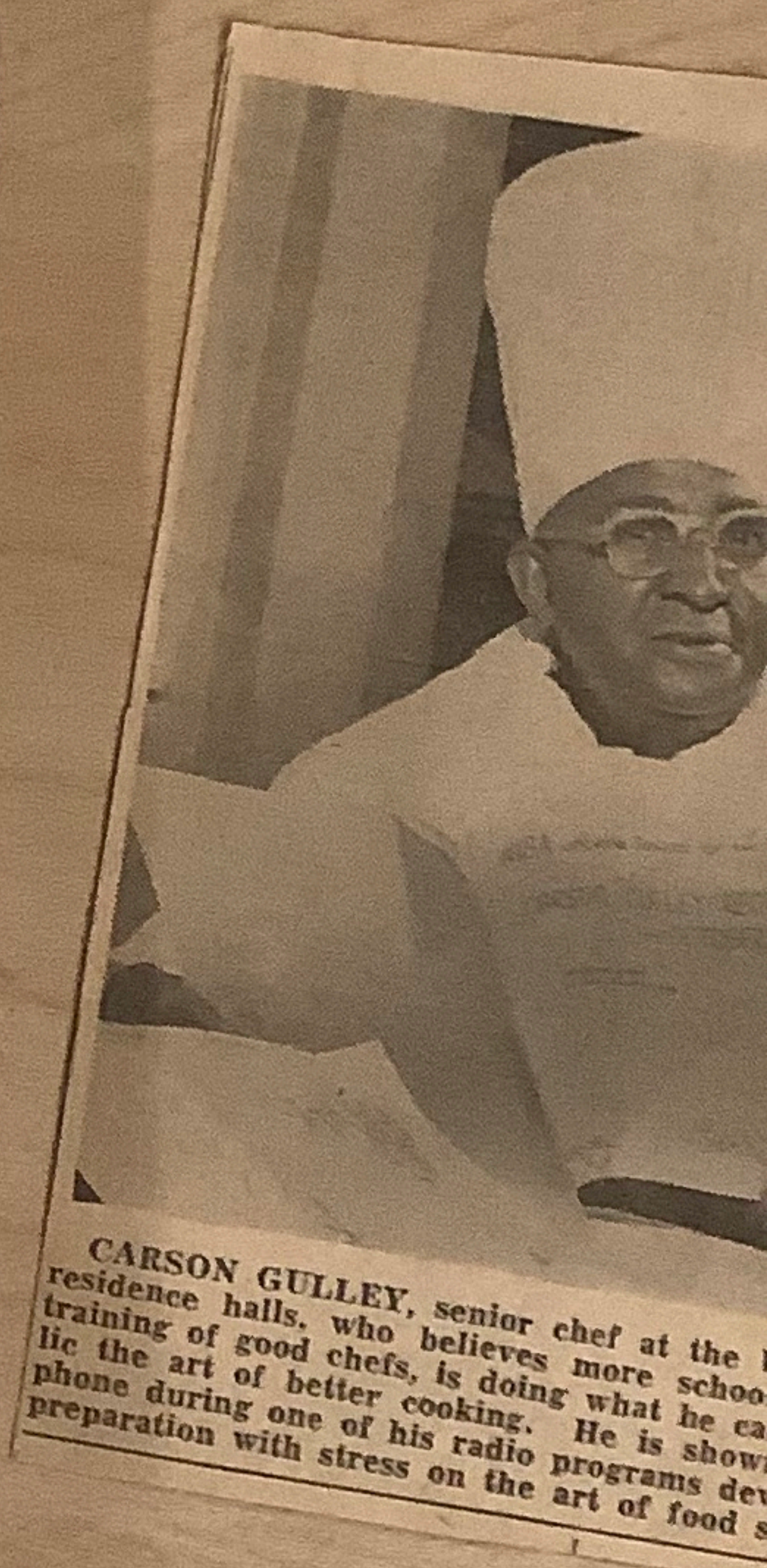
Saute onions in small amount of butter, add pepper, cook few minutes. Add sliced mushrooms, cook until hot - drain off fat. Flake tuna, but not too fine. Fold all ingredients together; put in casserole dish; top with corn flakes - bake for 30 minutes.

Sweetbreads A La King

1 lb. sweetbreads (pre-cooked as directed -see bottom of page)	
1 pimiento, cut into rings	1 c. Sherry
1 green pepper, cut into rings	$1\frac{1}{2}$ c. milk or cream
1 lb. fresh mushrooms	4 tbs. flour
$\frac{1}{2}$ c. onion rings	6 tbs. butter
1 c. stock, or juice from sweetbreads	

Saute onions and green pepper for a few minutes in 2 tbs. butter. Add pimiento. Cut sweetbreads in lattice shape, about 2 in. long and $\frac{1}{2}$ in. thick. Add mushrooms 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 tbs. flour and 4 tbs. 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. Pre-cook 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 for seasoning. Save juice for cream sauce.



TUESDAY, JANUARY 6: California Chicken; Hot Potato Salad; Stuffed Weiners

California Chicken

1½ cups carrots, cubed	1 can tuna fish in oil (7 oz.)
1½ cups potatoes, cubed	1 teaspoon salt
½ cup onions, chopped	2 teaspoons butter
1 cup peas	4 tablespoons flour
2 cups milk	

Boil carrots and onions together in small amount water. After 15 minutes, add potatoes. Cook slowly until tender, then drain. Season. Make a white sauce of butter, milk and flour. Add peas to other vegetables. Break fish into pieces and add to white sauce, taking care not to make them too small. Butter baking dish; put a layer of vegetable, then white sauce and tuna, until it is all used. Cover with bread crumbs and bake until brown.

Hot Potato Salad (8 portions)

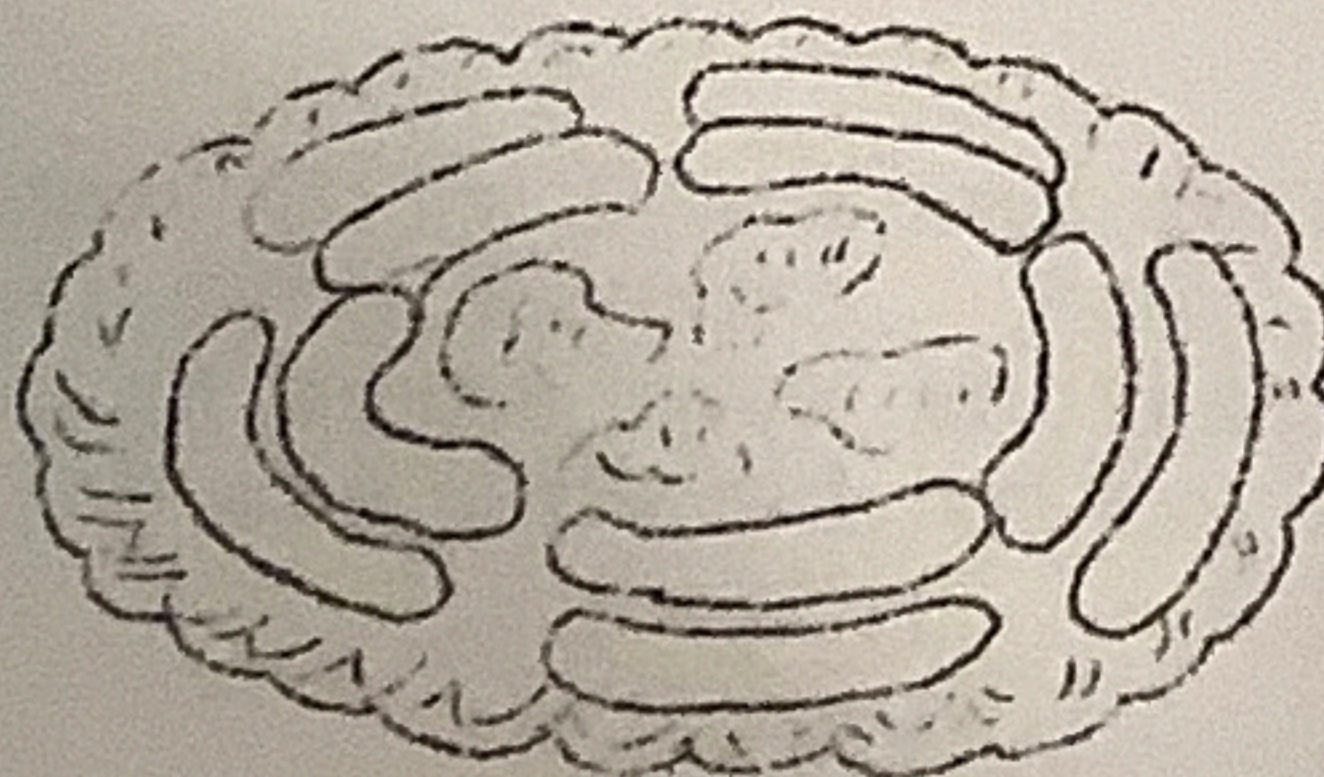
2 qts. sliced cold potatoes	2 tsp. salad mustard
½ lb. or 3 cups onions, sliced	1 tsp. sugar
6 oz. or 6 slices bacon, shredded	1 tbs. salt
½ cup water	1 tbs. cornstarch
1 cup vinegar (prefer garlic)	3 tbs. parsley, chopped

Cook bacon until crisp. Remove from fat and add onions. Saute until soft and translucent. Add all other ingredients except cornstarch and ½ of the parsley. Bring to a boil and thicken with cornstarch that has been softened in a little water. Pour over potatoes. Serve hot, garnished with crisp bacon and chopped parsley.

Stuffed Weiners

Cut weiners lengthwise, not too deep; stuff with aged cheddar cheese cut in strips and dipped in mustard.

Wrap with bacon. Place under broiler and broil until bacon is crisp.



CARSON GULLEY, senior chef at residence halls, who believes more 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, JANUARY 8: Spaghetti and Meat Balls; Date Cake

Spaghetti and Meat Balls

(serves 10)

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

Sauce: Saute the chopped onions and green pepper in the bacon fat until translucent. Do not brown. Add spices, chili powder, paprika, and salt. Add tomatoes, tomato puree, and sugar. Simmer in covered container until all is well blended. (About 1 hour). If garlic is used, cut it up fine and saute 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. Saute or broil until brown, but not well done. Finish cooking on top of spaghetti or in spaghetti sauce.

Date Cake

1 pkg. dates)	-----Pour hot water over dates and soda and let stand
1 tsp. soda)	
1 c. hot water)	
½ c. shortening	1 tsp. salt
1 c. sugar	3 tbs. cocoa
2 eggs	1 tsp. vanilla
1½ cups flour	

Cream shortening, sugar and salt. Add eggs. Sift flour and cocoa together, and add alternately the flour and date mixture. Pour into an 8 x 10 inch loaf tin. Sprinkle granulated sugar over entire top of cake and ¾ pkg. chocolate chips and ¾ cup chopped nuts. Bake in a 375 degree oven for 25 to 30 minutes.

CARSON GULLEY, senior chef residence halls, who believes most training of good chefs is doing work. He the art of better cooking. He phone during one of his radio programs preparation with stress on the art of

TUESDAY, JANUARY 13: Pork Shank & Sauerkraut; Ginger Bread

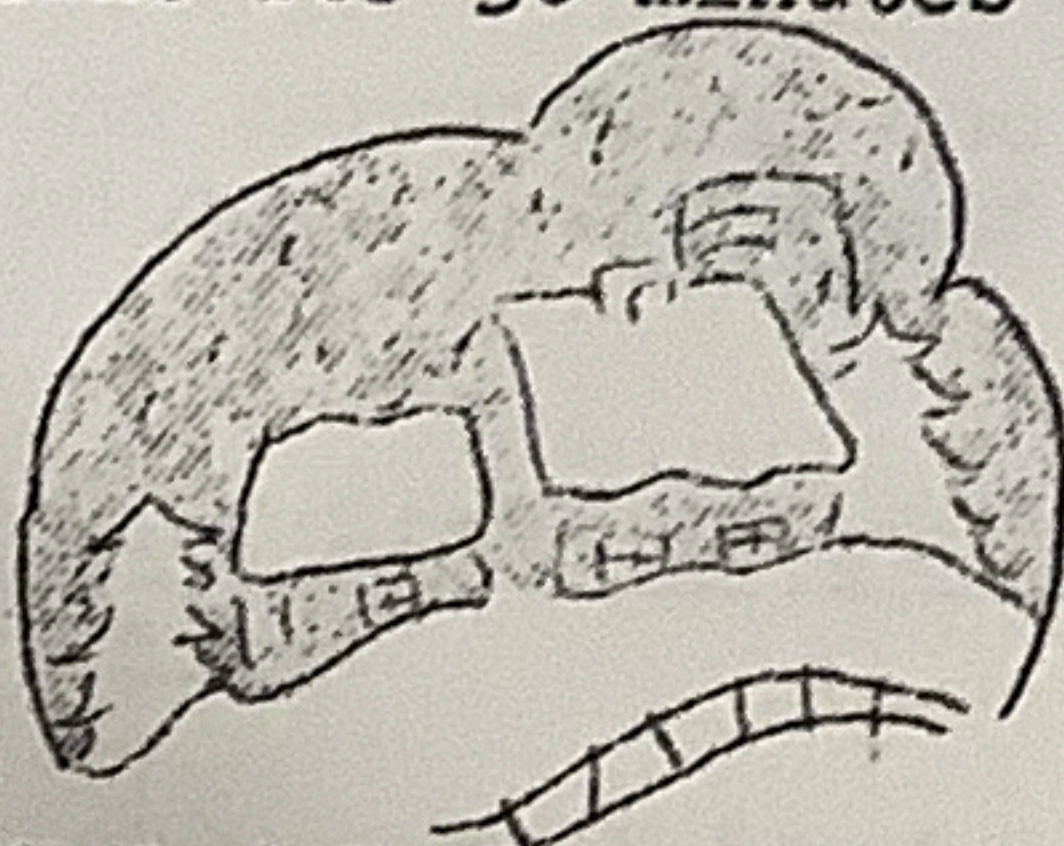
Pork Shank and Sauerkraut

Bake pork shank 275 to 300 degrees until tender. Put sauerkraut in baking dish after most of the fat has been drained off. Put pork shank over top of kraut and cook until kraut is hot. Serve with mashed potatoes.

Ginger Bread

1 c. molasses	1½ tsp. soda
1 c. butter or shortening	2 tsp. ginger
1 c. brown sugar	1 tsp. cinnamon
2 c. flour	1 tsp. cloves
1 c. boiling water	½ tsp. allspice
2 eggs	1 tsp. salt

Cream sugar and butter. Add egg yolks and molasses. Sift flour and spices. Dissolve soda in boiling water. Add flour and liquid, gradually alternating; mix well. Fold in beaten egg whites, and pour into 8" square or 9" pan. Bake for 30 minutes in oven at 350 F.

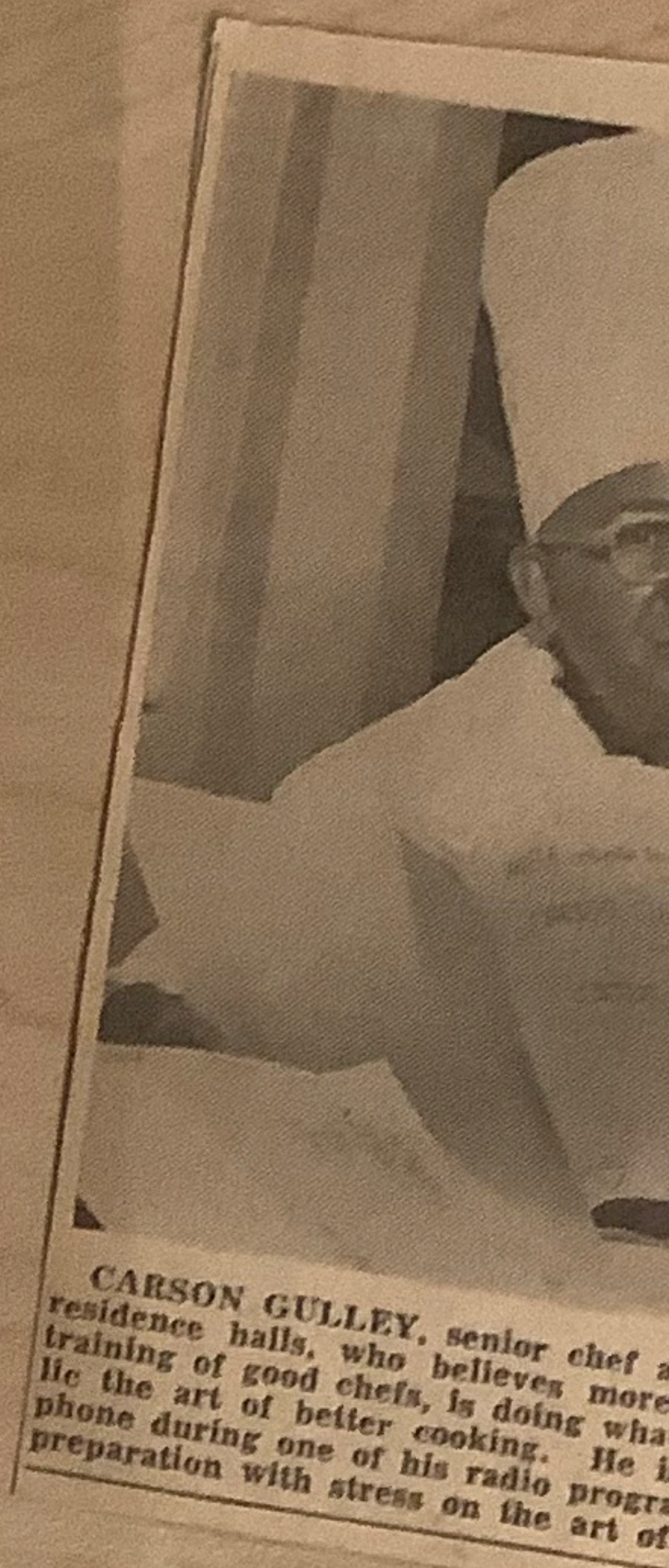


THURSDAY, JANUARY 15: Fried Hamburger Casserole; Pineapple Custard

Fried Hamburger Casserole

1 lb. hamburger	2 c. medium cream sauce
1 tsp. salt	¼ tsp. pepper

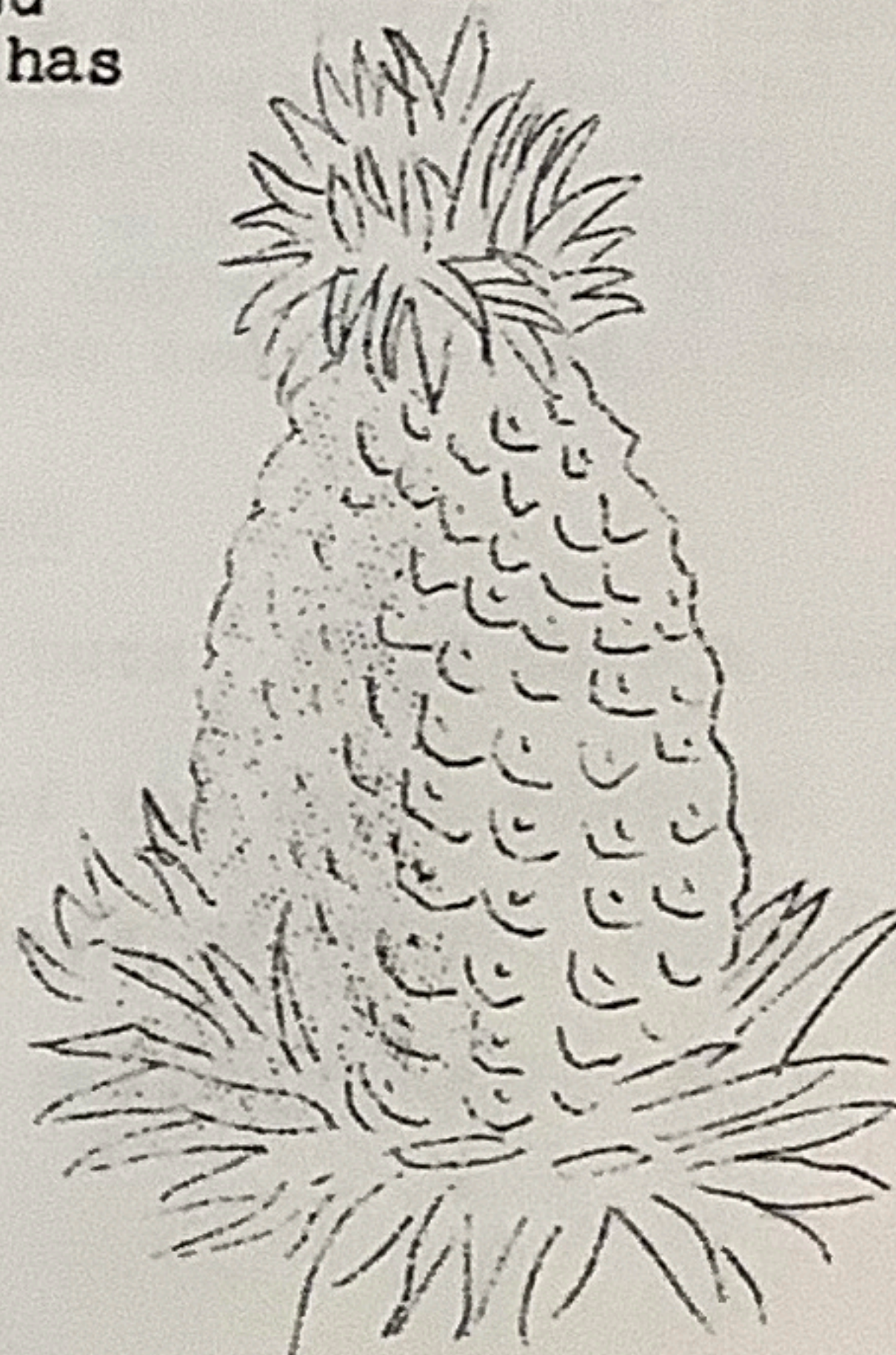
Make 4 to 6 patties and brown on both sides but do not cook the meat done. Season with salt after they have browned. Make cream sauce and season with salt, pepper, and MSG (½ tsp.). Put in casserole with meat and heat in oven.



Pineapple Custard

2 eggs	2 c. milk
$\frac{1}{2}$ c. sugar	2 c. cooked rice
$\frac{1}{4}$ tsp. salt	2 tbs. melted butter
$\frac{1}{2}$ tsp. vanilla	$\frac{1}{2}$ c. crushed pineapple

Beat eggs lightly and add sugar, salt, and vanilla. Heat milk to scalding and add to egg mixture slowly; add rice, butter, and drained pineapple which has been measured after draining. Pour into custard cups and place cups in pan of hot water. Bake at 350 F. until firm (about 30 to 40 min.) Chill, unmold, and serve plain, or with fruit sauce.



Fruit Sauce

$\frac{1}{4}$ c. sugar	1 tsp. lemon rind
$\frac{1}{2}$ tsp. salt	1 tbs. butter
1 tbs. cornstarch	
$\frac{1}{2}$ c. cold water	
$\frac{1}{2}$ c. pineapple juice	
1 tbs. lemon juice	

Combine sugar, salt, and cornstarch; add water and stir until smooth. Stir in fruit juice and cook until clear and thicken about 5 minutes. Pour over custard.

TUESDAY, JANUARY 20: Beef Stew; Sweet Potato Pie; Waldorf Jellied Salad

Beef Stew

2 lbs. beef cut in 1-in. squares	4 tsp. salt
$\frac{1}{2}$ lb. or 2 c. onions, quartered	$\frac{1}{2}$ tbs. paprika
$\frac{1}{2}$ lb. or 2 c. potatoes, quartered	$\frac{1}{2}$ c. flour
$\frac{1}{2}$ lb. or 2 c. carrots, quartered	$\frac{1}{2}$ c. fat
$\frac{1}{2}$ lb. tomatoes (or 1 c. canned)	1 quart water

Simmer the meat for 2 $\frac{1}{2}$ hours in just enough water to cover. The tomatoes, onions, paprika, sugar, salt and pepper should be added at the beginning of cooking the meat. When meat is almost tender, add carrots and potatoes and finish cooking. Make a roux of the flour and fat to thicken the stew when done. Serve with hot biscuit or dumpling.

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Sweet Potato Pie

1½ lb. sweet potatoes (Jersey)	2 tbs. butter
3 large eggs	½ tsp. cinnamon (optional)
1½ c. milk	¼ tsp. nutmeg or mace
2 tbs. brown sugar	Juice & rind of 1 medium orange
1 c. sugar	(Size 176 - 1/3 cup)

Wash potatoes and boil until tender. Remove from water and allow to cool. Remove skin, then rice or mash. Cream sugar, butter and egg-yolks as for cake. Add potatoes, spice, orange juice and rind. Beat into smooth paste. Fold in milk and bake in a 9-inch pie shell for 30 to 40 minutes as for custard pie. Beat egg whites and add 3 table-spoons sugar for meringue. Put on top of pie and bake until brown.

Jellied Waldorf Salad

Mix diced tart apples, chopped celery, and nuts. Fold into a partial-ly thickened gelatin mixture. For 2 cups of the apple mixture, use 1 package of gelatin dessert powder and 2 cups of water. Chill until firm. Unmold and serve with your favorite salad dressing.



THURSDAY, JANUARY 22: Oyster, Macaroni & Mushroom Casserole;
Stuffed Pork Shoulder

Oyster, Macaroni & Mushroom Casserole

6 c. cooked elbow macaroni	¼ tsp. white pepper
1 qt. oysters with liquid	1/8 tsp. cayenne pepper
½ c. minced onion	1 c. milk
2½ c. cream of mushroom soup	½ c. chopped parsley
1½ tsp. salt	1 c. American cheese

Saute onions in butter until soft and translucent. Add seasoning, parsley, and mushroom soup. Bring to boil. Pour into greased cas-serole over layers of macaroni and oysters. Top with crumbs and cheese. Bake in oven at 350 F for 45 minutes. Allow to set 10 minutes. Serve.

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Stuffed Cushion Picnic Shoulder

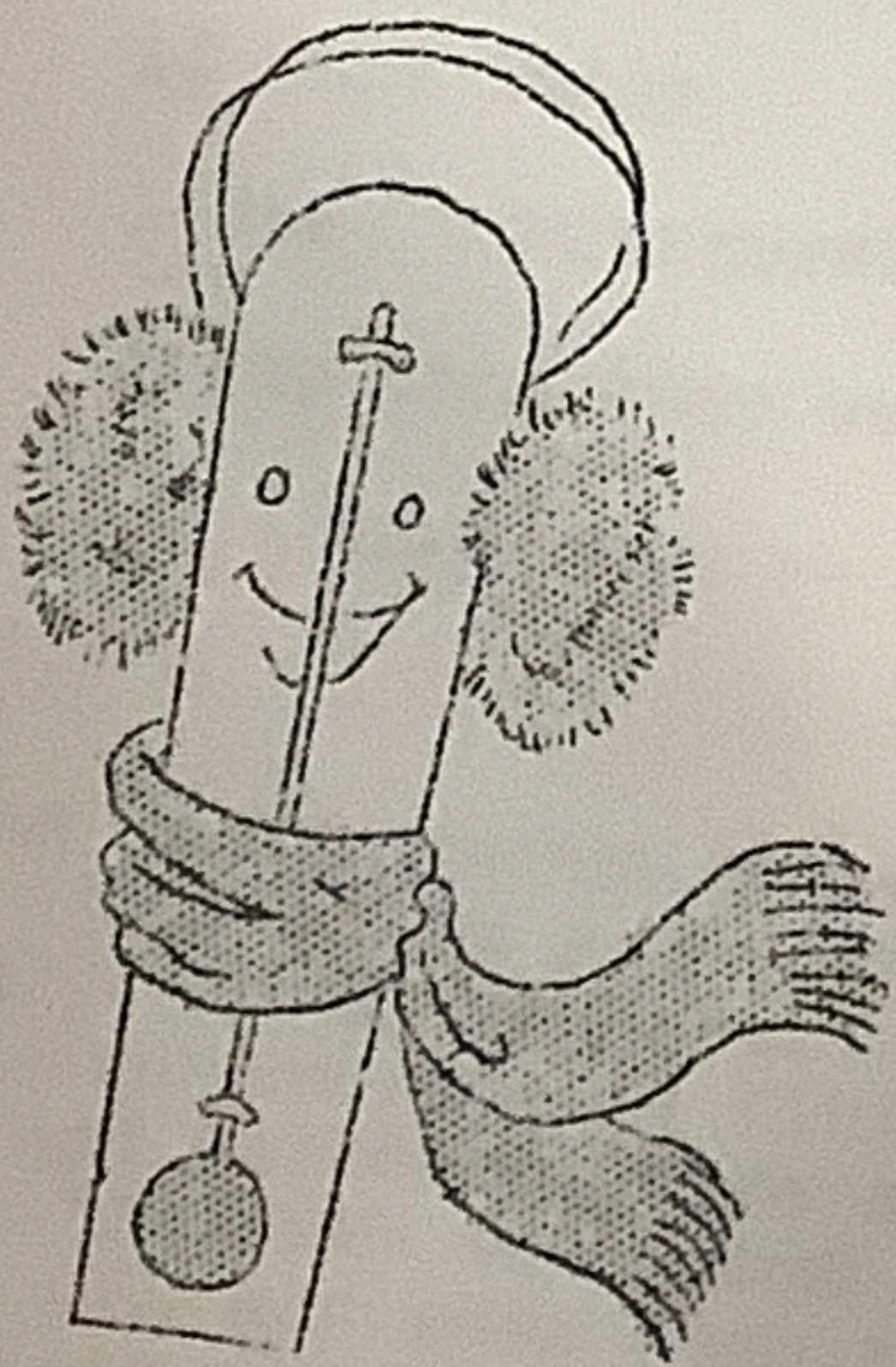
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| 1 qt. bread | 1 tbs. brown sugar |
| $\frac{1}{2}$ c. pitted prunes, cut up | 1 tsp. salt |
| 2 c. diced winesap apples | $\frac{1}{2}$ c. celery |
| $\frac{1}{2}$ c. raisins | 4 tbs. butter |
| Juice & rind half lemon | |

Have your butcher prepare your roast to stuff. Saute celery in butter, season with salt; add 1 cup stock (or 1 cup hot water and 1 boullion cube); add to celery. Cut fruit and bread and fold all ingredients together. Stuff with the above dressing. Roast 300 degrees; allow 30 minutes per pound.

TUESDAY, JANUARY 27: Chili; Cabbage Slaw

Chili

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| 2 lbs. chili meat (ground coarsely) | $\frac{1}{4}$ tsp. garlic salt |
| $\frac{1}{2}$ c. fat | 1 c. strained tomatoes |
| 2 tbs. paprika | 2 tsp. sugar |
| 3 tbs. chili powder | $\frac{1}{4}$ tsp. cumin |
| 1 tbs. salt | $\frac{1}{16}$ tsp. oregano |
| $\frac{1}{2}$ c. flour | 4 c. stock |
| 1 c. onions, cut fine | 1 c. water |



Saute 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 seasoning. 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. More water may be added for thinner chili. (Yield - approximately 2 quarts.)

Cabbage Slaw

(Serves 20 when first made;
serves 12 four hours later)

Choose a solid 2-pound head of cabbage. (Weight - 1 lb. 6 oz. when trimmed) Cut for slaw this will give 6 cups packed tightly or $2\frac{1}{2}$ quarts packed loosely. After addition of 1 cup dressing should measure 2 quarts packed loosely. Four hours after the addition of dressing, should measure $1\frac{1}{2}$ quarts packed loosely.

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Dressing for Slaw

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

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

$\frac{1}{4}$ cup oil

1 tbs. sugar

$1\frac{1}{2}$ tsp. salt

$\frac{1}{8}$ tsp. celery salt

dash of white pepper

Put in glass jar and shake until thoroughly blended.

THURSDAY, JANUARY 29: Chop Suey; Spice Cake

Chop Suey

1 lb. veal, cubed or cut julienne

1 lb. pork, cubed or cut julienne

2 tsp. salt

$1\frac{1}{2}$ cups onions, sliced fine

2 cups celery, sliced

$\frac{1}{2}$ lb. mushrooms (optional)

$\frac{1}{2}$ cup green pepper, cut fine (optional)

10 oz. chop suey vegetables

1 oz. (2 tbs.) brown sauce

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

1 tbs. worcestershire sauce

$\frac{1}{2}$ cup chop suey vegetable juice

Make roux -- $5\frac{1}{2}$ tbs. flour

$\frac{1}{4}$ cup fat

Add the water, brown sauce and salt to meat and simmer about 15 minutes. Add onions and continue simmering 30 minutes, or until 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 roux. If fresh mushrooms or green pepper are used, saute slightly in fat and add when chop suey vegetables are added. Add roux. Cook until thick. Serve with rice or noodles.



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Spice Cake

3/4 cup shortening
2 cups brown sugar
2 egg yolks
1 1/4 cups sour milk
1 tsp. soda
1 tsp. vanilla

2 2/3 cups flour
1 tsp. baking powder
1 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. salt

Cream shortening, sugar and egg yolks. Mix and sift baking powder, flour, spices and salt. Add soda to milk. Add flour and milk alternately until all ingredients are creamed together. Add vanilla. Bake for 25 minutes at 350 F.

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

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