

WIBA COOKING SCHOOL OF THE AIR

CARSON GULLEY RECIPES

FOR JUNE, 1953



RADIO PARK
MADISON, WISCONSIN

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WIBA COOKING SCHOOL OF THE AIR

JUNE, 1953

Tuesday, June 2 Guest - Prof. K.G. Weckel,
Professor of Dairy & Food Industries

Thursday, June 4 Orange Sherbet Punch
Pink Milk Sodas
Chocolate Egg Nog

Tuesday, June 9 Chinese Chews
Coconut Ice Box Cookies
Bran Muffins

Thursday, June 11 Liver
Corn Pudding
Corn Fritters

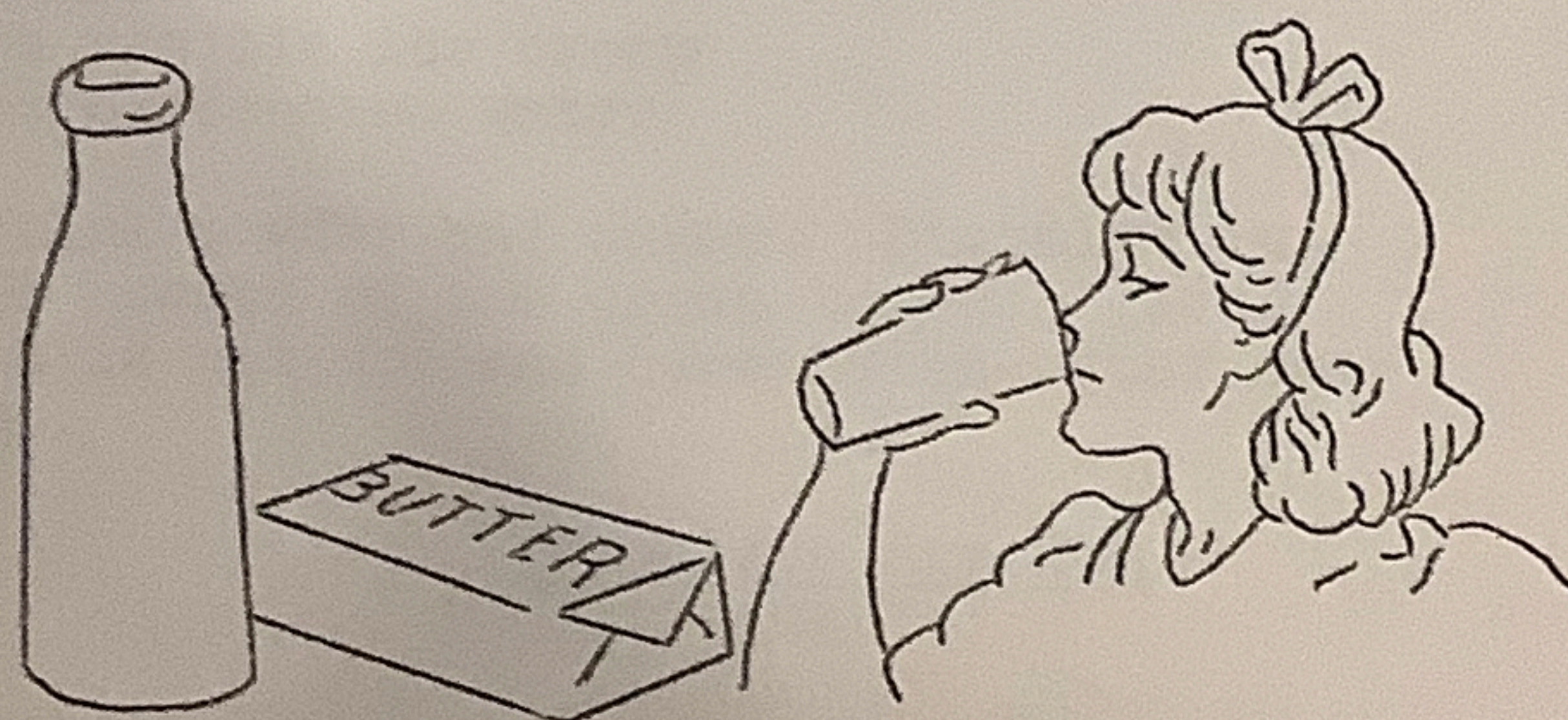
Tuesday, June 16 Basic Cream Sauces

Thursday, June 18 Coconut Custard Pie
Banana Cream Pie
Butter Milk Biscuit

Tuesday, June 23 Strawberry Pie
Fresh Peach Pie
Corn Muffins

Thursday, June 25 Blueberry Pie
Blueberry Upside Down Cake

Tuesday, June 30 Cherry Pie
Cherry Chiffon Pie



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TUESDAY, JUNE 2: Guest - Mr. K. G. Weckel, Professor of Dairy and Food Industries

June is Dairy Month, and since milk is nature's most perfect food, and the only food man uses from birth, and since it contains all of the important food elements that contribute to man's health and well-being, we have asked Professor K. G. Weckel to be our guest on this program. He will answer questions on how to care for, cook with, and use dairy products to the best advantage.

THURSDAY, JUNE 4: Orange Sherbet Punch; Pink Milk Sodas; Chocolate Egg Nog

Orange Sherbet Punch
(7 quarts)

3 quarts sherbet	1 pint white soda
1½ quarts water	1 pint ginger ale
1 cup lemon juice	

Mix lemon juice and water. Put sherbet in punch bowl and pour water mixture, white soda, and ginger ale over sherbet.

Pink Milk Sodas
(2 quarts)

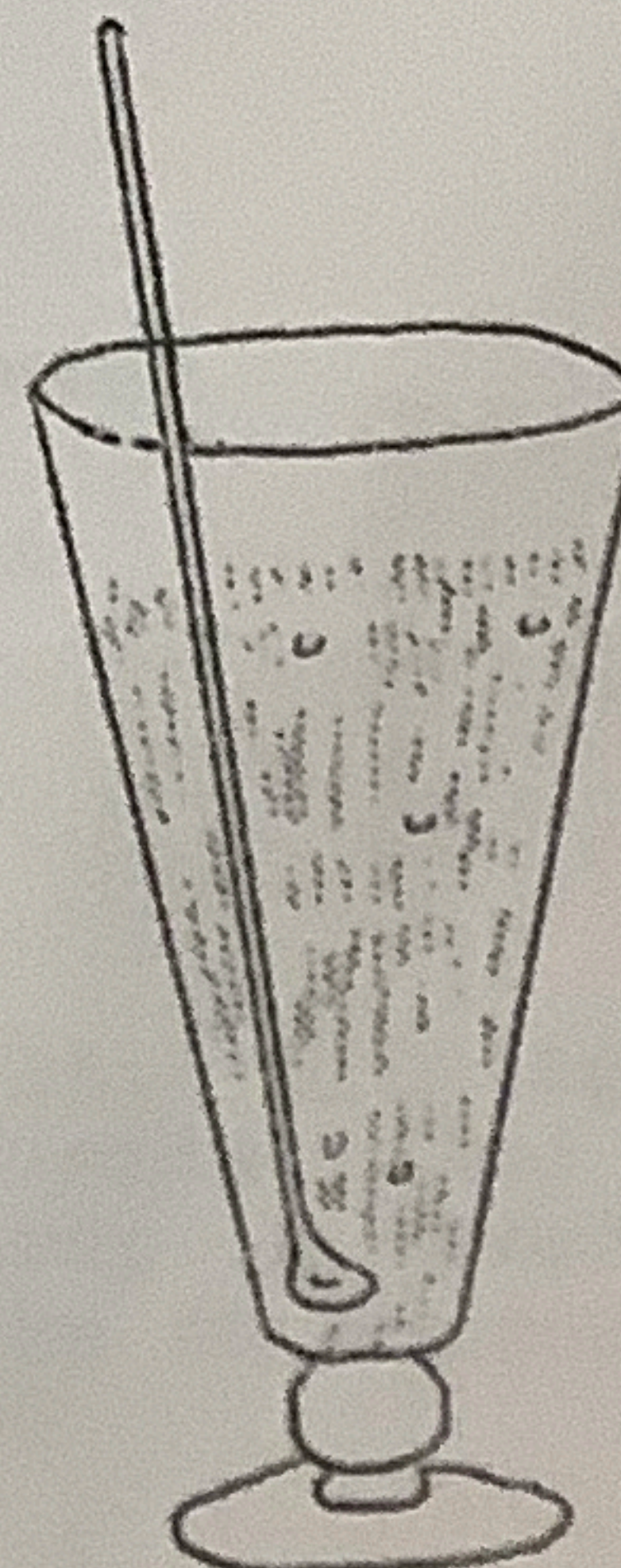
1 envelope cherry flavored
summer drink
1 cup sugar
2 cups milk
1 quart vanilla ice cream
1 quart carbonated water

Combine drink powder and sugar. Dissolve in milk. Add scoops of ice cream to each glass and pour milk mixture and carbonated water over ice cream.

Chocolate Egg Nog
(2 quarts)

6 teaspoons cocoa	6 eggs
1/3 cup sugar	6 cups hot milk
¼ teaspoon salt	

Mix cocoa, sugar and salt and add to well-beaten eggs. Stir in the milk slowly and serve hot or cold. You may make a plain egg nog by leaving out the chocolate and adding vanilla flavoring and nutmeg (sprinkled over the top).



TUESDAY, JUNE 9: Chinese Chews; Bran Muffins; Coconut Ice Box Cookies

Chinese Chews

2 eggs	$\frac{1}{4}$ tsp. salt
1 cup sugar	1 cup chopped dates
$\frac{1}{2}$ cup flour	1 cup chopped nuts
$\frac{1}{2}$ tsp. baking powder	

Beat the eggs until light; add sugar and blend. Sift together dry ingredients and add to the egg mixture. Stir in dates and nuts. Spread mixture in a well-buttered pan and bake in a slow oven (300 F.) about 20 minutes. When cool cut into small squares and roll in granulated sugar or powdered sugar.

Coconut Ice Box Cookies

2 cups sifted flour	1 egg, well beaten
$\frac{1}{8}$ tsp. salt	$1\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ cup butter or shortening	1 cup coconut
1 cup granulated sugar	

Sift flour once, measure, add baking powder and salt. Sift again. Cream butter, sugar and egg, then remaining ingredients. Add flour gradually, and mix well. Shape in $1\frac{1}{2}$ -inch roll; wrap in waxed paper and chill thoroughly. Cut in $\frac{1}{8}$ inch slices. Bake on ungreased sheet in hot oven (400 F.) for 5 minutes. Makes 40.

Bran Muffins
(18-20 muffins)

2 cups bran	$\frac{1}{2}$ cup butter
2 cups flour	$\frac{1}{3}$ cup nonfat dry milk solids
$\frac{1}{2}$ cup molasses	$1\frac{1}{2}$ cups water
3 eggs	2 tbsp. baking powder
1 tsp. salt	

Sift flour, baking powder, and salt and mix with bran. Beat eggs and molasses until well blended. Add nonfat dry milk solids and stir in water as quickly as possible until free of dry surface and lumps. Fold in melted butter. Fill each muffin space about $\frac{2}{3}$ full. Bake at 400 F. for 20 minutes.

THURSDAY, JUNE 11: Liver, Corn Pudding; Corn Fritters

Liver

Select as many slices of liver as needed. Remove the skin, and be sure it is of uniform thickness from end to end. Do not scald liver in hot water if it is fresh and clean. Season with salt and pepper, roll in flour and fry in bacon fat or butter until brown. Do not have the pan too hot. Cook it long enough to remove the pink from the center.

Corn Pudding
(6 servings)

2 cups whole milk	1 tsp. salt
2 cups cream style corn	1/8 tsp. white pepper
1 tbsp. butter	3 eggs, well beaten
1 tbsp. sugar	



Cream eggs, sugar and butter. Add corn and whole milk and bake in a greased baking dish at 350 F. for about 45 minutes or until well done.

Because the liquid content of the corn is so variable, it is hard to obtain consistently uniform results with this casserole dish. If there is a large percentage of liquid in the corn, there is bound to be an overflow of moisture when liquid whole milk is used. But if you substitute 1 cup dry milk powder and 3 cups of water for the liquid whole milk, you can easily control this moisture. If the corn contains a large percentage of liquid use less than three cups of water. The amount of water that must be added to the milk powder depends entirely on the amount of juice in the corn. Using nonfat dry milk solids enables you to control the consistency and thus obtain uniform results.

Corn Fritters

1½ cups flour
4 tsp. baking powder
1½ tsp. salt
¼ cup dry milk powder
2 cups cream style corn or
grated fresh corn
2 eggs, well beaten

Mix all dry ingredients. Add beaten eggs and corn. If moisture is needed to supply the desired consistency, add one cup or less of water. Drop from small size ice cream scoop into deep fat at 365 to 370 F. for three or four minutes or until well done. Yields 16 fritters.

TUESDAY, JUNE 16: Basic Cream Sauces

The only difference between "white" sauce 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.

No. 1 - Thin Sauce

1 tablespoon butter
1 tablespoon flour
1 cup milk or cream
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{16}$ tsp. white pepper

Cook flour and butter together well, but do not brown. Add hot milk or cream. Season with about $\frac{1}{2}$ teaspoon salt and a few grains of white pepper.

I would suggest that you try $\frac{1}{2}$ teaspoon monosodium glutamate per cup of white or cream sauce, especially when serving with canned vegetables, leftovers, or food which may have to stand for some time before being served.

No. 2 - Medium Sauce

2 tablespoons butter
2 tablespoons flour
1 cup milk or cream
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{16}$ tsp. white pepper

No. 3 - Heavy Sauce

3 tablespoons butter
3 tablespoons flour
1 cup cream or milk
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{16}$ tsp. white pepper



THURSDAY, JUNE 18: Coconut Custard Pie; Banana Cream Pie; Butter Milk Biscuit

Coconut Custard Pie

Pastry: $1\frac{1}{2}$ cups all-purpose flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup shortening
3 tablespoons water

Blend shortening with flour until it looks like coarse meal. Add water; toss lightly until blended. Roll on waxed paper and put in pie tin. Bake about 2 minutes before putting in custard.

Custard: $\frac{1}{2}$ cup coconut	2 tablespoons melted butter
3 large or 4 small eggs	2 cups milk
$\frac{1}{3}$ cup sugar	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ teaspoon nutmeg

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Mix sugar and butter together. Add eggs and mix thoroughly, and add salt, milk, and vanilla. Put coconut on bottom of crust. Pour egg mixture, coconut, and sprinkle nutmeg over top, and bake in moderate oven (375F.) for 30 minutes or until custard is set.

Banana Cream Pie

1 cup nonfat dry milk solids	2 whole eggs
3 cups hot water	1/16 teaspoon salt
3/4 cup sugar	1 teaspoon vanilla
3 tablespoons corn starch	2 tablespoons butter

Mix sugar, nonfat dry milk solids, salt, cornstarch, and butter in mixing bowl. Start mixture beating and cream as for cake mixture. While still mixing, add eggs. When well creamed, gradually add one cup of the hot water while mixture is still beating. Place mixing bowls into a hot water vat or pour mixture into a double boiler that is already hot. Finish cooking by adding the final two cups of hot water, and beat with a French egg whip until filling is thick. Add vanilla, remove, and cool.

Place a row of sliced bananas (which preferably have been marinated in lemon juice) in the bottom of the pie shell, cover with a layer of cream filling, place more bananas on top of this layer, and finish with another layer of cream filling. Serve with whipped cream.

Buttermilk Biscuits

2 cups sifted flour	1/2 teaspoon soda
3/4 teaspoon salt	5 tablespoons shortening
2 tsp. baking powder	3/4 cup buttermilk

Sift flour once; measure and resift with salt, baking powder and soda. Cut in shortening until mixture resembles coarse meal. Add buttermilk, and stir until flour is moist. Turn out on a lightly floured board and knead lightly, then roll out about 1/4 inch thickness. Brush with melted butter. Fold the dough in half and cut double biscuit with a biscuit cutter. Bake in a hot oven 400 F. for 12 to 15 minutes.

TUESDAY, JUNE 23: Strawberry Pie; Fresh Peach Pie

Strawberry Pie

4 cups ripe strawberries	2 tablespoons butter
2 tablespoons corn starch	1 cup sugar
1/16 teaspoon salt	1 9-inch baked pie shell

Divide the strawberries in halves, picking the ripest to save whole. Chop 2 cups fine and put into a sauce pan over a medium flame. Stir.

When the berries begin to boil add the sugar, salt, and corn starch that have been mixed together and simmer 5 minutes, stirring constantly. Cool and pour over the strawberries (2 cups) that have been put in the baked shell. Set in your refrigerator until thoroughly chilled. Serve with whipped cream.

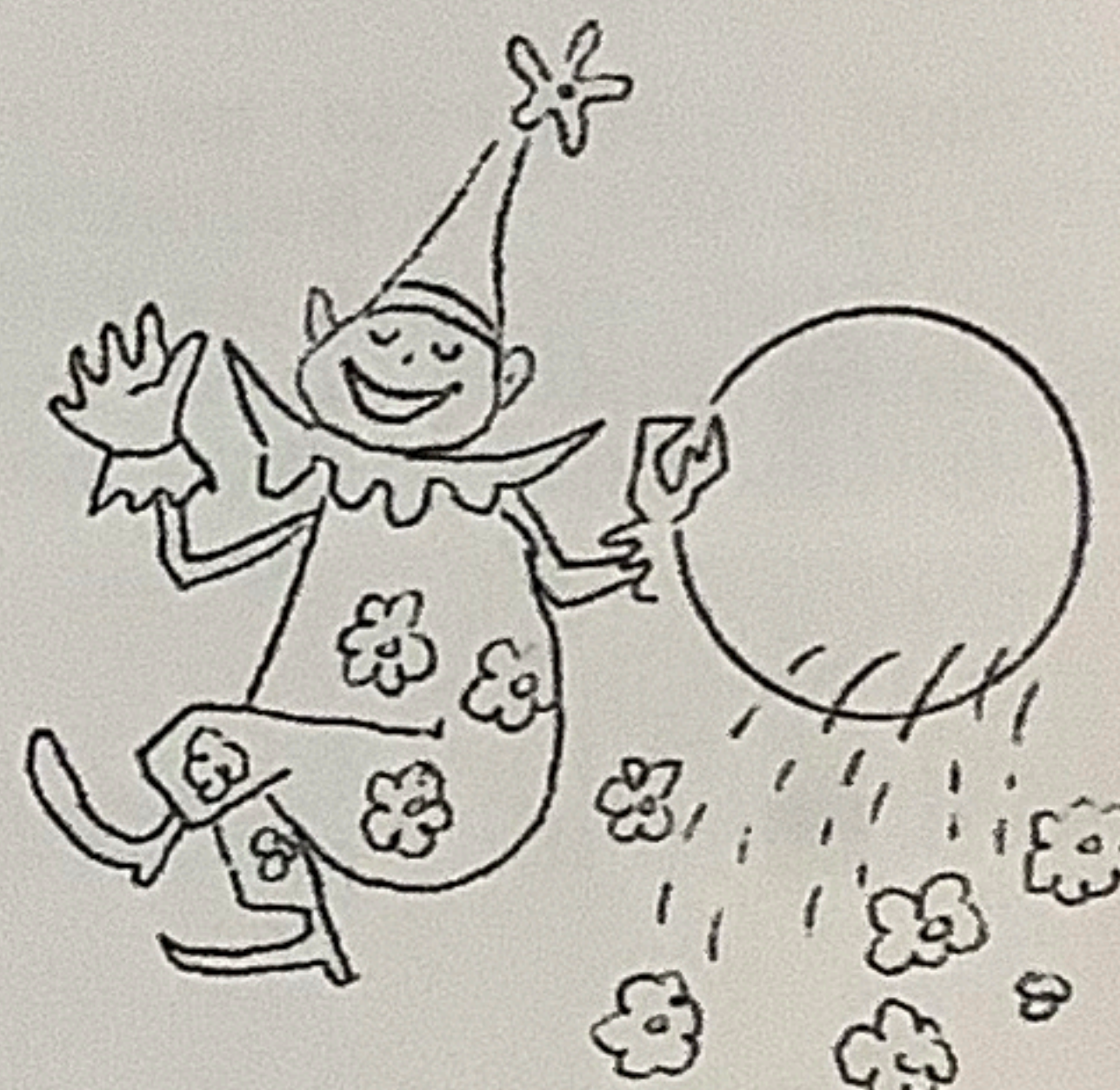
Peach Pie

6 cups sliced peaches	2 tablespoons butter
3/4 cup sugar	1/16 teaspoon salt
3 tablespoons corn starch	1 baked 9-inch pie shell

Cook 3 cups of peaches with 1/4 cup sugar until it comes to a boil. Add remainder sugar mixed with corn starch, salt and butter. Cook until thick and shiny. Put remainder 3 cups peaches in the baked pie shell and cover with the cooked peach glaze that has been cooled. Serve with whipped cream.

Corn Muffins

1 1/2 cups flour
1 cup cornmeal
2 tablespoons sugar
2 eggs
3 tsp. baking powder
1 tsp. salt
1/2 cup nonfat dry milk solids
1 1/2 cups water
4 1/2 tbsp. butter or shortening



Sift flour, baking powder, cornmeal, salt, sugar and nonfat dry milk solids together. Beat eggs; add water and stir into dry mixture as quickly as possible. Add melted butter and fill muffin rings about two thirds full. Bake at 400 F. for 25 minutes.

THURSDAY, JUNE 25: Blueberry Pie; Blueberry Upside Down Cake

Blueberry Pie

1 9-inch double crust	2 tablespoons lemon juice
4 cups blueberries	1/8 teaspoon salt
1 1/2 cups sugar	
2 tablespoons corn starch	
2 tablespoons butter	

Mix sugar and cornstarch together; pour over blueberries and mix thoroughly. Add lemon juice and melted butter and stir until blended. Pour berries into crust and top with the second crust. Bake 1 hour at 350 F.

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Blueberry Upside Down Cake

2½ cups flour

2½ teaspoons baking powder

½ cup butter

1½ cups sugar

Sift flour once; measure, add baking powder and sift again. Cream butter thoroughly. Add sugar gradually and cream together until light and fluffy. Add eggs. Add flour alternately with milk - a small amount at a time. Beat after each addition until smooth.

Bottom of Cake: 1 cup brown sugar

½ cup butter

2 cups blueberries

Melt butter in iron skillet; add brown sugar and berries. Pour cake batter over berry mixture and bake 45 minutes at 350 or until cake tests done. Pineapple, apricots or peaches may be used instead of blueberries. You may cook this cake in 2 8-inch pans by dividing the cake batter, berries, butter and sugar, and using the same method.

TUESDAY, JUNE 30: Cherry Pie; Cherry Chiffon Pie

Cherry Pie

1 qt. red cherries

2 tablespoons butter

1 cup sugar

2½ tablespoons flour

¼ teaspoon salt

½ teaspoon almond extract

Make twice the recipe for pastry used in coconut pie. Mix the sugar, salt and flour together. Mix with the cherries which have been washed and stoned. Add flavoring and pour into pastry pie pan that has been lined with pastry. Cover top with pastry and press edges together. Prick top to allow steam to escape and bake in oven at 375 F. for 50 minutes.

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Cherry Chiffon Pie

1 No. 2 can cherries

1 cup sugar

5 tablespoons corn starch

2 tablespoons butter

1½ cups cherry juice

½ cup fresh orange juice

Pour cherries and liquid into a sauce pan. Mix sugar and cornstarch and add to the cherries. Cook until thick and clear. Cool and pour into graham cracker crust or a baked pie shell. Serve with whipped cream, sweetened with powdered sugar and to which 1 teaspoon orange rind has been added. Chill thoroughly.

