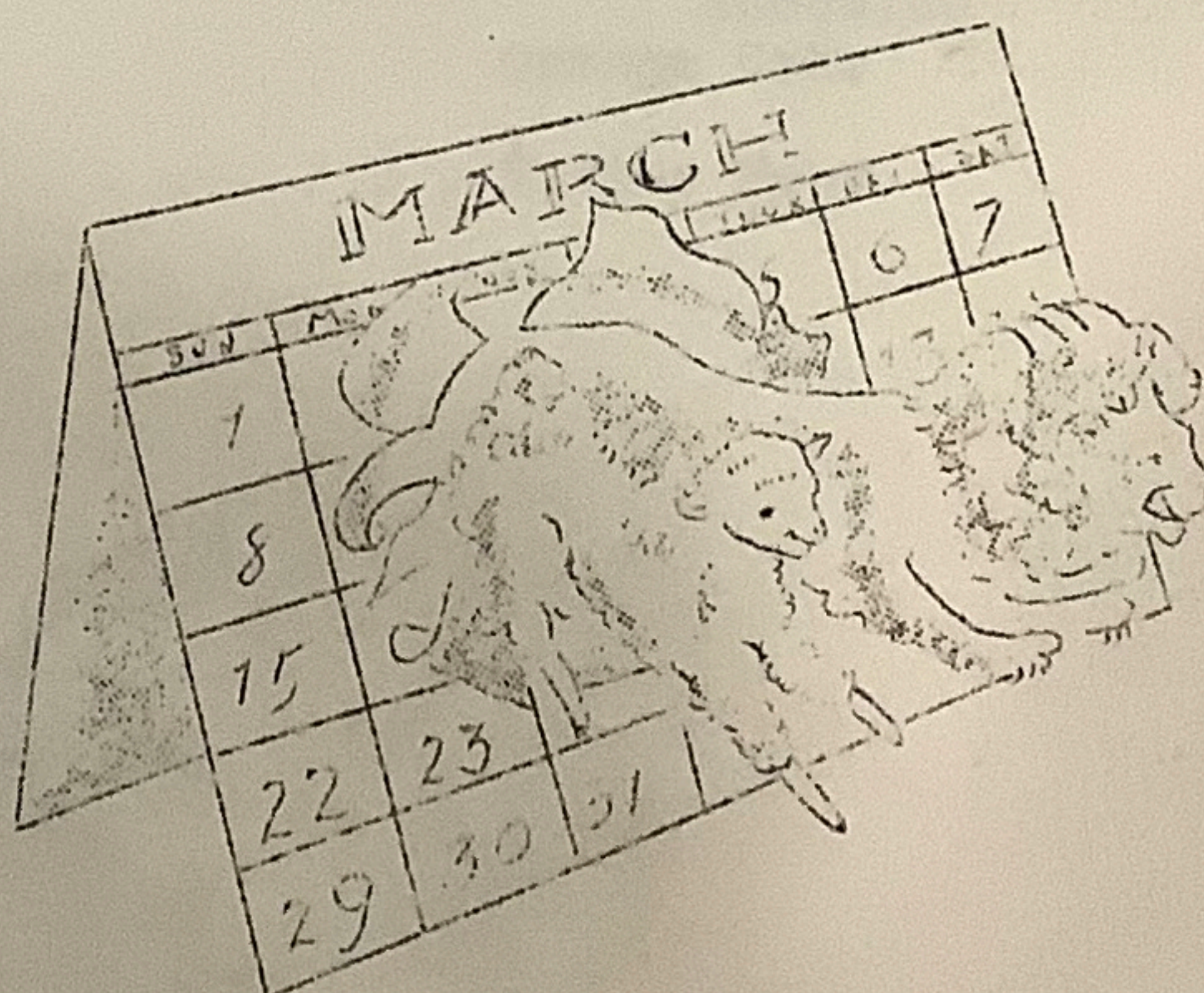


WIBA COOKING SCHOOL OF THE AIR

# CARSON GULLEY RECIPES

FOR MARCH 1953

WIBA, RADIO PARK  
MADISON, WISCONSIN



25¢



WIBA COOKING SCHOOL OF THE AIR

March, 1953

Tuesday, March 3 . . . . . Macaroni Salad  
Baked Corn & Tomatoes  
Cream Orange Dessert

Thursday, March 5 . . . . . Poached Eggs on Spanish Rice  
Swiss Steak  
French Toast

Tuesday, March 10 . . . . . Fresh Beef Tongue  
Sweet Sour Cabbage

Thursday, March 12 . . . . . Fried Chicken  
Lime Chiffon Pie  
Chicken Paprika

Tuesday, March 17 . . . . . Scalloped Salmon  
Eggs Goldenrod on Toast  
Creamed Eggs and Mushrooms

Thursday, March 19 . . . . . Baked Salmon with Figaro Sauce  
Fried Smelts  
Potatoes Au Gratin

Tuesday, March 24 . . . . . Lamb Casserole  
Lobster Tail

Thursday, March 26 . . . . . Cream of Pea Soup  
Olive, Nut, and Cream Cheese  
Sandwich  
Orange Cake

Tuesday, March 31 . . . . . Easter Menu



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



TUESDAY, MARCH 3: Macaroni Salad; Baked Corn & Tomatoes; Cream Orange  
Dessert

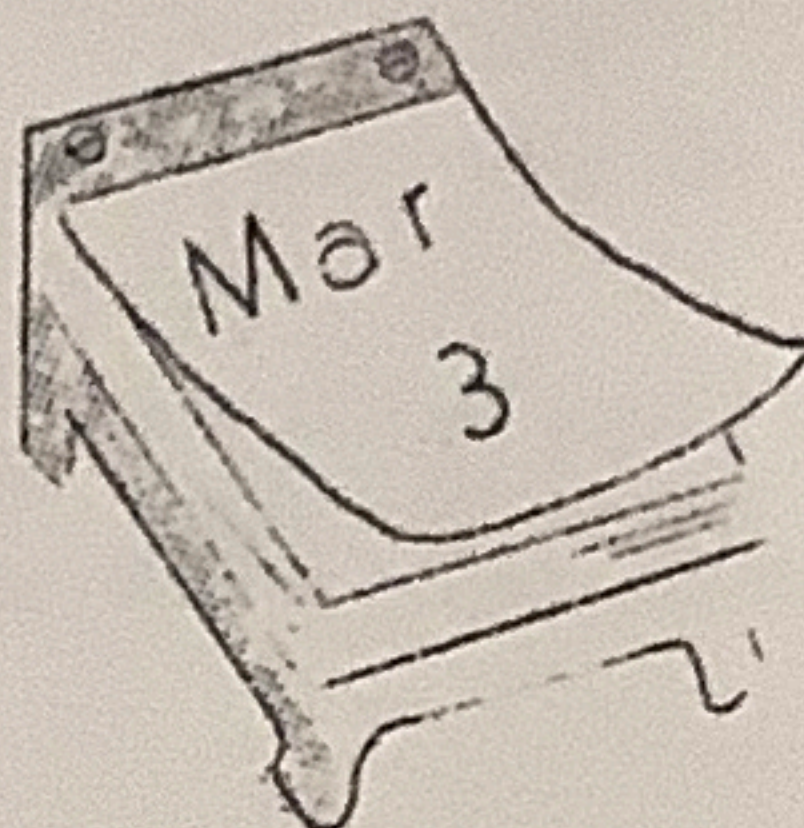
Macaroni Salad  
(serves 4)

2 cups cooked macaroni  
1 cup celery, cut fine  
 $\frac{1}{4}$  cup cucumber, cut fine

$\frac{1}{4}$  cup pickle, cut fine  
 $\frac{1}{4}$  cup pimiento, cut fine

Mix with the following salad dressing:

$\frac{1}{2}$  cup mayonnaise  
1 tablespoon lemon juice  
2 tablespoons coffee cream  
 $\frac{1}{4}$  teaspoon MSG  
 $1\frac{1}{2}$  teaspoons salt  
 $\frac{1}{4}$  teaspoon pepper  
1 teaspoon salad mustard.



Serve cold.

Baked Corn and Tomatoes  
(serves 6)

$1\frac{1}{2}$  cups cooked corn  
 $1\frac{1}{2}$  cups cooked tomatoes  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon sugar

$\frac{1}{2}$  teaspoon white pepper  
 $\frac{3}{4}$  cup bread crumbs  
2 tablespoons butter

Mix corn and tomatoes with seasoning and pour into greased baking dish. Spread with buttered bread crumbs made by adding the 2 tablespoons melted butter with the crumbs. Bake in oven  $\frac{1}{2}$  hour at 350.

Cream Orange Dessert

1 cup strained orange juice  
 $\frac{1}{2}$  pound marshmallows  
1 cup heavy cream

Heat orange juice and marshmallows together in top of double boiler and stir until marshmallows are dissolved. Let mixture stand until cool and thick, then fold in 1 cup cream, whipped. Place in refrigerator until firm. Nut meats and orange sections may be added. Or put the mixture into sherbet glasses and garnish with orange sections and nuts. You may use pineapple juice instead of orange juice, and add some crushed pineapple.

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



THURSDAY, MARCH 5: Poached Eggs on Spanish Rice; Swiss Steak;  
French Toast

Poached Eggs on Spanish Rice

Spanish Sauce:  $\frac{1}{2}$  cup onions, cut fine  
 $\frac{1}{2}$  cup green pepper, cut fine  
1 tablespoon chopped parsley  
1 teaspoon paprika  
 $\frac{1}{4}$  teaspoon garlic seasoning salt  
1 teaspoon salt  
2 cups tomatoes  
2 cups stock (or 2 cups hot water & 2 boullion cubes)  
2 tablespoons butter  
(1 can tomato soup and 1 can of water may be used instead of the tomatoes)

Saute onions and green pepper in butter until soft. Add all seasoning and cook for a few minutes at low temperature. Add tomatoes and stock and cook for 10 minutes.

For 6 servings:

6 cups cooked rice  
3 cups Spanish Sauce  
2 tablespoons butter  
 $\frac{1}{4}$  cup crumbs  
2 tablespoons grated cheese  
6 poached eggs

Put rice in buttered baking dish. Pour sauce over rice and sprinkle with cheese and buttered crumbs and bake for 30 minutes until cheese is melted and slightly brown. On each serving of Spanish Rice place a poached egg.

Swiss Steak  
(serves 6)

$1\frac{1}{2}$  lbs. round steak  
 $1\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  tsp. pepper  
 $\frac{1}{4}$  cup onions, cut in rings  
 $\frac{1}{2}$  cup flour for dredging  
1 can cream of mushroom soup

Cut steak in serving portions and dredge in flour seasoned with salt and pepper. Brown on both sides in hot fat. Pour off fat leaving about 3 tablespoons; add 3 tablespoons flour and brown lightly. Add 3 cups hot water, and cook until thoroughly blended. Sprinkle with onions. Add cream of mushroom soup to which 1 cup of water has been added. Cover pan and cook in oven 1 hour or until tender. Cooking time depends upon the grade of meat.

French Toast

2 eggs  
1 cup milk  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon sugar  
Beat eggs until light and fluffy, add sugar, salt, and milk. Dip bread in batter and fry immediately on hot cake griddle with bacon fat or in deep fat. Serve with jelly and powdered sugar. (Makes 8 or 10 slices.)

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WEDNESDAY, MARCH 10: Fresh Beef Tongue and Sweet Sour Cabbage

Beef Tongue

1 fresh beef tongue  
2 bay leaves  
1 teaspoon all-spice

$\frac{1}{2}$  teaspoon garlic seasoning  
salt  
Allow 1 teaspoon salt per  
pound of meat

Wash tongue, put in a kettle of cold water and bring to a boil; lower heat and simmer from  $2\frac{1}{2}$  to 3 hours until skin is tender enough to peel off. Trim off excess fat and inedible meat at larger end of tongue. Place in baking dish, adding all the seasonings and bake until tender. Serve with Sweet Sour Cabbage.

Sweet Sour Cabbage

$1\frac{1}{2}$  lbs. cabbage (2 qts. shredded)  
 $\frac{1}{2}$  cup vinegar  
 $\frac{1}{2}$  cup water

2 tablespoons butter  
1 teaspoon salt  
2 tablespoons sugar

Mix vinegar, water, sugar, butter and salt together in sauce pan. Add cabbage and cook for about 20 minutes. This is a mild sweet sour cabbage. If you like redder color and stronger flavor, add more vinegar.

THURSDAY, MARCH 12: Fried Chicken; Lime Chiffon Pie; Chicken Paprika

Fried Chicken  
(Serves 2-3)

1  $2\frac{1}{2}$ -pound chicken  
 $2\frac{1}{2}$  teaspoons salt  
 $\frac{1}{4}$  teaspoon white pepper  
 $1\frac{1}{2}$  cups fat for frying



Clean chicken thoroughly and disjoint. Mix flour, salt and pepper together. Roll chicken in flour mixture, or put mixture in paper bag with chicken and shake until well coated. Put on paper or platter and allow moisture to absorb flour. Heat fat in frying pan, 350 F. Place chicken in fat, cook to a nice brown on all sides for 25 minutes. Serve with cream gravy and parsley buttered potatoes.

Cream Gravy: 1 cup stock  $\frac{1}{4}$  teaspoon white pepper  
1 cup milk  $\frac{1}{4}$  teaspoon MSG  
2 tablespoons butter 1 tablespoon chopped parsley  
2 tablespoons flour  
 $\frac{1}{2}$  teaspoon salt





TUESDAY, MARCH 10: Fresh Beef Tongue and Sweet Sour Cabbage

Beef Tongue

1 fresh beef tongue  
2 bay leaves  
1 teaspoon all-spice

$\frac{1}{2}$  teaspoon garlic seasoning  
salt  
Allow 1 teaspoon salt per  
pound of meat

Wash tongue, put in a kettle of cold water and bring to a boil; lower heat and simmer from 2 $\frac{1}{2}$  to 3 hours until skin is tender enough to peel off. Trim off excess fat and inedible meat at larger end of tongue. Place in baking dish, adding all the seasonings and bake until tender. Serve with Sweet Sour Cabbage.

Sweet Sour Cabbage

1 $\frac{1}{2}$  lbs. cabbage (2 qts. shredded)  
 $\frac{1}{2}$  cup vinegar  
 $\frac{1}{2}$  cup water

2 tablespoons butter  
1 teaspoon salt  
2 tablespoons sugar

Mix vinegar, water, sugar, butter and salt together in sauce pan. Add cabbage and cook for about 20 minutes. This is a mild sweet sour cabbage. If you like redder color and stronger flavor, add more vinegar.

THURSDAY, MARCH 12: Fried Chicken; Lime Chiffon Pie; Chicken Paprika

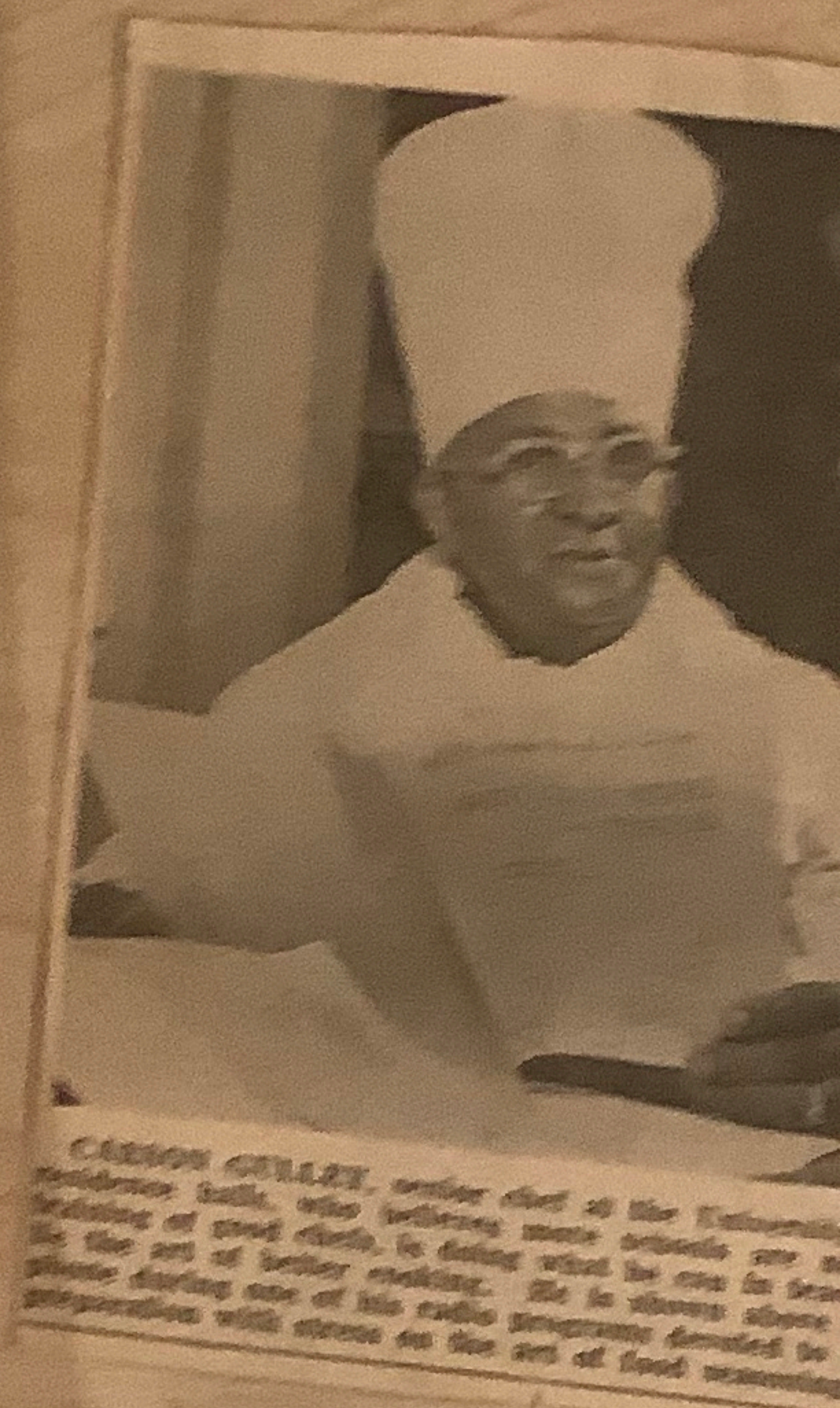
Fried Chicken  
(Serves 2-3)

1 2 $\frac{1}{2}$ -pound chicken  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon white pepper  
 $\frac{1}{2}$  cups fat for frying



Clean chicken thoroughly and disjoint. Mix flour, salt and pepper together. Roll chicken in flour mixture, or put mixture in paper bag with chicken and shake until well coated. Put on paper or platter and allow moisture to absorb flour. Heat fat in frying pan, 350 F. Place chicken in fat, cook to a nice brown on all sides for 25 minutes. Serve with cream gravy and parsley buttered potatoes.

Cream Gravy: 1 cup stock  
1 cup milk  
2 tablespoons butter  
2 tablespoons flour  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon white pepper  
 $\frac{1}{4}$  teaspoon MSG  
1 tablespoon chopped parsley



CARSON GILLEY, senior chef at the University residence hall, who believes more schools are training of good chefs, is doing what he can in the art of better cooking. He is shown above plating during one of his radio programs devoted to preparation with stress on the art of food presentation.



### Lime Chiffon Pie

|                               |                                       |
|-------------------------------|---------------------------------------|
| 4 eggs, separated             | $\frac{1}{2}$ teaspoon salt           |
| 1 cup sugar                   | 1 envelope plain gelatin              |
| $\frac{1}{2}$ cup lime juice  | $\frac{1}{2}$ cup cold water          |
| 1 teaspoon grated lime rind   | 1 9-inch unbaked graham cracker crust |
| Few drops green food coloring |                                       |

Mix egg yolks,  $\frac{1}{2}$  cup sugar, lime juice and salt. Cook over hot water until thick, stirring constantly. Soften gelatin in cold water. Dissolve in hot egg mixture. Stir in grated lime rind. Cool. Beat egg whites until foamy. Gradually beat in remaining cup sugar. Continue beating until whites stand in soft peaks. Fold green coloring in egg whites until blended. Mix egg yolk mixture and egg white mixture together. Pour into unbaked graham cracker crust. Chill. Serve with slightly sweetened whipped cream.

### Chicken Paprika

|                                                   |                               |
|---------------------------------------------------|-------------------------------|
| 1 heavy frying chicken ( $3\frac{1}{2}$ lbs. net) | $\frac{1}{2}$ cup milk        |
| 1 tablespoon paprika                              | 1 cup stock                   |
| 4 teaspoons salt                                  | $\frac{1}{2}$ cup sherry wine |
| $\frac{1}{2}$ cup flour for dredging              | 3 tablespoons celery cut fine |
| $\frac{1}{4}$ teaspoon cumin                      | 2 tablespoons onion, cut fine |
| $\frac{1}{16}$ teaspoon thyme                     |                               |

Make roux: 4 tablespoons flour; 4 tablespoons fat from frying chicken.

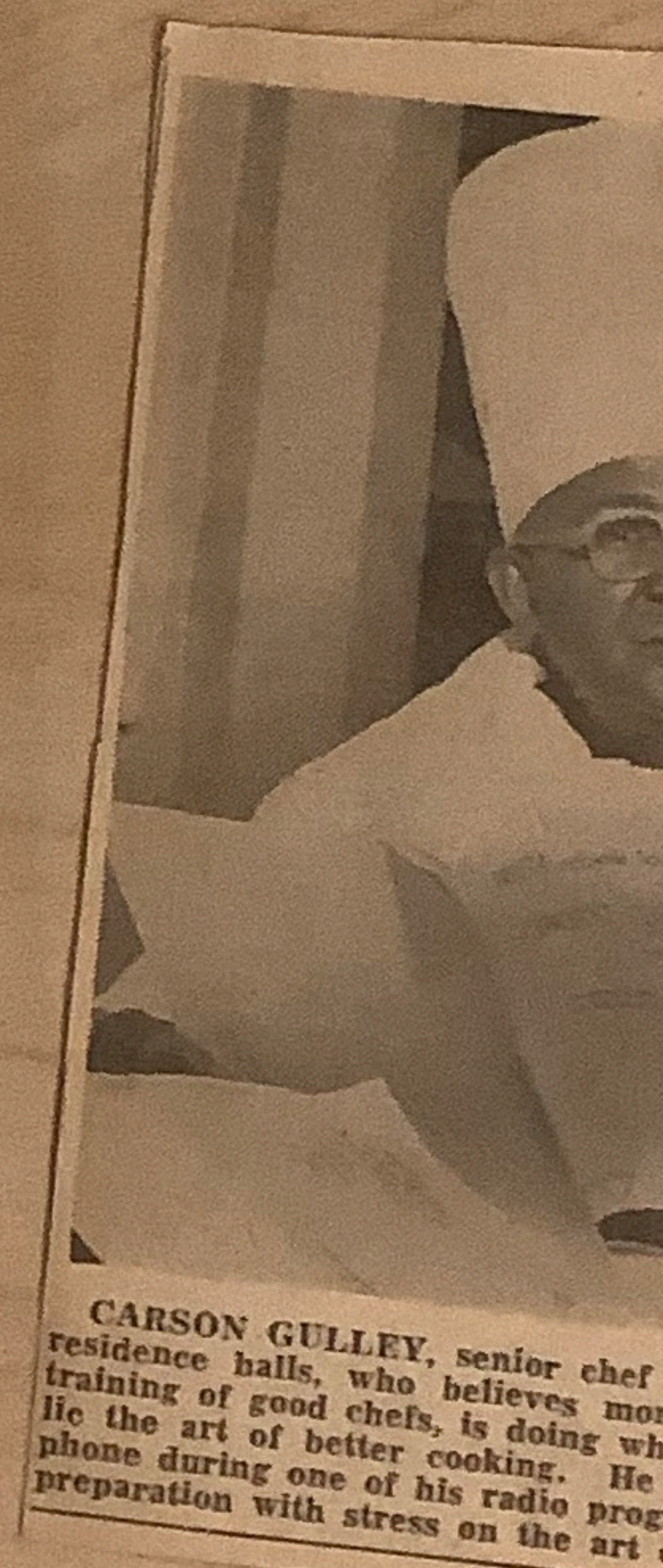
Make stock by simmering the neck, bones, giblets, and well-cleaned feet and legs in 2 cups water until liquid is reduced to half its original volume, or 1 cup. Season stock with  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{8}$  teaspoon white pepper. Disjoint chicken after it has been thoroughly cleaned. Season with salt and pepper. Dredge in flour and  $\frac{1}{2}$  tablespoon paprika. Let set for a few minutes. Fry to a golden brown; remove from fat.

Saute 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 sauted vegetables and remainder of seasonings. Whip until thick and smooth. Place the fried chicken in a baking dish, pour the sauce over it. Bake at 300 F. for 1 hour or until tender. This is a mild chicken paprika; 2 to 3 times as much paprika may be used, if desired.

### TUESDAY, MARCH 17: Scalloped Salmon; Eggs Goldenrod; Creamed Eggs and Mushrooms

|                               |                      |
|-------------------------------|----------------------|
| 1 can salmon (1 lb.)          | 2 cups milk          |
| 3 cups oyster crackers broken | 2 tablespoons butter |
| 1 egg, beaten                 | juice from salmon    |

Remove skin and bones from salmon and flake, but not too fine. Fold in cracker crumbs, add milk, salmon juice, and well-beaten egg.



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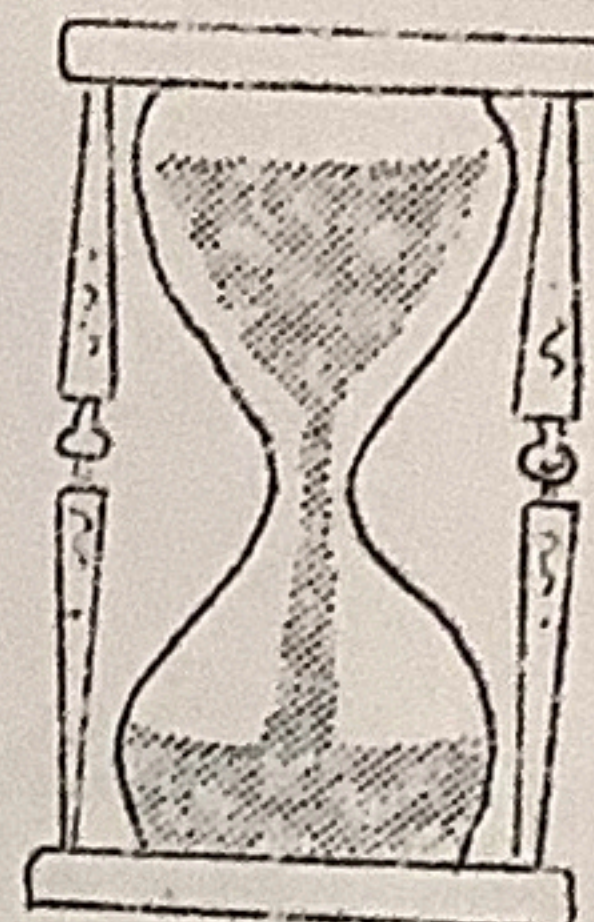
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Mix together. Oil baking dish with 1 tablespoon butter. Put salmon in baking dish and cover with 3 tablespoons buttered cracker crumbs. Dust with paprika, bake in oven 350 F. for 30 minutes. If it does not fluff up in a heap, bake a little longer. Serve with a cream sauce or celery and parsley sauce.

#### Eggs Goldenrod on Toast

6 hard cooked eggs  
2 cups cream sauce  
6 slices toast

Medium Cream Sauce:  
2 tbs. butter  
2 tbs. flour  
2 cups milk  
1 teaspoon salt  
 $\frac{1}{4}$  teaspoon MSG



Separate the egg yolks and the whites. Chop the whites and add to the hot cream sauce. Put yolks of eggs through a ricer. Pour sauce over hot toast and sprinkle generous portions of egg yolks over top. (Serves 6)

#### Creamed Eggs and Mushrooms

$\frac{1}{2}$  lb. mushrooms, cut in pieces  
 $\frac{1}{4}$  tbs. butter  
2 tbs. flour  
1 tsp. salt  
 $\frac{1}{4}$  tsp. pepper

$\frac{1}{4}$  tsp. paprika  
1 tsp. Worcestershire sauce  
2 cups milk  
6 poached eggs  
6 slices hot toast

Saute mushrooms in butter for about 5 minutes. Add flour and seasoning; blend. Add milk (hot) and cook, stirring constantly. Cook 3 minutes. Place poached eggs on toast and cover with sauce. Serves 6. (Any canned fish may be added to the sauce)

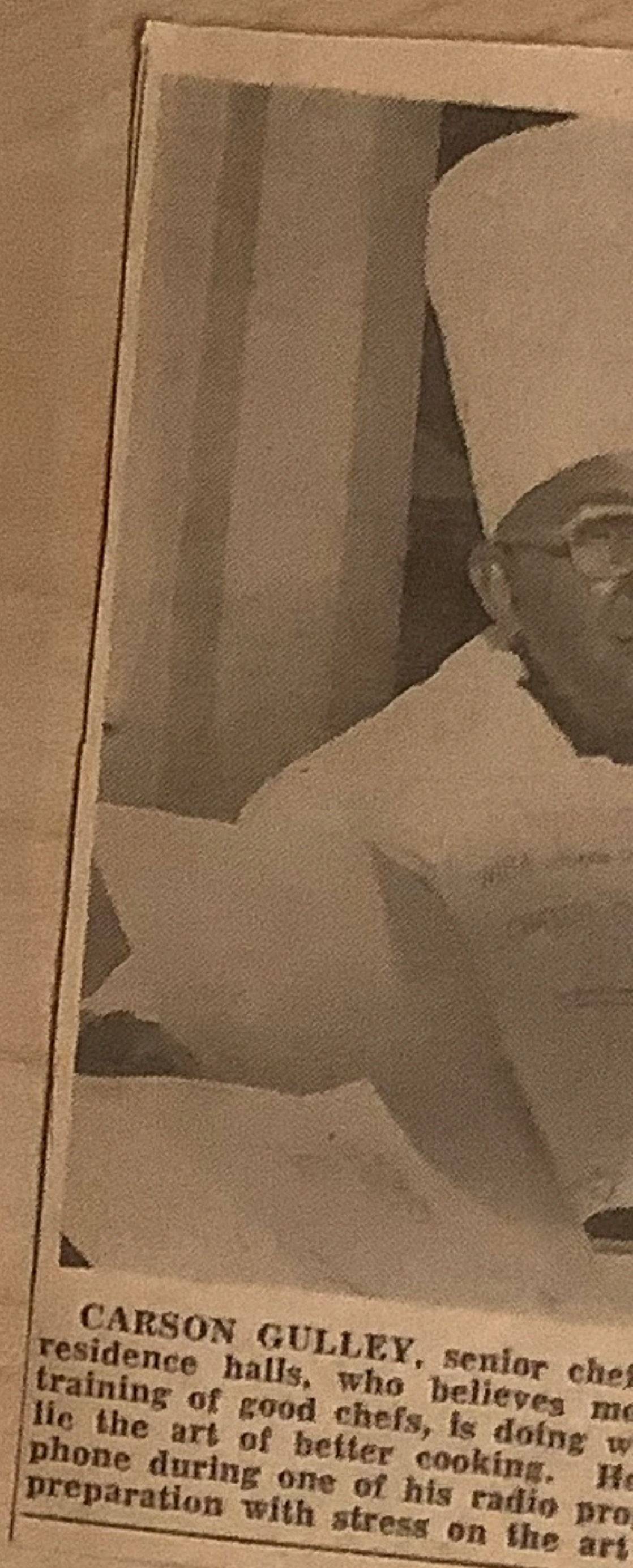
THURSDAY, MARCH 19: Baked Salmon; Fried Smelts; Potatoes Au Gratin

#### Baked Salmon with Figaro Sauce

Place fresh or frozen salmon steaks in a buttered baking dish. Season with salt and white pepper and fish herbs. Bake in a moderate oven 350 F. for 20 to 30 minutes or until done. Serve with Figaro Sauce.

Figaro Sauce: 2 cups tomato puree  
 $\frac{1}{4}$  tsp. leaf thyme (dry)  
1 bay leaf  
1 peppercorn  
 $\frac{1}{4}$  tsp. 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.



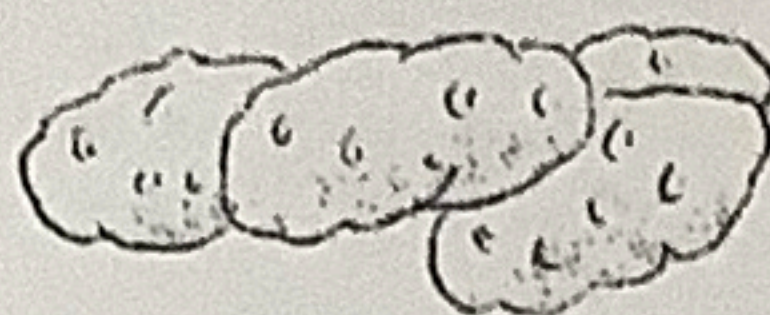


### Fried Smelts

Scrape smelts lightly to remove the scales. Remove entrails; wash under running water. Roll in Golden Dip lightly, rest on paper for 10 minutes without touching, and fry in deep fat, 375 F. until they float. Serve immediately.

### Potatoes Au Gratin (4 portions)

- 1 qt. diced cooked potatoes
- 2 cups medium cream sauce
- 1 cup grated cheese
- 2 teaspoons salt
- 4 tablespoons cracker crumbs



Put potatoes in buttered baking dish. Mix half of cheese with cream sauce and season with salt. Pour over potatoes and top with remainder of cheese and cracker crumbs, buttered. Sprinkle with chopped parsley and paprika. Bake in oven at 350 F until brown.

TUESDAY, MARCH 24: Lamb Casserole; Lobster Tail

### Lamb Casserole

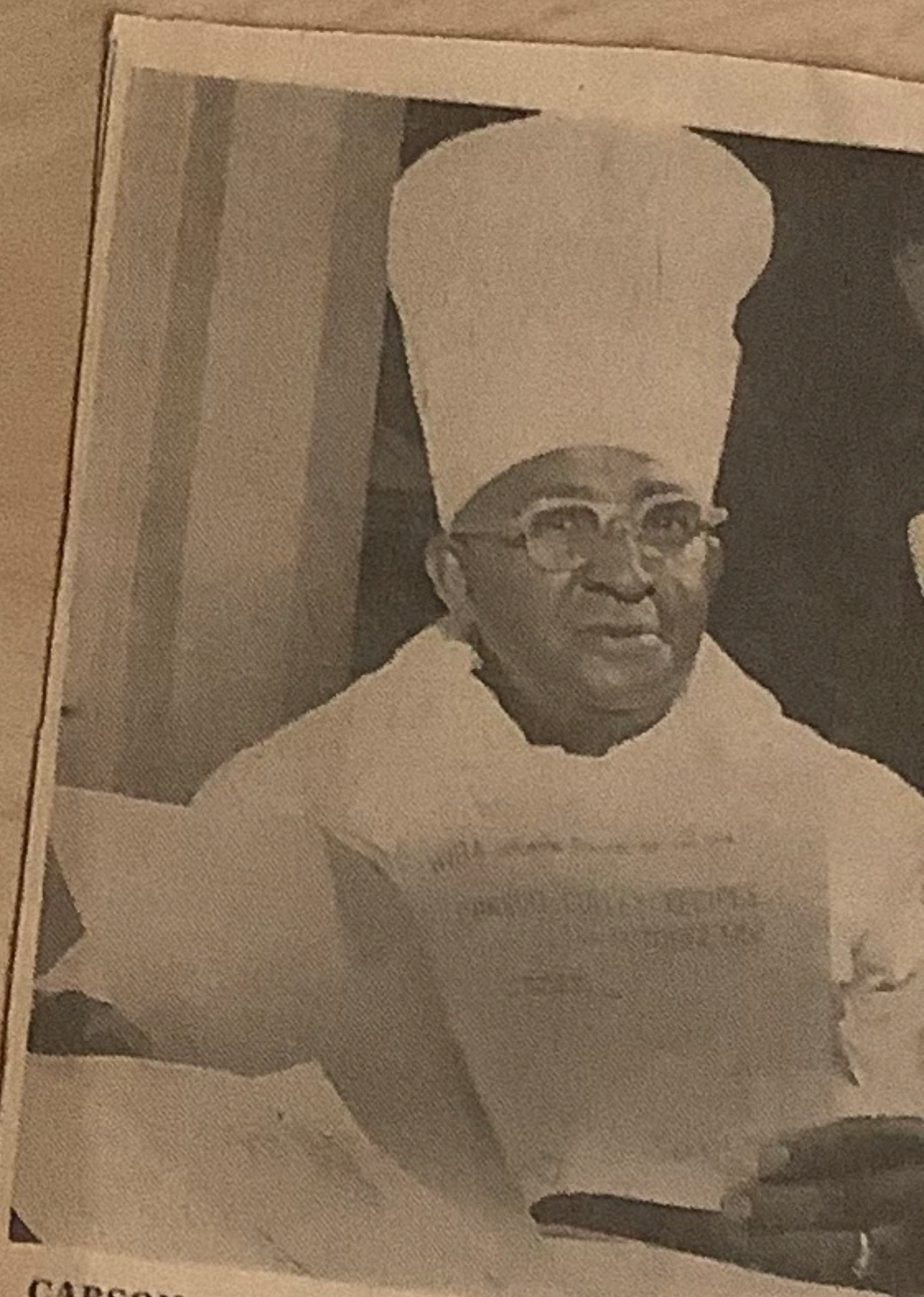
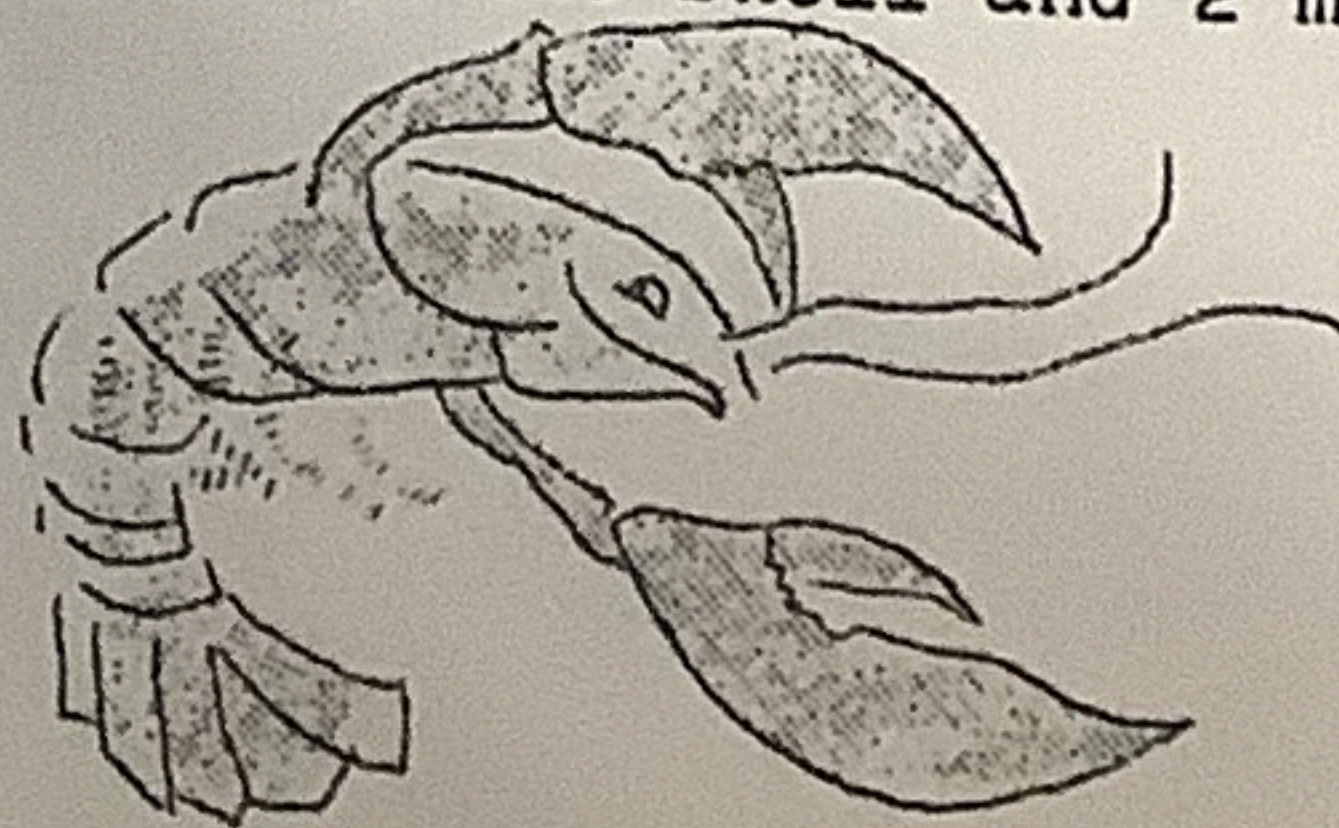
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|------------------------------------------|----------------------------|
| 2 lbs. stewing lamb                      | 2 tsp. salt                |
| 2 tbs. chopped onions                    | $\frac{1}{2}$ tsp. pepper  |
| 2 tbs. fat or butter                     | 1 cup tomatoes             |
| $\frac{3}{4}$ cup meat or mushroom stock | 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 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.

### Lobster Tail

- |                                    |                                |
|------------------------------------|--------------------------------|
| 2 lobster tails                    | $\frac{1}{4}$ tsp. celery salt |
| $1\frac{1}{2}$ cups cracker crumbs | 2 tbs. chopped parsley         |
| 4 tbs. butter                      | $\frac{1}{4}$ tsp. MSG         |
| $1\frac{1}{2}$ tsp. salt           |                                |

Remove meat from shell in one piece; remove red connective tissue and sand vein from back; brush shell with melted butter and bake in 350 F. oven until shell is a bright cherry red. Crush crackers with rolling pin; put  $\frac{1}{4}$  cup in each shell, with 1 tablespoon butter. Put meat back in shell and top with remaining cracker crumbs, chopped parsley, butter and other seasoning. Put butter on last. Sprinkle with grated cheese and bake for 20 minutes in the shell and 2 minutes under the broiler. Serve hot.



CARSON GULLEY, senior chef at the University residence halls, who believes more schools are needed for training of good chefs, is doing what he can in teaching the art of better cooking. He is shown above at phone during one of his radio programs devoted to food preparation with stress on the art of food seasoning.



THURSDAY, MARCH 26: Cream of Pea Soup; Olive Nut and Cream Cheese Sandwich; Orange Cake

Cream of Pea Soup  
(serves 4)

|                      |                      |
|----------------------|----------------------|
| 2½ cups canned peas  | 2 tablespoons flour  |
| ½ cup celery         | 2 tablespoons butter |
| ½ cup onions         | 2 cups hot milk      |
| 3 tablespoons butter | 2 cups pea juice     |
| 2 teaspoons salt     |                      |

Heat peas and juice to boiling point and put peas through a sieve. Saute onions and celery in 3 tablespoons butter. Add to juice and simmer for 5 minutes. Melt butter, blend in flour, salt and papper. Add hot milk gradually, stirring constantly until thick. Mix pea puree with juice and sauted vegetables; add to cream sauce. Serve hot.

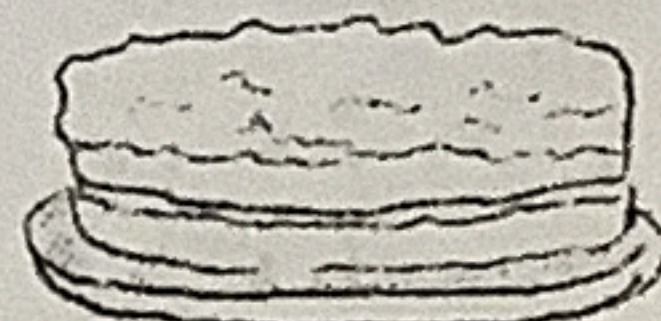
Olive Nut and Cream Cheese Sandwich

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

Cream cheese until soft, add coffee cream, lemon juice and seasoning salt. Fold in nuts and olives until thoroughly blended. Spread on your favorite bread.

Orange Cake

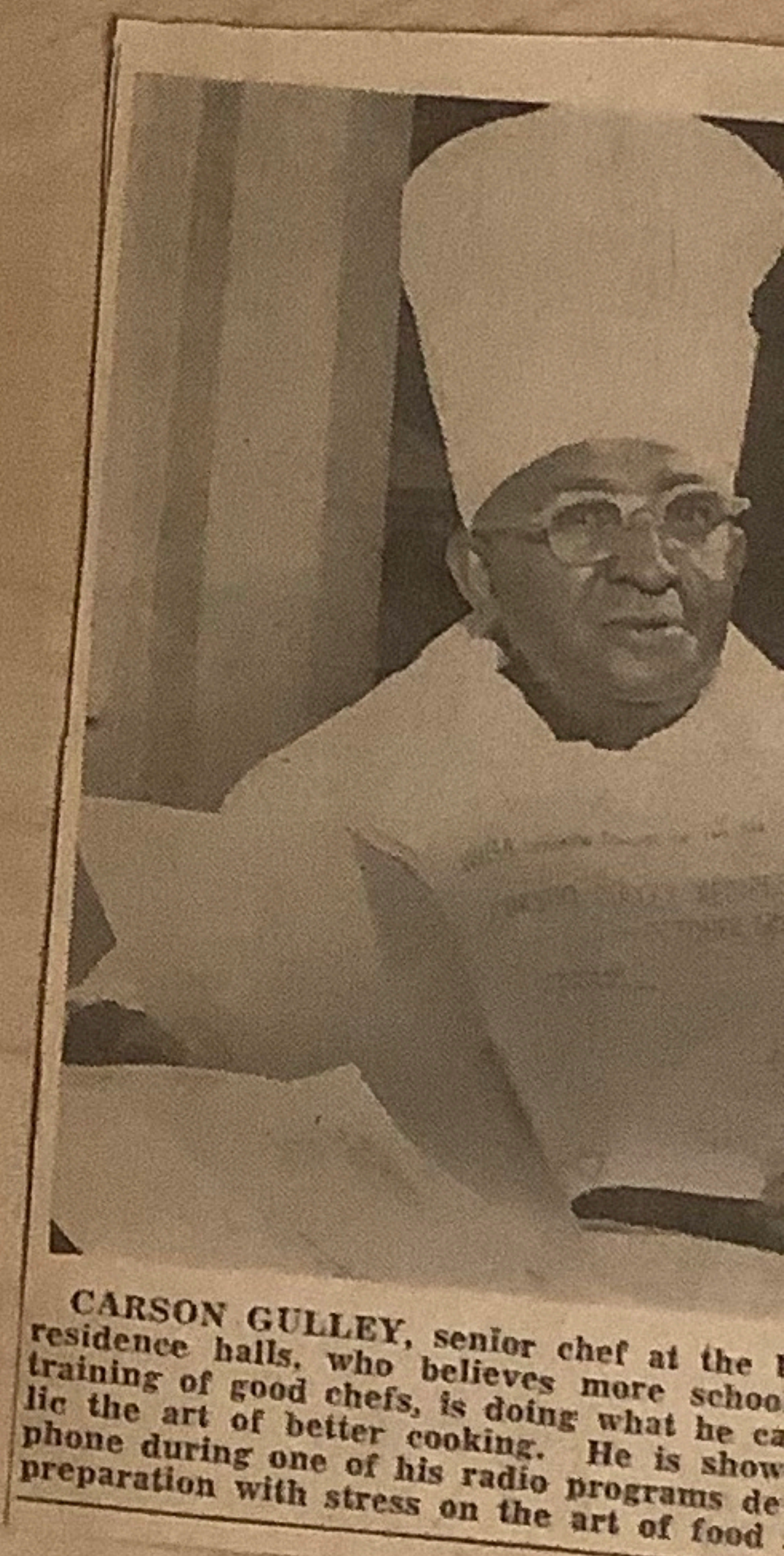
½ cup shortening  
1½ cups sugar  
3 eggs  
½ cup milk  
½ cup orange juice  
3 cups flour  
3 tsp. baking powder  
1 tsp. orange rind



Cream butter, add sugar gradually, then eggs, well beaten, milk, and orange juice. Add flour mixed and sifted with baking powder. Bake in two 9-inch cake tins. Place orange filling between layers. Cover with orange frosting.

Orange filling: ½ cup sugar  
2½ tbs. flour  
Grated rind 1 orange  
¼ cup orange juice  
½ tbs. lemon juice  
1 egg slightly beaten  
1 tsp. butter

Mix ingredients in order given. Cook in double boiler until thick. Cool before spreading.



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Orange frosting: 1 tbs. grated orange rind  
1 tsp. brandy  
 $\frac{1}{2}$  tsp. lemon juice  
1 to  $1\frac{1}{2}$  cups powdered sugar  
2 tbs. orange juice  
Yolk of 1 egg

Add grated rind to brandy and fruit juices. Add slowly to yolk of egg, slightly beaten. Beat in powdered (confectioner's) sugar about 1 to  $1\frac{1}{2}$  cup, until thick enough to spread.

TUESDAY, MARCH 31: Easter Menu

Easter Menu

Fresh Fruit Cup

Baked Ham

Potatoes Au Gratin

Georgia Sweet Potatoes

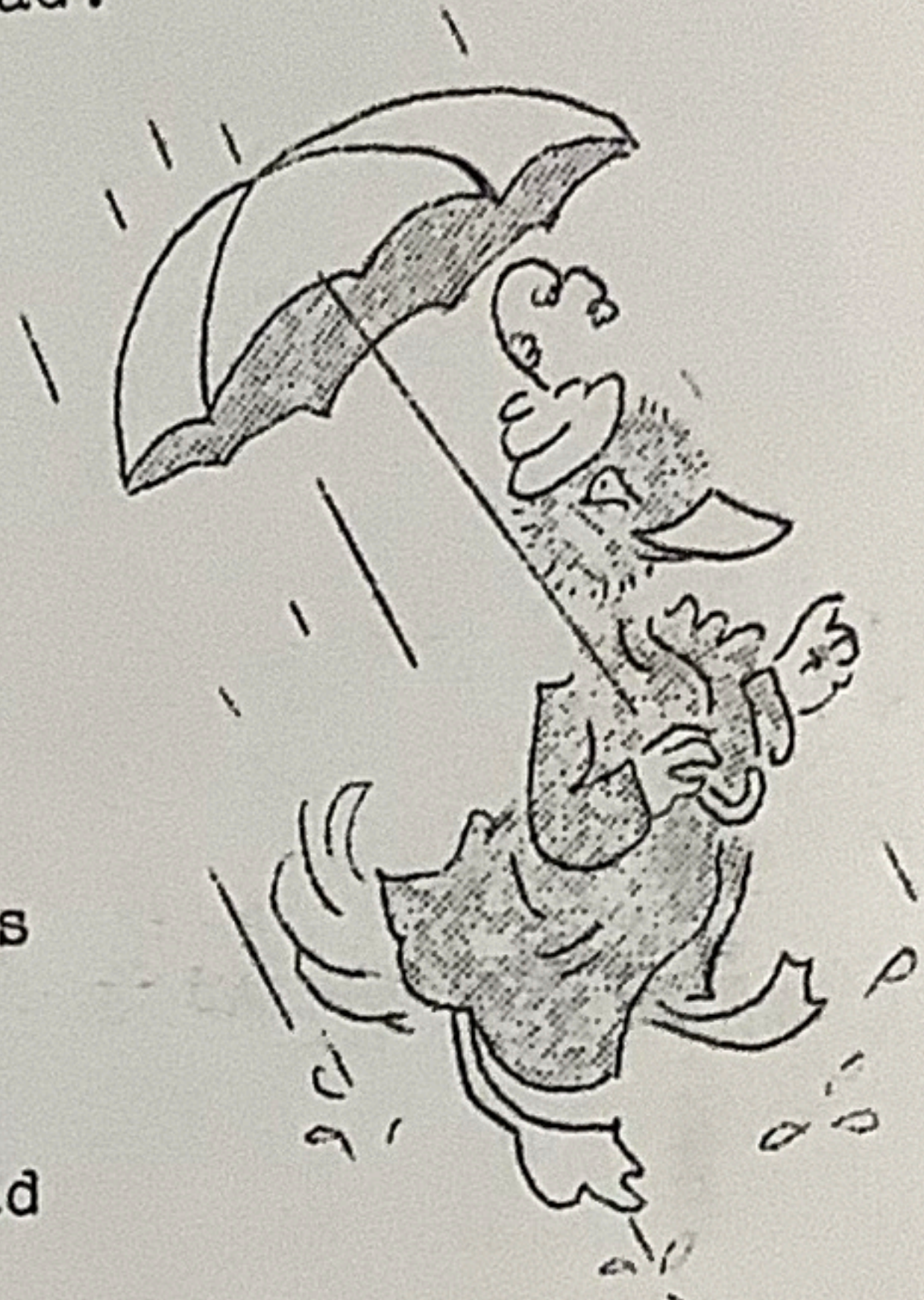
Buttered Asparagus

Tossed Vegetable Salad

Strawberry Pie

or

Special Ice Cream



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

CARSON GULLEY, senior chef at the residence halls, who believes more schooling of good chefs, is doing what he likes the art of better cooking. He is shown during one of his radio programs in preparation with stress on the art of food.

