

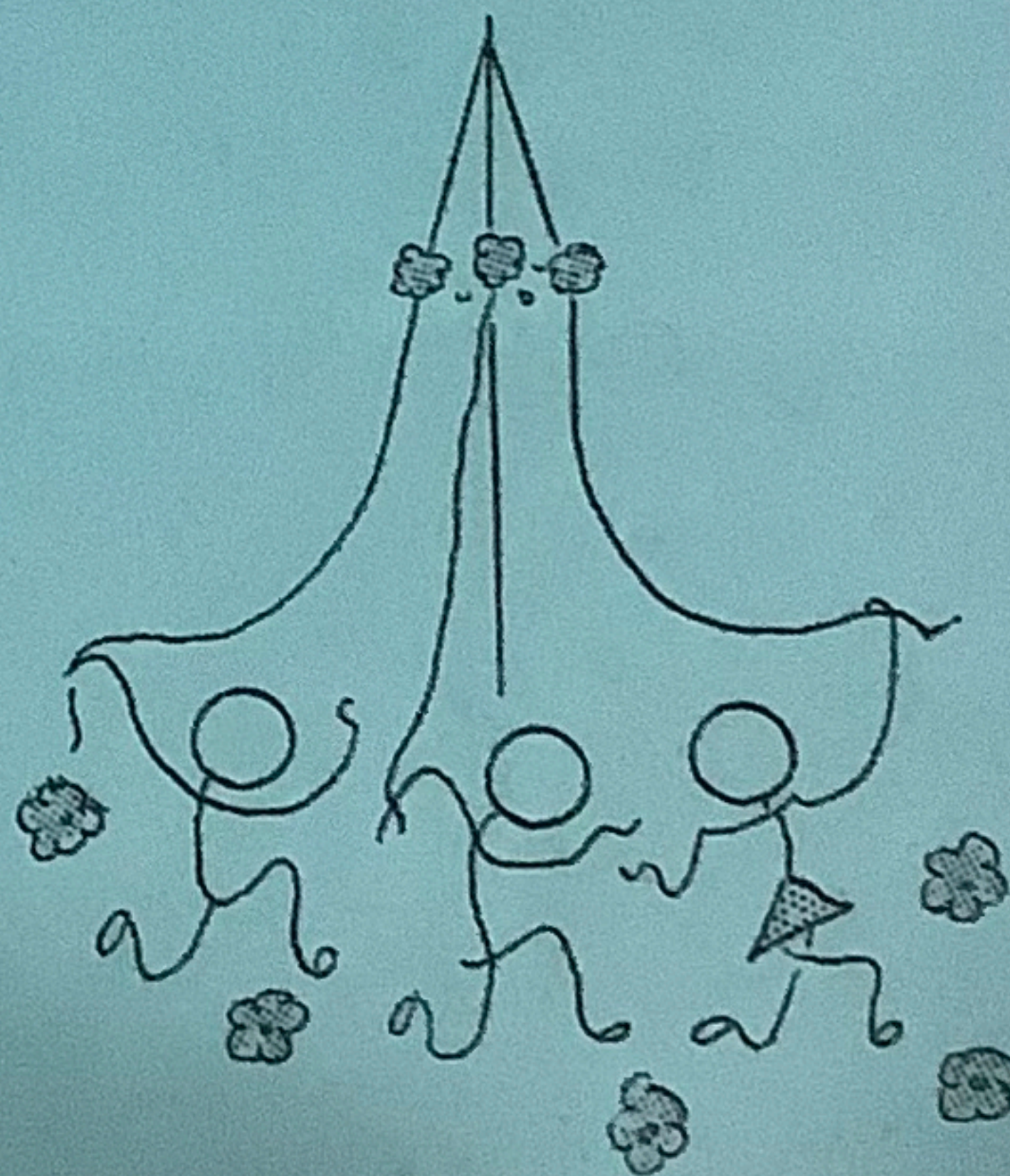
WIBA COOKING SCHOOL OF THE AIR

CARSON GULLEY RECIPES

FOR MAY, 1953

SALADS
RAISIN RECIPES

WIBA, RADIO PARK
MADISON, WISCONSIN



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WIBA COOKING SCHOOL OF THE AIR

May, 1953

Tuesday, May 5 Raisin Layer Cake
Raisin Sauce
Raisin Pie

Thursday, May 7 Ham, Raisin & Apple Salad
Garden Fresh Vegetables with Herbs

Tuesday, May 12 Stuffed Tomato Salad
Lettuce & Spinach, Roquefort Dressing

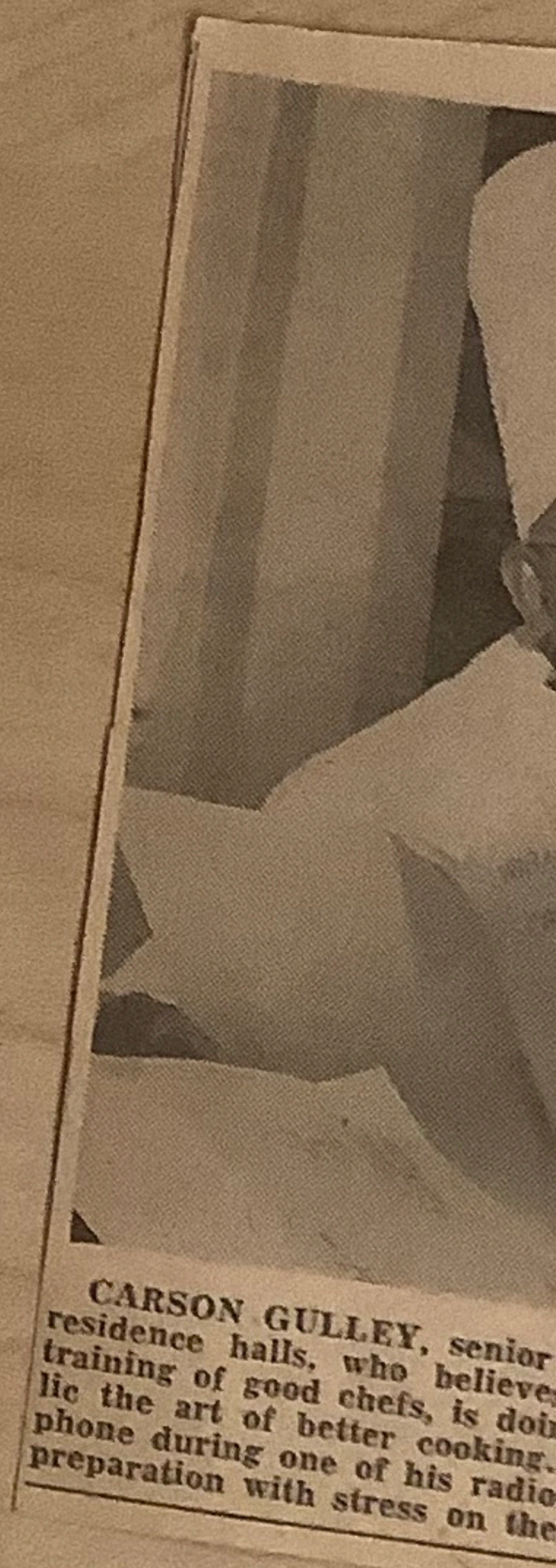
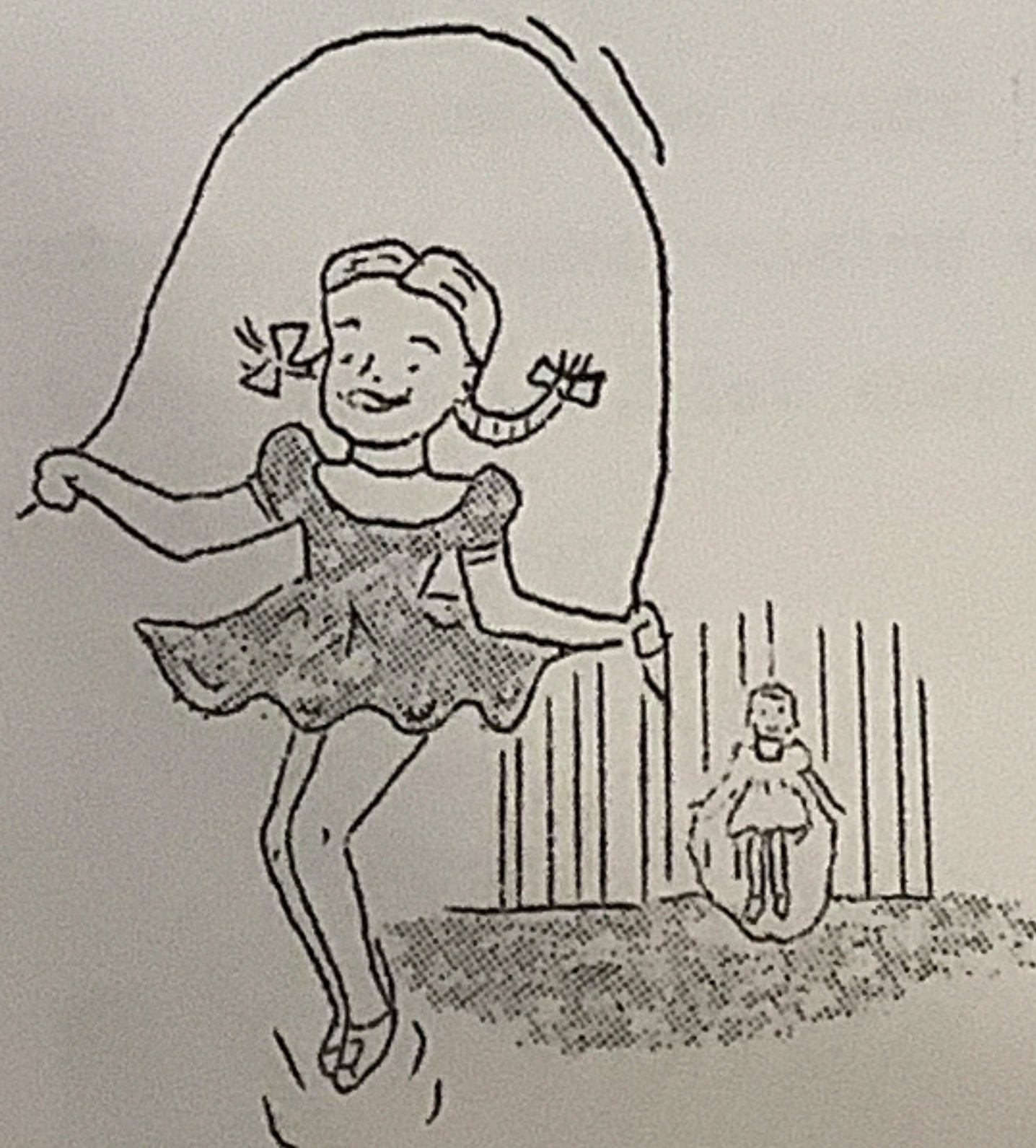
Thursday, May 14 Flame Salad
Summer Salad

Tuesday, May 19 Fresh Fruit Salad
Frozen Fresh Fruit Salad

Thursday, May 21 Watermelon Bowl
Hawaiian Supreme Salad

Tuesday, May 26 Molded Grapefruit Salad
Pineapple and Peach Salad

Thursday, May 28 Cinnamon Apple Salad
Strawberry Melon Salad Bowl



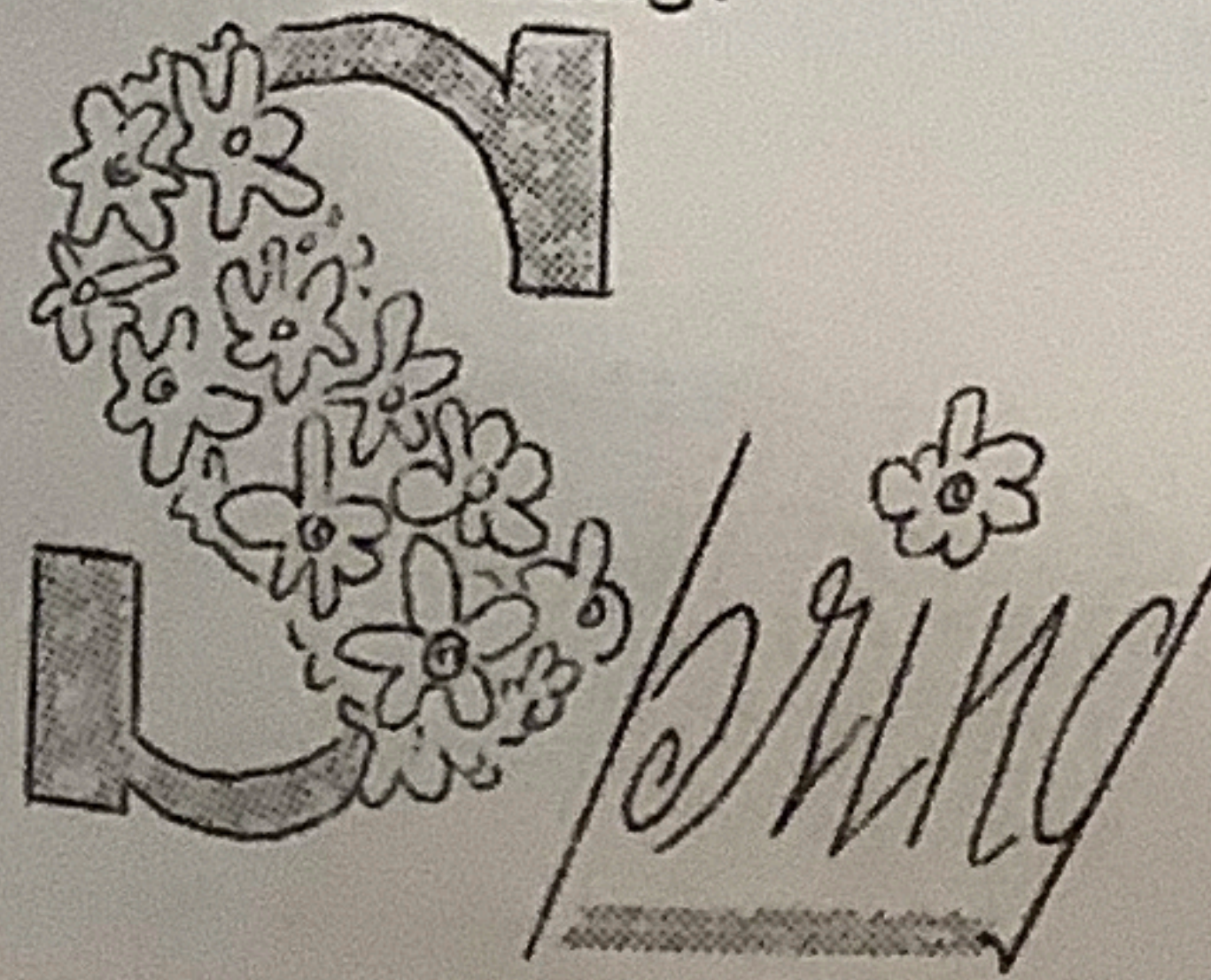
SALADS

Spring time means salad time - for salads are the living part of a meal. They bring beauty as well as goodness to your table.

Salads are high in food value, because in most cases, the materials used are uncooked, served fresh and crispy, with all the food value nature intended them to have.

Cooked foods may lose some of their food value in cooking, but fresh fruits and vegetables that can be eaten raw should be served as salads, because in this form, you get their full nutritional value. Foods such as meats, poultry, seafood, fresh or canned fruit, and fresh or canned vegetables may be used for salads.

MAY 8 - 14 IS NATIONAL RAISIN WEEK, and I would like to point out how important raisins are in your diet. They are rich in iron and contain small amounts of important vitamins. They are concentrated in food value, for it takes 4 pounds of grapes to make 1 pound of raisins. Use them whole in puddings, sauces, cookies, muffins and custards. Fill baked apples with them. Add raisins to hot cereal for more food value and extra flavor. Use them in place of, or with nuts in home-made candy. Eat them "out of hand" for between-meal snacks. To make raisins extra-plump and juicy for mixing in fruit cup or salad, let them stand in fruit juice about half an hour before using.



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TUESDAY, MAY 5: Raisin Layer Cake; Raisin Sauce; Raisin Pie

Raisin Layer Cake

1 cup sugar	1 cup raisins
$\frac{1}{2}$ cup butter	1 teaspoon soda
2 eggs	1 teaspoon baking powder
$\frac{1}{2}$ cup sour milk	2 cups flour
1 medium orange	

Grate the rind, and extract juice from orange. Cream sugar and butter, add eggs and cream until fluffy. Add rind to juice and add to the creamed mixture. Sift flour and baking powder together, and add to creamed mixture alternately with milk with which soda has been mixed. Dredge raisins in flour and add to batter. Bake in two greased 8-inch layer tins 40 minutes at 350.

Sour Cream Filling: $\frac{1}{2}$ cup sugar $\frac{1}{2}$ cup sour cream
2 tablespoons flour 2 tablespoons butter
2 eggs, beaten $\frac{1}{2}$ cup nuts

Mix sugar and flour, add eggs, cream and butter. Cook until thickened. Cool and fold in nuts. Makes enough filling for 2 layers.

Raisin Sauce

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup prepared mustard
 $\frac{1}{2}$ cup seedless raisins,
 chopped fine
1 tablespoon ham fat
 $\frac{1}{4}$ cup vinegar
1 tbs. dehydrated horseradish
 $\frac{1}{2}$ tbs. Worcestershire sauce
 $\frac{1}{4}$ teaspoon white pepper
 $\frac{3}{4}$ tbs. Arrowroot starch

Mix all ingredients except starch. Heat and thicken with starch which has been moistened in water. Or thicken with roux made of flour and ham fat if arrowroot is not available. Serve hot with ham.

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Sour Cream Raisin Pie

3/4 cup sugar	1/2 cup seedless raisins
1 teaspoon cinnamon	1 tsp. lemon rind, grated
1/2 teaspoon nutmeg	1/16 teaspoon salt
2 eggs, slightly beaten	9-inch pie shell, unbaked
1 cup thick sour cream	

Combine sugar, spices and eggs. Add cream, raisins, rind and salt. Pour filling into pie shell. Bake in a moderate oven 350 degrees for 30 minutes or until custard is set. Serve hot or cold.

THURSDAY, MAY 7: Ham, Raisin & Apple Salad; Vegetables with Herbs

Ham, Raisin, Apple Salad
(serves 6)

1 1/2 cups diced ham	1/2 cup chopped celery
1 1/2 cups diced apples	1/2 cup raisins
2 1/2 cups shredded lettuce	1/4 cup nut meats

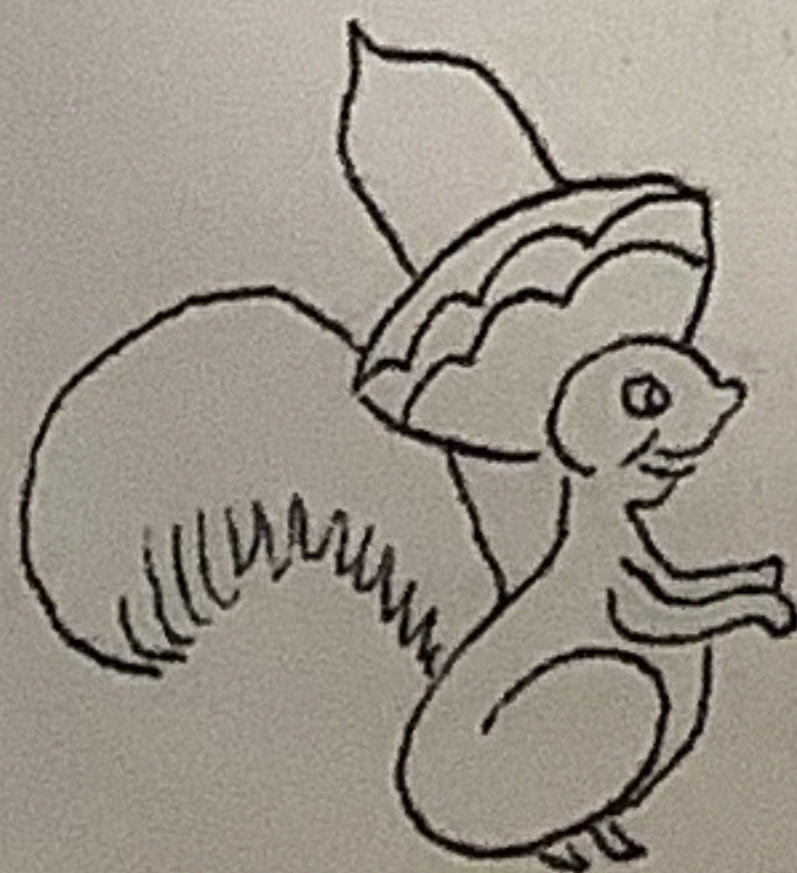
Combine all ingredients, adding enough dressing to coat ingredients. Toss together in salad bowl.

Dressing: To mayonnaise (1/2 to 2/3 cup) add 1 tablespoon prepared mustard. Mix well together.

Garden Vegetable Salad
(serves 6)

1 cup sliced radishes	2 cups leaf lettuce, shredded
1 cup sliced tomatoes	1/2 cup sweet basil
1 cup sliced cucumber	1/2 cup parsley
6 whole borage	1/4 oriental garlic or 1/4 cup green onions
1 cup spinach	

Mix all ingredients together and serve with French dressing.



TUESDAY, MAY 12: Stuffed Tomato Salad; Lettuce & Spinach Salad

Stuffed Tomato Salad
(serves 6)

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| 6 tomatoes | $\frac{1}{2}$ cup sliced radishes |
| 1 cup sliced celery | $\frac{1}{2}$ cup green peppers, diced |
| $\frac{1}{2}$ cup carrots diced fine | 1 cup chopped cucumbers |

Remove skins from tomatoes, scoop out hollow at stem end of each, add $\frac{1}{4}$ teaspoon salt, invert, and chill. Drain. Fill center with celery, carrots, radishes, green pepper, cucumber, and tomato that was removed from the center and serve on lettuce, watercress, or other salad greens.

Lettuce and Spinach Salad

- 1 quart shredded lettuce
- 1 quart shredded spinach
- 1 tablespoon chopped chives
- 1 tablespoon chopped parsley

Remove outside leaves and core from lettuce, wash and drain. Mix all ingredients together lightly. Place on lettuce leaf. Serve with Roquefort Cheese dressing.

Roquefort Dressing: $\frac{1}{4}$ pound Roquefort Cheese



$1\frac{1}{2}$ cups French Dressing or mayonnaise

1 tablespoon shallots or chives, chopped fine.

If French Dressing is used, crumble the cheese into small lumps or beads before combining. If mayonnaise is used, mash the cheese into a smooth paste and fold into the mayonnaise. Then blend the finely chopped shallots or chives into the dressing.

THURSDAY, MAY 14: Flame Salad; Summer Salad

Flame Salad

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| 1 pkg. lemon jello | 2 tsp. onion juice or grated onion |
| 1 cup hot water | 1 tbs. prepared horseradish |
| $\frac{3}{4}$ cup beet juice | $\frac{3}{4}$ cup celery, diced |
| 3 tbs. vinegar | 1 cup cooked beets, diced |
| $\frac{1}{2}$ tsp. salt | |

Dissolve jello in hot water. Add beet juice, vinegar, salt, onion juice and horseradish. Chill. When slightly thickened, fold in celery and beets. Turn into mold and chill until firm. Unmold on crisp lettuce and serve with Mayonnaise.

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Summer Salad

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| $\frac{1}{2}$ cup chopped celery | $\frac{1}{2}$ cup grated raw carrots |
| $\frac{1}{4}$ cup sliced radishes | $\frac{1}{2}$ cup crushed pineapple |
| $\frac{1}{2}$ cup chopped cucumbers | 1 pkg. lemon jello |
| 1 tablespoon vinegar | $\frac{1}{16}$ tsp. salt |
| 1 cup hot water | $\frac{1}{2}$ cup cold water |

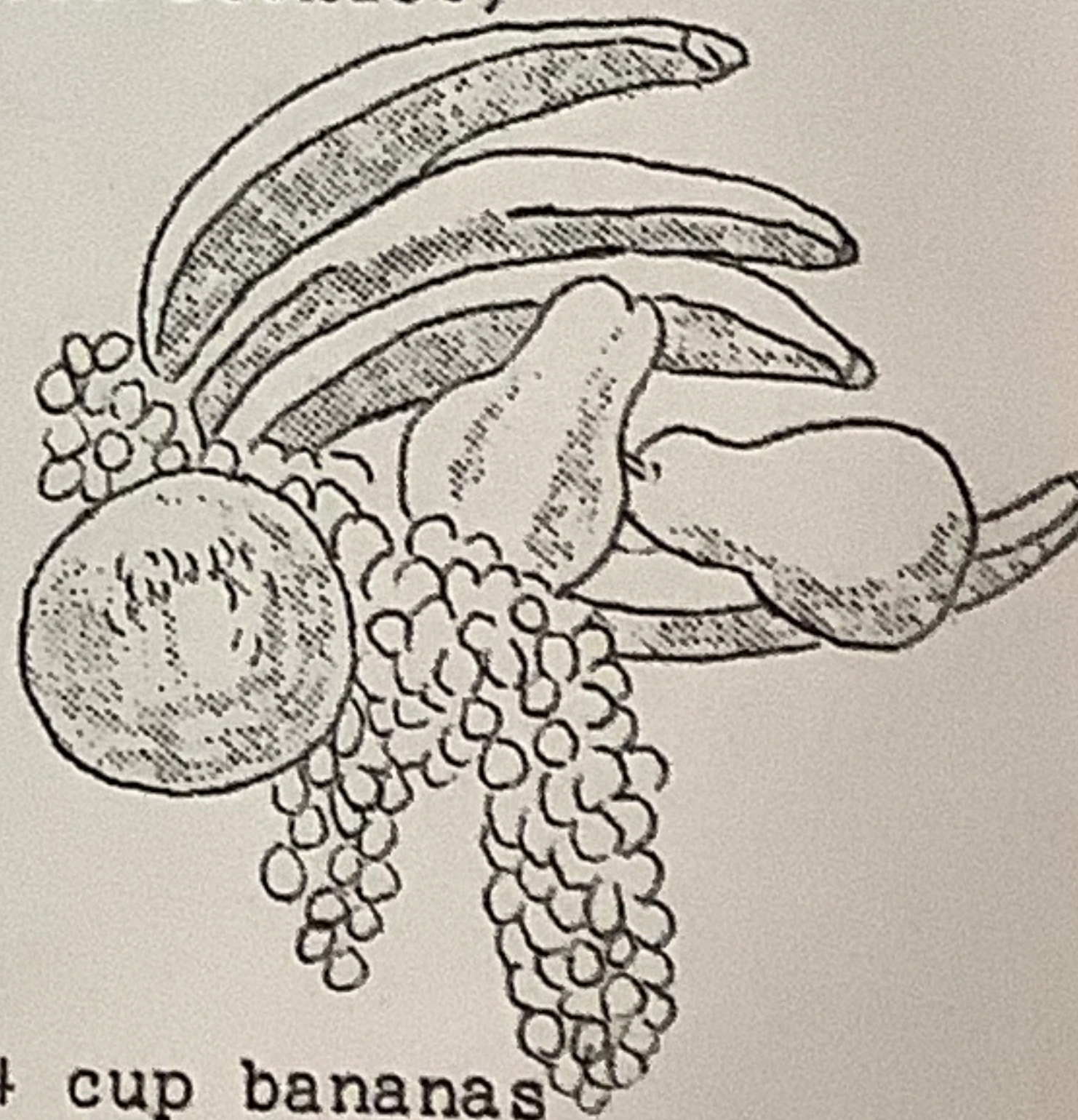
Dissolve jello in 1 cup hot water. Add vinegar to $\frac{1}{2}$ cup cold water and mix into dissolved jello. Set in refrigerator, and cool to white egg consistency. In the meantime, chop or cut up the cucumber and celery into small pieces. Place in a bowl, add the grated raw carrots, drained crushed pineapple, and salt. Mix together thoroughly and pour the jello over all. Pour into mold and place in refrigerator for several hours, to set. Serve on crisp lettuce leaves, garnish generously with mayonnaise, and sprinkle with grated American cheese. A dash of paprika may be added for color.

TUESDAY, MAY 19: Fresh Fruit Salad; Frozen Fresh Fruit Salad

Fresh Fruit Salad

- 1 cup orange sections
- 2 cups bananas
- $1\frac{1}{2}$ cups cantelope
- 1 cup fresh strawberries
- 1 cup fresh diced pineapple
- 1 cup white grapes
- 2 tbs. lemon juice
- 2 tbs. sugar

Prepare fruit and put into bowl. Sprinkle lemon juice and sugar over fruit and chill. Serve on lettuce with your favorite dressing or Dairyland Cream Dressing. (in Dec. booklet)



Frozen Fresh Fruit Salad

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| $\frac{3}{4}$ cup white grapes, halved | $\frac{3}{4}$ cup bananas |
| $\frac{1}{2}$ cup diced pineapple | $\frac{3}{4}$ cup peaches |
| $\frac{3}{4}$ cup quartered ripe strawberries | 2 tablespoons lemon juice |
| $\frac{3}{4}$ cup oranges, cut in small pieces | 2 tablespoons granulated sugar |
| 1 cup cream | 1 cup mayonnaise |

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Whip cream and mix with mayonnaise. Mix all fruits together, and sprinkle them with lemon juice and sugar. Fold into mayonnaise mixture. Pour in refrigerator tray and freeze for 5 hours or over night.

THURSDAY, MAY 21: Watermelon Bowl; Hawaiian Supreme Salad

1 watermelon (about 12 to 14 inches, or $\frac{1}{2}$ melon)

2 cantelope

1 honey dew melon

Cut watermelon lengthwise in a $\frac{1}{3}$ to $\frac{1}{2}$ proportion. Remove top and cut out melon balls with a French vegetable cutter. You may notch the watermelon bowl at the top if you wish. Mark off 2-inch spaces on cut edge of melon and cut triangular sections between each marker, making notched edge. Fill bowl with cantelope balls, honey dew balls, and watermelon balls. Serve with lemon French Dressing.

Lemon French Dressing: $\frac{1}{2}$ cup salad oil

$\frac{1}{2}$ cup lemon juice

$\frac{1}{2}$ teaspoon salt

2 tablespoons sugar or honey

Combine all ingredients and shake well. Makes 1 cup.

Hawaiian Supreme Salad

1 pineapple (large enough to make six 1-inch-thick rings)

2 large pink grapefruit

2 large oranges

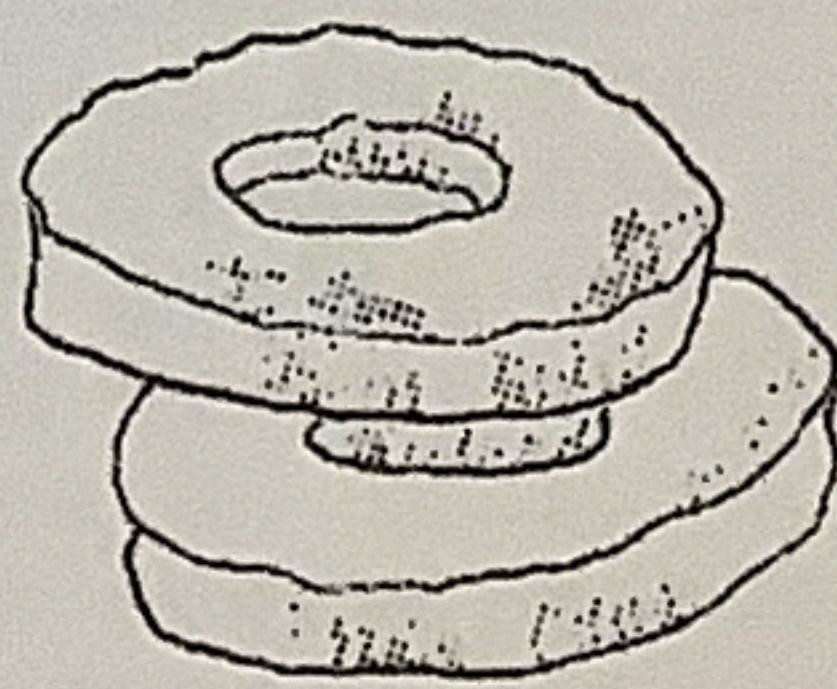
3 winesap apples

24 Bing cherries

12 sprigs mint

2 tablespoons lemon juice

2 tablespoons granulated sugar



Cut six 1-inch-thick rings from fresh pineapple, and remove fruit from rind, leaving ring unbroken. Place rind on lettuce or endive on salad plate. Mix fruit well together and sprinkle with lemon juice and granulated sugar. Fill rings with pink grapefruit, oranges and apple wedges. Garnish with Bing cherries and mint leaves. Be sure fruit is fresh!

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TUESDAY, MAY 26: Molded Grapefruit Salad; Pineapple & Peach Salad

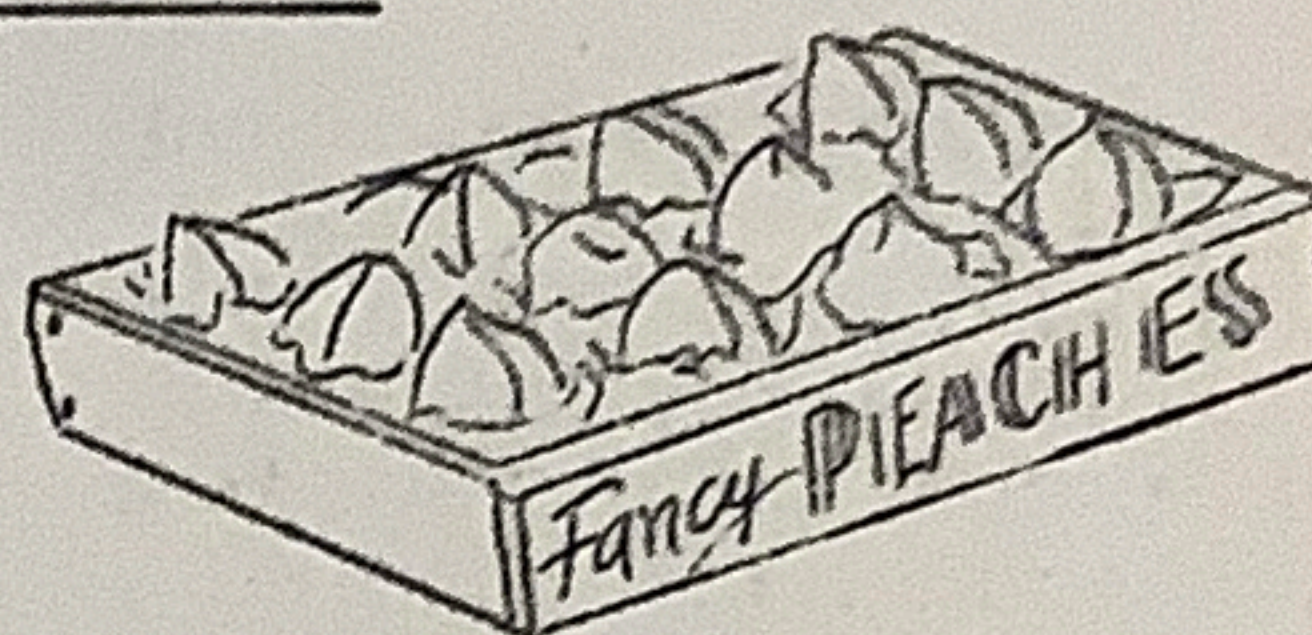
Molded Grapefruit Salad
(serves 6)

1 pkg. lemon jello
1 #2 can grapefruit
1 tbs. lemon juice or vinegar
Juice from grapefruit, and add
water to make 2 cups

Dissolve jello in hot juice and water. Add vinegar or lemon juice and chill until egg-white consistency is obtained. Fold in grapefruit, pour into mold; chill until firm.

Pineapple & Peach Salad
(serves 6)

6 pineapple rings
6 peach halves
1 pkg. cream cheese (3-oz.)
 $\frac{1}{4}$ cup nuts



Place lettuce leaf on each salad plate. On that, place a slice of pineapple. Fill center with cream cheese ball mixed with nuts, mayonnaise, and a little lemon juice. Place peach half on top.

THURSDAY, MAY 28: Cinnamon Apple Salad; Strawberry Melon Salad Bowl

Cinnamon Apple Salad
(serves 6)

6 apples
1 cup water
1 cup cinnamon drops
2 cups sugar
 $\frac{1}{2}$ cup chopped nut meats
3 oz. cream cheese
2 tablespoons mayonnaise

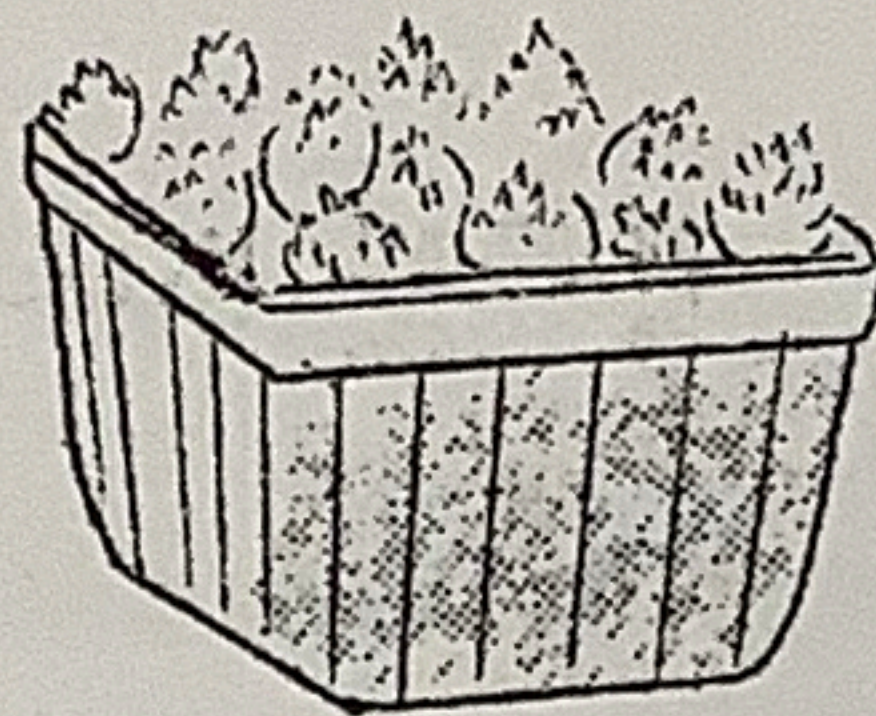
Pare and core apples. Heat water, cinnamon drops and sugar in a large saucepan until sugar and cinnamon drops are melted. Add apples, and cook slowly, turning them frequently in the sirup. When apples are tender, lift from sirup carefully, chill, and place on lettuce. Fill center with cream cheese, nut, and mayonnaise mixture.

Strawberry Melon Salad Bowl

1 large cantelope
1 honeydew melon
1 pint strawberries

All melons and fruits for salads should be served cold. Cut cantelope in half to make melon balls. If you have no cutter, scoop them out with a spoon, or make 1-inch squares. Combine melon and strawberries and marinate with 2 table-

spoons lemon juice and 2 tablespoons sugar. Be sure to use lemon juice and sugar on all fruit salad. Fill cantelope shell with fruit and place on lettuce on a salad plate.



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

CARSON GULLEY, son of a residence halls, who has been training of good chefs, is public the art of better cooking phone during one of his preparation with stress on