

WIBA COOKING SCHOOL OF THE AIR

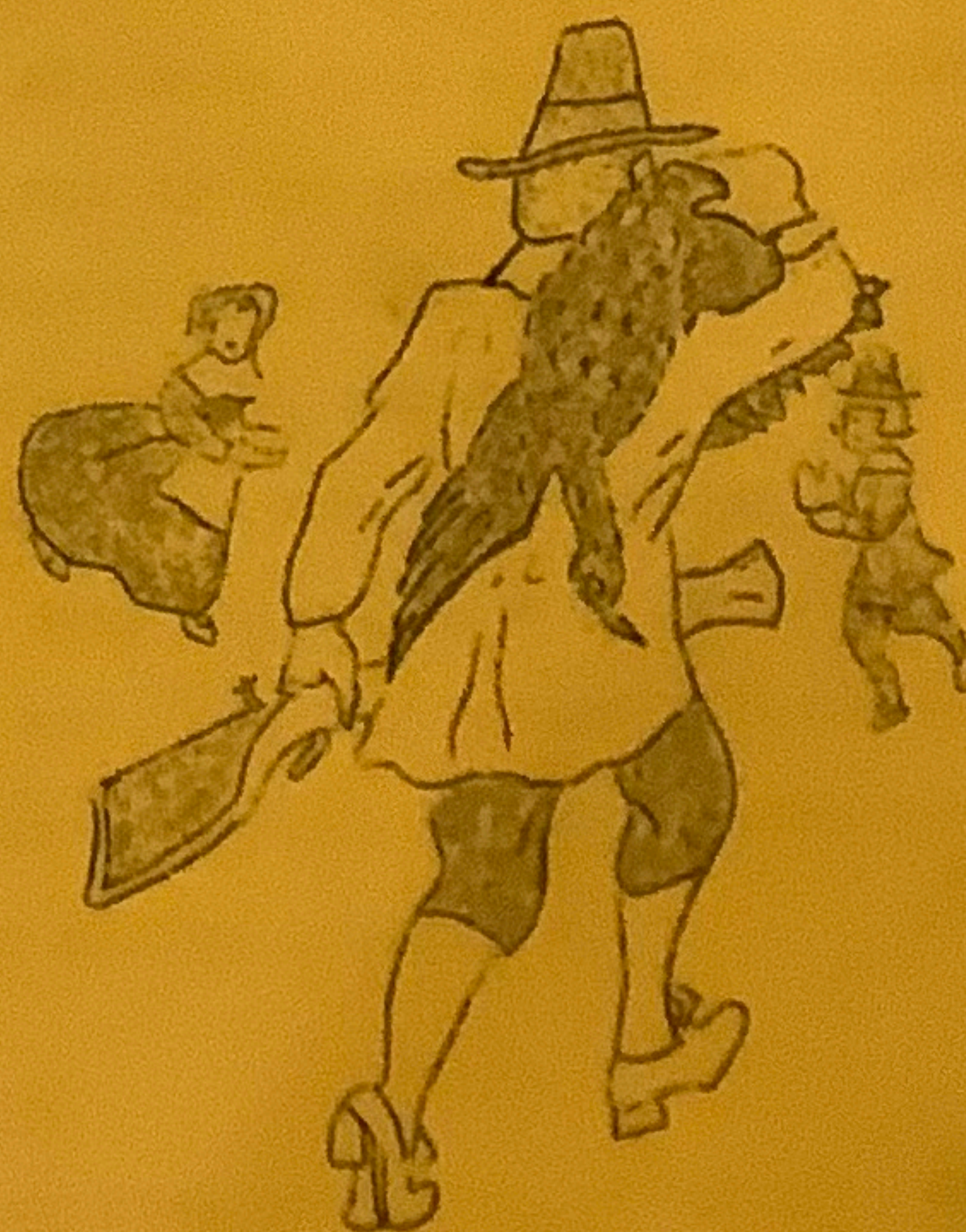
CARSON GULLEY RECIPES

FOR NOVEMBER, 1952

VENISON

THANKSGIVING DINNER

Carson Gulley



WIBA, RADIO PARK
MADISON, WISCONSIN

-11-

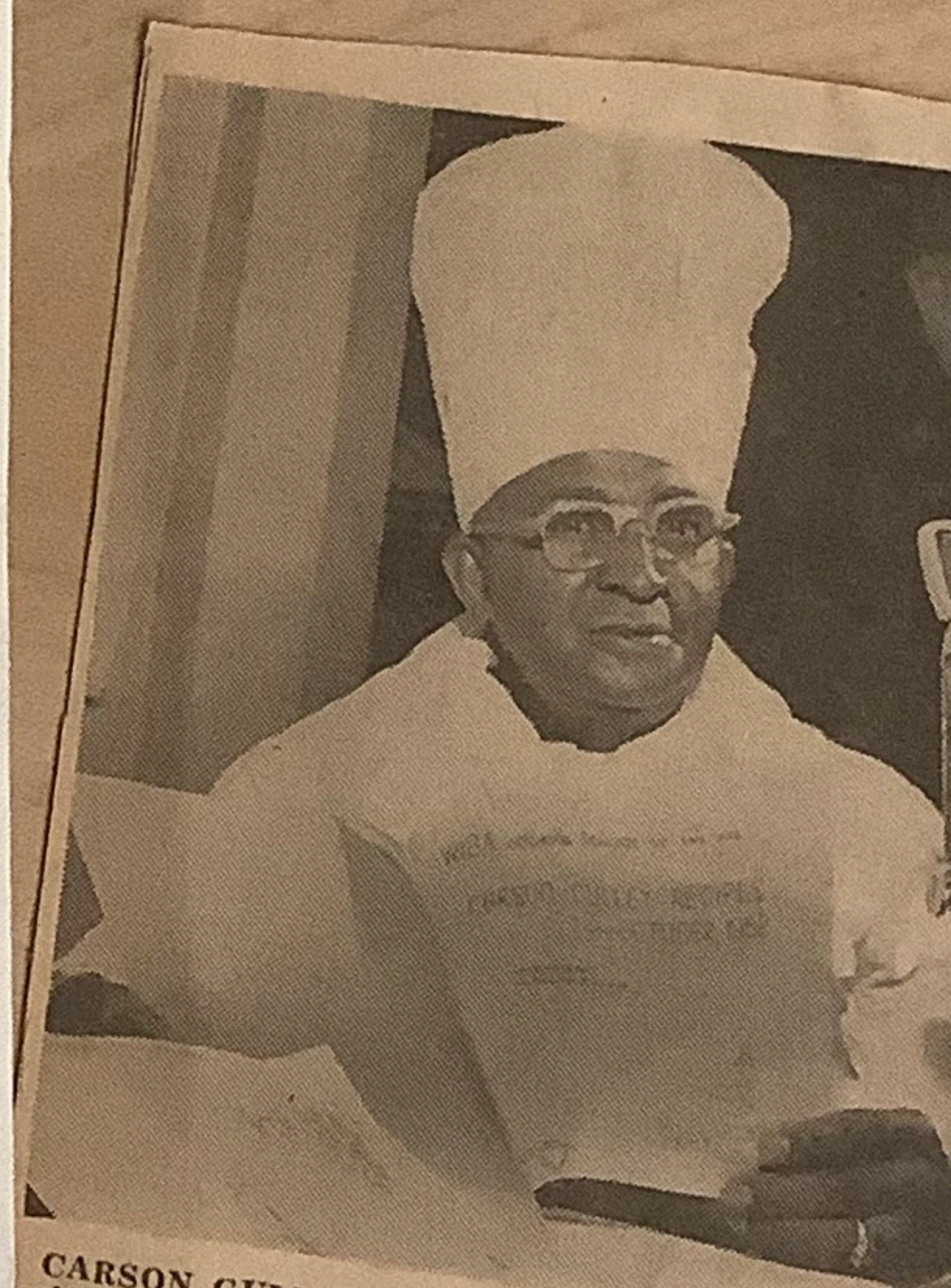
Hamburger Casserole

$\frac{1}{4}$ cup celery	1 lb. hamburger
$\frac{1}{4}$ cup onions	$\frac{1}{4}$ cup water
1 cup medium sauce	$\frac{1}{2}$ teaspoon celery salt
1 can cream of mushroom soup (10 oz.)	1 teaspoon Accent (MSG)
1 pkg. egg noodles (6 oz.)	1 teaspoon salt
$\frac{1}{4}$ teaspoon white pepper or black	

Cook noodles in 4 qts. water for 15 minutes. Remove from fire and add 1 cup cold water; let stand for 5 minutes. Drain when ready to combine with meat mixture.

Saute onions and celery until translucent. Remove from pan and saute hamburger, made into small patties, until brown. Add $\frac{1}{4}$ cup water to meat and simmer for a few minutes to get all the brown substance in the pan. Mix cream sauce and mushroom soup together; add to meat and noodles that have been put in a baking dish.

In blending meat and noodles, try to get meat equally distributed. Sprinkle the top with buttered crumbs or cornflakes and bake in an oven 375 F. for 30 minutes or until the bubbles come through. Be sure to season to suit your taste.



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

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

THURSDAY, NOVEMBER 4. Venison

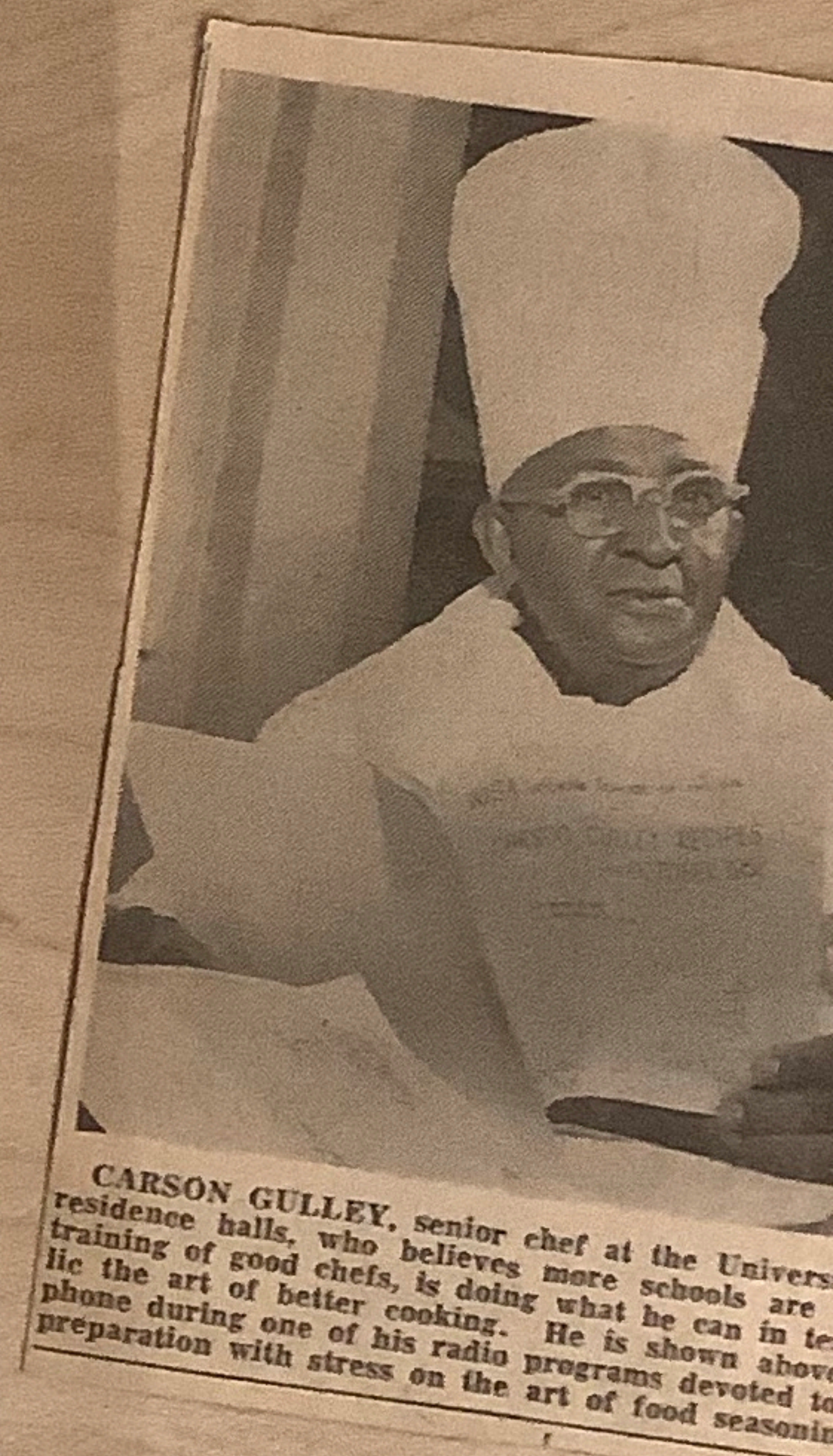
Preparation

Conditioning venison when it is first caught is the most important point in its preparation. The first objective is to see that it is properly bled, just as you would any other animal. If you have never seen cattle slaughtered and butchered, or poultry cleaned and dressed, you should as soon as possible, since that same method applies to the preparation of all animal flesh. It must be bled and relieved of its animal or gamey heat.

The next point is butchering, and that, too, should be done by one who knows how. If you do not know how, consult an authority for the proper instructions. The round steak is cut just like a round steak of veal or beef across the grain. There are other cuts that are less tender than the round steak. As in the carcass of beef, the loin section which contains the tenderloin and the chops contains the choicest cuts of tender venison chops. They may be panbroiled as any good grade of lamb or beef. There are game roasts that can be very delicious if butchered properly, and all such cuts should be boneless so as to season well before cooking, and at the same time save space in the deep freeze. Never freeze venison more than once. It should be bled, butchered, all trace of shot removed, and washed thoroughly with baking soda, then wrapped and placed in the deep freeze until used. It should be removed from the deep freeze in time to be thawed in the refrigerator, so that it does not lose the natural flavor and juices. After it is thawed, it should be cooked - never frozen again - or it will lose its savory flavor and dining qualities.

Cooking

Anyone who cooks game should have some knowledge of flavors that blend with game. There are a few people who are authorities on season-



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

The first thing I noticed when I stepped out
 of the house was the smell of the sea. It was
 a fresh, salty smell that I had never before.
 I had heard that the sea was beautiful, but I
 didn't know it was so good. The sun was
 shining brightly, and the water was a deep
 blue. I had heard that the sea was a good
 place to be, but I didn't know it was so
 good. I had heard that the sea was a good
 place to be, but I didn't know it was so
 good.

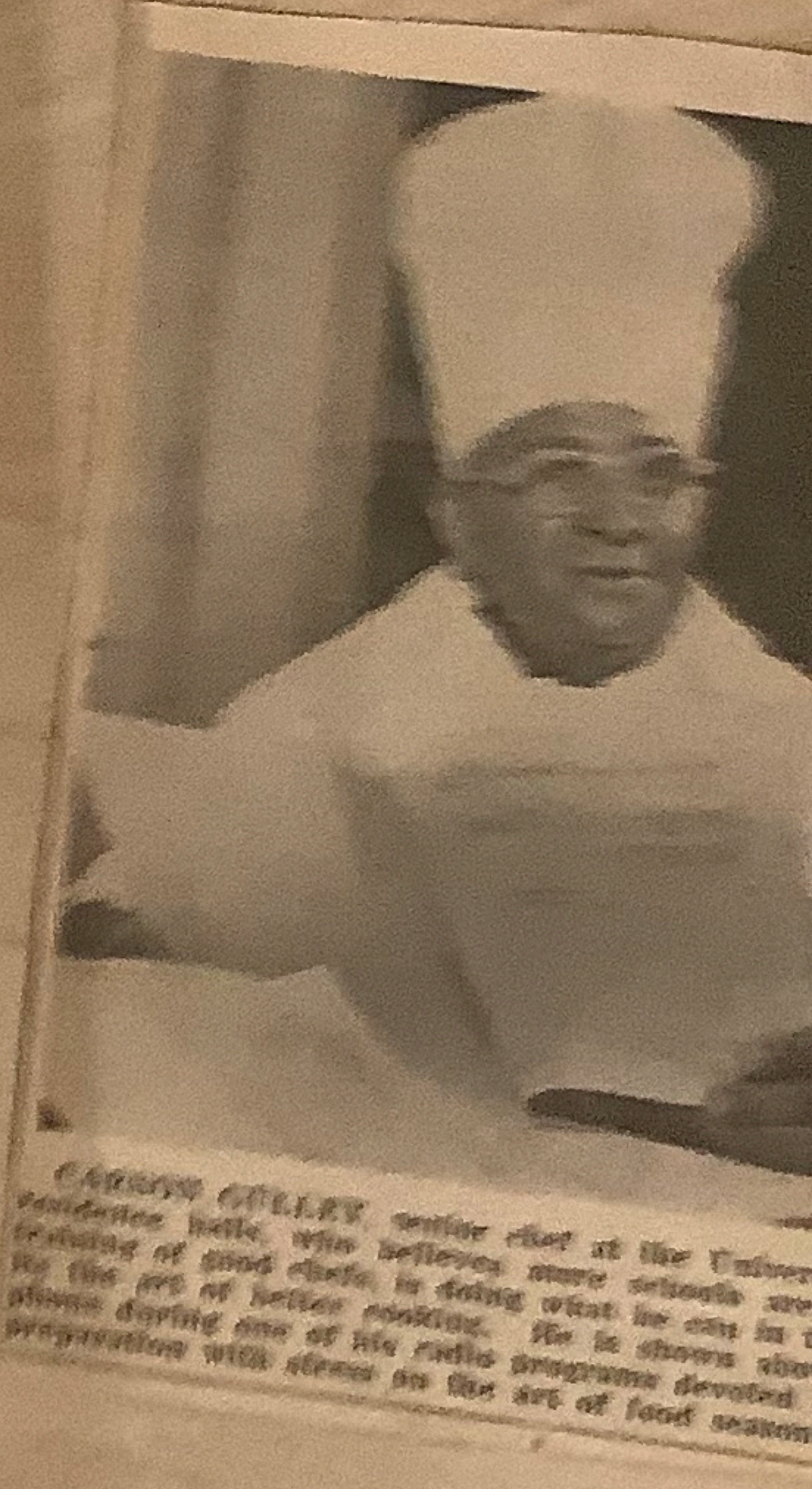


The second thing I noticed was the sound of the
 waves. It was a soft, rhythmic sound that
 I had never before. I had heard that the
 sea was a good place to be, but I didn't
 know it was so good. I had heard that the
 sea was a good place to be, but I didn't
 know it was so good.

- 1. The first thing I noticed when I stepped out
- 2. The second thing I noticed was the sound of the
- 3. The third thing I noticed was the smell of the
- 4. The fourth thing I noticed was the taste of the
- 5. The fifth thing I noticed was the feel of the

The sixth thing I noticed was the sight of the
 sea. It was a beautiful sight that I had
 never before. I had heard that the sea was
 a good place to be, but I didn't know it
 was so good. I had heard that the sea was
 a good place to be, but I didn't know it
 was so good.

The seventh thing I noticed was the feeling of
 the sun. It was a warm, comforting feeling
 that I had never before. I had heard that
 the sea was a good place to be, but I didn't
 know it was so good. I had heard that the
 sea was a good place to be, but I didn't
 know it was so good.



CARLOS GILBERT, senior chef at the United
 Nations Hotel, who believes more schools are
 training of good chefs, is doing what he can in
 the art of better cooking. He is shown dis-
 playing one of his radio programs devoted
 preparation with stress on the art of food season

Other cuts of venison can be used as chopped meats, chops, hamburger, patties, or in venison loaf with herbs.

I recommend the following sauces for venison or other game:

Herb Sauce

2 1/3 tablespoons onion, cut fine	2 tablespoons butter
1 tablespoon chives, cut fine	1/2 cup juice from roast
2 tablespoons parsley, cut fine	1/2 cup water
1/4 teaspoon rosemary	1 tablespoon Worcestershire
1/16 to 1/8 teaspoon thyme, crushed fine and added during last 10 min. of cooking. Avoid using too much	1 tablespoon A-1 sauce
	1 dash Tabasco sauce

Saute onion in butter; when translucent add chives, parsley, rosemary and thyme and let simmer not more than 10 minutes over very low flame. Add sauces.

Mix meat juice and water and bring to a boil. Add to the sauteed herbs and serve hot.

Herb Butter Sauce

2 1/3 tablespoons onion, cut fine	1 tablespoon Worcestershire
1 tablespoon chives	1 tablespoon lemon juice
2 tablespoons parsley	1/16 to 1/8 teaspoon thyme, crushed fine and added during last 10 min. of cooking.
1/4 teaspoon rosemary	

Combine as in recipe above. Serve hot on steaks and chops.



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THURSDAY, NOVEMBER 6. Thanksgiving Day Menu

Shrimp Cocktail

Stuffed Celery with Old Wisconsin Cheese, Assorted Olives

Roast Turkey

Cornbread Dressing or Celery Dressing

Cranberry Sauce or Cranberry Jelly

Snowflake Potatoes and Candied Sweet Potatoes

Green Vegetable

Brussel Sprouts or Green Beans

Under Sea Salad

Cloverleaf or Parkerhouse Rolls

Old English Plum Pudding or Pumpkin Pie

Coffee, Mints, and Assorted Nuts

TUESDAY, NOVEMBER 11. Old English Plum Pudding; Apple Steam Pudding; Sauces.

Old English Plum Pudding (Yield: 16 Servings)

1 cup flour	$\frac{1}{4}$ lb. dried figs
$1\frac{1}{2}$ teaspoon salt	2 oz. citron
1 teaspoon nutmeg	2 oz. orange peel
$\frac{1}{4}$ teaspoon cinnamon	1 cup bread crumbs
$\frac{1}{3}$ teaspoon mace	1 cup hot milk
$\frac{1}{3}$ teaspoon cloves	4 eggs (separated)
1 tablespoon crystallized ginger, cut fine	$\frac{1}{2}$ lb. suet
$\frac{3}{4}$ cup raisins	$\frac{1}{2}$ lb. glazed cherries
$\frac{1}{2}$ cup cider	$\frac{1}{2}$ cup sugar

Chop suet fine. Dredge in flour and spice mixture. Add chopped fruit. Cream sugar, salt, and egg yolks. Add to flour mixture alternately with milk. Whip egg whites until stiff. Fold in last. Steam in pans 4 hrs. or until done - at about 250 F. Fill pans (cylinder) 2 to 2 $\frac{1}{2}$ inches from top.

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

Apple Steam Pudding

1 qt. apples	$\frac{1}{2}$ cup apple cider
$1\frac{1}{2}$ cup raisins	$\frac{1}{2}$ lemon - juice and rind
$\frac{1}{3}$ cup flour	$\frac{1}{2}$ teaspoon baking soda
3 eggs	2 tablespoons vinegar
$\frac{1}{3}$ lb. sugar	$\frac{1}{2}$ teaspoon mace
$1\frac{1}{2}$ cup bread crumbs	$\frac{1}{3}$ teaspoon nutmeg
$\frac{1}{2}$ lb. suet	$\frac{1}{3}$ teaspoon cinnamon
1 teaspoon salt	



Cut suet and raisins fine, mix with flour. Cream eggs and sugar as in cake, add spices and other ingredients. Chop apples and mix with suet. Fold in with other ingredients. Put into buttered container. Cook in pressure cooker for 1 hr. and 45 min. at 15 lbs. pressure.

Foamy Sauce

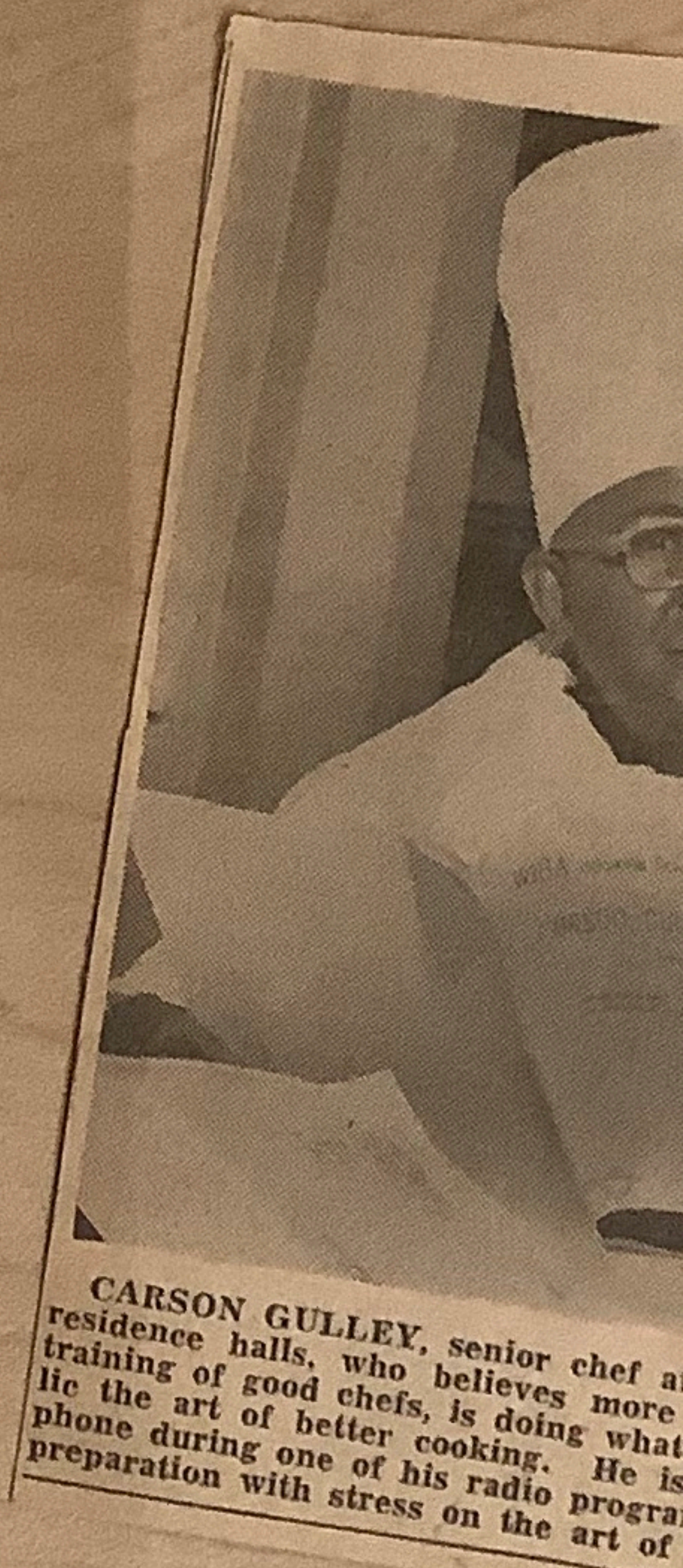
6 eggs (separated)	2 tablespoons cornstarch	
$\frac{3}{4}$ cup orange juice	$\frac{1}{8}$ teaspoon salt	
1 tablespoon orange rind	$1\frac{2}{3}$ cup sugar	} Boil to 240 F
$\frac{1}{2}$ cup sugar	$\frac{2}{3}$ cup water	

Mix egg yolk, orange juice, orange rind, sugar, cornstarch and salt. Whip in hot water bath until foamy. Boil sugar and water to 240 F. Do not stir. Add to partially beaten egg white in a fine stream. Finish whipping stiff. Add egg yolk mixture. Fold in thoroughly. Serve hot on puddings.

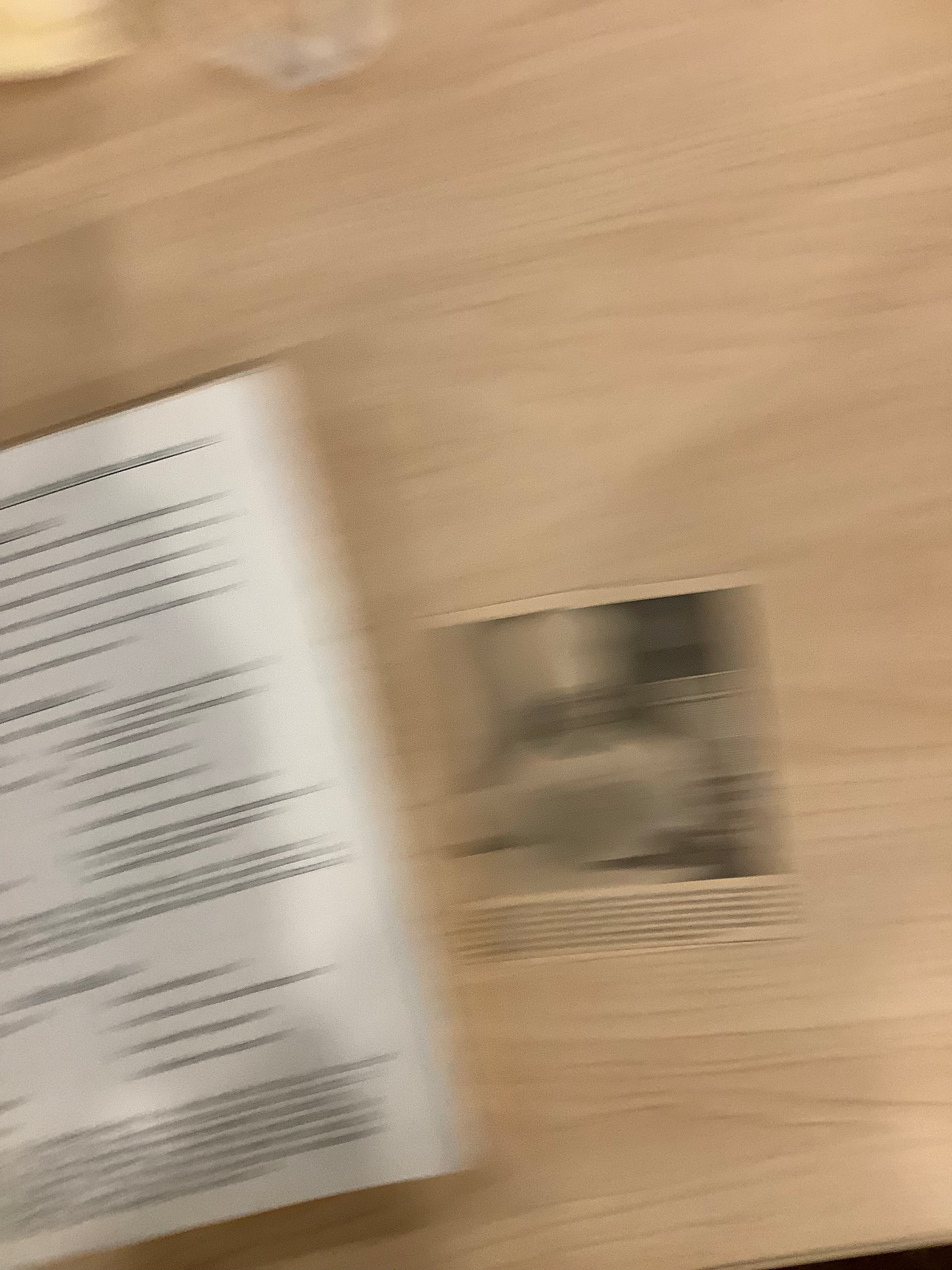
Sauce for Hot Puddings

1 cup sugar	$\frac{1}{2}$ teaspoon vanilla
$1\frac{1}{2}$ tablespoons flour	1 tablespoon vinegar
$\frac{1}{2}$ teaspoon salt	1 tablespoon butter
$1\frac{1}{2}$ cups water	2 tablespoons lemon juice in place of vinegar, if desired.

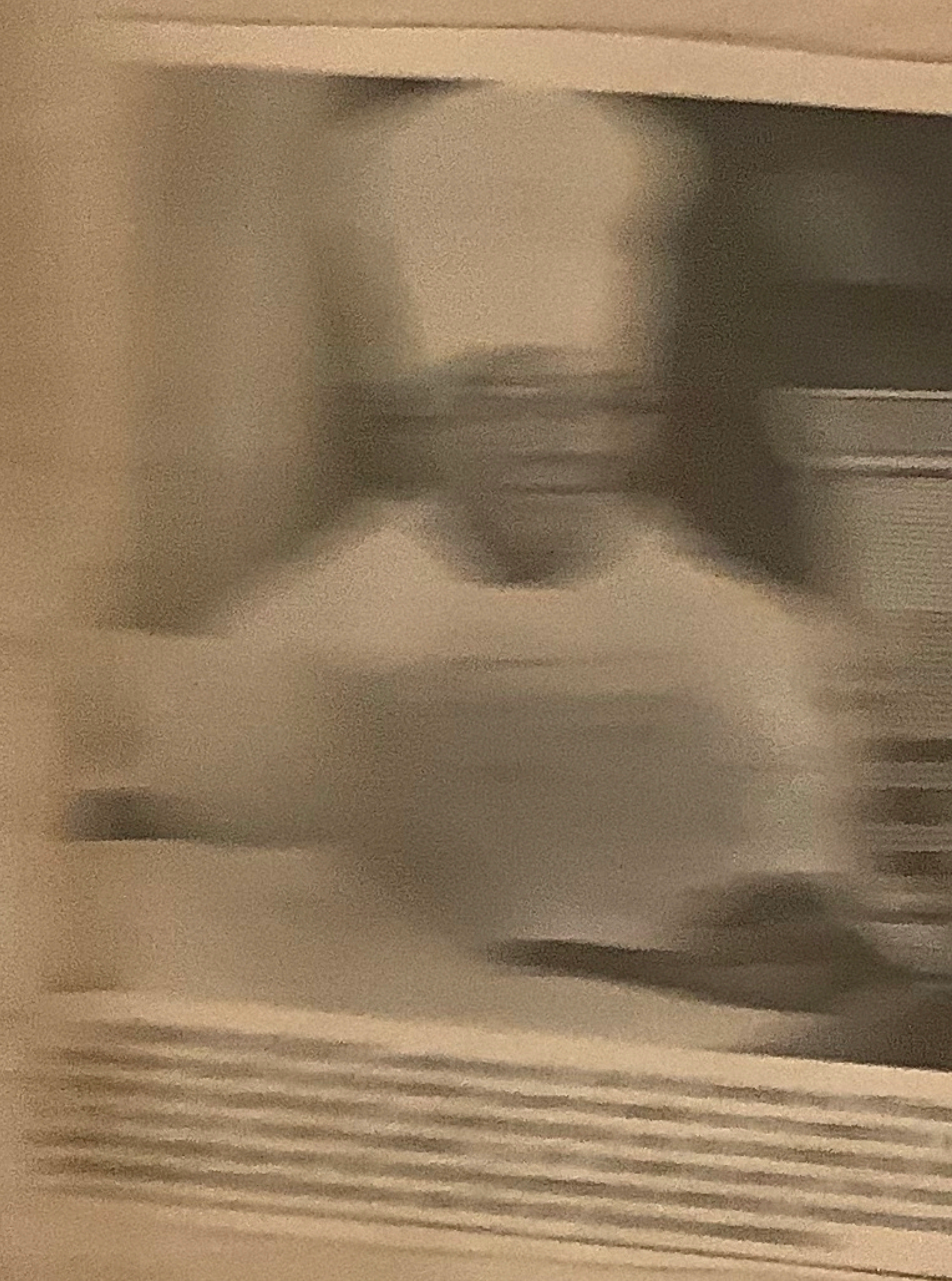
Mix flour, sugar, salt; add water. Boil. Add butter and flavoring. Serve hot on puddings.

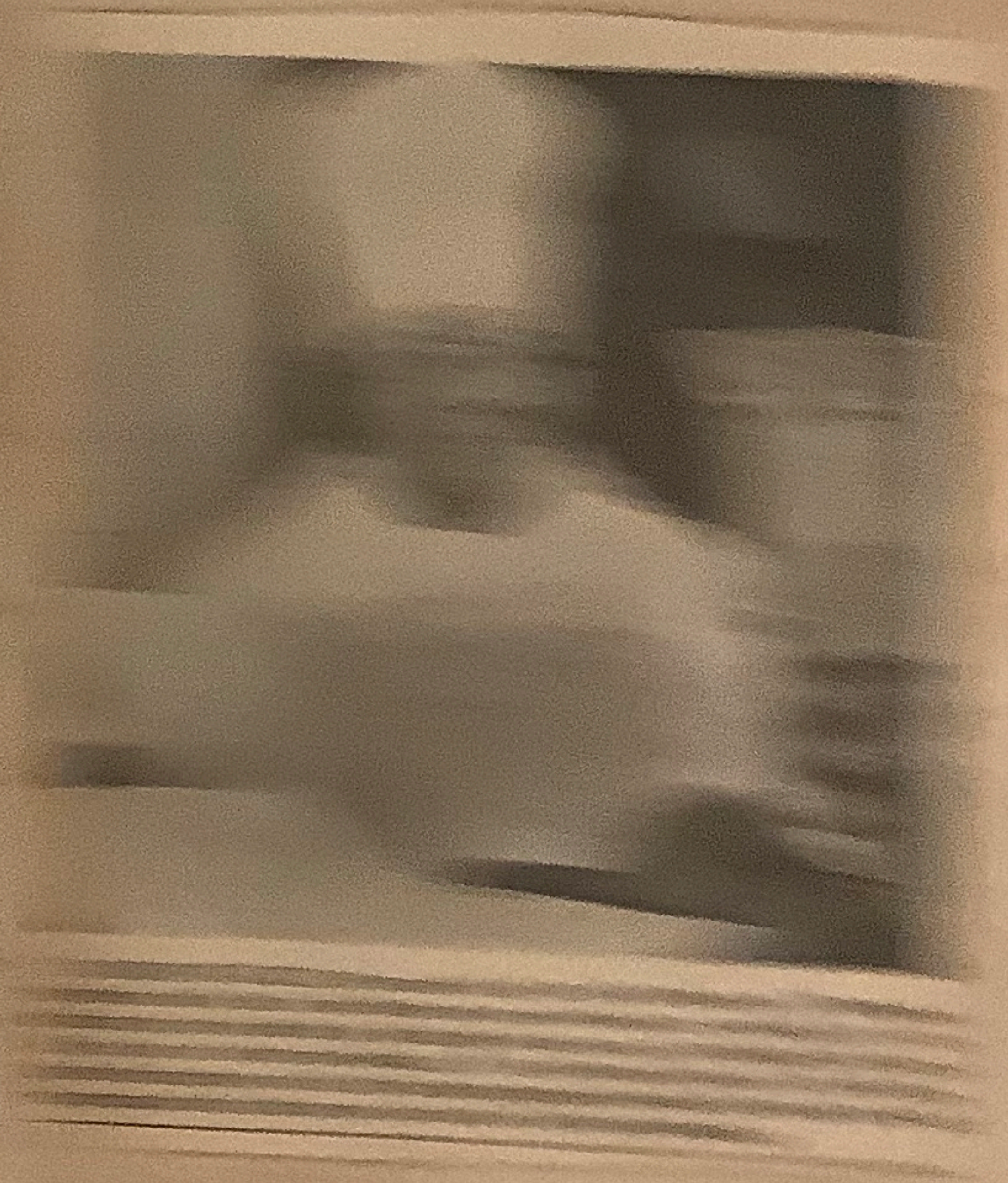
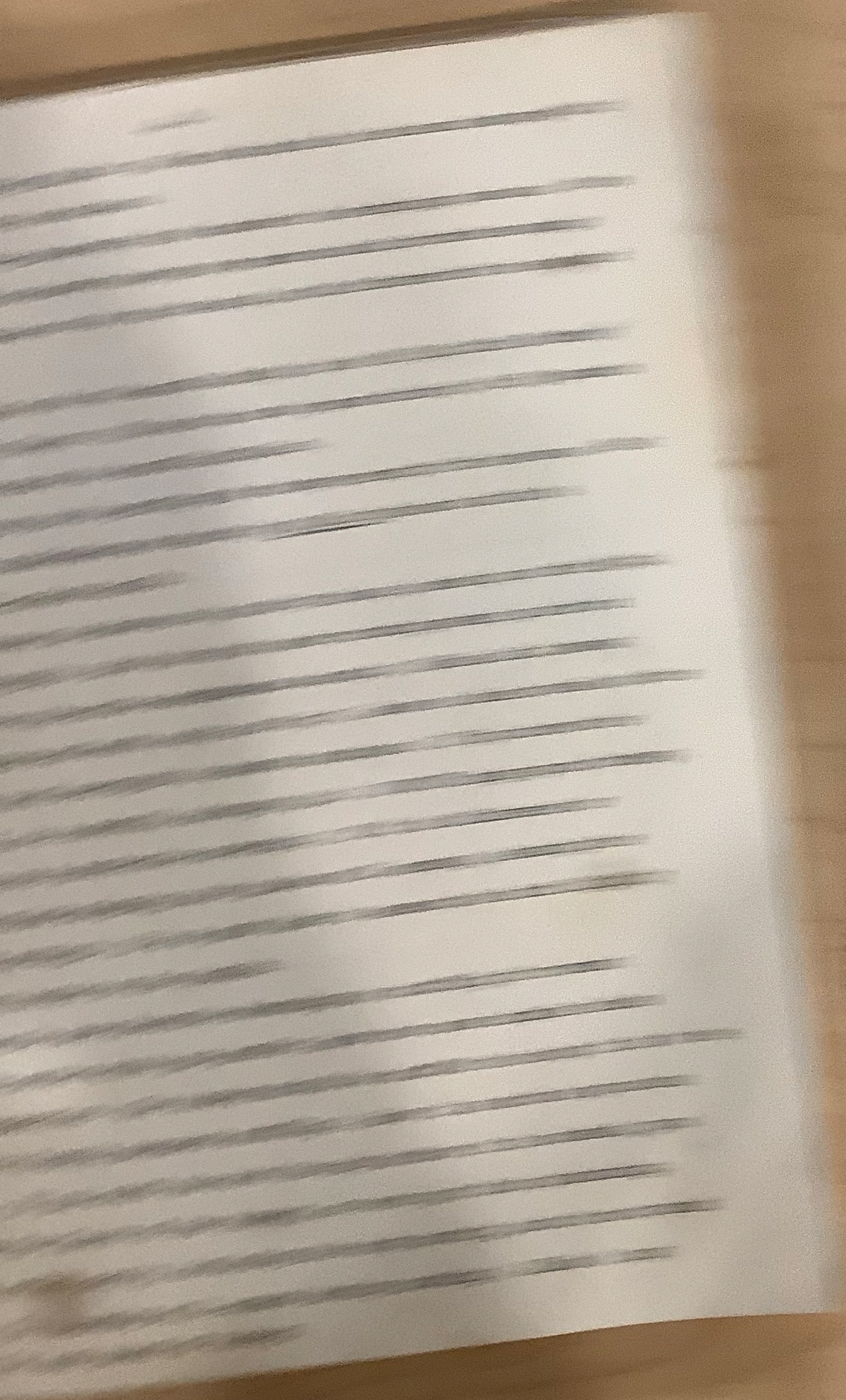


CARSON GULLEY, senior chef at residence halls, who believes more training of good chefs, is doing what lie the art of better cooking. He is phone during one of his radio program preparation with stress on the art of



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Celery Stuffing (for 16 lb. tom)

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| 4 qts. dry bread, broken or
cut into $\frac{1}{4}$ in. squares | 1 teaspoon white pepper |
| 4 cups celery, sliced fine | 2 cups butter or chicken fat,
pork fat (do not use bacon) |
| 4 cups onions, sliced fine | 4 cups good stock - if no stock
on hand - use 4 chicken bouil-
lion cubes dissolved in 4 cups
boiling water. |
| 1 tablespoon sage leaf, crushed
fine | |
| 4 teaspoons salt <i>Be careful if
using Bull's-Eye salt -</i> | |

Saute onions, celery and seasoning in the fat until soft. Add stock and fold into bread. Dry the bird's cavity with a towel. Rub butter in cavity, then season with salt. Stuff.

For cornbread dressing or stuffing, use 2 quarts bread to 2 quarts cornbread.

To shape the bird, first fasten the neck skin to the back with a skewer. With heavy string tie wings into a position that will hold the turkey firmly upright. Loop the string around the back and tail and tie each leg to the tail. Trussing improves the appearance of the bird, helps to cook it evenly, and makes it easier to carve.

TUESDAY, NOVEMBER 25. Hot Supper Breads

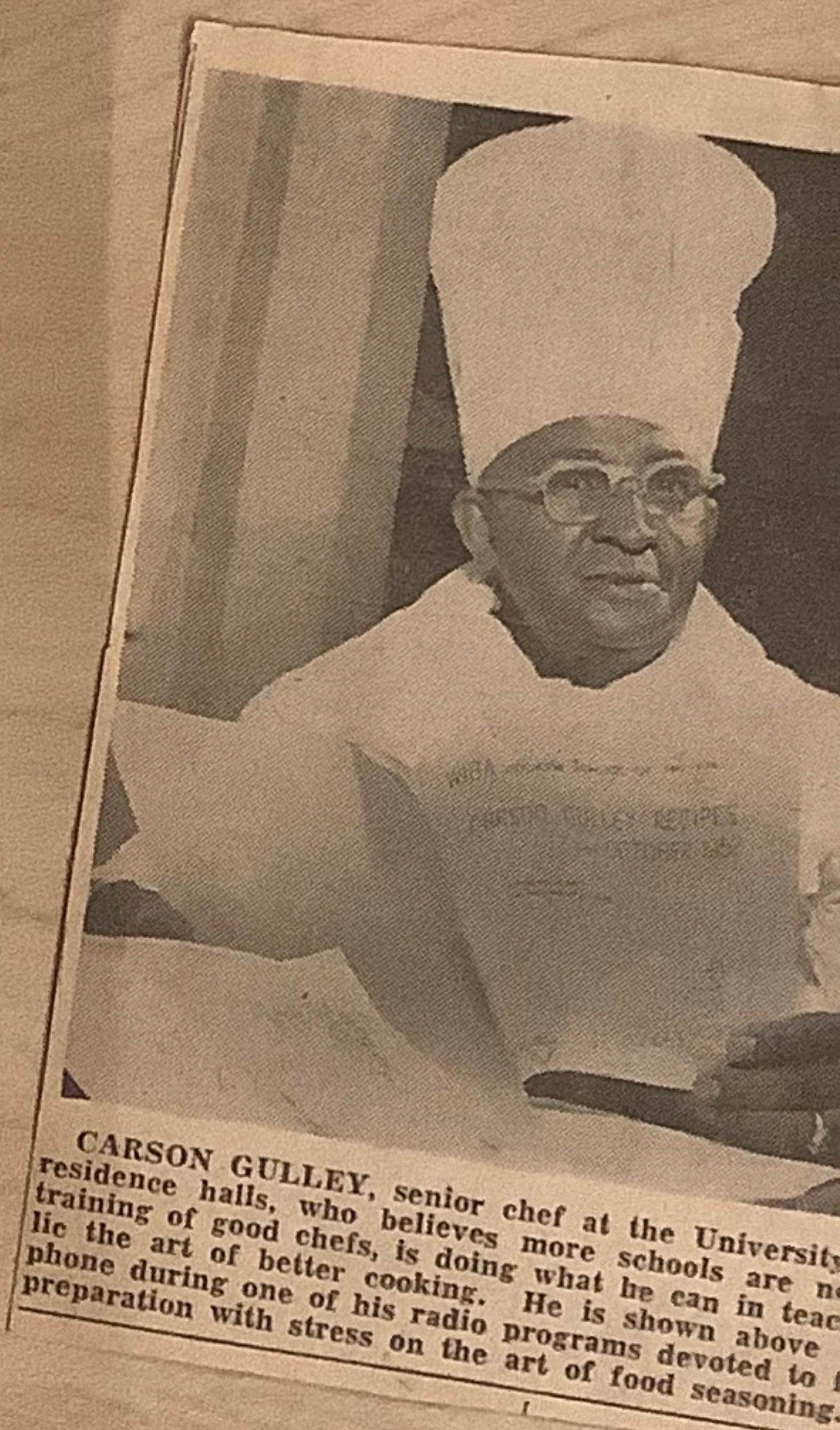
Pineapple Date Bread

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|------------------------------|---|
| 2 cups sifted flour | $\frac{3}{4}$ cup crushed pineapple,
drained |
| 3 teaspoons baking powder | $\frac{1}{2}$ teaspoon vanilla |
| $\frac{1}{2}$ teaspoon salt | 2 eggs |
| $\frac{3}{4}$ cup sugar | 1 cup chopped dates |
| $\frac{1}{4}$ cup shortening | |

Cream shortening. Add pineapple and vanilla. Mix well and beat 2 minutes. Add eggs. Add sifted ingredients - flour, baking powder salt and sugar. Beat 2 minutes more. Add dates and blend well. Bake in greased, paper lined loaf pan 1 hour at 350 F. Makes 1 loaf.

Banana-Nut Bread

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|--|--|
| 1 $\frac{3}{4}$ cup flour | $\frac{2}{3}$ cup sugar |
| 2 teaspoons double-action baking
powder | 2 eggs |
| $\frac{1}{4}$ teaspoon baking soda | 1 cup mashed very ripe bananas
(2 or 3) |
| $\frac{1}{4}$ cup shortening | $\frac{1}{2}$ cup broken pecan meats |



Mix and sift flour, baking powder, baking soda and salt. Cream shortening and sugar until light and fluffy. Add eggs 1 at a time; beat well after each addition. Add bananas; mix. Add flour mixture about $\frac{1}{4}$ at a time; beat smooth after each addition. Stir in pecans.

Turn into a well-greased loaf pan 8 x 4 x 2 $\frac{1}{2}$. Bake in moderate oven - 350 F. for 50 or 60 minutes or until bread tastes done. Cool on rack before slicing.

Yeast Rolls

1 pkg. dry yeast or 1 cake fresh	1 teaspoon salt
$\frac{1}{2}$ cup lukewarm water	1 egg, beaten
$\frac{1}{2}$ cup shortening	1 cup scalded milk
$\frac{1}{2}$ cup sugar	about 4 cups sifted all purpose flour

Soften yeast in lukewarm water, add $\frac{1}{2}$ teaspoon sugar. Add shortening, rest of sugar and salt to hot milk. Stir until sugar is dissolved. Cool mixture and add egg. Stir in softened yeast. Stir flour into liquid ingredients until well mixed.

Turn dough out onto lightly floured board. Knead quickly until smooth and elastic. Form into a ball. Place ball of dough in greased bowl and turn over twice to grease surface. Cover and let rise in warm place (about 85 degrees) until double in bulk. (about 1 hr.)

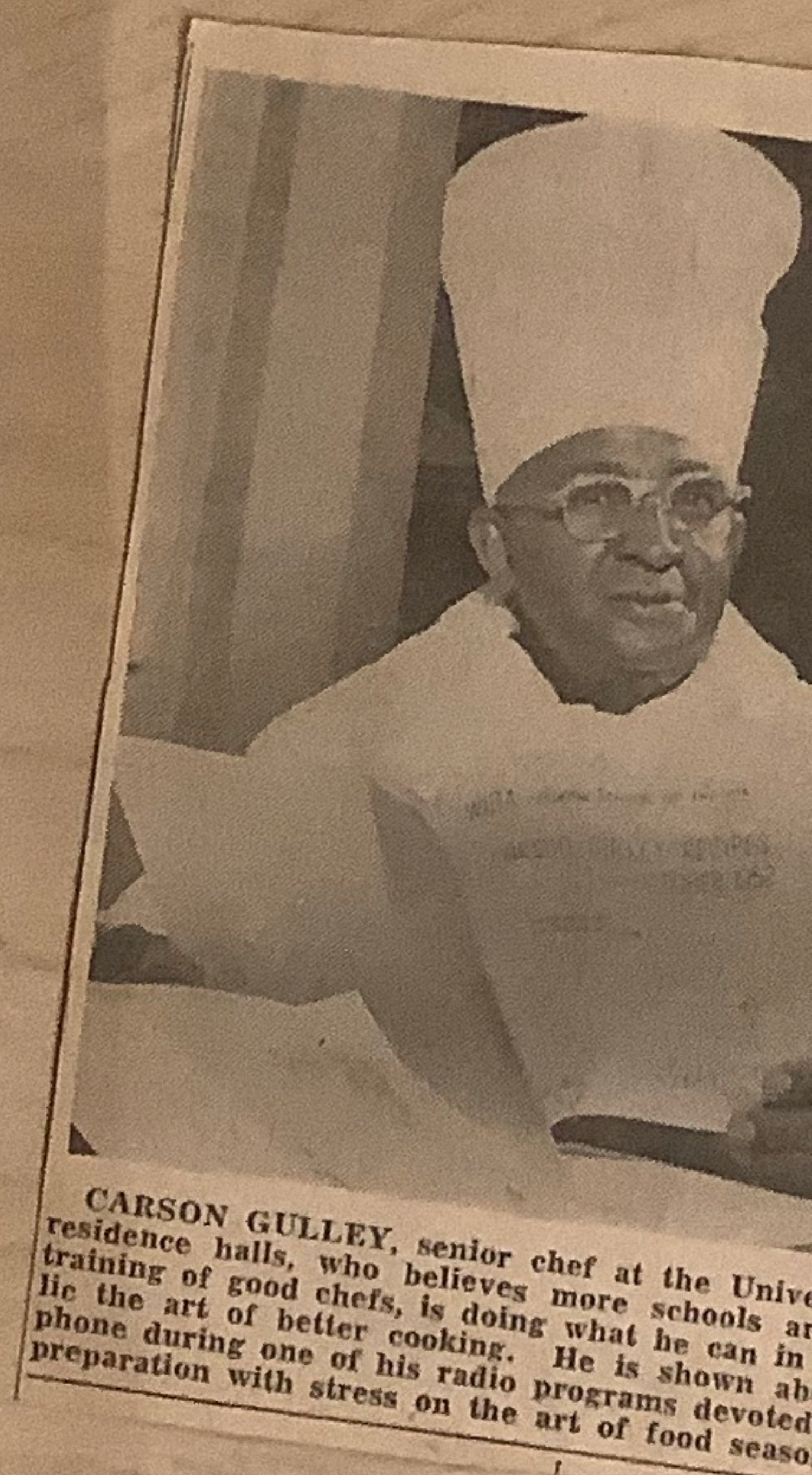
Turn out onto board, knead well again and shape as desired. Place in greased pan or baking sheet, grease tops of rolls with melted butter and let rise. Bake in oven 400 to 450 degrees for about 12 min. Makes 2 $\frac{1}{2}$ to 3 dozen rolls.

THURSDAY, NOVEMBER 27. Turkey Chop Suey; Hamburger Casserole

Turkey Chop Suey

4 cups celery, sliced thin	3 tablespoons chop suey sauce
3 cups onions, sliced thin	1 tablespoon Worcestershire sauce
5 cups turkey, cut in strips $\frac{1}{2}$ inch thick	1 lb. 3 oz. can chop suey vegetables
1 teaspoon Lawroy's seasoning salt	2 tablespoons cornstarch dissolved in cold water
1 teaspoon salt	$\frac{1}{2}$ cup sliced green pepper
$\frac{1}{2}$ cup brown sauce	

Saute onions in a little butter until translucent and soft. Add celery, brown sauce, and juice from chop suey vegetables. Cook until tender but not mushy. Add all other ingredients except green pepper and vegetables. Bring to a boil. Add cornstarch and thicken. Fold in the green pepper, and chop suey vegetables. Cover and cook over low fire for about 5 minutes. Serve with noodles or rice.



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