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Carson Culley recipes - WMTV

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Foods XII - Meat Cookery

Chef Carson Culley's Live Lobster Demonstration

Claws are the best part of the lobster.

Lobsters must be purchased alive and must be alive when ready to cook or else they are not fit to eat.

Lobster tails are crayfish and should be thawed out in the refrigerator.

To prepare live lobster: (Three methods)

1. Split open down the center with a sharp French knife—then cut off the claws.
2. Plunge whole into boiling water. Don't overcook or the meat gets tough. Cool quickly in ice cold water.
3. Cut claws off—then split open down the center with a sharp French knife.
4. For broiled lobster—lobster is better if broiled eliminating the boiling step.

With any of the four methods above, remove stomach and intestinal vein (white, yellow, or transparent in color) down one side. The rest of the lobster is edible—don't take out the green spleen or you spoil the best flavor of the lobster.

Bernaise Sauce for Lobster, Shrimp, Finnan Haddie, etc.

Boil together until the liquid equals 1/2 cup:

1 c. vinegar  
1/2 c. water  
1/4 t. dill, crushed  
1/4 t. sweet marjoram  
1 T. celery  
1 T. onion  
1 T. carrot  
1/2 t. salt  
Pepper

Add, stirring with wire whip:

4 beaten egg yolks  
1/4 t. old smokey  
1/4 t. paprika

Cook over water until thick, add 1/2 lb. butter gradually by chunks. Add 1 T. parsley, and a little lemon juice. Serve



## Lobster A La Newburg

6 T butter

2 T flour

3 c cut up cooked or canned Lobster meat

$\frac{1}{8}$  t nutmeg

dash paprika

1 t salt

3 T sherry

3 egg yolks

2 cups cream

toast

Melt butter in double-boiler top, stir in flour add lobster, then seasonings & sherry place over hot water. Beat yolks slightly; add cream; mix well stir slowly into lobster; cook stirring to thicken.

Serve on toast or serve in individual baking dishes sprinkle with buttered soft bread crumbs; brown under broiler makes 6 servings.

Immediately. Remove from hot  
Chef Culley's Demonstration  
Boat until lemon color

Add to:

Cook  
Ad



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immediately. Remove from hot water. Never reheat.

Chef Gulley's Demonstration Bernaise Sauce

Beat until lemon colored:

4 egg yolks

Add to:

1/4 t. paprika  
1/2 c. tarragon vinegar

Cook over hot water. When it begins to thicken,

Add  
1/2 lb. butter gradually  
1 T. parsley, chopped

Serve immediately. Remove from hot water. Never reheat.

Herb Cookery

Herbs bring out a hidden something—if not needed, don't use herbs. Herbs are objectionable if dominating in flavor. If herbs are used to bring out oh flavor, it is a good thing. Experiment and create with herb cookery.

Herb suggestions:

House of herbs - "Dosh"

Monu - sodium glutamate or "Accent" for leftovers, meat loaves, etc.

Lawry's seasoned salt

Old smokey

Garnish suggestions: Put chopped, washed parsley in cheesecloth bag and wash well. Then it doesn't stick to the fingers and is easier to use for garnish.