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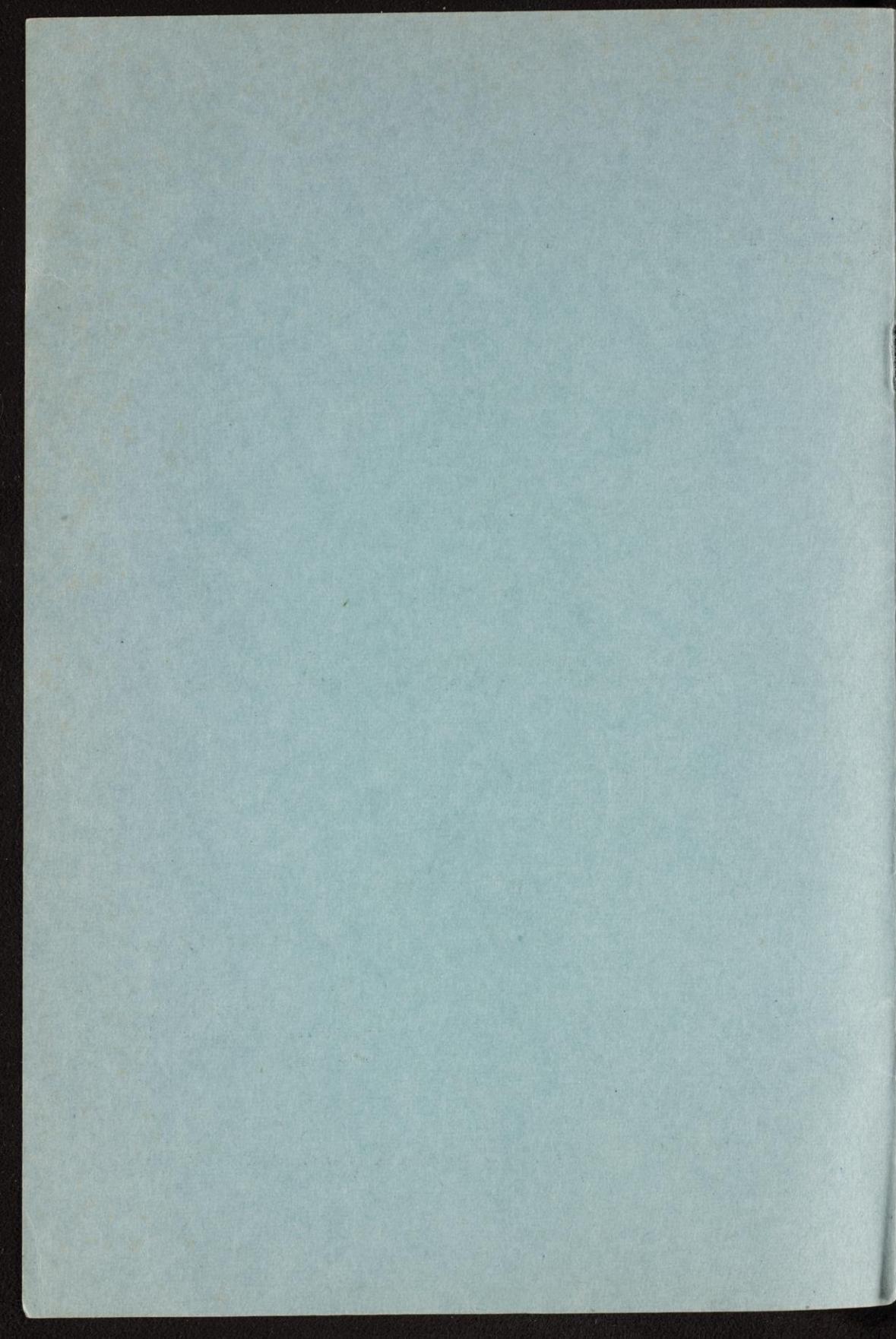
# *Seasoning Secrets*

**HERBS AND SPICES**

**Carson Gulley**

University of Wisconsin Senior  
Chef, Div. of Residence Halls, an  
authority on herbs and spices, tells  
how and why

*Seasoning makes good food better*





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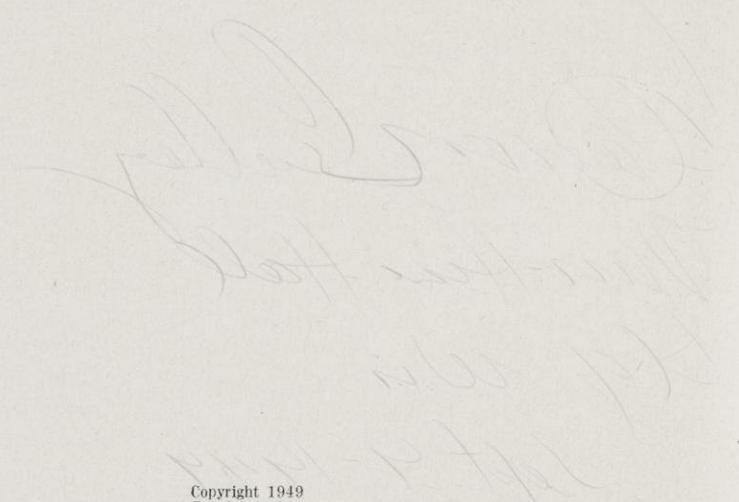


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Chef Gulley and his spice collection, assembled over a period of approximately 20 years as a hobby.



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# Preface

When I was working on a Commercial Dietetics Training Course at Tuskegee Institute in 1936, Dr. George Washington Carver said to me one day, "Chef Gulley, you are an artist, and you are dealing with the finest of all arts. You give so much time to the little things that most cooks overlook. Yet if any creation is to be perfect every step in its preparation must be considered important." Strange as it may seem I did not understand Dr. Carver's views until later—just as I did not see the need for my writing a cookbook which he and several members of the Southern Hotel Association asked me to do at that time.

Since then I have come to realize more fully that cooking is an art. But it is more than that for *food is the nucleus of life itself*, and the preparation of food, therefore, is one of the most important occupations in all human endeavors.

Ever since I began giving talks, lectures, and demonstrataions to public groups I have been called upon to answer questions put to me by the housewife by telephone, letter, or in person. These calls and inquiries have become increasingly numerous. In fact, so much so, that they prompted me to prepare this booklet which I trust will make readily available—at their fingertips—the answers to many questions raised.

Another important question I have been asked dozens of times—and it is a legitimate question—"Why another cookbook?" I answer that this way. You may see in this booklet recipes that have been listed ever since there were cookbooks. Yet by the process of reorganizing and varying cooking time, amounts of certain ingredients, and using a completely different method of preparation I have been able to produce—in many instances a more flavorful, delicious, and enjoyable dish. Baked beans and salad dressings, for example, are notable illustrations of this point.

Throughout my cooking career my work has been principally directed toward the common sense idea of cooking. This idea of doing an exceptional job with the simple things plus whatever creative ability I may have possessed can be credited with whatever success I may have had in my work. The essence of all those experience I have tried to catch and incorporate in this booklet.

I feel that anybody can be a creator in the art of cooking if he or she is willing to work open-mindedly to please, and to continue with constant experimentation. You can only make food an enjoyable life's work if you put body and soul into it.

Anyone who wants to be a success in foods must learn food from its origin to the table. Freshness is the first step in preparation and that freshness must be maintained throughout the entire process of cooking and preparing food.

Close to thirty years experience in cooking for large groups—first at Principia Institute, St. Louis, at summer resorts, at Tuskegee Institute, and at the University of Wisconsin for more than 20 years—increases my sympathy for the housewife who wants to know how to meet her problems in handling food, the mainstay of the family.

I came to my life's work without any previous training for tackling the job. The only equipment I brought to the work was an open-mind and wide-open eyes. These have both proved to be invaluable assets through the years.

My cooking career began when I landed a dishwashing job in a small restaurant in the oil field town of Eldorado, Arkansas, back in 1922. That alone

is enough to say that I came up the hard way. It is my sincere hope that this booklet will help others to find a smoother road, sooner and with fewer mistakes and better results.

## ACKNOWLEDGEMENTS

I could not conclude this preface without expressing appreciation for the cooperation of the many people who have worked with me in the kitchen over the years. They are too numerous to mention by name, but in my profession as chef—as in so many other trades and professions—it is the continued support and assistance of the many everyday workers who make possible not only the day's output but the steps of progress in that field. So to all those who have worked with me at Principia, at the University of Wisconsin, at Tuskegee, or elsewhere I say, "Thank You."

The House of Herbs, Salisbury, Connecticut, and Griffiths Laboratories, Chicago, have been generous and cooperative in furnishing gloss prints and important background material on herbs and spices for use in this booklet. Permission of "Woman's Day" to reprint recipes on Combination Meat Loaf with Herbs and Baked Beans (with modifications) which originally appeared in their publication in October 1948, is very much appreciated.

Beyond the most sincere good wishes and cooperation of fellow-workers and admirers there remained the time-consuming, laborious task of harmonizing food facts and cooking experience with words in order that "culinary explorers" might find my directions and suggestions both useful and enjoyable. In this phase of the undertaking, the Hannas—Hilton and Lillian—have proved themselves true friends and able colleagues.

Finally, as the person who has most constantly worked with me, has regulated her own life and activities to mine, has patiently served as my most willing "guinea pig" throughout years of food and recipe experimentation, who has on so many occasions sacrificed her own comfort to my work, and has often been deprived of companionship because of my work, I wish to salute and acknowledge with deepest appreciation the whole-hearted support and devotion of my wife, Beatrice.

CARSON GULLEY  
Madison, Wisconsin

May, 1949

# Seasoning

Seasoning is an art. It merits attention. It rewards efforts!

According to some sources, it was the search for herbs and spices—major seasoning agents—that led Columbus and his men to the discovery of America.

Cooking pleasures never dreamed of—a world of seasoning thrills—lie ahead for the “explorer”.

Webster defines seasoning as: “Act or process by which anything is seasoned. That which is added, as to food, to give zest, or relish, as salt, spices, etc.; condiment.”

From the standpoint of cooking, seasoning includes everything that is used to make good food better or more palatable.

## SEASONING AGENTS

What then are the best known seasoning agents? A careful check will reveal them to be the following: *Butter, fruits, vegetables, meat extractives, herbs, spices, vinegars, wines, extracts, mono sodium glutamate, and food itself.*

## BUTTER

There is nothing on earth that will take the place of butter as a seasoning. It is used in every phase of cookery from the most common soups to the fanciest desserts. Substitutes can and may be used as one chooses; but they remain substitutes.

Butter, when fresh and sweet, is the only fat that enriches and intensifies the original flavor of any food. At the same time a word of caution is in order. The very delicate quality of butter that puts it in a class by itself as an excellent seasoning makes it the most dangerous fat that can be used, if it is the least bit rancid or not at its best.

Butter is used with flour to make roux for thickening cream sauces for soups and other cream dishes, if they are to be good and full of flavor.

It is also used in broiling steaks, chops, fish, chicken, cooking vegetables, baking cakes, hot breads, pies, making boiled salad dressings, and in a variety of other ways as a seasoning, including flavored butters.\*

Last, but by no means least, butter is served fresh with every meal.

## SEASONING BUTTERS

Many recipes refer to certain kinds of butter by name—particularly for use on special meat or fish dishes. *Incidentally butter purchased for cooking or seasoning should be unsalted.*

The following recipes for seasoning butters will be found especially delectable and dependable.

### Herb Flavored Butter

A very effective and easy method by which to experiment with herb flavors is by means of herb butters. This utilizes the practice of introducing herb flavors through a fat as I recommend elsewhere.

Use approximately 1 part fresh, finely cut herb to 4 parts butter. Cream butter and blend with herb. When using dried herbs reduce amount to  $\frac{1}{4}$  as

\*SAVORY HERBS—Their Culture and Use; Farmers Bulletin 1977 published by the U. S. Department of Agriculture gives detailed information on herb butters.

much as fresh, and soak in lemon juice for a few minutes before mixing with butter.

Some suggestive varieties and uses are: sweet marjoram butter for cooked roasts; dill butter on cooked pork or lamb chops; dill, thyme, or parsley butter with lemon juice on broiled steaks.

Vary measurements and uses according to your own preferences.

### **Brown Butter for Stock**

Heat  $\frac{1}{4}$  cup butter until slightly brown. Add 2 tablespoons lemon juice and 1 tablespoon minced parsley. Pour over broiled steak.

### **Cape Butter**

Let butter stand at room temperature until it becomes soft. Season with cayenne pepper, lemon juice, and finely cut chives. Mix well. For sea foods use as desired.

### **Lemon Butter**

Mix 1 part lemon juice with 2 parts melted butter, a bit of chopped dill and parsley, and a few grains of cayenne pepper. Serve on lamb chops or fish.

### **Lobster Butter**

Pound 2 cups cooked lobster shells with  $\frac{1}{2}$  cup butter in a mortar. Place in a sauce pan with  $2\frac{1}{2}$  cups water. Boil slowly for one hour. Strain into a large vessel. Cool and set in refrigerator overnight. Next morning remove the top and throw out the water.

Melt this butter enough to strain so that all sediment may be removed. Cool, and keep in a cool place until used.

### **Maitre D'Hotel Butter**

$\frac{1}{4}$ pound butter	$1\frac{1}{2}$ tablespoons good chopped parsley
3 tablespoons lemon juice	$\frac{1}{16}$ teaspoon cayenne pepper

Cream butter well. Add parsley and mix thoroughly. Just before serving add lemon juice and  $\frac{1}{16}$  teaspoon cayenne pepper. Serve as needed.

### **Mustard Butter**

Cream 4 tablespoons butter and add 1 tablespoon House of Herbs Prepared Mustard. Add  $\frac{1}{2}$  teaspoon chopped parsley. Blend well. Use as desired.

### **Roquefort Butter**

Blend 3 tablespoons creamed butter with 2 tablespoons Roquefort cheese. Spread on broiled steak and place under broiler for two minutes.

### **Service Butter**

Cream 6 tablespoons butter. Gradually add 2 tablespoons sifted flour.

Use to thicken tomato sauce, fish stock, or to stabilize Hollandaise sauce. Add according to thickness desired.

## **FRUITS**

Fruits may and frequently do serve as seasoning agents in cooking. For example, no one should ever attempt to make a salad without lemon or lime. Regardless of the flavor that is desired or that is supposed to be present it can and will be intensified by the use of fresh lime or lemon juice. No thought of seasoning that leaves out fruit should ever be considered complete.

Meats, sea foods, and fruits in general can all be enhanced in flavor by the use of fresh lime or lemon juice.

## Fruit Seasoning Combinations

Some of the familiar and appropriate combinations of fruits and the food flavors they enhance are:

Apple juice or apple cider with ham

Apples, glazed or fresh, with fresh pork

Pineapple or pineapple juice with cured pork or ham loaf

Cranberries with cured pork, poultry, and many other dishes

Oranges, tangerines, and apples in stuffing for pork and poultry

Tomato—commonly referred to as a vegetable—is used in more branches of cooking than any other fruit. It is used as a vegetable, as the base for many sauces, in soups, alone, and jardiniere.

The tomato is one of our principal salad vegetables (fruits). It is used fresh or cooked both in salads and appetizers. It blends well with many meat, macaroni, spaghetti, and cheese dishes.

## VEGETABLES

Vegetables are most commonly used simply as vegetables with meals. However, many vegetables are used in seasoning. In such cases they may fall on the borderline and be classified either as vegetables or as herbs. Vegetables in this category are celery, onion, parsley, leeks and green peppers. They are all wonderful seasoning vegetables and have proved themselves as such.

The seeds of some of these vegetables are found whole in all spice cabinets. They are ground and made into onion and celery salts for use in milder forms of seasoning.

Onions, celery, parsley, leek, and green peppers add zest and flavor to salads. Many sauces would be helpless without them. They are also very much in demand as fillers for many meat and vegetable hot dishes, such as chop suey, potato salad, sea food, meat salads, and table relishes.

## MEAT EXTRACTIVES

The extractives of meats are the essences that make the product desirable and palatable. The extractive is that substance we crave from the meat.

Flesh of some description is yearned for by practically everyone. Whatever the individual choice—whether it be meat, poultry, fish, or game—the desire nevertheless exists.

Meat extractives form the base on which soups, chowders, and sauces are all constructed.

## HERBS AND SPICES

Herb and spice cookery affords a variety of fascinating and enjoyable recipes, when skilfully executed. Competence and care are essential requisites for the finest results in the use of herbs and spices.

*The excessive use of any seasoning, especially herbs and spices, is highly objectionable. It is far better to use less than required than to use more than is needed.*

Herbs and spices should be used in amounts just large enough or sufficient to attract the attention of the diner to the fact that something new—perhaps unusual—has been added to the food to improve its flavor and delicacy. They should never be used in such quantities that their full and natural strength stands out as conspicuous.

### Function of Herbs and Spices

Spices are commonly used both for fragrance and flavoring. The favorites in herb cookery are parsley, sweet basil, chervil, sweet marjoram, thyme, rose-

mary, tarragon, sage, dill, and chives. These may be used singly or in blends. There are no rules in blending herbs, but imagination, interest and constant experimentation assure their most effective use.

Herbs and spices may be flavorful and enticing but, with few exceptions, by themselves they provide very little, if any, nourishment for the body. They cannot take the place of food. What they do is to harmonize the several food products of the menu and accentuate their attractiveness and palatability.

### Individual Tastes

Every individual has a distinct taste or desire of his own in the matter of seasoning. This individual—this different—slant, is especially true with respect to herbs and spices.

Some people are possessed of a very sensitive taste. With others it is not so keen. Some people are very discriminating with respect to foreign flavors. Others are more cosmopolitan.

For individual or even family service it is an admirable practice to cultivate and develop and to cater to discriminating tastes and desires. In the case of cooking for the general public, or in group feeding, however, the practice is not very feasible.

Cooking with herbs and spices is an art. Factors and considerations such as those listed above make the teaching of that art a difficult task.

*Constant experimentation, therefor, I highly recommend as an important approach to the study of herbs and spices for the purpose of seasoning. These experiments should be conducted on a small scale in the tester's own kitchen before the results are introduced to the public.*

### Know Your Herbs and Spices

*Experience will prove that there are herbs and spices that are especially suited for use with particular foods. When used with such foods they blend beautifully, giving just the desired effect. In combination with many other foods, these same herbs and spices will produce horrible and disastrous results.*

Certain spices are found in many varieties. It is important to know that though some of them have the same name they cannot be used interchangeably. For example, paprika has at least five varieties. There is Hungarian paprika, which is very hot, like cayenne or red pepper. Domestic paprika which is commonly used as a coloring agent and as a garnish, but is also used in many sauces. Portuguese paprika is sweet in flavor and easily adapted to a number of dishes. Spanish paprika resembles Portuguese paprika and is used mainly in stews, tomato sauces, and Spanish sauce. Then there is plain paprika. This variation in the types and uses of paprika makes it essential to know and specify the kind you want for any specific purpose.

The guide should be carefully studied as an aid in determining the herbs and spices that can be used with different foods, in various combinations of foods, and in different methods of cookery.

### Commercial Blends

There are now on the market a number of highly recommended commercial blends that have been worked out and tested in the test kitchens of reputable establishments. Well known among these concerns are the House of Herbs, Salisbury, Connecticut; Spice Islands, San Francisco, California; and Griffiths Laboratories, Chicago, Illinois.

From the standpoint of harmonizing proportions and blending herbs and spices these houses have literally performed a modern miracle in the food industry.

By tests and personal experience I have found these commercial blends to be accurate and satisfactory.

There are good reasons for the excellence of the commercial blends. Whenever herbs and spices are blended at the herb gardens they are blended with equal freshness. That is a point of major importance in the process.

When the individual experimenter or housewife attempts to blend, the herbs and spices used may differ in age as much as two or three years. During that time one or more of them might have become oxidized and flavorless. Should this happen the blended product would also be unbalanced and off flavor.

*In the highest sense of the word, food cookery is an art. Accordingly, it cannot be too strongly stressed and emphasized that where herbs and spices are used in the seasoning process, they should be administered with delicacy, competence, and a keen appreciation of their qualities and flavor.*

### Chemical Reactions

*It is a natural occurrence that chemical and heat reactions create and bring about variations in the same recipe from time to time. However, if products that are uniform in both age and measurements are used the natural variations will be at a minimum; and never radically wrong.*

The art of blending herbs and spices is difficult even under the most favorable conditions. When the job has to be done with unevenly aged, oxidized, and flavorless products, the task is made that much harder. Under such conditions it is impossible to compete with commercial blends that are made from herbs and spices at their best—fresh and full of flavor.

### Cooking with Herbs and Spices

In spice cookery, the *when* and *how long* are just as important as the *where* and *how much*. Depending on the type of food being prepared, many herbs and spices are to be cooked for the entire cooking period. Others may remain in the food for only a short time. For example, when making soups, stews, and chowders, certain herbs and spices should be put in by means of bouquets or spice bags which can be removed as soon as the desired flavor has been attained. In the case of others, they are blended with butter or sauted in fat before combining with the other ingredients. If some herbs are allowed to remain in the cooking food too long their flavor will increase to such an extent that they become objectionable. *Bay leaf, leaf thyme, and rosemary* are members of this strong variety.

Herbs and spices crumbled, powdered, or used in the form of salts and seeds usually need to be watched very closely. As a general characteristic, they tend to grow stronger the longer they remain in the food. Celery salt, garlic salt, or any combination of the two, for example, added to cold tomato juice cocktail or cold vegetable cocktail *just before serving* might lift their flavor to a tantalizing height. Two hours later the same cocktail will be far stronger than at the earlier serving—even if kept in refrigeration.



## Introducing Herb Flavors

Herb flavors can best be introduced into hot dishes through the medium of some kind of fat. If onions, celery, or similar seasoning materials are used they should be sauted in a small amount of fat.

Note, for example, the following recipe and method of making bread dressing or stuffing for meat or poultry.

1	cup celery	Dash of white pepper
1	cup onion	Dash of celery salt
1/2	teaspoon leaf sage	1 cup chicken broth or 1 bouillon
4	tablespoons butter or good cooking oil	dissolved in 1 cup hot water
1	teaspoon salt	1 quart or 4 cups bread crumbs

Cut celery and onions fine and saute in butter or cooking oil over a slow fire until translucent. Add sage, crushed very fine, and the other seasoning. Cook for about five minutes until well-blended. Add 1 cup hot chicken broth, or one bouillon cube dissolved in a cup of hot water, to the sauted celery and onion. Add this mixture to the bread, broken into bits or cut into half inch cubes.

The process of sauteing the sage in the butter with the onion and celery introduces the seasoning into the fat. Since the entire combination is mixed into the bread, the flavor is equally distributed to all parts of the bread thus giving a uniform flavor throughout.

The method described above produces a highly satisfactory result in introducing herb and spice flavors where recipes call for herbs and spices. Meat loaf, meat balls, soups, and cream sauces are also dishes that are adaptable to this method of seasoning.

(If this dressing is to be used for veal birds or stuffed pork chops, two eggs should be whipped and added with the stock or bouillon and blended well with a fork before stuffing.)

## Cooking Time

Herb and spice cookery is very much like vegetable cookery in at least two respects. For best results in the retention of both color and nutritive value, most vegetables should be cooked but a short time.

Herbs and spices are closely related to the vegetable family. Like the latter they, too, require but a short time for best results in cooking. The last half hour of cooking is frequently long enough for many of them to be kept in the food. The objective is to keep them in the food just long enough for them to shed their flavors.

## Objective

The main objective of herb and spice cookery is to create an original food concoction, if possible, or enhance by variation in seasoning the already acceptable and standardized preparation and serving of good wholesome food.

Too often this objective is deliberately distorted. The legitimate purpose of the use of herbs and spices in seasoning is never to cover up an inferior product or camouflage bad food.

## Freshness Essential

*Freshness* is an absolutely essential quality for all products in herb and spice cookery. It is impossible to attain uniformity of control where off-flavored seasonings and inferior half-spoiled foods are used. For example, regardless of the freshness of the herbs and spices, you cannot make a good salad dressing with rancid oil. On the other hand, the best salad dressing will do no good in bringing back to life half-spoiled sea foods, steaks, poultry, or other foods.

Then also, there is the matter of obtaining fresh herbs and vegetables. In gathering them from your own garden you will find the earliest morning hours, before the sun has begun to wilt them, the best time to select your needs for the day. In the market, morning hours are also preferable for selecting fresh produce since they are usually brought in by hucksters or from refrigeration at this time.

If you are able to visit commercial herb gardens—the Toole's, Baraboo, Wisconsin, House of Herbs, Salisbury, Conn., and Spice Islands, San Francisco, California, offer such opportunity—you may purchase fresh herbs direct from the grower.

Spices should be pungent and full of flavor—fresh—when purchased and must be kept closed, away from heat and direct sunlight, to preserve these qualities. Over a ten year period I have found the opaque, shaker-topped jars with complete cap covering which Griffiths Laboratories supplies for their spices to be the most satisfactory container. (*See picture below*)

### Fine Herbs

The following are the Fine Herbs—the most delicate of the herb family. In the fresh stage they require very little cooking, if used in hot dishes. The combinations are:

Thyme, Parsley, Burnet

Parsley, Sweet Marjoram, Chives

Tarragon, Chervil, Parsley (for fish)

Rosemary, Sweet Basil, Parsley

The above groups are favorable combinations that may be put in appetizers, cocktails, cheese spreads, cold sea foods, and hot soups just before serving; sauted with mushrooms and served on broiled steaks with blue cheese. They may also be used in vegetable salads. When so used they should be cut fine with a sharp knife—not chopped and bruised.

The classification just mentioned is known as the mild herbs with the exception of thyme and marjoram which must be used sparingly at all times. The marjoram classified with the fine herbs is sweet marjoram not the black or pot marjoram.

Herbs not listed in this group are considered too strong and dominating for such combinations and usages.



All dried herbs are much stronger than fresh herbs. Consequently much care should be exercised in blending herb combinations—the fine as well as the strong. For that matter the same applies to the strong herbs used alone.

*Any herb cooked too long in foods will eventually become a dominating factor, and thus, objectionable.*

Herbs and spices should never be used in a haphazard manner in any process of cooking. To insure success consult an herb or spice chart or guide. It will get you on the right track as to the proper use of herbs and spices, or proper combinations to use in order to secure the result desired. You will be rewarded many times over in food flavor and meal enjoyment for moments spent in getting your herb and spice "bearing." Let the chart or guide help you select the right herb or combination for the taste effect you seek.

## LEFT-OVERS

It is a generally recognized fact that the public considers such dishes as meat loaf, meat balls, croquettes, and the various types of scalloped dishes, left-over foods—at the turning point in both food value and palatability. That impression ought to be corrected. The responsibility for correcting it is the responsibility of those of us who cook—whether we are cooking for a family of two, a large institution, or the general public.

Left-over foods, used as left-overs are all right. If desired, there is no reason why they should not be prepared in the above mentioned dishes. Such preparation, however, ought to be done when the food is at its best—not after it has reached the stage where there develops the urge to "cover it up," by the use of herbs and spices. When herbs and spices are used as camouflage they do an injustice both to themselves and the food.

## MONO SODIUM GLUTAMATE

Mono sodium glutamate is a modern cooking miracle. "M-S-G"—as it is popularly called is not an herb, not a spice; and not a seasoning. Technically speaking, it is a vegetable protein derivative. But in plain language it is "that certain something" which brings out and intensifies the natural flavor of the food itself.

To the housewife and institutional chef, "M-S-G" is a relatively new discovery. On the other hand it has long been known by the Chinese and has been in use by American commercial canners and food handlers for years.

*One of the most valuable qualities of mono sodium glutamate is its ability to bring out and intensify the natural flavor of foods. It should thus be used in the pure form and strictly according to directions. A small amount will usually produce the desired effect.*

*Mono sodium glutamate should not be used with fruits, highly cured meats, or highly seasoned or spiced foods.*

*"M-S-G" is a culinary new-comer. Yet it is simple to use and easy to keep on hand.*

In the preparation of left-overs, in cream sauces, and in foods which have to be held for a while between preparation and serving, a little mono sodium glutamate can be an invaluable asset. A small amount of it intensifies the natural food flavors which otherwise would be covered with blandness and lost. It is almost like the process of recreating or restoring the original qualities.

Mono sodium glutamate is a wonderful discovery. It ought to be used as it was intended to be used. If its purpose is perverted or the product carelessly handled 'M.S.G.' can be very dangerous. For example, mono sodium glutamate should never be used to camouflage spoiled, tainted, or questionable foods.

Any food in which enzymatic action has begun should be thrown out without hesitation.

*The main purpose of mono sodium glutamate is to make good food better!*

As pointed out, mono sodium glutamate, in certain respects, literally performs miracles. Yet there are many foods that can be made just as palatable and enjoyable without mono sodium glutamate as with it. However, in the whole process—from selection to serving—*every rule and principle relating to proper preparation must be carefully followed and rigidly observed.*

The preparation of creamed chicken is an A-1 example of this point.

## Creamed Chicken

### Selection and Cleaning

The first step is to select the proper bird for the recipe. For this recipe select a five pound, well-developed, well-fed and well-finished stewing chicken. It must be dressed, cleaned, and washed with baking soda inside and out—the latter to remove all dust film that might possibly serve to contaminate the natural flavor. It should not be dressed more than two days before cooking; and at that, it should not be stored in temperature more than 40°F. or less than 32°F. In other words, as near 32°F. as possible, but not lower than freezing.

### Cooking

*The chicken must be cooked the day it is to be served, and the method of cooking is very important.*

Use the smallest kettle you have with a cover which will conveniently hold the chicken and 2 quarts of water for cooking. *Start in cold water add seasoning; bring to a boil; then lower flame so that chicken just simmers.*

### Seasoning

$\frac{1}{4}$  teaspoon white pepper

$\frac{1}{4}$  teaspoon celery salt

1 teaspoon of salt per pound of chicken

As soon as chicken is tender remove kettle from fire. Let chicken remain in stock until stock is cooled to room temperature so that natural juices and extractives stay in it.

### Preparation

After the chicken has been removed, boil the stock until it is reduced to  $\frac{1}{2}$  to  $\frac{1}{3}$  of its original volume. Remove from the fire and strain through a fine strainer.

### Cream Sauce: or Chicken Supreme Sauce

Use equal portions of chicken stock and whole milk. To each cupful of chicken stock and milk allow  $2\frac{1}{2}$  tablespoons flour and 2 tablespoons chicken fat for the roux. Make the roux, using the flour and chicken fat according to the above specifications. When the roux is made, gradually add the chicken stock and milk, which must be hot, and whip into a smooth sauce. No seasoning should be necessary.

### Combining Chicken and Sauce

Meantime the chicken should have been removed from the bones. It should not need to be diced or cubed. Put the chicken in a casserole dish, pour the sauce over it, and heat in the oven for thirty minutes at 300°F.

### Serve

Serve hot with biscuits, on toast, with noodles, rice, mashed potatoes, or in patty shells. A sumptuous dish that is, if ever there was one!

## VINEGARS

### Herb Vinegars

Wherever possible cold dishes such as cocktails should be seasoned with herb vinegars. When herb vinegars are used, once the desired flavor is attained it remains the same for an indefinite period. It does not grow stronger with the passing of a few hours.

### Herb Wine Vinegars

In salad dressings herb flavors are best introduced through herb wine vinegars. Flavors are better controlled through the use of vinegar than by the use of salts or herbs themselves.

Herb wine vinegars are used in making many sauces for seafoods. The famous bearnaise sauce that previously required hours for making, by combining and cooking the various ingredients, may now be made in a jiffy by using mixed herb wine vinegar, water, butter, and eggs.

If individuality is to be maintained and a high standard established in making salad dressings with a distinctive flavor of your choice you must get acquainted with wine flavored vinegars. Wine flavored vinegars possess long life keeping quality.

Many meats such as lamb chops, steaks, fish and sea foods may be broiled by first marinating in your favorite wine vinegar, and finishing off with butter or salad oil.

Many salads, by the use of herb wine vinegars and your favorite salad oil, may be served without a dressing.

### Spiced Vinegars

If unable to secure the herb wine vinegars, you may spice or flavor cider vinegar by boiling the spice or herb in the vinegar before making the salad dressing. As a beginning in this phase of herb cookery you might start with a cupful of boiling cider vinegar. Toss a handful of fresh basil, marjoram, or thyme—cut in narrow julienne strips—into the boiling vinegar and leave just long enough to wilt. After three minutes strain and use the herb or spice flavored vinegar as directed in your recipe.

## ACCOMPANIMENTS

Herbs and spices, as valuable ingredients in the manufacture of salad dressings and sauces, make an important contribution to cooking. Hardly a sauce or salad dressing for meats, vegetables, poultry, sea foods, or dessert can be made without herbs and spices in some form.

A salad is often the bouquet of the table—both from an artistic and a nutritional standpoint. On many occasions salads are made with raw foods that are needed by the body to supply the vitamins and minerals essential for a well-balanced meal.

Often the salad dressing creates the palatability necessary to entice or tempt the appetite of the diner for the salad. Salad dressing also adds food value to the menu.

Most salads made from cooked foods are made with, or are at least partially composed of, salad dressing. In other words, the dressing constitutes part of the salad.

### Spiced Accompaniments

Spiced accompaniments, which depend on herbs and spices, include such tasty dishes as:

Spiced crab apples, spiced pears, peaches, pineapple, beets, celery, cucumbers, watermelon pickles, relishes, chutney, catsup, and pickled sea food.

Practically all types of food may be processed with spices.

### **Wine**

Wine is a seasoning agent for meats, poultry, and a variety of fish dishes. Along with spices and lemon juices it is used as a marinade for game. Wine is also used in making the sauce for Newbergs, chicken paprika, chicken a la king, shrimp creole, etc.

Wine as a seasoning is extensively utilized in European cookery. In the United States its full seasoning qualities are only rarely employed. It offers a fertile field for experimentation.

### **Brandy**

Brandy is another "spirit" also used in cooking. It is found to be quite desirable in plum puddings and many fruit sauces.

### **Extracts**

Extracts are the distillates of the oils of corresponding fruits. They are to fruits what extractives are to meats. Almond, vanilla, and lemon extracts, for example, are obtained from the almond nut, vanilla beans, and the lemon respectively.

Extracts are extensively used as seasoning or flavoring for sweet entrees, pastries, and confections.

## **SEASONING SALTS**

Herb salts are a convenient means of seasoning salads, sauces, soups, and many other foods. They are convenient to use and to keep on hand. But the use of herb salts creates certain problems.

Since the salts are made from seeds containing oils, they have certain chemical reactions as a result of those oils. Just as oil permeates whatever it touches, the oil in these salts spreads and intensifies the flavor the longer it remains in any food. Therefore, it needs to be used with caution. Remember that the taste of the food as you prepare it may change to a much stronger flavor a few hours later. Used correctly, however, the salts form a milder seasoning than the direct herbs because the oils have been blended with salt.

Another caution for the use of herb salts is that their strength deteriorates with age. If not used in a reasonable time, or if left open or kept at too high a temperature, they become oxidized and crystallized so that their true flavor is lost. The seeds themselves will keep indefinitely as long as whole, and one may soak or boil them to get the substance for flavoring, but once the seeds are cracked or ground, the oil begins to escape. And the oil is essential to the seasoning quality.

Following is a list of seasoning salts and suggestions for their use:

### **Basil Salt**

Use to season tomato dishes and sauces, gives an excellent flavor when cooked with salt fish, tuna fish, liver and green vegetables.

### **Celery Salt**

The best way to use celery in salad dressings, sauces and gravies; lifts out the hidden flavor of fruits, vegetables and meats. Blends well with practically any flavor. Especially good in bread dressings and stuffings for poultry and wild game.

### **Garlic Salt**

Use on steaks, roasts, and in meat balls, or in beef soups and green salads.

### **Marjoram Salt**

Use on breaded cutlets, spinach and squash; can also be used in soups, lemon sauce, stuffings and salads.

### **Onion Salt**

Gives fine flavor to steaks, roasts, pork chops, meat gravies, stews, soups, hash, and fried potatoes, and in salads made of fresh vegetables.

### **Vegetable Salt**

Sprinkle in tomato juice, orange, milk, or on cereals and salads.

### **Commercial Seasoning Blends**

From my own experience, I recommend that you try the following trade name products: *Dash*, *Tomato-Teaseling*, and *Special Blends A. B. and C* for use on vegetables, fish, and meats are prepared by The House of Herbs. *Fine Herb Grinds for Making Butters* is a new product of Spice Islands which also packages M.S.G. *Lawry's Seasoned Salt*, originated in a famous west coast restaurant, is now available for your table or kitchen use. As the name specifies, it is seasoning as well as salt. *Old Smoky Buckaroo*, produced by the Old Smoky Sales Corp., gives a special lift and a touch of seasoned smoky taste. Spice Islands is also offering a similar product now. *Roast Meat Seasoning* by Griffiths, does something wonderful for your roasts and similar meats.

In mentioning these products I am not precluding others, nor am I advertising these particular companies except as I have found their products reliable and a real asset in the art of seasoning good, well prepared food.

### **Caution**

The average spice or seasoning leaflet commonly advises the use of more seasoning than the beginner or average person likes.



House of Herbs Flavor-Packed "Even Dozen"

# *Herb and Spice Guide*

The successful way to herb and spice cookery is through experience and experimentation in your own kitchen. But before you begin experimenting consult the Guide. It will get you acquainted with the possibilities of herb and spice seasoning, or reassure you of the fact that such herbs and spices ought to be used for the flavor desired.

Herbs and spices—fresh or dried—do not blend with all foods. Therefore, the following Guide is intended to serve as your protection in their use. In blending herbs and spices for use in any recipe make sure that they are all especially suited to the particular food under consideration.

**ALLSPICE** in flavor, a blend of cinnamon, clove, and nutmeg. Usable in a wide variety of cookery. Add it whole to soup stocks; use whole in recipes calling for a long cooking time. Essential in pickling; excellent as a pastry spice. In seasoning cold meats, wrap it in a cloth and crush with a mallet before adding to the meat—or use freshly ground allspice.

**ANGELICA** leaves and stalks are candied or glazed like citron. Use in fancy cookies, cakes, and confections, steam puddings and fruit cakes. Grate for use in cookies; chop for use in puddings and fruit cakes.

**ALMOND** the Spanish variety is available in this country bleached and ready for roasting. Fresh domestic almond must first be blanched by covering with boiling water and allowing to stand for about ten minutes. The hulls will then come loose easily. An almond paste can be bought ready-made in cans for use in delicate pastries. Almond extract is useful in many different cake and dessert recipes. For soups and baking, almonds need not be roasted. For almond bisque, blanch the nuts and grind. Make a thin cream sauce, cook in double boiler for an hour with the ground nuts. When ready to serve, dilute with milk to desired consistency. For a soup in which the almond flavor is not pronounced, substitute chicken stock for half the milk. Season slightly with celery salt, table salt, and white pepper.

**ANISE** slightly licorice in flavor; use sparingly until an appreciation of the flavor has been cultivated. Seeds of Spanish anise are used for breads, rolls and confections. One-half teaspoon anise seed added to the boiling vinegar and strained out will season a quart of mayonnaise.

Anise leaves are used fresh or dried in salads and in making herb tea.

**ANISE, STAR** powdered, is often used as a brown coloring agent, particularly in apple butter.

**ARROWROOT** use as a stabilizer in place of an equal amount of flour or cornstarch to thicken puddings and cream pies. In making pie crust arrowroot will not take the place of flour entirely. When used in butterscotch sauces or ice cream, arrowroot will not spoil as quickly as cornstarch. It does not absorb moisture from the air.

Arrowroot is particularly useful when cooking for allergy patients who cannot eat flour.

**BALM, COMMON or LEMON** lemon-scented leaves are used fresh or dried in meat, fish, and salad dishes.

**BALM, PINEAPPLE**—use same as common or lemon balm.

**BASIL, SWEET** has faint pepper-lemon-clove taste. Use fresh leaves in salads, and leaves in stews, soups, fish sauces, and omelettes. Chop fresh leaves like parsley; crumble dry leaves well. Add to soups and chowders the last ten minutes of cooking. For fried tomatoes add crumbled dry leaf to crumb mixture. In vegetable cocktail add crushed basil leaves about an hour before serving.

**BAY LEAF** use in stews, sauces, soups, fish cookery, cold or hot meat, game dishes either alone or blended with other seasonings. In cold meats crush the leaf and mix with other seasoning; in soups—tie the leaf in a cheesecloth so that it may be easily removed according to taste preference before the soup is served.

**BORAGE** cucumber taste. Use fresh or dried leaves in salads. Crystallized flowers can be added to cake and confections. If using borage in any hot dish, keep it in cheesecloth bag for removal as soon as flavor is sufficiently introduced.

**BURNET** slight cucumber flavor. Use in salads; also in making vinegars.

**CAMOMILE** (sometimes spelled Chamomile)—dry leaves and flowers used in herb tea. In Mexico the seed is used in making chili, sauces, soups, stews, and in tomato dishes where high flavor is desired.

**CAPERS** premature blossom of spice plant "capers" which is pickled for use in cold dishes, sauces, and salads—especially sea food such as tuna, crabmeat, or salmon. Taste is sharp, sweet, and lemon-like.

**CARAWAY** use dried seeds in breads, cakes, cheese, soups, sauerkraut, new cabbage, sprinkled on French fried potatoes, goulash, pork liver and kidneys. Mix with cream and other cheese for canape spreads, or celery stuffing.

**CARDAMON** can be obtained whole, de-corticated, or in powdered form. Include in many mixed spices or spice bags. Use in gingerbreads, cookies, cakes, and biscuit batters, and in poultry stuffing. Use ground cardamon in sausage mixture, on hot dogs, and try rubbing it on fresh pork. Use with nutmeg and cinnamon in apple pie.

**CASSIA** similar in flavor to cinnamon, somewhat stronger and more pungent; may be used instead of cinnamon. The cassia stick is thinner than the stick cinnamon bark, and does not give such a dark color as does cinnamon. Cassia varieties include Honan, Batavia and China Saigon.

**CELERY** seeds and leaves are used for flavoring meats, sauces, and salad dressings. For poultry or game stuffings saute fresh celery or use celery salt or whole celery seed. Celery leaves or stalks for soups should be sauted before putting into the stock. Serve stalks as a relish, pickled with cucumbers, or creamed as a vegetable with pieces of mushroom and carrot.

**CHERVIL** resembles a mild parsley in flavor with slight peppery taste. Use in place of parsley in salads, egg and pou-

try dishes, and in sorrel and spinach soups.

**CHIVES** young green tops are mildly onion flavored. Use chopped in savory foods, sauces—especially seafood and fish dishes—salads, and cream or cottage cheese.

**CINNAMON** use to flavor desserts, pies, pastries, breads, meats, and stuffings; dust on fried bananas, and in making beverages. Especially good with apples, and often combined with allspice, nutmeg and cloves; mix with sugar for use on waffles or toast. Pickling and canning.

**CITRON** glazed rinds used for fruit cakes, cookies and steam puddings.

**CLOVE** use whole for flavoring ham and other baked meats. Cloves contain oil and are high in flavor, therefore, are excellent for pickling fruits, or combining with other spices for pumpkin pie, spice mixture, catsup spices, etc.

**COMENIEN** seeds are used for chili only. In the making of chili con carne, comenien seed alone would set off the flavor of the dish.

**CORIANDER** use seeds when fully matured and dry. Coriander seeds must be kept dry or the odor and flavor will be unpleasant. Use in frostings, cookies, sweets, and in hot dogs, gingerbreads, pound cakes, stuffings, mixed salads, pickles, chutneys. For a spice bag mix a few coriander seeds, a bit of ginger root, a whole clove, a few mustard and all-spice seeds.

**CUMIN** seeds resemble caraway. Use in soups, stews, cooking chicken, and for pickling; sometimes added to pastries. Blends well in wine cookery.

**CURRY POWDER** a combination of herb seeds and spices in a dry, yellow powder. Use in making such dishes as curried lamb and stews, Spanish or curried rice, and in tomato sauce. May be used as you would mustard in salad dressing.

**DILL** aromatic seeds are used in pickling, fish cookery, and in salads. When using the dill sprig in salads bruise it and mix with the salad ingredients for a time but remove before serving.

**FENNEL** Use seeds, which have an anise-like flavor, in salads, savory foods, especially fish, and in pickling. Crush or grind the seeds for use in soups, stews,

and chowders. Cut fresh leaves in julienne strips for use in salads, but use very sparingly because of their high flavor.

**FENUGREEK** seed is used in making curry powder, but flavor is so strong that it should never be used as a substitute for curry powder.

**FILE** a powder made from the dried leaves of tender tips of sassafras. Used in Creole cookery, particularly gumbos.

**GARLIC** a bulbous herb with strong onion flavor; too often misused and consequently disliked. Handle discreetly and use sparingly. Chop garlic very fine and saute in oil to a golden brown before adding to stews, chili, sauces, or other hot dishes.

A simple way to handle garlic seasoning is in the form of garlic salt, juice, or vinegar. These extracts have the exact flavor of fresh garlic and are more easily controlled. Garlic vinegar may be added to vegetable salad dressings in place of cider vinegar. Another easy way to control garlic flavor is to keep a clove of garlic in a half cup of salad oil in a covered jar in the refrigerator; when garlic seasoning is wanted use a few drops of the oil in which garlic has been kept, or for salads, rub the salad bowl with the garlic flavored oil.

**GINGER** can be obtained in whole, ground, or crystallized form. Ginger is used as a spice in cookies, the familiar gingerbread, and other confections; it is a popular pickling spice. Crystallized ginger may be used in fruit salad by shaving a little ginger over the top of the salad or by mixing it with a dressing made of one part whipped cream and one part mayonnaise.

**FISH HERB** is a mixture of mint, sage, thyme, basil, dill and marjoram. When making fish chowder, fish herb should be added the last ten minutes of cooking. It may be mixed with salt and sprinkled over fish in the process of baking.

**HORSERADISH** may be had fresh or commercially prepared. The fresh horseradish is much stronger and more flavorful. The prepared horseradish must be kept under refrigeration and is good so long as it retains its white color, but if it turns dark it has lost its seasoning power. The dehydrated horseradish is good the

year around and does not need refrigeration.

Horseradish is especially good in seafood cocktails or as a relish for meats. It may be mixed with whipped cream to taste for a ham dressing.

**HYSSOP** use leaves for flavoring vegetables, especially those of the bean family. When seasoning canned vegetables, the juice should be drained off; add finely chopped hyssop leaves, butter and salt; pour the heated liquid over the vegetables.

**JUNIPER** crush berries and sprinkle over wild game while cooking, or add to Spanish sauce and curried dishes.

**LAVENDER** a sweet spice used to decorate cakes or confections. Also used for sweet meat seasoning.

**LEEK** mild onion flavor, used principally in appetizers, soups, and relishes.

**LEMON** a citrus fruit, the juice of which is essential to fish cookery, all fruit salads, raw fruit preparation, and many vegetables. Use lemon juice for dredging to prevent discoloration of such fruits as bananas and apples; add it to apple dishes to bring out flavor especially to old apples. Marinate all fruits in lemon juice to which has been added a sprinkle of sugar, before combining in fruit salads.

**LIME** use interchangeably with lemon.

**LOVAGE** stems have a rich celery-like flavor, and can be combined with marjoram, chives, and mint in French dressing. Used alone or in combination with other herbs in cottage and cream cheese, lima bean salads, sandwiches and poultry stuffings. Use like celery in soups, sauces, and stews. The candied roots may be used in cake frostings and cookies.

**MACE** (the lacey covering of the nutmeg seed) use whole blades in fish sauces, in pickling, preserving, and particularly in stewed cherries or prunes. A blade, or piece, added to welsh rarebit gives distinction to the dish. One blade chopped fine flavors gingerbread batter. Chop fine and add to biscuit dough to serve with fruit or strawberry shortcake. It brings out the flavor of chocolate in recipes, and is excellent in yellow cake, pound cake, and in anything fried in deep fat, such as fried cakes. Grind and add to cream soups, or add to soup stock

and oyster stews the last ten minutes of cooking.

If used with a light hand mace may be found desirable in all branches of cooking.

**MARJORAM** used ground in meat, salad dressings, stuffings, gravies for swiss steak, and in meat loaf. May be used to garnish tomato, cucumber, and other vegetable salads. Dried marjoram leaves are crumbled and added sparingly to soups and stews, the last ten minutes of cooking. Marjoram can be bought as domestic, French and "sweet", the last being recommended for fish dishes.

**MINT** fresh leaves may be chopped fine for fruit salads or used whole as garnish. Use with lamb roast, in iced tea or mint juleps, or for marinating canned fruits to bring out the fresh flavor.

**MUSTARD** young tender leaves may be used in salads. Seeds are ground for pickling or for seasoning sausage and other cold meats. The black mustard is recommended for dark meats like **salami**. Yellow mustard seed is also used in pickling, in making sausage and cold meats, but is most frequently used powdered and made into prepared commercial mustard known as English salad mustard. Prepared or powdered mustard may be added to salad dressings and sauces.

**NUTMEG** is a stable spice in the baker's cabinet and is used to bring out the flavor of many dessert recipes. When used in soups in powdered form it should be added the last ten minutes of cooking. Principally used in apple pies or apple dishes of all kinds, and in egg nogs.

**OREGANO** (see Sage, Oregano).

**PAPRIKA (Domestic)** contains Vitamin C. Used in both sweet and strong sauces. May be sprinkled on the most delicate salad, and may be used to season your strongest sauce. Has a flavor that goes well with many others. When buying paprika, specify the domestic variety for general use because of its mild flavor. Used as a coloring agent on neutral-colored foods.

**PAPRIKA (Hungarian)** is too strong to use in salads; use only in cooked foods. Excellent if used sparingly in meat dishes and sauces, but not in mild sauces. Has a very strong flavor resembling cayenne pepper, and may be used interchangeably with it.

**PAPRIKA (Spanish or Portugese)** similar in rich taste and distinctive flavor, but sweeter and milder than Hungarian paprika. Very good for tomato sauces on spaghetti or fish.

**PARSLEY** when fresh may be used in soups, sauces, dressings, to garnish potatoes, meats, poached eggs, omelettes, fricassee chicken, and in combination with other herbs and spices. To prepare parsley for use soak in water and then wash well under running water. When using chopped parsley to garnish vegetables, place chopped parsley in cheese-cloth and hold under running water; then wring dry. The gummy secretion of the parsley will stick to the cloth and the parsley will be dry and sprinkle easily. Has won popularity over all herbs, blends well with all hot dishes, meats, sauces, vegetables, and butters. May be dipped in batter and French fried as a vegetable garnish for steaks. High in Vitamin A and C.

**PEPPER, Black**, standard seasoning for all meat cookery and table use. Used in pickling, soups, and meats. Many cold meats may be peppered on the outside by crushing the grain and rolling the meat in the pepper.

**PEPPER, White**, use interchangeably with black pepper; is particularly good in seasoning cold meat. Is recommended for cream soups or light-colored dishes where specks of black pepper would detract from the appearance.

**PEPPER, Chili**, is used in chili powder. If chili con carne is to be made you should have chili pepper as well as chili powder. Chili peppers come in large black pods and are also known as "red chili" pods.

**PEPPER, Chili Petin**, is very hot. Use for chili, cold meats, and barbecue sauces. Must be used sparingly.

**PEPPER, Migonnette**, rich in pepper flavor, but not as hot; most effective in all kinds of stock making.

**PEPPER, (Louisiana red hots)**, used for pressed meats such as head cheese, and other kinds of meat cookery, sauces, soups, and stocks.

**PEPPER, (Southern Red Hots)**, used in making all hot sauces. It is used in the South to flavor vegetables as pepper is consumed there in large quantities. Both

Louisiana and Southern red peppers are excellent in making cold meats.

**PEPPER, Cayenne**, use very sparingly. Use ground in meats, soups and salad dressings, fish and meat sauces, scalloped cheese dishes, pickling.

**PEPPERS, Sweet (Domestic)**, a vegetable in reality, but used chiefly as a seasoning agent. Plays a great part in tossed green salads, and is used in practically all kinds of tomato sauces such as spaghetti, Spanish, and tomato creole. May be stuffed with bread and meat, baked and served as a vegetable. Use sauted with onions and mushrooms, folded into cream sauce, to be served as mushroom sauce. Used to garnish salads, or served whole stuffed with cream cheese. Blends well with other flavors, and are often chopped and mixed with sandwich spreads.

**PEPPERCORN** resembles a pine burr in appearance and is usually one-eighth inch in diameter and about one inch long. Particularly good to bake with pork.

**POPPYSEED** used for breads, buns, rolls, cookies and candies. When mixed with sugar and milk and boiled ten minutes, it is used as a spread on pastry and hot breads dotted with butter.

**ROSEMARY** the sweetest herb, blends well with practically anything—meat, fish, or vegetable. Leaves can be used in all herb bouquets, in sweet and savory foods, delicate French dressings, fruit salads, fish soups and chowders. May be mixed with black thyme, whole white pepper and peppercorn to season cold meat such as head cheese and Rula Pilsa.

**RUE** blue-green leaves used fresh in salads and dried to flavor cooked vegetables.

**SAFFRON** comes from the tiny stigma of a crocus-like flower, and is an expensive herb to buy since over 70,000 blossoms are needed to yield one pound of seasoning. Used principally for its pleasant yellow color; used in saffron cakes which are a specialty of Cornish people when served with plum preserves and clotted cream. Saffron rolls and buns are a delight to the Latin palate. Most highly esteemed is "Arroz con Pollo," the famous chicken-rice dish of Spain. Spanish rice is not complete without saffron.

**SAGE, White (Silver leaf)** next to parsley is the most familiar herb and probably the strongest in flavor. Should be

included in every dish where pork is cooked; is standard in goose and poultry stuffings, breakfast sausage and veal dishes; used in cold meats such as spiced luncheon meats, and with tomatoes and fresh cheese.

**SAGE, Oregano** a product of Mexico, used primarily for seasoning Mexican and Spanish dishes, particularly chili con carne and highly flavored stews of lamb or mutton.

**SASSAFRAS** (see File).

**SAVORY** a gentler sage with a touch of lemon and pepper. In some European countries it is called the "bean herb" because of the flavoring it lends to the bean-pea-lentil family, when used alone or in combinations with other herbs. Is invaluable in seasoning rich stews, meat sauces, meat loaves, croquettes, cocktails, and salads. Either fresh or dried may be used in cooked foods, but the fresh should be sauted before putting into the food. The dry may be sprinkled over croquettes.

**SESAME** seed is sprinkled on breads and rolls, and is used to flavor candy.

**SORREL** leaves can be used in tossed or fruit salads when young and tender, or prepared like spinach and cooked for three minutes to serve as a fresh green vegetable.

**TANSY** strong and spicy, the young leaves are used to flavor cakes and puddings.

**TARRAGON** taste is decidedly sharp, clean and tangy; often used alone to season chicken, rabbit, eggs, fish, shell fish and sauces, pickling, newbergs, and thermidor. A superb salad herb.

**THYME** leaf is piney and pungent in flavor and strongly aromatic. Try it in a variety of foods,—clam chowder, meat, fish soups and stews, on many vegetables. Use fresh as a garnish for salads, but do not use it constantly, because the taste can get monotonous.

**TURMERIC** a yellow powder from the root of the plant; used mainly in curry powders, table mustard, pickling spices, and mixed ground spices.

**VANILLA** beans are used to prepare vanilla extract for flavoring cakes, puddings, ices and beverages.

**WATERCRESS** a peppery herb used in salads and in sandwich spreads.

## *Meat Cookery*

Finesse in any branch of cooking requires a thorough knowledge of the food, careful handling of the ingredients, and imaginative experience in working with them. This is nowhere more true than in meat cookery where the natural flavor, the extractives, and whatever additional seasonings one may use depend upon the raw product with which one has to work.

There is a wide range in kinds, grades, cuts, and prices of meats, but unless you know how to take advantage of this variety, the many kinds and cuts will mean nothing; all of which emphasizes the importance of having a thorough knowledge of how to select meat, how to care for it, and how to cook it. These three points—selection, care, and cookery—are inter-related. Knowing one is not enough. It is necessary to know all three.

## How to Select Meat

There are five very important factors to be considered when deciding the kind and cut of meat to be selected and the amount to buy:

1. Number of people to be served determines amount to buy.

You may figure 3 portions per pound with bone out.

2 portions per pound with bone in.

- ## 2. Cooking time required:

Regardless of the kind or cut, all meat is cooked at low heat. The following is a guide for your use.

Standing ribs of beef (rare) 18 to 20 minutes per pound

(medium) 22 to 25 minutes per pound

(well done) 27 to 30 minutes per pound

Well done) 27 to 30 minutes per pound  
Bolled rib of beef (rare) 32 minutes per pound

(medium) 38 minutes per pound

(medium) 38 minutes per pound  
(well done) 48 minutes per pound

Pork Loin (center cut) 35 to 40 minutes per pound

(end cut) 45 to 50 minutes per pound

Ham (10 to 12 pounds) 15 minutes per pound

15 minutes per pound  
18 to 30 minutes per pound

Ham (half) 18 to 20 minutes per pound  
Lamb (leg) 30 to 35 minutes per pound

30 to 35 minutes per pound  
(rolled shoulder) 40 to 45 minutes per pound

Veal (leg) (rolled shoulder) 40 to 45 minutes per pound

- Veal (leg) \_\_\_\_\_  
(rolled shoulder)

(rolled shoulder) 40 to 45 minutes per pound  
Cooking equipment needed:  
A modern oven with a broiler, a shallow roasting pan with a rack, fry-

- ing-pan with cover, 1

Budget expenditure: Meat involves the largest percentage of your food dollar. Therefore, I shall emphasize the utilization of the cheaper cuts, and extenders, and through a few significant recipes point out that these less expensive dishes may be made not only nutritious but tasty, palatable and inviting.

- ## 5 Kinds and cuts available:

I suggest that you get a copy of the *Meat Manual* published by the National Live Stock and Meat Board, 407 S. Dearborn St., Chicago 5, Illinois. It gives excellent charts and information on this whole subject.

## How to Care for Meat

### Fresh Meat

Store in coldest part of refrigerator, *uncovered* or with loose covering of waxed or parchment paper.

### **Cooked Meat**

Store in refrigerator closely covered, but only after meat is completely cooled.

### **Cured Meat**

Store wrapped, in refrigerator.

### **Frozen Meat**

Hold at 0°F. or lower. If thawed before cooking, thaw in refrigerator overnight. Never refreeze. It is better to cook meat frozen than to thaw quickly with the help of water or at room temperature, in the case of roasts or boiled meats. Steaks should be thawed or partly thawed before cooking.

## **How to Cook Meat**

### **Dry Heat**

Refers to roasting, broiling, and pan-broiling. This method is suitable for such cuts as roasts of tender beef, veal, fresh pork, cured pork, lamb and meat loaves. And like all of the other methods of meat cookery, it is easy if a few simple rules are followed:

1. Season with salt and pepper.
2. Place meat, fat side up, on rack in open roasting pan.
3. If you cannot tell when meat is done, insert meat thermometer and cook at 300°F for entire cooking time with *no water added at any time*.

Note for example the results of proper and improper cooking temperature. I have cooked a 12½ pound roast at 300°F and found it to weigh 10¼ pounds when done; while a similar 12½ pound roast cooked at 450°F lost four pounds during cooking, and weighed only 8½ pounds when done.

### **Braising and Cooking in Liquid**

(1) Brown meat on all sides in fat in heavy skillet. If desired, first dredge the meat with flour. The meat should be browned slowly for a more permanent brown; this step adds to the savory goodness of braised meat.

- (2) Season with salt and pepper.
- (3) Add small amount of liquid—one cup for a 4 to 5 pound roast.
- (4) Cover tightly. The steam softens the connective tissues and makes the meat more tender.
- (5) Cook at low temperature until tender. Just as in the dry-heat methods, the secret of success in moist-heat cookery is in a low temperature. The time involved depends on the size and shape of the cut being cooked. A good theme song in cooking meat would be "low and slow".

### **Pan Frying or Sautéing**

Frying in a small amount of fat. This method is often used for pork chops and steaks, ham steaks, lamb chops, or any tender meat containing fat marbling. Country-fried steak, liver, and such variety meats may also be cooked by this method after they have been dredged in flour.

### **Deep Fat Frying**

Refers to that process in which the fat covers the meat, and is most often used for cooking breaded chops, cutlets, croquettes, etc. Temperature used is not less than 375°F. Food needs to be drained after cooking by this process.

# Meat

## STEWES AND MEAT PIES

In a stew there should be present an individual distinction as in any other meat preparation. To do this much more skill and cooking technique should be employed as we are dealing with meat and vegetable cookery in the same process. The meat should not be overcooked but at the same time it should be tender and palatable. The vegetables must not be overcooked, if so the flavor and appearance is destroyed.

In a stew or meat pie, the meat may be cooked in a simmering process or by browning it in the oven. If the meat is to be browned in the oven, it must be done in the form of a steak, and as soon as it can be browned it should be changed to a simmering temperature; if not, the meat will be left very dry. The use of paprika may be eliminated in part or altogether in the browning process, but it must be added in the simmering process in all cases except white veal pie or stew. If, however, a white stew is not absolutely desired the use of paprika will greatly improve the flavor and appearance of the stew.

In using commercial or utility grades the simmering or moist heat and long cooking time are always essential to secure tenderness. In using the more choice cuts, such as small ends of T-Bone steaks, or other choice or good grades, braise the meat; then simmer for about 20 minutes or until tender.

### BEEF STEW

(Serves 8)

2 pounds beef cut in 1 inch squares  
½ pound or 2 cups onions, cubed  
½ pound or 2 cups carrots, cubed  
½ pound or 1 cup canned tomatoes  
½ pound or 2 cups potatoes, cubed  
½ tablespoon sugar  
4 teaspoons salt  
½ teaspoon white pepper  
½ tablespoon paprika  
½ cup flour  
½ cup fat  
1 quart water

Boil the meat in water. If more is needed, it should not be more than just enough to cover the meat. Simmer for 2½ hours.

The tomatoes, onions, paprika, sugar, salt and pepper should be added at the beginning of the cooking time. Cook until meat is partially tender. Remaining time for cooking meat should not be more than required for cooking the vegetables; this is necessary in order that the vegetables retain their original color and conformation. Add the carrots and potatoes and finish cooking.

Make a roux of the flour and fat, and thicken stew. Serve hot with biscuits or dumplings.

### WHITE VEAL STEW OR PIE

(Serves 8)

2 pounds veal (cut in 1 inch pieces for stew or ½ inch for pie)  
½ pound or 2 cups onions, cubed  
½ pound or 2 cups potatoes, cubed  
¼ pound or 1 cup carrots, cubed  
½ pound or 1½ cups fresh or fresh frozen peas  
1 quart water  
2½ teaspoons salt (more may be added if desired)  
½ teaspoon white pepper  
1 cup pascal celery, cubed  
1 tablespoon chopped parsley  
1 bay leaf tied in a bag  
For Roux  
¾ cup flour  
¾ cup fat

Put the veal in a stew kettle, add water and spices; simmer for 30 minutes. Remove bay leaf whenever desired flavor has been introduced. Add potatoes and onions; cook for 20 minutes. Then add peas and simmer for 10 minutes. Make roux and thicken stew. Put in baking dish and top with pie biscuit; bake at 375° F. until brown.

### BROWN LAMB STEW WITH

#### CURRY

(Serves 8)

2 pounds lamb cut in 1 inch cubes  
½ pound or 2 cups onion, cubed  
½ pound tomatoes or 1 cup canned  
½ pound or 2 cups carrots, diced  
½ pound or 2 cups potatoes, cubed  
1½ tablespoons parsley, chopped  
½ cup flour  
½ cup fat  
1½ teaspoons sugar

- 3 teaspoons paprika  
 $\frac{1}{4}$  teaspoon white pepper  
1 pint water  
2 teaspoons curry powder (this will give very mild flavor—increase as you may desire)

Brown the meat in the fat in a hot skillet, then add spices, salt, and flour, and continue cooking until meat is brown. Then add onions, tomatoes, sugar, and water. Simmer until slightly tender. Add potatoes and carrots, and finish cooking. Cook until tender. The vegetables are added in time to allow them to cook sufficiently, but not so far ahead of time as to make them overly done so that they lose their taste and color.

### TENDERLOIN

Tenderloin of beef can be the most economical piece of meat you buy, or it can be the most expensive. Since it is destructive to roast a tenderloin or fillet of beef at high temperature or at any temperature for a long time, such a process of cooking makes the cut expensive and is wasteful of good food.

Tenderloin is tender and can be served rare. If it is roasted, it should be cooked at 300° F. figuring about 20 minutes per pound for rare and 25 to 30 minutes per pound for medium.

I have discovered a very unique way of preparing beef tenderloin with cream sauce as an extender. Recipe as follows:

### CREAMED TENDERLOIN TIPS

(Serves 4)

- 1 pound tenderloin steak  
1 4 oz. can mushrooms ( $\frac{1}{2}$  cup)  
2 tablespoons green pepper, sliced  
2 tablespoons parsley, chopped  
 $\frac{1}{4}$  teaspoon Old Hickory  
 $\frac{1}{4}$  teaspoon Mono Sodium Glutamate  
 $\frac{1}{4}$  teaspoon Dash Seasoning Salt  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  cup water  
3 tablespoons fat  
 $\frac{1}{16}$  teaspoon paprika  
 $\frac{1}{16}$  teaspoon white pepper  
flour for dredging

#### Cream Sauce:

- 2 cups milk, heated in double boiler  
5 tablespoons butter  
5 tablespoons flour

Combine over heat and thicken; continue to cook in double boiler while preparing other ingredients.

Slice steak about  $\frac{1}{4}$  inch thick, 1 inch long, and  $\frac{1}{4}$  inch wide. Sprinkle with 1 teaspoon salt, dash of white pepper, and dredge in flour. Saute in 3 tablespoons fat in iron skillet. Sprinkle with herbs and seasoning. Add 1 tablespoon parsley, mushrooms, and green peppers. Add cream sauce and water. Pour into ungreased casserole and sprinkle with remaining parsley and dash of paprika.

Keep hot in 300° F. oven until ready to serve—not more than 20 minutes. Serve on toast.

This same recipe may be used for hamburger which is dredged in flour; veal-cut julienne; and whole veal steaks—cooked until tender.

### COUNTRY FRIED STEAK

(Serves 4)

- 4 8 oz. top, tender sirloin steaks  
 $\frac{1}{2}$  cup onion, sliced thin  
 $\frac{1}{2}$  cup celery, sliced fine  
2 tablespoons parsley  
2 tablespoons fat  
 $\frac{1}{2}$  cups good stock or bouillon  
2 teaspoons Herb Blend A, or its equivalent: marjoram, savory, basil, thyme, rosemary, and parsley

Panfry the steaks.

Saute onion and celery in fat. Cook until brown. Add hot stock and herb seasoning. Pour over steaks; serve hot.

### SWEDISH MEAT BALLS

(Serves 12)

- 2 pounds ground round steak  
1 pound ground pork steak  
2 beaten eggs  
1 cup mashed potatoes  
1 cup dry bread crumbs  
1 teaspoon brown sugar  
5 teaspoons salt  
1 cup milk  
 $\frac{1}{4}$  teaspoon pepper  
 $\frac{1}{16}$  teaspoon ginger  
 $\frac{1}{16}$  teaspoon nutmeg  
 $\frac{1}{16}$  teaspoon allspice  
 $\frac{1}{16}$  teaspoon cardamom  
 $\frac{1}{16}$  teaspoon cloves  
 $\frac{1}{16}$  teaspoon marjoram  
1 quart light cream sauce

Mix all ingredients together except the cream sauce. Make into small balls—about 6 per pound. Saute in fat to brown. Arrange in baking dish and pour the cream sauce over the meat balls. Bake at 300° F. for 30 minutes or until done.

If preferred, onions may be used as in recipe for Meat Loaf with Herbs.

## POT ROAST

The best pot roasts come from the chuck in any grade of beef. But—from the standpoint of cooking time—it is very important to know the grade. In the very best grades, namely: prime, choice, and good, pot roasts may be cooked by braising with very little moisture added, and for a shorter period than is necessary with less tender grades. Pot roasts generally are prepared by the moist heat method of cooking. The commercial and utility grades will need a longer cooking time, but the need for longer cooking does not mean that they are any less nutritious than the best grade of roast available. It does mean that you need to prepare and cook it differently than you do the choice pot roast.

Brown the roast in a heavy pan or kettle on top of the stove or in the oven; then add moisture, cover and cook at 300° F.—or better yet—275° F. until tender. As to seasoning for this or any roast—season before putting in the oven.

If you like thyme, marjoram, rosemary, dill, whole black or white pepper—and know how to use them—you may add them to your roast when it goes in the oven, and cook them for the full length of cooking time. But please always hold this in mind—that *I have not yet found 3 people that can appreciate the same quantity of herb seasoning. Use it accordingly.*

## COMBINATION MEAT LOAF WITH HERBS

(Serves 6)

$\frac{1}{2}$  pound ground pork  
 $\frac{1}{2}$  pound ground beef  
 $\frac{1}{2}$  pound ground veal  
 $1\frac{1}{2}$  teaspoons salt  
 $1\frac{1}{2}$  cups cracker crumbs  
 $\frac{3}{4}$  cup onions, chopped fine

Saute onions before putting them into the meat. (I'm sure you have heard people say, "I can't eat it if it has onions in it." But if the onion is cooked before it is added, it will not be openly pronounced and objectionable).

To each  $1\frac{1}{2}$  pounds of meat add:

$\frac{1}{8}$  teaspoon celery salt  
 $\frac{1}{16}$  teaspoon ground mace  
 $\frac{1}{16}$  teaspoon sweet marjoram  
 $\frac{1}{2}$  teaspoon white pepper  
 $\frac{1}{16}$  teaspoon leaf thyme  
 $1$  tablespoon brown sugar

Mix all the spices together and add to the sauted onions, and pour into this mixture 1 cup of cold milk. Stir well and work it into the meat and cracker crumb mixture. Mold into loaves or put into a loaf pan. Bake at 250-300° F. for  $2\frac{1}{2}$  to 3 hours, or until done. It should be 185° F. in the center by meat thermometer when done.

## CHILI

(Serves 8)

$2$  pounds chili meat (ground coarsely)  
 $\frac{1}{2}$  cup fat  
 $2$  tablespoons paprika  
 $3$  tablespoons chili powder  
 $1$  tablespoon salt  
 $\frac{1}{2}$  cup flour  
 $1$  cup onion, cut fine  
 $1$  cup strained tomatoes  
 $2$  teaspoons sugar  
 $\frac{1}{4}$  teaspoon garlic salt  
 $\frac{1}{4}$  teaspoon cumin  
 $\frac{1}{16}$  teaspoon oregano  
 $\frac{1}{16}$  teaspoon comenien  
 $4$  cups stock  
 $1$  cup water

Saute the meat in the fat until no trace of blood can be found, but not until brown. Add chili powder, paprika, and onions. Cook very slowly for 30 minutes. Add flour and remaining seasonings. Cook until thick and add hot stock, water, and tomatoes. Cook over slow fire or in double boiler until meat is tender. Serve with kidney beans, spaghetti, or macaroni. (Yield—approximately 2 quarts).

This makes a delicious one dish or plate meal. It is rich and meaty; really a healthy, hearty meal for winter. And it has all the necessary herbs and spices for a real herb concoction.

## SAUERBRATEN

(Serves 10)

$4$  pounds boneless pork or beef  
 $3$  cups tarragon vinegar  
 $1$  cup water  
 $1$  cup onion, sliced  
 $\frac{1}{2}$  cup red wine  
 $3$  bay leaves  
 $4$  cloves  
 $4$  teaspoons salt  
 $4$  allspice, crushed  
 $1$  tablespoon whole black pepper, crushed  
 $4$  tablespoons fat  
 $1$  tablespoon sugar  
 $6$  gingersnaps

Put meat into vinegar and water with onion, bay leaves, cloves, allspice, and pepper, and allow to stand in refrigerator for 3 days. Drain; brown all sides in fat in a heavy kettle. Add 2 cups of the brine in which it was soaked. Add sugar, salt and gingersnaps. Bring to a boil and cook covered very slowly 3 to 4 hours, either in an oven or on top of stove, turning and basting occasionally. Add wine, remove, strain gravy, and serve.

## SPAGHETTI AND HAM-BURGER SAUCE

(Serves 10)

- 1 No. 3 can tomatoes (6 cups)
- 1 10 oz. can tomato puree (1½ cups)
- 1½ cups chopped onion
- ½ cup green peppers, chopped
- ¼ cup bacon fat
- 1 tablespoon chili powder
- 1 tablespoon paprika
- ½ tablespoon salt
- 1 pound spaghetti
- 1 pound hamburger, salted
- 2 tablespoons sugar added to tomatoes
- 1 clove garlic, optional

### Sauce

Saute the chopped onions and green pepper in the bacon fat until translucent. Do not brown. Add spices (chili powder, paprika, salt). Add tomatoes, tomato puree, and sugar. Simmer in a covered container until all is well blended (about 1 hour). If garlic is used, cut it up fine and saute in bacon fat separately, cooking very well. Then add to sauce.

### Spaghetti

Cook spaghetti in large quantity boiling salted water. Simmer for 15 minutes and add 1 quart cold water; let stand 5 minutes. Drain well and wash with cold water. Fold into the hot sauce and let stand 1 hour before serving. (Keep hot).

### Hamburger

Take one part hamburger, one cup cracker crumbs, one half cup water. Mix thoroughly together and form into 20 equal size meat balls. Saute or broil until brown, but not well done. Finish cooking on top of spaghetti, or in spaghetti sauce.

## BAKED RACOON

(Approximately 10-12 lbs.)

Remove pelt and entrails, and wash thoroughly. Hang in cold storage at about 30° F. for at least four days to be

sure all of the animal heat is out. Remove all of the fat covering and musk deposits under the shoulder and behind the knee. Remove all sweetbread formation around the neck and shoulders. Rub the entire carcass with baking soda. Wash thoroughly under running water. Cut into halves or quarters depending on the size.

Place in kettle and cover with water. Season with salt (approximately 1 teaspoon per pound of meat), and make a strong mixture of about 1 teaspoon cayenne pepper per gallon of water. Bring to a boil, remove, and wash under cold running water. Wipe dry with clean cloth.

Marinate the meat with melted lard and sprinkle with a mixture of:

- 2 tablespoons whole white pepper (beaten up well in a cloth)
- 1 tablespoon rosemary
- 1 tablespoon marjoram
- 1 tablespoon leaf thyme
- 3 tablespoons salt

Additional spice mixture may be needed depending on the size of the animal. Dredge with flour and place in oven; bake at 300° F. until tender.

## CHOP SUEY

(Serves 8)

- 1 pound veal, cubed or cut julienne
- 1 pound pork, cubed or cut julienne
- 2 teaspoons salt
- 1½ cups onion, sliced fine
- 2 cups celery, sliced fine
- ½ pound mushrooms (optional)
- ½ cup green pepper, cut fine (optional)
- 10 oz. chop suey vegetables
- 1 oz. (2 tablespoons) brown sauce
- 1½ cups water
- 1 tablespoon Worcestershire sauce
- ½ cup chop suey vegetable juice
- Make Roux—
- 5½ tablespoons flour
- ¼ cup fat

Add the water, brown sauce, and salt to the meat and simmer about 15 minutes. Add the onions and continue simmering 30 minutes, or until the meat is tender. Add celery and cook about 15 minutes. (Celery should be slightly crisp when cooking is finished). Add chop suey vegetables, chop suey sauce and Worcestershire sauce. Bring to a boil and thicken with the roux. If fresh mushrooms or green peppers are used, saute slightly in fat and add when the chop suey vegetables are added. Add roux.

## BAKED RABBIT WITH HERBS AND SPICES

Skin the rabbit, being sure to wear rubber gloves during the process as a guard against tularemia. Wash thoroughly making certain that all traces of hair are removed. Draw, removing all entrails, and wash out thoroughly. Store in the ice box for at least three days at 32° F., if possible.

In preparation for cooking place the dressed rabbit in a pail with enough water to cover. Sprinkle in about 2 tablespoons of salt. Leave it in the water for about 30 minutes. Remove and rinse clean. Dry with clean cloth.

Prepare rabbit for broiling by marinating it in butter and sprinkling the entire surface with salt and white pepper. Dust with flour. Place under broiler and broil for 45 minutes—not too slow, not too fast—about 375° F. to give it an even brown. Remove from broiler; cut into quarters, and put into baking dish.

Saute 2 tablespoons minced onion and 2 tablespoons chopped parsley. Add 1

tablespoon vinegar and 1 tablespoon Worcestershire sauce and  $\frac{1}{4}$  cup water to sauted parsley and onions. Pour this over the rabbit and allow it to simmer for 30 minutes at about 300° F. Sprinkle over it  $\frac{1}{4}$  teaspoon leaf thyme and  $\frac{1}{4}$  teaspoon rosemary and 1 tablespoon chopped parsley. Allow to simmer about 20 minutes more. Serve with the juice in the pan poured over the rabbit. Garnish with French fried onions and parsley.

## BARBECUED SPARE RIBS

(Serves 8)

4 pounds spare ribs  
4 teaspoons salt

Rub salt on spare ribs and dust with flour. Bake until golden brown, drain off fat, and cook slowly until tender. Add barbecue sauce about 10 minutes before serving. Cover and cook slowly at very low temperature to prevent barbecue sauce, which contains sugar, from burning.

If desired, the ribs may be served without barbecue sauce.

## Poultry

Poultry is one of the major sources for meat dishes. It is enjoyed by people of every walk of life and cherished by convalescents. The flesh of poultry is delicate and savory, *if fresh*. But to be successful in poultry cookery you must know the trade terms and specify accordingly in purchasing. There's a piece of poultry for every occasion regardless of purse or purpose. The following list of trade classifications will enable you to specify which kind and type of poultry you wish to purchase.

**Chicken:** Fowl (old hens and old stags—good for boiling), Old Roosters, Old Cockerels, Capons, Roasting Chickens, Friers, Broilers, and Squab Broilers (young chickens—1 $\frac{1}{4}$  to 1 $\frac{1}{2}$  pounds).

**Pigeons:** Squabs (young pigeons), and pigeons.

**Guinea Chickens:** Guinea Hens.

**Ducks and Muscovy Ducks:** Young and old.

**Turkeys:** Broilers, Young Hens, Young Toms, Old Hens, and Old Toms.

**Geese:** Young and old.

If you are going to broil chicken you must buy a broiler—young and tender, well-fed and finished, weighing from 1 to 2 $\frac{1}{2}$  pounds. I recommend the 2 pound, milk-fed, stocky legs, and full breast for the best broiler. That size is meaty and when cooked is nice and juicy. In my estimation broiled chicken is your best poultry dish. BUT it can *not* be perfected by just buying a chicken. You must specify *Broiler*.

Poultry is best when fresh and does not improve with age—before or after cooking—unless frozen, and that is not improving—it is holding or keeping. Poultry requires individual attention. It must be thoroughly cleaned. Either dry picking or a semi-scald is acceptable for removal of the feathers. All hair, feathers and pin-feathers should be removed with care—without singeing, if possible. The bird is then drawn (entrails removed) with care so that the gall bladder (the greenish sac attached to the liver) does not burst while it is being removed. The oil bag on the tail of each bird should be removed before cooking.

(The feet and heads of all poultry

may be cleaned and cooked to make stock for the preparation of gravy.)

All poultry should be cleaned by rubbing the carcass inside and out with baking soda and washing in clean water—preferably running water so that there is no danger of contamination from particles adhering to a pan or present in water which has been used for cleaning other birds.

When boiling poultry (and we use the term "boiling" here in the common sense of simmering, for whenever the boiling temperature is reached the heat should be turned down so that the water simmers rather than boils) a clean vessel or kettle is imperative. Any impurity or food particles present in the cooking vessel may taint the whole bird while cooking.

Poultry should always be cooked in as small an amount of water as possible, and even then—when done—the stock should be reduced by boiling to at least 2/3 of its original volume.

In cooking poultry of any kind, whenever possible, it should be served the same day it is cooked. No chicken, duck, goose, or turkey should ever be cooked the day before or stuffed the day before and cooked the next day. In the first place a perfect concoction cannot be made by such a method, but even more important from the health standpoint—it is a dangerous risk.

### BROILED YOUNG CHICKEN

Select one young broiler, two pounds in weight. Remove pin feathers and wash clean. Wipe dry and cut in half, remove back and rib bones and flat hip bone. Season with salt and pepper and dust with flour. Brush the full surface with butter. Place in hinged-type wire broiler under a gas flame about 4 1/2 inches from the heat, or over charcoal. Broil to a golden brown and continue the heat until five minutes after you see the bubbles appear. Broiling time is about 30-40 minutes. Serve immediately. Some people prefer to steam the chicken in the oven a while before serving.

### BARBECUED CHICKEN

Cook as for broiled chicken and add the barbecue sauce recipe found under **Sauces**. Heat for a few minutes in an oven, or cook in a pit or charcoal furnace using long, slow, heat. Add barbecue sauce.

## POULTRY STUFFING

*Poultry should be stuffed the day it is to be cooked with freshly prepared stuffing. Have the stuffing as hot as you can handle it. If you stuff poultry the day before it is cooked, you are taking chances of changing the flavor of the turkey or even getting food poisoning.*

Stuff the entire cavity including the crop cavity, but don't pack it tightly as the dressing will expand during cooking. Allow about one cup of dressing for each pound of turkey.

Here is a recipe for dressing that is a favorite with many. Amounts given here will stuff a 16 pound Tom Turkey.

### CELERY STUFFING

- |   |   |
|---|---|
| 4 | quarts dry bread broken or cut into<br>1/4 inch squares   |
| 4 | cups celery, sliced fine  |
| 4 | cups onions, sliced fine  |
| 1 | tablespoon sage leaf, crushed fine  |
| 4 | teaspoons salt  |
| 1 | teaspoon white pepper   |
| 2 | cups butter or chicken fat, pork fat<br>(do not use bacon)  |
| 4 | cups good stock—if no stock is on<br>hand use 4 chicken bouillon cubes<br>dissolved in 4 cups boiling water |

Saute the onions, celery and seasonings in the fat until translucent. Add the stock and fold into the bread. Dry the bird's cavity with a towel. Season the inside with salt and pepper. Stuff.

### WILD RICE STUFFING

This recipe is especially good with roast duck or goose.

- |     |  |
|-----|--|
| 2   | cups wild rice or 6 cups cooked wild<br>rice |
| 2   | cups celery, chopped fine                    |
| 1   | cup onion, chopped fine                      |
| 1   | teaspoon leaf sage                           |
| 1   | teaspoon white pepper                        |
| 1/4 | teaspoon leaf thyme                          |
| 2   | cups stock                                   |
| 1/2 | cup chicken fat or butter                    |
| 2   | cups dry bread crumbs                        |
| 1/4 | cup chopped parsley                          |

Saute onions and celery in the fat until translucent, then add parsley and spices and 1 cup good stock—(hot) pork, veal or chicken. Two bouillon cubes dissolved in two cups boiling water may be substituted for the stock. Bring ingredients to a boil and fold into the crumbs and wild rice. Stuff.

## CHICKEN PAPRIKA

(Serves 4)

- |                  |                                      |
|------------------|--------------------------------------|
| 1                | heavy frying chicken (3½ pounds net) |
| 1                | tablespoon paprika                   |
| 4                | teaspoons salt                       |
| ½                | cup flour for dredging               |
| ¼                | teaspoon cumin                       |
| ½                | teaspoon thyme                       |
| 1                | cup stock                            |
| ½                | cup milk                             |
| ½                | cup sherry wine                      |
| 3                | tablespoons celery, chopped fine     |
| 2                | tablespoons onions, chopped fine     |
| <b>Make Roux</b> |                                      |
| 4                | tablespoons flour                    |
| 4                | tablespoons fat from frying chicken  |

Make the 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 ½ teaspoon salt and ½ teaspoon white pepper.

Disjoint chicken after it has been thoroughly cleaned. Season with salt and white pepper. Dredge in flour and ½ tablespoon paprika. Let set for a few minutes. Fry to a golden brown; remove from fat. Sauté 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 sautéed vegetables and remainder of seasonings; whip until thick and smooth. Place the fried chicken in a baking dish, pour the sauce over it, and bake at 300° F. for 1

hour—or until tender. This is mild paprika chicken, 2 to 3 times as much paprika may be used if desired.

## ROAST TURKEY

After stuffing the turkey, fastening the neck skin to the back with a skewer is the first step in shaping the bird. Use heavy string to tie the wings into a position so they hold the turkey firmly upright. Now loop the string around the back and tail and tie each leg to the tail.

Trussing improves the appearance of the bird, helps it to cook evenly, and makes it easier to carve.

Before you put the bird in the oven, oil it with clean fat or butter and dust it lightly with flour. Pre-heat the oven to 350-375° F.

Then place the turkey in a shallow roasting pan to allow complete circulation so it will brown evenly. The pan should be hot when the bird is placed in the oven. To keep the skin from sticking to the pan during this searing process, shake it occasionally.

As soon as the bird begins to brown, the temperature should be reduced to not more than 300° F. If the bird shows signs of burning, your temperature is over 300° F. and should be turned down.

Roast turkey should never be covered and no water should be added for the entire cooking time.

When a 300° F. temperature is used throughout, the cooking time averages 25 minutes per pound for birds weighing 12 pounds or less and 18 to 20 minutes per pound for birds of 16 pounds or over.

## Fish

Fish and seafoods comprise one of the most important branches of our natural food resources. No substitute has as yet been found to take their place in our diets. The boundaries of the United States—oceans, lakes, and gulf—and their tributaries are rich sources of seafoods including salt and fresh water fish of practically every description. If we would but learn the seasons and habitat of the various regions of the country, scarcity of seafoods would become a thing of the past.

Fish is marketed fresh and fresh frozen the year around. There is no food more palatable and delicious than fresh fish—when it is fresh. And it is not enough to know that it is fresh according to gov-

ernment specifications. Federal regulations permit a considerable leeway in this respect. For example, under government standards fish can be marketed as fresh from as much as twenty to thirty days after it is caught. Fish in this category is definitely not the fresh fish of which I am speaking.

Fresh fish—salt or fresh water—caught or hauled in daily by anglers and commercial fishermen is succulent and delicious. It has no equal in food value and palatability. Fish, like poultry, does not improve at all with age. However, in order to secure the best possible results under the circumstances fish must be kept clean and cold after it is caught until cooked.

Fish is a delicate product so if you don't know your fish you must know your fish dealer.

I describe here briefly the activities of a well-known Midwest establishment, Smith Bros., Port Washington, Wisconsin, as an illustration of first class care and caution in the handling of fish.

When they draw their nets and load the fish on the tugs the fish are immediately placed on ice and kept there until they reach port. As soon as they reach port the crew cleans the fish—washing them in clean clear water—and packs them in a fresh, clean batch of ice—not that in which they were brought from lake to port. The fish are kept in this new cold pack until they are ready for shipment to markets around the country.

In preparation for shipping, the bottom of the box is covered with ice and parchment paper laid on the ice. The fish is placed on a layer of parchment and covered with another layer. The box is finally filled with ice and the product is ready for its journey.

When the fish reaches its destination it is in good condition. It is clean and cold but not water-soaked. What is more it does not have that old fish-house smell from dirty fish-boxes and dirty ice.

Regardless of how fish comes shipped to you it should be thoroughly washed, cleaned and cooked as soon as possible or frozen. If fish has once been frozen and thawed, however, it should never be frozen again.

All fresh fish should be firm and should readily respond when pressed with the finger. You can depend on it—fresh fish will never contain bad odor.

On many occasions fish that is marketed as "fresh frozen fish" might have been spoiled before it was frozen. A careful check should therefore be made with respect to bad odor in order to be sure that you are getting the product you want.

## FISH COOKERY

After cleaning fish well some should be well scaled; others should be skinned. Some should be cooked with skin on. Still others, like salmon and large trout, should be skinned before cooking. White-fish, walleyed pike, perch, red snappers, large black bass, and many others should be scaled. Halibut, flounder, and cod fish should be cooked with skin on for flesh protection.

All fish should be cooked well done.

Practically all fish require only short time for cooking. Be that as it may they should be cooked well-done in order to develop the best flavor.

Low temperature in cooking fish, as in cooking meat, is imperative. Thick fish such as salmon, and trout—to mention only a couple—should be baked at a temperature of no more than 375° F. until done.

Deep fat frying—the most popular method of cooking fish—should be done at 375° F. Temperature control should be carefully watched. It is just as bad to fry fish in fat that is below the appropriate temperature as it is to fry fish in fat that is too hot.

### Broiling

Broiling brings out the very best qualities in fish. Either small whole fish or split fish of medium size are best for broiling. Fillets or fish steaks may also be broiled.

To prepare for broiling, wipe fish dry, brush lean fish with salad oil, butter, French dressing or melted shortening. Season with salt and white pepper.

Preheat broiling compartment 5 to 10 minutes. Arrange fish, skin side down, on greased pan. The regular broiler pan may be used or a separate shallow pan may be kept just for cooking fish. Place fish about three inches from the flame and broil until tender and well browned. It is usually necessary to turn split fish of medium or inch-thick steaks. The broiling time will vary with the size and variety of fish. A 2 to 3 pound fish, split, will take 10 to 15 minutes; an inch-thick fish steak will take about 15 to 20 minutes.

Before serving, marinate the broiled fish with butter, dill mixed with butter, chopped parsley butter, or tarragon.

### Boiling and Steaming

If a fish is rather dry, boiling or steaming is the best method of preparation. This method is especially recommended for thick steaks cut from large cod or halibut.

In boiling, the whole fish or individual pieces should be tied in a parchment bag and placed thus in the boiling water. This method will preserve flavor and texture, keep fish in shape, and prevent water soaking. All seasoning will need to be put directly on the fish in this method.

If parchment for such a bag is not available, it is advisable to cut large fish

in pieces for individual service before cooking. Put the sections of fish on a plate; tie this in cheesecloth and plunge it into hot water. To boil medium-sized fish whole, wrap twine around the body leaving the head and tail out of the water, and a length of twine at the head end which can be used in removing the cooked fish from the kettle.

When not using parchment, cook fish gently in boiling water to which salt, a little vinegar or lemon juice, a few peppercorns and a kitchen bouquet of parsley, celery tops or other available herbs have been added. Vinegar or lemon juice helps to keep fish texture firm and prevents white fish from discoloring.

Fish may be steamed by placing on a rack just above the boiling water. A pressure cooker is an excellent means for steaming.

### Baking

Larger fish, of three pounds or over, are suitable for baking. In this class are bluefish, red snapper, black cod, salmon, shad, and whitefish. They may be stuffed or not as desired. Lean varieties of fish should either be larded or constantly basted with fat or oil while baking. To lard, cut several gashes through the skin and insert thin strips of fat pork. Fatty fish need no additional fat or oil.

Fish may be baked with or without the head and tail. Remove the bones and sprinkle with salt inside and out. Fill with any desired stuffing and fasten securely with toothpicks or with needle and thread.

If a piece of cheesecloth dipped in salad oil is placed underneath the fish in the baking pan, it will be easier to handle the fish when cooked. Bake in a hot oven, 375° F. to 400° F., allowing 15 minutes per pound for a fish weighing up to four pounds (before trimming). Allow 5 minutes for each additional pound. Test for tenderness with sharp-pronged fork. Remove from the pan to the hot platter or plank. Garnish as desired.

If desired, fish for baking may be filleted and the stuffing heaped on the two fillets placed side by side on the bottom of the baking pan. Bake at 375° F. to 400° F., allowing 8 minutes per pound.

Fillets may be put together with stuffing between and baked like a whole stuffed fish, or they may be braised, cooked in a covered pan in cream or rich milk.

### Breaded Fish

Take two parts cornmeal, one part flour, season with salt and white pepper. After the fish is thoroughly cleaned roll in the above mixture and lay on table or place on wax paper for ten minutes. Fry in equal parts of butter and lard—enough fat to cover half the fish. When well browned on one side, turn and brown on the other side. The fish will be cooked if it has not fried too fast. Cook in hot fat about 370° F.

To use bread or cracker crumbs rather than the cornmeal, use two parts bread crumbs, one part flour, and season with salt and white pepper. The fish should be cleaned thoroughly and dipped in plain flour. Next dip fish in a batter made of  $\frac{1}{2}$  cup water,  $\frac{1}{2}$  cup milk, 1 well-beaten egg, salt and white pepper. Roll in bread crumbs. Let stand on flat surface for ten minutes, then fry.

### Grilled Fish

Lightly oil or butter surface of fish or fillets and be sure fish is well dried before starting to grill. Turn fish or fillets twice or four times, according to size and thickness while cooking as both sides should be cooked evenly. The use of wooden tongs is recommended so as to prevent the fish from breaking. Begin with a fairly slow heat and finish off a little faster to brown fish evenly. One or two cuts across a whole fish will enable the inside to cook more readily. The grill may be wiped with oil or butter before fish is placed on it.

## HOME-MADE PICKLED FISH

Many of us have turned up our noses when there is mention of pickled fish. Probably we have encountered samples of this delicacy which have been rubbery and tough, tasted strong and bitter. I have experimented with pickling brines and have found one that leaves the fish flaky and tender. Follow this recipe and the fish will not become bitter or sour.

- |   |   |
|---|---|
| 2 | cups water                                |
| 1 | quart tarragon or mixed herb wine vinegar |
| 2 | tablespoons sugar                         |
| 2 | tablespoons salt                          |
| 1 | teaspoon whole white pepper               |
| 1 | teaspoon whole black pepper               |
| 2 | cups onion rings                          |
| 2 | cups celery, sliced                       |
| 1 | teaspoon red hot peppers                  |

- 1 teaspoon leaf thyme  
 1 teaspoon whole allspice  
 1 teaspoon juniper berries  
 3 crushed bay leaves  
 1 tablespoon sweet marjoram  
 6 pounds fish, whole or pieces—trout is best. Small pieces of trimming may be used

Add the above spices to the vinegar and sugar. After the fish has been washed and cleaned it should be soaked in salt water (1 cup per gallon) for six hours. Then it should be placed in the boiling pickle brine and heated until it comes to a boil, then simmered slowly for 5 minutes. Cool. The fish should be kept in the brine in a tightly sealed container for at least 24 hours, under good refrigeration.

### MOLDED FISH SALAD

(Serves 70 As Appetizer)

The following two steps are worth anyone's continued practice until one is able to produce the proper results, because they are admired and accepted by discriminating people as the best in cold fish cookery.

#### Step I—Pickled Salmon or Trout

- 1 5 pound Salmon  
 2½ cups tarragon wine vinegar  
 1 cup water  
 2 tablespoons salt  
 1 teaspoon celery seed  
 6 allspice  
 1 cup sliced celery  
 ½ cup onion, sliced  
 2 tablespoons sugar

Mix all spices and vinegar and bring to a boil.

Prepare fish, salmon or trout, by splitting in halves, removing bones and skin. Put the boneless slabs in a long loaf pan. Cover with the above hot pickling brine and simmer for 10 minutes, or until tender. Let it cool in the brine.

#### Step II—Chaud Froid Fish Mold

Remove pickled slabs of fish from the cold brine. Marinate the fish in a glaze prepared as follows:

- 3 tablespoons lemon juice  
 2 tablespoons gelatin (soaked in ¼ cup water)  
 2 cups brine

The fish mold may be garnished with ripe olive slices for simulating scales,

stuffed olives for eyes, and pimiento. Use the following procedure: Work with the mold placed in a dish of ice and first line the mold with a thin layer of glaze. Then dip the garnishes in the glaze and arrange in the mold. When they have jelled in the mold, add another thin layer of glaze and proceed with the Chaud Froid Sauce.

Prepare Chaud Froid Sauce as follows:

- 2 cups mayonnaise  
 1 cup pickling brine  
 3 tablespoons gelatin  
 2 tablespoons lemon juice

*Method:* Soak gelatin in ½ cup cold brine. Heat ½ cup brine to boiling point and add to soaked gelatin. Fold into mayonnaise.

Line mold with the prepared Chaud Froid Sauce. Add the fish in flaked pieces or whole—but it must be pressed together and well covered with the sauce. Chill until firm. Serve.

### CRAB A LA NEWBURG

(Serves 4)

- 2 heaping cups crab meat  
 ½ cup butter  
 2 cups cream  
 2 tablespoons flour  
 2 tablespoons lemon juice  
 4 eggs  
 ¾ teaspoon salt  
 ¼ teaspoon clove  
 ½ teaspoon paprika  
 ½ cup dry sherry  
 1 tablespoon brandy

Melt butter in iron skillet but do not brown. Stir in crab meat gently. Saute for 1 minute; stir in flour. Add cream slowly, stirring constantly and lightly. When sauce is smooth, add salt, clove and paprika, and let mixture bubble for five minutes.

Have guests seated at the table; have piping hot serving dish, hot plates and toast points ready.

Stir in the sherry. Beat eggs just short of foaminess and stir in quickly. Add the brandy and lemon juice. Rush Newburg, garnished with parsley, instantly to the table. Serve with any dry white wine and any green salad made with French dressing. (Brandy may be omitted, but not the sherry.)

# Eggs and Cheese

Cheese combines the virtue of dairy products and compares favorably with meats in nutritive value. And like meats, cheese should be cooked only at low temperatures.

Cheeses are numerous in variety and may be used in any course of the meal. In fact a meal may be built around cheese, served hot or cold.

## SELECTION OF EGGS

Eggs need no introduction, but few realize that unnoticed they may be used in every course in most meals. While they are so commonly used, I believe it is worthwhile to give some pointers on selection, storage, and use.

Every state has its own system of grading eggs. The best policy to adopt in buying eggs is to follow the U. S. Standard of Specifications:

**Quality Factors:** The air cell, the space between the shell and the membrane of the egg, determines the grade of the egg, for in time the air cell becomes larger owing to the evaporation of moisture. Lack of refrigeration speeds up the depth of the air space.

No. 1. U. S. Specials  $\frac{1}{8}$  inch

No. 2. U. S. Extra  $\frac{1}{4}$  inch

No. 3. U. S. Standard  $\frac{3}{8}$  inch

No. 4. U. S. Trades. All weak and watery; showing signs of germ development. When an egg is broken a flat yolk or a watery white indicates that the egg is stale and not suitable for table use.

## GENERAL COOKING SUGGESTIONS

Eggs contain important vitamins, proteins, and minerals that are essential to body-building and health. Some of these factors are destroyed if cooked too long or at too high a temperature.

Do not boil eggs, simmer them.

For custard, cream eggs with sugar before adding to milk. Also, custards should not be baked in too hot an oven lest the mixture curdle and separate.

Eggs should never be fried at too high a heat or they become tough and leathery.

## STORAGE OF EGGS

Eggs have good keeping qualities if properly handled. Fresh eggs have a natural film that protects them from foreign flavors and rapid evaporation. This film should not be removed if eggs are to be kept for any length of time. If they are dirty, wipe off the spots with a damp cloth but **do not wash**. Eggs should always be kept under refrigeration or in a cool place.

## BEATING AND CREAMING EGGS

If eggs are to be beaten, as for meringue, salads, dressings, and creaming for custard or cakes, they should be at room temperature before using. Always add a dash of salt to eggs for a whiter and foamier meringue.

If an electric mixer is used, much care should be exercised that the machine is not started at too high a speed. The low speed is to be used just till they rotate, then continue on a higher speed. This is why the old-fashioned wire whisk is better than our electric mixers, as it does not chop the eggs to pieces.

## BAKED EGGS WITH CHEESE

Break eggs into greased baking dish. Add 2 tablespoons milk to each egg. Cover with cracker crumbs; dot with butter, and sprinkle with cheese. Season according to your preference using salt and pepper, or Dash Seasoning Salt, or some other herb blend. Bake for 15 minutes at 350° F.

## CREAMED EGGS

(Serves 4)

6 hard-cooked eggs (shelled)

2 cups medium white sauce

Salt and pepper or Dash Seasoning Salt

Dice eggs, fold into cream sauce, season. Cook in double boiler 30 minutes or until hot. Serve in heaping portions garnished with wedges of buttered toast.

This basic recipe may be varied by adding vegetables such as fresh or fresh frozen peas, asparagus tips, or mush-

rooms. It may also be used with patty shells instead of toast.

## EGGS BENEDICTINE

(Individual Serving)

- 1 round hard roll or English muffin
- 1 slice of cooked ham cut in julienne strips
- 1 tablespoon butter
- $\frac{1}{2}$  cup tomatoes, diced
- 1 egg (poach)
- 2 tablespoons Hollandaise sauce

Season to taste with sugar, salt, white pepper and a sprinkle of grated cheese.

Split hard rolls or English muffin in half, hollow into cup shape, and toast. Cut a slice of ham in julienne strips and saute in butter. Fill toasted roll cups with ham. Saute sliced tomatoes, season with sugar, salt, and white pepper, and place on top of ham. Place poached egg on top of roll, ham and tomatoes. Cover with Hollandaise sauce, sprinkle with grated

cheese. Place under broiler until cheese is melted. Serve hot.

## WELSH RAREBIT

(Serves 6)

- 1 pound aged American cheese, grated
- Make Roux
- 4 tablespoons butter
- 4 tablespoons flour
- $1\frac{1}{2}$  teaspoons salt
- 2 eggs
- 4 cups hot milk
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dry mustard
- 1 teaspoon paprika

Make the roux. Add hot milk gradually to the roux. Beat eggs well and whip into cream sauce. Fold in grated cheese, season and cook in double boiler until firm.

This same welsh rarebit may be made with beer instead of milk and the addition of a dash of Tabasco sauce.

# Vegetables

Vegetables contain important vitamins and minerals essential to well-balanced meals. At their best vegetables are abundantly supplied with these vitamins and minerals. However, they cannot be at their best if they are wilted, old, and partly decayed. Here again—in the case of vegetables—freshness is essential.

### Cooking Vegetables

Many vegetables may be eaten raw, and whenever possible should be so used in order that they may give the highest nutritive value. In cooking vegetables it should always be remembered that the **food value is the important thing**, and food value can only be preserved by proper cooking. All vegetables should be cooked in as little water as possible. If vegetables are fresh, as they should be, the time required for cooking will be very short.

No vegetables or foods of any kind can possibly be cooked and served with 100 per cent food value. Careless cooking, however, is responsible for reducing the value of most foods far below their normal level. If cooks, or people who cook, would stop to think long enough they would realize the fact that in the prepara-

ration of food they are dealing with values that are far greater than dollars and cents. Should this happen cooking and food preparation would soon be elevated to the plane to which it belongs.

This observation is more important in the cooking of vegetables than in any other branch of cookery. The short cooking time required for vegetables correspondingly reduces the time in which their food values can be destroyed.

Extensive recipes for cooking vegetables at this time are unnecessary. There are already many good recipes on the market. To my knowledge, one of the best sources is "Secrets of Profitable Vegetable Cookery" of the Little Gold Business Books Series, published by J. O. Dahl, Haviland Road, Stamford, Conn.

All leafy vegetables should be fresh, crisp, and thoroughly cleaned by washing in running water. In the case of spinach and cabbage—they should be cooked in practically no water at all. Spinach should be cut in pieces about one-half to one inch in length. Cabbage should be shredded. A little butter—about one tablespoon per quart—should be added to the stew pan placed on the hot stove. As soon as butter is melted add the cut vege-

table. Stir vegetable until the juice appears. Reduce heat and simmer until done. Cooking time should not be more than ten minutes. Spinach will sometimes cook in as little time as three minutes. These directions apply to all leafy vegetables.

We often read or hear the term buttered carrots, buttered cabbage—or buttered some other vegetables—used. In most cases the term is merely an expression that bears no relation whatever to the method of preparation. The method described above in which butter is placed in the stew pan and the vegetables stirred into it conforms quite fully to my conception of preparing buttered vegetables.

The common method of boiling leafy vegetables in water and draining off the goodness and food value that has been destroyed is extremely wasteful and should be carefully avoided.

Potatoes, carrots, parsnips, onions, beets, and such tubers and roots may be baked or broiled by simply adding a little butter and seasoning. Bake at 300° F. These vegetables are much better when cooked that way. This process preserves the goodness that nature supplied in these foods.

In the case of roots and tubers, instead of boiling, cook as directed above by dredging and baking in low temperature.

Cook at low temperature in little water, and in as short cooking time as possible.

This general rule for cooking vegetables might well be modified by regional or sectional conditions. For example, in the South or southern United States, turnips, turnip greens, collards, kale, and mustard greens are both common and favorites.

Whenever these vegetables are fresh, young, and tender they may be cooked the same as spinach or new cabbage. However, extreme and continued hot weather tend to toughen them. Their quality might remain good; but lacking tenderness such vegetables require a longer cooking period.

Cook at simmering temperature with hog jowl, ham shank, bacon fat, or if desired, with butter.

There is another notable exception to the general rule of short cooking time for vegetables; that is in the case of dried vegetables such as beans.

## BAKED BEANS

(Carson Gulley's own method)

- |   |
|---|
| 1½ pounds dry navy beans                            |
| 1 cup tomato puree                                  |
| ½ cup brown and white sugar combined<br>(2/3 brown) |
| 1 tablespoon dry mustard                            |
| ½ cup onion, cut fine                               |
| 1 teaspoon savory                                   |
| 2 teaspoons salt                                    |
| ½ pound salt pork, diced                            |
| 4 cups water  |

Wash beans, soak overnight. Combine puree, sugar, mustard, salt, onion, savory, and water. Heat together until boiling. Place diced salt pork in 3 quart bean pot; add beans. Pour in tomato mix and add water to about two inches above beans. Cover and cook in the oven at simmering temperature or about 250° F., overnight or at least for 12 to 18 hours. If oven gets hotter during that time it may be necessary to add more water. Watch to see if the under side of the lid becomes darkened or burned. If so, when steam condenses on the lid it will cause the beans to become strong flavored and taste burned. Therefore, any signs of burn on the lid should be cleaned off.

This recipe might look simple, but it must be given a chance—it takes time to prove its value. If properly prepared it will win many friends that have long been lost to the hearty and healthful dish of Baked Beans.

The reason for such long cooking as recommended in this recipe is that fermentation of raw bean hulls in the stomach causes gas; shorter cooking may tenderize the inside, but leave the hull raw. But with long, slow cooking the whole bean is thoroughly cooked, becomes butter tender, and also keeps its shape. The flavor of all ingredients is thoroughly diffused, and the whole texture is smooth.

By the use of proper temperature controls and correct cooking methods this recipe brings out the flavor and palatability of the basic ingredient—plain navy beans—as no addition of herbs, spices, or other seasoning could do. In any use of the oven, but especially in such a long, slow process as this recipe calls for, it takes double checking to assure that your oven temperature is correct—oven thermostats sometimes go out of control, but you can check with another oven thermometer.

# Sauces

The purpose of sauces is to make food more palatable and to enhance natural flavors, but not to cover up poor foods. Some sauces are made plain and some are spicy as desired or as the menu requires.

Technically speaking, sauces may be: brown gravy, cream sauce, or the natural juices that come from the roasting pan. If properly handled, no spices are needed at all in natural juice from roasts.

Some sauces are made in a jiffy; others require long cooking. For example: a very good fresh mushroom sauce can be made within five minutes. On the other hand, a barbecue sauce that includes many dry herbs and spices should be simmered for at least three hours to produce the best results. Dry spices are much like navy beans that are soaked twelve hours to get the best results. We must allow time for nature to take its course. Some spices may cook for the full length of time. Others should be added only long enough to serve the purpose for which they are used. Peppercorn, and black or white pepper should be cooked a long time. Leaf thyme, bay leaf, and garlic need to stay in only long enough to shed their flavor.

The modern experimenter with herbs in sauces may save much time and produce a better sauce by becoming acquainted with the new herb sauce blends now on the market and also the vegetable protein derivatives which give such long-sought lifts to otherwise hidden flavors.

## WHITE OR CREAM SAUCE

The only difference between "white" 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

### Precautions

Milk should never be added to stock before stock is added to roux.

Cheese should be added to cream or white sauce rather than to the milk. This method will prevent curdling.

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 or gooey.

### No. 1—THIN SAUCE

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

### No. 2—MEDIUM SAUCE

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

### No. 3—HEAVY SAUCE

- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup milk or cream
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{16}$  teaspoon 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  $\frac{1}{4}$  teaspoon mono sodium glutamate per cup of white or cream sauce especially when serving with canned vegetables, left-overs, or food which may have to stand for some time before being served.

## WHITE FISH STOCK

A plain fish stock may be made by using whatever fish bones and trimmings are on hand—just be sure they are fresh. Add water to barely cover; simmer until tender, and strain through cheesecloth. Season with  $\frac{1}{4}$  teaspoon salt and  $\frac{1}{4}$  teaspoon Dash Seasoning Salt.

A richer and more tasty stock may be made by adding the fish bones and trimmings to the recipe for Court Bouillon. Mushrooms—skins and peeling—may be added, and white wine as the case may be.

## FISH ESSENCE

Prepare fish, spices and vegetables as for White Fish Stock. Clarify with egg whites. This latter is done by using 2 egg whites to each cupful of stock. Stir one-fourth of the stock into the egg whites after they've been beaten slightly, add remainder—boiling hot—into this egg mixture. Then cook at low temperature, without stirring, until eggs are completely coagulated. Strain—also without stirring or forcing in any way.

## FISH VELOUTE

3 tablespoons butter  
3 tablespoons flour  
1 cup white fish stock  
1/8 teaspoon cayenne pepper  
salt to taste

Melt butter in sauce pan over low fire. Stir in flour and cook well, but do not brown. Gradually add the hot fish stock, season, and whip until thick. Strain through fine wire strainer.

May be used hot or cold. If holding for a time, cool and keep in refrigerator.

## ALLEMANDE SAUCE

2 cups Fish Veloute  
1 1/2 tablespoons lemon juice  
2 tablespoons mushroom catsup or very finely chopped fresh or canned mushrooms  
1 egg yolk  
pinch of tumeric  
few grains of grated nutmeg  
salt

Beat the egg yolk before combining it with other ingredients. Heat Fish Veloute and combine all ingredients, seasoning to taste with salt, and whip until smooth as velvet. Serve hot.

## CARDINAL SAUCE

2 cups Fish Veloute  
1/4 cup Lobster Butter (see Butters section)  
1 cup good tomato sauce or tomato paste

Heat Fish Veloute. Add lobster butter and tomato sauce, season with salt, if needed. Blend ingredients well with wire whip in double boiler. Serve hot.

## COURT BOUILLON

1/2 cup carrot, cut fine  
1/2 cup onion, cut in rings or sliced thin  
1/2 cup celery, sliced  
4 sprigs parsley, whole  
1 bay leaf, whole  
1/2 cup vinegar  
2 cups water  
1 tablespoon sugar  
2 teaspoons salt  
1 tablespoon butter  
1 whole black pepper  
1 allspice

Mix all ingredients and begin cooking in cold water. Simmer for 1 hour. (Add more water if necessary.) Strain and use as needed for preparation of fish. This makes a wonderful stock in which to boil fish.

## CREOLE SAUCE

2 tablespoons butter  
1/4 cup onion rings  
2 tablespoons finely cut green pepper  
2 cups canned tomatoes  
1/4 teaspoon garlic salt or Old Hickory Buckaroo Seasoning  
1/4 teaspoon Tomato Teasoning  
1/2 teaspoon paprika  
pinch of thyme  
Season to taste with salt, pepper, and sugar

Saute fresh vegetables in butter for 10 to 15 minutes. Add seasoning and tomatoes, and continue stirring until it comes to a boil. Cook on a low fire or in double boiler until all ingredients are tender and well blended. Strain; keep in refrigerator. Serve hot and hot alone. Use on Shrimp Creole or other fish as desired.

## EGG SAUCE

1/2 teaspoon salt  
1/16 teaspoon white pepper  
2/3 cup fish stock  
2/3 cup cream or milk  
3 hard cooked eggs, chopped  
1 tablespoon chopped parsley  
2 tablespoons chopped sweet pickles  
1 tablespoon chopped green olives or stuffed olives  
1/4 teaspoon Dash or 1/8 teaspoon marjoram, 1/8 teaspoon savory, 1/4 teaspoon "MSG"  
Make Roux  
2 tablespoons butter  
2 tablespoons flour

Make roux. Add hot fish stock and hot cream to roux gradually. Season, and fold in other ingredients. Serve hot on fish as needed. May be used on broiled, baked, or boiled fish of any kind; very good on baked Finan Haddie.

### FIGARO SAUCE

- 2 cups tomato puree
- 1/4 teaspoon leaf thyme (dry)
- 1 bay leaf
- 1 peppercorn
- 1/4 teaspoon 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. Serve with any fish requiring Figaro Sauce.

### SEAFOOD COCKTAIL SAUCE

- 2 tablespoons green pepper, cut fine
- 2 tablespoons onion, cut fine
- 1/2 cup celery, sliced thin and cut fine
- 1/2 cup catsup
- 1 cup chili sauce
- 1 tablespoon A-1 Sauce
- 1 tablespoon Worcestershire Sauce
- Dash of Tabasco and only a dash or 1/16 teaspoon
- 1 tablespoon fresh grated horseradish
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon lemon juice
- 1/4 teaspoon Dash seasoning salt and Old Hickory Buckaroo Seasoning mixed

Mix well 6 hours before serving. Yields 2 1/2 cups. Can be kept two weeks under good refrigeration.

May be used on pork, any seafoods—hot or cold—pickled fish, lobster, and especially good with shrimp or oysters on the half shell or broiled.

### TARTAR SAUCE

- 1/4 cup green olives, chopped
- 1/4 cup sour pickles, chopped
- 2 tablespoons shallots or small onions, chopped fine
- 1 tablespoon capers
- 1 teaspoon parsley, chopped
- 1 hard cooked egg, chopped
- 2 tablespoons lemon juice
- 1 tablespoon Worcestershire Sauce
- 2 1/2 cups mayonnaise

Chop olives, pickles, egg, onions, and parsley—each separately—and then combine all ingredients. Mix well, and chill before serving.

### CREOLE OR SPANISH SAUCE

- 2 cups tomatoes, canned or fresh quartered
- 1/2 cup minced onion
- 1/2 cup green pepper, minced
- 1 tablespoon parsley, chopped
- 1 bay leaf
- 1/4 teaspoon garlic powder or garlic salt
- dash of Tabasco sauce
- 1 peppercorn
- 1 teaspoon sugar
- 2 tablespoons fat or butter
- 1 teaspoon paprika
- 2 cups stock made by dissolving 2 bouillon cubes in 2 cups hot water

#### Make Roux:

- 2 tablespoons flour
- 2 tablespoons fat

Saute all vegetables except tomatoes in fat until translucent. Add spices, tomatoes, and stock; cook slowly for at least two hours. Force through strainer until vegetables have been thoroughly pureed. Add Roux. Whip until smooth. Serve as desired.

### QUICK CREOLE OR SPANISH SAUCE

Use canned tomato soup, but follow all other steps except length of cooking time in above recipe. That is, saute vegetables, add seasonings and tomato soup; heat thoroughly, and serve. No Roux needed.

### BARBECUE SAUCE

- 4 tablespoons butter or good fat
- 1/4 cup onion, finely chopped
- 1 1/2 teaspoon white pepper
- 2 tablespoons sugar
- 2 tablespoons celery salt
- 4 teaspoons paprika
- 3 tablespoons garlic vinegar
- 3 cups seasoned stock\*
- 1 teaspoon Tabasco sauce
- 2 tablespoons Worcestershire sauce
- 1 1/3 cup chili sauce

Saute onions in butter until tender. Add all dry ingredients, then liquid ingredients. Boil slowly for 1 hour. Pour over meat. Heat in oven at low temperature for 30 minutes or more. (Yield—1 quart).

\*If this sauce is to be kept for any length of time, use bouillon cubes dissolved in hot water instead of meat stock.

## CRANBERRY SAUCE

- 1½ cups sugar
- 2 cups water
- 1 pound or 4 cups cranberries

Wash cranberries in cold water and remove any stems or soft berries. Combine sugar and water. Bring to boil; lower temperature. Simmer for 5 minutes. Add cranberries and cook slowly without stirring until all the skins pop open. Remove from fire and allow the sauce to remain in the vessel until cool.

## JELLED CRANBERRY SAUCE

- 2 cups sugar
- 2 cups water
- 1 pound or 4 cups cranberries

Wash and sort cranberries; then cook in boiling water until all skins have popped open. Add sugar and cook until thick. Work through a fine wire strainer. Return to fire and cook until hot and thick. Much care should be used, since cranberries burn easily. Pour into molds and cool before putting into refrigerator.

## COLD HORSERADISH SAUCE

- 2 cups whipped cream
- 2 tablespoons dehydrated horseradish or 4 tablespoons fresh horseradish
- 2 tablespoons garlic vinegar (if dehydrated horseradish is used)
- ½ teaspoon salt

If using the dehydrated horseradish, soak for ten minutes or more in the vinegar. Add salt, and fold into the whipped cream. Serve cold with ham.

## MUSTARD SAUCE

(Christine Notterstead)

- 1 cup brown sugar
- 1 cup prepared mustard
- 1 cup chili sauce

Combine all ingredients and mix well six hours before serving. May be served hot or cold.

## MUSTARD SAUCE FOR CORNED BEEF

- 3 tablespoons butter
- 1½ tablespoons flour
- 2 tablespoons prepared mustard
- ½ cup boiling water or meat stock
- ½ cup boiling vinegar
- ½ teaspoon salt—if water is used

- 1 tablespoon dehydrated horseradish (soak for 10 minutes)
- or 2 tablespoons fresh horseradish

Use double boiler. Melt butter, add flour and blend as for cream sauce. Add hot water and vinegar gradually, stirring until smooth. Add other ingredients. Bring to boil. Serve hot.

## RAISIN SAUCE

- ½ cup sugar
- ½ cup prepared mustard
- ½ cup seedless raisins, chopped fine
- 1 tablespoon ham fat
- ¼ cup vinegar
- 1 tablespoon dehydrated horseradish
- ½ tablespoon Worcestershire Sauce
- ¼ teaspoon white pepper
- ¾ tablespoon arrowroot starch
- Few grains of ground cloves and mace

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

## MUSHROOM SAUCE

(Serves 8)

- 1 pound fresh mushrooms or 2 No. 1 cans mushrooms
- ½ cup onions, sliced thin and cut across
- ½ cup green peppers, sliced thin
- 1 teaspoon Lawry Seasoning Salt, or Griffith's Roast Meat Seasoning, or other seasoning salt
- ¼ teaspoon white pepper
- 1 teaspoon salt
- ¼ cup butter
- 2 tablespoons parsley, chopped
- 2 cups milk
- 1½ cups good brown beef or veal stock, or beef bouillon
- 3 tablespoons flour

Wash mushrooms and peel if necessary. Mushrooms may be sliced, chopped, or left whole before cooking. Quarter slices of onions and green peppers. Saute onions in butter until translucent. Add seasoning; then mushrooms and green peppers. Toss around until hot; sprinkle in flour, and continue cooking. Add hot stock gradually and stir until thick. Reduce heat and stir in hot milk. Serve hot.

## HOLANDAISE SAUCE

(Measurements for Individual Service)

- 1/4 cup butter
- 1 egg yolk
- 1/8 teaspoon salt or Seasoning Salt
- 2 tablespoons lemon juice

Use double boiler with boiling water not quite touching the upper pan. Divide butter in three pieces. Put one piece in the top pan to melt. Mix the egg yolk and lemon juice, and add to the piece of melted butter. Stir rapidly and constantly, adding another portion of butter as first ingredients become smooth; when mixture begins to thicken, add the third piece of butter and the salt. As soon as thickened, remove from fire. The tricks in successful Hollandaise are constant stirring; not cooking one second too long; and being ready to serve the moment it is taken from the fire. This sauce should be made while the guest waits, and never for large quantity service.

If sauce shows signs of curdling more liquid is needed. For the desired result add—a little at a time—any one of the following: lemon juice, vinegar, cream, stock, or water—until proper consistency is reached.

## HOT SAUCE FOR WIENERS

- 1 pound beef, ground coarsely
- 1 cup fat or suet
- 4 cups onion, minced
- 1/2 tablespoon celery salt
- 1 tablespoon whole black pepper
- 1/2 tablespoon whole white pepper
- 1 tablespoon paprika
- 1/2 teaspoon rosemary
- 1/8 teaspoon leaf thyme
- 1 bay leaf
- 1 1/4 tablespoons chili powder (Mexene)
- 1/2 teaspoon cayenne pepper
- 1 1/2 cups chili sauce
- 4 tablespoons Mixed Herb Wine vinegar
- 1/2 clove garlic, mashed (remove when fragrance becomes evident)
- 1 tablespoon sugar
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon Tabasco sauce

Saute meat in hot fat. Cook until all signs of blood disappear. Add onions and cook until translucent. Add all the spices, garlic and vinegar and cook for a period of two hours—just simmering, and stirring occasionally. Add chili sauce and cook over boiling water or in double

boiler for a period of six hours. Add Worcestershire sauce and Tabasco sauce just before removing from the heat.

Serve with wieners that have been heated through in boiling water. (Yield—8 cups).

## MINT SAUCE

- 1/2 cup fresh mint
- 1 tablespoon sugar
- 2 tablespoons lemon juice
- 1/2 cup Mixed Herb Wine Vinegar

Chop the fresh mint and mash it into the sugar. Let stand for two hours. Add the lemon juice and vinegar; let stand for four hours. Then serve cold. Especially recommended for lamb.

## HERB SAUCE

(Recommended for Venison)

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

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

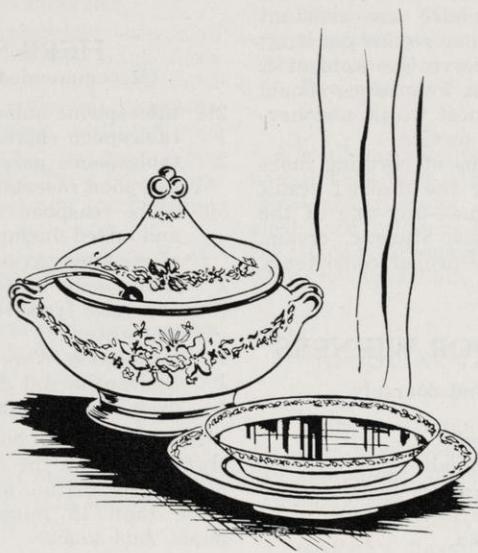
Mix meat juice and water and bring to a boil. Add to the sauted herbs, and serve hot. May be used with wild game roasts or other meat when high herb flavor is desired.

## HERB BUTTER SAUCE

(Recommended for Venison)

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

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



# Soups

Essence is the substance or extractive of certain food stuffs such as meat, poultry, fish or vegetables. In the making of soups or sauces the first objective is the essence, and it must be good and tasty; if not, the foundation for the sauce or soup is not substantially laid.

## CLARIFIED CONSOMME OR BROTH

3	pounds veal shank
5	quarts water
2	teaspoons celery salt
4	teaspoons salt
2	cups carrots, cut fine
2	cups celery, cut fine
2	cups onions, cut fine
10	eggs

Cut off meat and grind it. Fracture the bones into pieces about four inches long. Put the bones in the water and boil for about 1 hour.

Wash the eggs; then beat them—shell and all, and mix with the meat, vegetables and seasonings. Mix one quart of the hot water into the mixture so that eggs will not coagulate too soon, and pour into the remainder of the boiling water and bones. Lower the temperature to simmering. Whip the mixture into the water with a spoon; then let simmer for 45 minutes to 2 hours without stirring. Strain through fine sieve or cloth.

## CONSOMME ROYAL

Use same broth as for clarified consomme and add fancy cut custard—about 6 per cup.

### CUSTARD:

1 1/2	cups milk
1	teaspoon salt
1/8	teaspoon white pepper
4	eggs

Beat eggs slightly. Add salt and pepper, and milk last. Beat until well mixed. Bake in a shallow flat bottom pan about 8" by 8" set in a pan of water in oven about 350° F. Cool and cut as desired for consomme royal.

## CONSOMME JARDINIÈRE OR JULIENNE

Use clarified consomme and add 1/3 cup julienne cut carrots, onions, turnips, celery and parsley to each cupful of consomme.

Saute vegetables in good fat or butter until translucent. Drain or strain off fat. Add to broth and cook until tender. Serve hot.

## CONSOMME WITH FANCY CUT CHICKEN AND VEGETABLES

Use same stock as for clarified consomme; add desired amounts of fine julienne cut cooked white breast of chicken, cooked carrots, parsley and sauted celery.

**Variation:** Ham or other meat may be substituted for chicken; other vegetables or herbs may also be used.

## THIN VEGETABLE SOUP

(Serves 12)

1	cup onion, sliced thin
1	cup celery, sliced thin
1	cup carrots, sliced thin
1	cup potatoes, cut julienne
1	cup tomatoes, fresh or canned (if fresh—peel and cut)
1	tablespoon green pepper, chopped
6	cups stock
1	teaspoon sugar
1/2	teaspoon Vegetable Herb Blend B or combination savory, marjoram, basil and parsley
1/2	teaspoon Dash Seasoning Salt
	Salt and pepper to taste

Saute the carrots, celery and onion until translucent. Add the potatoes, green pepper, and tomatoes. Then add the hot stock, sugar and seasoning, and simmer 15 minutes.

This recipe may be used as a basic soup to which you may add other herbs; it may be converted into a cream soup by the use of cream sauce, or broth may be strained and used with rice, barley, macaroni, or noodles.

## CREAM VEGETABLE SOUP

(Serves 6 to 8)

- ½ cup potatoes, cut in fine julienne strips
- ½ cup mushrooms, cut fine
- 1 cup celery, sliced fine
- ½ cup onions, sliced fine
- ½ cup tomatoes
- ½ cup carrots, cut julienne
- 2 tablespoons green pepper, cut very fine
- 2 cups medium cream sauce
- 2 cups good stock
- 1 tablespoon chopped parsley
- ½ teaspoon Dash Seasoning Salt
- ¼ teaspoon mono sodium glutamate

Saute celery, onions, and carrots until translucent. Then add tomatoes, green pepper and mushrooms. Saute for a few minutes. Add hot stock and potatoes, and boil until potatoes are tender. Season, add parsley, and mix gradually into hot cream sauce. Serve hot.

## MULLIGATAWNEY

(Serves 6)

- 2/3 cup onion, sliced thin
- ½ cup carrots, sliced thin
- ½ cup fat
- ½ cup flour
- 4 sprigs parsley
- 1 blade of mace
- 2 whole cloves
- 5 cups hot stock
- 1 teaspoon lemon juice
- 1 apple, diced
- 1 teaspoon Lawry Seasoned Salt
- ¼ teaspoon Dash Seasoning Salt

Tie the parsley, mace, and cloves in a cheesecloth bag, and simmer in the stock for 15 minutes. Remove.

Saute the onion, carrots, and celery in the fat until translucent. Add the flour and cook a short time.

Add the stock and simmer until the vegetables are tender. Add the lemon juice, apple, and seasoning and cook 10 minutes longer. Serve hot. May be strained or pureed before apple is added, then serve hot.

## CLAM CHOWDER

(Serves 6)

- ½ pound salt pork, shredded fine
- 2 small dry onions, or 1 cup green onions, cut fine
- 1 quart canned or shucked clams
- 2 cups potatoes, cut julienne

- 3 cups hot, whole milk

- 1 teaspoon Tomato Teaseling (Seasoning Salt)

- 8 soda crackers, soaked in cold milk

Render salt pork to a crisp. Remove pork from fat. Add onions and saute until soft and translucent. Cook clams and potatoes in barely enough water to cover. Season with salt and pepper, being careful not to get too much salt. When mixture comes to a boil add hot milk.

Soak 8 crackers in cold milk and add to chowder. Sprinkle crisp pork and fresh chopped parsley on top as you are serving. Serve hot.

## OYSTER STEW

(Serves 6)

- 1 pint standard oysters
- 4 cups hot milk
- 2 tablespoons celery, cut fine
- 2 tablespoons butter
- ½ cup water
- 1 teaspoon salt
- ¼ teaspoon Dash Seasoning Salt

Strain liquor from oysters. Pour liquor and half cup of water into a pan and bring to a boil; skim off the scum that forms. Saute celery in butter.

Add oysters to hot liquid and as soon as the edges of the oysters begin to curl, add the hot milk. Combine sauted celery with oysters and milk. Season and serve hot.

## SHRIMP GUMBO

(Serves 6)

- 2 cups fresh shrimp after it is shelled
- 2 cups water
- 1 bay leaf
- ½ cup onion, cut fine
- ¼ cup celery, cut fine
- 2 tablespoons butter
- 2 tablespoons chopped parsley
- ½ cup tomato, fresh and skinned
- ¼ cup rice, cooked
- ¼ teaspoon sugar
- ⅛ teaspoon Old Hickory Buckaroo Seasoning
- ⅛ teaspoon leaf thyme
- ⅛ teaspoon cayenne pepper
- 1 cup okra (canned or fresh) cut crosswise
- 1½ cups stock or water, or bouillon made from cubes

Bring shrimp to a boil, shell, devein, and cut in  $\frac{1}{4}$  inch pieces. Simmer in the 2 cups of water with bay leaf about 15 minutes. Remove bay leaf.\* Saute onions in the butter until translucent. Add half

the parsley, all the celery, tomato, rice, thyme, salt, pepper, and okra. Add the hot stock and simmer 30 minutes. Skim off excess fat and check for seasoning. Garnish with remainder of parsley. Serve in soup plates; the consistency is similar to heavy chili.

\*Bay leaf or thyme should remain in a soup or stew just long enough to impart its essence and should then be removed.

## CHICKEN GUMBO

(Serves 12)

- 3 cups chicken, cut julienne or diced
- ½ cup boiled or cooked ham, cut julienne
- ½ cup onion, sliced thin
- ½ cup celery, sliced thin
- 2 tablespoons butter
- 2 cups okra, canned or fresh, cut crosswise
- 6 cups stock, chicken or veal
- ½ cup fresh tomatoes, cut fine
- ¼ cup sweet red pepper, sliced fine
- 2 tablespoons parsley, chopped
- ½ cup cooked rice
- 1 bay leaf
- ½ teaspoon sugar

Saute onions and celery in butter until translucent. Add chicken, tomato, okra, pepper, rice, bay leaf,\* and stock gradually. Simmer 30-40 minutes. Add ham and parsley. Season to taste. Skim off excess fat before serving. Serve in soup tureen.

\*Remove bay leaf as soon as flavor has been diffused.

## CREAM OF MUSHROOM SOUP

(Serves 4)

- 2 tablespoons parsley, chopped
- 1 cup celery, cut fine
- 4 tablespoons butter
- 2 cups hot stock
- 2 cups mushrooms, chopped
- 2 cups light cream sauce
- ¼ teaspoon Dash Seasoning Salt
- ¼ teaspoon salt

Saute celery in butter. Add chopped mushrooms, one tablespoon parsley, and saute for a few minutes. Add hot stock gradually to vegetables and bring to a boil. Stir entire mixture into cream sauce until smooth. Garnish with remainder of parsley, and a little paprika. Serve hot.

## FISH CHOWDER

(Serves 12)

- 1 pound any kind of fresh, boneless fish, cut julienne

- 2 cups potatoes, diced fine
  - 1 cup onion, sliced fine
  - ¼ teaspoon garlic seasoned salt
  - 3 sprigs parsley, cut fine
  - 1 cup fresh tomatoes, peeled and cut
  - 3 cups boiling water
  - 3 cups hot milk
  - ¼ cup salt pork or bacon, cut fine
  - ½ teaspoon French marjoram
  - Salt and pepper to taste
- Optional Garnish:  
chopped green pepper  
paprika

Fry the salt pork or bacon until crisp. Remove. Dredge the fish in flour and fry in the same fat until a golden brown. Remove the fish and saute onion until translucent. Add water and potatoes, and boil until potatoes are tender. Add the remaining ingredients except for the milk and simmer for 8 minutes. Fold in hot milk. Garnish with chopped green pepper and paprika.

## FISH CHOWDER

(Serves 10)

- 1½ pounds fresh lake trout
  - ⅛ teaspoon ground cumin seed
  - 2 teaspoons salt
  - ½ bay leaf, crushed fine
  - ⅛ teaspoon leaf thyme
  - 4 cups milk
  - 4 cups water
  - 1 cup fresh tomatoes
  - 1 cup green celery (pascal) chopped fine
  - ½ cup onions, chopped fine
  - ¼ cup chopped parsley
- Make Roux:  
4 tablespoons butter  
4 tablespoons flour

Clean and wash fish thoroughly. Crush spices fine as possible; mix with salt. Cut fish in thin, julienne strips and season with salt and spices; dredge in flour. Melt butter in hot stew pan and saute fish until slightly brown. Drain fat from the fish, and saute celery, onions and half of the parsley in the fat until translucent. Drain fat from vegetables, mix in the flour and stir into a smooth roux.

Add milk and mix into light cream sauce. Add two quarts of boiling water to the fish and bring to a boil. Fold fresh tomatoes, parsley, into sauted celery and onions; pour into boiling fish. When this mixture comes to a boil again, pour into the cream sauce. Check for salt. Add one teaspoon of sugar when tomatoes are used. Serve hot.



Finer techniques of vegetable slicing are demonstrated by the author.

# Salads

Salads are always a favorite and have a special place in the meal. They may be made from meats, poultry, seafoods, cheese, eggs, vegetables, and fruits.

The biggest job in the preparation of salads is the selection and care of your materials. Every ingredient should be properly prepared if a satisfactory finished product is to be had. Salad ingredients are principally cold, and such ingredients should be *cold*. I don't mean frozen, however, but crispy cold. For example, if you are making a jelled salad, the vegetables or fruits should *not* be added to the jello or gelatin mixture while that mixture is still hot—wait for it to cool; then, add the cold fruits or vegetables.

When using canned fruit in a jelled salad it is better to use the juice of the fruit instead of water for the liquid. This substitution will intensify the flavor even more if one-half of the liquid required is heated to dissolve the gelatin and the other half left cold and peped up with fresh lemon juice.

Hot jello or gelatin should not be placed in the refrigerator; if it is it will create an unpleasant flavor that may be carried over to other foods.

Since many salads use lettuce or a similar green, leafy vegetable for a base some thought should be given to how this can best create a crisp, tempting foundation for the salad as a whole. When you buy fresh vegetables on the market remember that they have probably come from warehouses and refrigerator cars. If they are to be used in salad a few hours after you bring them home, they should be cared for immediately—especially those of the lettuce family. The core should be freshly cut, all wilted leaves removed, and the lettuce placed in a pan of cold water for not less than one hour nor more than three. The head should stay in the water until you feel that the life has returned, and the wilting has left the leaves. This holds for all leafy vegetables and for carrots.

Although we give some salad recipes and suggestions, it is up to the individual and personal touch of the cook.

## FRUIT SALADS

No fruit salad should ever be attempted without lime or lemon juice, and refrigeration enough to keep all ingredients sufficiently cold. Many fruit combinations can be varied according to the available fruits. In fact, all fruits, melons and salad greens, if properly handled and treated, can be converted into attractive salads.

Citrus fruits, if they are not handled correctly, will impart a very unpleasant flavor. For this reason, segments should be taken out **without cutting and leaving in** part of the connective tissue. If the fruit is to be prepared any length of time before the salad is made, you must be sure that the connective tissue does not remain with the sections.

It is necessary to use care in preparing certain fruits such as apples and bananas or they will turn black. Apples should be marinated in lemon juice or salt water; for the latter use one teaspoon salt to one quart water. Bananas should not be peeled until the last minute. If it is necessary to prepare them any length of time beforehand, the bananas should be immersed in fruit acid.

## AVOCADO AND HONEYDEW MELON SALAD

(Serves 4)

- 1 avocado, cut in rings
- 2 cups honeydew melon balls
- 1½ tablespoons lemon juice
- 1 teaspoon sugar
- Fresh mint for garnish
- Lettuce leaves for base

Cut each avocado ring in half. Dredge melon balls and avocado in lemon juice and sugar. Arrange avocado rings on lettuce or salad greens. Fill with melon balls. Serve with mayonnaise and whipped cream dressing. Garnish with mint leaves.

## CRANBERRY AND PEACH SALAD (Serves 4)

- 4 peach halves
- 1 cup cranberry sauce, drained
- 4 lettuce cups or leaves
- ½ lime
- ½ cup Dairyland Cream Dressing

Place peach half in lettuce cup on salad plate. Fill peach half with salad dressing, top with drained cranberry sauce.

## FRUIT SALAD SUPREME

(Serves 2)

- 2/3 cup pineapple
- 2/3 cup fresh pear
- 4 whole pecan meats
- 1/4 cup pitted dates
- 10 large grapefruit sections
- 1 maraschino cherry
- 4 sprigs watercress
- 2/3 cup dressing made from equal parts mayonnaise and whipped cream
- 4 or more lettuce leaves for salad base

Dice pineapple, pear, and dates, and place on lettuce, alternating with grapefruit in neat arrangement. Top with nut meats, sliced cherry, and watercress. Serve with dressing.

## HAWAIIAN SUPREME SALAD

(Serves 2)

- 2 rings fresh pineapple with rind
- 1 pink grapefruit
- 1 orange

- 1 winesap apple
- 4 Bing cherries
- 4 sprigs mint
- 2 endive leaves

Cut two 1-inch thick rings from fresh pineapple and remove fruit from rind, leaving rind unbroken. Place rind on endive on salad plate. Fill rings with pink grapefruit, orange, and apple wedges. Garnish with Bing cherries and mint. Serve with Dairy Cream Dressing. Individual, distinctive taste with respect.

Here again freshness is emperative. to each specific ingredient is also essential.

## PINEAPPLE SALAD ON THE HALF SHELL

- 1 whole fresh pineapple
- 1 pink grapefruit
- 1 orange
- 1 Delicious apple
- 2 tablespoons lemon juice

Cut the pineapple lengthwise, through top and all. Scoop the fruit out and dice; marinate with lemon juice and sugar to taste; cut wedges from red Delicious apple. Arrange beautifully around pineapple which has been centered on a large plate, butt ends out and tassle tops together. Top with Dairyland Cream Dressing. Garnish with sprigs of mint and the Bing or Maraschino cherries.

Do not attempt to make Jello or jelled salads with fresh pineapple or fresh pineapple juice. It simply will not jell.

## *Cooking Poultry and Meats for Salads*

The chicken, turkey, or meat should be well cleaned. Any impurity left either on the skin or in the cavity of a bird could and might spread throughout the whole carcass by cooking, and contaminate the fowl. Should this occur it will most likely result in a reaction that will reduce the palatability of the meat and impair the natural flavor of the salad.

Equally important as cleaning the birds is making sure that the utensils in which they are cooked are clean. Unless this is done the meats will absorb foreign flavors and taste of them.

The chicken, turkey, or meat should be

cooked the day it is to be used. If this is done the natural flavors will be better. Meats prepared in advance for making salads should be cooled in their juices and in small quantities. If natural juices are left to cool in large quantities or in deep containers fermentation might set in resulting in spoilage before the whole amount could be thoroughly cooled.

Simmering is the best method of cooking meats and poultry for salads.

By all means do not allow meats to dry out before using in salads. Dry meat is not palatable and it requires too much salad dressing for a successful salad.

## PORK AND VEAL SALAD

(Serves 4)

- 3 cups meat, cut in julienne strips
- 1 cup celery, sliced thin
- $\frac{1}{2}$  cup carrots, cut in julienne strips
- $\frac{1}{2}$  cup mayonnaise and 2 tablespoons coffee cream, blended
- $\frac{1}{2}$  tablespoon lemon juice, for flavor
- 1 teaspoon salt

Toss together until well marinated, and serve on crisp lettuce leaf. Any meat, or poultry, either alone or in combinations may be made into a salad by the above method and according to prescribed amounts.

## CHICKEN SALAD

(Serves 4)

- 3 cups chicken, light and dark meat
  - $\frac{3}{4}$  cup celery, sliced thin or cut fine
  - $\frac{1}{2}$  cup mayonnaise
  - 3 tablespoons coffee cream
  - 2 tablespoons lemon juice, for flavor
  - 1 teaspoon salt
- Garnis—1 tablespoon chopped parsley and 2 tablespoons thinly shredded carrots

Blend mayonnaise and coffee cream together. Toss all ingredients together until well marinated or blended. Garnish with chopped parsley and about two tablespoons of thinly shredded carrots.

If the salad is to be served on lettuce, the meat should be cut in julienne strips.

## TURKEY SALAD

(Serves 4)

- 3 cups turkey meat, light and dark
- 1 cup celery, sliced thin
- $\frac{1}{2}$  cup mayonnaise and 2 tablespoons coffee cream, blended
- $1\frac{1}{2}$  tablespoons lemon juice
- 1 tablespoon minced onion
- $\frac{1}{2}$  teaspoon salt
- 2 tablespoons chopped parsley

Slice turkey very thin and cut in julienne strips. Dilute dressing with lemon juice. Toss all ingredients together until well marinated or blended. Serve in lettuce cups garnished with strips of pimiento or tomatoes and ripe olives.

The flesh of almost any kind of fish is good for salads. Salmon, tuna, shrimp, crabmeat and lobster are the most popular.



# *Cooking Sea Foods for Salads*

All shell fish such as shrimp, lobster, and crab should not be cooked very long at high temperatures or the flesh will become very tough and dry.

Fresh shrimp should be put on in cold water and cooked until it boils. Remove from the fire as soon as boiling point is reached and allow to cool in its own juice. If this process is followed the flesh will be tender and flaky. If large quantities are cooked at one time dish into shallow pans or set kettle in cracked ice to hasten the cooling process.

Fish should be added to boiling salt water and the heat reduced so as to more or less poach until done. It is not necessary or advisable to cool fish in its juices because—since its flesh is tender and flaky—it will become water soaked.

The muscle of shell fish is much tougher than fish, therefore, requires lower temperature in cooking.

## **FRESH SALMON SALAD WITH AVOCADO**

(Serves 4)

1½ pounds boneless slab of fresh salmon  
1 avocado  
6 or 8 lettuce leaves for salad base  
1 cup onion rings  
2 sprigs parsley  
1 bay leaf  
6 whole white peppers  
6 whole allspice  
1 cup celery, sliced  
1 cup carrot slices  
Cook vegetables and spice in:  
2 cups tarragon vinegar  
1 teaspoon salt  
1 teaspoon sugar  
1 cup water

Cook the vegetables with spices in the vinegar mixture until tender. Strain—dis-

carding vegetables but saving liquid. Cook fish until flaky using that liquid. Cool in juice. Flake the fish and marinate with thin French dressing. Dredge sliced avocado in lemon juice. Serve on lettuce leaves with Figaro Sauce.

Any fresh, flaky fish such as pickerel, pike, trout, or muskellunge, may be cooked by this same method and recipe. If served hot, use a bearnice sauce; if served cold use the figaro sauce.

## **CRAB MEAT SALAD**

(Serves 4)

2 cups crabmeat (canned or fresh and free of long tissue)  
1½ cups thinly sliced celery hearts  
½ cup julienne cut winesap apple (optional)  
½ cup mayonnaise  
1½ tablespoons lemon juice  
1 cup shredded lettuce hearts  
2 hard cooked eggs, sliced

Toss all together—lettuce hearts last. Serve on lettuce leaf garnished with egg slices, pimiento and lemon rings. "Capers" may be added to the garnish.

Lobster may be made in the same proportions.

## **SHRIMP SALAD**

(Serves 4)

2 cups shrimp (canned or fresh)  
2 cups celery, cut fine  
Blend together:  
3 tablespoons mayonnaise  
1 tablespoon coffee cream  
1 tablespoon lemon juice

If fresh shrimp are used, clean and devein before mixing. Toss together until well marinated. Chill. Serve on crisp lettuce leaf. Garnish with lemon.

## *Vegetables for Salads*

When vegetables are harvested they are separated from their life line and that moment they begin to lose that storehouse of minerals and vitamins so important to mankind. The creation of a good salad depends on one's ability to select and care for fresh vegetables. And the job is truly accomplished if through selection and handling of the products the salad when served contains those vitamins and minerals found in strictly fresh vegetables.

Even though they are fresh all vegetables should be well cleaned. That is done by making a fresh cut where they were harvested, putting them in fresh water for a short time to loosen the dirt and dust film, and then washing them under running water. This process will also restore freshness to wilted vegetables.

Any vegetable that can be eaten raw may be used in fresh vegetable salads. And all such vegetables as: beets, asparagus, artichokes, beans, cauliflower, carrots, corn, mushrooms, peas, potatoes, parsnips, brussel sprouts, and bean sprouts may be cooked and used in cooked vegetable salads.

### **Preparation of Vegetables for Salads**

Fresh vegetables should be handled with great care. When shredding, slicing, or cutting them use a sharp knife. Do not chop, mash, or bruise them or bleeding will take place. If this takes place the vegetables will become tough and soggy resulting in an unpleasant flavor. The vegetables should be seasoned at the time they are to be served. If they are seasoned any time beforehand you may expect to have a soggy, wilted, salad, because the seasoning will draw out the fresh vegetable juice.

I have measured the amount of this wilting or shrinkage with a favorite Cabbage Slaw recipe, and give you the results herewith:

### **CABBAGE SLAW**

**(Serves 20 When First Made; Serves 12 Four Hours Later)**

A solid 2 pound head of cabbage was selected. When trimmed it weighed 1 pound 6 ounces. Cut for slaw this gave:



6 cups packed tightly or 2½ quarts packed loosely. Immediately after the addition of 1 cup dressing (listed below) this amount measured 2 quarts packed loosely. Four hours after the addition of the dressing the amount measured 1½ quarts packed loosely.

#### DRESSING

- ½ cup vinegar
- ½ cup water
- ¼ cup oil
- 1 tablespoon sugar
- 1½ teaspoons salt
- ⅛ teaspoon celery salt
- dash of white pepper

### Cooking Vegetables for Salads

Vegetables cooked for salads should be cut or sliced as carefully as fresh vegetables. Do not over-cook as they should be on the crispy side since color and conformation are as important as palatability. Do not stir into a mush but fold or toss together. Cooked vegetables may be seasoned or marinated some time before serving.

### POTATO SALAD

(Serves 12)

- 2 quarts potatoes, cooked in jackets
- 3 cups celery, sliced fine
- ¼ cup minced onion or fine herbs
- 4 eggs (hard boiled)
- ½ tablespoon mono-sodium glutamate
- 1 tablespoon salt
- 1½ cups mayonnaise
- 2 tablespoons lemon juice
- 2 tablespoons pimiento finely chopped
- 2 tablespoons parsley, chopped fine

Dice potatoes; mix with other vegetables. Add seasoning. Thin mayonnaise with cream to the desired consistency and add lemon juice. Fold dressing into potatoes. Chop three of the hard boiled eggs, and combine with the potatoes and other ingredients. Use one egg sliced to decorate.

### SPRING SALAD SUPREME

Use amounts of the following ingredients according to the individual's taste

and the number of portions desired. One quart should yield four servings.

Slice tomatoes, cucumbers, radishes, and green onions, leaf lettuce, watercress, and tender hearts of spinach (cut each leaf in four pieces), cut raw carrots and boiled new beets in strips but keep beets separate. Mix all ingredients except beets, and marinate with pure olive oil and garlic vinegar. Season with salt and pepper. Place beet strips on top of salad the very last thing.

### EAST INDIA STUFFED TOMATOES

(Serves 6)

- 6 medium tomatoes
- ⅔ cup diced cucumber
- ⅔ cup chutney, cut fine
- ¼ cup broken crisp bacon
- 1 tablespoon mayonnaise

Wash tomatoes and remove pulp. Use the pulp, mixing it with the above ingredients. Stuff tomatoes and serve on endive or chicory leaves. Serve with chicken, duck, or steak dinner.

### COMBINATION SALAD

In this salad imagination is a prime factor. Any vegetable you may like in a salad can be used, but you should have salad greens as the base and equal portions of such vegetables as lettuce hearts, tomatoes, cucumbers, green peppers, radishes, and water cress—about 1 cup for each serving, or 1 quart for four portions. Serve thin French dressing in separate dish.

### MOCK CRABMEAT SALAD

(Individual)

- ½ cup fresh shredded cabbage
- 2 onion rings
- ½ apple, diced (unpeeled to represent crabmeat)
- 1 tablespoon parsley, cut fine
- 3 or 4 carrot strips

Marinate ingredients in lemon juice and mayonnaise. Serve on lettuce leaf, sprinkled with parsley.

# Salad Dressings

The best test for good salad dressing is that it tastes like something one would like to eat alone. It is salad dressing that can be produced only by using the very best of salad ingredients. This all refers to freshness. Salad oils can become rancid very soon after they are opened, and should be checked before making into salad dressings. Eggs, the principal emulsifying agent in the production of salad dressing, should be strictly fresh and free of foreign flavor. Fresh spices, fresh clean vinegars, and fresh lemon juice are also essential.

## MAYONNAISE

(1 Quart)

- 4 egg yolks
- 1 pint olive oil
- ½ teaspoon dried mustard or 1 tablespoon prepared mustard
- 1 tablespoon sugar or 1 heaping tablespoon powdered sugar
- 1 teaspoon salt
- ½ cup vinegar
- 4 tablespoons lemon juice (important for flavor)
- ¼ teaspoon celery salt
- Dash of white pepper, paprika, and cayenne

Put part of the salt into the egg yolks and start beating. Put rest of the salt, the celery salt, sugar into the vinegar-mustard mixture and boil. Add oil gradually to the egg mixture and continue beating it until it starts to thicken, at which time add 1 teaspoon or so of the hot vinegar mixture. Add oil and hot vinegar alternately. All is incorporated. Add lemon juice last.

## VARIATIONS

**Tomato or Capitol Mayonnaise** may be made by adding small diced tomatoes to the above recipe.

**Caper Mayonnaise** for seafood salads by adding capers, chopped parsley and lemon juice.

## CARSON'S WISCONSIN DRESSING

- 1 cup salad oil
- ¼ cup sugar
- ½ cup malt vinegar
- 2 teaspoons salt

- 2 tablespoons parsley
- 1 small onion, cut in fine pieces
- 1 clove garlic, or 1 teaspoon garlic salt
- 1 tablespoon paprika
- 1 teaspoon celery salt

Put all dry spices and sugar in mixing bowl. Add 1/3 of the oil and beat from 5 to 10 minutes, then add 1 tablespoon vinegar and continue to beat. Repeat process, adding oil in a thin stream and alternating with the vinegar, until all has been used. Then add parsley, onions, and peeled clove of garlic. Let stand 1 hour before using. Remove clove of garlic and pour over shredded cabbage. Serve on any vegetable salad—cooked or fresh—or as required.

## ROQUEFORT CHEESE DRESSING

- ¼ pound Roquefort Cheese
- 1½ 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.

## DAIRYLAND CREAM DRESSING

- 1 tablespoon mustard
- 1 teaspoon salt
- 1 tablespoon powdered sugar
- 5 teaspoons flour
- 4 egg yolks
- 1 cup vinegar, Mixed Herb Wine
- 2 tablespoons butter
- 1 cup heavy cream
- 1 cup cream cheese
- 2 tablespoons orange juice

Mix together salt, sugar, flour and powdered sugar. Whip egg yolks until lemon colored and fluffy and mix into this the mustard and melted butter. Add mixed dry ingredients and vinegar, and cook in double boiler until thick. Remove from flame and cool. Whip cream until stiff. Mash thin cream cheese until the consistency of whipped cream and add a dash of sugar, then fold together.

## THIN FRENCH DRESSING

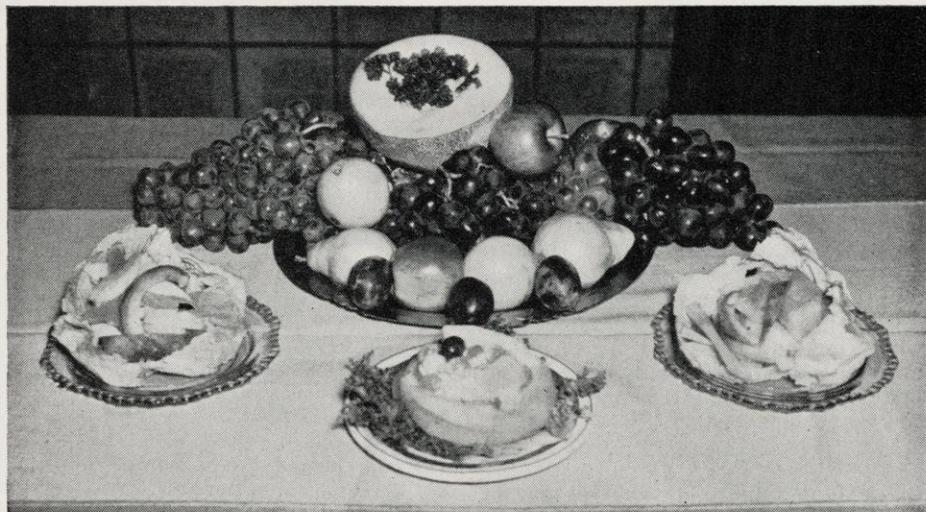
- 2 cups oil—olive or vegetable
- $\frac{1}{2}$  cup vinegar
- 2 teaspoons paprika
- $\frac{1}{4}$  teaspoon white pepper
- $\frac{1}{4}$  cup sugar
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon dry mustard

Put all dry ingredients in oval shaped bowl. Add oil gradually—very little to start. Alternate with vinegar until thick. Continue until all is incorporated. Clove garlic may be added for a short while.

## THICK FRENCH DRESSING

- 2 cups salad oil
- 1 whole egg
- $\frac{1}{4}$  cup Tarragon vinegar
- $\frac{1}{4}$  cup garlic vinegar
- 2 teaspoons paprika
- 3 tablespoons catsup
- $\frac{1}{4}$  teaspoon white pepper
- 2 tablespoons sugar
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon dry mustard

Beat egg, add dry ingredients. Add oil gradually until 1 cup has been used. Then add 1 tablespoon of vinegar. Repeat. Fold in catsup as the dressing is used.



# Desserts

## PUMPKIN PIE

1½ cups canned pumpkin  
½ cup white sugar  
¾ cup brown sugar  
½ cup milk  
½ cup cream  
½ teaspoon salt  
2 eggs  
1 teaspoon cinnamon  
½ teaspoon ginger  
½ teaspoon nutmeg (mace may be substituted)  
1 teaspoon vanilla  
2 tablespoons butter

Cream sugars and butter. Add eggs and continue to cream until light and fluffy. Fold in pumpkin, spices, cream, and milk. Add vanilla. Pour into 8-inch unbaked crust and bake in oven about one hour at 350° F. to 375° F.

## SPICE CAKE

¾ cup shortening  
2 cups brown sugar  
2 egg yolks  
1¼ cups sour milk  
1 teaspoon soda  
2½ cups flour  
1 teaspoon baking powder  
1 teaspoon cinnamon  
¼ teaspoon cloves  
¼ teaspoon salt  
1 teaspoon vanilla

Cream shortening, sugar and egg yolks. Mix and sift baking powder, flour, spices, and salt. Add soda to milk. Add flour and milk alternately until all ingredients are creamed together. Add vanilla. Bake for 25 minutes at 350° F.

## STEAMED PUDDING

(Serves 8)

1 cup sour milk  
1 cup stale bread crumbs  
1 cup brown sugar  
¼ cup shortening  
½ cup flour  
½ teaspoon cinnamon  
¼ teaspoon cloves  
2 tablespoons molasses or sorghum  
1 teaspoon soda  
¾ cup raisins and nuts

Cream shortening, add sugar, molasses, and flour sifted with spices and soda, and mixed with raisins and nuts. Add bread crumbs and milk. Mix thoroughly. Pour into steamer pan or clean tins or cups; cover and steam for 3 hours. Serve hot with Hard Sauce or Lemon Sauce.

## Hard Sauce

½ cup butter  
1 cup powdered sugar  
1 teaspoon vanilla

Cream the butter, add sugar gradually, then the flavoring. Chill and serve on hot puddings.

## Lemon Sauce

2 cups boiling water  
1 cup sugar  
1 tablespoon cornstarch  
2 tablespoons butter  
1 lemon—juice and grated rind  
⅛ teaspoon salt

Mix cornstarch and sugar, gradually add boiling water; stir constantly, add lemon rind; boil 5 minutes. Remove from fire, add lemon juice and butter. Serve hot.

## GINGERBREAD

1 cup molasses  
1 cup butter  
1 cup brown sugar  
2 cups flour  
2 eggs  
1 cup boiling water  
1½ teaspoon soda  
2 teaspoons ginger  
1 teaspoon cinnamon  
1 teaspoon cloves  
½ teaspoon allspice  
1 teaspoon salt

Cream sugar and butter. Add egg yolks and molasses. Sift flour and spices. Dissolve soda in boiling water. Add flour and liquid; gradually alternating; mix well. Fold in beaten whites of eggs, and pour into 8" square or 9" round pan. Bake for 30 minutes in oven at 350° F.

## WHEAT GRIDDLE CAKES

- $\frac{1}{2}$  pound or 2 cups flour
- $\frac{1}{2}$  ounce or  $3\frac{1}{2}$  teaspoons baking powder
- 1 ounce or 3 tablespoons sugar
- 1 ounce or 2 tablespoons melted butter
- 1 large egg
- 1 teaspoon salt
- $1\frac{1}{4}$  cups milk

Sift flour and baking powder together. Cream sugar, eggs, and salt. Stir in milk. Then stir in flour as quickly as possible

until smooth. Fold in melted butter and bake on hot ungreased cake griddle. If pancake mix is prepared properly—with right consistency—it will not be necessary to grease griddle. Yield—approximately 10-12.

## CORN GRIDDLE CAKES

Same recipe as for Wheat Griddle Cakes except one cup corn meal and one cup wheat flour.



# General Table of Weights and Measures

4 ounces	$\frac{1}{4}$ pound
16 ounces	1 pound
3 teaspoons	1 tablespoon
4 tablespoons	$\frac{1}{4}$ cup
5 tablespoons plus 1 teaspoon	$\frac{1}{3}$ cup
8 tablespoons	$\frac{1}{2}$ cup or 4 ounces liquid
16 tablespoons	1 cup or 8 ounces liquid
1 gill	$\frac{1}{2}$ cup or 4 ounces liquid
1 pint	2 cups or 16 ounces liquid
1 quart	4 cups or 32 ounces liquid
4 quarts	1 gallon
4 pecks	1 bushel

In brewing coffee one pound will make 35 to 40 cups.

In cooking meats, 1 teaspoon of salt per pound of fresh meat is found to be sufficient.

In cooking fish  $1\frac{1}{2}$  teaspoons of salt per pound is required.

A *dash* of seasoning ordinarily means less than  $\frac{1}{8}$  teaspoon; in order to be more specific I suggest that you use  $1/16$  teaspoon—at least until you know the taste preference of those for whom you are seasoning food.

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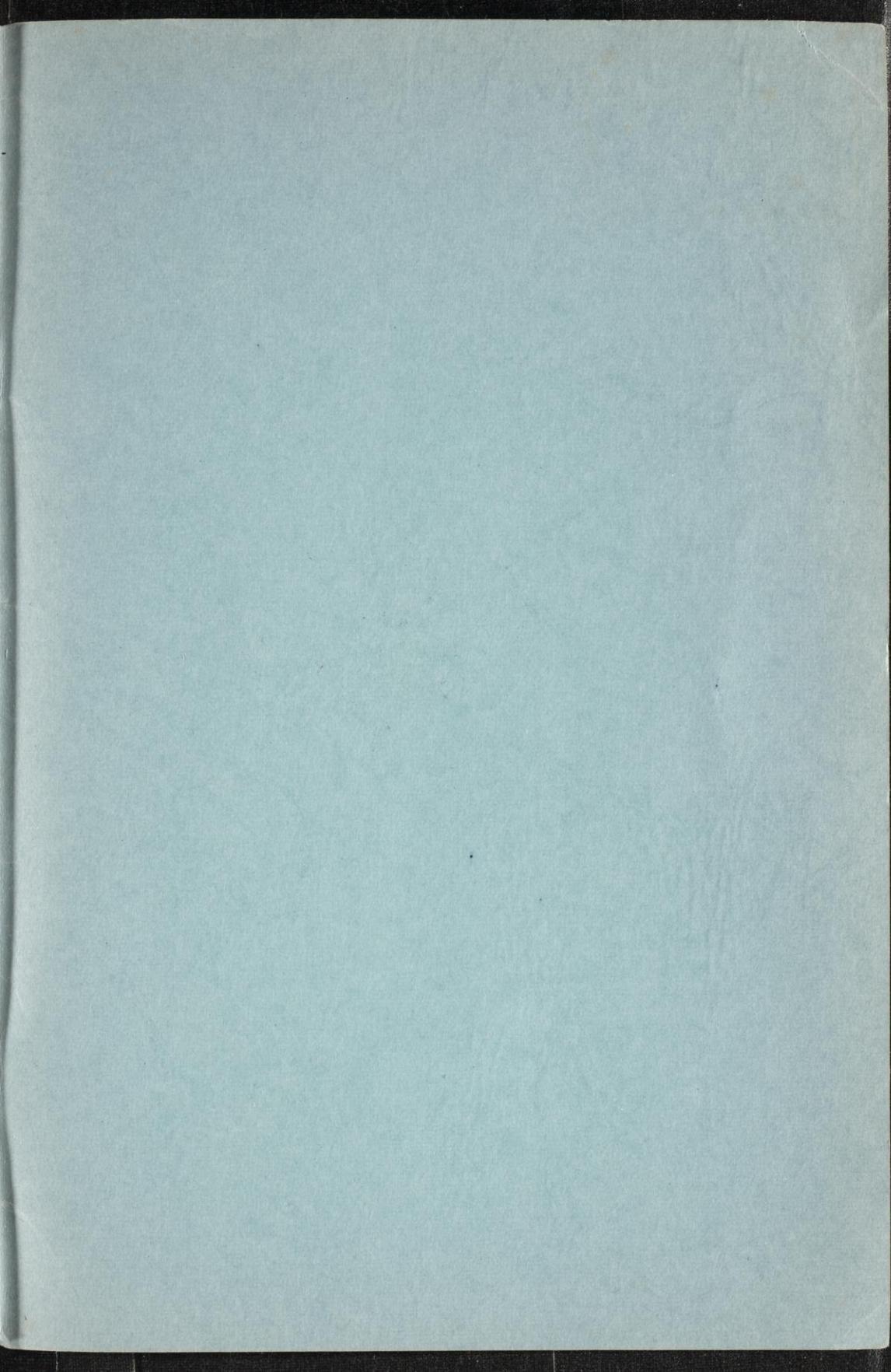
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