

# **WOMEN'S PROGRAM**

- featuring -

**CHEF CARSON and BEATRICE GULLEY**



**GRANT ELECTRIC COOPERATIVE**

**22nd Annual Meeting**

**St. Clement's Auditorium**

**Lancaster, Wisconsin**

**FRIDAY, MARCH 25, 1960**



# OUR SPECIAL SILVER JUBILEE WOMEN'S PROGRAM

features an outstanding cooking and serving demonstration by the nationally-known Chef Carson Gulley, and Mrs. Gulley, of Madison.

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## WOMEN'S PROGRAM COMMITTEE

Mrs. Ed Krohn, Chairman

Mrs. Clarence Curtis  
Mrs. Harold Rogers  
Mrs. Delvin Reese  
Mrs. Clarence Jerrett

Mrs. Arthur Nelson  
Mrs. Dan Riley  
Mrs. Ed Ferguson  
Mrs. Joe Matt

\* \* \* \*

Mistress of Ceremonies

MISS ELLEN WINTERS  
Home Demonstration Agent

## MEAT COOKERY

Finesse in any branch of cooking requires a through 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 seasoning 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 interrelated. 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 three portions per pound with bone out, and two portions with bone in.
2. Cooking time required: Regardless of the kind or cut, all meat is cooked at low heat. (Oven temperature 300° F.). The following is a guide for your use:

	Time Minutes Per Pound	Internal Temperature By Meat Thermometer
Standing Ribs of Beef (rare)	18 to 20	140° F.
(medium)	22 to 25	160° F.
(well done)	27 to 30	170° F.
Rolled Rib of Beef (rare)	32	140° F.
(medium)	38	160° F.
(well done)	48	170° F.
Pork Loin (center cut)	35 to 40	185° F.
(end cut)	45 to 50	185° F.
Ham (10 to 12 pounds) (Smoked)	15	160° F. to 170° F.
Ham (half) (Smoked)	18 to 20	160° F. to 170° F.
Lamb (leg)	30 to 35	175° F. to 180° F.
(rolled shoulder)	40 to 45	175° F. to 180° F.
Veal (leg)	25 to 30	170° F.
(rolled shoulder)	40 to 45	170° F.

### 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.

### 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 four to five 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 SAUTEING

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.

## CHEF GULLEY'S FAVORITE RECIPES

Especially Selected For The Women Folk  
of

GRANT ELECTRIC COOPERATIVE

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### BONED TURKEY FOR ROASTING

Prepare and clean turkey thoroughly as you would for roasting the turkey whole, by using baking soda, rubbing it on the bird inside and out and washing it under cold running water.

Disjoint the turkey by removing the legs, leaving all the skin to the breast bone. Bone the legs, starting from the inside as in boning a lamb leg. Start at the bottom of the leg and remove the skin up to the thigh, remove the tendons and finish removing the bone. Tie the legs up in their skin for roasting.

Remove the breast, starting from the back and removing the meat from the bones, leaving the breast whole. Tie it up in its own skin for baking. Bake at 300° F. and serve with stuffing baked separately.

Break the bones and cook until meat is done. Remove the meat from the bones and use it for making sandwiches, creamed turkey, or a casserole dish.

### CELERY DRESSING

- 4 quarts dry bread broken or cut into 1/4 inch squares
- 4 cups celery, sliced fine
- 4 cups onions sliced fine
- 1 teaspoon leaf sage, crushed fine
- 4 teaspoons salt
- 1 teaspoon white pepper
- 2 cups butter or chicken fat
- 4 cups onions sliced fine
- 4 cups good stock -- if no stock is on hand use 4 chicken bouillon cubes dissolved in 4 cups boiling water.

Saute the onions, celery and seasonings in the fat until translucent. Add the stock and fold into the dry bread crumbs. Bake in an oiled pan 350° F. 45 minutes.

### BROILED LOBSTER TAIL

- |                        |                              |
|------------------------|------------------------------|
| 1 lobster tail         | 1 teaspoon seasoning salt    |
| 1/2 cup cracker crumbs | 1 tablespoon chopped parsley |
| 1/3 cup melted butter  |                              |

Thaw lobster over night in the refrigerator. While still in frigid stage, remove the soft under shell and remove the muscle or meat from the shell and devein it and remove the tough outer skin. Wash under cold running water. Season lobster with seasoning salt and butter (melted). Return to the shell and sprinkle with buttered crumbs and bake according to size from 16 to 24 minutes. Garnish with chopped parsley, lemon and melted butter. Serve immediately.

They may be steamed until tender and then finish baking the same way by a flash broiler heat.





## SHRIMP

- |                                  |                           |
|----------------------------------|---------------------------|
| 3 pounds shrimp - 25 to 30 count | 1 teaspoon table salt     |
| 3 teaspoons seasoning salt       | 1 teaspoon cayenne pepper |

Mix well six hours before serving. Yield 2½ cups. Can be kept two weeks under good refrigeration.

## SEA FOOD COCKTAIL SAUCE

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| 2 tablespoons green pepper, cut fine | 1 tablespoon Worcestershire sauce     |
| 2 tablespoons onions, cut fine       | Dash of Tabasco, <i>only a dash</i>   |
| ½ cup celery, cut fine               | 1 tablespoon fresh grated horseradish |
| 1 cup chili sauce                    | 1 teaspoon salt                       |
| 1 tablespoon A-1 Sauce               | 1 tablespoon lemon juice              |
| 1 teaspoon sugar                     |                                       |

Remove shells and sand vein from shrimp and wash under running water. Put in sauce pan and just enough water to come to the top of shrimp. Add seasonings, place on burner and bring to a boil. Low heat simmer for five minutes. Let cool in juice. Remove shrimp and place in jars for storing. Let juice settle, pour off clear juice or strain juice through a clean cloth and pour over shrimp. To serve: Put shrimp in a shrimp bowl on a bed of ice. Serve with the following cocktail sauce.

## CASSEROLES

### BAKED MACARONI AND CHEESE (Serves 10)

- |                             |                                   |
|-----------------------------|-----------------------------------|
| 1 pound macaroni            | 2 teaspoons salt                  |
| 1 pound aged Cheddar cheese | 1 tablespoon Worcestershire sauce |
| 3 tablespoons butter        | 1 tablespoon salad mustard        |
| 2 teaspoons paprika         | 2 cups hot milk                   |
| 2 tablespoons flour         | ½ cup buttered crumbs             |

Melt butter, add flour, and cook to a smooth paste. Fold in all seasonings. Cook over a slow fire for ten minutes. Boil macaroni in two gallons of water for 15 minutes at a simmering temperature. Remove from fire; add two cups cold water. Let stand for ten minutes, then drain and again pour cold water over the macaroni. Drain well. When macaroni is well drained, fill a buttered baking dish by alternating layers of macaroni and grated cheese, starting with macaroni and ending with cheese. Add the hot milk to the flour and seasoning mixture. Stir well, until mixed, and pour over the macaroni and cheese. Top with buttered crumbs. Bake at 350° F. for thirty minutes, until thoroughly hot and well-browned. This recipe yields ten generous servings. For a family of six, use half.

### TUNA AND VEGETABLE CASSEROLE

- |                       |                           |
|-----------------------|---------------------------|
| 2 tablespoons butter  | 1½ cups cooked carrots    |
| ½ cup onions          | 1½ cups cooked potatoes   |
| ½ cup celery          | 1 tablespoon butter       |
| 1 7 oz. can tuna fish | 2 cups medium cream sauce |
| 1 cup peas            | 1 teaspoon salt           |

Saute onions and celery in two tablespoons butter. Add the flaked tuna fish. Drain the carrots and potatoes and add one tablespoon butter to them (it helps to keep vegetables separated). Add raw peas, the drained vegetables and the cream sauce. Mix, top with crushed corn flakes and a little butter, and bake in a buttered casserole at 350° F. for thirty minutes.

## SALADS

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

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 the other foods.

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.

### FRESH FRUIT SALAD

- |                    |                     |
|--------------------|---------------------|
| 4 white grapefruit | ¼ cup lemon juice   |
| 4 pink grapefruit  | 3 tablespoons sugar |
| 4 Delicious apples | 1 avocado pear      |
| 4 oranges          |                     |

Peel and remove sections from grapefruit and oranges. Cut wedges from red Delicious apples (save a few for decorating top of salad). Line bowl with lettuce. Arrange fruit attractively in salad bowl. Decorate top with avocado slices which you have peeled and cut into wedges, also, place apple slices on top. Sprinkle sugar over top of salad and spoon lemon juice over all.

### DAIRYLAND CREAM DRESSING

- |                             |                                |
|-----------------------------|--------------------------------|
| 1 tablespoon mustard        | 1 cup vinegar, mixed herb wine |
| 1 teaspoon salt             | 2 tablespoons butter           |
| 1 tablespoon powdered sugar | 1 cup heavy cream              |
| 5 teaspoons flour           | 1 cup cream cheese             |
| 4 egg yolks                 | 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.

### WISCONSIN SUNSET SALAD

- |                              |                             |
|------------------------------|-----------------------------|
| 1 package strawberry gelatin | 1 cup whipping cream        |
| 1 package orange gelatin     | 1 tablespoon sugar          |
| 2 cups hot water             | 1 cup cream cheese          |
| 1 cup cold water             | 1 cup drained pineapple     |
| ½ cup pineapple juice        | ½ cup finely grated carrots |
| 2 tablespoons lemon juice    | Fresh fruits for garnish    |

Dissolve the strawberry and orange gelatins together in the hot water. Add cold water, pineapple juice and lemon juice. Pour about a quarter of this mixture into the bottom of a salad mold and chill. Pour the remainder into a bowl and cool until it becomes jelly-like, then beat until it's light and fluffy. The cream cheese must be worked and creamed until it has the consistency of whipped cream. Blend it into the whipped gelatin. Fold in carrots and pineapple. Whip cream, blending in the sugar, then fold into the gelatin mixture. Pour into the salad mold, over the firm gelatin, chill several hours, unmold and serve garnished with salad greens and fresh fruits.



