**Food Fashion Revue**

**COOKING SCHOOL**

- **Go MODERN**
- **Cook with ELECTRICITY**
  - Fast
  - Clean
  - Cheap

Presented by Board of Water & Electric Light Commissioners and Retail Electric Appliance Dealers of LANSING and EAST LANSING

**PRUDDEN AUDITORIUM**

November 2, 3, 4 and 5, 1937

- **First Session**
  - These recipes are demonstrated at the first session of the cooking school.

**RUTH WHITE**

Home Economist and Electric Cooking Expert

**Night Sessions** — 7:15 P.M.,

Tues., Wed. & Fri., Nov. 2, 3, and 5

**Afternoon** — 2:00 P.M.

One Session, Thurs., Nov. 4

Held in cooperation with the

**NATIONAL LIVE STOCK AND MEAT BOARD**

407 South Dearborn St. Chicago, Illinois
BEEF Cuts • and How to Cook Them

Retail Cuts
- Ground Beef
- Heel of Round
- Hind Shank
- Rolled Flank
- Flank Steak
- Flank Steak Fillets
- Plate
- Rolled Plate
- Short Ribs
- Beef Brisket
- Corned Beef
- Knuckle
- Cross Cut Fore Shank
- English Cut
- Arm Pot Roast
- Arm Steak
- Rolled Neck

Wholesale Cuts
- Round Steak
- Top Round
- Bottom Round (Swiss Steak)
- Rump Roast
- Rolled Rump
- Sirloin Steak
- Pin Bone Sirloin Steak
- Porterhouse
- T Bone Steak
- Club Steak
- Standing Rib Roast
- Rolled Rib Roast
- Rib Steak
- Blade Steak
- Blade Pot Roast
- Triangle Pot Roast
- Boneless Chuck Pot Roast
- Shoulder Fillet

Retail Cuts
- Roast or Broil
- Braise or Simmer
- Soup or Simmer
- Braise
- Braise
- Simmer or Braise
- Braise
- Braise
- Braise
- Braise
- Braise or Stew

NOTE: Pork Chart printed in booklet for second session.
Veal Chart printed in booklet for third session.
Lamb Chart printed in booklet for last session.
New Fashions in Foods

1—MEAT ROLY-POLY

Mix ground meats with the eggs and seasoning. Pat to one-half inch thickness on waxed paper. Spread with bread dressing and roll as for jelly roll. Place in a dripping pan and cover with slices of bacon. Bake in a moderate oven (350° F) for 1½ to 2 hours. Serve with tomato sauce to which chopped ripe olives or mushrooms are added. Serves 8.

Bread Dressing

- ½ cup raisins
- 6 cups bread cubes
- ½ cup chopped onion
- ½ cup chopped celery
- 3 tablespoons chopped parsley
- Salt and pepper
- 1 teaspoon powdered sage
- 1 cup soup stock

Rinse raisins and drain. Combine with all the ingredients and mix, adding more liquid if necessary. Spread on meat mixture.

2—MILE-A-MINUTE CAKE

Sift the flour, measure and sift again with the baking powder, salt and spices. Combine all ingredients in the order given adding the pitted, chopped dates and chopped nuts last. Beat all together for five minutes. Bake in a 9-inch square pan in a moderate oven (350° F) for 50-60 minutes. Ice with Peanut Butter Icing.

3—BONELESS LAMB SHOULD ROAST

Have the meat retailer prepare a boned and rolled lamb shoulder. Wipe with a damp cloth. Season the roast with salt and pepper and place in an open roasting pan with the fat side up. Insert a roast-meat thermometer into the center of the roast. Place in a moderate oven (300°-350° F) and roast until done, without covering and without adding water. The roast-meat thermometer will register 175° F for medium-done lamb and 180° F for well-done lamb. Allow about 35 to 40 minutes to the pound for roasting. Remove the roast to a hot platter and garnish. A four pound roast will serve 6 to 8 people.

4—VEAL STEAK À LA SWISS

Wipe meat with damp cloth. Mix mustard, salt, pepper and butter and rub into steak. Dip in slightly beaten egg, then in crushed cornflakes. Brown in hot fat. Add one-fourth cup water, cover tightly, reduce heat and cook slowly 30 minutes. Garnish with sliced tomatoes and whole green beans. Serves 4 to 5.
5—THE PERFECT FRUIT PIE

1 1/2 cups flour
1/2 cup lard
1 teaspoon salt
4-6 tablespoons ice water

Sift flour, measure and add salt. Cut lard into flour until the mixture is coarse and granular in appearance. Add water, small amounts at a time, mixing quickly and evenly through the flour and lard until the dough just holds in a ball. Roll to about one-eighth inch thickness and line a pie pan. Fill with any desired fresh fruit filling. Roll top pastry a little thinner than the under crust. Place over filling. Allow top crust to overlap the lower crust one-half inch; cut even with shears. Moisten lower edge to perfectly seal and fold top crust under the lower. Crimp edges. Bake in a hot oven (425° F) for 35 minutes, until fruit is done.

FRUIT FILLING

Approximately one quart of fresh fruit is required to fill a nine-inch pie pan. The amount of sugar varies with the fruit and thickening with cornstarch is optional.

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<th>THICKENING</th>
<th>SEASONING</th>
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<tr>
<td>Apple</td>
<td>4-6 tart</td>
<td>3/8 cup</td>
<td>1/2 teaspoon cinnamon</td>
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<tr>
<td>Cherry</td>
<td>1 quart</td>
<td>3/4 cups</td>
<td>2 tbs. cornstarch</td>
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<tr>
<td>Berry</td>
<td>1 quart</td>
<td>3/4 cups</td>
<td>2 tbs. cornstarch</td>
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<tr>
<td>Rhubarb</td>
<td>1 quart</td>
<td>1/2 cups</td>
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<tr>
<td>Cranberry</td>
<td>1 quart</td>
<td>1/2 cups</td>
<td>2 tbs. flour</td>
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6—FRENCH FRIED LIVER

1 pound liver

Flour
Salt
Pepper


7—GRILLED CHOPS WITH BANANA AND PINEAPPLE SPEARS

6 lamb rib chops
Salt and pepper
1 can pineapple spears
6 bananas, green tipped
Bacon

Wipe the chops with a damp cloth. Arrange on a broiler rack, allowing three inches between surface of chops and source of heat. When brown turn and finish broiling. Only one turning is necessary. Drain pineapple spears, slice bananas in half lengthwise. Place a spear of pineapple between the two slices of banana, wrap with a slice of bacon and fasten with a toothpick. Just before turning the chops, sprinkle with salt and pepper. After turning, place the bacon wrapped fruit alongside the chops and finish cooking. Serve with crisp greens. Serves 6.

French Fried Onions

6 onions
Milk
Flour
Salt
Pepper

Peel and cut onions into one-fourth-inch slices. Soak in milk one-half hour. Drain and roll in seasoned flour. Drop into deep lard which has been heated to 375° F and cook until nicely browned. Drain on absorbent paper. Serves 6.
8—PORK HOCKS AND SAUERKRAUT

4-6 pork hocks
4 medium onions
1 can sauerkraut
¼ teaspoon pepper

Thoroughly wash the pork hocks. It is not necessary to skin them. Arrange on a layer of sauerkraut and sliced onions in a covered baking dish. Cover with remainder of the sauerkraut and add pepper. Add water to cover the bottom of the pan, if there is not sufficient sauerkraut juice. Cover tightly. Cook in a moderate oven (350° F) 1½ to 2 hours or until the meat is tender enough to come off the bone. This may also be cooked on top of the range. Serves 4-6.

9—SCALLOPED TOMATOES WITH CUCUMBERS

1 No. 2½ can tomatoes
1 medium size cucumber
1 small onion
1 cup cracker crumbs
4 tablespoons butter
Salt and pepper
½ cup grated cheese

Place a layer of tomatoes in buttered baking dish. Add part of sliced cucumber, sliced onion and crumbs which have been combined with melted butter. Season. Repeat layers until all is used. Top with cheese and bake in a moderately hot oven (375° F) for 40 minutes. Serves 6.

10—SAVORY BEEF PLATE ROLL

3-5 pounds beef plate
8 slices bacon
2 medium sized onions
Salt and pepper


11—HAM SLICE AND RICE-WICH

Have the meat retailer cut the smoked ham butt into two pieces. The piece which contains the aitch bone may be used for seasoning purposes. From the other piece cut double slices so that when opened the meat will be one-half inch or more thick. Spread one slice with prepared mustard and cover with Rice Dressing. Place another slice over the dressing. Arrange on a trivet in an open baking pan. Do not add any water or cover. Bake in a moderate oven (350° F) for 1½ hours. Serves 6.

Rice Dressing

1½ tablespoons onion
1 tablespoon lard or bacon drippings
¾ cup rice
2 cups soup stock
1 teaspoon salt
½ tablespoon poultry seasoning

Cook onion in lard until tender. Add dry rice, simmer until rice is golden in tint, then add soup stock, salt and poultry seasoning. Cover and steam 20 minutes. Add additional seasoning to suit individual taste.

12—HOMEMADE BISCUIT MIXTURE

8 cups flour
¾ cup baking powder
4 teaspoons salt
1½ cups lard

Sift the flour and measure. Sift again with the baking powder and salt. Cut in the lard until the mixture has a fine even crumb. Place in a closed container and keep in refrigerator, using as desired. This mixture will keep at least a month in the refrigerator. It will yield five batches with two cups of the mixture to the batch. It may be used for biscuits, dumplings, shortcake, waffles, muffins, quick coffee cake and dozens of other things.
# Meals Planned Around the Cooking School Meat Recipes

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*—Recipe in this booklet. (2)—Recipe in booklet for second session. (3)—Recipe in booklet for third session. (4)—Recipe in booklet for last session.
13—BLUE PLUM COBBLER

Combine the biscuit mixture with the sugar and enough milk to make a soft dough. Roll to one-fourth inch thickness. Spread with softened butter, sprinkle with mixture of cinnamon and sugar. Drain blue plums and remove seeds. Spread plums over dough. Roll like a jelly roll and cut into eight pieces. Place cut side down in a buttered 9-inch square pan. Heat syrup drained from the plums to boiling point and pour over rolls. Bake in a hot oven (450° F) for 30 minutes. Serves 8.

14—MACARONI MEAL WITH LIVER

Wash liver and dry thoroughly. Roll in flour seasoned with salt and pepper and fry very quickly in a generous amount of bacon drippings. When well browned add three tablespoons water, cover and let simmer for 10 minutes. Serve on bed of cooked, buttered and seasoned macaroni. Serves 6.

15—CHILI CHEESE SALAD

Soak gelatin in cold water for five minutes and dissolve over hot water. Combine chili sauce with cottage cheese, mayonnaise and salt. Fold in the whipped cream and turn into ring mold that has been rinsed with cold water. Place in the refrigerator to chill. Unmold on serving platter. Garnish with lettuce and sections of grapefruit. This fills one 8-inch mold. Serves 6-8.

16—SAUSAGE LOAF SURPRISE

Mix sausage with egg, seasoning and crumbs. Line large loaf pan with sausage, reserving enough to cover the top. Fill center with mashed potato filling and cover with sausage. Allow one-half inch or more at top of pan for expansion of meat. Bake in a moderate oven (350° F) for 1½ hours. Serves 8.

Potato Filling

Combine all ingredients. Milk may be added if necessary.

17—TOFFEE NUT BARS

Cream the lard, add the sugar and cream well. Add flour and salt and work into a dough. Pat into an ungreased 9-inch square pan. Bake in moderate oven (350° F) for 15 minutes. Cool in the pan and pour the following mixture over it: Beat eggs until light, add brown sugar and beat thoroughly. Add vanilla. Sift flour, baking powder and salt and stir into egg mixture. Beat until smooth. Blend in the coconut and nuts. Spread evenly over the baked mixture. Bake in moderate oven (350° F) about 25 minutes. Cut into finger shaped pieces and remove from pan while warm. Yield 18.
18—APRICOT CHERRY TURNOVER CAKE

2 1/4 cups flour
4 teaspoons baking powder
1 teaspoon salt
3/4 cup lard
1 1/4 cups sugar
2 egg yolks
3/4 cup milk
1 teaspoon vanilla
Butter
Brown sugar
2 No. 2 cans apricot halves
Maraschino cherries

Sift the flour, measure and sift again with the baking powder and salt. Cream the lard, add the sugar and continue creaming. Beat the egg yolks until light and add to lard and sugar mixture. Combine thoroughly. Alternately add the sifted dry ingredients and the milk to which the vanilla has been added.

Spread a large dripping pan (about 10x14 inches) with a generous amount of butter. Over this press a one-fourth-inch layer of brown sugar. Drain the apricots and dry with paper toweling. Press a maraschino cherry into each half. Place the apricots in rows cut side down on the brown sugar. Pour cake batter over fruit. Bake in a moderate oven (350° F) for one hour. Turn out immediately. Serves 12.

19—BROWN VELVET ICE CREAM

3 eggs
1 cup commercial chocolate syrup
1 cup whipping cream

Combine egg yolks and chocolate syrup. Cook slowly until thick. Cool. Beat whites and fold into chocolate mixture. Pour into tray of automatic refrigerator and chill almost to freezing before folding in slightly beaten cream. Serves 8.

20—BACON AND ENDIVE SANDWICH

8 slices bacon
Endive
Paprika
Lemon Juice

Broil bacon until crisp. Mince crisp bacon and add chopped endive. Season with paprika and lemon juice to taste. Use as spread for open or closed sandwich.

21—CHINESE CHOP SUEY

3 tablespoons lard
1 cup diced raw pork or veal
1/2 cup finely cut onion (if desired)
1/2 teaspoon salt
1 1/2 cups celery, cut into small pieces
1/2 cup water or liquid from bean sprouts
1 can bean sprouts, drained

Thickening

3 tablespoons cornstarch
1/2 teaspoon pepper
1 teaspoon brown sauce
2 tablespoons soy sauce

Heat lard in covered saucepan or skillet over quick fire; add meat, onions, and salt; stir constantly and cook rapidly until meat is well seared. Add celery and liquid, then cover. Cook until celery is done. Add bean sprouts, heat thoroughly. Place thickening ingredients in bowl and mix well. Take two tablespoons of liquid from cooking mixture and stir into thickening until smooth. Add to Chop Suey, stirring constantly. Serve piping hot over boiled rice.

22—CHOPPED MEAT SANDWICHES

2 cups cooked ground meat
4 tablespoons mayonnaise
1 tablespoon pickle relish
2 hard cooked eggs
Salt and pepper
Bread and butter

Use any left-over meats, such as pork, lamb or beef. Combine with mayonnaise, relish, chopped eggs. Season. Mix well and spread on slices of bread. Brush with melted butter and toast.

23—SPANISH LAMB SLICES

6 neck slices of lamb
6 slices onion
6 slices tomato
6 rings green pepper
1/4 cup rice

Season neck slices and brown in a little lard. Place in a roaster and on each slice arrange a slice of onion, one of tomato and the pepper ring filled with rice which has been partially cooked. Pour 1/2 cup water around meat. Cover and cook in a moderate oven (350° F) one hour.
24—HAM AND CELERY LOAF

1 package lime flavored gelatin
1 ¾ cups hot water
¼ cup vinegar
½ teaspoon salt
1 cup cooked diced ham
1 ½ cups celery
1 tablespoon onion
2 sweet pickles

Dissolve gelatin in warm water. Add vinegar and salt. Chill. When slightly thickened, fold in ham, chopped celery, minced onion and pickles, which have been finely chopped. Turn into loaf pan. Chill until firm. Serve in slices garnished with crisp watercress. Serves 6.

25—BEEF BROTH WITH VEGETABLES

3 pounds beef shanks
2 teaspoons salt
½ teaspoon pepper
1 ½ quarts water
2 cups potatoes
½ cup onion
1 ½ cups carrots

Have retailer saw bone into suitable pieces. Put into kettle. Add salt and pepper. Cover with water and simmer 1 ½ hours. Add vegetables and cook 30 minutes. Strain and serve while hot. Serves 6.

26—CALIFORNIA CHICKEN

¼ pound ground pork
1 pound ground veal
1 teaspoon salt
½ teaspoon pepper
1 tablespoon chopped green pepper
¼ cup grated pineapple, drained

Combine all ingredients and shape like a chicken leg around a wooden skewer. Roll in bread crumbs, then in egg slightly beaten with 1 tablespoon water and again in bread crumbs. Let stand 30 minutes in the refrigerator. Brown in hot fat, then reduce temperature. Cover closely and let cook slowly for 45 minutes. Mock chicken legs from the market should be prepared by this same method.

27—POTTED BEEF STEAKS

6 steaks, cut from round or chuck
Flour for dredging
Lard for browning
1 large onion, sliced
3 or 4 carrots
1 cup ketchup
2 cloves
2 bay-leaves
Salt and pepper

Have steaks from round or chuck cut 1 inch thick and into pieces for individual servings. Dredge with flour and brown on both sides in hot lard. Add sliced onion and carrots, the spices, ketchup and 1 cup hot water. Season with salt and pepper; cover tightly, and let cook slowly on top of stove or in oven until tender, about one hour.

28—CHILI CON CARNE

1 tablespoon lard
1 medium onion, chopped
1 pound ground beef
1 ½ cups hot water
2 teaspoons chili powder
1 No. 2 can kidney beans
1 No. 1 can strained tomatoes
(1 cup)
Salt
1 clove garlic, if desired

Melt lard in deep pan and add onion and meat. Sear quickly until meat is white and separated in small particles. Allow to simmer a few minutes. When it starts to fry, add other ingredients with salt to taste. Stir well and simmer until meat is tender. Serve in the center of a ring of boiled rice.

29—BRISKET OF BEEF WITH BEANS

3 or 4 pound brisket of beef
1 pound navy beans
½ teaspoon mustard
½ cup brown sugar
½ cup maple sirup
Salt and pepper

Soak the beans in water over night. Drain, and put in heavy kettle. Add the mustard, brown sugar, maple sirup, salt and pepper. Then put beef brisket on top. Cover with water. Cover the kettle and cook in a moderate oven (350° F.) until meat is tender and the beans are done, about three hours. Add more water when necessary.
Simple Rules for Successful Meat Cookery

MEAT cookery is as simple as A B C, if a few fundamental rules are mastered. Tender meat cuts are cooked by dry heat; the less-tender cuts by moist heat. There are only six general methods of cooking meat and these are given below. Meat recipes are all variations of one method or another.

**DRY HEAT**

**ROASTING**
1. Season with salt and pepper.
2. Place on rack, fat side up.
   - Do not add water.
   - Do not cover.
   - Do not baste.
   - Roast in a slow oven (300-350°F) until meat thermometer shows desired doneness.

**BROILING**
1. Preheat the broiling oven.
2. Place meat on broiling rack with top surface 3 inches below source of heat.
3. Oven door should be open.
4. Broil on one side until nicely browned (will be about half done), turn, finish broiling.
5. Season with salt and pepper.

**PANBROILING**
1. Heat a heavy frying-pan until it is sizzling hot.
2. Place meat in hot pan—do not add fat or water—do not cover pan.
3. Brown nicely on both sides.
   - Reduce the temperature and cook until done, turning from time to time.
   - Pour off fat as it accumulates in the pan.

**MOIST HEAT**

**BRAISING**
1. Season with salt and pepper, dredge with flour.
2. Brown on all sides in hot lard.
3. Add a small quantity of liquid.
4. Cover closely.
5. Cook it slowly until done.

**STEWING**
1. Cut meat into 2-inch cubes.
2. Season with salt and pepper.
3. Brown, if desired, on all sides in hot lard.
4. Cover with boiling water.
5. Cover kettle tightly.
6. Cook slowly until done. Do not boil.
7. Add vegetables just long enough before serving so they will be done.

**COOKING IN WATER**
1. Cover meat with boiling water.
2. Season with salt and pepper.
3. Cook slowly. Allow to simmer—not boil.
4. Add vegetables, if desired, just long enough before serving so they will be done.
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