FOODS OF THE HOUR
COOKING SCHOOL

PRESENTED BY
THE BOARD of WATER and ELEC.
LIGHT COMMISSIONERS
Cooperating with
ELECTRIC APPLIANCE DEALERS

of
LANSING
MICHIGAN

PRUDDEN
AUDITORIUM

NOVEMBER
1-2-3-4
1938

MISS RUTH WHITE
Demonstrating
“The Art of Modern
ELECTRIC Cooking”

Next Session - Thurs. Aft. Nov. 3 - 2:00 P.M.

Held in cooperation with the
National Live Stock and Meat Board
407 South Dearborn St. Chicago, Illinois.

Second Session
How To Cook Meat

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 are cooked 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 FOR TENDER CUTS

I. TO ROAST. Season meat with salt and pepper. Place on rack, fat side up. Insert roast-meat thermometer. Do not add water. Do not cover. Do not baste. Roast in a slow oven (300-350° F.) to desired degree of doneness.

II. TO BROIL. Preheat the broiling oven. Place meat on broiling rack with top surface 3 inches below source of heat. If distance must be less, reduce the temperature accordingly. Broil on one side until nicely browned (will be about half done), turn, finish broiling. Season with salt and pepper.

III. TO PANBROIL. Heat a heavy frying-pan sizzling hot. Place meat in hot pan. Do not add fat or water. Do not cover pan. 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 FOR LESS TENDER CUTS

IV. TO BRAISE. Season meat with salt and pepper, dredge with flour, if desired. Brown on all sides in hot lard. Add a small quantity of liquid. Cover closely. Cook slowly until done.

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

VI. TO COOK IN WATER. Cover meat with boiling water. Season with salt and pepper. Cook slowly. Allow to simmer—not boil. Add vegetables, if desired, just long enough before serving so they will be done.
1. Spareribs With Dressing

2 sections spareribs
Apple Dressing
¾ teaspoon salt
¼ teaspoon pepper

Spread inside of one section of spareribs with Apple Dressing. Cover with the other section. Sew or skewer the two sections together. Sprinkle the outside with salt and pepper. Lay spareribs on a rack in an open roasting pan and roast in a moderate oven (350° F.) for 1½ hours, or until the meat is tender. Remove the strings or skewers before serving. Serves 8.

APPLE DRESSING

2 slices salt pork
½ cup chopped celery
½ cup chopped onion
3 tart apples
½ cup sugar
1 cup bread or cracker crumbs
1 cup shredded bran
¼ cup chopped parsley
Salt and pepper
¼ cup milk

Dice pork and fry until crisp. Remove cooked pieces. Cook celery and onion in pork fat three minutes. Core and slice apples. Add apples to celery mixture, sprinkle with sugar and cover. Cook slowly until tender. Add crumbs, shredded bran, pork scraps, parsley, milk and seasonings and mix well.

2. Homemade Biscuit Mixture

8 cups flour
¼ 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 as a basis for biscuits, dumplings, shortcake, waffles, muffins, quick coffee cake and dozens of other things.

3. Meat Puffs

½ pound ground uncooked pork
½ pound ground uncooked veal
1½ cups leftover mashed potatoes
3 eggs
3 tablespoons grated onions
1 teaspoon salt
¼ teaspoon pepper
2 cans condensed tomato soup
2 cups water

Mix meat, potatoes, eggs and seasonings thoroughly. Chill. Combine soup and water and bring to boil in shallow pan. Drop meat mixture into hot soup by heaping tablespoons. Cover and allow to simmer 45 minutes. Serves 6.
4. Banana Devils Food

2 cups cake flour
1 teaspoon salt
½ teaspoon soda
2 teaspoons baking powder
½ cup lard
1½ cups brown sugar
2 eggs
⅓ cup mashed ripe banana
2 squares bitter chocolate
¾ cup buttermilk or sour milk
1 teaspoon vanilla extract

Sift flour once, measure and sift again with salt, soda and baking powder. Cream lard, add sugar and cream together until light and fluffy. Add eggs one at a time, beating after each addition. Add banana pulp, then melted chocolate. Combine milk and vanilla. Add dry ingredients alternately with milk to creamed mixture. Beat well. Pour into a greased 10 by 14 inch pan and bake in a moderate oven (350° F.) for 45 minutes. Frost with Caramel Cocoanut Frosting. Serves 12.

BREAD DRESSING

4 tablespoons butter
3 tablespoons chopped celery
2 tablespoons grated onion
¾ teaspoon salt
¼ teaspoon pepper
4 cups fine bread crumbs
Meat stock

Melt butter in frying-pan, add celery and onion, cook several minutes. Add seasonings and crumbs. Moisten with meat stock, or stock made by dissolving bouillon cubes in water.

5. Cushion Style Lamb Roast

Select square cut lamb shoulder. Have bones removed so that pocket is left for dressing. Sew, leaving one side open. Fill with any desired dressing and sew or skewer opening. Arrange in a dripping pan on a rack with the fat side up. Do not cover and do not add water. Roast in a slow oven (300° F.) allowing 30 minutes to the pound for well done lamb. When serving, carve across the grain of the meat, serving a portion of both meat and dressing. Serves 8.

6. Chinese Chop Suey

1 cup diced raw pork or veal
3 tablespoons lard
½ cup finely cut onions
1½ cups diced celery
½ teaspoon salt
½ cup water or liquid from bean sprouts
1 can bean sprouts

THICKENING

3 tablespoons cornstarch
⅛ teaspoon pepper
1 teaspoon brown sauce
2 tablespoons soy sauce
2 tablespoons water

7. Southern Corn Shortcakes

- 2 cups Homemade Biscuit Mixture
- 1 cup whole kernel corn
- ½ cup ham stock
- 6 slices baked ham

Olive White Sauce

Combine biscuit mixture and corn. Add the ham stock or stock made from a bouillon cube dissolved in water, to make a soft dough. Roll to ½ inch thickness. Cut 12 biscuits with a 3 inch cutter. Place on a cookie sheet and bake in a hot oven (425° F.) for 15 minutes. Put 2 biscuits together with hot sliced ham between. Arrange on hot platter and pour Olive White Sauce over all. Serves 6.

OLIVE WHITE SAUCE

- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups milk
- 20 green olives
- Salt and pepper

Melt butter, stir in flour until smooth. Gradually add the milk, stirring constantly. Cook until thick. Add chopped olives. Season to taste.

9. Corned Beef and Cabbage

- 5 pounds corned beef
- 1 medium head cabbage
- Water

Soak corned beef several hours if necessary. Cover with water and allow to simmer about 45 minutes to the pound or until tender. Loosen leaves of cabbage head, season and steam about an hour or until tender. Serve on chop plate with cabbage in center and slices of corned beef arranged around cabbage. Serves 6 to 8.

10. Sour Cream Raisin Pie

- 2 cups Homemade Pie Mix
- 2-4 tablespoons ice water

Add water to Homemade Pie Mix, small amount at a time, mixing quickly and evenly through the flour and lard until the dough just holds in a ball. Roll half of pastry to about one-eighth inch in thickness and line pie pan, allowing one-half inch of the crust to hang over the edge. Pour in filling. Roll out remaining pastry making several gashes to allow escape of steam, and place over filling. Allow top crust to overlap lower crust one-half inch. Moisten lower edge to seal perfectly, and fold top crust under the lower. Crimp edges. Bake in a hot oven (425° F.) for 35 minutes. Serves 6 to 8.

FILLING

- 1 cup raisins
- 2 tablespoons flour
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- 1 cup sour cream
- 1 egg

Grind the raisins and immediately mix with flour, spices, salt, sour cream and beaten egg. Combine thoroughly.
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Recipe in this booklet . . . (3) Recipe in booklet for third session.
13. Bran Biscuits

1 cup shredded bran
2 cups Homemade Biscuit Mixture
Milk

Combine bran and biscuit mixture and add milk to make a soft dough. Roll to desired thickness. Cut out. Place on ungreased cookie sheet. Bake in hot oven (425° F.) for 15 minutes. Yield: 12 to 14 medium biscuits.

14. Lamb Croquettes

1 tablespoon butter
4 tablespoons flour
1 cup milk
2 cups finely ground cooked lamb
2 teaspoons lemon juice
½ teaspoon salt
½ teaspoon pepper
1 teaspoon parsley
1 egg
Fine cracker crumbs


15. Lamb Chopedlets

1 lamb breast
Ground lamb
Salt and pepper

Have meat retailer remove breast bone, cut a pocket from end of breast and stuff very tightly with ground lamb. Chill thoroughly. Slice between ribs to make individual servings. Braise or broil.

To braise: Brown in hot fat on both sides, season and add one-fourth cup water. Cover tightly and allow to simmer about 45 minutes.

To broil: Place on broiler rack so surface of meat is three inches below source of heat. Brown on one side. Season, turn and brown on second side, allowing about seven to eight minutes per side. Only one turning is necessary. Serves 8.

16. Perfection Salad

1½ tablespoons gelatin
½ cup cold water
½ cup white vinegar
2 tablespoons lemon juice
2 cups boiling water
½ cup sugar
1 teaspoon salt
1 cup finely shredded cabbage
2 cups finely diced celery
2 finely diced pimientos

Soak gelatin in cold water for five minutes. Add vinegar, lemon juice, boiling water, sugar and salt. Cool until mixture begins to thicken. Add remaining ingredients. Pour into mold and chill until firm. Unmold, and use as center of Ready to Serve Meat Platter. Serves 10.

17. Luscious Lemon Sherbet

¾ cup sugar
¼ cup flour
½ cup white corn sirup
1 cup buttermilk
½ cup lemon juice
1 teaspoon grated lemon rind
2 cups buttermilk
2 egg whites

Mix one-half cup sugar with flour and corn sirup. Add 1 cup buttermilk and cook until thick and smooth. Cool. Add lemon juice and rind. Place in freezing tray in refrigerator. When it starts to freeze at the edges, add remaining buttermilk. Beat the
egg whites until stiff. Add remaining sugar and continue beating until the sugar is dissolved. When the mixture is frozen to a mush, fold in the egg whites and continue freezing until firm. Serve at once. Serves 8.

18. Beef Patties Mexicano

1 onion
1 clove garlic
2 tablespoons lard
1 No. 2 can baked beans
½ cup tomato sauce
1 teaspoon salt
¾ teaspoon chili powder
½ teaspoon pepper
¼ teaspoon cayenne
1 pound ground beef

Lard

Cut onion in thin slices. Chop garlic fine. Brown both in hot lard until tender. Add the beans, tomato sauce and seasonings. Simmer about 15 minutes, stirring frequently. Form the ground beef into six flat patties about four inches in diameter and one-fourth inch thick. Brown in hot lard, cover and cook slowly 15 minutes. Place on platter and pour baked bean mixture over all. Serves 6.

19. “Country Fried” Round Steak

1½ pounds round steak
Flour
Salt and pepper
4 tablespoons lard or drippings

Have the round steak cut about one-half inch thick. Dredge thoroughly in seasoned flour and brown in hot lard. Cover, reduce heat and cook very slowly about 20 minutes, or until tender. Remove cover and allow meat to continue cooking until surface is crisped. Serves 6.

20. Cherry Blossom Mold

2 packages cherry flavored gelatin
3½ cups boiling water
2 bananas
1 No. 2 can apricot halves
1 cup white grapes

Dissolve gelatin in hot water. Pour one third of mixture into ring mold
and chill until set. Meanwhile chill remaining two thirds. Peel and slice bananas diagonally. Arrange on gelatin in ring mold. Whip half of remaining gelatin until light and fluffy and pour thin layer over bananas. Arrange drained apricot halves around outside of ring and fill inside with white grapes. Cover with remaining whipped gelatin. Pour the rest of the gelatin on top and place in refrigerator until firm enough to serve. Unmold and garnish with curly endive. Serves 10 to 12.

21. Platter of Cold Cuts

Perfection Salad
1¼ pounds assorted cold meats
5 deviled eggs
Chopped chives or parsley
Cottage cheese

Turn Perfection Salad onto the center of a large chop plate. Select a variety of small round slices of cold meats and arrange in four or five individual circles evenly spaced around the salad. Place half a deviled egg in center of each circle. Add chives or parsley to cottage cheese and fill center of Perfection Salad. Serves 10.

22. Macaroni and Sauerkraut

2 cups cooked macaroni
2 tablespoons grated onion
1 No. 2½ can sauerkraut
1 pound bulk pork sausage

Mix macaroni and onion. Place alternating layers of macaroni and sauerkraut in a buttered baking dish. Shape sausage into 8 rolls and arrange like spokes of a wheel over the top. Bake uncovered in a moderate oven (350° F.) for one hour or until sausages are browned. Serves 6.

23. Broiled Kidneys

Have the meat retailer leave about one fourth inch of fat on lamb kidneys. Split and place on broiler rack with the fat side up. Broil with the kidneys about 3 inches from the source of heat until the fat is brown and crisp. Season and turn. Spread with finely chopped garlic, and continue broiling until done.
**HINTS ABOUT VEAL**

Veal is a very tender and delicately flavored meat. Veal should be cooked slowly; veal roasts never should be seared. Bacon or thin slices of salt pork may be placed on top of a lean veal roast for added fat. Sour cream added to veal chops after browning gives a delightful flavor. Veal birds are made by wrapping pieces of veal steak around a savory stuffing. Leftover roast veal is excellent for a cold meat platter, sandwiches, salads or creamed dishes.
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BOARD OF WATER and ELECTRIC LIGHT COMMISSIONERS
Cooperating with ELECTRICAL APPLIANCE DEALERS of LANSING

© DEMONSTRATOR

MISS RUTH WHITE, Nat'l Livestock & Meat Board, Chicago,
Assisted by MISS NORA ALTIC

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“Prosperity” Electric Ranges
“Westinghouse” Electric Ranges
“White” Electric Water Heaters

© FREE GIFTS

TUES. EVE. SESSION, NOV. 1—“WESTINGHOUSE” Electric Range
WED. EVE. SESSION, NOV. 2—“HOTPOINT” Electric Range
THURS. AFT. SESSION, NOV. 3—“WHITE” Electric Water Heater
FRI. EVE. SESSION, NOV. 4—“MONARCH” Electric Range

Also “MIRRO” Aluminum Ware and Other Valuable Merchandise

© 20 Free Food Baskets Presented at Each Session ©

— CONTAINING —

Kellogg’s “All-Bran” — Thomans’s “Moss Rose” and “So-Lite” Flours —
“Homade” Bread from Home Dairy Co. — “Roman Cleanser” — “Morton’s”
Soap and Flakes,” “Rinso” and “Lifebuoy” Soap — “Michigan-Made” Beet
Sugar—“Quaker Oats,” “Gerber’s”—Tomato Juice — “Salada” Tea —Beech-
nut” Coffee — “Silverdust” — “Ritz” Crackers — “Shredded Wheat” and
“N. B. C.” Graham Crackers — “Climalene” and “Bowlene” — “Breast-o’-
Chicken” Tuna Fish — “Heinz” Products — Bananas (Fruit Dispatch Co.).
“Mel’O” Cleaner and Water Softener — “SUNGOLD” Fruit Spread.

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