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"

This is the final and closing session

Held in cooperation with the
National Live Stock and Meat Board
407 South Dearborn St. Chicago, Illinois
Last 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. Crown Roast of Pork

Have the crown prepared at the market. Wipe with a damp cloth and thoroughly rub with salt and pepper. Arrange the roast in a roasting pan so that the rib ends are down and the meaty part of the roast is uppermost. As the meat cooks, the fat and liquid will baste the bones so they will not become too brown. Insert a roast-meat thermometer so that the bulb reaches the center of the thickest part. Do not add water and do not cover. Roast in a moderate oven (350° F.) until done, allowing 30 minutes to the pound. If a roast-meat thermometer is used, cook the meat until the thermometer registers 185° F. To serve, fill the center of the crown with buttered peas or other vegetables and slip paper frills over the rib ends or decorate with radishes. A twelve rib crown roast will serve twelve people.

175° F. for medium-done lamb and 180° F. for well-done lamb. Allow approximately 30-35 minutes to the pound. A six-pound leg of lamb will serve 8-10 people.

2. Frenched Leg of Lamb

Purchase a French Style Leg of Lamb. Do not have the fell removed. Wipe with a damp cloth. Season with salt and pepper and rub with garlic, if desired. Place skin side down on a rack in an open pan. Make a small incision through the fell and insert a roast-meat thermometer so that the bulb reaches the center of the thickest part. Do not add water. Do not cover. Roast in a slow oven (300° F.) until the desired degree of doneness is reached. If a roast-meat thermometer is used, it should register

3. Broiled Porterhouse

Have porterhouse steak cut one to two inches thick. Wipe with a damp cloth. Preheat the broiler. Place steak on center of broiler rack, allowing three inches between the surface of the meat and the source of heat. When steak is nicely browned on one side, it will be about half done; season, turn, and brown on the other side. Only one turning is necessary. For a two-inch steak allow 35 to 40 minutes to be medium done. Serves 3 to 4.

4. Veal Scallops

2 slices veal round
Flour
Salt and pepper
1 egg
2 tablespoons water
4 tablespoons butter
6 tablespoons lard

Have round cut one-half inch thick. Cut meat into 2-inch rounds. Dip each piece into seasoned flour, then in beaten egg to which water has been added. Heat butter and lard in frying-pan. Drop meat into fat and cook until golden brown. Lower temperature and continue cooking until cooked through. Serve with green peas. Serves 6.
5. Stuffed Pork Chops

8 frenched pork chops
4 cups soft bread crumbs
2 grated apples
1 egg
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon cumin
2 tablespoons lard
¼ cup water

Have rib chops cut one inch thick. French chops by removing enough meat to expose one inch of the end of the rib bone. Cut a pocket along the rib bone. Wipe chops with damp cloth. Combine crumbs, apples, egg and seasonings and fill pockets in chops. Brown in hot lard. Add water, cover tightly and allow to simmer about an hour. Serves 8.

6. Peppermint Candy Cake

2½ cups flour
3 teaspoons baking powder
1 teaspoon salt
½ cup lard
1½ cups sugar
1¼ cups milk
1 egg yolk
1 teaspoon vanilla
3 egg whites
½ cup finely ground peppermint stick candy
½ cup coarsely ground peppermint stick candy

Sift flour once, measure and sift with baking powder and salt. Cream lard. Continue creaming, gradually adding the sugar and 3 tablespoons of milk. Add egg yolk and vanilla to milk. Add sifted dry ingredients alternately with the milk mixture. Beat egg whites until stiff but not dry. Fold into cake batter. Pour into two 9-inch layer pans, with wax paper in bottom. Sprinkle with the finely ground peppermint candy. Bake in a moderately hot oven (375°F.) for 25 minutes. Ice with pink 7-Minute Icing and sprinkle the coarsely ground candy over the top and sides of cake. Serves 16.

7-MINUTE ICING

2 egg whites
1½ cups sugar
5 tablespoons water
1 tablespoon white corn sirup
1 teaspoon vanilla extract
Pink coloring

Combine egg whites, sugar, water and corn sirup in top of double boiler, beating with a rotary beater until thoroughly mixed. The pink coloring may be added at this time. Place over boiling water, beat constantly and cook for about 7 minutes, or until frosting will stand in peaks. Add vanilla and additional coloring if necessary and frost cake.

7. Beef-Corn Pudding

1½ pounds ground beef
1¼ cups moist bread crumbs
1½ cups whole grain corn
1 egg
2 teaspoons salt
½ teaspoon pepper
½ cup tomato catsup
1½ cups milk
2 tablespoons butter
6 cooked carrots

Combine ground beef, corn and bread crumbs. Mix well. Add the well-beaten egg, salt, pepper, catsup and milk to meat mixture. Add melted butter and mix thoroughly. Place in a large well-buttered casserole or a deep dish 9 inches in diameter. Bake uncovered in a moderate oven (350°F.) for one hour. The last few minutes, arrange cooked carrots on top of meat loaf, like spokes of a wheel. Brush with melted butter and finish baking loaf. Serves 6 to 8.
8. Peach-Sausage Brunch

1 1/2 pounds link sausages
1 No. 2 1/2 can peach halves

Place sausages in a cold frying pan, add a few tablespoons of water, cover and allow to simmer until done. Remove the cover and brown sausages. Brown peach halves in the sausage fat. Arrange sausage links on a mound of peaches. Serve with gravy made from sausage and peach drippings. Serves 6 to 8.

9. Cottage Cheese Ring

1/4 pound medium noodles
1 cup cottage cheese
1 cup sour cream
1 egg
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 cup melted butter

Cook noodles in boiling salted water until tender, about 15 minutes. Drain. Add other ingredients and mix well. Pour into well-buttered ring mold. Bake in a slow oven (300° F.) for 1 1/2 hours. Turn onto hot platter and fill with Creamed Ham and Sweetbreads. Serves 8.

CREAMED HAM AND SWEETBREADS

4 sweetbreads
1 pound diced smoked ham
1/2 cup chopped green pepper
2 chopped pimientoes
1 can mushrooms
4 tablespoons butter
6 tablespoons flour
1/2 cup orange juice
1 egg white
2 tablespoons orange marmalade

Simmer sweetbreads 20 minutes in water to which one teaspoon of salt and one tablespoon of vinegar have been added for each quart. Drain and plunge into cold water. Detach any membrane. Break into small pieces. Brown the ham, green pepper, pimientoes and well drained mushrooms in butter. Stir in 6 tablespoons flour. Add milk, sweetbreads and seasonings. Cook until thick, stirring constantly. Serve in Cottage Cheese Noodle Ring.

10. Marmalade Coffee Cake

2 cups Homemade Biscuit Mixture
5 tablespoons sugar
1 egg and 1 egg yolk
1/2 cup orange juice
1 egg white
2 tablespoons orange marmalade

Combine biscuit mixture, sugar and orange rind. Add egg and egg yolk which have been beaten with orange juice. Stir until smooth. Pour into a buttered baking pan. Cover with a meringue made by beating the egg white until stiff, then folding in the marmalade. Bake in a moderately hot oven (400° F.) for 30 minutes. Yield: One Coffee Cake 5 x 9 inches.

11. Lamb Aspic

2 packages lemon flavored gelatin
4 cups hot water
4 cups finely diced cooked lamb
1/2 cup chopped green pepper
4 tablespoons vinegar
4 tablespoons grated horseradish
3 teaspoons salt
1/2 teaspoon Worcestershire sauce
32 stuffed green olives

Dissolve gelatin in hot water. Make a pimiento flower or sliced stuffed olive design in bottom of loaf pan. Cover with thin layer of gelatin and place in refrigerator until set. Chill remaining mixture until it begins to congeal. Add lamb, green pepper, seasonings and thinly sliced olives. Pour over design in loaf pan. Chill until firm. Unmold on lettuce. Garnish with tomato flowers. Serves 10.
### 12. Branburger Banana Grill

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<tr>
<td>1 pound ground beef</td>
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<tr>
<td>1 egg</td>
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<tr>
<td>2 tablespoons grated onion</td>
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<tr>
<td>1 tablespoon chopped parsley</td>
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<tr>
<td>1 1/2 teaspoons salt</td>
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<tr>
<td>1/4 teaspoon pepper</td>
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<tr>
<td>1/2 cup milk</td>
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<tr>
<td>1/2 cup shredded bran</td>
</tr>
<tr>
<td>8 strips bacon</td>
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<tr>
<td>4 peeled firm bananas</td>
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<tr>
<td>Melted butter</td>
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Mix beef, salt, egg, and seasonings. Add milk to bran and soak five minutes. Combine two mixtures and form into eight patties about an inch thick, wrapping each with strip of bacon. Arrange the meat on broiler rack, allowing about three inches between the surface of the meat and the source of the heat. Broil about five minutes or until brown, then turn. Brush bananas with butter, sprinkle with salt and place on rack. Continue broiling about five minutes or until bananas are tender. Serves 4.

### 13. Chow Eggs

<table>
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<tr>
<td>2 cans Vienna style sausages</td>
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<tr>
<td>1 can bean sprouts</td>
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<tr>
<td>6 eggs</td>
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<tr>
<td>1 tablespoon soy sauce</td>
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<tr>
<td>3 tablespoons butter</td>
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Cut one can of sausages into thin slices. Drain the bean sprouts thoroughly. Add sausages and bean sprouts to the eggs and mix well. Add soy sauce and turn into frying pan with the hot butter in it. Cook with an occasional stirring until thick. Turn onto a hot platter and garnish with the other can of sausages. Serves 6.

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* Recipe in this booklet . . . (1) Recipe in booklet for first session . . . (2) Recipe in booklet for second session . . . (3) Recipe in booklet for third session.
14. Cream Pie Basic Recipe

1 1/4 cups Homemade Pie Mix
1-3 tablespoons ice water

Add water to pie mix, a small amount 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 in thickness and line pie pan. Prick well. Bake in a hot oven (425° F.) for 15 minutes. Cool and fill with Cream Filling. Spread a small amount of meringue around edge of filled pie shell, allowing no space between edge of meringue and pastry. Pile remainder on filling and spread to meet meringue at edge. Bake in a moderate oven (350° F.) for 12 minutes or a moderately hot oven (400° F.) for 8 minutes. Yields 6 servings.

CREAM FILLING

1/2 cup flour
2 1/2 cup sugar
1/4 teaspoon salt
2 cups milk
2 tablespoons butter
3 egg yolks
1/2 teaspoon vanilla extract


MERINGUE

3 egg whites
1/4 teaspoon salt
1/4 teaspoon flavoring
1 teaspoon lemon juice
6 tablespoons sugar

Beat egg whites until bubbly, add salt and flavoring. Continue beating until egg whites form a thick foam. Add sugar, one tablespoon at a time, beating after each addition. After last addition of sugar, beat until mixture piles and sugar is dissolved.

CREAM FILLING VARIATIONS

Banana: Fill shell with alternate layer of cream filling and sliced bananas. Top with whipped cream.

Chocolate: Increase sugar in cream filling to 1 cup. Add 2 squares butter chocolate to scalded milk and let melt before thickening. Top with whipped cream. Sprinkle with chocolate shot.

Cocoanut: Add 1 cup shredded cocoanut to filling. Sprinkle 1/2 cup cocoanut over meringue before browning.

Butterscotch: Substitute 1 cup brown sugar for the granulated sugar in cream filling.

Date: Add 1/4 pound chopped dates and 1 teaspoon grated lemon rind to milk mixture before thickening.

Blueberry Sponge: Cook 4 cups blueberries. Add 1/2 cup sugar. Cook 5 minutes. Add 6 tablespoons cornstarch dissolved in 1/2 cup cold water and continue cooking 10 minutes, stirring constantly. Add 1/2 cup lemon juice. Cool. Add one-half cream filling to pie shell. Place thin layer of sponge cake over filling and cover with remaining filling. Spread with blueberry mixture. Top with whipped cream. Chill.

15. Wafer Ice Cream

12 pieces chocolate chip candy
1 quart vanilla ice cream
16 chocolate wafers

Crush candy and mix into ice cream. Roll chocolate wafers to a fine crumb. Line refrigerator tray with wax paper and spread half the chocolate wafer crumbs in the bottom of the tray. Fill with ice cream mixture. Cover with remaining chocolate wafer crumbs. Freeze. Serves 6.
16. Buffet Supper

1 ring bologna
Potato salad
1 pound sliced prepared meats
Ripe Olives
Watercress

Cover bologna with water and heat through. Peel off skin, chill and place in center of large chop plate. Fill ring with Potato Salad. Arrange cold meats around edge of plate, using a ring of ripe olives to separate meat from bologna ring. Garnish with watercress. Serves 8.

POTATO SALAD
6 medium potatoes
1 cucumber
6 red radishes
2 tablespoons capers
Salt
Pepper
Salad Dressing

Dice cold cooked potatoes and cucumbers. Slice radishes. Combine all ingredients, adding seasonings and salad dressing to taste.

17. Quick Patty Cases

6 slices bread
Butter
Remove crust from bread. Press each slice into a muffin pan. Brush with butter. Bake in moderate oven (350° F.) for 30 minutes. Fill with any desired meat or vegetable mixture. Yield: 6 cases.

18. Ladies’ Aid Salad

1½ pounds veal
2 cups diced celery
2 hard cooked eggs
1 cup salted almonds
3 slices canned pineapple
Mayonnaise dressing

Cook veal until tender. Chill, trim off fat and cut into half inch cubes. Combine with celery, diced eggs, shredded almonds and pineapple, which has been drained and cut into fairly large pieces. Chill thoroughly. Just before serving, add mayonnaise and toss until ingredients are combined. Serves 8.
19. Cranberry Fritters

1 can cranberry sauce
Flour
Fritter batter

Cut cranberry sauce in half inch slices, then quarter each slice. Dry and dust with flour. Dip in fritter batter. Push tines of fork into each cube of cranberry sauce and lift carefully from batter. Slip off the tines into the deep hot lard (360° F.). Fry until batter is cooked and nicely browned. Serves 6.

Fritter Batter

1 cup flour
1/4 cup sugar
1/2 teaspoon salt
2 teaspoons baking powder
1 egg
1/2 cup milk
2 teaspoons melted lard

Sift flour, measure and sift again with dry ingredients. Beat eggs, combine with milk and add gradually to dry mixture. Stir until batter is smooth. Add lard.

20. Macaroon Apricot Mold

4 egg yolks
3 tablespoons sugar
1/4 teaspoon salt
2 3/4 cups milk
1 package lemon flavored gelatin
1 1/2 dozen macaroons
1 No. 2 can apricot halves
1/2 cup whipping cream

Beat egg yolks slightly and combine with sugar, salt and milk in top of double boiler. Cook until mixture coats a spoon, stirring constantly. Add lemon gelatin and stir until thoroughly dissolved. Chill until mixture begins to congeal. Line sides of spring form with macaroons. Pour half of gelatin mixture into mold. Slice all but six apricot halves and add slices to mold. Cover apricots with remaining gelatin mixture. Crumble remaining macaroons and use crumbs to top mold. Decorate with whole apricot halves. Place in refrigerator to chill over night. Serve with whipped cream. Serves 6 to 8.
HINTS ABOUT BEEF

There is a cut of beef for every occasion. . . . When selecting a beef roast or pot-roast, it is wise to choose a larger one than is needed for one meal because this makes second and third day meal preparation easy. . . . Meat adds tastiness to vegetables cooked with it. . . . Beef roasts and cuts to be broiled may be cooked rare, medium or well-done, according to personal preference, but over-cooking should be avoided. . . . The fat of any meat enhances its flavor.
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