

GENERAL ELECTRIC COOKING SCHOOL
AT A CENTURY OF PROGRESS 1934

MENU FOR THE DAY

(Friday)

Roast Ribs of Beef

Chantilly Potatoes

French Fried Cauliflower

Vegetable Salad Piquant

Old-Fashioned Blueberry Muffins

Tapioca Royal

Campfire Puffs

Coffee.

RECIPES

Roast Ribs of Beef

Select a 2 or 3 standing rib roast of beef. Sprinkle with salt and Durkee's Pepper. Place roast fat side up in open roasting pan. Do not add water and do not cover. Make small incision and insert a roast-meat thermometer so that bulb reaches center of roast. Take care that bulb does not rest on either fat or bone. Place roast in hot oven (500° F.) and sear for 20 or 30 min. or until lightly browned, then rapidly reduce temperature to that of slow oven (300° F.) and continue cooking until desired degree of doneness is reached. The roast-meat thermometer will register 140° F. for a rare roast, 160° F. for a medium roast, 180° F. for well-done roast. Allow 16 min. per lb. for cooking a rare roast, 22 min. per lb. for medium and 30 min. per lb. for cooking a well-done roast.

Chantilly Potatoes

Cut potatoes with melon ball cutter, moisten sheet of KVP Cookery Parchment, placing potatoes on it. Add seasonings—salt, pepper and Durkee Margarine. Gather up edges of bag thus formed and fasten with rubber band well below all edges and place in boiling water in Vollrath Kook-King pan and cook until tender. Add chopped parsley and serve.

French Fried Cauliflower

1 medium sized head cauliflower
4 cups boiling water 1/2 teaspoon salt
Snowdrift Shortening
Cook cauliflower 10 min. or until tender. Break into flowerets. Drain. Roll in crumbs, egg and milk mixture and crumbs again. Fry in deep Snowdrift shortening (370° F.). Drain on KVP Shelf and Lining Paper.

Wesson Oil Mayonnaise

1 egg yolk 1/8 teaspoon cayenne
1/2 teaspoon mustard 1 tablespoon vinegar
1/2 teaspoon salt or lemon juice
1/2 teaspoon sugar 1/2 pint Wesson Oil
Combine egg yolk, seasonings and vinegar. Add 1 tablespoon Wesson Oil and beat vigorously with rotary beater until oil and egg are thoroughly mixed. Continue adding oil, one tablespoon at a time, beating after each addition, until mayonnaise begins to stiffen. The remaining oil may be added two tablespoons at a time, beating well after each addition.

Old-Fashioned Blueberry Muffins

2-2/3 cups sifted flour 1/3 cup sugar
1 cup fresh blueberries 1 egg
2 teaspoons lemon juice 1 cup milk
1/2 teaspoon salt 4 tablespoons
2-2/3 teaspoons baking Wesson Oil
powder
Sift flour once and measure. Add lemon juice and salt to berries. Combine with one-third cup flour. Sift remaining flour with baking powder and sugar. Beat egg, add milk, then flour all at once. Mix just enough to distribute liquid. Add shortening and fold in berries. Bake in small greased muffin tins 10 to 15 min.

Tapioca Royal

1/2 cup pineapple juice
2 cups grape juice (home canned in Ball jars)
6 tablespoons Durkee's Kookkezy Tapioca
1/4 teaspoon salt
1/2 cup finely cut pineapple
1/4 cup sugar 1 tablespoon lemon juice
1/2 cup heavy cream, whipped
Drain juice from pineapple. Add water if needed to make 1/2 cup juice. Combine with grape juice and heat to boiling. Place over boiling water and add Tapioca and salt while stirring. Cook until Tapioca is clear and transparent, 15 to 20 min., stirring frequently. Add sugar and lemon juice. Chill thoroughly. Remove 1/2 cup of mixture and add whipped cream to it. Add pineapple to remaining portion. Place pineapple mixture in Fostoria parfait or sherbet glasses and top with whipped cream mixture.

(Friday)

MEAT FOR THE DAY
Roast Rib of Beef
Chambray Potatoes

French Fried Cauliflower

Vegetable Salad Piquant

- 3 packages lemon flavored sweetened
gelatin dessert 2 tablespoons vinegar
5 cups boiling water 1 teaspoon salt
4 cups shredded cabbage
2 cups home-canned relish

Dissolve gelatin in boiling water. Pour thin layer of gelatin in meat loaf pan, set in bowl of ice-water, chill until firm. Place design of pickles and pimiento. Anchor with few drops of gelatin. Chill until firm. Pour cool gelatin to one-third depth of pan. Chill until firm. Add gelatin to cabbage and fill to within two-thirds of depth of pan. Chill until firm. Drain relish, add gelatin and fill mold. Chill all in refrigerator several hours. Unmold on Fostoria glass plate and garnish with lettuce. Serve with Wesson Oil Mayonnaise.

The following manufacturers are cooperating: Angelus-Campfire Marshmallows, Ball Bros. Jars and Rubber Rings, Wesson Oil and Snowdrift Sales Co., Durkee Famous Foods, Inc., Adjusto Sales Co., Fostoria Glass Co., Oneida Community Plate, Ltd., The Vollrath Co., Kalamazoo Vegetable Parchment Co., Benjamin Moore and Co., Booth Fisheries Corp., Mandel Bros., National Livestock and Meat Board, Chicago Mail Order Co.

At 4 P.M. today an intimate chat on "Charm and Style" by Chicago Mail Order Company's fashion Stylist, Jane Alden. Community Plate is used exclusively in our Cooking School.

BEFORE LEAVING - See "The New Art" and "A Century of Progress in Cooking" -- Our Two New Cook Books.

Campfire Puffs

Dip Campfire Marshmallows in milk or cream. Roll in Durkee's Moist Cocoanut.

Coffee

Dispense coffee from Adjusto to Tricolator, one operation for each cup of water. Place filter and pour boiling water over coffee. Set on low heat and allow to drip through. Mix thoroughly before serving.

Place roast in hot oven (300° F.) and roast for 20 or 30 min. or until light browned, then rapidly reduce temperature to that of slow oven (200° F.) and continue cooking until desired degree of doneness is reached. The roast-meat thermometer will register 140° F. for a rare roast, 160° F. for a medium roast, 180° F. for well-done roast. Allow 15 min. for well-done roast.

There are three important requirements for beautifying your kitchen. Consult a Benjamin Moore Dealer and employ a master painter.

and place in boiling water and cook until tender. Add chopped parsley and serve.

1 medium sized head cauliflower
4 cups boiling water
Snowdrift Shortening
Cook cauliflower 10 min. or until tender. Break into flowerets. Drain. Roll in crumbs, egg and milk mixture and crumbs again. Fry in deep Snowdrift shortening (375° F.). Drain on KVP Shelf and lining paper.