

SECTION 5

CASSEROLES, WHITE SAUCE

MACARONI CASSEROLE

1 c. elbow macaroni	Bread crumbs
1 c. chopped Velveeta cheese	Dash salt
Butter	Pepper to taste
Canned milk	

Boil macaroni in salt water until tender. Drain and rinse with hot water through sieve. Return to pan and add cheese, butter the size of a walnut, salt and pepper to taste, and enough canned milk to make quite juicy.

Pour into greased casserole dish. Sprinkle top with bread crumbs that have been mixed with melted butter. Bake 1/2 hour at 350 deg. to brown the topping. (Or run under the broiler for about 1 minute - watch closely or crumb topping will burn.)

CHEESE FONDU CASSEROLE

1 c. bread cubes 1/4" (2 slices, crusts trimmed)
 3/4 c. string beans cut into 1/4" pieces
 3/4 c. grated cheese
 2 small eggs
 3/4 tbsp. vegetable oil
 Dash paprika
 3/4 c. milk
 1/2 tsp. salt
 1/8 tsp. pepper

Arrange in small casserole by layers - cheese, beans, bread. Beat eggs slightly and mix with remaining ingredients. Pour over ingredients in casserole. See that it goes down around and covers it all.

Cover with lid and bake 45 minutes at 350 deg., or until top is browned. Be sure to set casserole in shallow pan of water to bake, so it will not get a hard crust on bottom and around sides.

POTATO PUFF SURPRISE

1 can pork meat (Spam)	3/4 c. grated cheese
or 12 slices bologna	1 tbsp. chopped fresh parsley or
2 c. seasoned mashed potatoes	1/2 tbsp. dried chopped parsley

If using Spam type meat, cut into 10 or 12 thin slices. Arrange half of meat slices in baking dish. Mix potatoes, cheese, parsley. Divide among half of the meat slices. Top with remaining meat slices. (If using bologna, snip around edges in several places so the meat won't hump up during baking.)

Heat in moderate oven just until puffy. (Watch closely because cheese will melt and run if heated too long. About 10 minutes is plenty if potatoes are hot already.)

If using left over meat, pat into one layer on bottom of baking dish, and pile potatoes on top of that. Top with either more bits of meat, or mix the rest of the meat with the potatoes and top with additional grated cheese.

CREAM SAUCE

2 tbsp. flour
1/2 tsp. salt
2 tbsp. butter
1-2/3 c. (large can) canned milk

Blend flour, salt and butter together in saucepan over low heat until smooth. Gradually add undiluted canned milk to the butter-flour mixture. Stir constantly until thickened and smooth.

This sauce is good to make creamed turkey (use 2 cups chopped cooked turkey, plus 1/2 c. chopped celery and 1/2 c. grated cooked carrots). Serve over toast slices or toasted buns.

FAILURE-PROOF GRAVY

1/4 c. seasoned flour (salt, pepper added)
1/4 c. roast or other meat drippings (pork, ham or turkey, etc)
1-2/3 c. (large can) canned milk
1-2/3 c. water

Blend flour with meat drippings in heavy skillet over low heat until smooth. Gradually add milk and water, mixed together. Stir constantly over low heat until gravy is thickened and smooth. If gravy is not a rich color, add some Kitchen Bouquet.

NOTE: If you get some lumps, not to worry. Run the gravy through a strainer and presto! Smooth gravy.

SPRINGTIME SKILLET DINNER

1/2 clove garlic, cut up
1/4 c. finely diced onion
1/2 lb. ground beef
1/2 c. uncooked rice
5 to 6 c. water
1 c. finely diced carrots
1 c. finely diced potatoes
1/2 tsp. soy sauce
1 tbsp. salt
1/8 tsp. pepper

Brown garlic in 2 tbsp. shortening in 10" skillet. Remove garlic. Then add onion and ground beef. Cook until browned, stirring. Add rice and water. Simmer uncovered over low heat for 40 minutes.

Add carrots and potatoes, and continue simmering until tender (20 minutes). Season with soy sauce, salt and pepper. Serve hot. Garnish with parsley, if desired.

NOTE: You can use the equivalent in dried garlic and onion, which is more convenient and easier.

MAMA'S CORNED BEEF CASSEROLE

1-1/2 pkgs. (7 oz. size) elbow macaroni or saladettes
 1 can cream of chicken soup (Campbell's)
 1/2 can canned milk
 1/2 c. grated cheese or chopped Velveeta
 1/2 can corned beef - broken up
 1/4 c. grated onion (optional)
 Potato chips

Cook macaroni in salted water. Put in large casserole or baking pan. Add soup, milk, cheese, corned beef and stir until blended. Break potato chips over top. Bake at 350 deg. about 30 minutes. Serves 6.

CHICKEN-CORN CASSEROLE

1/3 c. margarine	2 c. milk
1/3 c. flour	2 c. cooked chicken, cut up
3/4 tsp. salt	1 can (1 lb.) cream style corn
1/4 tsp. pepper	1/4 c. bread or cracker crumbs
1/2 tsp. celery salt	1 tbsp. butter

Melt butter over low heat. Stir in flour, salt, pepper and celery salt; cook until smooth and bubbly. Remove from heat. Add milk; bring to boil for 1 minute.

Combine sauce, chicken and corn. Pour into 1-1/2 quart casserole. Top with crumbs; dot with butter.

Bake at 350 deg. 25-30 minutes, until browned on top. Makes 6-8 servings.

CHEESE SOUFFLÉ

3 tbsp. Minute Tapioca	3/4 c. grated American cheese
1 tsp. salt	3 egg yolks
1 c. milk	3 stiffly beaten egg whites

Combine in saucepan tapioca, salt, milk. Bring to boil over medium heat, stirring constantly. Remove from heat and add grated cheese. Stir until melted. Cool slightly. Beat egg yolks until thick and lemon-colored. Add to tapioca mixture; blend.

Fold into stiffly beaten egg whites. Turn into greased baking dish. Bake in pan of hot water at 350 deg. 50 minutes, or until done. Makes 4-5 servings.

SERVE IMMEDIATELY. Soufflés do not stay puffed long. As they cool, they sink down into baking dish.

WHITE SAUCE

	<u>Milk</u>	<u>Butter</u>	<u>Flour</u>
THIN	1 c.	1 tbsp.	1 tbsp.
MEDIUM	1 c.	2 tbsp.	2 tbsp.
THICK	1 c.	3 tbsp.	3 tbsp.

Melt butter or margarine. Blend in flour thoroughly. Add liquid very slowly, stirring constantly. Cook over boiling water until thick. Stir in desired seasonings. (Or cook over direct medium heat until thick.)

THIN Use as base for soups.
MEDIUM Use for creaming vegetables, meat or fish.
THICK Use as base for croquettes.

NOTE: When using cornstarch instead of flour, use in the ratio of 1/3. That is, use 1 tsp. cornstarch in place of 1 tbsp. flour, etc. Cornstarch requires longer cooking than flour. A quickly cooked cornstarch mixture will have a raw taste.

<u>THIN</u>	<u>MEDIUM</u>	<u>THICK</u>
Cream soups	Creamed meats or Vegetables	Creamed meats or vegetables
	Scalloped dishes	Scalloped dishes
	Gravies or Sauces	Gravies or sauces where thick sauce is desired.
	(About the thickness of heavy cream)	(Has considerable body and spreads rather than runs.)

EXTRA THIN

1/2 tbsp. flour
or
1/2 tsp. cornstarch
1 tbsp. butter
1 c. milk or liquid

Cook as above.
For thin cream soups.

EXTRA THICK

4 tbsp. flour
or
4 tsp. cornstarch
1 tbsp. butter
1 c. milk or liquid

Cook as above.
Use for:
croquettes
soufflés
blanc mange & similar puddings

(Makes a paste when cold.)

DISHES THAT HAVE SAUCE FOUNDATION

WHITE SAUCE is one made from milk or white stock or part of each, thickened with plain flour or cornstarch.

BROWN SAUCE is made from milk or water or brown stock, and thickened with browned flour or part browned and part plain flour or cornstarch.

CHEESE SAUCE - To each cup white sauce of desired consistency, add 1/4 cup shaved, grated or crumbled cheese and stir until cheese is melted.

CREAM SOUPS, PUREES AND BISQUES - To each cup of very thin or thin white sauce, add 2 cups of vegetables, meat or fish pulp.

CREAMED DISHES - To each cup of medium or medium-to-thick white sauce, add 1 to 1-1/2 cups vegetables, meat, fish or hard cooked eggs cut into pieces.

SCALLOPED DISHES - To each cup of medium-to-thick white sauce, add 1 to 2 cups cooked vegetables, meat, fish, hard cooked eggs, cooked macaroni or rice; put into baking dish, sprinkle with buttered crumbs and bake at 350 deg. until golden brown on top. (Best to put baking dish into pan with hot water, to prevent hard crust forming around bottom and sides of casserole.)

CROQUETTE MIXTURES - The foundation of most croquettes is white sauce or brown sauce. When this type of croquette is made, to each cup of very thick sauce use 1 to 2 cups of finely divided cooked meat, fish, hard cooked eggs or vegetables. When the mixture is cold it will shape easily into croquettes.

SOUFFLÉ MIXTURES - Many soufflés are made from a foundation of thick or very thick white sauce, to which is added some seasoning or flavoring such as cheese, vanilla, sugar, or some chopped food and raw egg yolk. Beaten egg white is folded in and the mixture is ready to pour into a baking dish. All soufflés are baked with the containing dish standing in hot water. With a knowledge of white sauce and egg cookery, soufflés are very easy to make. Soufflés must be served immediately upon removal from the oven, as they begin to fall almost immediately.

MACARONI CASSEROLE

3 c. macaroni	1 (8 oz.) can tomato sauce
1-1/2 lb. hamburger	2 tbsp. grated Parmesan cheese
1 lg. onion or 2 sm. ones *	1/4 c. grated American cheese
2 sprigs parsley	1 can cream of mushroom soup
1/2 green pepper, med.	Salt and Pepper
2 sticks celery	Paprika
1 sm. clove garlic *	Extra Parmesan for topping

Cook macaroni in salted water. Rinse and drain. Fry hamburger as for spaghetti sauce (breaking up into bits as it fries). Sauté onion, parsley, pepper and salt, green pepper cut into strips, celery, garlic on low heat with hamburger, until these are soft.

Add tomato sauce and blend. Put into casserole dish with macaroni. Add the 2 tbsp. Parmesan and the 1/4 c. grated American cheese, soup, and blend. Sprinkle lightly on top with more Parmesan cheese and paprika.

NOTE: * Use dried onion, chopped - in half the proportions listed on bottle for one onion, or one clove garlic. Dried onion and garlic saves time and tastes better.

Bake at 350 deg. until cheese on top melts - about 1/2 hour. Serves 10-12.

Esther Johnson, 1970
 Kenn Johnson's wife
 Washington State Historical Society
 Tacoma, Washington

TUNA CASSEROLE

1 can mushroom soup
 1 can tuna fish
 1/2 can (3/4 c.) canned milk
 3/4 c. sweet whole milk (aka regular whole milk)
 8 oz. pkg. potato chips
 2 hard cooked eggs (put through sieve)

Rinse tuna under hot water in sieve. Drain. Mix with all other ingredients except potato chips. Crumble chips and sprinkle over top. Bake at 350 deg. until hot and potato chips are toasted slightly, about 1/2 hour. Serve with hot rolls and butter, and salad.

Temple Square Hotel, 1942
 Salt Lake City, UT

CHEESY RICE ROLL-UPS

The crepes, filling and sauce can all be made ahead.

Crepes

1 c. milk
4 eggs
1/3 tsp. salt
1 c. flour
Melted butter

Combine milk, eggs and salt in small mixing bowl. Beat slightly. Add flour, beat until smooth. Cover and refrigerate 1 hour. Lightly butter a 6" frying pan. Pour two tablespoons of crepe batter into pan; rotate pan quickly to spread batter evenly. Cook until lightly browned. Turn, brown lightly on second side and turn out (aka remove from pan). Keep warm. Makes about 12 crepes.

Filling

1/3 pkg. (2 oz.) long grain and wild rice
1/3 lb. ground beef
2 tbsp. cooked sliced mushrooms
1 tbsp. chopped green pepper (optional)
1 tbsp. minced onion (optional)

Cook contents of rice and seasoning packets according to package directions. Cook ground beef until crumbly; drain. Add cooked rice and the mushrooms, green pepper and onion, to beef; mix well. Fill each crepe with 1/3 c. rice and beef mixture; roll up.

Sauce

2 tbsp. butter or margarine
1 tbsp. flour
1/2 can (10½ oz. can) condensed cream of chicken soup
3/4 c. milk
1/2 c. shredded Velveeta or other processed American cheese

Melt butter or margarine; stir in flour, then soup and milk. Cook until thickened, stirring constantly. Stir in remaining rice mixture. Pour over filled crepes. Sprinkle with cheese. Place crepes on an ovenproof platter or in baking dish. Bake crepes at 350 deg. for 15-20 minutes, or until cheese melts.

Filling and sauce recipes make enough filling and sauce for 4 crepes. Triple the recipes if wanting to fill all 12 crepes from the crepe recipe above.

One serving equals two crepes, so make the triple filling/sauce recipe to feed 6 people.