

BENNINGTON COLLEGE
COOKING DEMONSTRATION

by

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on

FRIDAY, JUNE 10TH, 1955

AT 8 P.M.

IN THE CARRIAGE BARN

FOR THE BENEFIT
OF THE
SCHOLARSHIP FUND

DEMONSTRATION - Friday June 10, 1955

BENNINGTON COLLEGE
Bennington, Vermont

MENU

HOT CHEESE SOUFFLE

SALMON MAYONNAISE

CHICKEN MAJORCA

CABBAGE STRUDEL

CRESCENT ROLLS

COFFEE MERINGUE MUSHROOM CAKE

OMELETS

HOT CHEESE SOUFFLE

Ingredients:

3 level TB. butter
3 level TB. flour
little salt
cayenne pepper
3/4 cup milk
3/4 cup grated Gruyere cheese
1/4 cup grated Parmesan cheese
3 sections of ripe Camambert cheese
1/2 tsp. French Dijon mustard
4 egg yolks
6 stiffly beaten egg whites
few bread crumbs

Dissolve the butter in a small heavy pan. Stir in the flour off the fire. Season with salt and cayenne pepper and pour on the milk. Stir over the fire until it comes to a boil. Remove and mix in the French mustard, the Gruyere cheese, the Camembert cheese which has been put through a strainer and half of the Parmesan cheese. Mix in the egg yolks, and lastly, fold in the stiffly beaten egg whites. Butter a souffle dish. Tie a band of buttered wax paper around the outside so that it comes up above the dish at least three inches. Dust out the inside of the souffle dish and the paper with a little parmesan cheese and the bread crumbs mixed together. Pour in the souffle mixture, level off the top and sprinkle with a little more grated Parmesan cheese and bread crumbs. Stand in a water jacket and bake in 375° oven for 30-40 minutes or until firm to the touch. Remove, carefully take off the paper, tie a folded napkin around the outside and serve on a flat platter at once.

SALMON MAYONNAISE

Ingredients:

2 $\frac{1}{2}$ - 3 lb. piece of salmon tail
1/2 cup mixed, sliced onion, carrot and celery
bouquet of fresh dill
little rock salt and few peppercorns
1/2 cup dry white wine (Christian Brothers)
4 cups water
4 large cucumbers
1/4 cup finely chopped fresh dill
4 TB. tarragon vinegar
1 TB. fine granulated sugar
1 TB. salt
2 cups of cooked rice
1 $\frac{1}{2}$ cups finely diced cooked carrot
1 $\frac{1}{2}$ cups finely diced cooked green beans
1 $\frac{1}{2}$ cups diced, pipped, skinned tomatoes

FRENCH DRESSING

2 TB. tarragon vinegar
1/2 cup vegetable oil
1/4 tsp. dry mustard
1/2 tsp. salt
1/4 tsp. cayenne pepper
1 tsp. lemon juice
pinch sugar

MAYONNAISE SAUCE

2 large egg yolks
3 dessert spoons tarragon vinegar
salt
cayenne pepper
1 tsp. French mustard
2 $\frac{1}{2}$ cups vegetable oil
1/4 cup olive oil
1/2 cup light cream
1/2 cup fresh tomato pulp
1/2 cup whipped cream
2 bunches watercress
1/2 cucumber with skin on } garnish
few radishes }

Wash salmon well in lemon juice and water. Place on a rack of a fish kettle. Pour over the wine and water, add the vegetables and the dill, salt and peppercorns. Bring slowly to a boil and simmer gently for 40-50 minutes. Allow to get quite cold in this stock. Remove, and carefully skin and bone, keeping the tail intact. Stuff with the following cucumber salad.: Skin the cucumbers, cut in half lengthwise, remove all the pits, cut into wafer thin slices, place in a bowl and sprinkle with a little salt.

Salmon mayonnaise - cont'd.

Cover with a plate and a heavy weight and leave for about one hour. Remove, pour off the liquid, wash well with cold water and dry very thoroughly in a cloth. Mix in the sugar and vinegar, and chopped dill. Fill into the salmon tail and reshape. Set aside.

Put the plainly boiled rice into a bowl, add the beans, carrots and tomatoes. Put all the ingredients for the French Dressing into a screw topped jar, shake well and pour onto the rice. Mix thoroughly using two forks. Arrange down a large, flat serving dish. Place the salmon carefully on the top and pour over the following mayonnaise:

MAYONNAISE: Put the egg yolks into a bowl and beat until light and fluffy. Mix in the vinegar, salt and cayenne pepper and mustard. Very slowly mix in the vegetable and olive oil, then mix in the cream, tomato pulp and whipped cream.

TO SERVE: Pour carefully over the salmon. Decorate with sliced cucumber with the skin on, radishes cut into flower shapes and soaked in iced water until they have spread out, and watercress.

Salmon mayonnaise - cont'd.

*3# piece Salmon - w. Tail - Summer Tails, 40 new.
in one - water - ch. den - salt*

Cover with a plate and a heavy weight and leave for about one hour. Remove, pour off the liquid, wash well with cold water and dry very thoroughly in a cloth. Mix in the sugar and vinegar, and chopped dill. Fill into the salmon tail and reshape. Set aside.

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TO SERVE: Pour carefully over the salmon. Decorate with sliced cucumber with the skin on, radishes cut into flower shapes and soaked in iced water until they have spread out, and watercress.

CHICKEN MAJORCA

Ingredients:

1 4-lb. roasting chicken
1/4 cup bacon fat
4 TB. Madeira or sherry
2 tsp. tomato paste
1 tsp meat glaze
2 level tsp. potato flour
1 1/2 cups light stock
4 TB. port wine
sprig of fresh tarragon, parsley or bay leaf
salt
cayenne pepper
3 TB. olive oil
1 tsp. chopped garlic
3 sliced white mushrooms
1 diced red sweet pepper
1 diced green pepper
3 tomatoes, skinned, pitted and cut into large squares
2 large oranges cut into sections
1 small orange
zest of one orange cut into shreds
12 boiled baby new potatoes
1/4 cup chicken fat
2 tsp. crushed, dried rosemary

Cut the chicken up carefully into 8 pieces. Rub well with salt and cayenne pepper. Brown slowly and carefully all over in hot bacon fat. Heat the Madeira or sherry, light and pour over the chicken. Remove the chicken from the pan and set aside to keep warm. Add the sliced mushrooms to the pan and saute a few minutes. Then stir in, off the fire, the meat glaze, tomato paste and potato flour. Stir over the fire until it comes to a boil and season with a little salt and pepper. Put back the chicken, and flavor with the tarragon and parsley or bay leaf. Cover with wax paper and the lid, and cook very slowly for 35 minutes. Remove the chicken and pile up in a shallow casserole. Cover, set aside and keep warm. Heat the olive oil in a pan, add the garlic and cook slowly for one minute. Add the red and green pepper and cook one more minute with the shredded rind of the orange. Add the tomatoes and the skinned sections of the orange. Lastly, skin the small orange and cut into very thin slices. Add to the mixture and stir this carefully into the mushroom sauce. Pour over the chicken. Cut the new potatoes into slices and saute in hot chicken fat with salt and pepper. Just before they begin to brown, add the crushed rosemary. When brown, pile up at each end of the dish and serve.

HOT CABBAGE STRUDEL

Ingredients:

3 cups all-purpose flour
2 TB. vegetable oil
1 well beaten egg
1/2 tsp. salt
good cup lukewarm water
3/4 cup melted butter
1/2 cup vegetable oil
2 small, firm, green cabbages
1 Bermuda onion
10 slices bacon
2 cloves garlic
4 hardboiled eggs
2 TB. chopped fresh dill
salt
freshly cracked black pepper
2 cups fried bread crumbs
1 cup grated parmesan cheese
little paprika pepper

Put the flour in a bowl and make a well in the center. Add the salt, 2 TB. oil, beaten egg and work to a soft dough with lukewarm water. Beat 100 times on a very lightly floured board. Knead a little to get a firm surface on top, then place on a lightly floured platter. Brush the top of the dough with oil and cover with a bowl. Leave for 25-30 minutes in a warm place. Cover a large table with a cloth. Dust the whole thing completely with flour and place the dough in the center. Roll out to the size of a large pocket handkerchief. Brush the whole thing with oil. Then pull out with the back of your lightly floured hand until it completely covers the table. When it is thin enough to read a fine print of the newspaper through it, allow to dry for 10-15 minutes. Cut off the thick rim with a pair of scissors. Sprinkle the top with melted butter and cover with fried bread crumbs.

Have ready the following mixture: Cut the cabbage into very fine shreds and bring quickly to a boil from cold water. Drain and dry well. Cut the bacon into fine shreds and cook until crisp in a heavy frying pan. Drain off the fat and use half of it to cook the finely chopped onion and garlic for a few minutes. Add the cabbage, salt, pepper and the rest of the bacon fat. Cover the pan with wax paper and the lid and cook in 375° oven for 1/2 hour. Remove and mix lightly with a fork, adding the chopped hardboiled eggs, the bacon and chopped dill. Spread this mixture evenly over the top of the bread crumbs, sprinkle with a little more melted butter, and roll up like a jelly roll. Arrange on a well greased cookie sheet and brush the top well with melted butter. Sprinkle well with grated cheese and bake in 375° oven for 45 minutes, basting frequently with butter and sprinkling with grated cheese. Remove and serve hot.

CRESCENT ROLLS

Ingredients:

2 cups flour
1 pkg. yeast
1/4 cup lukewarm water
a little iced water
1/2 lb. fresh sweet butter
1/2 tsp. salt
beaten egg

Dissolve the yeast in a little lukewarm water. Put the flour on a board or slab and make a well in the center. Add the salt and the dissolved yeast, work up to a firm dough with a little of the iced water. Roll out into a large square. Put the butter in a cloth and beat it out on the table until it is of same consistency as the dough. Place it in the center of the dough and fold up like a parcel. Wrap in wax paper and a cloth and put into the refrigerator for one-half an hour. Remove and roll out into a long strip. Fold in three, turn around with the open edges at each end and roll out again. Fold in three and put into the refrigerator for another half hour. Remove and repeat the process, two rollings and two foldings. Remove and repeat the last time. Roll out very thin and cut into large three-cornered pieces. Brush the tips with beaten egg and roll up, starting with the wide end. Turn in the shape of a crescent on a lightly watered cookie sheet. Cover with a cloth and allow to rise in a warm place for 3/4 hour. Brush with beaten egg all over and bake in a 450° oven for 25 minutes. Remove and eat hot.

OMELETS

CHEESE

FINES HERBES

Ingredients:

6 eggs.
4 tsp. cold water
salt
little cayenne or black pepper
1/2 cup grated Gruyere cheese
1/4 cup grated Parmesan cheese
1/2 cup finely chopped mixed parsley, tarragon, chives
little paprika pepper
1/2 stick salt butter

CHEESE OMELET: Beat 3 eggs in a bowl with 2 tsp. of cold water and a little salt. Beat until well mixed but not too fluffy. Heat a heavy omelet pan, and when the butter sizzles briskly but doesn't brown, add 2 tsp. butter. Then add the egg mixture, stir briskly with a fork until it begins to set, being sure that the whole of the bottom of the pan is covered. Put the grated Gruyere cheese in the middle, fold over and turn out on a hot, flat, serving dish. Rub the top with a little more butter, sprinkle with grated Parmesan cheese and decorate with a little paprika pepper.

HERB OMELET: Heat a heavy omelet pan and when the butter sizzles but does not brown, add 2 tsp. butter. Then add the chopped herbs and leave for 1/2 minute. Then add the egg mixture and stir briskly until it begins to set. Fold over and turn out on a hot, flat, serving dish. Rub with a little butter and serve at once.

COFFEE MERINGUE MUSHROOM CAKE

Ingredients:

CAKE

Weight of 4 large eggs in sugar
Weight of 1 egg in potato flour
Weight of 1 egg in all purpose flour
5 eggs
grated rind of 1 lemon
2 TB. Powdered Coffee
2 TB. hot water
Pinch salt

MERINGUE

4 egg whites
8 TB. granulated sugar
Cocoa
Little fine granulated sugar

BUTTER CREAM

3 egg yolks
2 cups granulated sugar
3/4 cup water
1/2 tsp. cream of tartar
1 1/2 sticks sweet butter
2 TB. coffee essence
4 TB. coffee or water
2 TB. dark rum

CAKE: Put 1 whole egg and 4 egg yolks into a beater. Add the sugar and both flours. Beat until very light and fluffy and the mixture holds its shape. Fold in the stiffly beaten egg whites, grated lemon rind and the powdered coffee dissolved in the hot water. Grease a deep spring form cake tin, line the bottom with wax paper, fill with the mixture and bake for 50-55 minutes in a 350° oven or until well risen and firm to the touch. Remove and allow to get quite cold without touching before turning out. Sandwich and cover with the following butter cream:

BUTTER CREAM: Put the egg yolks into a beater and beat until very light and fluffy. Put the sugar, water and cream of tartar into a pan and cook to a light thread. Pour slowly onto the egg yolks, beating all the time. Continue beating until it is thick and cold. Add, bit by bit, the sweet butter. Dissolve the coffee essence in coffee or water, and when cool mix into the butter cream. Flavor lastly with the rum.

MERINGUES: Put the egg whites into a beater and beat until they nearly hold their shape. Slowly add the sugar and continue beating until they hold their shape. Fill into a pastry bag with a half-inch plain tube. Cover the cookie sheet with wax paper and pipe out the mixture in small balls and narrow long pieces for the stalks of the mushrooms. Put into a sugar shaker, half sugar and half cocoa, and

shake a little of this on top of the balls of the meringue. Put the meringue to dry and set in a 250° oven for about 45 minutes. Remove and when quite cold, carefully take up from the paper. Split the cake in half and sandwich with some of the butter cream. Reshape and cover with more butter cream. Put to set into the refrigerator. Put the rest of the buttercream into a pastry bag with a medium-sized star tube. Pipe a small rosette on the back of half of the meringue balls. Dust with the cocoa sugar and stick a little meringue stalk in the middle of each. Stick around the edge of the cake longer sticks of plain meringue. Put a row of butter cream rosettes around the edge of the cake, cover with the meringue balls upside down. In the next row put the meringue balls with the butter cream rosettes, and so on until the cake is covered. Serve very cold.