

From not long ago...

We take many things for granted these days that were cutting edge not that long ago. We think nothing of that big box in the corner of the kitchen but consider these excerpts:

To many people, refrigeration is still such a novelty that they scarcely realize the range of its possibilities. It is almost like having an Aladdin's lamp and not knowing the right way to rub it. With a General Electric refrigerator, simple recipes, easily prepared, produce delightful results. The refrigerator itself requires no attention, not even oiling, and is surprisingly easy to keep clean.

Electric Refrigerator Recipes and Menus
Specially Prepared for the General Electric Refrigerator
1927

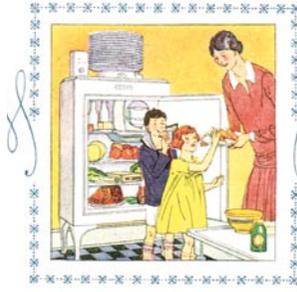
The proper food preservation qualities of Frigidaire alone make it a household necessity. But there are many advantages to be derived from this modern automatic refrigerator. Frigidaire affords care-free refrigeration in that it is entirely automatic and dependable in operation. With Frigidaire it is possible to go away for a weekend, or even longer, without considering your food supply.

Frigidaire Recipes
1929

Helpful hints:

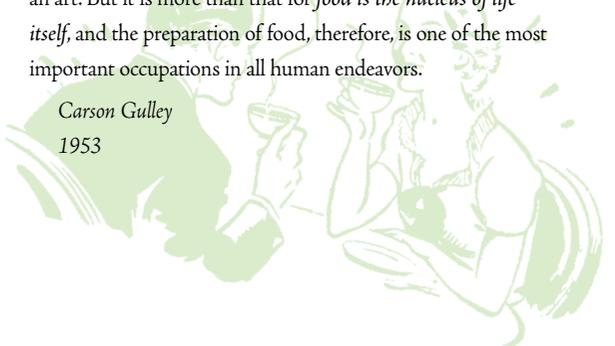
1. A ten-cent scraper will save dollars' worth of food. Use to scrape butter off butter plates, gravy off meat platters, batter out of mixing bowls, etc.
2. Use leftover garnishes of parsley, celery tops, or watercress a second time (they may be "revived" under cold water).
3. If milk or cream begins to sour—as soon as it is well thickened, use it in making pancakes, waffles, doughnuts, gingerbread, spice cakes, etc.
4. Cover dishes of food in a mechanical refrigerator (rubberized or oiled silk slipcovers are easy to use).

Nutrition for Defense
Meal Planning on a Limited Budget
Betty Crocker
1944



When I was working on a commercial Dietetics Training Course at Tuskegee Institute in 1936, Dr. George Washington Carver said to me one day, "Chef Gulley, you are an artist, and you are dealing with the finest of all arts ... if any creation is to be perfect, every step in its creation must be considered important." Since then I have come to realize more fully that cooking is an art. But it is more than that for *food is the nucleus of life itself*, and the preparation of food, therefore, is one of the most important occupations in all human endeavors.

Carson Gulley
1953



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Limburger, a smelly delight

By Henry Verden

It should come as a surprise to no one that Limburger cheese is only made in one place in the entire United States. As you may have guessed, it's in Wisconsin; Monroe to be exact. To narrow it down even further, it's all produced at one cheese factory. That's right, one factory controls the entire national supply. Now *that's* power!

To most people, Limburger cheese is something Bugs Bunny used as a weapon against Elmer Fudd. Nobody actually eats it anymore. The fact is 870,000 pounds of Limburger cheese is produced annually in the U.S.; it can't all be used for practical jokes. Enough people, apparently a lot of people, eat enough of it to make it worthwhile to manufacture. The Chalet Cheese Co-op has taken up the gauntlet.

The Chalet Cheese Co-op of Monroe, in southwestern Wisconsin, has been producing Limburger cheese for over 100 years. Green County is renowned for its Swiss cheeses, diverse ethnic heritage, and the occasional rear-end collision with an Amish carriage. They bill themselves as the Specialty Cheese Capital of the USA, and after a trip there you'll know why.

O.K., back to business. For the unenlightened, Limburger is an aggressively aromatic cheese with roots in Belgium. It was first produced by Trappist monks in the early 18th century for reasons only they know. It's more popular in Europe (go figure) where it also goes by the alias *Liederkrantz*. It's an aged, semisoft cheese made from cow's milk, when properly aged smells like Brett Favre's week-old socks, and

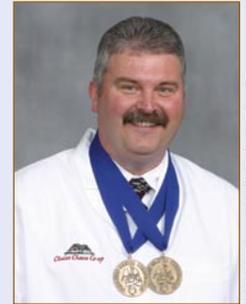
a taste that can range from mild to what-in-Sam-Hill-did-I-just-put-in-my-mouth!

Now for more information than you needed to know. (WARNING: Those with delicate constitutions may want to skip the next paragraph.)

The bacteria used to ferment Limburger (and other rind-washed cheeses) is *Brevibacterium linens*. This same bacteria is found on human skin and is part of the reason we have body odor. How, you may ask, did it find its way into cheese? A likely theory is that the Limburg monks who originated the cheese would mix the milk and curds together by stomping the mixture with their feet.

Due to advances in cheese making over the last couple hundred years, feet are no longer part of the process. Suddenly our modern technology doesn't seem so bad, does it? This stuff is dangerous enough that it is illegal for anyone except a master cheese maker to produce Limburger cheese. There are only 43 Wisconsin Master Cheese Maker Certifications covering 28 varieties of cheese, and of those 43, only one has ever been given for Limburger. Myron Olson is the lucky recipient. One has to wonder how many times he's been asked "why?"

How does one eat Limburger? There is only one way I was ever told. My father, a devoted Limburger eater, would smear a healthy serving on a slice of hearty rye and top it with a thick slice of strong onion to "mellow it out." Then he would eat it with an ice cold bottle of whatever beer was on sale that week while watching an episode of *Guns n' Smokes*. That was living!



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**Myron Olson,
Wisconsin Cheese
Master (above)**

CHEESY FACTS:

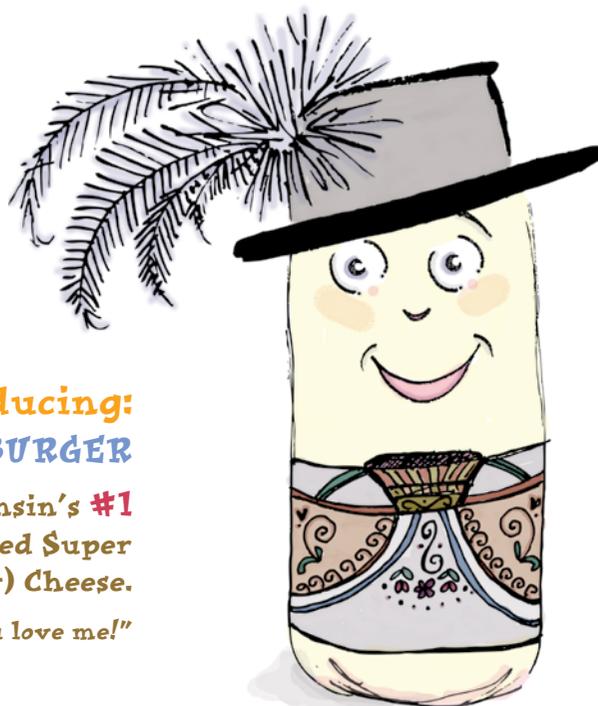
The first cheese factory in WI opened in 1868 and made Limburger cheese.

Cheese-making began in WI around 1840, when settlers from Eastern dairy states such as New York and Ohio, as well as immigrants from Switzerland, Germany and other areas of Europe, brought their cheese-making expertise.

In the 1930s, there were more than a hundred U.S. companies producing Limburger.

Today, just one U.S. company makes it: Chalet Cheese Co-op of Monroe, established in 1885.

A trade secret long known to Limburger fans: An 8-ounce block of the odoriferous cheese fits nicely in a clean peanut-butter jar, lid tightly closed.



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BACK IN THE DAY

"You hear a great deal nowadays about balanced diet and food values. Sometimes you read so much about it and there are so many scientific terms that you feel confused and you say to yourself, I guess I'll just see to it that the family gets three good nourishing meals with plenty of variety in them and I can't be so far wrong."

— General Foods Cooking School of the Air — 1932

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