

WESTINGHOUSE ROASTER OVEN

Model RO-29

America's best-selling Roaster, with modern lines and styling. Westinghouse Roaster-Oven bakes, roasts, or cooks complete meals. With optional Broiler-Grid, it fries, grills, toasts or broils. Heavy-duty handles are large and convenient. Sure-Grip lid holders are strong and sturdy. Large True-Temp Control is easy to read. Two square feet of cooking magic, it's also portable—plugs in anywhere for cool, economical, automatic cooking.

ROASTS · BAKES · COOKS COMPLETE MEALS *Automatically!*



Here's your COOL NEW COOK!

You're all set for lots of cooking pleasure with your new Westinghouse Roaster-Oven. This handy portable oven... with its accurately controlled heat and big cooking capacity... will bake, roast and cook complete meals to perfection. With the Infra-Red Broiler-Grid (an optional accessory), you can broil, grill, fry and toast, too. And with the Timer-Clock (also an optional accessory), you can cook foods automatically... even though you are not on hand to start and stop the cooking.

The instructions and typical recipes in this booklet were prepared by the Westinghouse Home Economics Institute to help you make full use of your Roaster-Oven and Broiler-Grid. You can also use your favorite recipes in this versatile cooking appliance. Please read this booklet carefully so you'll have good results every time.

Keep your Roaster-Oven on a handy table, cart or cabinet where it will be ready for use any time. Use it every day... enjoy it...

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Ready to serve you... the ROASTER OVEN

- Cooks dinner for 8 — all at one time.
- Roasts meat and fowl to perfection.
- Bakes bread, rolls, cake, pie and cookies.



— You'll save time, work and money by using your versatile Roaster-Oven for many, many tasks. No watching, no worrying while your food is cooking. It uses little more current than a modern electric iron, so is very economical in operation!

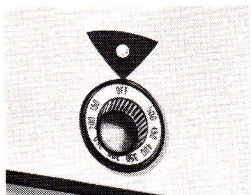
Prepare complete meals—Put your meat, potatoes, vegetables and hot dessert in the Roaster-Oven... and set the heat control dial. Then relax until your dinner is done! Just be sure the foods you choose take approximately the same cooking time.

Portable for extra convenience—You'll delight at the way you can just pick up your Roaster-Oven and carry it to the spot where you're going to eat. It's so handsome you'll put it right on the table for buffet suppers... to keep food hot. Fine feature for porch suppers and picnics, too.

HOW TO USE . . .

• Connect to any wall outlet . . . never to a ceiling light socket.

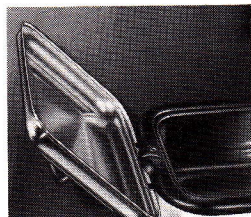
1. Attach the cord to the terminals at the end of the Roaster-Oven, then connect to any 110-120-volt, a-c wall outlet.
 2. Set the heat control dial to the correct temperature given in the cooking instructions. The signal light will glow and will remain on until the Roaster-Oven reaches the correct temperature.
 3. If the recipe calls for a preheated oven, wait until light shuts off to place food in the Roaster-Oven. The light will flash on and off at intervals during the cooking period as the current is used to maintain proper temperature. The same temperature settings recommended for your range recipes can be made on this dial.
 4. When through cooking, turn the heat control dial to "OFF" position.
- **CAUTION:** In shipping, a protective cardboard packing strip is placed between the large inset pan and the well of the Roaster-Oven. **REMOVE** this before using the Roaster-Oven.



TEMPERATURE CONTROL . . . brings Roaster-Oven to desired temperature and keeps it there through entire cooking time. Turn dial so that temperatures called for in recipe is directly under pointer above dial. Roaster-Oven temperatures have been adjusted so that you can use standard recipe temperatures.

TO REPLACE SIGNAL LIGHT . . . disconnect Roaster-Oven from outlet. Invert Roaster-Oven . . . take out 4 screws to remove bottom, insulation pad and bulb. Replace bulb with new T-43 lamp. Reassemble.

LID HOLDERS . . . provide two handy places for lid when you remove it. Holders are on both ends of the Roaster-Oven . . . and lid may be held by any one of its four sides.



HOW TO USE and REMOVE INSERT PAN

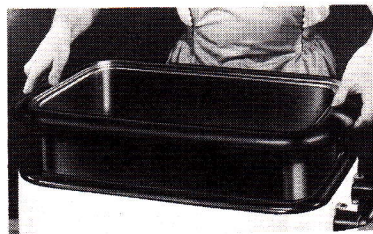
The insert pan should be in the Roaster-Oven for all preheating and cooking. This is true, whether the cooking is done in separate pans or in the inset pan itself. Recessed groove prevents grease and moisture from running down the outside of the Roaster. To remove inset pan for cleaning, place fingers under extended portion of rim and lift upward. It then may be taken to the sink and washed the same as any other kitchen utensil. Rounded corners help make cleaning easy.

OUTSIDE SURFACES AND WELL are cleaned by wiping with a damp cloth and polishing with a soft, dry cloth. Wipe off spillovers promptly so they won't harden.

CAUTION: The body of the Roaster-Oven should never be put into water, as this would ruin the electrical insulation.

USE STANDARD UTENSILS IN YOUR ROASTER-OVEN

The rectangular shape of the Roaster-Oven enables you to use standard cooking utensils. A Roaster-Oven Pyrex dish set is available as an optional accessory. You may use an uncovered pan for meat, covered pans for vegetables, standard 8-inch cake and pie tins or a 10 x 14-inch cookie sheet.



GENERAL COOKING HINTS . . .

to make your task even simpler



Preheating the Roaster-Oven . . .

Most baked foods require that the Roaster-Oven be preheated. Just set the True-Temp Control at the proper temperature given in the cooking instructions, and wait until the signal light shuts off. The length of time required for preheating will vary slightly, dependent upon the electrical power delivered in your locality . . . but you can soon determine how long to allow for preheating. When the light goes out, place food in the Roaster-Oven.

Cook Food on Load and Lift Rack

Unless otherwise stated in recipes in this book, always place food on the Load and Lift Rack rather than on the bottom of the Inset Pan. The bottom of the Load and Lift Rack is raised, allowing a more even circulation of heat around the food being cooked. The rack also provides a convenient method for removing utensils from the Roaster.

Seldom Remove Roaster-Oven Lid

Removing the lid not only slows the cooking operation by causing loss of heat, but it retards browning. Insert or remove dishes quickly when food is put in or taken out before the roasting period is completed.

Be Sure Voltage Is Correct . . .

Low voltage at the Roaster-Oven outlet will slow the preheating and lengthen the cooking period. Voltage should be 110-120 volts, a-c. If in doubt, call your utilities company. A long extension cord will have the same effect as incorrect voltage, so Roaster-Oven should be plugged directly into a wall outlet.

To Save Precious Time . . .

Start the Roaster-Oven preheating as soon as you begin the preparation of food.

To Receive Best Results . . .

Do not connect other appliances to the same circuit while cooking in the Roaster.

To Warm Dinner Rolls . . .

Place rolls in Roaster-Oven and turn heat control to 150° . . . or warm on stored heat after removing your food.

When Preparing Large Cuts of Meat

Place meat in any large, shallow pan before placing in the Roaster-Oven. This eliminates any smoking of fat and saves washing the inset pan. A shallow pan will also save clean-up work if used under foods which are being broiled.

Keeping Delayed Meals Warm . . .

The True-Temp Control may be set at 150° to keep meals warm without drying them out or overcooking them. Even after it is disconnected, the Roaster-Oven will keep food warm for 4 to 6 hours if the Roaster is wrapped in a heavy blanket. This makes it especially nice for carrying hot foods to picnics or to church suppers.

For Short-Order Cooking . . .

When meals need to be prepared in a hurry . . . when quick snacks are needed with practically no warning . . . the Broiler-Grid is a wonderfully handy attachment for your Roaster-Oven. You can obtain one from your Westinghouse dealer.

RECIPES...FOR MEATS

Tender cuts of meat are roasted in shallow pans or large dishes, without water. Meat should be placed fat side up, thus eliminating basting. Meats may be salted before or after cooking. Flouring a roast is unnecessary. Less tender cuts, such as pot roast, should be cooked with a small amount of water. If meat is to be used for soups or stews, it may be covered with water and cooked very slowly, at about 275°-300°.

Preheated Oven

Preheat Roaster to desired temperature (see table below). Place roast in shallow pan or large dish. Add salt and pepper if desired. Roast for required time listed on chart.

Cold Oven

Place roast (or fowl) in cold Roaster. Set True-Temp Control at temperature listed on Time Chart for entire roasting period. Allow 20 to 25 minutes additional for Roaster to heat up.

(NOTE: If very brown roast is desired, preheat Roaster to 450°, and place roast in Roaster. After 30 to 40 minutes, reduce temperature to that listed on Time Chart and continue roasting for necessary additional time. Although you'll get a very brown roast, this method will usually result in more shrinkage of your meat.)

ROAST	WEIGHT POUNDS	ROASTER TEMPER- ATURE	TEMP. OF MEAT THERMOMETER WHEN DONE	APPROXIMATE MINUTES PER POUND
BEEF Standing ribs Smaller roast	6-8	325° 350°	{ 140° 160° 170°	18-20 Rare 22-25 Med. 27-30 Well
Rolled ribs Smaller roast	6-8	325° 350°	{ 140° 160° 170°	32 Rare 38 Med. 48 Well
Pot roast	5-8	325°	150°-170°	25-30
PORK—FRESH Loin—Center Ends	3-4 3-4	350°	185°	35-40 45-50
Shoulder—Cushion Boned, rolled	4-6	350°	185°	35-40 40-45
Pork butt	4-6	350°	185°	45-50
Fresh ham	10-12	350°	185°	30-35
PORK—SMOKED Ham—Whole Precooked Half	10-12 10-12 5-6	325° 325°	170° 160° 170°	25 15 30
Cottage butt	2-4	325°	170°	35
Picnic	3-10	325°	170°	35
LAMB Leg Shoulder—rolled	6½-7½ 3-4	325°	175°-180°	30-35 40-45
VEAL Loin Shoulder—rolled	4½-5 5	325°	170°	25 40-45

Baked Ham Slice with Raisin Sauce

Purchase a center slice of smoked ham 1 inch thick. Place in suitable heatproof baking dish or pan and pour raisin sauce over, or sprinkle with brown sugar and pineapple juice. Set temperature at 375°. Baking time 1½ hours.

Sauce:

- | | |
|---|----------------------------------|
| 1 cup seeded raisins,
finely chopped | 2 cups cold water
½ cup sugar |
| 1½ tablespoons lemon juice | |

Add raisins to water and simmer until soft. Add sugar, cook 15 minutes longer. Add lemon juice. Pour over ham and bake as instructed above. Serves 3 to 4.

Barbecued Veal Roast

- | | |
|-----------------------------------|--------------------------|
| 4-lb. rolled shoulder of veal | 2 tablespoons vinegar |
| Salt | 1 teaspoon celery seed |
| Pepper | 1 tablespoon sugar |
| ¾ cup tomato catsup | 1½ teaspoons dry mustard |
| ½ cup water | Dash of cayenne pepper |
| 1 tablespoon Worcestershire sauce | |

Rub roast with salt and pepper. Put in large heatproof dish. Combine remaining ingredients and pour over roast. Place meat in cold Roaster. Set heat control at 350°. Baking time about 3 hours. Serves 6 to 8.

Beef Pot Roast

- | | |
|--|------------------------|
| 4-lb. rump of beef, rolled and
tied, or chuck roast | 1 small onion, chopped |
| 1 teaspoon salt | ¼ cup raisins |
| | ½ cup water |
| 6 medium-size potatoes | |

Rub meat with salt. Brown in a little fat in frying pan or under Broiler-Grid. Place in heatproof dish with chopped onion, raisins and water. Cook at 325° to 350° for 2 hours. Then add potatoes and cook 1½ hours longer. Serves 6 to 8.

Ground Beef and Vegetable Casserole

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|----------------------|---------------------------------|
| 2 pounds ground beef | 10 medium-size onions, fried |
| ½ teaspoon sage | 4 tablespoons fat |
| 2 teaspoons salt | 3 tablespoons all-purpose flour |
| ¼ teaspoon pepper | 2 cups canned tomatoes |
| Buttered crumbs | |

Mold beef into medium-size balls and place in bottom of casserole or large heatproof dish. Season with sage, salt and pepper. Over this, place a generous layer of fried onions. Melt fat in saucepan or skillet, add flour and mix well. To this, add the tomatoes and cook until thickened. Pour mixture over the onions. Sprinkle buttered crumbs over the top. Bake at 375° for 1¼ hours in preheated Roaster or 1½ hours from cold oven start. This casserole serves 6 to 8.

Meat Loaf

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|----------------|-------------------|------------------------------|
| 1½ lbs. beef | } ground together | ½ cup milk |
| ¼ lb. veal | | 6 tablespoons cracker crumbs |
| ¼ lb. pork | | 2 tablespoons onion, chopped |
| 2 eggs, beaten | | 1½ teaspoons salt |
| | | ¼ teaspoon pepper |

Combine all ingredients. Form into a loaf. Place in uncovered heatproof dish or loaf pan which has been well greased with lard or drippings. Place in cold Roaster-Oven. Set temperature at 375° to 400°. Bake about 1½ hours. Serves 6 to 8.

Spaghetti and Meat

2 tablespoons fat
½ pound ground beef
1 small onion, finely
chopped
1 cup catsup

1½ cups tomato juice
1 teaspoon salt
¼ teaspoon pepper
1 cup broken, uncooked
spaghetti

Melt the lard in frying pan. Add meat and onions. Brown until meat loses its red color. Add remaining ingredients in order listed. Stir to blend. Pour into large heatproof dish and place in Roaster. Set control at 375° and cook for 1½ hours from cold oven start or 1¼ hours in preheated Roaster. Serves 6.

Stuffed Breast of Lamb

Have a pocket cut in the end of a 2 to 3-pound breast of lamb and stuff with the following dressing, lightly mixed:

4 cups stale bread
3 tablespoons chopped onion
4 tablespoons melted butter
4 tablespoons chopped celery

½ teaspoon sage
1 teaspoon salt
¼ teaspoon pepper
1 cup water

Place in open baking dish. Place in cold Roaster-Oven. Set dial at 375°. Time 2½ hours. Serves 4 to 6.

FISH AND FOWL

Roast Chicken or Duck

Clean, salt inside and stuff with your favorite stuffing. If duck is stuffed, sage and onion stuffing, apple stuffing or orange stuffing are especially nice. Place chicken or duck in uncovered pan. Place on inset rack. Place in preheated 350° Roaster-Oven. Allow 30 to 35 minutes per pound. Weigh chicken or duck after it has been stuffed.

Standard Dressing

Allow 1 cup dressing for each pound of bird.

4 cups bread cubes, ½ inch size
½ cup chopped onion
½ cup chopped celery
4 tablespoons butter or
margarine

1 teaspoon salt
¼ teaspoon black pepper
1 teaspoon sage or poultry
seasoning

Water or chicken broth to moisten

Brown the bread cubes, onion and celery in butter until lightly browned. Add all other ingredients. For variations add 1 cup nut meats, mushrooms or oysters. Double recipe if more dressing is desired or make three times the amount for stuffing a turkey.

Roast Turkey

Clean and stuff turkey using favorite dressing recipe. Place turkey on rack in inset pan of preheated 325° Roaster-Oven. Turkey may be greased over with unsalted cooking fat if desired. Do not add water. Roast turkey at 325° if turkey weighs from 8 to 12 pounds, allowing 20 minutes per pound roasting time. Baste the turkey with drippings two or three times while roasting.

Roast turkey according to following table:

Oven Weight*	Oven Temperature	Cooking Time—Hours
8 to 10	325°	3 to 3½
10 to 12	325°	3½ to 4

* The oven weight of a stuffed, dressed turkey approximates the purchase weight.

Chicken Casserole

2½ to 3-pound chicken
Flour
Salt
Pepper

Lard or shortening
Milk
Small can sliced mushrooms (if desired)

Cut chicken into serving pieces. Dredge with flour, which has been seasoned with salt and pepper. Brown chicken thoroughly in lard or shortening in a skillet on medium-high heat. When chicken is browned, place it in a large heatproof dish. Make gravy from the drippings in the skillet, using flour and milk. Add mushrooms if desired. Pour gravy over the chicken and cook at 350° for 1-1½ hours. Serves 4 to 6.

Fried Chicken à la Maryland

1 frying chicken
1 egg, beaten
2 tablespoons cold water

Salt and pepper
Flour
¾ to 1 cup fat

Cut chicken into pieces for frying. Dip each piece in beaten egg which has been mixed with water. Roll in a mixture of salt, pepper and flour. Preheat Roaster to 450°. Brown chicken in hot fat in large enamel inset pan, with Roaster covered. Reset True-Temp Control to 250°, add ½ cup water and steam 45 minutes to 1 hour or until chicken is tender.

Stuffed Baked Fish

Black bass, bluefish, cod, flounder, perch, trout and pike are lean fish and should be larded before baking. "Larding" means inserting narrow strips of fat, salt pork or bacon, into gashes made at intervals along the sides of lean fish before baking. Bacon strips may be placed over the fish, if you prefer. Mackerel and whitefish are fat and need not be larded.

Ask your butcher to clean and bone the fish. Stuff with the following stuffing:

5 cups finely cubed bread	½ cup melted butter
3 tablespoons capers	3 tablespoons chopped celery
1 tablespoon salt	1 tablespoon powdered sage
4 tablespoons parsley	1 teaspoon pepper
2 small onions, finely chopped	

Mix all ingredients together thoroughly. Stuff eye sockets with a ripe, stuffed olive cut in half. Preheat Roaster to 375°. Place fish in shallow pan, bake 20 minutes per pound.

Tuna Fish and Noodle Casserole

1—8-oz. package of noodles	1 teaspoon salt
1—7-oz. can of tuna, flaked	1 tablespoon butter
1 No. 2 can condensed mushroom soup	2 teaspoons pimiento, cut fine
	1—8-oz. can mushrooms
1 cup corn flakes, crushed	

Cook noodles in boiling salted water for 20 minutes, then drain off water. Add other ingredients in order given. Place in large heatproof dish and cook at 400° for 30 to 40 minutes in preheated Roaster. Serves 6.

VEGETABLES

Vegetable Chart

VEGETABLE	Time when starting in Roaster preheated to 350 to 400°	Amount of hot, salted water added
Beans—baked.....	5-6 hours	See recipe
Beets—sliced.....	45-60 minutes	½ cup
Carrots—sliced.....	45-60 minutes	½ cup
Onions—small.....	30-45 minutes	½ cup
Parsnips.....	45-60 minutes	½ cup
Potatoes—white—steamed.....	45-60 minutes	½ cup
Potatoes—sweet—steamed.....	35-45 minutes	½ cup
Potatoes—baked.....	1-1½ hours	None
Squash—summer.....	45-60 minutes	No water except what clings when washing
Tomatoes.....	20-30 minutes	¼ cup
Turnips or Rutabagas.....	45-60 minutes	½ cup

Buttered Carrots and Celery

4 to 5 medium-size carrots
1½ cups celery, cut crosswise in
2-inch pieces

½ cup water
1 teaspoon salt
2 tablespoons butter

Wash and scrape the carrots, cut in lengthwise quarters or eighths. Mix with celery in casserole or small heatproof dish. Add water, salt and butter. Cover and cook in preheated 350° Roaster for 50-60 minutes. Serves 6.

Harvard Beets

2 cups uncooked beets,
sliced thin or cubed
½ cup sugar
2 tablespoons flour

½ cup vinegar
½ teaspoon salt
¼ cup water
2 tablespoons butter

Place peeled, sliced beets in covered heatproof dish. Mix sugar, flour, salt, water and vinegar together until well blended. Pour over the beets, dot with butter. Cover. Cook for 1 hour at 350° from cold start or 45 minutes if Roaster is preheated. Serves 6.

Scalloped Potatoes

6 medium-size potatoes
2 tablespoons butter

2 tablespoons flour
1½ teaspoons salt

2 cups milk

Peel potatoes and slice medium thin. Place in small heatproof dish. Melt butter in saucepan over medium heat. Add flour. Stir until smooth. Add salt and milk, stirring constantly until thickened. Remove from heat and pour over potatoes. Bake in uncovered dish for 1 hour in preheated, 375° Roaster-Oven. Serves 6. For variation, ¾ cup cheese may be added to white sauce shortly before removing from heat.

Steamed Rice

Put 1 cup of uncooked washed rice in small, covered heatproof dish. Add 2½ cups of water and 1 teaspoon of salt and bake 1½ hours at 375°. Serves 6.

Tomatoes Bohème

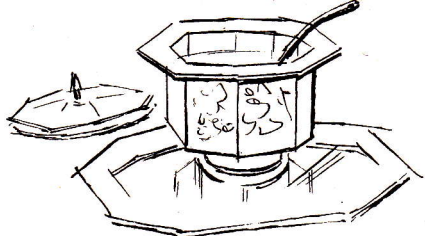
1 No. 2½ can tomatoes
½ to 1 cup diced celery
1 large onion, chopped

¼ cup butter
Salt and pepper to taste
½ cup diced green pepper

Buttered cracker crumbs

Mix together and pour into greased casserole. Cover with buttered crumbs; bake in small, uncovered heatproof dish. A No. 2 can of corn is excellent when added to this recipe, especially if serving a large group. Bake at 375° about 1 hour. Serves 6 to 8.

SOUPS CHOWDERS



For all soups and chowders, we advise the use of a 4-quart utensil set directly on bottom of enamel inset pan, unless made in very large quantities, then prepare soup in inset pan.

Corn Chowder

- | | |
|---------------------------------------|----------------------|
| 2 thin slices salt pork | 1 quart hot milk |
| 2 small onions, chopped | 1 teaspoon salt |
| 3 cups potatoes, diced | ½ teaspoon pepper |
| 1 quart boiling water | 2 tablespoons butter |
| 1 No. 2 can corn or 2 cups fresh corn | 2 tablespoons flour |
| | Paprika |

Preheat Roaster to 400° with utensil or inset pan in place. Fry pork in the pan until almost crisp. Add onions and brown slightly. Add potatoes, boiling water; cover and cook until potatoes are tender (30 to 40 minutes). Add corn, hot milk, seasonings and butter. Thicken with paste made of flour moistened with ¼ cup cold water. Cook about 10 minutes more. Serves 6 to 8.

Mulligatawny Soup

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|-------------------------------|------------------------------|
| 1 cup uncooked chicken, diced | 2 tablespoons minced parsley |
| 1 apple, sliced thin | 1 teaspoon curry powder |
| 1 small onion, sliced | 4 cloves |
| ⅓ cup diced carrot | 1 cup tomato pulp |
| ⅓ cup diced celery | 1 quart water or stock |
| ⅓ cup minced green pepper | 1 teaspoon salt |
| ¼ cup fat | ½ teaspoon pepper |
| ¼ cup flour | 1 cup cooked rice |

Preheat the Roaster to 450° with utensil or inset pan in place. Brown the chicken, apple and vegetables (except parsley and tomato) in the fat. Add remaining ingredients. Reset temperature control to 350° and cook 1 hour. Strain, reserving chicken. Rub vegetables through a sieve. Add chicken, season. Serves 6 to 8.

Vegetable Soup

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|--------------------------------------|------------------------------|
| 2 tablespoons lard or suet | ½ head cabbage (shredded) |
| 2 pounds ground beef | 2 onions, diced |
| 2 quarts hot water or leftover stock | 1 No. 2 can tomatoes |
| 2 cups diced potato | 1 small can vacuum pack corn |
| 1 cup diced celery | ½ teaspoon pepper |
| 1 cup diced carrot | ¼ cup rice or barley |
| | 1½ teaspoons salt |

Preheat the Roaster to 450° with the utensil or inset pan in place. Melt the suet or lard and brown the meat. Add the water, cover, allow the mixture to come to a full rolling boil, add vegetables. Allow to come to a boil again. Add rice and seasonings. Reset temperature to 350° and cook 1½ hours. This soup is a meal in itself. Serves 10 to 12.