

## FRIED CHICKEN à la MARYLAND

Cut a frying chicken in pieces for serving. Dip each piece into beaten egg which has been mixed with 2 tablespoons of cold water. Roll in a mixture of salt, pepper and flour.

Preheat roaster, from which the baking dishes and rack have been removed, to 450 degrees. Brown chicken in hot fat in large enamel inset. Reset temperatures to 300 degrees and cook 1½ hours.

## CHICKEN PIE

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1—3 pound fowl, cut up          | 4 tablespoons butter        |
| 1 medium onion, sliced          | 6 tablespoons flour         |
| ½ cup celery                    | Salt and pepper             |
| 2 tablespoons parsley, minced   | ½ pound mushrooms (sauté in |
| 1 standard recipe baking powder | small pan while chicken is  |
| biscuit                         | cooking) 20 minutes         |

Place fowl, onion, celery and parsley in pan in roaster, cover with boiling water and cook at 300° until chicken is tender, 2½ to 3 hours. Remove fowl from liquid and separate meat from bones. Strain and add water to make 3 cups of broth. Reset heat control to 450°. Melt butter in pan, blend in flour and stir in broth gradually until thick and smooth. Season with salt and pepper to taste. Add chicken and mushrooms and pour into slightly greased casserole. Place small rounds of baking powder biscuit dough on this. Bake for 20 to 30 minutes. This makes 6 portions.

Dumplings can be substituted for biscuits and can be cooked in enamel inset pan instead of casserole. Heat chicken and gravy to 500° before adding dumplings. Steam 20-30 minutes with control at 500°. Do not remove cover while cooking dumplings. This is an appropriate dish for serving a large number of persons.

## DEVILED CHICKEN

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 1 frying chicken (3 pounds)      | 1 tablespoon minced parsley        |
| ⅓ cup butter                     | 1 teaspoon salt                    |
| 2 teaspoons Worcestershire sauce | dash cayenne pepper                |
| 1 teaspoon dry mustard           | 2 cups soft bread crumbs, buttered |

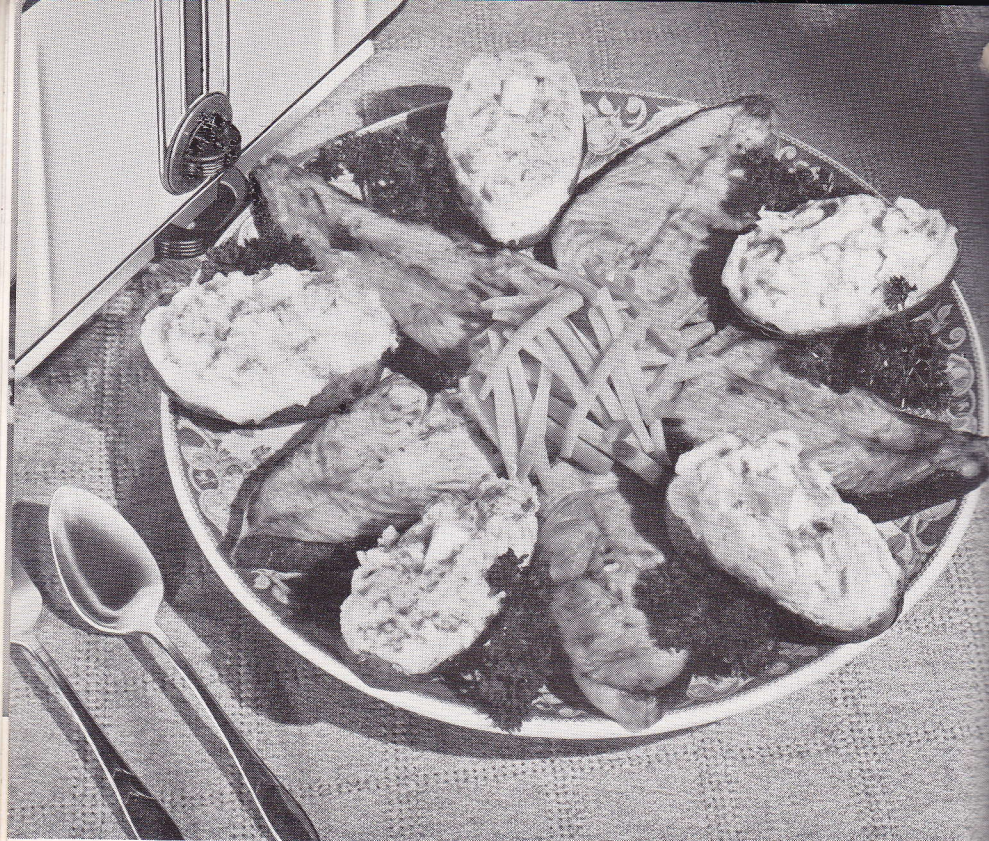
Cut chicken in pieces for serving, wash and dry. Spread with butter mixed with seasonings and place in well-greased casserole. Cover with crumbs and bake covered in a 350° roaster until tender, about one hour. (Serves 4).

## CHICKEN AND SWEETBREAD CASSEROLE

- |                             |                                  |
|-----------------------------|----------------------------------|
| ¼ pound mushrooms, sliced   | ½ cup light cream                |
| 1 tablespoon chopped onion  | 1 cup diced cooked chicken       |
| 3 tablespoons butter        | ½ cup chopped cooked sweetbreads |
| ¼ cup flour                 | ⅔ cup blanched almonds           |
| 1 cup chicken stock         | 1 teaspoon salt                  |
| ½ cup milk                  | dash of pepper                   |
| ¼ cup buttered bread crumbs |                                  |

Brown the onions and mushrooms in the butter. Stir in the flour, add stock and milk gradually. Cook until thick. Add cream, chicken, sweetbreads, almonds, salt, and pepper. Turn into a greased baking dish and cover with crumbs. Bake in a 400° roaster 30 to 40 minutes (Serves 6).





# Fish

## 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 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      | $\frac{1}{2}$ 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-Oven to 375°. Place fish in shallow pan and bake, allowing 20 minutes to the pound.



## SALMON LOAF

- |  |                                  |
|--|----------------------------------|
| 1 large can pink salmon (remove skin and bones and mash very fine) | $\frac{1}{4}$ teaspoon paprika   |
| $\frac{1}{2}$ teaspoon salt  | 2 tablespoons lemon juice        |
| $\frac{1}{2}$ teaspoon pepper                                      | 2 egg yolks                      |
|  | $\frac{1}{2}$ cup cracker crumbs |
|  | $\frac{1}{2}$ cup hot milk       |
|  | 3 egg whites                     |

Mix together salmon, salt, pepper, paprika, lemon juice, beaten egg yolks, cracker crumbs and hot milk. Fold in egg whites which have been beaten stiff. Pour into well-greased baking dish. Set on rack in the preheated 350° roaster and bake 1 to 1 $\frac{1}{4}$  hours.

## SALMON IN SOUR CREAM

Pour  $\frac{1}{2}$  pint sour cream over fresh or canned salmon, seasoned with salt, pepper and 1 tablespoon lemon juice. Bake uncovered. Place in cold roaster. Set heat control at 350° and bake 1 $\frac{1}{2}$  hours.

## TUNA FISH AND NOODLE CASSEROLE

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

Cook noodles in boiling salted water in preheated 400° roaster for 20 minutes then drain off water. Add other ingredients in order given. Place in roaster and cook at 400° for 40 minutes.

## SHRIMP à la NEWBURG

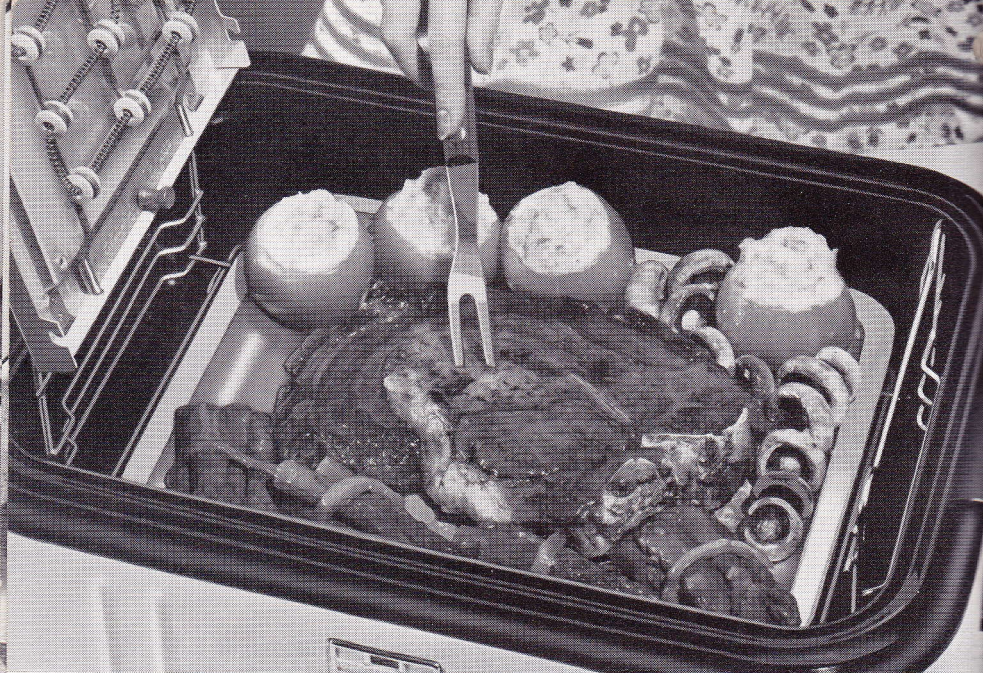
- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| $\frac{1}{2}$ cup butter          | Buttered bread crumbs                |
| 7 tablespoons flour               | $\frac{1}{2}$ teaspoon dry mustard   |
| 3 cups milk                       | 1 teaspoon salt                      |
| 2 teaspoons Worcestershire sauce  | White pepper                         |
| 2—5 $\frac{1}{2}$ oz. cans shrimp | Paprika                              |
|                                   | $\frac{1}{2}$ teaspoon garlic powder |
|                                   | 1 pimiento, shredded                 |

Make a white sauce of the butter, flour and milk. Add Worcestershire sauce, seasonings and shrimp. Put in the buttered baking dish and sprinkle top with buttered bread crumbs. Start from a cold roaster. Set temperature control at 350° and bake 45 to 60 minutes, or until browned on top.

## DEVILED CRAB

- |                               |                         |
|-------------------------------|-------------------------|
| 3 tablespoons butter          | 1 cup milk              |
| 3 tablespoons flour           | $\frac{1}{2}$ cup cream |
| 1 teaspoon salt               | 3 cups canned crab meat |
| $\frac{1}{3}$ teaspoon pepper | 2 cups buttered crumbs  |

Preheat roaster with rack in place to 350°. Melt butter, add flour, salt and pepper and mix well. Add milk gradually and bring slowly to boiling point, stirring constantly to keep mixture smooth. Add cream and crab meat. Put into greased crab shells and sprinkle with buttered crumbs. Place in the large baking dish. Place this dish on the rack in the preheated roaster and bake 40 minutes.



# Broiled Foods

All foods—meats, vegetables and fruits, that are broiled by other methods may be broiled with the Broiler-Grid.

(Be sure that the metal reflector is removed from the grid.)

Preheat broiler 5 to 10 minutes before placing food on the rack.

When food to be broiled is placed on the rack, it must be at least one inch away from the heating coil.

Steaks and chops should be at least one inch to one and one-half inches thick and should be cut at the edges at one inch intervals so that they lie flat on the broiler rack. They tend to curl if they are not cut. Season each side of meat after it has finished broiling. Do not use cover when broiling.

## HERE ARE A FEW USES FOR BROILER-GRID

1. **Broiling**—Meats, Vegetables, Fruits.

2. **Toasting**—Bread, Sandwiches, or Appetizers.

This broiler unit will toast six slices of bread or six sandwiches at one time. For toasting, use rack shelf on the third slide from top. Arrange bread in center of rack under broiler unit. Sandwiches or appetizers may be grilled on frying surface if desired.

3. **Searing Meats**—

Place meat in the large glass baking dish or on rack shelf so that meat comes about one inch from unit. Sear on one side, then turn and sear other side.

4. **Browning**—

For quick browning of meringues, scalloped dishes, etc., place the dishes in roaster insert pan under broiler unit.



**5. Preparing Complete Broiler Meals—20 to 30 minutes.**

The fruits and vegetables may be broiled on rack shelf with the meat or in a shallow pan on the bottom of inset pan under meat.  
Drippings from the meat flavor both fruits and vegetables.

**6. Preparing Hot Appetizers—**

Use rack shelf under broiler unit or cooking surface, depending on type of food.

**7. Reheating Foods—**

Canned or leftover foods may be reheated on broiler rack with the meat or on bottom of inset pan while meat broils.

## **BROILED PORTERHOUSE OR SIRLOIN STEAK**

1. Buy a steak one and one-half inches thick.
2. Preheat broiler 5 to 10 minutes. Have rack adjusted to proper height before preheating so when steak is placed on rack the top will be about one inch away from heater.
3. Trim steak and cut through fat around the edges. If there is a long end on the steak, skewer it in so that the meat is compact.
4. Place steak on broiler rack, about one inch away from the unit.
5. Broil on one side 10 to 15 minutes.
6. Turn and broil on other side 10 to 15 minutes.
7. If not done well enough, turn and broil longer.

## **BROILED FISH**

Have the butcher clean and bone a 2½ pound lake trout, white fish or other favorite fish.

1. Adjust rack to proper slide.
2. Preheat broiler unit at least 5 minutes.
3. Wash and wipe fish.
4. Grease a shallow pan or heavy brown paper with butter or drippings.
5. Lay fish, opened out, skin side down on greased surface. Season with salt, pepper and lemon juice and dot with butter.
6. Place under broiler so fish is about 2 inches away from broiler element.
7. Broil 20 minutes without turning.

## **BROILED CHICKEN**

Only young, tender chickens are suitable for broiling. Brush both sides of chicken with melted butter or fat, sprinkle with lemon juice, let stand 1 hour or longer. Rub with salt and pepper. Place on rack on bottom of inset pan. Connect broiler. Broil slowly until tender and brown. Turn the chicken frequently, but broil most of the time on the flesh side. Baste once or twice with fat and lemon juice.

## **BROILER MEALS**

### **DINNER MENU**

Broiled Liver and Bacon  
Tomatoes stuffed with Lima Beans and Corn  
Mashed Potatoes  
Coffee

Cut thin slice from top of tomato. Scoop out seeds and fill with lima beans and corn. Season and dot with butter. Place filled tomatoes and liver, with a strip of bacon across each slice, on rack on the second or third position from the top. Broil until bacon is crisp. Remove bacon to platter. Turn liver and broil on second side about four minutes.

## LUNCHEON MENU

Broiled Mushrooms on Toast with Bacon Strips  
Grilled Tomatoes with Melted Cheese  
Jellied Fruit Salad  
Coffee

Wash stems and peel mushrooms. Brush halved tomatoes and mushrooms with melted butter and season with salt and pepper. Place mushrooms, stem side up, and tomatoes, sprinkled with grated cheese, on the rack placed the third or fourth slide from the top. Broil about eight minutes. Bacon may be grilled on the surface or on the broiler rack.

Arrange plate with mushrooms on generously buttered toast topped with bacon strips and a half grilled tomato at the side. Garnish with parsley.

## QUICK LUNCHEON

Eggs in Tomato Cups with Melted Cheese  
Grilled Potatoes  
Buttered Toast  
Coffee

Cut a thin slice from the top of a medium size tomato. Scoop out the seeds and pulp. Butter and season the inside of the tomato, then drop an egg in the tomato cup. Season and dot with butter. Place on the broiler rack about one inch from the unit. Cut leftover potatoes in about one inch slices. Brush with butter and season with salt and pepper. Place on rack with tomato cup. Broil until eggs are firm. Sprinkle egg with grated cheese and continue broiling until cheese is melted. Remove tomato cup and potatoes, then toast bread. Serve very hot. Garnish with endive and stuffed olives.

## LATE SNACK

Wiener Tootsie Rolls  
Hamburger Patties  
Toasted Buns  
Coffee

Cut an opening in one side of the wiener. Insert a small piece of cheese in this opening. Then wrap a strip of bacon around the wiener fastening the bacon with a toothpick at each end.

Form hamburger into patties one-half inch thick.

Place Wiener Tootsie Rolls and Hamburger Patties on the rack placed the second or third position from the top. Brown on each side. Toast buttered buns on grid. Serve very hot. A fruit or fresh vegetable salad is nice with this.

## MIXED GRILL

Boned Kidney Lamb Chops  
Grilled Mushrooms and Tomato on Toast Rounds  
Chicken Livers wrapped in Bacon  
Coffee

Cut bread in rounds. Toast on rack placed second or third position from the bottom. Then with the rack placed so that the chops come about one inch from the unit, broil the boned lamb chops, chicken livers wound with bacon, and half tomatoes brushed with melted butter and sprinkled with bread crumbs. Broil until lamb chops are brown and the bacon and chicken livers are crisp; by this time the livers should be cooked. Grill mushrooms in butter on top of grill. Arrange serving platter with tomatoes on toast topped with a grilled mushroom. Place grilled kidney lamb chops next to tomatoes. In the center of the platter pile the chicken livers. A few tips of water cress add much to the appearance of the platter. Serve with grapefruit and water cress salad.





## Grilled AND Fried FOODS

The Broiler-Grid can be used for grilling and frying operations and for cooking and warming small quantities of canned and leftover foods. Place food in a small covered pan then place on grill.

Use the cover only to keep foods warm.

Preheat grill 5 to 8 minutes before frying. Be sure metal reflector is over element.

### GRIDDLE CAKES

1½ cups sifted flour  
 3½ teaspoons baking powder  
 ¾ teaspoon salt  
 3 tablespoons sugar

1 egg beaten  
 ¾ cup milk  
 3 tablespoons melted  
 shortening

Sift dry ingredients. Combine egg, milk, and shortening, and add to dry ingredients. Stir until smooth. Drop by spoonfuls onto hot grid. Cook on one side until puffed and full of bubbles. Turn and cook other side.

### BACON GRIDDLE CAKES

Use Griddle Cake recipe and add ½ cup diced cooked bacon and reduce shortening 1 tablespoon.

### APPLE GRIDDLE CAKES

Use Griddle Cake recipe and add ½ cup of finely diced apples.

## CORN FRITTERS

1 cup cooked corn  
½ cup milk  
1½ cups pastry flour  
½ teaspoon salt

2 tablespoons baking powder  
2 eggs  
6 tablespoons melted butter

Sift dry ingredients. Add beaten eggs with milk. Mix thoroughly. Add melted butter and corn. Bake on hot grid.

## HOT APPETIZERS

Olives wrapped in bacon strips fastened with toothpicks.

Shrimp wrapped in bacon strips fastened with toothpicks.

Cocktail sausages served with toothpicks.

Pineapple cubes brushed with butter served with toothpicks.

Chicken Giblets—Use parboiled hearts, gizzards and uncooked livers cut into inch cubes. Place a heart, gizzard cube and small liver on each toothpick. Season and brush with melted butter.

Crackers sprinkled with snappy grated cheese.

Place appetizers on preheated grill. Fry until bacon is crisp. Toast the cheese and crackers under broiler unit until cheese is melted. Other appetizers may be prepared on grill if you prefer.

## SAUSAGES AND GRIDDLE CAKES

Mix griddle cakes as given on page 27. Place the sausages on the end of the grid near the drain, the griddle cakes on the opposite end. Sausages will fry in 10 to 15 minutes.

## QUICK LUNCHEON

1 slice ham, ¼ inch thick  
sliced cooked potatoes  
eggs  
seasoning

Preheat grill 10 minutes. Brown ham on one side. Turn. Add potatoes and stir frequently. Three or four minutes before ham and potatoes have finished cooking, add the eggs. Cooking time 20 to 25 minutes.

## HURRY-UP BREAKFAST

Tomato Juice  
Bacon  
French Toast

Fry bacon on preheated grid. Then fry French toast. If roaster is placed near table French toast can be prepared as needed and served piping hot.

## GRILLED SANDWICHES

To grill any kind of sandwich, preheat the frying grid 8 minutes. Butter the outside of the sandwich on both sides generously and place on the grid. Grill on one side for 2 minutes, turn and grill 3 minutes on the other side. Fine idea for a party.





# Vegetables

Vegetables should be cooked with as small amount of water as possible. Small quantities of vegetables are cooked in the small dishes.

Large quantities of vegetables may be cooked in the enamel inset pan—just set the thermostat at 350 degrees. Stir occasionally to move vegetables near side to center of roaster.

If vegetables are cooked alone use 500 degrees and reduce the cooking time.

Vegetables to be cooked around a roast should not be added until the last 45 minutes or 1 hour of the cooking time and no water is added. Green vegetables retain their color better if rinsed in 1 quart hot water mixed with 1 teaspoon of soda before placing them in the roaster dish.

Times given in the chart on page 30 are the approximate times required for vegetables cooked with meal combinations. When starting from cold roaster add 20 minutes longer.



# VEGETABLE CHART

VEGETABLE	Time when starting in roaster preheated to 350 to 400°	Amount of hot, salted water added
Asparagus.....	20-30 minutes	¼ cup
Beans—baked.....	5-6 hours	
Beans—string—boiled.....	1½-2 hours	¼ cup
Beans—wax—boiled.....	1½-2 hours	¼ cup
Beets—sliced.....	45-60 minutes	¼ cup
Broccoli.....	20-30 minutes	¼ cup
Brussels Sprouts.....	30-45 minutes	¼ cup
Cauliflower.....	20-25 minutes	¼ cup
Corn on Cob.....	15-30 minutes	½ cup
Carrots, sliced.....	45-60 minutes	¼ cup
Kale.....	45-60 minutes	No water except what clings when washing
Onions—small.....	30-45 minutes	½ cup
Parsnips.....	30-45 minutes	½ cup
Peas.....	35-45 minutes	¼ cup
Potatoes—white—boiled.....	45-60 minutes	½ cup
Potatoes—sweet—boiled.....	35-45 minutes	½ cup
Potatoes—baked.....	1-1½ hours	½ cup
Squash—summer.....	45-60 minutes	No water except what clings when washing
Tomatoes.....	20-30 minutes	¼ cup
Turnips.....	45-60 minutes	½ cup

The age of the vegetables influences the time of cooking. The above times are for young, tender vegetables. Strongly flavored vegetables may be cooked with water to cover if desired.