

HOW TO USE the Westinghouse BROILER-GRID

You'll find the Broiler-Grid a most versatile electrical servant. It broils and fries perfectly, is equally efficient for grilling and toasting. In addition you can use it for quick searing of meats, browning scalloped potatoes, etc.

CAUTION: Always use the Broiler-Grid in the Automeal, never out of it. Use either the Broiler-Grid or the Automeal—NEVER CONNECT BOTH AT ONE TIME.

EASILY ATTACHED TO THE AUTOMEAL

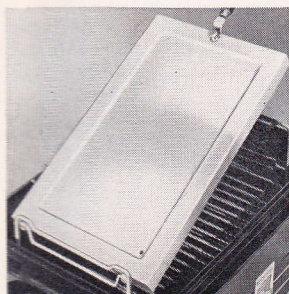


Figure 1—showing how hinges on end of Broiler-Grid are hooked over the Automeal rack. This hinge is solid, and holds the grid firmly in place. Grid tilts back and holds upright when desired.

Place the rack in the Automeal so that end with the double bar is at the left. Then holding the Broiler-Grid in a slanting position, place the hinges at the end of grid on the second bar as indicated in Figure 1. Now lower the grid by the handle.



Above—Broiler - Grid in position on Automeal.
Left—Broiler-Grid in raised position.

HOW TO ADJUST THE BROILER RACK

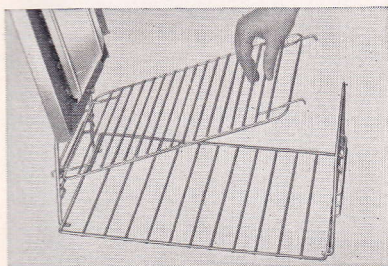


Figure 1

Hold the broiler rack in a slanting position, place the end hooks over one of the bars at the left end of the Automeal. (Figure 1). Now lower the rack and slip the opposite hooks over a

corresponding bar at the right end of the rack.

Figure 2 shows the broiler rack and grid in place on the Automeal.

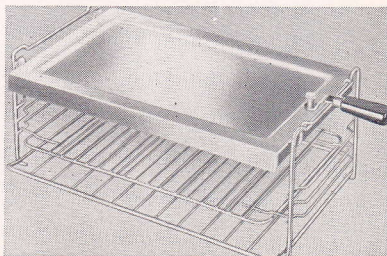


Figure 2

HOW TO USE FOR FRYING

The Broiler-Grid should be used for frying just as it is assembled when you receive it. That is, with the metal reflector in place over the element. (Figure 1). The grid should be preheated 8 to 10 minutes before starting to fry. The surface of the grid slopes toward the drain opening . . . drippings will run into the inset pan or may be caught in a small container placed under this opening. Never use the cover of the Automeal when frying, except to keep food warm. Leave open as in Figure 2.

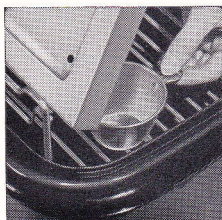


Figure 3

GREASE DRAIN

When frying, drippings will run through the small hole into the inset pan, or may be caught in any small metal container placed under the opening (Figure 3). This saves cleaning the large inset pan after frying.

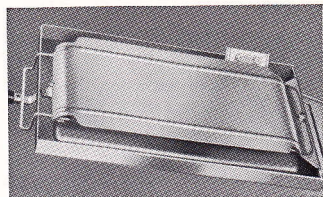


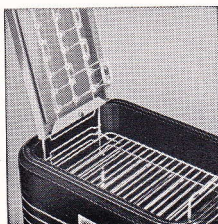
Figure 1—this metal reflector should be over heating coil when grid is used for frying.



Figure 2—shows proper position of grid for frying.

HOW TO USE FOR BROILING

The metal reflector must be removed from the grid for broiling purposes. To do this, first be sure that the broiler is disconnected, then loosen the screw at the end opposite the handle, (Figure 1). Now slip the reflector toward the handle until it slips out of the rod holding it. The heating coil is then left free for broiling. (Figure 2). Attach the Broiler-Grid to the Automeal—then adjust the rack. Connect cord to the broiler unit and then to a convenience wall outlet. Never use the cover when broiling.



RACK IN PLACE

Cut at left shows broiler rack in position in Automeal. Rack height should be adjusted so that top of food is about one inch from the heating coil.



Figure 1—metal reflector should be removed for broiling.

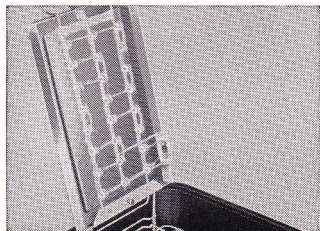


Figure 2—shows heating coil with reflector removed as used for broiling.

CLEANING THE BROILER-GRID

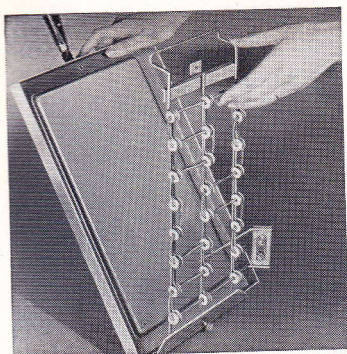


Figure 1.

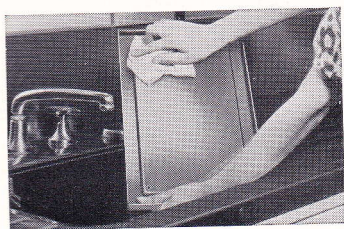


Figure 2.

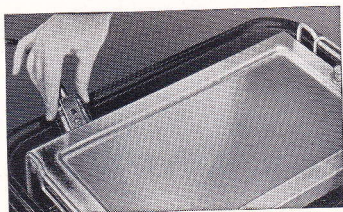
The Broiler-Grid should always be thoroughly cleaned immediately after using, whether the Broiler-Grid was used for frying or broiling.

ALWAYS REMOVE THE HEATING COIL BEFORE WASHING.

Remove the metal reflector as for broiling, then loosen the screw at the handle until heating coil is disengaged, (Figure 1).

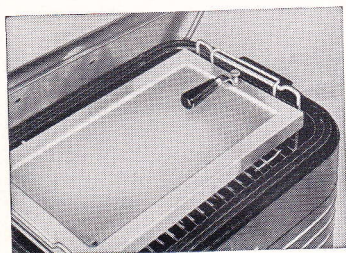
Wash the aluminum cooking surface in warm soapy water, (Figure 2). If particles stick to the cooking surface, use a mild scouring powder or scouring pad. The heating coil must never be washed, as it is self cleaning. After grid is washed, replace the heating coil on the grid.

HOW TO PLUG IN THE BROILER-GRID



Lower the Broiler-Grid and attach the cord to the Broiler-Grid outlet, first, and then to any electrical wall outlet. The heating coil will heat instantly. The broiler unit is not controlled by the heat control. **NEVER PLUG IN THE BROILER AND AUTOMEAL AT THE SAME TIME.**

STORING THE BROILER-GRID



To prevent the Broiler-Grid from becoming dusty and to keep it conveniently out of the way when not in use, it may be stored in the Automeal. Turn the handle in so it is over the cooking surface. Cover with Automeal cover.

GENERAL

COOKING HINTS

and care of the

AUTOMEAL

Preheating the Automeal . . . All baked foods require that Automeal be preheated. Just set the heat control dial at the proper temperature given in the cooking instructions, and wait until the signal light shuts off. When light goes out, place food in Automeal.

Cooking From a Cold Automeal . . . this convenient method may be used for roasting meat and large fowl—and for certain meal combinations. Place food in Automeal, and set dial to desired temperature.

Seldom Remove Automeal Lid . . . it is desirable not to remove the lid of the Automeal while foods are cooking. It not only slows the cooking operation by causing loss of heat, but retards browning. Insert or remove dishes quickly.

Be Sure Voltage is Correct . . . low voltage at the Automeal outlet will slow the preheating and lengthen the cooking period. A long extension cord will have the same effect

To Save Time . . . start the Automeal preheating as soon as you begin the preparation of the food.

To Receive Best Results . . . do not connect other appliances to the same circuit while cooking in Automeal.

To Warm Dinner Rolls . . . place rolls in Automeal and turn heat control dial to 150°, or warm on stored heat after removing the food.

If Preparing Large Cuts of Meat . . . place meat in any large shallow pan before placing in the Automeal. This eliminates any smoking of fat, and saves washing the inset pan.

Keep Delayed Meals Warm . . . without overcooking or drying them out by setting the heat control dial at 150°. The Automeal will keep food hot for 4 to 6 hours after it is disconnected if wrapped in a heavy blanket. This makes it especially nice for carrying hot food on picnics or to church suppers.

CARE OF THE AUTOMEAL

Exterior May Be Kept Bright and Shiny . . . by wiping it with a damp cloth and then with a soft, dry cloth. Never immerse the body of the Automeal in water.

The Inset Pan and Dishes . . . are washed the same as any other glass or aluminum utensils.

Stains Can Be Removed From Aluminum Cover . . . by washing it in warm soda water, using 1 tablespoon of soda to a quart of water.



BELIEVE IT OR NOT—THERE ARE 101 PRACTICAL USES for the Automeal and Broiler-Grid

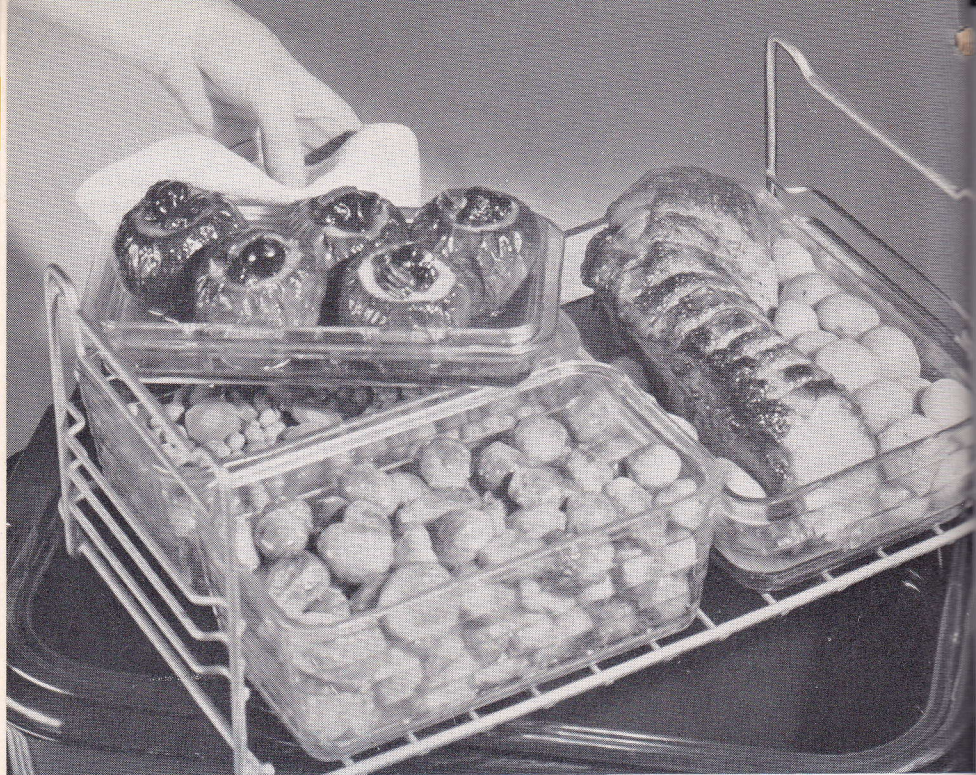
Here Are Some of Them!

Oven Dinners
Pot Roasts
Meat Roasts
Roast Fowl
Meat Loaf
Meat Pies
Stewed Meats
Stewed Vegetables
Sea Food Dinners
Baked Fish
Baked Puddings
Fruit Sauces
Goulashes
Baked Ham
Sea Food à la Newburg
Muffins
Cakes, Layer
Pies
Tarts
Cookies
Drop Cakes
Shortcakes
Grilled Fruits
Grilled Vegetables
Baked Beans
Baked Potatoes
Creamed Dishes
Casseroles
Baked Vegetables

Omelets
French Toast
Toast
Toasted Rolls
Toasted Sandwiches
Scrambled Eggs
Fried Ham & Eggs
Grilled Chops
Cream Puffs
Baking Powder Biscuits
Fritters
French Fried Onions
Soufflé
Fruit Cake
Bread & Rolls
Meat Patties
Chow Mein
Chop Suey
Fish Loaf
Baked Hash
New England
Boiled Dinner
Gingersnaps
Grilled Bacon
Fried Mush
Slow-cooked Cereal
Griddle Cakes
Fried Sausage
Butter Cakes

Soups
Canned Fruit
Relishes
Baked Oysters
Fried Oysters
Broiled Steaks
Broiled Chops
Broiled Chicken
Fried Potatoes
Spaghetti & Macaroni
Doughnuts
French Fried Potatoes
Chicken à la King
Popovers
Meringue
Gingerbread
Fricassee
Chili Con Carne
Scalloped Vegetables
Buffet Dinners
Camp Meals
Macaroons
Braised Short Ribs
Curried Lamb
Individual Custards
Buffet Luncheons
Reheated Foods
Picnic Meals
Sterilizing Bottles

COMPLETE RECIPE INDEX AND COOKING CHARTS
WILL BE FOUND AT THE BACK OF THIS BOOK



AUTOMEAL

Combinations and Menus

Automeal Meal Combinations refers to preparation of a whole meal at one time. It means economy of electricity and release of time. Meals prepared by this method will never be a burden.

For these meals no special recipes or equipment are required, but thought must be given to planning the menu. Choose foods that will cook at the same temperature.

We hope you will prepare many of your own meal combinations following the suggestions on the next pages.

1. Use an uncovered pan for roasting meat.
2. Use covered utensils for vegetables and some puddings. (See recipes).
3. Add only $\frac{1}{4}$ cup water to green vegetables and $\frac{1}{2}$ cup water to starchy vegetables.
4. Estimate length of time necessary to cook the meal by the weight of the meat. If meat requires a longer cooking time than other foods, place vegetables and dessert in the roaster with the meat the last hour or hour and one-half of the roasting period.
5. It is not necessary to remove the cover while food is cooking. The automatic heat control dial maintains the heat.
6. Meals may be started from a cold or preheated Roaster. If started from a cold roaster, add 20 minutes to the cooking time. If you prefer meat quite brown start from a preheated roaster.

Meal Combinations

We suggest below complete Meal Combinations, but only recipes which may be prepared in the Automeal are listed.

MEAL NO. 1

***Baked Ham with Raisin Sauce (Pg. 25)**

***Baked Sweet Potatoes (Pg. 38)**

***String Beans (Pg. 39)**

Cabbage & Pineapple Salad

Hot Biscuits (Pg. 43)

Lemon Pie (Pg. 47)

Place ham, sweet potatoes and string beans in cold Automeal. Temperature 375 degrees; baking time 1½ hours. To bake hot biscuits turn control to 475 degrees last 20 minutes meal is cooking. Place biscuits in Automeal as soon as meal is taken out. Pie may be baked before meal is cooked.

MEAL NO. 2

***Barbecue Veal (Pg. 24)**

***Turnips en Casserole (Pg. 39)**

***Steamed Rice (Pg. 40)**

Head Lettuce Salad

Hard Rolls

Fresh Fruits

Place Barbecue Veal in cold Automeal. Cook at 375° for 1 hour and 45 minutes then add turnips and rice and continue cooking for 1½ hours.

MEAL NO. 3

***Baked Stuffed Fish (Pg. 29)**

***Creamed Potatoes (Pg. 38)**

Combination Vegetable Salad

***Gingerbread (Pg. 52)**

Place fish, potatoes and gingerbread in cold Automeal. Temperature 375°; baking time 1½ hours.

MEAL NO. 4

***New England Boiled Dinner (Pg. 23)**

Corn Bread (Pg. 43)

Sliced Tomatoes

Berry Pie

Follow directions for New England Boiled Dinner on Page 23. Corn Bread may be baked in advance, then reheated.

**May be prepared in Automeal at same time.*

MEAL NO. 5

- *American Pork Chops (Pg. 26)
*Green Beans (Pg. 38) *Sweet Potatoes with Pineapple (Pg. 38)
Grated Carrot Salad Cinnamon Apples

Place chops, green beans and sweet potatoes with pineapple in a cold Automeal. Temperature 400°; baking time 1½ hours.

MEAL NO. 6

- *Porcupine Balls (Pg. 23)
*Baked Idaho Potatoes (Pg. 38) Turnips and New Peas (Pg. 39)
Endive & Tomato Salad Fruit Shortcake

Place Porcupine Balls, potatoes, turnips and peas in Automeal. Temperature 400 degrees; baking time 1½ hours.

MEAL NO. 7

- *Beef Pot Roast with
Browned Potatoes (Pg. 22)
*Harvard Beets (Pg. 40) Fresh Vegetable Salad
*Apple Crisp Delight (Pg. 50)

Roast meat at 350° for 2 hours, then place potatoes around roast and Harvard Beets and Apple Crisp Delight in Automeal and continue cooking for 1½ hours.

MEAL NO. 8

- *City Chicken Legs (Pg. 24)
*Candied Sweet Potatoes (Pg. 38) Green Salad
*Raisin Bread Pudding (Pg. 49)

Place city chickens, potatoes and bread pudding in cold roaster. Temperature 375° for 1½ hours or 400° in preheated roaster for 1 hour.

MEAL NO. 9

- *Stuffed Breast of Lamb (Pg. 24)
*Scalloped Potatoes (Pg. 38) *Creamed Peas & Mushrooms (Pg. 38)
Orange & Mint Salad Clover Leaf Rolls
Gingersnap Pudding (Pg. 50)

Place lamb in a cold Automeal. Temperature 375°. Roast for 1 hour. Then add vegetables and continue cooking for 1½ hours.

**May be prepared in Automeal at same time.*

MEAL NO. 10

***Meat Loaf (Pg. 23)**

***Potatoes and Onions**

Cabbage & Carrot Salad

Blueberry Muffins (Pg. 44)

***Butterscotch Pudding (Pg. 48)**

Place meat loaf in Automeal preheated to 350° and cook for ½ hour. Then add vegetables, potatoes in the bottom of the dish with onions on top, and pudding and cook for 1½ hours longer.

To start from a cold roaster, set temperature at 400°—total cooking time 2 hours.

MEAL NO. 11

***Davis Casserole (Pg. 23)**

***Buttered Green Peas (Pg. 38)**

Prune & Orange Salad

Parker House Rolls (Pg. 45)

***Steamed Cherry Pudding (Pg. 48)**

Place Davis Casserole, Green Peas and Cherry Pudding in Automeal. Temperature—350°–375°. Baking time 1½ to 2 hours.

MEAL NO. 12

***Beef Rump Roast with Dressing (Pg. 22)**

Browned Potatoes

***String Beans (Pg. 39)**

Buttered Onions

Orange & Cranberry Salad

Hot Muffins (Pg. 44)

Fudge Cake (Pg. 51)

Place meat in a 450° preheated Automeal for 30 minutes; then reduce temperature to 350° for remaining time. 1½ hours before it is done, place potatoes around meat, add vegetables. If muffins are baked, use 450° at end of cooking period instead of at beginning and bake muffins as soon as meal is taken from Automeal.

MEAL NO. 13

***Ham Loaf (Pg. 25)**

***Parsley Potatoes (Pg. 38)**

Apple Celery and Nut Salad

Honey Bran Muffins (Pg. 44)

***Cottage Pudding with Caramel Sauce (Pg. 49)**

Place ham loaf, potatoes and pudding in Automeal. Temperature 400°; baking time 1½ to 2 hours.

**May be prepared in Automeal at same time.*