



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:

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| 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 Automeal to 375°. Place fish in shallow pan and bake, allowing 20 minutes to the pound.

SALMON LOAF

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| 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 PIE

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| 1—1 lb. can salmon | 1 No. 1 can peas |
| 2 cups thick white sauce | 2 tablespoons butter |
| 2 cups mashed potatoes | |

Flake salmon, add to the white sauce and peas. Put into a greased baking dish and top with mashed potatoes. Dot with butter. Bake in a 400 degree roaster for 30 to 45 minutes.

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.

SAVORY SALMON STEAKS

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| 3 slices fresh salmon (about 1 $\frac{1}{4}$ pounds) | 4 teaspoons flour |
| 1 $\frac{1}{2}$ cups milk | 1 teaspoon salt |
| 1 teaspoon grated onion | $\frac{1}{4}$ teaspoon paprika |
| 1 tablespoon butter | 3 tablespoons grated cheese |
| | pepper to taste |

Pour the milk and flour into a well-greased baking dish. Then lay in the salmon steaks. Add the seasonings. Dot fish with butter and grated cheese. Place in a cold roaster. Set the heat control at 350 degrees. Bake 45 minutes to 1 hour.

HALIBUT CREOLE

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| 6 slices halibut, $\frac{1}{2}$ inch thick | 2 cups strained tomatoes |
| 1 small onion | 2 tablespoons butter |
| $\frac{1}{2}$ clove garlic | 1 bay leaf |
| $\frac{1}{8}$ teaspoon cayenne pepper | |

Brown the onion and garlic in butter. Add the tomato juice, bay leaf, and pepper. Let this mixture come to a boil. Place halibut in baking dish, sprinkle with salt. Pour tomato mixture over halibut, then place in a cold roaster. Set heat control at 350°. Bake 20 minutes per pound.

TUNA FISH AND NOODLE CASSEROLE

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| 1—8 oz. package of noodles | 1 tablespoon butter |
| 1—7 oz. can of tuna, flaked | 2 teaspoons pimienta (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 AND MUSHROOMS BAKED IN TOMATOES

6 large tomatoes
½ pound mushrooms
¼ cup butter
1 small onion, minced

1 teaspoon salt
⅛ teaspoon pepper
1 cup soft bread crumbs
2 cups canned shrimp
cut in pieces

Preheat roaster to 350°. Cut thin slice from the stem end of tomatoes. Scoop out the center, being careful not to break the skins. Sprinkle inside with salt. Cut mushrooms into pieces. Melt the butter, add onion and mushrooms and cook about ten minutes. Add salt, pepper, bread crumbs and shrimp. Fill tomato shells with the mixture. Place in a baking dish into which ½ cup water has been added. Set on rack in roaster and bake 40 minutes.

SHRIMP à la NEWBURG

½ cup butter
7 tablespoons flour
3 cups milk
2 teaspoons Worcestershire
sauce
2—5½ oz. cans shrimp
1 pimiento, shredded

Buttered bread crumbs
½ teaspoon dry mustard
1 teaspoon salt
White pepper
Paprika
½ teaspoon garlic powder
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
3 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper

1 cup milk
½ cup cream
3 cups canned crab meat
2 cups butter 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.

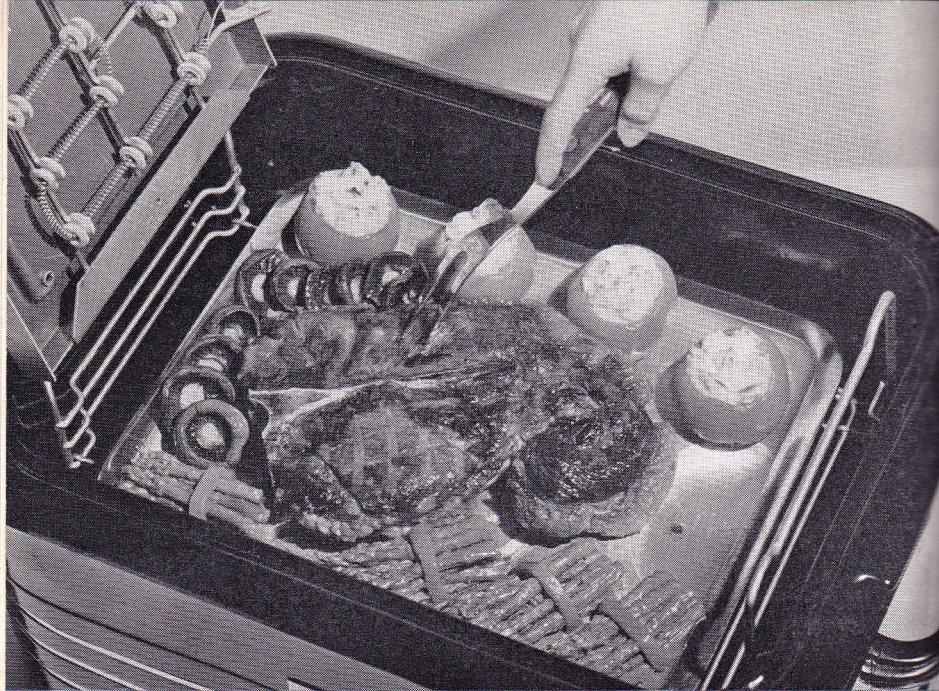
FISH SOUFFLÉ

2 tablespoons butter
2 tablespoons flour
¼ teaspoon pepper
1½ cups milk

1 teaspoon salt
1 teaspoon grated onion
1 tablespoon minced parsley
1 large can fish flakes

3 eggs

Preheat with rack in place to 350°. Make a white sauce of the fat, flour, pepper and salt. Add to this the onions, parsley, and fish flakes, the latter picked apart with a fork. Beat egg yolks until light, then add to this mixture. Fold in stiffly beaten egg whites. Pile in buttered baking dish and place on rack. Bake 45 to 60 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 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 inner part with melted fat or oil, sprinkle with lemon juice, let stand 1 hour or longer. Wipe dry, rub with salt and pepper. Place on rack on bottom of inset pan. Connect broiler. Broil very 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
1/2 cup milk
1 1/2 cups pastry flour
1/2 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 41. 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, 1/4 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.

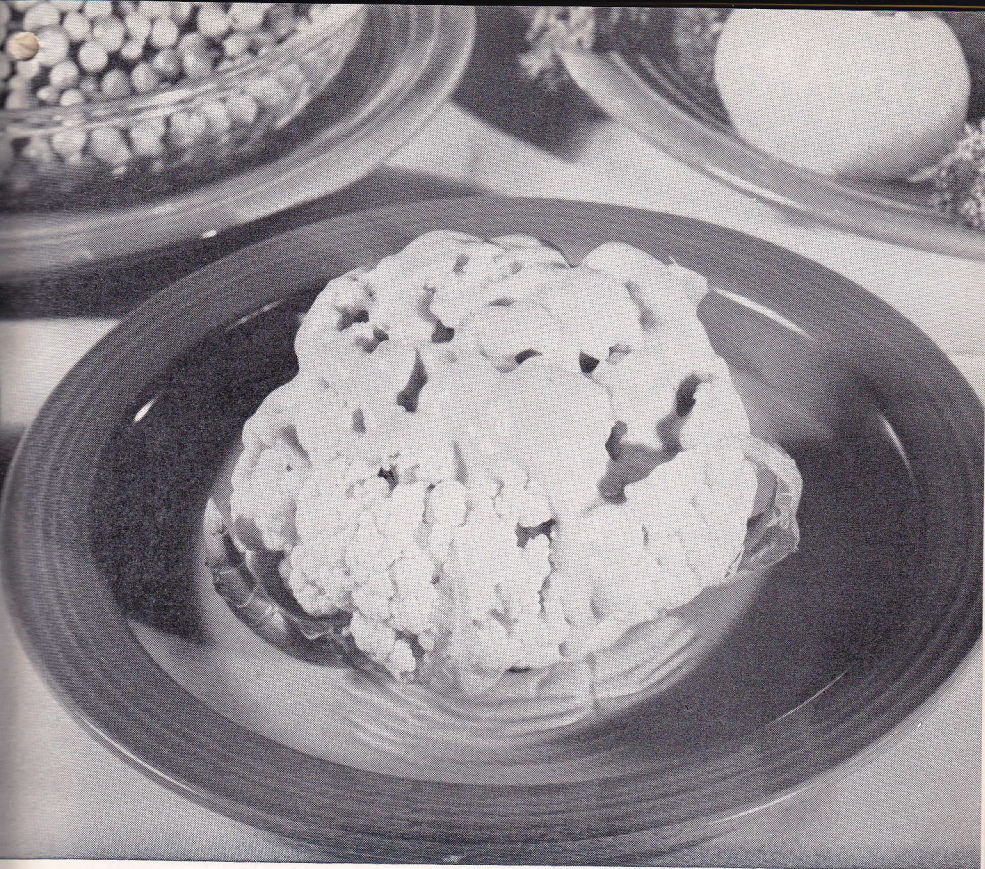
HURRY-UP BREAKFAST

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 60 are the approximate times required for vegetables cooked with meal combinations. When starting from cold roaster add 20 minutes longer.