

SCALLOPED POTATOES

Wash, pare and cut potatoes in $\frac{1}{2}$ inch cubes or $\frac{1}{4}$ inch slices. Place a layer in buttered dish. Sprinkle with salt, pepper and flour; dot over with small bits of butter. Repeat layers until all the potatoes are used. Add hot milk until it can be seen through top layer. Place in the cold roaster, set temperature control at 350 degrees and bake $1\frac{1}{2}$ hours.

For church suppers, etc. large inset pan will hold $1\frac{1}{2}$ pecks potatoes.

BAKED POTATOES (Idaho or Sweet)

Wash potatoes and grease outside lightly. Prick with fork. Place potatoes on Auto-meal rack. Set temperature control at 450° and bake 1 to $1\frac{1}{2}$ hours.

CREAMED POTATOES

8 potatoes

3 tablespoons butter

3 tablespoons flour

1 cup milk

2 tablespoons diced onion

salt and pepper to taste

Peel and dice potatoes. Place in small dish. Melt butter, add flour, salt and pepper. Add milk and bring to the boiling point. Pour over potatoes, then cover. Temperature 400°. Time about 1 hour. Serves 6 to 8.

PARSLEY POTATOES

Peel potatoes, dice into $\frac{1}{2}$ inch pieces. Put in small dish. Add 3 tablespoons butter, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, and bits of chopped parsley. Cover. Temperature 400°. Time 1 to $1\frac{1}{2}$ hours.

SCALLOPED SWEET POTATOES AND PINEAPPLE

6 medium size sweet potatoes

6 small slices pineapple cut in cubes

$\frac{1}{4}$ cup butter

$\frac{1}{2}$ cup brown sugar

$\frac{3}{4}$ cup pineapple juice

Pare and slice raw potatoes in $\frac{1}{4}$ inch slices. Arrange alternately layers of sweet potatoes and pineapple in baking dish. Combine the pineapple juice, brown sugar; add butter. Boil for 3 minutes, then pour over sweet potatoes and pineapple. Place in cold roaster. Set the temperature control at 400 degrees, cook $1\frac{1}{2}$ hours. (Serves 6.)

CANDIED SWEET POTATOES

6 medium cooked sweet potatoes

$\frac{1}{2}$ cup brown sugar

$\frac{1}{2}$ cup butter

$\frac{1}{4}$ cup water or fruit juice

Cut potatoes in half. Sprinkle sugar over potatoes. Dot potatoes with small pieces of butter. Add water or fruit juice. Bake uncovered. Temperature 350° to 400°. Time 1 hour. Potatoes may be boiled in roaster (see vegetable chart).

SCALLOPED CORN

3 cups fresh or canned corn

3 eggs, beaten

1 cup milk

$1\frac{1}{2}$ teaspoons salt

$\frac{1}{8}$ teaspoon pepper

2 tablespoons butter

buttered bread crumbs

Combine ingredients. Pour into buttered casserole. Lay strips of pimienta or green pepper across top. Sprinkle with buttered bread crumbs. Bake uncovered. Temperature 350°. Time 1 to $1\frac{1}{2}$ hours. Serves 6.

CREAMED PEAS AND MUSHROOMS

1 or 2 cans peas drained (according to number of servings)

1 can mushrooms, drained (large or small, as desired)

salt and pepper

2 tablespoons butter

$\frac{1}{4}$ cup liquid from peas

Cook in covered dish. When baked, add $\frac{1}{3}$ to $\frac{2}{3}$ cup thick cream. Temperature 350° to 400°. Time 1 to $1\frac{1}{2}$ hours.

BUTTERED GREEN PEAS

Place green peas in baking dish, add seasoning and $\frac{1}{4}$ cup water. Cover. Temperature 350° to 400°. Time 45 minutes to $1\frac{1}{2}$ hours.

FRESH PEAS AND TURNIPS

Place shelled peas in bottom of dish and place peeled and sliced turnips on top. Add 2 tablespoons butter and $\frac{1}{2}$ cup hot salted water. Cover. Temperature 400°. Time 1 to $1\frac{1}{2}$ hours.

EGGPLANT EN CASSEROLE

1 large eggplant
3 small onions
1 green pepper

Salt and pepper
4 tablespoons butter
3 tomatoes

Peel eggplant and cut in thin slices. Slice onions, tomatoes and peppers very thin. Arrange the vegetables in alternate layers in a buttered dish, seasoning each layer with salt and pepper. Add melted butter. Bake approximately 1 hour and 15 minutes at 350° or 400°. Serves 6.

STEWED TOMATOES AND ONIONS

3 cups tomatoes
1 cup onions

2 teaspoons salt
 $\frac{1}{8}$ teaspoon pepper
1 tablespoon butter

Put the canned or fresh tomatoes, sliced onions and other ingredients in baking dish and mix well. Cover.

Place all dishes in 350 degree roaster. Time 1 to $1\frac{1}{2}$ hours. Serves 6.

TURNIPS EN CASSEROLE

6 or 8 turnips
1 can tomatoes
2 tablespoons chopped onion
2 tablespoons chopped green pepper

$1\frac{1}{2}$ teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
3 tablespoons butter

Parboil turnips 10 minutes. Combine all ingredients and place in small dish. Place in Roaster $1\frac{1}{2}$ hours at 350° to 400°. Serves 6.

TOMATO AND LIMA BEAN CASSEROLE

Drain the liquid from a No. 2 can of green baby lima beans and combine the beans with a can of tomatoes. Add a little butter and seasoning, then mix. Place in buttered casserole. Cover. Temperature 350° to 400°. Baking time 45 minutes to 1 hour. Serves 6.

BUTTERED ONIONS

Peel whole, medium size onions. Place in small dish. Add 1 tablespoon butter. Cover. Temperature 375 degrees. Time 1 to $1\frac{1}{2}$ hours.

STRING BEANS

String and break beans into small pieces. Place in baking dish and add $\frac{1}{2}$ cup boiling water, 1 teaspoon salt and 2 slices bacon. Cover. Temperature 350° to 400°. Time $1\frac{1}{2}$ to $2\frac{1}{2}$ hours.

BAKED BEANS

Pick over one quart of navy beans or pea beans, wash, cover with cold water and soak overnight. In the morning drain. Scald rind off $\frac{3}{4}$ lb. salt pork, score and put in the bottom of the baking dish along with two slices of onion. Mix together 1 cup of water, $\frac{1}{2}$ cup of chili sauce, $\frac{1}{2}$ teaspoon mustard, 1 tablespoon salt, $\frac{1}{8}$ teaspoon pepper and $\frac{1}{8}$ cup of molasses and pour over beans. Add water to a point $\frac{1}{2}$ inch above the beans. Place baking dish on bottom of enamel inset. Start from cold roaster. Set temperature control at 275° and bake 5 to 6 hours.

(To fill inset pan with beans for group dinners—use 10 lbs. beans.)

NAVY BEANS WITH HAM

1 pt. Navy Beans
4½ cups water

1 teaspoon salt
1 teaspoon dry mustard
1 pound sliced ham

Soak beans overnight. Place all ingredients in large dish. Temperature 250°. Time 5 to 6 hours.

BAKED ACORN SQUASH

3 acorn squashes
1½ teaspoons salt
⅛ teaspoon pepper

2 tablespoons butter
3 cooking apples
2 tablespoons sugar
12 link sausages

Wash and split squash lengthwise, scrape out seeds and pulp. Sprinkle with salt and pepper, and dot with butter. Peel and core apples; cut in halves and place in hollow of each piece of squash. Sprinkle with sugar and place in baking pan. Add ¼ to ½ cup water. Bake in 400 degree roaster for 45 minutes. Disconnect roaster and fry sausages on Broiler-Grid. Place two sausages on each piece of squash around apple. (Serves 6).

SPICED CABBAGE

6 cups shredded cabbage
3 tablespoons melted butter
1 tart apple cut in ⅛ pieces
1 teaspoon salt

¼ cup sugar
¼ cup water
6 whole cloves
¼ cup vinegar

Butter a baking dish and place all ingredients in it with the exception of the vinegar. When cabbage is tender, add the vinegar. Temperature 350° to 375°; baking time, 1 to 1½ hours.

SPANISH RICE

1 cup washed rice
1½ cups hot water
1 teaspoon salt

1 cup canned tomatoes
½ cup minced onion
¼ teaspoon pepper

Mix above ingredients and place in baking dish. Cover and place in roaster. Cook for 1 to 1¼ hours at 350°.

STEAMED RICE

Put 1 cup of uncooked washed rice in small pan of electric roaster. Add 2½ cups of water and 1 teaspoon of salt and bake 1½ hours at 375 degrees. Serves 6.

HARVARD BEETS

Place 3 cups peeled and diced beets in small baking dish with ½ cup water. Cook at 400° for 1 hour. Then add Harvard Sauce which is made by cooking ½ cup sugar, ½ tablespoon cornstarch, and ½ cup vinegar together until thick; add 2 tablespoons butter, Serve hot. Serves 6.

Soups • Chowders

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

VEGETABLE SOUP

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| 1 small piece suet or 2 T. lard | ½ head cabbage (shredded) |
| 2 pounds hamburger | 2 onions, diced |
| 2 quarts hot water | 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 degrees with the vessel in place. Melt the suet or lard and brown the meat. Add the water, 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 degrees and cook 1½ hours. This soup is a meal in itself.

MULLIGATAWNY SOUP

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| 1 cup uncooked chicken, diced | 2 tablespoons minced parsley |
| 1 small onion, sliced | 1 teaspoon curry powder |
| ½ cup diced carrot | 1 blade mace |
| ½ cup diced celery | 4 cloves |
| ½ cup minced green pepper | 1 cup tomato pulp |
| 1 apple, sliced thin | 1 quart white stock |
| ¼ cup fat | 1 teaspoon salt |
| ¼ cup flour | ½ teaspoon pepper |

1 cup cooked rice

Preheat the roaster to 450 degrees with the vessel in place. Brown the chicken, apple and vegetables (except parsley and tomato) in the fat. Add remaining ingredients. Reset temperature control to 350 degrees and cook 1 hour. Strain, reserving chicken. Rub vegetables through a sieve. Add chicken, season.

NAVY BEAN SOUP

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| 2 cups navy beans | 1 stalk celery |
| ¼ pounds salt pork | 1 carrot, cut in quarters |
| 1 onion | ½ cup cream |

Cover the beans with cold water, soak overnight. In the morning add enough water to cover. Cut the salt pork in 3 or 4 large cubes and add. Add the onion, celery and carrot.

Place the vessel of soup in the cold roaster, set the temperature control at 400 degrees. Cook 3 hours.

Remove pieces of onion, celery, carrot and salt pork. Season with salt and pepper. Add ½ cup cream.

CORN CHOWDER

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| 1 quart boiling water | 1 tablespoon butter |
| 1 quart milk | 1 can corn or two cups fresh corn |
| 3 cups potatoes diced | 2 tablespoons flour |
| 2 thin slices salt pork | 1 teaspoon salt |
| 2 small onions | ½ teaspoon pepper |

paprika

Preheat roaster to 400 degrees with the vessel in place. Cube pork and fry in the kettle until crisp. Add onions and brown. Add potatoes, boiling water and cook until potatoes are tender. About 30 minutes. Add corn, scalded milk and seasonings. Thicken with paste made of melted butter and flour moistened with water or milk.



Baked Foods

GENERAL INSTRUCTIONS FOR BAKING

Any baking operation which is performed in a range oven can be duplicated in the Automeal using the same temperature setting.

The Automeal should be preheated for all baking operations.

All foods should be baked on the rack on the bottom of the inset pan and pans should be placed about $\frac{1}{2}$ inch from the side of the Automeal to insure circulation and even browning.

Seldom remove cover. "Peeking" increases the baking time.

The broiler rack may be used when baking two 9 inch cakes or pies.

Because of the variation in mixing, in size and shape of pans and in the local electrical conditions, this baking chart is given simply as a guide.

QUICK BREADS

NUT BREAD

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| 2 eggs | 1/2 teaspoon salt |
| 1 cup sugar | 1 cup chopped nuts |
| 1 cup milk | 3 1/2 cups flour (sifted before measuring) |
| 2 tablespoons melted shortening | 3 1/2 teaspoons baking powder |

Beat eggs and sugar until light, combine milk and melted shortening. Add salt and nuts. Then mix well. Fold in the flour which has been sifted with baking powder. Pour into greased loaf pan and let stand 20 minutes.

Preheat the Automeal to 400 degrees, place loaf pan on rack and bake 1 hour.

ORANGE BREAD

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| 1 egg | 3 teaspoons baking powder |
| 1 cup milk | 1/2 teaspoon salt |
| 3 cups pastry flour (sifted before measuring) | 2 tablespoons butter |
| 1 cup sugar | 3/4 cup candied orange peel, chopped |

Beat whole egg until light. Add to them alternately the milk and sifted dry ingredients. Mix thoroughly, then add the melted butter and orange peel. When mixed well, pour into a loaf pan which has been well-greased and floured. Temperature 375 degrees; baking time 40 to 60 minutes.

CORN BREAD

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| 1 cup corn meal | 3/4 teaspoon salt |
| 1 cup pastry flour (sifted before measuring) | 1 cup milk |
| 1/4 cup sugar | 1 egg, beaten |
| 4 teaspoons baking powder | 2 tablespoons melted shortening |

Sift together dry ingredients, add gradually the milk, beaten egg, and shortening. Pour into a hot greased pan. Temperature 425 degrees; baking time 25 to 35 minutes.

BAKING POWDER BISCUITS

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| 2 cups pastry flour (sifted before measuring) | 1 teaspoon salt |
| 4 teaspoons baking powder | 4 tablespoons shortening |
| | 2/3 cup milk |

Sift flour, baking powder, and salt. Cut in shortening until mixture has the appearance of coarse corn meal. Add milk, working only enough to combine ingredients. Turn out on floured board; knead until smooth. Pat or roll out 1/2 inch thick and cut, using biscuit cutter. Place on slightly greased baking sheet 10 x 14 inches.

Preheat Automeal to 450° and place baking sheet on rack. Bake 12 to 15 minutes.

CHEESE BISCUITS

Add 1/2 cup grated cheese to Baking Powder Biscuit recipe while cutting shortening in with flour.

Preheat Automeal to 475° and place baking sheet on rack. Bake 12-15 minutes.

ORANGE BISCUITS

Dip a cube of sugar into orange juice and press in the center of each baking powder biscuit.

Preheat Automeal to 475° and place baking sheet on rack. Bake 12-15 minutes.

CHEESE PIN WHEELS

Use Baking Powder Biscuit recipe. Roll $\frac{1}{4}$ inch thick, sprinkle with grated cheese. Roll up like jelly roll, seal the edges. Cut in one inch slices. Put into greased ramekins. Bake at 425 degrees for 25 to 30 minutes.

PLAIN MUFFINS

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| 2 cups pastry flour (sifted before measuring) | 2 tablespoons sugar |
| 2 teaspoons baking powder | 2 eggs |
| $\frac{2}{3}$ teaspoon salt | 1 cup milk |
| | 2 tablespoons melted fat |

Sift together dry ingredients. Mix beaten eggs, milk and melted fat together. Add the wet mixture to the dry ingredients and stir only until all dry ingredients are dampened. Turn into well-buttered muffin pans.

Preheat Automeal to 425 degrees and place muffin pans on rack. Bake 25 to 30 minutes.

HONEY BRAN MUFFINS

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| 2 cups pastry flour (sifted before measuring) | $\frac{1}{3}$ cup honey |
| $1\frac{1}{2}$ teaspoons baking powder | $1\frac{3}{4}$ cups sour milk or buttermilk |
| 1 teaspoon soda | 3 tablespoons melted shortening |
| 1 teaspoon salt | $\frac{1}{3}$ cup chopped nuts (optional) |
| 2 cups All-Bran | |
| 1 egg (well-beaten) | |

Sift flour, baking powder, soda, and salt together. Stir in All-Bran. Mix egg, honey, sour milk and melted shortening together and then add gradually to the first mixture. Do not beat, but stir only enough to combine. If nuts are used, add to dry ingredients.

Preheat Automeal to 400 degrees, place muffin pan on rack and bake 25 to 30 minutes.

BLUEBERRY MUFFINS

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| 2 cups flour (sifted before measuring) | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup sugar | 1 egg, well beaten |
| 4 teaspoons baking powder | 1 cup milk |
| 1 cup blueberries | $\frac{1}{4}$ cup melted butter |

Combine sifted dry ingredients. Beat egg, add milk and melted butter. Add the liquid to dry ingredients, mixing only enough to dampen flour. Add the blueberries. Fill muffin pan $\frac{2}{3}$ full.

Preheat Automeal to 425 degrees, place muffin pan on rack and bake 25 to 30 minutes. Makes 12 muffins.

DATE MUFFINS

Add $\frac{1}{2}$ cup chopped dates to the plain muffin recipe.

Preheat the Automeal to 425 degrees, place pan on rack and bake 25 to 30 minutes.

YEAST BREADS

WHITE BREAD *Straight Dough Method*

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| About 12 cups bread flour (sifted before measuring) | $2\frac{1}{2}$ tablespoons sugar |
| 4 cups liquid (water or $\frac{1}{2}$ water $\frac{1}{2}$ milk) lukewarm | $1\frac{1}{2}$ tablespoons salt |
| (If $\frac{1}{2}$ milk and $\frac{1}{2}$ water is used, scald milk then add water) | 2 compressed yeast cakes |
| | $1\frac{1}{4}$ tablespoons shortening |

WHITE BREAD—(Continued)

Mix yeast with sugar. Stir until liquefied. Add $\frac{1}{2}$ cup lukewarm water. Add to rest of lukewarm liquid. Add $\frac{1}{2}$ the flour and salt then beat thoroughly. Add melted shortening and the rest of the flour gradually. Mix well and turn out on a floured board. Knead until the dough becomes elastic and will not stick to the board. Place in a greased bowl, grease top of dough, then cover. Allow to rise until double in bulk. About $2\frac{1}{2}$ hours.

(If you wish the bread to rise more quickly, more yeast (up to 4 cakes) may be used. The yeast will not "taste" if the bread is not allowed to overrise). Punch down and turn dough over. Let stand 15 minutes. Form into loaves of a size to half fill well-greased bread pans. Allow to rise until double in bulk. This will bring the top of the dough even with the edges of the pan. Temperature 475 degrees for 20 minutes, then reduce temperature setting to 350 degrees and bake 45 minutes longer. Turn bread out on racks to cool. This recipe makes three $1\frac{1}{2}$ pound loaves.

REFRIGERATOR ROLLS

1 teaspoon sugar
2 compressed yeast cakes
 $\frac{1}{4}$ cup lukewarm water
2 cups lukewarm water
 $\frac{1}{2}$ cup sugar

1 tablespoon salt
2 tablespoons shortening, melted
2 beaten eggs
8 cups bread flour—sift before measuring

Add 1 teaspoon of sugar to the yeast and stir until liquefied. Add $\frac{1}{4}$ cup of lukewarm water. Mix 2 cups water, sugar, salt and shortening to yeast mixture. Add eggs, 4 cups flour, then beat thoroughly. Stir in 4 cups flour (add more flour if dough is sticky). Mix well but do not knead. Cover and put in your Westinghouse Refrigerator to have on hand. Three loaves of bread or any of the following rolls may be made from this recipe.

PARKER HOUSE ROLLS

Turn dough out on board. Roll out $\frac{1}{4}$ inch thick. Brush over lightly with melted butter. Cut with a small biscuit cutter. Dip handle of knife in flour, and with it make a deep crease. Do not crease through the middle, crease about $\frac{1}{3}$ of the way across. Brush the smaller portion with melted butter. Fold the larger portion over the smaller one. (The rolls will have a better shape if this method is used). Press edges together. Place in a shallow greased pan. Allow to rise until light (about 25 minutes). Preheat Automeal to 425 degrees; bake 20 to 25 minutes.

PECAN ROLLS

Pat dough flat. Let stand 5 minutes. Roll out $\frac{1}{4}$ inch thick, spread with melted butter, sprinkle with brown sugar and cinnamon which has been mixed together ($\frac{1}{2}$ teaspoon cinnamon to 2 tablespoons sugar). Roll up as for Jelly Roll. Press edges firmly together. Cut in pieces $\frac{1}{2}$ inch to $\frac{3}{4}$ inch thick. Place cut surfaces down in a pan in which there is a thin layer of melted butter, a $\frac{1}{4}$ inch layer of brown sugar and pecans. Let rise until very light.

Preheat roaster to 425 degrees; bake 20 to 30 minutes. Invert on platter or waxed paper immediately.

PASTRY

PLAIN PASTRY

2 cups pastry flour (sift before measuring)
 $\frac{3}{4}$ teaspoon salt

10 tablespoons shortening
(scant $\frac{3}{8}$ cup)
5 tablespoons cold water

Sift the flour with the salt. Cut in the shortening. Do not cut in finely. There should be pieces of fat as large as 5 cent pieces uncombined. Add the water all at once, then mix with a fork, cutting through the mixture with each stroke. When all gathers together so that bowl is left clean, dough may be chilled or rolled out at once. Roll out pastry, using plenty of flour on board and on rolling pin.

PLAIN PASTRY (Continued)

Notes:

1. The pastry given will make two 8-inch shells or 1 double crust 8-inch pie.
2. If all-purpose flour is used, 6 tablespoons of water are required.
3. If bread flour is used, 10 teaspoons of water are required.
4. If a fine cake flour is used, 4 tablespoons of water are required.

PIE SHELLS

Pie shells are subject to shrinkage. Avoid this by using method described below. Roll out pie pastry about 2 inches wider than the diameter of the pie pan.

Roll pastry on rolling pin, then roll off on pie pan. Fit pastry into pie pan, being careful not to stretch. Trim edges so that about 1 inch of pastry overlaps the edge of the pan. Turn this overlapping edge under, then flute the rim. Prick bottom and sides with fork.

Take a second pie pan, the same size as the first and place it carefully on top of the pastry. Press gently so that the fluted edge of the pastry shows very slightly beyond the rim on the second pie pan. Preheat the roaster to 475 degrees. Bake 8 minutes—remove the inside pie pan and continue baking for 10 minutes.

APPLE PIE

3½ cups fresh apples
1¼ cups sugar

4 tablespoons flour
1 tablespoon butter

Peel the apples, core, then cut in eighths. The pieces of apple should be at least ½ inch thick. Apples should not be sliced thin as this makes the pie very juicy.

Combine sugar with flour. Spread ½ of this evenly over the bottom of a pastry lined pie pan. Add the apples, then pour remaining sugar over them. Add the butter in small bits; also a few dashes of cinnamon or nutmeg. Moisten edge of bottom crust with water, then place top crust over. Trim off top pastry 1 inch from edge of pan. Tuck top pastry under bottom pastry, press edges together, then flute. Brush the top of pie with cream—with the exception of the outside edge of crust.

Bake at 450 degrees for 20 minutes, then 400 degrees about 30 minutes.

CHERRY PIE

1½ No. 2 can cherries

4 tablespoons flour
1 cup sugar

Drain the juice from the cherries, mix the sugar and flour together. Then mix with the cherries. Place between crust and bake.

Bake at 450 degrees for 20 minutes, then 400 degrees about 30 minutes.

