

RECIPES . . . FOR MEATS

Tender cuts of meat are roasted in shallow pans, 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°.

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

Baked Ham Slice with Raisin Sauce

Purchase a center slice of smoked ham 1 inch thick. Place in suitable heatproof dish and pour raisin sauce over, or sprinkle with brown sugar and pineapple juice. Temperature 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 ¼ cup raisins ½ cup water
1 teaspoon salt	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

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

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 which has been well greased with lard or drippings. Place in cold Roaster-Oven. Temperature 350° to 400°. Time about 1½ hours. Serves 6 to 8.

Spaghetti and Meat

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

1 1/2 cups tomato juice
1 teaspoon salt
1/4 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 1 1/2 hours from cold oven start or 1 1/4 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

1/2 teaspoon sage
1 teaspoon salt
1/4 teaspoon pepper
1 cup water

Place in open baking dish. Place in cold Roaster-Oven. Set dial at 375°. Time 2 1/2 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, 1/2 inch size
1/2 cup chopped onion
1/2 cup chopped celery
4 tablespoons butter or
margarine

1 teaspoon salt
1/4 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
3 tablespoons capers
1 tablespoon salt
4 tablespoons parsley

½ cup melted butter
3 tablespoons chopped celery
1 tablespoon powdered sage
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—7-oz. can of tuna, flaked
1 No. 2 can condensed
mushroom soup

1 teaspoon salt
1 tablespoon butter
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	$\frac{1}{2}$ cup
Carrots—sliced.....	45-60 minutes	$\frac{1}{2}$ cup
Onions—small.....	30-45 minutes	$\frac{1}{2}$ cup
Parsnips.....	45-60 minutes	$\frac{1}{2}$ cup
Potatoes—white—steamed.....	45-60 minutes	$\frac{1}{2}$ cup
Potatoes—sweet—steamed.....	35-45 minutes	$\frac{1}{2}$ cup
Potatoes—baked.....	1-1 $\frac{1}{2}$ hours	None
Squash—summer.....	45-60 minutes	No water except what clings when washing
Tomatoes.....	20-30 minutes	$\frac{1}{4}$ cup
Turnips or Rutabagas.....	45-60 minutes	$\frac{1}{2}$ cup

Buttered Carrots and Celery

4 to 5 medium-size carrots
1 $\frac{1}{2}$ cups celery, cut crosswise in
2-inch pieces

$\frac{1}{2}$ 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
 $\frac{1}{2}$ cup sugar
2 tablespoons flour

$\frac{1}{2}$ cup vinegar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ 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
1 $\frac{1}{2}$ 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, $\frac{3}{4}$ 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 2 $\frac{1}{2}$ cups of water and 1 teaspoon of salt and bake 1 $\frac{1}{2}$ hours at 375°. Serves 6.

Tomatoes Bohème

1 No. 2 $\frac{1}{2}$ can tomatoes
 $\frac{1}{2}$ to 1 cup diced celery
1 large onion, chopped

$\frac{1}{4}$ cup butter
Salt and pepper to taste
 $\frac{1}{2}$ 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 | $\frac{1}{2}$ 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 $\frac{1}{4}$ cup cold water. Cook about 10 minutes more. Serves 6 to 8.

Mulligatawny Soup

- | | |
|---------------------------------------|-------------------------------|
| 1 cup uncooked chicken, diced | 2 tablespoons minced parsley |
| 1 apple, sliced thin | 1 teaspoon curry powder |
| 1 small onion, sliced | 4 cloves |
| $\frac{1}{3}$ cup diced carrot | 1 cup tomato pulp |
| $\frac{1}{3}$ cup diced celery | 1 quart water or stock |
| $\frac{1}{3}$ cup minced green pepper | 1 teaspoon salt |
| $\frac{1}{4}$ cup fat | $\frac{1}{2}$ teaspoon pepper |
| $\frac{1}{4}$ 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

- | | |
|--------------------------------------|---------------------------------------|
| 2 tablespoons lard or suet | $\frac{1}{2}$ 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 | $\frac{1}{2}$ teaspoon pepper |
| 1 cup diced carrot | $\frac{1}{4}$ cup rice or barley |
| | $\frac{1}{2}$ teaspoon 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 $1\frac{1}{2}$ hours. This soup is a meal in itself. Serves 10 to 12.

BAKED FOODS

General Instructions for Baking

Any baking operation which is performed in a range oven can be duplicated in the Roaster-Oven using approximately the same temperature setting.

The Roaster-Oven should be preheated for most baking operations. Set the True-Temp Control and wait until the signal light goes out before placing cakes, pies or yeast breads in the Roaster.

All foods should be baked on the Lift-Out Rack and pans should be placed about $\frac{1}{2}$ inch from the side of the Roaster-Oven to insure circulation and even browning. Pans should not touch each other.

When baking layer cakes or pies, it is possible to use two 8-inch pans placed side by side on the lift-out rack.

Many moist breads and bread-like puddings will bake very satisfactorily with Roaster-Oven meals. For example, try your own favorite Brown Bread recipe, baking it in a small heatproof dish, along with dishes of Baked Beans and Tomatoes Bohème.

BREADS

Baking Powder Biscuits

- | | |
|---|--------------------------|
| 2 cups all-purpose flour, sifted before measuring | 1 teaspoon salt |
| 4 teaspoons baking powder | 4 tablespoons shortening |
| | $\frac{3}{4}$ cup milk |

Sift flour, baking powder and salt together. Cut in shortening with pastry blender or fork 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 $\frac{1}{2}$ inch thick and cut, using biscuit cutter. Place on slightly greased baking sheet 10 x 14 inches. Preheat Roaster-Oven to 450° and place baking sheet on rack. Bake 12 to 15 minutes. Makes approximately 16 to 18 biscuits.

Corn Bread

- | | |
|-----------------------------|---------------------------------|
| 1 cup all-purpose flour | 3 teaspoons baking powder |
| $\frac{3}{4}$ cup corn meal | 1 cup sweet milk |
| $\frac{1}{4}$ cup sugar | 1 egg |
| $\frac{3}{4}$ teaspoon salt | 2 tablespoons melted shortening |

Sift flour once, measure, then sift again with corn meal, sugar, salt and baking powder. Gradually add milk, beaten egg and shortening, which has been melted. Pour into hot, greased pan. Bake in preheated 425° Roaster 25 to 30 minutes. Serves 5 to 6.

Honey Bran Muffins

- | | |
|--|---|
| 2 cups all-purpose 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 Roaster-Oven to 400°, place muffin pan on rack and bake 25 to 30 minutes. Yields 16 to 18 muffins.

Nut Bread

2 eggs	1/2 teaspoon salt
1 cup sugar	1 cup chopped nuts
1 cup milk	3 1/2 cups all-purpose flour, sifted
2 tablespoons melted shortening	before measuring
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 or small heatproof dish and let stand 20 minutes. Preheat the Roaster-Oven to 350°; place loaf pan on rack and bake 1 hour.

White Bread . . . Straight Dough Method

2 cakes quick-acting yeast	1 1/2 tablespoons salt
2 1/2 tablespoons sugar	About 12 cups all-purpose flour,
4 cups liquid (water or 1/2	sifted before measuring
water 1/2 milk) lukewarm	1 1/4 tablespoons shortening
(If 1/2 milk and 1/2 water is used, scald milk then add water)	

Mix yeast with sugar. Stir until liquefied. Add 1/2 cup of the lukewarm water. Add to rest of lukewarm liquid. Add 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 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. Place in preheated 375° Roaster for 1 hour. Turn bread out on racks to cool. This recipe makes three 1 1/2-pound loaves.

CAKES

Angel Food Cake

1 cup egg whites, unbeaten	1 1/4 cups sugar
1/8 teaspoon salt	1 teaspoon vanilla
1 teaspoon cream of tartar	1 cup cake flour,
	sifted before measuring

Add salt to egg whites, beat until foamy, add cream of tartar and continue beating until egg whites are stiff but not dry. Add 1/2 of the sugar, sprinkling in 2 tablespoons at a time, using a folding motion. Add vanilla—add remaining sugar to the flour and sift together 4 times—fold sugar and flour mixture into the egg whites with careful strokes, 2 tablespoons at a time. Pour into an ungreased 9 x 3 1/2-inch tube pan and bake in preheated 325° Roaster about 1 hour. Invert cake on a cake rack immediately but do not remove from pan until cold.

Apricot Cherry Upside-Down Cake

Brown sugar	Butter
1 No. 2 can apricots	Maraschino cherries

Use a large heatproof dish or an 8 x 8-inch cake pan, well greased. Over this, press a 1/4-inch layer of brown sugar. Dry apricots thoroughly. Press a maraschino cherry into each half and place cut side down on the brown sugar. (Do this before you have the cake batter ready.) Pour over this a batter made according to one half the Plain Layer Cake recipe on page 17. Bake at 375° from 30 to 40 minutes. Serve with whipped cream.