THE ONLY APPROVED DELUXE

Flex-Seal

MENU COOK BOOK
The Only Approved*

FLEX-SEAL DE LUXE
MENU COOK BOOK

by
RUTH DAILY

*The undersigned publishing house has the exclusive permission, cooperation, and approval of the manufacturers of the Flex-Seal Cooker to issue a book of recipes and menus for the owners of Flex-Seal Cookers.

Price $2.00
IT TOOK THREE YEARS OF EFFORT
TO BRING YOU THIS UNUSUAL BOOK

This is an answer to the requests of thousands of women for a truly comprehensive Flex-Seal recipe book that would enable them to secure the fullest amount of pleasure and satisfaction from their daily use of this amazing cooker.

Yet, this is much more than a mere recipe book. For approximately three years, Ruth Daily, famous home economist and a staff of assistants have been gathering information, experimenting with various combinations of foods, testing recipes and building menus with one purpose in view: to make this book of real and constant value to you every single day in the year.

As a Flex-Seal user, you cannot help but be delighted with the amazing variety of dishes and combinations made available to you through this new presentation of complete menus featuring recipes of choice. You already know how Flex-Seal cooking banishes kitchen drudgery, enables you to put foods on the table that are a delight to the eye and a joy to the palate . . . how Flex-Seal retains natural garden colors of vegetables, saving precious vitamins and mineral salts in both meats and vegetables, in maximum amounts.

If you are not yet a Flex-Seal user, let this be your invitation to join with the hundreds of thousands of others who have found Flex-Seal assuming greater importance in their lives with each passing day.

Sincerely yours,

THE PUBLISHERS
OF GREAT IMPORTANCE TO YOU . . .

Are these helpful, and extremely practical comments. Please read them carefully, in order that you may secure the greatest good from the recipes.

COMPLETE MENUS FEATURING RECIPES OF CHOICE

Complete menus are the “feature attraction” of this book, so as to assist you in the easy preparation of delightfully good family and guest meals.

Particular importance is given to dinner menus because that is the meal enjoyed most around the family table. All recipes necessary for the preparation of the complete menus are contained in the book. If a recipe mentioned in the menu is not included with the recipes for that menu, the page on which it is printed is given for your convenience. The author has avoided repetition in order to give you the maximum number of new recipes.

We have given special attention to a great variety of recipes for vegetables. They are not only extra-delicious cooked the Flex-Seal way but are an important source of healthful vitamins and minerals. Turn to the index where you will find a wealth of suggestions for serving vegetables on hand. Buttered and creamed vegetables are popular but they have not been mentioned often in the menus, because you will naturally serve them that way whenever desired.

When cooking vegetables in the Flex-Seal you may season with salt and pepper before cooking, or afterwards when the butter is added. Less seasoning is required when you cook the Flex-Seal way, where only a small amount of water is needed.

REGARDING CORRECT AMOUNT OF WATER

The amount of water used is about ¼ cup for the one and two quart capacity and 1/3 cup for the three and four quarts. The amount of water is not usually stated in the recipes, as the amount depends upon the size or capacity of the cooker you are using in your kitchen. This amount is increased for a few vegetables requiring more than 7 minutes of cooking. Refer to the Time Table—Cooking Chart (page 85) for further information.

When the amount of water is stated in the recipe, the quantity has usually been increased for a specific purpose. For instance, vegetables which are to be put through a sieve require a softer texture for cream soups, soufflés and vegetable rings. Therefore the amount may have been increased from the standard requirements. Unless otherwise stated in the recipe, the amount stated in the Time Table—Cooking Chart may be used with excellent results.

Use the rack in cooking meats and vegetables whenever desirable. Place potatoes, cauliflower, green beans, asparagus, beets, etc., on the rack. It serves no useful purpose with peas, kernel corn and similar foods.

Regardless of what you are cooking, don’t fill the cooker to the extreme limit so that you have to force the cover into position.

There is a Flex-Seal Timer which is a great help for accurate timing. It will prevent under or over-cooking of foods and relieve you from watching the clock.
In cooking most fresh vegetables, low heat is sufficient for the entire cooking period. However, when the cooker is filled to its capacity with whole beets, for instance, or a three or four pound roast it is often necessary to increase the heat for the first part of the cooking process. Less heat is required as cooking approaches completion. The indicator needle will give you the correct information.

Newly presented and valuable information is contained in this book under the heading "How To Cook" pages 81 to 84 inclusive. Here you will find helpful information, comments and recommendations on how to cook specific kinds of foods, such as cereals, dried fruits, rice, meats, how to cook in parchment paper, etc.

With this basic information and the TimeTable—Cooking Chart you will be able to prepare many of your own favorite recipes and new ones by the healthful, convenient, and short cooking process of the Flex-Seal System of Cooking.

It has been assumed in this book that you are familiar with the method of cooking in the Flex-Seal Cooker as explained and recommended in the Instruction and Recipe Book which is packed in the carton with each Flex-Seal Cooker. This information includes how to put the cover on, how to open the cooker, cooking on retained heat, etc. If you have recently purchased a Flex-Seal we suggest that you become familiar with this information, specially pages 14 to 23 inclusive. The method of cooking all foods in this book is based upon adherence to those instructions.

**WATCH FOR THIS SIGN ☢️ (*)**

When the sign * appears after foods listed in the Cooking Chart or in the recipes this means to set the cooker immediately in cold water to reduce the pressure quickly so that no further cooking takes place. Many recipes will instruct you to cook in the Flex-Seal a definite number of minutes. It is assumed that you will complete the cooking process on retained heat. When the gas range is used, turn out the heat. When an electric range is used the cooker should be removed from the heating element by placing a finger on the vent weight to hold it in position while transferring it from the range. This is important, because there is sufficient heat stored in the heating element to continue the cooking process. Because you are familiar with the Flex-Seal method of cooking, detailed instructions are not repeated in the recipes.

**ENLARGED TIME TABLE—COOKING CHART**

For your convenience and increased use of your Flex-Seal Cooker we have printed an alphabetically arranged, enlarged cooking chart. This extended chart gives you accurate timing and method of cooking foods not previously listed. You will also find this chart gives you the cooking time for vegetables to be served in different ways. For example carrots, may be cooked whole, cut lengthwise, sliced, diced or julienne style.

This chart also includes valuable information as to the quantity of water to be used with a measured quantity of dried fruits, cereals and dried vegetables.
It is generally admitted that more attention is given to company dinners than every-day meals. They require more thought, more money, and more time in the kitchen in their preparation. We are always in search of something new, delicious and unusually attractive for our guests. With this in mind, these menus have been arranged for your assistance.

An appetizer in the form of cocktail, fruit cup, fruit juice cocktail, canape or hors d'oeuvres has been provided with each menu. Those suggested are inexpensive, easy to prepare, and require little of your time in the kitchen.

Delicious soups are prepared so quickly in the Flex-Seal Cooker that they should now find a new popular place on both family and company menus. Serve an appetizer or soup course, or both whenever desired. Probably many of your everyday meals will omit both of them. However, they are “curtain raisers” for foods to follow. Certainly it takes the monotony out of everyday meals—so serve them occasionally.

Oven roasts and broiled meats you will continue to serve, but you will be delighted with the goodness and saving in time of Flex-Seal cooked meats. Accompanying them are many delightfully good recipes for potatoes.

We offer you in each menu a choice of vegetables which is necessary according to the season of the year, vegetables on hand, and special needs or liking of your family.

The salads suggested are simple and appetizing, in keeping with the type of food most enjoyed with the main course of a dinner menu. A new salad dressing makes a new salad! Make special use of the index in preparing salad dressings to serve with your own salad recipes.

Suit these menus to your own family needs, preference and time of the year. You may wish occasionally to serve a generous amount of one vegetable, or two vegetables and omit the salad. When relishes are included the menu will be enjoyed. During summer days, a generous salad is often sufficient, and the vegetable may be omitted. Many cooked vegetables make delicious salads! And here’s to the desserts, may they prove to be a very special treat!

Throughout the book you will find a choice of associated recipes which may be substituted in the menu or enjoyed in others. Include breads, rolls, relishes and beverage of choice in your menus.

It is hoped that the daily use of this Menu Cook-Book will be of increasing helpfulness to you in preparing a variety of delightfully good foods for your enjoyment.
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TIME TABLE — COOKING CHART

NOTE: To quickly find the information you seek regarding dinner and breakfast menus, methods, time tables . . . whatever you are looking for, consult detailed index at back of book.
INDIVIDUAL PLATE OF HORS D’OEUVRES

CONSOMME’

ROLLED ROAST BEEF    BROWN GRAVY

FRANCONIA POTATOES

CHOICE OF: ASPARAGUS, HOLLANDAISE SAUCE
CAULIFLOWER, POLONAISE

TOMATO GRAPEFRUIT SALAD    FRENCH DRESSING

GLAZED CHERRY TARTS

INDIVIDUAL PLATE OF HORS D’OEUVRES

Select 4 to 6 appetizers (page 74), including olives, pickled mushrooms, etc., as appetizers.

CONSOMMÉ

1½ pounds lean beef, cut in small pieces
1 soup bone, cracked
1½ pounds knuckle of veal
1 pound chicken including neck, back, wings
1 stalk celery with a few light green leaves
¼ teaspoon marjoram

¼ teaspoon thyme
3 whole cloves
¼ bay leaf
1 sprig of parsley
1 sliced onion
2 teaspoons salt
2 quarts cold water
¼ cup each diced carrot, celery, turnip

Brown ½ of the beef in hot fat. Cook all ingredients together in Flex-Seal 30 minutes. Strain through a double thickness of cheese cloth. When cold, remove fat and clarify (page 41). Reheat and serve with a sprinkling of finely minced parsley.

ROLLED ROAST BEEF

Wipe meat—rolled rib, sirloin or chuck rib roast with a damp cloth. Season with salt and pepper. Dredge with flour if you wish. Brown heat on all sides in 1/3 cup of hot fat either in the Flex-Seal or a skillet. Cook 4 pound roast 40 minutes for medium rare roast beef.* Refer to Cooking Chart (page 96) for minutes per pound required for rare, medium and well done roast beef.

BROWN GRAVY

Method No. 1 The standard proportions are 2 or 2½ tablespoons of fat and the same amount of flour for 1 cup of liquid. Remove excess fat from cooker before making gravy. Add hot water stirring until all the browned meat juices are a part of the liquid. Add the flour blended into a smooth mixture with cold water, stir until thickened. Season with salt and pepper, cook 10 minutes. Strain. When desired add a sliced onion, or onion and 2 whole cloves for flavor.

Method No. 2. When meat is browned in the skillet, make the gravy while the meat is cooking, add meat juices from Flex-Seal. Strain. By this method your Flex-Seal can be used for cooking the vegetable.

-1—
FRANCONIA OR BROWNED POTATOES
Peel medium size potatoes. Open Flex-Seal before the meat is done the required number of minutes to cook the potatoes. The Flex-Seal is quickly opened by chilling in a pan of cold water. Remove the meat, add potatoes and baste with the liquid in the cooker. Add a few grains of salt, if you wish, to the potatoes. Place meat in cooker over the potatoes, cook at full pressure the required length of time for the meat. Chill, remove roast to a serving platter, baste the potatoes with liquid in the cooker, place around the meat. While making the brown gravy, the potatoes may be crisped, if you desire either in a hot oven (450° F.) for a few minutes or under low broiler heat. This is not necessary, occasionally you may wish to keep them warm and serve them this way.

ASPARAGUS WITH HOLLANDAISE SAUCE
Wash in Luke warm water to remove sand from tips, remove spears on side of stalk, cut off at base until tender. Cook in Flex-Seal 1/2 minutes.

HOLLANDAISE SAUCE
4 egg yolks, beat until thick. Add 1/4 cup boiling water. Cook in 1/2 cup melted butter, gradually add double boiler until thick.
Remove from heat, just before serving add 1/4 teaspoon salt, 1 tablespoon strained lemon juice, few grains cayenne.

CAULIFLOWER POLONAISE
Remove leaves, soak in cold salted water, head down 10 minutes. Cut into flowerets. Cook 1/2 minutes in Flex-Seal.* Drain, place in serving dish, sprinkle with 1/2 cup bread crumbs blended with 1/3 cup melted butter. Brown in a hot oven (450° F.) or sprinkle with crumbs browned in butter in a sauce pan.

TOMATO GRAPEFRUIT SALAD
Place slices of tomato in lettuce cup on salad plate, top with 2 sections of grapefruit, add salad dressing just before serving.

FRENCH DRESSING
Place ingredients in jar and shake or in a bowl and beat with rotary egg beater. Always shake or beat well before serving.

GLAZED CHERRY TARTS
Standard Pastry Recipe for 2 Crust Pie
2 cups sifted flour, blend with 1 teaspoon salt, add 3/4 cup shortening, and 4 1/2 to 5 tablespoons cold water
Roll pastry, cut in circles 3/4 inch larger than fluted tart or patty pans. Place pastry on inside, perforate, bake in a hot oven (425° F.) about 12 minutes. When individual pie plates are used, flute the edge and perforate crust with fork. For convenience in baking, place tarts on cooky sheet.

CHERRY FILLING
1 No. 2 can sour red cherries, drained
1 1/4 cups sugar, mix with 4 tablespoons cornstarch
Few grains salt, add cherry juice stir until thickened, cook 10 minutes.

Pour cold filling into baked tart shells. Serve with crescents of whipped cream put through the pastry bag.
SHRIMP AND ORANGE COCKTAIL

Toss together lightly

1/2 cup finely diced celery
1 pound cooked cut fresh shrimp
1 grapefruit, sections cut in pieces

Place small lettuce leaf in cocktail glass with a serving of the chilled mixture. Top with sauce and whole shrimp.

COOKED FRESH SHRIMP

Wash shrimp in cold water. Cook 2 1/2 minutes in Flex-Seal.* Remove shells and black line with tooth pick. Chill.

COCKTAIL SAUCE

Combine and chill

1 teaspoon Worcestershire sauce
1/4 cup Chili sauce
1 tablespoon grated horseradish
1/4 cup catsup
1/2 teaspoon salt
2 tablespoons lemon juice
Few grains of pepper

CHICKEN NOODLE SOUP WITH PEAS

Cook all ingredients in Flex-Seal 30 minutes. Strain. When cold remove fat, clarify (page 41). Reheat with 1 cup cooked fine noodles and 3/4 cup cooked peas.

POT ROAST OF BEEF

Season roast with salt and pepper, dredge with flour, brown on all sides in hot fat. Season with salt and pepper. Cook 3 pound roast in Flex-Seal with 2 quartered onions 35 minutes.

SAVORY BROWN GRAVY

Make a brown gravy (page 1), add 1 1/2 teaspoons Worcestershire sauce, 1 tablespoon grated horseradish, 1/2 cup chili sauce.

BRAISED BEEF WITH VEGETABLES

Season roast with salt and pepper, dredge with flour, brown on all sides in hot fat. Cook 3 1/2 pound roast in Flex-Seal 35 minutes.* Open Flex-Seal before meat is done, remove meat. Add vegetables such as whole carrots, sliced turnips, small onions, potatoes, all cut so as to require the same cooking time. Baste with liquid in Flex-Seal, add meat and cook 5 minutes.* Remove meat to serving platter, baste vegetables with liquid in cooker, place around the roast. Serve with Brown Gravy (page 1).
MASHED POTATOES
Place peeled potatoes cut in halves or quartered in a piece of wet parchment cooking paper, tie with cord. Open Flex-Seal by chilling in cold water, add potatoes, cook 8 minutes.* Place cooked potatoes in a bowl, mash, season with hot milk, butter, salt and pepper. Beat until light and fluffy.

BRUSSELS SPROUTS, VINAIGRETTE SAUCE
Remove wilted leaves. Make a ½ inch cut at base of large Brussel sprouts or cut in halves, when not uniform in size. Let stand in cold salted water 20 minutes. Drain. Cook in Flex-Seal 1 ½ minutes.* Drain.

VINAIGRETTE SAUCE
½ cup French dressing
1 teaspoon minced parsley
1 teaspoon chopped chives or
½ teaspoon grated onion
If French dressing is not on hand mix 1/3 cup salad or cooking oil, ½ teaspoon salt, ½ teaspoon paprika, dash of pepper and 3 tablespoons lemon juice.

CARROTS IN LEMON BUTTER SAUCE
Cook small whole carrots or sliced lengthwise carrots in Flex-Seal 3 minutes. Drain.

LEMON BUTTER SAUCE
4 tablespoons butter, melted, add
1 tablespoon minced parsley
2 tablespoons lemon juice

GOLDEN BROWN FRIED ONIONS
Peel and slice ¼ inch thick 8 to 12 onions. Melt 1/3 cup drippings in Flex-Seal, brown onions slightly, add ½ cup water, cook 3 minutes.* Remove cover, cook rapidly until moisture is evaporated, stir occasionally. Season with salt and pepper.

LETTUCE WITH THOUSAND ISLAND DRESSING
Break crisp lettuce leaves into small pieces, or cut firm head in sections or small serving pieces.

THOUSAND ISLAND DRESSING
1 cup mayonnaise, blend with
¾ cup chili sauce
1 tablespoon grated onion
2 tablespoons minced green pepper

CRANBERRY TORTE
Cake Batter
½ cup shortening, cream, beat in
1 cup sugar, add and beat in
2 whole eggs, one at a time. Add
½ teaspoon salt
½ teaspoon vanilla

Cream 4 tablespoons of butter with ¾ cup brown sugar, ½ teaspoon almond extract, and ¼ cup of water. Spread over bottom of a 2½ inch deep 8 inch baking pan or upside-down cake pan. Cover with 2½ cups of uncooked cranberries, spread cake batter over the top. Bake in a moderate oven (350° F.) 1 hour. Let stand 3 minutes, loosen sides with spatula, place wire cake rack on top, invert. Serve with whipped cream, sprinkled with chopped toasted almonds.
VEGETABLE SALAD APPETIZER  ANCHOVY STRIPS
CREAM OF CELERY SOUP
BRAISED SHORT RIBS OF BEEF  RICED POTATOES
OR
BRAISED STUFFED FLANK STEAK  BROWN GRAVY

CHOICE OF: CAULIFLOWER AND FRESH GREEN PEAS, BUTTERED
GREEN BEANS IN TOMATO SAUCE
PARSLEY BUTTERED KOHLRABI
KALE AU GRATIN

BARTLET PEAR IN LETTUCE CUP  ALMOND CREAM DRESSING
TAPIOCA CREAM  APPLE SAUCE CAKE

VEGETABLE SALAD APPETIZER
Toss together small pieces of crisp lettuce, diced celery, thin
slices of radishes, 1 1/2 inch lengths of curly endive or watercress, cut
sections of grapefruit. Serve on lettuce with thick French Dressing
(page 10). Garnish with ring of green pepper. Anchovy Strips
(page 74).

CREAM OF CELERY SOUP
Cook in Flex-Seal 1 1/2 minutes.*
3 cups cut celery
1 sliced onion
1/4 teaspoon salt
1 cup water
Put cooked celery with liquid through a sieve or food press.
Combine with White Sauce of choice number 1, 2 or 3 (page 73).
Reheat. Serve with finely minced parsley or grated cheese.

BRAISED SHORT RIBS OF BEEF
Dredge meat with flour, salt and pepper. Melt 1/3 cup drippings,
when hot brown meat on all sides. Cook in Flex-Seal with 1/3 cup
each diced carrot, celery, and onion 30 minutes.* Serve with strained
brown gravy. Short ribs of beef are often braised with vegetables.
Omit diced vegetables, add cut potatoes, whole carrots, 1 inch diced
yellow turnips or quartered white turnips, whole small onions or
quartered large onions 7 1/2 minutes before meat is done.

BRAISED STUFFED FLANK STEAK
Select a flank steak weighing 1 1/2 to 2 pounds or 1/2 inch thick
cut of round steak. Wipe with a damp cloth, season with salt and
pepper, spread with stuffing, roll and tie with cord. Brown well in
hot fat. Cook with 1/2 cup water in Flex-Seal 25 minutes.* Serve with
Brown Gravy (page 1).

BREAD STUFFING
Combine 1 tablespoon minced celery leaves
2 cup soft bread crumbs 1/2 teaspoon poultry seasoning
1 grated onion 1/2 teaspoon salt
4 tablespoons melted drippings Dash of pepper
Soft Bread Crumbs are made from 3 or 4 day old bread. Use a vege-
table grater for crumbing bread.

BUTTERED CAULIFLOWER AND FRESH GREEN PEAS
Cook cauliflower flowerets by the regular method in Flex-Seal
1 1/2 minutes.* Drain. Cook fresh green peas 1 1/2 minutes. Drain.
Place cauliflower in serving dish, pour over cooked peas, season with
melted butter, salt and pepper.
Cauliflower may be cooked whole and peas placed in a border
around edge. Remove leaves of cauliflower, cut core close to head
and make a V shape cut removing some of the core. Bring 1/2 cup
water to the boiling point, place cauliflower stem side down, cook
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large head of cauliflower 3 minutes.* Drain, and place on serving platter. Season with butter, salt and pepper.

GREEN BEANS WITH TOMATO SAUCE
Cook green beans in Flex-Seal 2 1/2 minutes.*

TOMATO SAUCE
2 tablespoons butter, melt, cook slowly 3 minutes with 1/2 teaspoon salt
1 minced onion, stir in 1/2 teaspoon paprika
2 tablespoons flour, add Dash of pepper. Cook 10 minutes
2 cups tomato juice or tomato soup
When desired, add 1/2 cup grated cheese and cook until cheese is melted into a smooth sauce.

PARSLEY BUTTERED KOHLRABI
Cut off leaves, peel, cut in 1/4 inch slices or 1/2 inch cubes. Cook in Flex-Seal 5 minutes.* Drain, season with butter, salt and pepper. Sprinkle with minced parsley.

KALE AU GRATIN
Cook 1 1/2 pounds kale in Flex-Seal 4 minutes.* Drain, chop, blend with 1 cup medium white sauce (page 73). Butter casserole or ramekins, arrange alternate layers of kale, and grated cheese. Top with buttered crumbs. Bake in a hot oven (450° F.) 15 minutes.

BARTLET PEARS IN LETTUCE CUPS CREAM ALMOND DRESSING
Peel fresh pears and slice, or drain canned Bartlet pears. Place cut side up on lettuce leaf. Top with dressing.

ALMOND CREAM DRESSING
Whip 1/2 cup heavy cream almost stiff, blend in 1/2 cup mayonnaise (page 14). Serve sprinkled with chopped salted almonds. The salad is omitted in the menu when a salad appetizer is served.

TAPIOC A CREAM
Cook 5 minutes, fold into
1/2 cup tapioca, mix with
3/4 cup sugar, add
3 cups hot milk, stir, cook 10 minutes, pour over
2 slightly beaten egg yolks
Pour into sherbet dishes. Chill. Serve with plain or whipped cream.

APPLE SAUCE CAKE
Pour into buttered loaf pan. Bake in a moderately slow oven (325° F.) 50 minutes or until center is firm to touch. Remove from pan, cool on wire cake rack. Ice top and sides with caramel icing, sprinkle with chopped walnut meats.

CARAMEL ICING
Cook slowly in a small sauce pan, 1 1/2 cups brown sugar, 1/2 cup evaporated milk to the soft ball stage (234° F.). Flavor with 1 teaspoon vanilla. Beat until creamy.
CRABMEAT COCKTAIL

Place lettuce leaf in cocktail glass. Remove bones from crabmeat, add a little shredded heart of lettuce and 4 tablespoons diced celery. Chill.

PIQUANTE MAYONNAISE SAUCE

1 cup mayonnaise, blend with 1 tablespoon grated onion
1 teaspoon Worcestershire sauce
¼ teaspoon Tabasco sauce

Place a spoonful over cocktail, add dash of paprika.

SPLIT PEA SOUP

1 cup dried split peas
2 quarts cold water
1 teaspoon salt
1 diced onion
1 stalk celery
¼ bay leaf
Dash of pepper
2 slices of salt pork, diced
or a small smoked ham bone

Cook all ingredients together in Flex-Seal 15 minutes.* Put through a sieve. Add 2 tablespoons butter creamed with 2 tablespoons flour, stir, cook 10 minutes. To make Cream of Split Pea Soup, omit butter-flour mixture, add recipe for Thin White Sauce (page 73).

BOILED BEEF

Select a 3 to 5 pound cut from the chuck, rump, brisket, flank, boned rolled neck or short ribs. Cook in Flex-Seal with 2 cups water, 2 teaspoons salt, and 1 sliced onion 40 minutes. Serve with gravy, adding a little Kitchen Bouquet and 2 tablespoons grated horseradish.

HORSERADISH CREAM SAUCE

1 cup cream, whipped, add
3 tablespoons grated horseradish
¼ teaspoon salt
1 teaspoon paprika

BUTTERED WAX BEANS

Wash and cut ends from beans. Cook in Flex-Seal 2½ minutes.* Drain. Season with butter, salt and pepper.

CHAYOTE IN CHEESE SAUCE

Peel and slice crosswise in ¼ inch slices or dice. Cook in Flex-Seal 2½ minutes.* Drain, serve buttered with salt and pepper, in Cream Sauce (page 9) au Gratin (page 18) or Cheese Sauce.
CHEESE SAUCE
3 Tablespoons butter, melt, stir in Dash of white pepper
3 tablespoons flour, add Cook 10 minutes, add 1/2 cup grated American cheese
1/4 teaspoon salt 1 teaspoon Worcestershire sauce

SPINACH, BEET TOPS, KALE OR SWISS CHARD EGG SAUCE
Cook greens of choice in Flex-Seal Cooker.* Drain and chop. Serve on a platter with egg sauce, or press in buttered ring mold, unmold and fill center with sauce.

EGG SAUCE
4 tablespoons butter, melt, Stir, Cook 5 minutes, add
4 tablespoons flour, add 1/4 teaspoon salt
2 cups milk 3 chopped hard boiled eggs

TOMATOES STUFFED WITH JELLIED VEGETABLES
Remove skins from tomatoes by blanching in boiling water, drain, add cold water. Peel and chill. Make a cup at stem end with vegetable corer. Remove pulp, season with a teaspoon of French dressing.

VEGETABLE ASPIC
1 package lemon gelatine, add Chill, when it thickens fold in
1 cup boiling water, stir 1/2 cup shredded cabbage
until dissolved. Add 1/2 cup shredded carrot
3/4 cup cold water 1/4 cup diced cucumber
2 tablespoons lemon juice Few grains salt
Few grains salt

Fill tomato cups, chill in the refrigerator until firm. Serve on lettuce, top with Mayonnaise, sprinkle with minced parsley.

STREUSEL APPLE PIE
PASTRY RECIPE FOR ONE CRUST OR PIE SHELL
1 cup sifted flour, blend with 1/2 teaspoon salt, add
1/8 cup or 6 tablespoons of 2 to 2 1/2 tablespoons of water.
shortening

Make the pastry recipe for one crust pie shell. Roll crust place in the pie plate, flute edge. Pour in apple filling, sprinkle streusel topping. Bake in a hot oven (450° F.) 15 minutes, reduce heat to a moderate oven (350° F.) bake 45 minutes.

APPLE FILLING
5 cups peeled sliced apples Few grains salt
1/2 cup sugar, mix with 2 tablespoons flour
1/2 teaspoon cinnamon Add sugar mixture to apples
1/4 teaspoon mace

STREUSEL TOPPING
1/2 cup brown sugar 1/6 cup chopped nuts
1/2 cup flour Blend ingredients into a crumb mixture
1/4 teaspoon cinnamon
4 tablespoons butter
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FRUIT CUP WITH ORANGE SAUCE

LETTUCE SOUP

SWISS STEAK OR PORCUPINE MEAT BALLS

PAPRIKA RICE POTATOES

CHOICE OF: CREAMED DICED CARROTS

TURNIPS IN CREAM

SLICED PARSLEY BUTTERED BEETS

SPINACH TIMBALES

CAULIFLOWER COMBINATION SALAD  THICK FRENCH DRESSING

APRICOT BAVARIAN CREAM  CHOCOLATE ICED CUP CAKES

FRUIT CUP WITH ORANGE SAUCE

Include some fresh fruits in season in the fruit cup, add ½ cup strained orange juice and chill. (1) Strawberries, diced pineapple and seeded white grapes. (2) Peach, and pitted Bing Cherries. (3) Grapefruit, pineapple and maraschino cherries. (4) Cantaloupe balls, pears, pineapple and red raspberries.

LETTUCE SOUP

Melt in a sauce pan 2 cups chicken or veal stock or bouillon cube, cook slowly 10 minutes, add 3 tablespoons butter, stir in 3 tablespoons flour, add 1 small grated onion 1/2 teaspoon salt Dash of white pepper Dash of mace 2 cups milk 1 cup coffee cream 1/2 cups finely shredded lettuce

Bring to the boiling point after adding lettuce, serve.

SWISS STEAK

A cut from the round is usually chosen 1 to 1 1/2 inches thick weighing 1 1/2 to 2 pounds. Season with salt and pepper, pound in about 1/2 cup flour. Sear meat until well browned on both sides in hot fat. Cook with 1 cup water or 1 1/2 cups stewed tomatoes, 1 sliced onion, in Flex-Seal 25 minutes. Make gravy, strain and pour over meat on serving platter.

PORCUPINE MEAT BALLS

Shape into meat balls, brown in hot fat. Place in Flex-Seal with 1 sliced onion, 1 cup tomato soup and 1 cup water, or enough to cover meat balls. Cook 8 minutes* 1/2 cup uncooked rice Thicken sauce with flour and water. Cook 5 minutes. Season with salt and pepper.

CREAMED DICED CARROTS

Cook diced carrots in Flex-Seal 2 1/2 minutes. Add to Cream Sauce.

CREAM SAUCE FOR VEGETABLES

Melt in a sauce pan 3 tablespoons butter, stir in 3 tablespoons flour, add 1 1/2 cups milk 1/4 teaspoon salt Dash of white pepper Cook slowly 5 minutes.

For a richer sauce use 1 cup milk and 1/2 cup cream. The liquid in which many vegetables are cooked such as peas, carrots, celery, cauliflower, should be used as part of the liquid in the sauce.

SLICED TURNIPS IN CREAM

Peel, slice and cut in 1/2 inch cubes white turnips or rutabagas. Cook in Flex-Seal 5 minutes.* Drain. Season with salt, pepper, and 2 or 3 tablespoons of cream.
SLICED PARSLEY BUTTERED BEETS

Peel and slice beets about \( \frac{1}{8} \) inch thick. Cook in Flex-Seal 4 minutes. Drain. Season with butter, salt, pepper, a little lemon juice and minced parsley.

SPINACH TIMBALES

Discard wilted leaves, cut off root, wash in luke warm water to remove sand, then 3 or 4 times in cold water. Cook in Flex-Seal 1½ minutes.* Drain and chop.

2 cups chopped cooked spinach, add
\( \frac{1}{2} \) teaspoon salt
Dash of pepper
\( \frac{1}{4} \) teaspoon mace

Mix together, fill buttered custard cups \( \frac{3}{4} \) full. Cook in Flex-Seal 3 minutes.* Serve plain, or with Egg Sauce (page 8).

CAULIFLOWER COMBINATION SALAD

Toss together small crisp pieces of lettuce, broken leaves of curley endive, thin wedges of tomato, sliced grapefruit sections and tiny cuts of raw cauliflower. Just before serving top with dressing.

THICK FRENCH DRESSING

Place in a bowl
1 can condensed tomato soup
\( \frac{3}{4} \) cup vinegar
\( \frac{1}{4} \) cup water
1 teaspoon mustard

Beat until thick with rotary egg beater. For green salads, store \( \frac{1}{2} \) of the dressing in the refrigerator with a cut clove of garlic.

APRICOT BAVARIAN CREAM

2 cups hot apricot pulp, stir in
\( \frac{1}{2} \) cup sugar, soften
1 tablespoon gelatin in
\( \frac{1}{4} \) cup cold water. Let stand 5 minutes. Dissolve in a pan of hot water, add to apricots, chill.

Cook 1 cup dried apricots with 1½ cups water in Flex-Seal 0 minutes. Put through a sieve.

CHOCOLATE ICED CUP CAKES

Butter Cake
\( \frac{1}{2} \) cup butter, cream, continue creaming, add gradually
1 cup sugar, beat in one at a time
3 whole eggs, add
1 teaspoon salt

Drop batter from spoon into greased muffin pans. Bake in a moderately hot oven (375° F.) 15 minutes.

CHOCOLATE BUTTER CREAM ICING

Cream together
4 tablespoons butter, add
1 cup confectioners sugar
2 tablespoons hot milk or coffee

Beat until smooth, spread on tops of cakes, decorate with maraschino cherries or halves of pecans.
SPICED CIDER COCKTAIL

BEEF OR CHICKEN BROTH WITH PARSLEY

CHOP SUEY

RICE BALLS

OR

CHICKEN CHOW MEIN

PINEAPPLE AND TOKAY GRAPE SALAD

FRUIT FRENCH DRESSING

CHOP SUEY JELLY ROLL

SPICED CIDER COCKTAIL

Boil 5 minutes
1 cup water
1/4 cup sugar
1/2 teaspoon grated lemon rind
1/2 stick cinnamon, broken in pieces

When cold, strain, add

1 cup pineapple juice
1/2 cup orange juice
Just before serving, combine with

4 cups chilled cider

SAVORY BEEF OR CHICKEN BROTH

Use 2 1/2 pounds beef shank, cut from the neck or 1 pound lean beef and cracked soup bone. Chicken broth is made from cut up stewing fowl, with knuckle of veal or veal neck bones. Special stewing pieces as neck, wings, back and feet may be purchased for chicken broth.

Cook in Flex-Seal 30 minutes
2 1/2 pounds meat and bone
6 cups cold water
2 teaspoons salt
1 small onion, diced
1 diced carrot
3 whole cloves
1 tiny piece bay leaf
1/16 teaspoon pepper
Sprig of celery leaves

When cold remove fat and strain through a cheese cloth or clarify (page 41). Reheat, serve sprinkled with finely minced parsley. Plain chicken or beef broth is made without seasonings, except salt and pepper.

CHOP SUEY

1 1/2 pounds lean pork or 3/4 pound each of pork and veal
Cut in 1/2 by 1 1/4 inch strips or diced. Brown in
1/4 cup hot fat, add
3/4 teaspoon salt
Dash of pepper
2 cups chicken or veal stock.
Cook in Flex-Seal 4 minutes*

1 1/2 cups onion, cut lengthwise from top to bottom
3 cups celery cut in narrow 1 inch pieces, Cook onions and celery 3 minutes in

3 tablespoons butter, add to Flex-Seal, cook 1 1/2 minutes. Add
1/4 cup cornstarch, blended with drained mushroom liquor
1 teaspoon Chinese brown sauce
2 tablespoons soy sauce. Stir until thickened, cook 5 minutes, add
1 or 2 cans Chinese Mixed Vegetables, well drained and can sliced mushrooms, drained. Heat and serve.

CHICKEN CHOW MEIN

Cook a 4 to 5 pound stewing fowl in Flex-Seal 25 minutes. (page 19). Substitute for chicken when desired 3 pounds of pork or veal loin, rib or shoulder cut. Cook 30 minutes in Flex-Seal. Cook either chicken or meat with 2 cups water, 1 sliced onion, 1 stalk celery, tiny piece of bay leaf, 1 teaspoon salt. Strain the stock. Cut meat free from skin or fat into thin slices then into 1/4 by 1 inch strips.
WHITE STOCK SAUCE

3 tablespoons butter, melt, blend in 2 tablespoons cornstarch, add 2 1/2 cups chicken or meat stock

2 teaspoons sugar
1/2 teaspoon Worcestershire sauce
1/4 teaspoon salt

VEGETABLES

2 tablespoons butter in Flex-Seal, add 1/2 cup meat stock. Cook
2 cups celery, cut in 1/4 by 1 inch pieces
2 large onions, cut thin strips
toss together lightly until
in the butter, add

Cook vegetables 2 minutes
Serve on bed of Chow Mein Noodles, garnish with long thin slices of meat and a few shreds of green pepper.

STEAMED RICE

Bring 3 cups water and 1 teaspoon salt to a rapid boil in Flex-Seal, add slowly 2 cups washed rice, reduce heat, place cover on, bring up steam and pressure slowly. Cook 7 minutes.* Put rice in colander or large sieve, run hot water over it. Reheat by placing strainer in top of Flex-Seal, cover with a tea towel. Steam by boiling rapidly 4 cups water in the Flex-Seal 5 minutes.* Butter ice cream dipper, and shape rice into balls.

PINEAPPLE AND TOKAY GRAPE SALAD

Salad is usually omitted but a simple salad may be served. Cut grapes in halves, remove seeds. Place pineapple ring on lettuce leaf, top with grapes, serve with French Dressing (page 10); or serve grapefruit sections on lettuce with a few slices of avocado pear and French Fruit Dressing.

FRENCH FRUIT DRESSING

3/4 cup salad oil
1 tablespoon sugar
1/2 teaspoon salt
Dash of white pepper

1/6 cup strained fruit juice, pineapple, orange or grapefruit
1 tablespoon lemon juice

Beat ingredients together well, or shake in a jar, before serving.

CHOP SUEY JELLY ROLL

Beat until thick
4 egg yolks, beat in gradually
1 cup sugar, blend in
1/2 cup water, add
1/2 teaspoon salt

Pour into paper lined jelly roll pan. Bake in a moderately hot oven (375° F.) 18 minutes. Sift confectioners sugar over top, loosen sides, place tea towel over jelly roll pan, invert, remove pan and paper. Spread with filling, roll. Serve slices topped with whipped cream.

CHOP SUEY FILLING

Put first 5 ingredients in top of double boiler. Cook over very low heat. Beat continually with rotary egg beater until stiff.

1 cup sugar
2 egg whites
3 tablespoons cold water
1/2 teaspoon cream of tartar

1 teaspoon vanilla, add
1/4 cup each chopped candied pineapple, cherries and nut meats.

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BROILED GRAPEFRUIT WITH SHERRY

LOBSTER BISQUE

GLAZED MEAT LOAF  TOMATO MUSHROOM SAUCE

HAM LOAF  GREEN PEA SAUCE

QUICK SCALLOPED POTATOES

CHOICE OF: PARSNIPS BROWNED IN BUTTER

NEW CABBAGE AND PEAS, BUTTERED

HEARTS OF LETTUCE  OLIVE MAYONNAISE

PINEAPPLE RICE WHIP

BROILED GRAPEFRUIT WITH SHERRY

Cut grapefruit in halves remove center core and seeds, loosen sections from membrane and around edge. Sprinkle each half with 2 tablespoons granulated or brown sugar, dot with butter, broil slowly 15 minutes. Place a maraschino cherry in the center. Add 1 tablespoon sherry to each half before serving, or add a little cinnamon or nutmeg to the sugar before broiling.

LOBSTER BISQUE

Boil lobster (2 1/2 pounds) about 35 minutes. Chill lobster in cold water or on ice. Cut body in half lengthwise, split claws, remove and flake or dice meat. Cook cracked lobster shell and claws in 2 1/2 cups cold water with 1/2 teaspoon salt, dash of pepper, slice of onion, and sprig of parsley in Flex-Seal 5 minutes.* Strain through double thickness of cheese cloth.

Melt in sauce pan 2 cups top milk
4 tablespoons butter, stir in 2 cups lobster stock, stir
4 tablespoons flour, add and cook 10 minutes, add 1/2 teaspoon salt Flaked lobster meat

Top each serving with a spoonful of whipped cream and a dash of paprika, nutmeg or mace. Substitute for lobster when you wish a 1 pound can of lobster or crab meat. Use chicken stock, veal stock, or bouillon cube with water for the stock.

GLAZED MEAT LOAF

Mix together 1 teaspoon salt
1 1/2 cups dry bread crumbs
1/2 teaspoon poultry seasoning
1/8 teaspoon pepper
2 tablespoons minced celery leaves or 1/2 teaspoon celery salt

Shape into 1 or 2 meat loaves. Brown if you wish in a skillet with fat. Wrap in wet parchment paper. Cook in Flex-Seal 25 minutes.

GLAZE

Boil until thick 3/4 cup brown sugar, 1/3 cup vinegar, 1/4 teaspoon ground cloves, add 1 tablespoon butter, a few drops of kitchen bouquet. Brush over top and sides of meat loaf before serving.

TOMATO MUSHROOM SAUCE

3 tablespoons butter, melt in sauce pan. Add
1 minced onion
1/2 minced green pepper,
Cook 2 minutes, stir in
4 tablespoons flour, add
1 can condensed tomato soup
1 cup water, liquid from can of mushrooms.

Stir, when thickened, cook 5 minutes. Add sliced mushrooms, sautéed in butter
HAM LOAF

Blend together 1 cup dry bread crumbs, with
1 pound smoked ham, ground 1 cup milk
1½ pounds lean pork or veal, 1 grated onion
ground Dash of pepper
2 eggs, beaten until light ¼ teaspoon poultry seasoning

Method for cooking same as Glazed Meat Loaf. When desired, brush the cooked meat loaf with melted butter and brown in a hot oven (450° F.).

GREEN PEA SAUCE

Cook 1 pound peas in Flex-Seal 1½ minutes. Add to Cream Vegetable Sauce (page 9).

QUICK SCALLOPED POTATOES

Peel and slice boiling potatoes about ⅛ inch thick. Cook in Flex-Seal 1 minute.* Drain. Arrange in a buttered casserole layers of White Sauce and potatoes, dot with butter. Bake in a moderate oven (350° F.) 20 minutes, uncovered 15 minutes.

WHITE SAUCE

3 tablespoons butter, melt, stir in ½ cup potato water
3 tablespoons flour, add ½ teaspoon salt
1½ cups milk and
Dash of white pepper
Stir until thickened.

PARSNIPS BROWNED IN BUTTER

Peel parsnips, cook whole or if large cut in halves lengthwise. Cook in Flex-Seal 10 minutes. Drain. Cook slowly in a skillet with butter turning until browned on all sides.

NEW CABBAGE AND PEAS, BUTTERED

Cook fresh green peas in Flex-Seal 1½ minutes. Drain. Cook coarsely cut cabbage in cooker 2½ minutes.* Drain. Toss the vegetables together, seasoning with butter, salt and pepper.

HEARTS OF LETTUCE WITH MAYONNAISE

1 whole egg or 2 yolks ½ teaspoon paprika
1 teaspoon salt 1½ cups salad oil
½ teaspoon dry mustard 3 tablespoons lemon juice or
2 teaspoons sugar vinegar

Put first 5 ingredients in a bowl, beat with rotary egg beater while adding oil drop by drop until it thickens, then add oil gradually, thinning with lemon juice or vinegar as it thickens. When mayonnaise is to be used in the pastry tube, use a little less vinegar.

OLIVE MAYONNAISE

Add ¼ cup chopped pimento olives and 1 tablespoon minced parsley to ¼ cup mayonnaise. Serve over hearts of lettuce.

PINEAPPLE RICE PARFAIT

1 cup heavy cream, whipped. 1 teaspoon vanilla
Fold in just before serving, ½ cup rice, cooked (page 82)
8 cut marshmallows ½ cup shredded toasted
1 cup drained crushed pineapple, blanched almonds
add 6 maraschino cherries, cut
Few grains salt
GRAPEFRUIT AND BING CHERRY COCKTAIL
CREAM OF ASPARAGUS OR BROCCOLI SOUP
COUNTRY FRIED CHICKEN CREAM GRAVY POTATO PUFFS
OR
MARYLAND FRIED CHICKEN MUSHROOM SHERRY SAUCE
CHOICE OF: FRENCH OR GLOBE ARTICHOKEs
HOLLANDAISE SAUCE
BUTTERED PEAS AND MUSHROOMS
FRESH KERNEL CORN, SAUTE
JELLIED CRANBERRY SALAD CREAM MAYONNAISE
ORANGE CHIFFON PIE

GRAPEFRUIT AND BING CHERRY COCKTAIL
Wash, stem and pit Bing cherries. Chill with small pieces of grapefruit sections sprinkled with 2 tablespoons of confectioners' sugar.

CREAM OF ASPARAGUS OR BROCCOLI SOUP
Cook vegetable of choice in Flex-Seal with 1 cup water 1 1/2 minutes.* Put through a sieve, combine with desired Cream Sauce for soups (page 73).

VEGETABLE CREAM SOUPS
The following vegetables make delicious soups—asparagus, broccoli, carrot, cauliflower, celery, corn, green beans, peas, tomatoes, spinach, mushrooms, onions, potatoes, lima beans, dried split peas, navy beans, lentils or a combination of vegetables. Use 2 cups of vegetable puree. Cook fresh vegetables with 1 cup water. Put cooked vegetables with liquid through a sieve or food press. Combine with Cream Sauce, No. 1, 2 or 3 (page 73).

COUNTRY FRIED CHICKEN
Singe, wash and dry cut chicken. Dip in a mixture of flour, salt and pepper. Brown in hot fat, or a combination of fat rendered from slices of salt pork and butter. Cook in Flex-Seal 10 to 12 minutes depending on size. Place on platter. Serve with Cream Gravy.

CREAM GRAVY
Add 2 cups milk to Flex-Seal, 1/3 cup flour blended with 1/2 cup water. Stir until thickened, season with salt and pepper. Cook 5 minutes. Add 1/2 cup cream. Strain through a sieve.

MARYLAND FRIED CHICKEN
Roll seasoned chicken in flour, dip in 2 slightly beaten eggs with 2 tablespoons water, and roll in fine dry bread crumbs. Let stand 15 minutes. Same cooking method as fried chicken.

MUSHROOM SHERRY SAUCE
Make a thin smooth cream gravy using the strained chicken sauce. Add 1/4 pound sautéed sliced mushrooms, or cook sliced canned mushrooms in butter. Add 6 minced pimento olives, 1/3 to 1/2 cup sherry wine. Serve over Fried Chicken.
SWEET POTATO PUFFS
Peel, slice lengthwise or quarter 6 medium size sweet potatoes. Cook in Flex-Seal 8 minutes.* Drain, mash, add 1/3 cup hot milk with 3 tablespoons butter, 1/4 cup brown sugar, 1/4 teaspoon mace. Beat until fluffy. Fold in 2 stiffly beaten egg whites. Drop from spoon or force through pastry bag forming rosettes on buttered cooky sheet. Bake in a moderately hot oven (375° F.) 15 minutes or until lightly browned.

FRENCH OR GLOBE ARTICHOKE
Wash, discard outer tough petals. Cut stem off close to base, cut 1 inch off tops, tie. Soak 30 minutes in cold water. Cook large artichokes in Flex-Seal 10 minutes. Serve with Hollandaise Sauce (page 2), Tartar Sauce (page 25), Mayonnaise (page 14), or melted butter.

BUTTERED PEAS AND MUSHROOMS
Cook peas in Flex-Seal 1 1/2 minutes. Drain. Sauté sliced small mushrooms in butter 5 minutes. Combine, and season with butter, salt, pepper, dash of nutmeg or 2 tablespoons of Sherry wine.

FRESH KERNEL CORN SAUTÉ
Remove silk from corn, wash, cook in Flex-Seal 1 minute. Cut kernels from cob. Sauté in butter with 1 minced green pepper 5 minutes. Season with salt, pepper and 1 teaspoon sugar.

JELLIED CRANBERRY SALAD
Cook 2 cups cranberries, 1/2 cup water, 1 cup sugar in Flex-Seal 1 minute.
1/2 cup cold water, add
1 tablespoon gelatin, stir, let stand 5 minutes. Add to hot cranberry sauce, stir until dissolved. Chill, when it thickens fold in
3/8 cup diced celery
3/4 cup peeled, diced apple
3/8 cup chopped nuts. Fill individual oiled molds. Chill in refrigerator until firm. Unmold, serve in lettuce cups with Cream Mayonnaise
NOTE: Salad molds, individual, large molds and rings molds may be lightly oiled with cooking oil. Remove from the refrigerator 5 minutes before unmolding. When not oiled, remove from refrigerator a few minutes before unmolding. Dip in luke warm—not hot—water.

CREAM MAYONNAISE
Whip 1/2 cup cream, stiff, fold in 3/4 cup mayonnaise.

ORANGE CHIFFON PIE
Make standard pastry (page 8) for pie shell, bake.
1 tablespoon gelatin, soften in 1/4 cup water. Place in top of double boiler
4 egg yolks
1/2 cup orange juice
2 tablespoons lemon juice
Grated rind 1/2 orange
3/8 cup sugar
Cook slowly beating with rotary egg beater until thick, add gelatin, stir until dissolved. Chill, when thickened fold in
4 stiffly beaten egg whites, with 1/4 cup sugar
1/2 cup cream, whipped.
pour into baked pastry shell.
Store in refrigerator. Top each cut with whipped cream, garnish with a small section of orange.
RELISH RING WITH SEA FOOD
CONSOMME JULIENNE
JELLY GLAZED ROAST CHICKEN  CORN STUFFING
CHICKEN GRAVY
CINNAMON SWEET POTATOES
CRANBERRY JELLY

CHOICE OF: ASPARAGUS TIPS
BUTTERED GREEN BEANS
ALMONDINE CAULIFLOWER AU GRATIN
CREAM WALDORF SALAD
GLAZED STRAWBERRY TARTS

RELISH RING WITH SEA FOOD

1 tablespoon gelatin, soften in 
TO cup cold water, dissolve in
1 1/2 cups boiling water, add
Few grains salt
1/2 tablespoon sugar
4 tablespoons lemon juice

Pour into oiled, individual ring molds, chill until firm.
Unmold on lettuce. Fill center with mixture of shrimp and crab-meat, blended with a little mayonnaise. Top with Cocktail Sauce (page 3).

CONSOMME JULIENNE

Prepare consommé (page 1). Cut carrots, green beans, turnips and celery in thin shreds or matchlike strips about 1 1/2 inches long. Cook 1/2 cup of each of the vegetables in Flex-Seal 1/2 minute. Add to 2 quarts consommé.

JELLY GLAZED ROAST CHICKEN

Singe, wash and dry inside and outside of roasting fowl. Season inside with salt and pepper, fill with any desired stuffing, close opening, truss wings and legs close to body. Rub outside with a little soft butter. Cook in Flex-Seal 25 minutes. Brush with melted butter and brown in a very hot oven (475°F). When the chicken is browned in a hot oven (450°F) before cooking, cook 25 minutes.* Small 2 1/2 to 3 pound roasting chickens may be browned in a skillet, by turning. Cook 1/2 cup currant jelly to a smooth syrup, adding a tablespoon of water if necessary. Brush over chicken. Serve with Chicken Gravy.

CORN STUFFING

Toss together
4 cups soft bread crumbs
3/4 teaspoon salt
Dash of pepper
1/2 teaspoon poultry seasoning

1 tablespoon minced celery leaves
1 grated onion
1 cup kernel corn, drained
1/2 cup melted butter

VARIATIONS OF CORN STUFFING

Celery Stuffing: Omit corn. Add 1 cup cut celery and 1/4 cup finely minced celery leaves.

Savory Bread Stuffing: Omit corn. Add 1/2 teaspoon each thyme, marjoram and savory, crushed fine.

Oyster Stuffing: Omit corn. Add strained oyster liquor and 1 1/2 cups chopped oysters sautéed in 2 tablespoons butter 5 minutes.
CINNAMON SWEET POTATOES

Peel and cook 6 sweet potatoes, cut in halves in Flex-Seal 10 minutes.* Mash, season with 4 tablespoons butter, 1/3 cup brown sugar with 1/2 teaspoon cinnamon. Place in buttered casserole, sprinkle generously with granulated sugar, cinnamon, dot with butter, bake in a moderately hot oven (375° F.) 20 minutes.

CRANBERRY JELLY

Wash, pick over, 1 pound of cranberries. Cook 4 cups cranberries, 1 cup water in Flex-Seal 1 minute. Put through a sieve, stir in 2 cups sugar while hot, pour into mold. Let it become firm at room temperature. It is not necessary to store cranberry jelly in the refrigerator.

ASPARAGUS TIPS IN BUTTER SAUCE

Cook asparagus in Flex-Seal 1 1/2 minutes.* Drain. Season with butter, salt and pepper.

BUTTERED GREEN BEANS

Cook green beans in Flex-Seal 2 1/2 minutes.* Drain. Place on platter, pour over sauce of 1/3 cup blanched chopped almonds cooked 2 minutes in 4 tablespoons butter or until lightly browned.

CAULIFLOWER AU GRATIN

Cook cauliflower flowerets 1 1/2 minutes in Flex-Seal.* Drain. Make the Cream Vegetable Sauce (page 9) using vegetable liquid for part of the milk. Butter a casserole, fill with alternate layers of sauce, and cauliflower. Sprinkle with 1/4 cup melted butter and 1/2 cup bread crumbs. Bake in a moderately hot oven (375° F.) 20 minutes.

CREAM WALDORF SALAD

Place a small thin slice of heart of lettuce on salad plate. Top with salad of diced apple, celery and walnuts, blended with whipped cream.

GLAZED STRAWBERRY TARTS

Bake pastry tart shells (page 2). Brush edge with slightly beaten egg white with 1 tablespoon water. Sprinkle or roll edge in grated pistachio, walnut meats or chopped cocoanot tinted green with vegetable food coloring.

STRAWBERRY GLAZE

2 cups strawberries
1/2 cup water, cook in Flex-Seal 3 minutes. Strain.
3/4 cup sugar, mix with 3 tablespoons cornstarch, add
1 1/2 cups strawberry juice, stir until thickened, add a little red vegetable coloring.

Cook 10 minutes. Add Few grains salt 1 tablespoon butter 1/2 teaspoon vanilla When cool add to whole strawberries and fill tart shells. Reserve a little of the glaze for the top.

Garnish tarts with whipped cream put through the pastry bag.
STRAWBERRIES WITH JELLIED GINGER ALE CUBES

CHICKEN SHORTCAKE

VEGETABLE BROTH

GRENADINE PEARS

OR

CHICKEN A LA KING IN RICE OR NOODLE RING

CHOOSE OF:

BRAISED CELERY

HUBBARD SQUASH WITH CAULIFLOWER

CANDIED CARROTS

MELBA PEACH SALAD

FRUIT DRESSING

SOUTHERN PECAN PIE

STRAWBERRIES WITH JELLIED GINGER ALE CUBES

Dissolve

1 package lime gelatin, in

¾ cup boiling water, cool,

Pour gelatine ½ inch deep into a small pan. Chill until firm in refrigerator. Cut in ½ inch cubes. Mix 2 cups sliced strawberries with 2 tablespoons honey, chill. Serve in sherbet dishes topped with 7 or 8 aspic cubes or use hors D’oeuvre cutters for attractive cuts of aspic.

VEGETABLE BROTH

Place in Flex-Seal, cook

5 minutes.

4 cups water, add

3 diced carrots

1 stalk celery with light green leaves

1 sprig of parsley

1 minced onion

½ cup peck spinach, chopped

1/6 bay leaf

2 whole cloves

½ teaspoon salt

Strain through a sieve. Add

1/2 cups tomato juice

2 tablespoons butter

Salt and pepper. Reheat

STEAMED WHOLE CHICKEN

Cook the chicken whole in the Flex-Seal. This is a convenient method when chicken is to be used for creamed chicken, chicken loaf, chicken mousse or sliced chicken. Wash fowl and season with salt, and 1 cup water, 1 sliced onion, stalk of celery, tiny piece of bay leaf, 2 whole cloves. Cook 30 minutes.* Remove fowl, strain stock. Fowl cut for stewing is cooked the same way as Steamed Chicken. Use 2 cups water when chicken stock is required for Cream Sauce.

CHICKEN SHORTCAKE

Creamed chicken

½ cup butter, melt, stir in

½ cup cake flour, add

2 cups chicken stock

1 cup milk

1 cup cream

Stir until thickened, cook

½ teaspoon salt

1/16 teaspoon white pepper

½ teaspoon mace

3 ½ cups cut cooked chicken

Flavor with 1/3 cup sherry or add 1 ½ cups cooked peas and 1 cup sliced sautéed mushrooms when desired. Split hot biscuits, place serving between and on top. Garnish plate with a tiny sprig of parsley placed in the Grenadine Pear.

SHORTCAKES

Make baking powder biscuit dough (page 21). Roll ¾ inch thick, cut with 5 inch round cutter. Bake in a hot oven (450° F.) 15 minutes. Double biscuit recipe for 8 shortcakes.

GRENADINE PEARS

Drain two No. 2 1/2 cans Bartlet pears. Strain syrup, add ½ cup sugar, 1 piece of stick cinnamon broken in small pieces, and a little red vegetable food coloring. Boil 5 minutes. Cool and strain. Add ½ cup grenadine syrup and pears. Let stand over night.

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CHICKEN A LA KING

Remove cooked chicken from skin and bones. Dice or cut in small pieces.

- 5 tablespoons butter or use part chicken fat, melt, stir in
  - 1/8 cup flour
- 4 tablespoons cornstarch, add
- 1 1/2 cups milk, stir until thickened
  - Cook 10 minutes. Add
  - 1 cup cream, and
  - 1 minced green pepper with

Pour part of the sauce over egg yolks, combine with remaining sauce, cook 3 minutes—do not boil. Add chicken. Flavor with 1/4 cup sherry wine, when desired. Serve in and around rice ring or noodle ring. Pack hot cooked rice in buttered ring mold, unmold.

NOODLE RING

- 5 eggs, beat until thick, add
  - 1/2 cup cream
  - 1/2 teaspoon salt
  - 6 cups cooked noodles about
  - 1/16 teaspoon white pepper
  - 1/2 pound

Pour into well buttered large (2 quart size) ring mold. Bake in a moderate oven (325° F.) 45 minutes, or until firm. Let stand 5 minutes, loosen around edge, unmold.

BRAISED CELERY

Cut the large stalks of celery in 4 inch lengths. Melt 3 tablespoons butter in Flex-Seal, cook celery until slightly browned. Add 1/4 cup chicken or veal stock or 1 chicken bouillon cube with 3/4 cup hot water. Cook 2 minutes. Open cooker, season with salt and pepper, boil until moisture is almost evaporated. Serve plain or sprinkle over crumbs browned in butter.

HUBBARD SQUASH WITH CAULIFLOWER

Cook Hubbard squash in Flex-Seal 15 minutes.* Scoop out pulp, mash, season with butter, salt and pepper. Place in casserole with slight depression in center for the buttered cooked cauliflower. Mashed squash may be placed in buttered ring mold. Bake 15 minutes in a moderate oven (350° F.), unmold.

CANDIED CARROTS

Cook small whole peeled carrots 3 minutes, or large 1/8 inch thick sliced carrots 2 minutes in Flex-Seal. Add 1/3 cup butter, 1/2 cup brown sugar, boil until syrup is thick and carrots glazed.

MELBA PEACH SALAD  COOKED FRUIT DRESSING

Serve chilled drained Melba peach, cut side up in lettuce cup. Top with Cooked Fruit Dressing (page 40), adding a little whipped cream to the dressing.

SOUTHERN PECAN PIE

Make standard 1 crust pastry recipe (page 8). Roll, place in pie plate, flute edge. Brush with 1 slightly beaten egg white with 1 tablespoon water.

- Cream
  - 4 tablespoons butter, with
  - 1/2 cup brown sugar, add
  - 3 slightly beaten eggs
  - Few grains of salt

Pour filling into pastry lined pie plate.

Bake in a hot oven (450° F.) 10 minutes, reduce heat to a slow oven (325° F.) and bake 35 minutes.
CRAB COCKTAIL
Flake crabmeat, removing all bones. Toss together with a little diced celery, and shredded heart of lettuce.

OLIVE COCKTAIL SAUCE
$\frac{3}{4}$ cup mayonnaise, blend with $\frac{1}{2}$ teaspoon onion juice
$\frac{1}{2}$ teaspoon Worcestershire sauce
$\frac{1}{4}$ cup finely chopped pimento olives

CLEAR TOMATO SOUP
Cook in Flex-Seal 3 minutes.
Sprig of parsley
3 cups canned tomatoes
2 cups water
1 sliced onion
1 stalk celery with leaves
Reheat with 1 chicken bouillon cube dissolved in 1 cup hot water or add 1 cup meat stock. Season to taste with salt and pepper.

JELLIED TOMATO MADRILENE
Add 1 tablespoon gelatin softened in $\frac{1}{4}$ cup water for each 1$\frac{1}{4}$ cups of Clear Tomato Soup. Chill until firm.

CHICKEN PIE
Singe, wash, cut up fowl
3 cups water, bring to a boil
in the Flex-Seal, add
1 stewing fowl,
2 teaspoons salt
1 sliced onion
Sprig of celery leaves
Tiny piece of bay leaf
2 whole cloves
Cook 25 minutes. Remove skin and bones from chicken
Strain chicken stock. Add
$\frac{1}{2}$ cup flour, blended with
$\frac{1}{4}$ cup cold water, stir, cook 10 minutes, add
$\frac{1}{2}$ cup cream, and cooked chicken
Place in casserole, top with Baking Powder Biscuits or Pastry.

Cooked vegetables such as potatoes, carrots, celery and peas are often added to chicken pie. Top casserole with Baking Powder Biscuits, biscuit dough rolled to fit top of casserole, or pastry rolled thick is a delicious crust for Chicken Pie. Bake in a hot oven (450°F.) 10 minutes, reduce heat to moderately hot oven (375°F.) bake 15 minutes.

Biscuits and pastry cuts may be baked on a cooky sheet in a hot oven (450°F.) 12 to 15 minutes and placed on top of the casserole for serving.

BAKING POWDER BISCUITS
2 cups sifted flour, add 5 tablespoons shortening, add
1 teaspoon salt, cut in $\frac{1}{4}$ cups milk, stir until moistened
Knead the biscuit dough with a light stretching motion, the same as yeast breads—knead only 20 seconds. Roll, cut, bake on ungreased cooky sheet (450°F.) 15 minutes. Pastry cuts are baked at the same temperature.

CHICKEN FRICASSEE
Cook cut fowl the same method as Chicken Pie, but do not remove meat from skin and bones. Dumpling Recipes (page 47).
GLAZED BAKED POTATOES ON THE HALF SHELL
Wash, scrub and cook medium to large size Idaho potatoes in Flex-Seal 15 to 18 minutes.* Cut in half lengthwise, scoop out potato, mash, season with hot milk, butter and salt. Beat until smooth, light and fluffy. Refill shells. Put remaining mashed potatoes in pastry bag with star tube and garnish top. Brush lightly with 1 slightly beaten egg white and 1 tablespoon water. Bake in a hot oven (425° F.) until browned, about 15 minutes.

BRUSSELS SPROUTS, SAUTÉ
Cook sprouts in Flex-Seal 1 1/2 minutes.* Add 3 tablespoons butter, dash of salt, pepper and 2 tablespoons lemon juice. Boil gently until liquid is absorbed.

BROCCOLI, HOLLANDAISE SAUCE
Cook broccoli in Flex-Seal Cooker 1 1/2 minutes.* Drain. Serve with Hollandaise Sauce (page 2).

BEETS IN ORANGE SAUCE
Peel, slice and dice beets in 1/2 inch cubes. Cook in Flex-Seal 5 minutes. Drain.

ORANGE SAUCE
2 tablespoons butter, melt, add
1 1/2 tablespoons cornstarch, 1 teaspoon grated orange rind
1 cup strained orange juice
Dash of salt. Reheat.

WINTER FRUIT SALAD
Serve on lettuce leaf. Top with dressing, and 1/2 inch cubes of cranberry jelly (page 18). Pour the hot cranberry jelly into a shallow pan.

PINEAPPLE BLITZ TORTE
Cake Batter
1/2 cup shortening, cream, gradually, add
1/2 cup sugar, then
4 beaten egg yolks, add
1/2 teaspoon salt
Spread batter in two 8 inch paper lined cake pans, cover with meringue, sprinkle with chopped unblanched almonds. Bake in a moderately slow oven (325° F.) 45 minutes.

MERINGUE
4 egg whites, beat stiff with
1/8 teaspoon cream of tartar
fold in

PINEAPPLE FILLING
1 small can grated pineapple, add
1/2 cup sugar, blended with
2 tablespoons cornstarch, add
1/2 cup milk
Spread cold filling between layers of cake with meringue on bottom and top. Serve in pie shape cuts, top with sauce.

PEPPERMINT SAUCE
1/2 cup sugar, mix with
1 1/2 tablespoons cornstarch
Few grains of salt, add
Before serving fold in 1 cup whipped cream, 1/2 teaspoon peppermint extract. Tint a light green with vegetable coloring, if desired.
MINTED MELON BALL COCKTAIL
CREAM OF TOMATO SOUP
BROILED SWEETBREADS, SAUCE SUPREME POTATO CROQUETTES
OR
CREAMED SWEETBREADS IN MUSHROOM SAUCE
BAKED POTATO STRIPS

CHOICE OF: SPINACH SOUFFLÉ
CARROTS A LA VICHY
GREEN BEANS, LYONNAISE
PINEAPPLE SLICES WITH CREAM COTTAGE CHEESE
AND FRENCH DRESSING
PRUNE WHIP BUTTER COOKIES
MINTED MELON BALL COCKTAIL

With a melon scoop make balls from one or more different kinds of melon as watermelon, cantaloupe, honeydew or casaba melon. Add 2 tablespoons lemon or lime juice. Chill. Sprinkle each serving with ½ teaspoon crushed after dinner mints. Garnish with a sprig of fresh mint.

CREAM OF TOMATO SOUP

Cook in Flex-Seal 3 minutes. 2 whole cloves
6 fresh quartered ripe tomatoes or one No. 2 1/2 can of tomatoes
1 sliced onion
2 stalks celery with a few light green leaves

The method of combining the tomato and cream sauce is important. Add the boiling hot tomato soup slowly, stirring constantly to the hot Cream Sauce. Serve at once.

BOILED OR COOKED SWEETBREADS

Wash and soak sweetbreads 1 hour in cold water. Cook in Flex-Seal 10 minutes. Drain. Strain and reserve liquid. Chill sweetbreads in cold water, when firm remove membrane and tubes. They may now be broiled, sautéed, creamed, crumbed and fried, used in combination for creamed and casserole dishes or with other meats for salads.

BROILED SWEETBREADS

Cut in halves lengthwise, season with salt and pepper, dot with butter, broil slowly, turn and brown on the other side.

SAUCE SUPREME

4 tablespoons butter, melt, stir in ½ teaspoon salt
¼ cup cake flour, add Dash white pepper
1 cup milk
2 cups meat stock—chicken, veal or use buillon cubes
Cook 10 minutes. Pour over
2 egg yolks, cook 3 minutes
Serve over sweetbreads with dash of paprika or nutmeg.

CREAMED SWEETBREADS IN MUSHROOM SHERRY SAUCE

1 cup sliced mushrooms, sauté in Add to Sauce Supreme
2 tablespoons butter, add omit the egg yolks. Add
1 teaspoon grated onion 4 diced cooked sweetbreads
¼ teaspoon Worcestershire sauce 3 tablespoons Sherry

POTATO CROQUETTES

3 cups hot mashed seasoned potatoes, beat in Let stand 10 minutes. Fry in hot deep fat (385° F.) until browned. Drain on unglazed paper.
2 egg yolks. When cold, shape. Roll in flour, beaten
egg, fine crumbs

Potato croquettes may be baked. Roll in buttered crumbs. Bake in a hot oven (450° F.) until browned. Use a measured amount of potatoes as 1/3 or 1/2 cup and the croquettes will be uniform in size. Almond Croquettes: Roll croquettes in flour, dip in beaten egg, roll in slivered or chopped almonds. Crispy Croquettes: Roll in flour, beaten egg, crushed corn flakes. Savory Croquettes: Add 1 teaspoon grated onion, 2 tablespoons minced parsley to mashed potatoes.

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BAKED POTATO STRIPS

Cook washed medium to large size Idaho potatoes in Flex-Seal 15 minutes.* Drain. When cold, peel, cut into strips as for “French Fries.” (Do not overlap the potato strips.) Butter large shallow baking pan, arrange potatoes in the pan. Brush with melted butter, season with salt and pepper. Bake in a hot oven (450° F.) 15 minutes, or until browned.

SPINACH SOUFFLÉ

3 tablespoons butter, melt, stir in 5 minutes. Add
4 tablespoons flour, add
3 cup milk
1/2 teaspoon salt
Dash of pepper, stir, cook
Cook spinach in Flex-Seal 1 1/2 minutes.* Drain well, put through a sieve. Pour the cream sauce over egg yolks, cook 3 minutes, fold in spinach, then egg whites. Bake in buttered casserole, set in a pan of hot water in a moderate oven (350° F.) 50 minutes or until center is firm.

Use this recipe for carrots, peas, cauliflower, asparagus and broccoli, cooking these vegetables in Flex-Seal the required time. Time Chart (page 85). 1 cup grated cheese may be added to the soufflé recipe.

CARROTS A LA VICHY

Cook small or large sliced carrots 3 minutes in Flex-Seal. Drain. Add 2 tablespoons butter, few grains salt, 1 teaspoon sugar, 1 teaspoon minced chives or onion, 2 tablespoons butter. Cook in sauce 3 minutes.

GREEN BEANS LYONNAISE

Cook green beans in Flex-Seal 2 1/2 minutes.* Drain. Add a sauce of 3 tablespoons melted butter or bacon drippings, 1 tablespoon grated onion, 1 tablespoon minced parsley, 2 tablespoons lemon juice. Cook 2 minutes.

PINEAPPLE SALAD

Place pineapple slice on lettuce leaf, top with cream cottage cheese and Thick French Dressing (page 10).

PRUNE WHIP

Cook 1 pound prunes with 2 1/2 cups of water, 1/4 teaspoon cinnamon, 2 slices of orange, 1 slice of lemon in Flex-Seal 8 minutes. When cool, drain, pit prunes and put through sieve or chop fine. Add 1/2 cup confectioners’ sugar to 2 cups chopped prunes. Just before serving fold in 1 cup heavy cream, whipped, reserving a little for topping the dessert.

FRUIT WHIP

Prune Whip is often made with egg whites in place of whipping cream. Put cooked prunes through a sieve. Measure 2 cups of prune pulp, fold in 2 stiffly beaten egg whites blended with the sugar. Also use cooked dried apricots or peaches for Fruit Whips.

BUTTER COOKIES

1 cup butter or shortening, cream, Beat in 1 teaspoon vanilla
1/2 teaspoon lemon
1/4 cup sugar
1/4 cup milk
1 whole egg, add 2 1/2 cups sifted flour with
1 tablespoon lemon juice 1 teaspoon baking powder
1/2 teaspoon salt
Chill cooky dough, roll, cut, place on cooky sheet. Decorate cookies with maraschino cherries, halves of nut meats or finely ground nuts. Bake in a moderately hot oven (375° F.) about 12 minutes.
CITRUS FRUIT JUICE COCKTAIL
CREAM OF VEGETABLE SOUP
FRESH OR CURED BEEF TONGUE TARTAR SAUCE
OR
SLICED LAMB'S TONGUE IN PIQUANTE BROWN SAUCE
POTATOES AU GRATIN

CHOICE OF: CAULIFLOWER FRITTERS
SPINACH OR ASPARAGUS SOUFFLE
BAKED STUFFED CUCUMBERS
BUTTERED FRESH LIMA BEANS AND CORN
JELLIED BEET SALAD EGGLесс MAYONNAISE
FRUIT COBBLER HONEY TOPPING

CITRUS FRUIT COCKTAIL
Simple Syrup—boil 1 cup sugar and 1 cup water 5 minutes, strain through a cheese cloth. Use this syrup for sweetening fruit juice cocktails and fruit beverages.
Mix 1 cup fresh grapefruit juice, 1 cup orange juice, 2 cups pineapple juice. Chill, add as much syrup as desired.

CREAM OF VEGETABLE SOUP
Cook a combination of vegetables in Flex-Seal Cooker. Carrots, celery and onions; green beans, spinach and onion; cauliflower, celery and onion; green beans, peas, celery, onion and tomatoes; or cabbage, peas and onions. Put cooked vegetables through a sieve or food press. Add to White Sauce No. 1 (page 73).

COOKED FRESH OR CURED BEEF TONGUE
Scrub beef tongue with a brush. Cook in Flex-Seal 30 minutes per pound with 2 cups water. When cool, remove skin, and root ends. Slice and serve with any desired hot or cold sauce.

CREAM TARTAR SAUCE
1 cup mayonnaise, blend with 
1 tablespoon chopped parsley
1 tablespoon chopped pimento 
2 tablespoons drained capers
1 tablespoon chopped pickle 
¾ cup cream, whipped

Add whipped cream just before serving.

LAMB'S TONGUE IN PIQUANTE BROWN SAUCE
Cook 3 or 4 lambs' tongues in Flex-Seal with 2 cups water, 1 sliced onion, small piece bay leaf, 1 teaspoon salt, 25 minutes. Remove skin and root ends while warm. Strain stock for sauce.

PIQUANTE BROWN SAUCE
Stir and cook until brown 
½ teaspoon thyme
3 tablespoons flour, add 
¼ teaspoon salt. Cook 10 minutes, strain. Add
3 tablespoons butter, stir in 
2 tablespoons grated horseradish
1½ cups tongue stock, add

Add a little Kitchen Bouquet for color.

POTATOES AU GRATIN
Make White Sauce (page 73) include the potato water as part liquid, add ½ cup grated American cheese. Place in buttered casserole in alternate layers with 4 cups cooked diced potatoes. Sprinkle with buttered crumbs. Bake in a moderately hot oven (375° F.) 20 minutes or until browned.

CAULIFLOWER FRITTERS
Cook cut cauliflower 1½ minutes in Flex-Seal.* When cold, add to batter, drop from spoon into deep hot fat (365° F.) fry 2 or 3 minutes until golden brown. Serve plain, with Cream Sauce (page 9), or with Hollandaise Sauce (page 7).
FRITTER BATTER

1 cup flour, sift with 1/2 cup milk, and
1/2 teaspoon salt 1/2 beaten egg, with
1 1/2 teaspoons baking powder, add 1 tablespoon melted butter

ASPARAGUS SOUFFLÉ

Cook cut asparagus 1 1/2 minutes in Flex-Seal.* Drain. Use recipe for Spinach Soufflé (page 24).

BAKED STUFFED CUCUMBERS

Peel medium size cucumbers. Cut in halves lengthwise, remove seeds and soft pulp with a spoon. Cook in Flex-Seal 1/2 minute. Drain. Fill center with stuffing. Bake in a moderately hot oven (375° F.) 20 minutes or until browned.

BREAD CRUMB STUFFING

Toss together

1 1/2 cups soft bread crumbs 1/2 cup grated cheese or
1 tablespoon minced parsley chopped nuts
3 tablespoons melted butter 1/4 teaspoon salt
1/2 teaspoon salt 3/4 cup milk

JELLIED BEET SALAD

Peel, slice and dice beets. Cook in Flex-Seal 5 minutes.*
1 package lemon gelatine, add 1 teaspoon grated onion, chill.
1 1/4 cups boiling water When it thickens, fold in
1/2 cup beet juice 2 cups cooked diced beets
1/2 teaspoon salt 1/2 cup diced celery
2 tablespoons lemon juice 2 tablespoons minced green pepper
Pour into individual oiled salad molds. Chill in refrigerator until firm. Serve in lettuce cups with dressing.

EGGLESS MAYONNAISE

Mix Beat in
2 teaspoons sugar 3 tablespoons lemon juice or
1/2 teaspoon paprika 1/2 teaspoon paprika vinegar, gradually add
1 teaspoon salt 1/2 teaspoon salt
1/2 teaspoon mustard, add 3 tablespoons lemon juice or
1/2 cup evaporated milk, undiluted 1/2 cups salad oil, beating with

FRUIT COBBLER

Bake fruit cobbler in buttered casserole, individual buttered custard cups or ramekins. Serve upside down with Honey Topping, Whipped Cream or Fruit Sauce. Use fresh, canned or stewed dried fruit. Sweeten as desired—fresh green apples, 2/3 cup sugar; red sour cherries, 1 cup sugar; peaches, 3/4 cup sugar; apricots, 1 cup sugar.
Place 2 or 3 cups fruit with sugar, 2 tablespoons cornstarch and 3 tablespoons butter in bottom of buttered dish. Drop batter by spoonful on top and spread. Bake in a hot oven (400° F.) about 45 minutes for large casserole, 20 minutes for individual dishes.

COBBLER BATTER

1 1/2 cups flour, sifted with 4 tablespoons shortening, add
3 teaspoons baking powder, 1 well beaten egg, with
1/2 teaspoon salt 1/2 cup milk or omit egg and
4 tablespoons sugar, blend in use 7/8 cup milk

HONEY TOPPING

Beat 1 egg white with 1/2 cup honey until stiff using rotary egg beater or electrical mixer.

FRUIT SAUCE

1/2 cup sugar, mixed with 1 tablespoon butter, cook,
1 1/2 tablespoons cornstarch, add stirring until thickened, add
1 cup fruit juice 1/2 teaspoon vanilla or lemon
Few grains of salt

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CHILLED TOMATO JUICE COCKTAIL  ROQUEFORT CANAPES
CREAM OF MUSHROOM SOUP  BAKED STUFFED FISH  GREEN PEA SAUCE
OR  BAKED FISH WITH OYSTER OR SHRIMP STUFFING  FRENCH FRIED POTATO BALLS

CHOOSE OF: JULIENNE CARROTS AND GREEN BEANS  FRENCH PEAS  BROCCOLI, ITALIAN STYLE  SWISS CHARD RING WITH CREAMED RADISHES  HEARTS OF LETTUCE  CHIFFONADE DRESSING  PEACH APRICOT PIE

CHILLED TOMATO JUICE COCKTAIL
Add 3 tablespoons of lemon juice, dash of salt to 3 cups chilled tomato juice. A little onion juice, drop or two of Tabasco sauce, ¼ teaspoon Worcestershire sauce may be added for nippy cocktails.

ROQUEFORT CANAPES
Spread rye bread with mayonnaise blended with minced parsley, cut with fancy small cutter. Blend one 3 oz. package of cream cheese with 3 tablespoons Roquefort cheese put through a sieve. Beat well. Add ¼ teaspoon Worcestershire sauce, few drops onion juice. Garnish canapes with cheese forced through a small pastry tube.

CREAM OF MUSHROOM SOUP, SUPREME
½ pound mushrooms, wash and chop. Add to 4 tablespoons melted butter in Flex-Seal. Sauté 5 minutes. Add 1 cup water and 1 small sliced onion. Cook 5 minutes. Put through a sieve. Add to 2 cups Cream Sauce No. 2 or 3 (page 73). Add ½ cup cream. Season with salt and pepper. Serve with dash of paprika.

BAKED STUFFED FISH
Wash and clean whitefish, trout, pike or other fish. Season inside lightly with salt, pepper and 2 tablespoons lemon juice. Stuff and sew opening. Brush with melted butter. When fish is large, skewer in shape of letter "S" or circle. Wrap in parchment paper or cheese cloth. Cook in Flex-Seal 5 minutes per pound. Place fish on serving platter or a cooky sheet. Brush with butter, brown under low broiler heat or in a hot oven (400° F.) when desired. Serve with sauce over the fish or in a separate dish. Sprinkle fish with minced parsley.

BREAD STUFFING FOR FISH
3 cups soft bread crumbs, add ½ teaspoon salt Dash of white pepper 1 tablespoon onion juice 1 tablespoon minced parsley
4 tablespoons melted butter 1 tablespoon capers or chopped pickle ¼ teaspoon powdered thyme or mace

Oyster Stuffing: Chop 1 cup oysters, sauté in 1 tablespoon butter. Add to stuffing with strained oyster liquor. Omit capers, thyme or mace.
Shrimp Stuffing: Cut 1 cup shrimp into ¼ inch pieces, add to stuffing. Omit capers, thyme or mace.

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GREEN PEA SAUCE
Cook 1 pound peas in Flex-Seal 1½ minutes. Add cooked green peas to Cream Sauce (page 9).

FRENCH FRIED POTATO BALLS
Wash Idaho potatoes, cook in Flex-Seal 15 minutes.* When cold, remove skin, cut into balls with large size melon scoop. Fry in hot deep fat (375°F.) until golden brown. Drain on unglazed paper, sprinkle with minced parsley.

JULIENNE CARROTS AND GREEN BEANS
Cut 4 or 5 carrots and 1 pound green beans into thin matchlike strips—toss together. Cook in Flex-Seal ½ minute. Drain, season with 1 teaspoon sugar, 3 tablespoons butter, salt and pepper.

FRENCH PEAS OR PEAS IN BUTTER SAUCE
2 pounds shelled peas. Cook in Flex-Seal 1½ minutes, with 4 tablespoons butter, blended with 1⅔ cups water 2 tablespoons cake flour. Stir and cook slowly 5 minutes. Season with salt and pepper.

SWISS CHARD RING WITH CREAMED RADISHES
Wash well in tepid water tender young leaves of Swiss chard. Shred leaves from center rib of older leaves. If wilted, soak in cold water. Cook in Flex-Seal 2½ minutes.* Drain, chop, season with butter, salt and pepper. Press in buttered ring mold, then unmold. Use other greens of choice as spinach, kale, beet or turnip greens.

CUT CREAMED RADISHES
Wash and peel or scrape 2 or 3 bunches of radishes. Slice, cook in Flex-Seal 2 minutes.* Drain, add to Medium White Sauce (page 73).

BROCCOLI, ITALIAN STYLE
Cook broccoli in Flex-Seal 1½ minutes.* Drain, add 1/3 cup olive oil, cook slowly 3 minutes. Place on serving platter, sprinkle with Parmesan cheese.

HEARTS OF LETTUCE SALAD
Cut hearts of lettuce into serving pieces, toss with dressing until well mixed.

CHIFFONADE DRESSING
Blend together 
1/2 cup French dressing or mayonnaise 
1 chopped or diced hard cooked egg 
1 tablespoon minced green pepper 
1 tablespoon chopped pickle 
1 teaspoon grated onion 
3 tablespoons chopped pickled beets

PEACH APRICOT PIE
Make pastry recipe for 2 crust pie (page 2). Mix together
1 1/4 cups sugar 
2 tablespoons flour 
2 tablespoons cornstarch 
Few grains of salt
1 tablespoon butter 
3 cups sliced peaches 
2 cups drained stewed apricots 
2 tablespoons lemon juice 
1/4 teaspoon almond extract
Line pie pan with pastry. Roll out top crust, perforate. Add sugar mixture to fruit, pour into pastry lined pie plate, place top crust on and flute edge. Bake in a hot oven (450°F.) 15 minutes. Reduce heat to moderate oven (350°F.), bake 35 minutes.
TOMATO PETAL APPETIZER WITH ANCHOVY WAFERS

CRAEM OF CORN AND ALMOND SOUP
HALIBUT OR SALMON STEAK, CUCUMBER SAUCE,
QUICK FRENCH FRIES

OR

PLANKED FISH, MAITRE D'HOTEL BUTTER

DUCHESS POTATOES WITH ASPARAGUS TIPS

CHOICE OF: GREEN BEANS, POULETTE SAUCE

BUTTERED BROCCOLI, ASPARAGUS OR

BRUSSELS SPROUTS

CAULIFLOWER WITH MUSLIN SAUCE

SLICED CUCUMBERS WITH SOUR CREAM

BAKED APPLE DUMPLINGS CARAMEL SAUCE

TOMATO PETAL APPETIZER

Place crisp lettuce leaf on serving plate. Arrange in petal form, 5 or 6 thin wedges of peeled tomato seasoned with salt, pepper and lemon juice. Top center with mayonnaise blended with finely chopped pimiento olives. Garnish with ½ pimiento olive.

ANCHOVY WAFERS

Cut 3 hard cooked eggs with egg slicer. Put yolks through sieve, blend with 1 tablespoon each soft butter, mayonnaise, catsup and 1 ½ teaspoons anchovy paste. Spread on small thin cuts of toast. Decorate with egg white rings and bit of parsley.

CREAM OF CORN AND ALMOND SOUP

2 cups cream canned corn or cooked fresh corn cut from cob 2 tablespoons butter creamed with 2 tablespoons flour 1 sliced onion 3 cups hot milk 1 stalk celery, diced Salt and pepper 1 cup water. Cook in Flex-Seal 2 minutes. Put through ½ cup heavy cream, whipped 1/4 cup finely chopped almonds

Top each serving with a spoonful of whipped cream, and sprinkle with a teaspoon of chopped almonds.

HALIBUT OR SALMON STEAKS

Wipe fish steak with a damp cloth—salmon, halibut, haddock, sole, whitefish, etc., Season lightly with salt and pepper, dip in flour, if desired, then brush off excess flour. Fry slowly in a skillet with butter, turning to brown on both sides. Cook 1 inch thick cuts of fish in the Flex-Seal 6 minutes.

MAITRE D'HOTEL BUTTER

1/4 cup butter, cream with 1 tablespoon lemon juice 1/2 teaspoon salt 1 tablespoon minced parsley Dash of white pepper

WHIPPED CREAM CUCUMBER SAUCE

Just before serving, blend 1 cup heavy cream, whipped Few grains of salt 2 tablespoons grated horseradish Dash of paprika

PLANKED FISH

Cook fish or fish steaks as above, place in center of plank, brush with butter. Arrange cooked carrots, cauliflower, beets or other vegetables and Dutchess potatoes. Brown in a hot oven, or under low

**DUCHESS POTATOES**

Measure 4 cups cooked hot riced potatoes, season with ¼ cup butter in ¼ cup hot milk, 1 teaspoon salt, add 3 beaten egg yolks. Beat until very light and smooth. Put into pastry bag with star tube. Form into nests, rosettes and as a border for the plank. Brown in a hot oven or under low broiler heat.

**QUICK FRENCH FRIES**

Cook Idaho potatoes in Flex-Seal with skins on. When cold, peel, cut as for French fries. Brown in hot deep fat (375°F).

**GREEN BEANS, POULETTE SAUCE**

Cook green beans 2½ minutes in Flex-Seal.* Drain. Place on platter, pour over sauce.

**POULETTE SAUCE**

| 3 tablespoons butter, blend with | 2 egg yolks, cook slowly stirring, 3 minutes. Add |
| 4 tablespoons cake flour, add | 1 tablespoon lemon juice |
| 2 cups chicken or veal stock or use chicken bouillon cubes. | Salt and white pepper |

Stir and cook 10 minutes.

**CAULIFLOWER WITH MUSLIN SAUCE**

Cook flowerets in Flex-Seal 1½ minutes.* Drain. Serve with sauce.

**SLICED CUCUMBERS IN SOUR CREAM DRESSING**

Place sliced cucumbers on lettuce on the salad plates. Top with Sour Cream Dressing of choice.

**SOUR CREAM DRESSING No. 1**

Mix ½ cup sour cream with 1 teaspoon sugar, ¼ teaspoon salt, ¼ teaspoon mustard and 1 teaspoon lemon juice or vinegar.

**COOKED SOUR CREAM DRESSING No. 2**

| 1 beaten egg yolk, cook with | ¾ cup vinegar, add 1 tablespoons butter. |
| ½ teaspoon mustard | When cold stir in |
| ½ teaspoon salt | ½ cup sour cream |
| 1 tablespoon flour | 2 teaspoons sugar |

**BAKED APPLE DUMPLINGS**

Wash, peel, core and cook baking apples in Flex-Seal 3 minutes. Roll pastry (page 2) or shortcake dough (page 60) about ¼ inch thick. When shortcake dough is used reduce sugar to 1 tablespoon. Cut into 6 inch squares. Place cold apple in center of dough, fill center with mixture of cinnamon, butter and sugar. Overlap ends, invert and perforate with fork. Bake in a shallow pan, moderately hot oven (375°F.) 30 minutes. Serve warm with sauce.

**CARAMEL SAUCE**

| 1 cup sugar, caramelize by cooking over low heat, stirring until it is a golden brown color. Add 1½ cups hot water, stir and boil to a thin syrup. Add 1 cup brown sugar, mixed with | 2 tablespoons cornstarch. Cook 10 minutes. Add 2 tablespoons butter ½ teaspoon vanilla 1 teaspoon maple flavoring or a few drops of Mapeline. |
|---|---|---|---|---|
| 2 tablespoons cornstarch. Cook 10 minutes. Add 2 tablespoons butter ½ teaspoon vanilla 1 teaspoon maple flavoring or a few drops of Mapeline. |
CRANBERRY FRUIT CUP

OLD FASHIONED NAVY BEAN SOUP

STEAMED FISH  DILL PICKLE OR EGG SAUCE

OR

SALMON OR TUNA FISH LOAF  CAPER SAUCE

SAVORY BAKED STUFFED POTATOES OR

PARISIAN POTATO BALLS

CHOICE OF: CUCUMBER SAUTE WEDGES OF LEMON

FRESH PEA TIMBALES, TOMATO SAUCE

COOKED VEGETABLE SALAD  CELERY MAYONNAISE

STEAMED PUDDING  VANILLA OR LEMON SAUCE

CRANBERRY FRUIT CUP

Peel and dice 2 Delicious or Jonathan apples, mix with 2 slices of pineapple cut in small pieces and 1 diced banana. Top fruit cup with cold Cranberry Sauce.

CRANBERRY SAUCE

Cook in Flex-Seal 1 minute 2 cups cranberries, ½ cup water, 1 cup sugar.

OLD FASHIONED NAVY BEAN SOUP

6 cups cold water in Flex-Seal, add ½ cup shredded cabbage
1 cup dried navy beans ½ cup diced carrot
½ teaspoon mustard ½ cup finely cut celery
Dash of pepper 1 tablespoon minced parsley
1 teaspoon salt 2 cups stewed tomatoes
1 minced onion. Cook 1 hour. 3 cups meat stock

Open Flex-Seal, add 2 minutes in Flex-Seal

It is preferable to soak navy beans overnight or use the Great Northern bean. Prepare a meat stock with soup bone or ham bone (page 41). Season soup before serving with butter, salt and pepper.

STEAMED FISH

Wipe with a damp cloth thick slices or whole fish as salmon, mackerel, trout, halibut, haddock, cod. Wrap in cheese cloth.

3 cups water Tiny piece of bay leaf
1 sliced onion 2 tablespoons lemon juice
1 sprig of celery leaves ½ teaspoon salt
1 sprig of parsley Dash of white pepper
2 whole cloves

Cook in Flex-Seal according to size and thickness, 6 minutes for 1 inch thick cuts. Refer to Cooking Chart (page 91). Remove fish. Strain stock.

DILL PICKLE OR EGG SAUCE

4 tablespoons butter, melt, stir in 5 minutes. Add
4 tablespoons flour, add 1 finely chopped dill pickle
1½ cups fish stock or milk or 2 chopped hard cooked eggs
½ cup cream, stir and cook Season with salt and pepper

CAPER SAUCE

Use milk in recipe for Dill Pickle Sauce, add ¼ cup drained capers.

SALMON OR TUNA FISH LOAF

Make White Sauce with Cook 5 minutes. Add
½ cup butter, melt, stir in 2 cups flaked canned or cooked fish
½ cup flour, add 2 beaten eggs
1 cup fish stock or milk 2 tablespoons lemon juice
½ cup cream 1 cup dry bread crumbs
Dash of salt and pepper

Beat ingredients together, shape into loaf, roll in crumbs, place in buttered parchment paper. Cook in Flex-Seal 15 minutes. Brush loaf with melted butter, brown in a hot oven (450° F.) if you wish.
TOMATO SAUCE

2 cups stewed tomatoes
1 cup water
1 sliced onion
Tiny piece of bay leaf
Few celery leaves
¼ teaspoon salt

Cook 3 minutes in Flex-Seal.*
Strain through a sieve, add

3 tablespoons butter, creamed with
2 tablespoons flour

Cook 5 minutes.

SAVORY BAKED STUFFED POTATOES

Recipe for baked potatoes (page 22). Cut in halves, remove pulp, mash, add butter, hot milk, salt and pepper. Beat until light, beat in 2 tablespoons minced parsley, watercress or ½ cup grated cheese. Refill shells. Bake in hot oven (450° F.) until browned.

PARISIAN POTATO BALLS


CUCUMBER SAUTÉ TOMATO CHEESE SAUCE


FRESH PEA TIMBALES

Cook 2 cups fresh peas in Flex-Seal ½ minutes. Put through sieve.

Make white sauce with
2 tablespoons butter
2 tablespoons flour
1 cup milk, add sauce to the
pureed peas, and

2 beaten eggs
2 tablespoons melted butter
1 teaspoon grated onion
½ teaspoon salt
Dash of pepper

Fill buttered small molds or custard cups ¾ full. Bake in a moderate oven (350° F.) 30 minutes or until firm. Serve with Cream Sauce. (page 9).

COOKED VEGETABLE SALAD

Marinate one or more cooked vegetables of choice such as green beans, carrots, asparagus, cauliflower, broccoli, artichoke bottoms, lima beans, in French dressing 1 hour. Drain, serve on lettuce. Top with mayonnaise, garnish with slice of hard cooked egg.

Celery Mayonnaise: Add 1/3 cup cut celery to ½ cup mayonnaise.

STEAMED PUDDING

2/3 cup flour, sift with
⅛ teaspoon salt
1 teaspoon cinnamon
½ teaspoon mace
⅛ teaspoon cloves
1⅛ teaspoon baking powder
3 egg yolks, beat, add
¼ cup sugar,
⅝ cup dry bread crumbs

½ cup milk
½ cup ground suet
⅓ cup raisins
½ cup currants
Grated rind ½ lemon and orange
¼ cup finely cut citron, blend in sifted dry ingredients, fold in
3 stiffly beaten egg whites

Pour into well greased molds filling 2/3 full. Place cover on molds, or cover with parchment cooking paper. Tie firmly. Cook in Flex-Seal with 3 cups water 30 minutes, with vent weight off. Then cook at full pressure 1 hour.*

Note: When metal tops to molds are used, they should be perforated with a few holes.
BEET JUICE COCKTAIL

Peel beets, put through the food chopper. Cook 3 cups of beets in Flex-Seal with 1 sliced onion, sprig of celery leaves, 4 cups water 5 minutes. Strain through a fine sieve. Chill, add 3 tablespoons lemon juice, and a few grains of salt.

BEET PINEAPPLE JUICE COCKTAIL

Cook beets without seasoning. Strain, chill, mix with ½ as much pineapple juice.

WATERCRESS ROLLS

Blend ½ cup finely chopped watercress, ¼ cup minced celery, 2 tablespoons mayonnaise with one 3 oz. package of cream cheese. Spread on buttered thin slices of fresh bread, trim crusts, roll. Wrap in wax paper until serving time.

3 MINUTE FRESH VEGETABLE SOUP

Bring to a boil in Flex-Seal 2 cups stewed tomatoes. Cook. 6 cups water, add ½ cup each diced carrot, celery, cut green beans, sliced chopped cabbage and peas 1 diced onion 3 tablespoons minced celery leaves 1 teaspoon salt

ROLLED STUFFED FILLETS OF FISH

Spread small fish fillet about ⅛ inch thick with stuffing, roll, skewer, or tie with cord. Brown lightly in butter. Cook in Flex-Seal 5 minutes.

MUSHROOM STUFFING

Mix together 1 cup dry bread crumbs 1 cup milk 1 tablespoon grated onion ⅔ cup chopped mushrooms sautéed in 3 tablespoons butter Salt and pepper

MORNAY SAUCE

3 tablespoons butter, melt, stir in 3 tablespoons flour, add 1 cup milk ½ cup cream. Cook 5 minutes, add ½ cup strained fish stock Salt and pepper, pour over 3 egg yolks, cook 3 minutes—but do not boil.

FINNAN HADDIE A LA CREME

Cover finnan haddies with warm water, let stand 30 minutes. Drain. Cook in Flex-Seal 8 minutes. Drain, serve with Cream Sauce (page 9) adding ½ cup cream.

BAKED POTATOES, HOTEL STYLE

Wash and scrub baking potatoes. Cook medium size potatoes in Flex-Seal 15 minutes.* Press lightly to soften, cut cross in top, press ends together. Top with butter, add a dash of paprika.
BAKED CARROT RING WITH BUTTERED PEAS
Cook whole carrots in Flex-Seal 4 minutes. Drain, put through sieve.

Cook
- 3 beaten egg yolks
- 2 1/2 cups soft bread crumbs
- 2 cups thick white sauce (page 73)
- beat well, fold in
- 3 stiffly beaten egg whites, with
- 1 teaspoon baking powder

1 1/2 cup minced onion
1 1/2 cup minced green pepper
1 tablespoon minced parsley in
1/2 cup water 5 minutes. Add to
4 cups carrot puree

Pour into buttered crumbed (use fine dry bread crumbs) ring mold. Bake in a moderate (350° F.) oven 45 minutes. Let stand 5 minutes. Loosen edge with spatula, unmold. Fill center with cooked buttered peas. Garnish carrot ring at base with parsley and peas.

BROCCOLI OR ASPARAGUS RING
Use recipe for Spinach Ring (page 52). Fill center with buttered carrot balls. Cook large carrots in Flex-Seal 5 minutes. When cold, cut into balls with melon scoop.

SAVORY HOLLANDAISE SAUCE
Add 1/4 cup drained grated horseradish to Hollandaise Sauce (page 70).

GREEN BEANS, POLONAISE
Cook green beans in Flex-Seal 2 1/2 minutes.* Drain. Brown 1/3 cup fine bread crumbs in 1/4 cup butter, sprinkle over beans.

AVOCADO AND CUCUMBER SALAD
Place sliced avocado with sliced cucumbers in lettuce cup on salad plate. If avocado pear is peeled and sliced before hand, cover with fresh grapefruit juice or pineapple juice to prevent discoloration.

HONEY FRENCH DRESSING
3 tablespoons honey
1 teaspoon mustard
1 teaspoon salt
1 teaspoon paprika

1/2 teaspoon Worcestershire sauce
1/2 cup vinegar
1/2 cup catsup
1 cup olive oil

Beat well with rotary egg beater before serving.

PINEAPPLE REFRIGERATOR CAKE
Line bottom and sides of loose bottom pan or torte pan with lady fingers or sliced jelly roll. Pour in filling, let stand overnight in the refrigerator. Unmold, garnish with whipped cream put through the pastry bag. Top with fresh grated or moist shredded coconut and maraschino cherries.

PINEAPPLE FILLING
3/4 cup sugar, mixed with
2 tablespoons cornstarch, and
Few grains of salt, add
1 1/2 cups hot pineapple juice with
1/2 cup orange juice, stir, cook until thickened, pour over
3 slightly beaten egg yolks, cook
5 minutes, add
1 tablespoon gelatine, softened in

1/4 cup water, stir, add
2 tablespoons lemon juice,
Grated rind of 1/2 lemon.
Chill when it thickens, fold in
1 cup drained grated pineapple
3 egg whites, beaten stiff with
1/4 cup sugar, and
1 cup heavy cream, whipped

Pour filling into pan 1/2 full, arrange a layer of lady fingers, fill pan.
MELON RING FILLED WITH FRUIT
MUSHROOM CLAM BISQUE
GLAZED BAKED HAM  BRANDIED PEARS
OR
BAKED HAM WITH BROWN SUGAR TOPPING
SPICED APPLE SLICES
GLAZED SWEET POTATOES

CHOICE OF: BRUSSELS SPROUTS IN CELERY SAUCE
CORN SAUTE
BROCCOLI, VINAIGRETTE SAUCE
ASPARAGUS TIPS, ARTICHOKE BOTTOMS AND
CAULIFLOWER WITH MUSLIN SAUCE
HEARTS OF LETTUCE  CREAM THOUSAND ISLAND DRESSING
VANILLA WAFER LEMON CHIFFON PIE

MELON RING FILLED WITH FRUIT
Choose small or medium size cantaloupe. Slice \( \frac{1}{2} \) inch thick, peel leaving a scalloped outer edge. Cut inside to remove soft pulp. Serve chilled filled with a choice of fruit such as diced peaches, pears, pitted Bing cherries or raspberries, and a few melon balls. Sprinkle fruit with 2 tablespoons lemon or lime juice.

MUSHROOM CLAM BISQUE

\[
\begin{align*}
\text{Saute in Flex-Seal} & : \\
\frac{1}{2} \text{ cup water. Cook 5 minutes, add} & \\
\frac{3}{4} \text{ pounds chopped mushrooms in} & \\
3 \text{ tablespoons butter, add} & \\
1\frac{1}{2} \text{ cups water, cook 5 minutes} & \\
\text{Put through coarse sieve.} & \\
\text{Cook, stirring until thickened} & \\
2 \text{ cups clam broth, with} & \\
4 \text{ tablespoons flour, blended with} & \\
\text{Serve with a spoonful of whipped cream.}
\end{align*}
\]

GLAZED BAKED HAM

Place \( \frac{1}{2} \) butt end of smoked ham in Flex-Seal with 1 cup water. Cook 60 minutes. Remove rind, score fat, cover with 1/3 cup sugar with \( \frac{1}{4} \) teaspoon ground cloves. Bake in a hot oven (400° F.) about 15 minutes or until browned. Brush with 2 tablespoons honey 5 minutes before removing from oven.

BAKED HAM WITH BROWN SUGAR TOPPING

Cook a half ham weighing from 5 to 6 pounds in Flex-Seal 60 minutes. Remove rind, score fat.

\[
\begin{align*}
\text{Mix together} & : \\
\frac{1}{2} \text{ cup brown sugar} & \\
2 \text{ tablespoons flour} & \\
\text{Spread mixture over fat, stud with whole cloves. Bake in a} & \\
\text{moderately hot oven (375° F.) 30 minutes or until browned.}
\end{align*}
\]

BRANDIED PEARS

Drain 2 cans Bartlet pears.

Strained juice of pears, add

\[
\begin{align*}
1\frac{1}{2} \text{ cups sugar} & \\
\frac{3}{4} \text{ cup white vinegar} & \\
1 \text{ broken stick cinnamon} & \\
12 \text{ whole cloves} & \\
\text{Boil 10 minutes.}
\end{align*}
\]

When syrup is cold, strain, add \( \frac{1}{2} \) cup brandy, pears and store in the refrigerator over night.

SPICED APPLE SLICES

Peel, cut Johnathan apples in quarters, remove seeds and core. Cook in syrup slowly until tender, using recipe for Spiced Pineapple Slices (page 37).
GLAZED SWEET POTATOES
Cook peeled small whole sweet potatoes or halves of medium size sweet potatoes 12 minutes in Flex-Seal.* Drain. Add a syrup of ½ cup brown sugar, ½ cup white sugar, 4 tablespoons butter and 1/3 cup water. Cook slowly, basting until glazed or bake 15 minutes in a hot oven (400° F.) basting occasionally.

BRUSSELS SPROUTS IN CELERY SAUCE
Cook Brussels sprouts in Flex-Seal 1 ½ minutes.* Drain. Place in serving dish, pour over sauce.

CELERY SAUCE
Make Cream Sauce (page 9). Add 1 cup cooked diced celery. Cook celery in Flex-Seal 2 minutes.

CORN SAUTÉ
Cook fresh corn ½ minute in Flex-Seal. Cut from cob, or drain a can of kernel corn. Cook slowly with 1 minced green pepper, 1 minced pimiento, 3 tablespoons butter, salt and pepper, until moisture is evaporated.

BROCCOLI, VINAIGRETTE SAUCE
Cook broccoli 1 ½ minutes in Flex-Seal.* Drain, place in serving dish, pour over Vinaigrette Sauce (page 4).

ASPARAGUS TIPS, ARTICHOKE BOTTOMS AND CAULIFLOWER
Cook asparagus tips in Flex-Seal 1 ½ minutes.* Cook cauliflower flowerets in Flex-Seal 1 ½ minutes.* Drain. Cook artichoke bottoms one for each service, 10 minutes in Flex-Seal.
To prepare artichoke for cooking, remove outer tough sepals. Cut stem close to bottom, cut off to about 1 ½ inches, remove choke. Rub artichoke with lemon slice to prevent discoloration. Drain cooked artichokes upside down. Remove sepals. Slice or quarter artichoke bottoms. Serve topped with hot cooked cauliflower and asparagus tips with Muslin Sauce (page 30).

HEARTS OF LETTUCE WITH CREAM THOUSAND ISLAND DRESSING
Cut wedge shape slices of lettuce. Serve with ½ cup cream, whipped added to ⅓ cup Thousand Island Dressing (page 4).

VANILLA WAFER LEMON CHIFFON PIE
Crumb Crust—Put vanilla wafers or graham crackers through a food press or roll very fine, then sift.
1 cup graham cracker or vanilla wafer crumbs, blended with ⅓ cup soft butter ¼ cup sugar Reserve 3 tablespoons of the crumbs for the top of pie. Pour crumbs in pie plate, press over bottom and around the sides. Bake in a slow oven (250° F.) 10 minutes.

LEMON CHIFFON FILLING
Softened gelatine Grated rind of 1 lemon, chill.
Place in top of double boiler stiffly beaten egg whites
5 egg yolks with ½ cup sugar
½ cup sugar ⅓ cup lemon juice, beat with
⅓ cup sugar rotary egg beater until
thick, using low heat, add
Serve topped with whipped cream, when desired.
PRUNE JUICE COCKTAIL
CREAM OF FRESH LIMA BEAN SOUP
BAKED COTTAGE HAM PINEAPPLE SAUCE
CINNAMON SWEET POTATOES OR NEW POTATOES IN CREAM
CHOICE OF: CURRIED GREEN BEANS OR CAULIFLOWER
STUFFED BEETS WITH CRISP BACON
CRUMBED CHAYOTE
CRESS, TOMATO AND GRAPEFRUIT SALAD VINAIGRETTE SAUCE
APPLE CRISP ORANGE SAUCE

PRUNE JUICE COCKTAIL
Cook 1 pound dried prunes with 6 cups water, ½ piece of stick cinnamon broken in pieces, 1 slice of orange and lemon in Flex-Seal 12 minutes. Strain juice through cheese cloth. Chill, with 1 cup pineapple juice.

CREAM OF FRESH LIMA BEAN SOUP
2 cups fresh lima beans 2 cups water
1 sliced onion ½ teaspoon salt. Cook in
1 stalk celery with few leaves Flex-Seal 2 minutes.*
Put through sieve, add to Cream Sauce No. 1, 2 or 3 (page 73).
Many vegetables for soups may be cooked a little longer from ½ to 1 minute longer, than for the vegetable dish.

BAKED COTTAGE HAM
Cottage hams may be purchased weighing from 1½ to 2½ pounds. These cuts are smoked and offered under different trade names. There are also smoked pork butts and picnics available. These small cuts of smoked meats vary in the amount of salt contained. Some should be parboiled, while others do not require it. To parboil, cover with cold water in the Flex-Seal, very slowly bring to the boiling point requiring about 25 minutes. Drain, then cook the required length of time, a 2 pound Cottage ham 25 minutes. Serve plain sliced, or add a sugar topping (page 35) and bake in a hot oven (400° F.) 15 minutes.

HOT PINEAPPLE SAUCE
Cook a few minutes over low heat stirring until clear 1 cup pineapple juice, ½ pound or 32 marshmallows. Add 2 tablespoons lemon juice, 2 tablespoons butter, dash of ground cloves.

BOILED HAM WITH VEGETABLES
Cook ham shank, picnic or smoked pork butt with 4 cups water and 1 teaspoon mixed pickling spice in Flex-Seal. Remove meat, strain stock. Cook the vegetables such as sections of cabbage, medium size whole turnips, and potatoes in the liquid 10 minutes.*

HOT SPICED PINEAPPLE RINGS
When serving cooked or baked ham without a sauce, serve hot or cold spiced pineapple rings. Boil 10 minutes, or until thick, 2 cups sugar, 1 cup of strained pineapple juice, 1 cup vinegar, 2 broken sticks of cinnamon, 12 whole cloves. Strain, add pineapple slices. Let stand overnight. Reheat in sauce.

CINNAMON SWEET POTATOES
Peel, cut, cook sweet potatoes in Flex-Seal 8 to 10 minutes.* Drain, mash, season with 2 tablespoons butter, ¼ cup brown sugar mixed with ½ teaspoon cinnamon, 1/3 cup hot milk. Beat until
smooth. Place in buttered casserole, sprinkle with sugar and cinnamon, dot with butter, bake in a hot oven (400° F.) until lightly browned.

NEW POTATOES IN CREAM
Cook scraped new potatoes in Flex-Seal 6 to 8 minutes.* Make a White Sauce (page 73). Pour over cooked potatoes in vegetable dish.

CURRIED GREEN BEANS OR CAULIFLOWER
Cook green beans 2½ minutes in Flex-Seal.* Drain. Cook cauliflower flowerets 1½ minutes.* Drain. Add the vegetable to Cream Sauce (page 9) with ¼ to ½ teaspoon of curry powder, added to the sauce. It is better to season vegetables lightly with curry powder, using more as desired to curried meats, seafood and sauces.

STUFFED BEETS
Cook medium to large beets 15 to 18 minutes in Flex-Seal. Drain, when cool, remove skin. Make a cup in the tops with vegetable corer. Cook beet tops in Flex-Seal 3½ minutes.* Drain and chop. Season with a little bacon fat, salt, pepper and lemon juice. Fill beet cups. Reheat in cooker at full pressure 1 minute. Sprinkle crushed crisp bacon over top.

CRUMBED CHAYOTE
Wash and slice squash crosswise. Cook in Flex-Seal 1½ minutes.* Drain. When cool, dip slices in flour, beaten egg and fine crumbs. Cook slowly until browned on both sides in butter, or fry in hot deep fat (375° F.). Serve with Piquante Cream Sauce or Tomato Sauce (page 6).

PIQUANTE CREAM SAUCE

<table>
<thead>
<tr>
<th>2 cups Cream Sauce (page 9)</th>
<th>1 tablespoon chopped pickle or capers</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon Worcestershire sauce</td>
<td>2 tablespoons catsup</td>
</tr>
<tr>
<td>1 teaspoon grated onion</td>
<td></td>
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</tbody>
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CRESS, TOMATO AND GRAPEFRUIT SALAD
Place crisp lettuce on salad plates, add wedges of tomato, sections of grapefruit.

VINAIGRETTE SAUCE

Mix and chill

| ½ cup olive oil | 1 teaspoon sugar |
| ¼ cup cider or tarragon vinegar | 1 tablespoon chopped pickle |
| ½ small grated onion | 2 tablespoons minced parsley |
| ¼ teaspoon salt | 2 tablespoons minced green pepper |
| | 2 tablespoons minced pimiento |

APPLE CRISP
Use 6 cups peeled sliced apples or cook 2 cups dried apples in Flex-Seal (page 92). Mix 1 cup brown sugar, ¾ cup flour, 1/3 cup butter, 1 teaspoon cinnamon. Put fruit in buttered shallow baking dish, add 2 tablespoons lemon juice. Sprinkle mixture over top. Bake in a hot oven (375° F.) 45 minutes or 30 minutes when cooked dried apples are used.

ORANGE SAUCE

| 1 cup sugar, mix with | Grated rind of ½ orange. |
| 3 tablespoons cornstarch | Cook 5 minutes, add |
| Few grains of salt, add | 2 tablespoons lemon juice |
| 1 cup water | 1 tablespoon butter |
| ¼ cup orange juice |
SEAFOOD MEDLEY COCKTAIL
CHESTNUT SOUP
CENTER SLICE OF HAM
OR
SLICE OF HAM WITH BORDER OF MEXICAN RICE
POTATO AND MUSHROOM CASSEROLE
CHOICE OF: STEWED TOMATOES WITH CELERY
SPINACH IN CREAM
RICED OR MASHED CARROTS
JELLIED FRUIT SALAD
COOKED FRUIT DRESSING
PUMPKIN PIE
WHIPPED CREAM

SEAFOOD MEDLEY COCKTAIL
Toss together 1 cup each cut fresh cooked shrimp, flaked crab-meat and lobster. Chill. Recipe for cooked shrimp (page 3).

HORSERADISH SAUCE
½ cup heavy cream, whipped, add 2 tablespoons lemon juice
2 tablespoons mayonnaise, 1 tablespoon grated horseradish blended with
Mix lightly with seafood. Serve on small lettuce leaf in cocktail glass. Top with whole shrimp.

CREAM OF CHESTNUT SOUP
Make a ¼ inch cut with a sharp paring knife at the point of chestnuts. Cook 1 pound chestnuts in Flex-Seal 3 minutes. Remove shell and skins. Cook chestnuts in Flex-Seal with 1 cup water, 1 small stalk of celery, 1 slice of onion 5 minutes.* Put through a sieve. Combine with Cream Sauce No. 3 (page 73). Add 1 cup thin cream. Reheat. Serve with croutons.

Cream of Chestnut Soup
Croutons: Trim crusts from bread. Cut in ½ inch cubes. Dry until crisp and lightly brown in a slow oven (250° F.).

CENTER SLICE OF HAM
Brown 1 inch thick slice of ham with hot fat in Flex-Seal or skillet. Cook in Flex-Seal 15 minutes.* Serve with sauce.

RAISIN SAUCE
½ cup raisins
2 cups water
½ cup sugar
1/16 teaspoon ground cloves
Add
2 tablespoons lemon juice
2 tablespoons butter, blended with
1½ tablespoons cornstarch, stir
Cook 5 minutes

SHERRY SAUCE
Make a Brown Gravy (page 1) using liquid in Flex-Seal. Flavor with ½ cup Sherry.

MEXICAN RICE
1 can condensed tomato soup
3 cups water
½ teaspoon salt
½ teaspoon paprika
1 minced green pepper
Add
1 minced onion. Bring to a boil, add
2 cups rice
Cook in Flex-Seal 5 minutes.
Add
3 tablespoons butter

POTATO AND MUSHROOM SCALLOP
4 cups sliced potatoes, cut 1/8 inch thick. Cook in
½ inch thick. Cook in Flex-Seal 1 minute.* Drain.
3 tablespoons butter, melt, stir in
3 tablespoons flour, add
Arrange mushroom sauce and potatoes in alternate layers in buttered casserole. Cover with buttered bread crumbs. Bake in a moderate oven (350° F.) 30 minutes.
STEWED FRESH TOMATOES WITH CELERY
Peel and quarter 4 to 6 large ripe tomatoes, add 1 1/2 cups cut celery, 1/2 teaspoon salt. Cook in Flex-Seal 1/2 minute.* Season with butter, salt and pepper.

SPINACH IN CREAM
Cook spinach in Flex-Seal 1 1/2 minutes.* Drain, chop, season with salt, pepper and 3 tablespoons of heavy cream, or add to 1 cup of White Sauce (page 73). Use 1/2 of the recipe.

RICED CARROTS
Cook whole carrots in Flex-Seal 4 minutes. Drain, put through potato ricer or food press. Serve with melted butter, salt and pepper.

JELLIED FRUIT SALAD
1 package lemon gelatine, add When it thickens, fold in
1 cup boiling water 1/2 cup sliced bananas
3/4 cup cold water 1/2 cup diced peaches
2 tablespoons lemon juice 1/2 cup sliced pears
Few grains of salt. Chill. 4 cut maraschino cherries
Pour into oiled individual molds, chill in refrigerator. Unmold on lettuce.

COOKED FRUIT DRESSING
Mix in sauce pan Cook until thickened. Pour over
1/2 cup sugar, stir in 4 slightly beaten egg yolks.
1 tablespoon cornstarch, add Cook 3 minutes. Fold in
1/2 cup pineapple juice 4 egg whites beaten stiff
1/2 cup orange juice with 1/8 cup sugar
1/4 cup lemon juice
Before serving, whip 1/2 cup cream stiff and fold into 1/2 of the dressing.

PUMPKIN PIE
Make a Pastry Shell (page 8). Bake in a hot oven (450° F.) 15 to 18 minutes. Immediately pour in the hot pumpkin filling. Reduce heat to a moderate oven (350° F.), bake 35 minutes.

PUMPKIN FILLING
Cook in Flex-Seal cooker 1/2 teaspoon nutmeg
1 1/4 cups canned or sieved 1/16 teaspoon cloves, stir, when hot add
fresh cooked pumpkin 2 cups dairy milk or 1 2/3 cup
1 cup brown sugar evaporated milk, add to
1/4 teaspoon salt 2 eggs, slightly beaten
tablespoon cinnamon
1 teaspoon cinnamon
3/4 teaspoon cinnamon
Pour the hot mixture, over eggs, do not let it boil, and fill baked pastry shell. Continue baking.
Note: Use the Flex-Seal Cooker often in your kitchen as an excellent sauce pan.
Cocoanut Pumpkin Pie: Sprinkle pie with 3/4 cup cut shredded cocoanut before baking.
Pumpkin Nut Pie: Add 3/4 cup broken walnut meats to filling.
Brazilian Pumpkin: Serve pumpkin pie covered with whipped cream, sprinkled with sliced toasted Brazil nuts.

HOW TO COOK FRESH PUMPKIN
Wash and cut in large pieces. Cook in Flex-Seal 15 minutes. When cool, scoop out pumpkin, put through sieve. If moist, evaporate by cooking slowly, stir occasionally.
HAWAIIAN BROILED GRAPEFRUIT

BOUILLON ROYAL

ROLLED LAMB ROAST, BROWN GRAVY  CURRANT MINT JELLY

OR

ROAST LEG OF LAMB  MINT SAUCE

FRANCONIA POTATOES

CHOICE OF: CAULIFLOWER WITH CHEESE SAUCE

BROCCOLI POLONAISE

CURRIED PEAS WITH MUSHROOMS

PEAR AND CHERRY SALAD  ORANGE CREAM DRESSING

CHOCOLATE ECLAIRS WITH ICE CREAM

HAWAIIAN BROILED GRAPEFRUIT

Cut medium size grapefruit in halves. Remove seeds and core, loosen sections from membrane and rind. Sprinkle each half with 1½ tablespoons sugar and 2 tablespoons crushed pineapple, dot with butter. Broil slowly under low broiler heat until slightly browned about 15 minutes.

BOUILLON OR BASIC RECIPE FOR MEAT STOCK

4 pounds beef including soup bone or combination of meat and bone
8 cups (2 quarts) cold water
2 teaspoons salt
½ piece bay leaf

Strain through double thickness of cheese cloth. When cold remove fat, clarify when desired.

How To Clarify Soup: Use 1 slightly beaten egg white with 2 tablespoons cold water and crushed egg shell for each quart of stock. Stir continually, bring to a boil, boil 2 minutes. Add ¼ cup cold water. Let stand 30 minutes. Strain through double thickness of cheese cloth.

Royal Custard: Beat 3 egg yolks with 1 whole egg slightly, add few grains of salt, dash of nutmeg and white pepper, ½ cup milk or consommé. Pour about ½ inch deep into a small pan. Set in a pan of hot water, bake in a moderate oven (350° F.) 15 minutes or until firm. When cold, cut in small cubes. Serve as soup garnish.

ROLLED LAMB ROAST

Select a rolled roast from the rib, loin, leg or shoulder. Wipe with a damp cloth, season with salt and pepper. Brown on all sides in hot fat. Cook 3½ pound roast in Flex-Seal 30 minutes. Place meat and browned potatoes (page 2) on platter. Remove excess fat and make Brown Gravy (page 1).

CURRANT MINT JELLY

Beat 1 glass of currant jelly slightly with a fork, add 1 tablespoon grated orange rind, 2 tablespoons very finely chopped fresh mint leaves.

MINT SAUCE

Put ½ cup chopped mint leaves in top of double boiler with 1 tablespoon sugar, few grains salt and ½ cup hot vinegar, ½ cup hot water. Let stand over hot water 30 minutes.

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CAULIFLOWER WITH CHEESE SAUCE
Cook flowerets in Flex-Seal 1 1/2 minutes.* Make White Sauce (page 73), adding 1/4 teaspoon Worcestershire sauce, 1/2 cup grated American cheese. Stir and cook slowly until cheese is melted.

BROCCOLI POLONAISE
Cook broccoli in Flex-Seal 1 1/2 minutes.* Drain, add 2 tablespoons lemon juice, 2 tablespoons chopped parsley, salt and pepper. Serve sprinkled with 2/3 cup crumbs browned in 1/3 cup butter.

CURRIED PEAS WITH MUSHROOMS
3 tablespoons butter, add 1/2 cup cream
1 tablespoon minced onion, cook 1/2 cup mushroom liquid. Stir and cook 5 minutes, add
4 tablespoons flour, add 1 cup sliced mushrooms sauteed in butter
1/2 teaspoon curry powder 2 cups cooked peas, cook in
1/2 teaspoon salt Flex-Seal 1 1/2 minutes
1/2 cup vegetable liquid

PEAR AND CHERRY SALAD
Serve half of pear on lettuce, fill with pitted white cherries stuffed with a small piece of walnut meat. Top with dressing.

ORANGE CREAM DRESSING
3/4 cup sugar, mix with 2 egg yolks. Cook slowly
2 tablespoons cornstarch, add 3 minutes. Add
1 1/2 cups strained orange juice 2 tablespoons lemon juice
Few grains salt 2 tablespoons butter
Cook 10 minutes. Pour over
Whip 1/2 cup heavy cream and fold into 1/2 of the dressing just before serving.

CHOCOLATE ECLAIRS WITH ICE CREAM

ECLAIRS or CREAM PUFFS
Bring to a boil Stir until mixture leaves
1 cup water sides of pan. Beat in one at a time
1/2 cup butter 4 eggs, beat well after each addition
3/4 teaspoon salt, add Put mixture in pastry bag with plain tube. Shape eclairs on oiled
cup flour, all at once cooky sheet about 3 inches long and 4 inches apart. Bake in a hot oven (450° F.) 15 minutes, reduce heat to a moderate oven (350° F.) and bake 15 to 20 minutes longer.

CHOCOLATE ICING
Boil 1 cup sugar and 1/4 cup water until it threads (242° F.). Pour hot syrup over 2 squares of melted chocolate, add 1/2 teaspoon vanilla. Dip tops of eclairs in icing. To serve, cut off tops, fill with ice cream, whipped cream and berries or cream filling.

CREAM FILLING
1/4 cup sugar, mix with 2 egg yolks, cook 5 minutes, add
1/4 cup cake flour 1/2 teaspoon vanilla
1/8 teaspoon salt, add 1/2 teaspoon lemon
1 1/2 cups hot milk, stir and cut off tops and fill
Cook 10 minutes. Pour over
HONEYDEW FRUIT CUP

WATERCRESS SOUP

STUFFED SHOULDER OF LAMB  CELERY STUFFING

OR

STUFFED BREAST OF LAMB  MINT STUFFING

BOSTON BAKED POTATOES

CHOICE OF: FRENCH FRIED ASPARAGUS

HARVARD BEETS

STUFFED ONIONS

GREEN BEANS, MEXICAN SAUCE

JEWEL SALAD MOLDS  CREAM DRESSING

LEMON CREAM PIE

HONEYDEW FRUIT CUP

Peel, slice, dice or cut honey dew melon into balls. Pour over 1 tablespoon honey added to 1/2 cup orange juice and 1/4 cup lime juice. Chill. Garnish with finely chopped mint, if desired. For Variation: Combine honeydew with other fruit as grapefruit, strawberries or fresh pineapple.

WATERCRESS SOUP

1 bunch watercress, chop, add 1/4 cup butter, blended with
1 cup water, cook in Flex-Seal 1/4 cup flour. Cook 10 minutes, add
1 minute. Add 1 cup cream. Tint green with vegetable coloring.
3 cups consomme, veal or Season with salt and pepper
chicken stock

STUFFED SHOULDER OF LAMB

Wipe meat with a damp cloth. Season with salt and pepper. Spread with stuffing, roll, tie firmly. Brown on all sides in hot fat. Dredge with flour before browning if you wish. Cook 3 1/2 pound roast in Flex-Seal 30 minutes. Remove meat. Make brown gravy (page 1), adding 1 teaspoon curry powder when desired.

CELERY STUFFING

2 cups soft bread crumbs, 1 grated onion
mix with 2 tablespoons melted butter
1/2 teaspoon salt 1 cup cut celery
1/8 teaspoon pepper 3 tablespoons minced celery leaves
1/2 teaspoon poultry seasoning 1/2 cup milk or water

BREAST OF LAMB

Use same method as for rolled shoulder roast.

MINT STUFFING

3 cups soft bread crumbs, 1/2 teaspoon powdered sage
mix with Few grains of pepper
1/4 cup finely chopped mint 2 tablespoons water
1/2 teaspoon salt 1 beaten egg
1/2 teaspoon thyme 2 tablespoons melted fat

BOSTON BAKED POTATOES

Peel medium size boiling potatoes. Cook in Flex-Seal 15 minutes.* Brush with melted butter, brown in a hot oven (400° F.) about 15 minutes.

FRENCH FRIED ASPARAGUS TIPS

Cook giant size asparagus in Flex-Seal 2 minutes.* When cool, dip in flour, beaten egg with 1 tablespoon water, then dry fine bread crumbs. Let stand 15 minutes. Fry in hot deep fat (385° F.) until golden brown. Serve plain or with Cheese Sauce (page 8).

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HARVARD BEETS
Wash, peel, slice and dice beets. Cook in Flex-Seal 5 minutes. Drain.
3 tablespoons butter, melt, stir in ¼ cup sugar
1 ½ tablespoons cornstarch, add ¼ teaspoon salt. Cook 5 minutes, add
¼ cup vinegar
½ cup beet juice
3 cups cooked diced beets
Cook slowly 5 minutes

STUFFED ONIONS
Cook large peeled onions in Flex-Seal 20 minutes.* When cool, remove centers.
½ cup soft bread crumbs
mix with
3 tablespoons melted butter
½ teaspoon salt
Dash white pepper
Fill centers with stuffing. Sprinkle over tops grated cheese mixed with buttered crumbs. Bake in a moderately hot oven (375° F.) 15 minutes.

GREEN BEANS, MEXICAN SAUCE
Cook green beans 2½ minutes in Flex-Seal.* Drain. Add 1 teaspoon Chili powder to tomato sauce (page 6).

JEWEL SALAD MOLDS
1 package lemon gelatine, add Dash of salt. Chill, when dissolved. Add
1 cup boiling water, stir until it thickens, fold in
¾ cup grated carrots
¾ cup strained pineapple juice
2 tablespoons lemon juice
3 ¼ cup finely cut pineapple
½ cup shredded cabbage
Pour into molds. Store in refrigerator until firm. Unmold by dipping in lukewarm water. Serve on lettuce with mayonnaise.

CREAM DRESSING
1 egg yolk, add ½ cup vinegar
½ teaspoon salt
½ teaspoon mustard
1 tablespoon flour
1 tablespoon sugar
1 tablespoon butter. Cook over low heat, stirring, 5 minutes.
1 cup heavy cream, whipped
Just before serving blend cold dressing with whipped cream.

LEMON CREAM PIE
Lemon Filling
¾ cup sugar, mix with over low heat or in double boiler. Pour over
3 tablespoons flour
3 tablespoons cornstarch
Few grains of salt, stir in
1 ¼ cups hot water. Stir until thickened, cook 10 minutes
Pour cold filling into cold baked pastry shell (page 8). Cover with meringue.

MERINGUE
3 egg whites
6 tablespoons sugar
Beat egg whites almost stiff, beat in the sugar gradually, beating meringue until stiff. Bake in a moderately slow oven (300° F.) 20 minutes or in a very hot oven (475° F.) about two minutes.
PINEAPPLE GRAPEFRUIT JUICE COCKTAIL
SMOKED SALMON CANAPES
FRENCH ONION SOUP
LAMB CHOPS WITH SAVORY RICE
OR
BARBECUED LAMB CHOPS  MASHED OR RICED POTATOES
CHOICE OF: CREAMED CORN WITH FRESH LIMA BEANS
MUSHROOM CAPS FILLED WITH BUTTERED PEAS
FRENCH FRIED PARSNIPS
SPINACH IN VELOUTE SAUCE
BANANA SPLIT SALAD  SALTED PEANUT DRESSING
FRESH RASPBERRY WHIP  FIG CAKE

PINEAPPLE GRAPEFRUIT JUICE COCKTAIL
Mix equal portions of pineapple juice and fresh grapefruit juice. Chill. Serve with a maraschino cherry.

SMOKED SALMON CANAPES
Cut toast with small fancy cooky cutter as each slice is taken from toaster—while it is hot and crisp. Drain and flake a can of smoked salmon. Blend with 1 tablespoon minced parsley, 1 teaspoon lemon juice, and 2 tablespoons of mayonnaise. Spread on canapes. Garnish with a sliver of pickle.

FRENCH ONION SOUP
Saute or cook slowly ½ teaspoon salt
4 large sliced white onions, with 1 whole clove
4 tablespoons butter in Flex-Seal Dash of white pepper
Add
6 cups chicken, veal broth or 
meat stock
Cook 2 minutes in Flex-Seal.
Place a thick cut of French bread or round of toast in each soup plate, add hot soup, sprinkle with grated Parmesan or Gruyère cheese.

LAMB CHOPS
Rib and loin chops are usually broiled or pan-fried. Shoulder chops, sirloin lamb steaks or cutlets are cooked deliciously tender in the Flex-Seal. Season chops or steak with salt and pepper, dredge with flour if you wish but not necessary, brown in hot fat in a skillet or Flex-Seal. Cook 1 inch thick chops 10 minutes. Medium size potatoes cut in halves may be cooked at the same time or serve with rice.

SAVORY RICE
Bring 4 cups meat stock or 2 chicken bouillon cubes with 4 cups water to a rapid boil, in the Flex-Seal, stir in 1½ cups washed rice, add ½ teaspoon salt. Bring steam and pressure up slowly, cook 5 minutes.

BARBECUED LAMB CHOPS
Cook lamb chops same as above recipe. Simmer 3 minutes with sauce.

BARBECUE SAUCE
½ cup catsup or chili sauce, add 2 tablespoons butter blended with
½ teaspoon mustard tablespoon flour. Stir and
2 tablespoons vinegar cook 10 minutes. Add cooked
1 teaspoon Worcestershire sauce chops

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CREAMED CORN WITH FRESH LIMA BEANS

3 tablespoons butter, stir in ¼ teaspoon salt
2 tablespoons flour, add Dash of white pepper
1 cup milk 1 cup fresh lima beans, cooked in
1½ cups canned cream corn or Flex-Seal 1 minute.
fresh cooked kernel corn

MUSHROOM CAPS FILLED WITH BUTTERED PEAS

Wash, cut stems, peel large mushroom caps. (They are easily peeled starting from outer edge and peeling toward center.) Cook in Flex-Seal 6 minutes. Sauté in butter 3 minutes. Serve filled with buttered peas; or fill with mixture of buttered bread crumbs and grated cheese, broil slowly until browned.

FRENCH FRIED PARSNIPS

Peel parsnips, cut in halves lengthwise if large. Cook in Flex-Seal 10 minutes. Roll in flour with a little salt, fry in hot deep fat (385° F.) until golden brown, or fry in a skillet with butter, turning until crisp and golden brown.

SPINACH IN VELOUTÉ SAUCE

Cook spinach in Flex-Seal 1½ minutes.* Drain, chop, add a dash of nutmeg about ⅛ teaspoon, blend with Veloute. Sauce (page 54).

BANANA SPLIT SALAD


FRESH RASPBERRY WHIP

Cook 1 pint fresh raspberries with 1 cup water in Flex-Seal 2 minutes. Strain.

1 tablespoon gelatin, add to Stir until dissolved. Add
¼ cup cold water. Let stand ½ cup sugar. Chill, when it thickens,
5 minutes. Add to beat until light. Fold in
1¾ cups hot raspberry juice, 1 cup heavy cream, whipped

Fill sherbet dishes or molds. Chill in refrigerator until firm. Serve topped with whipped cream and a few fresh raspberries.

FIG CAKE

Wash, clip stems and put 1 cup sun ripened figs through the food chopper.

2/3 cup shortening, cream, Add figs, blend in
add gradually 3 cups sifted cake flour with
1¾ cups sugar, add 1 teaspoon soda
3 beaten egg yolks 2 teaspoons baking powder, and
1 teaspoon salt 1 cup milk. Fold in
1 teaspoon vanilla 3 stiffly beaten egg whites

Bake in two 9 inch paper lined pans in a moderately hot oven (375° F.) 30 minutes. Spread between layers, top and sides with icing.

BUTTER CREAM ICING

4 tablespoons butter, beat in 3 to 4 tablespoons hot milk
2 cups confectioner’s sugar, adding ½ teaspoon vanilla

STUFFED BARTLET PEAR SALAD APPETIZER

TOMATO MADRILENE

IRISH STEW WITH DUMPLINGS OR SPANISH LAMB STEW

PARSLEY BUTTERED POTATOES

CHOICE OF: BUTTERED CARROTS AND GREEN BEANS

KALE IN LEMON BUTTER SAUCE

HOT CABBAGE SLAW

JULIENNE BEETS

JELLIED GRAPEFRUIT AND CUCUMBER MOLDS

GLAZED PEACH TORTE

STUFFED BARTLET PEAR SALAD APPETIZER

Peel fresh Bartlet pears, or use drained canned pears. Fill center with a rosette of orange cream cheese put through the pastry bag. Cream 1 package of cheese with 2 tablespoons orange juice and 1/2 tablespoon grated orange rind. Serve on lettuce with French dressing (page 2). Pass toasted crackers.

TOMATO MADRILENE

2 cups canned tomatoes or 1 quart sliced fresh tomatoes
1 chopped onion
2 whole cloves
1 sprig of celery leaves

Dash of white pepper
2 cups water. Cook 3 minutes in Flex-Seal. Strain through sieve. Add
3 cups clear meat stock

Serve hot. Chicken or veal stock is preferable. Add 2 or 3 tablespoons sherry before serving—if desired.

IRISH STEW WITH DUMPLINGS

Lamb cuts from the shoulder, breast, flank or shank are used, cut in medium size pieces.

Cook in Flex-Seal 15 minutes.*
2 pounds lamb, cut in pieces, with 4 quartered onions
3 cups boiling water 4 cut peeled potatoes. Cook
1 1/2 teaspoons salt 5 minutes.* Open Flex-Seal, stir in
Dash of pepper. Add 1/4 cup flour, blended with
1 cup cut carrots 1/3 cup water, cook until thickened. Add dumplings

Drop dumpling batter from spoon over the meat. Cook 10 minutes uncovered, place cover on but do not use vent weight. Cook over medium heat 10 minutes.

DUMPLINGS

2 cups flour, sifted with 1 cup milk with
3/4 teaspoon salt 2 tablespoons cooking oil or
4 teaspoons baking powder, add melted shortening

Add milk all at once, stir only enough to moisten.

GOLDEN DUMPLINGS

Mix 2 egg yolks with milk, add 1 tablespoon melted shortening.

SPANISH LAMB STEW

Omit vegetables and dumplings. Brown meat in hot fat. Cook with water and seasonings in Flex-Seal 10 minutes.* Add

2 cups canned tomatoes 1/4 teaspoon chili powder
2 minced onions 1 cup uncooked rice
1 minced green pepper Cook 5 minutes at full pressure
1/2 cup diced celery

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POTATOES
Potatoes are often omitted from the stew when dumplings are served. When not included in the stew and desired, Riced Potatoes or Parsley Buttered Potatoes are suggested.

BUTTERED CARROTS AND GREEN BEANS
Slice carrots ⅛ inch thick. Cut green beans in 1 inch pieces. Cook in Flex-Seal 2 ½ minutes.* Drain, season with butter, salt and pepper. When served in a vegetable dish, add seasonings and boil rapidly a minute or two to evaporate.

KALE IN LEMON BUTTER SAUCE
Cook kale 4 minutes or greens of choice in Flex-Seal.* Drain, chop add Lemon Butter Sauce (page 4).

HOT CABBAGE SLAW
Slice cabbage coarsely, cut in 1 inch pieces. Cook in Flex-Seal 2 ½ minutes.* Drain. Add ½ cup cooked salad dressing (page 66) or mix with Hot Slaw Dressing.

HOT SLAW DRESSING
2 egg yolks, mix with 2 tablespoons butter
¼ cup vinegar ½ teaspoon salt
¼ cup water, add Dash of pepper
Cook slowly, stirring until thickened.

JULIENNE BEETS
Cut peeled, sliced beets into thin matchlike strips or shreds. Cook ½ minute in Flex-Seal. Drain, serve with butter, salt and pepper. Add 1 tablespoon of honey for good flavor.

JELLIED GRAPEFRUIT AND CUCUMBER MOLDS
1 tablespoon gelatine, add to ¼ cup fresh grapefruit juice.
¼ cup cold water, let stand Stir until dissolved. Add to
5 minutes. Add to
1 cup boiling water
¼ teaspoon salt
2 tablespoons sugar
1 cup diced grapefruit pulp
¼ cup diced peeled cucumber
Pour into molds, chill in refrigerator. Unmold. Serve on lettuce with mayonnaise (page 14).

GLAZED PEACH TORTE
Cake Batter
¼ cup shortening, cream with 1½ cups sifted cake flour with
¾ cup sugar, beat in 1 ½ teaspoons baking powder
1 egg, add alternately with
1 teaspoon vanilla
½ teaspoon salt, blend in ½ cup milk
Pour batter in a 9 inch deep buttered baking pan or torte pan. Bake in a moderate oven (350° F.) 30 minutes.

Apricot Glaze: Cook 1 cup dried apricots with 3 cups water in Flex-Seal 1½ minutes. Strain juice and make glaze (page 52) using apricot juice in place of pineapple juice.

Arrange fresh or well drained sliced canned peaches over top of cake. Cover with apricot glaze. Pipe whipped cream put through the pastry bag around the edge.
GRAPE GINGER ALE COCKTAIL

Mix 2 cups chilled concord grape juice with 2 tablespoons lemon juice. Just before serving add 1 pint chilled ginger ale.

HOT SPICED GRAPE JUICE COCKTAIL

Simmer 5 minutes in small pieces

3 cups concord grape juice
1 1/2 cups water
1 piece of stick cinnamon, broken

Grape juice can be easily canned and stored for winter beverages (page 76). Pour the boiling hot grape juice into hot sterilized jars to overflowing and seal.

PUMPERNICKEL CANAPES

Spread thin slices of Pumpernickel bread with creamed butter, then spread with an equal mixture of liver sausage and mayonnaise, or equal portions of paté de foie gras and cream cheese. Cut with small fancy cutter. Garnish with chopped pimiento olives or minced parsley.

MOCK TURTLE SOUP

2 cups chicken or veal broth (page 1)
1 can tomato soup
3 cups brown meat stock

Serve with Royal Custard (page 41) cut in cubes or 1 hard cooked egg put through a ricer or sieve. Before serving, flavor with Sherry or Madeira wine.

ROAST LOIN OF PORK

A cut from the loin or rib with bone on a rolled roast may be used. Wipe meat with a damp cloth, season with salt and pepper. Brown in hot fat. Cook 3 1/2 pound roast in Flex-Seal with 1 sliced onion 30 minutes. Serve with Brown Gravy (page 1).

FRANCONIA SWEET POTATOES

Peel medium size sweet potatoes, place around meat in Flex-Seal 12 minutes before meat is done. Follow method for Franconia potatoes (page 2).

HOT SPICED FRUIT

Use fresh or canned fruit as small peaches, whole apricots, halves of pears or sliced pineapple.

Boil 5 minutes

12 whole cloves. Add Fresh fruit, cook 10 minutes or until fruit is tender

Remove fruit, strain, let fruit stand in syrup 24 hours. Reheat in syrup.
GLAZED APPLE RINGS
Wash, core and cut baking apples in 1 inch thick slices. Do not peel apples. Cook in Flex-Seal 1 minute.* Remove apple slices to a shallow baking pan. Add 1/2 cup sugar and 1 tablespoon of red cinnamon candies, to liquid in the cooker, boil to a thick syrup. Pour over apple slices, dot with butter, sprinkle with sugar. Bake in a hot oven (400° F.) until glazed, basting a few times with the syrup or glaze under low broiler heat.

ASPARAGUS, VINAIGRETTE SAUCE
Cook asparagus tips 1 1/2 minutes in Flex-Seal.* Drain. Serve with Vinaigrette Sauce (page 4).

BROCCOLI WITH FRENCH DRESSING
Cook broccoli 1 1/2 minutes in Flex-Seal.* Drain, add 1/2 cup hot French Dressing (page 2).

GREEN BEANS WITH KERNEL CORN
Cook green beans cut in 1 inch length 2 1/2 minutes in Flex-Seal.* Drain, add kernel corn, butter, salt and pepper. Cook slowly 2 minutes.

CAULIFLOWER WITH PIMIENTO SAUCE
Cook cauliflower cut in small flowerets 1 1/2 minutes in Flex-Seal.* Drain. Make Cream Vegetable Sauce (page 9), include vegetable liquid, add 2 minced pimientos to the sauce and pour over cooked cauliflower in the serving dish.

TOMATO ASPIC MOLDS WITH CUCUMBER DRESSING
1 tablespoon gelatine, soften in 1/4 cup water
Cook in Flex-Seal 3 minutes. 1 1/4 cups strained tomatoes, and
1 No. 21/2 can stewed tomatoes 2 tablespoons lemon juice
1 cup water Stir until dissolved. Chill when it thickens, add
1 sliced onion 1/2 cup cut celery. Pour into molds, chill until firm
1 stalk of celery
1/2 teaspoon salt
Unmold on lettuce. Add 1/2 cup peeled diced drained cucumber to 3/4 cup mayonnaise.

STRAWBERRY CHARLOTTE
1/2 cup sugar, mix with 1/4 cup cold water. Chill, when it thickens, fold in
2 tablespoons cornstarch, add 2 stiffly beaten egg whites
1 1/4 cups milk, stir until thickened. 1 cup cream, whipped
Cook 10 minutes. Add 1/2 teaspoon vanilla
Few grains of salt, and 2 cups sliced strawberries
1 tablespoon gelatine softened in
Arrange 3 lady fingers in each sherbet glass, fill with Strawberry Charlotte. Chill in refrigerator. Serve topped with whipped cream and whole strawberry.

STRAWBERRY ICE BOX CAKE
Serve as an Ice Box Cake. Use lady fingers for bottom and sides of torte pan. Pour in half of the filling, place a layer of lady fingers on the filling, fill mold with strawberry gelatine cream. Store in the refrigerator over night. Unmold, garnish with whipped cream and whole berries.
OYSTER COCKTAIL

Serve chilled oysters on a lettuce leaf in cocktail glass with a tablespoon of mixed minced green pepper and celery. Top with cocktail sauce (page 3).

PARMESAN SOUP

Add 2 tablespoons of cream to 2 egg yolks. Pour 6 cups of hot consomme (page 1) or bouillon (page 41), over the egg yolks. Add 4 tablespoons of grated Parmesan cheese. Reheat—but do not boil.

STUFFED SHOULDER OF PORK

Wipe meat with a damp cloth. Season with salt and pepper, spread evenly with stuffing, roll and tie firmly. Dredge with flour, brown on all sides in hot fat. Cook 3½ pound roast in Flex-Seal 30 minutes. Make Brown Gravy (page 1).

SAVORY BREAD STUFFING

3 cups soft bread crumbs, add
1/2 teaspoon salt
1/2 teaspoon poultry seasoning
1/4 teaspoon each marjoram and thyme
Dash of pepper
1 grated onion
3 tablespoons melted butter
1 beaten egg

APPLE PRUNE STUFFING

1 cup soft bread crumbs, add
1 cup peeled diced sour apples
1 cup pitted, cut, soft prunes
2 tablespoons melted butter
2 tablespoons sugar
1/8 teaspoon salt
1 tablespoon melted butter

Prunes should be cooked until just soft enough to remove pits. Cook 5 instead of 8 minutes in Flex-Seal.

GLAZED ORANGE SLICES

Wash and cut California oranges in 1/4 inch thick slices, remove seeds. Cook in Flex-Seal with 1/2 cup water 3 minutes. Remove orange slices. Add 1 cup sugar to Flex-Seal, boil to a thick syrup, add orange slices, simmer a few minutes until glazed.

SWEET POTATOES, DE LUXE

4 cups mashed sweet potatoes, add
1/4 cup butter
1/2 cup hot milk, beat until light, add
3/4 cup chopped pecans

Bake in a buttered casserole, moderately hot oven (375° F.) 20 minutes.
SPINACH RING WITH CAULIFLOWER

1 peck spinach, cook in Flex-Seal 1½ minutes.* Drain, chop, add
3 eggs slightly beaten
¼ cup butter, melted
1½ cups soft bread crumbs

Unmold and fill center with cauliflower. Cook flowerets 1½ minutes.* Drain. Serve with melted butter and a dash of paprika.

CELERIAC IN CREAM

Peel, slice and dice celery root. Cook in Flex-Seal 3 minutes.* Drain, season with salt and pepper. Serve in Vegetable Cream Sauce (page 9) or in Hollandaise Sauce (page 2) to which 3 tablespoons catsup or Italian Tomato Paste is added.

CAULIFLOWER SUPERB

Cook flowerets in Flex-Seal 1½ minutes.* Drain, put in buttered casserole.
2 tablespoons butter, melt, stir in 3 tablespoons flour, add 1 can ready-to-serve Cream of Mushroom Soup, stir and cook until thickened, add ¼ cup grated American Cheese.

Pour over cauliflower, sprinkle with buttered bread crumbs. Bake in a moderately hot oven (375° F.) 15 minutes or until browned.

GREEN BEANS IN SOUR CREAM SAUCE

1½ pounds green beans, cut, Cook in Flex-Seal 2½ minutes.* Drain. Cook ½ cup chopped canned mushrooms in 2 tablespoons butter, add ½ cup sour cream Salt and pepper Add green beans, reheat

GRAPEFRUIT SALAD

Arrange sections of grapefruit free from membrane on lettuce or watercress. Top with Eggless Mayonnaise (page 26), adding ¼ cup drained chopped capers.

GLAZED PEACH TARTS

Bake pastry shells in individual pie plates or patty pans (page 2). When cold fill with fresh or canned sliced peaches, pour over slightly warm pineapple glaze. Serve garnished with whipped cream, put through the pastry bag.

PINEAPPLE GLAZE

¼ cup sugar, mix with 3 tablespoons cornstarch Few grains of salt, add 1½ cups pineapple juice, stir

Cook 10 minutes, add 2 tablespoons lemon juice 1 tablespoon butter

Other fresh fruit may be used—as cooked apple slices, sliced bananas, fresh raspberries and strawberries. Glaze the apple and banana tarts with apricot glaze, substitute apricot juice for pineapple juice. For berry tarts prepare a raspberry or strawberry glaze (page 18).
TOMATO AND CHICKEN LIVER APPETIZER

6 small tomatoes  1 tablespoon minced pimiento olives
1/2 cup cooked chicken livers, chopped fine  1 teaspoon grated onion Mayonnaise to moisten
1 hard cooked egg, chopped

Wash and peel small fresh tomatoes. Make a cup at blossom end and remove soft pulp. Cook sautéed chicken livers or veal liver cut in small pieces, 1 minute in Flex-Seal. Mix ingredients, season with salt and pepper. Fill tomato cups and chill. Serve on lettuce or cress.

CLARET CONSOMMÉ

Simmer 1 quart consommé (page 1) or bouillon (page 41) 5 minutes with 1 inch stick cinnamon. Remove cinnamon, add 1 cup claret wine. Sprinkle over consommé a little very finely minced parsley.

CORN STUFFED PORK CHOPS

Rib chops should be cut thick—about 1 1/2 inches, with a slit in the side for stuffing. Wipe meat with a damp cloth, stuff, close opening with skewers. Season with salt and pepper, dredge with flour, dip in egg slightly beaten with 1 tablespoon water, then in fine dry bread crumbs. Brown slowly in hot fat. Cook in Flex-Seal 13 minutes. Serve with a Cream Gravy, if desired.

CORN STUFFING

1 minced onion, cook in  Dash of pepper
2 tablespoons butter 3 minutes 1 cup soft bread crumbs
Remove from heat, add 1 cup drained Kernel corn
1/4 teaspoon salt 1/4 cup milk

For special occasions the chops may be boned.

TENDERLOIN PATTIES

Wipe meat, season with salt and pepper, dredge in flour. Brown in hot fat. Cook in Flex-Seal 8 minutes.

SMALL POTATOES IN VELOUTE SAUCE

Cook small peeled potatoes 8 minutes in Flex-Seal.* Drain. Dry over heat about 1 minute, add to sauce.
VELOUTÉ SAUCE

4 tablespoons butter, stir in 2 cups chicken or veal stock
4 tablespoons cake flour, add Salt and pepper

Stir until thickened, cook 10 minutes. Cake flour is called for in many recipes instead of all purpose or bread flour. Use either cake or pastry flour, whichever you have on hand.

HONEYED SWEET POTATOES

Cook small or halves of peeled sweet potatoes in Flex-Seal 10 minutes.* Drain. Add a syrup of ½ cup sugar, ¼ cup water, ¼ cup honey, and ¼ cup butter. Cook slowly, basting occasionally.

JULIENNE GREEN BEANS IN BROWN BUTTER SAUCE

Cook green beans, cut in narrow lengthwise strips, ½ minute. Drain. Brown 3 tablespoons butter lightly, add ¼ teaspoon mace, salt and pepper. Add to hot beans.

CURRIED CORN WITH LIMA BEANS

Cook 1½ cups fresh lima beans 1 minute in Flex-Seal. Drain, add 1½ cups drained kernel corn, ½ teaspoon curry powder, 1 tablespoon butter, 3 tablespoons cream, salt and pepper. Cook 3 minutes.

PICALILLI BEETS

Cook 4 cups peeled diced beets 5 minutes in Flex-Seal. Drain, add 3 tablespoons butter and 2 tablespoons picalilli.

ASPARAGUS WITH PECAN BUTTER SAUCE

Cook asparagus tips in Flex-Seal 1½ minutes.* Drain. Add 1/3 cup melted butter, ¼ cup chopped pecans, 1 teaspoon lemon juice, salt and pepper.

CABBAGE AND GRAPE SALAD

Shred ½ head of crisp cabbage, add 1½ cups grapes cut in halves with seeds removed. Just before serving blend with Salad Dressing (page 66).

APRICOT PINEAPPLE ICE BOX CAKE

2 cups apricot pulp, add ¼ cup water, stir, add
1 cup drained crushed pineapple 2 tablespoons lemon juice
3 egg yolks ½ teaspoon grated lemon rind
1 cup sugar, stir and cook until Chilled, fold in
thickened. Add 3 stiffly beaten egg whites
1 tablespoon gelatine softened in 1 cup heavy cream, whipped

Cook 1 1/3 cups dried apricots with 3 cups water in Flex-Seal 1½ minutes. Put through a sieve. Line bottom and sides of spring form pan with lady fingers. Pour in ½ of the filling, add a layer of lady fingers, fill pan. Store in refrigerator over night. Remove from mold. Garnish with whipped cream.
TOASTED SARDINE CANAPE
CREAM OF CUCUMBER SOUP
BROWNED PORK CHOPS  MASHED POTATOES AU GRATIN
OR
PORK CHOPS WITH CREAM GRAVY  POTATOES O’BRIEN
CHOICE OF: LEEK TIPS IN CREAM SAUCE
CORN CUSTARD MOLDS
CABBAGE AND TOMATO CASSEROLE
MIXED GREEN SALAD BOWL  OLIVE FRENCH DRESSING
BAKED STUFFED APPLES

TOASTED SARDINE CANAPE
Toast slices of white bread, cut into fancy shapes or trim crusts and cut in strips. Mince a can of drained sardines. Blend with a little mayonnaise and catsup. Spread on toast, sprinkle with grated cheese, place under low broiler heat, until lightly browned.

CREAM OF CUCUMBER SOUP
Peel 3 or 4 large cucumbers, slice lengthwise, remove seeds, cut in quarters.

| 4 cut cucumbers, cook in  | 3 cups chicken or veal stock |
| 4 tablespoons butter, with | 4 tablespoons flour blended with |
| 1 sliced onion, 3 minutes. Add | ½ cup milk. Cook 10 minutes, add |
| ¼ cup water. Cook in Flex-Seal | ½ cup cream. Pour over |
| ½ minute. Put through sieve. Add | 2 egg yolks, cook 3 minutes. |
| | Season with salt and pepper |

BROWNED PORK CHOPS
Wipe chops with damp cloth to remove bits of bone. Season with salt and pepper, dredge with flour if you wish, brown in hot fat. Cook 10 minutes in Flex-Seal. Make a cream gravy to serve with chops. Standard recipe for brown gravy (page 1) using milk or part milk for liquid. For variety in flavor add a slice of onion while cooking gravy then strain, or season with about ¼ teaspoon of curry powder.

MASHED POTATOES AU GRATIN
Cook peeled potatoes in Flex-Seal 10 minutes. Drain, mash, add hot milk, butter, salt and pepper. Beat until fluffy. Place in buttered casserole, sprinkle top with mixture of ¼ cup melted butter, ¼ cup dry bread crumbs, ½ cup grated cheese. Bake in a moderately hot oven (375° F.) 15 minutes or until browned.

O’BRIEN POTATOES
Peel potatoes, slice and cut in dice in ¼ inch size. Cook in Flex-Seal 2 minutes.* Drain. Melt 3 tablespoons butter in skillet, add 1 minced onion, potatoes, cook slowly until tender. Season with salt and pepper. Place potatoes in vegetable dish. Add 2 minced pimientos to the fat in the skillet. Pour over the potatoes and sprinkle with minced parsley.

Cold cooked potatoes may be used in this recipe. Cook diced potatoes slowly in the fat until golden brown.

—55—
LEEK TIPS IN CREAM SAUCE
Wash, cut off root end and tops 2 inches from white part. Cook in Flex-Seal 7 minutes.* Drain. Serve in Cream Vegetable Sauce (page 9) or seasoned with butter, salt and pepper. Substitute when desired, peeled quartered onions for leeks for the vegetable dish.

CORN CUSTARD MOLDS
2 eggs, slightly beaten, add 1 1/2 cups hot milk
1 1/2 cups yellow corn, cream style
1/2 teaspoon salt
Dash of white pepper
Dash of mace
1 tablespoon butter, melted

Turn into buttered individual molds, cook in Flex-Seal with 1/2 cup water 0 minutes. Let stand 3 minutes, loosen top with spatula, unmold.

CABBAGE AND TOMATO CASSEROLE
1/2 head cabbage, coarsely cut, 1/4 cup butter, melt, cook with 1/2 minced green pepper, and 1/2 minced onion, 3 minutes, add
Cook in Flex-Seal 2 minutes.* Drain.
1/4 cup butter, melt, cook with 1/2 cup tomato juice 1 teaspoon paprika
1/2 teaspoon salt, stir, cook 5 minutes until thickened

Place cabbage and sauce in alternate layers in buttered casserole. Sprinkle with a mixture of 3/4 cup bread crumbs and grated cheese, dot with butter. Bake in a moderately hot oven (375° F.) 15 minutes or until browned.

MIXED GREEN SALAD BOWL
Toss together broken pieces of lettuce, romaine, endive, sliced radishes and green pepper rings. Mix with dressing just before serving.

OLIVE FRENCH DRESSING
3 tablespoons lemon juice 1/4 teaspoon salt
1/4 teaspoon salt
1 teaspoon grated onion 1/4 teaspoon paprika
Dash of pepper 2 teaspoons sugar
1/2 cup salad oil 1/4 cup chopped pimiento olives

BAKED STUFFED APPLES
Wash and core baking apples, leaving a small portion of the apple on the bottom of the core, or replace with a slice of apple. Peel 1/4 of the apple beginning at the stem end. Stuff centers with a mixture of 3/4 cup brown sugar, 1/2 teaspoon cinnamon, 2 tablespoons butter, 1/4 cup cut dates or raisins, 1/4 cup chopped nuts. Cook in Flex-Seal 4 minutes. Remove apples. Boil syrup until thick and pour over apples. Serve with cream or Honey Topping (page 26).
PINEAPPLE GRAPEFRUIT CUP
ONION SOUP AU GRATIN
BROWNED PORK SHOULDER STEAKS  BARBECUE SAUCE
OR
PORK CHOPS WITH CRANBERRY SAUCE
PARSLEY BUTTERED RICED OR
BAKED STUFFED POTATOES ON THE HALF SHELL

CHOICE OF: MACEDOINE OF VEGETABLES
BELGIAN SPINACH
CANDIED HUBBARD SQUASH
CREAMED PEAS
HEARTS OF LETTUCE  RUSSIAN DRESSING
LEMON PUDDING  COOKIES

PINEAPPLE GRAPEFRUIT CUP
Mix 2 cups diced canned or fresh pineapple with sections of grapefruit cut in pieces, add 2 tablespoons of lemon or lime juice. Chill.

ONION SOUP AU GRATIN
Melt in Flex-Seal 3 tablespoons flour, blended with */4 cup butter, add 1/2 cup cold milk, add 4 onions, cut in quarters and thinly sliced, cook to amber color, add 1/2 cup water, cook 1 minute. Stir in

Serve with a round of toast in each dish, sprinkled with grated cheese and browned under the broiler.

BROWNED PORK CHOPS
Recipe for pork chops on (page 55). When Parsley Buttered, Mashed, Riced, Hash Browned or Baked Stuffed Potatoes are prepared for the meal, serve any one of the following sauces or fruits with the chops.

BARBECUE SAUCE
Cook 2 minutes in Flex-Seal 1/4 cup vinegar 1/4 cup chili sauce 1 1/2 cups canned tomatoes 1 tablespoon Worcestershire sauce 1 sliced onion 1 teaspoon prepared mustard 1 tiny piece bay leaf 1/2 teaspoon salt 1 sprig of celery leaves. Put through sieve. Add 2 tablespoons butter

Simmer sauce until thick stirring occasionally. Serve over chops.

CRANBERRY SAUCE
Cook in Flex-Seal 1 minute 1/2 cup water 2 cups cranberries 1 cup sugar Serve hot or cold over chops

SAUTÉED APPLE RINGS
Wash, core, and slice apples about 3/4 inch thick. Do not peel the apples. Cook 1 minute in Flex-Seal.* Melt in a skillet 1/4 cup butter, when hot add apple slices, sprinkle generously with brown sugar, add a dash of cinnamon. Cook slowly, basting with syrup, turn brown on both sides

SAUTÉED PINEAPPLE SLICES
Same method as Sauteed Apple Slices. Use well drained canned pineapple.
SPICED FRUIT COMPOTE

Cook in Flex-Seal 5 minutes
1 pound mixed dried fruit
3 cups water. When pressure returns to normal add
⅔ cup vinegar

Soak dried fruit mixture which usually consists of peaches, pears, apricots and prunes overnight in 3 cups water. Dried peaches and pears should be soaked overnight. Flavor will be improved if the fruit is allowed to stand overnight in the spiced syrup. Reheat in syrup to serve hot with meat.

V2 cup sugar
⅔ stick cinnamon, broken in pieces
6 whole cloves, boil 5 minutes.

Remove spice, serve hot or cold

MACEDOINE OF VEGETABLES

Cook a combination of 2 or 3 vegetables on hand, cut in the necessary size so that they will cook in the same length of time—onions, cabbage, peas, carrots, lima beans, celery, green beans and cauliflower. Drain. Serve with butter, salt and pepper, or add to Cream Sauce (page 9).

BELGIAN SPINACH

Cook spinach in Flex-Seal 1 ½ minutes.* Drain and chop. Add to 3 cups cooked spinach ¼ cup sour cream with 1 tablespoon horseradish, ½ teaspoon salt and few grains pepper.

CANDIED HUBBARD SQUASH

Cook washed serving pieces of Hubbard squash in Flex-Seal 15 minutes.* Sprinkle generously with brown sugar, dot with butter, bake in a moderately hot oven (425° F.) 15 minutes.

CREAMED PEAS

Cook peas in Flex-Seal 1½ minutes. Add Cream Sauce (page 9), including vegetable liquid.

LETTUCE SALAD WITH RUSSIAN DRESSING

Break outer crisp green leaves of lettuce in convenient serving pieces, or cut hearts of lettuce in sections.

RUSSIAN DRESSING

3/4 cup mayonnaise, add
½ cup chili sauce or catsup
1 tablespoon lemon juice
½ teaspoon Worcestershire sauce

LEMON PUDDING

4 eggs, beat light, beat in
1 cup sugar, add
4 tablespoons melted butter
3 tablespoons lemon juice. Cook slowly until thickened,

add to mixture of
4 tablespoons flour
2 cups dry bread crumbs
Grated rind of 1 lemon
Few grains of salt
1 cup milk

Pour into buttered individual casseroles, cover and tie with wet parchment paper. Cook in Flex-Seal 20 minutes. Steam with 1 cup water. Serve with Lemon Sauce (page 70).
PLATE OF HORS D’OEUVRES

CONSOMME PRINCESS
ROAST VEAL  SOUR CREAM GRAVY
OR
LEG OF VEAL  MUSHROOM SHERRY SAUCE
FRANCONIA POTATOES

CHOICE OF: BRUSSELS SPROUTS AU GRATIN
GREEN PEA PUREE
Eggplant Sauté with Tomato Sauce
CRISPY CARROTS
PINEAPPLE CHERRY SALAD  MARMALADE DRESSING
GLAZED STRAWBERRY SHORTCAKE

PLATE OF HORS D’OEUVRES

Select 4 to 6 appetizers of choice (page 74).

CONSOMMÉ PRINCESS

Add ¾ cup cooked fresh peas, and ¾ cup diced breast of chicken cut in ¼ inch cubes to hot consommé (page 1); or serve Con- sommé Royal, by placing fancy cuts or small dice of Custard Royal (page 41) in each cup.

ROAST VEAL

Wipe with a damp cloth a 3½ pound rolled loin, rib or leg of veal. Brush with melted fat, season with salt and pepper, dredge with flour. Brown on all sides in hot fat. Cook in Flex-Seal 30 minutes. Serve with Franconia Potatoes (page 2).

SOUR CREAM GRAVY


MUSHROOM SHERRY SAUCE

Add 1 cup sliced sautéed mushrooms to Brown Gravy (page 1). Sauté or cook mushrooms slowly in 3 tablespoons butter 5 minutes. Use ½ cup cream as part liquid. Before serving flavor with 1/3 cup sherry wine.

BRUSSELS SPROUTS AU GRATIN

Cook Brussels sprouts in Flex-Seal 1½ minutes.* Drain, place in buttered casserole on alternate layers with 2 cups Medium Cream Sauce (page 73). Cover with mixture of ¾ cup dry bread crumbs, ½ cup grated cheese, 1/3 cup melted butter. Bake in moderate oven (375° F.) 20 minutes.
GREEN PEAS PUREÉ

Cook 2 pounds green peas in Flex-Seal 1\(\frac{1}{2}\) minutes. Drain, put through a sieve. Reheat in cooker adding 2 tablespoons thick cream, 2 tablespoons butter, salt and pepper.

FRENCH FRIED EGGPLANT

Cut eggplant in \(\frac{1}{4}\) inch slices, peel. Cook in Flex-Seal 0 minutes.* Drain well. Season slices with salt and pepper, dip in flour, beaten egg and fine bread crumbs. Fry in hot deep fat (385° F.) until browned or sauté in butter in a skillet turning to brown on both sides. Serve with Tomato Sauce (page 6).

CRISPY CARROTS

Cook small whole carrots in Flex-Seal 3 minutes. Drain. Roll in flour, beaten egg and crushed corn flakes. Fry in hot deep fat (385° F.) until browned. Drain on unglazed paper.

PINEAPPLE AND PEAR SALAD

On crisp lettuce place a slice of pineapple or half of Bartlet pear filled with pitted white cherries. Serve with cream mayonnaise (page 16). Top each serving with a teaspoon of orange marmalade, or blend 1 cup cream mayonnaise with \(\frac{1}{4}\) cup orange marmalade for the salad dressing.

GLAZED STRAWBERRY SHORTCAKE

**Shortcake Dough**

\[
\begin{align*}
2 \text{ cups sifted flour, sift again with} & \quad \frac{1}{2} \text{ cup shortening, add} \\
2 \text{ tablespoons sugar} & \quad 1 \text{ well beaten egg with} \\
1 \text{ teaspoon salt} & \quad \frac{1}{2} \text{ cup milk. If egg is} \\
4 \text{ teaspoons baking powder. Cut in} & \quad \text{not large, add 1 tablespoon} \\
& \quad \text{water to egg}
\end{align*}
\]

Blend liquid with dry ingredients, knead 20 seconds. Roll about \(\frac{3}{4}\) inch thick, cut with large biscuit cutter. Bake on cooky sheet in a hot oven (450° F.) 15 minutes. Split cool shortcakes and fill with glazed strawberries. Top with berries and whipped cream.

STRAWBERRY GLAZE

Cook in Flex-Seal 2 minutes.

\[
\begin{align*}
2 \text{ cups strawberries, and} & \quad \text{Few grains of salt, a little} \\
\frac{1}{2} \text{ cup water. Strain juice} & \quad \text{red vegetable coloring} \\
\text{Cook in sauce pan} & \quad \text{Stir and cook 10 minutes. Add} \\
1 \text{ cup sugar, mix with} & \quad \frac{1}{2} \text{ teaspoon vanilla, cool. Mix} \\
2 \text{ tablespoons cornstarch, add} & \quad \text{with sliced strawberries}
\end{align*}
\]
PINEAPPLE NECTAR

CREAM OF CAULIFLOWER SOUP

STUFFED SHOULDER OF VEAL, BROWN GRAVY

MASHED POTATOES

OR

VEAL POT ROAST WITH VEGETABLES

CHOICE OF: CORN FRITTERS WITH CURRANT JELLY SAUCE

BRAISED CELERY CABBAGE

AVOCADO, TOMATO AND GRAPEFRUIT SALAD

PRUNE PIE

PINEAPPLE NECTAR

Mix and chill 3 tablespoons lemon juice

1 1/2 cups apricot nectar 1/2 cup strained orange juice

1 1/2 cups pineapple juice 1 cup water

Serve with maraschino cherry and half slice of orange.

Canned apricot nectar can be purchased, or it is very easy to prepare apricot juice. Wash 2 cups dried apricots, cook in Flex-Seal with 6 cups water 2 minutes. When cool, strain through a fine sieve.

CREAM OF CAULIFLOWER SOUP

Cook in Flex-Seal 1 1/2 minutes*

1 cauliflower, cut in flowerets 1/4 cup flour, stir until thickened. Add

1 cup water

1/2 teaspoon salt

1 slice onion or 2 cups milk

1 stalk celery with few leaves

Tiny piece of bay leaf

Put through sieve, add 1/2 cup cream

Serve with finely minced parsley, or a little grated cheese.

STUFFED SHOULDER OF VEAL

Select a 3 to 4 pound shoulder of veal, or breast of veal for Stuffing. Cook the bones in Flex-Seal with the meat which will give added flavor to the gravy. Season meat with salt and pepper. Spread with stuffing, roll, tie firmly. Brown on all sides in hot fat. Cook in Flex-Seal 30 minutes. Serve with Brown Gravy (page 1).

BREAD STUFFING

Mix together 4 tablespoon melted butter or drippings

1/2 cup dry bread crumbs 1/4 teaspoon salt

1/2 cup cracker crumbs Dash of pepper

1 tablespoon minced parsley 1 small grated onion

1/2 cup minced celery 1 beaten egg

1/4 cup milk

VEAL POT ROAST WITH VEGETABLES

A shoulder cut, cut from the upper leg or rump may be selected. Melt 1/2 cup fat or drippings in a skillet, add 6 quartered onion, and 6 sliced carrots, cook slowly 5 minutes. Remove vegetables. Brown the meat on all sides. Cook a 4 pound pot roast 35 minutes. Open cooker 12 minutes before meat is done, add whole or halves of potatoes for a 12 minutes cooking time. Cook 8 minutes, open cooker, add onions and carrots for 4 minutes cooking time. Serve meat on platter surrounded with vegetables. Make Brown Gravy (page 1), or serve au jus—strain the meat stock.
CORN FRITTERS

2 cups canned, creamed style corn or cooked grated corn, add
2 egg yolks, beaten
½ teaspoon salt
1 teaspoon sugar
1 cup flour, sifted with
1 teaspoon baking powder, fold in
2 egg whites, beaten stiff

Drop by spoonfuls in hot deep fat at 365° F.) and fry until golden brown. Drain on unglazed paper.

CORN FRITTERS

CURRANT JELLY SAUCE

Melt 1 glass of currant jelly with 2 tablespoons water, boil to a smooth syrup.

BRAISED CELERY CABBAGE

Remove wilted leaves, cut head in half lengthwise, then crosswise. Tie servings with cord. Season with salt and pepper. Cook slowly in a little butter, without browning. Place in Flex-Seal and cook with ½ cup chicken or veal stock 2½ minutes.* Place celery cabbage on platter, remove cord. Boil stock down rapidly, adding a little butter, pour over vegetable.

FRENCH FRIED CELERY, TOMATO SAUCE

Cut the large ends of celery in 4 inch pieces. Cook in Flex-Seal 2 minutes.* Dip in fritter batter, fry in hot deep fat (365° F.) until golden brown. Drain on unglazed paper. Serve with Tomato Sauce (page 32).

AVOCADO TOMATO GRAPEFRUIT SALAD

Place sections of grapefruit, wedges of tomato and slices of avocado on lettuce leaf. Serve with French Dressing (page 10).

FRITTER BATTER

1 cup flour, add
¼ teaspoon salt
1 beaten egg with
1 cup milk, add
1 tablespoon melted fat. Beat with rotary egg beater to a smooth batter

FRITTER BATTER

AVOCADO TOMATO GRAPEFRUIT SALAD

FILLING

1 pound dried prunes, cook in Flex-Seal 8 minutes, with
3 cups water
1 slice of orange
1 slice of lemon
Pit cooked prunes, cut in pieces. (Cook until thick in sauce pan.)
1 cup prune juice
1 cup brown sugar, mixed with
2 tablespoons cornstarch. Add
2 tablespoons butter and chopped prunes.
**CHEESE AND ASPARAGUS CANAPE**
**MUSHROOM BROTH**
**BROWNED VEAL CHOPS**
**SPICED BANANAS**
OR
**BREADED VEAL CUTLETS**
**CURRY CREAM SAUCE**
**DELMONICO POTATOES**

**CHOICE OF:**
**SWEET SOUR RED CABBAGE**
**BAKED HUBBARD SQUASH WITH BACON**
**MASHED TURNIPS WITH APPLE SAUCE**
**CANTALOUP SALAD**
**FRUIT FRENCH DRESSING**
**RICE CUSTARD**
**CARAMEL SAUCE**

---

**CHEESE AND ASPARAGUS CANAPES**
To toast thin slices of bread. Spread with butter and a soft spreading nippy cheese. Trim crusts, cut in 2 or 3 slices. Place 2 cooked asparagus tips on each piece and broil slowly until cheese is melted. Top with 2 short strips of crisp bacon. Serve hot.

**MUSHROOM BROTH**
Cut stems from 1 pound of mushrooms. Wash, chop, cook in Flex-Seal with 1 1/2 cups water, 1/2 teaspoon salt, 1 slice of onion, 10 minutes. Strain through cheese cloth. Add 4 cups consommé (page 11), chicken or veal stock (page 11). Reheat. Season with salt and pepper. Flavor with a little sherry, when desired.

**BROWNED VEAL CHOPS, CUTLETS OR STEAKS**
Dredge meat with flour, salt and pepper. Brown on both sides in hot fat in a skillet. Cook 3/4 inch thick chops in Flex-Seal 10 minutes. Serve with Cream Gravy.

**BREADED VEAL CUTLETS**
Season meat with salt and pepper. Dip in flour, beaten egg and fine dry bread crumbs. Brown slowly in hot fat. Cook 10 minutes in Flex-Seal.

**CURRY CREAM SAUCE**
Make a cream gravy using milk as part liquid. Season with salt, a little pepper, and 1/2 teaspoon or more if you like of curry powder.

**SPICED BANANAS**
- Boil 5 minutes
- 1/2 cup water
- 1/2 cup vinegar
- 1 cup sugar
- 1 stick cinnamon, broken
- 4 whole cloves. Add

**DELMONICO POTATOES**
Add 1/3 cup grated American cheese to Medium Cream Sauce (page 9). Arrange in alternate layers in a buttered casserole with 3 cups hot or cold diced cooked potatoes. Sprinkle with buttered crumbs. Bake in a moderately hot oven (375° F.) 20 minutes or until browned. Omit cheese when appetizer is served.

**SWEET SOUR RED CABBAGE**
Place in Flex-Seal, cook 4 minutes*
- 1 medium size head red cabbage sliced coarsely, chopped, with 2 diced, unpeeled sour apples 1 minced onion

Cook with cover off until moisture is evaporated.
BAKED HUBBARD SQUASH

Wash Hubbard squash cut in serving pieces, remove pulp and seeds. Cook in Flex-Seal 15 minutes.* Place in shallow pan, top each piece with short strips of bacon. Bake in a hot oven (450° F.) until bacon is crisp, turning bacon for browning. Squash may be seasoned with bacon drippings or butter and baked.

MASHED TURNIPS WITH APPLE SAUCE

Peel, slice and dice turnips. Cook 5 minutes in Flex-Seal.* Drain and mash. Add 1 cup unsweetened apple sauce (page 77) to 3 cups mashed turnips. Bake in a buttered casserole, sprinkled with buttered crumbs in a hot oven (400° F.) 15 minutes.

CANTALOUPE SALAD

Serve peeled, sliced cantaloupe on lettuce with dressing or combine with other fruit such as pears, peaches, pineapple, or watermelon balls.

FRENCH FRUIT DRESSING

\[
\begin{align*}
\frac{3}{4} \text{ cup salad oil} & \quad 3 \text{ tablespoons sugar} \\
\frac{1}{4} \text{ teaspoon salt} & \quad 2 \text{ tablespoons lemon juice} \\
\frac{1}{2} \text{ teaspoon paprika} & \quad 3 \text{ tablespoons orange or pineapple juice}
\end{align*}
\]

Just before serving, beat or shake in a jar until well blended.

RICE CUSTARD

Cook \( \frac{1}{2} \) cup rice in Flex-Seal with 1 cup water and \( \frac{1}{4} \) teaspoon salt 5 minutes.

3 cups hot milk, add 1 teaspoon vanilla
\( \frac{1}{2} \) cup sugar, pour over 1 cup cooked rice
3 slightly beaten eggs, add \( \frac{1}{2} \) cup cooked raisins
Few grains of salt

Pour into custard cups or individual baking dishes, add a dash of nutmeg. Place on wire rack in Flex-Seal with \( \frac{1}{3} \) cup water. Cook 0 minutes. Remove, if more convenient when cold. The individual baking dishes or custard cups may be covered with a piece of parchment cooking paper with a rubber band about them. This will prevent a slight condensation of moisture on the top, although not necessary.

CARAMEL SAUCE

\[1 \text{ cup light brown sugar} \quad \text{Add} \]
\[\frac{1}{2} \text{ cup evaporated milk, undiluted} \quad \frac{1}{2} \text{ teaspoon butter}\]
Stir, cook slowly 5 minutes \[\text{1 teaspoon vanilla}\]

VANILLA CUSTARD SAUCE

\[2 \text{ egg yolks, blend in} \quad \frac{1}{4} \text{ cup sugar}\]
\[1 \text{ tablespoon cornstarch, add} \quad \text{Few grains of salt}\]
\[1\frac{1}{2} \text{ cups hot milk} \quad \frac{1}{2} \text{ teaspoon vanilla}\]

Cook over low heat, 10 minutes, stirring until thickened. Add vanilla.

CHOCOLATE RICE CUSTARD

Omit raisins in the recipe for Rice Custard. Add 2 squares of melted chocolate to hot milk, cook until smooth. Pour into custard cups. Cook in Flex-Seal 1\( \frac{1}{2} \) minutes.

HONEY CUSTARD MOLDS

Omit sugar, add 1\( \frac{1}{3} \) cup honey, \( \frac{1}{6} \) teaspoon cinnamon and dash of mace to hot milk. Cook in custard cups, 1\( \frac{1}{2} \) minutes in Flex-Seal.
BROILED OYSTERS

RUSSIAN BORTSCH

FRICASSEE OF VEAL  GOLDEN DUMPLINGS

OR

VEAL AND HAM PIE

SOUTHERN SWEET POTATOES

CHOICE OF: SPINACH WITH ROQUEFORT FRENCH DRESSING

SPANISH EGGPLANT

FRESH LIMA BEANS, DE LUXE

CABBAGE PINEAPPLE SALAD  COOKED SALAD DRESSING

BANANA WHIP  CHOCOLATE CHIP COOKIES

BROILED OYSTERS

Season oysters with salt and pepper, add a little lemon juice. Wrap each oyster in a short piece of bacon, fasten with skewer or toothpick. Broil under low heat turning to crisp bacon on both sides, or bake in a hot oven (450° F.). Serve 2 or 3 on a small plate. Top with cocktail sauce (page 3). Pass bread sticks or crackers.

RUSSIAN BORTSCH

Cook in Flex-Seal 4 minutes*

3 peeled, finely chopped beets
1 minced onion
2 cups coarsely cut chopped cabbage
2 cups water
½ teaspoon salt

When whole cooked beets are chopped, cook cabbage and other ingredients 2 minutes.* Add beets and reheat with meat stock. Season with salt and pepper.

FRICASSEE OF VEAL

Cook in Flex-Seal 15 minutes*

2 pounds veal, cut in pieces
Season with salt and pepper
3 cups boiling water
1½ teaspoon salt
1 minced onion

Serve with dumplings (page 47) or rice balls (page 12).

VEAL FRICASSEE WITH VEGETABLES

Medium size cuts of potatoes, carrots and onions are often cooked with the Fricassee. Cook vegetables 5 minutes with meat.

VEAL AND HAM PIE

1½ pounds veal, cut in 1 inch pieces
½ pound ham, cut in ½ by 1 inch strips
Dredge veal with flour, season brown in hot fat. Cook meat in Flex-Seal 8 minutes,* adding water to cover and
1 minced onion. Open cooker by chilling. Add
½ cup flour, blended with
2 tablespoons butter. Pour into buttered casserole. Cover with pastry (page 2). Bake in a hot oven (450° F.) 20 minutes.

For variety in flavor add ½ teaspoon Worcestershire sauce or ½ cup catsup

SOUTHERN SWEET POTATOES

Peel sweet potatoes, cut crosswise in 1 inch thick slices. Cook in Flex-Seal 4 minutes.* Drain.

Cook to a syrup
½ cup sugar
¾ cup water
3 tablespoons molasses, add
2 tablespoons butter

Arrange in layers in buttered casserole, dot with butter.

Bake in a moderately hot oven (400° F.) 15 minutes. Baste occasionally.
SPINACH WITH ROQUEFORT FRENCH DRESSING
Cook 2 pounds spinach in Flex-Seal 1½ minutes.* Drain, chop and drain again. Pour over 1/3 cup French Dressing (page 10) with 3 tablespoons Roquefort Cheese mashed with a fork.

SPANISH EGGPLANT
1 eggplant, slice, peel, dice
Dredge with flour, salt and pepper. Melt, 3 tablespoons fat in Flex-Seal, brown with
1 minced onion and eggplant. Cook 0 minute.* Add
1 can (2/3 cup) Italian Tomato Paste
½ cup sliced ripe or pimiento stuffed olives. Season with salt and pepper. Place in casserole, sprinkle with ¾ cup grated cheese. Bake in a moderately hot oven (375° F.) 20 minutes

FRESH LIMA BEANS, DE LUXE
2 cups fresh lima beans
Cook in Flex-Seal 1 minute. Add
1 minced pimiento
tomato sauce
1 cup grated American cheese
3 tablespoons butter, blend with
3 tablespoons flour, stir in
can of tomato paste or tomato
puree and drained vegetable
liquid, add
Add 1 cup grated American cheese. Season with salt and pepper. Place lima beans with sauce in buttered casserole, sprinkle with buttered crumbs, bake in a moderately hot oven (375° F.) 15 minutes

CABBAGE SALAD
Shred crisp cabbage, toss together with diced pineapple, apple or seeded grapes, blend with dressing just before serving.

COOKED SALAD DRESSING
1 tablespoon sugar, blend with 1/2 teaspoon salt
1 teaspoon mustard
2 tablespoons cake flour, stir in 3/4 cup milk
Beat and cook over low heat until thickened, add slowly
1 beaten egg, stir, cook over
1/4 cup vinegar. Strain, add
2 tablespoons butter
Add a little plain cream, whipped cream or sour cream before blending with salad.

FRUIT GELATINE
Dissolve a package of strawberry gelatine in 1 1/4 cups hot water. Chill, when it thickens, beat until light, fold in 1 banana put through a sieve. Chill. Serve in sherbet glasses, topped with whipped cream.

CHOCOLATE CHIP COOKIES
1/2 cup shortening, cream, add 1 1/4 cups flour sifted with 1/4 cup sugar, beat in 1 4 oz. bar sweet chocolate, 1 egg, add cut in small pieces Few grains of salt 1/2 cup nuts, chopped 1 teaspoon vanilla
Drop from teaspoon on cooky sheet in small portions, 2 inches apart. Bake in a moderately hot oven (375° F.) 12 minutes. Remove at once with spatula. Cool on wire cake racks.
CRANBERRY JUICE COCKTAIL
BAKED NAVY BEAN SOUP
VEAL ROLLS WITH PRUNE STUFFING, BROWN GRAVY
OR
MOCK SQUAB CREAM MUSHROOM SAUCE
SAVORY MASHED POTATOES
CHOICE OF: ZUCCHINI, ITALIAN STYLE
PARSNIPS GLAZED IN ORANGE SAUCE
GREEN BEANS, HOLLANDAISE SAUCE
BUTTERSCOTCH CARROTS WITH PEAS
PEAR SALAD WITH WALNUT DRESSING
PINEAPPLE CHIFFON PIE

CRANBERRY JUICE COCKTAIL
1 quart cranberries 1 cup sugar
4 cups water 2 slices of orange
Cook in Flex-Seal 2 minutes. Strain through cheesecloth, chill. For other Cranberry Juice Cocktails serve:
Cranberry Pineapple Juice Cocktail: Mix equal portions of cranberry and pineapple juice, chill.
Fruit Juice Cocktail: Mix 3 cups cranberry juice, 1½ cups strained orange juice, ¼ cup lemon juice, chill.
Hot Spiced Cranberry Juice Cocktail: Cook with ½ stick cinnamon, 4 whole cloves. Add 2 tablespoons lemon juice.

BAKED NAVY BEAN SOUP
3 cups baked navy beans 2 cups stewed tomatoes
1 quart water Cook in Flex-Seal 3 minutes.
1 sliced onion Put through a sieve, add
1 stalk celery with few leaves 3 tablespoons butter
Tiny piece bay leaf Season with salt and pepper
2 whole cloves

CREAM OF LIMA BEAN SOUP
Substitute cooked lima beans for navy beans. Omit tomatoes. Thicken with blend of 4 tablespoons butter and 2 tablespoons flour. Add 1 cup top milk or cream.

VEAL BIRDS OR VEAL ROLLS
Cut 2 pounds of veal steak sliced ½ inch thick into 4 inch squares, trim off skin. Season with salt and pepper, spread with any desired stuffing, tie firmly. Dredge with flour, salt and pepper. Brown in hot fat on all sides. Cook in Flex-Seal 15 minutes. Serve brown gravy over veal rolls.

PRUNE STUFFING
1½ cups soft bread crumbs 1 beaten egg
3 tablespoons melted butter 1 cup chopped cooked prunes
¼ teaspoon salt 1 teaspoon grated orange rind

MOCK SQUAB
Same method as veal rolls. Roll in flour, dip in 1 slightly beaten egg with 1 tablespoon water, roll in fine dry bread crumbs. Brown slowly on all sides in hot fat using part butter.

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BREAD CRUMB CHEESE STUFFING
Mix ingredients together
3 tablespoons grated onion
1 tablespoon minced celery leaves
1 tablespoon minced onion
1/2 cup cracker crumbs
1/2 cup grated American cheese
Remove portion of fat, add to
1 slightly beaten egg
1/2 cup milk
Serve with strained cream gravy to which is added 1/4 cup sliced sautéed mushrooms.

SAVORY MASHED POTATOES
Blend with 4 cups of well seasoned light fluffy mashed potatoes
3 tablespoons of finely minced parsley or 1/2 cup finely chopped watercress.

ZUCCHINI, ITALIAN STYLE
Wash medium size zucchini or Italian squash. Cut in half lengthwise, then in 3 inch pieces.
2 pounds zucchini, brown in
4 tablespoons hot olive oil in Flex-Seal. Add
3 minced onions
1/8 cup water
Cook 1 1/2 minutes. Add 1/2 teaspoon salt Dash of pepper
1 small can tomato paste. Simmer until sauce is thick

PARSNIPS GLAZED IN ORANGE SAUCE
Peel 6 parsnips, cut in halves lengthwise. Cook in Flex-Seal 10 minutes. Drain, add a sauce of 1/2 cup orange juice, 1/2 cup brown sugar with 1/2 tablespoon cornstarch, 2 tablespoons butter. Cook slowly 5 minutes.

GREEN BEANS, HOLLANDAISE
Cook green beans in Flex-Seal 2 1/2 minutes.* Recipe for Hollandaise Sauce (page 2).

BUTTERSCOTCH CARROTS WITH GREEN PEAS
Peel, slice large ends of carrots in 1/4 inch slices, cook in Flex-Seal 2 minutes. Add 3/4 cup brown sugar, 3 tablespoons butter, cook until sauce is absorbed. Arrange on platter in a circle with buttered green peas in the center.

PEAR SALAD WITH WALNUT DRESSING
Peel and slice fresh pears, place on lettuce, top with mayonnaise blended with coarsely broken walnut meats.

PINEAPPLE CHIFFON PIE
1 tablespoon gelatine
Let soften 5 minutes in 1/4 cup cold water. Cook
1/4 cup sugar, blended with 3 egg yolks, add
1 1/4 cups crushed pineapple
Few grains salt. Stir until thickened, cook 5 minutes.
Add softened gelatine, stir, add 2 tablespoons lemon juice, chill
When it thickens, fold in 3 egg whites, beaten stiff with 1/4 cup sugar, pour into cold baked pie shell
Store in refrigerator until firm. Serve covered with whipped cream, sprinkled with 1/3 cup chopped maraschino cherries.
SPICED PINEAPPLE JUICE COCKTAIL

CHOICE OF: NEW ENGLAND CLAM CHOWDER
BOSTON BAKED BEANS RAREBIT SAUCE
BRAISED LIMA BEANS
ASPARAGUS BROCCOLI OR CAULIFLOWER
HOLLANDAISE SAUCE
COLE SLAW HONEY DRESSING
RHUBARB BAVARIAN CREAM CAKE OR COOKIES

SPICED PINEAPPLE JUICE COCKTAIL
Bring to the boiling point 3 cups pineapple juice, 1 piece of stick cinnamon broken in 1 inch pieces, 6 whole cloves. Remove from heat. Serve with a piece of cinnamon and 1 clove in each glass.

NEW ENGLAND CLAM CHOWDER
1 slice salt pork, cut in dice, fry and brown in Flex-Seal.* Add
2 minced onions, cook 2 minutes. Add
3 cups diced potatoes
3 cups boiling water
Add the hot clams in clam liquor just before serving. Serve plain or with crushed soda crackers in each bowl.

BOSTON BAKED BEANS
2 cups dried beans Great Northern or Navy Beans ¼ cup brown sugar
3 cups cold water 2 tablespoons molasses
1 cup hot water, with 4 tablespoons drippings or 1 peeled or minced onion
2 teaspoons salt 1 cup hot water, with cooking oil
¼ teaspoon mustard Cook in Flex-Seal 40 minutes.

It is not necessary to soak dried beans. However, when convenient soak navy beans overnight. They cook in less time, the beans absorb a little more moisture and are slightly larger. Serve at once, or bake uncovered in a moderate oven (350° F.) 30 minutes or until liquid is evaporated. The drippings or cooking oil is omitted when a piece of pork shoulder or side pork is cooked with the beans. Cook beans 20 minutes, add meat.

To serve with Rarebit Sauce, drain the small amount of liquid from beans, place on platter, serve sauce over top of beans.

RAREBIT SAUCE
1 tablespoon butter, melt, stir in 1 ½ cups grated American cheese
1 tablespoon cornstarch, add Cook over low heat, stirring
½ cup cream or evaporated milk until cheese is melted.
¼ teaspoon mustard Pour over
¼ teaspoon salt. Stir and cook 1 beaten egg. Cook 1 minute.
5 minutes.

The egg may be omitted in the recipe when desired, but is usually included when used as a rarebit sauce over toast, shrimp, etc.

OYSTER CHOWDER
Substitute 1 quart small oysters for clams in New England Clam Chowder. Cook about 3 minutes or until edges of oysters curl. Add 1 cup thin cream for extra delicious chowder.

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BRAISED LIMA BEANS

Place in Flex-Seal

2 cups dried lima beans
3 cups cold water
1 cup hot water, with
1 bouillon cube
1 teaspoon salt
½ teaspoon mustard
2 tablespoons brown sugar

4 tablespoons fat or drippings
Cook 50 minutes. Add
1 cup diced carrot
1 cup diced celery
1 minced onion that has been
cooked 5 minutes in 2
tablespoons butter. Cook
5 minutes.*

Bake in uncovered casserole 30 minutes in a moderately hot oven (375° F.).

EASY HOLLANDAISE SAUCE

4 tablespoons butter, melt, stir in
2 tablespoons cake or pastry flour
¾ teaspoon salt
1 cup hot water, stir until thickened
1 tablespoon lemon juice

Cook 5 minutes. Pour over
2 egg yolks, slightly beaten
Cook 1 minute. Add
Serve with cooked vegetable of choice. Time Table Cooking Chart (page 85).

COLE SLAW

Shred 3 cups crisp cabbage, blend with dressing just before serving.

HONEY DRESSING

3 egg yolks, add
1 teaspoon mustard
1 teaspoon salt
2 tablespoons butter
¾ cup honey

¼ cup vinegar. Stir, cook
slowly until thickened. Cool.
Before serving combine with
½ cup heavy cream, whipped

RHUBARB BAVARIAN CREAM

4 cups rhubarb cut in 1 inch
pieces
1 cup sugar, let stand 5 minutes.
Cook in Flex-Seal 0 min-
utes.* Add
1 tablespoon gelatine softened in

¼ cup cold water. Stir until
dissolved. Chill, when it
thickens, fold in
1 cup heavy cream, whipped
Pour into mold, chill until
firm in the refrigerator.

VANILLA SAUCE

¾ cup sugar, stir in
2 tablespoons cornstarch, add
1 ½ cups water, cook 5 minutes
stirring until thickened.

Add
2 tablespoons butter
1 ½ teaspoons vanilla
Few grains of salt

LEMON SAUCE

1 cup sugar, mix with
2 tablespoons cornstarch, add
1 ½ cups water
Stir and cook 5 minutes, add
¼ cup lemon juice
Grated rind ½ lemon
¼ teaspoon mace
2 tablespoons butter
EGGS STUFFED WITH SALMON

Remove shells, cut 4 hard cooked eggs lengthwise in halves. Put yolks through a sieve. Blend with mayonnaise, season with salt, pepper and a dash of Tabasco sauce. Drain and flake medium size can of red salmon. Add 1 tablespoon lemon juice, ¼ cup minced celery, 2 tablespoons chopped sweet pickle, 2 tablespoons chili sauce. Toss together and fill centers of egg whites. Force egg yolk mixture through pastry bag as a garnish for stuffed eggs.

CREAM OF PEA SOUP

1 pound of fresh peas
1 cup water
2 sliced onions
1 stalk celery, cut
1 small carrot, diced, add

Cook in Flex-Seal 2½ minutes, with

1 teaspoon sugar
½ teaspoon salt
Dash of white pepper

Garnish with minced parsley

Put cooked vegetables through a sieve. Add to 1 recipe Cream Sauce (page 73)

MACARONI AND CORN SCALLOP

1 8 oz. package macaroni
2 quarts boiling water
2 teaspoons salt. Cook in Flex-Seal 10 minutes.* Drain, blanch under hot running water. Drain well. Add cooked macaroni to

2 cups Medium White Sauce
2 cups drained kernel corn,

Place in a buttered casserole, sprinkle with buttered crumbs. Bake in a moderate oven (350° F.) 20 minutes.

SPAGHETTI WITH ITALIAN SAUCE, PARMESAN CHEESE

1 8 oz. package spaghetti
2 quarts boiling water

Cook in Flex-Seal 12 minutes.* Blanch under hot water. Drain.

ITALIAN SAUCE

2 cups canned tomatoes
1 stalk celery with leaves
2 sliced onions
1 cut clove of garlic
Tiny piece of bay leaf

Put in a sieve. Add
1 can Italian tomato paste
or tomato puree

½ teaspoon salt
1 teaspoon paprika
1 teaspoon Worcestershire sauce

Simmer until thick, stirring occasionally, add
½ pound sliced sauteed
mushrooms (cook in butter slowly 10 minutes.)

Place hot spaghetti on platter, pour over sauce. Sprinkle generously with grated Parmesan cheese.

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FISH CHOWDER
Combine the strained fish stock. Thicken with a blend of 4 tablespoons butter and 4 tablespoons flour. Stir until thickened, cook 10 minutes. Add 3 cups hot milk, flaked fish and potatoes. Season with salt and pepper.

Fish Stock
Include head, tail, bones, skin, with
2 cups cold water
1 teaspoon salt
Sprig of parsley
1 sliced carrot
1 sliced onion. Cook 5 minutes in Flex-Seal. Strain.

1/4 cup diced salt pork. Fry, add
3 pounds fish, cut in 3 inch pieces
whitefish, halibut, haddock, etc.
1 cup water
2 cups potatoes, cut 1 inch pieces
1 teaspoon salt. Cook in Flex-Seal 5 minutes. Strain stock, flake fish.

ASPARAGUS CUSTARD
2 eggs, slightly beaten, add
2 tablespoons flour
1 teaspoon grated onion
1/4 teaspoon salt
1 tablespoon melted butter
Dash of pepper, Add to
1 1/2 cups milk, and
1 1/2 cups cooked cut asparagus
Fill buttered custard cups.
Cook 0 minutes in Flex-Seal.

VEGETABLE CROQUETTES
Make 1/2 the recipe for Thick White Sauce (page 73). Add 1 1/2 cups cooked chopped vegetables—diced carrots, peas, lima beans, celery, cauliflower, green beans or turnips. Cool, shape into croquettes. Roll in cracker meal, beaten egg and fine bread crumbs. Fry in hot deep fat (375° F.) until brown. Serve with Tomato Sauce (page 6) or add a little nutmeg to Cream Sauce (page 9).

FRUIT SALAD BOWL
Line salad bowl with lettuce leaves. Fill bowl with mixed fruits—diced orange, sliced bananas, seeded grapes and cut pineapple blended with salad dressing.

PINEAPPLE SALAD DRESSING
3/8 cup sugar, Mix with
2 tablespoons cornstarch
Few grains of salt
1 1/4 cups pineapple juice, stir until thickened, cook 5 minutes. Pour over
2 egg yolks. Cook 3 minutes, add
2 tablespoons lemon juice
2 tablespoons butter, cool.
Before serving blend with
1/2 cup heavy cream, whipped

CHERRY Torte
Bake 1 crust pie shell (page 8). Pour in cold cherry filling. Cover with cake batter. Bake in a moderately hot oven (375° F.) 50 minutes or until center of cake is firm to the touch. Serve cold with whipped cream.

CHERRY FILLING
Stir until thickened, add
1 cup sugar, mix with
3 tablespoons cornstarch, add
Few grains of salt
1 No. 2 can sour red cherries
1/4 teaspoon each vanilla and almond
1/2 teaspoon vanilla, blend in
1 cup sifted cake flour,
1 1/2 teaspoons baking powder alternately with
1/2 cup milk

CAKE BATTER
1/4 cup butter, cream, add gradually
1/2 cup sugar, beat in
1 egg, add
1/4 teaspoon salt
1/2 teaspoon vanilla, blend in
1 1/2 teaspoons baking powder alternately with
1/2 cup milk

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BASIC PROPORTIONS FOR WHITE SAUCE

THIN WHITE SAUCE

1 tablespoon butter, melt, stir in
1 tablespoon flour, add
1 cup milk, stir until thickened

Add
$\frac{1}{4}$ teaspoon salt
Dash of white pepper
Cook 5 minutes.

Use for cream soups and creamed vegetables.

MEDIUM WHITE SAUCE

2 tablespoons butter, melt, stir in
2 tablespoons flour, add
1 cup milk, stir until thickened

Add
$\frac{1}{4}$ teaspoon salt
Dash of white pepper
Cook 5 minutes.

Use for scalloped and au gratin dishes, creamed vegetables, fish and meats.

THICK WHITE SAUCE

4 tablespoons butter, melt, stir in
4 tablespoons flour
1 cup milk, stir until thickened

Add
$\frac{1}{2}$ teaspoon salt
Dash of white pepper
Cook 5 minutes.

Use for croquette mixtures, soufflés.

CREAM SAUCE

Substitute 1 cup thin cream in recipe for Thin or Medium White Sauce. Use for creamed vegetables, serve as a sauce for meat loaves, croquettes, etc.

THIN CREAM SAUCE FOR SOUPS

No. 1 (made with milk)

Melt in a sauce pan
3 tablespoons butter, stir in
3 tablespoons flour, add
3 cups milk or $\frac{3}{2}$ cups evaporated milk and $\frac{3}{2}$ cups water

Stir until thickened. Add
$\frac{1}{2}$ teaspoon salt
Dash of white pepper
Cook slowly 10 minutes.

THIN CREAM SAUCE FOR SOUPS

No. 2 (made with milk and cream)

Melt in a sauce pan
3 tablespoons butter, stir in
3 tablespoons flour, add
2 cups milk
1 cup cream, stir until thickened

Add
$\frac{1}{2}$ teaspoon salt
Dash of white pepper
Cook 10 minutes.

THIN CREAM WHITE STOCK FOR SOUPS

No. 3 (made with milk and white stock)

Melt in a sauce pan
3 tablespoons butter, stir in
3 tablespoons flour, add
1 cup milk
2 cups chicken or veal stock

Add
$\frac{1}{2}$ teaspoon salt
Dash of white pepper
Cook 10 minutes.

Note: Use strained vegetable liquid, as part of required liquid in recipe No. 1 or 2. When meat stock is not available substitute chicken bouillon cubes or instant broth with the required amount of water.
HORS D'OEUVRES

EGGS STUFFED WITH SHRIMP
Remove shells, cut hard cooked eggs in halves, cut off end so they stand as cups, remove yolks. Mix cut cooked fresh shrimp with a little minced celery and cocktail sauce. Place thin slice of tomato on lettuce leaf, top with stuffed egg, garnish with sprig of parsley.

CURRIED RYE CANAPES
Cream butter with a little curry powder, spread on small cuts of rye bread. Garnish with hard cooked egg yolk, blended with mayonnaise put through the pastry tube, and finely chopped pickle.

ANCHOVY STUFFED CELERY
Blend a 3 ounce package of cream cheese with 1 teaspoon anchovy paste. Fill 2 inch cuts of crisp celery, forcing cheese through pastry tube.

CHEESE SOUFFLÉ STRIPS
Cut thin slices of bread. Toast on one side, trim crusts, cut into 1 by 2 inch strips. Spread untoasted side with Cheese Soufflé. Bake in a hot oven (450° F.) until puffed and browned. Garnish with a dash of paprika.

Cheese Soufflé: Beat 2 egg yolks, add dash of salt, 1 teaspoon Worcestershire sauce, \( \frac{3}{4} \) cup grated American cheese, fold in 2 stiffly beaten egg whites with \( \frac{1}{2} \) teaspoon baking powder.

TASTY BITS
Large ripe or green olives with minced sardines, marinated shrimp, anchovy blended with cream cheese, almonds, pickled onions, or nippy cheese. Pickled artichoke bottoms, pickled mushrooms, or small serving of beet relish, pickled sardines, smoked shrimp on lettuce are all good appetizers.

CRAB POTATO CHIPS
Bone and flake a medium size can of crabmeat. Toss together lightly with \( \frac{1}{2} \) cup whipped cream blended with 2 tablespoons mayonnaise, 1 teaspoon grated horseradish, \( \frac{1}{2} \) teaspoon onion juice, few grains of salt. Blend ingredients and place on potato chips just before serving.

Onion Juice: Grate onion, put in a double thickness of cheese cloth and twist for clear onion juice. Onion salt may be used in place of fresh onion juice.

PIQUANT MUSHROOMS
Marinate cooked mushroom buttons several hours in a bowl of French dressing. Rub bowl lightly with a cut clove of garlic, or add a dash of garlic salt.

SAUSAGE TEMPTERS
Spread soft cheese on thin sliced cervelat or other tasty sausage, roll in cornucopia shape. Fasten with toothpick until serving time.

ANCHOVY STRIPS
Cream 4 tablespoons of butter with a teaspoon of anchovy paste. Spread on slices of toast, trim crusts, cut in 3 strips. Garnish with shreds of pimiento, sliced olives, slivered pickle or minced parsley.
GLAZED BREAKFAST APPLES

OR

STEWED PEARS IN VANILLA SYRUP

ROLLED OATS, SCOTCH STYLE OATMEAL OR STEEL CUT OATS

CREAM OR TOP MILK  SUGAR

TOAST  APRICOT PINEAPPLE JAM

COFFEE OR MILK

GLAZED BREAKFAST APPLES

Wash and core baking apples. Peel beginning at the stem end \( \frac{1}{4} \) of the apple. Place in Flex-Seal with wire rack, \( \frac{1}{2} \) cup water and \( \frac{1}{4} \) cup sugar sprinkled over top of apples. Cook 4 minutes. Remove apples to serving dishes. When convenient, let apples cool in cooker and they can be more easily removed without breakage, or apples may be cooked in parchment paper. Remove rack, add \( \frac{1}{4} \) cup sugar, boil to a thick syrup and pour over apples. Serve with thin cream.

Note: Baking apples should be used. Apples vary in maintaining a firm texture when cooked, according to the variety. Core, but do not peel soft cooking apples that have a tendency to lose their shape. Apples may be cooked in individual baking dishes in the Flex-Seal.

GLAZED DESSERT APPLES

Some people prefer a very sweet apple for the breakfast menu. Wash, core, and peel \( \frac{1}{3} \) of baking apple beginning at stem end. Cook apples in Flex-Seal with \( 1 \) cup of water \( 3 \) minutes. Small apples will require only \( 2 \) minutes, medium to large size \( 3 \) minutes. Place cooked apples in a shallow pan, flatten tops with a spatula, sprinkle generously with granulated sugar. Bake in a hot oven (450° F.) or glaze under low broiler heat. Strain apple juice, add \( \frac{1}{2} \) cup sugar and boil to a thick syrup. Baste apples two or three times with the syrup while baking or broiling them.

STEWED PEARS IN VANILLA SYRUP

Soak 1 pound dried pears in \( 4\frac{1}{2} \) cups water overnight. Remove the center core with kitchen shears or paring knife either before or after soaking. Cook in Flex-Seal 5 minutes. When pressure has returned to normal add \( \frac{1}{2} \) cup sugar, 1 teaspoon vanilla and bring to the boiling point.

QUICK COOKING ROLLED OATS

Bring to a rapid boil 2\( \frac{1}{2} \) cups water and 1 teaspoon salt. Gradually stir in 1 cup Quick Cooking Rolled Oats. Stir and cook about one minute or until slightly thickened. Reduce heat, place cover on, bring up the steam and pressure slowly. Cook 5 minutes. When pressure has dropped to normal, stir to a smooth consistency and serve. Read “How to Cook Cereals” (page 81).

SCOTCH STYLE OATMEAL

Mix 1 cup of Scotch Style Oatmeal with 1 cup cold water. Bring 2\( \frac{1}{2} \) cups water and 1 teaspoon of salt to a rapid boil, stir in oatmeal. Stir and cook until slightly thickened. Reduce heat, place cover on, bring up steam and pressure slowly. Cook 10 minutes. Stir to a smooth consistency.

STEEL CUT OATS

Use the following proportions: 4 cups rapidly boiling water, 1\( \frac{1}{4} \) teaspoon salt, 1 cup Steel Cut Oats. Cook 30 minutes. Stir to a smooth consistency. Use the same method of bringing up pressure as for Rolled Oats.

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FRUIT COMPOTE OR FRESH RHUBARB SAUCE
WHETENA CREAM AND SUGAR
POACHED EGGS ON TOAST
MUFFINS JELLY
COFFEE MILK

FRUIT COMPOTE
Soak 1 pound of washed dried mixed fruit in 4 cups of water overnight. Cook in Flex-Seal 5 minutes. Add ½ cup sugar and bring to a boil. The amount of sugar added to dried fruit depends upon your preference.

FRESH RHUBARB SAUCE
Wash and cut rhubarb into 1 inch pieces. Add 1 cup sugar to 4 cups cut rhubarb. Cook in Flex-Seal 0 minutes.* Bring steam and pressure up slowly, placing cover on after a syrup is formed.

WHETENA
Bring to a rapid boil 4 cups water and 1 teaspoon salt in Flex-Seal. Stir in slowly 1 cup Whetena, stir until slightly thickened. Reduce heat, place cover on and bring up steam and pressure slowly. Cook 8 minutes. Stir to a smooth consistency. For variety in breakfast cereals, add ½ cup raisins or cut dates before placing cover on the Flex-Seal.

GRAPE JELLY
Wash, remove stems from concord grapes. Mash, add no water, cook in Flex-Seal 3 minutes. Bring the steam and pressure up slowly. Strain through a jelly bag. Place 4 cups of juice in a 6 or 8 quart preserving kettle. Bring juice to a rapid boil, boil 3 minutes. Add 3 cups sugar and stir until dissolved. Boil rapidly over full heat for about 3 minutes or until it gives the jelly test. Pour into hot sterilized jelly glasses. When cold, cover with melted cool paraffin.

The proportion of sugar for almost all jellies is ¾ cup sugar to 1 cup juice. It is not advisable to cook more than 4 cups juice at one time.

Jelly Test: Jelly should be boiling over full heat. Lift spoon, when two drops collect on the edge of the spoon then merge into one large broad drop and tears or drops off the spoon. This test is sometimes referred to as when jelly "sheets" off the spoon. A thin film across the edge of spoon forms, then slowly tears away from one end and drops off.

CANNED GRAPE JUICE
Bring grape juice (prepared the same as for grape jelly) to a rapid boil. Pour to overflowing in sterilized hot jar, place rubber and top on, or lid and seal.

GRAPE JAM
Put cooked grape pulp remaining in the jelly bag—or the cooked pulp and juice through a food press or sieve. Boil 4 cups of mixture with 2½ cups sugar until thick and glazed. Pour into sterilized jars, seal.
FRESH APPLE SAUCE

Wash, do not peel, remove seeds and cut cooking apples in quarters. Cook 6 to 8 apples with 1 cup water 3 minutes. Put through a sieve. Add ½ to ¾ cup granulated or brown sugar. When apples are mild in flavor add 3 tablespoons of lemon juice, 1 teaspoon grated lemon rind, ½ teaspoon of cinnamon or mace.

Many varieties of apples absorb liquid during cooking and therefore 1 cup or more of water is used. In most instances this will give you a thick apple sauce. Green tart early fall apples may require more sugar.

DELICIOUS APPLE SAUCE

8 cooking apples, wash, quarter, remove seeds. Cook in Flex-Seal 3 minutes, with 1 cup water. Put through a sieve, add ⅛ cup sugar 8 cut marshmallows, folding the marshmallows over and over in the hot sauce until dissolved. Chill.

CREAM OF WHEAT

Bring 3 cups of water and ¾ teaspoon of salt to a rapid boil in the Flex-Seal. Stir in ½ cup Cream of Wheat, continue stirring until slightly thickened. Place cover on. Bring up steam and pressure slowly, cook 5 minutes.* Stir to a smooth consistency. Serve.

FARINA

Bring 4½ cups water and 1 teaspoon of salt to a rapid boil in the Flex-Seal, add gradually ¾ cup Farina. Stir until slightly thickened. Place cover on and bring up steam and pressure slowly. Cook 3 minutes.*

COCOA

Cook ½ cup cocoa and 2 cups of water in the Flex-Seal Sauce Pan, stirring until smooth. Cook 20 minutes. Add 4 cups milk, few grains of salt, ½ cup sugar, ½ teaspoon vanilla, bring to the boiling point.

Cocoa is specially liked by children and enjoyed by many for evening snacks.

Increase the amount of cocoa and sugar used as desired. When a richer beverage is preferred add ½ cup cream before serving, top with marshmallows, or whipped cream.

PEACH MARMALADE

Wash, slice very thin 2 California oranges and 1 lemon, then cut in small pieces. Cook in Flex-Seal with 2 cups water 5 minutes. Add 6 cups finely diced fresh peaches. Measure fruit with juice. Cook in a preserving kettle with ¾ as much sugar as fruit and juice until thick and glazed, about 40 minutes. Stir occasionally. Add ½ cup cut maraschino cherries, pour into hot sterilized jars and seal.
STEWED APRICOTS IN THIN SYRUP
OR
CALIFORNIA BREAKFAST PRUNES
GOLDEN BROWN CORNMEAL SLICES OR SCRAPPLE
MAPLE SYRUP
TOAST COFFEE MILK

STEWED APRICOTS
Wash ½ pound or about 1½ cups of dried apricots. Cook in Flex-Seal with 3½ cups water 1½ minutes. Add ¾ cup sugar, bring to the boiling point. Allow apricots to cool in cooker when convenient, and they will retain their shape; or invert the cooker into a bowl. It is best not to spoon or dip them out while hot.

CALIFORNIA BREAKFAST PRUNES
Place 1 pound of washed dried prunes or 2½ cups prunes in the Flex-Seal with 3½ cups water, a slice of orange, lemon or ½ piece of stick cinnamon. Cook medium size prunes 8 minutes, large size prunes 12 minutes. Remove from heat. No sugar is usually required for prunes, but add ¼ cup if you prefer a sweet sauce. Tenderized, small prunes will cook in 5 minutes.

CRISPY CORNMEAL OR FRIED MUSH
Bring 3 cups water, 1 teaspoon salt to a rapid boil in Flex-Seal. Add 1 cup cornmeal mixed with 1 cup cold water, stir until slightly thickened. Reduce heat, put cover on and bring up pressure slowly. Cook 8 minutes. Add 1 tablespoon butter, pour into buttered loaf pan. When cold cover the pan with wax paper and store in the refrigerator. Slice about 1/3 inch thick, dip in flour, brush off excess flour. Fry in a skillet with a generous amount of fat until crisp and slightly browned on both sides. Cornmeal slices can be fried crisp without dipping in flour, but is usually prepared in this way.

CRUMBED CORNMEAL SLICES
Dip slices in flour, beaten egg, then in fine dry bread crumbs. Fry in hot fat in a skillet until browned on both sides.

SCRAPPLE
Scrapple is a delicious breakfast or supper dish. When cornmeal is thickened, stir in 2 cups finely cut or ground lean fresh pork mixed with ½ teaspoon powdered sage. Cook in Flex-Seal 10 minutes.

HOT FRUIT SAUCE
A hot fruit sauce is delicious served with Crisp Cornmeal Slices, French Toast or Waffles. Use dried prunes, apricots, peaches or use canned sour cherries in the recipe. Cook 4½ cups dried fruit of choice in Flex-Seal with additional cup of water (page 92). Cut the peaches with kitchen shears before cooking, pit and cut prunes after cooking. Mix 1 cup sugar with 2 tablespoons cornstarch, add 1½ cups strained fruit juice, 2 tablespoons lemon juice. Stir until thickened, cook slowly 10 minutes. Add cooked fruit to sauce and ½ teaspoon of vanilla. Peach or Cherry Sauce is improved with ¼ teaspoon of almond extract. Reheat and serve sauce hot.
STEWED PEACHES OR APRICOT PRUNE COMPOTE
CRACKED WHEAT TOP MILK AND SUGAR
EGGS SUNNY-SIDE-UP CANADIAN BACON
CINNAMON TOAST
APPLE MARMALADE OR STRAWBERRY PINEAPPLE PRESERVES
COFFEE MILK

STEWED PEACHES
Wash 1 pound or about 2½ cups dried peaches. Soak overnight with 4 cups water. Cook in Flex-Seal 5 minutes. Add ¾ cup sugar and bring to the boiling point. Add 2 tablespoons of lemon juice.

APRICOT PRUNE COMPOTE
Wash and cook 1 cup dried apricots with 1½ cups water in Flex-Seal 1½ minutes. Add ½ cup sugar and bring to the boiling point. Wash and Cook 2 cups small prunes, with a slice of orange and lemon in Flex-Seal with 3½ cups water, 5 minutes. Add ¼ cup sugar and bring to the boiling point. When cool, pit prunes. Combine.

CRACKED WHEAT
Soak 1 cup cracked wheat in 2 cups water 4 hours. Bring 2 cups water and 1 teaspoon salt to a rapid boil in the Flex-Seal. Add cracked wheat, stirring until slightly thickened. Reduce heat, place cover on and bring up steam and pressure slowly. Cook 25 minutes. Note: Cracked Wheat can be cooked without soaking, see chart (page 95). It is preferable to cook this cereal the night before and re-heat, as the cereal will thicken and absorb liquid resulting in a more desirable consistency for serving.

APPLE MARMALADE
Wash, quarter and remove seeds from 3 pounds cooking apples. Cook in Flex-Seal with 1½ cups water 3 minutes. Put through a sieve or food press. Wash 2 California oranges and 1 lemon, slice very thin then cut in small wedge shape pieces. Cook in Flex-Seal with 1 cup water 5 minutes. Combine with apples, and measure, add ¾ cup sugar, for each cup of fruit mixture. Add 1 teaspoon cinnamon. Cook in a preserving kettle, stirring occasionally, until thick as desired about 35 minutes. Pour into hot sterilized jars and seal.

STRAWBERRY PINEAPPLE PRESERVES
Wash 1 quart of strawberries, hull, add 3 cups sugar let stand 2 hours.
Slice, peel, cut fine 1 medium size pineapple. Cook in Flex-Seal with ½ cup water 1 minute. Measure, add ¾ cup sugar for each cup of pineapple including the juice. Add strawberries with sugar. Boil until thick and glazed—45 minutes, stirring occasionally. Pour into hot sterilized jars, seal.
STEWED APPLES IN LEMON NUTMEG SAUCE
MALTO-MEAL, CREAM OF RYE OR RALSTON CEREAL
CREAM AND SUGAR
HOT BISCUITS OR MUFFINS JELLY OR MARMALADE
COFFEE MILK

STEWED APPLES IN LEMON NUTMEG SAUCE
Soak $\frac{1}{2}$ pound or about 2$\frac{1}{2}$ cups dried apples in 6 cups of water overnight. Cook in Flex-Seal 5 minutes. Add $\frac{1}{2}$ cup sugar mixed with $\frac{1}{2}$ teaspoon nutmeg, bring to a boil.
Note: The same amount of dried apples and water may be cooked without soaking 10 minutes.

MALTO-MEAL
Proportions: 3 cups water, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup Malto-Meal. Cook 5 minutes in Flex-Seal.* Method, “How to Cook Cereals” (page 95).

CREAM OF RYE
Proportions: 2 cups water, $\frac{1}{2}$ teaspoon salt, 1 cup Cream of Rye. Cook 5 minutes in Flex-Seal.* Method, “How to Cook Cereals” (page 95), or Rolled Oats, (page 79). Do not stir this cereal before or after cooking, in order not to break the flaky texture of the cereal.

RALSTON CEREAL
Proportions: 4 cups water, 1 teaspoon salt, 1 cup Ralston Cereal. Cook 8 minutes in Flex-Seal. Method, “How to Cook Cereals” (page 95).

ORANGE MARMALADE
Wash and slice 4 large firm California oranges and 2 lemons very thin. Cut into small wedge shape pieces. Measure fruit and add 2 times as much water. Cook in Flex-Seal Cooker 5 minutes. Place 2 cups of fruit and juice with 2 cups sugar in a preserving kettle. Boil rapidly 8 to 10 minutes or until it gives the standard jelly test (page 76). Pour into hot sterilized glasses. When cold, cover with melted paraffin.

THREE FRUIT MARMALADE
Follow the same method and proportions of fruit, water and sugar as for Orange Marmalade. Wash and cut 1 grapefruit, 1 California orange and 1 lemon.

CURRANT JELLY
Wash 1 quart red currants, add 1$\frac{1}{2}$ cups water, cook in Flex-Seal 3 minutes. Strain through a jelly bag. Boil 4 cups juice 3 minutes rapidly, add 3 cups sugar, stir and cook over full heat about 3 minutes or until it gives the jelly test (page 76). Pour into hot sterilized jelly glasses. When cold, cover with melted paraffin.

STRAWBERRY JELLY
Wash, hull 2 quarts strawberries. Cook in Flex-Seal with 1 cup water 3 minutes. Strain through a jelly bag. Boil rapidly 2$\frac{1}{2}$ cups strawberry juice mixed with 1$\frac{1}{2}$ cups currant juice (as prepared in above recipe), 3 minutes. Use a 6 or 8 quart preserving kettle. Add 3 cups sugar, stir until dissolved. Boil over full heat 3 or 4 minutes or until it gives the jelly test (page 76). Pour into hot sterilized jelly glasses. When cold cover with melted paraffin.
HOW TO COOK CEREALS

Bring the measured water and salt to a full, rapid boil in the Flex-Seal Cooker. Add cereal gradually, stirring until slightly thickened. Reduce the heat, place the cover on, bring the steam up slowly. Place the vent weight on and bring the pressure up over a moderate heat.

Fine granular cereals such as cornmeal or "Scotch Style" Oatmeal, may be mixed with a portion of cold water to avoid lumping. Cook the required length of time. When pressure has returned to normal, open cooker and stir to a smooth consistency. The amount of salt and consistency depends upon personal preference. Add a little more salt if desired, and thin with hot water, when desired. The proportions recommended are generally desirable for cooked breakfast cereals.

Note: When a thick coating of cereal is formed on the bottom of the cooker, more heat than necessary was used during the cooking process. After cooking, all of the cereal will stir to a smooth consistency.

HOW TO COOK MACARONI, SPAGHETTI AND NOODLES

Bring water and salt to a rapid boil in the Flex-Seal Cooker. Add macaroni, spaghetti or noodles, stir, then reduce heat. Place the cover on and bring up the steam slowly. Cook required length of time. Drain, place in a large sieve or colander and wash off the excess starch under the hot water faucet or use a tea kettle of boiling water. Stir with a wooden spoon carefully so as not to break it. Drain well.

HOW TO COOK RICE

Bring the water and salt to a rapid boil in the Flex-Seal Cooker. Add rice, stir, reduce heat. Place cover on and bring the steam and pressure up over moderate heat. By this method the liquid will not boil out of the vent pipe.

Cook required length of time. When desired, put the rice in a sieve or colander and run boiling or very hot water over it to wash off the excess starch. Let drain a few minutes. Place the sieve or colander resting in the top of the Flex-Seal or another utensil, containing 4 cups rapidly boiling water. Cover rice with a folded tea towel and steam 5 minutes or when steamer is used, place cover on. This will separate the kernels. When distinct separate kernels of rice are not required it is especially important to wash rice in cold water changing water 3 or 4 times until the excess starch is removed. With this washing before cooking, it is not necessary to wash with hot water after cooking for many recipes.

We recommend two different methods of cooking rice depending upon the type of cooked rice desired.

Method No. 1, Cooked Rice With Distinct Chewy Kernels

Bring 1½ cups water with 1 teaspoon of salt to a rapid boil in the Flex-Seal. Add 1 cup washed rice (wash well 3 or 4 times in cold water to remove excess starch—drain well. Do not let rice stand in
the water.) Reduce heat, place cover on, bring up steam and pressure slowly. Cook 7 minutes.* Serve. It is not necessary to blanch or steam this rice—the kernels are separate, but may be if desired. This type of rice is usually served with Chop Suey, or used with creamed meats or sea food.

Method No. 2, Cooked Rice With Soft Cooked Kernels

Bring 2 cups water and 1 teaspoon salt to a rapid boil in the Flex-Seal. Add rice, stir and reduce heat. Place cover on, bring up steam and pressure over moderate heat. Cook 5 minutes. Remove from heat and allow pressure to drop normally. Serve or place rice in a coarse sieve to wash off excess starch. Run hot water over rice, stirring the rice. Steam 5 minutes in a steamer or by the above suggested method. This type of soft kernel rice is preferred by many. Used also for soups, desserts, custards, etc.

HOW TO COOK SOUP

Bring the water, salt, seasonings, soup bone and meat cut in small pieces slowly to the boiling point. When boiling point is reached, reduce heat. Place cover on and bring the steam and pressure up over moderate heat. Cook at full pressure the required length of time.

METHODS FOR COOKING MEATS

Meat is usually browned in fat before cooking. Place the fat, drippings or cooking oil in the Flex-Seal or in a skillet—depending upon the size, shape and amount to be browned. Choose the utensil most suited to your convenience. Use the wire rack for almost all meat cookery.

Do not over-cook meats! Always use the minimum rather than the maximum amount of time and you will enjoy delicious meats cooked quickly in the Flex-Seal. When the meat is almost cooked the last 3 to 5 minutes is equal to much longer time by other methods. Open the Cooker and use your experience by testing it as you would when roasting in the oven or cooking in a covered utensil on top of the stove. If you use a meat thermometer for your oven roasts it is an accurate guide to tell you when Flex-Seal meats are ready-to-serve.

Place the thermometer in the meat when the cover is removed, and in a few seconds you will know if it should be cooked 2 to 4 minutes longer. Over-cooked meats by any method are not desirable. For accuracy the cooked meats in this book have been checked with a meat thermometer.

Enjoy delicious brown gravies with your roasts (page 1). Ask the dealer to include with your purchase of a rolled roast, the bones. Cook them with the roast, as they will give added flavor to the gravy.

Loin and rib roasts weighing 5 1/2 to 7 pounds or more with bone may be cut in half, to serve a large number of people. When cut in half, cook meat the length of time required for 1/2 the roast. An 8 pound loin of pork, cut in half would be cooked as a 4 pound roast.

Meats browned in hot fat over a moderate heat have a superior flavor to roasts browned over very high heat. The fat in the utensil
will also give a better flavored gravy—and you avoid smoke in your kitchen. Take time to brown roast well and you will enjoy a better flavored roast. It is not necessary to dredge roast with flour, do so only when preferred. A lower heat for browning is then required. Generally, we do not prefer dredging roasts or pot roasts with flour.

Because meats are purchased in many different weights, shapes, thicknesses and also different cuts and grades of meat, consult the Time Table—Cooking Chart for the average number of minutes per pound. The minimum number of minutes per pound are given so that meats will not be over-cooked. Allow roasts, pot roasts and all other meats, when possible, to return to normal pressure gradually. Chill cooker in cold water only when vegetables are to be added. If you have two or more Flex-Seal Cookers in your kitchen, then use another Flex-Seal for the vegetable cookery.

HOW TO COOK IN PARCHMENT PAPER

Parchment Cooking Paper such as KVP Household Parchment Paper is available in convenient rolls 12, 18 and 24 inches wide. Also in packages containing 10 (24”x24”) sheets. When purchased by the roll it is specially convenient.

Tear off a piece according to amount of food to be cooked. Thoroughly wet the paper under the cold water faucet or dip in a pan of water. Press out the excess water, place vegetables, meat or other food in the center and tie with cord.

Two or three foods may be cooked at the same time, in one parchment paper bag, or use separate pieces. Parchment Cooking Paper serves many different uses in Flex-Seal cooking. It is used to keep small vegetables such as peas, diced carrots, etc., separate from other food in the cooker. It permits foods to retain their natural color—as potatoes for mashing when cooked with the meat. You will find it specially convenient for removing foods from the cooker which are tender and easily broken as fish, baked apples, etc.

Foods cooked in parchment paper may be seasoned lightly with salt, pepper or other desired seasoning. The required time for cooking is the same. Add them to the cooker according to the Time Table—Cooking Chart. Parchment paper need not be discarded, it can be washed, dried and used many times.

HOW TO COOK TWO, THREE OR MORE FOODS IN ONE FLEX-SEAL COOKER

1. Meat and potatoes placed in Flex-Seal Cooker at the same time
   This method is most convenient when the time for cooking meat does not exceed fifteen minutes. For instance, with fried chicken or breaded veal cutlets which cook in 10 to 12 minutes, you can cook small or medium size whole potatoes. The average cut of lamb or pork shoulder steaks or chops will cook in 10 minutes, therefore medium size potatoes should be cut in half, large potatoes quartered or very small new potatoes may be cooked whole. The meat is first browned in fat in the cooker or a skillet. When you wish to serve browned potatoes, add water to the cooker or skillet in which the meat
was browned. Place rack in cooker, add potatoes, pour liquid over then add meat. When cooking time is reached, open cooker and re-move meat. Baste the potatoes with the liquid before placing them on serving platter. A delicious brown gravy may then be made by the addition of water or milk, flour and seasonings in the usual way. Cook the potatoes in parchment paper for mashed potatoes.

2. **When the time required to cook meat is longer than required for potatoes**

Rolled roasts, pot roasts, and roast chicken require this method of cooking. To illustrate, if a rolled roast requires 35 minutes and you wish to cook medium size whole potatoes in the same cooker, allow 15 minutes for the potatoes. Cook the meat 20 minutes . . . open cooker by chilling in cold water, add potatoes cook 15 minutes longer, making the total cooking time for the meal 35 minutes.

3. **When potatoes cooked with meat are to be served mashed, riced or creamed**

Open the cooker by chilling in cold water. Add the potatoes tied in parchment cooking paper and cook at full pressure the required length of time for the size of potatoes added.

4. **When meat, potatoes and vegetables are to be cooked in one Flex-Seal Cooker**

Open the cooker by chilling in cold water, the number of minutes before the meat is done according to the number of minutes required by the size of potatoes being added and the time required by the vegetable. This may require two openings. Cook potatoes and the vegetable in parchment paper when necessary. While foods do not absorb or exchange flavors when cooked in the same Flex-Seal, parchment paper is necessary to retain the natural color of vegetables as cauliflower, mashed potatoes or sliced beets. Small vegetables as peas, diced carrots, celery, lima beans, etc., should be cooked in parchment paper.
AMOUNT OF WATER TO BE USED IN FLEX-SEAL COOKERS

<table>
<thead>
<tr>
<th>COOKER SIZE</th>
<th>WATER RECOMMENDATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Quart and 2 Quart Flex-Seal</td>
<td>¼ cup water for quick cooking vegetables, ½ cup water for vegetables cooked more than 7 minutes and other foods.</td>
</tr>
<tr>
<td>3 Quart and 4 Quart Flex-Seal</td>
<td>¼ cup water for quick cooking vegetables, ½ cup water for vegetables cooked more than 7 minutes and other foods. Use 1 to 2 cups water for steamed breads and puddings.</td>
</tr>
</tbody>
</table>

*Set Cooker in Cold Water to reduce pressure for foods marked * listed in the Time Table—Cooking Charts and Recipes. When no sign appears, remove Flex-Seal from heat and complete the cooking process on retained heat.

Slightly less cooking time is possible in a few instances with tender young, small and medium size vegetables. The following Time Table assures you of perfectly cooked food for your table under general conditions throughout the year. Cooking time does not vary with the quantity of vegetables cooked.

TIME TABLE — COOKING CHART

FRESH VEGETABLES

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>Minutes at 15 pounds pressure</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichoke</td>
<td>10</td>
<td>Cut stem close to base. Cut top off 1½ inches and tie with cord to hold shape. Cook large older artichokes 15 minutes.</td>
</tr>
<tr>
<td>Asparagus—Medium Size</td>
<td>½</td>
<td>1½*</td>
</tr>
<tr>
<td>Asparagus—Giant Size</td>
<td>2*</td>
<td></td>
</tr>
<tr>
<td>Asparagus End</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Beans—Green</td>
<td>2½*</td>
<td>Wash, cut off ends. Allow same cooking time for whole beans cut in 1 inch lengths.</td>
</tr>
<tr>
<td>Beans—Green, Julienne</td>
<td>½</td>
<td></td>
</tr>
<tr>
<td>Beans—Wax or Yellow</td>
<td>2½*</td>
<td>Wash and cut ends of small wax beans, cook 2½*; Large full size wax beans 3½*.</td>
</tr>
<tr>
<td>Beans—Lima, Fresh</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Beets—Sliced</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>VEGETABLE</td>
<td>Minutes at 15 pounds pressure</td>
<td>COMMENTS</td>
</tr>
<tr>
<td>---------------------------</td>
<td>-------------------------------</td>
<td>--------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Beets—Diced</td>
<td>5</td>
<td>Cut off tops. Wash, peel, slice 1/2 inch thick, dice.</td>
</tr>
<tr>
<td>Beets—Julienne</td>
<td>3 1/2</td>
<td>Cut off tops of medium to large beets. Wash, peel, slice about 1/16 inch thick. Cut in narrow matchlike strips.</td>
</tr>
<tr>
<td>Beets—Quartered</td>
<td>5</td>
<td>Peel medium size beets, cut in quarters. Cut tops 1/2 inch from small or baby beets. Cook. Remove skin when cool, reheat.</td>
</tr>
<tr>
<td>Beets, Whole, Small</td>
<td>10</td>
<td>Cut tops 1/2 inch from large beets. Peel after cooking. Use for stuffed beet cups, sliced pickled beets, etc.</td>
</tr>
<tr>
<td>Beets—Whole, large</td>
<td>15 to 20</td>
<td>Select green heads, free from yellow tinge. Cut base off until tender. Remove leaves. Cut large stalks lengthwise about size of Giant Asparagus for uniform cooking.</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 1/2*</td>
<td>Discard outer wilted or yellow leaves. Soak in salt water 10 minutes. Slice large sprouts at base making 1/2 inch slit for uniform cooking.</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>1 1/2*</td>
<td>Remove outer leaves. Cut head in halves. Cut in 1/4 inch slices, cutting again into smaller pieces.</td>
</tr>
<tr>
<td>Cabbage Shredded</td>
<td>2 1/2*</td>
<td>A slightly larger cut, 3/4 to 1 inch slices then cut crosswise, making 1 inch pieces.</td>
</tr>
<tr>
<td>Cabbage Slaw</td>
<td>3*</td>
<td>Medium size head. Cut in quarters, remove portion of core. Cut into wedge shape serving pieces the standard size for boiled dinners.</td>
</tr>
<tr>
<td>Cabbage—Sections</td>
<td>6* to 10*</td>
<td>Small to medium head. Cut core close to cabbage. Make a V cut removing part of core. Cut center section out before cooking. Serve as Stuffed Cabbage.</td>
</tr>
<tr>
<td>Cabbage—Whole</td>
<td>15*</td>
<td>Cut cabbage in half. Slice about 1/2 inch thick, then cut or chop into small pieces. Cook with 1/2 cup water and 1 teaspoon vinegar to retain the red color.</td>
</tr>
<tr>
<td>Cabbage—Red, Sliced</td>
<td>4*</td>
<td>Small carrots. Wash with brush or peel.</td>
</tr>
<tr>
<td>Carrots—Whole, Small</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>VEGETABLE</td>
<td>Minutes at 15 pounds pressure</td>
<td>COMMENTS</td>
</tr>
<tr>
<td>-------------------</td>
<td>-------------------------------</td>
<td>--------------------------------------------------</td>
</tr>
<tr>
<td>Carrots—Whole, Large</td>
<td>5</td>
<td>Large carrots or cook the large ends of carrots. Use for cutting carrot balls.</td>
</tr>
<tr>
<td>Carrots—Sliced</td>
<td>2</td>
<td>Slice about ⅛ inch thick.</td>
</tr>
<tr>
<td>Carrots—Diced</td>
<td>2½</td>
<td>⅜ to ½ inch dice.</td>
</tr>
<tr>
<td>Carrots—Julienne</td>
<td>½</td>
<td>Slice lengthwise about ⅛ inch thick, then cut into narrow matchlike strips.</td>
</tr>
<tr>
<td>Cauliflower—Flowerets</td>
<td>1½*</td>
<td>Select solid, large white head. Cut stem close to cauliflower. Remove leaves, make a V cut in center core to remove part of core. Cook in 4 quart Flex-Seal, core resting on wire rack with ½ cup water. Remove from cooker.</td>
</tr>
<tr>
<td>Cauliflower—Whole</td>
<td>3*</td>
<td>Remove tough string-like fiber. Cut in ⅛ to ¼ inch lengths. Use same cooking time for celery cut in 4 inch lengths.</td>
</tr>
<tr>
<td>Celery, Diced</td>
<td>2</td>
<td>Remove silk from ears with vegetable brush under cold running water.</td>
</tr>
<tr>
<td>Corn on Cob</td>
<td>½</td>
<td>Cut from cob before or after cooking.</td>
</tr>
<tr>
<td>Corn, Kernel</td>
<td>½</td>
<td>Cut in halves. Scoop out seeds and soft pulp with a teaspoon. Peel, cut in thirds or dice. Cook ½ minute for sauteed or stuffed cucumbers.</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>1</td>
<td>Cut in ⅛ to ⅜ inch slices, peel. Cook, then saute it or French Fry.</td>
</tr>
<tr>
<td>Eggplant—Sliced</td>
<td>0*</td>
<td>Cut in ½ inch slices, peel, dice.</td>
</tr>
<tr>
<td>Eggplant—Diced</td>
<td>0*</td>
<td>Cut medium to large size eggplant in half lengthwise. Cut out a shell leaving ¼ inch pulp around the edge. Remove and dice center pulp. Replace in shell for cooking. Use for stuffed eggplant.</td>
</tr>
<tr>
<td>Eggplant—Stuffed</td>
<td>2*</td>
<td>Discard yellow or wilted leaves. Wash well in luke warm water, then 2 or 3 times in cold water to remove sand and grit.</td>
</tr>
<tr>
<td>Greens</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VEGETABLE</td>
<td>Minutes at 15 pounds pressure</td>
<td>COMMENTS</td>
</tr>
<tr>
<td>----------------------</td>
<td>--------------------------------</td>
<td>-----------------------------------------------</td>
</tr>
<tr>
<td>Beet Tops</td>
<td>3½*</td>
<td>Cook leaves and stems.</td>
</tr>
<tr>
<td>Dandelion</td>
<td>5½*</td>
<td>Cut off at root end the white part of stem.</td>
</tr>
<tr>
<td>Kale</td>
<td>4*</td>
<td>Cut off roots and heavy part of leaf.</td>
</tr>
<tr>
<td>Mustard</td>
<td>5*</td>
<td>Cut off at root end close to leaves.</td>
</tr>
<tr>
<td>Spinach</td>
<td>1½*</td>
<td>Cut off root. Wash well to remove all grit.</td>
</tr>
<tr>
<td>Swiss Chard</td>
<td>2½*</td>
<td>Cook white stems with the leaves.</td>
</tr>
<tr>
<td>Turnip Tops</td>
<td>5*</td>
<td>Use leaf only. Cut from stems.</td>
</tr>
<tr>
<td>Kohlrabi—Sliced</td>
<td>4*</td>
<td>Peel, slice ½ inch thick.</td>
</tr>
<tr>
<td>Kohlrabi—Diced</td>
<td>5*</td>
<td>Peel, slice ½ inch thick, dice.</td>
</tr>
<tr>
<td>Leeks</td>
<td>7*</td>
<td>Cut off root end, peel, cut off green tops to within 1½ inches of white part. Wash, cut stem close, about ½ inch from mushroom cap. Small and medium size mushrooms do not need to be peeled. Slice ⅛ to ¼ inch thick.</td>
</tr>
<tr>
<td>Mushroom—Sliced</td>
<td>1*</td>
<td></td>
</tr>
<tr>
<td>Mushroom Caps—Medium</td>
<td>3*</td>
<td>Wash, cut off stems, wash, peel from outer edge to center. Serve as stuffed mushrooms.</td>
</tr>
<tr>
<td>Mushroom Caps—Large</td>
<td>6*</td>
<td></td>
</tr>
<tr>
<td>Okra—Whole</td>
<td>3*</td>
<td>Cut ¼ to ½ inch lengths. Add liquid and cooked okra to soups.</td>
</tr>
<tr>
<td>Okra-Cut</td>
<td>1½</td>
<td>Peel, slice ⅛ to ¼ inch thick.</td>
</tr>
<tr>
<td>Onions—Sliced</td>
<td>3*</td>
<td>Medium size, peel, cut in quarters. Cut large onions in 6 to 8 sections about 1½ inch wedge shape pieces. Serve as buttered or creamed onions.</td>
</tr>
<tr>
<td>Onions—Quartered</td>
<td>9*</td>
<td></td>
</tr>
<tr>
<td>Onions—Whole</td>
<td>15*</td>
<td></td>
</tr>
<tr>
<td>Parsnips—Sliced</td>
<td>3*</td>
<td>Peel, cut in ⅛ inch slices.</td>
</tr>
<tr>
<td>Parsnips—Diced</td>
<td>5*</td>
<td>Peel, cut in ½ to ¾ inch dice.</td>
</tr>
<tr>
<td>Parsnips—Whole</td>
<td>12 to 15</td>
<td>Peel small to medium size parsnips. Cook whole for sauteed, braised or French Fried.</td>
</tr>
<tr>
<td>Parsnips—Halves</td>
<td>10</td>
<td>Cut medium to large size peeled parsnips in halves, lengthwise.</td>
</tr>
<tr>
<td>VEGETABLE</td>
<td>Minutes at 15 pounds pressure</td>
<td>COMMENTS</td>
</tr>
<tr>
<td>------------------------</td>
<td>-------------------------------</td>
<td>--------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Peas</td>
<td>1 1/2</td>
<td>Variation in time for cooking is dependent upon variety of peas, season of year. Add 3 or 4 washed pods for each pound of peas for flavor. Home-grown or the garden variety of large older peas require 4 minutes.</td>
</tr>
<tr>
<td>Peas</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Potatoes—Cut</td>
<td>7*</td>
<td>Peel and cut medium potatoes in quarters for mashed or riced potatoes.</td>
</tr>
<tr>
<td>Potatoes—Cut in Halves</td>
<td>9*</td>
<td>Peel, cut medium to large size potatoes in halves, lengthwise.</td>
</tr>
<tr>
<td>Potatoes—Whole</td>
<td>15*</td>
<td>Medium size—sufficient 1 per serving.</td>
</tr>
<tr>
<td>Potatoes—Sliced</td>
<td>1*</td>
<td>Cut about 1/8 inch thick for scalloped or raw fried potatoes.</td>
</tr>
<tr>
<td>Potatoes—Diced</td>
<td>4*</td>
<td>Cut into 1 inch cubes for creamed potatoes.</td>
</tr>
<tr>
<td>Potatoes—Sweet, Halves</td>
<td>10*</td>
<td>Small whole sweet potatoes or medium size, cut in halves lengthwise. Cook whole medium size sweet potatoes 15 minutes.</td>
</tr>
<tr>
<td>Potatoes—Sweet, Quartered</td>
<td>7*</td>
<td>Cut in quarters for mashed potatoes.</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>15</td>
<td>Cook in large pieces. When cool, remove pulp.</td>
</tr>
<tr>
<td>Radishes</td>
<td>2*</td>
<td>Peel, slice thin, about 1/16 to 1/8 inch.</td>
</tr>
<tr>
<td>Rutabaga—Sliced</td>
<td>5*</td>
<td>Slice about 1/2 inch thick, peel. Mash, rice or serve sliced.</td>
</tr>
<tr>
<td>Rutabaga—Diced</td>
<td>4*</td>
<td>Slice 1/2 inch thick, peel, dice.</td>
</tr>
<tr>
<td>Rutabaga—Cut</td>
<td>12*</td>
<td>Cut in wedge shape pieces or sections as for boiled dinners.</td>
</tr>
<tr>
<td>Spinach</td>
<td>1 1/2*</td>
<td>See Greens.</td>
</tr>
<tr>
<td>Squash—Acorn</td>
<td>10*</td>
<td>Cut in halves, scoop out pulp seeds.</td>
</tr>
<tr>
<td>Squash—Hubbard</td>
<td>15*</td>
<td>Called summer or Saucer Squash. Cut about 1 inch wide slices toward center. Remove seeds and soft pulp, peel. Serve sautéed, diced, etc.</td>
</tr>
<tr>
<td>Squash—Summer</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>VEGETABLE</td>
<td>Minutes at 15 pounds pressure</td>
<td>COMMENTS</td>
</tr>
<tr>
<td>-------------------</td>
<td>-------------------------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>Tomatoes—Whole</td>
<td>1*</td>
<td>Peel, remove core.</td>
</tr>
<tr>
<td>Tomatoes—Cut</td>
<td>1/2*</td>
<td>Peel, remove core, cut in halves or quarters.</td>
</tr>
<tr>
<td>Turnips—White, Sliced</td>
<td>4*</td>
<td>Peel, slice 1/8 inch thick.</td>
</tr>
<tr>
<td>Turnips—Diced</td>
<td>5*</td>
<td>Peel, dice 1/2 inch thick.</td>
</tr>
<tr>
<td>Turnips—Julienne</td>
<td>2 1/2*</td>
<td>Cut in narrow matchlike strips.</td>
</tr>
<tr>
<td>Turnips—Quartered</td>
<td>5*</td>
<td>Peel, cut in quarters.</td>
</tr>
<tr>
<td>Turnips—Whole</td>
<td>20*</td>
<td>Peel large turnips. Cook whole for glazed or stuffed turnips.</td>
</tr>
<tr>
<td>Zucchini—Sliced</td>
<td>0</td>
<td>Wash, cut slices 1/4 to 1/2 inch thick.</td>
</tr>
<tr>
<td>Zucchini—Cut in Halves</td>
<td>1/2</td>
<td>Wash, cut lengthwise in halves for stuffed zucchini.</td>
</tr>
</tbody>
</table>

**DRIED VEGETABLES AND RICE, MACARONI AND OTHER FOODS**

<table>
<thead>
<tr>
<th>Dried Vegetable</th>
<th>Measurement</th>
<th>Amt. of Water</th>
<th>Minutes to cook at 15 lbs. pres.</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kidney Beans</td>
<td>1 cups</td>
<td>2 1/2 cups</td>
<td>Soak overnight 30 min.</td>
<td>1 hr. 45 min.</td>
</tr>
<tr>
<td>Lentils</td>
<td>1 cups</td>
<td>4 cups</td>
<td>Soak overnight 20 min.</td>
<td>40 min.</td>
</tr>
<tr>
<td>Lima Beans—Large</td>
<td>1 cups</td>
<td>3 cups</td>
<td>Soak overnight 40 min.</td>
<td>55 min.</td>
</tr>
<tr>
<td>Lima Beans—Small</td>
<td>1 cups</td>
<td>3 cups</td>
<td>No soaking 30 min.</td>
<td>45 min.</td>
</tr>
<tr>
<td>Navy Beans</td>
<td>2 cups</td>
<td>4 cups</td>
<td>No soaking 40 min.</td>
<td>80 min.</td>
</tr>
<tr>
<td>Great Northern Beans</td>
<td>2 cups</td>
<td>4 cups</td>
<td>No soaking 40 min.</td>
<td>60 min.</td>
</tr>
<tr>
<td>Pinto Beans</td>
<td>1 cups</td>
<td>2 1/4 cups</td>
<td>No soaking 45 min.</td>
<td>70 min.</td>
</tr>
<tr>
<td>Split Peas—Green or Yellow</td>
<td>1 cups</td>
<td>2 1/2 cups</td>
<td>No soaking necessary. This proportion gives a smooth thick puree for soups, vegetable loaves, timbales, etc.</td>
<td></td>
</tr>
</tbody>
</table>
### TIME TABLE — COOKING CHART

<table>
<thead>
<tr>
<th>Food</th>
<th>Approx. Measure or Wt.</th>
<th>Amt. of Water</th>
<th>Tsp. of Salt</th>
<th>Min. to Cook at 15 lbs. Press.</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Noodles</td>
<td>3 cups or 8 oz.</td>
<td>2 qts.</td>
<td>2</td>
<td>4</td>
<td>&quot;How to Cook&quot; (page 81). For all foods listed in this table—add to boiling salted water, stir, reduce heat, place cover on and bring up steam slowly. Place vent weight on and increase heat. Cook at full pressure.</td>
</tr>
<tr>
<td>Macaroni</td>
<td>3 cups or 8 oz.</td>
<td>2 qts.</td>
<td>2</td>
<td>6* 10*</td>
<td>Cook 6* when it is to be baked or cooked with other foods. Cook 10* ready to serve with sauce, in salads, etc.</td>
</tr>
<tr>
<td>Rice—White Method No. 1</td>
<td>1</td>
<td>1 1/2</td>
<td>1</td>
<td>7*</td>
<td>How to Cook Rice (page 81)</td>
</tr>
<tr>
<td>Rice—White Method No. 2</td>
<td>1</td>
<td>2</td>
<td>1</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Rice—Brown</td>
<td>1</td>
<td>2 1/2</td>
<td>1</td>
<td>25</td>
<td>Cook without soaking, or soak 2 hours in 2 cups cold water. Add to 1 cup boiling salted water. This permits bran coating to absorb more moisture.</td>
</tr>
<tr>
<td>Rice—Wild</td>
<td>1</td>
<td>2 1/4</td>
<td>1</td>
<td>25</td>
<td>When desired, wash cooked rice under hot water to remove excess starch. Steam 10 minutes.</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>8 oz.</td>
<td>2 qts.</td>
<td>1 1/2</td>
<td>8* 12*</td>
<td>Cook 8 minutes*, when it is to be cooked with other foods. Cook 12 minutes*—ready to serve.</td>
</tr>
</tbody>
</table>

### FISH AND SEA FOOD

<table>
<thead>
<tr>
<th>Fish</th>
<th>Amt. of Water</th>
<th>Min. to Cook at 15 lbs. Press.</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish Steaks, Thick Cuts</td>
<td>1/3 cup</td>
<td>6*</td>
<td>Wipe thick cuts (1&quot; to 1 1/2&quot;) with a damp cloth. Brown on both sides in butter or fat. Season lightly with salt and pepper.</td>
</tr>
<tr>
<td>Baked Fish—Whole</td>
<td>1/3 cup</td>
<td>4 min. per lb.</td>
<td>Wash under cold water. Wipe dry. Season inside with a little salt, lemon juice and melted butter.</td>
</tr>
<tr>
<td>Fish—Steamed</td>
<td>Cook covered with water</td>
<td>4 min. per lb.</td>
<td>Cook fish in cheese cloth. Season water according to recipe—celery, onion, parsley, bay leaf, etc. Strain and use fish stock as liquid in sauce.</td>
</tr>
</tbody>
</table>
## TIME TABLE — COOKING CHART
### FISH AND SEA FOOD — Continued

<table>
<thead>
<tr>
<th>Fish</th>
<th>Amt. of Water</th>
<th>Min. to Cook at 15 lbs. Press.</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish—Stuffed</td>
<td>1/3 cup</td>
<td>5 min. per lb.</td>
<td>Cook fish on wire rack. Remove wire rack with long handled cook's fork and slip on serving platter; or cook fish in buttered parchment paper. This fish is easily boned for attractive table service. Remove backbone beginning at tail end.</td>
</tr>
<tr>
<td>Finnan Haddie</td>
<td>Cook covered with water</td>
<td>12* or 8 min. per lb.</td>
<td>Pour boiling water over Finnan Haddie. Let stand 30 minutes. Drain. Cook covered with water. Flake fish, discarding skin and brown top surfaces.</td>
</tr>
<tr>
<td>Shrimp</td>
<td>1/2</td>
<td>2 1/2*</td>
<td>Wash shrimp in cold water. When cooked, chill on ice. Shell and clean. They may also be cooked covered with water with seasonings of little catsup, onion, bay leaf, parsley, celery leaves, Worcestershire sauce, mustard, etc.</td>
</tr>
<tr>
<td>Fish Loaf</td>
<td>3/4</td>
<td>15</td>
<td>Cook in parchment paper, or in baking dish on wire rack.</td>
</tr>
</tbody>
</table>

## DRIED FRUITS

<table>
<thead>
<tr>
<th>Dried Fruit</th>
<th>Approx. Measure of Fruit</th>
<th>Cups of Water</th>
<th>Cups of Sugar</th>
<th>Min. to cook at 15 lbs. Press.</th>
<th>Directions</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>1/2 lb. or 2 1/2 cups</td>
<td>3/4</td>
<td>5</td>
<td></td>
<td>Soak overnight</td>
<td>Add sugar to cooked fruit and bring to a boil.</td>
</tr>
<tr>
<td>Apricots—Sulphured</td>
<td>2 cups</td>
<td>2 1/2</td>
<td>3/4</td>
<td>0</td>
<td>No soaking</td>
<td>Let cool in Flex-Seal, or invert into a bowl.</td>
</tr>
<tr>
<td>Apricots—Unsulphured</td>
<td>2 cups</td>
<td>2 1/2</td>
<td>3/4</td>
<td>1</td>
<td>No soaking</td>
<td>A mixture of peaches, apricots, pears and prunes.</td>
</tr>
<tr>
<td>Fruit Compote</td>
<td>1 lb. or 2 1/2 cups</td>
<td>3</td>
<td>1/2</td>
<td>5</td>
<td>Soak overnight</td>
<td>Add sugar and boil 2 minutes.</td>
</tr>
<tr>
<td>Figs—Sun Dried</td>
<td>8 oz. or 1 cup</td>
<td>2 1/2</td>
<td>1/2</td>
<td>10</td>
<td>Soak overnight</td>
<td></td>
</tr>
</tbody>
</table>
### TIME TABLE — COOKING CHART

## DRIED FRUIT — Continued

<table>
<thead>
<tr>
<th>Dried Fruit</th>
<th>Approx. Measure of Fruit</th>
<th>Cups of Water</th>
<th>Cups of Sugar</th>
<th>Min. to cook at 15 lbs. Press.</th>
<th>Directions</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Figs—Dried</td>
<td>8 oz. or 1 cup</td>
<td>2</td>
<td>1/2</td>
<td>5</td>
<td>Soak overnight</td>
<td>Generally sold as dried figs on a string.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td>1 lb. or 2 1/2 cups</td>
<td>3</td>
<td>2/3</td>
<td>5</td>
<td>Soak overnight</td>
<td>2 tablespoons lemon juice, improves flavor.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pears</td>
<td>1 lb. or 2 1/2 cups</td>
<td>3</td>
<td>1/2</td>
<td>5</td>
<td>Soak overnight</td>
<td>Remove core before or after soaking.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prunes</td>
<td>1 lb. or 2 1/2 cups</td>
<td>2 1/2</td>
<td>—</td>
<td>8</td>
<td>No soaking</td>
<td>8 minutes for small size, 10 medium, 12 large prunes. No sugar necessary add 1/4 cup if desired.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Raisins</td>
<td>1</td>
<td>3/4</td>
<td>—</td>
<td>2</td>
<td>No soaking</td>
<td>Use for pies, sauces, custards, etc.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Dried fruits are measured as packed cups. Add sugar to the cooked fruit and bring to a boil.

Add 1 cup more water to the recipe when served as breakfast fruit or sauce for dessert if more fruit juice is desired.

### COOKED FRESH FRUIT

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Amt. of Fruit</th>
<th>Cups of Water</th>
<th>Min. to cook at 15 lbs. Press.</th>
<th>Cups of Sugar</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples—Baked</td>
<td>Desired Number</td>
<td>1/2</td>
<td>4</td>
<td>1/4</td>
<td>Select baking apples. Wash, core, do not peel. Let cool in cooker, cook in parchment paper or remove on rack with fork.</td>
</tr>
<tr>
<td>Apple Sauce</td>
<td>3 lbs. Green Apples</td>
<td>1 1/2</td>
<td>3</td>
<td>1</td>
<td>Wash, quarter, remove seeds. Put cooked apples through a sieve, stir in sugar. Some varieties of early fall cooking apples require only 1 minute.</td>
</tr>
<tr>
<td>Apple Slices</td>
<td>Desired number</td>
<td>1/2</td>
<td>1</td>
<td>—</td>
<td>Cut 1 inch thick. Do not peel. Cook then saute or glaze.</td>
</tr>
<tr>
<td>Apricot Halves</td>
<td>1 doz.</td>
<td>1 1/4</td>
<td>45 seconds</td>
<td>3/4</td>
<td>Select slightly under ripe firm apricots. Wash, cut in halves, remove pit.</td>
</tr>
<tr>
<td>Apricots—Whole</td>
<td>4 cups</td>
<td>1 1/2</td>
<td>1/2*</td>
<td>1</td>
<td>Dip in hot water until skins loosen, drain, chill in cold water. Remove skins.</td>
</tr>
<tr>
<td>Fruit</td>
<td>Amt. of Fruit</td>
<td>Cups of Water</td>
<td>Min. to cook at 15 lbs. Press.</td>
<td>Cups of Sugar</td>
<td>Comments</td>
</tr>
<tr>
<td>----------------</td>
<td>---------------</td>
<td>---------------</td>
<td>---------------------------------</td>
<td>---------------</td>
<td>---------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Blackberries</td>
<td>1 qt.</td>
<td>1</td>
<td>15 seconds *</td>
<td>1/2</td>
<td>Bring water and sugar to a boil, add blackberries.</td>
</tr>
<tr>
<td>Blueberries</td>
<td>1 qt. or 4 cups</td>
<td>1 1/2</td>
<td>1 *</td>
<td>1</td>
<td>Add sugar to hot cooked fruit.</td>
</tr>
<tr>
<td>Cherries—Red Sour</td>
<td>4 cups</td>
<td>3/4</td>
<td>0 *</td>
<td>1 1/4</td>
<td>Wash, stem and pit cherries. Add sugar to hot cooked fruit.</td>
</tr>
<tr>
<td>Cherries—Bing</td>
<td>4</td>
<td>1 1/2</td>
<td>45 seconds *</td>
<td>1</td>
<td>Wash and stem. Bring sugar and water to a boil.</td>
</tr>
<tr>
<td>Cranberry Sauce</td>
<td>2</td>
<td>1/2</td>
<td>1</td>
<td>1</td>
<td>Bring water and sugar to a boil, add cranberries.</td>
</tr>
<tr>
<td>Loganberries</td>
<td>1 qt.</td>
<td>3/4</td>
<td>0 *</td>
<td>1</td>
<td>Bring water and sugar to a boil, add loganberries.</td>
</tr>
<tr>
<td>Oranges</td>
<td>2</td>
<td>4</td>
<td>5</td>
<td></td>
<td>Wash, slice very thin California oranges. Use for marmalades.</td>
</tr>
<tr>
<td>Orange Slices</td>
<td>Any desired number</td>
<td>1/2</td>
<td>3</td>
<td></td>
<td>Wash California oranges, slice about 1/4 inch thick, remove seeds. Cook, then glaze with sugar or thick syrup.</td>
</tr>
<tr>
<td>Pineapple</td>
<td>4 cups</td>
<td>1 1/4</td>
<td>15 *</td>
<td>3/4</td>
<td>Slice 1/4 inch, peel and dice one medium size pineapple. Cook, add sugar.</td>
</tr>
<tr>
<td>Raspberries—Red</td>
<td>4 cups</td>
<td>3/4</td>
<td>0 *</td>
<td>3/4</td>
<td>Bring water and sugar to a boil, stirring until sugar is dissolved.</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>3</td>
<td>no water</td>
<td>0 *</td>
<td>1</td>
<td>Wash, cut rhubarb in 1 inch pieces. Add sugar. Stir and cook over medium heat until a syrup is formed. Place cover on, cook.</td>
</tr>
<tr>
<td>Strawberries</td>
<td>1 qt. or 4 cups</td>
<td>1/2</td>
<td>10 seconds *</td>
<td>1</td>
<td>Bring water and sugar to a boil, add strawberries, cook.</td>
</tr>
</tbody>
</table>

Canned Fruits: Bring cooked fruit with sugar to a rapid boil. Pour to overflowing into hot sterilized jars and seal.
<table>
<thead>
<tr>
<th>Cereal</th>
<th>Cups of Cereal</th>
<th>Cups of Water</th>
<th>Tsp. of Salt</th>
<th>Min. to cook at 15 lbs. Press.</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barley—Whole Pearl</td>
<td>1/3</td>
<td>3</td>
<td>1/2</td>
<td>10</td>
<td>Soak overnight. Cook, add to soup. Cook 50 minutes if not soaked overnight.</td>
</tr>
<tr>
<td>Cornmeal</td>
<td>1</td>
<td>4</td>
<td>1</td>
<td>8</td>
<td>Add 1 cup cornmeal mixed with 1 cup cold water to 3 cups boiling salted water to avoid lumping. Stir until slightly thickened.</td>
</tr>
<tr>
<td>Cornmeal—Fried Slices</td>
<td>1</td>
<td>3 1/2</td>
<td>1</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Cracked Wheat</td>
<td>1</td>
<td>4</td>
<td>1 1/4</td>
<td>25</td>
<td>Cook cereal night before and reheat for better consistency.</td>
</tr>
<tr>
<td>Cream of Rye</td>
<td>1</td>
<td>2</td>
<td>1/2</td>
<td>5*</td>
<td>Stir very little and cereal will be flaky.</td>
</tr>
<tr>
<td>Cream of Wheat Farina</td>
<td>1/2</td>
<td>3</td>
<td>3/4</td>
<td>5*</td>
<td>Any cereal marked * may be removed from heat and allow pressure to drop normally when time permits.</td>
</tr>
<tr>
<td>Hominy—Granulated</td>
<td>1/2</td>
<td>2 2/3</td>
<td>3/4</td>
<td>20</td>
<td>No soaking.</td>
</tr>
<tr>
<td>Hominy—Grits</td>
<td>1/2</td>
<td>3</td>
<td>1</td>
<td>15</td>
<td>Soak overnight.</td>
</tr>
<tr>
<td>Malto-Meal</td>
<td>1/2</td>
<td>3</td>
<td>1/2</td>
<td>5*</td>
<td></td>
</tr>
<tr>
<td>Oats—Rolled Quick Cooking</td>
<td>1</td>
<td>2 1/2</td>
<td>1</td>
<td>10</td>
<td>May be cooked 3 minutes—but 10 minutes gives preferred flavor.</td>
</tr>
<tr>
<td>Oats—Scotch Style</td>
<td>1</td>
<td>3 1/2</td>
<td>1</td>
<td>10</td>
<td>Has a tendency to lump. Add to boiling salted water mixed with 1 cup cold water.</td>
</tr>
<tr>
<td>Oats—Steel Cut</td>
<td>1</td>
<td>4</td>
<td>1 1/4</td>
<td>25</td>
<td>Bring up steam slowly.</td>
</tr>
<tr>
<td>Ralston</td>
<td>1</td>
<td>4</td>
<td>1</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Whetena</td>
<td>1/2</td>
<td>2</td>
<td>1/2</td>
<td>8</td>
<td>Soak 1 cup cracked wheat in 2 cups cold water 4 hours. Cook and reheat for breakfast cereal. This allows bran coating to absorb moisture resulting in a more desirable consistency.</td>
</tr>
<tr>
<td>Whole Wheat</td>
<td>1</td>
<td>5</td>
<td>1</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>MEAT</td>
<td>Approx. minutes to cook at 15 lbs. pressure</td>
<td>Cups of liquid to be used</td>
<td>Comments</td>
<td></td>
<td></td>
</tr>
<tr>
<td>-----------------------------</td>
<td>--------------------------------------------</td>
<td>---------------------------</td>
<td>----------------------------------------------------------------------------------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef—Braised Short Ribs</td>
<td>30</td>
<td>1/2</td>
<td>Brown well in hot fat.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef—Corned</td>
<td>30 min. per lb.</td>
<td>water to cover</td>
<td>Wash, cover with cold water. Served often with cabbage, turnips, carrots and potatoes. Cook vegetables in strained liquid.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef—Hamburg Cakes</td>
<td>5</td>
<td>1/2</td>
<td>Use any cut for ground beef. 1/3 to 1/2 cup per serving.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef—Pot Roast</td>
<td>12 min. per lb.</td>
<td>1/2</td>
<td>Brown slowly on all sides in hot fat.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef—Rib Roast Rolled</td>
<td></td>
<td></td>
<td>Brown roast in hot fat.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rare</td>
<td>8</td>
<td>1/2</td>
<td>Cut 1 to 1 1/2 inches thick. Thicken liquid slightly with flour.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>10</td>
<td>1/2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Well Done</td>
<td>12</td>
<td>1/2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef, Swiss Steak</td>
<td>25</td>
<td>2 cups liquid</td>
<td>Cut as purchased, about 2 1/2 inch pieces. Brown slightly in hot fat.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef Stew</td>
<td>25</td>
<td>Hot water to cover</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef—Tongue, Fresh</td>
<td>30 min. per lb.</td>
<td>2</td>
<td>Cook with seasonings, carrot, bay leaf, onion, clove, etc. Let cook in liquid, remove skin and trim.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef—Tongue, Pickled</td>
<td>30 min. per lb.</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken—Fried, Broilers</td>
<td>7</td>
<td>1/3</td>
<td>Cut in halves. Dredge in flour, salt and pepper. Brown in hot fat.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken—Fried</td>
<td>8</td>
<td>1/3</td>
<td>Cut in quarters, frying chicken weighing 2 to 2 1/2 pounds.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken—Fried</td>
<td>12</td>
<td>1/3</td>
<td>Cut in serving pieces a young 4 pound roasting bird.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Fricassee</td>
<td>25</td>
<td>Add hot water to cover</td>
<td>Usually not browned, but brown if desired. Serve with dumplings.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken—Stuffed Roast</td>
<td>20</td>
<td>1/2</td>
<td>Small roasting chicken 2 1/2 to 3 pounds.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken—Stuffed Roast</td>
<td>25</td>
<td>1/2</td>
<td>Bird weighing 4 to 5 pounds.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken—Steamed</td>
<td>25</td>
<td>1</td>
<td>Cook whole. Use for sliced chicken, chicken salad, etc. Cook with 1 1/2 cups water for creamed chicken.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken—Stew or</td>
<td></td>
<td></td>
<td>Add cooked vegetables or add vegetables and cook 5 minutes.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Pie</td>
<td>25</td>
<td>Add hot water to cover</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham—Center Slice</td>
<td>15</td>
<td>1/2</td>
<td>Cut 1 inch thick. Brown on both sides.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MEAT</td>
<td>Approx. minutes to cook at 15 lbs. pressure</td>
<td>Cups of liquid to be used</td>
<td>Comments</td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------------</td>
<td>--------------------------------------------</td>
<td>--------------------------</td>
<td>--------------------------------------------------------------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham—Cottage Rolls</td>
<td>25</td>
<td>1</td>
<td>Small boneless cuts weighing from 1 1/2 to 3 pounds. Also small cuts sold as smoked pork butts.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham—Picnics</td>
<td>80</td>
<td>1</td>
<td>Average weight from 3 1/2 to 5 pounds with bone.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham—Baked, Half</td>
<td>60</td>
<td>1</td>
<td>Remove rind, brown in oven.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham—Boiled</td>
<td>60</td>
<td>3</td>
<td>Shank end usually purchased. Cook vegetables in liquid after removing ham.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lamb—Chops, Steaks</td>
<td>8</td>
<td>1/2</td>
<td>Cut 1/4 to 1 inch thick.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lamb—Roast</td>
<td>10 min. per lb.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lamb—Stew</td>
<td>20</td>
<td>1 cup or cover with water</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat Loaf</td>
<td>25</td>
<td>1/2</td>
<td>Combine any proportions of ground meat.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pork—Chops, Steaks</td>
<td>10</td>
<td>1/3</td>
<td>Cut 1/4 to 1 inch thick.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pork—Roast, Loin</td>
<td>9 min. per lb.</td>
<td>1/2</td>
<td>Weight 3 to 4 1/2 pounds.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pork—Roast, Rolled</td>
<td>10 min. per lb.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pork—Spareribs</td>
<td>15*</td>
<td>1/2</td>
<td>Brown in fat or cook as boiled spareribs.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pork—Hocks</td>
<td>40</td>
<td>1/2</td>
<td>Large meaty cuts 45 minutes.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veal Chops or Steaks</td>
<td>10</td>
<td>1/2</td>
<td>Cut 7/8 to 1 inch thick.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veal—Cutlets</td>
<td>10</td>
<td>1/2</td>
<td>Cut 1/4 inch thick. Breaded.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veal—Birds or Rolls</td>
<td>15</td>
<td>1/2</td>
<td>Brown in hot fat.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veal—Fricassee</td>
<td>15</td>
<td>1 cup or water to cover</td>
<td>Serve with dumplings.</td>
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<td></td>
</tr>
<tr>
<td>Veal—Heart</td>
<td>40</td>
<td>1 1/2</td>
<td>Wash well, remove veins, and arteries. Medium size about 1/2 pound. Stuff, serve sliced, or diced in stew.</td>
<td></td>
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</tr>
<tr>
<td>Veal—Roast, Loin</td>
<td>9 min. per lb.</td>
<td>1/2</td>
<td></td>
<td></td>
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<tr>
<td>Veal—Roast, Rolled</td>
<td>10 min. per lb.</td>
<td>1/2</td>
<td></td>
<td></td>
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<tr>
<td>Veal—Stew</td>
<td>15</td>
<td>1 cup or hot water to cover</td>
<td>Usually not browned. Serve with vegetables. Cook with seasonings — salt, onion, carrot, celery, clove, etc.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veal—Tongue</td>
<td>25</td>
<td>1</td>
<td>Wash, soak 1 hour in cold water, cook with 1 teaspoon of vinegar.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweetbreads</td>
<td>10</td>
<td>1/2</td>
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<tr>
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<tbody>
<tr>
<td>Beef Broth</td>
<td>30</td>
<td>Meat Stock</td>
<td>30</td>
</tr>
<tr>
<td>Bouillon</td>
<td>30</td>
<td>Navy Bean</td>
<td>40</td>
</tr>
<tr>
<td>Chicken</td>
<td>30</td>
<td>Split Pea</td>
<td>10</td>
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<tr>
<td>Consomme</td>
<td>30</td>
<td>Vegetable</td>
<td>3</td>
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<tr>
<td>Lentil</td>
<td>20</td>
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## COOKING FROSTED FOODS

Editor's Note. All information, instructions and cooking time charts that follow were furnished us by Frosted Food Sales Corp., packers of Birds Eye Frosted Foods.

## QUICK-FROZEN VEGETABLE COOKING CHART

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<th>ITEM</th>
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<th>Amount of Water</th>
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<tbody>
<tr>
<td></td>
<td>When Frozen</td>
<td>When Defrosted</td>
</tr>
<tr>
<td>Asparagus Cuts</td>
<td>3 1/2</td>
<td>1</td>
</tr>
<tr>
<td>Asparagus Tips†</td>
<td>3 1/4</td>
<td>3/4</td>
</tr>
<tr>
<td>Broccoli</td>
<td>4*</td>
<td>1 1/2*</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>3*</td>
<td>1 1/4*</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>3 3/4*</td>
<td>1 1/2*</td>
</tr>
<tr>
<td>Corn on Cob‡</td>
<td>—</td>
<td>1 1/2*</td>
</tr>
<tr>
<td>Cut Corn</td>
<td>1 1/2</td>
<td>0*</td>
</tr>
<tr>
<td>Green Peas</td>
<td>2 1/2</td>
<td>0</td>
</tr>
<tr>
<td>Green Beans</td>
<td>6 1/4*</td>
<td>2 1/2*</td>
</tr>
<tr>
<td>Lima Beans (Baby)</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>Peas and Carrots</td>
<td>2 1/4</td>
<td>0</td>
</tr>
<tr>
<td>Spinach‡</td>
<td>—</td>
<td>1 1/2*</td>
</tr>
<tr>
<td>Wax Beans</td>
<td>6 1/4*</td>
<td>2 1/2*</td>
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</table>

†Do not cook Corn on Cob or Spinach in frozen condition. Defrost before cooking.
‡Separate Asparagus Tips before cooking in frozen state. Lay asparagus tips criss-cross when cooking in frozen or defrosted condition. Important Note: Do not place solid blocks of quick-frozen vegetables in cooker. Split each package into about six small pieces to insure uniform cooking.

Naturally, it takes slightly longer to cook frozen vegetables, because a certain amount of the cooking time is required to defrost the vegetable within the cooker.
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<td>Apples, Stewed with Lemon</td>
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<td>Nutmeg Sauce</td>
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<td>Apples, Baked Stuffed</td>
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<td>Currant Mint Jelly</td>
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**Grape Jam**

**Grape Jelly**

**Orange Marmalade**

**Peach Marmalade**

**Strawberry Jelly**

**Strawberry Pineapple Preserves**

**Three Fruit Marmalade**

**LENTEN MENUS**

**Fish Menu**

**Lenten Menu**

**MEATS**

**Beef, Boiled, Horseradish Sauce**

**Beef, Pot Roast of**

**Beef, Roast, Rolled**

**Beef, Short Ribs, Braised**

**Beef, Braised with Vegetables**

**Chicken ala King**

**Chicken, Country Fried**

**Chicken, Fricassée**

**Chicken, Jelly Glazed Roast**

**Chicken, Maryland Fried**

**Chicken Pie, Biscuit Crust**

**Chicken Shortcake**

**Chicken, Steamed, Whole**

**Chop Suey**

**Chow Mein, Chicken**

**Fish, Baked Stuffed**

**Fish, Stuffed Fillets**

**Fish, Finnian Haddie**

**Fish, Loaf**

**Fish, Planked**

**Fish, Steamed**

**Fish, Steaks**

**Fresh Shrimp Cooked**

**Ham Baked**

**Ham Boiled**

**Ham Center Slice Raisin Sauce**

**Ham Cottage**

**Ham Loaf**

**Irish Stew with Dumplings**

**Lamb Chops, Barbecued**

**Lamb Chops or Steak**

**Lamb Rolled Roast**

**Lamb Stew, Spanish**

**Lamb Stuffed Shoulder**

**Lamb, Tongue**

**Meat Balls, Porcupine**

**Meat Loaf, Glazed**

**Mock Squab, Cheese Stuffed**

**Pork Chops, Browned**

**Pork Chops Stuffed**

**Pork, Roast Loin of**

**Pork, Stuffed Shoulder of**

**Steak, Flank, Stuffed, Braised**

**Steak, Swiss**

**Sweetbreads, Boiled**

**Sweetbreads, Broiled**

**Sweetbreads, Mushroom Sauce**

**Tenderloin Patties, Pork**

**Tongue, Fresh Boiled, Tartar Sauce**

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