NESCO AUTOMATIC

Signal light

ELECTRIC COOKING

PRICE TEN CENTS

B.B. Wheeler
RECIPEs
Tastier Menus • Better Foods • Easier Cooking • No Guesswork
with your
NESCO ROASTER

This magic little roaster will turn out matchless dishes of steaming, savory fragrance. Roasts are cooked to a juicy, crackling, golden sweetness. Vegetables retain their luscious goodness. Cakes, biscuits and breads are baked to a light and fluffy faultlessness. All because Nesco is thoroughly insulated and the temperature is scientifically and accurately controlled.

Recipes
This little booklet contains recipes for only a few of the many, many good things you can cook in this magic roaster, including all your favorite dishes. These recipes are based on actual experimental work with the Roaster in Nesco’s homemaker’s kitchen. You’ll like them. Always follow the cooking chart and general instructions.

Thrills in Store for You
Your Nesco will prove to be one of your most highly prized possessions—and the most thrilling. Thrills in the serving of faultless meals to your family and friends—thrills in the glorious hours of freedom from kitchen routine—time released for the enjoyment of the better things in life—thrills in the convenience and comfort, the pride and pleasure, the health and happiness Nesco will bring to you and your family.

So it is in all sincerity that I wish you everlasting cooking enjoyment and success with the Nesco Electric Roaster.

Marie LeFever Feind

NATIONAL ENAMELING AND STAMPING COMPANY
MILWAUKEE, WISCONSIN
the care and use of your

NESCO AUTOMATIC ROASTER

Your Nesco Automatic Roaster is equipped with a Signal Light Thermostat, with a range of 21 heats. When you connect your Roaster the Signal Light will burn, indicating that the current is on. It will continue to burn until the desired temperature is reached. Temperatures are indicated on the dial; therefore, it is only necessary to set the dial for the temperature required—when the Signal Light flashes off, your Roaster is ready for use.

In operation your Roaster is much the same as an insulated Oven. The Cover represents the oven door and the same time and temperature may be followed as for oven roasting and baking.

Foods to be cooked are placed in the large oval container, termed the removable cooking well, which fits into the stationary heating well. Never attempt to cook in the stationary heating well. For cooking an entire meal at one time the three piece Porcelain Enamel Pan Set, which is available, is placed in the large oval cooking well—never use the Roaster without the cooking well in place.

When baking or cold pack canning a wire rack should be used in order to slightly raise the containers from the bottom of the Roaster, allowing full heat circulation. For roasting, however, a rack is not necessary.

Roasting recipes specify a preheated roaster, and while this is preferred by some it is not absolutely necessary. When starting the roast in a cold roaster without preheating, all that is necessary is to set the thermostat for the cooking temperature required, which is lower than preheated temperatures. Cooking time in the recipes is the same for either method.

In addition to all of the purposes for which an oven is used, your Nesco Roaster is suitable for jelly making, preserving and pickling. The even distribution of heat removes all possibility of scorching and excellent results are obtained.
Baking

You will be delighted with the beautiful, crisp, brown crusts and the texture of all kinds of breads and puddings baked in the roaster for the process is such that it bakes enough to brown and steams enough to keep the product moist. Place all puddings on rack to bake, unless you are cooking with vegetables or meats as in the case of casserole dinners, when you use end pans.

Do not bake cakes, pies, muffins, cream puffs, biscuits, fruit breads or shortcake with other foods. Temperatures for baking are higher than those for foods baked in gas or electric ovens. In baking cakes at high altitude, observe the following rules: From 3,000 to 5,000 feet use 1 tablespoon less sugar and about 1/2 teaspoon less baking powder. From 5,000 to 7,000 feet use about 2 tablespoons less sugar and about 1/2 teaspoon less baking powder.

(With compressed yeast)

Preheat to 500° Bake on rack at 500° for 1 hour

2 cups hot water or milk and 1 tablespoon fat
2 teaspoons salt
2 teaspoons sugar

Boil the water or milk and water. Pour it into a bowl and add the salt, sugar and fat. Stir until the salt and sugar are dissolved and the fat is melted. Mix the yeast with lukewarm water. When the first mixture is cooled to lukewarm temperature, add the yeast mixture to it. Then add flour enough to make a stiff dough. Turn out on a floured board and knead until soft and elastic. Return the dough to the bowl, moisten, cover and let raise until doubled in bulk. Then divide it into loaves, or shape into biscuits to raise in the pan in which they are to be baked until they are doubled in bulk. Bake the bread 1 hour at 500° in roaster preheated to 500°.

Use 1/2 white bread flour and 1/2 graham flour in the recipe given for Bread in order to make Graham Bread. 1/4 cup of molasses may be substituted for the sugar. Mix and bake as white bread.

Follow the recipe for Bread, substituting whole wheat for the fine wheat bread flour but make a soft, not stiff, dough.

Preheat to 500° Bake on rack at 475° for 20 to 30 minutes

7 1/2 cups bread flour (about) 1 tablespoon salt
2 3/4 cups water 1 cake compressed yeast
1 cup sugar 1 egg
1/2 teaspoon soda 1/2 teaspoon baking powder
1/2 cup melted shortening

To lukewarm water add yeast, sugar, well beaten egg and one-half the flour. Beat sponge thoroughly and let stand in warm place, about 80° F., until light. Sift flour, salt, baking...
powder and soda together. Add melted shortening and dry ingredients to sponge. Knead well. Brush over with melted fat. Cover with oiled paper and place in refrigerator and allow to remain 24 hours before using. When ready to bake, pinch off sufficient dough to make desired amount of rolls, let raise until light. Bake at 475° for 20 to 30 minutes in roaster preheated to 500°.

This recipe may be used to make many delicious fancy breads.

2 cakes compressed yeast  
1/2 cup sugar
3 tablespoons lukewarm water  
2 1/2 teaspoons salt
2 cups milk  
3 eggs

Bread flour, between 7 and 8 cups
Scald the milk in a double boiler. Put the sugar and salt in a large mixing bowl and dissolve them in the hot milk. When the milk is lukewarm, add the yeast which has been crumbled and dissolved in the warm water. Put a cover over the bowl and let it stand in a warm place for one-half hour. Measure out the flour and butter, separate the eggs and get the pans ready while this is standing. With a wire whisk beat the milk mixture until it is foamy. Stir in about four cups of the flour, then the melted butter. Beat the egg whites stiff, add to them the slightly beaten yolks, then fold them into the dough mixture. Add the rest of the flour—enough to make a dough that is quite stiff but still somewhat sticky. It is not as stiff as a bread dough. Cover and let stand in a warm place for about 2 hours. It will more than double its bulk. Turn out on a floured board or canvas. Cut into rolls, coffee cake, apple or cheese cake, or raised doughnuts. Allow to raise double its bulk after placing in pans and bake at 475° for from 20 to 30 minutes. Bake apple or cheese cake at 500°.

Preheat to 500° Bake on rack at 500° for 15 to 20 minutes
2 cups bread flour  
2 tablespoons sugar
1/2 teaspoon salt  
4 tablespoons butter
4 level teaspoons baking powder  
3/4 cup milk (about)
Sift dry ingredients into a bowl, cut in fat very thoroughly. Mix until thoroughly combined and place on a slightly floured board or canvas. Pat to desired thickness and cut into biscuits. They should be baked at 500° for 15 to 20 minutes, depending on the size.

Preheat to 500° Bake on rack at 500° for 15 to 20 minutes
1 1/2 cups bread flour  
1 tablespoon baking powder
1/2 teaspoon salt  
4 tablespoons lard
2 teaspoons sugar  
1 tablespoon butter
1/2 cup milk
Sift dry ingredients into a bowl. Cut in the shortening thoroughly. Add cold milk and mix just enough to hold together. Pat or roll out to 1/2 inch thickness and cut in 2 inch rounds. Place 2 rounds together, brushing melted butter on lower round and bake in this manner. Bake in roaster at 500° for 15 to 20 minutes.
Preheat to 500° Bake on rack at 425° for 1 1/2 hours
1 cup graham flour 1/2 teaspoon salt
1/2 cup yellow cornmeal 2 teaspoons baking powder
1/2 cup rye meal 1/2 cup molasses
1 teaspoon soda 1 cup milk
1/3 cup raisins, if desired

Method:—Mix the dry ingredients, add molasses and milk, stir until well blended and turn into a well buttered mold, filling mold only 2/3 full. This may also be baked in regular bread tin. Put about 3 inches of boiling water in roaster, place pan on rack and bake at 425° for 1 1/2 hours.

Preheat to 500° Bake on rack at 450° for 1 1/4 hours

Date and Nut Bread

Part I
3/4 cup chopped dates 1 cup boiling water
1 cup chopped walnut meats 1/2 teaspoons soda
3 tablespoons butter 1/2 teaspoon salt

Method:—Place dry ingredients in a bowl, pour boiling water over and allow to stand while preparing Part 2.

Part 2
2 eggs, well beaten 1 1/2 cups bread flour
1 cup sugar 1 teaspoon vanilla, if desired

Method:—Beat eggs well, add sugar, continue beating. Add flour and vanilla. Combine with Part 1 and bake in greased bread pan or in uncovered coffee cans. Fill cans or pan 1/2 full. When cool slice thin and serve as sandwich filled with cream cheese.

Preheat to 500° Bake on rack at 450° for 1 1/4 hours

Prune Nut Bread

1 tablespoon butter 1 cup bread flour
1 cup granulated sugar 6 teaspoons baking powder
1 egg, beaten 1/2 teaspoon soda
1/2 cup prune juice 1/2 teaspoon salt
1 cup sour milk 2 cups prunes—cooked, drained, pitted, chopped
2 cups graham flour 1 cup chopped walnuts

Method:—Cream sugar and shortening. Add beaten egg and when well blended combine with prune juice and sour milk. Add graham flour, mix well, then add white flour sifted with baking powder, soda and salt. Combine with prunes and nutmeats, beat thoroughly and pour into greased bread pans. Bake at 450° for 1 1/4 hours.

Preheat to 500° Bake on rack at 500° for 30 minutes
1/4 cup butter 2 cups flour
1/4 cup sugar 2 teaspoons baking powder
2 eggs 1/2 teaspoon salt
2/3 cup milk 1 cup cherries or blueberries (fresh)

Method:—Cream shortening and sugar, add eggs and beat thoroughly. Add milk and flour mixed with baking powder alternately. Add cherries or berries which have been rolled in 2 tablespoons of flour. If canned blueberries or cherries are used add 1/2 cup more flour. Bake at 500° for about 30 minutes.
Plain Muffins
Preheat to 500° Bake on rack at 500° for 30 minutes
2 cups bread flour  1/2 teaspoon salt
2 tablespoons sugar  3 tablespoons melted fat
4 teaspoons baking powder  1 cup milk
1 egg
Method:—Sift together dry ingredients. Add milk gradually, then beaten egg and melted fat. Bake at 500° about 30 minutes. The cake method may also be used.

Corn Sticks
Preheat to 500° Bake on rack at 450° for 30 minutes
1/2 cup flour  2 tablespoons sugar
3 teaspoons baking powder  1 egg well beaten
1/2 teaspoon salt  1 cup milk
1 cup white or yellow cornmeal  2 tablespoons melted butter or lard
Method:—Sift together dry ingredients. Add cornmeal, egg and milk. Add shortening. Bake in greased, hot corn stick pans at 450° for 30 minutes.

Beaten Biscuit
Preheat to 500° Bake on rack at 500° for 25 minutes
1 quart flour  2/3 cup shortening
2 teaspoons salt  1 cup liquid (1/2 milk, 1/2 water)
Sift the flour with the salt, cut in the shortening as for baking powder biscuits. Add the liquid gradually and knead to a stiff dough. Lay the dough on a bread board and beat for a half hour with a rolling pin, folding over frequently during the beating. Roll out about 3/8 inch thick and cut with a small round biscuit cutter. Place on cookie sheets and bake for 25 minutes in a 500° oven.

Angel Food Cake
Preheat to 500° Bake on rack (500° for 30 minutes
1/450° for 10 minutes
12 egg whites  Pinch of salt
1 1/2 cups granulated sugar  1 teaspoon cream of tartar
1 1/4 cups pastry flour  1 teaspoon vanilla
1/4 teaspoon almond extract
Sift sugar and flour once and measure. Beat the egg whites with a wire whisk until frothy. Add the salt and cream of tartar. Beat until the eggs hold their shape but are not dry. Fold in the sugar gradually, then the flavoring. Fold in the flour carefully. Pour into an ungreased angel food pan and bake at 500° for 30 minutes and finish baking at 450° for 10 minutes.

Sponge Cake
Preheat to 500° Bake on rack at 450° for 55 minutes
6 egg yolks  1 cup sugar
6 egg whites  1 tablespoon vinegar
1 cup pastry flour  1/4 teaspoon salt
1/2 teaspoon flavoring
Method:—Beat yolks until thick; add sugar gradually. Add vinegar, flavoring and flour sifted with salt. Fold in stiffly beaten egg whites and bake in ungreased tube pan on rack in roaster at 450° for 55 minutes.
BUTTER Cakes

Preheat to 500° Bake on rack at 500° for 20 minutes

1/3 cup shortening  2 cups pastry flour
1 cup sugar  3 teaspoons baking powder
2 eggs  1/4 teaspoon salt
1 teaspoon vanilla  2/3 cup milk

Method:—Cream shortening, add sugar slowly, beating in well. Add unbeaten eggs one at a time, beating well after each egg is added. Add vanilla extract. Sift together dry ingredients and add alternately with milk to first mixture. Bake in greased loaf pan in roaster, at 475° for 3/4 hour or in greased layer cake pan at 500° for 20 minutes.

Use above recipe adding:

1/2 teaspoon cinnamon
1/4 teaspoon cloves
1/4 teaspoon nutmeg

Preheat to 500° Bake on rack at 500° for 30 minutes

1/2 squares bitter chocolate  1 cup flour
3 tablespoons butter  2 teaspoons baking powder
1 cup sugar  1 teaspoon vanilla
1/2 cup milk  2 whole eggs

Method:—Melt chocolate and butter together. Cool. Place all ingredients in mixer bowl and beat for 3 minutes. If beaten by hand with a rotary egg beater, beat 5 minutes. Bake at 500° for 30 minutes or divide in half and bake in layer tin for 20 minutes at 500°.

Preheat to 500° Bake on rack in bread tin at 475° for 1 1/4 hours

Part 1

1/2 cups small raisins  3/4 cup boiling water
1 teaspoon soda

Boil raisins in water until water is reduced to 1/2 cup. Drain, add soda to raisin water. Spread raisins on paper toweling to mix with flour.

Part 2

1/4 cup butter  1 teaspoon cinnamon
3/4 cup sugar  1 teaspoon ginger
1 egg, well beaten  1 teaspoon nutmeg
1/2 cups flour  1/2 teaspoon cloves
1/4 teaspoon salt

Method:—Cream butter, add sugar gradually, cream thoroughly, add well beaten egg and one-half of flour sifted with spices. Dredge raisins with other half of flour. Add alternately with raisin water. Beat well. Turn into greased loaf pan and bake at 475° for 1 1/4 hours.
Preheat to 500°
Bake on rack at 300° for 1½ hours per pound

1 pound raisins
1 pound currants
1 pound figs
1 pound dates
1/2 pound lemon peel
1/2 pound orange peel
1/2 pound candied cherries
1/2 pound candied pineapple
1/2 pound citron
6 eggs

Cream butter and sugar thoroughly, add well beaten yolks and syrup. Then add buttermilk and half the flour, sifted with the soda, alternately. Fold in stiffly beaten egg whites last. Mix half the flour with the fruit and combine with above mixture. Bake at 300°, allowing about 1½ hours per pound.

**FROSTINGS**

1 unbeaten egg
7/8 cup granulated sugar
1/2 teaspoon vanilla extract
1/2 teaspoon baking powder

Method: Place first three ingredients in a thin beating bowl. Place over boiling water in roaster preheated to 500° or in double boiler. Beat with rotary egg beater for seven minutes. Remove and add flavoring. Beat until thick and nearly cold; add baking powder. Spread on cold cake. Bitter chocolate, melted, makes an excellent topping for this cake.

1/4 cup sugar
1/2 cup orange juice
1/2 cup orange juice
1/4 teaspoon salt
1/2 teaspoon lemon juice

Method: Mix together sugar, flour and salt in top of double boiler or in roaster; add orange rind and juice. Add butter and egg yolk, work until smooth and thick. Remove from heat, add lemon juice. Cool and spread.

1/4 cup butter
1 1/2 cups confectioner's sugar
1/4 teaspoon flavoring extract

Method: Cream butter. Sift sugar; add gradually to butter, working in well. Add few drops of cream at a time to make good consistency to spread. Add flavoring.

**COOKIES**

You surely will be delighted with cooky baking in the Nesco Roaster. It is a treat to be able to fill your cooky jar in the hot weather without heating the kitchen.

Preheat to 500° Bake on rack at 500° for 12 minutes

1 cup shortening
1 cup sugar
2 eggs
1/4 cup sour milk or buttermilk
1 cup raisins

Method: Cream shortening and sugar, add eggs and beat well. Add oatmeal. Sift soda with flour and cinnamon and
combine alternately with the milk. Add raisins and the nuts and drop from teaspoon on greased cooky or pie pan. Place on rack in preheated roaster. Bake 12 to 15 minutes at 500°. Makes 4 dozen medium sized drop cookies.

- Preheat to 500° Bake on rack at 450° for 30 minutes
  
  1/2 cup butter  
  2 squares bitter chocolate  
  2 eggs  
  1/4 teaspoon salt  

  Method:—Melt butter and chocolate over hot water, allow to cool. Beat eggs light and add sugar gradually. Add melted butter and chocolate. Mix chopped nuts with flour and add to above mixture. Add flavoring, mix thoroughly, and pour into greased tin. Bake at 450° for 30 minutes to 40 minutes. Cut into squares as soon as you remove from roaster.

PASTRIES

The Nesco Roaster is an ideal place in which to bake cream puffs. They are more delicate and crisp than any ever sampled. Cream puffs may be served for a dessert as follows:

<table>
<thead>
<tr>
<th>Filling</th>
<th>Frosting</th>
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<tbody>
<tr>
<td>Custard</td>
<td>Powdered sugar</td>
</tr>
<tr>
<td>Ice cream</td>
<td>Chocolate or caramel sauce</td>
</tr>
<tr>
<td>Berries or fruit</td>
<td>Whipped cream</td>
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These puffs may be spread out the size of a quarter, baked and when cool filled with cream cheese, cherries and a dash of Worcestershire sauce. These make a delicious appetizer. They may also be filled with highly seasoned hot fish or ham paste.

- Preheat to 500° Bake on rack at 500° for 45 minutes
  
  1/2 cup butter  
  1 cup water  
  4 eggs  

  Method:—Put butter and water into a sauce pan. When mixture boils add flour and cook until thick, stirring constantly. Remove from range and add unbeaten eggs, one at a time, mixing each egg thoroughly before adding another. Put in refrigerator for 1/2 hour before baking. Drop from teaspoon on to greased pan and form into mounds about 2 inches wide and 1 1/2 inches apart. When cool cut and fill. It is imperative that measurements are accurate.

- 2 squares bitter chocolate  
  1 teaspoon butter  

  Method:—Mix chocolate, butter and hot water. Cool and add sugar and vanilla. Beat thoroughly.
1 1/2 cups scalded milk 1/8 teaspoon salt
2/3 cup sugar 1/4 cup cold milk
5 tablespoons flour 3 egg yolks
1/2 teaspoon vanilla

Method:—Mix sugar, salt and flour together with cold milk. Add beaten egg yolks. Pour this slowly over scalded milk. Cook in double boiler until thick. Remove from stove, add flavoring.

For chocolate filling, add 1 square melted chocolate.

PIES

Pies may be baked to perfection in our roaster. Follow directions carefully with special regard to temperature. Bake berry and fruit pies at 500° for 45 minutes.

Preheat to 500°
Bake on rack at 500° for 10 to 15 minutes

2 cups sifted flour 2/3 cup solid shortening
1 teaspoon salt Cold water (about 1/3 cup)

Sift salt and flour into a bowl, add the fat, working it in with a fork or pastry mixer until it resembles very coarse meal. Add cold water—about a tablespoon at a time—and mix in as much dry material as it will take up. Roll out on a slightly floured board or a piece of canvas to about 1/8 inch in thickness. Roll from the center to the outside and with a light motion. Too much rolling and handling makes a tough crust. Fold in half and pick up with a spatula and one hand. Lay fold in the center of pie tin, fold other half over. Press firmly at the bottom to fit the crust to the pan.

Prick well to allow air to escape and prevent bubbles from forming on the surface. Trim edges and bake at 500° for about 10 to 15 minutes.

Note: A single crust may be baked on the back of a pie tin and inverted after baking. This makes a larger one and does not shrink as much. In making a double crust pie, wet the edges with cold water before putting on the top crust. In piecing a crust that is not large enough, moisten edges also before joining or they will separate. A juicy pie may be prevented from running over by inserting an extra piece of pastry between the crusts, by not filling the pie shell as full in the center or by inserting a piece of macaroni in one of the openings in the crust to allow the juice to boil up in it.

Preheat to 450°
Bake on rack at 450° for 10 minutes, reduce temperature and bake 30 minutes at 350°

1 cup cooked fresh pumpkin (or canned) 1 teaspoon cinnamon
3 eggs 1/2 teaspoon cloves
3/4 cup sugar 1/2 teaspoon ginger
1 cup cream 1/2 teaspoon salt

If using a fresh pumpkin, remove the pulp and seeds, cut in pieces and steam in roaster with the rind on. Put this through a sieve. Beat the eggs until light, add remainder of the ingredients; mix well and turn into an unbaked pastry shell which has been allowed to chill and dry. Bake at 450° for 10 minutes, reduce the heat to 350° and continue baking for about 30 minutes or until firm. This filling is enough for a 9 or 10 inch pie tin.
Preheat to 500°  Bake at 500° for ¾ hour
For a 7½ inch pie tin use—
4 large apples sliced thin  ¾ teaspoon cinnamon
⅛ cup granulated sugar  ¼ teaspoon nutmeg
⅛ cup brown sugar  2 teaspoons flour
⅛ teaspoon salt  4 teaspoons butter
Line pie tin with pastry. Place a layer of apples in crust, sprinkle with mixture of dry ingredients. Dot with bits of butter. Repeat until shell is full. Cover with top crust or lattice work pastry. Moisten edge of lower crust and press edges of top crust on to it firmly. Bake at 500° for ¾ hour.

PUDDINGS

Puddings which ordinarily call for steaming 2 hours bake very well in 1 hour to 1½ hours at 350° without water added to roaster. Use trivet and pudding mold without cover. Cover roaster. However if you wish to steam puddings, follow your favorite recipe and steam as directed.

Preheat to 500°  Bake on rack at 350° for 1 hour
1 heaping cup cranberries  ¼ teaspoon salt
(cut in halves)  1/3 cup hot water in which
2 tablespoons sugar  dissolve 2 teaspoons soda
½ cup molasses  1 ½ cups flour
Method:—Mix in order given, fill pudding molds 2/3 full and bake in roaster 1 hour at 350°.

SAUCE:
½ cup water  1 cup sugar
½ cup cream
Melt butter, add sugar and cream. Bring to boil and serve hot.

Preheat to 400°  Bake on rack at 300° for 3 hours
½ cup rice  ¼ teaspoon salt
4 cups milk  Sprinkle with nutmeg
½ teaspoon cinnamon  1/2 cup raisins (if desired)
4 tablespoons white or brown
sugar
Method:—Wash rice thoroughly, add the other ingredients and pour into a buttered baking dish. Bake 3 hours in roaster at 300°. Stir two or three times during the first hour. Serve hot or cold.

Preheat roaster to 500°  Bake on rack at 350° for 1 hour
⅛ cup shortening  2 cups pastry flour
3/4 cup sugar  1 1/2 teaspoons baking powder
1 egg  ¼ teaspoon salt
⅛ teaspoon vanilla  1 cup milk
2 1/2 squares unsweetened chocolate, melted
Method:—Cream shortening, add sugar slowly, add egg and flavoring, beat well. Add melted chocolate. Sift together dry ingredients. Add alternately with milk to first mixture. Pour into a large or several small well greased molds. Bake 1 hour to 1 ½ hours at 350°. Do not cover individual molds but cover roaster. Serve with whipped cream.
Preheat to 500° Bake on rack at 350° for 1 1/2 hours
1/4 cup butter 1 cup and 2 tablespoons bread flour
1/2 cup sugar 2 teaspoons baking powder
1 well beaten egg 1 cup drained sweetened berries or 1 cup fresh berries
1/2 cup milk

Method:—Cream butter and sugar, add egg, milk, flour, baking powder and berries dredged with 2 tablespoons of flour. Mix carefully, pour into greased mold. Bake 1 1/2 hours at 350°. Serve with either sauce given below.

**Hard Sauce**

1 cup powdered sugar
1/3 cup butter
2/3 teaspoon vanilla, sherry or 1 teaspoon lemon juice or 1 teaspoon brandy

**Fruit Sauce**

1 cup canned fruit juice
1 tablespoon cornstarch
2/3 teaspoon vanilla, sherry or 1 teaspoon lemon juice or 1 teaspoon brandy

Method:—Cream butter, add 2 tablespoons fruit juice. Heat fruit juice, add cornstarch. Chill. Cook 25 minutes. Add lemon juice.

**Fruits**

Fresh or dried fruits are delicious when cooked in roaster. Place in side pans, add small amount of water and cook at 350°. To save electricity, these may be placed in side pans with a dinner of stewed or boiled meats and vegetables.

Do not place in roaster with roast meats or baked foods.

Apples — Core, add sugar. Bake in pan on rack at 500° for 1/2 hour.

Peaches—Cut in halves, sprinkle with brown sugar and lemon juice. Bake in pan on rack 3/4 hour at 400°.

Pears — Leave whole, sprinkle with brown sugar, dot with butter, add 1 teaspoon lemon juice to each pear. Bake on rack 1 hour to 1 1/4 hours at 450°. The temperature and baking time vary with different kinds of fruit, degree of ripeness and season.

**Cheese Dishes for Roaster**

Preheat to 500° Serves 6
Bake at 475° for 20 minutes
1/2 pound American cheese 2 eggs
1 1/2 cups scalded milk 1 cup cooked macaroni
1/2 teaspoon salt 2 tablespoons melted butter
1/2 cup bread crumbs

Method:—Cut cheese into small pieces. Scald milk, add salt and cheese. Stir until cheese is melted. Remove from heat and add slightly beaten eggs. Pour over cooked macaroni which has been placed in buttered container of roaster or in glass casserole. Blend melted butter and bread crumbs and sprinkle over macaroni. Bake at 475° for about 20 minutes in roaster.

**Toasted Cheese Sandwich**

Preheat at 500° Bake at 500°
Butter one side of 2 pieces of bread. Spread same side of each piece of bread with soft American cheese. Put spread sides of bread together, sandwich fashion. Toast in bottom of roaster 3 minutes on one side, turn and toast 2 minutes on the other side. Serve hot.
Suggestions:—Toast squares, rounds and rolled toast appetizers are deliciously toasted in roaster preheated to 500° and baked at the same temperature.

Preheat to 500°
Bake at 475° for 5 to 8 minutes
2 packages of soft American cheese
1 tablespoon butter
1 egg, slightly beaten
1/4 teaspoon paprika
1/2 teaspoon mustard
1/2 teaspoon salt
1/2 cup finely chopped bacon

Method:—Allow cheese to stand at room temperature until softened, then grind. Make a paste of butter, egg, seasonings and cheese. Spread thick on bread and place finely chopped bacon on top. Place on bottom of roaster and bake from 5 to 8 minutes at 475°. Serve hot.

Chowders and Soups

Our roaster seems to be particularly fitted for making savory chowders and soups which have milk for a base as the temperature can be well regulated and the heat equally distributed to prevent scorching.

A well blended chowder served with a fresh salad or well cooked vegetable and dessert makes a perfect luncheon, dinner, Sunday night supper or buffet supper, as well as a good picnic dish for crisp autumn or winter days.

Preheat to 400°
1/4 pound salt pork (fat)
2 onions
3 cups potatoes cut in half inch cubes
4 cups of boiling water
3 pounds of cod, haddock or halibut

Method:—Cut fat salt pork into small pieces and fry slowly in roaster cooking well at 400°. Add sliced onions and cook 5 minutes. Add cubed potatoes, boiling water and finely cut up fish. Simmer at 325° until potatoes are soft. Add milk, salt, pepper and minced parsley. Melt butter in separate pan and blend with flour. Add gradually to chowder, stirring until slightly thickened. Cook ten minutes longer. Pour over pilot crackers or croutons.

Preheat to 400°
1 cup dried beans
1/4 cup chopped bacon
1 medium sized onion, chopped
1 cup diced potatoes
1 cup diced celery and leaves
1/4 cup diced parsley

Method:—Soak beans in cold water for four hours, cook until tender. Sauté bacon and onion together in roaster until browned at 400 degrees. Add potatoes, celery, tomatoes, beans and water. Cover roaster and simmer at 325° until vegetables are tender. Thicken with 2 tablespoons flour mixed
to a paste with 2 tablespoons butter, add hot milk, season with salt and pepper, and add to chowder gradually. More water may be added if thinner chowder is desired.

**Preheat to 400° Serves 8**

- 2 slices fat salt pork
- 1 onion
- 2 cups potatoes, cut in half inch cubes
- 3 1/2 cups boiling water
- 2 cups canned white or fresh corn

**Method:** Cut fat salt pork into small pieces and sauté slowly in roaster at 400°. Add sliced onion and brown. Add cubed potatoes and boiling water. Simmer at 325° until potatoes are soft. Add corn, milk and seasonings. Melt butter in separate pan, add flour and blend thoroughly. Add gradually to chowder, stirring until slightly thickened.

**Potato Soup**

- 8 potatoes
- 2 onions, diced
- 1 cup cream or whole milk
- 2 quarts water

**Method:** Peel potatoes and dice. Put into roaster with 2 quarts of water and bring to boil. Cook about 40 minutes until potatoes are tender. Mash, add onion sautéed in butter and seasoning. Bring to boil, add cream and one well beaten egg. Serve with croutons. Grated cheese or chopped parsley may be sprinkled over soup.

**Preheat to 400° Serves 8**

- 1 cup dried split peas
- 2 1/2 quarts cold water
- 1 pint milk
- 1/2 onion

**Method:** Soak peas four hours, drain, sauté salt pork in roaster at 400°, add onion and brown. Add drained peas and simmer three hours at 300° until soft, rub through sieve. Add paste of flour and butter, salt and pepper. Dilute with milk. Ham water instead of water adds to flavor, in which case omit salt.

**Vegetable Soup**

- 2 pounds of beef shin—or 2 leeks
- 2 pounds bottom round and marrow bone
- 2 quarts of water
- 1 turnip
- 2 carrots
- 2 onions
- 2 teaspoons salt
- 2 peppercorns

**Method:** Put beef (cut into small pieces) into roaster, scrape marrow from bone, add water and set dial on roaster.
to 400°. When temperature is reached, reduce heat to minimum and simmer four hours. Add vegetables and seasonings. Bring to boil, reduce temperature to minimum and simmer two hours longer. If peas are fresh, cook apart and add to soup as you serve.

• Preheat to 500°  
Cook at 300°  
Serves 8

2 quarts of chicken broth  
1/2 cup of barley  
1 cup cooked, diced chicken  

2 carrots  
2 stalks celery  
2 tablespoons of butter  

1 dozen leeks  
1 egg yolk  

Salt and pepper

Method:—Cut leeks and celery into half inch pieces, cut carrots into match-like strips. Fry in roaster until light brown, add other ingredients and simmer at 300° for 2 hours. Five minutes before serving blend the yolk of an egg with a little warm soup, stir into soup, let it cook with heat turned off. Serve in tureen. Excellent for buffet supper.

Meats

It will be noted that the following recipes for meat roasts call for a preheated roaster. This is not absolutely necessary for best results and may be dispensed with at the option of the user. For the many accustomed to a preheated oven the corrected temperatures are given for searing, otherwise the roast is started cold and the dial set for the "reduced oven temperature."

<table>
<thead>
<tr>
<th>Kind of Roast</th>
<th>Preheating Temperature</th>
<th>Searing Time</th>
<th>Reduced Oven Temperature</th>
<th>Minutes Per Pound</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef—rare</td>
<td>500°</td>
<td>30 min.</td>
<td>375°</td>
<td>20 min.</td>
</tr>
<tr>
<td>Beef—medium</td>
<td>500°</td>
<td>30 min.</td>
<td>375°</td>
<td>25 min.</td>
</tr>
<tr>
<td>Beef—well done</td>
<td>500°</td>
<td>30 min.</td>
<td>375°</td>
<td>30 min.</td>
</tr>
<tr>
<td>Pork—fresh</td>
<td>500°</td>
<td>30 min.</td>
<td>375°</td>
<td>30 min.</td>
</tr>
<tr>
<td>Pork—loin</td>
<td>500°</td>
<td>30 min.</td>
<td>375°</td>
<td>30 min.</td>
</tr>
<tr>
<td>Pork—ham</td>
<td>500°</td>
<td>30 min.</td>
<td>400°</td>
<td>30 min.</td>
</tr>
<tr>
<td>Pork—cured</td>
<td>500°</td>
<td>30 min.</td>
<td>375°</td>
<td>30 min.</td>
</tr>
<tr>
<td>Ham</td>
<td>500°</td>
<td>30 min.</td>
<td>375°</td>
<td>30 min.</td>
</tr>
<tr>
<td>Lamb</td>
<td>500°</td>
<td>45 min.</td>
<td>375°</td>
<td>20 min.</td>
</tr>
<tr>
<td>Veal</td>
<td>500°</td>
<td>45 min.</td>
<td>375°</td>
<td>25 min.</td>
</tr>
</tbody>
</table>

Preheating:—Connect roaster, set dial for desired temperature. When proper temperature is reached, signal will flash off. When dial is turned down to cooking temperature, light will remain off until temperature has dropped to new dial setting.

Roasting:—Sear roast at searing or preheating temperatures, or if so desired start with cold roaster, thus saving time of preheating. Either way is satisfactory. Do not add water to roasts. Wipe roasts dry before placing in roaster. Keep cover on.

When vegetables are added to roasts, wipe dry before placing around roast.

The Vitamin Seal Cover conserves the natural juices for proper cooking and flavor.

It is not necessary to baste any foods cooked in roaster. It is absolutely self-basting. Seasoning may be done either before or after roasting.
DEFINITIONS

Types of meat cookery which can be done successfully in the roaster are:

(Definitions by courtesy of Miss Inez Wilson, National Meat Board)

Baking:—To cook by direct heat.
Boiling:—To subject to the action of the heat of boiling liquid, especially water. (Meat should be simmered, not boiled.)
Braise:—To brown in hot receptacle in a small amount of fat, then to cook slowly in its own juices or added juices in a covered utensil.
Fricassee:—A dish made of fowl, veal or other meat, cut into pieces and stewed in gravy. (This is braising method.)
Fry:—To cook in fat. (1) To cook in a small amount of fat, also called sauté. (2) To cook in a deep layer of fat, also called deep fat frying.
Parboil:—To simmer for a short time preliminary to cooking by another method.
Pot Roast:—A piece of meat cooked by braising.
Roast:—To cook in an oven.
Sauté:—To brown quickly in a small amount of fat with frequent turning.
Sear:—To brown the surface of meat by the short application of intense heat.
Simmer:—To cook in any quantity of water below the boiling point.
Stew:—A dish made of small pieces of meat simmered in liquid with or without vegetables.

Preheat to 500°

Beef for pot roast may consist of chuck, rump, round, breast or shoulder. Select 4-6 pounds in weight. Leftover pot roast may be chopped or ground and served in many ways. Wipe meat with damp cloth. Rub with salt, pepper and flour. Brown meat on all sides in roaster preheated to 500° in a small amount of beef fat. Slip rack under meat and simmer until tender for about three hours at 350°. Turn meat two or three times. Gravy may be made in roaster. Add flour to fat, stir well, add boiling water to thin.

Preheat to 500°

Select a piece of beef from rump or lower round. Cover with vinegar or a half and half mixture of water and vinegar, or vinegar and salad oil—three parts vinegar and one part oil. Add 2 medium sized onions, 2 bay leaves, and a few mixed spices. Allow to stand for 3 or 4 days. Turn once a day to keep covered. When ready to cook, drain, dredge with flour and brown in melted suet in roaster preheated to 500°. Strain liquor in which the meat has stood. Simmer the meat slowly in this until tender at 300°. Thicken the gravy with a flour and butter paste (2 tablespoons flour to 2 tablespoons butter), or ginger snaps.

Preheat to 500°

This recipe is one of the most delicious ways of cooking a sirloin roast and should be used for your finest dinners.
Accompanied by fresh asparagus or broiled tomatoes, potato balls, a green salad, cheese, a sweet and coffee, a claret wine with the beef, you have a perfect combination.

Select 10 to 20 pounds of best quality beef, have bones removed if you get less than 10 pounds and have butcher roll and tie the roast. Sear all sides of meat. Place on rack and cover with a bouquet of fine herbs or a bunch of parsley finely chopped and mixed with 3 bunches of chopped green onions and 2 bunches of finely diced carrots. Pour over 3 cups of consommé and 3 cups of madeira wine. Roast at 500° for 1 hour if roast is over 8 pounds; if less than 8 pounds, roast at 500° for ½ hour, decrease temperature to 325° and roast according to the chart. Remove roast. Gravy should be thick. Skim fat from gravy, add 3 teaspoons of beef extract and ½ pound of sautéd fresh mushrooms.

Preheat to 500°

Serves 6

2 pounds round steak—2 cups cooked green string beans
1 cup rice
1 cup flour
2 teaspoons salt
1 bay leaf
2 cups tomato juice

Method:—Rub seasoning into the meat. Dredge with flour and pound thoroughly. Turn the meat, add flour and pound until all the flour is used. Brown the sliced onions in the suet in roaster. Remove from roaster, brown the meat, cover with the onions, add seasonings, add ½ cup water and bake 2 hours at 325°. Then cover meat with well washed rice, pour over the tomatoes and bake 1 hour longer. Serve on platter garnished with green beans which have been cooked separately.

Preheat to 500°

Serves 8

¾ pound cured ham, diced
1 pound rump or chuck, diced
2 tablespoons chopped parsley
1 green pepper, chopped fine
1 onion, chopped fine

Method:—Brown the ham and beef in roaster. Add parsley, onion, green pepper and celery. Cook five minutes, add water and tomatoes. Cook one hour at 325°. Add okra and simmer at 300° for ½ hour, until okra is cooked and stew has thickened. Serve in a rice border.

Place a 3 or 4 pound piece of corned beef (from plate or briskets, neck, rump or flank) and cover with cold water. Bring to boiling point and boil 5 minutes, remove scum, reduce temperature to 300° and cook slowly 2 or 3 hours. Allow to cool in water in which it has cooked, remove and put to cool in bowl with weighted cover. After 8 hours or more, warm meat through and serve with turnips, carrots and potatoes which have been cooked together in water in which cornbeef was cooked. Cabbage, cut in sections, may be cooked separately and served on platter with meat and other vegetables.
NESCO

Signal Light ELECTRIC COOKING CHART

ROASTING TEMPERATURES
Set Dial to Preheating Temperature — Wait Until Light Flashes Before Entering Food

<table>
<thead>
<tr>
<th>KIND OF ROAST</th>
<th>PREHEATING TEMPERATURE</th>
<th>SEARING TIME</th>
<th>REDUCED OVEN TEMPERATURE</th>
<th>MINUTES PER POUND</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEEF—RARE</td>
<td>500°</td>
<td>30 minutes</td>
<td>375°</td>
<td>20 minutes</td>
</tr>
<tr>
<td>BEEF—MEDIUM</td>
<td>500°</td>
<td>30 minutes</td>
<td>375°</td>
<td>25 minutes</td>
</tr>
<tr>
<td>BEEF—WELL DONE</td>
<td>500°</td>
<td>30 minutes</td>
<td>375°</td>
<td>30 minutes</td>
</tr>
<tr>
<td>PORK—FRESH LOIN</td>
<td>500°</td>
<td>30 minutes</td>
<td>375°</td>
<td>30 minutes</td>
</tr>
<tr>
<td>HAM</td>
<td>500°</td>
<td>30 minutes</td>
<td>400°</td>
<td>30 minutes</td>
</tr>
<tr>
<td>PORK—CURED HAM</td>
<td>500°</td>
<td>30 minutes</td>
<td>375°</td>
<td>30 minutes</td>
</tr>
<tr>
<td>LAMB</td>
<td>500°</td>
<td>45 minutes</td>
<td>375°</td>
<td>20 minutes</td>
</tr>
<tr>
<td>VEAL</td>
<td>500°</td>
<td>45 minutes</td>
<td>375°</td>
<td>25 minutes</td>
</tr>
</tbody>
</table>

BAKING TEMPERATURES
Set Dial to Preheating Temperature — Wait Until Light Flashes Before Entering Food

<table>
<thead>
<tr>
<th>FOOD</th>
<th>TEMPERATURE</th>
<th>TOTAL TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>BAKED APPLES</td>
<td>500°</td>
<td>30 minutes</td>
</tr>
<tr>
<td>BAKED BEANS</td>
<td>500°</td>
<td>6 hours</td>
</tr>
<tr>
<td>BISCUITS—Baking Powder</td>
<td>500°</td>
<td>15-20 minutes</td>
</tr>
<tr>
<td>BREAD—White, Yeast</td>
<td>500°</td>
<td>1 hour</td>
</tr>
<tr>
<td>BREAD—Corn</td>
<td>475°</td>
<td>30 minutes</td>
</tr>
<tr>
<td>BREAD—Date</td>
<td>400°</td>
<td>1 1/4 hours</td>
</tr>
<tr>
<td>BREAD—Prune</td>
<td>425°</td>
<td>1 1/4 hours</td>
</tr>
<tr>
<td>CAKE—Angel</td>
<td>500°</td>
<td>35 minutes</td>
</tr>
<tr>
<td>CAKE—Plain Layer, half recipe</td>
<td>500°</td>
<td>20 minutes</td>
</tr>
<tr>
<td>CAKE—Plain Layer, whole recipe</td>
<td>500°</td>
<td>30 minutes</td>
</tr>
<tr>
<td>CAKE—Sponge</td>
<td>450°</td>
<td>55 minutes</td>
</tr>
<tr>
<td>CAKE—Loaf</td>
<td>475°</td>
<td>1 hour</td>
</tr>
<tr>
<td>CHEESE SANDWICHES</td>
<td>450°</td>
<td>3 minutes, 1 side 2 minutes, other side</td>
</tr>
<tr>
<td>CREAM PUFFS</td>
<td>500°</td>
<td>45 minutes</td>
</tr>
<tr>
<td>MEAT LOAF</td>
<td>450°</td>
<td>40-50 minutes</td>
</tr>
<tr>
<td>FISH</td>
<td>450°</td>
<td>30-40 minutes</td>
</tr>
<tr>
<td>PIES—Double Crust, Raw Filling</td>
<td>500°</td>
<td>45 minutes</td>
</tr>
<tr>
<td>PIES—Double Crust, Cooked Filling</td>
<td>500°</td>
<td>40 minutes</td>
</tr>
<tr>
<td>PIES—Single Crust</td>
<td>500°</td>
<td>45 minutes</td>
</tr>
<tr>
<td>PIE SHELLS</td>
<td>500°</td>
<td>15 minutes</td>
</tr>
<tr>
<td>POTATOES</td>
<td>500°</td>
<td>50 minutes</td>
</tr>
<tr>
<td>RICE PUDDING</td>
<td>325°</td>
<td>3 hours</td>
</tr>
</tbody>
</table>

These temperatures are based on single recipe, unless otherwise stated. If 1/2 quantity is used, total time will be less, but temperature will remain the same.

IMPORTANT INSTRUCTIONS
Read Carefully

PREHEATING — Preheating time varies for different temperatures in this chart from 20 to 40 minutes, depending on voltage. Connect Roaster—then set dial for desired temperature. When properly preheated, signal will flash off and then on at about one minute intervals. When you turn dial back to cooking temperature, light will remain off until temperature has dropped to new dial setting.

ROASTING — Preheating is not absolutely necessary and may be dispensed with at the option of the user. Do Not Add Water to a Roast at Any Time. If you do so, it will not brown properly. The Vitamin Seal cover conserves the natural juices for proper cooking and flavor.

BAKING — Foods to be baked should be placed in a separate pan just as you would for oven baking. Place this pan on a wire rack or otherwise slightly raised above the bottom of the roaster. A special rack for this purpose is supplied with each cooking set.
Meat Loaf

Any meat, beef, lamb, veal or veal and pork mixed may be used as a loaf. Add a binder of bread crumbs, boiled rice, mashed potatoes in a proportion of 1 pound of meat to 2 cups of binder. Sauté (for 1 pound of meat) 1/4 pound salt pork, add to meat and binder, mould lightly and bake in center pan in roaster at 400° for 1 1/2 hours.

Preheat to 500°

Chili Con Carne

Preheat to 500°

Pork Chops

Baked Stuffed Pork Chops

Hutspot (Holland Dish)

PORK

Pork is cooked deliciously in the roaster. It may be roasted as a crown rib roast, loin roast, or tenderloin roast. Shoulder steaks, pork patties and pork goulash may be prepared to perfection in roaster.

Preheat to 500°

Serves 6

Chili

Con Carne

Serves 6

Baked Stuffed Pork Chops

Serves 8

Hutspot (Holland Dish)

Serves 6

Preheat to 500°

Preheat to 500°

Method:—Preheat roaster to 500°. Sauté onions in fat or oil, remove, add pork, and brown on all sides. Add 2 cups of cold water, salt and pepper, and simmer at 300° for one hour. Put in browned onions, carrots, potatoes and celery, and cook 1 hour longer. The beans or
peas should be boiled separately. Remove meat and vegetables from roaster, add 2 tablespoons of flour mixed to paste with 2 tablespoons of butter to liquid in roaster. Slice meat on platter, arrange peas or beans around it. Serve gravy in gravy boat.

Preheat roaster to 500°

Serves 6

2 strips spareribs of pork
3 cups bread cubes
3 teaspoons butter
1 small onion
1 egg

Method:—Cut slices of stale bread into ½ inch cubes. Sauté in butter, stir in hot water to moisten bread thoroughly. Add slightly beaten egg and seasonings. Season the spareribs and place in roaster with dressing filling between the strips of spareribs. Bake at 500° for 30 minutes, reduce to 400° and bake one hour longer. Bring temperature up to 500° for 15 minutes before removing from oven.

Preheat to 500°

Place 10 to 12 pound ham, fat side up, on rack on roaster. Bake at 500° for ½ hour. Reduce temperature to 325° and bake 30 minutes to the pound. One hour before baking period is up, remove ham from roaster, take off rind, all except the collar around the shank bone. Cut diagonals across the fat to form diamonds. Moisten 1 cup brown sugar with some drippings from ham. Rub mixture on ham and replace in roaster. Raise temperature to 500° and finish baking at 500°. Ham may be decorated with glazed cherries, almonds, cloves, pineapple or lemon sliced. Leftover ham may be used in sandwiches, salads, ham rolls, ham mousse, ham and escalloped potatoes, ham loaf, ham omelette or boiled with greens.

If meat thermometer is used—insert so that it reaches fleshiest part of ham. When 160° F. is reached ham may be removed from roaster.

Preheat to 500°

Serves 8

6 medium sized potatoes
1 small onion, cut fine
2 cups diced leftover ham

Method:—Place potatoes, onion and ham in alternate layers in center pan of roaster, sprinkle each layer with salt, pepper and flour. Add scalded milk. Bake 1 hour at 425°. Turn dial up to 500° the last half hour of baking time.

Preheat to 500°

Serves 6

1½ cups bread flour
1 tablespoon baking powder
½ teaspoon salt

Method:—Sift flour, baking powder and salt together, mix with shortening and moisten with milk. Place dough on
floured board and roll into a rectangle 1/2 inch thick. Brush with butter and spread ham evenly over surface. Roll like a jelly roll. Cut into slices 1 1/2 inches thick. Place 1 inch apart in a greased pan. Bake on rack 20 to 25 minutes at 500°. Serve with hot tomato sauce.

### LAMB

Suggestions:—Lamb stew, roast, ragout or fricassee can be perfectly cooked in our roaster. Follow your favorite recipe but increase given temperatures in recipes other than ours about 100° for roasting or baking. Stews, ragouts or fricassees should be cooked in roaster preheated to 500° and reduced to 325-300° after food is put in.

<table>
<thead>
<tr>
<th>Stuffed Shoulder of Lamb</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Preheat to 500°</td>
<td><strong>Serves 8</strong></td>
</tr>
<tr>
<td>3 to 5 pounds of plump shoulder of lamb (have bones and fell removed by butcher)</td>
<td>2 cups dried bread, diced</td>
</tr>
<tr>
<td>2 slices bacon</td>
<td>1 onion finely grated</td>
</tr>
<tr>
<td>3 cups cooked wild or white rice</td>
<td>1 tablespoon chopped green pepper</td>
</tr>
<tr>
<td></td>
<td>Paprika</td>
</tr>
<tr>
<td></td>
<td>1 tablespoon chopped mint</td>
</tr>
</tbody>
</table>

**Method:**—Have pocket cut in breast of lamb. Season with salt and pepper. Fill cavity with stuffing. Sew or fasten edges together with skewers. Place on rack, do not add water. Place in roaster for 30 minutes at 500°, reduce temperature to 375° and roast. See chart.

<table>
<thead>
<tr>
<th>Lamb Stew</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Preheat to 500°</td>
<td><strong>Serves 6 to 8</strong></td>
</tr>
<tr>
<td>2 pounds lamb—breast shoulder of lamb</td>
<td>1 onion, diced—or</td>
</tr>
<tr>
<td>neck</td>
<td>6 scallions, sliced</td>
</tr>
<tr>
<td>1/2 cup flour</td>
<td>1/2 cup diced turnips</td>
</tr>
<tr>
<td>Salt, pepper</td>
<td>1 cup diced carrots</td>
</tr>
<tr>
<td>3 tablespoons lard</td>
<td></td>
</tr>
</tbody>
</table>

**Method:**—Sprinkle flour, 1 teaspoon salt and 1/2 teaspoon pepper on a sheet of oiled paper. Roll fairly small pieces of meat in mixture. Sauté diced onion, remove and sauté meat. Add water to cover. Replace onion, cook at 300° for 1 1/2 hours, add vegetables. Cook at 350° for 3/4 hour, until vegetables are tender.

<table>
<thead>
<tr>
<th>Roast Turkey, Duck or Chicken</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Preheat to 500°</td>
<td><strong>POULTRY</strong></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Preheat to 500°</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Serves 6 to 8</strong></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 pounds lamb—breast shoulder of lamb</td>
</tr>
<tr>
<td></td>
<td>neck</td>
</tr>
<tr>
<td></td>
<td>1/2 cup flour</td>
</tr>
<tr>
<td></td>
<td>Salt, pepper</td>
</tr>
<tr>
<td></td>
<td>3 tablespoons lard</td>
</tr>
</tbody>
</table>

**Method:**—Remove pin feathers, singe and wash fowl well, inside and out. Fill 3/4 full of stuffing and sew or skewer well. Cross drumsticks, tie securely with a string and fasten to tail. Brown butter in roaster, paint fowl with browned butter, sear at 500° for 30 to 60 minutes, depending on weight and kind of fowl. Reduce temperature to 375° and continue roasting for 30 minutes to the pound (weight dressed). It is not necessary to baste poultry in Nesco Roaster.
4 cups bread crumbs—diced  1 teaspoon salt
2 tablespoons onion, chopped  1/2 cup butter
2 teaspoons sage  1/2 cup chopped peanuts or
1 cup chopped celery  1 cup oysters—or
3/4 cup water  1 cup chestnuts

Sauté diced bread cubes in butter, remove and sauté onion. Add other ingredients and toss lightly to mix. Stuff fowl lightly and skewer opening.

Preheat to 500°  Serves 6
1 4-pound roasting chicken  2/3 cup white stock
1 teaspoon salt  1/2 cup white wine—Sauterne
3 tablespoons butter  2 tablespoons flour
1 carrot, sliced  2 tablespoons butter or chicken fat
1 onion, sliced  1 teaspoon chopped parsley

Method:—Rub pieces of chicken with salt. Sauté chicken, liver and giblets in butter or chicken fat until brown. Place in roaster. Sauté carrot, onion and parsley in 1 tablespoon butter until brown. Add stock and wine. Pour over chicken. Bake at 375° for about 1 1/2 hours. Remove and make gravy of 2 tablespoons melted chicken fat or butter mixed to paste with 2 tablespoons of flour. Pour sauce over chicken on platter, surround with rice mould.

Preheat to 500°  Serves 8
1 chicken (about 3 pounds)  1 sprig thyme
1 medium onion  3 teaspoons salt
1 large can tomatoes—1 1/2 cups, or 6 fresh tomatoes  1/4 teaspoon cayenne
1 can okra or 40 pods, sliced  1/4 teaspoon pepper
1 pound smoked ham, diced  4 tablespoons browned flour
4 cups hot water  2 tablespoons butter
1 clove garlic, shaved  6 tablespoons olive oil or chicken fat.
1 bay leaf

Method:—Clean and cut up chicken. Sauté in olive oil. Remove. Sauté diced ham, brown onion and garlic, add chicken, chopped seasoning, tomatoes and water. Cook 2 hours at 325°. Add sautéed okra, cook 1/2 hour longer. Thicken. Serve with wild or white rice.

Serves 8
1 cup rice  5 pounds chicken
1 cup sautéed mushrooms  1 cup blanched almonds
1 small can pimentos  2 cups chicken liquor
2 tablespoons chicken fat  2 tablespoons flour

**Fried Chicken**

Select roasting chickens; cut into serving pieces. Wash and dry each piece. Roll in flour, sprinkle with salt and pepper. Brown in mixture of 2/3 lard and 1/3 butter in roaster. Add enough water to cover bottom of pan. Cover roaster and bake 1 hour at 425°.

**Fish and Sea Food**

<table>
<thead>
<tr>
<th>Preheat to 500°</th>
<th>Serves 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bake at 400° for 30 minutes</td>
<td></td>
</tr>
</tbody>
</table>

| Fried Chicken  |  |  |
|----------------| 1 large can crabmeat | 1 teaspoon salt |
| 1 large can tuna fish | 1/4 pound American cheese |
| 1 can dry shrimp—or 12 fresh cooked shrimp | 2 cups medium white sauce |
| 1 small can or a cup of sautéed mushrooms | 1 cup dried bread crumbs |
|   | 1/4 cup melted butter |
|   | 3 hard boiled eggs |

Method:—Slice eggs and place in bottom of glass casserole, add tuna fish, crab, shrimp, mushrooms, cheese and salt. Pour over white sauce and sprinkle bread crumbs mixed with melted butter over top. Place in roaster and bake at 400° for 30 minutes.

<table>
<thead>
<tr>
<th>Preheat to 500°</th>
<th>Serves 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bake at 400° for 30 minutes</td>
<td></td>
</tr>
</tbody>
</table>

| Casserole of Sea Food  |  |  |
|------------------------| 1/2 pound noodles | 1/2 teaspoons salt |
| (2 cups uncooked)      | 1/2 teaspoon pepper |
| 1 pound can tuna fish  | 1/2 cup buttered bread crumbs |
| 2 cups peas, drained—or | 2 1/2 cups thin white sauce |
| 1/4 cup chopped pimento |

White Sauce:

| 3 tablespoons butter |
| 3 tablespoons flour |
| 2 1/2 cups milk |

Method:—Cook noodles until tender in salted water. Drain. Place layer of noodles in bottom of glass casserole, then thin layers of tuna fish, pimento and peas. Cover with white sauce, sprinkle with buttered crumbs and bake at 400° for 30 minutes.

| Baked Trout or White Fish |  |  |
|---------------------------| 2 1/2 pounds trout or white fish | 1 small onion finely chopped |
| 3 tablespoons melted butter | 1 tablespoon finely chopped parsley |
| 2 stalks celery cut fine | 1/4 teaspoon pepper |
| 1 cup moist bread crumbs (solid) |

Method:—Season inside of fish with salt and pepper, butter outside, mix above ingredients and fill fish. Bake at 400° for 3/4 to 1 hour. The fish may be baked without dressing.
**Escaloped Oysters**

<table>
<thead>
<tr>
<th>Preheat to 500°</th>
<th>Bake at 450° for 30 minutes</th>
<th>Serves 4</th>
</tr>
</thead>
</table>
1 pint oysters   | 1/2 cup butter              |          |
2 cups coarse cracker crumbs | 1 cup oyster liquid |          |
1/8 teaspoon pepper | 1 teaspoon salt |          |

Method:—Drain and clean oysters. Rub glass casserole thickly with cold butter, sprinkle bottom with cracker crumbs. Mix rest of cracker crumbs with melted butter. Arrange oysters and crumbs in alternate layers, season each with salt and pepper. Pour over oyster liquid and bake 30 minutes at 450°.

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**Shrimps a la Ester**

<table>
<thead>
<tr>
<th>Preheat to 500°</th>
<th>Bake at 450° for 30 minutes</th>
<th>Serves 6</th>
</tr>
</thead>
</table>
2 cups boiled rice | 1 pint mashed shrimps, fresh |          |
1/2 pint cream    | (2 cans dry shrimp)         |          |
6 drops tobasco sauce | 1 tablespoon butter |          |
Salt             | 6 tablespoons tomato catsup |          |

Method:—Combine all ingredients and bake in a buttered baking dish at 450° for 1/2 hour.

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**Vegetable Cookery**

Because of the valuable vitamin and body building content of fresh vegetables, we should use at least six in our menus each day. They should be purchased daily and prepared shortly before serving in order to make them more palatable and nutritious. To insure color, appearance, flavor, texture and food value, vegetables should be cooked in as short a time and with as small an amount of water as possible.

The Nesco Roaster is an ideal utensil in which to cook vegetables properly for very little water is needed as they are very nearly cooked in their own steam.

If a stew or some other food containing quite a quantity of liquid is cooking in a part of the roaster, vegetables may be cooked without any water, just add butter and seasoning to diced vegetables. In most cases, however, we have found it better to add about 1/2 to 3/4 cup of boiling water to 2 cups of diced vegetables. Cook in roaster pans.

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Preparation</th>
<th>Boiling Water</th>
<th>Preheat 500°</th>
<th>Time</th>
</tr>
</thead>
</table>
2 cups carrots    | Diced       | 1 Cup         | 450°         | 1 to 1/2 hrs. |
2 cups beets      | Diced       | 1 Cup         | 450°         |               |
2 cups potatoes   | Diced       | 3/4 Cup       | 450°         |               |
2 cups sw. potatoes | Diced     | 3/4 Cup       | 450°         |               |
2 cups onions     | Sliced      | 3/4 Cup       | 450°         |               |
2 cups parsnips   | Diced       | 1 Cup         | 450°         |               |
2 cups string beans | Thin Strips | 1 Cup         | 450°         |               |
2 cups turnips    | Diced       | 1 Cup         | 450°         |               |
2 cups egg plant  | Diced       | 3/4 Cup       | 450°         |               |
2 cups young fresh peas | Diced | 1 Cup         | 450°         | 1/2 hr.   |

Note:—Salt water slightly. Butter may be added if you like your butter added during the cooking process.

Potatoes or Squash—May be baked on rack in roaster at 500° in 1 hour and are delicious.

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**Potatoes —Nesco**

Preheat to 500° Bake at 475°

Dice 4 cups of potatoes and mix well with ¼ cup of melted butter. Place in well buttered center pan of roaster and bake at 475° for 1 to 1½ hours. Carrots, beets, parsnips, turnips, sweet potatoes, egg plant may be cooked in the same way.

- 1 quart diced or sliced potatoes
- ¼ teaspoon pepper
- 2 tablespoons butter
- 1 teaspoon salt
- 2 tablespoons flour
- 1 cup milk

Method:—Scald milk. Dice or cube pared potatoes. Place layer in buttered pan of roaster or glass casserole. Sprinkle with salt, pepper and flour and dot with bits of butter. Repeat. Add scalded milk until it can be seen through top. Dot top layer with butter and flour. Bake in a 450° roaster for about 1 hour or until potatoes are soft.

**Escalloped Potatoes**

- 4 large sweet potatoes
- ½ cup brown sugar
- ½ cup hot water

Method:—Wash and parboil sweet potatoes. Pare and cut into slices ½ inch thick and place in baking dish or in roaster pan. Pour over syrup made of butter, brown sugar and water and bake 1 hour at 450°.

**Candied Sweet Potatoes**

Preheat to 500° Bake at 450° for 1 hour

- 6 or 8 peeled, uncooked sweet potatoes
- 1 cup water
- ½ cup sugar

Combine:
- 3 tablespoons light corn syrup
- 1 teaspoon salt
- ½ teaspoon grated orange rind
- ¼ cup melted butter

Place in pan or casserole. Bake at 450° 30 to 40 minutes.

**Orange Candied Sweet Potatoes**

Preheat to 500° Bake at 475° for 1 to 1½ hours

Cook 2 cups of peeled, diced beets in 1 cup of boiling water in one of the pans placed in preheated roaster 1 to 1½ hours at 475°.

Sauce
- ½ cup sugar
- 2 tablespoons flour
- 2 tablespoons butter
- ¼ cup vinegar
- 1/2 teaspoon salt

Method:—Make a paste of sugar, flour and butter. Add salt, vinegar and water slowly. Cook until smooth and thick. Add beets and reheat.

**Harvard Beets**

Preheat to 500° Bake at 475° for 1 to 1½ hours

Sauce
- ½ cup sugar
- 2 tablespoons flour
- 2 tablespoons butter
- ¼ cup vinegar
- 1/2 teaspoon salt

Method:—Make a paste of sugar, flour and butter. Add salt, vinegar and water slowly. Cook until smooth and thick. Add beets and reheat.
1 pint navy beans  
1 tablespoon molasses  
3 tablespoons brown sugar  
3 tablespoons corn syrup  
1 tablespoon salt  
1/2 teaspoon dry mustard  
Boiling water (about 5-1/3 cups in all)  
1 onion  
1/4 lb. salt pork  
1/4 to 1/2 lb. shoulder pork—cut in small pieces if desired

Look over beans, cover with cold water and soak over night. In morning, cover with fresh water, bring to a boil and simmer until skins will burst. (A good test is to take a few beans on the tip of a spoon and blow on them. The skins will burst if they are cooked enough.) Scald the salt pork, scrape and cut in 3 or 4 pieces. Dissolve all the seasonings in 1 cup of the boiling water. Put the beans in center pan, place peeled onion in the center of the beans, and bury the pieces of salt pork in the beans, leaving rind exposed. Pour the dissolved seasonings over the beans and add enough more boiling water to cover.

Bake beans at 300° for 5 hours. Beans may be boiled in roaster. Bring to boil at 500°, reduce temperature to 325°.

Baked Beans

Nesco Corn

Baked Tomatoes

Stuffed Tomatoes
Canning

Canning in season saves money for the homemaker if produce is available at low cost, is perfectly fresh and not too ripe. The shortest route between the garden and the can is the safest route. Directions must be followed very carefully to prevent spoilage.

Only the Nesco Automatic Roaster should be used for this purpose. Correct temperatures are essential. Government bulletins recommend the use of the steam pressure method of canning for non-acid forming vegetables, fish, meat and poultry. However, we canned successfully in roaster, but directions were followed to the letter.

The roaster should be preheated to 400°. Only glass jars should be used, rinsed in hot water and packed with hot water or hot syrup and carefully dried on the outside before placing in the roaster. Sudden changes in temperature will, of course, break glass jars and this must be avoided. A wire rack on which to rest the jars will be of great assistance.

1. Wash jars and tops in hot soap suds, rinse and sterilize by boiling or by placing jars in cold roaster, bringing temperature to 450° and holding that temperature for 2 hours.

2. Wash vegetables thoroughly and bring to boil in water to cover, place in hot jars, excluding all the air possible. Fill with liquid within one inch of top.

3. After filling jars, dip blade of knife in boiling water and run down side and center of jar to remove air bubbles.

4. Place rubber on jar, screw on lid until it just catches on rubber ring. If using spring top jar, pull upper clamp over the glass lid until it snaps into position.

5. Place jars upright, two inches apart, on wire rack inside of roaster. Process required length of time at 300°—see chart.

6. After jars are removed, screw covers down tightly to complete sealing operations. Invert jars to test seal.

7. Temperatures and processing time given are based upon altitude from sea level to 1,000 feet above for quart jars. If pints are used reduce time one-fourth. For altitudes above 1,000 feet the time of processing should be increased at rate of 10% for each 5,000 feet.

8. There is apt to be a slight shrinkage in amount of liquid in jars after processing but this will not harm product. Do not try to refill.

All foods should be inspected before sending to table. Tops and rubbers on glass jars should show no signs of bulging. There should be no outburst of air or spurting of liquid when jar is opened. Odor should be characteristic of canned food—any food which appears spoiled should not be tasted.
DINNER MENU
For Electric Roaster
Beef en Casserole  Steamed Potatoes
Fresh Greens Salad  Apple Betty

Use 3 piece cooking set

Preheat to 500°
1 pound beef chuck (cut in 3 tablespoons suet
1 1/2 inch pieces)  Flour, salt and pepper
2 cups hot water

Roll meat in flour, season well with salt and pepper and fry in melted suet. Remove meat from frying pan and place in Roaster Center Pan. Make a gravy with drippings left in frying pan by stirring in 2 tablespoons of flour and then adding 2 cups of hot water. Pour the following mixture over meat:

1 medium bunch of celery, 2 medium onions, sliced
cut in 1 inch pieces  6 medium carrots (cut in
1 small can tomatoes (1 1/2      halves lengthwise)
cups)  1/2 diced green pepper
1 teaspoon salt

Add gravy and bake at 350° for 1 1/4 hours. Add 1 small can of peas and return to roaster for 1/2 hour.

Place in end pan with salt and bake 1 1/2 hours.

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1 1/4 cups sugar  1/2 cup butter
1 1/4 teaspoons cinnamon  1 1/2 pounds apples (4 large
1/2 teaspoon salt  apples)
2 cups bread crumbs  1 cup water
Juice and rind of 1 lemon

Pare and core the apples. Put them through food chopper, using coarse knife. Melt the butter and mix it into the bread crumbs. Mix the salt, sugar, cinnamon and lemon rind. Add the lemon juice to the water. Arrange in layers in end pan. Just before adding the top layer of buttered crumbs, pour the water and lemon juice over the mixture. Insert a knife to allow juice to penetrate. Top with buttered crumbs, bake 40 minutes at 350°. Serve with hard sauce, plain or whipped cream.
Baked Ham with Orange Sauce

Preheat roaster to 500°

Use a slice of ham 1 inch thick.

Place in Center Pan, cover with orange sauce.

Bake in preheated roaster 1 1/2 hours at 350°.

2 tablespoons sugar
1/2 cup apple sauce
1/2 cup tomato purée
2 tablespoons currant jelly
Salt, paprika
Juice of 1 orange
Pulp of 1 orange
Grated rind of 1 orange

Caramelize sugar, add sauce, purée, jelly, salt and paprika. Cook until mixture is well blended, add orange juice, pulp, rind. Do not overcook.

Potatoes—Steamed

Place potatoes in Side Pan and cook 1 1/2 hours.

Cauliflower—Scalloped

1 medium sized cauliflower
1/4 cup finely chopped green pepper
1 pint milk
1/2 pound domestic Swiss or American cheese
1 egg, slightly beaten
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup dry bread crumbs mixed with 2 tablespoons melted butter

Break cauliflower into flowerets and parboil 8 minutes in salted water, drain, place in buttered End Pan. Heat milk in top of double boiler and add diced cheese. Heat until cheese melts. Pour over cauliflower. Bake about 40 minutes at 350°.

Strawberry Shortcake

2 cups bread flour
4 teaspoons baking powder
3/4 cup milk (about)

Sift the dry ingredients into bowl. Cut in shortening. Add cold milk and mix lightly. Place in pie pan or muffin pans. Have ready to place in roaster (first removing Pan Set with dinner food), which has been preheated to 500°. Bake 15 minutes. Cut in half. Butter. Spread sliced berries drenched in sugar between cake and over top. Cover with powdered sugar or whipped cream.

Suggestion—Bake shortcake while dinner is being served.
DINNER MENU
For Electric Roaster

Combination Casserole
Buttered Carrots
Head Lettuce Salad
Assorted Bread
Cherry Pudding

Place the following ingredients in order given in Center Pan of Roaster Pan Set, which has been preheated to 350°.

6 medium potatoes, peeled and sliced thick
Pepper

6 medium sized onions, sliced
1/2 cup uncooked rice

3/4 pound hamburger, fried brown in 2 teaspoons butter
2 cups canned tomatoes
Sprinkle with salt and pepper

Fill one End Pan with diced carrots, add a little salt and 3 tablespoons melted butter.

In other End Pan place the following pudding:

1/4 cup butter
1/2 cup sugar
1 well beaten egg
1/2 cup milk

1 cup and 2 tablespoons bread flour
2 teaspoons baking powder
1 cup drained sweetened cherries

Cream butter and sugar, add egg, milk, flour, baking powder and cherries. Mix well and pour into buttered End Pan. Serve with the following sauce:

1/2 cup sugar
1 tablespoon cornstarch
2 tablespoons butter
1/2 cup water
1/2 cup cherry juice

Blend dry ingredients, add liquid. Cook over low heat until transparent. Cook entire dinner 2 hours at 300°.
DINNER MENU

For Electric Roaster

Mock Chicken Legs  Potatoes au Gratin
Graham Bread  Asparagus  Butter Sauce
Pear Salad  Caramel Bread Pudding

Preheat roaster to 500°

1 pound pork steak  Skewers
1 egg  1 pound veal steak
Bread crumbs

Pound steak very thin, roll a piece of pork in a 3 x 5 inch piece of veal, fasten with skewer. Dip in egg, then dry bread crumbs, and repeat again. Fry in hot fat until nicely browned, place in Center Pan. Add 1/2 cup of hot water to fat in frying pan and pour over meat. Sprinkle with salt and pepper. Cook 1/2 hour in preheated roaster at 375°. Continue cooking 1/2 hour at 350°.

Caramel Cocoanut Bread Pudding

5 cups stale bread—diced  3 tablespoons butter
1 cup brown sugar  1/4 cup milk
1 cup grated cocoanut (fresh or canned)

Moisten diced bread with 1/4 cup hot water. Press dry and place 1/2 of it in bottom of greased End Pan. Cover with cocoanut, brown sugar and dot with butter. Add remainder of bread, cocoanut, brown sugar and butter. Place End Pan in roaster and cook thirty minutes at 350°.

Potatoes au Gratin

4 cups cooked diced potatoes  1/4 cup bread crumbs
(not too well cooked)  2/3 cup grated American cheese
2 cups white sauce

Place a layer of potatoes in buttered End Pan, cover with cheese and white sauce. Repeat and place crumbs on top layer. Bake 30 minutes at 350°.

Directions:—Ingredients for pudding and potatoes should be kept warm so as not to decrease temperature of roaster. Asparagus as suggested in menu may be cooked in boiling water on stove—graham bread may be made earlier in roaster.
SUCCESSFUL PICNIC MENUS
*(To be prepared and may be carried in roaster)

*Baked Ham
*Hot Potato Salad
*Rolls Pickles Mustard or Chili Sauce
Sliced Tomatoes Dressing
*Fruit or White Cake Lemon Filling
Peaches Plums Apricots
Coffee

*Jambalaya
Green Salad French Dressing
*Graham Bread Rolls
Watermelon *Brownies
Coffee

*Chicken Gumbo
Green Corn
*Rolls Celery Pickles
Fruit *Chocolate Cake
Coffee

*Fried Chicken
*Rice Gravy
Beaten Biscuit Jam
*New Peas
*Cookies Cantaloupe

WINTER MENUS

*Chowder
Sandwiches
Coffee Sweets

*Chili Con Carne
Sandwiches
Coffee Cake
## FRUIT CANNING CHART

<table>
<thead>
<tr>
<th>FOOD</th>
<th>PREPARATION</th>
<th>SPECIAL DIRECTIONS</th>
<th>Heat at 300° F MINUTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits—</td>
<td>Hold softberries and grapes. Pick over, wash and hull or stem</td>
<td>Use syrup II. Fill within 1 inch of top.</td>
<td>35</td>
</tr>
<tr>
<td>Soft—</td>
<td>berries and grapes.</td>
<td>Skins may or may not be removed. Use syrup II. Fill within 1 inch of top.</td>
<td></td>
</tr>
<tr>
<td>Berries</td>
<td>Pick over, wash, remove pits.</td>
<td>Use syrup II or III. Fill within 1 inch of top.</td>
<td>35</td>
</tr>
<tr>
<td>Grapes</td>
<td>Pick over, wash, remove pits.</td>
<td>Remove skins before packing. Stones may be removed or not as desired. Use syrup</td>
<td></td>
</tr>
<tr>
<td>Apricots</td>
<td>Wash, remove pits.</td>
<td>II or III. Fill within 1 inch of top.</td>
<td>40</td>
</tr>
<tr>
<td>Cherries</td>
<td>Pick over, wash, remove pits.</td>
<td>For sweet plums use syrup II. For sour plums use syrup I. Fill within 1 inch of</td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td>Choose fruit which is ripe but firm.</td>
<td>top.</td>
<td>40</td>
</tr>
<tr>
<td>Plums</td>
<td>Wash and stone if desired. If left whole, prick skins once.</td>
<td>For sweet plums use syrup II. For sour plums use syrup I. Fill within 1 inch of</td>
<td></td>
</tr>
<tr>
<td>Fruits—</td>
<td>Wash, pare, quarter or cut into halves. Drop into lemon water</td>
<td>Use syrup III. Fill within 1 inch of top.</td>
<td>35</td>
</tr>
<tr>
<td>Hard—</td>
<td>to prevent discoloration.</td>
<td>Use syrup II. Put fruit in kettle and bring to boil. Pack in jars, cover with</td>
<td>50</td>
</tr>
<tr>
<td>Apples and</td>
<td>Peel, slice lengthwise or crosswise, in either case discard</td>
<td>syrup II within 1 inch of top.</td>
<td></td>
</tr>
<tr>
<td>Pears</td>
<td>core. Shredded pineapple is also desirable.</td>
<td>Scald bottles and cork. Fill with hot juice and put corks in lightly. When cool</td>
<td>250° oven 40</td>
</tr>
<tr>
<td>Pineapple</td>
<td>Crush fruit and heat slowly to simmering point (185°). Strain</td>
<td>dip in melted paraffin.</td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>through double cheesecloth. Add 1 cup of syrup to 1 gallon of</td>
<td>Use syrup II.</td>
<td>30</td>
</tr>
<tr>
<td>Juices</td>
<td>juice. Raw juice of sour cherries and apple cider may be used.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple Cider</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Grapes</td>
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<td></td>
<td></td>
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<tr>
<td>Currants</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Berries</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Cherries</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rhubarb</td>
<td>Wash and cut into small pieces. Pack, cover with boiling</td>
<td></td>
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<tr>
<td></td>
<td>syrup to 1 inch of top.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Notes:
- Thin: 3 cups water to 1 cup sugar
- Medium: 2 cups water to 1 cup sugar
- Thick: 1 cup water to 1 cup sugar
<table>
<thead>
<tr>
<th>FOOD</th>
<th>PREPARATION</th>
<th>SPECIAL DIRECTIONS</th>
<th>Heat at 300° F. HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Can young, tender tips. Wash thoroughly and tie into bundles. Add boiling water to cover and boil 3 minutes.</td>
<td>Remove strings and pack carefully. Add 1 teaspoon salt per quart. Fill jar with boiling water to 1 inch of top.</td>
<td>3</td>
</tr>
<tr>
<td>Beans—Wax Green</td>
<td>Use only young, tender pods. Wash and string, add boiling water and boil 3 minutes.</td>
<td>Add 1 teaspoon salt per quart. Fill with boiling water to 1 inch of top.</td>
<td>31/2</td>
</tr>
<tr>
<td>Beans—Lima</td>
<td>Use very small, tender beans. Wash, shell, add boiling water to cover and boil 3 minutes.</td>
<td>Add 1 teaspoon salt per quart. Pack loosely and if desired add 2 teaspoons sugar per quart. Fill jar with boiling water to 1 inch of top.</td>
<td>31/2</td>
</tr>
<tr>
<td>Beets</td>
<td>Wash small, tender beets, leaving 2 inches of tops and all of roots. Add boiling water to cover and boil 5 minutes. Cool in same water.</td>
<td>Skin, remove tops and roots. Pack whole or sliced. Add 1 teaspoon salt per quart and fill jar with boiling water to 1 inch of top.</td>
<td>3</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Separate into clusters, soak head down in cold salt water 1 hour. Bring to boil in fresh boiling water.</td>
<td>Add 1 teaspoon salt per quart. Fill jar with fresh boiling water to 1 inch of top.</td>
<td>2</td>
</tr>
<tr>
<td>Corn</td>
<td>Corn must be tender, juicy and in the milk stage. Remove husks and silk, cut from cob, add boiling water to cover and boil 3 minutes.</td>
<td>Add 1 teaspoon salt per quart. Pack loosely and fill jar with boiling water (in which corn was cooked) to 1 inch of top, leaving room for corn to swell.</td>
<td>31/2</td>
</tr>
<tr>
<td>Greens—Spinach</td>
<td>Pick over very carefully, wash and rinse thoroughly in several waters to remove all dirt, cut in 1 inch lengths. Boil 3 minutes.</td>
<td>Work rapidly and pack loosely. Make holes with 2 or 3 turns of a knife in center of jar. Add 1 teaspoon salt, and if desired 2 tablespoons vinegar per quart. Fill jar with boiling water to 1 inch of top.</td>
<td>31/2</td>
</tr>
<tr>
<td>Beet tops</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swiss chard</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Dandelion</td>
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<td></td>
<td></td>
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<tr>
<td>Kale</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Endive, etc.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Okra</td>
<td>Can only young, tender pods. Wash, pour over boiling water to cover, boil 3 minutes.</td>
<td>Add 1 teaspoon salt per quart. Pack, cover with boiling water to 1 inch of top.</td>
<td>31/2</td>
</tr>
<tr>
<td>Peas</td>
<td>Use only young, tender, very fresh peas. Shell and cover immediately with boiling water.</td>
<td>Add 1 teaspoon salt per quart. Pack, cover with water peas were boiled in to 1 inch of top.</td>
<td>31/2 to 4</td>
</tr>
<tr>
<td>Peppers—Pimentos</td>
<td>Choose firm, unbruised peppers and remove skins from Spanish peppers by placing 6 to 8 minutes in hot Nesco roaster.</td>
<td>Remove stem and seeds of green peppers. Add 1 teaspoon salt per quart, fill jar with boiling water to 1 inch of top.</td>
<td>11/2</td>
</tr>
<tr>
<td>Green Peppers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Scald, peel after cold dip.</td>
<td>Add 1 teaspoon salt per quart. Fill jar with boiling water to 1 inch of top.</td>
<td>45 minutes</td>
</tr>
</tbody>
</table>