NEW MODERN WAY OF NESCO ELECTRIC COOKING

PRICE TEN CENTS
For Modern Cooking Joy
It's the
NESCO
ELECTRIC CASSEROLE

The one convenient, reliable, portable, non-automatic appliance that adequately fills all your kitchen needs. This six quart electric roaster is equipped with glass wool insulation, Nesco’s safety conductor cord, Hi-Lo Heat Control, and a removable cooking well, making it extremely easy to clean!

Roasts
Cans
Bakes
Stews
Steams

Bakes perfect pastry, luscious cakes, fine breads, biscuits and cookies. Roasts meats to a savory perfection. Prepares a whole meal at one time . . . roast, vegetables, potatoes and dessert . . . at one fuel cost! Especially recommended for baked dishes.
Proper Steps for Cleaning

No. 1
Lightly sprinkle the interior with cleaning powder.

No. 2
Wipe thoroughly with a damp cloth.

No. 3
Fill about one-half way with clean water and then rinse. Do not place in sink where water is apt to enter around the base or top!

No. 4
Dry inside and outside with a towel.

The NESCO Electric Casserole

BEAUTY

CONVENIENCE

ECONOMY

This casserole combines the all-around electric cooking utility with the utmost in convenience! The perfect piece for both cooking and serving! Ideal for all baked, boiled, and stewed dishes . . . try your favorite casserole dish, it will take on a new, tempting goodness you’ve never before known!
The Perfect Accessory for the Perfect Hostess

NESCO CASSEROLE

Imagine the convenience of cooking a meal right at the table, serving it right out of the dish it was cooked in and as a still further convenience keeping it hot all during the meal. That's just what is possible in the new two-quart DeLuxe Nesco Casserole. Casseroles, boiled dinners, baked dishes, stewed vegetables and roasted meats can be prepared with a new cooking ease.

Removable Cooking Well

Simplifies the cleaning process! Made of black vitreous enameled ware and fastened in place with a bracket. Easily removed from casserole . . . can be washed just like a china dish.

Hi-Lo Heat Control

The Hi-Lo Heat Control and glass wool insulation give you the perfect assurance of perfectly prepared meals.
Now! Double Cooking Service

Twofold Capacity for Your Casserole

STEAM COOKER

An excellent accessory for your Nesco Casserole! Made to fit either of the casseroles! The steam cooker uses the natural steam rising from food in lower compartment for the simultaneous preparation of healthful steamed vegetables, steamed breads, puddings, etc. There is no extra operating cost and the low initial cost will please you!
BOSTON BROWN BREAD

1 cup rye meal
1 cup fine corn meal
1 cup Graham flour
¾ tablespoon baking soda
1 teaspoon salt
¾ cup molasses
2 cups sour milk

Mix and sift dry ingredients. Add molasses and milk, and beat batter thoroughly until well mixed. Butter bottom and side of casserole generously. Pour in mixture. Connect on LOW HEAT and cook for 3 hours. To remove, loosen carefully around sides with flexible knife. Add ½ cup seedless raisins or stoned dates, if desired.

SHORTCAKE

2 cups bread flour
5 level teaspoons baking powder
½ teaspoon salt
2 teaspoons sugar
½ cup butter or shortening
¾ cup milk

Mix and sift dry ingredients twice. Work in butter with tips of fingers. Add milk gradually to make a soft dough. Toss on floured board. Either cut as for large individual baking powder biscuits or shape into one flat cake the dimension of the casserole. Place in bottom of cold casserole which has previously been well dusted with flour and connect to HIGH. Cook for 20-25 minutes. Remove, split apart without use of knife, butter generously and cover or fill with preferred fruits mashed and slightly sweetened.
BAKING POWDER BISCUITS

2 cups bread flour 4 tablespoons shortening
4 level teaspoons baking powder 2/3 cup milk
1 teaspoon salt

Sift flour, measure, add dry ingredients and sift again. Cut in shortening with pastry blender. Add liquid gradually to make a soft dough. Toss dough on floured board. Pat and roll out lightly. Cut with cutter. Arrange 8-10 biscuits on bottom of cold casserole which has previously been well dusted with flour. Cook on HIGH heat for 20 minutes. Preheating casserole is unnecessary.

BROWN BETTY

cooking apples nutmeg or cinnamon
butter dry bread crumbs sugar

Pare and core apples, then slice thin. Butter casserole generously. Cover bottom with layer of sliced apples, dot with butter, sprinkle with sugar and spice. Cover with bread crumbs. Repeat until casserole is filled, having bread crumbs as top layer. Connect to HIGH heat until steaming commences, then reduce to LOW and continue baking one hour longer.

CHOCOLATE PUDDING

2 eggs, beaten 3 teaspoons baking powder
1 cup sugar 1/4 teaspoon salt
1 cup milk 5 tablespoons butter or shortening
2-3 oz. cooking chocolate, melted 1 teaspoon vanilla extract
2 cups flour

Beat eggs very light. Add sugar slowly, beating constantly. Add milk and melted chocolate. Add flour, baking powder sifted together. Add melted butter. Stir vigorously until smooth. Grease casserole generously. Pour mixture into cold casserole. Connect to HIGH heat (5-10 minutes) or until steaming commences. Reduce heat to LOW and cook 1 1/2 hours. Loosen sides with flexible knife and turn out. Serve with whipped cream sauce.

DESSERTS

BAKED APPLES

cooking apples, cored and pared half way around top sugar, raisins, honey or mincemeat
1/4-1/2 cup water

Arrange cored apples in casserole, filling centers with preferred filling. Add water. Connect to HIGH and hold until steaming commences. Reduce to LOW for 15 minutes or longer depending on type of apple. (Very juicy fruit may be baked with no water.) Apples may be colored by dotting red cinnamon candies around tops while baking.

FRUIT PUDDINGS

| 2 tablespoons butter or shortening | 1 teaspoon ginger or cinnamon |
| 2 tablespoons sugar | 1 teaspoon baking soda |
| 1 egg, beaten | 1/2 cup hot water |
| 1/2 cup molasses | 1 cup seedless raisins, pitted dates or cut figs |
| 1 1/2 cups flour | |
| 1/4 teaspoon salt | |

Mix ingredients in order named. Butter casserole generously. Pour mixture into cold casserole. Connect on LOW heat. Steam 2 1/2 hours. Serve with hard sauce or lemon sauce.


Lemon Sauce: 1 cup sugar, 1/8 cup water, 1 tablespoon butter, 1 tablespoon lemon juice. Dissolve sugar and water and boil 5 minutes. Remove from fire, add butter and lemon juice. Serve hot.
GENERAL HINTS:

When you want to prepare foods which require a long period of cooking, your casserole is most adaptable. Start foods on HIGH for 5-10 minutes then turn to LOW for remainder of the cooking period.

The combination of high temperature when the plug is on HIGH with the low temperature when the plug is turned to LOW gives you a wide range of uses for your casserole. Adapt this means of cooking to your own particular needs with confidence. The casserole does a splendid cooking job.

To simplify the problems of hot cereals for breakfast you can use your casserole for “overnight” cooking. Use cereal such as regular rolled oats or cream of wheat, following the instructions on their respective boxes for quantity of water to be used. Plug casserole on HIGH for 5-10 minutes, then plug to LOW for overnight. Naturally, cereals should be started late at night or at such a time that they will not cook longer than 7 or 8 hours.

For soups and stews, plug in on HIGH for 5-10 minutes. If soup has a meat base, preheat casserole and brown cubed meat, then plug in LOW and add other ingredients. These may cook overnight or 7 or 8 hours during the day. This gives a hot dish for either lunch or supper when the homemaker has to be away from the house.

For baked beans, prepare as usual, then place them in casserole. Plug in on HIGH until steaming. Then plug on LOW for overnight, or for 6 to 8 hours cooking. This long, slow cooking gives very tender, well softened baked beans.
CHILDREN'S FOODS

RICE

4 cups water  
1 cup rice  
1 teaspoon salt

Add water and salt and bring to boil in casserole on HIGH. Add well-washed rice, continuing HIGH heat until vigorous steaming commences, then reduce heat to LOW and continue cooking 45 minutes — 1 hour, depending on age of rice. Stir occasionally with fork to prevent sticking.

BAKED POTATO

Place washed and dried potato in cold casserole. Connect to HIGH for one hour.

SPINACH

Wash thoroughly in several waters. Drain. Place in casserole, connect to HIGH (no water) and hold until steaming commences. Then reduce to LOW until tender. Turn with fork several times during cooking.

CARROTS

Use young, small carrots. Scrape carefully, wash and place in casserole. Connect casserole to HIGH, until steaming commences, then reduce to LOW for 15-30 minutes. (Or cook with skins on, then slip off skins when tender, as with beets.) Mash, adding butter or cream.

Zwieback

Cut 2-day old white bread in finger pieces, 1 inch x 4 inches. Arrange bread fingers in bottom, then place a second layer across the first, "log cabin" style; repeat. Connect on HIGH 15 minutes, then reduce heat to LOW. Leave cover partially off for escape of moisture. Continue on LOW until thoroughly browned.
CHILDREN'S FOODS

CORNMEAL MUSH

5 cups cold water
1 cup cornmeal
2 teaspoons salt

Connect CASSEROLE to HIGH and pour in water, add salt, and bring to rapid boil. Sprinkle in cornmeal slowly, stirring constantly until evenly distributed. Continue cooking on HIGH 10-15 minutes. Then reduce and hold on LOW 30 minutes — 1 hour. (It cannot be cooked too long.) Serve with butter, cream, or brown sugar.

OATMEAL, WHEATENA, CREAM OF WHEAT, FARINA, ETC.

1 cup water
1/2 cup cereal
1/2 cup cornmeal
1 cup cornmeal
1/4 teaspoon salt

Connect casserole to HIGH, add water and salt, and bring to boil. Add cereal slowly, stirring constantly. Cook 10-15 minutes. Then reduce heat to LOW and continue cooking 30 minutes — 1 hour or longer. Add cut dates, seedless raisins or cut fruits just before serving if desired.

MEATS

PORK CHOPS A LA CREOLE

4-6 loin pork chops
1/2 cup celery, minced
1/2 cup celery, minced
1 tablespoon butter
1/4 cup butter
flour, salt, pepper
1 can tomato soup
2 small onions, minced
1/2 can water

Pre-heat casserole on HIGH 15 minutes. Add butter. Roll chops in flour and dust with salt and pepper. Lay in chops and brown well on both sides (15-20 minutes). Add tomato soup, water, onions and celery. Cook on HIGH until steaming commences. Then reduce and hold on LOW 1 hour.
MEATS

CHILI CON CARNE

1 lb. chopped beef (Hamburger)  salt, pepper, prepared chili
1 onion, minced  powder to taste
1 green pepper, minced  1/2 can water
1 small can red kidney beans 1 can tomato soup

Flake meat with fork to separate. Mix with all other ingredients. Connect to HIGH heat until steaming commences, then reduce and hold on LOW 1 hour. Arrange in ring of hot boiled rice, if desired.

BAKED WIENERS OR FRANKFURTERS


IRISH STEW

2-3 lbs. lamb from forequarter 2 onions, sliced
2 cups hot water 4 potatoes, sliced
2 carrots, cubed or sliced salt, pepper, flour
2 white turnips, cubed or sliced

Cut meat in small pieces. Pre-heat casserole on HIGH 15 minutes. Add meat and brown on both sides. Cover with hot water and simmer on LOW 1 hour. Add vegetables and seasonings and cook 1 hour longer. Thicken gravy with flour blended to a paste with cold water. Sprinkle with minced parsley and serve with DUMPLINGS, if desired.

BEEF AND VEGETABLES IN CASSEROLE

1 1/2-2 lbs. beef steak 4 medium potatoes
bacon fat  salt, pepper
flour 1 can tomato soup
2 carrots 1 can peas (if desired)
2 onions

Cut meat into 1-inch cubes. Roll cubes in flour. Heat skillet on range burner, add about 3 tablespoons fat. Brown meat cubes in fat, then remove. Place browned cubes in well greased casserole. Cover with layer of carrot, onion and potato, all thinly sliced. Season layers with salt and pepper. Pour tomato soup diluted with water over all. Connect to HIGH until steaming commences. Then reduce to LOW and cook 1 1/2-2 hours longer.
# BAKING AND ROASTING CHART

**FOR USE WITH NESCO ELECTRIC ROASTER**

<table>
<thead>
<tr>
<th>Food Product</th>
<th>Purchased Weight Lbs.</th>
<th>Preheat Minutes</th>
<th>Cook on &quot;HIGH&quot; Hours</th>
<th>Cook on &quot;LOW&quot; Hours</th>
<th>Total Cooking Time Hours</th>
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<tbody>
<tr>
<td>Roast Beef—</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rare</td>
<td>6</td>
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<tr>
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<td>6</td>
<td>20</td>
<td>3/4</td>
<td>1/2</td>
<td>23/4</td>
</tr>
</tbody>
</table>

Place meat in hot Roaster. Sear on both sides. Turn several times while on "HIGH."

<table>
<thead>
<tr>
<th>Food Product</th>
<th>Purchased Weight Lbs.</th>
<th>Preheat Minutes</th>
<th>Cook on &quot;HIGH&quot; Hours</th>
<th>Cook on &quot;LOW&quot; Hours</th>
<th>Total Cooking Time Hours</th>
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<tbody>
<tr>
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<td>20</td>
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<tr>
<td>Roast Ham</td>
<td>8</td>
<td>20</td>
<td>1</td>
<td>1/2</td>
<td>21/2</td>
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</table>

Parboil by placing in roaster with cold water to cover. Bring to a boil on "HIGH;" then continue on "LOW" for 30 minutes. Disconnect. Allow ham to stand in water 30 minutes. Drain water, peel off skin, season and roast.

<table>
<thead>
<tr>
<th>Food Product</th>
<th>Purchased Weight Lbs.</th>
<th>Preheat Minutes</th>
<th>Cook on &quot;HIGH&quot; Hours</th>
<th>Cook on &quot;LOW&quot; Hours</th>
<th>Total Cooking Time Hours</th>
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</thead>
<tbody>
<tr>
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<td>Roast Chicken</td>
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<td>11/2</td>
<td>3</td>
</tr>
<tr>
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<tr>
<td>Meat Loaf</td>
<td>3</td>
<td>20</td>
<td>11/2</td>
<td>1</td>
<td>11/2</td>
</tr>
</tbody>
</table>

Biscuit       | 20                    |                 | 1/4                  |                     | 1/4                     |
| Bread        |                       |                 | 1/2                  |                     | 11/2                    |
| Fruit Pie    |                       |                 | 1/4                  | 1/2                 | 3/4                     |
| Jelly Cake   |                       |                 | 1/4                  | 1/4                 | 1/2                     |
| Deep Cake    |                       |                 | 1/4                  | 1/4                 | 1/2                     |
| Muffins      |                       |                 | 1/2                  |                     | 1/2                     |

## IMPORTANT

Do not add water to meats or fowl while roasting. The Vitamin Seal Cover conserves the natural juices. Adding water makes additional moisture which prevents browning.

The above cooking time is based on average voltage conditions. Local voltage variations will reduce or increase the time shown.

When vegetables, such as potatoes, are added to the roast, enter 30 to 45 minutes before roast is done. When vegetables are entered, connect to "HIGH" for 10 minutes; then again reduce to "LOW" for remainder of time.

Do not cook food in the heating well — always have the removable inset in place even though the food is in individual pans. The removable inset is easier to clean and should always be used.

If so desired, food may be placed in any glass baking dish or separate pan and then placed in the roaster which will operate as oven. This does not retard cooking — use cooking time shown in recipes.

Sear all roasts on High Heat until desired degree of browning is obtained, then reduce to Low — Low heat does not brown.
MEATS

HAMBURGER EN CASSEROLE

2 lbs. chopped beef Hamburger | 1 can tomato soup
2 small onions, minced          | salt, pepper
2 small green peppers, minced  | 1/2 can water
6 potatoes, sliced thin        |  

Mix chopped beef with minced onions and peppers. Place a layer of meat about 3/4 inch thick on the bottom of well greased casserole. Cover with a layer of raw thinly sliced potatoes. Repeat until casserole is filled, having meat as the top layer. Mix tomato soup and water and season with salt and pepper. Pour over. Connect to HIGH heat until steaming commences. Then reduce and hold on LOW 1 1/2 hours.

HUNGARIAN GOULASH

1 lb. each of beef, pork and lamb | 1 large onion, minced flour seasoning
3 slices of bacon                  |

Pre-heat the casserole 15 minutes on HIGH heat. Cut the bacon in small pieces and fry with the onion in the covered casserole, adding a dash of black pepper. When the onion and bacon are browned, add the beef and brown for 15 minutes, still on HIGH heat. Next add the pork and lamb and brown for an additional 15 minutes on HIGH heat.

Thicken a cup of cold water with flour and mix with the browned meats. Add salt and spices to suit. Cover sparingly with boiling water and connect to HIGH heat until steaming is noticed. Then put casserole on LOW heat and cook for 2 hours.
MEATS

WATERLESS POT ROAST

3 lbs. rolled beef roast
1 onion, sliced
1 tablespoon lard
3 carrots, sliced
1 teaspoon salt

Pre-heat the casserole 15 minutes on HIGH heat. Place the lard in the hot casserole; then brown the meat 1 hour on one side. Turn the meat and brown 1/2 hour on reverse side. Now remove the roast and place the onion and carrots on the bottom of the casserole. Replace the roast and continue on HIGH heat until steaming is again noticed, then reduce to low heat and cook until tender. Remove the roast and vegetables; then add 2 cups of boiling water and salt to gravy. Thicken with thin paste of flour in cup of cold water.

MEAT LOAF

1 1/2 lbs. chopped beef (Ham-burger)
1/2 lb. veal, ground fine
1 egg, beaten
1 tablespoon salt

grains pepper
4 tablespoons tomato soup
or catsup
1 cup dry crumbs
4 slices bacon

Combine chopped meat with beaten egg and all other ingredients, except bacon slices. Shape into rounded loaf, placing strips of bacon on top. Connect casserole to HIGH for 10 minutes. Grease bottom of casserole. Lay in meat roll, continuing on HIGH until brown. Then reduce to LOW for remaining 1 1/2 hours. Allow loaf to "set" in casserole before removing. Serve hot with tomato or brown sauce, or use as sliced cold meat.

SWISS STEAK

1 1/2 lbs. round steak, cut thick
1/2 cup flour
salt, pepper
2 tablespoons lard or fat
2 medium onions, sliced

1/2 cups minced green peppers
1 small can tomatoes
1 cup celery, diced
1 raw potato, diced

Season steak with salt and pepper and pound flour into it on both sides. Connect casserole to HIGH, lay in fat, and brown steak well on both sides. Add seasonings and vegetables except potato and continue cooking until steaming commences. Reduce to LOW and continue cooking until tender, adding potato the last 45 minutes.
HAM HOCK AND SAUERKRAUT

2 lbs. ham shank  
1 qt. sauerkraut

Lay ham shank in casserole and cover with hot water. Connect casserole to HIGH until steaming commences. Reduce to LOW and cook 1 1/2 hours. Add sauerkraut after removing all of ham water. Continue cooking on LOW 1 1/2 hours longer. Serve with plenty of butter, a dash of vinegar, and prepared mustard, if preferred. (Substitute, if preferred, 2 lbs. spare ribs for the ham. Cut ribs into small pieces, and brown in casserole on HIGH. Arrange in layers, first ribs, then sauerkraut, and repeat, until casserole is filled.)

PIGS IN BLANKET

2 lbs. beef sliced thin and cut into strips 4 by 3 inches  
bread stuffing
pepper and salt  
2 cups hot water or stock

Rub each piece of meat with salt and pepper. Lay spoon of stuffing in center of each and roll up, fastening with tooth picks or strings. Roll in flour. Pre-heat casserole on HIGH 10 minutes. Lay in rolls and sear well on all sides. Pour over 2 cups hot stock or water. When steaming commences reduce heat to LOW and continue cooking 1 hour or longer. (Bacon or pork sausage may be used in place of stuffing.) Remove rolls, thicken gravy and pour over and serve.

Bread Stuffing: 2 cups dry bread crumbs, 1/2 cup hot water, 1/4 cup melted butter, 1/2 teaspoon poultry seasoning, 1/4 teaspoon salt, 1/8 teaspoon pepper. Pour water over bread and let stand 10 minutes. Add other ingredients and mix.
FRIED CHICKEN

Cut into small sections one Spring Chicken, weighing from 1 1/2 to 2 1/2 pounds. Salt and pepper each section. Then dredge with flour.

Pre-heat casserole on HIGH heat for 15 minutes. Butter inside, then add chicken. As browning progresses, shift browned pieces from sides to center. From 3/4 to 1 hour is required for browning, using HIGH heat.

When thoroughly browned, add 1 cup of boiling water and continue to cook, using LOW heat for 1/2 hour.

Remove chicken, thicken gravy with flour and water, and serve.

FRICASSEE OF CHICKEN WITH DUMPLINGS

1 medium chicken
   cut in sections
   hot water

Place cut up chicken in cold casserole and cover with hot water, to which is added 1 teaspoon salt. Connect to HIGH until steaming is noticed. Then reduce to LOW for 1 1/2 hours or until chicken is tender. Remove chicken and thicken gravy with flour mixed to a paste with cold water, seasoning to taste.

DUMPLINGS:

2 cups flour
   2 tablespoons butter
5 level teaspoons baking powder
   3/4 cup milk or liquid
1/2 teaspoon salt

Mix and sift dry ingredients. Work in butter with tips of fingers. Add milk gradually to make a fairly stiff dough. Either remove some of the gravy or leave chicken to support dumplings. Drop dumplings by spoonfuls over rapidly boiling gravy. Cover, and cook 12-15 minutes. Remove dumplings and serve around chicken, pouring over gravy.
MEATS

ROAST LOIN OF PORK

3 lb. piece of loin pork
salt, pepper, flour

2 medium onions, sliced thin

Have butcher cut chops slightly apart on top to separate. Rub meat well with flour, salt and pepper. Connect casserole to HIGH for 10 minutes. Add the meat. Cover with thinly sliced onions. Hold on HIGH until brown. Reduce and hold on LOW remaining 1 1/2 hours. Remove meat, drain excess fat from pan. Add flour rubbed to smooth paste in water, and enough hot water to make thin gravy. Serve with apple or cranberry sauce.

SPANISH VEAL BALLS

1 1/4 lbs. ground veal
2 tablespoons melted butter
1/2 cup soft bread crumbs
1 teaspoon minced parsley
1 teaspoon salt
1 egg
flour
3 tablespoons lard or fat

6 small potatoes, cut in quarters
6 small onions, sliced
1 green pepper, minced
1/8 teaspoon pepper
1 teaspoon sugar
1/2 teaspoon kitchen Bouquet
1/2 cup water

Mix the veal, butter, bread crumbs, parsley, salt and egg thoroughly. Divide and shape into 8 small balls. Roll balls in flour. Heat skillet on range burner and melt fat in it. Add the balls and brown them well all over. Remove balls to casserole. Add potatoes, onions, pepper, and the seasonings dissolved in the hot water. Connect to HIGH until steaming commences. Then reduce to LOW for 1 hour or until vegetables are tender.
SEA FOODS

OYSTER STEW WITH DUMPLINGS

24 oysters
2 cups milk
2 teaspoons butter

\( \frac{1}{2} \) teaspoon salt
paprika

Connect casserole on HIGH. Strain liquor from opened oysters and add enough additional water to make 2 cups of liquid. To this add milk, butter, salt, and a dash of paprika. Let this broth just come to a scald on HIGH. To make dumplings: combine 1 well beaten egg, \( \frac{1}{2} \) cup milk, \( \frac{3}{2} \) cups flour, 2 teaspoons baking powder and 1 teaspoon salt. Drop this dough by small teaspoons into the boiling broth. Cover and cook 10-12 minutes after steaming commences. Add the oysters, cover, and cook 5 minutes longer, continuing on HIGH. Serve at once with minced parsley sprinkled on top, and toasted crackers.

SCALLOPS EN CASSEROLE

1 quart scallops
2 cups soft bread crumbs
4 tablespoons green pepper, minced

2 cups rich milk or thin white sauce
salt, pepper
2 tablespoons melted butter

Rinse scallops, cover with cold water, and bring quickly to the scald on top range burner. Drain. Place butter in casserole and grease sides well. Put layer of soft crumbs in bottom, then a layer of scallops. Repeat, seasoning each layer with salt and pepper. Pour over milk or thin white sauce. Start on HIGH heat until steaming commences, then reduce to LOW and hold 45 minutes.

CLAM CHOWDER

24 clams
\( \frac{1}{4} \) lb. salt pork or bacon, diced
4 medium potatoes, cubed
3 medium onions, minced
3 tablespoons flour

2 tablespoons butter
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{2} \) teaspoon pepper
1 quart milk

Steam clams in \( \frac{1}{2} \) cup boiling water, open, and cut coarsely. Connect casserole to HIGH. Add the bacon or pork diced and brown. Add potatoes, onions, and clam liquor. Cook 15 minutes. Add clams and seasoning and cook 30 minutes longer. In separate saucepan make a white sauce of butter, flour, milk, salt, and pepper. Add this white sauce to previous mixture in casserole, blend well, bring to scald on HIGH and remove at once to prevent curdling. Serve with toasted crackers.

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SPAGHETTI

1 1/2 lbs. Hamburger
2 tablespoons lard or fat
1 carrot
1 green pepper
1 large onion

SPAGHETTI — ITALIAN

1 clove garlic
2 teaspoons salt
1 pint can tomatoes
1/2 lb. package spaghetti or macaroni

Pre-heat casserole on HIGH 15 minutes. Melt fat in casserole. Add the meat, separating it with a fork and turning to brown. Chop carrots, pepper, onion and garlic, add salt and mix all well. Add tomatoes. When meat is brown add vegetables and mix together. Cook on HIGH until steaming commences, then reduce and hold on LOW 45 minutes to 1 hour. In a separate saucepot bring 2 quarts water salted with 2 teaspoons salt to a rapid boil. Add spaghetti or macaroni and cook uncovered 12-20 minutes. Drain. Serve with meat, sprinkling all with grated Italian cheese if desired.

VEGETABLES

BOSTON BAKED BEANS

1 1/2 lbs. navy beans
3/4 lb. salt pork (sliced)
1 teaspoon salt

3 tablespoons brown sugar
3/4 teaspoon dry mustard
1 small onion

Soak beans over night in water, drain. Do not parboil. Lay half of pork and whole onion in bottom of casserole and cover with half the beans. Lay in second piece of pork (may be sliced) and remainder of beans. Add salt, sugar, and mustard. Cover with boiling water. Connect on HIGH until steaming commences, then reduce to LOW and continue cooking 6-8 hours without further attention.
VEGETABLES

After washing vegetables drain off as much water as possible. Put them in the cold casserole and add 1/2 to 1 cup of boiling water, depending on amount of water retained by the vegetables. Add salt to the water. Connect on high heat until steaming commences; then reduce to low heat as follows:

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>Asparagus</td>
<td>1/2 to 3/4 hour</td>
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<tr>
<td>*Beans, Dry Lima</td>
<td>1 1/2 to 2</td>
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<tr>
<td>Beans, String</td>
<td>1 to 1 1/2</td>
</tr>
<tr>
<td>Beets</td>
<td>3/4 to 1 1/2</td>
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<td>Brussels Sprouts</td>
<td>1/2 to 3/4</td>
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<td>Cabbage</td>
<td>1/4 to 1</td>
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<tr>
<td>Carrots</td>
<td>1/2 to 3/4</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1/2 to 3/4</td>
</tr>
<tr>
<td>Celery</td>
<td>1/2 to 3/4</td>
</tr>
<tr>
<td>Corn, Sweet</td>
<td>1/4 to 1 1/2</td>
</tr>
<tr>
<td>Onions</td>
<td>1/2 to 3/4</td>
</tr>
<tr>
<td>Peas</td>
<td>3/4 to 1</td>
</tr>
<tr>
<td>Potatoes</td>
<td>1/2 to 3/4</td>
</tr>
<tr>
<td>Spinach</td>
<td>1/2 to 3/4</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>1/4 to 1 1/2</td>
</tr>
<tr>
<td>Turnips</td>
<td>1/2 to 3/4</td>
</tr>
</tbody>
</table>

*Dry vegetables require 2 to 3 cups of water

All old vegetables will require 1/4 to 1/2 hour longer than time given.

ESCALLOPED POTATOES

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>potatoes</td>
<td></td>
</tr>
<tr>
<td>salt</td>
<td></td>
</tr>
<tr>
<td>pepper</td>
<td></td>
</tr>
<tr>
<td>flour</td>
<td></td>
</tr>
<tr>
<td>butter</td>
<td></td>
</tr>
<tr>
<td>milk</td>
<td></td>
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</tbody>
</table>

Pare and slice potatoes thinly. Arrange a layer in the bottom of well greased casserole. Sprinkle with salt, pepper, flour and dot with butter. Cover sparingly with milk. Connect on HIGH heat until steaming commences. Then reduce and hold on LOW for 45-60 minutes, or longer, depending on age of potatoes.

If desired, pork chops or pork sausage may be previously browned, then laid on top of the potatoes and cooked with them. Or sprinkle grated cheese over the top. Sliced onions between the layers also give good flavor. (Sweet potatoes are excellent when escalloped with meats.)
VEGETABLES

BAKED POTATOES

4-10 potatoes  paprika  minced parsley
butter, salt

Wash potatoes and dry and place in casserole. Connect and hold on HIGH heat 1 hour. When potatoes are done, if desired, make a cut across the top of each, insert a piece of butter, season with salt and paprika and sprinkle with parsley.

BAKED STRING BEANS

2 quarts green string beans 1/2 teaspoon salt
2 medium onions, sliced thin 1/2 cup hot water
1/4 lb. pork or bacon, sliced

Remove strings and break or cut beans in half. Place beans in cold casserole with pork and onion on top. Add water and salt. Connect on HIGH until steaming commences, then reduce to LOW 1 1/2 hours or until tender. (Tomato soup may be substituted for the water.)

SAUERKRAUT

1 1/2 quarts sauerkraut 1 apple, diced
1 small onion, sliced thin 2 raw potatoes, grated fine

Connect casserole to HIGH. Add the kraut together with onion, apple and potatoes. Cook until steaming commences. Then reduce and hold on LOW 1 1/2 hours longer. Serve with frankfurters or any sausage, or pork. (Bury 1 lb. salt pork, spare ribs or other smoked meat in sauerkraut while cooking, if preferred.)
SOUPS

**SPLIT PEA SOUP**

- ¾ cup yellow split-peas
- 2 tablespoons butter
- 2-inch cube salt pork, ham or bacon
- 1 small onion
- salt and pepper

Soak peas in water to cover several hours, then drain. Place in casserole with 3 pints fresh water, meat and onion. Connect to HIGH until steaming commences, then reduce to LOW and simmer 2 hours or until peas are entirely soft. Rub through fine sieve. Blend butter and flour together, and stir into milk to make a thin sauce. Add this sauce to the peas liquid, season, strain again if necessary. Serve with cubes of bread browned in butter. (If salt meat is used, omit or use less salt.)

**BEAN SOUP**

- ¾ cup dried beans, navy or lima beans
- 1 small onion
- 1 stalk celery, diced
- salt, pepper

Soak beans over night in water to cover, then drain. Place in casserole with 3 pints fresh cold water, onion, celery and tomato liquid. Connect to HIGH heat until steaming commences, then reduce to LOW and simmer two hours or until beans are entirely soft. Rub through fine sieve. Blend butter and flour and stir into soup as thickening. Season with salt and pepper. Slice hard boiled eggs into soup just before serving.

**VEGETABLE SOUP**

**STOCK:**

- 1 lb. shin bone with beef
- 1 teaspoon salt
- 2 whole cloves
- ¼ bay leaf

**VEGETABLES:**

- ½ cup each diced or chopped carrot onion
- turnip celery
- 2 tablespoons minced parsley
- ½ cup tomatoes or soup

Place soupbone and meat in casserole and cover with cold water; add salt, cloves, pepper and bay leaf. Connect on HIGH until steaming commences. Reduce and hold on LOW 2 hours. Skim off fat, add chopped vegetables and tomatoes and continue cooking 45 minutes to 1 hour longer.
GENERAL USES

SCRAMBLED EGGS

eggs milk butter salt, pepper

Allow 1 teaspoon butter and 2 tablespoons milk for each egg used. Connect casserole to HIGH for 5 minutes, add butter and melt. Beat eggs thoroughly, add milk. Pour into casserole, stirring frequently until creamy. Season, serve immediately.

WARMING ROLLS

Place rolls, biscuits, etc., in casserole, connect to HIGH for 5 minutes. Disconnect, allowing rolls to remain in casserole until served.

KEEP PANCAKES HOT

Connect casserole to HIGH for a few minutes. Reduce to LOW, lay in cooked pancakes, leaving lid slightly ajar.

WELSH RAREBIT

2 tablespoons butter 1/4 teaspoon mustard
1 tablespoon flour 1/2 teaspoon Worcestershire sauce
3/4 cup milk, beer, or tomato soup 1/2 lb. sharp cheese, grated or
cut fine
1/4 teaspoon salt grains pepper

Connect casserole to HIGH and add butter. Blend with flour, pour on milk or liquid and stir until a smooth sauce. Season with salt, pepper, mustard and Worcestershire. Reduce heat to LOW. Add cheese finely grated or cut and keep stirring continuously until cheese is melted and velvety. Serve immediately on toast or toasted crackers.