ELECTRIC ROASTERS

NESCO
Automatic

TESTED Recipes
You are going to enjoy your Nesco Electric Roaster! For it is thoroughly modern in every respect—a practical, efficient and dependable worker.

With Your Nesco, you can prepare complete oven meals—meat, vegetables and dessert, all cooked at one time by electricity, the safe, clean and thrifty way. It will also roast, broil, steam and bake to perfection. And for foods which require long, slow cooking, such as baked beans, stews and soups, it is unsurpassed. The automatic thermostat permits you to select the temperature desired, just as on any modern range.

Best of all, it is easy to learn how to use this Nesco Electric Roaster. Only a few simple rules need be remembered. As for recipes, you can keep right on using your old favorites and stand-bys, with a few minor changes in time and temperature in certain instances. The recipes given in this manual are merely basic. From them, other recipes of the same general type can be readily adapted for use in the Nesco.

First of all, however, be sure to read the first five pages of this Manual, and identify the various parts of the roaster and its accessories—what they are for and when and how each is used. After that, specific directions for each type of cooking are given under the appropriate classification of recipes. Every recipe included has been individually tested in our experimental kitchen.
A Complete Line of

Model No. 9999 with No. 91005 Cabinet

Model No. 9997 with No. 90005 Cabinet

Model No. 9999 — 20 qt. Deluxe Model with Timer Clock

Model No. 9998 — 20 qt. Deluxe Model
Roasters and Casseroles

Model No. 7014 Casserole

Model No. 4211 Round Casserole

Cast Aluminum Broiler-Griddle for 18 and 20 qt. models

Three-piece Porcelain Enamel Cooking Set

Model No. 9434 16 qt. model

Model No. 9995 18 qt. Standard

Model No. 9996 — 18 qt. model with cover lift dial
IDENTIFICATION OF THE PARTS

The Nesco All-Purpose Electric Roaster consists of: a combined base and body, with thermostat, a deep cooking well, a 2-piece rack that goes inside the well, a hinged cover, a cord set, and this Manual of Instruction and Recipes.

THE STEEL BODY

is covered with a heavy coating of baked enamel that will give excellent service and will retain its beautiful finish. The roaster is insulated with glass wool, selected for its exceptional efficiency and light weight.

THE THERMOSTAT

is of outstanding high quality and accuracy. It will control temperatures from 150° F. to 500° F., and is equipped with a signal light to indicate when the roaster is connected and current is in use.

THE COOKING WELL

for baking and roasting is made of heavy steel coated with porcelain enamel. It is of sturdy one-piece construction, with smooth, rounded edges and corners, for easy cleaning.
2-PIECE ADJUSTABLE RACK
The frame may be used separately or when baking such things as pies and cakes, the rack is laid on the small rests of the frame in any of 4 positions. To remove food from the roaster, the frame may be raised in the well and the handles pulled out so as to hook over the projections in the ends of the well.

THE COVER
is made of heavy stainless steel or aluminum with a Browning Vent to permit the escape or retention of steam. It is equipped with a hinge so that the cover can be opened and left on the roaster or easily lifted off.

CORD SET AND MANUAL
The cord set meets all Underwriters' Laboratory specifications, and a Manual completes the roaster equipment.

ROASTER COVER OPENER
For your convenience and ease in handling cover of your roaster, the new 1941 models have a cover opener. Opposite the heat control dial is the cover control dial. To raise the cover turn the cover control dial to the right or left. To close the cover grasp the cover front handle and lower cover until front latch engages cover front handle.

Care of the Roaster
The Nesco Electric Roaster is sturdily made to give long wear and full satisfaction. Nevertheless, it should be given the ordinary care and consideration required for any electrical appliance. The body of the roaster may be wiped with a damp cloth but must not be immersed in water. It must not be rubbed with scouring powder or other abrasive cleaner, as this may mar its finish.

The cooking well, cover and other parts of the roaster should be thoroughly washed after each use. The well will be easy to wash if it is removed from the roaster as soon as the food has been taken out.

To clean the cover, open completely by means of the control dial. Then lift cover out of socket. When using the broiler with the roaster remove the cover according to the above instructions. The broiler cannot be raised and lowered by means of the cover control dial but must be done by hand.

Hard water can be softened with Calgon. The rich, active suds formed with a mild soap and Calgonized water make it an easy matter to keep your utensils clean and bright, and free from food odors. Easy on the hands, too.

Keep the roaster in a clean, convenient place, with the vent open.
A. 3-PIECE PAN SET
The set consists of a rectangular roasting pan and two deep rectangular covered vegetable pans. These can be used for cooking a complete meal at one time, or the individual pans also may be used separately for cooking meats, vegetables, casserole dishes, entrees and desserts. These porcelain enameled pans have rounded edges and corners for easy cleaning. They are used in the roaster on the wire rack frame, page 6, by means of which they are easily lifted.

B. COOKIE SHEET
Well made of heavy tin plate. Rests on the wire rack, page 6, and is adjustable to 4 positions. This is the only accessory supplied with the roaster. All others must be purchased.

C. BROILER
Perfect for broiling, grilling and toasting. It rests on top of the cooking well, in place of the cover. To use the broiler, insert the cord into the terminals of the broiler instead of those in the body of the roaster.

D. TOTALLY ENCLOSED CABINETS
Mounted on smooth rolling rubber casters, these cabinets are available for all models. Ample storage space is provided for kitchen utensils and electric appliances.
GENERAL DIRECTIONS FOR

Operating

Specific directions for each type of cooking will be found under the various classifications of recipes

CURRENT—The roaster must be operated on alternating (AC) current, of 110 to 120 volts.

CONNECTING—Connect the roaster to an electric outlet. Set the thermostat at the desired temperature and the signal light will automatically come on; it will go on and off intermittently during the cooking period as current is or is not required to maintain the right temperature.

PREHEATING—The roaster is usually preheated to temperature required with Browning Vent set at "PREHEAT."

POSITIONS OF BROWNING VENT
When preheating roaster set Browning Vent at "Preheat."

In cooking operations follow directions given with sample recipes and cooking charts on the following pages.

In general, when a moist atmosphere is desired, as for pot roasts or stews, keep the vent closed. Where a dry atmosphere is necessary, as for baking, open the vent as directed in the recipe.

COOKING WELL—This must always be in place whenever the roaster is used for any purpose whatever.

RACK—Set pans or other containers on the frame; also large roasts or meats, turkey, baked potatoes and similar foods.

TIME AND TEMPERATURE—Consult the basic recipes and the charts on pages 55, 56, 57 and 58, for directions. As compared to oven baking, you will find similar times and temperatures in some cases; while in others, particularly in baking, higher temperatures and slightly longer cooking periods are recommended.

OPENING — Follow instructions on page 7 carefully. You will find this cover opener an easy and quick way to lift the lid. It is not necessary to baste or turn foods in the Nesco Roaster.

REMOVING FOOD—Without disturbing the food, lift the rack straight up, and hook it on the well. The food can then be taken out with complete ease and safety.
DIRECTIONS

for

OPERATING TIME CLOCK

with Nos. 9999 and 9997

NESCO ELECTRIC ROASTERS

The Time Clock is for cooking purposes only and should not be used as a kitchen clock.

1. Be sure Timer switch "L" is snapped to the right to "IN" position.

2. Wind the clock by turning Clock Winding Knob "A" clockwise until fully wound. Make sure Time Clock has started by turning Movement Starter "B" clockwise until stopped; then release.

3. Set the hands "C" to the correct time of day by turning knob "D" clockwise.

4. Turn the right hand knob "E" marked "SET ON" clockwise until dial "F" shows the time you want the roaster to start cooking.

5. Turn the left hand knob "H" marked "SET OF" clockwise until dial "I" shows the time you want the roaster to stop cooking.

6. Pull out knob "D" which you used to set the clock hands, until the switch clicks. The automatic Time Clock is now in operation.

7. Set Thermostat Knob "J" at desired cooking temperature as given in recipes.

8. Plug Roaster Cord securely into roaster and convenient outlet.
SUGGESTIONS FOR COOKING WHEN USING THE NESCO TIME CLOCK

1. Roasts, stews, soup and well-planned oven meals are ideal for preparation with the Time Clock.

2. When preparing a whole meal, select foods which require about the same length of time to cook. Vegetables that have a tendency to discolor due to exposure to air should be placed in inset pans and covered with water.

3. In addition to the desired length of cooking time, allow an extra 30 to 40 minutes for heating up the cold roaster and cold food. The variance in time between 30 and 40 minutes depends upon whether foods have been chilled or are at room temperature.

4. For further instructions and recipes consult your Nesco recipe book. Your Nesco can be used with the Time Clock in control or without. When NOT using the Time Clock, snap the Timer Switch "L" to the left or "OUT" position. Leave the switch in the "OUT" position except when using the Time Clock with the Roaster.

TIMER CLOCK MEAL COMBINATIONS

Place complete meal in Nesco. Follow directions on chart for operating time clock.

<table>
<thead>
<tr>
<th></th>
<th>Temperature, 350°</th>
<th>Time, 1½ hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat Loaf</td>
<td></td>
<td>40</td>
</tr>
<tr>
<td>Green Beans</td>
<td></td>
<td>58</td>
</tr>
<tr>
<td>Baked Potatoes</td>
<td></td>
<td>54</td>
</tr>
<tr>
<td>Individual Lamb Loaves</td>
<td></td>
<td>40</td>
</tr>
<tr>
<td>Baked Onions</td>
<td></td>
<td>52</td>
</tr>
<tr>
<td>Tomatoes Filled with Corn</td>
<td></td>
<td>53</td>
</tr>
<tr>
<td>Ham Slice</td>
<td></td>
<td>39</td>
</tr>
<tr>
<td>Baked Sweet Potatoes</td>
<td></td>
<td>54</td>
</tr>
<tr>
<td>Yale Beets</td>
<td></td>
<td>52</td>
</tr>
</tbody>
</table>
BREADS

Hot breads, yeast breads and steamed breads may be "done to a turn" in the Nesco Roaster. The Browning Vent on your Nesco Roaster gives you complete control of the degree of brownness you desire for your foods. In general, the Browning Vent is set at Preheat for quick, dry baking, such as biscuits and small muffins. For very moist baking, such as quick loaf bread, use either Bake or Roast position, depending on the brownness you desire.

BREADS, QUICK

MUFFINS

Muffin batters should be stirred, not beaten. The batter should be lumpy. If muffin batters are beaten until smooth, the baked product is tough, the texture uneven and tunnel-ed, and there is usually a peak or hump on top. Also the crust will not be so well browned.

Muffin batters should be put into greased muffin pans as soon as mixed. Drop batter from a table-spoon, quickly and light-ly, into the prepared pans. Successful muffins depend largely upon how quickly ingredients are mixed and put into pans.

Muffins and other quick breads are done when they are fully risen and level with the line of the baking pan; when the tops are firm and delicately brown and the bread has shrunk slightly from the sides of the pan. If the top is tapped lightly with a finger, it springs back under the touch, and if the pan is held near the ear there should be no steaming or singing sound. A thin wire or wooden tester comes out dry and clean when inserted in the center of the baked product.

Small or individual breads are usually served hot and freshly baked. Small or thin hot breads are better if broken in pieces rather than cut. Larger breads and loaves must be cooled before using. Turn all loaves of bread from the pan and place on a wire rack or on the inverted baking pan—never on a cloth, as this causes steaming and makes the crust soggy.
Muffins in One Bowl

Temperature, 375° or 400°  Time, 20 to 30 minutes  Amount, 12 medium muffins
2 cups flour  ¼ cup sugar
1 tablespoon baking powder 2 eggs
¾ teaspoon salt 1 cup milk
3 tablespoons shortening

Sift flour, baking powder and salt together. Cream shortening and sugar together. Add eggs, one at a time, beating well after each addition. Add flour mixture and milk alternately, stirring only until flour disappears. Fill greased muffin pans 2/3 full. Set Browning Vent at Bake position.

Pineapple Muffins

Temperature, 375°  Time, 25 to 30 minutes  Amount, 18 muffins
3 cups flour 2 eggs
½ cup sugar 1 cup crushed pineapple (well drained)
2 tablespoons baking powder 5 tablespoons melted shortening
1 teaspoon salt 1 ½ cups milk

Sift first four dry ingredients together. Beat eggs. Add remaining ingredients, blending well. Add liquid to dry mixture, stirring only to blend the ingredients. Fill greased muffin pans 2/3 full. Set Browning Vent at Bake position.

Bran Oatmeal Muffins

Temperature, 375°  Time, 25 to 30 minutes  Amount, 12 muffins
3 tablespoons shortening ¾ cup rolled oatmeal
¼ cup sugar 1 ½ cups flour
1 egg 4 teaspoons baking powder
1 ½ cups milk ½ teaspoon salt
1 cup wheat bran


Biscuits

Temperature, 500°  Time, 15 minutes
2 cups white flour 1 cup milk or water
4 teaspoons baking powder 1 teaspoon salt
4 tablespoons fat

Sift dry ingredients, rub in shortening with fingertips or cut in with two knives. Add liquid and mix to a soft dough. Toss on a slightly floured board, pat into shape, and cut with biscuit cutter. Set Browning Vent at Preheat position. Small biscuits will bake in from 10 to 12 minutes.
QUICK LOAF BREADS

Nothing is more certain to add "that extra something" that makes even a simple meal delicious, so why not enjoy quick hot breads often, when it is so easy with the Nesco Roaster?

Quick loaf breads are made with baking powder or soda, or both, instead of yeast. They are sometimes called emergency breads. Quick loaf breads are not always baked in loaf pans; for example, corn bread and Sally Lunn are baked in shallow pans; spoon breads in baking dishes or casseroles; coffee cakes in baking pans or layer cake pans; and Boston Brown Bread is either baked in loaves or steamed in covered cans or special moulds.

Quick loaf breads are closely related to muffins and a muffin method is most frequently used to mix them. When other flours are used, such as graham, whole wheat, rye, cornmeal, or bran, they are mixed with, not sifted with, the other dry ingredients. Stir only long enough to combine the ingredients, until the flour is dampened. The batter is usually quite thick and lumpy.

When baking quick loaf breads, use a moderate oven varying from 325° to 400° depending upon the mixture to be baked. The thicker the bread, the longer it must bake and the lower the temperature should be. Take from the oven when they are fully risen, when the top crust is nicely browned and the bread has shrunk slightly from the sides of the pan. The center top should spring lightly back under the slight pressure of the finger.

As the loaf bakes, heat forms a surface crust over the loaf before the center has finished rising. When the batter in the center expands, it may break through the top crust to form a crack. Most deep loaves of quick breads have a slight crack in the top crust which is unavoidable and not considered objectionable.

Quick bread batters may stand in the baking pan for a short time before baking if this is necessary. Keep the mixture covered and in a cool place so the leavening gas will not be released. If too much of this gas escapes, the bread will not be as light.
**Date Bread**

Temperature, 325°  Time, 75 minutes

Cream together:
1 cup sugar
1 tablespoon butter

Add:
1 1/2 cups flour
1 teaspoon vanilla

Mix separately, then add:
1 cup of boiling strong coffee
1 pound chopped dates

Bake in Nesco with Browning Vent at Bake position.

**Nut Bread**

Temperature, 350°  Time, 60 to 75 minutes

2 cups flour
3 teaspoons baking powder
1 1/2 teaspoon salt
1/2 cup sugar


**Banana Nut Bread**

Temperature, 350°  Time, 60 to 70 minutes

3/4 cup butter
3 cups flour
1 1/2 teaspoons salt
4 eggs
4 bananas


**Spoon Bread**

Temperature, 400°  Time, 35 to 40 minutes

2 cups cornmeal
2 1/2 cups boiling water
1 1/2 teaspoons salt
1 tablespoon sugar
2 teaspoons baking powder

Add boiling water slowly to cornmeal, stirring constantly. Let stand until cool. Mix salt, sugar and baking powder with beaten egg yolks. Add milk. Add milk mixture to cooled cornmeal. Beat vigorously. Add melted shortening. Fold in beaten egg whites. Bake in well-oiled deep baking dish or pan. Set Browning Vent at Bake position. Serve by spoonfuls from baking dish. This bread is eaten hot with butter.

**Quick Coffee Cake Batter**

Temperature, 425°  Time, 25 to 30 minutes

1 1/2 cups flour
1/2 cup sugar
2 teaspoons baking powder
1 egg

Sift flour once and measure; add sugar, baking powder, salt and sift again. Beat egg, add milk and melted shortening. Stir liquid into dry ingredients; stir only until flour is moistened. Pour into an oiled pan and cover with Struessel Topping.

**Struessel Topping**

2 tablespoons butter
1/4 cup dry bread crumbs
1/4 cup flour
2 tablespoons sugar
2 teaspoons cinnamon

Cream butter, add sugar and cream until fluffy. Add flour, crumbs, cinnamon. Mix to consistency of coarse crumbs and sprinkle over coffee cake batter. Place in Nesco with Browning Vent at Bake position.
Deviled Ham Biscuits

Temperature, 500°  Time, 15 minutes

- ¾ cup milk
- 2 cups prepared biscuit flour
- 4 ounce can deviled ham
- 4 teaspoons bottled horseradish

Add milk to biscuit flour to make soft dough. Mix remaining ingredients except the butter. Roll ½ inch thick. Cut with a 1 ½-inch cutter. Spread on half the rounds. Cut center out of remaining half, using 1-inch cutter. Place remaining on spread rounds. Cut center out of remaining on spread rounds. Brush with butter. Bake in roaster preheated, with Browning Vent set at Bake position.

Boston Brown Bread

Temperature, 300°  Time, 3 hours  Amount, 2 loaves

- 1 cup cornmeal
- 1 cup flour
- ¾ teaspoon soda
- ¾ teaspoon salt
- 1 teaspoon baking powder
- 1 cup graham flour
- ⅔ cup molasses
- 2 cups buttermilk or sour milk
- 1 cup seedless raisins

Place adjustable rack in bottom of cooking well. Pour 6 cups hot water into the well, turn thermostat to 500° and heat about 20 minutes, or until vigorous steaming appears. Sift together the cornmeal, flour, soda, salt and baking powder. Add the graham flour. Then add molasses, sour milk and raisins and beat thoroughly. Divide the mixture between three greased 1-pound baking powder cans. Cover cans and place on rack in roaster. Steam with Browning Vent set on Preheat.

Corn Bread

Temperature, 475°  Time, 20 to 25 minutes

- 1 cup flour
- 1 to 2 tablespoons sugar
- ½ teaspoon salt
- 1 tablespoon baking powder
- 1 cup corn meal
- 2 eggs
- 1 cup milk
- 3 tablespoons melted shortening

Sift flour, sugar, salt and baking powder together. Stir cornmeal thoroughly into flour mixture. Combine well-beaten eggs, milk and shortening. Add to dry ingredients and mix well. Pour into oiled pan, size 8x8x2 inches. Set Browning Vent at Bake position.

NOTE: When substituting sour milk for sweet milk, sift ½ teaspoon soda with dry ingredients.
# BREADS—YEAST

## Refrigerator Bread

<table>
<thead>
<tr>
<th>Temperature</th>
<th>1 loaf, 375°; Rolls, 425°</th>
<th>Time</th>
<th>1 loaf, 60 minutes; Rolls, 25 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon sugar</td>
<td>¼ cup lukewarm water</td>
<td>2. compressed yeast cakes</td>
<td>1 tablespoon salt</td>
</tr>
<tr>
<td>2 cups water</td>
<td>2 tablespoons melted shortening</td>
<td>½ cup sugar</td>
<td>2 eggs</td>
</tr>
</tbody>
</table>

Add sugar to yeast, stir until liquefied. Add lukewarm water. Mix:

- 2 cups water
- ½ cup sugar
- 2 eggs

Stir in:

- 4 more cups flour

Mix well but do not knead. Cover and place in refrigerator to have on hand. Three loaves of bread or any desired rolls may be made. Set Browning Vent at Bake position.

## Oatmeal Bread

<table>
<thead>
<tr>
<th>Temperature</th>
<th>375°</th>
<th>Time</th>
<th>65 to 75 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup boiling water</td>
<td>1 tablespoon butter</td>
<td>1 cup boiling water</td>
<td></td>
</tr>
<tr>
<td>2 cups oatmeal (uncooked)</td>
<td>1 cup milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ cup molasses</td>
<td>1 cake compressed yeast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>5 cups flour (bread)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>


## Sweet Yeast Dough (Basic Recipe)

<table>
<thead>
<tr>
<th>Temperature and Time Determined by Size and Shape</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup milk, scalded</td>
</tr>
<tr>
<td>1/4 cup butter</td>
</tr>
<tr>
<td>1/2 cup sugar</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
</tr>
</tbody>
</table>

Pour hot milk over butter, sugar and salt. Crumble yeast into lukewarm water to soften. Cool milk to lukewarm and add yeast. Add well-beaten eggs. Beat in flour to make a soft dough. Turn out on floured board and knead until smooth. Form into a ball and place in oiled bowl. Cover and let rise until double in bulk. Punch down and mold into tea rings, rolls or coffee cakes. If baked in 15 minutes or less, set Browning Vent at Preheat. If baked more than 15 minutes, set Browning Vent at Bake position.

## Five Hour Bread

<table>
<thead>
<tr>
<th>Temperature</th>
<th>1 loaf, 375°; Rolls, 425°</th>
<th>Time</th>
<th>1 loaf, 60 minutes; Rolls, 20 to 30 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups milk, scalded</td>
<td>1 teaspoon salt</td>
<td>2 tablespoons sugar</td>
<td>1 cake compressed yeast</td>
</tr>
<tr>
<td>1 tablespoon fat</td>
<td>6 cups flour</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Swedish Tea Ring

Temperature, 375°  Time, 30 to 45 minutes
Roll ½ the Sweet Yeast Dough into a rectangular sheet about ½ inch thick. Brush with melted butter and sprinkle with brown sugar and cinnamon. Roll jelly-roll fashion and shape into a ring. Place on oiled baking sheet and cut with scissors at 1-inch intervals almost through ring. Turn each slice slightly on its side. Cover and let rise until double in size. While warm, frost with White Frosting made by blending 1 cup of confectioner’s sugar, 2 tablespoons hot water and 1 teaspoon vanilla extract. Sprinkle with chopped nuts. Set Browning Vent at Bake position.

Whole Wheat Rolls

Temperature, 425°  Time, 25 to 30 minutes

1 cake compressed yeast
1/2 cup lukewarm water
1 egg
2 teaspoons salt
1/2 cup shortening

Dissolve yeast in lukewarm water. Scald milk, add sugar, shortening and salt. Let cool to room temperature. Combine liquids and egg, then stir in the sifted flour, adding white flour to make mixture stiff enough to knead. Mix well and keep in warm place until the dough doubles in size. Return to bowl, cover with a damp cloth and waxed paper, and place in refrigerator. When ready to use, knead, shape, and allow to rise 3 hours. Set Browning Vent at Bake position.

Honey Twist

Temperature, 375°  Time, 25 to 35 minutes

When Sweet Yeast Dough is light, form ½ the dough into a long roll about 1 inch in diameter. Coil the roll into a greased cake pan beginning at the outside edge and covering the bottom. Brush with Honey Topping. Let rise until double in bulk. Set Browning Vent at Bake position.

Honey Topping

1/4 cup butter  1 egg white
2/3 cup confectioner’s sugar  2 tablespoons honey (warmed)

Cream all ingredients together and brush over Twist before baking.
SUGGESTIONS FOR BROILING

Any foods such as fruits, vegetables and meats that can be broiled by other methods may be broiled with the Nesco Broiler. Combinations of meats and vegetables, or meat, vegetables and fruits, may be broiled at the same time and served as quick Nesco broiler meals. Set the adjustable rack in the desired position before preheating the broiler; the food should be placed 2 or 3 inches below the broiler unit. The cookie sheet may be placed in the lowest position of the rack frame to act as a drip pan. This simplifies cleaning and also provides a holder for additional foods which may be reheated and seasoned with the drippings from the meat, while it is being broiled. Steaks and chops should be at least 1 inch to 1 ½ inches thick and should be cut at the edges at 1-inch intervals so that they lie flat on the broiler rack. They tend to curl up if they are not cut. Season each side of meat either before or after broiling. Do not use cover when broiling.

USES FOR BROILER

2. Toasting—Bread, Sandwiches, or Appetizers.
   If you want to toast a lot of bread quickly, use Nesco Broiler. Place the slices of bread on the baking rack about 3 inches from the broiler. Toast one side, then turn and toast the other.
   If you want toasted sandwiches, the same procedure may be followed.
3. If you want delicious broiled eggs, melt butter or other fat in small, flat pan or on Nesco cookie sheet, placed about 3 inches under broiler. Then break eggs into fat. Continue cooking until desired doneness is reached.
4. Searing Meats—Place meat in the large glass baking dish or on rack shelf so that meat comes about 1 inch from unit. Sear on one side, then turn and sear other side.
5. Browning—For quick browning of meringues or scalloped dishes, place the dishes in roaster inset pan under broiler unit until desired browning is secured.
Broiler Meal

This dinner for six will not require more than 30 minutes to serve, counting from the moment you remove your hat after an afternoon of bridge, shopping, or a movie. But the entire menu cannot be prepared in that time. The patties, stuffed peppers, and carrots are in the refrigerator, and ready to slide under the broiler—the salad and dessert ready to be served.

Veal Patties with Bacon

Preheat Boiler 2 minutes 
Time, 20 minutes

1 1/2 pounds ground veal
1 cup soft crumbs
6 strips bacon
1/4 teaspoon ground sage
Salt and pepper
Melted fat

Lightly mix veal with seasonings and bread crumbs, shape into 6 squares about 1 inch thick. Wrap each with a strip of bacon. Brush with a little melted fat. Wrap and store in refrigerator until about 20 minutes before serving time. Heat broiler 2 or 3 minutes, place meat on the rack about 3 inches below the unit and broil until brown. Then turn the meat and add the precooked carrots and stuffed peppers.

Grilled Ham Slice

Sweet Potatoes 
Preheat Broiler 2 minutes
Time, 30 minutes
Serves 4

Grilled Tomatoes
Buttered Carrots

Preheat Broiler 2 minutes
Time per side, Rare Steak, 8 minutes; Medium, 10 minutes; Well Done, 12 to 15 minutes

Place adjustable rack in middle position of rack frame, place cookie sheet below in lowest position to act as drip pan. Lower into cooking well and preheat. Place a slice of ham (1/2 inch thick) on rack. Gash the fat to prevent curling. Broil ham 10 minutes and turn. Arrange the following on rack with ham: 4 slices of pineapple, sprinkled with brown sugar and dotted with whole cloves; 4 thick slices of cooked sweet potatoes which have been sprinkled with melted butter, salt and pepper. Broil complete meal 10 minutes longer. Serve all together on platter garnished with parsley.

Sirloin Steak

Grilled Lamb Chops
Savory Pears
Grilled Potatoes

Preheat Broiler 2 minutes
Time, 20 minutes

Lamb Chops: Wipe dry and brush with melted fat. Arrange on broiler rack. Season and turn once. Savory Pears: Brush over pear halves with French dressing. Add after chops have been turned. Grilled Potatoes: Cut boiled potatoes in 1-inch slices. Dip in mixture of 1 egg beaten with 3 tablespoons milk, 1/2 teaspoon salt and pepper. Roll in bread crumbs. Brush over with melted butter. Place on broiler rack. Turn with chops.
The oven-baking features of your Nesco Roaster enable you to bake all types of cakes successfully and economically. Since a dry, even-browning heat is necessary in cake-baking, it is important that the Browning Vent be adjusted carefully to suit the type of batter and size of the cake you are baking. Practically all cakes are baked with the Browning Vent set either at Bake or Roast with the pans sitting on the rack frame or on the adjustable rack set in the lowest position.

When your cakes are not up to standard, ask yourself the following questions:

1. Have you used standard measurements? Standard measuring equipment for cooking consists of a standard cup and a set of standard measuring spoons. Whenever you buy them, be sure they conform to the specifications adopted by the United States Bureau of Standards. These are as follows:
   - A standard measuring cup is an accurate ½-pint measure—the equivalent of 16 level tablespoons. It is marked on one side to read ¼, ½ and ¾; on the other to read ⅓ and ⅔.
   - Standard measuring spoons include 1 tablespoon, 1 teaspoon, ½ teaspoon, and ¼ teaspoon. The tablespoon is the equivalent of 3 teaspoons.

2. Have you used level measurements? The success rule of every truly modern recipe is, “Fill cup or spoon lightly, then draw a knife across top, cutting off excess to level measure.”

3. Have you considered:
   a. **Utensils**—Cake pans should be made of bright material such as aluminum or tin. Dark pans cause an over-browning on bottom. Pans should conform to size and shape of roaster oven.
   b. **Baking Powder**—Use baking powder according to directions given on can. All baking powders are good, but different brands require the use of different amounts.
   c. **Flour**—Cake flour gives a finer texture than all-purpose flour. Sift before measuring and do not pack in cup.
   d. **Shortening**—Shortening should be at room temperature to cream easily. Do not use liquid shortening.
   e. **Eggs**—Always have eggs at room temperature for best volume in beating.
## CAKES

### Angel Food Cake

<table>
<thead>
<tr>
<th>Preheat at 200°</th>
<th>Temperature, 325°</th>
<th>Time, 60 to 70 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cups egg whites</td>
<td>1 1/2 cups granulated sugar</td>
<td>1 1/2 cups granulated sugar</td>
</tr>
<tr>
<td>1 1/3 teaspoons cream of tartar</td>
<td>1 1/4 teaspoons flavoring</td>
<td>1 1/4 teaspoons flavoring</td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
<td>1 cup sifted cake flour</td>
<td>1 cup sifted cake flour</td>
</tr>
</tbody>
</table>


### Devil's Food Cake

<table>
<thead>
<tr>
<th>Temperature, 375°</th>
<th>Time, 40 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup shortening</td>
<td>1 teaspoon soda</td>
</tr>
<tr>
<td>1 1/4 cups sugar</td>
<td>1 cup sour milk</td>
</tr>
<tr>
<td>2 eggs</td>
<td>2 squares chocolate</td>
</tr>
<tr>
<td>2 cups cake flour</td>
<td>1 teaspoon vanilla</td>
</tr>
</tbody>
</table>

Cream shortening, add sugar and cream thoroughly. Beat in eggs. Sift flour, salt, soda together. Add to creamed mixture alternately with milk. Stir in melted chocolate and vanilla. Bake in two round 8-inch pans or in a 7x10x2 oblong on lowest position. If cake pans are larger than 8”, place one pan on the rack frame to the extreme left of the roaster, the second pan in the middle position to the extreme right of the roaster. Then allow additional 5 to 10 minutes. Set Browning Vent at Bake position.

### Butter Layer Cake

<table>
<thead>
<tr>
<th>Temperature, 400°</th>
<th>Time, 35 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup butter</td>
<td>2 1/3 teaspoons baking powder</td>
</tr>
<tr>
<td>1 cup sugar</td>
<td>2/3 cup milk</td>
</tr>
<tr>
<td>2 eggs</td>
<td>1 teaspoon vanilla</td>
</tr>
<tr>
<td>2 cups sifted flour</td>
<td></td>
</tr>
</tbody>
</table>

Cream butter and sugar until light and fluffy. Beat in eggs. Sift flour, salt, soda together. Add to creamed mixture alternately with milk. Stir in melted chocolate and vanilla. Pour into two oiled 8-inch cake pans. Bake as shown in illustration. Set Browning Vent at Bake position.

### Gold Cake

<table>
<thead>
<tr>
<th>Temperature, 350°</th>
<th>Time, 60 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 cup butter</td>
<td>2 1/2 cups cake flour (sifted before measuring)</td>
</tr>
<tr>
<td>1 1/4 cups sugar</td>
<td>1/2 teaspoon lemon</td>
</tr>
<tr>
<td>8 egg yolks</td>
<td>1/2 teaspoon orange</td>
</tr>
<tr>
<td>4 teaspoons baking powder</td>
<td></td>
</tr>
</tbody>
</table>

Use 8-inch tube cake pan, oiled thoroughly and dusted with flour. Cream butter, add sugar, and cream together until light and fluffy. Add the egg yolks and beat well. Sift flour and baking powder together, add flavoring to the milk. Add alternately the flour and milk mixtures, beginning and ending with the dry ingredients. Beat until smooth and well mixed. Do not over-mix. Place pan on rack frame. Set Browning Vent at Bake position.

### White Loaf Cake

<table>
<thead>
<tr>
<th>Temperature, 325°</th>
<th>Time, 75 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups sifted cake flour</td>
<td>3 teaspoons baking powder</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td>2/3 cup butter or other shortening</td>
</tr>
<tr>
<td>1 cup milk</td>
<td>2 cups sugar</td>
</tr>
<tr>
<td>1 teaspoon vanilla</td>
<td>5 egg whites, stiffly beaten</td>
</tr>
</tbody>
</table>

Sift flour once, measure, add baking powder and salt. Sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Fold in egg whites. Bake in large tube cake pan which has been oiled. Place pan on rack frame. Set Browning Vent at Bake position.
Pound Cake

Temperature, 325°

1 pound flour
1 pound sugar
1 pound eggs (10 eggs)
1 pound butter

Cream butter. Add sugar and cream to consistency of whipped cream. Add eggs one at a time and beat thoroughly between each addition. Add gradually the sifted flour, mace and salt. Add vanilla and almond extract. Pour into 10-inch tube pan which has been well oiled. Place pan on rack frame. Set Browning Vent at Bake position.

English Fruit Cake

Temperature, 250°

1 pound butter
1 pound brown sugar
9 eggs
1 pound citron
1 pound flour
2 teaspoons mace

Cream butter. Add half of the sugar gradually and beat thoroughly. Beat egg whites stiff. Add remaining sugar to eggs and set aside. Beat egg yolks until thick and lemon colored and add to first mixture. Add egg whites, then milk, fruit, and nuts (cut fine), and flour mixed and sifted with mace, cinnamon, and soda. Put in oiled molds. Bake with Browning Vent set at Preheat until last hour of baking. Then set Browning Vent at Bake for last hour. Time of baking varies with size and number of pans used.

Chinese Spice Cake

Temperature, Loaf, 350°; Layer, 375°

1 1/2 pounds butter
2 cups sugar
3 cups flour
1 tablespoon baking powder
1 cup water
4 eggs (separated)
1 1/2 teaspoons nutmeg
2 teaspoons cinnamon
1 teaspoon allspice
1/4 teaspoon salt
1 teaspoon vanilla
1 cup nut meats

Cream butter; add sugar and continue creaming until smooth. Work in the egg yolks. Sift together the flour, baking powder, salt and spices. Add dry ingredients alternately with liquid. Add nut meats. Fold in stiffly beaten egg whites. Pour into a 9-inch loaf pan or two 9-inch layer pans. Set Browning Vent at Bake position. When cool, cut into squares.

Wedding Fruit Cake

Temperature, 275°

1 pound butter
1 pound sugar
1 pound flour
2 pounds raisins
1 pound citron
1 pound dates
1 pound figs
1 pound walnuts
1/2 pound lemon peel
1/2 pound orange peel
10 eggs
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon cloves
1 teaspoon baking powder

Cream butter and sugar. Add egg yolks. Chop all fruit and mix with flour. Add to the first mixture. Put spices in stiffly beaten egg whites. Add last. Add 1 wine glass of brandy. Bake in any desired size pan or pans. Fill pan 1/2 full of batter. Set Browning Vent at Preheat for first 2 hours of baking, then at Bake for remainder of time.
CAKES

A CAKE YOU CAN MAKE TWO LUSCIOUS WAYS

Newport Cake

Temperature, 325°  Time, 80 minutes

1 cup shortening  2½ cups flour
2/3 cup sugar  1 teaspoon baking powder
4 eggs  ½ teaspoon salt
2 tablespoons orange juice  1 cup seedless raisins
1/3 cup grated orange rind  1 cup currants

Cream shortening. Add sugar gradually. Add eggs one at a time, beating well after each. Add orange juice and rind. Mix and sift dry ingredients. Mix with raisins and currants and add. Pour into oiled 8-inch tube pan, reserving enough batter for 6 small cup cakes. Bake in preheated Nesco with Browning Vent at Bake position.

Treasure Tea Cakes

Temperature, 400°  Time, 30 minutes

Drop remaining batter into 6 small oiled cup cake pans. Cut canned pineapple in thin wedges and place 3 wedges on each cup cake before baking, with a bit of candied cherry in center. Bake in preheated Nesco. As another variation, top with a self-frosting mixture of 2 tablespoons granulated sugar, 1/2 teaspoon cinnamon and 1/2 cup coarsely chopped nut meats just before placing in roaster. Set Browning Vent at Bake position. Let these cakes ripen a day before serving.

These cakes can sit in refrigerator until Newport Cake is baked. Allow to come to room temperature before putting into Nesco Roaster.

CAKE FROSTINGS

Orange Butter Frosting

1 tablespoon grated orange rind  3 tablespoons butter
4 tablespoons orange juice  1 egg yolk (unbeaten)
1/2 teaspoon grated lemon rind  1/8 teaspoon salt
2 teaspoons lemon juice  3 cups confectioners' sugar (sifted)

Add orange and lemon rind to fruit juice and let stand 10 minutes; strain if desired. Cream butter, add egg yolk and salt, and mix well. Add part of sugar gradually, blending after each addition. Add remaining sugar alternately with fruit juice, until of right consistency to spread. Beat after each addition until smooth. Makes enough frosting to cover tops and sides of two 9-inch layers or top and sides of 8x8x2-inch cake generously.

Boiled Frosting

1 1/2 cups sugar  1/2 teaspoon baking powder
1/2 cup water  1/2 teaspoon flavoring
3 egg whites

Boil sugar and water to "thread" stage. Pour in a fine stream over the stiffly beaten egg whites. Continue beating until mixture thickens. Add baking powder and flavoring.

Apricot Icing

1 1/2 cups apricot pulp  1 tablespoon soft butter
1 1/2 cups powdered sugar  1/2 tablespoon lemon juice

Put stewed, sweetened apricots through a ricer and measure 1/2 cup of pulp. Sift powdered sugar into the pulp until it is smooth. Beat in butter and lemon juice. Add more powdered sugar if needed. This is a soft icing, sufficient for the tops of two 9-inch layers.

Cocoa Coffee Icing

1 1/2 tablespoons butter  2 cups powdered sugar
2 1/2 tablespoons cocoa  Strong black coffee

Beat butter and cocoa until well blended. Sift powdered sugar and beat in gradually. Add sufficient strong black coffee to make the icing a good consistency to spread.

Quick Topping

2 egg whites  1 cup Karo (or honey)

Beat together until mixture holds its shape. Serve as topping. Keep in refrigerator.
In canning and preserving the electric way, the Nesco Roaster is most effective, as it can be used very successfully for oven canning or for hot and cold pack canning. It may also be used for open kettle canning such as preserves, pickles, fruit juices, and marmalades.

When using the Nesco for oven method of canning, treat the roaster as you would a range oven, following the same rules for time and temperature. Use 1 teaspoon of salt to the quart and ½ teaspoon of salt to the pint, in canning vegetables.

No canning compounds, chemicals or preserving powders are required for canning in the Nesco Roaster according to the directions given here.

**IMPORTANT NOTE**

The Steam Pressure Cooker is recommended by the U. S. Department of Agriculture and Extension Service for processing non-acid vegetable. It is also recommended: "Boil 10 minutes all canned vegetables before serving or tasting."

**PROCEDURE FOR HOT AND COLD PACK ROASTER CANNING**

1. Examine top of jars to see that there are no nicks, cracks or sharp edges.
2. Wash jars and cover in hot, soapy water; rinse.
3. Select fresh, firm, unbruised fruit or tomatoes. Grade according to size and ripeness.
4. Wash and prepare for canning (stem, pare, slice, pit, etc.).
5. Pack fruit or tomatoes into hot, sterilized jars to not more than ½ inch of top.
6. Add liquid: Hot syrup to within ½ to 1½ inches of top of jar (depending on type of covers used) or hot water to within ½ inch of top of jar.
7. Wipe top of jar free of all seeds, pulp, etc.
8. Adjust covers according to the type used, following the instructions of the manufacturer for hot and cold pack canning.
9. Place adjustable rack in bottom of cooking well and preheat to 300°. Add no water.
10. Arrange jars 1 inch apart on rack and 1 inch from sides of roaster. 8 pints or 8 quarts may be processed at one time.
11. Process in roaster according to the time indicated in the chart on page 56.
12. Remove jars from roaster; adjust covers according to manufacturer's instructions.
13. Place jars on rack to cool.
RULES FOR USING THE ROASTER FOR THE OPEN KETTLE METHOD OF PRESERVING

1. Always leave large insert or roaster lining in position.
2. Place foods which are to be preserved or cooked in a cold roaster.
3. Set temperature control at 500°F.
4. Lid remains on roaster until ingredients begin to boil.
5. Turn lid crosswise on roaster, or leave partly open, in order to allow evaporation of moisture after the boiling temperature is reached.
6. Stir ingredients every 10 to 20 minutes, depending upon the thickness or thinness of the mixture, taking care not to slosh ingredients onto side of roaster.
7. Reduce temperature to 250° or 300° as ingredients thicken. This prevents sticking.

Preserves

As in canning, success depends upon cleanliness, speed and perfect freshness.

To insure a clear, plump, sparkling product, preserves should be cooked rapidly until transparent in a thin syrup entirely covering the fruit. Too large a pan thickens the syrup too quickly. This toughens and shrinks the fruit.

Preserves may be packed at once in boiling hot jars and covered with a very heavy syrup and sealed.

As a precaution against any mold growth, these jars may be processed in a water bath at a simmering temperature (180°F.) for 30 minutes, or at 200°F in the roaster. Higher temperatures destroy flavor, color and texture. This step may be omitted if mold risk is not feared.

Bring the syrup in which the fruit has been standing to boiling. Thicken to desired density, completely fill the jar, seal and process in water bath as described above. Firm fruits, such as quinces, melon rinds, hard pears and crabapples, are better cooked in boiling water before adding the syrup.

Watermelon Rind Preserves

Cut the rind into small pieces of uniform shape and size. Soak over night in weak solution of salt water. Drain and wash. Weigh. Use the same weight of sugar as of melon rind.

Use 2 cups of water to each pound of sugar. Bring sugar and water to rolling boil in the cooking well, add melon rind and continue cooking slowly until transparent. Can in sterilized jars.

Preserved Crabapples

1 pound sugar  1 cup water
1 pound apples  ½ lemon, thinly sliced

If small, pack whole, with or without stems. If large, pare, core and quarter. Parings, etc., may be boiled 15 minutes in the water and strained out before the sugar is added. This aids color and some pectin which aids in jellying the juice. Ginger root, bruised and tied in a bag, may be cooked with the syrup if desired. Boil fruit rapidly in the syrup until transparent. Either seal at once with heavy syrup or cool rapidly and use cold pack method of processing. (See "Preserves."

Grape Conserve

4 pounds Concord grapes  1 orange
2 pounds sugar  1 cup seedless raisins
¼ teaspoon salt  1 cup finely chopped nuts

Wash and drain the grapes, remove them from the stems, and slip off the skins and keep them separate.

Cook the grape pulp for about 10 minutes or until the seeds show. Press pulp through a sieve to remove the seeds. To the seedless pulp add the sugar, salt, raisins and 1 orange which has been seeded and then chopped fine, rind and all.

Cook rapidly until the mixture begins to thicken, stirring frequently to prevent sticking. Add grape skins, cook for 10 minutes longer, or until the conserve is thick. Stir in the chopped nuts, and pour at once into hot sterilized jelly glasses. When cold, cover with melted paraffin and store in a cool, dry place.
Berry Jam

Wash, combine with 3/4 by weight as much sugar, in alternate layers in an enamel-lined kettle. Cook rapidly, stir with wooden spoon, but do not stir rapidly or beat. Be careful to move mixture from bottom of pan. When the mixture sheets off the side of the spoon instead of dropping, it should be removed immediately from the roaster.

Jams are thicker when cold than when hot. Do not be deceived into overcooking, with a resulting loss of flavor and color. Lemon juice will heighten the color of red fruits, and, if not too much is used, it will improve the flavor. Pour while hot into hot jars, seal or cover with paraffin or with cellophane moistened at the edges to form a seal.

Pineapple Apricot Jam

10 pounds apricots (sliced) 3 No. 2 cans pineapple (large)
7 1/2 pounds sugar

Wash apricots, slice, mix with juice from canned pineapple together with diced or crushed fruit, and sugar. Cook to thicken. Seal hot.

NOTE: 5 pounds of washed, soaked, dried apricots run through food grinder may be substituted for a winter jam.

Butters

These are made of the by-products of jelly-making, from pulp too good to throw away but not good enough for jelly, or from the very ripe fruit but not from spoiled or decayed parts. Only 1/2 as much sugar as strained or sieved pulp is required.

Spice is always added and excess water cooked away until the mixture resembles a spreading paste. Cider or cider-vinegar may be used instead of water when pulp is too thick. A mixture of ground spices such as cinnamon, allspice, and cloves is used on the basis of equal parts of the last two with half again as much cinnamon. These ingredients are purely a matter of individual taste.

Apple Butter (Spiced)

2 gallons prepared apples
1/2 gallon sweet cider
2 pints sugar
1/2 teaspoon allspice
1/2 teaspoon cinnamon

Pare, core and slice apples. Boil sweet cider until it is reduced one-half. Add apples to cider while boiling. Cook slowly, stirring frequently so as to prevent sticking. When it begins to thicken add the sugar and spices. Cook until it remains in a smooth mass when a little is cooled. Pack into sterilized jars and seal.

Apricot Butter

5 pounds apricots
3 pounds sugar
Juice and rind of 1 orange

Pit apricots, cut into small pieces, add sugar and juice and grated rind of orange. Cook to desired consistency. Pour into sterilized jars and seal.

Carrot, Winter Squash or Pumpkin Butter

6 pounds carrots, pumpkin or winter squash
5 pounds light brown sugar
5 lemons
2 tablespoons ground ginger
2 tablespoons ground cinnamon
1 teaspoon allspice
1 pint water

Peel vegetables; chop them fine or put them through food chopper. Add spices and sugar together with lemon juice, and rind put through chopper; let stand over night. In morning add 1 pint water; boil gently until vegetables are clear and soft and mixture thick. Pour into sterilized jars and seal.
Cinnamon Ice Box Cookies

Temperature, 450°  Time, 10 to 12 minutes  Amount, 8 dozen

1/2 cup butter  1 teaspoon soda
1 cup brown sugar  1 teaspoon cream of tartar
1 cup sugar  1 teaspoon cinnamon
2 eggs  1/2 cup dates (chopped)
1 teaspoon vanilla extract  1/2 cup nut meats (broken)
2 1/4 cups flour

Cream the butter and add the sugars gradually. Add the eggs one at a time and beat well. Add the vanilla extract. Sift together the dry ingredients and sprinkle about 1/4 cup of the mixture over the dates and nut meats. Add remainder of dry ingredients and dates and nuts to creamed mixture, forming a stiff dough. Form into rolls 1 1/2 inches in diameter, roll each in heavy wax paper, and chill for at least two hours. Cut in thin slices and place on oiled cookie sheet. Place cookie sheet in the lowest position of rack frame and lower into preheated roaster. Set Browning Vent at Preheat.

Oatmeal Cookies

Temperature, 450°  Time, 10 to 15 minutes

1 1/2 cups sugar  1 cup raisins
2 eggs  2 1/2 cups flour
1/2 cup sour milk  1/2 cup butter
1/2 teaspoon salt  2 tablespoons molasses
1 teaspoon cinnamon  1 teaspoon baking soda
2 cups oatmeal (uncooked)  1 cup nut meats

Cream shortening. Gradually add sugar. Cream until light, add eggs one at a time and beat. Add molasses. Add soda dissolved in sour milk. Add remaining ingredients in the order given. Drop from the tip of a spoon on a baking sheet. Set Browning Vent at Preheat position. NOTE: Oiled brown paper or wax paper placed on baking sheet makes easy the removal of cookies after baking.
Date and Nut Kisses

Temperature, 375°

Time, 25 to 30 minutes

2 1/2 cups chopped dates
1 1/2 cups chopped nuts
4 egg whites
1 cup sugar
1/8 teaspoon salt
1 teaspoon vanilla

Add the salt to the egg whites and beat until stiff. Fold in the remaining ingredients. Drop level teaspoonful onto an oiled cookie sheet. This recipe makes 50 kisses. Set Browning Vent at Bake position.

Peanut Butter Cookies

Temperature, 400°

Time, 15 to 20 minutes

1 cup white sugar
1 cup brown sugar
1 1/2 cups peanut butter
1 cup shortening
2 eggs, beaten light
2 1/2 cups flour
2 teaspoons soda

Cream sugar, shortening and peanut butter. Add eggs beaten light, then flour and soda sifted together. Roll into small balls. Criss-cross with a wet fork. Set Browning Vent at Bake position.

Marbled Brownies

Temperature, 350°

Time, 1 1/4 hours

Cream together:
1 cup shortening
Add, one at a time:
4 eggs
Sift together and add:
2 cups flour
Divide batter in half. Melt over hot water:
2 squares unsweetened chocolate

Add this to one-half the batter. Place batter by alternate spoonfuls in greased pan 8x8x2 inches. Set Browning Vent at Bake position. When cold, cut into squares and frost if desired.

Filled Oatmeal Cookies

Temperature, 350°

Time, 20 to 25 minutes

5 cups oatmeal
1 cup flour
1 teaspoon salt
3/4 cup sugar
1 1/2 cups brown sugar
1/2 cup sour milk
1 teaspoon soda

Blend the oatmeal, flour, salt, sugar and lard or other fat as pastry dough. Add sour milk and soda. Roll thin and cut in assorted shapes. Fill with ground dates, then add tops, pressing edges together. Set Browning Vent at Bake position.

Mince Meat Squares

Temperature, 325°

Time, 25 to 30 minutes

1/2 cup shortening
1 1/2 cups brown sugar
1 teaspoon salt
1 1/2 cups flour
1 pound mince meat

Work the first five ingredients into a crumbly mixture. Add the rolled oats. Mix well. Put half the mixture into a shallow oiled pan. Pat well into place. Spread this layer with mince meat, then another layer of the remaining crumbly mixture, patting it into place. While still warm, cut into bars and remove from the pan. Set Browning Vent at Bake position.

Christmas Gingerbread

Temperature, 350°

Time, 10 to 15 minutes

1 cup butter
1 cup sugar
4 cups flour, sifted
2 teaspoons ginger

DESSERTS and PUDDINGS

The recipes appearing in this section represent only a few of the many delightful desserts to be baked or steamed in the Nesco Roaster. When prepared as a part of oven meals, desserts may be cooked in the vegetable pans.

Apple Sauce Steam Pudding

Temperature, 350°

1 3/4 cups flour
1/4 teaspoon salt
1/2 teaspoon cloves
1/2 teaspoon nutmeg
1 cup thick apple sauce (unsweetened)
1 teaspoon soda
1 egg

Time, 2 hours

1 teaspoon cinnamon
1/2 cup shortening
1 cup sugar
1 cup chopped raisins
1 cup chopped dates
1 cup nut meats (broken)

Sift flour, soda, salt, and spices together. Cream shortening and sugar thoroughly. Add unbeaten egg and beat well. Mix 1/4 cup sifted dry ingredients with fruit and nuts. Add to the creamed mixture. Add remaining dry ingredients and apple sauce alternately. Fill greased pudding mold or Nesco vegetable pan. Steam about 2 hours, Browning Vent at Bake position. Serve warm with plain or maple sugar hard sauce, or with sweetened whipped cream flavored with nutmeg.

Steamed Date Pudding

Temperature, 300°

1 cup flour
3/4 cup sugar
1 teaspoon salt
2 teaspoons baking powder
1 1/2 cups dates (cut fine)

Time, 3 hours

2 tablespoons grated orange rind
2 cups soft bread crumbs
1 cup milk
1 egg (beaten)

Place 3 quarts of water in the cooking well and insert the rack frame. Turn thermostat to 500° and heat until vigorous steaming appears. Reset dial to 300°. Sift the flour, sugar, salt and baking powder into a mixing bowl. Add dates and orange rind. Soak bread crumbs in 1/2 cup of the milk. Beat the egg and add remaining milk. Add bread crumbs and milk and egg mixture to dry ingredients and mix well. Pour into greased vegetable pan or mold; cover. Place on rack frame and steam with Browning Vent set at Preheat position.
**Strawberry Cottage Pudding**  
**Temperature, 350°**  
**Time, 1 1/2 hours**

1/2 cup butter  
1/2 cup sugar  
1 egg  
1 1/4 cups flour  
2 teaspoons baking powder  
1 pint strawberries, mixed with  
1/4 cup sugar  
1/2 cup milk

Cream butter with 1/2 cup sugar. Add egg and mix thoroughly. Sift and measure flour with baking powder. Add dry ingredients alternately with milk to first mixture. Pour over fresh strawberries which have been mixed with 1/4 cup sugar, and placed in a greased casserole or in Nesco vegetable pan. Set Browning Vent at Bake position.

**Orange Puff Pudding**  
**Temperature, 350°**  
**Time, 1 1/2 hours**

1/2 cup butter  
3/4 cup sugar  
1/4 teaspoon orange flavoring  
1/2 cup orange marmalade  
1/2 teaspoon salt  
2 egg whites  
2 cups flour  
3 teaspoons baking powder  
1/4 teaspoon salt  
1/2 cup milk  
2 egg whites

Cream the butter and sugar together, add the flavoring and marmalade. Sift dry ingredients together. Add to the first mixture alternately with the milk. Mix well. Fold in the beaten egg whites. Turn into a buttered Nesco vegetable pan and steam, with Browning Vent set at Bake position.

**Peach Cottage Pudding**  
**Temperature, 350°**  
**Time, 1 1/2 hours**

1/4 cup butter  
1/2 cup sugar  
1 egg  
1 1/4 cups flour  
2 teaspoons baking powder  
1/2 cup milk  
1 pint peaches  
1/2 cup sugar

Cream butter with sugar. Add egg and mix thoroughly. Sift and measure flour and baking powder, then add dry ingredients alternately with milk to first mixture. Pour over fresh peaches which have been sweetened with 1/4 cup sugar, placed in oiled Nesco vegetable pan. Cook with Browning Vent at Bake position. Serve with whipped cream or fruit sauce.  
**NOTE:** Other fresh fruits may be used.

**Lemon Rice Pudding**  
**Temperature, 350°**  
**Time, 2 1/2 to 3 hours**  
**Serves 6**

1/3 cup rice  
1 quart milk  
1/3 cup sugar  
1/2 teaspoon salt  
Dash of nutmeg  
Grated rind of 1 lemon

Wash rice and place in 1/2-quart vegetable pan or casserole. Combine remaining ingredients and add. Place on rack frame and bake uncovered, in preheated roaster, stirring occasionally. Set Browning Vent at Bake position.

**Raspberry Pudding**  
**Temperature, 375°**  
**Time, 1 hour 15 minutes**

1/4 cup butter  
1/2 cup sugar  
1 egg  
1 1/4 cups flour  
2 teaspoons powder  
Salt  
1/2 cup milk  
1 cup fresh or canned raspberries

Cream butter and sugar. Add egg and mix thoroughly. Sift together the flour, baking powder and salt. Add alternately with milk to the first mixture. Add fruit and pour into buttered Nesco vegetable pan. Set Browning Vent at Bake position.  
**NOTE:** Any fresh berries or fruit may be used.

**Chocolate Pudding**  
**Temperature, 350°**  
**Time, 1 1/2 hours**

1 cup flour  
1/4 teaspoon salt  
1 1/2 teaspoons baking powder  
1/2 cup sugar  
1/2 teaspoon vanilla  
1/2 cup milk  
3 tablespoons butter  
1 1/2 squares unsweetened chocolate  
1 egg

Sift flour, salt and baking powder. Melt the butter and chocolate. Cool slightly and stir in sugar, egg and vanilla. Add alternately milk and dry ingredients. Pour into a well-oiled mould, or Nesco vegetable pan, filling it about 2/3 full. Cover tightly and steam. Unmold, and when somewhat cooled, cut in slices. Serve with whipped cream.
**PUDDINGS**

**Apple Crisp Pudding**

Temperature, 350°  Time, 1 1/2 hours  Serves 6

1/2 cup butter  1 teaspoon cinnamon
1 cup light brown sugar  4 cups apples (pared and sliced thin)
3/4 cup flour  1/2 cup water

Cream the butter. Add the brown sugar and blend well. Work in the flour and cinnamon. Place half of the apples in greased 2-quart vegetable pan or casserole and dot with half of the first mixture. Repeat. Pour water over all. Place uncovered pan on adjustable rack set in lowest position and bake in preheated roaster until apples are tender. Serve hot with cream, plain or whipped. Set Browning Vent at Bake position.

NOTE: Excellent dessert to use with oven dinners.

**Mince Meat Roll with New England Pudding Sauce**

Temperature, 400°  Time, 30 to 40 minutes

1 3/4 cups flour  4 tablespoons shortening
4 teaspoons baking powder  1/2 cup milk
1 1/2 pounds mince meat  1/2 teaspoon salt


*Sauce*

1 cup granulated sugar  1 teaspoon nutmeg
2 tablespoons flour  1/2 cup cold water
1 1/2 cups boiling water  1/8 teaspoon salt
1 tablespoon butter

Blend the sugar, flour and salt. Add the cold water and mix well. Add the boiling water and butter. Cook, stirring constantly, about 5 minutes. Add the nutmeg. Serve hot.

**Spice Pudding**

Temperature, 350°  Time, 1 1/2 hours

1/4 cup butter  1 3/4 cups flour
1/2 cup brown sugar  1/2 teaspoon soda
1 egg  1 teaspoon baking powder
1 cup grated raw carrot  1/2 teaspoon salt
1 teaspoon grated orange peel  1/2 teaspoon cinnamon
1/2 teaspoon grated lemon peel  1/2 teaspoon cloves
1 teaspoon lemon juice  1/2 cup chopped nuts


**Peach Dumplings**

Temperature, 425°  Time, 20 to 25 minutes

Drain thoroughly 1 1/2 cups (No. 2 can) of sliced canned peaches. Save juice for peach sauce. Grease well 6 individual tart pans or 3-inch muffin tins. Put in bowl 2 cups of prepared biscuit flour and 2 tablespoons of sugar. Stir in 1/4 cup of milk. Beat vigorously for 30 seconds, then turn out on a well-floured board. Shape into a square with lightly floured fingers. Roll into sheet 1/8 inch thick. Cut into 6 triangles measuring 6 inches on each side. Divide the sliced peaches among the triangles. Sprinkle peaches with 2 tablespoons of sugar. Moisten the corners of the triangles. Bring each corner to the center, lapping over the edges to secure. Put into oiled muffin pans. Serve warm with peach sauce. Set Browning Vent at Bake position.

NOTE: Apricots or pineapple may be substituted for the peaches.
Cherry Cobbler

Temperature, 400°  Time, 40 to 45 minutes  Serves 5 to 6

1 can red cherries (No. 2)  1/2 teaspoon salt
1/3 and 1/4 cup sugar  6 tablespoons shortening
2 cups flour  3/4 cup milk
2 teaspoons baking powder

Drain cherries and place in bottom of 2-quart vegetable pan or in casserole which has been oiled. Sprinkle with 1/3 cup of sugar. Sift the dry ingredients, including 1/4 cup of sugar, into a mixing bowl. Cut in the shortening and add the milk. Mix well. Pour over cherries. Place on adjustable rack in lowest position. Bake in preheated roaster with Browning Vent set at Bake position.

Baked Pineapple

Temperature, 300°  Time, 1 1/2 hours

Arrange half pineapple slices in the Nesco vegetable pan. Pour over them some of the pineapple juice. Place in the Nesco with Browning Vent set at Bake position, and cook until done. Delicious when served with baked ham, arranged around ham on a large platter.

Banana and Apple Brown Betty

Temperature, 375°  Time, 30 to 40 minutes

3/4 cup sugar  3 bananas
1/4 teaspoon salt  3 cups small bread cubes
1/2 teaspoon cinnamon  3 tablespoons butter
2 apples

Mix together the sugar, salt and cinnamon. Combine with sliced, peeled apples and bananas. Brown the bread cubes in butter. Filled buttered Nesco vegetable pan with alternate layers of bread cubes and fruit, using the bread for top and bottom layers. Set Browning Vent at Bake position.

Strawberry Jam Turnovers

Temperature, 400°  Time, 15 to 20 minutes

1/2 pound butter  1 egg yolk
2 cakes cream cheese  2 tablespoons sugar
2 cups flour  Strawberry jam

Mix butter and cheese together. Add flour, egg and sugar. Make in a roll and put in refrigerator over night. Slice 1/2 inch thick and roll each slice thin. Fill with thick strawberry jam and make into turnovers. Press edges together with fork and prick center. Set Browning Vent at Bake position.
Your Nesco Roaster offers an excellent method of cooking fish—no matter what kind of fish your family prefers. Broiling under your broiler griddle will give variety. Steaming is a satisfactory method for preparing large, thick pieces cut from a large fish. If steaming is done, an interesting flavor can be accomplished by the addition of the following:

1. Salt
2. Whole cloves
3. Sliced onion
4. Bay leaf
5. Parsley
6. Celery
7. Thyme

When baking fish, two general rules should be observed:
Lean or dry-meated varieties of fish need to be slit several times and have pieces of bacon or fat pork inserted. Then baste with fat. Oily-meated varieties will cook in their own fat.

**Deviled Crab en Casserole**

- **Temperature, 350°**
- **Time, 30 to 40 minutes**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons chopped parsley</td>
<td>7</td>
</tr>
<tr>
<td>2 teaspoons prepared mustard</td>
<td>2</td>
</tr>
<tr>
<td>1 teaspoon horseradish</td>
<td>1</td>
</tr>
<tr>
<td>2 cups flaked crabmeat</td>
<td>4</td>
</tr>
<tr>
<td>2 hard-cooked eggs, chopped</td>
<td>1</td>
</tr>
</tbody>
</table>

Place butter in saucepan and when melted add flour, stirring vigorously. Add milk and cook mixture until thickened. Add remaining ingredients and place in buttered Nesco meat pan. Top with 1 cup of bread crumbs that have been browned in frying pan in 4 tablespoons butter. Set Browning Vent at Bake position.

**Baked Stuffed Fish**

- **Temperature, 375°**
- **Time, 30 to 35 minutes**
- **Serves 6**

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>1 whitefish (3 pounds)</td>
<td></td>
</tr>
<tr>
<td>1 clove of garlic</td>
<td></td>
</tr>
<tr>
<td>1 egg</td>
<td></td>
</tr>
<tr>
<td>½ cup butter (melted)</td>
<td></td>
</tr>
<tr>
<td>4 cups soft bread crumbs</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons onion (minced)</td>
<td></td>
</tr>
</tbody>
</table>

Scale and clean fish, leaving head and tail on, if desired. Rub with salt inside and out. Make dressing for fish as follows: Rub mixing bowl with bruised clove of garlic. Beat egg in this bowl and add melted butter. Add all remaining ingredients and mix lightly. Stuff and truss fish. Place on greased cookie sheet set in lowest position of rack frame. Bake in preheated roaster with Browning Vent set on Bake the entire time.

**Scalloped Oysters**

- **Temperature, 350°**
- **Time, 30 minutes**
- **Serves 6**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pint drained oysters</td>
<td></td>
</tr>
<tr>
<td>1 can condensed mushroom soup</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon Worcestershire sauce</td>
<td></td>
</tr>
</tbody>
</table>

Place oysters in bottom of greased casserole or Nesco meat pan. Season with salt, pepper and Worcestershire sauce and cover with a layer of crumbs. Repeat until oysters are used. Cover with undiluted soup. Top with cracker crumbs and dots of butter. Lay celery along top. Set Browning Vent at Bake position.
GRIDDLE CAKES

Nesco Griddle Cakes

The broiler griddle of your, Nesco is ideal for griddle cakes, served in combination with bacon or sausages.

A good general rule to follow for baking griddle cakes is: Preheat griddle for 10 or 15 minutes, while you are mixing the batter. Then brush griddle lightly with fat. Add batter by spoonfuls, making cakes of size desired. Cook until bubbles form, then turn cakes and bake until done.

After the griddle has been oiled and used the first time, you may add 2 or 3 additional tablespoons of melted fat or oil to any of the following recipes in place of using oil on the griddle.

Griddle Cakes

1 cup flour
1/4 teaspoon salt
2 teaspoons baking powder
1 egg
1 cup milk (scant)
1 teaspoon melted butter

Sift dry ingredients. Beat the egg and add the milk, then stir it in gradually to make a smooth batter. Add melted butter, and if not thin enough, use more milk. Heat Nesco griddle and grease it with a piece of fat, or add a small quantity of any desired fat. Pour batter from the end of a large spoon. When cakes are full of bubbles, turn with a pancake turner and brown the other side. Wipe griddle with a greased cloth after each baking. The egg may be omitted.

Larger quantity: 3 cups flour, 1 1/2 tablespoons baking powder, 1/4 cup sugar, 1 teaspoon salt, 1 egg, 2 cups milk, 2 tablespoons melted butter or other cooking fat.

Cornmeal Griddle Cakes

1 cup cornmeal
1 tablespoon baking powder
1 cup flour
1 or 2 eggs
1 1/2 teaspoons salt
2 cups milk

Mix dry ingredients. Beat egg well, add salt and milk. Combine the two mixtures. A tablespoon of molasses may be added if desired. Cook as other griddle cakes. 1 teaspoon soda and 2 cups sour milk may be used in place of the baking powder and sweet milk.

Buckwheat Cakes

1 quart lukewarm water
1/2 ounce compressed yeast
1 teaspoon sugar
3 1/2 cups buckwheat flour
1/2 cup flour
1 teaspoon salt
2 tablespoons molasses

Dissolve the yeast in a little warm water with 1 teaspoon sugar. Add to the rest of the water and mix with the flour, salt and buckwheat to make a thin batter. Let rise over night, and next morning add molasses and bake on hot oiled griddle, in small cakes. Brown on both sides and serve with sugar or syrup.

Matzos Meal Griddle Cakes

1/2 cup matzos meal
1 tablespoon sugar
1 teaspoon salt
2 eggs (separated)
1 cup milk or water

Mix dry ingredients. Beat yolks of eggs, add milk and combine the two mixtures. Then fold in the stiffly beaten whites. Heat Nesco griddle and grease with any desired fat. Pour batter on the griddle from the end of a large spoon. When cakes are full of bubbles and brown on one side, turn over and brown other side. Serve with sugar or syrup.
When cooking heavy cuts of meat, cook until the last hour, then add vegetable or pudding. When cooking light cuts of meat or meat loaves, choose vegetables or puddings which will require the same length of time for cooking.

The Nesco is ideal for cooking complete oven meals. Using the pan set, meat and two vegetables or meat, one vegetable and a dessert may be cooked all at one time—with the same heat, with practically no more effort than is required to prepare the various individual dishes.

You will find in this section delicious, easy-to-prepare oven meal combinations. With these as a guide, you will be able to plan similar menus, using other recipes appearing in this book, as well as your own favorite recipes.

Complete Meals

until the last hour, then add vegetable or pudding. When cooking light cuts of meat or meat loaves, choose vegetables or puddings which will require the same length of time for cooking.

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### PICNIC MENU

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Those who enjoy juicy, tender, savory roast meats with plenty of rich, brown gravy will find the Nesco an ideal meat roaster.

METHODS OF MEAT COOKERY

There are only two principles involved in cooking meat:

1. Dry heat
2. Moist heat

The tender cuts are cooked by dry heat because they contain little connective tissue, but moist heat is required to make tender those cuts which contain much connective tissue.

There are three methods of preparing meat by dry heat:

1. Roasting
2. Broiling
3. Pan broiling

There are two methods of cooking meat by moist heat:

1. Braising
2. Cooking in water

The time required to roast meats depends on the following factors:

1. The oven temperature
2. The meat temperature
3. The weight of the roast
4. The shape of the roast
5. The proportion of lean and fat
6. The degree of doneness desired

There has been much discussion regarding the two methods of meat roasting:

1. The constant temperature method
2. The searing method

With the constant temperature method, the meat is placed in the roaster preheated to 300° or 350°, depending on the size of the roast, and this temperature is maintained throughout the roasting period.

With the searing method, preheat the roaster to 500°, place roast on baking rack, and brown for 20 to 30 minutes. Reduce the temperature control to 300° and continue cooking for the desired length of time.

Use either method you may desire. However, there will be less shrinkage and drippings lost with the constant temperature method.
Suggestions for Meat Roasting

Allow meat to stand for about an hour at room temperature, before placing in roaster. Clean meat and season. If desired, rub it thoroughly with melted fat. Place in meat roasting pan. If roast is larger than will fit into meat roasting pan of the Nesco, place meat on rack frame in cooking well. Frozen roasts may be placed in the roaster or frozen steaks under the broiler without thawing. The cooking time is longer for the frozen cut than for the unfrozen. Frozen roasts require about 15 minutes more per pound than unfrozen roasts. Frozen steaks or chops also require 10 to 15 minutes more than comparable unfrozen cuts.

Rolled Roast Ribs of Beef

Temperature, 500° for 30 minutes, 350° remaining time, or 350° for entire time

Wipe boned and rolled roast with a damp cloth and sprinkle with salt and pepper. Do not add any water. After 30 minutes searing time, reset thermostat to 350° and continue roasting. Allow the following minutes per pound:

- Rare, 15 to 18
- Medium, 20 to 22
- Well Done, 25 to 35

Set Browning Vent at Roast position entire time.

Beef Rump Roast

Temperature, 300°
Time, 40 minutes per pound

Clean beef with damp cloth. Season as desired. Place in Nesco meat pan and brush well with melted fat. Place in either a preheated Nesco or start cold. Set Browning Vent at Preheat for first hour, then reset on Roast position for remainder of cooking time.

Roast Leg of Lamb

Temperature, 350°
Time, 35 to 40 minutes per pound

Do not have "fell" removed. Rub roast with salt and pepper and place skin side down in Nesco roasting pan. Do not cover and do not add water. For a different taste thrill, baste the roast with French dressing. The gravy is grand. Or insert bits of garlic in slits made in the fell. Roast with Browning Vent set at Roast position.

Baked Fresh Ham

Temperature, 300°
Time, 25 to 35 minutes per pound

Wipe ham with damp cloth and place fat side up in preheated roaster. Cook with Browning Vent set at Preheat entire time. One hour before time is up, drain drippings from bottom of cooking well. Remove the skin, score the fat diagonally, and place 1 whole clove in center of each diamond. Combine ½ cup brown sugar and 1 teaspoon prepared mustard over all. Put ham back in the roaster and cook 1 hour longer with Browning Vent set at Roast position. NOTE: Cured salt ham—parboil with 4 cups of water for 1 hour. Drain. Cook same as Baked Fresh Ham.

Tenderized Ham

Temperature and Time, Follow Packer's Instructions

Prepare the same as Baked Ham, given above. Browning Vent should be set at Preheat position, and during the last hour reset to Roast position. If glazing is desired, remove skin, score fat, add any desired seasonings such as fruit juice, spices or honey. Return to roaster, raise temperature to 375°, and glaze for 1 hour.

Apple-Ham-Yam Casserole

Temperature, 350°
Time, 55 to 60 minutes

- 6 thin slices Canadian bacon
- Brown sugar
- 6 medium sized tart apples
- Butter
- 6 medium sized sweet potatoes (or yams)
- Lemon slices
- 1 cup seedless raisins
- 3 tablespoons of melted butter

Put the bacon slices in the bottom of a deep baking dish. Cover with an inch of water. Place cored apples that have been stuffed with raisins on top of bacon. Fill all the empty spaces in the dish with yams, peeled and sliced thin. Sprinkle the top with brown sugar and dots of butter. Cover with lemon slices. Set Browning Vent at Preheat position.
Hash a la Mode

Temperature, 350°  Time, 1 hour

This is an excellent combination. If it is not feasible to us all the ingredients given, it will still be good. Prepare:

1/2 cup cooked diced potatoes  3 tablespoons diced pimientos
1/3 cup cooked diced onions  2 cups cold cooked meat cut in
1/3 cup seeded, sliced green peppers  1/2-inch cubes

Combine 1 cup left-over gravy and 1/2 cup tomato puree. Season this well with paprika, salt and 1 teaspoon Worcestershire sauce. Heat the sauce and add the meat and vegetables. Pour the hash into the Nesco meat pan or into 6 individual baking dishes. Sprinkle the top with bread crumbs and grated cheese. Dot lightly with butter. Set Browning Vent at Bake position.

NOTE: If there is no available gravy, make it with 2 tablespoons butter, 2 tablespoons flour and 1 cupful vegetable stock or water to which 1 beef cube has been added.

Porcupines and Vegetables

Temperature, 350°  Time, 1 1/2 hours

<table>
<thead>
<tr>
<th></th>
<th>1 pound ground beef</th>
<th>2 tablespoons chopped green pepper</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup bread crumbs</td>
<td>3/4 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1 egg</td>
<td>1/4 teaspoon paprika</td>
<td></td>
</tr>
<tr>
<td>1/4 cup chopped onions</td>
<td></td>
<td></td>
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</tbody>
</table>

Roll these ingredients into balls. Roll in 1/4 cup raw rice. Place in Nesco meat pan:

1 cup tomato soup  6 ribs celery cut in short lengths
1 1/4 cups boiling water  1 teaspoon celery chili powder
6 small skinned onions

Then add meat balls. Set Browning Vent at Bake position.

Individual Lamb Loaves

Temperature, 350°  Time, 45 to 60 minutes per pound

<table>
<thead>
<tr>
<th></th>
<th>2 pounds ground lamb</th>
<th>1 can tomato puree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup soft bread crumbs</td>
<td>2 tablespoons minced green pepper</td>
<td></td>
</tr>
<tr>
<td>2 small onions, grated</td>
<td>1/4 cup olives, chopped</td>
<td></td>
</tr>
<tr>
<td>2 eggs, beaten</td>
<td>Salt and pepper</td>
<td></td>
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</tbody>
</table>

Combine the ground lamb with the bread crumbs. Season with grated onion, chopped olives, green pepper, salt and pepper, and moisten with the beaten eggs and half the tomato puree. Pack into greased muffin tins and pour the remaining tomato puree over it. Set muffin pan on rack frame. Set Browning Vent at Roast position.

Meat Loaf

Temperature, 350°  Time, 1 1/2 hours  Serves 6 to 8

<table>
<thead>
<tr>
<th></th>
<th>1 pound veal (ground)</th>
<th>1 can concentrated mushroom soup</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound smoked ham (ground)</td>
<td>1 small onion (chopped fine)</td>
<td></td>
</tr>
<tr>
<td>4 tablespoons tomato catsup</td>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons green pepper</td>
<td>1 cup fine dry bread crumbs</td>
<td></td>
</tr>
<tr>
<td>(chopped fine)</td>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>2 eggs (beaten)</td>
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<td></td>
</tr>
</tbody>
</table>

Mix ingredients thoroughly in order given and pack in loaf tin. Bake on rack frame in pre-heated roaster. Set Browning Vent at Bake position the entire time.

Swiss Steak Royal and Vegetable

Temperature, 350°  Time, 1 1/2 hours

<table>
<thead>
<tr>
<th></th>
<th>2 pounds round steak cut</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 inches thick</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic</td>
<td></td>
</tr>
</tbody>
</table>

Brown meat and place in Nesco meat pan. Cut garlic into small pieces and stick into meat. Season with salt and pepper. Slice onion and place over top. Pour catsup over all. Add whole potatoes the last 45 minutes of cooking. Set Browning Vent at Preheat position.
Here are a few hints on Pastry Making, which, if followed, will give you self-confidence in pie making.

All materials should be as cold as possible. The water should be iced.

Work in the shortening until it is the size of a pea. The less it is handled, the better. A good rule for making pastry is: "Keep the moisture out and the air in." Some cooks make fine pie crust with a fork, lifting the ingredients to make the moisture spread. Others use a spoon deftly, or touch the dough lightly with the fingertips.

When the dough holds together, stop handling it. Divide it into two parts, if for a double-crust pie, and roll it out to the thickness of ⅛ inch. Use as little flour as possible and keep the dough rolled from a circle. Pastry should be rolled 1 inch larger than the pan to allow for shrinkage.

For a one-crust pie, make a fluted edge with the dough that is left over, or build up a rim with a strip of pastry. Use a fork to press it down or pinch it with the thumb and forefinger. This edge is important as it will help to hold the juices in the pie.

If the pie is to be filled with a juicy filling, brush the bottom crust lightly with the white of an egg or with melted butter, or sift a small amount of the flour and sugar used in the filling over the bottom crust to keep it from being soggy. Fill the pie and moisten edges with a little water. Cover with the top crust, which has been rolled out in like manner, and pricked with a fork in several places to allow the steam to escape. If a lattice is desired, cut long narrow strips of dough with a knife, place across the top of the pie, moistening with water where they meet the edge of the pie.
Whether you want one or two tender, flaky, golden brown pies, your Nesco Roaster is equipped to produce fine results. When baking one pie, place on adjustable rack in lowest position. When baking two pies, arrange on rack frame and adjustable rack as low as possible. Browning Vent should be at Bake position. Nesco should be preheated to desired temperature before pies are placed to bake. When baking two pies set temperature control 25° higher than for baking one pie or use temperature given for a single pie, allowing a longer baking time.

### Standard Pastry Recipe

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>all-purpose flour</td>
<td>2 cups</td>
</tr>
<tr>
<td>shortening</td>
<td>2/3 cup</td>
</tr>
<tr>
<td>salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>water</td>
<td>4 to 5 tablespoons</td>
</tr>
</tbody>
</table>

NOTE: Recipe makes 1 double crust 9-inch pie or 2 8-inch pastry shells. Sift flour and salt together. Cut in shortening as suggested above, and mix with cold water, handling as little as possible.

### Pastry Shell

**Temperature, 475°**  
**Time, 12 to 15 minutes**


### Criss Cross Cherry Pie

**Temperature, 400°**  
**Time, 45 to 55 minutes**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>red cherries (drained)</td>
<td>2 1/2 cups</td>
</tr>
<tr>
<td>cherry juice</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>sugar</td>
<td>2 tablespoons</td>
</tr>
</tbody>
</table>

Line pie plate with pastry; fill with cherries. Mix cherry juice with sugar, cornstarch and salt. Pour over cherries. Dot with butter. Arrange strips of pastry in lattice fashion over the top and crimp edges. Place on adjustable rack set in lowest position. Bake in preheated roaster with Browning Vent in Bake position.

### Apple Pie

**Temperature, 400°**  
**Time, 45 to 55 minutes**  
**Amount, 1 Pie**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>apples (pared, cored, sliced)</td>
<td>6</td>
</tr>
<tr>
<td>granulated sugar</td>
<td>2/3 cup</td>
</tr>
<tr>
<td>nutmeg</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>butter</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>sugar</td>
<td>1/8 teaspoon</td>
</tr>
<tr>
<td>lemon juice</td>
<td>1/4 teaspoon</td>
</tr>
</tbody>
</table>

Line 9-inch pie plate with half the pie crust, rolled to 1/8-inch thickness. Fill the pie shell with the apples. Mix sugar, nutmeg, salt, cinnamon and lemon juice. Sprinkle over apples and dot with butter. Roll the other half of pie crust to 1/8-inch thickness and cover pie. Bake in preheated Nesco with Browning Vent set at Bake position.

### Sweet Potato Pie

**Temperature, 400°**  
**Time, 45 to 55 minutes**  
**Amount, 1 Pie**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>sugar</td>
<td>1 cup</td>
</tr>
<tr>
<td>salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>eggs</td>
<td>2</td>
</tr>
<tr>
<td>cinnamon</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>ginger</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>milk</td>
<td>2 cups</td>
</tr>
</tbody>
</table>

Mix ingredients, adding stiffly beaten egg whites last. Pour into uncooked pastry shell, using Standard Pastry Recipe. Set Browning Vent at Bake position.
### Pumpkin Pie

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Time</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>400°</td>
<td>40 to 50 minutes</td>
<td>1 Pie</td>
</tr>
</tbody>
</table>

- 1 1/4 cups pumpkin, cooked and strained (or canned pumpkin)
- 1 1/2 cups sugar
- 2 tablespoons butter
- 2 tablespoons molasses
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- 1/2 teaspoon salt
- 2 eggs
- 1 1/4 cups scalded milk
- 1 teaspoon ginger


### Pecan Pie

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Time</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>375°</td>
<td>1 hour</td>
<td>1 Pie</td>
</tr>
</tbody>
</table>

- 3 eggs
- 1/2 cup sugar
- 1 cup dark corn syrup
- 1/4 cup melted butter
- 1 cup pecan meats

Beat eggs well, add sugar and corn syrup and mix well. Add melted butter. Line a 9-inch pie plate with pastry. Put nut meats in and pour syrup mixture over them. Set Browning Vent at Bake position.

### Pineapple Pie

Amount, 1 8-inch Pie

- 2 tablespoons cornstarch
- 1/2 cup crushed pineapple
- 3/4 cup sugar
- 1/2 teaspoon salt
- 3 egg yolks
- 1 teaspoon lemon juice

Combine cornstarch, 1/2 cup sugar and salt in a sauce pan. Add pineapple and cook until clear and thickened. Add beaten egg yolks and cook 1 minute. Cool. Then add lemon juice and pour into baked shell. Top with a meringue.

### Old Fashioned Lemon Pie

Amount, 1 9-inch Pie

- 2 cups water
- 1 1/4 tablespoons flour
- 2 cups sugar
- 4 egg yolks
- 8 tablespoons lemon juice
- 2 tablespoons butter

Mix flour, sugar and cold water to paste. Cook on low heat until thick and transparent. Add lemon juice. Pour hot mixture over well-beaten egg yolks, return to range and cook for 5 minutes. Cool. Pour into baked pastry shell. Cover with meringue (see recipe).

### Coconut Cream Pie

Amount, 1 9-inch Pie

- Blend:
  - 1/2 cup sugar
  - 5 tablespoons flour
- Add to:
  - 1 1/2 cups scalded milk
  - 3 egg yolks well beaten
- Return to heat and cook 2 minutes longer. Remove from heat and add:
  - 1 teaspoon vanilla
  - 1 cup shredded coconut
- When cooled add to baked pie shell. Cover with meringue and brown.

### Meringue

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>350°</td>
<td>25 to 30 minutes</td>
</tr>
</tbody>
</table>

- 2 egg whites
- 4 tablespoons sugar
- Pinch of salt
- 1/2 teaspoon vanilla extract

Beat the egg whites until frothy and add the sugar gradually, about 1/2 teaspoon at a time beating constantly. Add the salt and extract. Pile lightly on pie, bringing it over to the crust. Place on adjustable rack set in lowest position and bake in preheated roaster with Browning Vent at Bake position.
POULTRY

Your Nesco is splendid for baking poultry of all kinds. It produces a delectable golden brownness, brings out hidden flavors and makes both turkey and chicken tender and juicy. No basting or turning is necessary.

POULTRY COOKERY

All poultry cookery methods are based upon two classes of meat: the tender and the less tender. Whatever the method of cooking, low temperatures are the rule for best results. Excessive temperatures destroy flavors.

Tender poultry meats are cooked by so-called dry heat methods because no water or other liquid is added or allowed to collect in the pan as occurs when a pan is covered. These methods are roasting, frying, and broiling.

Moist heat may be used for less tender meats and there are many delicious preparations for poultry when liquid is added or the pan covered tightly during the cooking.

In addition to knowing how to cook poultry, it is necessary to know certain shopping facts to avoid some of the disappointments in the prepared products which are traceable to a poor or wrong choice.
## BUYING GUIDE

<table>
<thead>
<tr>
<th>APPROXIMATE SIZE—SEX</th>
<th>CHARACTERISTICS</th>
<th>METHOD OF COOKING</th>
<th>COMMON MARKET TERM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 to 2½ lbs. (either sex)</td>
<td>Young, soft-meated, tender, 8 to 12 weeks old</td>
<td>Roasting, Frying, Broiling</td>
<td>Broiler</td>
</tr>
<tr>
<td>2½ to 3½ lbs. (either sex)</td>
<td>Differs from above only in size and age, 14 to 29 weeks old</td>
<td>Roasting, Frying, Broiling</td>
<td>Fryer</td>
</tr>
<tr>
<td>Over 3½ lbs. (either sex)</td>
<td>Tender, soft-meated, keel bone flexible, 5 to 9 months old</td>
<td>Roasting, Frying</td>
<td>Roaster</td>
</tr>
<tr>
<td>6 lbs. and over (unsexed male)</td>
<td>Tender, soft-meated, usually 7 to 10 months old</td>
<td>Roasting</td>
<td>Capon</td>
</tr>
<tr>
<td>3½ to 5½ lbs. (young hen)</td>
<td>Tender, keel bone flexible, 4 to 9 months old</td>
<td>All Methods of Cooking</td>
<td>Pullet</td>
</tr>
</tbody>
</table>

### Chickens 1 Year and Over—Less Tender Meat

<table>
<thead>
<tr>
<th>3½ lbs. and over (female) — &quot;old hens&quot;</th>
<th>Less tender, keel bone is hard</th>
<th>Fricasseeing, Simmering, Steaming, Stewing</th>
<th>Fowl</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 to 8 lbs. (male)</td>
<td>Darkened and toughened flesh</td>
<td>Simmering, Soups</td>
<td>Cock</td>
</tr>
</tbody>
</table>
METHODS OF COOKING POULTRY

Broiling Chicken
Cut a small bird (1 1/2 to 2 pounds) in half, and break at the three or four major joints. Lay in shallow pan, brush thoroughly with melted fat. Leave skin side down. Place pan on rack about 2 to 5 inches from direct heat. Turn chicken several times as it browns, basting each side with fat. When nicely browned and done, in 40 to 60 minutes, season. Turn heat off, let broiler finish cooking 10 to 15 minutes longer, to insure thorough doneness. Transfer to a warm platter.
Pour drippings or melted butter over the chicken, or prepare gravy from the drippings. Garlic or onion flavor is a delicious addition. Rub the broiler or service plates lightly with a fresh cut surface of either seasoning.

Frying Chicken
Preheat Nesco at 500° and put in enough fat to cover bottom of large inset pan. When fat is hot, put in the pieces of cut-up chicken, which have been dipped in a coating of seasoned bread crumbs, cornmeal and flour, cracker crumbs, or flour. 1/3 cup of flour and 1/2 teaspoon of salt are needed for a 2-pound bird. Rub in seasoning very thoroughly.
Young chickens, 1 1/2 to 2 pounds, can be split lengthwise, while larger birds are cut into more pieces. Fryers are customarily 2 to 3 1/2 pounds in size. Put the thick, meaty pieces in first, simmering the heart and gizzard until almost tender before frying. Leave lid slightly open to remove excess steam. Turn chicken when browned on one side (about 20 minutes) and continue cooking for about 15 minutes after turning. Close lid and reduce temperature to 300° and cook for 15 to 20 minutes longer.

Roasting Chicken
Weigh the bird (weight as purchased is approximately the same) to determine cooking time, wrap leg-ends with a fat-moistened cloth, and lay breast-side down in the Nesco roasting pan. Large chickens are roasted about 30 minutes to the pound, while 35 to 45 minutes of cooking is necessary for small or medium birds. The roasting is done at a moderate low temperature, 325° to 350°. Roasting birds weigh 3 to 6 pounds.

Stewing Chicken
Disjoint a fowl (4 to 6 pounds) or leave it whole as preferred. Place it in the Nesco meat pan with 2 cups of water, 1 1/2 teaspoons salt, 1 carrot, 1 onion, 1 rib celery, 1 clove, and 2 or 3 peppercorns. Cook very slowly until tender, 1 1/2 to 2 1/2 hours. 1 tablespoon of vinegar added at the very beginning will shorten the cooking time of an old fowl, without flavoring the meat.
Meat of chicken cooked this way is used for creaming a la king, a la Newburg, chicken pie, fricassee, salad, sandwiches, shortcakes, souffles, timbales and stew.

Roasting Turkey
Weigh the turkey to determine cooking time. Singe and remove all pin feathers. Wash thoroughly and salt from inside. Stuff, truss, and rub turkey with melted fat. Note the directions given below for roasting in either the rectangular or oval Nesco Roaster:

**Rectangular Roaster**
Prepare turkey as suggested above and place on rack frame in cold roaster. Set the temperature control at 300°. Set Browning Vent at Roast position for entire cooking time.

<table>
<thead>
<tr>
<th>Weight</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 to 10 pound</td>
<td>18 to 20 minutes per pound</td>
</tr>
<tr>
<td>10 to 16 pound</td>
<td>15 to 18 minutes per pound</td>
</tr>
<tr>
<td>16 to 22 pound</td>
<td>12 to 15 minutes per pound</td>
</tr>
</tbody>
</table>

**Oval Roaster**
Prepare turkey as suggested above and place it on rack frame. Preheat Nesco Roaster to 500°, place rack with turkey in roaster and sear at 500° for 30 minutes. Reduce temperature control to 300° and set Browning Vent at Roast position for entire time as given here:

<table>
<thead>
<tr>
<th>Weight</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 to 10 pounds</td>
<td>18 to 20 minutes per pound</td>
</tr>
<tr>
<td>10 to 14 pounds</td>
<td>15 to 18 minutes per pound</td>
</tr>
</tbody>
</table>
Roast Stuffed Chicken

Temperature, 350°  Time, 30 to 35 minutes per pound

Clean, stuff and truss fowl. Rub salt over flesh, brush with melted fat, and place in meat pan on rack frame in preheated roaster with Browning Vent set at Roast the entire time.

Chicken Fricassee

Temperature, 350°  Time, 1 1/2 hours

Cut fowl into individual servings. Dip in flour, season and brown either in casserole or in frying pan on range surface. Pack into Nesco meat pan and add 3/4 cup of water. Set Browning Vent at Preheat position.

Chicken and Rice Creole

Temperature, 350°  Time, 1 1/2 hours

Clean chicken and cut into frying pieces. Flour lightly and brown in fat, in which 1 medium onion has been browned. Combine 2 raw carrots, 1 cup canned tomatoes, 2 whole cloves, 1 1/2 teaspoons paprika, 1/4 teaspoon pepper, 2 teaspoons salt and 2 cups boiling water. Place in Nesco meat pan. Add 1 cup of rice and the browned chicken. Set Browning Vent at Bake position.

Roast Stuffed Duck

Temperature, 350°  Time, 30 to 35 minutes per pound

Clean duck, wash thoroughly and dry. Rub cavity with salt and stuff with well-seasoned dressing. Truss. Sprinkle duck with salt and pepper. It is not necessary to brush duck with melted butter. Place breast up in baking pan on rack frame in preheated roaster. Place Browning Vent at Roast position.

Chicken Cornbread Upside-Down Loaf

Temperature, 350°  Time, 45 to 60 minutes

Place 3 cups minced chicken mixed with:
2 tablespoons butter
in bottom of Nesco meat pan. Cover with the following cornbread mixture:
Beat 2 eggs
Add:
2 cups buttermilk
1 tablespoon sugar
Then add:
2 1/2 cups cornmeal
Mix well, then add:
1 teaspoon soda, mixed with
1 tablespoon cold water
Mix thoroughly. When ready to serve, add hot undiluted cream of mushroom soup for sauce.

Chestnut Dressing for Turkey

(For 12 to 14-pound Turkey)

1/2 pound bacon, cut fine
1 onion, cut fine
4 1/2 cups chestnuts, shelled, blanched, boiled and mashed
4 cups soft bread crumbs

Place bacon in frying pan and brown lightly. Add onion and cook until golden brown. Combine bacon-onion mixture with remaining ingredients, and stuff turkey as desired.
QUANTITY COOKERY

When you want to prepare a large quantity of food for a special occasion, the Nesco Roaster is ideal. Use the large insert pan or "roaster lining" for quantity cooking.

Braised Tongue

Temperature, 300°

Time, 1 hour
Serves 48

1/2 cup onions, diced
3/4 cup carrots, diced
1 1/4 cups celery, diced
3 quarts broth, hot (or 1 No. 10 can bouillon)

Cook vegetables in broth. Make a sauce from butter, flour, salt, pepper and broth. Cut the tongue in thin slices and arrange in large insert pan. Pour sauce over tongue and heat slowly for 1 hour. Set Browning Vent at Preheat position.

Chili Con Carne

Serves 75 People

3 pounds onions
1/4 pound fat
10 pounds beef, coarsely ground
1/2 cup salt

10 No. 2 cans red beans
6 No. 2 cans tomatoes
1 small can chili powder
1 cup flour

Preheat Nesco to 450°. Add fat to cooking well. Brown onions, then add chopped beef and heat for 30 minutes with Browning Vent at Roast. Add beans, tomatoes, salt and chili powder, and bring to boil. Reduce temperature to 375° and continue cooking for 1 hour. Mix 1 cup flour and 2 cups water to smooth paste. Add to mixture and cook for 15 minutes.
Barbecued Spare Ribs

Serves 50

- 30 pounds ribs, cut into 1 or 2 rib sections
- 1 cup vinegar
- 1/2 cup flour
- 1 cup hot water
- 1 1/2 pints catsup
- 3 tablespoons scraped onion
- 2 tablespoons celery seed
- 2 tablespoons Worcestershire sauce

Scald ribs in small quantity of hot water, add 1 tablespoon of salt and 1 large onion and simmer gently for 20 minutes. Drain. Cook remaining ingredients together for 5 minutes, mixing vinegar with flour and adding to rest of ingredients after they are hot—until flour has thickened sauce. Dip ribs in sauce, lay meat-side up in Nesco insert pan, being careful to pack rather loosely and to keep meat about 1/2 inch from outside edge of pan. Add 3 cups of drainings from ribs, or 3 cups of hot water. Cook for 3 hours at 350° without preheating roaster. (Use rack in roaster.) Set Browning Vent at Preheat position. Sauce may be made as hot and spicy as one may wish. The above makes a medium-hot, generally liked sauce.

Baked Beans

Temperature, 350° Time, 1 1/2 hours Serves 50

- 2 No. 10 cans baked beans with pork
- 2 cups catsup
- 3/4 cup brown sugar

Combine ingredients and bake 1 1/2 hours with Browning Vent set at Preheat position.

Tuna and Noodle en Casserole

Serves 50, each 1/2 cup

- 1 1/2 pounds dry noodles (9 cups)
- 2 quarts boiling water
- 2 tablespoons salt
- 1 quart celery
- 2 tablespoons onion juice
- 1/2 teaspoon celery salt
- 2 No. 2 cans mushrooms

Cook noodles in salted water and drain. Add chopped celery, onion juice, celery salt, mushrooms, pimientos, and flaked tuna. Make white sauce of butter, flour, salt and milk. Add to tuna mixture. Pour into oiled Nesco insert pan. Bake approximately 1 1/2 hours, with Nesco temperature control at 350° Set Browning Vent at Preheat. Variation: Salmon, shrimp, lobster or crabmeat may be substituted for the tuna fish.

Baked Beans

Temperature, 300° Time, 8 to 12 hours Serves 50

- 8 pounds navy beans
- 8 teaspoons salt
- 1 cup molasses
- 2 cups brown sugar
- 4 pounds salt pork, diced

Wash beans thoroughly and pick over. Mix dry beans with all ingredients in large Nesco insert pan. Cook very slowly, with Browning Vent set at Preheat position.
SOUPS and CHOWDERS

If a large quantity of soup is being made, the cooking well is recommended. For smaller quantities, however, the meat roasting pan may be used most satisfactorily. In this case, place the pan containing the soup either directly on the bottom of the cooking well or on the rack frame, as desired. When making soup, Browning Vent will be set at Preheat or closed to retain the greatest amount of moisture and flavor. Stirring is unnecessary.

Onion Soup au Gratin

Temperature, 400°  Time, 40 minutes  Amount, 1 quart
5 onions
1/4 cup butter
1 quart consommé or soup stock
Wash, peel and slice thinly 5 medium onions. Place butter in 3-quart vegetable pan and place pan on bottom of cooking well. It is not necessary to use the rack frame. When butter is melted, add the onions and cook until tender but not brown. Cover pan and set Browning Vent at Preheat. Add consommé or soup stock and heat thoroughly.

To serve, place slices of crisp dry toast in small earthenware pots. Cover generously with grated Parmesan cheese. If preferred, use Swiss or American cheese, grated. Pour hot soup over toast and place earthenware pots on adjustable rack set in lowest position. Connect broiler and broil for 2 or 3 minutes or just long enough to melt and brown cheese. Serve immediately.

Vegetable Soup

Temperature, 350°  Time, 1 1/4 hours  Serves 6
1 quart soup stock or consommé
1 cup carrots (cut fine)
1/2 cup white turnips (cut fine)
2 cups potatoes (cut fine)
Pour soup stock into meat roasting pan and bring to a boil. Add remaining ingredients. Cover and place on rack frame in preheated roaster. Cook with Browning Vent set at Preheat.

Consommé

Temperature, 300°  Time, 3 1/2 hours; Off 1/2 hour  Amount, 3 quarts
3 1/2 pounds beef shank
3 tablespoons fat
3 1/2 quarts cold water
1 1/2 tablespoons salt
1 bay leaf
Remove meat from bone and cut in small cubes. Preheat roaster and place fat in the cooking well. Add meat and brown lightly. Crack the soup bone and add, together with remaining ingredients. Set Browning Vent at Preheat. Pull out the plug at the end of 3 1/2 hours and continue cooking on stored heat for 1/2 hour longer. Strain carefully, chill and skim off fat. Reheat and serve or use as foundation for other soups.

Creole Luncheon

Temperature, 300°  Time, 1 1/2 hours
1/2 pound veal (cubed)
1/2 pound beef (cubed)
2 tablespoons shortening
1 cup onions, sliced
1 tablespoon sugar
Brown the meat in the shortening. Place all ingredients in Nesco meat pan. Place in the roaster, setting the Browning Vent at Preheat.

NOTE: Garlic may be added.

Washington Stew

Temperature, 300°  Time, 1 1/2 hours
1 pound ground beef
1 can kidney beans
1 No. 2 1/2 can tomatoes
Brown the meat, celery and onions in 2 tablespoons of shortening. Place with other ingredients in Nesco meat pan. Place in roaster and set Browning Vent at Preheat.
SOUPS and CHOWDERS

**Beef Mulligan**

- **Temperature, 300°**
  - 1 pound ground beef
  - ½ pound ground ham
  - 4 tablespoons shortening
  - 2 cups soup stock
  - 1 teaspoon salt
  - ½ teaspoon pepper

Brown the meat in the shortening. Place all ingredients in Nesco meat pan. Place in the roaster, setting Browning Vent at Preheat.

**Rome Chowder**

- **Temperature, 300°**
  - ½ pound ground beef
  - ½ pound ground pork
  - 1 teaspoon cooking oil
  - 2 cups spaghetti (uncooked)
  - 1 small can pimientos
  - 1 teaspoon salt
  - 1 cup peas

Brown meat in cooking oil. Place in Nesco meat pan with other ingredients. Place in roaster with Browning Vent set at Preheat.

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**GENERAL DIRECTIONS FOR STEAMING**

The Nesco makes a most adaptable steamer for either large or small quantities of food.

Place rack frame in well, add enough water to cover bottom of insert well to the depth of 1 inch.

Set temperature control to 500° and set Browning Vent at Preheat position. When water starts to form steam, place pans or molds of food to be steamed on rack frame. Reset temperature control to 300°.

Allow 2 to 3 hours for steaming, depending on quantity of food to be steamed.

When steaming rice or dried fruits, it is not necessary to add water to the insert well, as steam is created from the water added to the fruit or rice.

**Dried Fruit**

- 1 pound prunes
- 1 pound apricots

Cover with water
Add sugar as desired

Place fruit in uncovered Nesco meat or vegetable pan. Place on rack frame. Set temperature at 300°. Set Browning Vent at Preheat. Steam for 1 ½ to 2 hours.

NOTE: Any kind of dried fruit may be used.

**Rice**

- 1 cup rice
- 3 cups water
- 1 teaspoon salt

Place rice and water in Nesco vegetable pan. Place pan on rack frame. Set temperature control at 300°. Set Browning Vent at Preheat. Steam for 1 ½ to 2 hours.
VEGETABLES

Vegetables may be cooked in preheated roaster alone, or as a part of an oven meal. Use vegetable pans as desired. Always cover pans. The time required will vary in accordance with the age and quantity of vegetables cooked. Use vegetable cookery chart for directions.

Baked Onions
Temperature, 375°  Time, 1 hour  Serves 6
4 large white onions  Salt and pepper
3 tablespoons butter  ½ cup milk

Peel onions and slice about ¼ inch thick. Arrange slices of onion in buttered vegetable pan. Dot each layer with butter, salt and pepper. Pour milk over all, cover, and bake on rack frame in preheated roaster with Browning Vent at Preheat.

Sweet Potato Halves
Split boiled sweet potatoes in half. Dip in mixture of 1 egg with 2 tablespoons milk. Dip in bread crumbs. Brush with melted butter. Place under broiler and brown.

Yale Beets
Temperature, 350°  Time, 1 hour  Serves 5 or 6
8 to 10 uncooked beets (medium size)  ½ cup orange juice
¼ cup sugar  1 tablespoon lemon juice
2 tablespoons flour  2 tablespoons butter (melted)
¼ teaspoon salt

Peel the beets and slice thin. Place in vegetable pan. Combine remaining ingredients and pour over beets. Cover pan tightly. Bake in preheated roaster on rack frame, with Browning Vent at Preheat or bake with oven dinner.

Savory Tomatoes
Cut whole tomatoes in half. Brush over with French dressing. Place under broiler and brown thoroughly.
VEGETABLES

Southern Sweet Potatoes

Temperature, 375°

8 sweet potatoes
1/2 cup brown sugar
1/4 cup butter
1/2 cup cream

Time, 30 minutes

1 teaspoon salt
3/4 cup black walnut meats
12 marshmallows

Steam the sweet potatoes and mash. Mix with the sugar, butter, cream, salt, and nuts. Place in a shallow pan. Place marshmallows over the surface. Place under broiler until marshmallows melt and brown. Set Browning Vent at Bake position.

Tomatoes Filled with Corn

Temperature, 350°

4 tomato cases
4 slices bacon
1 cup corn
1 pimiento (chopped)
1/2 green pepper (chopped)

Time, 1 1/4 hours

2 tablespoons celery (chopped)
1/2 cup bread crumbs
2 tablespoons corn liquor or cream
1/2 teaspoon salt
1/4 teaspoon paprika

Add to these ingredients the minced bacon and filled cases. Top with 1/2 cup bread crumbs. Dot with butter. Sprinkle with grated cheese. Place in Nesco meat pan or flat pan. Set the Browning Vent at Bake position.

Scalloped Potatoes

Temperature, 350°

4 cups raw potatoes (sliced thin)
3 tablespoons flour
1/2 teaspoon paprika
1 teaspoon celery salt

Time, 1 1/2 to 1 3/4 hours

Serves 6

1 teaspoon salt
2 tablespoons butter

Milk

Place half of the potatoes in greased 3-quart vegetable pan. Sprinkle with half of the flour and seasonings, and dot with half of the butter. Repeat, and add sufficient quantity of milk to barely cover potatoes. Place on rack frame in preheated roaster. Cover pan and bake for 1/2 hour. At the end of this time, remove cover from pan. Set Browning Vent at Bake entire time.

Rainbow Casserole

Temperature, 350°

1 No. 2 can tomatoes (drained)
1 No. 2 can corn (drained)

Time, 45 to 60 minutes

Season with salt, pepper and butter. Add 1 tablespoon sugar, also. Cover pan.

NOTE: Fresh vegetables may be used in season.

Egg Plant Chop Suey

Temperature, 350°

1 egg plant (diced)
1 stalk celery (diced)
1 cup sliced stuffed olives
1 minced onion
1 cup green peppers (diced)

Time, 45 to 60 minutes

1 tablespoon sugar
2 cups noodles (uncooked)
4 cups tomatoes
1/2 teaspoon cloves
1 teaspoon salt

Cut up egg plant. Sprinkle with salt and let drain for about 1 hour. Mix all ingredients together. Place in Nesco roasting pan with Browning Vent set at Preheat position.

Corn Custard

Temperature, 350°

2 eggs
1 cup milk
1 cup soft bread crumbs
1 No. 2 can whole kernel corn

Time, 35 minutes

Serves 5

4 slices bacon (minced and browned)
1/2 teaspoon salt
Dash of pepper
Dash of nutmeg

Beat the eggs slightly and add the milk. Add the remaining ingredients and pour into the greased vegetable pan. Place on rack frame in preheated roaster and bake uncovered, with Browning Vent set at Roast position.
VEGETABLES

Boston Baked Beans

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound pea beans</td>
<td></td>
<td></td>
<td>6 tablespoons</td>
</tr>
<tr>
<td>1/2 pound salt pork</td>
<td></td>
<td></td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
<td></td>
<td>1 onion (sliced)</td>
</tr>
<tr>
<td>4 tablespoons molasses</td>
<td></td>
<td></td>
<td>3 to 4 cups</td>
</tr>
</tbody>
</table>

Temperature, 300° Time, 7 hours Serves 6 to 8

Pick over beans, wash well and soak over night in water to cover. Drain and place in vegetable pan. Cut salt pork in cubes and bury in the beans. Combine seasonings, mix with 1 cup of boiling water and pour over beans. Cover pan and bake in preheated roaster on adjustable rack set in lowest position. Set Browning Vent on Preheat. Add additional boiling water when necessary.

NOTE: Brown Bread may be baked with beans for 2 1/2 hours. With Browning Vent at Preheat, there is sufficient steam to keep Brown Bread moist.

Baked Idaho Potatoes

Temperature, 400° Time, 1 to 1 1/4 hours

Scrub and dry potatoes. Rub skins with fat. Place on adjustable rack set in lowest position and bake in preheated roaster with Browning Vent on Bake. If desired, potatoes may be placed in vegetable pan and baked with oven dinner at 350° for 1 1/2 hours. Sweet potatoes may be prepared in the same way.

Scalloped Tomatoes

Temperature, 350° Time, 1 to 1 1/2 hours

3 cups canned or fresh tomatoes 1 tablespoon sugar
2 cups bread cubes Seasoning to taste

Place all ingredients in Nesco vegetable pan. Dot with butter. Cover. Set Browning Vent at Bake position.

DO YOU KNOW THAT YOUR NESCO ROASTER IS AN IDEAL PLACE

• TO WARM ROLLS?
• TO KEEP DELAYED MEALS WARM?
• TO MAKE A LARGE QUANTITY OF SOUP?
• TO FRY IN DEEP FAT?
• TO PREPARE A PICNIC SUPPER?
• TO MAKE FRUIT BUTTERS?
• TO PARBOIL SALT MEATS?
<table>
<thead>
<tr>
<th>FOOD</th>
<th>TEMPERATURE</th>
<th>TIME</th>
<th>RACK POSITION</th>
<th>BROWNING VENT POSITION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREADS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yeast Bread</td>
<td>375°</td>
<td>60 min.</td>
<td>Rack Frame</td>
<td>Bake entire time</td>
</tr>
<tr>
<td>1 loaf</td>
<td>400°</td>
<td>45-60 min.</td>
<td>Rack Frame</td>
<td>Bake entire time</td>
</tr>
<tr>
<td>3 loaves</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yeast Rolls</td>
<td>425°</td>
<td>20-25 min.</td>
<td>Lowest</td>
<td>Bake entire time</td>
</tr>
<tr>
<td>Biscuits</td>
<td>500°</td>
<td>10-15 min.</td>
<td>Lowest</td>
<td>Preheat entire time</td>
</tr>
<tr>
<td>Muffins</td>
<td>375°-400°</td>
<td>20-30 min.</td>
<td>Lowest</td>
<td>Bake entire time</td>
</tr>
<tr>
<td><strong>CAKES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Layer (2 layers)</td>
<td>375°-400°</td>
<td>30-40 min.</td>
<td>Lowest</td>
<td>Bake entire time</td>
</tr>
<tr>
<td>Loaf</td>
<td>325°-350°</td>
<td>45-75 min.</td>
<td>Rack Frame</td>
<td>Bake entire time</td>
</tr>
<tr>
<td>Angel Food</td>
<td>325°</td>
<td>60-70 min.</td>
<td>Rack Frame</td>
<td>Bake entire time</td>
</tr>
<tr>
<td><strong>COOKIES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Refrigerator or Rolled</td>
<td>450°</td>
<td>10-15 min.</td>
<td>Lowest</td>
<td>Preheat entire time</td>
</tr>
<tr>
<td>Drop</td>
<td>450°</td>
<td>10-20 min.</td>
<td>Lowest</td>
<td>Bake entire time</td>
</tr>
<tr>
<td><strong>PIES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>One-crust—Custard</td>
<td>375°</td>
<td>45-60 min.</td>
<td>Lowest</td>
<td>Bake entire time</td>
</tr>
<tr>
<td>Pastry Shell</td>
<td>475°</td>
<td>10-12 min.</td>
<td>Lowest</td>
<td>Bake entire time</td>
</tr>
<tr>
<td>Two-crust</td>
<td>400°</td>
<td>40-50 min.</td>
<td>Lowest</td>
<td>Bake entire time</td>
</tr>
<tr>
<td>1 pie</td>
<td>425°</td>
<td>60-70 min.</td>
<td>1 pie on rack frame (left)</td>
<td>Bake entire time</td>
</tr>
<tr>
<td>2 pies</td>
<td></td>
<td></td>
<td>1 pie on lowest position (right)</td>
<td>Bake entire time</td>
</tr>
</tbody>
</table>
# FRUIT CANNING CHART

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>PREPARATION</th>
<th>WATER OR SYRUP</th>
<th>PROCESS at 250° Time in Minutes</th>
<th>Pints</th>
<th>Quarts</th>
</tr>
</thead>
<tbody>
<tr>
<td>APPLES</td>
<td>Wash, pare and quarter. Place in slightly salted water. Drain. Boil in syrup for 3 minutes.</td>
<td>No. 2</td>
<td></td>
<td>55</td>
<td>75</td>
</tr>
<tr>
<td>APRICOTS</td>
<td>Wash, peel if desired, halve and pit.</td>
<td>No. 2</td>
<td></td>
<td>45</td>
<td>75</td>
</tr>
<tr>
<td>BERRIES</td>
<td>Wash and stem.</td>
<td>Water or No. 2</td>
<td></td>
<td>45</td>
<td>75</td>
</tr>
<tr>
<td>(All Except Strawberries)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHERRIES</td>
<td>Wash, stem, pit if desired.</td>
<td>Water, No. 2, or No. 3</td>
<td></td>
<td>45</td>
<td>75</td>
</tr>
<tr>
<td>Currants</td>
<td>Wash and stem.</td>
<td>No. 2</td>
<td></td>
<td>45</td>
<td>75</td>
</tr>
<tr>
<td>GRAPES</td>
<td>Wash and stem. Pack tightly without crushing.</td>
<td>No. 3</td>
<td></td>
<td>45</td>
<td>75</td>
</tr>
<tr>
<td>PEACHES</td>
<td>Blanch 1 minute, then cold dip 1 minute, peel, pit and halve or slice.</td>
<td>No. 2</td>
<td></td>
<td>45</td>
<td>75</td>
</tr>
<tr>
<td>Pears</td>
<td>Pare, core and put in slightly salted water. Drain and boil in syrup for 3 to 5 minutes.</td>
<td>No. 2 or No. 3</td>
<td></td>
<td>55</td>
<td>80</td>
</tr>
<tr>
<td>PINEAPPLE</td>
<td>Peel, remove eyes, slice and core. Boil in syrup 5 to 10 minutes.</td>
<td>No. 2</td>
<td></td>
<td>65</td>
<td>95</td>
</tr>
<tr>
<td>PLUMS</td>
<td>Wash and prick skins with a needle to prevent bursting.</td>
<td>No. 3</td>
<td></td>
<td>45</td>
<td>75</td>
</tr>
<tr>
<td>QUINCES</td>
<td>Wash, pare, cut in pieces. Boil in syrup 3 minutes.</td>
<td>No. 3</td>
<td></td>
<td>55</td>
<td>80</td>
</tr>
<tr>
<td>RHUBARB</td>
<td>Wash, cut in small pieces.</td>
<td>Water or No. 3</td>
<td></td>
<td>45</td>
<td>75</td>
</tr>
<tr>
<td>TOMATOES</td>
<td>Scald, cold dip and peel. Add 1 teaspoon salt per quart.</td>
<td>Water</td>
<td></td>
<td>55</td>
<td>80</td>
</tr>
</tbody>
</table>

## SYRUP TABLE FOR CANNING FRUITS

<table>
<thead>
<tr>
<th>No. 1—Thin</th>
<th>1 cup sugar to 3 cups water</th>
<th>Bring to a boil</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. 2—Medium</td>
<td>1 cup sugar to 2 cups water</td>
<td>Bring to a boil</td>
</tr>
<tr>
<td>No. 3—Thick</td>
<td>1 cup sugar to 1 cup water</td>
<td>Bring to a boil</td>
</tr>
</tbody>
</table>

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## MEAT ROASTING CHART

<table>
<thead>
<tr>
<th>MEAT</th>
<th>TEMPERATURE</th>
<th>MINUTES PER POUND</th>
<th>BROWNING VENT POSITION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEEF</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ribs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rare</td>
<td>350°</td>
<td>15-18</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>Medium</td>
<td>350°</td>
<td>20-22</td>
<td></td>
</tr>
<tr>
<td>Well Done</td>
<td>350°</td>
<td>25-35</td>
<td></td>
</tr>
<tr>
<td>Sirloin Tip</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>350°</td>
<td>15-20</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>Well Done</td>
<td>350°</td>
<td>20-25</td>
<td></td>
</tr>
<tr>
<td>Rump</td>
<td>300°</td>
<td>35-40</td>
<td>Roast entire time</td>
</tr>
<tr>
<td><strong>PORK</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loin</td>
<td>350°</td>
<td>30</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>Shoulder</td>
<td>350°</td>
<td>30-35</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>Fresh Ham—Slice</td>
<td>300°</td>
<td>25-35</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>Smoked Ham</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole</td>
<td>300°</td>
<td>20-25</td>
<td>Preheat until</td>
</tr>
<tr>
<td>Half</td>
<td>300°</td>
<td>25-30</td>
<td>last hour, then</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Roast position</td>
</tr>
<tr>
<td><strong>LAMB</strong></td>
<td>350°</td>
<td>35-40</td>
<td>Roast entire time</td>
</tr>
<tr>
<td><strong>VEAL</strong></td>
<td>350°</td>
<td>25-30</td>
<td>Roast entire time</td>
</tr>
<tr>
<td><strong>POULTRY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Capon</td>
<td>350°</td>
<td>15-20</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>Chicken</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 1/2 to 4 1/2 pounds</td>
<td>350°</td>
<td>30-35</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>4 1/2 to 6 pounds</td>
<td>350°</td>
<td>25-30</td>
<td></td>
</tr>
<tr>
<td>Duck</td>
<td>350°</td>
<td>30-35</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>Goose</td>
<td>375°</td>
<td>30-35</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>Turkey</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 to 10 pounds</td>
<td>300°</td>
<td>18-20</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>10 to 16 pounds</td>
<td>300°</td>
<td>15-18</td>
<td></td>
</tr>
<tr>
<td>16 to 22 pounds</td>
<td>300°</td>
<td>12-15</td>
<td></td>
</tr>
<tr>
<td><strong>FISH</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole, Stuffed</td>
<td></td>
<td>10</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>2 to 4 pounds</td>
<td>375°</td>
<td>5 minutes</td>
<td></td>
</tr>
<tr>
<td>Over 4 pounds</td>
<td>375°</td>
<td>additional</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>per pound</td>
<td></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>AMOUNT OF WATER</th>
<th>AMOUNT OF SALT</th>
<th>TEMPERATURE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASPARAGUS</td>
<td>1 bunch</td>
<td>1/2 cup</td>
<td>1/2 teaspoon</td>
<td>350°</td>
<td>45 minutes</td>
</tr>
<tr>
<td>BEANS—Lima</td>
<td>2 lbs.</td>
<td>1 cup</td>
<td>1/2 teaspoon</td>
<td>350°</td>
<td>60 minutes</td>
</tr>
<tr>
<td>BEANS—String</td>
<td>1 lb.</td>
<td>1 cup</td>
<td>1 teaspoon</td>
<td>350°</td>
<td>50-70 minutes</td>
</tr>
<tr>
<td>BEETS—Sliced</td>
<td>8 medium</td>
<td>1/2 cup</td>
<td>1/2 teaspoon</td>
<td>350°</td>
<td>40-60 minutes</td>
</tr>
<tr>
<td>BRUSSELS SPROUTS</td>
<td>1 quart</td>
<td>1 cup</td>
<td>3/4 teaspoon</td>
<td>350°</td>
<td>30-45 minutes</td>
</tr>
<tr>
<td>CABBAGE—Shredded</td>
<td>1/2 head</td>
<td>1 cup</td>
<td>3/4 teaspoon</td>
<td>350°</td>
<td>30-45 minutes</td>
</tr>
<tr>
<td>CARROTS—Sliced</td>
<td>1 lb.</td>
<td>1/2 cup</td>
<td>1/2 teaspoon</td>
<td>350°</td>
<td>40-60 minutes</td>
</tr>
<tr>
<td>CAULIFLOWER</td>
<td>1/2 head</td>
<td>1 cup</td>
<td>1/2 teaspoon</td>
<td>350°</td>
<td>45 minutes</td>
</tr>
<tr>
<td>ONIONS—Medium</td>
<td>2 lbs.</td>
<td>1/2 cup</td>
<td>3/4 teaspoon</td>
<td>350°</td>
<td>50-70 minutes</td>
</tr>
<tr>
<td>—Whole</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PEAS</td>
<td>2 lbs.</td>
<td>3/4 cup</td>
<td>1/2 teaspoon</td>
<td>350°</td>
<td>30-45 minutes</td>
</tr>
<tr>
<td>POTATOES—Sweet</td>
<td>2 lbs.</td>
<td>3/4 cup</td>
<td>1/2 teaspoon</td>
<td>350°</td>
<td>30-40 minutes</td>
</tr>
<tr>
<td>—Quartered</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>POTATOES—White</td>
<td>2 lbs.</td>
<td>3/4 cup</td>
<td>1/2 teaspoon</td>
<td>350°</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>—Whole</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SQUASH—Winter</td>
<td>1 1/2 lbs.</td>
<td>1/2 cup</td>
<td>1/2 teaspoon</td>
<td>350°</td>
<td>40-45 minutes</td>
</tr>
<tr>
<td>—Cubed</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TURNIPS—Diced</td>
<td>1 1/2 lbs.</td>
<td>3/4 cup</td>
<td>1/2 teaspoon</td>
<td>350°</td>
<td>40-45 minutes</td>
</tr>
</tbody>
</table>
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