NESCO

Tested Recipes for Automatic Electric Roasters

NATIONAL ENAMELING AND STAMPING COMPANY
MILWAUKEE 1, WISCONSIN
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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 standbys, 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 introductory 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.
KNOW Your NESCO...

MAKE COOKING A PLEASURE

The NESCO all-purpose Electric roaster is compact, light in weight, easily portable — nevertheless does the cooking of a range oven and does it supremely well. The roaster consists of three basic parts; namely the combined base and body which houses the heating element; the removable cooking well, and the cover. Follow the illustrations and become acquainted with the parts.

THE COVER

Roaster number 106 is equipped with a spring actuated, self-raising cover mechanism. A quarter turn of the knob automatically opens the cover to a 90 degree angle. The cover a single shell of stainless steel is polished outside and satin finished inside. The browning vent is clearly marked for all types of cooking.

Roaster number 105 is equipped with a hingeless, single shell aluminum cover, polished outside, and satin finished inside. Equipped with slide type vent control and plastic cover handle.

2-PIECE ADJUSTABLE BAKE RACK

The large wire roast rack fits into the cooking well and is ideal for use in roasting meats and fowl. This roast rack makes it very easy to lift the finished roast from the roaster. The flat rack may be used when baking pies and cakes or to support meats and fish when broiler-griddle is used. (See page of accessories.)

THE PORCELAIN ENAMELED COOKING WELL

This removable cooking well must be used at all times. Never place foods directly in the body of the roaster. The cooking well is made of heavy steel, coated with porcelain enamel. It is of sturdy, one-piece construction—with smooth, rounded edges and corners for easy washing.
THE ROASTER BODY

This body houses the electric heating element and thermostat.

It is made of strong steel covered with a heavy coating of baked enamel. The side walls and bottom are heavily insulated with glass wool, selected for its exceptional efficiency and light weight. This body must never be immersed in water. To clean the well, wipe with a damp cloth when roaster is cool.

THE THERMOSTAT

Built into the heating element of the roaster, the thermostat will control the cooking temperatures from 150° F. to 500° F. with but very little variance. It is equipped with a red signal light which flashes to indicate that the roaster is connected and current is in use.

COOKIE SHEET

When baking cookies, this heavily tinned sheet may be placed on the wire rack and used the same as you would in any oven.

CORD SET

The electric cord meets all Underwriters’ Laboratory specifications. Plug into any 110-120 volt alternating current. Avoid using extension cord outlets.
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.

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 "PRE-HEAT."

**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 8 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.
HELPFUL

Accessory Equipment

YOU'LL WANT FOR YOUR ROASTER

3-PIECE COOKING SET

These two 3-quart covered vegetable pans and the 4 3/4-quart open roasting pan may be used for the preparation of several foods at one time in your roaster. They are black porcelain enameled finish and fit either roaster number 105 or 106. Specify set No. 94003 when ordering from your dealer.

BROILER-GRIDDLES

For broiling steaks, chops and fish the NESCO Broiler-Griddle will delight you. No. 3012 is equipped with a hinged back that fits into the cover hinge on roaster No. 106. It is made of cast aluminum, with a black plastic handle.

May also be used for frying pancakes, grilling cheese sandwiches, etc.

Broiler-Griddle No. 3013 fits roaster No. 105. It is made of heavy drawn aluminum, with a cool plastic handle. You will increase the usefulness of your roaster with a broiler-griddle.
DELUXE CABINET

No worry as to where to store your roaster if it is placed on this DeLuxe Cabinet base. White baked enamel on strong sturdy steel. Hinged front door — two storage shelves. Black trim — chrome plated door handles and rubber casters for moving about your kitchen. Specify No. 89005 when ordering from dealer.

... AND Casseroles TOO!

Every family can use one, or both of these NESCO Casseroles. For preparing small roasts, warming up rolls or left-overs, making soup, or baking Casserole recipes. These two Casserole help-mates will serve a useful purpose in your kitchen.

OVAL CASSEROLE

No. 7014

ROUND CASSEROLE

No. 4211
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.

### WELL-BALANCED MEALS WITH RECIPE PAGE NUMBERS

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### PICNIC MENU

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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.

When cooking heavy cuts of meat, cook until the last hour, then add vegetables 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.

With your NESCO you can easily enjoy delicious meals like the one suggested below. Just put the entire meal in your electric NESCO roaster. Set the thermostat. And forget it.

**Stuffing:**

- 4 cups dry bread or cracker crumbs
- 8 tablespoons melted chicken fat
- ½ teaspoon salt; ⅛ teaspoon pepper

Mix together and pack stuffing loosely into cavity of 4 or 5 lb. chicken. Brush outside of chicken with melted fat and rub with salt. Place in meat pan on rack frame to sear about 30 minutes at 500°. Re-set thermostat to 350° (allowing 20° to 30° per lb.).
Vegetables:

Brush six small, peeled potatoes with melted fat and place in pan around chicken. Sprinkle with salt. Baked onions: 4 large or six small white onions

3 tablespoons fat
\( \frac{1}{2} \) cup milk
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{8} \) teaspoon pepper

Peel onions, slice about \( \frac{1}{4} \) inch thick and arrange in layers in covered, greased vegetable pan, dotting each layer with fat, salt and pepper. Pour milk over all, cover, place on rack with chicken.

Happy Apple Crisp, dessert:

8 tablespoons fat
1 cup brown sugar, molasses, honey, maple, sorghum or corn syrup (add \( \frac{1}{4} \) teaspoon soda if molasses or sorghum are used)
\( \frac{3}{4} \) cup flour
1 teaspoon cinnamon
4 cups pared apples sliced thinly
\( \frac{1}{2} \) cup water

Cream fat and brown sugar well. Work in flour and cinnamon. Place half the amount of apples in greased vegetable pan or loaf tin, add layer of half of the first mixture. Repeat. Pour water over all and place uncovered in roaster with apple.
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.

**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 tunneled, 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 tablespoon, quickly and lightly, 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 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.
Biscuits

Temperature, 500°  Time, 15 minutes

2 cups white flour  4 tablespoons fat  1 cup milk or water
4 teaspoons baking powder  1 teaspoon salt

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.

Bran Oatmeal Muffins

Temperature, 375°  Time, 25 to 30 minutes  Amount, 12 muffins

3 tablespoons shortening 1 1/2 cups milk  1 1/2 cups flour
1/4 cup sugar  1 cup wheat bran  4 teaspoons baking powder
1 egg  3/4 cup rolled oatmeal  1/2 teaspoon salt


Muffins in One Bowl

Temperature, 375° or 400°  Time, 20 to 30 minutes  Amount, 12 medium muffins

2 cups flour  1/4 cup sugar
1 tablespoon baking powder  2 eggs
3/4 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
1/2 cup sugar  1 cup crushed pineapple (well drained)
2 tablespoons baking powder  5 tablespoons melted shortening
1 teaspoon salt  1 1/2 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.
Nothing is more certain to add "that extra something" that makes even a simple meal delicious, than quick hot breads so easy to prepare 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 backed 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.

**Banana Nut Bread**

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<thead>
<tr>
<th>Temperature, 350°</th>
<th>Time, 60 to 70 minutes</th>
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<tr>
<td>3/4 cup butter</td>
<td>3/4 cup nut meats</td>
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<tr>
<td>3 cups flour</td>
<td>1 1/2 teaspoons soda</td>
</tr>
<tr>
<td>1 1/2 teaspoon salt</td>
<td>1 1/2 cups sugar</td>
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<tr>
<td>4 eggs</td>
<td>1 1/2 teaspoons vanilla</td>
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**Boston Brown Bread**

<table>
<thead>
<tr>
<th>Temperature, 300°</th>
<th>Time, 3 hours</th>
<th>Amount, 2 loaves</th>
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<tr>
<td>1 cup cornmeal</td>
<td>1 cup graham flour</td>
<td></td>
</tr>
<tr>
<td>1 cup flour</td>
<td>3/4 cup molasses</td>
<td></td>
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<tr>
<td>3/4 teaspoon soda</td>
<td>2 cups buttermilk or sour milk</td>
<td></td>
</tr>
<tr>
<td>3/4 teaspoon salt</td>
<td>1 cup seedless raisins</td>
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</tr>
<tr>
<td>1 teaspoon baking powder</td>
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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 3 greased 1-pound baking powder cans. Cover cans and place on rack in roaster. Steam with Browning Vent set on Preheat.

**Corn Bread**

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<tr>
<th>Temperature, 475°</th>
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<tr>
<td>1 cup flour</td>
<td>1 cup corn meal</td>
</tr>
<tr>
<td>1 to 2 tablespoons sugar</td>
<td>2 eggs</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td>1 cup milk</td>
</tr>
<tr>
<td>1 tablespoon baking powder</td>
<td>3 tablespoons melted shortening</td>
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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 1/2 teaspoon soda with dry ingredients.
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.

Deviled Ham Biscuits

Temperature, 500°  Time, 15 minutes
3/4 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. Roll 1/2 inch thick. Cut with a 1 1/2-inch cutter. Mix remaining ingredients except the butter. Spread on half the rounds. Cut center out of remaining half, using 1-inch cutter. Place remaining on spread rounds. Brush with butter. Bake in roaster preheated, with Browning Vent set at Bake position.
Nut Bread

Temperature, 350°  
Time, 60 to 75 minutes

2 cups flour
3 teaspoons baking powder
\( \frac{1}{2} \) teaspoon salt  \( \frac{1}{2} \) cup sugar
\( \frac{3}{4} \) cup chopped nuts
1 egg  1 cup milk
3 tablespoons melted shortening

Sift flour once and measure. Add baking powder, salt and sugar. Sift again. Then add \( \frac{3}{4} \) cup chopped nut meats. Beat egg; add milk and melted shortening and add to dry ingredients. Bake in oiled loaf pan, setting Browning Vent at Bake position.

Quick Coffee Cake Batter

Temperature, 425°  
Time, 25 to 30 minutes

1 \( \frac{1}{2} \) cups flour
\( \frac{1}{2} \) cup sugar
2 teaspoons baking powder
1 egg

\( \frac{2}{3} \) cup milk
3 tablespoons melted shortening
\( \frac{1}{2} \) teaspoon salt

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 Streusel Topping.

Spoon Bread

Temperature, 400°  
Time, 35 to 40 minutes

2 cups cornmeal
2 \( \frac{1}{2} \) cups boiling water
1 \( \frac{1}{2} \) teaspoons salt
1 tablespoon sugar
2 teaspoons baking powder
2 eggs yolks  \( \frac{1}{3} \) cups milk
3 tablespoons melted shortening
2 egg whites

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.

Streusel Topping

2 tablespoons butter  2 tablespoons sugar  2 teaspoons cinnamon
\( \frac{1}{4} \) cup flour  \( \frac{1}{4} \) cup dry bread crumbs

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.

Five Hour Bread

Temperature, 1 loaf, 375°; Rolls, 425°  
Time, 1 loaf, 60 minutes; Rolls, 20 to 30 minutes

2 cups milk, scalded
2 tablespoons sugar
1 tablespoon fat
1 teaspoon salt
1 cake compressed yeast
6 cups flour

Cool milk to lukewarm. Add sugar, fat, salt and yeast. Add \( \frac{1}{2} \) flour and beat thoroughly. Add remainder of flour. Knead well. Let stand 3 hours. Shape in loaves. Let rise 1 hour. Set Browning Vent at Bake position.

Honey Topping

\( \frac{1}{4} \) cup butter  1 egg white
\( \frac{2}{3} \) cup confectioner’s sugar  2 tablespoons honey (warmed)

Cream all ingredients together and brush over Twist before baking.
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.

Oatmeal Bread

Temperature, 375°  Time, 65 to 75 minutes

1 cup boiling water
2 cups oatmeal (uncooked)
½ cup molasses
1 teaspoon salt


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.
Sweet Yeast Dough (Basic Recipe)

Temperature and Time Determined by Size and Shape

1 cup milk, scalded
\( \frac{1}{4} \) cup butter
\( \frac{1}{2} \) cup sugar
1 teaspoon salt
2 cakes compressed yeast
\( \frac{1}{4} \) cup lukewarm water
2 eggs
5 cups flour

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.

Whole Wheat Rolls

Temperature, 425°

Time, 25 to 30 minutes

1 cake compressed yeast
\( \frac{1}{2} \) cup lukewarm water
1 egg
2 teaspoons salt
\( \frac{1}{2} \) 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.

Refrigerator Bread

Temperature, 1 loaf, 375°; Rolls, 425°

Time, 1 loaf, 60 minutes; Rolls, 25 minutes

1 teaspoon sugar
2 compressed yeast cakes
\( \frac{1}{4} \) cup lukewarm water

Add sugar to yeast, stir until liquefied. Add lukewarm water. Mix:
2 cups water
\( \frac{1}{2} \) cup sugar
1 tablespoon salt
2 tablespoons melted shortening

Add to yeast mixture, then beat thoroughly:
2 eggs
4 cups bread flour

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.

Graham Bread

Use \( \frac{1}{2} \) white bread flour and \( \frac{1}{2} \) graham flour in the recipe given for Bread in order to make Graham Bread. \( \frac{1}{4} \) cup of molasses may be substituted for the sugar. Mix and bake as white bread.
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 question:

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 1/2-pint measure—the equivalent of 16 level tablespoons. It is marked on one side to read 1/4, 1/2 and 3/4; on the other to read 1/3 and 1/2.
   - Standard measuring spoons include 1 tablespoon, 1 teaspoon, 1/2 teaspoon, and 1/4 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
Preheat at 200° Temperature, 325° Time, 60 to 70 minutes

1 1/2 cups egg whites
1 1/2 teaspoons cream of tartar
1/4 teaspoon salt
1 1/4 cups granulated sugar
1/4 teaspoons flavoring
1 cup sifted cake flour


Butter Layer Cake
Temperature, 400° Time, 35 minutes

1/2 cup butter
1 cup sugar
2 eggs
2 cups sifted flour
2 1/3 teaspoons baking powder
% cup milk
1 teaspoon vanilla

Cream butter and sugar until light and fluffy. Add 1 egg at a time and beat well. Sift flour and baking powder together. Add alternately with milk to which the vanilla has been added. Pour into two oiled 8-inch cake pans. Bake as shown in illustration. Set Browning Vent at Bake position.

Chinese Spice Cake
Temperature, Loaf, 350° Time, 45 to 60 minutes

1/2 pound butter
2 cups sugar
3 cups flour
1 teaspoon 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.

Devil's Food Cake
Temperature, 375° Time, 40 minutes

1/2 cup shortening
1 1/4 cups sugar
2 eggs
2 cups cake flour
1/2 teaspoon salt
1 teaspoon soda
1 cup sour milk
2 squares chocolate
1 teaspoon vanilla

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 in 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.

English Fruit Cake
Temperature, 250° Time, 3 to 4 hours

1 pound butter
1 pound brown sugar
9 eggs
1 pound citron
1 pound flour
2 teaspoons mace
2 teaspoons cinnamon
1 1/2 pound almonds
1 teaspoon soda
2 teaspoons milk
3 pounds currants
2 pounds raisins

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.

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Gold Cake

**Temperature, 350°**  
**Time, 60 minutes**

- 3¼ cup butter
- 1 1/4 cups sugar
- 8 egg yolks
- 4 teaspoons baking powder
- 3/4 cup milk

2 1/2 cups cake flour (sifted before measuring)
1/2 teaspoon lemon
1/2 teaspoon orange

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.

Pound Cake

**Temperature, 325°**  
**Time, 2 hours**

- 1 pound flour
- 1 pound sugar
- 1 pound eggs (10 eggs)
- 1 pound butter
- 1/2 teaspoon mace
- 1/2 teaspoon almond extract
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla

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 lemon extract. Pour into 10-inch tube pan which has been well oiled. Place pan on rack frame. Set Browning Vent at Bake position.

Wedding Fruit Cake

**Temperature, 275°**  
**Time, 2 1/2 to 3 hours**

- 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.

White Loaf Cake

**Temperature, 325°**  
**Time, 2 hours**

- 3 cups sifted cake flour
- 1/2 teaspoon salt
- 1 cup milk
- 1 teaspoon vanilla
- 3 teaspoons baking powder
- 2 1/3 cup butter or other shortening
- 2 cups sugar
- 5 egg whites, stiffly beaten

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 edition 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.
A CAKE YOU CAN MAKE TWO LUSCIOUS WAYS

Newport Cake

Temperature, 325°  Time, 80 minutes

1 cup shortening  2 1/2 cups flour
2 1/2 cups sugar  1 teaspoon baking powder
4 eggs  1/2 teaspoon salt
2 tablespoons orange juice  1 cup seedless raisins
1/2 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 a refrigerator until Newport Cake is baked. Allow to come to room temperature before putting into Nesco Roaster.

CAKE FROSTINGS

Apricot Icing

1/2 cup 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.

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.

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.

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.

Quick Topping

2 egg whites  1 cup Karo (or honey)

Beat together until mixture holds its shape. Serve as topping. Keep in refrigerator.
Christmas Gingerbread  
Temperature, 350°  Time, 10 to 15 minutes
1 cup butter  1 teaspoon salt  Light molasses, enough to hold
1 cup sugar  2 tablespoons, ginger  mixture together
4 cups flour, sifted

Cinnamon Ice Box Cookies  
Temperature, 450°  Time, 10 to 12 minutes  Amount, 8 dozen
1/2 cup butter  1 teaspoon vanilla  1 teaspoon cream of tartar
1 cup brown sugar  1 teaspoon extract  1 teaspoon cinnamon
1 cup sugar  2 1/4 cups flour  1/2 cup dates (chopped)
2 eggs  1 teaspoon soda  1/2 cup nut meats (broken)
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.

Date and Nut Kisses  
Temperature, 375°  Time, 25 to 30 minutes
2 1/2 cups chopped dates  4 egg whites  1/2 teaspoon salt
1 1/4 cups chopped nuts  1 cup sugar  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.
### Marbled Brownies

**Temperature, 350°**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shortening</td>
<td>1 cup</td>
</tr>
<tr>
<td>Sugar</td>
<td>2 cups</td>
</tr>
<tr>
<td>Eggs</td>
<td>4</td>
</tr>
<tr>
<td>Flour</td>
<td>2 cups</td>
</tr>
<tr>
<td>Chopped Walnut Meats</td>
<td>1 pound</td>
</tr>
<tr>
<td>Melted Chocolate</td>
<td>2 squares</td>
</tr>
</tbody>
</table>

**Time, 1 ¼ hours**

Cream together:
- 1 cup shortening
- 2 cups sugar
- 4 eggs
- 2 cups flour

Add, one at a time:
- 2 cups grated chocolate

Sift together and add:
- 2 cups flour
- 2 cups chopped walnut meats

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.

### Mince Meat Squares

**Temperature, 325°**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shortening</td>
<td>½ cup</td>
</tr>
<tr>
<td>Brown Sugar</td>
<td>½ cup</td>
</tr>
<tr>
<td>Flour</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td>Soda</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Rolled Oats</td>
<td>1 ½ cups</td>
</tr>
</tbody>
</table>

**Time, 25 to 30 minutes**

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.

### Oatmeal Cookies

**Temperature, 450°**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar</td>
<td>1 ½ cup</td>
</tr>
<tr>
<td>Eggs</td>
<td>2</td>
</tr>
<tr>
<td>Sour Milk</td>
<td>½ cup</td>
</tr>
<tr>
<td>Teaspoon Salt</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Oatmeal (Uncooked)</td>
<td>2 cups</td>
</tr>
<tr>
<td>Raisins</td>
<td>1 cup</td>
</tr>
<tr>
<td>Flour</td>
<td>2 ½ cups</td>
</tr>
<tr>
<td>Butter</td>
<td>½ cup</td>
</tr>
<tr>
<td>Molasses</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Baking Soda</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Nut Meats</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

**Time, 10 to 15 minutes**

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 waxed paper placed on baking sheet makes easy the removal of cookies after baking.

### Filled Oatmeal Cookies

**Temperature, 350°**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oatmeal</td>
<td>5 cups</td>
</tr>
<tr>
<td>Flour</td>
<td>1 cup</td>
</tr>
<tr>
<td>Salt</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Sugar</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Lard or Other Shortening</td>
<td>1 cup</td>
</tr>
<tr>
<td>Sour Milk</td>
<td>½ cup</td>
</tr>
<tr>
<td>Teaspoon Soda</td>
<td>1 teaspoon</td>
</tr>
</tbody>
</table>

**Time, 20 to 25 minutes**

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

### Peanut Butter Cookies

**Temperature, 400°**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Sugar</td>
<td>1 cup</td>
</tr>
<tr>
<td>Brown Sugar</td>
<td>1 cup</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>1 cup</td>
</tr>
<tr>
<td>Shortening</td>
<td>1 cup</td>
</tr>
<tr>
<td>Eggs, beaten light</td>
<td>2</td>
</tr>
<tr>
<td>Flour</td>
<td>2 ½ cups</td>
</tr>
<tr>
<td>Teaspoons Soda</td>
<td>2</td>
</tr>
</tbody>
</table>

**Time, 15 to 20 minutes**

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.
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.

Cut the shortening into the flour until the pieces are the size of small peas. 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 $\frac{1}{8}$ 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 an 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.

**Apple Pie**

<table>
<thead>
<tr>
<th>Temperature, 400°</th>
<th>Time, 45 to 55 minutes</th>
<th>Amount, 1 Pie</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 apples (pared, cored, sliced)</td>
<td>⅛ teaspoon salt</td>
<td>1 teaspoon lemon juice</td>
</tr>
<tr>
<td>⅔ cup granulated sugar</td>
<td>⅛ cup cold milk</td>
<td>⅛ teaspoon cinnamon</td>
</tr>
<tr>
<td>¼ teaspoon nutmeg</td>
<td>3 egg yolks well beaten</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons butter</td>
<td>Return to heat and cook 2 minutes longer.</td>
<td>Remove from heat and add:</td>
</tr>
</tbody>
</table>

Line 9-inch pie plate with half the pie crust, rolled to ⅛-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 ⅛-inch thickness and cover pie. Bake in preheated Nesco with Browning Vent set at Bake position.

**Coconut Cream Pie**

<table>
<thead>
<tr>
<th>Amount, 1 9-inch Pie</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blend:</td>
</tr>
<tr>
<td>⅓ cup sugar</td>
</tr>
<tr>
<td>5 tablespoons flour</td>
</tr>
<tr>
<td>Add to:</td>
</tr>
<tr>
<td>1 ½ cups scalded milk</td>
</tr>
<tr>
<td>Cook on low heat for 12 to 15 minutes. Add to:</td>
</tr>
<tr>
<td>3 egg yolks well beaten</td>
</tr>
<tr>
<td>Return to heat and cook 2 minutes longer. Remove from heat and add:</td>
</tr>
<tr>
<td>1 teaspoon vanilla</td>
</tr>
<tr>
<td>1 cup shredded coconut</td>
</tr>
</tbody>
</table>

When cooled add to baked pie shell. Cover with meringue and brown.
### Criss Cross Cherry Pie

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

- 2 1/2 cups red cherries (drained)
- 1/8 cup cherry juice
- 3/4 cup sugar

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.

### Meringue

**Temperature, 350°**  
**Time, 25 to 30 minutes**

- 2 egg whites
- 4 tablespoons sugar
- 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.

### Old Fashioned Lemon Pie

**Amount, 1 9-inch Pie**

- 2 cups water
- 14 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).

### Pastry Shell

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


### Pecan Pie

**Temperature, 375°**  
**Time, 1 hour**  
**Amount, 1 Pie**

- 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
3/4 cup sugar
1/2 teaspoon salt
2 1/4 cups crushed pineapple
2 eggs, separated
1 tablespoon 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.

Pumpkin Pie

Temperature, 400°  Time, 40 to 50 minutes  Amount, 1 Pie

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


Standard Pastry Recipe

2 cups all-purpose flour
1 teaspoon salt
3/4 cup shortening
4 to 5 tablespoons cold water

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.

Sweet Potato Pie

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

1 cup sugar
1 teaspoon salt
1/4 teaspoon ginger
2 eggs
1 teaspoon cinnamon
2 cups milk
2 cups mashed sweet potatoes

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

Apple Sauce Steam Pudding

Temperature, 350°  Time, 2 hours
1 3/4 cups flour  1 teaspoon soda
1/4 teaspoon salt  1 egg
1/2 teaspoon cloves
1/2 teaspoon nutmeg
1 cup thick apple sauce (unsweetened)

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.
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
1/4 teaspoon salt
1/2 teaspoon cinnamon
2 apples

Mix together the sugar, salt and cinnamon. Combine with sliced, peeled apples and bananas. Brown the bread cubes in butter. Fill 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.

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
2 cups flour
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 an adjustable rack in lowest position. Bake in preheated roaster with Browning Vent set at Bake position.

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 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.

Lemon Rice Pudding

Temperature, 350°  Time, 2 1/2 to 3 hours  Serves 6

1/2 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 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.
DESSERTS - PUDDINGS

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.

Orange Puff Pudding

Temperature, 350°  Time, 1 1/2 hours

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

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

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 3/4 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.
DESSERTS — PUDDINGS

Raspberry Pudding

Temperature, 375°  Time, 1 hour 15 minutes

1/4 cup butter  2 teaspoons powder
1/2 cup sugar  Salt
1 egg
1 1/4 cups flour  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.

Spice Pudding

Temperature, 350°  Time, 1 1/2 hours

1 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 teaspoon cloves
1 teaspoon lemon juice  1/2 cup chopped nuts


Steamed Date Pudding

Temperature, 300°  Time, 3 hours

1 cup flour  2 tablespoons grated orange rind
3/4 cup sugar  2 cups soft bread crumbs
1 teaspoon salt  1 cup milk
2 teaspoons baking powder  1 egg (beaten)
1 1/2 cups dates (cut fine)

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

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.
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 Idaho Potatoes

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

Scrub and dry potatoes. Rub skins with fat. Place an 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.

Baked Onions

Temperature, 375°  Time, 1 hour  Serves 6

4 large white onions
3 tablespoons butter
Salt and pepper
1/3 cup milk

Peel onions and slice about 1/4 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.
Boston Baked Beans

Temperature, 300°

1 pound pea beans
1/2 pound salt pork
1 teaspoon salt
4 tablespoons molasses

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.

Time, 7 hours Serves 6 to 8

6 tablespoons brown sugar
1 teaspoon ground mustard
1 onion (sliced)
3 to 4 cups boiling water

Corn Custard

Temperature, 350°

Time, 35 minutes Serves 5

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

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.

Egg Plant Chop Suey

Temperature, 350°

Time, 45 to 60 minutes

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

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.

Rainbow Casserole

Temperature, 350°

Time, 45 to 60 minutes

Arrange in layers in your Nesco vegetable pan the following vegetables:
1 No. 2 can tomatoes (drained)
1 No. 2 can corn (drained)

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

NOTE: Fresh vegetables may be used in season.

Savory Tomatoes

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

Scalloped Potatoes

Temperature, 350°

Time, 1 1/2 to 1 3/4 hours Serves 6

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

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.
Scalloped Tomatoes

Temperature, 350°  Time, 1 to 1½ 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.

Southern Sweet Potatoes

Temperature, 375°  Time, 30 minutes
8 sweet potatoes  1 teaspoon salt
1/2 cup brown sugar  3/4 cup black walnut meats
1/4 cup butter  12 marshmallows
1/2 cup cream

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.

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.

Tomatoes Filled with Corn

Temperature, 350°  Time, 1 1/4 hours
4 tomato cases  2 tablespoons celery (chopped)
4 slices bacon  1/2 cup bread crumbs
1 cup corn  2 tablespoons corn liquor or cream
1 pimiento (chopped)  1/2 teaspoon salt
1/2 green pepper (chopped)  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.

Yale Beets

Temperature, 350°  Time, 1 hour  Serves 5 or 6
8 to 10 uncooked beets (medium size)  1/2 cup orange juice
1/4 cup sugar  1 tablespoon lemon juice
2 tablespoons flour  2 tablespoons butter (melted)
1/4 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.
# VEGETABLE COOKERY

<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>
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<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>
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<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>
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<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>
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<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>
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<tr>
<td>CABBAGE—Shredded</td>
<td>1/2 head</td>
<td>1 cup</td>
<td>3/4 teaspoon</td>
<td>350°</td>
<td>35-45 minutes</td>
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<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>
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<tr>
<td>CAULIFLOWER</td>
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<td>1 cup</td>
<td>1/2 teaspoon</td>
<td>350°</td>
<td>45 minutes</td>
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<td>ONIONS—Medium</td>
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<td>1/2 cup</td>
<td>3/4 teaspoon</td>
<td>350°</td>
<td>50-70 minutes</td>
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<tr>
<td>ONIONS—Whole</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<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>
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<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>
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<tr>
<td>POTATOES—Whole</td>
<td>2 lbs.</td>
<td>3/4 cup</td>
<td>1/2 teaspoon</td>
<td>350°</td>
<td>45-60 minutes</td>
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<tr>
<td>SQUASH—Winter</td>
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<td>1/2 teaspoon</td>
<td>350°</td>
<td>40-45 minutes</td>
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<td>TURNIPS—Diced</td>
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<td>3/4 cup</td>
<td>1/2 teaspoon</td>
<td>350°</td>
<td>40-45 minutes</td>
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</table>
MEATS

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
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. These are approximate times and there will be variance with size, shape and thickness of cuts.

Apple-Ham-Yam Casserole

Temperature, 350°

Time, 55 to 60 minutes

6 thin slices Canadian bacon
6 medium sized tart apples
6 medium sized sweet potatoes (or yams)
1 cup seedless raisins

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.

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 fat diagonally, and place 1 whole clove in center of each diamond. Combine 1/2 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.
Beef—Rolled Roast Ribs

Temperature, 500° for 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.

Hash a la Mode

Temperature, 350°  Time, 1 hour

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

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

Combine 1 cup left-over gravy and 1/3 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.

Individual Lamb Loaves

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

2 pounds ground lamb
1 cup soft bread crumbs
2 small onions, grated
2 eggs, beaten
1 can tomato puree
2 tablespoons minced green pepper
1/4 cup olives, chopped
Salt and pepper

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.

Lamb—Leg Roast

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.
Meat Loaf

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

1 pound veal (ground)
1 pound smoked ham (ground)
4 tablespoons tomato catsup
3 tablespoons green pepper (chopped fine)
2 eggs (beaten)

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

Porcupines and Vegetables

Temperature, 350°  Time, 1 1/2 hours

1 pound ground beef
1/2 cup bread crumbs
1 egg
1/4 cup chopped onions
2 tablespoons chopped green pepper
3/4 teaspoon salt
1/4 teaspoon paprika

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

1 cup tomato soup
1 1/4 cups boiling water
6 small skinned onions

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

Swiss Steak Royal and Vegetable

Temperature, 350°  Time, 1 1/2 hours

2 pounds round steak cut 1 1/2 inches thick
1 clove garlic
1 Bermuda onion
Salt and pepper
1 cup tomato catsup

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.

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.

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POULTRY

Your Nesco is splendid for baking poultry of all kinds. It produces a delectable golden brownness, brings out hidden flavors and makes turkey, chicken and game birds 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.
Frozen poultry may be cooked by any of the above methods from the frozen state. One to one and one-half hours increase in cooking time should be given.

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.

- 6 to 10 pounds—18 to 20 minutes per pound
- 10 to 16 pounds—15 to 18 minutes per pound
- 16 to 22 pounds—12 to 15 minutes per pound

Oval Roaster or Casserole

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:

- 6 to 10 pounds—18 to 20 minutes per pound
- 10 to 14 pounds—15 to 18 minutes per pound

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, 1/2 teaspoon 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.
POULTRY

Chicken Fricassee

Temperature, 350° Time, 1½ 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 ¾ cup of water. Set Browning Vent at Preheat position.

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.

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 1/4 cup chicken stock
in bottom of Nesco meat pan. Cover with the following cornbread mixture:
Beat 2 eggs
Add:
2 cups buttermilk 3 tablespoons melted fat
1 tablespoon sugar
Then add:
2 1/2 cups cornmeal 2 teaspoons salt
Mix well, then add:
1 teaspoon soda, mixed with 3 teaspoons baking powder
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 1/2 teaspoon thyme
1 onion, cut fine 3/4 teaspoon salt
4 1/2 cups chestnuts, shelled, blanched, 1/4 teaspoon pepper
boiled and mashed 2 tablespoons parsley, chopped
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.
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 needs 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.

Fish may be cooked from the frozen state with very little increase in cooking time.
Baked Stuffed Fish

Temperature, 375°  Time, 30 to 35 minutes  Serves 6
1 whitefish (3 pounds)  ½ cup celery (cut fine)
1 clove of garlic  3 tablespoons lemon juice
1 egg  ½ teaspoon salt
½ cup butter (melted)  Dash of pepper
4 cups soft bread crumbs  Salt
2 teaspoons onion (minced)

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.

Deviled Crab en Casserole

Temperature, 350°  Time, 30 to 40 minutes
5 tablespoons butter  2 tablespoons chopped parsley
4 tablespoons flour  2 teaspoons prepared mustard
2 cups milk  1 teaspoon horseradish
1 teaspoon salt  2 cups flaked crabmeat
2 tablespoon lemon juice  2 hard-cooked eggs, chopped

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.

Scallopded Oysters

Temperature, 350°  Time, 30 minutes  Serves 6
1 pint drained oysters  ¼ pound crackers, rolled fine
1 can condensed mushroom soup  2 tablespoons butter
1 teaspoon Worcestershire sauce  1 outside stalk celery

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.

Baked Fish Fillets

Temperature — 500°  Time — 25 minutes
Dip fish fillets in milk seasoned with salt and pepper. Roll each piece in fine dry bread crumbs. Place on cookie sheet and sprinkle with melted butter. Set cookie sheet in 4th position and bake in preheated roaster. Open vent after first 5 minutes.
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 1/2 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.
Sirloin Steak

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 steak (1½ inches thick) on rack and broil on one side to the desired degree of doneness, according to above directions. Turn steak and arrange carrots and tomatoes on rack with steak. To prepare tomatoes, cut large, firm tomatoes in half, crosswise, and sprinkle tops with melted butter, salt and pepper. To prepare carrots, scrape and cook until tender. Drain well, brush with melted butter, salt and pepper. Broil complete meal at least 8 minutes longer. Serve on hot platter, garnished attractively.

Jiffy Meal

Grilled Lamp 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, ½ teaspoon salt and pepper. Roll in bread crumbs. Brush over with melted butter. Place on broiler rack. Turn with chops.
Grilled Ham Slice

**Sweet Potatoes**

Preheat Broiler 2 minutes  
Time, 30 minutes  
Serves 4

Place adjustable rack in 3rd 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.

Veal Patties with Bacon

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.

Preheat Broiler 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.
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.

**Buckwheat Cakes**

1 quart lukewarm water  
1/2 cup flour  
1/2 ounce compressed yeast  
3 1/2 cups buckwheat flour  
1 teaspoon sugar  
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 raise 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.

**Griddle Cakes**

1 cup flour  
2 teaspoons baking powder  
1/2 cup sugar  
1/4 teaspoon salt  
1 egg  
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.

**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.
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.

**Beef Mulligan**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound ground beef</td>
<td>1 small onion</td>
</tr>
<tr>
<td>½ pound ground ham</td>
<td>1 bay leaf</td>
</tr>
<tr>
<td>4 tablespoons shortening</td>
<td>4 potatoes</td>
</tr>
<tr>
<td>2 cups soup stock</td>
<td>1 cup peas</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>1 cup diced carrots</td>
</tr>
<tr>
<td>½ teaspoon pepper</td>
<td>1 No. 2 1/2 can tomatoes</td>
</tr>
</tbody>
</table>

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

**Consommé**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 1/2 pounds beef shank</td>
<td>4 whole cloves</td>
</tr>
<tr>
<td>3 tablespoons fat</td>
<td>4 sprigs parsley</td>
</tr>
<tr>
<td>3 1/2 quarts cold water</td>
<td>2/3 cup carrots (cut small)</td>
</tr>
<tr>
<td>1 1/2 tablespoons salt</td>
<td>2/3 cup onions (cut small)</td>
</tr>
<tr>
<td>1 bay leaf</td>
<td>2/3 cup celery (cut small)</td>
</tr>
</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 pound veal (cubed)</td>
<td>3 cups celery (diced)</td>
</tr>
<tr>
<td>1/2 pound beef (cubed)</td>
<td>1 No. 2 1/2 can tomatoes</td>
</tr>
<tr>
<td>2 tablespoons shortening</td>
<td>1 green pepper (diced)</td>
</tr>
<tr>
<td>1 cup onions, sliced</td>
<td>1/2 cup rice (uncooked)</td>
</tr>
<tr>
<td>1 tablespoon sugar</td>
<td>1 1/2 teaspoons salt</td>
</tr>
</tbody>
</table>

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:

**Onion Soup au Gratin**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 onions</td>
<td>Dry toast</td>
</tr>
<tr>
<td>¼ cup butter</td>
<td>Parmesan cheese</td>
</tr>
<tr>
<td>1 quart consommé or soup stock</td>
<td></td>
</tr>
</tbody>
</table>

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.
SOUPS and CHOWDERS

**Rome Chowder**

- Temperature, 300°
- Time, 1 1/2 hours

1/2 pound ground beef
1/2 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.

**Vegetable Soup**

- Temperature, 350°
- Time, 1 1/4 hours
- Serves 6

1 quart soup stock or consomme
1/2 cup tomatoes with juice
1 cup carrots (cut fine)
1/2 cup white turnips (cut fine)
2 cups potatoes (cut fine)
1/2 cup ripe olives
1 minced onion
1/2 pound cheese (cubed)
1 No. 2 can tomatoes
1/4 teaspoon celery salt
1/4 teaspoon paprika

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.

**Washington Stew**

- Temperature, 300°
- Time, 1 1/2 hours

1 pound ground beef
1 sliced onion
1 can kidney beans
1 No. 2 1/2 can tomatoes
1/2 cup tomatoes with juice
1 cup fresh peas
Salt to taste

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.

**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

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 1/2 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 1/2 to 2 hours.
When you want to prepare a large quantity of food for a special occasion, the Nesco Roaster is ideal. Use the large inset pan or "roaster lining" for quantity cooking.

Baked Beans

**Temperature, 300°**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 pounds navy beans</td>
<td></td>
</tr>
<tr>
<td>8 teaspoons salt</td>
<td></td>
</tr>
<tr>
<td>1 cup molasses</td>
<td></td>
</tr>
<tr>
<td>2 cups brown sugar</td>
<td></td>
</tr>
<tr>
<td>4 pounds salt pork, diced</td>
<td></td>
</tr>
</tbody>
</table>

*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.*

**Temperature, 350°**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 No. 10 cans baked beans with pork</td>
<td></td>
</tr>
<tr>
<td>2 cups catsup</td>
<td></td>
</tr>
<tr>
<td>¾ cup brown sugar</td>
<td></td>
</tr>
</tbody>
</table>

*Combine ingredients and bake 1½ hours with Browning Vent set at Preheat position.*
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.

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
1 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

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.

Tuna and Noodle en Casserole

Serves 50, each 1/4 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.
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 all 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° in the roaster. Higher temperatures destroy flavor, color and texture. This step may be omitted if mold risk is not feared.

To insure perfect color, full flavor, and plump form, do not pack hot, but allow to cool rapidly on shallow enamel trays, running cold water underneath to hasten the cooling. Allow to stand over night. Pack cold.

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.

Grape Conserve

4 pounds Concord grapes
2 pounds sugar
¼ teaspoon salt

1 orange
1 cup seedless raisins
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.

Preserved Crab Apples

1 pound sugar
1 pound apples

1 cup water
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 jelling 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 methods of processing.

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.
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.

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.

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.

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.

Pineapple Apricot Jam

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

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.
# Baking Chart

## Breads

<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>Yeast Bread</td>
<td>375°</td>
<td>60 min.</td>
<td>Rack Frame</td>
<td>Bake entire time</td>
</tr>
<tr>
<td></td>
<td>400°</td>
<td>45-60 min.</td>
<td>Rack Frame</td>
<td>Bake entire time</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>
</tbody>
</table>

## Cakes

<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>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>Preheat to 200°, place cake in roaster, then set at 325°</td>
<td>60-70 min.</td>
<td>Rack Frame</td>
<td>Bake entire time</td>
</tr>
</tbody>
</table>

## Cookies

<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>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>
</tbody>
</table>

## Pies

<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>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 Pie</td>
<td>400°</td>
<td>40-50 min.</td>
<td>Lowest</td>
<td>Bake entire time</td>
</tr>
<tr>
<td>2 Pies</td>
<td>425°</td>
<td>60-70 min.</td>
<td>1 pie on rack frame (left) 1 pie on lowest position (right)</td>
<td>Bake entire time</td>
</tr>
</tbody>
</table>
## MEAT ROASTING

<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 last hour, then Roast position</td>
</tr>
<tr>
<td>Half</td>
<td>300°</td>
<td>25-30</td>
<td></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>350°</td>
<td>30-35</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>3½ to 4½ pounds</td>
<td>350°</td>
<td>25-30</td>
<td></td>
</tr>
<tr>
<td>4½ to 6 pounds</td>
<td>350°</td>
<td>30-35</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>375°</td>
<td>10 minutes additional per pound</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>2 to 4 pounds</td>
<td>375°</td>
<td>5 minutes additional per pound</td>
<td></td>
</tr>
<tr>
<td>Over 4 pounds</td>
<td>375°</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Guarantee

All electrical equipment manufactured by the National Enameling and Stamping Company, with the exception of cord sets, porcelain enameled pans and parts, and time clocks, are guaranteed against defects in workmanship and material for a period of one year from date of purchase by the original user, provided it is used on the voltage circuits marked in the nameplate.

This guarantee is void if the unit is at any time immersed in water, or if an Automatic Roaster or Casserole is connected to Direct Current.

The Company agrees to repair or replace any defective parts under the guarantee which may develop under normal use, such repairs or replacements to be made at one of our authorized Service Stations. Correction of such defect by repair or replacement shall constitute a fulfillment of all obligation of the Company.