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YOU’LL ENJOY YOUR NESCO PRESSURE PAN

The same careful research, testing and manufacturing methods that made NESCO nationally famous for finer housewares have been used in the development of your NESCO Pressure Pan. Not until we were positive that it was the safest, simplest and easiest-to-use pressure pan that it was possible to make was the NESCO Pressure Pan offered to you.

You’ll soon discover that using this amazing pressure pan gives you added leisure from the kitchen, offers tremendous savings in fuel and food costs—and best of all enables you to offer your family menus that are delicious, colorful, and full of nature’s most important vitamins and minerals.

The exclusive design of the pressure weight on your NESCO Pressure Pan makes cooking so easy. There’s no troublesome watching of arrows for the NESCO pressure weight maintains a constant pressure. Then too, the smoothly streamlined weight won’t catch on sleeves or get in the way during cooking—and its low center of gravity enables it to sit firmly on the pan at all times and not wobble or fall off when the pan is moved or carried.

The principle of pressure cooking completely revolutionizes old fashioned ideas about the length of time required to cook foods. In many cases as much as 66% less time is required when food is cooked in a NESCO Pressure Pan. The saving in fuel is comparatively great and results in substantially reduced fuel costs over a period of time.

The short cooking time and the small amount of water used in pressure cooking keeps the precious vitamins and minerals from being cooked out or destroyed, and the absence of air enables foods to retain their natural flavor and color.

The cooking of meats in your pressure pan results not only in a time saving, but also in the tenderizing of many of the cheaper cuts of meat.

Use your NESCO Pressure Pan often—follow all directions carefully—give it the same care that you would give any fine item of kitchen equipment—and before long you will rate your pressure cooker the most useful and most versatile cooking accessory you’ve ever owned.

Betty Ware Browning
DIRECTOR OF HOME ECONOMICS
THE USE AND CARE OF YOUR PRESSURE PAN

THE PARTS

PRESSURE WEIGHT is scientifically made to maintain 10 or 15 pounds pressure within the pan during cooking.

PRESSURE RELEASE DISC will release steam if pan is overheated or safe pressure is exceeded. Easy to replace.

THE FLIP-OVER PRESSURE CONTROL allows the use of only one pressure weight to maintain either the 10 or 15 lbs. pressure. The amount of pressure is labeled on the control for convenience in use. The number on the top side of the control indicates the pounds of pressure inside the pan.

STEAM VENT should always be kept clean. Clean with wire cleaner if necessary. Before using the pan, check vent for cleanliness and correct position of the pressure control.

COVER ARROWS to be used when putting on or taking off cover.

GASKET is designed to insure proper sealing and is made of a special formula—odorless, tasteless—always holds its shape—never needs stretching.

RACK is to be used with the pressure pan only when the recipe indicates it is necessary.

INSTRUCTIONS

FOR CLOSING THE NESCO PRESSURE PAN

To close the cover, place cover on pan so that the arrow on the cover and the arrow on the pan handle line up. Then press DOWN on the cover opposite the handles with your left hand and press down and turn the cover handle to the left with your right hand. When the two handles are exactly parallel the cover is closed and locked. It will be necessary to press down on the cover firmly only until the gasket has been used in actual cooking for a period of time, after which time the cover will go on smoothly and easily.
PLACING OF PRESSURE WEIGHT

Put the pressure pan over high heat without pressure weight on steam vent. Be sure the flip-over pressure control indicates the correct pressure for the food being prepared. Allow water to heat until the first wisp of steam from the vent indicates that air has been expelled from the pan. THEN place pressure weight on steam vent.

TIMING FOOD

Keep on high heat until the pressure weight begins to jiggle and hiss. Then decrease heat until the pressure weight jiggles only slightly. Begin counting recipe time at this point. Pressure weight should continue to jiggle slightly during entire cooking period.

COOLING PAN

After food has been cooked for the required time, remove pan from heat. If the recipe calls for quick cooling (all recipes requiring quick cooling are marked with an asterisk*) place pan under cold water tap or in a pan of cold water for about one minute. If the recipe does not call for quick cooling, let pan cool gradually for several minutes. Never remove weight while pressure remains in pan. Do not let water run over the rubber release disc on the cover.

REMOVING THE COVER

NEVER TAKE OFF COVER WITHOUT FIRST REMOVING PRESSURE WEIGHT.

To open the NESCO pressure pan turn cover handle to the right until the arrow on the cover and the arrow on the pan handle line up perfectly. Do not force the cover open. Lift off cover by tilting the far side up and lowering the cover handle.

Do not keep your face or hands above the contents of the pan while removing the cover.
GENERAL INSTRUCTIONS

1. Wash pan, cover and all parts including the gasket in hot soapy water before using the pan for cooking. Rinse well with scalding water.

2. Follow all instructions pertaining to the amount of water to be added exactly as given.

3. Be sure the flip-over pressure control is in correct position. The amount of pressure desired should be indicated on the "up side" of the control. Generally 10 lbs. of pressure is used for the canning of meats and vegetables, while the 15 lbs. of pressure is used for the cooking of all types of foods. Check your time-table or recipe for the correct amount of pressure to avoid a failure.

4. Do not allow excessive steam to escape from vent before placing the pressure weight on the vent hole. If you allow too much steam to escape you may decrease the water supply in the pan and there will not be enough water left in the pan to cook the food without scorching.

5. After the pressure weight begins to jiggle and hiss, decrease your flame so that the pressure weight jiggles only slightly. This will save fuel and at the same time will prevent an excessive loss of steam. It may be necessary to decrease the heat several times during the cooking period because the longer the food cooks the less heat is required to maintain the pressure.

6. The time tables included are to guide you. The exact time required to cook meats and vegetables will vary slightly depending upon the tenderness, maturity and the quality of the foods being cooked. Personal pref-
erence and experience will help you decide on the best cooking times.

7. When "quick cooling" the pan under the faucet, do not let water run over the pressure release disc in the cover. When cooling the pan in a pan of cool water, do not submerge the pan in the water—merely touch the bottom of the pan to the water.

YOUR NESCO PRESSURE PAN AS A STERILIZER

In using your NESCO Pressure Pan for sterilizing, you will not only increase the value received from this utensil, but also it will eliminate the necessity of an investment in another utensil. The Pressure Pan will sterilize juicers, strainers, can openers, silver, cutlery and small utensils and tools, as well as baby bottles and nipples.

DIRECTIONS FOR STERILIZING IN THE NESCO PRESSURE PAN

Thoroughly wash and rinse the pressure pan and the articles to be sterilized. Place all the articles on the rack (nipples should be placed in a glass covered jar). Add 1 cup of water to the pan. Cover and expel the air. When pressure has reached 15 pounds, process for 15 minutes. Remove from heat and allow to cool gradually. If the articles sterilized are not to be used immediately, they may be stored in the pan. When storing in this manner, care must be taken that the weight is not removed until the pan is to be opened and the articles used.

YOUR NESCO PRESSURE PAN AS A CANNER

While the NESCO pressure pan is designed primarily for cooking, it is especially suited for the canning of small amounts of meats and vegetables. Complete directions and time tables for the canning of meats and vegetables will be found in the canning section of this booklet.

For the canning of tomatoes and fruits, we recommend the use of a NESCO Water-Bath Canner. This canner is suitable for the canning of large quantities of acid foods that can be processed safely by this method.
DO’S AND DON'TS

1. DON’T overload your cooker. Liquids and solid foods should never come up more than two-thirds of the depth of pan. Roasts, chickens, etc., should not be high enough to block the steam vent or safety disc.

2. DON’T pour cold water into pan when it is hot and dry.

3. DON’T store pressure pan with cover sealed on. Always invert cover before putting it away.

4. DON’T remove cover until pressure has been released as explained in paragraph 3, page 5.

5. DON’T ever place the cover and gasket on a hot stove top or near an open flame. Excessive heat will ruin the gasket.

6. DON’T nick or dent the edges of the cover or pan. Such nicks or dents might affect the seal and allow steam to escape.

1. DO check the steam vent before placing cover on pan. Be sure it is clean and free from food particles, etc. The handy cleaning rod can be used to clean this tube in case of stoppage.

2. DO keep the edge of the pan and the gasket absolutely clean and free from food or grease so that the seal will be tight.

3. DO be sure that the stove is level and that the pan is placed evenly on the burner. Any tilt of the stove or pan might affect the operation of the pressure weight.

4. DO check to be sure all steam is out of the pan before removing cover. Always remove pressure weight after reducing pressure—before attempting to take off the cover.

5. DO follow all directions and instructions accurately.
Cereals

Bring water to a vigorous boil. Add \( \frac{1}{4} \) teaspoon salt per cup of water. Sprinkle cereal gradually into the water, stirring constantly. Place cover on and bring pressure up on low heat. This prevents cereal from sticking to bottom of pan when full pressure has been reached. Do not allow weight to jiggle very much. Keep just below the jiggle point during the entire cooking period.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Amount of Hot Water</th>
<th>No. of Minutes at 15 Pounds Pressure</th>
<th>Amount of Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn Meal</td>
<td>4 cups</td>
<td>10</td>
<td>1 cup cereal</td>
</tr>
<tr>
<td>Cream of Wheat</td>
<td>3 cups</td>
<td>3</td>
<td>1 cup cereal</td>
</tr>
<tr>
<td>Rolled Oats (Quick Cooking)</td>
<td>2 1/2 cups</td>
<td>3</td>
<td>1 cup cereal</td>
</tr>
<tr>
<td>Rolled Oats (Raw)</td>
<td>2 1/2 cups</td>
<td>20</td>
<td>1 cup cereal</td>
</tr>
<tr>
<td>Ralston</td>
<td>4 cups</td>
<td>8</td>
<td>1 cup cereal</td>
</tr>
<tr>
<td>Whole Wheat (Soak before cooking)</td>
<td>5 cups</td>
<td>25</td>
<td>1 cup cereal</td>
</tr>
<tr>
<td>Malt-O-Meal</td>
<td>3 cups</td>
<td>3</td>
<td>1 cup cereal</td>
</tr>
</tbody>
</table>

Dried Foods

Bring water to a vigorous boil. Add \( \frac{1}{4} \) teaspoon salt per cup of water. Add food and stir, reduce heat and cover, bringing pressure up gradually. Cook required number of minutes. When cover is removed, run hot water over food and drain.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Amount of Water</th>
<th>No. of Minutes at 15 Pounds Pressure</th>
<th>Amount of Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Macaroni*</td>
<td>4 cups</td>
<td>5</td>
<td>4-ounces</td>
</tr>
<tr>
<td>Spaghetti*</td>
<td>4 cups</td>
<td>5</td>
<td>4-ounces</td>
</tr>
<tr>
<td>Rice*</td>
<td>2 1/2 cups</td>
<td>7</td>
<td>1 cup</td>
</tr>
<tr>
<td>Noodles*</td>
<td>3 cups</td>
<td>5</td>
<td>4-ounces</td>
</tr>
</tbody>
</table>

*Requires quick cooling.
Desserts

Your NESCO pressure pan is an efficient steamer. Either individual or single molds that fit the steamer may be used. Molds should be filled only $\frac{2}{3}$ full and should be covered with two thicknesses of waxed paper or aluminum foil tied onto top of mold. Use the amount of water indicated for each recipe. After the required minutes of steaming the pressure weight should be placed on the steam vent so that the proper cooking pressure is built up in the pan. Cooking time is counted after the pressure has reached the point where the pressure weight begins to jiggle. Use rack for all dessert recipes and be sure there is space between the molds and the side of the pan.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Amount of Hot Water</th>
<th>No. of Minutes of Steaming Without</th>
<th>No. of Minutes at 15 Pounds Pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread Pudding*</td>
<td>2 cups</td>
<td>5</td>
<td>15</td>
</tr>
<tr>
<td>Chocolate Pudding*</td>
<td>2 cups</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td>Plum Pudding*</td>
<td>4 cups</td>
<td>30</td>
<td>50</td>
</tr>
<tr>
<td>Boston Brown Bread*</td>
<td>4 cups</td>
<td>30</td>
<td>40</td>
</tr>
</tbody>
</table>

Sauces

When preparing fruit sauces in your NESCO pressure pan, the pan should never be filled more than one-half full. Bring up the pressure over low heat and do not allow the weight to jiggle very much. Quick cool the pan by allowing it to set in cool water for at least five minutes. Remove the weight slowly to be sure all pressure has been released. Do not force the cover open.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Amount of Hot Water</th>
<th>No. of Minutes at 15 Pounds Pressure</th>
<th>Amount of Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Sauce*</td>
<td>$\frac{1}{2}$ cup</td>
<td>2 1/2</td>
<td>2 lbs. apples.</td>
</tr>
<tr>
<td>Rhubarb*</td>
<td>$\frac{1}{3}$ cup</td>
<td>1 1/2</td>
<td>2 lbs. rhubarb.</td>
</tr>
<tr>
<td>Cranberries*</td>
<td>$\frac{1}{4}$ cup</td>
<td>1 1/2</td>
<td>4 cups cranberries.</td>
</tr>
</tbody>
</table>

*Requires quick cooling.
## Fish

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Water Amount of</th>
<th>No. of Minutes at 15 Pounds Pressure</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finnan Haddie*</td>
<td>1/3 cup</td>
<td>6</td>
<td>Place skin side down. When fish is cooked, flake &amp; discard skin.</td>
</tr>
<tr>
<td>Lobster* 1 lb.</td>
<td>2 cups salted water</td>
<td>8</td>
<td>Plunge lobster into boiling water to cover, then place on rack in cooker with 2 cups boiling salted water. When cooked dip immediately in cold water—then crack.</td>
</tr>
<tr>
<td>Shrimp (Raw)*</td>
<td>3 cups</td>
<td>8</td>
<td>1 tsp. salt, 1/2 slice lemon, couple stalks celery. When cooked, drain, remove skins and black vein.</td>
</tr>
</tbody>
</table>

## Fruits

Dried fruits are cooked in just a few minutes when soaked over night. Use the amount of water specified on the chart. Use water in which the fruit was soaked for the cooking.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Amount of Water</th>
<th>No. of Minutes at 15 Pounds Pressure</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples*</td>
<td>2 cups</td>
<td>2</td>
<td>Soaked over night</td>
</tr>
<tr>
<td>Apricots*</td>
<td>2 cups</td>
<td>2 1/2</td>
<td>Soaked over night</td>
</tr>
<tr>
<td>Apricots*</td>
<td>2 cups</td>
<td>5</td>
<td>Not soaked</td>
</tr>
<tr>
<td>Figs* (Dry)</td>
<td>Bring to boil before placing cover on cooker</td>
<td>35</td>
<td>Not soaked</td>
</tr>
<tr>
<td>Peaches*</td>
<td>2 1/2 cups</td>
<td>3</td>
<td>Soaked over night</td>
</tr>
<tr>
<td>Pears*</td>
<td>2 1/2 cups</td>
<td>3</td>
<td>Soaked over night</td>
</tr>
<tr>
<td>Prunes*</td>
<td>2 cups</td>
<td>3</td>
<td>Soaked over night</td>
</tr>
<tr>
<td>Prunes*</td>
<td>1 cup</td>
<td>If not soaked cook small size 6 minutes, large size 8 to 10 minutes</td>
<td>Not soaked</td>
</tr>
<tr>
<td>Raisins*</td>
<td>1 cup</td>
<td>3</td>
<td>Not soaked</td>
</tr>
</tbody>
</table>

*Requires quick cooling.
**Soups and Chowders**

The NESCO pressure pan offers a quick easy method of preparing healthful and economical soups and chowders.

Since there is no evaporation when making soups this way, seasoning can be reduced to a minimum.

For concentrated soups use only one half the amount of liquid called for in the table. When ready to serve, dilute with water or milk. Never fill the pan more than two-thirds full of liquid and be sure no bones or pieces of food are touching the cover. Test to be sure that pressure has dropped by tilting weight gently.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Amount of Water</th>
<th>No. of Minutes at 15 Pounds Pressure</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bean Soup</td>
<td>6 cups</td>
<td>40</td>
<td>1 cup beans not soaked.</td>
</tr>
<tr>
<td>Chicken</td>
<td>2 qts.</td>
<td>20-25</td>
<td>3 to 4 lb. chicken.</td>
</tr>
<tr>
<td>Lentil</td>
<td>2 qts.</td>
<td>20</td>
<td>2 cups.</td>
</tr>
<tr>
<td>Split Pea Soup</td>
<td>5 cups</td>
<td>15</td>
<td>2 cups.</td>
</tr>
<tr>
<td>(do not soak)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetable</td>
<td>1 1/2 qts.</td>
<td>40</td>
<td>3 cups vegetables —3 to 4 lbs. meat.</td>
</tr>
<tr>
<td>Soup Stock</td>
<td>2 qts.</td>
<td>30</td>
<td>2 to 3 lbs. meat.</td>
</tr>
<tr>
<td>Chili ConCarne</td>
<td>2 1/2 cups</td>
<td>8</td>
<td>Use cooked beans.</td>
</tr>
<tr>
<td>Fish Chowder</td>
<td>1 cup</td>
<td>5</td>
<td>Use standard recipe.</td>
</tr>
<tr>
<td>French Onion Soup</td>
<td>4 cups</td>
<td>1</td>
<td>See page 27.</td>
</tr>
</tbody>
</table>

*Requires quick cooling.*
Meats

You may use any of your favorite meat recipes. All meats, unless recipe specifies otherwise, are thoroughly browned on all sides. This may be done in the pan or frying pan. Season after browning. Use rack for roasts—for other meats no rack is used. The time chart will show the amount of water used and is sufficient for any quantity of meat. Potatoes and vegetables can be cooked with meat without any intermingling of flavors. Quick cool the pan and add the potatoes and vegetables during the last of the meat cooking period. For example—if meat requires 30 minutes and the vegetable 5 minutes—cook the meat 25 minutes—quick cool pan—add vegetable—bring pressure up to 15 lbs. again—and then cook meat and vegetables together for 5 minutes.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Amount of Hot Water</th>
<th>No. of Minutes at 15 Pounds Pressure</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef—Corned</td>
<td>2 cups</td>
<td>60</td>
<td>Soak 3 to 4 lbs. in cold water one hour. Drain.</td>
</tr>
<tr>
<td>Beef Hearts—Stuffed</td>
<td>1 cup</td>
<td>60</td>
<td>Soak in salted water 1/2 hour. Drain.</td>
</tr>
<tr>
<td>Beef—Pot Roast (3 to 4 lbs.) Rolled, Chuck or Rump</td>
<td>1/2 cup</td>
<td>Rare 6 to 8 minutes per pound (Med. 8 to 10, Well 12 to 14)</td>
<td></td>
</tr>
<tr>
<td>Beef—Short Ribs</td>
<td>1/2 cup</td>
<td>30</td>
<td>Brown, add vegetables last 8 mins.</td>
</tr>
<tr>
<td>Beef—Stew</td>
<td>1 1/2 cups</td>
<td>20</td>
<td>Vegetables added last 8 mins.</td>
</tr>
<tr>
<td>Beef—Swiss Steak</td>
<td>1/2 cup</td>
<td>20</td>
<td>1 1/2 to 2 lbs.</td>
</tr>
<tr>
<td>Beef Tongue—Fresh</td>
<td>2 cups</td>
<td>50</td>
<td>Add 1 tsp. salt to water.</td>
</tr>
<tr>
<td>Beef Tongue—Smoked</td>
<td>2 cups</td>
<td>60</td>
<td>Soak 2 hours in cold water.</td>
</tr>
<tr>
<td>Chicken—Fricasse</td>
<td>2 cups</td>
<td>25</td>
<td>3 to 4 lbs. Cut into servings.</td>
</tr>
<tr>
<td>Chicken—Stew</td>
<td>2 cups</td>
<td>20 to 25</td>
<td>Vegetables added last 8 mins.</td>
</tr>
</tbody>
</table>

*Requires quick cooling.
### Meats (Continued)

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Amount of Hot Water</th>
<th>No. of Minutes at 15 Pounds Pressure</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham—Picnic</td>
<td>2 cups</td>
<td>35</td>
<td>4 to 5 lbs. Soak 2 hrs. in cold water.</td>
</tr>
<tr>
<td>Ham Loaf</td>
<td>1 cup</td>
<td>20</td>
<td>Brown — spread sauce over meat.</td>
</tr>
<tr>
<td>Ham Shanks</td>
<td>2 cups</td>
<td>30</td>
<td>Add vegetables last 8 mins.</td>
</tr>
<tr>
<td>Lamb Pot Roast</td>
<td>1/2 cup</td>
<td>35</td>
<td>3 lbs.</td>
</tr>
<tr>
<td>Lamb Stew*</td>
<td>1 1/2 cups</td>
<td>20</td>
<td>Brown meat. Add vegetables.</td>
</tr>
<tr>
<td>Meat Balls—Porcupine</td>
<td>1/2 cup</td>
<td>15</td>
<td>Brown on all sides.</td>
</tr>
<tr>
<td>Meat Loaf</td>
<td>1/2 cup</td>
<td>20</td>
<td>Brown on all sides and.wrap in wax paper. See recipe page 25.</td>
</tr>
<tr>
<td>Pork Chops</td>
<td>1/3 cup</td>
<td>10</td>
<td>Cut 1 inch thick. Brown on both sides.</td>
</tr>
<tr>
<td>Pork Loin Roast</td>
<td>1/3 cup</td>
<td>12 to 14 mins. per lb.</td>
<td>Brown on all sides.</td>
</tr>
<tr>
<td>Spare Ribs—Barbecued</td>
<td>1 cup</td>
<td>15</td>
<td>Add 1 can tomato soup.</td>
</tr>
<tr>
<td>Spare Ribs*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Brown or Cooked with Sauerkraut</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Veal Chops</td>
<td>1/3 cup</td>
<td>10</td>
<td>Cut 1 inch thick. Brown.</td>
</tr>
<tr>
<td>Veal Birds*</td>
<td>1/2 cup</td>
<td>12</td>
<td>Brown on all sides.</td>
</tr>
<tr>
<td>Veal Stew*</td>
<td>1 cup</td>
<td>15</td>
<td>Add vegetables.</td>
</tr>
<tr>
<td>Veal Roast—Boned</td>
<td>1/2 cup</td>
<td>10 to 12 mins. per lb.</td>
<td>3 to 4 lbs.</td>
</tr>
<tr>
<td>Chop Suey—Veal*</td>
<td>1/2 cup</td>
<td>8</td>
<td>1 1/2 to 2 lbs. veal cubed. Add vegetables after 5 mins. Cook 3 mins. longer. 1/2 lb. each — beef, pork and veal. Add vegetables, cook 3 mins. more. Cool instantly. Open — add sprouts, mushrooms and cook in open kettle about 5 minutes.</td>
</tr>
<tr>
<td>Chow Mein*</td>
<td>1 cup</td>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>

*Requires quick cooling.
**Fresh Vegetables**

Vegetables requiring the same cooking time may be cooked together. The amount of water shown on chart should be used regardless of the quantity of vegetables to be cooked. Use rack for all large vegetables.

*Reduce pressure instantly after cooking time on all vegetables except potatoes.*

Season before cooking. (You will need less seasoning cooking vegetables in a pressure pan.)

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Amount of Hot Water</th>
<th>No. of Minutes at 15 Pounds Pressure</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus*</td>
<td>1/3 cup</td>
<td>2</td>
<td>Wash, remove tough portions.</td>
</tr>
<tr>
<td>Artichokes*</td>
<td>1/2 cup</td>
<td>10</td>
<td>Cut off tops, tie ends to hold shape.</td>
</tr>
<tr>
<td>Beans, wax &amp; green*</td>
<td>1/3 cup</td>
<td>2 1/2</td>
<td>Cut one-half inch length.</td>
</tr>
<tr>
<td>Beans, Lima*</td>
<td>1/3 cup</td>
<td>1 1/2</td>
<td>Wash.</td>
</tr>
<tr>
<td>Beets (Sliced) *</td>
<td>1/2 cup</td>
<td>8</td>
<td>Wash, slice.</td>
</tr>
<tr>
<td>Beets (Small, whole) *</td>
<td>1/2 cup</td>
<td>10</td>
<td>Wash.</td>
</tr>
<tr>
<td>Broccoli*</td>
<td>1/3 cup</td>
<td>1 1/2</td>
<td>Remove tough portion, cut into serving pieces. Split stem ends.</td>
</tr>
<tr>
<td>Brussel Sprouts*</td>
<td>1/4 cup</td>
<td>1 1/2</td>
<td>Remove wilted leaves.</td>
</tr>
<tr>
<td>Cabbage*</td>
<td>1/3 cup</td>
<td>2 1/2</td>
<td>Cut in quarters.</td>
</tr>
<tr>
<td>Carrots (sliced) *</td>
<td>1/4 cup</td>
<td>1 1/2</td>
<td>Scrape and slice.</td>
</tr>
<tr>
<td>Carrots (whole) *</td>
<td>1/4 cup</td>
<td>2 1/2</td>
<td>Scrape.</td>
</tr>
<tr>
<td>Cauliflower*</td>
<td>1/3 cup</td>
<td>1 1/2</td>
<td>Wash, separate into flowers.</td>
</tr>
<tr>
<td>Cauliflower (whole) *</td>
<td>1/2 cup</td>
<td>8</td>
<td>Let stand in cold water 1/2 hour. Add teaspoon salt.</td>
</tr>
</tbody>
</table>

*Requires quick cooling.*
# Fresh Vegetables (Continued)

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Amount of Hot Water</th>
<th>No. of Minutes at 15 Pounds Pressure</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Celery*</td>
<td>¼ cup</td>
<td>2</td>
<td>Scrub, dice.</td>
</tr>
<tr>
<td>Corn—on cob*</td>
<td>½ cup</td>
<td>4</td>
<td>Remove husk.</td>
</tr>
<tr>
<td>Egg Plant*</td>
<td>¼ cup</td>
<td>4</td>
<td>Cut into ¼ inch slices.</td>
</tr>
<tr>
<td>Kohlrabi*</td>
<td>¼ cup</td>
<td>3</td>
<td>Peel and slice.</td>
</tr>
<tr>
<td>Mushrooms*</td>
<td>½ cup</td>
<td>1</td>
<td>Wash, slice.</td>
</tr>
<tr>
<td>Okra*</td>
<td>¼ cup</td>
<td>3</td>
<td>Wash, cut into ½ inch pieces.</td>
</tr>
<tr>
<td>Onions (small)*</td>
<td>½ cup</td>
<td>8</td>
<td>Peel.</td>
</tr>
<tr>
<td>Parsnips (small)*</td>
<td>½ cup</td>
<td>7</td>
<td>Scrape — cut into halves.</td>
</tr>
<tr>
<td>Peas*</td>
<td>¼ cup</td>
<td>½</td>
<td>Shell.</td>
</tr>
<tr>
<td>Potatoes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Small—whole</td>
<td>⅓ cup</td>
<td>6</td>
<td>Peel or not, as desired.</td>
</tr>
<tr>
<td>Medium—whole</td>
<td>½ cup</td>
<td>8</td>
<td>Peel or not, as desired.</td>
</tr>
<tr>
<td>Large</td>
<td>½ cup</td>
<td>10</td>
<td>Cut into halves.</td>
</tr>
<tr>
<td>Potatoes—Sweet Halves</td>
<td>½ cup</td>
<td>8</td>
<td>Peel or not, as desired.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Cut into three inch pieces.</td>
</tr>
<tr>
<td>Pumpkin*</td>
<td>½ cup</td>
<td>7</td>
<td>Cube or slice.</td>
</tr>
<tr>
<td>Rutabagas*</td>
<td>⅓ cup</td>
<td>6</td>
<td>Wash, remove stems, drain.</td>
</tr>
<tr>
<td>Spinach*</td>
<td>¼ cup</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Squash—Summer*</td>
<td>¼ cup</td>
<td>3</td>
<td>Do not peel, cut into one inch slices.</td>
</tr>
<tr>
<td>Winter*</td>
<td>¼ cup</td>
<td>6</td>
<td>Do not peel, cut into three inch slices.</td>
</tr>
<tr>
<td>Tomatoes*</td>
<td>¼ cup</td>
<td>¾</td>
<td>Wash, cut into quarters.</td>
</tr>
</tbody>
</table>

*Requires quick cooling.
Frozen Vegetables

Your NESCO Pressure Pan cooks **frozen vegetables** more quickly than fresh ones, with exception of vegetables not defrosted. It requires about twice as long to cook vegetables not defrosted. Always separate vegetables before cooking them.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Amount of Hot Water</th>
<th>No. of Minutes at 15 Pounds Pressure</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus*</td>
<td>1/4 cup</td>
<td>1</td>
<td>Separate stalks.</td>
</tr>
<tr>
<td>Beans—French cut*</td>
<td>1/4 cup</td>
<td>1/2</td>
<td>pieces.</td>
</tr>
<tr>
<td>Beans—Green or Wax*</td>
<td>1/4 cup</td>
<td>1</td>
<td>Separate.</td>
</tr>
<tr>
<td>Beans, Baby Lima*</td>
<td>1/4 cup</td>
<td>3/4</td>
<td>Separate.</td>
</tr>
<tr>
<td>Beans, Large Lima*</td>
<td>1/4 cup</td>
<td>2</td>
<td>Separate.</td>
</tr>
<tr>
<td>Broccoli*</td>
<td>1/4 cup</td>
<td>1</td>
<td>Separate.</td>
</tr>
<tr>
<td>Brussel Sprouts*</td>
<td>1/4 cup</td>
<td>1</td>
<td>Separate.</td>
</tr>
<tr>
<td>Carrots and Peas*</td>
<td>1/4 cup</td>
<td>3/4</td>
<td>Separate.</td>
</tr>
<tr>
<td>Cauliflower*</td>
<td>1/4 cup</td>
<td>3/4</td>
<td>Separate.</td>
</tr>
<tr>
<td>Corn, Whole Kernel*</td>
<td>1/4 cup</td>
<td>1</td>
<td>Let stand in room temperature before cooking.</td>
</tr>
<tr>
<td>Peas*</td>
<td>1/4 cup</td>
<td>1/2</td>
<td>Separate.</td>
</tr>
<tr>
<td>Spinach*</td>
<td>1/4 cup</td>
<td>1/2</td>
<td>Separate.</td>
</tr>
</tbody>
</table>

Dried Vegetables

All **dried vegetables** (except split peas) are more desirable when soaked over night in water to cover. Dried foods are to be started on low heat. This prevents foam (which forms when these foods are cooked) from clogging steam vent. When cooking dried foods, soups or cereals do not allow pressure weight to continue to jiggle, turn heat down so that it is just below that point.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Amount of Water</th>
<th>No. of Minutes at 15 Pounds Pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans (small)</td>
<td>To cover</td>
<td>20</td>
</tr>
<tr>
<td>Beans, Kidney</td>
<td>To cover</td>
<td>20</td>
</tr>
<tr>
<td>Beans (Large Northern)</td>
<td>To cover</td>
<td>30</td>
</tr>
<tr>
<td>Beans, Lima (small)</td>
<td>To cover</td>
<td>20</td>
</tr>
<tr>
<td>Beans, Lima (large)</td>
<td>To cover</td>
<td>30</td>
</tr>
<tr>
<td>Peas, Split</td>
<td>To cover</td>
<td>15</td>
</tr>
<tr>
<td>Peas, Whole</td>
<td>To cover</td>
<td>20</td>
</tr>
<tr>
<td>Lentil</td>
<td>To cover</td>
<td>20</td>
</tr>
</tbody>
</table>

*Requires quick cooling.
Tapioca Pudding
(6 Servings)

4 cups milk  
1/2 cup quick tapioca  
2 eggs  
1/2 cup sugar  
1/2 teaspoon salt  
1 teaspoon vanilla

Heat milk gradually to the boiling point. Skim. Stir in tapioca slowly and continue stirring until the mixture reaches the boiling point. Cover and expel air. Cook at 10 lbs. pressure for 5 minutes. Separate eggs and beat the yolks. Add sugar, salt and vanilla to the yolks. Reduce pressure quickly with cool water. Stir in egg mixture. Heat slowly for five minutes. Remove from heat. Cool slightly. Fold in egg whites that have been beaten until they form a soft peak. Chill before serving.

Bread Pudding
(4-6 servings)

2 cups bread cubes  
1/2 cup melted butter or margarine  
2 cups scalded milk  
1/2 cup sugar  
2 eggs, slightly beaten  
1/2 teaspoon salt  
1 teaspoon vanilla  
2 cups water

Soak bread cubes in milk and allow to cool. Add eggs, sugar, butter or margarine, salt, and vanilla. Pour in greased pudding dish, cover with 2 thicknesses of waxed paper, and place in Pan with water. Cover and steam without pressure weight for 5 minutes. Then cook at 15 lbs. pressure for 15 minutes. Reduce pressure quickly with cool water. (1/2 cup chopped dates or nut meats can be added for variation.)

Plum Pudding
(4-6 servings)

1/2 cup ground suet  
1/2 cup brown sugar, firmly packed  
1/4 cup milk  
1 egg, well beaten  
1/2 cup raisins  
3/4 cup currants  
1/3 cup candied lemon peel  
1/4 cup chopped walnut meats  
1/2 cup sifted flour  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/2 cup bread crumbs  
4 cups water

Mix together the suet, brown sugar, and milk. Add the egg. Mix the fruit with 1 tablespoon of the flour. Sift the remaining flour, soda, salt, and spices together. Add fruit mixture, sifted dry ingredients, and bread crumbs to suet mixture. Mix well. Turn into greased pudding mold and cover with 2 thicknesses of waxed paper. Place in Pan with water. Cover and steam for 30 minutes without pressure weight. Then cook at 15 lbs. pressure for 50 minutes. Reduce pressure with cool water.
Recipes—Desserts

Steamed Chocolate Pudding

(4-6 servings)

- 3 tablespoons butter
- 2/3 cup sugar
- 1 egg, well beaten
- 2 1/4 cups sifted flour
- 4 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup milk
- 1 teaspoon vanilla
- 2 1/2 oz. (2 1/2 squares) unsweetened chocolate, melted
- 2 cups water

Cream butter, add sugar gradually and continue creaming. Add the egg. Sift together the flour, baking powder, and salt. Combine milk and vanilla and add alternately with the dry ingredients to the creamed mixture. Stir in the melted chocolate. Place in well greased pudding molds, filling only 2/3 full. Cover with 2 thicknesses of waxed paper. Place in Pan with water, cover, and steam without pressure weight for 30 minutes. Then cook at 15 lbs. pressure for 30 minutes. Reduce pressure quickly with cool water.

Cup Custards

(4-6 Servings)

- 3 cups milk
- 4 eggs
- 1/3 cup sugar
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 1/2 cup water

Scald the milk. Beat the eggs slightly, add sugar and salt. Add the milk slowly to the egg mixture, stirring while adding. Add vanilla. Strain into greased custard cups and cover with two thicknesses of wax paper. Fasten wax paper with string or rubber band. Place in pressure pan with water and expel air. Cook at 10 lbs. pressure for 3 minutes. Remove from heat and reduce pressure gradually. Cool custards before serving.

Dried Fruit Compote

- 1 lb. large size prunes
- 2 1/2 cups water
- 1/3 cup sugar
- 1/2 lb. dried apricots

Place prunes, water and sugar in Pan, cover, expel the air, and cook at pressure for 5 minutes. Reduce pressure quickly. Add apricots and cook at 15 lbs. pressure for 5 more minutes. Reduce pressure with cool water. Chill and serve for dessert or as a breakfast fruit.
Recipes—Vegetables

Vegetable Plate

- 1/2 lb. green beans, cut in 1/2" pieces
- 1 small head cauliflower, cut in flowerettes
- 1 bunch asparagus
- 1/3 cup water
- 1 teaspoon salt

Prepare beans, cauliflower, and asparagus for cooking. Place in Pan on rack, keeping all of one vegetable together. Add the water and salt. Cover, expel the air, and cook at 15 lbs. pressure for 3 minutes. Reduce pressure quickly with cold water. Serve with melted butter.

NOTE: Any combination of two or three vegetables that require the same cooking time may be prepared in the above manner. It is advisable to avoid cooking beets in combination since they are apt to color the water and other vegetables.

Harvard Beets

(4-6 servings)

- 2 bunches medium-size beets
- 1/2 cup water
- 1/4 teaspoon salt
- 1 tablespoon cornstarch
- 1/3 cup sugar
- 1/2 teaspoon salt
- 1/2 cup vinegar

Cut tops off beets and scrub. Place in Pan with water and 1/4 teaspoon salt. Cover, expel the air, and cook at 15 lbs. pressure for 10 minutes. Reduce pressure with cool water. Peel and slice the beets. While beets are cooking, combine cornstarch, sugar, salt and vinegar in top of double boiler and cook over boiling water until clear and thick. Add the beets and any beet liquor remaining in the Pan. Heat thoroughly and serve.

Baked Beans

(4-6 servings)

- 2 cups dried beans
- 1/4 lb. salt pork
- 1 medium onion
- 1 1/2 tablespoons dry mustard
- 2 tablespoons catsup
- 1/4 cup molasses
- 1/2 cup brown sugar
- 1 teaspoon salt
- 2 cups water

Soak beans overnight in water to cover. Brown the salt pork in the Pan. Drain beans, reserving the liquid; place beans in Pan with the onion, mustard, catsup, molasses, brown sugar and salt. Add 2 cups of the water the beans were soaked in. Cover the Pan, expel the air, and cook at 15 lbs. pressure for 30 minutes. Reduce pressure gradually. Remove onion. Serve steaming hot.
Recipes—Vegetables

Pickled Beets

- 2 cups sliced beets
- ½ cup water
- ½ cup vinegar
- 1 tablespoon brown sugar

½ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon cloves
½ cup beet liquor or water

Wash and slice beets. Place in pan with water. Cover, expel the air and cook at 15 lbs. pressure for 8 minutes. Reduce pressure with cool water. Place beets in jar or covered dish. Combine vinegar, brown sugar, salt, cinnamon, cloves and beet liquor. Heat to boiling and pour over beets. Allow to stand at least six hours. These beets may be canned if desired.

Glazed Sweet Potatoes

(4-6 servings)

- 6 medium-size sweet potatoes
- ½ cup water

½ teaspoon salt
½ cup butter or margarine
⅓ cup brown sugar

Scrub the potatoes thoroughly. Place in Pan with water and salt. Cover, expel the air, and cook at 15 lbs. pressure for 10 minutes. Reduce pressure gradually. Peel and cut in halves. Melt the butter or margarine in large skillet. Add the sugar and blend. Add the sweet potatoes and glaze for 5 minutes on each side. Serve with individual ham loaves.

Julienne Vegetables

Wash and pare or trim the vegetables. Slice into long thin strips resembling a match. Place in pan with ¼ cup boiling water and ¼ teaspoon salt. Cover and expel air. Cook at 15 lbs. pressure for 3 minutes. Reduce pressure quickly with cool water. Vegetables suitable for julienne are carrots, celery, green beans, green pepper, beets and turnips. These vegetables may be prepared separately or in a combination.
Recipes—Meats

Beef Pot Roast  (4-6 servings)
- 2 tablespoons fat
- 3 lb. round, rump or chuck of beef
- 1/2 cup water
- 1/2 teaspoon Worchester Sauce
- 1 teaspoon salt
- 4-6 small whole onions
- 4-6 small whole potatoes, pared
- 4-6 small whole carrots, pared
- 2 tablespoons flour

Melt the fat in the Pan. Add the meat and brown well on all sides. Place meat on rack, add water, Worchester Sauce and salt. Cover, expel the air and cook at 15 lbs. pressure for 20 minutes. Reduce pressure with cold water. Add onions and potatoes and cook at 15 lbs. pressure for 7 minutes. Cool quickly again, and add carrots. Cook at 15 lbs. pressure for 3 minutes. Reduce pressure rapidly, remove the meat and vegetables to serving dish. Thicken gravy with flour mixed with 1/4 cup cold water.

Chicken Creole  (4-6 servings)
- 3-4 lbs. chicken, cut up
- 1/3 cup flour
- 1/2 teaspoon salt
- 4 tablespoons fat
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 No. 2 can tomatoes
- 1/2 teaspoon pepper
- 6 small onions
- 2 green peppers, cut in strips

Wash the chicken thoroughly. Dip each piece in flour combined with salt. Melt the fat in Pan and brown the chicken. Arrange chicken in pan. Add the sugar, salt, pepper and tomatoes. Cover, expel the air and cook at 15 lbs. pressure for 10 minutes. Reduce pressure with cool water and add vegetables. Cover and cook at 15 lbs. pressure for 5 more minutes. Allow pressure to reduce gradually.

Chicken with Dumplings  (4-6 servings)
- 3-4 lb. chicken, cut-up
- 2 celery stalks
- 1 medium onion
- 1 bay leaf
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups water
- 1 cup sifted flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 tablespoons chopped parsley
- 2 tablespoons shortening
- 1/2 cup milk

Wash the chicken thoroughly. Place in Pan with celery, onion, bay leaf, seasonings and water. Cover, expel the air, and cook at 15 lbs. pressure for 20 minutes. Allow pressure to reduce gradually. While chicken is cooking, sift together the flour, baking powder and salt. Add the parsley. Cut in shortening until the consistency of coarse corn meal. Add the milk, stirring with a fork. When chicken is cooked, remove the celery stalks, onion and bayleaf. Thicken the gravy. Drop dumplings on top of stew from the tip of a tablespoon. (Drop onto a piece of chicken). Place cover on Pan and steam without pressure weight for 12-15 minutes. DO NOT REMOVE COVER DURING THE STEAMING.
Recipes—Meats

**Lamb Stew**  
(4 servings)

- 1 lb. boned lamb shoulder, cut in cubes
- 2 tablespoons flour
- 1 teaspoon salt
- 3 tablespoons fat
- 1/2 cup chopped onion
- 1 1/2 cups of water
- 4 small carrots, pared and cubed

Roll the meat in the flour and salt. Melt the fat in the Pan. Add the meat and onions and brown well. Add the water, cover, expel the air, and cook at 15 lbs. pressure for 15 minutes. Reduce pressure with cold water. Add the vegetables, cover, expel the air, and cook at 15 lbs. pressure for 5 minutes. Reduce pressure quickly. Remove the meat and vegetables to a warm serving dish. Combine flour and cold water to a smooth paste and add to liquid in Pan. Cook until thickened, stirring constantly. Pour over meat and vegetables.

**Barbecued Spareribs**  
(4-6 servings)

- 1 tablespoon fat
- 2 lbs. spareribs
- 1 medium onion, chopped
- 2 tablespoons brown sugar
- 2 tablespoons vinegar
- 1/4 cup catsup
- 1 teaspoon chili powder
- 2 teaspoons salt
- 1/4 teaspoon cayenne pepper
- 1 teaspoon Worchester sauce
- 1 cup water

Melt the fat in the Nesco Pressure Pan, and brown the ribs. Add the onion and brown slightly. Combine remaining ingredients and pour over browned ribs. Cover Pan, expel the air and cook at 15 lbs. pressure for 15 minutes. Reduce pressure gradually. Serve with sauce.

**Individual Ham Loaves**  
(4-6 servings)

- 1 lb. ground ham
- 1/2 lb. ground beef
- 1/4 cup dry bread crumbs
- 1 egg, slightly beaten
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons fat
- 1/2 cup brown sugar
- 2 tablespoons mustard
- 1/3 cup water

Combine the meat, bread crumbs, egg, salt and pepper. (If mixture is dry, add 1/4 cup milk). Form into four or six small loaves. Melt fat in Pan, add the meat and brown well on all sides. Blend together brown sugar and mustard and spread on each loaf. Add water, cover, expel the air and cook at 15 lbs. pressure for 10 minutes. Reduce pressure gradually.

*Note: For variation, use 1/4 cup pineapple juice and 1/4 cup water for the liquid.*
Recipes—Meats

Stuffed Pork Chops  (4 servings)

- 4 loin pork chops, cut 1" thick
- 1 cup bread crumbs
- ¼ cup chopped celery
- 1 medium onion, chopped
- 2 tablespoons chopped parsley
- 2 tablespoons milk
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 3 tablespoons fat
- ⅓ cup hot water
- 1 teaspoon salt

Have the butcher cut a gash or pocket in the side of each chop. Combine bread crumbs, celery, onion, parsley, milk, salt and pepper to make stuffing. Fill the pocket and close the gash with skewers. Melt the fat in the Nesco Pressure Pan, then brown chops on both sides. Add the water and salt, cover, and expel the air. Cook at 15 lbs. pressure for 10 minutes. Reduce pressure gradually. Thicken liquid for gravy.

Veal Birds  (4-6 servings)

- 1 ½ lb. veal steak, cut ½" thick
- 1 ½ cups dry bread cubes
- 1 medium onion, chopped
- 1 teaspoon salt
- ¼ teaspoon pepper
- ⅛ teaspoon marjoram
- ⅓ cup melted butter or margarine
- 4-6 slices bacon
- 2 tablespoons fat
- ¼ cup flour
- ½ teaspoon salt
- ½ cup water

Cut the veal steak into pieces 4 inches by 2 ½ inches. Combine thoroughly the bread cubes, onion, salt, pepper, marjoram and butter or margarine. Place a small amount on each piece of veal and roll. Wrap with slices of bacon and fasten securely with toothpicks or skewers. Melt fat in the Pan. Roll the birds in the flour and ½ tablespoon salt and brown well on all sides in the fat. Add the water, cover, expel the air and cook at 15 lbs. pressure for 12 minutes. Reduce pressure with cold water. Thicken gravy with remaining flour blended with ¼ cup cold water. Serve over birds.

Swiss Steak  (4 Servings)

- 2 lb. round steak about 1 ½" thick
- 2 teaspoons salt
- ¼ teaspoon pepper
- 3 tablespoons flour
- 2 tablespoons fat
- 1 onion, sliced
- 1 cup tomato juice

Mix seasoning into flour. Pound flour mixture into meat on both sides. Melt fat in the pressure pan. Brown meat on both sides in hot fat. Place meat on the trivet. Pour tomato juice over the meat. Add the onion. Cover and expel air. Cook at 10 lbs. pressure for 35 minutes. Reduce pressure quickly with cool water. The remaining liquid may be used to make gravy, if desired.
Recipes—Meats

Spaghetti with Meat Sauce  (4-6 servings)

- 4 cups water
- 1 teaspoon salt
- 4 oz. spaghetti
- 2 tablespoons fat
- 2 medium onions, chopped
- 1 garlic clove, minced
  (if desired)

Bring water and salt to a boil. Drop in the spaghetti. Cover, expel the air, and bring up pressure gradually over low heat. Cook at 15 lbs. pressure for 5 minutes. Reduce pressure with cool water. Drain spaghetti and rinse with hot water. Melt the fat in the Pan. Add the onion and garlic and cook until yellowed. Add meat and brown. Blend in remaining ingredients, then stir in the spaghetti. Heat for 5 minutes. Serve.

Porcupine Meat Balls  (4-6 servings)

- 1 1/2 lb. ground beef
- 1 medium onion, chopped
- 1 tablespoon chopped parsley
- 1 egg, slightly beaten
- 1/2 cup raw rice, washed in cold water
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 small can condensed tomato soup
- 1 tablespoon Worchester-shire Sauce
- 1/2 cup water

Combine meat, onion, parsley, egg, rice, salt and pepper. Shape into balls. Place in Pan with the soup, Worchester-shire Sauce and water. Cover, expel the air and cook at 15 lbs. pressure for 15 minutes. Reduce pressure gradually. Serve with sauce.

Meat Loaf

- 3/4 lb. ground beef
- 1/4 lb. pork sausage
- 1/3 cup dry bread crumbs
- 1/2 cup milk
- 1 egg slightly beaten
- 2 tablespoons grated onion
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 teaspoon sage
- 1 teaspoon prepared mustard
- 1 tablespoon shortening

Melt fat in bottom of pressure pan. Mix all the other ingredients together. Shape into loaf. Brown all sides of loaf in pan. Remove and wrap in two thicknesses of waxpaper. Place rack in pressure pan. Add 1/2 cup water. Cover pan, expel air, and cook 20 minutes at 15 lbs. pressure. Reduce pressure quickly with cool water.
**Recipes—Meats**

**Creamed Kidney**  (4-6 Servings)

- 2 veal kidneys
- 3 tablespoons butter
- ¼ cup water
- ¼ cup sherry
- 1 teaspoon salt
- 4 tablespoons flour
- 1 cup cream

Freeze the kidneys until solid, then shave into thin slices. Melt the butter in the pan. Add the sliced kidneys and brown thoroughly. Add the water, cover, expel the air and cook at 15 lbs. pressure for 5 minutes. Reduce pressure quickly with cool water. Combine the flour with part of the cream to make a smooth paste. Stir this paste into the liquid in the pan. Place on medium heat and stir constantly until sauce has thickened. Gradually add the remaining cream. Bring to a boil and allow to cook two minutes, stirring frequently. Add sherry and bring to the boiling point again. Serve on toast or with noodle ring.

**Shrimp A La Newburg**  (4-6 Servings)

- 2 lbs. raw shrimp
- 1 cup water
- 3 tablespoons butter or margarine
- 3 tablespoons flour
- ¾ teaspoon salt
- ¼ teaspoon dry mustard
- 2 ½ cups top milk
- 3 egg yolks, well beaten

Put the shrimp and water in the Pan. Cover, expel the air, and cook at 15 lbs. pressure for 8 minutes. Reduce pressure with cool water. Remove shell and black vein. Melt the butter or margarine in top of double boiler, add the flour and seasonings and blend thoroughly. Stir in top milk. Heat until slightly thickened. Add fish and heat over boiling water. Blend a little of the hot mixture with the egg yolks, then add to remaining hot mixture. Cook for 2 minutes, stirring constantly. Serve immediately.

**Fish Fillet with Curry Sauce**  (4-6 Servings)

- 2 lbs. fish fillet
- 2 tablespoons vinegar
- 1 teaspoon salt
- 1 cup boiling water
- 2 tablespoons butter or margarine
- 1 tablespoon minced onion
- 1 teaspoon curry powder
- 2 tablespoons flour
- ½ teaspoon salt
- 1 cup milk

Place the fish fillet in the Pan with vinegar, salt and boiling water. Cover, expel the air, and cook at 15 lbs. pressure for 5 minutes. Reduce pressure with cool water. Melt the butter or margarine. Add the onion, curry powder, flour, and salt. Blend thoroughly. Pour in the milk slowly, stirring constantly. Cook and stir until thickened. Place fish on serving platter. Pour sauce over fillets, or serve as an accompaniment.
Recipes—Soups

Lima Bean Soup  (4-6 servings)
1 cup dried lima beans  ½ cup diced celery
6 cups water  1 whole onion
4 tablespoons bacon fat  2 teaspoons salt
1 cup diced carrots  ¼ teaspoon pepper


French Onion Soup  (4-6 servings)
3 tablespoons butter  1 ½ teaspoons salt
4 onions, sliced  Parmesan cheese
4 cups brown soup stock

Melt the butter in the Pan. Add the onions and cook until golden brown. Add the soup stock. Cover Pan, expel the air, and cook at 15 lbs. pressure for 1 minute. Allow pressure to reduce gradually. Serve with croutons and sprinkle top with parmesan cheese.

Split Pea Soup  (4-6 servings)
1 cup dried split peas  1 teaspoon salt
5 cups water  ¼ teaspoon pepper
1 lb. ham shank  1 cup hot milk, cream, or top milk
1 whole onion  1 cup 2" pieces of celery

Place split peas, water, ham, onion, celery and seasonings in Pan. Cover and expel air over low heat. Cook at 15 lbs. pressure for 15 minutes, continuing to use low heat. Allow pressure to reduce gradually. Remove ham bone, onion and pieces of celery. Add milk, cream or top milk, if desired. Cut any meat from the bone, dice and sprinkle on top of each serving.

Vegetable Soup  (2 quarts)
3-4 lbs. soup meat and bone  6 cups cold water
2 tablespoons salt  1 cup diced celery
Sprig of parsley  2 cups tomatoes
Celery leaves  ½ cup green beans
Bay leaf  cut in ½ pieces

Sprinkle the meat with salt, place in Pan with parsley, celery leaves, bay leaf and cold water. Cover, expel the air, and bring up to 15 lbs. pressure. Cook for 30 minutes. Allow pressure to reduce gradually. Remove celery leaves and soup bone. Add remaining vegetables and cook at 15 lbs. pressure for 5 more minutes. Reduce pressure under cold water. Serve steaming hot.

Note: For consomme or brown soup stock omit the diced celery, tomatoes, and green beans.
Chili Con Carne

(4-6 servings)

- 2 tablespoons fat
- 2 medium onions, chopped
- 1 garlic clove, minced
- 1 lb. ground beef
- 1 No. 2 can tomatoes (2 1/2 cups)
- 1 teaspoon sugar

Melt the fat in the pan. Add the onion and garlic and cook until yellowed. Add the meat and brown slightly. Blend in the remaining ingredients. Cover, expel the air, and cook at 15 lbs. pressure for 8 minutes. Reduce pressure gradually. Serve with saltines.

Spanish Rice

(4-6 servings)

- 6 slices bacon, minced
- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 No. 2 can tomatoes (2 1/2 cups)
- 1 cup raw rice

Brown the bacon slightly in the Pan. Add the onion and garlic and cook a few moments. Add the tomatoes, salt, sugar, pepper and paprika and bring to a boil. Wash the rice in cold water. Add to the boiling liquid, cover the Pan, and expel the air. Cook at 15 lbs. pressure for 7 minutes. Reduce pressure with cool water.

Chop Suey

(4-6 servings)

- 2 tablespoons fat
- 1 lb. veal or pork, diced
- 1 green pepper, cut in strips
- 2 medium onions, cut in eighths
- 1 cup 1” pieces celery
- 1 cup bean sprouts
- 1 cup whole mushrooms
- 1 cup chicken broth
- 2 tablespoons soy sauce
- 1/2 cup raw rice, washed
- 1 teaspoon salt

Melt the fat in the Pan. Add the meat and brown slightly. Add all remaining ingredients. Cover, expel the air, and cook at 15 lbs. pressure for 8 minutes. Reduce pressure with cool water. Thicken, if desired. Serve on a bed of cooked rice or noodles.
Recipes—Miscellaneous

Boston Brown Bread (3 small loaves)

1 cup sifted all-purpose flour  2/3 cup chopped raisins
1 cup yellow corn meal  3/4 cup molasses
3/4 teaspoon soda  1 3/4 cup milk
1 teaspoon salt  4 cups water
1 cup whole wheat flour

Sift together the all-purpose flour, corn meal, soda, and salt. Add the whole wheat flour and raisins. Combine the molasses and milk and add to dry ingredients. Mix. Fill a greased mold or molds 3/4 full. Cover with 2 thicknesses of waxed paper. Place on rack in Pan and add water. Cover and steam for 30 minutes without the pressure weight. Then cook at 15 lbs. pressure for 40 minutes. Reduce pressure with cold water.

Potato Salad (Serves 4-6 people)

5 medium potatoes, quartered  1 tablespoon flour
1/2 cup water  1 tablespoon sugar
1/2 teaspoon salt  3/4 cup vinegar
3 hard cooked eggs  1/4 cup water
1/4 lb. bacon cut in cubes  1 teaspoon salt
1 onion, grated

Place potatoes, water and salt in pan. Cover, expel air, and cook at 15 lbs. pressure for 6 minutes. Reduce pressure gradually. Slice potatoes and eggs into mixing bowl. Brown bacon. Remove bacon cubes and sprinkle over potatoes. Add onion to hot fat. When onions are cooked, add flour. Blend well and then add sugar, salt, vinegar and water. Stir constantly until clear. Pour over potatoes. Mix thoroughly. Serve hot or cold.

Macaroni and Cheese (3-4 Servings)

4 cups water  1/2 teaspoon salt
1/2 teaspoon salt  1/8 teaspoon pepper
4 ounces macaroni  1 cup grated cheddar cheese
1 tablespoon butter  1/2 cup tomato sauce

Bring water and salt to boil. Add macaroni, cover, expel air and bring up pressure gradually. Cook at 15 lbs. pressure for 5 minutes, then reduce with cool water. Wash macaroni with hot water and drain. Melt butter, add salt, pepper, grated cheese and tomato sauce. When cheese starts to melt, add macaroni. Mix until sauce covers macaroni. Serve.

Chili Sauce

2 lbs. tomatoes  2 cups sugar
1 lb. red peppers  1 cup vinegar
2 lbs. apples  2 tablespoons salt
1/2 lb. onions

Peel tomatoes. Grind tomatoes, peppers, apples and onions. Add salt, sugar and vinegar. Mix all ingredients thoroughly and put into pressure pan. Cover and expel the air. Cook at 15 lbs. pressure for 15 minutes. Reduce pressure quickly with cool water. Yield—approximately 2 quarts.
CANNING IN THE NESCO PRESSURE PAN

The new flip-over pressure control on the NESCO Pressure Pan is designed for both efficient cooking and safe canning. Most of the cooking is done at fifteen pounds pressure, while most canning requires ten pounds pressure. However, ten pounds of pressure may be used for certain recipes and fifteen pounds of pressure may be used for canning in high altitudes. Thus the new weight is designed to meet varying methods of processing and is adaptable for the specific variances.

The busy homemaker who has only a limited amount of time canning will find the pressure pan method ideal. It is possible for her to can three pints of meats or vegetables quickly and easily. Though she processes only three pints at a time, her shelves may be stocked at the end of the summer. She will find time to do the three pints when a larger quantity would have been impossible.

The same features that make the NESCO pressure pan safe and easy for regular cooking make it safe and easy for canning. We offer the following general instructions for canning:

1. Ten pounds of pressure is used for canning at altitudes from sea level to 2,000 feet. The following canning table is intended for use at these altitudes. Altitudes of 2,000 feet up to 6,000 feet will require an increase in the processing times, although ten pounds of pressure will still be used. For altitudes of 6,000 feet to 8,000 feet fifteen pounds of pressure may be used. The processing times at these altitudes will be the same as those for ten pounds of pressure at the sea level to 2,000 ft. altitude. For additional information, write Betty Ware Browning, c/o NESCO-270 N. 12th St., Milwaukee 1, Wis.

2. Select your raw products with great care. Vegetables should be young, tender and of uniform size. If possible, can the vegetables a few hours after they are gathered. Wash thoroughly, lifting food out of water in washing. Dirt and soil contain many bacteria which cause spoilage.

3. Sort jars and examine the edges carefully for any cracks or nicks that would prevent an air-tight seal. Wash jars thoroughly in hot soapy water and rinse. Heat each jar with clean hot water just before using.

4. Follow the exact directions on how your particular type of jar should be sealed. With jars which require metal or glass lids and rubbers, the sealing is completed after the processing. Use rubbers that are the correct size for
your jars and sterilize before using. The lids also must be thoroughly washed and sterilized.

5. With the self-sealing type of closure the metal bands are screwed tight before processing and not touched afterwards. These lids containing self-sealing compound must be used according to manufacturer’s directions.
   
a. Prepare food as directed on the following pages.

b. Place food in hot jars, packing food loosely to within 1 inch from top for starchy vegetables, peas, corn, meat and poultry and 1/2 inch from top for all other vegetables mentioned. Cover food to same level with boiling water or water in which the vegetables were pre-cooked.

c. Place 1/2 teaspoon salt in each pint jar.

d. Work out air bubbles by running the blade of a table knife down sides of jar; wipe jar rim free of food particles and grease; and adjust covers according to type of closure used.

e. Place rack in pan. Add 1 quart of hot water and set jars in the pan so that they do not touch each other or the sides of the pan.

f. Cover the pan, adjust flip-over control for 10 lbs. pressure, and place over medium heat without the weight for about 5 minutes or until all air is released from the pan.

g. Place the weight on the steam vent and bring up to 10 lbs. pressure. When the weight begins to jiggle and hiss, REDUCE THE HEAT SO THAT THE MOVEMENT IS KEPT CONSTANT. Uneven pressure will force liquid from the jars.

h. Start counting processing time when the weight jiggles. For times, see canning charts on following pages.

i. As soon as processing time is up, turn off heat. If an electric range is used, carefully remove the pan from the element. Allow pressure to go down gradually. This will usually take from 20 to 30 minutes. NEVER HURRY THE COOLING PROCESS by running water over the pan, setting the pan in water, or lifting the weight.

j. Remove weight slowly to be sure all the pressure is down. (If it is not down wait a few more minutes before attempting to remove the weight.) Lift off the cover by tilting the far side up.

k. Remove jars and place on several thicknesses of cloth to cool. Place away from drafts and right side up. Adjust covers according to type of closure. Do not attempt to replace any liquid lost in processing.

l. The following day wipe the jars, check for leaks, label and store in a cool, dry place.

m. Never taste any food you think has spoiled. Discard it immediately and thoroughly. Boil all non-acid vegetables and meats for 10 minutes before tasting.
### Pressure Canning Time Tables

<table>
<thead>
<tr>
<th>Food</th>
<th>Preparation</th>
<th>No. of Minutes at 10 Lbs. Pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Wash, trim off scales and tough ends and wash again. Cut into 1 inch pieces. Cover with boiling water. Boil 2 min. Pack hot, leaving ½ inch head space</td>
<td>45 min.</td>
</tr>
<tr>
<td>Beans, Lima</td>
<td>Shell, wash, cover with boiling water and bring to a boil. Pack hot, cover with boiling water, leaving 1 inch head space</td>
<td>55 min.</td>
</tr>
<tr>
<td>Beans, Snap</td>
<td>Wash beans, string, cut into pieces, cover with boiling water and boil for 5 min. Pack, cover with hot liquid, leaving ½ inch head space</td>
<td>40 min.</td>
</tr>
<tr>
<td>Beets</td>
<td>Wash, cut off tops, leaving 1 inch of stem. Cover with boiling water and boil 15-25 min. Skin and trim. Pack whole or sliced, leaving ½ inch head space and cover with fresh boiling water</td>
<td>45 min.</td>
</tr>
<tr>
<td>Carrots</td>
<td>Wash and scrape. Slice or dice. Cover with boiling water and bring to boil. Pack and cover with hot cooking liquid, leaving ½ inch head space</td>
<td>40 min.</td>
</tr>
<tr>
<td>Corn</td>
<td>Husk and wash. Cut kernels from cob about 2/3 of the depth of the kernel. Add 1 pint of boiling water to each quart of the kernel. Heat to boiling. Pack with hot cooking liquid, leaving 1 inch head space</td>
<td>75 min.</td>
</tr>
<tr>
<td>Okra</td>
<td>Wash, trim. Cook for 1 minute in boiling water. Cut or leave whole. Pack to ½ inch of top. Cover with boiling water</td>
<td>45 min.</td>
</tr>
<tr>
<td>Peas, Green</td>
<td>Shell and wash. Cover with boiling water and bring to a boil. Pack and cover with boiling water, leaving 1 inch head space</td>
<td>60 min.</td>
</tr>
<tr>
<td>Pumpkin and Winter Squash</td>
<td>Wash, peel, and cut into 1 inch cubes. Steam until tender. Put through food mill or strainer, then heat through. Pack, leaving ½ inch head space. Add no liquid or salt</td>
<td>80 min.</td>
</tr>
</tbody>
</table>
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<th>Food</th>
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<th>No. of Minutes at 10 Lbs. Pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spinach</td>
<td>Can only fresh tender spinach. Wash thoroughly. Remove any tough stems. Steam until well wilted. Pack loosely, leaving 1/2 inch head space. Cover with boiling water.</td>
<td>65 min.</td>
</tr>
<tr>
<td>Beef, Veal, Pork, Lamb</td>
<td>Cut meat into desired size. Pre-cook in Nesco until medium well done. Pack hot, leaving 1 inch head space. Add hot broth or water to cover meat, still leaving 1 inch empty. Work out air bubbles.</td>
<td>95 min.</td>
</tr>
<tr>
<td>Chicken, Without Bone</td>
<td>Cut into small pieces. Cover with boiling water or hot broth and cook until meat is medium done. Remove bone from meaty pieces. Pack hot with skin next to jar. Cover with hot liquid, leaving 1 inch head space.</td>
<td>95 min.</td>
</tr>
<tr>
<td>Chicken with Bone</td>
<td>Cut into small pieces. Cover with boiling water or broth. Cook until medium done. Pack hot with the skin next to the jar. Cover with hot liquid, leaving 1 inch head space.</td>
<td>85 min.</td>
</tr>
<tr>
<td>Rabbit with Bone</td>
<td>Cut into small pieces. Cook until medium done. Pack hot, leaving 1 inch head space. Cover with hot broth.</td>
<td>85 min.</td>
</tr>
<tr>
<td>Giblets</td>
<td>Gizzards and hearts may be canned together, but can livers alone. Cover with boiling water or hot broth and cook until medium done. Pack hot, leaving 1 inch head space. Cover with hot broth.</td>
<td>95 min.</td>
</tr>
<tr>
<td>Soup Stock</td>
<td>Make a medium concentrated stock by covering bony pieces of meat or chicken with lightly salted water. Simmer until meat is tender. Skim fat and remove bones. Pour hot, leaving 1 inch head space.</td>
<td>40 min.</td>
</tr>
<tr>
<td>No.</td>
<td>Part</td>
<td>Price</td>
</tr>
<tr>
<td>------</td>
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</tr>
<tr>
<td>1</td>
<td>Pressure Pan Body...On Request</td>
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<td>2</td>
<td>Pressure Pan Cover...On Request</td>
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<tr>
<td>3</td>
<td>Meat Browning Rack...</td>
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<tr>
<td>110</td>
<td>Plastic Handle</td>
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<tr>
<td>111</td>
<td>Steam Vent Cleaning Rod...</td>
<td>.25</td>
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<tr>
<td>23</td>
<td>Pressure Weight</td>
<td>$1.50</td>
</tr>
</tbody>
</table>
WARRANTY

All pressure pans manufactured by National Enameling and Stamping Company are warranted to be free from defects in material and workmanship for a period of three months from the date of purchase by the original user, provided that the pressure pan is used as directed in our instruction book. During that three month period we agree to repair or replace any defective part or parts at our expense, excluding transportation charges, when returned to us at 825-A W. St. Paul Ave., Milwaukee, Wis.

This warranty shall not apply to any pressure pan or to its parts when it shall have been altered or repaired outside our factory, when it has been subject to abuse, misuse, or negligent handling, when it has been damaged in transit, or when it has been corroded after use due to local conditions beyond our control. No person, firm or corporation is authorized to assume for us any liability or make any further warranties other than are contained herein.

NATIONAL ENAMELING AND STAMPING COMPANY

REPAIR OR REPLACEMENT OF PRESSURE PAN PARTS

In the event that any part of your pressure pan requires repair or replacement the part should be removed from the pan and shipped prepaid to Pressure Pan Service Department, National Enameling and Stamping Company, 825-A W. St. Paul Avenue, Milwaukee 1, Wisconsin. At the same time write a letter to this address stating the difficulty and enclose with this letter the amount needed to cover the cost of the part number you are ordering. Part numbers and prices are listed on page 30. Be sure that your return address is given on the package and in your letter.

NATIONAL ENAMELING AND STAMPING COMPANY

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EXECUTIVE OFFICES: MILWAUKEE 1 WISCONSIN

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