

# WEAR-EVER



*New Method Cooking Instruction Book*





WEAR-EVER

*New Method  
Cooking*

INSTRUCTION  
BOOK

THE ALUMINUM COOKING UTENSIL COMPANY

NEW KENSINGTON, PA.—OAKLAND, CALIFORNIA

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# ALUMINUM

## IS FRIENDLY TO FOODS

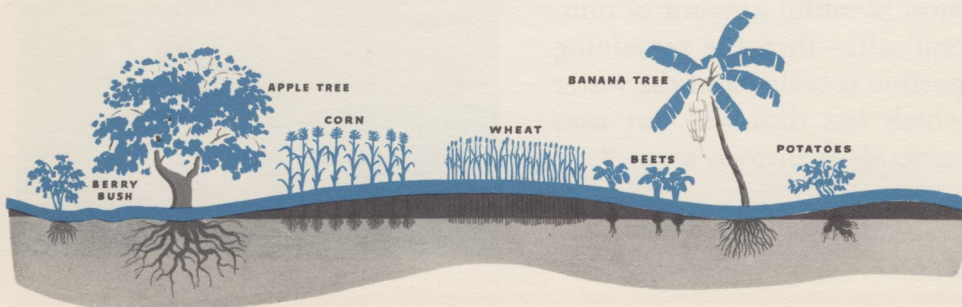


**A**LUMINUM, so geologists tell us, is the most abundant of all the metallic elements found in the earth's crust. In fact, approximately 8% of the surface layer of the earth is aluminum, while only about 5% is iron. Thus, it is easy to understand why aluminum plays such an important part in the lives of the human race.

Yes, aluminum is friendly to food. Scientists tell us that it forms a part of practically all food we eat, even drinking water. It is found, in minute quantities, in such common foods as potatoes, oranges, apples, meats, and milk, to name only a few.

And so, you see, your daily diet includes a certain amount of aluminum along with the other essential mineral elements such as iron, calcium, magnesium, phosphorus, etc.

Aluminum, then, is the most nearly ideal among all the materials which are practical for the manufacture of cooking utensils. Like china or glass it does not affect food color, flavor or wholesomeness.





## PROPER COOKING ESSENTIAL TO HEALTH

**G**IVEN good food and good cooking utensils with which to work, the chief concern of the housewife should be with a method of cooking that will insure a tasty, wholesome meal for the members of her family. The “Wear-Ever” New Method of Cooking gives her that assurance.

Like the architect who uses only tested materials of proven strength combined with sound methods in the construction of a building, so the user of the New Method of Cooking is putting into the building of her family’s health only food that will do its part to make strong, healthy bodies.

The New Method of Cooking, as proved by countless tests and scientific analyses, actually retains in the cooked food most of the valuable mineral elements and vitamins usually lost by ordinary methods.

Use the New Method utensils according to the simple instructions given in this book and you will do much toward maintaining the health of your family.

The world-famous Dr. Charles Mayo, of Rochester, Minn., once said:

“The average housewife peels her vegetables, thus throwing away the part directly underneath the skins containing the most plentiful amount of mineral salts—then the remaining portion is boiled and the water which has dissolved out *more* minerals is thrown away.”





# VITAMINS—THE GUARDIANS OF HEALTH

**M**UCH has been written on the subject of vitamins but few people understand their relation to health. From the wealth of scientific material available we have selected the following simple facts which any housewife can apply to the daily planning of her family's meals:

**Vitamin A**—This vitamin promotes bodily growth and aids in preventing infection. Excellent sources are:



spinach	yellow corn	butter fat
carrots	cream	egg yolks

**Vitamin B(B<sub>1</sub>)**—Necessary for the growth and maintenance of healthy nerve functions. Improved appetite and better digestion of food can result from the presence of Vitamin B in your food. Excellent sources are:

liver	whole grain cereal	brown rice
leafy vegetables	whole wheat	yeast

**Vitamin C**—Strong bones and perfect teeth can best be built and maintained by ample quantities of Vitamin C. It also stimulates appetite and growth. Excellent sources are:

grapefruit	lemons	spinach	tomatoes
berries	oranges	cabbage	potatoes

**Vitamin D**—Proper quantities of Vitamin D make it possible to get the most value from the natural lime and phosphorus in your food. All are essential in the development of strong bones and teeth. Excellent sources are:

cod-liver oil	butter	egg yolk
halibut-liver oil	cream	liver

**Vitamin G(B<sub>2</sub>)**—Essential for the growth and maintenance of nerve tissues and for healthy cell respiration. Prolongs the active life span. Excellent sources are:

broccoli	eggs	liver	soy beans
cheese	kidney	peanuts	yeast

**Vitamin P-P**—Maintains normal function of gastro-intestinal tract and skin. Excellent sources are:

liver	salmon	yeast	peas, green
meat, lean	wheat germ	collards	kale

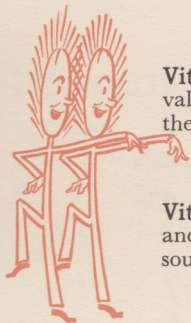
**Vitamin B<sub>6</sub>**—Maintains healthy skin and muscular tissue. Excellent sources are:

egg yolk	wheat-germ oil	legumes	corn
lard	butter	oatmeal	yeast

**Vitamin K**—This vitamin is essential to the coagulation of the blood and prevents anemias caused by excessive blood loss. Excellent sources are:

cabbage	egg yolk	hemp seed
cauliflower	liver	soy bean oil

*These vitamins are protected when food is cooked without water at a low temperature—the principle of New Method of Cooking.*



## SAVES FLAVOR—BUILDS HEALTH

**G**OOD health is the first requisite of happiness. What your family eats and how their food is prepared is vitally important in determining their well-being.

Many people—and particularly children—do not like the taste of fresh vegetables which have been cooked by the boiling method. The reason is because the mineral salts and the sweet vegetable sugars which impart flavor have been dissolved in the water and thrown away.



After extensive tests at the University of Wisconsin a bulletin was issued (Journal of Home Economics, Vol. 17, No. 5) in which was revealed startling facts relative to the mineral losses in vegetables cooked by various methods.

The following table is taken from that report:

### AVERAGE PERCENTAGE OF MINERAL LOSSES FOR ALL VEGETABLES

	Stewing	Boiling	Steaming	Pressure Cooking
Iron.....	40.1%	48.0%	21.3%	17.4%
Calcium.....	20.3	31.9	10.7	12.0
Phosphorus.....	29.9	46.4	16.7	19.4
Magnesium.....	31.8	44.7	17.6	21.1

	Phosphorus lost when boiled in little water	Phosphorus lost when twice as much water was used	Calcium lost during boiling	Magnesium lost during boiling
Beans.....	21.4%	27.6%	....	....
Cabbage.....	45.0%	60.0%	60%	76%

In New Method cookery, vegetables, either in their skins or merely scraped, are cooked without the addition of water, thus all goodness and flavor is retained. For this reason New Method vegetables taste better.



## HOW TO COOK BY NEW METHOD

**S**INCE the “Wear-Ever” New Method Equipment is designed to cook foods at moderate temperatures with a minimum amount of fuel, the proper regulation of heat is an important factor in achieving successful results.

No matter what type range you may have you can prepare delicious foods by this method if you will follow simple instructions. Of course, ranges vary somewhat in operation but one or two experiments will show how to get the best results in your own kitchen.

Here are three fundamental rules for cooking by the New Method:

1. **Know the type of food to be cooked.** Classify the food under one of the following five headings:
  - a. Fresh fruits and vegetables
  - b. Dried foods
  - c. Top-stove roasting of meats, fish and poultry
  - d. Pan broiling of meats, fish and poultry
  - e. Top-stove baking

The classification of food determines the cooking procedure and the control of heat.

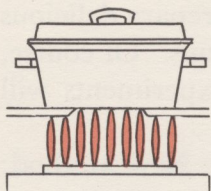
2. **Know the pan to use.** Use the pan the food will fill or nearly fill. Frequent removal of cover while food is cooking allows the escape of natural moisture. Remove the cover only to determine progress of cooking.
3. **Know the heat to use.** See the full and complete directions and explanations of heat terms on the following pages. The term “hot to touch” means the cover is hot enough to burn a moistened finger held against it for more than a fraction of a second. If cover sizzles when touched, the heat is too high. (Note:—In vegetable cookery *never* allow vapor to escape during first part of cooking operation. In some cases when very watery or leafy vegetables are cooked, a small amount of vapor escaping during the last part of cooking is not serious.)

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## REMEMBER THIS RULE . . . .

Cooking by the New Method is a simple matter if we but learn the meaning of our terms for heat regulation.

### IF YOU HAVE A GAS RANGE



**1. Use High Heat—*flame just touches bottom of utensil:***

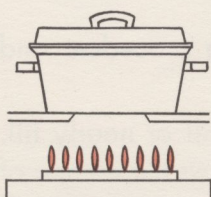
To heat all meat utensils for searing or browning meats.

To sear roasts, steaks and chops.

To heat large griddle for baking pancakes.

To heat large rectangular top of stove oven. See baking directions.

*Warning:*—A cold pan heated too quickly may buckle or warp. To obtain *high* heat, gradually increase the height of the flame under the pan until it just touches the bottom. *Never* turn the flame so high that it comes up around the sides of the pan.



**2. Use Medium Heat—*flame is half as high as high:***

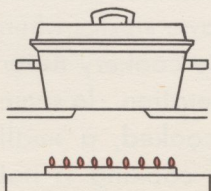
To top-stove roast tender cuts of meat.

To pan broil steaks and chops after searing.

To start fresh fruits and vegetables until cover becomes hot to touch (about 5 minutes).

To cook dried foods over roasts or water until water reaches boiling point.

To heat small utensils when used in baking. See baking directions.



**3. Use Low Heat—*flame barely visible:***

To braise less tender meats after they are seared.

To cook fresh fruits and vegetables after the cover becomes hot to touch.

To bake top-stove cakes after utensil has been heated. See baking directions.



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## IT'S EASY WHEN YOU LEARN

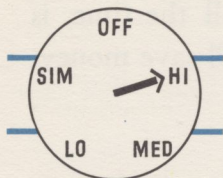
The "Wear-Ever" New Method Equipment can be used on any range. The important thing to keep in mind, first, last and all the time, is that *you must not use too much heat*. Save heat and you will save money.

### GENERAL INFORMATION ON ELECTRIC RANGE NEW METHOD COOKERY

1. It is recommended you acquaint yourself with your electric range so that you know approximately what heat is obtainable when the keys are set at different speeds. Once you have determined the best heat to use for a cooking operation make a note of it for future reference.
2. Remember that the electric range unit holds a higher heat for several minutes after the wattage entering the unit has been reduced. Therefore reduce the heat 3-4 minutes earlier. If the unit becomes too hot, turn the key to "off" for several minutes, then back to the lowest heat. The switch may be turned to "off" during the last 5-10 minutes of cooking provided the food is at cooking temperature and the unit has been "on" long enough to store up sufficient heat.
3. Because "Wear-Ever" utensils are made of heavy cold rolled aluminum and conduct heat rapidly and distribute it evenly, the lowest heat available on the range is all that is necessary for most New Method Cooking procedures. If part of the unit is exposed around the pan it does not impair the cooking efficiency, although we recommend in general that you use the unit your pan most nearly fits. In many instances, two and sometimes three utensils can be placed on one unit.
4. Most modern electric ranges are provided with at least one "four" or "five" speed unit. The "simmer" on this unit is ideal for New Method Vegetable Cookery. While it is convenient to have such a heat on your range, it is by no means essential to successful New Method Cooking.
5. If your electric range top is of porcelain enamel, it may craze or crack if subjected to too quick a change in temperature or too intense a heat. Therefore do not place a hot pan on the cold surface. Never use a pan on high heat if it extends out over the enamel unless the porcelain is protected by a sheet of asbestos or a similar insulating material.

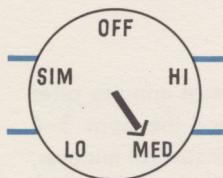
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## IF YOU HAVE AN ELECTRIC RANGE



### 1. Use High Heat—Key marked “High”:

To heat all meat utensils for searing or browning meats. Place pan on cold unit, heat gradually with unit. Do not place cold pan on hot unit as it tends to warp pan.



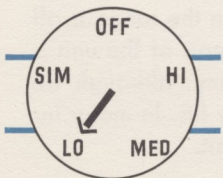
### 2. Use Medium Heat—Key marked “Medium”:

To sear steaks, chops and roasts.

To start fresh fruits and vegetables until cover becomes hot to touch.

To steam dried foods over water until water reaches boiling point.

To heat small utensils when used for baking.



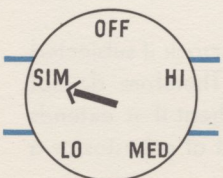
### 3. Use Low Heat—Key marked “Low”:

To pan broil steaks and chops after they have been seared.

To cook tender roasts after they have been seared.

To bake top-stove cakes after utensil has been heated.

To cook potatoes after utensil has been heated.



### 4. Use Simmer Heat—Key marked “Simmer”:

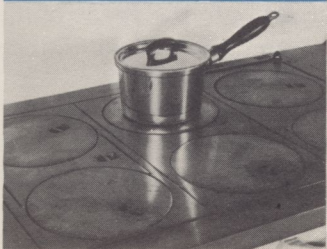
To cook fresh fruits and vegetables after cover becomes hot to touch.

To cook less tender meats after they are seared.



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## IF YOU HAVE A COAL RANGE



### 1. Use First Section Over Fire Box:

To heat all meat utensils for searing or browning meats.

To sear roasts, steaks and chops.

To start fresh fruits and vegetables (about 5 minutes).

To heat large rectangular roaster when used as an oven. See baking directions.

### 2. Use Back of Stove or Less Heated Section:

To top-stove roast tender cuts of meat.

To pan broil chops, steaks after searing.

To cook fresh fruits and vegetables after cover becomes hot to touch.

To cook dried foods over roasts or water until water reaches boiling point.

To heat all small utensils when used in baking. See baking directions.

## IF YOU HAVE A KEROSENE RANGE (WICK TYPE)



### 1. Use Full Blue Flame (No Yellow Tip):

To heat all meat utensils for searing or browning.

To sear roasts and chops.

To cook roasts until one-fourth done.

To start fresh fruits and vegetables until cover becomes hot to touch.

To cook dried foods over roast or water.

### 2. Use Low Blue Flame:

To cook roasts after they are one-fourth done.

To cook fruits and vegetables after cover is hot to touch.

## HOW TO CLEAN NEW METHOD UTENSILS

**“WEAR-EVER”** New Method utensils can be kept clean and bright with a minimum amount of work—if you will devote a few minutes each day to the care of those you use.

We suggest the following method for cleaning. Wash the utensil with pure soap and hot water and rinse with clear hot water. Then with a *dry* pad of “Wear-Ever” Cleanser rub the inside surface of the pan until it becomes dry. Rinse well in hot water and dry thoroughly.

To remove food which may have accidentally burned onto the inside of the utensil, partially fill the pan with boiling water, let stand a few minutes, then scrape off burned food with a wooden clothes pin or small wooden stick.

To clean and polish the outside of the utensil use any good silver polish.

To remove discolorations caused by minerals present in the foods and some waters boil a solution of 1 tablespoon lemon juice (1 slice lemon) or vinegar per quart of water in the pan for a few minutes.

Some soaps and cleansers contain strong alkalis such as caustic soda, sal soda or potash, which injure the appearance of aluminum. Generally speaking, cleaning compounds that do not injure the hands will not injure aluminum.

A good rule to follow is: Rub your utensils with “Wear-Ever” Cleanser *every time they are used*.

### PITTING

Pitting of aluminum utensils is caused usually by the presence of other metals in water or food, small quantities of which are deposited on the inside surface of the pan during the cooking and not thoroughly removed during the cleaning process. Pitting may occur in any metal utensil under certain conditions. If pits appear in your New Method utensils remember they will not affect the quality of the food nor do they destroy the life or usefulness of the utensil. Pitting can be avoided or greatly retarded by *regular* cleaning with “Wear-Ever” Cleanser.





# Vegetables

COOKED WITHOUT WATER

## New Method Way Is the Easy Way

1. Select fresh, unwilted vegetables. Clean and remove decayed portions.
2. Do not peel vegetables unless special recipe calls for peeling. Then remove only the thinnest possible layer, since valuable mineral elements are found directly beneath the skin. It is preferable to scrub vegetables with a wire vegetable brush.
3. Potatoes are usually cooked whole and must be thoroughly dried before cooking. Because of their cellular structure, they require a slightly higher temperature than other vegetables. In order to shorten their cooking time it is sometimes desirable to cut them into halves or quarters. The skin side should always be placed against the sides of the utensil, the cut side toward the center of the pan.
4. Vegetables should be freshened in cold water for a short time before they are cooked. This restores their garden freshness which is sometimes lost in the market.

*Diced or Shredded Vegetables, such as Beets, Carrots, Cabbage, Parsnips, Turnips, etc., require approximately 5 minutes crisping in cold water before cooking. Whole or uncut vegetables such as Peas, Lima Beans, Brussels Sprouts, Small Onions, Cauliflower, etc., require approximately 10 minutes crisping in cold water before cooking. All vegetables should be thoroughly drained before cooking.*

5. Select utensil that food will most nearly fill. The primary cause of vitamin loss during cooking is oxidation; for this reason **fit the food to the pan**. Best results are obtained when the **pan is full** or nearly full.
6. Cover with specially designed cover and **do not remove cover during cooking except to observe the progress of cooking**.



- 
7. Place over a medium heat. When cover is hot to touch reduce heat to low. In some instances the heat may be turned off completely. If it is desirable to hasten the cooking time, we suggest changing the relative positions of the vegetables in the pan once or twice during the cooking operation. This may be done by turning the vegetables over with a spoon, or by holding the cover tightly in position with the left hand and shaking the pan with the right. However, this is not essential to successful New Method Vegetable Cookery.
  8. Because most of the natural mineral salts are retained and a fine flavor is developed, New Method vegetables require less seasoning. The seasoning suggested may be altered to suit personal tastes.
  9. All vegetables, such as potatoes, squash and turnips may be put through the No. 8 food press.
  10. If there is a baby or invalid in the family, whose vegetables must be riced or strained, much time and effort can be saved if these vegetables are cooked in with those for the family, put through the No. 8 food press while hot, placed in a sterile container and stored in the refrigerator until needed.

## INSTRUCTIONS FOR NEW METHOD COOKERY OF QUICK FROZEN VEGETABLES

1. Disregard directions on package.
  2. Open box, allow to stand at room temperature until food has thawed.
  3. As quick frozen vegetables have already been carefully cleaned, it is unnecessary to wash them.
  4. ***Do not crisp in cold water before cooking.***
  5. When thawed, put into covered vegetable pan. Place over ***medium*** heat until cover is hot to touch, reduce heat to ***low***, cook until tender.
  6. In most cases, the ***cooking times*** for quick frozen vegetables are approximately ***5-7 minutes less*** than for fresh vegetables.
-







## NEW METHOD ASPARAGUS

1 pound bunch of asparagus  
3 tablespoons butter, melted  
Salt

1. Snap off lower portion of stalk where it cracks readily.
2. Wash well and remove any large scales.
3. Cook in covered vegetable pan 15-25 minutes, depending on condition of vegetable—starting on medium heat until cover is hot to touch, then reducing to low.
4. Salt and serve with melted butter.
5. For variety in serving, cream sauce or cheese sauce may be used.
6. Serves four.

## ASPARAGUS AU GRATIN

1 pound bunch of asparagus  
1 cup white sauce No. 2  
2 tablespoons butter, melted  
½ cup soft bread crumbs  
Finely grated cheese

1. Prepare and cook asparagus as for New Method Asparagus and place in serving dish.
2. Add white sauce.
3. Brown butter and bread crumbs slightly.
4. Spread over asparagus and sprinkle generously with cheese.
5. Serves four.

## NEW METHOD ARTICHOKEs

1 artichoke (serves one person)  
1 teaspoon salt  
3 tablespoons butter, melted

1. Remove stem and outer leaves.
2. Tie with string to hold together and freshen in cold water ½ hour.
3. Drain, sprinkle lightly with salt and cook in covered vegetable pan 25-45 minutes, according to size—starting on medium heat until cover is hot to touch, then reducing to low.
4. Remove string, cut out choke. Serve with melted butter or Hollandaise Sauce.

## NEW METHOD BRUSSELS SPROUTS

1 quart Brussels sprouts  
Salt  
Melted butter

1. Wash, remove wilted outside leaves and freshen in cold water ½ hour.
2. Drain and cook in covered vegetable pan 15-30 minutes—starting on medium heat until cover is hot to touch, then reducing to low.
3. Serve with melted butter, Hollandaise Sauce or White Sauce.
4. Serves six.

## NEW METHOD GREEN OR YELLOW BEANS

2 pounds beans  
2 tablespoons butter, melted  
Salt

1. Wash beans. Remove ends and any bad spots.
2. Cut lengthwise and then in half.
3. Crisp in cold water 5 minutes.
4. Drain well, place in vegetable pan, cover and cook over medium heat until cover becomes hot to touch, then reduce heat to low. Cook 30 minutes.
5. When beans are half done, lift cover slightly, slip butter and salt in. Continue cooking. This insures a tender product.
6. Serves eight.

## NEW METHOD LIMA BEANS

1 quart lima beans, fresh  
Salt  
4 tablespoons butter, melted

1. Wash and pick over beans. Crisp in cold water 10 minutes. Drain well.
2. Cook over medium heat until cover is hot to touch, then reduce heat to low.
3. Cook 30-35 minutes; season, serve with melted butter.
4. Serves six.



## NEW METHOD BEETS

2 pounds beets  
3 tablespoons butter, melted  
Salt

1. Remove roots and greens and scrub well; remove any bad spots.
2. Quarter or shred coarsely, sufficient to nearly fill vegetable pan.
3. Cover and cook 25-35 minutes if quartered—20-25 minutes if shredded—starting on medium heat until cover is hot to touch, then reducing to low.
4. Season with salt and melted butter.
5. Serves six.

## HARVARD BEETS

2 pounds beets  
1 tablespoon cornstarch  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  cup water  
 $\frac{1}{2}$  cup lemon juice or vinegar  
 $\frac{1}{2}$  teaspoon salt

1. Prepare and cook beets as for New Method Beets.
2. Make a sauce by cooking cornstarch, sugar, water, lemon juice and salt together five minutes.
3. Pour over cooked beets and allow to stand for a few minutes before serving.
4. Serves six.

## BEET GREENS

Beet greens  
Butter, melted

1. Wash carefully, drain and place in large vegetable pan.
2. Cover, cook 12-15 minutes—starting on medium heat until cover is hot to touch, then reducing to low.
3. Serve with melted butter, season with salt.

## NEW METHOD BROCCOLI

1 pound broccoli  
Salt  
3 tablespoons butter, melted

1. Select stalks with dark green tightly closed buds.

2. Remove tough outer leaves and stems; cut into moderate sized pieces. Wash thoroughly.
3. Soak in cold acidulated water (1 tablespoon lemon juice or vinegar to 1 quart water) 10 minutes.
4. Drain, place stems and leaves in bottom of vegetable pan, flowers on top.
5. Cover, place over medium heat until cover becomes hot to touch, reduce heat to low, cook 20-35 minutes. Do not over cook.
6. Season, serve with melted butter, Hollandaise Sauce, White Sauce, or Rare-bit Sauce.
7. Serves four.

## NEW METHOD CARROTS

1 pound carrots  
3 tablespoons butter, melted  
Salt

1. Wash and scrape with wire vegetable brush, being sure all dark spots are removed. Do not peel.
2. Cut in desired shape, lengthwise, crosswise, or diced.
3. Cook in covered vegetable pan 25 minutes—starting on medium heat until cover is hot to touch, then reducing to low.
4. Serve with melted butter, season with salt.
5. Serves four.

## NEW METHOD CABBAGE

1 small head cabbage  
Salt  
4 tablespoons butter, melted

1. Remove outside wilted leaves of cabbage.
2. Quarter, remove core, chop fine or coarse, as desired.
3. Crisp in cold water 10 minutes. Drain.
4. Cook in covered vegetable pan 15-20 minutes—starting on medium heat until cover is hot to touch, then reducing to low.
5. Dress with melted butter and season with salt.
6. Serves six.

# VEGETABLES

## NEW METHOD CAULIFLOWER

1 medium-sized cauliflower  
Salt  
3 tablespoons butter

1. Choose a white head with fresh green leaves.
2. Remove leaves, cut off stalk, score core of plant with six criss-cross cuts. Soak in cold acidulated water (1 tablespoon lemon juice or vinegar to 1 quart water) 10 minutes.
3. Drain, place leaves and stalk in bottom of vegetable pan, flower on top. Cover, place over medium heat until cover becomes hot to touch, reduce heat to low. If head is kept intact, cook 20-35 minutes; if flowers are separated, cook 10-15 minutes.
4. Season, serve with melted butter, White Sauce, Hollandaise Sauce or Cheese Sauce.
5. Serves four.

## NEW METHOD CORN ON THE COB

1. Select young, tender ears.
2. Remove all of the husks.
3. Make a bed of the inner husks in the bottom of the No. 2266½ pan. Place corn on this bed in layers, sprinkling each layer with salt.
4. Adjust cover. Place over low heat and cook 15-18 minutes.
5. If husks are dry, add 1-2 tablespoons water.

## NEW METHOD EGGPLANT

1 eggplant  
3 tablespoons butter  
Salt

1. Pare and cut eggplant into slices, size according to taste.
2. Melt butter in No. 1410 pan and cook eggplant slowly until tender and delicately brown.
3. Season with salt.
4. Small eggplant serves four.

## CREAMED MUSHROOMS

1 pound mushrooms  
5 tablespoons butter, melted  
½ teaspoon salt  
1½ tablespoons flour  
½ cup thin cream

1. Brush mushrooms and slice thinly.
2. Cook in covered vegetable pan four minutes.
3. Drain, add butter and salt.
4. Dredge with flour and add cream.
5. Cook 5 minutes, stirring constantly. Serve at once, season with grated nutmeg.
6. Serves six.

## NEW METHOD ONIONS

1 pound small white onions

1. Place onions in cold water and allow to stand 5-10 minutes.
2. Remove outer skins while onions are under water.
3. Place in covered vegetable pan and cook slowly 30 minutes—starting on medium heat until cover is hot to touch, then reducing to low.
4. If large, cut into crescent shapes before cooking.
5. Season and serve with butter or White Sauce.
6. Serves four.

## NEW METHOD PARSNIPS

1 pound parsnips  
4 tablespoons butter, melted

1. Select small young parsnips for best results.
2. Wash and cook in covered vegetable pan 30 minutes.
3. Plunge into cold water and remove skins.
4. Melt butter in No. 1410 broiler, add parsnips cut in lengthwise strips of sixths.
5. Cook until delicate brown. Sprinkle with salt.
6. Serves four.



## NEW METHOD PEAS

2 pounds peas  
4 tablespoons butter, melted

1. Shell, cover with cold water and allow to stand 5-10 minutes. Skim off small undeveloped peas which rise to top.
2. Drain, cover, place over medium heat until cover is hot to touch. Reduce heat to low; cook 10-15 minutes longer or until done.
3. Add salt last 10 minutes of cooking.
4. Serve either creamed or buttered. One sprig of mint for every two cups of peas may be added during cooking for additional flavor.
5. Serves six.

## GEORGIAN SWEET POTATOES

2 pounds sweet potatoes  
4 tablespoons butter  
1 teaspoon salt  
Hot milk to moisten  
4 tablespoons molasses  
1 teaspoon butter

1. Scrub sweet potatoes with wire vegetable brush. Remove any bad spots.
2. Dry; cut in half. Place in covered vegetable pan over medium heat until cover becomes hot to touch, then reduce heat to low. Cook one-half hour.
3. Remove from pan to No. 8 food press and rice.
4. After potatoes are riced, add butter, salt and hot milk, beating until light and smooth.
5. Boil molasses and butter together; place mashed potatoes in greased No. 170 pan and pour molasses mixture into them. Mix well and cover with No. 2263  $\frac{1}{2}$  cover.
6. Heat through thoroughly over low heat.
7. Serves eight.

## CANDIED SWEET POTATOES

6 medium sweet potatoes  
6 tablespoons butter  
1 cup brown sugar  
 $\frac{1}{2}$  tablespoon salt  
 $\frac{1}{8}$  teaspoon pepper

1. Scrub potatoes with wire vegetable brush. Remove all dark or bad spots.
2. Slice potatoes crosswise in a 2-quart vegetable pan.
3. Sprinkle layers of sliced potatoes with brown sugar and dot with butter. Season with salt and pepper.
4. Cover and cook over very low heat one-half hour.
5. Remove cover and increase heat to medium last five minutes of cooking to thicken syrup. Turn potatoes to glaze well on all sides.
6. Serves eight.

## NEW METHOD BAKED POTATOES

8 medium sized potatoes  
4 tablespoons butter  
Salt

1. Preheat vegetable pan over medium-high heat 5 minutes.
2. Scrub potatoes well. Make a crisscross cut on flat side of each potato. Dry potatoes thoroughly.
3. Place in heated vegetable pan; cover, cook over medium heat 10 minutes, then reduce heat to medium-low. Bake 35-40 minutes or until done.
4. Hold cooked potato in clean tea towel. Press lightly to open crisscross slit. Place  $1\frac{1}{2}$  teaspoons butter in each opening. Season.
5. If desired sprinkle opening with grated yellow cheese and chopped parsley. Serves eight.

## NEW METHOD RICED POTATOES

1. Wash and scrub potatoes thoroughly. Make a crisscross score on end of each.
2. Wipe dry and place in covered vegetable pan over medium heat.
3. Allow heat to remain at medium height twice as long as for other vegetables, as it takes longer for vaporization to start.
4. Reduce heat and cook 40 minutes.
5. Put through No. 8 food press, seasoning with salt as they are riced. Serve with butter.



# VEGETABLES

## To rice potatoes with the No. 8 food press:

1. Place one or two potatoes in press at a time. Remove any dry crust before ricing and if creamy yellow color is not desirable, skin potatoes before ricing.
2. Place roller in cone, with top of roller in the palm of the hand. Do not grasp it or hold it firm. With a roller motion press against the sides of the ricer.
3. Add salt with each addition of potatoes.
4. If potatoes stick to the roller, press it firmly against the cone, turning the roller at one place against the cone, until the food is released from the roller.
5. Remove food left on the outside of the cone by scraping with a wooden spoon.
6. Cut butter into cubes, and place on top of riced potatoes, preferably before last potatoes are riced.
7. Rice potatoes into a warm dish or bowl. Serve at once.

## NEW METHOD MASHED POTATOES

To 4 cups of riced potatoes add  $\frac{1}{2}$  cup hot milk, 1 tablespoon butter and  $\frac{1}{2}$  teaspoon salt. Beat until light and fluffy. Serves eight.

## NEW METHOD RUTABAGA

2 pounds rutabaga  
4 tablespoons butter  
Salt

1. Remove tops and roots, scrub thoroughly with wire vegetable brush.
2. Dice, place in vegetable pan, freshen in cold water 5 minutes.
3. Drain, cover, place over medium heat until cover is hot to touch, then reduce heat to low. Cook 30-40 minutes or until tender. Put through No. 8 food press if desired.
4. Season, serve with melted butter. Serves eight.

## NEW METHOD SPINACH

1 pound spinach  
3 tablespoons butter, melted  
Salt

1. Remove all tough stems from leaves.
2. Wash leaves carefully and drain.
3. Cook in covered vegetable pan 10-12 minutes—starting on medium heat until cover is hot to touch, then reducing to low.
4. Serve with melted butter, season with salt.
5. For variety, serve with vinegar and hard-cooked eggs.
6. Serves four.

## SPINACH AND BACON

$\frac{1}{2}$  peck spinach  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{1}{4}$  pound lean bacon, chopped  
 $\frac{1}{2}$  medium-sized onion

1. Clean, wash and drain spinach thoroughly.
2. Cook 10 minutes in covered vegetable pan—starting on medium heat until cover is hot to touch, then reducing to low.
3. Season with salt.
4. Place bacon in No. 1410 pan and cook until crisp.
5. Remove bacon and add onion which has been cut into small pieces. Cook 5 minutes.
6. Pour onion and bacon fat over spinach. Mix well.
7. Garnish with strips of crisp bacon. Serve at once.
8. Serves four.

## NEW METHOD MASHED SUMMER SQUASH

1. Wash, quarter or cut into thick pieces.
2. Cook in covered vegetable pan 15-20 minutes—starting on medium heat until cover is hot to touch, then reducing to low.
3. Drain any moisture off and put through No. 8 food press.
4. Season with salt and butter.
5. One medium-sized squash serves three.



## NEW METHOD WINTER SQUASH (Hubbard)

1. Cut, remove seeds and stringy portion and cut into quarters or eighths.
2. Cook in covered vegetable pan, 25-30 minutes—starting on medium heat until cover is hot to touch, then reducing to low.  
Squash may also be cooked on No. 1298 plate, over roast.
3. Remove skin, mash and season with salt and butter. (If squash is not sweet, a little sugar may be added.)

## STUFFED TOMATOES

8 medium sized tomatoes  
3 cups soft bread (about 5 small slices)  
1 tablespoon minced onion  
1 tablespoon minced green pepper  
1½ teaspoons salt  
¼ teaspoon pepper

1. Select well shaped, firm tomatoes. Do not select over-ripe tomatoes. Cut slice off across top about one-fourth inch thick.
2. With paring knife, loosen inside pulp of tomato, leaving the solid shell unbroken. Scoop out insides with a spoon.
3. Prepare bread by pulling it into small pieces.
4. Mince onion and pepper *very* fine, add bread, onion and pepper to tomato pulp. Add salt and pepper.
5. Fill tomato shells with stuffing. Place in No. 2253½ fruit pan, cover, place over medium heat until cover becomes hot to touch, then reduce heat to low.
6. Cook about 20 minutes, depending on the ripeness of the tomatoes. Do not overcook. Tomatoes should have firm whole appearance when done.
7. Remove from pan, using two spoons so as not to break or spill tomato. Arrange attractively on a large platter.
8. Sprinkle top with buttered bread crumbs and top each tomato with a small sprig of crisp parsley.
9. Serves eight.

## STEWED TOMATOES

1. Wipe and cut tomatoes into quarters. Cook slowly in covered vegetable pan 20 minutes—starting on medium heat until cover is hot to touch, then reducing to low.
2. Season to taste with butter, salt and sugar.
3. Add 1 cup bread crumbs when ready to serve. Celery salt added at serving time also improves flavor.

## NEW METHOD TURNIPS

2 pounds turnips or 6 medium size

1. Remove tops and roots, scrub thoroughly.
2. Slice or dice, as desired, and place in vegetable pan.
3. Cook over medium heat until cover is hot to touch, then reduce heat to low and cook about 35 minutes.
4. Season with salt, pepper and melted butter.
5. May be put through No. 8 food press, if desired.
6. Serves eight.

## SAUCES USED WITH VEGETABLES

### White Sauce No. 1

*For Cream Soups*

1 tablespoon butter  
1 tablespoon flour  
¼ teaspoon salt  
1 cup milk

1. Melt butter, add flour and seasoning.
2. Stir until well blended. Add milk gradually, stirring constantly.
3. Bring to boiling point; boil 2 minutes.

### White Sauce No. 2

*For Vegetables and Fish*

2 tablespoons butter  
2 tablespoons flour  
¼ teaspoon salt  
1 cup milk

1. Follow directions for White Sauce No. 1.



## White Sauce No. 3

*For Souffles and Croquettes*

- 3 tablespoons butter
- 3 tablespoons flour
- $\frac{1}{4}$  teaspoon salt
- 1 cup milk

1. Follow directions for White Sauce No. 1.

## Hollandaise Sauce

*For Vegetables and Fish*

- $\frac{1}{2}$  cup butter
- 2 egg yolks
- 1 tablespoon lemon juice
- $\frac{1}{3}$  cup boiling water
- $\frac{1}{4}$  teaspoon salt

1. Break butter into three pieces. Put one piece into pan with egg yolks and lemon juice.
2. Mix well, cook over low heat, stirring constantly until butter melts.
3. Add second piece of butter and as mixture thickens, add third piece.
4. Add water and seasoning and cook 1 minute. (If mixture curdles, add 2 tablespoons cream and 2 tablespoons boiling water, *drop by drop*.)

## Drawn Butter Sauce

*For Vegetables and Fish*

- $\frac{1}{3}$  cup butter
- 3 tablespoons flour
- $1\frac{1}{2}$  cups hot water or fish stock
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon lemon juice

1. Follow directions for White Sauce.

## NEW METHOD CREAM SOUPS

### General Directions for Standard Cream Soup

- 4 cups milk or part milk and part stock
- 2 tablespoons flour
- 2 tablespoons fat
- 2 cups vegetable pulp or purée
- Salt, pepper and other seasonings

1. Melt fat, add flour and seasoning.
2. Stir until well blended and add milk gradually while stirring.

3. Bring to boiling point and boil 2 minutes.  
*This is a White Sauce foundation.*
4. Cook vegetables according to directions and put through No. 8 food press. This is a purée.
5. Combine the vegetables with the White Sauce.
6. Season, beat with egg beater, and serve. A tiny portion of whipped cream or beaten egg white may be served as a garnish.
7. This serves six.
8. Tomatoes, celery, spinach, corn, asparagus, peas and many other vegetables may be used.

## CREAM OF TOMATO SOUP

- 1 quart milk or half stock and half milk
- 2 tablespoons flour
- 2 tablespoons butter
- 1 pint tomatoes
- Salt and pepper
- $\frac{1}{4}$  teaspoon soda

1. Make white sauce of liquid, flour, and butter.
2. Cook tomatoes according to New Method directions and put through No. 8 food press.
3. Just before serving, add soda to tomatoes and gradually add tomatoes to the white sauce, stirring constantly.
4. Season and serve at once.

## SPINACH AND ONION SOUP

- 1 slice bacon
- 1 cup minced onion
- 2 tablespoons flour
- 1 quart milk
- 4 cups spinach purée
- Salt

1. Cut bacon in small pieces and cook in No. 1410 until crisp.
2. Add onion. Cook until soft and yellow.
3. Add flour and blend well.
4. Transfer to large vegetable pan.
5. Slowly add milk, then the spinach purée and cook to desired thickness.
6. Season and serve.



# NEW METHOD OF COOKING UTENSIL COMBINATIONS FOR FRESH VEGETABLES



No. 2260 ½—For individual servings and small quantities of food.



No. 2263 ½—For medium sized fresh vegetables, sauces.



No. 2261—For small quantities of food.



No. 2266 ½—For bulky fresh vegetables, sauces, soups and stews.



No. 2261 ½—For small fresh vegetables, sauces.



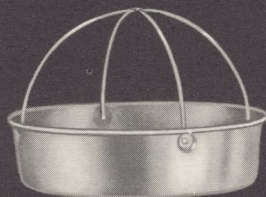
No. 2268 ½—For large quantities of bulky fresh vegetables, soups and stews.



No. 8—For riced vegetables, strained foods, purées.



No. 1408—For warming baby food; will heat three vegetables at one time.



Nos. 1294, 5D, 1298—For direct steaming of cabbage, cauliflower, corn on the cob.



# Fruits

## COOKED WITHOUT WATER

### TO PREPARE FRUITS AND BERRIES FOR COOKING

1. Wash and remove any spoiled portions.
2. Do not remove cores or skins if sauces are to be made, as much of the delicious flavor is found in the core and much of the valuable mineral content of fruit lies directly beneath the skin.
3. Place fruit in No. 2253½ fruit pan, remembering that **best results are obtained when pan is full**. This pan is specially designed to heat rapidly and to prevent crushing of the fruit.
4. Very little additional sugar is needed because fruits in their natural state contain a large percentage of sugar.
5. Place covered pan on medium heat until cover becomes hot to touch. Reduce heat to low and continue cooking.
6. If sauces are being made, use No. 8 food press to separate the edible portion from the seeds and skins.

### NEW METHOD APPLE SAUCE

2 pounds tart apples  
Sugar to suit taste

1. Wash and quarter apples without peeling.
2. Place in fruit pan, cover, cook slowly 10-15 minutes, starting on medium heat until cover is hot to touch, then reducing to low.
3. Add sugar, cook 5 minutes longer.
4. Remove from heat and put through No. 8 food press.
5. Serves six.

### BAKED APPLES

6 uniform tart apples

1. Wash apples, wipe dry. Score each around middle, enough to cut the skin.
2. Remove core, fill each cavity with 1 tablespoon sugar and ¼ teaspoon cinnamon.
3. Place in fruit pan. Top each apple with ½ teaspoon butter.
4. Around apples pour 1 cup sugar, ¼ cup butter and 1 tablespoon water.
5. Cover and cook over low heat during entire cooking process, 30-40 minutes.



## STUFFED APPLES

1. Prepare apples as for baking.
2. Place in fruit pan, fill cavities with chopped dates and raisins; a combination of crushed pineapple and raisins; orange marmalade; or bits of left-over jam or conserve.
3. Cover pan; cook over very low heat during entire cooking process or until apples are soft.

## SPRING FRUIT SAUCE

2 pounds rhubarb  
1 cup sugar  
1½ cups orange pulp  
Dash of cinnamon

1. Cut green leafy portion off rhubarb stalk. Cut root-like portion off bottom.
2. Cut in one inch pieces. Wash.
3. Peel orange, removing the white fiber. Cut into small pieces.
4. Put into No. 2253½ fruit pan, cover and place over medium heat until cover becomes hot to touch, then reduce heat to low.
5. Cook 10 minutes, add sugar and continue cooking another 10 minutes.
6. Serves eight.

## PARADISE SAUCE

1 quart cranberries  
2 quarts apples  
2 cups sugar

1. Put cranberries in fruit pan, cover and cook slowly on low heat until soft.
2. Rub through No. 8 food press. Return to the pan and add apples pared cored and cut into slices.
3. Cook gently until the apples are soft but still retain their shape. Add sugar and cook 5 minutes longer.

## GRILLED APPLE RINGS

1. Wash and core large cooking apples.
2. Slice in one-half inch thick rings.
3. Dip in flour and broil in 2 tablespoons butter in No. 1410 pan. Serve with pork chops or sausage.

## CRANBERRY SAUCE

1. Pick over 1 quart of cranberries. Wash and drain.
2. Put into fruit pan, cover and cook over low heat 15-20 minutes.
3. Add 2 cups sugar and cook 5 more minutes.
4. Run through No. 8 food press and mold.

## CRANBERRY JELLY

1. Wash berries and cook in covered fruit pan 25-30 minutes.
2. Put through No. 8 food press. Return to pan and add 1 cup sugar for each original quart of berries used. Cover and cook 5 minutes. Mold.

## SPICED PEACHES

6 peaches  
12 whole cloves  
½ cup brown sugar  
3 tablespoons butter  
2 tablespoons lemon juice  
Grated rind of one lemon  
1 inch cinnamon stick

1. Dip peaches in scalding water for one minute. Remove skins, halve and take out stones.
2. Place in fruit pan. Put a clove in each half.
3. Sprinkle with sugar, dot with butter, add lemon juice, rind and cinnamon stick.
4. Cover and cook over low heat until peaches are soft.
5. Nice served hot with meat, preferably lamb.

## NEW METHOD PEARS

1. Peel pears as thinly as possible.
2. Cut in quarters, remove core and place in No. 2253½ fruit pan.
3. Cover and cook over medium heat until cover becomes hot to touch, then reduce heat to low. Cook 20-25 minutes.
4. Add sugar and serve as dessert or as breakfast fruit.







## APRICOT SAUCE

2 cups dried apricots  
1 cup water  
Sugar to taste

1. Wash apricots thoroughly. Drain.
2. Follow directions for dried fruit cookery.
3. Remove from steamer plate and rice through No. 8 food press. Season to suit taste. Do not season apricots very much as the tart flavor is desirable.
4. Serves eight.

## RHUBARB SAUCE

1. Remove leafy tops from stalks.
2. Peel or not as desired and cut in one inch slices.
3. Place in No. 2253½ fruit pan, cover, place over medium heat until cover is hot to touch, then reduce to low. Cook 15 minutes.

4. Sweeten to taste. Cook 5 more minutes.
5. One pound rhubarb makes 1⅔ cups rhubarb sauce.

## NEW METHOD CINNAMON APPLES

6 medium-sized apples  
3 cinnamon drops  
Sugar to taste

1. Peel apples as thinly as possible.
2. Quarter, remove core.
3. Place in No. 2253½ fruit pan, cover and cook approximately 10 minutes over medium heat until cover becomes hot to touch, then reduce heat to low.
4. Add cinnamon drops and sugar. Cover and cook a few minutes longer.
5. Do not mash or crush the apples. They are nice served in quarters as dessert.
6. Cooking time depends on kind of apples used.
7. Serves eight.

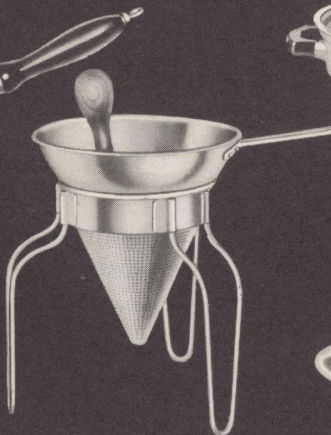
## NEW METHOD OF COOKING UTENSIL COMBINATIONS FOR FRESH FRUITS



No. 2253½—For fresh fruit, jams, jellies, and butters.



No. 2266½—For jams, jellies, butters, etc.



No. 8—For jellies, jams, puréed fruits, butters, sauces.



No. 17—For fruit sauces and purées.



No. 19—For larger quantities of fruit sauces and purées.

# Dried Foods

## NEW METHOD STEAMING

### CEREALS—NEW METHOD

#### *General Directions for Cooking Cereals*

1. Place water in No. 1294 pan and bring to boil. If you live in a community where the water you use has a tendency to discolor aluminum, we suggest that you add a slice of lemon or 1 tablespoon lemon juice or vinegar per quart of water to the water put into the No. 1294 pan.
2. Put necessary amount of water in No. 1297 or No. 170 pan, add salt and bring to boil.
3. Add cereal gradually, stirring constantly.
4. Fit No. 1297 ring over No. 1294 pan.
5. Set No. 1297 or No. 170 pan on ring. Cover with No. 1294 or No. 1298 cover.
6. Cook over low heat according to time given in cereal chart.
7. Dried fruits, such as raisins, dates, apricots, peaches, prunes, or figs may be added for variety and additional nutritive value. These should be carefully washed and added one-half hour before cereal is done.
8. Many cereals, such as corn meal mush, are nice served with milk or in butter and syrup.

### TIME TABLE FOR CEREALS

KIND	QUANTITY	WATER	SALT	TIME
Steamed Cooked Rolled Oats . . . . .	1 cup	2 cups	1 tsp.	30 minutes
Rolled Rye or Wheat . . . . .	1 cup	2 cups	1 tsp.	25 minutes
Rice (steamed) . . . . .	1 cup	2½ cups	1 tsp.	35 minutes
Corn Meal . . . . .	1 cup	4 cups	1 tsp.	2½ hours
Fine Wheat Breakfast Foods . . . . .	1 cup	4 cups	1 tsp.	30 minutes
Oatmeal (coarse) . . . . .	1 cup	4 cups	1 tsp.	3 hours
Hominy . . . . .	1 cup	4 cups	1 tsp.	1 hour
Cracked Whole Wheat . . . . .	1 cup	4 cups	1 tsp.	3 hours



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## GENERAL DIRECTIONS FOR COOKING DRIED VEGETABLES AND FRUITS—NEW METHOD

1. Dried vegetables require two parts of water to one part of food. Dried fruits require one part water to two parts food.
2. Soak foods over-night or for several hours and steam in water in which they are soaked.
3. Dried fruits are sufficiently moist; do not require soaking.
4. Place quart or more boiling water in No. 1294, put ring No. 1297 in position and set pan No. 1297 or No. 170 containing food to be cooked in the ring. (Food previously soaked or covered with water.) A slice of lemon or tablespoon of vinegar put into water in bottom pan will prevent discoloration of the utensil.
5. Cover with No. 1294 or No. 1298 and keep the water in lower pan boiling.

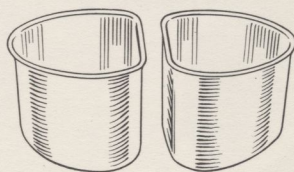
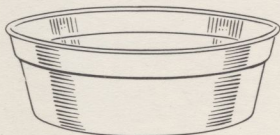
## PUDDINGS—STEAMED NEW METHOD

1. The No. 1294-1298 combination is used with the No. 1297 ring, or the No. 1298 steamer plate and the No. 170 inner pan for steaming puddings.
2. All of your favorite recipes may be steamed with New Method equipment.

### NEW METHOD CUSTARD

5 eggs  
6 tablespoons sugar  
1 teaspoon salt  
1½ teaspoons vanilla  
1 quart milk  
Nutmeg

1. Beat eggs slightly with fork; add sugar, salt and vanilla; mix.
2. Add milk, blend well. Strain into No. 170 inner pan. Adjust No. 1297 steam-
- er ring in No. 1294 pan; place custard in ring. Cook over roast or over boiling water 45-50 minutes. (If desired, this can be baked in No. 1295 pan placed on No. 1298 steamer plate adjusted in No. 1294 pan.)
3. When a silver knife inserted into the custard comes out clean, the custard is done.
4. Sprinkle top with nutmeg; chill.









## FLAKY RICE

*Nice used as potato substitute  
and steamed over roast*

- 2½ cups water
- 1 teaspoon salt
- 1 cup uncooked rice

1. Place water in No. 170 Pan, add salt and bring to boil. Wash rice well and add to boiling water.
2. Place pan on No. 1298 steamer plate, and place over roast in No. 1294 pan.
3. Steam 30 minutes, remove, pour into No. 8 food press and rinse well with hot or cold water.
4. Drain, return to No. 170 pan and reheat on steamer plate.

## STEAMED MACARONI

1. Fit No. 1297 ring over No. 1294 pan in which water is boiling.
2. Place macaroni in No. 170 pan, add twice as much boiling water as macaroni, as directed for dried foods.
3. Place No. 1294 cover on combination and steam for one-half hour over medium heat.
4. Drain and season to taste.

## SAUCE FOR ITALIAN SPAGHETTI WITH CHEESE

- 2 medium onions (sliced)
- 1 green pepper, seeded and diced
- 2 tablespoons vegetable oil
- 1 No. 3 can tomatoes
- 1 tablespoon salt
- 2 teaspoons sugar
- Grated Italian Cheese

1. Cook the onions and pepper in oil in No. 1410 until tender. Add tomatoes, salt, and sugar and cook slowly, uncovered, until a thick sauce results.
2. Serve over cooked spaghetti and sprinkle with grated cheese.

## AMERICAN SPAGHETTI

- 1 large slice of ham
- ½ pound rich cream cheese
- 1 tablespoon butter
- 1 No. 2 can tomatoes
- 1 green pepper (cut fine)
- 1 onion (chopped fine)
- 1 small can mushrooms
- 2 cups spaghetti (uncooked)

1. Steam spaghetti in No. 170 pan over No. 1294 pan. Keep hot.
2. Trim excess fat from ham. Cut into small pieces and brown in large vegetable pan.
3. Lift out ham, add cheese and butter.
4. Add tomatoes, green pepper, and onion.
5. Cover and cook slowly 10 minutes.
6. Season with salt, add mushrooms and ham pieces. Bring to boil.
7. Serve over spaghetti, garnish with Parmesan Cheese.

## MACARONI AND CHEESE

- 2 cups steamed macaroni
- 1 cup grated American cheese
- ¾ cup milk
- 4 tablespoons butter
- 1 teaspoon salt
- ⅛ teaspoon pepper

1. Grease No. 170 pan which is placed on No. 1297 ring in No. 1294 pan. This combination works on the same principle as an oven.
2. Put 1 cup of steamed macaroni in No. 170, sprinkle with ½ cup cheese, dot with butter, season with pepper and salt.
3. Add second cup of macaroni to first layer, repeat with cheese, butter, salt and pepper.
4. Pour milk over mixture. Cover with No. 1294 cover.
5. Bake on medium heat one hour.
6. Buttered bread crumbs added to top during last ten minutes make an attractive dish.
7. Serves six.

## DRIED LIMA BEANS

1½ cups dried lima beans  
2 tablespoons butter  
1 teaspoon salt  
¼ teaspoon pepper

1. Prepare lima beans, soaked over-night, according to directions for dried vegetables, cooking 1-2 hours.
2. Season with butter, salt, and pepper.
3. Lima beans may be dressed in many ways—nice used with canned corn for succotash.

## NEW METHOD BAKED BEANS

2 cups navy beans  
4 slices bacon  
1 tablespoon salt  
4 tablespoons molasses  
1 No. 2 can tomatoes

1. Wash beans, soak over-night, steam according to directions for vegetable steaming, placing strips of bacon over beans—cooking 1-2 hours.
2. Add salt and molasses.
3. Put tomatoes through No. 8 food press.
4. Pour tomatoes over beans. (Do *not* pour off liquid in which beans have been cooked.)
5. Pour bean mixture in No. 1294 pan, after water is removed.
6. Cover and cook over a very low heat 7-8 hours, adding more tomato juice as it cooks down.

## DRIED NAVY BEAN SOUP

1 cup dry navy beans  
2 cups cold water  
½ pound salt pork  
1 quart water  
Pepper and salt

1. Soak beans over-night in 2 cups of water.
2. Arrange No. 1294 with steamer ring and No. 170 inner pan. Place beans in water in which they were soaked in inner pan. Bring water in No. 1294 to boil and cover with No. 1298.
3. Steam ½ hour. Add salt pork.

4. Continue steaming 45 minutes.
5. Remove to larger pan, add 1 quart water and allow to simmer 20 minutes.
6. Season to taste.
7. Serves six.

## STEAMED DRIED PRUNES

2 cups prunes  
1 cup water (more if prune juice is desired)  
Sugar to suit taste  
Lemon juice

1. Wash prunes thoroughly. Place in No. 170 Pan on No. 1297 ring or steamer plate over boiling water in No. 1294.
2. Steam ½ hour or until tender.
3. Chill, add lemon juice and sugar to taste.

## STEAMED PEACHES AND APRICOTS

1. Wash fruit carefully, steam according to directions for dried fruit.
2. Steam ½ hour. Add sugar to taste.

## STEAMED PUDDING

¼ cup butter  
½ cup molasses  
½ cup milk  
1 egg, well beaten  
1½ cups graham or whole wheat flour  
½ teaspoon soda  
1 cup seeded raisins, cut in pieces

1. Melt butter, add molasses, milk and egg.
2. Measure and sift dry ingredients.
3. Add to first mixture. Stir in raisins.
4. Place in No. 170 Pan and steam 2½ hours either over roast in No. 1294-No. 1298 combination or over boiling water in No. 1294.
5. Serve with lemon sauce. Dates or figs may be used in place of raisins.



## SPICED PEACH PUDDING

1½ cups sifted flour  
 ¼ cup sugar  
 ¼ teaspoon cinnamon  
 ¼ teaspoon nutmeg  
 2 teaspoons baking powder  
 ½ teaspoon salt  
 4 tablespoons shortening  
 2 cups sliced peaches  
 ¼ to ⅓ cup milk  
 2 tablespoons butter  
 ¼ cup sugar  
 Juice of ½ lemon

1. Sift flour, sugar, spices, baking powder and salt together.
2. Cut fat into flour using fork or pastry blender.
3. Remove skins from peaches by covering them with boiling water for 2 minutes, then plunging them into cold water. The skins come off easily and no valuable food elements are lost.
4. Add ½ cup chopped peaches to flour mixture and enough milk to make a soft dough.
5. Melt butter in bottom of No. 170 pan, add sugar, lemon juice and remaining peaches.
6. Pour batter over peaches and steam on No. 1298 steamer plate over roast or boiling water 1½ hours.
7. Serve hot with lemon sauce or whipped cream.

## TAPIOCA PUDDING

2 egg yolks  
 3 cups milk  
 ⅓ cup tapioca  
 ½ cup sugar  
 ¼ teaspoon salt  
 2 egg whites  
 1 teaspoon vanilla

1. Mix egg yolks with small amount of milk in No. 170 inner pan or No. 1295 inset pan. Add remaining milk, tapioca, sugar and salt.
2. Place over direct heat with heat at medium. Do not boil; just bring to scalding point, stirring frequently.
3. Beat egg whites until just stiff enough to hold their shape. Fold a small amount at a time into tapioca mixture until all is added. Add vanilla.
4. Place on No. 1298 steamer plate over roast or water and cook about one hour. When half done, remove cover, stir and replace cover.

## DATE AND GRAHAM CRACKER PUDDING

1½ cups graham cracker crumbs  
 (approximately 16 graham crackers)  
 ¾ cup chopped pecan meats  
 ½ pound pitted dates, chopped  
 2 tablespoons all purpose flour  
 1 teaspoon salt  
 2 tablespoons granulated sugar  
 2 teaspoons baking powder  
 1 egg, slightly beaten  
 1 cup milk  
 1 teaspoon vanilla

1. Put graham crackers through No. 8 food press to make crumbs.
2. Chop pecan meats and pitted dates. Combine graham cracker crumbs, pecan meats and chopped dates.
3. Mix and sift together flour, salt, sugar and baking powder. Add to first mixture. Mix.
4. Beat egg slightly, add milk and vanilla. Add to first mixture and beat well.
5. Pour into well greased No. 170 inner pan or No. 1295 inset pan.
6. Place on No. 1298 steamer plate over roast or boiling water in No. 1294 pan. Cover with No. 1298 cover. Bake 1 hour 15 minutes.
7. Serve hot with hard sauce or whipped cream.

## CHOCOLATE PUDDING

1 tablespoon butter  
 ½ cup sugar  
 1 egg, beaten  
 1½ ounces chocolate or  
 6 tablespoons cocoa  
 1 cup sifted cake flour  
 1½ teaspoons baking powder  
 ¼ teaspoon salt  
 1 teaspoon vanilla  
 ½ cup milk

1. Cream butter, add sugar and blend.
2. Add egg and melted chocolate. (If cocoa is used, combine with dry ingredients.)
3. Mix and sift dry ingredients. Add vanilla to milk.
4. Alternately add dry and liquid ingredients, beat until smooth.
5. Pour into buttered No. 1295 inset or No. 170 inner pan; cook on No. 1298 steamer plate over meat or water in No. 1294 pan. Cook about 1 hour and 15 minutes.



# NEW METHOD OF COOKING UTENSIL COMBINATIONS FOR DRIED FOODS AND PUDDINGS



Nos. 1294, 1297-R, 170, 1294-C—  
For steamed dried foods or  
puddings.



Nos. 1294, 5-D, 1294-C—For  
direct steaming of dried  
foods or puddings.



Nos. 1298, 1297-R, 1297, 1294-C—  
For steamed dried foods, puddings,  
or fruit cakes.



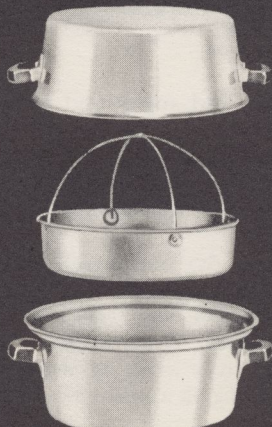
Nos. 1294, 1297-R, 1297, 1298—  
For steamed dried foods, puddings  
or fruit cakes.



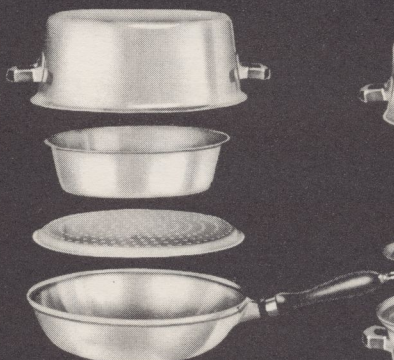
Nos. 1410, 1297-R, 170, 1298—  
For steamed dried foods and  
puddings.



Nos. 1294, 1298-SP, 1298—  
For steamed dried foods;  
for reheating food.



Nos. 1294, 5-D, 1298—For direct  
steaming dried foods  
and puddings.

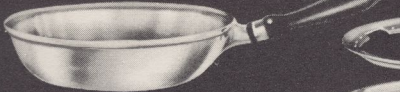


Nos. 1410, 1298-SP, 170, 1298—  
For steamed dried foods  
and puddings.



Nos. 1294, 1298-SP, 79, 1298—  
For indirect steaming of dried  
foods and puddings.

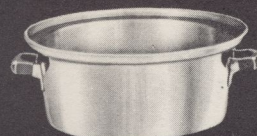
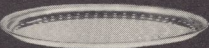




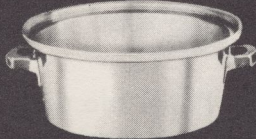
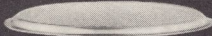
Nos. 1410, 1298-SP, 79, 1298—  
For steamed dried foods  
or puddings.



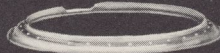
Nos. 1410, 1297-R, 1297, 1298—  
For steamed dried foods  
or puddings.



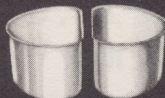
Nos. 1294, 1298-SP, 170, 1298—  
For steamed dried foods  
or puddings.



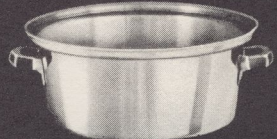
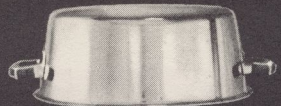
Nos. 1294, 1297-R, 170, 1298-SP,  
79, 1298—For combined steaming  
of dried foods and puddings.



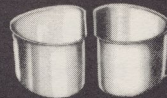
Nos. 1410, 1297-R, 170, 1294-C—  
For steamed dried foods  
or puddings.



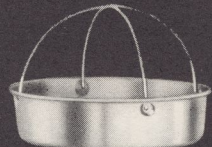
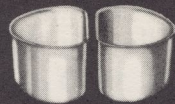
Nos. 1294, 1298-SP, 2 No. 1295,  
1298—For steamed dried foods  
or puddings.



Nos. 1294, 1297-R, 170, 1298—  
For steamed dried foods  
or puddings.



Nos. 1410, 1298-SP, 2 No. 1295,  
1298—For steamed dried foods,  
puddings, fruit cakes.



Nos. 1294, 5-D, 1298-SP, 2 No.  
1295, 1298—For steamed dried  
foods or puddings.



# Meats

## THE NEW METHOD WAY

### DIRECTIONS FOR TOP STOVE ROASTING

1. Place No. 1294 pan over high heat. (Note explanation of high heat on pages 8-11.)
2. Put a small piece of white paper (do not use tissue paper) in bottom; when this turns a deep brown the pan is ready for use.
3. Remove the paper and place meat in pan.
4. Sear on all sides, brown thoroughly, about 10 minutes on each side. Meat may stick to hot pan to start. It will loosen itself when sufficiently browned.
5. Reduce the heat to medium-low, cover pan with the No. 1294 shallow cover if roast is small or the No. 1298 pan if the roast is large.
6. For less tender cuts of meat reduce heat to low after searing. This is called braising.
7. New Method top stove roasting requires about the same length of time as oven roasting.
8. Salt or any other seasoning may be added either just after searing, during, or at the end of the cooking process.
9. Following the same procedure, small roasts may be roasted in the No. 1410 pan with the No. 1298 pan as cover.

### DIRECTIONS FOR USE OF NO. 2225 LARGE RECTANGULAR ROASTER

1. Large roasts such as whole hams, large roasts of beef, suckling pigs, large legs of lamb, turkey, etc., are roasted in the No. 2225 rectangular roaster.
2. Place No. 2225 bottom pan over high heat with control valve in the rear. (Note explanation of high heat on pages 8-11.)



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3. Put a small piece of white paper (do not use tissue paper) in the bottom; when this turns a deep brown the pan is ready for use.
  4. Remove the paper and place meat in pan. Sear on all sides, brown thoroughly, about 10 minutes on each side.
  5. Remove meat from pan, adjust lifting rack, place meat on rack.
  6. If roast is high, adjust No. 2225 middle section, then cover with No. 2225 cover with control valve to the front. Heat control valves in bottom section and cover must be at opposite ends of the roaster. If roast is shallow, the middle section is not necessary.
  7. Adjust control valves according to directions given in recipe. In general, they are kept closed until roast is three-quarters done, then opened to allow for good browning.
  8. Adjust heat under roaster according to directions given in recipe. If a "moderate" oven is desired, reduce heat to medium; if a "slow" oven is desired, reduce heat to low.
  9. Allow about the same length of time as for oven roasting.
  10. Salt or any other seasoning may be added just after searing, during, or at end of cooking process.

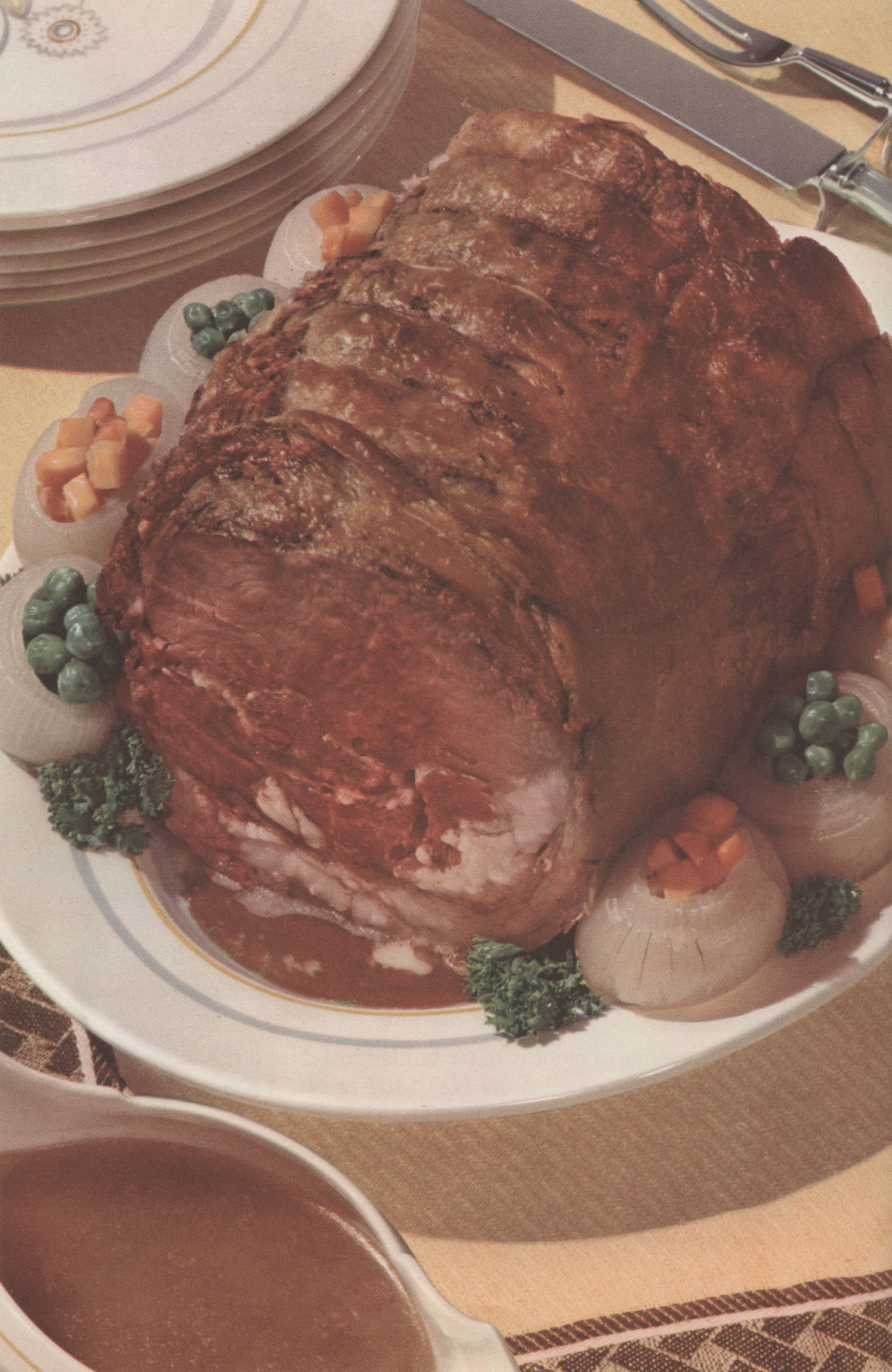
## **DIRECTIONS FOR PAN BROILING— WITHOUT GREASE**

1. Heat No. 1410 broiler pan over high heat. (Note explanation of high heat on pages 8–11).
2. Put a small piece of white paper (do not use tissue paper) in the bottom; when this turns brown the pan is ready for use.
3. Place meat in pan, sear on both sides.
4. Reduce heat to medium and cook meat to taste, turning it several times.
5. Season to taste.
6. If a large quantity of meat is to be broiled, use No. 2223 utility pan. For small quantities of meat use No. 1407 or No. 1408 broiler pans. Follow directions given above.

**WARNING:**—A cold pan placed over too intense heat, or a hot pan into which cold water is poured may warp or buckle. To guard against this, heat the pan gradually. If it is necessary to pour water into a hot pan in order to make gravy, use warm water.

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## NEW METHOD ROAST BEEF

1 3½-pound roast (chuck, shoulder, tenderloin tip or rib)  
Salt, pepper and paprika

1. Place No. 1294 roaster over medium heat until a piece of white paper placed in bottom turns brown.
2. Add roast; sear well—uncovered, on both sides. Approximately 15 minutes.
3. Reduce heat, cover with No. 1294 cover or No. 1298 pan and roast 15 minutes to the pound for rare, 20 minutes for medium and 25 minutes for well-done meat.
4. Season near end of cooking time with salt, pepper and paprika.
5. Steamed onions (cooked whole over meat), centers removed and cavities filled with peas and carrots form an attractive garnish.
6. Serves eight.

## MEAT LOAF RING

2½ pounds ground beef  
½ pound ground, smoked ham  
½ cup chopped onions  
2 tablespoons prepared mustard  
1 cup cracker crumbs  
1 tablespoon salt  
½ teaspoon pepper  
1 teaspoon baking powder  
2 eggs, well beaten  
1¼ cups milk  
Parsley

1. Place all ingredients except parsley in mixing bowl; blend thoroughly.
2. Grease sides of No. 1294 pan, grease No. 1154 cake tube; adjust cake tube in pan.
3. Pack meat loaf mixture into pan. Cover with No. 1298 cover. Bake over low heat 1 hour, 10 minutes.
4. When done, loosen meat loaf from sides of pan with spatula; lift from pan on cake tube; loosen from cake tube, invert over platter.
5. Garnish center of ring with parsley.
6. This meat loaf may also be baked in the No. 1410 broiler pan with the No. 1294 cover or shaped into a loaf and baked in No. 1294 pan with No. 1294 cover.
7. Serves eight to twelve.

## SWISS STEAK

2 pounds round steak (cut 2½ inches thick)  
Salt and pepper  
½ cup flour  
2 tablespoons fat or suet  
Few slices onion  
½ green pepper, chopped fine  
1 cup tomatoes, strained

1. Season the flour with salt and pepper and pound it into meat with a wooden masher. The roller from No. 8 food press is fine for this.
2. Heat fat or suet in No. 1294 round roaster over high heat and brown or sear meat in it.
3. Add onion, green pepper, tomatoes.
4. Cover with No. 1298 cover, reduce heat to low, simmer 2 hours.
5. Serve with sauce that forms in roaster.
6. Serves eight.

## HAMBURGER STEAK

1 pound ground lean beef  
1 large green pepper  
2 small onions  
Salt  
Use No. 1410 broiler pan

1. Mix all together, form into flat cakes. Heat pan until hot and drop in the cakes.
2. Brown thoroughly on both sides, turning frequently.
3. Canned tomatoes may be poured over the steaks.

## LIVER AND ONIONS

Slices of liver  
Sliced onions  
Butter

1. Wipe dry slices of liver cut ½ inch thick. Melt fat (allow 2 tablespoons to each pound of liver) in one side of No. 137 double fry pan.
2. Brown meat slowly, turning frequently.
3. Melt 1 tablespoon butter in the other side of No. 137 pan.
4. Place sliced onions in butter and cook until tender.
5. Close pan to allow onions to cover liver. Cook 5 minutes.
6. Season and serve at once.



## CORNERED BEEF AND CABBAGE

2 pounds cornered beef  
2 medium heads cabbage

1. Wash cornered beef well in cold water.
2. Place in No. 1294 pan with three cups of cold water, cover with No. 1298 cover and allow to simmer over low heat one-half hour.
3. If cornered beef is mildly pickled, soaking overnight in cold water is sufficient without the simmering.
4. After the meat has simmered, remove from pan and pour off water.
5. Dry No. 1294 pan and heat over medium heat about 5 minutes. Place cornered beef in hot pan and sear lightly on all sides.
6. Cover with No. 1298 cover, turn the heat to medium low and cook one-half hour.
7. Remove cover and add cabbage in the following way:
  - a. Cut cabbage into quarters or desired size wedges. Individual servings are nice sizes for the wedges.
  - b. Wash cabbage thoroughly by running cold water through it.
  - c. Drain well, place half of cabbage in the bottom of the No. 1294 and put the cornered beef on top of it. Place remaining cabbage on top of cornered beef. Cover with No. 1298 cover.
  - d. Reduce heat to low and cook forty-five minutes.
  - e. Serves eight.

## NEW METHOD ROAST LOIN OF PORK

1. Cut off excess fat and try out in No. 1294 pan. Sear meat on high heat to a delicate brown.
2. Place fat side up, sprinkle with salt. Slice one small onion over top.
3. Cover and cook over very low heat, allowing 30-35 minutes to the pound.

## PORK LOIN AND SAUERKRAUT

4 pounds pork loin  
Salt and pepper

1. Have butcher break bone in the center of the loin roast. Cut into two parts to fit No. 1294 round roaster.
2. Heat No. 1294 roaster over high heat until a piece of white paper placed in the bottom turns brown.
3. Sear pork loin on lean sides; slightly on fat sides. Reduce heat to medium and cook about 2 hours.

### SAUERKRAUT

2 pounds sauerkraut or  
1 No. 3 can of sauerkraut  
1 small onion

1. Peel and dice onion fine. Mix it with the sauerkraut.
2. Place sauerkraut in No. 170 inner pan on No. 1298 steamer plate over pork roast in the No. 1294 pan. Cover with No. 1298 cover.
3. Allow to cook over meat about one and one quarter hours.
4. Serve with roast pork.
5. Serves eight.

## PORK TURKEYS

8 double loin pork chops  
(cut about  $\frac{3}{4}$  in. thick)  
 $2\frac{3}{4}$  cups bread diced  
5 tablespoons butter, melted  
1 small onion, minced  
 $\frac{1}{2}$  teaspoon Worcestershire Sauce  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon pepper  
5 tablespoons ketchup

1. Have butcher cut pocket in each chop.
2. Make dressing of bread, butter and seasonings. Do not put ketchup in dressing. Place dressing in pocket of chop. Close opening with toothpicks.
3. Place No. 1294 and No. 1298 pans over high heat until white paper placed in bottom of each turns brown.
4. Sear four chops on both sides in each pan at the same time.
5. Place the eight seared chops in No. 1294 pan, pour ketchup over them.
6. Cover with No. 1298 cover. Reduce heat to medium and cook one hour.
7. Serves eight.



## STUFFED SPARE RIBS WITH VEGE-TABLES

- 2 pounds spare ribs
- 1½ cups bread
- 1 medium onion, minced
- 2 tablespoons chopped parsley
- 1 tablespoon butter, melted
- 1 tablespoon water
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 cup hot water
- 6 cooked potatoes
- 1 small head cabbage

1. Wipe meat, sprinkle with salt.
2. Mix bread, onion, parsley, melted butter and seasonings together with 1 tablespoon water.
3. Spread over spare ribs, roll, fasten with skewers and tie with string.
4. Brown roll on all sides in hot No. 1294.
5. Add 1 cup of hot water, cover and cook slowly 1½ hours. 15 minutes before serving add the cooked potatoes which have been peeled and halved and the head of cabbage which has been quartered.
6. Cover and cook slowly.
7. Remove meat to platter, surround with vegetables, garnish with paprika on the vegetables and parsley on the roll.

## NEW METHOD BAKED HAM

- 4 pounds ham, sugar cured—butt end
- 4 tablespoons brown sugar
- 10 whole cloves

1. Wipe ham with damp cloth, remove brown spots caused by curing.
2. Heat No. 1294 roaster over high heat until a piece of white paper placed in the bottom browns lightly. Remove paper.
3. Place ham in pan, brown well on all sides. Turn fat side up, reduce heat to low, cover, bake one-half hour.
4. Score fat side with diagonal cuts so as to make diamonds. Insert a clove into center of each diamond. Pat brown sugar over the surface.
5. Replace cover, bake one-half hour longer.

## BAKED WHOLE HAM

Select ham weighing 10–14 pounds. Wash well. Remove any of tough outer skin left on ham.

### *If ham is smoked:*

1. Soak overnight in sufficient water to cover.
2. Place on perforated rack of No. 2225 roaster and allow the water in which the ham was soaked to remain in bottom.
3. Cover, being sure that the steam valves are closed. Cook over low heat, allowing 25 minutes to the pound. Be certain there is water in the bottom pan at all times.
4. Remove ham from pan. Drain off liquid. Place meat in bottom of pan.
5. Follow general directions for baking in “moderate” oven (See page 37). Rub top of ham with brown sugar, being careful that none falls in the pan. Score top into diamonds and place whole clove in center of each diamond.
6. Bake 45 minutes; open valve in end of roaster and bake 15 minutes longer.

### *If ham is tenderized:*

1. Place bottom pan of No. 2225 roaster over high heat (note explanation of high heat on pages 8–11) until a piece of white paper placed in the bottom browns lightly. Remove paper.
2. Place the ham fat side down in the hot roaster, brown lightly. Turn ham and brown on all sides (approximately 12–15 minutes).
3. Turn ham fat side up; score fat with criss-cross cuts into large diamonds; place a clove in center of each.
4. Adjust No. 2225 cover. Place the vents in cover and bottom section at opposite ends of the roaster. Open both vents one-third way. Reduce heat to low.
5. Allow 10 minutes per pound roasting time. One hour before ham is done, pack surface with brown sugar. Replace cover, continue roasting required length of time.



## HAM AND PINEAPPLE

- 1 1/2 pounds ham
- 1 No. 2 can pineapple, crushed or sliced

1. Ham should be cut about 1 inch thick. Place in No. 1410 pan and sear over high heat.
2. Drain pineapple which may be either crushed or sliced and pour 1 cup of the liquid over the ham.
3. Sprinkle with 1 tablespoon brown sugar. Dot with 7 whole cloves. Place pineapple on and around ham.
4. Cover and cook over low heat 30-40 minutes until meat is tender.

## PINEAPPLE HAM LOAF

- 1 1/2 pounds smoked ham, ground
- 1 pound lean fresh pork, ground
- 1 cup cracker crumbs
- 2 eggs, beaten slightly
- 1 1/2 cups milk
- 2 tablespoons mustard
- 3 tablespoons brown sugar
- 6 slices pineapple, well drained
- 6 maraschino cherries

1. Mix all ingredients except brown sugar, pineapple and cherries. Blend.
2. Sprinkle No. 1410 broiler pan with brown sugar; arrange drained pineapple rings in place. Put a cherry in center of each ring.
3. Patham loaf mixture over entire surface of pineapple. This, when smoothed over just fills the No. 1410 pan.
4. Cover with No. 1294 cover. Place over medium heat until cover becomes hot to touch then reduce heat to low and cook one hour.
5. Tilt cover and drain off all excess liquid in the bottom of the pan. Remove cover, place a round platter over meat loaf and invert pan. The meat loaf will come out looking much like an upside-down cake.
6. Garnish the platter with crispy parsley. Serve either hot or cold.
7. Serves eight.

## VEAL AND HAM LOAF

- 1 1/2 pounds veal shoulder, ground
- 1 1/2 pounds smoked ham, ground
- 1/4 cup quick cooking tapioca
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup finely minced onion
- 2 teaspoons Worcestershire Sauce
- 1 1/2 cups milk

1. Combine all ingredients and blend or mix together thoroughly. Be sure to mince onion very fine.
2. Grease No. 1294 round roaster.
3. Mold the meat mixture into a loaf shape and place it in No. 1294. Cover with No. 1298 cover.
4. Place over medium heat until the cover becomes hot to touch then reduce heat to low and cook 1 1/2 hours.
5. When one-half the cooking time has elapsed, remove cover and turn meat loaf. This gives both sides an attractive brown surface.
6. The liquid remaining in the bottom of the pan makes a delicious gravy with the addition of 3 tablespoons of flour dissolved in two cups of water. Simmer until of the desired consistency.
7. Serves eight.

## BRAISED STUFFED LOIN OF VEAL

- 3 1/2 pounds loin of veal with pocket
- 2 cups fine bread crumbs
- 1 small onion, finely diced
- 1/2 cup celery, chopped
- 2 tablespoons butter
- 1/4 cup hot water
- 1/4 cup grated mild cheese
- 1 teaspoon salt
- 1/4 teaspoon pepper
- Wooden skewers and cord

1. Wipe meat with damp cloth. Combine all of ingredients for stuffing. Fill pocket, fasten with wooden skewers and cord.
2. Place in No. 1294 round roaster, cover with No. 1298 cover. Start cooking on medium heat and when bottom pan is stinging hot, reduce heat to medium-low. Cook 2 hours.
3. When done, remove cover, turn heat up to medium-high. Turn roast over to allow it to brown on other side.



## NEW METHOD ROAST LEG OF LAMB

4½ pounds leg of lamb  
Seasoning and flour

1. Sear meat in hot No. 1294 pan about 10 minutes on each side.
2. Sprinkle lightly with flour and place skin side of roast down.
3. Cover with No. 1298 cover and reduce heat to medium.
4. Roast 2½ hours or about 30 minutes to the pound.
5. Season when about half done. Serve with Mint Sauce.
6. Serves eight.

## IRISH STEW WITH DUMPLINGS

3 pounds lamb (cut in small pieces)  
¾ cup cooked carrots  
½ cup cooked turnips  
4 cups cooked potatoes, cooked using the general directions for vegetables. Pare potatoes and dice with carrots and turnips cut into small pieces.

1. Sear meat in No. 1294 pan, cover with water and cook slowly 2 hours. (Water is necessary to extract the juices from the meat and not for cooking.)
2. Twenty minutes before serving add the vegetables and sufficient water to make 3 cups of liquid. Season with salt.
3. Drop in the dumplings, cover and cook 10 minutes.
4. Cover should not be lifted until dumplings are ready to serve.
5. Serves eight.

## FLUFFY DUMPLINGS

1 egg  
¾ cup milk  
2 cups pastry flour  
3 teaspoons baking powder  
½ teaspoon salt  
1 tablespoon butter, melted

1. Break egg into bowl, beat well, add milk, dry ingredients which have been sifted together and beat thoroughly.
2. Add melted butter. Drop by tablespoon on top of stew.
3. Cover; cook 10 minutes on low heat.

## PAN BROILED STEAK

1. Trim excess fat and bone from steak.
2. Heat No. 1410 pan over high heat.
3. Drop steak in pan. Sear on both sides.
4. Reduce heat to medium and continue broiling, turning frequently.
5. Season at end of broiling.

## PAN BROILED CHOPS

1. Heat No. 1410 over high heat.
2. Sear chops on one side, turn and sear the other.
3. Cook over medium heat, turning frequently.
4. Season with salt, pepper and melted butter, if desired.

## PAN BROILED PORK CHOPS

1. Have chops ¾ inch to 1 inch thick. Heat No. 1410 pan over high heat. Sear meat on both sides. Reduce heat to low.
2. Season, cover, cook slowly 20 minutes.
3. Serve at once.

## PAN BROILED HAM

1. Trim slice of ham cut thick.
2. Drop meat into hot No. 1410 pan; sear on both sides. Reduce heat to low.
3. Cook slowly 10 minutes, turning frequently.

## TOMATO SAUCE

2 cups cooked tomatoes  
1 onion, minced  
3 tablespoons butter  
3 tablespoons flour  
Salt

1. Cook tomatoes and onion 15 minutes.
2. Strain through No. 8 food press.
3. Melt butter and cook until slightly browned.
4. Add flour and when well blended, add tomato mixture.
5. Bring to boiling point and serve.



## RAISIN SAUCE

- $\frac{3}{4}$  cup brown sugar
- $1\frac{1}{2}$  cups hot water
- $\frac{1}{2}$  cup cider vinegar
- 3 tablespoons cornstarch
- 2 tablespoons butter
- $\frac{2}{3}$  cup seedless raisins
- $\frac{1}{8}$  teaspoon salt

1. Put all ingredients in No. 170 inner pan or No. 1295 inset pan. Stir until well mixed.
2. Place pan on No. 1298 steamer plate over roast in No. 1294 round roaster. Cook one hour.
3. Stir when nearly done. Serve with baked ham.
4. Serves eight.

## FOWL

### NEW METHOD ROAST CHICKEN

1. Clean chicken, stuff and truss in the ordinary manner.
2. Heat No. 1294 pan and brown the bird thoroughly on all sides
3. Fat may or may not be used.
4. Turn breast side down, cover and cook over a very low heat until meat is tender. Length of time will depend on the age of the bird. Usually 20-30 minutes per pound is sufficient. See turkey recipe for other method.

### CHICKEN STUFFING

- 1 tablespoon butter
- $\frac{1}{4}$  cup chopped celery
- 1 tablespoon minced onion
- 1 tablespoon parsley
- 1 cup bread, diced
- $\frac{1}{4}$  teaspoon sage or poultry seasoning
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper

1. Melt butter in No. 1410, cook celery, onion and parsley in butter three minutes.
2. Add bread and seasonings.
3. Stuff chicken. This recipe stuffs a small chicken. Increase amounts to suit your needs.

## NEW METHOD FRIED CHICKEN

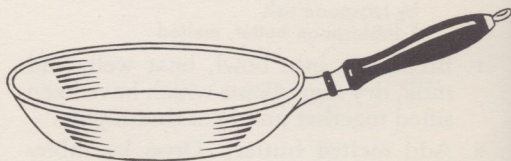
Select fryer or roaster, depending on pieces desired. Have butcher cut in desired pieces. Small fryers are best halved for individual servings. Wash chicken.

### *Without added grease:*

1. Place chicken in cold No. 1410 broiler pan, cover with No. 1294 cover.
2. Place over medium heat until cover becomes hot to touch, then reduce to low.
3. Cook this way about 50 minutes. Remove cover, turn heat to high.
4. Turn pieces of chicken frequently to insure even browning. If large quantity of chicken is to be fried, add about  $\frac{1}{2}$  cup water while frying to give more liquor.

### *With added grease:*

1. Heat No. 1294 pan and No. 1298 pan over medium-high heat. Add butter or chicken fat or both, enough to brown chicken.
2. Dry chicken, put into hot fat. When chicken starts to brown, reduce heat to medium and turn pieces until an even brown.
3. If further cooking of chicken is required to make it tender, place all of chicken in No. 1294 pan, cover with No. 1298 cover, reduce heat to low, cook  $\frac{1}{2}$  hour or until tender.
4. If desired, chicken can be floured before frying. To flour, put flour and seasonings into clean, strong paper bag. Drop pieces of chicken into bag, close opening, shake until chicken is evenly and lightly floured.





## CHICKEN MARYLAND

2 young chickens  
Salt and pepper  
Flour for dredging  
1 egg, well beaten  
1½ cups dry crumbs  
½ cup butter  
3 tablespoons flour  
1 teaspoon salt  
⅛ teaspoon pepper  
1½ cups milk

1. Cut up chickens and rub with salt, pepper and flour.
2. Dip in beaten egg and roll in crumbs.
3. Melt butter in No. 1294 roaster and add chicken. Cover with No. 1298.
4. Bake over low heat for approximately 45 minutes. Turn occasionally to insure even browning.
5. Remove to hot service platter and make gravy of remaining butter, with flour, salt, pepper and milk.
6. Strain gravy through No. 8 food press to remove particles of bread crumbs and egg. Serve over rice.
7. Serves eight.

## NEW METHOD ROAST TURKEY

12 pound turkey  
Salt  
Stuffing  
2 tablespoons butter  
4 tablespoons flour  
1 teaspoon salt  
¼ teaspoon pepper

1. Wash, singe and draw the bird; remove the large pin feathers.
2. Rub inside with salt. Stuff loosely, sew up opening.
3. Melt butter, make paste of flour and butter, add seasoning.
4. Place No. 2225 roaster over high heat until it browns a piece of white paper placed in the bottom.
5. Dry turkey, spread entire surface with butter paste, brown well on all sides in bottom of roaster.
6. Remove turkey from pan, adjust lifting rack, place bird on its side on rack, adjust middle section, cover with No. 2225 cover. Be sure valves in bottom section and cover are at opposite ends of roaster.

7. Open valves in cover and bottom section one-third way. Reduce heat to medium; cook 20-25 minutes per pound. Turn the bird every hour.
8. During last 45 minutes of cooking time, close both valves.

## TURKEY STUFFING

½ pound pork shoulder  
2 tablespoons butter  
½ cup chopped celery  
2 tablespoons onion, minced  
2 tablespoons parsley  
1 cup diced raw apple  
½ cup seedless raisins  
4 cups bread diced  
½ teaspoon poultry seasoning  
1 teaspoon salt  
¼ teaspoon pepper

1. Stew pork until tender. Cut into cubes.
2. Melt butter in No. 1410, cook celery, onion and parsley in butter three minutes. Add apple and raisins.
3. Add bread and seasonings.
4. Stuff turkey and sew up.

## FISH

### BAKED LAKE TROUT

1 fish weighing 2 to 3 pounds  
Filling follows:  
2 cups dry bread crumbs  
¾ teaspoon salt  
1 small onion, chopped  
⅓ cup celery  
1 tablespoon lemon juice  
½ cup melted butter  
1 tablespoon parsley, cut fine  
1 tablespoon A-1 sauce and just sufficient water to hold together

1. Clean fish—bone, remove head and tail. Dry; sprinkle inside with salt.
2. Mix ingredients for stuffing in order given and pack lightly into fish.
3. Sew up opening and cover with slices of salt pork or bacon strips.
4. Bake in large roaster on aluminum foil 45 minutes to one hour at a moderately high temperature. Open valve on lid during last 15 minutes of baking. If foil is not used, grease pan.
5. Serve with Yukon Sauce.
6. Serves four to six.



## YUKON SAUCE

- 3 tablespoons butter
- 5 tablespoons flour
- 2 cups boiling water
- $\frac{1}{4}$  cup butter (cut in small pieces)
- $\frac{1}{2}$  teaspoon salt
- 1 tablespoon lemon juice
- 1 tablespoon finely chopped parsley

1. Melt butter in 1 or  $1\frac{1}{2}$ -quart vegetable pan.
2. Add flour and blend well.
3. Add water gradually, stirring constantly and cooking until smooth or of medium thickness.
4. Beat in butter.
5. Season with salt, lemon juice and parsley.

## SOUTHERN STYLE PERCH

### PART 1

- 12 fillets of perch
- 3 tablespoons flour for dredging
- 2 eggs, well beaten
- $\frac{1}{4}$  pound butter
- Salt
- Pepper
- Paprika

### PART 2

- $\frac{1}{2}$  cup tomato paste
- $\frac{1}{2}$  cup milk
- 1 teaspoon cornstarch or flour

1. Dredge fish in flour, then dip in beaten egg mixture.
2. Melt butter in No. 1410, over medium heat. When butter turns light brown, sear six fillets at a time.
3. After all are seared, place together, season with salt and pepper. Cover with No. 1294 cover and simmer over low heat 20 minutes.
4. Garnish with paprika and lemon slices.
5. Make gravy from drippings remaining in No. 1410.
6. Gravy needs no seasoning due to highly flavored drippings.

## SHRIMP FLOUNDER ROLLS

- 6 flounder fillets
- Salt, pepper to taste
- 1 tablespoon mayonnaise
- 1 teaspoon prepared mustard
- 2 tablespoons softened butter
- 2 tablespoons minced parsley
- 1 pound shrimps, cooked, shelled and cleaned
- 1 No. 2 can tomatoes
- 6 tablespoons butter, melted
- $\frac{2}{3}$  cup bread crumbs
- Toothpicks

1. Cut each fillet in half, lengthwise; rub with salt and pepper.
2. Cream together mayonnaise, mustard, butter, parsley; spread mixture over fillets.
3. Clean shrimp by removing intestines (black thread around circumference).
4. Place 2 shrimps in each fillet, then roll up like a jelly roll, with shrimp inside. Fasten with toothpicks.
5. Place sheet of aluminum foil in bottom of No. 1410 pan.
6. Arrange rolls on buttered foil in No. 1410 pan, place around them the remainder of the shrimp. Pour tomatoes over all.
7. Melt 6 tablespoons butter, add bread crumbs and brown. Sprinkle browned bread crumbs over flounder fillets. Cover with No. 1298 cover.
8. Place over medium heat until vapor escapes beneath cover, then reduce heat to low and bake 25 minutes.

## To Cook and Shell Fresh Shrimps

1. Place 1 quart water, 1 teaspoon salt and a slice of lemon in the bottom of the No. 1410 pan. Adjust No. 1298 steamer plate, cover with No. 1298 pan. Place over high heat until water comes to rapid boil.
2. Wash shrimp in cold water, place on steamer plate, cover, reduce heat to medium, steam 15 minutes.
3. Remove shells. With a paring knife cut around circumference deep enough to expose the black thread which is the intestine. Remove all of intestine.



## OYSTERS

1 pint oysters  
2 tablespoons butter  
Well-seasoned bread crumbs

1. Clean oysters, sprinkle on both sides with salt.
2. Take up by tough muscle with silver fork and dip into well-seasoned cracker crumbs.
3. Melt butter in No. 1410 pan. When hot, add oysters.
4. Brown on one side, turn and brown on other.
5. Serve at once, very hot.

## OYSTER POT PIE

4 tablespoons butter  
 $\frac{1}{2}$  cup onions, chopped fine  
4 tablespoons flour  
Oyster liquor with enough milk to make 2 cups  
 $1\frac{1}{2}$  cups mushrooms, sliced thin  
3 tablespoons parsley, chopped  
1 quart small oysters  
Salt to taste  
Pepper  
Savory Biscuit dough  
Paprika

1. Melt butter over low heat in bottom of No. 1297 pan. Add chopped onions, cook until onions are clear and lightly browned.
2. Add flour, blend well; add milk and oyster liquor gradually. Stir until smooth.
3. Add mushrooms, parsley, oysters, salt and pepper. Simmer 10 minutes over low heat.
4. Adjust No. 1297 ring in No. 1410 pan; cover with No. 1298 cover. Heat over high heat 10 minutes.
5. Make Savory Biscuit dough (see recipe), pat out to  $\frac{3}{8}$  inch thickness and cut with one inch cutter. Arrange biscuits on top of creamed oysters. Sprinkle paprika over biscuit.
6. Adjust No. 1297 inner pan with oyster pie in No. 1297 ring. Cover with No. 1298 cover.
7. Bake over high heat 10 minutes, reduce heat to medium, bake 15 minutes or until biscuits are done.

## SAVORY BISCUIT

1 cup sifted all purpose flour  
2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
1 tablespoon minced onion  
1 tablespoon minced parsley  
2 tablespoons shortening  
6 tablespoons milk

1. Sift dry ingredients together. Add onion, parsley and shortening. Blend with pastry blender or two knives.
2. Add liquid—enough to make a soft dough. Mix with fork.
3. Pat out on floured board to  $\frac{3}{8}$  inch thickness. Cut with 1 inch biscuit cutter.
4. Bake on top of oyster mixture.

## SALTED FISH

1. Soak the fish for 48 hours, flesh side down, in cold water to cover.
2. Pour off water in which fish has soaked. Add fresh water to cover. Cover, bring up to the simmering point over high heat, reduce the heat to low and simmer 20 minutes.
3. Drain fish; place in inner pan, cover with Tomato Sauce. Bake over medium heat 40 minutes.

## STEAMED FISH

Fish with dry meat is best for steaming as the flesh will remain very firm.

1. Place on No. 1298 rack in No. 1294 pan. Season and dot with butter.
2. Cover; steam over boiling water.

## BROILED FISH

1. Clean and split fish. Season liberally with salt and pepper. Rub with butter. Trout, halibut, or whitefish are nice for broiling.
2. Heat No. 1410 broiler pan over a medium heat.
3. Melt 2 tablespoons butter in pan and when butter turns brown, place fish, skin side up, on broiler. Reduce heat to medium low.
4. Broil approximately 15 minutes.
5. Fish dressed with egg and bread crumbs may be cooked in No. 1410, but more hot grease is required.



# NEW METHOD OF COOKING UTENSIL COMBINATIONS FOR MEATS, FOWL AND FISH



Nos. 1410, 1294-C—For small roasts of meat, fowl or fish. For broiling steaks, chops, fish fillets, bacon.



Nos. 1410, 1298-SP, 170, 1298—For small low roasts of meat, fowl cut into pieces or fish steaks and steamed dried foods or puddings.



Nos. 1294, 1294-C—For medium sized roasts of meat, fowl or fish. For soups or stews.



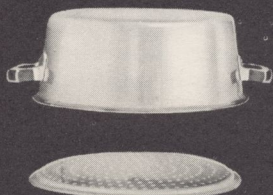
Nos. 1410, 1298—For medium sized roasts of meat, fowl or fish.



Nos. 1410, 1297-R, 170, 1298—For baking meat loaf; chicken or oyster pot pie; ham with escalloped potatoes, etc.



Nos. 1294, 1298—For medium sized high roasts of meat, fowl or fish.



Nos. 1410, 1298-SP, 1298—For small low roasts of meat, fowl cut into pieces, or fish steaks with steamed dried food or steamed potatoes.



Nos. 1410, 1297-R, 170, 1294-C For baking meat loaf; chicken or oyster pot pie; ham with escalloped potatoes, etc.



Nos. 1294, 1298-SP, 1298—For medium sized roasts of meat, fowl or fish with steamed dried food or steamed potatoes.







Nos. 1294, 1297-R, 170, 1294-C—  
For medium sized roasts of meat, fowl  
or fish with steamed dried food or  
pudding.



Nos. 1294, 1298-SP, 170, 1298—  
For medium sized roasts of meat,  
fowl or fish with steamed dried food  
or pudding.



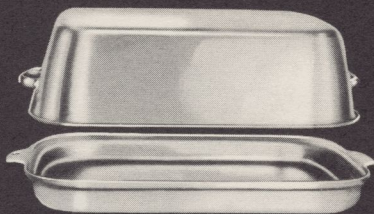
Nos. 1294, 1298-SP, 2 No. 1295,  
1298—For medium sized roasts of  
meat, fowl or fish with steamed dried  
food or pudding.



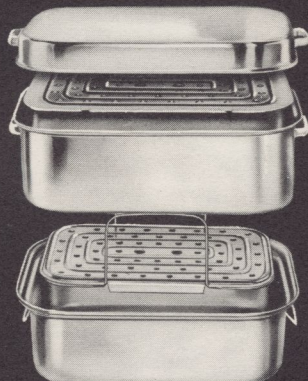
No. 79—For individual servings of  
meat, fowl, fish with individual por-  
tion of steamed dried food; for  
broiling small steak or single chop.



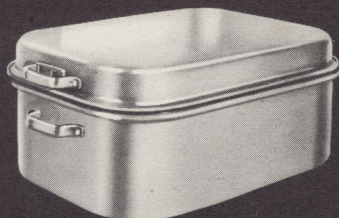
Nos. 1407, 1408—For broiling  
small steaks, 3 to 4 chops,  
bacon, etc.



Nos. 2223, 1225-C—For broiling  
large steaks, large quantities of  
food; for large low roasts of meat,  
fowl or fish.



No. 2225 complete—For very large,  
high roasts of meat or fowl; for large  
low roasts of meat, fowl or fish with  
steamed dried food or pudding.



No. 2225—For large low roasts of  
meat, fowl, fish.



No. 2223—For large quantities of  
steak, chops, fish fillets, bacon,  
sausage, etc.







# Baking

## NEW METHOD

### No. 2225 LARGE RECTANGULAR ROASTER AS AN OVEN

1. Place the No. 2225 bottom pan inside the middle section with the heat control valve in the rear.
2. Place lifting rack in the bottom pan.
3. Adjust cover with the heat control valve to the front. It is necessary that the two heat control valves be at opposite ends of the oven to permit circulation of heat.
4. The heat control valve in the bottom pan should remain open at all times but the valve in the cover should be closed until the baking is three quarters done, then opened to permit even browning.
5. To create a "Slow" oven, corresponding to approximate oven temperature of 275°F. to 325°F., arrange No. 2225 roaster according to directions from "1" through "4." Place over medium heat; preheat 15 minutes, reduce heat to low; place food to be baked on rack.
6. To create a "Moderate" oven, corresponding to approximate oven temperature of 325°F. to 375°F., arrange No. 2225 roaster according to directions from "1" through "4." Place over high heat; preheat 10 minutes. Place food on lifting rack; begin baking. Reduce heat to medium; continue baking.
7. To create a "Hot" oven, corresponding to approximate oven temperature of 375°F. to 450°F., arrange No. 2225 roaster according to directions from "1" through "4." Place roaster over high heat; preheat 15 minutes. Place food on lifting rack. Reduce heat to medium; continue baking.
8. These directions apply only to the No. 2225 roaster.
9. Times for preheating and heats used *must be carefully controlled* to prevent any damage to the roaster. Dry metal subjected to high heat for a long period of time may be seriously damaged. Refer to heat story on pages 8-11. Roaster may be heated over one or two burners.
10. Two eight inch layers of cake can be baked in the No. 2225 roaster. Place one layer on the lifting rack at one end. Place an aluminum



measuring cup (or similar support) on lifting rack at other end and put second layer on this support. Be sure there is at least an inch of space around both pans. This allows for the free circulation of heat essential to even baking and browning.

## DIRECT HEAT TOP-STOVE BAKING

1. Butter cakes, upside down cakes and air cakes such as angel food and sponge, are successfully done by Direct Heat Top-Stove Baking.
2. The regular New Method utensils No. 1294, No. 1298, No. 1410 and combinations of these with No. 1157 and No. 1154 cake tubes together with the No. 2223 utility pan and No. 1225 cover are used depending on type of cake desired and amount of batter used.
3. Unless recipe specifies otherwise, pour batter in pan, cover and place over medium heat until top rim of bottom pan becomes hot to touch. Then reduce heat to low and bake required time.
4. For specific instructions on removal from pans, etc., see directions under individual recipes.

## CAKES

### SOUR MILK GINGERBREAD

- 1/2 cup shortening
- 1/2 cup brown sugar
- 2 eggs
- 1/2 cup dark molasses
- 2 cups sifted cake or pastry flour
- 1 teaspoon baking powder
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cloves
- 3/4 cup sour milk or buttermilk
- 1 teaspoon soda
- 1 cup seedless raisins
- 1 cup chopped nut meats

1. Cream shortening, add sugar gradually.
2. Add beaten eggs. Add molasses; mix.
3. Alternately add sifted dry ingredients and sour milk in which soda has been dissolved.
4. Add floured raisins and nut meats and mix thoroughly.
5. Bake in greased 9-inch loaf pan in No. 2225 roaster according to directions for "Moderate" oven (325°-375°F.) 45-55 minutes, or in greased No. 1294 pan with greased No. 1154 cake tube and No. 1294 cover according to directions for direct heat top stove baking.

### MILK CHOCOLATE CAKE

- 1/2 cup butter
- 1 1/2 cups sugar
- 2 eggs (unbeaten)
- 2 cups sifted cake flour
- 1/2 teaspoon salt
- 1 cup sour milk or buttermilk
- 1 teaspoon vanilla
- 2 squares bitter chocolate
- 1 teaspoon soda
- 1 tablespoon vinegar

1. Cream butter, add sugar gradually.
2. Add one egg unbeaten, beat thoroughly.
3. Add second egg and continue beating.
4. Alternately add flour and salt sifted together and the sour milk to which vanilla has been added.
5. Melt chocolate over hot water, add and beat thoroughly.
6. Dissolve soda in vinegar and add last.
7. Pour into greased 9-inch loaf pan and bake in the No. 2225 roaster according to directions for "Moderate" oven (325°-375°F.) 25-30 minutes, or in greased No. 1298 pan with greased No. 1154 cake tube and No. 1294 pan as cover.



## CREAM SPONGE CAKE

- 4 egg whites
- $\frac{1}{2}$  cup granulated sugar
- 4 egg yolks
- 2 tablespoons cold water
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  cup granulated sugar
- 1 cup sifted cake flour
- $1\frac{1}{2}$  tablespoons cornstarch
- $\frac{1}{4}$  teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt

1. Grease No. 1410 pan well. Set aside.
2. Beat egg whites until stiff, but not dry. Add  $\frac{1}{2}$  cup sugar, continue beating until thoroughly blended.
3. With same beater, beat egg yolks, water and vanilla extract until thick and lemon colored. Add  $\frac{1}{2}$  cup sugar and continue beating until well blended.
4. Combine mixtures. Fold together until thoroughly mixed.
5. Sift flour, measure. Add cornstarch, baking powder and salt. Sift together three times.
6. Fold dry ingredients into egg mixture with a wooden spoon. Sift 2-3 tablespoons at a time over egg mixture, fold in until well blended.
7. Pour into No. 1410 pan, cover with No. 1298 pan, bake over medium low heat 10 minutes, reduce heat to very low and continue baking 40-45 minutes or until surface of cake is dry.
8. Turn onto cake cooler.

## ANGEL FOOD CAKE

- 1 cup sifted cake flour
- $1\frac{1}{4}$  cups sugar
- $\frac{1}{4}$  teaspoon salt
- 1 cup egg whites
- $\frac{3}{4}$  teaspoon cream of tartar
- 1 teaspoon vanilla
- $\frac{1}{4}$  teaspoon almond extract

1. Sift flour, sugar and salt together nine times.
2. Beat egg whites with wire whip until frothy.
3. Add cream of tartar and continue beating until eggs are stiff but not dry. Add extract and beat one minute longer.

4. Fold in dry ingredients, about 4 tablespoons at a time, using a wooden spoon. Fold only until dry ingredients disappear in mixture. Do not handle batter any more than necessary.
5. Pour into ungreased pan No. 1294 with No. 1154 cake tube.
6. Bake on top of range over direct heat—very slowly—for one hour, use No. 1294 cover.
7. If No. 2225 roaster is used, use No. 1157 cake tube with No. 1297 pan and bake according to directions for "Slow" oven (325°F.) one hour.
8. Remove from heat; invert pan on cake cooling rack; allow to cool at least 1 hour before removing cake from pan.

## PRIZE SPICE CAKE

- 6 tablespoons shortening
- 1 cup light brown sugar
- 2 eggs, unbeaten
- $1\frac{1}{2}$  cups sifted cake flour
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{4}$  teaspoon cloves
- $\frac{1}{2}$  teaspoon nutmeg
- 1 teaspoon cinnamon
- $\frac{1}{2}$  teaspoon vanilla
- $\frac{3}{4}$  teaspoon soda
- $\frac{1}{2}$  cup sour milk or buttermilk

1. Cream shortening, add sugar gradually.
2. Add one unbeaten egg, mix thoroughly, then add second egg and beat until light.
3. Sift and measure flour, sift again with baking powder, salt and spices.
4. Add vanilla and soda to sour milk; add alternately with dry ingredients.
5. Beat until batter has smooth texture.
6. Grease both sides of double fry pan No. 137 with butter.
7. Place over heat and heat until butter is slightly brown.
8. Pour batter into one side, close and bake over low heat 15 minutes.
9. Turn pan and bake 10 minutes on other side.
10. Remove to cooling rack—ice or sprinkle with powdered sugar.



## DARK DEVIL'S FOOD CAKE

6 squares unsweetened chocolate  
2 cups sifted cake flour  
1 teaspoon soda  
1 teaspoon salt  
1 teaspoon baking powder  
 $\frac{1}{2}$  cup butter  
 $1\frac{1}{4}$  cups brown sugar, firmly packed  
1 teaspoon vanilla  
3 eggs, unbeaten  
 $1\frac{1}{4}$  cups sweet milk  
Mint Butter Cream Icing

1. Melt chocolate over very low heat.
2. Sift flour, measure, add soda, salt, baking powder. Sift three times.
3. Cream butter, add brown sugar, vanilla and cream together. Add eggs one at a time and beat well.
4. Add chocolate, blend thoroughly.
5. Add approximately  $\frac{1}{3}$  flour to mixture, stir until flour disappears. Add  $\frac{1}{2}$  the milk, stir enough to blend. Add second-third of flour, last half of milk, last third of flour, stirring each time only until added ingredients disappear. Beat well 30 seconds.
6. Grease and flour sides of No. 1294 roaster and the No. 1154 cake tube. Adjust tube in roaster, pour in batter, cover with No. 1294 cover. If desired, the greased No. 1410 pan with No. 1294 cover may be used.
7. Bake over medium heat 10 minutes or until outer rim of pan becomes hot to touch. Reduce heat to low; continue baking 40 minutes or until cake is done.
8. Turn out on cake rack. When cool frost with Mint Butter Cream Icing.

## PINEAPPLE UPSIDE DOWN CAKE

$\frac{1}{2}$  cup shortening  
1 cup granulated sugar  
2 eggs  
2 cups sifted cake flour  
3 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{3}{4}$  cup cold water  
1 teaspoon vanilla

1. Cream shortening, add sugar gradually.
2. Add beaten eggs.

3. Sift dry ingredients together and add alternately with cold water and vanilla mixed together. Beat well.
4. Grease No. 1410 broiler pan heavily with butter; sprinkle with  $1\frac{1}{2}$  cups light brown sugar and dot with 4 tablespoons butter.
5. Arrange five slices of drained pineapple on top of sugar and place a red cherry in the center of each slice.
6. Pour in batter, spread evenly over the pineapple and cover with No. 1294 cover.
7. Place over medium heat 5 minutes, then reduce heat to low and bake 45-50 minutes.
8. Allow to stand 5 minutes with cover on before turning out upside down on cake platter.
9. Serve with whipped cream.

## MINCEMEAT FRUIT CAKE

1 pound mincemeat  
1 cup seedless raisins  
1 cup nut meats  
1 cup sugar  
 $\frac{1}{2}$  cup butter, melted  
1 teaspoon vanilla  
2 egg yolks  
2 cups sifted all-purpose flour  
 $\frac{1}{2}$  teaspoons baking powder  
 $\frac{1}{2}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon salt  
2 stiffly beaten egg whites

1. Mix mincemeat, raisins, nut meats, sugar, butter, vanilla and egg yolks. Beat thoroughly.
2. Add sifted dry ingredients.
3. Fold in egg whites.
4. Pour into well greased No. 1297 pan with No. 1157 cake tube.
5. Arrange No. 1294 pan with No. 1297 steamer ring. Place tube cake pan on ring. Cover with No. 1298 cover.
6. Bake over medium-low heat two hours. Our method does a combination of steaming and baking. This accounts for the resulting moist cake.
7. Decorate the cake with glazed fruit or nuts. A spread of dark syrup over the top gives a fine glaze.



## NEW METHOD COOKIES

## CHOCOLATE CHIP COOKIES

8 squares Dot Chocolate or 8 ounces  
sweet German Chocolate

$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup granulated sugar  
 $\frac{1}{4}$  cup brown sugar, firmly packed  
1 egg, well beaten  
1 teaspoon vanilla  
1 cup sifted cake flour  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon soda  
 $\frac{1}{2}$  cup chopped nut meats

1. Cut chocolate into  $\frac{1}{4}$  inch cubes.
2. Cream butter, add sugar, cream together; add egg and vanilla, mix.
3. Sift flour, salt and soda together; add in two parts and mix well.
4. Add cut chocolate and nut meats; mix until thoroughly blended.
5. Drop from teaspoon onto a greased sheet of "Wear-Ever" Household Foil placed on No. 2225 lifting rack. Drop 2 inches apart.
6. Bake 8-10 minutes in No. 2225 roaster according to directions for "moderate" oven (375°F.) Yield about 50 cookies.

## OATMEAL COCONUT COOKIES

1 cup butter  
1 cup brown sugar, firmly packed  
1 cup maple syrup  
2 eggs, beaten  
2 cups sifted cake flour  
4 teaspoons baking powder  
1 teaspoon salt  
2 cups rolled oats (quick)  
2 cups southern style coconut  
2 cups chopped English walnuts

1. Cream butter, add sugar, maple syrup and beaten eggs. Beat until light and fluffy.
2. Mix and sift dry ingredients; add rolled oats, coconut and nuts. Mix. Add to first mixture. Blend well.
3. Drop by spoonful on baking sheet or greased "Wear-Ever" Aluminum Household Foil about 2 inches apart. Bake 9-10 minutes in No. 2225 roaster heated according to directions for a "moderate" (350°F.) oven.
4. Yield: 7 dozen 2-inch cookies.

## BLACK WALNUT COOKIES

$1\frac{3}{4}$  cups butter  
1 pound brown sugar  
 $\frac{1}{2}$  cup granulated sugar  
2 eggs, well beaten  
 $1\frac{1}{2}$  cups black walnuts or pecans (ground)  
 $1\frac{1}{2}$  cups Southern style coconut  
1 teaspoon vanilla  
1 teaspoon black walnut extract  
6 cups pastry flour  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon soda  
1 teaspoon cream of tartar

1. Cream butter and sugar, add well-beaten eggs. Mix thoroughly.
2. Add nut meats and coconut.
3. Add extracts and mix well.
4. Sift and measure flour, sift with salt, soda and cream of tartar three times.
5. Add to sugar and butter mixture. Mix well. Chill in refrigerator before using.
6. Roll thin and cut with cookie cutter.
7. Bake 15 minutes in No. 2225 roaster according to directions for "moderate" oven (350°F.).

## FRUIT CAKE BARS

$\frac{3}{4}$  cup butter  
 $\frac{3}{4}$  cup granulated sugar  
3 eggs  
 $\frac{1}{4}$  cup molasses  
 $1\frac{1}{2}$  cups sifted flour  
 $\frac{3}{16}$  teaspoon soda  
2 teaspoons mace  
2 tablespoons cinnamon  
 $\frac{3}{4}$  teaspoon allspice  
 $1\frac{1}{2}$  teaspoons cloves  
 $\frac{1}{2}$  pound candied pineapple  
 $\frac{3}{8}$  pound candied cherries  
 $\frac{1}{4}$  pound citron  
 $\frac{1}{8}$  pound orange peel  
 $\frac{3}{8}$  pound raisins  
 $\frac{3}{8}$  pound English walnuts  
Confectioner's sugar

1. Cream butter, add sugar and cream. Add eggs one at a time, beating constantly. Add molasses, mix.
2. Sift flour, measure. Add soda and spices. Sift together three times.
3. Sift dry ingredients over chopped fruit and nuts. Mix well, add to butter mixture, stir until well blended.
4. Pour batter into 8-inch square cake pans, filling each  $\frac{2}{3}$ - $\frac{3}{4}$  full.
5. Bake 20-25 minutes in No. 2225 roaster heated according to directions for a "moderate" (350°F.) oven.
6. Sprinkle with confectioner's sugar.



## ICINGS

### BUTTER CREAM ICING

- 1 tablespoon butter
- 1 cup confectioner's sugar
- 1 tablespoon milk
- 1 teaspoon vanilla

1. Melt butter, add sugar, milk and vanilla.
2. Beat well. Spread on cake.

### MILK CHOCOLATE ICING

1. Use butter cream icing recipe.
2. Add 1 square bitter chocolate melted and  $\frac{1}{2}$  teaspoon of black walnut extract;  $\frac{1}{2}$  cup black walnut meats may be sprinkled over top or mixed into icing.

### MINT BUTTER CREAM ICING

- 2 tablespoons butter
- 2 cups confectioner's sugar
- 1 teaspoon vanilla
- 1 tablespoon milk
- 6 tablespoons mint jelly

1. Cream butter, add sugar, vanilla, milk and mint jelly. Beat well until smooth.
2. Spread on cake. If desired, sprinkle with chocolate sprinkles.

### BOILED ICING

- $1\frac{1}{2}$  cups granulated sugar
- 2 egg whites (unbeaten)
- 5 tablespoons cold water
- $\frac{1}{4}$  teaspoon cream of tartar
- $\frac{1}{2}$  teaspoon vanilla

1. Use the No. 1294, No. 1297 pan and No. 1297 ring combination.
2. Place the sugar, egg whites, water and cream of tartar in No. 1297 pan.
3. Have water boiling briskly in No. 1294 and with rotary egg beater, beat until icing will hang in a point when lifted above the pan (5-8 minutes).
4. Cool 5 minutes, add vanilla and spread on cake.

### CHOCOLATE BOILED ICING

Add 3 squares of melted chocolate to boiled icing ingredients. Beat a little longer.

## MIRACLE ICING

- 1 cup granulated sugar
- 1 egg white, unbeaten
- $\frac{1}{4}$  teaspoon cream of tartar
- $\frac{1}{2}$  cup boiling water
- 1 teaspoon vanilla

1. Mix sugar, egg white and cream of tartar together.
2. Add boiling water and beat on high speed of electric mixer until stiff.
3. Add vanilla and spread between layers and on top of cake.

## PIES

### NEW METHOD PIE

*Flaky pie crust for covered pie*

- 2 cups flour
- 1 teaspoon salt
- $\frac{2}{3}$  cup shortening
- $\frac{1}{4}$  cup ice water (approximate)

1. Be sure all ingredients are very cold.
2. Sift and measure flour, add salt.
3. Blend fat with dry ingredients, either by cutting together with two silver knives or with pastry blender. Cut back and forth through mixture until it is separated into particles about the size of a pea.
4. Add water *very* slowly, about  $\frac{1}{2}$  teaspoon at a time, always sprinkling it over a large area of dry material. Use a fork for this mixing and toss lightly together until all the mixture has been dampened.
5. Turn on board dusted with flour and divide into two portions.
6. Roll one portion with gentle strokes until of  $\frac{1}{8}$  inch thickness and the desired size.
7. Loosen from board and transfer to an ungreased 9-inch pie pan.
8. Add fruit or berries, roll second portion and cover filling, pressing the two edges of the crusts together.
9. Preheat No. 2225 roaster 15 minutes. Place pie on rack, reduce heat to "Moderate" and bake 40 minutes following baking directions.



## FLAKY PIE CRUST FOR SINGLE SHELL

1. Use about one-half the amount of ingredients as for a double crust and proceed the same with mixing.
2. Bake 15-18 minutes in No. 2225 roaster according to directions for "Hot" oven (450°F.).

## Fillings for Unbaked Crusts

### COBBLESTONE APPLE PIE

Uncooked single pie shell  
4 or 5 large apples  
 $\frac{3}{4}$  cup sugar  
2 tablespoons minute tapioca  
 $\frac{1}{4}$  teaspoon nutmeg  
 $\frac{1}{8}$  teaspoon cinnamon  
 $\frac{1}{2}$  tablespoons butter

1. Pare, core and quarter apples. Place cut side down on crust to resemble cobblestones.
2. Mix dry ingredients thoroughly together and pour over apples. Dot with small bits of butter, dust lightly with cinnamon.
3. Bake 15 minutes in No. 2225 roaster according to directions for "Hot" oven (425°F.) then reduce heat to "Moderate" oven (375°F.) 30 minutes.
4. Serve plain or with whipped cream.

### HUCKLEBERRY PIE

1 quart huckleberries  
 $\frac{3}{4}$  cup flour  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{8}$  teaspoon salt  
Juice of  $\frac{1}{2}$  lemon

1. Wash and pick berries.
2. Sift flour, sugar and salt together over berries.
3. Add lemon juice. Blend thoroughly and put into uncooked pie crust, cover and bake as directed in double pie recipe.
4. Other fruits and berries may be fixed in the same way, varying sugar and flour depending on their sweetness and juiciness.

## NEW METHOD CHERRY PIE

1 cup sugar  
 $\frac{1}{4}$  cup sifted pastry flour  
4 cups fresh pitted cherries  
1 tablespoon butter

1. Sift together sugar and flour and mix with cherries.
2. Pour into 9-inch pie pan which has been lined with pastry.
3. Dot with butter. Cover with top crust.
4. Bake 15 minutes in No. 2225 roaster according to directions for "Hot" oven (450°F.) then reduce heat to "Moderate" oven (350°F.) 30 minutes.

## PUMPKIN PIE

$1\frac{1}{2}$  cups milk  
 $1\frac{1}{2}$  cups cooked pumpkin  
 $1\frac{1}{4}$  cups granulated sugar  
1 teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon nutmeg  
 $\frac{1}{2}$  teaspoon ginger  
 $\frac{1}{2}$  teaspoon salt  
2 eggs or 4 yolks well beaten

1. Line pie pan with pastry. Brush bottom with unbeaten egg white to prevent sogginess.
2. Mix ingredients in order listed.
3. Pour into shell, bake 1 hour in No. 2225 roaster according to directions for a "Moderate" oven (375°F.).
4. Put pumpkin through No. 8 food press if preparing from whole pumpkin.

## NEW METHOD CUSTARD PIE

2 cups milk, scalded  
3 eggs  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon vanilla  
 $\frac{1}{8}$  teaspoon nutmeg

1. Line pie pan with pastry. Brush bottom with slightly beaten egg white.
2. Scald milk; beat eggs slightly, add sugar and salt, mix. Stir hot milk into egg mixture slowly, add vanilla.
3. Pour into shell, sprinkle nutmeg over top, bake 1 hour in No. 2225 roaster according to directions for a "Moderate" oven (325°F.-375°F.).



## Filling for Baked Pie Shell

### LEMON MERINGUE PIE

- 2 tablespoons flour
- 2 tablespoons cornstarch
- 1 cup sugar
- 1 cup boiling water
- 2 egg yolks
- 6 tablespoons lemon juice
- Grated rind of 1 lemon
- 1 tablespoon butter

1. Blend flour, cornstarch and sugar. Slowly stir in boiling water.
2. Cook over low heat, stirring constantly until thickened.
3. Add beaten egg yolks. Remove from heat and stir in lemon juice, grated rind and butter; cool.
4. Pour mixture into previously baked pie shell and cover with meringue made by beating 2 egg whites very stiff and slowly adding 6 tablespoons sugar.
5. Spread over filling and brown in oven 15 minutes.

## QUICK BREADS

### BAKING POWDER BISCUITS

- 2 cups sifted flour
- 3 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 1 tablespoon sugar
- 3 tablespoons shortening
- $\frac{3}{4}$  cup milk

1. Sift dry ingredients and cut in shortening with pastry blender or two knives.
2. Add liquid slowly—enough to make a soft dough, using fork to mix.
3. Pat out on floured board to about  $\frac{1}{2}$  inch thickness.
4. Cut with biscuit cutter and place in ungreased No. 1410 broiler. Cover with No. 1294 cover.
5. Place over low heat; when biscuits have baked 10 minutes, remove cover and turn each biscuit over.
6. Replace cover and continue baking 10 more minutes.

## COFFEE CAKE

### Batter

- 2 cups sifted flour
- 4 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup sugar
- $\frac{1}{4}$  cup shortening
- 1 egg, well beaten
- $\frac{3}{4}$  cup milk
- $\frac{1}{2}$  teaspoon vanilla

### Topping

- $\frac{1}{2}$  cup light brown sugar, packed firmly
- 2 teaspoons cinnamon
- 2 tablespoons flour
- 1 cup coarsely chopped walnuts
- 2 tablespoons melted shortening

1. Sift together three times the flour, baking powder, salt and sugar.
2. Cut in shortening with pastry blender or two knives. Beat egg, add milk and vanilla to it, then add liquid to dry ingredients. Mix well.
3. Grease No. 1410 pan, pour in batter, bake over medium heat 5 minutes, reduce heat to low, bake 10 minutes. Combine ingredients for topping, mix well, sprinkle over cake, replace cover, continue baking 10 minutes.

### CORN BREAD

- 1  $\frac{1}{4}$  cups pastry flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 cup corn meal (yellow or white)
- 1 egg
- 1 cup milk
- 2 tablespoons melted shortening

1. Sift and measure flour. Add baking powder, salt and sugar; sift twice. Add corn meal and mix well.
2. Add well-beaten egg, milk and melted shortening to dry ingredients. Beat briskly.
3. Pour into well-greased 8x8-inch baking pan. Bake 20 minutes in No. 2225 roaster according to directions for "Hot" oven (425°F.). Serve hot.



## REFRIGERATOR ROLLS

*Made with Yeast*

- 2 cups boiling water
- $\frac{1}{2}$  cup sugar
- 1 tablespoon salt
- $\frac{1}{4}$  cup shortening
- $\frac{1}{4}$  cup lukewarm water
- 2 cakes yeast
- 1 teaspoon sugar
- 2 eggs, beaten
- 8 cups sifted flour

1. Mix boiling water, sugar, salt and shortening together and cool to lukewarm.
2. Soften yeast in lukewarm water, add 1 teaspoon sugar and stir into first mixture.
3. Add beaten eggs, stir in 4 cups flour and beat thoroughly.
4. Stir in remaining 4 cups flour and beat thoroughly to a smooth dough.
5. Knead slightly so as not to warm the dough. Grease top, place in large covered bowl and store in refrigerator until needed.
6. When needed, shape into clover-leaf or Parkerhouse rolls and place in pans to double in bulk about 2 hours.
7. Bake 15-20 minutes in No. 2225 roaster according to directions for "Hot" oven (425°F.).
8. This dough need not all be used at one time. Held at a low even temperature, and covered, the dough will keep for a week or 10 days.

This dough is a good basis for pecan rolls, cinnamon rolls, or coffee cake.

## CINNAMON PECAN ROLLS

- $\frac{1}{2}$  recipe for Refrigerator Rolls
- 2 tablespoons soft butter
- $\frac{3}{4}$  cup light brown sugar
- $1\frac{1}{2}$  teaspoons cinnamon
- $\frac{1}{2}$  cup pecan meats

1. Roll chilled Refrigerator Rolls out on lightly floured board to  $\frac{1}{4}$  inch thickness. Spread with soft butter.
2. Mix together brown sugar, cinnamon and pecans. Sprinkle over surface of

dough, roll up like jelly roll. Cut in pieces 1 inch thick.

3. Butter No. 1410 pan, pat  $\frac{2}{3}$  cup brown sugar onto bottom of pan, sprinkle with  $\frac{1}{2}$  teaspoon cinnamon, 2 tablespoons butter cut in bits and  $\frac{1}{4}$  cup pecan meats. Place rolls, cut side down on paste.
4. Allow to rise in warm place until double in bulk. Cover, bake 5 minutes over medium heat, reduce heat to low, bake 17 minutes or until done.
5. Remove upside-down to cake rack. Makes approximately 12-16 rolls.
6. Walnuts, raisins, almonds, or a mixture of fruits and nuts may be substituted for the pecans in this recipe.

## SIXTY-MINUTE ROLLS

- 2 cups milk
- 2 cakes yeast
- 2 tablespoons sugar
- 6 cups sifted flour
- 8 tablespoons butter, melted
- $1\frac{1}{2}$  teaspoons salt

1. Scald milk and cool to lukewarm.
2. Dissolve yeast and sugar in milk; add 2 cups flour and beat 5 minutes.
3. Add shortening and beat 1 minute. Add 3 cups flour and salt.
4. Turn onto board with 1 cup flour and knead well.
5. Cover, allow to rise 30 minutes. Roll to  $\frac{1}{4}$  inch thickness. Brush lightly with melted butter.
6. Shape into rolls and place in pan. Allow to rise about 15 minutes or until double in size.
7. Bake 15 minutes in No. 2225 roaster according to directions for "Hot" oven (450°F.).

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*Any or all of your favorite baking recipes may be baked satisfactorily in New Method baking combinations.*



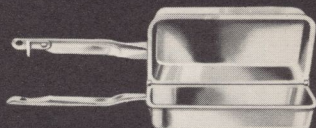
## NEW METHOD OF COOKING UTENSIL COMBINATIONS FOR TOP STOVE BAKING



Nos. 1410, 1294-C—For direct heat top stove baking of loaf and upside down cake, biscuit, cinnamon roll, cornbread.



Nos. 1294, 1298-SP, 170, 1298—For small loaf cake, fruit cake, nut bread, coffee cake.



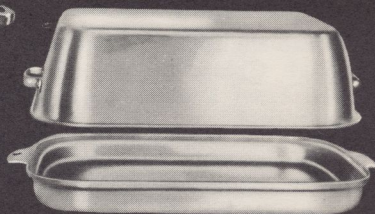
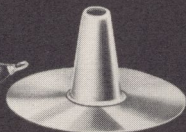
No. 137—For corn bread, biscuits, small loaf cake.



"Wear-Ever" Household Foil—For baking cookies; lining pan for jelly roll; keeping cakes, bread and cookies fresh.



Nos. 1410, 1157, 1298—For direct heat top stove baking of tube, butter or air cake; corn bread; cinnamon ring.



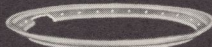
Nos. 2223, 1225-C—For direct heat top stove baking of large single layer cake, jelly roll, angel roll.



Nos. 1294, 1154, 1298—For direct heat top stove baking of angel cake, sponge cake, ring loaf cake.



Nos. 1294, 1154, 1294-C—For direct heat top stove baking of angel cake, sponge cake, ring loaf cake, cinnamon ring



Nos. 1294, 1297-R, 1297, 1298—For medium sized loaf cake, fruit cake, nut bread, coffee cake.



No. 2225—For circulated heat top stove baking of air or butter cake, biscuits, rolls, pies, cookies, etc.



# Breakfast

## DIRECTIONS FOR USE OF "WEAR-EVER" COFFEE MAKER

1. Be sure pot is sweet and clean, that is, it has been washed thoroughly in hot, soapy water, rinsed in clear hot water and dried carefully after each use.
2. Use freshly roasted, freshly ground "drip" coffee. If filter is used, drop into place. Put coffee into basket up to marking for number of cups desired.
3. Lock basket to water container, adjust container in bottom pot. Pour freshly boiling water into water container to proper marking; cover, allow to stand until water has dripped through.
4. Serve at once.

## DIRECTIONS FOR USE OF No. 384 and No. 2223 GRIDDLES

1. Be sure griddle is clean.
2. Place griddle over medium-high heat. Put small piece of white paper (not tissue paper) on griddle; when this turns a golden brown griddle is ready for use.
3. Reduce heat to medium and pour cakes.
4. It is not necessary to use grease on the griddle if the heat is properly applied and the following recipes are used.

### NEW METHOD GRIDDLE CAKES

2 cups sifted flour  
3 teaspoons baking powder  
2 tablespoons sugar  
 $\frac{1}{4}$  teaspoon salt  
2 eggs  
 $1\frac{1}{2}$  cups sweet milk  
1 tablespoon butter (melted)

1. Sift flour, baking powder, sugar and salt together.
2. Beat eggs and add milk.
3. Stir into the dry ingredients and beat until smooth.
4. Add melted butter.
5. When griddle has reached the correct temperature, pour the cakes. When full of bubbles, turn. Be certain to turn cakes only once.

### NEW METHOD READY MIX GRIDDLE CAKES

2 eggs, well beaten  
2 cups milk  
2 cups ready mix wheat or buckwheat flour  
2 tablespoons melted butter

1. Beat eggs well, add milk and mix.
2. Add the prepared flour and beat until smooth.
3. Add melted butter, mix well.
4. Place griddle over medium-high heat. Put a small piece of white paper on griddle; when this turns a golden brown, griddle is ready to use.
5. Reduce heat to medium and pour cakes. Brown on one side, turn and brown on the other. Serve hot with melted butter and syrup.







## FRENCH TOAST

- 2 eggs
- 2 tablespoons sugar
- $\frac{1}{2}$  teaspoon salt
- 1 cup milk
- 1 tablespoon melted shortening
- 6 slices stale bread

1. Break eggs into bowl and beat well.
2. Add sugar, salt, milk and shortening.
3. Dip bread into mixture; brown on one side, turn.
4. Serve with sugar or syrup.

## NEW METHOD OMELET

- 4 eggs
- 4 tablespoons hot water
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- 1 tablespoon butter

1. Beat egg whites until stiff. Beat yolks until thick and lemon colored, beat in hot water; add salt and pepper.
2. Cut and fold egg whites into yolks.
3. Melt butter in No. 137 double fry pan greasing bottoms and sides. Heat over low heat 5 minutes.
4. Pour egg mixture into one side of fry pan. With the pan open, bake until the top is firm to the touch.
5. Close the pan, turn and brown top.
6. Turn out immediately on hot platter.

## NEW METHOD HAM AND EGGS

1. Brown slice of ham in hot No. 1410.
2. Place No. 1294 rack and No. 1296 cups with a slight amount of butter or ham grease in each cup on top of the broiler. Add eggs.
3. Cover for few minutes. Moisture of ham will cook eggs.

## NEW METHOD POACHED EGGS

- Eggs
- 1 teaspoon butter per egg

1. Boil water in No. 1294 pan; place No. 1294 rack in pan and insert No. 1296 egg cups. Place butter in egg cups.
2. Break eggs on butter, cover with No. 1294 cover; cook 3-5 minutes.

## BACON

1. Place strips of bacon, depending on amount desired, in a cold No. 1410 broiler, No. 2223 utility pan, or No. 137 double fry pan. Heat pan slowly until broiling starts, then turn strips frequently until done to the desired crispness. Drain on heavy paper.

## NEW METHOD SAUSAGE

1. Heat No. 1410, No. 2223 or No. 137 pan over high heat. No additional grease is needed.
2. Prick the skin on the sausage with a fork to prevent bursting.
3. Put sausage in hot pan and reduce heat to medium. Turn frequently until brown.
4. If No. 137 double fry pan is used, eggs may be scrambled at the same time the sausages are being broiled.

## OLD FASHIONED BUCKWHEAT CAKES

- 1 packet compressed yeast
- About 1 quart luke-warm water
- 2 teaspoons salt
- 2 tablespoons sugar or molasses
- 2 cups buckwheat flour
- 2 cups wheat flour (all purpose)
- 6 tablespoons melted shortening
- $\frac{1}{2}$  teaspoon baking soda

1. Pour 1 cup of the water over yeast and let stand about 10 minutes. Dissolve salt and sweetening in remaining water and add to it dissolved yeast. Blend liquid mixture with two flours which have been well mixed. Add shortening; beat until smooth.
2. Let rise until full of bubbles. This will take about an hour or more, depending on the temperature. Then dissolve soda in 2 tablespoons warm water and stir into batter. Bake thoroughly on heated griddle. Serve with butter and syrup.
3. If cakes are wanted for breakfast, prepare batter at night, using only  $\frac{1}{2}$  packet of yeast. Add soda in the morning before baking.



# NEW METHOD OF COOKING UTENSIL COMBINATIONS FOR BREAKFAST



No. 2202—For brewing coffee for two.



No. 2206—For brewing coffee for average family.  
No. 2209—For brewing coffee for large family.



No. 906—For boiling water; for overnight cooking of whole grain cereals.



No. 1408—For poaching, scrambling eggs; for top stove broiling.



No. 17—For mixing pancake batter, omelets, etc.



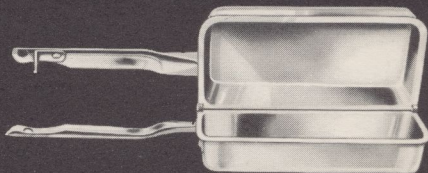
No. 1410—For baking pancakes, broiling bacon, frying eggs, baking omelet for moderate sized family.



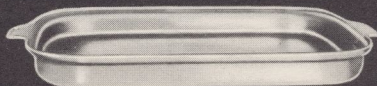
No. 11—For opening cans with bead.



No. 384—For baking griddle cakes, corn fritters, etc.



No. 137—For baking omelet, broiling bacon, frying eggs, or broiling sausage; for cooking two foods separately at the same time.



No. 2223—For baking pancakes, broiling ham or bacon, frying eggs, or baking omelet for a large family.





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