

Congratulations

on owning this fine quality product . . . Its many modern features will make every day more pleasant and enjoyable. Some of these product conveniences are obvious, but to enjoy all uses of your new General Electric-Universal product, be sure to read this entire booklet for important, helpful information.

File this book for future reference and keep it as a record of your warranty.

Page

Date purchased or received as a gift_

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3-Wire Grounded Cordset Available

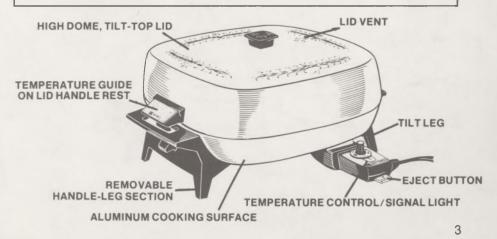
For your convenience, a temperature control with a 3-wire grounded cordset may be purchased for this SK Series skillet at a General Electric Servicenter or authorized Service Station.

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

- * Read all instructions.
- * Do not touch hot surfaces. Use handles or knobs.
- * To protect against electrical hazards do not spill on or immerse cord or temperature control in water or other liquid.
- * Close supervision is necessary when any appliance is used by or near children.
- * Unplug from outlet when not in use; allow to cool before putting on or taking off parts, and before cleaning.
- ★ Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, has been dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
- * The use of attachments not recommended or sold by the appliance manufacturer may cause hazards.
- * Do not use outdoors unless used with a temperature control having a 3-wire grounded cordset.
- * Do not let cord hang over edge of table or counter, or touch hot surfaces.
- * Do not place on or near a hot gas or electric burner, or in a heated oven.
- * Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn control to "off", then remove plug from wall outlet.
- * Do not use appliance for other than its intended use of food preparation.

SAVE THESE INSTRUCTIONS



RECOMMENDED USE PROCEDURES

★ The cordset furnished with your skillet is equipped with a two-blade polarized plug. One blade of the plug is wider than the other and will fit into a standard electrical outlet only one way.

If at first you are unable to insert the plug into an outlet, rotate the plug. Do not attempt to defeat the polarized plug.

* Always use the skillet on a dry level surface.

★ When attaching Temperature Control to skillet, always insert control into skillet first, then plug cord into a standard electrical outlet. To detach control, adjust control knob to OFF position, remove plug from outlet, then eject Temperature Control from skillet.

★ This is an 1150 watt appliance. To avoid a circuit overload, another high wattage appliance should not be operated on the same circuit.

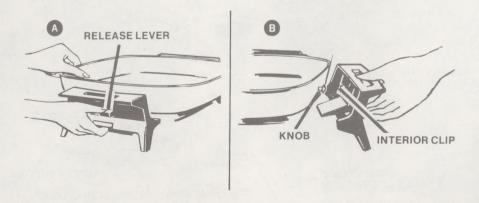
★ When skillet is hot, always move or pick it up by gripping the upper handle surfaces.

★ When removing lid from skillet, be careful to avoid spilling the moisture accumulation inside the lid into foods that should be dry, such as cake, casseroles, etc.

★ If metal type scouring pads or cleaners are used on the aluminum cooking surface, make sure no residue from these pads or cleaners is left in the skillet terminal pin area where the temperature control is inserted.

HOW TO REMOVE AND ATTACH HANDLE-LEG SECTIONS

The skillet is designed with snap-off handle-leg sections for easy care. It is recommended that you remove and replace the handle-leg sections several times before first use of the skillet. To remove such handle-leg section, hold skillet and position fingers between the legs with thumb on top of release lever (A). Apply firm downward pressure with thumb to unlatch handle-leg section and remove section from skillet. Repeat procedure to remove other section. Each handle-leg section can be attached to



either side of the skillet body. To attach, grip one handle-leg section with thumb on top edge of handle and fingers positioned between the extended legs.

Hold skillet with other hand and center the open interior clip (**B**), on handle-leg section, under the knob (**B**) projecting from side of skillet. Press thumb against skillet edge, apply firm upward pressure with the fingers (**C**), until section snaps and is securely locked in place. Repeat procedure to attach other handle-leg section. Check to make sure both handle-leg sections are attached securely.

HOW TO ATTACH AND REMOVE TEMPERATURE CONTROL

To attach Temperature Control, hold control with thumb on one side and fingers on other side of fingergrip. Grip one handle of skillet, then insert control into terminal pin area (**D**), Push to make certain control is securely inserted.

To remove control, grip skillet handle with one hand, position fingers of other hand against finger grip on control and thumb against "eject" button (E). Press button inward toward control and eject control from skillet.

HOW TO USE SKILLET

1. Before first use, remove Temperature Control, then wash skillet and lid in fresh, hot, sudsy water, rinse thoroughly and dry. Make sure the terminal pin area is thoroughly dried before inserting Temperature Control.

2. Adjust Temperature Control knob to OFF position and insert control securely in skillet. Plug cord into outlet. To preheat skillet, turn control knob to recommended setting. Each short line on control knob dial is equivalent to 10 degrees. When signal light goes out, skillet is preheated. During cooking the signal light will cycle ON and OFF indicating that the temperature selected is being maintained. When cooking small amounts of foods, reduce temperature for browning and simmering.

3. Unless specified differently, always preheat skillet before adding any





grease to be used in cooking. Some foods do not require skillet preheating. Check charts and recipes for the recommended skillet procedure.

4. SIMMER TEMPERATURE

To simmer is to cook in liquid just below the boiling point. Since the boiling point of water is affected by altitude, it is necessary to determine the simmer temperature of the skillet. Pour 4 cups of cold water into the cold skillet. Place lid on skillet and open steam vent. Adjust control dial to 300°F, and bring the water to a rolling boil. Slowly turn back control knob until signal light goes out. Note this temperature _____ and use it for simmering foods. When simmering, liquid should gently boil when the Temperature Control light is ON and this light should cycle ON and OFF frequently.

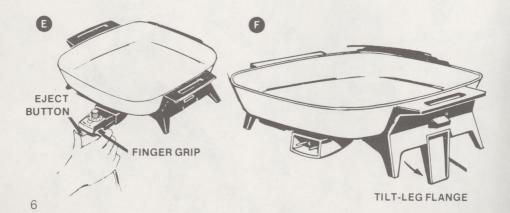
5. Use skillet lid when recommended and when preparing your favorite recipes which call for parboiling, stewing, steaming, braising, simmering, poaching, roasting or baking. Adjust the lid vent as directed, remembering that the vent is usually closed during moist heat cookery (steaming, stewing, braising, pot roasting) and open for some dry heat cookery (roasting tender cuts of meat and when finishing some foods such as pan fried chicken and chops.)

6. TILT-TOP LID

The tilt-top lid is designed with a side handle rest which fits into either skillet handle opening for positioning the lid at two different angles. To minimize spatter, insert lid rest in skillet handle opening so lid is positioned at an angle over food. When turning, stirring or serving food or to keep lid conveniently attached to skillet, position lid rest so lid is held in its vertical position in skillet handle.

7. TILT LEG

The tilt leg is an integral design provided on one of the handle-leg sections and is located below the release lever on this section. When lowered into position, it allows grease to accumulate toward the opposite end of the cooking surface. To lower tilt leg, rest thumb on handle and position two fingers under the centered flange of this handle-leg section **(F)**. Lift flange upward toward handle to swing out hinged tilt leg. The tip of the tilt leg may become hot and should not be lowered onto surfaces that are heat sensitive. When tilt leg is no longer needed, position finger under skillet handle, then swing leg under the handle-leg section.



8. Foods such as casseroles, stews, etc. can be kept warm before or during serving by adjusting the Temperature Control knob to the WARM setting. Keep lid on skillet with vent closed. When foods are removed from skillet for serving, adjust control knob to OFF position and unplug cord from outlet.

HOW TO CARE FOR SKILLET

ROUTINE CLEANING

Thorough cleaning of the skillet interior and exterior after each use will remove grease that would otherwise burn onto skillet surfaces with subsequent uses, creating an unattractive appearance and possible discoloration of the surfaces. For optimum cleaning results, it is suggested that the handle-leg sections be removed and washed regularly.

1. Unplug cord from outlet and remove Temperature Control from skillet. Handle control carefully as it may be hot from use. Wipe control and cord with a damp cloth, then dry thoroughly.

2. Allow skillet to cool before washing. Never pour cold water into a hot skillet as this may cause warping.

3. When skillet is cool, detach handle-leg sections and immerse skillet and lid in FRESH, HOT SUDSY WATER, washing thoroughly inside and out. If soaking fails to remove stubborn spots from the cooking surface, gently rub with a soap-filled or metal type scouring pad. To clean the colored exterior, use ONLY a non-abrasive plastic brush or mesh or nylon net scouring pad. Avoid using soap-filled or metal type scouring pads or abrasive cleaners on the colored exterior. Use a soft brush to clean the handle-leg sections. It is important to clean the terminal pin area of the skillet (where Temperature Control is inserted) each time the skillet is washed. DO NOT USE METAL TYPE SCOURING PADS OR CLEANERS TO CLEAN THE TERMINAL PIN AREA OF SKILLET. Make sure this area is carefully dried after washing and before inserting the Temperature Control for another use. Rinse parts in hot water and dry thoroughly.

4. The skillet body and lid may be washed in a dishwasher. However, frequent and continued exposure to the hot water and dishwasher detergent will cause some discoloration of the aluminum cooking surface and lid interior (see = 5 below) and some loss of luster of the plastic parts. Exercise care when positioning all parts in a dishwasher to avoid scrapes and chips on the surfaces from contact with other dishes during washing.

5. Some foods, hard water and strong detergents may darken the aluminum cooking surface. To remove this discoloration, gently boil a solution of $1\frac{1}{2}$ tablespoons cream of tartar to $1\frac{1}{2}$ quarts of water in the skillet 15-20 minutes. Wash thoroughly in sudsy water, rinse and dry.

SKILLET COOKERY METHODS

Your electric skillet is a versatile appliance which will be useful everyday, as well as when entertaining, for cooking and serving food. The suggested recipes and temperatures in this booklet may be used as guidelines when preparing your favorite menu dish. The charts and recipes also suggest times and temperature for frequently prepared foods. These foods and recipes indicate a variety of cooking methods possible in an electric skillet. By selecting the proper skillet temperature setting, you can perform most of the cooking techniques presently accomplished with top-of-the-range cooking using a conventional skillet or saucepan and some cooking functions requiring an oven. For your convenience the following are general temperature ranges which may be useful in adapting your favorite recipes. Other sections of this booklet give specific temperatures for many foods.

WARM SETTING

Use to keep foods at serving temperature without excessive loss of moisture or burning of food, and to warm and serve breads.

LOW HEAT - 150° F to 230° F

Use for warming, simmering, steaming and gentle boiling. Some foods are started at higher temperatures then reduced to low heat to finish the cooking process.

MEDIUM HEAT 230° F to 330° F

Use for eggs, to saute fruits, onions, mushrooms, etc. and to cook roasts after they have been browned at higher temperatures.

HIGH HEAT 330° F to 400° F

Use to brown, sear, pan fry (with fat) and pan broil meats without fat. Breaded foods such as vegetables, meats, fish and poultry are pan-fried in this temperature range with a small quantity of fat.

VERY HIGH HEAT 400° F to 420° F

Use when baking frozen convenience foods in tray containers, potatoes, batter for bar cookies, etc. in a baking pan. Always bake these foods on a double layer of crumpled foil or on a trivet in the skillet.

BAKING CAKES, BISCUITS, ROLLS

CAKE BAKING DIRECTLY IN SKILLET

Prepare $1-18\frac{1}{2}$ ounce package cake mix (yellow, white, devil's food, spice, etc.) according to package instructions. Line inside of Skillet lid with heavy duty aluminum foil with shiny side toward Skillet cooking surface. Thoroughly grease bottom and sides of Skillet. For best cake volume and texture when baking with direct heat, as in this method of skillet cake baking, do not preheat Skillet. Pour batter into cold Skilled and spread evenly. Cover, close vent and turn Temperature Control to 270° .

Bake for 30 minutes or until toothpick inserted in center comes out clean. Top of cake will not be brown. Loosen cake from sides using a spatula, then invert Skillet onto serving tray or plate. Carefully remove Skillet. Serve warm with fruit, ice cream or syrup or cool and frost cake. To form two layers, cut cake in half vertically, frost and stack layers.

BAKING IN A PAN IN SKILLET

Preheat Skillet to 420°. Crumple a double layer of aluminum foil and place in Skillet, or use a trivet or rack. To achieve light browning of food, line inside of Skillet lid with heavy duty aluminum foil with shiny side toward Skillet cooking surface. Prepare recipe or package mix and baking pan according to instructions. Pour batter into pan, spread evenly and place on foil or rack in Skillet. Cover, with vent closed and bake 45-60 minutes or until done in center.

Brownies	
Date Bars	
Gingerbread	
One Layer Cake	
Bundt Pan	

BISCUITS IN TUBE CONTAINERS

Preheat Skillet to 300°. Melt 1 tablespoon butter or margarine (for 10 biscuits) then arrange biscuits on cooking surface, not touching each other. Bake bottoms for 7 minutes with Skillet covered and vent open. Turn biscuits and bake tops for 7 minutes.

BROWN AND SERVE ROLLS

Preheat Skillet to 300°. Melt 2 tablespoons butter or margarine (for 10-12 rolls) then coat top and bottom of rolls. Bake bottoms for 5-7 minutes with Skillet covered and vent open. Turn rolls and bake tops 5-7 minutes.

To heat browned rolls, place 1 to 3 dozen rolls in Skillet. Set temperature to 240°, cover and close vent. Heat 15-20 minutes, rotating rolls once (if layered) during this period. To keep rolls warm, lower temperature to WARM setting, leaving skillet covered.

To freshen rolls, follow directions under "To heat browned rolls" and rinse inside of lid with water before covering Skillet.

BAKING PREPARED CONVENIENCE FOODS

FROZEN DINNERS, ENTREES, VEGETABLE CASSEROLES, ETC. IN TRAY CONTAINERS

Preheat Skillet to 420°. Follow directions on package for folding back foil, loosening or removing tray cover, etc. before baking. Place frozen foods container in Skillet on a crumpled, double layer of aluminum foil or on a rack or trivet. Cover Skillet, close vent and bake for 45-60 minutes until hot and/or bubbly. Some frozen food tray sizes permit baking two at a time. Additional baking time may be necessary.

INDIVIDUAL MEAT-POULTRY PIES

Preheat Skillet to 420°. Place container in Skillet on a crumpled, double layer of aluminum foil or on a rack or trivet. Cover Skillet, close vent and bake for 1¼ to 1½ hours or until crust is lightly golden. Crust will not brown on top. Several pies can be baked at once.

BAKED POTATOES

Scrub large baking potatoes, then dry. Place potatoes in Skillet on a crumpled double layer of aluminum foil or on rack or trivet. Do not crowd. Cover Skillet with vent closed. Turn Temperature Control to 420° and bake about 1½ hours or until of desired softness. Turn potatoes half way through cooking period. To shorten baking time, cut a crosswise slit in top of potatoes or insert metal nails, available for this purpose, in one end of each potato.

SKILLET VEGETABLE COOKERY

To preserve nutritional value, cook fresh vegetables or frozen ones that are not packaged in pouches, using just enough water to maintain gentle boiling action without food sticking. It is best to thaw frozen vegetables such as spinach, broccoli and corn on the cob before cooking. Break other frozen vegetables into pieces before placing in skillet for cooking. Stir vegetables gently if necessary. Season to taste.

To steam vegetables, place a rack or trivet on skillet cooking surface. Place vegetables on trivet, add 1 cup of water, or less, and bring to boil at 300°. Cover skillet with vent closed, and reduce temperature to 5° above simmer point. Steam until vegetables are tender. Up to 12 ears of corn can be steamed at once and 1-2 cups of water may be required to steam until tender. Season boiled or steamed food to taste.

To boil frozen vegetables or other convenience foods in pouches, pour 4 cups water in skillet and bring to boil at 300°, Add 1 to 4 pouches, return to boil and cover with vent open. Reduce temperature to 10° above simmer point to maintain gentle boiling. Boil for time indicated on package, allowing a few minutes additional time for 3 to 4 packages.

CHAFING DISH-FONDUE COOKERY

Numerous foods which you may presently prepare in a double boiler, chafing dish or fondue pot are easily prepared in the skillet due to its low heat settings and thermostatically controlled heat. Special sauces, puddings, fillings, cheese fondues and Cherries Jubilee are examples of these food types. Adapt some of your favorite recipes of this type to the skillet.

SKILLET ROASTING GUIDE

Due to differences in cuts of meat and poultry including size, amount of fat, temperature at the time of roasting and bone in or boneless cuts, it is important to use a meat thermometer when roasting to accurately determine internal temperature. Insert thermometer in the thickest part of meat or poultry, making sure it does not touch a bone or any part of the skillet and roast according to temperature indicated on thermometer.

MEAT	TEMPERATURE	APPROXIMATE ROASTING TIME PER POUND	DIRECTIONS
BEEF ROAST (Rolled Rib, Sirloin, Bone- less Rump- maximum roast height 4")	380° Brown 230° Roast	Rare—17-20 min. Med.—22-25 min. Well—27-30 min.	Preheat Skillet to 380°. Melt 1 tbsp. shortening, brown meat on all sides. Spoon accumulated fat from Skillet. Reduce temperature to 230°. Cover, with vent open. Turn half way through cooking period, spoon out excess fat. Use fat for making gravy.
PRE-COOKED CANNED HAM	350° Brown 250° Roast	10-15 min.	Remove jellied substance from ham. Preheat Skillet to 350°. Melt 2 tbsp. butter or margarine, brown ham on all sides. Reduce temperature to 250°. Cover, with vent open. Turn half way through cooking period then brush glaze over top and sides.
PORK LOIN ROAST FRESH PORK SHOULDER OR HAM (4" maximum height)	390° Brown 250° Roast	37-42 min.	Lightly sprinkle garlic powder over roast. Preheat Skillet to 390°. Melt 1 tbsp. shortening, brown roast on all sides. Reduce temperature to 250°. Pour off accumulated fat. Position fat side down in Skillet. Cover with vent open. Turn half way through cooking period. Roast until well done.
CHICKEN—1 or 2 (Broiler-Fryer, Young Roaster)	360° Brown 250° Roast	30-37 min.	Tie legs to tail and wings against body. Preheat Skillet to 360°. Melt 2-4 tbsp. shortening, brown chicken on all sides. Reduce temperature to 250°. Pour off accumulated fat. Position chicken on one side. Cover Skillet with vent open. Half way through cooking period, turn chicken to other side. Roast until well done.

SKILLET FRYING GUIDE

The cooking temperatures and times indicated in the Skillet Frying Guide are approximate and may require some adjustment depending upon food size, quantity, temperature and personal taste. Foods at room temperatures require some less cooking time than foods taken directly from the refrigerator; small quantities of food may require a slight reduction in

FOOD	TEMPERATURE	APPROXIMATE TIME – MINUTES	DIRECTIONS
BACON (Regular Sliced)	320°	5-8	Place in COLD Skillet. Separate slices as cooking starts. Turn as necessary. Drain on toweling.
(Canadian)	300°	3-6	Lightly grease preheated Skillet. Add bacon. Brown lightly on one side, then turn, and brown on other side.
SAUSAGE (Links or Patties)	300°	12-15	Place in COLD Skillet. Turn carefully and often until golden brown and well done but not dry.
EGGS (Fried)	300°	2-5	Heat 1-2 tsp. fat for each egg to be fried. Add eggs. Baste eggs with fat, turning if desired. To set white quickly, immediately cover Skillet and cook egg to desired firmness.
(Scrambled)	300°	2-4	Heat 1-2 tsp. fat for each egg, spreading fat over Skillet surface. For 4 eggs, beat thoroughly with ¼ tsp. salt, dash pepper, ¼ cup milk or cream. When mixture begins to set, stir bottom and sides until eggs are cooked to suit personal taste.
(Poached)	350°	3-5	Pour 4 C. water in Skillet. Bring to boil at 250°. Reduce temperature to 190°, break egg in saucer, then slip egg into water. Repeat for more eggs. Cover with vent closed and let stand until of desired firmness. Lift each egg from water using a slotted spcon, drain.
FRENCH TOAST	380°	2-4	Beat thoroughly 2 eggs, ¼ tsp. salt, 2 tbsp. milk and 2 tbsp. melted butter or margarine. Dip bread slices in mixture, turning so both sides are coated. Lightly grease preheated Skillet. Add bread, browning on one side, then turn and brown on other side.
PANCAKES	250° Start 190° Finish	2-4	Prepare your favorite pancake recipe. Lightly grease preheated Skillet with oil if recipe does not contain fat. For each pancake pour about 2 tbsp. batter from tip of a spoon onto hot surface. Turn when bubbles appear on top surface and edges look dry and brown on other side.
SANDWICHES (Grilled)	350°	3-4	Spread a favorite sandwich filling between bread slices. Lightly spread softened butter or margar- ine on outside of bread. Grill on both sides until browned as desired.
FRANKFURTERS	. 330°	7-10	Place in COLD Skillet. Turn carefully to avoid breaking the skin and turn often until golden brown on all sides.

temperature and/or time. Use this guide as a reference to create tasty foods cooked just the way you like them.

When grease or fat is called for, you may use any one of the following, depending upon personal preference-butter, margarine, oil, shortening, drippings, etc.

FOOD	TEMPERATURE	APPROXIMATE TIME - MINUTES	DIRECTIONS
FISH	370*	5-8	Dip fish in mixture of 1 beaten egg and 1 tbsp. milk, then in corn meal or seasoned bread crumbs. Preheat Skillet with 2 tbsp. oil. Fry until golden brown on one side, turn and brown other side. Drain.
HAM (Precooked Slice, ¼″ to ¾″ thick)	320-	8-12	Slash fat edge at 2" intervals to prevent curling. Heat 1 tbsp. fat in Skillet, add ham and fry on both sides until lightly borwned.
LIVER (Calf or Tender Beef, ¼" to ¾" thick)	350° Brown 230° Finish	4-6	Wipe liver with damp cloth, remove veins and outer skin. Roll liver in seasoned flour. Heat 2-4 tbsp. fat in Skillet. Add liver, brown quickly on both sides. Reduce temperature to 250° and cook to desired doneness, turning as necessary.
PORK CHOPS (½″ to ¾″ thick)	350° Brown 250° Finish	10 10-20	Slash fat edge to prevent curling. Dredge chops in flour if desired. Heat 1-2 tbsp. fat in Skillet. Brown chops. turning once. Reduce temperature to 250°, and '4 C water, cover and cook with vent open until well done but not dry.
HAMBURGERS	350*	5-6 Rare 8-12 Well Done	Shape beef into patties. Add 2 tbsp. fat to preheated Skillet. Add patties. Brown on both sides. For medium and well done hamburgers, reduce temperature to 300° and continue turning until cooked as desired.
STEAK Cube or Minute (1/8" to 1/4" thick)	350°	1-4	Lightly grease preheated Skillet. Add steak and cook ½-1 minute on each side or until of desired doneness.
Porterhouse, Sirloin, Club (½'' to ¾'' thick)	400° Brown 340° Finish	2-5 Rare 7-10 Well Done	Slash fat edge at 2" intervals to prevent curling. Lightly grease preheated Skillet. Add steak and sear just until blood rises on top side. Turn and sear other side. Reduce temperature to 340° and cook to desired doneness, pouring off any fat as it accumulates.
LAMB CHOPS (¾" to 1" thick)	400° Brown 340° Finish	8-10 Medium 12-15 Well Done	Slash fat edge to prevent curling. Sear chops in preheated Skillet about 2 min. each side. Reduce temperature to 340° and cook to desired done- ness. Turn chops as necessary and pour off any fat as it accumulates.
CHICKEN (2 to 3 pound cut-up broiler- fryer)	360° Brown 230° Finish	15 30	Dredge chicken pieces in a mixture of ½ C. flour, ½ tsp. pepper, 1 tsp. paprika, 2 tsp. salt. Add 2 tbsp. fat to preheated Skillet. Brown chicken, meaty side first, turning once. Reduce tempera- ture to 230°, cover with vent open and cook 30 minutes or until chicken is tender. For less crisp, very tender chicken, brown, add ½
			C. hot water, cover with vent open and cook at 230° for 30 minutes.

RECIPES

SALMON CASSEROLE

2 cups quick cooking rice 1 teaspoon salt

21/2 cups water

1 - 1 pound can salmon (2 cups) drained—2 cups tuna may be used as a substitute
2 teaspoons lemon juice 2 cups canned or cooked peas, drained 1 ½ cups milk 8 slices processed American yellow cheese (½ pound) ⅓ cup pimento stuffed olives, sliced

Measure rice, salt and water into Skillet. Bring to boil, then reduce temperature to simmer and cover with vent closed. Simmer 5-7 minutes or until water is absorbed. If using salmon, remove any bones and skin. Keep salmon or tuna pieces fairly large. Add fish to rice. Sprinkle with lemon juice. Add peas and milk. Arrange cheese slices over top, sprinkle with olives. Bring to boil, cover, with vent closed. Simmer for 8-10 minutes or until cheese is melted and milk is absorbed but mixture is not dry.

YIELD: 8 cups (4-2 cup servings)

BEEF STEW

2
12

1/2 cup chopped onion

1 teaspoon salt

2 cups hot water 4 medium carrots, cut in 1'' lengths 4 medium potatoes, cut in 1 ½'' cubes 12 small onions ½ cup hot water, if needed

Combine flour, pepper and 1 teaspoon salt. Toss meat cubes in mixture until well coated. Reserve leftover flour mixture. Preheat Skillet to 340°. Add oil and heat. Brown meat on all sides. Reduce temperature to 250°, stir in chopped onion, 1 teaspoon salt and reserved flour. Slowly stir in water. When boiling, reduce temperature to simmer. Cover, with vent closed and simmer until meat is almost tender, about 30 minutes. Add vegetables and additional hot water if needed. Increase temperature to bring to boiling, then reduce to simmer. Cook vegetables until tender, about 30 minutes.

YIELD: 4 to 5 servings

BEEF STROGANOFF

¼ cup flour	1/2 cup finely chopped onions
1 teaspoon salt	1/2 pound mushrooms, sliced
1/4 teaspoon pepper	1/4 teaspoon garlic powder
1 ¼ pounds ½'' beef tenderloin or sirloin cubes (round steak cubes sprinkled with tenderizer may be used	2 teaspoons Worcestershire sauce 1 - 10½ ounce can beef consommé, undiluted
6 tablespoons butter or margarine	1 tablespoon flour
	1 cup sour cream

Combine flour, salt and pepper; toss meat in mixture until coated. Preheat Skillet to 330°. Melt 4 tablespoons butter or margarine. Add meat, browning

on all sides. Push meat to one side of Skillet. Melt remaining 2 tablespoons butter or margarine. Add onions and mushrooms, saute several minutes, stirring frequently. Add seasonings and consommé, then rapidly stir in 1 tablespoon flour. Reduce temperature to simmer, cover with vent open, and cook 10 minutes. Reduce temperature to 160°, add sour cream to meat mixture. Serve with wild rice, noodles or spaghetti.

YIELD: 4 to 5 servings

CHILI CON CARNE

¼ cup oil

1/2 cup chopped onion

1 slice bacon, finely chopped

1 ½ pounds ground beef 2 cups canned tomatoes with juice (No. 2 can) tablespoon sugar
 teaspoon salt
 tablespoon chili powder diluted in ¼ cup warm water
 cups red kidney beans, drained with liquid reserved (No. 2 can)

Heat oil in Skillet to 300°. Add onion and bacon and saute until golden brown. Add ground beef, stirring until meat has lost all redness. Pour in tomatoes, sugar, salt and diluted chili powder and stir mixture thoroughly, breaking up whole tomatoes. Bring mixture to boil. Cover with vent closed, reduce temperature to simmer and cook 25 minutes. Add drained kidney beans. Cover with vent closed and simmer 15 minutes. If additional moisture is needed, add bean liquid and some water if necessary. Serve hot with crackers.

YIELD: 4 to 6 servings

QUICK MACARONI AND CHEESE

6 cups water 1 tablespoon salt 1 pound elbow macaroni 1 cup coarsely chopped onions 4 cups shredded Cheddar cheese (reserve 1 cup) 2 tablespoons pimento strips 2 teaspoons dry mustard 1 teaspoon Worcestershire sauce Dash cayenne 2 cups milk 3 tablespoons butter or margarine

Measure water, salt, macaroni and onion into Skillet. Turn Temperature Control to 250° and bring mixture to boil, stirring often. Cover with vent closed, reduce temperature to simmer and cook 10-12 minutes or until most of water is absorbed. Stir several times. Add 3 cups shredded cheese and remaining ingredients. Sprinkle top with reserved cheese. Bring to boil, cover with vent closed and reduce temperature to simmer. Cook about 15 minutes or until most of milk is absorbed but mixture is not dry. Serve immediately or reduce temperature to WARM and leave covered with vent closed until ready to serve.

YIELD: About 7 - 1 1/2 cup servings

Recipe may be cut in half.

VARIATION: Buffet Macaroni-Cheese

Divide recipe for Quick Macaroni and Cheese in half. After cooking macaroni-onion mixture, add 2 cups cooked ham strips and 2 cups cooked chicken chunks with the 2 cups shredded cheese. Add remaining ingredients. Simmer about 15 minutes and serve.

QUICK FRIED POTATOES

3 medium potatoes, peeled and thinly 1 medium onion, sliced (optional) sliced (3 cups)

3 tablespoons oil

Soak potato slices in salted ice water for 30 minutes. Drain and dry thoroughly. Peel and slice onion. Measure oil in Skillet and preheat to 360°. Add potatoes, then onion Set lid ajar on Skillet to minimize spatter and fry potatoes until brown on one side, turn and brown lightly on other side. Cover Skillet with vent closed and cook for 5 minutes. Turn potatoes again if necessary. Season with salt and pepper and serve.

YIELD: 4 to 6 servings

ACORN SQUASH

2 medium or 3 small size acorn squash 1/2 cup water

4 tablespoons butter or margarine, melted Brown sugar or Cheddar cheese grated

Wash squash and cut in half lengthwise; remove seeds and stringy portion. Place in Skillet, cut side down and add water. Bring to boil, cover with vent closed and reduce temperature to simmer. Steam 20-30 minutes or until tender when pricked with a fork. If necessary, add additional water while steaming. Turn, cut side up, sprinkle with salt and brush with melted butter or margarine. Sprinkle generously with brown sugar or with grated cheese. Cover Skillet with vent closed and bake 10 minutes.

YIELD: 4-6 servings

STUFFED CABBAGE CASSEROLE

1 medium size head cabbage 1 (8 oz.) package beef flavored 1 tablespoon cooking oil rice-vermicelli 11/2 lbs. ground beef 2 cups tomato juice 1-2 tablespoons caraway seeds

Wash and separate 8 leaves from head of cabbage. Bring 2 guarts water to a boil in skillet with Temperature Control set at 300°. Place cabbage leaves in boiling water and boil for 3-4 minutes, remove from water and drain on paper towels. Empty water from skillet. Turn Temperature Control to 350°. Place cooking oil, ground beef and beef flavored rice-vermicelli (reserve flavor packet) in Skillet. Cook, stirring until meat has browned. Add 2 cups water and contents of flavor packet. Cover Skillet, close vent, and lower temperature to simmer. Continue cooking mixture for 10 minutes. Divide meat mixture into 8 equal portions and place on the drained cabbage leaves. Fold cabbage leaves like an envelope around meat mixture and secure with a toothpick.

Shred the remaining cabbage and place in skillet. Stir into cabbage 2 cups tomato juice and 1-2 tablespoons caraway seeds. Place cabbage rolls on top of shredded cabbage, cover and simmer for 45 minutes.

YIELD: 4 servings

HOT FRANKFURTER-POTATO SALAD

6 medium potatoes	1 tablespoon vinegar
6 strips bacon	1 teaspoon celery seed
1½ cups chopped onions	1 teaspoon salt
1 pound frankfurters, sliced	¼ teaspoon pepper
crosswise	1 can (10½ oz.) cream of mushroom
3 tablespoons sweet pickle	soup
relish	¼ cup milk

Wash potatoes. Place potatoes in skillet, pour in 1 quart water. Set Temperature Control at 300° and cook potatoes 45 minutes, or until tender. Drain water and remove potatoes from skillet. Allow potatoes to cool, then peel and dice in about 1" cubes. (Left-over baked or boiled potatoes may be substituted.)

Place bacon in skillet, set Temperature Control at 330° and fry bacon until crisp. Drain on absorbent paper, then crumble and set aside for later use. Retain ¼ cup bacon drippings in skillet. Adjust Temperature Control to 300°. Add chopped onions and saute until onions are transparent. Add sliced frankfurters and continue cooking until franks begin to brown. Stir in sweet pickle relish, vinegar, celery seed, salt, pepper, diced potatoes, mushroom soup and milk. Lower Temperature Control to 200°, cover with vent closed, and heat for 10-15 minutes. Sprinkle crumbled bacon on top. Reduce Temperature Control to WARM to maintain serving temperature.

YIELD: 6 servings

PORK CHOPS AND FRIED RICE

1 tablespoon cooking oil 6 pork chops ½'' to ¾'' thick) ⅔ cup sliced green onions ⅓ cup chopped green pepper Rice—regular or quick cooking— (enough for 6 servings) 1 (10 oz.) package frozen green peas
 1 small can water chestnuts, drained and sliced (optional)
 ¼ to ⅓ cup soy sauce

Set Temperature Control at 350°. Pour oil into Skillet and brown pork chops, turning once. Reduce temperature to 250°, cover with vent open, and continue cooking 10-15 minutes or until chops are done. When pork chops are done, remove from Skillet, add green onions and green pepper to Skillet. Saute, stirring constantly for 2-3 minutes. Remove from Skillet and set aside. Using the Skillet, prepare enough rice for 6 servings following package instructions but omitting butter and salt. Check cooking time on package of peas. Add to rice, allowing sufficient time for rice and peas to finish cooking at the same time. Then stir in sauteed onions and green pepper, sliced water chestnuts and soy sauce. Place pork chops on top. Adjust Temperature Control to 200°, cover with vent closed and heat for 10 minutes.

YIELD: 6 servings

SWISS FONDUE

6 cups shredded Swiss cheese

1 tablespoon cornstarch

1/8 teaspoon black pepper

- 1/8 teaspoon nutmeg
- 1½ cups sauterne*
 - 1 tablespoon lemon juice
 - 1 clove garlic

Toss together Swiss cheese, cornstarch, pepper and nutmeg and set aside. Pour into cold Skillet sauterne*, lemon juice and garlic. Turn Temperature Control to 300° and heat to boiling point. Remove garlic and discard. Immediately lower temperature to 200°. Add cheese mixture gradually about ½ cup at a time, stirring constantly. After all of cheese has been added, lower temperature to WARM position and serve.

YIELD: 4 cups

*Chicken broth may be substituted for the sauterne.

Tasty dunkables for cheese fondue include: French bread (½'' cubes) Cooked shrimp Cherry tomatoes

WELSH RAREBIT FONDUE

3 cups Cheddar cheese, shredded1 tablespoon Worcestershire3 cups American cheese, shreddedsauce2 tablespoons flour½ teaspoon dry mustard1 (12 oz.) can beer*2 tablespoons snipped chives

Toss together Cheddar cheese, American cheese and flour and set aside. Pour beer into Skillet. Blend in Worcestershire sauce and dry mustard. Turn Temperature Control to 250° and heat liquid just to boiling point. Lower temperature to 220°. Add cheese mixture, about $\frac{1}{2}$ cup at a time, stirring constantly. When all of cheese is blended, stir in snipped chives. Lower temperature to 180° and serve with sour dough bread (or French bread) cut into $\frac{3}{4}$ cubes.

YIELD: 4 cups

*1 (12 oz.) can or bottle of ginger ale may be substituted.

SKILLET LETTUCE SALAD

12 slices bacon

8 cups torn lettuce

3 tablespoons wine vinegar

1 cup thinly sliced onions

Place bacon in skillet, turn Temperature Control to 330° and fry bacon until crisp. Drain on absorbent paper, then crumble bacon and set aside for later use. Retain ¼ cup of bacon drippings. Adjust Temperature Control to 220°. Combine bacon drippings and wine vinegar in skillet, heating until mixture bubbles. Quickly add crumbled bacon, lettuce and onions and toss for 2 minutes. Turn Temperature Control to OFF and serve immediately.

YIELD: About 6 - 1 cup servings

NIBBLIN' TIDBITS

5 tablespoons butter or margarine 2 cups bite-size shredded rice cereal 2 cups bite-size shredded wheat

cereal 2 cups pretzel sticks cup potato sticks
 cup pecan halves
 cup unblanced almonds
 cup salted peanuts
 teaspoons garlic salt
 teaspoons Worcestershire sauce

Preheat Skillet to 240°. Melt butter or margarine in Skillet. Add remaining ingredients, sprinkling garlic salt and Worcestershire sauce all though mixture while tossing ingredients thoroughly. Cover with vent open and heat for 45 to 50 minutes, stirring mixture every 15 minutes.

YIELD: About 9 cups

POPCORN

1/4 cup oil

1/2 cup popcorn

Spread oil and popcorn uniformly over surface of cold Skillet. Cover, open vent and set Temperature Control at 370°. When popping has almost stopped, turn control to OFF and leave lid in place for a few moments. Empty popcorn into serving bowl, season with melted butter or margarine and salt.

YIELD: About 2 quarts

CREAMY RICE PUDDING

2 cups water	1 cup raisins (optional)
1 cup uncooked, regular rice	3 eggs*
1 teaspoon salt	1/2 cup heavy cream or evaporated
⅓ cup granulated sugar	milk
3½ cups milk	1/4 cup firmly packed light brown
	sugar

Measure water, rice, salt and granulated sugar into Skillet. Set Temperature Control at 240° to bring mixture to boiling, then cover Skillet, close vent and reduce temperature to simmer. Simmer 15-18 minutes, stirring once, until rice has absorbed most of water but is not dry. Stir in milk and raisins. Bring to boil, and simmer covered with vent closed about 20 minutes or until most of milk is absorbed. Stir mixture several times during this cooking period. Thoroughly beat together the eggs and cream or evaporated milk. Gradually add egg-milk mixture to rice, stirring rapidly. Sprinkle top with brown sugar. Reduce temperature to 170° and heat covered for 5 minutes. Stir brown sugar through mixture. Serve immediately or lower temperature to WARM, leave covered with vent closed until ready to serve.

YIELD: 8 – ¾ cup servings *NOTE: Omit eggs if desired and follow remaining instructions.

SPICE POUND CAKE

1 (18 oz.) package spice cake mix	1/2 cup oil
1 (4 serving size) package	1 cup water
vanilla instant pudding	4 eggs

Line lid of Skillet with heavy duty aluminum foil. Place lid on Skillet. Set Temperature Control at 400° to preheat Skillet. Grease and flour a 12 cup Bundt pan. In large mixer bowl, add spice cake mix, vanilla instant pudding, oil, water and eggs. Using LOW speed on mixer, blend until all ingredients are moistened. Then beat at MED speed for 2 minutes. Pour into prepared Bundt pan. Place Bundt pan on a trivet or double layer of crumpled aluminum foil in preheated Skillet. Bake for 1 hour or until cake tests done. Cool for 25 minutes in pan, right side up, then turn out of pan to cool. Garnish with whipped cream if desired.

CHERRIES JUBILEE

1 can (1 lb. 14 oz.) pitted black 2 tablespoons sugar **Bing** cherries 4 teaspoons cornstarch

1/2 cup brandy

Drain cherries, reserve juice. In Skillet blend 1/4 cup cherry juice, cornstarch and sugar until smooth. Stir in remaining cherry juice. Turn Temperature Control to 220° and bring mixture to boil, stirring constantly. Cook 3 minutes, continuing to stir. Add cherries and heat 3 minutes. Reduce temperature to 160°. Pour brandy over mixture-do not stir. Heat 1 minute. Light brandy using match and ladle flaming cherries over ice cream.

YIELD: 6 - 1/2 cup servings

RASPBERRY FONDUE

2 (1 lb.) packages frozen raspberries, thawed 1/4 cup granulated sugar

1/4 cup cornstarch 1/4 cup cherry brandy 1 tablespoon lemon juice

Puree raspberries using a blender or seive. Pour pureed raspberries into cold Skillet; blend in sugar and cornstarch. Turn Temperature Control to 250° and stir raspberry mixture continually until thickened and clear. Stir in cherry brandy and lemon juice. Lower temperature to WARM position and serve.

YIELD: about 21/2 cups

Delicious dunkables for this dessert fondue include: Angel food cake (34" cubes) Bananas (sliced and dipped in lemon juice) Whole fresh strawberries

CARAMEL-PINEAPPLE BAKED APPLES

9 medium cooking apples
1 cup crushed pineapple, drained
½ cup granulated sugar
¼ cup firmly packed light brown sugar Red food coloring ¼ cup water 3 tablespoons butter or margarine, softened

Wash and core apples. Pare off 1 inch of peel around stem end. Fill centers with pineapple and place apples in Skillet. In small bowl combine granulated and brown sugars, 5 drops red food coloring and water. Drizzle mixture over apples, then place a dot of butter in the center of each apple. Set Temperature Control at 300°. When syrup boils vigorously, cover Skillet with vent closed, reduce temperature to simmer and cook to 15-25 minutes. Serve hot or cold with syrup from Skillet drizzled over apples.

YIELD: 9 servings

PINEAPPLE UPSIDE-DOWN CAKE

1 package (18½ oz.) yellow cake mix

6 tablespoons butter or margarine 1 cup firmly packed light brown sugar 1 No. 2 can pineapple slices (10), drained Maraschino Cherries ¼ cup nuts, chopped

Prepare cake mix according to package instructions. While mixing cake batter, preheat Skillet to 250° (takes about 3 minutes). Melt butter or margarine in Skillet. Add brown sugar, stirring until dissolved, then spread evenly over bottom of Skillet. Arrange pineapple slices over sugar mixture, decorate with cherries and nuts. Pour batter over pineapple and spread uniformly. Cover Skillet with vent open. Bake 35 minutes or until toothpick inserted in center comes out clean. Carefully remove lid from Skillet as cake will rise to lid edge. Loosen cake from sides of Skillet using a spatula. Immediately invert Skillet on a serving plate, leave it a few moments, then lift off. Serve cake warm or cold with whipped cream or ice cream.

VARIATION: Pear-Devil's Food Upside-Down Cake

Use 1-18½ oz. package devil's food cake mix. Substitute ½ cup granulated sugar for the brown sugar, 1 can (1 lb. 13 oz.) pear halves, drained and sliced lengthwise for the pineapple slices and delete cherries. Follow general directions for mixing and baking the Pineapple Upside-Down Cake.

CHOCOLATE FONDUE DELIGHT

¼ cup butter or margarine
1 cup evaporated milk
1 cup light corn syrup

2 (6 oz.) packages semi-sweet chocolate chips ½ cup finely chopped nuts ¼ teaspoon peppermint extract

Set Temperature Control at 220° and melt butter or margarine. Stir in evaporated milk and light corn syrup. Add semi-sweet chocolate chips, nuts and peppermint extract. Stir until chips are melted and thoroughly blended. Adjust Temperature Control to 200° for serving.

YIELD: About 4 cups

Suggested Dippers:

Pineapple chunks Pear wedges Peach wedges Mandarin orange sections Banana slices Angel Food cake cubes

WARRANTY

To the original purchaser (or gift recipient) of this product for home use, the General Electric Company warrants that any part of the product which proves to be defective in materials or workmanship within one year of the date of such purchase or receipt will be repaired or replaced, at our option, free of charge, if delivered prepaid to one of our Servicenters or authorized Service Stations.

This warranty does not cover damage resulting from accident, misuse or abuse. This warranty covers products purchased and retained within the U.S.A., wherever you may live or even if you move.

SERVICE

Should your product not perform properly, service is provided in our Company-owned Servicenters and in over 150 authorized General Electric Service Stations. The addresses of our Company-owned Servicenters are listed in this booklet. For the independent authorized Service Stations please consult the Yellow Pages of your local telephone directory under Electric Appliances-Small-Repairing.

When an appliance requires service, it should be delivered, or carefully packed to prevent damage and mailed, prepaid, to the service facility located nearest you. Provide full information about the product and the difficulty you have experienced, including date you received the appliance. Clearly print your complete name and address on the package and on the letter of explanation packed with it.

For any other information about service, or the use and care of your product, please write to us at the address below. To speed our response to you, be sure to refer to the product's complete model number and the date product was received. Please provide all details related to the problem or injury.

Manager – Consumer Counseling General Electric Company Housewares Business Division 1285 Boston Avenue Bridgeport, Connecticut 06602

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