

NATIONAL
Presto

COOKER
(Model 40)

RECIPE BOOK

INSTRUCTIONS AND
TIME TABLES



Presto
COOKER

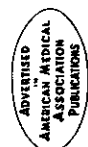
(Model 40)

Made by the World's Largest
Manufacturers of Pressure Cookers

YOUR Presto COOKER Warranty

We warrant each Cooker sold by us to be free from defects in material and workmanship. Our obligation under this warranty is limited to replacement at our expense at our factory of any defective part or parts thereof, other than parts damaged in transit, which shall, within one year after delivery of such Cooker to the first purchaser for use, be returned to us, transportation charges prepaid. This warranty is in lieu of all other warranties and representations, expressed or implied, and all other obligations or liabilities on our part. We do not authorize any other person or company to assume for us any liability in connection with the sale or use of our Cookers.

This warranty shall not apply to any Cooker which shall have been repaired or altered outside of our factory in any way, other than the proper insertion of appropriate repair parts manufactured by us, or adjustments made in accordance with instructions hereinafter contained, nor shall it apply to any Cooker which has been subjected to misuse, negligence, or accidents.



NATIONAL PRESSURE COOKER COMPANY
EAU CLAIRE, WISCONSIN • LOS ANGELES, CALIFORNIA

FOR REPAIRS AND SERVICE SEE PAGES 126 AND 127

Here in the bright, cheerful, modern kitchen at the NATIONAL PRESSURE COOKER COMPANY . . . every recipe and direction is carefully compiled and tested before publication. Continuous research is conducted here to devise new recipes, new dishes for PRESTO COOKER users.

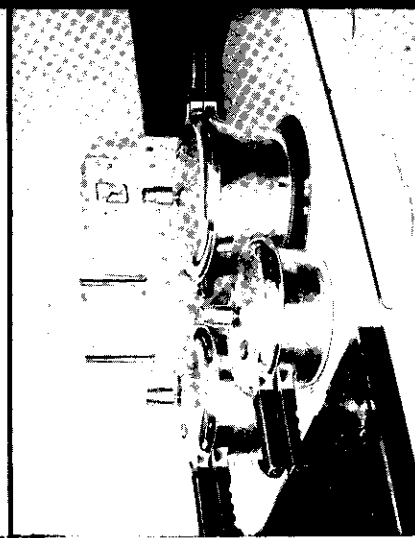
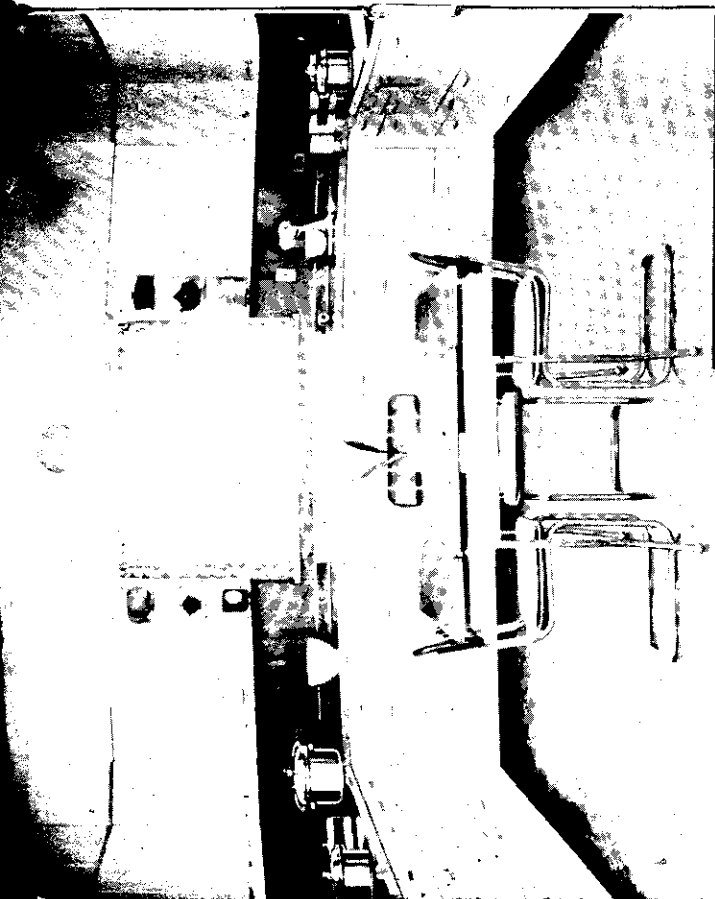


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Table of Syrups for Canning Fruits

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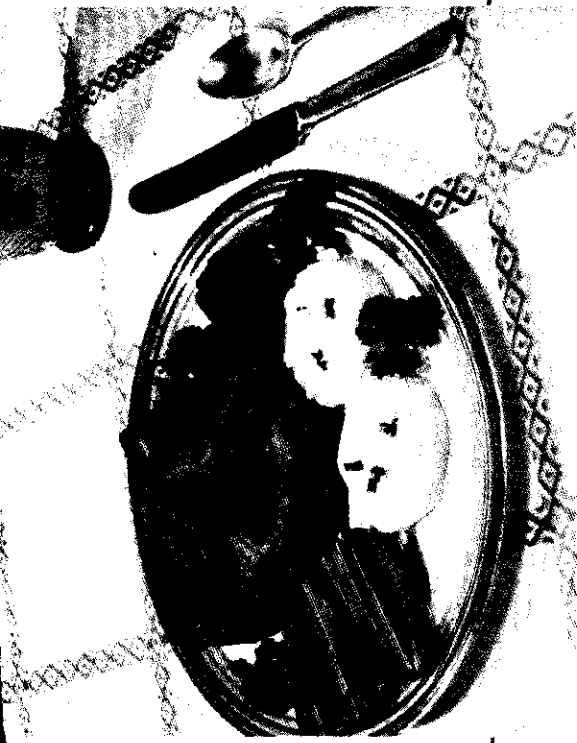
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The Modern Way to Cook

FOR FAMILY HEALTH AND PLEASURE

There's pleasure and health for all the family in a PRESTO COOKER. For with this modern, scientific saucepan, much of the drudgery of meal cooking is removed . . . and the pleasure of good eating is matched by the pleasure of fast, simple cooking.

A PRESTO COOKER saves time, saves food flavors and color, saves vitamins and mineral salts and saves cooking fuel—while preparing the tastiest of foods.

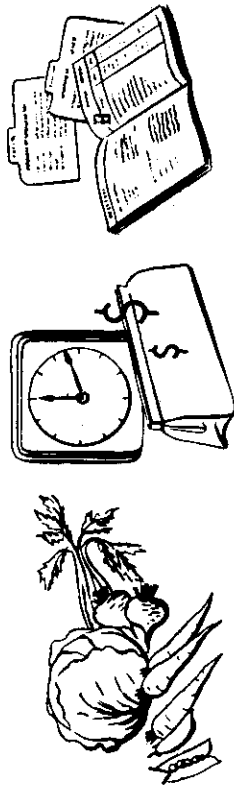
Veteran cooks are amazed by the magic-like speed of the PRESTO in cooking truly delightful foods. Only a fraction of the time is required to cook the PRESTO way as compared with ordinary methods.

In ordinary cooking methods much of the vitamin content of the foods, particularly Vitamin C, is lost through oxidation and long cooking. In a PRESTO COOKER cooking is done free from air, eliminating oxidation. Foods are cooked in the shortest possible time.

The amazing speed of PRESTO Cooking prepares food for the table in such a remarkably short time that the minimum of valuable nutritive food elements is destroyed. For instance, there is a very slight loss of that highly escapable vitamin C, for in a PRESTO COOKER, oxidation is virtually eliminated.

In addition, the very small amount of water used in PRESTO Cooking keeps down the losses of vitamins and minerals. Large quantities of water used in ordinary cooking tend to "flood out" much of the health-giving qualities of foods.

Health authorities agree that a PRESTO provides the most modern, scientific method for retaining vitamins and minerals in fresh vegetables. This benefit to health—the natural way—cannot be over-emphasized.

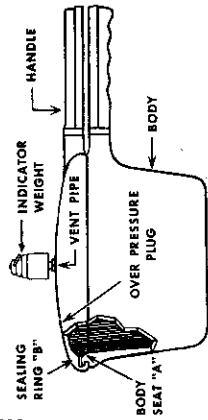


In addition, every housewife is interested in the savings made through the reduction of cooking fuel costs through the use of a PRESTO COOKER. Inasmuch as foods cook in a fraction of the time, naturally, costs are greatly reduced. After the Cooker has been heated up to cooking temperature—the heat is reduced to the lowest level.

If the instructions and time tables are carefully followed, you will find it a very simple matter to use a PRESTO COOKER . . . for a PRESTO works with such ease and achieves such perfect results that you, too, will agree with other satisfied PRESTO users that PRESTO Cooking surpasses any other method of cookery. By using the basic recipes given in this book, you may devise your own recipes and menus.

Complete instructions for using this modern cooking marvel may be found on the following pages. For best results, study them carefully.

HOW TO USE AND CARE FOR YOUR *Presto* COOKER



Before using Cooker for first time, and after each use, scour inside thoroughly with a good, non-alkali, aluminum cleaner or steel wool cleaning pad. After Cooker and rack have been washed and rinsed with warm water, they are ready for use. Do not wash indicator weight

The outside surface may be kept bright and shiny by cleaning with a good silver polish or simply washing with soap and water. Iron and various minerals in water and foods may darken the inside of the Cooker, but this discoloration will not affect food cooked in it in any way. Such stains may be removed by using a solution, one tablespoon of cream of tartar in one quart of water. Use enough solution to cover discoloration, place cover on Cooker. Heat until steady flow of steam emerges from vent pipe, place indicator weight on vent pipe and heat until steam reaches cook position. Remove Cooker from stove allowing Cooker to stand two to three hours before removing indicator weight. Empty contents, wash and rinse thoroughly.

Never store the Cooker with the cover locked on, for this will cause unpleasant odors. The cover may be turned upside down on the Cooker as it rests nicely in this position yet allows circulation of air and prevents such odors. The Cooker should be kept in a dry place.

Because a PRESTO COOKER is a special saucepan, it is necessary to follow some special rules in taking care of it. Before using the Cooker, check over the diagram and become familiar with the various parts. It is important to keep the cover handle and the Cooker handle tight. The body seat (A) and the sealing ring (B) must be kept clean. It is important to see that the vent pipe is open and clean before each use.

When attempting to remove the cover and open the Cooker, be sure the indicator weight is removed first.

If the cover seems to stick or is hard to turn, it indicates that there is still pressure in the Cooker and it should be cooled further.

Whenever a recipe calls for placing the Cooker in a pan of cold water or under running water, do this immediately after the cooking time has elapsed. This action must be followed wherever a recipe is marked with a star (★). Do not run water on over-pressure plug.

In using the Cooker, different procedure is followed with different foods. When braising or frying meats, the Cooker is first heated ... a spoonful of fat is placed on the bottom and the meat seared well in the open Cooker. A small amount of water must then be poured into the Cooker with the meat remaining in the bottom. Place the cover on the Cooker and follow the cooking time as given in the specific recipes.

Vegetables should be placed on the rack for cooking. Fresh foods require very little water. In 3-quart and 4-quart size Cookers use one-half cup and in 6-quart size Cookers use one full cup. Dried or dehydrated vegetables or fruits should be covered with water. **IN NO CASE FILL THE COOKER MORE THAN TWO-THIRDS FULL.** Soups, stews and most cereals are cooked in the bottom of the Cooker without the rack.

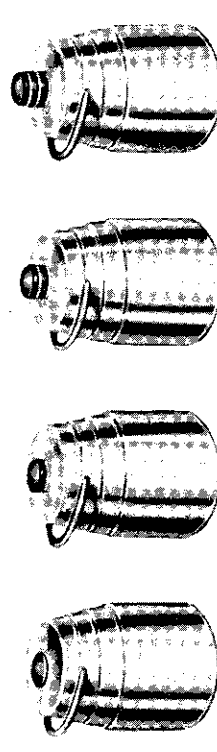
When ordering replacement parts ... consult page 127 and order part by number.

The Indicator Weight ... HERE'S HOW IT WORKS: The stem in the indicator weight remains in DOWN position when not in use. As pressure is built up in the Cooker, the stem rises. When the first band shows completely, the pressure in the Cooker is 5 lbs. Pressure at 5 lbs. is recommended for canning fruits and tomatoes.

When the second band shows completely, the pressure in the Cooker is 10 lbs. Pressure at 10 lbs. is recommended for canning vegetables, meat, fish, poultry and soups.

COOK position is reached when the third band shows completely. The third band is recommended for all cooking. **USE THE STEM IN COOK POSITION FOR ALL THE RECIPES IN THIS BOOK.**

Cooking time is counted from the moment stem reaches desired level. **Never take the cover off without first removing indicator weight. Never remove indicator weight until stem returns to DOWN position.**



DOWN Position 5 LBS. Pressure 10 LBS. Pressure 15 LBS. Pressure

NOTE: A helpful warning to lower the heat is given when indicator weight begins to sizzle. Reduce heat slightly or, when using a constant heat unit, remove Cooker to slightly cooler portion of burner.

A SIMPLE DEMONSTRATION IN THE USE OF A

Presto COOKER

NOTE: The steps shown here apply to foods cooked in three minutes. Virtually the same procedure applies to other cooking in a PRESTO COOKER. Additional steps for meat cookery are shown on page 13.

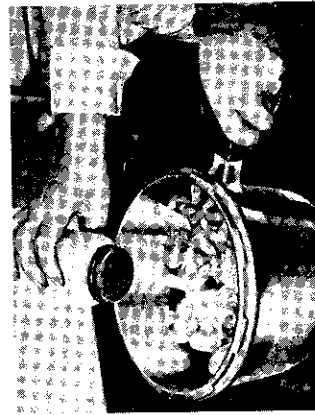
1. Prepare food according to directions in specific recipe. Recipes given in this book have been tested for a 4 quart Cooker. When using a smaller Cooker, reduce the quantity of ingredients proportionately, so that the Cooker is never more than two-thirds full.



2. Pour required amount of water in Cooker. When cooking rack is needed, always use ½ cup of water in 3-quart or 4-quart size Cookers and one full cup in 6-quart size PRESTO COOKER. Have Cooker on high heat.



3. Place food in PRESTO. Seasoning may be added before or after cooking. (Be certain that any foods cooked together require the same cooking time.)



4. Hold Cooker handle with left hand, place cover on with right hand, holding handles slightly apart. Move handles until cover drops in to position.



5. Pull cover handle into place directly over Cooker handle. **It is very important that cover handle be directly over and in alignment with Cooker handle as shown, so that cover is securely locked in place.**



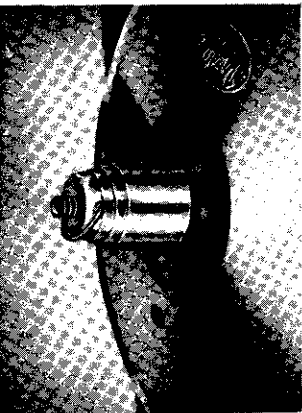
6. Keep Cooker over high heat and watch for steam to flow from vent pipe. When a steady flow of steam emerges, all air has been released. This usually requires about a minute from the time steam vapor first escapes. Then place indicator weight on vent pipe.



7. Push down indicator weight firmly on vent pipe. If indicator weight is not down in position, steam will continue to escape.



8. Watch for steam to rise. When the third band on the stem shows completely, the stem is at **COOK** position. Adjust heat as low as possible so that stem is kept at **COOK** position and start counting cooking time. Reduce heat slightly if steam is escaping.

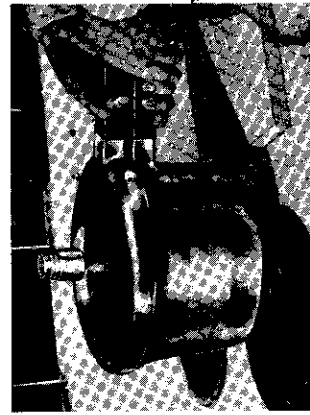


8A. When using an electric stove, start with high heat on the large burner and turn burner off or to low heat just before stem reaches **COOK** position. Begin to count cooking time when stem reaches **COOK**. Set Cooker part way off burner if necessary to keep stem at **COOK**. On coal or wood stoves, or other constant heat units, leave Presto on hottest part of stove until stem reaches **COOK** position and then move the Cooker to a cooler part of stove where stem will remain in that position.

9. Cook for length of time specified in recipe. As soon as cooking time is up, turn off heat.



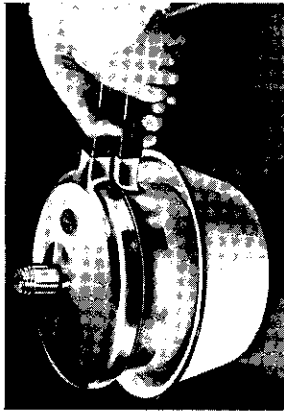
9A. If cooking on electric stoves, coal stoves or other constant heat units, remove Cooker from heat.



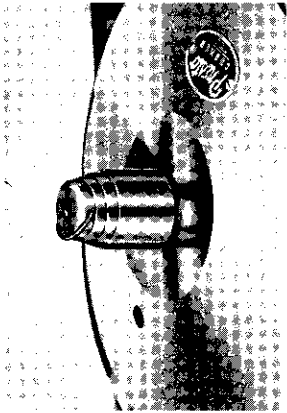
10. In cooking of foods indicated in recipes and time tables by a star (★), the Cooker must be cooled immediately under the water faucet or by pouring water over it. (Do not run water over the over-pressure plug.)



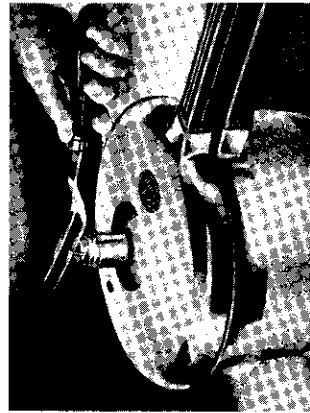
10A. Or by placing it in a pan of cold water until stem returns to **DOWN** position.



10B. In cooking foods not indicated by star (★), allow stem to return to **DOWN** position of its own accord.



11. After stem has returned to **DOWN** position, remove the indicator weight. **Never take the cover off without first removing indicator weight. And never remove weight until stem returns to DOWN position.**



IN COOKING MEATS . . .

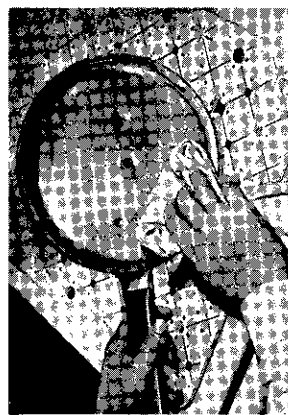
These Additional Steps Should Be Followed
(This shows the start of *Cooking a Pot Roast*).



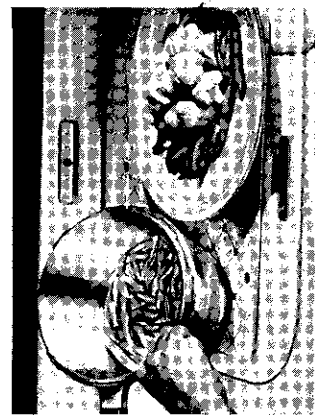
12. Place indicator weight in regular storage place to avoid possible damage or handling by children.



13. Remove cover by reversing the procedure used in putting it on.

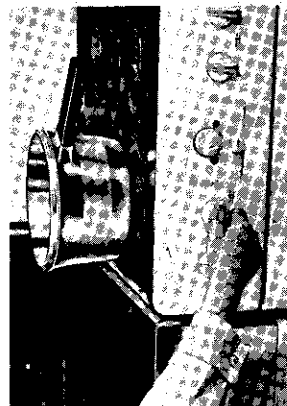


14. Wipe inside of cover at once.

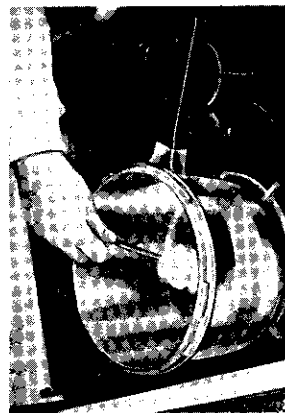


15. Remove food and save small amount of liquid for soup or gravy.

12



1. Heat Cooker without cover on high burner until top edge causes "sizzle" when touched with moistened finger.



2. Then place cooking fat in bottom of Cooker without rack, according to recipe.



3. To sear meat, place it in bottom of Cooker and brown crisp.

13

4. Use long fork to turn meat and brown on all sides. Season according to taste.



5. Water is added according to recipe.



Cover is then placed on PRESTO and same procedure followed as in cooking with other foods. If cover is difficult to lock on at this point, it is due to the expansion of the Cooker from heating. Let cover rest on Cooker a minute or two until it will lock on with ease.

Make gravy in bottom of Cooker from meat juices after removing meat.

CARE OF COOKER

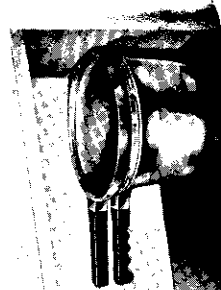
1. Scour PRESTO with an Aluma Cleaning Pad or other good aluminum cleaner, rinse thoroughly and wipe perfectly dry.



2. Clean vent pipe with pipe cleaner or small brush.



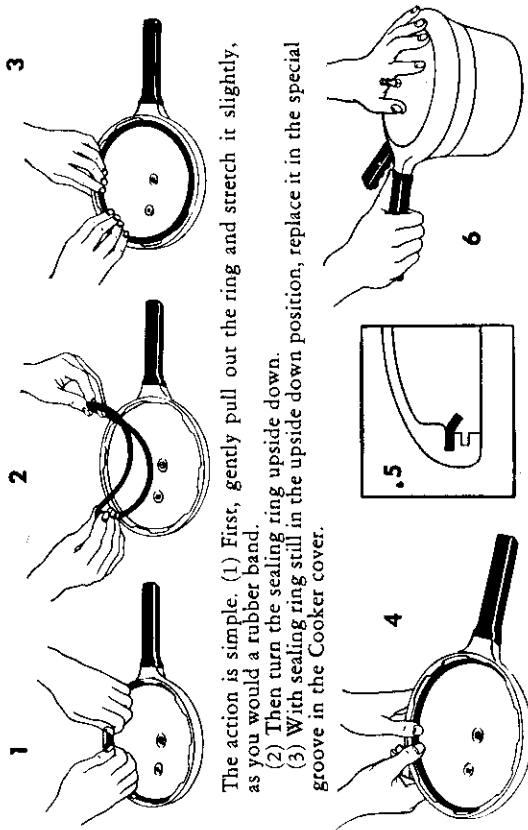
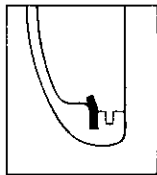
3. Place cover on PRESTO upside down for storing. Cooker is now ready for next use.



INSTRUCTIONS FOR REVERSING SEALING RING OF PRESTO COOKER (Model '40')

(To be followed in case of steam leak)

After the Cooker has been in use for a considerable period, the sealing ring may tip slightly upward in the position shown in the drawing. If there is an escape of steam due to this factor, it is wise to reverse the sealing ring.



The action is simple. (1) First, gently pull out the ring and stretch it slightly, as you would a rubber band.

(2) Then turn the sealing ring upside down. (3) With sealing ring still in the upside down position, replace it in the special groove in the Cooker cover.

(4) In order to adjust sealing ring in as near a horizontal position as possible, press ring down with fingers after inserting.

(5) This is a cross-section view of the sealing ring after it has been turned over and replaced in Cooker cover.

(6) The first time the cover is put on the Cooker after the sealing ring has been turned, it may be necessary to press down on the cover with one hand when placing it on the Cooker. This will be necessary only the first time after sealing ring has been turned.

Over-pressure Plug—The over-pressure plug in the cover of your Cooker is an added safety device. This plug will automatically release excess steam, in case the vent pipe becomes clogged so that pressure does not release normally. In addition, the over-pressure plug acts as an anti-vacuum valve, thus preventing the loss of juices from foods when cooking.

(The Sealing ring is made of neoprene. When a new ring is necessary, check page 127 and order by number.)



READ THIS PAGE CAREFULLY BEFORE USING YOUR COOKER

Follow the directions given in this book for the most successful operation of your Cooker. In order to attain the greatest satisfaction from this kitchen marvel, it is also important to avoid the following mistakes:

- NEVER** wait too long before placing indicator weight on vent pipe. Put indicator weight on vent pipe as soon as a steady flow of steam is visible. Should there be a slight dripping under the indicator weight, do not become alarmed. This is usually due to condensation and will disappear as the cooking progresses.
- NEVER** take cover off without first removing indicator weight.
- NEVER** remove indicator weight until stem returns to DOWN position.
- NEVER** let your Cooker boil dry or become over-heated.
- NEVER** pour cold water into a dry over-heated Cooker. The sudden chilling may crack the metal.
- NEVER** force cover off even though it seems to stick or is hard to turn. Sticking indicates that there is still pressure inside the Cooker.
- NEVER** store the Cooker with the cover locked on. Keep the cover off, or to save space, put the cover on upside down.
- NEVER** put indicator weight in water. This may cause rusting inside. Live steam from the vent pipe will keep it clean and sterile.
- NEVER** drop the indicator weight as the stem may be thrown out of calibration through rough handling.
- NEVER** strike rim of the Cooker with anything that will cause nicks. Nicks in the sealing seat will allow steam to escape.
- NEVER** fill Cooker more than two-thirds full when cooking a solid mass of food such as soups, stews, chili con carne, etc.
- NEVER** lay the cover on a hot stove after it is removed from Cooker. Direct heat will spoil the sealing ring and over-pressure plug.
- NEVER** attempt to cook meat or chicken which extends to the top of the Cooker. If any food rests against the cover, it may block the vent pipe and over-pressure plug opening.
- NEVER** cool Cooker under running water or by setting in pan of cold water, when using it for canning.
- NEVER** forget your Cooker while it is in operation, or the food may become overcooked.

Presto RECIPES

Truly natural—that describes the flavor and color of Presto-Cooked foods. All of the goodness with which nature so abundantly endows foods of all kinds is retained to a maximum degree in Presto Cooking. Appetizing color and delightful flavor are found in all foods properly cooked the PRESTO way. For best results, follow your recipes closely.





SOME HINTS ON FOOD SELECTION

While the good in foods may be cooked out by improper cooking methods . . . naturally, there is no magic way of cooking nutritive value into foods that do not possess it. For this reason proper selection and preparation of foods is vitally important.

As a general rule, it is more economical to buy most fruits and vegetables when they are in season in the locality. They are usually of better quality at that time than foods shipped in. Certain fruits and vegetables such as citrus fruits, bananas, potatoes and apples can be transported without loss of flavor and freshness.

In addition to buying at the right season, it is also important to shop as early as possible in the day. For in spite of special coolers, air conditioning equipment and sprays to help keep produce fresh, perishables deteriorate rapidly.

In selecting vegetables, choose them for freshness and crispness, for they then contain more vitamins. And remember, the better and richer the color, the more food value the vegetable probably contains.

It is wise to select medium-sized vegetables, for they are less fibrous than the large overgrown vegetables.

The same general rules apply in selecting fruits. To make the food budget go as far as possible, it is best to select fruit that is firm and sound.

As for choosing meats, the best guide to quality is to remember that good meat has a fresh odor, fine grain, firm velvety muscle and no dark or dry edges. The intermingling of fat with the lean, known as marbling, indicates tenderness and rich flavor.

FOOD PREPARATION



In preparing foods for cooking, avoid handling any more than is absolutely necessary. Pare lightly and whenever possible, simply scrub vegetables before cooking in order to retain the maximum vitamin and mineral content located near the skin.

Before they are cooked, wilted vegetables may be placed in cold water for a few minutes in order to replace any natural moisture which may have been lost.

SEASONING



While seasoning is entirely a matter of personal taste, it should be kept in mind that foods cooked in this Cooker retain more of the natural mineral salts. Many persons find this natural flavor even more pleasant than added seasoning. However, if highly seasoned foods are desired, it is best to add the seasoning after cooking, otherwise the cooking process reduces this additional flavor to a minimum.

The goodness in cereal foods, especially when prepared for breakfast dishes, was known many years ago, yet your Cooker brings out a new goodness . . . a richer flavor that is pleasing to every member of the family.

And there is added food value, too! Cereals provide the important food energy needed by active people. This is particularly true of babies and growing children, but it is also appreciated by active adults. Proteins, carbohydrates and many important minerals comprise the cereal food value and it is absolutely necessary that cereals be properly cooked to give abundant energy. Your Cooker provides the method for preparing cereals properly!

Two methods for preparing cereals are suggested. Cereals may be prepared in the bottom of the Cooker by stirring the cereal into boiling water until rapid boiling begins and the cereal is very smooth. Then the cover should be placed on the Cooker and the cereal cooked the time specified in the recipe. After cooking, the cereal should again be stirred.

When cooking cereals, use medium heat instead of high heat to avoid boiling over of cereals.

Cereal RECIPES

The second method suggested is to cook the cereal in a separate bowl. This bowl should be placed within the Cooker. Be sure to select a bowl which does not set tightly in the Cooker so as to permit ample steam circulation. The cereal should be stirred into boiling water in the bowl and then stirred again after it is cooked in order to get rid of any lumpiness. **If this method is followed, be sure to place an additional pint of water in the Cooker before putting in rack on which the bowl is placed.** In cooking cereals the Cooker should never be filled more than one-half full. When cereal is cooked in the bottom of the Cooker be certain only the amount of water called for in the recipe is used. Additional water is necessary only when cooking cereal in a separate bowl.

While the time given in the recipes and time-tables will cook the cereals thoroughly, a little longer cooking improves the flavor of most cereals.



★ CORNMEAL

2½ cups water
½ tsp. salt
½ cup cornmeal

METHOD: Gradually stir cornmeal into boiling salted water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Cool Cooker at once. Stir cereal before serving. This method may be used for mush. Place left over mush in mold, slice, and fry in hot fat or butter.

★ CRACKED WHEAT

4½ cups water
1 tsp. salt
1 cup cracked wheat

METHOD: Gradually stir cereal into boiling salted water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe. Cook 25 minutes with stem at COOK position. Cool Cooker at once. Stir cereal and serve.

★ CREAM OF WHEAT

5½ cups water
1 tsp. salt
1 cup Cream of Wheat

METHOD: Gradually stir cereal into boiling salted water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 2 minutes with stem at COOK position. Cool Cooker at once. Stir cereal before serving. Butter may be added for flavor if desired.

★ GRAPENUT WHEAT MEAL

3½ cups water
½ tsp. salt
1 cup Grapenut Wheat Meal

METHOD: Pour water and salt into Cooker and bring to a boil. Gradually stir Grapenut Wheat Meal into boiling water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Cool Cooker at once. Stir cereal and serve.

★ OATMEAL—QUICK OATS

2 cups water
½ tsp. salt
1 cup oatmeal

METHOD: Pour water and salt into Cooker and bring to a boil. Gradually stir oatmeal into boiling water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 3 minutes with stem at COOK position. Cool Cooker at once. Steel cut oats require 10 minutes to cook and 3 cups of water per cup of cereal should be used.

★ RALSTON

3 cups water
1 tsp. salt
1 cup Ralston

METHOD: Pour water and salt into Cooker and bring to a boil. Gradually stir in cereal. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 5 minutes with stem at COOK position. Cool Cooker at once. Stir before serving.

★ SOYAWHEAT—QUICK-COOKING CEREAL

2 cups water
 3/4 tsp. salt
 1/2 cup Soyawheat

METHOD: Gradually stir cereal into boiling salted water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Cool Cooker at once. Stir cereal and serve.

★ STURDIWHEAT

3 1/2 cups water
 3/4 tsp. salt
 1 cup Sturdiwheat

METHOD: Gradually stir cereal into boiling salted water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Cool Cooker at once. Stir cereal and serve.

★ WHEATENA

3 cups water
 1/2 tsp. salt
 1 cup Wheatena

METHOD: Gradually stir cereal into boiling salted water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from the Cooker. Place indicator weight on vent pipe and cook 4 minutes with stem at COOK position. Cool Cooker at once. Stir before serving.

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★ WHEATSWORTH CEREAL

3 cups water
 1 tsp. salt
 1 cup Wheatsworth

METHOD: Gradually stir cereal into boiling salted water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 15 minutes with stem at COOK position. Cool Cooker at once. Stir before serving.

★ WHOLE WHEAT

2 cups boiling water
 1 tsp. salt
 1 cup whole wheat
 1/2 tsp. butter

METHOD: Wash whole wheat in water until water is clear. Cover with boiling water and let stand overnight. Pour off water, saving 2 cups water for cooking. Place soaked wheat in Cooker. Add salt, butter and water in which whole wheat has been soaked. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 45 minutes with stem at COOK position. Cool Cooker at once. Stir before serving.

CEREALS FOR CHILDREN

★ BARLEY

2 cups water
 1/2 cup barley
 1/2 tsp. salt

METHOD: Gradually stir cereal into boiling salted water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 25 minutes with stem at COOK position. Cool Cooker at once. Stir before serving. If a barley gruel is desired, add 1/2 to 1 cup scalded milk to barley and strain.

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★ SOYAWHEAT—QUICK-COOKING CEREAL

2 cups water
 3/4 tsp. salt
 1/2 cup Soyawheat

METHOD: Gradually stir cereal into boiling salted water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Cool Cooker at once. Stir cereal and serve.

★ STURDIWHEAT

3 1/2 cups water
 3/4 tsp. salt
 1 cup Sturdiwheat

METHOD: Gradually stir cereal into boiling salted water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Cool Cooker at once. Stir cereal and serve.

★ WHEATENA

3 cups water
 1/2 tsp. salt
 1 cup Wheatena

METHOD: Gradually stir cereal into boiling salted water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from the Cooker. Place indicator weight on vent pipe and cook 4 minutes with stem at COOK position. Cool Cooker at once. Stir before serving.

24

★ WHEATSWORTH CEREAL

3 cups water
 1 tsp. salt
 1 cup Wheatsworth

METHOD: Gradually stir cereal into boiling salted water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 15 minutes with stem at COOK position. Cool Cooker at once. Stir before serving.

★ WHOLE WHEAT

2 cups boiling water
 1 tsp. salt
 1 cup whole wheat
 1/2 tsp. butter

METHOD: Wash whole wheat in water until water is clear. Cover with boiling water and let stand overnight. Pour off water, saving 2 cups water for cooking. Place soaked wheat in Cooker. Add salt, butter and water in which whole wheat has been soaked. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 45 minutes with stem at COOK position. Cool Cooker at once. Stir before serving.

CEREALS FOR CHILDREN

★ BARLEY

2 cups water
 1/2 cup barley
 1/2 tsp. salt

METHOD: Gradually stir cereal into boiling salted water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 25 minutes with stem at COOK position. Cool Cooker at once. Stir before serving. If a barley gruel is desired, add 1/2 to 1 cup scalded milk to barley and strain.

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CEREALS

★ MALT-O-MEAL

4 cups water

1/2 tsp. salt

1 cup Malt-O-Meal

METHOD: Gradually stir cereal into boiling salted water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 3 minutes with stem at COOK position. Cool Cooker at once. Stir cereal before serving.

★ ROLLED OATS GRUEL

3 cups water

1 cup rolled oats

1/8 tsp. salt

1/2 tsp. butter

METHOD: Pour water with salt and butter in Cooker. Bring to boil and gradually stir in oatmeal. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook with stem at COOK position 20 minutes. Cool Cooker at once. Put through sieve or ricer. Serve with plenty of whole milk. Sweeten with honey or brown sugar.

★ ROLLED OATS PORRIDGE

Use 2 cups water but follow directions for Rolled Oats Gruel.

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CEREAL

CEREAL	Cooking Time In Minutes After Stem Reaches COOK Position	Amount of Boiling Water Per Cup of Cereal
★ Cornmeal	10	5 cups
★ Cracked Wheat	25	4 1/2 cups
★ Cream of Wheat	2	5 1/2 cups
★ Grape Nut Wheat Meal	10	3 1/2 cups
★ Quick Cook Oatmeal	3	2 cups
★ Steel Cut Oats	10	3 cups
★ Ralston	5	3 cups
★ Soyawheat—Quick-Cooking	10	4 cups
★ Sturdiwheat	10	3 1/2 cups
★ Wheatena	4	3 cups
★ Wheatworth Cereal	15	3 cups
★ Whole Wheat	45	2 cups
★ Barley	25	4 cups
★ Malt-O-Meal	3	4 cups
★ Rolled Oats Gruel	20	3 cups
★ Rolled Oats Porridge	20	2 cups

Set Cooker in cold water or place under faucet of running water to reduce heat quickly for all foods marked with STAR ★

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Whether served as the introduction to a dinner or as the main dish of the luncheon, soups should form an important part of the regular diet. They are not expensive, but nourishing and wholesome and with your Cooker you have an efficient, economical method of preparing the very finest of soups.

The high heat in the Cooker extracts the gelatin from the bone, making the soup richer in flavor and clearer in color. There is no cloudiness due to long, constant boiling used in old methods. Smaller amounts of meat may be used in soups prepared in your Cooker for it develops a fuller, richer flavor.

Quantities given in the soup recipes on the following pages were tested in a 4-quart PRESTO COOKER. When using a 3-quart Cooker, decrease the quantities of ingredients one-fourth. When using a 6-quart Cooker the quantities of ingredients may be increased one half. IN NO CASE SHOULD ANY COOKER BE FILLED MORE THAN TWO-THIRDS FULL.

Soup RECIPES

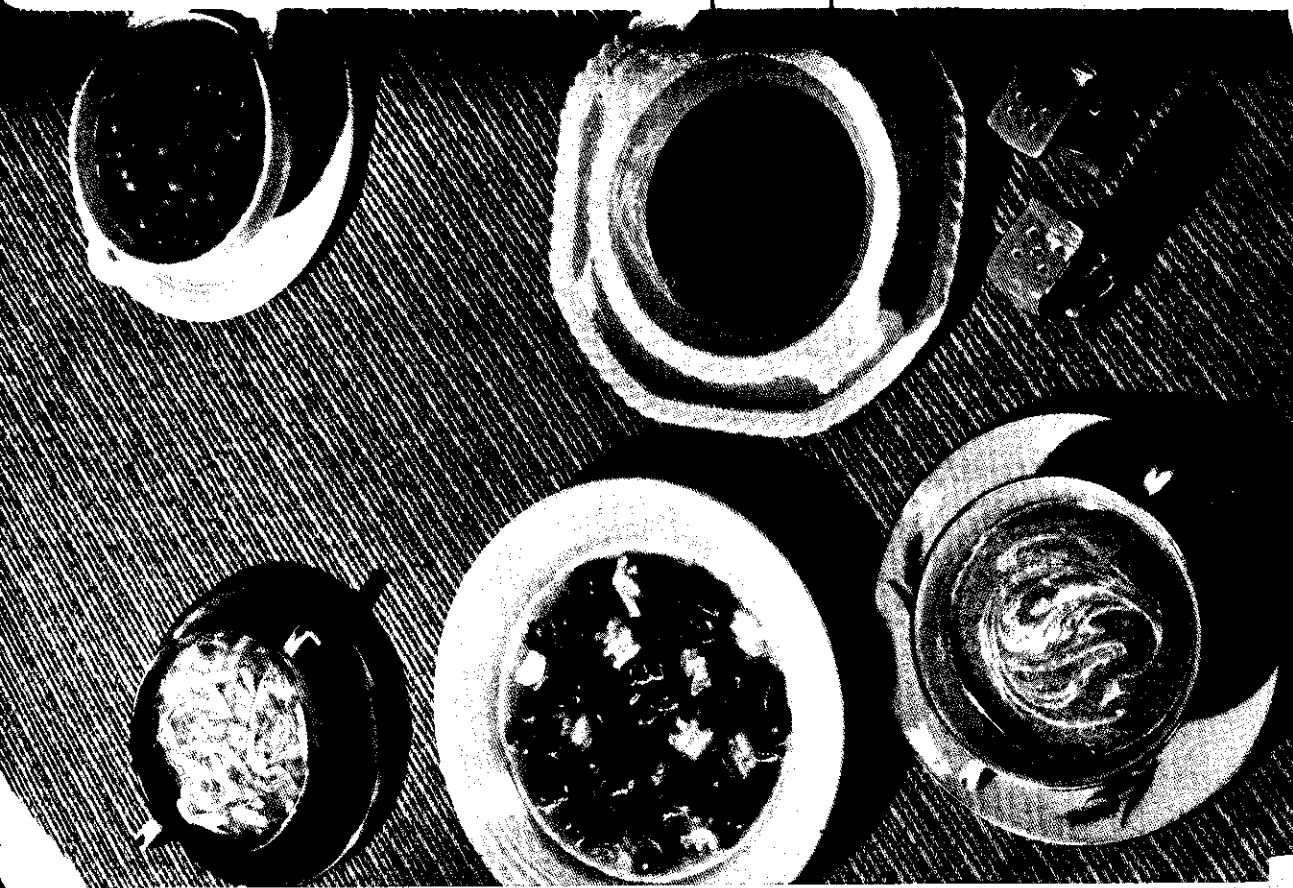
BEEF-TOMATO SOUP

6 cups brown soup stock
2 cups canned tomato juice
1/2 tsp. onion juice
6 tbsp. cooked rice
1 tsp. salt

METHOD: Combine brown soup stock, tomato juice, onion juice, cooked rice and salt in Cooker. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook one minute with stem at COOK position. Let stem return to DOWN position.

Prepare brown soup stock as given on page 30.

The above recipes tested in 4-quart Cooker—See above



BROWN SOUP STOCK

Bone marrow, cut in small pieces

- 1 1/2 lbs. lean beef, cut in inch cubes
- 1/2 cup onion, diced
- 1/4 cup carrots, diced
- 1 small bay leaf
- 1 1/2 tsp. salt
- 1/8 tsp. pepper
- 1/4 cup celery with leaves, chopped
- 1 tsp. parsley, chopped
- 6 cups water

METHOD: Render bone marrow in the bottom of Cooker. Brown meat in melted marrow. Add onion, carrots, bay leaf, salt, pepper, celery, parsley and water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 15 minutes with stem at COOK position. Let stem return to DOWN position. Let soup return to DOWN position.

CHICKEN SOUP

- 3 lbs. chicken
- 1 tsp. salt
- 1 stalk celery, chopped
- 1 medium carrot, diced
- 1 small onion, diced
- 6 cups water

METHOD: Cut chicken into serving pieces. (Wings, neck and back make excellent soup.) Place chicken in Cooker. Add salt, celery, carrots, onion and water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Cook 15 minutes with stem at COOK position. Let stem return to DOWN position.

CREAM SOUPS

- 2 tbsp. fat
- 2 tbsp. flour
- 4 cups milk
- Salt and pepper
- 2 cups vegetable pulp, meat or fish pulp, or flaked fish

METHOD: Melt fat in open Cooker, add flour and blend. Gradually add milk, stirring constantly to avoid lumps. Add salt and pepper to taste. Cook asparagus, celery, corn, peas or spinach, according to directions. Put through ricer and add the pureed ingredients to the cream soup mixture and heat to boiling without cover on Cooker. Beat soup with egg beater before serving. Whipped cream or the beaten white of an egg may be served on top of each portion. If desired two cups of soup stock may be substituted for two cups of the milk.

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The above recipes tested in 4-quart Cooker—See page 29

CREOLE GUMBO

- 3 tbsp. ham drippings or fat
- 2 1/2 cups cut okra
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 1 medium green pepper, chopped
- 1 8-oz. can tomato sauce
- 1/2 cup crab meat
- 1 tsp. thyme
- 2 tbsp. flour
- 1/2 pt. oysters with liquid
- 3 cups water
- 3 tbsp. ham, diced
- 2 medium bay leaves
- 1 tsp. parsley, chopped fine
- 1 tsp. salt
- Few grains pepper
- 1/2 tsp. cayenne pepper

METHOD: Heat Cooker. Brown okra lightly in ham drippings in Cooker. Combine remaining ingredients in Cooker and mix well. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 15 minutes with stem at COOK position. Let stem return to DOWN position. Add water to Gumbo and thin to desired consistency.

FRENCH ONION SOUP

- 2 tbsp. butter
- 4 large onions, minced
- 4 cups brown soup stock
- 4 slices crisp, buttered toast
- 1/2 cup dry Parmesan cheese, grated

METHOD: Melt butter in Cooker. Brown onion to a golden brown; add soup stock. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook one minute with stem at COOK position. Let stem return to DOWN position. Place toast in heated bowls. Pour soup over toast and sprinkle with Parmesan cheese.

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The above recipes tested in 4-quart Cooker—See page 29

HAMBURG VEGETABLE CHOWDER

METHOD: Heat Cooker. Add fat and brown meat. Add tomatoes, carrots, celery, onion, salt, barley, pepper, water and potatoes. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Put indicator weight on vent pipe and cook 15 minutes with stem at COOK position. Let stem return to DOWN position.

- 2 *tblsp. fat*
- 1/2 *lb. beef, ground*
- 1 *cup canned tomatoes*
- 1/2 *cup carrots, diced*
- 1/2 *cup celery, diced*
- 1 *onion, chopped*
- 2 *tsp. salt*
- 1/4 *cup barley*
- 1/2 *tsp. pepper*
- 1 1/2 *cups water*
- 1 *cup potatoes*

LENTIL SOUP

METHOD: Wash lentils well. Soak overnight in water to cover. Melt butter in Cooker. Stir in flour. Add bacon, salt, onion, lentils and 6 cups of water, in which lentils have been soaked. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 15 minutes with stem at COOK position. Let stem return to DOWN position.

- 1 1/2 *cups dried lentils*
- 6 *cups water*
- 1 *tblsp. butter*
- 1 *tblsp. flour*
- 2 *slices bacon, cut fine*
- 1 *tsp. salt*
- 1 *medium onion, cut fine*

NAVY BEAN SOUP

METHOD: Wash beans, cover with water and soak overnight. Drain. Place all ingredients in Cooker. Season with salt and pepper to taste. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 30 minutes with stem at COOK position. Let stem return to DOWN position.

- 1 *cup navy beans*
- 4 *cups water*
- 1 *ham bone*
- 1 *onion, chopped*
- 2 *carrots, sliced*
- 2 *stalks celery, chopped*
- 1/8 *cup green pepper, minced*
- 1/2 *cup tomato puree*
- 1/8 *tsp. mustard*
- 1 *clove*
- 2 *peppercorns*

The above recipes tested in 4-quart Cooker—See page 29

POTATO SOUP

METHOD: Place onion, celery, salt, pepper, diced potatoes and water in Cooker. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Put indicator weight on vent pipe and cook 5 minutes with stem at COOK position. Let stem return to DOWN position. Moisten flour with part of milk. Beat till smooth and add remaining milk. Add to soup and boil a few minutes.

- 2 *tblsp. butter*
- 2 *tblsp. flour*
- 1 *medium onion, cut fine*
- 3 *stalks celery, finely diced*
- 1 *tsp. salt*
- 1/4 *tsp. pepper*
- 4 *medium potatoes, diced*
- 4 *cups water*
- 1 *cup milk*

SOUP STOCK

METHOD: Wipe soup bone. Place in Cooker with water and salt. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Put indicator weight on vent pipe and cook 20 minutes with stem at COOK position. Let stem return to DOWN position.

- 1 1/2 *lbs. small soup bone*
- 6 *cups water*
- 1 *tsp. salt*

SOUTHERN OKRA CHOWDER

METHOD: Heat Cooker and fry bacon lightly. Combine remaining ingredients in Cooker and mix well. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Put indicator weight on vent pipe and cook 15 minutes with stem at COOK position. Let stem return to DOWN position.

- 1 *cup bacon, diced*
- 3 *cups okra, sliced*
- 2 *cups canned tomatoes*
- 1 *medium green pepper, sliced*
- 1 *cup lima beans, cooked*
- 1 *cup canned corn*
- 1/2 *cup onion, minced*
- 1 *tsp. salt*
- 1/4 *tsp. parsley, minced*
- 1 *cup water*

The above recipes tested in 4-quart Cooker—See page 29

SOUPS

SPLIT PEA SOUP

1/2 cup dried split peas
4 cups water
1 lb. ham shank
1 tsp. salt
1 onion, minced
10 peppercorns
1 bay leaf
1 cup milk
2 tbsp. flour

METHOD: Wash peas and soak overnight in water. Place ham shank in Cooker. Add peas and water in which they were soaked, salt, onion, peppercorns and bay leaf. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 15 minutes with stem at COOK position. Let stem return to DOWN position. Be sure to remove indicator weight before attempting to remove cover. Moisten flour with part of milk. Beat until smooth. Add rest of milk. Add to soup and boil a few minutes.

VEGETABLE SOUP

1 lb. soup meat
1 small soup bone
4 cups water
2 tsp. salt
1/4 cup washed rice or barley
2 cups tomatoes
1/4 cup potatoes, diced
1/4 cup carrots, diced
1/4 cup green beans, chopped
1/4 cup celery, diced
1 tbsp. parsley, minced

METHOD: Wipe or scrape meat. Place in Cooker with small bone and add water, salt, rice or barley and all vegetables except parsley. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 20 minutes with stem at COOK position. Let stem return to DOWN position. Add minced parsley to soup before serving.

A second suggested method is to place water, soup bone or meat and seasoning in the Cooker. First cook 17 minutes with stem at COOK position. Let stem return to DOWN position, remove cover and add vegetables. Put Cooker back on heat. Place cover on Cooker and allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 3 minutes with stem at COOK position. Let stem return to DOWN position. This method produces a clearer soup and vegetables remain crisp and retain natural colors and shapes.

The above recipes tested in 4-quart Cooker—See page 29



SOUPS

	Cooking Time In Minutes After Stem Reaches COOK Position	Amount of Liquid
Beef-Tomato Soup	1	6 cups stock
Brown Soup Stock	15	2 cups tomato juice
Chicken Soup	15	6 cups water
Creole Gumbo	15	6 cups water
		3 cups water
		1 cup tomato sauce
French Onion Soup	1	4 cups stock
Hamburg Vegetable Chowder	15	1 1/2 cups water
Lentil Soup	15	6 cups water
Navy Bean Soup	30	4 cups water
Potato Soup	5	4 cups water
Soup Stock	20	6 cups water
Southern Okra Chowder	15	1 cup water
Split Pea Soup	15	4 cups water
		1 cup milk
Vegetable Soup	20	4 cups water

Quantities of ingredients given in the soup recipes in this book were tested in a 4-quart PRESTO COOKER. When using a 6-quart Cooker, total ingredients may be increased by one-half the recipe. When using a 3-quart Cooker, the total ingredients must be decreased by one-fourth. If you wish, the quantity of water alone may be decreased and boiling water added after cooking is completed.

Nature provides most of our foods in appetizing and attractive colors. With your Cooker, the method of cooking vegetables in either the leafy or root variety retains a maximum of this natural color and the distinctive garden-fresh flavor. . . . And, more important, it retains the vitamin and mineral content.

If vegetables are badly wilted, the crispness may be partially restored before cooking by soaking them a few minutes in cold water. This restores most of the lost moisture. In addition, be sure to first place a small quantity of water in the bottom of the Cooker before cooking fresh vegetables. The amount of water necessary is given in each recipe. Then place the rack over the water and set the vegetables on the rack. Seasoning may be added before or after cooking.

More than one vegetable may be cooked at the same time in the Cooker and each will retain its distinctive flavor and color. It is important when cooking more than one vegetable that all vegetables selected have the same cooking time. Check this carefully when planning menus which include vegetables. Remember that older, over-size vegetables take longer to cook than fresher, medium-sized vegetables.

Whenever cooking vegetables where the recipe is starred (★), be sure you cool the Cooker under a faucet of running water or in a pan of cold water until the stem returns to the DOWN position.

Always use $\frac{1}{2}$ cup of water in 3-quart size or 4-quart size and one full cup of water in 6-quart size Cookers when cooking vegetables.

Recipes given in this book have been tested in a 4-quart PRESTO COOKER. Depending upon the size of the Cooker used the quantities of the ingredients must be decreased or may be increased proportionately according to which size Cooker is used. **THE COOKER MUST NEVER BE MORE THAN $\frac{2}{3}$ FULL.**

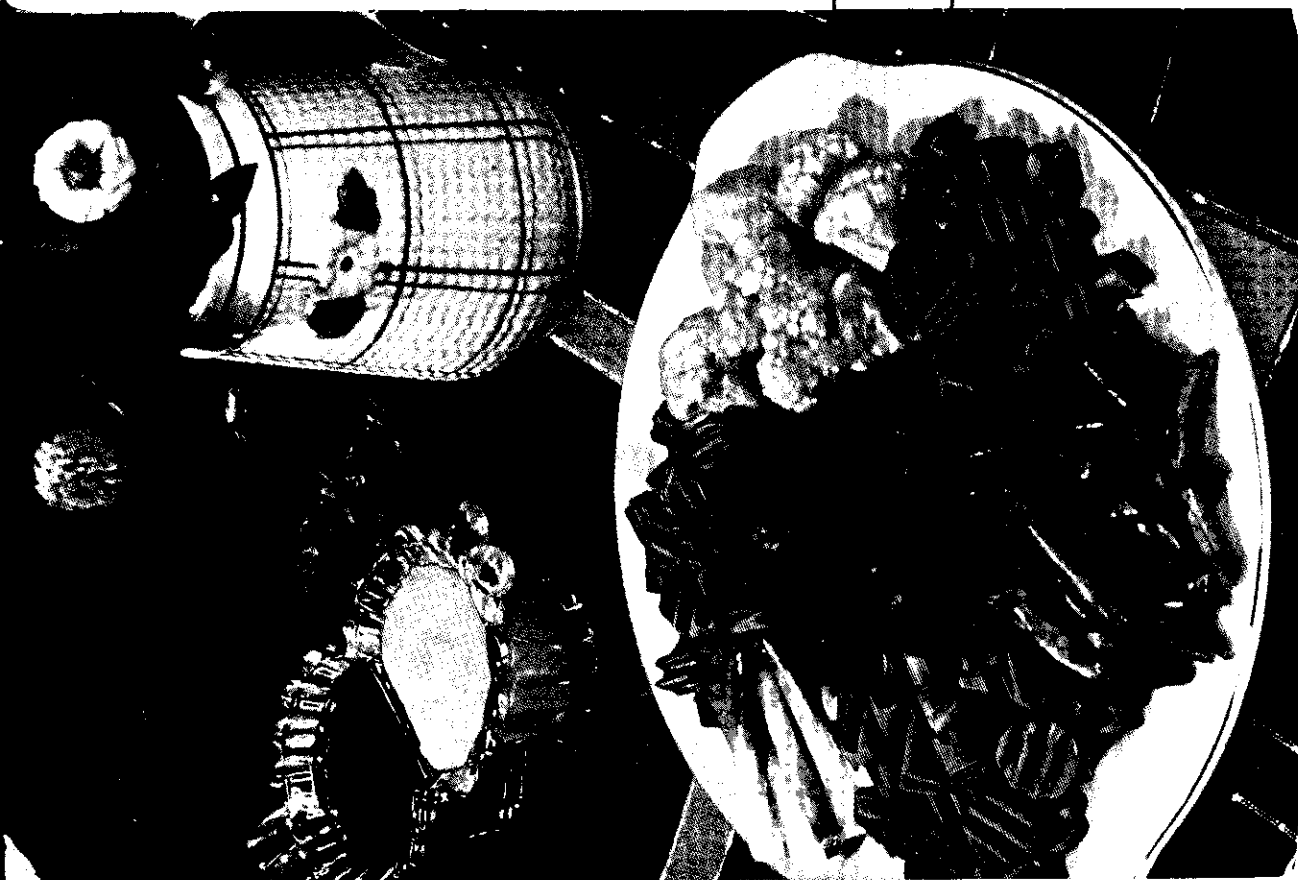
Vegetable RECIPES

★ ARTICHOKE

METHOD: Wash and trim artichokes. Place artichokes on rack in Cooker with water. Season with salt. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Cool Cooker at once. Serve with Hollandaise sauce. (See page 102 for sauce.)

*Artichokes
 $\frac{1}{2}$ cup water
in Cooker
with rack
Salt to taste*

*(Use one full cup water
in 6-quart Cooker)*



★ ASPARAGUS—(Tips)

Asparagus tips
1/2 cup water in Cooker
with rack
Salt to taste
(Use one full cup water
in 6-quart Cooker)

METHOD: Wash and cut tough parts from asparagus. The large ends may be used in soup. Place asparagus on rack in Cooker with water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 1 to 2 minutes with stem at COOK position. Cool Cooker at once. Season with salt. Asparagus may be buttered after cooking.

★ BEANS—(Green or Wax)

Green beans
1/2 cup water in Cooker with rack
Salt to taste
(Use one full cup water
in 6-quart Cooker)

METHOD: Wash and cut beans. Place beans on rack in Cooker with water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 3 to 4 minutes with stem at COOK position. Cool Cooker at once. Add seasoning.

★ BEANS—(Green Lima)

Green lima beans
1/2 cup water in Cooker with rack
Salt
Butter
(Use one full cup water
in 6-quart Cooker)

METHOD: Wash lima beans. Place water and rack in Cooker. Put lima beans on rack. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook beans 2 to 3 minutes with stem at COOK position. Cool Cooker at once. Add salt and butter.

★ BEETS—(Whole)

Beets
1/2 cup water in Cooker with rack
Salt to taste
(Use one full cup water
in 6-quart Cooker)

METHOD: Wash beets thoroughly. Remove all but three inches of tops and leave the roots on. Place beets on rack with water in Cooker. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 to 18 minutes depending on size of beets, with stem at COOK position. Cool Cooker at once. Remove skin by slipping off with your fingers. Add salt. Serve with melted butter or pickle with sugar and lemon juice.

★ BROCCOLI

Broccoli
1/2 cup water in Cooker with rack
Salt (optional)
(Use one full cup water
in 6-quart Cooker)

METHOD: Wash broccoli and remove stems. Place broccoli on rack in Cooker with water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 2 to 3 minutes with stem at COOK position. Cool Cooker at once. Season.

★ BRUSSELS SPROUTS

Brussels sprouts
1/2 cup water in Cooker with rack
Salt to taste
(Use one full cup water
in 6-quart Cooker)

METHOD: Remove wilted leaves from Brussels sprouts and wash. Soak in salt water a few minutes. Place Brussels sprouts on rack in Cooker with water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 3 minutes with stem at COOK position. Cool Cooker at once. Salt to taste.

★ CABBAGE—(Quartered)

1 head cabbage
1/2 cup water in Cooker with rack
Salt to taste
(Use one full cup water
in 6-quart Cooker)

METHOD: Cut cabbage into quarters. Place cabbage on rack in Cooker with water. Place cover on Cooker at once. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 3 to 4 minutes with stem at COOK position. Cool Cooker at once. Season.

★ CARROTS

Carrots
1/2 cup water in Cooker with rack
Salt to taste
(Use one full cup water
in 6-quart Cooker)

METHOD: Wash carrots. Slice or leave whole. Place carrots on rack in Cooker with water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 3 minutes with stem at COOK position. Whole carrots require 4 to 8 minutes of cooking time depending on size. Cool Cooker at once. Season with salt.

★ CAULIFLOWER — (Flowerettes)

Cauliflower flowerettes
1/2 cup water in Cooker
with rack
Salt to taste
1 tsp. butter
(Use one full cup water
in 6-quart Cooker)

METHOD: Place flowerettes on rack with water in Cooker. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 2 minutes with stem at COOK position. Cool Cooker at once. Season. Melted butter may be added if desired or serve cauliflower with Hollandaise or cream sauce. See page 102.

★ CAULIFLOWER — (Whole)

Whole cauliflower
1/2 cup water in Cooker
with rack
Salt to taste
(Use one full cup water
in 6-quart Cooker)

METHOD: Place cauliflower on rack with water in Cooker. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 5 minutes with stem at COOK position. Cool Cooker at once. Add salt to taste. Serve with Hollandaise or cream sauce. See page 102.

★ CELERY

Celery
1/2 cup water in Cooker
with rack
Salt, if desired
(Use one full cup water
in 6-quart Cooker)

METHOD: Wash and cut celery in small pieces. Place on rack with water in Cooker. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 2 to 3 minutes with stem at COOK position. Cool Cooker at once. Season, if desired.

★ CORN — (On-the-cob)

Tender, well filled ears of corn
1/2 cup water in Cooker
with rack
(Use one full cup water
in 6-quart Cooker)

METHOD: Remove husks and silk from corn. Wash. Place corn on rack in Cooker with water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 3 to 5 minutes with stem at COOK position. Cool Cooker at once.

★ KOHLRABI

Kohlrabi
1/2 cup water in Cooker
with rack
2 cups thin white sauce
1 egg yolk
Paprika
Salt
(Use one full cup water
in 6-quart Cooker)

METHOD: Pare kohlrabi and cut into cubes or slices. Put kohlrabi on rack with water in Cooker. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 5 to 6 minutes with stem at COOK position. Cool Cooker at once. Beat egg yolk into the white sauce and serve with kohlrabi. Sprinkle with paprika. Add salt.

★ SOUTHERN OKRA

1 cup okra
1/2 cup water
1/4 cup salad oil
1 medium sized onion, minced
1 green pepper, minced
3 tomatoes
1 tbsp. sugar
1/2 tsp. salt
1/2 tsp. pepper
1/4 cup water
1 tbsp. flour
(Use one full cup water
in 6-quart Cooker)

METHOD: Wash okra and place on rack in Cooker with 1/2 cup water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 3 minutes with stem at COOK position. Cool Cooker at once and drain. Heat Cooker. Add oil; brown onion and green pepper. Add tomatoes, sugar, salt, pepper and 1/4 cup water. Add 1 cup of cooked okra and mix well. Place cover on Cooker at once. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe. When stem reaches COOK, remove from heat and let stem return to DOWN position. Thicken with flour if desired.

★ ONIONS — (Whole)

White or Bermuda medium size onions
1/2 cup water in Cooker
with rack
(Use one full cup water
in 6-quart Cooker)

METHOD: Wash and peel onions. Place onions on rack with water in Cooker. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 5 to 7 minutes with stem at COOK position. Cool Cooker at once. Serve with Cheese Sauce. See page 102.

★ PARSNIPS

Parsnips

1/2 cup water in Cooker with rack
Butter
Salt to taste
Paprika
 (Use one full cup water in 6-quart Cooker)

METHOD: Wash and cut parsnips in halves. Place on rack with water in Cooker. Season. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 7 minutes with stem at COOK position. Cool Cooker at once. Fry in butter and sprinkle with paprika. Whole parsnips require 10 minutes.

★ PEAS—(Green)

Fresh peas

1/2 cup water in Cooker with rack
Salt
Sugar
1/2 tsp. butter
 (Use one full cup water in 6-quart Cooker)

METHOD: Wash and shell peas. Place peas on rack with water in Cooker. Season with salt, sugar and butter to taste. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook small peas 1 minute with stem at COOK position. Larger peas require 2 minutes. Cool Cooker at once.

★ POTATOES—(Small)

Small whole new potatoes

1/2 cup water in Cooker with rack
Salt and pepper
 (Use one full cup water in 6-quart Cooker)

METHOD: Wash and scrub potatoes with vegetable brush. Place potatoes on rack with water in Cooker. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Cool Cooker at once. Season with salt and pepper.

★ POTATOES—(For Mashing)

Large potatoes

1/2 cup water in Cooker with rack
Milk
Salt to taste
Butter
 (Use one full cup water in 6-quart Cooker)

METHOD: Peel potatoes and cut into halves or quarters. Place potatoes on rack with water in Cooker. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Cool Cooker at once. Heat milk and butter. Mash potatoes into hot milk, add salt. Whip until creamy and serve.

★ POTATOES (Baking size)

Baking potatoes (medium sized)

1/2 cup water in Cooker with rack
 (Use one full cup water in 6-quart Cooker.)

METHOD: Place scrubbed potatoes on rack with water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 15 minutes with stem at COOK position. Cool Cooker at once. Place open Cooker on low burner for a minute or two. This removes excess moisture. Serve with butter.

★ SWEET POTATO BALLS

3 medium sweet potatoes, cut in half

1/2 cup water in Cooker with rack
6 marshmallows
1 egg, beaten
Bread or corn flake crumbs
Butter
 (Use one full cup water in 6-quart Cooker.)

METHOD: Wash potatoes well. Place sweet potatoes on rack in Cooker with water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 8 minutes with stem at COOK position. Cool Cooker at once. Peel and mash sweet potatoes. Form into balls around marshmallow. Dip in egg, then roll in bread or corn flake crumbs. Brown in butter in bottom of open Cooker.

★ CANDIED SWEET POTATOES

4 large sweet potatoes

1/2 cup maple flavored syrup
2 tbsp. water
 (Use one full cup syrup and 4 tbsp. water in 6-quart Cooker.)

METHOD: Peel and halve sweet potatoes. Place in Cooker with syrup and water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Cool Cooker at once.

★ SWEET POTATOES

4 or 5 medium sweet potatoes

1/2 cup water in Cooker with rack
 (Use one full cup water in 6-quart Cooker.)

METHOD: Scrub potatoes. Place potatoes on rack in Cooker with water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Cool Cooker at once. Peeled potatoes may be browned in butter in bottom of Cooker. Pour honey over them and sprinkle with brown sugar, if desired.

★ SWEET POTATOES IN ORANGE CUPS

5 medium sized sweet potatoes
1/2 cup water in Cooker with rack
3 large oranges
1/2 tsp. salt
3 tbsp. butter
3 tbsp. orange juice
1 tbsp. brown sugar
 (Use one full cup water in 6-quart Cooker)

METHOD: Wash and cut sweet potatoes in half. Place on rack with water in Cooker. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Cool Cooker at once. Peel and mash sweet potatoes, cut oranges in halves. Remove pulp and juice. Add salt, butter and orange juice to sweet potatoes. Stuff orange halves. Sprinkle with brown sugar and bake 15 minutes at 450° F.

★ RUTABAGAS

Rutabagas
1/2 cup water in Cooker with rack
Salt
 (Use one full cup water in 6-quart Cooker)

METHOD: Peel rutabagas and dice. Place rutabagas on rack with water in Cooker. Season. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 3 to 5 minutes with stem at COOK position. Cool Cooker at once.

★ SPINACH (And other greens)

Spinach
1/2 cup water in Cooker with rack
Salt
 (Use one full cup water in 6-quart Cooker)

METHOD: Wash spinach thoroughly several times. Place spinach on rack in Cooker with water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 1 minute with stem at COOK position. Cool Cooker at once. Season.

★ SQUASH—HUBBARD

Squash
1/2 cup water in Cooker with rack
Salt and pepper, if desired
Butter
 (Use one full cup water in 6-quart Cooker)

METHOD: Peel squash and cut into small pieces. Place squash on rack in Cooker with water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 to 12 minutes with stem at COOK position. Cool Cooker at once. Mash squash and add salt, pepper and butter.

★ SQUASH—SUMMER

Squash
1/2 cup water in Cooker with rack
Salt
1 tbsp. brown sugar
Butter
 (Use one full cup water in 6-quart Cooker)

METHOD: Wash squash, cut in halves and remove seeds. Place on rack with water in Cooker. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 8 to 10 minutes with stem at COOK position. Cool Cooker at once. Season with salt, sugar and butter. Serve in shell or mashed.

★ TOMATOES (Escalloped)

2 tbsp. butter
1 cup soft bread crumbs
1 tsp. onion, minced
1/2 cup water in Cooker with rack
6 medium tomatoes, peeled
1 tbsp. sugar
Salt
 (Use one full cup water in 6-quart Cooker)

METHOD: Melt butter in Cooker. Add onions and cook until tender. Add crumbs and brown. Remove from the Cooker. Pour water into Cooker with rack and place quartered tomatoes in Cooker. Sprinkle with sugar and salt. Cover with crumbs and onions. Place cover on Cooker at once. Allow steam to flow from vent pipe to release all air from the Cooker. Place indicator weight on vent pipe and cook 1 minute with stem at COOK position. Cool Cooker at once.

★ TURNIPS

White turnips
1/2 cup water in Cooker with rack
Salt
 (Use one full cup water in 6-quart Cooker)

METHOD: Wash and cut turnips into inch cubes and place on rack with water in Cooker. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 3 to 5 minutes with stem at COOK position. Cool Cooker at once. Season with salt. Turnips cut in half require from 8 to 12 minutes.

DRIED VEGETABLES

No longer is it necessary to cook dried vegetables for hours. With this Cooker, dried or dehydrated vegetables may be prepared in a matter of minutes. Whenever possible, dried vegetables should be soaked overnight, but if necessary, they may be cooked after a few hours' soaking. In cooking dried vegetables, place in the Cooker and thoroughly cover with water. In most instances, you will find that dried vegetables will regain almost their original shape, freshness and color prepared in this new way. With dried foods, do not fill Cooker more than half full as these foods expand.

BAKED BEANS

2 cups dried beans
1/3 lb. salt pork, diced
3 tbsp. brown sugar
1 tsp. salt
3 tbsp. molasses
1/2 tsp. mustard
1 medium onion, diced or whole
2 tbsp. catsup
Water

METHOD: Soak beans overnight. Drain. Heat Cooker and sear diced salt pork. Add beans, sugar, molasses, salt, mustard, onion, catsup and water (enough to just cover beans). Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook beans 40 minutes with stem at COOK position. Let stem return to DOWN position.

BAKED SOY BEANS

2 cups soy beans
1/2 lb. salt pork or bacon, diced
1 tsp. salt
Water

METHOD: Wash and soak soy beans in water overnight. Drain beans. Follow recipe on Baked Beans. Use fresh water for the cooking of beans.

KIDNEY BEANS

2 cups kidney beans
Water
1 tsp. salt

METHOD: Wash and soak beans overnight. Place beans in Cooker with enough water to cover. Do not fill Cooker more than half full. Additional room is required for expansion. Add salt. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 25 minutes with stem at COOK position. Let stem return to DOWN position.

The above recipes tested in 4-quart Cooker—See page 37

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DRY LIMA BEANS WITH BACON

2 cups dried lima beans
3 strips bacon, diced
1/2 tsp. salt
Water

METHOD: Wash and soak beans for several hours or overnight. Heat Cooker and sear bacon in Cooker. Add soaked beans. Add salt and enough water to cover beans. Place cover on Cooker. Let steam flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 25 minutes with stem at COOK position. Let stem return to DOWN position.

SPLIT PEAS, GREEN AND YELLOW LENTILS

METHOD: The same preparation as with dry lima beans. Cook 15 minutes with stem at COOK position.

NAVY BEANS

2 cups dried navy beans
1/2 lb. salt pork or bacon, diced
1 tsp. salt
Water

METHOD: Soak beans overnight. Heat Cooker and sear bacon or salt pork until golden brown if browned meat is desired, then salt. Add beans with enough water to cover. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 40 minutes with stem at COOK position. Let stem return to DOWN position.

HOMINY

1 cup hominy
2 cups boiling water
1/2 tsp. salt

METHOD: Cover hominy with water and let stand overnight. Drain, and save 2 cups of water for cooking. Place soaked hominy, water, and salt in Cooker. Place cover on Cooker at once. Allow steam to flow from vent pipe to release all air from the Cooker. Place indicator weight on vent pipe and cook 25 minutes with stem at COOK position. Let stem return to DOWN position.

The above recipes tested in 4-quart Cooker—See page 37

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DRIED FOODS

DRIED FOODS

★ MACARONI

3 cups water
1/2 tsp. salt
1 cup macaroni

METHOD: Pour water and salt into Cooker and bring to a boil. Add macaroni broken to size desired. Stir. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook for 5 to 6 minutes with stem at COOK position. Cool Cooker at once. Drain in colander. Rinse in hot water.

★ SPAGHETTI

3 cups water
1 tsp. salt
1 cup spaghetti

METHOD: Pour water and salt into Cooker and bring to a boil. Add spaghetti broken to desired size. Stir. Place cover on Cooker. Follow same cooking time as for macaroni. Cool Cooker at once. Drain in colander. Rinse in hot water.

★ WHITE, BROWN OR WILD RICE

1 cup rice
4 cups water
1/2 tsp. salt

METHOD: Wash rice thoroughly with cold water. Then place rice, water and salt in Cooker. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Cool Cooker at once. Rinse rice in hot water and place Cooker over flame for 3 or 4 minutes to remove excess moisture in rice. Brown or wild rice may be cooked by same method.

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VEGETABLE

	Cooking Time in Minutes After Stem Reaches COOK Position	Required Amount of Water for Cooking	
		3 and 4 Qt. Cookers	6 Qt. Cookers
★ Artichoke	10	1/2 cup	1 cup
★ Asparagus	1 to 2	1/2 cup	1 cup
★ Beans, Wax, Green	3 to 4	1/2 cup	1 cup
★ Beans, Lima	2 to 3	1/2 cup	1 cup
★ Beets, Whole	10 to 18	1/2 cup	1 cup
★ Broccoli	2 to 3	1/2 cup	1 cup
★ Brussels Sprouts	3	1/2 cup	1 cup
★ Cabbage, Quartered	3 to 4	1/2 cup	1 cup
★ Carrots, Sliced	3	1/2 cup	1 cup
★ Cauliflower, Flowerettes	4 to 8	1/2 cup	1 cup
★ Celery	2	1/2 cup	1 cup
★ Corn on Cob	5	1/2 cup	1 cup
★ Kohlrabi	2 to 3	1/2 cup	1 cup
★ Okra	3 to 5	1/2 cup	1 cup
★ Onions, Whole Medium	5 to 6	1/2 cup	1 cup
★ Parsnips, Halved	3	1/2 cup	1 cup
★ Peas	5 to 7	1/2 cup	1 cup
★ Potatoes, Small Whole; Large, Halved	7	1/2 cup	1 cup
★ Sweet Potatoes, Balls	10	1/2 cup	1 cup
★ Spinach—other greens	1 to 2	1/2 cup	1 cup
★ Summer Squash, Halved	10	1/2 cup	1 cup
★ Tomatoes	15	1/2 cup	1 cup
★ Turnips, Cubed	8	1/2 cup	1 cup
★ Halved	10	1/2 cup	1 cup
★ Baking, Large, Whole	3 to 5	1/2 cup	1 cup
★ Hubbard Squash, cut	10 to 12	1/2 cup	1 cup
★ Turnips, Cubed	8 to 10	1/2 cup	1 cup
★ Halved	3 to 5	1/2 cup	1 cup
★ Baking, Large, Whole	8 to 12	1/2 cup	1 cup

Set Cooker in cold water or place under faucet of running water to reduce heat quickly for all foods marked with STAR ★

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FROZEN VEGETABLES

DIRECTIONS

Defrost frozen foods at room temperature for one hour or until the block of frozen vegetables may be broken up and the vegetables separated. Corn on the cob must stand at room temperature for at least 1½ hours before cooking.

The same procedure is followed for cooking frozen vegetables as in cooking fresh vegetables. However, frozen vegetables require less cooking time as shown by the following table:



FROZEN VEGETABLES

VEGETABLE	Cooking Time In Minutes After Stem Reaches COOK Position	Amount of Water
Beans, Baked	40	To cover
Beans, Soy	40	To cover
Beans, Kidney	25	To cover
Beans, Lima	25	To cover
Peas, Yellow, Green or Split	15	To cover
Lentils, Green or Yellow . .	15	To cover
Beans, Navy	40	To cover
Hominy	25	2 cups water per cup hominy
OTHER DRIED FOODS		
★ Macaroni	5 to 6	3 cups per cup macaroni
★ Spaghetti	5 to 6	3 cups per cup spaghetti
★ Rice	10	4 cups per cup rice

Set Cooker in cold water or place under faucet of running water to reduce heat quickly for all foods marked with STAR ★

★ Asparagus Cuts	Cooking Time In Minutes After Stem Reaches COOK Position	Required Amount of Water for Cooking	
		3 and 4 Qt. Cookers	6 Qt. Cookers
★ Asparagus Tips	1½ to 1¾	½ cup	1 cup
★ Green Beans	¾	½ cup	1 cup
★ Wax Beans	¾	½ cup	1 cup
★ Broccoli	1½	½ cup	1 cup
★ Brussels Sprouts	1 to 1½	½ cup	1 cup
★ Carrots and Peas (mixed)	2	½ cup	1 cup
★ Cauliflower	½	½ cup	1 cup
★ Golden Bantam Corn . . .	½	½ cup	1 cup
★ Corn on Cob	2½ to 3	½ cup	1 cup
★ Peas	½ to 1	½ cup	1 cup
★ Spinach	¾	½ cup	1 cup

Set Cooker in cold water or place under faucet of running water to reduce heat quickly for all foods marked with STAR ★

Many factors help to determine the length of cooking time for meats. It depends on the amount and distribution of fat on the bone, toughness, size and thickness of cut and the manner in which the meat fits into the Cooker. Rolled roasts require a longer cooking time per pound than roasts with the bone in them. Short, chunky roasts take longer to cook than long, flat roasts. Because of the difference in thickness, a small, thick roast requires a longer cooking time per pound than a heavier, flat roast. Consequently, it is possible to give only general rules for required cooking time of meats. Average times are about 8 to 10 minutes per pound for rare meat and, at least, 12 to 15 minutes per pound for well-done meat. Pork should always be cooked until well-done.

For best results in cooking fresh meats, heat your Cooker well before adding the fat (any kind of cooking fat may be used . . . about a table-spoonful is required) needed for browning the meat. Sear meat well on all sides. Add water or liquid as directed. Place the cover on the Cooker—if the cover does not lock on the Cooker easily, leave it in position on the Cooker for a minute or two and it will then lock on without difficulty. This is due to the expansion of the metal from the heat.

When using a 3 quart Cooker, it will be necessary in some recipes to decrease the quantity of food being cooked. Generally the amount of water is decreased proportionately when the liquid affects the consistency or flavor of the food. However, when a small amount of water is used to only furnish moisture for steam, use the amount specified even though a smaller amount of meat is prepared.

Recipes given in this book have been tested in a 4-quart PRESTO COOKER. Depending upon the size of the Cooker used the quantities of the ingredients must be decreased or may be increased proportionately according to which size Cooker is used. THE COOKER MUST NEVER BE MORE THAN $\frac{2}{3}$ FULL.

Meat RECIPES

Cured meats, such as tongue and corned beef require more water than fresh meats—at least two cups of water should be used. These meats are cooked with the lean side down and in the water.

Remember, there should always be water or some liquid or juice in the bottom of the Cooker to form the necessary steam.

If additional crispness is desired in the meat, it may be placed under the regular broiler of the stove for a few minutes after cooking.

See pages 13 and 14 for special instructions on cooking meats.



CORNED BEEF

4 lbs. corned beef
2 cups water with rack
in Cooker
1 clove garlic
1 bay leaf

METHOD: Cover corned beef with cold water and let soak for one hour. Place 2 cups water in Cooker with rack. Cut garlic clove in small pieces and insert in beef with a sharp knife. Add bay leaf. Place meat on rack. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 44 minutes with stem at COOK position. Let stem return to DOWN position.

STUFFED FLANK STEAK

1 lb. flank steak
Bread dressing
2 tsp. salt
1/4 tsp. pepper
1 tsp. paprika
1 tbsp. fat
1/4 cup water

METHOD: Stuff steak with bread dressing (recipe below). Fold edges together, fasten with toothpicks and lace with string. Season with salt, pepper and paprika. Heat Cooker and add fat. Brown steak on all sides in hot fat. Add water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 25 minutes with stem at COOK position. Let stem return to DOWN position.

BREAD DRESSING

3 slices stale bread,
cubed and
moistened
1 egg
1/2 tsp. salt
1/8 tsp. pepper
1 tbsp. butter or
shortening
1 tbsp. minced onion
1 tbsp. minced parsley

METHOD: Combine moistened bread cubes with egg, salt and pepper. Melt shortening and simmer onion lightly. Add parsley and mix well.

The above recipes tested in 4-quart Cooker—See page 53

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HAMBURGER PATTIES

1 lb. beef, ground fine
1 medium onion,
chopped fine
Salt and pepper
1 tbsp. fat
1 tbsp. water

METHOD: Combine ground beef with onion, salt and pepper. Form into patties. Heat Cooker and add fat. Sear patties on both sides in open Cooker until golden brown. Add water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 5 minutes with stem at COOK position. Let stem return to DOWN position.

STUFFED BEEF HEART

Beef heart
2 tbsp. fat
Salt and pepper
1 medium onion—
whole or chopped
as desired
Stuffing (See Page 100)
1/2 cup water

METHOD: Have butcher cut pocket in heart. Remove skin and soak in cold, salt water for 15 minutes. Wipe dry. Stuff heart with stuffing. Use tooth picks or skewer to fasten. Heat Cooker and add fat. Season with salt and pepper. Add onion and water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 45 minutes with stem at COOK position. Let stem return to DOWN position. Slice and serve hot.

BEEF LIVER

Flour, salt and pepper
1 lb. liver, sliced
2 tbsp. fat
3 tbsp. water

METHOD: Combine flour, salt and pepper. Dredge liver in seasoned flour on both sides. Heat Cooker and add fat. Brown liver on both sides. Add water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 5 minutes with stem at COOK position. Let stem return to DOWN position.

The above recipes tested in 4-quart Cooker—See page 53

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BEEF LIVER ROLLS

- 1 lb. beef liver, sliced
Celery dressing
2 tbsp. flour
1 tsp. salt
1/8 tsp. pepper
3 tbsp. shortening or drippings
3 tbsp. water

METHOD: Pour 1/2 cup boiling water over liver. Let stand for a few minutes. Drain, spread liver with dressing. Roll lengthwise and fasten with toothpicks. Combine flour, salt and pepper. Dip liver rolls in seasoned flour. Heat Cooker and add shortening. Brown liver rolls in hot shortening. Add water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Let stem return to DOWN position.

MEAT BALLS

- 2 lbs. ground beef
1 tbsp. fat
1 tbsp. water
Salt and pepper
1 onion, minced

METHOD: Combine meat with salt, pepper and onions. Form into small balls. Heat Cooker, add fat, brown meat balls on all sides in Cooker. Add water. Place cover on Cooker. Allow steam to flow freely to release air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Let stem return to DOWN position.

NORWEGIAN MEAT BALLS

- 1 cup milk
1 cup cream
2 lbs. round steak, well-ground
Salt and pepper
1/2 tsp. ginger
1/2 tsp. mace
3 tbsp. corn starch
3 cups beef broth

METHOD: Heat milk; then cool. Combine cooled milk and cream with meat, a little at a time. Add salt, pepper, ginger, mace and corn starch and blend well with potato masher. Heat beef broth in Cooker. Form small balls with spoon and drop into hot beef broth. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 15 minutes with stem at COOK position. Let stem return to DOWN position.

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The above recipes tested in 4-quart Cooker—See page 53

PORCUPINE MEAT BALLS

- 1 1/2 lbs. beef, ground
1/2 cup rice
1 tsp. salt
1/2 tsp. pepper
1 tsp. onion, minced
1 small can tomato soup
1/2 cup water

METHOD: Wash rice thoroughly. Combine meat, rice, salt, pepper and onion. Shape into small balls. Heat tomato soup and water in Cooker. Drop meat balls in soup mixture. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Let stem return to DOWN position.

MEAT LOAF

- 1 1/2 lbs. round steak or ground beef
1/2 lb. pork, ground
2 tsp. salt and pepper
2 eggs, slightly beaten
1 medium onion, minced
1 stalk celery, minced
1 medium carrot, grated
1/2 cup corn flakes
2 tbsp. barbecue sauce
1 tbsp. fat
1 tbsp. water

METHOD: Have meat ground twice. Combine the beef and pork and season with salt and pepper. Add eggs, onion, carrot, celery, corn flakes, and sauce. Combine all ingredients well, and form into two small loaves. Wrap in wax paper and chill several hours in refrigerator.* Heat Cooker and add fat. Brown each loaf well on all sides, turning with a pancake turner. Add water, place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Put indicator weight on vent pipe and cook 15 minutes with stem at COOK position. Let stem return to DOWN position.

*This prevents meat loaf from breaking apart while cooking.

PIGS IN A BLANKET

- 1 1/2 lbs. round steak
1 tbsp. salt
1/4 tsp. pepper
1 medium onion, sliced
4 strips bacon, cut in half
2 tbsp. flour
2 tbsp. fat
1 clove garlic, diced
1/4 cup water

METHOD: Cut steak into 2 x 4 inch pieces. Season with salt and pepper. Place onion slice and half-strip of bacon on each piece of meat. Roll and fasten with toothpicks. Roll meat in flour. Heat Cooker and add fat. Brown meat on all sides. Add garlic and water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator on vent pipe and cook 15 minutes with stem at COOK position. Let stem return to DOWN position.

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The above recipes tested in 4-quart Cooker—See page 53

BEEF POT ROAST

1 *tblsp. fat*
 4 *lbs. beef pot roast*
 Salt and pepper
 1 *medium onion,*
minced
 1 *bay leaf*
 2 *tblsp. water*

METHOD: Heat Cooker and add fat. Brown roast well on all sides. Season with salt, pepper, onions, and bay leaf; add water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 35 minutes with stem at COOK position. Let stem return to DOWN position. If desired, gravy may be made from the liquid in Cooker.

FRESH TONGUE

3 *lbs. tongue*
 2 *cups water in Cooker*
with rack
 1 *tblsp. salt*
 2 *bay leaves*
 6 *peppercorns*
 6 *cloves*
 1 *onion, quartered*

METHOD: Wash tongue. Place on rack with water and other ingredients in Cooker. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 45 minutes with stem at COOK position. Let stem return to DOWN position. Remove skin; strain liquid. Keep tongue in liquid until ready to serve. Tongue may be served with cucumber or raisin sauce. See pages 102 and 104.

SMOKED TONGUE

3 *lbs. tongue*
 3 *cups water in Cooker*
with rack

METHOD: Soak smoked tongue at least from 1 to 2 hours in cold water. Drain. Place tongue on rack with water in Cooker. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook for 55 minutes with stem at COOK position. Let stem return to DOWN position. After lifting tongue from Cooker, remove skin. Keep tongue in strained liquid to retain moisture.

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The above recipes tested in 4-quart Cooker—See page 53

HAM LOAF

2 *lbs. ham, ground*
 1 *lb. round steak,*
ground
 1 *cup dry bread*
crumbs
 1 *tblsp. salt*
 1/4 *tblsp. pepper*
 1 *egg, beaten*
 1 *cup milk*
 2 *tblsp. fat*
 1/3 *cup brown sugar*
 1 *tblsp. dry mustard*
 1/4 *cup vinegar*
 1/4 *cup water*

METHOD: Combine ham, beef, crumbs, salt, pepper, egg and milk. Mix thoroughly and form into two small loaves. Heat Cooker and add fat. Brown loaves well in hot fat, turning with pancake turner. Combine sugar, mustard and vinegar and spread mixture over meat. Add water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 20 minutes with stem at COOK position. Let stem return to DOWN position.

PICNIC HAM OR PLAIN CUT (For Boiling)

4 *lbs. ham*
 1 *cup water in Cooker*
with rack

METHOD: Wash and soak picnic ham at least 2 hours in cold water. Pour water in Cooker. Put ham on rack, fat side up. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Put indicator weight on vent pipe and cook ham 30 minutes with stem at COOKING POINT. Let stem return to DOWN position. Remove skin from ham. Cloves and brown sugar may be added for flavor if desired.

HAM SHANK (Boiled)

1 to 3 *lbs. ham shank*
 1 *cup water in*
Cooker with rack

METHOD: Place ham shank in Cooker on rack with water in Cooker. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook with stem at COOK position 35 minutes. Let stem return to DOWN position. Rutabagas and cabbage may be cooked in shank broth after shank has been removed from Cooker.

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The above recipes tested in 4-quart Cooker—See page 53

HAM SLICE

- 1 *tbsp. fat*
3 to 4 *lb. ham slice*
that will fit in
Cooker
Cloves, if desired
1 *tbsp. brown sugar*
1 *small can pineapple*
 $\frac{1}{4}$ *cup water in Cooker*
with rack

METHOD: Heat Cooker and add fat. Place ham in open Cooker. Sear on both sides until a golden brown. Place ham on plate and score fat in diamond shapes with sharp knife. Put cloves in ham, if desired. Place ham on rack in Cooker. Add water, add brown sugar and pineapple on ham. Place cover on Cooker. Allow steam to flow from vent pipe to release all the air from Cooker. Place indicator weight on vent pipe and cook 30 minutes with stem at COOK position. Let stem return to DOWN position. Cook syrup until thick in open Cooker and pour over ham.

LAMB CHOPS

- 2 *tbsp. fat*
6 *lamb chops, 1 in. thick*
Salt and pepper
 $\frac{1}{4}$ *cup water*
1 $10\frac{1}{2}$ *oz. can condensed mushroom soup*

METHOD: Melt fat in bottom of hot Cooker. Season chops with salt and pepper. Brown chops until golden brown on both sides. Add mushroom soup and water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Soup may be omitted if desired. Let stem return to DOWN position.

LEG OF LAMB

- 3 *lb. leg of lamb*
1 *clove garlic*
1 *tbsp. fat*
Salt and pepper
2 *tbsp. water*

METHOD: Have butcher cut end of bone off the leg of lamb. With a sharp knife place small bits of garlic in roast. Heat Cooker and add fat. Brown roast golden brown; season with salt and pepper. Add water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 35 minutes with stem at COOK position. Let stem return to DOWN position. Place roast under broiler if crispness on roast is desired. Serve with Mint Sauce. See page 103.

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The above recipes tested in 4-quart Cooker—See page 53

PORK LOIN ROAST

- 1 *tbsp. fat*
3 *lbs. loin roast*
Salt and pepper
1 *medium onion, sliced*
2 *tbsp. water*

METHOD: Heat Cooker and add fat. Brown roast well on all sides. Season with salt, pepper and sliced onion; add water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 45 minutes with stem at COOK position. Let stem return to DOWN position.

SHORT RIBS OF BEEF

- 2 *lbs. beef short ribs*
1 *tbsp. fat*
1 *tsp. salt*
 $\frac{1}{4}$ *tsp. pepper*
1 *tsp. paprika*
 $\frac{1}{4}$ *cup diced onion*
 $\frac{1}{4}$ *cup water*
 $\frac{1}{2}$ *lb. prunes (optional)*

METHOD: Cut ribs into serving pieces. Heat Cooker and add fat. Brown ribs on all sides in hot fat. Season with salt, pepper and paprika. Add onion, water and prunes. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Put indicator weight on vent pipe and cook 25 minutes with stem at COOK position. Allow stem to return to DOWN position.

SPARE RIBS WITH BAR-B-CUE SAUCE

- 2 *lbs. spare ribs*
Salt and pepper
Paprika
1 *tbsp. shortening*
1 *large onion, sliced*
 $\frac{1}{4}$ *cup catsup*
2 *tbsp. vinegar*
1 *tsp. Worcestershire sauce*
 $\frac{1}{8}$ *tsp. chili powder*
 $\frac{1}{4}$ *tsp. celery seed*

METHOD: Cut ribs into serving pieces. Season with salt, pepper and paprika. Heat Cooker and add fat. Brown ribs on both sides. Add onion. Combine catsup, vinegar, Worcestershire sauce, chili powder and celery seed; pour over meat in Cooker. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 15 minutes with stem at COOK position. Let stem return to DOWN position.

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The above recipes tested in 4-quart Cooker—See page 53

MEATS

VEAL BIRDS

*1 1/2 lbs. veal steak,
1/2 in. thick
2 cups bread and
sage stuffing
1/4 lb. bacon, sliced
2 tbsp. fat
Flour
1/2 tsp. salt and
pepper
1 cup water
1 tbsp. flour
1/4 cup water*

METHOD: Cut veal steak into serving pieces. Put a tablespoon of stuffing in center of each piece. Roll up and wrap a slice of bacon around each veal bird. Fasten with skewer or string. Roll birds in flour, seasoned with salt and pepper. Heat Cooker and add fat. Sear veal birds. Add water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Let stem return to DOWN position. Thicken gravy with 1 tablespoon flour and 1/4 cup water.

VEAL ROAST

*2 tbsp. shortening
3 lbs. rump or blade
roast of veal
1 1/2 tsp. salt
2 bay leaves
2 tbsp. water*

METHOD: Heat Cooker and add shortening. Brown meat well on all sides. Add salt, bay leaves and water. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook for 45 minutes with stem at COOK position. Let stem return to DOWN position.

BREADED VEAL STEAK

*2 lbs. veal steak, 1 in.
thick
Salt and pepper
1 cup corn flake
crumbs
1 well beaten egg
1 tbsp. milk
2 tbsp. fat
1/2 tsp. celery salt
1 tsp. Worcestershire
sauce
1 cup sour cream
2 tbsp. chopped
parsley*

METHOD: Cut veal steak into serving pieces. Season with salt and pepper. Roll in corn flake crumbs, then in egg and milk mixture and then again in crumbs. Heat Cooker and add fat. Brown veal steak in hot fat. Combine celery salt, Worcestershire sauce and cream. Pour over meat. Place cover on Cooker. Allow steam to flow from vent pipe to release all air from Cooker. Place indicator weight on vent pipe and cook 10 minutes with stem at COOK position. Let stem return to DOWN position. Garnish with parsley before serving.

The above recipes tested in 4-quart Cooker—See page 53



MEAT

	Cooking Time In Minutes After Stem Reaches COOK Position	Amt. of Liquid to be Added After Searing on All Sides
Cornd Beef	10 to 12 per lb.	2 c. water
Stuffed Flank Steak	25 complete	1/4 cup water
Hamburger Patties	5 complete	1 tbsp. water
Stuffed Beef Hearts	45 complete	1/2 c. water
Beef Liver, sliced	5 complete	3 tbsp. water
Beef Liver Rolls	10 complete	3 tbsp. water
Meat Balls	10 complete	1 tbsp. water
Norwegian Meat Balls	15 complete	3 c. beef broth
Porcupine Meat Balls	10 complete	1/2 c. water 1 small can tomato soup
Meat Loaf	15 complete	1 tbsp. water
Pigs in a Blanket	15 complete	1/4 cup water
Beef Pot Roast	8 to 10 per lb.	2 tbsp. water
Fresh Tongue	45 complete	2 c. water
Smoked Tongue	55 complete	3 c. water
Ham Loaf	20 complete	1/4 c. water
Ham, picnic, plain cut, 4 lbs.	30 complete	1 c. water
Ham Shanks	35 complete	1 c. water
Ham, 3 to 4 lb. slice	30 complete	1/4 c. water
Lamb Chops, 1" thick	10 complete	1/4 c. water
Leg of Lamb	12 per lb.	2 tbsp. water
Pork Loin Roast	15 per lb.	2 tbsp. water
Short Ribs of Beef	25 complete	1/4 cup water
Spare Ribs with Bar-B-Cue Sauce	15 complete	1/4 cup water
Veal Birds	10 complete	1 c. water
Veal Roast	15 per lb.	2 tbsp. water
Veal Steak	10 complete	1 c. cream