

**THE
BASIC
GUIDE
to
COOKERY**



Home Service Department/Rochester Gas & Electric Corp.

AN INVITATION TO HAPPINESS

Planning and preparing meals for a hungry family is an important responsibility, which includes seeing that nutritious meals are also delicious and eye appealing.

Food preparation can be most enjoyable. You will find it to be among the most gratifying of the arts as you use your skill and imagination to prepare food to please your loved ones. Some of your happiest memories of a family will center around a happy table.

“The Basic Guide to Cooking” was planned to help you and includes recipes, garnishes, kitchen terms and information on the care and use of your kitchen appliances.

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THE BASIC FOUR

EVERYDAY CHOOSE:

1. Milk Group
3 - 4c -
Children
4 or more cups
Teenagers
2 or more cups -
Adults

Eat butter or fortified margarine - 3-4 T a day for energy.

2. Meat Group
2 or more servings
Eggs - eat 2-4 a week
3. Fruits and Vegetable Group - 4 or more servings divided like this:
1 serving of dark green leafy vegetable or deep yellow vegetable or fruit.
1 serving of a citrus fruit or other vegetable high in Vitamin C
2 or more servings of other vegetables and fruits
4. Breads and Cereals Group - 4 or more servings

CHOOSE FROM:

Milk — homogenized, skim or buttermilk. Substitute cheese, cottage cheese, cream cheese or ice cream for part of milk.
($\frac{1}{4}$ qt. = 1c milk)

Meat, fish, poultry, eggs, dairy products. (1 serving = 3-4 oz. cooked lean meat.)
Dried beans, peas, soybeans, nuts take the place of meat occasionally

Some vegetables may be eaten raw or cooked, but do not overcook. (1 serving = $\frac{1}{2}$ c)
Spinach, kale, endive, chard or carrots, sweet potatoes, apricots, peaches and cantaloupe.

Oranges and grapefruit or strawberries, tomatoes, broccoli, cabbage and green peppers.

Potatoes, peas, beans, salad greens, apples, grapes, raisins, pears, plums, pineapple, bananas and many more.

Whole wheat or enriched bread and cereal — *macaroni, noodles, spaghetti, rice.*
Added milk improves nutritional values. (1 slice of bread or $\frac{1}{2}$ to $\frac{3}{4}$ c cereal = 1 serving)



KITCHEN VOCABULARY

- BLANCH** —Precook in boiling water or steam;
1. Used to inactivate enzymes and shrink food for canning, freezing or drying.
2. Used to aid in removal of skins from nuts and fruits.
- BOIL** —To cook in water or a liquid in which bubbles rise continually and break on the surface.
- BRAISE** —To brown meat or vegetables in a small amount of fat, then to cook slowly in a covered utensil in a small amount of liquid.
- BREAD** —To coat with bread crumbs; or to coat with bread crumbs then with diluted, slightly beaten egg and again with crumbs.
- BROIL** —To cook in contact with direct heat.
- CREAM** —To make very soft and pliable, as with shortening and sugar, using the back of a spoon or slow speed on electric mixer.
- DICE** —To cut into cubes.
- FOLD** —To mix in gently with a wooden spoon or a rubber spatula.
- FRICASSEE** —Cook by braising—usually applied to fowl, rabbit or veal cut into pieces.
- KNEAD** —To mix with the hands using a pressing motion accompanied by folding and stretching motions.
- MARINATE** —To permit a food, as vegetables for a salad, to stand in French dressing an hour or longer to improve the flavors.
- MINCE** —To cut or chop into very small pieces.

- PREHEAT** — To heat ahead of time. To preheat the oven, turn it on and allow it to reach the desired temperature before baking (approximately 10 min.)
- SAUTE** — To cook in a small amount of fat (pan fry).
- SCALD** — To heat a liquid just below boiling point.
- SIMMER** — To cook in a liquid in which the bubbles form slowly and break below the surface.
- STEAM** — To cook in steam in a steamer or in a covered sauce pan with a small amount of water.
- STEW** — Simmer in a large quantity of water. Do not boil vigorously.

COMMON CAN AND JAR SIZES:

| Approximate Cupfuls | Approximate Net Contents for juices and liquids | Approximate Net Weights* for Other Products |
|---------------------|---|---|
| ¾ | 6 fluid oz. | 6 oz. |
| 1 | 7 ¼ fluid oz. | 8 oz. |
| 1 ¼ | 9 ½ fluid oz. | 10 ½ oz. |
| 1 ½ - 1 ¾ | 13 fluid oz. | 12 oz. |
| 1 ¾ | 13 ½ fluid oz. | 14-16 oz. |
| 2 | 15 fluid oz. | 16-17 oz. |
| 2 ¼ - 2 ½ | 1 pt 2 fluid oz. | 1 lb. 4 oz. |
| 3 ¼ - 3 ½ | 1 pt. 10 fluid oz. | 1 lb. 13 oz. |
| 5 ¾ - 6 | 1 qt. 14 fluid oz. | 3 lb. 3 oz. |
| 12-13 | 3 quarts | 6 lb 8 oz. to 7 lb. 4 oz. |

* Average net weight (weights vary as products vary)



CORRECT MEASUREMENTS — ALWAYS!!

For good results every time, measure accurately with standard measuring cups and spoons. Measurements are always level.

TO MEASURE SHORTENING

Have shortening at room temperature and pack firmly into a cup; level off; scoop out with a rubber spatula.

DRY INGREDIENTS

Spoon granulated sugar lightly into cup, level off with knife.

*Pack brown sugar firmly into cup

Sift flour once; spoon lightly into cup and level off with knife. Do not shake or pack down.

LIQUIDS

Fill glass cup to desired measurement, and check at eye level.

SIGNS AND SYMBOLS

t—teaspoon

T—tablespoon

c—cup

lb—pound

qt—quart

pt—pint

oz—ounce

pk—peck

WEIGHTS AND MEASURES

3 t—1T

4 T— $\frac{1}{4}$ c

16 T—1 c

2 c—1 pt

4 c—1 qt

$\frac{5}{8}$ c— $\frac{1}{2}$ c plus 2 T

$\frac{7}{8}$ c— $\frac{3}{4}$ c plus 2 T

8 qt—1 pk

4 pk—1 bu

8 oz—1 c

1 T— $\frac{1}{2}$ fluid oz

1 c—8 fluid oz

TABLES OF EQUIVALENTS

FLOUR, SUGAR AND CEREAL PRODUCTS

| | | |
|---------------------------|--------|--|
| *1 lb brown sugar | equals | $2\frac{1}{4}$ c (packed) |
| 1 lb confectioners' sugar | " | $3\frac{1}{2}$ c |
| 1 lb granulated sugar | " | 2 c |
| 1 lb all-purpose flour | " | 4 c |
| 1 lb cake flour | " | 5 c |
| 1 oz flour | " | 4 T |
| 1 c all-purpose flour | " | 1 c plus 2 T cake or pastry flour |
| 2 T flour | " | 1T cornstarch for thickening |
| 1 c self rising flour | " | 1 c sifted all purpose flour plus $1\frac{1}{2}$ t baking powder plus $\frac{1}{2}$ t salt |

| | | |
|-------------------------|--------|-----------------|
| 3 T cornstarch | equals | 1 oz. |
| 1 c uncooked rice | " | 3 c cooked rice |
| 1 c instant rice | " | 2 c cooked rice |
| 1 lb. uncooked macaroni | " | 2½ qts. cooked |
| 1 lb. dry beans | " | 6 c cooked |
| 1 lb. noodles | " | 9 c cooked |

If your recipe calls for 1 c granulated sugar, you can use:

1 1/3 c brown sugar firmly packed

1½ c molasses or maple syrup minus 3 T liquid in recipe

¾ c liquid honey minus 3 T liquid in recipe

DAIRY PRODUCTS

| | | |
|------------------------------------|--------|--|
| 1 lb. butter or margarine | equals | 2 c |
| 1 stick butter or margarine | " | ¼ lb. or ½ c |
| 1 lb. vegetable shortening | " | 2½ c |
| 1 oz. butter, margarine shortening | " | 2 T |
| 1 lb. cottage cheese | " | 2 c |
| 1 whole egg | " | 3 T |
| 5 whole eggs | " | 1 c |
| 8 egg whites | " | 1 c |
| 12-14 egg yolks | " | 1 c |
| 2 T dried egg plus 2 T water | " | 1 egg |
| 1½ T dried egg yolk plus 1 T water | " | 1 egg |
| 1 T dried egg white plus 2 T water | " | 1 egg white |
| 1 c coffee cream | equals | 3 T butter plus 7/8 c milk |
| 1 c heavy cream | equals | ¼ c butter plus ¾ c milk |
| 1 c milk | equals | ½ c evaporated milk plus ½ c water |
| 1 c skim milk | equals | 3 T dry skim milk plus 1 c water |
| 1 c sour milk | equals | 1 c buttermilk or 1 c sweet milk plus 1 T lemon juice or vinegar |
| 1 c sour cream | equals | 1 c evaporated milk plus 1 T lemon juice or vinegar |
| 1 c milk plus 1 t baking powder | equals | 1 c sour milk plus ½ t soda |

MISCELLANEOUS

| | | |
|-----------------------------|--------|-------------------------------|
| 1 sq. chocolate | equals | 1 oz. |
| 1 sq. chocolate | " | 3 T cocoa plus 1 T shortening |
| 1 envelope liquid chocolate | " | 1 sq. chocolate |
| 1 lb. raisins | " | 2½ c |
| 1 pk. potatoes | " | 15 lbs. |
| 1 lb. almonds | " | 3 c whole blanched |
| 1 lb. American cheese | " | 4 c grated cheese |

| | | |
|----------------------------|--------|----------------------------|
| 1 yeast cake | equals | 1 pkg. dry yeast |
| 1 cake household yeast | " | 3 pkgs. dry yeast |
| 1 medium lemon | " | 2-3 T juice |
| 1 medium lemon | " | 1½-3T grated rind |
| 1 medium orange | " | ½-½ c juice |
| 1 medium orange | " | 1-2 T grated rind |
| ¼ lb. chopped nuts | " | 1 c |
| 1 lb. finely chopped dates | " | 1½ c |
| 16 large marshmallows | " | 2 c miniature marshmallows |
| 15 graham crackers | " | 1 c fine crumbs |

Metric Equivalents for Food Recipes

1 c liquid = 0.236 liters

1 c butter = 225.00 grams

1 c flour = 125.00 grams

1 c sugar = 200.00 grams

1 T = .015 liters

1 t = .005 liters

Weight

1 oz = 28.35 grams

1 lb = 453.59 grams

1 gram = .035 oz.

1 gram = .0022 lbs.

Volume

1 liquid pt. = .47 liters

1 liquid qt. = .95 liters

1 gallon = 3.78 liters

1 liter = 2.11 liquid pts.

1 liter = 1.06 liquid qts.

1 liter = .26 gallons



ENERGY SAVING TIPS FOR YOUR RANGE

1. For best results, preheat oven for baked goods and frozen dishes. Other foods can be started in a cold oven.
2. Thawed or partially-thawed foods will cook faster than frozen ones.
3. Cook by time and temperature. Use a meat thermometer when roasting to prevent over-or under-cooking and excess shrinkage. Use a timer to time all precise cooking operations. Timing prevents loss of heat through repeated openings of the oven door or by "peeking under the lid" during surface cooking.
4. Cook and freeze double recipes of spaghetti sauce, stew and similar foods to reduce total heat required. Warm plates and food with retained oven heat, it's free.
5. Plan menus that cook at one time and temperature in the oven. Many recipes can be adjusted to cook at different times and temperatures so that other meal combinations can be created. The oven time and temperature should be altered to fit the most critical recipe in the oven meal, particularly baked goods.

| | | |
|-------|-------|------------------|
| Temp: | 300°F | Time: 2 hrs. or, |
| | 325°F | 1½ hrs. or, |
| | 350°F | 1 hr. or, |
| | 425°F | 20-25 min. |

6. Never use your oven to heat your kitchen. This is expensive and unsafe because ovens are not designed for space heating.
7. Never line an oven with aluminum foil. To use foil properly, place a piece on an oven rack to catch spill-overs, leaving an inch or more of space on all sides for proper air circulation.
8. Preheating is unnecessary for broiling. The broiler of your range does not require preheating.
9. Surface units were designed to operate most efficiently with utensils having flat bottoms and tight fitting lids. Place utensils on the proper size burner.
10. Use high heat setting to bring water to a boil or to start cooking foods with water, then reduce heat to the desired lower setting.

QUICK BREADS

BAKING POWDER BISCUITS

Temp: 450°F Time: 12-15 min.

- 2 c sifted all-purpose flour
- 1 T baking powder
- 1 t salt
- 3 T shortening
- 2/3 c milk

1. Sift flour with baking powder and salt. Cut in shortening.
2. Add enough milk to make a soft dough easy to handle. Stir until well blended.
3. Turn out on a lightly floured pastry cloth and knead about 10 times.
4. Pat or roll out 1/2" thick. Cut with unfloured biscuit cutter. Place on ungreased cookie sheet.
5. Bake in preheated oven.

WAFFLES

- 1 1/4 c sifted all-purpose flour
- 4 t baking powder
- 1/2 t salt
- 2 eggs, separated
- 1 1/2 c milk
- 1/4 c melted shortening

1. Mix and sift flour, baking powder and salt into a bowl.
2. Add egg yolks, milk and melted shortening.
3. Beat egg whites until stiff.
4. Using the same beater, beat first mixture until just smooth, then fold in stiffly beaten egg whites.
5. Pour about 1 heaping tablespoon of batter on each section of the lower grid of waffle iron. Bake 2-2 1/2 min.

FRENCH TOAST

- 2 eggs
- 1 1/2 c milk
- 1/4 t sugar
- 1 t salt
- 8 slices bread

1. Beat eggs, add milk, sugar, and salt.
2. Dip bread in mixture, coating both sides.
3. Place on broiler pan and broil 4-5 minutes on each side.

BANANA NUT BREAD

Temp: 350°F Time: 50-60 min.

- 3 bananas
- 1 c sugar
- 1 T water
- 2 c sifted all-purpose flour
- 1 t baking powder
- 1 t salt
- 1 t soda
- 1/2 c shortening
- 2 eggs
- 1/2 c nutmeats, chopped

1. Mash bananas to a pulp, add sugar and water and let stand 15 min.
2. Sift flour with dry ingredients.
3. Cream shortening and beat in the banana mixture.
4. Beat eggs until light and fluffy. Add to first mixture, then add flour. Fold in nutmeats.
5. Pour into a well-greased pan, 8 1/2 x 4 1/2 x 2 1/2". Bake in preheated oven.

YEAST BREADS

REFRIGERATOR ROLLS

Temp: 400°F Time: 20-25 min

| | |
|---------------------------------|----------------------------------|
| 1 yeast cake or 1 pkg dry yeast | 1 t salt |
| ¼ c lukewarm water | 2 eggs |
| *1 c milk | 4-5 c sifted all-purpose flour |
| ¼ c shortening | 1/8 t nutmeg or mace, if desired |
| ¼ c sugar | |

1. Crumble yeast cake and soften in lukewarm water.
2. Scald milk and pour over shortening, sugar, salt. When cooled to lukewarm, add softened yeast, eggs and 3 c of the flour. Add nutmeg. Beat until very smooth and light.
3. Add rest of flour and stir until well blended. Brush with melted butter or margarine, cover and place in refrigerator until ready to shape into rolls. This dough will keep in the refrigerator 4 days. As dough rises in bowl, punch down.
4. When ready to bake rolls, punch dough down, shape rolls and let rise until double in bulk. Bake in preheated oven.

NOTE: *If desired, the dough may be allowed to rise double in bulk and then shaped into rolls without refrigeration.*

**Dried milk can be substituted for fresh milk by using 1 c of water and 3 T of dry milk powder.*

TO HASTEN RISING TIME:

Turn oven on for 1 minute. At the end of 1 minute, turn oven off, and place dough in oven. Let dough stand in closed oven about 30 minutes. If dough is not light enough at the end of 30 minutes, remove dough from oven, reheat oven for 1 minute, and repeat procedure.

HOW LONG TO KNEAD DOUGH:

Place your hand on the dough for 30 seconds (while you count 30 slowly). If dough does not stick to your hands, it has been kneaded long enough.

Remember that high temperature kills yeast. Keep all ingredients lukewarm for yeast doughs.

WHEN IS DOUGH LIGHT ENOUGH?

Press dough with finger lightly; if impression remains, dough is light enough to shape.

If cereals or crackers lose their crispness, spread in a shallow pan and place in a warm oven (350°F) for about 15 minutes.



CAKES

GOLDEN LAYER CAKE

2¼ c sifted cake flour
1 T double-action baking powder
1 t salt
1¼ c sugar

Temp: 350°F Time: 30-35 min.

1 t vanilla
1 c milk
½ c shortening
2 eggs

1. Sift flour, baking powder, salt and sugar into mixing bowl.
2. Add vanilla to milk. Add 2/3 of milk and all of the shortening to the dry ingredients.
3. Mix with electric mixer on slow speed (or beat, with a spoon) for 2 minutes by the clock. During mixing, scrape batter from sides and bottom of bowl occasionally.
4. Add remaining milk and unbeaten eggs. Continue mixing for 2 more minutes. The batter will be thin enough to pour easily.
5. Pour into 2-8" greased layer pans with a square of wax paper in the bottom.
6. Bake in preheated oven.

GINGERBREAD

½ c shortening
2/3 c boiling water
1 c molasses
1 egg
2¼ c sifted all-purpose flour

Temp: 350°F Time: 40-45 min.

1½ t soda
½ t salt
1 t ginger
1 t cinnamon
¼ t cloves

1. Melt shortening in boiling water; add molasses and egg.
2. Mix and sift the flour, soda, salt and spices. Add to liquid mixture.
3. Beat enough to mix and pour in greased 8x8x2" pan.
4. Bake in preheated oven.

BUTTER ICING

3 T butter or margarine
2 c confectioners' sugar

4 or 5 T top milk
½ t vanilla

1. Cream butter and blend in sugar.
2. Add milk and vanilla, adding only enough milk to make a spreading consistency.

CHOCOLATE ICING

Add 1½ sq. melted chocolate or ¼ c cocoa to Butter Icing.

COOKIES

PEANUT BUTTER COOKIES

½ c shortening
½ c peanut butter
½ c sugar
½ c brown sugar
1 egg

Temp: 400°F Time: 10-12 min.

1 t soda
1 T boiling water
1½ c sifted all-purpose
flour
¼ t salt

1. Cream shortening and peanut butter. Add sugars gradually, creaming well. Add egg, blend well.
2. Dissolve soda in water and add to mixture.
3. Sift flour with salt and add.
4. Form into balls, place on ungreased cookie sheet press flat with a fork. Bake in preheated oven.

CHOCOLATE CHIP COOKIES

½ c shortening
6 T sugar
6 T brown sugar
1 t hot water
½ t vanilla
1 egg

Temp: 375°F Time: 10-12 min.

1¼ c sifted cake flour
¼ t soda
¼ t salt
½ c chopped nutmeats
1 pkg. semi-sweet chocolate
chips

1. Cream shortening and sugars.
2. Add egg, beat well. Add water and vanilla.
3. Sift dry ingredients, add to creamed mixture.
4. Fold in nutmeats and chocolate chips.
5. Drop by spoonfuls on ungreased cookie sheet, bake in preheated oven.

MOLASSES COOKIES

2/3 c shortening
¼ c molasses
3 c sifted all-purpose
flour

Temp: 375°F Time: 8-10 min.

1 t ginger
1 t salt
1½ t soda

1. Cream shortening, add molasses, beat until creamy.
2. Sift dry ingredients together, add to first mixture. Chill if very soft.
3. Roll out ¼" thick on lightly floured pastry cloth. Cut with cookie cutters. Place on greased cookie sheet. Bake in preheated oven.



DESSERTS

CREAM PUFF SHELLS

Temp: 400°F Time: 40-50 min.

½ c shortening (part butter) 1 c sifted all-purpose flour
1 c water 4 eggs

1. Combine shortening and water. Bring to a rolling boil.
2. Add flour all at once, stirring vigorously until mixture leaves the sides of the pan and forms a ball.
3. Cool slightly. Add eggs, one at a time, beating well after each addition.
4. Drop from a spoon onto a well-greased cookie sheet.
5. Bake in preheated oven. Makes 12 average size cream puffs.

CREAM FILLING

2 T flour 2 c milk
1 T cornstarch 2 eggs, well beaten
2/3 c sugar 1 t vanilla
1/8 t salt

1. Combine flour, cornstarch, sugar and salt, mix to a smooth paste with ½ c milk.
2. Scald the rest of the milk and add flour and sugar mixture. Stir until well blended, then cook 10 minutes, stirring occasionally.
3. Add a little of the hot mixture to the eggs and stir until smooth. Add the rest of hot mixture and cook 1 or 2 minutes longer.
4. Cool, add vanilla and when cold, fill cream puff shells. Keep in refrigerator until serving time.

BROWNIE PUDDING

Temp: 350°F Time: 40-45 min.

1 c sifted all-purpose flour 1 t vanilla
2 t baking powder 2 T melted shortening
½ t salt ¾ c chopped nuts
2 T cocoa ¾ c sugar
¾ c sugar ¼ c cocoa
½ c milk 1¾ c hot water

1. Sift together flour, baking powder, salt, cocoa and sugar.
2. Add milk, vanilla and shortening; mix until smooth. Add nutmeats.
3. Spread into a greased 8x8x2" pan.
4. Mix sugar and cocoa; sprinkle over batter.
5. Pour hot water over entire batter. (This makes a "baked on" sauce for pudding.) Bake in a preheated oven.

NOTE: ½ package of chocolate cake mix can be substituted for cake mixture above. Use sugar, cocoa and hot water over cake as directed above.

GENERAL DIRECTIONS FOR MAKING PASTRY

| TO MAKE | SIFTED ALL-PURPOSE FLOUR | SALT | LARD OR VEGETABLE SHORTENING | WATER |
|-------------------------------|--------------------------|-------|------------------------------|-------|
| 1 Crust Pie or 6 Tart Shells | 1 c | ½ t | ⅓ c | 3 T |
| 2 Crust Pie or 12 Tart Shells | 2 c | 2/3 t | 2/3 c | 5 T |
| *Pastry Mix | 8 c | 1 T | 1 lb. | |
| 1 Crust Pie from Mix | 1¼ c pastry mix | | | 3 T |
| 2 Crust Pie from Mix | 2½ c pastry mix | | | 5 T |

*For richer pastry, use 7 c flour when using vegetable shortening.

1. Sift flour and salt. See chart above for amounts.
2. Measure shortening and divide in 2 parts. Cut 1 part into flour with mixer on low speed until mixture is as fine as cornmeal. Cut in the rest of shortening but leave in small lumps about the size of peas. (Store pastry mix in closed jar or can in a cool place.)
3. Measure amount of pastry mix needed for pie. Sprinkle in cold water and blend in mixer 1 min. Dough will be dry and crumbly.
4. Shape in ball in wax paper.
5. Roll out on floured pastry cloth.

1 CRUST PIE OR TART SHELLS

*Temp: 450°F Time: 10-12 min. pie
10 min. tarts*

Pie Shell:

1. Trim pastry 1" larger than edge of pie plate. Turn under ½" and flute.
2. If shell is to be baked, prick pastry all over bottom and sides with floured fork. Chill at least ½ hour before baking. Bake in preheated oven.

Tart Shells

1. Roll pastry 1/8". Cut in 5" circles. Prick with fork.
2. Place a pastry round on top of same size circle of heavy-duty aluminum foil.
3. To shape tart shells, hold pastry and foil together, flute edges. It will take about 5 deep flutes.
4. Place, foil down, on cookie sheet and bake in preheated oven. When baked, remove from foil.



FRESH FRUIT PIE

Temp: 450°F Time: 15 min, reduce to 375°F for 35-40 min.

- 4 c fresh fruit
- ¾ to 1¼ c sugar
- * thickening
- * seasoning
- 1 T butter or margarine

1. Mix sugar, thickening, and seasoning and combine with fruit.
2. Arrange fruit in 9" pastry lined pie pan. Dot with butter.
3. Cover with top crust, tuck top pastry under edge of bottom crust, press firmly down and flute to make an upstanding edge.
4. Bake in preheated oven.

*Apple Pie—Use 1 T flour and ¼ t nutmeg or cinnamon. Combine with sugar.

Berry Pie—Use 2 to 3 T cornstarch or granulated tapioca or 3 to 4 T flour. Combine with sugar.

Cherry Pie — Use 2 or 3 T cornstarch or granulated tapioca or 3 to 4 T flour and ½ t cinnamon or ¼ t almond extract. Combine with sugar.

Rhubarb Pie—Use ¼ c flour and grated rind of 1 lemon or 1 orange. Combine with sugar.

LEMON MERINGUE PIE

- 1 c hot water
- ¾ c sugar
- ¼ t salt
- 1 t grated lemon rind
- 5 T cornstarch
- ½ c cold water
- 2 egg yolks, beaten
- 1 T butter
- 6 T lemon juice
- 1-8" baked pie shell

1. Combine first four ingredients in a saucepan and bring to the boiling point.
2. Add cornstarch which has been mixed with cold water, stirring constantly until thickened.
3. Add some of the hot mixture to the egg yolks. Combine the two and cook until thickened, about 3 min. longer.
4. Remove from heat. Add butter and lemon juice. Stir until well blended. Cool slightly.
5. Pour into 8" baked pie shell. Cover with meringue and brown.

MERINGUE

Temp: 325°F Time: 15-20 min.

- 2 egg whites
- 4 T sugar
- ¼ t vanilla

1. Beat egg whites until stiff but not dry.
2. Gradually beat in 3 T of the sugar. Fold in the last tablespoon sugar and vanilla.
3. Pile on slightly cooled filling in baked pie shell, being careful to seal the meringue to the edge of the crust to prevent shrinkage. Bake in preheated oven.

SALADS

TWENTY-FOUR HOUR SALAD

- | | |
|----------------------------|---------------------------------|
| 2 eggs | 2 c white cherries, pitted |
| ¼ c lemon juice or vinegar | 2 c pineapple, diced |
| ¼ c sugar | 2 oranges, diced |
| 2 T butter or margarine | ¼ c maraschino cherries, sliced |
| 1 c heavy cream, chilled | 2 c marshmallows, quartered |

1. Beat eggs until thick and lemon colored. Add lemon juice and sugar. Place over hot water, cook until thick, stirring constantly. Add butter. Cool.
2. Beat cream until thick. Fold in cooled egg mixture.
3. Fold in fruit and marshmallows. Chill 24 hours.

NOTE: Any combination of fruit may be used.

TROPICAL COLE SLAW

- | | |
|--------------------------------|--------------------|
| 2 c shredded cabbage | 1 t salt |
| ½ c grated carrot | 1/8 t black pepper |
| ½ c chopped green pepper | ½ c sour cream |
| 1 c drained, crushed pineapple | 1 large banana |

1. Mix together cabbage, carrot, green pepper, pineapple, salt and pepper.
2. Add sour cream, mix lightly. Chill 2-3 hours.
3. Just before serving, peel and dice banana. Fold into cabbage mixture.

CHEF'S DRESSING

- | | |
|-------------------|----------------------------|
| ¼ c tomato paste | Few grains pepper |
| 3 T sugar | 2 T horseradish |
| 1¼ t salt | ½ c vinegar |
| 1 t paprika | 1 c olive oil or salad oil |
| Few grains nutmeg | 1 clove garlic |

1. Combine all ingredients except oil and garlic. Add oil gradually while beating vigorously.
2. Cut garlic in half, add to dressing.
3. Store in a glass jar. Shake well before using.
4. Remove garlic before serving.



COOKING VEGETABLES

| Vegetable | Amount you'll need for 4 servings |
|---------------------------|--------------------------------------|
| Frozen | 1 pkg (12-14 oz) |
| Fresh | |
| Asparagus | 2 lbs |
| Beans, green or lima | 3 lbs or 1 pt shelled |
| Beans, snap or string | 1 lb |
| Beets | 2 lbs |
| Broccoli | 2 lbs |
| Carrots | 1 lb |
| Cauliflower | 1 head |
| Celery | 1 bunch |
| Corn | 4-8 ears |
| Greens | 1½-2 lbs |
| Peas | 2 lbs |
| Squash, Summer, or Winter | 2 lbs |

FRESH VEGETABLES

1. If vegetables are to be prepared ahead of time, prepare as for table use, cover lightly, and store in refrigerator. Do not let them stand in water.
2. Cook vegetables in a small amount of water. Add ¼ c water and salt to season to vegetables like carrots, peas, beans, beets, asparagus, etc. (No water is necessary when cooking greens.) Cover closely and turn burner on full. When steam comes from cover, turn burner low and cook until just tender. Do not remove cover or stir vegetables unless absolutely necessary.

COOKING TIME FOR FRESH VEGETABLES

Start timing after steam comes from cover.

| | | | |
|-------------------------------|------------|------------------------|------------|
| Asparagus, whole | 10-20 min. | Corn, ear | 5-8 min. |
| Beans, snap or string | 20-25 min. | Onion, small, whole | 15-20 min. |
| Beets, new whole | 30-45 min. | Peas, green | 8-20 min. |
| Broccoli, heavy stalks, split | 15-20 min. | Potatoes, white | 20-30 min. |
| Cabbage, quartered | 8-10 min. | Spinach greens | 3-10 min. |
| Carrots, whole | 20 min. | Squash, summer, sliced | 10-15 min. |

EGGS FOR BREAKFAST, LUNCH OR DINNER

COOKING EGGS

Eggs should not be boiled. Simmer very gently just below the boiling point. Soft-cooked or coddled eggs take from 2 to 4 minutes, hard-cooked eggs about 20 minutes. Cool and peel immediately to prevent yolks from darkening. Poach eggs in water just below boiling point.

SCRAMBLED EGGS

2 T butter

½ t salt

5 eggs

1/8 t pepper

½ c milk

1. Melt butter in frying pan.
2. Beat eggs slightly, add milk, salt and pepper.
3. Pour into pan and cook slowly until of a creamy consistency, stirring from sides and bottom of pan. Be careful not to overcook. Serve on a hot plate.

NOTE: To serve eggs as a luncheon dish, use 1 c tomatoes instead of the milk, and add 2 T chopped onion. To extend the eggs, use 1 c toasted bread crumbs in the egg mixture.

POACHED EGGS

1. Choose a shallow pan. Have water about 1" deep, bring water just to the boiling point, then turn burner low to keep it just simmering.
2. Break eggs into small dish or cup and carefully slip into boiling water.
3. Cover and cook until white is set, 3-4 minutes.

FRENCH OMELET

6 eggs

½ t pepper

¼ t salt

2 T butter

1. Beat whole eggs just enough to combine whites and yolks. Add seasonings.
2. Melt butter in a skillet or omelet pan.
3. Pour egg mixture into pan. As mixture cooks on the bottom and sides, prick it with a fork so that the egg on top will penetrate the cooked surface and run under the sides.
4. While the eggs are still soft but thickened, fold over.
5. Transfer to a hot platter. Serve immediately. Serves 6.

NOTE: Crisp bacon, sauteed mushrooms, sea food, heated vegetables or cheese cube sauce may be used as fillings.

CASSEROLES

CLUB CHICKEN

Temp: 350°F Time: 30 min.

| | |
|--|---------------------------------------|
| ¼ c butter, margarine or chicken fat | 1 t salt |
| ¼ c flour | 3 c diced cooked chicken |
| 1¼ c chicken broth or 2 bouillon cubes plus 1½ c hot water | 4 oz can sliced mushrooms, drained |
| 1 ⅔ c light cream or milk | ¼ c chopped pimiento |
| ¼ t crushed rosemary | ⅓ c chopped green pepper |
| | 3 c cooked rice |
| | ½ c slivered almonds, toasted |

1. Melt butter; add flour and cook until frothy.
2. Add chicken broth, cream, rosemary and salt. Cook until slightly thickened stirring constantly.
3. Add chicken, mushrooms, pimiento and pepper. Pour over rice which has been spooned into a greased 2½ qt. casserole. Stir lightly to mix.
4. Bake uncovered in preheated oven.
5. Sprinkle with toasted almonds before serving.

BAKED LASAGNA

Temp: 375°F Time: 25 min.

| | |
|--|---|
| *1-8 oz pkg broad lasagna noodles (4 c) | 1½ t salt |
| 1 lb ground beef | ¼ t pepper |
| 2 T fat or drippings | 1½ t ground oregano |
| 2 cloves garlic, crushed | *½ lb ricotta cheese (Italian style cottage cheese) |
| ¼ c minced onion | ½ c grated Parmesan cheese |
| 1-8 oz can tomato sauce | |
| 1 lb 4 oz can tomato puree | |

1. Cook noodles in boiling salted water for 20 minutes, or until tender. Drain.
2. Brown ground beef in fat with garlic and onion.
3. Add tomato sauce, puree, salt, pepper and oregano.
4. Cover and simmer 15-20 minutes, or until slightly thickened.
5. Fill a shallow 2 qt. greased casserole with alternating layers of noodles, cheese and tomato-meat mixture. Bake uncovered in preheated oven. Cut in squares to serve.

**Or use broad noodles and cottage cheese.*

CHOPSTICK TUNA

Temp: 375°F Time: 25 min.

10½ oz can condensed
cream of mushroom or
chicken soup
½ c milk
3 oz can chow mein
noodles
7 oz can tuna fish

1 c bias cut celery
½ c salted toasted cashews
½ c chopped onions
Dash pepper
11 oz can mandarin oranges
drained

1. In 2 qt casserole combine soup and milk.
2. Add 1 cup chow mein noodles, tuna fish, celery, cashews, onion and pepper.
3. Sprinkle remaining noodles over top.
4. Bake in preheated oven until thoroughly heated.
5. Garnish with mandarin orange sections.

QUICK DIVAN

Temp: 400°F Time: 25 min.

2 lbs broccoli, cooked
6 slices cooked ham,
¼" thick
1 can condensed cheese
soup
½ c milk

1 t grated onion
1½ T prepared mustard
¼ t salt
Dash of cayenne pepper
¼ c grated cheese

1. Place cooked broccoli in bottom of a shallow baking dish. Arrange ham slices over broccoli.
2. Combine soup, milk, onion, mustard, salt and cayenne pepper.
3. Pour over ham and broccoli. Sprinkle cheese over sauce.
4. Bake uncovered in preheated oven.

NOTE: *Green beans or asparagus may be used in place of broccoli.
Sliced cooked turkey or chicken may be used in place of ham.*



MEATS

PURCHASING GUIDE

1 SERVING

Boned

| | |
|---|---------|
| Ground meat | |
| Variety meats such as liver, heart, tongue, sausages, tenderloin, and boneless cuts. | ¼ lb. |
| Meat with medium amount of bone steaks, ham slices, rib roasts, chuck, chops, rump roasts | ½-¾ lb. |
| Fish | ½ lb. |
| Shellfish | ⅓-½ lb. |
| Poultry | ¾-1 lb. |

HOW TO ROAST MEAT (tender cuts)

1. Choose a shallow pan that has a rack in the bottom so the meat does not rest on the bottom of the pan.
2. Wipe the meat with a damp paper towel. Check weight after adding dressing. Place on rack in roasting pan.
3. Place uncovered roasting pan in preheated oven.
4. Roast uncovered, without adding water and without basting, for the required time. (See chart).
5. Just before serving, make gravy from drippings in bottom of roasting pan.

GRAVY

| | |
|----------------------|---|
| ¼ c fat (from roast) | 2 c liquid (juice from roasting pan, or vegetable juice). |
| ¼ c flour | |
| 1 t salt | 1 t Kitchen Bouquet |

1. Thoroughly mix fat, flour, and salt in saucepan.
2. Add liquid all at once, stirring vigorously.
3. Bring to boil and cook 2 minutes.

COOKING FROZEN MEATS

Frozen meat may be cooked without thawing. However, there is more "drip" or loss of moisture.

Allow extra time, about 1½ times as long for cooking.

For roasting, allow half again to twice as much time as for fresh meat. A meat thermometer is especially helpful in determining degree of doneness. Insert thermometer after meat is about half done.

TIME TABLE FOR ROASTING MEATS
 (Add one extra hour for any roast under 3 lbs.)

| Meat | Position in Pan | Temperature | Approximate Time | Internal Temp. (use meat thermometer) |
|-------------------------|------------------------------------|--------------------|--|--|
| Beef (chuck, top round) | On rack. Covered | 300°F-350°F | 35-39 minutes per lb. | 160°F |
| Beef (rolled) | On rack. Covered | 300°F-325°F | Rare: 28-32 min./lb. Med: 35-39 min./lb. Well done: 40-45 min./lb. | 140°F 160°F 170°F |
| Beef (standing) | Fat side up, no rack needed. | 300°F-325°F | Rare: 18-22 min./lb. Med: 25-29 min./lb. Well done: 30-35 min./lb. | 140°F 160°F 170°F |
| Beef (tenderloin) | On rack. | 450°F | 45-60 min. 45-50 min. | |
| Chicken | Breast down on rack. | 375°F | 30 min./lb. (weight after stuffing.) | 185°F |
| Lamb | On rack. | 300°F-325°F | 30-40 min./lb. | 170°F-180°F |
| Pork* | Fat side up on rack. | 325°F | 35 min./lb. | 170°F |
| Loin Chops | Flat on pan single layer. | 325°F | 1 hour total | 170°F |
| Veal | On rack. | 300°F-325°F | 30-40 min./lb. | 170°F |

*Fresh ham is cooked as pork.

COOKING SMOKED MEATS

TO BAKE HAMS

Temp: 325°F

1. Wipe ham with damp paper towel. Place fat side up on a rack in a shallow uncovered roasting pan.
2. Do not sear, do not add any water, do not baste. Bake in preheated oven.
3. $\frac{1}{2}$ to $\frac{3}{4}$ hour before ham should be done, remove skin and score fat. Press cloves about 1" apart over whole surface. Sprinkle with brown sugar and return to oven until glazed.

Uncooked Hams

| | |
|---------------------|----------------|
| 6-8 lbs. (half ham) | 30-36 min./lb. |
| 10-12 lbs. | 18-20 min./lb. |
| 12-14 lbs. | 16-18 min./lb. |
| 14 and over | 15-17 min./lb. |

Cooked Hams (heat to 160°F)

"Cook before eating"

| | |
|--|----------------|
| Whole | 18-20 min./lb. |
| Half | 25 min./lb. |
| Boned | 30 min./lb. |
| Picnic Shoulder or Calli (heat to 170°F) | 40-45 min./lb. |

Fully Cooked (heat to 130°F)

| | |
|--------|-------------------------------|
| Whole | 12-15 min./lb. |
| Half | 15-17 min./lb. |
| Boned | 12-15 min./lb. |
| Canned | 10-15 min./lb. |
| | 8-13 lbs. 20 min./lb. |
| | 6 lbs. 14 min./lb. |

Most hams sold in retail stores are either fully cooked or "Cooked before eating" hams. Fully cooked hams including canned hams, can be served cold or reheated, according to personal preference. "Cook before eating hams" require additional cooking before serving and should be roasted to an internal temperature of 160°F (see chart). Picnics are shoulder cuts and are available both as fully cooked or "cook before eating hams."

BONELESS SMOKED SHOULDER BUTT

1. Cover the meat with water, bring to boiling point, simmer 30 minutes per lb. If cooking directions are given with the ham, follow these directions.
2. Drain the liquid; score the fat in squares and stud with cloves. $\frac{1}{2}$ c brown sugar may be added to the ham, or it may be basted with Cherry Sauce, or slices of pineapple may be baked on it.
3. Bake in preheated oven for 25 minutes at 375°F.

CHILI CON CARNE

- | | |
|-----------------------------|------------------------|
| 2 T fat | 1 stalk celery |
| ¾ lb ground beef | 1 can red kidney beans |
| 1 large onion | 2 c canned tomatoes |
| 1 small green pepper | 2 t chili powder |
| ¼ lb mushrooms (if desired) | Salt and pepper |

1. Melt fat; add meat and brown.
2. Chop onion, green pepper and mushrooms. Add to meat and cook until onion is transparent.
3. Dice celery and add with kidney beans, tomatoes and seasonings to meat mixture. Cover tightly; bring to a boil; simmer about 45 minutes.

SPAGHETTI WITH MEAT SAUCE

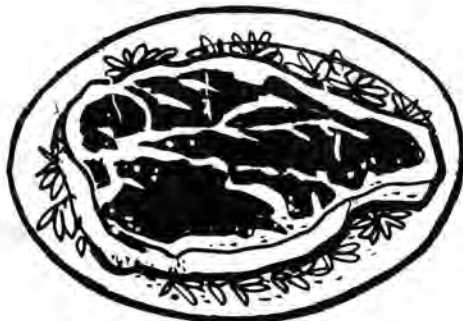
- | | |
|-------------------------|----------------------|
| ¾ c oil or drippings | 3½ c canned tomatoes |
| 2 cloves garlic, sliced | 1 can tomato paste |
| ¼ c chopped onion | 1½ t salt |
| 1 lb ground beef | ¼ t pepper |
| ½ lb ground lean pork | 1 lb spaghetti |

1. Heat oil. Add garlic and when brown remove and discard.
2. Add onion and meat and brown slightly. Add tomatoes and paste mixed with ½ can hot water. Season.
3. Cook slowly 2 hours, stirring occasionally.
4. Toss sauce lightly with spaghetti which has been cooked until tender in boiling salted water. Serve with grated cheese.

SALISBURY STEAK WITH SOUR CREAM SAUCE

- | | |
|---------------------|------------------|
| 1½ lbs. ground beef | ¾ c water |
| ¼ t pepper | ¾ c sour cream |
| 1¼ t salt | 1½ t horseradish |
| 3 T fat | ¼ t thyme |
| 3 T flour | |

1. Combine beef, pepper and salt. Shape into 6 small steaks. Brown.
2. Remove patties. Add flour to drippings in pan and cook until frothy.
3. Add remaining ingredients and bring to the boiling point. Pour over patties. Serves 6.



POULTRY

Defrosting at room temperature

Leave turkey in original wrappings and enclose in heavy-duty brown paper bag. (The heavy bag provides sufficient insulation to protect bird). Place on counter top and thaw. The turkey must be refrigerated or cooked within 1-3 hours after thawing.

Weight of Bird

8 — 12 lbs.
20 — 25 lbs.

Time to Defrost

16 hours
18-24 hours

Roasting A Turkey

1. Clean, stuff loosely, truss, weigh and rub with shortening. Chill stuffing thoroughly before adding to bird.
2. Place turkey on rack in roasting pan. Roast at 325°F according to weight:

6 — 8 lbs.
8 — 12 lbs.
12 — 16 lbs.
16 — 20 lbs.
20 — 24 lbs.

3 — 3½ hrs.
3½ — 4½ hrs.
4½ — 5½ hrs.
5½ — 6½ hrs.
6½ — 7 hrs.

3. Turkey is done when:
 - a. Meat thermometer registers 180°-185°F and stuffing registers 165°F
 - b. Turkey leg moves in the socket
 - c. Meat on leg seems soft to the touch
 - d. Meat pulls back on drumstick

CHICKEN is prepared and roasted in same manner. Use only half of stuffing recipe. Allow 30 min. per pound for roasting at 375°F.

Roasting Turkey Parts

Breast — rub with shortening, roast in open pan, breast down, 23-28 min per pound at 325°F.

Leg — rub with shortening, roast in open pan with skin side up, 30-35 min per pound at 325°F.



To Roast Turkey In Aluminum Foil

1. Prepare turkey
2. Join two pieces of heavy-duty foil with a strong triple fold to make a wide piece.
3. Place turkey in foil, bring foil up and over turkey, again using at least a triple fold. Bring ends in and fold under tightly. Mold to shape of bird.
4. Place wrapped turkey on rack in a shallow pan. Roast at 450°F according to weight:

| | |
|--------------|--------------|
| 8 — 10 lbs. | 2¼ — 2½ hrs. |
| 10 — 12 lbs. | 2¾ — 3 hrs. |
| 14 — 16 lbs. | 3½ — 4 hrs. |
| 18 — 20 lbs. | 4½ — 5 hrs. |
| 22 — 24 lbs. | 5½ — 6 hrs. |

Open foil last 20 minutes to brown.

SAVORY STUFFING FOR 10-12 LB. TURKEY

| | |
|-----------------------------|-----------------------|
| 8 c soft stale bread crumbs | 2 t salt |
| ½ c butter or margine | ¼ t pepper |
| 4 T onion, chopped | 1 t sage or |
| 3 T parsley, chopped | 1 t poultry seasoning |
| 3 c diced celery | 1 c hot water |

1. Crumb day old bread. It will fit in a large loaf to make 8 cups. Use crusts if desired.
2. Melt butter or drippings. Add onion, parsley and celery. Cook until onion is transparent.
3. Combine with crumbs. Add seasonings and hot water. Chill.
4. Stuff turkey loosely. Do not pack tightly, as stuffing will swell as it cooks.
5. Extra stuffing can be put in casserole, add 2 T drippings from turkey, cover and cook 1 hour, at 325°F in oven with turkey.

NOTE: Vary flavor by adding any of the following:

| | |
|---------------------------------|-------------------------|
| 1 pt. raw oysters | 2 c chopped cranberries |
| 2 c chopped apples | 2 c cooked corn |
| 1 lb. cooked chestnuts, chopped | 1 lb. sausage, browned |

CAUTION: Do not allow cooked turkey to stand at room temperature. Remove stuffing from bird and refrigerate turkey and stuffing promptly.

BARBECUED BEEF

Temp: 300°F Time: 35 min/lb.

| | |
|-------------------------|-----------------------------|
| 2-3 T drippings | 1 t paprika |
| 1 large onion, chopped | 2-3 t sugar |
| 1 green pepper, chopped | 1/3 c vinegar |
| 1 t salt | 1 c water |
| 1/2 c catsup | 4-5 lb. chuck roast of beef |
| 1-2 t chili powder | |

1. Melt drippings, add onion and green pepper. Cook until onion is transparent.
2. Add rest of ingredients, and simmer slowly for 30 minutes.
3. Arrange beef roast on rack in roasting pan. Brush with barbecue sauce from time to time while roasting.
4. Slice and serve in buns with sauce.

NOTE: *This sauce will keep for several weeks, if stored in glass jar in refrigerator. It goes equally well with chops, hamburgers or chicken.*

SPANISH NOODLES

| | |
|--------------------------|-------------------------|
| 2 slices bacon | 1 onion diced |
| 1/2 lb. ground beef | 3 1/2 c canned tomatoes |
| 1 small package noodles | 1/3 c chili sauce |
| 1 green pepper, shredded | Salt and pepper |

1. Dice the bacon and cook until crisp and brown.
2. Add meat and cook until slightly browned.
3. Add rest of ingredients, cover closely and cook until steam comes from cover.
4. Turn heat low and cook 35 to 45 minutes.

SPANISH RICE

Substitute 1/2 c cooked rice for the noodles and 1 T Worcestershire sauce for the 1/3 c chili sauce in the Spanish Noodles.

If desired 1/2 lb. ground beef or 1/2 lb. chopped leftover beef, veal, or pork may be added. Brown in bacon fat.

NOTE: *Spanish Rice or Noodles may be baked in a 350°F oven for 1 hour in a covered casserole.*

SAVORY ONION ROUND STEAK

Temp: 350°F Time: 1 1/2-2 Hrs.

| | |
|--------------------------|--|
| 1 1/2-2 lbs. round steak | 1/2-1 pkg. dehydrated onion soup |
| A-1 Steak Sauce | 1 can mushrooms plus 2 T drained liquid or water |

1. Place steak in the center of extra wide foil in a baking pan.
2. Brush A.1. Steak Sauce liberally over the meat.
3. Sprinkle meat with onion soup and mushrooms. Complete wrapping meat by bringing edges of foil together and folding over.
4. Cook in preheated oven.

HOW TO BROIL

1. Preheating broiler is not necessary.
2. If oven and broiler are in separate compartments, turn broiler key on full. If broiler is under the oven, or if oven and broiler are in the same compartment, set heat control at "Broil or at the hottest point.
In broiling, temperature is regulated by the distance food is placed from the heat. Thick pieces of meat or meat to be cooked well done are placed farther from the heat, thin pieces of meat or meat to be cooked rare are placed nearer the heat.
3. Place food on rack. Vary distance from heat according to type of food as indicated in chart below.
4. Broil until top is nicely browned. Season with salt and pepper and turn.
5. Broil second side, season and serve immediately.
6. While meat is being broiled, cooked vegetables may be heated in the bottom of the broiler pan. Drippings from the meat will add flavor.
7. Broil with the oven door slightly ajar in most electric ranges; check range instruction book. When broiling in the modern gas range broil with the door closed.

BROILING CHART

| | Distance of Top of Food from Heat. | Approx. Time on Each Side |
|-------------------------------|------------------------------------|--|
| Sirloin Steak 1" thick | 2-4" | 6-12 min. |
| T-Bone Steak 1½" thick | 2-4" | 5-12 min |
| Porterhouse Steak 1½" thick | 2-4" | 12-20 min |
| Smoked Ham Slices | 2-4" | 10-12 min |
| Lamb Chops 1" thick | 2-4" | 5-10 min |
| Beef Patties | 2-4" | 5-12 min |
| Chicken, 1 to 1½ lbs | 3-4" | 15-23 min |
| Bacon | 2-4" | 3- 4 min |
| Liver ½ to ¾" thick | 2-4" | 3- 5 min |
| Fish, Split, Steaks or Slices | 2" | Skin slightly brown Turn; 8-15 min. |



HOT SANDWICHES

BUNSTEADS

Temp: 375°F Time: 20 min.

- | | |
|----------------------------------|----------------------------|
| ¼ lb American cheese (1 c cubed) | 2 T chopped onion |
| 3 hard-cooked eggs, chopped | 2 T chopped stuffed olives |
| 1-7 oz can tuna, flaked | 2 T chopped sweet pickle |
| 2 T chopped green pepper | ½ c mayonnaise |
| | 8 finger rolls |

1. Combine cheese, eggs, tuna, green pepper, onion, olives and sweet pickle. Moisten with mayonnaise. Mix lightly.
2. Split buns and fill.
3. Wrap buns in aluminum foil and place in preheated oven until cheese melts and filling is heated. Serve hot.

NOTE: These buns may be frozen for a two week period. To serve, heat at 375°F for 30 minutes.

HOT SHRIMP SANDWICH

- | | |
|--|-----------------|
| 1-7 oz can shrimp, cleaned and chopped | ½ t dry mustard |
| 1 c grated American cheese | 1 t lemon juice |
| 1 egg, slightly beaten | Dash of pepper |
| ¼ t salt | 7 slices bread |
| ½ t Worcestershire sauce | 2 T soft butter |

1. Combine chopped shrimp, cheese, beaten egg, salt, Worcestershire sauce, mustard, lemon juice and pepper.
2. Toast bread on both sides, spread with butter. Spread 3 T shrimp mixture on each slice of toast. Place on broiler rack 3" from heat for 4 to 5 minutes or until brown. Cut in triangles and serve.

STUFFED FRANKFURTERS

Broil Time: 8-10 min.

1. Cut a gash in each frankfurter. Insert a strip of dill pickle or sharp cheese in each slit.
2. Wrap a strip of bacon around each frankfurter and fasten with a toothpick.
3. Place in broiler about 2" from heat. Broil until bacon is crisp (about 4 min). Turn frankfurters and broil on the other side.

NOTE: Serve in frankfurter roll or with potato salad.



FISH AND SEAFOOD

CRISPY FISH

Temp: 425°F Time: 20-25 min

- | | |
|--------------------|-----------------------------|
| 1½ lbs fish fillet | 1 egg, beaten |
| ¼ c flour | 3 T cold water |
| ½ onion, grated | 3 c corn flakes, crushed |
| Juice of 1 lemon | 3 T bacon fat or drippings |
| ½ t salt | |

1. Remove skin from fish and cut into pieces for serving. Roll in flour.
2. Combine onion, lemon juice, salt, egg, and water.
3. Dip fish in egg mixture, then roll in corn flakes.
4. Arrange on greased heat proof platter. Melt drippings and pour over fish.
5. Chill several hours. Bake in preheated oven.

TO COOK FRESH (GREEN) OR FROZEN* SHRIMP

1. Rinse shrimp and drop into boiling water. To each quart of water add 1 t salt and 1 T vinegar. For a delicious flavor, add also a stalk of celery, a bay leaf, a dash of thyme, a sprig of parsley and ½ lemon, sliced.
2. Simmer 8-10 minutes. The shells will turn pink.
3. Drain, plunge into cold water and shell. Remove black line (intestine).

1 lb fresh shrimp yields 2 cups cooked shrimp
(this amount will serve 4)

**When cooking frozen shrimp it will take a while for the water to return to a boil.*

BAKED STUFFED FISH

*Temp: 425°F Time: 10 min/lb
over 5 lbs: 5 min/lb*

- | | |
|-----------------------|-----------------------|
| 1 fish (3-4 lb) | 1 t salt |
| 1 onion, chopped | Few grains pepper |
| ¼ c fat | ¼ c hot water |
| 2 c soft bread crumbs | ¼ t poultry seasoning |

1. Clean fish, wash thoroughly and dry well. Rub inside with salt.
2. Brown onion in fat and add remaining ingredients. Mix well.
3. Stuff fish and skewer together.
4. Place in a greased shallow baking dish. Brush with melted butter. Bake in preheated oven.
5. Flounder, haddock, halibut, mackerel, salmon, bass, trout and whitefish are common in our markets and can be used for baking.

CARE AND USE OF REFRIGERATOR AND FREEZER

DEFROSTING

If refrigerator does not defrost automatically, defrost when frost is $\frac{1}{4}$ " thick by following the directions that come with your refrigerator.

DIFFERENCE between a freezer storage compartment and a true zero degree freezer.

You have a true zero degree freezer if the freezing area has a separate outside door (2 door-refrigerator).

You have a freezer storage compartment if the freezer compartment defrosts when you defrost the refrigerator.

CLEANING REFRIGERATOR

1. Wash inside of the refrigerator, shelves, freezer storage compartment, etc., with warm water to which baking soda has been added (1 T soda to 1 qt. water). Wipe interior of cabinet dry.
2. For the outside of the refrigerator, wash with mild soap and water and use a refrigerator wax, if desired.
3. Be sure to keep the rubber gasket around the door dry and free from food particles and grease.
4. Evaporator pan, located at the bottom, behind the grill should be removed and cleaned once a month.

PROPER STORAGE OF FOODS IN REFRIGERATOR

1. In all refrigerators cooked foods should be covered to prevent excessive drying. Raw meat should be removed from store wrappings and covered loosely with wax paper.
2. Wash fruits (except berries) and vegetables and drain well before storing in hydrators. The moisture left clinging to the leaves is just enough to keep them fresh and crisp.
3. Wipe off milk cartons and other jars and bottles before placing in refrigerator. Remove paper wrappings and cartons because paper acts as an insulator against cold.
4. Store frozen food in freezer storage compartment for not longer than 2 weeks. Foods can be stored longer in food freezer, if properly packaged.

FREEZING IN THE FREEZER STORAGE COMPARTMENT

1. The freezer storage compartment in most refrigerators is intended for making frozen desserts, ice cubes, for short term storage of commercially frozen foods and not for food freezing. In case of emergency where storage for no longer than a week is intended, food may be frozen in the freezer storage compartment if it is carefully wrapped in freezer paper, heavy aluminum foil or plastic freezer bags.
2. The temperature in this compartment in most cases is not maintained at 0°F and therefore is not cold enough to freeze food quickly or to keep it frozen for long periods.

DEFROSTING

- A. Complete Defrosting — Manual (Non-Automatic) Refrigerator/Freezer or Freezer (Should be done once or twice a year)
1. Disconnect freezer from the electric appliance outlet and remove all food and place in another freezer or double heavy duty paper bags or wrap in newspaper and place in cardboard box.
 2. Place large cookie sheet or trays on bottom of freezer to collect frost.
 3. Use a wooden spoon or plastic frost scraper and scrape frost off sides or shelves of freezer. Never use a sharp tool which might scratch the surface as it might damage the refrigerating coils just beneath the surface.
 4. To speed defrosting, place pans of hot water on the bottom of the freezer. Do not pour hot water over any surface as this could damage the system.
 5. Clean up water and ice as it falls.
 6. Wash shelves and all removable parts.
 7. Some units have a drain at the bottom for draining the water. Follow manufacturer's directions.
 8. Clean the interior with 3 tablespoons baking soda dissolved in 1 quart warm water. Rinse and dry the interior.
 9. Reconnect freezer to the electric appliance outlet. Let freezer run a half hour at coldest setting. Place frozen food in the freezer. Allow control to remain at coldest setting for several hours then return to normal.

B. No-Frost Freezer and No-Frost Refrigerator-Freezer (Never collect frost)

1. Freezer defrosts itself automatically.
2. The freezer continues to operate during the few minutes required for freezer defrost cycle.
3. Check evaporator pan located underneath the motor every month — more frequently during very hot weather. Remove, wash pan and replace.
4. A thorough cleaning every 6-12 months is recommended.
5. Disconnect the freezer.
6. Remove food, clean and dry interior then reconnect freezer in same way as for complete defrosting a non-automatic freezer.
7. After 30 minutes replace food, let freezer run several hours before setting control back to normal.

Cleaning Condenser

The surface to the finned condenser (if one is present) should be cleaned with a stiff brush or vacuum cleaner attachment several times a year. Be certain to turn freezer OFF when cleaning condenser.

Cleaning Exterior

Use mild soap and water.

Check grill at bottom periodically for lint and dust.

Clean same as for condenser. When cleaning condenser be sure to turn freezer OFF.

Consider the following suggestions when buying and packaging food for the freezer:

- a. Select top quality foods; package properly and store about 0°F.
- b. Freeze foods in amounts that will be most convenient to use.
- c. Use proper packaging materials. Label and date packages.
- d. Plan for holidays, special occasions, picnics, and special diets.
- e. Watch for food specials and buy top quality products in quantity when lowest in price.
- f. As new foods are added, do a little reorganizing to keep packages rotating.



FREEZING IN THE ZERO DEGREE FREEZER

1. Foods should be carefully wrapped in freezer paper, heavy aluminum foil or plastic bags so that the wrappings are moisture and vapor proof. Proper wrapping prevents loss of flavor, nutritive value, color changes and drying out.
2. Freeze just in amounts to be served at one meal.
3. For economy and convenience, freeze baked goods, make up extra amounts of sauces and freeze these to have on hand when needed, and freeze leftover meat.
4. Never refreeze ice cream, fish, seafood or perishables such as meat pies and foods containing gravy or sauce. Cook fish, seafood and meat dishes, use immediately.
5. **THESE FOODS DO NOT FREEZE WELL:**
 - Heavy cream becomes thick, grainy and won't whip when thawed.
 - Egg nog and cream pies may separate.
 - Mayonnaise separates during freezing and thawing.
 - Meringue toppings lose volume.
 - Bananas become soft and mushy.
 - Hard-cooked egg white toughens.
 - Salad greens, celery and radishes lose crispness.
 - Sour cream or dips containing sour cream separate and become very thin when defrosted.
 - Cottage cheese may be crumbly (Regular and Diet)
 - Roquefort cheese may develop a soapy flavor.
 - Cured or smoked meats might become rancid if kept in freezer longer than specified time.
 - Custard pie may be grainy when thawed.
 - Tomatoes — fresh, ripe tomatoes tend to become very mushy, but you can freeze stewed tomatoes or tomato juice.
 - Stuffed poultry — it is difficult to get the inside of a large stuffed bird frozen solid and consequently bacteria can grow.
6. For further freezing directions, consult the booklet, "Freezing Foods," a copy of which may be obtained from the Home Service Department.
7. Keep frozen food in packages until defrosted.
8. Fruit should be served when still slightly frosted.

CARE AND USE OF THE RANGE

Daily care saves time and wear

PORCELAIN ENAMEL PARTS OF THE RANGE

1. The porcelain enamel is really glass and should be washed only when the range is cool, in order to prevent cracking, crazing or chipping. A dry cloth may be used on the warm range if some food has been spilled.
2. Usually warm soap suds will clean the range, but occasionally a mild cleaner that is not gritty may be used.
3. Any acids like lemon juice, vinegar or the acid in milk will form a ring on the enamel. Wipe up any spillage immediately.

TOP BURNERS

When food comes to the boil, turn down heat to avoid burning and boiling over. The food will cook just as quickly.

Gas

1. The burners can be cleaned with ammonia or a mild cleaner. (Do not soak because of asbestos parts). Be sure ports are free of all foreign matter. Clean with a fine wire or hairpin.
2. The black enamel grating over the burners should be treated like the other porcelain enamel parts of the range, but they will show use in time.

Electric

1. Brush loose food particles off elements. Dust may be wiped off with dry cloth when element is cool. Never use an abrasive on electric elements.
2. The chrome strip around the element can be washed with soap and water. Stubborn stains can be removed with a mild abrasive or steel wool pads.

Thermostatic Burner

Clean the burner or element as you normally would for gas or electric, being sure to clean the temperature sensing unit carefully.



DRIP BOWLS

When cool, soak drip bowls if necessary, clean with soap and water. Hard to remove stains can be treated by using a steel wool pad. Copper cleaner can be used on the copper drip bowls.

OVEN

1. Wash oven interior with a solution of soap, water and ammonia. Rinse well and dry thoroughly.
2. A paper towel soaked in ammonia and left in the oven for a short time will loosen spillovers and cut stubborn grease.
3. After using the oven, turn off heat and leave door ajar until oven is cool.
4. Do not line oven bottom with foil unless specified by the manufacturer. Oven racks should never be completely covered with foil.
5. Baking pans are easier to clean if put in sink and moistened with water. If put back into oven, meat drippings or food particles will burn to pans and make cleaning more difficult.
6. If range is self-cleaning or continuous clean type follow manufacturer's specific directions for care.

BROILER

1. Remove broiler pan from range when you use the oven for baking. Discoloration of broiler pan will then be avoided.
2. Broiler pan and rack should be removed from range as soon as you have finished broiling. Drain off juices and fats so they do not burn onto the pan.
3. Broiler pan and rack should be washed each time the broiler is used.
4. Cleaning will be made easier if after removing food you sprinkle broiler with detergent and cover with wet paper towel immediately.

Before You Phone the Serviceman

Unnecessary service calls are expensive and frustrating. Before you ask for help, check this list to be sure that call IS really necessary. Please remember that ovens must have free circulation of air.

a. Pans Too Large for the Oven

Here the most common offender is a cookie sheet which is too big (especially in an eye-level oven). There should be at least 1 to 2 inches between the edge of a utensil and any oven surface. A cookie sheet can fit into an oven but still block air circulation. Because heat is trapped under the pan, cookies will burn on the bottom before the tops are brown.

b. Pans Too Close Together

Crowding pans can also cause uneven baking. Again, allow 1 to 2 inches for air to circulate between utensils. Stagger pans on two different oven racks so that the warm air can easily reach each pan. Allow as much space as possible between oven racks for the same reason.

c. Aluminum Foil

In an effort to keep a new range sparkling clean, users sometimes misuse foil. It should never be used to cover oven racks so that it blocks off any of the openings provided for air circulation. Nor should it be used directly under a utensil, because it will reflect heat away from the bottom of the pan.

If you use foil to catch a spillover, cut a piece just a little larger than the pan and put it on a rack 3 or 4 inches below the pan.

d. Pan Touching the Oven Sides

This blocks air flow and transfers extra heat to the pan from the sides of the oven. Cakes may bake unevenly and food at the edge of the pan may scorch.

RANGE SAFETY

1. Remember that glass oven windows will be hotter than porcelain parts of range. Do not leave small children unattended near hot range.
2. Long hair and the wrong kind of clothing can be most hazardous in kitchen. Flowing hair, loose sleeves can be easily ignited. Some synthetic fabrics are highly flammable.
3. Use good sturdy, non-flammable holders for hot pans and oven racks instead of towels or the corner of a dress. Wet holders create steam and can cause a burn.
4. Oven racks must be correctly inserted to engage stop feature. To keep from burning top of arm, always pull oven rack all the way out instead of reaching into oven to add or remove food.
5. Only use ovenproof ware in oven.
6. Do not use eye-level ovens for heavy items or those that contain hot fat, especially if a shorter homemaker is using it.
7. Accumulated greasy deposits in oven, range hood, and fan can ignite if overheated.
8. Always remove broiler pan from compartment as soon as you finish broiling. Drain off juices and fats. Drippings, if forgotten, may catch fire if you use oven later.

For easy cleaning later, sprinkle on synthetic detergent and cover with a wet paper towel.

When You Buy Small Appliances

Small appliances are time and energy savers when properly chosen. Evaluate each feature of different models in terms of purpose intended for appliance, and counter and storage space available. Appliances will be used most when conveniently located and easy to use.

Here is a **general buying guide list** to consult before buying any small appliance.

- Is the appliance sturdy and well balanced to prevent tipping and to withstand many uses?
- Is it easy to clean and are parts removable so hard to reach places can be cleaned easily?
- Are the controls located in a handy to use place, easy to operate and read?
- Be sure the appliance cannot be started unknowingly.
- Is the cord and appliance UL* approved? (UL should be stamped on the cord and appliance).
- Is the cord long enough to reach the outlet easily?
- Is the cord heavy enough to carry the electric load expected of it?
- The interior should be made of a non-staining material that will not hold odors.
- Does the appliance have controlled temperatures and/or controlled speeds?
- Will the height of the appliance be right when placed on counter for convenient use?
- If appliance will be used on a stand or cart, that too should be sturdy and a convenient height for using appliance.
- Is the cord removable for easy storage and care of the appliance.
- Does appliance have a signal light to indicate when it is preheated or to signal the appliance is on?
- Will the markings still be readable after much use?
- Is the motor permanently lubricated?
- Does appliance have multi-purpose functions as well as meets a specific need?

- Is the appliance all solid state?*
- Find out who services the appliance, where it has to be taken or sent for service.
- Understand all terms of the warranty. What does it cover?
- Is the brand a reliable one and the dealer reputable?
- Does a good instruction booklet come with the appliance, or is one available through the manufacturer?

*UL—This is the Underwriter's Laboratories Seal. When you see this small insignia stamped on an appliance, you know the appliance has passed a standard of safety for use as an electric appliance. These standards are established by the Underwriter's Laboratories.

**—Solid State is a way of controlling electricity without using moving parts, giving consumers less maintenance and service problems, and long run economy. It also gives an almost infinite range of speeds, with constant power at any speed, and an infinite heat (temperature) range.

DISHWASHER

1. Use only a dishwasher detergent.
2. Load correctly; check instruction book for directions for your model.
3. Water temperature should be between 150°F and 160°F.
4. Operate only when fully loaded.
5. Use the energy saver button or open the door and let dishes air dry in place of the automatic dry cycle to save energy whenever possible.



We hope this book will help you to enjoy better living. It is part of our constant effort to assist you and all of our customers to get the best possible use from electricity, gas and steam.

This service is designed for you as a homemaker. Please call on us whenever you feel we can help.

HOME SERVICE DEPARTMENT

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