

MEAL NO. 14

- *Scalloped Meat (Pg. 23)
- *Tomato & Lima Bean Casserole (Pg. 39)
- Hearts of Lettuce with Roquefort Dressing
- *Baked Cranberry Pudding (Pg. 49)

Place scalloped meat, tomatoes and lima beans and pudding in cold Automeal. Temperature 400°; baking time 1 hour.

MEAL NO. 15

- *Salmon Loaf (Pg. 30)
- *Scalloped Corn (Pg. 38)
- *Stewed Tomatoes & Corn
Hard Rolls
- Asparagus Salad
- Baked Bananas in Honey (Pg. 49)

Place all dishes in 350 degree Automeal. Baking time 1 hour to 1½ hours. Bake bananas while serving the dinner.

MEAL NO. 16

- *Sausage & Sauerkraut (Pg. 26)
- *Baked Potatoes (Pg. 38)
- Rye Bread
- Crisp Carrot Sticks
- *Corn Flake Apple Dessert (Pg. 50)

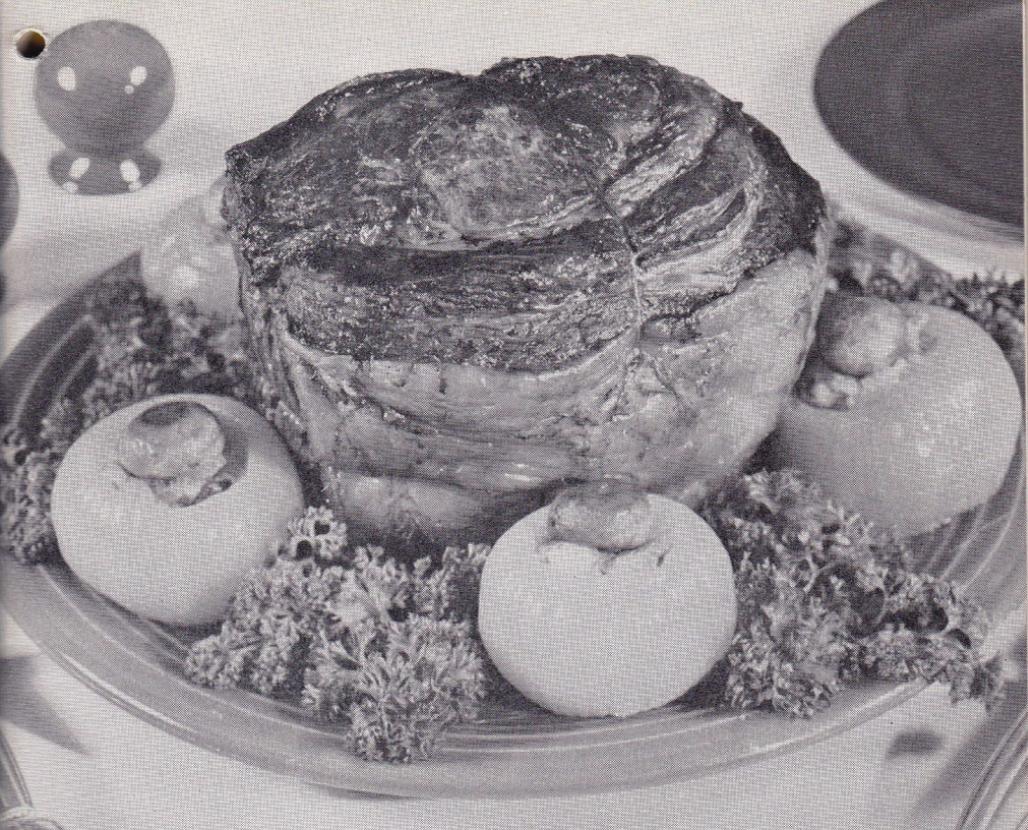
Place sausage, sauerkraut, potatoes and Corn Flake Dessert in 400° Automeal. Bake 1 to 1½ hours.

MEAL NO. 17

- (Six Hour Meal)
- *Navy Beans with Ham (Pg. 40)
- *Whole Boiled Beets
- *Fruit Bran Bread
- Spring Salad

Place beans, ham, beets and bread in cold Automeal. Temperature 225°; Time 6 hours.

**May be prepared in Automeal at same time.*



Meats

Because of the difference in the quality of meats as well as individual tastes we cannot give exact length of time for cooking meats. Approximate temperatures and cooking times on the chart are given simply as a guide. These may be varied to suit your requirements. You may prefer searing or broiler method for very brown roast.

Cold Oven Method

Place the roast or fowl in the cold roaster. Set the thermostat at 375° for the entire roasting period. Allow 20 minutes additional for the cold roaster.

Broiler Method

Place the roast in the roaster. Place broiler attachment over the roast and brown roast on all sides. When roast is brown, remove broiler attachment, cover meat with roaster lid, set thermostat at 350 degrees. Connect the roaster and continue roasting for required time.

Salt, pepper and flour meat before placing it in the roaster.

Searing Method

Preheat the roaster to 450 degrees. Place the roast or fowl in the roaster. After 30 to 40 minutes, reduce the temperature to 350 degrees and continue roasting the required time.

FIVE POUND ROLLED RIB ROAST OF BEEF

Salt and pepper roast. Place in a shallow pan and calculate the time by the meat roasting chart. Place in roaster. Set control at 375°. Roast 30 to 35 minutes per pound for well-done roast. Pork, veal or lamb are prepared in the same manner. Use leftovers in cold meat platter or in scalloped meat.

SWISS STEAK WITH RICE

2 pounds round steak, 2 inches thick
1 cup flour
6 onions
1 bay leaf
2 cups tomato juice
1 clove garlic

½ cup water
1 cup rice
2 teaspoons salt
¼ cup suet
¼ teaspoon pepper
2 cups cooked green string beans

Dredge meat with flour and pound thoroughly. Turn the meat, add flour and pound until all the flour is used. Brown the sliced onions in the suet. Remove onions, brown the meat; cover with onions, add all other ingredients except green beans and bake 2 hours at 325 degrees. Then cover meat with green beans which have been cooked separately.

BEEF RUMP ROAST WITH DRESSING

3½ pound rump roast of beef
1½ teaspoons salt
3 slices onion

2 tablespoons flour
¼ teaspoon pepper
2 tablespoons suet

DRESSING

2 cups soft bread crumbs
1 teaspoon salt

¼ tablespoon melted butter
2 teaspoons minced onion

Prepare dressing by mixing crumbs with other ingredients; moisten slightly if necessary. Dredge roast with mixture of flour, salt and pepper. (When juices of meat cook out, they mix with these and form a delicious, rich gravy). Make two parallel pockets in the roast; fill pockets with the dressing. Place meat in large roaster dish to which has been added 1 tablespoon melted butter.

Place in 450° Automeal for 30 minutes, then reduce temperature to 350° for 2 to 2½ hours. Total time 3 hours.

BEEF POT ROAST

4 pound rump of beef, rolled and tied or chuck roast
1 teaspoon salt

6 medium potatoes

1 small onion, chopped
¼ cup raisins
½ cup water

Rub meat with salt. Brown under broiler or in frying pan. Place in Automeal with raisins, chopped onion, and water. Cook at 325° to 350° for 2 hours, then add potatoes and cook 1½ hours longer.

SPAGHETTI AND MEAT

½ pound ground beef
1 cup catsup
1½ cups tomato juice
1 teaspoon salt
¼ teaspoon pepper

1 cup broken uncooked spaghetti
1 small onion, finely chopped
2 tablespoons lard

Melt the lard in the pan, then add the meat. Break it up so that it covers the bottom of the dish. Add the remaining ingredients in any order. Stir to blend. Place in roaster. Set control at 400°. Cook for 1½ hours.

HAMBURGER ROLLS

1 pound hamburger
1 tablespoon chopped onion
1 teaspoon salt

2 tablespoons cracker meal

pie pastry
¼ teaspoon pepper
2 tablespoons catsup

Mix all ingredients together and make into rolls, the size of small sausages. Roll pie pastry ¼ inch thick and 4 inches square. Wrap around the hamburger rolls. Moisten the edges with water, then press together. Place in a shallow baking pan. Serve with tomato sauce. Place in a roaster already heated to a temperature of 400°; baking time 45 minutes.

DELICIOUS MEAT PIE

Parboil together 4 medium size potatoes, four carrots, and three stalks celery (dice all vegetables) in about 2 cups water. Chop 2 medium size onions and brown in 2 tablespoons fat. Add 3½ cups cubed cooked beef. Brown. Thicken 2 cups of stock from vegetables with two tablespoons flour mixed with 2 tablespoons water. Salt and pepper to taste. Add to this all the diced vegetables, the meat and onions. Cover with baking powder biscuits. Bake in 425 degree Automeal. Baking time, 45 minutes.

PORCUPINE BALLS

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| 2½ pounds ground beef | ½ cup rice |
| 2 tablespoons chopped green pepper | Salt |
| 1 can tomato juice | 2 tablespoons minced onion |
| | 1 egg |

Heat tomato juice in large dish in 400 degree roaster. Mix other ingredients and shape into balls. Place in hot tomato juice. Baking time 1½ hours.

MEAT LOAF

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| 1½ lbs. beef | } ground together | ½ cup milk |
| ¼ lb. veal | | 6 tablespoons cracker crumbs |
| ¼ lb. pork | | 2 tablespoons onion, chopped |
| 2 eggs beaten | | 1½ teaspoons salt |
| | ¼ teaspoon pepper | |

Combine all ingredients. Form into a loaf. Place in uncovered baking dish which has been well greased with butter or drippings. Place in cold Automeal—Temperature 350° to 400°. Time about 1½ hours.

SCALLOPED MEAT

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| 2½ cups diced cooked meat | 1 small onion, cut fine |
| 2½ cups leftover mashed potatoes | buttered bread crumbs |

Place a layer of diced cooked meat in the bottom of buttered dish. Cover with a layer of mashed potatoes. Over this half of the onion, add a layer of bread crumbs. Repeat this until the dish is filled, having for the top layer buttered crumbs. Pour over all 1 cup stock or gravy. Bake uncovered. Temperature 400°. Baking time 45 minutes to 1 hour.

DAVIS CASSEROLE

Into the bottom of a casserole, arrange balls of hamburger steak (using 2 pounds of hamburger), seasoning with sage, salt and pepper. Over this place a generous layer of fried onions. Melt 4 tablespoons fat, add 3 tablespoons flour, then mix well. Add 2 cups unstrained tomatoes; cook until thickened. Pour over onions. Cover with buttered crumbs. Bake uncovered. Place in cold Automeal. Temperature 350°—375°; baking time 1½ hours. Or, if your prefer, place in Automeal heated to temperature 375°; baking time 1 hour.

CHILI CON CARNE

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| 1 lb. chopped beef or hamburger | 1 can kidney beans |
| 1 onion, chopped | ½ teaspoon curry powder |
| 1 can tomato soup | 1½ teaspoon salt |
| Chili Powder | cayenne pepper |
| 1 green pepper chopped | 2 tablespoons fat |

Brown meat and onion in fat. Then place in large baking dish with soup, beans, green pepper and seasoning. Place dish on rack in cold roaster. Set the temperature at 400 degrees and cook 2½ hours—or cook in roaster preheated to 375° for 2 hours.

NEW ENGLAND BOILED DINNER

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| 4 pounds corned beef | 6 small onions |
| 1 small cabbage | 6 small parsnips |
| 3 large carrots | 6 small potatoes |
| | 2 small turnips |

Wash meat in cold water. If very salty, soak half an hour in cold water or let come to a boil and drain. Place meat in enamel pan in the cold roaster with one quart water. Set temperature at 375 degrees and allow to cook 3 hours or until tender. One hour before serving add all the vegetables. Serve on a large platter with the meat in the center and the vegetables around it.

BARBECUE VEAL ROAST

4 lb. Rolled Shoulder of Veal
 $\frac{3}{4}$ cup tomato catsup
 $\frac{1}{2}$ cup water
1 tablespoon Worcestershire sauce

2 tablespoons vinegar
1 teaspoon celery seed
1 tablespoon sugar
 $1\frac{1}{2}$ teaspoons dry mustard
Dash of cayenne pepper

Rub roast with salt and pepper. Put in large dish of Automeal. Combine remaining ingredients and pour over roast. Place meat in cold roaster. Set heat control at 350°. Baking time about 3 hours.

CHOP SUEY

$1\frac{1}{4}$ pounds veal steak
4 tablespoons lard
3 cups diced celery
2 cups diced onions
1 cup water from sprouts

$1\frac{1}{2}$ cups La Choy sprouts
1 teaspoon salt
2 tablespoons flour
2 tablespoons water
2 tablespoons La Choy Soy Sauce

Brown the veal in skillet in hot lard. Then place veal, celery, onions, and one cup of water from the sprouts in the large baking dish. Place on rack in Automeal preheated to 350 degrees and cook for 35 minutes. (Or place in cold Automeal. Set temperature at 400° and cook for one hour).

At the end of this time add sprouts, and salt, then make a thickening using the 2 tablespoons flour, 2 tablespoons water and 2 tablespoons La Choy Sauce. Add the thickening to the Chop Suey mixture, continue cooking for 30 minutes. Serve with rice or canned Soy noodles.

CITY CHICKEN LEGS

1 slice fresh ham, $\frac{3}{4}$ in. thick
1 slice veal steak, $\frac{3}{4}$ in. thick

2 eggs beaten
Finely rolled cracker crumbs

Trim off the fat from the ham and cut the meat in pieces $1\frac{1}{2}$ inches square. Cut the veal in pieces $1\frac{1}{2}$ inches square. Place 4 pieces of the meat squares on a wooden meat skewer (the pointed end of the skewer run through the center of square) beginning with a piece of pork first, then veal, pork and veal again. The last piece of veal should come to the pointed end of the skewer. Press the pieces firmly together using the palm of your hand. Salt and pepper the chicken legs, roll in cracker crumbs, dip in the beaten eggs, and roll in crumbs again. Brown under broiler. Place in large uncovered dish with $\frac{1}{2}$ cup water. Temperature 375°. Time $1\frac{1}{2}$ hours.

LIVER AND BACON LOAF

$1\frac{1}{2}$ pound liver, scalded
 $\frac{3}{4}$ cup chopped onion
3 beaten eggs
1 cup milk
2 teaspoons salt
1 teaspoon powdered sage
 $\frac{1}{2}$ cup tomato catsup

4 to 6 slices bacon
4 slices bacon
2 shredded wheat biscuits, crumbled
 $\frac{3}{4}$ cup corn meal
 $\frac{1}{2}$ teaspoon pepper

Force the scalded liver and 4 slices of bacon through the food chopper, using the medium blade. Add remaining ingredients and mix thoroughly. Place in a loaf pan lined with sliced bacon. Arrange several slices of bacon on top. Bake in roaster that has been preheated to 400 degrees for 1 hour. This makes a delicious sandwich meat when cold.

STUFFED BREAST OF LAMB

Have a pocket cut in a 2 to 3 pound breast of lamb from the end and stuff with the following:

4 cups stale bread
3 tablespoons chopped onions
4 tablespoons melted butter
4 tablespoons chopped celery

$\frac{1}{2}$ teaspoon sage
1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
1 cup water

Place in the open baking dish. Place in cold Automeal. Set dial at 375°. Time $2\frac{1}{2}$ hours.

CROWN ROAST OF LAMB

1 crown roast
½ teaspoon pepper

1 tablespoon salt
sliced pineapple

Season roast with salt and pepper. Fill center of roast with dressing. Place in Auto-meal. Set control at 375°. Allow 30 minutes per pound. When baked, arrange sliced pineapple over top of roast. Brown lightly. Serve with border of mashed potatoes and green peas. Leftovers may be used in scalloped meat or sliced and browned in hot fat.

CURRIED LAMB

1 medium size onion, chopped
½ cup chopped celery
3 tablespoons fat
1 tablespoon curry powder
½ teaspoon salt

2 cups cooked, diced lamb
2 cups stock or water
2 tablespoons flour
1 teaspoon Worcestershire sauce

Brown the onion and celery in skillet in hot fat. Place onion, celery, curry powder, salt, lamb and stock in large baking dish. Place on rack in roaster which has been preheated to 350 degrees. Cook 30 minutes.

Make a smooth paste of flour with 2 tablespoons water. Add to curry mixture, then continue cooking for 5 minutes additional. Add Worcestershire sauce. Serve with border of noodles. Serves 6.

LAMB ROAST SUPREME

4½ to 5 pounds lamb
shoulder roast
2 teaspoons salt
½ teaspoon pepper

3 tablespoons flour
3 large peppers
2 cups cooked rice
½ cup chopped celery
4 tablespoons chili sauce

Wipe roast with a damp cloth, then rub with combined salt, pepper and flour. Place in a cold roaster. Set control at 375° and bake 2 hours. Cut peppers in half lengthwise, remove seeds and fill with combined rice, celery and chili sauce. Baste peppers with meat juice. Total time about 3 hours. Leftovers may be used in Curried Lamb.

BAKED HAM SLICE WITH RAISIN SAUCE

Purchase a slice of smoked ham 1-inch thick. Place in large baking dish and pour raisin sauce over, or sprinkle with brown sugar and pineapple juice. Temperature 375°. Baking time 1½ hours.

SAUCE

1 cup seeded raisins, finely
chopped

2 cups cold water
½ cup sugar
1½ tablespoons lemon juice

Add raisins to water and simmer until soft. Add sugar, cook 15 minutes longer. Add lemon juice.

HAM LOAF

1 pound ground ham
1½ pounds ground veal
2 eggs
1 cup milk

1 cup cracker crumbs
½ teaspoon salt
⅛ teaspoon pepper
6 slices pineapple
10 maraschino cherries

SAUCE

¾ cup brown sugar

1 teaspoon dry mustard
¼ cup vinegar

Mix together the meat, slightly beaten eggs, cracker crumbs, milk, salt and pepper. Grease the large dish generously. Place the six slices of pineapple with a maraschino cherry in the center and between each slice. Over this spread the meat, packing into place. Spread ½ sauce over pineapple and spread rest of sauce over the top of the loaf. Bake in roaster at 400 degrees for an hour and a half to two hours.

Turn out on a platter and serve with potatoes. Serves 6 with plenty left over for cold meats or sandwiches.

BAKED HAM IN BLANKET

Select a twelve to fifteen pound ham. Have the butcher cut off the small end. Trim off the rind and greater part of fat. Place with the fat side up. Then cover with the following blanket of dough:

4 cups flour (pastry or cake)	2 tablespoons ground cloves
1 cup brown sugar	2 tablespoons cinnamon
2 tablespoons mustard	1 teaspoon black pepper

Use enough water or cider to make dough. Roll into sheet large enough to cover ham on top, ends and sides. (No water in pan). Place in the cold roaster.

Temperature 325 degrees; baking time 15 to 20 minutes to the pound, plus 20 minutes for the cold roaster.

STUFFED PORK CHOPS

In purchasing chops have the butcher cut double chops with a pocket in the center of each for stuffing. Fill with dressing made of the following ingredients:

6 pork chops	1 teaspoon sage
2 cups dried bread crumbs	4 tablespoons melted butter
½ teaspoon salt	2 teaspoons chopped onion
¼ teaspoon pepper	water to moisten

Mix all ingredients together. Moisten with water. Stuff chops. Roll in flour then brown under the broiler or in a frying pan. Place in baking dish. Cover bottom of dish with milk or water. Do not cover. Place in cold roaster. Set control at 375° and bake 1½ hours.

AMERICAN PORK CHOPS

6 pork chops	1 finely chopped onion
1 can condensed tomato soup	1 cup fresh peas
½ cup catsup	Dash cayenne pepper
½ cup water	Salt and pepper

Brown the chops under broiler and place in the uncovered dish. Add other ingredients. Place in Automeal. Temperature 400°. Baking time 1½ hours.

SAUSAGE AND SAUERKRAUT

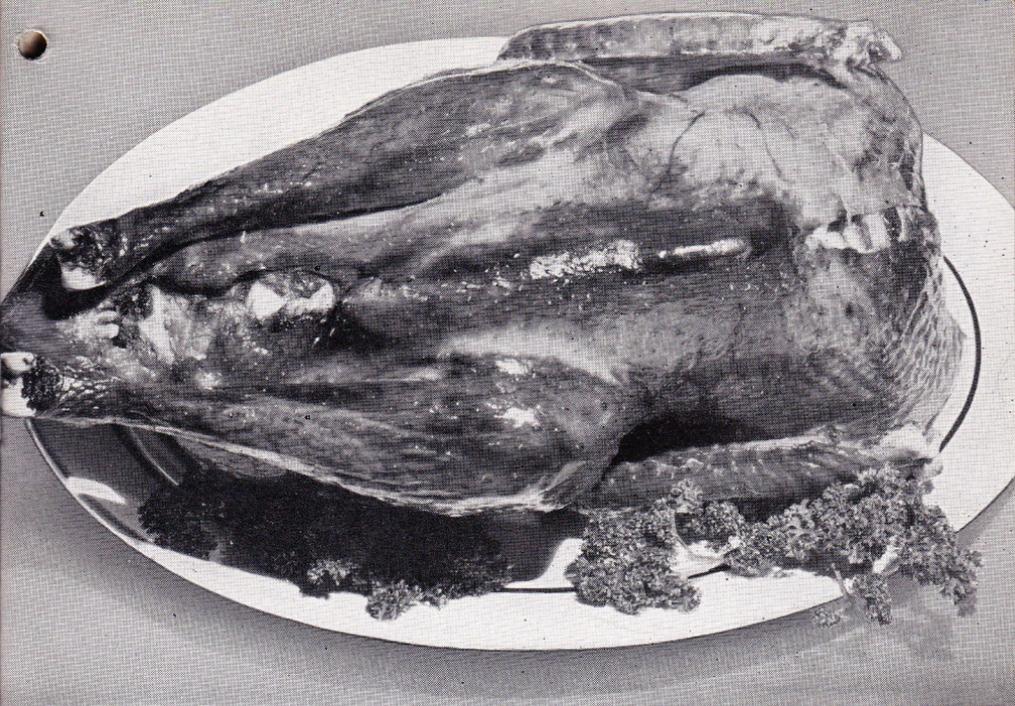
1 pound link sausage	2 pounds sauerkraut
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Place the sauerkraut in baking dish, cut the sausage in 4-inch lengths and lay crosswise on the sauerkraut. Cover. Temperature 400°. Time 1½ hours.

BARBECUED SPARERIBS

4 lbs. spareribs	1 cup catsup
1 medium onion, finely chopped	2 tablespoons Worcestershire sauce
2 tablespoons butter	½ tablespoon ground mustard
2 tablespoons vinegar	1 cup water
4 tablespoons lemon juice	½ cup celery or
2 tablespoons brown sugar	1 tablespoon celery salt
⅛ teaspoon cayenne pepper	2 tablespoons fat

Brown the spareribs on both sides in hot fat. Remove to baking dish. Melt butter and brown onions, add the remaining ingredients. When very hot, pour over spareribs. Place in a cold roaster. Set heat control at 375°. Bake 1¾ hours. (Potatoes may be baked on rack beside baking dish).



Fowl

ROAST CHICKEN OR DUCK

Clean and stuff with your favorite stuffing. If duck is stuffed, sage and onion stuffing, apple stuffing or orange stuffing are especially nice. Place chicken or duck in uncovered pan. Place in Automeal. Set control at 375 degrees, allow 25 to 30 minutes per pound. Weigh chicken after it has been stuffed.

STANDARD DRESSING

Allow 1 cup dressing for each pound of bird.

4 cups bread crumbs
4 tablespoons butter
2 chopped onions

1 teaspoon sage

$\frac{3}{4}$ teaspoon salt
Pepper
Moisten with water

Variations:

Add chopped celery, nutmeats, mushrooms, oysters or sausage. Brown the bread crumbs and onions in butter. Combine all ingredients.

ROAST TURKEY

Clean and stuff turkey using favorite dressing recipe. Place turkey on rack in large inset pan. Roast turkey in a 325 degree roaster for the entire time allowing 15 to 20 minutes per pound. A large turkey may be roasted on its side or placed in a shallow pan and roasted in the roaster well, using the inverted inset pan as a cover. Caution—do not immerse roaster body in water when cleaning the well.

FRIED CHICKEN à la MARYLAND

Cut a frying chicken in pieces for serving. Dip each piece into beaten egg which has been mixed with 2 tablespoons of cold water. Roll in a mixture of salt, pepper and flour.

Preheat roaster, from which have been removed the baking dishes and rack, to 450 degrees. Brown chicken in hot fat in large enamel inset. Reset temperatures to 300 degrees and cook 1½ hours.

CHICKEN PIE

⅓ pound fowl, cut up	4 tablespoons butter
1 medium onion, sliced	6 tablespoons flour
½ cup celery	Salt and pepper
2 tablespoons parsley, minced	½ pound mushrooms (sauté in
1 standard recipe baking powder biscuit	small pan while chicken is cooking) 20 minutes

Place fowl, onion, celery and parsley in pan in roaster, cover with boiling water and cook at 300° until chicken is tender, 2½ to 3 hours. Remove fowl from liquid and separate meat from bones. Strain and add water to make 3 cups of broth. Reset heat control to 450°. Melt butter in pan, blend in flour and stir in broth gradually until thick and smooth. Season with salt and pepper to taste. Add chicken and mushrooms and pour into slightly greased casserole. Place small rounds of baking powder biscuit dough on this. Bake for 20 to 30 minutes. This makes 6 portions.

Dumplings can be substituted for biscuits and can be cooked in enamel inset pan instead of casserole. Heat chicken and gravy to 500° before adding dumplings. Steam 20-30 minutes with control at 500°. Do not remove cover while cooking dumplings. This is an appropriate dish for serving a large number of persons.

DEVILED CHICKEN

1 frying chicken (3 pounds)	1 tablespoon minced parsley
½ cup butter	1 teaspoon salt
2 teaspoons Worcestershire sauce	dash cayenne pepper
1 teaspoon dry mustard	2 cups soft bread crumbs, buttered

Cut chicken in pieces for serving, wash and dry. Spread with butter mixed with seasonings and place in well-greased casserole. Cover with crumbs and bake covered in a 350° roaster until tender, about one hour. (Serves 4).

CHICKEN AND SWEETBREAD CASSEROLE

¼ pound mushrooms, sliced	½ cup light cream
1 tablespoon chopped onion	1 cup diced cooked chicken
3 tablespoons butter	½ cup chopped cooked sweetbreads
¼ cup flour	⅔ cup blanched almonds
1 cup chicken stock	1 teaspoon salt
½ cup milk	dash of pepper
¼ cup buttered bread crumbs	

Brown the onions and mushrooms in the butter. Stir in the flour, add stock and milk gradually. Cook until thick. Add cream, chicken, sweetbreads, almonds, salt, and pepper. Turn into a greased baking dish and cover with crumbs. Bake in a 400° roaster 30 to 40 minutes (Serves 6).