# TutorText on Nutritional Cooking

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# *Table of Contents*

# *Introduction*

WELCOME TO *Nutritional Cooking!* Come on into our kitchen and let us show how easy it is to cook the modern, nutritious way.

Yes, it *is* easy to be a good cook today. And one big reason is because your cookware does the work for you. Beautiful, stainless steel, waterless utensils *lock in* all the natural food flavor and nutriments. They give you nutritious, tasty meals with almost no effort and save you money besides.

Thirty years ago, the homemaker had no spare time for bridge, PTA, church work, or reading. She was a slave to the stove. She had no elegant waterless cookware to lighten her chores and give her leisure.

Today, your gleaming waterless cookware takes charge of the cuisine while you set the table, arrange the centerpiece, make phone calls, or spend time with your family. Modern stainless steel utensils and automatic waterless cookery have done a lot to free women from kitchen drudgery.

And, speaking of modern automatic devices, the first part of this book is like an automatic tutor.

It works like this: The book gives you important information about nutritional cooking and then tests you immediately, just as a home economics teacher might give you some facts and then ask you questions about them. If you answer the questions in the book correctly, you pass on to new information. If you are wrong, you will be corrected before the book allows you to go ahead.

This TutorText * technique was developed by the Educational Science Division of U.S. Industries, Inc., and it is now widely used in formal and informal education, by schools, the government, and industry.

* Trademark

Going through this book will be just like having Miss Streepy as your private tutor. As you read the first interesting lesson, it almost seems that she is right in your kitchen talking to you. When you choose the answer to a question based on the lesson, Miss Streepy is ready to confirm your right answer, or to explain more fully if you are wrong.

Your Tutortext on *NUTRITIONAL COOKING*, complete with basic recipes for many wonderful dishes cooked in stainless steel, offers equal guidance for owners of side-handled or long-handled sets of equipment. The style of handles becomes a matter of preference as Miss Streepy has tested both styles with equally high performance records. The most important fact is that your stainless steel cooking utensils meet the qualifications of waterless cooking as described on page 8 and on page 73.

Watch for the E-Z-Rs! You will find this term, so emblematic of Miss Streepy's actual classroom terminology, sprinkled throughout the Tutortext. These letters stand for EASY RULES! If Miss Streepy wished to offer you a final examination upon your completion of the book, your written or oral quiz would be on these E-Z-Rs. So pay especially close attention to all of these EASY RULES as you proceed.

ABBREVIATIONS

c = cup
T = tablespoon
t = teaspoon



## NOTE TO THE READER

The first part of this book is different from an ordinary book. In fact, it is more like a game than like a book.

The pages are numbered consecutively, but you don't read them that way. *You must follow the directions at the bottom of each page.*

Here is how it works.

After you read the information on a page, you are given a multiple-choice question. Choose the answer you believe is correct and turn to the page number shown beside that answer.

If you choose the right answer, you will go on to more information and another multiple-choice question. If you select a wrong answer, you will have to go back and choose again.

Follow the instructions and you will find that it's impossible to reach the last page without learning about nutritional cooking. What's more, you will enjoy doing it.

Now, please turn to page 1 and begin.

# Nutritional Cooking

To many experienced homemakers, cooking is just routine work. And to many beginners, it is an impossible mystery, shrouded in vague expressions such as "a pinch of salt," "season to taste," and "cook until done." But most homemakers, whether new or experienced, share the same goals. They want to be good homemakers, and they want to be good cooks.

In this book, we are going to show you how you can be a good cook and, even more, how you can ensure your family's good health through the nutritional method of cooking.

Good health does not come from taking a vitamin pill now and then. Nor does it come from eating a variety of foods. Instead, it comes from eating *nourishing* foods day in and day out. Over and over, prominent scientists have emphasized that improper diet slowly undermines health.

Many well-meaning cooks believe they are giving their families nourishing meals because they serve a certain variety of foods—meat, vegetables, fruits, bread, etc. And, to a certain extent, they are right. At least, they are providing variety. However, these same meals could be almost twice as nutritious if homemakers cooked their foods the nutritional waterless way.

Today's smart homemaker knows that good health depends upon the food a person eats from day-to-day. Her job is to make sure that her family eats well-balanced, nourishing meals.

The modern homemaker knows, too, that it pays to buy quality. And *quality* is just the word to describe the elegant, stainless steel, waterless cookware she uses in her kitchen.

Please turn to page 5.

You did not follow instructions.

The first part of this book on nutritional cooking is not put together like an ordinary book. You do not turn directly from page 1 to page 2 to page 3, and so on. The first part of the book will make no sense if you try to follow that procedure.

*Each page will tell you what page to turn to next.*

If you had followed instructions, you could not have arrived at this page.

Please return to page 1 and follow the directions at the bottom of that page.



YOUR ANSWER: Multi-ply, stainless steel, waterless cookware is so efficient because it cooks from the bottom only.

Wrong.

Most *ordinary* pans cook from the bottom only.

What happens is this. The heat from the range heats the bottom of the pan. And the bottom of the pan heats the water inside the pan which, in turn, cooks the food. For example, if you are boiling a vegetable in water in an ordinary pan and you turn the heat very low, the vegetable will stop cooking. It stops cooking because the water stops boiling.

Now, a vegetable cooked in a special waterless utensil is cooked by direct heat which comes at the vegetable from *all surfaces* of the pan. In other words, heat is used to cook the food and not to boil water.

Special waterless cookware is efficient because of the way it is built. The multi-ply metal, shape of the units, and close-fitting lids are designed so that heat travels evenly to all surfaces of the utensils.

Now, please return to page 8 and choose the right answer.

YOUR ANSWER: When foods are cooked improperly, nourishment is poured down the drain.

Yes, but this is not the *most complete* answer.

You are right that, when you boil foods in water, much of the food value goes down the drain. Minerals and vitamins dissolve out of the food and go into the cooking water. And this is an important loss!

However, boiling in water is just one way to lose nutritive elements. We asked you for the *most complete* answer.

There are other ways to lose food value, also. High cooking temperatures, the chemical process called oxidation, grease, and peeling all rob foods of their nourishment.

Please return to page 14 and choose the most complete answer.



In recent years, scientists have learned a lot about nutrition. They have learned that the body must have a daily supply of all the important food elements (vitamins, minerals, protein, etc.) in order to be healthy and resist illness.

Nature has taken care of our nutritional needs. The natural, unrefined, and uncooked foods are loaded with essential food elements. *But* improper cooking destroys from 30 to 50 per cent of this natural food value.

Boiling water steals a large part of the goodness from foods. So, in nutritional cooking, the homemaker adds no water to her cooking utensils.

You might protest that vegetables and pot roasts will burn if you don't add liquid to the pan! Of course, you are right. Such foods *will* burn if cooked without liquid in the usual cooking pans.

To cook the nutritional way, you must use cookware which is made to cook without water. Besides cooking without water, this cookware has other properties which help retain natural food goodness. We will talk about these other advantages soon.

Now, here is your first question. Study it and select the answer you think is right. Then, turn to the page shown beside the answer you chose.

The nutritional way of cooking depends mainly on the use of:

Special cooking utensils. **page 8**

A lot of water in the cooking pan. **page 10**

No water in the cooking pan. **page 13**

YOUR ANSWER: When foods are cooked improperly, nourishment is lost in several ways.

You are so right!

Boiling water and oxidation are two nourishment robbers. High temperatures, grease, and peeling are other enemies.

Look at what happens to vegetables when you boil them:

| *Potato* | *Cabbage* | *Carrot* |
|---|---|---|
|  |  |  |
| *50% lost* | *30 to 40% lost* | *20 to 30% lost* |

The smart homemaker knows she can't afford such losses. So, how does she solve the problem? With beautiful waterless cookware, of course!

*Here are the ways that you save food nourishment with waterless utensils:*

1. Add no water for cooking.
2. Close-fitting lids and a vapor seal lock the utensils so that air does not contact food. (Therefore, there is no oxidation.)
3. Cook over the lowest heat possible on your range.
4. Use no grease.
5. Wherever possible, do not peel fruits and vegetables.

As we go along, we will explain more about these different ways to save food nourishment.

Now, please go on to page 7.



The homemaker saves *more than a little bit* of food nourishment when she cooks in waterless utensils. She saves almost all of it!

Let us give you a couple of dry statistics.

*The nutritional waterless method saves all but 2 per cent of the minerals in foods.* It saves 38 per cent of the vitamin C and 22 per cent of the vitamin $B_1$ which ordinary cooking would lose. These are only examples, but we think they show impressive savings.

*Nutritional cooking saves all of the natural flavor.* Vegetables and fruits glisten with bright, natural color and moisture. And meats turn out tender and juicy. If you ate a nutritionally-cooked meal blindfolded, you wouldn't recognize the foods because of their delightfully different flavors.

Why do nutritionally-cooked foods taste so delectable? Let us tell you.

The main reason is that nutritional cooking holds on to natural food juices. All fresh foods are from 50 to 70 per cent water. And this water (or juice) contains most of each food's flavor, vitamins, and minerals.

When you use waterless cookware properly, moisture in the food forms a vapor which *seals* the utensil. Then, the waterless utensil becomes a miniature *airtight oven* in which a food cooks in its own healthful, delicious juices.

Choose the complete answer.

A food looks better and tastes better when it cooks:

Over even heat. **page 12**

Without water. **page 15**

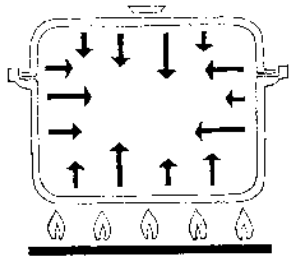
In its own moisture. **page 18**

YOUR ANSWER: The nutritional way of cooking depends mainly on the use of special cooking utensils.

You are correct.

IF you have the right utensils, you can cook without adding water. And since water is one of the chief enemies of food value, *the waterless way is the nutritional way.*

Special utensils for nutritional waterless cooking are made of *layers of metal,* put together like a sandwich. A "filling" of carbon steel, copper, or aluminum is sandwiched between strong, lustrous, stainless steel. Stainless steel is like fine jewelry. Its elegant, smooth, bright surface never loses its beautiful gleam. What's more, stainless steel never gives a metallic taste to foods.



This "multi-ply" construction makes a utensil which cooks over extremely low heat. *All surfaces* absorb and give off the same even heat so that food cooks evenly, from all directions.

True waterless cookware has straight bottoms and sides to spread heat evenly. Edges are rounded for easy cleaning. The lid and flange of each unit fit flush against each other, to make an airtight vapor seal. Handles and lid knobs never will burn your fingers. Handles are welded to the units, and there are no little crevices to collect dirt and grease.

Now, pick the correct answer and turn to the page indicated beside it.

Multi-ply, stainless steel, waterless cookware is so efficient because it cooks from the:

Bottom only. **page 3**

Bottom and sides. **page 11**

Bottom, sides, and top. **page 14**



YOUR ANSWER: When foods are cooked improperly, nourishment is lost through oxidation.

That's true, but you did not choose the *most complete* answer.

It is true that the oxygen in the air destroys food elements by a chemical process called oxidation. So, oxidation is *one way* to lose nutritive elements.

But there are many other ways to lose food nourishment, too. Boiling water steals much of the minerals and vitamins. High cooking temperatures, grease, and peeling also rob foods of their nourishment.

Now, please return to page 14 and choose the most complete answer this time.

YOUR ANSWER: The nutritional way of cooking depends mainly on the use of a lot of water in the cooking pan.

No. You are wrong.

We said that boiling water steals much of the goodness from foods. Perhaps we didn't explain this point enough, so let's go into it further.

Food contains natural nutritive elements. When food is boiled in water, many of these nutritive elements dissolve out into the water and are lost when the food is drained.

For instance, let's talk about mashed potatoes. Suppose you are going to prepare mashed potatoes for supper. Probably, you will peel the potatoes and then cook them in boiling water. When they are cooked, you will drain off the water into the kitchen sink and then mash the potatoes.

Because of the way you've prepared them, the potatoes have lost from 40 to 50 per cent of their natural food value. This is discouraging news, especially if you like mashed potatoes. The good part about it is this. Now, you *can* prepare cooked foods and retain almost all of their nutritive value. To do this, you will need to use *waterless cookware.*

Now, please return to page 5 and choose the right answer.



YOUR ANSWER: Multi-ply, stainless steel, waterless cookware is so efficient because it cooks from the bottom and sides.

No, not quite right.

Special waterless cookware is built so that heat travels evenly to *all surfaces* of the utensils. The multi-ply metal, shape of the units, and close-fitting lids are designed so that food cooks by direct heat coming from all directions.

Most ordinary pans cook from the bottom only. Some of the better ones may give off uneven heat from the sides, too. But specially-built waterless cookware cooks from all surfaces.

With ordinary pans, heat spreads unevenly. The "hot spot" is where the pan actually contacts the heat from the range. When boiling a vegetable, this "hot spot" heats the water inside the pan. And the boiling water cooks the vegetable.

In waterless cookware, the heat is used to cook the food, not to boil water.

Please go back to page 8 and choose the right answer.

YOUR ANSWER: A food looks better and tastes better when it cooks over even heat.

No, you missed the point.

Cooking *over* even heat has nothing to do with it. However, cooking *with* even heat is an important part of nutritional cooking.

Your gas range may have an even flame, or your electric range element may be working properly. But this has little to do with nutritional cooking.

Most ordinary cooking utensils do not heat evenly. In most cases, the hottest part of the utensil is the point where heat touches the pan. This is called a *hot spot.*

Waterless cookware has no hot spots. It is built so that all the surfaces of the utensil heat evenly and cook.

In addition, this special cookware has a vapor seal. This construction permits foods to cook the ideal way, that is, in their own juices.

Please return to page 7 and select the complete answer.



YOUR ANSWER: The nutritional way of cooking depends mainly on the use of no water in the cooking pan.

No. This is only part of it. It is important, but not the main idea.

You are right that in nutritional cooking you do not add water to your cooking utensils. And you are right that this waterless feature is very important.

But think about this for a moment. If you were to try to cook potatoes without water in an ordinary cooking pan, what would happen? Isn't it true that your kitchen soon would be filled with the distinctive odor of burned potatoes? In fact, you could not cook any vegetable without water in an ordinary cooking pan.

In ordinary cooking, you *do* add a lot of water to vegetable pans. And by the time you get through peeling, boiling, and mashing potatoes, for example, you have thrown away from 40 to 50 per cent of the potatoes' natural food value.

Now, you don't have to throw away all that natural goodness. But to save it, you must use *waterless cookware.*

Please return to page 5 and choose the right answer.

YOUR ANSWER: Multi-ply, stainless steel, waterless cookware is so efficient because it cooks from the bottom, sides, and top.

You are right.

Most ordinary pans cook from the bottom only. But waterless cookware cooks evenly from all surfaces. In other words, waterless utensils use heat to cook the food, not to boil water.

Now, let's find out what happens when you cook improperly in ordinary pans.

*Here are* FIVE ENEMIES *that steal nourishment from your food:*

1. *Boiling Water*—Essential minerals and vitamins dissolve out into the cooking water and are lost when you pour the water down the drain. For example, through boiling you lose: 48 per cent of the iron in your food, 31 per cent of the calcium, 46 per cent of the phosphorus, and 44 per cent of the magnesium!
2. *High Temperatures*—High temperatures destroy important vitamins and make protein foods less digestible.
3. *Oxidation*—In this chemical process, the oxygen in the air destroys many important food elements (vitamins especially).
4. *Grease*—Grease makes food seven times harder to digest.
5. *Peeling*—The richest part of fruits and vegetables lies just beneath the skin.

Now, choose the *most complete* answer.

When foods are cooked improperly, nourishment is:

Poured down the drain. **page 4**

Lost in several ways. **page 6**

Lost through oxidation. **page 9**



YOUR ANSWER: A food looks better and tastes better when it cooks without water.

It may. Or it may not, depending on the utensil you use.

Suppose you tried to cook carrots in an ordinary pan without adding water. Very soon, you would have a panful of badly burned carrots and a tedious job of cleaning up. In fact, you might just give up and throw the pan away before you're through scrubbing it.

So, your answer is partly right because the ideal way to cook *is* without water. However, we said before that the simple process of cooking without water is only part of nutritional cooking. To cook the nutritional way, you must use waterless cookware.

Waterless utensils are built to cook evenly, from all surfaces, over very low heat, and with a vapor seal. These special utensils permit foods to cook the ideal way, that is, in their own juices.

Now, please return to page 7 and choose the complete answer.

YOUR ANSWER: In waterless cooking, the food should fill the utensil in order to prevent oxidation.

You are right. Very good.

Oxidation destroys natural food vitamins. Prevent oxidation by filling the unit with food, covering it, and then locking the cover on with the airtight vapor seal. Fitting the utensil to the amount of food also helps form the very important vapor seal.

Now, here is our second general rule.

RULE 2 *for successful waterless cooking:* ADD NO WATER.

Maybe this rule seems a little too obvious to make a special point of it. However, we want to emphasize it because many homemakers just can't imagine cooking without water!

The only time you might have to add a tiny bit of water (one or two tablespoonsful) is when the food does not nearly fill the utensil. In this case, the small amount of water provides moisture for the vapor seal. Remember that nutritionally-cooked foods are foods cooked in their own juices.

Dried foods are another matter, and we will talk about them later. In steaming dried foods, you must replace the moisture which was removed in the dehydrating process.

Now, here's an easy one.

In nutritional waterless cooking:

Always add one tablespoonful of water. **page 20**

Add no water, except in very special circumstances. **page 26**



YOUR ANSWER: In waterless cooking, food sticks and scorches if you allow it to cook without checking on it.

No. You are wrong.

To do it right, you must allow the food to cook without checking on it. Many cooks are used to peeking and poking at food every few minutes. But you can't do this with waterless cookware.

Nutritional cooking depends on the vapor seal. Every time you lift the cover, you break the seal. Vapor and nutrition rush out. Since the food is cooking in its own juices, without added water, the moisture in the utensil soon is exhausted, and the food sticks.

If you are cooking meat, you might lift the cover once to turn the meat over. We'll say more about meat later.

In general, do not lift the cover until the end of the cooking time. Then test the food with a fork, and if it is not yet cooked, replace the cover immediately.

Better go back to page 26 and read Rule 3 again. Then choose the right answer.

YOUR ANSWER: A food looks better and tastes better when it cooks in its own moisture.

You are correct. This is the complete answer.

Foods retain their natural goodness when they cook in their own juices. Neither cooking without water nor cooking *with* even heat will do the job by itself. To cook the ideal way, you need special utensils, built to cook evenly from all surfaces, over very low heat, and with a vapor seal.

We've been talking about all the nutritional and flavor benefits you get when you use waterless cookware. But there are even more benefits which we haven't mentioned yet! For instance, nutritional cooking is very economical.

Here are some facts about it.

*Fuel*—Nutritional waterless cooking uses only ⅓ to ½ as much fuel as ordinary cooking.

*Food*—Food goes further because it is more satisfying.

*Meat*—Shrinkage is only 6 per cent. (Shrinkage is 25 per cent with ordinary cooking methods.)

*Sugar and Seasonings*—Very small quantities are needed.

*Artificial Nutrition*—The need for synthetic vitamin and mineral pills is eliminated.

*Lifetime Investment*—Waterless cookware never wears out.

Now, answer this one.

Nutritional waterless cooking produces the most delicious foods and:

Saves money. **page 21**

Shrinks meat only 25 per cent. **page 24**

Eliminates sweetening with sugar. **page 27**



YOUR ANSWER: In waterless cooking, the food should fill the utensil in order to prevent a vapor seal.

Wrong.

Evidently you didn't understand this part, so let's explain it.

A vapor seal is just what you want. This seal locks out the air and keeps food values in. The airtight vapor seal forms as soon as moisture from the food becomes vapor and touches the lid and flange of your waterless utensil.

Remember that oxidation is a chemical process in which oxygen in the air destroys food elements. Oxidation is one of the worst enemies of natural food vitamins.

The only way to prevent oxidation in cooking is to lock the utensil. If you fill the unit with food and then cover it with an airtight seal, air cannot contact the food.

Turn back to page 21 and choose the correct answer.

YOUR ANSWER: In nutritional waterless cooking, always add one tablespoonful of water.

No. You are wrong.

This was an easy question, and you should not have missed it!

Here's the rule again: Add no water!

The foods themselves provide the moisture which is necessary to cook them. Actually, they cook in their own delicious juices. Instead of having all the goodness washed out of them in a boiling water bath, they retain their unique flavors and nutriments.

If the food does not nearly fill the utensil you're cooking it in, you might have to add a tablespoonful of water in order to get a vapor seal. Or, it might be enough simply to wet the inside surface of the cover before you place it on the utensil.

Dried foods are different. You must add water to them because they have been dehydrated. We'll say more about this later.

Now, put your thinking cap on again. Return to page 16 and choose the other answer.



YOUR ANSWER: Nutritional waterless cooking produces the most delicious foods and saves money.

You are right. There's no doubt about it.

You save money in several ways. You need *less* cooking fuel, *less* food, *less* sugar and seasonings, and *no* expensive vitamin pills. Meat shrinks only 6 per cent, much less than the 25 per cent shrinkage of ordinary cooking methods. High-style, durable, waterless cookware will last throughout your lifetime and longer.

Waterless cookware is very easy to use. However, to get the full benefit from these elegant utensils, you must use them properly. If you follow just a few, simple rules, you will serve savory, healthful meals every time.

The method for cooking each type of food varies a little bit. And we will talk about special instructions for different foods soon.

First, let's learn a few, easy, general rules.

RULE 1 *for successful waterless cooking:* USE THE UTENSIL WHICH THE FOOD MOST NEARLY FILLS.

Filling the cooking unit with food prevents an air pocket above the food and promotes the vapor seal. Never cook a small amount of food in a large unit.

Based on what you already know about nutritional cooking, answer this question.

In waterless cooking, the food should fill the utensil in order to:

Prevent oxidation. **page 16**

Prevent a vapor seal. **page 19**

Promote oxidation. **page 25**

YOUR ANSWER: In waterless cooking, it is time to turn the heat from *medium* to *low* when you look inside the utensil and see the vapor.

Oh, no!

There you go, pot-watching again! Well, probably you forgot our rule about lifting the cover and peeking. So, we'll just give it to you again.

Here it is: Don't peek at the food while it's cooking!

Remember that the minute you lift the cover, all of the vapor which has been forming during this preheating period escapes. And all of the moisture which made the original vapor is lost. Since the vapor forms from the moisture within the food itself, lifting the cover dries out the food. Food cannot cook without moisture.

In general, the best way to know that vapor has formed inside the utensil is to see the vapor which escapes from around the cover. Dissolved food juices are in this vapor. So, if you smell delightful food aromas in your kitchen, it means that it's past time to reduce the heat.

On the last page, we gave you some guides to help you know the right time to reduce the heat to *low*.

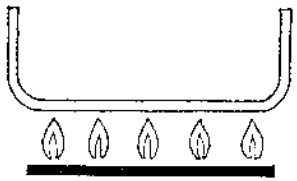
Please return to page 28. Read the three helpful guides again and choose the right answer.



*Here are the heat settings for waterless cooking on a gas range:*

USE *High* HEAT:

1. To sear pan-broiled meats.
2. To bring water to a boil when steaming dried foods over water.



Flame just touches bottom of utensil. (Note: Flame never should come up and around bottom of unit.)

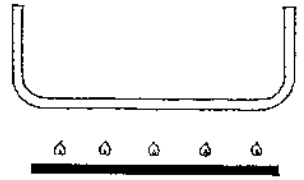
USE *Medium* HEAT:

1. To start fresh fruits and vegetables.
2. To brown and start roasts.
3. To start top-stove baking.
4. To complete pan-broiling when you want meat "medium."

Turn flame about half as tall as the high flame.

USE *Low* HEAT:

1. To complete fresh fruits and vegetables.
2. To complete roasting.
3. To complete steaming of dried foods over water.
4. To complete baking.
5. To complete pan-broiling when you want meat "well-done."



Turn flame as low as you can get it.

Study the above heat settings and then pick the right answer.

In waterless cooking, the general rule is this:

Start foods cooking over:

*Medium* heat; then reduce heat to *low*. **page 28**

*High* heat; then reduce heat to *low*. **page 30**

*High* heat; then reduce heat to *medium*. **page 35**

*Medium* heat and continue to cook over *medium* heat. **page 40**

YOUR ANSWER: Nutritional waterless cooking produces the most delicious foods and shrinks meat only 25 per cent.

No, indeed.

We must have confused you with these figures. Let us explain this.

With ordinary cooking methods, meat shrinks about 25 per cent! For example, an 8 pound roast loses 2 pounds; a 4 pound roast shrinks 1 pound.

Now, in nutritional cooking, *meat shrinks only 25 per cent as much as it does in ordinary cooking.* This means that, in waterless cookware, an 8 pound roast loses only 8 ounces. A 4 pound roast shrinks only 4 ounces. *In waterless cookware, the meat shrinkage rate is only about 6 per cent.*

Nutritional cooking also saves on cooking fuel, food servings, and sugar and seasonings. And if you prepare well-balanced meals the nutritional way, you and your family will get plenty of all the essential food elements. Costly vitamin and mineral pills are unnecessary.

Stainless steel waterless cookware is made to last. When you own a set of these beautiful utensils, you know that you have the best cookware money can buy.

Please go back to page 18 and choose the right answer.



YOUR ANSWER: In waterless cooking, the food should fill the utensil in order to promote oxidation.

No, you are wrong.

Perhaps you didn't understand oxidation when we talked about it before. So, let's go over it again.

Oxidation is a fancy name for a chemical process in which the oxygen in the air destroys food elements. Oxidation is one of the worst enemies of natural food vitamins.

The only way to prevent oxidation in cooking is to lock the cooking utensil. To do this, you fill the utensil with food and cover it. Then, as soon as the airtight vapor seal forms, air cannot contact the food. The small amount of air between the top of the food and the cover of the unit can do little damage.

Return to page 21 and choose the right answer.

YOUR ANSWER: In nutritional waterless cooking, add no water except in very special circumstances.

Right.

Cooking of dried foods is one of these circumstances, and we will talk more about dried foods later. The other circumstance is when the food does not nearly fill the utensil you are cooking it in. In this case, add one tablespoonful of water, or just wet the inside surface of the cover.

The moisture which forms the vapor seal comes from the food itself. This airtight seal forms as soon as moisture from the food touches the lid and flange of your waterless unit.

Always use the proper cover. Usually, a few of the covers of waterless units are interchangeable. In other words, you can use the same cover on different units. If the cover doesn't fit, the vapor seal won't form and food will scorch.

Here is the third easy rule.

(★) RULE 3 *for successful waterless cooking:* DON'T PEEK AT THE FOOD WHILE IT'S COOKING.

Every time you lift the cover to peek, you let healthful goodness out! Of course, you might have to test the food to see if it's done. Test it once toward the end of the cooking time. When the vapor seal locks the utensil, moisture constantly hits the inside cover and condenses back onto the food. When you lift the cover, this moisture escapes. Soon, there is no moisture and food sticks and burns.

In waterless cooking, food sticks and scorches if you:

Allow it to cook without checking on it. **page 17**

Are a "pot-watcher" (lift the cover often). **page 29**

Lift the cover just once during cooking. **page 33**



YOUR ANSWER: Nutritional waterless cooking produces the most delicious foods and eliminates sweetening with sugar.

No. We didn't say that.

Of course, some foods, such as cranberries and rhubarb, for example, are sour. And you do have to sweeten them with sugar.

However, you will use *much less* sugar when cooking the nutritional way because natural food sugar stays in the food. Natural food sugar gives a slightly sweet taste to vegetables as well as to fruits. Even carrots, cabbage, string beans, etc., have a delicate sweetness when cooked the nutritional way.

A saving in sugar and other seasonings is only a small part of the savings you make with waterless cookware. You also save substantially on cooking fuel, food servings, and meat shrinkage. Balanced meals cooked the nutritional way supply plenty of all the essential food elements. You and your family won't need to take expensive vitamin pills.

Stainless steel waterless cookware is made to last! It will serve you throughout your lifetime and will always be as gleaming and beautiful as it was the day you bought it.

Return to page 18 and choose the right answer.

YOUR ANSWER: In waterless cooking, the general rule is this: Start foods cooking over *medium* heat; then reduce heat to *low*.

You are correct.

Remember this point. Generally, start all covered foods over *medium* heat. Then, reduce heat to *low* to finish cooking.

Too much heat causes most waterless cooking failures. Use *high* heat only to sear pan-broiled meats or to boil water.

Now, the big question is how to know *when* to reduce the heat. We're about to tell you. But first, let's list our next easy rule.

RULE 5 *for successful waterless cooking:* REDUCE HEAT AT THE RIGHT TIME.

The *right time* for reducing heat is when moisture in the food has formed a vapor. How will you know when the vapor has formed? Here are three guides to help you.

*Reduce heat to low when:*

1. Vapor begins to escape from the utensil.
2. The cover is hot to the touch.
3. The cover spins freely. (Don't lift the cover when you spin it.)

Usually, vapor forms within 5 minutes over *medium* heat. However, it may take longer, depending partly on the food being cooked and partly on the temperature of the food when you put it into the utensil.

Now, here is your question.

In waterless cooking, it is time to turn the heat from *medium* to *low:*

When you look inside the utensil and see the vapor. **page 22**

After the utensil has been over *medium* heat for 5 minutes. **page 31**

When you see vapor coming out of the utensil. **page 34**



YOUR ANSWER: In waterless cooking, food sticks and scorches if you are a "pot-watcher" (lift the cover often).

You are quite right.

It's all right to check the food *once* at the end of the cooking time. To continue cooking, replace the cover immediately. (You might have to turn meats over; we'll tell you about them later.) The success of nutritional waterless cooking depends on low heat and the vapor seal. If you peek often, moisture inside the utensil soon will be exhausted and food will stick.

Everyone knows that it's easier to clean up a handsome utensil than an ugly one. Still, scrubbing out burned food is always a chore. So, don't be a pot-watcher!

Here's our next general rule.

RULE 4 *for successful waterless cooking:* USE THE CORRECT COOKING HEAT.

We already know that waterless cookware uses very low heat. However, in the first 3 to 5 minutes after you put the unit on the range, you must use a higher heat to get things going.

Each range is a little different. Probably, you will have to practice heat regulation a few times to get the best results on *your* range.

Proper heat regulation is perhaps the most crucial part of nutritional cooking. If you use too much heat at first, or if you allow the utensil to sit over too much heat too long, all the moisture inside the unit will disappear. Then, the food will become dry. Eventually, it will burn.

Now, let's look at heat settings:

If you have a gas range, turn to page 23.

If you have an electric range, turn to page 32.

YOUR ANSWER: In waterless cooking, the general rule is this: Start foods cooking over *high* heat; then reduce heat to *low*.

No, you are wrong.

It's very important to get this right, so let's go over it.

Use *high* heat for only two purposes: (1) for searing pan-broiled steaks and chops and (2) for bringing water to a boil when you are going to steam dried foods over water.

Never start other foods over *high* heat! If you use too much heat at any time during cooking, the food will dry up and burn. All the moisture, which normally would form the vapor seal, will disappear.

We think you should be able to come up with the right answer by studying the heat settings and instructions we gave you.

If you have a gas range, return to page 23.

If you have an electric range, return to page 32.

Then choose the right answer.



YOUR ANSWER: In waterless cooking, it is time to turn the heat from *medium* to *low* after the utensil has been over *medium* heat for 5 minutes.

No, not necessarily.

We said that vapor usually forms within 5 minutes over *medium* heat. However, you cannot rely on time alone to judge this.

Vapor-forming time varies with different foods. Watery foods, such as apples and cabbage, usually form a vapor in about 3 minutes. More solid foods, such as potatoes and carrots, usually take about 5 minutes. However, if the food just came from the refrigerator, more time is required to form the vapor.

In general, the best way to know that vapor has formed inside the utensil is to see the vapor escaping from around the cover. Dissolved food juices are in this vapor. So, if you smell wonderful food aromas in your kitchen, run and turn the heat down. You are losing valuable vapor.

On the last page, we gave you some guides to help you know the right time to reduce the heat to *low*.

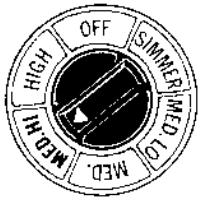
Go back to page 28 and read the three helpful guides again. Then select the right answer.

*Here are the heat settings for waterless cooking on an electric range:*

(*Caution:* Never place a cold utensil on a hot electric range element. Put the cold utensil on a cold element and heat the two simultaneously.)

USE *High* HEAT:

1. To sear pan-broiled meats.
2. To bring water to a boil when steaming dried foods over water.




Set switch at *Medium-High*

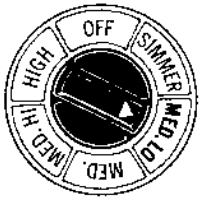
USE *Medium* HEAT:

1. To start fresh fruits and vegetables.
2. To brown and start roasts.
3. To start top-stove baking.
4. To complete pan-broiling when you want meat "medium."


Set switch at *Medium-Low*

USE *Low* HEAT:

1. To complete fresh fruits and vegetables.
2. To complete roasting.
3. To complete steaming of dried foods over water.
4. To complete baking.
5. To complete pan-broiling when you want meat "well-done."




Set switch at *Low* or *Simmer* (as low as possible)

Study the above heat settings and then pick the right answer. In waterless cooking, the general rule is this: Start foods cooking over:

*Medium* heat; then reduce heat to *low*. **page 28**

*High* heat; then reduce heat to *low*. **page 30**

*High* heat; then reduce heat to *medium*. **page 35**

*Medium* heat and continue to cook over *medium* heat. **page 40**



YOUR ANSWER: In waterless cooking, food sticks and scorches if you lift the cover just once during cooking.

No.

We said it's all right to lift the cover once.

If you're not sure the food is done, test it with a fork toward the end of the cooking time. If not yet cooked, replace the cover immediately.

It's the constant peeking and poking that does the damage. Some cooks poke at food every few minutes. You can't do this with waterless cookware.

Nutritional waterless cooking depends on the vapor seal. Every time you lift the cover, you break the seal. Vapor and nutriments escape. Since the food is cooking in its own juices, with no added water, moisture in the pan soon is exhausted and food sticks.

When cooking meats, you might have to remove the cover to turn the meat. We'll talk about meats later.

Now, please return to page 26 and select the right answer.

YOUR ANSWER: In waterless cooking, it is time to turn the heat from *medium* to *low* when you see vapor coming out of the utensil.

You are right.

This is the best way to tell that vapor has formed *inside* the utensil. Don't look inside the unit. Peeking releases all the vapor. And you can't rely on time alone, because vapor-forming time varies with different foods.

Vapor carries dissolved food juices into the air. So, if you smell good things cooking, it's past time to reduce the heat.

Here is another general rule.

RULE 6 *for successful waterless cooking:* KEEP THE HEAT LOW ENOUGH.

Once you have turned the heat to *low*, no vapor should escape from the utensil, and you should not be able to smell the cooking food. (You can say goodbye to the lingering odors of onions and cabbage!) If vapor *does* continue to escape, you must find some way to lower the heat still more.

An adjustment by the gas company probably will give you a lower flame on your gas range. Sometimes, the lowest heat adjustment on an electric range may not be low enough. In this case, put an asbestos pad on the heating element, and set the utensil on the pad. That ought to do the trick.

Think this one over. Then, choose the right answer.

When you keep the heat very low in waterless cooking, you:

Seal in flavor and nutrition. **page 41**

Must use an asbestos pad. **page 43**

Break the vapor seal. **page 46**



YOUR ANSWER: In waterless cooking, the general rule is this: Start foods cooking over *high* heat; then reduce heat to *medium*.

No, you are very wrong.

And you certainly will have a mess on your hands if you do this!

Regulation of cooking heat is very important. Probably, it is the most important part of the technique of waterless cooking.

Let's go over this part so we understand it.

Use *high* heat for only two purposes: (1) for searing pan-broiled steaks and chops and (2) for bringing water to a boil when you are going to steam dried fruits, cereals, etc., over water.

Never start other foods over *high* heat! If you use too much heat at any time during cooking, the food will dry up and burn. All the moisture, which normally would form the vapor seal, will disappear.

Remember that most waterless cooking is done over *very low* heat. A *higher* heat is needed only at the beginning to start the vapor seal.

Now, go back and study the heat instructions again. Then choose the right answer.

If you have a gas range, return to page 23.

If you have an electric range, return to page 32.

[ *from page 49* ]

YOUR ANSWER: In waterless cooking, the two main *secrets of success* are proper heat regulation and no lid-lifting.

Right you are! That question was easy, wasn't it?

We could say that proper regulation of cooking heat is the main secret of success. And leaving the cover alone during cooking runs a close second.

In these days of all-purpose homemakers, you need all the help you can get. Waterless cookware is a great help. It frees you from kitchen slavery. There are no more boil-overs, grease splatters, or burned utensils to keep you chained to the scrubbing detail.

After starting the meal, you can set the table, clean up preparation gadgets, chat with the family, read the newspaper, or do whatever you like while your delicious dinner takes care of itself. Pot-watching days are gone forever.

The woman who cooks the nutritional waterless way has a neater kitchen and more time to herself. At the same time, she knows that the meals she serves her family are the most nutritious and delectable they have ever eaten. With much pride and satisfaction, she sees her loved ones enjoy the vibrant well-being which comes only from good health.

Now, let's learn about some *special tricks* of waterless cooking.

Please turn to page 37.

[ *from page 36* ]

First, let's talk about cooked vegetables.

Sometime or other, you may have heard a woman remark about her husband, "Oh, he's a meat and potato eater. He's never learned to eat vegetables." This always makes us wonder why anyone has to *learn* to eat vegetables. Are they such strange, unusual foods? Or do they taste bad? We think it's because most cooks just boil them to death.

Through the years, people have come to think of vegetables as being very nutritious and something one *ought* to eat. Vegetables *are* nutritious, if prepared properly. But who wants to eat limp, washed-out, flavorless food, no matter how good for you it's supposed to be.

Of course, if cooked vegetables tasted as sweet and delicious as ripe, fresh fruit, no one would have to *learn* to eat them. Well, this is just *how delicious* vegetables can be when you cook them the nutritional way! Nutritional waterless cooking locks in all the natural flavor, including natural sugar, and gives you cooked vegetables which taste like ambrosia. What's more, they have beautiful, rich colors and glisten with juiciness.

There are one or two tricks to cooking vegetables the nutritional way. First, *do not peel vegetables unless the recipe calls for it.* Most of the valuable vitamins and minerals are located right under the skin. So, if you must peel a vegetable, remove the thinnest possible layer of peeling. Use a special vegetable peeler to do it.

Now, let's go back to the important matter of cooking heat. Based on what you already know about waterless cooking, choose the right answer. Always start vegetables over:

*Low* heat. **page 39**

*Medium* heat. **page 47**

*High* heat. **page 50**

YOUR ANSWER: When cooking time is up, remove all foods from the waterless utensil immediately.

No.

It's all right to leave meats and vegetables in the utensil after cooking time is over. Just be sure to remove the utensil from the heat.

If your family is late to dinner, you can keep meats and vegetables hot while waiting for them to arrive. In fact, waterless utensils will do this job efficiently.

The thing is that you should be careful not to cook any food longer than necessary. Overcooking makes vegetables soft. And it makes meats shrunken and tough.

Fruits overcook easily. They will get mushy and lose their glossy transparency if you don't take them out of the hot utensil right away.

Please go back to page 41 and choose the right answer.



YOUR ANSWER: Always start vegetables over *low* heat.

You are wrong.

Cooking heat is very important, and that's why we want you to get this right!

Low heat would not produce the necessary vapor soon enough. Use *low* heat only to continue cooking food after the vapor has formed.

*Almost all foods are started over medium heat.*

Your success with waterless cookware depends on how well you follow these instructions. Learn this part about regulating the heat if you want to enjoy cooking the nutritional way.

Only pan-broiled meats and boiling water are started over *high* heat.

Now, remember this mistake. Go back to page 37 and choose the right answer this time.

YOUR ANSWER: In waterless cooking, the general rule is this: Start foods cooking over *medium* heat and continue to cook over *medium* heat.

Well, you are partly right.

Generally, foods are started over *medium* heat. That part of your answer is right. *Medium* heat is necessary at the beginning so that the moisture in the food can form a vapor, which later seals the utensil.

However, if you continue to cook covered foods over *medium* heat, all of the moisture will disappear. Very soon, you will have a utensil full of shrunken, burned food. Too much heat is the cause of most waterless cooking failures.

Remember we said that most nutritional waterless cooking is done over extremely *low* heat—the lowest heat possible on your range. With this in mind, go back and study the heat instructions again. Then pick the right answer.

If you have a gas range, return to page 23.

If you have an electric range, return to page 32.



YOUR ANSWER: When you keep the heat very low in waterless cooking, you seal in flavor and nutrition.

Correct.

You *need* very low heat to maintain the vapor seal. If vapor still comes out, even over the lowest heat, put an asbestos pad under the utensil. Escaping vapor carries away moisture, flavor, and nourishment.

Now, here is the last general rule.

RULE 7 *for successful waterless cooking:* DON'T OVERCOOK.

When you turn the heat to *low*, vapor should stop coming out of the utensil almost immediately. Start to count cooking time. Cook for the amount of time given in the recipe. Then, remove the unit from the heat.

Waterless units stay hot and continue to cook for a short time, even after you take them off the range. Therefore, since fruits overcook easily, remove fruits from the utensil as soon as they are done. Meats and vegetables, however, may be left in the cooking unit without harm.

When cooked properly, vegetables are crisply tender. Overcooking makes them soft, and some become darker in color. Overcooking harms the protein content of meat. You don't have to cook the daylights out of inexpensive cuts! They will be tender and juicy if you cook them only until done.

When cooking time is up, which of the following do you remove immediately from the waterless utensil?

All foods. **page 38**

Fruits and vegetables. **page 45**

Fruits. **page 49**

YOUR ANSWER: In waterless cooking, the two main *secrets of success* are proper heat regulation and plenty of pot-watching.

Wrong.

Either we really have kept this a secret, or you just haven't been paying attention. Maybe we're both at fault. Anyway, let's see if we can do better.

An important rule of waterless cooking is this: DON'T LIFT THE COVER WHILE THE FOOD IS COOKING! (We wrote this in big letters so you'd remember it.)

Again, here's the way to do it: Put the cover on the utensil. Place the unit on the range. Reduce the heat when vapor escapes. Walk away and forget it until time is up.

You don't want to be a pot-watcher. Pot-watchers are kitchen slaves. They hover over water, waiting for it to boil. (It never does when you watch it.) They stand in front of the stove with fork in hand, poking and spearing while juices ooze from every spear hole.

Nutritional waterless cooking frees you to do other things.

Now, please return to page 49 and choose the other answer.



YOUR ANSWER: When you keep the heat very low in waterless cooking, you must use an asbestos pad.

Wrong.

Use an asbestos pad under the utensil *only* when the lowest heat on your range is not low enough.

If you turn the heat down to the lowest possible point and vapor still escapes from the utensil, try putting an asbestos pad between the heat and the bottom of the utensil.

Foods will not cook properly if you don't maintain the vapor seal. When vapor escapes, even over *low* heat, this means that the seal is broken. Moisture and goodness are cooking out.

Please return to page 34 and choose the right answer.

YOUR ANSWER: When you pan-broil meat in a stainless steel, waterless skillet, always add fat so the meat doesn't stick.

Wrong.

Grease or cooking fat is very hard to digest. When heated to a high temperature, it changes its composition and irritates the digestive tract.

A real advantage of pan-broiling in your waterless skillet is that you don't have to add fat. Meats cooked this way are digested easily.

*The meat is supposed to stick.* While it is sticking to the dry skillet, heat is closing the pores of the meat and juices are being sealed in.

As the meat browns, it gradually loosens itself. Don't try to turn it until it is loose. If the meat doesn't stick to the pan, it means that the pan wasn't hot enough, and the meat will not broil properly.

Better go back to page 54 and read the broiling instructions again. Then, choose the right answer.



YOUR ANSWER: When cooking time is up, remove fruits and vegetables from the waterless utensil immediately.

No.

It's all right to leave vegetables in the cooking unit after they are done. Meats also may be left in the utensil to stay hot. (Be sure to remove the unit from the heat.) So, if your family doesn't get to the dinner table on time, you still can serve them hot meat and vegetables.

Just be careful not to cook any food longer than necessary. Overcooking makes vegetables soft. And it shrinks meats and makes them tough.

Fruits overcook easily. They will get mushy and lose their glossy transparency if you don't take them out of the hot utensil right away.

Now, go back to page 41. Pick the right answer this time.

YOUR ANSWER: When you keep the heat very low in waterless cooking, you break the vapor seal.

No, you don't.

That vapor seal is just what you're going to maintain!

Without the vapor seal, there is no such thing as waterless cookery.

Foods won't cook properly if the vapor seal is broken. When vapor escapes, even over very *low* heat, this means that the seal is broken. Moisture and goodness are cooking out.

If you turn the heat down to the lowest possible point on your range and vapor still escapes from the utensil, try putting an asbestos pad between the heat and the bottom of the utensil. Or, if you have a gas range, call the gas company and ask their service man to adjust your burners.

Now, please go back to page 34 and choose the right answer.



YOUR ANSWER: Always start vegetables over *medium* heat.

Yes, indeed. You are right.

We're repeating this part about heat because it is so important. *Low* heat would not produce the necessary vapor soon enough. *High* heat would exhaust the moisture and scorch the food. So, always start vegetables over *medium* heat and reduce it to *low* after vapor has formed. Don't peel vegetables unless you have to.

Farm-fresh vegetables are best. But if you buy your vegetables at a grocery store, you can restore garden freshness by soaking them in cold water for a short time before cooking. (This is the second trick of waterless vegetable cookery.)

Here's the way to cook fresh vegetables in waterless utensils:

1. Wash vegetable and remove blemishes.
2. Select the vegetable unit which fits the amount to be cooked. Place vegetable in unit.
3. Freshen vegetable in cold water. If farm-fresh, simply cover with cold water and rinse. If from the grocery store, cover with cold water and let stand for 5 to 10 minutes before cooking. This restores moisture.
4. Drain all water from cooking unit by turning it upside down. (Hold vegetables in with one hand while draining.)
5. Cover and place unit on your range.
6. Turn heat to *medium*.
7. When vapor escapes (or when cover is hot to touch or spins freely), reduce heat to *low*. Start counting cooking time.
8. When cooking time is up, serve the most delicious vegetable you ever ate!

**Which vegetables should you soak for 5 to 10 minutes before cooking?**

All vegetables. **page 52**

Farm-fresh vegetables. **page 55**

Grocery-store vegetables. **page 64**

YOUR ANSWER: When you pan-broil meat in a stainless steel, waterless skillet, always sear the meat over *high* heat.

You are quite right.

Never cover pan-broiled meats. If you do, they will be tough and dry. Meats which are pan-broiled in waterless utensils are easy to digest because you add no fat to the skillet.

*Pan-broiled meat is supposed to stick.* It will loosen itself as it browns. The hot, dry skillet seals in delicious juices.

Now, you may be wondering how to fry meats, since we said that broiling and roasting are the two main ways to cook meats in waterless utensils. Fried chicken and pork or veal chops are not tender enough to pan-broil. So, you tenderize these meats in a covered skillet over *low* heat. Here's the way to do it: Brown over *medium* heat. Then, cover. When vapor appears, reduce heat to *low* to complete cooking.

Most fish have little natural fat. Therefore, you will need to add one or two tablespoonsful of cooking oil to the skillet when frying fish. Brown fish over *medium* heat. Then, cover. When vapor appears, reduce heat to *low* to complete cooking.

When you cover foods and cook them over *low* heat, actually you're roasting them. The covered waterless utensil is like a miniature airtight oven.

Now, answer this easy question.

Use *medium* heat to brown all:

Meats. **page 57**

Meats other than pan-broiled ones. **page 63**



YOUR ANSWER: When cooking time is up, remove fruits from the waterless utensil immediately.

You are right.

Fruits get mushy and lose their glossy transparency if left in the hot cooking unit. However, it's all right to leave vegetables and meats in the unit after cooking time is up. (Just be sure not to overcook anything!)

If you want to keep meat and vegetables hot, remove the unit from the heat and tilt the cover slightly. This breaks the vapor seal and food stops cooking.

Waterless units retain heat so well that bothersome reheating of food seldom is necessary. There's no extra work when members of your family are late to dinner.

Now, let's go over our 7 simple rules for successful waterless cooking once more. (We want to remember them until we get to the kitchen.) Here are the rules:

1. USE THE UTENSIL WHICH THE FOOD MOST NEARLY FILLS.
2. ADD NO WATER.
3. DON'T PEEK AT THE FOOD WHILE IT'S COOKING.
4. USE THE CORRECT COOKING HEAT. (Generally, start on *medium;* then reduce to *low.*)
5. REDUCE HEAT AT THE RIGHT TIME (when vapor escapes).
6. KEEP THE HEAT LOW ENOUGH (so that no vapor escapes).
7. DON'T OVERCOOK.

What do you think are the two main *secrets of success* in waterless cooking?

Proper heat regulation and no lid-lifting. **page 36**

Proper heat regulation and plenty of pot-watching. **page 42**

YOUR ANSWER: Always start vegetables over *high* heat.

Wrong.

You're going to have a lot of burned pans and scorched foods if you do it this way! Only pan-broiled meats and boiling water are started over *high* heat.

Heat regulation is very important. Let's learn this right now.

*Almost all foods are started over medium heat.*

Your success with waterless cookware depends on how well you follow these instructions.

Starting foods over *low* heat would not produce the necessary vapor soon enough. Reduce the heat to *low* to continue cooking the food after the vapor has formed.

Remember that you made this mistake.

Go back to page 37 and choose the right answer this time.



YOUR ANSWER: The 4 pound beef roast has lost ¼ pound.

No.

Maybe your arithmetic is a little rusty. We often find that ours is. You don't have to be a good mathematician to be a good cook (although, of course, it helps to know measurements).

We're only trying to make a point, which is this: A roast which is cooked in an oven loses about 25 per cent (¼) of its original weight. This is a sizable loss! It means that, if your roast weighed 4 pounds when you put it in the oven, it will weigh only 3 pounds after it is cooked. (One-fourth of 4 is 1.)

Now, a pound of meat will serve at least two people. So, thinking in terms of lost servings, you can see how wasteful oven roasting is. In terms of nutrition and flavor, it is even more wasteful, since the reason that your 4 pound roast weighs a whole pound less is that it has lost its juices. And the juices which it lost contained minerals, vitamins, and flavor.

If you had cooked the same roast on top of the range in a waterless unit, you would find that the meat retained almost all of its juicy goodness, with a loss of less than ¼ pound.

Now that you know the right answer, go back to page 63 and select it.

[ *from page 47* ]

YOUR ANSWER: Soak all vegetables for 5 or 10 minutes before cooking.

Not necessarily.

You won't have to soak the vegetables you buy directly from a farmer or at a farmers' market. Or, if you grow your own vegetables, you won't have to soak these. Just pick, clean, rinse, and cook them. Farm-fresh vegetables require only cleaning and a brief rinsing with cold water.

Unfortunately, many people do not live where they can buy good, crispy-fresh vegetables. And in the winter months, really fresh vegetables are even harder to get. In these months, most fresh vegetables travel great distances to the market, and they wilt on the long trip.

When you're unable to get garden-fresh vegetables, you'll have best results if you restore freshness and moisture before cooking. Let the vegetables stand in cold water for 5 to 10 minutes.

If you don't freshen vegetables, their lack of moisture may cause them to brown in the waterless utensils.

Please return to page 47. Choose the right answer.

[ *from page 64* ]

YOUR ANSWER: Waterless cooking procedures for fresh fruits and for fresh vegetables are almost the same.

You are right. Good for you!

There are only two differences. These are: (1) Freshen fruits by rinsing in cold water, but do not soak them; (2) To prevent overcooking, remove fruits from the utensil as soon as they're done.

Now, let's suppose you want to make applesauce. You know, the sweetest part of an apple is around the core.

To make applesauce, most homemakers peel the apples and cut out the cores. Then, they add about 1 cup of sugar for every pound of apples. What a waste of sugar and nourishment!

To make applesauce the nutritional way, cook *all* of the apple and add little or no sugar. (Do not peel or core.) Then, put the cooked apples through a food press to remove skins and seeds.

The delicious, naturally sweet applesauce that comes out is fit for a king. It will delight *your* royal family, too!

Please go on by turning to page 54.

Often, people judge cooking ability by the way a person cooks meats. With waterless cookware, you'll find that meat cookery is wonderfully simple and failure-proof.

In general, you can cook meats in two ways in waterless utensils. You can broil them, or you can roast them. And you do both of these on top of your range!

First, let's learn how to broil on top of the range. For broiling, always use the tenderest cuts of meat. T-bone, porterhouse, and sirloin steaks and rib or loin lamb chops are good for broiling. Other meats should be browned and then roasted.

Here's something to remember: Never cover pan-broiled meat because the juices will cook out over *high* heat.

Here are the steps for top-stove broiling in stainless steel skillets:

1. Place skillet on range.
2. Turn heat to *high* (*medium-high* on electric range).
3. Heat skillet for about 3 minutes. Spits or sizzles to touch of wet finger on center of bottom. (Add no grease or oil.)
4. Place meat in hot, dry skillet.

(*Note:* Meat will stick to bottom of pan at first. It will loosen itself as it browns. Don't try to turn meat until loose.)

5. When meat has seared (browned) on one side, turn it over with vegetable tongs or spatula. Juice will escape if you spear it with a fork. Turn once only.
6. Sear meat on other side.
7. For "rare" meat, remove from heat when both sides are brown.
8. For "medium" meat, reduce heat to *medium*. Continue cooking 5 to 10 minutes.
9. For "well-done" meat, reduce heat to *low*. Continue cooking 10 to 15 minutes.

Study the steps above, and then answer this one. When you pan-broil meat in a stainless steel, waterless skillet, always:

Add fat so the meat doesn't stick. **page 44**

Sear the meat over *high* heat. **page 48**

Cover the meat immediately after browning. **page 60**



YOUR ANSWER: Soak farm-fresh vegetables for 5 or 10 minutes before cooking.

No. These are the ones you *don't* have to soak. Just clean and rinse them briefly in cold water.

Homemakers who are fortunate enough to be able to buy directly from a farmer or at a farmers' market are lucky, indeed. Crispy-fresh vegetables are the most luscious!

However, many people cannot buy from a farmer. And in winter months, really fresh vegetables are hard to get. In those months, most fresh vegetables travel great distances and lose some of their natural moisture on the way.

When you can't get garden-fresh vegetables, you'll have best results if you restore freshness and moisture before cooking. Let the vegetables stand in cold water for 5 to 10 minutes.

If you don't freshen vegetables, their lack of moisture may cause them to brown in the waterless utensils.

Now, go back to page 47. Choose the correct answer.

YOUR ANSWER: The 4 pound beef roast has lost ½ pound.

No. It has lost twice that much!

Maybe you chose this answer because such a big loss is hard to believe. Or maybe arithmetic problems scare you. (They bother us sometimes.)

A 25 per cent loss *is* hard to believe. But the fact is that tests by the United States Department of Agriculture have proved that oven roasting causes losses of from 22 to 30 per cent!

Now, we said that your 4 pound roast shrunk 25 per cent while cooking in the oven. This means that it weighs only 3 pounds after roasting. (One-fourth or 25 per cent of 4 is 1.)

You know, a pound of meat will serve at least two people. So, thinking in terms of lost servings, you can see how wasteful oven roasting is. In terms of nutrition and flavor, it is even more wasteful, since the reason that this 4 pound roast weighs a whole pound less is that it has lost its juices. And the juices which it lost contained minerals, vitamins, and flavor.

If you had cooked the same roast on top of the range in a waterless unit, you would find that it retained almost all of its juicy goodness, with a loss of less than ¼ pound.

Go back to page 63 and choose the right answer this time.



YOUR ANSWER: Use *medium* heat to brown all meats.

You're wrong.

You really shouldn't have missed this question, especially since we've just talked about pan-broiling over *high* heat.

Perhaps you chose this answer by mistake. But, in case you didn't make a mistake and really don't know the answer, let's repeat the directions once more, in a different way. Here they are:

1. Pan-broil fine steaks and tender lamb chops over HIGH heat.
2. Brown poultry, fish, and all other meats over MEDIUM heat.

All right, now? If so, go back to page 48 and choose the right answer.

[ *from page 65* ]

YOUR ANSWER: When you cook a roast and a pudding in the same waterless unit at the same time, the pudding picks up a little of the meat flavor.

No, it doesn't.

And this is one of the wonderful parts about it. Even a delicately flavored custard pudding retains its own creamy light taste. There's no exchange of flavors at all.

When you're cooking a separate food above a roast this way, follow the cooking directions for the roast. Regulate the heat just as you would for the roast by itself.

This method of cooking two foods at one time is so easy and economical that you'll be doing it often.

Return to page 65 and pick the right answer.


[ *from page 63* ]

YOUR ANSWER: The 4 pound beef roast has lost 1 pound.

Correct.

Your arithmetic is fine.

But your 4 pound beef roast has not done so well. When you lost a whole pound of it in the oven, you lost servings for at least two people, plus all the minerals, vitamins, and flavor which escaped in the evaporated juices.

If you had cooked the same roast in a waterless roaster unit on top of your range, you would find that it retained almost all of its juicy goodness, with a cooking loss of less than ¼ pound.

Evaporation of natural juices is a major cause of meat shrinkage.

Even with low-temperature, nutritional cooking, some meat juices evaporate. To prevent this loss, we suggest that you brush all surfaces of meat and poultry with a small amount of cooking oil before browning. (Lightly brush meats for pan-broiling, also.) This light coating of oil helps to seal in juices because moisture cannot penetrate through oil.

To learn how to roast meats the economical, nutritional way, turn to page 69.

YOUR ANSWER: When you pan-broil meat in a stainless steel, waterless skillet, always cover the meat immediately after browning.

No, *never* cover meat when you are pan broiling it.

If you cover a steak or lamb chop which is pan-broiling over *high* heat, all the nutritious juices will cook out of the meat. It'll be tough and dry and unappetizing. The combination of cover and *high* heat cooks natural moisture away.

If you want your meat "well-done," simply reduce the heat to *low* after meat has browned on both sides. Continue cooking, uncovered, for 10 to 15 minutes, depending on the thickness of the meat.

Remember that you use *high* heat only for pan-broiling and for heating water!

Now, go back to page 54 and choose the right answer.



YOUR ANSWER: When you cook a roast and a pudding in the same waterless unit at the same time, you save money on cooking fuel.

Yes, indeed. You are right.

Here's one way you really get two for the price of one! And there's no exchange of flavors at all. Use this method whenever you're having a roast and want perfectly steamed rice, an easy dessert, or cooked dried fruit to complete your meal. Follow the same cooking procedure you would use for a roast by itself.

Of course, you don't *have* to cook puddings and dried foods, such as prunes, beans, and cereals, on top of a roast. You can steam these foods by the vapor method over water. Steam dried foods this way:

1. Fill a roasting or utility unit to within 1 inch of the top with boiling water.
2. Insert the special poaching rack or steamer plate.
3. Measure and place dried food in the stainless steel pudding pan or double boiler insert unit.
4. Add required amount of water to replace moisture removed in the dehydrating process.
5. Place unit containing dried food on top of rack.
6. Cover with dome cover and turn heat to *high*.
7. When vapor appears, reduce heat to *low* and cook required time.

This is your last question. Choose the right answer.

When steaming dried foods by the water vapor method, you use water in:

The bottom unit only. **page 66**

The top unit only. **page 68**

Both top and bottom units. **page 72**

[ *from page 64* ]

YOUR ANSWER: Waterless cooking procedures for fresh fruits and for fresh vegetables are very different.

No, you're wrong.

We thought maybe you would see that fresh fruits and vegetables are prepared and cooked in the same way. Since you didn't see the similarities, let's point them out.

If you want to hold on to as much nourishment as possible, don't peel either fruits or vegetables. Many nutriments lie just beneath the skin.

Both fruits and vegetables are rinsed and freshened with cold water before cooking. (However, you don't need to soak fresh fruits.)

Both fruits and vegetables are started over *medium* heat and then cooked over *low* heat after vapor forms.

Remember to transfer fruit from the cooking unit to a different container after cooking. If left in the hot unit, the fruit will continue to cook, and it will lose its beautiful glossy transparency. Vegetables, on the other hand, may be left in the cooking unit to stay hot.

Go back to page 64 and choose the other answer.


[ *from page 48* ]

YOUR ANSWER: Use *medium* heat to brown all meats other than pan-broiled ones.

Of course, you are right.

Use *high* heat to pan-broil the tenderest cuts and *medium* heat to brown poultry, fish, and all other meats.

Let's imagine you're having guests for dinner and you've bought an especially good-looking roast at the market. The meat looks tender and juicy, and it is flush with the ends of the bones.

So, you cook the roast in your oven for 2 or 3 hours. When it is done, you take it out and find that bare bones are sticking out of the meat for 1 to 2 inches! What do you think has happened to all that good (and expensive) meat? Where did it go?

Let us tell you. The roast's own savory juices have cooked right out of it and evaporated. And with the juices went a great deal of good nourishment. United States Department of Agriculture tests show that oven roasting shrinks meat from 22 to 30 per cent! That's a big loss!

In waterless cookware, meat shrinkage is only about 6 per cent. Very little meat *or* goodness is lost. What's more, oven roasting uses 7 times more fuel than waterless roasting on top of the range.

Now, we're going to give you an arithmetic problem.

Suppose you cook a 4 pound beef roast in the oven. After roasting, you find that the meat weighs 25 per cent less than when you bought it. How much weight has the beef roast lost?

¼ pound. **page 51**

½ pound. **page 56**

1 pound. **page 59**

YOUR ANSWER: Soak grocery-store vegetables for 5 or 10 minutes before cooking.

Right.

If you are lucky enough to be able to buy crispy-fresh vegetables directly from a farmer, simply wash and briefly rinse them before cooking. *All grocery-store vegetables need soaking.* If you don't restore moisture, vegetables may brown in waterless utensils.

Now, here's the nutritional way to cook fresh fruits:

1. Wash fruit and remove spoiled parts. Cut according to recipe. (If making fruit sauce, don't peel or core. The core is full of flavor and many valuable minerals lie beneath the skin.)
2. Place fruit in waterless utensil it most nearly fills.
3. Freshen fruit by covering with cold water and rinsing briefly.
4. Drain *thoroughly.*
5. Cover and place unit on your range.
6. Turn heat to *medium.*
7. When vapor appears, reduce heat to *low.* Start counting cooking time.
8. When time is up, remove unit from heat and transfer fruit to a different container. Fruit will overcook if left in cooking unit.

Which of the following statements is true?

Waterless cooking procedures for fresh fruits and for fresh vegetables are:

Almost the same. **page 53**

Very different. **page 62**



YOUR ANSWER: When roasting meat or poultry on top of the range, preheating the utensil is not necessary.

You're right.

Place roasts in an unheated utensil and brown them in a tender, slow way. An important general rule which applies to *all* waterless cooking is this: *Leave the cover alone during cooking.* However, if the recipe tells you to turn the roast, follow the directions. Then, replace the cover immediately.

We know that waterless cookware saves money in several ways. In fact, we've talked about most of the many important savings. But there's still another economical and convenient feature we haven't mentioned yet. So, let's talk about that now.

Let us show you how you can cook two different foods at one time over the same very small amount of heat!

For example, suppose you're having roast beef for dinner with a creamy custard pudding for dessert. Here's how you do it:

1. Place meat in roasting unit and brown both sides of meat.
2. Insert special poacher rack or steamer plate.
3. Fill stainless steel pudding pan or double boiler insert unit with your favorite custard.
4. Set unit containing custard on top of rack (over meat).
5. Lay a piece of waxed paper over top of custard. (This prevents moisture from dropping on pudding.)
6. Cover with dome cover and follow cooking directions for the roast.

The amazing part about this procedure is that there's absolutely no interchange of flavors between the two foods. Each food retains its own distinctive taste. Whenever you're roasting meat, use this method to cook rice, dried fruits or beans, baked apples, etc., at the same time.

Here's your question. When you cook a roast and a pudding in the same waterless unit at the same time:

The pudding picks up a little of the meat flavor. **page 58**

You save money on cooking fuel. **page 61**

You must use *high* heat at the beginning. **page 70**

YOUR ANSWER: When steaming dried foods by the water vapor method, you use water in the bottom unit only.

No.

You are right that, to steam dried foods this way, you must use water in the bottom unit. Fill the bottom unit with boiling water. Fill to about 1 inch from the top so that water doesn't boil over.

Water in the bottom unit provides the vapor which seals the utensil.

But you need water in the top unit, also. When the food was dehydrated (dried), it lost a considerable amount of its moisture. To cook a dried food, you must replace this moisture by adding water to it.

How much water you will add depends on the type of dried food you are cooking. The recipe will tell you the right amount.

Please return to page 61 and choose the right answer.



YOUR ANSWER: When roasting meat or poultry on top of the range, always turn the roast once during roasting time.

No, not always.

The recipe may tell you to turn the roast, or it may not.

You do turn the meat once when you're browning it. But, usually, it's not necessary to turn the meat after it has browned on both sides and you have covered it. If the recipe does tell you to turn meat or chicken during the roasting time, follow the directions. Then, replace the cover immediately to reseal the unit.

Remember this point about nutritional waterless cooking. The general rule is this: Put the cover on the utensil and leave it on! The same rule is true, whether you're cooking vegetables, fruits, or meat, or if you're baking a dessert. Every time you uncover food that is cooking in waterless utensils, you break the vapor seal and valuable moisture escapes.

In roasting, you don't have to heat the utensil before browning meat in it. A roast is better when you start it in an unheated utensil and brown it in a tender, slow way.

Please return to page 69 and choose the true statement there.

YOUR ANSWER: When steaming dried foods by the water vapor method, you use water in the top unit only.

No.

It's true that you add water to the dried food in the top unit. You must do this to replace the moisture lost when the food was dehydrated (dried). The recipe will tell you the right amount of water to add, depending on the food you're cooking.

But this isn't all of it. To steam dried foods this way, you must use water in the bottom unit, also. This water provides the vapor which seals the utensil.

Fill the bottom unit with boiling water. Leave about 1 inch at the top so that water doesn't boil over.

Now, go back to page 61 and pick the right answer this time.



Here are the easy steps for roasting meats and poultry on top of the range:

1. Lightly brush all surfaces of meat or bird with cooking oil.
2. Place roast in appropriate waterless roasting unit (the one which it most nearly fills).
3. Place unit containing roast on the range.
4. Turn heat to *medium*.

(*Note:* You don't have to preheat the utensil. Roasts are better if browned by a tender, slow method, rather than too quickly and crisply.)

5. Brown well on one side. (Meat will stick at first. When brown, it will loosen itself.)
6. Turn meat over and brown other side.
7. Cover.
8. As soon as vapor appears, reduce heat to *low*. Start counting cooking time. (Cook as long as you would in the oven.)
9. When cooking time is up, remove unit from heat and serve a deliciously tender, flavorful roast.

Generally, you won't remove the cover during the cooking time. However, there are some special instances when you'll want to turn the roast over. In this case, remove the cover, turn the meat or bird, and replace the cover immediately. Remove the cover only when necessary.

Now, here's a question for you. Which of the following statements is true?

When roasting meat or poultry on top of the range:

Preheating the utensil is not necessary. **page 65**

Always turn the roast once during roasting time. **page 67**

You may lift the cover as often as you like. **page 71**

YOUR ANSWER: When you cook a roast and a pudding in the same waterless unit at the same time, you must use *high* heat at the beginning.

No, we didn't say a word about *high* heat.

What we did say was this: Follow the cooking directions for a roast. In other words, follow the same procedure that you would use for a roast by itself. Brown the meat over *medium* heat. Set the stainless steel pudding unit on top of the special rack insert. Cover. Reduce heat to *low* after vapor appears.

Perhaps you chose this answer because we mentioned that you can cook dried foods over roasts. And we said earlier that, when dried foods are steamed over boiling water, they should be started on *high* heat. If you *are* thinking along these lines, let us straighten it out for you.

When we steam dried foods over water, we use *high* heat to boil the water in the bottom unit. This is the *only reason* we use *high* heat for dried foods. We'll tell you more about the dried foods very soon.

A wonderful thing about cooking two different foods in the same waterless unit at the same time is that even a delicately flavored custard pudding retains its own creamy light taste. There's no exchange of flavors at all.

This method of cooking is so easy and economical that you'll be doing it often.

Return to page 65 and pick the right answer.



YOUR ANSWER: When roasting meat or poultry on top of the range, you may lift the cover as often as you like.

Wrong. Leave that cover alone!

This is an important point. And it applies to *all* nutritional waterless cooking. Put the cover on the utensil and leave it on.

Remember what we said before about pot-watching? Well, the same rule is true, whether you're cooking vegetables, fruits, or meat, or if you're baking a dessert. Every time you uncover food that is cooking in waterless utensils, you break the vapor seal and allow valuable moisture to escape.

Usually, it's not necessary to turn the meat after it has browned on both sides and you have covered it. However, in some cases, the recipe may tell you to turn meat or chicken once, or even twice, during cooking. If so, follow the recipe. Then, replace the cover immediately to reseal the unit.

In roasting, you don't have to heat the utensil before browning meat in it. A roast is better when you start it in an unheated utensil and brown it in a tender, slow way.

Go back to page 69 and choose the true statement there.

[ *from page 61* ]

YOUR ANSWER: When steaming dried foods by the water vapor method, you use water in both top and bottom units.

You are quite right.

Add water to the dried food in the top unit to replace moisture lost in the dehydrating process. (The recipe will tell you the right amount of water to use.) Fill the bottom unit with water to provide the vapor which seals the utensil.

We've taken just a brief look at stainless steel waterless cookware. We've explained something about what it is, what it does, and how to use it. Mainly we've talked about the foods that you cook every day.

Before we go on to the many intriguing recipes in this book, we want you to understand that you can use waterless cookware for any and all types of cooking. You can make wonderful sauces and gravies and do canning and preserving in waterless cookware, too. And the remarkable even heat of waterless utensils makes it possible to bake light, moist cakes, luscious pies, and perfect breads, all on top of your range!

This concludes our introduction to nutritional cooking.

We hope we've shown you that the nutritional waterless way is the easiest and most rewarding way to cook! And we hope, too, that you will thoroughly enjoy all the benefits your beautiful waterless cookware will give you for years to come.



# 1

# Features to Look for in Stainless Steel Cookware

YOU'LL FIND how many pans you need as you continue cooking, but a minimum starting number would be:

a 1-quart pan
a 2-quart pan
a 3-quart pan
an 8- or 9-inch skillet
an 11-inch skillet, for baking on top of the stove
a roaster and lid (lid should also fit the large skillet)

Make sure these pans have straight bottoms so they will absorb and spread the heat upward evenly. The sides should also be straight, to absorb and direct the heat inward evenly. Look for rounded edges, which spell easy cleaning. Rolled edges collect food, bacteria and grease. I remember one of my favorite tactics in washing dishes, when I was young, was to prospect for accumulated grease in the joints of our medieval pans. I didn't realize how soon this would become unnecessary.

Buy pans that have welded handles, with no rivets or crevices to collect grease. Also be sure that the handles are heat resistant, or plenco, and are shaped to fit your hand, so they won't slip or turn. Knobs on the lids should also be heat resistant. See that they are placed on heat resistant bases so that you won't burn your fingers when you grasp the knob.

Remember that stainless steel cooks better because it is made better. It is built like a sandwich—slices of stainless steel with a filling or core of carbon steel. This multi-ply metal conducts the heat evenly to all parts of the utensil.

# 2

# How to Care for Stainless Steel Cookware

THE VERY FIRST thing to do with your nice new stainless steel pans is to *WASH* them in hot, clean, sudsy water. *Rinse* with very hot water, and *immediately dry* thoroughly with a clean soft tea towel.

Help your pans keep their shape by:
*Placing* a cold pan only on a cold burner
*Pouring* hot water into a hot pan.

These discretions prevent the bottom of the pan from buckling and giving it 'rocking chair' motion on the burner.

If you're smart enough to cook oatmeal or ralston in the morning—it's loaded with energy and vitamins—you may find it sticks to the bottom of the pan. It can be easily loosened by adding hot water for a short time. When you drain it off, you'll find the wooden spoon will remove it readily. A metal spoon or spatula will scratch your pan.

Burned foods—but you won't have any of those—can be removed the same way, only allow more time for soaking. Prevention is the best cure for burned pans. So beware of high temperatures when you're cooking!

You may notice an occasional white, cloudy stain on your stainless steel. This is to be expected from the minerals in the food. Sprinkle Steel Bright Cleaner into the pan and rub thoroughly with a Tuffy ball or a soft cloth. Rinse with very hot water and proceed with the usual dish washing procedure of hot, sudsy, clean dish water, hot rinse and immediate drying with a clean tea towel. This is not the same towel you used to swipe the kitchen window when the spray hit it; nor is it the one you rolled the potatoes in after washing them for baking. This is a nice, clean towel, right out of the drawer. Your pans will reward you with a sparkle that will brighten your entire kitchen. They're pretty enough to hang on the wall as well as adorn your stove.



I think this is one of the smartest ideas we ever stole from our grandparents. A row of gleaming pans on the wall is an invitation to cookery, just as a spice rack is a challenge to try new flavors. Many people don't seem to know that there are more than four seasonings—salt, pepper, onion and twice-yearly, poultry seasoning. A spice rack with things like oregano, thyme, curry powder (use that one cautiously), paprika, rosemary and garlic opens up a whole new world.

# 3

# Gadget Magic

Every good musician plays more than one instrument, and every good cook uses several gadgets in creating her culinary genius. I have a few favorites which I have accumulated during years of experience and kitch-napping.

### Tuffy Ball

This is the perfect tool for cleaning stainless steel pans. It is made of plastic and won't scratch or mar the steel. It also makes an effective scrubber of carrots, potatoes, celery, etc.

### Wooden Spoon

It should have a good shape, not a deep bowl. It will not scratch your pans, and it will cover more territory in stirring. You can prevent small lumps or break them up by stirring the back of the spoon against the side of the pan.

### Stainless Steel Vegetable Peeler

This tool is a real gem. The blades swivel readily to fit the dimples of the vegetable or fruit. It's much faster than the utility knife and peels so thinly that very little of the food is lost.

### Measuring Spoons

A set of standardized measuring spoons is a real necessity. The Bureau of Home Economics Research Department has made possible the standardization of measuring spoons as well as measuring cups. I remember so clearly the agony of my Home Ec school days, when the recipe called for a quarter teaspoon baking powder. This was a surgical procedure, requiring several instruments and



a good, steady hand. Baking powder cans were not born with cardboard lips in those days, so you first had to level the contents of a teaspoon with the flat edge of a knife. Then followed the laborious process of dissecting away the extraneous ¾ teaspoon of baking powder by following the pattern of two incisions, carefully placed at right angles to each other. If your hand was still steady, you scraped away the excess and collapsed in the mixing bowl. The ingenious measuring spoons in ¼, ½ and 1 teaspoon sizes and the big-daddy 1-tablespoon size should be revered by all cooks, with the possible exception of Aunt Jemima.

### Liquid Measuring Cups

They have lips for pouring, and you should get at least these three: a 4-cup, a 2-cup, and a 1-cup size. I like at least one metal measuring cup so I can melt shortening or heat milk in it. The 4-cup measurer makes an excellent mixing bowl and is wonderful for beating egg meringue.

### Dry Measuring Cup

This one does not have a pouring lip, and is used primarily for measuring dry ingredients. A full measured cup should come right to the top.

### Spatulas

A rubber spatula, otherwise known as the child cheater, is used for removing food from bowls and cups, and for cutting and folding stiffly beaten egg whites into products. A medium size stainless steel spatula is convenient for removing cakes from pans and for spreading frostings. A stainless steel spatula with short handle and wide short blade is excellent for removing cookies from baking sheets and eggs from the skillet. About an inch from the handle, the spatula blade is bent at an angle. This tool is perhaps the most versatile in the kitchen.

# 4

# Getting Acquainted with Your Stainless Steel Pans—and Some E-Z-Rs to Help You

YOU WILL LEARN that your stainless steel pans will cook any recipe you can find anywhere, and will do a better job than old-fashioned utensils. There are several shortcuts in cooking the new way, and some E-Z-Rules to help you.

## *E-Z-Rs for Dishes Requiring Thickenings*

### PAN GRAVIES

*Measure* into a pan suitable in size for the amount of gravy to be made, as a quart size for 2 cups of gravy:

¼ c fat
¼ c flour
1 t salt

*Brown* over medium heat, stirring with a wooden spoon so that the flour and fat blend smoothly together as the fat melts.

*Remove* from the heat and *gradually* stir in (*this is top secret for smooth gravies*).

2 c milk

*Return* it to the burner, stirring constantly, bring to a boil over medium high heat and boil for 2 minutes. *The method to use in stirring is another top secret for smooth gravy. First keep stirring in center of pan, making a figure 8. As the gravy thickens, occasionally stir with the back of spoon along the side of pan and the tip of the spoon along the bottom edge.*



### COLD PASTE GRAVY *or* CHICKEN GRAVY

Shake together in a covered jar, equal amounts of flour and cold water to make a runny paste. Pour hot broth into the cold paste gradually, while stirring. Always pour the hot liquid into the cold paste, another top secret for smooth gravies. Pour this mixture into the stainless steel pan and place on medium high heat, stirring constantly. After bringing to a boil, boil for 2 minutes or until glossy.

Cold paste gravy is an excellent device to prevent last-minute flurry at a company dinner. Make the cold paste as described, add hot water and cook until desired thickness. All that remains to be done is the addition of the juices and drippings from the roast, to give it color and flavor.

I suppose this system of shaking up a cold paste in a jar was invented by some man who didn't know how to boil a bean, but I'll bet his mother was really responsible for the idea. I know my mother appointed me chief paste-maker every night (so it seemed). It was a most frustrating experience of chasing cold water around in a cup with a spoon, until you finally persuaded the reluctant flour to combine with it, or until you knocked a hole in the bottom of the handleless cup.

### CREAM SAUCE

This is one of the most basic techniques of cooking, and can be used as a beginning for soups, leftovers, timbales and soufflés. It can be seasoned in endless ways. It's probably one of the most useful things to know about cooking, because with it you can create exciting taste-thrills from refrigerator rejects.

First select the pan suitable in size to the amount of cream sauce to be made.

*Measure* into the pan:

2 T fat
2 T flour
½ t salt
dash pepper

*Place* over medium high heat, and stir with a wooden spoon until the fat melts. Remove from heat and *gradually* stir in:

1 c milk

Remember the gradual addition of the milk is your *top secret* for *smooth cream sauce.*

*Return* the pan to medium high heat, and stir until it boils. Boil for two minutes, or until whipping cream thick.

### Cheese Sauce

Remove the pan of cream sauce from the heat and gradually stir in ¼ c grated cheese. Cheddar is a delightful addition. Remember that cheese is a protein and will become stringy and tough or curdle the sauce if exposed to great heat. So be sure to remove it from the burner.

### Cream of Tomato Soup

There are lots of kinds of canned tomato soup on the market. But if you want a really luscious cream of tomato soup, try this one.

Start with the above hot cream cheese sauce.

*Gradually add:*

Equal amounts of hot tomato puree or tomato sauce.

Remember that you add color to white—so you add the hot red tomato sauce to the hot white cream cheese sauce to prevent curdling. Cream of tomato soup made this way will not separate on standing. It will thicken but can be thinned by stirring boiling water into it. I like to add a few cooked noodles for a filling lunch. *Croutons* are always a tasty addition and are easily made. Butter a few slices of bread, dice them into ½ inch cubes and brown them in Stainless Steel pan, over medium heat, stirring while browning. You may prefer a dab of whipped cream on top.

All cream soups can be made the same way. Use equal amounts of cream sauce and vegetable puree. With today's electric blender, it's possible to transform any leftover vegetable into a delicious cream soup. A cream soup is usually too heavy to precede a heavy dinner. It is best used as the main course for luncheon, accompanied by a crisp salad or fresh fruit.

### Soufflé

Soufflé is also related to thick cream sauce. An easy cheese soufflé can be made any time, but remember that it is a temperamental dish, should be well done, but not over cooked. Plan to



have it when you can be reasonably sure of a definite time of serving. Time and soufflé wait for no man.

*Make*

⅓ c thick cream sauce, adding ¼ t mustard, dash red pepper, add ⅓ c cooked rice

*Remove* from heat and stir in

1 c strong grated cheese

*Add*

3 unbeaten egg yolks, one at a time, beating it thoroughly

*Cut and fold* this mixture into:

3 egg whites, stiffly beaten

A rubber spatula is a good folding tool. Continue until no egg white is visible. Do not stir further, because the success of the soufflé depends on the number of air bubbles in the egg whites to keep it light and fluffy. Pour the mixture into stainless steel pan. Cover and bake on top of the stove over lowest heat possible. Bake about 35 minutes, depending on the size of the soufflé.

If the center of the soufflé springs back when pressed lightly with your finger, it is done. (This is a lighter pressure than the one used to screen the soft centers from the caramels in Mother's box of candy.)

Cornstarch is another thickening agent but has one problem in its use. It resists hot water like a small boy. It can be tricked into submission by being broken up into more tractable ingredients, such as sugar. Let's see what we can make using cornstarch.

### Vanilla Cornstarch Pudding (To make 2 servings)

*Measure* into the quart stainless steel pan:

2 T sugar
2 T cornstarch for stiff pudding or
1 T + 1 t cornstarch for soft pudding

*Stir* until the cornstarch has been divided and spread throughout the sugar, which acts as the separating agent. Gradually stir in:

1 c cold milk (this is another separating agent for smoothness).

*Place* on medium heat, stirring constantly with a wooden spoon. Bring to boil for one minute.

*Add*

1 t vanilla
dash salt

*Pour* into serving dish or dishes to cool.

To glorify a plain cornstarch pudding, combine it with a chocolate cornstarch pudding, which is made by adding ½ square melted chocolate or 2 T cocoa to the plain recipe. Then combine the two puddings: By pouring into layers or by marblizing it, layering the two first then lightly stirring & pulling white up into the chocolate.

### Cornstarch and Egg Pudding

This is a deluxe version of the above pudding, and a much more nutritious one, because of the addition of the eggs. Measure the following into a stainless steel pan:

2⅓ T sugar
1 T + 1 t cornstarch
Dash salt

Stir with a wooden spoon until the cornstarch is well distributed to prevent lumps.

Gradually stir into mixture

¼ c cold milk to make a runny mixture

*Add:*

1 egg yolk, unbeaten

*Stir* until well blended, then gradually stir in:

¾ c milk

*Place* over medium heat, stirring constantly. Bring to a boil, then reduce the heat to a gentle boil. Stir and cook 4 minutes. Remove from heat and pour into a freezer tray to cool.

*Add:*

1 t butter, which helps prevent a scum on top.
Cool in refrigerator.



*Add:*

½ t vanilla

Vanilla retains more of its flavor if added after the pudding is cool.

This may be served as a pudding or poured into a pie shell. This amount makes a 6-inch pie; double for 8-inch; triple for 9-inch pie.

If plain pudding, this recipe makes an elegant dessert when served over fresh or canned fruit. Try chocolate pudding poured over wedges of any butter cake.

Just remember that it must be kept refrigerated. Bacteria love it just as much as we do, and unless they're given the cold shoulder, they become the uninvited guests of a real sick host. They don't hoist any warning signals while they're planning this surprise party—the pudding looks disarmingly delicious. But two or three hours after eating it, look out!

### Cream Pies

This might be called the one-pan-seven-minute method for making cream pies. Select the pan suitable for the size pie desired. The 1-quart pan will make a 6-inch pie, the 2-quart pan an 8- or 9-inch pie.

### For a 6-inch Pie

*Mix* together well, with a wooden spoon:

⅓ c + 2 T sugar
⅛ t salt
1 T + 1 t cornstarch
2 T cocoa (for chocolate pie)
(If using chocolate, place ½ square in pan over low heat to melt, before measuring the sugar-mixture into pan.)

*Measure*

1 c milk, and add ¼ of it to above mixture.

This will make a runny mixture, which will make for perfect blending of the egg yolk.

*Add:*

1 egg yolk, unbeaten. Stir well.

Gradually *stir* in

¾ c milk

*Place* the pan over medium high heat, stirring constantly with a wooden spoon until the mixture comes to a full, rolling boil and bubbles burst. This usually takes 2 or 3 minutes. Reduce the heat so it cooks at a gentle boil. This means the bubbles burst slightly.

*Cook* 4 minutes, stirring constantly. When done, a spoonful of the filling poured back into the pan will form ripples, and filling will be glossy. Pour the contents into a freezing tray and add ½ T butter to prevent scum forming on top. Put in the refrigerator to cool, while making the meringue. When cool, add 1 t flavoring. Beat with rubber spatula until creamy. Pour into cooled pie shell.

LEMON PIE (For an 8-inch pie)

1. Measure into a quart stainless steel pan

   1 c + 2 T sugar
   3 T cornstarch
   ⅛ t salt

   Mix well together with the wooden spoon—*the first step* in *making a smooth filling.*

2. Measure

   1 c boiling water

   Add ½ c of the water to sugar cornstarch mixture to make a runny consistency.

3. Add and stir to blend well

   2 egg yolks

   (Put whites into 4 c measure for making meringue.)

   ¼ c + 2 T bottled (Real Lemon Juice) or
   4 T lemon juice + 2 t grated rind

   (Remember grate rind lightly to prevent bitter flavor of white. Remember grate before reaming juice.)

4. Add the other ½ c boiling water.

5. Place mixture over medium high heat stirring constantly, bring to a quick boil. (This will prevent a cloudy filling and will give a true glossy lemon color.) This quick boil will also prevent filling from thinning when it is cold. (Usually takes 3 minutes to bring to quick *boil.*)

6. Reduce heat for the mixture to retain a gentle boil. Stirring constantly, cook 4 minutes. Test for doneness.
   —Filling glossy
   —*Jelly test*—when 2 drops join on edge of spoon.

7. Pour mixture into freezer tray.

8. Add 1 T butter to prevent scum forming.

9. Place in refrigerator to cool while making meringue.

   TO MAKE MERINGUE—
   *Add* to the 2 egg whites

   ¼ t salt
   ½ t cream of tartar *or*
   1 t lemon juice

   *Beat* mixture until soft leaning peaks form—then
   *Gradually* add ¼ c sugar, completely beating in each addition before adding the next to assure a fluffy texture.

10. When meringue is made, beat filling mixture with rubber spatula until creamy. Pour into baked pie shell.

11. Top with meringue, sealing around edge first to prevent air-holes and a weepy meringue. Meringue placed on a hot filling will cause a weepy mass between the two.

12. For top stove baking, pre-heat baking unit over medium low heat until both lid and pan give a sharp sizzle to wet finger. Put the pie on baking rack. Reduce the heat to low until meringue is golden brown. Usually takes 10 minutes.

This is a time and work saving recipe, because it takes only 7 minutes to complete, and because there are no mixing bowls to wash. More important still, it is completely fool-proof. I'd like to think I'm not the only woman who has served her bridge club lemon pie, complete with straws. The fact that the filling runs in-

stead of jells doesn't destroy the flavor, but it certainly destroys the hostess.

### New Bread Pudding for Two

*Measure* into quart size stainless steel pan

¼ c sugar
⅛ t salt
2 T or ¼ stick of butter or oleo
½ t cinnamon
¼ c seedless raisins

*Measure*

1 c milk

*Stir* ¼ of the milk into the sugar mixture to make a runny consistency, for easy blending of the egg.

*Add*

1 egg

*Stir* with wooden spoon until well blended.

*Add* the rest of the milk.

*Place* the pan over low heat. Stir and cook until the mixture steams slightly and the butter is melted.

*Add* and lightly stir in the mixture—
2 c *whole wheat* bread cubes (This will take 3 slices of bread.)

*Add*

½ t vanilla

*Cover* pan and place on burner, lowest heat possible. Bake 30-35 minutes.

This is fuel saving and a more moist, tasty pudding.

### Tapioca (to make 4 servings)

This is another quick, delicious dessert that can be eaten either warm or cold. It should be light and fluffy in texture. If it's watery, you know you've cooked it too long.



*Measure* into a quart size stainless steel pan:

1 T quick tapioca
1 T sugar
¼ t salt

*Stir* in:

¼ c milk, to make a runny mixture *

*Add:*

1 egg yolk, unbeaten. STIR to blend well.

*Add* and *stir* in

¾ c milk

Let mixture stand 5 minutes for tapioca to absorb some liquid. Stirring constantly with a wooden spoon, cook over medium heat to full boil, takes 6 to 8 minutes, until the tapioca becomes clear and the mixture slightly thick and coats the spoon. Pour in freezer pan—place in refrigerator to cool, while making meringue. When cool

*Add:*

½ t vanilla

With rubber spatula cut and fold the cold tapioca mixture into the meringue which is made by *beating* 1 egg white, ⅛ t cream of tartar to soft leaning peaks

Gradually *add:*

2 T sugar

Completely beat in each addition.

The cutting and folding process should continue until no egg white is visible. *Remember no stirring* as this deflates the pudding —air being stirred out. A hot tapioca mixture added to the meringue will also deflate the meringue.

*Drained,* crushed pineapple is a welcome addition for added zest.

---

* Pineapple may be added before cooking; stir ¼ c grated pineapple into the tapioca sugar mixture instead of the ¼ c milk to make a runny mixture.

MILK AND EGG STIRRED CUSTARD (for 2 servings)

This is similar to cream pie and is so good to the taste buds and so good for the teen-ager, who needs lots of protein.

*Combine:*

2 eggs, unbeaten
¼ c sugar
¼ t salt
1½ c milk

Stir together and cook over *low* heat—this is the *top secret* for cooking proteins such as eggs and milk—until the mixture coats the spoon. Immediately pour into a chilled container to cool. Add the flavoring, such as a teaspoon of vanilla and put in the refrigerator. Yummy.

## *E-Z-Rs for Cooking Dried Foods*

Dried foods are a boon to the housewife because they require less space and care in handling and storing. Think how crowded our pantry shelves and refrigerators would be if we bought or stored quantities of cooked rice, or fresh prunes or plump kernels of oats, waiting to be cooked.

I've often wondered why most children east of the Rockies are taught that prunes are dried plums. It took a California rancher to convince me that the person who started that rumor about prunes was full of 'em. Prunes grow on prune trees, are dried, packaged and sold as dried prunes. It's as simple as that. Even more remarkable to the nouveau riche migrants to California—you have to be rich to be able to stay, and you have to be nouveau or you would have moved there a long time ago—is the method of harvesting the prune crop. You don't pick prunes from the trees, as you would cherries or pears or apples. Prunes are picked off the ground after you manicure the entire orchard floor with a fine tooth comb, so that the local boys and girls won't get hangnails when they gather them in boxes. Prune-picking is done on the knees (the girls frequently scoot along on better-padded portions), but the proceeds have paid for many a higher education.



## *E-Z-Rs for Cooking Dried Prunes the Stainless Steel, Quart Pan Way*

You will need—

1 lb. extra large prunes
2 quart Stainless Steel pan and cover
Wooden Spoon
Quart jar and lid

1. Place prunes in pan. Wash prunes twice in warm water. Drain well.
2. Add cold water to cover an inch above prunes.
3. Put lid on. Cook over medium until lid spins or bubbles appear around edge of lid.
4. Reduce heat to lowest possible, simmer 30 minutes.
5. Carefully stir with wooden spoon.
6. Put lid on. Increase heat to medium. Bring prunes to boil.
7. Reduce heat to low. Boil gently 10 minutes.
8. Let prunes cool in pan.
9. Pour in suitable size container. Cover. Store in refrigerator.

DRY CEREALS

Dry Cereals, such as oats, may be cooked in stainless steel pans with the least possible effort. First choose the appropriate size pan—the 1 qt. size for 2 servings.

*Combine:*

1½ c water
¾ c oats, quick type or regular
½ t salt

Place on medium high heat, stir (wooden spoon, of course), and bring to a quick boil. Oatmeal has an uncomfortable way of flaring up, just before it reaches the boiling point, so watch it to that point. Then reduce the heat to medium, until the water is absorbed, stirring occasionally. Lower the heat to lowest possible, cover and cook a few minutes longer. (This replaces the ancient double boiler method over small flame overnight.)

Don't forget how to clean the pan, in case it decides to stick a little. Pour in a little hot water, cover, let it stand while eating your oatmeal and voilá! It's almost a clean pan. Wooden spoon and Tuffy Ball soon removes all.

MACARONI AND NOODLES

These are handy items to keep ready on the pantry shelf. They are tasty meal-stretchers that furnish energy and minerals. Noodles and macaroni are cooked in the same manner, but require different amounts of water. Noodles need twice their own amount of boiling, salted water to cook in, but macaroni, which doubles in size, requires four times as much boiling, salted water to be happy cooking. Select a stainless steel pan which can comfortably hold the amount of water needed.

*Top secret* hint for cooking dry foods in water: add ½ t cream of tartar to 4 c water before coming to a boil. This will prevent white spots forming on your lovely new pans.

*Bring to a boil* in 3 quart pan:

4 c water
1 t salt

*Add:*

2 cups noodles (or one cup macaroni)

*Stir occasionally* with a wooden spoon to prevent settling and sticking. Keep the water boiling in an uncovered pan. Cook for 12-15 minutes, as recommended on the package. To test whether it's done—cutting with the spoon against the side of the pan should be easy. Drain thoroughly by placing the edge of the lid against the flange of the pan, and tipping it. Be sure that all the water drains out, and there is none left in the lid. This eliminates the old strainer method.



# 5

# Nutritional or Waterless, Greaseless Cooking

NUTRITIONAL COOKING is a formula for keeping *in the food*, all the valuable nutrients, including the minerals and vitamins. In ordinary cooking, when the food is cremated at high temperatures or drowned in boiling water, most of the rare trace minerals and the vitamins that are sensitive to heat, are either lost or poured down the drain. Waterless cooking is the art of cooking food in its own juices.

This is a wonderful new way to cook because it saves so much of your food cost. There is little or no food shrinkage in this method, which means you don't have to plan on as much food per person. It's all there when you are ready to serve.

You can cut down the amount of sugar added, because the natural sugars of the food are retained and not drained out into watery juice, as in the water method. Waterless cooking also requires less seasoning because the natural mineral salts are saved. No need to supplement with commercial, synthetic vitamins and minerals, because the natural vitamins and minerals are still in the food.

There aren't any leftovers that are ignored day after day in the refrigerator, till they have to be discarded. Food cooked the waterless way is delicious hot or cold, or warmed up the waterless way.

Your family will like the waterless method in stainless steel pans because it makes food attractive. Who can resist a dish of green beans that are still a bright green color, still crisp, yet tender, with a delightful natural flavor? Even foods cooked in the same pan at the same time do not exchange flavors, because there is no liquid to muddy the individual tastes. Even if your

food scorches—because your control of the heat or your timing wasn't accurate during the first minutes of cooking—there will be no scorched flavor in the food.

You, the cook, will like the waterless, greaseless, stainless steel method of cooking because there is less work to be done. There is no last-minute rush, because the table can be set and last minute preparations made while the food is cooking. Even the utensils and gadgets used can be washed or stuffed into the dishwasher, and your kitchen will look as pretty and pampered as yourself. There can be no boil-overs, no splatters of grease, no burnt pans to clean. Shakespeare said,

> Double, double toil and trouble;
> Fire burn and cauldron bubble

before he cooked the waterless way in stainless steel pans.

### *E-Z-Rs to Waterless Greaseless Cooking in Stainless Steel Pans*

There are some basic, easy rules to follow in cooking the waterless, greaseless nutritional way.

1. Select the size of pan best suited to the amount of food to be cooked.
2. To prevent an air pocket above the food and thus retain air-destructive vitamins, the food should *fill* the pan.
3. Cover the food with cold water to rinse.
4. Drain off *all* the water by placing a hand over the food, and inverting the pan.
5. Place cover on the pan and put it over *medium* heat for a few minutes. Watery type foods such as apples, cabbage, take three minutes. More solid type foods such as potatoes, carrots, etc., take five minutes. During these few minutes the water on the surface of the food and some of the natural juice or water content of the food are being heated and changed to vapor. *If the heat is too high for too long, all vapor evaporates—the food becomes dry and burns. This is the only way during the cooking process that food can burn.* This vapor touches the flanges of the lid and of the pan to start an airtight heat seal. At this time the lid will spin freely. To test this, grasp the knob of the lid, and with a slight pressure to the right (be careful not to raise the lid), the lid will spin freely.
6. Now reduce the heat to lowest possible to complete the airtight heat seal where the flanges of the pan and the lid meet. This vapor seal locks the air out and seals in the vapor, the healthful minerals and vitamins, and the natural juices. These juices will accentuate the natural flavors of the food. Products retain their natural shape and remain firm, yet tender.
7. Start counting the cooking time. Cook according to the minutes stated in the recipe.
   *Have faith: no peeking, no punching*

# 6

# E-Z-Rs for Cooking Fresh Fruits and Vegetables The Stainless Steel Waterless Way

FRESH FRUIT will still taste fresh if it is cooked this easy, quick way. Many times it can then be used several ways, such as with puddings, in pies, in drinks or in dessert whips.

1. Select fresh fruit and prepare according to the recipe.
2. Place fruit in the pan that it will most nearly fill.
3. Cover with cold water from the tap to wash and freshen it.
4. Drain the water completely from the fruit by placing a hand on the fruit and inverting the pan.
5. Cover and place the pan on medium heat until the cover spins freely—usually three minutes. Sometimes the odor of the fresh fruit cooking will indicate that the fruit has started to cook.
6. Reduce the heat to very, very low on gas and simmer on electric, to complete the heat seal, and the fruit will cook in its own juices till done.
7. Start counting the cooking time when you reduce the heat. Cook according to the time given in the recipe.

*Have faith: no peeking, no punching*

8. When the fruit is tender or done, remove to a container such as a fruit jar, to cool. If left standing in the pan it will continue cooking, lose its glossy transparency, and become a dull, shrunken over-cooked product.

CRANBERRIES—waterless, nutritional

1. Remove the stems and imperfect berries.



2. Wash and place in stainless steel cooking pan of the correct size —2 qt. for 1 lb. berries.
3. Add half as much sugar as berries, or 2 cups sugar to 4 cups berries.
4. Place on medium heat until berries begin to pop—about 3 minutes. Remove lid, with wooden spoon stir lightly to help sugar dissolve that has settled along bottom edges.
5. Cover—reduce heat to lowest possible—cooks 5-7 minutes.

STEWED APPLES FOR 4 (makes 1 pint)

You will need—

| | |
|---|---|
| 4 large apples | Vegetable peeler |
| | Utility knife |
| | Quart size stainless steel pan and cover |
| ¼ c sugar | ¼ c measuring cup |
| | Kitchen fork |
| | Pint jar and lid |
| | or |
| | Refrigerator dish and cover |

1. With vegetable peeler, peel 4 large Jonathan apples
2. Cut in quarters
   Remove core section of each quarter (Attention to removing all seed pockets—they are so annoying between the teeth)
3. Cut each quarter in half, into quart size stainless steel pan (Pan should be full to prevent air pocket above apples, thus retain health nutrients such as Vitamin C, which is so allergic to air)
4. Cover with cold water to rinse
5. Place hand over top of pan, invert pan to drain thoroughly
6. Add ¼ c sugar
7. Cover and place pan over medium heat for 4 to 5 minutes—or until lid spins freely, and you note that luscious odor
8. Reduce heat to lowest possible
   Cook 15 to 20 minutes
   Apples will be tender and *white*, but will take on that glossy transparency so natural with apples as they cool
   (*Testing for doneness:* Use kitchen fork sparingly and carefully. No need to test several pieces. A punch deep in the piece will

cause it to break. Pieces should retain shape. Over-cooking causes them to shrink, to be shapeless, and a dingy gray-white)

9. Turn them into suitable size dish with cover or into pint jar. Cover to prevent escape of vitamin C into the air

### Cinnamon Stewed Apples

Follow above directions; only change necessary in *place* of the ¼ c sugar—use

2 T sugar
2 T cinnamon candies

The candies add that touch of color sometimes needed to highlight a plate of food

### Baked Apples (See Top-Stove Baking Section page 120)

### Cranberry Sauce

You will need—

| | |
|---|---|
| 1 lb. cranberries | 2 Quart size stainless steel pan |
| 2 c sugar | 2 cup measure |

1. Pick over cranberries to remove stems and undesirable berries
   Wash in warm water at least twice
   Remove berries from warm water by lifting with the hand to another pan
   (*This leaves the debris and stems in the water and not in the cooking pan*)
2. Put berries in 2 quart stainless steel pan
   Add 2 c sugar
   Put cover on—place on medium heat for about 3 minutes—until berries begin to pop
3. Remove cover and with the wooden spoon stir lightly until sugar is completely dissolved
4. Reduce heat to low—cover and cook 5-7 minutes

## *E-Z-Rs for Cooking* Fresh Vegetables

1. Select the vegetables as garden fresh as possible.
2. Scrub and wash with a Tuffy ball.
3. Peel thinly with a vegetable peeler.



4. Cut into sections or cubes.
5. Choose a pan that the vegetable or vegetables almost completely fill—an air pocket above vegetable will destroy certain vitamins through oxidation.
6. Cover the vegetable with cold tap water, to rinse and freshen it.
7. Completely drain the water from the pan by inverting the pan, using the open hand as a lid.
8. Sprinkle a teaspoon of salt over the vegetable when cooking in a 1 qt. size pan. It takes only one-half as much salt by the waterless method, because the natural salts in the vegetables enrich the flavor.
9. Cover and set the pan on medium heat for a few minutes. The actual number of minutes will depend on the type of vegetable: 3 minutes for the watery type, 5 for the more solid, less watery, type. The temperature of the food will also vary the time. A vegetable just out of the refrigerator will take longer than one at room temperature.
10. When the vegetable has started to cook, the air tight seal will begin to form between the flanges of the lid and the pan. The lid will then spin freely. (*No peeking or you will lose all the heat that built up and you will have to start again.*)
11. Reduce the heat to lowest possible.
12. Cook the number of minutes shown on the time chart or in recipe.
13. When the cooking time is up, test vegetables for tenderness and season according to the recipe.
14. If it isn't time to serve, leave the vegetable in the pan, tilting the lid slightly.

## *E-Z-Rs for Watery-type Vegetables the Stainless Steel Waterless Way*

Cabbage and spinach are excellent additions to the meal if properly selected and properly cooked. For selection—top quality and as garden fresh as possible, for cooking the waterless, greaseless way—and only long enough for tenderness, still crisp and firm. Color and flavor will be retained—the green of spinach and of cabbage intensified since no water to attract the volatile acids of the vegetables and cause them to be dark, brownish green.

### Cabbage for Two

You will need

| | |
|---|---|
| ½ lb. crisp green-white cabbage | Stainless steel quart pan and cover |
| ¼ t salt | Shredding knife or saladizer |
| ½ T bacon drippings | |
| Paprika | Measuring spoons |

1. Remove undesirable leaves—wash
2. To prevent loss of vitamin C to the air, shred cabbage just before putting on to cook. Pan should be full—again to prevent air pocket—thus loss of vitamin C. Cover with cold water to rinse, drain completely.
3. Add ¼ t salt
4. Cover and place on medium heat until lid spins freely—usually 2 to 3 minutes
5. Reduce heat to lowest possible—start counting cooking time. Cook 7 minutes for young cabbage—10 minutes for older cabbage
6. Remove lid—add ½ T bacon dripping—generous sprinkling of paprika. Replace lid 2 minutes to melt drippings.

Cabbage cooked this method is most kind to the stomach and easy to digest. It is crisp, tender and excellent flavor—Might try omitting bacon drippings—and serve it with a dash of French Dressing.

### Spinach for Two

You will need—

| | |
|---|---|
| 12 oz. package fresh spinach | Stainless steel quart pan |
| ½ T bacon fat | Kitchen scissors |
| | Measuring spoons |

1. Remove stem ends and undesirable leaves
2. Wash in at least two waters—each time lifting leaves out, rather than pouring water off, so as to leave debris in water, not on leaves
3. Place washed spinach in stainless steel quart pan.
   Add ¼ t salt
   Cover
4. Place over medium heat, until pan spins freely, 2-3 minutes. Reduce heat to lowest possible. Cook 6 minutes.
5. Add ½ T bacon drippings.
   Cover to melt bacon drippings—about 2 minutes



### Lowly Turnip

You will need—

| | |
|---|---|
| 6-8 small to medium turnips | Quart stainless steel pan |
| 1 t salt | Utility knife |
| 1 t bacon fat | Measuring spoons |
| Paprika | |

1. Peel and cut enough turnips into quarters to completely fill quart size pan
2. Cover with cold water to rinse
3. Drain completely by hand method
4. Add 1 t salt
5. Cover—Place over medium heat until lid spins—about 5 minutes
6. Reduce heat to lowest possible. Cook 10-15 minutes
4. Add 1 t salt
   Dashes of paprika
   Replace cover
   Turn off heat
   Let fat melt

## *E-Z-Rs for Cooking Less Watery-Type Vegetables the Stainless Steel Waterless Greaseless Way*

### E-Z-Rs for Cooking Baby Beets

You will need—

| | |
|---|---|
| 1 lb. young baby beets | 2 qt. stainless steel pan and cover |

1. Remove all but one inch of tops and roots from beets. Wash beets thoroughly.
2. Place in 2 qt. pan. Cover with cool water
   Drain completely by hand method.
3. Cook in covered pan over medium heat until lid spins freely about 5 minutes.
   Reduce heat to lowest possible. Start counting cooking time. Cook 30 minutes.
4. Remove from heat and pour into sink of cold water to peel. Slip skins off.

E-Z-Rs for Harvard Beets

You will need—

| | |
|---|---|
| 1 lb. young baby beets cooked and diced | 1 qt. stainless steel pan |

1. Make Harvard sauce.

*Measure* into 1 qt. pan:

| | |
|---|---|
| 3 T sugar | Measuring spoons |
| 2 t cornstarch | Wooden spoon |
| ½ t salt | |

With a wooden spoon *mix the dry ingredients.*

*Gradually add*

1 T of lemon juice
4 T of orange juice

*Stir* and cook over high heat until sauce thickens and clears.
*Add* 1 T butter. Stir in and melt.
*Pour* the Harvard sauce over cooked diced baby beets and let stand to cool.

E-Z-Rs for Special Cheese Potatoes for Four

You will need—

| | |
|---|---|
| 4 medium large potatoes | Vegetable peeler |
| | Utility knife |
| | Stainless steel quart pan |
| | Kitchen fork |
| 1 t salt | Measuring spoons |
| 1 T butter | ¼ measuring cup |
| 2 T milk | |
| ½ c (⅛ lb.) grated cheese | Grater |
| Paprika | ½ cup |

1. With vegetable peeler, peel 4 potatoes
2. With utility knife, cut potatoes in quarters lengthwise—then holding all four quarters, cut in inch size pieces into the quart pan
3. Cover potatoes with cold water to rinse
4. Place hand over pan, turn pan upside down to drain thoroughly

5. Sprinkle 1 t salt over potatoes
6. Cover pan and place over medium heat until cover spins freely—usually takes 5 minutes
7. Reduce heat to lowest possible. Cook 20-25 minutes. Rarely, due to fluctuation of heat—a puff, puff sound is heard—meaning heat seal is broken—and heat is too high.
8. While potatoes are cooking, measure 1 T butter and 2 T milk into ¼ cup. Grate ½ c cheese (saves dish-washing to grate cheese on hand towel paper.)
9. When potatoes are cooked—add butter and milk. Place cover on, let butter melt and milk scald—takes about 2 minutes.
10. Shake grated cheese on top—and sprinkle freely with paprika. Replace cover, turn off heat to melt cheese to a tender creaminess. Takes about 2 minutes

### Double-deck Potatoes and Carrots for Two

You will need—

3 medium potatoes
4 medium carrots
1 t salt

Equipment as for cheese potatoes
Bowl and lid

1. Prepare potatoes as for cheese potatoes. Place in quart pan—should be about ⅔ full
2. Carrots—cut in half crosswise. Place on top of potatoes
3. Cover with cold water to rinse
4. Drain as for cheese potatoes
5. Sprinkle with 1 t salt
6. Cover—and cook as for cheese potatoes
7. When cooked—remove carrots to stainless steel bowl. Add 1 T butter—cover bowl to keep carrots hot and vitamin C in
8. For potatoes—add ½ T butter
   1 T milk—proceed as for cheese potatoes. Shake grated cheese on and sprinkle with paprika

### E-Z-Rs for Glazed Yams (Orange Sweet Potatoes) for Four

You will need—

3 or 4 medium yams
1 t salt
⅓ c brown sugar

Quart size stainless steel pan and cover
Vegetable peeler

2 T butter
½ c miniature marshmallows
Utility knife
Cooking fork
Vegetable tongs

1. Peel and cut yams through center crosswise—Cut each half into quarters, making 8 pieces per yam
2. Put pieces of yams in quart stainless steel pan
3. Cover with cold water to rinse. Drain thoroughly (place hand over top, turn pan upside down)
4. Measure onto yams—
   1 t salt
   ⅓ c brown sugar
   2 T butter
5. Cover pan and place over medium heat. Cook until lid spins freely. Usually takes 3 minutes
6. Reduce heat to lowest possible. Start counting cooking time. Cook 10 minutes
7. Test with cooking fork—for firm tenderness. (Yams and sweet potatoes have a way of suddenly getting too soft)
8. With vegetable tongs, remove about half of the yams to lid of pan
9. Increase heat enough to gently boil syrup, and with tongs turn and glaze pieces of yams in pan—Pile them to one part of pan —keep adding and glazing pieces that are in lid.
10. Add ½ c miniature marshmallows. Reduce heat to lowest possible. Cover pan—(Marshmallows will melt in a few seconds)

## *E-Z-Rs for Cooking* Frozen Vegetables *by the Stainless Steel Waterless Method*

1. Place the frozen vegetables in a pan. The 1-qt. size is ideal for the 10 oz. package of food.
2. Add no water.
3. Cover and place over medium heat until the cover spins freely.
4. Reduce the heat to lowest possible.
5. Start counting the cooking time and cook according to time charts for frozen vegetables, as 6 minutes for peas, etc.
6. Add 1 T butter; cover to melt butter.



### Frozen Peas and Carrots

You will need—

10 oz. package of Frozen Peas and Carrots
½ t salt
1 T butter
Stainless steel quart pan and cover
Measuring spoons

1. Break block of frozen peas and carrots into stainless steel quart pan
2. Add ½ t salt
3. Cover and place on medium heat 10 minutes. Stir.
4. Reduce heat to very lowest and cook 6 minutes
5. Add 1 T butter—replace cover—turn off heat
   Melt butter

### Frozen Green Beans

Follow directions as for *Peas, Peas and Carrots.*
Use 1 T bacon fat for the butter.

# 7

# E-Z-Rs for Cooking Meats, Fish and Poultry the Stainless Steel Waterless, Greaseless Way

MEAT COOKED the waterless greaseless way is completely and deliciously prepared on the top of the stove. This means you have eliminated the use of your oven. And what did it ever do for you? It overheated your kitchen—made it a real steam cabinet in summer. It cost you almost ten times as much to keep it at the high temperature it required. Will you ever forgive it for shrinking your beautiful, big roast to such dainty proportions?

This new method of roasting meat on top of the stove provides an even, simmer heat which protein foods require for tenderness. The healthful minerals, vitamins and protein are least affected by low temperatures, which retain the natural juices. Copper, phosphorus and iron, some of the most important minerals found in meat, are essential to healthy blood, bones, teeth and nerves. They also enhance the flavor of meat. These same juices contain the vitamin B's and Niacin, essential to healthy appetite, digestion, skin and nerves.

### STEAK—BROILED

Preheat the stainless steel broiler pan or fry pan over medium high heat or until the center bottom of the pan will sizzle to the touch of a wet finger. Careful!

Sear or brown the steak on both sides, which will seal in the juices and make the meat more juicy and tender. Use vegetable tongs or a short wide spatula to turn the steak, rather than releasing the juices by pricking it with a fork.



Reduce the heat to medium for the remainder of the cooking time. There is no need to turn it after the meat has browned on both sides. Frequent turning causes more loss of juices.

Season with melted butter, salt and pepper, and enjoy yourself.

### FISH—BROILED

Follow the above stainless steel pan technique.

Brush the fillets with oil, sprinkle with salt and paprika. Broil 6-8 minutes on each side. The fish is done when it flakes easily.

Serve hot, pour lemon butter over it—¼ t lemon juice to ½ stick butter.

### POULTRY—ROASTED

Prepare the bird for roasting. Brush the whole bird with cooking oil or melted butter. Place it in the bottom of a cold roaster. On medium heat, brown the bird on all sides. Turn it breast down in the pan. Reduce the heat to low, and cover. Allow 25 minutes per pound, cooking time. Turn every 20-25 minutes.

### PORK CHOPS—MEAT LOAF

The two meats above should be browned in stainless steel skillet over medium heat, as though broiling. They should then be covered and the heat reduced to lowest possible.

Cook pork chops approximately 1 hour. If the pork chops are very thick, or very thin, the time will vary accordingly. They should be fork tender—no knife needed for cutting.

### BEEF ROAST

Select the size of skillet or roaster that best fits the roast. Sear or brown the roast on both sides over medium heat to prevent loss of juices.

This will take 20-30 minutes for each side. Reduce the heat to low and cover. Cook according to the time chart for oven roasting. The time to season is after the roast is through cooking, and you will get the fresh just-right salt flavor.

*E-Z-Rs for Roast Beef Stainless Steel Way*

You will need—

| | |
|---|---|
| 3½-4 lb. center cut arm of beef | 11" stainless steel skillet and cover. |

Sharp knife
Quart pan lid
Vegetable tongs
Wide spatula

1. Pre-heat 11" skillet over medium heat 5 minutes. (Skillet hot enough when center of bottom snaps to touch of wet finger.)
2. While skillet is heating score edges of roast with sharp knife. (This prevents edges curling.)
3. Place roast in hot skillet to sear or brown. (This seals in the natural juices.) This will take 20 minutes per side. As the meat sears, with quart pan lid press meat down to fit flat in skillet. (Meat has a way of hoving or bulging up in places.)
   (*To prevent loss of juice when checking for brownness or when turning meat, use vegetable tongs and wide spatula.*)
4. When it is seared or beautifully browned (not burnt) cover and roast over medium heat until lid spins or bubbles of vapor appear around edge of cover. (This prevents seepage of natural juices.)
5. Reduce heat to lowest possible. Roast. Start counting roasting time.
   *For that well done flavor*
   Roast 30 minutes per lb. or 2 hrs. for 4 lbs.
   *For that medium done stage*
   Roast 20 minutes per lb.
   *For that rare done stage*
   Roast 15 minutes per lb.
   *Over cooking toughens meat as the tissues become limp and weary.*

## *E-Z-Rs for Top-Stove Roast Chicken Breast and Stuffing for Two*

You will need—

| | |
|---|---|
| 2 chicken breasts | 9" Stainless steel skillet and lid |

1. Preheat stainless steel skillet over medium heat until center sizzles to the touch of wet finger
2. Place skin side down in skillet to brown—will take 20-25 minutes



| | |
|---|---|
| Turn pieces | Vegetable tongs<br>Kitchen fork |

Cover, reduce heat to low 5 minutes
Reduce to lowest possible heat
Cook 40 minutes

While chicken is roasting, prepare stuffing

You will need—(vegetables)

| | |
|---|---|
| ¼ c onion | Grater & ¼ measuring cup |
| ½ c celery—2 stalks | Utility knife |
| ¼ t salt | Measuring spoon |

1. Grate ¼ c onion. This will take about ⅓ onion
2. Dice ½ c celery—2 stalks

You will need—(bread mixture)

| | |
|---|---|
| 6 slices whole wheat bread | Utility knife<br>2 qt. size stainless steel mixing bowl |
| 1 t poultry seasoning | Measuring spoons |
| ½ t salt | Table fork |
| ½ t paprika | |

1. Cut 6 slices of whole wheat bread into cubes
   (Easy does it—stack 3 slices at a time and cut through 3 times lengthwise and 3 times crosswise)
   This will make 4 c bread cubes
2. Put bread cubes into 2 qt. stainless steel bowl and—
3. Measure 1 t poultry seasoning
   ½ t salt
   ½ t paprika
4. Sprinkle lightly over the bread cubes
   (This prevents the seasonings all landing in one place)
   Add vegetables to bread and seasoning mixture

Prepare broth and base for gravy

You will need—

| | |
|---|---|
| 1 T Chicken Instant Granules | Quart stainless steel pan and cover |
| 2 c hot water | Measuring spoons |
| 2 t butter | 2 cup liquid measure |
| | Wooden spoon |

1. Measure into quart stainless steel pan

   1 T Chicken Instant Granules
   2 c hot water
   2 t butter

2. Stir with wooden spoon while bringing to boil to dissolve granules

When chicken is tender (easily pierced with kitchen fork) and broth is done, dribble 1 c of it over the seasoned bread cubes and toss in lightly with a table fork (*This will prevent a soggy texture*)
Use remainder of broth for gravy.
With vegetable tongs, remove the breasts to lid of skillet
Turn stuffing into skillet
Place chicken breasts, skin side up, on top of stuffing
Cover—Cook over lowest heat 20-25 minutes. Salt chicken when ready to serve

To prepare gravy—you will need—

| | |
|---|---|
| 3 T flour | Measuring spoon |
| 3 T cold water | Pint size jar and lid |

1. Measure into a pint size jar
   3 T flour
   3 T cold water
2. Put on lid and shake vigorously
   (This will combine flour and water, and thus prevent lumpy gravy)
3. Pour about half the remaining hot broth into the flour-water mixture
4. Shake well—at least enough to prevent lumping (which would happen if you poured the cold water-flour mixture into the hot broth)
5. Stir flour-water mixture into broth left in quart stainless steel pan
6. Cook and stir over medium heat to boiling
   Continue stirring and boiling until it is "chicken gravy thick" (no salt has been added as chicken granules are salty)



# 8

# E-Z-Rs for Top-Stove Baking in Stainless Steel

IMAGINE baking on top of your stove. No oven to preheat, no hot little kitchen, no need to crowd lots of other things in at the same time to make it more economical. The results of top-stove baking are so rewarding. Cakes are more moist and tender, baked apples are more plump and the skins are so nice and soft. Look at the list of all the things that can be successfully baked on top of the stove in your stainless steel pans. Try others—you'll be experimenting with all your baking when you find how much easier, cooler, faster and cheaper it is to bake on top of the stove.

The following list is just to give you some idea of all the things that can be successfully baked on top of the stove in your stainless steel cookware. Just follow your favorite recipe using your stove burner on a medium low heat, in most cases.

APPLES—baked, or apple crisp.

CAKES OF ALL KINDS. *Sponge* should be top-stove baked at lowest possible heat. *Butter cake* is top-stove baked in a pan pre-heated at medium heat for 10 minutes, then baked for 20 minutes, with 5 minutes at medium high to finish browning.

COOKIES OF ALL KINDS.

PASTRY SHELLS. Pre-heat unit, bake 10 minutes, on medium high.
FRUIT PIES—Pre-heat at medium heat till top and bottom of baking unit sizzle. Cook 15 minutes at medium, 10 minutes at low.
MERINGUE PIES—Pre-heat baking unit on medium low for 10 minutes. The bottom and top should issue a sharp sizzle to a wet finger. Bake 10 minutes at medium low and 5 minutes at low.

Casserole Dishes.

Yeast Rolls—Pre-heat the baking unit on medium high for 10 minutes. Bake 20 minutes.

Quick Breads, as Biscuits, Corn Bread, Fruit and Nut Breads.

Potatoes—Bake in 40 minutes. Place in stainless steel pan. Cover. Place on medium heat 15 minutes or until lid spins. Reduce heat to lowest possible for 25 minutes.
Sweet potatoes candied in 15 minutes.

## *E-Z-Rs for Top-Stove Baking*

*Essential Equipment:*

1. Breads
   a. Quick Breads as:
      Corn Bread
      Fruit Nut Bread
   b. Yeast Rolls
2. Cakes
   a. Butter Cakes
3. Pastry
   a. Pie Shells
   b. Meringue Pies
   c. Two Crust Fruit Pies

Baking Unit:
11" Stainless Steel Skillet
Roaster Top
Ventilated Rack
(7¼ inches across on four 3-inch legs).
(This type of rack makes baking unit similar to an oven in which proper circulation of heat satisfactorily bakes and browns the product.)

For Cornbread:

You Will Need:

| | |
|---|---|
| 1 c yellow cornmeal | 8" x 1½" aluminum cake pan |
| 1 t baking powder | 2 quart mixing bowl |
| ½ t baking soda | Dry measuring cup |
| 1 t salt | Measuring spoons |
| 2 T + 2 t oleo (soft) | Electric mixer |
| 1 c buttermilk | Liquid measuring cup |
| 1 egg | |

1. Preheat baking unit over medium heat 10 minutes.
2. While unit is heating mix corn bread batter.
   Measure all dry ingredients into a 2 qt. stainless steel mixing bowl.



   Add oleo, buttermilk and egg—With electric mixer, beat until smooth (*do not over beat*).
3. Pour into well-greased 8 x 1½ aluminum cake pan.
4. Place on ventilated rack in baking unit.
   Reduce heat to low.
5. Bake 20-25 minutes or until golden brown.

For Fruit Nut Bread:

You Will Need:

| | |
|---|---|
| ¾ c brown sugar firmly packed | Roaster cover on burner |
| ¾ c chopped pecans | Ventilated rack |
| 1 c diced dried apricots | Roaster bottom used as cover |
| 1 egg, slightly beaten | 4 round pop cans well greased |
| 1 T grated orange rind | ½ and ¼ measuring cups |
| 1¼ c orange juice | Dry measuring cup |
| 3 c Bisquick Mix | Scissors |
| | Small bowl |
| | Table fork |
| | Grater |
| | 2 cup measure |
| | 4 cup measure |
| | Wooden spoon |

Pre-heat baking unit over Medium Heat 10 minutes.

1. Measure into a 2 qt. stainless mixing bowl, mix,—
   ¾ c brown sugar
   ¾ c chopped pecans
   1 c diced dried apricots
2. Add 1 egg, slightly beaten
   1 T grated orange rind
   1¼ c orange juice
3. Stir in 3 c Bisquick mix, and beat, one-half minute.
4. Pour into well greased round pop cans. Fill cans from one-half to two-thirds full. Place cans in a layer cake pan for ease in placing in and removing from baking unit. Cover with roaster bottom. Bake Medium-Low heat 40-50 minutes.
5. Place on cooling rack to cool, then remove from the baking cans. Wrap in foil, place in deep freeze or in freezing unit of the

refrigerator. On party day, remove and thaw at room temperature, for one to two hours. This can be made 3 months before your party.

### *E-Z-Rs for Top-Stove Baking Refrigerator Rolls*

I. You will need for *Yeast to Grow*

| | |
|---|---|
| ¼ c (115°) water | Liquid measuring cup |
| 1 t sugar | Dairy thermometer |
| 2 pkgs. dry yeast | Measuring spoons |
| | Rubber spatula |

1. *Measure* into liquid measuring cup
   ¼ c tap water (115°) (If you use compressed yeast have water (110°) as it takes less heat to start compressed yeast cells to grow.)
2. Let stand until mixture grows and fills cup—takes about 10 minutes

II. While yeast mixture is growing, prepare sugar-milk-egg mixture

You will need—

| | |
|---|---|
| ¼ c (½ stick) oleo or butter | Largest mixing bowl |
| ¼ c sugar | |
| 1 t salt | |
| ¼ c undiluted evaporated milk | ¼ measuring cup |
| (No need to scald, already been sterilized.) | |
| ½ c very hot tap water | |
| 1 egg | Electric mixer (portable or standard will do entire beating process) |

1. *Measure* into 2 qt. mixing bowl
   ¼ c sugar
   ½ stick oleo
   1 t salt
   ¼ c undiluted evaporated milk
   ½ c very hot tap water
2. *Blend* with electric mixer until sugar is dissolved and butter well blended, and mixture is lukewarm
3. Add 1 egg



III. Measure flour

You will need—

| | |
|---|---|
| 3½ c flour | Flour |
| | 4 cup measuring unit |
| | ½ measuring cup |
| | Steel spatula |

1. Lightly measure in 3½ c of flour

IV. *Steps in Mixing*—

1. Add 1 c of measured flour, to sugar-milk-egg mixture
2. On high speed, beat mixture to bubbly stage
3. Add yeast mixture—beat on high speed to blend thoroughly
4. Beat in 2 c of measured flour (This dough should be soft but not sticky. If sticky, the milk mixture was too hot when first cup of flour was added.)
   Add rest of measured flour (½ c). Beat in with mixer or wooden spoon

V. *Condition Dough*

You will need—

| | |
|---|---|
| 1 T flour | Molding board |
| Portion of stick of oleo | Measuring spoon |
| | Spatula |

1. Turn dough on lightly floured molding board.
   Let stand 10 minutes (This relaxes dough, so it will not absorb more flour during kneading process.)
   *While dough is resting*, wash up and put away used equipment
2. Generously grease bottom and sides of mixing bowl for dough to rise in (Easy does it—peel back part of sticks of oleo—glide oleo stick around in bowl)

VI. *Knead Dough*

You will need—

Some flour—dependent upon dough on pastry cloth

1. Knead dough 45 times—it will become elastic and satiny with some tiny air bubbles under surface
   (a) To knead—use a four turn circular motion to the right
      1. With tips of fingers, fold edge of dough farthest from you to edge of dough closest to you
         With heel of hand, push on these edges away from you (this seals in the air) to make dough light
      2. Turn dough quarter of turn to right and repeat kneading motion
      3. Continue motion to make 45 times

VII. *Put dough to raise*

You will need—

Greased bowl
Electric oven—preheated on letter *M* of word warm
Foil

1. Place dough in well greased bowl—
   Turn dough around in bowl
   Turn greased side up (This greases surface and prevents a tough, dry layer forming.)
2. Cover with foil—
   Bright side out to reflect heat
   Seal tightly to lower edge of rim of bowl at top
3. Place on rack below center in preheated electric oven
   Leave door ajar 3 inches
   Dough will double in bulk in 30-40 minutes—saves about 1 hour's time

Tests for double in bulk

1. Sight
2. Put 2 floured fingers down through center of dough; if the holes do not show a tendency to close up, dough has risen sufficiently



VIII. *Punch dough down*

1. With knuckle of fist, punch down through center of dough Pulling side in repeat 4 times as you turn bowl a fourth turn to right (This distributes air bubbles more evenly and makes a finer textured product.)

IX. *Shape pan of rolls for Top-Stove Baking*

You will need—

½ of dough (Place rest of dough in a suitable container—cover with foil. Place in refrigerator for tomorrow's cinnamon rolls.)
Stainless steel broiler pan
Baking rack
Roaster top
Shallow pan for rolls—as pudding pan

1. Shape rolls (tea biscuits) and place in well greased shallow pan
2. Let double in bulk in preheated electric oven as for dough
3. For baking, set pan of rolls on baking rack in preheated unit. Cover with roaster top. Reduce heat to medium low. Bake 15 minutes. Reduce to low and bake 3 minutes
4. Rolls are done when a hollow sound is noted when they are thumped with the finger
5. By the butter stick method generously grease tops of rolls. (Butter stick method is cutting a stick of butter in half, peeling back the paper far enough so that end of the stick can be quickly run over the hot rolls)
6. Remove the portion of rolls you wish to serve to the napkin-lined rolls basket—cover the other rolls with foil, place in baking unit to keep hot for later serving—no heat needed

X. *Special Secret about that Roll Recipe—*

1. Beautiful rolls result by shaping the rolls after dough has been kneaded, and let rolls double in bulk.
2. Dough can be put in refrigerator before it has risen double in size. Punch down if it rises in the refrigerator.
3. Make rolls within three days for best results.

4. Dough can be taken from refrigerator, shaped at once into rolls and returned to refrigerator. Then one hour and a half before they are to be baked take from refrigerator to double in size.
5. Dough can be doubled in size, shaped into rolls, then placed in refrigerator. Then the day they are to be served, remove them from refrigerator at least two hours before they are to be baked.
6. This is a wonderful basic dough for any type of fancy sweet rolls.
7. Follow directions accurately and you will never have a failure.

CAKES

1. Butter Cakes — Stainless Steel Broiler Pan
   Baking rack
   Roaster Top
   8" x 1½" cake pan, bright to reflect heat.

1. Pre-heat Baking Unit Medium Heat 10 minutes.
2. Put cake in.
3. Bake at Medium heat 10 minutes. Reduce heat to low 5 minutes to finish browning.

## *E-Z-Rs to Fail Proof Pastry*

FAIL PROOF SHORT-CUT METHOD FOR PASTRY

This method butchers all the "King's English" so far as pastry rules are concerned.

Some of the basic rules are:

Use ⅓ as much fat as flour.
Use ½ as much water as fat.

*For a 2 cup portion:*

Measure into a large mixing bowl:

2 c flour
⅔ c fat (lard)
1 t salt



With the electric mixer cut the fat into flour until all particles of flour have come into contact with the fat and mixture has the texture of Grapenuts. Continue beating until it starts to form clumps. Always discontinue the beating before the mixture becomes gooey. If the particles of flour have not come in contact with the fat, those particles show up as anemic spots (white spots), in the dough as you roll it out. These are the spots that will stick to the cloth and rolling sock. If you over-mix the fat and the flour, the baked product will be tender but crumbly. If you mix it to that perfect stage of where it just starts to clump and you notice all the flour has come in contact with the fat, then it will be tender and flaky. I prefer lard as a fat for tenderness of pastry. Other pastry makers may use their preference.

We use cold tap water and it is always convenient to have that ⅓ cup of cold tap water measured out before beginning to mix the fat and flour with the electric mixer.

*Add:*

⅓ c of cold tap water all at once, either with the mixer or use a salad fork, lightly combine the water with the fat and flour. I prefer the salad fork to the electric mixer because the mixer at this stage has a way of over-doing the mixing. A salad fork can be used in lightly tossing it together with no pressure.

For rolling pastry, a pastry cloth and a stockinette (rolling sock) are essential for easy quick rolling. These should be floured to prevent sticking. You might measure a heaping teaspoon of flour or easy does it, just take what flour you can hold between the tips of your five fingers, put that on the center of the cloth, and then begin to press down and rub in all around until it disappears. Take the rolling pin, dressed up in its stockinette, and roll it back and forth over the floured pastry cloth. This will make all the flour necessary for rolling your dough.

For shaping or making circles: One of the most difficult tasks in rolling pastry is to go around in circles. My circles usually end up with a short cut corner not planned on. As a rule we start in the center with pressure and roll lightly to the edge, lifting the roller rather than rolling over the edge, rolling away from you first, then back toward you, then to the right, then to the left, then give your pastry a quarter of a turn to the right. Repeat the four-direction rolling. Do this until the circle is formed the size you want. The

thickness of the pastry should be ⅛ inch, and it should be rolled to fit the pan in which you are baking. It should be at least an inch larger circle than your pie dish. Take the pie dish and just lay it over the dough to see if you have it rolled out large enough. To place it into the pie dish, fold it in half, pick up that half circle and lay the straight edge of that half circle in the center of the pie dish, and fold far outer edge to you. With the back of your fingers pat out air between the dough and the pie dish. Lift the edge of the dough and pat the air out from between the dough and the side of the pie dish. If this is going to be a pie shell which is baked and a filling put in, then we prick this, taking a fork, starting at the lower edge of the rim of the dish and going all around. Prick across the bottom several times and then along the side of the dish. Forcing the air from between the dough and the dish and pricking the dough to prevent air bubbles in the baked crust or the baked shell.

The pie dough should stand about 5 minutes in the dish before trimming the outer edge. This is to relax the dough and prevent shrinkage. Usually a half inch beyond the pie dish is sufficient. "Most men don't like too much crust." There are many attractive patterns for pie edges. The one that is most difficult to remove from the dish is the one that is made by fork tines. Speaking of the edge, I like for a one crust pie to make an edge by pushing with the fore finger of the left hand the dough between the fore finger and thumb of the right hand. This makes a good attachment edge for the meringue. For two crust pies I do just the opposite, pushing with my right fore finger the dough between the fore finger and thumb of left hand toward the center of the pie. This makes a protection for over-flow of juices. Too high rim burns. Of course, you always want to remember if you are doing a two crust pie that the top crust has to have holes or slits cut in it so it won't become wet and soggy and sorry that it was there.

*For Baking:*

Pre-heat baking unit on medium heat for 6 minutes.
Place the pastry on baking rack in unit.

PASTRY

Baking Unit:
Broiler Pan
Roaster Top
Cooler Rack



PASTRY SHELL

Pre-heat Baking Unit Medium heat 6 minutes.
Place the pastry on baking rack in unit.
Bake on Medium Heat 12 minutes

TWO-CRUST FRUIT PIES

Pre-heat Baking unit Medium heat 10 minutes.
Bake on Medium heat 15 minutes.
Reduce heat to low and bake 10 minutes.

MERINGUE PIES

Pre-heat Baking unit medium-low 10 minutes.
Pie in—Bake 10 minutes or until golden brown.

E-Z-RS TO SUCCESSFUL MERINGUE

This is for 6″ pie; *double* for 8″ pie; *triple* for a 9″ pie.

*Add* to one egg white in 4 c measure

¼ t of cream of tartar (for stability of foam; if pie is lemon meringue ½ t of lemon juice may be substituted for cream of tartar.)
dash of salt
½ t vanilla

With the electric mixer, *beat* at high speed until the white mixture forms soft leaning peaks as the beater is lifted up from it.

Gradually *add* and *beat into* the mixture at high speed
2 T sugar
Completely beating in each addition. *This is one secret of successful meringue. Too much sugar added at one time and not beaten completely in is one sure cause of a coarse, weepy meringue.*

*Other Success Secrets of Meringues*

Egg white should be at room temperature for more volume.
Bowl and beaters should be free of any form of grease or egg yolk.
Attach the meringue to outer rim of the pie to seal up air spaces to prevent weepy meringue.
Medium generous amount of meringue on pie is better than "HUGE" amount.

Attractive pattern for topping that is not in high peaks prevent burnt peaks.

Meringue placed on a cooled filling will prevent leakage or watery appearance between the meringue and filling when pie is cooled.

*Baking*

Top Stove Baking–Pre-heat baking unit over medium low heat until both lid and pan give a sharp sizzle to wet finger. Put the pie on baking rack. Reduce the heat to low until meringue is golden brown. Usually takes 10 minutes.

Oven Baking–Bake at 325° for 15 minutes with pie in center of rack below center.

A modern fault in oven baking meringue is to use a 450° temperature for 2-4 minutes. This browns the meringue on top, and those who are in a hurry eat a raw meringue underneath. A 450° temperature is not a wise procedure for protein cookery for any protein product. Egg white is one of the most delicate proteins and it tends to weep all over the place when cooked at too high a temperature.

## *Some Products That Can Be Baked Top-Stove in Stainless Steel Quart Pan*

### Baking Apples for Four

You will need–

1. *For sauce in which to bake apples–*

| | |
|---|---|
| ½ stick butter | Stainless steel quart pan and cover |
| ¾ c sugar | Measuring cup–liquid |
| 1½ t cornstarch | Measuring spoon |
| 2 T hot water | Wooden spoon |

2. *For filling–*

| | |
|---|---|
| ¼ c cinnamon candies | ¼ measuring cup |
| ¼ c (36 pecan halves cut in thirds) | Kitchen scissors |

3. *For apples–*

| | |
|---|---|
| 4 apples | Vegetable peeler |



To prepare for baking–

1. *Measure* into quart stainless steel pan
   ½ stick butter
   Place pan over low heat to melt while–
2. Measuring and mixing well together
   ¾ c sugar
   1½ t cornstarch
3. With wooden spoon, gradually stir sugar-cornstarch mixture into melted butter
   Add 2 T hot water
4. Stir and cook until sugar is melted
   Cover, remove from heat–and prepare apples
5. *With vegetable peeler*, core 4 apples, being careful to remove all seeds and seed pockets
   Then peel each apple about ⅓ down (this top peeled section gives a beautiful glossy appearance)
6. Prepare filling–
   Measure into liquid measuring cup
   ¼ c cinnamon candies
   With kitchen scissors (*easy does it*–Place two halves of pecans–flat sides together)
   Cut 36 pecan halves in thirds onto the candies
7. Stir and cook syrup over medium low heat to boiling point
8. Place cored apples in boiling syrup
9. Fill core cavities of apples with candy-nut mixture
   Sprinkle rest of mixture over syrup
10. Cover–reduce heat to low
    Boil 5 minutes
11. Reduce heat to lowest possible
    Bake 30 minutes
12. Place apples in individual serving dishes
    Pour syrup over apples
    Juiciness of apple will influence thickness of syrup
    If syrup is too thick, thin with hot water, stirring in a tablespoon at a time

Whole Wheat Bread Pudding (See Thickenings, pg. 86)

Cheese Souffle' (See Thickenings, pg. 80)

Ham Loaf (See Skillet Baking, pg. 123)

*Product That Can Be Baked in Stainless Steel Roaster*

LARGE FRUIT CAKE — Baking Unit:
Roaster
Roaster Top
Angel Food Cake Tube

1. Place tube in roaster.
2. Pour batter in.
3. Cover. Bake on low heat until sides and top of roaster feel slightly warm to palm of hand.
4. Reduce heat to lowest possible. Bake 4 hours.

*Product That Can Be Baked in 3-qt. Stainless Steel Pan*

SPONGE CAKE (4 egg) — Baking Unit:
3 qt. Stainless Steel Pan and Cover
Slim jell glass—tall enough to barely clear dome of cover.

1. Pour batter into 3 qt. pan.
   Set jell glass (top up) in center of batter.
   Cover and place on low heat until sides and top of pan feels slightly warm to palm of hands.
2. Reduce heat to lowest possible.
3. Bake 30-35 minutes.

*Products That Can Be Baked in Stainless Steel 9" Skillet*

TUNA-NOODLE CASSEROLE FOR SIX

You will need—

Ingredients for casserole — 9" stainless steel skillet

1. Make up casserole and turn into 9" stainless steel skillet
2. This casserole is topped with buttered crumbs
   Measure ½ c fine commercial bread crumbs into pint pan — ½ cup, Pint pan



   Add 1 T and 1 t butter — Measuring spoons
   Place over medium heat
   With wooden spoon stir mixture as butter melts and crumbs become a beautiful brown — Wooden spoon
3. Spread on top of casserole
4. Cover and place over medium heat
   Bake 5 minutes—lid spins freely
5. Reduce heat to lowest possible
   Bake 25 minutes
6. Garnish with stuffed olive slices

ROAST CHICKEN BREASTS AND STUFFING FOR TWO (See Chapter 7, pg. 106)

HAM LOAF

For a 2 lb. loaf you will need:

1¼ lbs. ground beef — Baking Unit:
½ lb. ground pork — 9" or 11" Stainless Steel Skillet and cover
¼ lb. ground cured ham — 2 qt. Stainless Steel Bowl
1 t salt
½ t pepper
1 c commercial bread crumbs — Dry Measuring Cup
¼ c finely grated onion (1 medium large) — Grater
2 eggs, slightly beaten — Table fork
1 c cream of tomato soup — Liquid Measuring Cup

1. Mix ingredients.
2. Place in skillet.
3. Brown over Medium heat.
4. With Wide spatula, carefully turn to brown other side.
5. Cover. Reduce heat to lowest possible. Bake 1 hour or until done.

PINEAPPLE UPSIDE DOWN CAKE

You will need— 11" stainless steel skillet

*For the topping–*

| | |
|---|---|
| 3 T butter | Measuring spoons |
| 1 c light brown sugar | ⅓ measuring cup |
| 6 slices pineapple | |
| 12 pecan halves | Hand towel paper |
| 23 red maraschino cherries | Rubber spatula |

1. Place 9″ stainless steel skillet over very low heat
   Measure into skillet 2 T butter
   Let butter melt
2. While butter is melting, measure
   1 c light brown sugar–measurement should be well packed down
3. When butter is melted, remove skillet from heat and sprinkle brown sugar over melted butter
4. Arrange pineapple slices in skillet
   Cut a pineapple ring to fit the center
5. Place in the center of each ring 3 red maraschino cherries, stem side up
6. Place pecan halves, flat side up, cherry between, stem side up along the edge between pineapple rings

*For the cake batter–*

| | |
|---|---|
| 10½ oz. white cake mix | Electric Mixer |
| Make according to box directions | |

1. Spread batter on top of pineapple slices–with rubber spatula push batter from center toward edges of skillet (*this prevents a hump in the center*)
2. Cover and bake over medium heat 5 minutes
   Reduce to low heat–bake 20 minutes
   Reduce to lowest heat–bake 20 minutes
3. Remove from heat–remove cover
   (So cake will completely loosen from skillet.) Let stand 5 minutes before turning it out on cake stand.



# 9

# E-Z-Rs for Cake Frosting and Candies in Stainless Steel

REMEMBER what Walter de la Mare said so wisely:

It's a very odd thing–
As odd as can be–
That whatever Miss T. eats
Turns into Miss T.

If you have Miss T's problem, this is one part of the cookbook you can skip. These are the extras that aren't necessary for good nutrition, but they're so nice for entertaining. The other girls don't eat them at home, either. But the men! They thrive on sweetness, find it where they may. Try making these goodies in your stainless steel pans.

SEVEN-MINUTE FROSTING for 2 layer Cake.

Combine in the 2-qt. pan:

2 unbeaten egg whites
1½ c sugar
⅛ t salt
⅓ c cold water
¼ t cream of tartar
or
1 T light corn syrup

Beat mixture with electric beater until well mixed.
Place pan on lowest possible heat.

Continue beating for 7 minutes or until frosting stands in peaks. Remove from heat, add 1 t vanilla. Continue beating until thick enough to spread, but still glossy. If you wish frosting to be a dainty green add ¼ t green coloring.

TEN-MINUTE PEANUT BRITTLE (¾ lb.)

You will need—

| | |
|---|---|
| Butter to grease sheet | Large cookie sheet |
| 1 t butter | Measuring spoons |
| ¼ t soda | Serving spoon |
| ½ c sugar | Liquid Measuring Cup |
| 1 c Planter's Salted Peanuts | Dry Measuring Cup |
| ¼ c white syrup | Cooler rack |
| 2 T hot water | Wooden spoon |
| ⅛ t salt | Quart stainless steel pan |

1. Generously grease with oleo or butter a 12-inch circle on a cookie sheet
   Place on cooler rack
2. Measure into a serving spoon—
   1 t butter
   ¼ t soda
   (Necessary to have these ready, as needed immediately to stir in, to give brittle character)
3. Measure into quart stainless steel pan—
   ½ c sugar
   1 c Planter's Salted Peanuts
   ¼ c white syrup
   2 T hot water
   ⅛ t salt
   With wooden spoon, stir to blend well
4. Place over high heat. Stir and cook to boiling, continue stirring and boiling until mixture *thickens, decreases in volume, turns a dirty-gray, begins to form yellowish bubbles around side of pan—and becomes peanut brittle color*
5. Quickly add and stir in butter and soda
6. Quickly pour mixture onto buttered cookie sheet
   (Necessary to do this while mixture is effervescing [foaming] so as not to lose the brittle character)



7. When cool, peanut brittle can be easily lifted with aid of wide blade spatula
   Drop it back on sheet to break it in natural peanut brittle pieces

FIFTEEN-MINUTE CHOCOLATE FUDGE (2½ lbs.)

You will need—

| | |
|---|---|
| 3 c sugar | Dry measuring cup |
| 1 c undiluted evaporated milk | Liquid measuring cup |
| ¾ stick oleo | Paper from oleo to grease bottom and sides of pan |
| Pint jar marshmallow creme | 3 qt. stainless steel pan |
| ¼ t salt | Wooden spoon |
| ¼ c pecan halves | Rubber spatula |
| ½ c nutmeats | Measuring spoons |
| 12 oz. pkg. chocolate chips | 8 × 8″ sq. pan |
| 1 t vanilla | |

1. Measure into 3 qt. stainless steel pan
   3 c sugar
   1 c undiluted evaporated milk
   ¾ stick oleo
   ¼ t salt
   Pint marshmallow creme
2. With wooden spoon, stir the above until thoroughly mixed
3. Place on medium heat
4. Stir constantly to the soft ball stage.
   While cooking and stirring, stir around side of pan with back of bowl of wooden spoon and down through the center (This will prevent burning)
   (*Soft ball stage*—This is easily tested by placing 1 T of real cold water in ¼ measuring cup, testing ½ t of mixture.)
5. When soft ball stage is reached, remove from heat and add—
   12 oz. pkg. chocolate chips and 1 t vanilla
   ½ c chopped nutmeats (*Easy does it*—Lay flat sides of two pecan halves together and cut crosswise in thirds with kitchen scissors)
6. Stir until chips are melted—takes about 5 minutes

7. Pour into buttered pan
8. Garnish with pecan halves
9. Cool

15-Minute Chocolate Fudge (2½ lbs.)

You will need—

- 3 c sugar
- 1 c undiluted evaporated milk
- ¾ stick oleo
- ¼ t salt
- Pint jar marshmallow creme
- ½ c pecans, chopped (*Easy does it*—lay two flat sides together cut crosswise into thirds with kitchen scissors.)
- 20 pecan halves
- 12 oz. pkg. chocolate chips
- 1 t vanilla

- 3 qt. stainless steel
- Dry measuring cup
- Liquid measuring cup
- 8 × 8″ sq. pan
- oleo paper to grease pan
- Wooden spoon
- Measuring spoons
- Rubber spatula
- Scissors

1. Measure into 3 qt. stainless steel pan

   3 c sugar
   1 c undiluted evaporated milk
   ¾ stick oleo
   ¼ t salt
   Pint marshmallow creme

2. With wooden spoon, stir above mixture until thoroughly mixed
3. Place on medium heat
4. Cook and stir constantly to the soft ball stage. (While cooking and stirring, stir around sides of pan with back of bowl of spoon and down through the center bottom . . . this is most important to prevent burning.)
   (*Soft ball stage* is easily tested by placing 1 T real cold water in ¼ c and ½ t of mixture in the water. This will all clump together in a very soft ball. It will take about 5 minutes cooking to reach soft ball stage.)



5. When soft ball stage is reached, remove from heat and add
   12 oz. pkg. Chocolate Chips
   ½ c Chopped Pecans
   1 t Vanilla
6. Stir until chocolate chips are melted—takes about 5 minutes
7. Pour into buttered pan
8. Garnish with pecan halves, if desired
9. Cool and cut into 25 squares

# 10

# E-Z-Rs for Canning with Stainless Steel

THIS WORD throws more competent housewives into a frenzy than the 'Twist.' I remember helping my Mother can in the basement, where it was cool. The only real problem I can recall was not having pans large enough to accomodate the jars. With your set of stainless steel pans, you can choose the size that you will need for the number of jars you wish to process. All acid foods can be prepared and canned by the water bath method, but the pan must be deep enough that the jars can be covered with at least one inch of water. A rack or trivet in the bottom of the pan will help prevent breaking. For a complete time-chart on canning, send for bulletins from

State University Extension Home Economics Dept. of your state, *or*
U.S. Dept. of Agriculture—"Home Canning of Fruits and Vegetables"
Ball Brothers Co., Muncie, Indiana—"Blue Ball Book on Home Canning"

### JELLIES, JAMS AND PRESERVES

Jellies, jams and preserves can be made just 'like Mother made them,' by using your stainless steel pans. Usually two cups of juice to 1 qt. pan leaves enough room for boiling. One of the best guides available is:

"The Jelly Maker's Manual"—General Foods Kitchens, General Foods Corp., White Plains, New York



# *Finale*

WE HOPE you have enjoyed learning about the Nutritional waterless greaseless cooking and its advantages. We will also have a second book in this TUTORTEXT series, entitled "Gracious Living Through Table Appointments" to help you with teas, receptions, family meals with guests, and the use of fine table appointments.

Our fondest wish is that You and your Stainless Steel Waterless Cookware have the fullest advantage of *Nutritional Cooking*.