



SPEED PRESSURE **COOKER**

CUTS COOKING TIME MORE THAN 1/2 . . . TENDERIZES NATURALLY



DIRECTIONS
RECIPES
TIMETABLES

PRICE: \$1.00

STANDARD MODEL

WITH AUTOMATIC CONTROL FOR COOKING AT 15 POUNDS PRESSURE

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**Replacement
SAFETY FUSE**



**AVAILABLE AT YOUR MIRRO DEALER OR
ORDER DIRECT FROM MIRRO ALUMINUM CO.**

See pages 54-55 for complete replacement parts list and handy order form.

The small round plug in the cover is a safety fuse. It will release and drop into the cooker if the cooker become overheated due to lack of water, or it will pop out if the vent tube becomes clogged. The fuse is for your protection, but it will probably never release or pop out IF YOU FOLLOW DIRECTIONS.

If a fuse releases, it is an indication that: (1) too little water was used, or cover was not put on cooker immediately after water was added—see page 4; (2) heat was kept so high that the control jiggled almost continuously, allowing too much steam to escape; (3) heat was not turned off at end of cooking time; (4) and least likely, the vent tube became clogged, causing the fuse to pop out.

To replace a fuse, first remove the steel ring that held the original. Use a wrench to unscrew the nut from inside of cover. Turn nut counter-clockwise (to left) and remove. Then apply a little lubricant, such as butter or petroleum jelly, to the threads of the new fuse and turn clockwise into cover with fingers. Complete tightening with wrench or pliers exerting pressure carefully so as not to warp the fuse and cause it to leak.

REMEMBER the fuse very probably will never pop out if the specified amount of water and heat is used and if the vent tube is kept clear. If a fuse pops, REREAD THE DIRECTIONS.

MIRRO-MATIC

THE SPEED COOKER AND NATURAL TENDERIZER



This symbol on the product's nameplate means it is Listed by UNDERWRITERS' LABORATORIES, INC.



MIRRO-MATIC speed pressure cooking is the modern way to make a complete gourmet meal, delicious soups and stews, or your own favorite recipes. It cuts cooking time to about one-third the time normally required and cooks thrifty meat cuts to fork-tender goodness, without chemical tenderizers. Vegetables cook in mere minutes, with all the garden-fresh color and flavor retained.

You will be impressed with the saving in time, fuel, food flavor and color. You will also enjoy the many special construction features offered in MIRRO-MATIC. The indestructible pressure control permits *cooking without looking* . . . you can *hear* it as it automatically limits pressure to 15 pounds. The handy reminder-ring on cover handle assures proper closing of the cooker, the self-sealing gasket is completely removable for quick cleanup, and the non-variable safety release protects against overheating as well as overpressure.

SAVES VITAMINS AND MINERALS . . . LOCKS IN FLAVOR

Pressure cooking offers an advantage over ordinary cooking methods in which larger quantities of water must be used to keep foods from scorching. Laboratory research shows that as much as 50% of the iron, 45% of the phosphorous and magnesium, 30% of the calcium and many of the water soluble vitamins can be lost by ordinary cooking. Because your MIRRO-MATIC cooks foods *quickly* and in a *minimum* of water, foods become more tender, with more of the health-giving vitamins and delicate food elements retained.

SPECIAL CONSUMER SERVICE

Write to LAURA WILSON, MIRRO HOME ECONOMICS DIRECTOR for answers to any questions you may have on recipes, timetables or operation of your cooker.

Write to WARRANTY SERVICES DEPARTMENT for information on guarantee, claims or replacement parts.

Your inquiry will be answered promptly by letter or telephone.

MIRRO ALUMINUM COMPANY — MANITOWOC, WISCONSIN 54220

MIRRO-MATIC FEATURES



AUTOMATIC PRESSURE CONTROL

Precision-made, unbreakable one-piece control for "cooking without looking." You can HEAR it as it automatically controls cooking at 15 pounds pressure. No springs or gadgets to get out of order . . . never needs calibration or testing for accuracy.



V-TYPE SELF-SEALING GASKET

Automatically seals cover when cooker is closed according to directions and brought under operating pressure. Easy to remove for quick cleanup.



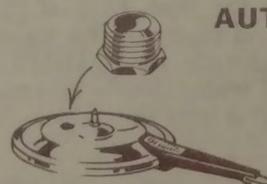
EASY TO OPEN AND CLOSE

To close: simply slide handles together so that cover handle is **DIRECTLY OVER PAN HANDLE** and drop reminder ring over pan handle. To open: lift reminder ring and slide handles apart.



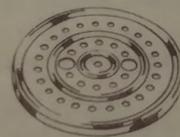
REMINDER RING

The handy reminder ring dropped over pan handle is your assurance that cooker has been properly closed and ready for use.



AUTOMATIC SAFETY RELEASE

Foolproof and positive. Automatically releases if vent tube is blocked or moisture in cooker is depleted. Easy-to-install replacement fuses available from your MIRRO dealer, or write direct to MIRRO ALUMINUM COMPANY.



REVERSIBLE, ALL-ALUMINUM COOKING RACK

Use whenever directions specify use of rack.

CLEANING AND CARE

INTERIOR:

To make cleaning easier, pour warm water into cooker immediately after removing food. Wash in hot, clean suds. Food stains, or stains caused by "hard" water, may be removed with a soap-filled steel wool pad; or, boil a solution of 2 level tablespoons cream of tartar to a quart of boiling water in cooker. A strong vinegar solution is also effective. Rinse and dry thoroughly.

EXTERIOR:

MODELS WITH POLISHED ALUMINUM FINISH

Clean occasionally with a reliable silver polish. Water stains on cover may be removed with a mild cleansing powder or silver polish. Do not "soak" the cover or pan in water, or wash in dishwasher, as this would dull the outside polished finish. The outside bottom may be scoured with a steel wool pad, if necessary.

MODELS WITH COLORMODE ACRYLIC ENAMEL FINISH

Wash in hot suds. Wipe with soft cloth. Clean immediately after each use to keep surface free of spatter and grease (discoloration will occur if grease is permitted to bake onto the surface). Do NOT use abrasive or chemical cleaners on colored exterior. Staining and scratches are not covered by guarantee.



GASKET

Remove the gasket from cover. Thoroughly wash both cover and gasket in hot suds each time cooker is used. Dry both thoroughly, being sure to wipe in groove of gasket. Then slip gasket right back into cover so that the cooker is always ready for instant use.



VENT TUBE

After washing and rinsing cover, hold it up to the light to see if the vent tube is clear. It is highly important that tube be unobstructed. If it should be clogged by food particles, carefully insert a piece of wire as illustrated. Then rinse with hot water.



CONTROL

Usually the MIRRO-MATIC control will remain perfectly clean because live steam cleanses it while it operates. However, washing in hot *clean* suds and *rinsing thoroughly* will not harm it and will insure its being free of any obstructive particles which might hamper its operation. Dropping the control will not damage it.

READ BEFORE YOU COOK

While your pressure cooker is simplicity itself and the cooking technique is equally simple, to ensure complete success it is positively necessary that the user carefully read all of the directions before proceeding. It is especially important to read the "DON'TS" on the following page, and the cooking directions on pages 6 and 7.

IN THE BEGINNING USE MORE WATER

Until you are well acquainted with the operation of the cooker, we suggest using slightly more water than recipes call for, especially in the preparation of meats. After meats are browned in hot fat in cooker, there is a possibility that some of the water you then add may go up in steam before cover is closed, unless this is done immediately. Use 1 full cup of water for roasts. Furthermore, if you prefer to use the rack, be sure to use about $\frac{1}{4}$ cup more water than when cooking without it.

REDUCE HEAT WHEN CONTROL JIGGLES

After control jiggles, indicating that pressure is attained, reduce heat as directed in Step No. 4, page 6, so that the control jiggles only 1 to 3 times a minute. Because of the difference in adjustment of heat on various ranges, it is impossible to give an exact rule concerning this, but the user, by experience, will soon discover on which heat the cooker will operate best. Low or medium on an electric range, or simmer on a gas range, will usually be sufficient.

USE HIGHER PRESSURE AT HIGH ALTITUDE

At altitudes of 2000 feet or higher increase cooking time slightly.

COOKING TIMETABLES ARE APPROXIMATE

Remember that all of the cooking times given in the recipes and directions can only be approximate, since there is always a variation in tenderness of meats and vegetables because of difference in age, type, etc. The charts are based on average cooking time. You will find them a helpful guide in learning to cook the quick pressure cooking way.

SUGGESTION FOR STORAGE



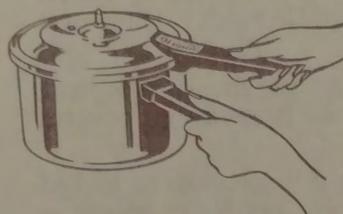
Invert cover on top of cooker, with gasket in place, placing piece of paper toweling in between cover and pan to protect polished or colored surface of cover. Or, hang cover on inside of cabinet or in other convenient location. Do not store cooker with cover and gasket assembled to cooker.

IMPORTANT DON'TS!

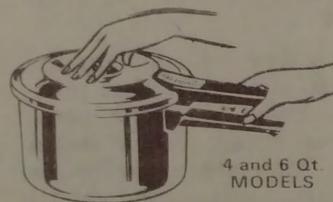
1. Don't attempt to cook without having cooker closed properly (cover handle directly above cooker handle). Drop Reminder Ring over lower handle.
2. Don't attempt to open cooker until you remove the pressure control, and don't remove control until you are sure the pressure is reduced. See step 6 of "How to Cook" on page 7.
3. Don't tug at handles or try to force open cover if it seems to be locked tight. Cool cooker again under faucet to reduce every bit of pressure. Cover then slides easy. (In the very unusual case where the cover might seem to stick in spite of repeated and prolonged cooling, insert a piece of wire into vent tube before opening cover, to make sure the vent is clear and pressure completely reduced.
Sometimes food (such as meat stock) which has collected on the gasket may act as an adhesive, causing cover to stick even after pressure has been properly reduced and control removed. If this happens, return cooker to heat, *without* the control on cover. When steam escapes from vent, remove cooker from heat. After steam *no longer escapes* from vent, open the cooker. This reheating softens the gelatinous material that can cause the gasket to stick.
4. Don't beat spoon, potato masher, etc., on rim of cooker as this might mar the rim to the extent that a perfect seal can not be effected.
5. **DON'T COOK APPLESAUCE, RHUBARB, CRANBERRIES, PEARL BARLEY, SPLIT PEAS OR PEA SOUP IN THE PRESSURE COOKER** because they tend to froth or sputter and sometimes block the vent tube. With tube blocked, pressure may appear to be down when control is removed, whereas, actually a food like applesauce may remain above boiling point for 40 minutes after the cooker is removed from heat unless it is cooled thoroughly under running water. This means that some degree of pressure remains in cooker, and no attempt should be made to try to force open the cover which would be locked tight by the pressure. To avoid trouble, we say — **DON'T COOK THE FOODS MENTIONED.**
6. Don't use high heat to bring up pressure when cooking cereals, spaghetti, noodles, rice, dried vegetables, or other foods which are apt to cause a heavy froth in cooking. Bring pressure up gradually. See directions in book.
7. Don't fill cooker over $\frac{3}{4}$ full when cooking certain soups or other food combinations which froth and foam when they cook.
8. Don't place cover on hot heating unit as this might damage gasket and safety fuse.
9. Don't use high heat after control jiggles. Reduce heat so that control does not jiggle more often than 1 to 3 times per minute.
10. Don't use cooker on a range that is tilted, because this may cause the control to hang and bind, and then be forced completely off the vent tube when extra pressure is built up.
11. Don't store heavily salted liquids such as soup in cooker as this might cause pitting.
12. Don't "broast" in the pressure cooker (broasting is pressure cooking with oil or shortening instead of water).

DON'T COOK APPLESAUCE, RHUBARB, CRANBERRIES, SPLIT PEAS, PEA SOUP OR PEARL BARLEY IN THE PRESSURE COOKER

HOW TO COOK



1 Put food in cooker. Add required amount of water. With gasket in place inside cover, set cover on cooker with handles apart so that the arrow on cover points to line on pan handle. Use of rack is optional. Except for canning and for several cooking recipes the rack is not necessary but may be used if an extra $\frac{1}{4}$ cup of water is added.



4 and 6 Qt. MODELS

2 Bring cover handle to closed position **DIRECTLY OVER PAN HANDLE**, pressing down cover with one hand if new gasket is snug fit. Then drop Reminder Ring over lower handle. Never attempt to cook with handles in any other position. Although cover may seem to be loose, the V-type gasket automatically seals it if handles are in correct position.



REMINDER RING



3 Set control over vent tube and place cooker with contents over high heat. (Recipes for foods such as cereals, macaroni, spaghetti and noodles specify medium heat at this time.) Then, just listen for control to signal when correct pressure has been attained. No watching is necessary; just listen for signal.



4 When correct pressure is reached, the control will jiggle and sputter. A few drops of water may trickle from control. Count cooking time from this moment and reduce heat so that control jiggles only about 1 to 3 times a minute. Constant jiggling causes excessive loss of moisture; the occasional jiggle and a hissing sound

indicates pressure is being maintained. If steam escapes in a steady stream after heat is reduced, nudge control to seat it properly. **IF STEAM SHOULD ESCAPE AROUND EDGE OF COVER AND PRESSURE FAIL TO RISE**, cool cooker under faucet, remove control and open cooker. Wipe gasket, pan rim and inside of cover dry and start over (see gasket reference on next page).

NEVER USE ANYTHING BUT A MIRRO-MATIC CONTROL ON A MIRRO-MATIC COOKER

HOW TO COOK

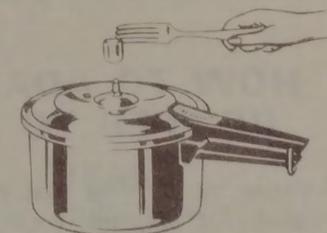
5

When pressure has been maintained for required length of time, remove cooker from heat and allow pressure to drop **BEFORE REMOVING CONTROL**. Many recipes call for instant reduction of pressure by setting cooker under faucet or by placing it in a pan of cold water. This method reduces pressure in about 15 seconds. Allowing pressure to drop normally without cooling under faucet takes from three to fifteen minutes depending upon amount of food in cooker. Recipes and charts in this book specify whether pressure is to be reduced instantly or normally.



6

After reducing pressure by either method nudge the control to test if pressure is completely reduced. If steam spurts out, pressure is not yet down; if no steam spurts out, remove control. Use a fork. Then raise Reminder Ring, slide handles apart to open position and lift cover. **BUT** never **TUG** at the handles or try to force them apart if they seem to be locked tight. If handles will not slide easily, cool cooker again under running water. The locked cover indicates **STEAM PRESSURE** inside the cooker. When pressure is completely reduced and control removed the cover should slide open with ease.



IF RUBBER GASKET SHOULD SHRINK — If after following all of the directions in step No. 4, pressure still fails to rise, it may be due to shrinkage of the gasket, especially if gasket has been used for a long time. In this case a slight stretch will return it to original size. However, do not stretch gasket unless it shrinks to the extent that steam escapes around cover, making certain first that both gasket and inside of cover are dry; a little moisture lodged between gasket and cover may cause the appearance of a leak. **CAUTION: FOLLOW DIRECTIONS IN STEP 6 BEFORE ATTEMPTING TO REMOVE COVER EVEN THOUGH YOU BELIEVE NO PRESSURE HAS BEEN BUILT UP IN THE COOKER.** If leak persists, or gasket becomes hard, a new gasket is needed.

IF RUBBER GASKET SHOULD STRETCH — If gasket stretches so that it does not fit easily into cover, or causes difficulty in opening or closing, a new gasket is needed. Lubricating the gasket with cooking oil or shortening 2 or 3 times (especially when it is new) will make closure easier. However, the gasket should **NOT** be lubricated each time. Repeated lubrication may cause it to stretch.

DON'T cook applesauce, rhubarb, cranberries, split peas, pea soup or pearl barley in the pressure cooker. See "Don'ts" on page 5.

RECIPES, DIRECTIONS, TIMETABLES

Recipes and timetables in this book are designed to be used with 4 and 6 quart Standard Model Mirro-Matic Pressure Cookers. Ingredients and methods of preparation are shown in easy-to-follow charts. Use the quantity of ingredients shown in timetables or recipes.

Successful results depend to a large extent on using the correct amount of water. *If you wish to reduce any of the recipes in this book, be sure to use the amount of water specified in the full recipe.*



HOW TO ADAPT YOUR OWN FAVORITE RECIPES TO MIRRO-MATIC COOKING

Because most foods that can be boiled, steamed, stewed or braised are suitable for pressure cooking, there is opportunity for endless variation of recipes that can be prepared in the cooker. The user should not feel limited to the recipes in this book because by using them as a guide, together with the information in cooking charts, hundreds of combinations can be made.

As an example, suppose you wish to prepare Chicken Stew and Dumplings. There happens to be no recipe in this book, but in the meat chart the directions show that stewing chicken should be cooked for 25-30 minutes, using 1½ cups water in the 4 qt. cooker or 2 cups water in the 6 qt. cooker. Reduce pressure by allowing cooker to cool normally for 5 minutes; then place under faucet. You can follow the dumpling recipe given on page 28 or you could use your own favorite dumpling recipe after checking the cooking method.

Barbecued Chicken is easy to prepare, too. Just follow chart directions for Fried Chicken and in place of water use barbecue sauce like the recipe given with Barbecued Beef Short Ribs in beef section. So these are just two extra suggestions for preparing chicken. Perhaps you have other favorite recipes like Chicken Cacciatore, Chicken Curry or Chicken Chop Suey. If so, use them.

To adapt your recipes to the pressure cooking method, follow these rules:

- (1) Take the cooking time, amount of liquid, and method of reducing pressure from charts and recipes.
- (2) If your recipe calls for wine, soup stock, tomato juice, etc., this should be considered as a substitute for an equal amount of water. However, do not use milk because it has a tendency to boil over and scorch.
- (3) Do NOT prepare applesauce, rhubarb, cranberries, pearl barley, split peas or pea soup in pressure cooker. Do not "broast" in pressure cooker. See "Don'ts" page 5.

YOUR MIRRO-MATIC SPEED COOKER IS A NATURAL TENDERIZER

All it needs is you and your imagination. You can use economy meats to create culinary triumphs of fork-tender goodness, and there's no need for chemical tenderizers or hours of simmering. In fact, speed-cooking the Mirro-Matic way takes only about one-third the time required by other methods and retains most all of the mineral and vitamin values.

Try some meats listed below, using recipes on the following pages, or your own favorite ones. When preparing your own recipes, determine the cooking time by consulting chart . . . or by taking the time from a similar recipe in this book . . . or by dividing the ordinary cooking method time by about three.

BEEF

Chuck roast
Rump roast
Blade roast
Round steak
(Swiss steak)
Flank steak
Corned beef
Stew
Fresh beef brisket
Shanks
Short ribs
Ox tail
Heart
Tongue
Liver

PORK

Hocks
Shoulder
Chops
Steak
Heart

LAMB

Shoulder
Breast
Shanks
Neck
Stew meat
Riblets
Heart

VEAL

Rump roast
Shoulder
Shanks
Round steak
Breast
Riblets
Heart
Tongue

HAM

Salt pork

The cooking time for meats will vary somewhat, depending upon the type of cut, grade of meat, amount of bone, etc. The chart on next page is a good guide. Cooking time is given as a total rather than per pound.

BROWN MEATS BEFORE COOKING

Most meats, with the exception of corned beef, salt pork and tongue should be browned thoroughly in hot fat in cooker (uncovered) before pressure cooking. Roasts may also be given a finishing touch by browning under the broiler for a few minutes while gravy is being made. Use rack only if directions call for it or if ¼ cup more water is added. The amount of water shown in chart is sufficient for any quantity of meat you cook. As a general rule, cool cooker normally for 5 minutes, then place under faucet to reduce pressure after cooking meat.

MOST MEATS SHOULD BE BROWNED BEFORE COOKING — SEE PAGE 9.

MEAT	Minutes To Cook After Control Jiggles	Amount of Water	
		4 Qt.	6 Qt.
Beef Pot Roast (blade, chuck or rump 3-4" thick)....	35-45*	1 cup	1 ¼ cups
Beef Short Ribs.....	35-40*	1 cup	1 ¼ cups
Beef, Corned (3-4" thick)..... Bulk corned beef out of brine must be covered with cold water several hours before cooking. Drain and cook with fresh water.	45*	3 cups	4 cups
Flank Steak..... See recipe.	35*	¾ cup	1 cup
Round Steak (Swiss) (¾" thick).....	25-30*	1 cup	1 ¼ cups
Beef Stew (1 ½" pieces).....	20-25*	1 ½ cups	1 ¾ cups
Beef Tongue..... Fresh — Cook. Cool in cooking liquid. Skin. Smoked — Cook. Cool in cooking liquid. Skin. Cured (corned) — Cover with water several hours. Drain. Cook. Cool in cooking liquid. Skin. See recipe.	45*	2 cups	2 ½ cups
Beef Heart..... Remove veins. Cover with salted water for half hour. Drain. Add fresh water and ¼ cup vinegar. Cook.	45*	1 ½ cups	2 cups
Beef Liver..... Slice. Cook on a rack.	5*	¾ cup	1 cup
Chicken (fried) (yearling)..... See recipe.	12-20*	1 cup	1 ¼ cups
Chicken (stewed)..... See recipe for Chicken a la King	25-30*	1 ½ cups	2 cups
Chicken (fricasseed) (yearling).....	20-25*	1 ½ cups	2 cups
Ham (shank, uncooked, 3-5 lbs.).....	35-45*	2 cups	2 ½ cups
Ham (picnic shoulder, uncooked 3-6 lbs.).....	35-45*	2 cups	2 ½ cups
Ham Slices (uncooked)			
½ inch slice.....	5-6*	½ cup	¾ cup
1 inch slice.....	9-12*	½ cup	¾ cup
2 inch slice.....	12-20*	¾ cup	1 cup
Lamb Shoulder (3-6 lbs.).....	35-45*	1 ½ cups	2 cups
Lamb Steak (½" thick).....	9*	½ cup	¾ cup
Lamb Stew (1 ½" pieces)..... See recipe.	15*	1 ½ cups	2 cups
Mutton (boiled) (4-6 lbs.)..... Remove skin and fat. Cook.	45*	2 cups	2 ½ cups
Oxtails.....	45*	1 ½ cups	2 cups
Partridge..... Brown in pan. Cook on rack.	12*	¾ cup	1 cup
Pheasant..... See recipe.	15-20*	1 cup	1 ¼ cups
Pork Shanks.....	35*	2 cups	2 ½ cups
Pork Shoulder (2 ½" thick)..... Brown in pan. Cook on rack.	35-40*	1 ¼ cups	1 ½ cups
Pork Chops..... Brown in pan. Cook on rack.	9*	¾ cup	1 cup
Rabbit..... See recipe.	12-15*	¾ cup	1 cup
Spareribs..... Brown in pan and cook. Or cook on sauerkraut.	15*	¾ cup	1 cup
Squirrel.....	20-25*	1 cup	1 ¼ cups
Veal Heart.....	35*	1 ½ cups	2 cups
Veal Shank.....	40-45*	2 cups	2 ½ cups
Veal Steak (½" thick).....	12-15*	½ cup	1 cup
Veal Stew (1 ½" pieces)..... See recipe.	15*	1 ½ cups	2 cups
Veal Tongue..... See directions for Beef Tongue.	25*	1 ½ cups	2 cups
Venison (pot roast, 3-4" thick)..... See recipe.	30-40*	1 cup	1 ¼ cups

*Cool cooker normally for 5 minutes, then place under faucet or in pan of cold water.

GRAVY

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Stock (liquid from cooked meat)	1 cup	3 cups	1. Blend flour and cold water together until it is smooth. 2. Gradually add to the stock, stirring constantly. 3. Cook over medium heat, stirring, until gravy is smooth and thickened.
Flour	2 tbsp.	6 tbsp.	
Cold Water	⅓ cup	1 cup	
Yields:	1 ½ cups	4 ½ cups	

BEEF POT ROAST

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Fat or Suet	3 tbsp.	6 tbsp.	1. Cut suet into small pieces, and fry out in cooker. 2. Brown meat thoroughly on all sides. 3. Season with salt and pepper. Add onions and water. 4. Cover, set control and cook for 35-45 minutes after control jiggles. 5. Cool cooker normally 5 minutes and then reduce pressure instantly. See gravy recipe above.
Beef Pot Roast (3-4" thick)	2 lbs.	4 lbs.	
Salt	1 ½ tsp.	1 tbsp.	
Pepper	¼ tsp.	½ tsp.	
Onions, Medium, sliced	2	4	
Water	1 cup	1 ¼ cups	
	Serves 4	Serves 8	

HERBED POT ROAST

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Beef Pot Roast (3-4" thick)	2 lbs.	4 lbs.	1. Brown meat in fat in cooker. 2. Add remaining ingredients except flour and water. 3. Cover, set control and cook for 35-45 minutes after control jiggles. 4. Cool cooker normally for 5 minutes, then place under faucet. Remove meat from cooker. 5. Mix flour and water together, add and cook until thickened, stirring constantly.
Fat	2 tbsp.	3 tbsp.	
Tomatoes	1 1-lb. can (2 cups)	2 1-lb. cans (4 cups)	
Dry Red or White Wine	¼ cup	½ cup	
Onions, chopped	¾ cup	1 ½ cups	
Carrots, finely chopped	¼ cup	½ cup	
Celery, finely chopped	¼ cup	½ cup	
Garlic, minced	½ tsp.	1 tsp.	
Salt	1 tsp.	2 tsp.	
Oregano	½ tsp.	1 tsp.	
Basil	½ tsp.	1 tsp.	
Pepper	¼ tsp.	½ tsp.	
Flour	2 tbsp.	¼ cup	
Water	¼ cup	½ cup	
	Serves 4	Serves 8	

FLANK STEAK WITH DRESSING

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Flank Steak (2 lbs.)	1 steak	2 steaks	1. Heat sausage meat in fry pan. Pour off excess fat. 2. Add other ingredients. 3. Trim edges of steak and sprinkle salt and pepper on it. 4. Spread dressing over flank steak, roll it up loosely and tie it securely. 5. Brown steak on all sides in fat in cooker. 6. Add water, cover, set control and cook for 35 minutes after control jiggles. 7. Cool cooker normally for 5 minutes and then place under faucet. Thicken gravy, see recipe page 11.
Dressing:			
Sausage Meat	¾ cup	1½ cups	
Apple, peeled and sliced	1 apple	2 apples	
Dried Bread Crumbs	1½ cups	3 cups	
Onion, minced	1 tbsp.	2 tbsp.	
Salt	¼ tsp.	½ tsp.	
Fat	3 tbsp.	6 tbsp.	
Water	¾ cup	1 cup	
	Serves 4	Serves 8	

BRAISED PEPPERSTEAK

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Flank Steak — cut in ¼" strips	1 (about 1½ lbs.)	2 (about 3 lbs.)	1. Brown steak strips in fat in cooker (brown about a third of the strips at a time). 2. Add water, bouillon cube, soy sauce, sugar, garlic, salt and pepper. 3. Cover, set control and cook for 5 minutes after control jiggles. Reduce pressure instantly. 4. Add green pepper strips. Cover, set control and cook an additional 3 minutes. Reduce pressure instantly. 5. Mix flour and water together, add and cook until thickened, stirring constantly. Serve over buttered noodles.
Fat	2 tbsp.	¼ cup	
Mushrooms	1 4-oz. can	2 4-oz. cans	
Water	1 cup	2 cups	
Beef Bouillon Cube	1	2	
Soy Sauce	2 tbsp.	¼ cup	
Sugar	1 tbsp.	2 tbsp.	
Garlic Salt	¼ tsp.	½ tsp.	
Pepper	dash	¼ tsp.	
Green Pepper — cut in strips	1	2	
Flour	1½ tbsp.	3 tbsp.	
Water	¼ cup	½ cup	
	Serves 4	Serves 8	

ROUND STEAK WITH TOMATO SAUCE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Flour	3 tbsp.	6 tbsp.	1. Combine flour, salt and pepper. 2. Cut steak into individual servings. Pound as much of the dry ingredients as possible into steak. 3. Brown steak in hot fat in cooker. 4. Combine remaining ingredients and pour over meat. 5. Cover, set control and cook for 25 minutes after the control jiggles. 6. Cool cooker normally for 5 minutes, then place under faucet.
Salt	¾ tsp.	1½ tsp.	
Pepper	dash	¼ tsp.	
Round Steak (¾" thick)	1½ lbs.	3 lbs.	
Fat	2 tbsp.	4 tbsp.	
Canned Tomatoes	1 cup	2 cups	
Onions, sliced	1 cup	1½ cups	
Celery, diced	½ cup	1 cup	
Clove Garlic, minced	1 small	1 med.	
Salt	½ tsp.	1 tsp.	
Water	½ cup	1 cup	
	Serves 4	Serves 8	

SWEDISH MEAT BALLS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Ground Beef, finely ground	1 lb.	2 lbs.	1. Combine meat, crumbs, egg, milk, minced onion, salt, pepper and nutmeg. 2. Form into balls, 1½ inches in diameter, using as little pressure as possible. 3. Brown well in fat in cooker. Place meat balls on rack. 4. Add water. Cover, set control and cook for 4 minutes after control jiggles. 5. Cool cooker normally for 5 minutes, then place under faucet.
Bread Crumbs, fine	1 cup	2 cups	
Egg	1	2	
Milk	½ cup	1 cup	
Onion, minced	2 tbsp.	¼ cup	
Salt	1 tsp.	2 tsp.	
Pepper	dash	¼ tsp.	
Nutmeg	⅛ tsp.	¼ tsp.	
Fat	2 tbsp.	4 tbsp.	
Water	¾ cup	1½ cups	
	Serves 4	Serves 8	

To serve, remove meat balls to hot platter and thicken gravy. See gravy recipe on page 11.

PORCUPINE MEAT BALLS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Ground Beef	1 lb.	2 lbs.	1. Combine meat, rice, onion, salt and pepper. Form into balls. 2. Mix soup and water in cooker. 3. Drop meat balls in cooker. Cover, set control and cook for 8 minutes after control jiggles. Cool cooker normally for 5 minutes, then place under faucet.
Rice, uncooked	½ cup	1 cup	
Onion, minced	1 tbsp.	2 tbsp.	
Salt	1 tsp.	2 tsp.	
Pepper	¼ tsp.	½ tsp.	
Tomato soup	1 10½ oz. can	2 10½ oz. cans	
Water	¾ cup	1½ cups	
	Serves 4	Serves 8	

STEAK AND KIDNEY PIE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Round Steak (1½" pieces)	1¼ lbs.	2½ lbs.	1. Parboil kidneys for 2 minutes. Drain. 2. Mix salt, pepper and flour. Sprinkle over steak and kidneys. 3. Brown steak and kidneys in hot fat in cooker. 4. Add onions, Worcestershire sauce and water. 5. Cover. Set control and cook for 20-25 minutes after control jiggles. 6. Cool cooker normally for 5 minutes, then place under faucet. 7. Thicken liquid with 2 tablespoons flour blended with ½ cup cold water for each cup liquid. Cook, stirring, until thickened. 8. Place in baking dish. Top with baking powder biscuit dough and bake 15-18 minutes at 450 degrees F.
Lamb or Veal Kidneys, sliced	½ lb.	1 lb.	
Salt	1 tsp.	2 tsp.	
Pepper	¼ tsp.	½ tsp.	
Flour	2 tbsp.	4 tbsp.	
Fat	2 tbsp.	4 tbsp.	
Onion, chopped	½ cup	1 cup	
Worcestershire Sauce	1 tbsp.	1½ tbsp.	
Water or Consomme	1½ cups	2½ cups	
	Serves 4	Serves 8	

SAUERBRATEN

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Beef Pot Roast (3-4" thick)	2 lbs.	4 lbs.	1. Cover meat with vinegar and water, onions, bay leaves, cloves, salt, pepper and sugar. Let stand in refrigerator 24 hours. 2. Remove from spiced vinegar and wipe dry. 3. Brown meat in hot fat in cooker. Place meat on rack. 4. Strain vinegar mixture and add 1½ cups to meat in the 4 qt. cooker, or 3 cups in the 6-8 qt. cookers. 5. Cover, set control and cook for 35 to 45 minutes after control jiggles. Cool cooker normally for 5 minutes then place under faucet. 6. Thicken gravy with crumbled gingersnaps.
Vinegar	1 cup	2 cups	
Water	1 cup	2 cups	
Onions, sliced	1 cup	2 cups	
Bay Leaves	2	4	
Whole Cloves	8	16	
Salt	1½ tsp.	1 tbsp.	
Pepper	dash	¼ tsp.	
Sugar	1 tbsp.	2 tbsp.	
Fat	3 tbsp.	5 tbsp.	
Gingersnaps	6	12	
	Serves 4	Serves 8	

jiggles. Cool cooker normally for 5 minutes then place under faucet.
6. Thicken gravy with crumbled gingersnaps.

SWISS STEAK WITH PICKLED ONIONS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Flour	½ cup	¾ cup	1. Combine flour, salt and pepper. 2. Cut steak into individual servings. 3. Pound as much of the dry ingredients as possible into steak. 4. Brown in hot fat in cooker. Add onions and liquid. 5. Cover, set control and cook for 25 minutes after control jiggles. 6. Cool cooker normally for 5 minutes, then place under faucet.
Salt	1 tsp.	2 tsp.	
Pepper	dash	¼ tsp.	
Round Steak (¾" thick)	1½ lbs.	3 lbs.	
Fat	3 tbsp.	6 tbsp.	
Pickled Onions	1 10-oz. bottle	2 10-oz. bottles	
Pickled Onion Juice and Water	¾ cup	1½ cups	
	Serves 4	Serves 8	

PIGS IN BLANKET

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Round Steak (½" thick)	1¼ lbs.	2½ lbs.	1. Cut steak into individual servings; season with salt. 2. Place a slice of onion and bacon on each piece of steak. Roll them up, securing ends with toothpicks or tie with string. 3. Dredge rolls in flour, remaining salt and pepper mixture. 4. Brown well in hot fat in cooker. 5. Add tomato soup and water. Cover, set control and cook for 20-25 minutes after control jiggles.
Salt	½ tsp.	1 tsp.	
Onion, sliced	1	2	
Bacon, cut in pieces	2 strips	4 strips	
Flour	3 tbsp.	6 tbsp.	
Salt	½ tsp.	1 tsp.	
Pepper	dash	¼ tsp.	
Bacon Fat	2 tbsp.	4 tbsp.	
Tomato Soup	1 10½-oz. can	2 10½-oz. cans	
Water	½ cup	1 cup	
	Serves 4	Serves 8	

6. Cool cooker normally for 5 minutes, then place under faucet.

BRAISED OXTAILS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Oxtails	1	2	1. Roll pieces of oxtail in flour. Then brown in hot fat in cooker. 2. Add salt and pepper, onion, celery and carrots. Brown all together. 3. Add remaining ingredients. Cover, set control and cook for 45 minutes after control jiggles. Cool cooker normally for 5 minutes, then place under faucet. Thicken gravy, see recipe page 11.
Flour	3 tbsp.	6 tbsp.	
Fat	2½ tbsp.	5 tbsp.	
Salt	1 tsp.	2 tsp.	
Pepper	dash	¼ tsp.	
Onion, chopped	½ cup	1 cup	
Celery, chopped	2 cups	4 cups	
Carrots, sliced	2 cups	4 cups	
Cloves, whole	3	6	
Water	1 cup	2 cups	
Tomatoes	1 cup	2 cups	
Clove Garlic	½	1	
Lemon	1 slice	2 slices	
	Serves 4	Serves 8	

BRAISED SHORT RIBS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Beef Short Ribs	2 lbs.	4 lbs.	1. Combine flour, salt and pepper. 2. Roll meat in seasoned flour. 3. Brown meat in hot fat in cooker. Pour off excess fat. 4. Add horseradish and water. 5. Cover, set control and cook for 25 minutes after control jiggles. 6. Cool cooker normally for 5 minutes, then place under faucet. 7. Add carrots and onions.
Flour	½ cup	1 cup	
Salt	1½ tsp.	3 tsp.	
Pepper	¼ tsp.	½ tsp.	
Fat	3 tbsp.	5 tbsp.	
Prepared Horseradish	2 tbsp.	¼ cup	
Water	1 cup	1¼ cups	
Carrots, medium	4	8	
Onions, medium	4	8	
Green Beans, cooked	1½ cups	3 cups	
	Serves 4	Serves 8	

8. Cover, set control and cook for 8 minutes after control jiggles.
9. Cool cooker instantly. Add hot green beans. For gravy recipe see page 11.

BARBECUED BEEF SHORT RIBS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Beef Short Ribs	3 lbs.	6 lbs.	1. Brown short ribs in drippings in cooker. Pour off excess fat. 2. Mix remaining ingredients together and pour over meat. 3. Cover, set control and cook for 35-40 minutes after control jiggles. 4. Cool cooker normally for 5 minutes, then place under faucet. 5. Thicken sauce with 1 tablespoon flour mixed with ¼ cup water for each cup of sauce.
Bacon drippings	2 tbsp.	4 tbsp.	
Onion, sliced	2 tbsp.	4 tbsp.	
Green Pepper, chopped	1 tbsp.	2 tbsp.	
Catsup	1 cup	2 cups	
Salt	1 tsp.	2 tsp.	
Celery Seed	1 tsp.	2 tsp.	
Brown Sugar	2 tbsp.	4 tbsp.	
Lemon Juice	2 tbsp.	4 tbsp.	
Dry Mustard	2 tsp.	1 tbsp.	
Water	1 cup	1¼ cups	
	Serves 4	Serves 8	

HOT TAMALES

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Butter or Margarine	2 tbsp.	4 tbsp.	1. Brown ground beef, onion and green pepper in butter in cooker. 2. Add remainder of ingredients. 3. Cover, set control and cook for 4 minutes after control jiggles. 4. Reduce pressure instantly. 5. Serve on split buns. Note: If mixture is not thick enough, cook it uncovered to evaporate liquid.
Ground Beef	1 lb.	2 lbs.	
Onion, chopped	1 tbsp.	2 tbsp.	
Green Pepper, chopped	1 tbsp.	2 tbsp.	
Tomato Soup	1 10½ oz. can	2 10½ oz. cans	
Worcestershire Sauce	½ tsp.	1 tsp.	
Catsup	3 tbsp.	6 tbsp.	
Salt	½ tsp.	1 tsp.	
Pepper	dash	¼ tsp.	
Dry Mustard	1 tsp.	2 tsp.	
Water	2 tbsp.	¼ cup	
Yields:	1 pint	1 quart	

CORNERD BEEF AND CABBAGE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Corned Beef Brisket	2 lbs.	4 lbs.	1. See chart on page 10. 2. Place corned beef in cooker. Add water. 3. Cover, set control and cook for 45 minutes after control jiggles. 4. Cool cooker normally for 5 minutes, then place under faucet. 5. Add whole carrots, potatoes, cabbage and onions. 6. Cover, set control and cook for 8 minutes after control jiggles. Reduce pressure instantly.
Water	3 cups	4 cups	
Carrots	4	8	
Potatoes	4	8	
Head Cabbage, cut in quarters	1 small	1 med.	
Onions, whole	4	8	
	Serves 4	Serves 8	

CABBAGE ROLLS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Cabbage Leaves	8 large	16 large	1. Pour boiling water over cabbage leaves. Let stand for 5 minutes. Drain. 2. Season meat; add onion, rice and egg. 3. Roll a portion of filling into each leaf, fasten ends with toothpicks. 4. Place cabbage rolls on rack in cooker. 5. Pour tomato soup and water over rolls. 6. Cover, set control and cook for 8 minutes after control jiggles. 7. Cool cooker normally for 5 minutes and then place under faucet.
Ground Beef	1 lb.	2 lbs.	
Salt	1 tsp.	2 tsp.	
Pepper	¼ tsp.	½ tsp.	
Onion, chopped	2 tbsp.	¼ cup	
Cooked Rice	1 cup	2 cups	
Egg	1	2	
Tomato Soup	1 10½ oz. can	2 10½ oz. cans	
Water	¾ cup	1½ cups	
	Serves 4	Serves 8	

BEEF TONGUE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Fresh Beef Tongue (2-5 lbs.)	1	2	1. Wash beef tongue. Drain. 2. Place in cooker, add water and remaining ingredients. 3. Cover, set control and cook for 45 minutes after control jiggles. 4. Cool cooker normally for 5 minutes, then place under faucet. 5. Remove skin. Serve hot or cold.
Water	2 cups	2½ cups	
Salt	2 tsp.	1 tbsp.	
Parsley, chopped	1 tbsp.	2 tbsp.	
Bay leaf	1 leaf	2 leaves	
Carrot, sliced	1	2	
Onion, sliced	1	2	

STUFFED BEEF HEART

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Beef Heart	1	2	1. Precook heart according to chart directions on page 10. 2. Combine all ingredients except bacon and mix well. 3. Stuff cavity of heart and tie securely with string. Cover with strips of bacon. 4. Bake uncovered in roasting pan for 40 minutes at 325 degrees F. 5. Remove heart and place on a hot platter. Add 1½ cups of cooking liquid to drippings in roasting pan. 6. Thicken gravy, see recipe page 11. Season with salt and pepper. Pour gravy over and around heart.
Stuffing:			
Dry Bread Crumbs	2 cups	4 cups	
Green Pepper, chopped	2 tbsp.	4 tbsp.	
Salt	1 tsp.	2 tsp.	
Onions, chopped	3 tbsp.	6 tbsp.	
Fat	2 tbsp.	4 tbsp.	
Celery Seed	½ tsp.	1 tsp.	
Milk	½ cup	1 cup	
Bacon slices	6	12	
	Serves 4	Serves 8	

MEXICAN SCRAMBLE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Round Steak (½" cubes)	1 lb.	2 lbs.	1. Brown meat, onion and green pepper in hot fat in cooker. 2. Season with salt and pepper. 3. Add corn, tomato juice and chili powder. 4. Cover, set control and cook for 9 minutes after control jiggles. 5. Cool cooker normally for 5 minutes, then place cooker under faucet. 6. Thicken gravy with cornstarch mixed with cold water. Cook until clear.
Onions, chopped	3 tbsp.	6 tbsp.	
Green Pepper, chopped	1 tbsp.	2 tbsp.	
Fat	2 tbsp.	4 tbsp.	
Salt	1 tsp.	2 tsp.	
Pepper	¼ tsp.	¼ tsp.	
Whole Kernel Corn, drained	1 1 lb. can (2 cups)	2 1 lb. cans (4 cups)	
Tomato Juice	1¼ cups	2½ cups	
Chili Powder	½ tsp.	1 tsp.	
Cornstarch	1 tbsp.	2 tbsp.	
Water	¼ cup	¼ cup	
	Serves 4	Serves 8	

HUNGARIAN GOULASH

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Beef (1" cubes)	½ lb.	1 lb.	1. Brown meat in hot fat in cooker. 2. Add onions, season with salt, pepper, paprika, bay leaf, marjoram and water. 3. Cover, set control and cook for 12 minutes after control jiggles. Cool cooker normally 5 minutes, then reduce pressure instantly. 4. Place potatoes, carrots, turnips and pepper on rack over the meat. 5. Cover, set control and cook for 8 minutes after control jiggles. 6. Reduce pressure instantly. 7. Mix vegetables with meat. Thicken gravy, see recipe on page 11.
Veal (1" cubes)	1 lb.	2 lbs.	
Fat	2 tbsp.	4 tbsp.	
Onions, sliced	1 cup	1½ cups	
Salt	1 tsp.	2 tsp.	
Pepper	¼ tsp.	½ tsp.	
Paprika	½ tsp.	1 tsp.	
Bay Leaf	½ leaf	1 leaf	
Powdered Marjoram	½ tsp.	1 tsp.	
Water	1½ cups	3 cups	
Potatoes, medium	4	8	
Carrots, medium, cut lengthwise	4	8	
Turnips, cut in half	2	4	
Green Pepper, chopped	½ cup	1 cup	
	Serves 4	Serves 8	

CHOP SUEY

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Pork, Veal or Beef (1" cubes)	1 lb.	2 lbs.	1. Brown meat in hot fat in cooker. 2. Add celery, onions, salt, pepper and water. 3. Cover, set control and cook for 8 minutes after control jiggles. 4. Cool cooker normally 5 minutes, then place under faucet. 5. Add bean sprouts. Simmer in open cooker 3 minutes. 6. Add soy sauce. Mix well. 7. Thicken with cornstarch mixed in cold water. Cook 1 minute. Serve with hot rice.
Fat	2 tbsp.	4 tbsp.	
Celery (cut in 1" pieces)	1 cup	2 cups	
Onions, sliced	1 cup	2 cups	
Salt	½ tsp.	1 tsp.	
Pepper	dash	¼ tsp.	
Water	1 cup	2 cups	
Bean Sprouts	1 1 lb. 4 oz. can (2½ cups)	2 1 lb. 4 oz. cans (5 cups)	
Soy Sauce	¼ cup	½ cup	
Cornstarch	3 tbsp.	5 tbsp.	
Water	¼ cup	½ cup	
	Serves 4	Serves 8	

RICE

The best way to pressure cook rice is in an uncovered mold or pan set on the rack in cooker.

INGREDIENTS	QUANTITY		DIRECTIONS
	Individual Molds	One Qt. Mold	
Rice	2 tbsp.	1 cup	1. Place rice, water and salt in greased molds or pan. 2. Place on rack in cooker. 3. Add 2 cups water. 4. Cover, set control and cook for 12 minutes after control jiggles. 5. Reduce pressure instantly and remove rice from molds.
Water	¼ cup	1½ cups	
Salt	⅛ tsp.	1 tsp.	

CHOW MEIN

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Pork, diced	½ lb.	1 lb.	1. Brown meat thoroughly in hot fat in cooker. 2. Add water, onions, celery, salt and pepper. 3. Cover, set control and cook for 8 minutes after control jiggles. 4. Cool cooker normally for 5 minutes, then place under faucet. 5. Add cornstarch mixed with water. 6. Add soy sauce, bean sprouts, mushrooms and chestnuts. Cook and stir until thickened. Serve on hot rice.
Beef, diced	½ lb.	1 lb.	
Veal, diced	½ lb.	1 lb.	
Fat	3 tbsp.	6 tbsp.	
Water	1 cup	2 cups	
Onions, sliced	1 cup	2 cups	
Celery, sliced	3 cups	6 cups	
Salt	½ tsp.	1 tsp.	
Pepper	dash	¼ tsp.	
Cornstarch	2 tbsp.	¼ cup	
Water	½ cup	1 cup	
Soy Sauce	¼ cup	½ cup	
Bean Sprouts	1 1 lb. 4 oz. can (2½ cups)	2 1 lb. 4 oz. cans (5 cups)	
Mushrooms	½ cup	1 cup	
Water Chestnuts, sliced	1 10-oz. can	2 10-oz. cans	
	Serves 4	Serves 8	

STUFFED GREEN PEPPERS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Green Peppers	4	8	1. Remove seeds and wash peppers. Parboil 3 minutes. 2. Combine rice, salt, pepper, ground beef, egg, milk and onion. 3. Stuff peppers lightly and place in cooker on rack. 4. Add tomato soup and water. Cover. Set control and cook for 12 minutes after control jiggles. 5. Cool cooker normally for 5 minutes, then place under faucet.
Ground Beef	¾ lb.	1½ lbs.	
Rice, cooked	⅓ cup	⅔ cup	
Salt	1 tsp.	1½ tsp.	
Pepper	dash	¼ tsp.	
Egg	1	2	
Milk	¼ cup	½ cup	
Onion, chopped	½ cup	¾ cup	
Tomato Soup	1 10½ oz. can	2 10½ oz. cans	
Water	¾ cup	1½ cups	
	Serves 4	Serves 8	

BEEF STROGANOFF

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Beef Stew—1" cubes	1 lb.	2 lbs.	1. Dredge meat in flour and brown it well in oil in cooker. 2. Add remaining ingredients except sour cream. 3. Cover, set control and cook for 15 minutes after control jiggles. 4. Cool cooker normally for 5 minutes, then place under faucet. 5. Heat (but do not boil) with sour cream for 2 or 3 minutes. Serve with noodles.
Flour	1 tbsp.	2 tbsp.	
Cooking Oil or Shortening	2 tbsp.	¼ cup	
Onion, sliced	1 medium	2 medium	
Salt	1 tsp.	2 tsp.	
Pepper	¼ tsp.	½ tsp.	
Marjoram	dash	¼ tsp.	
Dry Mustard	2 tsp.	4 tsp.	
Canned Mushrooms, drained	1 4-oz. can	2 4-oz. cans	
Water	¾ cup	1½ cups	
Catsup	3 tbsp.	6 tbsp.	
Dairy Sour Cream	½ cup	1 cup	
	Serves 4	Serves 8	

BEEF

BEEF BURGUNDY

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Mushrooms, sliced	¼ lb.	½ lb.	1. Sauté mushrooms in butter in cooker. Remove and set aside. 2. Fry bacon in cooker until crisp. Remove and set aside. Remove all but 3-4 tablespoons fat from cooker. 3. Brown meat in fat in cooker. Season lightly with salt and pepper. 4. Add remaining ingredients except parsley, flour and water. 5. Cover, set control and cook for 20 minutes after control jiggles. 6. Cool cooker normally for 5 minutes, then place under faucet. 7. Mix flour with water and add to stock. Cook until thickened, stirring constantly.
Butter or Margarine	2 tbsp.	¼ cup	
Bacon	3 slices	6 slices	
Beef Stew (1½" pcs.)	1½ lbs.	3 lbs.	
Scallions (green onions, sliced)	2 tbsp.	¼ cup	
Garlic, minced	¼ tsp.	½ tsp.	
Carrots, finely chopped	2 tbsp.	¼ cup	
Burgundy Wine	1 cup	2 cups	
Tomato Paste	½ tbsp.	1 tbsp.	
Beef Bouillon Cube	1	2	
Salt	¼ tsp.	½ tsp.	
Peppercorns	1	2	
Bay Leaf	½	1	
Thyme	¼ tsp.	½ tsp.	
Flour	2 tbsp.	¼ cup	
Water	¼ cup	½ cup	
Parsley, chopped			

Serves 4 Serves 8

8. Add sautéed mushrooms and crisp, crumbled bacon. Garnish with parsley to suit. Serve with buttered noodles, rice or small boiled potatoes.

PIZZA STEAK

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Minute Steaks	4	8	1. Brown steaks quickly in oil in cooker. 2. Add remaining ingredients. 3. Cover, set control and cook for 5 minutes after control jiggles. 4. Reduce pressure instantly. 5. Serve with spaghetti and top with grated mozzarella or parmesan cheese.
Cooking Oil	2 tbsp.	¼ cup	
Tomato Sauce	1 1-lb. can (2 cups)	2 1-lb. cans (4 cups)	
Water	¼ cup	½ cup	
Onion, diced	½ cup	1 cup	
Oregano	1 tsp.	2 tsp.	
Celery Salt	1 tsp.	2 tsp.	
Sugar	1 tsp.	2 tsp.	
Basil	½ tsp.	1 tsp.	
Garlic, minced (optional)	1 clove	2 cloves	
Pepper	dash	¼ tsp.	

Serves 4 Serves 8

HAMBURGER — POTATO DINNER

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Ground Beef	1 lb.	2 lbs.	1. Brown ground beef, onion and celery in fat in cooker. 2. Add remaining ingredients. 3. Cover, set control and cook for 3 minutes after control jiggles. 4. Reduce pressure instantly.
Fat	2 tbsp.	3 tbsp.	
Onion, diced	½ cup	1 cup	
Celery, diced	½ cup	1 cup	
Potatoes, sliced thin	6 or 7	12 or 14	
Salt	¾ tsp.	1½ tsp.	
Tomato Soup	1 10¾ oz. can	2 10¾ oz. cans	
Water	¼ cup	½ cup	

Serves 6 Serves 12

DUTCH BEEF BIRDS

BEEF

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Round Steak (¼" thick)	1 lb.	2 lbs.	1. Cut round steak in individual serving pieces. Season each with salt and pepper and spread with mustard. 2. Cut a pork steak into strips about ½" wide and 2½" long. 3. Place a slice of onion, a piece of pork steak and a small sweet pickle on each piece of round steak. 4. Roll meat up and tie each end of roll with string. 5. Brown steak rolls well on all sides in fat in cooker. 6. Add water, salt, pepper and parsley flakes. 7. Cover, set control and cook for 25 minutes after control jiggles. Cool cooker normally for 5 minutes, then place under faucet. 8. Remove steak rolls. Mix flour and water together, add to stock and cook until thickened, stirring constantly.
Prepared Mustard	½ tbsp.	1 tbsp.	
Pork Steak pieces (½")	4	8	
Onion slices	4	8	
Sweet Pickles	4	8	
Fat	2 tbsp.	3 tbsp.	
Water	¾ cup	1½ cups	
Salt	1 tsp.	2 tsp.	
Pepper	dash	¼ tsp.	
Parsley Flakes (optional)	¼ tsp.	½ tsp.	
Flour	1½ tbsp.	3 tbsp.	
Water	¼ cup	½ cup	

Serves 4 Serves 8

SCANDINAVIAN BEEF STEW

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Butter or Margarine	3 tbsp.	6 tbsp.	1. Sauté mushrooms in butter in cooker. Remove mushrooms and set aside. 2. Brown meat in remaining butter in cooker. 3. Add onion, salt, pepper, allspice, bay leaf, water and bouillon cube. 4. Cover, set control and cook for 20 minutes after control jiggles. 5. Cool cooker normally for 5 minutes, then place under faucet. 6. Add sautéed mushrooms. 7. Mix flour with water and add to stock. Cook until thickened, stirring constantly.
Mushrooms, sliced	¼ lb.	½ lb.	
Beef Stew (1½" pcs.)	1½ lbs.	3 lbs.	
Onion, sliced	1	2	
Salt	½ tsp.	1 tsp.	
Pepper	¼ tsp.	½ tsp.	
Whole Allspice	1	2	
Bay Leaf	1	2	
Water	1 cup	2 cups	
Beef Bouillon Cube	1	2	
Flour	1½ tbsp.	3 tbsp.	
Water	¼ cup	½ cup	
Dairy Sour Cream	2 tbsp.	¼ cup	

Serves 4 Serves 8

INDONESIAN STEAK

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Round Steak — ¾" thick	1½ lbs.	2½ lbs.	1. Cut steak in individual servings and dredge it in flour that has been mixed with salt and pepper. 2. Brown meat in fat in cooker. 3. Add remaining ingredients. Cover, set control and cook for 30 minutes after control jiggles. 4. Cool cooker normally for 5 minutes, then place under faucet.
Flour	3 tbsp.	6 tbsp.	
Salt	1 tsp.	2 tsp.	
Pepper	¼ tsp.	½ tsp.	
Fat	3 tbsp.	4 tbsp.	
Onion, chopped	¼ cup	½ cup	
Water	1 cup	2 cups	
Beef Bouillon Cube	1	2	
Chutney	½ cup	1 cup	
Curry Powder	1½ tsp.	3 tsp.	
Garlic Salt	½ tsp.	1 tsp.	
Ginger	½ tsp.	1 tsp.	

Serves 4 Serves 8

MEAT LOAF DINNER

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Ground Beef	1 lb.	2 lbs.	1. Mix together ground beef, salt, pepper, egg, onion and bread. Form into one loaf for the 4 qt. cooker recipe, or into two loaves for 6 qt. cooker recipe.
Salt	1 1/2 tsp.	3 tsp.	
Pepper	dash	1/4 tsp.	
Egg	1	2	
Onion, chopped	1/4 cup	1/2 cup	
Bread, cubed	2 slices	4 slices	2. Wrap meat loaf in foil and refrigerate several hours or overnight (this prevents it from breaking apart).
Fat	1 tbsp.	2 tbsp.	
Tomato Sauce	1 8-oz. can (1 cup)	1 16-oz. can (2 cups)	3. Brown meat loaf on all sides in fat in cooker. Remove.
Water	1/2 cup	1 cup	
Potatoes, whole	4	8	4. Pour tomato sauce and water into cooker. Place rack in cooker and arrange meat loaf and vegetables on rack. Season vegetables with salt, if desired.
Carrots, whole	4	8	
	Serves 4	Serves 8	

5. Cover, set control and cook 12 minutes after control jiggles.
6. Cool cooker normally for 5 minutes and then place under faucet.

BEEF NOODLE CASSEROLE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Fat	1 tbsp.	2 tbsp.	1. Brown meat in hot fat in cooker.
Ground Beef	1/2 lb.	1 lb.	
Salt	1 tsp.	2 tsp.	
Pepper	1/4 tsp.	1/2 tsp.	
Worcestershire Sauce	1 tsp.	2 tsp.	
Onion, sliced	1/4 cup	1/2 cup	2. Add other ingredients and stir.
Mushrooms, sliced	1 4-oz. can	2 4-oz. cans	
Wide Noodles, uncooked	1 cup	2 cups	3. Cover, set control and cook for 5 minutes after control jiggles.
Tomato Sauce	1 8-oz. can (1 cup)	2 8-oz. cans (2 cups)	
Water	1 cup	2 cups	4. Reduce pressure instantly.
Flour) For	1 1/2 tbsp.	3 tbsp.	
Water) Thickening	1/4 cup	1/2 cup	5. For a heavier consistency, this mixture may be thickened by cooking uncovered with mixture of flour and water, stirring constantly.
	Serves 4	Serves 8	

BEEF STEW

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Beef (1 1/2" pieces)	1 1/2 lbs.	3 lbs.	1. Brown meat in hot fat in cooker. Season with salt, pepper and paprika. Add water.
Fat	2 tbsp.	4 tbsp.	
Salt	1 tsp.	2 tsp.	2. Cover, set control and cook for 12 minutes after control jiggles.
Pepper	1/4 tsp.	1/4 tsp.	
Paprika	1/4 tsp.	1/2 tsp.	3. Cool cooker normally 5 minutes; and then reduce pressure instantly. Add onions, carrots and potatoes.
Water	1 1/2 cups	1 3/4 cups	
Onions, chopped	1/2 cup	1 cup	4. Cover, set control and cook for 8 minutes after control jiggles.
Carrots, whole	4	8	
Potatoes, whole, medium	4	8	
	Serves 4	Serves 8	

5. Reduce pressure instantly. See recipe for gravy page 11.

SAUSAGE — LIMA BEAN DISH

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Pork Sausage	1 lb.	2 lbs.	1. Brown pork sausage, onion, green pepper and garlic in cooker.
Onions, chopped	1/2 cup	1 cup	
Green Pepper, chopped	1/4 cup	1/2 cup	2. Add olives, tomatoes, lima beans and salt.
Garlic, minced (optional)	1 clove	2 cloves	
Ripe Olives, chopped	1/2 cup	3/4 cup	3. Cover, set control and cook for 2 1/2 minutes after control jiggles.
Tomatoes, canned	1 1-lb. can (2 cups)	2 1-lb. cans (4 cups)	
Frozen Baby Lima Beans	1 10-oz. pkg.	2 10-oz. pkgs.	4. Reduce pressure instantly.
Salt	1/2 tsp.	1 tsp.	
Flour	2 tbsp.	4 tbsp.	5. Mix flour with water, add to mixture and cook until thickened, stirring constantly. Serve over rice or noodles.
Water	1/4 cup	1/2 cup	
	Serves 4	Serves 8	

GOLDEN PORK CHOPS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Pork Chops	4	8	1. Brown chops in fat in cooker. Pour off drippings. Season chops with salt and pepper.
Fat	1 tbsp.	2 tbsp.	
Salt	1/2 tsp.	1 tsp.	2. Mix water, onion, raisins and orange juice concentrate together. Add to chops.
Pepper	dash	1/4 tsp.	
Water	3 tbsp.	6 tbsp.	3. Cover, set control and cook for 9 minutes after control jiggles.
Onion, diced	2 tbsp.	1/4 cup	
Light Raisins	1/4 cup	1/2 cup	4. Reduce pressure instantly. Remove chops.
Frozen Concentrated Orange Juice	1/3 cup	2/3 cup	
Cornstarch	1 tsp.	2 tsp.	5. Mix cornstarch with water, add to sauce and cook until thickened, stirring constantly. Serve over chops.
Water	2 tbsp.	1/4 cup	
	Serves 4	Serves 8	

HAM LOAF

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Ground Ham	3/4 lb.	1 1/2 lbs.	1. Combine meat, bread crumbs, egg, salt and pepper. Form into small loaves (2 loaves for 4 qt. quantity and 4 loaves for 6 qt. quantity). Wrap in foil and refrigerate several hours, or overnight (this prevents meat loaf from breaking apart).
Ground Beef	1/4 lb.	1/2 lb.	
Dry Bread Crumbs	1/4 cup	1/2 cup	2. Brown loaves on all sides in butter in cooker.
Egg	1	2	
Salt	1/2 tsp.	1 tsp.	3. Mix brown sugar and mustard together and spread on each loaf.
Pepper	1/4 tsp.	1/2 tsp.	
Butter or Margarine	2 tbsp.	4 tbsp.	4. Add water and pineapple juice.
Brown Sugar	1/3 cup	2/3 cup	
Dry Mustard	1 tsp.	2 tsp.	5. Cover, set control and cook for 7 1/2 minutes after control jiggles. Cool cooker normally for 5 minutes, then place under faucet.
Water	1/2 cup	3/4 cup	
Pineapple Juice	1/4 cup	1/2 cup	
	Serves 4	Serves 8	

SPARERIBS, SAUERKRAUT AND POTATOES

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Spareribs	2½ lbs.	5 lbs.	1. Brown spareribs in hot fat in cooker. 2. Add salt and pepper. 3. Put sauerkraut in bottom of cooker and sprinkle with brown sugar. 4. Place ribs and potatoes over kraut. Add water. 5. Cover, set control and cook for 15 minutes after control jiggles. 6. Cool cooker normally for 5 minutes, then place under faucet.
Fat	1 tbsp.	2 tbsp.	
Salt	1 tsp.	2 tsp.	
Pepper	dash	¼ tsp.	
Sauerkraut	1 1 lb.	2 1 lb.	
	4 oz.	4 oz.	
	can	cans	
	(2½ cups)	(5 cups)	
Brown Sugar	1 tbsp.	2 tbsp.	
Potatoes, medium, whole	4	8	
Water	¾ cup	1½ cups	
	Serves 4	Serves 8	

HAM WITH ORANGE SAUCE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Ham (¾" thick, cut in serving pieces)	1 slice	2 slices	1. Press whole cloves into each cut of ham. 2. Brown ham in hot fat in cooker. Add brown sugar, orange juice, water and potatoes. 3. Cover, set control and cook for 9 minutes after control jiggles. 4. Cool cooker normally for 5 minutes, then place under faucet. To make Sauce: Mix cornstarch with lemon juice or cold water. Add to boiling liquid and cook until clear, about 1 minute.
Whole Cloves			
Fat	1 tbsp.	2 tbsp.	
Brown Sugar	2 tbsp.	¼ cup	
Orange Juice	½ cup	1 cup	
Water	½ cup	1 cup	
Sweet Potatoes, peeled and cut in halves	2	4	
Cornstarch	1 tbsp.	2 tbsp.	
Lemon Juice	2 tbsp.	¼ cup	
	Serves 4	Serves 8	

SULZE (JELLIED MEAT LOAF)

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Pork Shanks	2	4	1. Place pork shanks, veal knuckles, water, seasoning and vegetables in cooker. 2. Cover, set control and cook for 40-45 minutes after control jiggles. 3. Cool cooker normally for 5 minutes, then place under faucet. 4. Remove meat and when it is cool, cut into ¼ inch cubes and place in bread pans. 5. Strain liquid and skim off fat. 6. Add vinegar to strained liquid. 7. Soften gelatin in water and dissolve it in the hot liquid. 8. Pour over cubed meat. Chill in refrigerator until it congeals. Slice and serve cold.
Veal Knuckles	1½ lbs.	3 lbs.	
Water	4 cups	6 cups	
Salt	2 tsp.	1 tbsp.	
Pepper	dash	¼ tsp.	
Onion, sliced	1	2	
Bay Leaves	2 leaves	4 leaves	
Carrots	2	4	
Celery, diced	1 cup	2 cups	
Vinegar	¼ cup	½ cup	
Gelatin	½ tbsp.	1 tbsp.	
Water	2 tbsp.	¼ cup	
	Yields: 1 loaf	2 loaves	

PORK CHOPS AND BROWN RICE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Pork Chops (cut ½" thick)	4	8	1. Brown pork chops in hot fat in cooker. Remove from cooker. 2. Place rice in hot fat. Stir constantly until well browned. 3. Add tomatoes, seasonings, chopped onion and green pepper. Stir well. 4. Add pork chops and water. Cover, set control and bring pressure up over moderate heat. Cook for 9 minutes after control jiggles. 5. Cool cooker normally for 5 minutes, then place under faucet.
Fat	1 tbsp.	2 tbsp.	
Rice, uncooked	1 cup	2 cups	
Tomatoes, canned	2 cups	4 cups	
Salt	1 tsp.	2 tsp.	
Pepper	¼ tsp.	½ tsp.	
Chili Powder	¼ tsp.	½ tsp.	
Onions, chopped	2 tbsp.	4 tbsp.	
Green Pepper, chopped	3 tbsp.	6 tbsp.	
Water	1 cup	2 cups	
	Serves 4	Serves 8	

QUICK PORK CHOP DINNER

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Pork Chops (½" thick)	4	8	1. Spread mustard over chops, sprinkle with flour, salt and pepper. 2. Brown thoroughly in hot fat in cooker. 3. Add chicken soup and water. Cover, set control and cook for 9 minutes after control jiggles. 4. Cool cooker normally for 5 minutes, then place under faucet.
Prepared Mustard	2 tsp.	4 tsp.	
Flour	2 tbsp.	¼ cup	
Salt	¾ tsp.	1½ tsp.	
Pepper	dash	¼ tsp.	
Fat	2 tbsp.	4 tbsp.	
Chicken Rice Soup	1 10½ oz. can	2 10½ oz. cans	
Water	½ cup	1 cup	
	Serves 4	Serves 8	

STUFFED PORK CHOPS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Pork Chops (cut 1½" thick with pocket along side of bone)	4	8	1. Stuff pork chops with croutons and parsley. Season with salt and pepper. 2. Brown chops in hot fat in cooker. 3. Place browned meat on rack in cooker. 4. Add consomme and water. 5. Cover, set control and cook for 9-12 minutes after control jiggles. 6. Cool cooker normally 5 minutes, then place under faucet. Thicken gravy, see recipe page 11.
Croutons (bread cubes browned in butter)	1½ cups	3 cups	
Parsley	2 tbsp.	4 tbsp.	
Salt	¾ tsp.	1½ tsp.	
Pepper	dash	¼ tsp.	
Butter or Margarine, melted	2 tbsp.	4 tbsp.	
Consomme	1 10½ oz. can	1 10½ oz. can	
Water	½ cup	1 cup	
	Serves 4	Serves 8	

PORK

ORIENTAL CHOPS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Pork Chops	6	12	<ol style="list-style-type: none"> 1. Brown chops on both sides in hot fat in cooker. 2. Place a tablespoon of raw rice on top of each pork chop. 3. Place a tablespoon of chopped green pepper on top of rice and a slice of onion on top of green pepper. 4. Add water and salt. 5. Cover, set control and cook for 12 minutes after control jiggles. 6. Cool cooker normally five minutes and then place under faucet.
Fat	2 tbsp.	4 tbsp.	
Uncooked Rice	6 tbsp.	$\frac{3}{4}$ cup	
Green Pepper, chopped	6 tbsp.	$\frac{3}{4}$ cup	
Onion	6 slices	12 slices	
Water	1 cup	2 cups	
Salt	2 tsp.	4 tsp.	
	Serves 6	Serves 12	

HAWAIIAN PORK

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Lean Pork Shoulder (cut in cubes)	1 $\frac{1}{4}$ lbs.	2 $\frac{1}{2}$ lbs.	<ol style="list-style-type: none"> 1. Brown pork cubes and onion slices in hot fat in cooker. 2. Add pineapple juice, water, vinegar, brown sugar and salt. 3. Cover, set control and cook for 12 minutes after control jiggles. 4. Reduce pressure instantly. 5. Add diced green pepper, pineapple chunks and soy sauce. 6. Add cornstarch mixed with water and cook until thickened, stirring constantly. 7. Serve over rice.
Fat	2 tbsp.	4 tbsp.	
Onion slices	4	8	
Pineapple Juice	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	
Water	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	
Vinegar	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	
Brown Sugar	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	
Salt	$\frac{3}{4}$ tsp.	1 $\frac{1}{2}$ tsp.	
Green Pepper, diced	$\frac{1}{2}$ cup	1 cup	
Pineapple chunks	1 1 lb. 4 oz. can	2 1 lb. 4 oz. cans	
Soy Sauce	1 tbsp.	2 tbsp.	
Cornstarch	2 $\frac{1}{2}$ tbsp.	5 tbsp.	
Water	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	
	Serves 4	Serves 8	

SMOKED HAM BUTT WITH PINEAPPLE SAUCE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Smoked Shoulder Butt or Picnic	1 $\frac{1}{2}$ lbs.	3 lbs.	<ol style="list-style-type: none"> 1. Place smoked butt on rack in cooker and add water. 2. Cover, set control and cook for 30 minutes after control jiggles. Cool cooker normally for 5 minutes and then place under faucet. 3. Remove smoked butt from cooker and place in baking pan. 4. Combine pineapple juice, brown sugar and mustard and pour over meat. Bake at 325°F. for 30 minutes. 5. Remove meat from pan; then thicken sauce with a mixture of 1 $\frac{1}{2}$ tablespoons flour and $\frac{1}{4}$ cup water. Bring to boil. Serve the sauce over meat.
Water	1 cup	1 $\frac{1}{2}$ cups	
Pineapple Juice	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	
Brown Sugar	3 tbsp.	6 tbsp.	
Dry Mustard	$\frac{3}{4}$ tsp.	1 $\frac{1}{2}$ tsp.	
	Serves 4	Serves 8	

VEAL AND LAMB

VEAL FRICASSEE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Veal Steak ($\frac{1}{2}$ " thick)	1 $\frac{1}{2}$ lbs.	3 lbs.	<ol style="list-style-type: none"> 1. Cut veal in serving pieces. Season with salt and pepper. Dip in flour. 2. Brown veal steak in hot fat in cooker. 3. Add paprika, bouillon cube and water. 4. Cover, set control and cook for 12-15 minutes after control jiggles. 5. Cool cooker normally 5 minutes, then place under faucet. 6. Add sour cream.
Salt	1 tsp.	2 tsp.	
Pepper	dash	$\frac{1}{4}$ tsp.	
Flour	3 tbsp.	6 tbsp.	
Paprika	1 tsp.	2 tsp.	
Bouillon Cube	1	2	
Water	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	
Sour Cream	1 cup	2 cups	
	Serves 4	Serves 8	

VEAL SCALLOPINI

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Veal ($\frac{1}{2}$ " slices)	1 $\frac{1}{4}$ lbs.	2 $\frac{1}{2}$ lbs.	<ol style="list-style-type: none"> 1. Cut veal into serving pieces. 2. Mix flour, salt, pepper and paprika together and coat veal thoroughly. 3. Brown meat in fat in cooker. 4. Add garlic and onions and brown lightly. 5. Add mustard and tomato juice. 6. Cover, set control and cook for 12-15 minutes after control jiggles. 7. Cool cooker normally five minutes and then place under faucet. 8. Add mushrooms and parsley and heat thoroughly.
Flour	3 tbsp.	6 tbsp.	
Salt	1 tsp.	2 tsp.	
Pepper	dash	$\frac{1}{4}$ tsp.	
Paprika	$\frac{1}{2}$ tsp.	1 tsp.	
Fat	3 tbsp.	5 tbsp.	
Clove Garlic, chopped fine	1 small	2 small	
Onion, sliced	1 med.	2 med.	
Dry Mustard	$\frac{1}{2}$ tsp.	1 tsp.	
Tomato Juice	1 $\frac{1}{2}$ cups	3 cups	
Mushrooms, sliced	$\frac{1}{2}$ cup	1 cup	
Parsley, chopped	2 tbsp.	$\frac{1}{4}$ cup	
	Serves 4	Serves 8	

BRAISED LAMB SHANKS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Lamb Shanks	4	8	<ol style="list-style-type: none"> 1. Combine salt, pepper and flour. Dredge meat thoroughly. 2. Brown meat in hot fat in cooker. Add water. 3. Cover, set control and cook for 35 minutes after control jiggles. Cool cooker normally 5 minutes and then place under faucet. 4. Mix cooked prunes and apricots. Pour syrup over them. Mix lightly. Do not crush fruit. Serve hot with lamb shanks.
Salt	1 tsp.	2 tsp.	
Pepper	$\frac{1}{4}$ tsp.	$\frac{1}{2}$ tsp.	
Flour	2 tbsp.	$\frac{1}{4}$ cup	
Fat	2 tbsp.	4 tbsp.	
Water	1 cup	1 $\frac{1}{2}$ cups	
Dried Prunes, cooked and pitted	1 cup	2 cups	
Dried Apricots, cooked	1 cup	2 cups	
White Syrup	3 tbsp.	6 tbsp.	
	Serves 4	Serves 8	

VEAL OR LAMB STEW WITH DUMPLINGS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Veal or Lamb (2" cubes)	1½ lbs.	3 lbs.	1. Brown meat in hot fat in cooker. Add salt, pepper, bay leaf and water. 2. Cover, set control and cook 8 minutes after control jiggles. 3. Cool cooker normally for 5 minutes, then place under faucet. 4. Add onions and carrots. Cover, set control and cook for 8 minutes after control jiggles. Reduce pressure instantly.
Fat	3 tbsp.	5 tbsp.	
Salt	1 tsp.	2 tsp.	
Pepper	dash	¼ tsp.	
Bay Leaf	½ leaf	1 leaf	
Water	1½ cups	3 cups	
Onions, medium	4	8	
Carrots, medium	4	8	
	Serves 4	Serves 8	

DUMPLINGS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
All-Purpose Flour, sifted	1½ cups	2¾ cups	1. Sift flour with baking powder and salt. 2. Beat egg; add milk. Combine mixtures. 3. Drop dumpling batter from spoon over the meat. 4. Cook uncovered 5 minutes. 5. Cover, steam 5 minutes without control on vent. Remove dumplings to a hot platter. 6. Thicken gravy, see recipe page 11.
Salt	1 tsp.	2 tsp.	
Baking Powder	2 tsp.	4 tsp.	
Egg	1	2	
Milk	½ cup	1 cup	
	Serves 4	Serves 8	

TURKISH LAMB AND RICE PILAF

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Lamb Shoulder, cut in 2" pieces	2 lbs.	4 lbs.	1. Brown meat in hot fat in cooker. 2. Add salt, pepper, basil, tomatoes, green pepper, onion and water. 3. Cover, set control and cook for 12 minutes after control jiggles. 4. Cool cooker normally 5 minutes and then place under faucet. 5. Add parsley, garlic salt, rice and water. 6. Cover, set control and cook for 12 minutes after control jiggles. Reduce pressure instantly.
Fat	3 tbsp.	6 tbsp.	
Salt	2½ tsp.	4 tsp.	
Pepper	¼ tsp.	½ tsp.	
Basil	¼ tsp.	½ tsp.	
Tomatoes	1 No. 2 can	2 No. 2 cans	
Green Pepper, chopped	(2½ cups) 1	(5 cups) 2	
Onion, chopped	1 med.	2 med.	
Water	1 cup	2 cups	
Parsley, minced	1 tbsp.	2 tbsp.	
Garlic Salt	½ tsp.	1 tsp.	
Uncooked Rice	1 cup	2 cups	
Water	½ cup	1 cup	
	Serves: 6-8	12-16	

IRISH STEW

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Lamb Shank (cut in 2" pieces)	1½ lbs.	3 lbs.	1. Brown meat in hot fat in cooker. Add water and seasoning. 2. Cover, set control and cook for 15 minutes after control jiggles. 3. Cool cooker normally for 5 minutes, then place under faucet. Add vegetables. 4. Cover, set control and cook for 5 minutes after control jiggles. 5. Reduce pressure instantly. Thicken liquid, see recipe for gravy page 11.
Fat	2 tbsp.	4 tbsp.	
Water	1½ cups	2 cups	
Salt	1 tsp.	2 tsp.	
Paprika	½ tsp.	1 tsp.	
Celery Seed	1 tsp.	2 tsp.	
Onion, chopped	½ cup	1 cup	
Turnips, diced	1 cup	2 cups	
Carrots, sliced	1 cup	2 cups	
Potatoes, diced	1 cup	2 cups	
Parsnips, diced	1 cup	2 cups	
	Serves 4	Serves 8	

LAMB AND GREEN BEANS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Fat	2 tbsp.	4 tbsp.	1. Brown lamb in hot fat in cooker. 2. Add salt, pepper, water and vinegar. 3. Cover, set control and cook for 12 minutes after control jiggles. 4. Cool cooker normally for 5 minutes, then place under faucet. 5. Add onions and beans. Set control and cook for 4 minutes after control jiggles. Reduce pressure instantly. 6. For thickening, add 2 tablespoons flour mixed with ½ cup cold water for each cup of liquid. Simmer a few minutes with cover off.
Lamb (breast, cut in 2" squares)	2 lbs.	4 lbs.	
Salt	1½ tsp.	2 tsp.	
Pepper	dash	¼ tsp.	
Water	1½ cups	2 cups	
Vinegar	3 tbsp.	5 tbsp.	
Onions, small whole	4	8	
Fresh or frozen Green Beans	3 cups	6 cups	
	Serves 4	Serves 8	

VEAL MARENGO

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Flour	2 tbsp.	¼ cup	1. Dredge veal in flour which has been seasoned with the salt, thyme and pepper. Reserve remaining flour for gravy. 2. Brown meat well in oil in cooker. Remove meat from cooker. 3. Sauté onions and garlic in remaining oil. 4. Add remaining ingredients and return meat to cooker. 5. Cover, set control and cook for 15 minutes after control jiggles. 6. Cool cooker normally for 5 minutes, then place under faucet. 7. Mix remaining seasoned flour with ½ cup cold water and add to stock. Cook until thickened, stirring constantly.
Salt	½ tsp.	1 tsp.	
Thyme	¼ tsp.	½ tsp.	
Pepper	dash	¼ tsp.	
Veal Stew Meat, 1½" cubes	1¼ lbs.	2½ lbs.	
Cooking oil or Shortening	2½ tbsp.	5 tbsp.	
Onion, chopped	6 tbsp.	¾ cup	
Garlic, chopped	¼ tsp.	½ tsp.	
Water	½ cup	1 cup	
Chicken Bouillon Cube	1	1	
Dry White Wine	¼ cup	½ cup	
Tomatoes, canned	½ cup	1 cup	
Parsley	2 sprigs	4 sprigs	
Bay Leaf	½	1	
	Serves 4	Serves 8	

FRIED CHICKEN

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Chicken (3-4 lb. fryer)	1	2	1. Cut chicken into individual servings. Mix flour, salt, pepper and paprika and dredge the chicken.
Flour	¼ cup	½ cup	
Salt	1½ tsp.	1 tbsp.	2. Brown in hot fat in cooker. Add onion and water. Place chicken on rack.
Pepper	dash	¼ tsp.	
Paprika	1 tsp.	2 tsp.	3. Cover, set control and cook for 15-20 minutes (depending on age of chicken) after control jiggles.
Fat	¼ cup	½ cup	
Onion, small	1	2	4. Cool cooker normally for 5 minutes, then place under faucet.
Water	1 cup	1½ cups	
	Serves 4	Serves 8	5. Place chicken under oven broiler for a few minutes to crisp. Serve with gravy. See recipe page 11.

Old chickens require from 30-40 minutes of cooking time.

CHICKEN A LA KING

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Chicken, cooked and cut into pieces	2 cups	4 cups	1. To cook chicken, see chart page 10 for stewed chicken.
Butter or Margarine	¼ cup	½ cup	
Flour	5 tbsp.	10 tbsp.	2. Melt butter in saucepan.
Chicken Broth	1 cup	2 cups	
Milk	1 cup	2 cups	3. Blend in flour and gradually add chicken broth and milk. Cook over low heat until thickened, stirring constantly.
Egg Yolk, beaten	1 yolk	2 yolks	
Salt	½ tsp.	1 tsp.	4. Add a portion of hot mixture to egg yolk, then return it to saucepan.
Pimiento	2 tbsp.	¼ cup	
Mushrooms	½ cup	1 cup	5. Stir in salt, pimiento, mushrooms and chicken.
	Serves 4	Serves 8	

HASENPFEFFER (SWEET SOUR RABBIT)

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Rabbit	1	2	1. Cut rabbit meat into individual servings and cover with vinegar and water.
Vinegar	1½ cups	3 cups	
Water	1½ cups	3 cups	2. Add bay leaves, pepper, salt, and onion. Allow this to refrigerate 3 days.
Bay Leaves	3 leaves	6 leaves	
Black Pepper (coarsely ground)	½ tsp.	1 tsp.	3. Remove meat from brine, dry on paper towels, dredge in flour and brown in hot fat in cooker.
Salt	1½ tsp.	3 tsp.	
Onion, sliced	1	2	4. Strain brine and add 1½ cups for 1 rabbit or 2 cups for 2 rabbits, to meat. Cover, set control and cook for 15-20 minutes after control jiggles.
Fat	3 tbsp.	6 tbsp.	
Sour Cream	1 cup	2 cups	5. Cool cooker normally 5 minutes, then place under faucet. Add sour cream and gingersnap crumbs. Cook until thick and smooth, stirring constantly.
Gingersnaps, crumbled	5	10	
	Serves 4	Serves 8	

VENISON POT ROAST

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Venison Pot Roast (3-4" thick)	2 lbs.	4 lbs.	1. Brown meat in hot fat in cooker.
Fat	2 tbsp.	4 tbsp.	
Salt	1 tsp.	2 tsp.	2. Season with salt and pepper, add water and garlic.
Pepper	dash	¼ tsp.	
Water	1 cup	1½ cups	3. Cover, set control and cook for 30-40 minutes after control jiggles.
Clove Garlic, minced	1 small	1 med.	
	Serves 4	Serves 8	4. Cool cooker normally for 5 minutes, then place under faucet. Pour off excess fat.

5. Make gravy from liquid in cooker. See recipe page 11. Serve very hot.

PHEASANT

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Pheasant	1	2	1. Dry pick a pheasant. Clean thoroughly. Wash and dry on paper towel.
Flour	3 tbsp.	6 tbsp.	
Salt	1 tsp.	2 tsp.	2. Cut pheasant into individual servings. Roll in flour, salt and pepper.
Pepper	dash	¼ tsp.	
Fat	3 tbsp.	6 tbsp.	3. Brown meat well in hot fat in cooker.
Lemon Juice	2 tbsp.	¼ cup	
Consomme	1 10½ oz. can	1 10½ oz. can	4. Add lemon juice, consomme and water.
Water	½ can	1 can	
	Serves 4	Serves 8	5. Cover, set control and cook about 15-20 minutes, depending on age of bird; cool cooker normally for 5 minutes, then place under faucet. Thicken gravy. See recipe page 11.

CHICKEN PAPRIKA

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Chicken (3 lbs.)	1	2	1. Cut chicken in individual servings.
Salt	1 tsp.	2 tsp.	
Pepper	dash	¼ tsp.	2. Mix salt, pepper, paprika and flour and roll chicken in flour mixture.
Paprika	1 tsp.	2 tsp.	
Flour	3 tbsp.	6 tbsp.	3. Brown in hot fat in cooker. Place on rack.
Fat	4 tbsp.	6 tbsp.	
Chicken Bouillon Cubes	1	2	4. Slowly add water and bouillon cube.
Water	1½ cups	2 cups	
Sour Cream	1 cup	2 cups	5. Cover, set control and cook for 25 minutes after control jiggles.
	Serves 4	Serves 8	

6. Cool cooker normally 5 minutes and then place under faucet. Add sour cream.

FRESH VEGETABLES

DIRECTION TABLE

Compared with other cooking methods, most fresh vegetables require only about one-third the cooking time. The cooking table is a good guide, but can only be approximate because of the variation in age and type of each food.

Quantity of water shown in chart should be used regardless of whether a cupful or a panful is to be cooked. Be sure to reduce pressure instantly to prevent overcooking, as indicated by (†) in chart. If vegetables are wilted, soak them for a few minutes to restore moisture. They may be seasoned either before or after cooking.

Those vegetables that have similar cooking times may be cooked together in the cooker and flavors will not mingle. If desired, vegetables may be placed in individual metal or ovenproof containers, and placed on rack, with water in bottom of cooker. Or, form containers of a double thickness of household aluminum foil pressed over inverted bowl or can. When cooking in such individual containers, leave containers *uncovered* and increase cooking time slightly.

Follow general directions for operation of cooker given on pages 6 and 7. It is not necessary to use the rack unless specified, but if you prefer to do so, add an extra ¼ cup of water.

To drain the cooking water from vegetables, etc., simply remove the cover after pressure is reduced, slip out the gasket, replace the cover *without* the gasket and you have a perfect drainer. Food cannot slip out because the cover is locked on.

VEGETABLE	Minutes To Cook After Control Jiggles	Amount of Water 4 Qt.	Amount of Water 6 Qt.
Artichoke Wash, cut off tops and tie ends to hold shape.	15†	1 cup	1 ¼ cups
Asparagus Snap off tough ends. Remove scales. Wash.	2-2½†	½ cup	¾ cup
Beans, Green or Wax Wash and cut as desired.	3†	½ cup	¾ cup
Beans, Lima (fresh) Shell and wash.	2†	½ cup	¾ cup
Beets (sliced) Wash, peel and cut in ¼" slices.	6†	¾ cup	1 cup
Beets (small, whole) Cut tops, leaving 1 inch stem and root. Wash. Cook. Cool. Remove skin. Reheat for serving.	12†	¾ cup	1 cup
Beets (large, whole) Same as small, whole beets, above.	18†	1 cup	1 ½ cups
Broccoli Remove large outer leaves. Cut off tough part of stalk. Cut into strips. Wash thoroughly.	2½†	½ cup	¾ cup
Brussels Sprouts Wash.	5†	¾ cup	1 cup
Cabbage (shredded) Remove wilted outer leaves. Quarter cabbage and shred in thin strips.	3†	¾ cup	1 cup
Cabbage (wedges) Use medium-size head. Cut into 2 or 3 inch wedges. Remove core.	8†	¾ cup	1 cup
Cabbage, Red (shredded) Remove wilted outer leaves. Quarter cabbage and shred in thin strips.	5†	¾ cup	1 cup
Carrots (sliced) Wash and scrape. Slice or cut in strips.	2½†	¼ cup	½ cup
Carrots (small, whole) Wash and scrape.	4†	¼ cup	½ cup
Cauliflower (flowerets) Cut off stem and leaves. Break into flowerets. Wash.	3†	½ cup	¾ cup

†Reduce pressure instantly by placing cooker under faucet or in pan of cold water.

FRESH VEGETABLES

VEGETABLE	Minutes To Cook After Control Jiggles	Amount of Water 4 Qt.	Amount of Water 6 Qt.
Cauliflower (whole) Cut off stem and leaves. Remove center of core, leaving only enough to keep flowerets from falling off. Cook on rack.	6-8†	1 cup	1 ¼ cups
Celery Separate stalks. Wash well with vegetable brush. With a knife pull off tough fibers and scrape off discoloration. Slice.	5†	½ cup	¾ cup
Celery Root Peel, wash, slice and dice.	5†	½ cup	¾ cup
Corn (on the cob) Remove husks and silk. Wash. Cook on rack.	5†	1 cup	1 ¼ cups
Corn (whole kernel) Remove husks and silk. Wash. Cut off cob.	3†	½ cup	¾ cup
Eggplant Wash, pare and cut into either ½" slices or 1" cubes. Cook at once to prevent discoloration.	3†	½ cup	¾ cup
Kale or Collards Wash well in several waters. Remove tough veins and cut in 2" pieces.	4-6†	½ cup	¾ cup
Kohlrabi Wash and peel. Cut into ½" slices or 1" cubes.	4†	½ cup	¾ cup
Okra Cut off ends and wash. Cut into ½" pieces.	3†	½ cup	¾ cup
Onions (sliced) Peel under running water and slice.	3†	½ cup	¾ cup
Onions (whole, medium) Peel under running water.	7-10†	¾ cup	1 cup
Parsnips (sliced) Peel, wash and cut into ½" slices.	2†	½ cup	¾ cup
Parsnips (halves) Peel, wash and cut in halves. Cook on rack.	7†	¾ cup	1 cup
Peas Shell and wash. Older peas require 3-4 minutes to cook.	2†	½ cup	¾ cup
Potatoes (sliced) Scrub, peel and slice.	2½†	1 cup	1 ¼ cups
Potatoes (medium, cut in half) Scrub, peel and cut. Cook on rack.	8†	1 ½ cups	2 cups
Potatoes (medium, whole) Scrub. Cook peeled or unpeeled, as desired. Cook on rack.	12-15†	1 ½ cups	2 cups
Potatoes, Sweet or Yams (quartered) Wash, peel and quarter. Cook on rack.	6†	1 cup	1 ½ cups
Potatoes, Sweet or Yams (halves) Wash, peel and cut in half, lengthwise. Cook on rack.	8-10†	1 cup	1 ½ cups
Pumpkin Cut in large pieces. Wash. Cook. Remove pulp and mash.	8-10†	1 ¼ cups	1 ½ cups
Rutabagas and Turnips Peel and wash. Cut into ½" cubes or slices.	5†	¾ cup	1 cup
Sauerkraut	12†	½ cup	¾ cup
Spinach, Swiss Chard or Other Greens Wash thoroughly in several waters.	1½†	½ cup	¾ cup
Squash, Acorn Wash. Cut in half and remove seeds. Cook on rack.	6-7†	¾ cup	1 cup
Squash, Hubbard Wash. Remove seeds. Cut in individual servings. Cook on rack.	8-10†	¾ cup	1 cup
Squash, Summer or Zucchini Wash. Cut in pieces or slice. Cook on rack.	3-4†	¾ cup	1 cup
Tomatoes Scald 1 minute. Dip in cold water and peel.	2½†	¼ cup	½ cup
Turnips (see Rutabagas)			

†Reduce pressure instantly by placing cooker under faucet or in pan of cold water.

VEGETABLE MEDLEY WITH BACON

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Carrots, sliced	1 1/2 cups	3 cups	1. Place carrots, beans, water, salt and pepper in cooker. 2. Cover, set control and cook for 3 minutes after control jiggles. 3. Reduce pressure instantly. Drain vegetables. 4. Fry bacon pieces until crisp. Drain on paper toweling. 5. Sauté green onions lightly in bacon fat.
Green Beans, cut	1 1/2 cups	3 cups	
Water	1/2 cup	1 cup	
Salt	1/2 tsp.	1 tsp.	
Pepper	dash	1/4 tsp.	
Bacon (1/2" pieces)	4 strips	8 strips	
Green Onions, sliced	4	8	
	Serves 4	Serves 8	

6. Add bacon and onions to cooked vegetables and serve.

SAUCY PEAS AND CUCUMBERS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Frozen Green Peas	1 10-oz. pkg.	2 10-oz. pkgs.	1. Break frozen peas apart and place in cooker with cucumbers and water. 2. Cover, set control and cook for 1 minute after control jiggles. 3. Reduce pressure instantly. Drain vegetables.
Cucumbers, chopped	1 cup	2 cups	
Water	1/2 cup	1 cup	
Dairy Sour Cream	1/3 cup	2/3 cup	
Horseradish	1 tsp.	2 tsp.	
Thyme	dash	1/4 tsp.	
	Serves 4	Serves 8	

4. Combine sour cream, horseradish and thyme. Serve as a sauce over vegetables.

DILL BEANS AND CARROTS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
*Frozen Baby Lima Beans	1 10-oz. pkg.	2 10-oz. pkgs.	1. Place all ingredients except dressing in cooker. 2. Cover, set control and cook for 3 minutes after control jiggles. 3. Reduce pressure instantly. Drain vegetables. 4. Toss vegetables with Italian dressing.
Carrots, cut in 2" strips	1 1/2 cups	3 cups	
Water	1/2 cup	1 cup	
Sugar	1 tsp.	2 tsp.	
Salt	1/2 tsp.	1 tsp.	
Dill Weed	1/2 tsp.	1 tsp.	
Creamy Italian Dressing.	1/4 cup	1/2 cup	
	Serves 4	Serves 8	

*Fresh or frozen green beans may be substituted for frozen baby lima beans.

HUBBARD SQUASH

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Squash, cooked	2 cups	4 cups	1. Cook squash according to chart directions. 2. Scrape squash from shell and mash it. 3. Add other ingredients and heat squash thoroughly.
Salt	1/2 tsp.	1 tsp.	
Pepper	dash	dash	
Bacon drippings	2 tbsp.	1/4 cup	
Brown Sugar	2 tbsp.	1/4 cup	
Orange Juice	2 tbsp.	1/4 cup	
	Serves 4	Serves 8	

VEGETABLE DINNER

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Bacon, cubed	1/4 lb.	1/2 lb.	1. Fry bacon until crisp. 2. Remove cubes of bacon from drippings and save for garnish. 3. Add to drippings in cooker, seasonings first, then potatoes, onions, tomatoes and beans on top. 4. Cover, set control and cook for 6 minutes after control jiggles. 5. Reduce pressure instantly. 6. Serve in large vegetable bowl; garnish with chopped parsley and bacon cubes.
Salt	2 tsp.	4 tsp.	
Pepper	1/4 tsp.	1/2 tsp.	
Sugar	1 tsp.	2 tsp.	
Dry Basil Leaves, crumbled	1 tsp.	2 tsp.	
Clove Garlic, minced	1/2	1	
Small New Potatoes or pieces of potatoes the size of the onions	12	24	
Small Onions, peeled	8	16	
Canned Tomatoes	1 1/4 cups	2 1/2 cups	
Green Beans, cut up	3/4 lb.	1 1/2 lbs.	
Parsley, chopped	1 tbsp.	2 tbsp.	
	Serves 5-6	Serves 10-12	

POTATO SALAD AND FRANKFURTERS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Potatoes, medium size, sliced	5-6	10-12	1. Place sliced potatoes in cooker. 2. Put frankfurters on top of potatoes. 3. Thoroughly mix salt, pepper, oil, vinegar and sugar. 4. Pour this mixture over potatoes and add onion. 5. Cover, set control and cook for 2 1/2 minutes after control jiggles. 6. Reduce pressure instantly. 7. Add parsley, mix well before serving.
Frankfurters, sliced	1 lb.	2 lbs.	
Salt	3/4 tsp.	1 1/2 tsp.	
Pepper	1/4 tsp.	1/2 tsp.	
Cooking Oil	1/4 cup	1/2 cup	
Vinegar	1/4 cup	1/2 cup	
Sugar	3 tbsp.	6 tbsp.	
Onions, chopped	1/2 cup	1 cup	
Parsley, chopped	2 tbsp.	1/4 cup	
	Serves 4	Serves 8	

THREE MINUTE VEGETABLE PLATE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Head Cauliflower, broken in flowerets	1 small head	1 large head	1. Wash vegetables and cut as directed. 2. Put water in cooker with rack. 3. Place vegetables on rack. Salt. 4. Cover, set control and cook for 3 minutes after control jiggles. 5. Reduce pressure instantly. 6. Arrange vegetables on large serving plate. 7. Serve with hot browned butter or white sauce.
Green Beans, cut in half	1/2 lb.	1 lb.	
Carrots, quartered and cut lengthwise	4 med.	8 med.	
Bunch Broccoli, stems cut in quarters	1 small	1 large	
Salt	1 tsp.	1 1/2 tsp.	
Water	3/4 cup	1 cup	
Browned Butter or Margarine	3 tbsp.	6 tbsp.	
	Serves 4	Serves 8	

GREEN BEANS AND ALMONDS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Green Beans	1 lb.	2 lbs.	1. Wash beans and cut them diagonally into thin strips.
Summer Savory	¾ tsp.	1½ tsp.	
Salt	1 tsp.	2 tsp.	2. Tie summer savory in a small cheesecloth bag.
Water	½ cup	¾ cup	
Butter or Margarine	3 tbsp.	6 tbsp.	3. Put beans, savory, salt and water in cooker.
Almonds, blanched and slivered	3 tbsp.	6 tbsp.	
Basil	¼ tsp.	½ tsp.	4. Cover. Set control and cook for 3 minutes after control jiggles.
Parsley, chopped	1½ tbsp.	3 tbsp.	
	Serves 4	Serves 8	5. Reduce pressure instantly. Remove savory and drain beans.

6. Brown the almonds in butter. Add basil and parsley.
7. Mix with green beans.

LIMA BEANS AND BACON

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Small dried Lima Beans	2 cups	4 cups	1. Wash beans. Cover with water; let stand overnight. Drain.
Onions, chopped	¼ cup	½ cup	
Salt	1 tsp.	2 tsp.	2. Place beans in cooker with other ingredients except bacon.
Celery, diced	1 cup	2 cups	
Green Pepper, chopped	2 tbsp.	4 tbsp.	3. Cover, set control and cook for 25 minutes after control jiggles.
Tomatoes, canned	1 cup	2 cups	
Water	½ cup	1 cup	4. Reduce pressure instantly.
Butter or Bacon Fat	2 tbsp.	4 tbsp.	
Bacon Strips, cut in 1" pieces	3	6	5. Garnish beans with bacon, fried crisp.
	Serves 4	Serves 8	

BAKED BEANS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Dried Navy Beans or Great Northern Beans	2 cups	4 cups	1. Cover beans with water and let stand overnight. Drain.
Bacon or Salt Pork	3 slices	6 slices	
Onion, chopped	2 tbsp.	4 tbsp.	2. Sear meat in cooker only until golden brown.
Molasses or Syrup	¼ cup	½ cup	
Brown Sugar	3 tbsp.	6 tbsp.	3. Add chopped onion and stir. Add beans, molasses, sugar, mustard, salt, pepper and water.
Dry Mustard	1 tsp.	2 tsp.	
Salt	1 tsp.	2 tsp.	4. Cover, set control and cook for 25 minutes after control jiggles.
Pepper	dash	dash	
Water	2 cups	4 cups	5. Reduce pressure normally.
	Serves 4	Serves 8	

SPICY RED CABBAGE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Seedless Raisins	½ cup	1 cup	1. Place all ingredients in cooker. 2. Cover. Set control and cook for 5 minutes after control jiggles. 3. Reduce pressure instantly. Remove spices.
Fat or Bacon drippings	2 tbsp.	4 tbsp.	
Red Cabbage, shredded	5 cups	10 cups	
Apples, sliced	1 cup	2 cups	4. Cover. Set control and cook for 3 minutes after control jiggles.
Cider Vinegar	2 tbsp.	¼ cup	
Onions, chopped	¾ cup	1½ cups	5. Reduce pressure instantly. Remove spices and drain beans.
Mixed Spices, tied in wet cheesecloth	1 tsp.	1½ tsp.	
Water	¼ cup	½ cup	6. Brown the almonds in butter. Add basil and parsley.
Salt	¾ tsp.	1½ tsp.	
Pepper	¼ tsp.	½ tsp.	7. Mix with green beans.
Sugar	2 tbsp.	4 tbsp.	
	Serves 4	Serves 8	

CREAMED CABBAGE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Cabbage, shredded	3 cups	6 cups	1. Remove outer leaves. 2. Cut in quarters, shred fine with a sharp knife.
Salt	½ tsp.	1 tsp.	
Water	¼ cup	1 cup	3. Place cabbage in cooker. 4. Add water and salt.
Thin White Sauce	1 cup	2 cups	
Cheddar Cheese, grated	½ cup	¾ cup	5. Cover, set control and cook for 3 minutes after control jiggles. 6. Reduce pressure instantly. 7. Drain cabbage.
	Serves 4	Serves 8	

THIN WHITE SAUCE: Melt 1 tablespoon of fat in a saucepan. Add 1 tablespoon flour, ¼ teaspoon salt, dash of pepper and mix to a smooth paste. Add 1 cup of milk gradually, stirring to keep a smooth consistency. Cook over low heat, stirring constantly, until sauce thickens.

CREAMED SPINACH

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Spinach	1½ lbs.	3 lbs.	1. Place thoroughly washed spinach in cooker with water.
Water	½ cup	¾ cup	
Fat	2 tbsp.	5 tbsp.	2. Cover. Set control and cook for 1½ minutes after control jiggles.
Onion, minced	1 tbsp.	2 tbsp.	
Flour	1½ tbsp.	3 tbsp.	3. Reduce pressure instantly. Drain.
Milk	¾ cup	1½ cups	
Salt	¼ tsp.	½ tsp.	4. Cool spinach and chop it fine.
Pepper	dash	¼ tsp.	
Nutmeg	¼ tsp.	¼ tsp.	5. Brown onion lightly in fat in saucepan. 6. Stir in flour. Gradually add milk and cook until thickened, stirring constantly.
	Serves 4	Serves 8	

7. Add seasonings and stir chopped spinach into sauce.

HARVARD BEETS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Beets, peeled and sliced 1/8" thick	4	8	1. Wash, peel and slice beets. 2. Place them in cooker with water. 3. Cover, set control and cook for 6 minutes after control jiggles. 4. Reduce pressure instantly. Remove beets. 5. Mix sugar, cornstarch, water, vinegar and salt together. Add to beet liquid. 6. Cook over low heat, stirring constantly, until mixture is thickened. 7. Add butter and pour sauce over beets.
Water, for cooking	3/4 cup	1 cup	
Sugar	1/2 cup	1 cup	
Cornstarch	1 tbsp.	2 tbsp.	
Water	1/4 cup	1/2 cup	
Vinegar	1/2 cup	1 cup	
Salt	1/2 tsp.	1 tsp.	
Butter or Margarine	2 tbsp.	4 tbsp.	
	Serves 4	Serves 8	

CARROTS IN THE BLANKET

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Bacon	8 strips	16 strips	1. Wrap a bacon strip around each carrot; fasten with toothpick. 2. Heat fat in cooker. Brown bacon and carrots well. 3. Place potatoes on carrots and add water. Cover, set control and cook for 4 minutes after control jiggles. 4. Reduce pressure instantly.
Carrots	8 small or 4 large	16 small or 8 large	
	ones cut in half	ones cut in half	
Fat	1 tbsp.	2 tbsp.	
Potatoes cut in quarters, lengthwise	4	8	
Water	1/2 cup	1 cup	
	Serves 4	Serves 8	

SAUTEED PARSNIPS

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Parsnips, medium peeled and cut in halves	4	8	1. Place parsnips on rack in cooker with water and salt. 2. Cover. Set control and cook for 7 minutes after control jiggles. 3. Reduce pressure instantly. 4. Drain and cool parsnips. 5. Dip in milk, then in crumbs. 6. Sauté in butter or bacon fat until delicately browned. Season with salt and pepper.
Water	3/4 cup	1 cup	
Salt	1/2 tsp.	1 tsp.	
Fine Bread Crumbs	1/2 cup	1 cup	
Butter or Bacon Fat	3 tbsp.	6 tbsp.	
	Serves 4	Serves 8	

CARROTS WITH PINEAPPLE SAUCE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Carrots, sliced	3 cups	6 cups	1. Place carrots and pineapple juice in cooker. 2. Cover, set control and cook for 3 minutes after control jiggles. 3. Reduce pressure instantly. 4. Mix cornstarch, sugar, salt and water together. Add and cook until clear and thickened, stirring constantly. 5. Stir in butter.
Pineapple Juice, unsweetened	3/4 cup	1 1/2 cups	
Cornstarch	1 tbsp.	2 tbsp.	
Sugar	1 tbsp.	2 tbsp.	
Salt	1/4 tsp.	1/2 tsp.	
Water	1/4 cup	1/2 cup	
Butter or Margarine	1 tbsp.	2 tbsp.	
	Serves 5-6	Serves 10-12	

DIRECTION TABLE

Your pressure cooker will cook most soups in a matter of minutes instead of hours. Do not fill cooker more than 3/4 full of liquid. DO NOT COOK PEARL BARLEY, SPLIT PEAS OR PEA SOUP IN THE COOKER (see reason, page 5).

Cook the soup stock from bones and meat first; reduce pressure; then add other ingredients (vegetables, noodles, etc.) as desired and finish cooking.

After soup is cooked, make certain that pressure is down before removing control from vent tube. TEST to see if pressure has dropped by gently nudging the control, as directed on page 7. After soup is cooked, fat may be skimmed off and more water may be added, especially if soup stock is very rich.

SOUPS — CHOWDERS COOK AT 15 LBS. PRESSURE	Amount of Food		Amount of Water		Minutes to Cook After Control Jiggles
	4 Qt.	6 Qt.	4 Qt.	6 Qt.	
Beef Soup	3 lbs.	4 lbs.	2 qts.	3 qts.	60*
Cook beef soup bone with water, onion and seasonings. Finish by adding vegetables, noodles, etc., as desired.					
Chicken Soup	3 lbs.	4 lbs.	2 qts.	3 qts.	30-35*
Cut up stewing chicken; add water, onion and seasonings and cook. Finish by adding dumplings, noodles, etc., as desired.					
Ham and Navy Bean Soup . . .	2 lb. ham bone	3 lb. ham bone	2 1/2 qts.	3 1/2 qts.	45*
	2 cups beans	3 cups beans			30*
Cook ham bone, onion and water. Then add soaked navy beans and finish cooking.					
Oxtail Soup	1 tail	1 tail	2 qts.	3 qts.	60*
	1 soup bone	1 1/2 lbs. beef			

*Cool cooker normally for 5 minutes, then place under faucet.

VEGETABLE SOUP

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Soup Meat and bone	1 1/2 lbs.	3 lbs.	1. Place soup meat and bone, onion, salt, pepper and water in cooker. 2. Cover, set control and cook for 50 minutes after control jiggles. 3. Cool cooker normally for 5 minutes, then place under faucet. 4. Remove bone and meat. Strain broth. Return broth and meat only to cooker. 5. Add vegetables. 6. Cover. Set control and cook for 10 minutes after control jiggles. 7. Cool cooker normally for 5 minutes, then place under faucet.
Onion, sliced	1 small	1 med.	
Salt	1 tsp.	2 tsp.	
Pepper	dash	1/4 tsp.	
Water	1 quart	2 quarts	
Carrots, sliced	1/2 cup	1 cup	
Tomatoes	1 cup	2 cups	
Green Beans	1 cup	2 cups	
Celery, diced	1/2 cup	1 cup	
Parsley, chopped			
	Serves 4	Serves 8	

LENTIL SOUP

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Lentils	1 cup	2 cups	1. Cover lentils with water over night. Drain, place all ingredients except flour and croutons in cooker.
Water	1 quart	2 quarts	
Leek, diced	1 stalk	2 stalks	
Onion, chopped	1 tbsp.	2 tbsp.	
Celery, diced	1 cup	2 cups	2. Cover, set control and cook for 20 minutes after control jiggles.
Carrots, diced	1 cup	2 cups	
Salt	1 tsp.	2 tsp.	3. Cool cooker normally for 5 minutes, then place under faucet.
Bacon Fat	2 tbsp.	4 tbsp.	
Wieners, cut in 1/2" slices	2	4	4. Mix flour with a little cold water to make a smooth paste. Add to soup. Bring to a boil. Serve hot with croutons.
Flour	1 tbsp.	2 tbsp.	
Croutons			
	Serves 4	Serves 8	

SWEDISH FRUIT SOUP

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Prunes	1/4 lb.	1/2 lb.	1. Wash fruits quickly, but thoroughly, and place in cooker with water.
Apricots, dried	1/4 lb.	1/2 lb.	
Peaches, dried	1/4 lb.	1/2 lb.	2. Cover, set control and cook for 6 minutes after control jiggles.
Pears, dried	1/4 lb.	1/2 lb.	
Water	1 quart	2 quarts	Cool cooker normally for 5 minutes, then place under faucet.
Cinnamon, stick	1 stick	2 sticks	
Lemon	1 slice	2 slices	3. Add cinnamon stick, lemon slice and tapioca mixed with sugar and salt.
Tapioca	1 1/2 tbsp.	3 tbsp.	
Sugar	3 tbsp.	6 tbsp.	4. Cook until syrup is clear and somewhat thickened. Remove cinnamon and lemon. Cool to lukewarm before serving.
Salt	1/4 tsp.	1/2 tsp.	
	Serves 4	Serves 8	

CHILI CON CARNE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Fat	3 tbsp.	5 tbsp.	1. Brown meat and onions in fat in cooker.
Ground Beef	1 lb.	2 lbs.	
Onion, chopped	1/2 cup	1 cup	2. Add remainder of ingredients except kidney beans.
Green Pepper, chopped	1 tbsp.	2 tbsp.	
Water	1 1/2 cups	3 cups	3. Cover, set control and cook for 10 minutes after control jiggles.
Tomatoes, canned	1 cup	2 cups	
Salt	1 tsp.	2 tsp.	4. Cool cooker normally for 5 minutes, then place under faucet.
Paprika	1/2 tsp.	1 tsp.	
Chili Powder	1 tsp.	2 tsp.	5. Add kidney beans and simmer a few minutes.
Kidney Beans	1 can (2 cups)	2 cans (4 cups)	
	Serves 4	Serves 8	

CHICKEN GUMBO

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Chicken	2 1/2 lbs.	3 1/2 lbs.	1. Cut chicken into pieces for serving and dredge in flour, salt and pepper.
Flour	1/4 cup	1/4 cup	
Salt	1/2 tsp.	1/2 tsp.	2. Brown well in cooker with onion in hot fat.
Pepper	1/4 tsp.	1/4 tsp.	
Fat	2 tbsp.	4 tbsp.	3. Add parsley, pimiento, tomatoes, water and salt.
Onion, chopped	1/4 cup	1/2 cup	
Parsley, chopped	1 tbsp.	2 tbsp.	4. Cover, set control and cook for 30 minutes after control jiggles.
Pimiento, chopped	1 1/2 tbsp.	3 tbsp.	
Tomatoes	1 1/4 cups	2 1/2 cups	Cool cooker normally for 5 minutes and then place under faucet.
Water	2 cups	4 cups	
Salt	1 tsp.	2 tsp.	5. Add okra and cooked rice and simmer 5 minutes.
Okra	1 cup	2 cups	
Rice, cooked	3/4 cup	1 1/2 cups	
	Serves 4	Serves 8	

SUCCOTASH CHOWDER

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Onion, chopped	1 large	2 large	1. Saute onion in butter in cooker until slightly browned.
Butter or Margarine	3 tbsp.	6 tbsp.	
Fresh or Frozen Corn	1 cup	2 cups	2. Add vegetables, water, salt and pepper.
Fresh or Frozen Lima Beans	1 cup	2 cups	
Potatoes, cubed	2 cups	4 cups	3. Cover, set control and cook for 2 minutes after control jiggles. Reduce pressure instantly.
Water	1 cup	2 cups	
Salt	1 tsp.	2 tsp.	4. Add milk to vegetables and heat to boiling.
Pepper	dash	1/4 tsp.	
Milk	3 cups	6 cups	5. Blend flour with water to make a smooth paste. Add to soup and cook one minute, stirring constantly.
Flour	2 tbsp.	1/4 cup	
Water	1/4 cup	1/2 cup	6. Garnish servings with chopped parsley.
Parsley, chopped			
	Serves 4-6	Serves 8-12	

CLAM CHOWDER

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Salt Pork, cubed	1/4 lb.	1/2 lb.	1. Fry out the pork in cooker. Add onions and brown lightly.
Onion, sliced	1/2 cup	1 cup	
Salt	1 tsp.	2 tsp.	2. Add salt, pepper, water, tomatoes and potatoes.
Pepper	dash	1/4 tsp.	
Water	1 1/2 cups	3 cups	3. Cover, set control and cook for 6 minutes after control jiggles.
Tomatoes, canned	2 cups	4 cups	
Potatoes, diced	1 cup	2 cups	4. Cool cooker normally for 5 minutes, then place under faucet.
Clams	1 cup	2 cups	
Thyme			5. Add clams. Bring to a boil and cook uncovered for 2 minutes.
	Serves 4	Serves 8	
	Sprinkle with thyme. Serve at once.		

USE MOLDS IN DESSERT PREPARATION

Preparation of steamed puddings and custards requires the use of molds. The individual custard cups referred to in recipes are standard size. For the large pudding and bread recipes, a one-quart aluminum or metal mold, or ovenproof bowl, may be used. Copper-tone aluminum molds may also be used in the cooker. Suitable molds or bowls may be purchased from your dealer. Aluminum foil makes an excellent cover for any mold.

In addition to using molds for desserts, you will find them very handy for warming leftovers, such as creamed combinations, casserole foods, etc., which usually present a problem because they tend to stick to saucepans when reheated. Just place mold of food on rack in cooker over 1 cup of water, set control and when it jiggles, remove from heat and let pressure drop normally.

One teaspoon of vinegar or ½ teaspoon cream of tartar, put in the water, helps prevent water stains on interior of cooker.

HONEY CHEESE CUSTARD

1 ½ cups milk	3 tablespoons honey
1 cup creamed cottage cheese, small curd	3 eggs, slightly beaten
	nutmeg

1. Blend milk, cottage cheese, honey and eggs in a bowl. Pour into 8 individual heatproof glass custard cups. Sprinkle with nutmeg.
2. Place cups on rack with ½ cup water in cooker.
3. Cover, set control and cook for exactly 1 minute after control jiggles. Reduce pressure normally. Serves 8.

STEAMED CHRISTMAS PUDDING

½ cup shortening	½ teaspoon cloves
⅔ cup brown sugar	¼ cup milk
2 eggs	½ cup candied cherries, chopped
1 cup all-purpose flour, sifted	¼ cup citron, chopped
½ teaspoon baking powder	½ cup raisins
½ teaspoon cinnamon	½ cup nuts, chopped
½ teaspoon allspice	1 teaspoon rum extract

1. Cream shortening and sugar thoroughly. Add eggs and beat well.
2. Alternately add sifted dry ingredients and milk.
3. Add fruits, nuts and flavoring. Mix well.
4. Turn into a well greased 1-quart mold. Cover with foil.
5. Pour 6 cups of water into cooker. Set mold on top of rack.
6. Cover cooker and allow a small stream of steam to escape from the vent tube for 2½ hours. Do not use control. Remove cooker from heat. Let stand for 5 minutes and then open. Serves 12.

CUSTARD

2 eggs	2 cups hot milk (not boiled)
2 tablespoons sugar	nutmeg
1 teaspoon vanilla extract	
dash salt	

1. Beat eggs slightly. Add sugar, vanilla extract, salt and hot milk.
2. Pour custard into four individual aluminum custard cups. Sprinkle with nutmeg.
3. Place cups on rack with ½ cup water in cooker.
4. Cover, set control and when control jiggles, remove cooker from heat. Reduce pressure normally.

NOTE: If glass or ceramic custard cups are used instead of aluminum, cook custard 1 minute. To make custard in a one-quart aluminum mold, use 3 cups hot milk, 3 eggs, 3 tablespoons sugar, 1 ½ teaspoons vanilla extract, ¼ teaspoon salt. Place mold on rack with 1 cup water and cook 7 minutes after control jiggles. Reduce pressure normally. Serves 4.

GRAHAM CRACKER PUDDING

¼ cup shortening	½ teaspoon salt
½ cup sugar	3 cups graham cracker crumbs
1 egg	¾ cup milk
1 ½ teaspoons baking powder	½ teaspoon vanilla extract

1. Cream shortening and sugar; add egg.
2. Mix baking powder, salt and graham crackers and add alternately with milk to creamed mixture. Add vanilla extract.
3. Turn into a greased 1-quart mold. Cover with foil.
4. Pour 4 cups of water into cooker and place mold on rack in cooker. Cover and allow a small stream of steam to flow from the vent tube for 1 ½ hours. Do not use control.
5. Remove cooker from heat. Let stand 5 minutes and then open.
6. Serve with Lemon Sauce. Serves 12.

LEMON SAUCE: Mix 5 tablespoons flour, 1 cup sugar and dash of salt in saucepan. Add 2 egg yolks (beaten), 3 tablespoons lemon juice, ½ teaspoon grated lemon rind, and ¾ cup boiling water. Stir well; cook until thick over low heat, stirring constantly. Add 2 tablespoons butter or margarine to hot sauce. Yields 1 ½ cups.

STEAMED CRANBERRY PUDDING

1 cup all-purpose flour, sifted	⅔ cup suet, chopped
1 ½ teaspoons baking powder	1 cup cranberries, chopped
½ teaspoon salt	1 egg
½ cup dried bread crumbs	⅓ cup milk or water
½ cup brown sugar	

1. Sift flour, baking powder and salt into a bowl.
2. Add bread crumbs, brown sugar, suet, cranberries, egg and milk. Mix well.
3. Turn dough into a greased 1-quart mold and cover with foil.
4. Pour 4 cups of water in cooker with rack in cooker. Set mold on rack.
5. Cover cooker and allow a small stream of steam to flow from vent tube for 1 ½ hours. Do not use control.
6. Remove cooker from heat. Let stand 5 minutes and then open.
7. Serve with Orange or Lemon Sauce. Serves 12.

ORANGE SAUCE: Mix ¾ cup sugar and 3 tablespoons cornstarch in a saucepan. Add 1 cup boiling water to ½ cup orange juice; pour this into the sugar mixture and stir constantly over medium heat until thick and clear. Remove from heat and stir in 1 ½ tablespoons butter or margarine, dash of salt and 1 teaspoon grated orange rind. Yields 1 ½ cups.

STEAMED CHOCOLATE PUDDING

- 3 tablespoons butter
- 3/4 cup sugar
- 1 egg
- 1 cup milk
- 2 1/4 cups all-purpose flour, sifted
- 4 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 1/2 ozs. (2 1/2 squares) baking chocolate

1. Cream butter and sugar thoroughly. Add egg and mix well.
2. Sift dry ingredients together and add alternately with milk.
3. Stir in melted chocolate.
4. Turn dough into a greased 1-quart mold and cover with foil.
5. Pour 4 cups of water in cooker with rack in cooker. Set mold on rack.
6. Cover cooker and allow a small stream of steam to flow from vent tube for 1 1/2 hours. Do not use control. Remove cooker from heat. Let stand 5 minutes and then open. Serve with Hard Sauce. Serves 12.

HARD SAUCE: Cream 1/3 cup butter or margarine, adding 1 cup confectioners sugar gradually while beating constantly. Add 1/2 teaspoon orange extract and 1 teaspoon vanilla extract. Yields 3/4 cup.

BROWN BREAD

- 2 eggs, well beaten
- 2 tablespoons butter, melted
- 3/4 cup molasses
- 1 teaspoon baking soda
- 1 cup buttermilk
- 1 cup all-purpose flour, sifted
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 cups whole wheat flour
- 1 cup seeded raisins

1. Stir together the eggs, melted butter and molasses. Add baking soda to buttermilk.
2. Sift white flour with baking powder and salt and mix with whole wheat flour.
3. Alternately add buttermilk and flour to egg mixture. Add raisins; stir well.
4. Fill three greased tin cans (1 lb. 4 oz. size) one-half full. Cover tightly with foil.
5. Put 4 cups of water and the rack in cooker. Set cans on rack and cover.
6. Allow a small stream of steam to escape from vent tube for 1 1/2 hours. Do not use control. Remove cooker from heat. Let stand 5 minutes and then open. Yields 30-36 slices.

NUT BREAD

- 1 egg
- 1/2 cup sugar
- 1 cup milk
- 2 1/2 cups all-purpose flour, sifted
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup nuts, chopped

1. Beat egg and sugar until light.
2. Alternately add milk and sifted dry ingredients. Stir in nuts.
3. Turn dough into greased 1-quart mold and cover with foil.
4. Pour 4 cups of water in cooker with rack in cooker. Set mold on rack.
5. Cover cooker and allow a small stream of steam to flow from vent tube for 1 1/2 hours. Do not use control.
6. Remove cooker from heat. Let stand 5 minutes and then open. Serves 12.

FISH — SEAFOOD	Minutes To Cook After Control Jiggles	Amount of Water	
		4 Qt.	6 Qt.
Fish Steaks (3/4" thick)..... Season with salt and pepper. Dip in flour. Brown in hot fat in cooker. Place steaks on rack. Add water, cover and cook.	4-5†	1/2 cup	1 cup
Steamed Fish (3/4" thick)..... Place water, sliced onion, bay leaf and parsley in cooker. Season fish and place on rack in cooker. Cover and cook.	4†	1/2 cup	1 cup
Finnan Haddie (Cod)..... Cover with water and let stand for 1 hour. Drain. Place in cooker with water. Cover and cook. Flake the fish and discard the skin. Serve with white sauce. (See creamed cabbage recipe for white sauce directions.)	6†	1 1/2 cups	3 cups
Shrimp..... Wash shrimp. Place in cooker with water and lemon slice. Cover and cook. Drain. Cover with cold water. Shell and clean.	4-5†	1 1/2 cups	3 cups
Lobster Tail..... Wash lobster tails. Place in cooker with water and salt. Cover and cook. Plunge lobster tails in cold water and remove shells.	5-6†	1 1/2 cups	3 cups
Clams..... Wash clams thoroughly in salted water using a brush to scrub the shells. Cover clams with cold water 1 hour. Drain. Place in cooker with water and salt. Cover and cook. Strained clam liquid may be used in clam chowder.	5†	1 1/2 cups	3 cups

†Reduce pressure instantly by placing cooker under faucet or in pan of cold water.

GEFILLTE FISH

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Fish (whitefish, pike, trout or carp)	1 1/2 lbs.	3 lbs.	<ol style="list-style-type: none"> 1. Wash and clean fish thoroughly. 2. Remove the flesh from the skin, being careful not to tear the skin. This can be done by holding flesh firmly and sliding knife down carefully from back to underside. 3. Remove bones and chop fish into small pieces. 4. Cook chopped onions a few minutes with the butter. 5. Mix chopped fish, butter, onions and parsley. 6. Add eggs, bread cubes, salt and pepper. 7. Fill skin with this mixture. Insert skewers across opening and lace a cord around them. Place remaining mixture in a greased mold and steam with fish. 8. Place fish on rack in cooker with water, salt, celery, celery root, carrots, parsley and butter. 9. Cover and cook for 12 minutes after control jiggles. Cool cooker normally for 5 minutes, then place under faucet. 10. Place fish on platter and remove skewers and cord. 11. Put vegetables and stock through a food press or sieve. Thicken with flour mixed with cold water. Cook until clear. Serve hot over fish.
Butter or Margarine	1 1/2 tbsp.	3 tbsp.	
Onions, chopped	2 med.	4 med.	
Parsley, chopped	1 tbsp.	2 tbsp.	
Eggs	1	2	
Bread Cubes	1 1/2 cups	3 cups	
Salt	1 tsp.	2 tsp.	
Pepper	1/4 tsp.	1/2 tsp.	
Water	1 cup	2 cups	
Salt	1/2 tsp.	1 tsp.	
Celery	2 stalks	4 stalks	
Celery root, diced	1/2 root	1 root	
Carrots	2	4	
Parsley	2 sprigs	4 sprigs	
Butter or Margarine	1 1/2 tbsp.	3 tbsp.	
	Serves 4	Serves 8	

FISH FILLET WITH MORNAY SAUCE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Fish Fillet	2 lbs.	4 lbs.	1. Place water, salt, mixed spices, onion and lemon in cooker. 2. Place fillets of fish on rack in cooker. 3. Cover, set control and cook for 4 minutes after control jiggles. Cool cooker normally.
Water	2 cups	4 cups	
Salt	2 tsp.	1 tbsp.	
Whole Mixed Spices	2 tsp.	1 tbsp.	
Onion	2 slices	4 slices	
Lemon	2 slices	4 slices	1. Melt fat, add flour. Blend until smooth. Add milk and seasoning. 2. Cook until thick, stirring constantly. 3. Add cheese; when it begins to melt pour sauce over fish. 4. Place under broiler a few minutes until lightly browned. Sprinkle with minced parsley.
SAUCE:			
Fat	¼ cup	½ cup	
Flour	3 tbsp.	6 tbsp.	
Milk	1½ cups	3 cups	
Salt	½ tsp.	1 tsp.	
Pepper	dash	¼ tsp.	
Cayenne	dash	¼ tsp.	
Shredded Cheese	½ cup	1 cup	
	Serves 4	Serves 8	

STEAM FISH WITH SWEET SOUR SAUCE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Fish (haddock, pike, trout)	1½ lbs.	3 lbs.	1. Place fish on rack in cooker. Add onion, carrot, bay leaf, parsley, seasoning and water. 2. Cover, set control and cook for 4 minutes after control jiggles. 3. Reduce pressure instantly. 4. Place fish on hot platter. Force onions and carrots through a coarse sieve; and add to strained broth. 5. Brown butter, add flour, and gradually add broth and stir until blended. Add vinegar, chopped parsley and a few grains of salt. 6. Pour over fish.
Onion, sliced	1	2	
Carrots	3	6	
Bay Leaf	1	2	
Parsley	1 sprig	2 sprigs	
Salt	½ tsp.	1 tsp.	
Pepper	dash	¼ tsp.	5. Brown butter, add flour, and gradually add broth and stir until blended. Add vinegar, chopped parsley and a few grains of salt. 6. Pour over fish.
Water	¾ cup	1½ cups	
Butter or Margarine	2 tbsp.	¼ cup	
Flour	1 tbsp.	2 tbsp.	
Vinegar	2 tbsp.	¼ cup	
	Serves 4	Serves 8	

PERCH OR HALIBUT STEAK

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Perch or Halibut	1½ lbs.	3 lbs.	1. Cut fish into individual servings. 2. Brown fish in hot fat in bottom of cooker. Place fish on rack. 3. Season with salt and pepper. Sprinkle with onions. Add water. 4. Cover, set control and cook for 4 minutes after control jiggles. 5. Cool cooker normally. Remove fish and place on hot platter. 6. Thicken liquid with flour mixed with cold water. Stir until smooth. Add salt and parsley.
Butter or Margarine	2 tbsp.	4 tbsp.	
Salt	1½ tsp.	1 tbsp.	
Pepper	dash	¼ tsp.	
Onion, chopped	2 tbsp.	4 tbsp.	
Parsley, chopped	1 tbsp.	2 tbsp.	
Water for frozen fish or	¼ cup	½ cup	
Water for fresh fish	½ cup	1 cup	
Flour	2 tbsp.	4 tbsp.	
Water	¼ cup	½ cup	
Salt	¼ tsp.	½ tsp.	
	Serves 4	Serves 8	

MACARONI TUNA CASSEROLE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Elbow Macaroni	1 cup	2 cups	1. Cook macaroni according to chart directions. Place in colander, rinse with hot water and drain. 2. Combine cooked macaroni with tuna and soup. 3. Put mixture in a well greased 1-qt. mold for the smaller recipe; a 2-qt. mold for the larger recipe. Cover with foil. 4. Place mold on rack in cooker with 2 cups water. 5. Cover, set control and cook for 6 minutes after control jiggles. 6. Cool cooker normally.
Tuna, flaked	1 7-oz. can	2 7-oz. cans	
Mushroom Soup	1 10½ oz. can	2 10½ oz. cans	
	Serves 4	Serves 8	

SALMON RING

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Cooked or Canned Salmon, flaked	2 cups	4 cups	1. Remove dark skin and bones from salmon. 2. Add remainder of ingredients to salmon and mix well. 3. Pack into a well greased Ring Mold. Use a 2¾ cup mold for smaller recipe and a 6½ cup mold for larger recipe. Cover with foil. 4. Place ring mold on rack in cooker with 2 cups of water. 5. Cover, set control and cook for 12 minutes after control jiggles. 6. Reduce pressure instantly. 7. Unmold salmon ring and serve with creamed peas.
Egg, beaten	2	4	
Milk	1 cup	2 cups	
Salt	½ tsp.	1 tsp.	
Pepper	dash	¼ tsp.	
Parsley, chopped	1 tsp.	2 tsp.	
Cracker Crumbs	1 cup	2 cups	
	Serves 4	Serves 8	

SHRIMP CURRY

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Shrimp	1 lb.	2 lbs.	1. Cook shrimp according to chart directions. 2. Melt fat in saucepan. Blend in flour. 3. Add hot milk slowly, stirring constantly. 4. Add remainder of ingredients and cook until smooth and thickened, stirring constantly. 5. Add shrimp and serve over cooked rice.
Fat	2 tbsp.	4 tbsp.	
Flour	2 tbsp.	4 tbsp.	
Hot Milk	1½ cups	2½ cups	
Salt	¼ tsp.	½ tsp.	
Paprika	dash	¼ tsp.	
Onion, minced	1 tsp.	2 tsp.	
Curry Powder	1 tsp.	2 tsp.	
Lemon Juice	1 tsp.	2 tsp.	
	Serves 4	Serves 8	

FISH A LA KING

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Medium White Sauce	1 cup	2 cups	1. Prepare white sauce (see recipe page 37. Use 2 tablespoons fat and 2 tablespoons flour). 2. Steam fish according to chart directions. 3. Cut fish in pieces, add to white sauce with paprika, pimiento and hard cooked egg. 4. Serve hot over toast.
Steamed Fish	2 cups	4 cups	
Paprika	¼ tsp.	¼ tsp.	
Pimiento, chopped	2 tbsp.	4 tbsp.	
Hard Cooked Egg, chopped	1	2	
	Serves 4	Serves 8	

FISH AND SEAFOOD

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Shrimp — cooked or canned	½ lb.	1 lb.	1. Cook shrimp according to direction table. 2. Cook onion, celery and garlic in hot fat in cooker until tender but not brown. 3. Add tomatoes, tomato sauce, seasonings, shrimp and green pepper. 4. Cover, set control and cook for 3 minutes after control jiggles. 5. Reduce pressure instantly. 6. Mix cornstarch with water and add to creole. Cook until thickened, stirring constantly. Serve over rice.
Onion, diced	½ cup	1 cup	
Celery, diced	½ cup	1 cup	
Garlic, minced	1	2	
Fat	3 tbsp.	5 tbsp.	
Tomatoes, canned	1 1-lb. can (2 cups)	2 1-lb. cans (4 cups)	
Tomato Sauce	1 8-oz. can (1 cup)	1 1-lb. can (2 cups)	
Salt	1½ tsp.	3 tsp.	
Sugar	1 tsp.	2 tsp.	
Chili Powder	½ tsp.	1 tsp.	
Worcestershire Sauce	1 tbsp.	2 tbsp.	
Tabasco Sauce	dash	dash	
Green Pepper, diced	½ cup	1 cup	
Cornstarch	1 tbsp.	2 tbsp.	
Water	¼ cup	½ cup	
	Serves 6	Serves 12	

SHRIMP CREOLE

FROZEN VEGETABLES

Frozen vegetables should not be thawed before pressure cooking. The only exception to this rule is corn on the cob which must be completely defrosted. Break the block of frozen vegetables apart into smaller pieces to assure uniform cooking. This is easily done with the hands except for spinach which must be cut into about 1 inch cubes with a knife.

One-half cup of water is sufficient for cooking any quantity of frozen vegetable in any size cooker because the cooking time is so very short. Time the cooking carefully so that vegetables will not be overcooked and reduce pressure instantly. Season vegetables before or after cooking, as desired.

VEGETABLE	Minutes to Cook After Control Jiggles	Amount of Water
Asparagus Spears	2†	½ cup
Asparagus Cuts	2½†	½ cup
Broccoli	3†	½ cup
Broccoli Cuts	2†	½ cup
Brussels Sprouts	2½†	½ cup
Cauliflower	2†	½ cup
Corn, whole kernel	1†	½ cup
Corn on the Cob	2†	½ cup
Green Beans, cut	3†	½ cup
Green Beans, French style	1†	½ cup
Green Peas	1†	½ cup
Lima Beans, small	2½†	½ cup
Lima Beans, large	4†	½ cup
Mixed vegetables	2†	½ cup
Peas and Carrots	2†	½ cup
Spinach	1†	½ cup
Wax Beans	3†	½ cup

DIRECTION TABLE

Soak overnight in water to cover. Then drain, add necessary water and cook.

VEGETABLE	Minutes To Cook After Control Jiggles	Amount of Water for 1 Cup of Vegetables	
		4 Qt.	6 Qt.
Black Eyed Peas	10*	1½ cups	2 cups
Great Northern Beans	20*	2 cups	2½ cups
Kidney Beans	30*	2 cups	2½ cups
Lentils	20*	2 cups	2½ cups
Lima Beans, large	30*	2 cups	2½ cups
Lima Beans, small	25*	2 cups	2½ cups
Navy Beans	30*	2 cups	2½ cups
Pea Beans	20*	2 cups	2½ cups
Pinto Beans	10*	2 cups	2½ cups
Soy Beans	35*	2 cups	2½ cups

NEVER FILL COOKER MORE THAN ¾ FULL OF LIQUID.

*Cool cooker normally 5 minutes, then place under faucet.

DRIED VEGETABLES

DIRECTION TABLE MACARONI, SPAGHETTI, NOODLES

In the preparation of macaroni, spaghetti and noodles first bring salted water to a rapid boil in the cooker. Add food and stir. Then reduce heat, cover cooker, set the control and bring the pressure up SLOWLY. When control begins to jiggle, start counting cooking time. Reduce pressure instantly, place food in colander, run hot water over it and drain. A tablespoon of shortening or cooking oil in the water helps prevent frothing.

	Amount of Food		Amount of Water		Minutes To Cook After Control Jiggles
	4 Qt.	6 Qt.	4 Qt.	6 Qt.	
Macaroni	2 cups (8 oz.)	3 cups (12 oz.)	2 qts.	3 qts.	6†
Noodles	3 cups (8 oz.)	4½ cups (12 oz.)	2 qts.	3 qts.	4†
Spaghetti	2½ cups (8 oz.)	3¾ cups (12 oz.)	2 qts.	3 qts.	8†

NEVER FILL COOKER MORE THAN ¾ FULL OF LIQUID.

†Reduce pressure instantly by placing cooker under faucet or in pan of cold water.

SPAGHETTI SAUCE

INGREDIENTS	QUANTITY		DIRECTIONS
	4 QT.	6 QT.	
Olive Oil or Fat	⅓ cup	¾ cup	1. Heat olive oil in cooker, add meat and stir. 2. Add remaining ingredients. 3. Cover, set control and cook for 4 minutes after control jiggles. 4. Reduce pressure instantly. Remove cover, place cooked spaghetti on large platter and pour sauce over spaghetti, sprinkle with cheese. (If this sauce is not thick enough boil uncovered for a few minutes.
Ground Beef	1 lb.	2 lbs.	
Onions, sliced	1 cup	2 cups	
Salt	1 tsp.	2 tsp.	
Small Clove Garlic	1	2	
Green Pepper, diced	½ cup	1 cup	
Mushrooms	½ cup	1 cup	
Tomato Paste	1 6-oz. can	2 6-oz. cans	
Tomatoes	1 1-lb. 4 oz. can (2½ cups)	2 1-lb. 4 oz. cans (5 cups)	
Parmesan Cheese, grated	Serves 4	Serves 8	

CEREALS

DIRECTION TABLE

Your pressure cooker will prove to be a time and fuel saver when preparing long-cooking cereals. Measure water and salt into the cooker and bring to a boil. Stir cereal into boiling water. Then reduce heat to medium and cover cooker. Set control in place and allow pressure to build up gradually on medium heat. If too high heat is used, liquid may be forced out of vent. A tablespoon of shortening or cooking oil in the cooking water helps prevent frothing. When control jiggles, begin counting cooking time. Keep heat only as high as necessary to make control jiggle 1 to 3 times per minute. After cooking required length of time, be certain that the pressure is down before attempting to remove control. Test in the usual way by nudging it. Because of the short cooking time, quick-cooking cereals are not listed.

CEREAL	Cups Cereal		Cups Water		Minutes To Cook After Control Jiggles
	4 Qt.	6 Qt.	4 Qt.	6 Qt.	
Corn Meal <small>Mix to a paste with 1 cup cold water, add to boiling water.</small>	1	2	3½	7	10*
Cracked Wheat	1	2	3½	7	15*
Hominy Grits	1	2	3	6	12-15*
Rolled Oats (old-fashioned)	1	2	2	4	5*
Steel Cut Oats	1	2	2½	5	25-30*
Rice (see recipe in beef section)					

*Cool cooker normally for 5 minutes after a pressure cooker has finished cooking.

NEVER FILL COOKER MORE THAN ¾ FULL OF LIQUID.

FRESH FRUITS

DIRECTION TABLE

Fresh fruits cook very quickly and those with 0 minutes cooking time should be removed from the heat as soon as the control jiggles. Reduce pressure normally.

Sugar to taste should be added to fruit *after* it is cooked. — about 1 cup per quart of cherries or plums; ½ cup per 2 lbs. of apricots, peaches or pears.

FRUIT	Minutes to Cook After Control Jiggles	Amount of Water Per Lb. of Fruit
Apricots	0	1 ¼ cups
Cherries	0	1 cup
Peaches	0	1 ¼ cups
Pears	2	1 ¼ cups
Plums	0	1 ¼ cups
Pineapple	6	1 cup

DRIED FRUITS

DIRECTION TABLE

For best results, cover with water. Cook with top amount of water specified in recipe. Reduce pressure normally.

FRUIT	Minutes to Cook After Control Jiggles	Amount of Water Per Lb. of Fruit
Apples	21	2 cups
Apricots	21	2 cups
Figs	61	2 cups
Peaches	41	2 cups
Pears	41	2 cups
Prunes	5-61	2 cups
Raisins	51	1 cup

†Reduce pressure instantly by placing control jiggles in cold water.

EXCELLENT FOR STERILIZING

Because of the high temperature—250° Fahrenheit—which is attained with the MIRRO-MATIC pressure cooker, it is an excellent sterilizer.



In the home it is perfect for baby bottles, nipples and utensils. It may also be used for sterilizing surgical, dental or other instruments.

To sterilize in your MIRRO-MATIC, place the rack in the cooker, add 1½ cups of water and place items on rack. Cover. Set control. When control jiggles, reduce heat and start counting sterilizing time. Fifteen minutes is recommended for instruments, bottles, utensils, rubber goods and heat-resistant plastic goods; thirty minutes for liquids and dressings. Reduce pressure normally.

NOT RECOMMENDED FOR TERMINAL STERILIZATION

Terminal sterilization is not recommended with this Standard Model Mirro-Matic. The American Hospital Association recommends 5 lbs. for terminal sterilization.

QUESTIONS AND ANSWERS

ARE THE PRESSURE CONTROLS INTERCHANGEABLE ON THE DELUXE (3 PRESSURE) AND STANDARD (1 PRESSURE) MODEL MIRRO-MATICS?

Yes. Mirro-Matic Pressure Controls are interchangeable. However, to assure proper cooking times, the Standard Model requires use of the Mirro-Matic Standard Model Recipe Book, and the Deluxe Model requires use of the Deluxe Model Recipe Book.

HOW CAN ONE TELL IF CORRECT PRESSURE IS BEING MAINTAINED?

The Mirro-Matic Control is precision-made and accurate. As long as the control jiggles occasionally . . . even as seldom as once every minute or two . . . that is your assurance that pressure is being maintained at the pressure selected. Also, the hissing sound and the slight escape of steam around the control, which is noticeable between jiggles, are additional assurances that proper pressure is being maintained. THE MOST COMMON MISTAKE MADE WITH THE MIRRO-MATIC PRESSURE COOKER IS TO USE TOO MUCH HEAT, WHICH RESULTS IN EXCESSIVE LOSS OF MOISTURE DUE TO THE CONTROL JIGGLING TOO OFTEN.

A TRICKLE OF MOISTURE APPEARS AND RUNS DOWN THE COVER FROM THE VENT TUBE. IS THIS A LEAK?

No. This is condensation resulting from steam contacting the cold Mirro-Matic Control as pressure is brought up. The moisture usually disappears after the control jiggles.

WHAT CAUSES THE SAFETY FUSE TO RELEASE?

It either (a) pops out because of excess pressure caused by food blocking the vent tube, or (b) it releases for lack of water in the cooker and drops inside the cooker. The latter is usually the cause and is a protection against damaging the cooker itself.

If sufficient water is maintained in the cooker, the fuse will not release. Consult the recipe book and use the full amount of water specified and, until well acquainted with the operation of the cooker, use slightly more water than the recipes call for, especially in the preparation of meats. Close the cooker quickly after adding the water so that moisture does not escape as steam before the cover is closed. Also, place the control on the vent tube immediately after closing cooker, to prevent steam from escaping.

When the control begins to jiggle, reduce the heat so that the control jiggles only about 1 to 3 times a minute. **CONSTANT JIGGLING OF THE CONTROL NOT ONLY ALLOWS TOO MUCH MOISTURE TO ESCAPE, BUT ALSO INDICATES A WASTE OF FUEL. MEDIUM OR LOW HEAT IS ALL THAT IS REQUIRED AFTER OPERATING PRESSURE HAS BEEN REACHED.**

WHAT EXPLANATION IS THERE FOR STEAM AND MOISTURE ESCAPING AROUND THE RIM OF THE COOKER?

Moisture lodged between the cover and gasket may prevent a proper seal. Make certain that both the cover and gasket are dry before closing the cooker. If moisture does escape, wait a few minutes for pressure to build up . . . the "leak" will usually disappear. If leaking persists, cool the cooker under the faucet, remove the control and open the cooker. Then remove and stretch the gasket gently and wipe it perfectly dry. Also dry the cover. This will usually eliminate the leak. If it doesn't, a new gasket is needed.

HOW DO I KNOW IF MY MIRRO-MATIC NEEDS A NEW GASKET?

If steam persistently escapes around the rim of the cooker and pressure will not build up, a new gasket is needed. The gasket will last at least a year in the average home, and it is not uncommon for them to last several years. If, after long usage, the gasket has become quite hard and slippery, it should be replaced. Or, if it has stretched and will no longer fit easily into the cover, it should be replaced.

WHEN THE COOKER WAS BRAND NEW, THE COVER FIT VERY SNUGLY, BUT AFTER IT HAS BEEN USED FOR SOME TIME, THE COVER SLIDES ON AND OFF SO EASILY. SHOULD THE GASKET BE STRETCHED?

No. As long as the pressure builds up normally and the cooker operates as it should, there is no need to stretch the gasket. The Mirro-Matic gasket does not depend upon a snug, friction fit to retain pressure. The lips of the gasket expand to provide the pressure lock and natural shrinkage which occurs after the gasket has been under pressure and in moisture a few times, will usually not affect proper sealing. Stretch the gasket **ONLY** if it fails to hold pressure.

WHAT SOMETIMES CAUSES A SQUEAL WHEN THE COOKER IS COOLED UNDER RUNNING WATER?

A vacuum is created inside the cooker when pressure is reduced suddenly. The noise you hear is merely the air rushing in to fill the vacuum. This squeal is harmless, but may be minimized by running water in a moderate stream over the rim of the cooker, rather than directly over the top. As the gasket shrinks and becomes older, this squealing may be more noticeable.

WHAT CAUSES A GASKET TO GET LARGER INSTEAD OF SHRINKING?

This sometimes occurs after a period of extended use. If it happens in less than a year, the cause is probably due to excessive grease. Always wash the gasket after each use.

Although it may be necessary to lubricate a new gasket with cooking oil or shortening the first time or two it is used in order to slide the cover open and closed easily, nevertheless one should not continue to lubricate it every time. Repeated lubrication of the gasket causes it to "swell" and stretch.

WHAT SOMETIMES CAUSES DIFFICULTY IN CLOSING THE COOKER?

A snug-fitting gasket (especially when the gasket is new). By pressing down on the cover with one hand, to compress the gasket while sliding the handles together, the cover will be easier to close and open. In stubborn cases, an OCCASIONAL lubrication will make closure easier. When the gasket no longer fits easily in the cover, and the cover is difficult to slide open and closed, replace the gasket.

OCCASIONALLY THE GASKET WILL STICK TO THE RIM OF THE COOKER INSTEAD OF STAYING IN THE COVER WHEN OPENING THE COOKER. WHAT CAUSES THIS?

Some foods, especially soups and cereals, may boil up and get between the gasket and the rim of cooker. This acts as an adhesive and causes the gasket to stick. By filling the cooker only as full as the recipe directs, and by controlling the heat properly, this can usually be avoided.

If the cover sticks after meat has been prepared in the cooker, some of the gelatinous material cooked out of the meat has probably gotten on the gasket and is acting as an adhesive. After pressure is completely reduced and the pressure control is removed, place the cooker on the heating unit for a few minutes. This will resoften the gelatinous material and the cover can then be removed without forcing. Do not open cover until steam no longer is coming out of the vent tube.

CAN PRESSURE CANNING BE DONE IN THE STANDARD (1 PRESSURE) MODEL MIRRO-MATIC?

No. The standard model has only a 15 lb. control, whereas pressure canning requires 5 lbs. and 10 lbs. The deluxe Mirro-Matic has a 3-way control, for 5, 10 or 15 lbs., and also a domed cover, to accommodate standard glass jars.

REPLACEMENT PARTS LIST

ILLUSTRATION	PART NO.	DESCRIPTION
	S-9888	SAFETY FUSE Fits all Standard Model Mirro-Matics
	S-9894	VENT TUBE Fits all Standard Model Mirro-Matics
	S-9881	PRESSURE CONTROL Fits all Standard Model Mirro-Matics
	S-9877	RECIPE BOOK For all Standard Model Mirro-Matics
	S-9885	GASKET Fits models M-0404, M-0404-35, M-0404-37, M-0404-39
	S-9892	Fits models M-0436, M-0436-35, M-0436-37, M-0436-39
	S-9937	COOKING RACK Fits models M-0404, M-0404-35, M-0404-37, M-0404-39
	S-9887	Fits models M-0436, M-0436-35, M-0436-37, M-0436-39
	S-9862	COVER HANDLE Fits models M-0404, M-0404-35, M-0404-37, M-0404-39, M-0436, M-0436-35, M-0436-37, M-0436-39
	S-9863	PAN HANDLE Fits models M-0404, M-0404-35, M-0404-37, M-0404-39, M-0436, M-0436-35, M-0436-37, M-0436-39
	S-9855	COVER GRIP Fits models M-0436, M-0436-35, M-0436-37, M-0436-39

MODEL NUMBERS ARE STAMPED ON BOTTOM OF YOUR COOKER

HOW TO ORDER REPLACEMENT PARTS

Many MIRRO dealers carry fuses, gaskets, vent tubes, controls and handles for late model Mirro-Matic cookers. See parts list on page 54 and ask dealer for part by part number listed.

If local dealers cannot supply, use order form below and mail to
MIRRO ALUMINUM COMPANY — MANITOWOC, WISCONSIN 54220

When ordering gasket, handle, grip or cooking rack, check model number shown on parts list against model number stamped on bottom of your cooker to be sure you have listed the correct part number on the order form. Allow 3 or 4 weeks for delivery. You will be billed at current prices for parts ordered.

SEND MIRRO-MATIC PART(S) CHECKED OR LISTED BELOW

SAFETY FUSE S-9888 VENT TUBE S-9894 PRESSURE CONTROL S-9881 RECIPE BOOK S-9877

Above parts fit all sizes and styles of Standard Model Mirro-Matics

GASKET _____ (PART NO.) SIDE GRIP _____ (PART NO.)

COVER HANDLE _____ (PART NO.) COOKING RACK _____ (PART NO.)

PAN HANDLE _____ (PART NO.) (Be sure to fill in part numbers)

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

SEND MIRRO-MATIC PART(S) CHECKED OR LISTED BELOW

SAFETY FUSE S-9888 VENT TUBE S-9894 PRESSURE CONTROL S-9881 RECIPE BOOK S-9877

Above parts fit all sizes and styles of Standard Model Mirro-Matics

GASKET _____ (PART NO.) SIDE GRIP _____ (PART NO.)

COVER HANDLE _____ (PART NO.) COOKING RACK _____ (PART NO.)

PAN HANDLE _____ (PART NO.) (Be sure to fill in part numbers)

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

MIRRO-MATIC ELECTRICS

If your local dealer cannot supply replacement parts for your cooker, use handy order form on front side of this page to order parts direct from factory. Be sure to list part number when ordering gasket, handle, grip or cooking rack.

If in doubt as to whether you are ordering correct part, or if you are ordering parts for an older discontinued model, describe part wanted and write below ALL numbers stamped on the bottom of your cooker (except patent numbers).

Description of part: _____

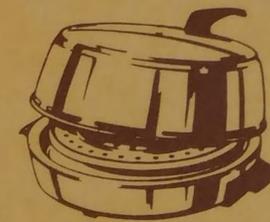
Numbers stamped on bottom of cooker: _____

If your local dealer cannot supply replacement parts for your cooker, use handy order form on front side of this page to order parts direct from factory. Be sure to list part number when ordering gasket, handle, grip or cooking rack.

If in doubt as to whether you are ordering correct part, or if you are ordering parts for an older discontinued model, describe part wanted and write below ALL numbers stamped on the bottom of your cooker (except patent numbers).

Description of part: _____

Numbers stamped on bottom of cooker: _____



ELECTRIC PORTABLE BROILER



AUTOMATIC BAKE and SERVE



ELECTRIC CORN POPPERS



8-10 CUP AUTOMATIC PERKS



AUTOMATIC SAUTE and FRY PANS



22-55 CUP AUTOMATIC PARTY PERKS

MIRRO-MATIC PRESSURE COOKER GUARANTEE

MIRRO-MATIC Pressure Cookers are guaranteed to be free of defects in workmanship and material for a period of 1 year from date of sale to user (does not apply to gaskets, handles broken through misuse, or melted or blown safety fuses). The Company agrees to repair or replace pan, cover, vent tube or pressure control, gratis, if such parts become defective during guarantee period under normal and proper care. Utensil should be returned to factory, transportation prepaid. Return transportation will be prepaid on all merchandise in warranty. Repairs made on pressure cookers damaged through misuse, and repairs made after guarantee has expired, will be billed at current repair costs.

If your pressure cooker has a colored acrylic enameled finish on the outside, such finish is guaranteed, for a period of 1 year, against peeling or blistering. **The guarantee does not cover staining, scratches or damage caused by mishandling or misuse.** Such pressure cookers will not be replaced, nor can colored surface be refinished. Claims for peeling or blistering must be made to the factory, and cooker returned transportation prepaid.

The Company shall be the sole judge in determining justification for in-warranty replacement or repair.

IT IS NOT NECESSARY THAT PURCHASER SIGN OR
RETURN THIS GUARANTEE TO FACTORY.

**MIRRO ALUMINUM COMPANY
MANITOWOC, WISCONSIN 54220**

Makers of MIRRO-MATIC quality electric housewares, MIRRO aluminum cookware and bakeware, aluminum foilware, toys and kitchen small wares . . . in polished, Teflon, porcelain, acrylic and other finishes.