



Westinghouse

ELECTRIC

BUILT-IN RANGE

*care & use
...recipes*

models

OAB30/OGB30

OBB30/OHB30

OAB21/OBB21

OCB21

table of contents

OVENS, PLATFORMS, REMOTE CONTROL PANELS 4-5

OVEN COOKING

oven control panels	6-7
reversible oven racks	9
oven racks	9
roast guard	10-11
built-in rotisserie	12
broiling	13
automatic timers	14-15
minute timer	15

SURFACE COOKING

surface unit controls	16
surface signalite	16
safety-matic surface unit	16-17
safety-matic unit control	17

CARE OF YOUR OVEN

removing oven door	17
removing oven racks	18
removing oven heaters	18
cleaning oven interior	18
cleaning oven racks and heaters	18
cleaning oven door	18
replacing oven door	19

CARE OF SURFACE UNITS

cleaning surface units	20
plug-out units	20
lift-up units	20

RECIPES AND COOKING TIPS

recipes	21-46
fresh meat roasting chart	30
poultry roasting chart	35
easy dishes for busy days	40-43
broiled foods	43-44
rotisserie cooking	44-45
rotisserie chart	45
barbecue sauces	45
oven meals	46
guarantee	47



First, know your Range...

You're going to experience exciting new convenience and pleasure in cooking with your Westinghouse Built-in Range, with your oven at eye and arm level and surface platforms in the most practical location.

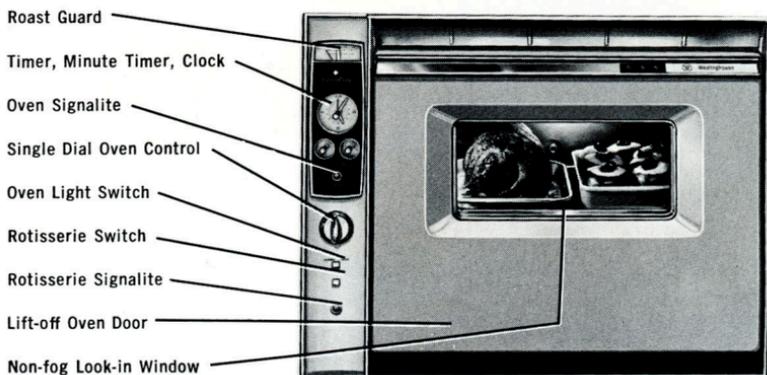
You'll find surface cooking fast, clean and cool. You'll bake and broil to perfection in the Miracle Sealed Oven (rotisseries, too, in some models) that turns out perfect results every time.

Go through this booklet carefully and familiarize yourself with the features and operating procedure of your oven and surface equipment. Then you'll know exactly how to get the best possible results.

Westinghouse has done its very best to build quality, durability and consistent performance into your range. You'll get the best out of it if you'll use it and care for it as suggested in this booklet.

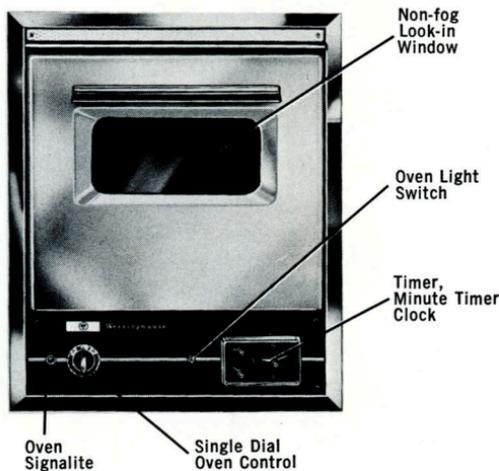
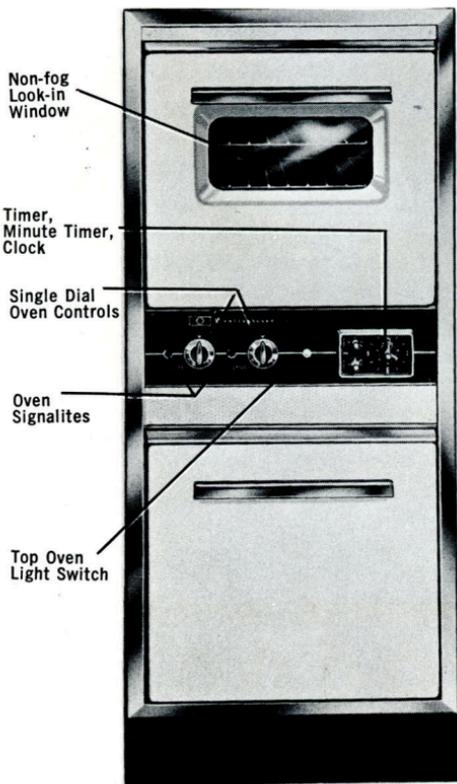
Home Economics Institute
Westinghouse Electric Corporation
Mansfield, Ohio

Westinghouse Built-in Ovens and Platforms . . .



OAB30 (for wall installation) Deluxe Oven, Roast Guard, Built-in Rotisserie with components and Lift-off Oven Door. **OGB30** (for base cabinet installation) same as **OAB30**.

OBB30 (for wall installation) and **OHB30** (for base cabinet installation) also available but without Roast Guard and Rotisserie.

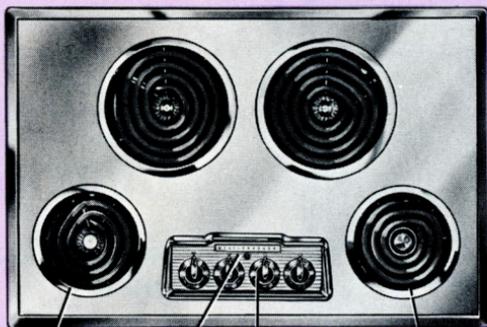


OBB21 — Automatic, with Miracle Sealed Oven and Look-in Window. **OCB21** — Same but with solid door.

OAB21 — Provides double-oven convenience, permits baking and broiling at same time. Each oven is Miracle Sealed for perfect performance . . . each has its own broiler pan. Top oven automatically controlled by timer.

PAB34 Platform—(illustrated) Stainless Chrome finish, with square corner trim ring. Has integrated Control Panel, Plug-out Units, Safety-Matic Unit, Signalite.

PBB34 Platform—Stainless Chrome finish or Confection colors. Two 8", two 6" Standard Corox Units—Lift-up type. Square trim ring.

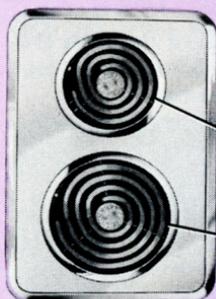


Corox Plug-out Units . . . Two 8" and one 6" Standard Corox Units.

Surface Signalite

Rotary Controls . . . offer 5 marked heat settings, fine tune any heat between settings.

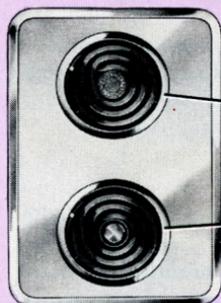
Safety-Matic Plug-out Unit . . . makes every utensil (even glass) automatic.



6" Standard Corox Plug-out Unit.

8" Standard Corox Plug-out Unit.

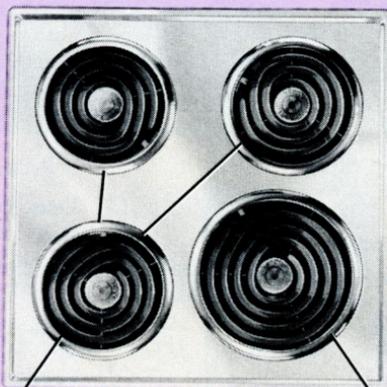
PAA14 Platform—Stainless Chrome finish.



6" Standard Corox Plug-out Unit.

6" Safety-Matic Corox Plug-out Unit.

PGA14 Platform —Stainless Chrome finish.



Three 6" Corox Lift-up Units.
One 8" Corox Lift-up Unit.

PBA20 Platform — Stainless Chrome finish or Confection colors.



Rotary Controls . . . offer 5 marked heat settings, fine tune for any heat between settings.

Remote Control Panel—For PAA14 and PGA14 Platforms.



Rotary Controls . . . offer 5 marked heat settings, fine tune for any heat between settings.

PBA20 Remote Control Panel

Oven Cooking

MODELS OAB30, OBB30, OGB30, OHB30

Before you first use your oven, take time to study your oven Controls and learn how to use them to get perfect results. Note that the Control Panel is at the side of the oven for greater convenience and visibility. Here, top to bottom, are your oven controls.

(A) ROAST GUARD

(Models OAB30, OGB30)

With this control, you designate the degree of doneness you want for roast or fowl. Roast Guard cooks it that way, keeps it that way, without further cooking, even if dinner is hours late. See complete Roast Guard explanation on Pages 10-11.

(B) AUTOMATIC TIMER

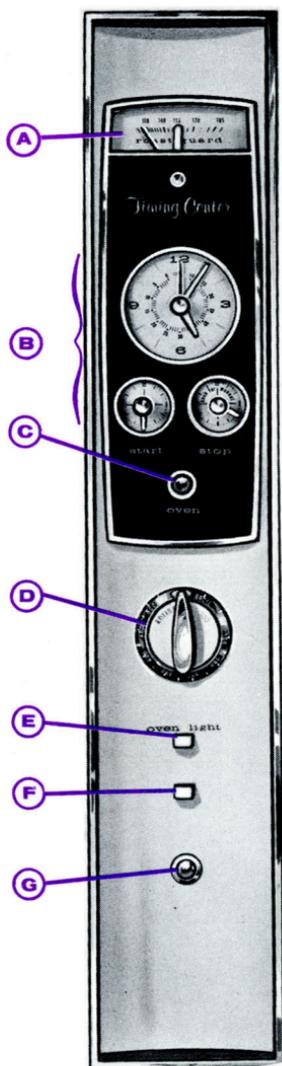
Does your cooking for you, even when you're away. Has Minute Timer, too, for short time cooking operations. Detailed instructions for use of the Timer on Pages 14-15.

(C) OVEN SIGNALITE

Glow while oven is pre-heating and while current is being used to maintain temperature—usually only 7 to 10 minutes per hour while the oven is in use. Signalite also glows during broiling.

(D) OVEN CONTROL

This Single Dial Oven Control does two things in a single operation—it turns the oven on and sets the desired temperature. Note that it also shows the proper temperature you *always* use for rotisserie cooking. For baking and roasting, turn clockwise to desired temperature. For broiling turn counterclockwise to "Broil."



E OVEN LIGHT SWITCH

Turns on interior oven light to let you check progress of baking. (Oven light comes on automatically whenever oven door is opened.)

F ROTISSERIE SWITCH

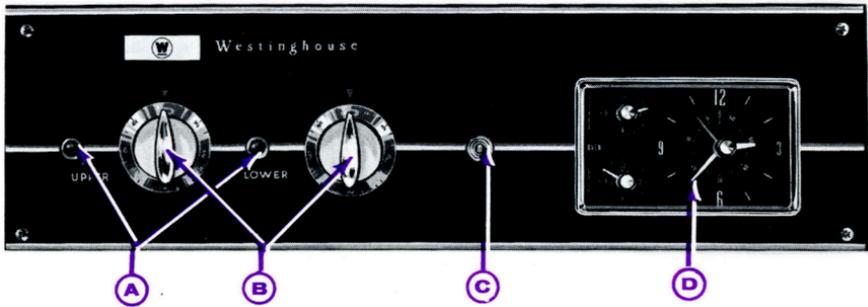
(Models OAB30, OGB30)

Starts and stops rotisserie.

G ROTISSERIE SIGNALITE

(Models OAB30, OGB30)

Tells you when Rotisserie is operating.



MODELS OAB21, OBB21, OCB21

The Control Panel provides maximum convenience of use. The Control Panel illustrated is of the double oven Model OAB21, with two Single Dial Oven Controls and two Signalites. Control at left operates top oven. On Models OBB21 and OCB21, the Control Panel is similar but has only one Single Dial Oven Control and one Signalite. (See Page 15 for instructions on use of the Timer.)

A OVEN SIGNALITE

Glowes while oven is pre-heating and while current is being used to maintain temperature — usually only 7 to 10 minutes per hour while the oven is in use. Signalite also glowes during broiling.

B OVEN CONTROL

This Single Dial Oven Control does two things in a single operation — it turns the oven on and sets the desired temperature. For baking and roasting, turn clockwise to desired temperature. For broiling turn counter-clockwise to "Broil."

C OVEN LIGHT SWITCH

Turns on interior light to let you check progress of baking through Look-in Window without opening door (Model OAB21, top oven; Model OBB21). On all models, the interior light comes on when the oven door is opened.

D AUTOMATIC TIMER

Does your cooking for you, automatically, even when you are not there to turn the oven on and off yourself. Detailed instructions for use of the Timer on Page 15.

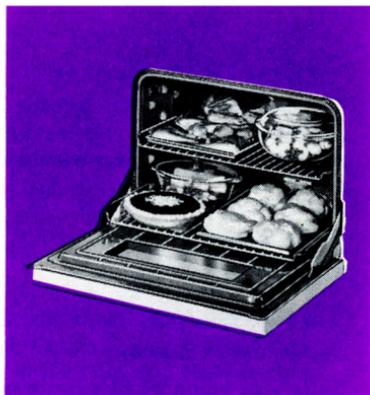
Oven Cooking

You can bake or roast in any rack position in your Westinghouse Built-in Oven and get perfect results every time.

One reason for this is the scientific design of the Spread-Even Oven Heaters, which make sure that uniform heat is distributed evenly throughout the oven.

Another reason is the exclusive Westinghouse Miracle Seal around the oven opening. It locks the heat in, locks out disturbing cold air currents.

If yours is a Model OAB21, you can bake or broil in both ovens at the same time or bake in one while broiling in the other.



The following suggestions will make sure you get perfect results:

1. Stagger pans so they will not interfere with heat circulation . . . Be sure they are not touching each other or the sides, back or door of the oven.
2. Always preheat oven for best baking results . . . wait until Signalite goes out before putting foods in the oven.
3. Roast tender cuts of meat or poultry in a shallow, uncovered pan without adding water. Place meat on a trivet, fat side up . . . it will brown evenly on all sides and baste itself.

CAUTION:

Never line the floor or racks of the oven with foil. This not only destroys the even pattern of heat distribution, but also may cause damage to porcelain finish of the oven, for which Westinghouse cannot be responsible. However, certain foods, such as potatoes, may be wrapped in foil for baking, or a collar of foil may be made to fit around a pie plate or other baking utensil to catch spillovers.



Reversible Oven Racks

(Models OAB30, OBB30, OGB30, OHB30)

Both oven racks of Models OBB30 and OHB30 ovens and one rack of Models OAB30 and OGB30 ovens are reversible, allowing you to make full use of your oven's generous capacity. Lock Stops prevent them from being pulled out of the oven accidentally, but they can be removed by pulling forward to the Lock-Stop position, tilting upward and then pulling forward again.

The oven has four sets of rack glides — racks may be reversed in the bottom three. Reversing a rack in the same glide raises or lowers it approximately 1½". This, plus the adjustments possible by placing the racks in different sets of glides, makes seven different rack arrangements available, giving ample room for large roasts, fowl, etc.

Special Notes:

1. When the top set of glides is used, be sure the oven rack is in the "down" position.
2. For extremely heavy loads in other sets of glides, be sure the rack is in the "up" position.
3. Imperial Ovens with rotisserie (Models OAB30, OGB30) have a dual purpose oven-rotisserie rack, in addition to one reversible rack. The dual purpose rack cannot be reversed, but may be used for baking or roasting in any set of rack glides. Instructions for using this rack for rotisserie cooking are on Page 12.

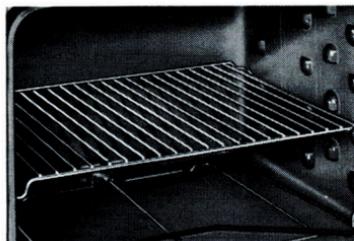
how to reverse a rack:

1. Pull out to Lock Stop position, tilt upward, and pull forward until clear of oven.
2. Turn rack over, end over end, making sure that round bar utensil stop at rear of rack is up.
3. Replace rack in desired glide position, reversing procedure described in Step 1.

OVEN RACKS (Models OAB21, OBB21, OCB21)

The nickel-plated steel racks of your built-in oven are removable and there are seven rack positions, enabling you to adjust racks to the position most suited to the food you are cooking.

The racks are equipped with a Lock-Stop device which prevents them being pulled from the oven accidentally. To remove, pull forward to the Lock-Stop. Then lift up on front edge to release. Replace by reversing this procedure.



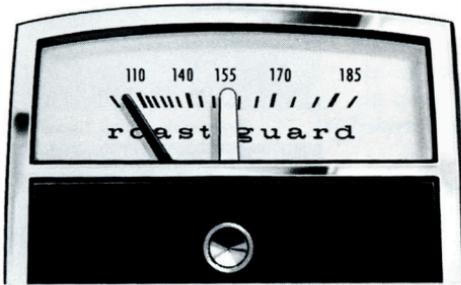
Oven rack in "up" position.



Oven rack in "down" position.

Roast Guard

(Models OAB30, OGB30)



If your new range is Model OAB30 or OGB30 it has a feature no other range can offer . . . the Roast Guard.

This is a truly amazing device. It will simplify almost beyond imagination the preparation of oven cooked meats.

First of all, it takes the guesswork out of roasting. Never again will you have an underdone roast or fowl. Never again will you have a roast or fowl come out of the oven dried up, or nearly burned. Never again will the roast you wanted to be "rare" come out "well done."

More important, you will never have to worry when you serve meat cooked with the Roast Guard. Dinner can be hours late . . . but the rare roast beef you planned to serve at six o'clock will still be rare . . . it will be at serving temperature, juicy, of good texture and flavorful!

The conveniences are almost too numerous to list.

Want to go downtown shopping? Put the meat in the oven early, and connect the Roast Guard. Stay as long as you like. The roast will be ready whenever you are . . . and done just as you prefer it.

Company for dinner delayed? Don't worry about the roast (or the turkey). The Roast Guard will keep it just the way you want it, as long as necessary.

Not sure about how long the roast should take to be done medium? The Roast Guard knows. It brings it to medium and keeps it right there.

In short, with the Roast Guard, you have nothing to do except put the meat in the oven, connect the Roast Guard and set the temperature.

how to use roast guard

You roast all meat and fowl at the same oven temperature—325°. You don't have to trust to memory, or look up the proper temperature in a cook book. It's always the same when you use the Roast Guard . . . always 325°.



Roast tables on Pages 30 and 35 tell how long various meats will require to be ready to serve at the degree of doneness you want. That's the minimum time. There is virtually no maximum. You can leave meats in the oven far longer . . . they won't cook a bit more, but they'll stay piping hot, ready for serving.

1. Insert thermometer into center of thickest portion of meat. Make sure thermometer does not touch bone or rest in fat.
2. Put meat in oven and insert the Roast Guard plug into the receptacle in the side of the oven, near the top. Make sure that the cord does not touch the oven heaters.
3. Turn the control under the Roast Guard panel until the white pointer is at the desired temperature (from Roasting chart).
4. Set the Single Dial Oven Control at 325°.

when roasting completed

1. The red pointer moves to the right as the internal temperature of the meat goes up. When the red pointer reaches the same position as the white pointer, the roast is done. But you don't have to serve it then. Leave the roast in the oven, with the oven on, until the minute you want to serve it. It will not continue to cook . . . but will remain at exactly the temperature you designated . . . will retain all its flavor and juice.
2. When you are ready to serve the meat, first turn off the oven. Then remove the thermometer from the meat and the plug from its receptacle.

care of roast guard

Wash the thermometer in warm, soapy water after each use. NEVER LEAVE IN THE OVEN when Roast Guard is not being used.

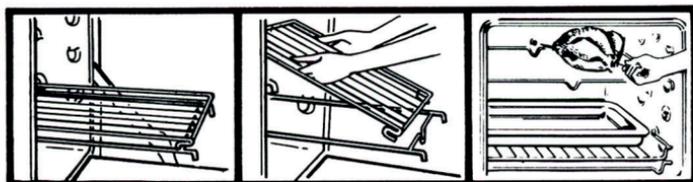
Built-in Rotisserie . . . (Models OAB30, OGB30)

The Rotisserie gives you an increasingly popular method of preparing roasts, ribs, fowl and other foods in which full flavor and natural juices are retained. Models OAB30 and OGB30 have a built-in Rotisserie motor, a heavy duty spit and a special dual-purpose rack. A rotisserie Roasting Chart will be found on Page 45.



how to use your new rotisserie

1. Remove center grid of dual purpose rotisserie rack (see illustration). Pull frame forward to lock-stop position. Lift rear of center grid so hooks are free of frame. Then slide front of grid out of frame.
2. Place rotisserie rack on the third set of glides from the bottom.
3. Run the spit through the food to be cooked, being careful to pierce the food as near the center as possible. Secure the food on the spit by piercing it with the U-shaped skewer prongs and tightening them in place.
4. Place the broiler pan on the bottom rack to catch drippings. Put bottom rack low enough so it does not interfere with turning of spit.
5. Place the spit on the rotisserie rack so that it rests in the front and rear slots. Make sure the meat is centered on the spit.
6. Insert the pointed end of the spit in the six-sided hole in the rear of the oven. Press firmly into place.
7. Unscrew and remove handle from spit and close oven door.
8. Turn the Single Dial Control of the oven to 350 degrees.
9. Turn Rotisserie on by pushing Rotisserie switch on Control Panel. Rotisserie light will glow.
10. To remove meat after it is cooked, pull rotisserie rack slightly forward, disengaging spit. Attach handle to remove spit from rack. Turn Rotisserie off by pushing Rotisserie switch.
11. To replace center grid, pull frame to lock-stop position. With the round utensil stop at rear of center grid in UP position, slip front hooks of grid under frame. Then drop grid into place, and push back slightly to secure hooks under frame at rear.



Center grid of dual-purpose oven rack on Rotisserie models is easily and quickly removed to convert it into rotisserie rack.

Broiling...

The popularity of broiled foods has grown tremendously in recent years, and you'll be able to prepare outstandingly flavorful foods with the broiler of your Westinghouse Range.

You'll be assured of perfect broiling, too, because top oven heaters in all Westinghouse Ranges have been designed and proportioned to provide uniform heat over the entire area of the broiler pan (see illustration).

If you have a Model OAB21, you have two identical broiler pans, enabling you to broil in either oven while baking in the other—or you may broil in both ovens at the same time.

Please read these basic instructions for broiling:

1. Adjust the top oven rack so that the meat, when placed on the broiler pan, will be at least two to three inches from the top oven heater.
2. When you place food in the oven for broiling, center broiler pan on the oven rack.
3. Turn Single Dial Oven Control to "Broil." This turns on the top oven heater only. The Oven Signalite will operate during the broiling operation, just as it does for baking.
4. Leave oven door ajar at Broiler Stop. A spring mechanism in the door will hold it in this position.

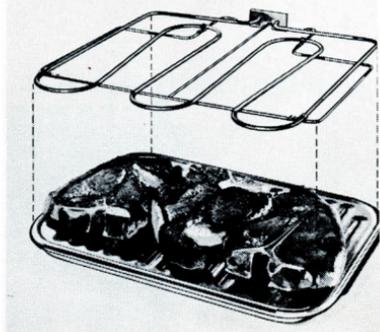
special broiling tip

Just before you start broiling, put a cup of cold water in the broiler pan. The juice that drips down into the pan makes perfect stock for gravy. After the meat is broiled, move the broiler pan to surface unit, or pour drippings into a skillet or fry pan, add seasoning and flour, or cornstarch, for thickening, stir constantly until thickened. You will have rich, delicious gravy.

If you don't plan to serve gravy, you'll find that the water makes the pan much easier to clean. Drippings will float in the water . . . won't stick to the pan. You won't need to scrub and scour to clean it.

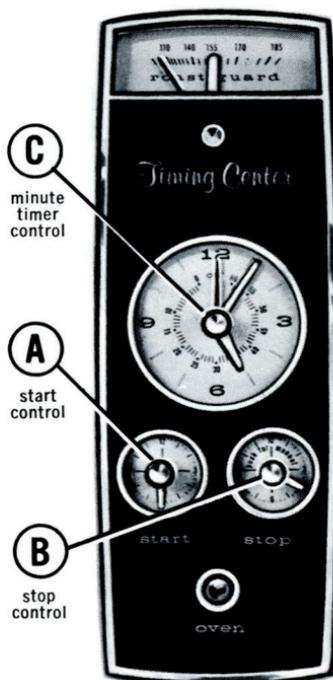
While your broiler pan is designed to prevent smoking, an unusual amount of fat on meat being broiled may present a problem. The water in the bottom of the pan will help eliminate smoking.

CAUTION: Never use foil on broiler pan grid during broiling. To do so will interfere with heat distribution and will cause smoking.



Automatic Timer

The Automatic Timer can do much to simplify meal preparation, because it will start and turn off the oven whenever you wish, without your having to be there to do it yourself. It can be used to cook any foods which do not require a preheated oven. It may be set as much as 11½ hours in advance of the time you want cooking to start, and will control cooking for any desired period of time up to 12 hours.



Once you have familiarized yourself with its operation, you'll use it often, because it adds immeasurably to your leisure time. The timer is simple and easy to set.

Automatic Timer (Models OAB30, OBB30, OGB30, OHB30)

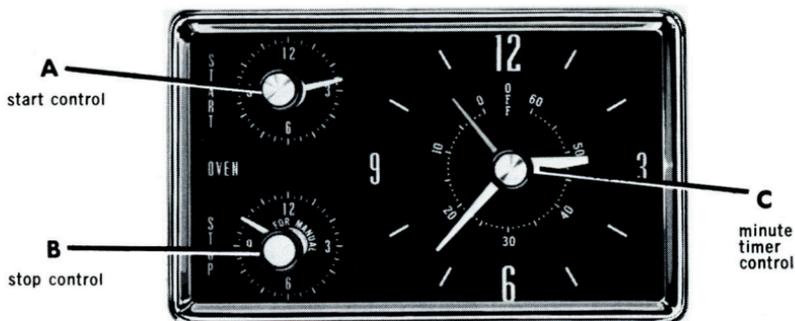
1. Push in on "Start" control knob (A) and turn indicator to time you want cooking to begin.
2. Push in on "Stop" control knob (B) and turn indicator to time you want oven to turn off.
3. Turn Single Dial Oven Control to desired cooking temperature.

There is nothing more to do... the Automatic Timer has complete charge. When the time arrives for cooking to start in order to have the food ready at the time you designated, the oven will turn on and the Signalite will glow. When the cooking time is up, both oven and Signalite will turn off.

after cooking is completed

1. Turn the Single Dial Oven Control to "OFF."
2. Press in on the "Stop" control knob (B).
This restores oven to manual operation.

Automatic Timer (Model OAB21, top oven; Models OBB21, OCB21)



1. Push in on "Start" control knob (A) and turn indicator to time you want cooking to begin.
2. Push in on "Stop" Control knob (B) and turn indicator to time you want oven to turn off.
3. Turn Single Dial Oven Control to desired cooking temperature.

That's all. Oven will come on, and Signalite will glow, at the time you designated . . . and it will turn off at time you have designated.

after cooking is completed

Turn Oven Control to "Off." Then press *in* on "Stop" Control knob (B). This restores oven to manual operation.

Minute Timer (All Models)

This is a feature of your Automatic Timer that is ideal for short time cooking operations, such as broiling, baking cakes, pies, cookies or surface operations requiring precise timing.

The Minute Timer does not control them automatically. It simply does the "clock-watching" for you.

To set, turn the Minute Timer Control (center knob C) to left (counter-clockwise) until red indicator points to the desired number of minutes (up to 60) on the Minute Timer Dial. When the time has elapsed a buzzer will sound.

To stop buzzer, turn Minute Timer Control to right (clockwise) until red indicator points to "OFF."

To set kitchen clock (necessary only if electric current has been interrupted) depress Minute Timer Control and set.

Surface Cooking

Surface cooking on your Westinghouse is fast, cool and economical.

All surface units are high-speed Corox® units which attain cooking temperatures quickly. Cooking is cool because the heat goes directly into the utensils and the food, not into the outside air. Surface cooking is economical because on all except the "High" setting (used only to start cooking) you cook on stored heat, with the current off, most of the time. Westinghouse surface units cycle on and off automatically, just as the oven does, deliver exactly the heat called for.

"fine-tuning" surface unit controls

Each surface unit has its own control, marked with five different heat settings. Each setting is for a different type of cooking. But you can "fine tune" for any exact degree of heat you want between the settings. For example, you may prefer fried chicken done a little darker or lighter than the recommended "Medium" heat gives you. Simply turn the Control up or down a bit. The slightest change increases or decreases the cooking heat. This "fine-tuning" feature may be employed anywhere on the dial between "Simmer" and "High."

To turn on a surface unit, simply turn the Control (in either direction) so the desired setting is at the top.

Here are the five marked heats and the recommended uses for them:

High—used to bring most foods to top cooking temperature quickly, after which a lower setting is used to maintain desired cooking heat.

Medium-High—used for browning and frying meats.

Medium—used for foods normally cooked in a double boiler. Ideal for pancakes and Southern fried chicken (fried without steaming).

Low—used to maintain cooking temperature in foods after they have been brought to a steam on the "High" setting.

Simmer—used to keep foods warm and to maintain general cooking temperatures in certain types of food.



surface
unit control

Surface signalite

Model PAB34 has a surface signalite, located on the Control Panel, that glows when any surface unit is in use. On Models PBB34, PBA20, PAA14 and PGA14, you can quickly tell from the position of the Control Knob whether or not a unit is on.



Safety-Matic surface unit

(Models PAB34, PGA14)

The Westinghouse Safety-Matic Surface Unit makes every utensil (even glass) automatic—won't let foods boil dry.

If you should be called away from the kitchen and a pan should boil dry, the Safety-Matic Unit will reduce the heat input and prevent the food from burning.

After you have set the control, the unit comes quickly up to the temperature you have selected. Thereafter, the sensing device (bright metal cap in center of unit) controls the input of heat to maintain that temperature, automatically preventing overcooking. Since the Safety-Matic Unit eliminates burning, it also eliminates the need for a great deal of scrubbing and scouring of utensils.

Safety-Matic unit control

The Safety-Matic unit control is clearly marked for two "zones" of cooking—boiling and frying. The portion of the control marked with the solid line is the "Boil Zone." The "Fry Zone" is indicated by the broken line. As with other surface unit controls, you can "fine-tune" the Safety-Matic unit to give the precise cooking speed you want.



Safety-Matic
unit

Care of Your Oven

Up to this point, this book has concerned itself with how you use your Westinghouse Built-in Oven and Platform.

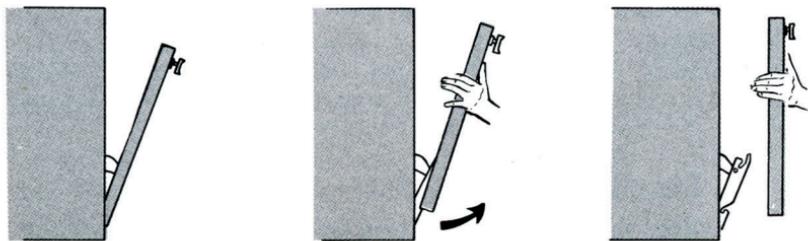
But just as important, you'll want to know how to care for them—how to keep them clean and in perfect condition.

You'll find this easy to do . . . Westinghouse has made easy cleaning a major feature of its ranges.

To give you complete access to the oven interior, the oven door on Models OAB30, OBB30, OGB30, and OHB30 is completely removable. It's easy to take off and just as easy to replace. Oven Racks and Oven Heaters on all models are completely removable.

Removing Oven Door (Models OAB30, OBB30, OGB30, OHB30)

To remove the oven door, follow these simple steps, making sure first that the door is cool enough to handle:



1. Open the door to the broiler stop.
2. Grasp the door at both sides, slightly below the handle. Lift upward (about two inches), tilting the top of the door inward. Bottom of door will lift off of the hinge blades.

NOTE: Lay the door flat on a counter or table until you are ready to clean it. (Don't lean it against a cabinet or table or chair leg—if it should slip to the floor, you might damage it or chip the porcelain.)

Removing oven racks (All Models)

To remove the racks, make sure they are cool, then simply pull forward to the Lock-Stop position. Then tilt upward and resume pulling forward slowly.



Removing oven heaters

(All Models)

Each oven has two heaters, top and bottom. Both are Westinghouse Plug-Out type. To remove—after making sure they're cool—simply grasp by frame and pull straight forward.

Cleaning the oven interior

With the racks and heaters removed, it's a simple task to clean the oven. Use a soft cloth, wrung from warm, soapy water. In the case of stubborn stain, scour if necessary, but avoid using a harsh abrasive that may damage the porcelain oven interior. If using a commercial oven cleaner, be sure to follow manufacturer's directions.

The removable door on Models OAB30, OBB30, OGB30 and OHB30 lets you reach every corner of the oven more easily, further simplifies clean-up.

NOTE: Excessively greasy ovens will be easier to clean if you put a dish of household ammonia in a cold oven and leave oven closed overnight.



Cleaning oven racks and heaters

Racks may be wiped with a soapy cloth, or in the case of extreme stain, scoured. Heaters will not need cleaning—foods are burned off. The chrome frames may be wiped or scoured. *Never* immerse the heater plugs in water.

Cleaning the oven door

Wipe the exterior of your oven door with a cloth, wrung from warm soapy water. Clean the inside of the door the same way—using a mild abrasive in the case of stubborn stain. Do *not* immerse the door in water.

The chrome trim and control panel of your oven can be kept clean by wiping with a damp cloth.

after the clean-up

Replace the oven *Heaters* first. Simply slide them into place and push firmly, to make sure that heater plugs are connected. Make sure the top heater rests properly in the glides on either side of the oven.

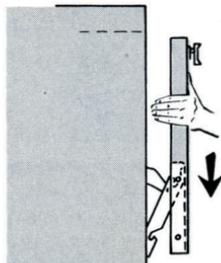
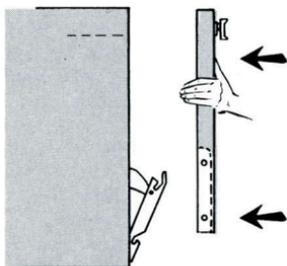
Now replace the racks. Tilt the end of the rack nearest you slightly upward so the Lock Stop device slips into the glides. Then push into place. Be sure that the round utensil stop at the rear of the rack is *up* when replacing rack.

If yours is a Rotisserie model oven, you'll find it easier to put the center grid in place after first replacing the frame.

Replacing Oven Door

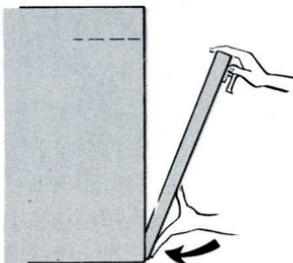
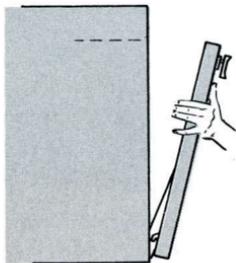
(Models OAB30, OBB30, OGB30, OHB30)

Replace the oven door, making sure hinge blades are at the broiler stop. Here are the steps:



1. Grasp door at both sides, just below handle, as you did in removing it—with top edge of door approximately even with the top of the oven hood.

2. Guide hinge slot on **left** side of door over tip of left hinge blade. Then, keeping door parallel to oven opening, guide hinge slot on **right** side of door over right hinge blade.



3. Lower the door into place on the hinge blades. Door will then be firmly supported on hinges.

4. Placing one hand lightly at center of top of door, push at center of bottom edge with the other hand until you hear a slight click.

Care of Surface Platforms

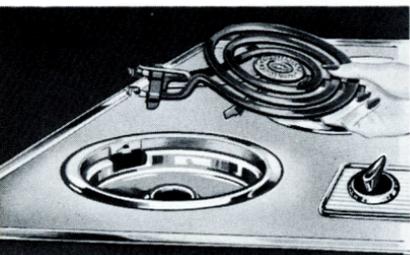
Every Westinghouse Built-in Platform has a beautiful and lasting finish, whether it is Stainless Steel, Brushed Chrome, or Confection Color. It can be kept clean by wiping it regularly with a soft cloth wrung from warm, soapy water. If you wipe off spatters and spillovers promptly, it will never be necessary to scour or scrub. If platform is Stainless Steel, or Brushed Chrome, we recommend the occasional use of a silicone treated cloth (of the type used to polish automobiles).

cleaning surface units

Food spilled on a hot Corox surface unit will burn itself off. Food spilled on a cool unit may be wiped off with a damp cloth.

CAUTION: Never immerse surface units in water.

plug-out units (Models PAB34, PAA14, PGA14)



Surface units on Model PAB34, PAA14 and PGA14 Platforms are exclusive Westinghouse Plug-out design, and lift out of the platform completely for easiest cleaning.

Just press against the front edge of the unit, lift up and pull straight forward. The drip pan and trim ring are easily removed for cleaning at the sink.

to replace a plug-out unit:

1. Replace trim ring, with slot lined up with unit opening at back.
2. Replace drip pan, with cut-out section lined up with unit opening.
3. Replace unit by inserting center prong through opening in trim ring. Push unit back and press down at front edge until clip catches under ring.

NOTE: Units are not interchangeable. Return to same opening in platform.

lift-up units (Models PBB34, PBA20)



The units on these platforms are Lift-up Type. They lift up out of the way, making it easy to remove the drip pan for cleaning.

here's how to do it:

1. Place thumb on outer edge of unit directly opposite where unit is hinged. Push slightly, then lift up.
2. Remove drip pan by grasping through center opening, lifting up and out. Wash in soapy water, or scour with mild abrasive.
3. Lift up heater ring and lay unit back on platform. Platform and ring surfaces can be washed with soapy water or mild abrasive when necessary.
4. Replace drip pan and return unit to position, pressing back and down until it catches in place.

and now... Good things to eat...

On the following pages are many wonderful, tasty recipes . . . tried and tested by our own Home Economics Institute. All of them are favorites of ours . . . some, we hope will become favorites of yours and your family.

We haven't attempted to make this a complete cookbook. So don't hesitate to continue using all your pet recipes just as you did on your old range. They'll turn out beautifully on your new Westinghouse Electric Range. However, for best results, follow exactly the care and use instructions for your range as we have given them here . . . and be sure to follow recipes carefully. Then you can't go wrong.



WHITE BREAD . . . STRAIGHT DOUGH METHOD

*9½ x 5¼ x 2¾-inch loaf pans . . . Preheated oven—350°
. . . Baking time—1 hour to 1 hour and 15 minutes*

- | | |
|---------------------------------|--------------------------|
| 1 cup lukewarm water | 5 tablespoons sugar |
| 2 cakes quick-acting yeast | 5 teaspoons salt |
| 4 cups lukewarm milk | 5 tablespoons shortening |
| About 13 cups all-purpose flour | |

Dissolve yeast in 1 cup lukewarm water and to it add 1 teaspoon sugar. Let stand for 10 minutes. To lukewarm milk, add remaining sugar and salt. Add dissolved yeast to milk mixture. Next, add flour and the shortening. Mix well and turn out on a floured board.

Knead until dough becomes elastic and does not stick to board. Place in greased bowl, cover, allow to rise until double in bulk, then punch down. Allow to rise a second time until double in bulk. Remove dough from bowl, punch down, and cut into four equal size loaves. Recipe makes approximately four 1½-pound loaves. Shape, and allow to stand 20 minutes. Then flatten out each loaf and again reshape.

Place in greased pans. Allow to rise until double in bulk, or until, when pressed with a finger, imprint does not disappear.

BAKING POWDER BISCUITS

*14 x 10-inch cookie sheet . . . Preheated oven—450°
. . . Baking time—10-12 minutes*

- | | |
|--|---|
| 2 cups all-purpose flour,
sifted before measuring | 1 teaspoon salt
4 tablespoons shortening |
| 3 teaspoons baking powder | ¾ cup milk |

Sift flour, baking powder and salt. Cut in shortening until mixture has the appearance of coarse corn meal. Add milk, working only enough to combine ingredients. Turn out on floured board, knead until smooth. Pat or roll out ½-inch thick and cut with 2-inch biscuit cutter. Place on cookie sheet. Yields about 18 small biscuits.

NUT BREAD

*9½ x 5¼ x 2¾-inch loaf pan . . . Preheated oven—350°
. . . Baking time—65-70 minutes*

- | | |
|---|--|
| 3 cups all-purpose
flour, sifted before
measuring | 4 teaspoons baking powder
¼ cup shortening
1 egg |
| 1 cup sugar | 1¼ cups milk |
| 1½ teaspoons salt | 1 cup nut meats
(coarsely chopped) |

Sift flour, sugar, salt and baking powder into large mixing bowl. Add shortening and mix with fork, or pastry blender, until ingredients have appearance of coarse corn meal. Add milk and slightly beaten egg. Add nuts last. Pour into well-greased bread pan. Let stand 20 minutes. Bake in preheated oven. When baked, turn on rack to cool. Makes 1 loaf.

NOTE: Baking recipes which are highly satisfactory at low altitudes often fail at high altitudes. For information about high altitude cooking, get in touch with your State College.

PLAIN LAYER CAKE

2—9 x 1½-inch round pans . . . Preheated oven—375°
 . . . Baking time—25-30 minutes

2⅔ cups cake flour, sifted	¾ cup butter or shortening
before measuring	1¼ cups granulated sugar
3½ teaspoons baking powder	3 eggs
½ teaspoon salt	1½ teaspoons vanilla
	¾ cup milk

Sift flour once before measuring, then sift again with baking powder and salt. Grease cake pans, and dust lightly with flour. Cream the butter, add sugar, and beat vigorously until light and fluffy. Add the whole eggs, one at a time, beating well after the addition of each. Add vanilla to milk, then add alternately with flour to butter mixture. Add flour first, then milk, ending with dry ingredients. Beat until smooth and thoroughly mixed. Do not overbeat. Divide evenly into two thoroughly greased and lightly floured pans.

ANGEL FOOD CAKE

10 x 4-inch tube pan . . . Preheated oven—350°
 . . . Baking time—about 50 minutes

1½ cups cake flour, sifted	½ teaspoon salt
before measuring	1½ teaspoons cream of tartar
2 cups sugar	1½ teaspoons vanilla
1½ cups egg whites	1 teaspoon almond flavoring

Sift flour once, measure and set aside until ready to use. Measure sugar, and divide into two equal parts. Add one-half the sugar to flour, and sift the two ingredients together 4 times. Do all this before beating egg whites. It is convenient to place sugar and flour mixture on waxed paper until ready to use. Add the salt to egg whites, beat until foamy, add cream of tartar, then continue beating until stiff, but not dry. Add one-half the sugar to egg whites, 2 tablespoons at a time. Add the flavoring. Do not use an electric mixer to add remaining ingredients, but use a wire whisk egg beater. Fold in flour and sugar mixture, adding it to egg white mixture, 2 tablespoons at a time. Fold in with slow, careful strokes. Pour into pan. Cut down through cake batter with case knife, to remove large air bubbles. Bake for about 50 minutes. When removed from oven, invert pan on wire cake cooling rack until cold, then carefully remove cake from pan.

FUDGE CAKE

2—8 x 1½-inch round layer cake pans . . . Preheated oven—350°
 . . . Baking time—30-35 minutes

2 squares chocolate, melted	1¼ cups granulated sugar
2 cups sifted cake flour	2 eggs
1½ teaspoons cream of tartar	1 teaspoon vanilla
½ teaspoon salt	½ cup milk
½ cup butter or shortening	1 teaspoon soda
	¾ cup boiling water

Melt chocolate. Sift flour. Measure, then sift flour four times with salt and cream of tartar. Cream butter, or shortening, with sugar until light and fluffy. Add melted chocolate, then add eggs, one at a time, beating vigorously. Add vanilla. Add flour mixture alternately with milk, stirring until ingredients are well blended. Measure boiling water in cup, add soda, quickly add to cake mixture. Stir. This batter will be very thin, but the cake is delicious. Pour in well-greased and floured cake pans. Baking time 30-35 minutes.

CORN MEAL MUSH

6-inch unit . . . 2-quart saucepan . . . "High" until boiling
 . . . "Simmer"—20 minutes

4 cups water 1½ teaspoons salt
 1 cup corn meal

Place saucepan with water and salt on unit and turn to "High" heat. Cover. When boiling, turn control to "Simmer," add corn meal gradually. Stir constantly until the corn meal and water are thoroughly mixed. Cook for 20 minutes on "Simmer" heat. May be used for porridge, or poured into a pan to cool and be sliced for frying. Serves 5-6.

HOMINY GRITS

6-inch unit . . . 2-quart saucepan . . . "High" until boiling
 . . . "Simmer"—30 minutes

1 cup hominy grits 2 teaspoons salt
 4 cups boiling water 2 tablespoons butter or margarine

Pour hominy into salted, boiling water. Stir until it boils. Cook on "Simmer" heat for 30 minutes, stirring frequently. When ready to serve, add 2 tablespoons of butter or margarine. Beat well. Makes 6 servings.

QUICK-COOKED CEREALS

6-inch unit . . . 2-quart saucepan . . . "High" until boiling
 . . . "Simmer"—5 minutes

4 cups water 1½ teaspoons salt
 ¾ cup uncooked cereal (fine grain)

Place saucepan on unit, add water and salt, turn to "High" heat. When boiling, add uncooked cereal. Stir until it boils. Cover. Turn control to "Simmer" for 5 minutes, then turn control to "Off." Serves 5-6.

RICE

6-inch unit . . . 2-quart saucepan . . . "High" until boiling
 . . . "Simmer"—25 minutes

2 cups water 1 teaspoon salt
 1 cup washed rice

Place water and salt in saucepan, add rice and cover. Turn to "High" heat. When steam escapes, turn control to "Simmer" and cook for 25 minutes. Serves 4-5.

SPAGHETTI, NOODLES OR MACARONI

8-inch unit . . . 4-quart saucepan . . . "High" until boiling
 . . . "Low"—10 minutes

3 quarts water 2 teaspoons salt
 1 pound spaghetti

Place saucepan on unit, add water and salt, turn to "High" heat, and when boiling, add spaghetti, a few strands at a time, so as not to stop boiling. Cover, turn control to "Low" and continue cooking about 10 minutes. When cooked, drain water off, place in sieve and run hot water through it. This removes any starch that might adhere to the spaghetti. Serves 5-6.

DIVINITY FUDGE

3 cups granulated sugar 2 egg whites
1/2 cup white corn syrup 1 cup chopped nut meats
2/3 cup water 1 teaspoon vanilla
 1/4 teaspoon salt

Boil sugar, syrup, water and salt together until syrup forms a hard ball when tried in cold water. If using a candy thermometer cook to 270°. Just before removing syrup from the range, place the unbeaten egg whites in a large mixing bowl and beat until eggs are stiff but not dry. Slowly pour the hot syrup over the egg whites, taking care not to pour too much syrup at a time or the egg whites will curdle. After the syrup is all added, continue to beat until the mixture becomes stiff. Add vanilla and nut meats and continue to beat until mixture will hold its shape. Drop by teaspoonfuls on a buttered surface. Top each piece with a pecan half if desired.

CHOCOLATE FUDGE

3 squares unsweetened 2 teaspoons corn syrup
 chocolate 2 1/2 tablespoons butter
2 1/2 cups granulated sugar 1 teaspoon vanilla
1/4 teaspoon salt 1 cup chopped pecans or
1 cup milk or light cream walnuts (optional)

Cut chocolate into small pieces and place in 3-quart saucepan with sugar, salt, milk and corn syrup. Place over heat and stir until mixture begins to boil. Cook until soft ball forms when tested in cold water, stirring frequently to prevent scorching. If using a candy thermometer cook to 234°. Remove from heat. Add butter and vanilla. Cool to lukewarm. Beat until fudge becomes thick and loses its gloss. Add nuts if desired and quickly spread in greased pan. When firm, cut in squares.

ENGLISH TOFFEE

8-inch unit . . . 10-inch skillet or 3-quart saucepan

2 cups granulated sugar 1/2 pound semi-sweet chocolate
1 pound butter (melted)
1/4 teaspoon salt 1 cup finely ground nut meats

Put sugar in skillet first, then add butter and salt, and cut butter into small pieces, coating well with the sugar. Turn control to "High" heat, stirring constantly. When butter is melted and well blended with the sugar, turn to "Medium," cook mixture until it is a deep amber. If using a candy thermometer, cook to about 285°. This mixture must be stirred constantly. Be sure to work the mixture away from the sides of the skillet so it will not burn or become too dark in color. Pour into an ungreased tray, or onto a marble slab. When set, brush with melted chocolate and sprinkle with finely ground nut meats, pressing the nuts down firmly into the chocolate. When the chocolate is hardened, turn candy over and repeat on other side if desired. Break into small irregular pieces. This candy will keep for several weeks if stored in a dry, cool spot. Requires from 10 to 12 minutes to make.

SUGAR COOKIES

*14 x 10-inch cookie sheet . . . Preheated oven—400°
 . . . Baking time—12-15 minutes*

2½ cups cake flour, sifted before measuring	½ cup butter or shortening 1 cup sugar
2 teaspoons baking powder	2 eggs 1 tablespoon milk or cream
¼ teaspoon salt	1 teaspoon flavoring

Sift flour once before measuring, then sift again with baking powder and salt. Cream butter, add sugar, then beat until light and fluffy. Add the eggs one at a time, beating well after each addition. Add cream and flavoring. Add sifted flour mixture, mix thoroughly. Place in refrigerator to chill. When well chilled, roll dough very thin, cut into shapes as desired. Bake. Makes about 2 dozen cookies, according to size.

REFRIGERATOR BUTTERSCOTCH COOKIES

*14 x 10-inch cookie sheet . . . Preheated oven—400°
 . . . Baking time—10-12 minutes*

3½ cups all-purpose flour, sifted before measuring	1 cup shortening 2 cups brown sugar, firmly packed in cup
1 teaspoon soda	3 eggs
1 teaspoon cream of tartar	1 teaspoon vanilla
1 teaspoon salt	1 cup nuts, cut in small pieces

Sift flour with soda, cream of tartar, salt. Place shortening and sugar in mixing bowl, cream until light and fluffy. Add whole eggs and vanilla, continue beating. Add flour mixture and mix until ingredients are blended. Add nuts and mix only until nuts are mixed through dough. Dough can be made into oblong rolls, wrapped in waxed paper, placed in refrigerator until firm, and sliced for baking as needed. Bake on slightly greased cookie sheet in preheated 400° oven for 10-12 minutes, depending upon size of cookie. When baked, remove cookies from pan and cool on wire cake racks. Makes about 5 dozen small cookies.

PEANUT BUTTER COOKIES

*14 x 10-inch cookie sheet . . . Preheated oven—375°
 . . . Baking time—15 minutes*

3 cups all-purpose flour, sifted before measuring	1 cup granulated sugar 1 cup brown sugar
2 teaspoons soda	2 eggs beaten
¼ teaspoon salt	1 cup peanut butter
1 cup shortening	1 teaspoon vanilla

Sift flour once before measuring, then sift again with soda and salt. Cream shortening, granulated sugar and brown sugar. Add beaten eggs and mix until smooth. Add peanut butter, stir well, then add flour mixture. Mix to a stiff batter and add vanilla. Form into tiny balls with palms of hands and press onto greased cookie sheet. Press with back of fork to make waffle design. Bake for 15 minutes. If desired, dough may be rolled, placed in refrigerator for several hours, then sliced. Makes about 4 dozen small cookies.

CREAM PUFFS

14 x 10-inch cookie sheet . . . Preheated oven—400°
. . . Baking time—50-60 minutes

1 cup all-purpose flour, sifted before measuring	1/2 cup butter or shortening
1/2 teaspoon salt	1 cup water
	4 eggs

Sift flour and salt together. Put shortening and water in 2-quart saucepan on small unit and turn control to "High." When mixture boils, add flour, then cook until thick stirring constantly. When mixture gathers into a mass, remove from range and place mixture in bowl of mixer. Add unbeaten eggs, one at a time, mixing thoroughly after each addition. Place 6 to 8 in mounds on a greased cookie sheet, about 1 1/2-inches apart. Bake 50 to 60 minutes. As soon as baked take a sharp paring knife and make a small slit in the base of the cream puffs to permit steam to escape and prevent cream puff from collapsing. Allow these to dry in oven for several minutes after the current is turned off. Remove from cookie sheet immediately upon removing from oven and cool on wire cake racks. Cut across and fill with Cream Puff Filling.

APPLE CRISP DELIGHT

2-quart oblong glass baking dish . . . Preheated oven—375°
. . . Baking time—45-60 minutes

6 to 8 apples peeled and quartered	1 cup sugar
1/2 cup butter or margarine	3/4 cup all-purpose flour
	1 teaspoon cinnamon

Place apples in greased baking dish. Blend together . . . as for making pie dough . . . the butter, sugar, flour and cinnamon. Work until crumbly, then pack closely over the apples. Bake 45-60 minutes. Serve warm with a little whipped cream or lemon sauce. Serves 5-6.

LEMON SPONGE CUPS

6 custard cups . . . Preheated oven—350°
. . . Baking time—45-60 minutes

2 tablespoons softened butter or margarine	Grated rind of 1 lemon
1 cup sugar	5 tablespoons lemon juice
4 tablespoons all-purpose flour	3 eggs separated
1/4 teaspoon salt	1 1/2 cups milk

Cream butter, add sugar, flour, salt, lemon rind and lemon juice. Add the well-beaten egg yolks which have been mixed with the milk. Lastly, add the stiffly-beaten egg whites. Pour into greased custard cups. Set cups in a pan of water and bake. Each cup will contain lemon custard at bottom of cup and sponge cake on top. Cool and unmold. Serves 6.

BAKED CUSTARD

3-quart baking dish . . . Preheated or cold oven—325°
. . . Baking time—1 to 1 1/2 hours

6 whole eggs or 8 egg yolks	4 cups milk, scalded
1/2 cup sugar	1/2 teaspoon vanilla
1/2 teaspoon salt	nutmeg

Beat eggs slightly. Add sugar and salt, then milk and vanilla. Mix thoroughly. Pour into greased baking dish and sprinkle top with nutmeg. Bake in pan of water. To test, insert knife in center of pudding. If knife comes out clean, custard is done. Cool. Serves 6-8.

CHEESE SOUFFLÉ

3-quart casserole . . . Preheated oven—300°

. . . Baking time—about 1¼ hours

- | | |
|--------------------------------------|---|
| 4 tablespoons butter or
margarine | 1½ cups milk
½ teaspoon salt |
| 4 tablespoons all-purpose
flour | ⅛ teaspoon cayenne pepper
2 cups grated cheese |
- 6 eggs, separated

Melt butter or margarine in saucepan over "Medium" heat, add flour and blend. Add milk, salt and cayenne pepper. Cook until smooth and thickened, stirring constantly. Add grated cheese. Stir until cheese is melted and mixture smooth. Pour slowly over the well-beaten egg yolks. Mix well, cool. Fold in stiffly-beaten egg whites. Bake in a well-greased casserole. Serve immediately after removing from oven. Serves 6-8.

FRIED EGGS AND BACON

10-inch covered skillet . . . 8-inch unit . . . "Medium-High"

- 6 to 8 strips bacon 4 to 6 eggs

Fry bacon to desired crispness, using "Medium-High." Remove bacon, pour off grease, leaving only enough to fry eggs. Turn unit to "Off." Break eggs into skillet. Add 1 tablespoon water, cover, cook until done as desired.

SOFT OR HARD-COOKED EGGS

6-inch unit . . . 2-quart covered saucepan

For soft-cooked eggs, use 1 tablespoon of water for each egg. Place eggs and water in saucepan, cover and turn control to "High" until steam escapes. Turn control to "Off" and cook for 5 minutes. For hard-cooked eggs, use 1 cup of water, cover and turn control to "Medium" and cook for 20 minutes.

WESTINGHOUSE FOAMY OMELET

8-inch unit . . . 10-inch skillet . . . "Medium-High" . . . "Low"

- | | |
|-------------------|--------------------|
| 4 eggs, separated | Pinch of pepper |
| ½ teaspoon salt | 4 tablespoons milk |
- 1 tablespoon butter or drippings

Beat yolks of eggs, add seasonings and milk. Beat whites until stiff, but not dry. Place skillet on large unit, add butter, turn control to "Medium-High." Just as soon as butter is melted, turn to "Low." Have bottom and sides of skillet well greased. Fold the stiffly-beaten egg whites into yolk mixture. By this time the pan should be hot (about 4-5 minutes from time skillet was placed on unit). Pour in omelet, spread evenly, and cook until omelet is set. Then place omelet in oven, which has been preheated to 375°, to dry slightly on top. Fold. Turn out, and serve at once. Finely minced ham, grated cheese, or finely chopped parsley may be folded into mixture, if desired. Serves 4.

TUNA FISH AND NOODLE CASSEROLE

2-quart casserole . . . Preheated oven—400°

. . . Baking time—40 minutes

- | | |
|-------------------------------|----------------------------------|
| 1 8-ounce package noodles | 1 tablespoon butter or margarine |
| 1 7-ounce can of tuna, flaked | 2 teaspoons pimiento, cut fine |
| 1 can condensed mushroom soup | 1 8-ounce can mushrooms |
| 1 teaspoon salt | 1 cup corn flakes, crushed |

Cook noodles according to directions on page 24. Put in greased, 2-quart casserole. Add other ingredients in order given. Bake in preheated oven at 400° for 40 minutes. Serves 6-8.

LOBSTER NEWBURG

- | | |
|--|--------------------------|
| 2 cups fresh or canned lobster meat
(2 medium size fresh lobster tails) | 1/2 cup butter |
| 2 tablespoons Tarragon vinegar or | 3 tablespoons cornstarch |
| 2 tablespoons cider vinegar plus | 1 teaspoon paprika |
| 1/2 teaspoon powdered tarragon | 1/2 teaspoon salt |
| 1 teaspoon salt | 1/2 teaspoon Accent |
| | 1/2 cups milk |
| | 1 cup heavy cream |
| | 2 beaten eggs |
| | 1/2 cup sherry |

To cook fresh lobster. Cook lobster tails in water to cover. Bring to a boil and add 2 tablespoons of Tarragon vinegar and 1 teaspoon salt (or the cider vinegar and powdered tarragon). Simmer for 20 minutes. Lobster shells will be pink. Shell and cut lobster meat into pieces. Saute lobster meat in butter which has been melted in large skillet. Use "Medium" heat (Do not brown). Cook gently so that lobster meat is not broken into fine pieces. Blend cornstarch, paprika, salt and Accent. Blend into butter and lobster. Add milk and cream stirring constantly until mixture thickens. Just before serving add eggs, then slowly, add sherry. *Be sure* lobster mixture is not at the boiling point when eggs and sherry are added or mixture will curdle. Serves 6.

SALMON LOAF

9 1/4 x 5 1/4 x 2 3/4-inch loaf pan . . . Preheated oven—350°

. . . Baking time—1 hour

- | | |
|----------------------|---------------------------|
| 1 pound can salmon | 2 tablespoons lemon juice |
| 1 teaspoon salt | 2 egg yolks |
| 1/2 teaspoon pepper | 1/2 cup cracker crumbs |
| 1/4 teaspoon paprika | 1/2 cup hot milk |
| | 2 egg whites |

Remove skin and bones from salmon. Mash fine. Add salt, pepper, paprika, lemon juice, beaten egg yolks, cracker crumbs and hot milk. Mix together. Fold in egg whites which have been beaten stiff. Pour into well-greased loaf pan. Bake 1 hour. Serves 4-5.

fresh meat • roasting chart

Meat roasted from refrigerator temperature in an open shallow pan in 325° oven

meats

	Weight	Approx. Roasting Time	Internal Temperature When Using Roast Guard or Roast Meat Thermometer	
BEEF				
Rib Roast (Standing)	4 lbs.	1¾ hrs.	140°F. (Rare)	
		2¼ hrs.	160°F. (Medium)	
	6 lbs.	3 hrs.	170°F. (Well done)	
		3¼ hrs.	140°F. (Rare)	
	8 lbs.	3¾ hrs.	160°F. (Medium)	
		4¼ hrs.	170°F. (Well done)	
Rib Roast (Boned and Rolled)	4 lbs.	3½ hrs.	140°F. (Rare)	
		4½ hrs.	160°F. (Medium)	
	6 lbs.	5 hrs.	170°F. (Well done)	
		2¾ hrs.	140°F. (Rare)	
	6 lbs.	3¼ hrs.	160°F. (Medium)	
		3½ hrs.	170°F. (Well done)	
Sirloin Tip Roast	4 lbs.	3½ hrs.	140°F. (Rare)	
		4¼ hrs.	160°F. (Medium)	
	4 lbs.	4¾ hrs.	170°F. (Well done)	
		2¼ hrs.	140°F. (Rare)	
	4 lbs.	2¾ hrs.	160°F. (Medium)	
		3¼ hrs.	170°F. (Well done)	
LAMB				
Leg (bone in)	6 lbs.	3 hrs.	175°F. (Medium)	
		3½ hrs.	180°F. (Well done)	
	8 lbs.	4 hrs.	175°F. (Medium)	
		4½ hrs.	180°F. (Well done)	
Crown Roast	5 lbs.	3¾ hrs.	180°F. (Well done)	
	5 lbs.	3¼ hrs.	180°F. (Well done)	
Shoulder (bone in)	5 lbs.	3 hrs.	180°F. (Well done)	
		3 hrs.	180°F. (Well done)	
VEAL				
Leg (bone in)	5 lbs.	3½ hrs.	180°F. (Well done)	
	8 lbs.	4½ hrs.	180°F. (Well done)	
Loin	5 lbs.	2¾ hrs.	180°F. (Well done)	
	8 lbs.	3½ hrs.	180°F. (Well done)	
Shoulder (boned)	5 lbs.	3½ hrs.	180°F. (Well done)	
	8 lbs.	4 hrs.	180°F. (Well done)	
Shoulder (boned and rolled)	4 lbs.	3½ hrs.	180°F. (Well done)	
	8 lbs.	4½ hrs.	180°F. (Well done)	
PORK (Fresh)				
Fresh Ham	8 lbs.	4½ hrs.	185°F. (Well done)	
	10 lbs.	5½ hrs.	185°F. (Well done)	
	14 lbs.	6½ hrs.	185°F. (Well done)	
	Loin	3 lbs.	2¾ hrs.	185°F. (Well done)
		5 lbs.	3 hrs.	185°F. (Well done)
		8 lbs.	3½ hrs.	185°F. (Well done)
Shoulder (bone in)	5 lbs.	4 hrs.	185°F. (Well done)	
	8 lbs.	5 hrs.	185°F. (Well done)	
	4 lbs.	3-3½ hrs.	185°F. (Well done)	
Shoulder (boneless)	6 lbs.	4¾ hrs.	185°F. (Well done)	
	Pork (Cured and smoked)			
	Ham (Uncooked, Shank on)			
6 lb. piece	8 lbs.	3¼ hrs.	160°F. (Well done)	
	10 lbs.	3½ hrs.	160°F. (Well done)	
	12 lbs.	4 hrs.	160°F. (Well done)	
	15 lbs.	4½ hrs.	160°F. (Well done)	
	6 lb. piece	2¼ hrs.	130°F.-150°F. (Well done)	
Ham (Fully cooked, Shank on)	8 lbs.	2¼ hrs.	"	
	10 lbs.	2¼ hrs.	"	
	12 lbs.	3 hrs.	"	
Precooked or Tendered, cook to interval temperature recommended on meat package	15 lbs.	3½ hrs.	"	

ROASTING PANS—Tender cuts of meat are roasted in shallow, uncovered pans without adding water. A small rack or trivet should be placed under meat during roasting, unless bones form a natural rack, as in a standing rib roast.

IMPORTANT: *Do Not Sear Meat*—The old practice of searing meat was based on the theory that it prevented the escape of meat juices and thus decreased cooking losses. However, it has been proved that meat which is seared at the beginning of the roasting period actually shrinks considerably *more* than meat which is not seared. This is due to the fat loss, as well as loss of meat juices, in the searing process.

Meat cookery can be divided into two general classifications:

Dry heat: The meat is surrounded by hot air in the oven, under the broiler, or in the skillet. Examples are (1) roasting and (2) broiling (including oven-broiling and pan-broiling).

Moist heat: The meat is surrounded by hot liquid or by steam. Examples are (1) braising and (2) cooking in water.

The Timetable for cooking various cuts of meat is given on page 30. This timetable is a guide to the approximate cooking times required to make the meat tasty.

BASTING UNNECESSARY—The practice of basting (moistening the surface with drippings or some other liquid) is not necessary. Also, the frequent opening of the door prolongs the cooking period. The roast should be placed in the pan, fat side up. Then as the meat cooks, the fat will melt into the roast . . . thus doing the basting for you. Flouring a roast is also unnecessary. Salt may be added before or after roasting.

ROASTING FROZEN MEATS—Frozen roast may be placed in the oven without thawing. However, frozen beef and pork roasts require 15 minutes longer roasting time per pound than thawed or fresh meats. Except for the length of cooking time, there is no difference in the method of cooking frozen and unfrozen cuts. Place the Roast Guard thermometer or other meat thermometer in roast after it has thawed.

MEAT LOAF

Loaf pan or flat utility pan . . . Cold or preheated oven—375°

. . . Baking time—1½ hours

1 pound ground beef	½ cup tomato soup
½ pound ground pork	1 egg beaten
½ pound ground veal	1 cup soft bread crumbs
½ cup finely minced onion	½ teaspoon pepper
½ cup finely minced celery	2 teaspoons salt

Place ground meat in mixing bowl, add finely chopped celery and onion. Beat egg. Combine with tomato soup and bread crumbs. Add to meat mixture, then add seasonings. Mix well. Pack into greased bread pan or form into loaf in a shallow baking pan. Arrange strips of bacon over loaf if desired and bake.

PORK CHOP CASSEROLE

3-quart uncovered casserole . . . Cold or preheated oven—375°
 . . . Baking time—1 hour

- | | |
|---------------------------------|---------------------------------|
| 5 pork chops | 1 tablespoon brown sugar |
| 1 1-pound 4-oz. can baked beans | 1 teaspoon Worcestershire sauce |
| 1 cup chili sauce | Green pepper rings |

Trim excessive fat from chops and render in frying pan. Turn control to "Medium-High." Brown chops thoroughly on both sides, season with salt and pepper, place in deep baking dish. To the baked beans, add chili sauce, brown sugar and Worcestershire sauce. Pour over chops and place green pepper rings on top. Bake for 1 hour. Serves 5.

POT ROAST MEAL

10-inch skillet . . . 8-inch unit . . . Cooking time—about 2½ hours

- | | |
|---|--|
| 4-pound chuck or shoulder cut of beef (or any meat suitable for braising) | 3 tablespoons fat or drippings |
| ¼ cup all-purpose flour | 1 cup water |
| 1½ tablespoons salt | 1 onion, whole |
| ¼ teaspoon pepper | 6 med. to small potatoes, cut lengthwise |
| | 6 carrots, whole or cut lengthwise |

Dredge meat with flour seasoned with the pepper and half the salt. Place skillet on unit. Add fat. Turn control to "Medium-High." When hot, place meat in skillet and brown both sides. Add water, place onion on top of meat and cover skillet. When steam escapes, turn control to "Simmer" and continue cooking 1 hour. Add potatoes, carrots and other half of salt. Cover skillet and turn control to "High" until steam escapes. Turn control to "Simmer" and continue cooking for 1 hour. Serves 6.

SPARERIBS

8-inch unit . . . 10-inch skillet . . . Preheated oven—350°
 . . . Cooking time—2¼ hours

- | | |
|-----------------------------------|------------------------------------|
| 4 pounds spareribs | ⅛ teaspoon cayenne pepper |
| 2 tablespoons fat | 1 cup catsup |
| 2 tablespoons butter or drippings | 3 tablespoons Worcestershire sauce |
| 1 medium-size onion, cut fine | ½ tablespoon ground mustard |
| 2 tablespoons vinegar | 1 cup water |
| 4 tablespoons lemon juice | ½ cup chopped celery or |
| 2 tablespoons brown sugar | 1 tablespoon celery salt |

Brown spareribs in large skillet on 8-inch unit. Use "Medium-High" heat. When brown on both sides, transfer spareribs to baking pan. Roast 1 hour. Melt butter and brown onions in skillet. Add remainder of ingredients. When hot, pour over ribs. Cook 1 hour longer.

PLAIN PASTRY WESTINGHOUSE

9-inch piepan . . . Preheated oven—425° . . . Baking time—15 to 20 minutes

- | | |
|---------------------------------|--------------------------------------|
| 2 cups sifted all-purpose flour | $\frac{2}{3}$ cup lard or shortening |
| $\frac{3}{4}$ teaspoon salt | 6 to 8 tablespoons cold water |

Sift flour once before measuring, then sift again with salt. Cut in lard leaving pieces of fat as large as peas. Add the water all at once, then mix with fork, cutting through the mixture with each stroke. When all gathers together so that the bowl is left clean, dough may be chilled or rolled out at once. Chilling before rolling gives a more flaky pie crust. Roll out pastry, using flour generously on board and rolling pin. Do not stretch pastry after it has been rolled and is ready to place in piepan. Roll it on the rolling pin, then unroll it on the piepan. Recipe will make two 9-inch shells or one double-crust 9-inch pie.

SEAL DOUBLE-CRUST PIE LIKE THIS:



1. Divide dough into 2 parts. Roll each into a circle $\frac{1}{8}$ inch thick. Invert piepan on one part and cut around edge with a sharp knife. Cut vents in this top crust.
2. Cut second circle 1 inch larger than piepan. Place this larger crust in piepan and pour filling into it. Moisten edge of lower crust with cold water.
3. Place top crust over filling. Bring edges of bottom crust up over top crust. Flute or roll edges together carefully to form an even and completely sealed rim.

PIE SHELLS

Pie shells usually shrink. If the method described below is used, this will be avoided.

1. Roll out pie pastry 2 inches wider than the piepan.
2. Place loosely in piepan, fitting pastry around bottom and sides of pan. Be careful not to stretch it.
3. Turn edges so that about 1 inch of pastry overlaps the edge of the pan.
4. Turn this overlapping edge under, then flute the rim. Prick bottom and sides with a fork. Space pricks quite close together.
5. Temperature 425°. Baking time 15-20 minutes.

MERINGUE FOR PIE

1. Use 3 egg whites to cover a 9-inch pie.
2. Use 2 level tablespoons granulated sugar to each egg.
3. Beat egg whites stiff. They should be glossy on top, and when you invert the bowl, they should remain in place.
4. Fold in the sugar gradually.
5. Cover pie or pudding.
6. Bake at 350° for 18 minutes.

pastry
and pies

APPLE PIE

9-inch piepan or glass pieplate . . . Preheated oven—425°
 . . . Baking time—45-50 minutes

3½ cups fresh apples	1¼ cups sugar
4 tablespoons all-purpose flour	1 tablespoon butter or margarine
	cinnamon

Make pastry for double-crust pie (see page 33). Peel apples, core, then cut in eighths. Apples should not be sliced too thin. Combine the flour and sugar. Spread about half this mixture over unbaked bottom crust. Add the apples, then put the remaining mixture over them. Sprinkle with a little cinnamon if you like. Add the butter in small bits. Add top crust and seal as shown on page 33.

PECAN PIE

8-inch piepan . . . Preheat 350° oven
 . . . Baking time—45 minutes

½ cup granulated sugar	4 tablespoons butter or margarine
1 cup dark corn syrup	1 tablespoon vanilla extract
3 eggs	1 cup broken pecan meats

Make pastry for bottom crust (use ½ recipe on page 33). Put sugar and syrup in a saucepan, turn control to "High" and bring mixture to a rolling boil. Beat eggs without separating and slowly add hot syrup to eggs, beating constantly. Add butter, vanilla and nuts. Pour into unbaked pie shell. When cool, serve with or without whipped cream.

FRESH RHUBARB OR FRESH CHERRY PIE

9-inch piepan . . . Preheated oven—425°
 . . . Baking time—45 minutes

3 cups fresh rhubarb or fresh pitted cherries	4 tablespoons all-purpose flour
1½ cups sugar	1 tablespoon butter or margarine

Make pastry for double-crust pie (see page 33). Wash rhubarb and cut in ½-inch lengths. Combine flour and sugar, then add to rhubarb. Pour into unbaked bottom crust. Dot with butter or margarine. Add top crust and seal as shown on page 33. Bake 45 minutes.

LEMON PIE

9-inch baked pie shell

1½ cups sugar	2 cups boiling water
4 tablespoons all-purpose flour	4 egg yolks
4 tablespoons cornstarch	⅓ cup lemon juice
½ teaspoon salt	Grated rind of 2 lemons

Mix sugar, flour, cornstarch and salt together. Add the boiling water while stirring constantly, using "High" heat until mixture begins to thicken, then cook on "Low" heat until thick. Add beaten egg yolks, and cook 2 minutes longer. Add lemon juice and rind. Cool. Pour into a previously baked pie shell. Cover with meringue.

Select young, plump, well-fattened bird. For chicken, guinea or turkey, allow $\frac{3}{4}$ to 1 pound (dressed weight) per person. By "dressed weight," we mean weight of bird, including head and feet, after it has been picked but not drawn. A 15-pound turkey makes about 20 servings. For a fat duck or goose, allow from 1 to $1\frac{1}{2}$ pounds (dressed weight) per person.

POULTRY ROASTING CHART

Poultry roasted from Refrigerator temperatures in an open shallow pan in a 325° oven.

	Ready to Cook Weight	Approximate Time per Pound	Approximate Roasting Time	Internal Temperature When Using Serv-Temp Roast Guard or Roast Meat Thermometer	
				Temp. Inside Dressing	Temp. In Meat
Chicken	$1\frac{1}{2}$ to $2\frac{1}{2}$ lbs.	35-40	$1\frac{1}{2}$ to $2\frac{1}{2}$ hrs.	180°	190°
	$2\frac{1}{2}$ to $3\frac{1}{2}$ lbs.	35-40	$2\frac{1}{2}$ to 3 hrs.	180°	190°
	$3\frac{1}{2}$ to $4\frac{3}{4}$ lbs.	35-40	3 to $3\frac{1}{2}$ hrs.	180°	190°
Duck	3- 5 lbs.	40-45	$3\frac{1}{4}$ to $5\frac{3}{4}$ hrs.	180°	190°
Goose	8-12 lbs.	25-30	4 to 6 hrs.	180°	190°
Turkey	8-10 lbs.	20-25	$3\frac{3}{4}$ to $4\frac{1}{4}$ hrs.	180°	190°
	14-18 lbs.	18-20	$4\frac{3}{4}$ to 6 hrs.	180°	190°
	18-20 lbs.	15-18	$5\frac{1}{4}$ to 6 hrs.	180°	190°

Note: For roasting extra large turkeys (18 to 25 pounds) set Roast Guard Control at 190° .

HOW TO ROAST TURKEY

It is not necessary to sear, cover or add water when roasting turkey. A constant low temperature gives a much better result, for it produces a tender, juicy turkey. Lay stuffed and trussed bird on rack in open pan, breast up, and brush skin thoroughly with softened butter or margarine. Place in oven, 300° - 350° , and cook uncovered. A clean white cloth dipped in fat may be placed over turkey after it has been in oven about 1 hour. If a fat-drenched cloth is not used to cover bird for the last portion of its roasting, bird may be placed breast side down. It will rest on one side because of breastbone shape. It should be tipped during roasting to rest on the other side. Turn breast side up about 1 hour before removing from oven to brown breast. For roasting times, see chart above. If you use Roast Guard or a meat thermometer, place the thermometer in inside thigh muscle or if the fowl is stuffed, in the center of the stuffing.

DRESSING FOR 15-18 POUND TURKEY

Cooked giblets, finely chopped, (heart, liver and gizzard) optional	1 tablespoon salt
	$\frac{1}{2}$ teaspoon pepper
1 cup celery, finely chopped	1 tablespoon poultry seasoning
2 medium size onions, finely chopped	1 teaspoon sage
$\frac{1}{2}$ cup melted butter or margarine	1 cup liquid from cooking giblets
2 pounds cubed bread (21 cups) measured after cubing	3 eggs, beaten

Cook giblets, then grind or chop fine. Slowly simmer celery and onions in melted butter or margarine until soft but not brown. Cube the bread, add salt, pepper, poultry seasoning and sage. Add celery and onions. Then add the liquid and beaten eggs. Gently fold into dressing. Stuff into turkey.

HOW TO TRUSS POULTRY

1. Salt inside lightly before placing dressing in chicken. Fill wish-bone section with dressing. Skewer neck skin to back, by pulling skin over neck joint. Bring wing tips flat against neck skin to hold the neck skin down at sides. Lace the abdominal opening to hold in the dressing.
2. Tie a cord snugly around each leg just above the knuckle joint. Helps to hold the skin to the leg.
3. Tie leg ends to tail piece. Wrap the cord around leg ends to hold legs together before cord is brought down to the tail.

CHICKEN CASSEROLE

3-quart casserole . . . Cold oven—350°
 . . . Baking time—1½ hours

It is best to select a fowl which weighs from 2½ to 3 pounds. Cut chicken into serving pieces. Dredge well with seasoned flour. Brown in butter or shortening, using skillet on large unit, and "Medium" heat. When chicken is browned, remove and place in a large casserole or covered baking dish. Make a gravy with the drippings, flour and milk, using "Low" heat. Cook until thick, add a can of sliced mushrooms if desired. Pour over the chicken. Bake covered for about 1½ hours or until chicken is tender. Serves 5 or 6.

STEWED CHICKEN AND NOODLES

8-inch unit . . . Deep kettle with cover . . . Cooking time—3 to 4 hours . . . "High"—until steaming . . . "Low"—balance of cooking time

3-4 pound chicken	1 bunch of celery tops, a carrot, a sprig of parsley (all tied together)
4 cups water	
2 teaspoons salt	2 cups fine, dry noodles
	⅛ teaspoon pepper

Cut chicken into pieces, add water, salt and seasonings. Bring to a boil; remove scum and turn to "Low" and continue cooking until chicken is tender. Remove bunch of vegetable seasonings. Add noodles to chicken, cover, turn switch to "High" and cook 15 minutes. Add pepper and more salt if necessary.

CHOCOLATE SAUCE

6-inch unit . . . 2-quart saucepan . . . Cooking time—about 10 minutes . . . "Medium" heat

1¾ cups boiling water	2½ cups granulated sugar
8 ounces bitter chocolate	¼ teaspoon salt
	½ teaspoon vanilla

Bring water to boil in saucepan, add chocolate. Turn control to "Medium" and cook 5 minutes, stirring constantly. Remove from unit and beat until well blended. Add sugar and salt, and continue cooking on "Medium" heat for 5 minutes longer, stirring constantly. Remove from heat, add vanilla. If kept in a covered glass jar in a refrigerator, this sauce will keep for months.

HOLLANDAISE SAUCE

6-inch unit . . . 2-quart saucepan . . . Total cooking time—about 15 minutes . . . "Medium" heat

2 tablespoons butter or margarine	1/2 teaspoon salt
1 tablespoon all-purpose flour	Juice of 1/2 lemon
1 cup boiling water	1 teaspoon onion juice
2 egg yolks, beaten	1 tablespoon chopped parsley

Melt butter on "Medium" heat. Add flour and continue cooking until well blended. Add the boiling water gradually, stirring constantly. When thickened, take from range and gradually add the remaining ingredients, which have been blended together.

WHITE SAUCE

6-inch unit . . . 2-quart saucepan

Thin (Cream Soups)

2 tablespoons butter
1 tablespoon flour
1 cup milk
1/2 teaspoon salt
Dash pepper

Medium (Creaming Vegetables, Fish, Chicken, etc.)

4 tablespoons butter
2 tablespoons flour
1 cup milk
1/2 teaspoon salt
Dash pepper

Thick (Soufflés) Croquettes, etc.)

4 to 5 tablespoons butter
3 to 4 tablespoons flour
1 cup milk
1/2 teaspoon salt
Dash pepper

Melt butter, using "Medium" heat. Stir in flour to make a smooth paste. Add milk slowly and stir until smooth. Add salt and pepper. Continue stirring until sauce comes to a boil and thickens.

COCKTAIL SAUCE

1/2 cup chili sauce	1 tablespoon Worcestershire sauce
1 cup catsup	1/2 teaspoon celery salt
1/4 cup horse-radish	1 teaspoon finely chopped green pepper
Dash of Tabasco sauce	

Mix all ingredients and chill before serving on shrimp, crab meat, or other sea foods.

4 rules for protective cooking of vegetables

- 1. COOK IN COVERED UTENSILS**—Do not stir, for this fills food with extra air which destroys certain vitamins.
- 2. USE LITTLE WATER**—Most vegetables may be cooked in only $\frac{1}{2}$ cup of water. Spinach and other greens require only water which clings to leaves after washing. Tomatoes require no water.
- 3. START FAST . . . COOK QUICKLY**—When using standard units, bring vegetables to steaming point on "High," then turn control to "Low."
- 4. AVOID VIOLENT BOILING**

The following tables for cooking vegetables are based on 4 servings, or $1\frac{1}{2}$ pounds of fresh, edible vegetable. Use 6-inch unit and a 2 or 3-quart covered saucepan, for most vegetables depending on the size of the unit being used. Salt to taste.

VEGETABLES WHICH COOK IN 10 - 15 MINUTES

Asparagus	Celery, cut in $\frac{1}{2}$ -inch pieces	Garden Peas
Brussels Sprouts, whole	Eggplant, cut in cubes	Spinach
Cabbage, shredded	Lima Beans	Summer Squash
Carrots, sliced thin		Tomatoes

Practically all frozen vegetables cook in about 10 minutes.

VEGETABLES WHICH COOK IN 20 - 25 MINUTES

Beets, diced or sliced	Parsnips, halves with core removed
Broccoli stalks	Potatoes (sweet or white), cut in half if small, quartered if large
Cabbage, quartered	Rutabagas, cut in $\frac{1}{4}$ - $\frac{1}{2}$ -inch slices or diced
Snap Beans, young and whole	Hubbard Squash, removed from shell, diced in $\frac{1}{2}$ -inch cubes
Snap Beans, old and cut in 1-inch lengths or Frenched	Turnips, cut in $\frac{1}{4}$ - $\frac{1}{2}$ -inch slices
Carrots, cut in half lengthwise	
Cauliflower, whole or flowerets	
Kale	
Onions, whole, small to medium	

ARTICHOKES COOK IN 30 - 45 MINUTES

Boil about 3 quarts of water in a 5 or 6-quart covered saucepan. Add artichokes, 1 tablespoon of vinegar and 2 teaspoons of salt.

SCALLOPED CORN

*2-quart casserole . . . Cold or preheated oven—350°
 . . . Baking time—1 hour*

3 cups fresh or canned corn	2 tablespoons butter or margarine
3 eggs, beaten	Buttered bread crumbs
1 cup milk	Strips of green pepper or pimiento
$1\frac{1}{2}$ teaspoons salt	
$\frac{1}{8}$ teaspoon pepper	

Combine ingredients. Pour into buttered casserole. Sprinkle with buttered bread crumbs. Lay strips of green pepper or pimiento across top. Bake uncovered. Serves 5-6.

HARVARD BEETS

6-inch unit . . . 2-quart saucepan . . . "Medium" setting

2 cups cooked, diced beets	1/2 cup mild vinegar
1/3 cup sugar	1/2 teaspoon salt
2 tablespoons flour	2 tablespoons butter
	1/4 cup water

Raw beets may be peeled, diced and cooked as any other vegetable. It is not necessary to parboil beets, then remove skin. Refer to Vegetable Cooking Rules, page 38. Mix sugar and flour together in saucepan. Add water and vinegar. Place saucepan on unit. Turn control to "Medium," cook until thick, stirring occasionally. Add salt, butter and diced beets. Cook until beets are thoroughly heated. Serves 4-5.

BAKED SWEET OR WHITE POTATOES

Cold or preheated oven—400° . . . Baking time—1 hour

Select smooth and unblemished potatoes of uniform, medium size, so they will bake in the same length of time. Scrub potatoes thoroughly, dry. Rub lightly with unsalted fat or cooking oil. Scoop small hole from each end, potatoes will bake more quickly.

CANDIED SWEET POTATOES

Shallow, oblong baking dish 11 x 7 x 1 1/2 inch . . . Preheated or cold oven—375° . . . Baking time—1 hour

4 medium-size sweet potatoes	1/2 cup butter
1/2 cup brown sugar	1/4 cup hot water

Wash and cook sweet potatoes until partially tender. Peel and cut lengthwise slices about 1/2-inch thick. Place in buttered baking dish. Pour over potatoes a syrup made of butter, brown sugar and hot water.

SCALLOPED POTATOES

3-quart casserole . . . Preheated or cold oven—350° . . . Baking time—1 to 1 1/2 hours

6 medium-size potatoes	2 teaspoons salt
4 tablespoons butter	2 1/2 cups milk
4 tablespoons flour	1 1/2 cups shredded American cheese

Peel potatoes and slice medium thin. Make a medium thick white sauce of butter, flour, salt and milk. (See page 37.) When thickened, remove from range, add grated cheese. Stir cheese into sauce. Place sliced potatoes in casserole, cover with hot white sauce, and bake uncovered for 1 to 1 1/2 hours. Serves 6-8.

GENERAL RULES FOR PREPARING OVEN MEALS

1. If using Automatic Timer, choose foods which will be safe to leave in the oven without spoilage during time before cooking starts, such as cured or frozen meats.
2. Choose foods which will cook at the same temperature and approximately the same length of time. Estimate cooking time of meal by weight of meat.
3. If meat requires a longer cooking time than other foods, place vegetables and dessert in the oven for the last hour or hour and a half of roasting period, depending on length of time required to cook them.
4. Cook vegetables in covered dishes.
5. Foods which are cooked with a large amount of syrup on the bottom of the pan should be placed on the upper rack. Desserts usually are cooked on the upper rack.

OVEN MEAL NO. 1

	Utensil Size	Rack	Recipe on Page
Tuna Fish and Noodle Casserole	2-qt. uncovered casserole	Lower	29
Frozen Green Beans	1½-qt. covered casserole	Lower	38
Apple Pie	9" Pyrex Pie Plate	Upper	34

Place all three dishes in preheated 400° oven and cook 50-60 minutes

NOTE: Place Frozen Green Beans in 1½-quart covered casserole. Add ½ cup water, ¾ teaspoon salt and 1 tablespoon butter.

OVEN MEAL NO. 2

Pork Chop Casserole	3-qt. uncovered casserole	Lower	32
Nut Bread	Loaf Bread Pan 9½x5¼x2¾ in.	Lower	22
Apple Crisp Delight	8"x8"x2" sq. pan or Pyrex	Upper	27

Place all three dishes in preheated 375° oven and cook for 65-70 minutes or until Nut Bread is browned.

OVEN MEAL NO. 3

Chicken Casserole	3-qt. covered casserole	Lower	36
Baked White Potatoes	Place on rack	Lower	39
Cherry Pie	9" Pyrex Pie Plate	Upper	34

Place all three dishes in preheated 375° oven and cook for 1 hour and 15 minutes or until chicken is tender.

NOTE: If you wish to include root vegetables such as beets, potatoes, turnips, carrots or parsnips with your oven meals, they should be cubed, quartered or diced and be placed in a covered casserole. Add ½ cup water with seasonings.

You will find your automatic unit useful for many different things . . . and a life-saver when you're called away from the kitchen in the middle of preparing food on it. It will maintain the correct temperature, won't burn or overcook.

Cooking on the automatic unit requires less attention on your part, and you can use it for many different things. Usually, you set the control only once for the entire operation. The unit will then come up to the cooking temperature called for and maintain it, without heat build-up.

NOTE: Pot roast is an exception to the single-setting procedure. Brown the roast with the control in the "Fry" zone and then change to Simmer in the "Boil" zone. This will maintain a constant simmering temperature necessary to make a pot roast tender.

**automatic
surface
unit
cooking**

BAKED SWEET OR WHITE POTATOES

*FRY ZONE . . . 45 minutes to 1 hour
. . . 2 or 3-quart sauce pan*

Wash 3 or 4 potatoes. You can bake as many as will rest flat on the bottom of the pan. Do not grease the potatoes. Place in pan and cover. Set the control in the "Fry" zone, below the Medium setting. Bake 45 minutes to 1 hour, depending on the size of the potatoes.

PARSLEY POTATOES

*BOIL ZONE . . . 30 minutes
. . . 2 or 3-quart sauce pan*

4 or 5 medium potatoes, or
small whole potatoes

2 tablespoons butter or margarine
½ cup water
chopped fresh parsley

Peel potatoes and cut in quarters. Place butter or margarine in a 2 or 3-quart sauce pan and add potatoes and water. Cover and set control in the "Boil" zone, beyond the Low setting. Cook about 30 minutes. Sprinkle chopped fresh parsley over cooked potatoes before serving. Serves 4-6.

APPLESAUCE

BOIL ZONE . . . 3-quart sauce pan

4 cups peeled and quartered
apples, about 2 pounds

½ cup water

Combine apples and water in a 3-quart sauce pan with tight-fitting cover. Place on unit and set control in the "Boil" zone, beyond the Low setting. Let cook for 30 minutes without raising cover. Sweeten to taste when applesauce is cooked.

KING CABBAGE

*BOIL ZONE . . . 5 minutes
. . . 7-inch skillet or 3-quart sauce pan*

2 tablespoons butter

¾ teaspoon dry mustard

4 cups finely shredded cabbage

¾ teaspoon salt

¼ cup whole milk or cream

½ cup grated cheese

2 teaspoons sugar

1 tablespoon parsley

Melt butter in 7-inch skillet or 3-quart sauce pan with the control set in the "Boil" zone, beyond the Low setting. Add cabbage and all ingredients except grated cheese and parsley. Cover skillet and cook for approximately 5 minutes. Sprinkle grated cheese and parsley over top before serving. Serves 3-4.

VEGETABLE MEDLEY

BOIL ZONE . . . 10 minutes
... 3-quart sauce pan

- | | |
|--|------------------------------|
| 2½ cups shredded cabbage | 2 medium onions, sliced thin |
| 3 or 4 medium carrots, cut in
match size strips | 2 tablespoons butter |
| 3 or 4 stalks celery, cut in
match size strips | ¼ cup water |
| | 1 teaspoon salt |

Melt butter in a 3-quart sauce pan with the control set in the "Boil" zone, beyond the Low setting. Add remaining ingredients, cover and cook for approximately 10 minutes.

PIZZA PIE

BOIL ZONE . . . 25 minutes
... Covered 7-inch skillet

- | | |
|---------------------------|--------------------------------------|
| 1 tablespoon shortening | ¼ cup tomato paste |
| 1 cup biscuit mix | ½ cup mushrooms, stems and
pieces |
| ½ cup milk | ½ cup shredded Cheddar cheese |
| 1 can (8 ounces) sausages | ½ teaspoon Oregano |

Grease skillet on bottom and sides with shortening. This will make a thick coating of grease. Mix biscuit mix and milk together, and then spread in skillet evenly and as thin as possible. Top with remaining ingredients in order given. Cover. Set control in the "Boil" zone, beyond the Low setting and bake 25 minutes. Cut in wedges and serve hot. Serves 4.

FRIED CHICKEN

FRY ZONE . . . 10-15 minutes
... 7-inch skillet

- | | |
|---|-------------|
| ½ cup shortening | salt |
| ½ 2-pound chicken (cut in serving pieces) | ½ cup flour |

Heat ½ cup shortening in a 7-inch skillet at Medium setting in the "Fry" zone. Season chicken with salt, then coat with the flour. Place chicken in hot fat, cover skillet and cook 10-12 minutes on first side or until golden brown. Turn and continue cooking on second side 10-15 minutes or until as brown as desired. Serves 2 or 3.

THIRTY-MINUTE CHILI

FRY ZONE . . . 30 minutes
... 7-inch skillet or 2-quart sauce pan

- | | |
|-------------------------------|---------------------------|
| 1 tablespoon shortening | ½ cup water |
| 1 small onion, finely chopped | 1½ teaspoons chili powder |
| ½ pound ground beef | 1 teaspoon vinegar |
| 1 cup canned tomatoes | 1 teaspoon salt |
| 1 cup canned kidney beans | pepper |

Heat fat in 7-inch skillet between Medium and Medium High in the "Fry" zone. When fat is hot, add onion and hamburger and cook until meat is browned. Add all other ingredients. Cover and cook for 20 minutes. Serve hot with crackers. Serves 3.

BAKED CUSTARD

BOIL ZONE . . . Simmer . . . 40 minutes
. . . 3-quart covered sauce pan

3 eggs or 4 egg yolks	2 cups milk, scalded
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	nutmeg

Place 1-inch water in sauce pan. Cover. Place on Automatic Unit and turn control to Simmer setting in "Boil" zone. Beat eggs slightly. Add sugar, salt, scalded milk and vanilla. Mix thoroughly. Pour into 4 greased deep glass custard cups. Sprinkle nutmeg over top. Place custard cups in pan with hot water. Cover. Cook for about 40 minutes or until a knife inserted at edge of custard comes out clean. Remove custard from water and cool. Serves 4.

QUICK PARTY BARS

BOIL ZONE . . . 20 minutes
. . . 7-inch skillet

$\frac{1}{2}$ cup butter or margarine	$\frac{1}{2}$ cup all-purpose flour, sifted before measuring
$\frac{1}{2}$ cup brown sugar, firmly packed	$\frac{1}{2}$ cup quick-cooking oatmeal, uncooked
1 teaspoon vanilla	1 cup semi-sweet chocolate bits, room temperature
1 egg, beaten	$\frac{1}{2}$ cup chopped nut meats

Blend butter or margarine with sugar and vanilla. Beat vigorously. Add egg and continue beating until mixture is light and fluffy. Stir in flour and oatmeal. Pat into skillet which has been greased on the bottom and sides. Set control in the "Boil" zone, beyond the Low setting. Bake 20 minutes. Remove from unit and sprinkle chocolate bits over hot baked confection. As soon as chocolate softens, spread evenly over cake with a spatula or knife. Spread chopped nuts over chocolate and pat lightly with finger tips. Cut into bars while warm and lift from skillet. Makes about 16 pieces.

BROILED STEAK

1. Buy steak at least 1-inch thick.
2. Trim off excess fat and cut through remaining fat around the edges. Do not cut into meat. If there is a long end on the steak, skewer it in so the meat is compact.
3. Place steak on broiler rack of broiler pan.
4. If you like steak rare, place broiler pan on rack so that top of the meat (*not* the broiler pan) is not more than three inches from top oven heater, which is the broiling unit. For medium or well done steaks, place meat farther from unit.
5. Turn oven control to "Broil."
6. Leave door ajar at Broiler Stop.
7. Broil on one side approximately 8 minutes for rare, about 10 minutes for medium and 15 minutes for well done.
8. Turn steak, sprinkle with salt and broil approximately 7 minutes on other side for rare, 8 minutes for medium, 12 minutes for well done.

**broiled
foods**

broiled foods

BROILED CHICKEN

1. Thoroughly clean and split the chicken down the back. Flatten out by pressing with the hands.
2. Brush skin and under side with butter, season.
3. Place skin side down on rack of broiler pan.
4. Place broiler pan on oven rack on second set of glides from bottom of oven, making sure rack is in down position.
5. Leave door ajar at broiler stop.
6. Turn oven control to "Broil" and broil about 25 minutes.
7. Turn chicken and broil skin side up for 10 to 15 minutes, depending on the degree of brownness desired and size of chicken.

BROILING FROZEN STEAKS

Broiling steaks from the frozen state may require an additional 5 to 10 minutes per side, depending on the degree of broiling desired. (Extra thick frozen steaks may require even longer.) If you like the meat very RARE, place broiling pan close to the broiling unit. Place rack several inches lower for MEDIUM or WELL DONE steaks.

The following table will serve as an approximate guide in broiling frozen steaks:

Rare Steaks: Broil 10-12 minutes on one side. Turn steak. Broil 9 minutes on other side. This gives steaks which are quite red in the center.

Medium-Rare Steaks: Broil 15 minutes on one side. Turn steak. Broil 9 to 10 minutes on other side.

Well Done Steaks: Broil 20 minutes on one side and 10 to 12 minutes on the other side. If steak with no pink portion at all is desired, place 5 inches from unit and broil a minute or two longer on each side.

rotisserie cooking

Meats cooked on the Rotisserie will be unusually juicy and flavorful, because the steady turning motion of the Rotisserie assures uniform browning, that seals juices in the meat. However, fowl should be basted occasionally with melted butter or margarine. Barbecue Sauce may be used if desired.

Different seasonings may also be used to further bring out the flavor of foods cooked on the Rotisserie.

Usually Rotisserie roasting of meat is slightly faster than conventional methods. For instance, rare roast beef requires only 15 to 20 minutes per pound, as compared to the usual time allowance of 20 to 25 minutes.

Be sure to balance meat carefully on the spit for best operation. Be sure also to truss fowl to keep wings and legs in place.

roisserie roasting chart

Set Oven Control at 350°—Close oven door after meat is placed on the Rotisserie.				
Food	Approximate Weight	Internal Temperatures on Roast Meat Thermometer	Minutes Per Pound	Approximate Total Time
Rolled Rib Roast	3-7 pounds	Medium Rare—140° Medium—160° Well Done—170°	20-30 25-35 30-40	Small Roast 1½-2 hours Large Roasts 2-3 hours
Chicken	2-3½ pounds	Well Done—190°	45-60	1½-2½ hours
Ham—Uncooked (boned and rolled)	8-12 pounds	Well Done—170°	25-30	3-4 hours
Ham—Ready to eat (boned and rolled)	8-12 pounds	Well Done—130°	12-15	2-3 hours
Pork Loin (fresh)	3-5 pounds	Well Done—185°	30-35	2-3½ hours
Lamb Roast	3-5 pounds	Well—180°	35-45	2½-3½ hours
Spare Ribs	1½-4 pounds	Well Done	Time depends on leanness	1¼-2 hours
Turkey	8-10 pounds	Well Done—190°	20-30	3½-4½ hours
Cornish Game Hens	14 ounces	Well Done—190°		45 minutes

BARBECUE SAUCE FOR POULTRY

¼ cup cooking oil, or melted butter or margarine	1 teaspoon celery salt
¾ cup white table wine	⅛ teaspoon cayenne pepper
1 clove garlic, minced fine	¼ teaspoon black pepper
1 large onion, minced fine	⅛ teaspoon dried tarragon
1 teaspoon salt	¼ teaspoon dried thyme
	1 tablespoon parsley, chopped

Mix all ingredients thoroughly. Let stand overnight, if possible. Use for barbecuing chicken. Especially fine to brush over young chickens when broiling. If you are using on broiled chicken, let marinate in sauce for an hour or so before cooking, if desired.

BARBECUE SAUCE FOR BEEF

1 medium-size onion, chopped fine	½ cup celery, or 1 tablespoon celery salt
1 clove garlic, minced	1 tablespoon horse-radish
2 tablespoons butter, margarine or oil	2 tablespoons vinegar
2 tablespoons brown sugar	4 tablespoons lemon juice
⅛ teaspoon cayenne pepper	1 cup catsup
½ tablespoon dry mustard	3 tablespoons Worcestershire sauce
1 teaspoon salt	1 cup water

Cook onion and garlic in melted butter, margarine or oil until lightly brown. Add dry ingredients and blend in. Then add remainder of ingredients. Simmer for 10 or 15 minutes. Baste meat occasionally with sauce.

barbecue
sauces

before you call the serviceman

Westinghouse servicemen make every effort to be prompt in answering calls and efficient in remedying difficulties. But before you call the serviceman, be sure you really need him. Here are some of the more common situations that result in needless service calls.

oven doesn't heat properly . . .

Make sure that both the top and bottom oven heaters are "plugged in." They're removable for easy cleaning, and if they are not securely replaced, electrical contact may not be established.

a rack won't go all the way back into the oven . . .

Make sure the rack isn't upside down. The round bar utensil stop at the rear should *always* be "up."

the oven doesn't heat at all . . .

After using Automatic Timer, always press in "Stop" Control Knob (B) to be sure oven has been returned to manual control.

Read your Care and Use Book carefully—be sure you are completely familiar with the operation of your range—be sure you need a serviceman before you call him.

SHOULD YOU REQUIRE SERVICE

Authorized Westinghouse Dealers are factory-trained and are responsible for all services within Guarantee on appliances purchased from them, as follows:

1. Westinghouse will supply to him a replacement part without charge.
2. The Dealer or his agent will provide necessary labor to make repairs. For future reference, write in name and information on Dealer or his agent.

Dealer _____ Phone _____

City _____ State _____



If you need service after your Guarantee has expired on your appliance, we recommend that you contact your Authorized Westinghouse Dealer or Westinghouse Service Organization as they have trained service personnel.

If you have moved since the purchase of your Appliance, we suggest you consult the Yellow Pages of your Telephone Directory for an authorized Westinghouse Service Organization. They are identified in the Telephone Directory Yellow Pages, either in the "Where to buy" or "Repair" section under the appliance name.

(All prices, specifications and models subject to change without notice)

GUARANTEE



Westinghouse ELECTRIC RANGE

This Westinghouse Range is guaranteed to the original purchaser to be free from defects in workmanship and material.

Any part which becomes defective under normal and proper use, during a period of one year from date of original installation, will be repaired or replaced, provided that the appliance is installed by an authorized Westinghouse Dealer or Service Organization in accordance with the instructions provided at the time of its purchase and that it has not been subject to misuse or abuse.

Any required replacement part will be furnished by Westinghouse without charge. The labor required to repair or replace an inoperative part is the responsibility of the selling dealer.

The repair or replacement of such inoperative parts shall constitute complete fulfillment of all the obligations of Westinghouse with respect to the appliance.

This Guarantee shall be null and void if the serial number attached to this Westinghouse appliance is removed or otherwise made illegible.

This appliance is designed for private family use and this Guarantee does not apply if the appliance is used for any other purpose.

WESTINGHOUSE ELECTRIC CORPORATION
MAJOR APPLIANCE DIVISION • MANSFIELD, OHIO



In every Westinghouse Range... top quality

You don't buy many Ranges in a lifetime. When you do, you have a right to expect your Range to serve you well and long.

Westinghouse Ranges will — because they're quality built. Quality was built into the first Range we produced in 1914 and every superseding model — it's in all the 1961 Ranges. We pledge it will be in every Range we build in the future.

No matter which 1961 Westinghouse Range you choose, you can be sure of quality. Only the best materials have been used. Only the best manufacturing processes have been employed — and into each step goes unsurpassed pride of workmanship. Only the finest performance earns our O.K. All this adds up to a Range of finest quality . . . for finest performance in your kitchen.



YOU CAN BE SURE . . . IF IT'S

Westinghouse