



*What Every Housewife  
should know about  
**ELECTRIC COOKING!***

Prepared by Frigidaire Division General Motors Corporation



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## The Project Gutenberg eBook of What Every Housewife Should Know About Electric Cooking (1945), by Anonymous

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\*\*\* START OF THE PROJECT GUTENBERG EBOOK WHAT EVERY HOUSEWIFE SHOULD KNOW ABOUT ELECTRIC COOKING (1945) \*\*\*

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This booklet has in it sixty-nine of the most frequently asked questions (and their answers) about cooking with an Electric Range.

In it, too, is some interesting information about the cooking of frozen food. This probably will answer more questions which have come up in your mind and these answers will be even more important in the future when Home Freezers are as common as Refrigerators and Electric Ranges.

So, keep this booklet handy. Read it. Learn for yourself the proven facts about Electric Cooking ... the answers that every housewife should know when she plans that new kitchen.

And remember: an Electric Range provides many cooking and baking advantages which have made it the preferred appliance among thousands of housewives.



### Electric Cooking in General

**1. Q.** Do I Have to Learn to Cook All Over Again to Cook with Electricity?

**A.** Of course not! Just use your same favorite recipes (and many others) with confidence and ease—the only difference will be that your electric range will give you greater simplicity and accuracy and add greater joy to cooking because it is cleaner, cooler and automatic.

**2. Q.** Is Cooking by Electricity Expensive?

**A.** In most sections of the country electrical cookery is no more expensive than other methods, often less expensive. In fact, most modern electric ranges as produced by reliable manufacturers are designed and engineered for economical operation.

### 3. Q. Approximately How Much Does It Cost an Average Family to Operate an Electric Range?

**A.** Reproduced here is a table giving approximate electrical cooking costs compiled from the experience of electric range users in all parts of the country.

**Electric Cooking Rate in Your Locality (Per Kilowatt Hour) Number of People in the Family**

	2	3	4	5	6
1c	\$.56	\$.72	\$.84	\$.95	\$1.02
1¼c	.70	.90	1.05	1.19	1.28
1½c	.84	1.08	1.26	1.43	1.53
1¾c	.98	1.26	1.47	1.66	1.79
2c	1.12	1.44	1.68	1.90	2.04
2¼c (Ave. Elec. Cooking Rate)	1.26	1.62	1.89	2.14	2.30
2½c	1.40	1.80	2.10	2.38	2.55
2¾c	1.54	1.98	2.31	2.61	2.81
3c	1.68	2.16	2.52	2.85	3.06

### 4. Q. Is It Expensive to Pre-heat Such a Large Oven?

**A.** No. It costs approximately 1¼c to pre-heat a large electric oven to the average baking or roasting temperature—(350°F) and much of this heat is conserved during baking or roasting by the oven insulation. Actually, the current is on only a part of the time that the oven is in use.

### 5. Q. What About the Safety of an Electric Range?

**A.** All reputable electric ranges are inspected, tested and approved by the Underwriter Laboratories for fire and casualty hazards and must comply with their rigid standards. As a matter of general practice and recommendation of manufacturers, frames and all non-electrical parts are grounded to insure against becoming electrically alive while in use. All electrical parts are shielded and insulated to protect against accidental contact.

**6. Q. Can Cooking be Continued with Safety During an Electrical Storm?**

**A.** Yes, completely. Due to the reasons of safety mentioned above.

**7. Q. What Happens if a Switch Is Turned On and Left On By Mistake?**

**A.** Current will be wasted, that's all. The oven cannot overheat because automatic controls prevent this. The surface units can be left on at high speed for days without damage to the unit or without hazard.

**8. Q. Is There Any Hazard Involved By Leaving the Electric Oven Operating During My Absence?**

**A.** No. You can place an entire meal in the oven and leave the house for the afternoon, and the range will automatically cook the dinner and turn off the heat at the proper time if the range is equipped with an automatic time control. Should you arrive home later than planned the oven will have retained sufficient heat for a reasonable length of time to keep the dinner warm enough for immediate serving.

**9. Q. What Happens if Power Failure Occurs?**

**A.** Experience indicates that power failures are negligible. And, even should they occur, there is no danger from the electric range. Only the inconvenience of being without the use of the range during the period the power is off.



**Surface Cooking on the Electric Range**



**1. Q.** Do the “Definite” *Surface* Heats Provided by Most Electric Ranges, Have Any Advantages Over the “Infinite” Number of Surface Heats Provided by Ranges Using Other Fuels?

**A.** Yes. This is important because it eliminates “guesswork” in cooking and enables you to use even unfamiliar recipes with confidence and ease. The heat obtained at each switch setting will be repeated exactly each time you use it.

**2. Q.** How Many Surface Heats Should be Provided for Best Results?

**A.** Most ranges have five surface heats described here, and these have been found adequate for every cooking need.

**3. Q.** What Is the Use for Surface “High” Heat?

**A.** “High” heat is always used to bring foods quickly to steaming point. (As soon as cooking temperatures are reached one of the lower heats is used to continue and complete that cooking.) It is used to preheat fat for frying and used continuously for deep fat frying of potatoes. “High” heat is always used for speed in heating water.





*High*

**4. Q.** What Is the Use for the Surface “Medium-High” Heat?

**A.** “Medium-high” provides the right temperature for frying chicken or browning meats and for maintaining cooking of large quantities of food in extra large utensils. “Medium-high” on small units can be used for baking griddle cakes when a small utensil is used.



*Medium High*

**5. Q.** When Do You Use the Surface “Medium-Low” Heat?

**A.** “Medium-low” is just right for percolating coffee or for heating small quantities of food quickly.



*Medium Low*

**6. Q.** How Is “Low” Heat Used?

**A.** “Low” heat is used for keeping foods cooking after they have been started on “high” heat. This low heat is sufficient for keeping quite a large quantity of vegetables and other foods actively cooking.



*Low*

**7. Q.** How Is “Simmer” Heat Used?

**A.** “Simmer” heat is used for low temperature cooking, for instance, small quantities of vegetables, cooking custards, sauces and dried fruits. The uses for “low” and “simmer” heats are much the same excepting “low” is used for larger quantities of foods.



### *Simmer*

**8. Q. Why Is Low Water Cooking Recommended for Vegetables?**

**A.** Because more food value is retained, also flavor and appearance is better. Very little water need be added to vegetables to create the necessary steam for proper cooking.

**9. Q. Which of the Five Surface Heats Is Most Practical to Use in Making Coffee?**

**A.** “Medium-low” on either the large or small unit, depending upon the size percolator and amount of coffee to be made.

**10. Q. Is the Deep Well Cooker More Practical Than a Fourth Surface Unit?**

**A.** Yes, because the deep well cooker will perform virtually any cooking operation possible on a surface unit, plus baking, and do many of them better and more economically.

**11. Q. What Types of Food Are Best Prepared in the Deep Well Cooker?**

**A.** Pot roasts, soups, stews and any foods requiring long cooking times.

**12. Q. What Are Some Uses for the Deep Well Cooker?**

**A.** Steaming puddings, baking, simmering dried fruits and cooking tougher cuts of meats. As a utensil it can be used for sterilizing.

**13. Q. Do Flavors Mingle When Several Foods Are Cooked at One Time in the Deep Well Cooker?**

**A.** No—if you will remember to do one thing—always remove the foods from the cooker as soon as the current is turned off. While foods are cooking they are “exhaling” their odors. When they begin to cool they begin to “inhale” and absorb the odors of other foods.



**14. Q. Can the Deep Well Cooker Be Used for Steaming Brown Bread, Puddings, etc.?**

**A.** Yes, by pouring water in the bottom of the cooker and using a “trivet” or rack.

**15. Q. Can the Deep Well Cooker Be Used for Baking?**

**A.** Yes. It is economical for baking several potatoes, cup custards or baked apples. When the cooker well is used for baking the cooker utensil is removed and a rack placed in the well. The well is heated to proper baking temperature with the switch on “high” and baking is continued on “low” heat.

**16. Q. How Can the Deep Well Cooker Be Used as a Warming Oven?**

**A.** Remove the utensil. Place the rack in the well and cover with the lid of the cooker. “Low” heat provides sufficient heat for warming.

**17. Q. Can the Deep Well Cooker Utensil Be Used on the Surface Unit?**

**A.** Yes.

**18. Q. Does Food Cook as Fast in a Deep Well Cooker?**

**A.** Yes. It is ideal for soups, stews, pot roasts, etc., which require uniform low temperatures over longer periods for best cooking results.

**19. Q. Why Are Deep Well Cookers Usually Insulated?**



A. Many foods prepared in the deep well cooker are those requiring long cooking periods. Because of adequate insulation less current is used. For example, the insulation on deep well cookers makes it possible to prepare an entire meal at a total current cost of less than two cents. (Based on an electric cooking rate of two-and-a-half cents per kilowatt.)



### Using the Electric Range Oven

**1. Q. How Long Does It Take to Preheat the Electric Oven for Baking?**

A. From seven to fifteen minutes is usually required for preheating to a temperature of 350°F. (In one make of Range, two units provide correct baking heat and fast preheating to 400°F in less than seven minutes.)

**2. Q. How Can the User Determine When the Oven Has Reached the Temperature She Desires for Baking or Roasting?**

A. This is easily determined by the oven signal light which goes out when the oven reaches the desired temperature.

**3. Q. Is It Necessary to Preheat the Electric Oven for Baking?**

A. No, however, for time-saving the oven should be preheated.

**4. Q. Should the Oven Always be Preheated for Oven Meals?**

**A.** This depends on the type of oven meal. For example, there are many combinations of foods which can be placed in the oven and remain there several hours before cooking is started and which do not require preheat. Other types of oven meals require cooking immediately as soon as they are prepared and better results are obtained from a preheated oven.

**5. Q. If Four Baking Pans Are Put Into an Electric Oven at One Time, How Should They Be Placed to Allow for Even Heat Distribution?**

**A.** The pans should be placed so they are not touching each other, or any part of the oven. Since this usually means using two shelves, the pans should be staggered, so one is not directly above the other.

**6. Q. Why Is It Not Necessary to “Peek” Into an Electric Oven During Roasting or Baking?**

**A.** Because with accurate electric controls, much of the uncertainty of cooking has been eliminated. Even if the recipe that you are using is questionable, do not “peek” until the required baking time has passed.

**7. Q. Why Do You Recommend Roasting in an Open Shallow Pan Without the Addition of Water?**

**A.** A shallow pan allows the heat from the oven to contact the food more directly. With the even penetration of heat, meat will cook more uniformly.

**8. Q. Why Is There So Little Shrinkage and “Drying-out” of Meats Cooked in an Electric Range?**

**A.** Because electricity does not require additional air for fuel combustion, there is no excess air circulation to absorb moisture and carry it out of the oven.

**9. Q. How Does an Oven Clock Control Work?**

**A.** Simply set the automatic clock control at the time you want the current to go on and at the time you want the cooking operation to stop. Set the thermostat at a given temperature and the range will automatically perform the desired cooking operation.

**10. Q. Are All Ranges Equipped With Time Clocks Automatically Controlling the Oven Operation?**

**A.** No. This is a feature usually included as standard equipment on higher priced models. It can be added as an accessory to many of the lower priced models.

**11. Q. Is It Possible to Operate an Electric Range Oven at Low Temperature, Such as 200°F?**

**A.** Thermostatic controls are capable of operating at temperatures as low as 150°F. on practically all electric ranges.

**12. Q. What Is the Maximum Temperature at Which Electric Range Ovens Can Be Automatically Controlled?**

**A.** Nearly all electric ovens will heat to 550°F. This is above required baking temperatures, yet it avoids danger of burning foods which would of course be possible at higher temperatures. The thermostat is always set at this maximum temperature when broiling is done to avoid having the broiling unit cut off during the cooking operation.

**13. Q. What Is the Advantage of Having the Oven Vent Open on the Front of the Back Panel?**

**A.** First, you can place the range flush against the wall without damaging the wall paper or curtains. Second, the top vent prevents moisture from collecting in the top of the oven. Accordingly the housewife is assured that cakes baked on the upper shelf will not be soggy but will turn out as beautifully browned as those baked on lower shelves. Third, no flue pipe is necessary.

**14. Q. Why Do Most Electric Ovens Have Shelf Type Doors?**

**A.** This type of door cannot sag, as do swing doors, thus creating drafts of cold air within the oven. Also, they serve as a convenient shelf in placing pans in, or taking them out of the oven.

**15. Q. Can the User Depend on an Electric Oven Thermostatic Control?**

**A.** The hydraulic type control is so designed that the bulb can be placed in the desired oven position to insure accurate temperatures while the control knob can be located in that position which is most convenient for the user.

**16. Q. Does the Automatic Oven Control Increase Economy for Electric Range Users?**

**A.** Yes. By providing no more heat than is needed to maintain the required temperature this control avoids waste of electricity.

**17. Q. Some Electric Ranges Have Two Units for Heating the Oven. Others Only Have One. What Is the Essential Difference?**

**A.** First, two units give a greater degree of flexibility and a more even distribution of heat throughout the oven. Also, they allow the use of the upper unit for broiling in a more convenient position. The single unit oven is not as convenient because broiling is done on the lower part of the oven and it lacks the type of heat distribution made possible by two units.

**18. Q. Does the Electric Oven Give Off Much Heat in the Kitchen During Baking or Roasting?**

**A.** Because electric heating elements require no air supply for combustion, the oven is completely insulated on all six sides, thus giving off practically no heat.

**19. Q. Should the Broiler Pan Be Heated Before Broiling Is Started?**

**A.** No. A hot broiler pan is many times responsible for excess smoking because of fat drippings from the meat striking the hot broiler pan.

**20. Q. How Is Broiling Speed Regulated?**

**A.** Broiling speed is regulated by raising or lowering the position of the broiler pan in the oven. For fast broiling, place on oven shelf located close to heating unit. This will produce results very similar to charcoal broiling. For lower temperature or slower broiling, lower the oven shelf so that top surface of food will be 2½ or 3 inches from the broiling unit, and allow slightly more time for broiling.

**21. Q. Are Broiler Meals Popular?**

**A.** Yes. Much of the original flavor is retained in the food by this method of cooking. For example, meat and fruits may be placed on the broiler pan and cooked. The vegetable can be placed in the pan below the broiler rack. The cooked vegetable will be heated while the food on the rack is broiled.

**22. Q. Is It Advisable to Use the Broiler Pan for Roasting?**

**A.** Yes, the broiler pan is a convenient utensil for use in roasting.

**23. Q. For Best Results, Should Frozen Meats Be Entirely Defrosted Before Cooking?**

**A.** Acceptable cooking results may be obtained either way. However, if meat is allowed to thaw, cooking time can be judged more accurately; also thick steaks broil more uniformly if allowed to thaw. Meat to be thawed may be placed on the shelf of your household refrigerator without removing the wrapping.

If it is more convenient to cook without thawing, the meat should be cooked for a longer period of time than usual at a slightly lower temperature. A thick steak cooking from the frozen condition may appear cooked, but actually be cold and raw in the center. Generally meats that are cooked from the frozen condition should be cooked half again as long as thawed meats, and sometime longer. It isn't easy to figure cooking time, the length of time will depend, of course, upon the kind of meat and whether you want it rare, medium or well done. See the charts on pages [23](#) and [24](#) for a guide in cooking frozen foods.

## **Utility of the Electric Range**





**1. Q. Are All Electric Ranges Equipped With a Warming Drawer?**

**A.** No. It is usually a regular feature on deluxe models and can be installed as an accessory on some other models.

**2. Q. Are the Temperatures in the Warming Drawer Harmful to China?**

**A.** No. The temperature is sufficient for warming china but not high enough to cause any harm.

**3. Q. Are the Warming Drawer Temperatures Adequate for Keeping Food Warm for Serving?**

**A.** Yes. A common practice is that of placing fresh baked rolls in the warming drawer for serving during the dinner period.

**4. Q. Do All Ranges Have Storage Space for Cooking Utensils?**

**A.** Most do. Some models of course offer more storage space than others.

**5. Q. Are Hot Pans Harmful to the Porcelain of the Work Surface of the Range?**

**A.** Yes. Sliding hot pans from the cooking unit to the porcelain work surface may result in scratches. An inexpensive pad may be used to protect the work surface.

**6. Q. Will the Porcelain Surface of the Range Be Harmed By Large Pans Which Extend Over the Unit and Contact Directly?**

**A.** Yes. A good example of this is a large pressure cooker. The recessed bottom on some pressure cookers has caused considerable damage to the porcelain cooking top on ranges because the heating unit does not come in contact with the pressure cooker resulting in excessive temperatures adjacent to the surface unit. When such utensils must be used, it is well to raise the unit from the surface to insure direct contact.

One make of Range has available a metal ring which slips in under the unit and raises it about 1 inch to prevent damage to the porcelain top.



**Care of the Electric Range**

**1. Q. Why Is It Easy to Keep Electric Ranges Clean?**

**A.** First, electricity is the cleanest of all fuels. Second, one piece ovens eliminate cracks and provide round corners—work surfaces with covered backs and cooking units that are easily removed for cleaning. Porcelain in itself is one of the easiest of all surfaces to clean.

## **2. Q. What Is the Best Way to Clean the Outer Surface of an Electric Range?**

**A.** First, let porcelain finished surfaces cool before cleaning. Second, wipe up spots as soon as possible. If porcelain is warm, use a dry cloth, never a wet one. Third, when porcelain is cool, wipe with a damp soapy cloth, rinse and dry well. Do not use gritty soaps or acid.

## **3. Q. Are There Any Precautions That Should Be Used in Cleaning an Electric Range?**

**A.** Yes. First, see that all switches are "Off." Second, do not use abrasives or other cleaning materials that will scratch. Third, do not immerse electrical units in water. If these units become damp in cleaning, be sure that they are dry before connecting. Fourth, do not clean surface units while hot. Fifth, always soften hardened foods before removing as unnecessary scraping may damage any type of surface.

## **4. Q. What Is the Best Way to Clean the Oven?**

**A.** Always be sure the current is turned off and the oven is at least partially cooled. The interior is more easily cleaned with a damp cloth before the oven is entirely cooled. Be sure to remove shelves and heat units first and put them in a dry place. Wipe out the inside of the oven with a cloth wrung from soap water, rinse and dry well. Fine steel wool may be used to remove any food particles adhering to the surface. Spillovers which occur during baking or roasting may involve a little more difficulty in cleaning. If so, a cloth saturated with water to which household ammonia has been added may be placed over the soiled surface of the oven or "baffle" and allowed to remain for 20 minutes or an hour. Burned-on material may then be more easily removed by a cloth or fine steel wool without damaging glossy surface.

**Caution:** Do not use the oven repeatedly after a spillover. This causes continual burning on of the food particles making them more difficult to remove, and in time will cause some damage to the glossy surface.

## **5. Q. What About Cleaning Under the Electric Range?**

**A.** This is seldom necessary. However, if it is, remove the lower utility drawers which gives access to the floor space below. If a thorough cleaning is desired, the range can be moved away from the wall where there is a long enough cord, or where it can be disconnected.

## **6. Q. What Happens When Hot Grease Spatters Out of the Frying Pan on to the Electric Range?**

**A.** Nothing. After cooking has been completed and the surface units have had time to cool completely, wash the surface with soap and water, rinse, and dry well. Note: If spattering occurs in excess during frying, you are using heat too high for this type of cooking operation. Review again the suggested heats for the different cooking operations on the surface units.

## **7. Q. What Is the Best Method of Cleaning the Broiler Pan?**

**A.** The broiler pan and rack should be washed just as any of your other cooking utensils. Place in water immediately after using and apply steel wool to any food which cannot be removed easily.

**8. Q.** Should the Surface of the Range be Waxed to Protect the Porcelain?

**A.** No. Thorough cleaning and drying is the best protection you can give to that glossy porcelain.

**9. Q.** Is It Necessary to Place the Range Some Distance from the Wall to Prevent Soilage of the Paper?

**A.** No—in fact the range can be placed as close to the wall as desired because oven vents are usually on the back panel and open towards the front, eliminating danger of soiling from the oven.

**10. Q.** How Are Spillovers Cleaned from the Surface Units?

**A.** Most surface units are of the fully enclosed type and can be cleaned by merely brushing them off occasionally. The ring around the units should be cleaned with a damp cloth and soap powder.

**11. Q.** What Happens if Foods Spill Over on the Surface Unit?

**A.** Nothing. They are caught by the reflector and the drip tray causing no damage to the unit. Wiring is so protected that no electrical problems are involved.

**12. Q.** How May the Drip Tray Be Cleaned?

**A.** The drip tray which is located directly below the surface cooking units is easily removed and can be washed as any other utensil.





- Time and temperature tables for cooking vegetables • baking and roasting,

### Vegetable Cooking Guide

The cooking time for vegetables will vary somewhat, depending upon their freshness and the quantity. This should be taken into account when using the following table, which is simply a guide to help you determine the correct cooking time.

VEGETABLE OR FRUIT	METHOD OF PREPARATION	APPROXIMATE COOKING TIMES		TOTAL MINUTES OF COOKING TIME
		MINUTES ON HIGH FOR STEAMING	MINUTES ON LOW OR SIMMER UNTIL TENDER	
Apples	Peeled and quartered	3 to 5	11	11

Asparagus	Tied in serving bundles	4 to 6	10 to 15	14 to 20
Green Beans	Cut in slivers, lengthwise	5 to 8	10 to 15	15 to 20
Green Beans	Broken	4 to 7	15 to 20	20 to 30
Beans, Lima	Shelled	3 to 8	15 to 20	18 to 25
Beets	Diced or sliced thin	5 to 6	15 to 20	20 to 25
Beets	Whole unpeeled	5 to 8	15 to 20	25 to 35
Broccoli	Stalks Split	5 to 8	15 to 20	20 to 30
Brussels Sprouts	Whole	3 to 5	10 to 15	15 to 20
Cabbage	Shredded or quartered	4 to 5	6 to 7	10 to 12
Carrots	Shredded	4 to 6	6	10 to 12
Carrots	Sliced 1/8 inch thick	5 to 8	15	15 to 20
Cauliflower	Separated into flowerettes	4 to 6	10 to 12	15 to 18
Cauliflower	Whole head	5 to 8	15 to 20	20 to 25
Corn	Cut from the cob	3 to 5	[1]	[1]
Onions	Small, whole	4 to 6	10 to 20	20 to 25
Parsnips	Quartered lengthwise	5 to 6	15 to 20	20 to 30
Peas, green	Shelled	5 to 8	10 to 15	18 to 20
Potatoes	Cut in halves	4 to 8	15 to 20	25 to 30
Potatoes, sweet	Cut in halves	3 to 8	20 to 25	25 to 30
Spinach	No water added	5 to 8	[1]	[1]
Squash, Hub.	Sliced	3 to 8	15 to 20	20 to 30
Squash, Sum.	Cut in slices	3 to 8	5 to 10	10 to 18
Tomatoes	Quartered—no water	3 to 4	5 to 10	10 to 15
Turnips	Sliced or cubed	5 to 6	15	20 to 25

[1] These are usually sufficiently cooked when they reach the boiling point. Any additional cooking time, on lower heats will depend upon the amount and “variety” of the food.

## BAKING Time and Temperature Chart

*Quantity    Temperature    Approximate Time*

BREAD, ROLLS

Bread	4 or 6 loaves	400°F.	1 hour
Frigidaire Rolls		400°F.	20 to 25 minutes
Swedish Tea Ring		375°F.	25 to 30 minutes
Honey Twist		375°F.	25 to 30 minutes
Brown Bread	2 loaves	375°F.	50 to 55 minutes
Butterscotch Bread	2 loaves	350°F.	1 hour
Quick Coffee Cake	1 pan	400°F.	35 minutes
Corn Bread		400°F.	30 to 35 minutes
<b>BISCUITS</b>			
Breakfast Biscuits		450°F.	11 minutes
Southern Biscuits		450°F.	11 minutes

PIES

Pie Shell 1 or 2 pies 450°F. 15 minutes

Apple Pie 1 or 2 pies 450°F. 40 minutes

Blueberry Pie 1 or 2 pies 450°F. 40 minutes

Butterscotch Pie (Meringue) 1 or 2 pies 350°F. 10 to 15 minutes

Custard Pie 1 or 2 pies {450°F. 10 minutes

{325°F. 25 minutes

MUFFINS

Plain Muffins 400°F. 25 to 30 minutes

Blueberry Muffins 400°F. 25 to 30 minutes

CAKES

Angel Food Tube cake pan {325°F. 15 minutes and

{350°F. 55 minutes

Sponge Cake Tube cake pan 350°F. 45 to 50 minutes

Layer Cake Two layers 375°F. 40 minutes

Pound Cake Two loaf pans 350°F. 1 hour, 10 minutes

Meringue Cake One layer 300°F. 55 minutes

Fudge Cake Two layers 375°F. 35 minutes

#### COOKIES

Refrigerator Cookies One sheet 400°F. 9 or 10 minutes

Mincemeat Cookies One sheet 400°F. 10 minutes

Sugar Cookies One sheet 400°F. 10 minutes

Butterscotch Cookies One sheet 375°F. 10 minutes

Walnut Cookies	One sheet	400°F.	10 minutes
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Cream Puffs	One sheet	{450°F.	20 minutes
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		{425°F.	20 minutes
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#### ENTREES

Baked Potatoes		400°F.	1 hour
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Scalloped Potatoes		375°F.	1 hour
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Candied Sweet Potatoes		375°F.	1 hour
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Cheese Souffle		325°F.	40 minutes
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Salmon Souffle		325°F.	40 minutes
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Corn Souffle		350°F.	40 minutes
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Baked Macaroni		350°F.	45 minutes
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Baked Apples    375°F.              30 to 40 minutes

Baked Hash    350°F.              1 hour

Baked Beans    300°F.              3 hours

### ROASTING CHART for Meats and Fowl

<i>Cut of Meat</i>	<i>Cooking Temperature</i>	<i>Approximate Time</i>
BEEF—Standing Rib		
Rare	300° to 350°F.	18-20 minutes per pound or to internal temperature 140°F.
Medium	300° to 350°F.	22-25 minutes per pound or to internal temperature 160°F.
Well Done	300° to 350°F. For very well done allow full time at 350°F.	27-30 minutes per pound or to internal temperature 170°F.
Boned Roasts	300° to 350°F.	Add 10-15 minutes per pound
Top Round		

Medium 300°F. 20-25 minutes per pound

Well Done 300°F. 30-35 minutes per pound

Rump 300°F. 30-35 minutes per pound

Chuck 300°F. 30 minutes per pound

LAMB—Leg 300° to 350°F. 30 minutes per pound

Stuffed Shoulder 300° to 350°F. 45 minutes per pound

Stuffed Breast 300° to 350°F. 45-60 minutes per pound

Crown Roast 300° to 350°F. 30 minutes per pound

VEAL—Leg 300°F. 22 minutes per pound

Shoulder 300°F. 25 minutes per pound

Loin or Rack 300°F. 30-35 minutes per pound

PORK—Fresh

Ham	350°F.	40-45 minutes per pound
Loin	350°F.	30-35 minutes per pound
Cushion	350°F.	35-40 minutes per pound
Pork Butt	350°F.	40-45 minutes per pound
Spareribs	300°F.	1-1½ hours
Tenderloin	300°F.	1 hour
PORK—Cured		
Large Ham (14-18 lbs.)	300°F.	20 minutes per pound
Small Ham (10-12 lbs.)	300°F.	25 minutes per pound
Half of Ham (5-6 lbs.)	300°F.	30 minutes per pound
Shank End	300°F.	40 minutes per pound

Butt End	300°F.	45 minutes per pound
<b>CHICKEN</b>		
Large (4-6 lbs.)	325° to 350°F.	22-25 minutes per pound
Small (3½ lbs.)	325° to 350°F.	30 minutes per pound
<b>TURKEY</b>		
Large (18-22 lbs.)	250° to 300°F.	15-18 minutes per pound
Medium (10-16 lbs.)	250° to 300°F.	18-20 minutes per pound
Small (6-10 lbs.)	250° to 300°F.	20-25 minutes per pound
<b>DUCK—GOOSE</b>	325°F.	30 minutes per pound

### **COOKING Guide for Frozen Vegetables**

The cooking time for vegetables will vary somewhat, depending on variety, state of maturity and how it has been prepared for freezing (sliced, quartered, or whole). The following table is simply a guide to help you in determining cooking time, based on one pound quantity, cooked in covered utensil, starting in boiling water.

1. Frozen vegetables may be cooked without thawing. However, if they are allowed to defrost partially, the frozen block can be easily broken up, resulting in more even cooking. Complete thawing of vegetables before cooking is not recommended.
2. Use covered cooking utensil—measure ½ to 1 cup of water, or enough to cover bottom of utensil to depth of ⅛ to ¼ inch.

3. Start all vegetables on high heat in boiling water. Reduce heat when active steaming is regained.

4. Keep all utensils tightly covered.

<i>Vegetables</i>	<i>APPROXIMATE COOKING TIME</i>		
	<i>Minutes on High</i>	<i>Minutes on Low Heat Until</i>	<i>Total Minutes of Cooking Time</i>
	<i>Steaming</i>	<i>Tender</i>	
Asparagus	4 to 6	10 to 15	14 to 20
Beans, Green	4 to 6	10 to 15	14 to 20
Beans, Lima	5 to 6	8 to 14	13 to 20
Beets, Young, Whole	5 to 6	13 to 14	18 to 20
Beets, (cooked and sliced before freezing)	—	—	Heated to proper temperature for serving.
Beet Greens	3 to 5	4 to 5	7 to 10
Broccoli	3 to 5	10 to 15	13 to 20
Brussels Sprouts	3 to 5	4 to 6	7 to 12
Carrots, Sliced	5 to 6	3 to 6	8 to 12
Cauliflower, Separated	5 to 6	6 to 10	11 to 16
Corn, Cut	5 to 6	—	8 to 10
Corn on Cob	4 to 5	—	5
Kale	5 to 6	13 to 14	18 to 20
Kohlrabi	4 to 5	4 to 5	8 to 10
Mushrooms Saute	4 to 5	10 to 15	13 to 20
Mustard, Curly	3 to 5	8 to 10	12 to 15
Peas	5 to 8	6 to 10	11 to 18
Rhubarb	5 to 6	—	8
Spinach	4 to 6	—	8
Squash, Summer	4 to 6	3 to 4	7 to 10
Swiss Chard	4 to 6	—	8 to 10
Turnips	4 to 5	2 to 5	6 to 10
Turnip Greens	4 to 5	4 to 5	8 to 10

## COOKING Guide for Frozen Meats

APPROXIMATE COOKING TIMES <sup>[2]</sup>

*Thawed Before Cooking*

*Cooked from Frozen State*

<i>Cut</i>	<i>Method of Cooking</i>	<i>Minutes Per Pound</i>	<i>Total Time Minutes</i>	<i>Minutes Per Pound</i>	<i>Total Time Minutes</i>
Standing Rib Roast	Roasting at 300° to 325°F. <sup>[3]</sup>				
Rare		18	—	43	—
Medium		22	—	47	—
Well-done		30	—	55	—
Rolled Rib Roast					
Rare		28	—	53	—
Medium		32	—	57	—
Well-done		40	—	65	—
Beef Rump	Braising	30	—	50	—
Porterhouse Steak	Broiling (Rare to Medium)				
1 Inch		8-10	—	21-33	—
1½ Inches		10-15	—	23-38	—



2 Inches		20-30	—	33-43	—
Club Steak ¾ Inch		—	16-20	—	24-28
1 Inch		—	20	—	30
Chuck Steak ½ Inch	Panbroiling	—	7	—	11
Round Steak ½ Inch	Panbroiling	—	7	—	11
Beef Patties 1 Inch	Panbroiling	—	8	—	16
Lamb Chops ¾ Inch	Panbroiling	—	10	—	15
1½ Inch		—	20	—	25
Shoulder Lamb Chops ½ Inch	Braising	—	15	—	20

Boneless Lamb Shoulder	Roasting at 300-325°F. <a href="#">[3]</a>	40	—	50	—
Leg of Lamb		30-35	—	40-45	—
Pork Chops ¾ Inch	Braising	—	45	—	55
Pork Loin	Roasting at 300-350°F. <a href="#">[3]</a>				
Center Cut		30-35	—	50-55	—
Rib or Loin End.		50-55	—	70-75	—
Sausage Patties ½ Inch	Panbroiling	—	10	—	15
1 Inch		—	15	—	23

[2] Adapted from "Food and Nutrition News," National Live Stock and Meat Board, Vol. X, No. 4, Dec., 1939.

[3] Meats cooked from the frozen state (for longer periods) are usually better if roasted at 300°F.

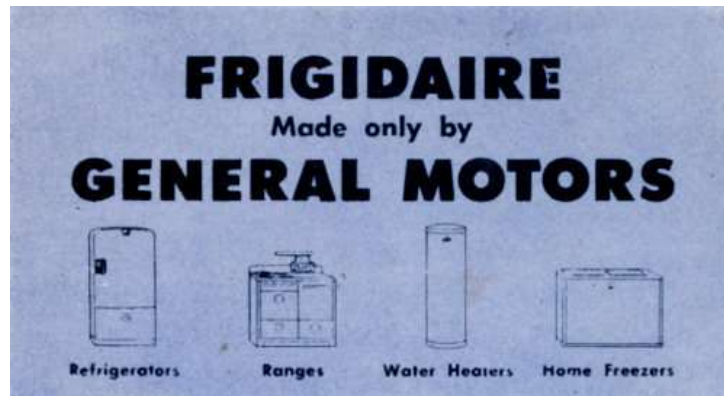
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