

How to use it efficiently, safely
and how oven meals can save you
time and conserve energy



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KNOW
YOUR
RANGE

New Design

No two ranges perform exactly alike. Your new range will not be the same as your old one. Your old range may have been out of temperature adjustment (usually too high) and the oven may have been a different size and design.

Setting The Dial

Oven temperatures will be most accurate when you set the dial by turning just TO the temperature.

Oven Cleaners

Oven cleaners (particularly the spray type) can coat the thermostat sensing device so that it does not sense oven temperature accurately. If you must use oven cleaners, follow directions exactly and carefully wipe any residue off the sensing bulk (metal tube) in the oven.

Continuous Cleaning

Many ranges have continuous-cleaning ovens. Follow the range manufacturer's instructions for cleaning such surfaces *exactly*. Avoid use of any type of oven cleaner or abrasives as it will damage the finish.

This type of automatic oven cleaning is *not* an instant process—soil will disappear gradually as you use the oven for routine baking and broiling. The oven will look presentably clean at all times if you follow the range manufacturer's instructions and avoid excessive buildup of soil.

Utensils

The type of pan can be a factor. Glass absorbs, rather than reflects, heat. This means that foods may bake a little faster in glass or that the recommended baking temperature should be lowered 25°. Black pans also absorb heat; cookies baked on a dark tin pan (instead of aluminum) may burn on the bottom.

Programmed Oven?

If you have a programmed (automatic or clock-controlled) range, the clock and oven thermostat are interrelated. After you have used the range for automatic cooking, it must be reset for manual use. This involves one, and sometimes two, steps:

1. Turn the thermostat to "Off."
2. If necessary, reset the clock from "Automatic" to "Manual."

If this is not done, the oven may not come on or may not be at the correct temperature.

Keep-Warm Temperatures for Oven-Cooked Foods

Food is most palatable and nutritious when served reasonably soon after cooking. Keep foods warm no longer than necessary—preferably no more than 1½ to 2 hours.

1. Cover
2. Cover loosely
3. Wrap tightly in foil

FOOD	RECOMMENDED TEMPERATURE
Casseroles (1)	170° to 200°
Beef, rare	155° to 170°
medium	170° to 185°
well done	170° to 200°
Fish, baked or broiled (2)	170° to 200°
Pork, Ham, Lamb	170° to 200°
Poultry (2)	170° to 200°
Rolls and Breads (3)	170° to 185°
Baked Potatoes	200° to 225°

Keep-Warm Temperatures for Foods Cooked on Top of the Range

Preheat oven to recommended temperature. You may transfer the food to serving dishes if you wish, before placing it in the oven—except for silver serving pieces. In general, most top burner cooked foods are most attractive when held an hour or less. Foods may safely be served beyond that time but may lose color and texture. Green vegetables are especially subject to color changes.

1. Cover
2. Cover loosely

FOOD	RECOMMENDED TEMPERATURE
Bacon	200° to 225°
Vegetables (1)	170°
Mashed potatoes (1)	170° to 185°
French fried potatoes	200° to 225°
(do not hold longer than 15 minutes)	
Pan fried meats, fish and poultry (2)	200° to 225°
Pancakes, French toast (2)	200° to 225°

To Thaw Frozen Foods

Preheat oven to 155° F. Leave foods tightly wrapped in their moisture-vapor proof freezer wrapping. Thaw just enough to separate or to handle easily and, once thawed, do not refreeze. In general, food will thaw four times faster in the low temperature oven than at room temperature. Cook as soon as possible after thawing.

FOOD	APPROX. TIME
Fish steaks or fillets, 1 package	40 minutes
Chicken, cut up	1¼ hours
Ground meat, 1 lb.	1½ hours
Meat patties or chops	45 minutes
Poultry, 3 to 8 lbs.	2 to 3½ hrs.
Poultry, 8 to 12 lbs.	3½ to 5 hrs.
Poultry, 12 to 20 lbs.	5 to 7 hrs.
Rolled roast, 6 pounds	4½ hours
Round steak, 1 inch	1 hour

To Warm Plates and Serving Dishes

You may use any temperature from 140° to 200°, depending on how warm you want the dishes to be. We suggest 170°. Preheat the oven; allow 10 to 20 minutes to warm dishes thoroughly. Do not set warm dishes on a cold surface—rapid temperature changes can cause cracking. Warm only china, pottery, earthenware or enamelware (not silver). Plastics which can be washed in an automatic dishwasher can safely be put into the low temperature oven, but they lose heat so rapidly there is little advantage to warming them.

To Freshen Baked Goods

Preheat oven to 170°. Heat, loosely wrapped, until as warm as you like.

Before You Phone the Serviceman

Unnecessary service calls are expensive and frustrating. Before you ask for help, check this list to be sure that call IS really necessary. Please remember that ovens must have free circulation of air. Heated air comes in through the openings in the oven bottom to give fresh-air, even-temperature cooking. Several things can block or change this air flow and cause poor results.

a. Pans Too Large for the Oven

Here the most common offender is a cookie sheet which is too big (especially in an eye-level oven). There should be at least 1 to 2 inches between the edge of a utensil and any oven surface. A cookie sheet can fit into an oven but still block air circulation. Because heat is trapped under the pan, cookies will burn on the bottom before the tops are brown.

b. Pans Too Close Together

Crowding pans can also cause uneven baking. Again, allow 1 to 2 inches for air to circulate between utensils. Stagger pans on two different oven racks so that the warm air can easily reach each pan. Allow as much space as possible between oven racks for the same reason.

c. Aluminum Foil

In an effort to keep a new range sparkling clean, users sometimes misuse foil. It should never be used to cover oven racks so that it blocks off any of the openings provided for air circulation. Nor should it be used directly under a utensil, because it will reflect heat away from the bottom of the pan.

If you use foil to catch a spillover, cut a piece just a little larger than the pan and put it on a rack 3 or 4 inches below the pan.

d. Pan Touching the Oven Sides

This blocks air flow and transfers extra heat to the pan from the sides of the oven. Cakes may bake unevenly and food at the edge of the pan may scorch.

RANGE SAFETY

1. Remember that glass oven windows will be hotter than porcelain parts of range. Do not leave small children unattended near hot range.
2. Long hair and the wrong kind of clothing can be most hazardous in kitchen. Flowing hair, loose sleeves can be easily ignited. Some synthetic fabrics are highly flammable.
3. Use good sturdy, non-flammable holders for hot pans and oven racks instead of towels or the corner of a dress. Wet holders create steam and can cause a burn.
4. Oven racks must be correctly inserted to engage stop feature. To keep from burning top of arm, always pull oven rack all the way out instead of reaching into oven to add or remove food.
5. Only use ovenproof ware in oven.
6. Do not use eye-level ovens for heavy items or those that contain hot fat, especially if a shorter homemaker is using it.
7. Accumulated greasy deposits in oven, range hood, and fan can ignite if overheated.
8. Always remove broiler pan from compartment as soon as you finish broiling. Drain off juices and fats. Drippings, if forgotten, may catch fire if you use oven later.

For easy cleaning later, sprinkle on synthetic detergent and cover with a wet paper towel.

HOW TO CONSERVE ENERGY WHILE YOU COOK UP A STORM

1. For best results, preheat oven for baked goods and frozen dishes. Other foods can be started in a cold oven.
2. Thawed or partially-thawed foods will cook faster than frozen ones.
3. Cook by time and temperature. Use a meat thermometer when roasting to prevent over- or under-cooking and excess shrinkage. Use a timer to time all precise cooking operations. Timing prevents loss of heat through repeated openings of the oven door or by "peeking under the lid" during surface cooking.
4. Cook and freeze double recipes of spaghetti sauce, stew and similar foods to reduce total heat required. Warm foods and plates with retained oven heat. It's free.
5. Never use your oven to heat your kitchen. This is expensive and unsafe because ovens are not designed for space heating.
6. Never line an oven with aluminum foil. It can interfere with cooking or fuse to the heating element and reduce oven efficiency. To use foil properly, place a piece on an oven rack to catch spill-overs, leaving an inch or more of space on all sides for proper air circulation.
7. Preheating is unnecessary for broiling. The broiler of your range does not require preheating, no matter what you've heard.
8. Surface units. These were designed to operate most efficiently with utensils having flat bottoms (not warped) and tight fitting lids. Place utensil on the proper size burner. If burner is too big for a small pan, it wastes heat.
9. Use high heat setting to bring water to a boil or to start cooking foods with water, then reduce the heat to the desired lower setting.

Let Your Automatic Range Work For You

Some ranges are fully automatic. They will turn on for baking and turn off when cooking is completed. They may do even more, and keep foods warm for hours—ready to serve. Once you understand the controls, you can truly "set it and forget it."

The oven meals on the next pages are designed to show you how baking times and temperatures can be varied. What follows is just a guide. Many of the recipes can be adjusted to cook at different times and temperatures so that other meal combinations can be created. The oven time and temperature should be altered to fit the most critical recipe in the oven meal, particularly baked goods.

Temp: 300°F	Time: 2 hrs. or,
325°F	1½ hrs. or,
350°F	1 hr. or,
425°F	20-25 min.

TIME AND TEMPERATURE CHART FOR OVEN MEALS

TEMP. AND TIME	MAIN DISHES	POTATOES	VEGETABLES	DESSERTS
325° F 2 hrs.	<ul style="list-style-type: none"> *Cushion Roast Lamb with Stuffing *1-3 lb. Fruit Stuffed Pork Shoulder *Hungarian Goulash Kraut and Country Spareribs *Meat Balls Macedoine *Poulet Consomme *Sauerbraten *Savory Beef Stew *Sweet-Sour Country Ribs 	<ul style="list-style-type: none"> *Baked Scalloped *Sweet Potatoes and Apples 	<ul style="list-style-type: none"> Baked Fresh Vegetables *Baked Winter Squash *Harvard Beets 	<ul style="list-style-type: none"> *Boston Brown Bread *Fruit Polly *Orange Compote Rice Pudding
350° F 1 hr.	<ul style="list-style-type: none"> Baked Lasagna *Chinese Chicken *Chop Suey *Gourmet Meat Roll *Inflation Souffle Macaroni Loaf *Salmon Loaf *Savory Fish Bake *Scalloped Codfish Small Meat Loaf *Stuffed Cabbage Leaves *Stuffed Eggplant Stuffed Green Peppers *Sweet-Sour Baked Beans 	<ul style="list-style-type: none"> *Glazed Sweet *Delicious *Scalloped Apples and Sweet *Twice Baked 	<ul style="list-style-type: none"> *Beets 'n Pineapple *Caramel Carrots *Carrot Soufflé Loaf *Italian Style Summer Squash *Orange Glazed Carrots *Oregano Limas *Oven Cooked Frozen Vegetables *Spiced Apple Sauerkraut 	<ul style="list-style-type: none"> *Apple Crisp *Baked Apples *Brownie Pudding *Chocolate Cake *Cranberry Bread *Date Wheat Bread *Fruit Compote Gingerbread Pound Cake *Pumpkin Bread *Rhubarb Sauce
425° F 20-25 min.	<ul style="list-style-type: none"> *Baked Croquettes *Baked Split Peas *Baked Stuffed Fish *Crispy Fish *Lamb Stew with Biscuit Crust 	<ul style="list-style-type: none"> *Duchesse *Salt 	<ul style="list-style-type: none"> *Breaded Eggplant *Broccoli Delight *Succotash 	<ul style="list-style-type: none"> Fruit Cobbler Orange Compote

*recipe included

Cushion Roast of Lamb with Stuffing

Temp: 325° F. Time: 2 hrs.
Allow 30 min./lb.

3-3½ lbs. Cushion or boned shoulder of lamb	3 c soft bread cubes
¼ c drippings	1 t salt
¼ c chopped onion	¼ t pepper
	2 T lemon juice

1. Have butcher remove shoulder blade from a shoulder of lamb. Sew the roast on 2 sides, leaving one side open for stuffing.
2. Wipe meat with a clean damp paper towel. Do not remove the "fell" or thin paper covering. It does not affect the flavor in any way and helps the meat to cook more quickly, hold its shape better and be more juicy.
3. Melt drippings, add onion and cook until transparent.
4. Add rest of ingredients and fill cavity in roast. Close openings with skewers or string.
5. Bake in preheated oven.

NOTE: A shoulder of pork may be prepared in the same way. Allow 40 minutes per pound. If desired, 1 teaspoon sage may be added to the stuffing.

Fruit Stuffed Pork Shoulder Cushion Roast

Temp: 325° F. Time: 2 hrs.
Allow 40 min./lb.

1-3 lb. pork shoulder cushion roast	½ c diced dried fruit
¼ c chopped onion	¼ c diced celery
3 T butter or margarine	2 T chopped parsley
2 c bread cubes (4 slices)	½ t salt
8½ oz. can sliced pineapple	¼ c water or syrup

1. Have blade bone removed from pork shoulder roast.
2. Skewer 1 side, leaving 1 side open to form pocket for stuffing.
3. Saute onion in butter until soft; add bread cubes and brown over low heat. Remove from heat.
4. Dice 2 slices pineapple; reserve syrup and remaining slices.
5. Add diced pineapple, dried fruit, celery, parsley, salt and water to bread mixture to make stuffing.
6. Fill cavity of roast with stuffing and skewer edges together. Lace with string.
7. Place fat side up on a rack in a shallow pan and bake in preheated oven.
8. Garnish with reserved pineapple slices, halved.

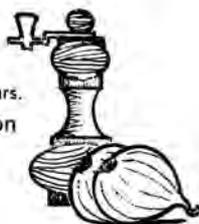
NOTE: Roast may be basted during baking with reserved pineapple syrup combined with 1 tablespoon melted butter, ⅓ cup brown sugar and 1 teaspoon vinegar.

Hungarian Goulash

1 lb. beef chuck
1 lb. veal or pork
 $\frac{1}{3}$ c flour
1 t salt
 $\frac{1}{4}$ t pepper
3 T fat or drippings

Temp: 325° F. Time: 2 hrs.

3 T finely chopped onion
2 T minced parsley
 $2\frac{1}{2}$ c boiling water
 $\frac{3}{4}$ c thick sour cream
1 t paprika
Cooked noodles



1. Cut meat into one inch cubes and roll in flour, salt, and pepper. Brown in fat.
2. Arrange in 2 quart greased casserole.
3. Add onion, parsley and water. Bake in preheated oven.
4. Last 20 minutes of baking, add sour cream and paprika.
5. Serve with buttered noodles. Serves 8.

NOTE: $\frac{3}{4}$ cup tomatoes can be used in place of sour cream, if desired . . .

Meat Balls Macedoine

Temp: 325° F. Time: 2 hrs.

$1\frac{1}{2}$ lbs. ground meat
(pork, veal, beef)
 $\frac{3}{4}$ c fine bread crumbs
2 eggs
 $1\frac{1}{2}$ t salt
 $\frac{1}{4}$ t pepper
3 T drippings

2 c diced raw potatoes
1 c diced celery
3 diced carrots
1 green pepper, cut in strips
1 onion, sliced
2 c tomatoes

1. Mix meat, crumbs, eggs, salt and pepper; shape into balls the size of an egg.
2. Melt drippings, add meat balls and brown well on all sides.
3. Place vegetables in large greased casserole and season well.
4. Arrange meat balls on top, cover and bake in a preheated oven.

Poulet Consomme

Temp: 325° F. Time: 2 hrs.

2 or 3 chicken breasts
2 or 3 chicken legs
Salt and pepper
 $\frac{1}{4}$ c butter, melted
1 can consomme

2 T Soy Sauce
1 c pineapple chunks
3 T chopped green pepper
 $\frac{3}{4}$ c shredded coconut

1. Sprinkle chicken pieces with salt and pepper; brush with melted butter.
2. Place chicken in a shallow baking dish. Add consomme.
3. Bake uncovered in oven, baste with consomme occasionally if possible.
4. After one and a half hours, brush with soy sauce. Add pineapple chunks, green pepper, and coconut.
5. Return to oven for remaining 1 hour.
6. Serve hot in baking dish.

Sauerbraten

Temp: 325° F. Time: 2 hrs.

3-3½ lbs. beef or venison
round or rump, cut thick
1 t salt
½ t pepper
4 bay leaves
½ t peppercorns
8 whole cloves

2 medium onions, sliced
1 small carrot, minced
1 stalk celery, chopped
1½ c red wine vinegar
2½ c water
¼ c butter
Gingersnap Gravy, if desired

1. Rub meat thoroughly with salt and pepper. Place in deep bowl with spices and vegetables.
2. Heat vinegar and water to boiling and pour hot over the meat. Let cool 30 minutes. Cover bowl and refrigerate. Marinate at least 48 hours, turning meat twice daily.
3. When ready to cook, remove from marinade and dry with paper towels.
4. Melt butter and brown meat on all sides. Strain marinade and pour over meat.
5. Cover and place in preheated oven (2½-3 hours), or until fork tender.
6. Remove meat to warmed platter. Keep warm while making Gingersnap Gravy (if desired).

NOTE: At step No. 5 sauerbraten may be covered and simmered on top of range 2½-3 hours or until fork tender.



Savory Beef Stew

Temp: 325° F. Time: 2 hrs.

2 lb. shoulder beef cut 1½" thick
1 clove garlic
2 t salt
½ t pepper
2 T lime juice or 1 T vinegar
1½ c chopped onion

1 c diced carrots
¼ t marjoram
1 c tomato sauce
1 bouillon cube
1 c boiling water

1. Trim off all excess fat and place beef in well-greased baking dish.
2. Rub with garlic and sprinkle with salt and pepper. Pour on lime juice.
3. Mix together onions, carrots and marjoram and arrange on top of meat.
4. Combine tomato sauce, bouillon cube and water. Pour over meat and vegetables.
5. Cover and bake in preheated oven.

NOTE: This recipe may be made up ahead of time. Store in refrigerator 1-2 days and then reheat before serving.

Sweet-Sour Country-Ribs

Temp: 325° F. Time: 2 hrs.

4-5 lbs. country-style spareribs
Salt and pepper
 $\frac{1}{3}$ c light molasses
 $\frac{1}{4}$ c catsup
 $\frac{1}{4}$ c frozen concentrated orange juice, undiluted

$\frac{1}{4}$ c finely chopped onion
2 T oil
2 T vinegar



1. Have butcher separate spareribs in 2-rib portions, then cut in half crosswise if desired.
2. Arrange spareribs in a shallow baking dish.
3. Cover and bake in preheated oven 1 hour.
4. Pour off excess fat.
5. Combine remaining ingredients, pour over ribs and baste frequently with sauce.
6. Bake uncovered in preheated oven for 1 hour longer or until tender.

NOTE: Allow $\frac{3}{4}$ pound per serving of country spareribs.



Baked Potatoes

(Medium size potatoes)

Temp. 300° F. Time: 2½ hrs.
Temp: 325° F. Time: 1½ hrs.
Temp: 350° F. Time: 1¼ hrs.
Temp: 400° F. Time: 1 hr.

1. Scrub potatoes, remove eyes; dry.
2. Rub skin with shortening and prick with fork several times.
3. Place on shallow pan.
4. Bake in preheated oven.

NOTE: Idaho potatoes are best for baking.



Sweet Potatoes and Apples

Temp: 325° F. Time: 2 hrs.

6 large sweet potatoes
4 large apples

2 T brown sugar
 $\frac{1}{4}$ c water

1. Peel sweet potatoes and apples and cut in thick slices.
2. Arrange in alternate layers in a greased casserole.
3. Sprinkle with brown sugar, add water, cover and bake in preheated oven.

Baked Winter Squash

(Hubbard, Acorn, or Butternut)

Temp: 325° F.
Time: 1½-2 hrs.



1. Wash squash, dry, place on rack in oven and bake until tender.
2. Cut in half lengthwise and scoop out seeds and stringy portion.
3. Dot with butter, sprinkle with salt and pepper and put back in oven until thoroughly heated.
4. Or scrape squash out of shell, season and mash.

NOTE: If desired, first break squash into large pieces.

Harvard Beets

Temp: 325° F. Time: 2 hrs.

2½ c diced raw beets
½ c sugar
1½ t cornstarch

¼ c water
¼ c vinegar
2 T butter or margarine

1. Arrange the beets in a buttered casserole.
2. Mix sugar and cornstarch, add water and vinegar to bring to the boiling point. Add the butter.
3. Pour over the beets, cover and bake in a preheated oven.

NOTE: Canned beets may be used if desired. Make sauce, add beets and heat for 10 minutes.



Boston Brown Bread

Temp: 325° F. Time: 2 hrs.

2 c sifted whole wheat flour
1 c cornmeal
1½ t baking soda
1 t baking powder
1 t salt

¼ c sifted all-purpose flour
1 c raisins
½ c molasses
2 c sour milk
2 T melted shortening

1. Mix flour, cornmeal, baking soda, baking powder and salt.
2. Mix flour and raisins, and add to dry ingredients.
3. Add molasses, milk and shortening and mix well.
4. Fill greased loaf pan 9x5x3 inches two-thirds full. Cover with 2 pieces of waxed paper and tie with a string.
5. Bake in preheated oven.

Fruit Polly

Temp: 325° F. Time: 1½ hrs.

1 qt. canned fruit
¼ c sugar
⅓ c minute tapioca

1 T butter
1 T lemon juice

1. Arrange drained fruit in a greased baking dish. Sprinkle with sugar and tapioca, dot with butter.
2. Pour the juice from the fruit combined with the lemon juice over top.
3. Bake covered.
4. Serve warm with cream.

NOTE: Berries, cherries, peaches, and pineapple may be used.

Orange Compote

Temp: 325° F. Time: 2 hrs.

12 oz. pkg. mixed dried fruit
Water

Juice of 1 orange
Orange peel

1. Wash dried fruit and place in a 1 quart casserole. Cover with water.
2. Let stand several hours or overnight.
3. Add orange juice and thin slivers of orange peel. Bake covered in preheated oven.

NOTE: If desired, cut orange peel into fancy shapes to dress up the compote.



Chinese Chicken

Temp: 350° F. Time: 1 hr.

¼ c butter or margarine
1 c uncooked rice
3 c diced cooked chicken
1 c crushed pineapple

2 c chicken broth
¼ t salt
1 t soy sauce

1. Melt butter and add uncooked rice. Cook until slightly browned. Add rest of ingredients.
2. Pour into greased 2 qt. casserole dish, cover and bake in preheated oven. Remove cover last 10 minutes of baking.

NOTE: If desired, cook on top of range. Cover closely, and when mixture begins to steam, turn heat very low and cook 40 minutes.

Chop Suey

Temp: 350° F. Time: 1 hr.



2 T drippings
2 medium onions, diced
1 lb. fresh pork or
2 c diced leftover meat
2 c celery, diced
1 green pepper, diced

1 small can mushrooms
1 c uncooked rice
2 t salt
4 bouillon cubes
5 c water

1. Melt drippings, add onions and meat, and cook until lightly browned.
2. Add celery, pepper, mushrooms, uncooked rice, salt and bouillon cubes dissolved in water. Bake in covered casserole in preheated oven or cook covered on top of range for 40-45 minutes.

Gourmet Meat Roll

Temp: 350° F. Time: 1 hr.

1½ lbs. ground beef
1 egg, beaten
1 t salt
¼ t pepper
¾ t dried marjoram

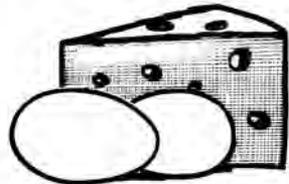
¼ t dried thyme
2½ c mashed potatoes
1 T chopped parsley
3 whole cooked carrots

1. Combine ground beef, egg and seasonings.
2. Pat out on waxed paper into a rectangle about 8x10".
3. Combine mashed potatoes with parsley. Spread over meat.
4. Arrange carrots lengthwise along wide end.
5. Starting with the wide end, roll meat jelly roll fashion. Place on heat-proof platter and bake in preheated oven.

NOTE: If desired, slice unbaked meat roll and brown on broiler 5-6 minutes on each side or reheat baked meat slices on broiler.

Inflation Souffle

Temp: 350° F. Time: 1 hr.



3 T butter or margarine
2 T corn starch
½ t salt
¼ t pepper

1 c milk
1 c sharp cheddar cheese, grated
4 egg yolks, beaten
4 egg whites, stiffly beaten

1. Melt butter; blend in cornstarch, salt and pepper. Cook until frothy.
2. Add milk and cook over medium heat, stirring constantly, until mixture thickens. Boil 1 minute.

3. Stir in cheese until melted.
4. Add a little hot mixture to beaten egg yolks, combine the two and stir while cooking 1 or 2 minutes longer.
5. Fold into beaten egg whites.
6. Pour mixture into a greased 2 quart heat-proof casserole or souffle dish.
7. Set dish in pan of hot water. Bake in preheated oven.

To re-puff souffle: Set casserole in pan of hot water. Place in 350° oven 30 minutes, or until souffle re-puffs.

NOTE: 1 c finely chopped cooked meat, fish, chicken or drained vegetables may be used instead of cheese.



Salmon Loaf

Temp: 350° F. Time: 1 hr.

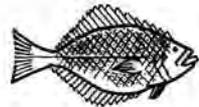
1 lb. can salmon
 ¾ c bread crumbs
 1 egg, slightly beaten
 ¾ c milk
 3 T lemon juice

½ t salt
 ⅛ t pepper
 2 T finely chopped onion
 2 T melted butter or margarine

1. Flake salmon, mash bones and skin and add to salmon.
2. Add rest of ingredients and mix well.
3. Pack into a greased 9x5x3" loaf pan and bake in a preheated oven. Serve with a sauce.

Savory Fish Bake

Temp: 350° F. Time: 1 hr.



2 pkgs. frozen fish fillets, thawed
 1 can cream of mushroom soup
 ½ c milk
 1 3-oz. can sliced mushrooms
 1 large onion, finely chopped
 2 T lemon juice
 1 T paprika

1 bay leaf, crushed
 ½ t salt
 ¼ t oregano
 ⅛ t pepper
 1 c prepared herb stuffing mix
 Butter

1. Place fish in shallow, buttered baking dish.
2. Combine soup, milk, mushrooms, onion, lemon juice and seasonings in saucepan.
3. Simmer mixture for 10 minutes on the top of the range using low heat.
4. Pour sauce over fillets.
5. Top casserole with herb stuffing and dot with butter. Bake in preheated oven. Makes 6 servings.

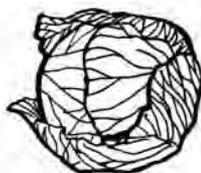
Scalloped Codfish

Temp: 350° F. Time: 1 hr.

½ lb. codfish
6 potatoes

6 onions
2 c medium white sauce

1. Flake codfish, cover with cold water and let stand for several hours. Drain. Cover with fresh water, bring to the boiling point and drain again.
2. Arrange fish in a buttered casserole with whole potatoes and onions.
3. Cover with white sauce, cover casserole.
4. Bake in a preheated oven.



Stuffed Cabbage Leaves

Temp: 350° F. Time: 1 hr.

12 large cabbage leaves
1 lb. ground beef
2 c soft bread crumbs
1½ t salt
¼ t pepper

¼ t garlic salt
½ c chopped onion
2 eggs
8-oz. can tomato sauce

1. Parboil cabbage leaves for 5 minutes.
2. Combine beef, bread cubes, salt, pepper, garlic salt, onion and eggs.
3. Form meat mixture into 12 oblong patties. Place a meat patty on each of the cabbage leaves. Roll up in cabbage leaf, fasten leaves to meat with toothpicks.
4. Place stuffed cabbage leaves in greased 2 quart casserole, pour sauce over them. Cover and bake in preheated oven.

NOTE: May be cooked in covered skillet on top of range 45 minutes.

Stuffed Eggplant

Temp: 350° F. Time: 1 hr.

3 small eggplant
1 lb. ground uncooked beef, lamb,
or pork
¾ c sliced mushrooms
2 T chopped onion
2 T chopped green pepper
1 clove garlic, minced
2 T butter or margarine
2 T flour

1 t salt
⅛ t pepper
½ c light cream
3 T diced pimiento
2 T buttered bread crumbs
or
1 T Parmesan cheese
or
2 slices crisp bacon, crumbled

1. Cut eggplant in half lengthwise.
2. Remove pulp, leaving shell ¼" thick. Cut pulp in cubes.

3. Cook in small amount of boiling salted water 10 minutes. Drain.
4. Brown ground beef, mushrooms, onion, green pepper and garlic in butter. Stir in flour, salt and pepper.
5. Add well drained eggplant pulp, cream and pimiento.
6. Fill shell and top with desired topping.
7. Bake in preheated oven.

Sweet-Sour Baked Beans

Temp: 350° F.
Time: 45-60 min.

- | | |
|-------------------------------|--|
| 4 large onions | 2 1-lb. cans dried lima beans, drained |
| $\frac{3}{4}$ c brown sugar | 1-lb. can green lima beans, drained |
| 1 t dry mustard | 1-lb. can red kidney beans, drained |
| $\frac{1}{2}$ t garlic powder | 1-lb. 6-oz can baked beans, undrained |
| 1 t salt | 8 slices bacon (if desired) |
| $\frac{3}{4}$ c vinegar | |

1. Peel and slice onions in rings.
2. Add sugar, mustard, garlic powder, salt and vinegar. Cover and simmer 10 minutes.
3. Combine all varieties of beans with onions in a greased casserole.
4. Bake uncovered in preheated oven.

NOTE: 8 slices of partially cooked bacon can be arranged on top before baking, if desired.

Glazed Sweet Potatoes

Temp: 350° F. Time: 1 hr.

- | | |
|-------------------------|-------------------------|
| 6 cooked sweet potatoes | $\frac{1}{2}$ c water |
| 1 c brown sugar | 2 T butter or margarine |

1. Pare potatoes, slice and arrange in a greased shallow baking dish.
2. Boil sugar and water 5 minutes. Add butter and pour over potatoes.
3. Bake in preheated oven.



Potatoes Delicious

Temp: 350° F. Time: 1 hr.

6 medium sized potatoes
¼ c melted butter

Salt and pepper
Chopped parsley

1. Peel potatoes and slice thinly.
2. Arrange layers of potatoes, butter and seasonings alternately in a greased baking dish.
3. Cover and bake in preheated oven. Remove cover as soon as baking time is up.
4. Cut in squares for serving.

NOTE: Grated carrots, fresh or frozen peas, or corn can be added to each layer for added color and flavor.



Scalloped Apples and Sweet Potatoes

Temp: 350° F.
Time: ¾-1 hr.

3 medium sweet potatoes
4 cooking apples, sliced thin
½ c sugar

½ t salt
3 T butter or other fat
¼ c orange juice

1. Cook sweet potatoes. Slice ½ inch thick and place alternate layers of potatoes and apples in greased baking dish with sugar and salt. Dot with butter. Add orange juice.
2. Bake covered in preheated oven.

NOTE: For a more hearty casserole, add one 7-oz. can luncheon meat or 1 c diced ham; 1 can of apples may be used in place of fresh apples.

Twice-Baked Potatoes

Temp: 350° F. Time: 1 hr.

2 Idaho potatoes
¼ c milk

2 T butter or margarine
Salt and pepper to taste

1. Bake potatoes for 1 hour at 400° F.
2. Cut potatoes in half lengthwise and carefully scoop out potato pulp.
3. Using electric mixer, beat potato with milk, butter, salt and pepper.
4. Put potato mixture back into half shells. Garnish with paprika or Parmesan cheese. Wrap in heavy foil and freeze.
5. Remove from freezer and partially thaw. Brown in oven at 350° F for 1 hour.

NOTE: If not frozen, brown at 350° F for 20 minutes.

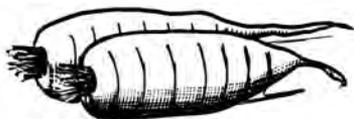
Beets 'N Pineapple

Temp: 350° F. Time: 1 hr.

- | | |
|--|----------------------------|
| 1 1-lb. can pineapple chunks,
drained | 2 T cornstarch |
| 2 1-lb. cans small whole beets,
drained | $\frac{2}{3}$ c beet juice |
| | $\frac{3}{4}$ t salt |
| | 1 T vinegar |



1. Combine pineapple chunks and beets in $1\frac{1}{2}$ quart casserole.
2. Blend pineapple juice with cornstarch.
3. Add beet juice and cook until thickened, stirring constantly. Add salt and vinegar. Pour over beets and pineapple.
4. Bake covered in preheated oven.



Caramel Carrots

Temp: 350° F. Time: 1 hr.

- | | |
|-----------------|--|
| 2 lbs. carrots | 2 T brown sugar |
| Salt and pepper | $\frac{1}{4}$ c melted butter or margarine |

1. Peel and cut carrots into strips or slices. Place in greased baking dish.
2. Sprinkle with salt and pepper and brown sugar. Add butter.
3. Cover and bake in preheated oven.

Carrot Souffle Loaf

Temp: 350° F. Time: 1 hr.

- | | |
|--------------------------------|--------------------------------|
| 2 eggs, separated | $\frac{1}{2}$ c chopped onions |
| 4 c carrots, cooked and mashed | 2 T melted butter |
| 1 c dried bread crumbs | 1 t salt |
| 2 c milk | $\frac{1}{8}$ t pepper |

1. Separate eggs and beat egg whites till stiff.
2. Combine egg yolks and remaining ingredients.
3. Fold in egg whites.
4. Pour into greased 9 x 5 x 3 inch loaf pan.
5. Bake in preheated oven.
6. Serve immediately.

NOTE: Canned carrots may also be used.

Italian Style Summer Squash

Temp: 350° F.
Time: 45 min.

2 small summer squash or zucchini	$\frac{1}{8}$ t pepper
3 tomatoes, sliced	2 T butter or margarine
1 medium onion, sliced	$\frac{1}{3}$ c grated cheese
1 t salt	

1. Wash and cut squash into thin slices.
2. Arrange squash, tomatoes and onions in alternate layers in a greased casserole.
3. Sprinkle with salt and pepper, dot with butter and add grated cheese.
4. Cover and bake in oven. Remove cover the last 10 minutes to brown the cheese.

CYMLING OR PATTY-PAN SQUASH can be prepared the same as zucchini squash.

Orange Glazed Carrots

Temp: 350° F.
Time: 50 min.

8 medium sized carrots	2 T melted butter or margarine
$\frac{1}{2}$ of 6-oz. container frozen concentrated orange juice	6 T sugar

1. Scrape and slice carrots crosswise on the bias $\frac{1}{2}$ " thick.
2. Cook, covered, in small amount of boiling salted water 15 minutes. Drain. Place in casserole.
3. Mix orange juice, butter and sugar together.
4. Pour mixture over carrots and bake in preheated oven.

Oregano Limas

Temp: 350° F. Time: 1 hr.

1 pkg. frozen lima beans	$\frac{1}{8}$ t oregano
$\frac{1}{4}$ t garlic salt	2 T butter or margarine
1 finely diced carrot	2 T water

1. Place slightly defrosted frozen lima beans, carrot, garlic salt, oregano, butter and water into casserole dish.
2. Cover and bake in oven.

Oven-Cooked Frozen Vegetables

Temp: 350° F. Time: 1 hr.

1. Place partially defrosted vegetables in casserole.
2. Dot with butter or cover with favorite sauce. Sprinkle with salt and pepper.
3. Cover and bake.



Spiced Apple Sauerkraut

Temp: 350° F. Time: 1 hr.

1-lb. 13-oz. size can sauerkraut
6 medium apples
2 T brown sugar
 $\frac{1}{2}$ t nutmeg

$\frac{1}{4}$ t cinnamon
4 t caraway seeds
 $\frac{1}{4}$ c butter or margarine

1. Drain sauerkraut. Place half in $1\frac{1}{2}$ qt. greased casserole.
2. Core unpeeled apples. Slice $\frac{1}{4}$ " thick. Arrange layer over kraut.
3. Combine brown sugar, nutmeg, cinnamon and caraway seeds. Sprinkle half over apples.
4. Make another layer of sauerkraut, apples and spices.
5. Dot top with butter.
6. Cover and bake in oven.

Apple Crisp

Temp: 350° F. Time: 1 hr.

4 c apples, pared and cut into $\frac{1}{4}$ "
slices (6 or 8 apples)
1 t cinnamon
 $\frac{1}{4}$ c water

$\frac{1}{2}$ -1 c sugar
 $\frac{3}{4}$ c sifted all-purpose flour
6 T butter or margarine

1. Arrange the apples in a greased baking dish.
2. Sprinkle with cinnamon and add water.
3. Work together the sugar, flour and butter until crumbly, spread over the apples. Bake uncovered in preheated oven.
4. Serve warm with cream.

Baked Apples

Temp: 350° F.
Time: 45 min. to 1 hr.

6 large baking apples	1/4 t salt
1/4 c brown sugar	3/4 c orange juice
3 T butter	1/2 c sugar
3 T slivered almonds	1 t quick-cooking tapioca
2 T apricot preserves	

1. Pare upper half of apples and core, leaving a small plug in the blossom end but removing blossom.
2. Arrange in a buttered baking dish.
3. Combine brown sugar, butter, almonds, apricot preserves and salt. Spoon into center of apples.
4. Combine the orange juice, sugar and tapioca and pour over the apples.
5. Bake in preheated oven, basting occasionally.

Brownie Pudding

Temp: 350° F. Time: 1 hr.

1 c sifted all-purpose flour	1 t vanilla
2 t baking powder	2 T melted shortening
1/2 t salt	3/4 c chopped nuts
2 T cocoa	3/4 c sugar
3/4 c sugar	1/4 c cocoa
1/2 c milk	1 3/4 c hot water

1. Sift together flour, baking powder, salt, cocoa, and sugar.
2. Add milk, vanilla and shortening; mix until smooth. Add nutmeats.
3. Spread into a greased 8x8x2 inch pan.
4. Mix sugar and cocoa; sprinkle over batter.
5. Pour hot water over entire batter. (This makes a "baked on" sauce for pudding.) Bake in a preheated oven.

NOTE: 1/2 large package of chocolate cake mix or 1 small package can be substituted for cake mixture above. Use sugar, cocoa and hot water over cake as directed above.

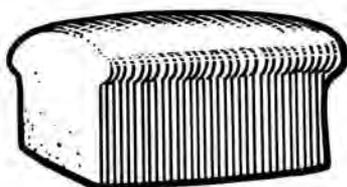


Temp: 350° F.
Time: 45-50 min.

Chocolate Cake (Salad Dressing)

2 c sifted all-purpose flour	6 T cocoa
1 c sugar	1 c salad dressing
1 1/2 t baking soda	1 c cold water
1 1/2 t baking powder	2 t vanilla

1. Sift flour, sugar, baking soda, baking powder and cocoa into mixing bowl.
2. Add rest of ingredients.
3. Beat on low speed or by hand for 2 minutes.
4. Pour batter into a greased, floured 8x8x2 inch pan.
5. Bake in a preheated oven.
6. While still warm, cover with chocolate mint patties and, when soft, spread to make a frosting.



Cranberry Bread

Temp: 350° F.
Time: 50-60 min.

2 c sifted all-purpose flour	$\frac{1}{2}$ c orange marmalade
$1\frac{1}{2}$ t baking powder	$\frac{1}{2}$ c orange juice
$\frac{1}{2}$ t baking soda	2 T water
1 t salt	1 egg, well beaten
$\frac{1}{2}$ c sugar	$1\frac{1}{2}$ c cranberries, coarsely ground
$\frac{1}{4}$ c shortening	1 c all-bran

1. Sift flour with baking powder, baking soda, salt and sugar.
2. Cut in shortening until mixture looks like meal.
3. Add orange marmalade and juice to water and combine with first mixture.
4. Add egg, cranberries and bran and stir just enough to combine all ingredients thoroughly.
5. Pour batter into greased or waxed paper lined loaf pan, 9x5x3 inches.
6. Bake in preheated oven. Cool and store 24 hours before cutting.

Date Wheat Bread

Temp: 350° F.
Time: 60-65 min.

8 oz. pkg. pitted dates	1 t baking soda
1½ c boiling water	1 t baking powder
¼ c shortening	1 t salt
1 c brown sugar	1 c sifted whole wheat flour
1 egg	1 c chopped nutmeats
2 c sifted all-purpose flour	

1. Cut dates into quarters with kitchen scissors. Add boiling water and let stand until cool.
2. Cream shortening, adding sugar gradually. Add egg and beat.
3. Sift flour with baking soda, baking powder and salt. Stir in whole wheat flour.
4. Add flour alternately with dates to creamed mixture.
5. Pour into a greased 9x5x3 inch loaf pan.
6. Bake in preheated oven.
7. Cool 10 minutes. Wrap for freezing if desired. May be stored 6 months. Defrost in unopened wrapping 3 hours before slicing.

NOTE: Graham flour can be used in place of whole wheat flour.

Fruit Compote

Temp: 350° F. Time: 1 hr.

1-lb. 13-oz. can purple plums	2 T lemon juice
1-lb. 13-oz. can unpeeled whole apricots	¾ t nutmeg
1-lb. 4-oz. can pineapple spears	¼ c honey
	1 T salad oil

1. Drain plums, apricots and pineapple.
2. Arrange plums in center of 10 or 12 inch skillet or casserole dish, placing pineapple and apricots on either side of plums.
3. Sprinkle on lemon juice, nutmeg and mixture of honey and salad oil.
4. Bake in preheated oven until fruit is warm, occasionally spooning over syrup that seeps from fruit.
5. To flame, soak sugar cubes in lemon extract. Place on top of fruit and light immediately.
6. Serve hot, either plain or over ice cream.

Pumpkin Nut Bread

Temp: 350° F. Time: 1 hr.

1 c shortening	1/8 t salt
2 3/4 c sugar	1 t allspice
3 eggs	1 t cinnamon
3 c sifted all-purpose flour	2 c cooked pumpkin
1 t baking powder	1 t vanilla
1 t nutmeg	1 c chopped nuts
1 t baking soda	

1. Cream shortening. Add sugar gradually and the eggs.
2. Sift together the flour, baking powder, nutmeg, baking soda, salt, allspice and cinnamon. Add to the creamed mixture.
3. Add pumpkin and vanilla ; mix until well blended.
4. Fold in nuts and pour into two greased 8 1/2 x 4 1/2 x 2 1/2 inch loaf pans.
5. Bake in preheated oven.

Rhubarb Sauce

Temp: 350° F. Time: 1 hr.

4 c diced rhubarb	1/2-1 c sugar
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1. Arrange rhubarb in buttered 2 quart casserole and sprinkle with sugar according to desired sweetness.
2. Cover and bake in preheated oven.

NOTE: May be cooked in saucepan on top of range with 1/4-1/2 cup water added.

Baked Croquettes

Temp: 425° F.
Time: 25-30 min.

1 c cooked meat	1/8 t pepper
1 c fine bread crumbs	1 t minced onion
1 1/2 c canned celery soup	Buttered bread crumbs
1 t salt	



1. Grind meat and mix with crumbs and soup. Add the salt, pepper and onion.
2. Shape into balls or cones and roll in buttered crumbs. Place in a buttered baking dish.
3. Bake in preheated oven.

NOTE: Croquettes also may be shaped into patties or finger shapes and broiled or pan fried.

Baked Split Peas

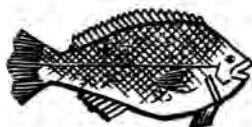
Temp: 425° F.
Time: 20-25 min.

1 c dry split peas	2 T chopped onion
1 1/2 c boiling water or meat stock	1/8 t pepper
1/2 c chopped ham, pork or crisp bacon	1 t salt

1. Add peas to water or meat stock, bring to boiling point and cook 2 minutes.
2. Cover and let stand 1/2 hour.
3. Add remaining ingredients ; season to taste.
4. Cover and bake in preheated oven.
5. May be served with sauerkraut and pork.

Baked Stuffed Fish

Temp: 425° F.
Time: 10 min./lb.
Over 5 lbs.: 5 min./lb.



1 whole fish (white, bass)	2 T chopped parsley
2 c soft bread crumbs	2 T lemon juice
1 t salt	1/4 c melted butter or margarine
1/8 t pepper	2 T chopped dill pickle

1. Have fish cleaned and boned at market. Wash thoroughly and dry well. Rub inside with salt.
2. Mix bread crumbs, salt, pepper, parsley, lemon juice, butter and pickle. Stuff fish and skewer edges together. Lace with string.
3. Arrange on a well greased heat-proof platter and bake in a preheated oven.

Crispy Fish

Temp: 425° F.
Time: 20-25 min.

1 1/2 lbs. fish fillets	1 egg, beaten
1/3 c flour	3 T cold water
1/2 onion, grated	3 c corn flakes, crushed
Juice of 1 lemon	3 T bacon fat or drippings
3/2 t salt	

1. Remove skin from fish and cut into serving pieces. Roll in flour.
2. Combine onion, lemon juice, salt, egg and water.
3. Dip fish in egg mixture, then roll in corn flakes.
4. Arrange on greased heat-proof platter. Melt drippings and pour over fish.
5. Bake in preheated oven.

Lamb Stew with Biscuit Crust

Temp: 425° F.
Time: 20-25 min.

2 lbs. shoulder lamb	2 stalks celery
1 T drippings	2 sprigs parsley
1 qt. water	12 small carrots
1 bay leaf	6 small onions
1 t salt	1 T fat
¼ t pepper	2 T flour

1. Cut lamb in 1" dice and brown in drippings.
2. Add water, bay leaf, salt, pepper, celery and parsley. Cover and simmer for 1¼ hours.
3. Add vegetables and cook 20 minutes longer.
4. Mix the fat and flour to a paste and stir into stew to thicken.
5. Pour into a greased casserole, top with Savory Biscuit Crust and bake in a preheated oven.

NOTE: Shoulder of veal and beef can be prepared in the same way.



Pommes de Terre Duchesse

Temp. 425° F. Time: 25 min.

3 c hot seasoned mashed potatoes	2 T butter or margarine
2 egg yolks beaten	

1. Combine mashed potatoes and egg yolks. Chill.
2. Divide the mixture into small portions. Roll each portion on a floured surface, shaping as desired.
3. Brush with melted butter and brown in oven.

NOTE: May be cooked in skillet on top of range.

Salt Potatoes

Temp: 425° F.
Time: 25-30 min.

12 small potatoes	Coarse salt
Salad oil	

1. Scrub potatoes. Do not peel.
2. Oil skins and pierce several times with a fork.
3. Roll in coarse salt. Arrange on baking sheet.
4. Bake in preheated oven.

Breaded Eggplant

Temp: 425° F.
Time: 20-25 min.

1 egg plant
1 egg
1/2 t salt

1/8 t pepper
Fine bread crumbs
Butter or margarine

1. Pare eggplant and cut in thin slices.
2. Beat egg slightly ; add salt and pepper.
3. Dip slices of eggplant into egg mixture and then into crumbs.
4. Arrange in a shallow buttered baking pan and dot with butter.
5. Bake in preheated oven.

Broccoli Delight

Temp: 425° F.
Time: 20-25 min.

2 pkgs. frozen broccoli or
1 bunch fresh broccoli

1 can condensed cream of celery
soup
1 c bread croutons

1. Partially defrost broccoli and arrange in greased shallow baking dish. If fresh broccoli is used add 1/2 c water.
2. Pour condensed soup over broccoli and cover.
3. Bake in preheated oven.
4. Top with croutons and serve.

NOTE: To make croutons, cut 2 slices of bread into small cubes, Brown in skillet with 2 T butter.

Succotash

Temp: 425° F.
Time: 20-25 min.

1 1/2 c cooked or canned snap, shell
or lima beans (with liquid) 1/2 c milk
2 T butter or margarine
1 1/2 c cooked or canned corn 1/2 t salt
(with liquid) Few grains pepper

1. Do not drain liquid from vegetables.
2. Combine all ingredients and pour into a 1 1/2 qt. casserole.
3. Cover and bake in preheated oven.

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