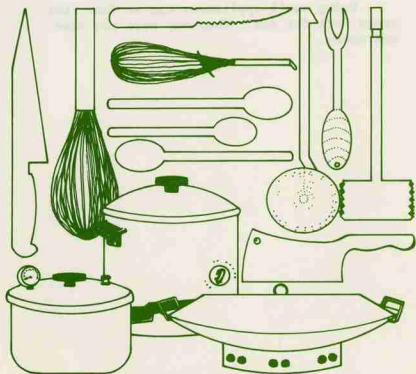


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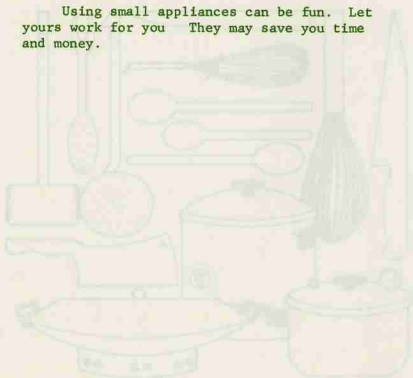


FUN WITH FOOD EQUIPMENT

The following recipes were used in the Fun with Food Equipment series of Down Home Cooking.

Small appliances represent a big annual expenditure of money. Some are popular for a limited period of time just like dress styles, but, they continue to be useful pieces of equipment. Most of them can be used in a variety of ways as shown in these recipes.

Using small appliances can be fun. Let yours work for you. They may save you time and money.



FUN WITH FOOD EQUIPMENT

I. SLOW COOKERS

Bargain Beef Stroganoff

1 1/2 lbs. round steak	1 1/2 cups beef bouillon
1 tsp. salt	1 tbs. catsup
1/8 tsp. pepper	2 tbs. dry white wine
1 onion, sliced	1/4 lb. fresh mushrooms, sliced
1/4 tsp. garlic salt	1/3 cup flour
1 tbs. Worcestershire sauce	1 cup yogurt

Cut steak into 1/4-inch strips. Coat with salt and pepper. Drop into bottom of slow-cooking pot with onion. Mix garlic salt, Worcestershire sauce, bouillon and catsup. Pour over meat. Cover and cook on low for 6 to 8 hours or until tender. Turn control to high. Add wine and mushrooms. Dissolve flour in small amount of water. Add to meat mixture, stirring until blended. Cook on high for 15 minutes or until slightly thickened. Stir in yogurt; turn off heat. Serve with rice or noodles. Makes 5 to 6 servings.

Banana Nut Bread

1/3 cup shortening	1/2 tsp. baking soda
1/2 cup sugar	1/2 tsp. salt
2 eggs	1 cup mashed ripe bananas
1 3/4 cups all-purpose flour	1/2 cup chopped walnuts
1 tsp. baking powder	

Cream together shortening and sugar; add eggs and beat well. Sift dry ingredients; add to creamed mixture alternately with banana, blending well after each addition. Stir in nuts. Pour into well-greased 4- to 6-cup mold. Cover with foil and tie. Pour 2 cups hot water in slow-cooking pot. Place mold on rack or trivet in pot. Cover and cook on high 2 to 3 hours or until bread is done. Serve warm or cool, with butter, peanut butter or cream cheese.

Slow-Cooking Cranberries

- | | |
|--------------------------------------|---------------|
| 1 (16-oz.) package fresh cranberries | 2 cups sugar* |
| | 1/4 cup water |

Combine cranberries with sugar and water in slow-cooking pot. Cover and cook on high 2 to 3 hours or until some of the cranberries have "popped." Makes about 4 cups. Serve with chicken or turkey.

*One cup of sugar may be omitted and an artificial sweetener equal to that amount added when berries have cooked.

Creole Zucchini

- | | |
|-------------------------------|--------------------------------|
| 2 lbs. zucchini | 1/4 tsp. pepper |
| 1 small green pepper, chopped | 4 tomatoes, peeled and chopped |
| 1 small onion, chopped | 2 tbs. butter or margarine |
| 1 clover garlic, minced | 2 tbs. minced parsley |
| 1 tsp. salt | |

Cut zucchini into 1/4-inch slices. In slow-cooking pot, combine zucchini with green pepper, onion, garlic, salt and pepper. Top with chopped tomatoes, then butter. Cover and cook on high for about 2 hours or until tender. Sprinkle with chopped parsley. Makes 6 to 7 servings. This recipe is not suitable for tray-type Crockery Cookers.

Mission Chicken

- | | |
|---|-----------------------------------|
| 2 (2 1/2-lb.) broiler-fryers quartered | 1/2 cup water |
| 1/4 cup butter | 2 or 3 drops hot pepper sauce |
| 1/4 tsp. ground cinnamon | 1 cup seedless grapes, halved |
| 1/4 tsp. ground cloves | 1/2 cup slivered, toasted almonds |
| 1 tsp. salt | |
| 1 tsp. seasoned salt | |
| 1 (6-oz.) can frozen orange juice concentrate, thawed | |

In large skillet or slow-cooking pot with browning unit, brown chicken in butter. Combine cinnamon, cloves, salt, seasoned salt, orange juice concentrate, water and hot pepper sauce. Pour this mixture over chicken in slow-cooking pot. Cover and cook on low for 4 to 5 hours or until chicken is tender. Stir in grapes. Place chicken in serving dish; sprinkle with almonds. If preferred, pass sauce in separate bowl or thicken with flour dissolved in a small amount of water. Makes 8 servings.

II. PRESSURE COOKERS

Savory Shrimp Casserole

3 tbs. pure vegetable oil	1/2 cup water
1 clove garlic	1 (1-lb.) can tomatoes
1/2 cup chopped onion	1 (6-oz.) can sliced mushrooms, drained
1/2 lb. cooked ham, diced	1 lb. peeled and cleaned frozen shrimp, rinsed and drained
1 cup long-grain rice	1/2 green pepper, slivered
2 teaspoons salt	2 tsp. chopped fresh parsley
1/8 tsp. black pepper	1 tsp. chopped scallions
Pinch each cayenne, chili powder or cumin, and basil	

Heat pressure cooker; add oil. Saute garlic and onion until golden. Stir in ham and rice. Cook until rice is well coated and lightly browned. Remove garlic clove. Add seasonings, water, tomatoes, mushrooms; mix well. Add shrimp and sprinkle green pepper strips over all. Close cover securely, place pressure regulator on vent pipe and cook 5 minutes with pressure regulator rocking slowly. Cool cooker at once. Remove cover and stir with fork. Let stand 5 minutes and remove shrimp and rice mixture to casserole. Sprinkle with chopped parsley and scallions. Makes 8 servings.

Potato Salad with Frankfurters

1 lb. frankfurters, cut into 1-inch pieces	1/2 cup vinegar
5 or 6 medium sized potatoes, sliced	1/4 cup sugar
1 tsp. salt	1 onion, chopped fine
1/4 cup salad oil	2 tbs. parsley, chopped fine

Place the sliced potatoes in pressure cooker and frankfurters on top of potatoes. Put the salt, oil, vinegar, sugar in shaker or pint jar and shake well. Pour ingredients over potato salad and add finely chopped onion. Cover cooker. Set control on vent tube at 15 lbs. and place cooker over high heat. When control jiggles, cook 2 minutes. Remove cooker from heat and reduce pressure instantly. Add chopped parsley and mix well before serving. Serves 4 or 5.

Custard

2 cups milk	1/4 tsp. salt
2 eggs	1/2 tsp. vanilla
1/3 cup sugar	1 cup water

Scald milk and cool slightly. Combine slightly beaten eggs, sugar and salt. Add milk slowly, stirring constantly. Add vanilla. Pour into individual custard cups. Cover each cup with several layers of waxed paper, securely tied or aluminum foil. Place water in cooker and set custard cups on rack. Close cover securely. Follow directions for your cooker. Usually 3 minutes at 15 lb. pressure will do it. Cool cooker at once. Chill.

Meat Loaf

1 1/2 lbs. ground round steak or ground beef	1 cup celery, minced
1/2 lb. ground pork	1 medium carrot, grated
2 tsp. salt	1/2 cup corn flakes
Pepper	1 tsp. Worcestershire sauce
2 eggs, slightly beaten	1 tbs. shortening
1 medium onion, minced	1 cup water

Have meat ground twice. Combine the beef and pork and season with salt and pepper. Add eggs, onion, celery, carrot, corn flakes and sauce. Combine all ingredients well and form into two small loaves. Wrap in wax paper and chill several hours in refrigerator. (This prevents meat loaf from breaking apart while cooking.) Heat cooker and add shortening. Brown each loaf well on all sides, turning with a pancake turner. Place meat on rack and add water. Close cover securely. Place pressure regulator on vent pipe and cook 15 minutes at 15 lb. pressure. Let pressure drop of its own accord.

Cornish Hens in White Wine

1 tbs. shortening	1/2 tsp. chicken
2 cornish hens	bouillon, instant
1/2 tsp. salt	1/8 tsp. thyme
1/4 tsp. pepper	1 tsp. parsley,
1 cup white cooking wine	chopped

Heat cooker; add shortening and brown hens. Season with salt and pepper. Combine remaining ingredients and pour over hens. Close cover securely. Place pressure regulator on vent pipe and cook 8 minutes at 15 lb. pressure. Let pressure drop of its own accord.

III. BLENDERS

Crispy Parmesan Chicken

1 1/2 cups croutons	1 (2 1/2-3 lb.) ready-to-cook broiler-fryer
3/4 cup grated Parmesan cheese	chicken, cut up
2 sprigs parsley	1/2 cup butter or margarine, melted

Put croutons, cheese and parsley in blender. Blend til croutons are fine crumbs. Dip chicken in butter, roll in crumb mixture. Place pieces, skin side up, in shallow baking pan. Sprinkle with remaining butter and crumbs. Bake, without turning, at 375° til tender, about 45 minutes to 1 hour. Makes 4 servings.

Blender Cucumber Salad

1 large cucumber	4 tsp. lemon juice
1 tbs. unflavored gelatin	1-2 drops yellow food coloring (optional)
2 tbs. sugar	
1 cup unsweetened pineapple juice	

Peel cucumber; halve lengthwise and remove seeds. Slice cucumber into blender container; cover. Blend on high speed til pureed. Stop blender, as needed, to push cucumber down from side of container. Add water to puree, if necessary, to make 1 cup.

In medium saucepan combine unflavored gelatin and sugar; add unsweetened pineapple juice. Stir mixture over low heat til gelatin and sugar are dissolved. Add pureed cucumber, lemon juice and yellow food coloring. Chill til partially thickened; stirring occasionally. Pour the cucumber mixture into a 3 1/2-cup mold. Chill til firm.

Serve with Yogurt Dressing: Combine 1/4 cup yogurt, 1 tablespoon low-calorie mayonnaise-type dressing, 1 1/2 teaspoons sugar and 1/2 teaspoon lemon juice. Chill. Serves 4.

Strawberry Sherbet

1 (3-oz.) package strawberry-flavored gelatin	1 tbs. lemon juice
1 cup boiling water	Dash ground cinnamon
3/4 cup cold water	1 (16-oz.) package frozen strawberries, partially thawed

Blend first 2 ingredients at low speed in blender til dissolved. Add rest of ingredients to blender container, blend till mixed. Freeze in two 4-cup freezer trays. Break into chunks. Beat smooth in chilled bowl. Return to trays; freeze. Serves 8.

Mock Sour Cream

1 cup creamed cottage cheese	1/8 tsp. salt
1 tbs. lemon juice	1 tbs. chives (optional)
3 tbs. water or milk	

Blend the first 2 ingredients. Slowly add water or milk, salt and chives.

IV CHAFING DISHES & FONDUE POTS

Curried Chicken

2 cups cooked cubed chicken	2 tbs. curry powder
1/4 cup chopped onion	1 tbs. flour
1/4 cup chopped apple	3 cups chicken stock
1 tsp. chopped green pepper	4 slices bacon
Salt and pepper	

Brown onion and apple with bacon in chafing dish pan over direct flame. Add seasonings mixed with flour. Pour in stock and simmer 30 minutes. Add green pepper and chicken. Serve with hot rice, chutney, crumbled bacon, chopped parsley, peanuts, coconut, and ripe olives.

Jiffy Beef Stew with Dumplings

1 can (1 1/2 pound) beef stew	2 tablespoons instant
1 cup drained cooked mixed vegetables, left-over or canned	minced onion
1 cup tomato juice or 1 can (8 ounce) tomato sauce	1 cup prepared biscuit mix
	1/3 cup milk

Combine first 4 ingredients in metal fondue pot; mix. Place on fondue stand over direct high heat. Cover, heat to serving temperature, stirring often. Stir biscuit mix and milk with fork until dry ingredients are moistened. Drop 6 spoonfuls of biscuit mix onto hot stew. Cover; turn heat to moderate and cook until dumplings are done, about 15 minutes. Yield: 2 to 3 servings.

Swiss Dunking Potatoes

2 pounds small new potatoes,* washed	1/4 cup butter or margarine
3/4 cup cider vinegar	2 teaspoons caraway seed
1 cup finely chopped onion	2 teaspoons salt
1/2 cup vegetable oil	1/2 teaspoon black pepper

Heat 1 inch salted water (1 teaspoon salt to 1 cup water) to boiling in 3-quart saucepan. Add potatoes; cover. Cook until fork tender, about 25 minutes. Drain. Return to saucepan. Shake over low heat until dry. Place in napkin-lined serving dish or basket.

Mix remaining ingredients in small saucepan. Heat to boiling, reduce heat. Simmer 5 minutes. Pour sauce into fondue pot. Place pot on stand and ignite denatured alcohol burner or canned cooking fuel.

Potatoes can be eaten unpared or can be pared as you go, then cut into halves or quarters. Using a fondue fork, dip each potato or potato section into hot sauce. For added flavor, allow potatoes to remain in sauce 30 seconds or more. Transfer to regular dinner fork before eating.

*Canned new potatoes may be used. Follow procedures recommended above.

V. WOK AND SKILLET

Stir-Fry (Chow) Vegetables

2-3 tablespoons oil*

1/2 cup chicken broth

Seasonings as desired:

Broccoli Celery

Carrots Mushrooms

Wash all vegetables. Cut off broccoli flowerettes. Peel stems and cut into 1-inch diagonal slices. Peel or scrape carrots. Cut into 1/4-1/2 inch bias slices. Cut celery into 1/2 inch diagonal slices. Separate mushroom caps and stems. Slice caps into 2 or 3 pieces; cut stems into 1/2-1 inch pieces.

Heat oil in wok or electric skillet. Lower heat if oil begins to smoke. Be sure oil is swirled around edges of pan. Add broccoli, celery, and carrots. Stir-fry 1-2 minutes, add mushrooms and cook one more minute. Add chicken broth, cover, lower heat and cook 6-8 minutes. Stir occasionally. Eat while hot and crisp.

*2-3 tbs of oil will take care of 3 cups of vegetables. Fewer varieties of vegetables may be used.

Baking Powder Biscuits

Fit 4 layers of aluminum foil, preferably heavy duty, in the bottom of Frypan. Preheat with cover to 420°, until the light goes out. Place your own recipe or packaged ready to bake biscuits directly on the foil, cover, bake 10 minutes. Uncover, turn, cover, open vent. Bake 10 minutes longer. Serve at once. This makes a crusty, delicious, English Muffin type biscuit

Scalloped Potatoes

2 1/4 cups peeled white potatoes thinly sliced	1/8 tsp. pepper 1 cup milk
1/2 cup peeled onion, thinly sliced	1/4 cup fine, dry bread crumbs
1 1/2 tbsp. butter or margarine	1 tbsp melted butter or margarine
1 1/2 tbsp flour	
1/2 tsp salt	paprika

Prepare potatoes and onions. Melt the 1 1/2 tbsp. butter in Frypan at 300°. Blend in flour, salt and pepper. Then add milk gradually. Cook, stirring until thickened. Remove sauce from Frypan. Alternate layers of potatoes and onions in Frypan, sprinkling lightly with additional salt and pepper. Pour sauce over potatoes. Blend crumbs with melted butter and sprinkle over top. Season with paprika. Cover, bake at about 240° about 45 minutes or until potatoes are tender. Serves 4-6.

*If smaller amount needed, may be cooked in a pan on a rack. This may take a few minutes longer- depending on thickness.

Cup Custards

3 eggs	1 tsp. vanilla
1/4 cup granulated sugar	2 cups milk
1/4 tsp. salt	nutmeg or coconut

Assemble ingredients and utensils needed. Measure 2 cups water into Frypan. Add 1 tablespoon vinegar (to avoid discoloration from water). Butter custard cups

Combine eggs, sugar, salt and vanilla in small bowl of electric mixer. Beat on high speed until well blended and thick. Add milk. Beat on medium speed until blended. Pour into custard cups, filling about 1/2 inch from top. Sprinkle with nutmeg or coconut. Bring water in Frypan to boil at 320°. Arrange cups in boiling water. Turn dial to 200°. Cover Frypan, bake 45 minutes or until a silver knife inserted in center comes out clean. Remove at once. Cool on cake rack, then chill. Serve with chocolate sauce or maple syrup spooned over top. Serves 4-6.

Baked Apples

6 medium size apples	1/2 cup water
1/2 cup granulated sugar	1 tbsp butter or margarine
3 tbsp brown sugar	cinnamon or nutmeg

Wash apples, core, pare 1/3 way down from stem end. Arrange in Frypan. Combine granulated and brown sugar and water. Pour over apples. Add butter. Sprinkle apples with cinnamon or nutmeg. Set dial at 320°. When syrup boils, cover Frypan, reduce heat to about 220°. Bake about 30 minutes or until apples are tender. Remove cover, baste apples with syrup. Serve plain or with cream. Core portion may be stuffed with mincemeat, orange marmalade or pitted dates and chopped nuts.

Note: Apples may be put into a small baking pan. (Use only 1/4 cup water.) Place pan directly on bottom of Frypan. Turn dial to 420° until syrup is boiling, then to 260°. Cover and bake until apples are tender.

VI. CLAY COOKING POTS

Zesty Vegetable Medley

Zucchini squash, sliced
Tomatoes, sliced
Onions, sliced

Salt
Seasoned pepper
Parmesan cheese

Water the pot. Arrange vegetables and seasonings in the pot. Cover and place in a cold oven. Bake at 450°F. for about 30 minutes.

The time will vary with the amount of vegetables and the thickness of the slices.

Hot Dogs Romertopf

2 lbs. hot dogs

Parsley, chopped

Water the pot. Place hot dogs in pot and sprinkle with parsley. Cover the pot and place in cold oven. Bake at 450°F. for 25-30 minutes.

Parsley may be omitted--barbecue sauce used if desired.

Apple Crumble

2 lbs. apples
3/4 cup flour
1/2 cup sugar

4 tbs. butter
a little cinnamon
few drops lemon juice

Peel, core and slice the apples. Put into the soaked clay cooker and sprinkle with cinnamon and lemon juice. Cut the fat into the flour and sugar until you have a fine mixture, like bread crumbs. Sprinkle this on top of the fruit. Cover and cook in a moderately hot oven (350°F.) for about 1 hour. Then remove the cover; replace the pot in the oven and cook for a little longer until the crust is brown.

Serve with fresh cream or with custard. The crumble may be made with other fruits.

VII. OTHER FOODS SHOWN

Individual Quiches

Pastry for two-crust pie	2 tbs. snipped parsley
12 slices bacon, crisply fried, crumbled	4 eggs
1 cup shredded natural Swiss cheese (about 4 ounces)	2 cups whipping cream
1/3 cup finely chopped green onions	3/4 tsp. salt
	1/4 tsp. sugar
	1/4 tsp. red pepper sauce
	Paprika

Prepare pastry. Divide pastry in half. Roll each half into 14-inch circle; cut into smaller circles with 3-inch cutter. Fit small circles into 2 1/2-inch tartlet pans. Press pastry to fit into pans.

Heat oven to 425°. Sprinkle bacon, cheese, onions and parsley in pastry-lined pans. Beat eggs slightly; beat in cream, salt, sugar and red pepper sauce.*

Pour egg mixture carefully over bacon-cheese mixture in pastry-lined pans; sprinkle with paprika. (Do not allow egg-cream mixture to fill beyond pastry.)

Bake 5 minutes. Reduce oven temperature to 300°. Bake until knife inserted toward center comes out clean, about 20 minutes. Remove from pans. Serve warm. Makes about 30 appetizers.

TIP: *Recipe can be prepared to this point in advance; tightly cover and refrigerate pastry and filling separately no longer than 48 hours.

Potato-Sauerkraut Balls

8 slices bacon	1 tbs. snipped parsley
1/2 cup finely chopped onion	1 1/2 cups finely crushed corn flake cereal
1 clove garlic, finely chopped	2 tsp. caraway seed
1 can (16 oz.) sauerkraut, drained	2 eggs, beaten
1/2 cup mashed potatoes	Oil

Fry bacon in large skillet until crisp; drain and crumble. Pour off all but 2 tablespoons fat. Cook and

stir onion and garlic in fat until onion is tender. Remove from heat; stir in bacon, sauerkraut, mashed potatoes and parsley.

Drop by rounded teaspoonfuls onto waxed paper-lined baking sheet; gently form ball shapes with spoon. Cover with waxed paper or plastic wrap. Refrigerate until firm.*

Mix cereal and caraway seed. Dip sauerkraut balls in eggs; roll in cereal mixture. Heat oil (3 to 4 inches) to 375° in deep fat fryer or kettle. Fry sauerkraut balls until golden brown, about 1/2 minute. Drain on paper toweling;** serve hot. Makes about 60 appetizers. TIPS: *Appetizers can be refrigerated no longer than 48 hours before frying.

**Appetizers can be fried 24 hours in advance. Cover and refrigerate. Reheat uncovered in 425° oven about 10 minutes.





Prepared by: Marjorie M. Donnelly,
Extension Specialist Foods and Nutrition

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