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EC9986 Quick Meals from the Pressure Saucepan

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QUICK HEALS FROM THE PRESSURE SAUCEPAN

Boston Brown Bread

1/3 cup sugar
1/2 tablespoon butter, melted
1 egg, beaten
1/4 cup molasses
1/2 cups sour milk
2 cups Graham flour
1 cup whole wheat flour
1/2 teaspoon salt
1 teaspoon soda
1/2 cup nuts
1/2 cup raisins
5 cups water in cooker with rack

Method: Combine sugar, melted fat, egg and molasses. Sift flours and soda. Add dry ingredients alternately with sour milk. Add nuts and raisins. Mix well. Turn into a buttered bowl or mold that may be set loosely in cooker. Cover bowl with wax paper. Place cover on cooker. Allow steam to flow 20 minutes. Cook 40 minutes at 10 pounds pressure. Cool slowly.

Boston Baked Beans with Pork

2 cups dried beans
3/4 pound salt pork, diced
3 tablespoons brown sugar
1 teaspoon salt
3 tablespoons molasses
2 teaspoon mustard
1 medium onion, diced or whole
2 tablespoons catsup
water

Method: Soak beans overnight. Drain. Heat cooker and sear diced salt pork. Add beans, sugar, molasses, salt, mustard, onion, catsup and water (enough to just cover beans.) Place cover on cooker. Allow steam to escape. Cook 40 minutes at 15 pounds pressure. Cool slowly.

Vanilla Custard

2 cups milk
2 eggs
1/3 cup sugar
1/4 teaspoon salt
1/2 teaspoon vanilla
1/2 cup water in cooker with rack

Method: Scald milk and cool lightly. 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 wax paper, securely tied, of aluminum foil. Place water in cooker and set custard cups on rack. Place a second rack or a flat cover over the first layer of custard cups and set the second layer of cups on it. Place cover on cooker. Allow steam to flow from cooker. Cook 3 minutes at 15 pounds pressure. Cool cooker at once. Chill custard.
Fork Chop Dinner
Corn Stuffed Pork Chops
Sweet Potatoes - Whole Red Apples

4 pork chops, 1" thick
1 - 12 oz. can (1/2 cup) whole
kernel corn
1 teaspoon salt
1/8 teaspoon pepper
2 tablespoons fat
1/2 cup dry bread crumbs
1/2 cup chopped celery
1 tablespoon chopped pimiento
1 tablespoon chopped onion
1/2 cup flour for dredging
2 medium sweet potatoes
4 medium apples
1/2 cup raisins
2 tablespoons brown sugar

Have pockets cut in pork chops. Salt inside
of pockets. Combine remaining ingredients.
Fill pockets and fasten with toothpicks.
Dredge in mixture of seasoned flour and
Add 1/2 cup boiling water. Adjust cover; ex-
hauat air from cooker. Heat to 15 pounds
pressure 10 minutes. Reduce pressure rapidly.
Open cooker and place the following on
chops.

2 medium sweet potatoes, cut in pieces.
4 medium apples, cored and stuffed with raisins.
2 tablespoons brown sugar.

Adjust cover; exhaust air and cook at
15 pounds pressure 3 - 4 minutes. Reduce
pressure rapidly.

Oatmeal

Cereals may be prepared in two ways; either
in the bottom of the cooker or in a separate
utensil or bowl placed within the cooker.

First Method: Add the cereal slowly to the
prescribed amount of boiling water in the
bottom of the cooker. Stir constantly. When
cereal becomes smooth and velvety, place
cover on cooker. Allow steam to escape; cook
for 3 minutes at 15 pounds. Cool quickly.
Stir cereal thoroughly and serve.

Second Method: Milk may be substituted for
water in this method, if desired. Add cereal
slowly to prescribed amount of boiling water
(or simmering milk) in bottom of cooker. Stir
until cereal and liquid are well mixed. Re-
move cooker from heat and pour cereal into a
bowl. (Bowl should fit loosely in cooker to
permit ample circulation of steam.) Rinse
cooker and pour two cups of water into cook-
er with rack. Place bowl on rack in cooker.
Place cover on cooker and allow steam to
escape; cook for 3 minutes at 15 pounds
pressure. Cool quickly. Stir cereal
thoroughly and serve.

Vegetable Plate

Combine vegetables that are charted for same cooking time. Carrots, cauliflower,
onions, acorn squash. Place vegetables on rack. Use pans or divider if to be
cooked separately. Add 1/2 cup water to bottom of cooker. Allow steam to escape.
Cook 3-5 minutes at 15 pounds pressure. Cool at once. Salt may be added before
or after cooking. Serve with sauce or butter.

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MENU SUGGESTIONS

Stuffed Beef Heart
Green Lima Beans    Parsley Potatoes
Waldorf Salad
Stewed Apricots    Cookies

Barbecued Spareribs
Buttered Squash    Steamed Potatoes
Mixed Vegetable Salad
Butterscotch Pudding

Veal Stew         Dumplings
Apple and Grapefruit Salad
Date Nut Pudding

Swedish Meat Balls
Buttered Peas     Baked Potatoes
Molded Pineapple Carrot Salad
Peach Cobbler
Chili Con Carne Crackers
Mixed Fruit Salad
Prune Cake with Hard Sauce

Flank Steak - with Dressing
Buttered Wax Beans Mashed Potatoes
Peach and Cottage Cheese Salad
Jelly Roll

Pork Chops Stuffed with Corn
Sweet Potato Halves Whole Steamed Apples
Cabbage Slaw
Custard Pudding