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## EC9986 Quick Meals from the Pressure Saucepan

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IN AGRICULTURE AND HOME ECONOMICS

U. of N. Agr. College & U. S. Dept. of Agr. Cooperating  
H. G. Gould, Associate Director, Lincoln

Extension

Circular

9986

QUICK MEALS FROM THE PRESSURE SAUCEPAN

Boston Brown Bread

1/3 cup sugar  
1 1/2 tablespoon butter,  
melted  
1 egg, beaten  
1/2 cup molasses  
1 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 in to 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  
1/2 pound salt pork, diced  
3 tablespoons brown sugar  
1 teaspoon salt  
3 tablespoons molasses  
1/2 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.

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DOCUMENTS  
ROOM

E.C. 9986



Fork Chop Dinner  
Corn Stuffed Pork Chops  
Sweet Potatoes - Whole Red Apples

4 pork chops, 1 $\frac{1}{2}$ " thick  
1 - 12 oz. can (1 $\frac{1}{2}$  cup) whole  
kernel corn  
1 teaspoon salt  
1/8 teaspoon pepper  
2 tablespoons fat  
1/4 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  
1/4 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 paprika. Brown in 2 tablespoons of hot fat. Add 1/2 cup boiling water. Adjust cover; exhaust 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

1 cup rolled oats  
2 cups water or milk  
1/2 teaspoon salt

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. Remove 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 cooker 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.



MENU SUGGESTIONS

Stuffed Beef Heart

Green Lima Beans

Parsley Potatoes

Waldorf Salad

Stewed Apricots

Cookies

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Barbecued Spareribs

Buttered Squash

Steamed Potatoes

Mixed Vegetable Salad

Butterscotch Pudding

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Veal Stew

Dumplings

Apple and Grapefruit Salad

Date Nut Pudding

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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

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Flank Steak - with Dressing

Buttered Wax Beans

Mashed Potatoes

Peach and Cottage Cheese Salad

Jelly Roll

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Pork Chops Stuffed with Corn

Sweet Potato Halves

Whole Steamed Apples

Cabbage Slaw

Custard Pudding