

1959

## EC59-921 Cooking in your...Skillet

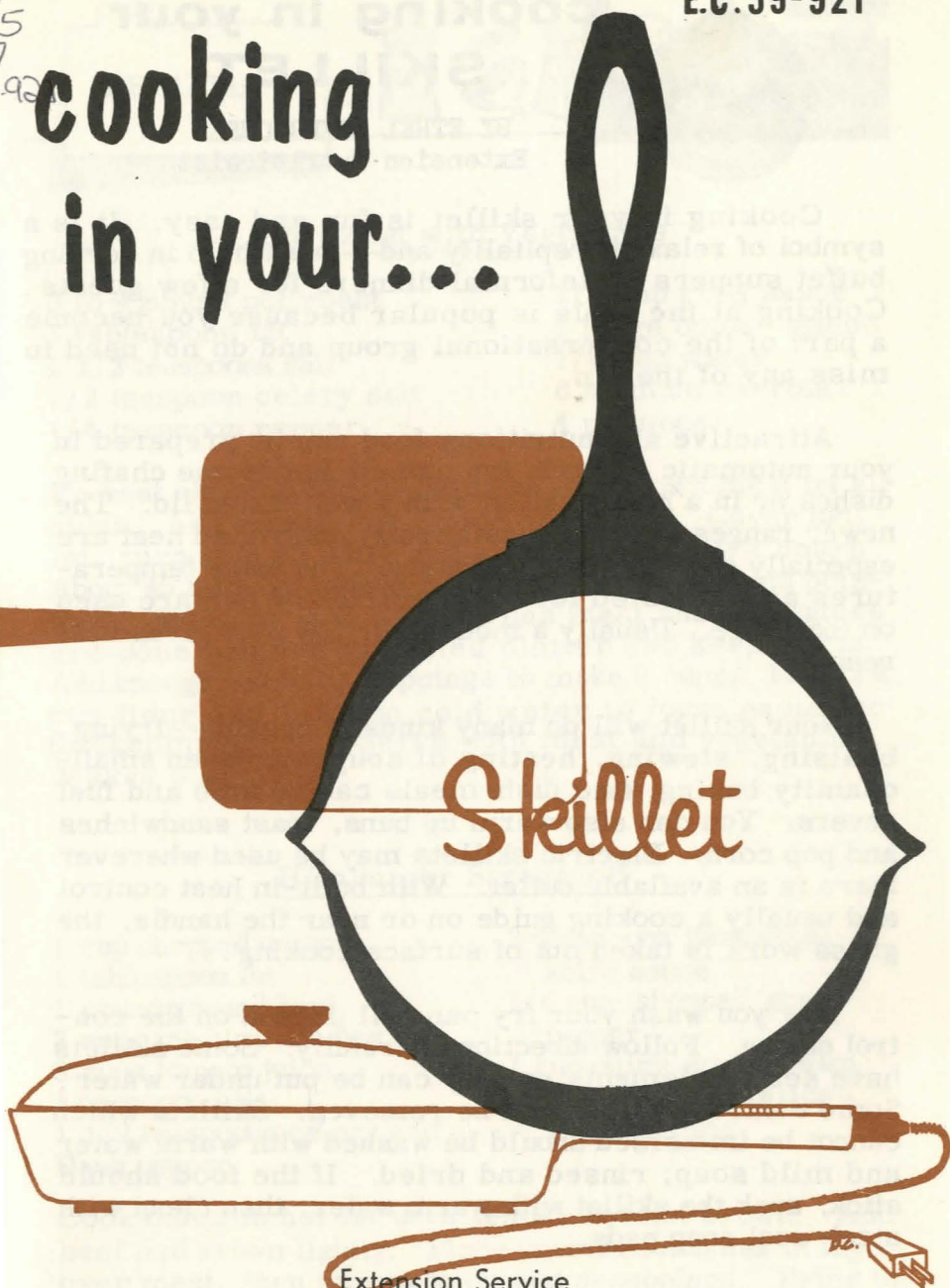
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cooking  
in your...



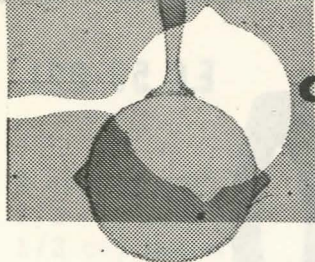
Extension Service

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# cooking in your SKILLET

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Cooking in your skillet is fun and easy. It is a symbol of relaxed hospitality and a great help in serving buffet suppers or informal dinners for a few guests. Cooking at the table is popular because you become a part of the conversational group and do not need to miss any of the fun.

Attractive and nutritious food can be prepared in your automatic electric fry pan, in handsome chafing dishes or in a heavy skillet with a well-fitted lid. The newer ranges with thermostatically controlled heat are especially good for skillet cookery. The same temperatures as suggested for the electric fry pan are used on the range. Usually a medium or low heat gives best results.

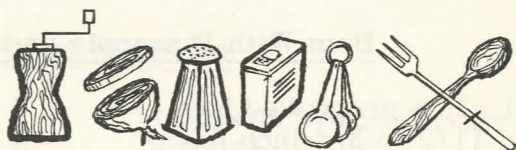
Your skillet will do many kinds of cooking--frying, braising, stewing, heating of soups and even small-quantity baking. One dish-meals can be time and fuel savers. You can also warm up buns, toast sandwiches and pop corn. Electric skillets may be used wherever there is an available outlet. With built-in heat control and usually a cooking guide on or near the handle, the guess work is taken out of surface cooking.

How you wash your fry pan will depend on the control device. Follow directions carefully. Some skillets have sealed elements so they can be put under water. Some control handles can be removed. Skillets which cannot be immersed should be washed with warm water and mild soap; rinsed and dried. If the food should stick, soak the skillet with warm water, then clean with steel-wool soap pads.

Skillets come in a variety of shapes and sizes. Square ones sometimes use the cooking space to better advantage; round ones are a little easier to clean. Choose the size that most nearly meets your family's needs.



## RECIPES



### Pot Roast with Vegetables

- |                          |                       |
|--------------------------|-----------------------|
| 3 to 4 pound pot roast   | 1/3 cup chili sauce   |
| 1 tablespoon fat         | 1 large onion, sliced |
| 1 1/2 teaspoons salt     | 1/4 cup water         |
| 1/2 teaspoon celery salt | 6 medium carrots      |
| 1/4 teaspoon pepper      | 4 potatoes            |

Preheat skillet to 360°. Melt fat and brown meat on all sides. Add seasonings, onion and water. Cover skillet, turn dial to 200° and simmer for 2 1/2 hours. About 45 minutes before serving, add carrots and potatoes. Sprinkle with salt. When meat and vegetables are done remove to heated platter and keep warm. Add enough water to drippings to make 2 cups. Mix 1/4 cup flour and 1/2 cup cold water to form paste for thickening gravy. Serve with meat and vegetables. Makes 6 servings.

### Hamburger Stroganoff

- |                             |                                  |
|-----------------------------|----------------------------------|
| 1 cup chopped onion         | 2 teaspoons Worcestershire sauce |
| 1 tablespoon fat            | 1/4 cup chopped green pepper     |
| 1 pound ground beef         | 1 cup dairy sour cream           |
| 3 cups medium noodles       | 1 small can sliced mushrooms     |
| 3 cups tomato juice         |                                  |
| 1 teaspoon salt             |                                  |
| 1 1/2 teaspoons celery salt |                                  |
| Dash pepper                 |                                  |

Cook onion in hot fat until tender but not brown. Add beef and brown lightly. Place uncooked noodles in layer over meat, then tomato juice and seasonings. Bring to a boil, cover and simmer over low heat for 20 minutes. Add green pepper and continue cooking for 10 minutes. Stir in sour cream and mushrooms and heat just to boiling. Top with green pepper rings. Makes 6 servings.

### Ham With Pineapple and Sweet Potatoes

- |  |   |
|--|---|
| 1 slice precooked ham<br>(1/2 to 3/4 inch thick) | 4 pineapple slices<br>4 cooked sweet potatoes |
|--|---|

Preheat skillet at 330°. Cook ham 8 to 10 minutes on one side and brown pineapple. Turn ham and arrange slices on top of meat. Add sweet potatoes and brown while ham cooks on second side.

### Pork Chop Spanish Rice

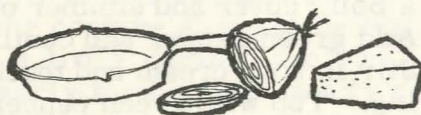
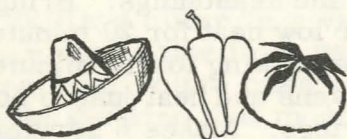
- |                         |                              |
|-------------------------|------------------------------|
| 4 pork chops            | 3/4 cup rice                 |
| 1 1/2 teaspoons salt    | 1/2 cup chopped onion        |
| 1 teaspoon chili powder | 2 1/2 cups tomato juice      |
| Dash pepper             | 1/4 cup chopped green pepper |

Brown chops slowly in skillet. Season with salt, pepper and chili powder. Add rice, chopped onion and tomato juice. Cover and cook over low heat about 35 minutes, stirring now and then. Add green pepper and continue cooking for 10 minutes or until rice and meat are done. If necessary add water. Serve with shredded American cheese. Makes 4 servings.

### Mexican Scramble

- |                            |                            |
|----------------------------|----------------------------|
| 1 cup chopped onion        | 1/2 teaspoon paprika       |
| 1 cup chopped green pepper | Dash pepper                |
| 2 tablespoons butter       | 1 cup diced process cheese |
| 1 cup canned tomatoes      | 3 eggs, beaten             |
| 3/4 teaspoon salt          | 4 slices toast, buttered   |

Cook onion and green pepper in butter until tender but not brown. Add tomatoes and simmer 5 minutes. Stir in seasonings and cheese. Add eggs, cook until thick but moist, stirring frequently. Serve over hot buttered toast. Makes 4 servings.





## Italian Spaghetti

2 cloves garlic	1 teaspoon Worcestershire sauce
3 tablespoons salad oil	
1 large onion, chopped	2/3 cup sliced mushrooms
1 pound ground beef	2 cans tomato paste
2 tablespoons flour	1/2 cup water
2 cups canned tomatoes	1/2 teaspoon garlic salt
2 teaspoons salt	1 tablespoon sugar
1/2 teaspoon pepper	1/8 teaspoon Tabasco sauce

Brown garlic in salad oil. Remove garlic, then brown onion and ground beef with flour. Add remainder of ingredients. Cover and simmer for 2 hours, stirring occasionally. Serve over cooked long spaghetti and top with grated Parmesan cheese. Makes 2 quarts spaghetti sauce.



## Creamy Chinese Cabbage

6 tablespoons butter	1/2 teaspoon salt
6 cups finely shredded Chinese or green cabbage	Dash pepper
1/2 cup thin cream	1/4 teaspoon prepared mustard

Melt butter, add cabbage and cook over medium heat, covered, for 5 minutes. Stir in cream, salt, pepper and mustard. Cook, covered, 5 minutes or until tender. Makes 4 servings.

## Caesar Whole Green Beans

3/4 cup bread cubes	1/2 teaspoon salt
2 tablespoons butter	1 tablespoon chopped onion
1 can whole green beans	1/2 cup grated cheddar cheese
1 tablespoon vinegar	
1 tablespoon salad oil	

Brown the bread cubes in butter. Drain beans and add to bread cubes. Combine vinegar, oil, salt and chopped onion and pour over beans. When heated, place in serving dish and sprinkle with grated cheese.

### Cheese and Lima Beans

2 1/2 cups fresh or frozen green Lima beans	1/2 teaspoon salt
1 cup sliced celery	Dash pepper
2 tablespoons butter	1/2 cup diced American cheese
2 tablespoons flour	1 tablespoon pimento
1 cup milk	

Cook Lima beans and celery in boiling water until tender. Melt butter in skillet, blend in flour gradually and stir in milk. Cook until thick, stirring constantly. Season with salt, pepper, cheese and pimento. Stir in drained vegetables and serve.

### French Fried Onion Rings

3/4 cup flour	1 egg
1/4 teaspoon salt	3 large onions
1/2 cup milk	Cooking fat to depth of 1 inch in skillet
2 tablespoons melted shortening	

Sift flour and salt together. Add milk, melted shortening and egg; beat until smooth. Cut onions into 1/4 inch slices and separate into rings. Dip each ring into batter and drop a few at a time into hot fat (375°). Fry 2 to 3 minutes, turning occasionally. Drain on absorbent paper; sprinkle with salt. Makes 4 to 5 servings.

### Skillet Corn Bread

1 cup sifted flour	1 cup corn meal
3 tablespoons sugar	1 egg, beaten
3 teaspoons baking powder	1 1/4 cups milk
1 teaspoon salt	1/4 cup salad oil

Mix dry ingredients together. Combine egg, milk and oil. Add to dry ingredients; mix quickly and pour into greased pan. Place on wire rack in skillet and bake at 400° for 30 or 35 minutes. This may be baked in a greased skillet on a controlled unit set at 200°. Serve hot. Makes 6 to 8 servings.

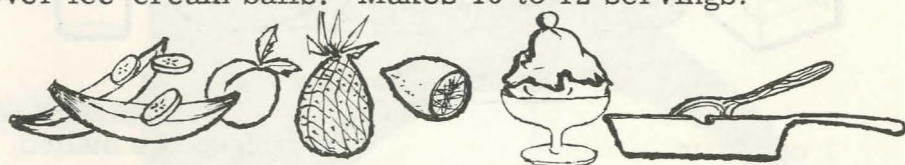


## Hot Fruit Compote Ala Mode

2 cans flaked coconut  
3 to 4 pints vanilla ice cream  
2 cans purple plums  
1 can whole apricots  
1 can pineapple spears

2 tablespoons lemon  
juice  
3/4 teaspoon nutmeg  
1/4 cup honey  
1 tablespoon salad oil

Toast half the coconut in a 325° oven for 10 minutes , stirring occasionally. Cool. Shape ice cream in balls , roll half the balls in toasted coconut, the others in plain coconut and freeze. Place drained plums, apricots and pineapple in skillet. Sprinkle with lemon juice, nutmeg and mixture of honey and salad oil. Heat until fruit is warm, basting occasionally with the sirup. Serve hot over ice-cream balls. Makes 10 to 12 servings.



Banana Saute'

Cover bottom of heavy skillet with butter or cooking oil . Cut firm bananas in half lengthwise. Brown on one side, then turn to brown the other side. Sprinkle with brown sugar and a bit of lemon juice. Garnish with cherries. This is delicious with ham or as a dessert .



Skillet Cookies

5 tablespoons butter  
1 1/2 cups dates, cut  
fine  
1 cup sugar  
2 eggs, beaten

2 1/2 cups crisp rice  
cereal  
1 teaspoon vanilla  
Pinch salt  
1/2 can flaked coconut

Melt butter in skillet. Add dates, sugar and beaten eggs. Cook until thick, stirring constantly. Stir in remaining ingredients. Form into balls and roll in crushed rice cereal.

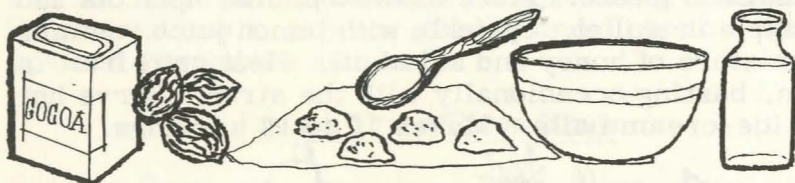


## Chocolate Nut Cookies

2 cups sugar  
1/2 cup milk  
1/2 cup butter  
3 cups quick cooking rolled oats

5 tablespoons cocoa  
1/2 cup chopped nuts  
1/2 cup coconut

Mix sugar, milk and butter in skillet and bring to a boil. Pour hot mixture over remaining ingredients and mix well. Drop from teaspoon on waxed paper. Cookies will be firm in about 10 minutes. Makes about 4 dozen.



## Hot Fudge Pudding

1 cup flour  
2 teaspoons baking powder  
1/4 teaspoon salt  
1/2 cup sugar  
2 tablespoons cocoa  
1/2 cup milk

2 tablespoons melted shortening  
1 cup nuts  
1 cup brown sugar  
1/4 cup cocoa  
1 3/4 cups hot water

Mix flour, baking powder, salt, sugar and 2 tablespoons cocoa together. Stir in milk, melted shortening and nuts. Pour batter into baking dish and sprinkle with mixture of brown sugar and cocoa. Pour hot water over batter. The brown sugar, cocoa and water will form a sauce for the pudding. Bake on rack in skillet for 45 minutes at 375°. Serve warm with whipped cream.

