

MIRRO-MATIC

P R E S S U R E . P A N

DIRECTIONS *Recipes* TIME TABLES



REPLACEMENT OR REFUND OF MONEY
Guaranteed by
Good Housekeeping
IF NOT AS ADVERTISED THEREIN



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HOW TO REPLACE SAFETY FUSE

The small round plug in the MIRRO-MATIC cover is a safety fuse. It will release if your MIRRO-MATIC becomes over-heated because of lack of water, or if the vent tube becomes clogged. The fuse is for your protection, but it probably will never pop out **UNLESS YOU FAIL TO FOLLOW DIRECTIONS.** If a fuse pops, chances are: (1) that too little water was used, or (2) that heat was kept so high that the control jiggled almost continuously, or (3) that heat was not turned off at end of cooking time, or (4) and least likely, the vent tube became clogged. A spare fuse is included in the envelope with this book. To replace a fuse, first remove the steel ring that held the original. Use a wrench to unscrew the nut from inside of cover. Turn nut counter-clockwise (to left) and remove. Then insert new fuse and turn clockwise with fingers. Complete tightening with wrench or pliers. **REMEMBER** the fuse very probably will never pop out if the specified amount of water and heat is used and if the vent tube is kept clear. If a fuse pops, **REREAD THE DIRECTIONS.**



MIRRO-MATIC

Recipes

DIRECTIONS

TIME TABLES

MIRRO
THE FINEST ALUMINUM

ALUMINUM GOODS MFG. CO., MANITOWOC, WIS.

IMPORTANT!

READ BEFORE YOU COOK

While your MIRRO-MATIC is simplicity itself and the cooking technique is equally simple, to ensure complete success it is positively necessary that the user carefully read all of the cooking directions before proceeding. It is especially important to follow directions on the next two pages and the "Don'ts" on page 8.

IN THE BEGINNING USE MORE WATER

Until you are well acquainted with the operation of the pan, we suggest using slightly more water than the recipes call for, especially in the preparation of meats. After meats are browned in hot fat in the pan, there is a possibility that some of the water you then add may go up in steam before the cover is closed, unless this is done immediately. Use 1 full cup of water for roasts. Furthermore, if you prefer to use the rack, be sure to use more water than when cooking without it.

REDUCE HEAT WHEN CONTROL JIGGLES

After control jiggles, indicating that pressure is attained, reduce the heat as directed in step No. 4, page 7, so that the control does not jiggle too often. Because of the difference in adjustment of heat on the various ranges, it is impossible to give an exact rule concerning this, but the user by experience will soon discover on which heat the MIRRO-MATIC will operate best.

USE HIGHER PRESSURE AT HIGH ALTITUDE

At altitudes of 2000 feet or higher, use 10 lbs. pressure if chart or recipe indicates 5 lbs.; use 15 lbs. if 10 is shown; and increase cooking time slightly if 15 lbs. is called for. This applies to canning as well as cooking.

COOKING TIME TABLES ARE APPROXIMATE

Remember that all of the cooking time given in the recipes and directions can only be approximate, since there is always a difference in tenderness of meats and vegetables because of difference in age, type, etc. The charts are based on the average cooking time. You will find them a helpful guide in learning to cook the quick MIRRO-MATIC way.

HOW TO COOK

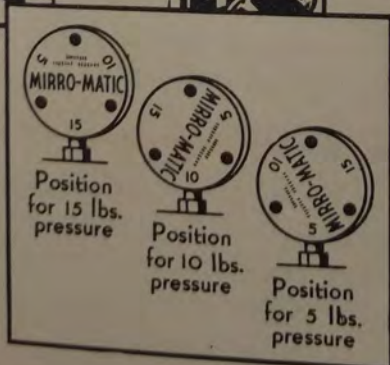


Put food in pan and add required amount of water. With gasket in place inside cover, set cover on pan with handles apart so that the arrow on cover points to line on pan handle. Use the rack only if recipe or directions call for it. Except for canning and for several cooking recipes, the rack is not necessary but may be used if extra water is added.

Don't cook apple sauce, rhubarb, cranberries, split peas, pea soup, or pearl barley. See don'ts on page 8.



Bring cover handle to closed position **DIRECTLY OVER PAN HANDLE**, pressing down the cover with one hand if new gasket is snug fit. Then drop Reminder Ring over lower handle. Never attempt to cook with handles in any other position. Although the cover may seem to be loose, the V-type gasket automatically seals it if handles are in correct position.



Set **MIRRO-MATIC** control over vent tube and place pan with contents over high heat. (Recipes for foods such as cereals, macaroni, spaghetti and noodles specify medium heat at this time.) If recipe calls for cooking at 15 lbs., set control over vent tube at the No. 15 hole. If only 10 lbs. pressure is required, place No. 10 over the vent. See illustration at left. Then, just listen for the **MIRRO-MATIC** control to signal when correct pressure has been attained. No watching is necessary; just listen for the signal.

NEVER USE ANYTHING BUT A GENUINE MIRRO-MATIC CONTROL ON THE MIRRO-MATIC PAN.

When correct pressure is reached, the MIRRO-MATIC control will jiggle and sputter, and a few drops of water may trickle from the control. Count cooking time from this moment, and reduce heat sufficiently so that the control will jiggle only about two or three times per minute. It should not jiggle constantly, as this would evaporate too much moisture. However, the occasional jiggle, as well as the hissing sound, is your assurance that correct pressure is being maintained. If steam should continue to escape in a steady stream after heat is reduced, nudge the control to seat it properly.



IF STEAM SHOULD ESCAPE AROUND EDGE OF COVER AND PRESSURE FAIL TO RISE, open pan, (first cool under faucet and remove control) wipe gasket, rim of pan and inside of cover thoroughly dry, and start over.

When pressure has been maintained for the required length of time, remove utensil from heat and allow pressure to drop BEFORE REMOVING MIRRO-MATIC CONTROL. Many recipes call for instant reduction of pressure by setting pan under faucet or by placing it in a dish of cold water. This method reduces pressure in about 15 seconds. Allowing pressure to drop normally without cooling under faucet takes from three to fifteen minutes depending upon amount of food in the pan. Recipes and charts in this book specify whether pressure is to be reduced instantly or normally.



After reducing pressure by either of above methods, nudge MIRRO-MATIC control to test if pressure is completely reduced. If steam spurts out, pressure is not yet down; if no steam spurts out, remove control. Use a fork. Then raise the Reminder Ring, slide handles apart to open position and lift cover. BUT never TUG at the handles or try to force them apart if they seem to be locked tight. If handles will not slide easily, cool pan again under running water. The locked cover indicates STEAM PRESSURE inside the pan. When pressure is completely reduced and control removed, the cover should slide open with ease.



IF RUBBER GASKET SHOULD SHRINK—If after following all of the directions in step No. 4 above, pressure still fails to rise in the pan, it may be due to shrinkage of the gasket, especially if the gasket has been used for a long time. In this case a slight stretch will return it to its original size. However, do not stretch the gasket unless it shrinks to the extent that steam escapes around the cover, making certain first that both the gasket and the inside of the cover are dry, because a little moisture lodged between the gasket and cover may cause the appearance of a leak. CAUTION: FOLLOW DIRECTIONS IN STEP 6 BEFORE ATTEMPTING TO REMOVE COVER EVEN THOUGH YOU BELIEVE NO PRESSURE HAS BEEN BUILT UP IN THE PAN.

IMPORTANT DON'TS!

1. Don't attempt to cook without having pan closed properly (cover handle directly above pan handle). Drop Reminder Ring over lower handle.
2. Don't attempt to open pan until you remove the MIRRO-MATIC control, and don't remove the control until you are sure the pressure is reduced. See step 6 of "How to Cook" on page 7.
3. Don't tug at handles or try to force open cover if it seems to be locked tight. Cool pan again under faucet to reduce every bit of pressure. Cover then slides easily. (In the very unusual case where the cover might seem to stick in spite of repeated and prolonged cooling, before pushing open the cover, insert cleaning wire into vent tube to make sure it is clear and pressure completely reduced. Hold cleaning wire on end of fork.)
4. Don't beat spoon, potato masher, etc., on rim of pan as this might mar the rim to the extent that a perfect seal could not be effected.
5. Don't cook apple sauce, rhubarb, cranberries, pearl barley, split peas or pea soup in the pressure pan, because they tend to froth or sputter and sometimes block vent tubes. With the tube blocked, pressure may appear to be down when the control is removed, whereas, actually a food like apple sauce may remain above boiling point for 40 minutes after the pan is removed from the heat unless it is cooled thoroughly under running water. This means that some degree of pressure remains in the pan, and no attempt should be made to try to force open the cover which would be locked tight by the pressure. To avoid trouble, we say—DON'T COOK THE FOODS MENTIONED.
6. Don't use high heat to bring up pressure in cooking cereals, spaghetti, noodles, rice, dried vegetables, or other foods which are apt to cause a heavy froth in cooking. Bring pressure up gradually. See directions in book.
7. Don't fill pan over $\frac{3}{4}$ full when cooking certain soups or other food combinations which froth and foam when they cook.
8. Don't place cover on hot heating unit as this might damage gasket and melt safety fuse.
9. Don't use high heat after control jiggles. Reduce heat so that control does not jiggle more often than 1 to 3 times per minute.
10. Don't use the MIRRO-MATIC on a range that is tilted, because this may cause the control to hang and bind, and then be forced completely off the vent tube when extra pressure is built up.

SIMPLICITY OF DESIGN MAKES CLEANING EASY

To make cleaning easiest, pour WARM water into the MIRRO-MATIC pan immediately after removing food. But do not "soak" the entire pan in water as this would dull the outside polish finish. Wash in hot clean suds. Then rinse and dry.

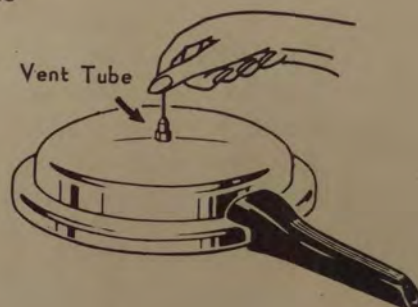
GASKET EASILY REMOVABLE

The MIRRO-MATIC gasket has been designed so that you can slip it out of the cover. This makes it possible to thoroughly wash both cover and gasket in hot suds each time the pan is used. Dry both thoroughly, being sure to wipe in the groove of the gasket. Then slip the gasket right back into the cover so that the pan is always ready for instant use. When storing, place cover upside down on the pan and keep the MIRRO-MATIC control inside the pan.



KEEP VENT TUBE CLEAN

After washing and rinsing the cover, hold it up to the light to see if the vent tube is clear. It is highly important that the tube be unobstructed. If it should be clogged by food particles, carefully insert the cleaning wire as illustrated. Then rinse with hot water.



KEEP CONTROL CLEAN

Usually the MIRRO-MATIC control remains perfectly clean because live steam cleanses it while it operates. However, washing it in hot *clean* suds and *rinsing thoroughly* will not harm the control and will insure its being free of any obstructive particles which might hamper its operation. Dropping this control will not harm it.

STUBBORN STAINS

Stains may be removed from inside of pan with fine steel wool pads and soap. If pan should become stained inside from "hard" water, boil a solution of 2 level tablespoons cream of tartar to a quart of water in the pan. A strong vinegar solution is also effective. Water stains on cover may be removed with a mild cleansing powder or silver polish.

MIRRO-MATICS which are cared for as suggested above will last almost indefinitely and will not become pitted. Pitting is usually caused by storing heavily salted foods such as soups or by failing to remove the salted food completely when washing the utensil. *Do not store salted liquids in aluminum.*

FINEST FEATURES



MIRRO-MATIC CONTROL

This precision made, unbreakable instrument automatically limits pressure at 5, 10 or 15 lbs. for cooking or canning. Pressure cannot exceed the pressure you select. See the simple directions for use on page 6.



PRESSURE CANNING

Canning by the recommended pressure method is remarkably simple in the MIRRO-MATIC. All-usable cooking space provides room for 4 one-pint jars. The MIRRO-MATIC control eliminates guesswork, watching and worry.



EXTRA CAPACITY

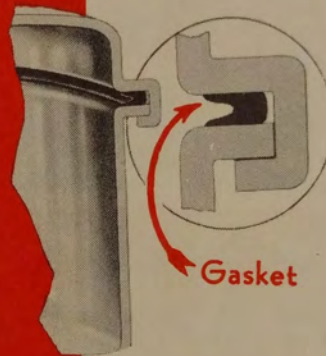
Never before, so much usable cooking space in a pressure pan. Full 4 qt. capacity provides ample room for good sized chickens, meats and other bulky foods. Notice the domed cover and straight sides.

PATENT 2399115
OTHERS PENDING

FINEST QUALITY

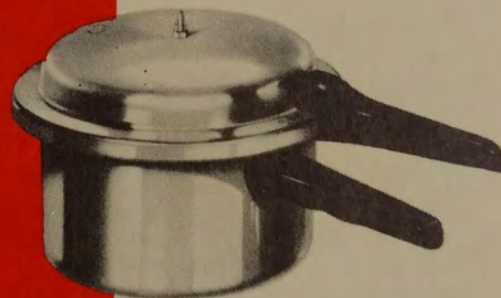
SCIENTIFIC GASKET

V-type gasket automatically seals cover, when pan is closed according to directions, and is brought under operating pressure. Gasket is readily removed for regular, thorough cleaning.



SIMPLE TO CLOSE AND OPEN

Simply slide handles together to close cover, slide back to open. See operating directions on page 6. Also see simple cleaning directions on page 9.



AUTOMATIC SAFETY FUSE

HEAT-PROOF PLASTIC HANDLES

SPECIAL EXTRA DURABLE, EASY-CLEANING ALUMINUM ALLOY

REVERSIBLE ALL-ALUMINUM COOKING RACK





MIRRO-MATIC SAVES VITAMINS AND FLAVOR AS WELL AS TIME

Your MIRRO-MATIC pan will pay for itself many times over in time, fuel, food, and flavor saved. Experiments at a state university chemistry laboratory have shown that when vegetables have been cooked in a quantity of water and the water has been discarded there is a terrific loss of precious vitamins and mineral salts. These results show losses as great as 50% of the iron, 45% of the phosphorous and magnesium, and 30% of the calcium.

The MIRRO-MATIC cooks foods rapidly with live steam at temperatures from 16 to 38 degrees above the boiling point of water. Furthermore, foods are not immersed in water and cooking is done in the absence of air, since the air is automatically expelled from the pan when cooking begins. This means protection for the water-soluble vitamins and less loss of delicate food elements through oxidation.

AND MY WHAT FLAVOR!

When you taste the garden-fresh flavor of vegetables cooked in the MIRRO-MATIC, you will understand why children so enjoy them. Colors of vegetables remain brighter too. This means more appetite appeal for your menu, more satisfaction for your food dollar.

SPEEDY MEAT COOKERY

MIRRO-MATIC will transform the cheaper cuts of meat to tender goodness in a fraction of the time required by other cooking methods. See page 22 for a list of economical meats that are especially suitable for MIRRO-MATIC cooking.

FRESH VEGETABLES

HOW TO USE THE CHARTS AND RECIPES THAT FOLLOW

Compared with other methods of preparation, most fresh vegetables require only about one-third the cooking time in the MIRRO-MATIC. This is the simple general rule that may be followed in all pressure cooking. The cooking tables that follow are a good guide, but they can only be approximate because of the variation in age and type of each food.

Quantity of water shown in the chart should be used regardless of whether a cupful or a panful of vegetables are to be cooked. Be sure to bring pressure down instantly to prevent overcooking of all vegetables except peas and lima beans, as indicated by asterisks (*) in chart.

If vegetables are wilted, soak them for a few minutes to restore moisture. Vegetables may be seasoned either before or after cooking. Those vegetables that have similar cooking time may be cooked together in the pan, and the flavors will not mingle. Follow the general directions for operation of the pan given on pages six and seven, but do not use the rack for vegetables unless recipe calls for it or unless more water is added.

DIRECTION TABLES — VEGETABLES

VEGETABLE	Minutes To Cook After Control Jiggles	Amt. of Water	Lbs. Pressure	
Artichoke.....	15*	1 Cup	15	Wash, cut off tops, and tie ends to hold shape.
Asparagus.....	1½*	¼ Cup	15	Snap off tough ends. Remove scales. Wash.

* Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

DIRECTION TABLES — VEGETABLES

VEGETABLE	Minutes To Cook After Control Jiggles	Amt. of Water	Lbs. Pressure	
Asparagus..... (Large)	2 *	¼ Cup	15	Cut in 2 inch lengths.
Beans (Green).....	4 *	⅓ Cup	15	Cut in ½ inch lengths.
Beans (Wax).....	4 *	⅓ Cup	15	Cut if desired.
Beans (Lima).....	2	⅓ Cup	5	Shell and wash.
Beets (Sliced).....	6 *	½ Cup	15	Wash, peel and slice ⅛ inch thick.
Beets (Small whole)....	12 *	¾ Cup	15	Cut tops, leaving 1 inch stem and root. Wash. Cook. Cool. Remove skin. Reheat when wanted.
Beets (Large whole)....	18 *	¾ Cup	15	Cut tops, leaving 1 inch stem and root. Wash. Cook. Cool. Remove skin. Reheat when wanted.
Broccoli.....	2½ *	¼ Cup	15	Remove large outer leaves. Cut off tough part of stalk. Cut into strips or 1 inch pieces. Wash thoroughly.
See page 45 for Hollandaise Sauce which may be served with it.				
Brussels Sprouts.....	5 *	½ Cup	15	Remove wilted leaves. Wash. Cover with salted water for 5 min- utes. Drain. Cook whole.
Cabbage..... (Shredded)	3 *	½ Cup	15	Remove wilted outer leaves. Cut in half. Shred into thin strips.
Cabbage.....	8 *	¾ Cup	15	Use medium size head. Cut into 2 or 3 inch wedges and remove core.
Cabbage..... (Red Shredded)	5 *	½ Cup	15	Remove outer leaves. Cut in half, remove core and shred.

* Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

DIRECTION TABLES — VEGETABLES

VEGETABLE	Minutes To Cook After Control Jiggles	Amt. of Water	Lbs. Pressure	
Carrots (Sliced).....	2½*	¼ Cup	15	Wash, scrape and slice or cut in strips.
Carrots (Small whole)...	4 *	¼ Cup	15	Wash. Scrape. Cook.
Cauliflower..... (Flowerets)	2 *	½ Cup	15	Cut off stem close. Remove leaves. Break into flowerets. Wash.
Cauliflower (Whole)....	6-8*	½ Cup	15	Remove leaves. Wash.
Celery..... (Sliced ½ in. thick)	5 *	¼ Cup	15	Separate stalks. Wash well using vegetable brush. Discard tough stringy fibers. Cut into ½ inch pieces.
Celery Root.....	5 *	¼ Cup	15	Peel, slice, dice.
Corn on Cob.....	5 *	1 Cup	15	Remove husk and silk. Wash.
Corn (Off Cob).....	3 *	¼ Cup	15	Cut corn off cob before cooking.
Kale.....	15 *	½ Cup	15	Wash well in warm water. Cut off tough part of stalk.
Kohlrabi (Diced).....	4 *	½ Cup	15	Wash, peel and slice, or dice.
Okra (Sliced).....	3 *	¼ Cup	15	Cut off ends. Wash. Cut into ½ inch lengths. Use cooked liquid in gravy or soup.
Onions (Sliced).....	3 *	½ Cup	15	
Onions..... (Whole, Medium)	7-10*	½ Cup	15	
Parsnips (Sliced).....	2 *	½ Cup	15	Peel and cut into ½ inch slices or dice.
Parsnips.....	7 *	½ Cup	15	Peel. Cut in halves.

* Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

DIRECTION TABLES — VEGETABLES

VEGETABLE	Minutes To Cook After Control Jiggles	Amt. of Water	Lbs. Pressure	
Peas.....	2	¼ Cup	5	Shell. Wash. Add a few pods for flavor. (Older peas require 3 to 4 minutes.)
Potatoes..... (Whole, Medium)	15 *	1 Cup	15	Peel or scrub. Cook with or without skins.
Potatoes (Cut up).....	8 *	¾ Cup	15	Peel and cut in pieces. Variety and age of potato may affect cooking time.
Potatoes (Sliced).....	2 *	½ Cup	15	Peel. Slice thin.
Potatoes..... (Sweet, Quartered)	6 *	½ Cup	15	Wash and quarter. Pieces must not be too thick.
Potatoes..... (Sweet, Halved)	10 *	½ Cup	15	
Pumpkin.....	10 *	¾ Cup	15	Cut in large pieces. Cook. When cool, remove pulp and mash.
Spinach.....	1½*	½ Cup	15	Cut off roots. Wash thoroughly 3 or 4 times.
Rutabagas (Sliced).....	5 *	½ Cup	15	Peel and cut ½ inch slices.
Rutabagas (Diced).....	4 *	½ Cup	15	Peel and dice.
Sauerkraut.....	12 *	¼ Cup	15	
Squash (Hubbard).....	8-10*	¾ Cup	15	Cut individual servings. Remove seeds. Cook. Scoop out squash. Mash or rice. Season with salt, pepper and butter.
Squash (Acorn).....	5 *	¾ Cup	15	
Tomatoes (Whole).....	2½*	¼ Cup	15	Scald 1 minute. Dip in cold water. Peel, core and cook.
Turnips (Sliced).....	5 *	½ Cup	15	Peel and cook.

* Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

POTATO SALAD WITH FRANKFURTERS

1 lb. Frankfurters, cut into 1 inch pieces	$\frac{1}{2}$ cup vinegar
5 or 6 medium sized potatoes sliced	$\frac{1}{4}$ cup sugar
1 teaspoon salt	1 onion chopped fine
$\frac{1}{4}$ cup salad oil	2 tablespoons parsley chopped fine

Place the sliced potatoes in MIRRO-MATIC Pan, 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 pan. Set MIRRO-MATIC Control on vent tube at 15 lbs., and place pan over high heat. When control jiggles, cook 2 minutes. Remove pan from heat and reduce pressure instantly. Add chopped parsley and mix well before serving. Serves 4 or 5.

CREAMED CABBAGE

Remove outer leaves of a small solid head of cabbage. Cut in quarters. Shred with a sharp knife into thin strips. Place in MIRRO-MATIC Pressure Pan and add $\frac{1}{2}$ cup water. Cover, set control at 15, and cook for 3 minutes after control jiggles. Reduce pressure instantly. Drain.

Prepare one cup white sauce (page 45). Add to the sauce $\frac{1}{2}$ teaspoon grated nutmeg ($\frac{1}{2}$ cup of grated cheese may be used instead of the nutmeg). Pour over cabbage, mix. Serve hot. Serves 4.

CREAMED SPINACH

Cut off roots from 2 lbs. of spinach. Wash very thoroughly. Place in MIRRO-MATIC Pan with $\frac{1}{2}$ cup water. Cover, set control at 15, and cook $1\frac{1}{2}$ minutes after control jiggles. Reduce pressure instantly. Drain, chill and chop very fine. Melt 3 tablespoons butter or bacon fat. Cook 1 tablespoon minced onion until lightly brown. Stir in 2 tablespoons flour and blend well. Slowly add 1 cup of hot cream, top milk, or evaporated milk. Add $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper. When sauce is smooth and boiling, add the spinach and cook about 2 minutes in the open pan. Serves 4-6.

CREAMED ONIONS

Peel 20 small onions under running water. Place in the MIRRO-MATIC Pan. Add $\frac{1}{2}$ cup water and $\frac{1}{2}$ teaspoon salt. Cover, set control at 15, and cook 10 minutes after control jiggles. Reduce pressure instantly. Drain. Prepare 1 cup white sauce (page 45). Add onions. Mix lightly and serve hot. Serves 4-6.

SAUTEED PARSNIPS

Peel, cut into halves and place in MIRRO-MATIC Pan. Add $\frac{1}{2}$ cup water. Cover, set control at 15, and cook for 7 minutes after control jiggles. Reduce pressure instantly. Drain. Cool and cut into quarters. Saute in butter, or bacon drippings until delicately browned. Sprinkle with salt and pepper.

HUBBARD SQUASH

Wash, cut in half and remove seeds. Cut into 3" pieces. Place in MIRRO-MATIC Pan. Add $\frac{3}{4}$ cup water. Cover, set control at 15 and cook for 6 minutes after control jiggles. Reduce pressure by cooling under faucet. Scrape squash from shell. Mash. For each two cups of mashed squash, add $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, 2 tablespoons bacon drippings, 2 tablespoons brown sugar and 2 tablespoons orange juice. Heat thoroughly. Two cups of squash will serve four.

SPICY RED CABBAGE

- | | |
|--|--|
| 2 tablespoons butter or bacon fat | $\frac{1}{2}$ teaspoon mixed pickling spices |
| $\frac{1}{2}$ cup seedless raisins | (tied in a piece of wet cheese cloth) |
| 1 cup sliced apples | 2 tablespoons water |
| $\frac{3}{4}$ cup chopped onions | 1 teaspoon salt |
| 1 $\frac{1}{2}$ lbs. red cabbage (shredded
—not too fine) | $\frac{1}{8}$ teaspoon pepper |
| 2 tablespoons cider vinegar | 4 teaspoons sugar |

Cover raisins with cold water for several minutes. Drain. Melt fat in MIRRO-MATIC Pan. Add all ingredients. Place over full heat. Cover. Set control at 15 and cook for 5 minutes after control jiggles. Reduce pressure normally. Simmer uncovered for a few minutes, to evaporate liquid. Serves 6.

HARVARD BEETS

- | | |
|-----------------------------------|-----------------------------|
| 6 large beets (peeled and sliced) | $\frac{1}{4}$ cup water |
| $\frac{1}{2}$ cup water | $\frac{1}{2}$ cup vinegar |
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons flour | 2 tablespoons butter |

Wash, peel and slice the beets. Place in MIRRO-MATIC Pan. Add $\frac{1}{2}$ cup water, cover, set control at 15 and cook for 6 minutes after control jiggles. Reduce pressure instantly. Drain. Mix together the sugar, salt and flour. Add the vinegar and water. Cook until thick. Add butter. Add the cooked beets and reheat. Serves 6.

POTATO SALAD

- | | |
|--------------------------------|----------------------------|
| 3 slices bacon (cut in cubes) | $\frac{1}{2}$ cup water |
| 1 tablespoon flour | 2 hard cooked eggs |
| 1 tablespoon sugar | 1 onion (diced) |
| 1 teaspoon salt | 4 cups raw sliced potatoes |
| $\frac{1}{2}$ teaspoon paprika | 1 tablespoon parsley |
| $\frac{1}{2}$ cup vinegar | |

Brown the bacon, remove crisp cubes, set aside. Add onion to hot fat and fry only until light brown. Stir in the flour, blend well. Add sugar, salt, paprika, water and vinegar. Cook until clear, stir constantly. Peel, slice potatoes $\frac{1}{8}$ " thick and add to sauce. Cook at 15 lbs. for 2 minutes after control jiggles. Reduce pressure instantly. Add bacon and garnish with chopped parsley and sliced cooked eggs. Serves 6.

FOUR MINUTE VEGETABLE PLATE

- | | |
|--|----------------------------|
| 1 small head cauliflower, broken
into flowerets | Broccoli (stems quartered) |
| 1/2 lb. green beans, cut in half | 1 teaspoon salt |
| 4 medium carrots, quartered length-
wise | 1/2 cup water |

Wash vegetables and cut as directed. Put water in MIRRO-MATIC with rack. Group vegetables on rack and season. Cover and cook at 15 lbs. for 4 minutes after control jiggles. Reduce pressure instantly. Serve vegetables with melted butter or white sauce. Serves 4. (Any combination of four minute vegetables may be cooked for a vegetable plate.)

LIMA BEANS AND BACON

- | | |
|------------------------------------|-----------------------|
| 2 cups dried small lima beans | 1 cup canned tomatoes |
| 1/4 cup onion, chopped fine | 1/2 cup water |
| 1 teaspoon salt | 2 tablespoons butter |
| 1 cup celery, diced | 3 strips bacon |
| 2 tablespoons chopped green pepper | |

Wash lima beans well and cover with water over night. Drain and place in MIRRO-MATIC with other ingredients except bacon. Cover and cook at 15 lbs. for 20 minutes after control jiggles. Reduce pressure normally. Garnish with small pieces of bacon, fried crisp. Serves 4 or 5.

ACORN SQUASH

Cut acorn squash in half and place, cut side up, on rack in MIRRO-MATIC Pan. Place 1 cup of water in pan, cover, and cook at 15 lbs. for 3 to 5 minutes after control jiggles. Reduce pressure instantly. The cooking time of acorn squash will vary according to age and size of the vegetable, but 4 minutes is a good average. After the squash is cooked, sprinkle brown sugar and bits of butter in the center and place under broiler for about 10 minutes or until butter and sugar is melted.

DRIED VEGETABLES

It is preferable to soak all dried vegetables over night in water to cover. Then drain, add necessary water and cook. They may also be cooked without soaking.

VEGETABLE	Cooking Time After Control Jiggles		Amount of Water for 1 Cup of Vegetables	Lbs. Pressure
	Soaked Over Night	No Soaking		
Beans (Pea).....	20 Min.	45 Min.	3 Cups	15
Beans (Kidney).....	35 Min.	1¼ Hrs.	3 Cups	15
Beans (Large Lima)....	35 Min.	1 Hr.	3 Cups	15
Beans (Small Lima)....	20 Min.	40 Min.	3 Cups	15
Beans (Navy).....	35 Min.	1¼ Hrs.	2 Cups	15
Beans (Grt. Northern)..	20 Min.	45 Min.	2 Cups	15
Lentils.....	20 Min.	40 Min.	3 Cups	15

Never fill pan over $\frac{3}{4}$ full of liquid

DRIED FRUITS

When soaking over night, use the amount of water specified in the table below. Use the water in which the fruit was soaked for the cooking.

FRUIT	Amt. Fruit	Minutes To Cook After Control Jiggles	Cups of Water	Tablespoons Sugar	Lbs. Pressure
Apples.....	2 Cups	8* (not soaked)	2½	2	15
Apples.....	2 Cups	2* (soaked)	2½	2	15
Wash apples, add water, let stand over night, cook, then add sugar.					
Apricots.....	2 Cups	1	2	4	15
Wash apricots, add water and cook. Add sugar.					
Figs.....	1 Cup	6	2	4	15
Bring to boil before putting on cover.					
Peaches.....	2½ Cups	5	3		15
Wash, soak over night. Add sugar when cooked.					
Pears.....	2¼ Cups	6	2	2	15
Soak over night, remove core, add sugar when cooked.					
Prunes.....	2½ Cups	6	3	2	15
If not soaked, cook small size 8 minutes, medium size 10 and large size 12 minutes.					
Raisins.....	1 Cup	5	1		15

* Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

CEREALS

MIX INTO PASTE

Corn meal should be mixed to a paste in a portion of the water. This mixture is then stirred into the boiling water to avoid lumps. Then reduce heat to medium and cover the pan. Set the MIRRO-MATIC control in place and allow the pressure to build up gradually on medium heat. If too high heat is used, liquid may be forced out of the vent. When control jiggles, begin counting cooking time. Keep heat only as high as necessary to make control jiggle 1 to 3 times per minute. After cooking required length of time, be certain that the pressure is down before attempting to remove the control. Test in the usual way by nudging it.

CEREAL	Minutes To Cook After Control Jiggles	Cups Cereal	Cups of Water	Lbs. Pressure	
Corn meal.....	10*	1	4	15	Mix to paste in 1 cup cold water.
Cracked Wheat.....	20*	1	4	15	Cook night before.
Hominy Grits.....	12 to 15*	½	3	15	Soak over night.
Rolled Oats..... (Old Fashioned)...	5	1	2	15	Cook longer if desired.
Oats, Steel Cut.....	25 to 30*	1	4	15	Cook day before.

Because of the short cooking time, quick cooking cereals are not listed.

* Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

MEATS and FOWL

Your MIRRO-MATIC Pressure Pan will very probably become your favorite meat tenderizer. Economy meat cuts or stewing chicken are made tender in approximately one-third of the cooking time required by other cooking methods. Try some of the meats below, using recipes on the following pages or your own favorite ones. When preparing your own recipes, determine the cooking time by consulting the chart or by taking the time from a similar recipe in this book or by dividing the cooking time of your recipe by about three.

BEEF

Boned, rolled chuck roast
Boned, rolled rump roast
Rolled plate roast
Chuck steak (Swiss Steak)
Flank Steak (Roll or stuff)
Corned beef (Boiled Dinner)
Stew (With vegetables)
Fresh beef brisket
Shanks (Boiled Dinner)
Short ribs (With vegetables)
Ox tail (Fine soup)
Heart (Stuffed)
Tongue (Serve hot or cold)
Liver

PORK

Hocks (With Sauerkraut)
Shoulder hocks (Pot Roast)
Pork cutlets
Spare ribs (Any style)
Heart (Stew with vegetables)
Ham shanks (With vegetables)

Salt pork (In baked beans)
Hearts (With vegetables)

LAMB

Shoulder roast
Breast (Stewed or stuffed)
Shanks (Stew with vegetables)
Neck (Stew with vegetables)
Stew meat (With vegetables)
Riblets
Heart (Stew with vegetables)

VEAL

Rump roast
Shoulder roast
Shanks (Stew with vegetables)
Round steak
Breast (Stew with vegetables)
Riblets (Stew)
Veal cubes (City Chicken)
Heart (Stuffed)
Tongue (Serve hot or jellied)

The cooking time for meats will vary somewhat, depending upon the type of cut, grade of meat, amount of bone, etc. The chart on the next page is a good guide.

DIRECTION TABLES — MEATS

BROWN MEATS BEFORE COOKING

Most meats, with the exception of corned beef, salt pork, and tongue should be browned thoroughly in hot fat in the MIRRO-MATIC Pan before pressure cooking. Roasts may also be given a finishing touch by browning under the broiler for a few moments while gravy is being made. Use the rack only if directions call for it or if more water is added. The amount of water shown in the chart is sufficient for any quantity of meat you cook.

As a general rule, pressure is reduced normally (without cooling pan under the faucet) when cooking meats. However, some recipes require quick reduction of pressure and are so noted.

MEAT	Minutes To Cook After Control Icicles	Cups of Water	Lbs. Pressure
Beef—Pot Roast			
Chuck—3½ In. Thick.....	1 Hour	½	10
Rump—3½ In. Thick.....	1 Hour	½	10
Beef Short Ribs.....	45	½	10
Beef—Corned.....	25 to 30 per Lb.	2	10
Cover with cold water over night. Drain. Then cook.			
Beef Hamburgers.....	5*	½	10
Flank Steak, Stuffed.....	45	½	10
See recipe for directions.			
Beef Swiss Steak.....	30*	¾	10
Beef Stew.....	20	1½	10
Beef Tongue.....	60	2	10
Smoked—Cook. Remove skin. Fresh—Cook with onion. Cool in liquids. Remove skin. Corned—Soak over night. Cook with onion. Remove skin.			
Beef Heart.....	60	1½	10
Remove veins. Cover with salted water ½ hour. Drain. Add water and ¼ cup vinegar and cook. For stuffing see page 35.			
Beef Liver.....	5	½	10
Chicken, Country Style.....	18 to 20	1	10
Chicken, Fricassee.....	40	2	10
Cut into individual servings. Cook. Serve with dumplings.			
Chicken, Boiled.....	40-50	2	10
Cook whole or cut in pieces.			
Chicken Stew.....	45	2	10
Vegetables may be added the last 8 minutes of cooking time.			

* Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

DIRECTION TABLES — MEATS

MEAT	Minutes To Cook After Control Jiggles	Cups of Water	Lbs. Pressure
Ham, Center Slice (not tenderized).....	18	½	10
If desired place under broiler for few minutes after cooking.			
Ham, Picnic.....	60	1½	10
Ham, Baked (not tenderized).....	60	1½	10
Remove rind when cooked. Score. Sprinkle with brown sugar, insert whole cloves and brown under broiler.			
Lamb Steak.....	12*	½	10
Lamb Stew.....	20*	2	10
See recipe for directions, page 27.			
Mutton Roast.....	12 to 15 per Lb.	½	10
Remove skin and fat. Add 2 slices lemon and cook.			
Meat Loaf.....	25	½	10
Pork Shanks.....	45	1½	10
Pork Chops—1 In. Thick.....	15*	¼	10
Spareribs.....	20*	½	10
Brown or cook in sauerkraut.			
Pork Steak.....	15*	½	10
Veal Steak.....	15*	½	10
Veal Birds.....	15*	½	10
Veal Stew.....	20*	1½ (Hot)	10
Browning not necessary.			
Veal Heart.....	45	1	10
Remove veins. Cook whole or stuff or slice.			
Veal Shoulder Roast.....	12 to 15 per Lb.	½	10
Veal Tongue.....	30	1	10

* Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

STUFFED PORK CHOPS

6 pork chops cut 1½" thick (cut pocket along side of bone)	¼ teaspoon pepper
2 cups croutons	2 tablespoons fat
1 teaspoon salt	1 10 oz. can tomato soup
	2 tablespoons chopped parsley

Stuff pork chops with croutons and parsley. Brown chops on both sides, in hot fat in a MIRRO-MATIC Pressure Pan. Season with salt and pepper, add tomato soup. Cover, set control at 10 and cook 15 minutes after control jiggles. Reduce pressure by cooling pan under faucet. Serves 6.

HUNGARIAN GOULASH

<p> $\frac{1}{2}$ lb. beef 1 lb. veal 2 tablespoons drippings 1 large onion sliced 1 teaspoon salt $\frac{1}{4}$ teaspoon pepper $\frac{1}{2}$ teaspoon paprika $\frac{1}{2}$ bay leaf </p>	<p>cut into 1 inch cubes</p>	<p> $\frac{1}{2}$ teaspoon powdered marjoram 4 medium sized potatoes 4 medium sized carrots cut crosswise 2 turnips 1 green pepper cut fine 2 cups water 2 tablespoons flour for the thickening of gravy </p>
--	------------------------------	--

Heat MIRRO-MATIC Pan and brown the meat in hot drippings or fat. Add onion, salt, pepper, paprika, bay leaf and marjoram. Place potatoes, carrots, turnips and peppers around meat. Stir all ingredients. Add water. Cover, set control at 10 and cook for 20 minutes after control jiggles. Remove pan from heat and allow pressure to go down normally. Thicken gravy. Serves 4 or 5.

PLAIN CHOP SUEY

<p> 1 lb. pork, veal or beef ($\frac{1}{2}$ inch cubes) 1 cup celery (cut fine) 1 cup onions (sliced) 4 tablespoons Soy Sauce 1 No. 2 can Bean Sprouts </p>	<p> 2 tablespoons fat 1 teaspoon salt $\frac{1}{8}$ teaspoon pepper 1 cup water </p>
--	--

Brown the meat in hot fat in the MIRRO-MATIC Pan. Add celery, onions, water, salt and pepper. Cover, set control at 10 and cook for 15 minutes after control jiggles. Reduce pressure normally. Add bean sprouts and simmer in open pan for 3 minutes. Add the Soy Sauce. Thicken gravy with 2 tablespoons corn starch, dissolved in $\frac{1}{4}$ cup cold water. Serve with hot rice. Serves 4.

RICE

Rice may be cooked in MIRRO-MATIC as directed in chart on page 46. Or it may be steamed in molds as follows:

<p> Individual Molds 2 tablespoons rice $\frac{1}{4}$ cup water $\frac{1}{8}$ teaspoon salt </p>	<p>or</p>	<p> 3 Cup Capacity Mold 1 cup rice $1\frac{1}{2}$ cup water 1 teaspoon salt </p>
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Wash rice until water becomes clear. Grease molds. Add washed rice, water and salt. Cover each mold with three thicknesses of waxed paper and fasten with rubber band. Pour 1 cup of water in MIRRO-MATIC with rack in place. Place molds on rack and cover pan. Set control at 5 and cook 15 minutes after control jiggles. Reduce pressure instantly and remove rice from molds. Using individual molds, 8 may be put in the pan at once by placing the rack between the molds.

CHOW MEIN

- | | |
|--------------------------------|-------------------------------------|
| 1/2 pound diced pork | 1/4 teaspoon pepper |
| 1/2 pound diced beef | 1 No. 2 can bean sprouts |
| 1/2 pound diced veal | 6 tablespoons soy sauce |
| 3 tablespoons fat | 1/2 cup sliced mushrooms (optional) |
| 1 cup water (or chicken stock) | 2 tablespoons corn starch |
| 1 cup onions, sliced | Cooked Rice |
| 3 cups celery, sliced | 1 10 oz. can water chestnuts |
| 1 teaspoon salt | |

Heat fat in MIRRO-MATIC Pan. Brown meat thoroughly. Add seasoning, water, celery and onions. Cover pan. Set control at 10 and cook 15 minutes after control jiggles. Reduce pressure normally. Add corn starch (mixed with mushroom liquid or 1/4 cup water), sauce, chestnuts, and bean sprouts. Stir until thickened. Cook 5 minutes in open pan. Add mushrooms. Serve on rice. See recipes for cooked rice on pages 25 and 46. Serves 6.

SPANISH RICE

- | | |
|-------------------------------|------------------------------------|
| 1 cup rice | 3 tablespoons chopped green pepper |
| 4 slices of bacon | 2 cups tomatoes |
| 2 tablespoons onion (chopped) | 1/2 cup water |
| 1 teaspoon salt | |
| 1/4 teaspoon white pepper | |

Cook bacon, green pepper and onion until brown in MIRRO-MATIC Pan. Add rice (thoroughly washed in 4 waters to remove excess starch), tomatoes, water, salt and pepper. Stir well, bring to a boil. Reduce heat. Cover. Set control at 10 and bring pressure up on moderate heat. Cook 10 minutes after control jiggles. Allow pressure to drop normally. Serves 4.

ITALIAN SPAGHETTI

- | | |
|----------------------------------|------------------|
| 8 cups water | 1 teaspoon salt |
| 2 teaspoons Worcestershire sauce | 10 oz. spaghetti |

Put water, sauce, and salt in MIRRO-MATIC Pan and bring to a boil. Add spaghetti, cover pan, set control at 5, place over MEDIUM heat, and cook 8 minutes after control jiggles. Reduce pressure instantly. Drain spaghetti.

SPAGHETTI SAUCE

- | | |
|---------------------------------|----------------------------------|
| 1/2 cup olive oil or fat | 1/2 cup green pepper—diced |
| 1 1/2 lb. beef ground very fine | 1/2 cup mushrooms—may be omitted |
| 1 1/2 cups sliced onion | 2 6 oz.-cans tomato paste |
| 1 small clove garlic | 1 No. 2 can tomatoes |
| Parmesan Cheese | |

Heat olive oil in MIRRO-MATIC Pan, add meat and stir. Add onion, garlic, peppers, mushrooms, tomato paste, and tomatoes. Cover pan. Set control at 10 and cook 5 minutes after control jiggles. Reduce pressure instantly. Remove cover, place spaghetti on large platter and pour sauce over spaghetti and sprinkle with cheese. Serves 5 or 6.

LAMB AND GREEN BEANS

- | | |
|---|--------------------------|
| 3 pounds Lamb (breast)
cut in "2 Inch" Squares | 1 1/2 cups water |
| 1 1/2 teaspoons salt | 6 small onions |
| 1/4 teaspoon pepper | 4 cups fresh green beans |
| 3 tablespoons fat | 4 tablespoons vinegar |

Brown the lamb in hot fat in the MIRRO-MATIC Pan. Add salt, pepper, water, onions, green beans, and vinegar. Cover pan, set control at 10 and cook for 20 minutes after control jiggles. Allow pressure to go down normally. For thickening, add 1 level tablespoon flour mixed with 3 tablespoons cold water. Simmer a few minutes with cover off. Serves 6.

VEAL OR LAMB STEW WITH DUMPLINGS

- | | |
|--|----------------------|
| 1 1/2 lbs. veal or lamb (cut in
2" cubes) | 6 medium carrots |
| 1/2 bay leaf | 6 medium potatoes |
| 1 1/2 teaspoons salt | 6 medium size onions |
| 1/4 teaspoon pepper | 2 cups water |
| | 3 tablespoons fat |

Brown the meat in the MIRRO-MATIC Pressure Pan. Add salt, pepper, bay leaf and water. Cover. Set control at 10 and cook for 10 minutes after control jiggles. Then reduce pressure by cooling pan under faucet. Remove the MIRRO-MATIC control and open the cover. Add onions, potatoes and carrots. Cover pan, set control at 10 and cook for 10 minutes after control jiggles. Reduce pressure by cooling pan under faucet.

DUMPLINGS

- | | |
|---------------------------|--------------|
| 1 1/3 cup sifted flour | 1 egg |
| 1 teaspoon salt | 1/2 cup milk |
| 2 teaspoons baking powder | |

Sift flour with baking powder and salt. Beat egg, add milk. Combine mixtures. Drop dumpling batter from spoon over the meat. Cook uncovered for 5 minutes. Cover, steam for 5 minutes (without control on vent). Remove dumplings to a hot platter. Stir 3 tablespoons of flour blended with 1/3 cup water into the liquid. Cook until thick. Serves 6.

MEATS

Recipes

SWISS STEAK WITH PICKLED ONIONS

- | | |
|--|---------------------------------|
| $\frac{3}{4}$ cup flour | 3 tablespoons fat |
| 2 teaspoons salt | 1 10 oz. bottle Pickled Onions, |
| $\frac{1}{4}$ teaspoon pepper | mix onion, liquid and water to |
| 2 lbs. Round Steak $\frac{3}{4}$ " thick | make $\frac{3}{4}$ cup |

Combine flour, salt and pepper. Cut steak into individual servings. Pound as much of the dry ingredients as possible into the steak. Brown in hot fat in the MIRRO-MATIC Pan. Add onions and liquid. Cover, set control at 10 and cook for 30 minutes after control jiggles. Reduce pressure by cooling under faucet. Serves 6-8.

MEAT LOAF DINNER

- | | |
|---|------------------------------------|
| 1 lb. ground beef | 1 small onion chopped fine |
| $1\frac{1}{2}$ teaspoons salt | 1 stalk celery chopped fine |
| $\frac{1}{8}$ teaspoon pepper | 2 tablespoons fat |
| 1 egg lightly beaten | 4 or 5 medium sized potatoes whole |
| 2 slices dry bread soaked in water, not too moist | 3 or 4 carrots, cut crosswise |
| | 1 cup water |

At least 30 minutes before cooking, combine beef with salt, pepper, egg, bread, onion and celery. Mix well and form into 2 small loaves and wrap in waxed paper. This will set the loaves and keep them firm. Brown loaves in hot fat in MIRRO-MATIC Pan until golden brown on both sides. Place potatoes and carrots around meat. Add water. Cover pan. Set control at 10 and cook 15 minutes after control jiggles. Allow pressure to go down normally. Serves 5 or 6.

STUFFED GREEN PEPPERS

- | | |
|---------------------------------------|--|
| 6 green peppers | 1 egg |
| 1 lb. ground beef | $\frac{1}{4}$ cup milk |
| $\frac{1}{2}$ cup brown or white rice | 1 small onion chopped fine |
| $1\frac{1}{4}$ teaspoons salt | 1 10 $\frac{1}{2}$ oz. can tomato soup |
| $\frac{1}{4}$ teaspoon pepper | 1 can of water |

Remove seeds from peppers and wash peppers. Combine rice, salt, ground beef, pepper, egg, milk, onion chopped fine. Stuff peppers lightly and place in MIRRO-MATIC Pan. Add tomato soup and water. Cover pan. Set control at 10 and cook for 15 minutes after control jiggles. Remove pan from heat and allow pressure to go down normally. Serves 6.

SWEDISH MEAT BALLS

- | | |
|--|-------------------------------|
| 1 lb. beef (neck, chuck, round)
finely ground | 1 teaspoon salt |
| 1 cup fine bread crumbs | $\frac{1}{8}$ teaspoon pepper |
| 1 egg | $\frac{1}{8}$ teaspoon nutmeg |
| $\frac{1}{2}$ cup milk | 2 tablespoons drippings |
| 2 tablespoons minced onion | $\frac{1}{2}$ cup water |

Combine meat, crumbs, egg, milk, minced onion, salt, pepper and nutmeg. Make into balls, $1\frac{1}{2}$ inches in diameter, using as little pressure as possible. Brown well in drippings in the MIRRO-MATIC Pan. Place meat balls on rack. Add water. Cover, set control at 10 and cook 5 minutes after control jiggles. Reduce pressure instantly. To serve, remove meat balls to hot platter and thicken the gravy. See gravy recipe on page 34.

CORNERD BEEF AND CABBAGE

- | | |
|---|----------------------------------|
| $2\frac{1}{2}$ lbs. (brisket) corned beef | 4 medium size potatoes |
| 2 cups water | 1 head cabbage (cut in quarters) |
| 4 carrots | 4 onions |

Cover corned beef with cold water for several hours to draw out the salt. Drain.

Place corned beef on rack in MIRRO-MATIC Pan. Add water. Cover, set control at 10 and cook 60 minutes after control jiggles. Then reduce pressure by cooling pan under water faucet. Add cabbage, potatoes, onions and whole carrots. Cover, set control at 15 and cook for 8 minutes after control jiggles. Reduce pressure by cooling under faucet. Serves 6.

BEEF POT ROAST

- | | |
|---|---------------------------|
| 3 lbs. pot roast (chuck, rump
top, round or brisket) | $\frac{1}{2}$ cup water |
| 2 teaspoons salt | 2 tablespoons flour |
| $\frac{1}{4}$ teaspoons pepper | 3 medium size onions |
| | 3 tablespoons fat or suet |

If suet is used, cut into small pieces and fry out in a MIRRO-MATIC Pan. Brown the meat thoroughly on all sides. Season with salt and pepper. Add onions and water. Cover, set control at 10 and cook for 50 to 60 minutes after control jiggles. Allow pressure to go down normally. Thicken gravy with flour mixed with $\frac{1}{4}$ cup water. Serves 6-8.

SPARERIBS, SAUERKRAUT AND POTATOES

- | | |
|-------------------------------|--|
| 2 lbs. spareribs | 1 tablespoon brown sugar
(optional) |
| 1 tablespoon fat | 5 or 6 medium sized potatoes
whole |
| 1 teaspoon salt | $\frac{2}{3}$ cup water |
| $\frac{1}{8}$ teaspoon pepper | |
| 1 quart sauerkraut | |

Brown spareribs in hot fat in MIRRO-MATIC Pan. Add salt and pepper. Put sauerkraut in bottom of pan and sprinkle with brown sugar if desired. Place ribs, and potatoes over kraut. Add water and cover pan. Set control at 15 and cook 20 minutes after control jiggles. Allow pressure to go down normally.

HAM WITH ORANGE SAUCE

- | | |
|---|--|
| 1 slice of ham $\frac{3}{4}$ " thick cut
into serving pieces | $\frac{1}{2}$ cup orange juice |
| Whole cloves | 2 tablespoons brown sugar |
| 1 tablespoon fat | $\frac{1}{2}$ cup water |
| | 2 sweet potatoes (peeled and cut
in halves) |

Press whole cloves into each cut of ham. Heat MIRRO-MATIC pan. Brown ham in hot fat. Add brown sugar, orange juice and water. Add potatoes, cover pan. Set MIRRO-MATIC control at 10 and cook for 15 minutes after control jiggles. Allow pressure to go down normally.

To make Sauce:

Mix 1 tablespoon cornstarch with 2 tablespoons of lemon juice or cold water. Add to boiling liquid and cook until clear. (About 1 minute.) Serves 4.

COUNTRY-STYLE CHICKEN

- | | |
|---------------------------------|-------------------------|
| 1 frying chicken (about 3 lbs.) | $\frac{1}{4}$ cup flour |
| 2 teaspoons salt | 1 small onion |
| $\frac{1}{4}$ teaspoon pepper | 6 tablespoons fat |
| 1 teaspoon paprika | 1 cup water |

Cut chicken into individual servings. Mix flour, paprika, salt and pepper, and dredge the chicken. Brown in hot fat in MIRRO-MATIC pan. Add onion, and water. Cover pan, set control at 10 and cook 20 minutes after control jiggles. Allow pressure to go down normally. If crisp chicken is desired, place it under broiler for a few minutes. Serve with cream gravy. Blend 3 tablespoons flour, $\frac{1}{2}$ cup milk. Stir into liquid. Cook until thickened in open pan. Serves 4.

Older chickens require from 30 to 40 minutes of cooking time.

Recipes

MEATS

BEEF STEW

2 lbs. beef cut into 2" cubes	1 onion cut fine
2 tablespoons fat	5 or 6 carrots cut in half crosswise
2 teaspoons salt	4 or 5 medium sized potatoes whole
¼ teaspoon pepper	1½ cups water
Sprinkle meat with paprika	1 tablespoon flour to thicken gravy

Heat MIRRO-MATIC Pan. Add fat and brown meat in hot fat until golden brown. Add salt, pepper, paprika and onion. Place carrots and potatoes on top of meat and add water. Cover pan, set MIRRO-MATIC Control at 10 and cook for 20 minutes after control jiggles. Remove pan from heat and allow pressure to go down normally. Thicken gravy if desired. Serves 5 or 6.

MEAT BALLS IN TOMATO SAUCE

2 slices bacon	1 teaspoon salt
1 lb. ground beef	¼ teaspoon pepper
6 onions sliced thin	1 No. 2 can tomatoes

Combine beef, seasoning and 1 diced onion. Shape into balls. Heat MIRRO-MATIC Pan, fry bacon, then brown meat balls in hot fat. Add onions, and tomatoes. Cover, set control at 10 and cook for 5 minutes after control jiggles. Reduce pressure instantly. Thicken gravy with flour and water. See gravy recipe on page 34.

SCALLOPED POTATOES WITH HAM OR USE WITHOUT HAM

6 or 7 medium sized potatoes sliced	1 tablespoon butter
1¼ teaspoons salt	1 slice boiled ham 1 inch thick
¼ teaspoon pepper	1½ cups thin white sauce (see page 45)

Wash, peel and slice potatoes, and place them in MIRRO-MATIC Pan which has been greased on bottom to prevent sticking. Add salt, pepper and butter cut into small pieces. Place ham slice on potatoes and add white sauce. Cover pan. Set MIRRO-MATIC control at 15 and cook for 2 minutes after control jiggles. Then remove pan from heat and reduce pressure instantly.

BROWN FRICASSEE OF CHICKEN

1 chicken (3 to 3½ lbs.)	1 small onion
2 slices salt pork	½ bay leaf
2 tablespoons flour	1 tablespoon parsley
Salt and pepper	2 cups hot water

Cut chicken into individual servings. Place salt pork in MIRRO-MATIC Pan. When hot, add chicken and seasoning, and brown well. Add onion, bay leaf, parsley and water. Cover, set control at 10 and cook for 40 minutes after control jiggles. Reduce pressure normally. Thicken gravy with ½ cup water and 2 tablespoons flour. Serves 4-5.

FLANK STEAK—WITH DRESSING

Trim edges, season with salt and pepper. Spread dressing over flank steak, roll loosely and tie securely. Sear in 3 tablespoons hot fat in the MIRRO-MATIC. Add 1 cup of tomato juice and $\frac{1}{2}$ teaspoon salt. Cover, set control at 10 and cook 45 minutes after control jiggles. Cool normally. Thicken liquid. See gravy recipe on page 34.

Dressing:	$\frac{1}{2}$ teaspoon minced onion
$\frac{3}{4}$ cup sausage meat	$\frac{1}{4}$ teaspoon salt
1 tart apple (peeled and sliced)	$\frac{1}{2}$ cup hot water
$1\frac{1}{2}$ cups bread crumbs	

Heat sausage meat in fry pan. Pour off excess fat. Add remaining ingredients.

IRISH STEW

$1\frac{1}{2}$ lbs. lamb shank cut in 2" cubes	$\frac{1}{2}$ cup chopped onions
1 cup each:	$1\frac{1}{2}$ teaspoons salt
Turnips, diced	$\frac{1}{2}$ teaspoon paprika
Carrots, sliced	1 teaspoon celery seed
Potatoes, diced	2 tablespoons fat
Parsnips, diced	2 cups boiling water

Brown meat in hot fat in MIRRO-MATIC Pan. Add water, cover, set control at 10 and cook for 20 minutes after control jiggles. Reduce pressure instantly by cooling pan under faucet. Add vegetables and seasoning. Cover, set control at 15 and cook for 5 minutes after control jiggles. Let pressure go down normally. Thicken broth with 2 tablespoons flour mixed with $\frac{1}{4}$ cup water. Serves 4.

CABBAGE ROLLS (Tomato Sauce)

1 lb. chopped beef	1 egg
1 teaspoon salt	8 large cabbage leaves
$\frac{1}{4}$ teaspoon pepper	1 can tomato soup
2 tablespoons chopped onion	1 cup water
1 cup rice (cooked)	

Pour boiling water over cabbage leaves. Let stand for 5 minutes. Season meat, add onion, rice and egg. Roll a portion of filling into each leaf, fasten ends with tooth picks. Place the cabbage rolls in the MIRRO-MATIC Pressure Pan. Pour tomato soup and water over rolls. Cover, set control at 10 and cook 15 minutes after control jiggles. Let pressure go down normally. Serves 4.

SAUERBRATEN

3 lbs. (rump) beef	1 ½ teaspoons salt
1 cup water	⅛ teaspoon pepper
1 cup vinegar	2 large onions
2 bay leaves	1 tablespoon sugar
4 tablespoons fat	12 whole cloves

Wipe meat with a damp cloth. Cover with vinegar and water, onions, bay leaves, cloves, salt, pepper and sugar. Let stand for 24 hours. Remove from the spiced vinegar, wipe dry. Heat the MIRRO-MATIC Pan and brown the meat in hot fat. Strain the vinegar mixture and add 1 ½ cups to the meat. Cover, set control at 10 and cook for 1 hour after control jiggles. Reduce pressure normally. Thicken gravy by mixing 2 tablespoons flour with ½ cup cold water. Serves 6-8.

BAKED BEANS

2 cups dried Navy Beans or Great Northern Beans	4 tablespoons molasses or syrup
3 slices bacon or salt pork	3 tablespoons brown sugar
2 tablespoons chopped onion	1 teaspoon dry mustard
⅛ teaspoon pepper	2 cups hot water
	1 teaspoon salt

Soak beans over night. Drain. Brown meat in MIRRO-MATIC Pan until golden brown. Add chopped onion and stir. Add beans, salt, pepper, molasses, sugar, mustard and water. Stir. Cover pan. Set MIRRO-MATIC control on vent tube at 15. When control jiggles, reduce heat and cook 30 minutes. Allow pressure to go down normally. Serves 4 or 5.

BRAISED LAMB SHANKS

4 lamb shanks	2 tablespoons drippings
2 tablespoons flour	1 cup water
1 teaspoon salt	1 cup pitted cooked dried prunes
¼ teaspoon pepper	1 cup cooked dried apricots
4 tablespoons white syrup	

Combine salt, pepper and flour. Dredge meat thoroughly. Brown in hot fat in a MIRRO-MATIC Pressure Pan. Add water. Cover, set control at 10 and cook 45 minutes after control jiggles. Reduce pressure normally, Mix cooked prunes and apricots. Pour syrup over them. Mix lightly. Do not crush fruit. Serve hot with lamb shanks. Serves 4.

NOODLE NOVELTY

4 oz. wide noodles
 1½ cups hot milk
 1 cup soft bread crumbs
 ¼ cup butter
 1 tablespoon chopped pimiento

1 tablespoon chopped parsley
 1 tablespoon chopped onion
 1 teaspoon salt
 Dash of Cayenne

Cook noodles in MIRRO-MATIC Pressure Pan (see directions on page 46). Drain well, but do not rinse. Add remaining ingredients. Pour into a well greased aluminum refrigerator pan (bottom-lined with waxed paper) or an aluminum ring mold (to fit the pressure pan).

Place rack in pressure pan, add 1 cup water, and set mold (which has been covered with 3 thicknesses of waxed paper) on rack. Cover pan, set control at 5 and cook for 7 minutes after control jiggles. Let pressure go down normally and open pan. Cut around edge. Unmold on warm platter. Serve with any of the following sauces: tomato, shrimp, parsley or cheese sauce. Yields 6 servings.

BARBECUED SHORT RIBS

3 lbs. short ribs
 1 teaspoon paprika
 3 teaspoons salt
 1 large onion
 ½ cup catsup

¼ cup vinegar
 2 tablespoons water
 2 teaspoons chili powder
 3 tablespoons bacon drippings

Brown the short ribs very thoroughly on all sides in hot fat, in the MIRRO-MATIC Pan. Add sliced onion. Mix remaining ingredients and pour over the meat. Cover, set control at 10 and cook for 45 minutes after control jiggles. Reduce pressure normally. Thicken gravy with flour and water. See gravy recipe.

Gravy
 1 cupful

Blend 2 tablespoons flour in 3 tablespoons of drippings. Slowly add 1 cup boiling water or soup stock. Cook and stir the gravy until it is smooth and boiling. Season with salt and pepper. A few minced herbs, grated lemon rind or chopped parsley may be added. If a brown gravy is desired, add a few drops of Kitchen Bouquet.

For thickening liquid, blend 2 tablespoons flour with ⅓ cup cold water. Add to 1 cup of hot liquid.

BRAISED OX TAILS

- | | |
|-------------------------|---------------------|
| 1 ox tail | 2 bay leaves |
| 3 tablespoons flour | 3 whole cloves |
| 3 tablespoons drippings | 2 cups celery |
| 1 cup water | 2 cups carrots |
| 1 cup tomatoes | ½ cup chopped onion |
| 1 teaspoon salt | ½ clove garlic |
| ⅛ teaspoon pepper | 1 lemon sliced |

Roll pieces of ox tail in flour. Then brown in hot fat in a MIRRO-MATIC Pan. Add the salt and pepper, onion, celery and carrots. Brown all together. Add remaining ingredients. Cover, set control at 10 and cook for 1 to 1¼ hours after control jiggles. Reduce pressure normally. Serves 4.

STUFFED BEEF HEART

Precook heart according to directions on page 23.

- | | |
|------------------------------------|-----------------------------|
| Stuffing: | 3 tablespoons chopped onion |
| 2 cups bread crumbs | 2 tablespoons drippings |
| 2 tablespoons chopped green pepper | ½ teaspoon celery seed |
| 1 teaspoon salt | ½ cup milk |
| | 6 slices bacon |

Stuff the cavity of the heart. Tie the heart with twine. Cover with strips of bacon. Place in a MIRRO Aluminum roasting pan. Bake 40 minutes at 325°F. Place the heart on a platter. Add the cooking liquid to drippings in the roasting pan. Thicken with flour mixed with cold water. (See gravy recipe.) Season with salt and pepper. Pour gravy over and around the heart. Serves 6.

BRAISED SHORT RIBS

- | | |
|---------------------------|-----------------------------|
| 2 lbs. short ribs of beef | 1 cup boiling water |
| ½ cup flour | 2 teaspoons horse-radish |
| 2 teaspoons salt | 6 medium carrots |
| ½ teaspoon pepper | 4 medium onions |
| 3 tablespoons drippings | 1 ½ cups cooked green beans |

Combine flour, salt and pepper. Dredge the ribs. Brown in hot fat in the MIRRO-MATIC Pan. Add horse-radish and water. Cover, set control at 10 and cook for 35 minutes after control jiggles. Cool pan under faucet to reduce pressure. Then add carrots and onions. Cover, set control at 10 and cook for 10 minutes after control jiggles. Cool pan under faucet and add hot green beans. Serves 6.

COMBINATION DINNER DISH

2 cups dried lima beans	2 teaspoons salt
2 tablespoons fat	1 No. 2 can tomatoes (2½ cups)
1 lb. ground beef	2 teaspoons sugar
1 cup sliced onions	2 teaspoons Worcestershire sauce

Wash lima beans well, and cover with water over night. Drain. Brown ground beef and sliced onions in fat in MIRRO-MATIC. Add remainder of ingredients, including lima beans. Cover and cook at 15 lbs. for 30 minutes after control jiggles. Reduce pressure normally. Serves 6.

HASEN PFEFFER (SWEET-SOUR RABBIT)

1 rabbit	1 onion sliced
1½ cups vinegar	3 tablespoons fat
1½ cups water	1 cup sour cream or
6 bay leaves	1 cup evaporated milk and
10 whole peppers	1 teaspoon vinegar
1½ teaspoons salt	4 tablespoons ginger snap crumbs

Cut rabbit meat into individual servings and cover with vinegar and water. Add bay leaves, whole peppers, salt, and sliced onion. Allow this to stand three days. Remove meat from brine, dry on paper towels, dredge in flour, and brown with fat in MIRRO-MATIC. Strain the brine and add 1½ cups of it to the meat. Cover and cook at 10 lbs. for 15 minutes after control begins to jiggle. Reduce pressure normally. Add sour cream or evaporated milk and vinegar and ginger snap crumbs. Cook until thick and smooth, stirring constantly. Serves 4.

PIGS IN BLANKET

1 lb. round steak	½ teaspoon salt
½ teaspoon salt	¼ teaspoon pepper
1 onion, sliced	2 tablespoons fat or 2 strips bacon
1 strip bacon, cut into pieces	1 10½ oz. can tomato soup
¼ cup flour	½ cup water

Season steak with salt and cut into individual servings. Place a slice of onion and bacon on each piece of steak. Roll them up, securing the ends with toothpicks or tie with string. Dredge the rolls in the flour, remaining salt, and pepper mixture. Brown well in the MIRRO-MATIC with 2 tablespoons of fat or 2 strips of bacon. Add the tomato soup and water. Cover and cook at 10 lbs. for 30 minutes after control jiggles. Reduce pressure normally. Remove toothpicks or strings from rolls. Serves 3 or 4.

HOW TO GET WIDE VARIETY IN MIRRO-MATIC COOKING

Because most foods that can be boiled, steamed, stewed or braised are suitable for MIRRO-MATIC cooking, there is opportunity for endless variation of recipes that can be prepared in the pressure pan.

The user should not feel limited to the recipes in this book, because by using these as a guide together with the information in the cooking charts, hundreds of combinations can be concocted.

As an example, suppose you wish to prepare veal hearts. There happens to be no recipe in this book, but in the meat chart the directions show that they should be cooked at 10 lbs. pressure for 45 minutes using one cup of water. Since most meats are browned in hot fat before cooking, you know that you may slice the heart, sprinkle with salt and pepper, brown in hot fat and cook for 45 minutes.

The above recipe gives you just plain veal heart, but suppose you wish to make something a little different. How about making a stew of the veal hearts? Cut the hearts in cubes just as the recipe for veal stew suggests. In fact you may use the recipe for veal stew, except that you will cook the heart for about 35 minutes before adding the vegetables instead of 10 minutes as in the case of the veal stew. Use $1\frac{1}{2}$ cups of water, of course, and make a gravy for the stew when it has finished cooking.

So there you have two suggestions for cooking veal hearts, but perhaps you have your own favorite recipe. In that case, use it. Just take your cooking time from the charts on the various ingredients, and you are sure to be pleased with the results.

In adapting your own recipes there are just three simple rules to keep in mind. First, consult the charts or recipes for the amount of water, timing, pressure and method of reducing pressure.

Second, if your recipe calls for soup stock, tomato juice, etc., this should be considered the equivalent of an equal amount of water because it will provide the necessary moisture. However, do not use milk as it has a tendency to boil over.

And finally, be limited only in respect to the few foods mentioned in the "Don'ts" on page 8. Do not cook apple sauce, rhubarb, cranberries, pearl barley, split peas or pea soup in the pressure pan.

SOUPS and CHOWDERS

Your MIRRO-MATIC will cook soups in a matter of minutes instead of hours. While the method is as simple as it is quick, please follow these directions precisely: Never prepare more than three quarts of soup in your four quart size MIRRO-MATIC. When cooking has been completed be very sure that the pressure is down before attempting to remove the control from the vent tube. TEST to see if the pressure has dropped by gently nudging the control as instructed on page seven of this direction book. See specific directions for soup preparation in the recipes on the following pages.

SOUP or CHOWDER	Minutes to Cook After Control Jiggles	Amt. of Water	Amt. of Food	Lbs. Pressure
Bean (Navy) Soak beans over night.	30 to 35 ‡	2½ Qts.	2 Cups	15
Chicken Cooking time will vary according to age and size of bird.	25 to 30	1½ to 2 Qts.	3 to 4 Lbs.	15
Chowder (vegetable)	10 ‡	2 Qts.		15
Lentil Soak over night.	20 ‡	2 Qts.	2 Cups	15
Soup Stock	45 ‡	1½ to 2 Qts.	3 Lbs.	10
Vegetable	3 ‡	2 Qts.		15

‡ Reduce pressure normally for 5 minutes. Then finish reduction of pressure by running a very small stream of water over the cover.

NEVER FILL PAN MORE THAN ¾ FULL OF SOUP

CHILI CON CARNE

- | | |
|------------------------------------|------------------------------------|
| 2 lbs. ground beef | 2 teaspoons chili powder |
| 1 teaspoon paprika | 2 cups water |
| 1 clove garlic cut fine (optional) | 2 cups canned tomatoes |
| 2 cups canned kidney beans | 1 cup chopped onions |
| 2 teaspoons salt | 2 tablespoons chopped green pepper |
| ½ cup suet | |

Place the suet in the MIRRO-MATIC Pan. When rendered, brown the meat, onions, green pepper, and add water and tomatoes. Add seasonings. Cover, set control at 15 and cook for 10 minutes after control jiggles. Remove from heat and let stand for 5 minutes; then finish reducing pressure by running a very small stream of water over the cover. When pressure is down, add the kidney beans. Simmer until the beans are hot. Serves 6. This chili is of thick consistency. Use more water if desired.

Recipes

SOUPS

FISH CHOWDER

- | | |
|---|--|
| 2 lbs. fish (do not bone) use a large fish such as haddock, halibut, etc. | 1 teaspoon salt |
| 2 cups water | $\frac{1}{3}$ cup salt pork or bacon diced |
| 1 sliced onion | 2 cups potatoes sliced |
| 2 sprigs parsley | 3 cups hot milk |
| | 2 tablespoons butter |
| | 2 tablespoons flour |

Place the fish in the MIRRO-MATIC Pan. Add water, onion and parsley. Cover, set control at 15 and cook 5 minutes after control jiggles. Then reduce pressure by cooling pan under faucet. Remove fish and bone carefully. Strain the stock. Add salt, sliced potatoes and pork which has been fried slowly. Cover, set control at 15 and cook for 6 minutes after control jiggles. Let stand for 5 minutes and then finish reducing pressure by running a very small stream of water over the pan. Add flaked fish and hot milk. Serves 6 to 8.

LENTIL SOUP

- | | |
|-------------------------------------|---|
| 2 cups lentils | 1 teaspoon salt |
| 2 quarts water | 2 tablespoons flour |
| 1 stalk leek (cut in small pieces) | Croutons |
| 1 tablespoon chopped onion | 3 tablespoons bacon fat |
| 1 celery root (cut in small pieces) | 4 wieners (cut in $\frac{1}{2}$ " slices) |
| 2 carrots (diced) | |

Cover lentils with water over night. Drain, place all ingredients in MIRRO-MATIC Pan. Cover, set control at 15 and cook for 20 minutes after control jiggles. Reduce pressure normally for 5 minutes; then finish reducing pressure by running a very small stream of water over the pan. Mix flour with a little cold water to make a smooth paste. Add to soup. Bring to a boil. Serve hot with Croutons. Serves 6-8.

FRENCH ONION SOUP

- | | |
|-------------------------------|---------------------------------------|
| 2 cups onions (thinly sliced) | 3 cups of water or |
| 4 tablespoons butter | 6 cups hot water and 4 |
| 1 teaspoon salt | bouillon cubes |
| $\frac{1}{8}$ teaspoon pepper | 6 rounds of buttered toast |
| 3 cups consomme | $\frac{1}{2}$ cup dry parmesan cheese |

Melt butter in MIRRO-MATIC Pan. Add onions and fry slowly, over low heat until onions are light brown. Add remaining ingredients. Cover, set control at 15 and cook 5 minutes after control jiggles. Remove from heat. After 5 minutes finish reducing pressure by running a very small stream of water over the pan. Sprinkle cheese over buttered toast. Set under broiler to melt (optional). Serve on soup. Serves 6-8.

SOUPS

Recipes

POTATO SOUP

- | | |
|---------------------------|------------------------------|
| 2 cups potatoes (diced) | 2 tablespoons butter |
| 1 tablespoon minced onion | 1 tablespoon flour |
| 1 1/2 teaspoon salt | 1 tablespoon chopped parsley |
| 1/8 teaspoon white pepper | 2 cups hot milk |
| 2 cups hot water | |

Brown onion in butter in the MIRRO-MATIC Pan. Add flour, blend well. Add potatoes, salt, pepper and water. Cover, set control at 15 and cook for 4 minutes after control jiggles. Reduce pressure by running a very small stream of water over the pan. Add hot milk and chopped parsley. Serves 4-6.

CARROT CHOWDER

- | | |
|-------------------------------|-----------------------|
| 1 onion, minced | 2 teaspoons salt |
| 3 tablespoons bacon drippings | 1/4 teaspoon paprika |
| 2 cups diced potatoes (raw) | 2 cups sliced carrots |
| 2 cups boiling water | 1 tablespoon flour |

Brown the minced onion in hot drippings in the MIRRO-MATIC Pan. Add flour and blend well. Add potatoes, carrots, seasoning and water. Cover, set control at 15 and cook 5 minutes after control jiggles. Let pressure go down normally for 5 minutes; then finish reducing pressure by running a very small stream of water over the pan.

MANHATTAN CLAM CHOWDER

- | | |
|---|------------------------|
| 2 cups hard clams or canned clams, finely chopped | 2 cups boiling water |
| 1/4 lb. salt pork cubed | 2 cups stewed tomatoes |
| 1 onion sliced thin | 1/8 teaspoon pepper |
| 1 cup potatoes, cut in small cubes | 1 teaspoon salt |
| | Thyme |

Fry out the pork in MIRRO-MATIC Pan. Add onions and brown lightly. Add salt, water, potatoes and pepper. Cover, set control at 15 and cook for 5 minutes after control jiggles. Reduce pressure normally for 5 minutes; then finish reducing pressure by running a very small stream of water over the pan. Add tomatoes and clams. Bring to a boil and cook in open pan for 2 minutes. Sprinkle with Thyme. Serve at once. Serves 6.

QUICK VEGETABLE SOUP

- | | |
|-------------------------|------------------------------|
| 3 tablespoons bacon fat | 1 cup canned tomatoes |
| 4 cups hot water | 1/2 cup chopped cabbage |
| 1/2 cup diced carrots | 1 tablespoon chopped parsley |
| 1/4 cup diced onion | 1 teaspoon salt |
| 1/2 cup sliced celery | 1/8 teaspoon pepper |

Place above ingredients in MIRRO-MATIC Pan. Cover, set control at 15 and cook for 3 minutes after control jiggles. Remove from heat for five minutes; then finish reducing pressure by running a very small stream of water over the pan.

USE MOLDS IN DESSERT PREPARATION

Preparation of puddings and custards in the MIRRO-MATIC requires the use of molds. The individual custard cups referred to in recipes are the standard size. For the large pudding and bread recipes, a 1 $\frac{1}{4}$ qt. aluminum refrigerator dish is perfect, but any aluminum mold of approximately the same capacity may be used. Suitable molds and dishes may be purchased from your MIRRO dealer.

In addition to using them for desserts, you will find molds very handy for warming left-overs such as creamed combinations, casserole foods, etc., which usually present a problem because they tend to stick to sauce pans when re-heated. Just place the mold of food on the rack in the MIRRO-MATIC over 1 cup of water, set the control at 15, and when it clicks, turn off the heat and let pressure drop normally. A covered MIRRO refrigerator dish is ideal for this purpose.

STEAMED CRANBERRY PUDDING

1 cup flour	$\frac{1}{3}$ cup brown sugar
1 $\frac{1}{2}$ teaspoons baking powder	$\frac{2}{3}$ cup finely chopped suet
$\frac{1}{2}$ teaspoon salt	1 cup chopped cranberries
$\frac{1}{2}$ cup bread crumbs	1 egg
	$\frac{1}{3}$ cup milk or water

Mix ingredients in the order given; turn into a well greased mold (refrigerator pan with cover). Place on rack in MIRRO-MATIC with 3 cups of water. Steam for 30 minutes without control and cook at 5 lbs. for 30 minutes with control. Reduce pressure instantly. Serves 6.

HOT BUTTER SAUCE

4 tablespoons butter	4 tablespoons sugar
2 tablespoons flour	1 teaspoon vanilla-sherry or brandy
1 cup boiling water	1 teaspoon lemon juice

Blend butter and flour together. Slowly add boiling water and sugar. Cook until sauce thickens, stirring constantly in MIRRO Aluminum double boiler. Place over boiling water and cook for 10 minutes. Add flavoring—Serve hot. Yields about 1 cupful.

GRAHAM CRACKER PUDDING

4 tablespoons shortening	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon salt
1 egg	3 cups rolled graham crackers
$1\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ teaspoon vanilla

Cream the shortening and sugar, add well beaten egg. Mix baking powder, salt and graham crackers and add alternately with milk to creamed mixture. Add vanilla. Fill a greased MIRRO Aluminum, Fluted Mold or a refrigerator pan $\frac{2}{3}$ full. Cover mold with 3 thicknesses of waxed paper and fasten with rubber band or string. Pour 3 cups of water into the MIRRO-MATIC and place pudding on rack in pan. Cover pan and turn on heat. When steam flows from vent tube, reduce heat to medium and allow steam to flow for 30 minutes. Then set control at 5 and cook for 30 minutes after control jiggles. Reduce pressure by cooling pan under faucet. Serve with lemon sauce. See page 44. Serves 6.

STEAMED CHOCOLATE PUDDING

3 tablespoons butter	$4\frac{1}{2}$ teaspoon baking powder
$\frac{2}{3}$ cup sugar	$2\frac{1}{2}$ oz. ($2\frac{1}{2}$ sq.) unsweetened chocolate
1 egg	$\frac{1}{4}$ teaspoon salt
1 cup milk	
$2\frac{1}{4}$ cups sifted flour	

Cream the butter and sugar. Add the egg and mix well. Mix the sifted flour, baking powder and salt, and add alternately with milk to first mixture. Add melted chocolate. Fill a small aluminum ring mold or refrigerator pan $\frac{2}{3}$ full, cover with 3 thicknesses of waxed paper and fasten with rubber band or string. Pour 3 cups of water into a MIRRO-MATIC Pan. Place mold on rack in pan. Cover pan and turn on heat. When steam flows from vent tube, reduce heat to medium and allow steam to flow for 30 minutes. Then set control at 5 and cook for 30 minutes after control jiggles. Reduce pressure by cooling pan under faucet. Serve with fudge, orange or hard sauce. See page 44.

CUSTARD

$1\frac{1}{4}$ cups hot milk (not boiled)	1 teaspoon vanilla
2 eggs	dash of salt
2 tablespoons sugar	Nutmeg

Beat egg only slightly, add hot milk, sugar, vanilla and salt. Pour custard into aluminum custard cups to $\frac{1}{2}$ inch from top. Sprinkle with nutmeg. Cover with 2 thicknesses waxed paper held in position with a rubber band or string. Place on rack in MIRRO-MATIC with $\frac{1}{2}$ cup of water. Cover, set control at 5 and cook 1 minute after control jiggles. Turn off heat. If an electric range is used, remove pan from element. Allow pressure to go down normally. (Note: If glass or earthen ware custard cups are used, cook $1\frac{1}{2}$ minutes instead of 1 minute.) For Rice Pudding add 2 cups cooked rice to custard.

Recipes

DESSERTS

DIXIE PLUM PUDDING

- | | |
|---|--------------------------------------|
| 1 cup flour | $\frac{1}{2}$ teaspoon nutmeg |
| 1 teaspoon cinnamon | $\frac{1}{2}$ cup finely ground suet |
| $\frac{1}{2}$ teaspoon cloves | 1 cup raisins |
| 1 teaspoon soda | $\frac{1}{2}$ cup honey |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{2}$ cup fruit juice |
| $\frac{1}{2}$ cup graham cracker crumbs | 1 beaten egg |
| | $\frac{1}{2}$ cup walnut meats |

Sift flour, spices, salt and soda together 3 times. Add graham cracker crumbs, suet, raisins and nuts. Combine honey, fruit juice and egg with flour mixture. Beat until smooth. Fill greased mold $\frac{2}{3}$ full, cover with 3 thicknesses of waxed paper and fasten with rubber band or string. Place 3 cups of water in pan with rack in place. Put mold on rack. Cover pan, and turn on heat. When steam flows from vent tube, reduce heat to medium and allow steam to flow for 30 minutes. Then set control on vent tube at 5 and cook for 30 minutes after control jiggles. Cool instantly under faucet.

NUT BREAD

- | | |
|---------------------------|-----------------------------|
| 1 egg | $2\frac{1}{2}$ cups flour |
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ teaspoon salt |
| 1 cup sweet milk | 1 cup nuts |
| 2 teaspoons baking powder | |

Combine egg with sugar, and beat lightly, add milk, and sifted dry ingredients. Add nuts. Grease mold and fill $\frac{2}{3}$ full. Cover mold with 3 thicknesses of waxed paper and fasten with rubber band or string. Place 3 cups of water in pan with rack in place. Put mold on rack, cover pan and turn on heat. When steam flows from vent tube, reduce heat to medium and allow steam to flow for 30 minutes. Then set control on vent tube at 5 and cook for 30 minutes after control jiggles. Cool instantly under faucet.

BOSTON BROWN BREAD

- | | |
|---|-------------------------------|
| $\frac{1}{2}$ cup brown sugar | $1\frac{1}{2}$ cup buttermilk |
| $1\frac{1}{2}$ tablespoon melted shortening | 3 cups whole wheat flour |
| 1 egg lightly beaten | 1 teaspoon soda |
| $\frac{1}{2}$ cup molasses | $\frac{1}{4}$ teaspoon salt |
| | $\frac{1}{2}$ cup raisins |

Combine sugar, shortening, egg, and molasses. Sift dry ingredients. Add dry ingredients alternately with buttermilk. Mix well. Turn into greased mold and fill $\frac{2}{3}$ full. Cover mold with 3 thicknesses of waxed paper and fasten with rubber band or string. Place 3 cups of water in MIRRO-MATIC Pan with rack in place. Put mold on rack, cover pan, and turn on heat. When steam flows from vent tube, reduce heat to medium and allow steam to flow for 30 minutes. Then set control on vent tube at 5 and cook for 30 minutes after control jiggles. Cool instantly under faucet.

PUDDING SAUCES

LEMON SAUCE

1 cup sugar	$\frac{3}{4}$ cup boiling water
3 tablespoons lemon juice	Speck of salt
$\frac{1}{2}$ teaspoon grated lemon rind	2 tablespoons butter
5 tablespoons flour	2 egg yolks

Mix flour, sugar and salt. Add beaten egg yolks, lemon juice, grated rind and boiling water. Stir well. Cook until thick in MIRRO Aluminum Double Boiler. Add butter before removing from range.

FUDGE SAUCE

2 squares unsweetened chocolate (2 ounces)	$\frac{1}{2}$ cup water	$\frac{1}{2}$ teaspoon vanilla
1 cup sugar	1 tablespoon butter	2 tablespoons thick cream
	1 tablespoon light corn syrup	

Melt chocolate over hot water in a MIRRO Aluminum Sauce Pan. Add sugar, water, butter and corn syrup. Cook without stirring until mixture resembles a thick syrup. Remove from heat. Add vanilla and cream, mixing thoroughly. Cool and serve over steamed puddings.

ORANGE SAUCE

$\frac{3}{4}$ cup granulated sugar	1 cup boiling water	orange rind
3 tablespoons cornstarch	$\frac{1}{2}$ cup orange juice	$1\frac{1}{2}$ tablespoons butter
	1 teaspoon grated	

Mix the sugar and constarch together in a MIRRO Aluminum Sauce Pan. Add water to the orange juice, pour this into the sugar mixture and stir constantly over medium heat until it boils and clears. Remove from heat and stir in the butter and orange rind. Serve hot over steamed pudding.

HARD SAUCE

1 cup Confectioner's sugar	$\frac{1}{2}$ teaspoon orange extract
or	$\frac{1}{3}$ cup butter
$\frac{3}{4}$ cup granulated sugar	1 teaspoon vanilla

Cream butter, add sugar gradually while beating constantly; then add flavoring.

STANDARD WHITE SAUCE

Thin

1 tablespoon flour	1 cup milk	$\frac{1}{8}$ teaspoon pepper
1 tablespoon fat	$\frac{1}{4}$ teaspoon salt	

Medium

2 tablespoons flour	1 cup milk	$\frac{1}{8}$ teaspoon pepper
2 tablespoons fat	$\frac{1}{4}$ teaspoon salt	

Thick

3 tablespoons flour	1 cup milk	$\frac{1}{8}$ teaspoon pepper
3 tablespoons fat	$\frac{1}{2}$ teaspoon salt	

Melt fat in a MIRRO Aluminum Double Boiler. Add flour and seasonings. Mix to a smooth paste; add liquid gradually, stirring to keep a smooth consistency. Cook until sauce thickens.

MOCK HOLLANDAISE SAUCE

2 egg yolks	$\frac{1}{8}$ teaspoon pepper or paprika
1 tablespoon water	$1\frac{1}{2}$ tablespoons butter
1 tablespoon lemon juice	1 tablespoon flour
$\frac{1}{2}$ teaspoon salt	1 cup boiling water

Mix and stir the first five ingredients well; set aside in the upper section of a MIRRO Aluminum Double Boiler. Melt butter, add flour and when it bubbles add the water, $\frac{2}{3}$ cup at first, and then the rest, stirring constantly. Pour into the egg mixture and cook over hot water until smooth and thickened, stirring constantly to avoid curdling.

TOMATO SAUCE

2 tablespoons butter	1 cup tomato juice and pulp
2 tablespoons flour	1 teaspoon salt
1 teaspoon sugar	$\frac{1}{4}$ teaspoon grated onion

Melt butter in MIRRO Aluminum Sauce Pan, add flour and blend well. Add tomato juice and pulp slowly. Cook until thick and smooth. Add salt, sugar and grated onion.

CREOLE SAUCE

$\frac{1}{4}$ cup grated onion	1 tablespoon flour
1 minced clove garlic	2 cups tomato juice
$\frac{1}{2}$ tablespoon chopped parsley	1 teaspoon salt
$\frac{1}{2}$ cup sliced mushrooms	$\frac{1}{2}$ cup sliced stuffed olives
$\frac{1}{4}$ cup minced green pepper	1 teaspoon sugar
1 tablespoon fat	

Chop vegetables and cook in hot fat until brown in a MIRRO Aluminum Sauce Pan. Add the flour and stir until smooth. Gradually add the tomato juice and seasonings. Serve hot.

MACARONI • SPAGHETTI • NOODLES • RICE

In the preparation of macaroni, spaghetti, noodles and rice, first bring the salted water to a rapid boil in the MIRRO-MATIC. Add the food and stir. Then reduce the heat, cover the pan, set the control at 5, and bring the pressure up SLOWLY. When MIRRO-MATIC control begins to jiggle, start counting cooking time. After cooking required time, reduce pressure, place food in colander, run hot water over it, and drain.

FOOD	Minutes to Cook After Control Jiggles	Amt. of Water	Amt. of Food	Lbs. Pressure
Macaroni.....	6*	4 Cups	4 Oz.	5
Noodles.....	4*	4 Cups	4 Oz.	5
Rice.....	10*	1½ Cups	1 Cup	5
Spaghetti.....	8*	4 Cups	4 Oz.	5

Or cook spaghetti only 5 minutes and let pressure go down without cooling pan under the water faucet.

* Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

FISH and SEA FOOD

Follow the directions below for simple, quick methods of preparing.

FISH	Minutes to Cook After Control Jiggles	Amt. of Water	Pressure Lbs.
Fish Steak (Thick Cuts)..... Season with salt and pepper and brown in hot fat. Place fish on inverted rack in MIRRO-MATIC, add water, bring up pressure, and cook.	5*	¼ Cup	10
Fish (Steamed)..... Put water, slice of onion, parsley, bay leaf in pan. Insert rack, place seasoned fish, cover, bring up pressure, and cook. Use liquid for the sauce. See recipe on following page.	5* Per Lb.	½ Cup	10
Finnan Haddie..... Cover with cold water and let stand 1 hour. Drain. Cover with boiling water for 5 minutes. Drain. Place in MIRRO-MATIC, add water and seasoning, bring up pressure and cook. Flake the fish and discard the skin.	7	Cover with water	10
Shrimp..... Put ½ cup water, 1 teaspoon salt, 1 bay leaf, 3 peppercorns, 1 slice lemon in MIRRO-MATIC. Bring to boil in the open pan. Add washed shrimp to liquid. Cover, bring up pressure, and cook. Drop into cold water and chill on ice before shelling and cleaning.	6	½ Cup	10

* Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

Recipes

FISH

FISH FILLET

1 pound fish fillet
1 1/2 cups water
2 teaspoons salt

1 teaspoon whole mixed spices
1 slice onion
1 slice lemon

Place water, salt, mixed spices, onion and lemon in the MIRRO-MATIC Pan. Place fillets of fish on rack in pan. Cover, set control at 10 and cook for 5 minutes after control jiggles. Reduce pressure normally. When cooked add MOR-NAY sauce given below.

1/4 cup fat
3 tablespoons flour
1 1/2 cups milk
1/2 teaspoon salt

1/8 teaspoon pepper
Dash of cayenne
1/2 cup shredded cheese

Melt fat, add flour. Blend until smooth. Add milk and seasoning. Cook until thick, stirring constantly. Add cheese; when it begins to melt pour sauce over fish. Place under broiler for a few minutes until lightly browned. Sprinkle with minced parsley.

PERCH OR HALIBUT STEAK

1 1/2 lb. perch or halibut
2 tablespoons butter
1 1/2 teaspoon salt
1/8 teaspoon pepper

2 tablespoons chopped onion
1 tablespoon chopped parsley
1/4 cup water for frozen fish
1/2 cup water for fresh fish

Cut fish into serving pieces. Heat butter in MIRRO-MATIC Pan. Dip fish in butter on both sides. Season with salt and pepper and sprinkle chopped onion over fish. Cover pan. Set control on vent tube at 10 and place pan on high heat. When control jiggles, cook 1 minute. Allow pressure to go down normally. Add parsley to liquid and serve over fish. Serves 4.

STEAMED FISH (With Sweet Sour Sauce)

1 1/2 pound fish (haddock, pike,
trout)
1 onion, sliced
3 carrots
1 bay leaf
1 sprig parsley
1 teaspoon chopped parsley

1/2 teaspoon salt
1/8 teaspoon pepper
1 tablespoon flour
1 cup water
2 tablespoons vinegar
2 tablespoons butter

Place fish on rack in MIRRO-MATIC Pan. Add 1 cup water, onion, bay leaf, sprig of parsley, salt, pepper, and carrots. Cover, set control at 10 and cook for 5 minutes after control jiggles. Then reduce pressure by cooling pan under faucet. Place fish on hot platter. Force onion and carrots through a coarse sieve, and add to the strained broth. Brown butter, add flour, and gradually add broth and stir until blended. Add vinegar, chopped parsley and a few grains of salt. Pour over fish. Serves 4.

FROZEN VEGETABLES

Frozen vegetables may be prepared even more quickly than fresh ones in the MIRRO-MATIC. Except for corn on the cob, it is unnecessary and undesirable to thaw vegetables completely before cooking. Thaw them only enough to break apart (about 10 minutes at room temperature). Solid bricks such as spinach are cut in $\frac{1}{2}$ inch cubes. The over-all cooking time will be shortened if you start the vegetables in boiling water. One-half teaspoon salt may be added, if desired. This chart should be used only as a guide. Cooking times will vary with the maturity and size as well as with individual taste. If you like vegetables *well-cooked*, cook them longer than the time given on the chart.

Vegetables	Minutes	Cups of Water	Lbs. Pressure
Asparagus	4*	$\frac{1}{4}$	5
Beans, Cut Green	4*	$\frac{1}{4}$	5
Broccoli	4 $\frac{1}{2}$ *	$\frac{1}{4}$	5
Cauliflower	3*	$\frac{1}{4}$	5
Corn, Kernels	1*	$\frac{1}{4}$	5
Corn on Cob	2 to 3*	$\frac{3}{4}$	5
Lima Beans, small	5*	$\frac{1}{4}$	5
Peas	2*	$\frac{1}{4}$	5
Spinach	3*	$\frac{1}{4}$	5

* Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

Excellent for Sterilizing

Because of the high temperature, 250 degrees Fahrenheit, which is attained in the MIRRO-MATIC pressure pan at 15 pounds pressure, it is an excellent sterilizer.

In the home it is perfect for baby bottles, nipples and utensils. It may also be used for sterilizing surgical, dental or other instruments.

To sterilize in your MIRRO-MATIC place the rack in the pan, add 1 $\frac{1}{2}$ cups of water, place bottles or instruments on the rack, and put on the cover. Set the MIRRO-MATIC control on the vent tube at 15. When the control jiggles, reduce heat and start counting sterilizing time. Five minutes is sufficient for baby bottles. Up to 20 minutes is recommended for various other articles.

PRESSURE CANNING

Use your MIRRO-MATIC for canning by the safe pressure method as recommended by the U. S. Department of Agriculture: Can meats and soups as well as vegetables and fruits, and be sure they will be safely preserved. See the directions for preparing the jars, instructions on operation of the MIRRO-MATIC for canning and directions for canning each food.

HOW TO PREPARE JARS

When using old jars be sure and look them over carefully for nicks, chips or cracks that would prevent an air tight seal. Discard imperfect jars. There are five main types of tops for jars. Be sure you use each type correctly. Always follow the directions supplied by the manufacturer for sterilizing and using the various lids and closures. Wash jars, glass lids and jar rubbers thoroughly with soap and hot water. Scald jars, invert them on a clean folded cloth. Place lids and rubbers in boiling water (or follow manufacturer's instructions) but keep them in water until ready for use.

CANNING DIRECTIONS

1. Place rack in pan (flat side down). Add 1 quart of hot water when canning 4 pints at a time. Add $1\frac{1}{2}$ qts. of water when canning less than 4 pints.
2. Set filled jars on rack in the pan. It is advisable to process 4 pints at a time (standard Mason jars), rather than fewer. It is all right if jars touch each other.
3. Close pan, set control at 5 or 10, and turn on heat.
4. When control jiggles vigorously air has been exhausted. Then reduce heat, but keep it high enough so that control jiggles at least 2 or 3 times per minute. This is your assurance that pressure is being kept at exactly 10 lbs. Prevent drafts from blowing over the pan, as this might cause pressure to drop unless heat is sufficiently high. Uneven pressure forces liquid from jars.

CANNING DIRECTIONS

5. For processing time required, see canning charts on following pages.
6. As soon as the processing time is up, turn off heat. If an electric range is used, carefully remove pan from element. Allow pressure to go down slowly. Do not rush the cooling by setting pan in water or by pouring cold water over the pan. Never hurry the lowering of the pressure by lifting the control.
7. Nudge the control to determine if pressure is down. When down, remove the control. Remove the cover and tilt the far side up so that steam escapes away from you.
8. Lift jars out of pressure pan and set on several thicknesses of cloth. Complete the seal at once if jars are not self sealing. Do not tighten screw bands on self-sealing lids. In case liquid boiled out during the canning, seal jar as it is. To add liquid, it would be necessary to process all over again. Vegetables not covered with liquid may turn darker, but they will not spoil.
Never set hot jars in a draft. This may cause them to break. Always cool jars in an upright position.
9. After 24 hours remove screw bands or caps from jars that have glass or metal discs underneath. In case the screw band is difficult to remove, cover with a hot, damp cloth for a minute or two. Do not force the screw bands off. You may break the seal.
10. Examine jars for leaks.
11. Wipe jars with a damp cloth. Dry thoroughly and label with contents and the date of canning.
12. Never taste food you think has spoiled. Throw it away. Always discard any food that looks and smells queer. Boil non-acid vegetables, vegetable and meat soups and all meat for 10 minutes before tasting.
It is advisable to reboil all left over vegetables before serving them.

PRESSURE CANNING TIME TABLE

VEGETABLES

When filling jars with liquid, leave 1 inch of head space in jar when you cover starchy vegetables such as peas, shelled beans or corn. Leave $\frac{1}{2}$ inch head space for other foods in this table. Do *not* pack foods too tightly in jars or pre-cook too long, so that they will pack during processing. A tight pack makes it more difficult for heat to penetrate to the center of the jar.

PRESSURE CANNING TIME TABLE

FOOD		Minutes to Process After Control Jiggles	Lbs. Pressure
Asparagus	Wash. Grade. Trim off scale. Cover with boiling water. Cook 2 minutes. Pack hot, cover with hot liquid. Adjust lids. Process.	35	10
Beans	Fresh lima, shelled. Shell. Grade. Bring to a boil. Pack hot and loosely. Cover with fresh boiling water. Adjust lids. Process.	45	10
X String or Wax Beans	Wash. String. Cut in pieces. Boil 5 minutes. Pack loosely to within 1" from the top. Cover with boiling liquid. Adjust lids. Process.	30	10
Green Soy Beans, shelled	Wash. Boil 3 minutes. Pack loosely. Cover with fresh boiling water. Adjust lids. Process.	60	10
X Beets	Wash. Retain 1 inch of the stem. Cook in MIRRO-MATIC at 15 lbs. for 8 minutes. Cool pan under faucet. Open pan. Cover beets with cold water. Slip off skins. Trim. Pack. Cover with fresh boiling water. Adjust lids. Process.	40	10
X Carrots and Kohlrabi	Scrape. Slice or cut as desired. Boil for 5 minutes. Pack. Cover with hot liquid. Adjust lids.	40	10
X Corn	Remove husks. Cut kernel from cob. To each quart of corn, add 1 pint of boiling water and 1 teaspoon of salt. Boil 1 minute. Pack loosely to within 1" from top. Adjust lids. Process.	65	10
Greens	Can only very fresh, tender greens. Wash carefully. Remove tough stems. Boil in small amount of water. Pack loosely. Cover with hot liquid. Add boiling water if needed. Adjust lids. Process.	95	10
Okra	Wash. Pre-cook for 3 minutes. Pack. Cover with liquid. Adjust lids. Process.	35	10

At altitudes of 2000 feet or higher, use 15 instead of 10 lbs. pressure, and 10 lbs. instead of 5

PRESSURE CANNING TIME TABLE

FOOD		Minutes to Process After Control Jiggles	Lbs. Pressure
Peas	Green, shelled. Use only young, fresh peas. Pack. Cover with boiling water. Adjust lid. Process.	45	10
Peppers, Pimientos	Place in a moderate oven for 6-8 minutes. Dip in cold water. Remove skin. Stem. Cut out seeds. Flatten. Pack. Add $\frac{1}{2}$ teaspoon salt to each jar. Do not add liquid. Adjust lids. Process.	8	5
Pumpkin and Winter Squash	Peel and cut into 1" cubes. Cook until tender crisp and pack jars. Adjust lids. Process.	80	10
X Tomatoes	Scald $\frac{1}{2}$ minute. Cold dip, 1 min. Peel. Pack. Cover with boiling liquid. Adjust lids. Process.	10	5
Tomato Juice	Cook—Press thru Rotary food press. Pack.	10	5
X Tomato Pulp	Wash $\frac{1}{2}$ peck tomatoes. Heat to boiling point in their own juice. Put 3 onions, 3 stalks celery, 3 green peppers through a food chopper. Combine with tomatoes, simmer until tender. Put through Rotary Food Press. Season with salt to taste. Heat again to boiling point. Pack. Adjust lids. Process.	5	10

At altitudes of 2000 feet or higher, use 15 instead of 10 lbs. pressure, and 10 lbs. instead of 5.

PRESSURE CANNING TIME TABLE

MEAT

Pack meats loosely and only to within 1 inch from top of jar.

FOOD		Minutes to Process After Control Jiggles	Lbs. Pressure
Beef, Veal, Lamb, Pork	Cool meat thoroughly. Pre-cook until medium done or until pieces when cut show almost no pink at center. Pack. Add salt and 4 tablespoons liquid. Adjust lids. Process.	75	10
Pork Chops, Ham	Fry until brown. Pack, add salt and 4 tablespoons liquid. Adjust lids. Process.	75	10
Chicken— Roast	Brown fowl in oven. Season as for ordinary roasting and add $\frac{1}{2}$ cup of water. When half done, remove. Pack into hot sterilized jars and cover with broth. Adjust lids. Process.	75	10
Chicken Fried	Cut into small pieces. Fry in hot fat until lightly browned. Pack hot chicken into sterilized jars. Add liquid. Adjust lids. Process.	75	10
Chicken— Boned	Cut white meat, drumsticks and second joints and wings from chicken and simmer in a little water. Cover remaining bony pieces with water, add 1 teaspoon salt. Cook 10 minutes in MIRRO-MATIC Pan at 10 lbs. Pressure. Pack boned chicken in sterilized jars. Cover with hot broth. Add $\frac{1}{2}$ teaspoon salt. Adjust lids. Process.	75	10
Rabbit, Duck and Turkey	Pre-cook and process same as chicken.	75	10

At altitudes of 2000 feet or higher, use 15 instead of 10 lbs. pressure, and 10 lbs. instead of 5.

PRESSURE CANNING TIME TABLE

FRUITS

Be sure to time the processing period accurately because fruits are easily over-cooked. For that reason, the cold pack method of canning fruits is more practical for large quantities and at the same time is entirely satisfactory. However, for pressure canning, use the following table.

FOOD		Minutes to Process After Control Jiggles	Lbs. Pressure
Apples	Wash, pare, core, cut in pieces. Drop in slightly salted water. Pack. Add syrup. Or boil 3 minutes in syrup. Pack. Add syrup.	10	5
Apricots	Wash, halve and pit. Pack. Add syrup.	10	5
X Berries—(except Strawberries and Cranberries)	Wash, stem, pack. Add syrup or water.	8	5
Cherries	Wash, stem, pit. Pack. Add syrup.	10	5
Currants	Wash, stem, pack. Add syrup or water.	10	5
Figs	Wash, place in soda bath, rinse, pack with syrup.	10	5
Grapes	Wash, stem, pack. Add syrup or water.	8	5
X Peaches	Peel, pack, add syrup, or pre-cook 3 min. in syrup, pack, add syrup.	10	5
X Pears	Select not overripe pears, pare, halve, pre-cook 3 to 5 minutes in syrup. Pack. Add syrup.	10	5
Pineapple	Peel, remove eyes, cut or slice. Pre-cook in No. 2 syrup 5 to 10 minutes. Pack with syrup.	15	5
Plums	Wash, prick skins. Pack. Add syrup.	10	5

At altitudes of 2000 feet or higher, use 10 instead of 5 lbs. pressure.

PRESSURE CANNING TIME TABLE

FOOD		Minutes to Process After Control Jiggles	Lbs. Pressure
Quinces	Wash, pare, cut in pieces. Pre-cook 3 min. in syrup. Pack. Add syrup.	15	5
Rhubarb	Wash, cut into pieces. Pack. Add syrup.	5	5
Strawberries	Wash, stem, precook gently for 3 minutes in syrup. Remove from syrup and cool. Boil syrup 3 minutes. Add berries and let stand for several hours. Re-heat. Pack.	8	5

At altitudes of 2000 feet or higher, use 10 instead of 5 lbs. pressure.

HOW TO MAKE SYRUP

No. 1 Thin Syrup—Use three parts of water or fruit juice to one part of sugar and bring to a boil.

No. 2 Medium Syrup—Use two parts water or fruit juice to one part of sugar and bring to a boil.

No. 3 Heavy syrup—Use one part of water or fruit juice to one part of sugar and bring to a boil.

The *thin* syrups are used for small, soft fruits, as sweet cherries, berries, etc.

Medium syrups are used on peaches, sour berries, acid fruits, as rhubarb, cherries, gooseberries, etc.

Heavy syrups are used on larger sour fruits that are to be extra sweet.

White Corn Syrup may be used in the proportion of 1-1/2 cups of corn syrup substituted for each cup of sugar. Honey may also be used in place of sugar. Ordinarily 1 cup honey equals 1 cup sugar.

Sugar helps canned fruit hold its shape, color and flavor. But sugar isn't necessary to keep fruit from spoiling. If your sugar runs short, put up some fruit without sugar, and sweeten to taste when you serve. Process unsweetened fruit the same as sweetened.

THOROUGHLY TESTED AND APPROVED

MIRRO-MATIC is the result of years of research and development by MIRRO, the world's largest manufacturer of aluminum cooking utensils. Home testing as well as continual checking by MIRRO Home Economists and engineers proves it to be the simplest and safest of all speed cookers. MIRRO-MATICS are pressure tested at the factory and are guaranteed against defects in material and workmanship in accordance with the warranty accompanying each pan.

WORLD'S LARGEST MANUFACTURER OF ALUMINUM COOKING UTENSILS

To help you plan a complete cooking service, we illustrate some of the basic utensils of the MIRRO family. Each item is designed in the correct weight to insure economy and efficiency of operation and at the same time provide lasting satisfaction all through the years. Most of the pieces illustrated are made in a range of sizes. Your MIRRO dealer will gladly point out the many exclusive features of the individual pieces and help advise the right selection for your needs.

MIRRO-MATIC ACCESSORIES



TWINSET PANS

Cook two foods at one time in MIRRO-MATIC. Self-draining. Stain-resisting. Time saving.



**PRESSURE PAN
COVERED MOLD**

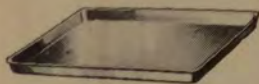
1 1/8 Qt. Fits 4 Qt. pressure pans. For puddings, brown bread.



MINUTE MINDER

For timing pressure cooking and canning. Just set pointer; bell rings when time is up.

MIRRO THE FINEST ALUMINUM



JELLY ROLL PAN
For cookies, candy, biscuits, roasting, etc. too. Ideal baker.



MUFFIN PAN
Also use for corn cakes, individual meat loaves, rolls, pop overs. Browns evenly. Cleans easily.



DEEP DISH PAN
12 Qt. Large capacity but fits small sinks. Will not mark sinks.



GRIDDLE-GRILL
10 $\frac{3}{8}$ In. Greaseless, smokeless, even heating, massive griddle.



PERCOLATORS
Graduated for perfect coffee. Welded spouts. Plastic handles. Quick-heat bottoms.



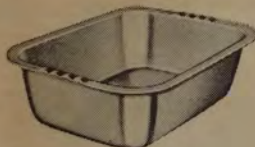
BISCUIT-CAKE PAN
Ideal cake and biscuit baker. Fine for roasts, candy making. Easy to clean. Lasts long.



FOOD PRESS
For pressing fruits, vegetables, etc. Non-spill top. Stain-resisting finish. Simple.



BAKE-ROAST PAN
For roasts, biscuits, cakes, etc. Strong drop handles. Rigid, best heavy quality.



MODERN DISH PAN
13 Qt. Fits the sink. Takes large platters.



FRENCH FRYER
Handy MIRRO pan with fryer basket to fit. Fries perfectly.



MIXING BOWLS
Durable! Stain-resisting Alumilite finish, pouring lip and handy grip.



JUICE CATCHER
11 $\frac{1}{4}$ In. For perfect pie crusts. Outer rim catches spill-over; crimp on inner rim.



DUTCH OVEN
4 $\frac{1}{2}$ Qt. Super weight with VAPOR-SEAL, pop-valve cover. For waterless cooking.



LARGE FISH MOLD
1 $\frac{1}{2}$ Qt. For party salads, steamed fish, molded sea food, baked fish loaf. Durable. Stain resisting.



STAR MOLD SET
For salads, desserts, etc. Large mold 1 $\frac{3}{8}$ Qt. Eight individual molds. Colorful box.

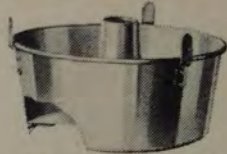


VACUUM COFFEE
The durable vacuum coffee maker! Special filter for perfect brew. Graduated. A beauty.

MIRRO THE FINEST ALUMINUM



DEEP CAKE PAN
8 1/8 In. Square. 2 In. deep. Bakes perfectly. Cleans easily. Durable.



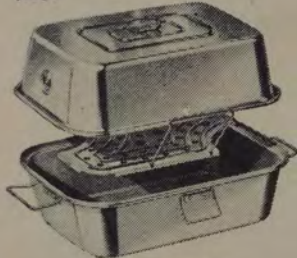
TUBED CAKE PAN
Leak-proof, batter-seal loose bottom. Cakes bake perfectly.



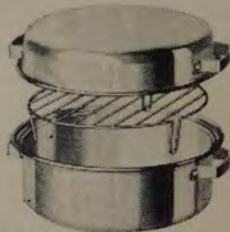
MIXETTE
1 Cup. Mixes smooth thickening for gravy in 10 seconds.



DRIP COFFEE
Graduated. Makes uniformly delicious coffee every time.



ROASTERS
Sizes to 25 lb. capacity. Self-basting. Cover vent for browning. Lifting tray.



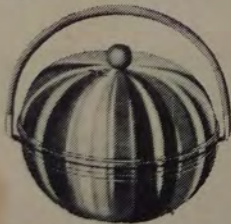
ROASTER-BROILER
Holds 6 lb. roast. Use rack in cover for broiler. Easily cleaned and durable.



DOUBLE BOILERS
For cereals, sauces, fillings. Quick-heat bottoms. Cool knob.



MELON MOLD
Holds standard gelatin recipe. Make salads, fruit cakes.



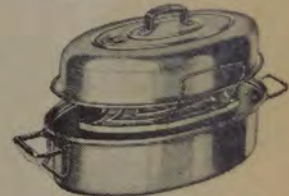
BUN WARMER
Beautiful Spun-ray finish. Reed handle. Maple knob. Aluminum basket inside.



SAFETY-LID PAN
3 Qt. Cover locks on for safe draining with one hand. Cool knob.



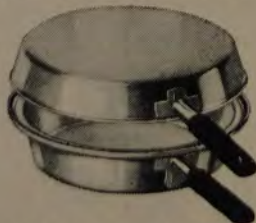
IDEAL PIE PANS
Alumilite, heat-absorbing finish for perfect crusts. Durable.



OVAL ROASTERS
Sizes to hold 10 to 20 lb. roasts. Self-basting, vented cover. Lifting rack.



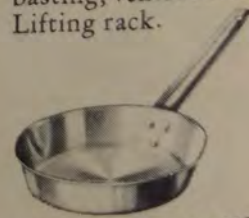
RING MOLDS
For baking or for salads and desserts. Heat-absorbing and stain-resisting finish.



DOUBLE FRYER
Super thick for waterless cooking. For chicken, pot roasts, combination dishes.

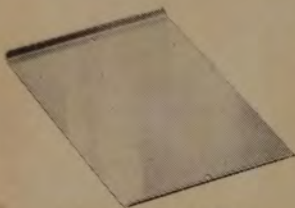


LIKE MOTHER'S
Safe, educational toys. Baking, cooking, tea sets. Practical MIRRO miniatures.

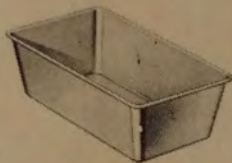


HEAVY FRY PANS
Extra thickness spreads heat evenly and swiftly. Easy to keep sparkling clean.

MIRRO THE FINEST ALUMINUM



COOKIE SHEETS
Bake perfectly. Cookies slide off easily. For tortes, biscuits, etc. too.



BREAD PAN
For meat loaf, etc. too. Alumilite for perfect browning.



COLANDER
Stain-resisting Alumilite finish. Sturdy legs and handles.



TEA KETTLES
Cool stationary handle, welded spout, plastic knob. Speedy.



LAYER CAKE PANS
Assorted sizes. Solid or batter-seal loose bottom. Brown evenly. Bake wonderfully.



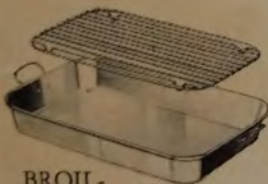
RANGE-FITTER PAN
Designed to fit standard range units. Quick-heat bottoms.



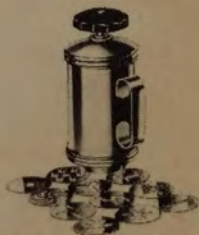
COVERED POTS
Heavy covers are inset to help prevent boil-over. Husky handles. Plastic knob.



2-CUP PERCOLETTE
For a quick cup or two. Plastic handle.



BROIL-BAKE-ROAST
Using rack, heat circulates around meat.



COOKIE PRESS
Makes 12 fancy shapes, 80 cookies with one filling. Just turn handle. Recipes.



5-IN-1 PAN SET
A double boiler, casserole, sauce pan, etc. Extra heavy cover.



WHISTLERS
2 and 4 Qt. Hot water in a jiffy. Whistle when it boils. Fine plastic fittings.



WHISTLER
3 Qt. Welded construction with attached whistle and cool plastic handle.



EXTRA COVERS
Durable polished MIRRO. Save half the fuel by covering all pots and kettles.



SAUCE PANS
5/8, 1, 2, 3 Qt. Smooth Sani-tite rims. Graduated, husky, handy.



EGG POACHER
Steam-poaches eggs perfectly in 5 Min. A sauce pan too.

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THESE FEATURES MAKE
MIRRO-MATIC
THE *Most-Wanted* PRESSURE PAN

- ⚡ *Automatically* prevents pressure from going higher than recipe requires—5, 10 or 15 pounds
- ⚡ Removable, easy-cleaning gasket *automatically* locks cover under all operating pressures
- ⚡ Simple to open and close
- ⚡ Domed cover for extra capacity
- ⚡ Special MIRRO alloy for strength and easy cleaning
- ⚡ Always-reliable Safety Fuse
- ⚡ Holds 4 pint jars for Canning

MIRRO
THE FINEST ALUMINUM