

MIRRO-MATIC[®] 8^{1/2} QUART

PRESSURE PAN AND CANNER

RECIPES - DIRECTIONS - TIME TABLES



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

TESTED AND
COMMENDED
by
PARENTS'
MAGAZINE
CONSUMER
SERVICE
BUREAU



MIRRO
THE FINEST ALUMINUM

NOTICE

This recipe book is also used for the 8 qt. MIRRO-MATIC, and contains some extra large recipes which may be reduced in size, if desired. Recipes which make 8 or more portions may be reduced by cutting all ingredients in half except the water; use $\frac{3}{4}$ of the water shown.

DON'T FILL PAN
OVER $\frac{3}{4}$ FULL OF SOUP

Your 6 qt. MIRRO-MATIC holds 7 standard mason one pint jars for canning, but will not accommodate quart jars.



MIRRO-MATIC

"8"

RECIPES — DIRECTIONS — TIME TABLES



ALUMINUM GOODS MFG. CO., MANITOWOC, WIS.

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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 7.

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. 6, page 5, 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



1

Put food in pan and add required amount of water. 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 7.



2

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. Then bring cover handle to closed position **DIRECTLY OVER PAN HANDLE**.



3

The correct closed position is: **COVER HANDLE DIRECTLY OVER PAN 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.



4

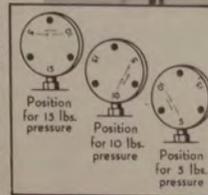
Drop Reminder Ring over the lower handle. This ring is merely to remind you again that you have the handles in the correct position before you start to cook.

5



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 the right. 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.



6

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.



7

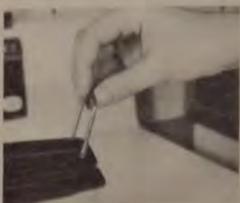
When pressure has been maintained for the required length of time, remove utensil from heat and allow pressure to drop **BEFORE REMOVING MIRRO-MATIC CONTROL**. Many recipes call for instant reduction of pressure by setting pan under faucet or by placing it in a dish of cold water. This method reduces 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.





8

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 the control with a fork as illustrated.



9

Flip up the Reminder Ring.



10

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. 6, page 5, 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 8 of "How to Cook" on page 6.
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 the 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 the cover open 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 three-quarters full when cooking soups or other food combinations which froth 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.

MIRRO-MATIC

Finest Features



MIRRO-MATIC CONTROL

This precision made, unbreakable instrument automatically prevents pressure from going higher than recipe requires, 5, 10 or 15 lbs. See the simple directions for use on page 5.



PRESSURE CANNING

Canning by the recommended pressure method is remarkably simple in the MIRRO-MATIC. All usable cooking space provides room for seven one-pint jars or No. 2 cans, or four one-quart jars or No. 2½ size cans. The MIRRO-MATIC control eliminates guesswork, watching and worry.



EXTRA CAPACITY

Never before, so much usable cooking space in a pressure pan. Full 8 qt. capacity provides ample room for 8 lb. pot roast, ham or fowl. Fine for whole meals too. Notice the domed cover and straight sides.

PATENT 2399115
OTHERS PENDING

8

MIRRO-MATIC

Highest 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 OPEN AND CLOSE

Simply slide handles together to close cover, slide back to open. Side grips for ease in lifting or carrying. See operating directions on page 4. Also see simple cleaning directions on page 10.



AUTOMATIC SAFETY FUSE

HEAT-PROOF PLASTIC HANDLES

SPECIAL EXTRA DURABLE EASY-CLEANING ALUMINUM ALLOY

REVERSIBLE ALL-ALUMINUM COOKING RACK



9

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



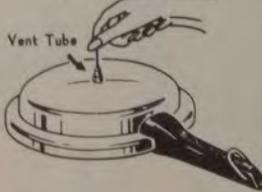
The MIRRO-MATIC gasket has been designed so that you can slip it out of the cover. This makes it possible to thoroughly wash both cover and gasket in hot suds each time the pan is used. Dry both thoroughly, being sure to wipe in the groove of the gasket. Then slip the gasket right back into the cover 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. For easy straining replace cover without gasket.

REMOVE GASKET FOR DRAINING



To drain the cooking water from vegetables, etc., simply remove the cover after pressure is reduced, slip out the gasket, replace the cover without the gasket and you have a perfect drainer. No extra draining utensils are required and results are perfect. Food cannot slip out because the cover is locked on.

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 two level table-spoons 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-MATIC SAVES VITAMINS—FLAVOR—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.

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 nut which is part of the fuse assembly. Use a wrench to unscrew the nut from inside of cover. Turn nut counter-clockwise (to left) and remove. Wipe any loose particles from threads in hole. Lubricate threads on nut of new fuse assembly, insert in cover and turn clockwise with fingers. Complete tightening with wrench (see illustration). 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, RE-READ THE DIRECTIONS.



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 over-cooking 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 four, five and six, but do not use the rack for vegetables unless recipe calls for it or unless more water is added.

VEGETABLE COOKING CHART

VEGETABLE	Amount of Water	Min. to Cook After Control Jiggles	Lbs. Pressure	Cooling	METHOD
Asparagus	½ Cup	2	15	*	Break off tender portion from woody stock. Remove scales. Wash. Cut in 2-inch lengths. Place in twin pan or cook in bottom of MIRRO-MATIC.

*Reduce heat quickly by placing MIRRO-MATIC under faucet or in pan of cold water.

VEGETABLE COOKING CHART

VEGETABLE	Amount of Water	Min. to Cook After Control Jiggles	Lbs. Pressure	Cooling	METHOD
Beans — Green and Wax	¾ Cup	3	15	*	Wash, remove ends and string. Cut in 1-inch lengths or shred lengthwise. Place beans in twin pan or cook in bottom of MIRRO-MATIC.
Lima	¾ Cup	2	5	Slow	Shell and wash. Cook in twin pan or in bottom of MIRRO-MATIC.
Beets (Sliced)	¾ Cup	6	15	*	Wash, peel and slice ½" thick. Place beets in twin pan or cook in bottom of MIRRO-MATIC.
Beets (Small)	1 Cup	12	15	*	Cut tops, leaving 1 inch of stem and root. Wash. Cook. Cool. Remove skin. Reheat when wanted.
Beets (Large)	1 Cup	18	15	*	Same as small beets.
Broccoli	½ Cup	2	15	*	Remove outer leaves. Cut off tough part of stalk. Cut into strips or 1-inch pieces. Cook on rack or in twin pan. Serve with mock Hollandaise Sauce on Page 77.
Brussels Sprouts	¾ Cup	5	15	*	Remove outer leaves. Wash. Cover with salted water for five minutes. Drain. Place in twin pan or cook in bottom of MIRRO-MATIC. Serve with melted butter.

*Reduce heat quickly by placing MIRRO-MATIC under faucet or in pan of cold water.

VEGETABLE COOKING CHART

VEGETABLE	Amount of Water	Min. to Cook After Control Jiggles	Lbs. Pressure	Cooling	METHOD
Cabbage (Shredded)	¾ Cup	3	15	*	Remove wilted outer leaves. Cut cabbage in half, then in quarters. Shred in thin strips. Salt to taste.
Cabbage Wedges	1 Cup	8	15	*	Use medium-size head. Cut in half. Remove core. Cut into 3-inch wedges.
Cabbage (Red, Shredded)	¾ Cup	4	15	*	Remove outer leaves. Cut cabbage in half. Remove core. Cut in quarters. Shred in thin strips. Cook in bottom of MIRRO-MATIC or in twin pan.
Carrots (Sliced)	½ Cup	2½	15	*	Wash, scrape and slice or cut into strips. Cook in twin pan or bottom of MIRRO-MATIC.
Carrots (Small Whole)	½ Cup	4	15	*	Wash, scrape. Cook in twin pan or in bottom of MIRRO-MATIC.
Cauliflower (Flowerets)	¾ Cup	3	15	*	Cut off stem. Remove leaves. Break into flowerets. Wash. Cook in twin pan or on rack in MIRRO-MATIC. Serve with Mock Hollandaise Sauce on Page 77.
Cauliflower (Whole)	1 Cup	6-8	15	*	Remove leaves. Wash. Place on rack in MIRRO-MATIC.

*Reduce heat quickly by placing MIRRO-MATIC under faucet or in pan of cold water.

VEGETABLE COOKING CHART

VEGETABLE	Amount of Water	Min. to Cook After Control Jiggles	Lbs. Pressure	Cooling	METHOD
Celery (Diced)	½ Cup	5	15	*	Separate stalks. Wash well, using a vegetable brush. Discard tough, stringy fibers. Cut into ½-inch pieces. Cook in twin pan or in bottom of MIRRO-MATIC.
Celery Root	½ Cup	5	15	*	Peel — slice — dice. Cook in twin pan or bottom of MIRRO-MATIC. Serve with browned butter, or use in salad.
Corn on Cob	1 Cup	5	15	*	Remove husk and silk. Wash. Place on rack in MIRRO-MATIC.
Corn — Whole Kernel	¾ Cup	3	15	*	Cut corn off cob before cooking. Place in twin pan.
Egg Plant	¾ Cup	3	15	*	Wash, pare, cut in ½-inch slices or 1-inch cubes.
Kale	¾ Cup	4-6	15	*	Wash well in warm water. Cut off tough part of stalk. Cook in bottom of MIRRO-MATIC. Drain. Chop fine. Serve with browned butter or a rich meat stock.
Kohlrabi	¾ Cup	4	15	*	Wash, peel and cut into ½-inch slices or 1-inch cubes.
Okra	¾ Cup	3	15	*	Cut off ends. Wash. Cut into ½-inch lengths. Cook in twin pan or bottom of MIRRO-MATIC.

*Reduce heat quickly by placing MIRRO-MATIC under faucet or in pan of cold water.

VEGETABLE COOKING CHART

VEGETABLE	Amount of Water	Min. to Cook After Control Jiggles	Lbs. Pressure	Cooling	METHOD
Onions (Sliced)	¾ Cup	3	15	*	Peel under running water and slice. Cook in twin pan or bottom of MIRRO-MATIC.
Onions (Whole — Medium)	¾ Cup	7-10	15	*	Peel under running water. Cook in twin pan or bottom of MIRRO-MATIC.
Parsnips (Sliced)	¾ Cup	2	15	*	Peel, cut into ½-inch slices or 1-inch cubes. Cook in twin pan or bottom of MIRRO-MATIC.
Parsnips	¾ Cup	7	15	*	Peel, cut in halves. Cook on rack in MIRRO-MATIC.
Peas	¾ Cup	2	5	Slow	Shell. Wash. Place in twin pan. (Older peas require three to four minutes to cook.)
Potatoes (Small for Salad)	1½ Cups	8	15	*	Scrub. Cook on rack in MIRRO-MATIC.
Potatoes (Medium)	1½ Cups	10-12	15	*	Same as above.
Potatoes (Cut)	1½ Cups	8	15	*	Same as above.

*Reduce heat quickly by placing MIRRO-MATIC under faucet or in pan of cold water.

VEGETABLE COOKING CHART

VEGETABLE	Amount of Water	Min. to Cook After Control Jiggles	Lbs. Pressure	Cooling	METHOD
Potatoes (Sliced)	1 Cup	2	15	*	Scrub. Peel. Slice. Cook in twin pan or in bottom of MIRRO-MATIC. Drain.
Potatoes (Sweet — Quartered)	1 Cup	6	15	*	Wash. Peel. Quarter. Place on rack in MIRRO-MATIC.
Potatoes (Sweet — Halves)	1 Cup	10	15	*	Wash. Peel. Cut in halves lengthwise. Cook on rack in MIRRO-MATIC.
Pumpkin	1 1/4 Cups	10	15	*	Cut pumpkin in large pieces. Cook in twin pan.
Spinach	3/4 Cup	1 1/2	15	*	Cut off roots. Wash thoroughly three or four times.
Squash — Hubbard	1 1/4 Cups	8-10	15	*	Wash, cut squash in half. Remove seeds. Cut into 3-inch pieces. Place in twin pan in MIRRO-MATIC. Add water. Cook.
Turnips or Rutabagas	3/4 Cup	5	15	*	Peel. Cut into 1-inch cubes. Cook in twin pan or in bottom of MIRRO-MATIC.
Tomatoes	1/4 Cup	1	15	*	Scald 1 minute. Dip in cold water. Peel, core. Cook.

*Reduce heat quickly by placing MIRRO-MATIC under faucet or in pan of cold water.

VEGETABLES

BRUSSELS SPROUTS

Peel off wilted leaves; place sprouts in twin pan in MIRRO-MATIC. Sprinkle with salt. Add 3/4 cup water. Cover, set control at 15 and cook 5 minutes after control jiggles. Cool instantly. Serve with browned butter.

HUBBARD SQUASH

2 cups cooked squash	2 tablespoons bacon drippings
1/2 teaspoon salt	2 tablespoons brown sugar
Dash of pepper	2 tablespoons orange juice

1. Wash, cut squash in half and remove seeds.
2. Cut into 3" pieces.
3. Place on rack in MIRRO-MATIC.
4. Add 1 1/4 cup water.
5. Cover, set control at 15 and cook for 8 to 10 minutes after control jiggles.
6. Reduce pressure instantly.
7. Scrape squash from shell and mash.
8. Measure squash, add salt, pepper, bacon drippings, brown sugar and orange juice. Heat thoroughly. Serves 8.

POTATO SALAD

6 slices bacon (cut in cubes)	1 cup water
5 tablespoons onion, chopped	3/4 cup cider vinegar
2 tablespoons flour	8-10 cups potatoes, peeled and sliced thin
2 tablespoons sugar	1 1/2 tablespoons parsley, chopped
1 1/2 teaspoons salt	3 hard cooked eggs
3/4 teaspoon paprika	

1. Brown the bacon in MIRRO-MATIC. Remove cubes, set aside.
2. Add onion to hot fat and fry only until light, not brown.
3. Stir in the flour, blend well.
4. Add sugar, salt, paprika, water and vinegar.
5. Cook until clear, stirring constantly.
6. Add potatoes to the sauce.
7. Cover, set control at 15 and cook for 2 minutes after control jiggles.
8. Reduce pressure instantly.
9. Add bacon cubes and garnish with chopped parsley and hard cooked eggs sliced. Serves 10-12.

SCALLOPED POTATOES

- | | |
|---------------------|------------------------------------|
| 4 tablespoons fat | ¼ teaspoon pepper |
| 4 tablespoons flour | 1 cup American cheese, grated |
| 2 cups milk | 8 cups potatoes, peeled and sliced |
| 2 teaspoons salt | |

1. Melt fat in a 2 quart MIRRO Sauce Pan. Add flour and blend well.
 2. Gradually add milk, stirring constantly.
 3. Stir in the seasoning and cheese.
 4. Place alternate layers of potatoes and sauce in a greased casserole, having a layer of cream sauce on the top.
 5. Set casserole on rack in MIRRO-MATIC. Put 1½ cups of water in pan.
 6. Cover, set control at 15 and cook for 15 minutes after control jiggles. Reduce pressure instantly. These potatoes may be put under the broiler for several minutes—or until brown on the top.
- Serves 6-8.

SPICY RED CABBAGE

- | | |
|--|---|
| 1 cup seedless raisins | 1 teaspoon mixed spices tied in a piece of wet cheese cloth |
| 4 tablespoons fat or bacon drippings | 5 tablespoons water |
| 10 cups red cabbage shredded, not too fine | 1½ teaspoons salt |
| 2 cups apples, sliced | ¼ teaspoon pepper |
| 4 tablespoons cider vinegar | 2 tablespoons sugar |
| 1¼ cups onions, chopped | |

1. Cover raisins with warm water for several minutes. Drain.
 2. Place all ingredients in MIRRO-MATIC.
 3. Cover. Set control at 15 and cook 4 minutes after control jiggles.
 4. Reduce pressure normally.
- Serves 10-12.

CREAMED CABBAGE

- | | |
|--------------------------|---------------------------------------|
| 7 cups cabbage, shredded | 2 cups thin white sauce (page 75) |
| 1 teaspoon salt | ½ to ¾ cup grated cheese may be added |
| ¾ cup water | |

1. Remove outer leaves from cabbage.
 2. Cut in quarters. Shred fine with a sharp knife.
 3. Place cabbage in MIRRO-MATIC.
 4. Add ¾ cup water, 1 teaspoon salt.
 5. Cover, set control at 15 and cook 3 minutes after control jiggles.
 6. Cool pan instantly.
 7. Drain cabbage.
 8. Add white sauce and cheese.
- Serves 8-10.

FOUR-MINUTE VEGETABLE PLATE

- | | |
|---|--|
| 1 large head cauliflower, broken into flowerets | 1 large bunch broccoli (stems cut in quarters) |
| 1 lb. green beans | 1½ teaspoons salt |
| 8 medium carrots, quartered lengthwise | 1 cup water |
| | 5 tablespoons browned butter |

1. Wash vegetables and cut as directed.
 2. Put water in MIRRO-MATIC with rack.
 3. Place broccoli and cauliflower on rack, beans in one twin pan and carrots in the other.
 4. Cover. Set control at 15 and cook for 4 minutes after control jiggles.
 5. Reduce pressure instantly.
 6. Arrange vegetables on large serving plate.
 7. Serve with hot butter or white sauce (page 75).
- Serves 8-10.

HARVARD BEETS

- | | |
|---|---|
| 12 large beets peeled and sliced ½" thick | ½ cup water |
| ¾ cup water | 1 cup vinegar |
| 1 cup sugar | ¾ teaspoon salt |
| 4 tablespoons flour | 4 tablespoons butter or bacon drippings |

1. Wash, peel, and slice beets.
 2. Place them in MIRRO-MATIC. Add ¾ cup water.
 3. Cover. Set control at 15 and cook for 6 minutes after control jiggles.
 4. Reduce pressure instantly. Drain.
 5. Mix together the sugar, flour, water, vinegar and salt. Add to the beets. Cook until thick over low heat.
 6. Add butter or bacon drippings.
- Serves 10-12.

CREAMED ONIONS

- | | |
|-----------------------------|-----------------|
| 24 small white onions | ¾ cup water |
| 1 cup white sauce (page 75) | 1 teaspoon salt |

1. Peel onions under running water.
 2. Place onions on rack in MIRRO-MATIC.
 3. Add water and salt.
 4. Cover, set control at 15 and cook 6-8 minutes after control jiggles.
 5. Reduce pressure instantly.
 6. Drain. Add white sauce. Mix lightly.
- Serves 8.

VEGETABLES

CREAMED SPINACH

2 lbs. spinach (wash very thoroughly)	2 tablespoons flour
$\frac{3}{4}$ cup water	1 cup hot top milk
3 tablespoons fat	$\frac{1}{2}$ teaspoon salt
1 tablespoon minced onion	$\frac{1}{4}$ teaspoon nutmeg
	Dash of pepper

- Place spinach in MIRRO-MATIC.
 - Add $\frac{3}{4}$ 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 fat in a MIRRO sauce pan.
 - Cook onion until lightly browned.
 - Stir in the flour, blend well. Add the hot milk and seasoning.
 - When sauce is smooth and boiling, remove from heat, add the chopped spinach
- Serves 4-6.

SAUTEED PARSNIPS

- Peel, cut into halves and place parsnips on rack in MIRRO-MATIC.
- Add $\frac{3}{4}$ cup water and 1 teaspoon salt.
- Cover, set control at 15 and cook 7 minutes after control jiggles.
- Reduce pressure instantly.
- Drain, cool and cut into quarters.
- Sauté in butter or bacon fat until delicately browned.
- Sprinkle with salt and pepper.

LIMA BEANS AND BACON

4 cups dried lima beans	1 No. 2 can tomatoes
$\frac{1}{2}$ onion chopped	1 cup water
$1\frac{1}{2}$ teaspoons salt	4 tablespoons butter or bacon fat
2 cups celery, diced	6 strips bacon, cut in 1" pieces
4 tablespoons green pepper, chopped	

- Wash beans. Cover with water, let stand overnight. Drain.
 - Place beans in MIRRO-MATIC with other ingredients except bacon.
 - Cover, set control at 15 and cook for 30 minutes after control jiggles.
 - Reduce pressure normally.
 - Garnish beans with bacon fried crisp.
- Serves 8-10.

DRIED VEGETABLES

It is preferable to soak all dried vegetables over night in water to cover. Then drain, add necessary water and cook.

VEGETABLE	Minutes to Cook After Control Jiggles Soak Over Night	Amount of Water for 1 Cup of Vegetables
Beans — Soy	35	2½
Beans — Kidney	30	2½
Beans — Large Lima	30	2½
Beans — Small	25	2½
Beans — Navy	35	2½
Beans — Black Eyed	10	1½

All dried vegetables are cooked at 15 lbs. pressure. Never fill pan over $\frac{3}{4}$ full of liquid and vegetables. Reduce pressure slowly.

DRIED FRUITS

Wash all dried fruits thoroughly. It is preferable to soak fruits over night, but they may be cooked after soaking about 1 hour. Cover fruit with the amount of water specified in the table below. Use the water in which they were soaked for cooking.

All dried fruits are cooked at 15 lbs. pressure.

FRUITS — DRIED	Minutes to Cook After Control Jiggles	Amount of Water per Lb. of Fruit
Apples	1 Minute	2 Cups
Apricots	1 Minute	2 Cups
Figs	6 Minutes	2 Cups
Peaches	4 Minutes	2 Cups
Pears	4 Minutes	2 Cups
Prunes	5-6 Minutes	2 Cups
Raisins	5 Minutes	1 Cup

All pressure is brought down instantly.

FRESH FRUITS

Wash fruits, place them in MIRRO-MATIC with water and sugar if desired. Cover, set control at 5 and cook according to time table below. Reduce pressure normally. All fruits are cooked at 5 lbs. pressure.

FRUITS — FRESH	Minutes to Cook After Control Jiggles	Amount of Water per Lb. of Fruit
Apricots	0 Minutes	1 ¼ Cups
Cherries	0 Minutes	1 Cup
Peaches	0 Minutes	1 ¼ Cups
Pears	2-3 Minutes	1 ¼ Cups
Plums	0 Minutes	1 ¼ Cups
Pineapple	6 Minutes	1 Cup

APRICOTS

12 apricots or more
1 cup water

½ cup sugar

1. Wash apricots, place them in MIRRO-MATIC with water and sugar.
2. Cover, set control at 15, when control jiggles remove from heat at once.
3. Reduce pressure normally.
Serves 6-8.

PINEAPPLE

1 pineapple (Medium size)
¾ cup sugar

1 cup water

1. Wash, slice, pare, core and cut pineapple in 1" cubes.
2. Place pineapple, sugar and water in MIRRO-MATIC.
3. Cover, set control at 15 and cook 6 minutes after control jiggles.
4. Reduce pressure normally.
Serves 4-6.

FRUITS

RED CHERRIES

1 quart of sweet cherries
1 cup water

½ cup sugar

1. Place cherries, water and sugar in MIRRO-MATIC.
2. Cover, set control at 15 and when control begins to jiggle, remove from heat and reduce pressure normally.
3. Remove cherries and boil the juice in open pan for a few minutes for desired thickness.

PLUMS

1 quart of plums
1 cup water

1 cup sugar (or more as needed)

1. Place plums, water and sugar in MIRRO-MATIC.
2. Cover, set control at 15 and when control begins to jiggle, remove from heat and reduce pressure normally.
Serves 6-8.

PEACHES

6-8 peaches
1 cup water

½ cup sugar
1 teaspoon lemon juice

1. Scald peaches in boiling water for 1 minute, plunge into cold water, peel, remove pit, cut in halves.
2. Place water, sugar and lemon juice in MIRRO-MATIC.
3. Add peaches. Cover, set control at 15 and when control jiggles remove from heat immediately.
4. Reduce pressure normally.
Serves 6-8.

PEARS

6-8 Pears, Bartlett and
not too ripe

½ cup sugar
1 cup water

1. Peel pears, cut in halves.
2. Place pears, sugar and water in MIRRO-MATIC.
3. Cover, set control at 15 pounds and cook 2-3 minutes after control jiggles. Reduce the pressure normally.
Serves 6-8.

CEREALS

We recommend two methods for cooking cereals in the MIRRO-MATIC Pressure Pan. One in the bottom of the pan, and the other in the separate utensil placed in the MIRRO-MATIC on the rack with water in the bottom of the pan.

Method One — Bring the water to boiling point. Slowly add the cereal, stirring until boiling point has been reached. Cover, set control at 15 and cook according to the time table that follows. Reduce pressure instantly. Stir well before serving.

Method Two — Bring water to boiling point in a MIRRO inset pan or covered mold. Add cereal, stir until well blended and smooth. Cover. Set pan on rack in MIRRO-MATIC, add two cups of water. Cover, set control at 15 and when control jiggles cook specified time. Reduce pressure instantly.

CEREALS	Minutes to Cook After Control Jiggles	Cups of Cereal	Salt	Cups of Water
Corn Meal	10	1	1/8	3 1/2
1. Mix corn meal to a paste in 1 cup cold water. 2. Stir into 3 1/2 cups boiling water. Stir until smooth. 3. Cover MIRRO-MATIC, set control. Cook. 4. Cool instantly.				
Cracked Wheat	10	1	1/4	4
1. Slowly add cracked wheat to boiling water, stirring constantly. 2. Cover MIRRO-MATIC. Set control. Cook. Cool instantly.				

CEREALS	Minutes to Cook After Control Jiggles	Cups of Cereal	Salt	Cups of Water
Farina	3	1/2	1/4	3
1. Gradually stir farina into boiling water. 2. Cover MIRRO-MATIC. Set control. Cook. 3. Reduce pressure instantly.				
Hominy Grits	12-15	1/2	1/2	3
1. Soak grits over night in MIRRO-MATIC. 2. In the morning — cover, set control, cook and cool instantly.				
Rolled Oats	2 1/2	1 1/4	1/4	3
1. Stir into boiling water. 2. Cover MIRRO-MATIC. Set control. Cook. Reduce pressure instantly.				
Steel Cut Oats	20	1 1/4	1/2	3 1/4
1. May be cooked the day before. Same as rolled oats (quick cooking).				
Granular Wheat	5	1	1/2	3
1. Same as rolled oats.				

Pressure for the above: 15 lbs.

CRACKED WHEAT

1 cup cracked wheat
2 cups water, boiling

1 teaspoon salt

1. Pour 2 cups of boiling water in inset pan, add salt and cracked wheat. Cover.
2. Place pan on rack in MIRRO-MATIC with 1 1/2 cups water.
3. Cover, set control at 15 and cook 5 minutes after control jiggles.
4. Reduce pressure normally.

WHOLE WHEAT

Min. to Cook After Control Jiggles	Cups of Cereal	Salt	Cups of Water
25	1	1/2	3 1/2

1. Soak over night in MIRRO-MATIC.
2. In the morning—cover, set control, cook.
3. Reduce pressure instantly.



MEATS

BROWN MEATS BEFORE COOKING

Most meats, with the exceptions 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 by an asterisk (*).

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

DIRECTION TABLES — MEATS

Cook All Meats at 10 Lbs. Pressure	Minutes to Cook After Control Jiggles	Cups of Water
Beef — Pot Roast		
Chuck or rump 3 to 4 inches thick.....	45-60**	1
Short Ribs	45*	¾
Corned Beef — 3 to 4 inches thick.....	60**	3
Flank Steak (Stuffed)	45**	1
Swiss Steak — 1½ inches thick.....	30-35**	¾
Beef Stew — 1½ inch pieces.....	25**	1½
Beef Tongue	60**	2½
Smoked — Cook. Cool in liquid. Remove skin.		
Fresh — Cook with onion. Cool in liquid. Remove skin.		
Corned — Cover with water, let stand over night. Drain. Cook with onion.		
Cool in liquid. Remove skin.		
Ox Tail	60*	2

*Reduce pressure instantly by placing MIRRO-MATIC under faucet.
**Cool pan normally 5 minutes, and then place under faucet.

DIRECTION TABLES — MEATS

Cook All Meats at 10 Lbs. Pressure	Minutes to Cook After Control Jiggles	Cups of Water
Beef Heart — Remove veins. Cover with salted water for ½ hour. Drain. Add water and ¼ cup vinegar and cook...	60**	2½
Beef Liver — Sliced. Cook on rack.....	6*	¾
Ham — Picnic (7 lbs.).....	60**	2
Ham End or Shank (5 lbs.).....	60**	2
Ham Slices — 2 inch thick uncooked.....	35**	1
Cooked Ham (tenderized)		
½ inch slice.....	6-8 **	¾
1 inch slice.....	12-14**	¾
2 inch slice.....	18-25**	¾
2½ inch slice.....	25-30**	¾
Ham Loaf — Line twin pan with aluminum foil or waxed paper. Set pan on rack.....	30*	1
Lamb Shoulder (6 lbs.). Brown in pan. Cook on rack.....	60**	1½
Lamb Steak — ½ inch thick.....	12**	¾
Lamb Stew — 1½ inch pieces.....	15**	2
Mutton for boiling (8 lbs.).....	60**	4
Pork Shanks	45**	2
Pork Shoulder — 2 inch to 2½ inches thick. Brown in pan. Cook on rack.....	45-50**	1
Pork Chops — 1 inch thick. Brown in pan. Cook on rack....	12**	¾
Spare Ribs. Brown in pan or cook on sauerkraut.....	20**	1
Veal Steak — ½ inch thick.....	12**	¾
Veal Stew — 1½ inch pieces. Cook in bottom of pan.....	15**	1½ (Hot)
Veal Shank	50-60**	3
Veal Tongue	30**	1½
Veal Heart	45**	1½

*Reduce pressure instantly by placing MIRRO-MATIC under faucet.
**Cool pan normally 5 minutes, and then place under faucet.

MEAT LOAF DINNER

1 lb. ground beef	1 stalk celery, chopped fine
1½ teaspoons salt	2 tablespoons fat
½ teaspoon pepper	4 or 5 medium sized potatoes, whole
1 egg lightly beaten	3 or 4 carrots, cut cross-wise
½ cup bread crumbs	1¼ cups water
1 small onion, chopped fine	

- 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 meat in hot fat in MIRRO-MATIC until golden brown on both sides.
 - Place potatoes and carrots around meat. Add water.
 - Cover, set control at 10 and cook 15 minutes after control jiggles.
 - Reduce pressure normally.
- Serves 5-6.

STUFFED PORK CHOPS

9 pork chops, cut 1½" thick	1½ teaspoons salt
Cut a pocket along side of bone	Dash of pepper
3 cups croutons	1 10-oz. can tomato soup
3 tablespoons parsley, chopped	½ cup water
3 tablespoons fat	

- Stuff pork chops with croutons and parsley. Season with salt and pepper.
 - Brown chops in hot fat in MIRRO-MATIC.
 - Place browned meat on rack in pan.
 - Add tomato soup and water.
 - Cover, set control at 10 and cook 12-15 minutes after control jiggles.
 - Reduce pressure instantly.
- Serves 9.

IRISH STEW

3 lbs. lamb stew cut in 2" cubes	Potatoes, diced
4 tablespoons fat	Parsnips, diced
1½ cups boiling water	1 cup onion, chopped
2 cups each:	3 teaspoons salt
Turnips, diced	1 teaspoon paprika
Carrots, sliced	2 teaspoons celery seed

- Brown meat in hot fat in MIRRO-MATIC. Add water.
 - Cover, set control at 10 and cook for 15 minutes after control jiggles.
 - Reduce pressure instantly. Add vegetables and seasoning.
 - Cover, set control at 15 and cook for 5 minutes after control jiggles.
 - Cool pan for 5 minutes, then reduce pressure instantly. Thicken liquid with 4 tablespoons flour mixed with ½ cup water.
- Serves 8-10.

PIGS IN BLANKET

- | | |
|-----------------------------------|-------------------------------------|
| 2 lbs. round steak ½" thick | 1 teaspoon salt |
| 1 teaspoon salt | ¼ teaspoon pepper |
| 2 onions, sliced | 4 tablespoons fat or 4 strips bacon |
| 2 strips bacon cut into 2" pieces | 2 10½ oz. cans tomato soup |
| ½ cup flour | ¾ cup water |

1. Cut steak into individual servings, season with salt.
2. Place a slice of onion and bacon on each piece of steak. Roll them up securing the ends with toothpicks or tie with string.
3. Dredge the rolls in the flour, remaining salt, and pepper mixture.
4. Brown well in hot fat or bacon in the MIRRO-MATIC.
5. Add the tomato soup and water. Cover, set control at 10 and cook for 25 minutes after control jiggles.
6. Cool pan for 5 minutes, then reduce pressure instantly.
Serves 6-8.

SURPRISE MEAT BALLS

- | | |
|-------------------------------|--------------------------------------|
| 1 lb. ground beef | 3 tablespoons fat |
| ½ lb. ground pork | ½ teaspoon salt |
| ½ teaspoon salt | 1 teaspoon poultry seasoning |
| Dash of pepper | 3 tablespoons fat |
| ¼ cup cream | 1 10½ oz. can cream of mushroom soup |
| 2 cups toasted bread cubes | ¾ cup water |
| 4 tablespoons onion, chopped | |
| 1 tablespoon parsley, chopped | |

1. Combine ground meat, salt, pepper and cream.
2. Form meat into 20 patties.
3. Mix bread cubes, onion, parsley, 3 tablespoons melted fat, and seasonings together.
4. Place stuffing on 10 patties. Cover with remaining patties and form into ball, being careful to seal in stuffing.
5. Brown meat balls in hot fat in MIRRO-MATIC.
6. Add mushroom soup mixed with water.
7. Cover, set control at 10 and cook 5 minutes after control jiggles. Reduce pressure instantly.
Serves 4-6.

PORCUPINE MEAT BALLS

- | | |
|----------------------------|------------------------------------|
| ½ cup rice | ½ teaspoon pepper |
| 1 lb. ground beef | 1 10½ oz. can cream of tomato soup |
| 1 tablespoon onion, minced | ¾ cup water |
| 1 teaspoon salt | |

1. Wash rice.
2. Combine rice, meat, onion, salt and pepper. Form into balls.
3. Mix soup and water in MIRRO-MATIC.
4. Drop meat balls in pan. Cover, set control at 10 and cook 10 minutes after control jiggles. Reduce pressure normally.
Serves 6.

SWISS STEAK WITH PICKLED ONIONS

- | | |
|-----------------------------|--|
| ¾ cup flour | 3 tablespoons fat |
| 2 teaspoons salt | 1 10-oz. bottle Pickled Onions |
| ¼ teaspoon pepper | Mix onion liquid and water to make ¾ cup |
| 2 lbs. round steak ¾" thick | |

1. Combine flour, salt and pepper.
2. Cut steak into individual servings.
3. Pound as much of the dry ingredients as possible into the steak.
4. Brown in hot fat in the MIRRO-MATIC. Add onions and liquid.
5. Cover, set the control at 10 and cook for 25 minutes after control jiggles.
6. Reduce pressure instantly.
Serves 6-8.

FRESH TONGUE

- | | |
|------------------------------------|-------------------------------|
| 1 fresh beef tongue (3 to 3½ lbs.) | 1 tablespoon parsley, chopped |
| 2½ cups boiling water | 1 bay leaf |
| 2 teaspoons salt | 1 carrot, sliced |
| ½ teaspoon dill (optional) | 1 onion, sliced |

1. Wash beef tongue; cover with cold water and let stand 2 hours. Drain.
2. Place in MIRRO-MATIC; add boiling water and remaining ingredients.
3. Cover, set control at 10 and cook for 60 minutes after control jiggles.
4. Cool normally for 5 minutes, then place under faucet.
5. Remove skin.
6. Serve either hot or cold.

STUFFED BEEF HEART

Precook heart according to directions on page 30

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

1. Combine all ingredients except bacon and mix well.
2. Stuff the cavity of the heart and tie securely with twine. Cover with strips of bacon.
3. Place in the MIRRO aluminum roasting pan.
4. Bake 40 minutes at 325° F.
5. Remove the heart and place on a hot platter. Add 1½ cups of cooking liquid to drippings in the roasting pan.
6. Thicken with 2 tablespoons flour mixed with ¼ cup cold water, stir until smooth. Season with salt and pepper. Pour gravy over and around the heart.
Serves 6.

LAMB STEW

4 tablespoons fat
2 lbs. lamb riblets
2 onions, chopped
1 clove garlic, minced
1 No. 2½ can tomatoes
2 teaspoons salt

¼ teaspoon pepper
1 cup water
2 cups kernel corn
2 cups okra
4 tablespoons flour
½ cup water

1. Brown meat in hot fat in MIRRO-MATIC.
2. Add onion and garlic; cook 1 minute.
3. Add tomatoes, seasonings, and water. Cover.
4. Set control at 10 and cook 15 minutes after the control jiggles.
5. Cool pan normally 5 minutes and then place under faucet.
6. Add corn and okra; bring to boil.
7. Add flour and water mixture for gravy.

Serves 6.

MOCK CHICKEN LEGS

1 lb. veal, 1 lb. pork,
cut in 1½" cubes
2 teaspoons salt
½ teaspoon pepper

4 tablespoons fat
4 tablespoons onion, chopped
1½ cups hot water
1 teaspoon caraway seed

1. Alternately place 1 square of veal, then one square of pork on a skewer.
2. Season with salt and pepper.
3. Brown meat in hot fat in MIRRO-MATIC.
4. Add onions and brown them lightly.
5. Add water and caraway seed.
6. Cover. Set control at 10 and cook 15 minutes after control jiggles. Cool pan normally 5 minutes and then reduce pressure instantly.
7. Thicken gravy with 2 tablespoons flour mixed with ½ cup cold water.

Serves 6.

BRAISED LAMB SHANKS

1 teaspoon salt
¼ teaspoon pepper
2 tablespoons flour
4 to 6 lamb shanks
2 tablespoons drippings

1½ cups water
1 cup pitted cooked prunes
1 cup cooked dried apricots
4 tablespoons white syrup

1. Combine salt, pepper and flour. Dredge meat thoroughly.
2. Brown meat in hot fat in MIRRO-MATIC. Add water.
3. Cover, set control at 10 and cook 45 minutes after control jiggles. Cool pan normally 5 minutes and then reduce pressure instantly.
4. Mix cooked prunes and apricots. Pour syrup over them. Mix lightly. Do not crush fruit. Serve hot with lamb shanks.

Serves 4-6.

HUNGARIAN GOULASH

1 lb. beef cut in 1" cubes
2 lbs. veal cut in 1" cubes
3 tablespoons drippings
1½ cups onions, sliced
2½ teaspoons salt
½ teaspoon pepper
1 teaspoon paprika
1 bay leaf

1½ teaspoons marjoram
2 cups water
12 medium potatoes
12 medium carrots
3 cups turnips, cubed
1½ cups green peppers, diced
3 tablespoons flour for
thickening gravy

1. Brown meat in hot drippings in MIRRO-MATIC.
2. Add onions, season with, salt, pepper, paprika, bay leaf, marjoram and water.
3. Cover, set control at 10, cook 15 minutes after control jiggles. Reduce pressure instantly.
4. Place potatoes, carrots, turnips, and pepper on rack over the meat.
5. Cover, set control at 10 and cook for 10 minutes after control jiggles.
6. Cool pan normally 5 minutes, and then reduce pressure instantly.
7. Mix vegetables with meat. Thicken gravy.

Serves 8-10.

BARBECUED SHORT RIBS

2½ to 3 lbs. short ribs
3 tablespoons bacon drippings
1 teaspoon paprika
2 teaspoons salt
1 large onion, sliced

½ cup catsup
¼ cup vinegar
½ cup water
2 teaspoons chili powder

1. Brown the short ribs in bacon drippings very thoroughly on all sides in the MIRRO-MATIC.
2. Add the sliced onion.
3. Mix the remaining ingredients and pour over the meat.
4. Cover, set control at 10 and cook 45 minutes after control jiggles. Cool pan for 5 minutes, then reduce pressure instantly.
5. Thicken gravy with 1 tablespoon flour, mixed with ¼ cup water.

Serves 6-8.

BRAISED OX TAILS

2 ox tails
6 tablespoons flour
6 tablespoons drippings
2 teaspoons salt
¼ teaspoon pepper
1 cup onion, chopped
4 cups celery, diced

2 cups carrots, sliced
1 clove garlic
2 slices lemon
2 bay leaves
3 whole cloves
2 cups water

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

Serves 8.

HAM WITH ORANGE SAUCE

2 slices of ham $3\frac{1}{4}$ " thick
cut into serving pieces
Whole cloves
2 tablespoons fat
4 tablespoons brown sugar

1 cup orange juice
 $\frac{3}{4}$ cup water
4 sweet potatoes (peeled
and cut in halves)

1. Press one whole clove into each cut of ham.
2. Brown ham in hot fat in MIRRO-MATIC.
3. Add brown sugar, orange juice and water.
4. Add potatoes.

5. Cover, set control at 10 and cook for 12 minutes after control jiggles. Reduce pressure normally.

To make Sauce: Mix 2 tablespoons cornstarch with 4 tablespoons of cold water. Add to boiling liquid and cook until clear. (About 1 minute.)

Serves 8.

BEEF POT ROAST

6 tablespoons fat or suet
4 $\frac{1}{2}$ lb. pot roast (chuck, rump top,
round or brisket) 3 to 4" thick
3 teaspoons salt

$\frac{1}{2}$ teaspoon pepper
10 medium size onions
1 cup water
4 tablespoons flour

1. If suet is used, cut into small pieces and fry out in a MIRRO-MATIC.
2. Brown the meat thoroughly on all sides.
3. Season with salt and pepper. Add onions and water.
4. Cover, set control at 10 and cook for 45-60 minutes after control jiggles.
5. Cool pan normally 5 minutes, and then reduce pressure instantly.
6. Thicken gravy with flour mixed with $\frac{1}{2}$ cup water.

Serves 10.

VEAL FRICASSEE

2 $\frac{1}{2}$ lbs. veal steak cut $\frac{3}{4}$ " thick
Salt and pepper
3 tablespoons flour

1 teaspoon paprika
 $\frac{3}{4}$ cup soup stock
1 cup sour cream

1. Cut veal in serving pieces. Season with salt and pepper. Dip in flour.
2. Brown veal steak in hot fat in MIRRO-MATIC.
3. Add paprika and soup stock.
4. Cover, set control at 10, cook 15-18 minutes.
5. Cool pan normally 5 minutes and then reduce pressure instantly.
6. Add sour cream.

Serves 6.

STUFFED VEAL STEAK

STUFFING

1 cup onions, chopped
 $\frac{1}{2}$ lb. ground beef
 $\frac{1}{4}$ cup bacon drippings
1 teaspoon salt

$\frac{1}{2}$ teaspoon pepper
1 teaspoon poultry seasoning
 $\frac{1}{2}$ cup milk
3 cups bread crumbs

1. Cook onion and beef in bacon fat, being careful not to brown the meat.
2. Add seasonings, milk, and bread crumbs. Mix thoroughly.

4 lbs. veal round steak, cut
 $\frac{1}{2}$ " thick and cut in 4 pieces
3 tablespoons fat

Salt and pepper
 $\frac{3}{4}$ cup water

1. Spread dressing generously on each veal round steak.
2. Roll each steak up like a jelly roll and fasten with skewers or string.
3. Brown rolls well in hot fat in MIRRO-MATIC. Season with salt and pepper.
4. Add water. Cover, set control at 10 and cook for 18 minutes after the control jiggles. Reduce pressure normally.

Serves 8-10.

SAUERBRATEN

3 $\frac{1}{2}$ lbs. (rump) beef (about 2 $\frac{1}{2}$ " thick)
1 cup vinegar
1 cup water
2 large onions
2 bay leaves

12 whole cloves
1 $\frac{1}{2}$ teaspoons salt
 $\frac{1}{8}$ teaspoon pepper
1 tablespoon sugar
4 tablespoons fat

1. Wipe meat with a damp cloth.
2. Cover with vinegar and water, onions, bay leaves, cloves, salt, pepper and sugar. Let stand for 24 hours.
3. Remove from the spiced vinegar, wipe dry.
4. Brown meat in hot fat in MIRRO-MATIC. Place meat on rack.
5. Strain the vinegar mixture and add 1 $\frac{1}{2}$ cups to the meat.
6. Cover, set control at 10 and cook for 45 minutes after control jiggles. Reduce pressure normally.
7. Thicken gravy by mixing 2 tablespoons flour with $\frac{1}{2}$ cup cold water.

Serves 6-8.

PORK CHOPS WITH BARBECUE SAUCE

10 pork chops
6 tablespoons onion, chopped
3 tablespoons fat
4 tablespoons brown sugar
2 tablespoons lemon juice

1 $\frac{1}{2}$ cups catsup
1 $\frac{1}{2}$ teaspoons dry mustard
1 cup celery, diced
2 teaspoons salt
1 cup water

1. Brown pork chops in fat in MIRRO-MATIC. Add onion and brown lightly.
2. Add remainder of ingredients.
3. Cover, set control at 10. Cook for 12-15 minutes after control jiggles.
4. Reduce pressure instantly.

Serves 10.

MEATS

BRAISED SHORT RIBS

4 lbs. short ribs of beef	1½ cups boiling water
¾ cup flour	3 teaspoons horseradish
2½ teaspoons salt	8 medium carrots
¾ teaspoon pepper	8 small onions
4 tablespoons fat	2½ cups cooked green beans

1. Combine flour, salt and pepper.
 2. Roll meat in seasoned flour.
 3. Brown meat in hot fat in the MIRRO-MATIC.
 4. Add horseradish and water.
 5. Cover, set control at 10 and cook 35 minutes after control jiggles.
 6. Cool pan instantly.
 7. Then add carrots and onion.
 8. Cover, set control at 10 and cook for 10 minutes after control jiggles.
 9. Cool pan instantly. Add hot green beans.
- Serves 8.

FLANK STEAK — WITH DRESSING

4 lbs. Flank Steak	3 cups bread crumbs
Dressing:	1 teaspoon onion, minced
1¼ cups sausage meat	½ teaspoon salt
2 tart apples (peeled and sliced)	1 cup hot water

- Heat sausage meat in fry pan. Pour off excess fat. Add remaining ingredients.
1. Trim edges of steak, season with salt and pepper.
 2. Spread dressing over flank steak, roll loosely and tie securely.
 3. Sear in 6 tablespoons hot fat in the MIRRO-MATIC.
 4. Add 2 cups of tomato juice and 1 teaspoon salt.
 5. Cover, set control at 10 and cook 45 minutes after control jiggles.
 6. Cool pan normally for 5 minutes and then reduce pressure instantly. Thicken liquid.
- Serves 8.

PORK STEAK — PARSLEY SAUCE

2 lbs. pork steak (1" thick)	2 tablespoons flour
2 tablespoons fat	¾ cup hot water
1½ teaspoons salt	1 cup medium white sauce
¼ teaspoon pepper	1 tablespoon parsley, chopped

1. Cut steak into individual servings. Season with salt and pepper, and roll in flour.
 2. Brown pork in hot fat in MIRRO-MATIC. Place meat on rack. Add water.
 3. Cover, set control at 10 and cook 12-15 minutes after control jiggles. Reduce pressure normally. Serve with white sauce. See page 75. Sprinkle with parsley.
- Serves 4-5.

POULTRY AND GAME

POULTRY AND GAME

POULTRY and GAME	Cooking Time	Water
Chicken — Fried Fry in bottom of MIRRO-MATIC. Cook on rack.	18-25 (Depending on age of chicken)	1¼ Cups
Chicken — Stewed Cook in bottom of MIRRO-MATIC.	30-40	1½ Cups
Chicken — Fricassee Cook in bottom of MIRRO-MATIC.	25-30	1½ Cups
Braised Chicken	25-30	1¼ Cups
Boiled Chicken	30-40	2¼ Cups
Partridge Brown in pan. Cook on rack.	15	¾ Cup
Wild Duck Cook on rack.	20-25	1¼ Cups
Pheasant Cook on rack.	20-25	1¼ Cups
Pot Roast of Venison — 3 to 4 inches thick	40-50	1 Cup
Squirrel	25-30	1¼ Cups
Rabbit Brown in pan. Cook on rack.	18-20	¾ Cup
Hasen Pfeffer Cook in bottom of MIRRO-MATIC.	18-20	1¼ Cups

Use 10 lb. pressure for above.
Reduce pressure normally.

HASEN PFEFFER (SWEET-SOUR RABBIT)

1 rabbit (2½ lbs.)
1½ cups vinegar
2 cups water
6 bay leaves
10 whole peppers
1½ teaspoons salt

1 onion sliced
3 tablespoons fat
1 cup sour cream or
1 cup evaporated milk and
1 teaspoon vinegar
4 tablespoons ginger snap crumbs

1. Cut rabbit meat into individual servings and cover with vinegar and water.
 2. Add bay leaves, whole peppers, salt and onion. Allow this to stand 3 days.
 3. Remove meat from brine, dry on paper towels, dredge in flour, and brown in hot fat in MIRRO-MATIC.
 4. Strain the brine and add 1¼ cups of it to the meat. Cover, set control at 10 and cook for 18-20 minutes after control jiggles.
 5. Cool pan normally 5 minutes and reduce pressure instantly. Add sour cream or evaporated milk and vinegar and ginger snap crumbs.* Cook until thick and smooth, stirring constantly.
- Serves 4-6.

RABBIT CHOP SUEY

1 rabbit (2½ lbs.), cooked
3 tablespoons fat
2 cups onion, shredded
1 cup green pepper, chopped
2 cups celery, diced

2 cups bean sprouts
2 cups broth
1 tablespoon flour
¾ cup toasted almonds
¼ cup soy sauce

1. Clean, wash, dry and place rabbit in MIRRO-MATIC with 1 teaspoon salt and 2 cups water.
 2. Cover, set control at 10 and cook 18-20 minutes after control jiggles.
 3. Reduce pressure normally. Remove rabbit, cool and cut into small pieces.
 4. Melt the fat in a MIRRO Dutch Oven. Add the onion and green pepper and cook slowly for 15 minutes.
 5. Then add meat, celery, bean sprouts and broth mixed with flour. Cover, and cook 10 minutes over low heat.
 6. Stir in the almonds and soy sauce, and salt if needed.
 7. Serve hot on cooked rice. See page 67.
- Serves 4-6.

POT ROAST OF VENISON

4 pounds venison (3 to 4" thick)
3 tablespoons fat
2 teaspoons salt

¼ teaspoon pepper
1 cup hot water
1 clove of garlic (minced)

1. Brown meat in hot fat, in MIRRO-MATIC.
 2. Season with salt and pepper, add water and garlic.
 3. Cover, set control at 10 and cook for 40-50 minutes after control jiggles.
 4. Reduce pressure normally. Pour off excess fat.
 5. Make gravy from liquid in pan. Serve very hot.
- Serves 6-8.

SQUIRREL STEW

2 squirrels
2½ cups water
2 teaspoons salt
Dash of pepper
1 cup onions, sliced
1 cup brown rice,
washed and dried on towel

1 cup celery, diced
1 cup carrots, sliced
3 tablespoons green pepper,
chopped
3 tablespoons fat
3 tablespoons flour

1. Cut squirrels into individual servings.
 2. Place meat in MIRRO-MATIC. Add water, salt, pepper, onions, celery, carrots and green pepper.
 3. Cover, set control at 10 and cook 25-30 minutes after control jiggles.
 4. Reduce pressure normally.
 5. While cooling MIRRO-MATIC, fry the rice in hot fat until evenly browned.
 6. Remove squirrels from the pan. Strain liquid.
 7. Cook rice and 1½ cups liquid in MIRRO-MATIC. Set control at 5 and cook for 10 minutes after control jiggles.
 8. Cool pan normally 5 minutes and reduce the pressure instantly.
 9. Dice the squirrel meat, roll in flour, brown in hot fat. Add to rice. Bring to a boil and serve hot.
- Note: If there isn't enough liquid, fill the balance of the 1½ cups with water.

BARBECUED RABBIT

1 (2½ pound) rabbit
3 tablespoons lemon juice
1 teaspoon salt
¼ teaspoon pepper

3 tablespoons flour
¼ cup fat
1 small onion, sliced
¼ cup boiling water

1. Clean, wash, dry and cut up the rabbit into individual servings. Brush with lemon juice. Then dip into the salt, pepper, and flour mixture.
 2. Brown the meat in hot fat in the MIRRO-MATIC. Add the onion, and brown lightly.
 3. Add water. Place meat on the rack, cover, set control at 10 and cook 18 to 20 minutes. Reduce pressure normally.
 4. Serve with barbecue sauce (page 76).
- Serves 4-6.

DUCK

5 lb. duck
3 tablespoons flour
2 teaspoons salt

¼ teaspoon pepper
6 tablespoons fat
1 cup water

1. Cut duck into serving pieces, dredge with flour, season with salt and pepper.
 2. Brown in hot fat in MIRRO-MATIC. Place on rack.
 3. Add water. Cover, set control at 10 and cook 25-30 minutes after control jiggles. Reduce pressure normally.
- Serves 6.

WILD DUCK

1 duck
1 teaspoon salt
1/8 teaspoon pepper
2 tablespoons flour

1 teaspoon ginger
3 tablespoons fat
1 1/4 cups hot water

1. Cut duck into individual servings.
 2. Season with salt, pepper, ginger and flour which has been mixed.
 3. Brown in hot fat in MIRRO-MATIC. Add hot water.
 4. Cover, set control at 10, cook 20-25 minutes after control jiggles.
 5. Reduce pressure normally.
 6. If a crisp crust is desired, place the meat under the broiler until brown.
 7. Make gravy from liquid in the pan.
- Serves 4.

PHEASANT (Smothered)

1 pheasant (3 to 4 pounds)
3 tablespoons fat
3 tablespoons flour
1 teaspoon salt

Dash of pepper
2 tablespoons lemon juice
1 1/4 cups rich soup stock

1. Dry pick a pheasant. Clean thoroughly. Wash and dry on absorbent paper.
 2. Cut pheasant into individual servings. Roll in flour, salt and pepper.
 3. Brown the meat well in hot fat in a MIRRO-MATIC.
 4. Add lemon juice and soup stock.
 5. Cover, set control at 10 and cook about 20-25 minutes, depending on age of bird. Reduce pressure normally.
- Serves 4-6.

FRIED CHICKEN

1 frying chicken (about 3-4 lbs.)
1/4 cup flour
2 teaspoons salt
1/4 teaspoon pepper

1 teaspoon paprika
6 tablespoons fat
1 small onion
1 1/4 cups water

1. Cut chicken into individual servings. Mix flour, salt, pepper and paprika, and dredge the chicken.
 2. Brown in hot fat in MIRRO-MATIC. Add onion, and water, place chicken on rack.
 3. Cover, set control at 10 and cook 18 to 25 minutes (depending on age of chicken) after control jiggles.
 4. Reduce pressure normally.
 5. If crisp chicken is desired, place it under broiler for a few minutes. Serve with cream gravy.
 6. Blend 3 tablespoons flour, 1/2 cup milk. Stir into liquid. Cook until thickened in open pan.
- Serves 4-6.
Old chickens require from 25-35 minutes of cooking time.

CHICKEN GUMBO

3 lbs. chicken
1/2 cup flour
1/2 teaspoon salt
1/4 teaspoon pepper
3 tablespoons fat
1/4 cup onion, chopped
1 tablespoon parsley, chopped

2 tablespoons pimiento, chopped
fine
1 No. 2 can tomatoes
1 cup boiling water
1 1/2 teaspoons salt
1 No. 2 can okra
1 1/2 cups cooked rice

1. Cut chicken into pieces for serving and dredge in flour, salt and pepper.
 2. Brown well in MIRRO-MATIC with onion in hot fat.
 3. Add parsley, pimiento, tomatoes, water and salt.
 4. Cover, set control at 10 and cook 30 minutes after control jiggles. Reduce pressure normally.
 5. Add okra and cooked rice and simmer 5 minutes.
- Serves 6.

STEWED CHICKEN WITH DUMPLINGS

3 1/2 to 4 lb. chicken
1 1/2 cups water
2 teaspoons salt

1/4 teaspoon pepper
1 large carrot, quartered
1 stalk of celery, cut into 1" pieces

1. Cut chicken into individual servings.
 2. Place chicken, water, salt, pepper, carrot and celery in MIRRO-MATIC.
 3. Cover, set control at 10. Cook 30 minutes after control jiggles.
 4. Cool pan for 5 minutes, then reduce pressure instantly. Add dumplings—see page 59.
 5. Remove chicken and dumplings, strain liquid, add enough water to liquid to fill 1 cup, then thicken with 2 tablespoons flour mixed with 1/4 cup water. Cook until clear. Serve over chicken.
- Serves 4-6.

BROWN FRICASSEE OF CHICKEN

1 chicken 3 1/2 to 4 lbs.
4 tablespoons fat
2 tablespoons flour
1 1/2 teaspoons salt
1 clove garlic

2 tablespoons onion, chopped
1/2 bay leaf
1 tablespoon parsley, minced
1 1/2 cup hot water

1. Cut chicken into individual servings.
 2. Combine flour and salt.
 3. Roll chicken in flour mixture.
 4. Heat fat in MIRRO-MATIC and brown the chicken well on all sides.
 5. Add garlic, onion, bay leaf, parsley, and water.
 6. Cover, set control at 10 and cook 30 minutes after control jiggles.
 7. Cool pan normally 5 minutes, and then reduce pressure instantly.
 8. Thicken gravy with 2 tablespoons flour mixed with 1/4 cup water.
- Serves 4-6.

POULTRY AND GAME

CHICKEN A LA KING

- | | |
|--|------------------------|
| 1 chicken 4 lb., boiled
(see chart page 39) | 1½ teaspoons salt |
| 4 tablespoons fat | 1 cup sliced mushrooms |
| 3 tablespoons flour | 1 cup milk |
| 2 tablespoons pimiento, chopped | 1 cup chicken stock |
| | 1 egg yolk |

1. Melt fat in a MIRRO sauce pan.
2. Add flour, pimiento, salt, and mushrooms.
3. Gradually add the milk, and chicken stock, stirring constantly and cook until thick.
4. Slowly add some of the hot mixture to the egg yolk and return to remaining hot mixture.
5. Cut chicken into 1-inch cubes and add to cream sauce. Serve in potato baskets. Serves 6-8.

CHICKEN PAPRIKA

- | | |
|---------------------|--------------------|
| 1 chicken 4 lbs. | 1 teaspoon paprika |
| 1½ teaspoons salt | 4 tablespoons fat |
| ¼ teaspoon pepper | 1½ cups soup stock |
| 3 tablespoons flour | 1 cup sour cream |

1. Cut chicken in individual servings.
2. Mix salt, pepper, flour and paprika, and roll chicken in flour mixture.
3. Brown in hot fat in MIRRO-MATIC. Place on rack.
4. Slowly add hot soup stock.
5. Cover, set control at 10 and cook 30 minutes after control jiggles.
6. Cool pan normally 5 minutes, and then reduce pressure instantly. Add sour cream. Serves 6.

CHICKEN CURRY

- | | |
|----------------------------|-----------------------------|
| 4 to 5 lb. chicken | 3 tablespoons fat |
| 2 teaspoons salt | 3 tablespoons onion chopped |
| ¼ teaspoon pepper | 2 tablespoons lemon juice |
| 3 tablespoons curry powder | 1¼ cups water |
| 3 tablespoons flour | |

1. Cut chicken into individual servings. Season with salt, pepper, curry powder and flour sifted together.
2. Heat fat in MIRRO-MATIC, brown the chicken thoroughly, then place on rack in pan.
3. Add onion, lemon juice and water.
4. Cover, set control at 10. Cook 30 minutes after control jiggles.
5. Cool pan for 5 minutes, then reduce pressure instantly.
6. Place chicken on hot platter. Remove rack from pan.
7. Thicken liquid with 2 tablespoons of flour mixed with ¼ cup water. Cook until clear. Serve over chicken. Serves 6-8.

SOUPS AND CHOWDERS

SOUPS and CHOWDERS	Amount of Food	Amount of Water	Minutes at 15 Lbs.
Lentil Soup ----- Soak lentils over night.	2 Cups	2 Quarts	*20
Chicken -----	3 to 4 Lbs.	2 Quarts	*25-30
Navy Beans ----- Soak beans over night.	4 Cups	3 Quarts	*35-40
Potato Soup -----	4 Cups, sliced thin	6 Cups	*4
Fish Chowder -----	1½ Lbs.	3 Cups	*6
Vegetable Chowder -----	2 Quarts	3 Quarts	*5

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

NEVER FILL PAN MORE THAN ¾ FULL OF SOUP

FISH CHOWDER

- | | |
|---|--------------------------------|
| 2 lbs. fish (do not bone) use
a large fish such as haddock,
halibut, etc. | 1 teaspoon salt |
| 2 cups water | ½ cup salt pork or bacon diced |
| 1 onion, sliced | 2 cups potatoes sliced |
| 2 sprigs parsley | 3 cups hot milk |
| | 2 tablespoons butter |
| | 2 tablespoons flour |

1. Place the fish in the MIRRO-MATIC. Add water, onion and parsley.
2. Cover, set control at 15 and cook 6 minutes after control jiggles.
3. Reduce pressure instantly.
4. Remove fish and bone carefully. Strain the stock. Add salt, sliced potatoes and pork which has been fried slowly.
5. Cover, set control at 15 and cook for 2 minutes after control jiggles. Let stand for 5 minutes and reduce pressure instantly. Add flaked fish and hot milk. Serves 6-8.

SOUPS AND CHOWDERS

CHICKEN SOUP WITH FARINA DUMPLINGS

4 lbs. chicken
2 quarts water
2 teaspoons salt
1/4 teaspoon pepper
2 cups celery, diced
2 tablespoons onion, diced

1. Cut up chicken at joints and place in MIRRO-MATIC with water, salt, pepper, celery and onion.
2. Cover, set control at 15 and cook for 30 minutes after control jiggles. Reduce pressure normally.
3. Remove the chicken and strain the stock.
4. Cut the chicken into small pieces and add to the stock.

DUMPLINGS

2 cups milk
2 tablespoons butter
1 teaspoon salt
1/4 teaspoon nutmeg
1 cup farina
4 eggs beaten separately

1. Bring milk to a boil in a sauce pan. Add butter, salt, nutmeg and farina and cook over a low heat until it is thick.
2. Mix beaten egg yolk and whites beaten stiff with the cooked farina.
3. Drop the dumplings from a teaspoon into the boiling chicken stock.
4. Cover the MIRRO-MATIC and steam the dumplings for 8 minutes with the control off. Serves 12.

VEGETABLE SOUP

4 lbs. soup meat and bone
2 medium onions, sliced
3 teaspoons salt
1/4 teaspoon pepper
3 quarts water
2 cups cabbage, shredded
2 cups potatoes, diced
2 cups carrots, sliced
2 cups tomatoes
2 cups green beans
2 cups celery, diced
1 cup rice or noodles
Chopped parsley

1. Place meat, soup bones, onion, salt and pepper and water in MIRRO-MATIC.
2. Cover, set control at 15 and cook 45 minutes after control jiggles.
3. Remove pan from heat. Let stand for 5 minutes and then reduce pressure under faucet.
4. Remove bone and meat. Strain the broth. Return broth and meat only to MIRRO-MATIC. Add remaining ingredients.
5. Cover, set control at 15 and cook 10 minutes after control jiggles. Remove pan from heat. Let stand for 5 minutes and then reduce pressure instantly. Serves 8-10

NAVY BEAN SOUP

2 lbs. navy beans
3 lbs. pork shoulder or smoked ham bone
3 quarts of water
4 tablespoons onion, chopped
3 teaspoons salt
Dash of pepper

1. Wash beans, drain, cover with water. Let stand over night. Place meat in MIRRO-MATIC with 3 quarts of water, onion, salt and pepper. Add beans.
2. Cover, set control at 15 and cook 35 minutes after control jiggles.
3. Remove pan from the heat. Let stand for 5 minutes and then reduce pressure instantly. Serves 10.

SOUPS AND CHOWDERS

FRENCH ONION SOUP

4 tablespoons butter
2 cups onion (thinly sliced)
1 teaspoon salt
1/8 teaspoon pepper
3 cups consomme
3 cups of hot water or
6 cups hot water and 4
bouillon cubes
6 rounds of buttered toast
1/2 cup dry parmesan cheese

1. Melt butter in MIRRO-MATIC. Add onions and fry slowly, over low heat until onions are light brown.
2. Add remaining ingredients.
3. Cover, set control at 15 and cook 5 minutes after control jiggles.
4. Remove from heat. Let stand 5 minutes then reduce pressure instantly.
5. Sprinkle cheese over buttered toast. Set under broiler to melt (optional). Serve on soup. Serves 6-8.

MANHATTAN CLAM CHOWDER

1/4 lb. salt pork cubed
1 onion sliced thin
1 teaspoon salt
1/8 teaspoon pepper
2 cups boiling water
2 cups stewed tomatoes
2 cups diced potatoes
2 cups hard clams or canned clams
Thyme

1. Fry out the pork in MIRRO-MATIC. Add onions and brown lightly.
2. Add salt, pepper, water, tomatoes and potatoes.
3. Cover, set control at 15 and cook 6 minutes after control jiggles.
4. Let pan stand for 5 minutes, then reduce pressure instantly.
5. Add clams. Bring to a boil and cook in open pan for 2 minutes. Sprinkle with Thyme. Serve at once. Serves 6.

BORSCH

2 pounds soup meat
2 quarts water
1 1/2 teaspoons salt

1. Place meat, water and salt in MIRRO-MATIC. Cover and set control at 15 and cook 45 minutes after control jiggles.
 2. Let stand for 5 minutes and then reduce pressure instantly.
- | | |
|--------------------------------|--------------------------|
| 1/2 cup onion, chopped | 1 cup potatoes, minced |
| 2 tablespoons butter | 1 cup canned tomatoes |
| 2 cups beets, minced | 1 tablespoon vinegar |
| 1 cup celery, minced | 2 teaspoons salt |
| 2 cups cabbage, shredded | 1/4 teaspoon pepper |
| 2 tablespoons parsley, chopped | 1/4 teaspoon garlic salt |
| 1 cup carrots, minced | 1/2 cup sour cream |
1. Brown onion in butter in a MIRRO Fry Pan, and add to soup stock with all other ingredients except sour cream.
 2. Cover. Set control at 15 and cook for 10 minutes after control jiggles.
 3. Let stand 5 minutes and then reduce pressure instantly.
 4. If a thick soup is desired, it should be simmered uncovered after cooking or the amount of soup stock can be reduced to 1 1/2 quarts.
 5. Add sour cream and serve hot. Serves 6-8.
- Note: Cooked soup meat may be used for hash or in casserole dishes.

SOUPS AND CHOWDERS

CHILI CON CARNE

- | | |
|---------------------------------------|------------------------------------|
| ½ cup suet | 1 No. 2 can of tomatoes |
| 2 lbs. ground beef | 2 teaspoons salt |
| 1 cup onion, chopped | 1 teaspoon paprika |
| 2 tablespoons green pepper
chopped | 2 teaspoons chili powder |
| 3 cups water | 1 clove garlic cut fine (optional) |
| | 1 No. 2 can of kidney beans |

- Place the suet in the MIRRO-MATIC.
- When rendered, brown the meat, onions, green pepper, add water and tomatoes. Add seasonings.
- Cover, set control at 15 and cook for 10 minutes after control jiggles. Cool pan normally 5 minutes; then reduce pressure instantly.
- Add the kidney beans. Simmer until the beans are hot.
Serves 6-8.

LENTIL SOUP

- | | |
|-------------------------------------|------------------------------|
| 2 cups lentils | 1 teaspoon salt |
| 2 quarts water | 2 tablespoons flour |
| 1 stalk leek (cut in small pieces) | 3 tablespoons bacon fat |
| 1 tablespoon onion, chopped | 4 wieners (cut in ½" slices) |
| 1 celery root (cut in small pieces) | Croutons |
| 2 carrots (diced) | |

- Cover lentils with water over night. Drain, place all ingredients except croutons, in MIRRO-MATIC.
- Cover, set control at 15 and cook for 20 minutes after control jiggles.
- Remove from heat, let stand 5 minutes, then reduce pressure instantly.
- 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.

VEGETABLE CHOWDER

- | | |
|------------------------------|------------------------|
| 3 tablespoons bacon, chopped | 2 tablespoons flour |
| 4 tablespoons onion, chopped | 2 teaspoons salt |
| 2 cups raw potatoes, diced | ¼ teaspoon pepper |
| 1 cup celery, diced | ½ teaspoon paprika |
| 1 cup carrots, diced | 2 cups tomatoes |
| 4 cups water | 2 cups carrots, grated |
| 3 tablespoons butter | 2 cups canned corn |
| ½ cup water | |

- Brown bacon and onion lightly in MIRRO-MATIC.
- Add potatoes, celery, carrots, and water.
- Cover, set control at 15 and cook for 5 minutes after control jiggles. Let stand 5 minutes and then reduce pressure instantly.
- Add butter.
- Mix water and flour until smooth and add to vegetables. Stir.
- Place remainder of ingredients in pan and cook for 5 minutes.
Serves 8-10.

SOUPS AND CHOWDERS

BEEF SOUP STEW WITH POTATO DUMPLINGS

(Unusual dish — can be served as soup or stew)

- | | |
|-------------------------|-------------------------------|
| 3 lbs. ground beef | 2 No. 2 cans red kidney beans |
| 4 tablespoons fat | 3 teaspoons salt |
| 4 medium onions, sliced | ¼ teaspoon pepper |
| 8 carrots, sliced | ½ teaspoon celery salt |
| 2 bunches celery, diced | Dash of cayenne pepper |
| 2 cloves garlic | 3 cups water |
| 2 No. 2 cans tomatoes | |

- Brown meat in fat in MIRRO-MATIC.
- Add remaining ingredients.
- Cover, set control at 15 and cook 7 minutes after control jiggles.
- Reduce pressure instantly.
- Drop dumplings into stew. Cook without cover for 5 minutes, then put cover on and steam without control 5 minutes.
Serves 12.

POTATO DUMPLINGS

- | | |
|------------------------|-----------------|
| 4 cups potatoes, riced | 4 eggs, beaten |
| 2 cups bread crumbs | 1 cup flour |
| 6 tablespoons butter | 1 teaspoon salt |

- Brown crumbs in butter, add remaining ingredients.
- Drop from end of teaspoon into stew.

QUICK VEGETABLE SOUP

- | | |
|-------------------------|--------------------------------|
| 6 tablespoons bacon fat | 2 cups canned tomatoes |
| 8 cups hot water | 1 cup cabbage, chopped |
| 1 cup carrots, diced | 2 tablespoons parsley, chopped |
| ½ cup onion, diced | 2 teaspoons salt |
| 1 cup celery, sliced | ¼ teaspoon pepper |

- Place above ingredients in MIRRO-MATIC.
- Cover, set control at 15 and cook for 5 minutes after control jiggles.
- Cool pan normally 5 minutes, then reduce pressure instantly.
Serves 8-10.

POTATO SOUP

- | | |
|-----------------------------|--------------------------------|
| 2 tablespoons onion, minced | ¼ teaspoon white pepper |
| 4 tablespoons butter | 4 cups hot water |
| 2 tablespoons flour | 4 cups hot milk |
| 4 cups potatoes (diced) | 2 tablespoons parsley, chopped |
| 3 teaspoons salt | |

- Brown onion in butter in the MIRRO-MATIC. Add flour, blend well.
- Add potatoes, salt, pepper and water.
- Cover, set control at 15 and cook for 4 minutes after control jiggles.
- Cool pan normally 5 minutes and then reduce pressure instantly.
- Add hot milk and chopped parsley.
Serves 8-10.

SOUPS AND CHOWDERS

CARROT CHOWDER

- | | |
|-------------------------------|------------------------|
| 2 onions, minced | 4 cups carrots, sliced |
| 6 tablespoons bacon drippings | 3 teaspoons salt |
| 2 tablespoons flour | ½ teaspoon paprika |
| 4 cups diced potatoes (raw) | 6 cups boiling water |

1. Brown the minced onion in hot drippings in the MIRRO-MATIC. Add flour and blend well.
 2. Add potatoes, carrots, seasoning and water.
 3. Cover, set control at 15 and cook 5 minutes after control jiggles. Cool pan normally 5 minutes; then reduce pressure instantly.
- Serves 8.

SWEDISH FRUIT SOUP

- | | |
|---|------------------------|
| ¼ lb. each: prunes, dried apricots,
dried peaches, dried pears | 1 slice lemon |
| 1 quart water | 1½ tablespoons tapioca |
| 1 stick cinnamon | 3 tablespoons sugar |
| | ¼ teaspoon salt |

1. Wash fruits quickly, but thoroughly, and place in MIRRO-MATIC with water.
 2. Cover, set control at 15 and cook for 8 minutes after control jiggles. Reduce pressure instantly.
 3. Add cinnamon stick, lemon slice, and tapioca which has been mixed with sugar and salt.
 4. Cook until syrup is clear and somewhat thickened. Remove cinnamon and lemon. Cool to lukewarm before serving.
- Serves 4-6.

TOMATO SOUP

- | | |
|-------------------------------|---------------------------------|
| 1 No. 2 can tomatoes | 2 teaspoons sugar |
| 2 cups water | 1 teaspoon salt |
| 2 tablespoons bacon drippings | 2 tablespoons flour, mixed with |
| 4 whole cloves | ¼ cup cold water |
| 2 tablespoons onion, minced | |

1. Place above ingredients in MIRRO-MATIC.
 2. Cover, set control at 15 and cook 5 minutes after control jiggles. Let stand for minutes, then reduce pressure instantly.
 3. Strain soup. Serve with round of toast.
- Serves 4.

PUREE OF PEA SOUP

- | | |
|-----------------------------|---------------------|
| 2 10 oz. cans pea purée | 4 cups water |
| 1 cup cooked ham, diced | 1 cup celery, diced |
| 3 tablespoons bacon fat | 1 teaspoon salt |
| 2 tablespoons onion, minced | |

1. Place pea purée, ham, fat, onion, celery, water and salt in MIRRO-MATIC.
 2. Cover, set control at 15 and cook 10 minutes after control jiggles.
 3. Let stand 5 minutes, then reduce pressure instantly.
 4. Serve hot—with croutons (bread cubes browned in butter) a sprinkle of summer savory if desired.
(Do not use dried peas)
- Serves 6.

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, many combinations can be prepared.

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 7.

WHOLE MEAL COOKING

The combination dish section, starting on page 53, has many delicious recipes for whole meal cooking. They give you directions for cooking meat, potatoes and vegetables which will save you time and fuel. Try one of these recipes and you will be surprised at the simplicity and ease of preparation, and the tasty results.



COMBINATION DISHES

SPAGHETTI AND MEAT BALLS

12 oz. spaghetti
 ½ cup onions, chopped
 ½ cup bacon drippings
 2 No. 2 cans tomatoes
 1 6 oz. can tomato paste
 1 teaspoon salt

½ teaspoon pepper
 1 teaspoon paprika
 2 teaspoons Worcestershire
 sauce
 1 bay leaf
 2 cups water

1. Add above ingredients to meat.
 2. Set control at 10 and cook for 15 minutes after control jiggles.
 3. Reduce pressure instantly.
- Serves 6-8.

MEAT BALLS

1 lb. beef, ground
 1 teaspoon salt
 ¼ teaspoon pepper
 1 egg

¼ cup milk
 1 small onion, chopped fine
 3 tablespoons fat
 1 onion, sliced

1. Combine beef, salt, pepper.
2. Add egg, milk and onion.
3. Form into eight balls.
4. Brown in hot fat in MIRRO-MATIC and add sliced onion.

QUICK PORK CHOP DINNER

6 pork chops cut ½" thick
 3 teaspoons prepared mustard
 2 tablespoons flour
 1 teaspoon salt

Dash of pepper
 2 tablespoons fat
 1 can chicken rice soup
 ½ cup water

1. Spread mustard over chops, sprinkle with flour, salt and pepper.
 2. Brown thoroughly in hot fat in MIRRO-MATIC.
 3. Add chicken soup and water. Cover, set control at 10 and cook 15 minutes after control jiggles.
 4. Reduce pressure instantly.
- Serves 6.

COMBINATION DINNER DISH

2 cups dried lima beans
 1 lb. ground beef
 1 cup onions, sliced
 2 tablespoons fat
 ½ cup water

2 teaspoons salt
 1 No. 2 can tomatoes (2½ cups)
 2 teaspoons sugar
 2 teaspoons Worcestershire
 sauce

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

COMBINATION DISHES

ITALIAN SPAGHETTI

8 cups water
2 teaspoons Worcestershire sauce

1 teaspoon salt
12 oz. spaghetti

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

SPAGHETTI SAUCE

½ cup olive oil or fat
1½ cups onions, sliced
1½ lbs. beef, ground
1 small clove garlic
½ cup green pepper, diced

½ cup mushrooms, may be omitted
1 6 oz. can tomato paste
1 No. 2 can tomatoes
Parmesan Cheese

1. Heat olive oil in MIRRO-MATIC, add meat and stir.
 2. Add remaining ingredients.
 3. Cover, set control at 10 and cook 5 minutes after control jiggles.
 4. Reduce pressure instantly. Remove cover, place spaghetti on large platter and pour sauce over spaghetti; sprinkle with cheese. (If this sauce is not thick enough, boil in open pan for a few minutes.)
- Serves 5-6.

HAMBURG DINNER

2 lbs. ground beef
4 tablespoons fat
2 cups onions, sliced
1½ cups peppers, sliced

1 cup mushrooms
1 No. 2½ can tomatoes
2 teaspoons salt
1 12 oz. package noodles

1. Form 8 beef patties and brown in fat in MIRRO-MATIC.
 2. Remove patties; sauté onions and peppers.
 3. Add mushrooms, tomatoes and salt.
 4. Place patties over vegetables and put uncooked noodles over top.
 5. Set control at 10 and cook for 10 minutes, after control jiggles.
 6. Reduce pressure instantly.
- Serves 8.

LAMB AND GREEN BEANS

3 tablespoons fat
3 lbs. Lamb (breast) cut in 2" squares
1½ teaspoons salt
¼ teaspoon pepper

2 cups water
6 small onions
5 cups fresh green beans
4 tablespoons vinegar

1. Brown the lamb in hot fat in the MIRRO-MATIC.
 2. Add salt, pepper, water and vinegar.
 3. Cover, set control at 10 and cook for 10 minutes after control jiggles.
 4. Reduce pressure instantly.
 5. Add onions and beans. Set control at 10 and cook 5 minutes after control jiggles. Reduce pressure instantly.
 6. For thickening, add 2 tablespoons flour mixed with ½ cup cold water. Simmer a few minutes with cover off.
- Serves 6-8.

COMBINATION DISHES

CABBAGE ROLLS (Tomato Sauce)

16 large cabbage leaves
2 lbs. chopped beef
2 teaspoons salt
½ teaspoon pepper
4 tablespoons onion, chopped

2 cups rice (cooked)
2 eggs
2 cans tomato soup
1¼ cups water

1. Pour boiling water over cabbage leaves. Let stand for 5 minutes. Drain.
 2. Season meat, add onion, rice and eggs.
 3. Roll a portion of filling into each leaf, fasten ends with toothpicks.
 4. Place the cabbage rolls on rack in the MIRRO-MATIC.
 5. Pour tomato soup and water over rolls.
 6. Cover, set control at 15 and cook 8 minutes after control jiggles.
 7. Reduce pressure normally.
- Serves 8.

PORK CHOPS AND CORN

4 tablespoons flour
2 teaspoons salt
¼ teaspoon pepper
8 pork chops
(cut ½" thick)

4 tablespoons fat
1 cup onion, chopped
8 medium-size carrots
1½ cups corn liquid
3 cups whole kernel corn

1. Mix flour, salt and pepper together and dredge chops with mixture.
 2. Brown chops in hot fat in MIRRO-MATIC.
 3. Add onions—brown lightly.
 4. Add carrots and corn liquid. Cover, set control at 10 and cook 15 minutes after control jiggles.
 5. Reduce pressure instantly.
 6. Add corn, heat thoroughly.
- Serves 8.

SPARERIBS, SAUERKRAUT AND POTATOES

4 lbs. spareribs
2 tablespoons fat
2 teaspoons salt
¼ teaspoon pepper
2 quarts sauerkraut

2 tablespoons brown sugar
(optional)
10 or 12 medium sized potatoes whole
1¼ cups water

1. Brown spareribs in hot fat in MIRRO-MATIC.
 2. Add salt and pepper.
 3. Put sauerkraut in bottom of pan and sprinkle with brown sugar if desired.
 4. Place ribs, and potatoes over kraut. Add water.
 5. Cover, set control at 10 and cook 20 minutes after control jiggles.
 6. Reduce pressure normally.
- Serves 8-10.

COMBINATION DISHES

SUPPER DISH

4 oz. wide noodles	1 tablespoon parsley, chopped
1 1/2 cups hot milk	1 tablespoon onion, chopped
1 cup soft bread crumbs	1 teaspoon salt
1/4 cup butter	Dash of Cayenne
1 tablespoon pimiento, chopped	

1. Cook noodles in MIRRO-MATIC (see directions page 67). Drain well.
 2. Add remaining ingredients. Pour into a well greased MIRRO Aluminum mold. Cover.
 3. Place mold on rack and add 1 1/2 cups of water.
 4. Cover, set control at 5 and cook for 7 minutes after control jiggles.
 5. Reduce pressure normally. Serve with tomato or cheese sauce.
- Serves 6.

CORNERD BEEF AND CABBAGE

3 lbs. corned beef cut 2 1/2" thick	8 medium size potatoes
3 cups water	2 heads cabbage (cut in 3" wedges)
8 carrots	8 onions, medium

1. Cover corned beef with cold water for several hours to draw out the salt. Drain.
 2. Place corned beef in MIRRO-MATIC. Add water.
 3. Cover, set control at 10 and cook 60 minutes after control jiggles.
 4. Cool pan for 5 minutes, then reduce pressure instantly.
 5. Add whole carrots, potatoes, cabbage and onions.
 6. Cover, set control at 15 and cook for 8 minutes after control jiggles. Cool pan for 5 minutes, then reduce pressure instantly.
- Serves 8.

STEAK AND KIDNEY PIE

1 1/2 lbs. rump or round steak, cubed	3 tablespoons fat
3/4 lb. lamb or veal kidneys, sliced	1 cup onion, chopped
1 1/2 teaspoons salt	1 tablespoon Worcestershire sauce
1/2 teaspoon pepper	2 1/2 cups soup stock
3 tablespoons flour	

1. Parboil kidney for 2 minutes. Drain.
 2. Mix salt, pepper and flour. Sprinkle over cubed steak and kidneys.
 3. Brown steak and kidneys in hot fat in MIRRO-MATIC.
 4. Add onions, Worcestershire sauce and stock.
 5. Cover. Set control at 10 and cook for 25 minutes after control jiggles.
 6. Reduce pressure instantly.
 7. Thicken stock with 2 tablespoons flour blended with 1/4 cup water.
 8. Place meat in a baking dish. Cover the top with Pot Pie crust and bake.
- Serves 6.

COMBINATION DISHES

BISCUITS (Pot Pie Crust)

Time 15-18 min.

2 cups sifted flour	1 teaspoon salt
4 teaspoons baking powder	3/4 cup milk

Temp. 450°F.

1. Sift flour, baking powder and salt into a bowl.
2. Cut in the shortening with a dough blender or 2 knives until the mixture is the consistency of coarse corn meal.
3. Make a well in the center and pour milk into it.
4. Stir carefully not to spill the milk. Then stir vigorously until dough forms a ball.
5. Turn the dough out on a lightly floured board. Roll to 1/8" thickness—cut into 3 x 3 squares. Place on meat. Bake well.

MEXICAN SCRAMBLE

2 lbs. round steak, cubed	1/4 teaspoon pepper
6 tablespoons onion, chopped	2 No. 2 cans whole kernel corn (drained)
2 tablespoons green peppers, chopped	2 1/2 cups tomato juice
4 tablespoons fat	1 teaspoon chili powder
2 teaspoons salt	

1. Brown the meat, onion, and pepper in hot fat in the MIRRO-MATIC.
 2. Season with salt and pepper.
 3. Add the corn, tomato juice and chili powder.
 4. Cover, set control at 10 and cook 20 minutes after control jiggles.
 5. Thicken gravy with 2 tablespoons corn starch, dissolved in 1/4 cup of cold water. Cook until clear.
- Serves 8.

CREOLE STEAK WITH POTATOES

4 lbs. round steak, 1" thick	2 bay leaves
1 1/2 teaspoons dry mustard	1 1/2 teaspoons salt
2 tablespoons flour	1/2 teaspoon pepper
3 tablespoons fat	3 cups tomato juice
1 1/2 cups onions, minced	2 tablespoons sugar
1 cup green peppers, minced	12 medium potatoes, peeled

1. Rub the steak with the mustard and flour and brown in the hot fat in the MIRRO-MATIC.
 2. Add the remaining ingredients except potatoes.
 3. Cover, set control at 10 and cook for 15 minutes after control jiggles. Reduce pressure instantly.
 4. Put potatoes in twin pan, place over meat, cover, set control at 10 and cook 15 minutes. Reduce pressure instantly.
 5. Thicken tomato sauce slightly, with 2 tablespoons flour mixed with 1/4 cup water, pour around steak and serve.
- Serves 8-10.

COMBINATION DISHES

NOODLE GOULASH

½ lb. ground beef	½ cup tomato purée
2 tablespoons fat	2 tablespoons Worcestershire sauce
¼ cup onion, sliced	1 teaspoon salt
½ cup green pepper, chopped	¼ teaspoon pepper
½ cup celery, diced	1 cup broad noodles
1 cup string beans	1½ cups water
1¼ cups mushroom soup	8 oz. noodles, see cooking chart (page 67)

1. Brown meat in hot fat in MIRRO-MATIC. Add onion, pepper, and celery, brown lightly. Add remaining ingredients including the 1 cup broad noodles.
2. Cover, set control at 10 and cook for 10 minutes after control jiggles.
3. Reduce pressure normally. Serve this over cooked noodles. Serves 5-6.

SPANISH RICE

8 slices of bacon	2 No. 2 cans tomatoes
4 tablespoons onion, chopped	1 cup water
6 tablespoons green pepper, chopped	2 teaspoons salt
2 cups rice, washed	½ teaspoon white pepper

1. Cook bacon, green pepper and onion until brown in MIRRO-MATIC.
2. Add rice, tomatoes, water, salt, and pepper.
3. Stir well, bring to a boil. Reduce heat.
4. Cover, set control at 10 and bring pressure up slowly.
5. Cook 10 minutes after control jiggles. Reduce pressure normally. Serves 12.

BEEF CASSEROLE

2 lbs. ground beef	1 No. 2½ can tomatoes
4 tablespoons fat	1 cup celery, diced
½ cup onions, chopped	1 cup green pepper, diced
2 teaspoons salt	2 cups wide noodles
Dash of pepper	

1. Brown beef and onions in hot fat in MIRRO-MATIC.
2. Add remaining ingredients. Stir well. Cover.
3. Set control at 10 and cook 10 minutes after control jiggles.
4. Cool pan for 5 minutes, then reduce pressure instantly. Serves 8.

PORK AND DUMPLINGS

4 cups cooked pork, cubed	12 small potatoes
4 medium sized onions, chopped	4 cups carrots, sliced
½ cup green pepper, chopped	1½ cup water
4 tablespoons fat	

1. Sauté pork, onions and green pepper in hot fat in MIRRO-MATIC.
2. Add potatoes, carrots and water.
3. Cover, set control at 10 and cook for 10 minutes after control jiggles. Reduce pressure instantly.
4. Drop dumplings into pan, cook uncovered 5 minutes. Cover, steam without control for 5 minutes. See dumpling recipe, page 59.

COMBINATION DISHES

VEAL OR LAMB STEW WITH DUMPLINGS

1½ lbs. veal or lamb (cut in 2" cubes)	2 cups water
3 tablespoons fat	6 medium size onions
1½ teaspoons salt	6 medium potatoes
¼ teaspoon pepper	6 medium carrots
½ bay leaf	

1. Brown the meat in hot fat in the MIRRO-MATIC. Add salt, pepper, bay leaf and water.
2. Cover, set control at 10 and cook for 10 minutes after control jiggles.
3. Reduce pressure instantly.
4. Add onions, potatoes and carrots. Cover, set control at 10 and cook for 10 minutes after control jiggles. Reduce pressure instantly.

DUMPLINGS

1½ cup sifted flour	1 egg
1 teaspoon salt	½ cup milk
2 teaspoons baking powder	

1. Sift flour with baking powder and salt.
2. Beat egg, add milk. Combine mixtures.
3. Drop dumpling batter from spoon over the meat.
4. Cook uncovered for 5 minutes.
5. Cover, steam for 5 minutes (without control on vent). Remove dumplings to a hot platter.
6. Stir 3 tablespoons of flour blended with ½ cup water into the liquid. Cook until thick. Serves 6.

VEAL AND RICE

8 veal chops	Dash of pepper
6 tablespoons fat	2 10½ oz. cans chicken rice soup
1 teaspoon salt	¾ cup water

1. Brown veal in hot fat in MIRRO-MATIC.
2. Add seasoning, soup, and water.
3. Cover. Set control at 10 and cook for 12 minutes after control jiggles.
4. Cool pan 5 minutes, then reduce pressure instantly.
5. Large potatoes, cut in half, and whole carrots may be cooked in the twinset pans at the same time with the meat. Place the rack over the meat and the twinset pans on the rack. Serves 8.

BEEF STEW

2 lb. beef (cut in 1½" cubes)	1½ cups water
3 tablespoons fat	4-6 medium size onions
1½ teaspoons salt	4-6 medium carrots
¼ teaspoon pepper	

1. Brown meat in hot fat in MIRRO-MATIC. Season with salt and pepper, add water.
2. Cover, set control at 10 and cook 15 minutes after control jiggles.
3. Cool instantly. Add onions and carrots.
4. Cover, set control at 10 and cook 10 minutes after control jiggles.
5. Cool pan for 5 minutes then reduce pressure instantly. Serve with dumplings. See page 59. Serves 4-6.

STUFFED GREEN PEPPERS (Quick Method)

- | | |
|--------------------|---------------------------|
| 6 green peppers | 1 egg |
| 1 ¼ cups water | ¼ cup milk |
| ½ cup rice | ¼ cup onion, chopped |
| 1 ¼ teaspoons salt | 1 10½ oz. can tomato soup |
| 1 lb. ground beef | ¾ cup water |
| ¼ teaspoon pepper | |

1. Wash peppers and remove seeds.
2. Place 1 cup water in MIRRO-MATIC—and bring to a boil. Add rice—stir well.
3. Place peppers over rice. Cover, set control at 5 and cook 3 minutes after control jiggles. Reduce pressure instantly.
4. Carefully remove peppers to avoid breaking.
5. Drain water off rice.
6. Combine ground beef, rice, salt, pepper, egg, milk, and onion.
7. Stuff peppers, and place them on the rack in MIRRO-MATIC. Add tomato soup and water.
8. Cover, set control at 10 and cook 12 minutes after control jiggles.
9. Cool pan for 5 minutes, then reduce pressure instantly.
10. Thicken tomato sauce with 2 tablespoons flour mixed with ¼ cup water.

BAKED BEANS

- | | |
|------------------------------|-------------------------|
| 4 cups dried navy beans | 2 teaspoons dry mustard |
| 6 slices bacon or salt pork | 2 teaspoons salt |
| 4 tablespoons onion, chopped | ¼ teaspoon pepper |
| ½ cup molasses or syrup | 3½ cups hot water |
| 6 tablespoons brown sugar | |

1. Cover beans with water and let stand over night. Drain.
 2. Sear meat in MIRRO-MATIC only until golden brown.
 3. Add chopped onion and stir. Add beans, molasses, sugar, mustard, salt, pepper, and water.
 4. Cover, set control at 15 and cook 35 minutes after control jiggles.
 5. Reduce pressure normally.
- Serves 8-10.

CHINESE-AMERICAN DISH

- | | |
|-----------------------|-------------------------------------|
| 3 cups cooked meat | ¼ teaspoon pepper |
| 3 tablespoons fat | 1 can (No. 2) bean sprouts, drained |
| 2 cups onions, sliced | 1 can (No. 2) okra, drained |
| 2 cups celery, sliced | ¾ cup water |
| 1½ teaspoons salt | 2 tablespoons cornstarch |

1. Cut meat in small pieces.
 2. Brown meat and onions very lightly in hot fat in MIRRO-MATIC.
 3. Cover, set control at 10 and cook for 10 minutes after control jiggles.
 4. Reduce pressure instantly.
 5. Add bean sprouts, okra and water, heat thoroughly.
 6. Thicken gravy with 2 tablespoons cornstarch blended with ¼ cup water and cook over medium heat until smooth, stirring constantly. Serve over steamed rice.
- Serves 6.

PLAIN CHOP SUEY

- | | |
|--|---------------------------|
| 2 lbs. pork, veal or beef
(cut in ½" cubes) | 2 teaspoons salt |
| 4 tablespoons fat | ¼ teaspoon pepper |
| 2 cups celery, cut fine | 2 cups water |
| 2 cups onions, sliced | ½ cup Soy Sauce |
| | 2 No. 2 cans bean sprouts |

1. Brown the meat in hot fat in the MIRRO-MATIC.
 2. Add celery, onions, salt, pepper, and water.
 3. Cover, set control at 10 and cook for 10 minutes after control jiggles.
 4. Cool pan 5 minutes, then reduce pressure instantly.
 5. Add bean sprouts and simmer in open pan for 3 minutes.
 6. Add soy sauce. Mix well.
 7. Thicken gravy with 3 tablespoons cornstarch dissolved in ½ cup cold water. Serve with hot rice. See page 67.
- Serves 8.

CHOW MEIN

- | | |
|--------------------------|---------------------------------------|
| 1 lb. pork, diced | 2 teaspoons salt |
| 1 lb. beef, diced | ½ teaspoon pepper |
| 1 lb. veal, diced | 2 No. 2 cans bean sprouts |
| 6 tablespoons fat | 1 cup Soy Sauce |
| 2 cups of water or stock | 1 cup mushrooms, sliced
(optional) |
| 2 cups onions, sliced | 1 10 oz. can of water chestnuts |
| 6 cups celery, diced | |

1. Brown meat thoroughly in hot fat in MIRRO-MATIC.
 2. Add water, onions, celery, salt and pepper.
 3. Cover, set control at 10 and cook 10 minutes after control jiggles.
 4. Reduce pressure normally.
 5. Add 4 tablespoons cornstarch mixed with ½ cup water.
 6. Add soy sauce, bean sprouts, mushrooms and chestnuts. Stir until thickened. Serve on hot rice. See page 67.
- Serves 12.

POTATO SALAD AND FRANKFURTERS

- | | |
|------------------------------------|--------------------------------|
| 10-12 medium size potatoes, sliced | 6 tablespoons sugar |
| 2 lbs. Frankfurters, sliced | ¾ cup vinegar |
| 1½ teaspoons salt | 2 medium-size onions chopped |
| ¼ teaspoon pepper | 3 tablespoons parsley, chopped |
| 6 tablespoons oil (cooking) | |

1. Place the sliced potatoes in MIRRO-MATIC.
 2. Put frankfurters on top of potatoes.
 3. Thoroughly mix salt, pepper, oil, vinegar and sugar.
 4. Pour this mixture over potatoes and add the onion.
 5. Cover, set control at 15. Place over medium high heat and cook 2½ minutes after control jiggles.
 6. Reduce pressure instantly.
 7. Add parsley, mix well before serving.
- Serves 8-10.

FISH AND SEA FOODS

SEA FOOD	Minutes to Cook After Control Jiggles	Amount of Water
Fish Steaks — cut $\frac{3}{4}$ inch thick.....	* 5-6 Min.	$\frac{3}{4}$ Cup Water
Dip in flour. Brown in hot fat in MIRRO-MATIC. Season with salt and pepper. Place on rack, add water, cover; cook.		
Fish Steamed — cut in $\frac{3}{4}$ inch slices.....	* 5 Min.	1 $\frac{1}{2}$ Cups Water
Put water, sliced onion, one bay leaf, one sprig of parsley in MIRRO-MATIC. Insert rack, place seasoned fish on rack, cover.		
Finnan Haddie	* 8 Min.	1 $\frac{1}{2}$ Cups Water
Cover with boiling water, let stand 1 hour. Drain. Place fish in MIRRO-MATIC, add water, cover, cook. Flake the fish and discard the skin. Serve with cream sauce. Page 75.		
Cod Fish	* 15 Min.	2 Cups Water
If dry, cover with water and let stand over night. Drain. Place fish in MIRRO-MATIC, add water. Cover — cook. Drain. Serve with cream sauce or make cod fish cakes.		
Steamed Salmon Ring.....		See Recipe, page 66
Shrimp — 2 lbs.	* 5-6 Min.	2 $\frac{1}{2}$ Cups Boiling Water
Put washed shrimp, water, slice of lemon in MIRRO-MATIC. Cover. Cook. Place in cold water. Shell and clean.		
Lobster Tail	* 6-8 Min.	2 Cups Water
Wash lobster tails. Place in MIRRO-MATIC. Add water and 1 $\frac{1}{2}$ teaspoons salt. Cover. Cook. Plunge into cold water and remove shells.		
Clams	* 6 Min.	1 $\frac{1}{2}$ Cups Water
Wash clams thoroughly in salted water, using a brush to scrub shells. Cover clams with cold water 1 hour. Drain. Place in MIRRO-MATIC. Add water, 1 teaspoon salt, bring to boil, cover, cook. Clam liquid may be used in clam chowder.		

*Reduce pressure quickly by placing MIRRO-MATIC under faucet or in pan of cold water. 10 lbs. pressure for all fish.

CURRY SHRIMP AND RICE

1 lb. Shrimp

- Put 2 $\frac{1}{2}$ cups water, 1 teaspoon salt and 1 slice of lemon in MIRRO-MATIC.
- Bring to a boil in the open pan.
- Add washed shrimp to liquid. Cover, set control at 10 and cook for 6 minutes after control jiggles.
- Reduce pressure instantly. Cover shrimp with cold water. Remove shells and vein.

FISH AND SEA FOODS

SAUCE

2 tablespoons fat	$\frac{1}{2}$ teaspoon paprika
2 tablespoons flour	1 teaspoon onion, minced
1 $\frac{1}{4}$ cups hot milk	1 teaspoon curry powder
$\frac{1}{4}$ teaspoon salt	1 teaspoon lemon juice

- Melt fat over low heat in sauce pan. Add flour and blend well.
- Add hot milk slowly, stirring constantly.
- Add salt, paprika, onion, curry powder and lemon juice. Cook and stir until smooth.
- Add the shrimp. Serve over cooked rice.

RICE

1 cup rice	1 teaspoon salt
1 $\frac{1}{2}$ cups hot water	

- Bring water to a boil in MIRRO-MATIC. Add washed rice and salt. Cover, set control at 5 and cook 10 minutes after control jiggles.
 - Reduce pressure instantly. If rice is too moist, cook in open pan over very low heat for a few minutes.
- Serves 4-6.

GEFILLTE FISH

2 $\frac{1}{2}$ lbs. fish (white fish, pike, trout, carp)	$\frac{1}{2}$ teaspoon pepper
2 tablespoons butter	1 $\frac{1}{2}$ cups water
3 medium onions, chopped	1 teaspoon salt
1 tablespoon parsley, chopped	2 stalks celery
2 eggs	$\frac{1}{2}$ medium celery root cut in pieces
2 cups bread cubes	3 medium carrots
1 teaspoon salt	3 sprigs parsley
	2 tablespoons butter

- Wash and clean fish thoroughly.
 - Remove the flesh from the skin, being careful not to tear the skin. This can be done by holding the flesh firmly and sliding the knife down carefully from back to under-side of fish.
 - Remove bones and chop fish into small pieces.
 - Cook chopped onions a few minutes with the butter.
 - Mix chopped fish, butter, onions and parsley.
 - Add eggs, bread cubes, salt and pepper.
 - Fill the skin with this mixture. Insert skewers across the opening, and lace a cord around them. Place remaining mixture in a greased mold and steam with fish.
 - Place the fish on the rack in the MIRRO-MATIC with water, salt, celery root, carrots, parsley and butter.
 - Cover and cook at 10 pounds for 15 minutes after control jiggles. Reduce pressure normally.
 - Place fish on platter and remove skewers and cord.
 - Put vegetables and stock through a food press or sieve. Thicken with 2 tablespoons flour mixed with $\frac{1}{4}$ cup water. Cook until clear. Serve hot over fish.
- Serves 6.

FISH AND SEA FOODS

COD FISH

1 package boneless salt codfish
1½ cups water
1½ cups white sauce (page 75)
1 tablespoon parsley, minced

1. Cut cod fish in 2-inch pieces and cover with water and let stand for 1 hour. Drain.
2. Place fish in MIRRO-MATIC with water.
3. Cover, set control at 10 and cook 10 minutes after control jiggles. Reduce pressure instantly.
4. Drain. Add white sauce and parsley.
Serves 4-6.

COD FISH CAKES

1. Mash 2 cups of cooked cod fish and 2 cups of cooked potatoes together thoroughly.
2. Add 1 egg, ¼ teaspoon pepper and 2 tablespoons melted butter.
3. Make into balls about 2 inches in diameter. Roll in cracker crumbs and fry in 4 tablespoons hot fat until golden brown. Serve with cream sauce and parsley.
Serves 4.

CLAMS — STEAMED (Soft Shell or Little Necks)

1½ cups water
1 teaspoon salt
1 teaspoon caraway seed

1. Wash clams very thoroughly in salted water, using a brush to scrub the shells.
2. Cover clams with cold water for one hour.
3. Put 1½ cups of water, salt and caraway seed in MIRRO-MATIC, with rack in pan, and bring to a boil.
4. Place clams on rack.
5. Cover, set control at 10 and cook 6 minutes after control jiggles.
6. Cool pan instantly.
(Note: The water in pan may be strained through cheese cloth and used for clam chowder or fish sauce.)

HALIBUT STEAK

2½ lbs. halibut
3 tablespoons butter or fat
2½ teaspoons salt
¼ teaspoon pepper
3 tablespoons onion, chopped
1½ tablespoons parsley, chopped
¾ cup water

1. Cut fish into individual servings.
2. Brown the halibut in hot fat in bottom of MIRRO-MATIC. Place fish on rack in MIRRO-MATIC.
3. Season with salt and pepper. Sprinkle with onions. Add water.
4. Cover, set control at 10 and cook 5 minutes after control jiggles.
5. Reduce pressure normally. Remove fish and place on hot platter.
6. Thicken liquid with 2 tablespoons flour mixed with ¼ cup cold water. Stir until smooth. Add parsley and ¼ teaspoon salt.
Serves 5-6.

FISH AND SEA FOODS

SHRIMP CREOLE

2½ lbs. shrimp
2½ cups water
1 teaspoon salt
1 bay leaf
3 whole peppers
1 slice lemon

1. Bring water and seasonings to boil in the MIRRO-MATIC.
2. Add washed shrimp to the liquid.
3. Cover, set control at 10 and cook for 6 minutes after control jiggles.
4. Reduce pressure instantly. Drop shrimp into cold water. Shell and remove the vein.

3 tablespoons fat
1 cup green onions, sliced thin
1 cup green pepper, chopped
2 tablespoons flour
1 No. 2 can tomatoes
¾ teaspoon Louisiana pepper sauce or
½ teaspoon Tabasco sauce
1 teaspoon paprika
2 teaspoons salt
2½ lbs. cooked shrimp

1. Cook onions and green peppers in the fat but do not brown.
2. Add flour and brown lightly. Add tomatoes, seasoning and shrimp. Cover, set control at 10 and cook for 10 minutes after control jiggles.
3. Reduce pressure instantly.
4. Serve over rice.
Serves 6-8.

FISH FILLET (with Mornay Sauce)

2 lbs. fish fillet
2 cups water
2 teaspoons salt
2 teaspoons whole mixed spices
2 slices onion
2 slices lemon

1. Place water, salt, mixed spices, onion and lemon in the MIRRO-MATIC.
2. Place fillets of fish on rack in pan.
3. Cover, set control at 10 and cook for 5 minutes after control jiggles. Reduce pressure normally. Serve with Mornay Sauce. See Page 75.

STEAMED FISH (with Sweet-Sour Sauce)

3 lbs. fish (Haddock, pike, trout)
1½ cups water
2 onions, sliced
2 bay leaves
1 teaspoon salt
¼ teaspoon pepper
6 carrots, sliced
4 tablespoons butter
2 tablespoons flour
4 tablespoons vinegar
2 teaspoons parsley, chopped

1. Place fish on rack in MIRRO-MATIC. Add water, onions, bay leaves, salt, pepper and carrots.
2. Cover, set control at 10 and cook for 5 minutes after control jiggles.
3. Reduce pressure instantly.
4. Place fish on hot platter. Force onions and carrots through a coarse sieve, and add to the strained broth.
5. Brown butter, add flour, and gradually add broth and stir until blended. Add vinegar, chopped parsley and a few grains of salt.
6. Pour over fish.
Serves 6-8.

FISH AND SEA FOODS

FINNAN HADDIE

2 lbs. Finnan Haddie
1 ½ cups thin white sauce (page 75)

1 tablespoon parsley, minced

1. Pour boiling water over the fish, let stand about 1 hour. Drain.
 2. Place 1 ½ cups water and fish in MIRRO-MATIC.
 3. Cover, set control at 10 and cook 8 minutes after control jiggles.
 4. Reduce pressure instantly.
 5. Serve with white sauce, sprinkle with parsley.
- Serves 4-6.

LOBSTER TAILS

Four to six lobster tails (½ lb. average)

1. Wash lobster tails. Place in MIRRO-MATIC.
2. Add 2 cups water and 1 ½ teaspoons salt.
3. Cover, set control at 10 and cook 6 minutes after control jiggles. Large lobster tails may require 8 minutes.
4. Reduce pressure instantly.
5. Plunge lobster tails into cold water and remove at once.
6. Remove shells — cut into cubes and serve with a Newburg Sauce (see page 76), or split shells, brush with melted butter and put under broiler for about 8-10 minutes.

STEAMED SALMON RING

2 cups cooked salmon, flaked
2 eggs, beaten
1 cup milk
½ teaspoon salt

Dash of pepper
1 ½ teaspoons parsley, chopped
1 cup cracker crumbs

1. Remove the dark skin and bones from the salmon.
 2. Add remainder of ingredients to salmon and mix well.
 3. Pack into a well-greased 3 cup MIRRO Aluminum ring mold. Cover with two thicknesses of waxed paper secured with a string.
 4. Place ring mold on rack in MIRRO-MATIC with 2 cups water.
 5. Cover, set control at 10 and cook for 15 minutes after control jiggles. Reduce pressure normally.
 6. Unmold salmon ring and serve with creamed peas.
- Serves 4.

SOUFFLED TUNA FISH

1 10 oz. can tuna fish, flaked
1 ½ cups peas
1 ½ cups cracker crumbs
3 eggs, beaten lightly

1 ½ cups milk
1 teaspoon salt
1 teaspoon parsley, minced
2 cups water

1. Combine above ingredients, mix well and pour into well greased 4 ½ cup fluted mold. Cover.
 2. Place mold on rack in MIRRO-MATIC. Add 2 cups water.
 3. Cover, set control at 10 and cook for 15 minutes after control jiggles.
 4. Reduce pressure normally.
- Serves 4-5.

MACARONI

SPAGHETTI — NOODLES — RICE

1. When cooking macaroni, spaghetti, noodles and rice, bring the salted water to a rapid boil in the MIRRO-MATIC.
2. Add the food and stir. Reduce heat, cover, and set control at 5, and bring the pressure up SLOWLY.
3. When the control begins to jiggle, start counting cooking time. (Note: If too much heat is used, the liquid will sputter through the vent tube.)
4. Reduce pressure instantly.
5. Remove gasket, return cover to pan, and strain food.
6. When serving at once, blanch with hot water to avoid cooling. Drain. If food is not to be used immediately, check cooking by running cold water through food. Drain.

FOOD	Minutes to Cook After Control Jiggles	Amount of Water and Food
Macaroni	* 6	3 cups water for each cup macaroni
Noodles	* 4	3 cups water for each cup noodles
Spaghetti	* 8	3 cups water for each cup spaghetti
Rice	* 10	1 ½ cups water for 1 cup rice

*Reduce pressure instantly by placing pan under faucet.
Use 5 lbs. pressure for above recipes.

RICE

Individual Molds
2 tablespoons rice
¼ cup water
½ teaspoon salt

or

3 Cup Capacity Mold
1 cup rice
1 ½ cups water
1 teaspoon salt

1. Place washed rice, water and salt in greased molds.
2. Cover individual molds with three thicknesses of waxed paper and tie securely. For 3 cup capacity, cook rice in MIRRO fluted mold. Cover.
3. Place molds on rack in MIRRO-MATIC. Add 2 cups of water.
4. Cover, set control at 5 and cook 15 minutes after control jiggles.
5. Reduce pressure instantly and remove rice from molds.



DESSERTS

USE MOLDS FOR DESSERTS

Preparation of puddings and custards in the MIRRO-MATIC requires the use of molds. The custard cups referred to in recipes are the standard size. A MIRRO Pressure Pan covered mold, illustrated on page 91, of 4½ cups capacity, has been especially designed for steaming pudding and breads in the MIRRO-MATIC. Just place the mold on the rack in MIRRO-MATIC, add 4 cups of water to pan. Cover, steam 30 minutes without control, then set control at 5 and steam from 30 to 45 minutes as the recipes specify.

In addition to using the mold for desserts you will find it handy for steaming your casserole dishes, and for rice, noodles and macaroni. It is convenient to use for warming left overs such as creamed combinations which usually present a problem because they tend to stick to sauce pans when reheated. Place the mold of food on the rack in the MIRRO-MATIC over 1 cup of water. Close pan, set control at 15 and when the control jiggles, remove from heat and let the pressure drop normally.

This MIRRO Covered Mold has many uses other than steaming foods in the pressure pan. Its fluted design makes it an ideal mold for gelatin desserts and salads. It will hold two packages of gelatin, or one package of gelatin and 2½ cups of fruit or vegetables.

ENGLISH PLUM PUDDING

- | | |
|--|--|
| 1 cup sifted flour | 1 teaspoon cinnamon |
| 1 lb. seeded raisins | ½ teaspoon allspice |
| ¼ lb. citron, orange and
lemon peel, cut fine | 1 teaspoon salt |
| ¼ lb. seedless raisins | ½ teaspoon cloves |
| ½ cup almonds, chopped | 1 cup suet, chopped fine |
| ½ lb. bread crumbs | 1 cup molasses |
| ½ cup sugar | 3 eggs beaten |
| 1 teaspoon baking powder | 1 cup pickled peach syrup or
brandy |

1. Sift flour over fruit and nuts and mix well.
2. Mix remaining dry ingredients, add suet, work in thoroughly, then add the eggs, molasses and fruit juice, and then floured fruit.
3. Pour into two well greased MIRRO Aluminum fluted molds. Cover.
4. Put 4 cups of water in MIRRO-MATIC — set one mold on bottom, place rack over mold and place second mold on rack, and cover.
5. Steam without control for 30 minutes, then set control at 5 and steam 45 minutes after control jiggles. Reduce pressure instantly.

RAISIN PUDDING

- | | |
|-----------------------------|----------------------------|
| 1 cup sifted flour | ½ cup suet, ground fine |
| 1 teaspoon cinnamon | 1 cup raisins |
| ½ teaspoon cloves | ½ cup honey |
| 1 teaspoon soda | ½ cup fruit juice |
| ½ teaspoon salt | 1 egg beaten |
| ½ cup graham cracker crumbs | ½ cup chopped walnut meats |
| ½ teaspoon nutmeg | |

- Sift flour, cinnamon, cloves, soda and salt together into a bowl.
- Add cracker crumbs, nutmeg, suet and raisins.
- Combine honey, fruit juice and egg with flour mixture. Stir in nutmeats.
- Turn dough into a greased MIRRO Aluminum fluted mold, fill $\frac{3}{4}$ full. Cover.
- Pour 4 cups of water into the MIRRO-MATIC with rack in pan. Set mold on rack.
- Cover pan and allow a small stream of steam to escape from vent tube for 30 minutes.
- Set control at 5 and cook for 45 minutes after control jiggles.
- Reduce pressure instantly.

STEAMED CHOCOLATE PUDDING

- | | |
|--------------------------|------------------------------|
| 3 tablespoons shortening | 4 teaspoons baking powder |
| ¾ cup sugar | ¼ teaspoon salt |
| 1 egg | 1 cup milk |
| 2¼ cups sifted flour | 2 ozs. unsweetened chocolate |

- Cream shortening and sugar thoroughly.
 - Add egg, mix well.
 - Alternately add sifted dry ingredients and milk. Beat in the melted chocolate.
 - Pour into a greased MIRRO Aluminum fluted mold, and cover.
 - Pour 4 cups of water in MIRRO-MATIC with rack in pan. Set mold on rack.
 - Cover pan and allow a small stream of steam to escape from vent tube for 30 minutes.
 - Set control at 5 and cook 30 minutes after control jiggles.
 - Reduce pressure instantly. Serve with fudge sauce. See page 78.
- Serves 8-10.

SUET PUDDING

- | | |
|-------------------------|---------------------------|
| 1 cup suet chopped fine | 1 teaspoon cinnamon |
| 1 cup molasses | 1 teaspoon salt |
| 1 cup bread crumbs | 1 teaspoon baking soda |
| ½ cup sour milk | 1 cup raisins or currants |
| 1½ cups sifted flour | |

- Mix all dry ingredients in mixing bowl.
- Add the molasses, sour milk and raisins. Mix well.
- Turn dough into a greased MIRRO Aluminum fluted mold. Cover.
- Place mold on rack in MIRRO-MATIC and add 4 cups water. Cover.
- Steam for 30 minutes without control. Then set control at 5 and steam for 45 minutes after control jiggles.
- Reduce pressure normally.

CUSTARD

- | | |
|-------------------------------|----------------------|
| 2¼ cups hot milk (not boiled) | 1½ teaspoons vanilla |
| 3 eggs | ¼ teaspoon salt |
| 3 tablespoons sugar | nutmeg |

- Beat egg only slightly, add hot milk, sugar, vanilla and salt.
- Pour custard into MIRRO Aluminum fluted mold. Sprinkle with nutmeg. Cover mold and place on rack in MIRRO-MATIC with 1 cup water.
- Cover, set control at 5 and cook for 10 minutes after control jiggles.
- Reduce pressure normally.
- Or — Pour custard into five aluminum custard cups. Sprinkle with nutmeg.
- Place cups on rack in MIRRO-MATIC with ½ cup water.
- Cover, set control at 5 and cook 1½ minutes after control jiggles. Reduce pressure normally.

STEAMED CHRISTMAS PUDDING

- | | |
|--------------------------|----------------------------------|
| ¾ cup shortening | 1 teaspoon cloves |
| 1¼ cups brown sugar | ½ cup milk |
| 3 eggs beaten | 1 cup candied cherries, cut fine |
| 2 cups sifted flour | ½ cup candied citron, cut fine |
| ½ teaspoon baking powder | 1 cup raisins |
| 1 teaspoon cinnamon | 1 cup nuts, chopped |
| 1 teaspoon allspice | 1 tablespoon rum flavoring |

- Cream shortening and sugar thoroughly.
- Add eggs and beat well.
- Alternately add sifted dry ingredients and milk.
- Add fruits, nuts and flavoring. Mix well.
- Turn into a well greased MIRRO Aluminum fluted mold. Cover.
- Pour 4 cups of water in MIRRO-MATIC. Set mold on rack. Cover.
- Allow a small stream of steam to escape from the vent tube for 30 minutes.
- Set control at 5 and steam 1 hour after control jiggles.
- Reduce pressure normally. Yields 2 molds. Serve hot as pudding or cold as fruit cake.

STEAMED CRANBERRY PUDDING

- | | |
|----------------------------|----------------------------|
| 1 cup flour | ¾ cup finely chopped suet |
| 1½ teaspoons baking powder | 1 cup cranberries, chopped |
| ½ cup bread crumbs | 1 egg |
| ½ teaspoon salt | ½ cup milk or water |
| ½ cup brown sugar | |

- Sift flour, baking powder and salt into a bowl.
- Add bread crumbs, brown sugar, suet, cranberries, egg and milk. Mix well.
- Turn dough into a greased MIRRO Aluminum fluted mold, and cover.
- Pour 4 cups of water in MIRRO-MATIC with rack in pan. Set mold on rack.
- Cover pan and allow a small stream of steam to flow from vent tube for 30 minutes.
- Set control at 5 and cook for 30 minutes after control jiggles.
- Reduce pressure instantly.

AMBROSIA PUDDING

- | | |
|---------------------------|---------------------------------------|
| ¼ cup melted butter | 1 teaspoon salt |
| ½ cup sugar | ½ cup coconut |
| 2 eggs | 1 teaspoon vanilla |
| ½ cup milk | 2 tablespoons orange peel,
chopped |
| 1½ cups sifted flour | 12 candied cherries, cut in halves |
| 2 teaspoons baking powder | |

1. Add melted shortening to sugar and cream thoroughly.
2. Add eggs one at a time and beat thoroughly.
3. Alternately add sifted dry ingredients and milk.
4. Fold in flavoring, coconut, orange peel and half of cherries.
5. Pour into a well greased and floured fluted Aluminum mold that has been decorated as follows: Place a half cherry in center of mold and arrange strips of orange peel around it in shape of daisy. Place the remaining cherry halves in a ring around bottom of mold.
6. Cover mold and place on rack in MIRRO-MATIC. Add 4 cups of water and cover.
7. Steam 30 minutes without control. Set control at 5 and steam 30 minutes. Reduce pressure instantly. Serve hot with whipped cream.

BOSTON BROWN BREAD

- | | |
|--------------------------------|--------------------------|
| 2 eggs, well beaten | 1 cup white flour |
| 2 tablespoons butter, melted | 1 teaspoon baking powder |
| ¾ cup light molasses | ½ teaspoon salt |
| 1 teaspoon soda | 2 cups graham flour |
| 1 cup buttermilk, or sour milk | 1 cup seeded raisins |

1. Stir together the eggs, melted butter and molasses. Add soda to buttermilk.
2. Sift white flour with baking powder and salt and mix with graham flour.
3. Alternately add buttermilk and flour to egg mixture.
4. Add raisins, stir well.
5. Fill 5 greased No. 2 tin cans two-thirds full.
6. Cover with two thicknesses of waxed paper and fasten with string.
7. Put 4 cups of water and the rack in the MIRRO-MATIC. Set cans in pan, and cover.
8. Allow a small stream of steam to escape from vent tube for 30 minutes.
9. Set control at 5 and cook 30 minutes after control jiggles. Reduce pressure instantly.

NUT BREAD

- | | |
|----------------------|---------------------------|
| 1 egg | 2 teaspoons baking powder |
| ½ cup sugar | ½ teaspoon salt |
| 1 cup milk | 1 cup nutmeats, chopped |
| 2½ cups sifted flour | |

1. Beat egg and sugar until light.
2. Alternately add milk and sifted dry ingredients. Stir in the nutmeats.
3. Turn the dough into greased one-pound coffee can. Cover with waxed paper and tie securely.
4. Pour 4 cups of water in MIRRO-MATIC with rack in pan. Set nut bread on rack.
5. Cover pan and allow a small stream of steam to flow from vent tube for 30 minutes.
6. Set control at 5 and steam for 30 minutes after control jiggles.
7. Reduce pressure instantly.

GRAHAM NUT BREAD

- | | |
|---------------------------|--------------------------|
| 1 cup sifted bread flour | ¼ teaspoon soda |
| 4 teaspoons baking powder | 1¼ cups sour milk |
| ½ teaspoon salt | 2 tablespoons shortening |
| 2 cups graham flour | ½ cup raisins |
| 1 cup brown sugar | ½ cup chopped nuts |

1. Sift white flour, baking powder and salt into a bowl.
2. Cut in shortening.
3. Add sugar and unsifted graham flour.
4. Add nuts and raisins.
5. Add soda to sour milk, then add to dry ingredients.
6. Pour into greased one-pound coffee can cover with waxed paper and tie securely.
7. Pour 4 cups of water into a MIRRO-MATIC. Set nut bread on rack.
8. Cover and steam without control for 30 minutes. Then set control at 5 and steam for 30 minutes.
9. Reduce pressure instantly.

APPLE BROWN BETTY

- | | |
|-------------------------|---------------------------|
| 3 medium cooking apples | 3 slices raisin bread |
| ½ cup sugar | 3 tablespoons lemon juice |
| 1 teaspoon cinnamon | grated rind of one lemon |
| 3 tablespoons butter | ½ cup hot water |

1. Peel, core and slice apples.
2. Mix sugar and cinnamon.
3. Butter bread and cut into cubes.
4. Mix lemon juice and rind with water.
5. In well greased MIRRO Aluminum fluted mold or refrigerator pan place alternate layers of bread cubes sprinkled with sugar and apples sprinkled with lemon juice and water. Cover.
6. Set mold on rack in MIRRO-MATIC, add 1½ cups of water, and cover.
7. Set control at 15 and cook 15 minutes after control jiggles.
8. Reduce pressure instantly.
Serve hot with cream or lemon sauce.

FRUITED MACARONI CUSTARD

- | | |
|------------------------|-----------------------|
| 4 cups water | ¾ cup raisins |
| 1½ cups elbow macaroni | 3 eggs beaten lightly |
| 2½ cups milk, scalded | ¼ teaspoon salt |
| ½ cup brown sugar | 1½ teaspoon vanilla |
| ¾ cup stewed apricots | |

1. Cook macaroni according to time table in MIRRO-MATIC. See page 67.
2. Combine remaining ingredients. Add macaroni and mix well.
3. Pour into well greased MIRRO Aluminum fluted mold. Cover.
4. Place mold on rack in MIRRO-MATIC with 2 cups of water.
5. Set control at 5 and cook 15 minutes after control jiggles.
6. Reduce pressure normally.
Serve with hot butter sauce.
Serves 5 or 6.

DESSERTS

GRAHAM CRACKER PUDDING

- | | |
|-----------------------------|-------------------------------|
| 4 tablespoons shortening | ¾ cup milk |
| ½ cup sugar | ½ teaspoon salt |
| 1 egg | 3 cups rolled graham crackers |
| 1 ½ teaspoons baking powder | ½ teaspoon vanilla |

1. Cream the shortening and sugar, add well beaten egg.
2. Mix baking powder, salt and graham crackers and add alternately with milk to creamed mixture. Add vanilla.
3. Turn into a greased MIRRO Aluminum fluted mold. Cover.
4. Pour 4 cups of water into the MIRRO-MATIC and place mold on rack in pan. Cover, steam 30 minutes without control.
5. Set control at 5 and cook 30 minutes after control jiggles.
6. Reduce pressure instantly.

Serve with lemon sauce. Page 78.

BREAD PUDDING

- | | |
|----------------------|------------------------|
| 7 cups bread cubes | 1 teaspoon vanilla |
| 2 ½ cups hot milk | ½ teaspoon salt |
| 2 tablespoons butter | 2 eggs, lightly beaten |
| ½ cup sugar | |

1. Scald milk, add butter and sugar.
2. Add vanilla and salt to eggs; gradually, pour in the milk mixture.
3. Pour this mixture over the bread.
4. Place in a well greased MIRRO Aluminum fluted mold. Sprinkle with nutmeg or cinnamon. Cover.
5. Place pudding on rack in MIRRO-MATIC, add 2 cups of water, cover.
6. Set control at 5 and cook 15 minutes after control jiggles. Reduce pressure instantly.

STUFFED APPLES

- | | |
|---------------------------|-----------------------|
| 6 apples | 4 tablespoons raisins |
| 6 tablespoons brown sugar | |

1. Select baking apples.
 2. Core the apples and fill them with a mixture of brown sugar and raisins.
 3. Place apples on rack in MIRRO-MATIC with 1 cup of water.
 4. Cover, set control at 15 and cook for 3 minutes after control jiggles.
 5. Reduce pressure normally. Serves 6.
- CAUTION: Do not attempt to cook apple sauce by the pressure method because it has a tendency to boil up and create a froth that may force its way through the vent tube.

SAUCES

STANDARD WHITE SAUCE

- | | | |
|---------------------|---------------|-------------------|
| | <i>Thin</i> | |
| 1 tablespoon flour | | ¼ teaspoon salt |
| 1 tablespoon fat | | ⅛ teaspoon pepper |
| 1 cup milk | | |
| | <i>Medium</i> | |
| 2 tablespoons flour | | ¼ teaspoon salt |
| 2 tablespoons fat | | ⅛ teaspoon pepper |
| 1 cup milk | | |
| | <i>Thick</i> | |
| 3 tablespoons flour | | ½ teaspoon salt |
| 3 tablespoons fat | | ⅛ teaspoon pepper |
| 1 cup milk | | |

1. Melt fat in a MIRRO Aluminum double boiler. Add flour, salt and pepper, and mix to a smooth paste.
2. Gradually add liquid, stirring to keep a smooth consistency.
3. Cook until sauce thickens.

MORNAY SAUCE

- | | |
|---------------------|------------------------|
| ¼ cup fat | ⅛ teaspoon pepper |
| 3 tablespoons flour | Dash of cayenne |
| 1 ½ cups milk | ½ cup cheese, shredded |
| ½ teaspoon salt | |

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

CREOLE SAUCE

- | | |
|-------------------------------|------------------------------|
| ¼ cup onion, grated | 1 tablespoon flour |
| 1 minced clove garlic | 2 cups tomato juice |
| ½ tablespoon parsley, chopped | 1 teaspoon salt |
| ½ cup mushrooms, sliced | ½ cup stuffed olives, sliced |
| ¼ cup green pepper, minced | 1 teaspoon sugar |
| 1 tablespoon fat | |

1. Chop vegetables and cook in hot fat until brown in a MIRRO Aluminum sauce pan.
2. Add the flour and stir until smooth.
3. Gradually add the tomato juice and seasoning. Stir until sauce thickens. Serve hot.

BARBECUE SAUCE

2 tablespoons butter	1 teaspoon celery seed
2 tablespoons onion, chopped	2 tablespoons brown sugar
1 tablespoon green pepper, chopped	2 tablespoons lemon juice
1 cup catsup	1 teaspoon dry mustard
1 teaspoon salt	1 cup water or soup stock

1. Brown the onion and green pepper lightly in butter.
2. Add remaining ingredients. Simmer about 30 minutes. Stir occasionally to prevent scorching.

TOMATO SAUCE

2 tablespoons butter	1 teaspoon salt
2 tablespoons flour	1 teaspoon sugar
1 cup tomato juice	¼ teaspoon onion, grated

1. Melt butter in MIRRO Aluminum sauce pan, add flour and blend well.
2. Add tomato juice slowly.
3. Cook until thick and smooth. Add salt, sugar and grated onion.

NEWBURG SAUCE

1 tablespoon butter	Dash of pepper
1 teaspoon flour	2 egg yolks lightly beaten
1 cup cream	2 tablespoons sherry
¼ teaspoon salt	

1. Melt the butter, add the flour, blend well, add cream and stir until smooth.
2. Cook and stir over low heat until thickened.
3. Just before serving add egg yolks and sherry.
4. When ready to serve add salt and pepper and heat but do not bring to boiling point.

COCKTAIL SAUCE FOR SHRIMP

½ cup catsup	¼ teaspoon salt
½ cup Sherry wine	Dash of pepper
8 drops Tabasco sauce	2 tablespoons celery, chopped fine
3 tablespoons lemon juice	

Mix ingredients thoroughly. Chill.

TARTAR SAUCE

1 cup mayonnaise	1 tablespoon onion or chives, chopped fine
1 tablespoon capers, chopped	1 tablespoon sour pickles, chopped
1 tablespoon stuffed olives, chopped	1 tablespoon tarragon vinegar

Mix all ingredients thoroughly. Serve with fish.

MOCK HOLLANDAISE SAUCE

1 cup medium white sauce	3 tablespoons butter
3 egg yolks, lightly beaten	5 tablespoons lemon juice

1. Stir ½ cup of hot white sauce into egg yolks, then add to the remaining hot sauce, blending thoroughly.
2. Add soft butter and lemon juice; stir thoroughly. Serve hot.

COCKTAIL SAUCE FOR SEA FOOD

¾ cup chili sauce	2 teaspoons Worcestershire sauce
1½ teaspoons parsley, chopped	½ teaspoon salt
1 teaspoon onion, grated	¼ teaspoon pepper
3 tablespoons vinegar	½ teaspoon dry mustard
10 drops Tabasco sauce	2 tablespoons celery, chopped fine

Mix all ingredients thoroughly. Chill.

CHEESE SAUCE

2 tablespoons flour	¼ teaspoon salt
2 tablespoons fat	Dash of pepper
½ cup milk	1 cup mild cheese, grated
½ cup cream	

1. Melt fat in MIRRO Aluminum double boiler.
2. Add flour and seasonings. Mix to a smooth paste. Add liquid gradually, stirring to keep a smooth consistency.
3. Simmer for 15 minutes.
4. Add cheese, stir until melted.

CUSTARD SAUCE

3 egg yolks	2 cups hot milk
½ cup sugar	½ teaspoon vanilla
Dash of salt	

1. Beat the yolks lightly in top section of a MIRRO Aluminum double boiler.
2. Add sugar and salt.
3. Slowly add the hot milk.
4. Place the custard over hot water. Cook until it begins to thicken, stirring constantly. Do not permit the custard to overcook.
5. Cook and add vanilla. Chill thoroughly.

HARD SAUCE

½ cup butter	½ teaspoon orange extract
1 cup Confectioner's sugar or	1 teaspoon vanilla
¾ cup granulated sugar	

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

SAUCES

FUDGE SAUCE

- | | |
|--|-------------------------------|
| 2 squares unsweetened chocolate (2 ozs.) | 1 tablespoon light corn syrup |
| 1 cup sugar | 1 teaspoon vanilla |
| ½ cup water | Dash of salt |
| 1 tablespoon butter | 2 tablespoons thick cream |

1. Melt chocolate over hot water in a MIRRO Aluminum double boiler.
2. Add sugar, water, butter and corn syrup.
3. Cook without stirring until mixture resembles a thick syrup. Remove from heat.
4. Add salt, vanilla and cream, mixing thoroughly. Cool and serve over steamed puddings.

ORANGE SAUCE

- | | |
|--------------------------|-------------------------------|
| ¾ cup granulated sugar | 1 ½ tablespoons butter |
| 3 tablespoons cornstarch | Dash of salt |
| 1 cup boiling water | 1 teaspoon grated orange rind |
| ½ cup orange juice | |

1. Mix the sugar and cornstarch together in a MIRRO Aluminum sauce pan.
2. Add water to the orange juice; pour this into the sugar mixture and stir constantly over medium heat until thick and clear.
3. Remove from heat and stir in the butter, salt and orange rind. Serve hot over steamed pudding.

LEMON SAUCE

- | | |
|---------------------|------------------------------|
| 3 tablespoons flour | 3 tablespoons lemon juice |
| 1 cup sugar | ½ teaspoon grated lemon rind |
| Dash of salt | ¾ cup boiling water |
| 2 egg yolks | 2 tablespoons butter |

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

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 |
| Dash of salt | |

1. Blend butter and flour together in a MIRRO Aluminum sauce pan. Slowly add boiling water, salt and sugar.
2. Cook until sauce thickens, stirring constantly. Add flavoring. Serve hot. Yields about 1 cupful.

QUESTIONS AND ANSWERS

1. How can best results be obtained from the MIRRO-MATIC?
A. While the MIRRO-MATIC is simplicity itself and the cooking technique is equally simple to obtain the best results, it is positively necessary that the user read carefully all of the cooking directions before proceeding. If directions and time charts are followed and if the pan is washed thoroughly after each use complete success is assured.
2. Can the control be removed from MIRRO-MATIC when cooking time has been completed?
A. The control may be removed from the pan only when pressure is completely reduced. After the cooking time has been completed the pressure can be reduced normally — or instantly by running cold water over the pan. After reducing pressure by either of these methods, nudge MIRRO-MATIC control to test if pressure is completely reduced. If steam spurts out, pressure is not yet down. If no steam escapes, remove control.
3. Is it necessary to allow a steady flow of steam to escape from MIRRO-MATIC before placing control on?
A. The control may be placed on the vent tube as soon as the pan is closed. It is unnecessary to wait for a flow of steam to escape. When the control jiggles all air has been expelled from the pan.
4. Can a variety of foods be cooked together in the MIRRO-MATIC?
A. It is possible to cook more than one food at a time because food flavors do not mingle in live steam as they do when cooked by ordinary methods. There is opportunity for an endless variety of recipes that can be prepared in the pressure pan. Foods requiring the same amount of time can, of course, be cooked together. When different times are required, as in the case of a roast and vegetables, the meat is started first and the vegetables are added toward the end of the cooking period.
5. Why do some roasts require a longer cooking time than other roasts weighing the same?
A. The cooking time for meats will vary somewhat depending upon the type of cut, grade of meat and amount of bone.
6. Why is it that some foods are not always cooked tender in the time specified?
A. Cooking time given in tables and recipes can only be approximate since there is bound to be a difference in tenderness of meats and vegetables according to age, variety, composition and grade. Directions can only strike a medium.
7. Do large quantities of food require the same cooking time as small quantities?
A. It is only when preparing meat in the pressure pan that the quantity will affect the cooking time. The cooking time of most meat is according to the pound; therefore, bigger roasts will require a longer time. Meats that are thick will require longer time than thin cuts.
8. When cooling the MIRRO-MATIC under the faucet, can water be run over the safety fuse?
A. Yes. The safety fuse is of metal and its composition will not be changed during cooling. It is perfectly safe to run the cold water over the safety fuse.



PRESSURE CANNING

Pressure canning is recommended by the United States Department of Agriculture.

The following time tables represent the most scientific and accurate research which has ever been performed in the field of home canning. This should enable you to obtain perfect results if you follow all of the directions.

The processing times for the foods in these charts were arrived at after extensive work by the Kraska Food Laboratory and the MIRRO Test Kitchen. The Kraska Laboratory, in addition to their work with the MIRRO-MATIC, do extensive research for leading canneries throughout the country. Their tests included the study of the penetration of heat into containers of food during the process time. From this data, plus the information on the heat resistance of known spoilage organisms, processing times were calculated.



BEFORE YOU START TO CAN

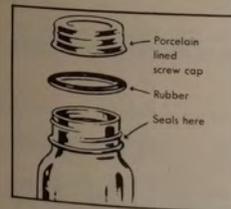
Always follow the directions supplied by the manufacturer for sterilizing and using the various lid enclosures.

1. Check jars, lids, and rubber bands.
2. Examine them carefully and see that there are no nicks, chips, cracks, or sharp edges. Discard imperfect jars. Use new rubber rings.
3. Consult charts and use each type correctly.
4. Wash jars, tops, and rubber rings thoroughly with soap and hot water.
5. Scald jars, invert them on a clean folded cloth. Place metal lids and rubber rings in boiling water until ready to use.

HOW TO CLOSE JARS

When using a Porcelain-lined zinc cap with shoulder rubber ring, to fit a standard mason jar.

1. Fit rubber ring on shoulder.
2. Fill jars. Wipe the rubber and jar rim clean.
3. Then screw cap down firmly and turn the cover back one-quarter inch.
4. After processing, and as soon as taken out of MIRRO-MATIC, screw cap down tight to complete the seal.



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BEFORE YOU START TO CAN

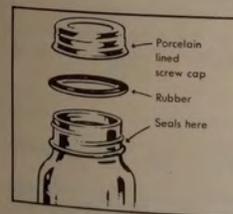
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3. Then screw cap down firmly and turn the cover back one-quarter inch.
4. After processing, and as soon as taken out of MIRRO-MATIC, screw cap down tight to complete the seal.

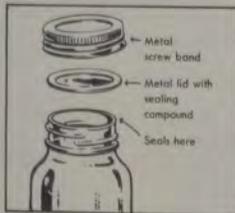


PRESSURE CANNING



A glass lid and top-seal rubber ring with metal screw band, which fits any standard mason jar.

1. Fill the jars. Wipe rim clean.
2. Fit wet rubber ring on glass lid.
3. Put lid on jar, rubber side down.
4. Screw band on until it is almost tight. Then turn it back nearly a quarter turn. Be absolutely sure the jar and band meet.
5. As soon as jars are taken from MIRRO-MATIC, screw band on tightly.



When using a flat metal lid with sealing compound, and a metal screw band, which fits any standard mason jar, follow these instructions:

1. Fill jar. Wipe rim clean.
2. Put lid on jar with sealing compound next to glass.
3. Screw metal band on tight by hand — do not use a wrench.
4. This jar is self sealing. After processing, do not tighten further — this may break the seal.



The wire-bail type jar with glass lid and rubber ring is used as follows:

1. Fit the rubber ring on ledge at top of jar.
2. Fill jars. Wipe jar rim and rubber ring clean.
3. Put on glass lid so that it fits into groove. Leave short wire up.
4. After processing, and as soon as taken from MIRRO-MATIC, push short wire down, to complete seal.

TIN CANS

For proper canning procedure with tin cans, refer to the United States Department of Agriculture Canning Bulletin.

CANNING DIRECTIONS

1. Select fresh, firm (not overripe) products. Grade according to size and ripeness.
2. Prepare according to recipe.
3. Fill only one jar at a time to within $\frac{1}{2}$ inch of the top with boiling hot products and liquid. When canning vegetables, add one teaspoon salt to quart jars and one-half teaspoon to pints. Insert silver knife into bottom of jar to release air.

PRESSURE CANNING

4. Wipe rim of jars free from seeds, pulp, liquid, etc.
5. Fill each jar according to manufacturer's directions. (See directions.)
6. Place rack in MIRRO-MATIC Pressure Pan (flat side down). Add recommended amount of water (see chart page 84) and bring to a boil.
7. Set filled jars or tins on rack in pan. (It is all right if jars touch each other.)
8. Close pan, set control at either 5, 10 or 15 pounds according to time chart.
9. Air in pan has been exhausted when control jiggles vigorously. Start processing time at this point. Then reduce heat, but keep it high enough so that control jiggles at least two or three times a minute. This is your assurance that pressure is being maintained. Prevent draft from blowing over the pan as this might cause pressure to drop unless heat is sufficiently high. Uneven pressure forces liquid from jars.
10. For processing time required, see canning charts on the following pages.
11. As soon as the processing time is completed, turn off heat. If an electric range is used, carefully remove pan from element. Reduce pressure slowly (see chart). Do not rush the cooling by setting pan in water or by pouring cold water over the pan. Never hurry the lowering of pressure by lifting the control.
12. Allow jars to cool the exact period shown in charts before removing the control. Remove the cover and tilt far side up so that steam escapes away from you.
13. 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 a hot jar in draft. This may cause them to break. Always cool jars in an upright position.
14. After 12 hours, remove screw bands from jars that have glass or metal disks. In case the screw band is difficult to remove, cover with a hot, damp cloth for a minute. Do not force the screw bands off. You may break the seal.
15. Examine jars for leaks. Press on lid with fingers to test the seal or gently tap on lid with a spoon. A clear ring is a sure sign of the correct seal.
16. Wipe jars with a damp cloth. Dry thoroughly and label with contents and the date of canning.

Never taste food you think has spoiled. Throw it away. Always discard any food that looks or 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

AMOUNTS OF WATER FOR PROCESSING

Use the following amounts of water in the MIRRO-MATIC for all pressure canning:

7 PINT JARS	1½ Quarts
4 PINT JARS OR LESS.....	2 Quarts
4 QUART JARS	1½ Quarts
2 QUART JARS OR LESS.....	2 Quarts

PRESSURE CANNING TIME TABLES

VEGETABLES

FOOD	— PINT JARS —		— QUART JARS —	
	Minutes to Cook After Control Jiggles	Cooling* Time	Minutes to Cook After Control Jiggles	Cooling* Time
Asparagus	25	50	30	60
Wash. Grade. Trim off scale. Cover with boiling water. Cook 2 minutes. Pack hot, cover with hot liquid. Adjust lids. Process at 10 lbs. pressure.				
Beans, Lima	25	40	55	60
Shell. Grade. Bring to a boil. Pack hot and loosely. Cover with fresh boiling water. Adjust lids. Process at 10 lbs. pressure.				
Beans, String or Wax	15	40	20	55
Wash. String. Cut in pieces. Boil 5 minutes. Pack loosely to within 1 inch from the top. Cover with boiling liquid. Adjust lids. Process at 10 lbs. pressure.				
Beets	20	40	25	45
Wash. Retain 1 inch of the stem. Cook in MIRRO-MATIC at 15 lbs. for 6 minutes. Cool pan under faucet. Open pan. Cover beets with cold water. Slip off skins. Trim in ½ inch slices. Pack. Cover with fresh boiling water. Adjust lids. Process at 10 lbs. pressure.				
Carrots	20	40	20	45
Scrape. Slice or cut as desired. Boil for 5 minutes. Pack. Cover with hot liquid. Adjust lids. Process at 10 lbs. pressure.				
Corn (W.K.)	50	45	75	55
Remove husks. Cut kernel from cob. To each quart of corn, add 1 pint of boiling water and 1 teaspoon salt. Boil 1 minute. Pack loosely to within 1 inch from top. Adjust lids. Process at 10 lbs. pressure.				
Greens	40	35	65	40
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 at 10 lbs. pressure.				

*When processing time is up, allow jars to cool for this exact period before removing control and opening pan.

PRESSURE CANNING TIME TABLES

FOOD	— PINT JARS —		— QUART JARS —	
	Minutes to Cook After Control Jiggles	Cooling* Time	Minutes to Cook After Control Jiggles	Cooling* Time
Peas	35	40	40	50
Green, shelled. Use only young, fresh peas. Pack loosely. Cover with boiling water. Adjust lids. Process at 10 lbs. pressure.				
Pumpkin or Hubbard Squash	30	40	30	60
Peel and cut into 1 inch cubes. Cook 1 minute. Pack in jars. Fill jars with liquid. Adjust lids. Process at 10 lbs. pressure.				

Use 10 lbs. pressure for vegetables.

*When processing time is up, allow jars to cool this exact length of time before removing control and opening pan.

At altitudes of 2,000 feet or higher, use 15 instead of 10 lbs. pressure.

MEAT

Pack meats loosely and only to within 1 inch from top of jar. Fill jars with hot liquid, meat juice or broth, again leaving 1 inch head space in jars.

FOOD	PINT JARS		QUART JARS		Lbs. Pressure
	Min. to Cook After Control Jiggles	Cooling* Time	Min. to Cook After Control Jiggles	Cooling* Time	
Beef, Veal, Lamb, Pork	35	45	45	75	15
Cool meat thoroughly. Pre-cook until medium done or until pieces when cut show almost no pink at center. Add salt to jars. Pack. Fill jars with liquid. Adjust lids. Process.					
Pork Chops, Ham	35	45	45	75	15
Fry until brown. Add salt to jars. Pack. Fill jars with liquid. Adjust lids. Process.					
Chicken	85	55	85	45	10
Cut fowl into individual servings and brown fowl in oven. Season as for ordinary roasting and add ½ cup of water. When half done, remove. Pack into hot sterilized jars and cover with broth. Adjust lids. Process.					
Chicken, Fried	85	55	85	45	10
Cut into pieces. Fry in hot fat until lightly browned. Pack hot chicken into sterilized jars. add liquid. Adjust lids. Process.					
Chicken, Boned	85	55	85	50	10
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 ½ teaspoon salt. Adjust lids. Process.					
Rabbit, Duck and Turkey	85	55	85	50	10
Pre-cook and process same as chicken.					

*When processing time is up, allow jars to cool this exact length of time before removing control and opening pan.

At altitudes of 2,000 feet or higher, use 15 instead of 10 lbs. pressure, when 15 lbs. pressure is required, increase processing time 10 minutes.

PRESSURE CANNING TIME TABLES

FISH OF ALL KINDS

Use only firm fresh fish. Bleed well. Wash. Pre-cook. Pack, add salt. Or pack raw. Then process.

Use 10 lbs. pressure for all of the following recipes:

CLAMS

Steam clams to open shell. Remove clams from shell. Pre-cook in mild salt water for 5 minutes. Drain and rinse. Mince or leave whole and pack into clean jars to within one (1) inch of top. Cover with a weak brine (1 teaspoon salt added to a quart of water). Seal according to manufacturer's directions for type of jar used. Process 90 minutes for both pints and quarts.

CRAB MEAT

Place 2½ gallons of water and ½ cup baking soda in a large MIRRO kettle. When water boils, add live crabs and boil rapidly for 20 minutes.

Remove the crabs and wash them in cold water. Pick out all meat, being careful not to include the shells in leg and claw joints.

Wash meat in a weak brine (2 tablespoons salt to 3 quarts of water). Drain, pack into clean jars to within 1 inch of top, add salt. Seal according to manufacturer's directions for the type of jar used. Process 90 minutes for both pints and quarts.

FRIED FISH

Scale and wash fish in hot water. Cut into individual servings. Dip in flour, corn meal or cracker crumbs. Fry until light brown. Pack into clean jars. Add 1 teaspoon salt to each quart jar. Seal according to manufacturer's directions for the type of jar used. Process 90 minutes for both pints and quarts.

SHRIMP

Shrimp should be canned when absolutely fresh, as they deteriorate quickly. Place 1 gallon of water and 1 pound of salt in a large MIRRO kettle. Bring to a rolling boil. Add shrimp and cook 7 to 8 minutes. Drain. Pack into clean jars, to within 1 inch of top; do not add liquid. Seal according to manufacturer's directions for the type of jar used. Process 90 minutes for both pints and quarts.

SALMON

Draw fish, then slowly pour on hot water, being careful not to break the skin which would cause a loss of oil and fat. Scrape gently until skin is white and clean, wipe dry, cut into pieces (leave in the backbone), pack into clean jars to within 1 inch of top. Add 1 teaspoon salt for each quart jar. Seal according to manufacturer's direction for the type of jar used. Process 90 minutes for both pints and quarts.

STEAMED FISH

Wash fish thoroughly. Drain. Pack into clean jars to within 1 inch of top. Fill jar to within ½ inch of top with boiling water — add 1 teaspoon salt for each quart. Seal according to manufacturer's directions for the type of jar used. Process 90 minutes for both pints and quarts.

At altitudes of 2,000 feet or higher, use 15 instead of 10 lbs. pressure.

PRESSURE CANNING TIME TABLES

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. When pressure is down, remove control and cover. Take out jars.

Use 5 pounds pressure for following fruits:

FOOD	— Minutes to Cook After Control Jiggles —	
	Pints	Quarts
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	10
Apricots Wash, halve and pit. Pack. Add syrup.	10	10
Berries (except Strawberries, Raspberries and Cranberries) Wash, stem, pack. Add syrup or water.	8‡	8‡
Cherries Wash, stem, pit. Pack. Add syrup.	10	10
Currants Wash, stem, pack. Add syrup or water.	10	10
Figs Wash, place in soda bath, rinse, pack with syrup.	10	10
Grapes Wash, stem, pack. Add syrup or water.	8	8
Peaches Peel, pack, add syrup, or pre cook 3 minutes in syrup. Pack. Add syrup.	10	10
Pears Select not over-ripe pears, pare, halve, pre-cook 3 to 5 minutes in syrup. Pack. Add syrup.	10	10
Pineapple Peel, remove eyes, cut or slice. Pre cook in No. 2 syrup 5 to 10 minutes. Pack with syrup.	15	15
Plums Wash, prick skins. Pack. Add syrup.	10	10
Quinces Wash, pare, cut in pieces. Pre-cook 3 minutes in syrup. Pack. Add syrup.	15	15
Rhubarb Wash, cut into pieces. Pack. Add syrup.	5	5
Tomatoes Scald ½ minute. Cold dip 1 minute. Peel. Pack.	10	10
Tomato Juice Cook. Press through Rotary Food Press. Pack.	10	10

‡Process without control. Cook 8 minutes after steam flows from vent tube.

At altitudes of 2,000 feet or higher, use 10 instead of 5 lbs. pressure.

PRESSURE CANNING TIME TABLES

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 1½ 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.

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. This high degree of temperature, under pressure, quickly kills bacteria.

In the home it is especially suited for baby bottles, nipples and small utensils. It may also be used by doctors and dentists for sterilizing surgical, dental and other instruments.

To sterilize in your MIRRO-MATIC place the rack in the pan, add one cup 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 the heat and start counting sterilizing time. Three minutes is sufficient for baby bottles. Up to 20 minutes is recommended for various other articles.

Your MIRRO-MATIC will hold up to fourteen bottles when they are placed in an upright position on the rack. Even with this many bottles there is still plenty of space left for nipples or small utensils that need sterilizing.

FROZEN VEGETABLES

TIME TABLE FOR COOKING FROZEN VEGETABLES

1. Remove the vegetables from package and allow to stand at room temperature until thawed enough to separate—this requires about one-half hour. Spinach may be cut into 1 inch cubes while still frozen. Corn on the cob should be thawed completely.
2. Place water and ½ teaspoon of salt in MIRRO-MATIC. Add vegetables either in bottom of pan—or in twin pans. Cover. Set control at 15. Cook for number of minutes indicated in chart below. Start cooking time when control jiggles. Reduce pressure instantly.
3. Season with butter, salt, pepper—or serve with a cream sauce.

PRODUCT	Amount of Water	Cooking Time*
Asparagus Spears	½ cup	2 minutes
Asparagus Cuts	½ cup	2½ minutes
Broccoli	½ cup	3 minutes
Broccoli Cuts	½ cup	2 minutes
Brussels Sprouts	½ cup	2½ minutes
Cauliflower	½ cup	2 minutes
Corn, whole kernel	½ cup	1 minute
Corn on the cob	½ cup	2 minutes
Green Beans, cut	½ cup	3 minutes
Green Beans, French Style	½ cup	1 minute
Green Peas	½ cup	1 minute
Lima Beans, small	½ cup	2½ minutes
Mixed Vegetables	½ cup	2 minutes
Peas and Carrots	½ cup	2 minutes
Spinach	½ cup	1 minute
Spinach, chopped	½ cup	1 minute
Wax Beans	½ cup	3 minutes

*Time after 15 lb. pressure has been reached.

MIRRO-MATIC PARTS

YOU MAY PURCHASE THESE PARTS FROM YOUR LOCAL STORE



No. 9891S Rubber Gasket.....

RETAIL PRICES
East West

.75 .85



No. 2599S Side Grip.....

.40 .45



No. 8890S Cover Handle.....

.50 .55



No. 8890AS Pan Handle.....

.40 .45



No. 9888S Safety Fuse.....

.25 .30



No. 9898S MIRRO-MATIC
Pressure Control.....

1.25 1.40



No. 9894S Vent Tube.....

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No. 9886S Recipe Book.....

.35 .40



No. 9887S Cooking Rack.....

.50 .55

ALL PRICES SUBJECT TO CHANGE WITHOUT NOTICE

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. Ideal for puddings, breads — steaming rice and cereals.



MINUTE MINDER

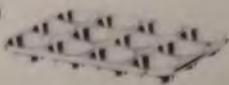
For timing pressure cooking and canning. Just set pointer; bell rings when time is up.

MIRRO

THE FINEST ALUMINUM



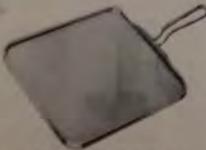
JELLY ROLL PAN
For cake, cookies, candy, biscuits, roasting. Ideal baker.



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 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, large cakes, etc. Bakes perfectly. 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 1/4 In. For perfect pie crusts. Outer rim catches spill-over; crimp on inner rim.



DUTCH OVEN
4 1/2 Qt. Super weight with VAPOR-SEAL, pop-valve cover. For waterless cooking.



LARGE FISH MOLD
1 1/2 Qt. for party salads, molded sea food, baked fish loaf. Durable. Stain resisting.



STAR MOLD SET
For salads, desserts, etc. Large mold 1 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 1/2 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.



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



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.



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.



TEA POT

Tea making simple—quick. Can be placed over low heat to keep tea hot.



EXTRA COVERS

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



SAUCE PANS

1/2, 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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The Perfect Combination

MIRRO-MATIC "4" and "8" Qt.

While your new MIRRO-MATIC "8" is the right size for large 8 lb. pot roasts, ham or fowl, and company-size meals the MIRRO-MATIC "4" is ideally suited for small roasts, vegetables, desserts and small quantity cooking. With the MIRRO-MATIC "4" and "8" quart your pressure cooking problems are solved.

During canning season, too, this efficient 4-quart MIRRO-MATIC adds an extra capacity of 4 pint-jars. With the two working together, you'll can 11 pints at once. For every-day cooking and for canning you will welcome the addition of the MIRRO-MATIC "4" to your kitchen equipment.