



WATERLESS COOKWARE RECIPES

A product of West Bend Cookware by Regal Ware, Inc.  ... where craftsmen still care[®]



MADE IN THE USA SINCE 1909

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SUGGESTED COOKING METHOD: TEMPERATURE & TIMETABLE

| | | METHOD | TEMPERATURE -PREHEAT PAN- | APPROXIMATE TIME -MINUTES PER SIDE- |
|--|--|-----------|------------------------------|---|
| STEAK | CLUB OR RIB STEAKS (ABOUT ¾" THICK) | PAN-BROIL | MEDIUM | RARE: 2 MINUTES |
| | | PAN-BROIL | MEDIUM | MEDIUM: 3 MINUTES |
| | CUBE OR MINUTE STEAKS | PAN-BROIL | MEDIUM | 2 MINUTES |
| | PRECOOKED HAM | PAN-BROIL | MEDIUM-LOW | 5 MINUTES |
| *NOTE: STEAKS LESS THAN 1" THICK ARE JUICIER AND MORE FLAVORFUL WHEN PAN BROILED | | | | |
| ROASTS | BEEF, PORK, VEAL | ROASTING | LOW | MEDIUM: 25 MINUTES/LB. WELL: 35 MINUTES/LB. |
| CHOPS | LAMB - ¾" THICK | PAN-FRY | MEDIUM-LOW | 5-6 MINUTES |
| | PORK - ¾" THICK | PAN-FRY | MEDIUM-LOW | 7 MINUTES |
| | VEAL - ¾" THICK | PAN-FRY | LOW | 8-10 MINUTES |
| HAMBURGERS | ½" THICK | PAN-FRY | MEDIUM | RARE: 3 MINUTES MEDIUM: 4 MINUTES WELL: 5 MINUTES |
| CHICKEN | BONELESS BREASTS | PAN-FRY | MEDIUM | 7-10 MINUTES |
| VEGETABLES | | | MINUTES (FRESH) | MINUTES (FROZEN) |
| | ASPARAGUS (TIPS / PIECES) | | 12-15 | 8-10 |
| | ASPARAGUS (WHOLE) | | 20-25 | |
| | BEANS, GREEN OR WAX (CUT) | | 8-10 | 6-8 |
| | BEANS, LIMA (SHELLED) | | 10-15 | 15-18 |
| | BEETS (CUT) | | 12-15 | |
| | BROCCOLI (SLIT STALK) | | 12-15 | 5-8 |
| | BRUSSELS SPROUTS | | 12-15 | 8-10 |
| | CABBAGE (SHREDDED) | | 10-15 | |
| | CARROTS (SLICED ½" THICK) | | 10-15 | 4-6 |
| | CAULIFLOWER (FLOWERETS) | | 10-15 | 2-3 |
| | CORN (KERNELS) | | 8-10 | 2-3 |
| | CORN ON-THE-COB | | 15-20 | |
| | ONIONS (WHOLE, SMALL) | | 10-15 | |
| | PARSNIPS (SLICED) | | 12-15 | |
| | PEAS | | 8-10 | 4-6 |
| | POTATOES, WHITE OR RED (QUARTERED) | | 18-20 | |
| | POTATOES, SWEET (QUARTERED) | | 10-15 | |
| | RUTABAGAS (CUBED) | | 12-15 | |
| | SPINACH | | 8-10 | |
| | SQUASH, SUMMER (CUBED) | | 10-12 | |
| | SQUASH, WINTER (CUBED) | | 18-20 | |
| | TOMATOES | | 10-15 | |
| | TURNIPS (CUT) | | 12-15 | |

APPETIZERS

APPLE NUT DIP

INGREDIANTS:

- ¾ CUP BROWN SUGAR
- 1 TSP VANILLA EXTRACT
- ½ CUP WHITE SUGAR
- ¾ CUP CHOPPED PEANUTS
- 8 OZ CREAM CHEESE, SOFTENED

PREPARATION:

MIX ALL INGREDIENTS AND REFRIGERATE. CUT APPLES INTO SLICES AND SERVE

BACON CHEESE DIP

INGREDIANTS:

- 2 - 8 OZ CREAM CHEESE, SOFTENED
- ¼ CUP SLICED GREEN ONIONS
- ½ CUP MAYONNAISE
- 10 BACON STRIPS COOKED AND CUT
- 1/3 CUP GRATED PARMESAN CHEESE
- ASSORTED CRACKERS

PREPARATION:

MIX ALL INGREDIENTS AND REFRIGERATE 1-2 HOURS

SAUSAGE BALLS

INGREDIANTS:

- 1 LB HOT GROUND SAUSAGE
- 3 CUPS BAKING MIX (BISQUICK)
- 2 CUPS SHREDDED CHEDDAR CHEESE

PREPARATION:

PREHEAT OVEN TO 375 DEGREES. COMBINE ALL INGREDIENTS IN A LARGE BOWL AND MIX TOGETHER. FORM INTO 1 INCH BALLS AND PLACE IN A 9X13 BAKE AND ROAST PAN. BAKE FOR 20 MINUTES UNTIL GOLDEN BROWN

BLT BITES

INGREDIANTS:

- 18 CHERRY TOMATOES
- 1/3 CUP CHOPPED GREEN ONIONS
- 1 LB COOKED AND CUT BACON
- 3 TBSP GRATED PARMESAN CHEESE
- 1/2 CUP MAYONNAISE
- 2 TBSP SNIPPED FRESH PARSLEY

PREPARATION:

CUT A THIN SLICE OFF OF EACH TOMATO TOP. SCOOP OUT AND DISCARD PULP. INVERT THE TOMATOES ON A PAPER TOWEL TO DRAIN. IN A SMALL BOWL, COMBINE THE REMAINING INGREDIENTS AND MIX WELL. SPOON MIXTURE INTO TOMATOES AND REFRIGERATE FOR 2 HOURS.

CHEESE BALLS

INGREDIANTS:

- 2 - 8 OZ CREAM CHEESE (SOFTENED)
- ¼ CUP DICED GREEN PEPPER
- 2 CUPS PECANS (CHOPPED)
- 2 TBSP DICED ONION
- 8.5 OZ CAN CRUSHED PINEAPPLE (DRAINED)

PREPARATION:

TO SOFTENED CHEESE ADD 1 CUP PECANS, PINEAPPLE, GREEN PEPPER AND ONION. FORM A FLATTENED WHEEL AND ROLL IN THE OTHER CUP OF PECANS. REFRIGERATE FOR 1-2 HOURS.

COCKTAIL MEATBALLS

INGREDIANTS:

- 1 LB GROUND BEEF
- 1 TSP SALT
- 1/2 CUP BREADCRUMBS
- 1/8 TSP PEPPER
- 1/3 CUP WHITE ONION (MINCED)
- 1/2 TSP WORCESTERSHIRE SAUCE
- 1/4 CUP MILK
- 12 OZ BOTTLE OF CHILI SAUCE
- 1 LARGE EGG
- 10 OZ JAR OF GRAPE JELLY
- 1 TBSP PARSLEY FLAKES

PREPARATION:

MIX GROUND BEEF, BREADCRUMBS, ONION, MILK, EGG, PARSLEY FLAKES, SALT, PEPPER AND WORCESTERSHIRE SAUCE. SHAPE INTO BALLS. BROWN MEATBALLS IN OIL USING 8" FRYING PAN. PUT CHILI SAUCE AND GRAPE JELLY IN 5QT OIL CORE COOKER. WAIT FOR MIXTURE TO HEAT TO WARM SETTING. ADD MEATBALLS AND LET COOK ON WARM 2 HOURS.

CHILI CHEESE DIP

INGREDIANTS:

- 1 LB GROUND BEEF
- ½ TSP WORCESTERSHIRE SAUCE
- 1 LB AMERICAN CHEESE (CUBED)
- 10 OZ CAN GREEN CHILES WITH DICED TOMATOES

PREPARATION:

IN 8" FRY PAN, BROWN GROUND BEEF OVER MEDIUM HEAT. DRAIN GREASE. MELT CHEESE INTO GROUND BEEF. ADD GREEN CHILES WITH DICED TOMATOES. STIR IN WORCESTERSHIRE SAUCE. SERVE DIP HOT

CHIPPED BEEF BAGEL DIP

INGREDIANTS:

- 1 CUP SOUR CREAM
- 1 CUP MAYONNAISE
- 2 OZ BUDDIG BEEF, (CHOPPED)
- ¼ CUP ONIONS (FINELY CHOPPED)
- SALT AND PEPPER

PREPARATION:

COMBINE ALL INGREDIENTS AND MIX THOROUGHLY. REFRIGERATE FOR 1 HOUR. SERVE COLD WITH BAGEL PIECES.

CRAB RANGOON

INGREDIANTS:

- 3 OZ CREAM CHEESE
- 1 GREEN ONION
- 1/8 TSP GARLIC SALT
- 14 WONTON WRAPPERS
- 1/8 TSP WORCESTERSHIRE SAUCE
- 1 POUCH PREMIUM CRABMEAT

PREPARATION:

IN A BOWL, COMBINE THE CREAM CHEESE, GARLIC SALT AND WORCESTERSHIRE SAUCE UNTIL SMOOTH. STIR IN CRAB AND ONION. PLACE 2 TEASPOON IN THE CENTER OF EACH WONTON WRAPPER. MOISTEN EDGES WITH WATER; BRING CORNERS TO CENTER OVER FILLING AND PRESS EDGES TOGETHER TO SEAL. PLACE THEM ON A COOKIE SHEET OR 9X13 BAKE AND ROAST PAN THAT HAS BEEN GREASED. BAKE AT 375 DEGREES FOR 8 MINUTES OR UNTIL GOLDEN BROWN.

CHICKEN CHEESE DIP

INGREDIANTS:

- 10 OZ CANNED CHICKEN
- 8 OZ CREAM CHEESE (SOFTENED)
- 2 CUPS SHREDDED CHEESE
- 1 CUP RANCH DRESSING

PREPARATION:

HEAT 5 QT OIL CORE COOKER TO SIMMER. MIX ALL INGREDIENTS TOGETHER AND PUT IN 5 QT UNTIL MELTED. SERVE HOT.

STUFFED MUSHROOMS

INGREDIANTS:

- 1 LARGE CONTAINER OF MUSHROOMS
- ½ CUP CHEDDAR CHEESE (SHREDDED)
- 1/8 ONION (FINELY CHOPPED)
- ½ TSP GARLIC POWDER
- 8 OZ PACKAGE CREAM CHEESE
- 1/8 TSP RED PEPPER (CRUSHED)
- 1 LB FRESH BACON BITS

PREPARATION:

WASH MUSHROOMS AND REMOVE STEMS; SAVE STEMS. COOK AND DRAIN BACON BITS. IN A BOWL MIX ONION, CREAM CHEESE, BACON BITS, CHEDDAR CHEESE, GARLIC POWDER AND RED PEPPER. CHOP UP A SMALL HANDFUL OF MUSHROOM STEMS AND ADD TO MIXTURE. PLACE MUSHROOMS ON COOKIE SHEET(S) AND FILL MUSHROOMS WITH MIXTURE. BAKE AT 350 DEGREES FOR 10 MINUTES.

TACO DIP

INGREDIANTS:

- 3 LBS GROUND BEEF
- 1 WHITE ONION
- 1 RED BELL PEPPER
- 1 SMALL VELVEETA (MEXICAN MILD)
- 1 GREEN BELL PEPPER
- 1 SMALL VELVEETA (MEXICAN HOT)
- 1 PACKAGE CHILI SEASONING
- ½ PACKAGE TACO SEASONING

PREPARATION:

IN A 11" SKILLET, BROWN GROUND BEEF OVER MEDIUM HEAT. DRAIN BEEF AND PUT BACK IN PAN ON MEDIUM LOW. ADD CHOPPED PEPPERS AND CHOPPED ONION. WHEN TENDER, ADD CHILI AND TACO SEASONINGS AND MIX TOGETHER. PUT MEAT MIXTURE AND ALL CHEESE INTO A 5 QT OIL CORE COOKER ON SIMMER. STIR UNTIL CHEESE IS MELTED.

QUICK CHEESE FONDUE

INGREDIANTS:

- 10 OZ CAN CHEDDAR CHEESE SOUP
- ½ TSP DRY MUSTARD
- 1 CUP FRENCH ONION SOUP
- ½ TSP BLACK PEPPER
- 1 CUP SHREDDED SHARP CHEDDAR

PREPARATION:

COMBINE ALL INGREDIENTS IN A 5 QT OIL CORE COOKER. HEAT THE PAN TO SIMMER AND STIR UNTIL MELTED AND BLENDED TOGETHER. BEST WITH FRENCH BREAD.

GLAZED CHICKEN WINGS

INGREDIANTS:

- 18 CHICKEN WINGS
- ¼ TSP CAYENNE RED PEPPER
- 1/3 CUP SOY SAUCE
- 1 TSP SALT
- 2 TBSP VEGETABLE OIL
- ½ TSP GROUND GINGER
- 2 TBSP CHILI SAUCE
- ¼ TSP GARLIC POWDER
- ¼ CUP HONEY

PREPARATION:

MIX SOY SAUCE, OIL, CHILI SAUCE, HONEY, RED PEPPER, SALT, GINGER AND GARLIC POWDER AND POUR INTO ZIPLOCK BAG. PLACE CHICKEN WINGS IN BAG AND SHAKE. REFRIGERATE FOR 4 HOURS. PREHEAT OVEN TO 375 DEGREES. DRAIN SAUCE AND PLACE WINGS ON A GREASED 9X13 BAKE AND ROAST PAN OR AN OBLONG COOKIE TRAY. BAKE FOR 30 MINUTES, TURN AND BAKE FOR 30 MINUTES.

FRUIT SALSA WITH CINNAMON CHIPS

INGREDIANTS:

- 1 CUP STRAWBERRIES (FINELY CHOPPED)
- 1 TBSP LEMON JUICE
- 1 NAVAL ORANGE (FINELY CHOPPED)
- 1 ½ TSP SUGAR
- 3 KIWI (FINELY CHOPPED)
- 10 - 8" FLOUR TORTILLAS
- 8 OZ CAN CRUSHED PINEAPPLE
- ¼ CUP MELTED BUTTER
- ½ CUP SUGAR
- 1 TSP GROUND CINNAMON

PREPARATION:

COMBINE FRUITS, LEMON JUICE AND 1 ½ TSP SUGAR. COVER AND REFRIGERATE UNTIL SERVING. BRUSH TORTILLAS WITH MELTED BUTTER. COMBINE ½ CUP SUGAR AND CINNAMON, SPRINKLE OVER TORTILLAS. CUT EACH TORTILLA INTO EIGHT WEDGES. PLACE ON UNGREASED COOKIE SHEET. BAKE AT 350 DEGREES FOR 8 MINUTES.

MEATBALLS AND WIENERS

INGREDIANTS:

- 2 LBS GROUND BEEF
- 1 TBSP MINCED ONION
- 1 EGG
- 1 CUP BARBECUE SAUCE
- 1 PACKAGE ONION SOUP MIX
- 2 JARS WHOLE MUSHROOMS
- ¼ CUP CRACKER CRUMBS
- 1 PACKAGE COCKTAIL SMOKIE LINKS
- ½ CUP KETCHUP
- ½ CUP BROWN SUGAR

PREPARATION:

MIX GROUND BEEF, EGG, SOUP AND CRUMBS. ROLL INTO BALLS, COOK IN 11" SKILLET OVER MEDIUM HEAT UNTIL BROWNED. IN A 5 QT OIL CORE COOKER MIX KETCHUP, BROWN SUGAR, MINCED ONION AND BARBECUE SAUCE. HEAT TO 120 DEGREES. ADD MEATBALLS, MUSHROOMS AND SMOKIES. ONCE WARM TURN TO SIMMER AND SERVE.

MAIN DISHES

BBQ-MEATLOAF

COOKWARE:

11" STOVE TOP SKILLET, 12" OILCORE

INGREDIENTS:

- 4 LBS. EXTRA LEAN HAMBURGER
- 1 CARROT
- 1 SMALL POTATO
- 1 CUP INSTANT RICE
- 1 PACKAGE SALT FREE CRACKERS (CRUSHED)
- ¼ CABBAGE HEAD
- 1 MEDIUM ONION
- 1 ANAHEIM PEPPER
- 1 BOTTLE BBQ SAUCE (YOUR CHOICE)
- 4 EGGS
- 1 CAN TOMATO PASTE
- 3 STALKS CELERY

PREPARATION:

CHOP THE MEDIUM ONION, CARROT, ANAHEIM PEPPER, SMALL POTATO, CABBAGE AND 3 CELERY STALKS WITH #3 CONE. COMBINE IN A BOWL WITH THE RICE, EGGS, SALT FREE CRACKERS AND TOMATO PASTE AND MIX TOGETHER.

PRE-HEAT COOKWARE TO MEDIUM TEMPERATURE (350 ON ELECTIC OIL CORE) FOR 4 MINUTES. PLACE ALL MIXED INGREDIENTS INTO THE PAN AND PLACE THE LID ON. ONCE THE LID FLOATS AND SPINS, TURN THE HEAT DOWN TO LOW (SIMMER ON ELECTRIC OIL CORE) AND LET COOK FOR 25 MINUTES. TOP WITH BBQ SAUCE AND ENJOY. SERVE WITH BREADSTICKS OR GARLIC BREAD

HOW TO BEST COOK SALMON

COOKWARE:

11" SKILLET OR 12" OIL CORE COOKER

INGREDIENTS:

- 1-3 SALMON FILLETS

PREPARATION:

PREHEAT THE 11" SKILLET ON MEDIUM TEMPERATURE UNTIL WATER BEADS IN THE PAN. USING THE ELECTRIC SKILLET, PREHEAT TO 350 DEGREES UNTIL WATER BEADS IN THE PAN. ONCE YOU PUT THE SALMON IN THE PAN AND COVER START A 5 MINUTE TIMER. PLACE THE SALMON FILLETS IN EITHER PAN SKIN SIDE UP. COVER AT WAIT UNTIL STEAM ESCAPES FROM THE LID. WHEN THAT HAPPENS, TURN THE STOVE TOP SKILLET TO LOW OR THE 12" OIL CORE COOKER TO SIMMER. REMOVE FROM PAN WHEN THE REMAINDER OF 5 MINUTES IS UP. SKIN WILL PEEL OFF WITH A SPATULA. FLIP AND SERVE GOLDEN SIDE UP.

BAKED BEANS

COOKWARE:

5 QUART LIQUID OIL CORE COOKER

INGREDIENTS:

- 1/3 CUP BROWN SUGAR
- 1 TBL. VINEGAR
- 3 TBL. MOLASSES
- 1 TBL. WHITE SUGAR
- 3 TBL. KETCHUP
- 2 CUPS NAVY BEANS
- 1 TBL. DRY MUSTARD
- 4 SLICES BACON, SLICED INTO ¼" STRIPS
- 2 LARGE ONIONS, ABOUT 1 CUP AFTER CHOPPED

PREPARATION:

SOAK THE BEANS WITH LOTS OF WATER AND COVER OVERNIGHT. NEXT DRAIN THEM WITH COLANDER AND RINSE THOROUGHLY.

COVER BEANS WITH AT LEAST 3" WATER. BRING TO A BOIL WITH LID OFF. BOIL FOR 10 MINUTES TO ALLOW FOAM TO RISE. BEFORE FOAM SUBSIDES WITH REDUCED TEMPERATURE, DRAIN BEANS IN COLANDER, RINSING WITH COLD WATER. CLEAN THE COOKWARE. RETURN BEANS TO CLEAN COOKWARE AND COVER WITH 2 CUPS OF WATER. PUT TEMP. ON MEDIUM HEAT (350 ELECT) UNTIL STEAM RELEASES FROM LID, THEN TURN DOWN TO SIMMER.

MEANWHILE, SAUTÉ BACON, ONION AND GARLIC IN FRENCH SKILLET.

ADD TO SIMMERING BEANS, ALONG WITH THE REST OF THE INGREDIENTS. TEMP. ON MEDIUM (TILL LID FLOATS). COOK FOR 90 MINUTES. TEST BEANS TO ENSURE THEY ARE TENDER. YOU MAY ADD MORE HOT WATER IF NECESSARY.

WHEN BEANS ARE TENDER, ADD 1 TSP SALT AND ½ TSP PEPPER. SIMMER AN ADDITIONAL 10 MINUTES.

(REMEMBER) NEVER ADD SALT TO BEANS UNTIL THEY ARE TENDER, AS SALT WILL MAKE THEM TOUGH.

BAKED PORK CHOPS

COOKWARE:

11" STOVE TOP SKILLET, OR 11" OIL CORE SKILLET

INGREDIANTS:

- 1 PACKAGE PORK CHOPS
- 1 2/3 TEASPOONS SALT
- 1/2 TEASPOON OREGANO
- 1/4 TEASPOON PAPRIKA
- 1/4 TEASPOON BLACK PEPPER
- 1/8 TEASPOON PARSLEY FLAKES
- 1 RED TOMATO
- 1 WHITE ONION

PREPARATION:

PREHEAT SKILLET TO MEDIUM TEMPERATURE (350 DEGREES)

SLICE ONION AND TOMATO INTO WEDGES.

LAY PORK CHOPS IN SKILLET AND BROWN WITH LID ON FOR 3 MINUTES.
FLIP CHOPS OVER AND ADD THE CUT ONION AND TOMATOS.
ALSO ADD 1 1/2 CUPS WATER, FOLLOWED BY ALL OTHER INGREDIANTS.

ONCE LID FLOATS, COOK FOR ADDITIONAL 10 MINUTES.

CAN BE SERVED OVER RICE, WITH REMAINING LIQUID AS GRAVY.

BAKING POWDER BISCUITS

COOKWARE:

11" ELECTRIC OIL CORE SKILLET

INGREDIENTS:

- BISQUICK MIX

PREPARATION:

PREHEAT ELECTRIC SKILLET TO 350 DEGREES.

MAKE BAKING POWDER BISCUITS FROM SCRATCH OR USE A MIX (BISQUICK).

CONSIDER ADDING GRATED CHEESE AND ONION TO THE MIXTURE.

ROLL OUT DOUGH LOG STYLE AND SLICE INTO 1" SLICES.

USE CORNMEAL OR FLOUR ON EACH SIDE OF THE SLICES AND PLACE IN SKILLET FOR ABOUT 5 MINUTES.

TURN WITH METAL SPATULA AND COOK ABOUT ANOTHER 5 MINUTES.

THE BOTTOMS WILL BROWN NICELY AND THEY WILL RISE ON THE SECOND TURNING. TIME WILL DEPEND ON SIZE OF BISCUIT.

SERVE WARM WITH BUTTER, ETC. BEST EATEN WARM AND FRESH.

BEEF STROGANOFF

COOKWARE:

11" ELECTRIC OIL CORE SKILLET

INGREDIENTS:

- 1 ½ LBS SIRLOIN STEAK, SLICED
- 14.5 OZ CAN BEEF BROTH
- 4 OZ CAN MUSHROOMS, INCLUDING LIQUID
- ¾ CUP CHOPPED ONION
- 8 OZ CAN TOMATO SAUCE
- 8 OZ UNCOOKED EGG NOODLES
- 12 OZ LIGHT SOUR CREAM
- SALT AND PEPPER (YOUR PREFERENCE)

PREPARATION:

PREHEAT 11" ELECTRIC OIL CORE SKILLET TO 425 DEGREES.

ADD STEAK, COVER AND COOK FOR 5 MINUTES.

REMOVE COVER, TURN BEEF, ADD BROTH, MUSHROOMS AND LIQUID, CHOPPED ONION, TOMATO SAUCE AND EGG NOODLES. STIR TO MIX WELL AND COVER.

WHEN STEAM ESCAPES FROM THE COVER, REDUCE TEMPERATURE TO 200 DEGREES AND COOK FOR ANOTHER 15 MINUTES.

REMOVE COVER, STIR IN SOUR CREAM, REPLACE COVER AND COOK FOR AN ADDITIONAL 15 MINUTES.

SERVE WITH BREAD OR ROLLS AND ENJOY.

BRAN AND NUT PANCAKES

COOKWARE:

10" GOURMET SKILLET OR 11" FRYING PAN

INGREDIANTS:

- 1 LARGE EGG
- ¾ CUP MILK
- 1 TEASPOON HONEY
- 1 TEASPOON VANILLA
- 1/3 CUP TOASTED BRAN
- 1/3 CUP WHOLE WHEAT FLOUR
- 1 ½ TEASPOONS BAKING POWDER
- 1 STICK BUTTER

PREPARATION:

BEAT TOGETHER IN A MIXING BOWL THE EGG, MILK, HONEY AND VANILLA. ADD ALL DRY INGREDIENTS TO BEATEN LIQUID, STIRRING CONSTANTLY UNTIL A SMOOTH BATTER IS FORMED. LET BATTER STAND FOR 5 MINUTES BEFORE USING

PREHEAT SKILLET WITH 1 TABLESPOON REAL BUTTER (OR SPRAYED WITH PAM COOKING SPRAY) OVER MEDIUM HEAT FOR 3 MINUTES. THEN POUR LARGE SPOONFULS OF BATTER ONTO THE SKILLET SURFACE MAKING 3 - 4 PANCAKES AT A TIME.

TURN PANCAKES WITH A METAL SPATULA WHEN MOST OF THE BUBBLES HAVE POPPED ON TOP OF THE CAKES. TURN THEM ONLY ONE TIME.

SERVE HOT WITH BUTTER AND SYRUP (MAKES APPROXIMATELY 10 CAKES)

BREAKFAST PIZZA

COOKWARE:

ELECTRIC OIL CORE SKILLET

INGREDIANTS:

- FLOUR TORTILLAS

- 6-12 EGGS

- 8OZ. CHEDDAR CHEESE

- 1 CAN SLICED MUSHROOMS

PREPARATION:

PREHEAT OIL CORE SKILLET TO 325 DEGREES.

COVER BOTTOM AND SIDES OF SKILLET WITH TORTILLAS. (SLICED TO FIT SIDES)

WHIP 6 OR MORE EGGS IN A MIXING BOWL. NOW ADD IN SLICED MUSHROOMS, CHEESE AND OTHER PREFERRED INGREDIANTS.

POUR MIXTURE ON TOP OF TORTILLAS AND COVER. COOK FOR 18 MINUTES.

CHICKEN CACCIATORI

COOKWARE:

5 QT OIL CORE OR 6 QT DUTCH OVEN

INGREDIANTS:

- 2 LARGE CHICKEN BREASTS
- 12 OZ BAG OF TRI-COLORED ROTINI
- 2 32OZ CANS STEWED TOMATOES
- 1 MEDIUM SWEET ONION, SLICED
- 1 RED SWEET PEPPER, SLICED
- 1 GREEN SWEET PEPPER, SLICED

PREPARATION:

IN 5 QT OIL CORE OR 6QT DUTCH OVEN, HEAT TO MEDIUM (400 ON OIL CORE)

ADD CHICKEN AND BROWN FOR 5 MINUTES, 7 MINUTES IF THICKER BREAST

FLIP THE CHICKEN AND ADD IN THIS ORDER: ROTINI, TOMATOES, ONION, RED PEPPER, GREEN PEPPER. COVER AND WATCH COOKWARE FOR 2 MINUTES UNTIL LID FLOATS. TURN THE 5 QT DOWN TO SIMMER OR 6 QT DOWN TO LOW AND COOK FOR 18 - 24 MINUTES.

UNCOVER, UNPLUG AND SERVE

CHICKEN ENCHILADAS

COOKWARE:

11" OR 12 ½" OIL CORE, 11" STOVE TOP SKILLET

INGREDIENTS:

- 2 TABLESPOONS BUTTER
- 3 LARGE CHICKEN BREASTS
- 1 9OZ. PACKAGE CREAM CHEESE
- 1 ½ CUPS CHEDDAR CHEESE
- SOUR CREAM
- 1 MEDIUM ONION
- 1 MEDIUM JAR PICANTE SAUCE
- 2 TEASPOONS CUMIN
- 8 FLOUR TORTILLAS

PREPARATION:

PREHEAT OVEN TO 350 DEGREES
PREHEAT 11" OIL CORE SKILLET TO 350 DEGREES
PREHEAT 11" STOVE TOP SKILLET TO MEDIUM.

PLACE CHICKEN BREAST IN 11" OIL CORE SKILLET UNTIL LID FLOATS (5 MIN), THEN TURN TO SIMMER FOR REMAINING 9 MINUTES. ONCE FULLY COOKED, CUT CHICKEN INTO SMALL BITES.

IN 11" STOVE TOP SKILLET, COOK CHOPPED ONION IN MELTED BUTTER UNTIL TENDER.

STIR IN CHICKEN, ¾ CUP PICANTE SAUCE, CREAM CHEESE AND CUMIN. ONCE ALL IS COMBINED, REMOVE FROM HEAT.

SCOOP 1/3 CUP CHICKEN MIXTURE DOWN CENTER OF EACH TORTILLA. ROLL EACH AND PLACE SEAM SIDE DOWN IN A 9X13 BAKE PAN. SPOON PICANTE SAUCE EVENLY OVER THE ENCHILADAS. COVER WITH GRATED CHEESE

BAKE FOR 15 MINUTES UNCOVERED.
ADDITIONAL CHEESE OR PICANTE CAN BE ADDED AFTER BAKING.
SERVE WITH SOUR CREAM ON TOP

CHICKEN FLORENTINE

COOKWARE:

5 QUART OIL CORE (BEST), 11" STOVE TOP SKILLET

INGREDIANTS:

- 2 CUPS (10OZ.) SPINACH RINSED
- 2 BONELESS SKINLESS CHICKEN BREAST
- 1/3 CUP DRY BREAD CRUMBS
- ¼ TEASPOON BASIL LEAVES
- ¼ TEASPOON GARLIC SALT
- 1/8 TEASPOON PEPPER
- 2 TABLESPOONS OLIVE OIL
- 4OZ. (1 CUP) MOZZARELLA CHEESE

PREPARATION:

CUT CHICKEN BREASTS IN HALF LENGTHWISE
MAKE INCISIONS INTO BREASTS ¼" DEEP.

IN A MIXING BOWL COMBINE BREAD CRUMBS, BASIL, GARLIC SALT AND PEPPER.
COAT CUT CHICKEN WITH CRUMB MIXTURE.

IN 11" STOVE TOP SKILLET, HEAT 2 TABLESPOONS OIL AT MEDIUM TEMPERATURE.
PLACE CHICKEN IN OIL AND TOP WITH SPINACH LEAVES AND CHEESE.
COVER WITH LID AND WAIT UNTIL LID SPITTERS AND FLOATS.
TURN TO MEDIUM LOW AND LET COOK FOR 18 MINUTES.

CHICKEN AND PORCINI CREAM

COOKWARE:

3/4 QT SAUCEPAN, 11" STOVE TOP SKILLET

INGREDIANTS:

- 2 CHICKEN BREASTS (SMALL - MEDIUM)
- 2 STRIPS THICK CUT BACON
- 2 OZ WALNUT HALVES
- 1 GOLDEN DELICIOUS APPLE
- 1 OZ SHERRY VINEGAR
- 1 PORCINI MUSHROOMS
- 1 OZ CREAM CHEESE
- 2 OZ SPINACH
- 1 SHALLOT
- 1 OZ SHREDDED PARMESAN

PREPARATION:

SLICE MUSHROOM AND PLACE IN SMALL MIXING BOWL WITH HOT WATER FOR 2 MINUTES. PEEL AND MINCE THE SHALLOT. CUT APPLE INTO ¼ INCH SLICES.

USING THE 3/4 QT SAUCEPAN, COMBINE BACON AND HALF OF MINCED SHALLOT OVER MEDIUM HEAT FOR 3 MINUTES. ONCE COOKED, IN A SEPARATE BOWL COMBINE WITH SHERRY VINEGAR, 2 TBSP OLIVE OIL AND A DASH OF GROUND PEPPER.

HEAT THE 11" STOVE TOP SKILLET TO MEDIUM HEAT, USING NO OIL PLACE THE CHICKEN IN THE PAN BREAST SIDE DOWN. COOK OVER MEDIUM UNTIL LID FLOATS AND TURN TO SIMMER FOR 10 MINUTES.

USING THE SAME 3/4 QT SAUCEPAN, COMBINE MUSHROOMS AND THE OTHER HALF OF SHALLOT, ¼ CUP OF WATER, CREAM CHEESE AND GRATED PARMESAN AND STIR UNTIL FULLY MELTED.

MIX SPINACH, APPLE AND WALNUT INTO A BOWL AND POUR ON THE BACON VINAIGRETTE. PLATE THE CHICKEN BREAST AND POUR THE MUSHROOM SAUCE ON TOP, SIDE WITH THE FULLY MIXED WALNUT SALAD.

CILANTRO CHICKEN

COOKWARE:

12" STOVE TOP OR 12" OIL CORE SKILLET, 6 QUART DUTCH OVEN, JR. COLLENDER

INGREDIENTS:

- 2 CHICKEN BREASTS, SLICED THIN
- 4 LARGE CLOVES OF GARLIC PRESSES
- 1 WHOLE BUNCH OF CILANTRO CHOPPED
- 1 WHOLE BUNCH GREEN ONIONS SLICED
- 2 TABLESPOONS OLIVE OIL
- 1 BOX ANGEL HAIR PASTA

PREPARATION:

PREHEAT SKILLET AT MEDIUM HEAT (300 IN OIL CORE) AND SAUTE THE GARLIC, CILANTRO AND ONIONS FOR 2-5 MINUTES
SEASON CHICKEN WITH GARLIC SALT
ADD CHICKEN TO SKILLET WITH THE SAUTEED ITEMS AND COOK COVERED FOR 5 MINUTES ON EACH SIDE
IN 6 QUART COOK ANGEL HAIR PASTA AND DRAIN USING JR. COLLANDER
SERVE WITH BREAD AND SALAD

EASY LASAGNA

COOKWARE:

5 QUART LIQUID OIL CORE COOKER

INGREDIENTS:

- 1 LB. LEAN HAMBURGER
- 1 SMALL (8 OZ) BOX LASAGNA NOODLES
- 1 HUNTS MEAT SAUCE 20½ OZ.
- 1 LB CONTAINER COTTAGE CHEESE
- 8 OZ. - 16 OZ. MOZZARELLA CHEESE

PREPARATION:

PLACE HAMBURGER IN STEAMER. BREAK MEAT APART WITH A FORK AND STEAM FOR 10-12 MINUTES.

POUR STEAMED HAMBURGER INTO BOTTOM OF 5 QUART LIQUID OIL CORE.

POUR ½ CAN OF THE MEAT SAUCE OVER THE HAMBURGER. BREAK LASAGNA NOODLES IN HALF AND STACK OVER MEAT SAUCE. POUR REMAINING MEAT SAUCE OVER THE NOODLES. SPREAD THE ENTIRE CONTAINER OF COTTAGE CHEESE IN AN EVEN LAYER OVER THE SAUCE AND THE NOODLES.

USING THE #2 CONE OF THE KITCHEN CUTTER, GRATE THE MOZZARELLA CHEESE AND SPRINKLE ON TOP OF THE COTTAGE CHEESE.

COOK AT 200 DEGREES FOR 20 MINUTES.

SERVE WITH GARLIC BREAD OR ROUND ROLLS.

FISH CREOLE

COOKWARE:

5 QUART OIL CORE (BEST), 11" STOVE TOP SKILLET

INGREDIANTS:

- 1 CLOVE GARLIC, MINCED
- 2 TABLESPOONS VEGETABLE OIL
- 1 CAN DICED TOMATOES
- ¼ TEASPOON PEPPER
- 1 BAY LEAF
- 2 CUPS WHITE RICE
- 1 WHITE ONION, CHOPPED
- 1 CAN (10OZ.) SLICED OKRA
- 1 TEASPOON SALT
- ¼ TEASPOON THYME
- 1LB. FRESH FISH, CUT INTO BITE SIZE PIECES

PREPARATION:

FOR RICE, BOIL WATER IN 3 OR 4 QUART SAUCE PANS. POUR IN RICE, TURN TO LOW AND COVER FOR 15 MINUTES.

PUT OIL IN AND PREHEAT 10" GOURMET SKILLET TO MEDIUM
IN THE GOURMET SKILLET, SAUTE GARLIC AND ONION.

ONCE ONION IS TENDER, ADD OKRA, SALT, PEPPER, THYME AND BAY LEAF.
STIR AND LET SIMMER FOR 5 MINUTES.

NOW, ADD FISH AND STIR OCCASIONALLY FOR 10 MINUTES.

SERVE OVER COOKED RICE

FRIED CHICKEN

COOKWARE:

11" STOVE TOP SKILLET, 6 QT DUTCH OVEN

INGREDIENTS:

- 4 LBS. CHICKEN, WHOLE OR PIECES
- SALT & PEPPER

PREPARATION:

PUT CHICKEN INTO COLD STOVE TOP SKILLET OR 6 QUART DUTCH OVEN, PLACING MEATY SIDE DOWN ONTO THE PAN. NOW COVER WITH LID.
TURN THE BURNER TO MEDIUM HEAT UNTIL THE LID FLOATS. REDUCE TEMPERATURE TO LOW AND COOK COVERED FOR 12 MINUTES.
NOW UNCOVER AND INCREASE TEMPERATURE TO MEDIUM. ADD SALT AND PEPPER TO TASTE, AS THE SKIN WILL BROWN NOW WITHOUT THE LID. FLIP CHICKEN AS NEEDED TO BROWN BOTH SIDES.

FRIED TOMATOES (GREEN)

COOKWARE:

11" OIL CORE SKILLET, OR 11" STOVE TOP SKILLET

INGREDIANTS:

- 6 GREEN TOMATOES
- 1 ½ CUPS FLOUR
- 2 LARGE EGGS
- BREAD CRUMS
- VEGETABLE OIL
- SALT & PEPPER

PREPARATION:

PREHEAT OIL CORE SKILLET TO 350 DEGREES, OR MEDIUM TEMPERATURE, AND ADD VEGETABLE OIL TO COVER THE BOTTOM OF THE PAN.

SLICE TOMATOES APPROXIMATELY ¼" THICK.

WHIP 2 OR MORE EGGS IN A MIXING BOWL

COMBINE FLOUR, SALT AND PEPPER TO TASTE. COAT EACH TOMATOE SLICE WITH THIS MIXTURE BEFORE DIPPING THEM INTO THE WHIPPED EGGS.

NOW COVER WITH BREAD CRUMBS AND FRY IN HOT OIL. IF YOU LEAVE THE LID OFF, YOU WILL GET A MUCH MORE CRUNCHY FINISHED PRODUCT. (BE CAREFUL HOT OIL CAN EXCAPE FROM PAN)

GARLIC PARSLEY POTATOES

COOKWARE:

6 QUART DUTCH OVEN, 2 QUART SAUCE PAN

INGREDIANTS:

- 2 POUNDS SMALL POTATOES
- 6 CLOVES GARLIC
- ½ CUP VIRGIN OLIVE OIL
- 1 CUP FLAT-LEAF PARSLEY
- BLACK PEPPER

PREPARATION:

BOILING WATER ON HIGH, PREHEAT 4 OR 6 QUART DUTCH OVEN

PREHEAT 2 QUART TO LOW HEAT.

HALF THE POTATOES AND PLACE IN BOILING 6 QUART FOR 12 MINUTES (COVER)

COMBINE MINCED GARLIC AND OLIVE OIL IN 2 QUART.

KEEP WARM UNTIL POTATOES ARE FINISHED.

DRAIN FINISHED POTATOES AND PLACE IN A MIXING BOWL

DRESS THEM WITH WARM GARLIC OIL, AND SHAKE ON CHOPPED PARSLEY, SALT AND PEPPER TO TASTE.

TOSS AND SERVE

GREEK CHICKEN & RICE / POTATOES

COOKWARE:

5 QUART LIQUID OIL CORE COOKER

INGREDIENTS:

- (1) 3½ LB CHICKEN OR LARGER, CUT UP, WITH OR WITH OUT SKIN

- 2 CUPS LONG GRAIN RICE

-OR-

6 RUSSET POTATOES, QUARTERED LENGTHWISE

- 4 LARGE GARLIC CLOVES, HALVED

- ¾ CUP CANNED CHICKEN BROTH (LOW-SALT)

- 1 TBL. OLIVE OIL

- 2/3 CUP FRESH LEMON JUICE

- 2 TSP. DRIED OREGANO

- 2 TSP. CRUMBLED YA YA-B SEASONING

PREPARATION:

PREHEAT 5 QUART LIQUID OIL CORE COOKER TO 400 DEGREES.

SEASON CHICKEN WITH YA YA-B AND BROWN CHICKEN ON ALL SIDES. SPREAD RICE ON TOP OF CHICKEN OR PLACE POTATO SLICES ON TOP.

ADD GARLIC CLOVES AND BROTH TO PAN.

WHISK TOGETHER OLIVE OIL, LEMON JUICE AND OREGANO. POUR EVENLY OVER CHICKEN AND RICE OR POTATOES.

PUT LID ON AND WATCH FOR WHEN STEAM ESCAPES FROM PAN. THEN REDUCE HEAT TO SIMMER AND COOK FOR 30 MINUTES.

GREEN BEAN CASSEROLE

COOKWARE:

9X13 BAKE AND ROAST PAN

INGREDIENTS:

- 2 16OZ. CANS CUT GREEN BEANS
- ¾ CUP MILK
- 1 CAN CREAM OF MUSHROOM SOUP
- 1/8 TEASPOON GROUND BLACK PEPPER
- 1 3OZ. CAN OR BAG FRENCH FRIED ONIONS

PREPARATION:

PREHEAT OVEN TO 350 DEGREES
DRAIN GREEN BEANS

COMBINE MILK, CREAM OF MUSHROOM SOUP, GREEN BEANS, PEPPER, 1.5OZ FRIED ONIONS.

(LEAVE UNCOVERED)

POUR INTO 9X13 BAKE AND ROAST PAN AND BAKE FOR 30 MINUTES.

REMOVE ROAST PAN AND TOP WITH 1.5OZ OF FRIED ONIONS.

BAKE FOR AN ADDITIONAL 5 MINUTES.

HADDOCK FLORENTINE

COOKWARE:

1 QUART SAUCEPAN, 11" STOVE TOP SKILLET, 12" STOVE TOP SKILLET OR 12" OIL CORE, JR. COLLENDER

INGREDIENTS:

- 2 LBS. FRESH HADDOCK (ALSO COULD USE COD, ORANGE ROUGHY, TILAPIA OR OTHER WHITE MEAT FISH)
- ¼ STICK BUTTER
- 2 PACKAGES FROZEN SPINACH
- ½ CUP PARMESAN CHEESE
- ONE 14OZ. CAN CHICKEN STOCK
- 2 CLOVES FRESH GARLIC PRESSED

PREPARATION:

PLACE FROZEN SPINACH IN 3 QUART RICER AND SQUEEZE EXCESS WATER OUT IN 11" SKILLET, MELT BUTTER OVER MEDIUM HEAT AND SAUTE GARLIC FOR 2 MINUTES COMBINE SPINACH WITH SAUTEED GARLIC IN 11" SKILLET AND SAUTE TOGETHER FOR 5 MINUTES

TURN OFF HEAT AND STIR IN PARMESAN CHEESE

PUT CHICKEN STOCK IN 12" SKILLET AND TURN TO MEDIUM HEAT

PLACE FISH INTO CHICKEN STOCK AND ADD THE SPINACH MIXTURE TO THE TOP OF THE FISH

COOK AT LOW TO MEDIUM HEAT FOR 15 MINUTES OR UNTIL THE FILLETS ARE NO LONGER TRANSLUCENT

SERVE WITH RICE ON THE SIDE

HARVEST POTATO ROAST

COOKWARE:

11" STOVE TOP SKILLET, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 5 LARGE RUSSET POTATOES, OR 2 PACKAGES FROZEN HASH BROWNS.
- 2 CANS CREAM OF SHICKEN SOUP
- 2 CUPS SOUR CREAM
- 32OZ CHEDDAR CHEESE
- 1 CUP BUTTER
- SALT
- 2 MEDIUM ONIONS
- 3 CUPS CORN FLAKES

PREPARATION:

PREHEAT OVEN TO 350 DEGREES
PREHEAT 11" STOVE TOP SKILLET TO MEDIUM LOW

USE CONE, SH-1 AND CUT 4 CUPS CHEDDAR CHEESE
MELT ½ CUP BUTTER
USE CONE, ST-2 TO PREPARE RUSSET HASHBROWNS
USE CONE, ST-2 TO PREPARE SLICED ONIONS

COMBINE THE FOLLOWING:
HASH BROWNS (THAWED OR COOKED), CREAM OF CHICKEN SOUP, SOUR CREAM,
CHEESE, ½ CUP BUTTER, 1 TEASPOON SALT, SLICED ONIONS.
POUR INTO 9X13 BAKE AND ROAST PAN AND PLACE IN OVEN FOR 48 MIN.

COMBINE CORN FLAKES AND ½ CUP BUTTER IN 11" STOVE TOP SKILLET.
STIR UNCOVERED FOR 3 MINUTES.

REMOVE ROAST PAN AND TOP WITH CORN FLAKES MIXTURE.
RETURN TO OVEN FOR ADDITIONAL 5 MINUTES.

ITALIAN CHICKEN

COOKWARE:

9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 4 BONELESS SKINLESS CHICKEN BREASTS
- 4OZ. SLICED MUSHROOMS (CANNED)
- 4OZ. ZESTY ITALIAN DRESSING
- 1 5OZ. CAN DICED TOMATOES
- ¼ TEASPOON OREGANO

PREPARATION:

PREHEAT OVEN TO 350 DEGREES

MIX ZESTY DRESSING AND OREGANO TOGETHER.
ARRANGE CHICKEN IN A SINGLE LAYER IN A 9X13 BAKE AND ROAST PAN
PLACE TOMATOES AND MUSHROOMS ON TOP OF CHICKEN.
SPOON ZESTY DRESSING AND OREGANO OVER THE TOP.

BAKE UNCOVERED FOR 30 MINUTES

LIFETIME HARD BOILED EGGS

COOKWARE:

ANY SAUCEPAN WITH COVER, ANY FRYING PAN WITH COVER

INGREDIANTS:

- 6 - 18 EGGS

- 1 - 3 PAPER TOWELS

PREPARATION:

FOLD PAPER TOWEL(S) SUCH THAT THEY WILL COVER THE BOTTOM OF THE COOKWARE.
SOAK THE TOWELS WITH WATER (APPROXIMATELY ¼ OF A CUP)

PLACE EGGS IN A SINGLE LAYER ON TOP OF THE PAPER TOWELS. COVER AND PLACE OVER
MEDIUM HEAT UNTIL THE LID FLOATS.

REDUCE HEAT TO LOW AND COOK FOR 14 - 15 MINUTES, WITH LID MAINTAINING FLOAT ON
LOW.

AFTER COOKING, RUN COLD WATER OVER HOT EGGS BRIEFLY TO ALLOW FOR EASIER
SHELLING.

LIFETIME LASAGNA

COOKWARE:

5 QUART LIQUID OIL CORE COOKER OR 6 QUART DUTCH OVEN

INGREDIENTS:

- 1 ½ POUNDS GROUND BEEF
- 1 MEDIUM SWEET ONION
- 1 CAN SPAGETTI SAUCE WITH HERBS OR GARLIC
- 1 LARGE BAG FRESH SPINACH
- 5 LASAGNA NOODLES (UNCOOKED)
- 8 OZ CONTAINER RICOTTA CHEESE
- 8 OZ BAG SHREDDED MOZZARELLA CHEESE

PREPARATION:

PREHEAT PAN TO MEDIUM HEAT (400 DEGREES FOR 5 QT.)

BROWN GROUND BEEF AND SLICED ONION, COVER AND COOK FOR 5 MINUTES

BREAK APART GROUND BEEF AND STIR, TURNING HEAT DOWN TO 250 DEGREES OR LOW ON BURNER

COMBINE ½ CAN OF SPAGHETTI SAUCE WITH BROWNEED BEEF AND STIR

ADD 3 NOODLES, BREAKING THEM IF NECESSARY ON TOP OF BEEF MIXTURE

ADD 2 OR 3 ADDITIONAL NOODLES THE OPPOSITE DIRECTION

ADD OTHER ½ OF SPAGHETTI SAUCE COVERING THE NOODLES

ADD ENTIRE BAG OF SPINACH ON TOP OF PASTA

DOLLOP THE RICOTTA CHEESE ALL OVER THE SPINACH

ADD ALL SHREDDED CHEESE ON TOP.

COVER THE PAN AND LET COOK FOR 20 MINUTES. ONCE NOODLES ARE TENDER, UNCOVER AND LET STAND 10 MINUTES BEFORE CUTTING AND SERVING.

COOKING LIVE LOBSTER

COOKWARE:

8, 12, OR 20 QUART DUTCH OVEN

INGREDIANTS:

- LIVE LOBSTER (1.25LBS, 2 LBS, 2+LBS)

PREPARATION:

BRING WATER ($\frac{3}{4}$ FULL DUTCH OVEN) TO A BOIL.
ADD 2 TABLESPOONS SALT/SEASALT FOR EACH QUART OF WATER

GRABBING BEHIND THE CLAWS, PLACE IN LIVE LOBSTERS
COVER AND COOK FOR THE FOLLOWING TIMES:

1.25 LBS. LOBSTERS - 11 MINUTES

2 LBS. LOBSTERS - 20 MINUTS

2+ BLS. LOBSTERS - 40 MINUTES

EITHER DRAIN THE WATER AND SERVE HOT, OR LET COOK IN BROTH

PRIME RIB

COOKWARE:

11" OR 12 ½" OIL CORE, 11" STOVE TOP SKILLET

INGREDIANTS:

- 4, 6OZ. CANS MARINATED ARTICHOKE (QUARTERED)
- 16 OZ. BAG OF SPINACH
- 3OZ. CREAM CHEESE
- 4 TABLESPOONS BUTTER
- ½ CUP MILK
- PARMESSEAN CHEESE

PREPARATION:

PREHEAT OVEN TO 350 DEGREES
WASH SPINACH LEAVES
MELT 4 TBSP. BUTTER

DRAIN ARTICHOKE, SPREAD ON BOTTOM OF 9/13 BAKE AND ROAST PAN.
RINSE SPINACH AND PLACE OVER TOP OF ARTICHOKE.
MIX MELTED BUTTER AND CREAM CHEESE UNTIL FLUFFY.

SPREAD MIXTURE OVER SPINACH LAYER.
SPRINKLE 1 CUP PARMESSEAN CHEESE ON TOP.

(LEAVE UNCOVERED)
PLACE IN OVEN AND BAKE FOR 45 MINUTES

QUICK TORTILLA PIZZA

COOKWARE:

OIL CORE SKILLET, OR 11" STOVE TOP SKILLET

INGREDIANTS:

- FLOUR TORTILLAS OR PIZZA DOUGH
- 8OZ. PIZZA SAUCE
- SMALL CAN SLICED MUSHROOMS
- SMALL CAN DICED BLACK OLIVES
- 4OZ. PACKAGE SLICED PEPPERONI
- 8OZ. MOZZARELLA CHEESE

PREPARATION:

PREHEAT OIL CORE SKILLET TO 325 DEGREES.

IF USING UNCOOKED DOUGH, ROLL OUT AND COVER WITH FLOUR.

USING NO OIL, PLACE SHELL IN OIL CORE.

SPREAD ON PIZZA SAUCE AND ADD MUSHROOMS, BLACK OLIVES, PEPPERONI AND CHEESE.

COOK WITH LID ON FOR 8 MINUTES

LET COOK AND SERVE

SLOW COOKED POT ROAST

COOKWARE:

5 QUART OIL CORE (BEST), OR 4 QUART DUTCH OVEN

INGREDIANTS:

- 2 POTATOES
- 4 MEDIUM CARROTS
- 1 WHITE ONION
- 3-5 LBS CHUCK ROAST

PREPARATION:

PREHEAT DUTCH OVEN OR OIL CORE SKILLET TO MEDIUM OR (325 DEGREES)

PUT ROAST ON PAN, FLIPPING AFTER 4 MINUTES TO BROWN BOTH SIDES.
NOW ADD 2 CUPS WATER AND WARCHSHIRE SAUCE TO TASTE (1 TABLESPOON)
COVER AND WAIT UNTIL LID FLOATS.
REDUCE TEMPERATURE TO SIMMER FOR OIL CORE SKILLET, OR LOW FOR 4 QT

PEEL AND CUT CARROTS INTO 2" SECTIONS.
CUT POTATOES INTO 1" CUBES, PEELING IS PREFERENCE
SLICE ONIONS INTO 1 ½" STRIPS

COOK FOR 4 ½ HOURS.
REMINDER, 35 MINUTES BEFORE ROAST IS FINISHED, ADD CARROTS, ONIONS AND
POTATOES ON TOP OF ROAST IN PAN. TURN HEAT UP TO MEDIUM (325 DEGREES) ONCE
AGAIN UNTIL THE LID FLOATS. THEN REDUCE TO SIMMER FOR 35 MINUTS.

SOUR CREAMED POTATOES

COOKWARE:

11" STOVE TOP SKILLET, OR 11" OIL CORE SKILLET, 9X13 BAKE AND ROAST

INGREDIANTS:

- 1 16OZ. CONTAINER SOUR CREAM
- 3 LARGE RUSSET POTATOES, OR 2LBS. FROZEN HASHBROWNS
- ½ CUP BUTTER
- 1 CAN CREAM OF CHICKEN SOUP
- 1 ONION
- 16OZ OF CHEDDARA CHEESE
- SALT
- PEPPER

PREPARATION:

PREHEAT 11" STOVE TOP SKILLET TO MEDIUM TEMPERATURE.

PREHEAT OVEN TO 250 DEGREES

USE KITCHEN CUTTER CONE ST-2 TO PREPARE ½ CUP CHOPPED ONION

USE KITCHEN CUTTER CONE ST-2 TO PREPARE POTATOE PEELS.

MELT ½ CUP BUTTER

LIGHTLY OIL THE COOKWARE (COOKING SPRAY)

IN A MIXING BOWL COMBINE AND MIX THE FOLLOWING:

SOUR CREAM, ½ CUP MELTED BUTTER, CREAM OF CHICKEN SOUP, ½ CUP CHOPPED ONION, 2 CUPS GRATED CHEDDAR CHEESE, 1 TSP. SALT, PEPPER

COMBINE POTATOE PEELS WITH THE MIXUTER AND POUR INTO THE SKILLET. COOK FOR 5 MINUTES

STIR AND TRANSFER MIXTURE INTO A 9X13 BAKE AND ROAST PAN. PLACE IN OVEN AND BAKE FOR 45 MINUTES.

SPICY CHILI

COOKWARE:

5 QUART OIL CORE (BEST), 11" STOVE TOP SKILLET

INGREDIANTS:

- 2 JALAPENOS, SEEDED AND SLICED
- 2, 15OZ. CANS BEANS (PREFERENCE) OR BLACK
- 2 BONELESS SKINLESS CHICKEN BREASTS
- 1 TEASPOON CAYENNE (PEPPER)
- 2 CUPS (16OZ.) SHREDDED PEPPER JACK CHEESE
- SOUR CREAM (ADDED ONCE COMPLETED TO TASTE)
- 2 SMALL WHITE ONIONS, CHOPPED
- 5 CLOVES GARLIC, MINCED
- 2 TABLESPOONS DRIED BASIL
- 2 ROMA TOMATOES, CHOPPED
- 1 CAN CHICKEN BROTH

PREPARATION:

PREHEAT SKILLET TO MEDIUM TEMPERATURE.
PREHEAT OIL CORE TO WARM

PLACE CHICKEN BREAST INTO SKILLET AND COVER. ONCE LID SPITTERS, TURN TO LOW AND CONTINUE TO COOK FOR 7 MINUTES.

REMOVE CHICKEN FROM PAN AND CUT INTO SMALL PIECES.

ADD JALAPENOS, ONIONS, GARLIC AND BEANS TO 5 QT OIL CORE. NEXT, LAYER IN THE CUT CHICKEN BREASTS FOLLOWED BY BASIL AND CAYENNE. COVER AND TURN DOWN THE TEMPERATURE TO SIMMER. COOK FOR 5-6 HOURS.

15 MINUTES BEFORE YOUR READY TO SERVE, REMOVE THE LID AND ADD TOMATOES, AND CHEESE. STIR THE MIXTURE THOROUGHLY AND LET SIMMER FOR 15 MINUTES.

SPINACH ARTICHOKE CASSEROLE

COOKWARE:

9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 4, 6OZ. CANS MARINATED ARTICHOKE (QUARTERED)
- 16 OZ. BAG OF SPINACH
- 3OZ. CREAM CHEESE
- 4 TABLESPOONS BUTTER
- ½ CUP MILK
- PARMESSEAN CHEESE

PREPARATION:

PREHEAT OVEN TO 350 DEGREES
WASH SPINACH LEAVES
MELT 4 TBSP. BUTTER

DRAIN ARTICHOKE, SPREAD ON BOTTOM OF 9/13 BAKE AND ROAST PAN.
RINSE SPINACH AND PLACE OVER TOP OF ARTICHOKE.
MIX MELTED BUTTER AND CREAM CHEESE UNTIL FLUFFY.

SPREAD MIXTURE OVER SPINACH LAYER.
SPRINKLE 1 CUP PARMESSEAN CHEESE ON TOP.

(LEAVE UNCOVERED)
PLACE IN OVEN AND BAKE FOR 45 MINUTES

STIR-FRY

COOKWARE:

11" ELECTRIC OIL CORE SKILLET

INGREDIENTS:

- 12 OZ. CHICKEN BREAST
- ½ CUP SLICED ONION
- 1 RED PEPPER, SLICED
- 1 GREEN PEPPER, SLICED
- 2 CUPS ZUCCHINI, SLICED
- 8 OZ FRESH MUSHROOMS, SLICED
- 2 FRESH TOMATOES (SMALL), SLICED
- 1 TBL SOY SAUCE
- PEPPER (YOUR PREFERENCE)
- 2 CUPS RICE

PREPARATION:

PREHEAT 11" ELECTRIC OIL CORE SKILLET TO 400 DEGREES.

ADD MEAT AND STIR FRY ABOUT 5 MINUTES.

ADD SLICED ONION AND RED AND GREEN PEPPERS, STIR FRY 2-3 MINUTES. ADD ZUCCHINI AND MUSHROOMS AND STIR FRY AN ADDITIONAL 2-3 MINUTES.

SEASON WITH SOY SAUCE AND PEPPER. TOP WITH TOMATOES. COVER AND COOK 1-2 MINUTES.

SERVE OVER RICE.

TACO CORN CASSEROLE

COOKWARE:

5 QT OIL CORE OR 6 QT DUTCH OVEN

INGREDIANTS:

- 1 POUND GROUND BEEF
- 1 LARGE ONION, CHOPPED
- 1 15OZ CAN WHOLE KERNEL CORN, DRAINED
- 1 14OZ CAN DICED TOMATOES, UNDRAINED
- 2 1OZ PACKETS TACO SEASONING MIX (OLD EL PASO OR ORTEGA)
- 1 12OZ BOX SPIRAL PASTA
- 8 OZ SOUR CREAM

PREPARATION:

PREHEAT COOKWARE TO MEDIUM OR 400 DEGREES IN 5 QT OIL CORE

BROWN GROUND BEEF AND ONION STIRING OCCASIONALLY

ADD CORN AND TOMATOES TO BROWNED MIXTURE. STIR BOTH TACO SEASONING PACKETS INTO MIXTURE. ADD 3 1/2 CUPS WATER AND STIR THOROUGHLY

BRING THE MIX TO A BOIL AND ADD DRY PASTA. ONCE AT A BOIL AGAIN, COVER AND REDUCE HEAT TO SIMMER OR LOW FOR 6 QT

COOK FOR 20 MINUTES OR UNTIL PASTA IS SOFT

UNPLUG OR TURN OFF AND STIR IN SOUR CREAM, LET STAND 5 - 10 MINUTES TO THICKEN BEFORE SERVING.

THREE CHEESE TORTELLINI

COOKWARE:

4 OR 6 QUART DUTCH OVEN, 2 QUART SAUCEPAN

INGREDIANTS:

- 2 13OZ. BAGS THREE CHEESE TORTELLINI
- 2 CUPS BASILICO SAUCE (FROM JAR)
- ½ CUP HEAVY WHIPPING CREAM
- 1 CUP FROZEN PEAS
- ¼ CUP GRATED PARMESAN CHEESE

PREPARATION:

PREHEAT DUTCH OVEN ¾ FULL OF WATER ON HIGH TEMPERATURE.
ONCE BOILING, ADD TORTELLINI, TURN TO MEDIUM LOW,
AND LET COOK FOR 15 MINUTES

PREHEAT 2 QUART SAUCEPAN TO MEDIUM TEMPERATURE
COMBINE BASILICO SAUCE, WHIPPING CREAM AND PEAS. STIR FREQUENTLY UNTIL
BUBBLING WARM.

DRAIN FINISHED TORTELLINI AND COMBINE WITH HEATED SAUCE MIXTURE.
TOP WITH PARMESAN CHEESE TO TASTE

TOMATO – VERMICELLI SOUFFLE

COOKWARE:

2 OR 3 QT SAUCE PANS, 11" FRYING PAN WITH COVER

INGREDIENTS:

- 3 TABLESPOONS OLIVE OIL
- 2 TABLESPOONS FLOUR
- 1 CUP CANNED TOMATOES
- 2OZ PARMESAN CHEESE, GRATED (SH-1 ON KITCHEN CUTTER)
- SALT AND PEPPER TO TASTE
- ½ POUND VERMICELLI
- 3 EGGS (SEPARATED, SAVE BOTH)

PREPARATION:

IN 3 QT SAUCEPAN HEAT OLIVE OIL AT LOW OR MEDIUM LOW TEMPERATURE. STIR FLOUR IN SLOWLY TO MAKE A SMOOTH PASTE. ADD TOMATOES WHICH HAVE BEEN CUT INTO SMALL PIECES. INCREASE HEAT TO MEDIUM AND BRING TOMATOES ALMOST TO A BOIL, STIRRING OFTEN. REDUCE HEAT TO LOW AND ADD CHEESE, SALT AND PEPPER. STIR AGAIN, THEN REMOVE PAN FROM HEAT TO PREVENT FURTHER COOKING.

BREAK VERMICELLI INTO 1" PIECES AND COOK IN THE 2 QT SAUCE PAN FOLLOWING PACKAGE DIRECTIONS. DRAIN AND THEN SITR INTO THE SAUCE.

BEAT EGG YOLKS UNTIL SMOOTH AND ADD TO OTHER INGREDIENTS IN THE 3 QT SAUCE PAN. WHIP EGG WHITES UNTIL STIFF AND FOLD THEM INTO OTHER IGREDIENTS.

OIL OR BUTTER THE 11" FRYING PAN ON BOTTOM AND SIDES OF COOKING SURFACE. COVER SKILLET AND PREHEAT OVER LOW OR WARM HEAT UNTIL THE COVER IS HOT TO THE TOUCH. REMOVE COVER AND TURN THE PREPARED MIXTURE INTO THE SKILLET. TOP WITH MORE GRATED CHEESE. COVER PAN AND COOK AT LOW HEAT FOR 20 MINUTES OR UNTIL FIRM IN THE CENTER. SERVE FROM PAN WHILE VERY HOT.

(SHOULD SERVE 4)

WHOLE ROAST CHICKEN

COOKWARE:

5 QT OIL CORE COOKER

INGREDIANTS:

- SMALL WHOLE CHICKEN
- PREFERRED SEASONING

PREPARATION:

PREHEAT 5 QT OIL CORE TO 350 DEGREES

SEASON CHICKEN WITH YOUR PREFERENCE OF SEASONING

PLACE CHICKEN IN PAN, PRESSING THE BREAT TO THE BOTTOM OR SIDE.
ONCE THE LID FLOATS (OR SPUDDERS) AT 15 MINUTES, TURN DOWN TO 250 DEGREES.

COOK FOR AN ADDITIONAL 35 MINUTES

BARBEQUE BEEF (OPTION 1)

COOKWARE:

5 QT OIL CORE COOKER OR 4 QT SAUCEPAN

INGREDIANTS:

- 6 LBS CHUCK ROAST (SLICED INTO 6 PIECES)
- 1 CELERY STALK (CHOPPED)
- 2 WHITE ONIONS (CHOPPED)
- 1 GREEN PEPPER (CHOPPED)
- 14OZ KETCHUP
- 1 TSP TOBASCO
- 2 TBSP CHILI POWDER
- 2 TBSP SALT
- 1 ½ CUP WATER
- 2 TBSP VINEGAR

PREPARATION:

PREHEAT 5 QT COOKER TO 350 DEGREES OR MEDIUM HEAT ON STOVETOP. PLACE BEEF IN PAN FOR 3 MINUTES. COMBINE ALL OTHER INGREDIENTS AND POUR OVER THE BEEF AND COOK FOR 10 MINUTES ON 350 DEGREES. TURN TO SIMMER OR LOW AND LET COOK FOR 60 MINUTES. IF TOO LIQUID, UNCOVER AND CONTINUE COOKING 15 MINUTES.

BARBEQUE BEEF (OPTION 2)

COOKWARE:

5 QT OIL CORE COOKER OR 4 QT SAUCEPAN

INGREDIANTS:

- 3 LBS CHUCK ROAST (SLICED INTO 6 PIECES)
- 1 TSP WHITE SUGAR
- ½ CUP CHOPPED WHITE ONION
- 1 TSP DRY MUSTARD
- 1 CUP KETCHUP
- 1 TBSP WORCESTERSHIRE SAUCE
- ½ TSP PAPRIKA
- ½ TSP GROUND PEPPER
- 2 TBSP SALT
- 1 CUP WATER
- ½ CUP VINEGAR
- ½ CUP BROWN SUGAR

PREPARATION:

PREHEAT 5 QT COOKER TO 350 DEGREES OR MEDIUM HEAT ON STOVETOP. PLACE BEEF IN PAN FOR 5 MINUTES. COMBINE ALL OTHER INGREDIENTS AND POUR OVER THE BEEF AND COOK FOR 10 MINUTES ON 350 DEGREES. TURN TO SIMMER OR LOW AND LET COOK FOR 90 MINUTES.

SOUTHERN COUNTRY SEAFOOD CASSEROLE

COOKWARE:

11" SKILLET, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 6 TBSP BUTTER
- 1 MEDIUM GREEN PEPPER (CHOPPED)
- 1 GARLIC CLOVE (MINCED)
- 1 LB SHRIMP
- 2 6 OZ CANS CRABMEAT
- ¾ CUP WATER
- 10 OZ CONDENSED CREAM OF MUSHROOM SOUP
- 1 MEDIUM ONION (CHOPPED)
- 1 CELERY STALK (CHOPPED)
- ¼ TSP GROUND PEPPER
- 1 ½ CUP COOKED WHITE RICE
- 4 SLICES OF BREAD (CUT INTO CUBES)
- ½ TSP SALT

PREPARATION:

IN 11" SKILLET, MELT BUTTER OVER MEDIUM HEAT. SAUTE ONION, GREEN PEPPER, CELERY AND GARLIC UNTIL TENDER. ADDSOUP AND SHRIMP. COOK AND STIR OVER MEDIUM HEAT FOR 10 MINUTES OR UNTIL SHRIMP TURNS ORANGE. STIR IN RICE, CRAB, BREAD CUBES, CREAM OF MUSHROOM, ONION AND SEASONINGS.

SPOON INTO 9X13 BAKE AND ROAST PAN. YOU MAY ALSO ADD BREADCRUMBS OVER THE TOP OF DISH FOR A CRUNCHIER FINISHED PRODUCT. BAKE AT 375 DEGREES FOR 30 MINUTES.

BEEF & POTATO BAKE

COOKWARE:

8" OR 11" SKILLET, ROUND CAKE PAN OR 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 4 CUPS FROZEN HASH BROWNS
- 3 TBSP VEGETABLE OIL
- ¼ TSP GROUND BLACK PEPPER
- 1 LB GROUND BEEF
- ¾ OZ PACKAGED BROWN GRAVY MIX
- 1 CUP WATER
- ½ TSP GARLIC SALT
- 10 OZ PACKAGED FROZEN MIXED VEGETABLES
- 1 CUP (4 OZ) SHREDDED CHEDDAR CHEESE
- 2.8 OZ CAN OF FRENCH FRIED ONIONS

PREPARATION:

IN BAKING PAN COMBINE POTATOES, OIL AND PEPPER. PRESS MIXTURE ON BOTTOM AND SIDE OF DISH TO FORM A SHELL. BAKE UNCOVERED AT 400 DEGREES FOR 15 MINUTES. MEANWHILE, IN A SKILLET, BROWN BEEF AND DRAIN. STIR IN GRAVY MIX, WATER AND GARLIC SALT. BRING TO A BOIL. ADD BEGETABLES, REDUCE HEAT AND COOK 5 MINUTES. STIR IN ½ CHEESE AND ½ CAN ONIONS. PLACE IN POTATO SHELL.

BAKE UNCOVERED AT 350 DEGREES FOR 15 MINUTES. SPRINKLE WITH REMAINING CHEESE AND ONIONS, AND CONTINUE BAKING FOR 5 MINUTES.

WHISKEY STYLE BEEF (WHOLE DAY PREP)

COOKWARE:

1 OR 2 QT SAUCEPAN, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 1/2 PACKAGE LIPTON ONION DRY SOUP MIX
- 1 CAN FRENCH ONION SOUP
- 1 CAN BEER (LAGER WORKS BEST)
- 2 OZ WHISKEY
- 8 OZ FRESH MUSHROOMS (SLICED)
- 1 MEDIUM ONION (SLICED)
- 2-4 LBS BEEF RUMP ROAST
- 2 TBSP SALT
- 1/2 TBSP GROUND BLACK PEPPER
- 1 TBSP OREGANO

PREPARATION:

DAY BEFORE COOKING, RUB ROAST WITH SALT, PEPPER AND OREGANO. IN 9X13 BAKE AND ROAST PAN COOK UNCOVERED FOR 1 HOUR AT 400 DEGREES. LET COOL AND REFRIGERATE OVERNIGHT.

NEXT DAY, COMBINE LIPTON ONION SOUP, FRENCH ONION SOUP, BEER AND WHISKEY IN A 1 OR 2 QT SAUCEPAN. BRING TO A LIGHT BOIL. SLICE BEEF INTO THIN PIECES AND PLACE BACK IN ROASTING PAN. POUR SOUP MIXTURE OVER THE MEAT. BAKE AT 275 DEGREES FOR 3 HOURS.

BEEF AND MUSHROOM GRAVY

COOKWARE:

2 QT SAUCEPAN, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 3 LBS BEEF ROAST
- 2 CUPS MADE COFFEE
- 12 OZ CAN OF MUSHROOMS (PIECES)
- ½ CUP WATER
- 4 TABLESPOONS WHITE FLOUR
- 1/2 TBSP SALT
- ¼ TSP BLACK PEPPER

PREPARATION:

PLACE BEEF ROAST IN 9X13 BAKE AND ROAST PAN. POUR COFFEE AROUND THE ROAST. DRAIN MUSHROOMS, SPREAD OVER TOP OF ROAST. SPRINKLE SALT AND PEPPER OVER THE ROAST. BAKE AT 325 DEGREES FOR 3 HOURS (TURNING OVER HALFWAY THROUGH). REMOVE ROAST FROM PAN AND KEEP WARM.

KEEP ROASTING PAN LIQUID AND POUR INTO 2 QT SAUCEPAN. HEAT LIQUID AND MUSHROOMS TO MEDIUM TEMPERATURE WHILE YOU ADD ½ CUP WATER AND FLOUR. STIR CONSISTENTLY TO AVOID LUMPS. ONCE GRAVY BECOMES THICKER SERVE ALONG WITH OR ON TOP OF ROAST. (ADD FLOUR OR WATER TO ACHIEVE DESIRED THICKNESS)

TENDERLOIN BEEF

COOKWARE:

9X13 BAKE AND ROAST PAN OR 12" OIL CORE COOKER

INGREDIANTS:

- 1 TENDERLOIN
- ½ CUP OIL
- ¼ CUP SOY SAUCE
- 2 TBSP LEMON JUICE
- ½ TSP OREGANO
- BLACK PEPPER (TO TASTE)
- GARLIC POWDER (TO TASTE)
- ONION POWDER (TO TASTE)

PREPARATION:

COMBINE OIL, SOY SAUCE, LEMON JUICE AND OREGANO TO MARINATE THE TENDERLOIN. SPRINKLE MEAT WITH PEPPER, GARLIC POWDER AND ONION POWDER. PLACE MEAT AND LIQUID IN A CONTAINER FOR 2 HOURS. PLACE IN BAKING DISH WITH LIQUID AND COOK AT 425 DEGREES FOR 20 MINUTES.

BEER BAKED PORK CHOPS

COOKWARE:

11" SKILLET, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 6 PORK CHOPS
- ¼ CUP CHILI SAUCE
- ¼ CUP KETCHUP
- 2 TBSP OIL
- 5 TBSP BROWN SUGAR
- 1 12OZ BEER
- FLOUR
- SALT
- PEPPER

PREPARATION:

DIP CHOPS IN MIXTURE OF FLOUR SALT AND PEPPER. IN 11" SKILLET HEAT THE OIL AND BROWN CHOPS OVER MEDIUM HEAT FLIPPING OVER AT 2 MINUTES. MIX CHILI SAUCE, KETCHUP, BROWN SUGAR AND BEER IN A BOWL. IN A 9X13 BAKE AND ROAST PAN, POUR THE SAUCE MIXTURE OVER THE CHOPS AND BAKE UNCOVERED AT 330 DEGREES FOR 75 MINUTES.

BRAT STEW

COOKWARE:

4 QT SAUCEPAN OR 6 QT DUTCH OVEN

INGREDIANTS:

- 6 COOKED BRATS CUT IN HALF LENGTHWISE
- 5 LARGE POTATOES (DICED)
- 1 LARGE ONION (DICED)
- 1 CAN CORN (UNDRAINED)
- 1 CAN GREEN BEANS (UNDRAINED)
- 10 OZ SHREDDED CHEDDAR CHEESE
- 1 CAN CREAM OF MUSHROOM SOUP
- 1 ½ CUP WATER

PREPARATION:

COMBINE ALL INGREDIENTS, STIR TOGETHER AND COOK OVER MEDIUM HEAT FOR 30 MINUTES.

CHICKEN BREASTS WITH MUSHROOMS

COOKWARE:

11" SKILLET, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 4-6 BONELESS CHICKEN BREASTS
- 6 EGGS (WELL BEATEN)
- ¾ TSP GARLIC SALT, CELERY SALT AND IONIZED SALT
- ¾ TSP PARMESAN CHEESE
- ½ CUP BUTTER
- 6 LARGE MUSHROOMS (THINLY SLICED)
- 4-6 SLICES MOZZARELLA CHEESE
- ½ CUP CHICKEN BROTH
- 1 CUP FINE BREAD CRUMBS

PREPARATION:

MIX THE EGGS WITH GARLIC SALT, CELERY SALT AND SEASONING SALT. PUT THE CHICKEN IN A CONTAINER AND POUR THE EGG MIXTURE OVER. LET STAND FOR 1-4 HOURS IN THE REFRIGERATOR.

DIP THE CHICKEN IN BREAD CRUMBS AND BROWN THEM IN THE SKILLET WITH BUTTER. THEN PLACE CHICKEN, CHICKEN BROTH IN A 9X13 BAKE AND ROAST PAN. TOP WITH SLICED MUSHROOMS. COVER WITH FOIL AND BAKE FOR 25 MINUTES AT 350 DEGREES. REMOVE FROM OVEN AND PLACE CHEESE SLICES OVER THE BREASTS AND CONTINUE TO BAKE FOR 10 MINUTES.

BISCUIT PIZZA

COOKWARE:

8" FRYING PAN, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 2 CANS BUTTERMILK BISCUITS
- 1 LB GROUND BEEF
- 1 JAR PIZZA SAUCE
- 1 CAN MUSHROOMS
- 2 CUPS CHEDDAR CHEESE
- 2 CUPS MOZZARELLA CHEESE

PREPARATION:

BROWN GROUND BEEF IN A 8" FRYING PAN AND DRAIN. CUT BISCUITS IN HALF AND PLACE IN A GREASED 9X13 BAKE AND ROAST PAN. ADD PIZZA SAUCE AND MUSHROOMS ON TOP OF BISCUITS. BAKE AT 350 DEGREES FOR 20 MINUTES. ADD CHEESE AND CONTINUE TO BAKE UNTIL FULLY MELTED.

CABBAGE CASSEROLE

COOKWARE:

8" FRY PAN OR 11" SKILLET, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 1 MEDIUM ONION (CHOPPED)
- 1 LB GROUND BEEF
- 6 CUPS COARSELY CHOPPED CABBAGE (1 HEAD)
- 1 CAN TOMATO SOUP
- ¾ TSP SALT
- ¼ TSP BLACK PEPPER
- 2 TBSP BUTTER

PREPARATION:

SAUTE CHOPPED ONION IN BUTTER OVER MEDIUM HEAT. ADD GROUND BEEF SALT AND PEPPER. LIGHTLY BROWN THE GROUND BEEF, DO NOT COOK UNTIL FULLY DONE. IN THE 9X13 BAKE AND ROAST PAN SPREAD HALF OF THE CUT CABBAGE. EVENLY SPREAD ALL OF THE MEAT AND ONION MIXTURE AND TOP WITH OTHER HALF OF CABBAGE. EVENLY POUR TOMATO SOUP ON TOP AND BAKE AT 350 DEGREES FOR 1 HOUR.

CHEESY CHICKEN CASSEROLE

COOKWARE:

11" SKILLET, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 3-4 BONELESS CHICKEN BREASTS
- 1 BOX STOVETOP STUFFING
- 1 CAN CREAM OF MUSHROOM SOUP
- 1 ½ CUPS SHREDDED CHEDDAR CHEESE

PREPARATION:

IN 11" SKILLET, COOKING BREAST SIDE DOWN, COOK CHICKEN BREASTS OVER MEDIUM HEAT FOR 12 MINUTES. PREPARE STOVETOP STUFFING ACCORDING TO BOX RECIPE. ADD CREAM SOUP TO FINISHED STUFFING. IN 9X13 BAKE AND ROAST PAN, SPREAD OUT STUFFING MIXTURE EVENLY. LAY CHICKEN ON TOP OF STUFFING AND COVER WITH SHREDDED CHEESE. BAKE AT 350 DEGREES FOR 30 MINUTES.

LIGHT CHICKEN AND RICE

COOKWARE:

9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 1 CUP WHITE RICE
- 1 PACKAGE DRY ONION SOUP MIX
- 1 CAN CREAM OF MUSHROOM SOUP
- 1 CUP WATER
- 4-6 CHICKEN BREASTS

PREPARATION:

IN A 2 QT SAUCEPAN COOK RICE ACCORDING TO PACKAGE. GREASE A 9X13 BAKE AND ROAST PAN AND SPREAD RICE EVENLY. LAYER RICE WITH DRY SOUP MIX AND PLACE CHICKEN ON TOP. MIX CREAM OF MUSHROOM SOUP WITH WATER AND POUR OVER THE CHICKEN. BAKE AT 350 DEGREES FOR 1 HOUR.

CHICKEN DUMPLING CASSEROLE

COOKWARE:

11" SKILLET, 8" FRY PAN OR 3 QT SAUCEPAN, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 3 BONELESS CHICKEN BREASTS
- 1/2 TSP PEPPER
- 1/2 CUP WHITE ONION (CHOPPED)
- 1/4 CUP BUTTER
- 1/2 CUP CELERY (CHOPPED)
- 2 GARLIC CLOVES (MINCED)
- 1/2 CUP FLOUR
- 4 CUPS CHICKEN BROTH
- 2 TSP SUGAR
- 1 TSP SALT
- 10 OZ PACKAGE FROZEN PEAS AND CARROTS
- 1 TSP DRIED BASIL

DUMPLINGS:

- 2 CUPS BISCUIT BAKING MIX
- 2/3 CUP 1 OR 2 PERCENT MILK

PREPARATION:

IN 11" SKILLET, HEAT TO MEDIUM AND COOK CHICKEN BREASTS FOR 12 MINUTES. LET COOL AND CHOP INTO BITE SIZE PIECES. IN A 8" FRY PAN OR 3 QT SAUCE PAN, SAUTE THE ONION, CELERY AND GARLIC IN BUTTER UNTIL TENDER. NEXT ADD FLOUR, SUGAR, SALT, BASIL, PEPPER AND BROTH AND BRING TO A BOIL. COOK WHILE STIRRING FOR 1 MINUTE THEN REDUCE HEAT TO SIMMER. ADD PEAS AND CARROTS AND COOK FOR 5 MINUTES STIRRING CONSTANTLY. STIR IN CHICKEN.

IN SEPARATE MIXING BOWL, COMBINE DUMPLING INGREDIENTS AND MIX. GREASE A 9X13 BAKE AND ROAST PAN AND POUR IN THE CHICKEN MIXTURE. USING A TABLESPOON, DROP DUMPLING MIXTURE ON TOP OF CASSEROLE. BAKE UNCOVERED AT 350 DEGREES FOR 30 MINUTES. COVER WITH FOIL AND BAKE AN ADDITIONAL 10 MINUTES UNTIL DUMPLINGS ARE DONE.

HOMESTYLE CHICKEN NOODLES

COOKWARE:

8" FRY PAN OR 11" SKILLET, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 2 CUPS NOODLES (COOKED)
- 1 CUP CHICKEN BREAST (COOKED AND CUBED)
- ½ CUP CHEDDAR CHEESE (CUBED)
- 1 CAN CREAM OF CHICKEN SOUP
- ½ CUP MILK
- 1 CUP CARROTS (CHOPPED)

PREPARATION:

IN 8" FRY PAN, COOK CHICKEN OVER MEDIUM HEAT FOR 12 MINUTES. TURN FRYING PAN TEMPERATURE DOWN TO LOW AFTER 7 MINUTES AND LEAVE COVERED. CUT CHICKEN INTO SMALL CUBES. MIX TOGETHER THE NOODLES, CHICKEN, CHEESE, SOUP, MILK AND CARROTS. GREASE A 9X13 BAKE AND ROAST PAN AND POUR IN THE CHICKEN MIXTURE. BAKE AT 375 DEGREES FOR 30 MINUTES.

CHICKEN DIVAN

COOKWARE:

8" FRY PAN OR 11" SKILLET, 9X13 BAKE AND ROAST PAN, 2 QT SAUCEPAN

INGREDIANTS:

- 2 CUPS COOKED CHICKEN BREAST
- 1 PACKAGE FROZEN CALIFORNIA MIX
- 2 CANS CREAM OF CHICKEN SOUP
- ¼ CUP MAYONNAISE
- 8 OZ SHREDDED CHEDDAR CHEESE
- 1 CUP BREADCRUMBS
- 3 TBSP BUTTER (MELTED)

PREPARATION:

IN 9X13 BAKE AND ROAST PAN, LAYER FROZEN CALIFORNIA MIX AND CHICKEN. MIX SOUP AND MAYONNAISE IN A 2 QT SAUCEPAN AND COOK ON STOVE OVER LOW HEAT. ONCE HEATED, POUR OVER THE CHICKEN. TOP WITH SHREDDED CHEESE. MIX BREADCRUMBS WITH MELTED BUTTER AND LAYER ON TOP OF CHEESE. BAKE AT 350 DEGREES FOR 1 HOUR.

CHICKEN CORDON BLEU BAKE

COOKWARE:

11" SKILLET, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 4 CHICKEN BREASTS
- 4 SLICES HAM
- 8 SLICES SWISS CHEESE
- 1 CAN CREAM OF CHICKEN SOUP
- ¼ CUP WATER
- 2 CUPS STOVE TOP STUFFING (COOKED)
- 1/3 STICK BUTTER

PREPARATION:

COOK STOVE TOP STUFFING ACCORDING TO PACKAGE. IN A 9X13 BAKE AND ROAST PAN, PLACE CHICKEN BREASTS EVENLY A ACROSS. LAYER THE HAM, SWISS CHEESE AND UNDILUTED SOUP. SPRINKLE WATER OVER THE SOUP. PLACE STUFFING OVER THE TOP OF SOUP AND WATER MIXTURE. MELT BUTTER AND DRIZZLE OVER STUFFING. BAKE AT 350 DEGREES UNCOVERED FOR 75 MINUTES.

CHICKEN ENCHILADA CASSEROLE

COOKWARE:

11" SKILLET, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 20 OZ CAN ENCHILADA SAUCE
- 1 CAN CREAM OF CHICKEN SOUP
- 3 CHICKEN BREASTS (SHREDDED)
- 1 PACKAGE TACO SEASONING
- 1 PACKAGE LARGE TORTILLA SHELLS
- 2 CUPS SHREDDED CHEDDAR CHEESE

PREPARATION:

IN 11" SKILLET, COOK CHICKEN OVER MEDIUM HEAT FOR 12 MINUTES. LET COOL AND SHRED. MIX CHICKEN AND TACO SEASONING, MICROWAVE FOR 90 SECONDS. MIX IN ENCHILADA SAUCE AND SOUP. STIR WELL. IN 9X13 BAKE AND ROAST PAN, LAYER TORTILLA SHELLS WITH SAUCE, CHICKEN, CHEESE, SAUCE, CHICKEN, CHEESE. BAKE AT 325 DEGREES FOR 50 MINUTES.

LASAGNA WITH CHICKEN

COOKWARE:

11" SKILLET, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 2 CUPS MOZZARELLA CHEESE
- 4 CHICKEN BREASTS
- 16 OZ BOX LASAGNA NOODLES
- 16 OZ JAR OF ALFREDO SAUCE
- 1 CAN CREAM OF CHICKEN SOUP
- ½ CUP MILK
- 1 CUP WATER

PREPARATION:

IN 11" SKILLET, COOK CHICKEN BREASTS OVER MEDIUM HEAT FOR 12 MINUTES. LET COOL AND CUT INTO SMALL CUBES. IN A 9X13 BAKE AND ROAST PAN, LAYER NOODLES, CHICKEN, SAUCE, CREAM OF CHICKEN SOUP AND CHEESE. BAKE AT 350 DEGREES FOR 60 MINUTES.

CHICKEN WITH YOGURT

COOKWARE:

9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 2 CHICKEN BREASTS
- 4 OZ YOGURT
- ½ TSP GARLIC POWDER
- SALT AND PEPPER

PREPARATION:

CUT RAW CHICKEN INTO MEDIUM SIZED BITES. IN A 9X13 BAKE AND ROAST PAN PLACE THE CHICKEN ON THE BOTTOM. SPRINKLE WITH GARLIC POWDER, SALT AND PEPPER. ADD THE PLAIN YOGURT ON TOP OF CHICKEN. BAKE AT 350 DEGREES FOR 60 MINUTES.

SUN-DRIED TOMATO SAUCE OVER CHICKEN

COOKWARE:

11" SKILLET

INGREDIANTS:

- 8 OZ JAR OIL-PACKED SUN-DRIED TOMATO HALVES
- 4 CHICKEN BREASTS
- ½ TSP SALT
- ¼ TSP BLACK PEPPER
- 1 CUP CHICKEN BROTH
- 1 TSP DRIED OREGANO
- ½ TSP BALSAMIC VINEGAR

PREPARATION:

DRAIN SUN-DRIED TOMATOES, KEEPING THE OIL. SET ASIDE 1 ½ TBSP OF OIL TO COOK THE CHICKEN. FINELY CHOP ¼ CUP TOMATOES. IN 11" SKILLET, PLACE CHICKEN BREASTS EVENLY POUR TOMATO OIL AROUND THE CHICKEN AND HEAT TO MEDIUM TEMPERATURE. COOK FOR 12 MINUTES ON MEDIUM HEAT (YOU MAY FLIP AT 6 MINUTES). REMOVE CHICKEN FROM PAN WHEN COOKED BUT KEEP THE PAN ON THE STOVE AND HOT. AD THE CHOPPED TOMATOES, BROTH, OREGANO AND BALSAMIC VINEGAR AND BRING TO A BOIL. STIR THE MIXTURE FREQUENTLY UNTIL IT REDUCES BY HALF (ABOUT 3 MINUTES).

CINNAMON-CHILI RIBS (FULL DAY PREP)

COOKWARE:

9X13 BAKE AND ROAST PAN OR OBLONG COOKIE TRAY

INGREDIANTS:

- 2 RACKS PORK BABY BACK RIBS (4LBS TOTAL)
- 3 TBSP CHILI POWDER
- 2 TBSP GROUND CINNAMON
- 1 ½ TSP GROUND BLACK PEPPER
- ¼ CUP CORN OIL
- 2 TBSP SALT

PREPARATION:

DAY BEFORE SERVING RIBS, MIX CHILI POWDER, CINNAMON AND BLACK PEPPER TOGETHER. ON A LARGE PIECE OF PLASTIC WRAP, PLACE THE RIBS AND SPREAD MIXTURE EVENLY OVER BOTH SIDES. GENTLY RUB THE MIXTURE IN BEFORE WRAPPING UP. REFRIGERATE FOR AT LEAST 12 HOURS.

NEXT DAY, PREHEAT OVEN TO 475 DEGREES. DRIZZLE OIL EVENLY OVER THE RIBS AND SEASON BOTH SIDES WITH SALT. PLACE RIBS MEAT SIDE DOWN ON 9X13 BAKE AND ROAST PAN OR OBLONG COOKIE TRAY. BAKE FOR 15 MINUTES, TURN AND CONTINUE BAKING FOR 15 MINUTES.

CHOW MEIN BAKE

COOKWARE:

11" SKILLET, 6 QT DUTCH OVEN

INGREDIANTS:

- 2 LBS GROUND BEEF
- 1 CUP WHITE ONION (CHOPPED)
- 2 CUPS CELERY (CHOPPED)
- 1 CUP LONG GRAIN RICE
- 1 CAN CREAM OF CHICKEN SOUP
- 1 CAN CHICKEN WITH RICE SOUP
- 7 TBSP SOY SAUCE
- 1 CAN SLICED WATERCHESTNUTS
- 1 CAN BEAN SPROUTS

PREPARATION:

PREHEAT OVEN TO 325 DEGREES. IN A 11" SKILLET BROWN HAMBURGER, ONION AND CELERY TOGETHER. IN A 6 QT DUTCH OVEN ADD RICE, WATER, SOUPS, SOY SAUCE AND STIR TOGETHER. ADD BROWNEED MEAT MIXTURE AND STIR THOROUGHLY. ADD WATERCHESTNUTS AND BEAN SPROUTS AND STIR. WITH LID AND HANDLES ON, PLACE IN THE OVEN FOR 45 MINUTES. REMOVE COVER AND CONTINUE TO BAKE FOR 45 MINUTES.

CRAB-STUFFED FLOUNDER

COOKWARE:

11" SKILLET, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 1 BUNCH CELERY (CHOPPED)
- 3 GREEN ONIONS (CHOPPED)
- 2 GARLIC CLOVES (MINCED)
- ¼ CUP OLIVE OIL
- 1 LARGE EGG (BEATEN)
- 2 TBSP LEMON JUICE
- ¼ TSP BLACK PEPPER
- 2 CUPS BUTTER (MELTED)
- ½ LB FRESH LUMP CRABMEAT
- 1 CUP BREADCRUMBS
- ½ CUP GRATED PARMESAN CHEESE
- 1 PLUM TOMATO (CHOPPED)
- ¼ TSP SALT
- 1 TBSP CHOPPED FRESH PARSLEY
- 6 4 OZ FLOUNDER FILLETS

PREPARATION:

IN 11" SKILLET, ADD OLIVE OIL AND COOK CELERY, GREEN ONIONS AND GARLIC ON MEDIUM HEAT UNTIL TENDER. TURN TEMPERATURE TO LOW AND ADD CRABMEAT, BREADCRUMBS, PARMESAN CHEESE, TOMATOES, EGG, LEMON JUICE, PARSLEY, SALT AND PEPPER. STIR WELL.

BRUSH FILLETS WITH MELTED BUTTER. GREASE A 9X13 BAKE AND ROAST PAN. SPOON 1 HEAPING TABLESPOON OF CRABMEAT MIXTURE ON TOP OF EACH FILLET. ROLL UP FILLETS AND SECURE WITH A WOODEN PICK. PLACE FILLETS IN BAKING PAN AND COVER WITH FOIL. BAKE AT 375 DEGREES FOR 20 MINUTES. UNCOVER AND CONTINUE BAKING FOR 10 MINUTES.

CRESCENT BAKE

COOKWARE:

8" FRY PAN OR 11" SKILLET, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 1 ½ LBS GROUND BEEF
- 1 PACKAGE SLOPPY JOE MIX
- 16 OZ TOMATO SAUCE
- 2 PACKAGES CRESCENT ROLLS
- 2 CUPS MOZZARELLA CHEESE
- 2 CUPS CHEDDAR CHEESE
- ¼ TBSP DRIED OREGANO
- ¼ TBSP SALT

PREPARATION:

IN 8" FRY PAN OR 11" SKILLET, BROWN GROUND BEEF OVER MEDIUM HEAT. ADD SLOPPY JOE MIX AND TOMATO SAUCE. SIMMER ON LOW FOR 5 MINUTES. PUT 1 PACKAGE CRESCENT ROLLS ON BOTTOM OF A GREASED 9X13 BAKE AND ROAST PAN. PUT MEAT MIXTURE OVER THE ROLLS. TOP WITH SHREDDED MOZZARELLA AND CHEDDAR CHEESE. SPRINKLE ON OREGANO AND SALT. ON TOP PLACE THE OTHER PACKAGE OF CRESCENT ROLLS. BAKE AT 350 DEGREES FOR 25 MINUTES.

STEAK BAKE

COOKWARE:

11" SKILLET, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 6 STEAKS
- 1 PACKAGE ONION SOUP MIX
- 4 OZ CAN OF MUSHROOMS WITH LIQUID
- 1 CAN BEEF GRAVY
- 1 CAN WATER
- 1 MEDIUM WHITE ONION (CHOPPED)
- 1 CUP FLOUR
- 2 TBSP PEPPER

PREPARATION:

PREHEAT OVEN TO 250 DEGREES. DIP STEAK IN FLOUR AND PEPPER. IN 11" SKILLET, LIGHTLY BROWN BOTH SIDES OF THE STEAKS ON MEDIUM LOW (2 MINUTES PER SIDE). IN A GREASED 9X13 BAKE AND ROAST PAN PLACE THE STEAKS ON THE BOTTOM. SPREAD ONION SOUP MIX OVER THE MEAT AND COVER WITH MISHROOMS AND SLICED ONIONS. NEXT COVER WITH GRAVY AND WATER (DO NOT STIR). COVER WITH FOIL AND BAKE FOR 3 ½ HOURS.

ITALIAN PASTA BAKE

COOKWARE:

3 QT SAUCEPAN, 8" FRY PAN, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 1 LB GROUND BEEF
- 3 CUPS PENNE PASTA
- 26 OZ JAR SPAGHETTI SAUCE
- 1/3 CUP GRATED PARMESAN & ROMANO CHEESE
- 1 1/2 CUP SHREDDED MOZZARELLA

PREPARATION:

IN A 3 QT SAUCEPAN BOIL THE PASTA AND STRAIN. PREHEAT OVEN TO 375 DEGREES. USING A 8" FRY PAN BROWN THE GROUND BEEF AND STRAIN. USING THE 3 QT SAUCEPAN, COMBINE PASTA, SAUCE AND HALF OF THE PARMESAN AND ROMANO. SPOON INTO A 9X13 BAKE AND ROAST PAN. TOP WITH REMAINING MOZZARELLA AND PARMESAN. BAKE AT 375 DEGREES FOR 20 MINUTES.

MAC & CHEESE

COOKWARE:

3 QT SAUCEPAN, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 1LB COLBY CHEESE
- 1 LB BOX ELBOW MACARONI (UNDERCOOK)
- 1 CAN EVAPORATED MILK
- ½ STICK BUTER
- LOWERY'S SEASONING SALT
- ¾ CUP BREADCRUMBS

PREPARATION:

COOK ELBOW MACARONI JUST SHY OF BEING DONE IN A 3 QT SAUCEPAN. GREASE A 9X13 BAKE AND ROAST PAN. SPREAD ½ OF COOKED NOODLES ON THE BOTTOM OF THE PAN. SPRINKLE WITH LOWERY'S. SPREAD ½ OFSHREDDED COLBY CHEESE. LAYER REST OF NOODLES, SEASON WITH LOWERY'S AND TOP WITH CHEESE. SPREAD BREADCRUMBS ACROSS THE TOP. PLACE THINLY SLICED TABS OF BUTTER OVER THE BREADCRUMBS. POUR EVAPORATED MILK EVENLY ACROSS THE TOP. BAKE AT 335 DEGREES FOR 50 MINUTES.

HAM AND SWISS CASSEROLE

COOKWARE:

3 OR 4 QT SAUCEPAN, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 8 OZ EGG NOODLES
- 2 CUPS HAM (DICED)
- 2 CUPS SHREDDED SWISS CHEESE
- 1 CAN CREAM OF CELERY COUP
- 1 CUP SOUR CREAM
- 1/2 CUP WHITE ONION (CHOPPED)
- 1/2 CUP GREEN PEPPER (CHOPPED)

PREPARATION:

IN 3 OR 4 QT SAUCEPAN, BOIL EGG NOODLES. IN A SEPARATE BOWL MIX SOUP, SOUR CREAM, ONION AND GREEN PEPPERS. GREASE A 9X13 BAKE AND ROAST PAN. LAYER 1/2 OF THE NOODLES, 1/2 OF THE HAM, 1/2 OF THE CHEESE AND 1/2 OF THE SOUP MIXTURE. REPEAT THE LAYERS. BAKE AT 350 DEGREES FOR 55 MINUTES.

HAWAIIAN SPARERIBS

COOKWARE:

9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 3 LBS LEAN SPARERIBS
- ½ CUP WHITE ONION (CHOPPED)
- ½ CUP GREENPEPPER (CHOPPED)
- 2 - 8 OZ CANS TOMATO SAUCE
- 1 TBSP WORCESTERSHIRE SAUCE
- 1/3 CUP VINEGAR
- ¼ CUP BROWN SUGAR
- ½ TSP DRY MUSTARD
- 2 ½ CUPS PINEAPPLE TIDBITS

PREPARATION:

MIX ALL INGREDIENTS TOGETHER EXCEPT THE RIBS. CUT EVERY 3RD RIB LIGHTLY SALT AND PEPPER. IN 9X13 BAKE AND ROAST PAN BAKE THE RIBS AT 350 DEGREES FOR 1 HOUR. POUR OFF EXCESS FAT. POUR MIXED INGREDIENTS OVER ALL OF RIBS AND RETURN TO THE OVEN FOR 1 HOUR, TURNING THEM AFTER 30 MINUTES.

GROUND BEEF CASSEROLE

COOKWARE:

3 QT SAUCEPAN, 8" FRY PAN 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 1 LB GROUND BEEF
- 6 OZ EGG NOODLES
- ¼ CUP GREEN PEPPER (CHOPPED)
- 1 SMALL WHITE ONION (CHOPPED)
- 1 CUP CELERY (CHOPPED)
- 1 CAN CREAM OF MUSHROOM SOUP
- 1 CAN TOMATO SOUP
- 1 CAN CORN

PREPARATION:

IN 3 QT SAUCEPAN BOIL THE NOODLES AND DRAIN. IN 8" FRY PAN BROWN THE GROUND BEEF OVER MEDIUM TEMPERATURE. ADD GREEN PEPPER, ONION AND CELERY TO THE GROUND BEEF. COMBINE REMAINING NOODLES, MUSHROOM SOUP, TOMATO SOUP AND CORN AND MIX. POUR INTO A 9X13 BAKE AND ROAST PAN COOKING AT 350 DEGREES FOR 1 HOUR.

ENCHILADA CASSEROLE

COOKWARE:

8" FRY PAN, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 1 LB GROUND BEEF
- 15 OZ CAN TOMATO SAUCE
- 1 PACKAGE TACO SEASONING
- 12 FLOUR TORTILLAS
- 1 CAN CREAM OF MUSHROOM SOUP
- 1 CUP SOUR CREAM
- 4 OZ CAN GREEN CHILIS (CHOPPED)
- 2 CUPS SHREDDED CHEDDAR CHEESE

PREPARATION:

IN 8" FRY PAN BROWN GROUND BEEF OVER MEDIUM TEMPERATURE. DRAIN AND ADD TOMATO SAUCE AND TACO SEASONING, LET SIMMER FOR 15 MINUTES. SPOON BEEF MIXTURE INTO TORTILLAS. ROLL AND PLACE TORTILLAS INTO A GREASED 9X13 BAKE AND ROAST PAN.

COMBINE CREAM OF MUSHROOM SOUP, SOUR CREAM AND CHILIS. MIX WELL AND SPREAD MIXTURE OVER TORTILLAS. SPRINKLE SHREDDED CHEESE ON TOP. BAKE AT 350 DEGREES FOR 30 MINUTES UNCOVERED.

HOT BEEF SANDWICHES

COOKWARE:

9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 3 LBS CHUCK ROAST
- 1 PACKAGE ONION SOUP MIX
- 1 CAN CREAM OF CELERY SOUP

PREPARATION:

IN 9X13 BAKE AND ROAST PAN, PLACE THE CHUCK ROAST ON THE BOTTOM. SPRINKLE ONION SOUP MIX OVER THE ROAST. POUR CAN OF CELERY SOUP OVER TOP. BAKE AT 275 DEGREES FOR 6 HOURS.

EGG LASAGNA

COOKWARE:

8" OR 11" SKILLET, 9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 3 CUPS RICOTTA CHEESE
- 3 CUPS SHREDDED MOZZARELLA CHEESE
- 2 LARGE EGGS
- ¾ CUP PARMESAN CHEESE
- 2 LBS GROUND BEEF
- 48 OZ JAR PREGO TRADITIONAL SPAGHETTI SAUCE
- 10 LASAGNA NOODLES (COOKED)

PREPARATION:

MIX RICOTTA, MOZZARELLA, ½ CUP PARMESAN AND EGGS TOGETHER. IN A 8" FRY PAN BROWN GROUND BEEF OVER MEDIUM TEMPERATURE, DRAIN. MIX THE GROUND BEEF AND PREGO SAUCE.

IN A 9X13 BAKE AND ROAST PAN LAYER PREGO BEEF MIXTURE, NOODLES, CHEESE MIXTURE. REPEAT LAYERS SUCH THAT THE TOP LAYER IS NOODLES. BAKE AT 400 DEGREES FOR 30 MINUTES.

DESSERTS

APPLE DUMPLINGS

COOKWARE:

9X13 BAKE AND ROAST PAN OR OBLONG COOKIE TRAY

INGREDIANTS:

- ¼ CUP BUTTER
- 1 CUP SUGAR
- 4 APPLES (PEELED AND QUARTERED)
- 1 CAN CRESCENT ROLLS
- 1 CAN MOUNTAIN DEW
- 1 TSP VANILLA

PREPARATION:

WRAP EACH CRESCENT ROLL AROUND APPLE SLICES TO COMPLETELY COVER THE APPLE. PLACE THEM IN A GREASED 9X13 BAKE AND ROAST PAN. MELT THE BUTTER IN A SEPARATE BOWL. ADD THE SUGAR AND VANILLA. STIR WELL AND POUR THE MIXTURE OVER THE APPLES. POUR ON THE CAN OF MOUNTAIN DEW. BAKE AT 350 DEGREES FOR 35 MINUTES.

ANGEL LUSH WITH PINEAPPLE

COOKWARE:

9X13 BAKE AND ROAST PAN OR OBLONG COOKIE TRAY

INGREDIANTS:

- 20 OZ CAN CRUSHED PINEAPPLE
- 1 CUP WHIPPED TOPPING
- 4 OZ PACKAGE VANILLA INSTANT PUDDING
- 1 PREPARED ANGEL FOOD CAKE SEASONAL BERRIES

PREPARATION:

MIX PINEAPPLE AND PUDDING IN A BOWL. GENTLY STIR IN WHIPPED TOPPING. CUT CAKE HORIZONTALLY IN THIRDS. SPREAD 1/3 PUDDING MIXTURE OVER BOTTOM LAYER OF CAKE. TOP WITH SECOND LAYER. REPEAT LAYERING ENDING WITH PUDDING. REFRIGERATE 1 HOUR. GARNISH WITH SEASONAL BERRIES.

APPLE SLICES (2 PART)

COOKWARE:

9X13 BAKE AND ROAST PAN

INGREDIANTS: (CRUST)

- 2 ½ CUPS FLOUR
- 1 TSP SALT
- 2 TBSP SUGAR
- ½ CUP SHORTENING
- ½ CUP BUTTER
- 1 EGG YOLK
- ICE WATER

PREPARATION:

MIX FLOUR, SALT AND SUGAR. WORK IN SHORTENING AND BUTTER UNTIL CRUMBLY. ADD EGG YOLK TO MEASURING CUP; ADD ENOUGH ICE WATER TO MAKE 2/3 TOTAL AND MIX WELL. ADD EGG MIXTURE A SMALL AMOUNT AT A TIME TO THE FLOUR MIXTURE. DEVIDE IN HALF. WRAP EACH HALF WITH PLASTIC WRAP AND REFRIGERATE WHILE YOU CONTINUE.

INGREDIANTS: (FILLING)

- ¾ CUP SUGAR
- 2 TBSP CINNAMON
- 1 TBSP FLOUR
- 12 APPLES (CORED, PEELED AND SLICED)
- 2 TBSP BUTTER
- 1 EGG WHITE

PREPARATION:

MIX SUGAR, CINNAMON AND FLOUR TOGETHER. TAKE ONE HALF OF DOUGH AND ROLL OUT TO FIT A GREASED 9X13 BAKE AND ROAST PAN. ADD APPLES AND COVER WITH SUGAR MIXTURE. DOT WITH BUTTER. ROLL OUT SECOND DOUGH TO FIT ON TOP OF APPLES. SEAL EDGES. CUT AIR HOLES ON TOP. BEAT EGG WHITES UNTIL FROTHY. BRUSH ON TOP OF CRUST. BAKE AT 400 DEGREES FOR 25 MINUTES.

BANANA BARS (2 PART)

COOKWARE:

9X13 BAKE AND ROAST PAN OR OBLONG COOKIE TRAY

INGREDIANTS: (BARS)

- ½ CUP BUTTER
- 1 ½ CUP SUGAR
- 2 LARGE EGGS
- 2 TSP VANILLA
- ¾ CUP SOUR CREAM
- 3 LARGE BANANAS (MASHED)
- 2 CUPS FLOUR
- ½ TSP SALT
- 1 TSP BAKING SODA
- ½ CUP CHOPPED WALNUTS

PREPARATION:

CREAM TOGETHER BUTTER AND SUGAR. ADD EGGS AND MIX WILL. ADD VANILLA, SOUR CREAM AND MASHED BANANAS. MIX AND ADD FLOUR, SALT BAKING SODA AND NUTS. GREASE A 9X13 BAKE AND ROAST PAN, POUR IN MIXTURE. BAKE AT 350 DEGREES FOR 25 MINUTES. LET COOL BEFORE ADDING FROSTING.

INGREDIANTS: (FROSTING)

- 3 OZ CREAM CHEESE
- 6 TBSP BUTTER
- 1 TBSP MILK
- 1 TSP VANILLA
- 2 CUPS POWDERED SUGAR

PREPARATION:

MIX CREAM CHEESE, BUTTER, MILK, VANILLA AND POWDERED SUGAR UNTIL SMOOTH. SPREAD OVER COOLED BARS.

APPLESAUCE CAKE

COOKWARE:

9X13 BAKE AND ROAST PAN

INGREDIENTS:

- 1 ½ CUPS SUGAR
- 2 ½ CUPS FLOUR
- ¼ TSP BAKING POWDER
- 1 ½ TSP BAKING SODA
- 1 ½ TSP SALT
- 1 TSP CINNAMON
- ½ TSP CLOVES
- ½ TSP ALLSPICE
- ½ TSP NUTMEG
- ½ CUP SHORTENING
- 3 EGGS
- 1 ¾ CUPS APPLESUICE
- ¼ CUP MOLASSES
- 1 CUP RAISINS
- 1 CUP CHOPPED NUTS

PREPARATION:

BEAT TOGETHER SHORTENING, SUGAR AND EGGS. COMBINE SALT, FLOUR, BAKING SODA, POWDER AND SPICES. ADD TO EGG MIXTURE. BEAT FOR 4 MINUTES. ADD MOLASSES AND APPLESUICE. BEAT 2 MINUTES. ADD RAISINS AND NUTS. STIR. POUR INTO GREASED 9X13 BAKE AND ROAST PAN. BAKE AT 350 DEGREES FOR 40 MINUTES. FROST WITH CREAM CHEESE AND SPRINKLE WITH NUTS.

CHERRY TORTE

COOKWARE:

9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 20 GRAHAM CRACKERS
- ½ CUP SUGAR
- ½ CUP SUGAR
- ½ TSP VANILLA
- ½ CUP MELTED BUTTER
- 2 CHEERY PIE FILLING
- 2 LARGE EGGS
- 8 OZ COOL WHIP
- 8 OZ CREAM CHEESE

PREPARATION:

CRUSH GRAHAM CRACKERS, COMBINE WITH SUGAR AND BUTTER. GREASE A 9X13 BAKE AND ROAST PAN. PRESS MIXTURE INTO PAN AND LEAVE SET. MIX TOGETHER EGGS, CREAM CHEESE, SUGAR AND VANILLA. POUR INTO CRUST. BAKE AT 375 DEGREES FOR 20 MINUTES. LET COOL AND COVER WITH 1 CAN CHERRY PIE FILLING. PUT WHIPPED CREAM ON TOP JUST BEFORE SERVING.

BRICKLE BARS

COOKWARE:

9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 1 CUP SOFT BUTTER
- 2 CUPS FLOUR
- 1 CUP BROWN SUGAR
- 1 PACKAGE BRICKLE BITS
- 1 EGG YOLK
- ½ CUP PECANS (FINELY CHOPPED)
- 1 TSP VANILLA

PREPARATION:

CREAM BUTTER AND BROWN SUGAR. ADD EGG AND VANILLA. MIX IN FLOUR AND ½ BRICKLE BITS AND PECANS. PRESS INTO UNGREASED 9X13 BAKE AND ROAST PAN. SPRINKLE OTHER ½ BRICKLE BITS ON TOP. BAKE AT 325 DEGREES FOR 20 MINUTES.

BUTTER GOODIE BARS

COOKWARE:

9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 1 PACKAGE YELLOW CAKE MIX
- 3 ½ CUPS POWDERED SUGAR
- 3 EGGS
- 1 TSP VANILLA
- ½ CUP BUTTER
- ½ CUP PECANS (CHOPPED)
- 8 OZ CREAM CHEESE

PREPARATION:

COMBINE YELLOW CAKE MIX, 2 EGGS AND BUTTER. MIX AND PRESS INTO A GREASED 9X13 BAKE AND ROAST PAN. SPRINKLE WITH CHOPPED PECANS OVER CRUST. NOW MIX SOFT CREAM CHEESE, 1 EGG, POWDERED SUGAR AND VANILLA. BEAT UNTIL CREAMY. POUR OVER PECANS AND BAKE AT 350 DEGREES FOR 30 MINUTES.

BUTTERFINGER TORTE

COOKWARE:

9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 1 ANGEL FOOD CAKE
- 4 EGG YOLKS
- 1 LARGE COOL WHIP
- 6 BUTTERFINGER BARS (CRUSHED)
- ½ CUP BUTTER
- 1 TSP VANILLA
- 2 CUPS POWDERED SUGAR

PREPARATION:

CREAM BUTTER AND POWDERED SUGAR. ADD EGG YOLKS ONE AT A TIME. BEAT UNTIL LIGHT AND FLUFFY. ADD VANILLA. ADD COOL WHIP. IN A GREASED 9X13 BAKE AND ROAST PAN PLACE A LAYER OF BITE-SIZED ANGEL FOOD CAKE PIECES. SPREAD A LAYER OF CREAM MIXTURE OVER, TOP WITH ½ CRUSHED CANDY BAR. REPEAT. REFRIGERATE OVERNIGHT.

CARAMEL CHEESECAKE BARS

COOKWARE:

9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 1 ½ CUPS CRUSHED NILLA WAFERS
- 1 CUP SOUR CREAM
- 1 CUP PECANS (CHOPPED)
- 3 TBSP FLOUR
- ¼ CUP MELTED BUTTER
- 1 TBSP VANILLA
- 4 - 8 OZ CREAM CHEESE (SOFTENED)
- 4 EGGS
- 1 CUP SUGAR
- ¼ CUP CARAMEL TOPPING

PREPARATION:

PREHEAT OVEN TO 325 DEGREES. GREASE A 9X13 BAKE AND ROAST PAN. MIX WAFER CRUMBS, ½ CUP OF PECANS AND BUTTER. PRESS FIRMLY ONTO BOTTOM OF PAN. REFRIGERATE. BEAT CREAM CHEESE AND SUGAR UNTIL BLENDED. ADD SOUR CREAM, FLOUR AND VANILLA. MIX WELL. ADD EGGS AND BLEND AGAIN. POUR OVER CRUST. BAKE FOR 45 MINUTES. LET COOL AND REFRIGERATE 4 HOURS. DRIZZLE WITH CARAMEL TOPPING AND REMAINING ½ CUP PECANS.

CREAM CHEESE PUMPKIN BARS

COOKWARE:

9X13 BAKE AND ROAST PAN

INGREDIANTS:

- 1 BOX YELLOW CAKE MIX

- 8 OZ CREAM CHEESE

- 4 TSP PUMPKIN SPICE

- 16 OZ CANNED PUMPKIN

- 3 EGGS

- 2 TBSP MELTED BUTTER

PREPARATION:

PREHEAT OVEN TO 350 DEGREES. COMBINE CAKE MIX, 2 TBSP PUMPKIN SPICE, 1 BEATEN EGG AND MELTED BUTTER. GREASE AND POUR INTO A 9X13 BAKE AND ROAST PAN. BLEND REMAINING INGREDIENTS IN BLENDER FOR 4 SECONDS. POUR OVER CAKE MIXTURE AND BAKE FOR 35 MINUTES. REFRIGERATE.

CARROT CAKE (2 PART)

COOKWARE:

9X13 BAKE AND ROAST PAN

INGREDIANTS: (CAKE)

- 2 ¼ CUP FLOUR
- 1 CUP SUGAR
- 1 CUP BROWN SUGAR
- 1 ½ TSP BAKING SODA
- 1 TSP SALT
- 2 TSP CINNAMON
- 2 CUPS SHREDDED CARROTS
- ½ CUP RAISINS
- ½ CUP CHOPPED NUTS
- ¾ CUP COOKING OIL
- 1 TSP VANILLA
- 3 EGGS

PREPARATION:

GREASE A 9X13 BAKE AND ROAST PAN. MIX ALL INGREDIENTS BEATING THEM FOR 1 MINUTE AT LOW SPEED, 2 MINUTES AT MEDIUM SPEED. POUR BATTER INTO PAN. BAKE AT 350 DEGREES FOR 45 MINUTES. LET COOL.

INGREDIANTS: (FROSTING)

- 3 OZ PACKAGE CREAM CHEESE
- 3 TBSP MILK
- 1 TSP VANILLA
- 3 ½ CUPS POWDERED SUGAR

PREPARATION:

BEAT IN A BOWL ALL INGREDIENTS UNTIL SMOOTH AND CREAMY. ADD POWDERED SUGAR GRADUALLY WHILE MIXING. FROST ON COOL CAKE.