

Deluxe



**PRESSURE
PAN**



USE-TESTED

by **McCall's**

*"we used it
and we like it!"*

IN McCALL'S TEST ROOMS we tested this time-saving pressure pan by using it as you would in your own home. We cooked family-sized pot roasts, soups, vegetables and puddings at the various pressures, and even did some canning. Our results were excellent. We found the pan simple and speedy. We liked its performance and believe you'll like it too.

FEATURES WE ESPECIALLY LIKE:

- **PRESSURE CONTROL** — jiggles when pressure is reached — maintains 5, 10 or 15 pounds.
- **SIMPLE TO USE** — safe and reliable. Use as instructed.
- **REMINDER RING** — assures proper closing.
- **VERSATILITY** — pressure cook, can, sterilize — all in one appliance.
- **STYLING** — smooth, rounded corners, roomy dome lid, easy to handle and clean.

**5 Year
WARRANTY**

This Deluxe MIRRO-MATIC Pressure Pan is warranted to be free from defects in workmanship and material for a period of 5 years from date of purchase (does not apply to gasket, safety fuse and handles). The company agrees to replace or repair pan, cover, vent tube or pressure control if such parts become defective during that period under normal and proper use. This warranty takes the place of all other warranties expressed or implied and relieves us of all other liability based on the sale or use of the warranted product. No warranty or representation by anyone other than this Company shall be binding on us. Repair or replacement will be gratis, except for safety fuse, gasket and handles, if the utensil is returned to the factory, transportation prepaid. Return transportation will be prepaid on all merchandise in warranty. Correction of such defects by repair or replacement shall constitute a fulfillment of all obligations with respect to the merchandise sold under this warranty. Warranty does not cover any utensil of our manufacture which has been damaged either in transit or by misuse, accident or negligence. The above warranty is in lieu of and excludes all other warranties, either expressed or implied, by contract or by law and no person is authorized to assume for MIRRO any other liability in connection with the sale of this product.



MIRRO ALUMINUM COMPANY
MANITOWOC, WISCONSIN

It is not necessary that purchaser sign this warranty or send it to factory.



Deluxe



PRESSURE PAN

SPEED-COOKS MEALS IN MERE MINUTES



RECIPES, DIRECTIONS AND TIMETABLES

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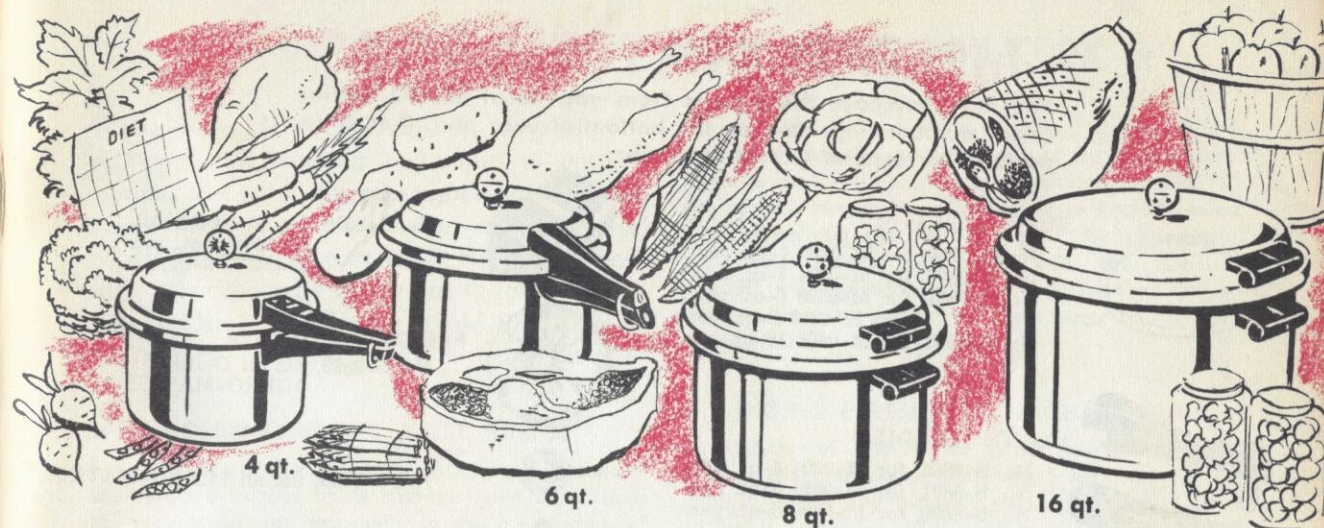
Replacement SAFETY FUSE

Available at your MIRRO dealer or order direct from the MIRRO Aluminum Company, Manitowoc, Wisconsin, enclosing 50 cents in coin. Fuse will be sent postpaid.

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.

To replace a fuse, first remove the steel ring that held the original. Use a wrench to unscrew the nut from inside of cover. Turn nut counter-clockwise (to left) and remove. Then insert new fuse and turn clockwise with fingers. Complete tightening with wrench or pliers. **REMEMBER** the fuse very probably will never pop out if the specified amount of water and heat is used and if the vent tube is kept clear. If a fuse pops, **REREAD THE DIRECTIONS**.

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MIRRO Aluminum Co.



MIRRO-MATIC RECIPES, DIRECTIONS, TIMETABLES

Recipes and timetables in this booklet are designed to be used with all sizes of MIRRO-MATIC Pressure Pans. Ingredients and methods of preparation are shown in easy-to-follow charts. **Use the quantity of ingredients shown in the red column for the 4 qt. pan; the white column for the larger size MIRRO-MATICS.**

Successful pressure cooking results depend to a large extent on using the correct amount of water. *If you wish to reduce any of the recipes in this booklet, be sure to use the amount of water called for in the full recipe.*

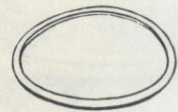


MIRRO ALUMINUM COMPANY

MANITOWOC, WISCONSIN 1

MIRRO-MATIC PARTS

You may purchase these parts from your local MIRRO Dealer. Check number imprinted on the bottom of your pan, then order parts to correspond with that number.



RUBBER GASKET

No. S-9890, for M-0294 4-qt. pan
No. S-9896, for M-0394 4-qt. pan
No. S-9891, for M-0396 6-qt. pan
and M-0398 8-qt. pan
No. S-9892, for M-0406 16-qt. pan



PAN GRIP

No. S-2599, for M-0396 6-qt.,
M-0398 8-qt., and
M-0406 16-qt. pans



PRESSURE CONTROL

No. S-9899, fits all Deluxe
MIRRO-MATICS



SAFETY FUSE

No. S-9888, fits all MIRRO-MATICS



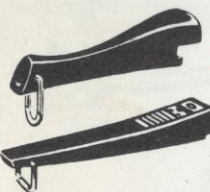
VENT TUBE

No. S-9894, fits all MIRRO-MATICS



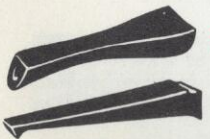
COOKING RACK

No. S-9895, for M-0294 and
M-0394 4-qt. pans
No. S-9887, for M-0396 6-qt. and
M-0398 8-qt. pans
No. S-9883, for M-0406 16-qt. pan



COVER HANDLE

No. S-9866, for M-0294 4-qt. pan
No. S-8891, for M-0394 4-qt. pan
No. S-8890, for M-0396 6-qt. pan



PAN HANDLE

No. S-9867, for M-0294 4-qt. pan
No. S-8891-56, for M-0394 4-qt. pan
No. S-8890-56, for M-0396 6-qt. pan



COVER GRIP

No. S-2582, for M-0398 8-qt. and
M-0406 16-qt. pans



RECIPE BOOKLET

No. S-9897, for all Deluxe
MIRRO-MATICS

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 6.

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 about 1/4 cup more water than when cooking without it.

REDUCE HEAT WHEN CONTROL JIGGLES

After control jiggles, indicating that pressure is at-

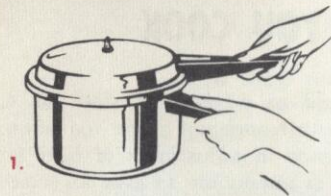
tained, reduce the heat as directed in step No. 4, page 5 so that the control does not jiggle too often. Because of the difference in adjustment of heat on the various ranges, it is impossible to give an exact rule concerning this, but the user, by experience, will soon discover on which heat the MIRRO-MATIC will operate best. Low or medium on an electric range or simmer on a gas range will usually be sufficient.

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 TIMETABLES 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.

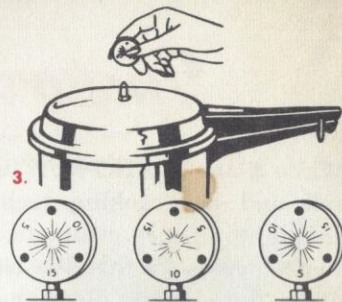


Put food in pan and add required amount of water. With gasket in place inside cover, set cover on pan with handles apart so that the arrow on cover points to line on pan handle. Use of the rack is optional. Except for canning and for several cooking recipes the rack is not necessary but may be used if an extra $\frac{1}{4}$ cup water is added.

Don't cook apple sauce, rhubarb, cranberries, split peas, pea soup, or pearl barley. See "Don'ts" on page 6.



Bring cover handle to closed position **DIRECTLY OVER PAN HANDLE**, pressing down the cover with one hand if new gasket is snug fit. Then drop Reminder Ring over lower handle. Never attempt to cook with handles in any other position. Although the cover may seem to be loose, the V-type gasket automatically seals it if handles are in correct position. **Lubricating the gasket with cooking oil or shortening will help the cover to slide open and close more easily.**



POSITION FOR LBS. PRESSURE

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 above. 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.

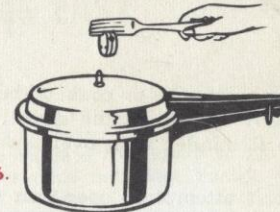


When correct pressure is reached, the **MIRRO-MATIC** control will jiggle and sputter. A few drops of water may trickle from the control. Count cooking time from this moment and reduce heat so that control jiggles only about 1 to 3 times a minute. Constant jiggling causes excessive loss of moisture; the occasional jiggle and a hissing sound indicates pressure is being maintained. If steam escapes in a steady stream after heat is reduced, nudge control to seat it properly. **IF STEAM SHOULD ESCAPE AROUND EDGE OF COVER AND PRESSURE FAIL TO RISE**, cool pan under faucet, remove control and open pan. Wipe gasket, pan rim and inside of cover dry and start over.*

***IF RUBBER GASKET SHOULD SHRINK**—If after following all of the directions in step No. 4 above, pressure still fails to rise in the pan, it may be due to shrinkage of the gasket, especially if the gasket has been used for a long time. In this case a slight stretch will return it to its original size. However, do not stretch the gasket unless it shrinks to the extent that steam escapes around the cover, making certain first that



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



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

both the gasket and the inside of the cover are dry; 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.**

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

IMPORTANT DON'TS!

1. Don't attempt to cook without having pan closed properly (cover handle directly above pan handle). Drop Reminder Ring over lower handle.
2. Don't attempt to open pan until you remove the MIRRO-MATIC control, and don't remove the control until you are sure the pressure is reduced. See step 6 of "How to Cook" on page 5.
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 a piece of wire into vent tube to make sure it is clear and pressure completely reduced.
4. Don't beat spoon, potato masher, etc., on rim of pan as this might mar the rim to the extent that a perfect seal could not be effected.
5. Don't cook apple sauce, rhubarb, cranberries, pearl barley, split peas or pea soup in the pressure pan, because they tend to froth or sputter and sometimes block vent tubes. With the tube blocked, pressure may appear to be down when the control is removed, whereas, actually a food like apple sauce may remain above boiling point for 40 minutes after the pan is removed from the heat unless it is cooled

thoroughly under running water. This means that some degree of pressure remains in the pan, and no attempt should be made to try to force open the cover which would be locked tight by the pressure. To avoid trouble, we say—DON'T COOK THE FOODS MENTIONED.

6. Don't use high heat to bring up pressure when cooking cereals, spaghetti, noodles, rice, dried vegetables, or other foods which are apt to cause a heavy froth in cooking. Bring pressure up gradually. See directions in book.
7. Don't fill pan over $\frac{3}{4}$ full when cooking certain soups or other food combinations which froth and foam when they cook.
8. Don't place cover on hot heating unit as this might damage gasket and melt safety fuse.
9. Don't use high heat after control jiggles. Reduce heat so that control does not jiggle more often than 1 to 3 times per minute.
10. Don't use the MIRRO-MATIC on a range that is tilted, because this may cause the control to hang and bind, and then be forced completely off the vent tube when extra pressure is built up.
11. Don't store heavily salted liquids such as soup in the MIRRO-MATIC as this might cause pitting.

SIMPLICITY OF DESIGN MAKES CLEANING EASY

GASKET EASILY REMOVED

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. (If the cover does not close easily, apply a little vegetable oil or shortening to the gasket.) When storing, place cover upside down on the pan and keep the MIRRO-MATIC control inside the pan.

REMOVE GASKET TO DRAIN FOODS

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. Food cannot slip out because the cover is locked on.

KEEP VENT TUBE CLEAR

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 a piece of wire as illustrated. Then rinse with hot water.

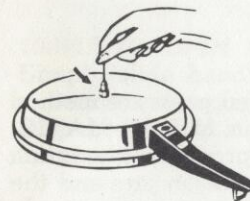
KEEP CONTROL CLEAN

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.

CLEANING AND CARE

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.

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



MIRRO-MATIC OFFERS THESE

MIRRO-MATIC PRESSURE CONTROL for "cooking without looking"

This precision made, unbreakable, one-piece control automatically limits pressure to 5, 10 or 15 lbs. for cooking or canning. No watching necessary. Pressure cannot exceed the pressure you select. See simple directions for use on page 4.

PRESSURE CANNING

Canning by the recommended pressure method is remarkably simple in the MIRRO-MATIC. All-usable cooking space provides maximum room for tin cans, standard Mason jars and the MIRRO-MATIC control eliminates guesswork, watching and worry. Complete canning directions will be found on pages 69-79.

EXTRA-CAPACITY

Never before, so much usable cooking space in a pressure pan. Domed cover and straight sides, provide ample room for good sized chickens, meats and other bulky foods.

OUTSTANDING FEATURES

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

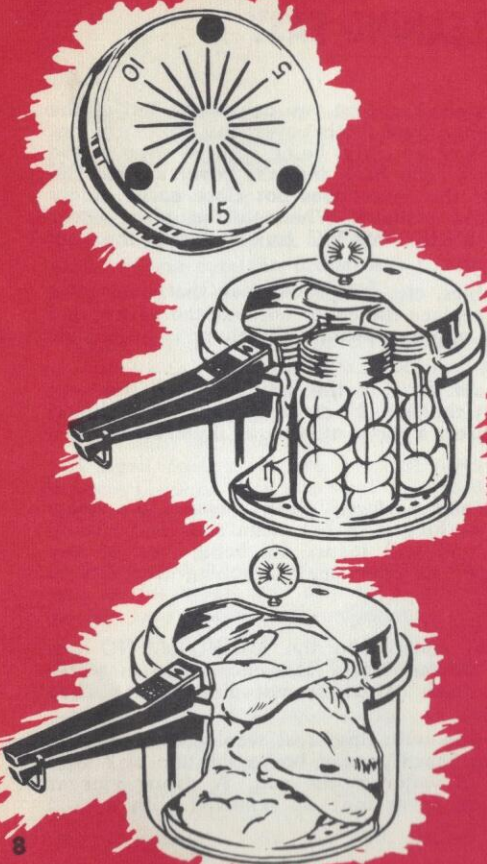
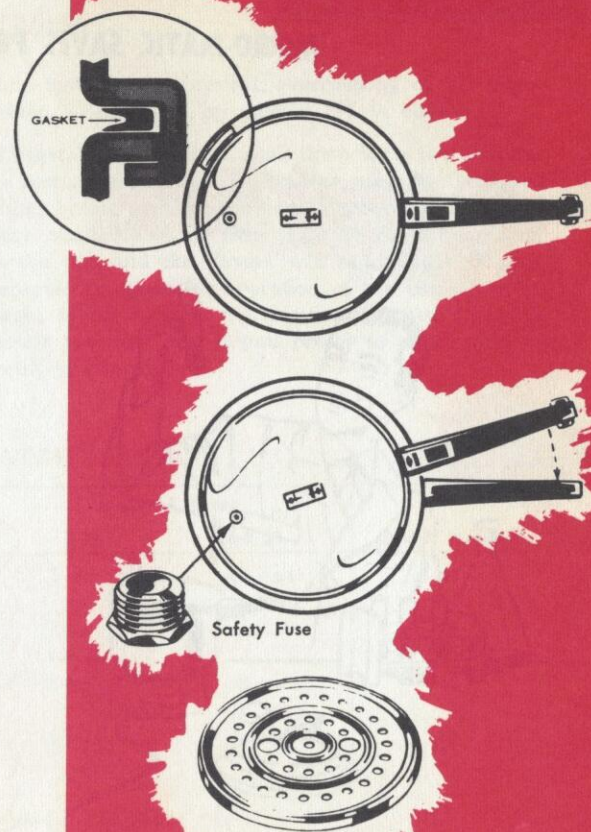
Simply slide handles together to close cover, slide back to open. See operating directions on page 4. Also see simple cleaning directions on page 7.

AUTOMATIC SAFETY FUSE

HEATPROOF PLASTIC HANDLES

SPECIALLY HARDENED, EXTRA DURABLE ALUMINUM ALLOY

REVERSIBLE, ALL-ALUMINUM COOKING RACK

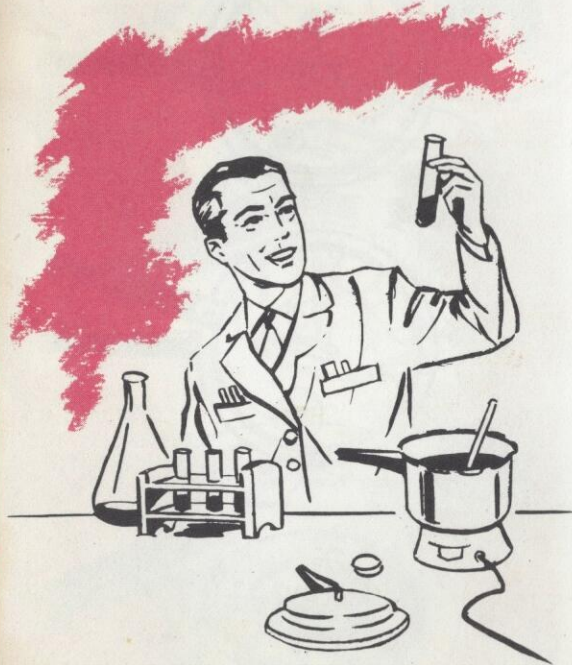


MIRRO-MATIC SAVES PRECIOUS VITAMINS, PRESERVES FOOD FLAVOR

Your MIRRO-MATIC 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.

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.



FRESH VEGETABLES

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 is to be cooked. Be sure to reduce pres-

sure instantly to prevent overcooking of all vegetables, as indicated by dagger (†) in charts.

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 general directions for operation of the pan given on pages 4 and 5. It is not necessary to use the rack unless specified, but if you prefer to do so, add an extra ¼ cup water.

DIRECTION TABLE — VEGETABLES

VEGETABLE	Minutes To Cook After Control Jiggles	Amount of Water		Pounds Pressure
		4 Qt.	6-8 Qt.	
Artichoke15†..... Wash, cut off tops and tie ends to hold shape.		1 cup	1¼ cups	15
Asparagus2-2½†..... Snap off tough ends. Remove scales. Wash.		½ cup	¾ cup	15
Beans, Green or Wax.....3†..... Wash and cut as desired.		½ cup	¾ cup	15
Beans, Lima (fresh)2†..... Shell and wash.		½ cup	¾ cup	15

†Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water.

FRESH VEGETABLES

FRESH VEGETABLES

VEGETABLE	Minutes To Cook After Control Jiggles	Amount of Water		Pounds Pressure
		4 Qt.	6-8 Qt.	
Beets (sliced) Wash, peel and cut in 1/8" slices.	6†	3/4 cup	1 cup	15
Beets (small, whole) Cut tops, leaving 1 inch stem and root. Wash. Cook. Cool. Remove skin. Reheat for serving.	12†	3/4 cup	1 cup	15
Beets (large, whole) Same as small, whole beets, above.	18†	1 cup	1 1/2 cups	15
Broccoli Remove large outer leaves. Cut off tough part of stalk. Cut into strips. Wash thoroughly.	2 1/2†	1/2 cup	3/4 cup	15
Brussels Sprouts Wash.	5†	3/4 cup	1 cup	15
Cabbage (shredded) Remove wilted outer leaves. Quarter the cabbage and shred in thin strips.	3†	3/4 cup	1 cup	15
Cabbage (wedges) Use medium-size head. Cut into 2 or 3 inch wedges. Remove core.	8†	3/4 cup	1 cup	15
Cabbage, Red (shredded) Remove wilted outer leaves. Quarter the cabbage and shred in thin strips.	5†	3/4 cup	1 cup	15
Carrots (sliced) Wash and scrape. Slice or cut in strips.	2 1/2†	1/4 cup	1/2 cup	15
Carrots (small, whole) Wash and scrape.	4†	1/4 cup	1/2 cup	15
Cauliflower (flowerets) Cut off stem and leaves. Break into flowerets. Wash.	3†	1/2 cup	3/4 cup	15
Cauliflower (whole) Cut off stem and leaves. Remove center of core, leaving only enough to keep flowerets from falling off. Cook on rack.	6-8†	1 cup	1 1/4 cups	15

†Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water.

FRESH VEGETABLES

FRESH VEGETABLES

VEGETABLE	Minutes To Cook After Control Jiggles	Amount of Water		Pounds Pressure
		4 Qt.	6-8 Qt.	
Celery Separate stalks. Wash well with vegetable brush. With a knife pull off tough fibers and scrape off discoloration. Slice.	5†	1/2 cup	3/4 cup	15
Celery Root Peel, wash, slice and dice.	5†	1/2 cup	3/4 cup	15
Corn (on the cob) Remove husks and silk. Wash. Cook on rack.	5†	1 cup	1 1/4 cups	15
Corn (whole kernel) Remove husks and silk. Wash. Cut off cob.	3†	1/2 cup	3/4 cup	15
Eggplant Wash, pare and cut into either 1/2" slices or 1" cubes. Cook at once to prevent discoloration.	3†	1/2 cup	3/4 cup	15
Kale or Collards Wash well in several waters. Remove tough veins and cut in 2" pieces.	4-6†	1/2 cup	3/4 cup	15
Kohlrabi Wash and peel. Cut into 1/2" slices or 1" cubes.	4†	1/2 cup	3/4 cup	15
Okra Cut off ends and wash. Cut into 1/2" pieces.	3†	1/2 cup	3/4 cup	15
Onions (sliced) Peel under running water and slice.	3†	1/2 cup	3/4 cup	15
Onions (whole, medium) Peel under running water.	7-10†	3/4 cup	1 cup	15
Parsnips (sliced) Peel, wash and cut into 1/2" slices.	2†	1/2 cup	3/4 cup	15
Parsnips (halves) Peel, wash and cut in halves. Cook on rack.	7†	3/4 cup	1 cup	15
Peas Shell and wash. Older peas require 3-4 minutes to cook.	2†	1/2 cup	3/4 cup	15

†Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water.

FRESH VEGETABLES

FRESH VEGETABLES

VEGETABLE	Minutes To Cook After Control Jiggles	Amount of Water		Pounds Pressure
		4 Qt.	6-8 Qt.	
Potatoes (sliced)2½†..... Scrub, peel and slice.		1 cup	1¼ cups	15
Potatoes (medium, cut in half).....8†..... Scrub, peel and cut. Cook on rack.		1½ cups	2 cups	15
Potatoes (medium, whole)12-15†..... Scrub. Cook peeled or unpeeled, as desired. Cook on rack.		1½ cups	2 cups	15
Potatoes, Sweet or Yams (quartered).....6†..... Wash, peel and quarter. Cook on rack.		1 cup	1½ cups	15
Potatoes, Sweet or Yams (halves).....8-10†..... Wash, peel and cut in half, lengthwise. Cook on rack.		1 cup	1½ cups	15
Pumpkin8-10†..... Cut in large pieces. Wash. Cook. Remove pulp and mash.		1¼ cups	1½ cups	15
Rutabagas and Turnips5†..... Peel and wash. Cut into ½" cubes or slices.		¾ cup	1 cup	15
Sauerkraut12†.....		½ cup	¾ cup	15
Spinach, Swiss Chard or Other Greens.....1½†..... Wash thoroughly in several waters.		½ cup	¾ cup	15
Squash, Acorn6-7†..... Wash. Cut in half and remove seeds. Cook on rack.		¾ cup	1 cup	15
Squash, Hubbard8-10†..... Wash. Remove seeds. Cut in individual servings. Cook on rack.		¾ cup	1 cup	15
Squash, Summer or Zucchini.....3-4†..... Wash. Cut in pieces or slice. Cook on rack.		¾ cup	1 cup	15
Tomatoes2½†..... Scald 1 minute. Dip in cold water and peel.		¼ cup	½ cup	15
Turnips (see Rutabagas)				

†Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water.

FRESH VEGETABLES

POTATO SALAD AND FRANKFURTERS

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Potatoes, medium size, sliced	5-6	10-12	1. Place the sliced potatoes in MIRRO-MATIC.
Frankfurters, sliced	1 lb.	2 lbs.	2. Put frankfurters on top of potatoes.
Salt	¾ teaspoon	1½ teaspoons	3. Thoroughly mix salt, pepper, oil, vinegar and sugar.
Pepper	¼ teaspoon	½ teaspoon	4. Pour this mixture over potatoes and add the onion.
Cooking oil	¼ cup	½ cup	5. Cover, set control at 15 and cook 2½ minutes after control jiggles.
Vinegar	¼ cup	½ cup	6. Reduce pressure instantly.
Sugar	3 tablespoons	6 tablespoons	7. Add parsley; mix well before serving.
Onions, chopped	½ cup	1 cup	
Parsley, chopped	2 tablespoons	¼ cup	
	Serves 4	Serves 8	

CREAMED CABBAGE

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Cabbage, shredded	3 cups	6 cups	1. Remove outer leaves from cabbage.
Salt	½ teaspoon	1 teaspoon	2. Cut in quarters. Shred fine with a sharp knife.
Water	¾ cup	1 cup	3. Place cabbage in MIRRO-MATIC.
Thin White Sauce (see page 62)	1 cup	2 cups	4. Add water and salt.
Cheddar cheese, grated	½ cup	¾ cup	5. Cover, set control at 15 and cook 3 minutes after control jiggles.
	Serves 4	Serves 8	6. Reduce pressure instantly.
			7. Drain cabbage.
			8. Add white sauce and cheese.

FRESH VEGETABLES

HUBBARD SQUASH

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Cooked squash	2 cups	4 cups	1. Cook squash according to chart directions. 2. Scrape squash from shell and mash it. 3. Add other ingredients and heat the squash thoroughly.
Salt	1/2 teaspoon	1 teaspoon	
Pepper	Dash	Dash	
Bacon drippings	2 tablespoons	1/4 cup	
Brown sugar	2 tablespoons	1/4 cup	
Orange juice	2 tablespoons	1/4 cup	
	Serves 4	Serves 8	

SAUTÉED PARSNIPS

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Parsnips, medium, peeled and cut in halves	4	8	1. Cook parsnips on rack in MIRRO-MATIC with water and salt at 15 for 7 minutes. 2. Reduce pressure instantly. 3. Drain and cool parsnips. 4. Dip them in milk, then in bread crumbs. 5. Sauté in butter or bacon fat until delicately browned. Season with salt and pepper.
Water	3/4 cup	1 cup	
Salt	1/2 teaspoon	1 teaspoon	
Fine bread crumbs	1/2 cup	1 cup	
Butter or bacon fat	3 tablespoons	6 tablespoons	
	Serves 4	Serves 8	

FRESH VEGETABLES

SPICY RED CABBAGE

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Seedless raisins	1/2 cup	1 cup	1. Place all ingredients in MIRRO-MATIC. 2. Cover. Set control at 15 and cook 5 minutes after control jiggles. 3. Reduce pressure instantly. Remove spices.
Fat or bacon drippings	2 tablespoons	4 tablespoons	
Red cabbage, shredded	5 cups	10 cups	
Apples, sliced	1 cup	2 cups	
Cider vinegar	2 tablespoons	1/4 cup	
Onions, chopped	3/4 cup	1 1/2 cups	
Mixed spices, tied in wet cheesecloth	1 teaspoon	1 1/2 teaspoons	
Water	1/4 cup	1/3 cup	
Salt	3/4 teaspoon	1 1/2 teaspoons	
Pepper	1/4 teaspoon	1/4 teaspoon	
Sugar	2 tablespoons	3 tablespoons	
	Serves 4	Serves 8	

HARVARD BEETS

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Beets, peeled and sliced 1/8" thick	4	8	1. Wash, peel and slice beets. 2. Place them in MIRRO-MATIC with water. 3. Cover and cook at 15 for 6 minutes after control jiggles. 4. Reduce pressure instantly. Remove beets. 5. Mix the sugar, cornstarch, water, vinegar and salt together. Add to beet liquid. 6. Cook over low heat, stirring constantly, until mixture is thickened. 7. Add butter and pour sauce over beets.
Water, for cooking	3/4 cup	1 cup	
Sugar	1/2 cup	1 cup	
Cornstarch	1 tablespoon	2 tablespoons	
Water	1/4 cup	1/2 cup	
Vinegar	1/2 cup	1 cup	
Salt	1/2 teaspoon	1 teaspoon	
Butter or margarine	2 tablespoons	1/4 cup	
	Serves 4	Serves 8	

CREAMED SPINACH

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Spinach	1½ lbs.	3 lbs.	- Place thoroughly washed spinach in MIRRO-MATIC with water. - Cover. Set control at 15 and cook 1½ minutes after control jiggles. - Reduce pressure instantly. Drain. - Cool spinach and chop it fine. - Brown onion lightly in fat in a saucepan. - Stir in flour. Gradually add milk and cook until thickened, stirring constantly. - Add seasonings and stir chopped spinach into sauce.
Water	½ cup	¾ cup	
Fat	2 tablespoons	¼ cup	
Onion, minced	1 tablespoon	2 tablespoons	
Flour	1½ tablespoons	3 tablespoons	
Milk	¾ cup	1½ cups	
Salt	¼ teaspoon	½ teaspoon	
Pepper	Dash	¼ teaspoon	
Nutmeg	⅛ teaspoon	¼ teaspoon	
	Serves 4	Serves 8	

THREE MINUTE VEGETABLE PLATE

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Cauliflower, broken in flowerets	1 small head	1 large head	- Wash vegetables and cut as directed. - Put water in MIRRO-MATIC with rack. - Place vegetables on rack. Salt. - Cover. Set control at 15 and cook 3 minutes after control jiggles. - Reduce pressure instantly. - Arrange vegetables on large serving plate. - Serve with hot browned butter or white sauce.
Green beans, cut in half	½ lb.	1 lb.	
Carrots, quartered and cut lengthwise	4 medium	8 medium	
Broccoli, stems cut in quarters	1 small bunch	1 large bunch	
Salt	1 teaspoon	1½ teaspoons	
Water	¾ cup	1 cup	
Browned butter or margarine	3 tablespoons	6 tablespoons	
	Serves 4	Serves 8	

LIMA BEANS AND BACON

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Small dried lima beans	2 cups	4 cups	- 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 25 minutes after control jiggles. - Reduce pressure instantly. - Garnish beans with bacon fried crisp.
Onions, chopped	¼ cup	½ cup	
Salt	1 teaspoon	1½ teaspoons	
Celery, diced	1 cup	2 cups	
Green pepper, chopped	2 tablespoons	¼ cup	
Canned tomatoes	1 cup	2 cups	
Water	½ cup	1 cup	
Butter or bacon fat	2 tablespoons	¼ cup	
Bacon strips, cut in 1" pieces	3	6	
	Serves 4	Serves 8	

GREEN BEANS AND ALMONDS

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Green beans	1 lb.	2 lbs.	- Wash beans and cut them diagonally into thin strips. - Tie summer savory in a small cheesecloth bag. - Put beans, savory, salt and water in MIRRO-MATIC. - Cover. Set control at 15 and cook 3 minutes after control jiggles. - Reduce pressure instantly. Remove savory and drain beans. - Brown the almonds in butter. Add basil and parsley. - Mix with green beans.
Summer Savory	1 teaspoon	1½ teaspoons	
Salt	1 teaspoon	2 teaspoons	
Water	½ cup	¾ cup	
Butter or margarine	3 tablespoons	6 tablespoons	
Almonds, blanched and slivered	3 tablespoons	6 tablespoons	
Basil	¼ teaspoon	½ teaspoon	
Parsley, chopped	1½ tablespoons	3 tablespoons	
	Serves 4	Serves 8	

DRIED VEGETABLES DRIED FRUITS

DIRECTION TABLE—DRIED VEGETABLES

Soak all dried vegetables overnight in water to cover. Then drain, add necessary water and cook.

VEGETABLE	Minutes To Cook After Control Jiggles	Amount of Water for 1 Cup of Vegetables		Pounds Pressure
		4 Qt.	6-8 Qt.	
Black Eyed Peas	10*	1½ cups	2 cups	15
Great Northern Beans	20*	2 cups	2½ cups	15
Kidney Beans	30*	2 cups	2½ cups	15
Lentils	20*	2 cups	2½ cups	15
Lima Beans, large	30*	2 cups	2½ cups	15
Lima Beans, small	25*	2 cups	2½ cups	15
Navy Beans	30*	2 cups	2½ cups	15
Pea Beans	20*	2 cups	2½ cups	15
Soy Beans	35*	2 cups	2½ cups	15

NEVER FILL PAN MORE THAN ¾ FULL OF LIQUID.

*Cool pan normally 5 minutes, then place under faucet.

DIRECTION TABLE—DRIED FRUITS

For best results, cover dried fruits with water for about 1 hour before cooking. Cook fruit with the amount of water specified in the table below, using the water in which they were soaked.

FRUIT	Minutes To Cook After Control Jiggles	Amount of Water Per 1 Pound of Fruit	Pounds Pressure
Apples	2†	2 cups.....	15
Apricots	2†	2 cups.....	15
Figs	6†	2 cups.....	15
Peaches	4†	2 cups.....	15
Pears	4†	2 cups.....	15
Prunes	5-6†	2 cups.....	15
Raisins	5†	1 cup	15

†Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water.

CEREALS

CEREALS

Your MIRRO-MATIC will prove to be a time and fuel saver when preparing the long-cooking cereals. Measure the water and salt into the pan and bring it to a boil. Stir the cereal into the boiling water. Then reduce heat to medium and cover the pan. Set the MIRRO-MATIC control in place and allow pressure to build up gradually on medium heat. If too high heat is used, liquid may be forced out of the vent.

When control jiggles, begin counting cooking time. Keep heat only as high as necessary to make control jiggle 1 to 3 times per minute. After cooking required length of time, be certain that the pressure is down before attempting to remove the control. Test in the usual way by nudging it.

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

DIRECTION TABLE—CEREALS

CEREAL	Cups Cereal		Cups Water		Minutes To Cook After Control Jiggles	Pounds Pressure
	4 Qt.	6-8 Qt.	4 Qt.	6-8 Qt.		
Corn Meal	1	2	3½	7	10*	15
Mix to a paste in 1 cup cold water. Add to boiling water.						
Cracked Wheat	1	2	3½	7	15*	15
Hominy Grits	1	2	3	6	12-15*	15
Rolled Oats (old-fashioned)	1	2	2	4	5*	15
Steel Cut Oats	1	2	2½	5	25-30*	15

*Cool pan normally for 5 minutes, then place under faucet.

NEVER FILL PAN MORE THAN ¾ FULL OF LIQUID.

MEATS AND FOWL

Your MIRRO-MATIC pressure pan will very probably become your favorite meat tenderizer. Economy meat cuts or stewing chickens are made tender in approximately one-third of the cooking time required by other cooking methods. Try some of the meats below, using recipes on the following pages or your

own favorite ones. When preparing your own recipes, determine the cooking time by consulting the chart or by taking the time from a similar recipe in this book or by dividing the cooking time of your recipe by about three.

Beef

Chuck roast
Rump roast
Blade roast
Round steak
(Swiss steak)
Flank steak
Corned beef
Stew
Fresh beef brisket
Shanks
Short ribs
Ox tail
Heart
Tongue
Liver

Pork

Hocks
Shoulder
Chops
Steak
Heart

Lamb

Shoulder
Breast
Shanks
Neck
Stew meat
Riblets
Heart

Ham

Salt pork

Veal

Rump roast
Shoulder
Shanks
Round steak
Breast
Riblets
Heart
Tongue

The cooking time for meats will vary somewhat, depending upon the type of cut, grade of meat, amount of bone, etc. The chart on the next page is a good guide. Cooking time is given as a total rather than per pound.

BROWN MEATS BEFORE COOKING

Most meats, with the exception of corned beef, salt pork and tongue should be browned thoroughly in hot fat in the MIRRO-MATIC pan before pressure cooking. Roasts may also be given a finishing touch by browning under the broiler for a few minutes while gravy is being made. Use the rack only if

directions call for it or if $\frac{1}{4}$ cup 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, cool pan normally for 5 minutes, then place under faucet to reduce pressure after cooking meat.

DIRECTION TABLE—MEATS

MEAT	Minutes To Cook After Control Jiggles	Amount of Water		Pounds Pressure
		4 Qt.	6-8 Qt.	
Beef Pot Roast (blade, chuck or rump 3-4" thick)	45-60*	1 cup	1 $\frac{1}{4}$ cups	10
Beef Short Ribs	45-50*	1 cup	1 $\frac{1}{4}$ cups	10
Beef, Corned (3-4" thick)	60*	3 cups	4 cups	10
Bulk corned beef out of brine must be covered with cold water several hours before cooking. Drain and cook with fresh water.				
Flank Steak	45*	$\frac{3}{4}$ cup	1 cup	10
See recipe, page 38.				
Round Steak (Swiss) ($\frac{3}{4}$" thick)	30-35*	1 cup	1 $\frac{1}{4}$ cups	10
Beef Stew (1$\frac{1}{2}$" pieces)	25-30*	1 $\frac{1}{2}$ cups	1 $\frac{3}{4}$ cups	10
Beef Tongue	60*	2 cups	2 $\frac{1}{2}$ cups	10
Fresh — Cook. Cool in cooking liquid. Skin. Smoked — Cook. Cool in cooking liquid. Skin. Cured (corned) — Cover with water several hours. Drain. Cook. Cool in cooking liquid. Skin. See recipe, page 44.				
Beef Heart	60*	1 $\frac{1}{2}$ cups	2 cups	10
Remove veins. Cover with salted water for half hour. Drain. Add fresh water and $\frac{1}{4}$ cup vinegar. Cook.				
Beef Liver	6*	$\frac{3}{4}$ cup	1 cup	10
Slice. Cook on a rack.				
Chicken (fried) (yearling)	18-25*	1 cup	1 $\frac{1}{4}$ cups	10
See recipe, page 35.				
Chicken (stewed)	30-40*	1 $\frac{1}{2}$ cups	2 cups	10
See recipe for Chicken a la King, page 38.				

*Cool pan normally for 5 minutes, then place under faucet.

DIRECTION TABLE—MEATS

MEAT	Minutes To Cook After Control Jiggles	Amount of Water		Pounds Pressure
		4 Qt.	6-8 Qt.	
Chicken (fricasseed) (yearling)	25-30*	1½ cups	2 cups	10
Ham (shank, uncooked, 3-5 lbs.)	45-60*	2 cups	2½ cups	10
Ham (picnic shoulder, uncooked 3-6 lbs.)	45-60*	2 cups	2½ cups	10
Ham Slices (uncooked)				
½ inch slice	6-8*	½ cup	¾ cup	10
1 inch slice	12-14*	½ cup	¾ cup	10
2 inch slice	18-25*	¾ cup	1 cup	10
Lamb Shoulder (3-6 lbs.)	45-60*	1½ cups	2 cups	10
Lamb Steak (½" thick)	12*	½ cup	¾ cup	10
Lamb Stew (1½" pieces)	20*	1½ cups	2 cups	10
See recipe, page 30.				
Mutton (boiled) (4-6 lbs.)	60*	2 cups	2½ cups	10
Remove skin and fat. Cook.				
Oxtails	60*	1½ cups	2 cups	10
Partridge	15*	¾ cup	1 cup	10
Brown in pan. Cook on rack.				
Pheasant	20-25*	1 cup	1¼ cups	10
See recipe, page 49.				
Pork Shanks	45*	2 cups	2½ cups	10
Pork Shoulder (2½" thick)	45-50*	1¼ cups	1½ cups	10
Brown in pan. Cook on rack.				
Pork Chops	12*	¾ cup	1 cup	10
Brown in pan. Cook on rack.				
Rabbit	18-20*	¾ cup	1 cup	10
See recipe, page 48.				
Spareribs	20*	¾ cup	1 cup	10
Brown in pan and cook. Or cook on sauerkraut.				
Squirrel	25-30*	1 cup	1¼ cups	10
Veal Heart	45*	1½ cups	2 cups	10
Veal Shank	50-60*	2 cups	2½ cups	10
Veal Steak (½" thick)	18-20*	½ cup	1 cup	10
Veal Stew (1½" pieces)	20*	1½ cups	2 cups	10
See recipe, page 30.				
Veal Tongue	30*	1½ cups	2 cups	10
See directions for Beef tongue.				
Venison (pot roast, 3-4" thick)	40-50*	1 cup	1¼ cups	10
See recipe, page 49.				

*Cool pan normally for 5 minutes, then place under faucet.

STUFFED PORK CHOPS

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Pork Chops (cut 1½" thick with pocket along side of bone)	4	8	1. Stuff pork chops with croutons and parsley. Season with salt and pepper.
Croutons (bread cubes browned in butter)	1½ cups	3 cups	2. Brown chops in hot fat in MIRRO-MATIC.
Parsley	2 tablespoons	4 tablespoons	3. Place browned meat on rack in pan.
Salt	¾ teaspoon	1½ teaspoons	4. Add consomme and water.
Pepper	Dash	¼ teaspoon	5. Cover, set control at 10 and cook 12-15 minutes after control jiggles.
Butter or margarine, melted	2 tablespoons	3 tablespoons	6. Cool pan normally 5 minutes, then place under faucet. Thicken gravy, see recipe page 46.
Consomme	1 10½-oz. can	1 10½-oz. can	
Water	½ cup	1 cup	
	Serves 4	Serves 8	

LAMB AND GREEN BEANS

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Fat	2 tablespoons	3 tablespoons	1. Brown the lamb in hot fat in the MIRRO-MATIC.
Lamb (breast, cut in 2" squares)	2 lbs.	4 lbs.	2. Add salt, pepper, water and vinegar.
Salt	1½ teaspoons	2 teaspoons	3. Cover, set control at 10 and cook for 15 minutes after control jiggles.
Pepper	Dash	¼ teaspoon	4. Cool pan for 5 minutes, then reduce pressure instantly.
Water	1½ cups	2 cups	5. Add onions and beans. Set control at 10 and cook 5 minutes after control jiggles. Reduce pressure instantly.
Vinegar	3 tablespoons	5 tablespoons	6. For thickening, add 2 tablespoons flour mixed with ½ cup cold water for each cup of liquid. Simmer a few minutes with cover off.
Onions, small whole	4	8	
Fresh or frozen green beans	3 cups	6 cups	
	Serves 4	Serves 8	

MEXICAN SCRAMBLE

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Round steak (1/2" cubes)	1 lb.	2 lbs.	1. Brown the meat, onion and green 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 12 minutes after control jiggles. 5. Cool normally for 5 minutes, then place pan under faucet. 6. Thicken gravy with cornstarch mixed with cold water. Cook until clear.
Onions, chopped	3 tablespoons	6 tablespoons	
Green pepper, chopped	1 tablespoon	2 tablespoons	
Fat	2 tablespoons	1/4 cup	
Salt	1 teaspoon	2 teaspoons	
Pepper	1/4 teaspoon	1/4 teaspoon	
Whole kernel corn, drained	1 No. 303 can (2 cups)	2 No. 303 cans (4 cups)	
Tomato juice	1 1/4 cups	2 1/2 cups	
Chili powder	1/2 teaspoon	1 teaspoon	
Cornstarch	1 tablespoon	2 tablespoons	
Water	1/4 cup	1/4 cup	
	Serves 4	Serves 8	

STEAK AND KIDNEY PIE

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Round steak (1 1/2" pieces)	1 1/4 lbs.	2 1/2 lbs.	1. Parboil kidneys for 2 minutes. Drain. 2. Mix salt, pepper and flour. Sprinkle over steak and kidneys. 3. Brown steak and kidneys in hot fat in MIRRO-MATIC. 4. Add onions, Worcestershire sauce and water. 5. Cover. Set control at 10 and cook 25-30 minutes after control jiggles. 6. Cool normally for 5 minutes, then place under faucet. 7. Thicken liquid with 2 tablespoons flour blended with 1/2 cup of cold water for each cup liquid. Cook, stirring, until thickened. 8. Place in baking dish. Top with baking powder biscuit dough and bake 15-18 min. at 450° F.
Lamb or veal kidneys, sliced	1/2 lb.	1 lb.	
Salt	1 teaspoon	2 teaspoons	
Pepper	1/4 teaspoon	1/2 teaspoon	
Flour	2 tablespoons	1/4 cup	
Fat	2 tablespoons	3 tablespoons	
Onion, chopped	1/2 cup	1 cup	
Worcestershire sauce	1 tablespoon	1 1/2 tablespoons	
Water or consomme	1 1/2 cups	2 1/2 cups	
	Serves 4	Serves 8	

CHOP SUEY

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Pork, veal or beef (1" cubes)	1 lb.	2 lbs.	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 with cornstarch mixed in cold water. Cook 1 minute. Serve with hot rice.
Fat	2 tablespoons	1/4 cup	
Celery, (cut in 1" pieces)	1 cup	2 cups	
Onions, sliced	1 cup	2 cups	
Salt	1/2 teaspoon	1 teaspoon	
Pepper	Dash	1/4 teaspoon	
Water	1 cup	2 cups	
Bean sprouts	1 No. 2 can (2 1/2 cups)	2 No. 2 cans (5 cups)	
Soy sauce	1/4 cup	1/2 cup	
Cornstarch	3 tablespoons	5 tablespoons	
Water	1/4 cup	1/2 cup	
	Serves 4	Serves 8	

RICE

The best way to pressure cook rice is in a mold or pan set on the rack in the MIRRO-MATIC.

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	Individual Molds	One-Quart Mold	
Rice	2 tablespoons	1 cup	1. Place rice, water and salt in greased molds. 2. Place molds on rack in MIRRO-MATIC. 3. Add 2 cups water. 4. Cover, set control at 5 and cook for 15 minutes after control jiggles. 5. Reduce pressure instantly and remove rice from molds.
Water	1/4 cup	1 1/2 cups	
Salt	1/8 teaspoon	1 teaspoon	

CHOW MEIN

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Pork, diced	1/2 lb.	1 lb.	1. Brown meat thoroughly in hot fat in MIRRO-MATIC.
Beef, diced	1/2 lb.	1 lb.	
Veal, diced	1/2 lb.	1 lb.	2. Add water, onions, celery, salt and pepper.
Fat	3 tablespoons	1/4 cup	
Water	1 cup	2 cups	3. Cover, set control at 10 and cook 10 minutes after control jiggles.
Onions, sliced	1 cup	2 cups	
Celery, sliced	3 cups	6 cups	4. Reduce pressure normally for 5 minutes, then place under faucet.
Salt	1/2 teaspoon	1 teaspoon	
Pepper	Dash	1/4 teaspoon	5. Add cornstarch mixed with water.
Cornstarch	2 tablespoons	1/4 cup	
Water	1/2 cup	1 cup	6. Add soy sauce, bean sprouts, mushrooms and chestnuts. Cook and stir until thickened. Serve on hot rice.
Soy sauce	1/4 cup	1/2 cup	
Bean sprouts	1 No. 2 can (2 1/2 cups)	2 No. 2 cans (5 cups)	
Mushrooms	1/2 cup	1 cup	
Water chestnuts, sliced	1 10-oz. can Serves 4	2 10-oz. cans Serves 8	

SPANISH RICE

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Bacon	4 slices	8 slices	1. Cook bacon, green pepper and onion until light brown in MIRRO-MATIC.
Green pepper, chopped	1/4 cup	1/2 cup	
Onion, sliced	1 cup	2 cups	2. Add tomatoes, rice, water, salt, pepper and sugar.
Tomatoes	1 No. 2 can (2 1/2 cups)	2 No. 2 cans (5 cups)	
Rice	1 cup	2 cups	3. Stir well; bring to a boil. Reduce heat.
Water	1/2 cup	1 cup	
Salt	3/4 teaspoon	1 1/2 teaspoons	4. Cover, set control at 10 and cook 10 minutes after control jiggles. Reduce pressure normally for 5 minutes, then place under faucet.
White pepper	Dash	1/4 teaspoon	
Sugar	2 teaspoons Serves 4	4 teaspoons Serves 8	

HUNGARIAN GOULASH

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Beef (1" cubes)	1/2 lb.	1 lb.	1. Brown meat in hot fat in MIRRO-MATIC.
Veal (1" cubes)	1 lb.	2 lbs.	
Fat	2 tablespoons	3 tablespoons	2. Add onions, season with salt, pepper, paprika, bay leaf, marjoram and water.
Onions, sliced	1 cup	1 1/2 cups	
Salt	1 teaspoon	2 teaspoons	3. Cover, set control at 10; cook 15 minutes after control jiggles. Cool pan normally 5 minutes and then reduce pressure instantly.
Pepper	1/4 teaspoon	1/2 teaspoon	
Paprika	1/2 teaspoon	1 teaspoon	4. Place potatoes, carrots, turnips and pepper on rack over the meat.
Bay leaf	1/2 leaf	1 leaf	
Powdered marjoram	1/2 teaspoon	1 teaspoon	5. Cover, set control at 10 and cook for 10 minutes after control jiggles.
Water	1 1/2 cups	3 cups	
Potatoes, medium	4	8	6. Reduce pressure instantly.
Carrots, medium, cut lengthwise	4	8	
Turnips, cut in half	2	4	7. Mix vegetables with meat. Thicken gravy, see recipe on page 46.
Green pepper, chopped	1/2 cup Serves 4	1 cup Serves 8	

SPAGHETTI SAUCE

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Olive oil or fat	1/3 cup	3/4 cup	1. Heat olive oil in MIRRO-MATIC; add meat and stir.
Ground beef	1 lb.	2 lbs.	
Onions, sliced	1 cup	2 cups	2. Add remaining ingredients.
Salt	1 teaspoon	2 teaspoons	
Garlic	1 small clove	1 clove	3. Cover, set control at 10 and cook 5 minutes after control jiggles.
Green pepper, diced	1/2 cup	1 cup	
Mushrooms	1/2 cup	1 cup	4. Reduce pressure instantly. Remove cover, place cooked 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.)
Tomato paste	1 6-oz. can	2 6-oz. cans	
Tomatoes	1 No. 2 can (2 1/2 cups)	2 No. 2 cans (5 cups)	
Parmesan cheese, grated	Serves 4	Serves 8	

VEAL OR LAMB STEW WITH DUMPLINGS

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Veal or lamb (2" cubes)	1½ lbs.	3 lbs.	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 normally for 5 minutes, then place under faucet. 4. Add onions and carrots. Cover, set control at 10 and cook for 10 minutes after control jiggles. Reduce pressure instantly.
Fat	3 tablespoons	5 tablespoons	
Salt	1 teaspoon	2 teaspoons	
Pepper	Dash	¼ teaspoon	
Bay leaf	½ leaf	1 leaf	
Water	1½ cups	3 cups	
Onions, medium	4	8	
Carrots, medium	4	8	
	Serves 4	Serves 8	

DUMPLINGS

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
All-purpose flour, sifted	1½ cups	2½ cups	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. Thicken gravy, see recipe page 46.
Salt	1 teaspoon	2 teaspoons	
Baking powder	2 teaspoons	4 teaspoons	
Egg	1	2	
Milk	½ cup	1 cup	
	Serves 4	Serves 8	

SWISS STEAK WITH PICKLED ONIONS

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Flour	½ cup	¾ cup	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 35 minutes after control jiggles. 6. Reduce pressure normally for 5 minutes, then place under faucet.
Salt	1 teaspoon	2 teaspoons	
Pepper	Dash	¼ teaspoon	
Round steak (¾" thick)	1½ lbs.	2½ lbs.	
Fat	3 tablespoons	5 tablespoons	
Pickled onions	1 10-oz. bottle	1 10-oz. bottle	
Pickled onion juice and water	¾ cup	1½ cups	
	Serves 4	Serves 8	

BEEF NOODLE CASSEROLE

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Fat	1 tablespoon	2 tablespoons	1. Brown meat in hot fat in MIRRO-MATIC. 2. Add other ingredients and stir. 3. Cover, set control at 15 and cook for 5 minutes after control jiggles. 4. Reduce pressure instantly. 5. For a heavier consistency, this mixture may be thickened by cooking uncovered with mixture of flour and water, stirring constantly.
Ground beef	½ lb.	1 lb.	
Salt	1 teaspoon	2 teaspoons	
Pepper	¼ teaspoon	½ teaspoon	
Worcestershire sauce	1 teaspoon	2 teaspoons	
Onion, sliced	¼ cup	½ cup	
Mushrooms, sliced	1 4-oz. can	2 4-oz. cans	
Wide noodles, uncooked	1 cup	2 cups	
Tomato sauce	1 8-oz. can (1 cup)	2 8-oz. cans (2 cups)	
Water	1 8-oz. can (1 cup)	2 8-oz. cans (2 cups)	
Flour } For thickening	1½ tablespoons	3 tablespoons	
Water }	¼ cup	½ cup	
	Serves 4	Serves 8	

STUFFED GREEN PEPPERS

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Green peppers	4	8	1. Remove seeds and wash peppers. Parboil 3 minutes. 2. Combine rice, salt, pepper, ground beef, egg, milk and onion. 3. Stuff peppers lightly and place in MIRRO-MATIC pan on rack. 4. Add tomato soup and water. Cover pan. Set control at 10 and cook for 15 minutes after control jiggles. 5. Reduce pressure normally for 5 minutes, then place pan under faucet.
Ground beef	¾ lb.	1½ lbs.	
Cooked rice	⅓ cup	⅔ cup	
Salt	1 teaspoon	1½ teaspoons	
Pepper	Dash	¼ teaspoon	
Egg	1	2	
Milk	¼ cup	½ cup	
Onion, chopped	⅓ cup	⅔ cup	
Tomato soup	1 10½-oz. can	2 10½-oz. cans	
Water	¾ cup	1½ cups	
	Serves 4	Serves 8	

SWEDISH MEAT BALLS

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Ground beef, finely ground	1 lb.	2 lbs.	1. Combine meat, crumbs, egg, milk, minced onion, salt, pepper and nutmeg. 2. Form into balls, 1½ inches in diameter, using as little pressure as possible. 3. Brown well in fat in the MIRRO-MATIC pan. Place meat balls on rack. 4. Add water. Cover, set control at 10 and cook 5 minutes after control jiggles. 5. Cool pan normally for 5 minutes, then place under faucet. To serve, remove meat balls to hot platter and thicken the gravy. See gravy recipe on page 46.
Fine bread crumbs	1 cup	2 cups	
Egg	1	2	
Milk	½ cup	1 cup	
Onion, minced	2 tablespoons	¼ cup	
Salt	1 teaspoon	2 teaspoons	
Pepper	Dash	¼ teaspoon	
Nutmeg	⅓ teaspoon	¼ teaspoon	
Fat	2 tablespoons	3 tablespoons	
Water	¾ cup	1½ cups	
	Serves 4	Serves 8	

CORNEBEEF AND CABBAGE

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Corned beef brisket	2 lbs.	4 lbs.	1. See chart on page 23. 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. Reduce pressure instantly.
Water	3 cups	4 cups	
Carrots	4	8	
Potatoes	4	8	
Cabbage, cut in quarters	1 small head	1 medium head	
Onions, whole	4	8	
	Serves 4	Serves 8	

BEEF POT ROAST

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Fat or suet	3 tablespoons	5 tablespoons	1. Cut suet into small pieces and fry out in 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.
Beef pot roast (3-4" thick)	2 lbs.	4 lbs.	
Salt	1½ teaspoons	1 tablespoon	
Pepper	¼ teaspoon	½ teaspoon	
Onions, medium, sliced	2	4	
Water	1 cup	1¼ cups	
	Serves 4	Serves 8	See gravy recipe page 46.

SPARERIBS, SAUERKRAUT AND POTATOES

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Spareribs	2½ lbs.	5 lbs.	1. Brown spareribs in hot fat in MIRRO-MATIC.
Fat	1 tablespoon	2 tablespoons	2. Add salt and pepper.
Salt	1 tablespoon	2 teaspoons	3. Put sauerkraut in bottom of pan and sprinkle with brown sugar.
Pepper	Dash	¼ teaspoon	4. Place ribs and potatoes over kraut. Add water.
Sauerkraut	1 No. 2 can (2½ cups)	2 No. 2 cans (5 cups)	5. Cover, set control at 10 and cook 20 minutes after control jiggles.
Brown sugar	1 tablespoon	2 tablespoons	6. Reduce pressure normally for 5 minutes, then place pan under faucet.
Potatoes, medium, whole	4	8	
Water	⅔ cup	1⅓ cups	
	Serves 4	Serves 8	

HAM WITH ORANGE SAUCE

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Ham (¾" thick, cut in serving pieces)	1 slice	2 slices	1. Press whole cloves into each cut of ham.
Whole cloves			2. Brown ham in hot fat in MIRRO-MATIC. Add brown sugar, orange juice, water and potatoes.
Fat	1 tablespoon	2 tablespoons	3. Cover, set control at 10 and cook for 12 minutes after control jiggles.
Brown sugar	2 tablespoons	¼ cup	4. Cool normally for 5 minutes, then place under faucet.
Orange juice	½ cup	1 cup	To make Sauce:
Water	½ cup	1 cup	Mix cornstarch with lemon juice or cold water. Add to boiling liquid and cook until clear, about 1 minute.
Sweet potatoes, peeled and cut in halves	2	4	
Cornstarch	1 tablespoon	2 tablespoons	
Lemon juice	2 tablespoons	¼ cup	
	Serves 4	Serves 8	

FRIED CHICKEN

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Chicken (3-4 lb. fryer)	1	2	1. Cut chicken into individual servings. Mix flour, salt, pepper and paprika and dredge the chicken.
Flour	¼ cup	½ cup	2. Brown in hot fat in MIRRO-MATIC. Add onion and water. Place chicken on rack.
Salt	1½ teaspoons	1 tablespoon	3. Cover, set control at 10 and cook 18 to 25 minutes (depending on age of chicken) after control jiggles.
Pepper	Dash	¼ teaspoon	4. Reduce pressure normally for 5 minutes, then place under faucet.
Paprika	1 teaspoon	2 teaspoons	5. Place chicken under broiler for a few minutes to crisp. Serve with gravy. See recipe page 46.
Fat	¼ cup	½ cup	Old chickens require from 30-40 minutes of cooking time.
Onion, small	1	2	
Water	1 cup	1¼ cups	
	Serves 4	Serves 8	

BEEF STEW

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Beef (1½" pieces)	1½ lbs.	3 lbs.	1. Brown meat in hot fat in MIRRO-MATIC. Season with salt, pepper and paprika. Add water.
Fat	2 tablespoons	¼ cup	2. Cover, set control at 10 and cook 15 minutes after control jiggles.
Salt	1 teaspoon	2 teaspoons	3. Cool pan normally 5 minutes and then reduce pressure instantly. Add onions, carrots and potatoes.
Pepper	¼ teaspoon	¼ teaspoon	4. Cover, set control at 10 and cook 10 minutes after control jiggles.
Paprika	¼ teaspoon	½ teaspoon	5. Reduce pressure instantly. See recipe for gravy page 46.
Water	1½ cups	1¾ cups	
Onion, chopped	½ cup	1 cup	
Carrots, whole	4	8	
Potatoes, whole, medium	4	8	
	Serves 4	Serves 8	

QUICK PORK CHOP DINNER

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Pork chops (1/2" thick)	4	8	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 12 minutes after control jiggles. 4. Cool pan for 5 minutes, then reduce pressure instantly.
Prepared mustard	2 tablespoons	4 tablespoons	
Flour	2 tablespoons	1/4 cup	
Salt	3/4 teaspoon	1 1/2 teaspoons	
Pepper	Dash	1/4 teaspoon	
Fat	2 tablespoons	3 tablespoons	
Chicken rice soup	1 10 1/2-oz. can	2 10 1/2-oz. cans	
Water	1/2 cup	1 cup	
	Serves 4	Serves 8	

VEAL SCALOPINI

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Veal (1/2" slices)	1 1/4 lbs.	2 1/2 lbs.	1. Cut veal into serving pieces. 2. Mix flour, salt, pepper and paprika together and coat the veal thoroughly. 3. Brown the meat in fat in the MIRRO-MATIC. 4. Add garlic and onions and brown lightly. 5. Add mustard and tomato juice. 6. Cover, set control at 10 and cook for 18-20 minutes after control jiggles. 7. Cool pan normally five minutes and then place under faucet. 8. Add the mushrooms and parsley and heat thoroughly.
Flour	3 tablespoons	6 tablespoons	
Salt	1 teaspoon	2 teaspoons	
Pepper	Dash	1/4 teaspoon	
Paprika	1/2 teaspoon	1 teaspoon	
Fat	3 tablespoons	5 tablespoons	
Garlic, chopped fine	1 small clove	2 small cloves	
Onion, sliced	1 medium	2 medium	
Dry mustard	1/2 teaspoon	1 teaspoon	
Tomato juice	1 1/2 cups	3 cups	
Mushrooms, sliced	1/2 cup	1 cup	
Parsley, chopped	2 tablespoons	1/4 cup	
	Serves 4	Serves 8	

HOT TAMALES

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Butter or margarine	2 tablespoons	1/4 cup	1. Brown ground beef, onion and green pepper in butter in MIRRO-MATIC. 2. Add remainder of ingredients. 3. Cover, set control at 10 and cook for 10 minutes after control jiggles. 4. Reduce pressure instantly. 5. Serve on split buns. Note: If mixture is not thick enough, cook it uncovered to evaporate the liquid.
Ground beef	1 lb.	2 lbs.	
Onion, chopped	1 tablespoon	2 tablespoons	
Green pepper, chopped	1 tablespoon	2 tablespoons	
Tomato soup	1 10 1/2-oz. can	2 10 1/2-oz. cans	
Worcestershire sauce	1/2 teaspoon	1 teaspoon	
Catsup	3 tablespoons	6 tablespoons	
Salt	1/2 teaspoon	1 teaspoon	
Pepper	Dash	1/4 teaspoon	
Dry mustard	1 teaspoon	2 teaspoons	
Water	2 tablespoons	1/4 cup	
	Yields 1 pint	Yields 1 quart	

CHICKEN PAPRIKA

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Chicken (3 lbs.)	1	2	1. Cut chicken in individual servings. 2. Mix salt, pepper, paprika and flour and roll chicken in flour mixture. 3. Brown in hot fat in MIRRO-MATIC. Place on rack. 4. Slowly add water and bouillon cube. 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.
Salt	1 teaspoon	2 teaspoons	
Pepper	Dash	1/4 teaspoon	
Paprika	1 teaspoon	2 teaspoons	
Flour	3 tablespoons	6 tablespoons	
Fat	1/4 cup	6 tablespoons	
Chicken bouillon cubes	1	2	
Water	1 1/2 cups	2 cups	
Sour cream	1 cup	2 cups	
	Serves 4	Serves 8	

CHICKEN A LA KING

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Chicken, cooked and cut into pieces	2 cups	4 cups	1. To cook chicken, see chart, page 23, for stewed chicken.
Butter or margarine	1/4 cup	1/2 cup	2. Melt butter in saucepan.
Flour	5 tablespoons	10 tablespoons	3. Blend in flour and gradually add chicken broth and milk and cook over low heat until thickened, stirring constantly.
Chicken broth	1 cup	2 cups	4. Add a portion of the hot mixture to the egg yolks, then return it to the saucepan.
Milk	1 cup	2 cups	5. Stir in salt, pimiento, mushrooms and chicken.
Egg yolk, beaten	1	2	
Salt	1/2 teaspoon	1 teaspoon	
Pimiento	2 tablespoons	1/4 cup	
Mushrooms	1/2 cup	1 cup	
	Serves 4	Serves 8	

FLANK STEAK WITH DRESSING

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Flank steak (2 lbs.)	1 steak	2 steaks	1. Heat sausage meat in fry pan. Pour off excess fat.
Dressing:			2. Add other ingredients.
Sausage meat	3/4 cup	1 1/2 cups	3. Trim edges of steak and sprinkle salt and pepper on it.
Apple, peeled and sliced	1	2	4. Spread dressing over flank steak, roll it up loosely and tie it securely.
Dried bread crumbs	1 1/2 cups	3 cups	5. Brown steak on all sides in fat in MIRRO-MATIC.
Onion, minced	1 tablespoon	2 tablespoons	6. Add water, cover and cook at 10 for 45 minutes after control jiggles.
Salt	1/4 teaspoon	1/2 teaspoon	7. Cool pan normally for 5 minutes and then place under faucet. Thicken gravy, see recipe page 46.
Fat	3 tablespoons	6 tablespoons	
Water	3/4 cup	1 cup	
	Serves 4	Serves 8	

IRISH STEW

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Lamb shank (cut in 2" pieces)	1 1/2 lbs.	3 lbs.	1. Brown meat in hot fat in MIRRO-MATIC. Add water and seasoning.
Fat	2 tablespoons	3 tablespoons	2. Cover, set control at 10 and cook for 15 minutes after control jiggles.
Water	1 1/2 cups	2 cups	3. Cool pan for 5 minutes, then reduce pressure instantly. Add vegetables.
Salt	1 teaspoon	2 teaspoons	4. Cover, set control at 15 and cook for 5 minutes after control jiggles.
Paprika	1/2 teaspoon	1 teaspoon	5. Reduce pressure instantly. Thicken liquid, see recipe for gravy page 46.
Celery seed	1 teaspoon	2 teaspoons	
Onion, chopped	1/2 cup	1 cup	
Turnips, diced	1 cup	2 cups	
Carrots, sliced	1 cup	2 cups	
Potatoes, diced	1 cup	2 cups	
Parsnips, diced	1 cup	2 cups	
	Serves 4	Serves 8	

CABBAGE ROLLS

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Large cabbage leaves	8	16	1. Pour boiling water over cabbage leaves. Let stand for 5 minutes. Drain.
Ground beef	1 lb.	2 lbs.	2. Season meat; add onion, rice and eggs.
Salt	1 teaspoon	2 teaspoons	3. Roll a portion of filling into each leaf; fasten ends with toothpicks.
Pepper	1/4 teaspoon	1/2 teaspoon	4. Place the cabbage rolls on rack in the MIRRO-MATIC.
Onion, chopped	2 tablespoons	1/4 cup	5. Pour tomato soup and water over rolls.
Cooked rice	1 cup	2 cups	6. Cover, set control at 15 and cook 8 minutes after control jiggles.
Egg	1	2	7. Reduce pressure normally for 5 minutes and then place pan under faucet.
Tomato soup	1 10 1/2-oz. can	2 10 1/2-oz. cans	
Water	3/4 cup	1 1/2 cups	
	Serves 4	Serves 8	

SAUERBRATEN

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Beef pot roast (3-4" thick)	2 lbs.	4 lbs.	- Cover meat with vinegar and water, onions, bay leaves, cloves, salt, pepper and sugar. Let stand in refrigerator for 24 hours. - Remove from the spiced vinegar and wipe dry. - Brown meat in hot fat in MIRRO-MATIC. Place meat on rack. - Strain the vinegar mixture and add 1½ cups to the meat in the 2½ or 4 qt. pans or 3 cups in the 6-8 qt. pans. - Cover, set control at 10 and cook for 45 to 60 minutes after control jiggles. Reduce pressure normally for 5 minutes, then place pan under faucet. - Thicken gravy with crumbled gingersnaps.
Vinegar	1 cup	2 cups	
Water	1 cup	2 cups	
Onions, sliced	1 cup	2 cups	
Bay leaves	2 leaves	4 leaves	
Whole cloves	8 cloves	16 cloves	
Salt	1½ teaspoons	1 tablespoon	
Pepper	Dash	¼ teaspoon	
Sugar	1 tablespoon	2 tablespoons	
Fat	3 tablespoons	5 tablespoons	
Gingersnaps	6	12	
	Serves 4	Serves 8	

BAKED BEANS

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Dried navy beans or Great Northern beans	2 cups	4 cups	- Cover beans with water and let stand overnight. Drain. - Sear meat in MIRRO-MATIC only until golden brown. - Add chopped onion and stir. Add beans, molasses, sugar, mustard, salt, pepper and water. - Cover, set control at 15 and cook 25 minutes after control jiggles. - Reduce pressure normally.
Bacon or salt pork	3 slices	6 slices	
Onion, chopped	2 tablespoons	¼ cup	
Molasses or syrup	¼ cup	½ cup	
Brown sugar	3 tablespoons	6 tablespoons	
Dry mustard	1 teaspoon	2 teaspoons	
Salt	1 teaspoon	2 teaspoons	
Pepper	Dash	¼ teaspoon	
Water	2 cups	4 cups	
	Serves 4	Serves 8	

BRAISED LAMB SHANKS

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Lamb shanks	4	8	- Combine salt, pepper and flour. Dredge meat thoroughly. - Brown meat in hot fat in MIRRO-MATIC. Add water. - Cover, set control at 10 and cook 45 minutes after control jiggles. Cool pan normally 5 minutes and then reduce pressure instantly. - Mix cooked prunes and apricots. Pour syrup over them. Mix lightly. Do not crush fruit. Serve hot with lamb shanks.
Salt	1 teaspoon	2 teaspoons	
Pepper	¼ teaspoon	½ teaspoon	
Flour	2 tablespoons	½ cup	
Fat	2 tablespoons	3 tablespoons	
Water	1 cup	1½ cups	
Dried prunes, cooked and pitted	1 cup	2 cups	
Dried apricots, cooked	1 cup	2 cups	
White syrup	3 tablespoons	6 tablespoons	
	Serves 4	Serves 8	

HAWAIIAN PORK

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Lean pork shoulder (cut in cubes)	1½ lbs.	2½ lbs.	- Brown pork cubes and onion slices in hot fat in MIRRO-MATIC. - Add pineapple juice, water, vinegar, brown sugar and salt. - Cover, set control at 10 and cook for 15 minutes after control jiggles. - Reduce pressure instantly. - Add diced green pepper, pineapple chunks and Soy sauce. - Add cornstarch mixed with water and cook until thickened, stirring constantly. - Serve over rice.
Fat	2 tablespoons	3 tablespoons	
Onion slices	4	8	
Pineapple juice	¾ cup	1½ cups	
Water	¼ cup	½ cup	
Vinegar	¼ cup	½ cup	
Brown sugar	¼ cup	½ cup	
Salt	¾ teaspoon	1½ teaspoons	
Green pepper, diced	½ cup	1 cup	
Pineapple chunks	1 No. 2 can	2 No. 2 cans	
Soy sauce	1 tablespoon	2 tablespoons	
Cornstarch	2½ tablespoons	5 tablespoons	
Water	¼ cup	½ cup	
	Serves 4	Serves 8	

BRAISED OXTAILS

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Oxtails	1	2	- Roll pieces of oxtail in flour. Then brown in hot fat in MIRRO-MATIC. - Add the salt and pepper, onion, celery and carrots. Brown all together. - Add remaining ingredients. Cover, set control at 10 and cook for 1 hour after control jiggles. Cool pan normally for 5 minutes, then place under faucet. Thicken gravy, see recipe page 45.
Flour	3 tablespoons	6 tablespoons	
Fat	2½ tablespoons	5 tablespoons	
Salt	1 teaspoon	2 teaspoons	
Pepper	Dash	¼ teaspoon	
Onion, chopped	½ cup	1 cup	
Celery, chopped	2 cups	4 cups	
Carrots, sliced	2 cups	4 cups	
Whole cloves	3	6	
Water	1 cup	2 cups	
Tomatoes	1 cup	2 cups	
Garlic	½ clove	1 clove	
Lemon	1 slice	2 slices	
	Serves 4	Serves 8	

VEAL FRICASSEE

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Veal steak (½" thick)	1½ lbs.	3 lbs.	- Cut veal in serving pieces. Season with salt and pepper. Dip in flour. - Brown veal steak in hot fat in MIRRO-MATIC. - Add paprika, boullion cube and water. - Cover, set control at 10, cook 18-20 minutes. - Cool pan normally 5 minutes and then reduce pressure instantly. - Add sour cream.
Salt	1 teaspoon	2 teaspoons	
Pepper	Dash	¼ teaspoon	
Flour	3 tablespoons	6 tablespoons	
Paprika	1 teaspoon	2 teaspoons	
Boullion cube	1	2	
Water	¾ cup	1½ cups	
Sour cream	1 cup	2 cups	
	Serves 4	Serves 8	

STUFFED BEEF HEART

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Beef heart	1	2	- Precook heart according to chart directions on page 23. - Combine all ingredients except bacon and mix well. - Stuff the cavity of the heart and tie securely with string. Cover with strips of bacon. - Bake uncovered 40 minutes at 325° F. - Remove the heart and place on a hot platter. Add 1½ cups of cooking liquid to drippings in the roasting pan. - Thicken gravy, see recipe page 45. Season with salt and pepper. Pour gravy over and around the heart.
Stuffing:			
Dry bread crumbs	2 cups	4 cups	
Green pepper, chopped	2 tablespoons	¼ cup	
Salt	1 teaspoon	2 teaspoons	
Onions, chopped	3 tablespoons	6 tablespoons	
Fat	2 tablespoons	3 tablespoons	
Celery seed	½ teaspoon	1 teaspoon	
Milk	½ cup	1 cup	
Bacon slices	6	12	
	Serves 4	Serves 8	

BRAISED SHORT RIBS

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Beef short ribs	2 lbs.	4 lbs.	- Combine flour, salt and pepper. - Roll meat in seasoned flour. - Brown meat in hot fat in the MIRRO-MATIC. Pour off excess fat. - Add horseradish and water. - Cover, set control at 10 and cook 35 minutes after control jiggles. - Cool normally for 5 minutes, then place under faucet. - Then add carrots and onion. - Cover, set control at 10 and cook for 10 minutes after control jiggles. - Cool pan instantly. Add hot green beans. - For gravy recipe, see page 46.
Flour	½ cup	1 cup	
Salt	1½ teaspoons	3 teaspoons	
Pepper	¼ teaspoon	½ teaspoon	
Fat	3 tablespoons	5 tablespoons	
Prepared horseradish	2 tablespoons	¼ cup	
Water	1 cup	1¼ cups	
Carrots, medium	4	8	
Onions, medium	4	8	
Cooked green beans	1½ cups	3 cups	
	Serves 4	Serves 8	

BEEF TONGUE

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Fresh beef tongue (2-5 lbs.)	1	2	1. Wash beef tongue. Drain.
Water	2 cups	2½ cups	2. Place in MIRRO-MATIC; add water and remaining ingredients.
Salt	2 teaspoons	1 tablespoon	3. Cover, set control at 10 and cook for 60 minutes after control jiggles.
Parsley, chopped	1 tablespoon	2 tablespoons	4. Cool normally for 5 minutes, then place under faucet.
Bay leaf	1 leaf	2 leaves	5. Remove skin.
Carrot, sliced	1	2	6. Serve either hot or cold.
Onion, sliced	1	2	

BARBECUED BEEF SHORT RIBS

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Beef short ribs	3 lbs.	6 lbs.	1. Brown short ribs in drippings in MIRRO-MATIC. Pour off excess fat.
Bacon drippings	2 tablespoons	3 tablespoons	2. Mix remaining ingredients together and pour over meat.
Onion, sliced	2 tablespoons	¼ cup	3. Cover, set control at 10 and cook 45-50 minutes after control jiggles.
Green pepper, chopped	1 tablespoon	2 tablespoons	4. Cool pan normally for 5 minutes, then place pan under faucet.
Catsup	1 cup	2 cups	5. Thicken sauce with 1 tablespoon flour mixed with ¼ cup water for each cup of sauce.
Salt	1 teaspoon	2 teaspoons	
Celery seed	1 teaspoon	2 teaspoons	
Brown sugar	2 tablespoons	¼ cup	
Lemon juice	2 tablespoons	¼ cup	
Dry mustard	2 teaspoons	1 tablespoon	
Water	1 cup	1¾ cups	
	Serves 4	Serves 8	

SULZE (JELLIED MEAT LOAF)

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Pork shanks	2	4	1. Place pork shanks, veal knuckles, water, seasoning and vegetables in MIRRO-MATIC.
Veal knuckles	1½ lbs.	3 lbs.	2. Cover, set control at 10 and cook for 50-60 minutes after control jiggles.
Water	4 cups	6 cups	3. Reduce pressure normally for 5 minutes, then place under faucet.
Salt	2 teaspoons	1 tablespoon	4. Remove meat and when it is cool, cut it into ¼" cubes and place it in MIRRO bread pans.
Pepper	Dash	¼ teaspoon	5. Strain the liquid and skim off the fat.
Onions, sliced	1	2	6. Add vinegar to strained liquid.
Bay leaf	2 leaves	4 leaves	7. Soften gelatin in water and dissolve it in the hot liquid.
Carrots	2	4	8. Pour over cubed meat. Chill it in refrigerator until it congeals. Slice and serve it cold.
Celery, diced	1 cup	2 cups	
Vinegar	¼ cup	½ cup	
Gelatin	½ tablespoon (½ envelope)	1 tablespoon (1 envelope)	
Water	2 tablespoons	¼ cup	
	Yields 1 loaf	Yields 2 loaves	

PORCUPINE MEAT BALLS

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Ground beef	1 lb.	2 lbs.	1. Combine meat, rice, onion, salt and pepper. Form into balls.
Uncooked rice	½ cup	1 cup	2. Mix soup and water in MIRRO-MATIC.
Onion, minced	1 tablespoon	2 tablespoons	3. Drop meat balls in pan. Cover, set control at 10 and cook 10 minutes after control jiggles. Cool pan normally for 5 minutes, then place under faucet.
Salt	1 teaspoon	2 teaspoons	
Pepper	¼ teaspoon	½ teaspoon	
Tomato soup	1 10½-oz. can	2 10½-oz. cans	
Water	¾ cup	1¼ cups	
	Serves 4	Serves 8	

GRAVY

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Stock (liquid from cooked meat)	1 cup	3 cups	- Blend flour and cold water together until it is smooth. - Gradually add to the stock, stirring constantly. - Cook over medium heat, stirring, until the gravy is smooth and thickened.
Flour	2 tablespoons	6 tablespoons	
Cold water	1/3 cup	2/3 cup	
	Yields 1 cup	Yields 3 cups	

SMOKED HAM BUTT WITH PINEAPPLE SAUCE

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Smoked ham butt	1 1/2 lbs.	3 lbs.	- Place the smoked butt on the rack in the MIRRO-MATIC with water. - Cover, set control at 10 and cook 35 minutes after the control jiggles. Cool for 5 minutes and then place under faucet. - Remove smoked butt from MIRRO-MATIC and place in a baking pan. - Combine the pineapple juice, brown sugar and mustard and pour over the meat. Bake at 325° F. for 30 minutes. - Remove the meat from the pan; then thicken the sauce with a mixture of 1 1/2 tablespoons flour and 1/4 cup water. Bring to boil. - Serve the sauce over the meat.
Water	1 cup	1 1/2 cups	
Pineapple juice	1/2 cup	3/4 cup	
Brown sugar	3 tablespoons	6 tablespoons	
Dry mustard	3/4 teaspoon	1 1/2 teaspoons	
	Serves 4	Serves 8	

PORK CHOPS AND BROWN RICE

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Pork chops (cut 1/2" thick)	4	8	- Brown pork chops in hot fat in MIRRO-MATIC. Remove from pan. - Place rice in hot fat. Stir constantly until well browned. - Add tomatoes, seasonings, chopped onion and green pepper. Stir well. - Add pork chops and water. Cover, set control at 10 and bring pressure up over moderate heat. Cook 12 minutes after control jiggles. - Cool pan normally for 5 minutes, then place pan under faucet.
Fat	1 tablespoon	2 tablespoons	
Uncooked rice	1 cup	2 cups	
Canned tomatoes	2 cups	4 cups	
Salt	1 teaspoon	2 teaspoons	
Pepper	1/4 teaspoon	1/2 teaspoon	
Chili powder	1/4 teaspoon	1/2 teaspoon	
Onions, chopped	2 tablespoons	1/4 cup	
Green pepper, chopped	3 tablespoons	6 tablespoons	
Water	1 cup	2 cups	
	Serves 4	Serves 8	

ROUND STEAK WITH TOMATO SAUCE

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Flour	3 tablespoons	6 tablespoons	- Combine flour, salt and pepper. - Cut steak into individual servings. Pound as much of the dry ingredients as possible into the steak. - Brown steak in hot fat in MIRRO-MATIC. - Combine remaining ingredients and pour over meat. - Cover, set control at 10 and cook 30 minutes after the control jiggles. - Cool pan for 5 minutes, then place pan under faucet.
Salt	3/4 teaspoon	1 1/2 teaspoons	
Pepper	Dash	1/4 teaspoon	
Round steak (3/4" thick)	1 1/2 lbs.	3 lbs.	
Fat	2 tablespoons	1/4 cup	
Canned tomatoes	1 cup	2 cups	
Onions, sliced	1 cup	1 1/2 cups	
Celery, diced	1/2 cup	1 cup	
Garlic, minced	1 small clove	1 medium clove	
Salt	1/2 teaspoon	1 teaspoon	
Water	1/2 cup	1 cup	
	Serves 4	Serves 8	

HASENPFEFFER (SWEET SOUR RABBIT)

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Rabbit	1	2	1. Cut rabbit meat into individual servings and cover with vinegar and water. 2. Add bay leaves, pepper, salt and onion. Allow this to refrigerate 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 1 1/4 cups for 1 rabbit or 2 cups for 2 rabbits 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 and gingersnap crumbs. Cook until thick and smooth, stirring constantly.
Vinegar	1 1/2 cups	3 cups	
Water	1 1/2 cups	3 cups	
Bay leaf	3 leaves	6 leaves	
Black pepper (coarsely ground)	1/2 teaspoon	1 teaspoon	
Salt	1 1/2 teaspoons	3 teaspoons	
Onion, sliced	1	2	
Fat	3 tablespoons	6 tablespoons	
Sour cream	1 cup	2 cups	
Gingersnaps, crumbled	5	10	
	Serves 4	Serves 8	

PIGS IN BLANKET

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Round steak (1/2" thick)	1 1/4 lbs.	2 1/2 lbs.	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 in the MIRRO-MATIC. 5. Add the tomato soup and water. Cover, set control at 10 and cook for 25-30 minutes after control jiggles. 6. Cool pan for 5 minutes, then reduce pressure instantly.
Salt	1/2 teaspoon	1 teaspoon	
Onion, sliced	1	2	
Bacon, cut in pieces	2 strips	4 strips	
Flour	3 tablespoons	6 tablespoons	
Salt	1/2 teaspoon	1 teaspoon	
Pepper	Dash	1/4 teaspoon	
Bacon fat	2 tablespoons	1/4 cup	
Tomato soup	1 10 1/2-oz. can	2 10 1/2-oz. cans	
Water	1/2 cup	1 cup	
	Serves 4	Serves 8	

VENISON POT ROAST

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Venison pot roast (3-4" thick)	2 lbs.	4 lbs.	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. Cool pan normally for 5 minutes, then place under faucet. Pour off excess fat. 5. Make gravy from liquid in pan. See recipe page 46. Serve very hot.
Fat	2 tablespoons	4 tablespoons	
Salt	1 teaspoon	2 teaspoons	
Pepper	Dash	1/4 teaspoon	
Water	1 cup	1 1/4 cups	
Garlic, minced	1 small clove	1 medium clove	
	Serves 4	Serves 8	

PHEASANT

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Pheasant	1	2	1. Dry pick a pheasant. Clean thoroughly. Wash and dry on paper towel. 2. Cut pheasant into individual servings. Roll in flour, salt and pepper. 3. Brown the meat well in hot fat in the MIRRO-MATIC. 4. Add lemon juice and consomme and water. 5. Cover, set control at 10 and cook about 20-25 minutes, depending on age of bird; cool for 5 minutes, then place pan under faucet. Thicken gravy. See recipe page 46.
Flour	3 tablespoons	6 tablespoons	
Salt	1 teaspoon	2 teaspoons	
Pepper	Dash	1/4 teaspoon	
Fat	3 tablespoons	6 tablespoons	
Lemon juice	2 tablespoons	1/4 cup	
Consomme	1 10 1/2-oz. can	1 10 1/2-oz. can	
Water	1/2 can	1 can	
	Serves 4	Serves 8	

WIDE VARIETY POSSIBLE 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 them as a guide together with the information in the cooking charts, hundreds of combinations can be made.

As an example, suppose you wish to prepare Chicken Stew and Dumplings. There happens to be no recipe in this book, but in the meat chart the directions show that stewing chicken should be cooked at 10 lbs. for 30-40 minutes, using 1½ cups water in the 4 qt. MIRRO-MATIC or 2 cups water in the 6 or 8 qt. MIRRO-MATICS. Reduce pressure by allowing pan to cool normally for 5 minutes; then place under faucet. You could follow the dumpling recipe on page 30 with the Veal or Lamb Stew or you could use your own favorite dumpling recipe after checking the cooking method on page 30.

Barbecued Chicken would be easy to work out, too.

Just follow chart directions for Fried Chicken and in place of water use barbecue sauce like the recipe given with Barbecued Beef Short Ribs on page 44.

So there are two extra suggestions for preparing chicken, but perhaps you have other favorite recipes like Chicken Cacciatore, Chicken Curry or Chicken Chop Suey. If so, use them.

To adapt your recipes to the pressure cooking method, follow these rules:

- (1) Take the cooking time, amount of liquid, pounds pressure and method of reducing pressure from the charts and recipes.
- (2) If your recipe calls for soup stock, tomato juice, etc., this should be considered as a substitute for an equal amount of water. However, do not use milk because it has a tendency to boil over and scorch.
- (3) Do not prepare apple sauce, rhubarb, cranberries, pearl barley, split peas or pea soup in the pressure pan. See "Don'ts" page 6.

SOUPS AND CHOWDERS

Your MIRRO-MATIC will cook soups in a matter of minutes instead of hours. Do not fill your pressure pan more than ¾ full of liquid. Do not cook pearl barley, split peas or pea soup. See direction 5, page 6. Cook the soup stock from bones and meat first; reduce pressure; then add other ingredients (vegetables, noodles, etc.) as desired and finish cook-

ing. After soup is cooked, make certain that pressure is down before removing control from vent tube. TEST to see if the pressure has dropped by gently nudging the control, as directed on page 5. After soup is cooked, fat may be skimmed off and more water may be added, especially if soup stock is very rich.

DIRECTION TABLE—SOUPS AND CHOWDERS

SOUPS — CHOWDERS	Amount of Food			Amount of Water			Minutes to Cook After Control Jiggles	Pounds Pressure
	4 Qt.	6 Qt.	8 Qt.	4 Qt.	6 Qt.	8 Qt.		
Beef Soup Cook beef soup bone with water, onion and seasonings. Finish by adding vegetables, noodles, etc., as desired.	3 lbs.	4 lbs.	5 lbs.	2 qts.	3 qts.	4 qts.	60*	15
Chicken Soup Cut up stewing chicken; add water, onion and seasonings and cook. Finish by adding dumplings, noodles, etc., as desired.	3 lbs.	4 lbs.	5 lbs.	2 qts.	3 qts.	4 qts.	30-35*	15
Ham and Navy Bean Soup Cook ham bone, onion and water. Then add soaked navy beans and finish cooking.	2 lb. ham bone	3 lb. ham bone	4 lb. ham bone	2½ qts.	3½ qts.	4½ qts.	45*	15
	2 cups beans	3 cups beans	4 cups beans				30*	15
Oxtail Soup	1 oxtail	1 oxtail	2 oxtails	2 qts.	3 qts.	5 qts.	60*	15
	1 soup bone	1½ lbs. beef	3 lbs. beef					

*Cool pan normally for 5 minutes and then place under faucet.

CHILI CON CARNE

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Fat	3 tablespoons	5 tablespoons	1. Brown the meat and onions in fat in MIRRO-MATIC. 2. Add remainder of ingredients except kidney beans. 3. Cover, set control at 15 and cook 10 minutes after control jiggles. 4. Reduce pressure normally for 5 minutes, then place under faucet. 5. Add kidney beans and simmer a few minutes.
Ground beef	1 lb.	2 lbs.	
Onion, chopped	1/2 cup	1 cup	
Green pepper, chopped	1 tablespoon	2 tablespoons	
Water	1 1/2 cups	3 cups	
Canned tomatoes	1 cup	2 cups	
Salt	1 teaspoon	2 teaspoons	
Paprika	1/2 teaspoon	1 teaspoon	
Chili powder	1 teaspoon	2 teaspoons	
Kidney beans	1 No. 303 can (2 cups)	2 No. 303 cans (4 cups)	
	Serves 4	Serves 8	

LENTIL SOUP

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Lentils	1 cup	2 cups	1. Cover lentils with water over night. Drain, place all ingredients except flour and croutons in MIRRO-MATIC. 2. Cover, set control at 15 and cook for 20 minutes after control jiggles. 3. Reduce pressure normally for 5 minutes, then place pan under faucet. 4. Mix flour with a little cold water to make a smooth paste. Add to soup. Bring to a boil. Serve hot with croutons.
Water	1 quart	2 quarts	
Leek, diced	1 stalk	2 stalks	
Onion, chopped	1 tablespoon	2 tablespoons	
Celery, diced	1 cup	2 cups	
Carrots, diced	1 cup	2 cups	
Salt	1 teaspoon	2 teaspoons	
Bacon fat	2 tablespoons	1/4 cup	
Weiners, cut in 1/2" slices	2	4	
Flour	1 tablespoon	2 tablespoons	
Croutons			
	Serves 4	Serves 8	

CLAM CHOWDER

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Salt pork, cubed	1/4 lb.	1/2 lb.	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. Reduce pressure normally for 5 minutes, then place under faucet. 5. Add clams. Bring to a boil and cook in open pan for 2 minutes. Sprinkle with thyme. Serve at once.
Onion, sliced	1/2 cup	1 cup	
Salt	1 teaspoon	2 teaspoons	
Pepper	Dash	1/4 teaspoon	
Water	1 1/2 cups	3 cups	
Canned tomatoes	2 cups	4 cups	
Potatoes, diced	1 cup	2 cups	
Clams	1 cup	2 cups	
Thyme			
	Serves 4	Serves 8	

VEGETABLE SOUP

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Soup meat and bone	1 1/2 lbs.	3 lbs.	1. Place soup meat and bone, onion, salt and pepper and water in MIRRO-MATIC. 2. Cover. Set control at 15 and cook 50 minutes after control jiggles. 3. Reduce pressure normally for 5 minutes, then place pan under faucet. 4. Remove bone and meat. Strain the broth. Return broth and meat only to pan. 5. Add vegetables. 6. Cover. Set control at 15 and cook for 10 minutes after control jiggles. 7. Cool pan normally for 5 minutes, then place under faucet.
Onion, sliced	1 small	1 medium	
Salt	1 teaspoon	2 teaspoons	
Pepper	Dash	1/4 teaspoon	
Water	1 quart	2 quarts	
Carrots, sliced	1/2 cup	1 cup	
Tomatoes	1 cup	2 cups	
Green beans	1 cup	2 cups	
Celery, diced	1/2 cup	1 cup	
Chopped parsley			
	Serves 4	Serves 8	

SWEDISH FRUIT SOUP

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Prunes	1/4 lb.	1/2 lb.	1. Wash fruits quickly, but thoroughly, and place in MIRRO-MATIC with water. 2. Cover, set control at 15 and cook for 6 minutes after control jiggles. Cool normally for 5 minutes, then place under faucet. 3. Add cinnamon stick, lemon slice and tapioca mixed with sugar and salt. 4. Cook until syrup is clear and somewhat thickened. Remove cinnamon and lemon. Cool to lukewarm before serving.
Dried apricots	1/4 lb.	1/2 lb.	
Dried peaches	1/4 lb.	1/2 lb.	
Dried pears	1/4 lb.	1/2 lb.	
Water	1 quart	2 quarts	
Cinnamon	1 stick	2 sticks	
Lemon	1 slice	2 slices	
Tapioca	1 1/2 tablespoons	3 tablespoons	
Sugar	3 tablespoons	6 tablespoons	
Salt	1/4 teaspoon	1/2 teaspoon	
	Serves 4	Serves 8	

CHICKEN GUMBO

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Chicken	2 1/2 lbs.	3 1/2 lbs.	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 minutes and then place under faucet. 5. Add okra and cooked rice and simmer 5 minutes.
Flour	1/4 cup	1/4 cup	
Salt	1/2 teaspoon	1/2 teaspoon	
Pepper	1/4 teaspoon	1/4 teaspoon	
Fat	2 tablespoons	1/4 cup	
Onion, chopped	1/4 cup	1/2 cup	
Parsley, chopped	1 tablespoon	2 tablespoons	
Pimiento, chopped	1 1/2 tablespoons	3 tablespoons	
Tomatoes	1 1/4 cups	2 1/2 cups	
Water	2 cups	4 cups	
Salt	1 teaspoon	2 teaspoons	
Okra	1 cup	2 cups	
Cooked rice	3/4 cup	1 1/2 cups	
	Serves 4	Serves 8	

USE MOLDS IN DESSERT PREPARATION

Preparation of steamed puddings and custards requires the use of molds. The individual custard cups referred to in recipes are standard size. For the large pudding and bread recipes, a one-quart mold or bowl may be used. Suitable bowls may be purchased from your MIRRO dealer. Copper-tone MIRRO molds can be used in the pressure pan. MIRRO Foil makes an excellent cover for any mold.

In addition to using them for desserts, you will find molds very handy for warming leftovers such as

creamed combinations, casserole foods, etc., which usually present a problem because they tend to stick to saucepans when reheated. Just place the mold of food on the rack in the MIRRO-MATIC over 1 cup of water, set the control at 15 and when it jiggles, remove from the heat and let pressure drop normally.

One teaspoon of vinegar or 1/2 teaspoon cream of tartar put in the water in the MIRRO-MATIC when steaming is done helps prevent water stains.

STEAMED CHOCOLATE PUDDING

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4-6-8 Qt.		
Butter	3 tablespoons		1. Cream butter and sugar thoroughly. 2. Add egg and mix well. 3. Sift dry ingredients together and add alternately with milk. 4. Stir in melted chocolate. 5. Turn dough into a greased MIRRO 1-quart fluted mold and cover. 6. Pour 2 cups of water in MIRRO-MATIC with rack in pan. Set mold on rack. 7. Cover pan and allow a small stream of steam to flow from vent tube for 30 minutes. 8. Set control at 5 and cook for 30 minutes after control jiggles. 9. Reduce pressure instantly.
Sugar	2/3 cup		
Egg	1		
Milk	1 cup		
All-purpose flour, sifted	2 1/4 cups		
Baking powder	4 1/2 teaspoons		
Salt	1/4 teaspoon		
Baking chocolate	2 1/2 ozs. (2 1/2 squares)	Serves 12	

GRAHAM CRACKER PUDDING

INGREDIENTS	QUANTITY OF INGREDIENTS 4-6-8 Qt.	DIRECTIONS
Shortening	1/4 cup	1. Cream the shortening and sugar; add egg.
Sugar	1/2 cup	2. Mix baking powder, salt and graham crackers and add alternately with milk to creamed mixture. Add vanilla extract.
Egg	1	3. Turn into a greased MIRRO 1-quart fluted mold. Cover.
Baking powder	1 1/2 teaspoons	4. Pour 2 cups of water into the MIRRO-MATIC and place mold on rack in pan. Cover; steam 30 minutes without control.
Salt	1/2 teaspoon	5. Set control at 5 and cook 30 minutes after control jiggles.
Graham cracker crumbs	3 cups	6. Reduce pressure instantly.
Milk	3/4 cup	Serve with Lemon Sauce. Page 59.
Vanilla extract	1/2 teaspoon	
	Serves 12	

STEAMED CRANBERRY PUDDING

INGREDIENTS	QUANTITY OF INGREDIENTS 4-6-8 Qt.	DIRECTIONS
All-purpose flour, sifted	1 cup	1. Sift flour, baking powder and salt into a bowl.
Baking powder	1 1/2 teaspoons	2. Add bread crumbs, brown sugar, suet, cranberries, egg and milk. Mix well.
Salt	1/2 teaspoon	3. Turn dough into a greased MIRRO 1-quart fluted mold and cover.
Dried bread crumbs	1/2 cup	4. Pour 2 cups of water in MIRRO-MATIC with rack in pan. Set mold on rack.
Brown sugar	1/3 cup	5. Cover pan and allow a small stream of steam to flow from vent tube for 30 minutes.
Suet, chopped	2/3 cup	6. Set control at 5 and cook for 30 minutes after control jiggles.
Cranberries, chopped	1 cup	7. Reduce pressure instantly.
Egg	1	
Milk or water	1/3 cup	
	Serves 12	

STEAMED CHRISTMAS PUDDING

INGREDIENTS	QUANTITY OF INGREDIENTS 4-6-8 Qt.	DIRECTIONS
Shortening	1/3 cup	1. Cream shortening and sugar thoroughly.
Brown sugar	2/3 cup	2. Add eggs and beat well.
Eggs	2	3. Alternately add sifted dry ingredients and milk.
All-purpose flour, sifted	1 cup	4. Add fruits, nuts and flavoring. Mix well.
Baking powder	1/2 teaspoon	5. Turn into a well greased MIRRO 1-quart fluted mold. Cover.
Cinnamon	1/2 teaspoon	6. Pour 2 1/2 cups of water into the MIRRO-MATIC. Set mold on top of rack.
Allspice	1/2 teaspoon	7. Cover the MIRRO-MATIC and allow a small stream of steam to escape from the vent tube for 45 minutes.
Cloves	1/2 teaspoon	8. Set control at 5 and cook 1 hour after control jiggles.
Milk	1/4 cup	9. Reduce pressure instantly. Serve hot as pudding or cold as fruit cake.
Candied cherries, chopped	1/2 cup	
Citron, chopped	1/4 cup	
Raisins	1/2 cup	
Nuts, chopped	1/2 cup	
Rum extract	1 teaspoon	
	Serves 12	

CUSTARD

INGREDIENTS	QUANTITY OF INGREDIENTS 4-6-8 Qt.	DIRECTIONS
Eggs	2	1. Beat eggs slightly. Add sugar, vanilla extract, salt and hot milk.
Sugar	2 tablespoons	2. Pour custard into four individual aluminum custard cups. Sprinkle with nutmeg.
Vanilla extract	1 teaspoon	3. Place cups on rack with 1/2 cup water in MIRRO-MATIC.
Salt	Dash	4. Cover, set control at 5 and cook for exactly one minute after control jiggles. Reduce pressure normally.
Hot milk (not boiled)	2 cups	NOTE: If glass or ceramic custard cups are used instead of aluminum, cook the custard 1 1/2 minutes.
Nutmeg		To make custard in a one-quart aluminum mold, use 3 cups hot milk, 3 eggs, 3 tablespoons sugar, 1 1/2 teaspoons vanilla extract, 1/4 teaspoon salt. Place mold on rack with 1 cup water and cook 10 minutes after control jiggles. Reduce pressure normally.
	Serves 4	

NUT BREAD

INGREDIENTS	QUANTITY OF INGREDIENTS 4-6-8 Qt.	DIRECTIONS
Egg	1	1. Beat egg and sugar until light.
Sugar	1/2 cup	2. Alternately add milk and sifted dry ingredients. Stir in the nuts.
Milk	1 cup	3. Turn the dough into greased MIRRO 1-quart fluted mold and cover.
All-purpose flour, sifted	2 1/2 cups	4. Pour 2 cups of water in MIRRO-MATIC with rack in pan. Set mold on rack.
Baking powder	2 teaspoons	5. Cover pan and allow a small stream of steam to flow from vent tube for 30 minutes.
Salt	1/2 teaspoon	6. Set control at 5 and cook for 30 minutes after control jiggles.
Nuts, chopped	1 cup	7. Reduce pressure instantly.
	Serves 12	

BROWN BREAD

INGREDIENTS	QUANTITY OF INGREDIENTS 4-6-8 Qt.	DIRECTIONS
Eggs, well beaten	2	1. Stir together the eggs, melted butter and molasses. Add baking soda to buttermilk.
Butter, melted	2 tablespoons	2. Sift white flour with baking powder and salt and mix with whole wheat flour.
Molasses	2/3 cup	3. Alternately add buttermilk and flour to egg mixture.
Baking soda	1 teaspoon	4. Add raisins; stir well.
Buttermilk	1 cup	5. Fill three greased No. 2 tin cans one-half full.
All-purpose flour, sifted	1 cup	6. Cover tightly with aluminum foil.
Baking powder	1 teaspoon	7. Put 2 cups of water and the rack in the MIRRO-MATIC. Set cans on rack and cover.
Salt	1/2 teaspoon	8. Allow a small stream of steam to escape from vent tube for 30 minutes.
Whole wheat flour	2 cups	9. Set control at 5 and cook 30 minutes after control jiggles. Reduce pressure instantly.
Seeded raisins	1 cup	
	30-36 slices	

LEMON SAUCE

INGREDIENTS	QUANTITY OF INGREDIENTS	DIRECTIONS
Flour	5 tablespoons	1. Mix flour, sugar and salt in saucepan. Add beaten egg yolks, lemon juice, grated rind and boiling water. Stir well.
Sugar	1 cup	2. Cook until thick over low heat, stirring constantly.
Salt	Dash	3. Add butter to hot sauce.
Egg yolks, beaten	2	
Lemon juice	3 tablespoons	
Lemon rind, grated	1/2 teaspoon	
Boiling water	3/4 cup	
Butter or margarine	2 tablespoons	
	Yields 1 1/2 cups	

FUDGE SAUCE

INGREDIENTS	QUANTITY OF INGREDIENTS	DIRECTIONS
Unsweetened chocolate	2 squares (2 oz.)	1. Melt chocolate over hot water.
Sugar	1 cup	2. Add sugar, water, butter and corn syrup.
Water	1/2 cup	3. Cook without stirring until mixture resembles a thick syrup. Remove from heat.
Butter or margarine	1 tablespoon	4. Add vanilla extract and cream, mixing thoroughly. Serve hot or cold.
Light corn syrup	1 tablespoon	
Vanilla extract	1 teaspoon	
Cream	2 tablespoons	
	Yields 1 1/4 cups	

ORANGE SAUCE

INGREDIENTS	QUANTITY OF INGREDIENTS	DIRECTIONS
Sugar	¾ cup	1. Mix the sugar and cornstarch together in a saucepan. 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.
Cornstarch	3 tablespoons	
Boiling water	1 cup	
Orange juice	½ cup	
Butter or margarine	1½ tablespoons	
Salt	Dash	
Orange rind, grated	1 teaspoon	
	Yields 1¾ cups	

HARD SAUCE

INGREDIENTS	QUANTITY OF INGREDIENTS	DIRECTIONS
Butter or margarine	⅓ cup	1. Cream butter, add sugar gradually while beating constantly in a bowl. 2. Add flavoring.
Confectioners sugar	1 cup	
Orange extract	½ teaspoon	
Vanilla extract	1 teaspoon	
	Yields ⅔ cup	

HOT BUTTER SAUCE

INGREDIENTS	QUANTITY OF INGREDIENTS	DIRECTIONS
Butter or margarine	¼ cup	1. Blend butter and flour together in a saucepan. Slowly add boiling water, salt and sugar. 2. Cook until sauce thickens, stirring constantly. Add flavoring. Serve hot.
Flour	2 tablespoons	
Boiling water	1 cup	
Salt	Dash	
Sugar	¼ cup	
Vanilla extract, sherry or brandy	1 teaspoon	
Lemon juice	1 teaspoon	
	Yields 1¼ cups	

COCKTAIL SAUCE FOR SEA FOOD

INGREDIENTS	QUANTITY OF INGREDIENTS	DIRECTIONS
Chili sauce	¾ cup	Mix all ingredients thoroughly. Chill.
Parsley, chopped	2 teaspoons	
Onion, grated	1 teaspoon	
Vinegar	3 tablespoons	
Tabasco sauce	10 drops	
Worcestershire sauce	2 teaspoons	
Salt	¼ teaspoon	
Pepper	Dash	
Dry mustard	½ teaspoon	
Celery, chopped fine	2 tablespoons	
	Yields 1 cup	

WHITE SAUCE

INGREDIENTS	QUANTITY OF INGREDIENTS			DIRECTIONS
	Thin Sauce	Medium Sauce	Thick Sauce	
Fat	1 tablespoon	2 tablespoons	3 tablespoons	1. Melt fat in a saucepan. Add flour and seasonings. Mix to a smooth paste. 2. Add liquid gradually, stirring to keep a smooth consistency. 3. Cook over low heat until sauce thickens. Stir constantly.
Flour	1 tablespoon	2 tablespoons	3 tablespoons	
Salt	1/4 teaspoon	1/4 teaspoon	1/4 teaspoon	
Pepper	Dash	Dash	Dash	
Milk	1 cup	1 cup	1 cup	
	<i>Yields 1 cup</i>	<i>Yields 1 cup</i>	<i>Yields 1 cup</i>	

MOCK HOLLANDAISE SAUCE

INGREDIENTS	QUANTITY OF INGREDIENTS	DIRECTIONS
Egg yolks	2	1. Mix and stir the first five ingredients well; set aside in the upper section of a double boiler. 2. Melt butter, add flour and when it bubbles add the water, 2/3 cup at first, and then the remainder, stirring constantly. 3. Pour into the egg mixture and cook over hot water until smooth and thickened, stirring constantly to avoid curdling.
Water	1 tablespoon	
Lemon juice	1 tablespoon	
Salt	1/2 teaspoon	
Pepper or paprika	Dash	
Butter or margarine	1 1/2 tablespoons	
Flour	1 tablespoon	
Boiling water	1 cup	
	<i>Yields 1 1/4 cups</i>	

TOMATO SAUCE

INGREDIENTS	QUANTITY OF INGREDIENTS	DIRECTIONS
Butter or margarine	2 tablespoons	1. Melt butter in a saucepan; add flour and blend well. 2. Add tomato juice slowly. 3. Cook until thick and smooth, stirring constantly. Add salt, sugar and grated onion.
Flour	2 tablespoons	
Tomato juice and pulp	1 cup	
Salt	1/2 teaspoon	
Sugar	1 teaspoon	
Onion, grated	1/4 teaspoon	
	<i>Yields 1 1/4 cups</i>	

CREOLE SAUCE

INGREDIENTS	QUANTITY OF INGREDIENTS	DIRECTIONS
Onion, grated	1/4 cup	1. Chop vegetables and brown in hot fat in a saucepan. 2. Add the flour and stir until smooth. 3. Gradually add the tomato juice, salt and sugar. Stir until sauce thickens. Add olives.
Garlic, minced	1 clove	
Parsley, chopped	1/2 tablespoon	
Mushrooms, sliced	1/2 cup	
Green pepper, chopped	1/4 cup	
Fat	1 tablespoon	
Flour	1 tablespoon	
Tomato juice	2 cups	
Salt	1/2 teaspoon	
Sugar	1 teaspoon	
Stuffed olives, sliced	1/2 cup	
	<i>Yields 2 1/2 cups</i>	

MACARONI, SPAGHETTI, NOODLES

In the preparation of macaroni, spaghetti and noodles first bring the salted water to a rapid boil in the MIRRO-MATIC. Add the food and stir. Then reduce the heat, cover the pan, set the control at 5 and bring the pressure up SLOWLY. When MIRRO-MATIC

control begins to jiggle, start counting cooking time. Reduce pressure instantly, place food in colander, run hot water over it and drain.

A tablespoon of shortening or cooking oil in the cooking water helps prevent frothing.

DIRECTION TABLE—MACARONI, SPAGHETTI, NOODLES

FOOD	Amount of Food			Amount of Water			Minutes To Cook After Control Jiggles	Pounds Pressure
	4 Qt.	6 Qt.	8 Qt.	4 Qt.	6 Qt.	8 Qt.		
Macaroni	2 cups (8 oz.)	3 cups (12 oz.)	4 cups (1 lb.)	2 Qts.	3 Qts.	4 Qts.	6†	5
Noodles	3 cups (8 oz.)	4½ cups (12 oz.)	6 cups (1 lb.)	2 Qts.	3 Qts.	4 Qts.	4†	5
Spaghetti	2½ cups (8 oz.)	3¾ cups (12 oz.)	5 cups (1 lb.)	2 Qts.	3 Qts.	4 Qts.	8†	5

Rice (see page 27)

NEVER FILL PAN MORE THAN ¾ FULL OF LIQUID.

†Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water.

MACARONI TUNA CASSEROLE

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Elbow macaroni	1 cup	2 cups	1. Cook macaroni according to chart directions. Place in colander, rinse with hot water and drain. 2. Combine cooked macaroni with tuna and soup. 3. Put mixture in a well greased aluminum mold—a 1-qt. mold for the smaller recipe, a 2-qt. mold for the larger recipe. Cover. 4. Place mold on rack in MIRRO-MATIC with 2 cups water. 5. Cover, set control at 10 and cook 7 minutes after control jiggles. 6. Reduce pressure normally.
Tuna, flaked	1 7 oz. can	2 7 oz. cans	
Mushroom soup	1 10½ oz. can	2 10½ oz. cans	
	Serves 4	Serves 8	

DIRECTION TABLE—FISH, SEA FOOD

FISH — SEA FOOD	Minutes To Cook After Control Jiggles	Amount of Water		Pounds Pressure
		4 Qt.	6-8 Qt.	
Fish steaks (¾" thick).....	5-6†	½ cup	1 cup	10
Season with salt and pepper. Dip in flour. Brown in hot fat in MIRRO-MATIC. Place steaks on rack. Add water, cover and cook.				
Steamed fish (¾" thick).....	5†	½ cup	1 cup	10
Place water, sliced onion, bay leaf and parsley in MIRRO-MATIC. Season fish and place on rack in pan. Cover and cook.				
Finnan Haddie (Cod)	8†	1½ cups	3 cups	10
Cover with water and let stand for 1 hour. Drain. Place in MIRRO-MATIC with water. Cover and cook. Flake the fish and discard the skin. Serve with white sauce.				
Shrimp	5-6†	1½ cups	3 cups	10
Wash shrimp. Place in MIRRO-MATIC with water and lemon slice. Cover and cook. Drain. Cover with cold water. Shell and clean.				
Lobster Tail	6-8†	1½ cups	3 cups	10
Wash lobster tails. Place in MIRRO-MATIC, with water and salt. Cover and cook. Plunge lobster tails in cold water and remove shells.				
Clams	6†	1½ cups	3 cups	10
Wash clams thoroughly in salted water using a brush to scrub the shells. Cover clams with cold water 1 hour. Drain. Place in MIRRO-MATIC with water and salt. Cover and cook. Strained clam liquid may be used in clam chowder.				

†Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water.

GEFILLTE FISH

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Fish (whitefish, pike, trout or carp)	1½ lbs.	3 lbs.	1. Wash and clean fish thoroughly.
Butter or margarine	1½ tablespoons	3 tablespoons	2. 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 underside of fish.
Onions, chopped	2 medium	4 medium	3. Remove bones and chop fish into small pieces.
Parsley, chopped	1 tablespoon	2 tablespoons	4. Cook chopped onions a few minutes with the butter.
Eggs	1	2	5. Mix chopped fish, butter, onions and parsley.
Bread cubes	1½ cups	3 cups	6. Add eggs, bread cubes, salt and pepper.
Salt	1 teaspoon	2 teaspoons	7. 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.
Pepper	¼ teaspoon	½ teaspoon	8. Place the fish on the rack in the MIRRO-MATIC with water, salt, celery, celery root, carrots, parsley and butter.
Water	1 cup	2 cups	9. Cover and cook at 10 for 15 minutes after the control jiggles. Cool pan for 5 minutes, then reduce pressure instantly.
Salt	½ teaspoon	1 teaspoon	10. Place fish on platter and remove skewers and cord.
Celery	2 stalks	4 stalks	11. Put vegetables and stock through a food press or sieve. Thicken with flour mixed with cold water. Cook until clear. Serve hot over fish.
Celery root, diced	½ root	1 root	
Carrots	2	4	
Parsley	2 sprigs	4 sprigs	
Butter or margarine	1½ tablespoons	3 tablespoons	
	Serves 4	Serves 8	

SHRIMP CURRY

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Shrimp	1 lb.	2 lbs.	1. Cook shrimp according to chart directions, page 65.
Fat	2 tablespoons	¼ cup	2. Melt fat in saucepan. Blend in flour.
Flour	2 tablespoons	¼ cup	3. Add hot milk slowly, stirring constantly.
Hot milk	1¼ cups	2½ cups	4. Add remainder of ingredients and cook until smooth and thickened, stirring constantly.
Salt	¼ teaspoon	½ teaspoon	5. Add shrimp and serve over cooked rice.
Paprika	Dash	¼ teaspoon	
Onion, minced	1 teaspoon	2 teaspoons	
Curry powder	1 teaspoon	2 teaspoons	
Lemon juice	1 teaspoon	2 teaspoons	
	Serves 4	Serves 8	

SALMON RING

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Cooked or canned salmon, flaked	2 cups	4 cups	1. Remove the dark skin and bones from salmon.
Eggs, beaten	2	4	2. Add remainder of ingredients to salmon and mix well.
Milk	1 cup	2 cups	3. Pack into a well greased MIRRO Ring Mold. Use the 727AM (2¾ cup) mold for the smaller recipe and the 729AM (6½ cup) mold for the larger recipe. Cover with aluminum foil.
Salt	½ teaspoon	1 teaspoon	4. Place ring mold on rack in MIRRO-MATIC with 2 cups of water.
Pepper	Dash	¼ teaspoon	5. Cover, set control at 10 and cook 15 minutes after control jiggles.
Parsley, chopped	1 teaspoon	2 teaspoons	6. Reduce pressure instantly.
Cracker crumbs	1 cup	2 cups	7. Unmold salmon ring and serve with creamed peas.
	Serves 4	Serves 8	

FISH A LA KING

INGREDIENTS	QUANTITY OF INGREDIENTS		DIRECTIONS
	4 Qt.	6-8 Qt.	
Medium White Sauce	1 cup	2 cups	1. Prepare white sauce according to recipe, page 62.
Steamed Fish	2 cups	4 cups	2. Steam fish according to directions page 65.
Paprika	¼ teaspoon	¼ teaspoon	3. Cut fish in pieces add to white sauce with paprika, pimento and hard cooked egg.
Pimiento, Chopped	2 tablespoons	¼ cup	4. Serve hot over toast.
Hard cooked egg, chopped	1	2	
	Serves 4	Serves 8	

FROZEN VEGETABLES

Frozen vegetables should not be thawed before pressure cooking. The only exception to this rule is corn on the cob which must be completely defrosted. Break the block of frozen vegetables apart into smaller pieces to assure uniform cooking. This is easily done with the hands except for spinach which must be cut into about 1 inch cubes with a knife.

One-half cup of water is sufficient for cooking any quantity of frozen vegetable in any size MIRRO-MATIC because the cooking time is so very short. Time the cooking carefully so that vegetables will not be overcooked and reduce pressure instantly.

Season vegetables before or after cooking, as desired.

DIRECTION CHART—FROZEN VEGETABLES

FOOD	Minutes To Cook After Control Jiggles	Amount of Water	Pounds Pressure
Asparagus Spears	2†	1/2 cup.....	15
Asparagus Cuts	2 1/2†	1/2 cup.....	15
Broccoli	3†	1/2 cup.....	15
Broccoli Cuts	2†	1/2 cup.....	15
Brussels Sprouts	2 1/2†	1/2 cup.....	15
Cauliflower	2†	1/2 cup.....	15
Corn, whole kernel	1†	1/2 cup.....	15
Corn on the Cob	2†	1/2 cup.....	15
Green Beans, cut	3†	1/2 cup.....	15
Green Beans, French style.....	1†	1/2 cup.....	15
Green Peas	1†	1/2 cup.....	15
Lima Beans, small	2 1/2†	1/2 cup.....	15
Lima Beans, large	4†	1/2 cup.....	15
Mixed Vegetables	2†	1/2 cup.....	15
Peas and Carrots	2†	1/2 cup.....	15
Spinach	1†	1/2 cup.....	15
Wax Beans	3†	1/2 cup.....	15

†Reduce pressure instantly by placing MIRRO-MATIC under faucet or in pan of cold water.

FRESH FRUIT

Fresh fruits cook very quickly and those with 0 minutes cooking time should be removed from the heat as soon as the control jiggles. Reduce pressure normally.

Sugar to taste should be added to fruit *after* it is cooked — about 1 cup per quart of cherries or plums; 1/2 cup per 2 lbs. of apricots, peaches or pears.

DIRECTION CHART—FRESH FRUIT

FRUITS	Minutes To Cook After Control Jiggles	Amount of Water Per Lb. of Fruit	Pounds Pressure
Apricots	0	1 1/4 cups.....	5
Cherries	0	1 cup	5
Peaches	0	1 1/4 cups.....	5
Pears	2	1 1/4 cups.....	5
Plums	0	1 1/4 cups.....	5
Pineapple	6	1 cup	5



PRESSURE CANNING

PRESSURE CANNING IN GLASS JARS

1. Check jars, lids and rubber bands. Examine them carefully and see that there are no nicks, chips, cracks or sharp edges. Discard imperfect jars. Use new rubber rings.
2. Always follow manufacturer's directions for sterilizing and using various lids and closures. See page 71.
3. Wash jars, caps and rubber rings thoroughly in hot suds.
4. Rinse them thoroughly in clean, hot water. It is not necessary to sterilize jars for pressure canning. Invert jars on a clean towel. Place metal lids and rubber rings in boiling water as directed by manufacturer.
5. Select fresh, firm (not overripe) products. Grade according to size and ripeness.
6. Wash and prepare according to chart directions.

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

The following timetables and directions 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 directions carefully.

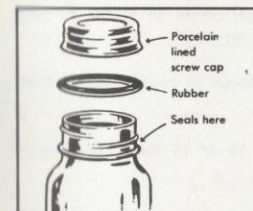
- Most foods may be packed raw in jars. Raw food should be packed tightly because it shrinks during processing. Food may also be preheated or partially cooked and packed hot in jars. Hot food should be packed fairly loosely.
- Finish filling jar with syrup, water or juice, allowing head space between the food and the closure. (See chart.) Add salt. (See chart, page 73.)
- Insert the blade of a table knife down the sides of the jar to release any trapped air bubbles.
- Wipe rim of jars free from seeds, pulp, liquid, etc. Close lids according to manufacturer's instructions.
- Place rack in MIRRO-MATIC (flat side down). Add recommended amount of water. (See chart, page 73.) Add 1 tablespoon vinegar or 1 teaspoon cream of tartar to help prevent water stains in pan or on jars.
- Set jars on rack in pan. It is all right if jars touch each other.
- Close pan and set control at 5, 10 or 15 lbs., according to chart. Turn on heat.
- Air in pan has been exhausted when control jiggles vigorously. Start to count 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 drafts from blowing over pan and do not keep turning the heat up and down because this can cause uneven pressure which forces liquid from jars.

- Process according to time given on charts, pages 74 to 78.
- When processing time is completed, turn off heat. If an electric range is used, remove pan from heating unit. Reduce pressure normally. Do not rush the cooling by setting pan in water or by running cold water over pan. Never lift the control to hasten the reduction of pressure. It takes about 20-25 minutes for the pressure to drop in a pan filled with jars.
- Remove the control. Remove the cover and tilt far side up so that steam escapes away from you.
- Lift jars out and set on several thicknesses of cloth (never a cold surface). Complete seal if jars are not self-sealing. Do not tighten screw bands on self-sealing lids. In case liquid boiled out during canning, seal jar as it is. To add liquid it would be necessary to process all over again. Fruits and vegetables not covered with liquid may turn darker, but they will not spoil. Keep jars out of drafts and always set them in an upright position to cool.
- After 12 hours, remove screw bands from jars that have glass or metal lids. In case the screw band is difficult to remove, cover with a hot, damp cloth for a minute. Do not force screw bands off because this may break the seal.
- Examine jars for leaks. To test two-piece metal lid, tap with a teaspoon. A clear ring is a sign of a good seal. If jar leaks, use contents at once or reprocess with new lid.
- Wipe jars with damp cloth. Dry and label with contents and date.

Never taste food you think has spoiled. Throw it away. It is possible for food to contain botulism without showing any signs of spoilage, so boil non-acid vegetables and meats for ten minutes before tasting and reboil leftover food before serving.

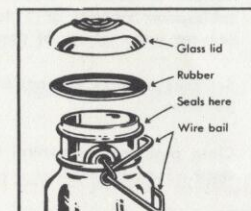
A leaking jar or bulged can may be a sign of spoilage. Look for "off" odor or color. A dark tin can lid does not necessarily indicate spoilage and meat broth may be either liquid or jellied.

HOW TO CLOSE JARS



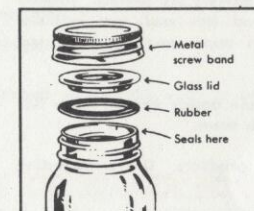
A porcelain-lined zinc cap with shoulder rubber ring, to fit a standard mason jar.

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



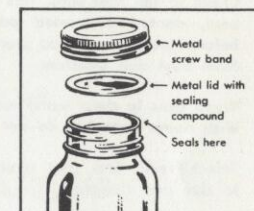
A wire-bail type jar with glass lid and rubber ring.

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



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

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



A flat metal lid with sealing compound and a metal screw band, which fits any standard Mason jar.

- Fill jar. Wipe rim clean.
- Put lid on jar with sealing compound next to glass.
- Screw metal band on tight by hand. Do not use a wrench.
- This jar is self sealing. After processing, do not tighten further.

PRESSURE CANNING IN TIN CANS

1. Select the proper type of tin can as follows:

C — Enamel for corn and hominy.

R — Enamel for beets, berries, red or black cherries, plums, pumpkin, rhubarb and winter squash.

Plain cans for all other fruits, vegetables and meats for which canning directions are given in this book.

2. Check to see that cans, lids and gaskets are perfect. Discard bent, dented or rusted cans and lids and torn gaskets. Before using keep lids stored in paper packing to protect from dust and moisture.

3. Wash cans in clear water and drain upside down. Wipe lids with damp cloth but do not wash them.

4. Select fresh, firm (not overripe) products. Grade according to size and ripeness.

5. Wash and prepare according to chart directions.

6. Most food may be packed raw or it may be preheated or partially cooked and then packed. However, when using tin cans, the contents of the can must be heated to 170° F. or higher before the cans are sealed. This preheating exhausts the air from the cans and thus prevents discoloration and loss of flavor and also prevents bulging can ends and breaking seams.

7. To get proper sealing temperature, you may pack the food hot or heat it in the open cans or both. Add syrup, water or juice, allowing head space. See charts, page 74-78. Place open, filled cans in the canner or a large kettle with boiling water about 2" below can tops. Cover (but do not use pressure control), bring the water back to boiling and boil for 10 minutes. Then check the cans with a thermometer to make sure that the temperature is 170° F. or higher.

8. Remove cans. Work out air bubbles with a table knife. Wipe lids with a damp cloth before placing on cans.

9. Seal cans at once. While sealing one lot of filled cans, heat another lot.

10. Place rack in MIRRO-MATIC (flat side down). Add recommended amount of water. (See chart, page 73.) Add 1 tablespoon vinegar or 1 teaspoon cream of tartar to help prevent water stains in pan and on cans.

11. Set cans on rack in pan, using tongs to protect hands from hot cans.

12. Close pan and set control at 5, 10 or 15 lbs., according to chart. Turn on heat.

13. Air in pan has been exhausted when control jiggles vigorously. Start to count 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.

14. Process according to time given on charts, pages 74 to 78.

15. When processing time is completed, reduce pressure instantly by running cold water over pressure pan or placing pan in cold water.

16. Remove cans from pressure pan and cool them at once in running water. Take them out of the water while they are still slightly warm and stagger them in stacks so that air can circulate around them. This hastens cooling and prevents rusting. Dry and label.

AMOUNT OF SALT FOR CANNING VEGETABLES AND MEATS*

CAN	Amount of Salt	
Half pint	1/4 teaspoon	
Pint	1/2 teaspoon	
Quart	1 teaspoon	
No. 2 can	1/2 teaspoon	
No. 2 1/2 can	1 teaspoon	

*Vegetables and meats may be canned successfully with or without salt.

CAPACITIES — AND AMOUNT OF WATER FOR CANNING

SIZE OF PRESSURE PAN	Capacity of Pan					Amount of Water for Processing
	Half Pints	Pints	Quarts	No. 2 Cans	No. 2 1/2 Cans	
4-Qt. MIRRO-MATIC	4	4	—	3	—	1 Quart*
6-Qt. MIRRO-MATIC	7	7	—	5	4	1 1/2 Quarts*
8-Qt. MIRRO-MATIC	14 1/2	7	4	7	4	1 1/2 Quarts*
16-Qt. MIRRO-MATIC	20 1/2	9	7	13	9	2 Quarts* For all canning

*Add extra pint of water to pan if processing at less than full capacity.

If jars are stacked and an additional rack is used between stacks.

PRESSURE CANNING VEGETABLES

FOOD	Half Pint and Pint Jars	Minutes To Cook After No. 2 Cans	Control Jiggles Quart Jars	No. 2 1/2 Cans	Pounds Pressure
Asparagus	25*	20†	30*	20†	10
Wash. Grade. Trim off scale. Cover with boiling water. Cook 2 minutes. Pack hot, cover with liquid. Or pack raw and cover with boiling water. Leave 1/2 inch head space. Add salt. Exhaust tin cans. Adjust lids. Process.					
Beans, Lima (fresh)	40*	40†	50*	40†	10
Shell. Grade. Bring to a boil. Pack hot and cover with water. Or pack raw and cover with boiling water. Leave 1 inch head space in pints and tin cans. Leave 1 1/2 inches in quarts. Add salt. Exhaust tin cans. Adjust lids. Process.					
Beans, String or Wax	20*	25†	25*	30†	10
Wash. String. Cut in pieces. Boil 5 minutes. Pack hot. Cover with boiling liquid. Or pack raw and cover with boiling water. Leave 1/2 inch head space in glass jars, 1/4 inch in tin cans. Add salt. Exhaust tin cans. Adjust lids. Process.					
Beets	30*	30†	35*	30†	10
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. Cut in 1/2 inch slices. Pack. Cover with fresh boiling water. Leave 1/2 inch head space. Add salt. Exhaust tin cans. Adjust lids. Process.					
Carrots	25*	25†	30*	30†	10
Scrape. Slice or cut as desired. Boil for 5 minutes. Pack. Cover with hot liquid. Or pack raw and cover with boiling water. Leave 1 inch head space in glass jars, raw pack. Leave 1/2 inch in others. Add salt. Exhaust tin cans. Adjust lids. Process.					
Corn (cream style)	95*	105†			10
Remove husks. Cut kernels from cob at about center of kernel and scrape cobs. Heat corn to boiling with water. Or pack raw and cover with boiling water. Leave 1 inch head space in glass jars. Leave 1/2 inch in tin cans. Add salt. Exhaust tin cans. Adjust lids. Process.					
Corn (whole kernel)	55*	60†	85*	60†	10
Remove husks. Cut kernels from cob. To each quart of corn, add 1 pint of boiling water and 1 teaspoon salt. Boil 1 minute. Pack loosely and cover with water. Or pack raw loosely and cover with boiling water. Leave 1 inch head space in glass jars. Leave 1/2 inch in tin cans. Add salt. Exhaust tin cans. Adjust lids. Process.					

*Reduce pressure normally.

†Reduce pressure instantly.

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

PRESSURE CANNING VEGETABLES

FOOD	Half Pint and Pint Jars	Minutes To Cook After No. 2 Cans	Control Jiggles Quart Jars	No. 2 1/2 Cans	Pounds Pressure
Greens	70*	65†	90*	75†	10
Can only very fresh, tender greens. Wash carefully. Remove tough stems. Boil in small amount of water. Pack loosely. Cover with hot liquid. Leave 1/2 inch head space. Add salt. Exhaust tin cans. Adjust lids. Process.					
Mushrooms	30*	30†			10
Trim and soak in cold water 10 minutes. Wash. Cut large ones in half. Cook gently 15 minutes. Pack hot and cover with boiling water. Leave 1/2 inch head space in glass jars. Leave 1/4 inch in tin cans. Add salt. Exhaust tin cans. Adjust lids. Process.					
Okra	25*	25†	40*	35†	10
Wash and trim. Cook 1 minute. Cut into 1 inch lengths. Pack hot and cover with boiling water. Leave 1/2 inch head space in glass jars. Leave 1/4 inch in tin cans. Add salt. Exhaust tin cans. Adjust lids. Process.					
Peas (fresh Blackeye, Cowpeas, Blackeye Beans)	35*	35†	40*	40†	10
Shell and wash. Bring to a boil. Drain. Pack loosely and cover with boiling water. Or pack raw loosely and cover with boiling water. Leave 1 1/2 inches head space in glass jars. Leave 3/4 inch in tin cans. Add salt. Exhaust tin cans. Adjust lids. Process.					
Peas (green)	40*	30†	40*	35†	10
Shell. Use only young, fresh peas. Bring to a boil. Pack loosely and cover with boiling water. Or pack raw loosely and cover with boiling water. Leave 1 inch head space in glass jars. Leave 1/4 inch in tin cans. Add salt. Exhaust tin cans. Adjust lids. Process.					
Potatoes	35*	30†	40*	40†	10
Wash, pare and cut into 1/2 inch cubes. Or use whole if 1 to 2 1/2 inches in diameter. Boil cubes 2 minutes; whole potatoes 10 minutes. Drain. Pack and cover with boiling water. Leave 1/2 inch head space in glass jars. Leave 1/4 inch in tin cans. Add salt. Exhaust tin cans. Adjust lids. Process.					
Pumpkin or Hubbard Squash	55*	50†	90*	75†	10
Peel and cut into 1 inch cubes. Cook 1 minute. Pack hot. Cover with boiling water. Leave 1/2 inch head space in glass jars. Leave 1/4 inch in tin cans. Add salt. Exhaust tin cans. Adjust lids. Process.					
Sauerkraut	10*	15†	15*	20†	5
Heat well-fermented sauerkraut to simmering. Pack hot and cover with hot juice. Leave 1/2 inch head space in glass jars. Leave 1/4 inch head space in tin cans. Exhaust tin cans. Adjust lids. Process.					
Sweet Potatoes	55* (wet) 65* (dry)	70† (wet) 80† (dry)	90* (wet) 95* (dry)	90† (wet) 95† (dry)	10
Wash. Boil until skins slip off easily. Cut in pieces. For wet pack, pack and cover with boiling water. Leave 1 inch head space in glass jars. Leave 1/4 inch in tin cans. Add salt. For dry pack, pack cooked pieces and add no salt or liquid. Leave 1 inch head space in glass jars. Pack to top in tin cans. Exhaust tin cans. Adjust lids. Process.					
Tomatoes					See Page 78

*Reduce pressure normally.

†Reduce pressure instantly.

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

PRESSURE CANNING MEAT AND FISH

All meat and fish should be thoroughly cooled and cleaned before canning.

FOOD	Minutes To Cook After Control Jiggles				Pounds Pressure
	Pint Jars	No. 2 Cans	Quart Jars	No. 2 1/2 Cans	
Beef, Veal, Lamb, Pork	75*	65†	90*	90†	10
Precook meat until medium done or until pieces when cut show almost no pink at center. Cut in pieces. Add salt. Pack. Fill with liquid, to the top in tin cans and within 1 inch from top in glass jars. Exhaust tin cans. Adjust lids. Process.					
Pork Chops, Ham	75*	65†	90*	90†	10
Fry meat until brown. Add salt. Pack. Fill with liquid, to the top in tin cans and within 1 inch from top in glass jars. Exhaust tin cans. Adjust lids. Process.					
Chicken (with bones)	65*	55†	75*	75†	10
Precook disjointed chicken with liquid until medium done. Add salt. Pack. Fill with liquid, to the top in tin cans and within 1 inch from top in glass jars. Exhaust tin cans. Adjust lids. Process.					
Chicken (without bones)	75*	65†	90*	90†	10
Precook disjointed chicken with liquid until medium done. Remove bones. Add salt. Pack. Fill with liquid, to the top in tin cans and within 1 inch from top in glass jars. Exhaust tin cans. Adjust lids. Process.					
Chicken, (fried)	65*	55†	75*	75†	10
Fry disjointed chicken in hot fat until it is lightly browned. Add salt. Pack. Fill with liquid, to the top in tin cans and within 1 inch from top in glass jars. Exhaust tin cans. Adjust lids. Process.					
Rabbit, Duck, Turkey					
Follow directions for Chicken.					
Soup Stock	20*	20†	25*	25†	10
Cook soup stock. Skim fat and remove bones. Pour hot into containers, to the top in tin cans and within 1/2 inch from top in glass jars. Exhaust tin cans. Adjust lids. Process.					
Fish (except salmon)	90*	90†	90*	90†	10
Cut fish in pieces. Precook. Remove bones and skin, if desired. Add salt. Pack to the top in tin cans, to within 1 inch from top in glass jars. Add 2 tablespoons salad oil to tuna. Exhaust tin cans. Adjust lids. Process.					
Salmon	90*	90†	90*	90†	10
Slowly pour hot water on fish, being careful not to break skin. Scrape gently until skin is white and clean. Wipe dry. Cut, leaving backbone in. Add salt. Pack to the top in tin cans, to within 1 inch from top in glass jars. Exhaust tin cans. Adjust lids. Process.					
Clams	90*	90†	90*	90†	10
Steam clams to open shell. Remove from shell and boil in salted water 5 minutes. Drain and rinse. Pack. Fill with weak hot brine, to the top in tin cans and within 1 inch from top in glass jars. Exhaust tin cans. Adjust lids. Process.					
Shrimp	90*	90†	90*	90†	10
Boil shrimp 7 to 8 minutes in 1 gal. water to which 1 lb. salt has been added. Drain. Shell and devein. Pack. Fill with hot weak brine (1 tsp. salt to 1 qt. water), to the top in tin cans, to within 1/2 inch from top in glass jars. Or shrimp may be packed dry. Exhaust tin cans. Adjust lids. Process.					

*Reduce pressure normally.

†Reduce pressure instantly.

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

PRESSURE CANNING FRUITS

Fruits may be processed either in a boiling water bath or in a pressure pan. When using the pressure method, time processing very carefully because fruits are easily overcooked. To keep peeled fruit from

darkening before it is packed, place it in water to which ascorbic acid has been added. Ascorbic acid products can be obtained at drug stores.

FOOD	Minutes To Cook After Control Jiggles				Pounds Pressure
	Half Pint and Pint Jars	No. 2 Cans	Quart Jars	No. 2 1/2 Cans	
Apples	10*	5†	10*	5†	5
Wash, pare, core and cut in pieces. Pack. Fill with syrup, to top in tin cans and within 1/2 inch from top in glass jars. Or precook 3 minutes in syrup. Pack and add syrup. Exhaust tin cans. Adjust lids. Process.					
Apricots and Nectarines	10*	5†	10*	10†	5
Wash. Pack whole or halve and pit. Fill with syrup, to top in tin cans and within 1/2 inch from top in glass jars. Exhaust tin cans. Adjust lids. Process.					
Berries (except Strawberries)	8*	4†	8*	8†	5
Wash. Stem. Pack. Fill with syrup, to top in tin cans and within 1/2 inch from top in glass jars. Exhaust tin cans. Adjust lids. Process.					
Cherries	10*	5†	10*	10†	5
Wash and stem. Pit. Pack. Fill with syrup, to top in tin cans and within 1/2 inch from top in glass jars. Exhaust tin cans. Adjust lids. Process.					
Figs	10*	5†	10*	10†	5
Wash. Leave on stems. Boil for 2 minutes. Prepare a thin syrup with this water and boil figs in it for 5 minutes. Pack. Fill with syrup, to top in tin cans and within 1/2 inch from top in glass jars. Exhaust tin cans. Adjust lids. Process.					
Grapes	8*	4†	8*	8†	5
Wash and stem. Pack. Fill with syrup, to top in tin cans and within 1 1/2 inches from top in glass jars. Exhaust tin cans. Adjust lids. Process.					
Peaches	10*	5†	10*	10†	5
Wash. Dip peaches in boiling water, then cold water. Remove skins. Cut in halves and remove pits. Pack. Fill with syrup to top in tin cans and within 1/2 inch from top in glass jars. Exhaust tin cans. Adjust lids. Process.					
Pears	10*	5†	10*	10†	5
Wash. Peel. Halve and core. Pack. Fill with syrup to top in tin cans and within 1/2 inch from top in glass jars. Exhaust tin cans. Adjust lids. Process.					
Pineapple	15*	10†	15*	15†	5
Slice and peel. Remove eyes and core. Boil 5-10 minutes in medium syrup. Pack. Fill with syrup to top in tin cans, to within 1/2 inch from top in glass jars. Exhaust tin cans. Adjust lids. Process.					

*Reduce pressure normally.

†Reduce pressure instantly.

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

FOOD	Half Pint and Pint Jars	Minutes To Cook After Control Jiggles No. 2 Cans	Control Jiggles Quart Jars	No. 2½ Cans	Pounds Pressure
Plums Wash. Prick skins. Pack. Fill with syrup, to top in tin cans, to within ½ inch from top in glass jars. Exhaust tin cans. Adjust lids. Process.	10*	5†	10*	10†	5
Rhubarb Wash. Cut in pieces. Pack. Add syrup, to top in tin cans or to within ½ inch from top in glass jars. Or cook rhubarb sauce (not in pressure pan) and pack. Exhaust tin cans. Adjust lids. Process.	5*	5†	5*	5†	5
Strawberries Wash and stem. Boil gently 3 minutes with ½ cup sugar for each quart of fruit. Let stand overnight. Bring quickly to boil. Pack to top in tin cans, to within ½ inch of top in glass jars. Exhaust tin cans. Adjust lids. Process in boiling water bath, not under pressure — 15 minutes for pints, quarts and No. 2½ cans and 10 minutes for No. 2 cans.					
Tomatoes Scald ½ minute. Place in cold water. Remove skins. Quarter. Add salt. Pack tightly. Or bring peeled and quartered tomatoes to a boil and then pack to top in tin cans, to within ½ inch of top in glass jars. Exhaust tin cans. Adjust lids. Process.	10*	5†	10*	10†	5
Tomato Juice Cook tomatoes and put through food press. Season and bring to a boil. Fill tin cans to top and glass jars to within ¼ inch from top. Exhaust tin cans. Adjust lids. Process.	10*	5†	10*	10†	5

*Reduce pressure normally.

†Reduce pressure instantly.

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

HOW TO MAKE SYRUP

Sugar is not necessary to keep foods from spoiling although it does help canned fruit keep its shape, color and flavor. Process unsweetened fruit the same as sweetened.

Thin syrup: 3 parts water or juice to 1 part sugar. Bring to boil. Use for soft fruits such as sweet cherries and sweet berries.

Medium syrup: 2 parts water or juice to 1 part sugar. Bring to boil. Use for peaches, pears, sour berries, acid fruits.

Heavy syrup: 1 part water or juice to 1 part sugar. Bring to boil. Use on larger sour fruits that are to be extra sweet.

EXCELLENT FOR STERILIZING

Because of the high temperature — 250° Fahrenheit — which is attained with the MIRRO-MATIC pressure pan at 15 lbs. pressure, it is an excellent sterilizer.

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

To sterilize in your MIRRO-MATIC, place the rack in the pan, add 1½ cups of water and place items on rack. Cover. Set control at 15. When control jiggles, reduce heat and start counting sterilizing time. Fifteen minutes is recommended for instruments, bottles, utensils, rubber goods and heat-resistant plastic goods; thirty minutes for liquids and dressings. Reduce pressure normally.



TERMINAL STERILIZATION*

sterilize baby formula, nipples,
bottles and caps all at one time

Use Evenflo type bottles. These bottles are provided with a nipple which can be inverted into the bottle. A sealing disk and screw cap are put over the inverted nipple to seal the bottle as it is sterilized and later stored in a refrigerator until needed.

Prepare the formula according to the doctor's directions, dissolving any carbohydrates such as Dextri-Maltose, etc. Then pour the prepared formula into bottles that have been thoroughly cleaned with hot suds and rinsed well. Bottles and formula should be about the same temperature. Place nipple on the bottles in inverted position, put sealing disks on top of nipples and tighten caps. Then loosen each cap by giving it one-half turn back. This slight loosening is necessary to prevent internal pressure from breaking the bottles. If caps are too loose, milk will boil out.

Place inverted rack in MIRRO-MATIC and add four cups of water and one teaspoon vinegar. If bottles are warm, heat the water in the pressure pan to about the same temperature before putting them in the pan.

STAND BOTTLES UPRIGHT, DO NOT LAY THEM ON THEIR SIDE.

Cover MIRRO-MATIC, set the control at 5 and turn the heat high. (The American Hospital Association recommends a temperature not to exceed 230° F. Pressure in the MIRRO-MATIC at 5 lb. setting is 227°. The control automatically prevents pressure from going higher.) When control jiggles, reduce heat and start counting processing time. Ten minutes is all that is required. Remove pan from heat and allow pressure to drop normally. DO NOT PLACE PAN UNDER FAUCET OR IN WATER TO REDUCE PRESSURE.

When pressure is down, remove the control, open the pan and remove bottles. Do not place them in a draft or on a cold surface as the extreme change in temperature may cause them to break. As soon as bottles are cool enough to handle with a hot pad, shake them to prevent scum from forming and place in refrigerator.

*Use the 8 or 16 quart MIRRO-MATIC for 8 oz. bottles and the 4 or 6 quart size for 4 oz. bottles.



Your MIRRO dealer offers a complete line of utensils for cooking, frying, roasting and baking. Most items are available in a wide range of sizes (illustrated here are just a few). Many pieces are also available with super-slick Du Pont TEFLON finish inside, for No-stick Cooking with No-scour Cleanup.



COVERED PANS

For everyday kitchen use. Easy-over covers. Graduated.



COVERED POTS

Sturdily built in many sizes. Easy-over covers. Graduated.



FRY PANS

Warp-proof under normal home use. Heats quickly. Browns evenly.



MIRRO-MATIC TIMER

Accurate timer for all your cooking. No winding. Set dial, bell rings when time is up.



MUFFIN PAN

Seamless. Easy to clean. Also gem size for tea biscuits, cupcakes.



OVAL ROASTERS

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



ICE CUBE TRAY

Freezes faster, releases cubes instantly. Alumilite finish.



CANISTER SET

Beautiful color anodized set won't rust, tarnish or show fingerprints.



COOKIE, PASTRY PRESS

15 plates and tips for making cookies, eclairs, cream puffs, meringue shells and lady fingers.



PERCOLATORS

Graduated for perfect coffee. Welded spout. Plastic handles. Quick heat bottoms.



SAUCE PANS

5/8, 1, 2, 3 qt. Smooth Sani-tite rims. Graduated. Husky, handy.



FLIP-CAP TEAKETTLE

Whistles when water boils. Trigger "flips" cap for easy filling, safe pouring. 2 1/2 qt.



COPPER-TONE MOLDS

Decorative molds for salads, cakes, wall display. Have ring for hanging.



CAKE CARRIER

For keeping and carrying cakes. Positive locking device holds cover.



DEEP CAKE PAN

Bakes perfectly. Cleans easily. Durable. Built-in Handgrip.



IDEAL PIE PANS

Alumilite, heat-absorbing finish for perfect crusts. Durable. Built-in Handgrip.



LAYER CAKE PANS

Assorted sizes. Solid or batter-seal loose bottom. Brown evenly. Bake wonderfully. Built-in Handgrip.



BAKE-ROAST PAN

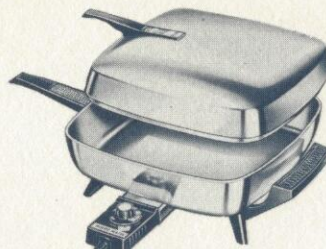
For roasts, biscuits, cakes, etc. Rigid, best heavy quality. Built-in Handgrip.



Matched Deluxe Electrics
with distinctive charcoal blue trim
styled by Brooks Stevens



BROILER



FRY PAN



BUFFET SERVER



CORN POPPER



10 CUP PERCOLATOR



35 CUP PERCOLATOR



22 CUP PERCOLATOR