

Sunbeam

CONTROLLED HEAT
Automatic **FRYPAN**

You Simply Set the Dial
for the **CONTROLLED HEAT** Ideal
for bacon, eggs, pancakes,
etc., and each of these

Foods will be
cooked to delicious
perfection everytime
in this
wonderful **FRYPAN**
by *Sunbeam*



Marvelous New Water-
Sealed **ELEMENT**. You
can immerse the
entire pan in water up to
the control panel for quick
easy washing

**EVERYTHING YOU COOK
WILL BE MORE DELICIOUS
BECAUSE YOU GET THE
CORRECT HEAT EVERYTIME**

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DELICIOUS BECAUSE YOU GET THE *CORRECT*
HEAT EVERYTIME**

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Advantages of the entirely NEW

Sunbeam

CONTROLLED HEAT

Automatic FRYPAN



Handle of the Sunbeam showing Fry-Guide and Heat Control Panel

	HEAT
BACON	340
EGG, FRIED	300
EGGS, SCRAMBLED	320
PANCAKES	380
HAMBURGERS	360
HAM	340
POTATOES	320
FISH	380
SAUSAGE	300
PORK CHOPS	360
MINUTE STEAK	420
LIVER	360
FRENCH TOAST	360
FRIED CHICKEN ETC. SEE RECIPE BOOK	

Up to now you have been able to get perfect baking and cooking temperatures in the oven of your stove because of automatic heat control, but when frying or cooking on the top of the stove you have never known whether the heat was too high or too low, which often results in cooking failures. The temperature of the open flame will vary. Unless the heating element is imbedded in the frying pan you will not get accurate transfer of the heat.

Now with the marvelous new Sunbeam Automatic FRYPAN you can fry and cook at the correct, automatically controlled heat every time. The Sunbeam's highly accurate thermostatic control maintains the proper CONTROLLED HEAT for perfect cooking and frying results without constant watching. The shortening is always at just the right temperature, resulting in less grease absorption into the foods. Chicken, pork chops, fish, hamburgers, etc., are tastier, more flavorful, with their natural juices sealed in.

Exclusive Fry-Guide

The Sunbeam FRYPAN has the easy-to-see Fry-Guide and Heat Control Panel right in the handle, always at your fingertips. (See illustration above) This Guide gives you the recommended frying temperature for your favorite dishes and completely eliminates guesswork and failures. The indicator light flashes off automatically when the Sunbeam reaches the proper temperature and flashes on when temperature drops.

Water-Sealed Element

Another great advantage of the Sunbeam is that it has a *controlled* WATER-SEALED heating element—a wonderful new invention by Sunbeam. This invention makes it possible for you to immerse the entire pan in water up to the control panel of the handle for quick, easy washing.

Convenient Square Shape

The Sunbeam's exclusive square design makes it ideal for frying bacon, eggs, pancakes, hashed brown potatoes, etc. You can cook more in the same area than you can in a round pan. Also, small quantities cook well in it. The Sunbeam Automatic FRYPAN is constructed of durable, heavy cast aluminum. Its attractive, modern construction will make it an asset to any kitchen.

How to Use Your New *Sunbeam* **Automatic FRYPAN**

1. Plug cord into a 110-120 volt AC electrical outlet.
2. Set temperature control to temperature recommended on frying chart, [page 4](#), or in recipe. The indicator light will go on. When it goes off, proper frying temperature has been reached. Light will continue to go on and off during frying.
3. Add recommended amount of shortening when unit is preheated. In most cases, less shortening may be used, if desired. When very small amounts of shortening are used, tilt FRYPAN slightly to coat entire surface. Fry or cook food as directed in recipes.
4. When food is fried or cooked as desired, set heat control at “off” position or low point in warm range.

Suggestions for GOOD RESULTS with Fried Foods

1. Use any type of shortening, such as vegetable shortening, salad oil, lard, bacon drippings, butter, margarine, etc. Melt before adding food. Use sufficient shortening to keep foods from sticking to bottom of pan.
2. Follow time and temperature directed on frying chart, varying to suit your taste, size and quantity of foods.
3. Avoid overcrowding foods when browning. When frying large quantities of chicken, etc., brown pieces without overcrowding. Remove to tray or plate while browning remaining food. Then return entire quantity to the Sunbeam and cover to finish. Wait for indicator light to go off before frying another batch.

4. Breading particles which adhere to the bottom of the FRYPAN may be removed with a wooden spoon.
5. Keep paper toweling handy for draining fried foods such as bacon, sausages, etc. Bring the Sunbeam right to the table to keep foods piping hot. Makes an attractive serving unit.
6. After cooking or frying for time indicated, test for doneness with skewer or single tine of fork. Foods should be brown and cooked through well.
7. Foods such as chicken, chops, croquettes, etc. may be coated with any of the following: seasoned flour, beaten egg diluted with milk or water and fine dry crumbs, cornmeal or cereals. Breading gives foods a crisp, brown crust and moist interior with less shortening absorbed into the food.

Easy to keep clean

Disconnect the electric cord from the outlet. Because the Sunbeam FRYPAN has a water-sealed element you can immerse the entire pan in hot sudsy water up to the control panel, for quick, easy washing. Then rinse in clean, hot water and dry. Steel wool scouring soap pads may be used to remove particles that cling to the bottom of the pan. Do not scrape with sharp objects.



DO NOT STORE IN OVEN or ever put in OVEN because oven heat will damage parts of plastic handle.

Sunbeam FRY-GUIDE

The foods listed on this chart are those indicated on the Fry-Guide on the handle. See other recipes on pages [six](#) and [seven](#).

Time and temperature will vary to suit taste, size and quantity of food. (Foods taken directly from refrigerator to cook or fry will take longer than foods at room temperature.) Simmering point may vary from 200° to 220° in individual Frypans. Adjust dial to keep liquid bubbling when light is on.

FOOD	Approximate Temperature	Frying Time	INSTRUCTIONS
BACON	340°	5-8 min.	Do not preheat. Arrange bacon slices in Sunbeam. Avoid overcrowding. Fry, turning occasionally, until crisp as desired. Pour off fat during frying for very crisp result. Drain on paper toweling. Serve hot. (Entire half pound of refrigerated bacon can be put in Sunbeam. As bacon heats, slices can be quickly separated.)
EGGS (Fried)	300° 320° (For more crisp crust)	2-4 min. 2-3 min.	Preheat until light goes out, add 1 tbs. or more of any desired fat for each 2 eggs. Melt. Add eggs. Spoon fat over eggs or cover. Fry until done as desired. Remove with pancake turner. Season. Serve with bacon, sausages or ham, if desired. Beat together with a fork

**EGGS
(Scrambled)**

320°

1-3 min.

until blended—4 eggs, ¼ tsp. salt, dash of pepper, ⅓ cup milk. Preheat Sunbeam until light goes out, add 2 to 3 tbsp. butter or margarine. Tilt so that entire bottom and lower sides are greased. Add eggs. Scrape slowly from bottom and sides with a spoon until set as desired. Sprinkle with paprika or finely chopped parsley.

PANCAKES

380°

2-3 min.

Use your favorite recipe or packaged mix. Preheat until light goes out. Brush Sunbeam lightly with fat or bake without greasing (If batter contains no shortening, then grease). Pour about 2 tbsp. batter for each cake, spacing a little apart. Bake until bubbly and puffed, then turn and brown other side. Serve at once or keep hot between folds of a towel in a warm oven.

HAMBURGERS

360°

6-8 min.

Mix together lightly with a fork—1½ lbs. ground beef, 1½ tsp. salt, 1 to 2 tbsp. grated onion (optional). Shape loosely into 6 patties about ½ in. thick. Wrap a slice of bacon around each; fasten with a toothpick (optional). Preheat Sunbeam until light goes out, add 2 tbsp. fat. When melted, fry patties 3-4 min. on each side or until done

**HAM
(Slices)**

340°

10-20 min.

as desired. Serve with sautéed mushrooms or onions.

Use uncooked mild cure smoked ham cut ¼" to ¾" thick. Cut fat edge in several places. Preheat Sunbeam until light goes out, add 1 tbsp. fat, melt, add ham, fry until well browned on each side and tender. When browned temperature may be set at 200° and top of ham spread with 1½ tbsp. prepared mustard, ¼ cup brown sugar. Sprinkle with powdered cloves. Slowly add ½ cup gingerale, cover, simmer 10 min.

**POTATOES
(Country-fried)**

320°

10-12 min.

Slice thin, peeled, cold, boiled white potatoes. Add minced onion, if you like. Preheat Sunbeam, add 2 to 3 tbsp. butter or fat, melt, add potatoes, fry without stirring until underside is brown. Turn, brown other side. Season with salt and pepper. For Hashed Brown—combine 3 cups chopped cooked potatoes, 3 tbsp. flour. 1 tbsp. grated onion, ¼ cup top milk, 1 tsp. salt, ⅛ tsp. pepper. Preheat, add 3 tbsp. fat. Pack potatoes in firmly, spreading to cover bottom. Brown at 300° for 15 min. Fold half over like omelet. Serve at once.

FISH

380°

5-8 min.

Use fresh or packaged

frozen fillets, steaks or small whole fish. Thaw frozen fish, cut as desired. Dip fish in cold water or milk, then in mixture of ½ cup flour, ½ cup cornmeal, 1 tbsp. salt, ¼ tsp. pepper or dip first in well seasoned flour, then in mixture of 2 eggs beaten with ⅓ cup milk or water, then in fine, dry bread or cracker crumbs. Preheat Sunbeam, add ¼ to ½ cup fat or salad oil. Add fish, fry until golden brown on underside, turn with pancake turner, brown other side. Fry only until easily flaked with a fork and still moist. Serve at once garnished with lemon pieces and parsley or a sauce.

SAUSAGE

300°

12-15 min.

Do not preheat. Use link, country style or meat. Arrange in Sunbeam and fry until golden brown and no pink color remains. Do not fry until dry. Turn frequently using tongs or two forks, so as not to break skins. Pour off excess fat. Sauté apple or pineapple slices in sausage fat to serve as garnish. Brown precooked packaged sausages as directed on label.

**PORK CHOPS
(Breaded)**

**360°
(Brown)
220° (finish)**

**15 min.
15-20 min.**

Trim off excess fat using scissors, cut small, add to Sunbeam while preheating or use other

fat. Snip fat edge of ¼ to ½ inch thick chops. Sprinkle with salt, pepper, poultry seasoning. Dip into beaten egg diluted with 2 tbsp. water, then into fine dry crumbs, coating well. Brown well on each side—about 15 minutes. Add 1 cup water, tomato sauce or juice and chopped onion (optional). When boiling, set dial at 220°. Simmer 15-20 min. longer or until no trace of pink remains inside (cut a slit near bone to test) and chops are tender.

MINUTE STEAK

420°

2-4 min.

Have steaks flattened to about ¼" thickness. Preheat Sunbeam until light goes out. Add 1 to 2 tbsp. fat, melt, add steaks. Do not crowd. Pan-broil 1 to 2 min. on each side or to desired doneness. Season. For pan gravy, add small amount water to drippings. Stir and heat, pour over steaks. Serve with sautéed onions, mushrooms or any desired sauce.

LIVER (Calf's, lamb, or tender beef)

360°

4-6 min.

Wipe ¼" to ½" thick slices with damp cloth. Cut out tubes with scissors. Dip in milk or buttermilk then in well-seasoned flour. Preheat Sunbeam, add 2-3 tbsp. fat or fry bacon first and use drippings. Brown liver quickly on each

**FRENCH
TOAST**

360°

2-3 min.

side. For well done result, turn dial to 240°, continue frying and turning. Serve with sautéed onions or bacon.

Beat together with fork until blended, 2 eggs, ¼ tsp. salt, 1 tbsp. sugar, ½ cup milk, ¼ tsp. nutmeg or ½ tsp. vanilla (optional). Preheat Sunbeam, add 2 tbsp. butter or margarine, tilt to grease entire bottom. Dip slices of bread into egg mixture, only until coated. Fry at once until browned on both sides. Serve hot with syrup or applesauce.

**CHICKEN
(2 to 3 lbs.)**

**360°
(brown)
260° (finish)**

**12-15 min.
15-20 min.**

Thaw frozen eviscerated, clean market dressed as usual, cut in pieces. Combine in paper bag, 1 cup flour, 1½ tsp. salt, ¼ tsp. pepper, ¼ tsp. poultry seasoning. Drop few pieces at time into this, shake bag until pieces are coated. Preheat Sunbeam, add ½ cup shortening, oil or part butter and shortening, melt. Start browning meaty pieces first, putting less meaty pieces in between. Turn as necessary with tongs or two spoons. Fry until brown and crisp on both sides. (12-15 min.) Set dial at 260°, continue frying 20-30 min. longer or until tender. For less crisp, very tender chicken, set dial at 220°,

add ½ cup water, 1
chopped onion
(optional). Cover,
simmer 15-20 min.
longer. Make cream
gravy with drippings,
and some of remaining
flour mixture.

ADDITIONAL RECIPES

MEAT BALLS (Serves 4): Combine in large mixing bowl: **1 lb. ground round or rump beef** (or $\frac{3}{4}$ lb. beef or veal and $\frac{1}{4}$ lb. pork), $\frac{1}{4}$ cup chopped parsley, **1 tsp. salt**, $\frac{1}{8}$ tsp. pepper, **1 egg**, beaten, **1 clove garlic**, chopped fine (optional), **1 cup soft, fine bread crumbs**, **3 tbsp. water**, **2 tbsp. grated parmesan cheese**, (optional). Mix with a fork until blended. Shape into balls of desired size. Preheat Sunbeam to 340° , add **2 tbsp. fat or salad oil**. Add meat balls, brown on all sides. When all are browned, add **canned tomato sauce** or your favorite **spaghetti sauce** recipe—enough to cover meat balls. Simmer at 200° — $\frac{1}{2}$ hour. Serve over hot, cooked and drained **spaghetti**. Sprinkle with **grated parmesan cheese**.

Variation: Italian or other sausage may be browned with meat balls and added to sauce.

MEAT BALLS IN CREAM GRAVY: Prepare meat balls as above except use **1 tbsp. grated onion** instead of garlic. When browned, add **1 10½ oz. can condensed cream of mushroom soup** diluted with an equal quantity of **milk**. Simmer, stirring frequently. Serve over hot, cooked and drained noodles.

BREADED VEAL CHOPS, CUTLETS OR STEAK: Veal should not be over $\frac{1}{2}$ " thick. Flatten cutlets to $\frac{1}{4}$ " thick, cut into serving pieces. Rub with cut **clove of garlic** or brush with **French dressing**. Dip in well seasoned **flour** then into **1 egg beaten with $\frac{1}{4}$ cup milk**, then into **fine, dry bread or cracker crumbs**, coating well on all sides. To make coating adhere better, chill $\frac{1}{2}$ hr. Preheat Sunbeam to 340° , add **3 tbsp. fat or oil**. Fry until browned on both sides—turn dial to 260° , fry and turn until tender—about 20 minutes. Serve with **tomato or mushroom sauce**.

FOR LAMB CHOPS OR STEAKS: Pan-Broil in preheated Sunbeam at 340° without using fat. Brown on both sides, continue frying and turning until done as desired—about 15 minutes. Stand thick chops on edge to brown outside fat. Season and serve hot with **pan gravy** poured over chops.

OMELET: (Serves 2) Preheat Sunbeam to 360°, add **1½ tbsp. butter or margarine**. Tilt Sunbeam to grease bottom and lower sides. Meanwhile, beat together with egg beater just to blend: **4 eggs, 4 tbsp. cold water, ½ tsp. salt, dash of pepper**. Pour into Sunbeam. Turn dial to 300°. As omelet sets around edge, lift with spatula and tilt Sunbeam so uncooked mixture spreads underneath. Repeat until omelet is creamy and set. Spread filling such as, **grated cheese, jelly, chopped cooked liver & sautéed mushrooms or 1 cup chopped cooked ham or tongue**, over half of omelet. Then loosen edge of omelet all around with spatula and fold over filling using two turners. Loosen bottom with turner and slide out onto heated platter. Garnish with **parsley** and **tomato wedges**. Serve at once.

POTATO PANCAKES: (Makes about 10 pancakes) Sift together into mixing bowl **½ cup sifted all-purpose flour, 1 tsp. salt, 1 tsp. baking powder, ⅛ tsp. white pepper**. Add **1 egg**, unbeaten, **½ cup milk, 2 tbsp. melted butter or margarine, 1 tbsp. grated onion** (optional), **1½ cups finely grated raw white potato**. (Grate potato just before ready to use, as it will turn dark on standing.) Beat with electric mixer on slow speed until blended. Preheat Sunbeam to 380° using small amount of fat to grease. Drop potato mixture by tablespoons into Sunbeam, spreading out, fry until crisp and brown on one side; then turn; brown other side (3-4 min.). Drain on paper toweling. Serve at once with applesauce and bacon or ham.

APPLE PANCAKES: Use your standard pancake recipe or packaged mix. Add $\frac{1}{2}$ tsp. **cinnamon** and **1 cup finely chopped raw apple** to the batter. (Calling for 2 cups flour or mix)

HASH (SERVES 4): Combine **2 cups ground or chopped cooked corned beef, beef or lamb, 3 cups chopped or ground cold cooked potatoes, 1 onion**, ground or chopped, **1 tsp. salt, dash pepper, $\frac{1}{3}$ cup top milk or $\frac{1}{2}$ cup left over gravy** (1 large finely grated or ground raw carrot may be added). Toss lightly with a fork to blend. Preheat Sunbeam to 320° , add **2 tbsp. fat or salad oil**. Tilt to grease bottom and lower sides. Add hash, spreading over surface. Brown, without stirring, about 10-15 minutes, then turn with pancake turner. Brown other side. Serve with **chili sauce, catsup or barbecue sauce**. After turning, hollows in hash can be made with back of a spoon, drop an egg into each, cover Sunbeam, cook until eggs are set as desired. Sprinkle with finely chopped **parsley** and serve directly from Sunbeam. (Brown canned **corned beef hash** preparing as directed on label.)

FRITTERS: (Serves 4 to 6) Combine in mixing bowl, **1 cup sifted all-purpose flour, $1\frac{1}{2}$ tsp. baking powder, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ tsp. salt, 1 egg, $\frac{1}{3}$ cup plus 2 tbsp. milk, $\frac{1}{2}$ tsp. vanilla, 1 tbsp. melted butter**. Beat with electric mixer on low speed until blended and smooth. Pare, core, slice thinly crosswise 2 large **apples**. Dip slices in batter and fry in Sunbeam which has been preheated to 380° with **1 cup fat** in it. Fry until brown on one side, turn and brown other side and fry until apples are tender. Serve hot with **syrup** or sprinkle with **sugar and cinnamon**. (Banana or pineapple cut in chunks may be used instead of apple.)

CORN FRITTERS: (Serves 6) Beat **3 egg yolks** well, add **$1\frac{1}{2}$ -2 cups drained, cooked or canned whole kernel corn, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. pepper, $\frac{1}{4}$ cup sifted all purpose flour**. Stir until blended.

Fold in **3 stiffly beaten egg whites**. Preheat Sunbeam to 380°, add $\frac{1}{3}$ **cup fat or salad oil**. When hot, drop in batter by spoonfuls. Fry on both sides until browned about 3 minutes. Serve hot with **syrup**.

TOASTED SANDWICHES:

Cheese: For each serving, place slices of **American cheese or spreading cheese** between 2 thin slices **bread**. Spread cheese with **mustard or barbecue sauce**. Spread **butter** over outside of both slices. Brown on both sides in preheated Sunbeam at 360° (about 5 min.). Serve with **broiled tomatoes and crisp bacon slices**.

Ham or Chicken: Use thinly sliced cooked **ham** or white meat of **chicken or turkey**, thinly sliced **tomato** and one thin slice **cheese**. Prepare as above.

French Toast Sandwiches: Make **chicken, turkey, ham or cream cheese** sandwiches, omit lettuce or salad dressing. Dip each into French Toast Mixture [Page 4](#). Brown on both sides in Sunbeam preheated to 360°, with **2 tbsp. butter or margarine added**. Cream Cheese ones are delicious served with jam.

SAUTÉED VEGETABLES:

Eggplant: Pare eggplant, cut into $\frac{1}{4}$ " crosswise slices. Dip in **flour or in 2 beaten eggs**, diluted with $\frac{1}{2}$ **cup milk**, then in fine dry **bread or cracker crumbs**. Preheat Sunbeam to 320°, add **3 tbsp. butter, margarine, bacon drippings or salad oil**. Add eggplant, sauté until brown on both sides and tender—5 to 8 minutes. Sprinkle with salt and pepper.

Mushrooms: Wash 1 lb. fresh **mushrooms**, drain and slice. Preheat Sunbeam to 340°, add $\frac{1}{4}$ **cup butter or margarine**. Add **1 tbsp. grated onion** (optional) and sauté a few minutes, then add

mushrooms. Sauté, stirring frequently, 5-8 min. Sprinkle with **salt, pepper and lemon juice** or omit **lemon juice** and add **2 tbsp. sherry and 5 tbsp. cream.** (**Canned mushrooms** may be drained and sautéed in similar manner).

Quick French Fries: Cut raw, pared **white potatoes** in $\frac{1}{2}$ inch cubes. Rinse. Pat dry. Preheat Sunbeam to 380° , add **1 cup shortening.** Slowly add **potatoes,** (about 3 cups), turn dial to 420° , brown, turning frequently until crisp as desired—15 to 20 min. Remove with slotted spoon or turner, drain on paper toweling. Sprinkle with salt. Serve hot.

Candied Sweet Potatoes: (Serves 6) Combine in Sunbeam $\frac{1}{4}$ **cup butter or margarine, 1 cup brown sugar,** firmly packed, $\frac{1}{4}$ **cup water or orange juice, $\frac{1}{2}$ tsp. salt, 1 tsp. grated orange rind or $\frac{1}{4}$ tsp. cinnamon.** Set dial at 320° and boil, stirring about 2 min. Cut peeled, cooked **sweet potatoes** in half, lengthwise and put into syrup. Simmer about 10 min., at 200° - 220° , spooning syrup over potatoes frequently and turning. Serve hot, garnish with chopped nuts, if desired.

Carrots: Scrape carrots, cook small ones whole or cut larger ones in half lengthwise. Cook until almost tender in small amount boiling, **salted water.** Drain on cake cooler rack. Dip in **granulated sugar.** Preheat Sunbeam to 300° , add $\frac{1}{4}$ **cup butter or margarine.** Add carrots. Sauté to golden color, turning frequently. Garnish with sprigs of parsley.

Onions: Peel and slice **onions** about $\frac{1}{4}$ " thick. Preheat Sunbeam to 300° , add **2-3 tbsp. butter or margarine.** Add **onions.** Sauté, stirring frequently until golden in color. Sprinkle with **salt.** Serve over chops, hamburgers, steak or liver, etc.

**Heat Resistant Glass
or
Aluminum Cover
Available for your Sunbeam**

A cover for your Sunbeam FRYPAN will add to its usefulness for various stewing, braising and casserole dishes such as macaroni and meat balls, Swiss steak, chop suey, chili, pot roast, etc. Also for baking potatoes and keeping foods warm. See your Sunbeam dealer.



HEAT RESISTANT GLASS



ALUMINUM

**You can make these additional recipes with a Sunbeam
cover for your**

Sunbeam
CONTROLLED HEAT
***Automatic* FRYPAN**

**These ADDITIONAL recipes will add to its usefulness for
various stewed, braised, baked and casserole dishes.**

POT ROAST

Temp: 360° to brown, 200° to finish

Time: 10-15 min. to brown, about 2½ hrs. to finish.

Serves 6

3-3½ lbs. beef pot roast

Flour

2 tbsp. fat

1½ tsp. salt

½ tsp. celery salt

¼ tsp. pepper

¼ cup water or wine

⅔ cup chili sauce (optional)

1 large onion, peeled and sliced

Wipe meat with a damp cloth. Dip meat in flour. Meanwhile, preheat Sunbeam to 360°, add the 2 tbsp. fat. Melt, add meat. Brown well on all sides, turning as necessary. Pour off excess fat. Add salt, celery salt and pepper. Spread chili sauce, if used, and onions over meat, add water (omit chili sauce, if wine is used) Cover Sunbeam, turn dial to 200°. Simmer until tender. Remove meat to heated

platter and keep warm. Add enough water to drippings in Sunbeam to make 2 cups. Mix $\frac{1}{4}$ cup flour and $\frac{1}{2}$ cup cold water together to a smooth paste. Set dial to 300° . When liquid is boiling, add mixture slowly while stirring. Cook until thickened and smooth. Season further, if desired. A few drops of bottled gravy sauce may be added to give browner color. Serve gravy over pot roast. Mashed or boiled potatoes, noodles or potato pancakes go well with this.

POT ROAST WITH VEGETABLES

About 45 minutes before time is up add: 6 medium carrots, scraped and cut in half lengthwise, 4 potatoes, peeled and cut in half. Sprinkle with salt. Set dial at 320° until boiling, then reduce to 220° again for remainder of time. Prepare gravy as above, removing meat and vegetables to heated platter. Sprinkle vegetables with paprika, garnish with parsley. Pass gravy separately.

Note: Small pork, veal or lamb roasts (3-4 lbs.) may be prepared similar to pot roast. Brown well on all sides at 360° (10 to 15 minutes) using fat in Sunbeam for lean meats. When browned, turn fat side down, season, add onion, if desired. Turn dial to 220° - 240° , depending on size of roast. A slight frying action should be heard while light is on—only fat, not juices, should accumulate in Sunbeam while roasting. Turn up heat slightly if excess juices form. Turn roast, when half of roasting time is up. Continue roasting until meat is done and tender. Roast pork when done should be gray with no trace of pink.

Approximate roasting time: (unthawed meat as taken from refrigerator)

Pork loin

3-4 lbs. 30 min. per lb. after browning

Veal shoulder or leg
3-3½ lbs. 40 min. per lb. after browning

Lamb shoulder or half leg
3-4 lbs. 35 min. per lb. after browning

Beef (tender cuts)
Rolled roast, etc.
medium done 30-35 min. per lb. after browning

SWISS STEAK

Time: 1½-2 hrs.

Temp.: 360°-400° to brown, 200° to finish

Serves 4

1½ to 2 lbs. round steak (about 1" thick)

⅓ cup flour

2 to 3 onions, peeled and sliced

2 tbsp. fat

1½ tsp. salt

⅛ tsp. pepper

1 clove garlic, peeled, cut fine (optional)

1 stalk celery, diced or sliced (optional)

1½ cups cooked tomatoes or ½ cup chili sauce and

½ cup water

½ green pepper, sliced

Chopped parsley

Lay meat on a breadboard and pound flour into both sides until flour is absorbed by steak. Use a meat hammer or edge of heavy saucer for this. Preheat Sunbeam to 360°, add fat. When melted, add onions, sauce and stir until golden color, (about 3 min.) remove from fat. Set dial at 400°. Add 2 tbsp. additional fat. When light

goes out, add meat, brown well on both sides (8-10 min.) Sprinkle with salt and pepper. Spread sautéed onions, garlic, celery, tomatoes and pepper slices over steak. Cover, turn dial to 200°, simmer until tender—about 1½ hrs. Remove meat to hot platter, skim off fat from drippings. Add a few drops bottled gravy sauce, if desired. Pour over meat. (If desired, thicken drippings to make gravy). Sprinkle with chopped parsley. Serve with hot noodles, rice or potatoes.

Note: Steak may be simmered in gravy prepared as follows: after steak is browned, remove and add slowly 1 cup water and 1 cup tomatoes instead of tomatoes called for in recipe. Bring to boil and thicken slightly with flour and water stirred to a smooth paste. Return steak to gravy, add seasonings and remaining vegetables except parsley. Cover, simmer as above at 200° until tender. Add parsley.

Tomatoes may be omitted and beef bouillon be added instead. Sautéed or canned mushrooms can be added a short time before cooking time is up.

Peeled potatoes and carrots may be added about 40 minutes before cooking time is up. If large cut in half.

BEEF OR LAMB STEW

Temp.: 360° to brown, 200° to finish

Time: about 2 hrs.

Serves 4 to 6

1½ lbs. beef or lamb stew meat (cut in 2" cubes)

3 tbsp. flour

1½ tsp. salt

¼ tsp. pepper

2 tbsp. fat

2 cups boiling water
½ cup diced onion
1 or 2 cloves garlic, minced (optional)
4 lge. carrots scraped, cut in pieces
1 cup cut-up celery
1 cup raw shelled or frozen peas or green beans
1 tbsp. catsup
1 tsp. worcestershire sauce
1 tsp. Kitchen Bouquet
Chopped parsley

Combine flour, salt and pepper. Roll meat in mixture until coated. Preheat Sunbeam to 360°. Add fat. Melt, add meat, brown well on all sides, turning occasionally. When browned, stir in any flour mixture that is left, add water, onion, garlic and celery. Cover, when boiling, set dial at 200° and simmer until almost tender. About 30 min. before cooking time is up, add carrots and peas. Increase temperature until boiling, then reduce. When vegetables are tender, stir in catsup, worcestershire sauce and Kitchen Bouquet. Sprinkle with chopped parsley. Serve directly from Sunbeam, if desired.

Note: Broth may be thickened more with flour and water stirred to a smooth paste.

Variations: Add 1 cup canned tomatoes and 1 cup water instead of the 2 cups water. Add 1 pkg. frozen mixed vegetables, 1 cup sliced or canned mushrooms. Also add 1 cup elbow macaroni (add this mixture, allowing 45 minutes for cooking.) Stir in catsup, worcestershire sauce and Kitchen Bouquet. Sprinkle with chopped parsley.

STEW WITH DUMPLINGS

Prepare stew as given in recipe. Remove meat and vegetables to a heated platter. Cover and keep hot in slow oven. Have at least ½" broth in bottom of Sunbeam, adding water, if necessary. Set dial at 220° when ready to add dumplings. Meanwhile, sift together 1½ cups sifted all-purpose flour, 2 tsps. baking powder, ¾ tsp. salt. Blend in 1 tbsp. shortening with fork or pastry blender. Stir in ¾ cup milk. Dip tablespoon first into boiling broth, then dip up a spoonful of batter, and put it into boiling broth. Keep broth boiling. Cook 10 minutes uncovered, then cover and cook 10 min. longer without uncovering. Serve at once, arranging around stew. Pour gravy over all.

BRAISED PORK OR BEEF LIVER

Temp.: 360° to brown, 200° to braise

Time: 4 min. to brown, 30 min. to finish

Have liver sliced ½" thick. Dip in flour. Preheat Sunbeam to 360°, add 2 tbsp. bacon drippings or fat. Melt. Add liver, brown on both sides. Add ½ to 1 cup tomato juice, canned tomatoes, water or bouillon, 1 large onion, sliced thin and ½ cup finely diced celery may also be added. Sprinkle with 1 tsp. salt, ⅛ tsp. pepper. Cover, reduce temperature to 200°, simmer until tender.

BRAISED PORK CHOPS (1" thick)

Temp.: 360° to brown, 200° to finish

Time: 10-15 min. to brown, 40 min. to finish

Trim off excess fat with scissors, place in Sunbeam (or use 1 tbsp. other fat) and preheat to 360°. Sprinkle chops with salt, pepper, and sage or poultry seasoning (optional) and rub with a peeled, cut clove of garlic (optional). Dip in flour. Brown well in Sunbeam, turning to

brown both sides. Add $\frac{1}{3}$ cup boiling water, canned tomatoes, tomato sauce, barbecue sauce, pineapple juice or orange juice. Sprinkle with chopped onion, if desired. Cover, set dial at 220°, simmer 40 min. or until chops are very tender and no trace of pink remains on inside, (cut a slit near bone to test). Remove to heated platter. Make gravy with drippings, by boiling down at 380° to desired consistency. Serve chops with applesauce or sautéed pineapple rings and candied sweet potatoes.

Note: Veal and lamb shoulder chops may be braised by this method.

VEAL ROLLS

Temp.: 360° to brown, 200° to finish

Time: 10-12 min. to brown, 50-60 min. to finish

Serves 4 to 6

$\frac{1}{4}$ cup melted butter or margarine

2 tbsp. grated onion

2 to 3 cups soft bread crumbs

$\frac{1}{4}$ tsp. salt

$\frac{1}{8}$ tsp. pepper

$\frac{1}{2}$ tsp. poultry seasoning

1 tbsp. minced celery leaves

1 tbsp. chopped parsley

$1\frac{1}{2}$ to 2 lbs. veal cutlet $\frac{1}{4}$ " thick

3 tbsp. fat

$1\frac{1}{4}$ cups hot water

Combine butter, grated onion, crumbs, salt, pepper, poultry seasoning, celery leaves and parsley. Mix well to make stuffing. Cut veal into 4 to 6 serving pieces and pound with meat mallet until thin. Arrange stuffing in center of each, spreading lengthwise. Roll up each and tie with string or fasten with skewers. Roll in well

seasoned flour. Preheat Sunbeam to 360°, add the 3 tbsp. fat. Melt. Brown rolls well on all sides (about 10 min.), turning as necessary. Add water. Cover, reduce temperature to 200°, simmer until tender. Remove meat rolls to heated platter, cut strings or remove skewers. Prepare gravy with drippings, adding a little Kitchen Bouquet, if desired. Pour gravy over rolls. Garnish with parsley and tomato wedges.

THRIFTY MEAT BALLS

Temp.: 360° to brown, 200° to finish

Time: about 1½ hrs.

Serves 4

1 lb. ground beef chuck

¼ cup chopped onion

¼ cup uncooked rice

¼ cup cracker crumbs

⅔ cup milk

1¼ tsp. salt

⅛ tsp. pepper

¼ tsp. poultry seasoning

2 tbsp. fat or bacon drippings

1 10½ oz. can condensed tomato, cream of celery, or mushroom soup

¾ cup hot water

1 4 oz. can mushroom pieces (optional)

Combine beef, onion, rice, cracker crumbs (crushed fine), milk, salt, pepper and poultry seasoning. Mix with a fork until blended. Shape into small balls. Preheat Sunbeam to 360°, add the fat. Melt. Add meat balls, brown on all sides, turning as necessary. Add soup which has been diluted with the water. Cover, reduce temperature to 200°, simmer about 1¼ hours stirring occasionally. Remove meat to

heated platter. Add mushrooms and liquid. Bring to boil and serve over meat balls. Sprinkle with chopped parsley, if desired.

CHILI

Temp: 380° to brown, 200° to finish

Time: about 1½ hrs.

Serves 6

2 tbsp. fat or salad oil

1 lb. ground beef

½ lb. ground lean pork

1½ cups thinly sliced onion

1 cup finely diced celery

1 small clove garlic, peeled, cut fine

½ green pepper, diced

2 cups canned tomatoes

1 to 2 tbsp. chili powder (to suit taste)

2 tbsp. cold water

2 tsp. salt

1 tsp. sugar

1 tsp. worcestershire sauce

4 cups cooked or canned red kidney beans

Preheat Sunbeam to 380°, add fat. Melt. Add beef and pork. Stir and fry until lightly browned, add onions, celery, garlic and green pepper. Continue stirring and frying until onions are golden color (about 10 min.) Add tomatoes, chili powder which has been mixed with the cold water, salt, sugar and worcestershire sauce. When boiling, cover, set dial at 200°, simmer about 1 hr. Add beans drained of excess liquid. Cook uncovered until well heated and chili is desired thickness. (For thinner chili, add more tomatoes or water). Serve with hard rolls, crackers or hot cornbread.

Note: For very hot chili, season with a speck of cayenne pepper to suit taste.

CHOP SUEY

Temp.: 360° to brown, 200° to finish

Time: about 1 hr.

Serves 4

3 tbsp. fat

1½ lbs. lean pork, cut in ½" cubes (or veal and pork)

½ lb. fresh mushrooms, sliced

1 cup thinly sliced onions

2 cups thinly sliced celery

1 tsp. salt

⅛ tsp. pepper

1 tsp. ginger

2¼ cups hot water, bouillon, meat or chicken stock

3 tbsp. soy sauce

1 No. 2 can bean sprouts

3 tbsp. cornstarch

⅓ cup cold water

Hot, cooked rice

Preheat Sunbeam to 360°, add fat. When melted, add meat and mushrooms. Brown, stirring frequently. Add onions, celery, salt, pepper, ginger and hot water or stock. Bring to boil, cover, turn dial to 200° and simmer about 40 minutes or until meat is tender. Add soy sauce, well drained bean sprouts. Bring to boil at 340° and thicken with cornstarch and cold water stirred into smooth mixture. Cook until thickened, turn dial to 200° and cook 10 min. longer. Serve with rice or fried noodles.

COTTAGE FRIED POTATOES

Temp.: 300°

Time: about 25 min.

Serves 4

- ¼ cup shortening, bacon fat or salad oil**
- 4 cups raw pared potatoes, sliced ⅛" thick**
- 1 cup sliced, peeled onions**
- 1¼ tsp. salt**
- ⅛ tsp. pepper**
- Finely chopped parsley (optional)**

Preheat Sunbeam to 300°. Add fat. When melted, add potatoes and onions in layers, sprinkling with salt and pepper. Cover, fry for 10 minutes, then uncover, turn, cover, fry about 15 minutes longer, turning occasionally. Uncover last 5 min. When crisp and golden brown, sprinkle with parsley. Serve at once.

MARYLAND FRIED CHICKEN

Temp.: 360° to brown, 220° to finish

Time: about 10 min. to brown, 60 min. to finish

Serves 4

- 2-3 lbs. frying chicken, drawn and cut in pieces**
- ½ cup fat or combination of shortening and butter**
- ⅓ cup flour**
- 1 egg**
- ¼ cup milk**
- 1 cup fine, dry bread crumbs**
- 2 tsp. salt**
- ⅛ tsp. pepper**
- ¼ tsp. poultry seasoning**

½ cup hot water

1 large onion, sliced thin (optional)

Clean chicken, wash and pat dry. Preheat Sunbeam to 360°, add fat, melt. Dip chicken first into flour, coating well, then into egg which has been beaten slightly and diluted with the milk, then into crumbs. Coat well and shake off excess. Brown chicken without overcrowding, turning to brown all sides. Remove browned pieces to a pie pan. When all pieces are browned, place chicken in Sunbeam, sprinkle evenly with salt, pepper and poultry seasoning. Add water and scatter onion over chicken. Cover, reduce heat to 220°. Simmer until chicken is very tender. Remove chicken to heated platter.

Cream Gravy: Set dial at 360° and boil down any remaining juices until only drippings remain. Blend 3 tbsp. flour with drippings, stirring until well mixed and browned. Add ½ tsp. salt, ⅛ tsp. pepper, ¼ tsp. paprika and slowly add 1½ to 2 cups milk (according to desired thickness) or 1½ cups chicken broth and ½ cup light cream. Cook, stirring until thickened. Add 1 tbsp. finely chopped parsley and sherry to suit taste. (optional) Pass with chicken.

HAMBURGER MACARONI CASSEROLE

Temp: 360° to start, 220° to finish

Time: about 45 min.

Serves 6

2 tbsp. fat

½ cup chopped onion

1 lb. ground beef (or ¾ lb. ground beef and ¼ lb. pork sausage meat)

3½ cups cooked or canned tomatoes (1 No. 2½ can)

1 cup diced celery

½ cup cut-up green pepper
2 tsp. salt
¼ tsp. celery salt
⅛ tsp. pepper
1 tsp. worcestershire sauce (optional)
1 8 oz. pkg. elbow macaroni; cooked, rinsed and drained
Chopped parsley
Grated cheese

Preheat Sunbeam to 360°, add fat. When melted, add onion, fry, stirring until just beginning to brown, add meat, fry, stirring frequently until browned (about 8 min.) Pour off excess fat. Add tomatoes, celery, green pepper, seasonings and cooked macaroni. Bring to boil, cover, turn dial to 220°. Simmer about 35 minutes, stirring occasionally. Sprinkle with chopped parsley and cheese. Serve directly from Sunbeam.

Note: Sauce may be cooked separately and poured over hot, cooked spaghetti or macaroni. Also, one minced clove garlic and 1 cup sliced mushrooms may be sautéed with onion—or 1 4-oz. can of mushrooms may be added with tomatoes.

POPCORN

Preheat Sunbeam to 380°. Add 2 tbsp. salad oil, ½ cup popcorn. Stir until first kernels begin to pop. Cover Sunbeam, shake back and forth. Lift cover slightly at intervals to let excess steam escape. Should light go out, turn dial to 400°. When popping ceases, uncover and pour desired amount of melted butter or margarine over corn. Sprinkle with salt, stir until blended. Turn dial to warm to keep corn crisp and tasty while serving. Wipe out Sunbeam with paper towels before popping another batch.

BARBECUED FISH FILLETS

Temp.: 360° to brown, 220° to finish

Time: about 7 min. to brown, 15 min. to finish

Serves 6

3 tbsp. butter or margarine

¾ cup diced onion

2 lbs. frozen fish fillets

Salt, pepper

Barbecue sauce:

½ cup catsup

3 tbsp. lemon juice

¼ cup water

2 tsp. sugar

1 tsp. prepared mustard

2 tsp. worcestershire sauce

Preheat Sunbeam to 360°, add butter. When melted, add onions and sauté until golden color, then remove. Add 2 tbsp. additional butter. Cut fish fillets into 6 serving portions. Brown lightly, turning carefully with a pancake turner. Spread onions over fish. Season with 1 tsp. salt and ⅛ tsp. pepper. Combine barbecue sauce ingredients and pour over fish. Cover, simmer at 220° about 15 minutes until fish can be flaked easily. Sprinkle with chopped parsley and serve directly from Sunbeam.

FRANKFURTER CASSEROLE

Temp.: 360° to brown, 200° to finish

Time: 40 min.

Serves 4

- 1 lb. frankfurters, sliced**
- 2 tbsp. butter or margarine**
- $\frac{3}{4}$ cup diced onion**
- $2\frac{1}{4}$ cups uncooked noodles (4 oz.)**
- 1 10 oz. can condensed tomato or mushroom soup
diluted with equal amount of milk**
- Chopped parsley, grated cheese (optional)**

Preheat Sunbeam to 360°, add butter. Melt. Add sliced frankfurters and onions. Brown, stirring frequently (about 5 min.) Add noodles and soup. When boiling, cover, simmer at 200° for 30 minutes, stirring occasionally. Sprinkle with chopped parsley and grated cheese, if desired.

BAKING CAKE OR DESSERT

A quick cake or dessert may be baked in your Sunbeam with the use of a small wire rack or trivet which will raise the cake pan about $\frac{1}{2}$ inch from the bottom of the Sunbeam. Preheat Sunbeam to 420°. Meanwhile prepare your favorite 8 inch layer cake recipe, cutting the ingredients in half or use $\frac{1}{2}$ pkg. of your favorite cake mix, following directions given on label. Grease and flour or line with waxed paper an 8 inch layer cake pan. Add batter. Set pan on rack or trivet. Cover Sunbeam. Bake at 420° about 35 minutes. When cake springs back up when touched with finger, it is done. Tilt cover, bake 5 minutes longer. Top will not be perfectly browned, but when turned out, bottom will be browned. This makes an excellent short cake or quick dessert when topped with ice cream and a sauce or fruit and whipped cream. For upside down cake, spread 1 tbsp. melted butter, $\frac{1}{4}$ cup brown sugar in bottom of baking pan. Arrange fruit over this. Add batter, filling pan not more than $\frac{3}{4}$ full. Bake at

400° until done. Turn out on serving plate. Serve with cream or ice cream.

BAKED CUP CUSTARDS Serves 4-6

Measure 3 cups water into Sunbeam. Add 1 tbsp. vinegar (to avoid discoloration from water). Bring to boil at 320°. Meanwhile, combine in a mixing bowl: 3 eggs, ¼ cup sugar, ¼ tsp. salt, 1 tsp. vanilla. Beat until well blended and thick. Add 2 cups milk. Beat again until blended. Pour into custard cups, filling about ½ inch from top. Sprinkle nutmeg or coconut over each. Arrange cups in boiling water. Turn dial to 200°. Cover Sunbeam, bake 45 minutes to 1 hour until a silver knife inserted in center comes out clean. Remove at once. Cool on cake rack, then chill. Serve with chocolate sauce or maple syrup.

ADDITIONAL USES

Here are some additional uses for your Sunbeam. You'll discover many others as you use it.

Keeping Foods Warm

Set dial in warm temperature range. If foods are to be kept waiting a long time, use a rack in bottom of Sunbeam and set foods on this.

Defrosting Frozen Foods

Place unopened package of frozen food on inverted pie pan or rack and set dial at 220°. Remove as soon as defrosted and cook at once.

To Heat Rolls, Etc.

Put rolls in Sunbeam, cover, set dial at 180° until rolls are warm as desired (12-15 min.) Rolls may be placed on a rack or trivet, if desired, then heat at 300° 7-10 minutes.

Baking Potatoes

Scrub baking potatoes, cut a crosswise slit in top of each. Place potatoes on a rack or trivet. Cover, set dial at 420°. Bake until tender when tested with a fork—about 1 hr. Tilt cover and bake 10 to 15 min. longer. Remove potatoes, press from bottom to open slit, add a lump of butter, sprinkle with salt and paprika. Serve at once.

Note: Potatoes may be baked directly in bottom of Sunbeam. Bake at 360°, turning potatoes after 30 min. When tender, tilt cover and bake 10 to 15 min. longer.

Baked Apples

Wash 6 apples, core, pare $\frac{1}{3}$ way down from stem end. Arrange in Sunbeam, stem side up. Combine $\frac{1}{2}$ cup granulated sugar, 3 tbsp. brown sugar, $\frac{1}{2}$ cup water. Pour over apples. Add 1 tbsp. butter. Sprinkle with cinnamon or nutmeg. Set dial at 320°. When syrup boils, cover Sunbeam and reduce heat to 220°. Bake for about 30 minutes or until apples are tender. Remove cover, baste apples with syrup. Serve with plain or whipped cream. Core portion may be stuffed with mincemeat, orange marmalade or pitted dates and chopped nuts.

Note: Apples may be put into a small baking pan. (Use only $\frac{1}{4}$ cup water). Place pan directly on bottom of Sunbeam. Turn dial to 420°

until syrup is boiling, then to 260°. Cover and bake until apples are tender.

GUARANTEE: Upon receipt of the guarantee registration card packed with this appliance your Sunbeam Frypan is guaranteed for one (1) year against electrical and mechanical defects in material and workmanship, which will be repaired or parts replaced free of charge during this period. The guarantee does not cover damage caused by misuse, negligence, or use on current or voltage other than that stamped on the appliance. This guarantee is in lieu of any other warranty either expressed or implied. If service is required, send the appliance prepaid to the nearest Sunbeam Appliance Service Company branch or authorized service station. Please write a letter explaining the nature of your difficulty.

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Transcriber's Notes

- Silently corrected a few typos.
- Retained publication information from the printed edition: this eBook is public-domain in the country of publication.
- In the text versions only, text in italics is delimited by _underscores_.

[The end of *Sunbeam Controlled-Heat Frypan* by Sunbeam Corporation]