

New Sunbeam

SPECIAL COOKER & DEEP FRYER

Look at all the delicious foods it can prepare for you . . . **EASIER AND BETTER**



DOUGHNUTS



FRENCH FRIED POTATOES

POT ROAST AND STEW



SHRIMP AND SEA FOOD



ROLL OR BUN WARMER



BAKED BEANS

Sunbeam

COOKING

POT ROAST	350°	UNTIL BROWN	SIMMER	2½-3½ HRS.
MEAT STEWS	375°	UNTIL BROWN		1-2 "
SOUPS	300°	UNTIL BOILING		3-4½ "
STEWED CHICKEN	300°	UNTIL BOILING		3-4 "
BAKED BEANS	300°	UNTIL BOILING		6-8 "
STEWED FRUIT	300°	UNTIL BOILING		8-20 MIN.
SPAGHETTI, RICE	300°	UNTIL BOILING		UNTIL DONE
VEGETABLES	300°	UNTIL BOILING		UNTIL DONE
CORNED BEEF	300°	UNTIL BOILING		45 MIN. PER LB.
POP CORN	340°-350°	HEAT OIL		THEN ADD CORN

DEEP FRYING

CHICKEN	350°	12-20 MIN.
FRENCH FRIED POTATOES	375°	10-15 "
CHOPS OR CUTLETS	350°-375°	8-10 "
CROQUETTES, FISH BALLS	375°	2-5 "
DOUGHNUTS	375°	2-4 "
FISH	375°	3-7 "
FITTERS	375°	2-4 "
SHRIMP	375°	2-3 "
FRENCH FRIED ONIONS	375°	2-3 "

PRE-HEAT FAT UNTIL LIGHT GOES OFF

FOR FURTHER INFORMATION SEE INSTRUCTIONS

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SUNBEAM CORP.



EXCLUSIVE *Sunbeam* COOK-GUIDE

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UNTIL LIGHT
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**YOU NOW HAVE THE
FINEST AND MOST
USEFUL COOKER AND
DEEP FRYER MADE**

Your new Sunbeam Cooker & Deep Fryer will give you new convenience and delicious results with all kinds of foods. You will enjoy deep fried chicken, doughnuts, potatoes with none of the guesswork and bother required by other methods.

In addition you can use your Sunbeam as a cooker. Use it every day for soups, roasts, stew and other main dishes, as well as for popping corn, keeping your rolls and buns hot, steaming, etc. No other deep fryer offers you so much usefulness in preparing the delicious foods every family needs.

The highly accurate Thermostatic Control prevents shortening from becoming overheated, permits you to use it again and again.

The deep, circular cooking well is easy to keep spic and span, and generous in capacity. You will like the advantages of the exclusive aluminum Fry-basket that is not only large in size but easier to keep clean than ordinary wire baskets.

If you already own a Sunbeam Mixmaster, Coffeemaster, Ironmaster, Toaster or other Sunbeam appliance, your new Sunbeam Cooker & Deep Fryer will give you the same wonderful service you are already enjoying with your other Sunbeam appliances. If your Sunbeam Cooker & Deep Fryer is your first Sunbeam appliance, we welcome you to the Sunbeam family.

GUARANTEE Upon receipt of the guarantee registration card packed with this appliance your Sunbeam Cooker and Deep Fryer 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.

Sunbeam CORPORATION

5600 Roosevelt Rd., Chicago 50, Ill., Canadian Factory: Toronto 9, Canada

The exclusive *Sunbeam* COOK-GUIDE



Only the Sunbeam has this guide to all your frying and cooking, always easy-to-see right on the front of the appliance. It gives you the recommended temperature and range in times needed for cooking and deep-frying average quantities of foods. Time and temperature will vary to suit taste, size and quantity of food. Foods taken directly from the refrigerator to cook or fry will take longer than foods at room temperature. Test foods for tenderness at minimum time and continue to cook until done. The times and temperatures given in this book have all been tested for the quantities specified in each recipe, but are subject to the conditions mentioned above.

HIGHLY ACCURATE

Sunbeam

**THERMOSTATIC CONTROL
with "SIMMER" range**

Sunbeam has long been famous for the accuracy and dependability of

its thermostatic controls on such appliances as the famous Sunbeam Toaster, Coffeemaster, Ironmaster, etc. The Thermostatic Control on the Sunbeam Cooker and Deep Fryer brings this same dependability to your cooking and deep-frying. An easy-to-see indicator light flashes off automatically when the Sunbeam reaches proper temperature, and flashes on when the temperature drops.

DEEP, CIRCULAR

Sunbeam

COOKING and FRYING WELL with special SUN-RAY finish

You will like the deep, smoothly finished cooking well of your Sunbeam because it is so easy to clean. There are no hard-to-get-at corners. It has a special smooth SUN-RAY finish that wipes clean in a jiffy. The embedded heating element runs completely around the large, flat bottom surface of the well, providing faster, even heat in the cooking area. Ideal for soups, pot roast, stews, etc. No other deep fryer has all these important advantages.

WHY WE DO NOT USE A DRAIN SPOUT ON THE SUNBEAM

Deep-frying always leaves particles of food in the shortening. These particles should be strained out after each use to prolong the life of the shortening or oil. A drain spout is impractical because the particles in time may clog up the spout or cause it to leak. A leaky spout is dangerous. Draining shortening through a spout is slow, and leaves a hard-to-clean scum on the walls of the cooking well. That is why the Sunbeam does not have a spout. It has an exclusive round pouring edge that makes draining and straining the shortening quick and easy.



LARGE, NEW-TYPE

Sunbeam

**ALUMINUM
FRY-BASKET**

The convenient Sunbeam Fry-Basket is large in size and holds generous quantities of food. Instead of being made of the customary hard-to-clean wire mesh, it is all smooth, perforated sheet aluminum. The easiest to clean of all fry-baskets, and better because it prevents pieces of food from dropping into the fryer well.

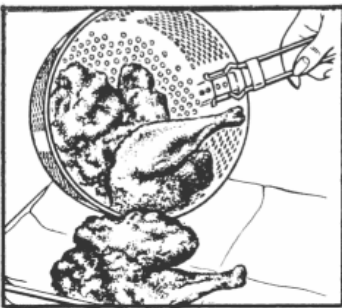
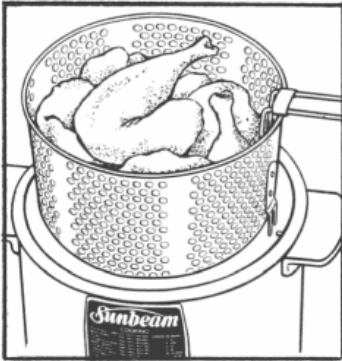
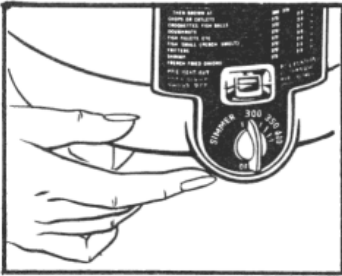
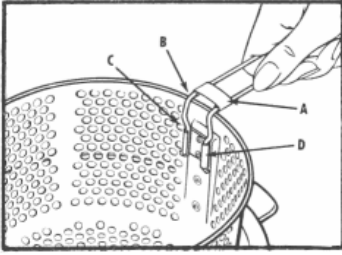
How to Use *Sunbeam* COOKER & DEEP FRYER

For Frying . . .

1. Remove cover and basket (all deep-frying is done with the cover off). To put on handle, slide collar (A) to closed end of handle. Then squeeze handle wires together at (b), so that prongs (C) will slip into bracket (D) and expand for secure fit when released. Then slide collar (A) back into position as shown above.
2. Put 3 to 5 pounds of shortening into the Sunbeam. (A rubber spatula is handy for taking shortening from can.) Plug cord of Sunbeam into a 110-120 Volt AC electrical outlet. Set temperature control dial to temperature recommended in recipe. The indicator light will go on. When it goes out, proper frying temperature has been reached. (About 13 minutes are required to preheat shortening to correct temperature.) Put basket down into Sunbeam to preheat while shortening is heating.
3. When indicator light goes out, lift basket and hook over drain supports on inside of Sunbeam, as shown. Place food into basket, never filling more than $\frac{2}{3}$ full. (For dough mixtures, such as fritters, doughnuts, etc., leave frying basket in the Sunbeam and drop foods directly into preheated shortening.) Slowly lower basket into shortening. Foods which contain excessive moisture, such as potatoes, cause foaming of shortening. When this occurs, lift basket quickly and lower slowly again. Indicator light will continue to go off and on during frying. Raise the frying basket above level of shortening, shaking food occasionally during frying.
4. When food is fried as directed in recipe, raise basket. Hook over drain supports, and allow to drain. Turn food out of basket onto absorbent paper. (Double thickness of paper towels placed on a cookie sheet or flat tray is handy for this.) Season as directed in recipes. When frying a second batch, wait for indicator light to go out (Shortening has reached correct temperature then). If time elapses between frying batches of food, lower temperature to "simmer" and reheat to frying temperature when ready to fry. This will make shortening last longer.
5. Set temperature control dial to "off" position. Remove cord from outlet. Remove basket and wash it. (Handle may be removed from basket for convenient storage by following same procedure outlined above in step 1.) Let shortening cool. Remove loose food particles and wipe inside of fryer above shortening level with a paper napkin or dry, soft cloth. Store shortening directly in Sunbeam, if desired, by covering and keeping it in a cool place. Otherwise, strain cooled shortening and put it back into original

container. Clean the unit as directed on page [6](#).

See page [19](#) for instructions on use of the Sunbeam as a cooker.



Hints for Success with Fried Foods

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.)

BREADING—Coat most foods for a crisp, delicious brown crust and moist interior. Less shortening fries into the food, too.

BREAD CRUMBS OR CRACKER MEAL—Use the packaged commercial kind or roll or grind your own, but sift them through a sieve so they'll be fine enough to stick. Good for coating fast-frying foods like oysters, croquettes, and some vegetables. (See recipes.)

CORNMEAL OR CEREAL FOODS—Mix with some flour to keep from having a hard crust. Use for foods that need to cook longer, such as chops, cutlets, etc. To use prepared cereals such as cornflakes, etc., you can crush them very fine with a rolling pin.

FLOUR—The old “Standby”—quickest of them all. Simply shake foods, flour and seasonings in a paper bag. Use for liver, vegetables, etc.

FLOUR, EGG MIXTURE, CRUMBS—Dip foods first into flour, then into slightly beaten egg mixed with 2 tablespoons of milk or water, and then into fine crumbs. This gives an extra thick, crisp crust. Good for shrimp, scallops, chicken, etc. (See recipes).

BATTER—Make a thin batter. Beat together 2 eggs, $\frac{2}{3}$ cup of milk, 1 cup sifted all-purpose flour sifted with 1 teaspoon baking powder, 1 teaspoon salt. Blend in 1 teaspoon melted shortening. Dip food into batter and then fry. Use for “Good Old Southern Fried Chicken,” fruits, fish, etc. (See recipes).

- Note:*
1. Bread cooked foods like croquettes ahead of time and keep in refrigerator until frying time. They won't fall apart.
 2. Give all foods an "easy shake" to brush off loose breading.
 3. Use variety in breading—you'll find it interesting.
 4. Dry off potatoes and other moist foods by patting between tea or paper towels.

FRYING TRICKS

1. Vary time and temperature to suit your taste and also size and quantity of foods.
2. Use shortening or oil in sufficient quantity to cover food completely while frying, but have at least 3 inches between shortening level and top of Sunbeam.
3. Lower food slowly into hot shortening (see page [4](#)).
4. Don't crowd in too many pieces at a time while frying. Overcrowding takes longer for frying and more shortening is absorbed into food.
5. Wait for indicator light to go off before frying the next batch—skim out food particles.
6. Use long handled fork or spoon for turning food, if recipe directs.
7. Keep paper toweling handy for draining foods.
8. No need to worry about fat overheating. Your accurate thermostatic control watches this.

SERVING TRICKS

1. Arrange paper toweling or brown paper double thickness on baking pan or tray—drain foods on it to absorb excess shortening. Season now with salt or otherwise.
2. Bring fried foods to the table piping hot. If you find it necessary to keep them hot while waiting, set draining pan in slow oven (300° F.)

3. Try cutting foods into fancy shapes, serving with different sauces—and don't forget to garnish. A sprig of parsley, a slice of lemon, wedges of tomato, carrot curls, radish roses, dress up fried foods for extra eye appeal.

FOR RECIPE SUCCESS

1. Read recipe—do any advance work—get all ingredients together on a tray.
2. Measure accurately—use standard measuring cups and spoons. (The nested measuring cups— $\frac{1}{4}$ cup— $\frac{1}{3}$ cup— $\frac{1}{2}$ cup, etc.—are easiest to use.) *All measurements are level.*
3. Double-action baking powder was used in testing recipes—(Calumet, KC, Clabber Girl). For tartrate or phosphate types (Dr. Price's, Rumford, etc.), sprinkle over batter just before finishing the mixing.
4. Mix carefully as directed in recipe.
5. Preheat shortening, allowing time for indicator light to go off. Do while mixing food.
6. Cook or fry at temperature for time indicated in recipes. Test for doneness with a skewer or single tine of a fork. Foods should be a golden brown and cooked through well.
To measure flour or sugar: Sift flour onto large square of waxed paper before measuring. Toss lightly into measuring cup, heaping it up. Level off with spatula or knife. Use all-purpose flour unless otherwise indicated. Pack brown sugar firmly into cup when measuring.
To measure shortening: Pack solidly into cup, then level off.
To measure baking powder or soda: Fill measuring spoon to overflowing, then level off.
To measure liquids: When measuring in a glass cup, have cup on a level surface and read with the eye on the same level with reading on the cup.

BE THRIFTY. . .

Make Your Shortening Last Longer

STRAINING SHORTENING AFTER EACH USE greatly prolongs its use in frying. Food particles and sediment from breading materials cause shortening to foam and bubble in frying and to lose its browning quality. Also, flavor becomes strong due to re-frying food sediment. Let shortening cool but while still warm, strain by merely putting several layers of cheese cloth (Miracloth or any soft, clean cloth) in a strainer and strain shortening back into original container. With this simple procedure, shortening can be used again and again without waste. Store in a cool place or in the refrigerator. Then your Sunbeam is always clean and ready for other cooking purposes. If you wish to store fat in the Sunbeam, wipe down inside of fryer above shortening level with a paper napkin or dry, soft cloth to avoid a brown gummy film from forming. Cover Sunbeam and put in a cool place.

TO CLARIFY FRYING OILS AND SHORTENING after frying strong flavored foods, or repeated frying, cut a few potatoes in thick slices and put into frying basket. Lower into partially cooled shortening. Set the indicator dial to 300 degrees and gradually increase to 400 degrees to brown potatoes. Potatoes absorb and boil off the strong flavors. Drain basket by placing over drain supports and then discard potatoes and strain shortening as directed. Add a small amount of new shortening each time to replace used amount and to prevent “wearing out” old shortening. “Worn out” shortening won’t brown, foams excessively, has a strong odor, and tends to become gummy. When this happens, start all over with new shortening.

ABOUT THE KIND OF SHORTENING TO USE: Use hydrogenated shortenings, preferably for a minimum of grease absorption into foods. They stay fresh and smokeless in repeated fryings. (Swift’ning, Spry, Crisco, Bake-rite as examples.) New improved lard, cooking, salad or nut oils may be used. (Wesson, Mazola, Peanut oil, as examples). Olive oil or salted shortenings should not be used. Shortening or oil should completely cover foods to be fried. Allow at least 3 inches from fat level to top of Sunbeam so that fat will not bubble over when food is lowered into fat. Use 3 to 5 pounds of shortening or 3 to 5 pints of oil, according to the amount of food to be deep fried.

Note: Straining your shortening each time will make deep-frying in the Sunbeam a lot more economical and satisfactory.

***Sunbeam* COOKER & DEEP FRYER**

Is Easy to Clean and Keep Like New

The smooth, gem-like finish makes the Sunbeam Cooker & Deep Fryer suitable to go directly to the table to keep foods such as chicken and dumplings, soups, stews, etc., hot while serving. Keep the outside surface gleaming by merely wiping with cleansing tissues or a soft cloth to remove any spilled food while cooking. Wash with soapy water, then rinse cloth in clean water and wipe. Polish with a clean, dry cloth.

Do not immerse in water for washing—this will damage the thermostat and heating element.

After straining shortening into original container, wipe out the inside of the Sunbeam with crumpled paper toweling or paper napkins. (This is best done while the Sunbeam is still slightly warm.) If it is to be used next for frying, no further cleaning is necessary and shortening may be returned to unit for storage. If it is to be used for cooking, just a small amount of quite hot water can be put in the Sunbeam with a detergent, such as Tide, Dreft, etc. Wash with a dishcloth. Rinse with clear, hot water and dry well. Steel wool scouring pads may be used to remove fried particles clinging to the sides of the Sunbeam or basket. (Use only on inside surface.)

REMEMBER: *Do not immerse in water for washing.* Frequent cleaning according to instructions will always keep your appliance fresh and gleaming.

The basket can be stored inside the Sunbeam by merely removing the handle. Let it double for a colander to drain liquid from foods such as macaroni, etc., and to wash berries and small fruits. You'll think of more uses, too. With its smooth, easy-to-clean metal surface, no gummy, rancid shortening will accumulate on it.

To clean the basket, merely wash it in sudsy dishwater and rinse with hot water. (Inside and outside surfaces can be wiped with a crumpled paper towel or paper napkin before washing to remove excess shortening.)



Sunbeam

COOKING

ITEM	COOKING TIME
1/2 lb. ground beef	15 min.
1/2 lb. hamburger	15 min.
1/2 lb. ground pork	15 min.
1/2 lb. ground lamb	15 min.
1/2 lb. ground mutton	15 min.
1/2 lb. ground veal	15 min.
1/2 lb. ground chicken	15 min.
1/2 lb. ground turkey	15 min.
1/2 lb. ground duck	15 min.
1/2 lb. ground goose	15 min.
1/2 lb. ground quail	15 min.
1/2 lb. ground pheasant	15 min.
1/2 lb. ground partridge	15 min.
1/2 lb. ground grouse	15 min.
1/2 lb. ground ptarmigan	15 min.
1/2 lb. ground snipe	15 min.
1/2 lb. ground woodcock	15 min.
1/2 lb. ground quail	15 min.
1/2 lb. ground pheasant	15 min.
1/2 lb. ground partridge	15 min.
1/2 lb. ground grouse	15 min.
1/2 lb. ground ptarmigan	15 min.
1/2 lb. ground snipe	15 min.
1/2 lb. ground woodcock	15 min.

DEEP FRYING

ITEM	COOKING TIME
1/2 lb. ground beef	15 min.
1/2 lb. hamburger	15 min.
1/2 lb. ground pork	15 min.
1/2 lb. ground lamb	15 min.
1/2 lb. ground mutton	15 min.
1/2 lb. ground veal	15 min.
1/2 lb. ground chicken	15 min.
1/2 lb. ground turkey	15 min.
1/2 lb. ground duck	15 min.
1/2 lb. ground goose	15 min.
1/2 lb. ground quail	15 min.
1/2 lb. ground pheasant	15 min.
1/2 lb. ground partridge	15 min.
1/2 lb. ground grouse	15 min.
1/2 lb. ground ptarmigan	15 min.
1/2 lb. ground snipe	15 min.
1/2 lb. ground woodcock	15 min.

Delicious Fried Chicken and Meats

Evenly browned, tender, crisp fried chicken, is no trick at all with the Sunbeam. Broilers or small Fryers are best deep fried, but less tender chicken can first be deep fried to give that even brown crust, then finished in the oven or as desired. Heavy chickens can first be cooked, then deep fried.

Choose our coating as you like it. Shake in a bag with flour and seasonings or coat as directed on page [5](#). Shake off excess coating and let coated chicken stand a few minutes before frying.

FRIED CHICKEN

(Deep fried start to finish)

Frying temperature: 375°

Frying time: about 10 to 15 minutes

Serves 2 to 4

1½ to 2½ lb. broiler or fryer
(ready to cook weight)

1 cup flour

2 teaspoons salt

¼ teaspoon pepper

½ teaspoon poultry seasoning,
if desired

1 teaspoon paprika

1. Split chicken in half lengthwise by cutting through ribs on each side of backbone. Take out backbone and neck. Divide front by cutting along one side of breast bone. Snap cartilage in each joint (makes chicken easier to eat) —or cut up in pieces.

2. Wash chicken, dry, put flour and seasonings in a paper bag. Shake one half of broiler or, if chicken is cut in serving pieces, place several pieces at a time in bag until well coated or put flour mixture on a pie plate and roll chicken in it.

3. Fry in preheated shortening until browned and tender. Fill basket about one half full or slip one piece at a time into shortening with tongs or long handled spoon (best way when frying half broilers). Time will vary with size of chicken or pieces and quantity fried at one time.

Test for tenderness by lifting basket to drain slot. Pierce thickest part of drumstick with a knife. It should cut easily and show no trace of pink color.

When frying large quantities, fry large pieces at one time and small pieces at another. Keep fried pieces hot in covered dish in 325° oven if you can't serve at once. (*When frying larger chickens, fry at 325°-350° for 15 to 20 minutes.*)

CRISP COATED FRIED CHICKEN

Dip chicken first in seasoned flour, then in two eggs beaten with ½ cup milk, then in fine dry bread crumbs. Fry in preheated shortening at 375° about 10 to 15 minutes until browned and tender. Drain, put on absorbent paper.

BUTTERMILK-COATED CHICKEN

Dip chicken first in seasoned flour, then in buttermilk. Drain, then dip in flour again. Fry in preheated shortening at 375° until browned, crisp and tender. Drain, put on absorbent paper.

OVEN FRIED CHICKEN

(This method is best for larger fryers)

Dip chicken as in "CRISP COATED FRIED CHICKEN," or in seasoned flour. Fry in preheated shortening at 375° only until browned. Drain by placing basket over drain supports. Put chicken into baking dish, add ¼ cup water, 1 onion cut in quarters, and sprinkle with poultry seasoning, if desired, cover and bake in preheated oven 325° (slow oven), about 45 minutes, or until tender. Remove cover last 10 minutes to make crust crisp if desired. Make cream gravy with drippings. Put chicken on a hot platter, pour gravy over it and sprinkle with chopped parsley.

CHICKEN WITH STUFFING

Dip halves of broilers or fryers into any desired coating. Fry in preheated shortening at 375° only until browned. Drain. Sprinkle with salt and pepper. Fill body cavity with your favorite stuffing, put in a greased baking pan, stuffing side down. Cover and bake 350° (moderate oven) 50 minutes. Take cover off last 10 minutes to crisp crust.

SMOTHERED CHICKEN

Dip chicken as in “CRISP COATED FRIED CHICKEN,” or in seasoned flour. Fry in preheated shortening at 375° only until browned. Put into a baking dish, add one 8 oz. can condensed mushroom soup combined with ½ cup milk or cream, one small peeled onion, cut in quarters. Sprinkle with paprika. Cover, bake at 325° (slow oven) for 35-45 minutes until tender.

BARBECUED CHICKEN

Prepare as “OVEN FRIED CHICKEN.” When putting into baking dish, add barbecue sauce, page [24](#), instead of water and seasonings. Cover and bake at 325° (slow oven) about 45 minutes, until tender. Serve on heated platter with sauce poured over chicken.

CHICKEN FRIED IN BATTER

(Pre-cook, then fry in batter)

Frying temperature: 375°

Frying time: about 5 to 7 minutes

Serves 2 to 4

3 lb. fryer or larger chicken
cut in serving size pieces

2 eggs

½ cup milk

1 cup sifted all-purpose flour

1 teaspoon baking powder

1 teaspoon salt

1 tablespoon melted shortening

1. Wash chicken, cook until partially tender, simmering in boiling water 30 minutes or longer, depending on size. Drain, cool, sprinkle with salt, pepper, celery salt or poultry seasoning.

2. Beat eggs, add milk. Sift together flour, baking powder and salt. Beat into milk mixture, blend in shortening. If batter becomes thick upon standing, thin with 1 or 2 tablespoons milk.

Mixmaster Method: Place all ingredients in small bowl. Beat on No. 3 speed until blended.

3. Dip pieces of chicken into batter, allowing to drip slightly. Fry in preheated shortening at 375° until golden brown (leave basket in fryer—slip pieces carefully into hot shortening with a long handled spoon).

Remove with basket. Drain. Put on absorbent paper. Serve piping hot.

Note: Small broilers may also be batter dipped without pre-cooking. Fry 12 to 15 minutes.

BREADED VEAL CUTLETS OR CHOPS

Frying temperature: 375°

Frying time: about 10 minutes

Veal cutlets or chops cut ½” thick	1 egg
Flour	¼ cup milk
Salt, pepper, celery or garlic salt	Fine, dry bread or cracker crumbs

1. Dip cutlets or chops in flour combined with seasonings, coating on both sides.
2. Beat egg slightly, stir in milk.
3. Dip cutlets into egg mixture, then into crumbs shaking off excess.
4. Fry in preheated shortening until browned and tender.
5. Drain on absorbent paper, serve with tomato or mushroom sauce, page [24](#).

BREADED PORK CHOPS

Frying temperature: 375°

Frying time: about 10 minutes

Pork chops, tenderloin or steak cut ½” thick	1 egg
Flour	⅓ cup milk
Salt, pepper, celery salt or poultry seasoning	Fine, dry bread or cracker crumbs

1. Dip chops first in flour combined with seasonings, coating on both sides.
2. Beat egg slightly, stir in milk.
3. Dip chops into egg mixture, then into crumbs, shaking off excess.
4. Fry in preheated shortening until browned and thoroughly done.
5. Drain, put on absorbent paper.

Serve at once with fried apple rings, apple sauce, page [23](#), or pineapple rings.

BARBECUED PORK CHOPS

Dip pork chops in seasoned flour, fry at 375° in preheated shortening until browned. Drain. Put in a baking dish, add barbecue sauce, page [24](#). Cover. Bake 350° (moderate oven) about 45 minutes.

HAWAIIAN PORK CHOPS

Dip pork chops or steak in seasoned flour. Fry in preheated shortening at 375° only until browned. Put into a baking dish. Place a slice of canned pineapple on each with a prune in center of slice. Arrange peeled carrots cut in quarters around chops. Add ½ cup water or juice from pineapple. Cover. Bake 350° (moderate oven) about 1 hour.

PORK CHOP SUPREME

Dip 8 pork chops in flour. Fry in preheated shortening at 375° only until browned. Drain. Place in a baking dish. Sprinkle with ½ teaspoon salt, ½ teaspoon sage, 1 tablespoon flour. Top with apple slices (core apples and slice crosswise). Sprinkle apples with ⅓ cup brown sugar, ⅔ cup seedless raisins, ½ teaspoon cinnamon. Mix together one cup hot water, 1 tablespoon vinegar or 2 tablespoons sweet pickle juice. Pour over all. Bake uncovered at 350° (moderate oven) about 1 hour.

FRENCH FRIED FRANKFURTERS

Frying temperature: 375°

Frying time: about 3 minutes

Frankfurters

Standard Fritter Batter, page [12](#)

1. Pour boiling water over frankfurters. Drain.
2. Prepare fritter batter as directed in recipe.
3. Dip each frankfurter into batter, allowing to drip slightly.

Fry in preheated shortening, until golden brown. (Leave basket in fryer—slip frankfurters into hot shortening with a long handled spoon. Turn to brown both sides. Remove with basket.) Drain, put frankfurters on absorbent paper. Serve with potato salad, cole slaw, or broiled tomatoes.

Other Ways:

1. Fry in preheated shortening at 375° without dipping into batter, about 2 minutes, just long enough to heat all the way through. Drain.
2. Split frankfurters, fry without dipping as above. Serve on toast with cheese sauce, page [24](#), and sliced tomatoes.

FRIED LIVER

Frying temperature: 350°

Frying time: about 5 minutes

**Liver (veal, lamb or beef),
sliced ½” thick and about
3” long**

**Milk
Flour
Salt, pepper**

1. Wipe liver with a clean damp cloth.
2. Dip into milk, then into seasoned flour.
3. Fry in preheated shortening until golden brown and tender. Drain. Put liver on absorbent paper. Serve with broiled bacon and french fried onions, page [17](#). (Fry onions first, keep hot in slow oven).

BAKED BEEF OR PORK LIVER

Fry 1 lb. liver as above. Put into shallow baking dish. Sprinkle with salt, pepper, two tablespoons flour and a speck of chili powder. Top with four slices bacon. Add one No. 2 can of tomatoes, one medium-size green pepper sliced. Cover and bake at 350° (moderate oven) about 40 minutes. Uncover, bake 10 minutes longer. Serves 4.



FRIED FISH AND SEA FOODS

Crisp and EXTRA Delicious

No more dread of meatless days. Nourishing and often economical fish can be served frequently, fried so perfectly in your Sunbeam.

ABOUT THE KIND OF FISH TO BUY

The frozen packaged fish is convenient to keep on hand (allow a little extra time in frying if not completely defrosted—see packer's directions). Fillets and steaks may be deep fried. Buy only the freshest and highest quality. Use the same day unless frozen. Keep fresh fish wrapped in waxed paper in cold section of refrigerator. Allow about $\frac{1}{3}$ pound per serving for steaks and fillets, $\frac{1}{2}$ pound for dressed fish, $\frac{3}{4}$ pound for whole fish.

VARIETIES SUITED TO DEEP FRYING

Bass, cod, flounder, eels (cut in pieces), haddock, fillets of all varieties, hake, halibut, perch, pickerel, pike, pollack, pompano, smelts, sole, snapper, salmon, swordfish, trout, whitefish, whiting, etc.

ABOUT SERVING FISH OR SEA FOOD

Serve at once while piping hot and moist. Serve on a heated platter. Garnish attractively with any of these: lemon (cut in slices or wedges), tomato slices or quarters, radish roses, parsley, watercress, whole tiny beets, pickled, etc. Serve with an interesting sauce frequently. See page [24](#).

COATINGS

1. Dip fish in cold water or milk, then in seasoned flour, (1 cup flour, 3 teaspoons salt, $\frac{1}{4}$ teaspoon pepper). Seasoned pancake flour, packaged biscuit mix, fine, dry bread or cracker crumbs may also be used.

2. Dip fish first in seasoned flour, then in mixture of 2 eggs, beaten slightly, with $\frac{1}{2}$ cup milk or water, then in fine, dry bread or cracker crumbs, or mixture of $\frac{1}{2}$ cup flour and $\frac{1}{2}$ cup corn meal. Fry as directed on Cook-Guide.

Remember: Don't overcook fish. This makes it dry and unappetizing.

ABOUT PREPARATION FOR FRYING

Your market dealer will scale, clean, and bone fish for you, saving time and work on your part. Cut fillets or large steaks into serving pieces.

NICE TO SERVE WITH FISH

Broiled tomatoes, scalloped or stewed tomatoes, French fried potatoes, catsup, tartar sauce, chili sauce, cole slaw, pickled beets, beet salad, parsley potatoes, potato salad, mushrooms, cucumbers, peas, etc.

Use leftover fried fish in scalloped dishes or for croquettes. Simply flake and use as directed in recipe.

Frozen or Fresh Fish

DEEP FRIED FISH

Frying temperature: 375°

Frying time about 5 minutes

Serves 6

**2 lbs. fish fillets, steaks, or
small fish**

¾ cup flour

2 teaspoons salt

¼ teaspoon pepper

½ teaspoon celery salt

1 egg

¼ cup milk or water

**1 cup fine, dry bread crumbs,
or part crumbs and part
corn meal**

1. Cut fish in serving pieces. Mix flour and seasonings. Beat egg slightly, stir in milk or water.

2. Dip fish first in seasoned flour, then in egg mixture, then in crumbs or corn meal mixture. Fry in preheated shortening at 375° until golden brown and tender. Drain. Then put on absorbent paper. Serve at once on heated platter. Garnish and serve with hot canned tomato sauce, barbecue sauce, tartar sauce, or lemon butter sauce, page [24](#).

Other Serving Suggestions:

1. Fry as above, put on heated platter, pour barbecue sauce, page [24](#), over fish. Sprinkle with paprika, garnish with parsley.

2. Fry as above, top with blanched slivered almonds that have been browned in butter. Sprinkle with lemon juice, garnish with watercress.

3. Fry as above, put on heated platter. Cover with mushroom sauce, page [24](#), garnish with parsley.

CRISP FRIED FISH

Soak fish fillets in buttermilk for 30 minutes. Drain, sprinkle with salt and pepper. Dip fish in packaged biscuit mix. Fry in preheated shortening at 375° until brown and tender. Drain on absorbent paper.

MARINATED FRIED FISH

Soak fish steaks or fillets in the following mixture for several hours: ¼ cup chopped onion, ¼ cup catsup, 1 tablespoon vinegar, 1 teaspoon Worcestershire sauce, 3 tablespoons lemon juice, ⅓ cup tomato juice, ½ teaspoon celery salt, ⅛ teaspoon pepper. Combine mixture and cook for about 5 minutes. Pour over fish and let soak several hours. (Keep covered in refrigerator.) Remove from mixture, drain, dip into fine, dry crumbs, or a mixture of cornmeal and flour. Fry in preheated shortening at 375° until brown and tender, about 5 min. Drain.

BATTER-DIPPED FISH

Make Standard Fritter Batter, page [12](#). Cut fish into serving pieces, dip into batter. Allow to drain slightly. Fry in preheated shortening at 375° about 5 minutes, until browned, turning as necessary to brown on all sides. Drain.

BAKED FISH FILLETS

Frying temperature: 375°

Frying time: about 3 minutes

Serves 4 to 6

1 pound fish fillets
3 tablespoons butter or margarine
3 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
¼ teaspoon dry mustard
⅛ teaspoon celery salt

1½ cups milk
1 tablespoon chopped parsley
¾ cup grated process American Cheddar Cheese
1 tablespoon butter or margarine
2 medium-sized onions, sliced
Paprika

1. Dip fish fillets (thaw if frozen) into milk, then into flour. Sprinkle with salt and pepper. Fry in preheated shortening only until browned. Drain on absorbent paper. Place in shallow baking dish.
2. Melt the 3 tablespoons butter in top of double boiler over boiling water. Blend in next five ingredients; gradually stir in milk. Cook until smooth and thickened. Add parsley and cheese; stir until cheese is melted. Remove from heat.
3. Melt the 1 tablespoon butter in frying pan, add sliced onions and fry slowly until onions are partially tender. Spread over the fish fillets.
4. Add cheese sauce; sprinkle with paprika.
5. Bake in moderate oven 350° about 30 minutes.

Shellfish

FRENCH FRIED SHRIMP (Cooked Shrimp)

Frying temperature: 375°

Frying time: about 2 minutes

Serves 4

2 lbs. cooked shrimp

Lemon juice

Salt and pepper

Celery salt

Flour

2 eggs

½ cup milk or water

Fine dry bread crumbs

1. To cook shrimp—wash raw or “green” shrimp. Cook in boiling salted water to cover. Add ½ tablespoon salt per quart of water. Season with 1 peeled onion sliced, a few celery tops (1 bay leaf and 3 peppercorns—if desired), 1 tablespoon vinegar. Cover. Simmer 5 to 10 minutes or until shells turn pink. Drain. Rinse in cold water. Peel off shell. Cut through down entire back surface and lift out black vein.
2. Dip shrimp into lemon juice, sprinkle lightly with salt, pepper and celery salt. Roll in flour.
3. Beat eggs slightly, stir in milk or water. Dip shrimp in mixture, then in crumbs. Remove excess.
4. Fry in preheated shortening until golden brown. Drain. Put on absorbent paper. Serve with cocktail sauce, page [24](#), catsup, chili sauce, or tartar sauce.

FRENCH FRIED SHRIMP (Raw Shrimp)

Wash jumbo shrimp. Remove shells, leaving on tail. Cut part way through outside curve almost to either end. Lift out vein and flatten out shrimp a bit. Sprinkle with lemon juice, salt and pepper, then dip in beaten egg mixture and in crumbs, or dip into Thinner Fritter Batter, page [12](#). Fry in preheated shortening at 375° about 5 minutes until golden brown. Drain. Put on absorbent paper. Serve with tartar sauce or cocktail sauce, page [24](#). Packaged breaded shrimp can be bought frozen. Follow packer's instructions.

FRENCH FRIED CANNED SHRIMP

Remove black vein. Rinse shrimp. Dip in tartar sauce or mixture of lemon juice, seasoned with Worcestershire sauce. Then dip in fine, dry crumbs, then in beaten egg mixture and again in crumbs. Fry in preheated shortening 365° about 1 minute, or until brown. Drain. Put on absorbent paper.

FRENCH FRIED OYSTERS

Pick over large oysters, removing any shell, strain off liquid. Beat one egg slightly. Beat in ¼ cup milk or evaporated milk. Dip oysters first in fine, dry bread or cracker crumbs, then in egg mixture and again in crumbs. Fry in preheated shortening 375° about 2 minutes until golden brown on all sides. Drain. Put on absorbent paper. Serve at once with tartar sauce or chili sauce. Oysters may be dipped in mayonnaise, thinned with lemon juice, then dipped in egg mixture and crumbs.

FRIED CLAMS

Whole clams may be dipped in batter and fried as above. Dip into lemon juice first, then in batter.

FRIED SOFT SHELL CRABS

Clean soft shell crabs. Drain. Sprinkle with salt and pepper. Roll in fine, dry crumbs, then in 1 egg beaten with 2 tablespoons water, then in crumbs. Fry in preheated shortening at 350° until golden brown on all sides—about 3 minutes.

DEEP FRIED SCALLOPS

Frying temperature: 370°
Frying time: about 3 minutes
Serves 3 to 4

1 lb. scallops
2 tablespoons lemon juice
¼ teaspoon salt
¼ teaspoon celery salt

1 egg, beaten
¼ cup milk or water
Fine, dry bread or cracker
crumbs

1. Wipe scallops with clean, damp cloth and cut into ¾ inch cubes, if large. Mix together lemon juice, salt and celery salt. Pour over scallops. Cover. Let stand in refrigerator one hour or more. Drain.
2. Mix beaten egg and milk or water. Dip scallops in mixture, then in crumbs, shaking off excess.
3. Fry in preheated shortening until golden brown on all sides. Drain. Put on absorbent paper. Serve with lemon or tartar sauce.

Note: Scallops may be fried without marinating in lemon mixture. Simply dip in seasoned flour, then in egg mixture, then in crumbs and fry as above.

CLAM FRITTERS

Frying temperature: 370°
Frying time: about 2 minutes
Serves 6 to 8

3 dozen drained soft shell clams **Fritter Batter**, page [12](#)

1. Clean clams, remove from shell. Cut in small pieces or chop. Prepare fritter batter recipe, using 2 teaspoons baking powder instead of 1 and 2 tablespoons melted fat instead of 1 teaspoon. Mix in clams.
2. Drop by tablespoonfuls into preheated shortening. Fry until golden brown on all sides. Drain. Put on absorbent paper.

FRIED LOBSTER TAIL

Drop lobster tails into boiling salted water. Simmer about 15 minutes. Cool. Remove meat, cut into large cubes. Roll in seasoned flour, then in beaten egg, then in fine, dry bread or cracker crumbs. Fry in preheated shortening at 350° until golden brown on all sides—about 3 minutes. Drain. Put on absorbent paper. Serve in lobster shells which have been washed and wiped dry. Sprinkle with chopped parsley. Garnish with lemon wedges.

Canned or Salt Fish

SALMON PATTIES

Frying temperature: 375°

Frying time: about 3 minutes

Serves 6

**4 tablespoons butter,
margarine or shortening**

⅓ cup flour

½ teaspoon salt

¼ teaspoon celery salt

⅛ teaspoon pepper

1 cup milk

1 1-lb. can salmon, drained

2 tablespoons lemon juice

2 teaspoons grated onion

**2 tablespoons chopped
parsley**

**Fine, dry, bread or cracker
crumbs**

**1 egg, slightly beaten and
diluted with 3 tablespoons
milk**

1. Melt butter in top of double boiler over boiling water. Blend in flour, salt, celery salt and pepper. Add milk gradually. Cook, stirring constantly until thickened and smooth. Remove from heat.

2. Remove skin and bones from salmon and flake salmon fine. Add to first mixture. Blend in lemon juice, onion and parsley. Spread into a greased shallow pan. Chill in refrigerator, then cut into rounds with cookie cutter.

3. Dip rounds in crumbs, then in egg mixture, and again into crumbs. Fry in preheated shortening until browned on both sides. Drain. Put on absorbent paper. Serve piping hot with tomato sauce, egg sauce or mushroom sauce, page [24](#).

TUNA CROQUETTES

Frying temperature: 375°

Frying time: about 3 minutes

Serves 4

**4 tablespoons butter,
margarine or shortening**

1/3 cup flour

1 teaspoon salt

1/8 teaspoon pepper

**1 cup diluted cream of
mushroom soup, or milk**

1 7-oz. can tuna fish, drained

1 teaspoon grated onion

1 tablespoon lemon juice

2 hard-cooked eggs, diced

**Fine, dry bread or cracker
crumbs**

1 egg, beaten with

1 tablespoon water

1. Melt butter in top of double boiler over boiling water. Blend in flour, salt and pepper. Add milk gradually. Cook, stirring until thickened and smooth. Remove from heat.

2. Add tuna fish flaked, onion, lemon juice, and hard cooked egg. Blend well. Turn into greased pan, 8 × 8 × 2 inch. Chill.

3. Cut into squares. Lift out each with pancake turner. Mold into balls or cones. Dip in crumbs, then in beaten egg, and again in crumbs.

4. Fry in preheated shortening until brown. Drain. Put on absorbent paper. Serve with mushroom sauce, page [24](#).

COD FISH CAKES

Frying temperature: 375°

Frying time: about 3 minutes

Serves 6

2 cups salt cod fish, shredded

**4 cups raw potato, peeled
and cut in pieces**

**2 tablespoons melted butter
or margarine**

**1/8 teaspoon pepper
2 eggs, beaten**

1. Follow packer's directions for freshening cod fish. Cook with potatoes—cover fish and potatoes with 2 cups cold water. Bring to a boil. Cover. Cook until potatoes are tender. Drain. Mash with potato masher or Mixmaster. Add butter and pepper. Beat well on Mixmaster, or with spoon. Beat in beaten eggs. Cool.

2. Drop by tablespoonfuls into preheated shortening. Fry until browned. Lift with basket to drain slot. Drain. Then put on absorbent paper. Serve hot with chili sauce or tomato sauce, page [24](#).

FISH BALLS

Frying temperature: 375°

Frying time: about 3 minutes

Serves 4 to 6

2 cups cooked or canned fish

2 cups cooked rice

2 eggs, beaten

½ teaspoon salt

⅛ teaspoon paprika

1 tablespoon lemon juice

2 tablespoons chopped

parsley

Finely crushed cornflakes

1 egg, beaten with

1 tablespoon water

1. Flake cooked or canned fish, removing bones (drain liquid from the canned fish). Combine fish, rice, the 2 eggs, beaten, salt, paprika, lemon juice and parsley. Stir with a fork until well blended.
2. Form into balls. Roll in crushed cornflakes, then in the 1 egg which has been beaten with the 1 tablespoon water; then again in cornflakes.
3. Fry in preheated shortening until browned. Drain. Put on absorbent paper.
4. Serve with tomato or mushroom sauce. See page [24](#).



Golden-Brown Fritters and Croquettes

Reminiscent of Grandma's cooking are these batter-covered fruits and vegetables, fried to a golden brown. Batter-dip foods or chop them and stir into the batter. Slip into preheated shortening or drop by spoonfuls. Modern as tomorrow is this way of frying with controlled heat.

STANDARD FRITTER BATTER

(For cut-up fruit and vegetables, fish, etc.)

Frying temperature: 375°

Frying time: 2 to 4 minutes

Makes about 1 dozen

2 eggs

½ cup milk

1 cup sifted all-purpose flour

1 teaspoon baking powder

1 teaspoon salt

**2 teaspoons melted
shortening**

1. Put eggs into small Mixmaster bowl and beat on medium speed for 1 minute. Add milk. Sift together flour, baking powder and salt and add to milk mixture. Add shortening. Beat on No. 3 speed until blended.

Note: Double recipe when frying larger amounts. To use for fruit mixtures, add 1 tablespoon sugar.

THINNER FRITTER BATTER

(Use for fruit slices, etc.)

Frying temperature: 375°

Frying time: about 3 minutes

Makes about 1 dozen

2 egg whites

2 egg yolks

$\frac{2}{3}$ cup of milk

1 cup sifted all-purpose flour

$\frac{1}{2}$ teaspoon salt

1 tablespoon melted butter

2 tablespoons lemon juice

1. Put egg whites into small bowl of Mixmaster. Beat on No. 8 speed until stiff but not dry.

2. Put egg yolks and milk into large bowl.

3. Sift together flour and salt. Add to milk mixture. Beat on No. 3 speed until blended, scraping bowl while beating. Beat in butter and lemon juice. Add beaten whites and fold in on No. 1 speed, using over and over motion, folding with rubber scraper. Beat only until blended. (Beat with rotary beater if you do not have Mixmaster.) Let stand a short time.

APPLE FRITTERS

Core apples, and slice crosswise about $\frac{1}{2}$ inch thick. Sprinkle generously with combined sugar and cinnamon. Add lemon juice or brandy, if desired. Let stand about 2 hours. Drain and dip slice by slice into Thinner Fritter Batter or Standard Fritter Batter, covering each with batter. Drain slightly. Fry by dropping a slice at a time into preheated shortening. Fry at 375° until golden brown, turning as necessary (about 3 minutes). Drain on absorbent paper. Sprinkle with confectioner's sugar or serve with syrup. Serve at once.

BANANA FRITTERS

Peel bananas, and cut into slices crosswise about 1 inch thick. Sprinkle with lemon juice. Roll in flour. Dip into Standard Fritter Batter or Thinner Fritter Batter, covering pieces with batter. Drop into preheated shortening and fry at 375° about 1 minute until golden brown, turning to brown on all sides. Serve with Lemon Orange sauce, page [24](#).

Note: Banana pieces may also be dipped first into lemon juice, then into finely crushed cornflakes, and then into 1 egg slightly beaten with 1 tablespoon water, then again into crushed cornflakes. Fry as above. Serve with meat course.

CLAM FRITTERS

See recipe on page [11](#).

CORN FRITTERS

Add 2 cups of canned whole kernel corn, well drained or fresh uncooked corn to Standard Fritter Batter. Use $1\frac{1}{3}$ cups flour, 1 tbsp. sugar. Drop by spoonfuls into preheated shortening. Fry at 375° until golden brown and crisp, about 5 minutes. Drain on absorbent paper. Fine with chicken.

PINEAPPLE FRITTERS

Cut canned pineapple slices into quarters. Drain. Dip into Thinner Fritter Batter and fry in preheated shortening at 375° for about 2 minutes, turning as necessary. Drain on absorbent paper. Serve with syrup or sprinkle with grated lemon rind and confectioner's sugar. Nice to serve with ham.

- Note:*
1. Sliced oranges, peach or pear quarters, whole figs, etc., may be used as above. Blueberries may be added to Standard Fritter Batter.
 2. Any cooked vegetable such as cauliflower, eggplant, asparagus, may be cut up and added to Standard Fritter Batter—a good way to use leftovers.

CHICKEN CROQUETTES

Frying temperature: 375°

Frying time: about 2 minutes

Serves 6

**4 tablespoons butter,
margarine or shortening**

$\frac{1}{3}$ cup flour

$\frac{3}{4}$ teaspoon salt

$\frac{1}{8}$ teaspoon pepper

$\frac{1}{4}$ teaspoon celery salt

**$\frac{1}{4}$ teaspoon poultry
seasoning**

$\frac{1}{2}$ cup top milk or

**$\frac{1}{2}$ cup undiluted
evaporated milk**

**$\frac{1}{2}$ cup chicken broth or
mushroom liquid**

**$2\frac{1}{2}$ cups coarsely ground
cooked chicken**

**$\frac{1}{2}$ cup canned or sautéed
mushrooms, chopped**

**1 teaspoon grated onion,
if desired**

**2 teaspoons finely chopped
parsley**

**1 slightly beaten egg
diluted with**

1 tablespoon water

Fine, dry bread crumbs

1. Melt butter in top of double boiler over boiling water. Blend in flour, salt, pepper, celery salt and poultry seasoning. Gradually add milk and broth.

Cook over boiling water, stirring until thickened and smooth. Remove from heat.

2. Add chicken, mushrooms, onion and parsley. Mix well. Spread mixture in a shallow greased pan. Chill in refrigerator several hours. Cut into rounds with cookie cutter. Dip first in crumbs.

3. Dip into beaten egg mixture, then into crumbs. Cover on both sides, shaking off excess. Fry in preheated shortening until golden brown, turning occasionally. Drain. Put on absorbent paper. Serve piping hot with mushroom sauce or make medium white sauce, page [24](#), substituting ½ cup chicken broth and ½ cup cream for the 1 cup of milk. Add 1 tablespoon finely chopped parsley. Season with a speck of sage. If necessary to keep Croquettes warm, put in a 325° oven on a baking sheet.

HAM CROQUETTES

Prepare as “Chicken Croquettes,” using the following ingredients:

**4 tablespoons butter,
margarine or shortening**

⅓ cup flour

½ teaspoon salt

¼ teaspoon celery salt

⅛ teaspoon pepper

½ teaspoon dry mustard

1 cup milk

1 teaspoon grated onion

2 teaspoons chopped parsley

**2 cups coarsely ground
cooked ham**

1 egg, slightly beaten,

**diluted with 1 tablespoon
water**

Fine, dry bread crumbs or

Finely crushed cornflakes

Prepare and fry as for Chicken Croquettes. Serve with sweet potatoes and pineapple or apple sauce.

TUNA CROQUETTES

See recipe on page [11](#).

LAMB, VEAL OR BEEF CROQUETTES

Prepare as ham croquettes, seasoning as desired. One teaspoon lemon juice is good added to lamb mixture. An interesting “finish” to Sunday’s roast.

Note: Croquette mixture may be shaped into cylinders, cones or balls. Chill mixture well first, then shape. Dip into egg mixture, then coat well with

crumbs on all sides. Chill again if you have time. This helps croquettes to keep shape during frying.

MACARONI AND CHEESE CROQUETTES

Frying temperature: 375°

Frying time: about 3 minutes

Serves 6

**4 tablespoons butter,
margarine or shortening**

1/3 cup of flour

3/4 teaspoon salt

1/8 teaspoon pepper

1/8 teaspoon dry mustard

1 cup milk

1 teaspoon grated onion

**2 teaspoons finely chopped
parsley**

1 1/4 cups grated process

American cheese

1 cup cooked macaroni

**2 tablespoons pimento stuffed
olives if desired**

**1 egg beaten slightly,
diluted with 1 tablespoon
water**

Fine dry bread crumbs, sifted

1. Melt butter in top of double boiler over boiling water. Blend in salt, pepper, and mustard. Add milk gradually. Cook over boiling water, stirring constantly until thick and smooth. Remove from heat. Add onion, parsley, cheese, macaroni and olives. Mix well. Spread in a shallow greased pan and chill thoroughly.

2. Cut with cookie cutter. Dip first in crumbs, then in egg mixture and again in crumbs. Chill again if you have time.

3. Fry in preheated shortening until golden brown, turning occasionally. Drain. Put on absorbent paper. Serve piping hot with cole slaw or tossed salad.

Note: 1. Mixture may be chilled thoroughly and then shaped into cutlets or balls.

2. Rice may be used instead of macaroni.

SALMON PATTIES

See recipe on page [11](#).

FRENCH TOAST

Frying temperature: 375°

Frying time: about 2 minutes

Serves 3 to 6

2 eggs

½ teaspoon salt

1 tablespoon sugar

¼ teaspoon nutmeg

⅓ cup milk

6 slices, white or

French bread

1. Break eggs into shallow dish. Beat slightly. Add salt, sugar, nutmeg and milk. Beat until blended.

2. Cut slices of bread in half or triangles. Dip into egg mixture one slice at a time, turning just until coated. Dip at once into preheated shortening. Fry until browned, turning to brown on both sides. Serve at once with jelly, syrup, honey, apple sauce or sprinkle with confectioner's sugar.

FRIED MUSH

Cook cornmeal, farina or granular whole wheat cereal as manufacturer directs. Pour into loaf pan which has been first rinsed with cold water. Cool, then cover and put in refrigerator to chill. Run a knife around edge of pan and turn out on cutting board. Slice ½ inch thick. Dip slices in flour and fry in preheated shortening at 375° for about 2 minutes until golden brown. (Slip pieces into hot shortening with pancake turner.) Drain. Put on absorbent paper. Serve at once with syrup, molasses, jelly or honey—pass the bacon or sausages, too!

Appetite-teasers With New Appeal

COCKTAIL PIGS IN BLANKET

Frying temperature: 375°

Frying time: about 2 minutes

**Vienna sausages or
frankfurters cut in slices**

**Standard Fritter Batter; recipe,
page [12](#).**

1. Cut Vienna sausages in half.
2. Prepare fritter batter recipe.
3. Dip sausage pieces into batter.
4. Fry in preheated shortening until golden brown.
5. Drain on absorbent paper. Serve piping hot with wooden picks stuck into each.

Serving suggestions:

1. To accompany juice cocktail, or as hors d'oeuvres.
2. Stick wooden picks into whole grapefruit, eggplant, large apple, cucumber, small cabbage, or a turnip cut to resemble a flower. Alternate cocktail pigs in blanket, French fried shrimp, cheese appetizers, stuffed and ripe olives. Set in center of large tray. Surround with assorted crackers, and potato chips. Garnish tray with parsley or watercress.

LIVER SAUSAGE BONBONS

Mash liver sausage with a fork, add crumbled crisp bacon, chopped chives or a speck of grated onion, chopped ripe or stuffed olives. Mix and shape into small balls. Dip into undiluted evaporated milk, then into crumbs. Fry in preheated shortening at 375° about 2 minutes until brown. Drain on absorbent paper. Serve piping hot in little paper bonbon cases. Sprinkle with finely chopped parsley.

TINY TIMBALE CASES

Make Timbale Cases, page [16](#). Fry tiny ones. Drain and fill with anchovy paste, cheese or cream cheese mixture, ham or egg salad, etc.

TINY CODFISH BALLS

Fry canned Codfish Ball mixture in tiny balls—see manufacturer's directions. Serve on wooden picks.



WAYS WITH POPULAR FRENCH FRIED SHRIMP

1. Just fry as directed on page [10](#). Serve with a bowl of cocktail sauce, page [24](#), in the center of a large chop plate. Circle with piping hot shrimp. Insert a cocktail pick in each, or leave the tail of the shrimp on when frying. Circle shrimp with assorted crackers. Garnish with parsley and lemon wedges. Let folks help themselves.

2. Put buttered toast rounds (cut with large cookie cutter) on chop plate. Cover with watercress or lettuce. Top with a small thin slice of tomato. Put a dab of tartar sauce in center. Top with a hot Jumbo French Fried Shrimp, pressing into tartar sauce. Garnish with stuffed olives and parsley.

3. Hollow out ripe, firm tomatoes, sprinkle with salt, drain out excess juice. Snip edges with a scissor to scallop. Fill with hot French Fried Shrimp. Garnish with tartar sauce and parsley. Serve on lettuce.

CROUTONS

Cut sliced bread into fancy shapes with cookie cutter or cut in small squares or long fingers. Fry in preheated shortening at 375° about ½ minute (use basket). Drain on absorbent paper. Sprinkle with salt. Serve with soup or salad course.

SALTED NUTS

Frying temperature: 370°

Frying time: about 3 minutes

Shelled nuts (pecans, peanuts, walnuts, cashews, Brazil nuts, etc.) **Salad oil**
Salt

1. Shell nuts, blanch if necessary. (Dip in boiling water. Remove skins, then dry well.)
2. Preheat salad oil. Put nut meats into frying basket. Fry until delicately brown, Stirring occasionally with long handled spoon.
3. Drain on absorbent paper. Sprinkle with salt.

POP CORN

Popping temperature: 350°, until oil is heated, then add corn.

Popping time: about 3½ minutes

Salad oil **½ cup pop corn** **Salt**

1. Set dial at 350°, place two tablespoons salad oil directly in bottom of Sunbeam, heat until indicator light goes off. Add corn, stir with long handled spoon until corn is coated with oil.
2. Cover, allow corn to pop partially, then tilt cover just enough to insert long handled spoon. Stir corn with spoon, until all is popped. Keep turning dial to higher temperatures so light will stay on during entire popping. Turn out of Sunbeam. Season with butter and salt, as desired, or use to make pop corn balls, etc.

3. Repeat process until desired amount of corn is popped, using not more than ½ cup of corn for each batch. Corn will pop faster if dial is turned slightly higher to keep indicator light on.

FRENCH FRIED POP CORN

Frying temperature: 400°

Frying time: about 2 minutes

Pop corn

Salad oil

Salt

1. Preheat 4 pints oil to frying temperature with basket in fryer.
2. Use a long handled tablespoon. Put corn on spoon and lower into hot oil. Fry until kernels are burst and rise to top. Lift basket and drain on drain supports. Then drain on absorbent paper. Sprinkle with salt. Serve hot. Fry right at the party for informal fun. Put Sunbeam on a large tray with paper towels on the side for draining fried corn.



DOUGHNUTS...A Treat You Can Enjoy Often This Easy Way!

Fried cakes, we called them, when we were kids. Home made doughnuts and coffee, a real treat for the family!

OLD FASHIONED DOUGHNUTS

Frying temperature: 375°

Frying time: about 2½ minutes

Makes about 2 dozen

4 egg yolks (or 2 whole eggs)

1 cup sugar

**2 tablespoons shortening
(soft)**

**¾ cup buttermilk or thick
sour milk**

1 teaspoon vanilla

**3½ caps sifted all-purpose
flour**

2 teaspoons baking powder

1 teaspoon soda

1 teaspoon salt

¼ teaspoon nutmeg

¼ teaspoon cinnamon

1. Put egg yolks, or eggs, sugar and shortening into large bowl of Mixmaster. Beat on No. 8 speed until blended, about 1½ minutes.

2. Add buttermilk and vanilla.

3. Sift together flour, baking powder, soda, salt and spices. Add 2 cups of this flour mixture to egg mixture. Beat on No. 3 speed until blended, scraping bowl while beating. Stir in remaining flour mixture. Chill dough for 2 hours.

4. Roll out on floured cloth covered board to about ⅓ inch thickness (roll part of dough at a time, keep rest chilled). Cut with floured doughnut cutter.

5. Slide from pancake turner into preheated shortening. Fry until doughnuts rise to top of shortening and begin to brown on under side. Turn with long handled spoon or fork. Fry on other side. Fry about 4 or 5 at a time. Lift with basket to drain supports. Drain. Put doughnuts on absorbent paper.

Note: Spices in recipe may be varied as desired.

SWEET MILK DOUGHNUTS

Use sweet milk instead of sour milk in “Old Fashioned Doughnut recipe.” Omit soda. Use 4½ teaspoons baking powder instead of two as directed.

DOUGHNUT IDEAS

1. Sugar doughnuts by shaking in a bag with confectioner’s or granulated sugar.
2. Glaze doughnuts by beating together 1 cup sifted confectioner’s sugar, ⅓ cup boiling water and ½ teaspoon vanilla. Dip warm doughnuts into glaze.
3. Dip doughnuts first into glaze, then into coconut or ground nuts.
4. Ice doughnuts with chocolate, orange or vanilla confectioner’s sugar icing.
5. Fry centers, sprinkle with sugar and cinnamon. The kiddies will love them.
6. Reheat doughnuts by putting into a paper bag. Put in oven at 325° for about 10 minutes. Or split them and toast.
7. If you’re in a hurry, drop dough by heaping spoonfuls into preheated shortening. Slide it off with a rubber scraper—so much quicker than rolling.

DROP DOUGHNUTS

Frying temperature: 375°

Frying time: about 2 minutes

Makes about 2 dozen

So quick to make—so good to eat.

**2 tablespoons shortening
(soft)**

½ cup sugar

2 eggs

**1 tablespoon grated orange
rind**

**2 cups sifted all-purpose
flour**

2½ teaspoons baking powder

½ teaspoon salt

½ cup orange juice

1. Cream shortening. Cream in sugar, add beaten eggs and orange rind.
2. Sift together flour, baking powder and salt.
3. Add to creamed mixture alternately with orange juice, mix until well blended. Drop by small teaspoonfuls into preheated shortening, dipping

spoon into shortening each time. Fry until golden brown, turning to brown evenly. Lift basket to drain supports. Drain. Put doughnuts on absorbent paper. Sugar or dip into orange glaze made as follows:

Combine 1 tablespoon orange juice, 1 tablespoon lemon juice, 1 teaspoon grated orange rind, 1¼ cups confectioner's sugar and 1 tablespoon melted butter. Beat until smooth. Thin with more orange juice, if necessary.

RAISED DOUGHNUTS

Use your favorite yeast sweet roll dough recipe. After dough rises, roll out to ⅓ inch thickness. Cut with floured doughnut cutter. Let rise in a warm place about 30 minutes until double in size. Leave doughnuts right on floured board and do not cover. Drop into preheated shortening. Fry at 375° until golden brown, turning to brown on both sides. Lift basket to drain supports. Drain. Put doughnuts on absorbent paper. Shake in bag with granulated sugar.

CRULLERS

Roll yeast dough ½ inch thick, as in raised doughnuts. Cut into ¾-inch strips, about 8 × 10 inches long. Fold each strip in half lengthwise. Twist and pinch ends together. Let rise and fry as Raised Doughnuts.

MY MOM'S FRIED CAKES

Pinch off pieces of raised bread or sweet roll dough and pull into round or oblong cakes. Drop into preheated shortening. Fry at 375° until golden brown, turning to brown on both sides. Drain on absorbent paper. Sprinkle with sugar and cinnamon and eat hot.

ROSETTES AND TIMBALE CASES

Frying temperature: 375°

Frying time: about ½ minute

Makes 1½ dozen

1 cup sifted all-purpose flour

1 tablespoon sugar

½ teaspoon salt

2 eggs slightly beaten

1 cup milk

1 tablespoon salad oil

1. Sift together flour, sugar and salt.

2. Combine eggs, milk and oil. Stir into flour mixture (do not beat). Strain.
3. Put timbale or rosette iron into preheated shortening at 375°. Heat iron. Tap off excess shortening on absorbent paper. Dip iron into batter until $\frac{3}{4}$ covered. Quickly immerse into hot shortening, so that iron is completely covered. Fry until delicately brown. Remove from shortening. Tip iron upside down and drain. Push timbales or rosettes off iron with a fork. Drain on absorbent paper. Reheat iron, stir batter and dip again, repeating until all batter is used. If rosettes are difficult to remove, fry longer. Sprinkle with confectioner's sugar or top with whipped cream and fruit. When making timbale cases, omit sugar. Use timbale iron. Fill fried cases with creamed foods or use for buttered vegetables—glamorous for luncheon plates.

EASY TEA DOUGHNUTS

Frying temperature: 375°

Frying time: about 2 minutes

Makes about 1½ dozen

1 egg

$\frac{1}{3}$ cup sugar

**1 tablespoon melted butter or
margarine**

1 teaspoon vanilla

$\frac{1}{2}$ cup milk

**$1\frac{1}{3}$ cups sifted all-purpose
flour**

$2\frac{1}{2}$ teaspoons baking powder

$\frac{1}{4}$ teaspoon salt

1. Put egg into small Mixmaster bowl. Beat on No. 8 speed 1 minute. Add sugar, melted butter, vanilla and milk. Beat $\frac{1}{2}$ minute.
2. Sift together flour, baking powder, and salt. Add to egg mixture. Beat on No. 2 speed until blended.
3. Drop by small teaspoonfuls into preheated shortening. Fry until golden brown, turning to brown evenly. Drain. Put on absorbent paper. Roll in confectioner's sugar or sift sugar over doughnuts.

QUICK CRULLERS

Frying temperature: 375°

Frying time: about 2½ minutes

Makes about 2½ dozen

4 eggs
¾ cup sugar
⅓ cup milk
½ cup melted butter or
margarine

3⅓ cups sifted all-purpose
flour
¾ teaspoon salt
3 teaspoons baking powder
½ teaspoon nutmeg

1. Put eggs in large bowl of Mixmaster. Beat on No. 8 speed 1 minute.
2. Add sugar, milk and melted and cooled butter. Beat on No. 4 speed ½ minute.
3. Sift together flour, salt, baking powder and nutmeg. Add 2 cups of this mixture to egg mixture. Beat on No. 3 speed until blended, scraping bowl while beating. Stir in remaining flour mixture until smooth. Chill for 2 hours.
4. Roll to ¼ inch on floured cloth covered board. Cut into strips; twist or form into knots.
5. Fry in preheated shortening, turning to brown on all sides. Drain. Put on absorbent paper. Sprinkle with confectioner's sugar.

POTATO DOUGHNUTS

Frying temperature: 375°

Frying time: about 2½ minutes

Makes about 3 dozen doughnuts

3 eggs
¾ cup sugar
3 tablespoons soft shortening
1 teaspoon vanilla
1 cup unsalted mashed
potatoes

2¾ cups sifted all-purpose
flour
4 teaspoons baking powder
1 teaspoon salt
¼ teaspoon mace
½ teaspoon nutmeg
½ teaspoon cinnamon

1. Put eggs, sugar, shortening and vanilla in large Mixmaster bowl; beat on No. 8 speed until blended.
2. Add mashed potatoes (mash with milk but do not season).
3. Sift together flour, baking powder, salt, mace, nutmeg, and cinnamon. Add ⅓ of this flour mixture to egg mixture. Beat on No. 4 speed until blended, scraping bowl while beating. Stir in remaining flour mixture. Chill dough for 2 hours.

4. Roll out on floured cloth covered board to about $\frac{1}{3}$ inch thickness and cut out. Preheat shortening while rolling and cutting doughnuts.
5. Slide from pancake turner into preheated shortening. Fry and turn until browned. Drain, then put on absorbent paper.



YOUR FAVORITE French-Fried Vegetables—Like Expert Chefs Make

FRENCH FRIED CAULIFLOWER

Separate into large flowerlets. Wash and pre-cook until almost tender. Drain. Dip into 1 egg beaten with 1 tablespoon water, then into fine dry crumbs. Fry in preheated shortening at 375° about 3 minutes or until golden brown. Drain. Put on absorbent paper. Serve plain or with cheese sauce, Page [24](#). Also may be dipped into Thinner Fritter Batter, Page [12](#).

CARROT SURPRISES

Cook whole small carrots or larger ones cut in half lengthwise until almost tender. Drain. Dip into Thinner Fritter Batter, Page [12](#), or roll in seasoned flour, then into beaten egg diluted with one tablespoon water, then into fine dry crumbs. Fry in preheated shortening at 375°, about 2 minutes until browned. Drain. Put on absorbent paper. Thrust a parsley sprig in stem end of each carrot.

FRENCH FRIED EGG PLANT

Cut Eggplant crosswise into ½ inch slices or lengthwise into slices, then into strips. Dip in seasoned flour, then into beaten egg diluted with 1 tablespoon water, then into fine dry bread or cracker crumbs—or into Standard Fritter Batter, Page [12](#). Fry in preheated shortening at 375° about 4 minutes until browned and tender, turning to brown both sides. Drain. Put on absorbent paper. Sprinkle with salt and pepper. Serve hot.

FRIED MUSHROOMS

Wash large mushrooms. Remove part of stem. Dip whole into Standard or Thinner Fritter Batter, Page [12](#). Fry in preheated shortening at 375° about 2

minutes until browned. Drain. Put on absorbent paper. Salt. Serve with steak, hamburgers.

FRENCH FRIED ONIONS

Peel large onions. Slice crosswise $\frac{1}{4}$ inch thick. Separate into rings. Dip into flour, then into 1 egg beaten with $\frac{1}{4}$ cup of milk, then into fine dry crumbs. Shake to remove excess crumbs. Fry in preheated shortening at 375° about 3 minutes or until browned. Drain. Put on absorbent paper. Sprinkle with salt. Serve hot. May also be dipped in Thinner Fritter Batter, Page [12](#), and fried as above. Nice with steak, hamburgers or liver.

FRIED TOMATOES

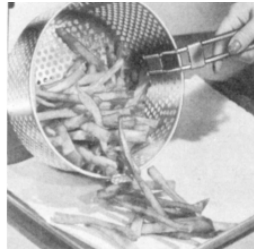
Use green, partially ripe or ripe firm tomatoes. Wash, do not peel. Slice crosswise, $\frac{1}{2}$ inch thick. Dip in seasoned flour or Thinner Fritter Batter, Page [12](#). Fry in preheated shortening at 375° about $2\frac{1}{2}$ minutes, until golden brown. Lift basket to drain supports. Drain. Put tomatoes on absorbent paper. Sprinkle with salt or sugar and cinnamon. Fry only a few at a time, slipping them into hot shortening with a pancake turner.

FRENCH FRIED POTATOES (Blanch and Brown Method)

Fry partly done—then just before serving finish browning—makes potatoes crisp and crunchy on the outside—mealy and tender on the inside. 1. Pare large, mature white potatoes (baking variety best). Cut into $\frac{3}{8}$ inch slices, then into lengthwise strips $\frac{3}{8}$ " wide. Put into cold water to cover. Wash. Dry well between towels. Meanwhile, preheat shortening to 375° . (Use only 3 lbs. shortening).

2. Fill basket about $\frac{1}{3}$ full. Lower slowly into preheated shortening, and fry until potatoes are tender but not brown (5 to 7 minutes). Lift basket to drain supports. Drain. Then put on paper towels, laid double thickness on a baking sheet. Repeat until all potatoes are thus partially fried. Preheat to 375° before each batch. Cover with waxed paper and set aside.

3. Just before serving, preheat shortening to 390° . Fill basket half full. Lower into shortening. Finish frying until browned and crisp (2 to 4 minutes). Shaking basket occasionally to turn potatoes, lift basket to drain supports. Drain. Put potatoes on absorbent paper. Sprinkle with salt. Serve at once. If you must wait—keep hot in 300° oven. Frying time varies with kind and maturity of potatoes.



FRENCH FRIED POTATOES

(Start to finish—one frying)

Pare, cut, wash in cold water as in Blanch and Brown Method above. Dry between towels. Meanwhile, preheat shortening to 375°. Fill basket about $\frac{1}{3}$ full. Slowly lower potatoes into hot shortening. Fry until browned and crisp (10 to 15 minutes). Shake basket occasionally to turn potatoes. Lift basket to drain supports. Drain. Put potatoes on absorbent paper. Sprinkle with salt. Serve at once.

Note:

1. Brown packaged frozen French Fried Potatoes as directed by packer.
2. For Potato Chips: Cut into very thin slices on a vegetable cutter. Soak in ice water about one hour, then drain and dry on towels. Fry in preheated shortening at 375° until brown (about 5 minutes). Shake basket frequently to keep potatoes from sticking together. Drain. Put on absorbent paper. Sprinkle with salt.
3. Potatoes may also be cut into balls, Julienne, cubes, or lattice with vegetable cutter.

FRIED SWEET POTATOES

Cut cold cooked sweet potatoes crosswise into $\frac{1}{2}$ inch thick slices. Sprinkle with salt. Dip into egg beaten with $\frac{1}{4}$ cup of evaporated milk or cream then into finely crushed cornflakes. Fry in preheated shortening at 375° until browned—about 3 minutes. Lift basket to drain supports. Drain. Put potatoes on absorbent paper. Serve plain or with maple syrup or syrup. Nice with ham or pork chops. Pass applesauce with this.

SWEET POTATO BALLS

Frying temperature: 375°

Frying time: about 3 minutes

Serves 6

2 cups cold mashed sweet potatoes

½ teaspoon salt

½ teaspoon nutmeg

3 tablespoons brown sugar

Cooked ham, cut into ½ inch cubes

Prepared mustard

Crushed cornflakes

1. Combine mashed sweet potatoes, salt, nutmeg, and brown sugar. Mix well.
2. Roll each cube of ham in prepared mustard, then form potato mixture into a ball around ham. Roll in finely crushed cornflakes.
3. Fry in preheated shortening until brown. Drain on absorbent paper. Serve at once. Nice with chicken, turkey or on a luncheon plate with pineapple salad.

Note: A whole marshmallow or small piece of canned pineapple may be used instead of ham. Omit mustard then.

POTATO PUFFS

(A good way to finish up mashed potatoes.)

Frying temperature: 375°

Frying time: about 3 minutes

Serves 4 to 6

2 cups mashed potatoes

1 egg, beaten

½ teaspoon salt

⅛ teaspoon pepper

½ cup grated American cheese

1. Combine potatoes, egg, salt, pepper and cheese. Beat until well blended.
2. Drop from tablespoon into preheated shortening. Fry until brown. Lift basket to drain supports. Drain. Put puffs on absorbent paper. Serve hot.

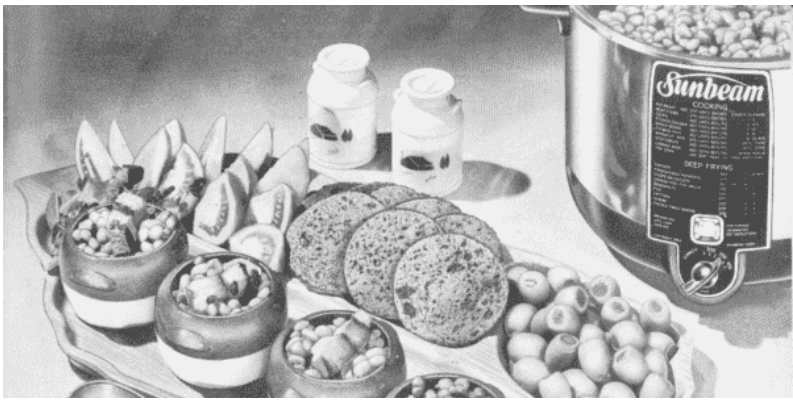
CRISP POTATO SLICES

Cut cold boiled potatoes crosswise into ¼ inch slices. Sprinkle with salt and pepper. Dip into following mixture: ⅓ cup French dressing, 1 teaspoon grated onion. Then into fine dry crumbs. Fry in preheated shortening at 375° until browned—about 2 minutes. Drain on absorbent paper.

POTATO CAKES

(Made with raw potatoes)

Mix together 2 cups grated raw potatoes and 2 tablespoons milk. Drain off excess milk in strainer. Add 1 well beaten egg, 5 tablespoons flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, 1 tablespoon grated onion and $\frac{1}{4}$ teaspoon baking powder. Mix well. Drop by tablespoonfuls into preheated shortening. Fry at 375° —about 3 minutes until browned. Lift basket to drain supports. Drain. Put on absorbent paper. Serve with applesauce and crisp bacon.



“Old Stand-By” Dishes With New Flavor

How to Use *Sunbeam* COOKER & DEEP FRYER FOR COOKING

Remove cover and basket. Place food into Sunbeam. Plug cord of the Sunbeam into wall outlet. Set temperature control dial to 300° (see recipes). The indicator light will go on at once. When boiling point is reached, cover and turn temperature control dial to about center of the word “simmer” on the dial. (All cooking is done with the cover on.) Vary the position of the dial pointer on “simmer” to keep food just simmering. The indicator light will continue to go on and off during cooking. Cooking will be more rapid while indicator is on. Remove cover and test food for tenderness. To keep food hot, serve directly from the cooker, if desired. When cooking is finished, turn temperature control dial to “off” position and remove cord from the wall outlet. (We do not recommend the Sunbeam for Dry Cooking, such as roasting, baking, etc. When it is used with a minimum of liquid or for bun-warming, etc., we recommend that you put the Fry-Basket in the Sunbeam and place foods in the basket to avoid sticking.)

Main Dishes

BOSTON STYLE BEANS

Cooking temperature: 300° until boiling, then simmer

Cooking time: about 8 hours

Serves 10 to 12

2 lbs. pea or navy beans
9 cups cold water
3 teaspoons dry mustard
5 teaspoons salt
¼ teaspoon pepper
½ cup brown sugar

½ cup molasses
¼ cup sweet pickle juice or
3 tablespoons vinegar
⅓ cup chili sauce, if desired
1 large onion, sliced
¾ lb. salt pork

1. Pick over beans. Wash. Add cold water and soak 8 hours or overnight.
2. Put into Sunbeam. Set dial at 300° until boiling, then cover and turn dial to simmer, until beans are tender—about 2 hours.
3. Combine mustard, salt, pepper, sugar, molasses, pickle juice, and chili sauce. Add to beans. Stir until blended. Lay onion slices on top of beans.
4. Cut salt pork into thick slices, then cut almost through slices at ½-inch intervals. Scald with boiling water and drain. Push part of pork down into beans and lay remainder on top of beans.
5. Bring to a boiling point at 300°, then cover and turn dial to simmer, keeping it at point where beans just continue to simmer. Simmer 6 to 8 hours, adding more boiling water if beans seem dry.
6. Serve with slices of hot brown bread (Page [25](#)), and cole slaw.

CHILI

Cooking temperature: 300° until browned, then simmer

Cooking time: about 2 hours

Serves 4

4 tablespoons fat
1 cup diced onion
½ green pepper, diced
1 cup diced celery
1 small clove garlic, cut fine
(if desired)
¾ to 1 lb. ground beef
2 cups canned tomatoes

1 to 2 tablespoons chili
powder (as desired)
2 tablespoons cold water
1 teaspoon salt
2 teaspoons sugar
2 cups cooked or canned
red kidney beans

1. Melt fat in bottom of Sunbeam with dial set at 300°. Add onion, green pepper, celery and garlic. Cook until partially tender, stirring frequently.
2. Add beef; fry uncovered until slightly browned.

3. Add tomatoes, and chili powder which has been mixed with the two tablespoons cold water. Add salt and sugar. Cover, bring to boil, then turn dial to simmer, adjusting dial to position where food will be kept just simmering. Simmer about one hour, or until thickened.

4. Add beans and heat well.

5. Serve in bowls with crackers, hard rolls, or corn bread and a green salad.

STEWED CHICKEN

Cooking temperature: 300° until boiling, then simmer

Cooking time: about 3 hours

Serves 6

**1 4-lb. stewing chicken,
cut in serving pieces**

1½ teaspoons salt

1 medium-sized onion, cut in half

1 carrot, cut in pieces

2 stalks celery, cut in pieces

2 sprigs parsley

3 or 4 peppercorns

½ bay leaf

1 whole clove

1. Clean chicken, cut up in serving pieces, and place in Sunbeam, putting the back in first, then giblets, legs, and wings, with breast on top. Add boiling water to a little more than half cover chicken—top pieces will steam cook—add seasonings (bay leaf, clove, peppercorn may be omitted).

2. Set temperature control dial to 300° when boiling point is reached. Cover Sunbeam and turn dial to simmer position. (Vary position of dial to keep chicken just at simmering point.)

3. Remove cover and test for tenderness after 2 hours (white meat becomes tender first). Remove tender pieces, cover and continue cooking until remainder is tender. Cook noodles or dumplings in stock as desired.

DUMPLINGS

2 cups sifted all-purpose flour

3 teaspoons baking powder

1 teaspoon salt

3 tablespoons shortening

1 cup milk

1. Sift together flour, baking powder, and salt. Blend in shortening with pastry blender or two knives until mixture looks like coarse meal.

2. Add milk, mix quickly with a fork only until blended.

3. Drop by tablespoonfuls onto chicken or meat pieces. Slide dough off spoon with a rubber spatula. Do not put dumplings into liquid, as this makes them soggy.

4. Cook ten minutes uncovered with dial set at simmer so that liquid keeps bubbling. Cover. Cook ten minutes more. Serve directly from Sunbeam to keep hot. Sprinkle dumplings with paprika or chopped parsley for garnish.

Note: ¼ teaspoon dried sage is good added in step 1 when dumplings are to go on top of chicken. Try adding ⅓ cup grated cheese in step 2 when dumplings are to be served with stew.

CORNED BEEF

Cooking temperature: 300° until boiling, then simmer

Cooking time: 40-50 minutes per pound

Serves: 4-6

**3-3½ lbs. corned brisket of
beef**

½ onion sliced

6 peppercorns

4 whole cloves

½ bay leaf

**1 clove garlic, cut in pieces,
if desired**

2 or 3 celery tops

1 carrot, cut in pieces

4 sprigs parsley

1. Wash corned beef in cool water. Place in Sunbeam. Add enough cold water to cover.

2. Bring to boil at 300°. Remove scum, if any. Add remaining ingredients and reduce heat to simmer, adjusting dial to keep water just simmering. Cover Sunbeam. Turn corned beef occasionally during cooking. Simmer until tender. Test for doneness by piercing thickest muscle.

3. Remove from stock. Serve sliced hot or chilled with horseradish or chili sauce or mustard pickles.

FOR BOILED DINNER. Remove meat from stock when tender. Keep warm in a covered dish in a slow oven. Add to stock: 6 pared medium-sized potatoes, 6 pared medium-sized carrots or white turnips, 6 small peeled whole onions. Cover; bring to boil at 300°, then simmer for 15 minutes. Add 1 medium-sized head of green cabbage, which has been cut into sixths and cored. Bring to boil again at 300°. Then reduce to simmer, adjusting dial to keep liquid just simmering. Simmer until vegetables are tender. Serve around corned beef. Sprinkle with paprika.

TO COOK TONGUE, SMOKED BUTT, HAM SHANKS, ETC. Wash meat; cover with hot water (season with salt only for fresh cuts). Add onion, celery tops, herbs, and spices as desired. Bring to boil at 300°. Cover and reduce heat to simmer, adjusting dial to keep water just simmering. Cook until tender (40-50 minutes per pound).

MEAT STEW

Cooking temperature: 375° until browned, then simmer

Cooking time: 1 to 1½ hours

Serves 8 to 10

3 tablespoons fat

2 to 3 lbs. boned beef, lamb

**or veal, cut in 2-inch
cubes**

¼ cup flour

1 teaspoon salt

⅛ teaspoon pepper

Boiling water

**8 small carrots, scraped and
cut in pieces**

1 cup cut-up celery

½ cup diced onion

**1 cup raw, shelled, or frozen
peas**

1 teaspoon celery seed

1 teaspoon salt

1. Put fat into Sunbeam, set dial at 375°.

2. Combine flour, the one teaspoon salt and pepper, and roll meat in flour mixture. As soon as fat is melted, add meat. Brown, turning as needed.

3. Add boiling water to just cover meat. Bring to boil. Set dial at simmer, adjusting to position where food will be kept just simmering. Cover. Cook about 1 to 1½ hours, until meat is almost tender.

4. Add vegetables, celery seed and remaining teaspoon salt. Turn dial to 300° until boiling, then reduce to simmer and cook until vegetables are tender—about 30 minutes. Thicken with flour and water stirred to a smooth paste. Season further to taste. Add chopped parsley, chives or celery leaves as garnish. Also may be served with dumplings.

MACARONI AND MEAT

Put 2 tablespoons shortening in bottom of Sunbeam. Set dial at 350°. As soon as melted, add ½ cup chopped onions. Fry, stirring until just beginning to brown. Add ¾ lb. ground beef or ¼ lb. bulk pork sausage and ½ lb. ground beef. Cook, stirring until browned slightly. Add 2½ cups cooked or canned tomatoes, 1 cup diced celery, ½ cup cut-up green pepper, 1½ teaspoons salt, ¼ teaspoon celery salt, ⅛ teaspoon pepper, 1 teaspoon

Worcestershire Sauce, if desired. Add 1 package cooked, drained macaroni or spaghetti. Bring to a boil at 300°. Cover, then set dial at simmer for 45 minutes. Serve sprinkled with chopped parsley and grated cheese.

Note: Sauce may be cooked separately and poured over hot macaroni or spaghetti. Also, one minced clove of garlic and one cup sautéed or canned mushrooms may be added.

TO COOK MACARONI, SPAGHETTI OR NOODLES. Cook an 8 or 9 oz. package of macaroni or spaghetti—5 or 6 oz. package of noodles as follows: Bring to a boil in Sunbeam 3 qts. of water, with dial set at 300°. Add one tablespoon salt. Break macaroni or spaghetti into water or use elbow macaroni or noodles. Cook uncovered at 300°, stirring with long handled spoon. Cook just until tender. Test by cutting with a fork against side of Sunbeam. Cooking time about 10 minutes. Drain by putting into Fry-basket which has been set in kitchen sink. Rinse with cold water and drain.

RICE DINNER

Cooking temperature: 300°, until boiling point, then simmer

Cooking time: about 55 minutes

Serves 6

**3 tablespoons butter or
margarine**

1 onion, cut fine

½ green pepper, cut fine

½ lb. fresh mushrooms

1 cup diced raw celery

1 lb. rice, washed well

2 teaspoons salt

⅛ teaspoon pepper

2 cups canned tomatoes

1½ cups water

2 tablespoons chopped parsley

1. Melt butter in bottom of Sunbeam with dial set at 300°. Add at once onion, green pepper, sliced mushrooms and celery. Cook, stirring until partially tender (about 5 minutes).

2. Add at once washed rice, salt, pepper, tomatoes, and water. Stir until blended. Bring to boiling point, then set dial at simmer, so as to keep mixture just simmering. Stir again. Cover and simmer without stirring until rice has absorbed all the liquid and is tender (about 45 minutes). Let stand covered for 10 minutes longer. Sprinkle with chopped parsley. Serve with chicken, fish, or as a main dish.

Note: Two cups diced leftover meat or chicken may be added in step No. 2, and 1 clove garlic may be substituted for onion.

POT ROAST

Cooking temperature: 350° until browned, then simmer

Cooking time: about 3½ hours

Serves 6

**3 to 3½ lbs. rolled beef
rump, boned and rolled
chuck or round beef**

**3 tablespoons shortening or
fat cut from meat**

Flour

2 teaspoons salt

½ teaspoon pepper

1 sliced onion

½ cup water

½ cup chili sauce, if desired

6 carrots

6 medium-sized potatoes

6 small onions, if desired

**3 stalks celery, cut in 1-inch
pieces**

1. Wipe meat with a damp cloth.

2. Set dial at 350°. Add shortening or fat. As soon as melted, add meat which has been dipped in the flour. Brown on all sides, turning occasionally—takes about 15 minutes. Leave cover tilted while browning.

3. Add salt, pepper, sliced onion, then add water slowly, pouring directly on top of meat. Spread meat with chili sauce. Cover, simmer until almost tender—about 2½ hours, adjusting dial to point where liquid will be kept just simmering.

4. Add carrots, potatoes, cut as desired. Add small, whole onions and celery. Sprinkle with salt. Cover. Simmer until vegetables are tender.

Gravy: Remove meat and vegetables to heated platter. Keep warm in 300° oven. Skim excess fat from meat juice, thicken with flour and water stirred to a smooth paste. Add a few drops of gravy coloring, season further to taste. Turn dial to 300° while making gravy. Pour over meat and vegetables or pass separately.

SPARERIBS

Cooking Temperature: 350° until brown, then simmer

Cooking Time: About 1½ hours

Serves: 4

2 to 3 lbs. spareribs
2 tablespoons fat
1 teaspoon salt
1/8 teaspoon pepper
1 large onion, peeled and sliced

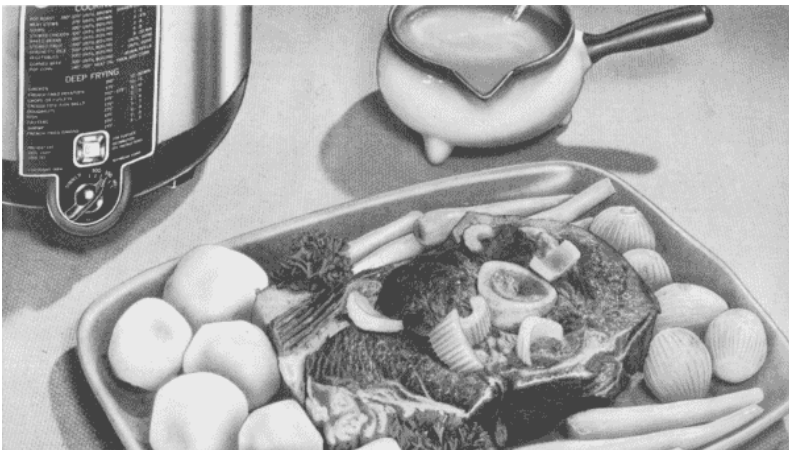
3/4 cup hot water
1 No. 2 1/2 can or 2 pounds sauerkraut
1/2 teaspoon caraway seed, if desired
1 large apple grated, if desired

1. Cut spareribs into 3 or 4 rib pieces. Put fat into Sunbeam with dial set at 350°. As soon as melted, add ribs a few pieces at a time and fry until browned, turning as necessary. Add salt, pepper and onion.

2. Add water slowly. Bring to boil, then set dial at simmer, adjusting to keep liquid just simmering. Cover Sunbeam. Simmer about one hour, or until tender. Remove ribs. Skim off excess fat, and put sauerkraut into Sunbeam. Sprinkle with caraway seeds and spread grated apple over kraut. Put ribs back into Sunbeam, arranging on top of kraut. Add a small amount of boiling water, if necessary, when using fresh kraut. Bring to boil at 300°, then simmer, 30 minutes, adjusting dial to keep liquid just simmering. Serve directly from Sunbeam. Sprinkle ribs with chopped parsley if desired.

BARBECUED RIBS

After browning ribs add quick barbecue sauce (page [24](#)). Bring to a boil at 300°, then set dial to simmer. Simmer about 1 1/2 hours until tender.



SWISS STEAK

Cooking Temperature: 325° until browned, then simmer
Cooking Time: 1 1/2-2 hours

Serves: 4

1½ lbs. round or flank steak
¼ cup flour
1 teaspoon salt
⅞ teaspoon pepper
3 tablespoons fat
1 large onion, peeled and sliced

1 small clove garlic, peeled and cut fine, if desired
1 stalk celery diced
2 cups cooked tomatoes
½ green pepper sliced
chopped parsley

1. Cut meat in serving pieces. Trim off excess fat. Combine flour, salt and pepper. Lay meat on a breadboard. Pound half of flour mixture into it with edge of saucer or meat mallet. Turn and pound remaining mixture into other side.

2. Place fat directly into bottom of Sunbeam. Set dial at 325°. As soon as fat has melted add meat, a few pieces at a time. Brown well on both sides, turning as necessary.

3. Add remaining ingredients except parsley. Bring liquid to boil, then set dial to simmer, adjusting to keep liquid just simmering. Cover Sunbeam and simmer 1½ to 2 hours until meat is tender. Remove meat, skim off fat from liquid. Add a few drops of bottled gravy sauce, if desired. Pour over meat and sprinkle with chopped parsley.

Note: Steak may also be cooked in a gravy prepared as follows: After steak is browned, remove from Sunbeam, turn dial to 300°, add 1 onion chopped, ½ green pepper chopped, 2 stalks celery, diced, ½ pound fresh sliced mushrooms. Cook, stirring until partially tender. Then add slowly, 1 cup water and 1 cup cooked tomatoes or canned tomato sauce. Thicken slightly with flour and water stirred to a smooth paste. Return steak to gravy. Cover. Simmer until tender. Add parsley.

MEAT BALLS WITH TOMATO SAUCE

Cooking Temperature: 300° until browned, then simmer

Cooking Time: About 45 minutes

Serves: 6

**1 lb. ground beef, round steak
or veal (or ¾ lb. beef, or
veal and ¼ lb. pork)
¼ cup chopped parsley
1 teaspoon salt
¾ teaspoon black pepper
1 egg, beaten slightly**

**1 clove garlic, chopped fine
1 cup soft, fine bread crumbs
3 tablespoons water
2 tablespoons grated Parmesan
cheese, if desired
2 tablespoons fat or salad oil**

1. Combine ingredients except fat in a bowl. Mix, stirring with a fork until blended. Shape into medium-sized balls.

2. Put fat into Sunbeam. Set dial at 300°. As soon as melted, add meat balls, a few at a time, and brown, turning to brown on all sides. Remove browned ones. When all are browned, add sauce given below or canned tomato sauce. Bring to boil, then turn dial to simmer, adjusting to keep liquid just bubbling. Cover and simmer ½ hour. Serve over hot cooked and drained spaghetti sprinkled with grated Parmesan cheese.

Prepare Sauce as follows: Heat 3 tablespoons salad oil or fat in Sunbeam with dial set at 300°. Add at once ⅓ cup peeled, diced onion, 1 peeled clove garlic, diced fine, ½ cup celery diced. Fry until partially tender, stirring frequently. Add 1 No. 2½ can Italian or American style tomatoes, strained, 2 6-oz. cans tomato paste, 1 4-oz. can mushrooms with liquid, 1½ teaspoons salt, ⅛ teaspoon pepper, ¼ teaspoon nutmeg, ¼ teaspoon allspice, ½ teaspoon oregano, 2 teaspoons granulated sugar, 3 tablespoons chopped parsley, 4 tablespoons grated Parmesan cheese. Bring to boil at 300°, then turn dial to simmer, adjusting to keep mixture just simmering. Cover Sunbeam and simmer for about one hour. For thicker sauce, simmer uncovered until consistency desired. One pound chicken, veal or beef may be cooked in sauce for richer flavor. Also Italian or other sausage may be browned with meat balls and added to sauce. Add meatballs and bring to boil at 300°. Then simmer ½ hour longer. If less tart flavor is desired, add gradually while stirring, just before serving, ¼ teaspoon baking soda.

CHOP SUEY

Cooking Temperature: 350° until brown, then simmer

Cooking Time: About 50 minutes

Serves: 4

3 tablespoons fat
1½ lbs. lean pork cut in cubes
(or veal and pork)
½ lb. sliced mushrooms
1 cup sliced onions
2 cups sliced celery
1 teaspoon salt

⅛ teaspoon pepper
1 teaspoon ginger
1¾ cups hot water, bouillon,
meat or chicken stock
3 tablespoons soy sauce
1 No. 2 can bean sprouts
3 tablespoons corn starch

1. Put fat into Sunbeam. Set dial at 350°. As soon as fat is melted, add meat and mushrooms. Brown, stirring to brown evenly.

2. Add onions, celery, seasonings, and water. Bring to boil, then turn dial to simmer, adjusting so that liquid will be kept just bubbling. Cover Sunbeam. Simmer about 40 minutes or until meat is tender.

3. Add soy sauce, well drained bean sprouts, and more seasoning, if desired. Bring to boil at 300°. Thicken with corn starch which has been stirred into a smooth paste with ½ cup water. Cook until thickened, then turn dial to simmer, and simmer 10 minutes longer. Serve on hot cooked rice or fried noodles.

FRANKFURTER & BEAN CASSEROLE

Cover six frankfurters with boiling water and let stand about 10 minutes. Drain. Cut part way through frankfurters lengthwise. Fill with pickle relish or spread with prepared mustard. Meanwhile, set dial of Sunbeam at 300°. Add at once 4 strips bacon, diced and 1 large onion diced fine. Fry bacon and onions, stirring frequently. Add 2 cans No. 1 tall baked beans with pork, 1 teaspoon prepared mustard, ¼ cup chili sauce, 2 tablespoons brown sugar. Stir until blended. Place frankfurters on top. Heat until bubbling, then turn dial to simmer, adjusting to keep mixture just simmering. Simmer about 30 minutes. Serves 6.

BEEF VEGETABLE SOUP

Cooking temperature: 300° until boiling, then simmer

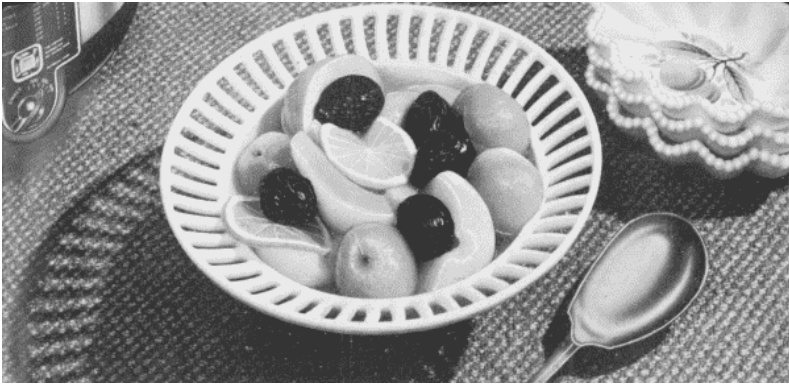
Cooking time: about 4 hours

Serves 8 to 10

**2 lb. shin of beef, with bone
and meat**
3 quarts cold water
2 tablespoons salt
1½ cups diced celery
1½ cups diced carrots
**1½ cups pared raw potatoes,
diced**

1½ cups diced onions
**2 cups frozen or canned
mixed vegetables**
2½ cups canned tomatoes
⅛ teaspoon pepper
**2 tablespoons chopped
parsley**

1. Cut meat into small cubes. Put soup bone and meat into Sunbeam. Add water and salt. Set dial at 300° until boiling. Skim off.
2. Turn dial to simmer, adjusting to keep mixture just simmering. Cover. Simmer 3 hours.
3. Add remaining ingredients except parsley. Cook 45 minutes or until vegetables are tender. Season further to taste. Add parsley, just before serving.



SPLIT PEA SOUP

Cooking temperature: 300° until boiling, then simmer
Cooking time: about 2½ hours
Serves 8

2 cups dried split peas
2 quarts cold water
1 onion, sliced
2 stalks celery, sliced
1 carrot, sliced
4 slices salt pork or bacon
diced, or ham bone or
shank
¼ bay leaf

3 cups milk
2 tablespoons butter or
margarine
2 teaspoons salt (less if
ham bone or salt pork
is used)
⅛ teaspoon pepper
2 tablespoons chopped parsley

1. Wash peas, soak in the cold water several hours, or overnight. (If quick-cooking peas are used, do not soak).
2. Place in Sunbeam, add onion, celery, carrot, salt pork or bacon, and bay leaf. Bring to boil at 300°. Cover. Set dial at simmer, adjusting to keep just simmering. Simmer until peas are tender.
3. Put peas through a coarse strainer. Return to Sunbeam, add milk, butter, salt and pepper. Heat at 300°—do not boil. (Slice 2 or 3 frankfurters thinly and add for garnish, if desired).
4. Sprinkle with chopped parsley. Serve with croutons, page [14](#) or crackers.

CHICKEN GUMBO SOUP

Cooking temperature: 300° until boiling, then simmer

Cooking time: about 40 minutes

Serves 4 to 6

2 tablespoons bacon or
chicken fat
1 medium-sized onion, diced
½ cup diced green pepper
2 stalks celery, sliced
1 qt. chicken or turkey stock

1 cup canned tomatoes
1 teaspoon salt^[1]
⅛ teaspoon pepper
⅓ cup uncooked rice
1 cup canned or cooked okra
2 tablespoons chopped parsley

1. Melt fat in Sunbeam with dial set at 300°. Add onion, green pepper and celery. Fry, stirring frequently until partially tender—do not brown.
2. Add chicken stock, tomatoes, salt, pepper, rice (washed well and drained), and okra.
3. When mixture is boiling, cover and turn dial to simmer, adjusting to keep mixture just simmering.
4. Just before serving, add parsley.

Note: This is a substantial soup and can be served as the main dish—just add a salad, hot rolls and dessert to complete the meal.

½ cup cooked ham and 1 cup cooked oysters may be added in step 2. For thinner soups; add more tomatoes or chicken stock.

[1] Amount of salt will depend on seasoning in chicken stock.

Fruits and Vegetables

STEWED APPLES OR APPLE SAUCE

Cooking temperature: 300° until boiling, then simmer

Cooking time: about 15 minutes

Serves 8

**3 lbs. cooking apples (about
12 apples)**

**1½ cups water
1 cup sugar**

1. Wash apples, pare, and core. Place in Sunbeam. Add water. Set dial at 300° until boiling. Cover. Simmer until apples are tender (about 15 minutes).

2. Lift cover and stir occasionally.

3. Add sugar (amount of sugar will depend on tartness of apples). Cook 5 minutes longer. Remove from Sunbeam. Add sliced lemon, lemon juice, butter, or spices to taste.

Note: 1. Apples may be cooked with peeling on. Wash, cut in quarters, cut out cores, cook as above. When tender put through a coarse strainer or food mill. Add sugar and stir until blended.

2. Any other fruit may be cooked in similar manner.

3. Dried fruits may be cooked as follows: Cook as directed by packer. Put in Sunbeam. Start at 300° until boiling, then simmer until tender, adjusting dial to point where fruit will be kept just simmering. Add sugar last 5 minutes. Sliced lemon, orange or cinnamon may be added. Dried fruits mixed and stewed make a delicious combination.

COMPOTE OF FRESH FRUITS

Cooking temperature: 300° until boiling, then simmer

Cooking time: about 8 minutes

Serves 8

4 fresh pears
4 fresh peaches
8 small whole plums

3 slices canned pineapple,
cut in quarters
½ to ¾ cup sugar
Water or pineapple juice

1. Peel fruits, remove seeds or core. Leave plums whole if small. Cut pineapple.
2. Place fruit in Sunbeam. Add sugar and enough water or pineapple juice to barely cover fruit. Cover.
3. Start at 300° until boiling, then reduce heat to simmer, until fruits are tender. Remove to serving dish. Cool and chill. Serve topped with whipped cream, if desired.

SWEET POTATOES AND APPLES

Cooking temperature: 300°, until boiling, then simmer
Cooking time: about 1 hour. Serves 6

6 medium-sized sweet
potatoes
4 medium-sized cooking
apples
½ cup brown sugar

4 tablespoons butter
½ cup water
½ teaspoon salt
⅛ teaspoon pepper

1. Pare and slice sweet potatoes. Core and slice apples. Arrange sweet potatoes and apples in alternate layers in Sunbeam.
2. Combine brown sugar, butter, water, salt and pepper in a small sauce pan. Cook until sugar dissolves. Pour over potatoes and apples. Bring to boil at 300°. Cover, then set dial to simmer, adjusting to keep potatoes just simmering. Cook until tender.

BOILED POTATOES

Cooking temperature: 300° until boiling, then simmer
Cooking time: about 45 minutes
Serves 8 to 10

5 lbs. cooking potatoes
2½ cups boiling water

1 teaspoon salt

1. Pare potatoes. Cut in half if very large. Place in Sunbeam, add water and salt. Cover. Bring to boil at 300°. (Cook in skins if desired.)

2. Set dial at simmer, adjusting so as to keep potatoes just boiling. Cook until tender.

3. Drain by tilting cover slightly and pouring off water that remains. Remove cover, allow potatoes to dry out, leaving dial set at simmer. Shake occasionally. Serve plain, or mashed if desired.

Note: Mashed potatoes may be kept warm by setting at low adjustment in simmer range.

TO COOK FRESH VEGETABLES

Prepare vegetables. Place in Sunbeam; add a small amount of boiling water—about one inch from bottom of Sunbeam. Bring to boil at 300°. Then set dial at simmer, adjusting to point where water will be just kept boiling. Cover. Cook only until tender. Season as desired with salt, butter, etc.

TO COOK FROZEN VEGETABLES

Place in Sunbeam either frozen or defrosted. Add amount of water packer's label directs. Cover. Bring to boil at 300°. Then reduce heat to simmer, keeping water just boiling. Cook for time specified by packer. Season as desired.

TO DEFROST FROZEN FOODS QUICKLY: Place basket in Sunbeam—put frozen foods unopened in basket. Cover Sunbeam and set dial in low “simmer range”.

Sauces

MEDIUM WHITE SAUCE

2 tablespoons butter

2 tablespoons flour

½ teaspoon salt

⅛ teaspoon pepper

⅓ teaspoon paprika

1 cup milk

1. Melt butter in top of double boiler over boiling water.

2. Blend in flour, salt, pepper and paprika.

3. Add milk gradually. Cook, stirring constantly until thickened and smooth.

Note: Can be made in a heavy pan over low heat.

CHEESE SAUCE

Add to Medium White Sauce $\frac{1}{2}$ to 1 cup grated process American Cheddar Cheese. Cook, stirring until melted. Also, blend in $\frac{1}{4}$ teaspoon dry mustard with seasonings above.

EGG SAUCE

Add to Medium White Sauce 2 shelled and diced hard-cooked eggs and 1 teaspoon finely chopped chives or parsley.

HORSERADISH SAUCE

Add to Medium White Sauce $\frac{1}{3}$ cup well drained bottled horseradish, 1 tablespoon chopped parsley.

MUSHROOM SAUCE

Add to Medium White Sauce 4 oz. can mushrooms drained and chopped or dilute canned condensed mushroom soup with milk or cream and heat. Add butter to taste.

QUICK BARBECUE SAUCE

$\frac{1}{3}$ cup chopped onion

**3 tablespoons butter or
margarine**

1 cup catsup

**$\frac{1}{3}$ cup vinegar or lemon
juice**

2 tablespoons brown sugar

$\frac{1}{2}$ cup water

**2 teaspoons prepared mustard
1 tablespoon Worcestershire
sauce**

Salt to taste

$\frac{1}{8}$ teaspoon pepper

1. Slowly cook onion in butter in a saucepan until onion is tender.

2. Add remaining ingredients. Cover. Simmer about 15 minutes.

TOMATO SAUCE

Use canned tomato sauce or make as Medium White Sauce substituting 1 cup tomato juice for milk. Add 1 teaspoon grated onion, 1 teaspoon sugar, 1 tablespoon chopped parsley or green pepper.

TARTAR SAUCE

Combine 1 cup chilled mayonnaise, 1 tablespoon chopped olives, 1 tablespoon finely chopped parsley, 2 tablespoons chopped pickle, 1 tablespoon chopped capers, $\frac{1}{2}$ teaspoon grated onion or chopped chives, if desired. Mix well.

QUICK COCKTAIL SAUCE

$\frac{1}{2}$ cup chili sauce

$\frac{1}{3}$ cup catsup

$\frac{1}{3}$ cup prepared horseradish

$\frac{1}{4}$ teaspoon salt

$1\frac{1}{2}$ teaspoons Worcestershire sauce

3 tablespoons lemon juice

Dash of tabasco, if desired

1. Mix together all ingredients.

2. Chill thoroughly—add 2 tablespoons finely chopped celery, 1 tablespoon finely chopped parsley, 1 teaspoon grated onion just before serving, if desired.

LEMON BUTTER SAUCE

Cream $\frac{1}{4}$ cup soft butter. Gradually add: 1 tablespoon finely chopped parsley, 1 teaspoon grated onion, $\frac{1}{2}$ teaspoon salt, dash of Cayenne pepper and 4 teaspoons lemon juice. Stir until well blended. Serve on fish or vegetables.

LEMON ORANGE SAUCE

Combine in a saucepan $\frac{1}{2}$ cup sugar, $\frac{1}{8}$ teaspoon salt, $1\frac{1}{2}$ tablespoons corn starch and 1 cup orange juice. Cook over medium heat, stirring constantly until thickened and smooth. Add 1 tablespoon butter, 2 tablespoons lemon juice, 1 teaspoon grated lemon rind. Remove from heat. Serve warm with fritters or fruits.

Your New *Sunbeam* COOKER & DEEP FRYER Has These Wonderful ADDED Uses

TO USE YOUR SUNBEAM AS A STEAMER

Put basket into Sunbeam. (Remove handle first). Place mold or tin in which pudding is to be cooked into basket. Add enough of boiling water to come half way up the side of mold or pan. If mold does not have cover, cover top with double thickness of waxed paper. Start at 300°, until water is boiling. Cover Sunbeam, then set dial at simmer, adjusting to keep water just simmering. Steam for time directed in recipe, adding more boiling water if necessary to keep water up to half way level. Add 2 tablespoons vinegar to water to help prevent stains from minerals in water.

TO USE YOUR SUNBEAM AS A BUN WARMER

Put frying basket into Sunbeam (remove handle first). Set dial at high point in simmer range. Place rolls into basket. Cover Sunbeam and heat until rolls are heated through—time will depend upon amount of rolls heated at one time. Also, use to heat doughnuts, sweet rolls, coffee cake, breads, etc.

TO USE YOUR SUNBEAM TO KEEP FOODS WARM UNTIL SERVING TIME

Place foods in Sunbeam. Set dial at simmer. Cover or tilt cover as in case of mashed potatoes or other foods that tend to become soggy.

TO BLANCH VEGETABLES FOR HOME FREEZING

Preparing Vegetables for Freezing

1. Select variety suitable for freezing. Some varieties freeze better than others. State Agriculture Experimental Stations can make recommendations as to which vegetables are most suitable in your location.

2. Select strictly fresh vegetables, neither over- or under-ripe. Freeze as quickly as possible—2 hrs. from vine to freezer is best.
3. Eliminate vegetables not in perfect condition. Prepare by washing carefully and as you would previous to cooking for table use. Keep in refrigerator if impossible to prepare at once. Steam or water blanch to reduce enzyme action and preserve flavor and appearance. Steam blanching is preferable since it preserves more of the food values of the vegetables.
4. Scald or blanch only 1 pound of vegetables at a time.

Steam Blanching

1. Place about one inch of water in the Sunbeam Cooker & Deep Fryer.
2. Place one pound of vegetables in the Sunbeam fry basket (remove handle). Set basket on a small inverted heat-proof cover, pie pan, or rack so that food will be above surface of water.
3. Set dial on 400° until water is boiling vigorously. Then cover tightly with lid, being sure that lid is in contact with top of cooker.
4. Boil at 400°, counting time as soon as water is boiling and cover is placed on the cooker.
5. When steaming time is up, immediately plunge basket (attach handle and lift from cooker) into a sink full of cold water to which ice cubes have been added (or use dish pan). Let cold water contact vegetables by lifting basket up and down.
6. Drain on paper towels or dish towels. Then package and freeze at once. Freeze in proper containers designed for this purpose—following manufacturer's directions—must be moisture-vapor proof—and use the size container best suited for the size of your family so that all the package can be used in one meal. Reheating causes further loss of food values. Leave ½ inch headspace for vegetables that pack tightly, such as peas and corn, none for those that pack loosely.

7. Jot down date and contents of package.
8. Freeze quickly as directed by manufacturer of your freezer unit.
9. Store foods at 0° F. or as indicated as safe on your freezer thermometer.

Water Blanching

1. Use large amount of water, filling Sunbeam Cooker & Fryer at least ¾ full.

2. Set dial at 400° and have water boiling rapidly.
3. Place prepared vegetables into fry-basket (leave handle on basket). Place 1 pound of vegetables (only ½ pound greens such as spinach, etc.) into basket and then set basket into cooker.
4. Wait until water returns to full boil, then start counting time. Move basket by agitating it around.
5. Remove at once, as soon as time is up.
6. Place basket at once into ice water as in Step 5 in Steam Blanching.
7. Drain, then pack and freeze at once, as directed in “Steam Blanching”.

Preparing Cooked Foods for Freezing

Cooked foods which you prepare in large quantities in the Sunbeam Cooker & Deep Fryer such as soups, stews, baked beans, spaghetti, chop suey, etc. may be frozen for future use.

These foods are best slightly undercooked before freezing so that they will not be overdone in reheating. Cool foods quickly, then pack in moisture-vapor proof cartons and freeze immediately at 0° F. Store only for short period of time to prevent deterioration in flavor. Use at once when thawed.

TIME TABLE FOR STEAM SCALDING VEGETABLES

(Time charts and procedures agree with those issued by State Experimental Stations and leading manufacturers of home freezers)

Vegetable	Time to Scald (Steam)	Vegetable	Time to Scald (Steam)
Asparagus: large spears	6 min.	Carrots: whole	5 min.
small spears	5 min.	sliced	4 min.
		Cauliflower (flowerets)	4 min.
Beans, green: small or French cut	5 min.	Corn on cob. Scald in boiling water	
medium whole	6 min.	Corn whole-grain (See table below)	
Beans, lima:		Greens:	
small	2 min.	spinach	2½ min.
medium	3 min.	kale	2½ min.
		Swiss chard	2½ min.
		mustard greens	3 to 3½ min.
Broccoli	5 min.	Peas	3 min.
Brussels sprouts	5 min.	Squash, summer	3 min.

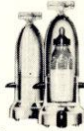
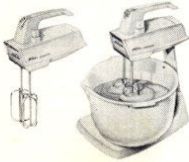
TIME TABLE FOR SCALDING VEGETABLES IN BOILING WATER

(Taken from bulletin "Home Freezing of Fruits and Vegetables" AIS-48 U.S. Department of Agriculture)

Vegetable	Time to Scald in Boiling Water	Vegetable	Time to Scald in Boiling Water
Asparagus	2 to 4 min.	Corn: whole-grain	5 to 7 min.
Beans, lima	2 to 3 min.		
Beans, snap	2 to 3 min.	Greens	1 to 2 min.
Broccoli	4 min.	Peas	1 min.
Cauliflower	3 min.	Peppers, green, and pimento	2 min.
Corn on cob:		Soybeans Boil in pods	5 min.
slender ears	7 min.	Chill. Squeeze beans out of pods. Wash, drain, pack. Omit scalding.	
medium ears	9 min.		
large thick ears	11 min.		

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ONE *Sunbeam*
APPLIANCE RECOMMENDS
ANOTHER



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THE BEST ELECTRIC APPLIANCES MADE

THE END

TRANSCRIBER NOTES

Misspelled words and printer errors have been corrected. Where multiple spellings occur, majority use has been employed.

Punctuation has been maintained except where obvious printer errors occur.

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[The end of *Sunbeam Cooker and Deep Fryer* by Sunbeam Corporation]