



## Cooking Chart, Continued

In preparing the foods use any reliable recipe book, and if the article of food being cooked is not listed in this chart, select a similar food and follow the time and temperature given for it.

| Article of Food                                 | Set To  | Preheat Oven | Bake or Roast | Reset To | Bake or Roast Total Time |
|---|---------|--------------|---------------|----------|--------------------------|
| <b>LARGER BEEF ROASTS</b>                       |         |              |               |          |                          |
| Larger Beef Roasts (Uncovered—Boned and Rolled) |         |              |               |          |                          |
| Rare .....                                      | 550° F. | 20 Min.      | 20 Min.       | 450° F.  | 12 Min. per lb.          |
| Medium .....                                    | 550° F. | 20 Min.      | 20 Min.       | 450° F.  | 15 Min. per lb.          |
| Well done .....                                 | 550° F. | 20 Min.      | 20 Min.       | 450° F.  | 18 Min. per lb.          |
| <b>MISCEL. ROASTS</b>                           |         |              |               |          |                          |
| Loin of Pork Roast ..                           | 500° F. | 20 Min.      | 30 Min.       | 450° F.  | 25 Min. per lb.          |
| Fresh Ham Roast ..                              | 500° F. | 20 Min.      | 30 Min.       | 450° F.  | 30 Min. per lb.          |
| Loin of Veal Roast ..                           | 500° F. | 20 Min.      | 30 Min.       | 450° F.  | 25 Min. per lb.          |
| Lamb Roast (young) ..                           | 500° F. | 20 Min.      | 30 Min.       | 450° F.  | 20 Min. per lb.          |
| Spring Lamb (rare) ..                           | 500° F. | 20 Min.      | 30 Min.       | 450° F.  | 15 Min. per lb.          |
| Yearling Lamb (cov'd pan)                       | 550° F. | 25 Min.      | 30 Min.       | 450° F.  | 20 Min. per lb.          |

*Note: The 'Uncovered Pan' label is positioned vertically between the 'Larger Beef Roasts' and 'Miscel. Roasts' sections.*

**Poultry:** Correct time for roasting Poultry is 20 minutes to the pound. When an uncovered pan is used, set Pointer at 500 degrees F. (allowing 20 minutes for the oven to preheat) and roast for 15 minutes. Turn fowl, reset to 450 degrees F. for ten minutes, then reset to 400 degrees F. for the remainder of the time. When a covered roaster is used, set Pointer at 550 degrees F. (allowing 20 minutes for oven to preheat) and roast for 20 minutes. Reset to 500 degrees F. for 10 minutes, then reset to 400 degrees F. for the remainder of the time. For Tender Turkeys weighing over 8 lbs., reduce the final cooking temperature to 350 degrees instead of 400 degrees.

**Fish:** Best temperature for baking fish is 425 degrees F. to 450 degrees F. Time required for baking will depend upon the size and thickness of the fish—varying from 20 minutes to about one hour.

## Hints for Cake Baking

All cakes can be divided into two classes, sponge and butter cakes.

After baking sponge cakes, pans should be inverted and cake should hang in pan until cool. Do not turn butter cakes. They should cool for 5 to 10 minutes before being removed and should be turned out on wire racks.

Note that small cakes and layer cakes require higher temperatures.

Never jar or move a cake until baking is entirely completed.

Pans for angel and sponge cakes should not be greased.

If cakes are not brown enough to suit, raise the temperature 25 degrees for the last few minutes of baking.

Heavy cakes result from too much sugar or butter. To prevent coarse grain cakes, do not use too much raising ingredients, cream well the butter and sugar and beat the batter sufficiently.

A solid or bready cake results from too much flour.