



WHOLE MEAL COOKING (Continued)

To cook a three hour meal: First, sear the meat, then place all the foods in **tightly covered pans**, set the AutomatiCook at 275° and remove after three hours.

For a four or five hour meal, the same instructions apply except that the temperature must be set at 250°.

A few suggestions for whole meals, showing different articles of foods, will be found on the following page.

POULTRY AND FISH

Complete instructions for roasting Poultry and Baking Fish are given at the bottom of the Cooking Chart, Page 3.

SOUPS AND CEREALS

Soups, cereals, and foods of like nature can be cooked in the oven safely over night, with the Control Pointer set at 250°, or for periods as long as ten hours, without attention.

BROILING OR TOASTING

Broiling or Toasting can be done either in the Baking Oven or the Broiling Oven, with the Control Pointer set at the mark "Broil." If done in the Broiling Oven, set the Pointer at "Broil" and regulate the height of the flame by operating the burner cock by hand.

PEACH BUTTER, APPLE BUTTER, ETC.

Peach Butter, Apple Butter, Tomato Butter, etc., can be made in the oven and the AutomatiCook eliminates the constant tedious stirring. Prepare in the usual way and place the kettle in the oven with the pointer set at 250 degrees. No stirring throughout this long cooking process is necessary as the butter will not burn nor stick to the vessel.

DRYING DISHES IN THE OVEN

Dishes and silverware can be dried in the Oven with the Control Pointer set at 250°.

BRIEF EXPLANATION OF THE COOKING CHART

The Cooking Chart on Pages 2 and 3 has been compiled very carefully and covers practically every class of food. If the food to be cooked is not listed, select a similar food and follow the time and temperature given for it. Move the White Handle of the AutomatiCook to the temperature mark indicated in the first column opposite the article of food to be cooked, open the oven gas cock full, light the burner and allow the oven to preheat for the time specified in the second column. The foods can be prepared while the oven is preheating and when the oven is fully heated, put the food in the oven and allow it to cook for the length of time given in the third column.

Some articles of food must be cooked at two temperatures, first at a high temperature and then at a lower temperature, and in the fourth column you will find the lower temperature to which the AutomatiCook should be reset when required. The fifth column shows the total time that the food should be cooked.

COOKING EXAMPLES

Baking Powder Biscuits: Set the pointer at 450 degrees. Turn on the gas and light the oven burner. After 20 minutes, place the biscuits in the oven and allow to bake from 12 to 15 minutes.

Roasts (6 lb. medium): Set the pointer of the AutomatiCook at 550 degrees. Turn on the gas and light the oven burner. Allow 20 minutes for the oven to become heated. Then place the roast in the oven and let sear for 20 minutes. Then reset the pointer to 450 degrees and let roast for 70 minutes, a total of 90 minutes, or 15 minutes to the pound.