

Many of the dishes in the recipes given may be cooked in this way, but more time must be allowed for cooking, as there is a fall of temperature in placing the food in the cooker. When the vessel is being transferred from the stove to the cooker, the latter should be in a convenient position, and the transfer should be made, and the cushion placed in position, very quickly, so that the food will continue boiling. If the quantity of food is small, it should be placed in a smaller tightly covered pail, set on an inverted pan in the larger pail, and surrounded with boiling water. When there is an air space above the food in the cooking dish, there is greater loss of heat, as air gives off heat more readily than water.

The following are examples of the foods that may be cooked in a Fireless Cooker:

Apple sauce—Bring to boiling temperature and place in the cooker, leave two hours.

Apple compote—Cut the apples in halves or quarters so that they need not be turned. Leave them in the cooker about three hours.

Dried fruits—Soak overnight, bring to the boiling-point, and leave in the cooker at least three hours.

Cream of wheat—Boil until thick, place in the cooker, leave overnight and, if necessary, re-heat in double boiler before using.

Rolled oats—Boil five minutes, then place in the cooker. Leave at least three hours and longer if possible.

Macaroni—Boil, then place in the cooker for two hours.

Rice—Boil, then place in the cooker for one hour.