



The C.A.C. pressure cooker

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C.A.C.

PRESSURE COOKER

MANUFACTURED BY
COMMONWEALTH AIRCRAFT CORPORATION PTY LTD
MELBOURNE, AUSTRALIA



INSTRUCTIONS
AND
RECIPES

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The
C. A. C.
PRESSURE COOKER



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COMMONWEALTH AIRCRAFT CORPORATION
PTY. LTD.

Melbourne — Australia

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Your C.A.C. Pressure Cooker has been tested to stand at least double the maximum working pressure, so that it is always absolutely safe. However, if the water is permitted to boil away, the bottom may be burned and the Cooker ruined.

In addition, your Cooker is fitted with a safety catch which prevents the lid from being removed until the steam pressure is released by screwing the central knob anti-clockwise.

HOW TO USE THE COOKER

TO REMOVE THE LID.

First screw the central knob anti-clockwise, so releasing the safety catch, then turn the lid anti-clockwise one-eighth of a turn, and lift off.

The action of screwing the central knob anti-clockwise lifts the steam valve, and so releases the pressure.

TO REPLACE THE LID.

Place the lid back on the cooker without rotating the central knob, and turn until **THE HANDLES ARE ONE ABOVE THE OTHER. THIS IS IMPORTANT.**

IMPORTANT.

1. NEVER place the cooker on the heater unless there is water in it.
2. Wait until steam issues from the steam valve before letting down the central knob screw. This ensures that all air is expelled. At this stage, the pointer of the temperature gauge will be at the "BOIL" mark.
3. When the steam valve is seated by letting down the central knob screw, the pressure will begin to rise.
4. This can be observed by the pointer of the temperature gauge under the window. Correct pressure is indicated when the pointer is central at "COOK".
5. The heat should be reduced to prevent loss of steam, otherwise the water will boil away.
6. If the pressure rises to the maximum permissible working pressure, the steam valve will automatically lift and permit steam to escape, thus preventing the pressure from rising higher.

COOKING PROCEDURE:

(To be read in conjunction with special instructions given in the recipes).

1. Place one (1) cup of water in the cooker (except for soups).
2. Place the food to be cooked in the compartments.
3. Replace the lid and wait until steam escapes.
4. Let down the central knob by screwing clockwise and wait until the pointer reaches the central indication **"COOK"**; **THEN START TIMING.**
5. Regulate the heat to hold the **"COOK"** position of the pointer.
6. When the time is up, remove from the source of heat and screw the central knob anti-clockwise to release the steam pressure.
7. When no more steam escapes the lid may be removed.
8. The cooker can be cooled off rapidly under a water tap, or in a sink partly filled with cold water. (See recipes).
9. If steam leaks at the lid joint, remove the rubber washer, stretch it a little, turn over and replace.
10. Should liquid exude through the safety valve whilst pressure is being released, close the safety valve and cool the cooker in cold water until the indicator shows **"BOIL"**. Then re-open the safety valve and remove lid.

SPECIAL NOTICE

To comply with the requirements of the Boiler Inspection Branch, Dept. of Labour, Victoria, the lid of the Cooker has been provided with a fusible safety plug. If this plug should fuse, it must be replaced by a spare plug.

SPARE FUSIBLE SAFETY PLUGS ARE ATTACHED TO THE BOTTOM OF YOUR PRESSURE COOKER INSTRUCTION CARD.

TO REPLACE FUSIBLE SAFETY PLUG.—Drive a spare plug from the inside of the lid and support on a suitable anvil. Rivet over the outer end with a small hammer.

AVERAGE COOKING TIMES

GENERAL:

It takes approximately 50 per cent. longer time to cook large pieces, while, if food is cut up into small pieces, the times may be reduced by 50 per cent.

Times given are for average-sized pieces, and allowances should be made accordingly.

When it is desired to cook two different foods simultaneously, start with the one taking the longest time and then stop the cooking at the appropriate time to insert that taking the shorter time. Both foods will then be finished at the same time.

FRESH VEGETABLES:

Potatoes (whole)	15 minutes
Artichokes	} 10 "
Beets (medium whole)	
Onions (medium whole)	
Potatoes (cut up)	
Sweet Potatoes (halved)	
Parsnips (small whole)	} 8 "
Pumpkin	
Cabbage (quartered)	5 "
Marrow	} 4 "
Corn on cob	
Cauliflower (large)	
Beets (sliced)	
Turnips (quartered)	
Green French Beans	} 3 "
Celery (small)	
Carrots (small whole)	
Onions (sliced)	
Asparagus	} 2 "
Green Peas	
Spinach	
Brussels Sprouts	

SOUPS:

Vegetable	}	25 minutes
Chicken			
Lentil (soaked previously)		20 "
Split Pea		15 "

MEATS:

Corned Beef	15 minutes per lb.
Irish Stew	20 minutes

POULTRY:

Chicken (boiled)	}	30 "
Chicken (fricassee)			

MISCELLANEOUS:

Oatmeal	20 "
Spaghetti	7 "
Rice	10 "
Crayfish	10 "

Table of Equivalent Measures . . .

1 ounce flour equals	1 heaped tablespoon
$\frac{1}{2}$ ounce flour equals	1 heaped dessertspoon
1 ounce sugar equals	1 barely rounded tablespoon
$\frac{1}{4}$ lb. flour equals	1 teacup (bare)
1 egg (average) weighs	2 ounces
$\frac{1}{4}$ lb. sugar equals	1 teacup
1 gill equals	$\frac{3}{4}$ teacup (approx.)
2 gills equals	$\frac{1}{2}$ pint
3 large tablespoons liquid equals	$\frac{1}{2}$ gill
1 dessertspoon butter equals	1 ounce
1 level tablespoon of currants or sultanas equals	1 ounce
2 tablespoons breadcrumbs or grated cheese equals	1 ounce
1 level tablespoon of rice equals	1 ounce

The teacup referred to above measures $2\frac{3}{4}$ " across and $2\frac{3}{4}$ " deep.
It holds 7 ounces of liquid or a quarter of a pint plus three tablespoons.

RECIPES

Soups

Soup prepared in your C.A.C. **PRESSURE COOKER** gives a result not to be compared with old methods.

Apart from the time saved, you have a full rich flavour as well as the knowledge that you have not "boiled away" the food value.

IMPORTANT. ALWAYS REMEMBER NEVER TO USE YOUR COOKER MORE THAN HALF FULL OF WATER OR STOCK.

VEGETABLE SOUP:

- | | |
|------------------------------|---|
| 2 lbs. soup bones | 2 carrots (diced) |
| 2 quarts water | 1 small onion (diced) |
| Salt and pepper | $\frac{1}{2}$ cup celery (diced) |
| Sprig parsley or celery leaf | $\frac{1}{2}$ cup green peas or sliced french beans |
| $\frac{1}{2}$ cup barley | |

Place bones, water, salt, pepper and barley in cooker. Pressure cook 20 minutes. Cool cooker, remove bones from stock, add vegetables and pressure cook another five minutes.

CHICKEN SOUP:

- | | |
|------------------------|-------------------------|
| 3 to 4 lbs. chicken | 1 medium carrot (diced) |
| Salt and pepper | 1 small onion (diced) |
| 1 stick celery (diced) | 6 cups water |

Cut chicken into serving pieces. Place chicken in cooker, add diced vegetables, salt, pepper and water. Pressure cook 15 minutes. Let pressure down slowly. Chicken portions can be served with parsley, celery or asparagus sauce. A dessertspoon of sago is an improvement to this recipe.

LENTIL SOUP:

- | | |
|---------------------------|------------------------|
| 2 cups lentils | 2 quarts water |
| 1 onion | Salt and pepper |
| 1 sprig mint | 1 tablespoon cornflour |
| 1 large rasher lean bacon | |

Wash lentils well and soak overnight. Cut bacon and onion into small cubes. Put lentils, bacon, onion, salt, pepper, mint and water in Cooker. Pressure cook 20 minutes. Rub soup through sieve and return to Cooker. Stir in cornflour blended with two tablespoons milk. Simmer about two minutes. Serve with croutons.

SCOTCH BROTH:

- | | |
|----------------------------------|-----------------|
| 2 lbs. soup bones | 1 small parsnip |
| 2 quarts water | 1 small onion |
| Pepper and salt | 1 stick celery |
| $\frac{1}{4}$ cup rice or barley | 1 small potato |
| 2 carrots (diced) | 1 sprig parsley |

Cut vegetables in small cubes. Place bones, rice or barley, pepper, salt, and water in Cooker. Pressure cook 20 minutes. Cool Cooker quickly with water on lid. Remove bones and add vegetables. Pressure cook another five minutes. Chop parsley and add just before serving.

BROWN SOUP STOCK:

- | | |
|------------------------|-----------------------------|
| 2 lbs. gravy beef | 1 stick celery (diced) |
| 2 quarts water | $\frac{1}{2}$ teaspoon salt |
| 1 medium sliced onion | $\frac{1}{2}$ teaspoon fat |
| 1 small carrot (diced) | 2 peppercorns |
| 1 sprig parsley | |

Cut the meat into small pieces. Heat fat in bottom of Cooker, brown meat and add vegetables and water. Pressure cook 20 minutes. Strain and use stock as base for soups or gravy.

PARISIAN ONION SOUP:

- | | |
|--|------------------------------|
| 4 large onions | 1 quart brown soup stock |
| 2 tablespoons butter | Salt and pepper |
| $\frac{1}{2}$ cup grated Parmesan Cheese | $\frac{1}{2}$ tablespoon fat |

Slice onions thinly. Heat fat in Cooker and fry onions until brown. Add stock and butter and pressure cook five minutes. Serve with grated cheese.

SPLIT PEA SOUP:

1 cup dried peas (green)
1 quart boiling water
 $\frac{1}{2}$ cup diced celery
 $\frac{1}{2}$ cup diced carrot
 $\frac{1}{2}$ cup diced onion

1 sprig mint
3 slices of lean bacon or bacon bone
Salt and pepper
1 cup milk

Wash peas and soak overnight in water. Place peas in water in which they were soaked and add other ingredients. Pressure cook 20 minutes. Cool Cooker quickly. Put soup through sieve, return to Cooker, add milk, reheat, and serve with sippets.

Fish

When cooking fish, always cool the Cooker quickly. This is essential, as, when fish becomes overcooked, it has a tendency to fall apart.

STEAMED OYSTERS

1 dozen oysters
1 cup water
 $\frac{1}{4}$ cup milk

Pepper and salt
Cornflour

Pour one cup water into Cooker, place oysters on rack in Cooker. Bring indicator to cook position, cool quickly and remove oysters. Add $\frac{1}{4}$ cup of milk to liquid and thicken with cornflour. Add pepper and salt to taste.

STEAMED FILLET OF WHITING:

4 fillets of Whiting
Lemon
1 teaspoon butter

Salt and pepper
1 cup water
Chopped parsley

Put water in Cooker and place sheet of greaseproof paper on rack. Place fish on paper. Squeeze a few drops of lemon juice on fish. Pressure cook one minute. Cool Cooker quickly. Serve with a teaspoon of melted butter, and lemon sprinkled with chopped parsley. Any other fillet fish may be cooked the same way; cooking time depends on thickness of fish.

FRIED FILLET OF FISH:

4 fillets of fish
1 beaten egg

$\frac{1}{2}$ cup dripping
Seasoned flour

Dip fillets in egg, then in seasoned flour. Heat dripping until hot. Place fish in dripping and brown on both sides. Remove from Cooker. Allow dripping to cool slightly before placing rack in Cooker. Place fish on rack and pressure cook $1\frac{1}{2}$ minutes. Serve with chipped potatoes. Garnish with lemon and chopped parsley or salad.

BOILED CRAYFISH:

1 crayfish, $1\frac{1}{2}$ to 2 lbs
2 cups boiling water (salted)

Salt

Plunge crayfish head first into boiling water to cover and let stand a few minutes. Put 2 cups of boiling water (salted) in Cooker with crayfish and pressure cook 10 minutes. Remove crayfish and plunge in cold water for two minutes. Crack shell and claws. Serve with mayonnaise.

WHOLE STUFFED FISH:

1 medium sized Bream
4 ounces veal forcemeat

1 cup water
Lemon juice

Clean fish, wipe dry and stuff with veal. Squeeze few drops lemon over fish. Pour water in cooker and place fish on rack with greaseproof paper underneath. Pressure cook five minutes. Garnish with chopped parsley and lemon.

PRAWNS:

Prawns
 $\frac{1}{2}$ cup water
1 teaspoon salt

3 peppercorns
1 bay leaf
1 slice lemon

Put water, salt, peppercorns, bay leaf and lemon in Cooker and bring to the boil with lid off. Add washed prawns to liquid and pressure cook six minutes. Cool Cooker quickly, drop prawns into cold water. Chill, shell and clean.

CHIPPED POTATOES:

4 medium potatoes

$\frac{1}{2}$ cup pure dripping

Slice potatoes, dry thoroughly. Heat dripping until slight blue fume rises. Place potato chips on rack and pressure cook for $1\frac{1}{2}$ minutes. Lift on to kitchen paper to drain, sprinkle with salt and serve very hot.

Meats and Poultry

Even the toughest meat becomes a delicacy after pressure cooking for a few minutes.

The cooking times given in the following recipes are correct for the quantities shown, but it must be remembered that the time for cooking depends on the size, thickness and toughness of the meat.

After you have used your C.A.C. Pressure Cooker a few times, you will soon become accustomed to it and to the correct times for your own particular needs.

All cooking times can be read in conjunction with your C.A.C. Pressure Cooker Instruction Card.

Best results are obtained if you brown the meat thoroughly before pressure cooking.

Some of the recipes advise that the pressure be let down slowly, and this is achieved by turning the central knob a little at a time.

To cool the Cooker quickly, as is advised in other recipes, hold the Cooker under the tap, playing the water on the lid between the temperature gauge and the rim.

All the recipes are suitable for five or six people.

FRICASSEE OF TRIPE:

- | | |
|--------------------------|-----------------------------------|
| 1 lb. tripe | 1 stick celery |
| $\frac{1}{2}$ cup milk | 1 white onion |
| 1 dessertspoon cornflour | 1 dessertspoon of chopped parsley |
| Salt and pepper | |

Cut tripe into inch squares, slice onion and celery. Place in Cooker with $\frac{1}{2}$ cup water. Pressure cook eight minutes. Cool Cooker quickly, remove lid. Blend cornflour with milk and thicken fricassee. Simmer gently for one minute. Serve with chopped parsley.

BEEF LIVER OR LAMB'S FRY:

- | | |
|----------------------------|-----------------|
| Slices of liver | Flour |
| 1 tablespoon of fat | Pepper and salt |
| 1 tablespoon boiling water | |

Skin liver, soak in salted water. Drain and dip in seasoned flour. Heat Cooker to melt fat, and fry liver until golden brown both sides. Add boiling water. Pressure cook 5 minutes. Serve with bacon rashers.

FRICASSEE OF BRAINS:

4 sets brains
Salt and Pepper
 $\frac{1}{4}$ cup milk

1 stick celery
1 small white onion
1 dessertspoon cornflour

Wash brains well and remove skins. Place brains, salt, pepper and diced vegetables in Cooker with 1 tablespoon water. Pressure cook three minutes. Blend cornflour with milk and thicken fricassee. Simmer gently. Garnish with parsley.

FRIED CHICKEN:

1 small chicken, 3 to $3\frac{1}{2}$ lbs.
1 teaspoon of salt
Flour
Pepper

1 small onion
6 tablespoons of dripping
1 cup water

Cut chicken into serves. Dip in seasoned flour. Place in Cooker with salt, pepper and dripping. Fry till golden colour. Then place chicken on rack in Cooker, add water and onion and pressure cook 18 minutes.

SWEETBREADS AND MUSHROOM SAUCE:

Sweetbreads
1 teaspoon vinegar

1 quart water
Salt

Wash sweetbreads. Place in Cooker with salt, vinegar and water. Pressure cook eight minutes. Cool Cooker. Drain sweetbreads, remove membrane and tubes. Cube and add mushroom sauce.

ROAST RABBIT:

1 young rabbit
2 tablespoons water
1 tablespoon dripping

Seasoning
Salt and pepper

Wipe rabbit, season, and melt fat in Cooker. Brown rabbit both sides. Place on rack, add 2 tablespoons of water. Pressure cook 20 minutes.

OX KIDNEY:

1 ox kidney
2 tablespoons plain flour
Mixed spice
Salt and pepper
1 tablespoon minced onion

1 dessertspoon Worcestershire
Sauce
1 tablespoon dripping
 $1\frac{1}{2}$ cups water

Wash, scald and dry kidney, cut in thin slices, removing fat. Mix flour, spice, salt and pepper. Dredge kidney. Heat fat in Cooker, brown kidney and onion well. Add water and sauce and pressure cook 15 minutes. Serve with bacon rashers.

CURRIED CHOPS:

- | | |
|------------------------------|-----------------------------|
| 6 2-tooth neck chops | 1 dessertspoon curry powder |
| 1 dessertspoon dripping | Salt and pepper |
| 1 dessertspoon plain flour | 1 teaspoon brown sugar |
| 1 tablespoon chopped parsley | 1 small onion |
| 1 dessertspoon lemon juice | 1 apple |
| 1 tablespoon sultanas | 2 cups of stock or water |

Trim chops. Heat fat in Cooker, add chops and brown slightly on both sides. Remove chops and add diced onions and apple, also flour, curry powder, salt and pepper. Stir in stock or water, sultanas, sugar and lemon juice. Add meat, replace lid and pressure cook 30 minutes. Cool gradually. Serve with small pieces of toast and lemon dipped in parsley.

IRISH STEW:

- | | |
|---------------------------|------------------------------------|
| 6 small chops | $\frac{1}{2}$ cup chopped onion |
| 1 cup diced white turnips | 1 stick of celery (finely chopped) |
| 1 cup diced potatoes | Salt and pepper |
| 1 cup diced parsnips | 2 cups boiling water |
| 2 tablespoons flour | $\frac{1}{4}$ cup cold water |
| 1 cup sliced carrots | |

Place 2 cups boiling water in Cooker, pressure cook chops 15 minutes. Add diced vegetables, pressure cook another five minutes. Thicken liquid with two tablespoons of flour blended with $\frac{1}{4}$ cup of cold water. Simmer gently without lid. Garnish with finely chopped parsley.

HAMBURGER PATTIES:

- | | |
|------------------------|-----------------------|
| 1 lb. minced beef | 1 tablespoon dripping |
| 1 finely chopped onion | 1 tablespoon water |
| Salt and pepper | |

Mix beef with onion, pepper and salt. Form into medium sized patties. Slightly dredge with flour. Heat Cooker, add fat and brown beef on both sides in open Cooker. Place patties on rack. Add water and pressure cook five minutes.

PORK CHOPS:

- | | |
|---------------------------|----------------------------|
| 6 medium sized pork chops | 1 tablespoon of fat |
| Salt and pepper | $\frac{1}{4}$ cup of water |

Place chops in Cooker slightly floured. Add fat and fry till golden brown on both sides. Add water, salt and pepper, and place chops on rack. Pressure cook 10 minutes. Serve with brown gravy and fried apple rings, or wedge of pineapple slightly browned.

VEAL BIRDS:

- 1½ lbs. veal, ½" thick
- 1½ cups bread & sage seasoning
- 1 cup of water
- ¼ lb. bacon rashers, finely sliced

- 2 tablespoons fat
- Salt and pepper
- 1 tablespoon flour

Cut veal into serving pieces suitable for rolling. Place tablespoon of seasoning into each piece. Roll up, wrap a piece of bacon around, and secure with toothpick. Roll in flour mixed with salt and pepper. Add fat to Cooker and slightly brown birds, add 1 cup of water, place birds on rack and pressure cook 15 minutes. Serve with brown gravy and garnish with chopped parsley.

HARICOT RABBIT:

- 1 young rabbit
- 1 onion
- 2 dessertspoons flour
- 1 dessertspoon fat
- 2 cups water
- 1 tablespoon tomato sauce
- Salt and pepper

- ½ teaspoon grated lemon rind
- 2 bacon rashers
- 2 small carrots
- 1 stick celery
- ½ teaspoon Worcestershire Sauce
- Chopped parsley

Soak rabbit for ½-hour in salted water with ½ teaspoon bicarb. soda. Joint and dry. Chop bacon rind into small pieces. Melt fat and add rabbit dusted with salted flour. Brown on both sides and remove from Cooker. Add onion, flour, salt and pepper, brown slightly, stir in water until boiling. Add rabbit, lemon rind, diced vegetables and bacon. Pressure cook 25 minutes.

OX TAIL:

- 1 small ox tail
- 1½ cups water
- 1 carrot cut into rings
- ½ white turnip
- 1 onion

- 2 ozs. dripping
- 2 ozs. flour
- Seasoning
- ½ lemon

Cut tail at joints 2" long and trim. Heat Cooker and add fat. Brown meat well both sides, add flour and brown. Add water and vegetables. Pressure cook 25 minutes. Add juice of half a lemon and Worcestershire Sauce if desired.

SWISS STEAK:

- 2 lbs. sliced topside, 1" thick
- Salted flour
- 2 tablespoons beef dripping

- 2 sticks celery, finely cut
- 1 tablespoon grated horseradish
- ¼ cup boiling water

Melt dripping in Cooker. Cut steak in small serves. Dip in salted flour and brown on both sides. Add celery and onion, sprinkle with horseradish. Add water and pressure cook 15 minutes. Thicken gravy.

MADRAS CURRY:

2 lbs. sliced topside	1 stick of celery
1 tablespoon fat	1 dessertspoon of flour
1 apple	1 dessertspoon curry powder
1 onion	1 dessertspoon chutney or plum jam
1 dessertspoon sultanas	2 cups water
1 carrot	

Cut meat into 1" squares. Melt fat in Cooker and brown meat well. Add diced vegetables and apples, curry powder and flour, then brown. Add water, chutney, and sultanas. Pressure cook 15 minutes. Cool Cooker, add lemon juice and serve with boiled rice. Garnish with parsley.

STUFFED STEAK:

1 lb. pocket steak	$\frac{1}{2}$ teaspoon pepper
Bread seasoning	1 tablespoon of dripping
2 teaspoons salt	$\frac{1}{4}$ cup water

Season steak with bread seasoning. After cutting, fold edges together and fasten with toothpicks. Sprinkle with salt and pepper. Heat Cooker, add fat, and brown steak thoroughly. Add water and pressure cook 25 minutes.

LAMB CHOPS:

6 lamb chops	Salt and pepper
2 tablespoons of fat	$\frac{1}{4}$ cup of water

Heat fat, place chops in Cooker and brown lightly on both sides, add water and salt and pepper. Pressure cook 10 minutes.

CRUMBED SAUSAGES:

2 lbs. pork sausages (large)	Flour
$\frac{1}{2}$ cup water	Egg and breadcrumbs
1 dessertspoon fat	1 apple

Place sausages in Cooker with $\frac{1}{2}$ cup water and pressure cook six minutes. Remove and allow to cool. Skin, and with 1 dessertspoon of fat, place sausages, slightly dredged with flour, and dipped in egg and breadcrumbs, in Cooker, and fry until golden brown. Core apple and cut into rings and fry both sides. Serve with mashed potatoes.

SAVOURY MEAT BALLS:

2 slices of bacon
1 lb. minced beef
5 onions, thinly sliced
Bread seasoning
 $\frac{1}{2}$ teaspoon salt

Pepper
1 tin of canned tomatoes
or
1 lb. fresh tomatoes, peeled and sliced

Mix bread seasoning with beef. Shape into balls. Heat Cooker and fry bacon brown. Place meat balls in bacon fat, add tomatoes and onions. Pressure cook 5 minutes. Cool quickly. Add thickening to gravy.

CRUMBED VEAL STEAK:

2 lbs. veal steak
Salt and pepper
1 cup cornflake crumbs
1 well beaten egg
2 tablespoons parsley
 $\frac{1}{2}$ lemon

1 tablespoon milk
2 tablespoons fat
 $\frac{1}{2}$ teaspoon celery salt
1 teaspoon Worcestershire Sauce
1 cup sour cream

Cut veal into serves. Dab with lemon juice and put a little grated rind on veal. Season and roll in cornflake crumbs, then in egg and milk, and again in crumbs. Heat cooker, add fat. Brown veal in hot fat. Mix celery salt, sauce and cream, and pour over meat. Pressure cook 10 minutes. Sprinkle finely chopped parsley on meat before serving.

BEEF OLIVES:

$1\frac{1}{2}$ lbs. topside steak
 $1\frac{1}{2}$ cups seasoning
2 tablespoons fat
1 carrot (diced)
1 onion (diced)
1 turnip (diced)

1 stick celery (diced)
2 teaspoons flour with salt and pepper
1 cup water
 $\frac{1}{4}$ cup water for thickening

Cut the steak into pieces 2" x 4". Put teaspoon of seasoning in each piece, roll up and secure with toothpick. Lightly dredge with flour. Heat Cooker to melt fat. Brown olives on all sides, add cup of water and pressure cook 12 minutes. Cool Cooker, add diced vegetables and pressure cook another five minutes. Cool and thicken stock with flour blended with $\frac{1}{4}$ cup of water. Simmer gently with lid off for two minutes.

LAMB STEW:

2 lbs. shoulder of lamb
4 carrots
4 potatoes
4 onions
1 tablespoon fat

Pepper and salt
1 lb. fresh green peas
 $\frac{1}{2}$ tablespoon flour
3 tablespoons water

Heat fat in Cooker. Cut lamb into 1" squares and brown well in hot fat. Add salt, pepper and whole vegetables. Pressure cook 12 minutes. Cool Cooker quickly, add peas and pressure cook a further three minutes. Thicken with half tablespoon flour blended with water. Simmer with lid off for two minutes.

FRICASSEE OF RABBIT:

1 young rabbit
2 cups water
2 white onions
Parsley

1 stick celery
1 cup milk
2 tablespoons flour
Salt and pepper

Wash rabbit well in salted water. Dry and joint and place in Cooker with water, salt and pepper. Pressure cook 10 minutes. Cool Cooker quickly, add diced vegetables and pressure cook another five minutes. Cool Cooker and add flour blended with milk. Simmer gently for two minutes. Add parsley before serving.

ROAST CHICKEN:

4½ lb. chicken
1 onion
1 carrot
 $\frac{1}{4}$ cup water

1 stick celery
Salt and pepper
2 tablespoons dripping
Bread seasoning

Remove neck from chicken, wash and dry thoroughly. Put $\frac{1}{4}$ teaspoon of salt inside, add seasoning and truss bird. Heat dripping in Cooker and brown chicken well on all sides. While browning add sliced onion, vegetables and $\frac{1}{4}$ cup of water. Pressure cook 20 minutes.

ROAST LEG OF LAMB:

3½ lb. lamb
1 tablespoon fat
Salt and pepper

1 tablespoon of water
Crushed clove of garlic

Cut bone off lamb. Rub over with crushed clove of garlic. Heat Cooker, add fat and brown meat on all sides. Dust with salt and pepper, add water and pressure cook 45 minutes. Place in hot oven for a few minutes if desired crisp. Make gravy from liquid in Cooker and serve with mint sauce.

PORK LOIN ROAST:

4 lb. loin of pork
1 onion

1 tablespoon fat
2 tablespoons water

Heat Cooker to melt fat. Brown pork well on all sides. Place onion on roast, add water and pressure cook 50 minutes. Serve with apple sauce.

CORNERD BEEF AND CABBAGE:

2½ lb. brisket
2 cups water
4 carrots

4 potatoes
1 cabbage (quartered)
4 onions

Let corned beef stand in water in covered vessel for two or three hours. Drain and place on rack of Pressure Cooker. Add water and pressure cook 60 minutes. Cool Cooker quickly, add vegetables and pressure cook eight minutes.

OX TONGUE:

4 lb. tongue
1 bay leaf

2 cups water
1 teaspoon vinegar

Soak tongue in water for two hours. Place two cups water and vinegar in Cooker, put tongue on rack with bay leaf, and pressure cook 50 minutes. Remove skin from tongue and press.

ROAST BEEF:

4 lbs. rolled sirloin
1 tablespoon dripping
Salt and pepper

2 tablespoons water
1 tablespoon minced onion

Heat Cooker, add dripping and brown roast. Remove from Cooker and place rack in. Add water, roast on rack with minced onion on top and pressure cook 45 minutes. Remove roast and make gravy from remaining liquid. Serve with horseradish sauce.

WILD DUCK:

Soak duck in water for several hours with salt and one teaspoon of soda to quart of water added. Rinse in fresh water and wipe dry. Season duck. Heat Cooker and add two tablespoons of fat, brown duck on all sides. Place duck on rack in Cooker, add ½ cup water and pressure cook 25 minutes. Serve with apple sauce.

STEWED CHICKEN:

4 lb. chicken
2 cups water
2 teaspoons salt
1 sprig parsley

1 sliced onion
1 stick diced celery
 $\frac{1}{2}$ lb. green peas

Cut chicken in serves, add water, salt and parsley. Pressure cook 15 minutes. Cool Cooker, add vegetables and pressure cook five minutes. The liquid from chicken may be made into white sauce. Garnish with finely chopped parsley.

STEAMED DUMPLINGS FOR STEW:

1 cup flour
 $1\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt

1 egg well beaten
 $\frac{1}{3}$ cup milk
2 tablespoons melted fat or oil

Mix egg, milk and fat, add to dry ingredients to make soft dough. Drop from teaspoon into stew. Stew should have at least 3 cups liquid, and, if not, add boiling water. Place lid on Cooker and steam 15 minutes. Serve at once.

Vegetables

When cooking vegetables it is always advisable to cool the Cooker quickly to prevent them from becoming overcooked.

Diced vegetables do not take as long to cook as those not cut up. You will also find that young vegetables cook more quickly.

More than one vegetable can be cooked at the same time, but, where possible, it is better to decide on those having approximately the same cooking time.

FRENCH BEANS:

Prepare beans cut lengthwise into thin slices. Place on rack in Cooker. Pour $\frac{1}{4}$ cup salted water over them and pressure cook three minutes.

BROAD BEANS SHELLED:

Place on rack of Cooker. Pour $\frac{1}{4}$ cup of water over them and pressure cook three to four minutes. Drain, sprinkle with salt and pepper. Add a little butter before serving.

CELERY:

Wash and cut into 1" pieces. Place on rack and pour $\frac{1}{4}$ cup salted water over them. Pressure cook three minutes. Serve with white sauce.

CAULIFLOWER WITH CELERY SAUCE:

- | | |
|--------------------------|-----------------------------|
| 1 head of cauliflower | 1 cup thin white sauce |
| 2 cups celery, cut small | 1 tablespoon finely chopped |
| 1 teaspoon minced onion | parsley |
| 1 cup water | |

Place celery, onion and 1 cup of water in Cooker and pressure cook three minutes. Cool quickly, drain, and add enough water to liquid to make one cup. Pour over cauliflower and pressure cook four minutes. Cool quickly. Pour white sauce over vegetables. Simmer for $\frac{1}{2}$ minute. Sprinkle with parsley before serving.

CAULIFLOWER AU GRATIN:

Break a medium-sized cauliflower into flowerettes. Cut off stems. Cover with water to which one dessertspoon of vinegar and one teaspoon of salt have been added. Stand for $\frac{1}{2}$ hour. Place cauliflower in Cooker, add one cup of water and pressure cook $1\frac{1}{2}$ minutes. Cool quickly and drain. Place in buttered dish and pour over one cup thick white sauce. Cover with $\frac{1}{2}$ cup fine breadcrumbs, a few small dots of butter, and spread over one cup finely grated cheese.

CREAMED SPINACH OR SILVER BEET:

Cut off stalks and wash well. Put in Pressure Cooker with one cup of water and pressure cook $1\frac{1}{2}$ minutes. Cool quickly and melt in pan three tablespoons of bacon fat, finely chopped. Fry until golden brown one tablespoon of minced onion, then stir in two tablespoons of flour until well blended. Add one cup of creamy milk, salt, pepper and spinach, and simmer about two minutes.

ARTICHOKES:

Wash and trim and place on rack. Add $\frac{1}{2}$ cup of water and salt to taste. Pressure cook 10 minutes. Cool Cooker and serve with flavoured sauce.

ASPARAGUS TIPS:

Wash and scrape or cut rough parts from asparagus. Place on rack with $\frac{1}{2}$ cup of water. Pressure cook two minutes. Cool Cooker quickly. Salt and serve with $\frac{1}{2}$ teaspoon butter.

BEETROOT WHOLE:

Wash and remove tops but leave roots on. Add $\frac{1}{2}$ cup of water and pressure cook 10 to 18 minutes. Cool Cooker quickly and allow beet to cool. Rub skin off with fingers. Add salt to taste. Place sugar in vinegar or lemon juice, bring to boil and immerse sliced beet.

CARROTS:

Place carrots, diced or whole, on rack. Add $\frac{1}{2}$ cup of water. Salt and pressure cook three minutes. Whole carrots will take six to eight minutes.

ONION WHOLE:

Peel onions, place on rack and add $\frac{1}{2}$ cup water. Pressure cook five to seven minutes.

PEAS GREEN:

Place peas on rack with $\frac{1}{2}$ cup of water. Add salt, sugar and butter. Pressure cook two or three minutes. Cool Cooker quickly.

POTATOES SMALL:

Wash potatoes well. Cut small piece off each end. Place on rack and add $\frac{1}{2}$ cup of water. Pressure cook 10 minutes. Cool Cooker quickly. Salt and pepper.

POTATOES FOR MASHING:

Peel and cut into halves or quarters. Place on rack, add $\frac{1}{2}$ cup water and pressure cook 10 minutes. Cool Cooker quickly. Heat milk and butter, and add to potatoes. Beat until creamy, then serve.

TURNIP WHITE:

Cut turnips into 1" cubes. Place on rack, add $\frac{1}{2}$ cup water. Pressure cook three to five minutes. Salt and serve.

SWEDE TURNIPS:

Peel turnips thickly. Cut into small lengths. Place on rack in Cooker with $\frac{1}{4}$ cup of water added and pressure cook 10 minutes. Mash and add salt and pepper and small quantity of butter.

BAKED POTATOES:

Place one tablespoon of fat in Cooker, heat and add potatoes cut in quarters. Cook in open Cooker until brown. Place potatoes on rack, add $\frac{1}{4}$ cup of water and pressure cook 15 minutes.

SWEET POTATOES:

Wash and peel and cut small. Place on rack in Cooker, add $\frac{1}{2}$ cup of salted water and pressure cook five to seven minutes. Serve with flavoured white sauce.

PUMPKIN:

Peel and cut into small pieces. Place on rack in Cooker, add $\frac{1}{2}$ cup of salted water and pressure cook five to seven minutes.

TOMATOES:

Remove stalk, scoop out to make cavity in top, and add salt and pepper. Add small quantity of seasoned sweet corn or grated cheese. Place on rack in Cooker, add $\frac{1}{4}$ cup of water and pressure cook $\frac{1}{2}$ to one minute.

CAULIFLOWER WHOLE:

Place cauliflower on rack. Add $\frac{1}{2}$ cup salted water and pressure cook five minutes. Cool quickly, serve with white sauce and garnish with parsley.

PARSNIPS:

Cut parsnips into halves. Place on rack in Cooker, add $\frac{1}{2}$ cup of salted water and pressure cook eight minutes.

Desserts and Fruit Cake

Use either an enamel or an aluminium mould when preparing the following recipes.

Do not let the water in the bottom of the Cooker come over the rack. To prevent this, use an inverted pie dish, and place the rack on top of it, as explained in the recipes.

Some recipes give a steaming time before actual pressure cooking. Do not tighten the central knob screw, but allow the steam valve to have free play so that steam will escape. After steaming and before pressure cooking, **make sure that there is at least $\frac{1}{2}$ cup water left in the bottom of the Cooker.**

Follow all directions carefully and your puddings will be light and tasty.

CHOCOLATE CUSTARD:

2½ cups of milk	½ cup sugar
2 squares of chocolate	Vanilla essence
3 eggs	½ cup water

Scald milk, add melted chocolate, eggs, sugar and flavouring. Pour into greased mould. Place on rack in Cooker with $\frac{1}{2}$ cup water. Pressure cook four minutes.

FIG PUDDING:

1 cup chopped figs	1 teaspoon cinnamon
1 cup seeded raisins	1 teaspoon ground cloves
1 cup chopped dates	½ teaspoon ground ginger
1 cup plain flour	½ cup sugar
1 tablespoon baking powder	2 eggs
2/3 cup milk	1 cup shredded beef suet
1 cup breadcrumbs	2 cups water
Salt	

Sift all dry ingredients together. Add sugar to eggs and beat well, then add milk and mix well. Grease a mould to fit Cooker and line with greased paper. Two-thirds fill mould and cover with double layer of greased paper. Place inverted pie dish in bottom of Cooker and put rack on top. Pour two cups of water in Cooker. Put mould on rack and steam for 15 minutes. Make sure that $\frac{1}{2}$ cup of water remains in Cooker, then pressure cook 40 minutes. Serve with sweetened white sauce.

BREAD PUDDING:

2 cups cubed stale bread
4 cups milk
1 tablespoon butter
1 teaspoon flavouring
1 cup water

2 cups seedless raisins
4 eggs, slightly beaten
1 cup brown sugar
 $\frac{1}{2}$ teaspoon salt

Soak bread in hot milk until softened. Add salt, butter, sugar, flavouring and raisins. Pour beaten eggs over mixture, and stir in. Grease an enamel or aluminium mould and pour mixture in. Place rack in Cooker with one cup of water. Cover mould with double thickness of greased paper and pressure cook 10 minutes.

PLUM SAGO PUDDING:

4 tablespoons sago
 $1\frac{1}{2}$ gills milk
1 cup breadcrumbs
1 cup raisins

$\frac{1}{2}$ teaspoon soda dissolved in a little water
1 tablespoon butter
2 tablespoons brown sugar
1 cup water

Soak sago in milk overnight. Mix all ingredients together. Place in greased mould with double thickness of greased paper on top. Place rack in Cooker with one cup of water. Pressure cook 25 minutes. Serve with custard sauce.

XMAS PUDDING:

6 oz. flour
8 oz. beef suet
8 oz. sultanas
6 oz. brown sugar
2 oz. almonds
 $\frac{1}{2}$ teaspoon ground cinnamon
1 small grated carrot
Grated rind and juice of small lemon

6 oz. fine breadcrumbs
8 oz. seeded raisins
8 oz. currants
Pinch salt
4 oz. mixed peel
 $\frac{1}{2}$ pkt. mixed spice
6 eggs
2 cups water

Sift flour and salt, shred suet and rub into flour. Add breadcrumbs and cleaned fruit, almonds blanched and chopped peel cut thin. Add spice, sugar and grated lemon rind and grated carrot. Beat eggs well and mix all together, then add lemon juice. A tablespoon of brandy can be added if desired. Grease mould which will fit in Cooker, line with greased paper and cover with two thicknesses of greased paper. Place inverted tin-plate in bottom of Cooker with rack on top. Pour two cups water in Cooker and place pudding on rack, steam for 15 minutes. Make sure $\frac{1}{2}$ cup water remains in Cooker and pressure cook 40 minutes.

PENNY WISE PUDDING:

6 oz. flour
6 oz. seedless raisins
6 oz. currants
1 teaspoon mixed spice
 $\frac{1}{2}$ cup treacle
1 cup milk

2 oz. candied peel
2 oz. brown sugar
6 oz. suet
6 oz. breadcrumbs
Salt
1 cup water

Sift flour and salt and rub in finely shredded suet. Add cleaned fruit, cut up peel, spice and sugar. Blend treacle with milk, stir in and mix well. Place mixture in greased mould with double thickness of greased paper on top. Place rack in Cooker with one cup water and pressure cook 30 minutes. This pudding keeps well and can be re-heated.

SUET PUDDING:

$\frac{1}{4}$ cup shredded suet
 $\frac{3}{4}$ cup treacle
 $\frac{3}{4}$ cup milk
 $\frac{1}{2}$ teaspoon salt
 $1\frac{1}{2}$ cups flour

$\frac{1}{4}$ teaspoon of finely ground
cloves and nutmeg
1 teaspoon of cinnamon
1 teaspoon soda
5 cups water

Mix suet, treacle, milk and salt. Put dry ingredients through sifter, add gradually and mix well. Put into buttered mould that will fit on Cooker rack. Cover mould with greased paper. Add water to Cooker and steam for 20 minutes. Then pressure cook 50 minutes. Serve with golden syrup or lemon sauce.

BROWN BETTY:

1 cup fine dry breadcrumbs
 $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ teaspoon cinnamon
Juice and rind of 1 medium-sized
lemon

3 apples, sliced thinly
 $\frac{1}{4}$ cup melted butter
 $\frac{1}{2}$ cup water

Place $\frac{1}{2}$ cup water in Cooker with rack. Mix breadcrumbs, sugar, cinnamon, juice and rind of lemon. Add a layer of apples and a layer of breadcrumbs. Put in a greased mould which will fit easily in Cooker. Pour melted butter over the mixture. Cover with greased paper. Place on rack and pressure cook 15 minutes. Cool Cooker quickly and serve with custard sauce.

BAKED APPLES:

5 or 6 Jonathan or Five Crown
apples
 $\frac{3}{4}$ cup raisins
1 tablespoon brown sugar

1 teaspoon butter
 $\frac{1}{2}$ cup water
1 teaspoon cinnamon
Cloves

Place rack and water in Cooker. Mix raisins, sugar and cinnamon together. Core but do not peel apples. Place mixture in cored apples with butter and a clove on each apple. Pressure cook one minute. Remove apples and boil syrup in open Cooker until desired thickness. A teaspoon of golden syrup can be added if desired.

APRICOTS:

10 apricots
 $\frac{1}{2}$ cup sugar

1 cup water

Place apricots in water, add sugar. Bring to cook position, cool quickly and add small quantity blended cornflour to syrup.

PEACHES:

6 peaches
 $\frac{1}{2}$ cup sugar

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

Put water and rack in Cooker. Soak peaches in cold water to clear skin. Place peaches on rack, add sugar and pressure cook five minutes. Cool Cooker quickly. Prepare syrup in open Cooker until desired thickness.

PEARS:

6 Bartlett pears
 $\frac{1}{2}$ cup sugar

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

Put water and rack in Cooker. Peel pears but do not remove stem. Place on rack and shake sugar over them. Pressure cook five minutes. Cool quickly. Boil syrup until desired thickness.

MACARONI OR SPAGHETTI:

Pour three cups of water in Cooker and bring to boil. Add macaroni or spaghetti. Pressure cook six minutes. Cool Cooker quickly, drain and rinse in hot water.

RICE:

Wash one cup of rice and place in Cooker with small quantity of salt. Pressure cook 10 minutes. Rinse rice in hot water and warm until excess moisture has disappeared.

WHITE FRUIT CAKE:

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup butter
3 eggs
 $\frac{1}{2}$ teaspoon salt
2 cups chopped mixed fruits

$1\frac{1}{2}$ cups plain flour
 $1\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{2}$ cup pineapple juice
5 cups water

Place rack in Cooker with five cups of water. Mix butter and sugar, then eggs, one at a time, beating well after adding each egg. Sift one cup of flour with baking powder. Add dry ingredients and mix slowly, adding pineapple juice a little at a time. Then mix fruit with remaining $\frac{1}{2}$ cup of flour and stir in. Place mixture in greased basin that will fit loosely in Pressure Cooker. Cover with greaseproof paper and put on rack in Cooker. Put lid on Cooker and allow steam to flow for 20 minutes, then pressure cook for 60 minutes. It may be necessary to place cake under browner in oven for a few minutes.

Sauces..Seasoning..Gravies

When preparing sauces use your Pressure Cooker without lid unless recipe calls for pressure cooking.

PUDDING SAUCE (Hard Sauce):

- | | |
|--------------------------------|----------------------|
| 1 cup castor sugar | 1/3 cup butter |
| 1/2 teaspoon orange flavouring | 1/2 teaspoon vanilla |
| or | |
| 1 teaspoon brandy | |

Cream butter gradually, add sugar and flavouring. Mix well.

CHEESE SAUCE:

- | | |
|-------------------------|----------------------------|
| 6 tablespoons salad oil | 1 1/2 cups milk |
| 2 teaspoons plain flour | 1 cup tasty cheese, grated |

Blend salad oil and sifted flour in Cooker. Add milk gradually. Slowly cook until thick. Add cheese and stir until melted.

HORSERADISH SAUCE:

Mix desired quantity to a thick consistency with milk or water. Cover and let stand 10 minutes. Add vinegar and a pinch of salt.

SAUCE TARTARE:

- | | |
|------------------------------|---------------------------|
| 2 egg yolks | 1 tablespoon white sauce |
| 1 teaspoon mustard | 1/4 teaspoon sugar |
| 1 gill vinegar | 1/2 teaspoon tomato sauce |
| 1/2 cup oil | Cayenne pepper |
| 1 tablespoon chopped gherkin | Salt |

Put yolks into basin, add salt, sugar, cayenne and mustard. Stir well together. Add a little oil, stirring well with a wooden spoon. When thick add vinegar, white sauce and chopped gherkin, and continue stirring in oil until of desired consistency.

HOLLANDAISE SAUCE:

2 egg yolks
Salt
1 tablespoon strained lemon
juice

Small quantity cayenne pepper
 $\frac{1}{2}$ cup melted butter

Beat eggs with a rotary beater until thick and creamy. Add salt and pepper, then add three tablespoons of melted butter gradually, beating all the time. Beat rest of butter with lemon juice and mix all well together.

MELTED BUTTER SAUCE:

1 dessertspoon butter or fresh
dripping
 $\frac{1}{2}$ pint milk

1 dessertspoon flour
Salt

Melt butter in small saucepan. Remove from heat and add flour and milk. Stir over heat until boiling. Serve very hot.

MINT SAUCE:

2 tablespoons chopped green
mint
1 gill vinegar

1 dessertspoon sugar
1 tablespoon boiling water

Wash and dry mint, remove stalks and chop very fine. Add sugar and pour on boiling water. Add vinegar and stir well.

SAUCE FOR VEGETABLES:

1 oz. butter or fat
 $\frac{1}{2}$ pint water (remaining after
vegetables have been cooked)

Salt
Flour

Melt the butter, add flour and remove from heat. Stir till smooth, add water and stir over heat till it boils and thickens.

PARSLEY SAUCE:

Half pint white vegetable sauce. Add chopped parsley. Serve with boiled mutton or boiled chicken.

ONION SAUCE:

$\frac{1}{2}$ pint vegetable sauce

1 large onion

Cook finely chopped onion and add sauce.

OYSTER SAUCE:

1 oz. butter

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

1 dozen oysters

6 drops lemon juice

$\frac{3}{4}$ oz. flour

Salt and pepper

Remove beards and hard parts from oysters and cut into halves. Simmer beards and hard parts in milk for five minutes, then strain. Melt butter, add flour and cook three minutes without browning. Add liquid and stir until boiling. Add lemon juice, pepper and salt, then oysters. Serve with steak or chicken.

JAM SAUCE:

3 gills water

1 tablespoon jam (dark)

1 tablespoon sugar

Few drops cochineal

1 dessertspoon cornflour

Little lemon juice

Put water on to boil. Blend cornflour with a little water and when water is boiling, stir in blended cornflour. Keep stirring and add sugar, jam and lemon juice. Color with cochineal and strain before using.

APPLE SAUCE:

2 apples

2 tablespoons water

1 teaspoon butter

1 dessertspoon brown sugar

1 dessertspoon lemon juice

Peel and slice apples. Put in Cooker with lemon juice, butter and sugar. Stew till soft, and beat with a wooden spoon until smooth. Serve with roast pork, duck or goose.

BREAD SAUCE:

4 tablespoons breadcrumbs

1 dessertspoon butter

Salt

Blade of mace or 2 to 3 cloves

Onion (small piece)

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

Place milk, onion and mace into Cooker and stand at side of heat for 15 minutes. Strain and return milk to Cooker. Add breadcrumbs, butter and salt. Beat well with a fork and stir over heat. Serve hot with roast fowl or turkey.

ANCHOVY SAUCE:

$\frac{1}{2}$ pint melted butter sauce
5 drops lemon juice

Anchovy sauce

Add anchovy sauce and lemon juice to melted butter sauce, heat and serve with fried or boiled fish.

EGG SAUCE:

$\frac{1}{2}$ pint melted butter sauce

1 hard-boiled egg

Separate yolk from white. Chop up white and add to sauce. Grate yolk and sprinkle on top.

CUSTARD SAUCE:

1 pint milk
1 teaspoon cornflour or custard powder

2 egg yolks
1 tablespoon sugar
Few drops essence

Blend cornflour with a little milk. Beat egg and sugar together. Add moistened cornflour and milk. Put in jug and stand in Cooker with two cups of boiling water. Stir until custard coats spoon. Do not allow to boil. When cool, add essence.

LEMON SAUCE:

$\frac{1}{2}$ pint water
2 tablespoons sugar
1 thinly peeled rind of small lemon

1 dessertspoon cornflour
1 dessertspoon strained lemon juice

Boil lemon rind in water for five minutes and blend cornflour with a little cold water. Remove lemon and stir in the moistened cornflour. Heat for three minutes. Remove and add sugar and lemon juice. Serve hot on plain steamed pudding.

MUSHROOM SAUCE:

1 cup mushrooms
3 tablespoons melted butter
2 tablespoons flour
 $1\frac{1}{2}$ cups milk

Salt
 $\frac{1}{8}$ teaspoon nutmeg
2 beaten egg yolks
2 teaspoons lemon juice

Place butter and mushrooms in Cooker and brown. Add blended flour. Stir in milk and seasoning, and cook over low heat. Keep stirring until smooth. Stir egg yolks and lemon juice very slowly. Simmer few minutes with lid off Cooker.

APPLE SAUCE (Cooker):

2 lbs. cooking apples

$\frac{1}{4}$ cup brown sugar

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

Wash, quarter and core apples. Add water and a pinch of salt. Place cover on Cooker and allow steam to flow from Cooker for a minute or two. Pressure cook one minute and cool slowly for five minutes. Then cool under tap. Make sure that your Cooker is perfectly cool before removing lid. This is necessary, as apples tend to foam and may splash.

BREAD SEASONING:

Combine about three slices of stale bread, cubed and moistened with one egg and salt and pepper. Add one tablespoon of butter or margarine, one tablespoon onion, cut small and slightly browned, and one tablespoon minced parsley. Stir well together.

BROWN GRAVY:

Blend two tablespoons of plain flour in three tablespoons of liquid from any roast, braized or frying meats, add slowly one cup of boiling water or soup stock. Place in Cooker and stir until smooth and boiling, with salt and pepper to taste. Strain and add a little Parisian Essence.



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