

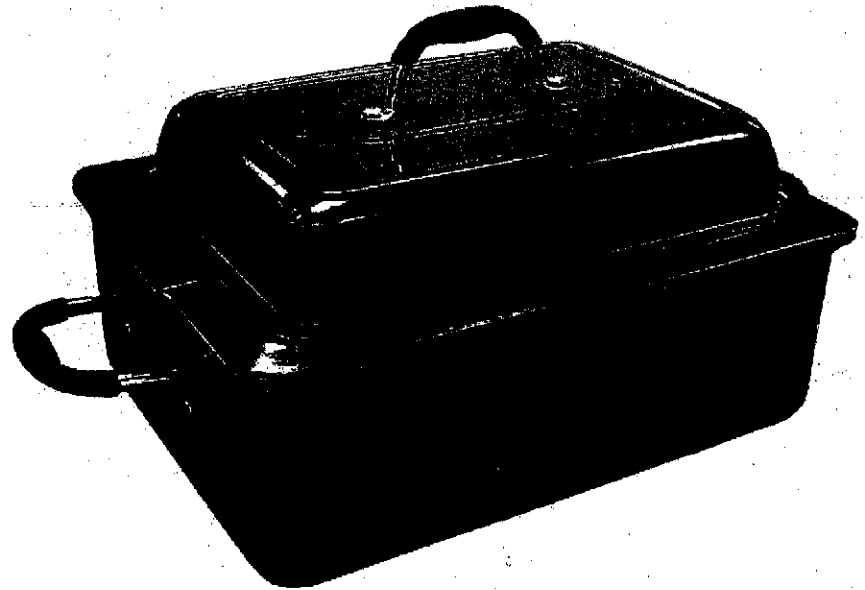
NESCO®



1-800-288-4545

Website: www.nesco.com

NESCO®



**5-QT.
ROASTER OVEN
USE/CARE AND RECIPE GUIDE**

Congratulations!

Congratulations on the purchase of your new **NESCO®** Roaster Oven! Please spend a few minutes reviewing this booklet. By doing so, you will learn how to get the most out of your **NESCO®** Roaster Oven. Enjoy your cooking with our compliments.

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are registered trademarks of The Metal Ware Corporation.

The Metal-Ware Corporation
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Two Rivers, WI 54241-0237
Phone: (800) 288-4545
FAX: (920) 794-3164



Visit our website at www.nesco.com

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NESCO® 5-Qt Roaster Oven

ONE YEAR LIMITED WARRANTY

This appliance is warranted for one year from date of original purchase against defects in material and workmanship. This warranty does not cover transportation damage, misuse, accident or similar incident. This warranty gives you specific legal rights and you may have other rights, which vary from state to state.

Your new **NESCO®** Roaster Oven comes equipped with numerous safety features. Any attempt to interfere with the operation of these safety features makes this warranty null and void. In the event we receive an appliance for service that has been tampered with, we reserve the right to restore it to its original state and charge for the repair.

For service in warranty, defective products may be returned, postage prepaid, with a description of the defect to The Metal Ware Corporation for no charge repair or replacement at our option. Please follow the 5 easy steps below for details. Service and genuine **NESCO®** replacement parts may be obtained from the **NESCO®** FACTORY SERVICE DEPARTMENT.

About Your Warranty and Service Satisfaction

Mail in your registration card and file your **NESCO®** Roaster Oven exclusive registration number now!

Your serial number and model number are located on the bottom of your roaster oven.

We enter this number into our database. It registers and identifies your roaster oven specifically by its individual code number. Should you call our 800 toll free line, your registration number helps us identify your appliance and speeds up our assistance to you.

Five Easy Steps to Satisfaction

Should you have a problem with your **NESCO®** Roaster Oven, please refer to these steps for assistance:

1. Call us on our toll free number, ♥ 1-800-288-4545 and tell us about your problem.
2. If we instruct you to send all or part of your appliance to us for repair or replacement, the Customer Satisfaction representative will provide a return authorization number (this number notifies our Receiving Department to expedite your repair). Pack your unit carefully in a sturdy carton with sufficient padding to prevent damage because any damage caused by shipping is not covered by the warranty.
3. Print your name, address and authorization number on the carton.
4. Write a letter explaining the problem. Include the following: your name, address and telephone number and a copy of the original bill of sale.
5. Attach the sealed envelope containing the letter inside the carton. Insure the package for the value of the **NESCO®** Roaster Oven and ship prepaid to:

Attn: Repair Dept.
The Metal Ware Corporation
1700 Monroe Street
Two Rivers, WI 54241

NESCO® 5-Qt Roaster Oven

Water Chestnut Roll-ups

- 12 oz. bacon, cut in half
- 1 can (5 oz.) whole water chestnuts, drained
- 1 cup ketchup
- 1/2 cup brown sugar
- 1 Tbsp. Worcestershire sauce
- 2 Tbsp. teriyaki sauce
- 1 tsp. garlic powder

Wrap water chestnuts in bacon, and secure on a toothpick. Layer on the Rack from your 5-Qt. Roaster Oven. Bake at 400°F. for 15 minutes, or until most of the grease drips off. Remove chestnuts from Rack, place on paper towel. Carefully remove Rack and drain all grease from Cookwell, and wipe inside with paper towel.

Mix ketchup, brown sugar, Worcestershire sauce, teriyaki sauce and garlic powder in small bowl. Place chestnuts back into the bottom of the Cookwell without Rack. Pour sauce over them, and insert Cookwell into Heatwell. Bake at 350°F. for 30 minutes, or until bubbly.

Serve hot.

Makes approximately 20 to 25 hors d'ouvres.

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces.
3. Always plug appliance cord into wall outlet, then adjust temperature control to the desired temperature. To disconnect, turn control to lowest setting, then remove plug from wall outlet.
4. To protect against electrical shock, do not immerse this appliance, including cord and plug, in water or other liquid.
5. Close supervision is necessary when any appliance is used by or near children.
6. Unplug from outlet when not in use and before cleaning. Allow to cool completely before putting on or taking off parts, and before cleaning.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. To avoid hazard, return appliance to NESCO® Factory Service Department for examination, repair or adjustment.
8. The use of accessory attachments not recommended by the manufacturer may cause injury.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter, or touch hot surfaces.
11. Do not place on or near a hot gas or electrical burner or in a heated oven.
12. Extreme caution must be used when moving an appliance containing hot oil or hot liquids.
13. Do not use appliance for other than its intended use, as described in this manual.
14. Do not use metal scouring pads on the exterior surface of the Roaster Oven. Pieces can break off the pads and touch electrical parts creating a shock hazard.
15. Always place the Roaster Oven on a non-flammable, non-burnable, heat resistant surface when cooking. Never place it on carpet, furniture, or other combustible materials. Operate oven in a well-ventilated area away from walls and other combustible materials.

SAVE THESE INSTRUCTIONS

THIS APPLIANCE IS INTENDED FOR HOUSEHOLD USE ONLY

Short Cord Instructions

CAUTION: A short power supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a long cord. Longer extension cords are available and may be used if care is exercised in their use. If an extension cord is used, the marked electrical rating should be at least as great as the electrical rating of the appliance, and the cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

Polarized Plug

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

5 Qt. Roaster Guide

Introducing the NESCO® 5-Quart Roaster Oven.

Now you are ready to discover more ways to make meals that are both healthful and delicious. You are now ready to experience first-hand the convenience and versatility of this compact portable electric cooking appliance.

Take a few minutes to read through this Guide. You'll find a selection of healthful and fun recipes – all carefully tried and tested for your enjoyment.

NESCO® Roaster Ovens have a long tradition in family home cooking, beginning in the 1930's. Yet, very few cooking appliances can demonstrate that they are as up-to-date and useful today as they were in the past. **NESCO®** Roaster Ovens have truly kept pace with cooking styles, preferences, occasions and families.

In a short time, you will see the many ways to use your 5-Qt. Roaster Oven. Its portability makes it a main cooking appliance at times and also a valued complimentary appliance. Use it at home on your countertop in your kitchen (no more kitchen heat!) or in a covered patio, basement or garage or away from home in a cabin, RV or boat. Whenever you use your Roaster Oven, you can prepare a wide range of favorite foods, in different ways: baked, slow cooked, roasted, steamed or poached. Serve your foods buffet-style or at table-side in the Roaster Oven.

Moist and good tasting foods are yours because of the exclusive "CIRCLE OF HEAT"® construction. You will taste the difference the very first time you use the Roaster Oven.

So start cooking with your **NESCO®** and explore all the ways to get the most out of this special home cooking appliance.

Get To Know Your 5 Qt. Roaster Oven

COVER: Heavy gauge, high profile Aluminum is designed to control heat and moisture efficiently. Two vent-holes are provided for air circulation. Note: when lifting the Cover, tilt it away to divert escaping steam.

RACK: The removable chrome plated steel or non-stick Rack provides cooking flexibility. The Rack fits inside the Cookwell and has convenient lift-out handles.

COOKWELL: The porcelain enamel or non-stick cookwell has a full 5-Qt. capacity. It is removable for easy cleanup in dishwasher or sink, or for food storage in your refrigerator.

HEATWELL and BODY: The sides of the 5-Qt. Roaster Oven contain the exclusive "CIRCLE OF HEAT"® element for even, moist cooking, plus the advantages of thick insulation and a full range automatic oven temperature control.

ENTERTAINING

Harley Dip (Chili Con Queso, Mexican Cheese Dip)

In a 5-Qt. Roaster Oven, combine:

- 1 lb. Jimmy Dean® pork sausage (spicy, if you like)
(You may also substitute 1 lb. ground turkey for the pork)
- 1 large onion, chopped
- 1 lb. fresh mushrooms, cleaned and chopped into large pieces
- 1 jalapeño pepper, finely chopped (optional)

Brown the meat and vegetables by setting your Roaster to 400°F. with cover on, stirring occasionally. Drain of any excess grease. Then add:

- 1 can Rotel® chopped tomatoes and chili peppers*
- 1/2 jar Pace® Thick 'n Chunky Salsa
- 1 can cream of mushroom soup
- 2 lb. package Velveeta® Cheese, cut into 1" cubes

Reduce heat to about 200°F. and cover, stirring occasionally. The cheese will melt into the mixture. Be careful not to let it burn to the sides of the Cookwell. If it starts sticking, reduce the temperature setting slightly, scraping the edges of the roaster with a nylon or wooden spoon.

Serve with tortilla chips and/or fresh vegetables.

Serves 10 to 20 people, depending on what else you have for appetizers.

*Rotel is usually found in either the Mexican food section of your favorite supermarket, or with the tomato products (i.e. tomato paste, puree, sauces, stewed tomatoes, etc.).

If you cannot locate the Rotel, you can substitute an 8 oz. jar of picante sauce.

STEAM / POACH

Chicken and Spinach Salad

Salad:

- 2 whole chicken breasts, boned, skinned
(12 to 14 oz. each before boning)
- 1/4 cup Italian salad dressing
- 4 large apples, coarsely chopped*
- 4 oz. spinach leaves, rinsed, stems removed
- 1 stalk celery, thinly sliced
- 2 green onions, thinly sliced
- 1/2 cup coarsely chopped walnuts

Dressing:

- 1/2 cup Italian salad dressing
- 1/4 cup mayonnaise or salad dressing
- Ground black pepper, to taste

Cut each chicken breast in half. Place chicken and 1/4 cup Italian salad dressing in a shallow dish. Cover; marinate 3 to 4 hours.

Set Rack in 5-Qt. Roaster Oven. Add 1-1/2 cups water. Cover; preheat at 350°F. for 20 minutes.

Remove chicken from marinade and place on Rack with wide spatula. Cover; steam 20 to 25 minutes or until meat is white and firm.

Meanwhile, place spinach leaves in a large salad bowl. Arrange apples, celery, onions and walnuts over spinach. Cover; chill while chicken is being steamed. Stir together dressing ingredients.

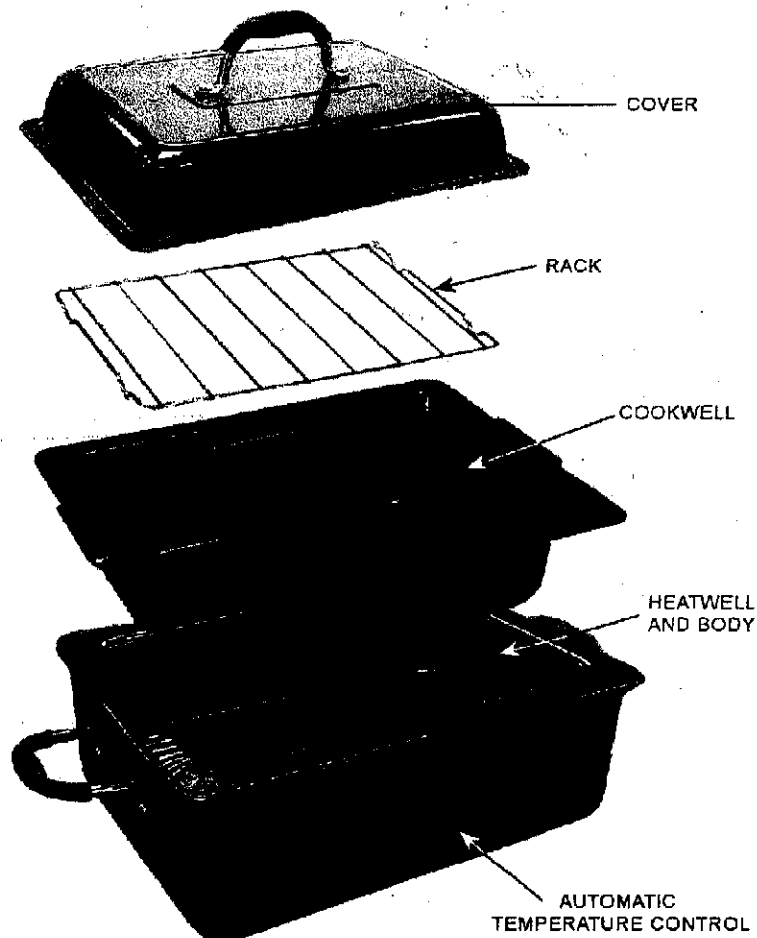
To serve, remove hot chicken from Rack. Slice thin retaining shape of meat, set on chilled salad. Pour dressing over salad. Serve immediately.

Serves 4.

*i.e. Delicious apple

NEVER PLACE FOOD OR WATER DIRECTLY INTO THE HEATWELL - ONLY THE COOKWELL.

AUTOMATIC TEMPERATURE CONTROL: Regulates cooking temperature to maintain the dial setting in the Roaster Oven interior.



How To Care and Use For Your 5 Qt. **NESCO**[®] Roaster Oven Before Using The First Time

1. Unpack your **NESCO**[®] Roaster Oven completely and **REMOVE ALL PACKING MATERIALS AND INFORMATION LABELS**. Place the Roaster Oven in **WELL VENTILATED AREA ON A HEAT RESISTANT SURFACE**. Set the control dial to its minimum setting (OFF). Plug the cord into a 120 volt AC outlet. Set the temperature to its maximum setting (450°F). Operate the Roaster Oven empty (without the Cookwell or Cover) for approximately 60 minutes, or until any odor or smoking disappears. Some smoke and odor are a normal part of "curing" the roaster and will not occur in cooking use. When curing is completed, turn the temperature control to its lowest setting (OFF), unplug the unit from the electrical outlet and allow to cool.
2. Wash the Cover, Cookwell and Rack in warm soapy water, then rinse and dry. Refer to complete cleaning instructions on next page.

NON-STICK COOKWELL: When curing your Roaster Oven with a non-stick Cookwell, we recommend that it be operated **WITHOUT THE COVER AND COOKWELL**. Do this in a covered outside area or other well-ventilated area. After curing and cleaning, and before cooking in your non-stick Cookwell for the first time, lightly coat the interior of the Cookwell with vegetable oil.

PORCELAIN COOKWELL: When curing your Roaster Oven with porcelain Cookwell, we recommend that it be operated without the cover and cookwell. Do this in a covered outside area or other well ventilated area.

STEAM / POACH

Poaching Liquid

- 1 cup apple cider
- 1 cup hot water
- 1/2 tsp. ground allspice
- 1/4 tsp. nutmeg
- 2 whole black peppers

Combine all ingredients in Cookwell.

Preheat 5-Qt. Roaster Oven at 350°F. for 20 minutes; add fish and poach according to chart.

Makes 2 Cups.

Shrimp and Scallop Kabobs

- 4 oz. shrimp with tails left on, veins removed
- 1 small red pepper, cut into pieces
- 4 oz. sea scallops
- 1 small yellow pepper, cut into pieces
- 2 Tbsp. orange juice
- 2 Tbsp. teriyaki sauce
- 2 whole lettuce leaves
- Cooked rice, to serve

Set Rack in 5-Qt. Cookwell and insert into Roaster Oven. Add 1 cup water; preheat to 350°F. for 20 minutes.

Alternate on two wooden skewers; shrimp, red pepper, scallop and yellow pepper. Combine orange juice and teriyaki sauce. Brush over kabobs.

Place kabobs on Rack. Arrange lettuce leaves over kabobs. Cover; steam 8 to 10 minutes or until shrimp are pink. Discard lettuce leaves. Serve over cooked rice.

Serves 2.

STEAM / POACH CHART

FISH, SEAFOOD AND MEAT CHART

To steam: Place Rack in 5-Qt. Roaster Oven. Add hot water as designated in chart. Cover; preheat to 350°F. for 20 minutes. Steaming will retain the delicate texture and flavor of fish and seafood. Serve hot directly from Roaster Oven. To serve cold: plunge into cold water to stop cooking; chill before serving.

Type of Fish	Steam Time in Minutes	Water Amount
Fish Fillets	10 to 15	1-1/2 Cups
Fish Steaks	15 to 20	1-1/2 Cups
Whole Fish, gills and fins removed	20 to 25	2 Cups
Clams, in shell	10 to 15	1-1/2 Cups
Crabs, claws and legs	20 to 25	1-1/2 Cups
Lobster tails	15 to 20	2 Cups
Mussels in shell	10 to 15	1-1/2 Cups
Oysters in shell	10 to 15	1-1/2 Cups
Shrimp, large, in shell	10 to 12	1-1/2 Cups
Sea Scallops, in shallow dish	10 to 15	1-1/2 Cups
Fresh Sausages 2 to 3 oz. each	15 to 20	3 Cups
Fresh Hot Dogs 1 to 3 oz. each	10 to 15	2 Cups

POACH CHART

To poach: Place Rack in 5-Qt. Roaster Oven. Add hot water as designated in chart. Cover; preheat to 350°F. for 20 minutes. Poaching is a way of gently simmering foods. There is no fat added during cooking.

Type of Food	Poach Time in Minutes	Water Amount
Fish Steaks	15 to 20	2 Cups
Whole Fish, gills and fins removed	15 to 20	3 Cups
Chicken Breasts, skinned	25 to 30	3 Cups Chicken broth
Fresh Sausages 2 to 3 oz. each	15 to 20	3 Cups
Fresh Hot Dogs 1 to 3 oz. each	10 to 15	2 Cups

Care and Cleaning

1. After your NESCO® Roaster Oven has cooled, remove Cover, Rack (if used) and Cookwell. Wash Rack and Cookwell in warm soapy water or place in the dishwasher. **CAUTION: Do not put Cover in the dishwasher.**
2. Cooked-on food may be removed from Cookwell by using a non-abrasive cleaning pad and/or non-abrasive cleansers, such as Soft Scrub® or Bon Ami®. Do not use abrasive cleansers or steel wool, the porcelain enamel or non-stick finish may scratch. **HINT:** To easily remove baked-on food residue, place Cookwell in Heatwell, then fill Cookwell with hot water, cover and heat at 350°F. for 30 minutes. Turn off and allow to cool. Wash Cookwell as directed above.
3. **NEVER IMMERSER THE HEATWELL AND BODY IN WATER.** To clean, wipe outside of Roaster Oven with a damp cloth and dry. Do not use abrasive cleansers on exterior surface.
4. Porcelain enamel Cookwell is a strong finish and provides easy cleaning and years of use. It will not stain and stays attractive, even when used often. However, it will chip if subjected to sharp blows or is mistreated. Water spots or mineral deposits (characterized by a white film on surface) may be removed with household vinegar or non-abrasive cleansers.

To Operate Your 5 Qt. Roaster Oven

1. Place the Cookwell into the Heatwell. **Always use the Cookwell for food. NEVER PLACE FOOD OR WATER DIRECTLY INTO THE HEATWELL.**
2. Preheating is recommended. To preheat, place the Cookwell into the Heatwell and cover. Be sure the temperature control is turned to the lowest setting, and plug the cord into the 120 volt AC outlet. Set the temperature control to desired temperature. Preheat approximately 15 minutes. Using hot pads, carefully remove cover then add food to the Cookwell.
3. The Rack may be used for baking or fat-free roasting. Other foods, such as soups and stews, are prepared without the Rack.
4. Replace the Cover. Always cook with the Cover in place.
5. Cook the food for the recommended amount of time. When finished, turn the temperature control to the lowest setting and unplug the cord from the 120 volt AC outlet. Allow the Roaster Oven to cool and clean as recommended above. **NOTE: COOKWELL, COVER AND ACCUMULATED STEAM WILL BE HOT. USE CAUTION AND HOT PADS TO LIFT COVER OR REMOVE COOKWELL FROM HEATWELL.**

6. Non-stick Cookwell is made of durable carbon steel. In order to maintain the non-stick surface, always use rubber, plastic or wooden utensils on inside surface. **NEVER USE METAL UTENSILS AND AVOID CUTTING IN THE COOKWELL.** Use of cooking oil on the interior surface is optional. Avoid storing items (except the Rack) in the Cookwell which may scratch non-stick surface. When roasting or baking at high temperatures, you may notice an irregular band of discoloration around the sidewalls of the Cookwell. This discoloration is characteristic of the super tough non-stick coating used on the interior of the Cookwell and in no way affects the performance or durability of the finish. With continued use, the discoloration will become less noticeable.

Helpful Hints

ROASTER OVEN SHOULD ALWAYS BE PREHEATED FOR 15 MINUTES.

ROAST

- Because of NESCO®'s unique "CIRCLE OF HEAT®", meat roasts moist and tender.
- For additional browning: Combine browning sauce and either margarine or oil to brush over meat. Sprinkle herbs or dry soup mix over meat before roasting. Remove natural juices with a baster during the last half of roasting.
- The natural meat juices release moisture during roasting, which may collect on the inside of the Cover. Remove carefully, tilting it away from you.
- Roasting time in the recipes and chart begin with refrigerated meat. If meat is frozen, allow an additional 15 to 20 minutes per pound cooking time.
- To sear meat: Preheat to 425 °F. Add margarine, then meat. Cover, then sear meat 5 to 10 minutes per side until lightly browned. Stir ground meat. Times will vary depending on the quantity of meat.
- To simmer: Preheat to sear meat. Reduce temperature to 250 °F. and allow 1-1/2 hours cooking time for each 30 minutes cooking time given in the recipe. Simmering less tender cuts of meat will make them very tender. Adding a gravy or sauce will make them more flavorful.

COOK

- Cut-up meats and vegetables should be of uniform size pieces.
- Remember, little moisture escapes during slow cooking, use additional liquid sparingly.
- Cook for at least the minimum time stated, or longer, as desired to complete cooking. The cooking time is given in a range and is not critical since the heat is slow and gentle. Always cook food until completely done and tender.

STEAM / POACH CHART

VEGETABLE STEAM CHART

Place Rack in a 5-Qt. Roaster Oven. Add hot water as designated in chart. Cover; preheat to 400°F. Steam all vegetables at 400°F. Steaming will bring out the fresh flavor, color and texture of each vegetable. Times may vary due to freshness, size differences, and desired degree of doneness. The suggested times will give you crisp, tender vegetables.

<u>Vegetable</u>	<u>Steam Time in Minutes</u>	<u>Water Amount</u>
Artichoke, trimmed	20 to 25	1-1/2 Cups
Asparagus, trimmed	8 to 12	1-1/2 Cups
Green Beans, whole, snapped	10 to 15	1-1/2 Cups
Beets, whole 2-3 inch	20 to 25	2 Cups
Broccoli Stalks, trimmed	15 to 20	2 Cups
flowerettes, trimmed	10 to 12	1-1/2 Cups
Cabbage, quartered or wedges	12 to 15	1-1/2 Cups
Carrots, chunks, cleaned	12 to 15	1-1/2 Cups
Cauliflower, whole, cleaned	18 to 22	2 Cups
flowerettes, trimmed	10 to 12	1-1/2 Cups
Corn on the Cob, husked	10 to 15	1-1/2 Cups
Leeks, trimmed	5 to 10	1-1/2 Cups
Potatoes, whole, small red	20 to 25	2 Cups
Sweet Potatoes, 6 oz. each	25 to 30	2 Cups
Summer Squash, pattypan,		
Whole small Zucchini	10 to 15	1-1/2 Cups
Winter Squash, acorn or		
Butternut, halved or quartered	20 to 25	2 Cups

COOK

PORK AND FRUIT STEW

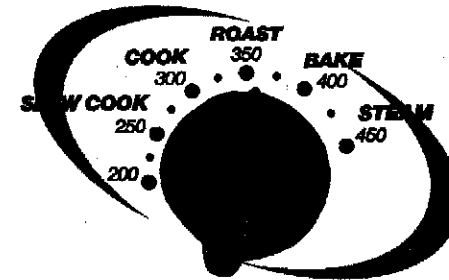
- 2 Tbsp. margarine
- 2 pork chops, center cut, 1-inch thick, bone removed, cut to bite-size pieces
- 1 green onion, thinly sliced
- 2 large apples, cored, thick sliced
- 1 can (8 oz.) pineapple, chunk, not drained
- 1 Tbsp. cider vinegar
- 1 can (16 oz.) sweet potatoes, drained, cut
- 1/2 cup dark sweet cherries
- Cornstarch, to thicken

Preheat 5-Qt. Roaster Oven to 350°F.
Lightly wipe Cookwell with cooking oil. Add margarine to preheated Cookwell. Cover; cook until melted. Add meat and onion. Cover; cook 5 minutes.
Add apples, pineapple juice and vinegar. Cover; cook 10 minutes. Reduce temperature to 275°F. Add sweet potatoes, cherries and pineapple. Cover; cook 30 to 40 minutes or until hot. Thicken with cornstarch, if desired.

Serves 2.

BAKE

- Baking foods directly in Cookwell is recommended because of the unique "CIRCLE OF HEAT[®]" technology which cooks foods from the side, not the bottom. You'll enjoy great results with fruit crisps, deep dish pizza, quiche and casseroles.
- The 5-Qt. Roaster Oven does perfect, even baking with fruit crisps. We recommend preparing crisps over pies.
- An 8x4 inch or a 9x5 inch loaf pan will fit into your **NESCO[®]** Roaster Oven. It should be placed on the Rack and may be used to prepare casseroles or bake breads or cakes. Use caution and hot pads when using the loaf pan, as both the pan and the **NESCO[®]** Roaster Oven will be hot.
- When baking bread, set pan sideways on Rack for last 5 to 8 minutes to finish browning the top and bottom of bread.
- Cover the baking Rack with aluminum foil and use as a baking sheet. Poke 2 or 3 holes in aluminum foil in center of Rack to allow heat to flow. Arrange foods, such as rolls, around the edge leaving center open.



STEAM

- No fat is used when steaming, so it's an easy way to cook tasty and nutritious low calorie foods.

SLOW COOKING

- When slow cooking, heat is very gradual. This allows for a slow simmer, which is aided by keeping the Cover on. No stirring is necessary.
- To convert a standard recipe to slow cooking: for each 30 minutes required in a standard recipe, slow cook about 1-1/2 hours at 200°F to 225°F.
- When slow cooking meats and poultry, it is not necessary to use the Rack. The low temperature prevents the meat from sticking to the bottom of the Cookwell.
- Remember, little moisture escapes during slow cooking, use additional liquid sparingly.

BAKING CHART

Preheat 5 quart Roaster Oven for 20 minutes. Place bake pan on Rack; set Rack in preheated Cookwell.

<u>Type of Food</u>	<u>Size of Bake Pan</u>	<u>Temperature Setting</u>	<u>Bake Time In Minutes</u>
Quick Bread	9x5-inch Loaf Pan	350°F	60 to 70
Quick Bread	5-3/4x3-1/4-inch Loaf Pan	375°F	40 to 50
Quick Bread	9x5-inch Loaf Pan	375°F	35 to 45
Pound Cake	9x5-inch Loaf Pan	350°F	50 to 60
Fruit Crisp	In Cookwell	350°F	30 to 45
Deep Dish Quiche	In Cookwell	350°F	40 to 50
Deep Dish Pizza	In Cookwell	400°F	20 to 25
Scalloped Potatoes	In Cookwell	325°F	45 to 60
Baking Potatoes	On Rack	400°F	45 to 55
Sweet Potatoes	On Rack	400°F	40 to 45
Winter Squash (Butternut, Buttercup, Acorn)	On Rack	400°F	30 to 40
Baked Apples (in custard cups)	On Rack	350°F	30 to 35
Fish Fillets	On Rack	325°F	15 to 20
Casseroles	In Cookwell	325°F	45 to 60

COOK

Summer Vegetable Soup

2 Tbsp. vegetable oil
 2 lb. red potatoes, peeled, cubed
 2 large carrots, thinly sliced
 1 medium leek, thinly sliced
 1/2 lb. asparagus, top stalks
 1/2 lb. mushrooms, cleaned, thinly sliced
 1 lb. tomatoes, peeled, seeded, coarsely chopped
 12 oz. shelled peas, fresh or frozen
 1/2 tsp. sweet basil
 1/2 tsp. Italian herb seasoning
 4 to 5 cups chicken broth
 Salt and ground black pepper to taste
 Grated parmesan cheese, to serve

Preheat 5-Qt. Roaster Oven to 400°F.

Lightly wipe Cookwell with cooking oil. Add oil. Cover; heat 5 minutes. Carefully add vegetables, herbs, salt and pepper. Cover; cook 15 to 20 minutes. Add broth to desired thickness. Cover; cook 30 to 40 minutes or until vegetables are tender. Ladle into bowls; top with Parmesan cheese.

Serves 4.

COOK

Vegetable Lasagna

1/4 cup water
6 lasagna noodles, uncooked
1 container (15 Oz.) ricotta cheese
2 eggs
1/2 cup grated parmesan cheese
1 jar (15-1/2 oz.) spaghetti sauce
1 pkg. (10 oz.) frozen chopped spinach, thawed and drained
1 large onion, chopped
2 medium zucchini, shredded
2 medium carrots, shredded
2 large tomatoes, peeled, seeded, coarsely chopped
1-1/2 cups (6 Oz.) shredded mozzarella cheese

Remove 5-Qt. Cookwell. Lightly wipe Cookwell with cooking oil. Pour water into Cookwell. Lay 3 noodles lengthwise in Cookwell. Combine ricotta cheese, eggs and parmesan cheese; stir until blended. Spoon half of mixture over noodles. Spoon half of spaghetti sauce over cheese mixture. Layer half the spinach, onions, zucchini, carrots, tomatoes and mozzarella cheese. Repeat second layer beginning with remaining noodles. Cover; refrigerate 6 to 12 hours. Preheat covered Heatwell to 375°F. Set Cookwell in preheated Heatwell. Cover; cook 60 to 70 minutes or until cooked through. If edges brown or lasagna starts to dry, add 1/4 cup hot water. Serves 4 to 6.

BAKE

Baked Fish Steaks

2 fish steaks (approximately 8 Oz. each)*
2 Tbsp. margarine
1 tsp. chopped parsley
1 tsp. chopped chives
Salsa sauce, to serve

Set Rack in 5-Qt. Cookwell. Preheat Roaster Oven to 350°F. Lightly wipe Cookwell with cooking oil. Place steaks on Rack in Cookwell. Divide evenly the margarine, parsley, chives and tarragon on each steak. Cover. Bake 15 to 20 minutes or until fish flakes and becomes white. Serve hot with salsa sauce.

Serves 2.

*Halibut, Tuna, Salmon, Swordfish

Stuffed Potato Skins

3 large baking potatoes, baked
1 cup (4 Oz.) shredded cheddar cheese
2 green onions, thinly sliced
1/2 cup sliced black olives
3 slices fried bacon, crumbled
Salt and pepper, to taste
6 Tbsp. sour cream, to serve

Preheat Roaster Oven to 425°F. Cut each baked potato in half. Scoop out pulp, leaving 1/2-inch layer of potato in skins. Sprinkle cheese, then onions, olives and bacon evenly over potato skins; season. Lightly wipe Cookwell with cooking oil. Set Rack in preheated Cookwell. With tongs, arrange stuffed skins on Rack. Cover; bake 10 to 15 minutes or until hot and fluffy. To serve, top each skin with a spoonful of sour cream.

Makes 6 skins.

BAKE

Deep Dish Pizza

- 1 tube of pizza crust or crescent rolls
- 1 Can (4 Oz.) pizza sauce
- 16 slices pepperoni or sausage
- 1 can (4 Oz.) sliced mushrooms
- 1/2 cup sliced black olives
- 1/2 cup (2 Oz.) shredded mozzarella or provolone cheese

Remove Cookwell. Preheat Roaster Oven to 350°F. Press pizza dough into bottom of Cookwell. Place Cookwell into Heatwell and cover; bake 15 minutes. Carefully spread on pizza sauce; top with pepperoni/sausage, mushrooms and olives. Sprinkle on cheese. Cover and bake 10-15 minutes or until done. Lift edges with spatula and slide onto serving plate. Cut with pizza cutter. Serves two.

Apple Brown Betty

- 6 large baking apples, cored, peeled, sliced
- 3/4 cup granulated sugar
- 1/2 cup chopped pecans
- 2 Tbsp. all purpose flour
- 1 tsp. pumpkin pie spice

TOPPING:

- 1 cup all purpose flour
- 1/2 cup granulated sugar
- 1-1/2 tsp. baking powder
- 1/4 cup margarine
- 1 egg, remove shells
- 1/4 cup whole milk
- 1 tsp. cinnamon

Preheat Roaster Oven to 350°F. In large mixing bowl, combine apples, sugar, pecans, 2 Tbsp. flour and spice; stir until well mixed. **Topping:** Mix flour, sugar and baking powder. Cut margarine. Add egg and milk; stir just until moistened. Lightly wipe Cookwell with cooking oil. Spoon apples into preheated Cookwell. Drop topping mixture by large spoonfuls around perimeter of apples, leaving center open. Sprinkle cinnamon over topping. Cover; bake 20 minutes. Increase temperature to 400°F. and continue to bake another 10 minutes. Serve warm with ice cream. Substitute other fresh or canned fruits for apples.

Serves 4 to 6.

COOK

B-B-Q Sandwiches

- 2 Tbsp. margarine
- 2 lb. ground beef or turkey, crumbled
- 1 large onion, chopped
- 3 stalks celery, thinly sliced
- 2 tsp. Worcestershire sauce
- 1 can (10-3/4 Oz.) tomato soup, undiluted
- 1 cup ketchup
- 1/2 cup barbecue sauce

Preheat 5-Qt. Roaster Oven to 425°F. Lightly wipe Cookwell with cooking oil. Add margarine; cover; cook until melted. Add meat, onions and celery. Cover; cook 15 to 20 minutes or until browned. Reduce temperature to 325°F. Add remaining ingredients; stir to mix. Cover; cook 30 to 40 minutes or until bubbly hot. Serves 8 to 10.

Chicken Stroganoff

- 2 Tbsp. margarine
- 8 oz. chicken tenders, cut into bite-size pieces
- 1 small red onion, chopped
- 4 oz. mushrooms, cleaned, sliced
- 3/4 cup chicken broth
- Salt and pepper to taste
- 1/4 tsp. dill weed
- 1/2 cup sour cream
- 2 tsp. all purpose flour
- Cooked fresh pasta, to serve

Preheat 5-Qt. Roaster Oven to 400°F. Lightly wipe Cookwell with cooking oil. Add margarine to preheated Cookwell. Cover; cook until melted. Add chicken, onions and mushrooms. Cover; cook 8 to 10 minutes. Reduce temperature to 325°F. Add broth and seasonings. Cover; cook 15 to 20 minutes or until tender. At serving time, combine sour cream and flour. Stir into stroganoff. Cover; cook 2 to 4 minutes or until warmed. Serve immediately over hot pasta. Serves 2.

COOK

"3 Amigos" Award Winning Chili

Preheat 5-Qt. Roaster Oven to 400°F.

Add and brown the following with the cover on, stirring occasionally to brown evenly:

- 1 lb. ground chuck
- 1 lb. beef stew meat, cut in small pieces
- 1/2 tsp. salt
- 1 large onion, chopped
- 1/2 tsp. pepper
- 2 Tbsp. garlic, chopped

Pour off any remaining grease, then add the following:

- 1/4 green pepper, chopped
- 1/2 red pepper, chopped
- 1/2 yellow pepper, chopped
- 1 can (16 Oz.) whole tomatoes, cut
- 1 fresh jalapeno pepper, chopped
- 1 can Bush's® hot chili beans
- 1 can/jar (32 Oz.) V-8® vegetable juice
- 1 Can (15 Oz.) tomato sauce
- 1 small jar Pace® thick & chunky salsa
- 2 Tbsp. chili powder
- 1 Tbsp. cayenne pepper
- 1/2 Tbsp. ground cumin
- 1/2 Tbsp. brown sugar

Turn down heat to 250°F and simmer for 1-3 hours, the longer the better. Garnish with finely shredded Wisconsin Cheddar cheese and chopped onion, if desired.

Best accompanied by your favorite beverage!

BAKE

Turkey Pie

- 1 (9-inch) pastry crust, unbaked
- 3 cups coarsely chopped Turkey
- 1 leek, chopped
- 2 medium carrots, thinly sliced
- 2 stalks celery, thinly sliced
- 2 large red potatoes, peeled, coarsely chopped
- 1 Tbsp. barley
- 1 cup Sliced Mushrooms
- 1/2 cup cut green or lima beans
- 1-1/2 cups turkey gravy
- 1 cup (4-Oz.) grated Swiss cheese
- 1 Tbsp. chopped parsley

Remove 5-Qt. Cookwell. Preheat covered Heatwell to 350°F.

Roll pie crust into rectangle slightly larger than Cookwell bottom. Lightly wipe Cookwell with cooking oil. Place crust into bottom of Cookwell. Set into preheated Heatwell. Cover; bake 10 minutes.

Meanwhile, combine Turkey and vegetables; stir to mix. Spoon vegetables over crust. Evenly spread gravy over turkey and vegetables; sprinkle cheese and parsley on top. Cover; bake 30 to 40 minutes or until pie is hot and bubbly.

Serves 4.

BAKE

Lemon Quick Bread

1-1/2 cups all purpose flour
1 Tbsp. grated lemon peel
2 tsp. baking powder
1/4 tsp. salt
1/2 cup margarine
1 cup granulated sugar
2 eggs
1/3 cup milk
2 Tbsp. lemon juice
1/2 cup poppy seeds

Set in 5-Qt. Cookwell. Preheat Roaster Oven to 375°F.
Combine dry ingredients; set aside. In large mixing bowl, cream margarine.
Gradually add sugar and eggs, one at a time, beating well after each addition. Add milk and lemon juice; beat until smooth.
Stir in dry ingredients and poppy seeds. Pour evenly into two lightly greased 5-3/4 x 3-1/4 inch pans. Place pans on Rack in preheated Cookwell. Cover; bake 40 to 45 minutes or until edges pull away from pan. Lay pans sideways on Rack for last 5 to 8 minutes to finish browning top and bottom of bread.

Makes two 5-1/4 x 3-1/4 inch loaves.

ROAST

Corned Beef and Cabbage

1 (2 to 2-1/2 lb.) corned beef brisket
1/4 tsp. ground black pepper
1/4 tsp. Rosemary
1 bay leaf
1 whole clove
4 medium red potatoes, peeled, halved
2 small onions, peeled
2 small parsnips, peeled, quartered
2 large carrots, peeled, quartered
1 small cabbage, cored, cut into 4 wedges

Preheat 5-Qt. Roaster Oven to 325°F.
Lightly wipe Cookwell with cooking oil. Rub seasonings onto outside of brisket. Place meat in preheated Cookwell. Add enough water to reach halfway up meat; add bay leaf and clove. Cover; cook 10 minutes.
Reduce temperature to 250°F. Add vegetables. Cover; cook 3 to 4 hours or until tender.
Serves 4.

Beef Stew

2 Tbsp. margarine
1-1/2 lb. round steak, cut into cubes*
8 whole small onions
16 whole baby carrots
4 stalks celery, cut into chunks
8 whole small red potatoes, peeled
1 pkg. (1-1/4 oz.) dry onion soup mix
1/2 cup beef stock
1/2 tsp. ground black pepper

Preheat 5-Qt. Roaster Oven to 425°F.
Lightly wipe Cookwell with cooking oil. Add margarine; cover; cook until melted. Arrange meat in preheated Cookwell. Cover; roast 10 minutes.
Reduce temperature to 300°F. Add vegetables. Sprinkle soup over; add broth and pepper. Cover; cook 1 to 1-1/2 hours or until tender.
For slow cooking; reduce temperature to 250°F and cook 2-1/2 to 3 hours or until tender.
Serves 4.
**Substitute lamb or pork for beef.*

ROAST

Baby Back Ribs

2 to 3 lb. baby back ribs, cut apart
 1 medium onion, chopped
 1 bay leaf
 1 hot water to cover ribs
 1/2 to 3/4 cup barbecue sauce

Preheat 5-Qt. Roaster Oven to 250°F.
 Lightly wipe Cookwell with vegetable oil. Set Rack in Cookwell.
 Arrange meat on Rack. Add onion, bay leaf and hot water.
 Cover; roast 30 minutes or until meat is tender.
 Remove meat and Rack from Cookwell. Carefully lift out Cookwell; slowly pour out and discard hot water. Clean Cookwell.
 Set Cookwell into Heatwell. Cover; preheat to 400°F. Lightly wipe Cookwell with vegetable oil. Set Rack into preheated Heatwell. Place meat on Rack; brush sauce evenly over meat. Cover; roast 15 to 20 minutes or until sauce is set.
 Serves 2 to 4.

Roast Chicken Breasts

1 can (10-3/4 Oz.) cream of mushroom soup
 1 cup sour cream or low fat plain yogurt
 1/2 cup chicken broth
 2 cups cooked long grain rice and wild rice
 4 oz. mushrooms, cleaned and sliced
 1 stalk celery, thinly sliced
 2 green onions, thinly sliced
 4 whole chicken breasts, skinned (approximately 3 Lb.)
 1/2 cup sliced almonds
 1/4 cup grated parmesan cheese

Preheat 5-Qt. Roaster Oven to 350°F.
 Combine soup, sour cream and broth; set aside.
 Lightly wipe Cookwell with vegetable oil. Spoon rice into preheated Cookwell.
 Add mushrooms, celery and onions; stir. Spoon half the soup mixture over rice.
 Arrange chicken breasts over rice mixture. Pour remaining half of soup mixture over chicken. Sprinkle on almonds and cheese. Cover; roast 45 to 55 minutes or until done (180°F on meat thermometer).
 Serves 4.

Note: Pork chops may be substituted for chicken

ROAST CHART

	<u>Meat</u>	<u>Avg. Weight In Pounds</u>	<u>Temp. Setting Preheat/Roast</u>	<u>Bake Time In Minutes</u>
Beef	Ground Beef	1 to 2	425°F/425°F	8 to 10 well
	Pot Roast	2 to 2-1/2	350°F/300°F	12 to 18 medium
	Sirloin Tip	3 to 4	350°F/325°F	20 to 25 medium
	Standing Rump	3 to 4-1/2	350°F/325°F	20 to 25 rare-medium
	Tenderloin, half	2 to 3	450°F/400°F	10 to 14 rare-medium
Lamb	Leg, sirloin half	3 to 4	375°F/350°F	25 to 30 well
	Shoulder, rolled	3 to 4	350°F/325°F	25 to 30 medium-well
Pork	Chops, center cut 1 inch	1 to 2	425°F/300°F	15 to 20 well
	Loin Roast, center	2-1/2 to 4	350°F/325°F	25 to 30 well
	Shoulder, rolled	2-1/2 to 4	400°F/350°F	25 to 30 well
	Ribs, lean country	4 to 5	350°F/325°F	20 to 25 well
	<i>(Precook ribs to tender; finish in 450°F. Roaster Oven or outdoor grill.)</i>			
Smoked Pork	Ham Slice, center cut	10 to 16 oz.	350°F/350°F	Total 25 to 30
	Ham, precooked boneless	3 to 5	350°F/325°F	15 to 20 heated
Veal	Shoulder, blade roast	1-1/2 to 2	350°F/325°F	25 to 30 well
Poultry*	Chicken, pieces	3 to 4	400°F/375°F	13 to 18 well
	Chicken, whole	3-1/2 to 4-1/2	400°F/400°F	15 to 20 well
	Cornish Hens (2)	3 to 3-1/2	425°F/375°F	13 to 18 well
	Turkey, boneless breast	2-1/2 to 3	375°F/325°F	25 to 30 well

*To obtain additional browning on poultry, mix 1/4 cup melted margarine with 1 tsp. browning sauce; brush evenly over skin before roasting.

*For crisper skin, baste; then remove liquid during roasting.

ROAST

Pot Roast

- 1 (2-1/2 to 3 Lb.) pot roast
- 8 whole small red potatoes, peeled
- 4 medium carrots, cut into chunks
- 4 large onions, cut in half
- 2 Tbsp. margarine, melted
- 1/2 tsp. browning sauce

Set Rack in 5-Qt. Cookwell. Preheat Roaster Oven to 350°F. Lightly wipe Cookwell and Rack with cooking oil. Arrange meat and vegetables on Rack. Stir together margarine and browning sauce; brush over meat. Cover; roast 10 minutes. Reduce temperature to 300°F. Cover; roast 50 to 60 minutes for medium (145°F on meat thermometer); 60 to 70 minutes for well done (160°F on meat thermometer).

For slow cooking, brown meat then reduce temperature to 225°F and roast 2 to 3 hours or until tender.

Serves 4.

Roast Pork Chops

- 1 Tbsp. margarine
- 4 pork chops, center cut, 1-inch thick (approximately 2 Lb.)
- 1 pkg. (1-1/4 oz.) dry onion soup mix

Set Rack in 5-Qt. Cookwell. Preheat Roaster Oven to 425°F. Lightly wipe Cookwell and Rack with cooking oil. Add margarine. Cover; cook until melted.

Arrange Pork Chops in preheated Cookwell. Cover; roast 5 minutes. Reduce temperature to Set 300°F. Sprinkle soup mix over chops. Cover; roast 25 to 30 minutes for well done (170°F on meat thermometer).

Serves 4.

ROAST

Mini Meat Loaves

- 2 lb. lean ground beef
- 1/4 cup dry bread crumbs
- 1/4 cup grated parmesan cheese, divided
- 2 Tbsp. dry milk granules
- 1 egg
- 1/4 cup water
- 1 tsp. Worcestershire sauce
- 1 tsp. Italian herb seasoning
- 1 green onion, thinly sliced
- 1/4 cup barbecue sauce

Set Rack in 5-Qt. Cookwell. Preheat Roaster Oven to 350°F. Combine beef, bread crumbs, 2 Tbsp. cheese and milk granules in medium bowl. Add remaining ingredients except for barbecue sauce; stir until well mixed. Form into 4 loaves. Place loaves on Rack. Brush barbecue sauce evenly over meat; sprinkle on remaining parmesan cheese. Cover; roast 25 to 30 minutes (150°F to 160°F on meat thermometer).

Whole Chicken

- 1 (3-1/2 to 4-1/2 lb) whole chicken
- 1 Tbsp. vegetable oil
- 2 Tbsp. paprika
- 1 Tbsp. minced parsley
- 1 tsp. Italian herb seasoning

Set Rack in 5-Qt. Cookwell. Preheat Roaster Oven to 400°F. Rub skin with oil; rub on seasonings. Lightly wipe Cookwell and Rack with cooking oil. Place chicken on Rack in preheated Cookwell. Reduce temperature to 375°F. Cover; roast 1 to 1-1/2 hours (180°F on meat thermometer in thickest part of thigh).