

The background features a stylized illustration. On the left is a large, orange-toned book with a label that says "Recipes". To its right is a pressure cooker with a blue lid and a silver handle. In the bottom right corner, there is a blue silhouette of a bicycle. The entire scene is set against a light blue circular backdrop.

# COOKING WITH ENERGY

## Microwave and Pressure Cooker

## PORK GUIDE

### ROASTING PORK

1. Place pork, fat side up, on rack in uncovered shallow roasting pan. The ribs of pork loin form a natural rack.
2. Season with salt and pepper, if desired.
3. Insert a meat thermometer so the bulb is in the center of the largest muscle. The bulb should not touch bone or rest in fat.
4. Add no water and do not cover.
5. Roast pork in a 325°F oven. Refer to timetable for cooking hours or 170°F for meat thermometer.
6. Allow cooked pork roast to stand 10 to 15 minutes before carving.

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### TIMETABLE FOR ROASTING PORK IN A 325°F OVEN

Fresh Pork	Pounds	Hours to Cook
Boston Shoulder		
Roast	4 - 6	3 - 4
Picnic Shoulder	5 - 8	3 - 4
Loin	3 - 5	2 1/2 - 3
Loin, half	5 - 7	3 1/2 - 4 1/2
Leg, fresh ham	10 - 16	4 1/2 - 6
Leg, half fresh ham	5 - 7	3 1/2 - 4 1/2
Spareribs	3	1 1/2
Pork Chops	—	45 minutes

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### PURCHASE INFORMATION

Cut	Servings Per Pound
Pork Roast, bone-in	
Loin, Boston Shoulder,	
Picnic Shoulder, Leg.....	2 - 3
Pork Roast, without bone	
Loin, Leg, Rolled Shoulder	
and Tenderloin .....	3 - 4
Spareribs.....	1 - 2

BARBECUED SHRIMP ORLEANS

- 3 lbs. large shrimp, unpeeled
- 3 teaspoons black pepper
- 1 teaspoon Accent
- 1/8 teaspoon rosemary
- 1/8 teaspoon oregano
- 2 teaspoons salt
- 1 1/2 lbs. (6 sticks) butter
- 1 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- 1/8 teaspoon thyme
- Pinch of cinnamon

Wash and drain shrimp well. Place in a glass baking dish (7 x 11-inches). Place all ingredients for the sauce in a 4-cup measure. Heat on High 1 1/2 - 2 minutes or until butter is melted. Pour over shrimp. Cover with waxed paper. Cook on High 10-12 minutes. Stir shrimp once or twice during cooking time until all shrimp are pink. Add salt after cooking. Let stand 3 minutes. Test for doneness. Yield: 4 to 6 servings. Serve with French bread - perfect for dipping into butter sauce

*To Reduce Recipe:* Cooking time for 1 1/2 pounds of shrimp will be approximately 7-8 minutes.

CRAB MEAT AU GRATIN

- 1/3 cup butter
- 1/2 cup celery, chopped fine
- 2 rolls (6 ounces each) Kraft garlic cheese
- 1 teaspoon salt
- 1/4 teaspoon Tabasco
- Buttered or seasoned bread crumbs
- Paprika
- 1 cup onion, chopped fine
- 3 tablespoons flour
- 1 can (4 ounces) mushrooms, drained
- 1/2 teaspoon cayenne
- 1 pound claw crab meat, thawed and drained
- Slivered almonds

In an 8-cup measure, sauté butter, onion, and celery on High 3 minutes. Stir once. Stir in flour. Add cheese and mushrooms. Cook on High 2 or 3 minutes until cheese is melted. Add seasonings and mix well. Fold in crab meat. Spoon mixture into 8 sea shells or ramekins. Sprinkle with bread crumbs, paprika and almonds. When ready to serve, place 4 filled shells at a time in the microwave and heat on High 2 minutes. Yield: 8 servings.

CRAWFISH ETOUFEE

- 1 pound peeled crawfish
- 1 cup chopped celery
- 1/2 cup chopped green onions
- 1 1/2 sticks butter
- Paprika
- 1/4 teaspoon black pepper
- 1 cup chopped onions
- 1/2 bell pepper, minced
- 1/4 cup chopped parsley
- 1 teaspoon flour
- 1 teaspoon salt
- Cayenne to taste

In a 2 1/2-3 quart casserole melt butter. Stir in onions, celery and bell pepper. Sauté on high 10 minutes. Add green onions and parsley. Sauté 5 minutes. Add crawfish, flour, dash of paprika and seasonings. Cover, cook 10 minutes. To Serve: Place a mound of rice in center of plate and pour etoufee around.

CRAB OR SHRIMP NOODLE CASSEROLE

- 1 package (8 ounces) fine egg noodles
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/4 cup unsifted plain flour
- 1 pound crab meat, drained or 1 pound prepared shrimp (see instructions on page 128)
- 2 tablespoons minced parsley
- 3 tablespoons butter
- 1/2 cup finely chopped green onions
- Cayenne pepper to taste
- 1 1/2 cups milk
- 1/3 cup cracker crumbs
- 2 tablespoons melted butter

Approximate total microwave time 31 to 36 minutes. Microwave noodles according to your microwave instruction, except cook 10 minutes. In 3-quart casserole place butter, garlic, onion, salt and pepper. Microwave at High 2 to 3 minutes, stirring after 1 minute, until onion is softened. Stir in flour until smooth. Gradually stir in milk. Microwave at High 4 to 6 minutes, stirring every 2 minutes, until smooth and thickened. Gently stir crab meat or prepared shrimp and noodles into sauce. Cover. Microwave at High 15 to 17 minutes, stirring after 8 minutes until hot. In small bowl, mix together crumbs, parsley and butter. Sprinkle over casserole before serving. Yield: 6 to 8 servings.



## CRAWFISH STEW

2/3 cup oil	1 pound peeled crawfish tails
2 cups onion, chopped	
1/2 cup green bell pepper, chopped	1 cup celery, chopped
1/4 cup parsley, chopped	4 cloves garlic, minced
1 can (10 ounces) Ro-Tel tomatoes, pureed	1/4 cup green onion tops, chopped
1/4 teaspoon pepper	2 teaspoons salt
2/3 cup flour	1/2 teaspoon garlic powder

Mix oil and flour together in a 4 cup measure. Put in microwave on High 6 to 7 minutes. Stir at 6 minutes. Roux will be a light brown at this time and will need to cook 30 seconds to 1 minute longer to reach the dark brown color so important in making Louisiana gumbos and stews. Stir and return to microwave. Sauté on High 3 minutes. Add garlic, parsley and green onion to roux, stir and return to microwave. Sauté on High 2 minutes. You should have about 3 3/4 cups of roux now. If any oil has risen to the top, pour this off. Slowly add enough hot tap water to bring roux to the 4 cup mark. Stir and you will have a smooth dark roux in only 12 minutes. Pour roux and vegetables into a 3-quart dish. Add tomatoes, salt, pepper and garlic pepper. Cover with plastic wrap. Microwave on High 12 minutes. Stir 1 or 2 times. Add crawfish, cover and cook on Medium 10 minutes, stirring one time. Serve with rice. Serves 4-6.

## JIFFY SHRIMP CURRY

1 can (10 1/2 ounces) condensed cream of shrimp soup	1 tablespoon butter
2 tablespoons instant minced onion	1 teaspoon curry powder
8 ounces dairy sour cream	2 cans (4 1/2 ounces each) shrimp, drained, rinsed
	Chopped egg or crumbled bacon (optional)

Approximate total microwave time 7 to 8 minutes. In 1 1/2-quart casserole combine soup, butter, onion, curry powder and sour cream. Microwave at High 5 minutes, uncovered, or until sauce bubbles around edges. Stir in shrimp. Microwave at High 2 to 3 minutes, until hot. Garnish with egg or bacon, if desired. Yield: 4 to 6 servings.

## MICROWAVE SEAFOOD COOKING

Instructions for microwaving shrimp: Place shrimp with seasonings except salt in glass dish. Cover with waxed paper. Cook on High 7 minutes until all shrimp are pink. Stir after half of cooking time. Add salt. Let stand 3 minutes. Test for doneness - shrimp should be tender and pink.

## MOIST CHOCOLATE CAKE IN MICROWAVE OVEN

1/4 cup (1/2 stick) butter	1/2 cup flour
1/2 cup sugar	1/2 teaspoon baking powder
2 eggs	1/2 teaspoon vanilla
1 cup chocolate syrup	

Cream butter and sugar; add eggs and beat until fluffy. Add sifted dry ingredients, vanilla and chocolate syrup. Beat until thoroughly blended. Pour into an 8-inch square or round glass baking dish. Cook, uncovered, 7 minutes in microwave oven.

### *Frosting:*

While cake is still warm, spread 1 cup miniature marshmallows over the top. In microwave oven, melt 2 tablespoons butter for 30 seconds in glass mixing bowl. Add 1/2 cup sugar and 2 tablespoons evaporated milk; mix thoroughly. Cook, uncovered, for 2 minutes. Quickly mix in 1/4 cup chocolate chips and 1/2 teaspoon vanilla. Pour over cake and blend with marshmallows.

*\*MICROWAVE COOKING TIMES ARE APPROXIMATE. COOKING TIME VARIES WITH THE MODEL OF MICROWAVE OVEN.*

OYSTERS BIENVILLE

2 tablespoons butter	1/2 cup Parmesan cheese
2 tablespoons flour	2/3 cup fish stock, oyster or clam juice
1/3 cup drained mushrooms, finely chopped	1 egg yolk
1/3 cup dry white wine	1/4 teaspoon salt
1/4 teaspoon white pepper	2 dozen raw oysters, drained
6 soup plates filled with rock salt or 6 plates with terry towel placed on plate	24 oyster shells
4 green onions, chop all of bulbs and 1/2 of tops	1/2 cup seasoned bread crumbs
	4 tablespoons butter, melted

Melt butter in a 1 1/2 quart bowl. Sauté onion on High 3 minutes. Stir once. Stir in flour and cook on High 1 minute. Whisk in stock or juice, add mushrooms and cook on High 2 minutes until thickened. Stir once. Beat yolk, wine, salt and pepper together and add to sauce. Cook on High 4 minutes. Stir once. To help drain oysters, place them in a glass bowl and heat on High 1 1/2 minutes. Drain in a colander. Place 4 oyster shells on a plate (if rock salt is used, preheat bowl, rock salt and shells on High 1 minute). Place oysters on shells and pour sauce over. Sprinkle with bread crumbs, cheese and butter. Cover with waxed paper, place 2 plates at a time in microwave and cook on High 1 1/2 minutes.

OYSTERS ORLEANS

1/2 cup butter, melted	1/4 cup green onion tops, chopped fine
1 can (4 ounces) sliced mushrooms	1 teaspoon dry mustard
1/4 teaspoon cayenne pepper	3/4 cup flour
2 cups warm milk	1/2 cup dry sherry
1/2 teaspoon salt	2 egg yolks, beaten
2 dozen raw oysters, drained	

In a 2 quart bowl, melt butter and sauté onion, mushrooms, mustard and peppers on High 4 minutes. Stir in flour and add warm milk gradually. Cook on High 3 or 4 minutes until sauce thickens. Add sherry and salt. Stir in beaten egg yolks. Place room temperature raw oysters in oyster shells or larger shells and cover with sauce. Place 6 oyster shells or 4 large shells at a time in microwave. Cook on High 2 minutes or until heated through.

FILLET OF FLOUNDER WITH  
SAUCE MEUNIERE

4 fillets of flounder (2 pounds), bass, redfish, red snapper or trout may be substituted.

*Sauce Meuniere:*

1/4 cup butter	1 tablespoon Worcestershire sauce
1/4 cup green onion tops, chopped	2 teaspoon lemon juice
1/2 teaspoon garlic powder	1/2 teaspoon salt
1/4 teaspoon cayenne	

Dry fish on paper towels before placing in a glass baking dish. Combine ingredients for sauce in a 2-cup measure. Cook on High 1 minute. Pour sauce over fillets. Cover with waxed paper. Cook on High 5-6 minutes or until fish flakes easily with a fork. Turn dish once. Garnish with parsley and lemon slices. Yield: 4 servings.

RED FISH WITH SAUCE PIQUANTE

2 cups chopped onions	2 tablespoons olive oil
1/2 cup chopped celery	1 whole clove garlic, chopped
1/2 cup chopped green onions	1 can and 2 tablespoons tomato paste
1/2 cup chopped parsley	5 cans water
1 lemon, sliced thin	1/2 teaspoon pepper
1 tablespoon salt	4 pounds redfish
Cayenne to taste	
1 chopped bell pepper	

In a 2 1/2 or 3 quart casserole dish, sauté on high 10 minutes onion, bell pepper, celery in olive oil. Stir in green onions, parsley and garlic. Sauté 5 minutes. Stir in tomato paste. Cook on high 20 minutes until mixture deepens in color. Add water, lemon and seasonings. Cover, cook on high 15 minutes. Clean fish, remove head. Season fish with salt and pepper; place in a 3-quart baking dish, top with sauce. Cover with plastic wrap. Cook on high 20 minutes. Serve over rice.



RED SNAPPER LOUISIANE WITH BUTTER AND WINE SAUCE

- |  |   |
|--|---|
| 3 1/2 pound whole red snapper, cleaned | 2 tablespoons melted butter with 1 teaspoon grated lemon rind |
| Cayenne pepper                         | 2 tablespoons parsley, finely chopped                         |
| 2 tablespoons parsley, finely chopped  | 2 tablespoons green onion tops, chopped                       |
| 3 green onion tops, finely chopped     | 1/2 cup butter  |
| Salt                                   | 1/4 cup sauterne  |
| 1 tomato, peeled and diced             |   |

Pat fish dry with paper towels. Season cavity of fish with salt and pepper. Brush fish with butter and lemon and place on a piece of waxed paper large enough to enclose it completely. Top fish with parsley, onion tops and tomato. Fold paper over and secure with toothpicks. Place fish diagonally in microwave on heavy brown paper or in a flat glass baking dish. Cook on High 9 minutes or until fish flakes easily with a fork. Turn fish half way through cooking time. Mix ingredients for butter wine sauce in a 2-cup measure. Cook on High 2 minutes. Sauce may be served in individual dishes or poured over the fish, before serving. Yield: 4 servings.

SCALLOPED CRAB OR SHRIMP AND CHIPS

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|--|--|
| 1 can (10 1/2 ounces) condensed cream of celery soup             | 1 can (7-8 ounces) mushrooms, stems and pieces   |
| 1 tablespoon chopped parsley                                     | 1 teaspoon instant minced onion                  |
| 1 tablespoon lemon juice   | 1 cup milk                                       |
| 1 pound crab meat, drained or 1 pound shrimp peeled and deveined | 1 5-ounce package potato chips, crushed (3 cups) |

Mix soup, undrained mushrooms, onion, parsley, milk and lemon juice. In 2-quart greased casserole, layer 1 cup crushed chips, 1/2 crab meat or shrimp, 1/2 of soup mixture. Repeat layers and top with potato chips. Microwave at High 15 to 17 minutes, until bubbly. Yield: 6 servings.

SEAFOOD FILÉ GUMBO

- |   |                                     |
|---|-------------------------------------|
| 1/2 cup flour   | 1/2 cup oil                         |
| 2 cups chopped onions   | 1/2 cup chopped celery              |
| 1/2 cup chopped green onions  | 1/2 cup chopped parsley             |
| 6 toes garlic, chopped  | 1 1/2 quarts water                  |
| 1 tablespoon salt   | 1 teaspoon black pepper             |
| Cayenne to taste  | 2 pounds shrimp peeled and deveined |
| 1 pound crab meat or 6 small seasoned boiled crabs, cleaned for gumbo | 1 dozen oysters with juice          |
|   | 1 tablespoon filé                   |

In a 4-quart casserole dish, make a roux with flour and oil (15 minutes for this size dish). Sauté onions and celery on high for 3 minutes, then add green onions, parsley, garlic and sauté 3 minutes. Stir in water and seasonings. Cover and cook on high 15 minutes. Add shrimp and crabs, reduce to medium speed, cook 25 minutes. Add oysters and juice, cook 10 minutes or until oysters curl. Sprinkle with filé. Set aside until ready to serve. Reheat gently.

SHRIMP AND CRAB MEAT CASSEROLE

- To cook shrimp:*
- |                                 |                             |
|---------------------------------|-----------------------------|
| 1 pound shrimp, fresh or frozen | 1/2 teaspoon cayenne pepper |
| 1/2 lemon sliced                | 1/2 onion, sliced           |
| 1 stalk celery, cut up          | NO WATER!                   |
| 1 teaspoon salt                 |                             |

Place shrimp and all the seasonings except salt in a glass dish. Cover with waxed paper. Cook on High 7 minutes until all shrimp are pink. Stir after half of cooking time. Add salt. Let stand 3 minutes. Test for doneness - shrimp should be tender and pink.

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|---|------------------------------------|
| 1 pound cooked shrimp, peeled             | 1/2 teaspoon salt                  |
| 1 cup mayonnaise                          | 1 pound white lump crab meat       |
| 1/2 cup onion, chopped                    | 1/2 cup green bell pepper, chopped |
| 1 teaspoon Worcestershire sauce           | 1/2 cup celery, chopped            |
| 1/2 cup seasoned or buttered bread crumbs | 1/4 teaspoon pepper                |
|   | 1 teaspoon paprika                 |

Cook shrimp. Place bell pepper, onion and celery in a 2 cup measure. Cover with waxed paper and cook on High 2 minutes until just wilted. Combine all ingredients in a 3-quart casserole. Sprinkle top with bread crumbs. When ready to serve, heat through on High 6-8 minutes. Turn dish once.

SHRIMP NEWBURG

1/4 cup butter	12 ounces frozen cooked
1 jar (4 ounces) sliced mushrooms, drained	shrimp, defrosted
1/2 teaspoon salt	2 tablespoons flour
1/4 cup sherry	1 1/4 cup milk
1/4 cup green onion, chopped	2 egg yolks

Approximate total microwave time 16 to 21 minutes. In 2-quart casserole place butter, onion and mushrooms. Microwave at High 2 to 3 minutes, until bubbly. Stir in flour and salt. Microwave at High 1 minute, to blend. Stir in milk. Microwave at High 5 to 6 minutes, stirring after 3 minutes. Stir in sherry. Stir small amount of sauce into yolks. Add yolk mixture to sauce, stir well. Microwave at Low 2 to 3 minutes, stirring after 1 minute. Stir in shrimp, microwave at Medium 6 to 8 minutes, stirring after 3 minutes, until heated through. Yield: 4 servings.

STUFFED CRABS

1/2 cup butter	12 cleaned crab shells or
1/2 cup bell pepper, minced	ramekins
1 clove garlic, minced	1 cup onion, minced
2 tablespoons parsley, chopped	1/2 cup celery, minced
1 teaspoon salt	1/4 cup green onion tops, chopped
1/8 teaspoon cayenne	Juice of 1 lemon
1/8 teaspoon Worcestershire sauce	1/4 teaspoon pepper
2/3 cup bread crumbs	1/8 teaspoon Tabasco
	1/4 cup water
	1 pound crab meat, thawed

In microwave, melt butter in a 2-quart dish on High 1 minute. Sauté onion, bell pepper, celery and garlic on High 5 minutes. Stir once or twice. Add onion tops, parsley and lemon juice. Sauté on High 3 minutes. Add salt, pepper, Tabasco, Worcestershire sauce, water, bread crumbs and crab meat. Fill crab shells and sprinkle with more bread crumbs. Place 6 shells at a time on serving plate. Microwave on High 5 minutes. Turn dish one time during cooking time. Yield: 12 servings.

SWEET AND SOUR SHRIMP OR CRAWFISH

1 favorite recipe Sweet and Sour Sauce	1 pound cleaned and cooked shrimp or crawfish
1 can (8 ounces) pineapple slices	

Approximate total microwave time 6 to 8 minutes. Stir together Sweet and Sour Sauce, shrimp or crawfish and drained pineapple slices. Microwave at High 6 to 8 minutes, stirring gently after 3 minutes. Yield: 4 to 5 servings.

TURTLE SOUP

4 pounds turtle meat	1 1/2 gallons water
1 clove garlic, chopped	2 teaspoon lemon juice
1 cup flour	1 cup oil
1 cup chopped onions	1/2 cup chopped celery
2 heaping tablespoons tomato paste	2 teaspoons salt
Cayenne to taste	1/4 cup green onions
1/4 cup chopped parsley	4 slices lemon
6 hard-cooked eggs, chopped	2 ounces sherry

Slowly boil turtle meat, garlic, lemon juice in 1 1/2 gallons water to make stock (about 2 hours). In a 4-quart casserole dish make roux with flour and oil (about 17 minutes), stir in onions and celery, sauté 5 minutes. Stir in tomato paste, green onions and parsley. Cook on high 5 minutes. Add stock and meat, lemon and seasonings. Cover, cook on high 10 minutes, medium speed 30 minutes. Stir in sherry and eggs. Reheat to serve.



## GENERAL RULES OF PRESSURE COOKING

The pressure saucepan is an Energy Saver, since foods cook only 1/3 as long. Study the manufacturer's instruction booklet thoroughly and follow the directions for best possible results. Most foods, such as meat, vegetables and stews, require only the amount of liquid you want in the finished product. Usually, 1/4 cup liquid is sufficient for foods requiring less than 10 minutes; 1/2 cup for food which take up to 20 minutes. Dried beans, peas, and rice require more liquid so follow instructions in manufacturer's booklet.

### FRENCH ONION SOUP

2 pounds beef marrow bone	4 large onions, thinly sliced
4 cups water	2 tablespoons bacon fat
4 bouillon cubes	Parmesan cheese

Place beef marrow bones, water and bouillon cubes in pressure saucepan. Cover and cook at 15 pounds pressure; cook 30 minutes after control jiggles. Reduce pressure. While beef marrow bones are cooking, brown onions in fat, then add to soup stock. Cover and cook at 10 pounds pressure; cook 5 minutes after control jiggles. Reduce pressure. Remove soup bones. Top each serving with croutons sprinkled with Parmesan cheese. Yield: 4 servings.

### HOPPIN' JOHN 'N' HAM

1 pound dried black eye peas	1 1/4 pounds ham hock
6 cups water	2 teaspoons salt
1 medium onion, diced (1/2 cup)	1/4 teaspoon pepper 3 cups water

To soak peas, cover generously with water (about 6 cups) and refrigerate overnight. Drain peas and place in a 4-quart pressure saucepan. Stir in onion, salt, pepper and 3 cups of water (be sure all peas are covered with water). Add ham hock. Secure cover and follow manufacturer's directions. Cook at 15 pounds pressure for 35 minutes. Remove cooker from heat and place under cold running water until pressure has dropped. Serve peas with cooked rice. Yield: 8 servings.

## BRAISED SHORT RIBS

4 pounds beef short ribs	1 onion, chopped
1 tablespoon salt	1 clove garlic, minced
1/4 teaspoon pepper	1/2 cup water

Season ribs with salt and pepper. Place ribs, fat side down, in pressure saucepan and brown on all sides. Remove ribs and pour off excess drippings. Place browned ribs, bone side down, or rack in pressure saucepan. Add onion, garlic and water. Cover and cook at 15 pounds pressure for 25 minutes. If desired, make gravy from liquid in pan. Yield: 6 servings.

### CHILI BEEF SAUCE

1 pound ground beef	1 to 2 teaspoons chili powder
1/2 cup chopped onion	1/4 teaspoon salt
2 tablespoons butter	Dash pepper
1 can (1 pound) tomatoes	

Brown ground beef and onions in butter in pressure saucepan. Add remaining ingredients. Cover and set control at 15 pounds pressure and cook 10 minutes after control jiggles. Reduce pressure normally for 5 minutes and then place saucepan under cold running water. Serve over spaghetti or rice. Yield: 4 servings.

*Variation: Chili Con Carne* - To the above ingredients, add 1 can (1 pound) tomatoes and 2 cans (1 pound each) kidney beans or Mexican chili beans. If thicker chili is desired, mash beans after cooking. Yield: 6 servings.



SWISS STEAK

- |  |  |
|--|--|
| 2 1/2 pounds round steak<br>(1/2-inch thick) | 2 tablespoons minced<br>green pepper   |
| 1 1/2 teaspoons salt                         | 1 clove garlic, chopped                |
| 1/4 teaspoon pepper                          | 1 tablespoon chopped<br>parsley        |
| 1/2 cup flour                                | 2 cans (8 ounces each)<br>tomato sauce |
| 2 tablespoons shortening                     | 2 teaspoons sugar                      |
| 1 medium onion, minced                       | 3 to 4 cans water                      |
| 1 stalk celery, minced                       |  |
| Salt and pepper                              |  |

Trim steak; cut into serving pieces. Season with salt and pepper. Coat with flour and pound into meat. Place shortening in pressure saucepan and brown meat on both sides. Cover and cook at 15 pounds pressure 20 minutes. Reduce pressure normally for 5 minutes and then place saucepan under cold running water. Yield: 6 servings.

PRESSURE BARBECUED CHICKEN

- |  |                          |
|--|--------------------------|
| 1/4 cup cooking oil                      | 1 tablespoon vinegar     |
| 2 1/2 to 3-pound chicken,<br>cut         | 1/4 cup water            |
| 2 tablespoons Worcestershire<br>sauce    | 1 tablespoon sugar       |
| 1 tablespoon bottled thick<br>meat sauce | Dash of hot sauce        |
|  | 1/4 cup catsup           |
|  | 1/2 cup water            |
|  | 2 tablespoons cornstarch |

Heat pressure saucepan and add oil. Brown chicken; pour off drippings. Combine Worcestershire sauce, vinegar, meat sauce, sugar, hot sauce, catsup and 1/2 cup water. Pour over browned chicken. Cover and set control at 15 pounds pressure; cook for 15 minutes after control jiggles. Reduce pressure normally for 5 minutes, then place pan under cold running water. To crisp chicken, place pieces in a pan and place under broiler for about 3 minutes. Dissolve cornstarch in 1/4 cup water; add to liquid in saucepan. Cook until thick and smooth, stirring constantly. Yield: 4 servings.

STEAM-BOILED CHICKEN

- |                     |                  |
|---------------------|------------------|
| 4-pound chicken     | 1 1/2 cups water |
| 1 teaspoon salt     | 1 onion, sliced  |
| 1/4 teaspoon pepper | 3 celery tops    |

Season chicken with salt and pepper. Place rack in pressure saucepan. Add water. Place chicken on rack. Add remaining ingredients. Cover and cook at 15 pounds pressure; cook for 30 minutes after control jiggles. Reduce pressure. Use for chicken salad or for any recipe using cooked chicken. Yield: 3 1/2 to 4 cups cooked meat.

VEGETABLE PLATE

- |                       |                          |
|-----------------------|--------------------------|
| 1 small cauliflower   | 4 small onions           |
| 4 carrots             | Salt and pepper          |
| 1/2 pound green beans | 1/2 cup (1 stick) butter |
| 1/2 cup water         |                          |

Soak cauliflower in salted water for 30 minutes. Drain, rinse and leave whole. Place each type of vegetable on a sheet of aluminum foil; season with salt and pepper; dot with butter. Seal each package. Pour water into saucepan and place foil-wrapped vegetables on rack, with cauliflower in the center. Cover and cook at 15 pounds pressure for 10 minutes. Place saucepan under cold running water to reduce pressure. Remove vegetables from foil and arrange on serving plate. Top cauliflower with cheese cream sauce. Yield: 4 servings.

