

Appliance cooking

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Suki-yaki and Oriental Sweet-Sour Pork cook in an electric skillet. Also featured are microwave, slow-cooking crockery, and pressure pan specialties.



ELECTRIC SKILLET COOKING

GLAZED PORK CHOPS

- 6 pork loin chops, cut ½ inch thick
- 1 1-pound 4-ounce can pineapple chunks (juice pack)
- ½ cup plum jam
- 1 tablespoon vinegar
- 1 tablespoon soy sauce
- ¼ teaspoon ground ginger
- 4 green onions, sliced

Trim fat from chops; cook trimmings in electric skillet (350°) till 1 tablespoon fat accumulates. Discard trimmings. Brown chops well on both sides in drippings. Reduce heat to 220°. Season with salt and pepper. Drain pineapple, reserving juice. Combine ½ cup juice, jam, vinegar, soy sauce, and ginger; pour over chops. Cover and simmer 25 minutes, adding ¼ cup more juice, if needed. Add pineapple and onions. Spoon pan juices over. Cover; cook till hot. Serves 6.

SWEDISH POT ROAST

- 1 3- to 4-pound boneless beef chuck eye roast
- 4 whole cloves
- 2 medium onions, quartered
- 1 cup chopped carrots
- ½ cup chopped celery
- 1 tablespoon corn syrup
- 3 anchovy fillets
- 2 tablespoons all-purpose flour

Trim fat from roast. Sprinkle electric skillet (350°) with 1 teaspoon salt. Brown meat slowly on both sides. Cover; reduce heat to 220°. Stick cloves in onions; add to meat. Add next 4 ingredients and ½ cup water. Cover; simmer 2½ hours, or till meat is tender. Remove meat; keep warm. Skim off fat. Blend ¼ cup cold water into flour; stir into pan juices; mash carrot and onion, if desired. Cook and stir till bubbly. Season. Serve with meat. Serves 6 to 8.

POACHED SALMON

- 4 fresh or frozen salmon steaks, cut 1 inch thick
- 1¼ cups dry white wine
- 2 tablespoons thinly sliced green onion with tops
- 2 or 3 sprigs parsley
- 1 bay leaf
- ¼ cup whipping cream
- 2 well-beaten egg yolks
- ½ teaspoon lemon juice
- 2 tablespoons snipped parsley

Thaw frozen salmon. In electric skillet (350°), combine wine, onion, parsley sprigs, bay leaf, 1 teaspoon salt, and dash pepper. Heat to boiling. Add salmon. Cover; reduce heat to 220°. Simmer about 10 minutes, or till fish flakes easily. Remove fish, parsley, and bay leaf. Keep fish warm.

Boil wine mixture down to ¾ cup. Mix cream, egg yolks, and lemon juice; slowly add *part* of wine mixture. Return to mixture in skillet. Cook and stir on low heat till thickened and bubbly. Spoon over fish. Garnish with snipped parsley. Serves 4.

CHILI BEEF SKILLET

- 1 pound lean ground beef
- ¾ cup chopped onion
- 1 1-pound can tomatoes, cut up
- 1 15-ounce can red kidney beans
- ¾ cup uncooked packaged precooked rice
- 3 tablespoons chopped green pepper
- 1½ teaspoons chili powder
- ½ teaspoon garlic salt
- 3 ounces sharp process American cheese, shredded (¾ cup)

Brown meat and onion in electric skillet (350°). Stir in next 6 ingredients, ¾ cup water, and ½ teaspoon salt. Cover; reduce heat to 220°. Simmer 20 minutes; stir often. Add cheese. Cover; melt cheese. Serves 6.



Spoon portions of this tangy and unusual Garden Skillet Salad onto plates at the

table. Your electric skillet doubles as a cooker and a convenient serving dish.

VEAL PAPRIKA

- 1½ pounds boneless veal shoulder, cut in 1-inch cubes
- 2 tablespoons butter
- 1½ cups chopped onion
- 1 1-pound can tomatoes, cut up
- 1¾ cups water
- 2 tablespoons paprika
- 1½ teaspoons salt
- 1 teaspoon sugar
- ½ teaspoon dried marjoram, crushed
- 8 ounces (6 cups) medium noodles
- 1½ tablespoons all-purpose flour
- 1 cup dairy sour cream

In electric skillet (350°), brown veal in butter. Add chopped onion; cook and stir till onion is tender but not brown. Add tomatoes, water, paprika, salt, sugar, and marjoram. Cover; simmer for 30 to 35 minutes, stirring occasionally. Cook noodles according to package directions; drain and keep warm. Stir flour into sour cream. Stir a small amount veal mixture into sour cream. Slowly blend sour cream into veal mixture in skillet. Serve over the cooked noodles. Makes 4 servings.

GARDEN SKILLET SALAD

- ½ medium head cauliflower
- 2 tablespoons salad oil
- 1 tablespoon sugar
- 2 teaspoons cornstarch
- 2 teaspoons instant minced onion
- 1 teaspoon prepared mustard
- ½ teaspoon garlic salt
- ¼ teaspoon salt
- ⅓ cup vinegar
- 2 cups fully cooked ham cut in 1½-inch strips
- 6 cups torn lettuce
- 1 cup halved cherry tomatoes
- ½ cup sliced celery

Separate cauliflower into flowerets; cook in boiling water till crisp-tender. Drain and slice lengthwise. In electric skillet (300°), combine oil, sugar, cornstarch, onion, mustard, garlic salt, salt, and dash pepper. Blend in vinegar and ⅓ cup water. Cook and stir till mixture thickens and bubbles. Add cauliflower and ham; heat through. Toss with lettuce, tomatoes, and celery. Cook 30 seconds longer. Serve at once. Makes 8 servings.

CANADIAN SMOKED LIMAS

- 1 10-ounce package frozen lima beans
- ½ cup dairy sour cream
- 3 teaspoons brown sugar
- 2 teaspoons all-purpose flour
- 1 teaspoon chicken-flavored gravy base
- ¾ teaspoon grated orange peel
- 3 tablespoons orange juice
- 1 tablespoon butter
- 6 slices Canadian-style bacon, cut in thin strips

Cook limas according to package directions. Drain well, reserving ¼ cup cooking liquid. Combine reserved liquid, sour cream, 1 teaspoon brown sugar, flour, gravy base, orange peel, and orange juice.

Melt butter in electric skillet (350°). Add meat strips; brown lightly. Remove meat from skillet and toss with remaining brown sugar; keep meat warm. In same skillet, combine limas and sour cream mixture. Heat and stir just to boiling. Turn out onto serving platter. Arrange meat strips over top. Makes 3 or 4 servings.

SCALLOPED POTATOES AND HAM

Cook 6 medium potatoes, pared and sliced, in boiling, salted water for 10 to 15 minutes, or till tender. Drain, reserving 1 cup cooking liquid. Place potatoes in 8x8x2-inch baking dish. Melt 3 tablespoons butter or margarine in electric skillet (300°). Remove 1 tablespoon butter; toss with ¾ cup soft bread crumbs, ½ teaspoon paprika, and ⅛ teaspoon dried thyme, crushed. Set crumbs aside.

Into remaining butter in skillet, blend 2 tablespoons all-purpose flour, 1 teaspoon dry mustard, 1 teaspoon salt, and ⅛ teaspoon pepper. Add reserved liquid and 1 cup milk or light cream. Cook and stir till thickened and bubbly.

Stir in 2 cups cubed fully cooked ham and 4 slices process American cheese, cut up. Cook till cheese is melted. Pour sauce over potatoes. Sprinkle with crumbs. Place on low rack in electric skillet. Cover and bake with vent open at 350° for 1 hour. Makes 6 to 8 servings.

CHICKEN IN GOLDEN SAUCE

- 3 chicken breasts (2 pounds)
- 1 tablespoon lemon juice
- ¼ cup all-purpose flour
- 1 teaspoon paprika
- Dash freshly ground pepper
- 3 tablespoons butter
- 1 clove garlic, halved
- ½ cup dry white wine
- Golden Sauce

Skin and split chicken; rub with lemon juice. Mix flour, paprika, pepper, and 1 teaspoon salt in paper or plastic bag. Add 2 or 3 pieces chicken at a time; shake to coat well. Heat butter and garlic in electric skillet (300°). Discard garlic. Cook chicken till golden on both sides; add wine. Cover; reduce heat to 220°. Simmer 20 minutes, or till tender. Uncover; cook 10 minutes, or till liquid is reduced to ¼ cup. Remove chicken; keep hot. Prepare Golden Sauce. Serve over chicken. Serves 4.

Golden Sauce: In saucepan, combine pan liquid, 4 beaten egg yolks, 1 cup whipping cream, 1 tablespoon each snipped parsley and chives, and ⅛ teaspoon ground nutmeg. Season with salt and white pepper. Cook and stir on low heat till slightly thickened. Add ½ teaspoon lemon juice.

APPLE FRITTERS

- 1 cup sifted all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 beaten egg
- ¾ cup milk
- 2 tablespoons butter, melted
- 3 or 4 apples, pared and cored, or 18 thin pineapple slices
- Salad oil

Sift together dry ingredients. Combine egg, milk, and butter. Stir into dry ingredients till smooth; do not overbeat. Slice apples crosswise into rings; dip fruit in batter one at a time. (Add more milk or flour, if needed, so batter coats.) In electric skillet, heat 1 inch oil to 375°. Fry fritters 3 minutes, or till brown; turn once. Drain. Serve hot. Sprinkle with confectioners' sugar, if desired. Makes 18.

SUKIYAKI

- 2 tablespoons salad oil
- 1 pound boneless beef tenderloin, very thinly sliced across the grain
- 2 tablespoons sugar
- ½ cup beef stock or canned condensed beef broth
- ⅓ cup soy sauce
- 2 cups bias-sliced green onions
- 1 cup bias-sliced celery
- 5 cups small spinach leaves
- 1 1-pound can bean sprouts, drained
- 1 cup thinly sliced fresh mushrooms
- 1 5-ounce can water chestnuts, drained and thinly sliced
- 1 5-ounce can bamboo shoots, drained
- Hot cooked rice

Preheat electric skillet or wok; add oil. Add beef; cook quickly, turning meat over and over, 1 to 2 minutes, or just till browned. Sprinkle with sugar. Combine beef stock and soy; pour over meat. Push meat to one side. Let soy mixture bubble. Keeping in separate groups, add onions and celery. Continue cooking and toss-stirring *each group* on high heat about 1 minute; push to one side. Again keeping in separate groups, add remaining ingredients *except* rice. Cook and stir *each food* just till hot. Serve with rice. Serves 4.

SCALLOPS AMANDINE

- ¾ pound fresh or frozen scallops
- ⅓ cup all-purpose flour
- ¼ cup butter or margarine
- 3 tablespoons slivered almonds
- 1 tablespoon lemon juice
- 1 tablespoon snipped parsley

Thaw frozen scallops; cut large scallops in thick slices. Coat with a mixture of flour and ¼ teaspoon salt. In electric skillet (350°) cook in *half* the butter till golden. Remove to warm platter. Melt remaining butter; add almonds and toast till golden. Stir in lemon juice and parsley; pour over scallops. Serves 4.

SASSY ZUCCHINI

- 1 pound ground beef
- 1 cup chopped onion
- 1 1-pound can tomatoes, cut up
- 1 1-ounce envelope spaghetti sauce mix
- 1 cup uncooked packaged precooked rice
- 1½ pounds zucchini, cut in 1-inch strips (4 cups)

In electric skillet (350°) cook beef and onion till meat is browned. Stir in undrained tomatoes, sauce mix, ¾ cup water, and 1 teaspoon salt. Bring to boiling. Stir in rice and zucchini. Cover tightly; reduce heat (220°). Simmer, stirring occasionally, 15 to 20 minutes or till zucchini is tender. Makes 6 servings.

ORIENTAL PORK

- 1 pound boneless pork, cut in 1-inch cubes
- 1 beaten egg
- ¼ cup cornstarch
- ¼ cup all-purpose flour
- 1¼ cups chicken broth
- Salad oil
- 1 large green pepper, diced
- ½ cup chopped carrot
- 1 clove garlic, minced
- 2 tablespoons salad oil
- ½ cup sugar
- ⅓ cup red wine vinegar
- 2 teaspoons soy sauce
- 2 tablespoons cornstarch
- Hot cooked rice

Trim excess fat from pork. Combine egg, ¼ cup cornstarch, flour, ¼ cup chicken broth, and ½ teaspoon salt; beat smooth. Pour salad oil into electric skillet to depth of 1 inch; heat to 375°. Dip pork in batter; fry in hot oil for 5 to 6 minutes, or till golden. Drain and keep warm.

In a skillet, cook green pepper, carrot, and garlic in 2 tablespoons oil till tender. Stir in 1 cup broth, sugar, vinegar, and soy sauce. Bring to boiling; boil rapidly 1 minute. Blend ¼ cup cold water into cornstarch; stir into skillet. Cook and stir till thickened and bubbly. Stir in pork. Serve with rice. Serves 4 to 6.

PRESSURE PAN COOKING

PORK CHOP SUPPER

- 2 teaspoons shortening
- 4 pork chops, ½ inch thick
- ½ cup chicken broth
- 4 small potatoes, pared and halved or quartered
- 4 medium carrots, pared and cut up
- 1 small onion, chopped
- 2 tablespoons all-purpose flour

Heat shortening in 4-quart pressure pan. Season chops with 1 teaspoon salt and dash pepper; brown on both sides in hot shortening. Add broth. Place vegetables atop chops. Sprinkle with additional salt and pepper. Close cover securely. Cook 10 minutes at 15 pounds pressure. Cool quickly under cold running water.

Remove chops and vegetables to serving platter. Blend flour and ¼ cup cold water. Add to juices in pan. Cook and stir till thick and bubbly. Pass gravy. Serves 4.

SPEEDY CHOP SUEY

- 1 pound beef, pork, or veal, cut in ½-inch cubes
- 2 tablespoons shortening
- 1 cup sliced celery
- 1 cup sliced onion
- 1 6-ounce can broiled sliced mushrooms, undrained
- ¼ cup soy sauce
- 3 tablespoons cornstarch
- 1 1-pound can bean sprouts
- 4 cups hot cooked rice

Brown meat in shortening in 4-quart pressure pan. Add 1 cup water, ½ teaspoon salt, and dash pepper. Close cover securely. Cook 10 minutes at 10 pounds pressure. Reduce pressure under cold running water. Add celery and onion. Close cover. Cook 2 minutes at 10 pounds pressure. Reduce pressure under cold running water. Add mushrooms. Mix soy and cornstarch; stir into mixture. Cook and stir till bubbly. Drain sprouts; add to mixture. Serve over rice. Serves 6.

JIFFY SPAGHETTI SAUCE

- 1 pound ground beef
- 2 large onions, sliced
- 2 8-ounce cans (2 cups) tomato sauce
- 1 6-ounce can (⅔ cup) tomato paste
- 2 tablespoons salad oil
- 1 to 1½ teaspoons chili powder
- 1 teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon garlic salt
- Dash cayenne
- 8 ounces long spaghetti, cooked
- Grated Parmesan cheese

Combine all ingredients except spaghetti and cheese in 4-quart pressure pan. Cook 12 minutes at 15 pounds pressure. Reduce pressure quickly under cold running water. Serve over cooked spaghetti. Top with Parmesan cheese. Makes 6 servings.

NEW ENGLAND DINNER

- 1 small clove garlic
- 1 bay leaf
- 2½ pounds corned beef brisket
- 6 small potatoes, pared and halved
- 6 medium carrots, pared and halved
- 1 small head cabbage, quartered
- 1 small rutabaga or turnip, cut in chunks
- 4 peppercorns

Place garlic, bay leaf, and 1 cup water in 6-quart pressure pan with rack. Place meat on rack. Close cover securely. Cook 45 minutes at 15 pounds pressure. Let pressure drop of its own accord. Open pan and add potatoes, rutabaga, carrots, cabbage, and peppercorns. Close cover securely and return pan to heat. Cook 6 to 7 minutes at 15 pounds pressure. Reduce pressure quickly by placing under cold running water. Makes 6 servings.

MICROWAVE COOKING

BARBECUED SPARERIBS

- 3 to 3½ pounds pork spareribs
- ¼ cup molasses
- ¼ cup prepared mustard
- ¼ cup lemon juice
- 1 tablespoon Worcestershire sauce
- ½ teaspoon bottled hot pepper sauce
- ¼ teaspoon salt
- Lemon slices

Cut ribs in serving-size pieces. Arrange in 12x7½x2-inch glass baking dish. Cover with waxed paper and cook in countertop microwave oven for 20 minutes, rearranging ribs every 5 minutes. Drain off juices and rearrange ribs in baking dish. Combine molasses, mustard, lemon juice, Worcestershire, hot pepper sauce, and salt. Pour mixture over ribs. Micro-cook, uncovered, about 10 minutes*, or till ribs are done. Occasionally baste and rearrange ribs in dish. Garnish ribs with lemon slices. Makes 3 or 4 servings.

PIZZA CUBED STEAKS

- 1 8-ounce can pizza sauce
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- 1 teaspoon cornstarch
- ½ teaspoon sugar
- ¼ teaspoon dried oregano, crushed
- ¼ teaspoon dried basil, crushed
- 4 beef cubed steaks
- 1 slice mozzarella cheese

In 12x7½x2-inch glass baking dish, combine first 7 ingredients. Cover with waxed paper. Cook in countertop microwave oven 3 minutes; stir. Add meat in single layer; sprinkle with ¾ teaspoon salt and ⅛ teaspoon pepper. Cover; micro-cook 5 minutes. Turn meat over; micro-cook, covered, 3 minutes* more, or till done. Remove from oven. Cut cheese in 4 triangles; place one triangle atop each steak. Let stand 1 minute to melt cheese. Serves 4.

CREOLE JAMBALAYA

- 2 tablespoons butter
- 2 cups cubed fully cooked ham
- ½ cup chopped onion
- ½ medium green pepper, cut in ½-inch squares (½ cup)
- 1 clove garlic, minced
- 1 1-pound can tomatoes, cut up
- 1 bay leaf, crushed
- 1 teaspoon instant beef bouillon granules
- 1 teaspoon sugar
- ½ teaspoon dried thyme, crushed
- ½ teaspoon chili powder
- ⅓ teaspoon bottled hot pepper sauce
- 1 4½-ounce can small shrimp
- 2 cups cooked rice

In 12x7½x2-inch glass baking dish, melt butter in countertop microwave oven, about 30 seconds. Add ham, onion, green pepper, and garlic. Cover with waxed paper. Micro-cook 5 minutes*, or till vegetables are tender; stir once. Stir in next 7 ingredients, ½ cup water, and dash pepper. Micro-cook, covered, 4 minutes. Drain shrimp; stir in shrimp and rice. Micro-cook, covered, 3 minutes; stir. Micro-cook, covered, 3 minutes*, or till bubbly. Pass additional hot pepper sauce. Makes 6 servings.

CRANBERRY MEAT SAUCE

In large glass measuring cup, mix one 8-ounce can whole cranberry sauce, ¾ cup bottled barbecue sauce, and ¾ cup apple juice. Cook, uncovered, in countertop microwave oven 4 minutes*, or till bubbly; stir twice. Blend 2 tablespoons cold water into 1 tablespoon cornstarch; add to hot mixture. Micro-cook, uncovered, 1 minute*, or till thick and bubbly; stir once. Serve with pork or ham. Makes 2⅔ cups.

* *The timings are approximate, as countertop microwave ovens vary by manufacturer. But after trying a few recipes, you will be able to adjust recipe timings to your microwave oven.*

FRANK-BURGERS

- ¼ cup catsup
- 1 tablespoon butter margarine
- 1 tablespoon molasses
- 2 teaspoons vinegar
- • •
- 1 beaten egg
- 1 teaspoon instant onion powder
- ½ cup soft bread crumbs
- ⅛ teaspoon salt
- Dash pepper
- ½ pound ground beef
- 4 frankfurters
- 4 frankfurter buns, toasted

In 1-cup glass measure butter, molasses, and vinegar; microwave, covered, in countertop oven for about 1½ minutes*, or till hot. In a bowl, combine onion powder, molasses, crumbs, salt, and pepper; mix thoroughly. Add ground beef and mix thoroughly. Divide meat mixture into 4 portions around frankfurters. Place in greased baking dish. Micro-cook, covered, in countertop microwave oven for 2 minutes, rearranging after 1 minute. Baste mixture. Micro-cook, uncovered, in countertop microwave oven for 2 minutes*, or till meat is done. Brush meat once and brushing again with sauce and frankfurter buns. Makes 4 servings.

GLAZED SQUASH

- 2 acorn squash
- ½ cup maple-flavored syrup
- ¼ cup butter or margarine

Prick skin of whole squash. Place in 12x7½x2-inch glass baking dish. Microwave, covered, in countertop microwave oven for 8 to 10 minutes*, or till tender. Cut in 1-inch slices, removing seeds and ends. Return to dish. In 1-cup measuring cup, combine butter and syrup. Micro-cook for 15 seconds. Brush over squash. Cover with waxed paper. Micro-cook for 3 to 5 minutes, basting

SPARERIBS CANTONESE

- 4 pounds pork spareribs
- 1 12-ounce jar orange marmalade
- ½ cup soy sauce
- ½ teaspoon garlic powder
- ½ teaspoon ground ginger
- Dash pepper

Cut ribs in serving-size pieces. Arrange in 12x7½x2-inch glass baking dish. Cover with waxed paper. Cook in countertop microwave oven 10 minutes. Drain off juices; rearrange ribs. Combine marmalade, soy sauce, garlic, ginger, pepper, and ¼ cup water. Pour over ribs. Micro-cook, uncovered, in countertop microwave oven for 30 minutes*, or till done. Occasionally baste and rearrange ribs. Garnish with orange slices, if desired. Serves 4 to 6.

MULLED NECTAR

- 1 12-ounce can apricot nectar
- 1 cup pineapple or orange juice
- 4 whole cloves
- 4 whole allspice

In large glass measuring cup, combine nectar, pineapple or orange juice, and spices. Heat, uncovered, in countertop microwave oven for 5 to 6 minutes*, stirring after 2 minutes. Pour through strainer into heat-proof glasses. Makes 4 servings.

BUTTERSCOTCH FUDGE

In a 1-quart glass casserole, place one 3-ounce package cream cheese, cut up; ½ cup butterscotch pieces; and 1 tablespoon milk. Cook, covered, in countertop microwave oven for 1 minute*, or till butterscotch melts, stirring once. (Tiny cheese lumps will remain.) Stir in 2 cups sifted confectioners' sugar, ¼ teaspoon vanilla, and dash salt. Fold in 1 cup miniature marshmallows. Immediately turn into waxed paper-lined 8½x4½x2½-inch loaf pan. Chill till set. Turn out; cut in pieces. Store in refrigerator. Makes 1 pound.

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Your microwave oven makes fast work of preparing this tasty meal. Just slice and finish cooking Glazed Squash Rings while

you're adding the garnish to Spareribs Cantonese. Warm dinner rolls and a crisp tossed salad round out the menu.

BEEF AND PORK RING

- 1 beaten egg
- ½ cup milk
- 1½ cups soft bread crumbs
- 2 tablespoons finely chopped onion
- 2 tablespoons finely chopped green pepper
- 1 pound ground beef
- ¼ pound ground pork
- 2 tablespoons catsup
- 1 tablespoon brown sugar
- ¼ teaspoon dry mustard

Mix egg, milk, crumbs, onion, green pepper, 1 teaspoon salt, and dash pepper. Add meats; mix well. In 9-inch glass pie plate, shape meat into ring, 1 inch high, around small juice glass. Cover with waxed paper. Cook in countertop microwave oven 8 minutes; give dish quarter turn every 2 minutes. Spoon off fat. Mix remaining ingredients; spread over meat. Micro-cook, uncovered, about 2 minutes*, or till done. Let stand 5 minutes. Serves 4 or 5.

PEPPY ITALIAN CHICKEN

- ½ cup chopped onion
- ¼ cup chopped celery
- ¼ cup chopped green pepper
- 2 cloves garlic, minced
- 1 8-ounce can tomatoes, cut up
- 1 8-ounce can tomato sauce
- 1 3-ounce can sliced mushrooms, drained
- ¼ cup dry white wine
- ½ teaspoon dried basil, crushed
- ½ teaspoon dried rosemary, crushed
- Dash bottled hot pepper sauce
- 4 medium chicken legs
- 4 medium chicken thighs

In 12x7½x2-inch glass baking dish, combine first 4 ingredients and 2 tablespoons water. Cover with waxed paper. Cook in countertop microwave oven 3 minutes. Stir in next 7 ingredients, ¾ teaspoon salt, and dash pepper. Add chicken; coat with sauce. Micro-cook, covered, about 40 minutes*, or till done; turn dish every 10 minutes. Serves 4.

ORIENTAL CHICKEN

- 1½ cups uncooked packaged precooked rice
- 1 green pepper, cut in strips
- 1 cup bias-cut celery
- 1 tablespoon cornstarch
- 1 10½-ounce can condensed cream of chicken soup
- 2 tablespoons soy sauce
- 2 cups cubed cooked chicken
- 1 1-pound can chop suey vegetables, drained

In 1-quart glass casserole, heat 1½ cups water, covered, in countertop microwave oven till boiling, about 2½ minutes. Stir in rice. Cover; let stand at least 5 minutes. Fluff up with fork before serving.

In 1½-quart glass casserole, mix green pepper, celery, and 1 tablespoon water. Micro-cook, covered, for 3 minutes; stir once. Blend ¼ cup cold water into cornstarch; stir into vegetables. Stir in soup and soy. Add chicken and chop suey vegetables. Cover; micro-cook for 2 minutes; stir. Micro-cook, covered, about 4 minutes*, or till hot. Serve with rice. Serves 6.

APPLE-HAM OPEN-FACERS

- 2 tablespoons sugar
- 2 tablespoons cornstarch
- 1⅔ cups apple cider or juice
- 1 teaspoon Worcestershire sauce
- ¼ cup chopped onion
- 2 tablespoons sweet pickle relish
- 1 12-ounce can luncheon meat
- 2 tart cooking apples, pared and thinly sliced (2 cups)
- 12 slices French bread, toasted

Combine sugar and cornstarch in 1½-quart glass casserole. Blend in cider and Worcestershire. Add onion and relish. Cook, uncovered, in countertop microwave oven for 6 minutes; stir once. Cut meat in 18 slices. Add meat and apples to sauce; stir till coated. Micro-cook, uncovered, for 3 minutes; stir. Micro-cook, uncovered, about 3 minutes*, or till hot through. For each sandwich, place 3 slices meat atop 2 slices bread. Spoon sauce over. Serves 6.

TARRAGON FISH FILLETS

- 1½ pounds fresh or frozen fish fillets (4 fillets)**
- ¼ cup sliced green onion**
- 2 tablespoons butter or margarine**
- 1 tablespoon bottled steak sauce**
- 2 teaspoons vinegar**
- 2 teaspoons honey**
- ½ teaspoon dried tarragon, crushed**

If fillets are frozen, place in 12x7½x2-inch glass baking dish. Thaw in countertop microwave oven as follows**: Allowing a 2-minute rest period between each thawing time and turning fish over one time, micro-cook for 2 minutes; 1 minute; 1 minute; then 30 seconds. Separate fillets; set aside. In glass measuring cup, mix onion, butter, steak sauce, vinegar, honey, tarragon, ½ teaspoon salt, and ⅛ teaspoon pepper. Micro-cook, uncovered, 1½ minutes*, or till bubbly; stir. Arrange fillets in 12x7½x2-inch glass baking dish; tuck under thin edges. Pour sauce atop. Cover with waxed paper. Micro-cook 6 minutes*, or till fish flakes easily; baste fish and turn dish every 2 minutes. Let stand, covered, a few minutes before serving. Serve sauce with fish. Serves 4 to 6.

**If microwave oven has defrost feature, follow manufacturer's directions.

CRANBERRY PORK CHOPS

- 4 pork rib chops, ½ inch thick**
- Salt**
- Pepper**
- ½ cup whole cranberry sauce**
- 2 tablespoons bottled barbecue sauce**
- 2 tablespoons water**

Arrange pork chops in single layer in an 8x8x2-inch glass baking dish. Season with salt and pepper. Combine cranberry sauce, barbecue sauce, and water; pour over pork chops. Cover with waxed paper. Cook in countertop microwave oven about 12 minutes*, or till done. Spoon sauce mixture over chops and give dish a quarter turn every 3 minutes. Makes 4 servings.

ZUCCHINI CASSEROLE

- 2 pounds zucchini, sliced ⅜ inch thick (7 cups)**
- ¼ cup chopped onion**
- 1 10½-ounce can condensed cream of chicken soup**
- 1 cup dairy sour cream**
- 1 cup shredded carrot**
- ¼ cup butter or margarine**
- 2 cups herb-seasoned stuffing mix (about ½ of an 8-ounce package)**

Combine zucchini and onion in 12x7½x2-inch glass baking dish; add ¼ cup water. Cover; cook in countertop microwave oven about 15 minutes*, or till zucchini is tender; stir every 3 minutes. Drain. Combine soup and sour cream; stir in carrot. Fold in zucchini and onion. In glass bowl, melt butter in microwave oven, about 30 seconds. Stir in stuffing mix. Spread *half* the stuffing mixture in bottom of same baking dish. Spoon zucchini mixture atop. Sprinkle with remaining stuffing mixture. Micro-cook, uncovered, about 7 minutes*, or till hot; give dish a half turn after 4 minutes. Serves 6.

CORN AND CABBAGE COMBO

In a 1-quart glass casserole, combine one 10-ounce package frozen whole kernel corn, 2 cups chopped cabbage, 2 tablespoons chopped onion, and 2 tablespoons water. Cover; cook in countertop microwave oven for 3 minutes; stir. Micro-cook, covered, about 3 minutes* longer, or till vegetables are tender. Drain in collander. In the same casserole, combine 1 cup cream-style cottage cheese, 2 tablespoons grated Parmesan cheese, ¼ teaspoon salt, and ⅛ teaspoon pepper. Stir in drained vegetables. Micro-cook, uncovered, for 2 minutes; stir. Micro-cook, uncovered, for 2 minutes; stir. Micro-cook, uncovered, about 2 minutes* longer, or till heated through. Stir. Serves 5 or 6.

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CHERRY-BANANA

- 3 firm medium bananas
- 2 teaspoons lemon juice
- 1 1-pound 5-ounce pie filling
- 3 soft macaroon crumbs
- Vanilla ice cream

Peel bananas and cut in 10x6x2-inch glass baking dish. Mix banana juice into pie filling; sprinkle crumbs atop. Cook, uncovered, in countertop microwave oven for 2 minutes. Stir and sprinkle crumbs atop. Cook, uncovered, about 2 minutes through. Serve with ice cream.

DATE PUDDING C

- ½ cup snipped pitted dates
- 2 tablespoons butter
- ½ cup granulated sugar
- ¼ cup brown sugar
- 1 slightly beaten egg
- 1 cup sifted all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¼ cup chopped walnuts
- ¾ cup brown sugar
- 1 tablespoon butter
- Vanilla ice cream

In large glass measuring cup, combine water and sugar; boil in countertop microwave oven, about 2 minutes. In large glass mixing bowl, combine butter and sugar; mix in microwave oven, 30 seconds. Blend in granulated sugar and brown sugar. Add egg; mix together flour, baking powder, and salt; stir into sugar mixture. Add nuts and date mixture in 12x7½x2-inch glass baking dish; spread evenly.

In 4-cup glass measuring cup, combine ½ cup water in microwave oven, about 3½ minutes. Add ½ cup brown sugar and 1 tablespoon butter; stir till dissolved. Carefully pour over date mixture. Microwave, about 8 minutes*, or till inserted in cake portion comes out clean. Give dish a quarter turn. Serve warm with ice cream.

MIXED FRUIT COMPOTE

- 1 1-pound can peach slices
- 1 1-pound can pitted dark sweet cherries
- ½ cup brown sugar
- ⅓ cup orange juice
- ½ teaspoon grated lemon peel
- 2 tablespoons lemon juice
- 1 cup (5 ounces) dried apricots

Drain peaches and cherries, reserving the syrups. In 2-quart glass casserole, combine reserved syrups, brown sugar, orange juice, lemon peel, and lemon juice. Stir in dried apricots. Cover and cook in countertop microwave oven about 10 minutes*, or till mixture boils. Let stand, covered, 30 minutes. Stir in peaches and cherries. Micro-cook, uncovered, about 3 minutes*, or till heated through. Serves 6 to 8.

HONEY BAKED APPLES

Remove core from 4 large baking apples and enlarge hole slightly to allow for filling. Pare a strip from top of each. Place each in 6-ounce custard cup. Combine 1 small banana, chopped; ⅓ cup cranberries, chopped; 3 tablespoons honey; and ¼ teaspoon ground cinnamon. Fill centers of apples. Pour 1 tablespoon water over each apple. Cook, uncovered, in countertop microwave oven for 5 to 7 minutes*, or till nearly tender; rearrange once. Let stand till cooled slightly. Serves 4.

DEVILED NUT SNACK

In 12x7½x2-inch glass baking dish, melt ¼ cup butter in countertop microwave oven, about 30 seconds. Stir in 1½ teaspoons chili powder, 1 teaspoon Worcestershire sauce, ½ teaspoon garlic salt, and ⅛ teaspoon cayenne. Add 3 cups bite-size shredded corn squares cereal, 1 cup cashews, and 1 cup walnuts; toss to coat. Micro-cook, uncovered, 5 to 6 minutes*; stir often. Makes 5 cups.

* *The timings are approximate, as countertop microwave ovens vary by manufacturer. But after trying a few recipes, you will be able to adjust recipe timings to your microwave oven.*

SLOW CROCKERY COOKING

INDIVIDUAL POT ROASTS

- 2 medium carrots, thinly sliced (1 cup)
- 1 medium turnip, coarsely chopped (½ cup)
- ½ cup chopped green pepper
- ½ cup chopped onion
- ½ cup sliced celery
- 1 3-pound boneless beef pot roast
- 1 clove garlic, halved
- 2 tablespoons snipped parsley
- ¼ cup all-purpose flour

Place first 5 ingredients in slow electric crockery cooker. Trim excess fat from meat; cut meat in 6 portions. Rub meat with cut surface of garlic; season with 1 teaspoon salt and ⅛ teaspoon pepper. Place atop vegetables in cooker. Add ¼ cup water; sprinkle with parsley. Cover; cook on low-heat setting for 8 to 10 hours.

For gravy, remove meat and vegetables to serving dish; cover to keep warm. Measure meat juices; add water, if necessary, to make 1½ cups. Slowly blend ½ cup cold water into flour; turn into medium saucepan along with meat juices. Cook and stir over medium heat till thickened and bubbly; cook 1 minute more. Spoon some gravy over meat; pass remainder. Serves 6.

MAPLE BAKED LIMAS

Rinse 1 pound (2½ cups) dry lima beans. In large saucepan or Dutch oven, combine beans and 2 quarts water; bring to boiling. Cover and simmer 1½ hours. Transfer to bowl. Cover and refrigerate overnight.

Drain beans; reserve 1 cup liquid. Combine beans; reserved bean liquid; 1 cup chopped onion; 4 slices bacon, cut in small pieces; ½ cup maple-flavored syrup; ½ cup catsup; 1 tablespoon Worcestershire sauce; 1 teaspoon salt; ⅛ teaspoon pepper; and 1 bay leaf. Mix well. Pour into slow electric crockery cooker. Cover; cook on low-heat setting for 7 to 10 hours. Or, cover and cook on high-heat setting for 3½ to 5 hours. Remove bay leaf. Serves 6.

CHICKEN CASSOULET

- ½ pound (1 cup) dry navy beans
- ¾ pound Polish sausage links
- 1 cup tomato juice
- 1 tablespoon Worcestershire sauce
- 2 teaspoons instant beef bouillon granules
- ½ teaspoon dried basil, crushed
- ½ teaspoon dried oregano, crushed
- ½ teaspoon paprika
- ½ cup finely chopped carrot
- ½ cup chopped celery
- ½ cup chopped onion
- 1 2½- to 3-pound ready-to-cook broiler-fryer chicken, cut up

Rinse beans; place in saucepan with 1 quart water. Bring to boiling. Cover; simmer 1½ hours. Transfer to bowl; cover and chill overnight. Drain beans. Halve sausage. Mix beans, sausage, tomato juice, Worcestershire, bouillon granules, basil, oregano, paprika, and 1 teaspoon salt. Set aside. Place carrot, celery, and onion in slow electric crockery cooker. Sprinkle chicken with salt and pepper; place in cooker. Pour bean mixture atop; press beans down into liquid. Cover; cook on low-heat setting for 7 hours, or till done. Remove meat. Mash bean mixture slightly; serve in soup bowls with meat. Serves 6.

RIBS AND KRAUT

Cut 3 pounds pork spareribs in pieces to fit slow electric crockery cooker. Season with 1½ teaspoons salt and ¼ teaspoon pepper. Brown ribs in large skillet. Place ribs in bottom of cooker. Combine one 8-ounce can tomatoes, cut up; 2 tablespoons brown sugar; and 1½ teaspoons caraway seed. Stir in one 1 pound 11-ounce can sauerkraut, rinsed and drained; 1 large unpared tart apple, thinly sliced; and 1 onion, cut in wedges. Place mixture on top of meat in cooker. Cover and cook on low-heat setting for 6½ to 8 hours. Serves 6.

OLIVE SPAGHETTI SAUCE

- 1 pound lean ground beef
- ½ pound bulk Italian sausage
- 1 1-pound 12-ounce can tomatoes, cut up
- 2 6-ounce cans tomato paste
- 1 6-ounce can sliced mushrooms, drained
- ½ cup Burgundy
- 1 large onion, chopped
- 1 large green pepper, chopped
- ½ cup sliced pimiento-stuffed green olives
- 3 bay leaves
- 2 cloves garlic, minced
- 1½ teaspoons Worcestershire sauce
- 1 teaspoon sugar
- ½ teaspoon chili powder
- 2 tablespoons cornstarch
- Hot cooked spaghetti
- Grated Parmesan cheese

In skillet, brown ground beef and sausage; drain off fat. Transfer meat to slow electric crockery cooker. Add undrained tomatoes, tomato paste, mushrooms, Burgundy, and ½ cup water. Stir in onion, green pepper, olives, bay leaves, garlic, Worcestershire, sugar, chili powder, 1 teaspoon salt, and ⅛ teaspoon pepper. Cover and cook on low-heat setting for 10 to 12 hours. To serve, turn to high-heat setting. Heat till bubbly. Blend 2 tablespoons cold water into cornstarch; stir into meat mixture. Cover; cook 10 minutes longer. Serve over spaghetti. Pass cheese. Serves 8 to 10.

SPICED APPLESAUCE

- 4 pounds tart cooking apples, pared, cored, and thinly sliced (12 cups)
- ½ cup sugar
- ½ teaspoon ground cinnamon
- 1 cup water
- 1 tablespoon lemon juice

Place apples in a slow electric crockery cooker. Combine sugar and cinnamon; mix with apples. Blend in water and lemon juice. Cover and cook on low-heat setting for 5 to 7 hours *or* on high-heat setting for 2½ to 3½ hours. Makes about 6 cups.

BARBECUE SANDWICHES

- 1 2-pound beef pot roast
- 1 15-ounce can tomato sauce
- ¾ cup chopped onion
- ¼ cup chopped green pepper
- 2 tablespoons brown sugar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon dry mustard
- 1 teaspoon salt
- Dash bottled hot pepper sauce
- 1 tablespoon mixed pickling spice
- 2 tablespoons all-purpose flour
- Individual hard rolls

Trim excess fat from pot roast. Cut meat in half and fit into bottom of slow electric crockery cooker. Combine tomato sauce, onion, green pepper, brown sugar, Worcestershire sauce, dry mustard, salt, and hot pepper sauce. Pour tomato mixture over meat. Tie pickling spice in cheesecloth bag; add to tomato mixture. Cover and cook on low-heat setting for 10 to 12 hours, or till meat is very tender.

To serve, turn to high-heat setting. Lift pot roast and spice bag from sauce. Skim off excess fat. Remove meat from bone; discard bone and spice bag. Cool meat slightly; cut across grain into thin slices. When mixture in cooker bubbles, put ¼ cup cold water and 2 tablespoons flour in a shaker; shake well. Blend into sauce mixture. Return sliced meat to cooker. Cover and heat for 10 minutes. Fill hard rolls with meat mixture. Makes 15 to 20.

GOLDEN FRUIT COMPOTE

- 1 1-pound 13-ounce can peach or pear slices
- ¾ cup orange juice
- ½ cup dried apricots
- ¼ cup light raisins
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg

In a slow electric crockery cooker, combine undrained peach or pear slices, orange juice, apricots, raisins, cinnamon, and nutmeg. Completely immerse fruit in liquid. Cover and cook on low-heat setting for 6 to 8 hours. Makes 6 servings.

MEAT LOAF FLORENTINE

- 2 slightly beaten eggs
- ½ cup milk
- 1½ cups soft bread crumbs
- 1 10-ounce package frozen chopped spinach, thawed and drained
- 2 tablespoons soy sauce
- 1¼ teaspoons salt
- ¼ teaspoon bottled hot pepper sauce
- 2 pounds ground beef
- Mushroom Sauce**

Combine eggs, milk, bread crumbs, spinach, soy sauce, salt, and hot pepper sauce. Add ground beef; mix well. Lightly grease bottom and sides of slow electric crockery cooker. Shape meat mixture in round loaf to fit bottom of cooker; place inside cooker. Cover and cook on high-heat setting for 4 hours. Using two spatulas, remove meat loaf; drain off excess fat. Serve with Mushroom Sauce. Makes 8 servings.

Mushroom Sauce: In saucepan, blend one 3-ounce can sliced mushrooms, undrained, into 2 tablespoons all-purpose flour. Add 1 cup dairy sour cream and 2 tablespoons snipped chives. Cook, stirring constantly, over low heat just till mushroom mixture thickens. *Do not boil.*

APPLESAUCE BREAD PUDDING

In a large mixing bowl, combine 3 beaten eggs, 2 cups milk, one 1-pound can applesauce, ¾ cup sugar, 2 tablespoons melted butter or margarine, 2 teaspoons vanilla, ¾ teaspoon ground cinnamon, and ½ teaspoon salt. Trim crusts from 9 slices slightly dry bread, if desired. Cut bread in ½-inch cubes; gently stir bread cubes into applesauce mixture.

Turn into a lightly greased 2-pound coffee can or a 3-pound shortening can. Cover with foil; place can in slow electric crockery cooker. Add ½ cup hot water to cooker. Cover cooker and cook on high-heat setting about 3 hours, or till done. Remove the can from cooker. Spoon pudding into serving dishes. Top with frozen whipped dessert topping, thawed. Makes 8 servings.

PORK STROGANOFF

- 1½ pounds boneless pork shoulder, cut in ¾-inch cubes
- 1 tablespoon salad oil
- ½ cup chopped onion
- 1 clove garlic, minced
- 1 3-ounce can chopped mushrooms, drained
- 1 tablespoon instant beef bouillon granules
- 1 teaspoon dried dillweed
- ⅛ teaspoon pepper
- ½ cup dairy sour cream
- ¼ cup dry white wine
- 3 tablespoons all-purpose flour
- Hot cooked noodles**

In skillet, brown pork in oil; drain fat. Add onion and garlic; cook till onion is tender. Transfer to slow electric crockery cooker. Combine mushrooms, bouillon granules, dillweed, pepper, and 1 cup water; pour over meat. Cover and cook on low-heat setting for 8 to 10 hours. To serve, turn to high-heat setting. Heat 15 to 20 minutes, or till bubbly. Blend sour cream, wine, and flour; stir into hot mixture. Heat through, about 15 minutes; stir often. *Do not boil.* Serve over noodles. Garnish with snipped parsley, if desired. Serves 6.

HAM-LENTIL SOUP

- 1 pound (2⅓ cups) dry lentils
- 1½ cups chopped carrots
- 1 cup chopped onion
- 1 cup chopped celery
- ¼ cup snipped parsley
- 1 bay leaf
- 1 teaspoon salt
- ¼ teaspoon dried marjoram, crushed
- ⅛ teaspoon pepper
- 1 1½-pound meaty ham bone

Rinse lentils; place in slow electric crockery cooker. Add vegetables, parsley, and bay leaf. Stir in salt, marjoram, and pepper; place ham bone atop. Add 7 cups water. Cover and cook on low-heat setting for 9 to 11 hours. Lift ham bone from soup. Remove meat from bone; discard bone. Return meat to cooker; season to taste. Remove bay leaf. Serves 10.

SAUSAGE CHILI

If you wish, freeze a portion of this unusual crockery chili for another meal—

- 1 pound ground beef**
- 1 pound bulk pork sausage**
- 1 large onion, chopped (1 cup)**
- 1 cup chopped green pepper**
- 1 cup sliced celery**
- 2 1½-ounce cans red kidney beans**
- 1 1-pound 12-ounce can tomatoes, cut up**
- 1 6-ounce can tomato paste**
- 2 cloves garlic, minced**
- 2 teaspoons chili powder**
- 2 teaspoons salt**

In skillet, cook ground beef and bulk pork sausage till browned; drain off excess fat. Transfer meat mixture to a slow electric crockery cooker. Add onion, green pepper, and celery. Stir in undrained kidney beans, undrained tomatoes, tomato paste, garlic, chili powder, and salt. Cover and cook on low-heat setting for 8 to 10 hours. Makes 10 to 12 servings.

HAM-POTATO SALAD

- 8 medium potatoes, cooked, peeled, and cubed (5 cups) or 3 1-pound cans sliced white potatoes, drained**
- 1 cup chopped fully cooked ham**
- 1 10½-ounce can condensed cream of celery soup**
- ½ cup finely chopped onion**
- ¼ cup vinegar**
- 2 tablespoons sweet pickle relish**
- 2 tablespoons chopped canned pimiento**
- 1 tablespoon sugar**
- ¾ teaspoon celery seed**
- ½ teaspoon salt**

Place potatoes and ham in bottom of a slow electric crockery cooker. In small bowl, combine celery soup, onion, vinegar, pickle relish, pimiento, sugar, celery seed, and salt. Mix thoroughly. Stir into potato-ham mixture. Cover and cook on low-heat setting for 4 to 6 hours. Serves 6.

CORNED BEEF IN BEER

- 6 potatoes, pared and quartered**
- 3 medium onions, quartered**
- 1 cup thinly sliced carrots**
- 1 3- to 4-pound corned beef brisket**
- 1 cup beer**

Place vegetables in bottom of slow electric crockery cooker. Trim fat from corned beef; place meat atop vegetables. Pour beer over all. Cover and cook on low-heat setting for 9 to 11 hours, or till done. Serve meat with vegetables. Reserve broth for a vegetable soup. Makes 6 servings.

FRUIT FILLED SQUASH

- 2 small or medium acorn squash**
- 1 cup chopped apple**
- 1 medium orange, peeled and diced (½ cup)**
- ½ cup brown sugar**
- ½ teaspoon grated orange peel**
- 4 teaspoons butter or margarine**

Cut squash in half crosswise; remove seeds. Sprinkle cavities with salt. Combine apple, orange, brown sugar, orange peel, and ½ teaspoon salt. Spoon into squash cavities; dot each with 1 teaspoon of the butter. Wrap each half securely in foil. Stack, cut side up, in slow electric crockery cooker. Add ¼ cup water. Cover and cook on low-heat setting for 6 hours. Unwrap squash and lift to serving plate. Drain any syrup remaining in foil into small pitcher; serve with squash. Makes 4 servings.

HOT BUTTERED LEMONADE

- 9 cups hot water**
- 1¾ cups sugar**
- 1 tablespoon shredded lemon peel**
- 1½ cups lemon juice (8 lemons)**
- Butter or margarine**

In slow electric crockery cooker, thoroughly combine water, sugar, lemon peel, and lemon juice. Cover and heat on low-heat setting for 4 to 6 hours. Serve in mugs; dot each with butter. Serve with stick cinnamon stirrers, if desired. Makes 12 servings.