

NESCO®



NEW!
QuanTanium™
NON-STICK SURFACE

- Titanium reinforced
- Strongest surface ever
- Metal utensil safe

ROASTS!

COOKS!

BAKES!

STEAMS!

SLOW COOKS!

6-QT. ROASTER OVEN

USE/CARE AND RECIPE GUIDE

NESCO®

6-QT. ROASTER OVEN

CONGRATULATIONS!

Congratulations on the purchase of your new NESCO® Roaster Oven! This appliance represents today's best value in versatile cooking appliances. The NESCO® Roasters have been proudly manufactured in the United States for over 75 years. Enjoy your cooking with our compliments!

NESCO® is a registered trademark of The Metal Ware Corporation.
The Metal Ware Corporation
1700 Monroe St., P.O. Box 237
Two Rivers, WI 54241-0237
920-793-1368
FAX: 920-793-1086



Visit our Website at <http://www.nesco.com>
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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 special legal rights and you may have other rights which vary from state to state. Defective products may be returned, postage prepaid, with a description of the defect to:

The Metal Ware Corporation
1700 Monroe Street
Two Rivers, Wisconsin 54241-0237

Service and genuine NESCO replacement parts may be obtained from the NESCO Factory Service Department.

For service in warranty, follow instructions set forth in warranty. When ordering new parts, make sure you always mention the model number of the product, which is found on the bottom of the Roaster Oven.

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. Use handles or knobs.
3. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn control to Off, 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. 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 injuries.
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 electric 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 pad and touch electrical parts, creating a shock hazard.

Save These Instructions

This Appliance Is For Household Use. A short cord is provided to reduce the hazard resulting from becoming entangled in or tripping over a longer cord. Longer cords and extension cords may be used if the marked electrical rating of the longer cord is at least as great as the electrical rating of the appliance, and if care is taken to arrange the longer

cord so that it will not drape over the countertop or table top where it can be pulled on by children or tripped over accidentally.

6 Qt. Guide

Introducing the NESCO® 6 Quart Roaster Oven with QuanTanium™ non-stick surface.

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

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 family sizes.

In a short time, you will see the many ways to use your 6 Qt. Roaster Oven. Its portability makes it a moveable main cooking appliance at some times, and a valued supplementary appliance at other times. 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. Wherever you use your Roaster Oven, you can prepare a wide range of favorite foods in different ways – baked, slow-cooked, roasted, steamed or poached. And serve your foods buffet style or at table-side, right in the Roaster Oven. Moist, good-tasting foods are yours because of NESCO's exclusive "CIRCLE OF HEAT"™ construction. You'll taste the difference the first time you use your Roaster Oven. So, start cooking with NESCO. Explore all the ways to get the most out of this special home cooking appliance.

NESCO® 6 Qt. Roaster Oven

Get To Know Your 6 Qt. Roaster Oven

COVER. Heavy gauge high-profile aluminum Cover 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/non-stick Rack is designed for better baking and fat-free roasting.

COOKWELL. The QuanTanium™ non-stick Cookwell has a full 6 quart capacity. The revolutionary QuanTanium™ surface is the first non-stick reinforced with space age titanium. QuanTanium™ provides maximum resistance to wear and abrasion, and is safe to use with all metal utensils. It is removable for easy clean up in the dishwasher or sink, or food storage in the refrigerator.

HEATWELL and BODY. The side of the 6 quart Roaster Oven contains the exclusive "CIRCLE OF HEAT"® element for even, moist cooking, plus the added advantage of thick insulation and a full range automatic oven temperature control. **DO NOT PLACE FOOD DIRECTLY IN THE HEATWELL—ONLY THE COOKWELL.**

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

TEMPERATURE GUIDE. The conveniently-placed guide gives recommended temperatures for slow cooking, roasting, baking, steaming and serving.

How To Use And Care For Your 6 Qt. NESCO® Roaster Oven

BEFORE USING THE FIRST TIME:

1. Unpack your NESCO Roaster oven completely and REMOVE COOKWELL, ALL PACKAGING MATERIAL AND INFORMATION LABELS. Place the Roaster Oven in a WELL VENTILATED AREA ON

NESCO® 6 Qt. Roaster Oven

A HEAT RESISTANT SURFACE. Set the control dial to its minimum setting. Connect the cord to the Roaster Oven and plug the cord into a 120 volt AC outlet. Return control to maximum setting (425°F). Operate the Roaster Oven empty for approximately 60 minutes, or until any odor or smoking disappear. **Some smoke and odor are a normal part of "curing" the element and will not reoccur in cooking use.** When curing is completed, turn the temperature control to its lowest setting, unplug the unit from the electrical outlet and allow to cool.

2. Wash the Cover, Cookwell and Rack in warm sudsy 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.

To Operate Your Roaster Oven

1. Place the Cookwell into the Heatwell. Always use the Cookwell for food. NEVER PLACE FOOD DIRECTLY IN THE HEATWELL.
2. Preheating is recommended. To preheat, place the Cookwell into the Heatwell and cover. Set the control dial to its minimum setting. Connect the cord to the Roaster Oven and plug into a 120 volt AC outlet. Reset the temperature control to desired temperature. Preheat 20 minutes. Carefully, using hot pads, 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. If the Roaster Oven has not been preheated, turn the temperature control to its lowest setting. Plug the cord into a 120 volt AC outlet. Set the temperature control to the desired temperature. Fill the Cookwell with food as desired.
6. Cook the food for the desired amount of time. When finished, turn the temperature control to its lowest setting, unplug the cord from the 120 volt outlet and then disconnect from the Roaster Oven. Allow the Roaster Oven to cool and clean as recommended below.

COOKWELL, COVER AND ACCUMULATED STEAM WILL BE HOT. USE CAUTION AND HOT PADS TO LIFT COVER OR REMOVE COOKWELL FROM HEATWELL.

Care And Cleaning

1. After the NESCO Roaster Oven has cooled, remove Cover, Rack (if used) and Cookwell. Wash in warm sudsy water or place in the dishwasher: **CAUTION**—do not put Cover in the dishwasher.
2. Cooked-on food may be removed by using a non-abrasive cleaning pad and non-abrasive cleansers. Do not use abrasive cleaners or steel wool as porcelain enamel or non-stick finish may scratch. Use a plastic scrubbing pad to remove stains or cooked-on foods, and also to clean the steel Rack.
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 completely. Wash cookwell as directed above.
3. NEVER IMMERSE THE ROASTER OVEN IN WATER. To clean, wipe outside of Roaster Oven with a damp cloth and dry. Do not use abrasive cleansers on exterior surface.
4. The revolutionary QuanTanium™ surface is the first non-stick reinforced with space age titanium. QuanTanium™ provides maximum resistance to wear and abrasion, and is safe to use with all metal utensils. It will stay attractive, not stain and provide easy

cleaning and years of use. 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 cleanser.

Helpful Hints

PREHEAT ROASTER OVEN FOR 20 MINUTES.

ROAST

- Roasting meat in your NESCO Roaster Oven keeps it moist and tender. For additional browning, you can add 1 tbsp. browning sauce to oil and brush over skin before roasting.
- A 3 lb. to 4 lb. roast with bone is the maximum size suggested for the 6 Quart Roaster Oven. Larger roasts, especially with a bone, may be difficult to fit into the Cookwell. If meat and poultry are refrigerator cold, increase cooking time about one-half hour. If frozen, allow an additional 15 to 20 minutes per 1 lb. cooking time.
- To sear meat: Preheat Roaster Oven at 425°F. Add margarine. Cover, then sear meat for 5 to 10 minutes per side until lightly browned. Stir ground meat once. Time will vary depending on the quantity of meat.

COOK

- Food may be placed in a cold or preheated Roaster Oven. Follow recipe directions for temperature settings.
- Cut-up meats and vegetables should be of uniform size pieces.
- Remember, little moisture escapes during slow cooking, so add additional liquid sparingly.

NESCO® 6 Qt. Roaster Oven

BAKE

- Use the Rack for baking.
- A 7 inch pie plate just fits into the Cookwell. For the first half of the recommended baking time, wrap a foil band (2 in. x 27 in.) around the edge of the crust to prevent over-browning.
- An 8.5 in. x 4.5 in. loaf pan will fit into the Cookwell. It's an excellent size for meatloaf and quick breads. Use caution when baking yeast bread loaves, during baking it is likely they'll rise close to the Cover and never brown.
- The Rack can be covered with foil and used as a "mini" baking sheet for packaged biscuits or rolls.
- A 1.5 quart casserole dish will fit into the Cookwell. Place it on the Rack for better heat circulation while it bakes. Cover only with the Roaster Oven Cover.
- Many frozen foods, such as individual entrees (5 in. x 4 in. or slightly larger) can be baked in the Roaster Oven simply by following package directions. Place item on wire rack for best heat circulation while baking.

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 a very slow simmer, which is aided by keeping the Cover on and 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 250°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 so add additional liquid sparingly.

NESCO® 6 Qt. Roaster Oven

Baking Chart

Preheat 6 Quart Roaster Oven for 20 minutes. Set Rack in preheated Cookwell.

Type of Food	Temperature Setting	Bake Time In Minutes
Baking Potatoes	400°F	45 to 55
Sweet Potatoes	400°F	40 to 45
Winter Squash (Butternut, Buttercup, Acorn halved or quartered)	400°F	30 to 40
Baked Apples in custard cup	350°F	30 to 35

Roasting Chart

Preheat 6 Quart Roaster Oven for 20 minutes. Suggested times are only a guide. Use a meat thermometer for more accurate roasting. Set meat on Rack in preheated Cookwell.

Questions? Contact:



1-800-288-4545

BEEF

Meat	Average Weight in Pounds	Temp Setting Preheat/Roast	Approx. Minutes per Pound
Ground Beef	2.25 lb. to 3 lb.	425°F/425°F	10 to 12 well
Pot Roast, boneless	2.5 lb. to 3 lb.	350°F/325°F	15 to 18 medium
Round Steak	2.5 lb. to 3 lb.	375°F/325°F	20 to 25 medium
Sirloin Tip	3 lb. to 4 lb.	350°F/325°F	20 to 25 medium
Standing Rump	3 lb. to 4 lb.	350°F/325°F	20 to 25 rare-medium
Standing Rump	2.25 lb. to 3 lb.	425°F/400°F	12 to 15 rare-medium

LAMB

Leg, Sirloin, half	3 lb. to 4 lb.	375°F/350°F	25 to 30 well
Shoulder, rolled	3 lb. to 4 lb.	350°F/325°F	25 to 30 medium-well

PORK

Chops, center cut 1 in.	2.25 lb. to 3 lb.	400°F/325°F	15 to 20 well
Loin Roast, center	3 lb. to 4 lb.	350°F/325°F	25 to 30 well
Shoulder rolled	3 lb. to 4 lb.	375°F/350°F	25 to 30 well
Ribs, lean country	4 lb. to 5 lb.	250°F/250°F	20 to 25 well

(Precook ribs to tender; finish in 425°F Roaster Oven or on outdoor grill.)

SMOKED PORK

Ham slice	1 lb. to 1.5 lb.	350°F/350°F	20 to 25 well
Ham, precooked, boneless	3 lb. to 5 lb.	350°F/325°F	15 to 20 heated

VEAL

Shoulder, blade roast	2.25 lb. to 3 lb.	350°F/325°F	20 to 25 well
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POULTRY

Meat	Average Weight in Pounds	Temp Setting Preheat/Roast	Approx. Minutes per Pound
Chicken Pieces	3.5 lb. to 4.5 lb.	400°F/375°F	15 to 20 well
Chicken Whole	3.5 lb. to 4.5 lb.	400°F/400°F	15 to 20 well
Turkey, boneless breast	2.5 lb. to 3 lb.	375°F/325°F	25 to 30 well

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

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

Steam/Poach Chart

Place Rack in 6 Quart Roaster Oven, add hot water to the amount given 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.

Vegetable	Steam Time	Water Amount
Artichoke Trimmed	20 to 25 minutes	1.5 cups
Asparagus Trimmed	8 to 12 minutes	1.5 cups
Green Beans Whole, snapped	10 to 15 minutes	1.5 cups
Beets Whole 2 in. to 3 in.	20 to 25 minutes	2 cups

Vegetable	Steam Time	Water Amount
Broccoli Stalks, trimmed	15 to 20 minutes	2 cups
Flowerettes, trimmed	10 to 12 minutes	1.5 cups
Cabbage Quarter or Wedges	12 to 15 minutes	1.5 cups
Carrots Chunks, cleaned	12 to 15 minutes	1.5 cups
Cauliflower Whole, cleaned	18 to 22 minutes	2 cups
Flowerettes, trimmed	10 to 12 minutes	1.5 cups
Com on the Cob, husked	10 to 15 minutes	1.5 cups
Leeks, trimmed	5 to 10 minutes	2 cups
Potatoes Whole, small red	20 to 25 minutes	2 cups
Sweet Potatoes, 6 oz. each	25 to 30 minutes	2 cups
Summer Squash, Pattypan, Whole small		
Zucchini	10 to 15 minutes	1.5 cups
Winter Squash, Acom or Butternut, Halved or Quartered	20 to 25 minutes	2 cups

Steam Fish, Seafood and Meat Chart

To Steam: Place Rack in 6 Qt. Roaster Oven. Add hot water to the amount given in the 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 in cold water to stop cooking, chill before serving.

Type of Meat	Steam Time	Water Amount
Fish Fillets	10 to 15 minutes	1.5 cups
Fish Steaks	15 to 20 minutes	1.5 cups
Whole Fish	20 to 25 minutes	2 cups
Clams in Shell	10 to 15 minutes	1.5 cups
Crabs, Claws and Legs	20 to 25 minutes	1.5 cups
Lobster Tails	15 to 20 minutes	2 cups
Mussels in Shell	10 to 15 minutes	1.5 cups
Oysters in Shell	10 to 15 minutes	1.5 cups
Shrimp, Large in Shell	10 to 12 minutes	1.5 cups
Sea Scallops in Shallow Dish	10 to 15 minutes	1.5 cups
Fresh Sausages, 2 oz. to 3 oz. ea.	15 to 20 minutes	1.5 cups
Fresh Hot Dogs, 1 oz. to 3 oz. ea.	10 to 15 minutes	1.5 cups

Poach Chart

To Poach: Place Rack in 6 Qt. Roaster Oven. Add hot water to the amount given in the 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	Steam Time	Water Amount
Fish Steaks	15 to 20 minutes	2 cups
Whole Fish	15 to 20 minutes	3 cups
Chicken Breasts, Skinned	25 to 30 minutes	3 cups Chicken broth
Fresh Sausages, 2 oz. to 3 oz.	15 to 20 minutes	3 cups
Fresh Hot Dogs, 1 oz. to 3 oz.	10 to 15 minutes	2 cups
Fresh Pasta, 9 oz. to 12 oz.	15 to 18 minutes	Water to cover, plus 1 cup

NESCO® 6 Qt. Roaster Oven

FROM OUR KITCHEN TO YOURS...

Here are some popular recipes
that will make cooking in your
Nesco Roaster Oven a real joy.

NESCO[®] ROASTERS
Made with Pride in America

B A K E

Bake Chart

Preheat 6-Qt. Roaster Oven for 20 minutes. Set Rack in Cookwell.

Type of Food	Temperature Setting	Bake Time in Minutes
Baking Potatoes	400°F	45 to 55
Sweet Potatoes	400°F	40 to 45
Winter Squash (Butternut, Buttercup, Acorn halved or quartered)	400°F	30 to 40
Baked Apples in custard cups	350°F	30 to 35

Deep Dish Pizza

- 1 Loaf Frozen bread dough, thawed
- 1 Can (4 Oz.) Pizza sauce
- 16 Slices Pepperoni
- 1 Can (4 Oz.) Sliced mushrooms
- 1/4 Cup Sliced Black olives
- 1/2 Cup (2 Oz.) Shredded Mozzarella or Provolone cheese

Remove 6-Qt. Cookwell. Preheat covered Heatwell to 400°F.

Lightly spray Cookwell with spray cooking oil. Pat bread dough into bottom and 1-inch up sides of Cookwell. Spread on pizza sauce; top with pepperoni, mushrooms and olives. Sprinkle on cheese.

Place Cookwell in preheated Heatwell. Cover; bake 15 to 20 minutes or until done. Lift edges with spatula and slide onto serving plate. Cut with pizza cutter.

Serves 2.

For thinner crust Divide bread dough in half to make 2 pizzas.

Baked Fish Steaks

- 2 Fish steaks (approximately 8 Oz. each)*
- 2 Tbsp. Margarine
- 1 Tsp. Chopped parsley
- 1 Tsp. Chopped chives
- 1/2 Tsp. Tarragon
- Salsa sauce, to serve

Set Rack in 6-Qt. Cookwell. Preheat Roaster Oven to 350°F.

Lightly spray Cookwell with spray cooking oil. Place steaks on Rack in preheated Cookwell. Arrange half the margarine, parsley, chives and tarragon on each steak. Cover; bake 15 to 20 minutes or until fish becomes white and flakes.

Serve hot with salsa sauce.

*Halibut, tuna, salmon, swordfish.

Layered Enchilada

- 1/2 Lb. Ground turkey or beef, crumbled
- 1 Medium Onion, chopped
- 1 Tbsp. Diced green chilies
- 1 Tbsp. Chili powder
- Salt and ground black pepper, to taste
- 1 Cup Cooked brown rice, divided
- 4 Corn Tortillas
- 3/4 Cup Tomato juice, divided
- 1 Can (16 Oz.) Red kidney or pinto beans
- 1 Can (8 Oz.) Tomato sauce
- 1/2 Cup (2 Oz.) Shredded Cheddar cheese

Preheat 6-Qt. Roaster Oven to 350°F.

Lightly spray Cookwell with spray cooking oil. Add meat, onions, chilies, chili powder, salt and pepper. Cover; cook 5 to 10 minutes or until browned. Remove from Cookwell into small bowl; set aside.

Remove Cookwell onto heatproof surface; cool. Combine 1/3 Cup rice and 1/4 Cup tomato juice in Cookwell. Layer by placing 2 tortillas, 1/3 Cup rice, half the meat mixture, then half the remaining

NESCO® 6 Qt. Roaster Oven

ingredients; repeat for second layer topping with cheese. Place Cookwell in preheated Heatwell. Cover; bake 20-30 minutes.
Serves 4.

Spaghetti Pie

1 Lb. Lean ground beef, crumbled **2 Eggs**
1 Small Onion, chopped **1/3 Cup Grated Parmesan cheese**
1 Tsp. Chili powder **2 Tbsp. Margarine**
1 Tsp. Italian herb seasoning **2 Cups (8 Oz.) Shredded**
1 Pkg. (7 Oz.) Spaghetti noodles, **Mozzarella cheese, divided**
cooked **1 Jar (24 Oz.) Spaghetti sauce**

Preheat 6-Qt. Roaster Oven to 425°F.

Lightly spray Cookwell with spray cooking oil. Add meat, onion, chili powder and seasoning. Cover; cook 10 to 12 minutes or until browned. Remove from Cookwell into bowl; set aside.

Combine spaghetti, eggs and Parmesan cheese. Place margarine in Cookwell. Cover; cook until melted. Spread evenly over bottom of Cookwell. Spoon spaghetti mixture into Cookwell and pat with back of spoon over bottom and up 1-inch on sides of Cookwell. Sprinkle half the Mozzarella cheese over spaghetti crust. Combine meat and spaghetti sauce; pour over spaghetti crust. Sprinkle on remaining cheese. Cover; bake 25 to 30 minutes or until center is set.

Serves 4.

Turkey Mornay

2 Pkgs. (10 Oz. ea.) Frozen broccoli spears, thawed
1 Cup Chicken broth **1/2 to 3/4 Cup Milk**
6 Slices Turkey breast meat **1 Tsp. Grated Lemon peel**
 (approximately 1 Lb.)

1/4 Lb. Sliced Prosciutto ham **Salt and white pepper, to taste**
1/4 Cup Margarine **1/4 Cup Grated Parmesan cheese**
1/4 Cup All purpose flour **1 Tsp. Chopped parsley**

Set Rack in 6-Qt. Roaster Oven. Add 1 Cup water. Cover; preheat to 350°F for 20 minutes.

Place broccoli spears on Rack. Cover; steam 8 to 10 minutes or until tender. Remove broccoli and Rack. Discard water from Cookwell.

Meanwhile, melt margarine in medium saucepan over medium heat. Stir in flour to form a roux. Gradually stir in broth and milk to desired thickness. Add lemon peel, salt and pepper; stir. Remove from heat.

Lightly spray Cookwell with spray cooking oil. Arrange broccoli in Cookwell; layer turkey, then ham.

Pour sauce over meat. Sprinkle Parmesan cheese and parsley over the top. Set Cookwell in hot Heatwell. Cover; bake 25 to 30 minutes or until bubbly hot.

Serves 4 to 6.

Baked Stuffed Fillets

2 Slices Dry bread, finely chopped **Salt and ground black pepper, to taste**
1/2 Cup Chopped mushrooms **1 Tbsp. Lemon juice**
1/2 Cup Shredded carrots **1/4 to 1/2 Cup Water**
1/2 Cup Chopped celery **4 (8 Oz.) Orange Roughy or Sole**
1 Small Onion, chopped **fillets (approximately 2 Lb.)**
1/2 Tsp. Thyme **Paprika, to garnish**

Set Rack in 6-Qt. Roaster Oven. Cover; preheat to 350°F.

Combine bread crumbs, vegetables, thyme, salt and pepper in medium mixing bowl. Add lemon juice and water to desired moistness. Divide and spread evenly over fillets. Roll-up and secure end with wooden pick.

Continued

Lightly spray Cookwell and Rack with spray cooking oil. Place rolled fillets on Rack in preheated Cookwell. Cover; bake 20 to 30 minutes or until fish flakes.

Serves 4.

Rice Pudding

5 Cups Milk*	1-1/2 Tsp. Cinnamon
2 Egg yolks, optional	1 Tsp. Nutmeg
1/2 Cup Long grain rice	1/4 Tsp. Grated orange rind
1/2 Cup Sugar	1 Tsp. Vanilla
3 Tbsp. Margarine	Fresh raspberries, to serve

Preheat 6-Qt. Roaster Oven to 300°F.

Lightly spray Cookwell with spray cooking oil. If egg yolks are added, stir into milk until well blended. Pour milk carefully into preheated Cookwell.

Add remaining ingredients; stir until well mixed. Cover; bake 70 to 75 minutes or until set, stirring every 20 minutes.

Serve with raspberries or fresh seasonal fruit and milk.

Serves 4 to 6.

* 2%, whole or evaporated milk, or half-and-half

Traditional Bread Pudding

6 Slices Day old white bread	4 Eggs
1-1/2 Cups Milk	1/2 Tsp. Vanilla extract
1 Can (12 fl. Oz.) Evaporated milk	1/2 Tsp. Almond extract
1/2 Cup Granulated sugar	1 Tsp. Pumpkin pie spice
1/2 Cup Firmly packed brown sugar	1/4 Cup Chopped pecans

Remove 6-Qt. Cookwell; set aside. Preheat covered Heatwell to 300°F. Lightly spray Cookwell with spray cooking oil. Tear bread into bite-size pieces and arrange evenly into Cookwell.

In large saucepan, combine milks and sugar and bring to a simmer over low heat, stirring constantly. Place eggs in large mixing bowl and beat lightly. Continue beating on low speed while slowly pouring hot milk mixture into eggs. Add extracts and pumpkin pie spice. Pour over bread mixture. With the back of a spoon lightly press bread into custard. Sprinkle pecans over top.

Set Cookwell into preheated Heatwell. Cover; bake 40 to 50 minutes or until set.

Serves 4 to 6.

Twice Baked Sweet Potatoes

4 Sweet potatoes	2 Tbsp. Brown sugar
2 Tbsp. Margarine	1/4 Tsp. Almond extract
1/4 Cup Milk	4 Tsp. Margarine

Place Rack in 6-Qt. Cookwell. Preheat Roaster Oven to 400°F.

Clean potatoes; pierce each potato in three places with a fork. Set potatoes on wire rack in preheated Cookwell.

Cover; bake 40 to 45 minutes or until set.

With paring knife, cut an oval opening in top of each potato; discard oval pieces. Remove pulp and place in mixing bowl. Add remaining ingredients except for 4 Tsp. margarine; beat until smooth. Fill potato shells with mixture. Place 1 Tsp. of remaining margarine on top of each potato. Return potatoes to wire racks.

Cover; bake 40 to 45 minutes or until margarine melts and potatoes are hot.

Serves 4.

NESCO® 6 Qt. Roaster Oven

C O O K

Summer Vegetable Soup

- | | |
|--|---|
| 2 Tbsp. Vegetable oil | 1 Lb. Tomatoes, peeled, seeded, coarsely chopped |
| 2 Lb. Red potatoes, peeled and cubed | 12 Oz. Shelled Peas, fresh or frozen |
| 2 Large Carrots, thinly sliced | 1/2 Tsp. Sweet basil |
| 1 Medium Leek, thinly sliced | 1/2 Tsp. Italian herb seasoning |
| 1/2 Lb. Asparagus, top stalks | 4 to 5 Cups Chicken broth |
| 1/2 Lb. Mushrooms, cleaned, thinly sliced | Salt and ground black pepper, to taste |
| | Grated Parmesan, to serve |

Preheat 6-Qt. Roaster Oven to 400°F.

Lightly spray Cookwell with spray cooking oil. Add oil. Cover; heat 5 minutes. 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.

Tomato Bisque

- | | |
|---|---|
| 1/4 Cup Margarine | 3 to 4 Cups Milk* |
| 2 Green onions, finely chopped | 1 Lb. Whole tomatoes, skinned, seeded and finely chopped |
| 1 Stalk Celery, finely chopped | 1 Tsp. Baking soda |
| Salt and ground black pepper, to taste | 1/2 Lb. Lump crabmeat |
| 1 Tsp. Paprika | 1/2 Lb. Chopped shrimp |
| 1/2 Tsp. Ground marjoram | 6 Fresh parsley sprigs, to garnish |
| 1/4 Cup All purpose flour | |

Preheat 6-Qt. Roaster Oven to 350°F.

Lightly spray Cookwell with spray cooking oil. Add margarine, onions and celery. Cover; cook 10 minutes or until onions are tender. Add salt, pepper, paprika and marjoram. Add flour; stir until smooth. Gradually add milk; stirring until blended. Cook until slightly thickened.

Add tomatoes and baking soda. Stir in crabmeat and shrimp. Reduce temperature to 250°F. Cover; cook 15 to 20 minutes or until heated through.

Serves 4 to 6.

*2% whole, evaporated milk or half and-half

New England Clam Chowder

- | | |
|---|---|
| 2 Tbsp. Margarine | 1 Can (7 Oz.) Minced clams |
| 1 Large Onion, diced | Salt and ground black pepper, to taste |
| 2 Tbsp. All purpose flour | Paprika, to garnish |
| 3 Cups Milk* | |
| 4 Medium Red potatoes, cooked, skinned and diced | |

Preheat 6-Qt. Roaster Oven to 400°F.

Lightly spray Cookwell with spray cooking oil. Add margarine and onion to preheated Cookwell. Cover; cook 5 minutes or until onions are tender. Add flour; stir to blend. Gradually stir in milk. Add potatoes, clams, salt and pepper. Cover; cook 10 minutes.

Reduce temperature to 300°F. Stir. Cover; cook 20 to 30 minutes or until heated through, stirring once. Do not allow soup to boil or the milk may curdle.

Ladle into bowls and garnish with a dash of paprika.

Serves 4.

*1%, 2% or whole milk

NESCO® 6 Qt. Roaster Oven

Chicken Vegetable Stew

- | | |
|--|--|
| 1 Tbsp. Vegetable oil | 1 Medium Tomato, peeled, seeded, coarsely chopped |
| 1 (3 to 4 Lb.) Chicken, cut into bite-size pieces | 1/2 Tsp. Poultry seasoning |
| 1 Medium Leek, thinly sliced | 1/4 Tsp. Thyme |
| 1 Medium Carrot, thinly sliced | Salt and ground black pepper, to taste |
| 1 Medium Parsnip, diced | 1 Cup Chicken stock |
| 2 Stalks Celery, thinly sliced | Corn starch, to thicken |

Preheat 6-Qt. Roaster Oven to 325°F.

Lightly spray Cookwell with spray cooking oil. Add oil to preheated Cookwell.

Cover; cook 3 to 4 minutes or until hot. Carefully add chicken pieces. Cover; cook 10 minutes, stirring once.

Add vegetables, seasonings and stock. Cover; cook 30 to 40 minutes or until hot. Thicken stock with corn starch, if desired.

Serves 4.

3 Bean Pot

- | | |
|-------------------------------------|--|
| 2 Tbsp. Margarine | Dash seasoned salt |
| 1 Large Onion, chopped | 1 Can (16 Oz.) Pinto beans |
| 1 Clove Garlic, minced | 1 Can (16 Oz.) Red kidney beans |
| 3/4 Cup B-B-Q sauce | 1 Can (16 Oz.) Lima beans |
| 1 Tsp. Worcestershire sauce | 3 Strips Bacon, cooked, crumbled |
| 1 Tbsp. Salad mustard | 1/2 Cup (2 Oz.) Shredded Cheddar cheese |
| 1/2 Tsp. Ground black pepper | |

Preheat 6-Qt. Roaster Oven to 300°F.

Spray Cookwell with spray cooking oil. Place margarine in preheated Cookwell. Cover; cook until margarine melts. Add onion and

garlic. Cover; cook 5 to 10 minutes or until onions soften. Add remaining ingredients except for cheese. Stir to mix. Sprinkle cheese over top.

Cover; cook 50 to 60 minutes or until bubbly hot.

Serves 6.

Lasagna Rollups

- | | |
|--------------------------------------|--|
| 12 Lasagna noodles, cooked | 1-1/2 Cups (12 Oz.) Small curd cottage cheese |
| 1 Lb. Ground beef, browned | 1 Jar (24 Oz.) Prepared spaghetti sauce |
| 1 Medium Onion, chopped | 1-1/2 Cups (6 Oz.) Shredded Mozzarella cheese |
| 1 Tsp. Italian herb seasoning | |
| 1 Tsp. Ground black pepper | |

Remove 6-Qt. Cookwell; set aside. Preheat covered Heatwell to 350°F.

Place noodles on clean surface. In mixing bowl, combine beef, onion, herbs, pepper and cottage cheese. Stir until well blended. Divide meat and cheese mixture into 12 parts; with large spoon, spread mixture entire length of each noodle. Divide spaghetti sauce in half; spoon evenly over meat mixture on each noodle. Divide Mozzarella cheese in half; spread evenly over sauce on each noodle. Roll noodles up.

Spray Cookwell with spray cooking oil. Stand rolled up noodles in Cookwell. Pour remaining spaghetti sauce over noodles, then sprinkle on remaining cheese.

Set Cookwell in Heatwell. Cover; cook 45 to 60 minutes. If noodles start to dry during cooking, add 1/4 Cup hot water.

Serves 4.

NESCO® 6 Qt. Roaster Oven

Pizza Fondue

- | | |
|--|---|
| 1 Lb. Lean ground beef | 1/2 Cup (2 Oz.) Shredded Cheddar cheese |
| 2 Green onions, thinly sliced | 1/2 Cup (2 Oz.) Shredded Mozzarella cheese |
| 1/2 Tsp. Italian herb seasoning | 1 Pkg. (14 Oz.) Tostadas, to serve |
| 2 Cans (10-1/2 Oz. ea.) Italian pizza sauce | |

Preheat 6-Qt. Roaster Oven to 425°F.

Lightly spray Cookwell with spray cooking oil. Break beef apart; place in preheated Cookwell. Add onions and seasonings. Cover; cook 8 to 10 minutes or until meat is browned, stirring once. Add pizza sauce; stir to coat meat. Sprinkle on cheeses. Cover; cook 15 to 20 minutes or until cheeses are set and fondue is heated through.

Reduce temperature to 200°F. Serve over heated tostadas, using a long-handled spoon.

If fondue cools, cover and reheat at 425°F. or until hot and bubbly. Serves 10 to 12.

Cheesy Spinach Dip

- | | |
|---|--|
| 2 Cups (8 Oz.) Monterey Jack cheese, cut into pieces | 2 Large Tomatoes, skinned, seeded, chopped |
| 1 Pkg. (8 Oz.) Cream cheese, softened | 1 Medium Onion, finely chopped |
| 1 Pkg. (10 Oz.) Frozen chopped spinach, thawed, thoroughly drained | 1/3 Cup Half-and-half |
| | 2 Whole Jalapeno peppers, chopped, optional |

Crackers, cocktail rye bread or fresh cut vegetables, to serve

Preheat 6-Qt. Roaster Oven to 300°F.

Lightly spray Cookwell with spray cooking oil.

In medium mixing bowl, combine all ingredients; stir until well

blended. Spoon into preheated Cookwell. Cover; bake 30 to 40 minutes or until center is set and edges are puffed.

Serve warm with crackers, cocktail rye bread or your choice of cut fresh vegetables.

Serves 8 to 10.

Chili

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| 2 Tbsp. Margarine | 2 Cans (8 oz.) Tomato sauce |
| 2 Lb. Ground beef | 1 Can (16 Oz.) Red kidney beans, drained |
| 1 Medium Onion, chopped | 1 Tbsp. Chili powder |
| 1 Clove Garlic, minced | 1 Tbsp. Italian herb seasoning |
| 1 Can (16 Oz.) Stewed tomatoes | 2 Tbsp. Brown sugar |
| 1 Can (10-3/4 Oz.) Tomato soup, undiluted | |

Preheat 6-Qt. Roaster Oven to 425°F.

Lightly spray Cookwell with spray cooking oil. Break apart meat; place in preheated Cookwell. Add onions and garlic. Cover; cook 10 to 12 minutes or until meat is browned, stirring once. Stir in remaining ingredients until well mixed. Reduce temperature to 325°F.; cover; cook 45 to 60 minutes or until flavors blend.

Serves 8 to 10.

B-B-Q Sandwiches

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|--|--|
| 2 Tbsp. Margarine | 2 Tsp. Worcestershire sauce |
| 2 Lb. Ground beef or turkey, crumbled | 1 Can (10-3/4 Oz.) Tomato soup, undiluted |
| 1 Large Onion, chopped | 1 Cup Ketchup |
| 3 Stalks Celery, thinly sliced | 1/2 Cup B-B-Q sauce |

Continued

B

NESCO® 6 Qt. Roaster Oven

Preheat 6-Qt. Roaster Oven to 425°F.
 Lightly spray Cookwell with spray 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.

Vegetable Bake

2 Tbsp. Margarine	1 Tsp. Dill weed
1 Medium Eggplant, peeled, cut into 1/2-inch slices (approximately 1 Lb.)	1/2 Tsp. Italian herb seasoning
2 Medium Zucchini, peeled, thick sliced (approximately 1 Lb.)	1/2 Cup (2 Oz.) Grated Swiss cheese
2 Large Onions, peeled, sliced	1/2 Cup (2 Oz.) Grated Cheddar cheese
2 Large Tomatoes, sliced	Salt and ground black pepper, to taste
1 Medium Green pepper, seeded, cubed	

Preheat 6-Qt. Roaster Oven to 350°F.
 Lightly spray Cookwell with spray cooking oil. Add margarine.
 Cover; cook until melted. Layer vegetables in preheated Cookwell.
 Sprinkle on seasonings and cheeses.
 Cover; bake 30 to 35 minutes or until hot and bubbly. Remove
 excess liquid from vegetables with baster, if desired.
 Serves 4 to 6.

Minestrone Soup

4 Cups Beef broth	1 Can (15 Oz.) Stewed tomatoes
4 Small Red potatoes, peeled, coarsely diced	1 Can (2 Oz.) Tomato paste
2 Medium Carrots, peeled, thinly sliced	1/4 Cup Elbow macaroni, uncooked
1 Small Onion, chopped	1 Pkg. (10 Oz.) Mixed frozen vegetables
1 Stalk Celery, thinly sliced	1 Can (15 Oz.) Great Northern beans
2 Large Tomatoes, peeled, seeded, coarsely chopped	2 Slices Fried bacon, crumbled
	Salt and ground black pepper, to taste

Preheat 6-Qt. Roaster Oven to 375°F.
 Add broth and fresh vegetables into preheated Cookwell. Cover; cook
 10 minutes. Add stewed tomatoes, tomato paste and macaroni. Cover;
 cook 10 minutes.
 Add remaining ingredients. Reduce temperature to 300°F. Cover;
 cook 30 to 45 minutes or until macaroni is tender and soup is heated
 through.
 Serves 4 to 6.

Corned Beef and Cabbage

1 (2 to 2-1/2 Lb.) Corned beef brisket	4 Medium Red potatoes peeled, halved
1/4 Tsp. Ground black pepper	2 Small Onions, peeled
1/4 Tsp. Rosemary	2 Small Parsnips, peeled, quartered
1 Bay leaf	2 Large Carrots, peeled, quartered
1 Whole Clove	1 Small Cabbage, cored, cut into 4 wedges

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Preheat 6-Qt. Roaster Oven to 325°F.

Lightly spray Cookwell with spray cooking oil. Rub seasonings onto outside of brisket. Place meat in preheated Cookwell. Add enough hot 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 meat and vegetables are tender.

Serves 4.

ROAST

Chicken Paprikash

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|--|--|
| 1 (2 to 3 Lb.) Frying chicken, cut up, skin removed | 3/4 Cup Sour cream or lowfat plain yogurt |
| 1 Pkg. (1-1/4 Oz.) Dry golden onion soup mix | 1 Tsp. All purpose flour |
| 1 Tbsp. Hungarian paprika | Salt and ground black pepper, to taste |
| 1/4 Cup Chicken broth | Hot egg noodles, to serve |

Preheat 6-Qt. Roaster Oven to 400°F.

Lightly spray Cookwell with spray cooking oil. Arrange chicken in preheated Cookwell. Sprinkle soup mix and paprika evenly over chicken pieces. Reduce temperature to 375°F; cover; roast 25 to 45 minutes (180°F. on meat thermometer).

Combine broth, sour cream, flour, salt and pepper in a small mixing bowl. Spoon over and around chicken. Reduce temperature to 300°F; cover; roast 5 to 10 minutes. Serve immediately over hot noodles.

Serves 4 to 6.

Chicken Wings

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|--|--|
| 1 Lb. Chicken wings (approx. 8) | 1 Tbsp. Paprika |
| 1/4 Cup Seasoned bread crumbs | Dash Seasoned salt |
| 1/4 Cup Crushed flake cereal | 1/4 Tsp. Ground black pepper |
| 2 Tbsp. Grated Parmesan cheese | 1/2 Clove Garlic, minced |
| 1 Tbsp. Chopped Parsley | 1/4 to 1/3 Cup Melted margarine |

Set Rack in 6-Qt. Roaster Oven. Cover; preheat to 425°F.

Disjoint wings and discard wing tip ends. Combine remaining ingredients except margarine; stir until well mixed. Dip wings in melted margarine, then roll in bread crumb mixture. Place on Rack. Cover; roast 10 minutes. Rearrange center wings to outside edge. Cover; roast 10 to 15 minutes or until crispy and browned.

Makes 16 pieces.

Pot Roast

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|---|------------------------------------|
| 1 (2-1/2 to 3 Lb.) Pot roast | 4 Large Onions, cut in half |
| 8 Whole Small red potatoes, peeled | 2 Tbsp. Margarine, melted |
| 4 Medium Carrots, cut into chunks | 1/2 Tsp. Browning sauce |

Set Rack in Cookwell. Preheat 6-Qt. Roaster Oven to 350°F.

Lightly spray Cookwell and Rack with spray 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 30 to 40 minutes for medium (145°F. on meat thermometer); 45 to 60 minutes for well done (160°F. on meat thermometer).

For slow cooking: Brown meat then reduce temperature to 250°F and roast 2 to 3 hours or until tender.

Serves 4.

Swiss Steak

- 1 (2-1/2 to 3 Lb.) Round steak
- 2 Tsp. Worcestershire sauce
- 1/2 Tsp. Ground black pepper
- 2 Large Onions, sliced
- 1 Can (16 Oz.) Stewed tomatoes

Preheat 6-Qt. Roaster Oven to 375°F.
Lightly spray Cookwell with spray cooking oil. Place meat in preheated Cookwell. Brush Worcestershire sauce over meat; sprinkle on pepper. Cover; roast 20 minutes.
Add onions and stewed tomatoes. Reduce temperature to 300°F; cover; roast 30 to 40 minutes (145°F to 160°F on meat thermometer).
For slow cooking: Brown meat then reduce temperature to 250°F and roast 2 to 3 hours or until tender.

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 Cookwell. Preheat 6-Qt. Roaster Oven to 350°F.
Combine beef, bread crumbs, 2 Tbsp. cheese and milk granules in medium mixing 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; bake 25 to 30 minutes (150°F to 160°F on meat thermometer).

Roast Pork Chops

- 1 Tbsp. Margarine
- 1 Pkg. (1-1/4 Oz.) Dry onion soup mix
- 4 Pork chops, center cut, 1-inch thick (approximately 2 Lb.)

Preheat 6-Qt. Roaster Oven to 400°F.
Lightly spray Cookwell with spray cooking oil. Add margarine. Cover; cook until melted. Arrange pork chops in preheated Cookwell. Cover; roast 5 minutes.
Reduce temperature to 300°F. Sprinkle soup mix over chops. Cover; roast 25 to 30 minutes for well done (170°F on meat thermometer).
Serves 2 to 4.

Stuffed Pork Chops

- 4 Pork chops, center cut, 1-inch thick
- 1 Cup Seasoned croutons (or dry bread, cubed)
- 1/4 Cup & 2 Tbsp. Margarine, melted, divided
- 1 Green onion, thinly sliced
- 1 Tbsp. Parsley flakes
- 1 Tsp. Italian herb seasoning
- 1/4 Cup Apple juice

Preheat 6-Qt. Roaster Oven to 425°F.
With tip of knife along the bone, cut pork chops halfway down, then cut toward outside to make pocket.
In medium mixing bowl, combine croutons, 1/4 Cup margarine, onion, parsley and herbs until well mixed. Divide stuffing into 4 portions; stuff one portion into each pork chop.
Lightly spray Cookwell with spray cooking oil. Pour remaining 2 Tbsp. melted butter into preheated Cookwell. Arrange pork chops in Cookwell. Cover; bake 5 to 8 minutes or until bottom side is browned. Turn pork chops over; bake 5 minutes or until other side is browned.

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Reduce temperature to 300°F. Add apple juice. Cover; roast 30 to 40 minutes for well done (170°F. on a meat thermometer) or until tender.
Serves 2 to 4.

Whole Chicken

1(3-1/2 to 4-1/2) Lb. Whole Chicken **1 Tbsp. Minced parsley**
1 Tbsp. Vegetable oil **1 Tsp. Italian herb seasoning**
2 Tbsp. Paprika

Set Rack in Cookwell. Preheat 6-Qt. Roaster Oven to 400°F.
Rub skin with oil; rub on seasonings. Lightly spray Cookwell and Rack with spray cooking oil. Place bird 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).

POACHING / STEAMING

Poaching Liquid

1 Cup Apple Cider **1 Cup Hot water**
1/2 Tsp Ground Allspice **1/4 Tsp. Nutmeg**
2 Whole Black Peppercorns

Combine all ingredients in Cookwell.
Preheat Roaster Oven to 350°F. for 20 minutes, add fish and poach according to recipe followed.
Makes 2 Cups.

Chicken and Spinach Salad

Salad:

2 Whole Chicken breasts, boned, skinned (12 to 14 Oz. ea. before boning)
1/4 Cup Italian salad dressing
4 Oz. Spinach leaves, rinsed, stems removed
1 Large Apple, coarsely chopped* **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 6-Qt. Roaster Oven. Add 1-1/2 Cups water. Cover; preheat to 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

Shrimp and Scallop Kebobs

- 4 Oz. Deveined Shrimp with tails left on
- 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 6-Qt. Roaster Oven. Add 1 Cup water. Cover; 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 kebobs.

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

Serves 2.

Tangy Beans

- 1 Lb. Green string beans, stems removed
- 1/4 Cup Sliced Water chestnuts
- 1 Green onion, thinly sliced
- 1/2 Cup Chicken broth, divided
- 1 Tbsp. Olive oil
- 1 Tbsp. Cider vinegar
- 2 Tbsp. Granulated sugar
- 1 Tbsp. Teriyaki sauce
- 1 Tbsp. Sesame seeds
- 1 to 2 Tsp. Cornstarch

Set Rack in 6-Qt. Roaster Oven. Add 1-1/2 Cups water. Cover; preheat to 350°F. for 20 minutes.

Place beans crosswise on Rack. Cover; steam 10 to 12 minutes or until tender. Remove beans and Rack. Discard water from Cookwell.

Lightly spray Cookwell with spray cooking oil. Place steamed beans

along with remaining ingredients except for 2 Tbsp. chicken broth and cornstarch in Cookwell. Stir until well mixed. Place Cookwell into Heatwell. Cover; bake 20 to 25 minutes.

Blend cornstarch and remaining chicken broth. Stir into bean mixture. Cover; bake 10 to 15 minutes or until sauce has thickened.

Serves 4.

Squash Souffle

- 2 Lb. Acorn or Butternut squash
- 2 Eggs, separated
- 1 Cup Lowfat plain yogurt or sour cream
- 2 Tbsp. All purpose flour
- 1/4 Tsp. Cream of tartar
- 1-1/2 Cups (6 Oz.) Shredded Cheddar cheese
- 4 Slices Bacon, cooked, drained, crumbled

Set Rack in 6-Qt. Roaster Oven. Add 1-1/2 Cups water. Cover; preheat to 350°F. for 20 minutes.

Cut squash in quarters; remove seeds. Place squash on Rack. Cover; steam 20 minutes or until tender. Remove squash and Rack. Discard water from Cookwell.

Meanwhile, combine egg yolks, yogurt and flour. Beat egg whites with cream of tartar until stiff. Fold egg whites into yolk mixture.

Lightly spray Cookwell with spray cooking oil. Scoop squash from skin. Layer half the squash, egg mixture, cheese and bacon in Cookwell; repeat. Place Cookwell into Heatwell. Cover, bake 25 or 30 minutes or until set.

Serves 4 to 6.

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NOTES

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NOTES

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