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OKLAHOMA AGRICULTURAL AND MECHANICAL COLLEGE  
EXTENSION SERVICE

W. A. CONNER, *Director*

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COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME  
ECONOMICS

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Oklahoma Agricultural and Mechanical College and the United States Department of  
Agriculture Cooperating

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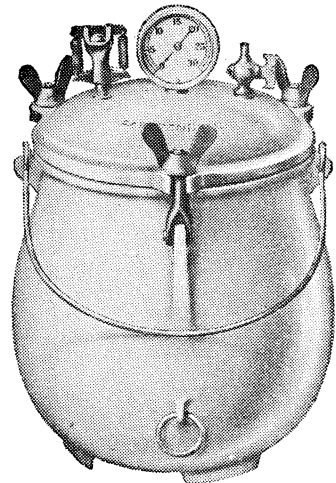
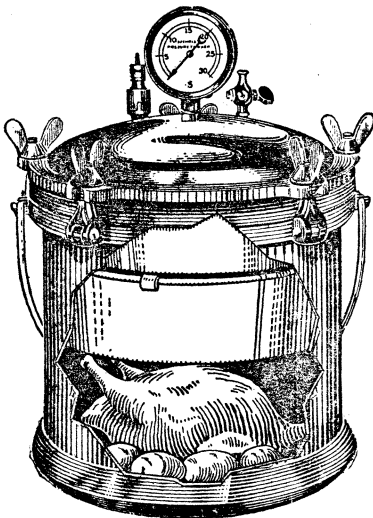
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# Suggestions For Cooking

With The

# Pressure Cooker

MRS. DAISY M. FRAZIER,  
*District Home Demonstration Agent*



TYPES OF COOKERS

## COOKING WITH STEAM PRESSURE

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The steam pressure cooker is one of the modern conveniences that will soon pay for itself. Cheaper cuts of meat, hard-to-cook cereals and vegetables can be cooked with the most satisfying results, the flavor and tenderness being equal to that of higher priced food cooked by ordinary methods.

Cooking in any form, boiling, roasting, baking, stewing and frying is simply a process of using heat to make food more digestible and palatable.

Many wholesome, highly nutritious foods, such as navy beans, hominy, corn meal mush and meats, are not served regularly in many homes on account of the labor and amount of time required to cook them thoroughly. With a pressure cooker these foods can be made a part of the daily diet with a very small cost.

Foods cooked in the pressure cooker require very little attention until ready to be taken out. Basting, turning, stirring and the continual adding of more liquid are not necessary as the food does not burn or dry out but remains moist, tender and juicy.

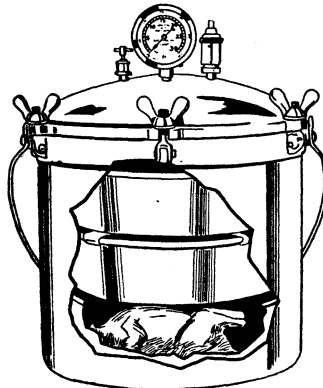
There are a great many vegetables and meats which require approximately the same length of time for cooking. These can be cooked at the same time without intermingling of flavors.

By placing the different foods in small pans, cans or jars, the steam can circulate freely through the foods. A complete dinner can be prepared in a cooker at one time.

The cookers are in the form of heavy aluminum kettles, with specially fitted covers which clamp tightly in place and prevent the escape of the steam. The cookers are fitted with safety valves and stop-cocks by which pressure is regulated.

The heat necessary to generate steam may be obtained from gas, kerosene, or electric burner, or on a wood or coal range. When the range is used, the quickest and best results are obtained from a quick fire made of cobs or chips.

The pressure cooker may be used as a fireless cooker by heating to the desired pressure and holding five minutes, then removing from fire and placing on a board or asbestos mat and wrapping in a blanket. Not only is the cooker a convenience to be used in cooking every meal but it becomes a "friend indeed" during canning season.



ANOTHER TYPE OF COOKER

The suggestions given in this bulletin are general and each housewife will change them to suit the location and condition. Foods obtained and cooked in different parts of the country may not require the time or pressure given. After a few trials each housewife will be able to regulate the cooking to suit the age, size and condition of the product.

Complete directions are sent with each cooker.

### HINTS FOR USE OF COOKER

1. Time is saved by having the cooker hot when food is placed in it.
2. When the cooker is used over a coal or wood fire rub the bottom with a greased cloth. After removing from the fire rub again with same cloth and the soot is easily removed.
3. After the desired pressure is obtained, hold the pressure steady by lowering the fire.
4. When gas or kerosene or gasoline are used the fire may be turned out 5 minutes before time is up.
5. As soon as the food is thoroughly warm the pressure should rise at the rate of 1 lb. a minute. Time is counted after the required pressure is reached.
6. If it takes a long time to reach the desired pressure, the time for cooking at that pressure should be shortened.
7. Most foods are cooked at 15 pounds pressure.
8. Less liquid should be added to products than when cooking in the kettle, as none is lost by escaping steam.
9. The flavor and appearance of most vegetables are improved by putting a little water in the pan in which the vegetables are cooked.
10. A roast is best when seared quickly in a hot greased skillet or pan, seasoned to taste and browned well before applying pressure. When removed from the cooker, it may be placed in a hot oven to make surface dry and crisp before serving.
11. Potatoes cooked in a pan may be mashed. When cooking potatoes only in the cooker, they are much dryer and fluffier if the pet cock is opened as soon as the cooker is removed from the fire, and the steam allowed to escape at once.
12. Steam puddings and brown breads may be cooked in pans or cans. The lids should be punched with holes to let the steam escape. Such foods should be started with the petcock opened to allow the dough to rise.
13. When the cooker is used for a whole meal, separate pans or cans are used.



UTENSILS NECESSARY FOR PREPARING A MEAL

These may be placed one above the other with pieces of heavy screening or straps of heavy tin between. Lids are not necessary since the flavors do not blend.

14. All kinds of foods can be cooked in the pressure cooker but it is most practical for foods which require long cooking. Strong flavored vegetables are less desirable in the cooker.

15. There should always be some kind of liquid in bottom of cooker when in use.

16. When the cooker is placed on the stove, allow the pet cock to remain open until you can feel the steam from 4 to 6 inches above the pet cock, then close. The steam forces out the air.

17. Do not turn lid upside down when removing from the cooker. Wipe immediately. Drops of water entering the steam gauge will rust the pointer. Remove the ball in the safety valve that it may not rust and prevent valve from working.

18. Keep cooker clean by following instructions for cleaning that come with the cooker.

19. A second rack may be made for the cooker by using an 8 or 8 1-2 inch aluminum cake pan. Place pan upside down on end of board and drive nail-holes in the bottom to allow the steam to circulate. It may be taken to the tinner and have smooth holes made.

20. Never open the cooker until all the steam is let out through the pet cock, and the pointer is at zero.

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## SUGGESTIVE MENUS

By HANNAH L. WESSLING

	Braised beef	
Steamed potatoes		Creamed carrots
	Salad	
	Bread	Butter
	Cereal fruit pudding	
	Creole chicken	
Rice		Green peas
	Salad	
	Bread	Butter
	Steamed pudding	
	Boiled ham	
Potatoes		Baked beans
	Cold slaw	
	Boston brown bread	Butter
	Fruit dessert	
	Chicken with dressing	Gravy
	Creamed peas	
	Asparagus with drawn butter	
	Lettuce and tomato salad	
	Bread	Butter
	Berries and cream	
	Pork chops	
Mashed potatoes		Creamed shredded cabbage
		Salad
	Bread	Butter
	Stewed dried fruit	

## RECIPES

### MEATS

#### CREOLE CHICKEN

- |  |                                    |
|--|------------------------------------|
| 6 tomatoes or 1 No. 2 can tomatoes                               | 1 medium sized chicken             |
| 3 sweet red peppers cut in small cubes                           | 1-4 lb. ham or 2 or 3 slices bacon |
| 3 sweet green peppers cut in small cubes, or 1 No. 2 can peppers | chopped fine                       |
| 1 onion (size of egg)  | 1 tbs chopped parsley              |
| 2 tsp salt   | 1 bay leaf                         |
|  | 2 tbs butter or bacon drippings    |

Place the chicken either on the rack or on the bottom of the cooker with 1-2 cup water. Let it cook at 15 pounds pressure for 30 to 40 minutes. Remove the pressure to zero and remove the lid of cooker. Have ready the onion, cut fine and browned in the fat. Add this with other vegetables and the seasonings to the cooked chicken, close the cooker, bring pressure up and maintain at 15 pounds for 10 minutes. Let pressure run down to zero slowly, remove chicken and vegetables and thicken stock left in cooker to serve with the meat.

#### ROAST CHICKEN WITH DRESSING

Prepare as for roasting in the oven. Place in hot oven and brown nicely, then transfer to rack of cooker with 1-2 cup water below. Maintain 10 pounds pressure for one hour or more, depending upon age and size of fowl. Thicken gravy and serve. A lower pressure and longer cooking are preferred when the fowl is left whole.

#### BRAISED BEEF

Select a piece from 3 to 5 pounds in weight from one of the cheaper cuts of beef, such as the rump, shoulder, etc., sear and brown well with 1 tablespoon of fat either in a frying pan or in the bottom of the cooker. If desired, dredge with flour. After browning, salt the beef using 1-2 teaspoon salt to each pound. Transfer to cooker with 1-2 cup water, cover cooker and maintain at 15 pounds pressure one hour or more, depending upon size, age and cut of beef. If desired, an onion browned in fat or a few carrots or turnips, may be cooked with the meat. Remove stock from cooker, skim off part of the fat and thicken rest for gravy. More tender cuts of beef would require less time.

#### WHOLE HAM

Wash and soak for several hours a smoked ham (or shoulder). Transfer to cooker, lean side down, add 4 to 6 cups water and maintain at 15 pounds pressure one hour or more, depending upon size and quality of ham. Test to make sure it is tender before removing from cooker. If desired the ham may be allowed to cool in the liquid, causing the meat to be more juicy. Or it may be removed to a dripping pan, sprinkled with sugar and browned in the oven. Whole cloves, arranged symmetrically, make an attractive garnish.

#### PORK CHOPS

Brown carefully in a skillet. Salt and place in pan in cooker. Process 10 minutes at 12 to 15 pounds pressure.

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### VEGETABLES

#### POTATOES

Pare, wash, and if large, cut potatoes in halves or quarters. About 10 to 12 minutes before meat is ready to take from cooker reduce pressure, remove cover and place potatoes on top of meat or in vegetable basket above meat. Sprinkle lightly with salt and cook 10 minutes at 12 to 15 pounds pressure. If desired they may be browned in fat or served with cream sauce.

#### CARROTS

If carrots are young, scrape, wash and place in container with very little water. Sprinkle lightly with salt, cook five minutes with 15 pounds pressure, and serve with melted butter or cream sauce. If carrots are old, scrape and slice or dice them. Parboil five minutes, discard the liquid, season with salt and cook in small

amount of fresh water 10 to 12 minutes at 15 pounds pressure. Serve with cream sauce or butter.

### FRESH PEAS

Shell the peas and place in vessel with 1-4 cup water and 1 scant teaspoon salt to every 1-4 peck unshelled peas. Maintain at 15 pounds pressure for 6 to 8 minutes, depending upon age of peas. Let pressure run down slowly after removal from fire. Serve with cream sauce or butter.

### FRESH ASPARAGUS

Prepare as usual for cooking. Place in shallow vessel, sprinkle over it 1 teaspoon salt but add no water. Maintain at 15 pounds pressure 8 to 10 minutes, depending upon size and age of stalks. Let pressure run down slowly after removal from fire. Serve with cream sauce or melted butter.

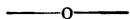
### CABBAGE

Remove outer leaves and shred or cut head into sections, removing core if very hard. Cover with boiling salted water and cook at 5 pounds pressure 6 to 10 minutes (depending on age). Drain and serve with cream sauce or with melted butter.

### BAKED BEANS

Soak one pound (2 cups) dried navy beans one and one-half hours, then par-boil. Drain and place in vessel to fit cooker with 1-4 pound salt pork on bottom of vessel. Season with 2 teaspoons salt, 1-2 teaspoon mustard and 2 tablespoons or more of sirup, if desired. Add water to almost cover beans. Cook 30 minutes at 15 pounds pressure. If Boston brown bread is being prepared the beans may be cooked with the bread, namely, for 55 minutes with pet cock open, followed by 20 minutes at 15 pounds pressure. (See Boston brown bread). After cooking, the pan of beans may be placed in the oven for a few minutes to brown.

Soy beans instead of navy beans may be used for baked beans.



### CEREALS

#### RICE

Wash 1 cup rice thoroughly and soak 4 to 5 hours. Put into vessel in cooker with three cups of water and 1 teaspoon salt. Maintain 5 pounds pressure for 6 to 8 minutes, or wash 1 cup rice, cover with 6 cups water, and 1 teaspoon salt. Maintain 15 pounds pressure for 8 minutes.



### BREAD AND PUDDINGS

#### BOSTON BROWN BREAD

Follow any recipe for brown bread or use the following proportions:

2 cups Graham flour	1-2 cup sirup or molasses
1 cup cornmeal	1 1-2 to 2 cups sour milk
1 teaspoon salt	1-4 cup shortening
1 teaspoon soda	3-4 cup seeded raisins

Place mixture in greased cans with perforated lids, and place on rack of cooker with water up to rack. Cook 55 minutes to 1 hour with pet cock open, then close pet cock and maintain 15 pounds pressure for 20 minutes. Release steam at once. Place in oven for a few minutes to dry outside of bread. It is necessary to cook doughs *without* pressure at first to allow time for mixture to "set" before putting under pressure.

#### STEAMED PUDDING

1 cup chopped suet, or 1-2 cup beef fat	2 eggs
1 cup sirup	2 1-2 to 3 cups flour
1-2 cup brown sugar	1 cup seeded raisins
1-2 tsp. salt	1-2 cup currants or cut citron
1 tsp. soda	1 cup chopped nuts
1 cup sour milk	

Spice—

- 1 tsp. cinnamon
- 1-4 tsp. cloves
- 1-2 tsp. nutmeg

Mix and place in greased cans with perforated lids. Cook same as Boston brown bread. Serve with liquid or hard sauce.

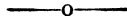
CEREAL FRUIT PUDDING

- 1 3-4 cups Graham flour, or
- 1 cup flour and 3-4 cup rolled oats
- 1-2 cup sirup
- 1-2 cup sugar
- 1-4 cup butter or butter substitute
- 1-2 tsp. salt
- 2 eggs
- 1-4 cup sour milk
- 1 cup seeded raisins
- 1 cup dried apples (or other fruit) soaked previously
- 1-2 tsp. soda
- Spice to taste

Mix and place in greased tins with perforated lids and cook same as Boston brown bread. Serve with liquid or hard sauce.

FRUIT CAKE

Use any good recipe for cake. Place mixture in greased baking powder or coffee cans with perforated lids. Cook on rack 55 minutes to one hour with petcock open, then maintain 10 pounds pressure 30 minutes. Release steam at once. If desired the cake may be transferred from the cooker to the oven in order to allow the outside to dry more thoroughly. Remove cake from cans and cool thoroughly. When cool, wrap in parafine paper until needed.



TIME TABLE FOR COOKING

FOOD	PREPARATION	TIME AT 15 LBS.
<b>MEATS:</b>		
Pot roast (4 or 5 pounds)	Sear and season. Add half cup water	50 min.
Pork loin	Season, add half cup water. Cook brown in oven.	40 min.
<b>VEGETABLES:</b>		
Beans (dry)	Soak 1 1-2 hrs., parboil, season, cover with boiling water	25 min.
Potatoes (small amount)	Wash, pare.	10 to 12 min.
Sweet potatoes	Wash, pare.	10 to 12 min.
Hominy (whole)	Soak 1 hour. Season.	30 min.
Onions	Wash, skin, cut across once.	10 min.
Cabbage	Cut into sections, cover with water. release steam.	See page 6
Turnips	Dice or slice. Cover with water.	5 to 8 min.
Green beans	Boil 3 min. Drain, season.	15 min.
Squash or pumpkin	Cut in thin slices.	15 to 20 min.
Beets (young)	Wash, cover with boiling water.	15 min.
Spinach (greens)	Wash, season, release steam.	6 to 8 min.
<b>CEREALS:</b>		
Rice	Wash—1 cup rice—6 cups water, salt. drain.	See page 6
Oatmeal	1 cup oatmeal to 2 1-4 cups boiling water, salt.	8 to 10 min.
Cornmeal mush	Scald meal in boiling water, salt.	8 to 10 min.
Dried fruits	Soak 1 hr. Drain, cover with water.	5 to 8 min.

PRESSURE AS A CANNER

The cooker serves a double purpose during the canning season. Many vegetables that would otherwise be wasted are saved with a pressure cooker. Often a jar of vegetables can be placed in the cooker when the meal is being prepared and thus save time, fuel, food and labor.

With the use of a sealer, tin cans and a cooker, canning becomes a profitable side line on the farm.

Glass jars may be successfully used for canning but require more time as glass breaks easily. Time must be allowed to reduce the pressure to zero, before the glass jars can be removed from the cooker.

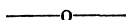
Follow the directions for preparation of fruit and vegetables sent out with each cooker and use the following time table, which applies to quarts:

VARIETY (Quart jars)	Time in Minutes	Pounds Pressure.....
Apples—in sirup .....	4	3
Apricots—in sirup .....	20	5
Blackberries—in sirup .....	8	5
Cherries—in sirup .....	10	5
Grapes—in sirup .....	10	5
Peaches—in sirup .....	15	5
Pears—in sirup .....	15	5
Plums—in sirup .....	15	5
Asparagus .....	30	15
Carrots .....	35	10
Cauliflower .....	35	10
Corn .....	90	15
Egg Plant .....	90	15
Hominy .....	60	15
Okra .....	40	10 to 15
Parsnips .....	60	10
Pears .....	45	10 to 15
Peppers .....	5	3
Pumpkin .....	60	15
Rhubarb .....	4	5
Kraut .....	40	10
Spinach .....	30	15
Squash .....	60	15
String Beans (young) .....	50	10
Sweet Potatoes .....	70	15
Tomatoes .....	12	10
Soups .....	50	15
Beef, Pork, Mutton (roast) .....	50	15
Catfish .....	75	15
Chicken (roast) .....	55	15
Chicken (with bones) .....	90	15

In canning chicken the objection has been raised that the removing of the bones spoiled the chicken for serving. In that case one may pack a whole chicken in a quart jar as follows:

1. Place saddle with thigh inside in hot jar.
2. Place breast bone with thigh inside.
3. Place backbone and ribs with leg inside.
4. Place leg, large end down alongside of breastbone.
5. Place wings.
6. Place wishbone.
7. Place neckbone.

Process 90 minutes at 15 lbs. pressure. In this way the chicken may be served in better style.



Other information may be secured from your home demonstration agent or the Extension Division of the A. and M. College, Stillwater, Oklahoma.