



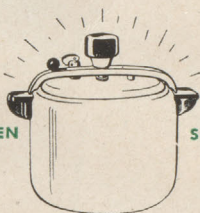
*Minute Magic*

with the

**EKCO  
PRESSURE  
COOKER**

# A MIRACLE

## comes to your kitchen!



A STAR IN THE KITCHEN

SHINES AT THE TABLE

Foods more colorful, more flavorful, more nourishing than they've ever been. Release from long hours in the kitchen. New leisure for you as well as better food for your family! All this, and more, is yours with the Ekco Pressure Cooker . . . a new kind of cooker that means a new world of fun and freedom for you.

**The Ekco Cooker Makes the Miracle of Pressure Cooking Simple as 1-2-3!**

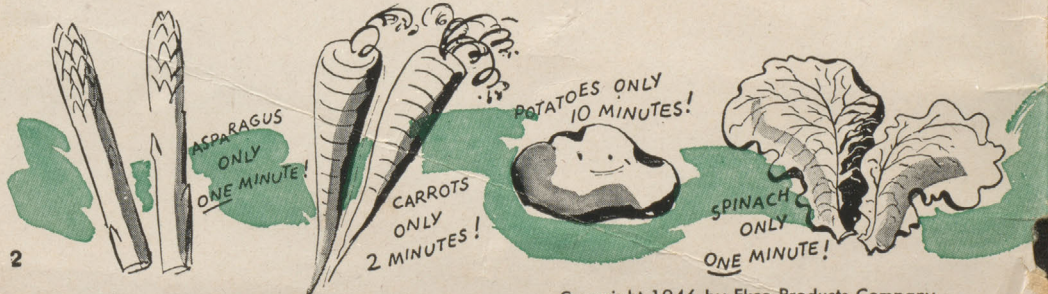
The new Ekco Pressure Cooker is so simple . . . so easy to use . . .

so wonderful for food . . . you're apt to call it the *perfect cook* instead of the *perfect cooker*.

With the Ekco, preparing meals in minutes is as simple as setting a saucepan on the stove!

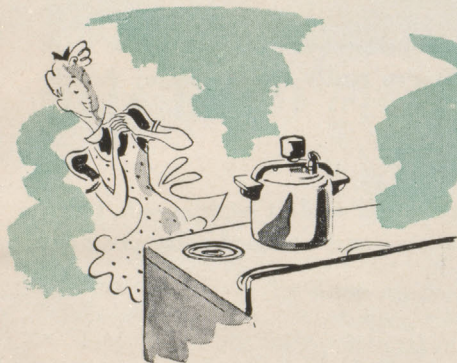
You seal the Ekco air-tight and steam-tight simply by turning a knob on the cover. There's no tugging at cumbersome handles or clamps.

There's no fuss, no bother, no searching for elusive weights and gauges. The Pressure Control of the Ekco is part of the cover!



## Meals in Minutes Are a Delicious Reality

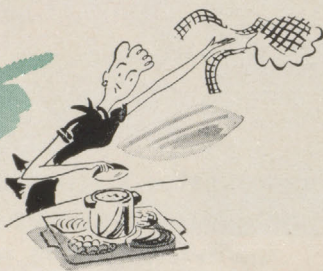
A few brief minutes of Ekco pressure cooking and the vegetables you serve are as temptingly colorful as a garden portrait. Your soups and meats take on new richness and flavor—speed-cooked the Ekco way, they *keep* the wonderful goodness that is so often cooked away.



### The Ekco Cooker Is a Quick Change Artist, Too!

Along with its other joys, the Ekco Cooker makes your serving as easy and colorful as your cooking. It's designed specially for this dual role—it has beautiful serving handles instead of

the cumbersome kitchen kind—the shape and sparkle of fine table service ware. And the attractive serving cover (it comes right with your Ekco!) keeps food hot for second helpings.



Simply lift off the cooking cover and, quick as you slip off an apron, the Ekco is ready for the table. Serves food piping hot and *extra* delicious . . . saves steps and dishes at every meal.

### Now Mealtimes Fun Time for Everybody!

As you'll soon discover for yourself, the Ekco Pressure Cooker is all you've needed to make feeding the family the fun it should be, instead of the chore it often is. Once there's one Ekco in your life you won't rest until you have *several*!



SWISS STEAK  
ONLY 15 MINUTES!



CHICKEN  
ONLY 20 MINUTES!



ONION SOUP  
ONLY 5 MINUTES!



BROWN BETTY ONLY  
10 MINUTES!

# EKCO Cooking

is economy cooking 6 ways!



A STAR IN THE KITCHEN

SHINES AT THE TABLE

## SAVES HOURS OF KITCHEN TIME . . .

Ekco pressure cooking takes only one-third to one-fourth the time required by ordinary methods. You're really free to enjoy family and friends.

## SAVES VITAMINS AND MINERALS . . .

Foods are pressure cooked in little water and at high speed. Thus, more of the health-building vitamins and mineral salts are kept in the food.

## SAVES FLAVOR AND COLOR . . .

Quick Ekco pressure cooking retains more of the natural flavor and brightens the color appeal of everything you cook—whether it's spinach or soup or a seafood treat.

## SAVES MONEY BY COOKING FASTER . . .

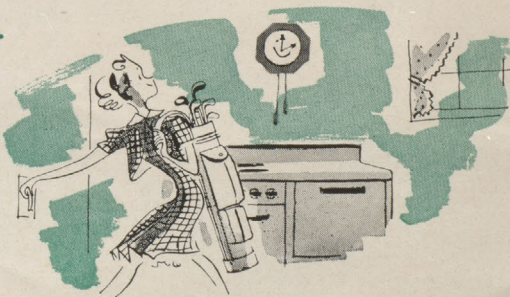
Ekco pressure cooking helps you keep fuel bills to a minimum because it requires less cooking time and heat is turned *down* as soon as proper pressure is reached.

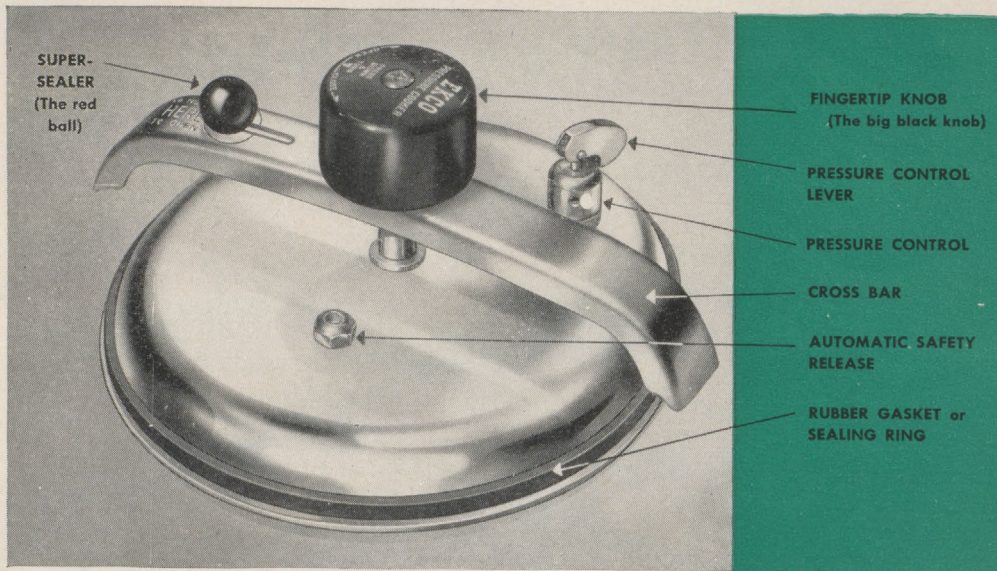
## SAVES HIGH FOOD COSTS . . .

Ekco pressure cooking glorifies budget-wise cuts of meat—steam under pressure *tenderizes* them as they cook.

## EVEN SAVES DISHES IN SERVING . . .

Remove the cooking cover and the Ekco is a handsome casserole type server that saves dishes and saves steps. An attractive serving cover comes right with your Ekco Cooker.





## Only EKCO gives you all these extra features!

### **Fingertip Seal**

The Ekco Pressure Cooker seals with a twirl of the Fingertip Knob on the cover. No cumbersome clamps, no friction to wear out the rubber gasket or sealing ring.

### **Super-Sealer**

The little red ball in the crossbar of the Ekco's cooking cover *double-locks* the cover on your cooker. If stray particles of food on the gasket ever prevent a steamtight seal, just use the Super-Sealer to double-lock your Ekco.

### **"Covered" Pressure Release**

The Automatic Safety Release is always under the crossbar of the Ekco when the cooker is sealed, as an added protection. If the Automatic Release should ever open to release excess pressure, the opening is always covered over.

### **Table Use**

The Ekco Pressure Cooker is smartly designed for use both as a cooker and a serving piece. It has a special serv-

ing cover—so that a change of covers gives you a deluxe serving dish.

### **Extra Durability, Extra Beauty**

The Ekco Pressure Cooker holds its sparkling beauty, resists pitting—inside and out. Made of finest deep drawn aluminum.

### **Easier Handling**

The Ekco's smart plastic serving handles prevent twisting and turning in the hand. Save space on the stove and on the shelf. And, of course, they're heat-resistant.

### **Easier Cleaning**

Straight sides and rounded corners make the Ekco Cooker easy to clean, easy to use.

### **Even Heat**

The extra thick, flat bottom and straight sides of the Ekco distribute heat evenly, reduce fuel waste. And the Ekco holds heat *in* your food so it's always hot and delicious when served.

Always open and close your  
this easy way . . . with

**TO OPEN...**

**SET COOKER ON TABLE . . .**  
(red ball should be at open position)

1. BE SURE RED BALL IS AT YOUR LEFT.

2. PRESS BIG BLACK KNOB DOWN.

3. TURN BLACK KNOB ALL THE WAY RIGHT.

4. LIFT SLIGHTLY without turning . . . MOVE  
COVER TOWARD YOU.

5. TIP TOWARD YOU AND LIFT OUT.



**Something to remember about**

When the cover is off the cooker, there is always a space between the crossbar and the cover. This is the way it should be, so don't "fiddle" with the Fingertip Knob when cover is off your cooker. This may lock the cover against the crossbar. If this should ever happen, here's all you do:

With the Super-Sealer ball at OPEN position, place the end of the crossbar against

# EKCO PRESSURE COOKER

just your fingertips

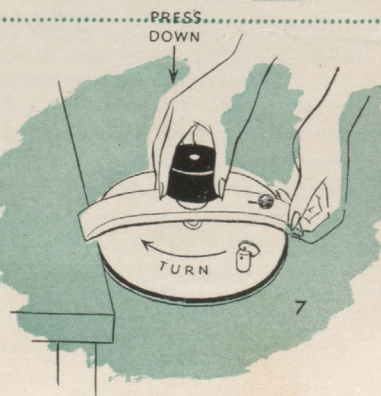
## TO CLOSE...

1. TILT COVER WITH RED BALL AT YOUR LEFT.
2. INSERT LOWER EDGE OF COVER UNDER RIM OF COOKER.
3. REST ARM IN SLOTS IN HANDLES.
4. PRESS BIG BLACK KNOB DOWN.
5. TURN KNOB ALL THE WAY LEFT . . . LET IT GO AND COOKER IS SEALED.



### the Cover of your Ekco

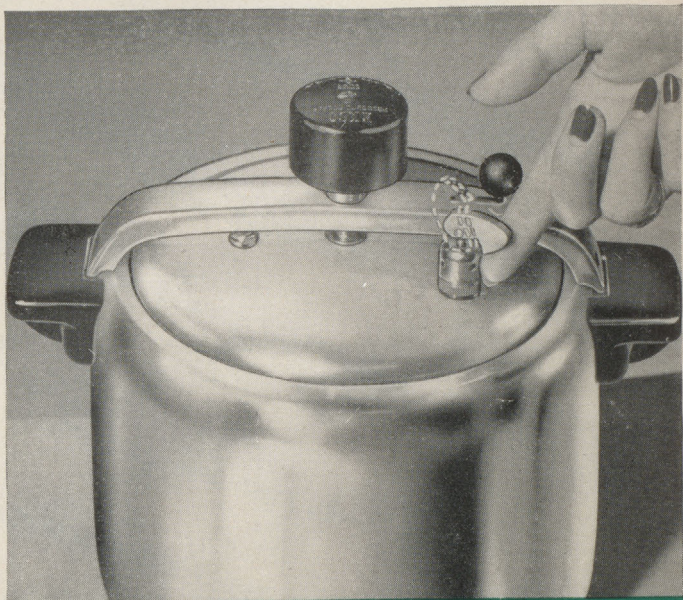
the edge of your kitchen table. Holding the other end of the crossbar as shown (a little higher than the end on the table) press down on the knob and turn exactly as in opening the cover when it is on the cooker. Turn as far as it will go. This will again leave the proper space between the crossbar and the cover.



# So Easy to Cook with...

Prepare food for cooking just as you usually do. Use the amount of water called for in the timetables and recipes on the following pages. Use rack when called for in recipes. Then follow the four steps in Ekco cooking given below.

**1. Expel the Air . . .** Seal your cooker. Set it over high heat and flip *up* the lever on the Pressure Control to allow air in cooker to escape.



**2. Build up Pressure . . .** When steam starts coming from the Pressure Control, flip the lever down with a fork or your finger. Pressure will now form inside your cooker.

**NOTE:** If stray particles of food on the rubber gasket prevent a tight seal, you may see wisps of steam escape around the cover. When this happens, simply slide the Super-Sealer (red ball) all the way toward the black knob, to double-lock the cover. If the red ball should spring back to open position during the cooking, this merely means that the double-lock is no longer necessary to keep the cooker sealed tight.





**3. Cook . . .** As soon as cooking pressure (15 pounds) is reached, steam will again start coming from the Pressure Control—*this time, in a steady hissing stream*. Now turn the heat *low* and start counting cooking time.

Use just enough heat to hear a simmering sound and see an occasional wisp of steam coming from the Pressure Control.

**NOTE:** All timetables and recipes give Ekco cooking time **AFTER** cooking Pressure is reached.

**4. Reduce the Pressure . . .**

When correct cooking time has elapsed, remove cooker from range and reduce pressure by letting cool water flow over the side and bottom. Now flip up the Pressure Control and open the cooker.

Let cool water flow over the cooker for all foods marked with an (\*) in the timetables. For all other foods, allow cooker to stand at room temperature for 5-10 minutes. Then place under cool water for a few seconds. *Never open cooker without first placing it under cool water.*

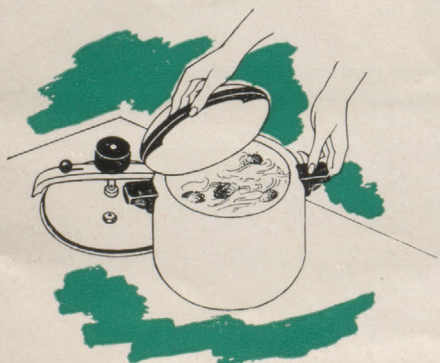
**IMPORTANT . . .**

Before opening cooker always make sure the Pressure Control Lever is **UP** and the Super-Sealer (red ball) is in **OPEN** position.

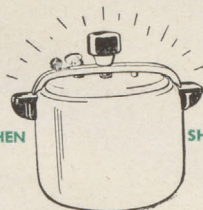


**. . . and your EKCO Cooker  
Stays to Dinner!**

Off comes the cooking cover, on goes the table service cover and your Ekco becomes a handsome casserole-type serving dish, keeps foods temptingly hot at the table, saves steps and dishes in serving.



# To keep your EKCO looking (and Cooking!) like new!



A STAR IN THE KITCHEN

SHINES AT THE TABLE

## DO . . .

*Do* keep your cooker scrupulously clean. Wash in good soap and plenty of hot water . . . never use strong soap or abrasives. For a special gleam, use silver polish.

*Do* unscrew the Pressure Control when washing the cooking cover. Let hot water run through opening in the cover and also through the Pressure Control. Raise Pressure Control Lever to permit water to run through. Pressure can get too high if you fail to clean the Pressure Control properly.

*Do* remember to screw the Pressure Control on tightly after unscrewing it for cleaning.

*Do* turn the heat *down* as soon as cooking pressure is reached. Pressure can get too high otherwise.

*Do* remove the cooker from high heat if you are called to the telephone or doorbell while using it.

*Do* be sure the rim of the cooker and the gasket on the cover are clean and free of food particles. Tiny particles caught in the rim can prevent a steam-tight seal.

## DON'T . . .

*Don't* let the cooking cover soak in a dishpan. Wipe it clean with a damp dishcloth, rinse and dry thoroughly.

*Don't* let the cooking cover become dented or warped. It must fit perfectly to make a steamtight seal.

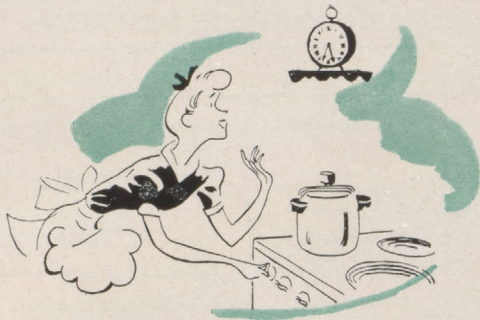
*Don't* tap the rim of the cooker with a spoon or hard object when cooking or serving. This may dent cooker and allow steam to escape.

*Don't* add soda to water or food in cooker. Soda will damage aluminum. To remove food stains, add two teaspoons cream of tartar to one quart water and bring to cooking pressure.

*Don't* store the Ekco with the cover locked on. Place it on the cooker as usual but don't seal it. Leave the Pressure Control Lever up when the cooker is not in use.

*Don't* ever remove cover after cooking until you have flipped up the Pressure Control Lever.

*Don't* ever fill your cooker more than  $\frac{2}{3}$  full. And only  $\frac{1}{2}$  full for soups.



## Before you start to cook may we say a word on EKCO Cooking Time

The timetables for Ekco cooking on the following pages were carefully worked out with foods of average size and freshness, cooked for average tastes. *But there are exceptions to every rule!*

If your family likes especially well-done foods, add a minute or so to "timetable times."

If your vegetables are fresh from the garden, cook them a little less than you would the midwinter, market variety. Size and freshness should always be considered in timing Ekco cooked foods.

Use the Ekco timetables as a general guide, do a little experimenting of your own and you'll soon be turning out all kinds of delicious treats—in minutes.

Remember—timetables and recipes give Ekco cooking time AFTER cooking pressure is reached. Always count cooking time from this point.

# EKCO Cooking of Vegetables

## TIMETABLE FOR FRESH VEGETABLES

Vegetable	Eko Cooking Time	Preparation
*Asparagus	1-2 minutes	Remove lower stalks and scales. Scrub lightly with soft brush. Tie stalks in bundles of serving size.
*Beans, green	2-4 minutes depending on maturity of beans	Strings removed. Cut crosswise or lengthwise.
*Beans, Lima	1½-2 minutes	Shelled and washed.
*Beets, cut	5-6 minutes	Peeled and cut up, or quartered.
*Beets, whole young	10-12 minutes	Left whole with 1" stem.
*Beets, whole mature	12-18 minutes	Left whole with 1" stem.
*Broccoli	2-3 minutes	Leaves and tough parts of stalks removed. Stalks may be split, if large.
*Brussels Sprouts	2-3 minutes	Remove wilted leaves, cook whole.
*Cabbage, sliced	1-1½ minutes	Sliced fine, or cut in eighths.
*Cabbage, quartered	2-3 minutes	
*Carrots, sliced or diced	2-3 minutes	Scraped and sliced, diced or slivered.
*Carrots, whole	4-5 minutes	Left whole.
*Cauliflower	2-3 minutes	Separate into flowerets.
*Cauliflower, whole	3-6 minutes depending on size and maturity	Left whole. Use rack.
*Celery	2-3 minutes	Remove strings, cut in 1" pieces.
*Corn, on cob	3-5 minutes	Remove husks and silk (Use 1 cup water).
*Onions, 2-3" in diameter	5-6 minutes	Peeled, left whole.
*Onions, sliced	3-4 minutes	
*Parsnips, sliced	7-8 minutes	Pared, cut in quarters lengthwise.
*Parsnips, whole	9-10 minutes	Pared, left whole. Size varies.
*Peas	1 minute	Shelled. A few pods add flavor.
*Potatoes, whole white	10-15 minutes	Pared, left whole, small.
*Potatoes, white	8 minutes	Halved.
*Potatoes, for mashing	5-6 minutes	Quartered.
*Potatoes, sweet	10 minutes	Whole, medium size.
*Spinach	1 minute	Picked over, roots and tough stems removed.
*Tomatoes	½-1 minute	Cored and peeled, whole.
*Squash, Summer	2-3 minutes	Pared, seeded, if desired, cut in 1" slices; when very tender, cook with peeling on.
*Squash, Summer	8-12 minutes	Whole.
*Squash, Hubbard	12 minutes	Pared, cut in 2" pieces, seeds removed.
*Swiss Chard, young	5-6 minutes	Picked over, leaves and stems.
*Turnips, white	3-5 minutes	Pared, cut in 1" cubes.
*Turnips, yellow	12-15 minutes	Pared, cut in 1" cubes.

Use ½ cup of water for all vegetables in the 4½ quart cooker.

\*Reduce pressure quickly by placing cooker under cool running water for a few seconds before lifting Pressure Control Lever and removing cover,

## TIMETABLE FOR DRIED VEGETABLES

Vegetable	Ekco Cooking Time In Minutes	Amount of Water Per Pound
Kidney Beans	25 minutes	3 cups
Lima Beans	25-30 minutes (according to size)	3 cups
Navy Beans	25-30 minutes	2 cups
Green Split Peas	25 minutes	2 cups
Yellow Peas	25 minutes	2 cups
Soy Beans	25-30 minutes	2 cups

**NOTE:** Allow about  $\frac{1}{2}$  teaspoon of salt per cup of water, for vegetables. Add more when called for in recipes.

For all above vegetables allow cooker to cool at room temperature for 5-10 minutes. Then place under cool running water for a few seconds before opening Pressure Control Lever.

## TIMETABLE FOR FROZEN VEGETABLES

Vegetable	Ekco Cooking Time
*Asparagus Spears	1½ minutes
*Asparagus Cuts and Tips	½ to 1 minute
*Broccoli Cuts	1 to 1½ minutes
*Brussels Sprouts	1 to 1½ minutes
*Cauliflower	½ minute
*Corn on the cob	2 to 3 minutes
*Corn, Cut	½ to 1 minute
*Green Beans	½ to 1 minute
*Lima Beans	½ to 1 minute
*Mixed Vegetables	½ to 1 minute
*Peas	½ minute
*Peas and Carrots	½ minute
*Spinach	½ to 1 minute
*Succotash	1 to 1½ minutes
*Wax Beans	½ to 1 minute

**NOTE:** Use only  $\frac{1}{4}$  cup of water in the cooker.

\*Reduce pressure quickly by placing cooker under cool running water for a few seconds before opening Pressure Control Lever and removing cover.

## EKCO Cooking of Dried Vegetables

Prepare dried vegetables for Ekco cooking just as for ordinary cooking—wash in warm water and remove discolored and broken pieces. Then drain, cover generously with warm water, and soak until ready to cook. Overnight soaking is preferable but an hour will do the trick if time is short.

Use about  $\frac{1}{2}$  teaspoon of salt per cup of water for initial cooking.

## EKCO Cooking of Quick-Frozen Vegetables

Ekco cooking of quick-frozen foods actually cuts preparation time to seconds. Yet quick-frozen vegetables are more flavorful and colorful than ever when cooked under pressure.

All vegetables with the exception of corn on the cob may be cooked in frozen state, but never place solid blocks of frozen vegetables in the cooker. It is best to thaw them enough so each block can be broken into 6 or 8 pieces to insure even cooking. *Corn on the cob must be completely thawed.*

Only one-fourth cup of water is needed in cooking quick-frozen foods as the thawing will provide some of the moisture.

# Vegetable Recipes

## LIMA BEANS WITH TOMATOES

*Ekco Cooking Time: 2 minutes*

- 2 cups green lima beans
- 3 tablespoons minced onion
- 2 tablespoons butter, margarine or salad oil
- 2 cups canned or fresh tomatoes
- 1 teaspoon granulated sugar
- 1 teaspoon salt
- Few grains of pepper
- 1 cup soft bread crumbs

Cook green lima beans on rack with  $\frac{1}{2}$  cup water for 2 minutes. Reduce pressure with cool water. Remove rack and beans and keep hot. Cook onion in melted fat in uncovered cooker until tender; add remaining ingredients except crumbs and simmer uncovered for 5 minutes. Add beans to mixture and heat thoroughly; add crumbs, blend and serve in cooker. Serves 6.

## TURNIPS MEXICANO

*Ekco Cooking Time: 3-5 minutes*

- 3 cups cubed white turnips
- 2 cups drained, cooked peas
- $\frac{1}{4}$  cup slivered green or red pepper
- $\frac{1}{4}$  cup milk
- 2 tablespoons butter, margarine or drippings
- $\frac{1}{2}$  teaspoon salt
- Few grains of pepper

Cook turnip cubes under pressure for 3-5 minutes, using  $\frac{1}{2}$  cup water and  $\frac{1}{4}$  teaspoon salt. Reduce pressure with cool water. Add remaining ingredients and simmer (uncovered) about 5 minutes. Serves 6.

## CREOLE CABBAGE

*Ekco Cooking Time: 1 $\frac{1}{2}$  minutes*

- 6 cups shredded cabbage
- 2 teaspoons salt
- 1 cup sliced onions
- 3 tablespoons drippings
- 2 cups canned tomatoes
- $\frac{1}{4}$  cup diced green pepper
- 3 cloves
- 1 bayleaf
- 1 teaspoon sugar

Cook cabbage under pressure in  $\frac{1}{2}$  cup boiling water, 1 teaspoon salt for 1-1 $\frac{1}{2}$  minutes. Reduce pressure with cool water, remove cabbage and keep hot. Simmer onions in fat in cooker until tender, about 5 minutes. Add remaining ingredients except cabbage, cover and simmer 15 minutes with Pressure Control Lever open. Remove cloves and bayleaf. Add drained cabbage, tossing lightly with a fork. Serves 6.

## GLAZED SWEET POTATOES

*Ekco Cooking Time: 10 minutes*

- 6 medium sweet potatoes
- $\frac{1}{2}$  cup brown sugar, firmly packed
- 2 tablespoons butter, margarine or drippings
- $\frac{1}{2}$  teaspoon salt

Wash sweet potatoes and cook under pressure for 10 minutes, using  $\frac{1}{2}$  cup hot water,  $\frac{1}{4}$  teaspoon salt. Reduce pressure with cool water. Remove potatoes and peel. Cut into halves or slices and arrange in skillet. Spread each with brown sugar and fat mixture and simmer over low heat until glazed, turning often. Season with salt and serve. Serves 6.

## BEETS PIQUANT

*Ekco Cooking Time: 12-18 minutes*

- 4 cups cooked, diced beets
- $\frac{1}{4}$  cup minced onion
- $\frac{1}{3}$  cup butter, margarine or salad oil
- 1 $\frac{1}{2}$  teaspoons salt
- 2 teaspoons granulated sugar
- $\frac{1}{4}$  teaspoon powdered cloves
- 3 tablespoons vinegar

Wash beets thoroughly, leave roots on and remove tops leaving 1" stem. Place in cooker on rack, add  $\frac{1}{2}$  cup boiling water, cook under pressure 10-12 minutes for young beets or 12-18 minutes for old ones. Reduce pressure with cool water. Remove beets and rack and peel and dice in  $\frac{1}{4}$  inch cubes. Meanwhile, sauté onion in melted fat in uncovered cooker until tender. Add remaining ingredients, cover and simmer with Pressure Control Lever open about 5 minutes over low heat. Add beets and serve. Serves 6.

## SUMMER SQUASH DELICIOUS

*Ekco Cooking Time: 2-3 minutes*

- 2 medium crooked neck summer squash, about 2 $\frac{1}{2}$  pounds, tender
- 2 tablespoons butter, margarine or drippings
- 2 tablespoons lemon juice
- 2 tablespoons minced parsley
- $\frac{1}{4}$  cup chopped chives, or green onion tops
- $\frac{1}{2}$  teaspoon salt
- Few grains of pepper

Cut squash into 1-inch slices crosswise, and cook 2-3 minutes on rack, using  $\frac{1}{2}$  cup water,  $\frac{1}{4}$  teaspoon salt. Reduce pressure with cool water. Remove rack. Drain squash (if necessary) and mash. Add remaining ingredients and simmer (uncovered), over low heat, for about 5 minutes. Serves 6.

# Vegetable Recipes (continued)

## CARROTS LYONNAISE

*Ekco Cooking Time: 2-3 minutes*

- 6 cups sliced or slivered, peeled carrots
- ½ cup sliced onions
- 3 tablespoons butter, margarine or drippings
- ½ teaspoon salt
- Few grains of pepper

Cook carrots under pressure for 2-3 minutes, using ½ cup boiling water and ¼ teaspoon salt. Reduce pressure with cool water. Remove carrots. Sauté onions in hot fat in cooker for five minutes, stirring constantly. Add carrot slices, seasonings and cook together until lightly browned. Serves 6.

## EKCO BAKED BEANS

*Ekco Cooking Time: 30 minutes*

- 2 cups navy beans
- 2½ teaspoons salt
- 1 cup peeled, sliced onion
- ½ cup green pepper, diced
- 3 tablespoons fat, drippings or oil
- 1 tablespoon flour
- 1 teaspoon dry mustard
- 1 teaspoon sugar
- ¼ teaspoon pepper
- 2½ cups canned or fresh tomatoes (No. 2 can)

Pick over beans, wash and soak overnight in water to cover. Drain, place in cooker with water to cover, add 2 teaspoons salt, cover and cook 20 minutes under pressure. Reduce pressure at room temperature, then place under cool water. Uncover and remove beans. Sauté onions and green pepper in melted fat in cooker until tender, add flour and blend. Add remaining ingredients and salt. Add beans to cooker and stir the sauce through them. Cover and cook under pressure ten minutes. Reduce pressure with cool water, remove cover and serve in cooker. Serves 6.

## STRING BEANS SOUTHERN STYLE

*Ekco Cooking Time: 2-4 minutes*

- 1½ pounds green beans
- ½ cup boiling water
- 4 slices bacon, cut fine
- 1 cup peeled onion, diced fine
- ¾ teaspoon salt
- Few grains pepper
- Few grains of paprika

Wash beans, cut in 1" lengths, add diced onions, bacon and seasonings and cook under pressure 2-4 minutes. Reduce pressure with cool water. Simmer (uncovered) to concentrate juices to about one-half. Serve in cooker or vegetable dish. Serves 6.

**Note:** Salt pork or bacon ends may be used instead of diced bacon. Pressure-cook ten minutes, cool cooker, add beans and cook an additional 2-3 minutes.

## DUTCH HOT SLAW

*Ekco Cooking Time: 1½ minutes*

- 6 cups shredded cabbage
- 1 tablespoon butter or margarine
- 2 eggs, beaten
- 1½ teaspoons salt
- 1½ tablespoons sugar
- Few grains of pepper
- ¾ cup milk
- ¼ cup vinegar
- ¼ cup sour cream

Wash and shred cabbage. Drain, place on rack in cooker with ½ cup boiling water. Cover and cook 1½ minutes. Reduce pressure with cool water. Remove cabbage and rack and keep hot. Melt fat in cooker; add beaten eggs and remaining ingredients except sour cream; cook (uncovered) over low heat, stirring constantly, until thickened and smooth. Add sour cream, beating until light and fluffy. Add hot cabbage and serve in cooker. Serves 6-8.

## CAULIFLOWER AU GRATIN

*Ekco Cooking Time: 3-6 minutes*

- Whole cauliflower
- 4 tablespoons butter or margarine
- Few grains pepper
- 1 teaspoon salt
- 2 cups milk
- 1 cup grated American cheese

Wash cauliflower, soak in cold water for 15 minutes. Drain, place on rack in cooker with ½ cup boiling water. Cook under pressure for 5-10 minutes. Reduce pressure with cool water. *Meanwhile*—melt fat in top of double boiler; add flour and seasonings and blend. Add milk while stirring. Cook over boiling water until smooth and thickened, stirring constantly. Fold in grated cheese, stirring to blend. Serve over drained, hot cauliflower.

### Some Vegetables Are Happy Together!

There are two or more minds as to whether different vegetables may be prepared in a single pan at the same time. The Ekco staff of experts has made extensive tests and believes that when two or three vegetables have about the same cooking time they are happy together. And, if you wish, you can cut vegetables so their cooking times will match—for instance, *whole* carrots and *sliced* beets will have the same cooking time.

# EKCO Cooking of Meats and Poultry

Cooking times vary with the tenderness, size and thickness of the meat to be cooked. For example—thick roasts require slightly longer cooking time than flat roasts; roasts without bone should be cooked a little

longer than roasts with the bone left in.

We recommend searing and browning all meats in the Ekco Cooker before cooking. Browning meats in the cooker gives added flavor to the finished dish.

## BROWNING MEATS IN THE EKCO



Preheat cooker without cover and add a bit of fat or drippings. Then place meat in the bottom of the cooker and brown well on all sides.



If rack is called for in recipe, place it in cooker. Add browned meat and amount of water given in recipe. Then seal cooker and cook according to directions.

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## Yes, Indeed, Meats and Vegetables Can Be Cooked Together!

### *Here's how it's done*

Cook meat until nearly done, then reduce pressure and add the vegetables. Be sure vegetables have the same cooking times or cut them in pieces so their cooking time is the same. (See Page 15.)

Seal cooker, again bring to cooking pressure and cook meat and vegetables together for the length of time needed to cook the vegetables.





## TIMETABLE FOR MEATS AND POULTRY

Meats	Ekco Cooking Time	Water to Be Added After Searing	Suggestions
<b>BEEF</b>			
Beef Liver ½" slices	5 minutes	1 tablespoon	Dredge in seasoned flour. Sear in hot fat.
*Beef Stew	15 minutes	½ cup	Sear or brown beef cubes.
Corned Beef	20-25 minutes per lb.	1 cup	Soak in cold water to freshen for one hour or more. Cook on rack.
Hamburgers	10 minutes	1 tablespoon	Roll in flour and brown in hot fat on both sides.
*Porcupine Meat Balls	12-15 minutes	½ cup	Brown on all sides in hot fat.
Pot Roast	8-10 minutes per lb.	¼ cup	Sear on both sides in hot fat.
*Swiss Steak ¾ Thick	15-20 minutes	¼ cup	Trim off fat; pound seasoned flour in on both sides. Brown on both sides in hot fat.
Smoked Tongue 4 pounds	55-65 minutes	4 cups	Soak in cold water for several hours or overnight. Cook on rack.
<b>PORK</b>			
Canadian Bacon (1 ½ lb. piece)	30 minutes	¼ cup	Brown on both sides.
Ham Butt (Smoked Boneless)	12-15 minutes per lb.	1 cup	Cook on rack.
Ham Slice ¾" thick (not tenderized)	12-15 minutes	¼ cup	Brown on both sides in hot fat. When cooked, sprinkle with brown sugar and heat under broiler until sugar bubbles.
*Pork Chops, ¾" thick	10 minutes	¼ cup	Dredge in flour, brown.
<b>VEAL</b>			
*Sweetbreads	7-8 minutes per lb.	½ cup	Cover with ice water and let stand 20-30 minutes before cooking. Separate and remove fine membranes after cooking.
*Veal Birds or Rolls	15 minutes	¼ cup	Brown on all sides in hot fat.
*Veal Shoulder	14-16 minutes per lb.	Water to cover	Sear well.
*Veal Stew (2 lbs. 1 ¼" cubes)	15 minutes	¼ cup	
<b>LAMB</b>			
*Lamb Kidneys	3-5 minutes	1 tablespoon	Wash, split in half, remove skin, white tubes and fat. Soak in cold water 1 ½ hours, then dry—brown in hot fat.
*Lamb Stew (2 lbs. 1 ¼" cubes)	12-15 minutes	1 cup	Vegetables may be added last 5 minutes.
<b>CHICKEN</b>			
*Fried Chicken	10-15 minutes	¼ cup	Dredge with flour, brown on all sides.
Stewing Chicken Medium size 3 ½ lbs.	20-30 minutes	1 cup	Cut in pieces, place on rack. Add seasonings, carrot, celery stalk, parsley, etc. Dredge with seasoned flour and sear. Size and age vary—consider in cooking time.

**NOTE:** Use rack in the cooker when cooking meats or poultry.

\*Reduce pressure quickly by placing cooker under cool running water for a few seconds before opening Pressure Control Lever and removing cover. For all other items allow cooker to cool at room temperature for 5-10 minutes, then place under cool water and proceed as above.

# Meat Recipes

## EKCO FRIED CHICKEN

*Ekco Cooking Time: 10-15 minutes*

- One 2½ pound broiler, cut in pieces
- Flour
- Salt and pepper
- 3 tablespoons fat or drippings

Roll chicken in seasoned flour and brown in cooker in drippings. Remove pieces to hot plate. Add rack and place chicken on rack. Add ¼ cup boiling water, cover and pressure-cook 10-15 minutes. Reduce pressure with cool water. Remove chicken and rack from cooker and serve with country gravy made from drippings in cooker. Serves 4.

## COUNTRY GRAVY

- 4 tablespoons drippings
- 4 tablespoons flour
- 1 teaspoon salt
- Few grains of pepper
- 2 cups milk

Blend flour in hot drippings, add seasonings and cook until light brown, while stirring. Gradually add milk, stirring constantly, and cook until gravy is smooth and thick. Yield: 2 cups chicken gravy.

## SAVORY BEEF STEW

*Ekco Cooking Time: 15 minutes*

- 2 tablespoons fat or drippings
- 2 pounds chuck, or rump beef, cut in 1¼" cubes
- 2 teaspoons salt
- ¼ teaspoon pepper
- 1 bayleaf
- ½ cup water
- 6 small onions, peeled
- 1 cup diced celery
- 4 medium potatoes, quartered
- 3-4 medium carrots, sliced, or cut in 1" lengths
- 1 teaspoon condiment sauce
- 2 cups canned or fresh tomatoes
- 2 tablespoons minced parsley
- 3 tablespoons flour
- ¼ cup water

Melt fat in cooker, brown meat on all sides. Place on rack in cooker. Add seasonings and ½ cup water. Cover and cook under pressure 10 minutes. Reduce pressure with cool water. Add vegetables, cover cooker and cook under pressure 5 minutes more. Reduce pressure and remove stew and rack, blend flour and water, add to gravy, and cook (uncovered), while stirring, until thickened. Add stew and minced parsley, heat through and serve in cooker. Serves 4-6.

## SWISS STEAK

*Ekco Cooking Time: 15 minutes*

- 2 pounds round, or rump beef, cut 1½" thick
- ¼ cup flour
- 1 teaspoon salt
- Few grains of pepper
- 2 tablespoons fat, melted
- 1½ cups canned or fresh tomatoes
- 4 medium onions, sliced
- 1 cup diced celery
- 1 peeled garlic clove, sliced
- 1 tablespoon Worcestershire sauce
- Few drops tabasco sauce

Combine flour and seasonings, and pound half of mixture (with edge of a saucer) into one side of beef; turn and pound half into other side. Cut beef into serving pieces. Heat fat in cooker and brown beef quickly on both sides. Place on rack; add remainder of ingredients; cover cooker and cook 15 minutes under pressure. Reduce pressure with cool water. If desired, simmer uncovered 3-5 minutes to thicken sauce. Serve on platter with gravy over and around beef. Serves 4-6.

## PORK CHOPS

*Ekco Cooking Time: 10 minutes*

- 6 pork chops, loin, rib or shoulder ¾-1" thick
- 1¼ teaspoons salt
- Few grains of pepper
- 1 tablespoon fat or drippings\*
- Flour
- ¼ cup water

Dredge pork chops in flour or leave unfloured, if desired. Brown on both sides in hot fat; add seasonings and ¼ cup water. Place on rack and cook under pressure for 10 minutes. Reduce pressure with cool water. Remove pork chops and rack and keep hot. Make brown gravy in cooker to serve with chops. Serves 6.

\*Some chops are fat enough to brown in own fat without addition of fat or drippings.

## PORCUPINE MEAT BALLS

*Ekco Cooking Time: 15 minutes*

- 1½ pounds ground round or chuck beef
- ½ cup raw rice
- 1 teaspoon salt
- Few grains of pepper
- ¼ cup finely diced onion
- 1 peeled garlic clove, minced
- 1½ cups tomato soup (1 No. 1 can)
- 1 cup water

Combine ground meat, rice, seasonings, onion and garlic. Shape into balls. Heat tomato soup and water in cooker, place meat balls on rack. Cook under pressure for 15 minutes. Reduce pressure with cool water. Uncover and serve in cooker. Serves 6.

# Meat Recipes

## VEAL BIRDS

*Ekco Cooking Time: 15 minutes*

- ¼ cup margarine or butter
- ¼ cup diced onion
- 1 cup diced celery
- 4 cups day-old bread cubes—(5-6 slices)
- 1½ teaspoons poultry seasoning
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup water
- ½ teaspoon Worcestershire sauce
- 1½ pounds veal cutlets sliced ¼" thick
- 1 teaspoon prepared horseradish
- 2 tablespoons flour
- ½ teaspoon salt
- ¼ cup drippings for frying
- 1 cup water

Melt fat in cooker. Add onion and celery and sauté for 3-4 minutes. Add the bread cubes, poultry seasoning, salt, and pepper; toss to distribute the margarine and seasonings. Add Worcestershire sauce and horseradish to the ¼ cup water and sprinkle over the bread cubes. Toss again. Spread dressing on meat and roll up. Secure with short skewers, toothpicks, or tie with string. Roll in flour mixed with salt. Brown in hot fat in cooker. Place on rack in cooker, add the 1 cup of water, cover, and pressure-cook 15 minutes. Reduce pressure with cool water. Remove birds and rack and keep veal birds hot on platter. Add seasonings to gravy, thicken if desired, and serve over veal. Serves 6.

## IRISH LAMB STEW

*Ekco Cooking Time: 12 minutes*

- 2 pounds boned lamb shoulder, cut in 1¼" cubes
- ¼ cup flour
- 2½ teaspoons salt
- ¼ teaspoon pepper
- 4 tablespoons fat or drippings
- 1 garlic clove, minced
- 3 medium carrots, quartered
- 6 medium potatoes, quartered
- 6 medium onions, halved
- 1 cup diced celery
- 1 teaspoon condiment sauce
- 1 cup water

Roll lamb cubes in seasoned flour and brown in hot fat in cooker. Add seasonings, except condiment sauce. Place meat on rack and add 1 cup boiling water. Cover cooker and pressure cook 7 minutes. Reduce pressure with cool water. Add vegetables, cover, and pressure-cook 5 minutes more. Reduce pressure. Uncover and remove rack. Add condiment sauce and thicken gravy with a little flour blended in water. Serve hot in cooker. Serves 6.

## POT ROAST WITH VEGETABLES

*Ekco Cooking Time: 35 minutes*

- 3 pounds chuck or round beef
- 1 tablespoon fat or drippings
- 2 teaspoons salt
- ¼ teaspoon pepper
- ¼ cup boiling water
- 1 bayleaf
- 3 peppercorns
- 1 cup diced celery
- 3 medium onions, halved
- 6 small carrots, left whole
- 2½ cups canned tomatoes
- 6 medium potatoes, quartered
- ¼ cup flour
- 6 tablespoons cold water

Brown meat on all sides, in hot fat in cooker. Place on rack. Add seasonings, water, bayleaf, peppercorns, celery, and tomatoes. Cook under pressure for 30 minutes (10 minutes per pound). Reduce pressure at room temperature, then under cool water. Uncover cooker, add potatoes, carrots and onions, cover and cook under pressure for 5 minutes. Reduce pressure with cool water. Remove meat and vegetables to a hot platter and keep hot. Remove rack. Thicken gravy, blending flour in cold water and add, while stirring. Cook until gravy thickens. Pour around and over vegetables. Serves 6.

## JELLIED VEAL LOAF

*Ekco Cooking Time: 25 minutes*

- 1½ pounds veal shoulder
- 1 knuckle of veal, sawed in small pieces, or several small pieces shoulder bone
- 1 peeled, sliced onion
- 1 stalk celery, or celery tops
- 4 peppercorns
- 1 bayleaf
- 2 tablespoons vinegar
- 2¾ teaspoons salt
- 1 quart water
- 2 hard-cooked eggs
- ¼ cup sliced, stuffed olives
- 1 tablespoon Worcestershire sauce
- Watercress

Place veal shoulder and bone, onion, celery, peppercorns, bayleaf, vinegar and salt in cooker. Add water to cover, about one quart. Cook under pressure for 25 minutes. Reduce pressure with cool water. Remove meat from broth and simmer liquid (uncovered) to reduce to 1½ cups. Remove bones; dice meat. Add Worcestershire sauce to broth, add meat; mix well. Arrange over egg and olive slices in 4" by 8" loaf pan. Chill until set. Serve sliced, garnished with watercress. Serves 6.

# EKCO Cooking of Soups

Many different kinds of delicious soups may be prepared easily and quickly in your Ekco Cooker. Try the recipes given in this section, then add other family favorites to your list—simply trim cooking times to about  $\frac{1}{4}$  the time used in the open kettle method of soup

cookery.

Recipes in this section serve four to six and may be increased to eight servings if desired. But always be sure you fill the cooker only  $\frac{1}{2}$  full when cooking soups. Never use more than  $2\frac{1}{4}$  quarts of liquid in the  $4\frac{1}{2}$  quart Ekco Cooker.

## TIMETABLE FOR SOUPS

*Do Not Fill Cooker Over Half Full*

Soups	Ekco Cooking Time	Amount of Water	
*Brown Soup Stock	20 minutes	1½ quarts	*Reduce pressure quickly by placing cooker under cool running water for a few seconds before opening Pressure Control Lever and removing cover. For all other items, allow cooker to cool at room temperature for 5-10 minutes, then place under cool water and proceed as above.
*Chicken Soup	20-25 minutes	2 quarts	
*French Onion Soup	5 minutes	2 cups boiling water 2 cups bouillon	
Navy Bean Soup	25-30 minutes	1½ quarts (1 cup dried beans)	
Potato Soup	15 minutes	3½ cups	
Split Pea Soup	20-25 minutes	1 quart boiling water	
*Tomato Bouillon	5 minutes	1 quart brown stock or boiling water	
*Vegetable Soup	25 minutes	1 quart	

### WHOA!

**Never Fill The Ekco Cooker More Than  $\frac{1}{2}$  Full When Cooking Soups.**

More liquid is used in preparing soups than for any other foods you will cook in your Ekco Cooker. Thus more compressed steam is formed during cooking and more room must be left for it in the cooker.



# Soup Recipes

## SPLIT PEA SOUP

*Ekco Cooking Time: 20 minutes*

- 1 cup split dried peas (green)
- 1 quart boiling water
- ¾ cup finely diced celery
- ½ cup diced carrots
- ¼ cup minced onion
- ⅛ teaspoon thyme
- Few grains of cayenne
- 1 bayleaf
- 1 teaspoon salt
- Few grains of pepper
- Milk, scalded—to thin mixture

Wash split green peas. Soak overnight in water to cover. Drain. Place peas and all ingredients except milk in the cooker, cover and cook under pressure 20 minutes. Reduce pressure at room temperature—then under cool water. Put mixture through a sieve. Add scalded milk to mixture to thin to consistency desired. Reheat uncovered and serve in cooker, topped with croutons. Serves 6.

## NAVY BEAN SOUP

*Ekco Cooking Time: 30 minutes*

- 1 cup dried navy beans
- 1½ quarts boiling water
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup finely minced onion
- ½ cup finely diced celery and tops
- 1 bayleaf
- 1 tablespoon butter or margarine
- Milk, scalded, to thin mixture

Wash beans and soak overnight in water to cover. Drain. Place all ingredients except milk in cooker, cover and cook under pressure 30 minutes. Reduce pressure at room temperature—then under cool water. Strain mixture through a sieve, and thin to desired consistency with hot milk. Reheat to boiling point and serve in cooker. A ham bone may be used for additional flavor. Serves 6.

## BROWN STOCK

*Ekco Cooking Time: 20 minutes*

- 2 pounds lean beef and marrow
- 1 quart boiling water
- 2 medium onions, sliced
- 1 carrot, diced
- 4 stalks celery, diced
- 1 bayleaf
- 3 cloves
- Few peppercorns
- 2 tablespoons parsley
- ¼ teaspoon thyme
- 1½ teaspoons salt

Wash and cut meat into small pieces or 1" cubes. Brown meat in melted marrow in cooker. Place on rack, add boiling water and remaining ingredients. Cover and pres-

sure-cook 20 minutes. Reduce pressure with cool water. Uncover and strain. Serve as clear bouillon or refrigerate for soup stock. Yield: 4 cups stock.

## FRENCH ONION SOUP

*Ekco Cooking Time: 5 minutes*

- 4 cups thinly sliced onions
- ¼ cup butter or margarine
- ¼ teaspoon black pepper
- 2 cups beef bouillon
- 2 cups boiling water
- 1½ teaspoons salt
- 4-6 rounds toast
- 3 tablespoons grated Parmesan cheese

Sauté onions in butter in cooker, until a rich, golden brown; sprinkle with pepper. Add boiling hot bouillon and boiling water and salt to cooker. Cover, cook under pressure 5 minutes. Reduce pressure with cool water. Serve in cooker with toast rounds topped with Parmesan cheese. Serves 4-6.

## VEGETABLE SOUP

*Ekco Cooking Time: 25 minutes*

- 1½ pounds soup meat
- 1 quart boiling water
- 1½ teaspoons salt
- Few grains of pepper
- 1 bayleaf
- 1 cup diced celery
- ¾ cup sliced or diced carrots
- ½ cup finely minced onion
- 1 cup green peas or other vegetable (diced pared potatoes, beans, limas, etc.)
- 2 tablespoons minced parsley

Wipe meat, and cut into 1" pieces. Place in cooker. Add all the remaining ingredients. Cook under pressure for 25 minutes. Reduce pressure with cool water and serve in cooker at table. Serves 6.

## CHICKEN SOUP

*Ekco Cooking Time: 20 minutes*

- |                        |                              |
|------------------------|------------------------------|
| One 3½-4 pound chicken | 2 tablespoons minced parsley |
| 2 quarts boiling water | 3 peppercorns                |
| 1 carrot, sliced       | 1½ teaspoons salt            |
| 1 stalk celery, sliced | Few grains of pepper         |
| 1 medium onion, sliced |                              |

Wash and cut up chicken. Place neck, wings and back parts on rack in cooker, reserving remaining pieces for stew. Place all remaining ingredients and seasonings on rack in cooker and cook under pressure 20 minutes. Reduce pressure with cool water. Remove chicken and rack. Strain liquid. Return to cooker, add chicken which has been picked from bones and reheat. Serve steaming hot in cooker. Serves 6.

# EKCO Cooking of Fish and Seafoods

It is especially important to avoid over-cooking fish in your Ekco Cooker. Check the cooking times given below, and always cook fillets or small pieces of medium thickness the minimum time given on the timetable. Frozen fish should be thawed before cooking and cooked the minimum time given.

Fish such as halibut, white fish, lake trout may be steamed (see recipe) or rolled in seasoned flour, browned in hot fat in the

cooker, then placed on rack for quick Ekco cooking.

As available fish and seafoods vary with the part of the country in which you live, we have not attempted to list all varieties suitable for Ekco cooking. Simply remember that any fish you would ordinarily boil or bake is extra-delicious when cooked the Ekco way, and cooking time is cut to about  $\frac{1}{4}$  of the time required by other cooking methods.

**TIMETABLE FOR FISH AND SEAFOODS**

<i>Fish</i>	<i>Ekco Cooking Time</i>	<i>Amount of Water</i>	
*Brook Trout	6-8 minutes	$\frac{1}{4}$ cup	*Reduce pressure quickly by placing cooker under cool running water for a few seconds before opening Pressure Control Lever and removing cover. For all other items allow cooker to cool at room temperature for 5-10 minutes then place under cool water and proceed as above.
*Cod	6-8 minutes	$\frac{3}{4}$ cup	
*Finnan Haddie	6-8 minutes	$\frac{1}{4}$ cup	
*Halibut Steak	6 minutes	$\frac{1}{4}$ cup	
*Lake Trout	8-10 minutes	$\frac{1}{4}$ cup	
Lobster	10 minutes	2 cups	
*Salmon	6-8 minutes	$\frac{3}{4}$ cup	
*Steamed Clams	3-5 minutes	1 cup	
*Steamed Shrimp	6-8 minutes	3 cups	
*Wall-Eyed Pike	6-8 minutes	$\frac{1}{4}$ cup	
*White Fish	6-8 minutes	$\frac{1}{4}$ cup	

# Fish Recipes

## BASIC RECIPE FOR STEAMED FISH

*Ekco Cooking Time: 6-8 minutes per pound*

Cod, haddock, salmon, pike, trout, sole and other varieties of fish are suitable for steaming. Use fresh or quick frozen fish in half-inch fillets or steaks, or cleaned whole small or medium fish.

Sprinkle fish with salt, pepper and a little lemon juice. Wrap in cheesecloth and place on rack in cooker. Add  $\frac{3}{4}$  cup water, 1 teaspoon salt, and 1 tablespoon lemon juice or vinegar. Cover and cook under pressure 6-8 minutes per pound depending upon thickness of fish. Reduce pressure with cool water.

If fish is to be served in individual portions, cut in serving pieces before steaming. Use steamed fish in sauces, in escalloped dishes, croquettes, cold in salads, in fish loaves.

## SHRIMP CREOLE

*Ekco Cooking Time: 6-8 minutes*

- 2 cups cooked, fresh shrimp
- 1 cup sliced onions
- 1 cup diced celery
- $\frac{1}{4}$  cup diced green pepper
- 1 garlic clove, peeled, minced
- $\frac{1}{4}$  cup fat or drippings
- 1 teaspoon salt
- 1 teaspoon granulated sugar
- 1 teaspoon chili powder
- 2 tablespoons flour
- $2\frac{1}{2}$  cups canned or fresh tomatoes  
(1 No. 2 can)
- $\frac{1}{2}$  cup water
- 1 tablespoon vinegar

Cook fresh shrimp under pressure 6-8 minutes in 3 cups water. Reduce pressure with cool water. Drain, remove shells and black vein running down back. While cleaning shrimp, cook in uncovered cooker sliced onion, celery, green pepper and garlic clove in melted fat, until tender. Add salt, sugar, chili powder and flour that has been blended in  $\frac{1}{2}$  cup water. Simmer over low heat for 15 minutes. Add tomatoes, vinegar and shrimp; heat thoroughly and serve in cooker with browned white rice. Serves 6.

## STEAMED LOBSTER

*Ekco Cooking Time: 10 minutes*

Use only live baby lobster. Plunge it head first into boiling salted water to cover. Remove and place lobster on rack in cooker with two cups boiling salted water. Cover and cook under pressure 10 minutes. Reduce pressure with cool water. Remove lobster and serve as desired.

## FISH CHOWDER

*Ekco Cooking Time: 10 minutes*

- 1 lb. fish (haddock, cod or whitefish)
- $\frac{1}{8}$  lb. salt pork, cubed in small pieces
- $\frac{1}{2}$  cup chopped onion
- 2 cups diced potatoes
- 1 cup water
- 2 cups milk
- $1\frac{1}{2}$  teaspoons salt
- Few grains of pepper
- 1 tablespoon chopped parsley

Cook fish under pressure 2 minutes. Remove. Fry out salt pork and sauté onions in drippings. Add potatoes and boiling water. Cover and cook under pressure 4 minutes. Reduce pressure with cool water. Add fish and cook under pressure 4 minutes more. Reduce pressure once more. Add milk, seasonings and parsley and heat thoroughly. Serve in cooker. Serves 4.

## LOBSTER A LA NEWBURG

*Ekco Cooking Time: 10 minutes*

- $\frac{1}{4}$  cup butter or margarine
- 2 cups diced, cooked lobster
- $\frac{1}{4}$  teaspoon paprika
- 1 teaspoon salt
- Few grains nutmeg
- 1 tablespoon cooking Sherry or lemon juice
- 4 egg yolks, beaten
- $1\frac{1}{2}$  cups milk
- Toast, patty shells or toast cups.

Cook lobster according to directions for steamed lobster. Pick meat from shell and claws. Melt butter or margarine in top of double boiler; add lobster and cook uncovered over low heat for 3 minutes. Add seasonings and sherry. Beat egg yolks slightly, add milk and blend thoroughly. Gradually, add the mixture to the lobster, while stirring. Cook until thickened, stirring constantly. Serve immediately on hot toast, in patty shells or toast cups. Serves 5-6.

## STEAMED CLAMS

*Ekco Cooking Time: 3-5 minutes*

- 1 dozen hard-shelled clams
- $\frac{1}{2}$  cup corn meal
- Cold water to cover

Wash clams, cover with cold water, add corn meal. Let stand several hours or overnight. Place clams on rack in cooker. Add 1 cup boiling water; cover and cook under pressure 3 minutes for small clams; 3-5 minutes for large size. Reduce pressure with cool water. Open and separate clams from shell. Or remove rack and serve in cooker, clambake style, removing shells at the table.

# EKCO Cooking of Cereals

Cereals are one of the "frothy" foods which form thick bubbles during cooking—for this reason fill your cooker slightly less than  $\frac{2}{3}$  full. An overload of cereal is apt to clog the Pressure Control and thus prevent an accurate regulation of pressure.

In cooking cereals, bring water

to boiling point in cooker, add salt and stir while adding cereal gradually. Blend fine-grained cereals (farina, cornmeal, et cetera) in small amount of cold water before adding to boiling water. Spaghetti and oatmeal should be stirred thoroughly before placing cover on cooker.

## TIMETABLE FOR COOKED CEREALS

*Do Not Fill Cooker Over  $\frac{2}{3}$  Full*

Cereal	Amount of Boiling Water Per Cup Cereal	Ekco Cooking Time
*Cornmeal	4 cups	10-12 minutes
Cornmeal Mush	4 cups	10 minutes
*Cracked Wheat	4 cups	20-25 minutes
*Cream of Wheat (5-minute)	4 cups	1½-2 minutes
*Cream of Wheat (Regular)	4 cups	5-7 minutes
Hominy Grits, granulated	4 cups	15-18 minutes
Macaroni	3-4 cups	5-6 minutes
*Oatmeal, quick cook (3-minute)	2 cups	2-2½ minutes
*Oatmeal, steel cut	3 cups	20-25 minutes
*Rice	3 cups	8-10 minutes
*Spaghetti	3-4 cups	5-6 minutes

**NOTE:** Use 1 teaspoon salt for each cup of dry cereal. Rinse spaghetti, macaroni and rice in boiling water after draining.

\*Reduce pressure quickly by placing cooker under cool running water for few seconds before opening Pressure Control Lever and removing cover. For all other items allow cooker to cool at room temperature for 5-10 minutes then place under cool water and proceed as above.



# Cereal Recipes

## CREAMED EGGS ON FRIED MUSH ROUNDS

*Ekco Cooking Time: 10 minutes*

Make cornmeal loaf following recipe for cornmeal mush and using round mold or can. Chill. Turn out and cut into  $\frac{1}{4}$ " rings or slices. Dip in flour and pan fry until crisp and brown. Serve hot, topped with Creamed Eggs. Serves 6.

## CREAMED EGGS

- 6 hard-cooked eggs, chopped or sliced
- 2 tablespoons butter or drippings
- $\frac{1}{4}$  cup chopped green pepper
- 2 tablespoons minced onion
- 3 tablespoons flour
- 1 teaspoon salt
- Few grains of pepper
- $\frac{1}{2}$  teaspoon Worcestershire Sauce
- 2 cups milk
- 6 rounds Fried Mush

Melt butter or drippings, add green pepper and onion and cook until tender, but do not brown. Add flour and blend; add seasonings and gradually add milk, while stirring. Cook until thickened (about 10 minutes), add sliced eggs. Serve hot on Fried Mush Rounds. Serves 6-8.

## SUNDAY SCRAPPLE

*Ekco Cooking Time: 25 minutes*

- $\frac{3}{4}$  pound fresh, lean pork
- 4 cups boiling water
- 1 cup yellow cornmeal
- 2 teaspoons salt
- 1 cup cold water
- Few grains of white pepper
- 1 minced, peeled onion
- 1 teaspoon poultry seasoning
- $\frac{1}{4}$  teaspoon thyme

Cut pork into small cubes or dice. Add with 1 cup boiling water to cooker, cover and cook under pressure for 10 minutes. Reduce pressure with cool water. Remove pork and broth, cool and skim fat from surface. Reserve broth and add boiling water to make 1 cup. Remove meat and chop or grind. Add to broth and stir mixture into cooker with remaining 3 cups boiling water. Blend cornmeal with 1 cup cold water, add onion and seasonings and stir into boiling water and broth mixture, blending thoroughly. Cook under pressure 15 minutes. Reduce pressure with cool water. Stir thoroughly and turn mixture into a well-greased bread pan, 9" x 5" x 3". Chill, slice, roll in flour and brown in a hot skillet with drippings. Serve hot with maple syrup. Serves 6-8.

## CORNMEAL MUSH

*Ekco Cooking Time: 10 minutes*

Cook 1 cup cornmeal with 4 cups boiling water for 10 minutes under pressure. Cool at room temperature, then place cooker under cool water to reduce pressure. Uncover. Pour mush into loaf pan which has been rinsed with cold water. Cover, chill until firm. Turn out of pan, cut into  $\frac{1}{4}$ " slices, dip in flour and sauté in bacon drippings or fat, until crisp and browned. Serve hot with butter or margarine and honey, syrup or molasses. Or serve instead of potatoes with bacon, ham or sausages for luncheon. Oatmeal, granulated hominy or other finely ground cereals may be used for mush, prepared in the same way.

## CHEESE CORNMEAL SQUARES

*Ekco Cooking Time: 10 minutes*

- 1 cup cornmeal
- 4 cups boiling water or scalded milk
- 1 teaspoon salt
- 1 cup grated American cheese

Cook 1 cup cornmeal with 4 cups boiling water for 10 minutes under pressure. Cool at room temperature, then place cooker under cool water to reduce pressure. Uncover. Then stir in grated cheese, blending thoroughly. Turn mixture into greased 8" pan. When chilled, cut into serving squares. Heat cornmeal serving squares in pan with 3 tablespoons bacon drippings or fat, turning to brown lightly. Serve hot with a spicy sauce. Serves 6 to 8.

## Cereals for the Very Young

Gruels for baby are easily prepared in the Ekco Pressure Cooker. Use one tablespoon of cereal to one cup of milk and cook for two minutes under pressure. Reduce pressure with cool water.

Cereal grains are tenderized in Ekco cooking so there is no danger of rough food injuring the baby's tender digestive tract. And just imagine—it actually takes less time to prepare baby's cereal in your Ekco Cooker than it does to heat canned foods. Far more economical, too!

## TIMETABLE FOR STEAMED PUDDINGS AND BREADS

	<i>Ekco Cooking Time</i>	<i>Amt. of Water in Cooker</i>
Apple Sauce	4-6 minutes	½ cup
Brown Betty	10 minutes	½ cup
Boston Brown Bread (Steam 15 minutes)	30-35 minutes	2 cups
Chocolate Bread Pudding	10-12 minutes	½ cup
Cranberry Sauce	1-1½ minutes	½-¾ cup
Custards	4 minutes	½ cup
Date Pudding, Steamed (Steam 15 minutes)	30-40 minutes	2 cups
Fig Pudding, Steamed (Steam 15 minutes)	30-35 minutes	2 cups
Chocolate Pudding, Steamed (Steam 15 minutes)	10 minutes	2 cups

**NOTE:** Allow cooker to cool at room temperature for 5-10 minutes and place under cool running water for a few seconds before opening Pressure Control Lever and removing cover.

## TIMETABLE FOR DRIED FRUITS

*Soak a few hours in cooking water*

<i>Fruit</i>	<i>Ekco Cooking Time</i>	<i>Amount of Water Per Pound Fruit</i>
*Apples	6 minutes	2 cups
*Apricots	1½ minutes	1½ cups
*Figs	10-12 minutes	2 cups
*Peaches	5-7 minutes	2 cups
*Pears	9-10 minutes	1½ cups
*Prunes	10-12 minutes	2 cups
*Raisins	5 minutes	1 cup

\*Reduce pressure quickly by placing cooker under cold running water for a few seconds before opening Pressure Control Lever and removing cover.

## EKCO

### Cooking of Steamed Puddings and Breads

Use individual molds, heat-proof glass cups or one larger mold when preparing puddings, custards, steamed breads in the Ekco Cooker. (A pound coffee can with a few holes punched in the top may be used for breads.) Grease all molds before filling and fill about ¾ full.

A number of the pudding recipes included in this section require both steaming and pressure cooking. Steam for the time given on the timetable then flick the Pressure Control Lever closed and start counting Ekco cooking time when steam starts coming from the outlet holes at the sides of the Pressure Control. When removed from cooker, molds may be placed in oven a few minutes to dry out before puddings or custards are turned out.

## EKCO

### Cooking of Dried Fruits

Prepare dried fruits for Ekco cooking just as for ordinary cooking. The tenderized variety do not require long soaking—simply wash in warm water. Others should stand in warm water at least an hour. Cook according to directions on the timetable and sweeten after fruit has been cooked. Add ½ to ¾ cup of sugar per pound of dried fruit.

# Dessert Recipes

## APPLE BROWN BETTY

*Ekco Cooking Time: 10 minutes*

- 2 cups soft bread crumbs
- ½ cup butter or margarine
- 8 apples, pared, cored and sliced (about 6 cups)
- ½ cup brown sugar, firmly packed
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- 2 tablespoons lemon juice
- 1 tablespoon grated lemon rind
- ½ cup water

Combine bread crumbs and melted fat; arrange ½ of the crumb mixture in bottom of a greased casserole, or in individual custard cups. Mix apples with remaining ingredients, covering crumbs with half the apple mixture. Repeat layer of crumbs and apple mixture. Top with remaining crumb mixture. Cover, or tie 3 layers of waxed paper over top of each. Add ½ cup boiling water to cooker. Place molds or mold on rack. Cover cooker and cook under pressure 10 minutes. Allow cooker to cool at room temperature then under cool water. Unmold and serve hot with cream. Serves 6.

## STEAMED FIG PUDDING

*Ekco Cooking Time: 30 minutes*

- ¾ cup dried whole figs, ground
- ½ cup butter or margarine
- ⅔ cup granulated sugar
- 1 egg, beaten
- ½ cup milk
- 1⅓ cups sifted all-purpose flour
- ½ teaspoon salt
- ¾ teaspoon baking soda
- ¾ teaspoon cinnamon
- 1 teaspoon vanilla

Wash figs, dry, clip off ends and grind. Cream butter or margarine; add sugar and cream together until light. Add egg and blend. Stir in ground figs; add milk alternately with flour which has been sifted with salt, soda and spice. Mix well. Add vanilla, stirring to blend. Pour into 5-6 greased individual molds or 1¼ pint mold. Add 2 cups boiling water to cooker. Place molds on rack, cover and steam 15 minutes, with pressure control open; flip Pressure Control Lever closed and pressure-cook 30 minutes. Reduce pressure at room temperature, then under cool water. Serve warm with Hard Sauce or Lemon Sauce. Serves 5-6.

## VANILLA CUSTARD

*Ekco Cooking Time: 4 minutes*

- 2 cups milk, scalded
- 2 eggs
- ¼ cup sugar
- ¼ teaspoon salt
- 1 teaspoon vanilla
- Nutmeg
- ½ cup boiling water

Scald milk. Beat eggs slightly; add sugar and salt and blend. Add scalded milk to egg mixture, stirring to mix thoroughly. Add vanilla and dash of nutmeg. Pour mixture through strainer into 4 buttered custard cups or pint mold. Cover with waxed paper and arrange cups or mold on rack in cooker. Add ½ cup boiling water and cook under pressure 4 minutes. Cool cooker at room temperature, then under cool water. Sprinkle custards with nutmeg or cinnamon. Serves 4.

## CHOCOLATE BREAD PUDDING

*Ekco Cooking Time: 10 minutes*

- 1 cup soft bread crumbs
- 2 cups milk, scalded
- 2 squares unsweetened chocolate
- 2 eggs
- ⅓ cup sugar
- ¼ teaspoon salt
- ½ teaspoon vanilla
- Few grains nutmeg
- 1 tablespoon melted butter or margarine

Crumb bread or cut into small cubes. Scald milk in top of double boiler; add chocolate, and stir or beat until blended. Add crumbs to mixture. Beat eggs slightly, add sugar and salt and mix thoroughly. Gradually stir in the scalded milk mixture, vanilla, nutmeg and melted fat. Pour into a 1¼ pint greased or oiled mold, cover or tie with 3 thicknesses waxed paper. Place on rack in cooker with 1 cup boiling water. Cook under pressure 10 minutes. Allow cooker to cool at room temperature, then under cool water. Serve warm or cold with cream, whipped cream or vanilla sauce. Serves 4-5.

## BOSTON BROWN BREAD

*Ekco Cooking Time: 35 minutes*

- ½ cup unsifted whole-wheat flour
- ½ cup unsifted rye flour
- ½ cup cornmeal
- ¾ teaspoon baking soda
- ¾ teaspoon salt
- 6 tablespoons molasses
- 1 cup sour milk or buttermilk
- ½ cup raisins

Combine dry ingredients. Stir in molasses and sour milk and blend. Add raisins, stirring to mix well. Fill two 1 pint greased or oiled molds ⅔ full and cover with 3 thicknesses of waxed paper. Add 2 cups boiling water to cooker. Place molds on rack. Cover cooker and steam 15 minutes with Pressure Control Lever open. Then cook under pressure 35 minutes. Allow cooker to cool at room temperature, then under cool water. Remove cover, run spatula between bread and mold to loosen, then invert on cake rack. Serve hot. Yield: 2 small loaves.

# Meals in Minutes

Seems almost too good to be true, but it's a fact—you can prepare whole dinners in your Ekco in a matter of minutes! Ekco cooking makes dishes like Hungarian Goulash, Spanish Rice or Chili Con Carne extra

special. Add a salad and dessert, and you have a perfect meal! On the following pages, we've suggested only a few of the many grand dinners-in-a-dish you can cook and serve in an Ekco Cooker.

## Recipes

### SPANISH RICE

*Ekco Cooking Time: 10 minutes*

- 3/4 cup raw rice
- 1 1/2 cups peeled, sliced onions
- 2 tablespoons fat
- 3 1/2 cups canned or fresh tomatoes  
(1 No. 2 1/2 can)
- 1 1/2 teaspoons salt
- Few grains of pepper
- 1 cup diced celery
- 1/4 cup diced green pepper
- 1 bayleaf
- 1 teaspoon sugar
- 1 teaspoon Worcestershire sauce
- 1/2 cup water

Wash rice and drain. Cook onions in melted fat in uncovered cooker, until tender. Add remaining ingredients and mix. Cover and cook under pressure 10 minutes. Reduce pressure with cool water. Remove bayleaf. Add leftover meat if desired or serve as meatless dish. Serves 6.

*Serve in Ekco Cooker with a tossed green salad, buttered French bread and a fruit dessert.*

### CHOP SUEY

*Ekco Cooking Time: 8 minutes*

- 1 pound veal (or veal shoulder)  
cut in strips, about 2 cups
- 2 tablespoons fat or drippings, melted
- 1/2 cup peeled, sliced onion
- 1 cup slivered green pepper
- 2 teaspoons salt
- Few grains of pepper
- 2 cups diced celery, or cut in strips
- 3 cups Brown Stock (see page 21) or  
3 bouillon cubes blended in 3  
cups boiling water
- 1/2 cup white rice
- 2 cups sliced, unpeeled radishes

Brown veal slivers in melted fat in cooker. Add all remaining ingredients, cover and cook under pressure for 8 minutes. Reduce pressure with cool water. Add radish slices and simmer mixture (uncovered) to thicken. Serves 6.

*Serve in Ekco Cooker with crisp hot noodles, hard rolls and assorted relishes.*

### CHICKEN WITH DUMPLINGS

*Ekco Cooking Time: 20-30 minutes*

- One 4-pound stewing chicken, cut in  
pieces
- 2 cups water
- 2 teaspoons salt
- Few grains of pepper
- 2 tablespoons minced parsley
- 1 cup diced celery
- 1 peeled medium onion, sliced
- 3 whole cloves

Wash chicken and place on rack in cooker. Add all the other ingredients, cover and cook under pressure for 20 to 30 minutes depending on age of chicken. Reduce pressure at room temperature, then under cool water. Remove cover and rack, drop dumplings with a spoon into hot chicken and vegetables. Cover and cook, with Pressure Control Lever open for 5 minutes. Serves 6.

*Serve in Ekco Cooker with buttered broccoli and mixed fruit salad*

### DUMPLINGS

- 2 cups sifted all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 4 tablespoons shortening
- 1 cup milk

Sift dry ingredients together; cut in shortening, using a pastry blender or two knives, until mixture is of the consistency of cornmeal. Add milk, while stirring with a fork, to make a soft dough. Drop from tip of spoon onto a piece of chicken or vegetable, so it will not be immersed in the liquid. Yield: 12 dumplings. For variation, add 3 tablespoons minced watercress to the dry ingredients in above recipe. Or add 3 tablespoons minced parsley.

## SPAGHETTI WITH MEAT SAUCE

*Ekco Cooking Time: 25 minutes*

- 2 cups (one 8 oz. package) of spaghetti
- ½ cup minced onion
- 1 garlic clove, peeled, minced
- ½ cup diced celery
- ½ green pepper, diced
- 1 pound ground beef or part beef and veal or pork
- ¼ cup olive, salad oil or drippings
- 2½ cups canned or fresh tomatoes (1 No. 2 can)
- One 6 oz. can tomato paste
- 1 cup water
- 3½ teaspoons salt
- ¼ teaspoon pepper
- 1 teaspoon Worcestershire sauce
- 1 tablespoon brown sugar
- 2 tablespoons vinegar
- 1 bayleaf

Sauté onion, garlic clove, celery, green pepper and ground beef in cooker in 2 tablespoons olive oil or drippings until golden brown. Add remaining ingredients while stirring, cover and cook under pressure for 20 minutes. Reduce pressure with cool water. Remove sauce and keep hot. Pressure cook spaghetti with four cups cool water for 5 minutes. Reduce pressure with cool water, drain and add sauce to spaghetti, heat, sprinkle with Parmesan cheese. Serves 6. (If desired, form beef into small meat balls and cook in oil as above.)

*Serve in Ekco Cooker with assorted relishes (green onions, mixed pickles, etc.) and hard rolls.*

## VEAL POT LUCK

*Ekco Cooking Time: 15 minutes*

- 2 pounds veal, cut in 2" cubes
- 3 tablespoons fat or drippings
- 2 teaspoons salt
- ¼ teaspoon pepper
- 1 teaspoon Worcestershire sauce
- 1 bayleaf
- 4 medium onions, halved
- ½ cup water
- 1 cup diced celery
- 6 small whole carrots
- 4 medium potatoes, quartered

Melt fat in cooker and brown meat. Place on rack in cooker and add seasonings and water. Cover and cook under pressure 10 minutes. Reduce pressure with cool water. Add vegetables to cooker and cook under pressure an additional 5 minutes. Reduce pressure with cool water. Remove meat, vegetables and rack. Blend 2 tablespoons flour in 3 tablespoons cool water and add to gravy. Cook, stirring until thickened. Add meat and vegetables to gravy and serve in cooker. Serves 6.

*Serve hot in Ekco Cooker with easy to make cabbage slaw, with sour cream dressing.*

## CHILI CON CARNE

*Ekco Cooking Time: 35 minutes*

- 1 pound dried kidney beans
- 1 cup sliced onions
- ½ cup diced green pepper
- ¼ cup fat or drippings
- 2 pounds beef, round or chuck, ground
- 1 cup diced celery
- 1½ cups tomato juice
- 1 teaspoon chili powder
- ¼ cup cold water
- 1 teaspoon salt
- 1 teaspoon granulated sugar
- 1 peeled garlic clove, minced

Cook beans under pressure in 3 cups boiling water for 25 minutes. Reduce pressure at room temperature and then under cool water. Uncover and drain. Remove beans and keep hot. Cook onions, green pepper and ground meat in melted fat in uncovered cooker until brown. Add beans and remaining ingredients. Cover and cook under pressure an additional 10 minutes. Reduce pressure with cool water. Serves 6.

*Serve in Ekco Cooker with cornbread, green relishes and fruit butter or jam.*

## HUNGARIAN GOULASH

*Ekco Cooking Time: 15 minutes*

- 2 pounds beef (chuck or round) cut ¼" thick
- 4 tablespoons fat or drippings
- 2 teaspoons salt
- ½ teaspoon paprika
- 2 bayleaves
- 1 garlic clove, peeled and minced
- 4 onions, sliced
- ½ cup green pepper, diced
- ½ cup water
- One 6 oz. can tomato paste blended with 1 can water
- ⅛ teaspoon all-spice
- 6 medium potatoes, quartered

Cut meat into 2" pieces. Melt fat in cooker, add meat and brown on all sides. Place on rack. Add seasonings, spices, tomato paste and water. Place potatoes on top of meat cover and cook under pressure 15 minutes. Reduce pressure with cool water. Remove meat and vegetables and keep hot. Thicken liquid in cooker with 3 tablespoons flour blended in 4 tablespoons cool water. Cook until smooth and thickened. Return meat and vegetables to cooker, heat through and serve. Serves 6.

*Serve in Ekco Cooker with buttered new peas and carrot rings. Add a green onion and celery relish dish for crispness.*

## CORNED BEEF AND CABBAGE DINNER

*Ekco Cooking Time: 20-25 minutes per pound depending on thickness*

**3 pounds corned beef**  
**1 cup boiling water**  
**Cabbage wedges**

Freshen beef in cold water for one hour. Drain, place on rack in cooker. Add 1 cup boiling water and cook under pressure one hour. Reduce pressure with cool water. Remove rack, add cabbage wedges, cook under pressure an additional 2-3 minutes. Serves 6.

*Serve in Ekco Cooker, with hot muffins (use a quick mix!) and jam.*

## HAM AND SWEET POTATO DINNER

*Ekco Cooking Time: 22 minutes*  
**1½ pound ham slice, ¾ inch thick, cut in serving squares**  
**½ cup brown sugar**  
**¼ cup boiling water**  
**1 teaspoon dry mustard**  
**½ cup sweet pickle juice, or fruit juice**  
**6 medium size sweet potatoes**

Combine brown sugar, dry mustard and sweet pickle juice. Spread over ham squares, place in cooker on rack. Add water, cover and cook under pressure 12 minutes. Reduce pressure with cool water. Remove ham and rack. Simmer syrup mixture until thick and pour over ham. Slip under broiler to re-heat and brown.

Meanwhile, rinse cooker and cook sweet potatoes under pressure for 10 minutes, using ½ cup boiling water, ¼ teaspoon salt. Reduce pressure with cool water. Top with ham squares and syrup mixture. Serves 6.

*Serve hot in Ekco Cooker with a simple tossed vegetable salad, richly flavored with a Roquefort cheese dressing. Round out with applesauce and a beverage.*

## FRICASSEE OF CHICKEN

*Ekco Cooking Time: 15-20 minutes*  
**1 chicken, cut into serving pieces**  
**2 tablespoons fat**  
**1 teaspoon salt**  
**¼ teaspoon pepper**  
**2 slices salt pork, diced**  
**¼ cup water**  
**1 cup milk or cream**  
**1 egg yolk**  
**2 tablespoons parsley, minced**  
**2 tablespoons flour**

Melt fat in cooker and brown chicken. Place on rack in cooker and add seasonings, water and salt pork. Cover and cook under pressure 15-20 minutes. Reduce pressure with cool water. Beat egg yolk and add milk or cream. Pour over chicken in cooker and heat until mixture is slightly thickened. Blend flour with ¼ cup water for thickening and add. Serves 6.

*Serve in Ekco Cooker with small whole, buttered carrots, garnished with parsley.*



A STAR IN THE KITCHEN ... SHINES AT THE TABLE!



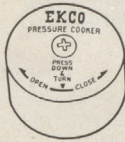
Remember—cooking quickly and deliciously is just one of the accomplishments of your EKCO Pressure Cooker. Use it, too, in serving, and meals in minutes will be a happy fact at your house.

## How to Order Replacement Parts for Your EKCO Pressure Cooker Model Nos. 6002, 6022, 6004, 6024

Here is a convenient form for you to use in ordering your replacement parts for the Ekco Pressure Cooker directly from Ekco Products Company. Of course, if you prefer to see your Ekco dealer, you may obtain the items you need from him.

Please use this convenient order blank to request replacement parts. It will speed handling of your order. Fill out the blank carefully to be sure there are no mistakes. Be sure to include the **SIZE** of your cooker and the **SERIAL NUMBER** which is stamped on the bottom of the cooker below the company name.

Send either stamps, money order, or check — whichever is more convenient — in payment for your replacement parts.



**B-433, Black Plastic Fingertip Control-knob and screw . . . . .** .50



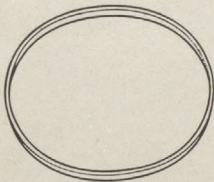
**A-1033, Automatic Safety Release Assembly . . . . .** .40



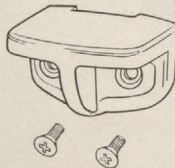
**A-952, Plastic Super Sealer knob . . . . .** .35



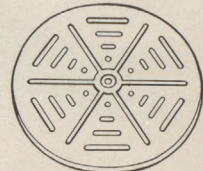
**A-1032, Pressure Control Valve Assembly. . . . .** \$1.50



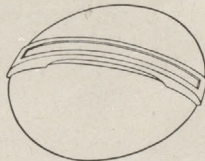
**B-1087, Rubber Gasket or Sealing Ring . . . . .** .75



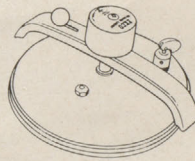
**B-438, Black Plastic Side Handle and two screws .50**



**C-274, Aluminum Rack .60**



**C-893, Service Cover. Assembled complete . . \$3.00**



**C-1151, Cooking Cover, assembled complete \$7.50**

*For minor repairs such as replacing a handle or safety release do not return your cooker to the manufacturer. Just follow the simple instructions that come with this part and you can replace it easily.*

Prices subject to change without notice.

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# EKCO PRODUCTS COMPANY, Canada, Ltd.

3580 St. Antoine St., Montreal 30, Que.

Order No. PS \_\_\_\_\_

Your Name \_\_\_\_\_ Date \_\_\_\_\_

Street Address \_\_\_\_\_ Serial No. of Cooker \_\_\_\_\_

City \_\_\_\_\_ Zone \_\_\_\_\_ State \_\_\_\_\_ Size of Cooker \_\_\_\_\_

√	Quantity Desired	Description	Price per Complete Part	TOTAL
		B- 438 One Black Plastic Side Handle and two screws	\$ .50	\$
		B- 433 Black Plastic Fingertip Control-knob and screw	.50	
		A-1032 Pressure Control Valve Assembly	1.50	
		A- 952 Plastic Super Sealer Knob	.35	
		A-1033 Automatic Safety Release Assembly	.40	
		C- 274 Rack	.60	
		B-1087 Rubber Gasket or Sealing Ring	.75	
		C-1151 Cooking Cover—assembled complete	7.50	
		C- 893 Service Cover—assembled complete	3.00	

Check  Money Order  Stamps

Remittance by \_\_\_\_\_ Total \$ \_\_\_\_\_

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Entered stock record \_\_\_\_\_

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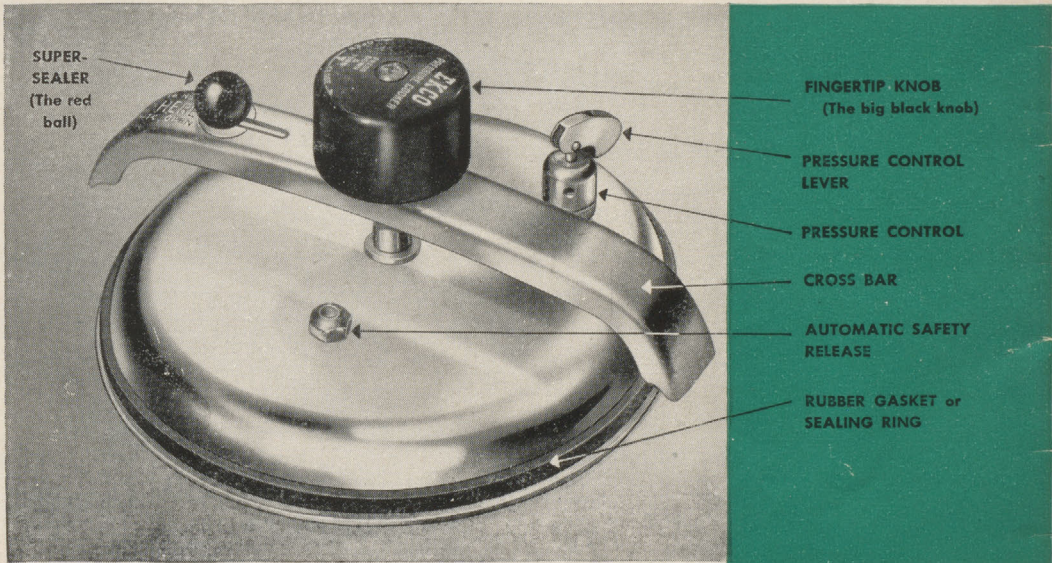
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PLEASE DETACH HERE

YOU'LL FIND THE ORDER BLANK  
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PAGE A HANDY WAY TO ORDER  
REPLACEMENT PARTS FOR YOUR  
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HERE IS THE COOKING COVER OF YOUR EKCO  
WITH EACH PART IDENTIFIED



TX 840  
P7  
M 55  
1946  
Folio



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