

NESCO®



12-Qt. Convection Roaster Oven

USE / CARE AND RECIPE GUIDE

Congratulations on the purchase of your new NESCO Convection Oven! Please spend a few minutes reviewing this booklet. By doing so, you will learn how to get the most satisfaction out of your NESCO Convection Oven. Enjoy your cooking with our compliments.

TABLE OF CONTENTS

IMPORTANT SAFEGUARDS	1
SAVE THESE INSTRUCTIONS	2
INTRODUCTION	2
GET TO KNOW YOUR NESCO® ROASTER OVEN	3
DIRECTIONS FOR USE	4
CLEANING INSTRUCTIONS / OPERATION OF ROASTER	5
HELPFUL HINTS	6
CONVECTION ROASTING & BAKING CHARTS / RECIPES	7-14
TRADITIONAL ROASTING & BAKING CHARTS / RECIPES	15-25
WARRANTY	26

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NESCO® 12-Qt. Convection Oven

1

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

- 1. READ ALL INSTRUCTIONS.**
- Do not touch hot surfaces. Use handles and knobs.
- Always plug appliance cord into 120-volt wall outlet, and then adjust temperature control to the desired temperature. To disconnect, turn control to lowest setting, then remove plug from wall outlet.
- To protect against electrical shock, do not immerse this appliance, including cord and plug, in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use and before cleaning. Allow cooling completely before putting on or taking off parts, and before cleaning.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. To avoid hazard, contact NESCO® Factory Service Department for examination or repair.
- The use of accessory attachments not recommended by the manufacturer may cause injury.
- Do not use outdoors.
- Do not let cord hang over edge of table or counter, or touch hot surfaces. Never pull on the cord.
- Do not place on or near a hot gas or electrical burner, or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or hot liquids.
- Do not use appliance for other than its intended use, as described in this manual.

Do not use metal scouring pads on the exterior surface of the Roaster Oven. Pieces can break off the pad and touch electrical parts creating a shock hazard.

SAVE THESE INSTRUCTIONS

This Appliance Is For Household Use. A short cord is provided to reduce the hazard resulting from becoming entangled in or tripping over a longer cord. Longer cords and extension cords are available and may be used if the marked electrical rating of the longer cord set is at least as great as the electrical rating of the appliance. Care must be taken to arrange the longer cord so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally.

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electrical shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

INTRODUCTION

Please take a few minutes to read this Guide. You will find out how to better use the 12-Qt. Convection Oven and find a selection of healthful and fun recipes – all carefully tried and tested for your enjoyment.

NESCO® Roaster Ovens have a long tradition in family home cooking, beginning in the 1930's. Yet, very few cooking appliances can demonstrate that they are as up-to-date and useful today as they were in the past. NESCO® Roaster Ovens have truly kept pace with consumers' cooking needs.

The NESCO® 12-Qt. Convection Roaster Oven incorporates a new Fan/Motor on the Cover to give you greater flexibility than ever before. The distinctive fan design coupled with the exclusive "Circle of Heat®" construction, provides convection transfer of heat for evenly browned foods. Convection cooking enhances the flavor and moistness and reduces cooking time for some foods. You can remove the Fan/Motor and use the Convection Roaster Oven as a traditional Roaster Oven that we have used for many years.

We hope you realize many years of cooking enjoyment from your NESCO® 12-Qt. Convection Roaster Oven. If you have any questions regarding this versatile appliance, please contact our Customer Satisfaction Department at (800) 288-4545 or visit us at www.NESCO.com

GET TO KNOW YOUR ROASTER OVEN

FAN/MOTOR. Attaches easily to cover for exclusive convection cooking performance. To operate the FAN/MOTOR you must plug into the receptacle, located to the back of the Roaster Oven (See Fig. 1). The fan can be stopped or started at any time during cooking by turning the motor “I” on or “0” off using switch on top of housing. *Note: The Plug and Receptacle are exclusive to the NESCO 12-Qt. Convection Oven and will not work in 120 V a.c. wall outlets. No attempts should be made to use the Receptacle for anything other than the intended use of the FAN/MOTOR assembly.*

COVER. Heavy gauge aluminum and high profile design, control heat and moisture efficiently. Vent holes are provided to allow just the right amount of steam to escape during cooking. During the cooking process, steam will accumulate inside the Cookwell. Cover is provided with hinge clips that allow a convenient way to store the Cover while serving or preparing foods. Always stand to the side when removing the lid. Do not apply extra pressure to the Cover while in hinged position, damage to the hinge clips may occur.

RACK. Chrome plated steel or Non-stick rack provides cooking flexibility. The rack allows for easy baking and fat-free roasting.

COOKWELL. The porcelain enamel or Non-stick cookwell has a full 12-Qt. capacity. It is removable for easy cleanup in dishwasher or sink, or for food storage in your refrigerator.

HEATWELL/BODY. The sides of the 12-Qt. Convection Oven contain the exclusive Circle Of Heat® element for even, moist cooking, plus the added advantages of thick insulation and a full range automatic oven temperature control. **NEVER PLACE FOOD OR WATER DIRECTLY INTO HEATWELL.**

AUTOMATIC TEMPERATURE CONTROL. The Control regulates cooking temperature to maintain the dial setting in the Roaster interior.

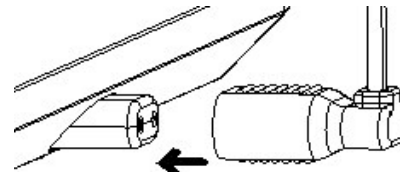
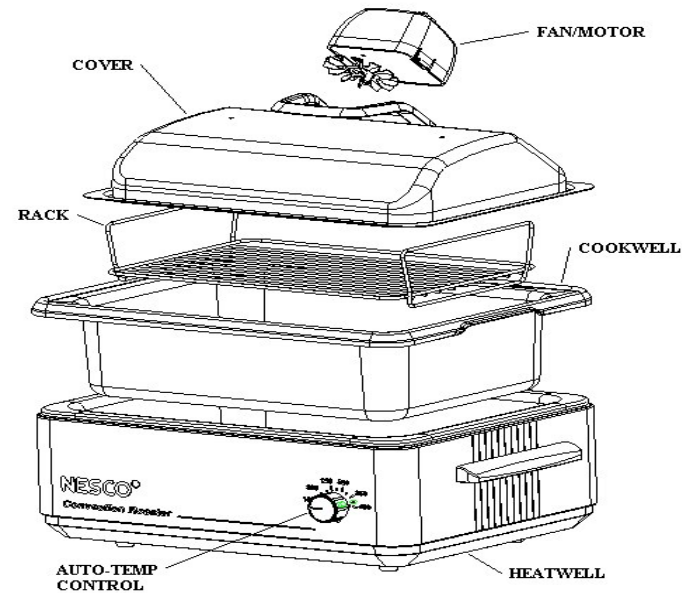


Fig 1



NESCO[®] 12-Qt. Convection Oven **3**

BEFORE USING FOR THE FIRST TIME

1. Unpack your NESCO Roaster Oven completely. Remove the Cookwell, all packing materials and information labels. **Place the Roaster Oven in a well-ventilated area and on a heat resistant surface.** Plug the cord into a 120-volt AC outlet, set the temperature to its maximum setting. Operate the Roaster Oven empty (without the Cookwell and Cover) for about 60 minutes, or until any odor or smoke disappears. Some odor and smoke is a normal part of “curing” the heating element, and will not occur while cooking. When “curing” is completed, turn the temperature control to the lowest setting, unplug the cord from electrical outlet and allow unit to cool.
2. Wash the Cover, Cookwell and Rack in warm, sudsy water. Rinse and Dry. See “Care and Cleaning” section for complete instructions.

INSTALLING THE MOTOR AND FAN

1. Remove the fan by lifting tabs on Fan. Then insert Motor Housing into the Handle, align hole in Cover with shaft of Motor, and push on Motor Housing until it “locks” onto the Handle. (See Fig. 1)
2. To attach the Fan to the Motor, align flat edge of spring clip with flat surface on motor shaft and gently press the fan onto the motor shaft until the fan can no longer be pushed onto the shaft. *Note: Do not press or pull on the fan blades while handling.* (See Fig 2)
3. Reverse the steps to remove Fan and Motor assembly when cleaning the Cover is necessary.

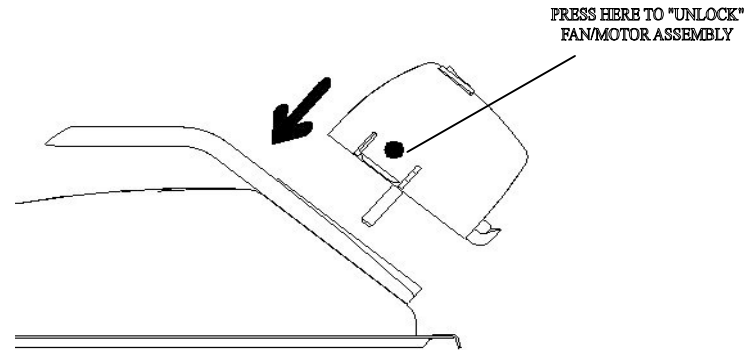


Fig. 1

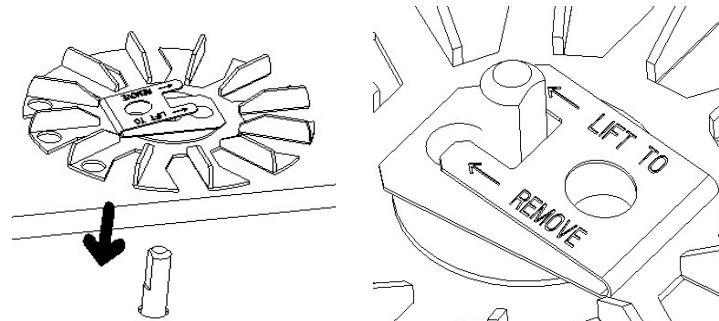


Fig. 2

4 **NESCU[®]** 12-Qt. Convection Oven

CARE AND CLEANING

1. After the NESCO Roaster Oven has cooled, remove the Fan, then the Fan/Motor from the Cover. **Wash Cover, Fan, Rack and Cookwell in warm sudsy water or dishwasher. CAUTION: DO NOT PLACE COVER IN DISHWASHER.** *Note: Motor cannot be removed from Cover while fan is in position.*
2. PORCELAIN ENAMEL COOKWELL has a strong and durable finish and provides easy cleaning along with years of use. It will not stain and stays attractive, even when used often. However, it will chip if subjected to sharp blows or is mistreated. If interior cooking surface is chipped, the cookwell should not be used. Water spots or mineral deposits (characterized by white film on surface) may be removed with household vinegar or non-abrasive cleansers.
3. NON-STICK COOKWELL is made of durable carbon steel. In order to maintain the non-stick surface, the use of rubber or wood utensils is recommended. The non-stick surface is durable and metal utensils may be used; however, care must be taken in order to prevent unintentional damage to the non-stick surface. Avoid cutting food in the Cookwell. Use of non-stick cooking spray is optional. Avoid storing items in the Cookwell that may scratch the surface. When roasting or baking at high temperatures you may notice an irregular band of discoloration around the sidewalls of the Cookwell. This characteristic is normal for the super tough non-stick finish and does not affect the performance or durability of the Cookwell. With continued use, the discoloration will become less noticeable.
4. Cooked-on foods may be removed from the cookwell by using a non-abrasive cleaning pad and a non-abrasive cleanser, such as Soft Scrub® or Bon Ami®. Do not use abrasive cleansers or steel wool as these may scratch the finish. *Hint:* To easily remove baked on food residue, place Cookwell in Heatwell with soapy water and heat at a low temperature for 30 minutes. Turn off and allow cooling completely. Wash Cookwell as directed above.
5. **NEVER IMMERSE THE ROASTER OVEN IN WATER.** To clean, wipe the outside of the Roaster Oven with a damp cloth and dry. Do not use abrasive cleansers on the exterior surface.

TO OPERATE YOUR ROASTER OVEN

Place the Cookwell into the Heatwell. Always use the cookwell for food. **NEVER PLACE FOOD OR LIQUID DIRECTLY INTO THE HEATWELL. ALWAYS TURN OFF THE FAN BEFORE LIFTING COVER.**

1. Preheating is recommended. To preheat, place the Cookwell into the Heatwell and cover. Be sure the temperature control is turned to the lowest setting. Plug the cord into the 120-volt AC outlet. Reset the temperature control to desired temperature. Preheat 20 minutes. Carefully, using hot pads, add food to the Cookwell.
2. The Rack may be used for baking or fat-free roasting. Other foods such as meats, soups and stews are prepared without the Rack.
3. For convection cooking, assemble the Fan/Motor to the Cover as instructed. Replace the Cover. Always cook with the Cover in place. **When lifting Cover, tilt it away or lift from the side, to avoid escaping steam and switch off fan before lifting cover.**
4. When removing the Cover, unplug the Fan/Motor from the Heatwell/Body, and set it on a heat resistant surface.
5. If the Roaster Oven has not been preheated, turn the temperature control to the lowest setting and plug the Roaster Oven cord into a 120-volt AC electrical outlet. Set the temperature control to the desired temperature, and fill the Cookwell with food.
6. Cook the food for the desired amount of time. When finished, turn the temperature control to the lowest setting and unplug the cord from the 120-volt AC electrical outlet. Allow the Roaster Oven to cool, clean as recommended.

NOTE: COOKWELL, COVER, BODY AND ACCUMULATED STEAM WILL BE HOT DURING USE. USE CAUTION AND HOT PADS WHEN LIFTING COVER OR TO REMOVE COOKWELL FROM HEATWELL.

HELPFUL HINTS

ROASTER OVEN SHOULD ALWAYS BE PREHEATED FOR 20 MINUTES.

ROAST

- For additional browning: Use the Convection Fan to attain better browning or combine browning sauce with margarine or oil to brush over meat. Sprinkle herbs or dry soup mix over the meat before roasting. Remove natural juices with a baster during the last half of roasting.
- The natural meat juices form moisture during roasting, which may collect on the inside of the Cover. Remove Cover carefully, tilting it away from you.
- Roasting times in the recipes and charts begin with refrigerated meat. If meat is frozen, allow an additional 15 to 20 minutes per pound cooking time.
- To sear meat: Preheat to 425°F. Add margarine, then meat. Cover; sear meat 5 to 10 minutes per side until lightly browned. Stir ground meat. Times may vary depending on the quantity of meat.
- To simmer meat: Preheat to 425°F. Reduce temperature to 250°F and allow 1-1/2 hrs for each 30 minutes of cooking time given in the recipe. Simmering less tender cuts of meat will make them very tender. Adding a gravy or sauce will make them more flavorful.

COOK

- Food may be placed in a cold or preheated Roaster Oven. Follow recipe directions for temperature settings.
- Cooking times in the recipes and charts are guides. Times may vary due to density, thickness, freshness, altitude and personal tastes. We recommend that the internal temperature of the meat be the final determining factor of doneness, as opposed to the cooking times.
- Cut-up meats and vegetables should be of uniform size pieces. To prevent vegetables from drying out, shield with pieces of meat or wrap in aluminum foil or a covered casserole with added liquid.

- Cook for at least the minimum time stated, or longer if needed, to complete the cooking. The exact cooking time is given in a range and is not critical since the heat is slow and gentle. Always cook food fully, until completely done and tender.

BAKE

- To make the most out of the convection process in baking, you will get better browning and faster baking by using a loaf pan or casserole.
- Several loaf pans will fit into the Cookwell, try combining different dishes like meat and vegetables or include bread to complete the meal. When baking bread, either one or two loaf pans are recommended
- Cover the Rack with aluminum foil and use as baking sheet or place bake sheet on rack.
- Most 1 & 2 Qt. Casserole dishes, 9-inch pie pans and 9 x 13 bake pans (without handles) will fit into the Cookwell. Place dishes onto Rack for a more even baking.

STEAM

- Steaming is a healthful way to prepare low calorie, nutritious foods.
- Place water to fill the bottom of the Cookwell, approx. 1-3 quarts. Quantity and type of food will determine the amount of water to use; more water can be added to the cookwell at any time. Place foods on the Rack above the water.

SLOW COOK

- Slow Cooking does not use the Convection process; the heat is gradual which allows a very slow simmer. No stirring is necessary.
- To convert a standard recipe to Slow Cook recipe; for each 30 minutes of standard recipe, slow cook for about 1-1/2 hours at 150°F to 200°F.
- When Slow Cooking meats and poultry the rack is not necessary. The low temperature is much cooler and does not allow the foods to stick to the bottom of the Cookwell.

CONVECTION ROAST MEAT CHART

Preheat 12-Qt. Convection Oven to roasting temperature. Minutes per pound are ONLY A GUIDE. Use a meat thermometer for more accurate roasting. Set meat on Rack to roast.

	<u>Meat</u>	<u>Weight In Pounds</u>	<u>Temp. Setting Preheat/Roast</u>	<u>Roast Time In Minutes/Lb.</u>
BEEF	Ground Beef	2 to 10	450°F/450°F	5 to 10 medium
	Sirloin Tip	3 to 5	400°F/400°F	22 to 28 rare-medium
	Tenderloin	3-1/2 to 4	425°F/425°F	18 to 24 rare-medium
LAMB	Leg, sirloin	3-1/2 to 5	400°F/350°F	25 to 30 medium-well
	Shoulder, boneless	3 to 4	400°F/375°F	30 to 35 medium-well
PORK	Chops, center cut 1 inch	4 to 5	425°F/400°F	15 to 20 well
	Loin Roast, center	4 to 6	400°F/400°F	20 to 25 well
	Shoulder, rolled	4 to 6	400°F/400°F	35 to 40 well
SMOKED PORK	Ham, bone-in, shankless	8 to 12	350°F/350°F	25 to 30 well
	Ham, boneless	5 to 10	350°F/350°F	20 to 25 well
	Ham, precooked	5 to 10	350°F/325°F	15 to 20 heated
VEAL	Shoulder, boned	3 to 5	350°F/325°F	25 to 30 well
	Loin	4 to 6	350°F/325°F	25 to 30 well
POULTRY*	Chicken, pieces	4 to 6	425°F/400°F	10 to 15 well
	Chicken, whole	3-1/2 to 5	425°F/400°F	15 to 20 well
	Cornish Hens (4)	3-1/2 to 4-1/2	425°F/425°F	20 to 25 well
	Turkey, whole	10 to 13	400°F/400°F	10 to 12 well

*To get better browning and quicker roasting on poultry, mix 1/4 Cup margarine with 1 tsp. browning sauce; brush over skin before roasting.

*For crisper skin, baste and then remove liquid during roasting. Let meat stand for 5 minutes before serving.

CONVECTION ROASTING

Convection Roast Turkey

1 (10-13 lb.) Fresh or Frozen (thawed) Turkey

Preheat Convection Oven at 425°F for 20 minutes.

Clean and Rinse turkey; pat dry. Truss bird so that the wings and legs do not touch the sides of the Cookwell. Place turkey on Rack and set into preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Roast 10-12 minutes per pound or until the meat thermometer reaches 180°F in thickest part of meat, not touching the bone.

Let the bird stand for 10 minutes before slicing.

If turkey is ready before serving time; simply turn off Fan/Motor and reduce temperature on Roaster Oven to 250°F until time to serve.

Serves 6 to 8

Lemon and Herb Chicken

1 (6 to 7 lb.) Chicken pieces	1/2 Cup Lemon juice
1/4 Cup Vegetable oil	2 Tbsp. Sugar or Honey
1 Tbsp. Grated lemon peel	1 Tbsp. Chopped parsley
2 Tbsp. Italian herb seasoning	1 Clove Garlic, minced, optional

Preheat Convection Oven at 425°F for 20 minutes.

Rinse chicken and pat dry. Combine all the ingredients, except chicken, in small bowl; whisk to blend. Brush over chicken.

Arrange chicken pieces on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Roast 12 to 15 minutes per pound or until the meat thermometer reaches 180°F in thickest part of meat.

Serves 6 to 8

Stuffed Cornish Hens

4 (22 to 24 oz. ea.) Cornish Hens	2 Tbsp. Vegetable oil
2 Tbsp. Lemon juice	1 tsp. Paprika
2 tsp. Parsley, chopped	
<i>Fruit and Bread Stuffing:</i>	
6 Cups Dried Bread Crumbs	1 Tbsp. Butter or margarine
3 Green Onions, thinly sliced	1 Large Apple, cored, chopped
1 Large Pear, cored, chopped	1/2 Cup Golden raisins
2 tsp. Poultry seasoning	

Preheat Convection Oven at 425°F for 20 minutes.

Rinse hens and pat dry. Combine all stuffing ingredients in a large bowl; stir until well mixed. Spoon equal portions of stuffing into cavities of hens. Truss birds.

Combine remaining ingredients in a small bowl; whisk to blend. Brush over hens.

Place hens on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Roast 65 to 75 minutes or until meat thermometer reaches 180°F and stuffing reaches 160°F.

Serves 4

Pork Sirloin Roast

1 (3 to 4 lb.) Pork sirloin roast	1-1/2 Cups Orange juice, divided
1 tsp. Pumpkin pie spice	1/4 tsp. Thyme
1/4 tsp. Rosemary	8 Large Pears, peeled, halved, cored

Preheat Convection Oven at 400°F for 20 minutes

Combine 1 cup orange juice, spice and herbs in a small bowl; whisk to blend. Brush over meat. Brush remaining juice over pear halves; wrap in aluminum foil. Place meat and packet on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Roast 22 to 27 minutes per lb. or until meat thermometer reaches 155°F.

Serves 6 to 8

CONVECTION ROASTING

Beef Tenderloin

1 (3-1/2 to 4 lb.) Beef tenderloin
1 Tbsp. Minced onion
1/2 tsp. Ground mustard

3 Tbsp. Butter or margarine
1 tsp. Ground black pepper

Preheat Convection Oven at 425°F for 20 minutes.
Combine ingredients, except meat, in small bowl; whisk to blend. Brush over meat.
Place meat on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Roast 8 to 12 minutes per lb. or until meat thermometer reaches 125°F.
Serves 8

Herb Leg of Lamb

1 (3 to 4 lb.) Half leg of lamb
2 Tbsp. Light olive oil
1/4 Cup Parmesan cheese, grated
1/2 tsp. Italian herb seasoning

3 Tbsp. White wine or Herb vinegar
1 Tbsp. Celery flakes
1 tsp. Rosemary
1/2 tsp. Ground black pepper

Preheat Convection Oven at 350°F for 20 minutes.
Trim fat from lamb. Rub wine, then oil, then cheese and herbs over lamb.
Place meat on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Roast 25 to 30 minutes per lb. or until meat thermometer reaches 165°F.
Serves 6 to 8

Marinated Pork Roast

1 (4 to 6 lb.) Pork, rolled shoulder
2 Tbsp. Vegetable oil
1 Clove Garlic, minced

1/4 Cup Teriyaki sauce
2 Tbsp. Honey
Dash Red Pepper, optional

Preheat Convection Oven at 400°F for 20 minutes.
Combine ingredients, except meat, in small bowl; whisk to blend. Brush over meat.
Place meat on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Roast 25 to 30 minutes per lb. or until meat thermometer reaches 155°F.
Serves 6

Turkey Roll with Spinach and Tomatoes

1 (3 to 4 lb.) Boneless turkey breast
1 Large Tomato, thinly sliced
1 Small onion, thinly sliced
1 Lime

8 oz. Fresh spinach leaves, rinsed
2 tsp. Poultry seasoning
1 tsp. Lemon pepper or ground pepper
1 tsp. Paprika

Preheat Convection Oven at 400°F for 20 minutes.
Make horizontal cut, almost through meat, to form a pocket. Sprinkle half of seasoning and half of lime onto meat. Line pocket with spinach, tomato and onion slices. Close pocket; secure with wooden skewers or truss meat closed. Squeeze remaining lime over skin. Sprinkle remaining seasonings.
Place meat on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Roast 25 to 30 minutes per lb. or until meat thermometer reaches 155°F.
Serves 6

CONVECTION ROASTING

Orange Glazed Chicken

1 (4 to 6 lb.) Chicken, whole
1 Tbsp. Lemon juice
1 tsp. Poultry seasoning

1 Cup Orange marmalade
1 Tbsp. Parsley or Cilantro, chopped

Preheat Convection Oven at 400°F for 20 minutes.

Rinse chicken and pat dry. Combine ingredients in small saucepan; Stir. Warm over low heat until marmalade is melted. Brush over chicken.

Place meat on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Roast 12 to 15 minutes per lb. or until meat thermometer reaches 180°F.

Serves 4

Ham Patties

2 lb. Ground lean ham
1/2 Cup Plain yogurt
2 Tbsp. Sweet pickle relish

1 large Egg
3/4 Cup Seasoned Bread crumbs
1/2 tsp. Mustard

Combine ingredients in large bowl; stir until well mixed. Form into 8 patties.

Place meat on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Roast 10 to 14 minutes per lb. or until meat thermometer reaches 165°F.

Serves 6 to 8

Fish Steaks

2 (6 to 8 oz) Halibut or Swordfish steaks
2 tsp. Olive or peanut oil
1/4 tsp. Ground Ginger

1 small Lime, quartered
1/2 tsp. Paprika
Dash of ground pepper

Preheat Convection Oven at 450°F for 20 minutes.

Place steaks on Rack. Squeeze limejuice over steaks; Brush on oil. Sprinkle paprika, ginger and pepper. Set Rack into preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Roast 12 to 15 minutes per lb. or until fish flakes, depending on thickness of steak.

Serves 2

BBQ Pork Chops

6 (9 to 11 oz. ea.) Bone-in Pork chops
1/4 Cup Lemon juice
1 tsp. Italian herb seasoning

1/2 Cup Barbeque sauce
1 Tbsp. Brown sugar

Preheat Convection Oven at 450°F for 20 minutes.

Place meat on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Cook for 5 minutes. Remove from Cookwell.

Combine ingredients in small bowl; whisk to blend. Brush over meat. Return rack to Cookwell. Cover and roast 20 to 25 minutes per pound or until meat thermometer reaches 155°F.

Serves 6

NESCU[™] 12-Qt. Convection Oven **10**

CONVECTION BAKING CHART

Preheat 12-Qt. Roaster Oven to roasting temperature for at least 20 minutes. Bake times are ONLY A GUIDE. Place bake pan on Rack. Two loaf pans will fit on Rack.

<u>Type of Food</u>	<u>Size of Bake pan</u>	<u>Temperature setting</u>	<u>Bake time (minutes)</u>
Bar Cookies	9 x 9 inch	350°F	22 to 25
Bread, Quick	9 x 9 in. loaf	400°F	33 to 35
Bread, Yeast	9 x 5 in. loaf	400°F	25 to 28
Cake, Angel food	10 Cup	350°F	45 to 50
Cake, Bundt	6 Cup	350°F	28 to 32
Cake, Bundt	12 Cup	350°F	38 to 42
Cake, Package	9 x 5 in. loaf	350°F	40 to 45
Cake, Pound	9 x 5 in. loaf	350°F	38 to 42
Cake, Scratch	9 x 9 inch	375°F	20 to 25
Cupcakes	6 Cup	375°F	20 to 23
Muffins	6 Cup	400°F	18 to 22
Pie, Fruit	9 inch	400°F	45 to 50
Pie, Pastry	9 inch	425°F	12 to 15
Pizza (9 inch)	On Rack	450°F	7 to 9
Apples, baked	Custard cups on Rack	350°F	20 to 25
Baked potatoes	On Rack	400°F	40 to 45
Sweet potatoes	On Rack	375°F	40 to 45
Winter Squash, Quartered	On Rack	375°F	50 to 60

CONVECTION BAKING

Almond Spice Cake

1/2 Cup Sugar
1/2 Cup Butter or margarine
1 tsp. Almond extract
1/2 Cup Plain low fat Yogurt
1-1/4 Cup Flour, all purpose
1-1/2 tsp. Pumpkin pie spice
1/2 Cup Almond, chopped

1/2 Cup Brown sugar
2 Large eggs
1/2 Cup Mashed potatoes
1/4 Cup Milk
1 tsp. Baking powder
1/2 tsp. Baking soda

Preheat Convection Oven to 375°F for 20 minutes

Combine sugars and butter in a medium bowl; beat until light and fluffy. Beat in eggs and almond extract. Beat in potatoes, yogurt and milk.

Add dry ingredients, beat on medium speed 1 minute or until light and smooth. Pour batter into lightly greased 9 inch baking pan.

Place pan on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Bake 23 to 25 minutes or until wooden pick inserted in center comes out clean. Cool on Rack for 5 minutes before serving.

Makes one 9 inch cake.

Light Lemon Cake

4 Large eggs, separated
3/4 Cup Sugar
1 tsp. Vanilla extract
1-1/2 tsp. Baking powder

1 tsp. Cream of tartar
1 Tbsp. Lemon juice
1 Cup Flour, all purpose
1-1/2 tsp. Grated lemon peel

Preheat Convection Oven at 350°F for 20 minutes.

Combine egg whites and cream of tartar in medium bowl; beat on high speed until soft peaks form. Gradually beat in 1/4 cup sugar until stiff peaks form. In large bowl, combine egg yolks, sugar, lemon juice and vanilla; beat on medium speed until thick and creamy. Fold in flour, baking powder and lemon peel with egg whites. Pour into lightly greased 6 cup Bundt pan. Place pan on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Bake 15 to 20 minutes or until wooden pick, inserted into muffin, comes out clean.

Serves 8

Peach Pie

2 (9 inch) Pastry crust, unbaked
3/4 to 1 Cup sugar
1 Tbsp. Lemon juice
2 Tbsp. Butter or margarine

4 Cups Peaches, peeled, sliced
1/4 Cup Flour, all purpose
1/2 tsp. Almond extract

Preheat Convection Oven to 400°F for 20 minutes

Pat one crust into 9 inch pie pan. Combine remaining ingredients in large bowl; stir until well mixed. Spoon into pie crust. Dot pieces of butter over filling. Place second crust atop filling; pinch edges of crust together and flute. Cut air slits in a design in top crust.

Place pan on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Bake 45 to 50 minutes or until crust is golden brown. Cool on Rack for 5 minutes before serving.

Makes one 9 inch pie

Apple Pie

2 (9 inch) Pastry crust, unbaked
3/4 to 1 Cup sugar
3/4 Cup Flour, all purpose

5 Cups Apples, peeled, sliced, cored
3/4 tsp. Ground cinnamon
6 Tbsp. Butter or margarine

Preheat Convection Oven to 400°F for 20 minutes.

Pat one crust into 9 inch pie pan. Combine remaining ingredients in large bowl; stir until well mixed. Spoon into pie crust. Dot pieces of butter over filling. Place second crust atop filling; pinch edges of crust together and flute. Cut air slits in a design in top crust.

Place pan on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Bake 45 to 50 minutes or until crust is golden brown. Cool on Rack for 5 minutes before serving.

Makes one 9 inch pie.

NESCU[™] 12-Qt. Convection Oven **12**

CONVECTION BAKING

Banana Bran Muffins

- | | |
|------------------------------------|----------------------------------|
| 2 Cups Bran cereal | 1 Cup Wheat germ |
| 1 Cup Boiling water | 2 Cups Milk |
| 2 tsp. Lemon juice | 2 Large eggs |
| 1/2 Cup Butter or margarine | 3/4 Cup Honey |
| 1/2 Cup Whole wheat flour | 1 Tbsp. Baking soda |
| Pumpkin pie spice | 1 Banana coarsely chopped |

Preheat Convection Oven to 400°F for 20 minutes

Combine cereal, wheat germ and water in large bowl; let stand for 10 minutes. Add milk, lemon juice, eggs, butter and honey to cereal mixture; stir to mix. Add flour, baking soda and spice; stir just until moistened. Carefully fold in bananas. Spoon half the mixture evenly into lightly greased 6 cup muffin pan.

Place pan on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Bake 15 to 20 minutes or until wooden pick, inserted into muffin, comes out clean.

Repeat with remaining dough. Cool muffins on Rack. Store in airtight container.

Makes 12 larger muffins

Brownies

- | | |
|--|---|
| 1 Cup Sugar | 1/2 Cup Semi-sweet chocolate pieces, |
| 2 Large eggs | melted |
| 2 Tbsp. Milk or coffee | 3/4 Cup Flour, all purpose |
| 1 tsp. Vanilla extract | 1-1/2 tsp. Baking powder |
| 1/2 Cup Butter or margarine, room | |
| temperature | |

Preheat Convection Oven at 350°F for 20 minutes.

Combine sugar, eggs, milk and vanilla in medium bowl; cream until light. Beat in butter. Whisk in chocolate. Add flour and baking powder; whisk until blended. Pour into lightly greased 8 inch baking pan.

Place pan on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Bake 22 to 25 minutes or until wooden pick, inserted into brownie, comes out clean. Cool on Rack. Serve warm or store in air-tight container.

Makes 10 to 12 pieces.

Tortellini and Seafood Bake

2 Pkg. (9 oz. ea.) Frozen cheese tortellini, cooked and drained

1 Lb. Large Shrimp, shelled, de-veined

2 Green onions, thinly sliced

1 Can (16 oz.) Stewed tomatoes

1-1/2 tsp. Cornstarch

1 Lb. Sea scallops

1 clove garlic, minced

1/2 Cup Italian salad dressing

1 Tbsp. Parsley, chopped

Preheat Convection Oven to 400°F for 20 minutes.

Combined tortellini, seafood, onion and garlic in a 1-1/2 quart casserole dish. Combine tomatoes, salad dressing, cornstarch and parsley in a small bowl; stir to blend. Pour over pasta mixture. Stir to coat evenly.

Place casserole on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Bake 10 to 14 minutes or until shrimp turn pink and scallops become white.

Serves 6 to 8

CONVECTION BAKING

Rye Casserole Bread

1-1/2 Cups Milk
2 Pkg. Active dry yeast
2 Large eggs
1 Tbsp. Salt
2-1/4 Cups Flour, all purpose

1/4 Cup Sugar
2 Tbsp. Cooking oil
2 Cups Rye flour
1 tsp. Caraway seeds

Preheat Convection Oven to 400°F for 20 minutes
 Scald milk in small saucepan. Let cool to 105-115°F. Add sugar and yeast; stir once.
 Let stand 5 minutes or until yeast bubbles. Add oil and eggs; stir to mix.
 Combine remaining ingredients, except for 1/2 cup of flour, in large bowl. Add liquid mixture; stir with wooden spoon until smooth. Stir in remaining flour as needed.
 Spoon batter into a greased 1-1/2 quart casserole dish. Cover; let rise 45 to 60 minutes or until double in bulk.
 Place dish on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Bake 30 to 35 minutes or until bread sounds hollow when tapped.
 Remove from dish onto cooling rack. Serve warm.
 Serves 6 to 8

Mexican Casserole

6 Cups Long grained rice, cooked
2 Cans (16 oz. ea.) Refried beans
1/2 Pkg. (1-1/4 oz.) Dry taco seasoning
1 Pint Tomato juice

2 Lb. ground beef, browned
1 Large onion, chopped
1 Lb. Cheddar cheese, shredded

Topping:

1 Large Head iceberg lettuce, chopped
2 Medium Green peppers, chopped

4 Large Tomatoes, chopped
3 Green onions, thinly sliced

Preheat Convection Oven at 350°F for 20 minutes.

Layer rice, beef, beans and onions in casserole dish. Sprinkle on seasoning and cheese. Pour tomato juice evenly over casserole.
 Place casserole on Rack and place in preheated Cookwell. Cover; turn on Fan using switch on top of Motor. Bake 25 to 30 minutes or until hot and bubbling.
 Arrange toppings and remaining cheese on serving plates. Serve casserole by spoonfuls onto plates or in taco shells. Spoon on toppings.
 Serves 12

Oriental Casserole

2 Lb. Boneless Pork, cut into strips
1 Small each Red, Green and Yellow pepper, julienne cut
2 Green onions, diagonal cut
1/2 Lb. Oriental pea pods
1 Can (6 oz.) Bamboo shoots
1/4 Cup Soy sauce
12 Oz. Long grained rice, cooked and drained

2 Stalks Celery, diagonal cut
1/2 Lb. Bean sprouts
1 Can (6 oz.) Water chestnuts
1 Pint Beef broth
1/4 Cup cornstarch, to thicken

Preheat Convection Oven to 350°F for 20 minutes.
 Place pork and vegetables in Cookwell. Cover; turn on Fan. Bake 10 to 12 minutes or until meat is browned. Add broth and half of soy sauce, stir.
 Reduce temperature to 250°F. Slow cook 30 to 40 minutes or until meat is tender.
 Thicken juice with a mixture of cornstarch and remaining soy sauce. Cover; turn on Fan using switch on top of Motor, bake additional 5 to 10 minutes or until juice is thickened, stir once. Serve over cooked rice or chow mien noodles.
 Serves 12

TRADITIONAL ROASTER OVEN SECTION

Reminder: You may enjoy your **NESCO**[®] 12-Qt. Convection Roaster Oven as a Traditional Roaster Oven by simply removing the Fan and Fan/Motor. The following pages will give you many suggestions and recipes to Roast, Bake, Slow Cook, Cook and Steam your way to healthful meals for years to come.

TRADITIONAL ROASTING MEAT CHART

Preheat 12-Qt. Roaster Oven to roasting temperature. Minutes per pound are ONLY A GUIDE. Use a meat thermometer for more accurate roasting. Set meat on Rack to roast.

BEEF	<u>Meat</u>	<u>Weight In Pounds</u>	<u>Temp. Setting Preheat/Roast</u>	<u>Roast Time In Minutes/Lb.</u>
	Corned Beef	3-1/2 to 4	350°F/275°F	20 to 25 medium- well
	Sirloin Tip	3 to 5	400°F/325°F	20 to 25 rare-medium
	Tenderloin	3-1/2 to 4	425°F/425°F	9 to 12 rare-medium
LAMB	Leg, sirloin	3-1/2 to 5	400°F/350°F	25 to 30 medium-well
	Shoulder, boneless	3 to 4	400°F/325°F	30 to 35 medium-well
PORK	Chops, center cut 1 inch	4 to 5	425°F/300°F	15 to 20 well
	Loin Roast, center	4 to 6	400°F/325°F	20 to 25 well
	Shoulder, rolled	4 to 6	400°F/325°F	35 to 40 well
	Ribs, lean, country	6 to 8	250°F/250°F	20 to 25 well
	<i>(Precook to tender; finish in 425°F Roaster or outdoor grill)</i>			
SMOKED PORK	Ham, bone-in, shank less	8 to 12	350°F/350°F	25 to 30 well
	Ham, boneless	5 to 10	350°F/325°F	20 to 25 well
	Ham, precooked	5 to 10	350°F/325°F	15 to 20 heated
VEAL	Shoulder, boned	3 to 5	350°F/325°F	25 to 30 well
	Loin	4 to 6	350°F/325°F	25 to 30 well
POULTRY*	Chicken, pieces	4 to 6	400°F/375°F	10 to 15 well
	Chicken, whole	3-1/2 to 5	400°F/375°F	15 to 20 well
	Cornish Hens (4)	3-1/2 to 4-1/2	425°F/425°F	20 to 25 well
	Turkey, whole	10 to 13	400°F/350°F/400°F**	12 to 15 well

* To get better browning and quicker roasting on poultry, mix 1/4 Cup margarine with 1 tsp. browning sauce; brush over skin before roasting.

* For crisper skin, baste and then remove liquid during roasting. Let meat stand for 5 minutes before serving.

** Divide cooking time into three cycles using indicated settings; remove excess liquid after second cycle completes.

NESCO® 12-Qt. Convection Oven 16

TRADITIONAL ROAST

Pot Roast Dinner

1 (4 to 6 lb.) Pot Roast
1 Cup Barbeque sauce
8 Medium Onions
12 Whole Red potatoes, peeled

Preheat Roaster Oven at 350°F for 20 minutes.

Place meat into preheated Cookwell. Spoon half the BBQ sauce over meat; arrange vegetables around meat. Cover; roast 10 minutes. Turn meat over; spoon remaining sauce over meat. Cover; roast 10 – 15 minutes or until meat begins to brown.

Reduce temperature to 275°F; roast 1-1/2 hours or until meat reaches 150°F on meat thermometer.

Serves 8

7 Medium Carrots
1 Leek, cleaned, chunked
3-4 Turnips, peeled, chunked

Beef Tenderloin

1 (4 lb.) Beef tenderloin
1 Cup Teriyaki sauce
1/4 Cup Soy sauce
1/4 Cup Beef broth
1/4 Cup Honey, warmed

Place beef in shallow casserole. Combine remaining ingredients; stir until well blended. Pour over meat. Cover with plastic wrap; refrigerate 4-6 hrs, turn meat several times

Lightly spray Cookwell with cooking oil. Preheat Roaster Oven at 425°F for 20 minutes.

Place meat on Rack and place in preheated Cookwell. Cover, roast 35 to 45 minutes or until meat thermometer reaches 125°F.

Serves 8

1 Green onion, chopped
1 Clove Garlic, minced
1 Tbsp. Celery seed
1 tsp. Ground black pepper
1/4 tsp. Grated Lemon peel

Roast Pork

1 (6 to 8 lbs) Pork loin, center cut
2 Tbsp. Dijon mustard
1 tsp. Thyme, crushed

1 Lb. Mushrooms, sliced
1/2 Tbsp. Ground black pepper
2 Tbsp. Butter or margarine

Preheat Roaster Oven at 400°F for 20 minutes.

Add butter; cover; cook until melted. Arrange meat on Rack and place in preheated Cookwell. Cover; roast 10 minutes. Reduce temperatures to 325°F. Combine remaining ingredients.

Remove Rack with meat, place onto a heat resistant surface. Spread mustard mixture over roast. Set Rack in Cookwell. Cover; roast 2 hours or until meat thermometer reaches 170°F.

Serves 10 to 12

Fresh Turkey

1 (10-13 lb.) Fresh or Frozen (thawed) Turkey
2 Tbsp. Butter or margarine, melted

1 tsp. Browning sauce

Preheat Roaster Oven at 400°F for 20 minutes.

Clean and Rinse turkey; pat dry. Truss bird so that the wings and legs do not touch the sides of the Cookwell. Place turkey on Rack. Combine remaining ingredients; stir until well mixed. Spread evenly over meat. Set Rack into preheated Cookwell. Cover; roast 10-12 minutes per pound or until the meat thermometer reaches 180°F in thickest part of meat, not touching the bone. Remove excess liquid 1 hour before finished.

Let the bird stand for 10 minutes before slicing.

If turkey is ready before serving time, simply reduce temperature on Roaster Oven to 250°F until time to serve.

Serves 6 to 8

TRADITIONAL ROAST

Leg Of Lamb

1 (3 to 4 lb.) Leg of Lamb
1 Small Red pepper, finely chopped
1 Small Yellow pepper, chopped
1/2 tsp. Tarragon

2 Tbsp. Butter or margarine, melted
1 tsp. Rosemary
1/2 tsp. Basil

Preheat Roaster Oven at 400°F for 20 minutes.

Arrange meat on Rack. Combine remaining ingredients; stir until well mixed. Spread evenly over meat. Place Rack into preheated Cookwell. Cover; roast 10 minutes.

Reduce temperature to 325°F. Roast 1-1/2 hours or until meat thermometer reaches 175°F.

Serves 6 to 9

Pork Tenderloin

1 (6 to 8 lb.) Pork tenderloin
1 tsp. Italian herb seasoning
6 Baking apples, cored, quartered

1 Lb. Mushrooms, sliced
6 Red onions, sliced
1/2 Cup Butter or margarine

Preheat Roaster Oven at 425°F for 20 minutes. Add butter; Cook until melted. Arrange meat in center of preheated Cookwell. Cover; roast 8 minutes. Turn meat over. Cover; roast 8 minutes.

Reduce temperature to 350°F. Add remaining ingredients, except apples. Cover; roast 1-1/2 hours or until meat thermometer reaches 170°F. Add apples during last 15 minutes of roasting.

Serves 12 to 14

B-B-Q Ribs

6 to 8 Spare ribs
1 Large onion, chopped

1 Bay leaf
2 cups B-B-Q sauce

Preheat Roaster Oven at 425°F for 20 minutes. Arrange meat on Rack and place in preheated Cookwell. Add onion, bay leaf and enough hot water to cover meat. Cover; roast 2 hours or until meat is tender.

Carefully lift Rack out onto large tray with sides. Remove Cookwell; pour out and discard hot water. Clean cookwell.

Set Cookwell into Heatwell. Cover; preheat to 425°F. Place Rack with meat into Cookwell; brush sauce evenly over meat. Cover; roast 25 to 30 minutes or until sauce is set and edges begin to brown.

Serves 8

Whole Chicken

1 (4 lb.) Whole Chicken
1 Tbsp. Olive or vegetable oil

1 Tbsp. Parsley, minced
2 Tbsp. Paprika

Preheat Roaster Oven at 425°F for 20 minutes.

Rub skin with oil; rub on seasonings. Place bird on Rack and place in preheated Cookwell. Cover; reduce temperature to 375°F.; roast 1 hour or until meat thermometer reaches 180°F.

Serves 2 to 3

TRADITIONAL ROAST

Chicken Pieces

4 to 6 lb. Chicken breasts, thighs, and wings

Preheat Roaster Oven at 425°F for 20 minutes.

Select from variations below. Brush over chicken pieces before roasting.

Place bird on Rack and place in preheated Cookwell. Cover; reduce temperature to 375°F; roast 1 hour or until meat thermometer reaches 180°F.

Serves 8 to 12

Variations:

- *Barbeque sauce
- *Honey Mustard sauce
- *Peanut sauce
- *Combine Paprika, Tarragon, Parsley and Parmesan cheese
- *Sweet and Sour oriental sauce
- *Mushroom sauce

Honey Mustard Sauce

- 1 Cup Olive or peanut oil**
- 1/2 Cup Dijon mustard**
- 1/3 Cup Honey**
- 1/4 Cup Cider vinegar**
- 1 Tbsp. Brown sugar**
- 1/2 tsp. Cinnamon**

Combine all ingredients in small bowl; stir until well blended. Brush over poultry or pork before roasting.

Makes about 1-1/2 cups

Mushroom Sauce

- 8 Oz. Mushrooms, chopped**
- 1 Green onion, thinly sliced**
- 1 Tbsp. Parsley, chopped**
- 1 Tbsp. Flour, all purpose**
- 1/2 Cup Milk**
- 1 Tbsp. Butter or margarine**
- 1 tsp. Steak sauce**
- Salt and Pepper, to taste**

Melt butter in medium saucepan. Sauté mushrooms, onion and parsley over medium heat until tender. Sprinkle flour over; gently stir into vegetables. Gradually stir in milk, steak sauce, salt and pepper. Continue to cook until sauce thickens, stirring constantly. Spoon sauce over meat during last 20 minutes of roasting. Makes about 1-1/4 cups

Peanut Sauce

- 1 Cup Chunky peanut butter**
- 2 Tbsp. Orange marmalade**
- 2 Tbsp. Soy sauce**
- 2 Tbsp. Lemon juice**
- 1 Tbsp. Peanut oil**
- 3/4 Cup Milk**

Combine all ingredients in small bowl; stir until well blended. Brush over poultry or pork before roasting.

Makes about 2 cups

Applesauce Barbeque Sauce

- 1/4 Cup Applesauce**
- 1 Cup Brown sugar**
- 1/2 tsp. Salt**
- 1/2 tsp Paprika**
- 1/4 Cup Ketchup**
- 4 Tbsp. Lemon juice**
- 1/tsp. Ground black pepper**
- 1/2 tsp. Garlic powder**

Combine all ingredients in medium saucepan; stir until well blended. Bring to boil; reduce heat. Brush over poultry or pork before roasting.

Makes about 1-1/2 cups.

TRADITIONAL BAKING CHART

Preheat 12-Qt. Roaster Oven to roasting temperature for at least 20 minutes. Bake times are ONLY A GUIDE. Place bake pan on Rack.

<u>Type of Food</u>	<u>Size of Bake pan</u>	<u>Temperature setting</u>	<u>Bake time (minutes)</u>
Baking Powder Biscuits	Bake sheet	425°F	15 to 18
Refrigerated Quick Rolls	Bake sheet	375°F	14 to 16
Muffins	6 Cup pan	400°F	20 to 25
Quick Bread	9 x 5 loaf pan	375°F	55 to 60
Yeast Bread	9 x 5 loaf pan	400°F	30 to 35
Yeast Rolls	Bake sheet	375°F	20 to 25
Cookies	Bake sheet	375°F	10 to 12
Cupcakes	6 Cup pan	375°F	15 to 18
Package Cake	9 inch pan	375°F	25 to 30
Scratch Cake	9 inch pan	350°F	35 to 40
Pound Cake	9 x 5 loaf pan	375°F	50 to 55
Cheesecake	9 inch	400°F	50 to 55
Fruit Pie	9 inch pie pan	400°F	60 to 65
Custard Pie	9 inch pie pan	400°F	50 to 55
Pastry Shell	9 inch pan	400°F	20 to 25
Pizza (9 inch)	On Rack	425°F	15 to 20
Baking Potatoes	On Rack	400°F	50 to 55
Sweet Potatoes	On Rack	400°F	45 to 50
Winter Squash	On Rack	400°F	45 to 50
Baked Apples	Custard cup	350°F	30 to 35

TRADITIONAL BAKE

Pumpkin Pie

1-1/2 Cups Pumpkin, canned
1/2 Cup Granulated sugar
1 Tbsp. Flour, all purpose
1 (9 inch) Pastry crust, unbaked

1 Cup Evaporated milk
2 Eggs
1 Tbsp. Pumpkin pie spice

Preheat 12 Qt. Roaster Oven at 400°F for 20 minutes.

In large bowl, combine pumpkin, sugar, flour and spice; stir until well blended. Add milk and eggs; stir until smooth.

Pat crust into 9 inch pie pan and flute edge. Pour filling into crust. Place pie pan onto Rack and place in preheated Cookwell. Cover; bake 55 to 60 minutes.

Creamy Cheesecake

For Crust:
40 Vanilla wafers, crushed
1/4 Cup Pecans, finely chopped
1/4 Cup Butter or margarine, melted
2 Tbsp. Granulated sugar

For Filling:
2 (8 oz. ea.) Cream cheese, softened
1/2 Cup Granulated sugar
1 tsp. Vanilla extract
3 Eggs

Preheat Roaster Oven at 400°F for 20 minutes.

Combine crust ingredients; stir until well blended. Pour into 9 inch springform pan; pat down with back of fork; set aside.

Place cream cheese, sugar and vanilla extract in large bowl; beat until smooth. Add eggs one at a time, beat well after each addition. Beat for two minutes on medium speed. Pour over crust. Place pan on Rack and place in preheated Cookwell. Cover; bake 50 to 55 minutes or until set.

Serves 8 to 12

Strawberry Shortcakes

2 Cups Flour, all purpose
1/4 Cup Granulated sugar
1 tsp. Vanilla extract
1 Tbsp. Baking powder

2/3 Cup Milk
1/2 Cup Butter or margarine, chilled
1/2 tsp. Salt
1 tsp. Lemon juice

Preheat Roaster Oven at 425°F for 20 minutes.

Combine flour, baking powder, salt and sugar. Cut in butter until mixture crumbles.

Stir in milk, lemon juice and vanilla extract, just until moistened.

Drop dough from a large spoon onto lightly greased 9 x 13 inch baking sheet. Place baking sheet on Rack and place in preheated Cookwell. Cover; bake 20 to 25 minutes or until lightly browned. Remove from baking sheet to cooling rack. Let cool, then slice to serve with whipped cream and strawberries.

Serves 8

Apple Cake

1 (18.25 oz. pkg.) Yellow cake mix
1 (21 oz. can) Apple pie filling
1 Tbsp. Flour, all purpose
1 tsp. Cinnamon, ground

3 Eggs
3/4 Cup Brown sugar, packed
1 Tbsp. Butter or margarine
1 Cup Walnut, chopped

Preheat 12 Qt. Roaster Oven at 350°F for 20 minutes. Lightly grease 9 x 13 inch bake pan.

In large bowl, combine cake mix, eggs and apple filling; stir until well blended. Pour into bake pan. Combine brown sugar, flour, butter, cinnamon and walnuts. Sprinkle over the top of the batter.

Place pan on Rack and place in preheated Cookwell; bake 35 to 40 minutes or until wooden pick comes out clean. Allow to cool before serving.

Serves 8

TRADITIONAL BAKE

Chocolate Chip Cookie Bar

1/2 Cup Butter or margarine	1 Cup Flour, all purpose
1/2 Cup Brown sugar, packed	1 tsp. Baking soda
1/4 Cup Granulated sugar	1/4 tsp. Salt
1 Egg	1 tsp. Vanilla extract
1 (6 oz. pkg.) Semi-sweet chocolate chips	

Preheat Roaster Oven at 375°F for 20 minutes.

Place butter, brown and granulated sugar in large bowl; beat until creamed.

Add egg and vanilla extract; beat until smooth.

Stir in dry ingredients. Add chocolate chips; stir until well mixed. Spread into lightly greased 9 x 9 inch baking pan.

Place pan on Rack and place in preheated Cookwell. Cover; bake 18 to 22 minutes or until center is set. Cool pan on cooling rack. Cut into bars; store in air tight container. Makes 9 pieces

Note: Substitute or mix white chocolate chips, butterscotch pieces or M&M® candies.

Sugar Cookies

1 Cup Butter or margarine	2 Cups Flour, all purpose
1 Cup Powdered sugar	1 Tbsp. Baking soda
1 Egg	1 tsp. Cream of tartar
1 tsp. Vanilla extract	

Preheat Roaster Oven at 350°F for 20 minutes.

Place butter and powdered sugar in large bowl; beat until creamed. Beat in egg and vanilla extract. Add dry ingredients; stir until smooth.

Form dough into 1-inch balls; roll balls in granulated sugar. Place 2 inches apart on lightly greased 9 x 13 inch baking sheet. Set baking sheet on Rack and place in preheated Cookwell. Cover; bake 10 to 12 minutes. Allow cookies to cool on cooling rack.

Makes about 4 dozen

Peanut Butter and Peanuts Cookies

2 Cups Flour, all purpose	1-1/2 Cups Chunky peanut butter
1-1/2 Cup Brown sugar, packed	1/2 Cup Butter or margarine
1 tsp, Vanilla extract	2 Eggs
1/2 tsp. Baking soda	2 tsp. Baking powder
1 Cup dry roasted peanuts	1 Cup Chocolate chips

Preheat Roaster Oven at 375°F for 20 minutes.

In large bowl, cream peanut butter and butter. Add brown sugar; beat until smooth.

Beat in eggs and vanilla extract. Add dry ingredients; stir until blended. Mix in peanuts and chocolate chips.

Drop by spoonful 2 inches apart on lightly greased 9 x 13 baking sheet. Place baking sheet on Rack. Set Rack in preheated Cookwell. Cover; bake 10 to 12 minutes

Remove cookies and allow to cool on cooling rack.

Makes about 5 dozen

Gingersnap Cookies

1/2 Cup Butter or margarine	1 tsp. Vanilla extract
1 Cup Butter flavored shortening	2 Cups Flour, all purpose
1 Cup Granulated sugar	2 tsp. Baking soda
1 Egg	2 tsp. Pumpkin pie spice
1/4 Cup Molasses	

Preheat 12 Qt. Roaster Oven at 350°F for 20 minutes. Lightly grease 9 x 13 inch bake pan.

In large bowl, cream butter and shortening. Gradually add sugar; beat until smooth.

Beat in egg, molasses and vanilla extract. Add dry ingredients; stir until mixed.

Form dough into 1 inch balls. Place 2 inches apart on 9 x 13 baking sheet. Lightly flatten cookies with bottom of glass dipped in sugar. Place baking sheet on rack and place in preheated Cookwell. Cover, bake 9 to 11 minutes. Allow cookies to cool on cooling rack.

Makes about 4 dozen

TRADITIONAL BAKE

Zucchini Quick Bread

2 Cups Flour, all purpose	2 Eggs
1 Cup Granulated sugar	1/3 Cup Apple juice
1 Tbsp. Wheat germ	1/4 Cup Vegetable oil
1 tsp. Baking powder	2 tsp. Vanilla extract
2 tsp. Cinnamon	1-1/2 Cups Shredded zucchini
1 tsp. Baking soda	1/2 tsp. Ground nutmeg

Preheat Roaster Oven at 325°F for 20 minutes.

Combine dry ingredients, set aside. In large bowl, combine eggs, juice, oil and extract. Stir until well blended. Stir in dry ingredients alternately with zucchini. Pour into lightly greased 9 x 5 loaf pan.

Place pan on Rack and place in preheated Cookwell. Cover; bake 55 to 60 minutes or until set. Remove bread from pan and allow to cool.

Makes one 9 x 5 loaf

Granola

10 Cups Quick rolled oats	1 Cup Raisins
2 Cups Flour, all purpose	1 Cup Dried fruit, chopped
2 Cups Honey	1 Cup Sesame seeds
2 Cups Corn oil	1 Cup Coconut, flaked
2 Cups Sunflower nuts	1 Cup Walnuts, chopped

Lightly spray Cookwell with spray cooking oil. Preheat Roaster Oven at 275°F for 20 minutes.

Combine all ingredients in preheated Cookwell; stir until well mixed. Cover; bake 60 to 75 minutes, stirring twice.

Allow to cool and store in air tight container.

Makes about 1 gallon.

French Bread

6 Cups Flour, all purpose	2 Cups Warm water
1 (1/4 oz. pkg.) Active dry yeast	2 Tbsp. Cornmeal
1/2 tsp. Granulated sugar	1 Egg white
3 tbsps. Butter or margarine, melted	2 Tbsp. Water
1 Tbsp. Salt	

Preheat Roaster Oven at 400°F for 20 minutes.

In large bowl, place warm water, yeast and sugar. Stir just until mixed. Let stand 5 minutes or until it starts to bubble.

Add butter, salt and 4 cups flour. Beat until smooth. Gradually stir in remaining flour. Dump dough onto counter. Knead until dough is smooth and not sticky. Lightly grease mixing bowl. Place dough in bowl, turn dough over to bring greased side up. Cover with towel. Let rise in warm place for 1 hour or until doubled in bulk.

Shape into two 10 inch loaves. Lightly grease 9 x 13 inch baking sheet; sprinkle on cornmeal. Arrange loaves on sheet; cut 4 slashes 1/4 inch deep on top of each loaf. Stir egg white and water together; brush over loaves.

Place baking sheet on Rack and place in preheated Cookwell. Cover; bake 35 to 40 minutes or until golden brown.

Makes two 10 inch loaves.

TRADITIONAL COOK

Chili

1/4 Cup Butter or margarine
5 lbs. Ground beef
2 Large onions, chopped
2 Cloves garlic, minced
1 (29 oz.) can Stewed Tomatoes
3 (11 oz. ea.) cans Tomato soup

1 (8oz.) can Tomato sauce
3 (16 oz. ea.) cans Red kidney beans
1/4 Cup Chili powder
1 Tbsp. Italian herb seasoning
1 Tbsp. Brown sugar

Lightly spray Cookwell with spray cooking oil. Preheat Roaster Oven at 425°F for 20 minutes. Add butter; stir to melt. Break apart meat while placing into preheated Cookwell. Add onions and garlic. Cover; cook 10 to 15 minutes or until meat is browned. Stir in remaining ingredients until well mixed. Reduce temperature to 350°F; cover; cook 1 to 1-1/2 hours.
Serves 25 to 30

Lasagna

1 (32 oz.) jar Spaghetti sauce
15 Lasagna noodles, uncooked
2 lbs. Ground beef, browned
1 Large onion, chopped
1 Tbsp. Italian herb seasoning

1 tsp. Ground black pepper
2 -1/2 Cups Ricotta cheese
4 Cups Mozzarella cheese, shredded
1/2 Cup Grated parmesan cheese

Remove Cookwell; preheat covered Heatwell at 400°F. Lightly spray Cookwell with spray cooking oil. Spread 1/2 Cup spaghetti sauce in bottom of Cookwell. Lay 4 lasagna noodles abreast and lengthwise and one crosswise at end of Cookwell. Combine beef, onions and seasonings; spread one third of the mixture over the noodles. Spoon over one third of the remaining spaghetti sauce and cheese. Repeat twice.
Set Cookwell into preheated Heatwell. Cover; cook 1 to 1-1/2 hours or until center is set. If edges become brown, reduce temperature to 350°F and add about 20 extra minutes of cooking.
Serves 10 to 12

Cajun Red Beans and Rice

1 Lb Dry Red kidney beans
Water to cover beans, plus 2 inches
1 tsp. Cayenne pepper
1 Clove garlic, minced
1/4 tsp. Oregano
3 Cups Water
1 (16 oz.) can Stewed tomatoes
3 Tbsp. Beef bouillon cubes
1 Tbsp. Brown sugar
1 Tbsp. Worcestershire sauce
Cooked rice to serve

1/4 tsp. Marjoram
1/2 tsp. Paprika
4 tsp. Chili powder
1-1/2 tsp. Cajun seasoning
Salt and Pepper to taste
2 Whole bay leaves
1 Celery stalk, thinly sliced
1/2 Green pepper, chopped
1 Lb. German or Italian sausage
2 Tbsp. Tabasco sauce

Combine above ingredients in Cookwell. Cover; soak overnight.
Preheat Roaster Oven at 250°F for 20 minutes.
Drain off soaking water. Add the first 7 ingredients. Cover; cook at 250°F. for 4 to 5 hours, adding water to cover beans, if needed. Increase temperature to 325°F. Add remaining ingredients; stir. Cover; cook 2 to 2-1/2 hours or until thickened.
Serves 6 to 8

Barbeque Sandwich

1/4 Cup Butter or margarine, melted
3 Lbs. Ground turkey
2 Large Onions, chopped
4 Celery stalks, thinly sliced

1 Tbsp. Worcestershire sauce
2 (10 oz.) Cans Tomato soup
2 Cups Ketchup
1 Cup B-B-Q sauce

Lightly spray Cookwell with spray cooking oil. Preheat Roaster Oven at 425°F for 20 minutes. Add butter, meat, onions and celery. Cover; cook 15 to 20 minutes or until browned.
Reduce temperature to 350°F. Add remaining ingredients: stir to mix. Cover; cook 30 to 40 minutes.
Serves 12 to 15

TRADITIONAL STEAM

Vegetable Steam Chart

Place Rack in Roaster Oven; add hot water to the amount given in chart. Cover; preheat to 400°F for 20 minutes.

Steaming will bring out the fresh flavor, color, and texture of each vegetable. Times may vary due to freshness, size differences, and desired degree of doneness. The suggested times will give you crisp, tender vegetables.

<u>Vegetable</u>	<u>Steam Time (min.)</u>	<u>Water Amount</u>
Artichoke, trimmed	25 to 30	3 Cups
Asparagus, trimmed	15 to 20	2 Cups
Green Beans, whole	15 to 20	2 Cups
Beets, whole	25 to 30	3 Cups
Broccoli, stalks	20 to 25	3 Cups
Broccoli, flowerettes	12 to 15	3 Cups
Cabbage, quartered	15 to 20	3 Cups
Carrots, medium	20 to 25	3 Cups
Cauliflower, whole	25 to 30	4 Cups
Cauliflower, flowerettes	10 to 15	2 Cups
Corn on the Cob	20 to 25	3 Cups
Leeks, trimmed	10 to 15	2 Cups
Potatoes, whole, red	20 to 25	4 Cups
Sweet potatoes	40 to 45	4 Cups
Summer Squash	15 to 20	3 Cups
Winter Squash, quartered	30 to 35	4 Cups

Fish and Seafood Chart

To steam: Place Rack in Roaster Oven. Add hot water to the amount given in the chart. Cover; preheat to 350°F for 20 minutes.

Steaming will retain the delicate texture and flavor of fish and seafood. Serve hot directly from Roaster Oven. To serve cold, plunge in cold water to stop cooking; chill before serving.

<u>Type of Fish</u>	<u>Steam time (min.)</u>	<u>Water Amount</u>
Fish Fillets	15 to 20	3 Cups
Fish Steaks	20 to 25	4 Cups
Clams, in shell	10 to 15	3 Cups
Crab, claws and legs	25 to 35	3 Cups
Lobster, tails	20 to 25	4 Cups
Mussels, in shell	10 to 15	3 Cups
Oysters, in shell	10 to 15	3 Cups
Shrimp, large, in shell	8 to 12	3 Cups
Sea Scallops, in shallow dish	10 to 15	3 Cups

ONE YEAR LIMITED WARRANTY

This appliance is warranted for one year from date of original purchase against defects in material and workmanship. This warranty does not cover transportation damage, misuse, accidents or similar incidents. This warranty gives you special legal rights and you may have other rights that vary from state to state. Always call 1-800-288-4545 to obtain a return authorization number before returning defective product.

Defective products, within warranty period, may be returned, postage prepaid, with a description of the defect, along with a copy of the original bill of sale, to The Metal Ware Corporation, 1700 Monroe St., Two Rivers, WI 54241 for no-charge repair or replacement at our discretion. Out of warranty products may also be returned for repairs or replacement. A charge for parts and labor will be implied.

Service and genuine **NESCO®** replacement parts may be obtained from **NESCO® FACTORY SERVICE DEPARTMENT**.

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



NESCO®