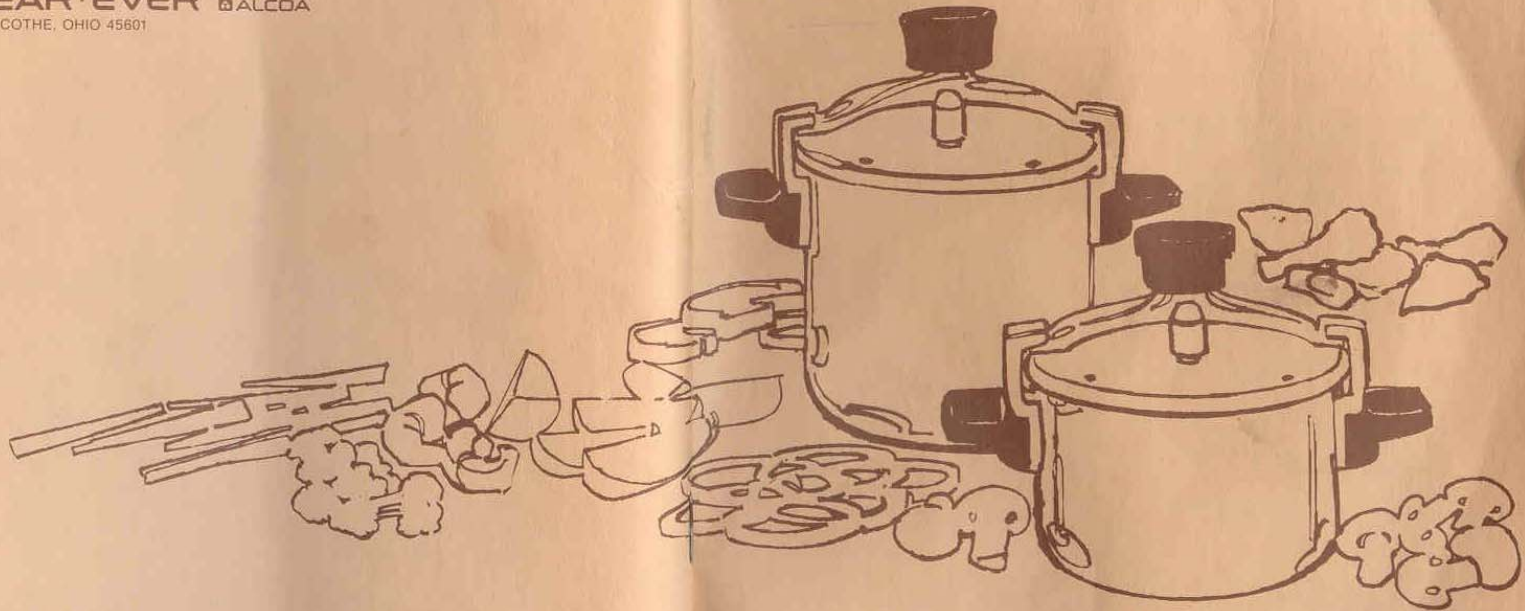


**WEAR-EVER®**  
**CHICKEN**  
**BUCKET™**  
**LOW PRESSURE FRYER**

**WEAR·EVER** SUBSIDIARY OF **ALCOA**  
CHILLICOTHE, OHIO 45601



With your new Wear-Ever Chicken Bucket you can make fried chicken as scrumptious as any you've brought home from a carry-out. When you've made the chicken in your own kitchen you can serve it hot — the way it should be — without reheating.

The results you'll get with the Chicken Bucket are superb — the chicken is never greasy, it's crispy on the outside, tender and juicy inside — batch after batch. And it's quick, too — you can speed fry golden brown chicken in just 14 to 18 minutes.

The Chicken Bucket is great for speed frying a tasty variety of other favorites too — crispy vegetables, fish, croquettes, fried pies, flank steak.

Or use the Chicken Bucket as an ordinary pressure cooker. It's great to make tender beef stew, pot roast, Swiss steak and spare ribs. Try it for quick preparation of fresh and frozen vegetables, fresh and dried fruits, rich and delicious homemade soups.

The how-to's of using the Chicken Bucket are found in this booklet. As always, be sure to read the instructions carefully before using. We hope you'll enjoy using the Chicken Bucket and the results you get from it! Enjoy!

## Major Features

### Pressure Regulator — Vent Tube

The Pressure Regulator, which snaps onto the Vent Tube, controls and maintains the proper 5-6 pounds cooking pressure in the Cooker.

### Safety Vents

The four Safety Vents in the Cover will allow any excess pressure to escape if Vent Tube becomes clogged or if cooker is overheated.

### Oil Level Lines

The Oil Level Lines (on the lower inside sidewall of the Cooker beneath the handles) make it easy to measure proper amount of oil for Pressure Frying.

### Rubber Gasket

The Gasket in the Cover will automatically seal when the Cooker is locked properly in position and the pressure is raised in the Cooker.

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### Caution!

This vessel is designed with safety lock features for pressure frying. DO NOT attempt to use any ordinary pressure cooker for this purpose — regardless of brand.

# Important General Instructions

## Read Carefully Before Using Your Cooker

1. Before each use, hold Cover up to the light to see that the Vent Tube and the 4 Safety Vents are clear. If they should become clogged by food particles, carefully insert a piece of wire to clean, then rinse with hot water.
2. Follow the "HOW TO PRESSURE FRY" (page 6) or "HOW TO PRESSURE COOK" information (pages 26-27) carefully each time you use the Cooker.
3. Do not use Pressure Cooker for canning — it is not designed for this use.
4. Do not attempt to remove Pressure Regulator or Cover while heat is on. Remove Cooker from heat, tilt Pressure Regulator slightly with fork to reduce pressure inside Cooker, then slowly unscrew Knob.
5. Do not strike the rim of the Cooker with metal spoons, etc. as this might mar the rim so that a proper seal could not be made.
6. A new Gasket is needed if steam persistently escapes around the rim of the Cooker and pressure will not build up, or if the Gasket becomes hard and/or inflexible.
7. Store Cooker with Pressure Regulator in bottom and Cover loosely placed on top. Do not store Cooker with Cover locked in position.

## Care and Cleaning

Before using the first time, wash all Cooker parts in hot sudsy water, rinse and dry thoroughly.

**Pan** — After food has been removed, fill with lukewarm water to make the pan easier to clean. DO NOT soak pan in dishwasher or wash in dishwasher as the exterior finish could lose its luster.

After each use wash in hot sudsy water; rub interior with a steel wool soap pad; rinse with clear hot water; dry thoroughly.

To remove burned on grease that may build up on outside bottom of pan, use any good carbon cleaner (several brands available under descriptive name of electric fry pan cleaner). Follow manufacturer's instructions.

To restore the luster to outside of pan, use a good aluminum polish.

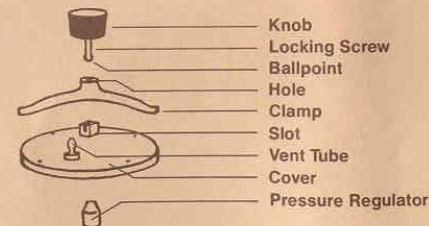
**Cover and Gasket** — Before each use, check Vent Tube and the 4 Safety Vents to be sure openings are not blocked. (See IMPORTANT GENERAL INSTRUCTIONS above). After each use, cool off the Cover and remove the Gasket from same. Thoroughly wash both Cover and Gasket in hot sudsy water; rinse; dry thoroughly. Replace Gasket in Cover so that Cooker is always ready to use.

**Pressure Regulator** — Usually the Pressure Regulator will remain clean during the cooking process since live steam cleanses it as it operates. However, if you wish, it may be washed in warm soapy water, rinsed and dried thoroughly.

## Parts of the Cooker



## To Assemble Cover



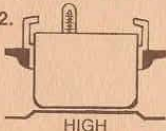
1. Attach Knob onto Clamp by putting Locking Screw through hole in Clamp; turn Knob CLOCKWISE until it is tightened onto Clamp.
2. Angle Clamp Assembly slightly so that Ballpoint on Locking Screw can be slid into Slot on Cover; turn Knob COUNTER CLOCKWISE until Clamp just rests against Cover.
3. Place Pressure Regulator over Vent Tube; snap into place.

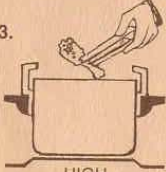

**Note:** Disassemble Cover Assembly by reversing above procedure, however, it is not necessary to disassemble Cover Assembly after each use. Occasionally it can be disassembled for thorough cleaning.

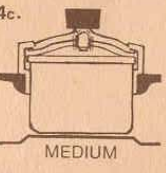
# PRESSURE FRYING/Section 1

The Chicken Bucket low pressure fryer is designed to operate at 5-6 pounds pressure so you can speed fry great tasting chicken, seafood, croquettes and other tempting foods.

## How to Pressure Fry

2. 
  1. Pour vegetable oil into Cooker up to Oil Level Line. (See THE COOKING OIL page 7).
  2. Heat oil to 350°F. (use deep fat thermometer) on HIGH setting of your range.
 

**CAUTION:** Do not leave Cooker unattended. Oil could overheat and cause a fire.
3. 
  3. Gently place prepared foods in hot oil using tongs or slotted spoon. (See PRESSURE FRIED CHICKEN and OTHER PRESSURE FRIED FOODS pages 9-10).
    - Larger foods such as chicken pieces, croquettes, pork chops should be placed in oil, one at a time.
    - Smaller foods such as vegetable pieces, oysters, chicken livers should be placed on a slotted spoon (several pieces), then added to oil.
4. 
  4. See PRESSURE FRYING TIME CHARTS pages 9 and 11, and individual recipes (pages 13-25) for recommended browning and cooking.
    - a. Place dry Gasket in Cover; moisten top surface of Gasket with dampened sponge or drop of vegetable oil to ensure proper seal.
    - b. Brown food, then slide Assembled Cover onto Cooker with Clamp at right angles to Brackets. Hold Cover by the Knob and turn *entire Cover* COUNTER CLOCKWISE until Clamp is positioned under Brackets; turn Knob CLOCKWISE until tightened and Clamp is held securely in place under Brackets.
    - c. Turn heat setting to MEDIUM and set timer for recommended "Cook Under Pressure". WHEN PRESSURE FRYING, TIMING STARTS AS SOON AS COVER IS IN PLACE. Pressure Regulator should jiggle (rapidly at first, then gently after two to three minutes). ADJUST HEAT UP OR DOWN AS NEEDED TO MAINTAIN STEADY BUT GENTLE JIGGLE

**Note:** It is generally necessary to use a somewhat higher heat setting on a smoothtop range. Turn to a MEDIUM HIGH setting, then adjust as needed.
- 4c. 
  5. At end of cooking, turn off heat. With hot pads to protect hands, remove Cooker from range; insert tines of fork under Pressure Regulator and TILT REGULATOR SLIGHTLY (but do not remove) to reduce pressure inside Cooker. (There is no need to hold Cooker under cold water to reduce pressure).
  6. When all pressure is gone from inside of Cooker, turn Knob COUNTER CLOCKWISE until Clamp rests on Cover. Hold Cover by Knob and turn *entire Cover* COUNTER CLOCKWISE until Clamp is clear of Brackets; remove Cover; lift food out of oil using slotted spoon or tongs; drain on paper towels.

6

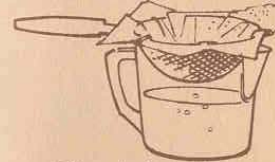
## The Cooking Oil

Use one of the liquid vegetable oils on the market.

Always fill to Oil Level Line:

- 4 Qt. Cooker — 5 cups or 40 ounces
- 6 Qt. Cooker — 6 cups or 48 ounces.

A second and third batch of food can be fried in the same oil, however, at the end of cooking, the oil should be filtered through a sheet of paper toweling placed in a perforated basket or wire sieve.



- Filtering removes the small pieces of browned flour, batter or food and helps to keep oil in good condition.
- As a safety measure, oil should be cooled to room temperature before filtering.

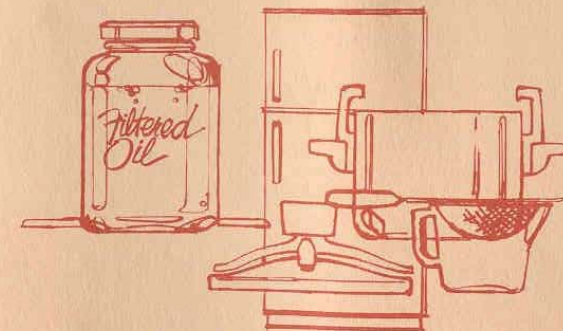
Filtered oil may be reused, without affecting quality of food:

- 8-10 times after frying meats, croquettes, fish\*
- 10-12 times after frying chicken
- 12-15 times after frying vegetables, pies, fritters

\* Note: Although oil used to fry fish may be filtered and reused, it should be used for fish only since it will retain fish odors and flavors.

Used oil will become cloudy and somewhat darker than fresh oil. When it becomes a dark tan color and/or develops a strong odor, it should be discarded.

Pour the cooled, filtered oil into a covered container before storing. Used oil may be stored in the refrigerator. Oil that has been refrigerated may tend to "pop" somewhat during preheat. This is normal and should not affect the cooking performance.



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## The Basic Coating

Dip food to be fried into Milk/Egg Wash, then into Seasoned Flour. Use the Basic Seasoned Flour for chicken, and one of the variations for the other foods. Do not use a batter coating. (See page 12, Hint #2).

### Milk/Egg Wash

Blend together: ½ cup milk  
1 egg, beaten

One recipe is enough for two to three pounds of chicken. Leftovers can be refrigerated and used later.

**Note:** For the purposes of those observing Kashruth, make the following changes: Combine ¼ cup water, 1 egg; beat thoroughly. Make the substitution as necessary throughout book where Milk/Egg Wash is used.

### Basic Seasoned Flour

Blend together: 1 cup flour  
1 tablespoon salt  
1½ teaspoons pepper (or to taste)  
1 teaspoon poultry seasoning

### Seasoned Flour Variations

Use one of the suggestions listed here or create your own Seasoned Flour. How much or how little of a spice or herb to use is essentially a question of personal taste arrived at by experimentation. Start out with a little and increase as desired.

Blend together: 1 cup flour\*  
2 teaspoons salt  
Pepper to taste  
¼ teaspoon of one of the following:

- BASIL**—carrots, cauliflower, eggplant, pork, white potatoes
- CELERY SALT**—cauliflower, onions, oysters
- CHEVIL**—carrots, eggplant, oysters, pork, fish
- CINNAMON**—carrots, sweet potatoes
- CLOVES**—carrots, sweet potatoes
- DILL**—carrots, cauliflower, oyster, white potatoes, fish
- GARLIC SALT**—chicken livers, mushrooms, pork
- MARJORAM**—chicken livers, carrots, eggplant, pork, fish
- NUTMEG**—carrots, cauliflowers, sweet potatoes
- OREGANO**—carrots, mushrooms, onions, oysters, pork, white potatoes
- ROSEMARY**—chicken livers, mushrooms, pork, white potatoes, zucchini, fish
- SAGE**—chicken livers, carrots, eggplant, onions
- THYME**—chicken livers, carrots, onions, pork, white potatoes

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\*For a crisper, darker brown crust, substitute dry bread crumbs (homemade or prepared) for the flour.

## Pressured Fried Chicken

IT IS IMPORTANT TO USE THE CORRECT NUMBER AND SIZE OF CHICKEN PIECES IN ORDER TO ACHIEVE PROPER COOKING. Since chicken parts vary in size, it is generally necessary to cut some parts — even when using pre-cut chicken purchased from your butcher.

Examples:

1. Breast halves are generally larger than other parts, thus should be cut in half.
2. A combination of thigh/leg should be divided into two pieces.



Use the following chart as a guide in determining the number of pieces and weight of chicken per batch, and recommended cooking time.

4 QT. COOKER				
Chicken	Pieces	Total Weight*	Brown in Oil	Cook Under Pressure
Small Fryer	4	¾ lb. (0.75 lb.)		
	5-6	1 lb. (1.00 lb.)	2 min.	12 min.
	7-8	1¼ lbs. (1.25 lbs.)		
Larger Bird	3	¾ lb. (0.75 lb.)		
	4	1 lb. (1.00 lb.)	2 min.	15 min.
	5	1¼ lbs. (1.25 lbs.)		

6 QT. COOKER				
Chicken	Pieces	Total Weight*	Brown in Oil	Cook Under Pressure
Small Fryer	8	1¼ lbs. (1.25 lbs.)		
	9-10	1½ lbs. (1.50 lbs.)	3 min.	15 min.
	11-12	1¾ lbs. (1.75 lbs.)		
Larger Bird	5	1¼ lbs. (1.25 lbs.)		
	6	1½ lbs. (1.50 lbs.)	4 min.	15 min.
	7	1¾ lbs. (1.75 lbs.)		

\*Total weight of packaged chicken purchased in food stores is generally marked in pounds and parts of pounds as shown in parenthesis in chart. Use any weight of chicken within the weight range indicated in the chart.

### Preparation of Chicken Pieces

1. Trim excess fat from chicken pieces. (If chicken has been frozen, thaw *completely* before using).
2. Dip chicken pieces in Milk/Egg Wash; roll or toss in Basic Seasoned Flour, shake off excess. (See recipes on page 8).
3. Follow the HOW TO PRESSURE FRY procedure on page 6 and the TIME CHART above.

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## Other Pressure Fried Foods

Many other foods besides chicken can be pressure fried. Here are a few examples. Before pressure frying, dip foods in Milk/Egg Wash, then toss in Seasoned Flour. Follow the HOW TO PRESSURE FRY procedure on page 6 and the PRESSURE FRYING TIME CHART on page 11.

Food/Preparation	Cooker	Amount/Weight
<b>FRESH VEGETABLES</b>		
<b>Carrot Strips</b> — cut small carrots into 2-inch lengths; cut larger carrots in half lengthwise, then into 2-inch lengths.	4 QT.	18 pieces (12 oz.)
	6 QT.	30 pieces (20 oz.)
<b>Cauliflower</b> — separate cauliflower into flowerets; cut larger ones in half.	4 QT.	4 cups (12 oz.)
	6 QT.	6 cups (20 oz.)
<b>Eggplant Strips</b> — peel; cut into ½-inch crosswise slices; cut slices into ½-inch × 2-inch long strips.	4 QT.	3 cups (7 oz.)
	6 QT.	4 cups (12 oz.)
<b>Mushrooms</b> — cut thin slice from stem; leave whole.	4 QT.	3 cups (9 oz.)
	6 QT.	4 cups (14 oz.)
<b>Onion Rings</b> — cut into ¼-inch slices; separate into rings.	4 QT.	3 cups (6 oz.)
	6 QT.	4 cups (9 oz.)
<b>Potato Wedges</b> (white or sweet)— peel; cut small or medium potatoes into 4 lengthwise wedges; cut large potatoes into 6-8 lengthwise strips, then into 2½-inch lengths.	4 QT.	10 wedges (12 oz.)
	6 QT.	16 wedges (20 oz.)
<b>Zucchini Wedges</b> — do not peel; cut small zucchini in half lengthwise, then into 2-inch lengths; cut larger zucchini into 4 lengthwise wedges, then into 2-inch lengths.	4 QT.	14 wedges (12 oz.)
	6 QT.	20 wedges (16 oz.)
<b>PORK CHOPS</b> (½-inch chops, 3-4 oz. each) — trim excess fat from chops.	4 QT.	4, 5 and 6 chops
	6 QT.	6, 7, and 8 chops
<b>OYSTERS</b> (fresh-shucked) — available in 12 and 16-oz. containers	4 QT.	12, 16, and 24 oz.
	6 QT.	16, 24, and 32 oz.
<b>CHICKEN LIVERS</b> — if frozen, they should be thawed completely before cooking.	4 QT.	1½-2 cups (12-18 oz.)
	6 QT.	2-2½ cups (18-24 oz.)
<b>FROZEN FISH FILLETS</b> — (1 lb. frozen packages) — place package in cold water about 1 hour to partly thaw the fish; cut each 1 lb. into 4 pieces.	4 QT.	4 pieces (1 lb.)
	6 QT.	6 pieces (1½ lb.)

**Note:** For a crisper, darker brown crust, substitute dry bread crumbs (homemade or prepared for the Seasoned Flour).

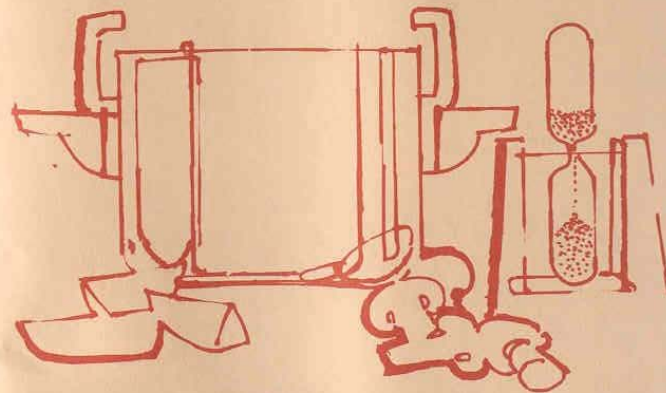
## Pressure Frying Time Chart

Many other foods besides chicken can be pressure fried. Here are a few examples. Before pressure frying, dip foods in Milk/Egg Wash, then toss in Seasoned Flour. Follow the HOW TO PRESSURE FRY procedure on page 6 and the PRESSURE FRYING TIME CHART on page 11.

Food	4 QT. COOKER		6 QT. COOKER	
	Brown In Oil*	Cook Under Pressure	Brown In Oil*	Cook Under Pressure
	(min.)	(min.)	(min.)	(min.)
<b>FRESH VEGETABLES</b>				
Carrot Strips	3	6	4	6
Cauliflower	1	3	3	4
Eggplant Strips	2	2	3	3
Mushrooms**	30 sec.	2	1	2
Onion Rings	1	6	2	6
Potato Wedges				
white	3	6	5	6
sweet	2	6	4	6
Zucchini Wedges	2	2	4	2
<b>PORK CHOPS</b>				
4 chops/3 min.		8	6 chops/3 min.	14
5 chops/3 min.		12	7 chops/4 min.	16
6 chops/4 min.		14	8 chops/4 min.	18
<b>OYSTERS</b>				
16 oz./2 min.		4	24 oz./4 min.	4
<b>CHICKEN LIVERS</b>				
	3	4	4	4
<b>FISH</b>				
	2	7	3	9

\* With vegetables, oysters, chicken livers, stir food halfway through browning procedure.

\*\* Coated with seasoned bread crumbs; if flour is used, increase browning time 1 minute.



PRESSURE FRYING

## Helpful Hints

1. Pressure Fried Chicken is golden brown and crisp on the outside, moist and juicy inside. If you have any problems getting the desired results, check the following points:

The Situation	The Explanation
Overbrowned or too crisp.	Too little chicken; oil too hot.
Underdone or soggy.	Too much chicken; oil not hot enough.
Underdone inside.	Too much chicken; pieces too large; cooking temperature too high.
Dry and overdone inside.	Too little chicken; cooking temperature too low.

Note: The above points also apply to other pressure fried foods. Browning time and/or cooking time can be adjusted to fit individual tastes.

2. Do not attempt to make a batter of the Milk/Egg Wash and Basic Seasoned Flour. Batters tend to become too thick and overcook before food is done. Use batters in recipes where they are specifically called for.
3. The browning of pressure fried foods can be affected by the coating used. Dry bread crumbs or corn flake crumbs substituted for the Seasoned Flour will result in a darker, crisper brown crust.
4. Most of the foods to be pressure fried can easily be coated with Seasoned Flour or crumbs by tossing them together in a plastic bag.
5. When cooking second and third batches of food, recheck oil temperature and bring it back to 350°F. before adding food — to insure proper browning and cooking.
6. If a second or third batch of food is needed, place the cooked food in a single layer in a shallow bake pan — do not cover. Place in a warm oven (140°-175°F.) until remaining food is cooked.
7. When the recipe indicates "Brown — None", the cover should be locked into place *immediately* after food has been added, thus eliminating the browning procedure. These foods will brown sufficiently during the cooking period.
8. Fresh parsley is called for in the recipes, however, one half the amount of dry parsley flakes may be substituted.
9. A variety of pressure frying recipes can be found on the following pages. Try each recipe as printed the first time to get the "feel" of this new method of frying. Individual tastes vary; seasonings, browning/cooking times may be adjusted as desired. For best results, however, always cook amounts recommended in each recipe.

## CHINESE CHICKEN WINGS

4 QT.	6 QT.	
18	24	chicken wings
1/2	3/4	cup <i>each</i> : soy sauce, dry sherry
1	1 1/2	teaspoons ginger
1	1 1/2	cloves garlic, crushed
2	3	tablespoons honey
5	6	cups vegetable oil

1. Cut off tip of chicken wings; place wings in large bowl.
2. Combine soy sauce, sherry, ginger, garlic, honey; blend thoroughly; pour over wings; stir to coat; cover; marinate 8 hours or overnight in refrigerator; turn once.
3. Drain chicken wings; using tongs, place wings in *Preheated Oil*, one at a time. (See HOW TO PRESSURE FRY on page 6).

Cook At One Time  
Hi Heat—Brown  
Med. Heat—Cook

4 QT.	6 QT.
9 wings	12 wings
30 seconds	1 minute
3 minutes	5 minutes

4. Remove from heat; reduce pressure; remove wings with tongs; drain.
5. Repeat Steps #3 and #4 with remaining wings.
6. Servings: Six to nine in 4 QT. / Eight to twelve in 6 QT.

## BARBECUED CHICKEN

4 QT.	6 QT.	
1/2	3/4	cup lemon juice
1	1 1/2	8-oz. cans tomato sauce
2	3	tablespoons Worcestershire sauce*
1/4	1/3	cup chopped onion
1	1	clove garlic, crushed
3	4 1/2	pounds chicken, cut in pieces*
5	6	cups vegetable oil

1. Combine lemon juice, tomato sauce, Worcestershire sauce, onion, garlic; blend thoroughly; pour over chicken pieces in large bowl; cover; marinate 8 hours or overnight in refrigerator.
2. Drain chicken; using tongs, place pieces in *Preheated Oil*, one at a time. (See HOW TO PRESSURE FRY on page 6).

Cook At One Time  
Hi Heat—Brown  
Med. Heat—Cook

4 QT.	6 QT.
1 pound	1 1/2 pounds
None	2 minutes
12 minutes	17 minutes

3. Remove from heat; reduce pressure; remove chicken with tongs; drain.
4. Repeat Steps #2 and #3 for remaining two batches of chicken.
5. Servings: Six in 4 QT. / Ten in 6 QT.

\*See PRESSURE FRIED CHICKEN on page 9 for cutting procedure.

### CHICKEN KIEV

4 QT.
5
5
1
1
1/2
5

6 QT.
7
7
1 1/2
1
3/4
6

- tablespoons butter or margarine
- large whole chicken breasts
- Salt, pepper
- tablespoons lemon juice
- Milk/Egg Wash Recipe
- cup dry bread crumbs
- cups vegetable oil

- Cut butter into pieces: 10 for 4 QT./14 for 6 QT.; freeze 1 hour.
- Cut chicken breasts in half; remove skin, excess fat; place between sheets of waxed paper; pound until thin; sprinkle with seasonings.
- Place frozen pat of butter in center of each chicken breast half; roll up carefully to completely enclose butter; secure with toothpicks.
- Dip in Milk/Egg Wash; roll or toss in bread crumbs.
- Using tongs, place chicken rolls in *Preheated Oil*, one at a time. (See HOW TO PRESSURE FRY on page 6).

Cook At One Time  
Hi Heat—Brown  
Med. Heat—Cook

4 QT.
5 rolls
None
11 minutes

6 QT.
7 rolls
None
13 minutes

- Remove from heat; reduce pressure; remove rolls with tongs; drain.
- Repeat Steps #5 and #6 with remaining rolls.
- Servings: Ten in 4 QT./Fourteen in 6 QT.

### CHICKEN CORDON BLEU

4 QT.
5
1
2 1/2
2 1/2
1
1/2
5

6 QT.
7
1 1/2
3 1/2
3 1/2
1
3/4
6

- large whole chicken breasts
- Salt, pepper
- tablespoons chopped parsley flakes
- 1-oz. slices Swiss cheese, quartered
- 1-oz. slices boiled ham, quartered
- Milk/Egg Wash Recipe
- cup seasoned dry bread crumbs
- cups vegetable oil

- Cut chicken breasts in half; remove skin, excess fat; place between sheets of waxed paper; pound until thin; sprinkle with salt, pepper, parsley.
- Place cheese on ham; fold over; place on chicken breast halves; roll up carefully to completely enclose; secure with toothpicks.
- Follow steps #4 to #7 in Chicken Kiev recipe; use cooking times below.

Cook At One Time  
Hi Heat—Brown  
Med. Heat—Cook

4 QT.
5 rolls
None
11 minutes

6 QT.
7 rolls
None
13 minutes

- Servings: Ten in 4 QT./Fourteen in 6 QT.

### CHICKEN CROQUETTES

4 QT.
3
1/3
1
1
2 1/2
1/4
2
2
1
1/8
1/2
1/3
1
5

6 QT.
5
1/2
1 1/2
1
3 1/2
1/3
3
3
1 1/2
1/4
3/4
1/2
1
6

- tablespoons butter or margarine
- cup flour
- cups hot milk
- large egg yolk
- cups minced cooked chicken
- cup chopped parsley
- tablespoons instant minced onion
- tablespoons chopped green pepper
- teaspoons salt
- teaspoon nutmeg
- cup ground pecans
- cup dry bread crumbs
- Milk/Egg Wash Recipe
- cups vegetable oil

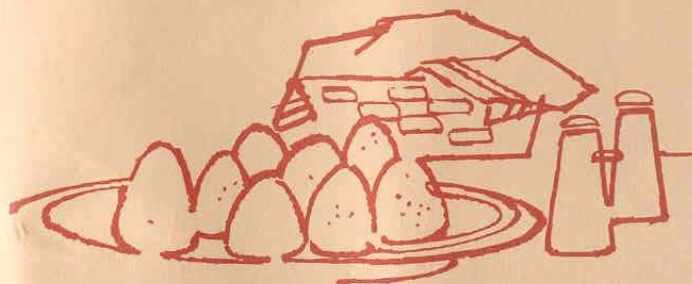
- Melt butter in sauce pan over medium heat; stir in flour; gradually add milk, stirring until mixture comes to a boil; cook 10 minutes until very thick, stirring constantly; add egg yolk; cook additional 2 minutes.
- Add chicken, parsley, onion, green pepper, salt, nutmeg; blend thoroughly; refrigerate about 1 hour.
- Combine pecans, bread crumbs.
- Gently shape chicken mixture into balls: 8 for 4 QT./12 for 6 QT.; dip into Milk/Egg Wash; roll or toss in pecan mixture.
- Using tongs or slotted spoon, place croquettes in *Preheated Oil*, one at a time. (See HOW TO PRESSURE FRY on page 6).

Cook At One Time  
Hi Heat — Brown  
Med. Heat — Cook

4 QT.
4 croquettes
None
3 minutes

6 QT.
6 croquettes
None
4 minutes

- Remove from heat; reduce pressure; remove croquettes with tongs or slotted spoon; drain on paper towels.
  - Repeat Steps #5 and #6 with remaining croquettes.
  - Servings: Four in 4 QT./Six in 6 QT.
- VARIATIONS: Cooked ham, tuna, salmon, turkey or shrimp may be substituted for chicken.





## BEEF ROULADES

4 QT.	6 QT.
2	3
1/3	1/2
1 1/2	2
3/4	1
1/3	1/2
3	4
1 1/2	2
1/4	1/4
8	12
1	1
1	1 1/3
5	6

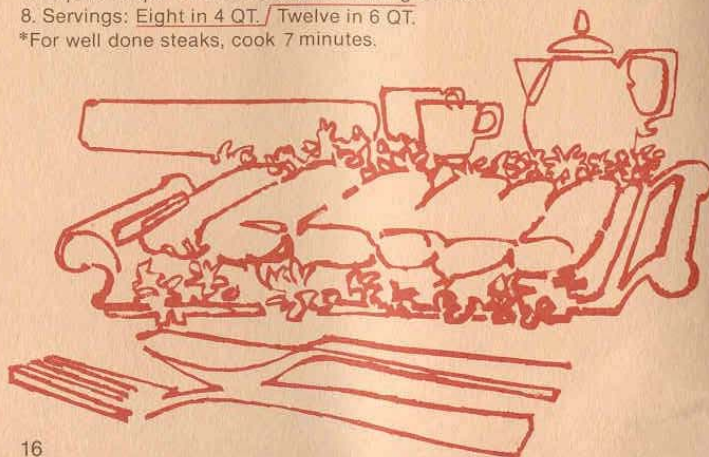
cups soft white bread crumbs  
cup instant minced onion  
teaspoons grated lemon peel  
teaspoon thyme  
cup chopped parsley  
large egg yolks, beaten  
teaspoons salt  
teaspoon pepper  
minute or cubed steaks (4-oz. each)  
Milk/Egg Wash Recipe  
cup seasoned dry bread crumbs  
cups vegetable oil

- Combine soft bread crumbs, onion, lemon peel, thyme, parsley, egg yolks, salt, pepper; toss together.
- Place steaks between several thicknesses of waxed paper; pound until thin.
- Place 1/4 cup stuffing on each steak; roll up carefully to completely enclose stuffing; secure with toothpicks.
- Dip steaks in Milk/Egg Wash; roll or toss in dry bread crumbs.
- Using tongs, place steaks in *Preheated Oil*, one at a time. (See HOW TO PRESSURE FRY on page 6).

**Cook At One Time**  
**Hi Heat — Brown**  
**Med. Heat — Cook\***

4 QT.	6 QT.
4 steaks	6 steaks
30 seconds	1 minute
5 minutes	6 minutes

- Remove from heat; reduce pressure; remove steaks with tongs; drain on paper towels.
  - Repeat Steps #5 and #6 with remaining steaks.
  - Servings: Eight in 4 QT. / Twelve in 6 QT.
- \*For well done steaks, cook 7 minutes.



## MARINATED FLANK STEAK

4 QT.	6 QT.
1	2
2	4
1	2
2	4
1/4	1/2
1	2
1	2
5	6

flank steaks (about 1 1/4 lbs. each)  
cups white wine  
cloves garlic, crushed  
teaspoons salt  
teaspoon pepper  
tablespoons Dijon mustard  
tablespoons Worcestershire sauce  
cups vegetable oil

- Place flank steak between several thicknesses of waxed paper; pound both sides; cut into 3 x 1 x 1-inch pieces; place in bowl.
- Combine wine, garlic, salt, pepper, mustard, Worcestershire sauce; boil 5 minutes; pour over steak; cover; marinate 8 hours in refrigerator.
- Drain steak; using slotted spoon, place steak in *Preheated Oil*, 3-4 pieces at a time. (See HOW TO PRESSURE FRY on page 6).

**Cook At One Time**  
**Hi Heat—Brown**  
**Med. Heat—Cook**

4 QT.	6 QT.
1/2 the pieces	1/2 the pieces
None	1 minute
3 minutes	4 minutes

- Remove from heat; reduce pressure; remove steak with slotted spoon; drain; repeat Steps #3 and #4 with remaining steak.
- Servings: Four in 4 QT. / Eight in 6 QT.

## SCOTCH EGGS

4 QT.	6 QT.
2	2 1/2
2	2
8	10
1	1
1/2	1
5	6

pounds sausage meat  
large raw eggs, beaten  
large hard cooked eggs, warm  
Milk/Egg Wash Recipe  
cup dry bread crumbs  
cups vegetable oil

- Knead sausage meat, beaten eggs together; divide into portions: 8 for 4 QT. / 10 for 6 QT.; blot moisture from hard cooked eggs; mold sausage evenly around each egg.
- Dip sausage balls in Milk/Egg Wash; roll or toss in bread crumbs.
- Using tongs or slotted spoon, place sausage balls in *Preheated Oil*, one at a time. (See HOW TO PRESSURE FRY on page 6).

**Cook At One Time**  
**Hi Heat—Brown**  
**Med. Heat—Cook**

4 QT.	6 QT.
4 balls	5 balls
None	None
8 minutes	10 minutes

- Remove from heat; reduce pressure; remove balls with tongs; drain.
- Repeat Steps #3 and #4 with remaining sausage balls.
- Servings: Eight in 4 QT. / Ten in 6 QT.

## STUFFED PORK CHOPS

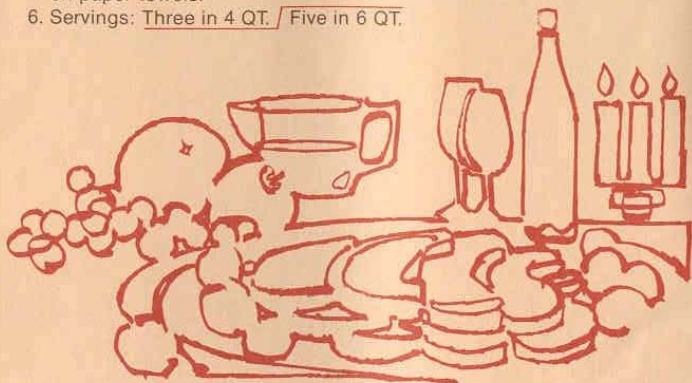
4 QT.	6 QT.	
1	1 1/4	tablespoons instant minced onion
1	1 1/4	tablespoons melted butter or margarine
1/4	1/3	cup soft white bread crumbs
2	3	tablespoons raisins
1 1/2	2	teaspoons grated orange peel
2	3	tablespoons finely grated apple
1	1 1/3	tablespoons white wine
1/2	3/4	teaspoon salt
1/8	1/4	teaspoon <i>each</i> : sage, thyme
Dash	Dash	Pepper
6	10	extra thin loin pork chops (about 1/4-inch thick)
1	1	Milk/Egg Wash Recipe
1/2	3/4	cup dry bread crumbs
5	6	cups vegetable oil

- Combine onion, butter, soft bread crumbs, raisins, orange peel, apple, wine, salt, sage, thyme, pepper; blend thoroughly.
- Trim excess fat from pork chops; place 2 tablespoons filling on half of the chops; top with remaining chops; secure with toothpicks or string.
- Dip stuffed pork chops in Milk/Egg Wash; roll in dry bread crumbs.
- Using tongs, place chops in *Preheated Oil*, one at a time. (See HOW TO PRESSURE FRY on page 6).

**Cook At One Time**  
Hi Heat — Brown\*  
Med. Heat — Cook

4 QT.	6 QT.
3 chops	5 chops
None	1 minute
15 minutes	20 minutes

- Remove from heat; reduce pressure; remove chops with tongs; drain on paper towels.
- Servings: Three in 4 QT. / Five in 6 QT.



## CRISPY FRIED FISH

4 QT.	6 QT.	
1	2	pounds fish fillets (fresh or frozen)
1/4	1/2	cup all purpose flour
1	2	teaspoons tarragon
1/2	1	teaspoon pepper
1	2	teaspoons salt
1/2	1	teaspoon onion powder
1	2	cups pancake mix
1/2	3/4	cups club soda
5	6	cups vegetable oil

- Thaw frozen fish; cut fillets into 2-inch x 3-inch pieces; coat with flour; let dry 5-10 minutes.
- Combine tarragon, pepper, salt, onion powder, pancake mix in bowl; stir in club soda.  
Note: Batter should be thin but not watery; since pancake mixes vary in amount of liquid needed, add liquid slowly.
- Dip fish pieces in batter to coat.
- Using tongs or slotted spoon, place pieces of fish in *Preheated Oil*, one at a time. (See HOW TO PRESSURE FRY on page 6).

**Cook At One Time**  
Hi Heat — Brown\*  
Med. Heat — Cook

4 QT.	6 QT.
1/2 pound	1 pound
None	2 minutes
2 minutes	2 minutes

- Remove from heat; reduce pressure; remove fish with slotted spoon; drain on paper towels.
  - Repeat Steps #4 and #5 with remaining fish.
  - Servings: Three to four in 4 QT. / Six to eight in 6 QT.
- \*Stir with fork to separate pieces just before cover is locked on cooker.



## STUFFED FLOUNDER

4 QT.	6 QT.	
2	3	tablespoons chopped onion
1	1½	tablespoons butter or margarine
¼	⅓	cup soft white bread crumbs
2	3	tablespoons chopped mushrooms
2	3	tablespoons chopped parsley
1	1½	tablespoons lemon juice
1	2	large egg yolks, beaten
⅛	⅓	teaspoon garlic powder
1	1½	teaspoons salt
Pinch	Pinch	each: dill, pepper
4	6	fresh flounder fillets* (4-oz. each)
		Salt, pepper
1	1	Milk/Egg Wash Recipe
1	1½	cups dry bread crumbs
5	6	cups vegetable oil

1. Combine onion, butter, soft bread crumbs, mushrooms, parsley, lemon juice, egg yolk, garlic powder, salt, dill, pepper; blend well.
2. Sprinkle each fillet with salt, pepper; spoon stuffing onto each fillet; roll up carefully to completely enclose stuffing; secure with string.
3. Dip fish in Milk/Egg Wash; roll in bread crumbs.
4. Using slotted spoon, place fish in *Preheated Oil*, one at a time. (See HOW TO PRESSURE FRY on page 6).

**Cook At One Time**  
**Hi Heat — Brown**  
**Med. Heat — Cook\***

4 QT.	6 QT.
4 fillets	6 fillets
30 seconds	30 seconds
7 minutes	9 minutes

5. Remove from heat; reduce pressure; remove fish with slotted spoon; drain on paper towels.
6. Servings: Four in 4 QT. / Six in 6 QT.

\*These times are for large fillets that have been halved down center line. For thinner whole fillets, reduce cooking times 2 minutes.



## NEW ENGLAND CLAM CAKES

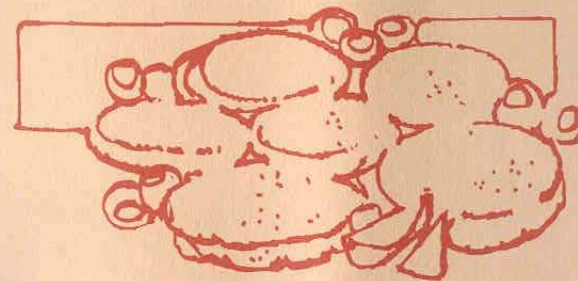
4 QT.	6 QT.	
2	3	tablespoons instant minced onion
2	3	tablespoons butter or margarine, melted
3½	5	cups soft white bread crumbs
2	3	large eggs, beaten
3	5	8-oz. cans chopped clams, drained
1	1½	tablespoons lemon juice
2	3	tablespoons chopped parsley
1	1½	teaspoons salt
2	3	teaspoons Worcestershire sauce
⅓	½	cup condensed Cheddar cheese soup
1	1	Milk/Egg Wash Recipe
¾	1	cup dry bread crumbs
5	6	cups vegetable oil

1. Combine onion, butter, soft bread crumbs, eggs, clams, lemon juice, parsley, salt, Worcestershire sauce, cheese soup; blend thoroughly; refrigerate at least 2 hours.
2. Form chilled mixture into egg-shaped cakes; 6 for 4 QT. / 8 for 6 QT.
3. Dip in Milk/Egg Wash; roll in dry bread crumbs.
4. Using slotted spoon, place clam cakes in *Preheated Oil*, one at a time. (See HOW TO PRESSURE FRY on page 6).

**Cook At One Time**  
**Hi Heat — Brown**  
**Med. Heat — Cook**

4 QT.	6 QT.
6 cakes	8 cakes
None	None
6 minutes	9 minutes

5. Remove from heat; reduce pressure; remove clam cakes with slotted spoon; drain on paper towels.
6. Servings: Four to six in 4 QT. / Six to eight in 6 QT.



## FRIED PIES/The Basic Recipe

4 QT.
1½
½
½
4
5

6 QT.
2
½
½
6
6

cups sifted all purpose flour  
teaspoon salt  
cup all vegetable shortening  
tablespoons cold water  
cups vegetable oil

1. Combine flour, salt in bowl; cut in shortening with pastry blender until mixture resembles coarse crumbs; sprinkle water over mixture; work it in with fork; form dough into ball using hands.
2. Divide dough into portions: 2 for 4 QT. / 3 for 6 QT.
3. Roll each piece of dough out evenly on floured surface; cut out 8-inch circle; divide each circle in half.
4. Place filling in center of each piece of dough; (see following recipes); brush edges of dough with water; fold dough to make quarter circle.
5. Pinch edges of dough; crimp with fork.
6. Using slotted spoon, place pies in *Preheated Oil*, one at a time. (See HOW TO PRESSURE FRY on page 6).

**Cook At One Time**  
Hi Heat — Brown  
Med. Heat — Cook

4 QT.
4 pies
2 minutes
3 minutes

6 QT.
6 pies
2 minutes
5 minutes

7. Remove from heat; reduce pressure; remove pies with slotted spoon; drain on paper towels.
8. Servings: Four in 4 QT. / Six in 6 QT.

**Note:** Pie crust mixes do not work well in this recipe. Brands vary in fat content and can give unsatisfactory results.

## Fruit Pies

4 QT.
½

6 QT.
¾

cup prepared fruit pie filling\*  
Sifted confectioners' sugar

1. Use 2 level tablespoons pie filling per pie.
  2. Dust with sugar.
- \*Any flavor fruit pie filling may be used, i.e., cherry, apple, berry, raisin. If fruit is chunky, as with apple filling, chop coarsely before using.

VARIATIONS: Preserves and jams may also be used, however, do not use jelly.

## Mexican Pies

4 QT.
¼
1
¼
2
1
2
1
¼
Pinch

6 QT.
⅓
1
⅓
3
2
3
1½
¼
Pinch

pound ground beef  
clove garlic, crushed  
cup tomato sauce  
tablespoons raisins  
hard cooked eggs, chopped  
tablespoons chopped black olives  
tablespoons instant minced onion  
teaspoon salt  
*each*: cinnamon, cloves

1. Sauté ground beef; drain off drippings.
2. Add garlic, tomato sauce, raisins, eggs, olives, onion, salt, cinnamon, cloves; cook uncovered 5-10 minutes over low heat, stirring frequently; cool.
3. Use 3 level tablespoons cooled meat mixture per pie.

## Italian Pies

4 QT.
½
1
1
2
½
¼
4
5

6 QT.
½
1½
1
3
¾
¼
6
6

cup ricotta cheese  
tablespoons chopped parsley  
large egg yolk, beaten  
tablespoons grated Parmesan cheese  
teaspoon salt  
teaspoon pepper  
ounces sliced prosciutto\*  
cups vegetable oil

1. Combine ricotta, parsley, egg yolk, Parmesan cheese, salt, pepper; blend thoroughly.
2. Place sliced prosciutto on each piece of dough; top with 2 level tablespoons ricotta filling per pie.

\*May substitute thinly sliced ham.



## BANANA FRITTERS

4 QT.
1
1
¼ to ⅓
4
½
5

6 QT.
1
1
¼ to ⅓
5
1
6

1 large egg  
 1 cup pancake mix  
 1 cup carbonated lemon-lime beverage  
 4 medium size bananas, firm,  
 green tipped  
 1 cup dry pancake mix  
 5 cups vegetable oil  
 Sifted confectioner's sugar

1. Add egg to pancake mix in bowl; gradually add lemon-lime beverage, stirring with fork until blended.  
 Note: Batter should not be too thin; since pancake mixes vary in amount of liquid needed, add liquid slowly.
2. Peel bananas; cut in half, crosswise.
3. Place each banana half in batter, one at a time; coat with batter by rolling with fork; roll in dry pancake mix.
4. Using tongs or slotted spoon, place bananas in *Preheated Oil*, one at a time; stir before placing cover on Cooker; (See HOW TO PRESSURE FRY on page 6).

Cook At One Time  
 Hi Heat—Brown  
 Med. Heat—Cook

4 QT.
8 fritters
None
2 minutes

6 QT.
10 fritters
None
3 minutes

5. Remove from heat; reduce pressure; remove fritters with tongs; drain on paper towels.
6. Dust with sugar; serve immediately.
7. Servings: Eight in 4 QT. / Ten in 6 QT.

## CUMBERLAND SAUCE

1 10-oz. jar redcurrant jelly  
 ½ cup port wine  
 1 tablespoon grated orange peel  
 1 teaspoon grated lemon peel  
 ¼ cup orange juice  
 2 tablespoons lemon juice  
 ¼ teaspoon salt  
 1 tablespoon Worcestershire sauce

1. Combine all ingredients in sauce pan; cook over medium heat until jelly is melted, mixture boils—about 12 minutes.
2. Boil gently 5 minutes, stirring constantly.
3. Serve with Pressured Fried Chicken, Chicken Cordon Bleu, Chicken Kiev, Tuna or Salmon Croquettes, etc.
4. Makes about 1½ cups.

## MUSHROOM SAUCE

1 tablespoon butter or margarine  
 1 tablespoon chopped onion  
 1 10½-oz. can condensed cream of mushroom soup  
 ½ cup light cream  
 1 tablespoon chopped pimiento  
 1 tablespoon chopped green pepper

1. Sauté onion in butter until wilted; add mushroom soup, cream, pimiento, green pepper.
2. Cook over medium heat until sauce comes to a gentle boil — about 7 minutes; stir frequently.
3. Serve with Chicken, Turkey or Shrimp Croquettes, Marinated Flank Steak, Stuffed Flounder, etc.
4. Makes scant 2 cups.

## ENGLISH BREAD SAUCE

1 small onion, peeled  
 4 whole cloves  
 2 cups milk  
 2 tablespoons butter or margarine  
 1 cup soft white bread crumbs  
 3 tablespoons heavy cream  
 1 teaspoon salt  
 ¼ teaspoon pepper

1. Stud onion with cloves; place in sauce pan; add milk, butter; bring to boil; add bread crumbs; simmer 15 minutes.
2. Remove from heat; remove onion; beat until smooth; stir in cream, salt, pepper.
3. Serve with Pressured Fried Chicken, Chicken Kiev, etc.
4. Makes about 2 cups.

## TOMATO SAUCE

2 tablespoons chopped onion  
 2 tablespoons chopped celery  
 1 tablespoon butter or margarine  
 1 14-oz can Italian tomatoes  
 1 6-oz. can tomato paste  
 ½ teaspoon salt  
 ½ teaspoon basil  
 1 teaspoon sugar

1. Sauté onion, celery in butter until wilted; add tomatoes, tomato paste, salt, basil, sugar.
2. Bring to boil; simmer gently 20 minutes, stirring frequently.
3. Serve with Beef Roulades, Marinated Flank Steak, Ham Croquettes, Clam Cakes, etc.
4. Makes about 1½ cups.

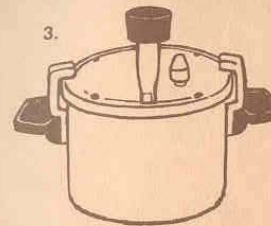
# PRESSURE COOKING/Section 2

The Chicken Bucket low pressure fryer can be used as an ordinary pressure cooker to improve the tenderness of beef stew, pot roast, Swiss steak, spareribs. Try it for quick preparation of fresh and frozen vegetables, fresh and dried fruits, rich and delicious homemade soups.

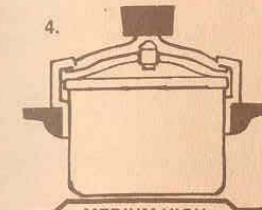
## Important Points to Remember

1. In order to allow for expansion of food during cooking, and to prevent the Vent Tube and Safety Vents from becoming clogged:
  - Never fill Cooker more than  $\frac{2}{3}$  full with solid food.
  - Never fill Cooker more than  $\frac{1}{2}$  full with liquid foods or dried vegetables.
2. The cooking times given in the CHARTS (pages 28 to 33) are approximate, since there is always a variation in tenderness of meats and vegetables because of difference in age, type, etc. Use them as a guide. HOWEVER, REGARDLESS OF AMOUNT OF FOOD BEING COOKED, ALWAYS USE THE AMOUNT OF WATER AS SPECIFIED IN THE CHARTS.
3. Certain foods tend to foam, froth, sputter, and may block the Vent Tube and Safety Vents. Such foods are: Applesauce, Cranberries, Rhubarb, Pearl Barley, Split Peas, Cereals, Noodles, Macaroni, Spaghetti. DO NOT COOK THESE FOODS IN THE PRESSURE COOKER
4. Make certain that inside of Cover is dry before inserting Gasket. (Moisture lodged between the Cover and the Gasket may prevent a proper seal). If excessive steam or moisture does escape around Cover, remove Cooker from heat, then slowly loosen Knob and remove Cover. Dry Cooker rim and inside of Cover, then start over.

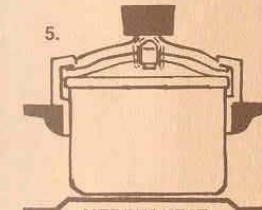
## How to Pressure Cook



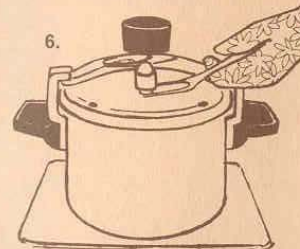
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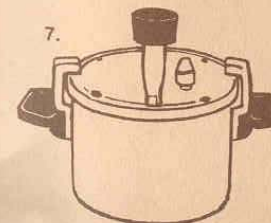
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5.



6.



7.

1 Put food into Cooker; add required amount of water (see Charts on pages 28-33).

2 Place dry Gasket in Cover; moisten top surface of Gasket with dampened sponge or drops of vegetable oil to ensure proper seal.

3 Slide Assembled Cover onto Cooker with Clamp at right angles to Brackets. Hold Cover by the Knob and turn *entire Cover* COUNTER CLOCKWISE until Clamp is positioned under Brackets; turn Knob CLOCKWISE until tightened and Clamp is held securely in place under Brackets.

4 Place Cooker over MEDIUM HIGH heat of range.

5 When Pressure Regulator starts to jiggle, this indicates proper cooking pressure has been reached. Reduce heat to MEDIUM (exception: for dried vegetables, turn to LOW) and START COUNTING COOKING TIME BY THE CLOCK FROM THIS POINT. ADJUST HEAT UP OR DOWN AS NEEDED TO MAINTAIN STEADY BUT GENTLE JIGGLE.

### Note:

As pressure is building up inside the cooker, a small amount of water may collect under Pressure Regulator or spurt out of the Safety Vents — This is normal.

6. At the end of cooking, turn off heat. With hot pads to protect hands, remove Cooker from range; insert tines of fork under Pressure Regulator and TILT REGULATOR SLIGHTLY (but do not remove) to reduce pressure inside Cooker. (There is no need to hold Cooker under cold water to reduce pressure.)

### Note:

Some foods require a 5 minute cooling period before pressure is reduced. Refer to directions on pages 28-33.

7 When all pressure is gone from inside of Cooker, turn Knob COUNTER CLOCKWISE until Clamp rests on Cover. Hold Cover by Knob and turn *entire Cover* COUNTER CLOCKWISE until Clamp is clear of Brackets; remove Cover.

## Fresh Vegetables

Follow **HOW TO PRESSURE COOK Procedure**, page 27.

Quantity of water shown in chart should be used regardless of the amount of vegetables being cooked.

Be sure to **REDUCE PRESSURE INSTANTLY** to prevent overcooking.

**DO NOT FILL COOKER OVER  $\frac{2}{3}$  FULL.**

Vegetable	Preparation	Cups of Water		Minutes to Cook After Pressure is Reached
		4 qt.	6 qt.	
Artichokes	Wash, trim, soak in water.	1	1 $\frac{1}{4}$	15
Asparagus	Snap off ends, remove scales, wash.	$\frac{1}{3}$	$\frac{2}{3}$	3
Beans, green or wax	Wash, snap into 2-inch pieces.	$\frac{1}{3}$	$\frac{2}{3}$	9
Beans, limas	Shell, wash.	$\frac{1}{3}$	$\frac{2}{3}$	7
Beets, diced	Wash, peel, dice.	$\frac{1}{3}$	$\frac{2}{3}$	5
Beets, sliced	Wash, peel, dice.	$\frac{1}{3}$	$\frac{2}{3}$	8
Beets, small whole	Wash, cook, then remove skin.	$\frac{1}{3}$	$\frac{2}{3}$	12
Broccoli, spears	Cut off tough portion, cut into strips, wash.	$\frac{1}{3}$	$\frac{2}{3}$	3 $\frac{1}{2}$
Brussels Sprouts	Wash, remove wilted leaves.	$\frac{1}{3}$	$\frac{2}{3}$	6
Cabbage, shredded	Wash, shred.	$\frac{1}{3}$	$\frac{2}{3}$	5
Cabbage, wedges	Wash, cut into wedges.	$\frac{1}{3}$	$\frac{2}{3}$	7
Carrots, slices	Wash, scrape, cut into $\frac{1}{8}$ " slices.	$\frac{1}{3}$	$\frac{2}{3}$	2 $\frac{1}{2}$
Carrots, strips	Wash, scrape, cut into 2" strips.	$\frac{1}{3}$	$\frac{2}{3}$	3
Carrots, small whole	Wash, scrape.	$\frac{1}{3}$	$\frac{2}{3}$	4
Cauliflower, flowers	Wash, separate into flowers.	$\frac{1}{3}$	$\frac{2}{3}$	6
Cauliflower, small/whole	Wash, cut off stem and leaves.	$\frac{1}{3}$	$\frac{2}{3}$	9
Celery, diced	Scrub, split, dice.	$\frac{1}{4}$	$\frac{1}{2}$	7
Mushrooms	Wash, slice caps and stems.	2 Tbsp.	$\frac{1}{4}$	4
Onions, cut	Peel, cut into quarters or halves.	$\frac{1}{3}$	$\frac{2}{3}$	9
Onions, small whole	Peel.	$\frac{1}{3}$	$\frac{2}{3}$	9
Parsnips	Wash, scrape, cut into halves.	$\frac{3}{4}$	1	9
Peas	Shell, wash.	$\frac{1}{3}$	$\frac{2}{3}$	3
Potatoes, white small whole	Peel or not as desired.	$\frac{3}{4}$	1	14
med. whole	Peel or not as desired.	$\frac{3}{4}$	1	15
large halved	Peel or not as desired, cut into halves.	$\frac{3}{4}$	1	16
Potatoes, sweet halved	Wash, peel, cut into half lengthwise.	1	1 $\frac{1}{4}$	12
quartered	Wash, peel, cut into quarters.	1	1 $\frac{1}{4}$	10
Spinach	Remove stems, wash thoroughly.	$\frac{1}{4}$	$\frac{1}{2}$	1 $\frac{1}{2}$
Squash, summer or zucchini	Wash, do not peel, cut into 1" slices.	$\frac{1}{2}$	$\frac{3}{4}$	6
Squash, acorn	Cut into quarters, remove seeds, cook with peel down.	$\frac{1}{2}$	$\frac{3}{4}$	6
Tomatoes	Wash, cut into quarters.	2 Tbsp.	$\frac{1}{4}$	1
Turnips	Peel, cut into 1" cubes.	$\frac{1}{3}$	$\frac{2}{3}$	6

**REDUCE PRESSURE INSTANTLY**

## FROZEN VEGETABLES

Follow **HOW TO PRESSURE COOK Procedure**, page 27.

Vegetables should be cooked from the frozen state, with the exception of corn on the cob which must be completely defrosted.

To assure uniform cooking, break the block of frozen vegetables apart into smaller pieces; and in the case of spinach, thaw slightly then cut into 1-inch cubes with knife.

Regardless of amount of vegetables being cooked or the size cooker being used (**4 quart or 6 quart**), always use  $\frac{1}{2}$  CUP WATER. **TIME THE COOKING CAREFULLY AND REDUCE PRESSURE INSTANTLY.**

**DO NOT FILL COOKER OVER  $\frac{2}{3}$  FULL.**

Vegetable	Min. to Cook After Pressure is Reached	Vegetable	Min. to Cook After Pressure is Reached
Asparagus, spears	2	Green Beans, French Style	1
Asparagus, cut	2½	Green Beans, Italian, cut	3½
Broccoli spears	3	Lima Beans, small	3½
Broccoli, cut	2	Lima Beans, large	4
Brussels Sprouts	2½	Mixed Vegetables	3
Cauliflower	2	Peas	1
Corn, whole kernel	1	Peas and Carrots	2
Corn on Cob (thawed)	2	Spinach, chopped or leaf (cut into 1" cubes)	1
Green Beans, cut	3		

## DRIED VEGETABLES

Check the **HOW TO PRESSURE COOK Procedure**, page 27.

Then follow these specific instructions: Soak vegetables 8 hours in water to cover; drain; add 2 cups water and 2 tablespoons oil per 1 cup vegetables. Use **MEDIUM HIGH** heat to bring pressure up. Cook over **LOW** heat the required amount of time; remove cooker from heat and **LET THE PRESSURE REDUCE GRADUALLY OF ITS OWN ACCORD FOR 5 MINUTES**, then reduce remaining pressure.

**DO NOT FILL COOKER OVER  $\frac{1}{2}$  FULL.**

Vegetable	Maximum Cups* of Vegetables		Minutes To Cook After Pressure is Reached
	4 qt.	6 qt.	
Black Eyed Peas	2	3	10
Great Northern Beans	2	3	25
Kidney Beans	2	3	30
Lima Beans, large	1	2	20
Lima Beans, small	1	3	25
Navy (Pea) Beans	2	3	25

\*Amount Before Soaking.

Use 1 tablespoon cooking oil per cup of water to reduce foaming. Cook over **LOW HEAT**.

**LET PRESSURE REDUCE GRADUALLY OF ITS OWN ACCORD 5 MINUTES**

## MEATS, POULTRY, SEAFOOD

Follow **HOW TO PRESSURE COOK Procedure**, page 27.

**MOST MEATS AND POULTRY SHOULD BE BROWNED THOROUGHLY** in 1-2 tablespoons hot fat in uncovered cooker before pressure cooking. The amounts of food and water given in the chart are the maximum capacities for the cookers. If less food is used, do not decrease the water—use the amount shown in the chart.

At end of cooking period, remove cooker from heat and **LET THE PRESSURE REDUCE GRADUALLY OF ITS OWN ACCORD FOR 5 MINUTES**, then reduce remaining pressure.

**DO NOT FILL COOKER MORE THAN  $\frac{2}{3}$  FULL.**

Food	Pounds of Meat		Cups of Liquid		Minutes to Cook After Pressure is Reached
	4 qt.	6 qt.	4 qt.	6 qt.	
<b>BEEF STEW</b> —1" cubes meat, liquid, cubed vegetables, seasonings.	1½	3	1½	1¾	25
<b>POT ROAST</b> —meat ¾" thick, liquid, seasonings.	2	4	1	1¼	60-70
<b>SWISS STEAK</b> —meat 1" thick, liquid, seasonings.	2	4	1	1¼	30
<b>SPARERIBS &amp; SAUERKRAUT</b> —ribs cut in serving pieces, liquid, sauerkraut, seasonings.	2	4	¾	1	20
<b>STEWED CHICKEN</b> —stewing chicken cut up, liquid, seasonings. (Do not brown)	3	5	2	3	30
<b>STEAMED LOBSTER TAILS</b> —small to medium in size; after cooking, plunge lobster tails into cold water, remove shells	8-12 Tails	16-20 Tails	1	1½	6
<b>STEAMED SHRIMP</b> —raw shrimp in shells, water, seasonings; after cooking, cover with cold water, shell, clean.	2	4	2	3	6

**LET PRESSURE REDUCE GRADUALLY OF ITS OWN ACCORD 5 MINUTES**



## SOUPS

Follow **HOW TO PRESSURE COOK Procedure**, page 27.

Cook the soup stock from bones and meat first: reduce pressure; then add other ingredients (cooked vegetables, noodles, rice, etc.) as desired and heat to serving temperature.

After soup stock is made, fat may be skimmed off and more water added, especially if the stock is very rich.

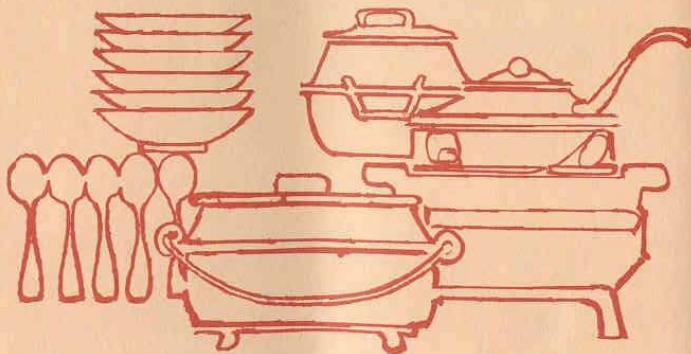
At end of cooking period, remove cooker from heat and **LET THE PRESSURE REDUCE GRADUALLY OF ITS OWN ACCORD FOR 5 MINUTES**, then reduce remaining pressure.

**DO NOT FILL COOKER MORE THAN ½ FULL OF LIQUID.**

Food	Am't of Food		Am't of Water		Minutes to Cook After Pressure is Reached
	4 qt.	6 qt.	4 qt.	6 qt.	
<b>BEEF SOUP</b> —soup meat, small soup bone, water, seasonings.	2 lbs.	3 lbs.	3 C.	4 C.	
<b>HAM SOUP</b> —Ham bone with meat, water, seasonings.	2 lbs.	3 lbs.	3 C.	6 C.	
<b>CHICKEN SOUP</b> —stewing chicken cut up, liquid, seasonings.	3 lbs.	4 lbs.	3 C.	5 C.	

**LET PRESSURE REDUCE GRADUALLY OF ITS OWN ACCORD 5 MINUTES**

**DO NOT COOK APPLESAUCE, CRANBERRIES, RHUBARB, PEARL BARLEY, SPLIT PEAS, CEREAL, NOODLES, MACARONI OR SPAGHETTI.** (See Step #3 on page 26).



## FRESH FRUIT

Follow **HOW TO PRESSURE COOK Procedure**, page 27.

Wash fresh fruits, prepare as directed in chart, use 1 cup of water regardless of the amount of fruit being cooked or the size cooker being used (**4 quart or 6 quart**). Add sugar to the hot juices after cooking (about ¼ cup sugar per pound of fruit); spoon sweetened juices over fruit.

Because fresh fruits cook very quickly, cooker should be removed from the heat as soon as a steady stream of steam escapes thru the Pressure Regulator and the **PRESSURE SHOULD BE REDUCED IMMEDIATELY.**

**DO NOT FILL COOKER OVER ¾ FULL.**

Fruit	Minutes to Cook After Pressure is Reached
Apricots, whole, unpeeled.	0
Peaches, whole, peeled.	0
Pears, peeled, halved, cored.	0
Plums, whole, unpeeled.	0

## DRIED FRUIT

Follow **HOW TO PRESSURE COOK Procedure**, page 27.

Cover dried fruits with water 1 hour before cooking. Cook fruit with the specified amount of water (**4 quarts or 6 quarts**) measured from the water in which they were soaked. Add desired amount of sugar after cooking.






At end of cooking period, **REDUCE PRESSURE INSTANTLY.**

**DO NOT FILL COOKER MORE THAN ¾ FULL.**

Fruit	Cups of Water Per 1 lb. of Fruit	Minutes to Cook After Pressure is Reached
Apricots	1	2
Figs	1	7
Mixed Fruits	1	4
Peaches	1	4
Prunes	1	6
Raisins	1	5

**PRESSURE SHOULD BE REDUCED IMMEDIATELY**

## REPLACEMENT PARTS LIST

Illustration	Part No.	Name
	90024-9	<b>COVER KNOB</b> With Locking Screw And Ballpoint
	90024-4	<b>COVER CLAMP</b>
	90024-3	<b>COVER</b> With Slot, Vent Tube and 4 Safety Vents
	90024-5	<b>PRESSURE REGULATOR</b>
	90024-8	<b>GASKET</b>
	90024-7	<b>PAN HANDLE</b>
	90024-S	<b>PAN HANDLE SCREW</b>

## HOW TO ORDER REPLACEMENT PARTS

Replacement parts may be ordered by writing to:

**Housewares Consumer Services**  
**Wear-Ever Aluminum, Inc.**  
**Chillicothe, Ohio 45601**

Please be sure to specify **NAME OF PART** and **PART NUMBER** for each part desired. Allow 3 to 4 weeks for delivery. You will be billed at current prices for parts ordered.

## QUESTIONS AND ANSWERS

To get maximum use and enjoyment from the versatile Chicken Bucket, read the following answers to some frequently asked questions:

**Q. Is pressure frying a safe cooking procedure?**

A. Yes, it is in the Chicken Bucket providing you follow the instructions for Pressure Frying on page 6. It was designed with four safety vents and a clamp device on the cover, and operates at a low pressure.

**Q. Can I use a regular pressure cooker for pressure frying?**

A. No. Do not attempt to use any ordinary pressure cooker for this purpose — regardless of brand. The Chicken Bucket is designed with safety lock features for pressure frying.

**Q. Can I use the Chicken Bucket for regular pressure cooking?**

A. Yes. Instructions for regular pressure cooking are found on pages 26-27.

**Q. If I have 1¾ pounds of chicken for my 4 Qt. Chicken Bucket, can I cook it all at one time?**

A. No. Overloading the Chicken Bucket affects the browning and cooking of the chicken. It should be divided and cooked in two batches. The same thing applies to other foods to be pressure fried — do not overcrowd.

**Q. Is it important to check the temperature of the oil with a thermometer?**

A. Yes. The cooking oil should be at 350° F. for proper browning and pressure frying. See the Helpful Hints on page 12 for specific information.

**Q. Why do I have to add foods to the oil one at a time?**

A. By adding one at a time, each piece is kept separate and allowed to brown evenly on all sides. With smaller foods such as vegetables, a quick stir before putting cover on is recommended.

**Q. Can I reuse the cooking oil?**

A. Yes. If the oil is filtered frequently, it will last through many fryings. See page 7 for specific information.

**Q. Can the oil be stored in the Chicken Bucket?**

A. No. Oil should be filtered and stored in covered container. See page 7 for specific information.

**Q. Is the Chicken Bucket dishwasher safe?**

A. A dishwasher is not recommended if you are concerned about the appearance of the cooker. Uncoated aluminum surfaces tend to discolor in the dishwasher.