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THE
DUPLEX COOK BOOK

CONTAINING

Full Instructions for Cooking with
the Duplex Fireless Stove



PRICE 25 CENTS

PUBLISHED BY
THE DURHAM MANUFACTURING CO.
MUNCIE, INDIANA

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Introduction



The Duplex Fireless Stove is the result of careful study and experimenting with all the known heat insulating materials. It is scientifically constructed, is easy to operate and cooks the food thoroughly. It retains all the natural flavor of the food and makes it more nourishing and easily digested.

The Duplex arrangement gives compactness, making the single opening stove as serviceable as a two compartment cooker. The double opening stove is equivalent to a three compartment cooker. The three compartment Duplex Stove has a cooking capacity equivalent to a cooker having five or six compartments.

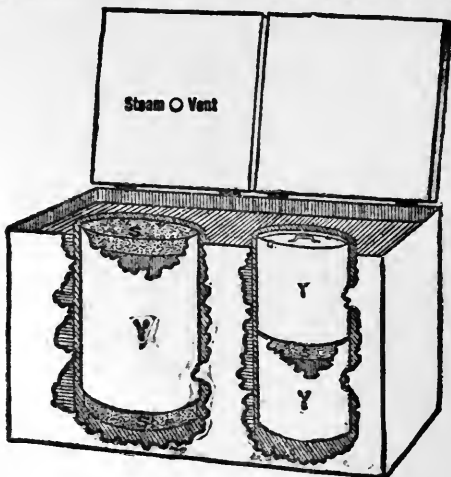
Note on page 5 of the cook book the double insulation and double cooking capacity of the Duplex Stoves as shown by the sectional view illustration. Note the exclusive Duplex construction is such that you can cook a whole meal in the stove, either for a large or small family.

The Duplex Stove is not only an economical and labor saving device for the housekeeper, but a practical and convenient piece of furniture for the modern kitchen.

DUPLEX FIRELESS STOVE

SECTIONAL VIEW

Showing manner of using the Roasting and Baking Stones



Large Opening in Stove

Y—12-quart aluminum cooking vessel.

S—Roasting disk supported by hook in top of cooking vessel.

S1—Roasting disk at bottom of well.

Smaller Opening in Stove

Y-Y—Two 4-quart aluminum cooking vessels.

S—Improved heating disk.

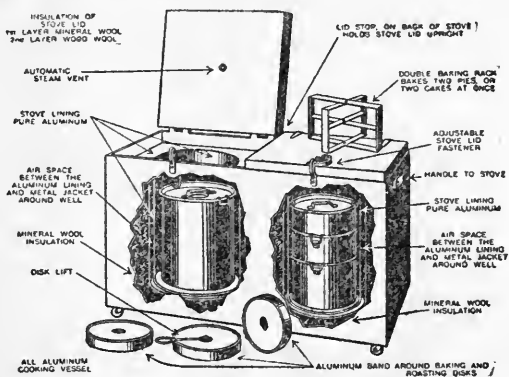
In Baking

Remove the 12-quart cooking vessel, place the baking rack with article to be baked on top of the hot disk S1; then place the other hot disk on top of the baking rack.

In case a very intense heat is desired the disk, S1, may be placed inside the baking rack and the baking pan set directly on the hot disk. Either stone or metallic heating disks furnished. We recommend stone, as it is a better heat retainer.

SECTIONAL VIEW

The sectional view of the Duplex Fireless Stove is shown in order that every cook using a Duplex may know how safely and efficiently the Duplex is constructed.



NOTE—The efficient and safe way the stove is insulated.

NOTE—The great economy of space, giving the Duplex Stove a large cooking capacity.

NOTE—The deep wells make it possible to cook a small quantity as successfully as a large quantity, because every article of food that is being cooked assists in cooking other articles of food placed in the same well. When one article only is being cooked, the lower vessel may be filled with boiling water, thus insuring enough heat units in the well to cook thoroughly, even if the quantity of food is very small.

NOTE—The deep wells make it possible to cook a large variety of food in the Duplex.

NOTE—The exclusive Duplex Construction is such that a whole meal can be cooked, either for a large or small family.



Directions

Before using a new Duplex Fireless Stove it is best to wash the wells out with soap and water, then scald with hot water and wipe perfectly dry. **ALWAYS LEAVE THE LIDS UP WHEN THE STOVE IS NOT IN USE.**

In order to keep the wells clean and pure, wash dry and air them each time after cooking in the stove.

After cooking meat, or food of a greasy nature in the Duplex, always wash or wipe out carefully, using hot water (never apply SODA to the aluminum part of the stove or equipment, as an alkali will discolor aluminum and turn it a dark color).

Put the stove out doors once a week, giving it an airing and allow the sun to shine in the wells.

By following the above directions the wells in the stove will remain pure and clean and there will be no danger of retaining and imparting flavor of whatever is cooked in the Duplex to foods that are sensitive to foreign odors.

PRINCIPLE OF FIRELESS COOKING

The principle of fireless cooking is merely the retaining of heat by insulation, just as cold is retained in the

ice box or refrigerator by insulation. Ordinarily we heat food to the boiling point and then leave it over the fire or in the oven to keep it at a cooking degree of heat, and to do this, on account of radiation, we must keep on supplying heat.

When cooking in the Duplex Fireless Stove, the insulation retains all the heat, thus maintaining a cooking temperature without adding more heat. Herein lies the economy in fuel. The Duplex Stove will save three-fourths of the gas, wood or coal used when cooking in a kitchen range.

HOW TO AVOID DIFFICULTIES

Always remove the hot disks from the stove after cooking is finished, and put them in a dry, warm place. If the baking and roasting disks are left in the stove, or placed in a damp place, they will absorb moisture and when heated, steam will be generated which may cause them to crack. When the disks are not in use, it is a good plan to place them on a hot air register, a steam radiator, or where the sun will shine on them.

Don't scrape or scratch with a knife the aluminum lining of stove, or the aluminum cooking vessels. Don't use ashes, lye, washing powder or soap containing alkali to clean the aluminum stove lining or aluminum cooking vessels.

THE HOT DISKS

Heat the disks on stove, or over gas, oil or alcohol flame. Apply moderate heat at first until the disks are warm through, then intense heat may be applied. The disks should be heated sufficiently hot to brown paper or to brown a small quantity of flour placed on the disks when they are being heated. An experienced cook can test the disks for proper degree of heat as you would a sad iron.

The time required to heat the disks is from 10 to 20 minutes, depending on the size and intensity of the fire.

The disks can be heated more quickly and will get much hotter if an inverted pan is put over them when being heated, thus confining the heat of the flame around the disks.

When the disks are used quite hot, steam will be generated, but the vent in the lid of the Duplex Fireless Stove automatically releases the steam pressure. This escapement of steam does not lessen the cooking efficiency of the Duplex, in fact, a slight escapement of steam is an advantage.

Every good cook knows that when cooking in a kitchen range it is advantageous to have a hot, dry oven. The same principle holds true when cooking in the fireless stove, especially in roasting and baking. If a strong pressure of steam was retained in the fireless stove, it would not bake a crust or roast meat brown.

The catch on the Duplex Stove lid is adjustable, so that the lid of stove may be fastened down tight, or left slightly loose, thus confining more or less of the steam as the nature of the food requires, to obtain the best results.

While heating the disks, prepare the food ready to be placed in the Duplex, and place vessel containing food on disk, thus gaining time and accumulating greater initial heat.

PRACTICAL FIRELESS COOKING

HOW TO COOK SUCCESSFULLY

Good cooking—whether it be done with the Duplex Fireless Stove, the gas stove, the electric stove or the ordinary kitchen stove—requires patience, experience, good judgment and some knowledge of the effect of moist and dry heat upon certain foods.

You can not put hastily and poorly prepared dishes

in the fireless stove and take them out as delicious triumphs of culinary art. After a little experience the average cook will have no difficulty in cooking in a Duplex Fireless Stove.

Always bear in mind that the essential thing in successful fireless cooking is to have enough heat units confined in the fireless stove, when closed, to cook the food.

Bear in mind that a kettle full of boiling food will keep hot longer than a kettle only partly filled; and when boiling, steaming or stewing, a small quantity of one article of food, it is advisable to use the top vessel and put boiling water in the lower vessel.

When cooking two articles of food, it is better to place the vessel containing the smaller quantity on top of the vessel containing the larger quantity of food.

The length of time it takes to cook food thoroughly in the fireless stove can be only approximately given. The time required depends on the kind of food being prepared, the amount of heat units in the hot disks and contained in the food itself, when confined in the fireless stove.

The essential thing to do is to place the food in the Duplex in plenty of time so there will be no need of removing it short of the estimated time given in the Duplex Cook Book.

The Duplex will retain a cooking temperature from four to five hours, and the food can be left in the stove four or five hours longer before it cools.

To sum the matter up, skill in cooking in the fireless stove means a combination of experience and judgment obtained by following Duplex Cook Book Directions.

BOILING, STEWING AND STEAMING

Prepare the article to be cooked in the usual way by bringing the food to the boiling point and let it boil the

required time as given in the Duplex Cook Book, the time depending on the article, as some foods require longer boiling than others, then transfer to the Duplex; or, pour boiling water over the food and have the two disks sufficiently hot, then place in the Duplex without being brought to the boiling point.

When cooking the food on your gas stove or whatever means of heating you have, it is necessary that the clamps on the kettle holding the cover are to be off, and put on only when ready to be transferred into the Fireless.

It is absolutely necessary that the vessels which we furnish with the Duplex are to be used, and the food not transferred to other vessels and then placed in the Duplex Fireless Stove.

BAKING

Two hot disks are used, one at bottom of well on which the rack with article to be baked is placed, the other hot disk is put on top of baking rack. The disks should be made quite hot. Test for sufficient degree of heat by placing a little flour on the disks while heating them, and when the flour browns the disks are ready to be used.

The adjustable catch on lid of stove should be only slightly fastened, so the excess of steam will escape, in order that there will be a dry heat in stove for baking.

About the same length of time is required to bake in the Duplex Fireless Stove that is required to bake in an ordinary oven.

ROASTING

Two hot disks are used, one in the bottom of well on which cooking vessel (containing roast) rests, the other disk is supported by the hook in top of the cooking vessel, as shown in sectional view of the large opening in stove. In cooking a roast no water is used and no bast-

ing is required, as there is no evaporation in the Duplex.

The Duplex adjustable stove lid catch should be only slightly fastened, thus allowing the excess of steam to escape and give a dry heat so the meat will roast brown.

The time required to cook a roast in the Duplex is from one-fourth to one-third longer than is required in an ordinary oven. (Allow 20 to 25 minutes for each pound.)

SUGGESTIONS

Every housekeeper has her own way of preparing and flavoring different articles of food and by following the Duplex directions, she can use any of her own recipes or recipes from any cook book, and cook the food successfully in the Duplex Fireless Stove.

A clean, white cloth may be folded and laid on top of the cooking vessel to absorb any excess of steam and moisture.

It is advisable, especially in roasting or baking, to use the Duplex Aluminum Mat. It protects the stove lining and conserves the heat by insulating the hot disk from direct contact with the bottom of well.

COOKING IN THE DUPLEX ELECTRIC FIRELESS

1. Unscrew electric light bulb.
2. Pull apart the connection at end of the stove cord and screw the detached portion into the electric light bulb socket.
3. Turn on the electric current by turning the key of the electric light bulb socket.
4. Now apply the electric current to stove by joining the connections at end of stove cord which you pulled apart.
5. When the electric current is to be disconnected from stove pull apart the connection at end of stove cord. (Do not use key of the electric light bulb socket to turn

the electric current on and off the stove, as it is always better to attach and detach the connection at end of stove cord.)

6. After the electric current has been connected with stove a few minutes to warm the oven, then place the food in stove. Voltage of the Duplex Electric is from 105 to 115.

In cooking in the Duplex Electric Fireless, you can use the smaller or the larger cylinder sections alone or the two in combination. ALWAYS USE THE STOVE WITH THE OVEN JUST LARGE ENOUGH TO ENABLE YOU TO DO YOUR COOKING, AS IT REQUIRES MORE CURRENT TO HEAT A LARGE OVEN THAN A SMALL ONE.

Time required to start the food cooking depends on the quantity of food to be cooked and the size of the oven; the usual time is from fifteen minutes to half hour. After the food begins to cook, then the current may be disconnected, and the stove will finish the cooking as a FIRELESS COOKER.

When baking in the Duplex Electric, use the smaller cylinder section, turn the current on ten minutes in order to get oven hot; then place pan with article to be baked in baking rack.

A hot disk may be placed on top of the baking rack or cooking vessel to assist in baking and cooking.

The stove base when used alone (separate from stove sections), makes an ideal hot plate for boiling, frying and toasting.



Meats



The Duplex way of cooking meat makes it more tender, more healthful and more palatable.

The cheaper cuts cooked in the Duplex will be as nice to eat as more expensive meat cooked in the old way.

TO PREPARE A MOST DELICIOUS BEEF ROAST

Heat the two roasting disks over the fire 15 to 20 minutes, the length of time depending on the size and intensity of the flame.

In order to determine if the disks are sufficiently hot, test them by touching with a folded tissue paper, or drop pinch of flour on disk and if the paper or flour browns at once, they are hot enough for any purpose.

There are no stringent rules for placing roasts in Duplex.

One person will roast meat without preheating it, which is accomplished by having the disks very hot. Place one disk in bottom of well on which cooking vessel (containing the roast) rests; the other hot disk is suspended inside the cooking vessel (above the roast) by the hook attached to the cover of vessel.

Another person may prefer to preheat the roast by placing the vessel with roast on the disk when heating it and sear the roast with butter or suet before placing disks and roast in the Duplex Fireless Stove.

Some other person may wish to sear the roast in a skillet and then put in the Duplex cooking vessel and

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pour the butter left in the skillet over the roast, then place vessel in the Duplex with the hot disks as directed.

Whatever method is used, the roast should be salted and seasoned to taste, before cooking in the Duplex.

Never use any water, in the roasting of beef. The juices confined in vessel may be diluted and thickened for gravy.

The average time required for roasting, well done, is 30 minutes to a pound.

If medium, 20 minutes. If rare roast is desired, 15 minutes to the pound, with the disks heated very hot as test given.

In each case, the roast will be so much superior in flavor to one cooked by old methods, that there is no comparison in quality and comparatively no shrinkage. If accustomed to buying expensive roasts, try an inexpensive one and one-fourth less in weight—as for instance, instead of a four-pound roast, get a three-pound, and you will find when cooked in the Duplex, a roast of quality and quantity with no shrinkage.

ROAST BEEF WITH POTATOES

Follow same general directions and place potatoes around roast, when ready to put the roast in the Duplex. They will brown and not be over-cooked.

ROAST VEAL

Follow directions for Roast Beef. Time required same as medium roast beef, 20 minutes to the pound. Veal, which admits of a pocket, for dressing, makes an excellent dinner.

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ROAST LAMB

Follow directions for Roast Beef. An assortment of sweet and Irish potatoes, a carrot and a little parsley, improves a lamb roast, as well as seasons the potatoes. These should be placed around leg of lamb. No water.

ROAST PORK

Follow directions for Roast Beef. If loin roast, insist on some extra fat, so as to have the gravy rich. Few tablespoons of water also, as pork is drier than beef. A dressing placed around the pork roast will be found most excellent. Pork requires about 30 minutes to the pound.

POT ROAST

Place pot roast in cooking vessel with two slices fat salt pork; sear the same as for Beef Roast. Add one-half onion, celery, peppercorns, etc. (vegetables must be cut fine.) Put cover on and cook in Duplex for three hours. Thicken gravy and serve.

The cheaper cuts of meat make excellent pot roasts. Add vegetables desired. Use as much water as you need for gravy. Be sure and sear well, for pot roast. It can be done in the roasting vessel. Use both hot disks.

BOILED BEEF

Wash meat with cold water, place in cooking vessel and half cover with boiling water. Boil for 15 minutes with cover fastened tight, then without removing cover, transfer to the Duplex Stove, using one hot stone. Salt to taste and serve.

Potatoes placed in a wire basket and hung from the hook, on the cover of the vessel, will be mealy and nicely seasoned.

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BOILED TONGUE

Place tongue in water two or three hours before cooking. Put in kettle, cover with water and bring to boiling point, and salt well. If desired for pickling, make solution of three parts vinegar and one part water. Spice to taste and let set for 24 hours. Boil 30 minutes, then place in the Duplex with one hot stone for 48 hours. If wanted for immediate use, remove skin and set aside to cool.

BOILED HAM

Soak over night if necessary. Place in kettle, cover with cold water and boil one-half hour. Remove to Duplex for four to six hours, using one hot disk. If ham is to be slightly baked, do not boil so well done. Pare and stick cloves and cinnamon bark into it and place hot disks over and under as for Roast Beef. Let bake for 40 minutes. Ham boiled or baked in the Duplex will not shrink 10 per cent, but in an open boiler there will be a shrinkage of 25 per cent.

BOILED LEG OF LAMB

Wipe meat, place in kettle and cover with boiling water, add a small quantity of salt, boil 10 minutes. Then place in Duplex Stove without lifting cover and cook for three hours, using one hot disk. An onion or red pepper adds to flavor of this dish.

BRAISED VEAL CHOPS OR CUTLETS

Dip in egg, then in flour; fry brown in two tablespoonfuls of butter; pour one-half cupful of boiling water over the meat and cook over fire five minutes. Remove to Duplex Stove and cook for one hour, using two hot disks.

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IRISH STEW

Rub two pounds of mutton breast with salt and pepper. Cut up into small pieces. Brown in one tablespoonful of butter; add two sliced onions and allow to cook until the onions are yellow. Add two cups of potatoes cut into cubes, two cups green peas, three cups of boiling water; season and cook ten minutes over the fire. Remove to Duplex Stove and cook for one hour, using one hot disk.

VEAL LOAF No. 1

- 3 pounds raw veal.
- $\frac{1}{4}$ pound salt pork.
- 2 beaten eggs.
- 3 teaspoonfuls salt.
- 2 teaspoonfuls pepper.
- 1 teaspoonful parsley.
- 1 cup rolled crackers.

Chop together the veal and pork very fine; add the other ingredients and knead like bread. Press in a buttered dish and bake in the Duplex two hours, using two hot disks. A shallow pan used as the cake rack is used, between two hot disks, may be useful.

BREADED VEAL

Select loin chops, or cutlets, cut moderately thick. If cutlets, cut into pieces convenient for serving.

Season with pepper and salt, dip in beaten egg, then in bread crumbs. Brown quickly on both sides in skillet with hot lard and butter. Place in as small a vessel as will hold the meat.

Add a little hot water, clamp lid on the vessel, place

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in the Duplex with two hot stones, one under, and the other directly on the vessel.

Leave in stove one hour for about five chops—longer time will be required for greater quantity of meat.

Save grease in skillet, with which to make gravy, with the juice from meat which is left in the cooking vessel.

VEAL WITH TOMATOES

Cut into pieces. Rub with salt and pepper. Sear with two tablespoonfuls of butter, in roasting vessel. (The vessel will heat sufficiently on top of disk). Add two small onions and four tomatoes and half a mango, cut fine. When done add two tablespoonfuls of vinegar and a half-cup sour cream and thicken as for gravy.

FLANK STEAK WITH TOMATOES

Medium size flank steak.

Medium size onion.

1 pint tomatoes.

$\frac{1}{4}$ teaspoonful cloves.

$\frac{1}{4}$ teaspoonful cinnamon.

Salt and pepper.

Place in Duplex vessel with lid. Cook three hours between the hot disks.

Since this steak will probably cover the bottom of vessel twice, either sear both sides in the vessel, or in skillet, before adding tomatoes and other ingredients, then fold in half, with all ingredients in between. Very little heat is needed in radiators, when seared as directed. You will find a rich, juicy, tender steak. Sear with "CRISCO," a purely vegetable compound.

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SMOTHERED STEAK

Follow directions for flank steak, except use onions instead of tomatoes.

VEAL LOAF No. 2

2 pounds veal.
½ pound salt pork.
2 eggs.
1 cup rolled crackers.
Tablespoonful melted butter.
1 cup milk.
Nutmeg, cinnamon and cloves.
Proceed as in Veal Loaf No. 1.

The spices may be omitted if desired, or whole hard boiled eggs added. When served the eggs add very much to taste and appearance, especially when sliced through.

MEAT LOAF

1½ pounds chopped meat.
7 crackers rolled fine.
1 egg.
Lump butter size of an egg and tablespoonful of
"CRISCO."
1 cup cold water or milk.
2 teaspoonfuls of salt, scant.
½ teaspoonful of pepper.
3 tablespoonfuls milk.

Thoroughly mix, roll in paper and bake in Duplex one and one-half hours, using both hot stones.

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BEEF LOAF

- 2 pounds chopped steak.
- $\frac{1}{2}$ pound suet.
- 2 eggs.
- 1 cup soaked bread crumbs.
- 1 onion, chopped.
- $\frac{1}{2}$ cup sweet milk.
- $1\frac{1}{2}$ teaspoonfuls salt.
- $\frac{1}{4}$ teaspoonful pepper.

Mix well and bake in Duplex two hours, using both hot disks.

Inexpensive meat, chopped fine, makes excellent loaf. A food chopper with knives, soon pays for itself in this capacity.

VEAL STEW

- $2\frac{1}{2}$ pounds breast of veal.
- 1 dozen potatoes.
- 1 pint milk.
- 1 spoonful butter.

Place the meat in Duplex cooking vessel, add enough cold water to half cover. Boil over fire for 10 minutes. After cooking in the Duplex two hours, using one hot disk, add potatoes, milk and enough flour to thicken, bring to boiling point and place in the Duplex stove without reheating stone and allow to cook one hour.

FILET ROAST

Rub the meat on all sides with salt and pepper. Set aside long enough for the meat to absorb the seasoning. Heat a good size lump of butter in skillet and brown the meat in it on all sides. Cook in Duplex from two to three hours, using both hot stones.

The roasting vessel can be used instead of skillet if over a moderately hot fire. Potatoes may be cooked in the same vessel with roast.

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BOILED DINNER

Cover corned beef with cold water. Let come to the boiling point, skim and simmer 30 minutes. Add desired vegetables and simmer five minutes. Cook in Duplex three to four hours, using one hot stone.

BOILED LEG OF MUTTON

Place mutton in kettle and half cover with boiling water. Simmer for thirty minutes and remove to Duplex with one hot stone and leave for three hours. A few cloves added improves flavor.

ROAST MUTTON

Wipe with damp cloth and rub with salt and pepper. Add herbs, bay leaf, or parsley. If roast is over five pounds, heat in vessel on top of heating radiator, and then put in the Duplex, using two hot disks same as for Roast Beef. Five pounds require about three hours. Add a half measuring cup of water.

Chicken, Game and Wild Fowl

ROAST CHICKEN

Rub the inside and outside of the chicken with salt, and butter, and let it stand for one hour or longer (over night if you have time). Make a dressing of dry bread crumbs (never new bread, if it can be avoided), butter and as much as one egg to one chicken, a few slices of onions chopped fine, pepper, salt and a little sage. Mix and stuff the fowl, and add a few spoonfuls of water, using two hot disks and cook from one to three hours.

Dressing may be placed around chicken, which will brown the same as chicken. An old chicken may be cooked tender and delicious in the Duplex. A very old fowl should be steamed with a small amount of water in vessel and placed on one stone for an hour, before putting in to roast.

STEWED CHICKEN WITH DUMPLINGS

Cut chicken in pieces, place in kettle and cover with boiling water. Season and boil 15 minutes. Remove to the Duplex for three to four hours, using one heating disk. When done, a cup of milk thickened with flour may be added.

If chicken is not sufficiently fat, add butter. If dumplings are to be added, the contents of vessel must be at a boiling point when dumplings or noodles are added.

FRICASSEE CHICKEN

Cut for serving. Slightly cover with boiling water, season with salt, pepper and slices of an onion if liked. Boil over the fire for ten minutes. Place cover on the

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kettle and remove to the Duplex stove. Cook with one hot stone for three hours.

Remove chicken, add a half-pint cream or milk to gravy, and thicken with butter and flour rubbed smoothly together (adding a little of the gravy to soften and help mix them), let boil two or three minutes, salt and pepper to taste, serve with dumplings or biscuits.

CHICKEN LOAF

An old fowl, stewed tender enough to remove bones, may be used for this purpose. Run through a food chopper. To each pint of meat, add one beaten egg, half cup crumbs, two small onions, salt and pepper. Enough of the broth to hold together well. Bake for one hour, between two radiators.

CHICKEN PIE

Place hot fricassee chicken and gravy in a baking dish. Make a rich crust and place on top of chicken. Place in Duplex Stove for one hour, using both disks, hot as for other baking.

(Always use flour test for baking anything).

PRESSED CHICKEN

Follow directions for loaf, except add little sage, and stock, salt and pepper. Press into mold, chill for three hours before serving.

BAKED CHICKEN WITH RICE

Follow directions for baked chicken. Dressing may be used inside of chicken. Rice around the chicken. To one cup of rice, allow three cups of water. Do not cook rice first. Salt to taste. The chicken flavors the rice if fat. If not, add butter.

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ROASTED TURKEY

Rub inside and out with salt and butter, and let stand a few hours. Stuff with dressing, as desired. While disks are heating, have vessel containing turkey on top getting heated through. A 10-pound turkey will require five hours, by heating disks 30 minutes. Attach hot disk to hook of vessel cover and have vessel setting on the other hot disk for browning. Use one pint of water in vessel. When turkey is cooked and removed from vessel, water can be added for gravy.

FRIED CHICKEN

Heat Duplex roasting vessel on top of disk, and put in it a tablespoonful of "CRISCO." Arrange chicken same as in skillet. If not sufficient surface, make some pieces stand perpendicular around the side of vessel. Salt and pepper to taste. Two tablespoonfuls water. Suspend disk same as for roasting. A 3-pound young chicken will require two hours.

The chicken may be browned quickly in skillet and placed in Duplex without the hot disks, and left in Duplex four hours. Both vessel and chicken must be hot, when transferred to cooker. Fifteen minutes is time enough to brown both sides.



Soups

The value of good soup is recognized by all good cooks, but the length of time required for cooking the old way over the fire makes it an expensive dish.

The Duplex way of preparing soup is simple, economical and improves the quality of the soup, retaining all the flavor and nutriment of the food.

STOCK

- 4 lbs. lean beef (the inferior part will make as good soup as expensive meat.)
- 4 quarts water.
- 5 whole cloves.
- 10 pepper corns.
- 2 parsley leaves.
- 1 small onion, chopped fine.

Wash meat and cut in small pieces. Place all the ingredients in vessel and boil over the fire for five minutes. Fasten on cover and transfer to the Duplex Fireless Stove, using one hot disk in bottom of well. After cooking three or four hours, strain, allow to cool and remove all particles of fat. This stock should be kept in a cool place. It can be used for making different kinds of soup. Do not strain, unless a clear soup is desired. It lessens the nourishing properties of the stock by so doing.

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CHICKEN OR TURKEY SOUP

Use the liquor in which a chicken has been boiled. Add the carcass (break in small pieces) and any meat, dressing or gravy that is left. Put in a little celery, four or five tablespoonfuls of rice. Add enough cold water to cover all the ingredients and boil five minutes. Cook in Duplex three hours, using one hot disk. Season and serve. Parsley is preferable to season with.

CREAM OF CHICKEN

2 quarts chicken soup.

1 cup rich cream.

Bring soup to the boiling point, add the cream (first thickened with a little flour). Boil for 15 minutes. Season to taste and serve. An old fowl makes excellent soup. The meat may be used for chicken salad.

VEGETABLE SOUP

Small soup bone or 1 quart stock.

Small bunch celery.

Small onion.

1 carrot.

3 parsley leaves or more.

3 bay leaves.

$\frac{1}{4}$ cup rice.

2 potatoes.

Cover bone with cold water, add vegetables (first chopped fine), boil ten minutes and then cook in the Duplex for three hours, using one hot disk. Season with salt, pepper, etc., and serve without straining.

The combination of any vegetables makes palatable nourishing food.

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NOTE: When vegetables such as carrots, celery, parsley and cauliflower are in season and plentiful, they may be chopped and canned together, ready for soup, during out-of-vegetable season. (See directions on canning.)

POTATO SOUP

Small piece of salt pork.

Potatoes, chopped fine.

Cover with cold water, bring slowly to the boiling point and boil five minutes. Cook in the Duplex Stove two hours. Thicken with flour and milk stirred together to the consistency of thick cream. Add salt and pepper to taste, and serve.

Three-fourths milk improves it greatly. Milk can be added when ready to serve, as boiling destroys the life of milk. Bring to simmering point and serve.

BEAN SOUP

Wash and soak over night in cold water, one quart of white beans. In the morning drain and put them on to boil in clear cold water, and when they come to the boiling point, pour the water off; repeat this, then place them in the cooking vessel with three pints of water; add a small piece of fat meat, salt pork or pickled pork, one teaspoonful salt. Boil for five minutes and transfer to the Duplex without removing the cover and cook four hours with one hot disk or six hours without the hot disk.

Press the beans through a sieve or colander. Add an onion, chopped fine, and some milk, if desired. Bring to simmering point, add powdered crackers to thicken, and serve.

THE DUPLEX COOK BOOK

MUTTON OR BEEF SOUP

Two pounds meat (wash in cold water.)

Use any vegetables you desire; sliced carrots and potatoes, with a few slices of onion are very good.

Chop all the ingredients fine, place in vessel with two quarts of cold water, bring slowly to a boil, skim and cook in the Duplex three hours, using one hot disk. Season and serve.

MUTTON OR BEEF BROTH FOR THE SICK

Prepare same as Mutton or Beef Soup, leaving out all vegetables.

A half-cup cereal to each quart gives nourishment and body to soup, and is easily digested, if sterilized by simmering for three or four hours. Use one disk.

CREAM OF CELERY

3 cups celery (cut in small pieces.)

4 cups boiling water.

1 slice onion.

2 tablespoonfuls butter.

3 tablespoonfuls flour.

2 cups milk.

Boil the celery in the water five minutes, transfer to the Duplex and cook two hours. Scald onion in milk, remove onion, put celery through sieve, add to milk. Rub butter and flour together, add to soup, season to taste and serve hot.

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TOMATO SOUP

Three quarts soup stock, one can tomatoes (strained).

Bring to boiling point, add the tomatoes and boil five minutes. Cook two hours in the Duplex, using one hot disk. Add salt and pepper to taste and serve.

SPANISH BEAN SOUP

Follow directions for bean soup, add pint of tomatoes. Season with onion and red pepper.

RICE SOUP

To one quart of any broth or stock, add cup of rice, a little celery, onion and red pepper. Let cook in the Duplex two hours.

CONSOMME

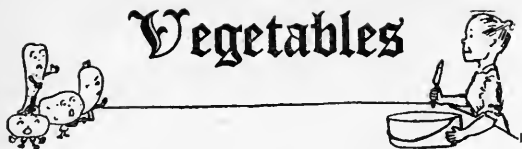
- 2 pounds lean beef.
- 2 pounds veal.
- 1 onion.
- 1 carrot.
- Stalk celery.
- 2 teaspoonfuls butter.
- 2 quarts water.
- Salt and pepper.

Cut the meat into small pieces, put the butter in the cooking vessel and let it brown, add to it the meat and stir over the fire until meat is brown, add the water, bring to boiling point and cook in Duplex three hours, using one hot disk. Add vegetables (cut in small pieces), bring to boiling point and cook in Duplex two hours longer without hot disk. Strain and let cool. When cold remove the fat and it is ready for use.

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VEGETABLE OYSTER, OR SALSIFY SOUP

Cut salsify into small pieces. Add just enough water to cover. Remove to Duplex at boiling point and let remain for three hours. Add milk, butter, salt and pepper. This is a remarkable imitation of oyster soup.



To cook vegetables in the Duplex, pour enough boiling water over the vegetables to make steam. Very little water is necessary on any summer vegetables, as green beans, cabbage, cauliflower, carrots, etc. If the gallon vessel were filled with green beans, one-half pint of water is plenty when hot disk is used. When any dry vegetable, like beans, is used, they should be soaked over night in hot water, and covered with water, when placed in cooker. Never use soda on dry beans in the Duplex, as it is not necessary. Then transfer the vessel to the Duplex Stove, using one hot disk; or the vegetables may be covered with water and placed over the fire long enough to boil five or ten minutes, then without lifting the cover transfer to the Duplex Stove.

Vegetables usually require a long time to cook, either over the fire or in the Duplex—the difference being, that when cooked over the fire a portion of the flavor, seasoning and nutritious substance is evaporated. When cooked in the Duplex Fireless Stove, all the flavor and nutritious qualities are retained, making food more palatable and more healthful.

The Duplex way of cooking, not only cooks vegetables better, but much cheaper than the old way, since there is no consumption of fuel when cooking in the Duplex Stove.

STRING BEANS

String and break two quarts of beans into small pieces of about one-half inch (if beans are not fresh, soak in cold water for an hour or longer), boil in plenty of water about 15 minutes, drain and put on again in about one-half quart of boiling water, season with salt and pepper and butter. Boil for five minutes over the

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fire and then transfer the kettle (without lifting the cover) to the Duplex and cook two hours or more on one hot disk. Fifteen minutes is time enough for heating the disk.

NOTE: They may be seasoned with salt pork or bacon. Potatoes placed on top of beans will cook nicely. They do not need to be immersed in the water as they cook by steam. If too much water in beans when finished, use less next time, as they cannot burn.

FRESH LIMA BEANS

Follow directions for String Beans. Fresh, young lima beans do not need parboiling. Very little water. A quart of beans needs one-fourth quart of water or less. Put all seasoning in at first, except cream.

WAX BEANS

Follow directions for String Beans. These are improved by milk seasoning, and small amount of red pepper.

BAKED BEANS

Wash one quart of beans and soak in cold water over night. In the morning drain and cover with boiling water, add salt and about three tablespoonfuls of molasses. Boil five minutes over the fire. Cook in Duplex Stove for three hours, using one hot disk. Add one-half pound pork, bake in oven one-half hour.

They may be baked in Duplex in one of the small vessels (8 in. in diameter) by removing cover of same and resting a very hot disk on top, instead of cover. Only one disk is necessary to brown them nicely in two hours. Use brown sugar and slice of pork on top, when this method is used.

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BEETS

Wash thoroughly taking care not to break off the little roots or break the skin. Cover with boiling, salted water. Boil ten minutes. If young beets, cook in Duplex from two to three hours; if old, cook four to five hours, using one hot disk. When done, drop in a pan of cold water and slip off the skins. Serve as desired.

DRY RED KIDNEY BEANS

Soak over night in hot water. Pour off and add salt and water to cover well, as this water is drained off, after cooking three hours on one hot disk. These can be used for salad, cream beans, or Hungarian Goulash.

PEAS

Boil for ten minutes in salted water. Place in Duplex Stove and cook for one hour, using one hot stone. Season and add milk and butter if desired; thicken with flour.

ASPARAGUS

Wash, cover with boiling water, add salt, boil five minutes. Cook in Duplex Stove one hour, using one hot disk. Serve with cream sauce, mayonnaise dressing, or pour melted butter over it.

Well browned toast made from bread not fresh, plenty of milk and butter added to the asparagus, makes a very palatable dish. Green asparagus is much better flavor and more tender, than white.

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BOILED POTATOES

Pare, cover with boiling water, salt, boil five minutes. Drain all water off and place vessel on top of the other vegetable vessel filled with boiling water. In this way they will be dry, white and mealy, even if left in Duplex for hours.

ONIONS

Cover with boiling water. Salt and boil three minutes. Cook in Duplex two hours or longer, using one hot disk. Drain, cover with hot milk, season with salt and pepper and thicken with flour.

ONIONS WITH TOMATOES

Equal parts of each. Slice onions. Add salt, butter and sugar. Bring to a boiling point and cook for two hours in the Duplex.

CABBAGE

Trim a head of cabbage and place in cold water and let remain several hours before cooking, then drain and put in kettle with enough boiling salt water to form steam to cook. Usually a measuring cupful is plenty, as only enough is required for the vegetable to absorb. Boil five minutes. Cook in the Duplex one hour, using one hot disk.

CAULIFLOWER

Remove the outer leaves, and cook it whole, following directions for cabbage. Leave as much of stem on

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flower as possible, as that has same flavor as flower, and will cook just as tender. Season with milk and butter.

CORN ON COB

Put the well-cleaned ears in salted boiling water, cook one hour in the Duplex, using one hot disk. Corn cooked in this way is a wholesome dish.

OYSTER PLANT

Scrape, slice and cover with boiling salt water, boil five minutes. Cook in Duplex three hours, using one hot disk. Drain and serve with cream sauce.

CREAMED CABBAGE

Chop fine, as for slaw. Add salt and a measuring cupful of water. Bring to boiling point, place in Duplex for two or more hours. When ready to serve, add milk and butter and little sugar.

ESCALLOPED CORN

Butter a baking dish, put a layer of canned corn in bottom, sprinkled with salt, pepper and sugar. Distribute small lumps of butter over all, then put in a layer of cracker crumbs, a layer of corn and so on until the desired quantity is obtained. Cover with hot milk. Heat over fire five minutes and bake in Duplex Stove one hour, using both hot disks.

The shallow two-quart vessel in the No. 55 Duplex is

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fine for this purpose. Place hot disk on top of vessel instead of using the regular cover. This arrangement will brown top in an hour, while disk is underneath cooker.

ESCALLOPED TOMATOES

Follow directions for Escalloped Corn, using slices of tomatoes in place of the corn.

ESCALLOPED POTATOES

Follow directions for Escalloped Corn, using slices of potatoes in place of the corn. A few slices of onions distributed through the dish add much to the flavor. Sprinkle bread crumbs on top, depth of half inch. Do not use too much liquid, either water or milk, as that hinders the browning of surface. Place hot disk on top of eight-inch vessel, not using the cover at all. Bake one hour or longer, if desired, using both hot disks.

MACARONI

Pour one pint of boiling water over five ounces of macaroni; let stand half an hour, drain and transfer to the four-quart Duplex kettle. Cover with boiling milk and salt and boil over fire five minutes. Cook in Duplex one hour, using one hot disk.

MACARONI AND TOMATOES

Butter a baking dish, put a layer of tomatoes in bottom, then a layer of macaroni (previously cooked in the Duplex). Sprinkle with salt and pepper. Grate cheese

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over top and distribute small lumps of butter over all, then another layer of macaroni and tomatoes and so on, using cracker crumbs for the top layer. Heat over fire five minutes. Cook one hour in the Duplex, using both hot disks.

SPAGHETTI WITH TOMATOES

Have salted water boiling in vessel. Break up spaghetti and throw in quantity desired. Cook five minutes. Add butter and tomatoes and place in Duplex. This vessel does not necessarily have to set directly on disk. It may be above another vessel containing food.

ESCALLOPED OYSTERS

Roll one pound of crackers for one quart of oysters. Put a layer of crackers in the bottom of a dish, next a layer of oysters, and so on until the dish is full. Finish with a layer of crackers and butter, then pour on the juice of the oysters and one quart of milk. Bake in the Duplex one hour, using both hot disks.



Cereals



A cereal when properly prepared makes one of the most nutritious and healthful dishes we eat, but when not properly cooked it is almost indigestible.

All cereals should have from three to five hours constant cooking (longer will not hurt, as they cannot be over-cooked).

The Duplex Fireless Stove cooks thoroughly and cheaply, making it the ideal way to prepare such articles of food as require a long time to cook.

GENERAL DIRECTIONS

When you do not have the regular cereal cooker, fill one of the vessels with boiling water, and place it under the vessel containing the cereal. Have cover on vessel of boiling water the same as if it contained food. It is not necessary to use the hot disk when using the hot water. If you use the disk do not heat it over ten minutes. Have the water boiling for cereals. Well salted and little butter improves. Never fasten both clamps of vessel down until ready to put into cooker. By using the one vessel filled with boiling water, the cereal will be hot enough to serve without reheating. It should cook over night.

OATMEAL

Add one-half teaspoonful of salt to four cups of boiling water. Keep the water at boiling temperature and add one cup of oatmeal a little at a time, stirring constantly. Fasten cover on and boil over fire four or

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five minutes, then without removing the cover, place in Duplex and cook for four or five hours or longer. It is a good plan to let it cook all night in the Duplex and if not hot enough to eat next morning, place on the fire for a few minutes.

If you do not have a Duplex Cereal Cooker you can cook the oatmeal in a vessel that is small enough to go inside of one of the Duplex cooking vessels. The larger vessel should be about one-third full of boiling water. Or you can set the vessel of hot oatmeal in the Duplex on top of a closed vessel containing boiling water. The cereal will cook perfectly, even if put in the Duplex alone, but there is not sufficient volume to keep hot throughout the night without the hot water.

MUSH

1 part corn meal.

3½ parts boiling water.

Follow directions for oatmeal, cook four hours or longer.

BOILED RICE

1 cup rice (washed).

3 cups boiling water.

½ teaspoonful salt.

Follow directions for Oatmeal, cook two hours or longer.

QUAKER OATS

1 cupful Quaker Oats.

2½ cupfuls boiling water.

1 teaspoonful salt.

Follow directions for oatmeal, cook four hours or longer.

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RICE WITH RAISINS

Cook rice as for Boiled Rice, adding one cupful of seeded raisins just before placing in Duplex.

CREAM OF WHEAT

1 cup Cream of Wheat.

5 cups boiling water.

1 teaspoonful salt.

Follow directions for Oatmeal, cook four hours or longer.

Any cereal may be cooked in a similar way.



Bread and Puddings

Bread or puddings should be prepared the same as if you were going to cook them the usual way.

All steamed bread or puddings should be poured into greased moulds. Use butter or Crisco.

FOR BAKING

Heat disks sufficiently hot to brown a pinch of flour at once when dropped on them, or to slightly brown a fold of tissue paper. The large well in the Duplex Fireless Stove is an ideal place to keep sponge or bread at right temperature to aid rising. A disk just warm, furnishes warmth, which is necessary. Use judgment, if disk needs to be wrapped with paper or cloth, so that it is not too direct a heat.

WHITE YEAST SPONGE

Dissolve one cake of Fleishman's yeast in warm water. Cook two potatoes well done. Mash thoroughly. Add one-half cupful sugar. Use quart of flour, adding the above mixture, until you have smooth batter. If rolls are to be made, two eggs beaten light improves. Large tablespoonful of Crisco, rubbed into flour, for rolls, but not for bread. Add salt, when making the bread, but not in the yeast sponge. Let rise until twice

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its bulk. If kept warm in the Duplex Fireless Stove, two hours is sufficient time.

NOTE: Buttermilk may be used, instead of potatoes and potato water, to make up sponge.

This amount of sponge will make six loaves of bread, or eight pans of rolls, if a quart of luke warm water is added to sufficient flour to make nice, smooth dough. Place in large vessel to rise. A large loaf can be baked in the roasting vessel, by the same method as roasting meats.

Set vessel on the hotter disk and other hot disk should be suspended by the hook attached to cover of vessel. A loaf equal to four loaves will require two hours to bake. It will be nicely crusted and a beautiful brown and delicious flavor. Spring wheat flour is usually used for bread stuffs; however, a winter wheat or hard wheat makes good bread, but use only latter for pastry and cakes,

SALT RISING BREAD

½ cupful corn meal.

1 teaspoonful salt.

1 tablespoonful sugar.

1 cupful warm milk.

1 tablespoonful flour.

Place mixture in double boiler effect, and stir until it thickens. This must be kept warm over night. If it is not light and fermenting, do not use it, as bread will be a failure. If raised, add enough flour and warm water to make a quart of sponge. Place in warm place (Duplex well) for two hours. The four-quart Duplex vessel, inside of large well, containing warm water, is an excellent place. When twice its bulk, use quantity of flour and water you desire for bread and put immediately into

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moulds, greased on top with Crisco or lard, and let raise. Same directions and time for baking as yeast bread. An ordinary sized loaf will bake in 40 minutes, but large loaf in roasting vessel will require from one and one-half to two hours.

STEAMING IN THE DUPLEX

Place any shallow pan of boiling water on top of hot disk. On top of pan rest the Duplex baking rack, into which you have placed article you wish to steam. Empty pound baking powder cans are convenient, or use one shallow pan.

IDEAL BROWN BREAD

3 cupfuls graham flour (salt to taste).

1½ teaspoonsful soda.

1 egg.

½ cupful Orleans molasses.

Beat the egg and mix with the molasses, stir in the flour and then add enough sour milk to make it thin enough to drop off the spoon. Stir all together just enough to mix well. Place in pan or bread cans. Steam in Duplex three and a half hours. Place in oven until it becomes a light brown, or bake in Duplex, between two hot disks, for one hour.

BOSTON BROWN BREAD

1½ cupfuls graham flour.

2 cupfuls corn meal.

½ cupful molasses.

1 pint sweet milk.

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1½ teaspoonfuls soda.

1 teaspoonful salt.

Stir all together and steam in Duplex three hours and a half and brown in oven or Duplex.

FRUIT BREAD

1 cupful white flour.

3½ cupfuls graham flour.

3 teaspoonfuls baking powder.

1 teaspoonful salt.

1 cup dark brown sugar.

½ cupful Crisco.

1 cupful sweet milk.

2 cupfuls seeded raisins.

Mix together, not stiff, and bake in Duplex two hours.

NUT BREAD

Follow above recipe, except half quantity raisins and one cupful of chopped nuts.

NOTE: The burr ground graham flour is best to use.

QUAKER OATS BREAD

2 cupfuls Quaker Oats (or any oat flake).

4 cupfuls boiling water.

1 cupful Orleans molasses.

2 quarts flour.

1 cake compressed yeast.

Large lump butter.

Salt to taste.

Put molasses, butter and salt in boiling water. When thoroughly dissolved, stir in oats. When cooled add flour and yeast, previously dissolved in tepid water.

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Place in deep bowl and let rise until twice its bulk. Add just enough flour to make soft dough, form into loaves and place in greased bread pans. Brush with melted lard and when light, bake about one and one-half hours, using both hot disks. This recipe makes six medium-sized loaves.

RICE PUDDING

2 cupfuls cold boiled rice.

1 cupful milk.

1 egg.

Butter size small egg.

Salt to taste.

$\frac{1}{4}$ cupful seeded raisins (if liked).

Steam in Duplex one hour.

If you desire it browned, remove cover of vessel and place hot disk above pudding. Use the flour test for baking. Bake one hour.

COTTAGE PUDDING

$\frac{1}{2}$ cupful sugar.

$\frac{1}{4}$ cupful butter.

1 egg.

$\frac{1}{2}$ cupful water.

$1\frac{1}{2}$ cupfuls flour.

$1\frac{1}{2}$ teaspoonfuls baking powder.

$\frac{1}{4}$ teaspoonful extract.

Sprinkle sugar over the top just before placing in the Duplex. Bake one hour, using both hot disks.

STEAMED PUDDING

1 cupful milk.

1 cupful molasses.

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1 cupful butter.
3½ cupfuls flour.
1 teaspoonful allspice.
1 teaspoonful cinnamon.
1 teaspoonful cloves.
1 tablespoonful baking powder.
½ cupful seeded raisins (if liked).
Steam in Duplex three hours.

GRAHAM PUDDING

1½ cupfuls graham flour.
½ cupful molasses.
¼ cupful butter.
½ cupful sweet milk.
1 egg.
1 even teaspoonful soda.
½ cupful raisins.
½ cupful currants.
Salt and spice to taste.
Steam in Duplex Stove three hours, using both hot disks. Serve with liquid sauce.

PLUM PUDDING No. 1

1 quart bread crumbs.
1 cupful New Orleans molasses.
1 cupful water if crumbs are very dry, otherwise one-half cupful.
1 cupful raisins and other fruit, if desired.
1 teaspoonful allspice.
1 teaspoonful cinnamon.
½ teaspoonful ground cloves.
¼ teaspoonful nutmeg.
Cream one-half cupful of sugar and butter the size

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of an egg. Add molasses, then stir in one level spoonful of soda and one egg. Butter molds and fill three-fourths full with pudding, then set cans in Duplex cooking vessel with water about half way up to the top of cans. Boil over fire 15 minutes, then remove to Duplex Stove. It will be ready to serve one hour later. Slice and serve with hard sauce.

PLUM PUDDING No. 2

- 1 quart bread crumbs.
- $\frac{1}{2}$ cupful molasses.
- $\frac{1}{2}$ cupful sugar.
- 1 cupful raisins.
- 1 small piece citron.
- 1 nutmeg.
- 1 teaspoonful cinnamon.
- $\frac{1}{2}$ teaspoonful cloves.
- 3 eggs.
- 1 cupful sour milk.
- $\frac{1}{2}$ cupful suet (cut fine).

Mix well and pour in buttered molds. Steam in Duplex five hours. Serve with butter sauce or any regular pudding sauce.

MOLASSES PUDDING

- 1 cupful butter.
- 1 cupful boiling water.
- 1 cupful molasses.
- 3 cupfuls flour.
- 1 teaspoonful soda.
- 1 teaspoonful cinnamon.
- $\frac{1}{2}$ nutmeg.
- 1 cupful seeded raisins.

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Pour the boiling water over the butter, add molasses when butter is melted. Stir in the flour and add the soda, having dissolved it in hot water. Then stir in the cinnamon, nutmeg and raisins. Steam two hours in the Duplex, using both hot disks.

ETHYL'S PUDDING

$\frac{1}{4}$ cupful butter.

$\frac{1}{2}$ cupful milk.

1 egg.

$\frac{1}{2}$ cupful molasses.

$1\frac{1}{2}$ cupfuls flour.

1 cupful raisins.

1 teaspoonful cinnamon.

$\frac{1}{2}$ teaspoonful salt, cloves and soda.

Mix thoroughly and steam in Duplex Stove three hours, using both hot disks. Serve with pudding sauce.

DUPLEX PUDDING SAUCE

Stir together equal parts of butter and sugar; add cream or milk to make the right consistency; grate in a small quantity of nutmeg and flavor with lemon or vanilla. The beaten white of one egg may be substituted for the cream or milk.

BRANDY SAUCE

Bring one cupful granulated sugar and two cupfuls of water to boiling point. Add to this a tablespoonful of corn starch, first dissolved in a little water. Stir until clear and just before removing from the fire stir in a little brandy.



Prepare the pie the same as if you were going to bake it in the ordinary oven. Heat the two Duplex baking disks quite hot.

Two pies may be baked at once in the Duplex folding baking rack. After the pies have been in one hour, change the position of each pie and leave in one-half hour longer. It will not be necessary to reheat the disks.

PIE PASTE

- 1 pint sifted flour.
- 2 heaping tablespoonfuls Crisco.
- 1 teaspoonful salt.

Mix flour, shortening and salt together with fork, not hands. Pour in gradually about four tablespoonfuls of ice cold water, and continue mixing with spoon or fork. Put on molding board and do not knead any more than can be helped. Roll and fill pies as desired. Disks should be quite hot for pies. Usually a half-hour will bake fruit pies well done and brown. The disks will remain sufficiently hot to cook any vegetable, without reheating them.

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APPLE PIE

Take sour, juicy apples, slice thin, line pie plate with crust, fill with apples, then add one heaping teaspoonful of flour and one-half cupful of sugar. Add nutmeg, cinnamon, bits of butter and a little water. Cover with top crust and bake in the Duplex one hour.

SOUR CREAM PIE

1 cupful sour cream.

1 cupful sugar.

2 eggs.

$\frac{1}{2}$ cupful raisins.

Cinnamon and nutmeg to taste.

Beat eggs thoroughly, then beat in sugar. Add cream, raisins and spices. Bake in two crusts in Duplex Stove one hour. This makes a pie equally as good as the best mince pie.

CHERRY PIE

Seed ripe cherries; sweeten to your liking, sift a small quantity of flour over the fruit to thicken the juice. Bake in two crusts in the Duplex 40 minutes.

PUMPKIN PIE

2 eggs, well beaten.

2 cupfuls milk.

$\frac{3}{4}$ cupful sugar.

$1\frac{1}{2}$ cupfuls pumpkin.

Salt to taste, season with nutmeg, cinnamon and a little ginger. Add a little melted butter. Bake in the Duplex Stove one hour.

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CREAM PIE

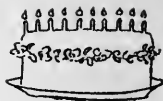
1 cupful sugar.

2 good tablespoonfuls of flour or corn starch.

Milk to fill pan.

2 tablespoonfuls of butter.

Bake in one crust in Duplex one hour, between two hot disks.



Cakes

Any kind of cake can be successfully baked in the Duplex. The one thing to remember is that some cakes require longer time to bake than others; fruit cakes and cakes with a large amount of butter in them require longer time to bake than lighter cakes. A little experience on this line will soon enable you to know how hot to heat the disks and how long to leave the cake in the Duplex.

An accurate, definite test as to required heat in disks, is to drop a pinch of flour on them and the flour should brown in a half-minute. Different cakes require different degrees of temperature; for instance in baking an angel food, or sunshine cake, the disks require a lighter brown test than when baking devils food, or fruit cake. The latter requires the hottest disks of any cake, and the longest baking. Use an asbestos mat or the Duplex aluminum mat above cake, before putting hot disk on. This will give the required heat, but not so direct. If the cake requires two hours to bake, the mat may be removed after one and one-half hours.

GENERAL DIRECTIONS

The use of a pure soda and cream tartar will insure an amateur cake maker more success than the average baking powder. The Van Duesen cake pan is especially adapted to use in the fireless, as it does not flare at the

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sides. The recipes that one may procure when buying a set of pans are correct in proportion, and anyone who follows the recipes and mixing directions, may have excellent cake. The loaf cakes require from one hour to an hour and a half in the Duplex. Never look at any cake under an hour. If found not done, replace top disk for about 30 minutes. Always test the disks by the flour test.

LIGHT FRUIT CAKE

- ½ cupful butter.
- 1 cupful sugar.
- 2 eggs.
- ½ cupful milk.
- 2 cupfuls flour.
- 1½ teaspoonfuls baking powder.
- 1 teaspoonful cinnamon.
- ¼ teaspoonful mace.
- ¼ teaspoonful cloves.
- ½ teaspoonful allspice.
- ¼ teaspoonful nutmeg.
- 1 cupful seeded raisins.

Cream butter and sugar and add other ingredients in the order named. If batter seems too stiff, a little more milk can be added. Place in buttered pan and bake in the Duplex one hour and a half, using both disks.

FIVE-POUND FRUIT CAKE

- 1½ cupfuls butter.
- 2 cupfuls brown sugar.
- 6 eggs, beaten separately.
- ¾ cupful sweet milk.

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2 cupfuls flour or more.

1 teaspoonful cream tartar.

$\frac{1}{2}$ teaspoonful soda.

Thoroughly mix; when all is a smooth batter add:

1 cupful Sultana raisins.

1 cupful currants.

1 cupful glace cherries.

Line pan with brown paper first, then with white paper and bake three hours in the Duplex.

A RICH CHRISTMAS CAKE

$1\frac{1}{2}$ cupfuls butter (well creamed).

2 cupfuls sugar, added and creamed.

Add to this ten yolks, well beaten.

1 cupful of milk.

2 teaspoonfuls baking powder sifted into four cups of flour.

Add whites of eggs.

$\frac{1}{2}$ cupful candied orange peel.

1 teaspoonful allspice.

1 cupful ginger wine.

2 cupfuls raisins.

1 cupful currants.

NOTE: Disks must be very hot and two asbestos or Duplex aluminum mats used, one below and one above. Remove mats after two hours of baking. Bake for two hours longer. Same disks used without reheating.

POUND CAKE

2 cupfuls sugar.

3 eggs.

$\frac{1}{2}$ cupful butter.

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3 cupfuls flour.

2 teaspoonfuls baking powder.

1 cupful water.

Bake in Duplex about one hour, using both hot disks.

Test cake in usual way—your way. Remove top disk only, and if found not done, place same disk back for 15 minutes.

CREAM CAKE

1 cupful sugar.

1½ cupful flour.

1-3 cupful butter.

½ cupful water.

2 eggs.

2 teaspoonfuls baking powder.

1 teaspoonful flavoring.

Bake in Duplex three-fourths hour, using two hot disks.

DEVIL'S FOOD CAKE

2 cupfuls brown sugar.

½ cupful butter.

2 eggs.

½ cupful sweet chocolate.

1 level teaspoonful soda.

½ cupful sour milk.

2½ cupfuls flour.

Vanilla flavoring.

Dissolve chocolate in one-half cupful boiling water.

Make icing of two cupfuls brown sugar, two-thirds cupful milk and butter size of an egg.

Bake in Duplex one hour, using two hot disks.

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DEVIL'S FOOD CAKE No. 2

3 eggs, beaten separately.

1½ cupfuls sugar.

2-3 cupful Crisco or butter.

Cream Crisco, yolks and sugar together.

2½ cupfuls flour, sifted three times with level teaspoonful cream tartar and one-half teaspoonful soda.

Dissolve two-thirds cupful bitter chocolate in one-half cupful milk. Add one-half cupful milk besides. Flavor and bake one and one-half hours in the Duplex.

Use Mallo icing.

ONE EGG WHITE CAKE

1½ cupfuls sugar.

4 tablespoonfuls melted butter.

1 egg.

1 cupful milk.

1½ cupfuls flour.

2 teaspoonfuls baking powder.

Flavoring.

Bake in Duplex one hour, using two hot disks.

NUT CAKE

1½ cupfuls sugar.

½ cupful butter.

2½ cupfuls flour and 1½ teaspoonfuls baking powder.

½ cupful sweet milk.

1 cupful chopped hickory nut kernels.

3 eggs.

Bake in Duplex one hour, using two hot disks.

THE DUPLEX COOK BOOK

COFFEE CAKE

- 1 cupful sugar.
- 1 cupful coffee (liquid).
- 1 cupful molasses.
- 1 cupful butter.
- 1 cupful raisins.
- 2 eggs.
- 1 teaspoonful soda, dissolved in coffee.
- 1 teaspoonful each cinnamon, allspice and nutmeg.
- 3½ cupfuls flour.

Bake for one and one-half hours in the Duplex, using two hot disks.

Stewed Fruit

The Duplex Stove is especially adapted for stewing fruit, cooking it thoroughly without destroying its shape. The fruit can not burn and there is no need of stirring or watching it.

APPLES STEWED WHOLE

Pare and core apples. Pour boiling water in Duplex vessel to the depth of one inch. Place the apples in the vessel and sprinkle sugar over them. (Several layers of apples may be put in.) Boil over the fire one minute. Transfer to the Duplex Stove without removing the cover and cook one and one-half hours, using one hot disk.

PEARS STEWED WHOLE

Follow directions for Apples Stewed Whole. Cook one hour or longer.

STEWED APPLES

Pare, cut up and remove core. Follow directions for stewing apples whole, using more sugar and adding cinnamon or nutmeg to flavor.

By following the above directions any kind of fruit can be stewed.

STEWED PRUNES

Wash the prunes thoroughly. Put in Duplex cooking vessel, cover with water and allow them to soak over night. Without changing the water, place on fire

THE DUPLEX COOK BOOK

and boil five minutes. Add sugar. Transfer to Duplex and cook five or six hours. When done, pour syrup over prunes and they are ready to serve.

APPLE SAUCE

Wash, core, but do not peel. Cook in Duplex the same as for Stewed Apples. When done, add sugar to taste and strain through a sieve.

Canning Fruit

Fruit cooked in the Duplex is thoroughly done and will not be cooked to pieces. It is the ideal way to prepare it for canning.

COOKING FRUIT FOR JELLIES

Add just enough water to cover. Cook for three hours and strain. Jellies are very clear when fruit is cooked in Duplex, and much more sustenance and flavor for jelly is brought out by this process. Use one disk.

CANNING PEACHES

Peel and put the peaches in one of the Duplex cooking vessels, cover with boiling water and boil over fire one minute. Transfer to the Duplex, leaving cover on pot. Cook 45 minutes (not using the hot disks).

Use this method if you do not desire to sweeten fruit. If fruit is to be sweetened, use boiling syrup (heavy as you desire or as thin). Drop fruit into boiling syrup and remove the vessel while syrup is boiling, to the Duplex for 30 minutes (no disk). Have jars hot and seal immediately.

COOKING TOMATOES FOR CATSUP

Cut out hard center. Cut up tomatoes into large vessel and when boiling, put into Duplex on one disk, moderately hot. Let cook for three hours or over night, if desired.

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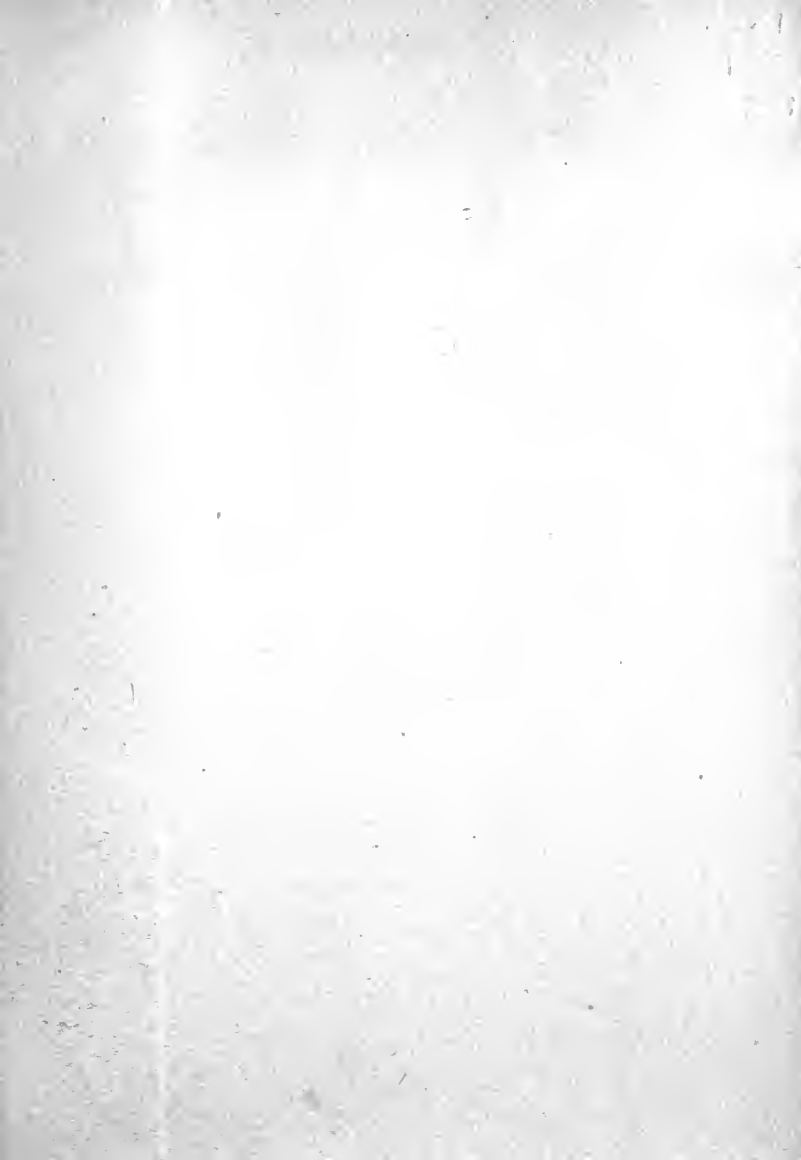
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