

WEST BEND® ELECTRIC SKILLET

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Recipes and Instructions

To prevent personal injury or property damage, read and follow the instructions and warnings in this care and use instruction manual.

L-5486

IMPORTANT SAFEGUARDS

Use electricity safely and wisely! Observe safety precautions when using your skillet including the following:

- Read all instructions before using.
- If the skillet features unassembled handle/legs, be sure they are assembled and fastened properly. See assembly instructions on page 2.
- Always attach heat control to skillet first, then plug cord into wall outlet. After cooking and serving, turn heat control to “off” and unplug from wall outlet. Let skillet cool before removing heat control.
- Do not leave skillet plugged in when it is not being used.
- Skillet should always be unplugged before cleaning.
- Do not let cord touch hot surfaces or hang over the edge of counter, table or other surface area.
- Your skillet and its heat control should not be used outdoors, placed near a hot gas or electric burner or placed in a heated oven.
- Do not immerse heat control, its cord and plug in water or other liquid.
- Do not touch skillet or its cover when they are hot. Use handles and knobs for lifting and carrying. Be very careful when moving skillet if it contains hot liquid. Let cool before pouring out.
- Supervise closely when skillet is being used by or near children.
- Use your skillet only for cooking tasks described in this booklet. Do not use attachments with your skillet unless recommended by The West Bend Company.
- Do not use your skillet if it or its cord or heat control has been damaged or if it is not working properly. Contact the West Bend Company Customer Service Department.

SAVE THESE INSTRUCTIONS

Your skillet needs no special care other than cleaning. If servicing becomes necessary, return your skillet to The West Bend Company. See Warranty information for service details. Do not attempt to repair it yourself.

WARNING: To prevent personal injury or property damage, always unplug this and other appliances when not in use.

For Household use only.

This appliance has a polarized plug (one blade is wider than the other). As a safety feature this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

SPECIAL NOTE: This booklet contains instructions for electric skillets with different styles of covers made of different materials such as metal or glass. These different covers require special care and handling. Be sure to follow the correct care and handling instructions for your particular skillet cover.

INSTRUCTIONS FOR USE AND CARE

- **Clean Before Using.**

CAUTION: To prevent personal injury or electric shock, always remove heat control before immersing this product in water. Do not immerse the heat control its cord and plug in water or other liquid.

Wash skillet, cover and rack if included, in hot soapy water with a sponge or dishcloth to remove any manufacturing oils. Rinse thoroughly, then dry, including terminal pins inside socket of skillet where heat control fits.

- **Condition the Non-Stick Interior Surface**

The non-stick surface must be conditioned to ensure stick-free cooking. Lightly wipe a teaspoon of cooking oil with paper toweling or a soft cloth over the entire interior surface. Let oil remain on the surface. The skillet is now ready for use.

- **Assemble Handle/Legs Before Using (unassembled models only).**

CAUTION: To prevent personal injury or property damage, be sure handles/legs are securely attached before use. Never use skillet without attached handle/legs. Make sure that screws are inserted straight into skillet mounting projections for proper assembly. To prevent stripping of threads do not over tighten screws.

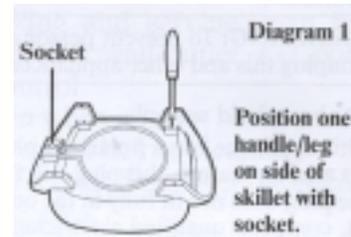
***Handle/Leg Assembly**

Parts Included:

- 2 Handle/Legs
- 4 Long Screws
- 2 Leveling Washers

Position one handle/leg on

side of skillet with socket.



Tool Required:

Common Slotted or Phillips Screwdriver

1. Place skillet upside down on tabletop or countertop.
2. Position **first handle/leg on side of skillet with socket**, lining up holes in legs with mounting projections on skillet. See Diagram 1.
3. Using appropriate screwdriver securely attach handle/leg with two of the long screws provided. See Diagram 1. Repeat Steps 1 and 2 to assemble second handle/leg on opposite side of skillet.
4. To assure proper installation of skillet handle/legs, place assembled skillet right side up on a flat surface and lift with handles. Handles should feel tightly secured.
5. If the skillet rocks when placed on a flat surface, remove screw on the leg which is not resting on the surface. Install one of the enclosed washers between the skillet mounting projection and leg. Replace the screw following instructions 3 and 4 above. If the skillet is not level after the addition of the washer, add the second leveling washer in the same manner to the opposite leg not resting on surface.

SPECIAL SAFEGUARDS FOR GLASS COVER

CAUTION: Failure to follow these instructions may cause immediate or later breakage of glass cover, which can result in personal injury or property damage. Carefully read and follow the safeguards below:

CAUTION: Glass cover can shatter from direct heat.

- DO NOT place cover under broiler, microwave browning element or in a toaster oven.
- DO NOT set glass cover on hot burner or on oven heat vent.
- DO NOT use cover if it has been used in the above manners even if it does not look damaged. See Warranty section in this booklet on how to obtain a replacement cover.

CAUTION: Glass cover can shatter if cooled suddenly. Avoid severe temperature change.

- DO NOT set hot glass cover on cold or wet surface; let cover cool before placing in water.
- ALWAYS handle hot cover with dry oven mitts; do not use wet cloths.
- ALWAYS set hot glass cover on dry, heat-protective surface for gradual cooling.

CAUTION: Chips, cracks, or deep scratches weaken the glass cover. Weakened glass can shatter during use.

- DO NOT use cover if chipped, cracked or scratched. Discard immediately. See Warranty section in this booklet on how to obtain a replacement cover.
- ALWAYS follow care and use instructions in this booklet to avoid chip, cracks and scratches due to hitting rims, using metal utensils, using abrasive scouring pads or cleansers or from accidental impact.

CAUTION: To prevent personal injury or steam burns when removing cover from skillet base:

- ALWAYS use oven mitts or hot pads when removing or replacing glass cover.
- ALWAYS tilt cover toward you to prevent steam burns.

COOKING INSTRUCTIONS

- **Operating the Skillet.**

1. Always use skillet on a dry, level, heat-resistant surface. Do not block airflow under the skillet. Be sure your hands are dry.

2. Attach heat control to skillet, making sure it is set at "OFF". Plug cord into a 120 volt, AC electrical outlet ONLY.

CAUTION: To prevent personal injury or property damage, inspect cordset for damage or wear before each use. Do not use your product if it or its cord has been damaged or if it is not working properly.

CAUTION: Your skillet has a short cord as a safety precaution to prevent personal injury or property damage resulting from pulling, tripping or becoming entangled with the cord. Do not allow children to be near or use this skillet without close adult supervision. If you must use a longer cordset or an extension cord when using the skillet, the cord must be arranged so it will not drape or hang over the edge of a countertop, tabletop or surface area where it can be pulled on by children or tripped over. To prevent electric shock, personal injury or fire, the electrical rating of the extension cord you use must be the same or more than the wattage of the skillet (wattage is stamped on underside of skillet).

3. Preheat skillet, uncovered, for 2 to 4 minutes until desired temperature is reached, unless recipe states not to preheat. Signal light on heat control will be on while skillet is heating.

4. Refer to the Temperature Guide in this booklet for selecting the correct heat setting. (If food is frozen, use heat setting as indicated, but allow longer cooking time.)

5. When the signal light on the heat control goes out indicating that the cooking temperature has been reached, add the food. Heat may be increased or decreased, depending upon personal preference and the type or amount of food being prepared. The signal light will go on and off during cooking to indicate that proper temperature is being maintained.

6. At the end of the cooking period, set the heat control at WARM for serving, or at OFF if food will be removed immediately from skillet. After dial is set at OFF, unplug cord from wall outlet.

CAUTION: To prevent personal injury or property damage, handle the heat control carefully if you remove it from the product immediately after cooking because the metal probe will be hot-do not touch the metal probe or let it touch any thing or surface which may burn.

- **Using Adjustable Steam Vent.**

Skillet cover features an adjustable steam vent built into base of the cover knob. To open vent, move flat disc in direction of "open" arrow as printed on disc. To close vent, move disc in direction of "close" arrow as printed on disc. Typically, the steam vent should be closed to retain moisture when simmering or roasting foods. Open steam vent to release moisture when frying foods or to reduce liquid.

- **Using Cover Rest**

If cover features a cover rest, you can use it to hold the cover open when checking foods during cooking. Securely attach notched opening of cover rest on side of skillet (without handle). To replace cover onto skillet, lift cover off and place cover on skillet.

CAUTION: To prevent personal injury or property damage, never attach cover rest to skillet when serving foods. Always remove cover from skillet when serving.

- **Cooking with Butter, Shortening and Oil.**

Foods may be prepared with or without butter, shortening or oil. When frying, using a small amount will improve the flavor, color and/or crispness of meat, fish, poultry and eggs. Skillet is not designed to deep fry. Never use more than one cup of vegetable or peanut oil for shallow pan frying. Meat may be cooked in its own juices if skillet is covered and heat control set at SIMMER.

- **Using Cooking Tools on the Non-Stick Surface.**

Plastic, rubber and wooden cooking tools are recommended for use on the non-stick surface. Smooth-edged metal cooking tools may be used with care. However, do not use sharp-edged metal tools (forks, knives, mashers, beaters or food choppers) as scratching may occur. Minor scratching will affect only the appearance of the surface; it will not harm its non-stick property or the food prepared in the skillet.

CLEANING INSTRUCTIONS

- **Clean After Every Use.**

To keep your skillet looking attractive and cooking efficiently, clean it thoroughly after each use.

- **Let Skillet Cool By Itself**

After using skillet, let it cool by itself. Do not pour cold water into skillet while it is hot. Although made of extra-thick aluminum, a sudden change in temperature may cause the metal to warp.

- **Remove Heat Control.**

After skillet has cooled, remove the heat control.

CAUTION: To prevent personal injury or electric shock, do not immerse heat control, its cord and plug in water or other liquid.

Wipe clean with a damp cloth if necessary.

- **Retighten Loose Handle/Legs and Knobs.**

CAUTION: To prevent personal injury or property damage, check skillet for loose handles after each use. Retighten loose screws with appropriate tool, but do not overtighten. Over tightening can result in stripping of screw or cracking of handle/leg or knobs.

- **In-the-Sink Cleaning.**

1. Clean the non-stick interior surface of the skillet with hot soapy water, using a non-metal cleaning pad such as Scrunge® Scrubber-Sponge, Dobie® or Scotch-Brite Cookware Scrub 'n Sponge®. A dishcloth or sponge may give the non-stick surface a clean look, but will not remove the tiny food particles that can settle in the finish. Do not use metal scouring pads or harsh scouring powders.
2. Clean the exterior finish of the skillet with hot soapy water using a sponge or dishcloth. A non-metal cleaning pad such as Scrunge® Scrubber-Sponge, Dobie® or Scotch-Brite Cookware Scrub 'n Sponge® and/or a non-abrasive cleanser such as Bon Ami® or Copper Glo® may be used if necessary. Do not use metal scouring pads or harsh scouring powders.
3. Clean the non-coated aluminum underside of the skillet with a nylon or metal pad. A cleaning powder may also be used if necessary.
4. Clean the skillet cover and rack, if included, with a sponge or dishcloth only. Do not use any type of scouring pad or cleaning powder on glass or metal cover. The aluminum underside of the cover may discolor during use, which is normal.

CAUTION: Do not use abrasive scouring pads or cleansers on glass cover as scratching can occur. Scratching can weaken glass and cause breakage when used. Be careful not to drop glass cover or hit it sharply with cooking utensils.

5. After washing, always rinse the skillet, cover and rack thoroughly with clear hot water. Any detergent left on the skillet or cover after cleaning can cause staining when the appliance is reheated. After rinsing, dry parts, including terminal pins inside socket of skillet where heat control fits.

- **Dishwasher Cleaning.**

The skillet (with heat control removed), cover and rack may be cleaned in an automatic dishwasher. However, the underside of the skillet and the inside of cover (non-coated aluminum surfaces) will darken. This happens when minerals in water and chemicals used in water purification are combined with detergent and the high heat of the drying cycle. Position the skillet and cover in the dishwasher so they are not touching one another or other objects being washed. The non-stick surface of the skillet must be reconditioned with cooking oil after each dishwasher cleaning.

SPECIAL CLEANING INSTRUCTIONS

After consistent use, the non-stick surface may discolor. Minor stains are considered normal and do not affect the performance of the skillet. Dark and widespread staining, however, which usually results from overheating and/or improper cleaning, may lessen the effectiveness of the non-stick property. If staining occurs, treat with a commercial cleaner for non-stick finishes such as Dip-It® coffee pot destainer. Dip-It® coffee pot destainer is available in most grocery and department stores. Follow the package directions. If staining is quite severe, simmer longer or repeat cleaning. (Do not use household bleach to clean the non-stick finish as it will permanently fade it.) After using the commercial cleaner, wash skillet thoroughly, rinse and dry. Recondition the non-stick interior surface with a teaspoon of cooking oil before using.

- **Removing a Mineral Film**

A spotted white film may form on the non-stick surface. This is a buildup of minerals from water and is not a defect in the finish. To remove, soak a soft cloth in lemon juice or vinegar and rub onto the finish. After cleaning, wash, rinse and dry. Recondition the non-stick interior surface with a teaspoon of cooking oil before using.

TEMPERATURE GUIDE

WARM	Crisping; keeping meats, casseroles and vegetables warm for serving.
SIMMER	Simmering; warming leftovers; preparing frozen foods; heating soups; cooking casseroles, puddings, cereals; baking apples; braising and roasting meats and poultry.
225°F	Preparing gravy, white sauce and cheese sauce; cooking frozen and fresh vegetables; baking beans.
250°F	Scrambling and frying eggs.
300°F	Frying bacon and sausage.
325°F	Browning meats and poultry; frying fish, ham, chicken and potatoes.
350°F	Grilling French toast and pancakes.
375°F	Grilling sandwiches.
400°F	Heating frozen pizza.

ROASTING-Best suited for skillets with high dome cover.

Beef, pork, lamb, veal and poultry may be roasted in the skillet. To obtain more satisfactory results, a metal wire rack, which may be included with your skillet, should be used to lift the food off the cooking surface. If a rack is not included with skillet, a metal wire rack that fits into the bottom of the skillet and is about ½-inch high with smooth support legs can be used. Follow these basic guidelines for roasting:

1. To help seal in natural juices, roasts should be browned in the skillet before roasting. Simply preheat the skillet, uncovered, at 325° and add the roast. Brown as desired on all sides. Remove roast, place rack into skillet and replace roast onto rack, fat side up. Season as desired.
2. Insert meat thermometer tip into thickest part of roast making sure it does not touch a bone or rest in fat. Cover skillet and roast at 225°. If spattering of juices becomes excessive during the roasting period, reduce the temperature setting to SIMMER. A small amount (½ cup) of water may be added if desired.
3. Roast meat to recommended or desired internal temperature, see Roasting Chart. Turn skillet OFF. Avoid removing the cover too frequently as roasting time will be lengthened. Remove roast from rack and allow to stand 10 minutes for easier carving. Always use hot pads to remove rack. Juices in the skillet may be used for gravy, if desired.

POULTRY

1. Place unstuffed roasting chicken onto a rack in the skillet. Baste with melted butter or margarine and season as desired. Using seasoned salt will help to brown any poultry.
2. Insert meat thermometer tip into thick part of thigh making sure the tip does not touch a bone. Cover and roast at 225°. Reduce temperature setting to SIMMER if spattering becomes excessive. A small amount (½ cup) of water may be added if desired. Baste poultry occasionally with melted butter or margarine if desired.
3. Roast poultry to an internal temperature of 180° to 185°. Turn skillet OFF. Remove poultry from rack and allow to stand 10 minutes for easier carving. Always use hot pads to remove rack. Juices may be used for gravy if desired.

Note: Roasting duckling and goose is not recommended due to the excess amount of grease that accumulates.

HAM---Fresh, Smoked or Canned

1. Place ham on a rack in the skillet. Score if desired. Insert meat thermometer tip into thickest part of ham, making sure it does not touch a bone or rest in fat. Cover and roast at 225°. Reduce temperature setting to SIMMER if spattering becomes excessive. A small amount (½ cup) of water may be added if desired.
2. Roast ham to internal temperature recommended for type of ham being prepared. If desired, ham may be glazed at the end of roasting period. Turn skillet OFF. Remove ham from rack and allow to stand 10 minutes before carving. Use hot pads to remove rack as it will be hot.

Note: If space permits, scrubbed and pricked potatoes may be baked on rack around meat or poultry. Medium-sized potatoes will require about 1 hour of baking time at 225°.

ROASTING CHART

Meat	Internal Temperature
Beef	140° rare 160° medium 170° well
Pork: Fresh	170°
Smoked	160° cook before eating 140° fully cooked
Canned	140°
Lamb	170° to 180°
Veal	170°
Poultry	180° to 185°

STEAMING

Your skillet may include a square metal wire rack for steaming. If a steaming rack is not included, a metal wire rack that fits into the bottom of the skillet and is about ½-inch high can be used providing it has smooth support legs that will not scratch the non-stick interior.

Follow these guidelines for steaming foods in your skillet:

1. Place steaming rack into bottom of skillet and add 2 to 3 cups of water. Place food to be steamed directly on rack in a single layer to ensure even cooking. Cover skillet.
2. Steam food at 225° until desired or recommended doneness is obtained. See Steam Guide. If food is steamed more than 20 minutes, more water may need to be added to prevent skillet from boiling dry. **ALWAYS REMOVE COVER CAREFULLY DUE TO ESCAPING STEAM.** After steaming, turn skillet OFF and unplug cord from electrical outlet. Remove food from rack and allow skillet to cool before cleaning.

STEAM GUIDE

Food	Time	Special Tips
Chicken Breasts 1 pound	15-20 minutes	Cook thoroughly.
Fish Steaks 2 to 3	10-15 minutes	Defrost if frozen. Steam until fish flakes.
Fish Fillets 2 to 3	8-10 minutes	Defrost if frozen. Steam until fish flakes.
Hot Dogs 8 to 10	8-10 minutes	Heat thoroughly.
Lobster Tails 2 medium	10-12 minutes	Defrost if frozen.
Shrimp 1 pound, large	5-8 minutes	Peel and devein before steaming.
Artichoke up to 4 medium	25-30 minutes	Leave whole, trimming points off leaves.

STEAM GUIDE (continued)

Food	Time	Special Tips
Asparagus 1 pound	10-12 minutes	Trim ends.
Broccoli 1 pound spears	12-15 minutes	Trim ends.
Cauliflower 1 large head	12-15 minutes	Remove core.
Corn-on-the-cob 4 ears	10-12 minutes	Remove husk and silk.

Breakfast Brighteners

SCRAMBLED EGGS

Break eggs into a bowl with 1 tablespoon water, milk or cream for each egg; add salt and pepper. Blend thoroughly. Preheat skillet at 250°, uncovered. Melt butter or margarine (1 tablespoon for 2 eggs). Pour in egg mixture. As eggs begin to set, gently lift cooked portion with spatula to allow uncooked portion to flow underneath. Continue cooking until all of egg mixture has set, 5 to 7 minutes. Quickly remove to warmed platter. Serve at once.

FRIED EGGS

Preheat skillet, uncovered, at 250°. Melt a small amount of butter, margarine or bacon fat (about 1 teaspoon per egg) in skillet. Break eggs, one at a time, into small cup. Slip eggs in skillet. Cook slowly to desired doneness or turn eggs over quickly when whites are set and then cook to desired doneness. Sprinkle with salt and pepper.

POACHED FRIED EGGS

Fry eggs as directed in previous recipe, but use enough fat to coat skillet. Immediately add ½ teaspoon water or milk for each egg. Cover. Cook to desired doneness, 5 to 7 minutes.

EGGS BAKED IN BEEF HASH

Spread one 1-pound 9¼-ounce can corned beef or roast hash (or homemade variety) in lightly greased skillet. Using bottom of custard cup, make 6 deep wells in hash. Dot with butter or margarine. Break an egg into each well. Season with salt and pepper; cover each egg with 1 tablespoon milk or cream. Cover, and turn temperature control to 225°. Bake 15 to 20 minutes, or until set. Serve from skillet, keeping hot at WARM. Makes 6 servings.

BRUNCH EGGS'N MUFFINS

3 English muffins, split
1 tablespoon butter or margarine
2 tablespoons minced onion
1 10½-ounce can condensed cream of chicken soup
⅔ cup milk
6 eggs

1. Preheat skillet, uncovered, at 350°. Toast muffins on skillet surface, with cut side facing down, about 5 minutes.
2. Reduce heat to 225°. Add butter or margarine and melt. Sauté onions, about 2 minutes. Stir in soup and milk. Heat to boiling.
3. Crack eggs into soup mixture. Cover, and cook until eggs are done, about 5 minutes. Place 1 egg on each muffin half and spoon sauce over top. Garnish with paprika and parsley flakes, if desired. Makes 6 servings.

SAUSAGE

Links: Place links in cold skillet and add small amount of water. Cover, and simmer at 225° for 10 minutes. Do not prick. Turn heat up to 300° and pan-fry until brown, 15 to 20 minutes.

Patties: Place patties in cold skillet and fry at 300° for 10 minutes per side or until brown.

BACON

Place slices in cold skillet. Heat at 300°. Fry first side about 7 to 8 minutes. Turn slices and fry 4 to 5 minutes longer or until bacon is crisp. Drain on absorbent paper.

HAM

Slice ham ¼ to ½-inch thick. Trim off some fat to rub on skillet. Preheat at 325°, uncovered. Cook ham slowly until brown on one side, 6 to 8 minutes. Turn and brown second side.

PANCAKES

2 cups sifted flour
2 tablespoons sugar
1 tablespoon baking powder
½ teaspoon salt

1¾ cups milk
2 eggs, slightly beaten
2 tablespoons oil or melted shortening

1. Sift flour with sugar, baking powder and salt. In mixing bowl, combine, milk, eggs and oil. Add dry ingredients. Blend thoroughly but only until lumps disappear.
2. Preheat skillet, uncovered, at 350°. Pour scant ¼ cup batter into skillet for each pancake and bake until bubbles break and edges are cooked. Turn and bake on other side, about 1 minute per side. Serve immediately. Makes 20 to 24 pancakes.

TIP: If prepared mix is used, add 2 extra tablespoons oil or melted shortening for best results.

FRENCH TOAST

2 eggs, slightly beaten
1 cup milk
¼ teaspoon salt
3 tablespoons butter or margarine
8 to 10 slices day-old bread

1. In a small bowl, thoroughly combine eggs, milk and salt.
2. Preheat skillet, uncovered, at 350°. Melt 1 tablespoon butter or margarine. Dip bread in egg mixture, turning to coat both sides.
3. Place 3 to 4 slices into skillet. Fry until golden brown. Turn and brown other side. Repeat procedure for additional bread slices. Serve hot with maple syrup, jelly or honey. Makes 4 to 5 servings.

CHEESE-TOMATO SCRAMBLE

¼ cup butter or margarine
10 to 12 eggs, well beaten
1 cup dairy sour cream
1 cup grated cheddar cheese
2 large tomatoes, peeled and diced
4 green onions, thinly sliced
1 teaspoon salt
¼ teaspoon pepper

1. Preheat skillet at 250°. Add butter or margarine; heat until it sizzles. Beat eggs well in a mixing bowl. Add sour cream and stir to combine. Pour egg mixture into skillet.
2. When eggs begin to set, add cheese, tomatoes, onion, salt and pepper. Stir until eggs are completely set and cheese is melted. Reduce heat to “warm” for serving. Makes 8 servings.

EGG AND BEEF SCRAMBLE

2 tablespoons butter or margarine
1 3½-ounce package dried beef
6 eggs, slightly beaten
⅛ teaspoon pepper
3 tablespoons milk or cream
1 3-ounce package cream cheese, softened

1. Preheat skillet at 225°. Melt butter or margarine.
2. Cut or tear beef into bite-size pieces. Sauté in butter 3 to 4 minutes until lightly browned. Reduce heat to “simmer”.
3. Combine eggs with pepper, milk and cream cheese. Pour into skillet and slowly cook until cheese is melted and eggs are thoroughly cooked, but are still moist and glossy, 6 to 8 minutes. Makes 4 servings.

ORANGE PANCAKES

2 eggs, slightly beaten
1½ cups milk
¼ cup oil
2 teaspoons grated orange rind
¼ cup orange juice

2 cups pancake mix

1. In large mixing bowl, combine eggs, milk, oil, orange rind and juice. Add pancake mix. Stir until smooth.
2. Preheat skillet, uncovered, at 350°. Pour scant ¼ cup batter into skillet for each pancake and bake until bubbles break and edges are cooked. Turn and bake on other side, about 1 minute per side. Serve immediately with Orange Sauce. Makes 24 4-inch cakes.

ORANGE SAUCE

In a saucepan, blend 2 tablespoons sugar, ⅓ cup orange juice and a bit of grated orange rind with ⅓ cup melted butter. Heat until hot.

MAIN DISHES

CHICKEN WITH RICE

3 to 3½ pounds frying chicken, cut into serving pieces

¼ cup butter or margarine

1½ cups instant rice

1 10½-ounce can condensed cream of chicken soup

1 cup water

1 teaspoon instant chicken flavored bouillon crystals or 1 chicken bouillon cube

1. Preheat skillet, uncovered, at 325°. Add butter or margarine and allow to melt. Place chicken pieces into skillet and brown on both sides. Season with salt and pepper. Remove chicken from skillet.
2. Reduce heat to “simmer” and add rice. Combine soup, water and bouillon. Pour ½ of mixture over rice. Replace chicken pieces into skillet over rice. Pour remaining soup mixture over chicken. Cover and simmer 35 to 40 minutes or until chicken is done. Reduce heat to “warm” for serving. Makes 4 to 6 servings.

TURKEY & DRESSING DINNER

⅓ cup butter or margarine

½ cup shredded carrots

⅓ cup chopped onion

1 8-ounce package corn bread stuffing mix

2 cups chopped cooked turkey

1 10½-ounce can condensed cream of chicken soup

1 cup water

1 teaspoon poultry seasoning

1 to 2 tablespoons parsley flakes

1. Melt butter or margarine in skillet, uncovered at 300°. Add carrots and onion. Sauté until carrots are tender.
2. Reduce heat to 225°. Stir in stuffing mix and turkey. In small bowl, combine soup, water and poultry seasoning. Stir into turkey mixture.
3. Heat through, uncovered, about 10 minutes, stirring occasionally. Sprinkle with parsley. Reduce heat to “warm” for serving. Makes 4 to 6 servings.

TIP: One 8-ounce package of herb-seasoned stuffing mix may be substituted for corn bread stuffing mix. Omit the poultry seasoning.

GLORI-FRIED CHOPS

4 to 6 pork or lamb chops, ½-inch thick

Salt and pepper

1 10½-ounce can condensed cream of mushroom or celery soup

1. Preheat skillet, uncovered, at 325°. Brown chops for 5 minutes per side. Season with salt and pepper.
2. Cover chops with soup. Reduce heat to “simmer.” Cover and simmer 15 to 20 minutes or until fork tender. Reduce heat to “warm” for serving. Makes 4 to 6 servings.

SWISS STEAK

2 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
2 pounds round steak, 1-inch thick
1 tablespoon shortening
½ cup minced onion
½ cup finely chopped celery
½ cup finely chopped green pepper
1 cup canned tomatoes, undrained
2 cups water

1. Combine flour with salt and pepper. Pound mixture thoroughly into both sides of steak. Cut into serving-size pieces.
2. Preheat skillet, uncovered, at 375°. Melt shortening. Brown steak for 5 minutes per side.
3. Combine vegetables and water. Pour over steak. Cover, reduce heat to “simmer” and simmer until tender, 1 to 1½ hours. Reduce heat to “warm” for serving. Makes 4 to 6 servings.

FIESTA BURGERS

¼ cup margarine or butter, softened
½ teaspoon garlic powder
3 hamburger buns, split in half
1 pound ground beef
1 cup shredded process American hot pepper cheese or pepper pasteurized process cheese spread
¼ cup chopped onion
2 teaspoons Worcestershire sauce
1 teaspoon salt
Dash pepper

1. In small bowl, cream together margarine or butter and garlic powder. Spread evenly on hamburger buns.
2. In medium bowl, combine ground beef, cheese, onion, Worcestershire sauce, salt and pepper. Mix thoroughly. Shape into 6 patties ½-inch thick.
3. Preheat skillet, uncovered, at 375°. Brown buttered buns in skillet until golden. Remove from skillet. Keep warm.
4. Reduce heat to 325°. Pan fry patties on each side to desired doneness. Serve open-face on hamburger bun. Makes 6 sandwiches.

TIP: For a fun garnish, skewer a cherry tomato inside two onion rings.

TUNA NOODLE WITH PEAS

1 10½-ounce can condensed cream of celery soup
1 cup milk
1 cup water
½ teaspoon celery salt
½ teaspoon dill weed
¼ cup chopped onion
6 ounces egg noodles (3 cups uncooked)
1 10-ounce package frozen peas
1 6½-ounce can tuna, drained

1. In skillet, combine soup, milk, water, celery salt, dill weed and onion. Bring to boil at 225°.
2. Add noodles and bring to a second boil. Reduce heat to “simmer” and cook, covered, for 30 minutes or until noodles are tender. Stir in peas and tuna. Cook covered an additional 10 minutes.

GRILLED HAM SANDWICHES

2 cups cooked ground ham
3 or 4 sweet pickles, finely chopped
½ cup mayonnaise or salad dressing
8 slices sandwich-style white bread
2 tablespoons soft butter or margarine

1. To prepare ham filling, combine ham, pickles and mayonnaise. Spread 4 slices bread with mixture.
2. Top with remaining bread. Spread outside of each sandwich with butter or margarine.
3. Preheat skillet at 375°. Toast sandwiches on both sides until golden brown, about 3 to 4 minutes per side. Makes 4 servings.

NOTE: One 6½-ounce can flaked tuna, drained, may be substituted for cooked ham.

CHEESY TACOS

3 tablespoons butter or margarine
1 cup chopped onion
1 cup chopped celery
1 pound ground beef, browned
1 16-ounce can whole tomatoes, undrained and chopped
1 6-ounce can tomato paste
1 teaspoon salt
½ teaspoon sugar
½ to 1 teaspoon chili powder
¼ teaspoon hot pepper sauce
½ pound American or cheddar cheese
16 taco shells
Shredded lettuce

1. Melt butter or margarine in skillet, uncovered, at 250°. Add onion and celery; sauté until crisp.
2. Reduce heat to “simmer”. Add browned ground beef, tomatoes, tomato paste, salt, sugar, chili powder and hot pepper sauce. Cook gently, uncovered, at “simmer” for 20 to 30 minutes.
3. Cut cheese into ½ x ½ x 3-inch sticks. Place 1 cheese stick in each taco shell. Add about ¼ cup tomato mixture to each taco. Top each with shredded lettuce. Makes 16 tacos.

COMPANY LIVER WITH ONIONS

1 ½ pounds calf or baby beef liver, cut into 1-inch strips
½ teaspoon salt
⅛ teaspoon pepper
¼ cup butter or bacon drippings
2 onions, thinly sliced
1 8-ounce can sliced mushrooms, undrained
2 cups dairy sour cream
1 teaspoon Worcestershire sauce

1. Season liver with salt and pepper. Preheat skillet, uncovered, at 325°. Melt butter and sauté onions until tender. Add liver and brown on all sides.
2. Add mushrooms with liquid. Reduce heat to “simmer”. Simmer covered for 8 to 10 minutes.
3. Add sour cream and continue to cook for an additional 8 to 10 minutes. Add Worcestershire sauce. Makes 6 servings.

PORK'N BEER

1 to 1½ pounds pork tenderloin, cut 1-inch thick
¼ cup flour
2 tablespoons vegetable oil
1 4-ounce can mushroom stems and pieces, undrained
1 12-ounce can beer
¼ teaspoon garlic salt
½ teaspoon salt
¼ teaspoon pepper

1/8 teaspoon cloves
1 tablespoon flour
1/4 cup cold water

1. Dredge meat in 1/4 cup flour. Preheat oil in skillet, uncovered, at 350°. Brown meat, about 5 minutes per side.
2. Stir in mushrooms, beer, garlic, pepper and cloves. Bring to a boil; cover. Reduce heat to "simmer". Simmer for 1 hour or until meat is tender.
3. Thoroughly blend 1 tablespoon flour with water. Increase heat to 225°. Vigorously stir flour-water mixture into meat mixture. Cook, stirring constantly until thickened. Reduce heat to "warm" for serving. Makes 4 to 6 servings.

SKILLET POT ROAST

3 to 4 pound chuck or blade roast
1/2 teaspoon seasoned salt
1/2 teaspoon seasoned pepper
1 1 3/8-ounce envelope dry onion soup mix or 1 thinly sliced onion

1. Preheat skillet, uncovered, at 325°. Brown roast for 5 minutes per side.
2. Reduce heat to "simmer". Sprinkle roast with seasoned salt and pepper, and soup mix or onion. Roast, covered, for 2 to 2 1/2 hours. Turn after 1 hour. Vegetables such as quartered potatoes or cut carrots may be added at this time. Juices that accumulate may be used for gravy. Makes 6 to 8 servings.

PAN-FRIED FISH

1 1/2 to 2 pounds fish fillets
1 egg, slightly beaten
1/2 cup milk
1/2 cup flour, cornmeal or cracker crumbs
Salt and pepper
1/4 cup butter or margarine

1. Wash fish. Pat dry with paper toweling. Cut into serving-size pieces.
2. In small bowl, combine egg with milk. Dip fish in mixture and coat with flour, cornmeal or cracker crumbs. Sprinkle with salt and pepper.
3. Preheat skillet, uncovered, at 325°. Melt butter or margarine. Place coated fish fillets in skillet.
4. Fry fish until golden brown, about 6 to 8 minutes. Turn fish only once. Makes 6 to 8 servings.

BEEF ORIENTAL CASSEROLE

1 pound lean ground beef
1/2 cup chopped onion
1/4 cup diced green pepper
1 cup elbow macaroni, cooked according to package directions
1 6-ounce can sliced water chestnuts, undrained
1 2-ounce jar diced pimento, undrained
1 10 1/2-ounce can condensed cream of celery soup
1 cup milk
1 tablespoon soy sauce
1/2 cup chow mein noodles

1. Brown ground beef with onion and green pepper in uncovered skillet at 325°. Remove any excess grease.
2. Add cooked macaroni, water chestnuts, pimento, soup, milk and soy sauce. Stir to blend. Bring just to a boil, cover and reduce heat to "simmer". Heat 10 to 15 minutes. Reduce to "warm" setting and garnish with chow mein noodles for serving. Makes 6 to 8 servings.

BEEF-TOMATO DINNER

- 1 pound lean ground beef
- 2 tablespoons minced onion
- 1 tablespoon parsley flakes
- 1 6-ounce can tomato paste
- 3 cups water
- 1 teaspoon salt
- 2 teaspoons chili powder
- 1 4-ounce can mushroom stems and pieces, undrained
- 1 7-ounce package macaroni

1. Brown beef in skillet at 325°. Add onion, parsley flakes, tomato paste, water, salt, chili powder, mushrooms and macaroni. Bring to boil.
2. Cover, reduce heat to “simmer” and cook for 20 to 25 minutes or until macaroni is tender. Reduce heat to “warm” for serving. Makes 5 to 6 servings.

GRILLED TOMATO-CHEESE SANDWICHES

- ½ cup mayonnaise or salad dressing
- ½ teaspoon dried dill weed
- 8 slices white bread
- 4 slices of Swiss cheese
- 1 large tomato, thinly sliced
- 1 tablespoon butter or margarine

1. In small bowl, combine mayonnaise and dill weed. Spread on one side of each of the 8 bread slices. Put cheese and tomato slices on four of the bread slices over dressing. Cover with remaining four bread slices, dressing side down.
2. Preheat skillet, uncovered, at 375°. Melt butter or margarine. Toast sandwiches on both sides until golden brown, about 4 minutes per side. Makes 4 servings.

BEEF ROAST

- 4 to 5 pound rolled beef roast*
- Salt and pepper

1. Preheat skillet, uncovered, at 325°. Add roast and brown on all sides. Remove roast.
2. Place rack into skillet. Replace roast onto rack. Season as desired. Insert meat thermometer into thickest part of roast.
3. Cover, and roast at 225° until desired doneness is reached, about 1 ½ hours for rare (140°), 2 hours for medium (160°) or 2 ½ hours for well done (170°). Let roast stand 10 minutes before carving. Makes 6 to 8 servings.

*Skillet with high dome cover only.

PINEAPPLE-GLAZED HAM SLICE

- 1 pound ham slice, cut ¾ to 1-inch thick
- ¾ cup orange juice
- ¼ cup brown sugar
- 4 pineapple slices

1. Preheat skillet, uncovered, at 325°. Cook ham until lightly browned on both sides for 8 to 10 minutes per side. Remove from skillet and keep hot.
2. Combine orange juice and brown sugar in skillet. Bring to a boil at 225°. Add pineapple slices and glaze fruit.
3. Arrange fruit on top of ham. Pour orange sauce over ham and serve at once. Makes 3 to 4 servings.

MEAT LOAF

- 1½ pounds ground beef
- ¾ cup quick-cooking oatmeal, uncooked
- 1½ teaspoons salt
- ¼ teaspoon pepper
- ¼ cup chopped onion
- 1 8-ounce can tomato sauce
- 1 egg, slightly beaten

1. Combine all ingredients thoroughly. Pack firmly into a 9 x 4-inch loaf pan.
2. In preheated skillet at 225°, melt 1 tablespoon butter. Remove meat loaf from pan, place in skillet and bake, covered, for 30 minutes.
3. Carefully turn meat loaf to second side. Continue to bake for an additional 15 to 20 minutes. Let stand 5 minutes before slicing. Makes 8 servings.

ROAST CHICKEN

4 to 5 pound roasting chicken*
 2 tablespoons melted butter or margarine
 Seasoned salt

1. Rinse chicken and pat dry. Place onto rack in skillet. Baste with butter or margarine and season with salt. Insert meat thermometer into thick part of thigh.
2. Cover and roast at 225° until thermometer registers 180°-185°, about 1½ to 2 hours. Let chicken stand 10 minutes before carving. Makes 4 to 6 servings.

*Whole chickens can only be prepared in skillets with high dome cover. If your skillet has a low dome, chicken can be halved. Place cut side down and cook about 1 hour.

SOUTHERN FRIED CHICKEN

3 to 4 pounds frying chicken
 ½ cup flour
 ¼ teaspoon baking powder
 ½ teaspoon salt
 ¼ teaspoon pepper
 ½ teaspoon paprika
 ¼ cup light cream
 1 cup oil or shortening

1. Cut chicken into serving pieces. Wash and pat dry with paper toweling.
2. Combine flour, baking powder, salt, pepper and paprika. Dip pieces of chicken in cream, then coat as thickly as possible with seasoned flour.
3. Preheat skillet, uncovered, at 325° with oil, about 5 minutes. Arrange coated chicken pieces in skillet. Brown on all sides, about 10 minutes.
4. Cover, reduce heat to 225° and fry for 30 minutes. Remove cover and fry an additional 10 minutes. Makes 4 to 6 servings.

EASY SKILLET DINNER

2 cups diagonally sliced celery
 1 tablespoon chopped onion
 2 tablespoons butter or margarine
 2½ cups water
 ¾ teaspoon salt
 ½ teaspoon basil
 ¼ teaspoon oregano
 1 1-pound can tomatoes
 1 cup raw rice
 2 6½-ounce cans tuna, drained, or 5-ounce cans boned chicken or turkey

1. In skillet, combine celery, onion, butter or margarine, water, salt, basil, oregano and reserved tomato liquid. Bring to boil at 225°.
2. Add rice and bring to second boil. Reduce heat to “simmer” and cook, covered, for 30 minutes or until rice is fluffy. Add tomatoes and tuna, chicken or turkey. Heat, covered, to serving temperature. Reduce heat to “warm” for serving. Makes 6 servings.

CHOW MEIN

- 1 pound ground lean fresh pork
- 2 cups diagonally sliced celery
- ½ cup chopped onion
- 1 teaspoon seasoned salt
- 1 tablespoon brown sugar
- ¼ teaspoon pepper
- ¼ cup mushroom liquid
- 1 tablespoon flour
- 1 cup milk
- ¼ cup soy sauce
- 1 1-pound can bean sprouts or Oriental vegetables, drained
- 1 4-ounce can mushroom stems and pieces, drained (reserve liquid)

1. Preheat skillet, uncovered, at 325°. Add ground pork, celery and onion. Stir gently and fry until browned, about 5 minutes. Remove excess grease.
2. Add salt, brown sugar, pepper and reserved mushroom liquid. Stir to combine. Cover, reduce heat to “simmer” and cook 20 minutes.
3. Stir in flour. Increase heat to 225°. Gradually add milk and stir until thickened.
4. Add soy sauce, bean sprouts or Oriental vegetables, and mushrooms. Stir to combine. Heat until hot, about 5 minutes. Reduce heat to “warm” for serving. Serve with rice or chow mein noodles. Makes 6 servings.

THE POTATO PATCH

BAKED POTATOES

Scrub and prick skins of potatoes. Place on rack, cover and bake at 400° until done. Medium-sized potatoes require about 45-55 minutes of baking.

AMERICAN FRIED POTATOES

For each serving:

- 1 medium potato
- 1 tablespoon butter or margarine

Pare at least 4 potatoes; slice thin. Rinse with cold water and pat dry. Season as desired. Preheat skillet, uncovered, at 325°. Melt butter or margarine. Spread potatoes evenly in skillet. Cover and fry 15 minutes. Uncover, turn potatoes and season with salt and pepper. Fry, uncovered, for 15 minutes, loosening potatoes occasionally.

CANDIED SWEET POTATOES

- ¾ cup firmly packed brown sugar
- ½ cup light corn syrup
- ¼ cup butter or margarine
- ¼ teaspoon salt
- 6 to 8 cooked sweet potatoes, peeled and halved lengthwise

1. In skillet, combine brown sugar, corn syrup, butter or margarine and salt.
2. Bring mixture to a boil at 250°. Stir until butter melts and sugar dissolves.
3. Add sweet potatoes. Baste with syrup. Reduce heat to “simmer”. Cook for 15 minutes.
4. Uncover; cook, basting occasionally, for 10 minutes or until potatoes are well glazed. Reduce heat to “warm” for serving. Makes 6 to 10 servings.

POTATO NOBLESSE

- 4 cups sliced cooked or canned potatoes
- ¼ cup chopped green pepper
- ¼ cup chopped onion
- ¼ cup chopped pimento, optional
- ½ cup French dressing
- ⅓ cup shredded cheddar cheese

1. Marinate potatoes, green pepper, onion and pimento in salad dressing for 2 hours.
2. Put marinated mixture into skillet. Cook at “simmer” for 20 minutes.
3. Reduce to “warm” for serving. Sprinkle with cheese and serve hot. Makes 6 to 8 servings.

SCALLOPED POTATOES

- 4 cups peeled, diced potatoes
- ½ cup minced onion
- 2 teaspoons salt
- 1½ cups milk
- ½ cup grated cheddar cheese
- Dash pepper
- ¼ cup cracker or bread crumbs

1. Combine potatoes with onion, salt and milk in skillet. Cook, covered, at “simmer” for 30 to 40 minutes, or until tender.
2. Sprinkle cheese, pepper and crumbs over top. Continue cooking, uncovered, for 15 to 20 minutes. Reduce to “warm” for serving. Makes 6 to 8 servings.

DISTINTIVE DESERTS

BAKED APPLES

- 6 to 8 apples, cored
- ¼ cup raisins
- ¼ cup chopped nuts
- 3 tablespoons butter or margarine
- 1 cup brown sugar
- ½ teaspoon cinnamon
- 1-cup water

1. Remove 1-inch peel around top of each cored apple. Place apples in skillet. Fill each center with combined raisin and nut mixture. Dot with butter or margarine.
2. Combine sugar and cinnamon. Sprinkle over apples. Add water to skillet. Cover, set control at 300° and bring water to boil.
3. Reduce heat to “simmer”. Cook apples until tender for 30 to 35 minutes. Baste with syrup occasionally. Makes 6 to 8 servings.

SKILLET COOKIES

- 2 tablespoons butter or margarine
- 1 cup pitted dates, cut into small pieces
- 1 cup sugar
- 2 eggs
- 3 cups oven-toasted rice cereal
- ½ cup chopped nuts
- Flaked coconut

1. Preheat skillet, uncovered, at 250°. Melt butter or margarine. Add dates, sugar and eggs.
2. Continue cooking, stirring constantly, until mixture forms a ball, between 15 and 18 minutes. Cool slightly.
3. Stir in cereal and nuts. Combine thoroughly.
4. Divide mixture into two equal portions, shape into a roll 2 inches in diameter. Roll in flaked coconut. Wrap in waxed paper. Refrigerate.
5. To serve, cut into slices about ¼-inch thick. Makes 5 dozen cookies.

REPLACEMENT PARTS

Replacement parts for skillets, such as glass cover, handle/legs or heat control, may be obtained directly from The West Bend Company. To order, contact West Bend Customer Service at address or phone number below. Or, **order online at www.westbend.com**.

Be sure to include the model number of your skillet, a description of the part you want and the quantity. Along with this information, please include your name, mailing address and your Visa, MasterCard or Discover credit card number for the billing of the part(s) to you. Your state's sales tax and a handling fee will be added to your total charge. Or, to send a check or money order, call (262) 334-6949 to obtain purchase amount. Please allow 2 to 3 weeks for delivery.

90 DAY WARRANTY

Your West Bend® Warranty covers failures in the materials and workmanship of this Electric Skillet for 90 days from the date of original purchase. This warranty does not cover discoloration or damage to the non-stick surface caused by misuse, abuse, scratches or overheating. Any failed part of the Electric Skillet will be repaired or replaced without charge.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. This warranty does not cover alleged damage caused by misuse, abuse, accidents or alterations to the Electric Skillet.

If you think the Electric Skillet has failed or requires service within its warranty period, please carefully package, and return the Electric Skillet prepaid and insured with a description of the difficulty to:

The West Bend Company
Attn: Housewares Returned Goods
1100 Schmidt Road
West Bend, WI 53090
(262) 334-6949

WEST BEND®

Please ensure that you enclose the sales slip or proof of purchase in order to assure warranty coverage.

NOT VALID IN MEXICO

This booklet contains important and helpful information on your new product. Please file it for handy reference to instructions for proper use and care, warranty and service information.

For your personal reference, attach dated sales receipt for warranty proof of purchase and record the following information:
Date purchased or received as a gift: _____

Where purchased and price, if known: _____

