



WEAR-EVER'S

*Wonderful World of
New Method Cooking*

WEAR · EVER SUBSIDIARY OF
ALCOA

WEAR-EVER'S
*Wonderful World of
New Method Cooking*

by Margaret Mitchell
Director, Home Economics

Fourth Edition Copyright 1967 and 1972

Wear-Ever Aluminum Inc., Chillicothe, Ohio

CONGRATULATIONS!

You have opened the door to an exciting new world of food preparation . . . the original Wear-Ever New Method of Cooking.

How proud you'll be of your New Method roasts, pan-broiled meats and poultry which always turn out tender, juicy and digestible when prepared top-stove without added fat or water.

How reassuring to serve your family New Method vegetables and fruits that are rich in minerals and vitamins . . . that retain their garden-fresh colors and natural flavors when cooked over low heat without added water.

You'll marvel at how quick and easy it is to cook New Method meals. There's less peeling and coring, no stirring, pot-watching or boiling over. Your kitchen stays cool and free of cooking odors. And, Wear-Ever's new Stainless Inner-Clad cleans in a jiffy.

If you are economy minded—and who isn't—you'll be happy to discover how soon your Wear-Ever pays for itself through daily New Method savings.

All these exclusive New Method benefits are yours because you have invested in Wear-Ever Stainless Inner-Clad . . . the most beautiful, convenient-to-use and efficient cooking utensils ever made.

When you use Wear-Ever New Method utensils and follow our directions and recipes exactly, every meal will be nutritious and delicious—a real adventure in good eating.

Sincerely,

Margaret Mitchell

Margaret Mitchell
Director, Home Economics
Wear-Ever Aluminum, Inc.



How to Cook the New Method Way

It is easy for even the most inexperienced cook to successfully prepare food by the Wear-Ever New Method of Cooking. There are only three simple rules to follow.

Know the pan to use: In several food sections we have illustrated the proper pans or combinations to use. For added convenience in selecting the pan specified in a recipe, each utensil has its number stamped on the bottom.

When cooking vegetables and fruits, use the pan the food will most nearly fill along with the cover for that particular pan. Never attempt to cook a small quantity in a large pan.

Know the heat to use: Always use the heat specified in the directions or recipes. New Method cooking is done entirely on Medium-High to Low or Simmer heat. High heat is never used except to bring water to a boil for a beverage or for cooking dried foods. Complete illustrated directions for our heat terms for gas and electric ranges are given on the following page.

If you have a gas range with a Controlled Heat unit known as the "Burner With A Brain", by all means use it for New Method Cooking following directions on pages 6 and 7.

In general: When cooking fruits and vegetables — start on medium heat until first wisps of steam escape or cover is hot to touch — about 5 minutes. Reduce heat to low for remainder of cooking time.

When cooking meats; preheat broiler or roaster pan on medium high heat until a piece of white paper starts to turn brown; reduce heat to medium. Use medium heat to brown all meats. For longer cooking reduce heat to low.

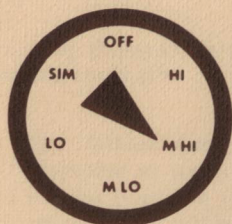
When cooking dried foods; bring water in bottom pan to boil on high heat; reduce heat to low.

When baking on top of the range over direct heat; start on medium heat; reduce heat to low after 5 minutes unless recipe specifies otherwise.

Follow directions and recipes exactly: At first it may be difficult to believe that cooking can be done with such a small amount of heat. The outside of each pan is thick sheet aluminum which conducts heat quickly and evenly. Because of this, foods actually cook from the bottom up, the sides in and the top down. Resist the temptation to turn the heat a little higher. Thousands of tests have proved the heat specified is just right. When cooking fresh vegetables or fruits, never lift the cover until near the end of the cooking time. Frequent removal of cover allows precious moisture to escape and could cause food to burn.

Perfect results with the New Method of Cooking Equipment are yours when you — Select the Right Pan — Use the Proper Heat — Follow Directions Exactly.

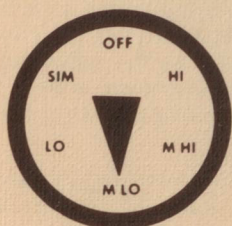
If You Have An Electric Range



USE MEDIUM-HIGH HEAT

Medium-High Switch Position

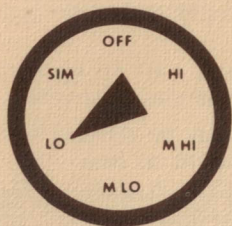
To preheat utensils for browning meats.
To preheat pan for baking griddle cakes.
Place pan on cold unit, heating gradually with unit. Do not place cold pan on a hot unit.



USE MEDIUM HEAT

Medium or Medium-Low Switch Position

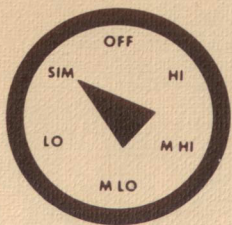
To brown roast before cooking.
To pan broil steaks, chops, ham slices and hamburgers.
To bake griddle cakes perfectly.
To start fresh fruits, vegetables until first wisps of steam escape or cover becomes hot to touch.
To start direct top of range baking.



USE LOW HEAT

Low Switch Position

To cook less tender cuts of meat after browning on all sides.
To cook roasts after browning.
To cook fresh fruits, vegetables after cover becomes hot to touch.
To steam dried foods over water after water boils.
To do direct top of range baking after first 5 minutes of baking time.



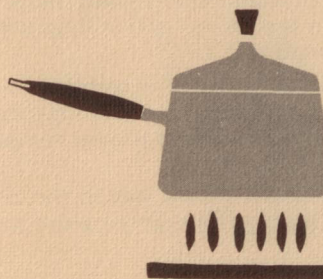
USE SIMMER HEAT

Simmer Switch Position

To cook fruits, vegetables in No. 780½ and 781 pans after cover becomes hot to touch.

If You Have a Gas Range

USE MEDIUM-HIGH HEAT Flame not quite touching bottom of utensil



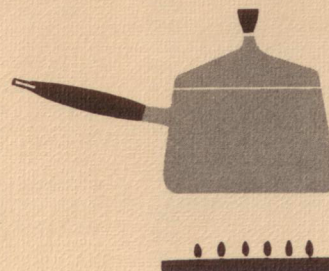
To preheat utensils for browning meats.
To preheat pan for baking griddle cakes and French toast.
To boil water over which to steam dried fruits and vegetables.

USE MEDIUM HEAT Flame half as high as medium-high



To brown roasts before cooking.
To pan broil steaks, chops, ham steaks, and hamburgers.
To bake griddle cakes and French toast.
To start fresh fruits, vegetables until first wisps of steam escape or cover becomes hot to touch.
To start direct top of range baking.

USE LOW OR SIMMER HEAT Flame barely visible

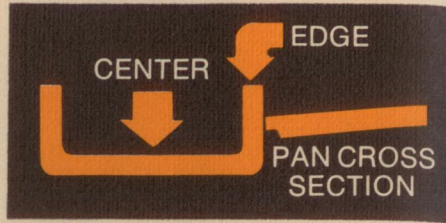


To cook less tender cuts of meat after browning on all sides.
To cook roasts after browning.
To cook fresh fruits, vegetables after cover becomes hot to touch.
To steam dried foods over water after water boils.
To do direct top of range baking after first 5 minutes of baking time.

Wear-Ever's Heavy Gauge Aluminum Stainless Inner-Clad, New Method Utensils/ the Perfect Cooking Utensil

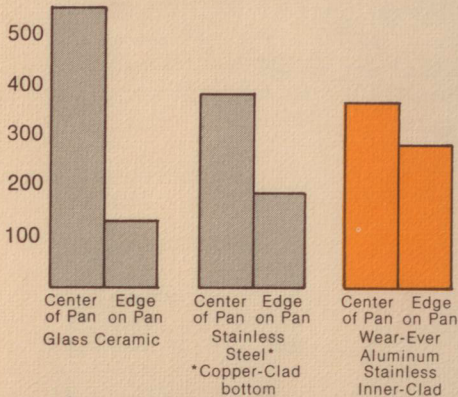
HEAT TEST

Using a constant heat source for the same length of time, you can see from the chart that Wear-Ever's Aluminum, Stainless Inner-Clad gave the best heat distribution over the entire utensil—even though its center is not as hot as the other two. This even heating means better cooking results for you and your family.



It creates a cooking surface with excellent heat distribution — permitting even and thorough cooking. The perfect cooking utensil permits cooking along the sides and top of the pan as well as the bottom. This enables you to cook at a lower temperature and, therefore, greatly reduces stirring and boil-overs.

The Wear-Ever Test Kitchens conducted a series of heat distribution and cooking tests to demonstrate what even heat distribution means to you, the homemaker. We used similar size fry pans made from glass ceramic, stainless steel and the Wear-Ever Aluminum Stainless Inner-Clad fry pan.



What Does Even Heat Distribution Mean to You?

Even heat distribution means better cooking results. We said it. And, we mean it. Shown above are the results of three cakes cooked top-of-range in 10-inch glass ceramic, stainless steel and Wear-Ever's Aluminum, Stainless Inner-Clad covered fry pans.

(1) Because of poor heat distribution, the cake in the glass ceramic pan was underdone on top yet heavily burned on the bottom. (2) The stainless steel pan produced a cake that was still soupy on top and unevenly browned on the bottom. (3) The cake baked in Wear-Ever's Aluminum Stain-

less Inner-Clad fry pan was done on top and evenly browned on the sides and bottom.

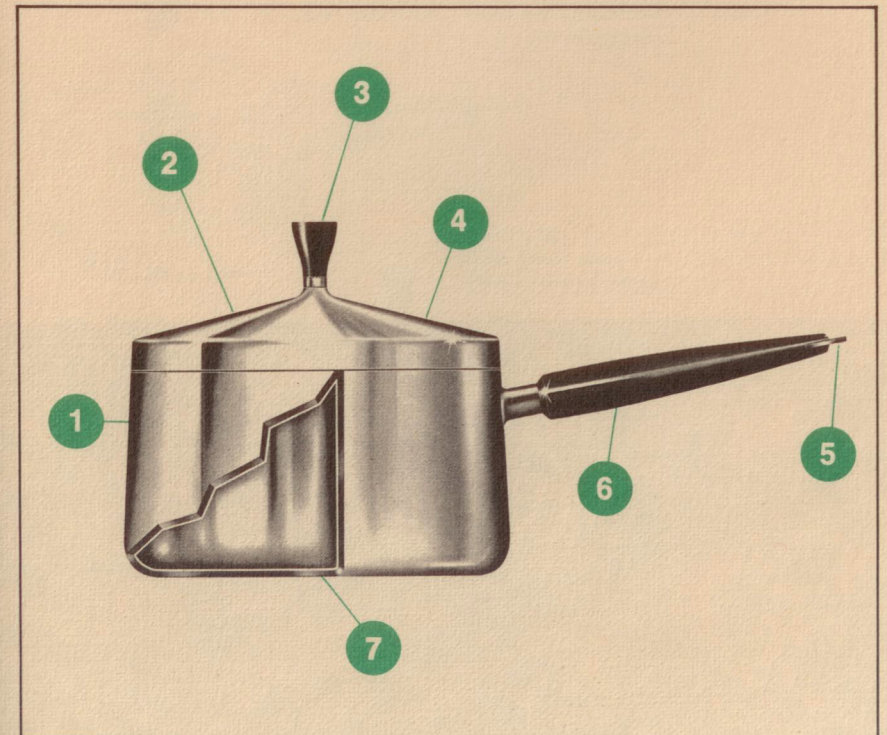
Wear-Ever's Aluminum, Stainless Inner-Clad . . . heavy gauge Alcoa Aluminum on the outside for even heat distribution and stainless steel on the inside for easy clean-up . . . the Perfect Cooking Utensil.

Wear-Ever Stainless Inner-Clad

OUTSTANDING DESIGN FEATURES

- HEAVY SHEET ALUMINUM** sides, bottom and cover spread heat faster, retain heat longer . . . the real key to New Method cooking.
- FULL SWEEP COVERS** add distinctive styling and more cooking space . . . insure proper fit for New Method cooking.
- HEAT-RESISTANT KNOBS** are smartly styled, cool and large enough to give a firm grip when lifting covers.
- ALUMILITE FINISH** on covers is stain-resistant and comes in classic Silver Glow.
- HANG-UP LOOPS** for convenient wall storage or unique kitchen display of utensils which hang with covers on.
- ATTRACTIVE HANDLES** are shaped to complement the design and give safe, full-finger grip . . . are made of a heat-resistant material and equipped with stainless steel shaft to keep handles cool.
- STAINLESS STEEL INSIDE** Makes Wear-Ever Stainless Inner-Clad utensils easy to clean.

EASY TO CLEAN stainless steel interiors, Alumilite covers, rounded surfaces and smooth handle attachments make modern Wear-Ever Stainless Inner-Clad a breeze to keep bright and gleaming.





Fabulous Vegetables

Vegetables cooked the Wear-Ever New Method way without added water — are Good — a New Taste Treat — Excitingly Different. This is because a maximum of natural flavors, precious vitamins and minerals are kept in the vegetables where they belong. Vegetables, like fruits, are often called the Glow Foods. They help put the sparkle in your eyes, give radiance to your skin and make you feel like a million!

How to prepare and cook fresh vegetables

- 1 Clean all vegetables well. Slice, dice or leave whole. Place in pan. To save valuable minerals stored next to the skin, do not peel.
- 2 Use the sauce pan the vegetable will most nearly fill. The fuller the pan, the less air space which can destroy some vitamins.
- 3 Rinse vegetables in pan with cold water. Drain thoroughly, as water like air can destroy some vitamins and minerals. Place cover on pan.
- 4 Start cooking on *medium* heat until first wisps of steam begin to escape or cover is hot to touch — about 5 minutes.
- 5 Reduce heat to *low* for the remainder of cooking time. Test for doneness near end of cooking time as given in cooking chart.
- 6 *Don't peek!* Lifting cover during cooking time lets precious moisture escape. Vegetables should be crisply tender—never overcooked.

WEAR-EVER

New Method utensils for vegetables and fruits.

For larger quantities of diced or sliced vegetables and fruits, small whole or bulky vegetables or 2 packages frozen vegetables.

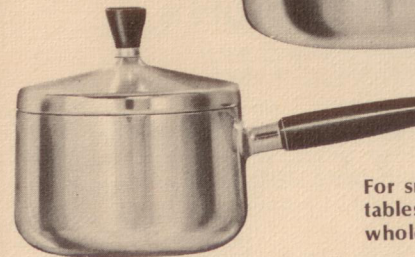


782 Sauce Pan and Cover

Perfect for cooking just a few ears of corn, fresh green asparagus, broccoli stalks or for baking several apples.



960 Broiler Pan and Cover



780½-781 Sauce Pan and Cover

For small quantities of diced or sliced vegetables and fruits, small whole vegetables or one whole package of frozen vegetables.



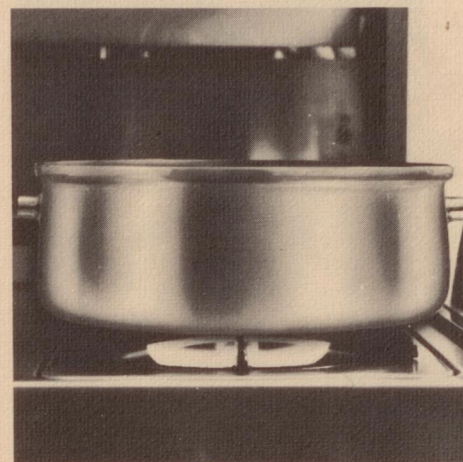
Meat, Fowl and Fish

Down through the centuries meat, fowl and fish have always been well liked foods. They are the heart of the meal—the center around which the menu is planned. There is pleasure associated with eating foods which appeal to the eye and the senses of taste and smell. Meat, fowl or fish present a mouth watering picture and the aroma and flavor tempt even the most jaded appetite.

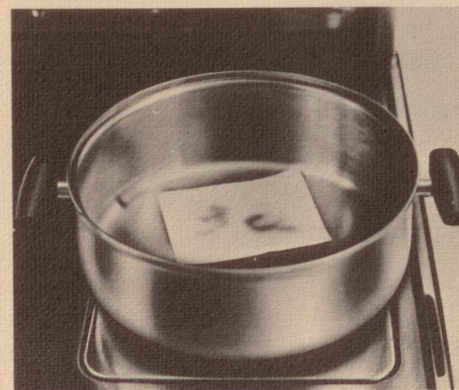
Aside from looking and tasting good, they are essential in the daily diet as a rich source of the highest quality protein. They furnish valuable amounts of health guarding vitamins and minerals such as iron, copper and phosphorus which go into making of good blood and bones.

Since a large portion of the food budget is spent on these foods, it is wise to know how to cook them properly.

How to roast meats

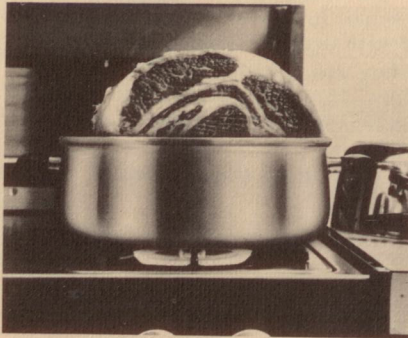


Place round roaster over medium-high heat. Explanation of medium-high heat on pages 4 and 5. Put a piece of white paper in pan.

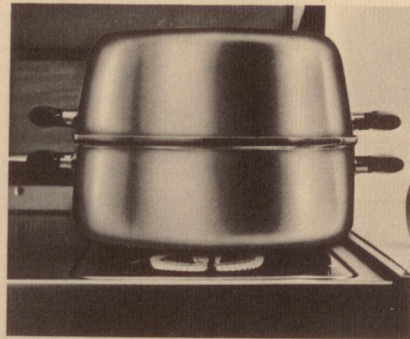


When paper in bottom of pan starts to turn brown, pan is ready to use. Remove paper; reduce heat to medium; place meat in pan.





Brown meat on all sides, allowing about 10 minutes for each side. Meat will stick to hot pan but will loosen as it browns.



Reduce heat to *low* for the remainder of cooking time. Test for doneness near end of cooking time as given in recipe.

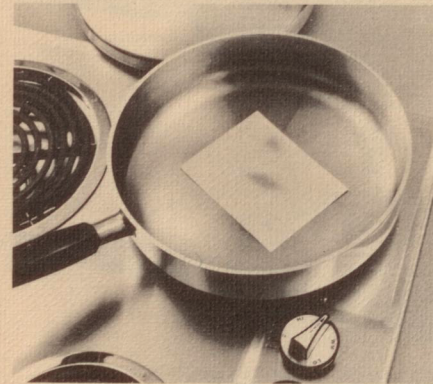
TO ROAST MEATS: Most roasts may be done on top of the range—The Wear-Ever New Method way—without added fat. This is especially recommended for the less tender cuts such as chuck, shoulder, rump or breast of beef. These cuts should be used frequently because they are just as high in food value as the more tender cuts, yet they are less expensive. Pork or veal roasts, small legs of lamb and small hams may also be done the Wear-Ever New Method way.

1. Place round roaster over *medium-high* heat. (See explanation of *medium-high* heat on pages 4 and 5.
2. Put a small piece of white paper in bottom; when paper *starts* to turn brown, pan is ready for use. Remove paper; reduce heat to *medium*; place meat in pan.
3. Brown meat thoroughly on all sides, allowing about 10 minutes to a side. Meat will stick to hot pan at start, but will loosen itself when sufficiently browned. If meat does not stick to pan, it indicates pan was not hot enough and meat will not brown properly.
4. Reduce heat to low; season; cover pan with No. 843 cover if roast is small or No. 855 cover if roast is large.
5. Continue to cook according to time specified in recipe for the kind of roast you are preparing.
6. To roast on Controlled Heat Unit see chart on page 7.
7. Following the same procedure, a small roast may be roasted in the 10-inch broiler pan with No. 843 cover.

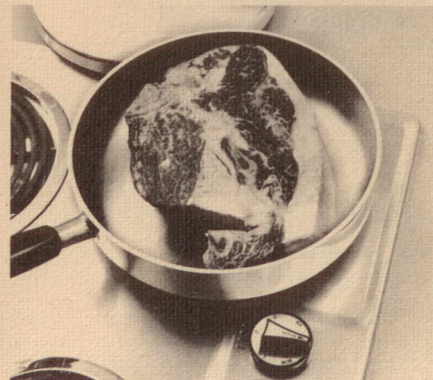
FROZEN MEATS—FOWL—FISH should be completely thawed, then prepared and cooked the same as fresh meat or fowl. Frozen fish should be thawed just to the point where a few ice crystals remain, then cooked the same as fresh fish.

TO PAN BROIL MEATS means to cook meats the Wear-Ever New Method way without added fat. It is recommended for steaks, chops, ham slices and hamburgers.

1. Place 10-inch broiler pan over *medium-high* heat. (See explanation of *medium-high* heat on pages 4 and 5.
2. Put a small piece of white paper in pan. When paper *starts* to turn brown, pan is ready to use. Remove paper.
3. Place meat in pan; reduce heat to
4. When brown on one side, turn to brown other side. Broil to desired degree of doneness, turning several times if necessary; season.
5. To pan broil on Controlled Heat Unit see chart on page 7.
6. If a large quantity of meat is to be pan broiled use the No. 918 utility pan.



Place 10-inch broiler pan over *medium-high* heat. See explanation for *medium-high* heat on pages 4 and 5 in front of book.

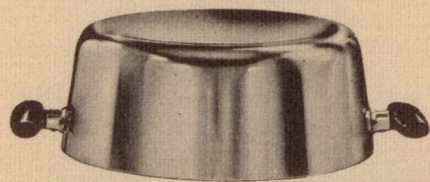


Place meat in pan; reduce heat to *medium*. Cold meat will stick, but will loosen as it browns. Turn to brown on both sides.

medium. When cold meat hits the hot pan, it will stick just as your warm fingers will adhere to a tray of ice cubes. As the meat browns, it will loosen.



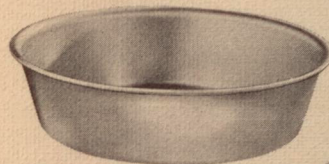
WEAR-EVER New Method utensils for meat-fowl-and fish



855 COVER



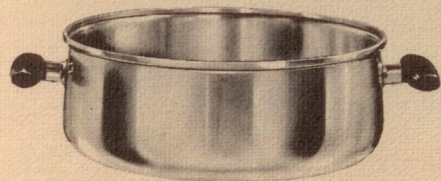
817 STEAMER PLATE



*802 INNER PAN



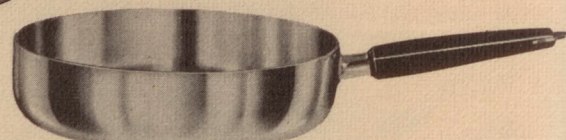
807 RING



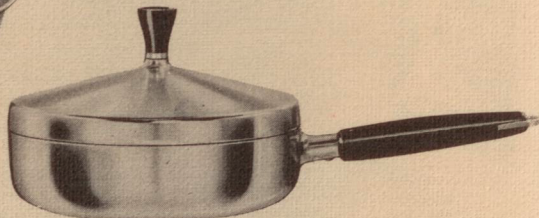
854 PAN



843 COVER



960 BROILER PAN



958 FRY PAN AND COVER



*918 UTILITY PAN

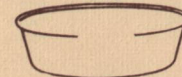
WEAR-EVER

New Method Utensils can be used in many combinations, thus increasing their usefulness.

*No Inner-Clad



843



802

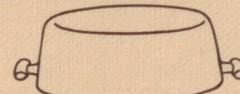


807



854

For medium sized roasts of meat, fowl or fish with steamed food in pan.

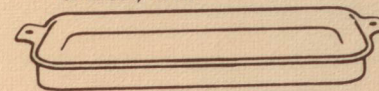


855



854

For medium sized high roasts of meat, fowl.

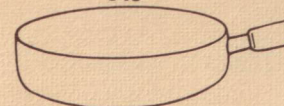


918

For pan broiling large quantities of steak, chops, fish fillets, bacon and sausages.



843



960

For small roasts of meat fowl or fish. For pan broiling steaks, chops, fish fillets and bacon.



855



802



817

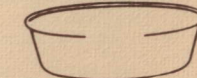


854

For medium sized roasts of meat, fowl or fish with steamed food in pan or on plate.



855



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854

For baking meat loaf, chicken or ham with steamed food in pan.



843



854

For medium sized roasts or fowl. Soups and stews.



The Pride and Joy of Baking

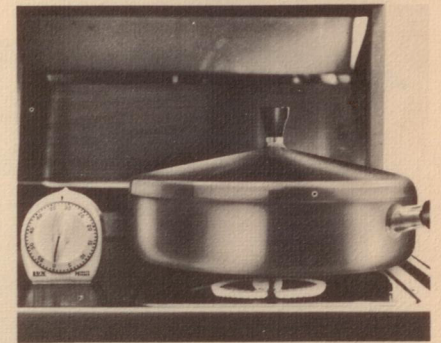
We Americans love desserts. Cakes and pies have long been our favorites. A beautiful cake or a home baked pie can be the grand finale of any meal. They make the simplest meal seem like a banquet, even provide a fitting climax for a more elaborate one. We like cookies, too. They are good any time — lunch time, snack time, dinner time.

And, of course, there is nothing more tantalizing or mouth watering than the smell of something baking! Men love to brag about their wives' cakes and pies, so why not let your husband brag about you.

How to bake a cake on top of the range



Unless recipe states otherwise, grease pan thoroughly. Pour cake batter into pan and cover.



Place pan over *low* to *very low* heat if using a mix . . . or *medium* heat if using a recipe.

How to bake cake

PREPARED FROM A RECIPE:

1. Unless recipe states otherwise, grease pan thoroughly. Pour batter into pan; cover.
2. Place over *medium* heat 5 minutes. Reduce heat to *low*; bake time specified in the recipe.



A delicious cake ready for frosting.

How to bake cake (Cont.)

PREPARED FROM A SHORTENING TYPE MIX—YELLOW, WHITE OR FLAVORED:

1. Use the 10-inch broiler pan and No. 843 cover for a full box of mix—the large two layer cake size package. Use the No. 958 fry pan and cover for a half box of mix or the small one layer cake size package.
2. Prepare batter according to directions on the package. Pour batter into greased pan; and cover. Place over low to very low heat depending on your range.
3. BAKE: Two layer cake size (full box of mix) 40-50 minutes. One layer cake size (half box of mix or small package) 20-25 minutes.
4. Cake is done when toothpick inserted in center comes out clean and cake starts to pull away from side of pan.
5. Remove from heat; remove cover; let stand 5 minutes; turn out onto cake rack.

WEAR-EVER

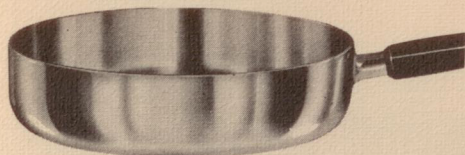
New Method utensils for baking



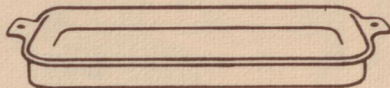
*918 UTILITY PAN



843 COVER



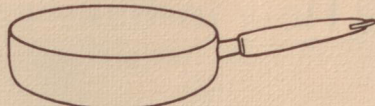
960 BROILER PAN



918 For bar type cookies and gridle cakes.



843



960 For direct heat top of range baking of butter-type and upside down cakes.



958 FRY PAN AND COVER

WEAR-EVER

New Method Utensils can be used in many combinations, thus increasing their usefulness.

*No Inner-Clad

HOW TO CARE FOR WEAR-EVER NEW METHOD UTENSILS

Wear-Ever Utensils, either stainless lined or all-aluminum, can be kept clean and bright with a minimum of effort — if you will devote a few minutes each day to their care.

DAILY CARE

After food has been removed, fill pan with lukewarm water. Pan will then be easier to wash. Do not allow utensils to soak in dishwasher as the exterior finish could lose its luster.

All Aluminum Pans: After each use wash utensil in hot sudsy water; rub interior with a Wear-Ever Cleanser Pad if needed; rinse with clear hot water; dry thoroughly.

Stainless Lined Pans: After each use wash in hot sudsy water; rinse with clear hot water; dry thoroughly.

Covers: The stain resistant Alumilite covers can be kept beautiful by simply washing in hot sudsy water, rinsing and drying.

Never use steel wool pads or other harsh abrasives on the covers as these will mar the finish.

SOAPS, DETERGENTS, CLEANERS

Those that are not injurious to your hands are best. Avoid using sal soda, caustic soda, potash or chlorine compounds. These will dull the bright attractive finish.

ELECTRIC DISHWASHERS

Are not generally recommended for washing metal utensils. Please do not put your Wear-Ever utensils in the dishwasher.

TO REMOVE BURNED FOOD

To remove food which may have accidentally burned on the inside of a utensil, partially fill pan with water, boil a few minutes, then scrape off burned particles with a wooden spoon.

TO POLISH INSIDE

To restore the original luster to the inside of the utensil, use the following cleaning procedures:

Stainless Lined Pans: Remove stubborn stains caused by food or excessive heat by using any good Stainless Steel Cleaner. Do not permit cleaner to come in contact with the outside of the pan.

All Aluminum Pans: Remove harmless discoloration caused by minerals in food and some waters by boiling a solution of $\frac{2}{3}$ tablespoons Cream of Tartar per quart of water in pan 10-15 minutes; rub briskly with a Wear-Ever Cleanser Pad; rinse; dry.

TO POLISH OUTSIDE

To polish outside of utensil use any good silver polish, or metal polish such as Met-All Aluminum Polish.

Wear-Ever New Method Utensils with Stainless Inner-Clad are

NOT SOLD IN STORES

contact your personal distributor or write to: Wear-Ever Aluminum, Inc., Chillicothe, Ohio

WEAR-EVER NEW METHOD EQUIPMENT

PROVIDES EVERY COMBINATION FOR COOKING ALL YOUR FOODS PERFECTLY



*NOT INNER-CLAD