

WISK

Self Basting
ROASTER

*The
DEPRESSED
COVER IS
THE SECRET
of
SELF BASTING*





How to use a LISK Self-Basting Roaster

THE shape of the concave top is such that as the natural juices of the roast vaporize and rise to the cover, they condense there, follow depressions to the center and fall in a shower upon the roast.

The inner tray is a distinctive Lisk Roaster feature. There is an air chamber between the tray and the Roaster base, which prevents scorching of the bottom of the roast. When the roast is done, the juices are in the tray ready to make the gravy.

Meat prices are high. You can save by buying cheaper cuts of meat and using the Lisk Roaster to make them tender and juicy.

The advantage of the more expensive cuts of meat lies not so much in nutritive value as in tenderness and flavor. These may be developed in the cheaper cuts. Prolonged cooking, which is possible without burning if your roaster is a Lisk, softens connective tissues. Pounding the meat or chopping it are also employed with tough cuts. With even the least desirable cuts, careful cooking will bring out all the natural flavors and other flavors may be

given by the addition of vegetables and seasoning with condiments of various kinds.

Before placing the Roaster in the oven always see that the damper is closed.

It is well to use a little water in the tray with any roast. Dry roasts such as mutton or tough fowl naturally require more water than beef, pork or veal. With pot roasts use a large quantity of water.

Put the meat in the tray and place in Roaster, put on the cover and set in oven or on stove. Do not touch the damper until the meat is almost done, then it may be opened to brown the roast.

It will be found that a roast cooks more rapidly in the Lisk Roaster with an ordinary fire; that is, not a forced fire. It will cook more rapidly in the Roaster than in the open oven.

Time Necessary for Roasting

With the oven hot, the time necessary for roasting in a Lisk Roaster, as given below, will be found about correct:

TIME TABLE

Beef, underdone, per lb.	9 to 10 minutes
Beef, fillet of	20 to 40 minutes
Lamb, leg of, per lb.	10 to 20 minutes
Lamb, stuffed shoulder, per lb.	18 minutes
Veal, loin of, plain, per lb.	15 to 18 minutes
Veal, stuffed, per lb.	20 minutes
Pork, per lb.	20 to 30 minutes
Chicken, baked, 3 or 4 lbs.	1 to 2 hours
Turkey, 10 lbs.	3 hours
Goose, 8 lbs.	3 hours
Duck, tame	40 to 60 minutes
Duck, wild	30 to 40 minutes
Small birds	10 to 15 minutes
Fish, long and thin, 6 to 8 lbs.	1 hour
Fish, thick, 6 to 8 lbs.	1½ to 2 hours
Fish, small	25 to 30 minutes

Why You Should Have a LISK Self-Basting Roaster

HOW GOOD THE DINNER TASTED." You want your family and friends to tell you this, for you deserve the credit after the hours you spend in the kitchen. You may be assured they will do so, if you have used a Lisk Roaster. Then you know the roast will be done to a rich golden brown; it will be tender and juicy, and there will be plenty of delicious brown gravy.

In preparing a meal there are so many little things to be done that it is a great relief to know that the roast requires no watching. Merely put the roast in the Roaster and then forget it until a few minutes before the clock says "Done". In the meantime the rest of the meal may be prepared and ready to serve. Then open the damper in the cover and the roast will brown nicely.

WHY USE OPEN PANS which waste a big part of every roast? Sometimes the meat is raw on the bottom and scorched on top; sometimes dried up. At the best there is a big loss in nutrition and weight, because the natural juices are wasted through evaporation. The Lisk Roaster gives you all the roast—substance and savor. The cover is fitted with a damper with which it is possible to regulate evaporation. In the hands of the housewife who will keep these things in mind, the Roaster will earn its cost several times a year on what is saved.

Lisk Roasters are made in six sizes—for any size roast up to thirty pounds.

Four sizes, Nos. 2 to 5 inclusive, are also made with chrome plated drop end handles. This makes it possible to use these large sizes in small and medium sized ovens.

Lisk Oval Roasters

Self-Basting, Seamless, Sanitary
With Inside Removable Tray
Made In Imperial Dark Blue

No.	Length	Width	Height	Capacity	
				Fowl or Turkey	Roast Meat
0	14½	9⅞	6¾	5 lbs.	7 lbs.
1	18	11¼	7¼	10 lbs.	12 lbs.
2	18¾	12	7⅞	12 lbs.	15 lbs.
3	19½	12½	8¼	16 lbs.	18 lbs.
4	20¼	13½	8¾	18 lbs.	20 lbs.
5	21⅞	14⅞	10¼	24 lbs.	30 lbs.

Nos. 0, 1, 2 and 4 also made in Ivory, black trim and are ½ inch wider than the blue.

Nos. 2, 3, 4 and 5 are also made with chrome plated end handles—see page 1—which reduces overall length 1½ inches.

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