

Ladies Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist



MICROWAVING YOUR TURKEY

If you own a microwave oven you may be wondering if you should use it to cook your holiday turkey this year. Using the microwave oven can considerably reduce cooking time. Your turkey will also be very juicy and tender. It will brown naturally because of the long cooking time, but will not have the crisp skin that many people associate with turkey.

On the other hand, for successful results you have to give the bird a fair amount of attention and handling, and you may find conventional oven roasting more suited to your needs.

The largest turkey you should cook in the microwave oven is 12-14 pounds. To be sure your turkey isn't too big for your oven, place your turkey in the oven cavity and turn it on all sides. You need 3 inches of space between the turkey and all oven walls, and should have a minimum of 2 inches between the top of the turkey and the ceiling of the oven.

—Estimate the cooking time at about 12-15 minutes per pound at 50 percent of full power (medium on some ovens, simmer or defrost on others.) Divide the cooking time by four.

—Place the turkey breast-side-down in a glass or other microwave oven safe baking dish.

—Tie the legs and wings to the body with string. Shield protruding parts with foil.

—Cook for 1/4 of estimated time, turn turkey on its side and microwave another 1/4 of the time. Turn on other side and cook 1/4 time. Baste as needed. If some parts are browning too fast, shield these parts with foil. Leave foil in place when you turn the turkey.

—For the last 1/4 of cooking time turn the turkey breast-side-up. Using a microwave oven thermometer, check internal temperature. It should read 185°F. after one minute. Other tests for doneness are the leg moves freely at the joint, or juices run clear yellow when breast meat under the

wing is pierced with a fork or skewer.

—Let turkey stand about 20 minutes under a foil tent before carving.

It's a good idea to remove pan drippings as they accumulate. Fatty drippings absorb microwave energy and can increase cooking time. This job is easiest done with a bulb baster.

Never use a temperature probe when roasting a turkey. Juices can run down the probe and cause the oven to turn off.

The biggest problem with microwaving a turkey is turning the hot bird several times during the cooking process. This is probably best done with several layers of good paper toweling, rather than pot holders, to protect your hands.

Cooking your turkey in the microwave oven can save you time, but it does involve some extra work on your part. Decide whether conventional or microwave turkey roasting is best for you this year.

CRANBERRY LORE FASCINATING

Turkey without cranberry sauce is nearly as unthinkable as Thanksgiving without turkey. But how many of us know the history of this unique berry?

The wild cranberry is native to open bogs and marshes from Newfoundland to western Ontario, south to Virginia and Arkansas. The major cranberry producing states are Massachusetts and Wisconsin.

The plant itself is a slender, creeping vine which grows from six inches to two feet long. Its small leaves are evergreen and its pinkish flowers give way to the fruit we are so familiar with.

The fruit is harvested in October, just in time for Thanksgiving preparations.

The cranberry has a fascinating history. The Pilgrims first learned how to prepare the fruit for eating from the Indians. They called it the vine "cranberry" because the

blossoms are shaped like the head and neck of a crane.

The berries kept so long without decay in those pre-refrigeration days and were prized so highly by colonists that, according to early Massachusetts history, ten barrels of them were shipped back to England as a gift to King Charles II.

Cranberries are versatile fruit. Besides the traditional jelly or sauce we can use them to make pies (cranberry, cranberry chiffon, cranberry apple) muffins, puddings, quick breads (cranberry nut or cranberry-orange), and sherbets.

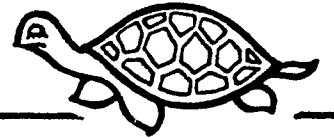
In recent years, cranberry juice

has become a popular appetizer. A sugar free cranberry juice is also available.

Store your cranberries in the refrigerator in the bag or box in

which they were purchased. For longer storage periods wash and drain the berries. Place in a freezer container and freeze. It isn't necessary to thaw the berries before using them in a recipe.

**DON'T
BE
SLOW**



**Call Now To Place Your
CLASSIFIED AD**

Ph: 717-394-3047 or 717-626-1164

INVENTORY CLEARANCE On Hog and Calf Buildings 5 to 8 Year Leasing Available



The Complete System Building

★ Agstar Stands Behind Their Buildings and Equipment
With a Full Year Warranty

SWINE & CALF CASTLE
Self-Contained or Pitless

AGSTAR

The most efficient modular
hog & calf unit on the market
today. Check our costs per
calf & hog housed. We can
show you dollar savings.



**ARE YOU HAVING PROBLEMS WITH
SOLIDS AND ODORS IN YOUR MANURE PIT?**

**TRY BIOLIFE - It's a liquid live
Micro-organism**

**Check this product out before you
spend \$1000's on mechanical aeration**

Many local hog operations can testify to this product.

★ FULL LINE PARTS DEPARTMENT ★ WE SELL, SERVICE & INSTALL
EQUIPMENT, INC.

EMHERR

Serving The Industry for
Over 20 Years

RD 1, Rt. 272 S., Herrville Rd.,
Willow Street, PA
Phone: 717-464-3321

the "GREENWOOD EAGLE"

- * Burns up to 30 hours without reloading
- * Heats 120,000 BTU's/hr. for 7-9 hours without reloading
- * No stacking & drying of wood
- * "CUT IT DOWN AND BURN IT"
- * 50% more efficient than other wood stoves
- * Takes logs 13" x 32"
- * Heats entire house
- * None of the usual creosote problems

SEEING IS BELIEVING AT:

**GIRTY'S NOTCH WOOD BURNERS
PHONE 717-444-7210**

22 Miles North of Hbg., Pa. on Routes 11 & 15
Showroom hours Mon - Fri. 4-8 p.m.
Sat. By Appt.