



**Enjoy roast stuffed chicken made in your microwave**

Chicken is one of the easiest foods to cook in your microwave. The meat comes out very juicy and moist, unless it is overcooked. The fat layer in the skin keeps the meat from drying out, so you can roast small chickens on high power if you are in a hurry.

Chicken roasted in the microwave will get brown! The fat in the skin browns nicely, but will never be quite as brown as when cooked in your range. Basting with Browning Butter (recipe below) helps it brown more. The larger the chicken, the longer the cooking time, and the browner the skin.

The biggest difference in microwaved chicken is that the

skin is not dry and crispy. Even though it is brown, the skin will be soft and damp. If your family enjoys crisp poultry skin, put the chicken under a broiler or in a hot (450°) oven during its standing time. On the Phil Donahue Show one morning, Julia Child used a blow torch to crisp the skin on her microwave chicken!

Try my favorite recipe for roast chicken. It's fast, easy, and good enough for company. Notice that these roasting directions are not very different from conventional directions, other than the time difference.

**Roast Chicken**

1 whole fryer or roasting chicken (knowing the exact weight of your chicken is important since this is used to figure the cooking time.)

2 cups of your favorite stuffing (or "stuff" chicken with a large onion cut in half)

2 pieces of string or heavy thread, about 18" long

Wax paper

Microwave roasting rack, "bacon cooker", or a flat 12 x 8-inch glass dish with an upside-down saucer in it.

1. Make sure your chicken is completely thawed before cooking.

2. Wash, dry and stuff chicken. You may sprinkle the cavity with salt, pepper, etc. if you wish. However, do not sprinkle salt on the outside of the chicken; this causes the skin to split during cooking. You may use pepper or any other herbs or spices you like on the outside.

3. Put the heel of a loaf of bread in the opening to hold the stuffing in, or sew it closed. Do not use metal skewers.

4. Truss the chicken: Cross the ends of the drumsticks and tie them together with one piece of string. Place the wings up against the sides of the breast and tie the other string around the entire front of the chicken to hold them there. Do not fold the wings underneath the chicken, they stick out too much and will get dried out (overcooked).

5. Put the chicken upside down (so the back is up) on the roasting rack. It should be raised in the pan so the juices can drain away from the meat. Baste with Browning Butter and cover loosely with wax paper.

6. Figure the cooking time: Poultry roasts best at medium high (70.7) for 10 minutes per pound. Add 1/2 pound to the weight of your chicken for the stuffing, if you have stuffed it. A four pound stuffed chicken would cook for 45 minutes (4 1/2 x 10 = 45) on medium high (70.7).

7. Set your microwave to cook for half the cooking time on medium high (70.7). If you have stages or a memory on your oven, set half the cooking time in memory 1, program a pause so the oven reminds you to turn the chicken over, and set the second half of the cooking time in memory 2.

8. When the oven stops after half of the cooking time, turn the chicken over. Drain off any juices from the bottom of the pan (save for gravy, if desired), baste the top with Browning Butter, and replace the wax paper.

9. Cook for the second half of the cooking time on medium high (70.7).

10. Let the chicken stand for 10 minutes before you check to see if it is done. It can stand in the oven with the power off, or covered with foil on your counter. Standing time

gives the center time to finish cooking.

11. Test for doneness by cutting the string tying the legs closed and cutting through the skin between the leg and side of the body. Pull the leg out slightly and look at the meat along the thigh bone. If the meat or juices are still pink, cut the other leg open and cook the chicken for 1 to 2 minutes longer, or until no longer pink.

Tip: Small chickens may be roasted on high power for 7 minutes per pound, if you are in a hurry. Be sure to include the standing time, or the center won't be done.

**Browning Butter**

1/2 stick butter or margarine (unsalted if possible)

1/2 teaspoon each: pepper, thyme, parsley, Worcestershire sauce, and Kitchen Bouquet.

1 teaspoon white wine or lemon juice, optional

Melt the butter (use high for 30-45 seconds) in a measuring cup and stir in the remaining ingredients. Baste on poultry before roasting.

Note: The times above are for microwaves with 600-700 Watts of power. For 500-600 W, add 10 seconds per minute; for 400-500 W, add 20 seconds per minute.

Send your questions on microwave cooking to The Micro Way, R.D. 3, Box 338, Altoona, Pa. 16601.

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**Saturday, September 1**

Lancaster Society 3 meets for a family night corn and doggie roast at 6 p.m. at Walter's Meadow.

Lancaster Society 6 meets at Mrs. Ray Hixon's. Dues are due. Everybody will tell about a school experience.

**Tuesday, September 4**

Lancaster Society 35 meets for the Market Basket 1984 program by Doris Thomas.

**Thursday, September 6**

Lancaster Society 17 meets for an auction.

**Friday, September 7**

Lancaster Society 1 weekend retreat at Camp Hebron. Program to be announced.

**Saturday, September 8**

Lancaster Society 7 will meet for a program by Arthur Rohrer on the Needlework Guild.

Lancaster Society 25 meets at Meadow Hills Dining House for their anniversary banquet. Sam Goss will give a program on safety.

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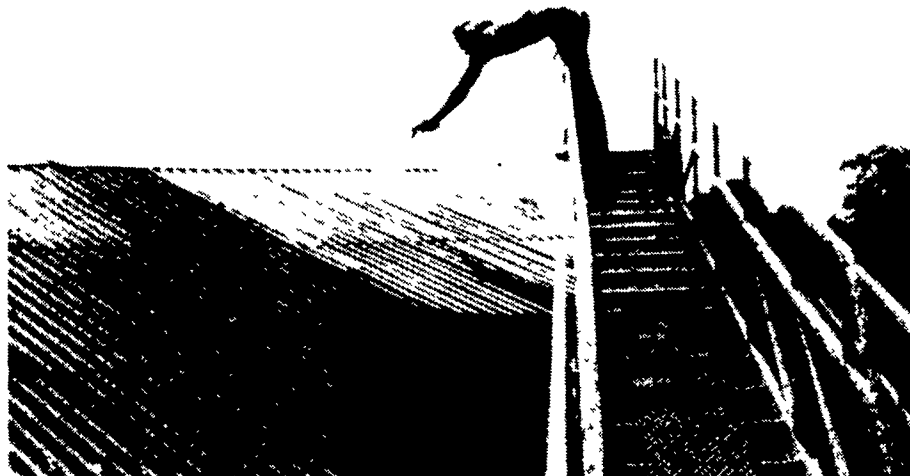
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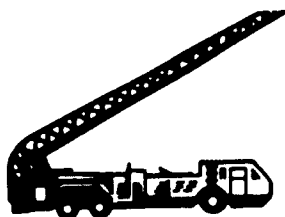
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