

THE MICRO WAY LANI BLOOMER



School's started and the lunch boxes are on the counter again waiting to be filled. Your microwave cooks bar cookies easily and quickly, so why not try it for lunchtime treats.

Individual cookies cook better in your range, unless you are using special microwave recipes. However, most bar cookie recipes can be cooked in your microwave without any changes. Here are some tips for good results, and two of our favorite recipes to help you fill those lunch boxes.

1. Bar cookies and brownies bake well in an 8 x 8" glass or plastic pan if you cook them on medium (50,5) power. If you turn the power down to medium when a recipe calls for high, double the time given for high power.

2. Many recipes, and mixes call for a ring mold or a glass in the middle of the pan. This is necessary if you cook on high power, but you do not need to use this donut shape if you bake on medium power (50,5) instead.

3. Do not grease and flour the container. Some recipes call for greasing a pan, when necessary. Otherwise, no pan preparation is needed.

4. To prevent the corners from overcooking when you bake on high power, shield the corners of a square pan with triangles of aluminum foil. You can do this if you bake on medium too, but usually it's not necessary. When you use foil for shielding, keep the foil 1" or more away from the oven walls, and look through the window to check for arcing (sparks) when you turn the power on.

5. Covering the pan with wax paper will help the cookies bake evenly.

6. Bar cookies are done when the center has raised, and a small damp looking spot remains in the center. If you are using a clear glass pan, check for doneness on the center of the bottom. Very little unbaked batter should appear. Bar cookies will cook a little more during standing time, so don't overcook them. Cookies that are hard or dry are overcooked.

7. Let the pan sit directly on a countertop or bread board for 5-10 minutes standing time to finish cooking.

8. If you are adapting a conventional recipe, try baking the cookies on medium (50,5) for 8-12 minutes, until the center raises, then bake on high for 1-3 minutes until done. Write down the time it takes on your recipe, so you'll know next time.

Fudgy Brownies
1 stick margarine or butter
1 cup sugar

2 eggs
1/2 teaspoon vanilla
3/4 cup flour
1/3 cup cocoa
1/2 teaspoon baking powder
Pinch salt

1. Melt margarine in a medium glass or plastic mixing bowl (Cook 1 minute on high). Stir in sugar, vanilla, and beat in eggs.

2. In a separate bowl combine flour, cocoa, salt and baking powder. Stir into the egg mixture until blended. Pour batter into an 8x8" greased microsafe pan.

3. Cook, covered with wax paper, on medium (50,5) for 10 minutes, turning the pan twice if your oven cooks unevenly.

4. Cook on high for 1-2 minutes. The center of the brownies should be raised up and barely damp. It will dry up and cook a little more during standing time.

5. Let stand directly on a counter or board for 5-10 minutes, then move to a rack to cool. Cool before cutting. Sprinkle top with powdered sugar if desired.

TIP: If your oven doesn't have medium power, shield the corners of the pan, and cook for 5-7 minutes on high.

Raisin Filled Oatmeal Squares

1 cup raisins
1/4 cup white sugar
1 tablespoon cornstarch
1/3 cup water
1 1/2 tablespoons lemon juice
3/4 cup packed brown sugar
1 1/4 cups flour
2 tablespoons wheat germ, optional
1/4 teaspoon salt
1/2 teaspoon soda

1 cup rolled oats, uncooked
1 stick butter or margarine

1. Mix raisins, white sugar, cornstarch, water and lemon juice in a 4 cup measure or microsafe bowl. Cook on high for 3 minutes, stirring once, until the mixture is hot and bubbly. Set aside.

2. Combine brown sugar, flour, wheat germ, salt, soda and oats in a bowl. Cut in butter until mixture is crumbly. Firmly press half the mixture in the bottom of a greased 8x8" pan.

3. Spread raisin filling over oatmeal layer in pan. Sprinkle remaining oatmeal mixture on top, and pat down gently.

4. Cover with wax paper and bake on medium for 8 minutes, then on high for 1-2 minutes until the center is slightly firm. Cool, and cut into squares.

NOTE: The times above are for ovens with 600-700 watts of power. For 500-600 W, add 10 seconds to each minute; for 400-500 W, add 20 seconds to each minute.

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English IFYE visits Pa. during U.S. trip

WEST CHESTER — Simon Gray, a member of International 4-H Youth Exchange, arrived in Pennsylvania on Aug. 13, to experience American lifestyle and culture through participation.

Gray is a 25-year-old native of England. His home is a farming village where he worked on a 300-acre farm. Gray was a member of the Young Farmers Club for three years and attended the Scarborough 6th Form College for two years.

His study interests include farm machinery, especially old implements.

Gray is presently self-employed as a restorer of cars and motor-

cycles. During his spare time, he enjoys hockey, football and modern music.

Gray arrived in the United States in June. After a short orientation program in Washington, D.C. he departed for Washington, his first host state, where he resided until Aug. 3. He had nine free days for travel and sightseeing before his scheduled arrival at Penn State University. From Aug. 13 through Oct. 12, Gray is visiting Bradford, Bucks and Chester counties. He returns to England on Oct. 25 after another ten days of free time and a final three-day consultation program in Maryland.