

## Delaware teens win 4-H awards



### Use your microwave for pizza

Let's take a look at using your microwave for cooking and reheating pizza. If you have a browning grill or microwave pizza oven, you can cook homemade pizza in your microwave, or reheat pizza with a crispy crust. These utensils are expensive to buy, but they cook or reheat pizza in less time than it takes to preheat most range ovens. Also, a microwave uses much less energy to run than a range oven.

Without a browning grill or pizza oven, you can't make a homemade pizza using an uncooked crust, but you can reheat pizza. However, pizza reheated without one of these utensils will have a soft, not crispy crust.

— Reheating take-out pizza: Don't put pizza directly on a plate to reheat, because steam will get trapped between the crust and plate and make the crust very soggy. Instead, put one or two slices on a double thickness of paper towels, and put it on an oven shelf or bacon/roast rack. If you have several pieces, put the points together and the edges facing out so the points don't overcook.

Heat on medium high (70,7) for 15-45 seconds for one or two slices, until the cheese is hot and bubbly. If the pizza has been refrigerated, increase the time to 45 seconds to 2 minutes. The exact time will depend on the size and thickness of the slices.

— Reheating Frozen Pizza: The best way to reheat frozen pizza is to use a browning grill, or pizza browner/oven. These utensils will give you a hot, bubbly pizza with a brown, crispy crust. The utensils come with directions on cooking times. However, if you don't have the directions for your browning grill, here's some help!

Preheat the grill 3-5 minutes (3 for little grills, 5 for large size) on high. Remove pizza from packaging, brush ice off bottom of crust. Place on the preheated browner and cook, uncovered, on high for 5-10 minutes until the center of the cheese is melted. Check the bottom of the crust after 3-4 minutes to make sure it isn't burning. If the

crust browns or burns before the cheese melts, preheat your grill for less time.

To reheat frozen pizza without a browning grill, put the pizza on several layers of paper towels and put it in the oven on a rack or shelf. Reheat on medium (50,5) for 7-10 minutes or until the center cheese is hot. Once again, the exact time will depend on size and thickness. Using medium power instead of high or reheat will keep the outside edges of the crust from getting hard (overcooking).

— Homemade Pizza: If you have a microwave pizza oven, use your favorite recipe for pizza, whether it's a mix or scratch recipe, and follow the manufacturer's directions. The pizza oven I have used calls for making the pizza directly in the utensil, and cooking for 10-15 minutes on high, covered. The crust comes out beautifully brown and crispy. However, if you put on very thick toppings or cheese, the pizza may take longer than this to cook.

If you have a browning grill, you can make homemade pizza on this. Use your favorite crust recipe, and preheat the grill 3-5 minutes. Spread the crust out on wax paper in a size to fit the grill, and invert on preheated, oiled grill. Remove the wax paper and cook crust alone on medium (50, 5) for 2-4 minutes until the crust is firm and not doughy (4-6 minutes for a thick crust). Add sauce, toppings and cheese and cook on high for 4-5 minutes until the center is hot and bubbly.

The Mini Snack Pizzas are a quick and easy snack, and would be good for teens to make. Young children need adult supervision for cooking these, since a browning grill gets very hot.

#### Mini Snack Pizzas

- 1 can (10 or 12) refrigerated biscuits
- 1 10-ounce can pizza sauce
- Pepperoni, mushrooms, peppers, etc. as desired for topping.
- 4-6 ounces shredded mozzarella cheese
- Olive oil or vegetable oil.

NEWARK, DEL. — Four Sussex County 4-H'ers have been named state winners in the 1984 national 4-H awards program. Janelle Taylor, daughter of John and Barbara Taylor, took the state's top award for her food preservation project. She is a member of the Seaford Blue Jays 4-H Club. Her award was provided by the Kerr Glass Manufacturing Co.

Katrina Workman, also of Seaford, won the achievement award, sponsored by the Ford Motor Company Fund. Daughter of John and Ellen Workman, she is a member of the Blue Hen Workers 4-H Club.

Cristine Jernigan, daughter of Ronald and Carolyn Jernigan, took the top award for her swine project. Her award was sponsored by the National 4-H Council. Also a Seaford resident, she belongs to the Sandy Fields 4-H Club.

Robert Wilson, son of Robert and Barbara Wilson, Georgetown, took top honors for his veterinary science project. He belongs to the Broadkill Kool Kats 4-H Club. His award was provided by the Upjohn Co.

The purpose of 4-H projects is to

1. Preheat browning grill 2-4 minutes on high.
2. Separate 4 biscuits from the package and roll each into a 3-inch circle on an oiled bread board. They should be very thin, since they will puff up when cooking.
3. Oil the grill lightly and place the 4 crusts on the hot grill. Cook for 15-20 seconds per crust (1 minute for 4) until they are brown on the bottom. Remove them to the breadboard with a metal spatula, flipping them over so the brown side is up.
4. Reheat grill for 2 minutes while you put the sauce on.
5. Spread about 1 tablespoon sauce on each crust, add toppings if desired, and top with about 1 tablespoon shredded cheese.
6. Return to the heated grill and cook for 20-25 seconds per pizza (1½ minutes for 4) until the cheese melts. Let stand for 1 minute before serving. Serves 10-12.

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 add 20 seconds to each minute.

If you have questions about any of Lani's recipes or about her column, you can write to her at Lancaster Farming, P.O. Box 366, Lititz, Pa. 17543.

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Janelle Taylor



Katrina Workman



Christine Jernigan



Robert Wilson

build skills in specific areas of interest, increase career awareness, and develop leadership, character, and initiative. All

of the state winners have worked on their chosen projects for several years, each year building on the past year's achievements.

## Bedford Co. open house to highlight 'Christmas in the Country'

BEDFORD — The Bedford County Ag Extension is sponsoring a farm and home open house on Oct. 19 and 20 at the Clyde Koontz Farm in Friends Cove.

The public is invited to attend on Friday from 10 a.m. to 4 p.m. and from 7 to 9 p.m. Hours on Saturday are from 10 a.m. to 4 p.m.

"Christmas in the Country" is the theme of the open house which will feature lots of creative decorating and craft ideas. A schedule of demonstrations follows.

#### Demonstrations

Rosemaling - Virginia Miller Fri. 10 a.m. to 4 p.m.

Noodle Making - Katie Shaffer Sat. 10:30 a.m.

Sheep Dog Demonstration - Jack Monsour Sat. 1 p.m.

Sheep Shearing - Karl Kaufman Fri. 11 a.m. & 2:30 p.m.; Sat. 11 a.m. & 2:30 p.m.

Weaving - Dot Reed Fri. & Sat. Butter Making - Sandy Howsare - Sat. 1 p.m.

Cheese Making - Sandy Howsare Sat. 3 p.m.

Bread Making - Katie Shaffer Fri. afternoon

Spinning - Fri. & Sat.

Square Dancing - 4-H Swingers Sat. 2 p.m.

Wool Dyeing - Fri. & Sat.

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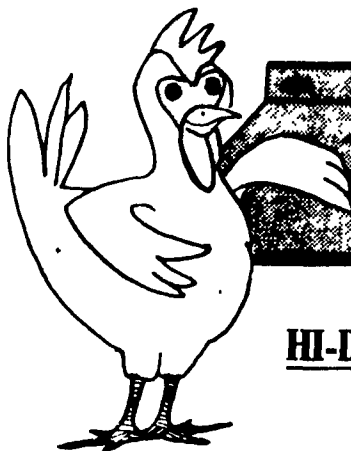
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