



Microwave utensils make good Christmas gifts

Now that Thanksgiving is over, the countdown to Christmas has started. If you need a gift for someone with a microwave, there are microwave utensils and accessories in all price ranges that they might appreciate.

Many people ask whether glass or plastic microwave utensils are better. A perfect utensil would be light weight, easy to clean, un-

breakable, stackable so it's easy to store, good looking and versatile. Unfortunately, I haven't found any yet that meet all the requirements!

Each type of material has benefits and disadvantages. Plastic utensils are harder to clean than glass utensils, because proteins like meat and meat juices tend to stick to the plastics. The glass utensils are safe in a regular

oven. But many of the "plastic" utensils are made from materials that can take temperatures up to 400° F. The glass utensils draw more heat from the cooking food, so cooking times may be slightly longer than plastics. However, the glass ones keep food warmer longer at the table. But glass breaks and is heavier... I can't tell you which to choose! You will have to decide which things are important to you.

Here are a few microwave utensils and accessories that would make good gifts.

- Wooden or plastic stirring spoons, which can be left in a microwave during cooking (about \$2-5).

- A kitchen scale for weighing vegetables and meats to determine cooking time. Most vegetables and meats can be cooked for 6-7 minutes per pound on high (from about \$10-\$40).

- A plastic 10- or 12-cut bundt pan for baking cakes. This pan holds any two layer cake for easy baking (about \$7-10).

- Two 9-inch round plastic layer cake pans. These pans are easier to bake in (but harder to find in

stores) than the round glass pans (about \$8-\$10 each).

- For someone who bakes a lot, or whose oven cooks unevenly, a turntable would be a welcome gift. Both the battery and the wind up kind work well (from about \$25-40).

- The small "instant read" thermometers can be left in the microwave during cooking since they don't contain mercury. They are helpful for roasting meats and making yogurt in ovens without a temperature probe (about \$10-\$15).

- A microwave cookbook. For a beginning microwave cook, "Let's Cook Microwave," by Barbara Harris can't be beat. Harris' book is available by mail (but might not make it before Christmas) from: Mrs. Barbara Harris, P.O. Box 2992, Portland, Oregon 97208. Prices include shipping: \$6 for paperback, \$8.95 for spiral bound. Many other cookbooks are available where microwaves are sold and in bookstores.

- Heat resistant (Pyrex-type) glass measuring cups: the 4 and 8 cup sizes are very useful and inexpensive "pots" for a microwave. I use these for

scrambled eggs, pudding, sauces, gravy, and candy making (\$2-\$5).

- A subscription to "The Microwave Times." This publication has good recipes and articles, a column on adapting recipes and many other features. It is my favorite microwave magazine. The current price of a one year subscription (six issues) is \$8.95. Send check or money order to: The Microwave Times, Box 1271, Burnsville, Mn. 55337.

- RUBBERMAID has a nice line of white plastic microwave utensils that stack easily, and their lids are interchangeable. These are not safe for oven heat as are some other "plastic" utensils.

- CORNING has a new line of pyroceramic utensils, called "VISIONS." These clear brown glass pots can be used on a range burner, in an oven, or in a microwave. But you can't stack them for storage!

- The WEAR-EVER Company has some new "SilverStone lined glass cookware that is microsafe, and much easier to clean than the plastic pans.

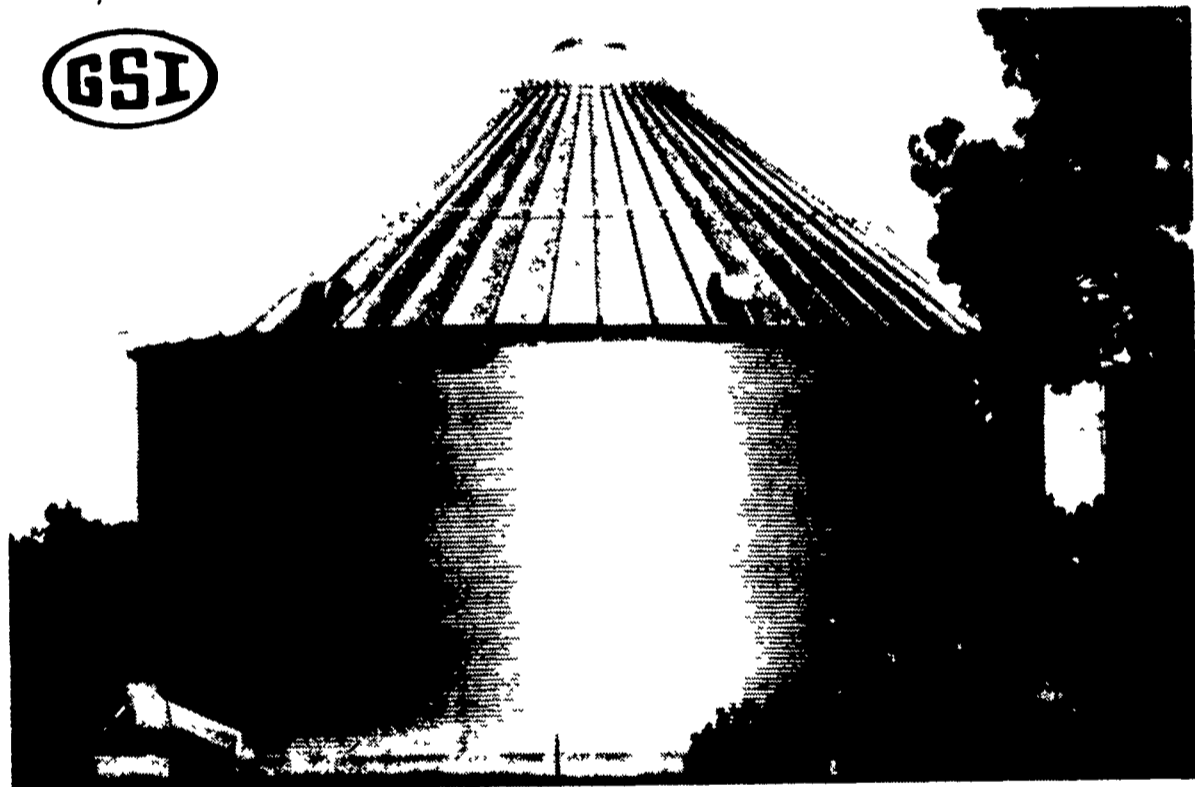
- ANCHOR-HOCKING has a new line of white, "SUPREME MICROWAVE," in addition to their greyish-tan "Microwave" line. Both are safe for oven heat up to 400° F. The Supreme microwave products are heavy so they will retain heat longer, and come with plastic refrigerator covers as well as the cooking lids.

- REGAL has a new line of "METALWAVE" cookware. These are metal and plastic utensils that are safe in a microwave. Foods cooked in these (a baker/fryer, steamer, grill, and egg cooker) are enclosed in the metal utensil and cooked by steam and conducted heat, not direct microwave cooking. These produce nice results and browned foods, but are expensive to buy (about \$30-40 each).

From wooden or plastic spoons to turntables and fancy cookware sets... there's a microwave gift to fit your budget!

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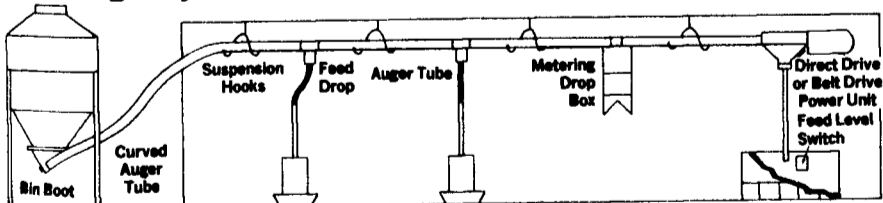
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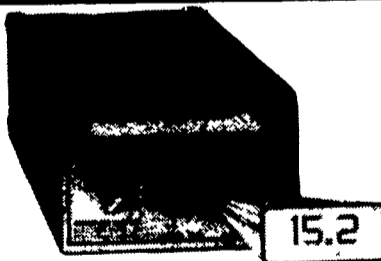


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