



OLD FASHIONED PUDDINGS, THE MICRO WAY!

Pudding is surprisingly easy to make in a microwave. It never scorches on the bottom, you don't have to stir constantly, and cleaning up is a breeze.

Put your double boiler away for good! Any puddings you make in it will be much easier in your microwave.

A large 6 to 8 cup measuring cup is the best utensil for pudding in a microwave. The handle makes it easy to move in and out of the oven, you can measure the ingredients right in the bowl, and it's easy to clean up.

No change in the ingredients of conventional recipes is necessary for microwaving puddings. Use this "cooking pattern" for your favorite recipe.

Scratch Pudding Recipes

1. Combine dry ingredients in a 2-quart measure or bowl. Add about 1/2 the liquid called for and stir well to dissolve lumps. Stir in remaining liquid.

2. Estimate how long it will take your pudding to come to a boil, by the amount of liquid you have:

- 1 cup takes 2 1/2 to 3 minutes
- 2 cups take 5 to 6 minutes
- 3 cups take 8 to 9 minutes

3. Microwave on high, uncovered, for half the estimated time without stirring. Stir well.

4. Microwave on high, uncovered, until the pudding boils, stirring every minute. (Frequent stirring during the second half prevents lumps.)

5. Follow your recipe to determine how long to let the pudding boil. Stir, then pour in dishes and chill, etc.

If your busy schedule doesn't leave you time to cook scratch puddings, here's how to microwave pudding mixes, instead.

Pudding Mixes:

1. Combine 2-cups cold milk and a 3-ounce pudding mix in an 8-cup measure or 2-quart bowl. Stir well. Leave uncovered.

2. Microwave on high for 3 minutes. Stir well.

3. Microwave on high for 2 1/2 to 3 1/2 minutes longer, stirring after each minute, until mixture comes to a boil and thickens. Do not over cook, since some thickeners break down and become thin and watery if overcooked.

4. Pour into bowls and chill.

I won't argue with you if you say the best rice pudding is baked for hours in a slow oven. But if you haven't got hours, this microwave version is ready to eat in one hour, and is inexpensive and delicious.

Rice Pudding

- 4 cups milk
- 1/2 cup long grain white rice (not instant)
- 1/2 cup sugar
- 2 tablespoons margarine
- 1/2 teaspoon salt
- 2 eggs, beaten
- 1/2 cup raisins, optional
- 1 teaspoon vanilla
- Cinnamon sugar to sprinkle on top, optional

1. Combine rice, milk, butter, sugar and salt in a 2-quart casserole. Leaving uncovered, microwave on high for 9 to 10 minutes, stirring once, until steaming hot.

2. Stir, then reduce power and microwave on medium (50,5) for 30 minutes, until rice is tender.

3. Stir in raisins, if desired, and vanilla. Beat eggs well. Then, stirring rapidly, pour eggs slowly into hot rice and milk. Stir until well mixed.

4. Microwave on medium low (30,3 defrost) for 5 minutes, stir. Sprinkle top with cinnamon sugar if desired.

5. Microwave on medium low (30,3) for 10 minutes longer, without stirring, until pudding is thickened. Let cool 15 minutes before serving. Serve warm or cold; refrigerate leftovers. Makes 6 to 8 servings.

Tip: To cut recipe in half, halve all ingredients and microwave for 5 to 6 minutes in Step 1 and 5 minutes in Step 5. Other microwave times remain the same. Serves 3 to 4.

Quick-cooking tapioca can be used in the microwave. Pearl tapioca takes too long to soften, and is best used on the range in conventional recipes. Be sure to let the pudding stand 5 to 10 minutes before cooking, or the tapioca will still be crunchy!

Tapioca Pudding

- 2 cups milk
- 3 tablespoons quick cooking tapioca
- 3 tablespoons sugar
- 1 large egg, separated
- 1/8 teaspoon salt
- 1 teaspoon vanilla
- 2 tablespoons sugar

1. Combine milk, tapioca, 3 tablespoons sugar, egg yolk, and salt in an 8-cup measure or 2-quart bowl. Mix well and let stand 5 to 10 minutes for the tapioca to start softening.

2. Meanwhile, beat egg white

until foamy. Gradually beat in 2 tablespoons sugar, beating to stiff peaks. Set aside.

3. Stir pudding, then microwave on high for 6 minutes. Stir.

4. Microwave on medium high (70,7) for 6 to 8 minutes longer until the pudding boils and thickens. Pudding needs to boil a minute or so before it thickens.

5. Stir in vanilla, then egg white, mixing thoroughly. Let cool 20 minutes, stir again and serve. Refrigerate or serve warm.

Makes 4 to 5 servings.
Variation: For Chocolate Marble

Tapioca (this is super rich!): Sprinkle 1/2 cup chocolate chips over pudding after blending in egg white. Barely stir through once, then let stand 20 minutes for the chips to melt. Stir through once before serving. (For an evenly mixed chocolate tapioca, stir thoroughly.) Serve warm.

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

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Lancaster County seeks dairy princess candidates

LANCASTER — Contestants are being sought for the 1986 Lancaster County Dairy Princess contest. This year's pageant will be held Saturday, June 21, at the Farm and Home Center, beginning with a reception at 7 p.m.

This marks the 50th year of June Dairy Month, and as part of the program, the local committee will recognize all former Lancaster County dairy princesses.

To be eligible to be dairy princess, young women must have completed their junior year of high school and not have reached their 24th birthday by Dec. 31, 1986.

Contestants must be the daughter of a dairy farmer, a dairy farm manager or herdsman or herself be a full-time employee on

an operating dairy, or own two animals in a 4-H or FFA project, prior to May 1, 1986. Contestants under 21 must have parental permission.

Contestants must also be willing to attend a week-long training seminar during the summer if they are selected to be eligible for the state contest in September.

All contestants will be helping to celebrate June Dairy Month with various promotional events at area malls. Each contestant will receive a prize.

For more information and for applications, interested persons can contact Ruby Bollinger, R.D. 7, Box 182, Manheim, 17545. Her phone is 898-7622. Deadline is April 30.

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