

THE MICRO WAY LANI BLOOMER



Microwave Cookbooks, Look Before You Buy!

Mother's Day is coming up in two weeks, believe it or not! If your Mom has a microwave, she just might appreciate a new microwave cookbook as a gift, especially if she doesn't use her microwave much.

Here are a few hints for choosing a cookbook she (or you!) will like. Microwave cookbooks are available in book stores, in microwave retail outlets, and

microwave catalogs. (One mail-order catalog is MICROWAVE AND MORE, 961 Lyell Ave., Rochester, N.Y. 14606).

When you look through a book think about what kind of cooking your mom does. If her cooking is limited to packaged convenience mixes, look for a book that tells how to use these mixes in a microwave. If she makes most of her food from scratch, look for books that use homemade sauces instead of canned soup for sauces. If she has diet limitations, look for

these. I'm sure you get the idea by now.

Check the publication date on the book. Cookbooks that were published more than five or six years ago and have not been revised since then, will not utilize the "easy cooking" features on newer microwaves like variable power, temperature probes, or sensors.

One last thing to look for is the power of the microwave used to test and time the recipes. You will find this information in the front of the book, usually in a forward, or a section called, "how to use this book", etc. If the power level is different from your mother's oven, she might have to adjust all the cooking times. Most books written in the last few years are for ovens with 600 to 700 watts of power. If the cookbook was published before 1978, it may be for a lower powered oven.

There are many microwave cookbooks available, and as with any cookbook, some are better than others. Here are my favorite cookbooks. I use these five regularly and like them. One would

make a nice gift for someone with a microwave oven.

The cookbook I think is best is still (after seven years!) the paperback, *Let's Cook Microwave, Third Edition*, by Barbara Harris. This book is easy to use and has good basic information on the differences between microwave and range cooking. If you know someone who has a microwave that's not being used much, they need this book!

In Harris' book I've found directions for anything I've ever tried to cook in my microwave, from whole pumpkins to play dough! Most book stores don't stock this book, but can special order it for you. The book is available from many microwave retail stores and catalogs. The cost? A friendly \$5.25 for the paperback and \$7.95 for the spiral binding.

Another favorite microwave cookbook is Audrey Stehle's, *Microwave Cooking Made Easy*, published by Southern Living. This has a good "basics" section in the front and some of the best food that I've made in my microwave has come from the recipes in this book. You'll find "good eatin" here, though most of the recipes are not really quick ones. This hardbound sells for about \$18 at the bookstores.

The newest cookbook on my shelf is *Simply Scrumptious Microwaving*, by Wilkins, Robinson and Stancil. This spiral bound paperback (\$9.95) has almost 600 recipes in it, but has only a brief explanation of microwave techniques. If your mother uses her microwave a lot and is looking for new recipes, this might be what she needs.

If your mother is a gourmet cook or likes French or Italian cooking, look for Snyder and Cone's books, *The Microwave French Cookbook*, or *The Microwave Italian Cookbook*. These hardbounds (\$15.50) give microwave directions for

authentic ethnic recipes. Their recipes are easy, faster than conventional, and delicious.

I haven't personally tested these next few books, but they should be more reliable than one from an author with whom you are not familiar.

Better Homes and Gardens has published a series of books on microwave cooking. Each one is a different theme, such as *Microwave Cooking For Kids*, *Microwave Plus* (using your range, grill and freezer along with your microwave). The *Microwave Cooking for One or Two* would be especially nice for a single person. Most of these are hardbacks for about \$7; the paperbacks are a dollar less.

If your mother needs help understanding microwave cooking techniques, either *Betty Crocker's Microwave Cookbook* or the *General Electric Microwave Cookbook* should help her (or you!). These hardback books are jammed full of pictures of techniques and doneness tests. They range in price from \$12 to \$15.

One last suggestion is a subscription to a microwave magazine. The best is *The Microwave Times*, Box 1271, Burnsville, Minnesota 55337. It costs \$8.95 for a year's subscription (6 issues—every other month). It contains recipes, product reports, reader's questions, etc.

If you need to special order one of these books and a book store says the one you want is not available, try a different store. The chain stores each have different suppliers. When I called about availability of these books, one store told me I couldn't get the book, another had it available for order. These books are all still available!

So what's the final word? Just this — before you buy a microwave cookbook, browse through it to make sure its style matches your mother's!

Copyright 1986, Lani Bloomer



CONCRETE PUMPING SERVICE

Featuring

- Sidewinder 45 Concrete Pump • Up To 40 Cubic Yards Per Hour
- Pump Up To 150 Ft. Vertical And 800 Ft Horizontal

CONCRETE SPRAYING SERVICE
A Proven Way Of Applying Concrete

- Repair Retaining Walls
- Strengthen Existing Masonry Walls
- Reseal Manure Pits
- Manure Pit Construction
- Trench Silo Construction
- Silo Repair

KEYSTONE GUN-KRETE
61 Poplar Street Gordonville, PA 17529
(717) 768-3641

**Machine Work
Welding &
Farm Supplies
Hardware**



• **CUSTOM BUILT
WOOD & COAL STOVES**

- Custom Built High Pressure Washers
- Welders & cutting torches
- Stainless steel, aluminum and spot welding
- UPS Service

HIGH TENSILE WIRE FENCING

D.S. MACHINE SHOP
DAVID E. STOLTZFUS
3816 E. Newport Road
Gordonville, PA 17529
1 Mile East of Intercourse on Rt 772



Fertilizer... Bag or Bulk!



SPECIAL ANALYSIS

- 8-24-8 CORN SPECIAL
- 0-10-30 ALFALFA SPECIAL
- 8-8-24 TOBACCO
- 8-16-24 TOBACCO
- 4-8-12 TOBACCO

Others Also Available

New Shipping Location

Cramer—York
80 Lb. Bags
717-843-0981
1-800-632-1895

It's your choice



When cutworms attack young tobacco plants they take a big bite out of your profits. Only LORSBAN® 15G insecticide applied prior to transplanting can prevent cutworm damage, saving you the time and expense of resetting plants. LORSBAN 15G controls wireworms, flea beetle larvae and many other pests, too. And it won't leech out. Stop in for full details on LORSBAN 15G — your only choice for superior cutworm control and more.



Complete Line Of:

- ★ Raw Materials
- ★ Mixed Fertilizer
- ★ Farm Chemicals

Call Toll-Free

In Pa. — 1-800-732-0398
Outside Pa. — 1-800-233-3822

**Call For The Name
Of Your
Nearest Dealer!**

**Dealers
Wanted!**

R/K AGRI SERVICE, INC.

500 Running Pump Rd. (717) Lancaster, Pa.
Box 6277 299-2541 17603

LANCASTER, PA
717-299-2541
CHARLOTTE HALL, MD.
301-884-4604
301-932-6527

RICHLAND, PA.
717-866-5701
LYONS, NY
315-946-9758
1-800-351-1535 (NY only)

UPPER MARLBORO, MD.
Three M Farm Service
301-627-8700

SALES REPRESENTATIVES
DON LOHR Northern MD & Southern PA 717-684-8431
HAROLD BRECHT North Central PA Rep. 717-356-7962
DAVE BORSOI Eastern PA Rep. 215-865-5795
JAMES H. McKENNY. Southern Maryland. 301-257-2572