

THE MICRO WAY LANI BLOOMER



Let's Barbecue!

Memorial Day traditionally opens the summer season, and summer means barbecues! Your microwave can be a real boon to home barbecues, both for precooking meats and in reheating side dishes.

Have your accompaniments prepared ahead of time, so you can enjoy your guests while your microwave gets things cooking.

Try precooking meats like chicken and pork in your microwave to shorten their grilling time. It also helps the inside get done without charring the outside!

To precook ribs and chicken pieces, put the meat in a flat dish with the larger pieces in the cor-

ners or around the edge. Cover with plastic wrap and microwave on medium (50,5) for 7 minutes per pound. Use medium power, rather than high, to keep the meat tender and for even cooking in to the center.

To finish grilling, brush with barbecue sauce, marinade, etc. and grill for about half the time for raw meat. I can't tell you exactly how long, because it depends on your grill, how hot the fire is, etc.

For your next cook out try one of these recipes for stuffed potatoes. They are delicious with grilled meat.

Stuffed potatoes are baked potatoes that have the insides removed, mixed with goodies like

cheese or mushrooms, then stuffed back in the shells. These can be prepared the day before, if desired, and reheated with no loss of flavor.

Baking the potatoes in your microwave cuts way down on the preparation time. Then stuffed potatoes can be reheated in the microwave in a few minutes. Or for more crispiness, in a 350 degree oven for about half an hour.

In these recipes, I'm giving you the quantities for only 2 baking potatoes, stuffed. This will make 4 halves, or 2 to 4 servings. For larger quantities, just double, triple, etc. the amounts. Use regular baking potatoes such as Maine or Idaho, for best results.

These vegetable stuffed potatoes are my favorites. They have a delicious flavor without adding too many extra calories.

Vegetable Stuffed Potatoes

- 2 large baking potatoes, about 1 pound
- 2 tablespoons margarine or butter
- 2 chopped scallions
- ½ cup shredded carrot
- ½ cup sliced mushrooms
- ½ minced clove garlic or a dash garlic powder
- 3 tablespoons milk
- 1 teaspoon lemon juice
- ¼ teaspoon prepared, Dijon-style

- mustard
- ½ teaspoon salt
- Dash pepper

1. Scrub potatoes and pierce with a fork. Microwave on high for 7 to 8 minutes, turning them over halfway through. Let stand for 5 to 10 minutes to cool slightly.

2. Cut potatoes in half lengthwise, and scoop out potato, leaving about ¼-inch shell. Set shells aside.

3. In a small bowl or casserole, combine margarine or butter with garlic, scallions, carrot, and mushrooms. Cover and microwave on high for 3 to 4 minutes, stirring once, until vegetables are tender.

4. In a large bowl, whip potatoes with remaining ingredients, beating until smooth. Stir in sauteed vegetables, mixing well. Spoon filling back into potato shells.

5. If serving immediately, place potatoes on serving plate, cover with waxed paper and microwave on high for 2 to 3 minutes to heat filling. makes 4 halves.

6. If making ahead, refrigerate, covered, until serving time. To reheat, cover with waxed paper and microwave on medium high (70,7) for 5 to 6 minutes for 4 halves.

Bacon and Cream Cheese Potatoes

- 2 large baking potatoes, about 1 pound
- 2 slices bacon
- 1 ½ ounces cream cheese (half a 3-ounce box)
- 2 to 3 tablespoons milk
- 1 chopped green onion (or 1 tablespoon minced onion)
- ¼ teaspoon salt

1. Scrub potatoes and pierce with a fork. Microwave on high for 7 to 8 minutes on, turning them over halfway through. Let stand for 5 to 10 minutes to cool slightly.

2. Place bacon on a paper towel

on a plate and microwave 2 minutes on high, until crispy. Crumble each slice separately.

3. Cut potatoes in half lengthwise, and scoop out potato, leaving about ¼-inch shell. Set shells aside.

4. Mash cooked potatoes with milk and cream cheese, whipping until smooth. Stir in one crumbled bacon slice (reserving second slice for topping) and remaining ingredients. Spoon filling back into potato shells.

5. If serving immediately, place potatoes on serving plate, cover with waxed paper and microwave on high for 2 to 3 minutes to heat filling. Top with reserved bacon just before serving. Makes 4 halves.

6. If making ahead, refrigerate until serving time. To reheat, cover with waxed paper, and microwave on medium (50,5) for 8 to 9 minutes for 4 halves, until hot. (The lower power is necessary because of the cheese content. The filling tends to bubble out on higher powers.) Top with reserved bacon and microwave on high for 30 seconds to heat bacon.

Tips: To increase the quantity of these recipes, microwave 4 large potatoes on high for 14 to 15 minutes; microwave 6 large ones on high for about 20 minutes. Check a chart in your oven's cookbook for larger quantities.

Invent your own recipes, by mashing potatoes with cheese; or mayonaise and onion for a hot potato salad taste; or pepers, tomatoes and mozzarella cheese for an Italian flavor!

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

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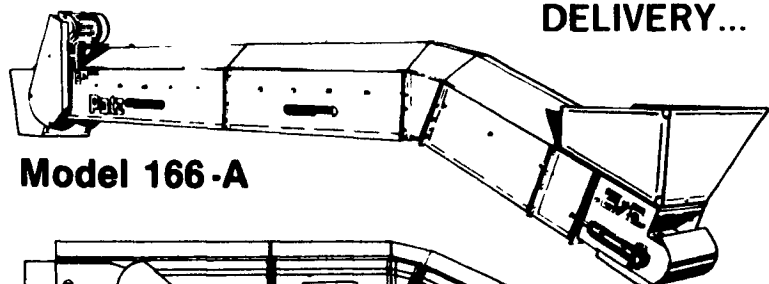
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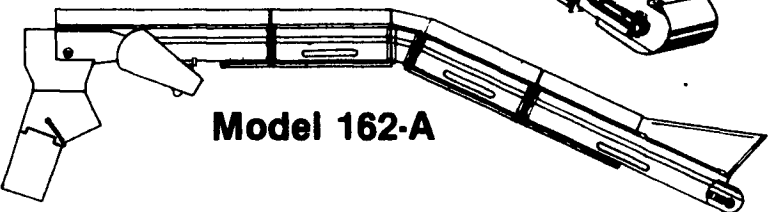
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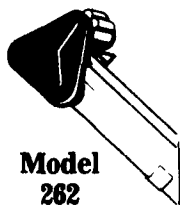


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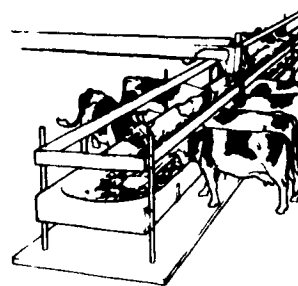
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