

THE MICRO WAY LANI BLOOMER



Cold Summer Salads

When it's just too hot to cook, use your microwave! Cold salads are great for summer dinners and side dishes. Your microwave will speed up the fixing and help keep you and your kitchen cool!

A microwave makes cooking the ingredients needed for cold summer salads quick, cool and easy. Use the following techniques for your own favorite salads or try the recipes below.

Cooked Potatoes

Instead of boiling potatoes in a

big pot of hot water, steam them in your microwave. Scrub, prick them and put potatoes in a large covered casserole. Add ¼ to ½ cup water. Microwave on high for 7 minutes a pound. If you don't have a scale, a pound is roughly two large potatoes, four medium ones, or six small ones.

Let the potatoes stand covered for 10 minutes, then peel, slice, cube, etc. as desired.

Hardcooked Eggs

You can't hardboil eggs in their shells in your microwave unless

you have a steamer or special microwave egg cooker. However, eggs can be hard cooked in a microwave when you want them to chop for a salad.

Break eggs into custard cups, or use a microwave muffin pan (without holes in the bottom). Pierce the yolks with a knife to prevent bursting. Cover with plastic wrap and microwave on high for 30 to 45 seconds per egg.

If your oven has medium power, use this instead, cooking them for 1½ to 2 minutes each on medium (50,5). The lower power level cooks them a little more evenly without risking rubbery (overcooked) white areas.

Microwaving Pasta

Large amounts of pasta are best cooked on your range. A microwave just takes too long to heat quantities of water greater than 5 to 6 cups. You can use your microwave for pasta in smaller quantities though.

Start with hot tap water, and reduce the amount of water used. I use 1 cup pasta to 2 cups water, and about a half teaspoon salt. Combine pasta, salt, and water in a large casserole.

Cover and microwave on high until it boils (5 to 6 minutes). Stir, then reduce power to low (30,3 defrost). Microwave on low for about as long as the directions call for on the box, until the pasta is tender. Drain and rinse with cold

water immediately to prevent stickiness.

The microwave doesn't shorten the cooking time, because it takes time for the dehydrated pasta to reabsorb water to get tender. However, your microwave uses less energy than a range burner on high power.

Microwaving Poultry Parts

Chicken or turkey pieces cooked in your microwave will be very tender and juicy (unless you overcook them!). Skin pieces if desired to reduce fats.

Microwave, covered with waxed paper, on medium high (70,7) for 10 minutes per pound. Turn meat over halfway through the cooking time. Let stand, covered, 5 minutes. Chop as desired.

Ham and Potato Salad

2 pounds potatoes
¼ cup finely chopped onion
2 cups cubed cooked ham
1 cup sliced celery
1 tablespoon chopped parsley
1 clove garlic, minced
½ cup mayonnaise
½ cup plain yogurt
¼ to ½ teaspoon dry mustard

1. Scrub potatoes, pierce with a fork and place in a 2 to 3-quart casserole. Add ¼ cup water and cover. Microwave on High for 14 minutes, rearranging the potatoes once during the cooking time. Let stand 5 to 10 minutes, covered, then cool. When cool enough to handle, peel and cut into cubes.

2. Combine potato cubes, onion, ham, celery, and parsley in a large bowl.

3. In a small bowl combine remaining ingredients for the dressing. Pour over ham and potatoes, and mix gently. Chill before serving. Serves 4.

Tips:

— If desired, 1 cup mayonnaise may be used instead of half yogurt. The yogurt makes the dressing a little thinner, and has fewer calories.

— Using ½ teaspoon dry mustard gives the dressing a sharp "bite." If a milder dressing is desired, use ¼ teaspoon.

Cold Barley Pilaff

3 tablespoons butter or margarine
1 cup uncooked quick barley
½ cup chopped red onion
1 clove garlic, minced
¼ teaspoon dried thyme
2 cups chicken broth (or 2 bouillon cubes and 2 cups water)
2 cups shredded zucchini (about 1 medium)
1 cup chopped tomato
¼ cup chopped green onion
2 tablespoons parsley
½ cup Italian type salad dressing or 2 tablespoons wine vinegar and 4 tablespoons oil.

1. Combine butter, barley, onion and garlic in a 2-quart casserole. Leave uncovered and microwave on high for 8 to 10 minutes, stirring every 2 minutes, until the barley turns golden brown.

2. Add chicken broth and microwave on high for 4 to 5 minutes until liquid boils. Reduce power and microwave on medium low (30,3, defrost) for 15 to 20 minutes until the broth is absorbed and the barley tender. Let cool to room temperature.

3. Stir in remaining ingredients, toss lightly and chill before serving. Serves 6.

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

Copyright 1985, Lani Bloomer

A FRIEND CALLED...



OSBURN

Good name to remember when choosing a wood-stove. There's more than the name that sets the Osburn Victorianaire MK II apart from competitors. High quality steel construction does, too. So does double walled convection heating and the additional radiant heating from top and front surfaces. The Victorianaire MK II warms up to 2 500 square feet. Advanced design means lower clearances. FEATURES • Airtight door • Self-cleaning Neoceram glass • Fire-brick lining • Equipped with Osburn's "Double Burn" system



Meet Osburn's nice warm friends at:

BOWMAN'S STOVE SHOP

RD 3 Ephrata, PA 17522
One Mile East of Ephrata On Rt. 322
Just Off Rt. 222

Tues. & Wed. 10-6; Thurs. & Fri. 10-8;
Sat. 10-4; Closed Mondays

(717) 733-4973

YOU NEED A FENCE??

A & J Fencing.
All kinds of fence.

Specializing in high-tensil fence.
We also do post driving

Please Write To:
RD 1 Box 266
Kinzers, PA 17535

BUCK TRACTOR PULLS..



SATURDAY NIGHT
AUGUST 2
7 P.M.

Featuring
FWD Trucks/Mini Tractors
Ray Collin's "Killer Mack" Semi
ADMISSION LOCATION:
Adults.....\$7.00 10 Miles South
6 to 12 yrs.....\$2.50 of Lancaster
5 & Under.....FREE Rt. 272

SEE YOU AT THE BUCK!

Delaware Rooms Dedicated At National 4-H Center

NEWARK, Del. — Two bedrooms at the National 4-H Center in Chevy Chase, Md. were designated as Delaware rooms in a presentation ceremony on July 8. The rooms were dedicated in memory of Myrna V. McElwee and James O. Baker.

McElwee served as volunteer leader of the Pencader 4-H club in Glasgow for 35 years. She died in 1971.

Baker was the Sussex County 4-H agent from 1958 to 1960, and Delaware State 4-H leader until his death in 1981.

In the dedication presentation Marty Butterfield, the current Delaware State 4-H leader, touched on the many significant contributions made by these leaders. Attending the ceremony were members and friends of the McElwee and Baker families.

Two paintings were also presented for the rooms. Marie Beldyk, former leader of the Pencader 4-H club, presented one for the McElwee room; and Joy Sparks, area 4-H agent, presented the painting for the Baker room.

Improve your tobacco yield with Royal MH-30®



Royal MH-30 is the industry standard for providing dependable, economical control of tobacco suckers. Just one application of Royal MH-30 at mid-to-full bloom can control suckers through to harvest, with no carryover concerns.

So use Royal MH-30 on your tobacco crop for dependable sucker control you can rely on.

UNIROYAL

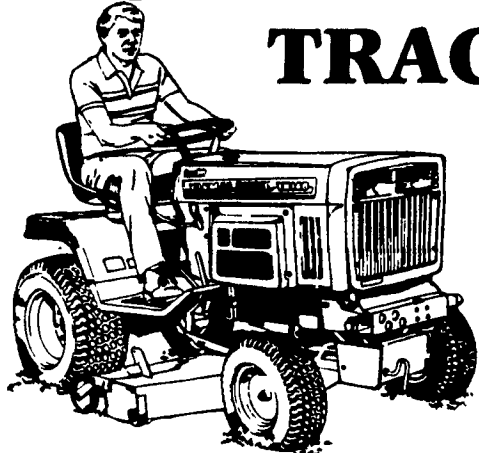
P. L. ROHRER & BRO., INC.

Smoketown, Pa.

Ph: 717-299-2571



YANMAR TRACTOR SALE



Come In... We'll Show You How
YANMAR Tractors Lead The Way In
Performance, Quality & Price

MODEL 146 TURF
w/48" Mower, 14 H.P., Water-Cooled
Diesel w/Auto. Shift And Hyd. Lift,
3 Pt. Hookup & Rear PTO
DEMO w/NEW WARRANTY
Reg. Price \$6,356

ONE ONLY
At A Ridiculously
Low Price

"A Little Out Of
The Way...
But A Lot Less
To Pay"

HOURS:
Mon., Thurs., Fri.
8 AM - 8 PM
Tues. & Wed.
8 AM - 5:30 PM
Sat. 8 AM - 2 PM