



**THE
MICRO
WAY
LANI
BLOOMER**

Reheating Magic

Most people buy a microwave for reheating. If you don't own one, it's hard to believe how leftovers taste so freshly cooked when reheated this way. Foods reheat quickly, stay moist and delicious.

But reheating can be overdone. Anything that is dried out, hard or rubbery has been reheated too long. Here are some tips for reheating foods in your microwave.

Temperature Probe

A temperature probe makes reheating really easy. You don't have to figure out (or guess!) how long your food will take to heat. If you don't know how to set your oven's probe, get out the manual and look it up; you'll be glad you did.

Insert the probe tip into the middle of your leftover mashed potatoes, casserole, soup, etc. The probe can go right through a covering like wax paper or plastic wrap. Then put your leftovers in the microwave and plug the other end of the probe into the oven.

Serving temperature for food is

about 160 degrees. Set the oven for this probe temperature and set microwave to heat on medium high (70-80). Presto, the oven turns off when the food is hot! Things couldn't be easier!

Power Level

Most foods can be reheated on medium high (70-80). Stirring once or twice will help the food heat evenly. Meats, food you can't stir, and large things, reheat better on medium (50). Use high for soups and sauces if you stir frequently (use 50 for milk or cream sauces).

Containers and Coverings

Reheat food in a serving dish when possible, since food cools rapidly when it is transferred to a cold container. Foods high in sugar, fat, and liquids reheat quickly and the heat from these foods may melt or distort soft plastic storage containers.

Covering food helps it reheat more evenly. Use plastic wrap or a lid if you want to trap the steam in with the food. Use wax paper if you don't want to steam the food. Feel the center of the bottom of the container to see how warm the food

is in the middle.

Timing

The reheating time of your food is affected by:

1. The starting temperature - colder takes longer.
2. The quantity - more takes longer. One cup of food takes 3 to 4 minutes to heat on medium high (70-80).
3. The shape - a thick block of food takes longer than a thin shallow layer. Food pushed into a doughnut shape will reheat faster than food left in a solid block.
4. The consistency - dense food takes longer, drier food takes longer, larger pieces take longer.

Don't forget to let food stand a short time for the temperature to even out.

A Plate of Food

Arrange the food so the more dense foods are to the outer edge of the plate and foods that heat quickly are in the center. For instance, put meat and potatoes around the edges with vegetables in the center.

Cover with wax paper. Reheat a dinner plate of room temperature food for about 1 1/2 to 2 minutes on medium high (70-80). A plate of refrigerated food will take almost twice as long, depending on the quantity of food. Feel the bottom of the plate to see how warm the food is.

Meats

It is very difficult to reheat a roast without drying out (burning) the edges. Use your range if the roast must be kept whole. Otherwise, slice it before reheating.

Slice meat evenly and place in a ring around a serving plate. Use medium power (50) and heat for 45 to 60 seconds for each 4-ounce serving. Using a higher power

level may toughen the meat.

Cover with wax paper or plastic wrap. Meat will heat more easily if you add moisture by putting a little gravy or juice over the meat before heating.

Casseroles, Side Dishes

Cover, stir when possible, and heat on medium high (70-80). If a casserole contains cubed meat, or you can't stir it, use medium (50). Adding 1 or 2 tablespoons of water or liquid will help dry foods like rice heat more evenly.

When reheating vegetables, you can use high power. Put the tender tips of vegetables toward the center of the container.

Breads

Wrap bread in paper towels to absorb moisture, or heat on a rack to keep the bottom from getting soggy. Rolls, etc. may be reheated in a napkin-lined wicker basket (if there is no metal on the basket!) Bread slices, muffins and rolls

reheat very quickly. Five or ten seconds each (on high) if they are at room temperature is enough!

To reheat frozen rolls or muffins, heat on high for 10 seconds each, let them stand a few minutes to finish thawing, then warm for 5 second each. Heat frozen pizza on a paper towel on a rack to keep the bottom from getting soggy.

Sandwiches

To make hot meat sandwiches, hot dogs, etc. heat the meat first, by itself, on medium (50). Then put the meat on the roll or bread, wrap in a napkin or paper towel. Microwave for 5 to 10 seconds per sandwich on high.

Using this two-step method keeps the rolls from getting hard or rubbery while the meat heats. Put cheese on at the last minute, and heat just until the cheese softens; longer may make the cheese stringy.

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Extension Offers Parent/Toddler Time

LEESPORT - Parent/child interaction is a characteristic of strong families. To help nurture this interaction Penn State Cooperative Extension Service is sponsoring a fun-filled activity workshop called "Parent/Toddler Time."

Parent and child spend quality time together on activities especially designed to promote the toddler's social, emotional, intellectual and creative growth and development of fine and gross motor skills. During the play time, parents learn skills to enhance children's self-esteem, self-confidence, and self-control and at the same time increase parents' effectiveness and decrease tension

and stress. Parents have opportunities to form networks with other parents of toddlers and enhance the parent/child relationship.

Parent/Toddler time is being offered on Tuesday or Thursday in Berks County. You can attend Tuesday, Sept. 16, 23, 30 and Oct. 7 or Thursday, Sept. 18, 25, Oct. 2 and 9th. Sessions will be held at West Lawn United Methodist Church from 9:30-11:30 a.m. A \$25 registration covers the cost of all four sessions. Registration is required.

To register contact Michelle Rodgers, Berks County Extension Service, Berks County Ag Center, P.O. Box 520, Leesport, PA 19533.

**"INVITATION"
30th Annual
PENNSYLVANIA DAIRY PRINCESS
CORONATION
SATURDAY, SEPTEMBER 20, 1986
1985 Finalists**



Left to right: Sheila Biddle, Blair County; Laurie Duran, Washington-Greene, 1st PA. RUNNER-UP; Janae Martin, Lancaster County; Elizabeth Amy Heald, PA DAIRY PRINCESS; Carolyn Scheiver, Butler County; Jill Kutz, Wyoming-Lackawanna, 2nd PA. RUNNER-UP; Beth Rice, Perry County.

You are cordially invited to attend the 30th ANNUAL PENNSYLVANIA DAIRY PRINCESS CORONATION at the Harrisburg Marriott, just off I-283 on Lindle Road (Rt. #441, Swatara Exit) on Saturday evening, September 20, 1986.

Reception: Ballroom Lobby 5:30 p.m. Banquet: Ballroom 6:30 p.m.

Tickets for the Banquet and Coronation are \$14.00 and may be purchased from the address below:

Ticket deadline Sept. 12, 1986

Pdpps

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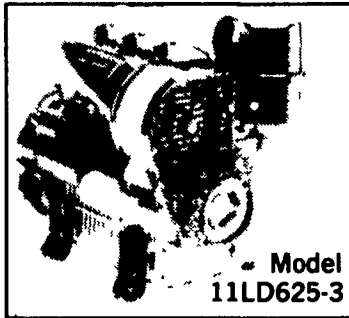
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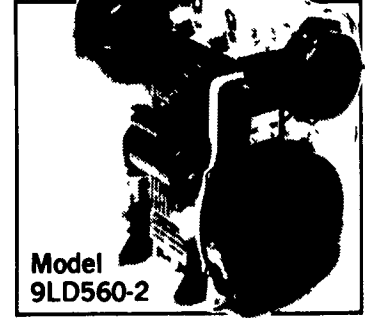
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