

THE MICRO WAY LANI BLOOMER



Microwave Baked Eggs, For a Fast Start

Your microwave can help you get a quick, hot breakfast for family members before they dash off to work or school. Baked (shirred) eggs are delicious, but take a long time in your range oven. In the microwave, they can be ready in just a few minutes.

Many people have problems with overcooked eggs in a microwave. If your eggs are too hard or rubbery, they have been overcooked. Here are some suggestions to help get your eggs perfect:

1. Cover the eggs tightly with

plastic wrap, or a tightly fitting lid, to hold in steam and help them cook evenly.

2. Don't use high power. Use a medium power setting, such as 50, 5. The lower power allows the eggs to cook more evenly, eliminating overdone or rubbery spots.

One problem with cooking poached or baked eggs in the microwave is that the yolk, with its high fat content, tends to cook faster than the white. A lower power level helps keep the yolks softer.

3. Use a short cooking time. Always use the shortest suggested cooking time for a recipe, and then

let the eggs stand, tightly covered. The heat in the eggs and container will continue cooking them for a few minutes.

The exact cooking time for eggs will vary, and depends on the size of the egg, its temperature, the power of your oven, and how firm you like your eggs.

4. Standing time is important. Let the eggs finish cooking during a period of standing time for the best results. If you try to microwave eggs until they are the way you like them, some areas will probably be overcooked and rubbery.

For soft eggs, let them stand only a minute or two. For firm eggs, let them stand for four or five minutes.

5. The container makes a difference. For one or two baked or poached eggs, use 6-ounce glass custard cups. For more than 4 eggs, a plastic microwave muffin pan (without holes in the bottom!) is easier to handle. However, the eggs will cook a little faster in the plastic pan than in the glass cups. If you use a plastic muffin pan, subtract about 30 seconds from the cooking time, then check the eggs and add more time if necessary.

For scrambled eggs, the easiest container to use is a glass measuring cup. But don't fill it more than half full, or the eggs will puff right over the top!

Here are three quick baked egg recipes to vary the morning meal in your house. Use these ideas and substitute for what you have on hand.

If you're late and have to run out the door, make one of these baked eggs portable. Place egg on muffin or roll and top with other half for a carry along sandwich. (But they're better eaten sitting down with juice, coffee, etc.!)

Egg-A-Muffin

For each serving:

- 1 egg
- 1 slice cheese
- 1 English muffin or hamburger roll, toasted or buttered if desired

1. Break egg into a custard cup or small bowl. Poke a hole in the yolk with a fork (or stir egg slightly to break up yolk). Cover with plastic wrap.

2. Microwave on medium (50,5):

- 1 egg: 1½ to 2 minutes.
- 2 eggs: 2½ to 3 minutes.
- 4 eggs: 3 to 3½ minutes.

3. Let stand 30 seconds (soft egg) to 2 minutes (firm egg). Loosen the egg around the edges and slide it onto the muffin. Top with cheese slice then the other muffin half.

4. Microwave on high for 15 to 30 seconds, just until cheese melts.

Variation: Put a slice of ham, Canadian bacon or bologna in the bottom of the custard cup. Break egg into meat, pierce yolk, cover and increase microwave time by 1 minute for each egg.

Eggs Ole

For each serving:

- 1 tablespoon taco sauce

- 1 large egg
- 1 tablespoon grated cheddar or Monterey Jack cheese
- Toast or muffin half

1. Put taco sauce in bottom of custard cup. Break egg on top, pierce yolk. Sprinkle cheese on top and cover with plastic wrap.

2. Microwave on medium (50,5):

- 1 egg: 1½-2 minutes.
- 2 eggs: 2½-3 minutes.
- 4 eggs: 3-3½ minutes.

3. Let stand 30 seconds (soft egg) to 2 minutes (firm egg). Loosen the egg around the edges and slide it onto the muffin or toast. Variation: Put a slice of tomato on toast and top with egg.

Nest Eggs

For each serving:

- 1 large egg
- 2 ounces (about ¼ cup) canned hash
- Slice toast, etc.

1. Press hash against bottom and sides of 6-ounce custard cup to form a nest. Break egg into nest and pierce yolk. Cover with plastic wrap.

2. Microwave on medium high (70,7) (use shorter time for soft egg; longer for firm egg):

- 1 egg: 3-3½ minutes.
- 2 eggs: 4-4½ minutes.
- 4 eggs: 5-5½ minutes.

3. Let stand for several minutes. Serve nest on toast. Variation: Use 2 ounces of bulk sausage instead of hash if desired. Increase microwave time by 30 seconds per egg.

Note: The cooking 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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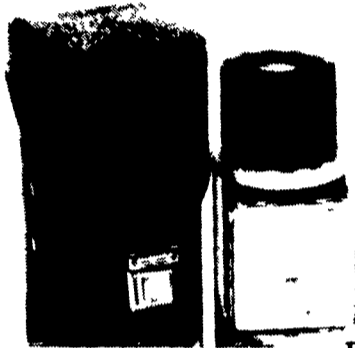
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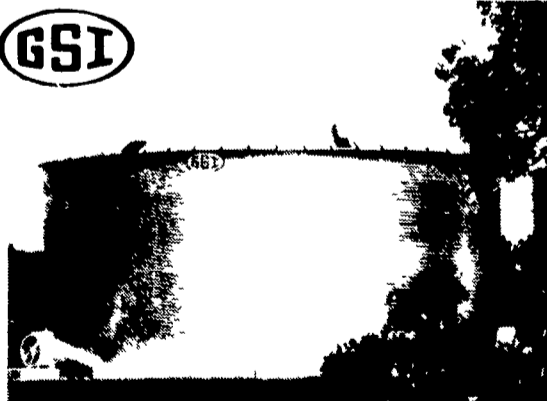
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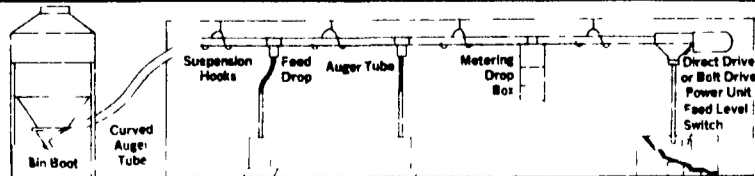
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Bucks 4-H Horse Club Members To Compete In State Show

DOYLESTOWN — Six Bucks County 4-H Horse and Pony members will be competing in the Pennsylvania State 4-H Horse and Pony Show Oct. 10 to 12 in Harrisburg.

The members earned the right to compete in the state show by placing first, second or third in their classes at the Region 1 4-H Horse and Pony Show held recently in Reading. Bucks County members competed against 175 other 4-H members from seven counties at the regional show.

Those who qualified for the state show and the classes they qualified in are: Tricia Bennett, Langhorne, Western Riding Senior Grooming and Showmanship Trail; Gwen Haggerty, Furlong, Hunt Seat Equitation over Jumps, Hunter Hack Ponies; Tara Takacs, Bethlehem, Pony Driving; Susan Donnell, Kintnersville, Hunter Horses; Rebecca Fox, Upper Black Eddy, Hunter Ponies Under Saddle; Pamela Alward, Morrisville, Stock Seat Equitation.

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GARDEN TRACTOR PULLING CONTEST 12 Noon APPLE PEELING 1:30 p.m. Pie Eating Contest 3 p.m. HAPPY DUTCHMEN STROLLING BAND 1-4 p.m.

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