



Cornish Hens Royale
Bring on the cherries to brighten up your winter table! If you're tired of serving chicken the same old way, or if you'd like a really special company dinner for President's Day, take a look at today's recipe for poultry with Cherry Sauce Royale.

For a gourmet meal, serve Cornish hens baked with the cherry sauce. Add wild rice and your favorite vegetables for a meal fit for a king. (Don't want to get that fancy? Fine, then use your favorite "old" chicken parts!).

Are you cooking for someone on a fat restricted diet? Microwave skinned chicken breasts with the sauce to brighten up a low fat diet. Pass the extra sauce as a delicious topping for rice, and no one will miss the forbidden gravy.

All kinds of poultry cook well in a microwave. The meat is tender,

moist and juicy when microwaved properly. You can use a higher power level than with other meats, since the fatty skin keeps the meat from drying out on the edges. On large pieces of poultry, such as turkeys, the skin browns nicely, because of the high fat content and the long cooking time.

However, for small quantities of poultry, the skin remains light, and many people don't like the pale looking results. A cherry sauce adds just the right color.

If you are in a BIG hurry, you can microwave poultry pieces on high power for 6 to 7 minutes per pound. However, the meat has a better cooked texture if you use a slightly lower power. I use the following microwave time for cooking any kind of poultry: 10 to 11 minutes per pound on medium high power (70,7) in a 600 to 700 watt microwave. I find this timing

is more accurate than using a probe, which occasionally turns the oven off too soon with poultry.

Today's recipe for Cherry Sauce Royale is easy to microwave, it's never failed (no, you won't mess it up either!) and can be used with any kind of poultry for scrumptious results.

Cornish Hens Royale
1 16-ounce can dark sweet (bing) pitted cherries
1 tablespoon cornstarch
3 tablespoons current jelly
1 tablespoon brown meat sauce
2 tablespoons apple juice
2 whole Cornish hens, split (2½ to 3 pounds)

1. Drain juice from cherries into a 2-cup measure or small bowl, set cherries aside. Dissolve corn starch in juice, then stir in current jelly. Microwave on high for 2 minutes, stirring after 1 minute, until jelly melts and mixture is smooth. Stir in brown meat sauce and apple juice (don't add cherries yet).

2. Arrange poultry halves skin side down in a single layer in a flat microwave container. Spoon 1 to 2 tablespoons sauce over each piece. Cover with waxed paper. Microwave on medium high (70,7) for 15 minutes.

3. Turn Cornish hens skin side up, placing least done parts along outside of container. Add cherries to remaining sauce and spoon over poultry. Recover with waxed paper and microwave on medium high (70,7) for 10 to 15 minutes

longer, until poultry is almost done. Let stand 5 minutes before serving.

4. To serve, arrange on a serving platter, and spoon some of the sauce and cherries around the meat. Pass the remaining sauce to ladle over rice, etc. Serves 4.

TIP: Adjust the times in steps 2 and 3 if you have larger or smaller amounts of poultry. Use medium high (70,7) for 10 to 11 minutes per

pound, turning meat over halfway through.

NOTE: These cooking times are for microwaves with 600-700 watts. For 500 W, add 10-15 seconds to each minute.

Do you have a question about microwaves or microwave cooking? I'd like to hear from you! Write to: The Micro Way, c/o Foods Editor, Lancaster Farming, P.O. Box 366, Lititz, Pa. 17543.

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Berks Co. FFA's Earn Record Book Awards

BERNVILLE — The Berks County FFA Project Record Book contest was held Jan. 29 at the Tulpehocken High School. Below are the results from the contest.

Rabbits
1 Lisa Kimball Twin Valley 2 Sue Wilson Twin Valley

Misc
1 Melissa Spayd Oley Valley 2 Lori Yoder Oley Valley 3 Jason Albright Twin Valley 3 Eric Marshall Twin Valley

Pleasure Horse
1 Marybeth Hassler Twin Valley 2 Tricia Evans Oley Valley 3 Lisa Hopps Twin Valley, 4 Kim Brossman Twin Valley 5 Lauren Schwartz Twin Valley

Home Garden
1 Brian Schlegel Oley Valley, 2 Kevin Bieber Oley Valley 3 Robert Keith Haas Oley Valley 4 Audrey Ollar Oley Valley 5 Shawn Dierolf Oley Valley 6 Roger Miller Oley Valley 7 Wayne Berger Oley Valley 8 Michael Bohn Tulpehocken 9 Craig Britton Oley Valley 10 Michael LaPearl Oley Valley 11 Henry Stuffed Oley Valley 12 Chris Hamm Tulpehocken 13 Craig Wanner Oley Valley 14 Tim Flagstad Kutztown 15 Jon Rogers Tulpehocken

Poultry/Broilers
1 Dirk Reifsnnyder Oley Valley

Wildlife
1 Mike LaPearl Oley Valley

Beef
1 Bryce Moyer Oley Valley

Sheep
1 Bob Amy Twin Valley 2 Rick Hicks Twin Valley 3 Chris Zarembo Twin Valley 4 Doug Shantz Twin Valley

Dairy Calf/Heifers
1 Dennis Willman Oley Valley 2 Dwight Stoltzfus Twin Valley 3 Duane Stoltzfus Twin Valley 4 Brian Boyer Oley Valley

2 Enterprise
1 Mike Stoltzfus Twin Valley 2 Troy Seidel Kutztown 3 Eric Blatt Kutztown 4 Matt Guldin

Oley Valley 5 Andrew Miller Kutztown 6 Tracey Schlappich Hamburg

3 Enterprises
1 Sue Burkhardt Twin Valley, 2 Scott Youse Oley Valley 3 Heidi Schlegel Oley Valley 4 Kevin Stoltzfus Twin Valley 5 Daryl Hock Oley Valley

4 Enterprises
1 Robert Bell Twin Valley

5 Enterprises
1 Robert A Adam Kutztown 2 Troy Koenig Tulpehocken

6 Enterprises
2 Tammy Balthaser Hamburg James Manbeck Tulpehocken

SOE Under 300 Hrs

1 Andy Murphy Kutztown 2 Richard Slonaker Twin Valley 3 Dodie Reed Twin Valley 4 Troy Gieringer Twin Valley 5 Shaun Natfzinger Tulpehocken 6 Jeremy Laysen Tulpehocken 7 Troy Calvin Kutztown

SOE-301 to 600 Hrs

1 Tom Morgan Twin Valley 2 Louis Yeich Tulpehocken 3 Jonathan Rogers Tulpehocken 4 Heath Musser Kutztown 5 B J Cylcewski Twin Valley 6 Mathew Kershner Tulpehocken 7 Rick Hicks Twin Valley

SOE 601 to 1000 Hrs

1 John Keenan Twin Valley 2 Ann Kline Twin Valley 3 David Hartman Tulpehocken 4 Scott Myer Tulpehocken 5 John Beck Tulpehocken 6 Robert Adam Kutztown

SOE-1001 to 1300 Hrs

1 Wayne Berger Oley Valley 2 Bryce Moyer Oley Valley 3 Robert Geedey Twin Valley 4 Robert Carlson Twin Valley 5 Mike Devine Twin Valley 6 Joel Welsh Twin Valley 7 Jeff Ortlip Twin Valley 8 Evan Sholl Tulpehocken

SOE 1301 to 2000 Hrs

1 Kevin Stoltzfus Twin Valley 2 Darren Croy Twin Valley 3 Denise Stump Tulpehocken 4 Dan Nonnemaker Twin Valley 5 Tim Bahner Tulpehocken 6 Jay N Nolt Tulpehocken

SOE Over 2001 Hrs

1 Gary Bickler Tulpehocken 2 Michael Davis Tulpehocken 3 Troy Koenig Tulpehocken 4 John Foreman Twin Valley 5 Lynn Krick Hamburg 6 Michael Shack Hamburg

South Mountain 4-H Community Club

The South Mountain 4-H Community Club will meet Feb. 16 at 7 p.m. in the South Annville Community Building.

The club will reorganize, elect new officers, and discuss plans for 1987. Anyone interested in joining

the club should attend this meeting. For further information call Fran Bushong at 867-2071.

The club recently held a progressive supper and a leader recognition night.

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