

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 $(2\frac{1}{2})$ 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 vet).

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

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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'ers Eam **Record Book Awards**

Tulpehocken

Tulpehocken

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 Meirssa Spayd Oley Valley 2 Lorr Yoder Oley Valley 3 Jason Albright Twin Valley 3 Eric Marshail 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

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 Home Garden

 1
 Brian Schlegel Oley Valley, 2
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 Robert Keith Haas
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 Audrey Ollar
 Oley Valley, 5
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 Valley, 6
 Roger Miller
 Oley Valley, 7
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 9
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 Oley Valley, 11
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 Chris Hamm
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 Stufflet
Oley Valley 12 Chris Hamm Tulpehocken 13 Craig Wanner Oley Valley 14 Tim Flagstad Kutztown 15 Jon Rogers Tulpehocken

Poultry/Broilers

- 1 Dirk Reifsnyder 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 Zaremba Twin Valley 4 Doug

Valley 3 Chris Zaremba iwin Valley 4 Doug Shantz Twin Valley Dairy Catt/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

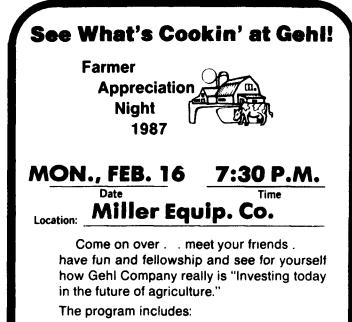
South Mountain 4-H Community Club

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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