



Filled Oatmeal Bars
 ¾ cup packed brown sugar
 1¼ cup flour
 ¼ teaspoon salt
 ½ teaspoon baking soda
 1 cup quick cooking rolled oats
 1 stick margarine or butter
 1 recipe filling, see below

more away from the oven walls, and look through the window to check for arcing (sparks) when you turn the power on.

4. Covering the pan with wax paper will help the cookies bake evenly.

5. Bar cookies are done when the center has raised. A small damp looking spot may remain in the center. If you are using a clear glass pan, check for doneness on the center of the bottom. Very little unbaked batter should appear.

Bar cookies will cook a little more during standing time, so don't overcook them. Cookies that are hard or dry are overcooked.

6. Let the pan sit directly on a countertop or bread board for 5 to 10 minutes standing time to finish cooking.

7. If you are adapting a conventional recipe, bake the cookies on medium (50,5) for 8 to 12 minutes, or until the center raises, then bake on high for 1 to 3 minutes until done.

You can "hide" extra nutrition in these bars by adding a tablespoon of soy flour, wheat germ and powdered milk when mixing the base. (See the Tips below.) So, pick your favorite ingredients and mix 'em up. Just be prepared to mix some more, because they'll disappear fast!

1. Combine dry ingredients in a mixing bowl. Melt margarine in a 8 x 8-inch glass or plastic pan. (Microwave on high for 45 to 60 seconds.) Tip pan to coat bottom, then stir melted margarine into dry ingredients until well mixed.

2. Put 2 cups cookie base into pan used for melting margarine. Press down firmly.

3. Prepare filling desired.

4. Spread filling on top of base in pan, and sprinkle remaining cookie mixture evenly over the top. Press down gently.

5. Cover with waxed paper and microwave on medium for 10 to 12 minutes, rotating pan every 4 minutes, until center of cookies start to feel firm. Filling may bubble through top in places, depending on which filling is used. Let bars cool about 20 minutes, then cut into squares while still warm. Remove from pan when cold. Makes 16 large or 25 small squares.

Fillings

Raisin or Date: 1 cup raisins or chopped dates, ¼ cup sugar, 1 tablespoon cornstarch, ½ cup water, 1 tablespoon lemon juice. Combine all in a 4 cup measure or micro-safe bowl. Microwave on high for 3 minutes, stirring once, until hot, bubbly and thick.

Caramel: 30 caramels (square candies, unwrapped!), 3 tablespoons milk. Combine in 4-cup measure or micro-safe bowl. Microwave on high for 2 to 3 minutes, stirring each minute until caramels melt. Stir until smooth.

Chocolate: 1 cup chocolate chips, 3 tablespoons milk. Combine in a 2-cup measure and microwave on

WYOMING, NY - The New York Beef Recipe Contest, sponsored by the New York Cattlewomen, has been extended until May 1 and plans have been finalized for a Beef Cook-Off in June at The Mall in Albany. This gives amateur cooks an added incentive to submit their favorite beef recipes for consideration.

A new barbecue or outdoor cooking category has been added to the state and national competitions. Recipes for both the indoor and outdoor cooking categories must use a minimum of one pound and no more than five pounds of beef. Preparation and cooking time may not exceed four hours, explained contest chairman Eleanor Carlson of Wyoming. She said recipes on both the state and national level will be judged on the

basis of taste, appearance, originality, ease of preparation and practicality.

All recipes entered in the 1987 New York Beef Recipe Contest will be eligible for the Albany Cook-Off with the cook-off winners in the indoor and outdoor categories named to represent New York in the National Cook-Off Sept. 20-22 in Sun Valley, Idaho.

The first, second and third place Beef Recipe Contest winners in each of the two categories will be competing in the Albany Cook-Off and each will receive \$50 toward expenses to Albany. The first prize winner in each category will receive a cash prize of \$150 plus \$500 toward expenses to the National Cook-Off. Second place winners in each category will receive \$125 and third place winners, \$100.

Contestants in the Recipe Contest (and the Cook-Off) must be 18 years or older and have non-professional food status. Mrs. Carlson explained that anyone who owns beef or dairy cattle in the 12 months preceding the 1987 Cook-Off or who lives in a household where any person owns cattle is ineligible for the New York Beef Recipe Contest.

Contestants should submit three copies of their recipe and should include their name, address, telephone number and a brief statement about the origin of the recipe. Entries must be post-marked by May 1 and mailed to Eleanor Carlson, 1840 State Rd. 19, Wyoming, N.Y. 14591.

medium (50,5) for 2 to 3 minutes, then stir until smooth.

Jam, Jelly: Use your favorite flavor; spread ¾ cup jam or ½ cup jelly over cookie base. Warm jelly in microwave on high for 30 seconds so it spreads more easily. Try cranberry jelly for a change!

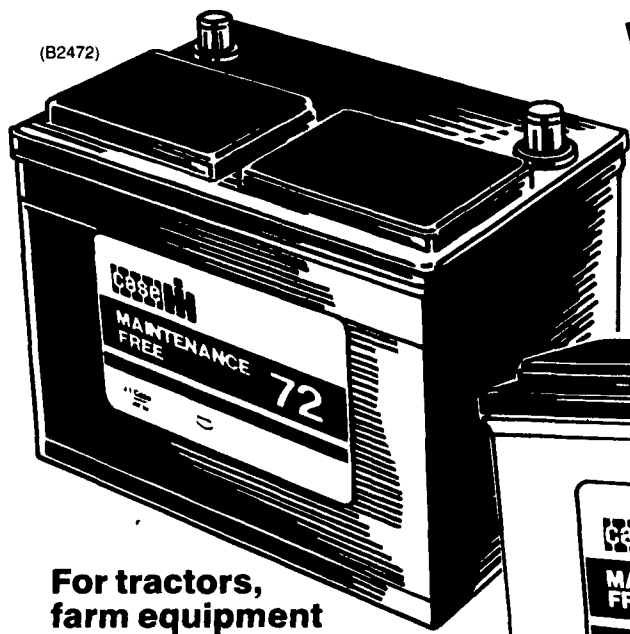
Tips: To increase nutritional value of bars use the following in making the dough: 7/8 cup white flour (1 cup minus 2 tablespoons), ¼ cup whole wheat flour; and 1 tablespoon each wheat germ, soy flour and dry powdered milk. Other ingredients remain the same.

Note: The times above are for microwaves with 600-700 watts; for 500 W, add 10-15 seconds to each minute.

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