



MICROWAVE MINUTES

By JOYCE BATTCHER

Quick microwaved meat with tantalizing sauce is the answer to two questions — what to make for holiday party snacks, and what to make for dinner.

These three easy microwave meat recipes can be varied to make nine different hearty appetizers or main-dishes. Change the sauces to please your own tastes. Either sauce goes well with any of the meats — or substitute ¼ cup of your favorite barbecue sauce in any of the recipes.

For main dishes, make larger meatballs, cut longer beef strips or thread more strips on wooden kabob skewers. Use chicken pieces instead of wings.

For the best flavor, marinate chicken and beef at least the minimum time or cook meatballs ahead and reheat. Before serving, bring to a boil any sauce that's been used for marinating. Recipes may be doubled, but the chicken and beef are best cooked in single batches.

These recipes are all from my newsletter, *A Batch of Ideas*, Volume 3, Number 6, December 1985-January 1986.

Jiffy Sweet-Sour Chicken Wings
 ½ cup red plum jam or jelly
 3 tablespoons dark soy sauce
 2 tablespoons packed brown sugar
 1 tablespoon lemon juice
 ½ teaspoon garlic powder
 1 teaspoon paprika
 7-8 small chicken wings (about 1 pound)

Make Sweet-Sour Sauce by stirring together all ingredients except chicken wings. Set aside.

Cut tips off wings and discard. Cut wings into 2 sections. (For best results, trim off excess fat and skin, especially from long edges of second wing joint.) Add wings to sauce, stirring to coat pieces evenly. Let stand at room temperature 15 minutes. If necessary to marinate longer, cover and refrigerate up to 24 hours.

Drain sauce into a microwave-safe small serving bowl. Microwave (High) 2 to 2½ minutes, stirring once, until sauce boils; set aside. Place wings on microwave bacon/meat rack, arranging so thickest parts are to outside edges of rack; cover with waxed paper. Microwave (High) 4 minutes; turn pieces over, rearrange and baste

with sauce. Re-cover; microwave (High) 2 to 3½ minutes more. To test doneness, cut near bone on largest piece — chicken is done if juices are clear and meat is no longer pink. Arrange on serving plate with dish of sauce in center. Makes about 8 appetizer servings.

For main dish: Use wings or 2½ to 3 pounds chicken pieces. Prepare as above. (With chicken pieces, microwave a total of 20 to 25 minutes.) Pour heated Sauce over chicken. Serve on hot cooked rice. Makes 3 to 5 servings.

Each serving: 422 calories, 32g protein, 10g fat, 46g carbohydrate, 481mg sodium, 90mg cholesterol.

Jiffy Hot And Spicy Beef

¼ cup catsup
 ¼ cup Worcestershire sauce
 2 teaspoons chili powder
 1 teaspoon onion salt or ½ teaspoon onion powder
 Hot pepper sauce (optional)
 1 pound beef sirloin or top round steak, ½ inch thick, cut in ¼ by 3-3½ inch strips
 Round wooden picks

Make Hot and Spicy Sauce by combining all ingredients except beef in a medium bowl. Add beef strips, trimmed of any visible fat and connective tissue; stir until well coated. Let stand 15 minutes at room temperature; or cover and

refrigerate for up to 24 hours, stirring meat occasionally.

Drain sauce into a microwave-safe small serving bowl. Microwave (High) 2 to 2½ minutes, stirring once, until sauce boils; set aside. Thread beef strips loosely on round wooden picks. Place strips on microwave bacon/meat rack and brush lightly with sauce. Cover with waxed paper. Microwave on Medium (50 percent power, 325-350 watts) 5 minutes; rearrange and turn strips over. Re-cover; continue microwaving on Medium 2 to 4 minutes, cooking to rare or medium doneness. Serve hot, with Sauce for dipping. Makes about 50 appetizers.

For main dish: Cut beef in longer strips if desired. Prepare as above, threading on wooden skewers, or spreading strips evenly on microwave bacon/meat rack. Cover with waxed paper and microwave as above, rearranging and turning over strips halfway through cooking. (With unskewered strips, microwaving time will be slightly longer.) Pour heated Sauce over beef. Serve on hot cooked rice, or potatoes. Makes about 4 servings.

Each serving: 234 calories, 27g protein, 9g fat, 7g carbohydrate, 509mg sodium, 81mg cholesterol.

Jiffy Barbecued Meatballs

1 pound lean ground beef
 2½ - 3 tablespoons dry onion soup mix (½ envelope)
 ½ - ¾ cup barbecue sauce

Combine beef and dry soup mix; mix gently. Scoop up meat in a teaspoon measure and gently form into 36 to 40 appetizer-size meatballs. Place in microwave-safe 8x8-inch dish; cover with waxed paper. Microwave (High) 3 minutes; turn meatballs over and rearrange so less-cooked ones are to outside edges of dish. Re-cover and continue microwaving (High) 1 to 2 minutes or until meatballs are no longer pink.

Drain, only if there's excess fat. Stir in barbecue sauce; cover with waxed paper and microwave (High) 1 to 2 minutes or until hot. For best flavor, make ahead, refrigerate and reheat. (To reheat: Cover dish with waxed paper; microwave (High) 4 to 6 minutes, stirring once, until hot.) Makes 36-40 appetizers.

For main dish: Use a tablespoon measure to make 20 to 22 main-dish size meatballs. Microwave as above. Serve on hot cooked rice, spaghetti, noodles or potatoes. Makes about 4 servings.

(Turn to Page B15)

DOLLARS AND SENSE SALE

Save 10%

KEEP YOUR EQUIPMENT RUNNING SMOOTHLY WITH WHITE FARM LUBRICANTS.

Our White Farm universal fluid contains an extra friction modifier to reduce clutch chatter on wet brakes.

White Farm engine oils, gear lubricants, hydraulic oils and greases were designed to keep your White Farm tractors, combines and equipment in top condition. For maximum power with minimum wear, protect your equipment with genuine White Farm lubricants and save.

Our hydraulic oils have a special additive to help them pump easier and better in cold weather.

White Farm multi-purpose 80-90 gear lube has a unique additive that increases lubricating quality on gears meshed under extreme pressure.

White Farm engine oils are designed to pour at minus 45 degrees.

In Stock Items Only-Cash Sales Only
Offer Expires 12/31/87

Special Price On 30 Gal. Of Universal Hydraulic Transmission Fluid
Service Refill For JD 303, MF 1127, IHC HyTran, AC 821, Case TCH JIC 143, Ford ESN M2C53 And M2C134A - Limited Quantity

ATTENTION ALL POULTRYMEN

Ziggity Cup

You Have MORE Than One CHOICE

If Water Leaks Are Your Problem And You Want Dry Pits

CHOICE #1 -Use Ziggity's "Conversion Drinkers" Allowing You To Convert Your Old System To Nipples (Snap-In or Threaded)

CHOICE #2 - Simply Change Your Cups And Regulators to Ziggity's Low Pressure Conversion Cups, Which Operate At Nipple Drinker Pressures.

E-Z Slip Drinker

PULLET GROWERS --Give Your Chicks A Choice
 Ziggity's Dual System Nipples And Cups Operate On The Same Pressure. Grow Your Pullets On The Drinker She'll Use In The Hen House.

ONE FINAL CHOICE

SKD SERVICES

Your Low Cost, High Quality Parts Supplier
 For Add'l. Information Or Quotation, Call Dean Gladfelter
(717) 273-6527
 Or Write: SKD Services, 209 Spring Hill La., Lebanon, PA 17042

I AM INTERESTED IN THE FOLLOWING:

E-Z Slip Cage Watering System
 E-Z Start-Grow Watering System
 E-Z Slip Floor Watering System
 Ziggity Cup Cage Watering System
 Information On Conversion Drinkers
 Please Have A Representative Call On Me

NAME _____
 BUSINESS NAME _____
 ADDRESS _____
 CITY, STATE, ZIP _____
 PHONE _____

MILLER EQUIPMENT CO.

RD 1, Stauffer Rd. Phone 215-845-2911
 Bechtelsville, Pa.

It makes sense to stock up on genuine White Farm parts. Especially at these prices.