

MICROWAVE MINUTES

By JOYCE BATTCHER

When winter winds blow, a hearty chili supper warms and satisfies family members of all ages. Microwave this meal ahead and reheat it or make it to serve right away.

To make this cozy supper ahead and reheat, follow directions below each recipe. To make and serve right away, microwave the chili first, so it can stand to flavor through while you make the mashed potatoes. While potatoes cook, prepare some relishes. Serve ice cream for dessert.

For chili, start microwaving the pork, seasoning, onion and green pepper before adding any liquid. This fully cooks the meat and tenderizes the vegetables. Adding seasoning during this first step, rather than at the end when liquid is added, insures a well-flavored chili even if it's served right away. (However, this, and other chilies taste richer when made ahead and reheated.)

Stir the pork mixture after each two minutes, so pork strips do not

TANKS

TANKS

TANKS

TANKS Tanks

TANKS TANKS TANKS TANKS

TANKS Tanks

TANKS

TANKS

TANKS

TANKS

TANKS

TANKS

TANKS

TANKS

TANKS

TANKS

TANKS

TANKS TANKS TANKS

TANKS

TANKS

TANKS

TANKS

TANKS

TANKS

TANKS

TANKS

TANKS

overcook and toughen. Usually meats (except ground ones) are microwaved on a lower power, but thin strips of meat may be cooked on High if stirred often. After the first two minutes of cooking, the pork strips will have barely started to cook. Microwave another two minutes and you'll see some cooking. Stir well and microwave the final one or, only if needed, two minutes. Don't be tempted to skip the stirring step after each two minutes or pork will overcook around the dish edges and toughen.

There are many good foods to serve with chili — such as plain soda crackers, taco chips or corn bread — but one of my favorites is mashed potatoes. Back when I was five years old I never liked the spiciness of of chili, but a favorite great aunt of mine enticed me to try her chili on mashed potatoes and I've liked the combination ever since. Chili over mashed potatoes makes a more filling meal than chili alone and the mashed potatoes tone down the chili's spiciness

Potatoes could be cooked on the range while you microwave the chili, but if you have time, the microwave method is easier and more nutritious. The same dish can be used for cooking, mashing and serving. Cooking time is slightly faster and draining is unnecessary. Much less water is used in the microwave method and since it's

the potatoes, not down the drain.

Winter Supper Chili

yellow pound pork, cut in thin strips
1 garlic clove, minced

not drained off, vitamins end up in

3-4 teaspoons chili powder 1½ teaspoons ground cumin 1 large onion, diced

½ green pepper, diced

1 can (10% ounces) tomato soup 1 can (16 ounces) tomatoes in juice, undrained

1 can (16 ounces) kidney beans, undrained

Stir together pork, garlic, chili powder and cumin in a microwave-safe 2 to 3 quart casserole. Then stir in onion and green pepper. Cover casserole with waxed paper. Microwave (High) 5 to 6 minutes, stirring after each 2 minutes, until pork is barely cooked. Stir in remaining ingredients. Add half or a whole soup can of water, if desired. Microwave (High), covered with waxed paper or lid, 9 to 11 minutes or until chili starts to boil, stirring once. Let stand about 10 to 15 minutes. Makes 6 servings.

Each serving: 238 calories, 20g protein, 6g fat, 26g carbohydrate,

561mg sodium, 41mg cholesterol.

To make ahead: Prepare as

above. Cover tightly and refrigerate until serving time. Then microwave (High), tightly covered, for 8 to 11 minutes or until hot, stirring once or twice. If frozen, microwave on High, tightly covered, 15 to 20 minutes. Stop and break apart with a fork several times while thawing and stir at least once towards end of heating time.

Mashed Potatoes

6 medium potatoes, peeled and cut in eighths

½ cup water

1/2 - 3/4 cup milk

3-4 tablespoons butter

½-1 teaspoon salt (optional)

1/4 teaspoon white pepper, optional

Put potatoes and water in microwave-safe 2-quart casserole. Cover with lid or plastic wrap. Microwave (High) 12 to 15 minutes or until potatoes are almost tender, stirring once during cooking. Let stand, covered, about 10 minutes or until potatoes are fork tender. Do not drain. Mash potatoes and stir in milk, butter and seasonings; mix well. Makes 6 to 8 servings.

To make ahead: Prepare as above. Cover tightly and refrigerate until serving time. Then microwave (High), tightly covered, for 7 to 9 minutes or until hot, stirring once or twice. If frozen, microwave on High, tightly covered, 12 to 16 minutes. Stop and break apart with a fork several times while thawing and stir at least once towards end of heating time.

Each serving — 1/6 of recipe: 205 calories, 5g protein, 6g fat, 34g carbohydrate, 87mg sodium, 19mg cholesterol.

Questions and answers -

Q. My daughter told me her friend does lobster tails in her microwave. How do you microwave them?

A. The method that I use is adapted from General Electric's The Microwave Guide and Cookbook. Thaw frozen lobster tails first on Medium Low (30 percent power, about 200 watts). Two lobster tails (8 to 10 ounces each) take 5 to 7 minutes. Microwave half the time with hard shell-side down. Turn hard shell-side up and microwave remaining time. When thawed, they should be flexible and transparent, yet feel cool. Let stand about 5 minutes.

To cook, microwave on High in a tightly covered dish. Do not add water. Start with hard shell-side down for half of cooking time. Then cut through center of hard shell and meat, leaving soft shell intact. Spread apart and return to dish. Brush with an equal amount of melted butter and lemon juice. Re-cover dish and microwave second half of time. For 2 lobster tails (8 to 10 ounces each), allow about 5½ to 6 minutes. After cooking, meat should still be slightly translucent towards center. Let stand tightly covered 5 minutes. When done, meat will turn opaque (solid white). It's important to stop and split the lobster tails and to allow standing time as directed. If you don't, the centers will remain undone and when you try to cook them further the outside edges will toughen and dry out.

Questions for Joyce?

Do you have a question about microwave cooking? Send it to Microwave Minutes, % Extra Newspaper Features, P.O. Box 6118, Rochester, MN 55903. Please include a self-addressed, stamped, business-size envelope.

© 1988 Extra Newspaper Features

STEEL CULVERT PIPE



Used carbon steel storage tanks which we have removed the end (heads). Lifting lugs attached. No coating. These tank shells make an inexpensive, quick and strong bridge. Tank shells buried with 3 feet of ground cover can support 80,000 lbs.

	Diameter Inches	Weight/ Lbs.	Thickness Inches	Lengths in Stock	
		(Approx.)	(Approx.)		
ı	64	1615			\$100 to 150
١	64	2312	.167 (7 ga.)	17'-11"	\$150 to 250
ł	64	3010	.167 (7 ga.)		\$250 to 350
ı	84	18000	.500 (½ ")	37'- 0"	\$1200
ı	96	4723	.240 (¼ '')		\$310 to 370
ı	96	6075	.240 (¼ '')	21'- 4"	\$420 to 510
ı	96	7425	.240 (¼ '')		\$550 to 650
1	120	7700	.240 (¼ '')	20'- 3"	\$650
1	120		.240 (¼ '')	24'- 8"	1:
ı	126		.240 (¼ '')	20'- 4"	\$750

An Additional 1% DISCOUNT is offered if paid by Cash Money or Certified Check

HOWARD E. GROFF CO.

Over Forty Years of Reliable Service Fuel Oil, Gasoline, and Coal 111 E. State Street, Quarryville, PA 17566

Phone: 717-786-2166

HOURS: Mon.-Fri.: 8 AM - 4 PM Sat.: 9 AM - 12 PM AgriPro.

AP-510

- · Medium Full season maturity
- Medium Tall Hybrid
- · Excellent standability
- Rapid drydown ability
- Excellent emergence
- Excellent stalk and root qualities
- · Low, uniform ear placement
- Very good tolerance to drought stress



Golden Replant Promise. It's simple and honest

If your stand of AgriPro corn has to be torn up and replanted during the same year, we'll furnish the seed you need to replant.

Free.

Some of varieties available are as follows —

P. L. ROHRER & BRO., INC.

SMOKETOWN, PA

PH: 717-299-2571