



MICROWAVE MINUTES

By JOYCE BATTCHER

Your microwave and grill are a perfect pair. Precook meat or poultry in your microwave; then, brown it on the grill. The results? Cooked, tender meat or poultry with a browned look and barbecued taste.

Precooking in the microwave means a very short grilling time. There's less chance of charring the outside of meat or poultry because the inside is tender and fully done. There's also less flare-up during

grilling.

Meat or poultry is almost fully cooked in the microwave and just placed on the grill to get the grilled taste and to brown.

Meat or poultry is microwaved for grilling much like it is for all-microwave preparation. Chicken is microwaved on a meat rack on High, covered with waxed paper. Turkey legs, thighs and wings and also pork and beef ribs are cooked in liquid with a tight cover on



Have You Heard?

By Doris Thomas
Lancaster Extension
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Taking Care Of Perspiration Stains

Summer is a wonderfully active time of the year for most Americans. Everyday thousands are at the beach, on the tennis courts or golf course, or working in the yard and garden. All this activity in hot, humid weather takes its toll on clothing in the form of perspiration stains.

Body perspiration and the use of an anti-perspirant deodorant may cause a yellow to black discoloration in the underarm area of garments. The anti-perspirant formulations are usually labeled "extra dry." Since the deodorant is "extra dry" it contains more aluminum salts than the normal product. The salt combines with body perspiration, and yellowing occurs.

Removal of a deodorant/perspiration stain may require several treatments, depending upon the age of the stain and whether or not it has been set by heat in washing, drying or ironing.

To avoid the problem, buy deodorants that use the lowest quantities of aluminum chloride (compare ingredient labels); wash items as soon after use as possible; and use a phosphate-containing detergent for best results.

To remove stains try one of the following methods:

- * Treat stain immediately. A fresh stain can be pre-treated with a liquid detergent, pre-soaked in an enzyme soaking product, or sponge with a solution of 1/4 cup ammonia and 3/4 cup of water. Wash the item as usual, but do not put it into an automatic dryer until stain has been removed.

- * Old stains are more difficult to remove and may require several treatments. Wash in between each treatment, but do not put items into a dryer until the stain is fully removed.

- * Sponge stain with white vinegar, undiluted, before washing. Wash and line dry.

- * Make a paste mixture of powdered oxygen-type bleach (do not use chlorine bleach) and household ammonia (about 1/4 cup of each). Apply paste to stained

underarm area and allow it to stand for at least 30 minutes and up to several hours. Wash and line dry.

- * Sponge the stained area with rubbing alcohol. Wash and line dry.

Thanks to modern laundry equipment and a little know-how in treating stains, your summer clothing can take all the strenuous activity you wish to engage in -- and still look great for next summer.

Proper Care Of Pots And Pans Can Save Money

Playing with mother's pots and pans has kept many generations of babies happy -- but it has not made the best use of cooking energy.

The finest electric or gas range, equipped with all the latest features, won't perform well if you use warped or dented pots and pans. Utensils with scratched and scoured surfaces, inner surfaces which you can't get completely clean, warped bottoms, dented sides, loose handles or badly fitting lids will give unsatisfactory results both in cooking and in clean-up.

For the best cooking results and wise use of energy, check your utensils for these points:

- * Straight sides. They help distribute heat evenly and make stirring easier.

- * A flat bottom for even heating and preventing hot spots. This also keeps fats and liquids from collecting at low points.

- * Rounded joints between sides and bottom for easy cleaning. A well-fitting cover to help hold in moisture, flavor, and nutrients.

- * A heat-resistant, tightly-fitting handle or a well-balanced utensil which isn't likely to slip or tip even when the hands are wet.

- * Heavy material which won't easily dent, crack, or warp with normal use.

- * A variety of sizes in order to match the range burner size with the utensil's bottom. This saves energy and allows for the best distribution of heat over the bottom of the pot or pan,

Medium power. All should be rearranged and turned over halfway through cooking for even cooking.

Each season I experiment with more kinds of microwave and grill combinations. This year I've discovered that you can use the microwave pressure cooker to pre-cook turkey wings and thighs and pork and beef ribs. Follow directions in recipes booklet as to amount of liquid and time. You could pre-cook chicken too this way, but it's faster and more efficient to microwave it as directed below.

Here are some basic directions for a variety of micro-grilled foods. Follow the timings and techniques. For extra flavor, add your favorite herbs or other seasonings or follow my suggestions below each recipe. During grilling, baste with your favorite barbecue sauce or glaze.

Micro-Grilled Chicken

2 1/2 - 3 pounds broiler-fryer chicken, whole or quartered
A favorite barbecue sauce or poultry glaze

Place whole chicken, breast-side down, (place chicken quarters, skin-side up) on microwave meat rack. Cover with waxed paper. Microwave (High) 15 to 20 minutes or until chicken is almost done. Halfway through cooking, turn over whole chicken. (Rearrange chicken quarters, if necessary for even cooking.)

Drain chicken and immediately transfer to hot grill. Cook 4 inches from coals (or on medium setting), about 20 minutes or until golden brown and done. Turn chicken over and brush generously with barbecue sauce or glaze several times during cooking. Makes 4 to 5 servings.

For extra flavor: Before microwaving, sprinkle inside of whole chicken or both sides of chicken quarters with herbs, such as fresh or dried sage, rosemary, thyme or tarragon.

Micro-Grilled Turkey Drumsticks Or Wings

2 turkey drumsticks or 2 large turkey wings (2 1/2 - 3 pounds)
1 cup water
1/2 - 1 teaspoon salt (optional)
A favorite barbecue sauce or poultry glaze

Place turkey drumsticks (with wings, first cut apart at joints) in microwave cooking bag. (Or place in microwave-safe dish and cover with heavy-duty plastic wrap.) Place bag in microwave-safe 12x8-inch dish. Add water and salt to cooking bag. Close and vent bag by closing 1/4 of open end with nylon tie (that comes with bag) or with 1/2 - inch strip cup from open end. Microwave (High) 5 minutes. Turn turkey and bag over and rotate dish. Continue microwaving on Medium (50% power, 325-350 watts) 40 to 50 minutes or until turkey is tender. If necessary for even cooking, rotate dish several times or rearrange and turn over pieces several times.

Drain turkey and immediately transfer to hot grill. Grill about 6 inches from coals (or on medium) until browned, about 15 to 20 minutes, turning several times and brushing generously with barbecue sauce or glaze. Makes 4 to 5 servings.

For extra flavor: Before microwaving, add herbs -- such as thyme, rosemary, sage or poultry seasoning -- to water.

Micro-Grilled Pork Spareribs

3-3 1/2 pounds lean pork spareribs, cut in 2- to 3-rib portions

3/4 cup water
1/2 - 1 teaspoon salt (optional)
A favorite barbecue sauce or pork glaze

Put ribs, water and salt in microwave-safe 3-quart casserole. Cover with tight-fitting lid or plastic wrap. (Or use a cooking bag in casserole; tie bag loosely.) Microwave on Medium (50% power, 325-350 watts) 25 to 30 minutes or until ribs are done. Halfway through cooking, turn ribs over and rearrange.

Drain ribs and immediately transfer to hot grill. Cook about 6 inches from coals (or on low setting) about 30 minutes or until brown and done. Turn ribs over and brush generously with barbecue sauce or glaze several times during cooking. Makes 4 to 5 servings.

For extra flavor: Before microwaving, top ribs with several garlic cloves, a small sliced onion and/or a half unpeeled, sliced lemon.

Questions for Joyce?

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

Recipes in this column are tested in 600- and 650-watt microwave ovens. With an oven of different wattage output, timings may need slight adjustment.

Joyce Battcher is an independent home economist microwave specialist. She is author of "Microwave Family Favorites" and editor of "A Batch of Ideas" newsletter.

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