

# MICROWAVE MINUTES

(Continued from Page B13)

Department of Food Science, Pennsylvania State University for safe levels of acidity.

If you'd like a copy of this booklet, send 75 cents with your name, address and zip code to: Cumberland Packing Corp., Dept. SLB, 60 Flushing Ave., Brooklyn, NY 11205. Specify booklet title.

The following recipes are adapted from the booklet. The booklet contains no microwave recipes, but all can be adapted to the microwave. Ideal is to divide the recipe in half. For the full-size recipe, use a heat-proof, glass, 3- to 4-quart casserole and potholders and watch carefully. If food starts to boil over, stop, stir, and then continue cooking on a lower power setting. Advantages of microwaving are convenience and less stirring, rather than time savings.

**Blueberry-Peach Conserve**  
1 medium-size navel orange  
1 lemon  
2½ pounds firm ripe peaches (about 6), peeled and sliced  
1 pint fresh blueberries  
½ cup granulated sugar  
½ cup grape juice  
1 tablespoon + 1 teaspoon Sweet 'N Low R granulated sugar substitute

Peel orange and lemon; finely chop rind. Remove seeds from pulp and chop pulp. Place fruit, their juices, and rind in microwave-safe 4-quart casserole. Add peaches and blueberries; sprinkle with sugar and let stand 30 minutes. Add grape juice and Sweet 'N Low. Cover with plastic wrap

or lid. Microwave (High) 10 to 14 minutes or until boiling. Stir. Microwave (High), uncovered, 20 to 25 minutes or until fruit is thick and translucent.

Spoon into hot, sterilized jars, allowing ¼ inch head space (or follow jar manufacturer's instructions if different). Wipe rims with clean cloth dipped in hot water. Close according to jar manufacturer's instructions and process in boiling-water bath 15 minutes. Makes 4 8-ounce jars.

Each tablespoon: 15 calories.

**Salsa**  
6 pounds firm ripe tomatoes (about 2 large)  
1 pound onions (about 2 large)  
1 pound green peppers (about 2 large)  
1 large red pepper  
1½ cups distilled white vinegar  
1 tablespoons + 1 teaspoon salt  
2 teaspoons dry mustard powder  
2 teaspoons Sweet 'N Low R granulated sugar substitute  
2 teaspoons chili powder  
1 teaspoon garlic powder  
¼ teaspoon ground cumin  
½ teaspoon ground black pepper  
½ teaspoon crushed red pepper flakes

Peel, chop and seed tomatoes, allow to drain in a colander. Meanwhile, chop onions and peppers. Combine all ingredients in a microwave-safe 4-quart casserole. Cover with lid or plastic wrap. Microwave (High) 10 to 15 minutes or until boiling. Stir. Microwave (High) 35 to 45 minutes, uncovered, or until very thick. Stir once or twice.

Spoon into hot sterilized jars,

allowing ½ inch head space (or follow jar manufacturer's instructions if different). Wipe rims with clean cloth dipped in hot water. Close according to jar manufacturer's instructions and process in boiling-water bath 20 minutes. Makes 4 8-ounce jars.

Each tablespoon: 10 calories.

**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. Recipes in this column are test-

ed 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.*



## Berks Society 1

The Society of Farm Women Group 1 held their monthly meeting at the home of Martha Levan, Oley, with 18 members attending. President Esther Burndt, conducted the business meeting. Grace Schaefer and Ella Richard will purchase three door prizes for the County Convention on Octob-

er 7. Ruth Walters, Dot Boch and Pearl Levengood will be in charge of the "Coffee Clutch" prior to the start of the Convention. Ruth Walters is in charge of scheduling the women to tend the baked goods stand at the Reading Fair on September 20 & 21. The next Sept. meeting will be on September 13 at the home of Pearl Levengood, Douglassville.

## Green Valley Society 26

The Green Valley Society of Farm Women Group #26 held their August meeting at the home of Athena Beshore. The picnic and youth program had eight members of the Red Land 4-H Club modeling clothing they had sewn. Sixteen members present and 10 guests were present. Group 21 will be entertaining Group 26 on August 23 at Curville McKendrie U.M. Church Social Hall.

The next meeting will be held at Bonanza Restaurant at the Valley Green Mall at 12:30 p.m. Sept. 12. Hostess- Mary Conley, program & games- Mabel Miller.

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