

"Microwave Magic"

By:
Carol Stark



Although most of us shy away from cooking a turkey in the microwave it can be done and done well. An even tastier idea is to use a boneless turkey roast. 1 - 8 1/2 -ounce can applesauce 1/4 cup jellied cranberry sauce Few drops of red food coloring 1/4 teaspoon ground nutmeg 3 to 3 1/2 -pound frozen boneless turkey roast, thawed.

Place thawed turkey roast, fat side up, on a nonmetal rack in a shallow baking dish. Micro-cook, uncovered on 100 percent power HIGH for 20 minutes, rotating the dish a half turn and turning the roast over after 10 minutes. Micro-cook, uncovered, on 50 percent power MEDIUM for 35 to 45 minutes or until internal temperature reaches 170 degrees, turning roast over after 15 minutes.

Meanwhile, for sauce, in a small nonmetal mixing bowl stir together liquid and flavoring. Micro-cook, uncovered, on 100 percent power HIGH for 1 1/2 to 2 1/2 minutes or until sauce is heated through. Spoon some of the sauce over roast; pass the remaining sauce. Makes 12 servings. Allow the turkey roast to stand covered with foil, shiny side in for 10-minutes after micro-cooking.

This standing time allows the roast to continue to cook even though it is out of the microwave.

Something different in vegetables is a cheese souffled vegetable.

CHEESE SOUFFLEED VEGETABLES

10-ounce package frozen asparagus spears 1/2 cup shredded American cheese (2 ounces) 15 1/2 -ounce can salmon, drained, skin and bones removed broken into chunks

1 tablespoon water 1/2 cup mayonnaise or salad dressing

1/4 teaspoon finely shredded lemon peel

2 egg whites

1/4 teaspoon cream of tartar

Dash of salt

2 tablespoons sliced almonds, toasted

Lemon wedges

Place water and vegetables in a 12x7 1/2 x2-inch baking dish. Micro-cook, covered with vented clear plastic wrap, on 100 percent HIGH for 5 to 7 minutes, separating and rearranging vegetable once. Drain. Halve any large vegetables lengthwise. Arrange vegetable in the 12x7 1/2 x2-inch bak-

ing dish or on a nonmetal platter.

Combine mayonnaise, lemon peel and cheese. Gently fold half of the mayonnaise mixture into the fish, spoon atop vegetable. Beat egg whites, cream of tartar, and salt until stiff peaks form. Fold in the remaining mayonnaise mixture.

Spoon egg white mayonnaise mixture atop fish mixture and vegetables. Sprinkle with sliced almonds. Micro-cook, uncovered on 50 percent power (MEDIUM) for 8 to 10 minutes or until egg white mayonnaise mixture is soft set, giving dish a quarter turn every 3 minutes. Garnish with lemon wedges, if desired. Makes 4 servings.

FOR THE KIDS

As the kids always want to cook their own food here is a nice recipe for the kids to do over Christmas vacation.

SNACK CAKE

1/2 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/2 cup milk

1/2 cup coconut

1/2 cup broken pecans

3/4 cup all purpose flour

3/4 cup sugar

1/2 teaspoon baking powder

1/2 teaspoon salt

2 eggs

1/2 cup shortening

1/2 cup packed brown sugar

2 teaspoons cornstarch

1/2 cup evaporated milk

2 tablespoons butter

Stir together the flour, sugar, baking powder, salt and flavoring. Add the eggs, shortening, and liquid. Beat with an electric mixer on low speed till combined; beat for 2 minutes on medium mixer speed, scraping the sides of the bowl occasionally. Turn batter into a greased 8x1 1/2 -inch round baking dish. Micro-cook, uncovered on 50 percent MEDIUM for 9 to 10

minutes or until the cake tests almost done, giving the dish a quarter turn every 3 minutes. Micro-cook, uncovered, on 100 percent HIGH power for 1 to 1 1/2 minutes more or until cake tests done. When done, cake surface may still appear moist but a wooden pick inserted into the center of the cake should come out clean. Let cake stand, uncovered for 5 minutes.

Meanwhile, in a small nonmetal mixing bowl stir together brown sugar and cornstarch. Stir in the evaporated milk and butter. Micro-cook, uncovered on 100 percent power HIGH for 1 1/2 to 2 minutes or until mixture is thickened and bubbly, stirring every 30 seconds. Stir in topping; spread over top of cake. Serve warm. Makes one 8-inch cake.

PFA Names Top Insurance Agent

CAMP HILL (Dauphin Co.) — Kathleen Marinkov of Lebanon has been named Agent of the Year for the fifth consecutive year by the Insurance Service of the Pennsylvania Farmers' Association (PFA).

PFA is a statewide, voluntary farm organization which provides a voice in public affairs and business services to 23,049 member families.

The PFA Insurance Service is the largest rural insurance agency in the state. It provides clients with professional, on-farm service and offers a full line of coverage for business and family needs.

Ms. Marinkov has been a PFA Insurance Service agent since 1984 and was the highest producer of new business out of 34 agents during the past year. She serves members in Lebanon, Berks and part of Lancaster counties.

In addition, Ms. Marinkov has been designated an Accredited Advisor in Insurance (AAI) and Certified Insurance Counselor (CIC).

The AAI designation follows successful completion of three national examinations on knowledge of insurance coverage, marketing concepts, selling techniques and agency and sale management. Training was conducted by the In-




Kathleen Marinkov

Insurance Institute of America, a nonprofit educational organization serving the property and liability insurance industry.

The CIC designation follows successful completion of a rigorous insurance education program sponsored by the Society of Certified Insurance Counselors, a national nonprofit organization dedicated to professional insurance education. As the holder of the CIC designation, Ms. Marinkov has demonstrated her professional competence through a combination of experience, formal training and a series of comprehensive written examinations focusing on all major fields of insurance, insurance management and agency operation.


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