

"Microwave Magic"

By:
Carol Stark



Imagine a stuffed round steak for dinner on a cold day with glazed honey carrots for a vegetable and a cheese cake for dessert?

While jazzing up your carrots for low-salt seasoning try adding marjoram, mint or thyme. Also included are some ways to jazz up other vegetables without using salt or butter. Sprinkle the vegetable with one or two herbs before microwaving. Or drizzle with herb vinegar or lemon juice after cooking.

Beans- basil, chervil, dill, fennel, oregano, summer savory.

Beets- cinnamon, tarragon.

Broccoli- basil, oregano, tarragon.

Cabbage- caraway, fennel, summer savory.

Cauliflower- fennel, rosemary, tarragon.

Eggplant- basil, garlic, oregano, thyme.

Mushrooms- dill, garlic, oregano.

Onions- garlic, marjoram, thyme.

Peas- chervil, marjoram, mint or rosemary.

Tomatoes- basil, chervil, fennel, marjoram, oregano, parsley or thyme. While low-salt cooking is a must for many diets, why not turn over a new leaf and use only unsalted butter or margarine.

Select cereals by reading the label for sodium content. Some such as shredded wheat have very

little sodium while other favorites such as cornflakes are high in sodium.

Stuffed Round Steak

10-ounce package frozen chopped spinach, thawed and well-drained
2 tablespoons chopped onion
½ cup grated Parmesan cheese
½ teaspoon dried marjoram, crushed

1 tablespoon butter or margarine
1 slightly beaten egg
1-½ pounds beef top round steak, cut ¾ -inch thick

7½ -ounce can semi-condensed cream of mushroom soup

2 teaspoons dry sherry
½ teaspoon Kitchen Bouquet

For stuffing, combine butter and vegetables. Micro-cook, covered, on 100 percent (HIGH) for 3 to 4 minutes or until vegetable is crisp tender. Stir in egg and seasoning. Set aside.

Trim excess fat from round steak. Pound to ¼ -inch thickness. Spread stuffing over meat. Roll up jelly-roll style, beginning with the short side. Tie with string. Place seam side up on a nonmetal rack in a shallow baking dish. Micro-cook, uncovered, on 100 percent (HIGH) power for 5 minutes. Micro-cook, uncovered, on 50 percent power (MEDIUM) for 6 minutes. Turn roll over and give dish a quarter turn. Micro-cook, uncovered, on 50 percent power (MEDIUM) for 6 to 8 minutes or until done, giving dish a half-turn

once. Let stand covered with foil, shiny side in, for 10 minutes.

Meanwhile, for sauce, stir together soup, sherry, and Kitchen Bouquet. Micro-cook, uncovered, on 100 percent power (HIGH) for 2 to 3 minutes or until hot, stirring twice. Remove string from steak; carve. Pass sauce. Makes 6 servings.

GLAZED HONEY CARROTS

1 package frozen carrots
3 tablespoons honey
2 tablespoons butter

Take package of frozen carrots, micro-cook for 20 minutes. Add 3 tablespoons honey and 2 tablespoons butter and micro-cook for 3 minutes.

CHEESECAKE

3 tablespoons orange juice
1 teaspoon finely shredded orange peel

¼ teaspoon vanilla
¼ cup orange marmalade

3 tablespoons butter
¾ cup finely crushed graham crackers

1 tablespoon sugar
2-3 ounce packages cream cheese

1 beaten egg
½ cup sugar

½ cup dairy sour cream

For crust, in a 7-inch pie plate, micro-cook butter uncovered, on 100 percent power (HIGH) for 45 to 60 seconds or until melted. Stir in crushed graham crackers and 1 tablespoon sugar until all is moistened. Press mixture firmly against bottom and sides of pie plate. Micro-cook, uncovered, on 100 percent power (HIGH) for 1 to 1½ minutes or until set, rotating pie plate a half-turn after 30 seconds. Set aside.

In a non-metal mixing bowl micro-cook cream cheese, uncovered, on 50 percent power (MEDIUM) for 1 to 1½ minutes or until set, rotating pie plate a half turn after 30 seconds. Set aside.

In a non-metal mixing bowl micro-cook cream, uncovered, on

50 percent power (MEDIUM) for 1 to 1½ minutes or until softened. Stir in the beaten egg, ½ cup sugar, and sour cream until mixture is smooth. Add liquid and flavoring; mix well. Pour cream cheese mixture into crust. Micro-cook, uncovered, on 50 percent power (MEDIUM) for 8 to 10 minutes or until a knife inserted 1-inch from edge comes out clean, giving pie plate a quarter-turn every 2 minutes. (Center will be slightly set but not firm.) Cool slightly. Meanwhile, in a small non-metal bowl or custard cup micro-cook topping on 100 percent power (HIGH) for 30 to 60 seconds or until warm. Spoon over top of cheesecake. Cool; refrigerate at least 3 hours or until set. Makes 6 servings.

Tip For The Kids

Oatmeal is one of the best

breakfast foods you can eat. It is not only a cheap cereal but one of the most nutritious. Microwaving instant hot cereals right in the serving bowls makes a hearty breakfast a snap for the kids to make before the school bus comes. And there's more good news — no pot scrubbing for the clean-up crew. There are microwave directions right on the package for most instant hot cereals. Basically you bring the water and cereal to boiling at microwave full power (HIGH), stirring 2 or 3 times to prevent lumping. To plump raisins while the cereal cooks, add 1 extra tablespoon of water plus 1 tablespoon raisins to each bowl before cooking. Or top hot cereal with chopped apple, brown sugar and a dash of cinnamon for a different taste.



Lancaster Society 8

Lancaster Society of Farm Women No. 8 held their Christmas luncheon at the St. Luke's Church in Maytown on December 4.

Jean Moyer presented a program of Christmas stories. The next

meeting will be February 12 at the home of Mary Sarver and Arlene Witman, Mount Joy. Members are to bring a one pound item wrapped for auction.

No meeting in January.

Berks Society 3

Group 3 of the Berks County Society of Farm Women recently held its Christmas banquet for members and guests at the Washington Inn, Bechtelsville. President Joan Loeb installed the officers for 1992-1993. New officers are Sonya Moyer, president; Lillian Bucks, vice-

president; Mayetta Shane, secretary; Diane Eddy, treasurer; Dora Pollock, corresponding secretary.

Six members of Group 3 plan to attend the State Convention in Harrisburg on January 13.

The next meeting will be at the home of Mary Hill, Boyertown, on January 28 at 7 p.m.

FARMING FOR THE FUTURE with



★ NEW FOR 1992 - BOLT-ON TEETH ★

➔ A new AERWAY can be your ticket to INCREASED PROFITS and help you comply to your conservation plan.

A GOOD THING JUST GOT BETTER!

Helping Ranchers and Dairymen Make Better Hay and Pastures Throughout the Nation.

UNIVERSITY TESTS SHOW

- AerWay-ing Pays
- Increases yield and quality
- Important part of intensive hay and pasture management
- Helps conserve valuable soil, fertilizer and water.
- Reduces compaction
- Improves manure management
- Reduces run-off
- Promotes extended stand life.

"My dairy farm is located on rolling terrain in Reedsburg, Wisconsin. After the first cutting, I used the Aer-Way on my thinning alfalfa stand to get the fertilizer and water into the ground. The second cutting was noticeably better with thicker and leafier alfalfa. I would recommend the Aer-Way to other dairy farmers."

DAVID RABOINE
Dairy Farmer
Reedsburg, Wisconsin

"Earlier this spring, I used the Aer-Way implement and Aer-Way chain harrow on my rolling pastureland. This was done to open up the ground to get water into the sloping grasslands. At the same time I pulled the Aer-Way chain harrow to scatter the cattle manure around, even after the dry summer we had, I noticed that the Aer-Wayed ground held the moisture better and we got thicker and better regrowth where we ran the machine."

DR. REX WILHELM D.V.M.
Stuart, Iowa

"I have better pastures since I started using the Aer-Way to aerate and renovate my pastures. Using the Aer-Way has helped me get the nutrients where they are needed. I would not recommend fertilizing or liming without running the Aer-Way first."

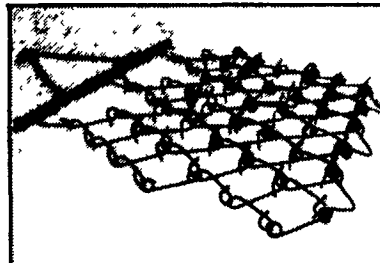
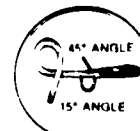
SANDY FISHER
Brookview Farm, Manakin-Sabot, Virginia

"The Aer-Way is playing an important role in my soil-building program and saving me fuel and labour at the same time."

JOHN VANDORP
Woodstock, Ontario
Dairy and hog operation

Flexible Chain Harrow

One of the heaviest in the industry



INTENSIVE
GRAZING
MAINTENANCE

PASTURE
RENOVATION

SEED BED
PREPARATION

"We really noticed the improvement in the fields where we used the Aer-Way implement. The grasses came back greener and thicker. We even got regrowth in some of the thinned-out areas."

LARRY STRITE
Rich Baron Farm, Greencastle, Pennsylvania

"I chose the Aer-Way tool because I have steep rolling ground that is classed highly erodible land and can't be plowed. The Aer-Way loosens the soil and leaves the crop residue on top for erosion protection. When planting corn with my no-till planter the seeding is more uniform."

JOHN FINT
Aurora, West Virginia

MAKE A POINT TO VISIT US AT PA FARM SHOW - Booth #662

Yes, please send me free information about your:

- Flexible Chain Harrow
- Aer-Way Implement

Name _____
Farm _____
Address _____
Town _____
State _____ Zip _____
Telephone (____) _____

DEALER INQUIRIES WELCOME



AGRI-QUIP CORPORATION

371 Boardman-Poland Road Boardman, Ohio 44512

or call 1-800-228-8032

Dealers & Distributors Conveniently Located - Call or Write Today!