

"Microwave Magic"

By:
Carol Stark



As safe as we all think the microwave is for children, I would like to share with you an accident that happened at our house recently involving three children ages 7, 8 and 10 making microwave oatmeal. An accident occurs when the dish becomes too hot, is dropped to the floor, and the oatmeal splatters out onto the three kids' pants. As each child screams, from across the room you wonder what on earth happened. When the oatmeal splattered on their pants, the seven-year-old received third degree burns (the size of a saucer) on her leg. One cup of oatmeal, three children burned, and still half of it landing on the refrigerator door. The heat from the oatmeal made a steaming effect on their pants, resulting in a worse burn than if the oatmeal had hit their bare legs. A lesson is to be learned from this. Fire rarely results from a microwave, but the burns can be even more devastating.

Another friend related that her child got severe burns from opening a bag of microwave popcorn. The steam caused third degree burns to the little boy's face. If anyone has microwave tales,

please submit them to the paper. I would like to know about them.

Another thing to remember when you're cooking meat in the microwave is to trim away the fat so that the grease doesn't burn you. For example, when you are preparing a simple meat sauce, cook the meat in a strainer with the strainer in a dish. This way the grease drains through the holes in the strainer.

Sloppy Joe Meat Sauce

1 - 10% ounce can condensed tomato soup

2 tablespoons water

1/4 cup finely chopped green pepper

1 tablespoon prepared mustard

6 hamburger buns, split and toasted

1 pound ground beef

1 medium onion, finely chopped (1/2 cup)

1/4 teaspoon pepper

Crumble ground beef into a strainer into a 2 quart casserole; add onion. Microwave, covered, on 100 percent power (high) for 5 minutes. Stir once to break up meat. Drain off fat. Stir in pepper, liquid, and seasoning into the cooked ground beef in the casserole. Microcook, covered, on 50

percent power (medium) for 20 minutes; uncover and microcook on 50 percent power (medium) for 10 to 12 minutes more or until of desired consistency, stirring at least once during cooking. Serve on bread or pasta. Top with garnish. Makes 6 servings.

Stuffed Cabbage Rolls

1/2 cup cornbread stuffing mix

1/2 teaspoon dried basil, crushed

1/2 pound bulk pork sausage

1/2 pound ground pork

1/2 cup tomato sauce

1 tablespoon water

1/2 teaspoon dried basil, crushed

1/2 teaspoon dried oregano, crushed

4 large cabbage or romaine leaves; or 8 small cabbage or romaine leaves

1 beaten egg

1 small onion, finely chopped

1 stalk celery, finely chopped

1/2 teaspoon sugar

1/2 teaspoon salt

Dash pepper

1/4 cup water

For sauce, in a nonmetal bowl, stir together tomato sauce, 1 tablespoon water, sugar, basil and oregano. Microcook covered on 100 percent power (high) for 1 1/2 minutes. Set aside.

Remove center vein of cabbage or romaine leaves, keeping each leaf in one piece. Place leaves in a 12x7 1/2 x2" baking dish. Cover with vented clear plastic wrap. Microcook covered, on 100 percent power (high) for 1 to 3 minutes or until leaves are limp.

For filling, stir together egg, chopped onion, chopped celery, salt, pepper, breading and seasoning. Add meat, mix well. Divide meat mixture into four equal portions. Place one portion of meat mixture on each cabbage or romaine leaf. If using small leaves, overlap 2 leaves for each portion. Fold in sides. Starting at unfolded edge, roll up each leaf, making sure folded edges are included in roll.

Arrange rolls in a 12x7 1/2 x2" baking dish. Pour 1/4 cup water over rolls. Cover with vented clear plastic wrap. Microwave covered, on 100 percent power (high) for 14 to 17 minutes, rotating the dish

a half turn after 8 minutes. Remove rolls to a serving dish. Reheat sauce, covered, on 100 percent power (high) for 1 to 1 1/2 minutes or until warmed through. Spoon some sauce over rolls, pass the remaining sauce.

Host Families Needed

PITTSBURGH (Allegheny Co.) — American farm families are being asked to host young visitors from Europe and South America who are offering to help out during the coming summer months.

Farm families with an interest in learning more about this not-for-profit project are invited to contact the program director, Mrs. Penny Tarplin, International Farmstay Project, 128 North Craig Street, Pittsburgh, PA 15213; Phone: (412) 621-FARM.

These visitors are between 19 and 29 years old and they will be arriving from Finland, Germany, Brazil, Netherlands, Spain and Portugal as well as from other countries. They are both males and females and are not, for the most part, from farm backgrounds. But they are quite serious about making a real contribution with their volunteer services, will rise early

and help out with whatever chores need to be performed.

They are also anxious to improve their English skills and to make friends in America. They may remain in America for one, two or three months and are protected by comprehensive health and accident insurance.

They will fly to the airport nearest to their farm hosts. Host families may specify male or female and may indicate a country of choice, but this is not always possible to arrange.

The Farmstay Visitors have submitted detailed applications including photographs and identifying their interests and backgrounds.

This will be the fourth summer of placements for the International Farmstay Project and Host Families with dairy, beef, horse, sheep, and fruit or vegetable produce can participate.

Butter And Noodles Campaign

ARLINGTON, Va. — The National Dairy Promotion and Research Board, Wisconsin Milk Marketing Board, American Butter Institute and the Hershey Pasta Group, a division of Hershey Foods, have united for a Butter and Noodles promotion to coincide with the Lenten Season.

The goal is to increase butter sales by an additional 182,000 pounds during the run of the campaign, March 1 through May 31. A one-page insert will be in Sunday newspapers throughout the country on March 1, featuring the slogan, "Taste the Real Goodness." By sending in the UPC symbol from a package of butter as well as from one package of Hershey noodles which are marketed under four brand names depending on the region, consumers will receive a 16-page recipe booklet featuring butter and noodle recipes and a coupon for a free package of noodles.

The promotion is another activity coming out of the industrywide Butter Task Force which is composed of NDB, state and regional

promotion groups and manufacturers.

NDB is matching campaign costs with Hershey up to \$300,000. The promotion includes an insert with a redemption coupon in Sunday newspapers, the recipe booklet and in-store materials. Those materials will be tear-off pads with redemption coupons and four recipes, and end-of-aisle display cards.

The Wisconsin Milk Marketing Board is funding a retailer display contest to generate extra display space for butter in supermarkets. Butter and pasta brokers used a two-sided sell sheet to announce the promotion to retailers and emphasize the profitability of butter and pasta.

America's dairy farmers are funding this campaign through the National Dairy Board. The National Dairy Board, composed of 36 dairy farmers, was established to develop and administer a coordinated program of promotion, research and nutrition education to strengthen the dairy industry's position in the marketplace.

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