

"Microwave Magic"

By:
Carol Stark



Potatoes are certainly a prominent part of our diet and always have been, as in "meat and potatoes . . ." Furthermore, there are many ways to prepare them that make "the spud" popular with most everyone.

This week's column features the best ways to microwave the potato. To prepare whole potatoes, scrub oval potatoes of similar size. Pierce each one to allow steam to escape, or cut into one-inch pieces.

To microwave, arrange potatoes about two inches apart in a circle in the microwave. For crisper potato skins, sprinkle each dampened potato with salt. Microwave potatoes uncovered on high (100 percent) until tender, 11 to 13 minutes. Let stand five minutes. Potatoes hold their heat well.

To serve, add margarine or butter, salt and pepper. Season with bay leaf, caraway seed, dill, mint, poppy seed or sage. Top whole potatoes with seasoned sour cream or yogurt.

NEW POTATOES WITH ONIONS

- 1/2 cup water
- 1/2 teaspoon salt
- 10 to 14 small new potatoes
- 2 tablespoons margarine or butter
- 1/2 teaspoon grated lemon peel

1 tablespoon lemon juice
1/2 teaspoon salt
1/2 teaspoon pepper
Dash of dried dill weed
1 green onion, chopped
Prepare potatoes as directed. Place water, salt and potatoes in two-quart casserole. Cover tightly and microwave on high (100 percent) five minutes; stir. Cover and microwave until tender four to six minutes longer; drain.

Mix remaining ingredients except onion in one-cup measure. Microwave uncovered on high (100 percent) until bubbly, about one minute; stir in onion. Pour mixture over potatoes.

Always remember, vegetables with skins or shells need to be partially pared or pricked in several places to allow steam to escape to prevent bursting while microwaving. Cooking such foods as potatoes also illustrates an important microwave principle - cooking time increases as the number of potatoes increases. Choose vegetables of similar size for best results.

SWEET POTATOES

Wash sweet potatoes of similar size but do not pare. Pierce potatoes to allow steam to escape. To microwave, arrange potatoes about two inches apart in circle on paper towel in microwave. Micro-

wave uncovered on high (100 percent) until tender when pierced with fork, 8 to 10 minutes. Let stand five minutes. To serve - add margarine or butter, salt and pepper . . . season with cinnamon, cloves or ginger.

PINEAPPLE-NUT SWEET POTATOES

- 1 can (18 oz.) vacuum packed sweet potatoes, drained
- 1/2 teaspoon salt
- 1 can (8 1/2 oz.) crushed pineapple, drained
- 1/2 cup coarsely chopped nuts
- 1 tablespoon packed brown sugar

1 cup miniature marshmallows
1/2 teaspoon nutmeg
Layer sweet potatoes, salt, pineapple, nuts, brown sugar and 1/2 cup of the marshmallows in 1 1/2 -quart casserole. Cover tightly and microwave on high (100 percent) until hot, five to seven minutes.

Sprinkle with remaining marshmallows. Microwave uncovered until marshmallows are puffed, about one minute longer. Sprinkle with nutmeg.

ORANGE SWEET POTATOES

- 1 can vacuum packed sweet potatoes, drained
- 1/2 teaspoon salt
- 1/2 cup orange marmalade

Place potatoes in one-quart casserole. Sprinkle with salt; spoon marmalade on potatoes. Cover loosely and microwave on high (100 percent) four minutes; stir and spoon marmalade on potatoes. Cover and microwave until hot, one to two minutes longer; stir.

FOR THE KIDS TO MAKE ROSY APPLES

Core four large baking apples. Pare skin on top half of each apple in petal design if desired; place up-

right in individual baking dish or 10-ounce custard cup. Fill center of each with one tablespoon cinnamon candies and top with about one tablespoon packed brown sug-

ar, pushing firmly into core. Microwave uncovered on high (100 percent) until tender when pierced with fork, four to six minutes. Serve with cream.

Franklin County Pageant Set June 12

CHAMBERSBURG (Franklin Co.) — The Franklin County Dairy Promotion committee is making preparations to crown a new Franklin County Dairy Princess. The 25th dairy princess pageant will be held at the Lighthouse Restaurant on Friday, June 12, at 7 p.m. The purpose of the Dairy Princess Program is to promote milk and other dairy products.

Contestants are being invited to enter this year's contest and vie for the crown of Franklin County Dairy Princess. To be eligible the girl must live in Franklin County. She must be the daughter of a dairy farmer, herdsman, manager, or someone employed in a dairy-

related industry, or herself be employed in a dairy-related industry, or be the owner of at least two 4-H or FFA dairy animals. She must be at least 16 years of age by July 1 and will not reach her 24th birthday before the end of the year. She must be single and never married and cannot marry during her reign.

Entry blanks for the contest are available from members of the Franklin County Dairy Promotion Committee and at the Franklin County Extension Office in Chambersburg.

Banquet tickets will be available from Dairy Promotion Committee members and at the Extension Office beginning May 18.

Button Jewelry Class

WEST CHESTER (Chester Co.) — Buttons are the spotlight for the button jewelry class on Thursday, May 14, 9:30 to 11:30 a.m., at Chester County Cooperative Extension, 235 W. Market Street, West Chester. Becky Scotland, 4-H/family living assistant, will assist participants in the "make and take" workshop to learn to create beautiful earrings,

pins, and other jewelry in addition to clothing embellishments.

The registration fee of \$4 due by May 8, includes jewelry findings, a base for one creation, and instructions for many others. Participants must bring buttons, super glue, hot glue gun and sticks. For further information, contact the Chester County Cooperative Extension at 215-696-3500.



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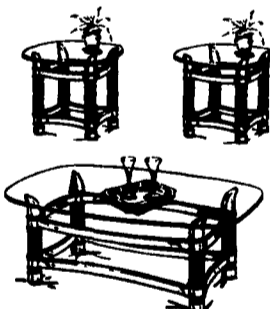
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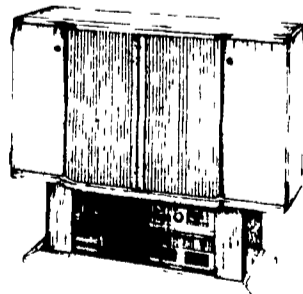
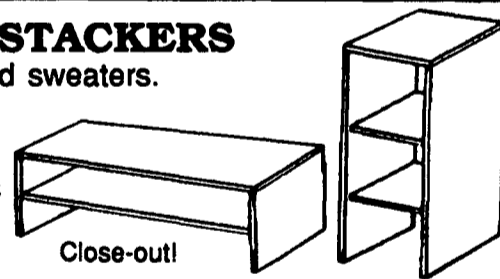
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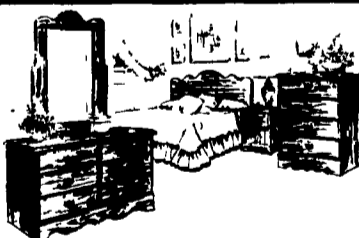


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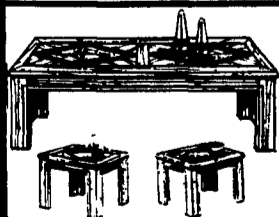
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