

"Microwave Magic"

By:
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Chicken is an excellent food for microwaving. It is tender, flavorful and juicy, microwaves rapidly, and takes very little attention during cooking. Don't overcook poultry, however; it really will be done in the very short cooking periods given in the recipes. Because they do cook so quickly, chicken pieces do not get brown and crisp. Furthermore, it will be more attractive if brushed with a browning agent, coated with crumbs, or cooked in a Brown 'N Sear Dish. Plain microwaved chicken is perfect for salads and casseroles too. If you are concerned about calories or cholesterol, skin chicken before cooking, since most of the fat is located directly below the skin. If cooked in a sauce, the flavor will be absorbed by the chicken instead of the skin.

Fiesta Chicken Kiev

This recipe won \$5,000 in a recipe contest exclusively for microwave cooking. Serve Kiev with taco sauce, garnish with lettuce, tomatoes and ripe olives.

- 4 whole chicken breasts, split, skinned and boned
- 3 tablespoons butter
- 3 tablespoons old English style sharp cheese spread
- 2 teaspoons instant minced onion
- 1 teaspoon salt
- 1 teaspoon monosodium glutamate (Accent)
- 2 tablespoons chopped green chilies
- 1/2 cup butter melted
- 1 cup cheddar cheese crackers

1 1/2 tablespoons taco seasoning mix

Pound each raw chicken piece with mallet or foil covered brick to flatten.

In small bowl beat together butter and cheese spread until well blended. Mix in onion, salt, monosodium glutamate and chilies. Place a portion of mixture at one end of each chicken piece, dividing evenly. Roll up each piece, tucking in ends to completely enclose filling. Fasten rolls with toothpicks.

Dip each roll in melted butter to cover, then coat with mixture of crackers and taco seasoning mix. Arrange rolls in 12x8x2 inch dish. Cover with wax paper. Microwave at HIGH for 10 to 12 minutes, rotating dish 1/2 turn after 5 minutes, until done. Let stand about 5 minutes before serving. Makes 8 servings.

Not The Same Old Chicken

This golden glazed chicken is named for the comments it elicits. It really does taste special.

1 chicken, 2 1/2 to 3 1/2 lb. cut up
1/2 cup mayonnaise
1 package dry onion soup mix
1/2 cup bottled Russian dressing
1 cup apricot-pineapple preserves

In a 12x8x2 inch dish arrange chicken with thickest, meaty pieces to outside edges of dish.

In a small bowl stir together mayonnaise, onion soup mix, dressing and preserves. Spread over chicken, coating each piece. Cover with wax paper.

Microwave at HIGH 18 to 22 minutes, rotating dish 1/2 turn after 10 minutes. Allow to stand 5 to 10 minutes before serving, so chicken absorbs flavor of sauce. Serve with rice. Makes about 4 servings.

Crumb Coated Chicken

This has the same appearance and taste as oven fried.

2 eggs
1/2 cup melted butter
1 teaspoon salt
1 1/2 cups buttery flavored cracker crumbs (about 50)

1 chicken, 2 1/2 pounds cut up, skin removed

In a small bowl beat together eggs, butter and salt.

In a shallow dish place crumbs.

Coat chicken with crumbs, then egg mixture and crumbs again. In a 12x8x2 inch dish arrange chicken with meatiest pieces to outside edges of dish. Cover with wax paper. Microwave at HIGH 18 to 22 minutes, rotating dish 1/2 turn after 10 minutes. Makes about 4 servings.

Chicken and Dumplings

1 chicken, 2 1/2 to 3 1/2 lbs. cut up
2 cups hot tap water
1/2 cup chopped onion
1/2 cup chopped celery
4 medium carrots, sliced
2 teaspoons salt
1/2 teaspoon pepper
1/4 cup cornstarch
1/4 cup cold water

In a 3 quart casserole place chicken, water, onion, celery, carrots, salt and pepper. Cover. Microwave at Medium High for 15 minutes

In a small bowl stir together cornstarch and water. Stir in chicken mixture, blending well. Cover. Microwave at Medium High 10 to 20 minutes, until chicken is tender. Spoon Dumplings around edge of dish. Microwave at Medium High for 5 to 6 minutes, covered, until puffed and not doughy. Makes 4 servings.

Dumplings

In a mixing bowl stir together 1 1/2 cups unsifted all purpose

flour, 1 tablespoon dried parsley flakes, 2 teaspoons baking powder and 1/2 teaspoon salt. Add 1/2 cup milk, 1 beaten egg and 2 tablespoons cooking oil. Stir with table fork only until flour is moistened.

Chicken A La King

The old favorite, creamed chicken, dressed up with colorful pimiento, green pepper and flavorful mushrooms.

Serve over toast or in a pastry shell.

1/2 cup butter
1/2 cup unsifted all purpose flour
2 cups dairy half and half
1 cup chicken broth

In a 2 quart casserole place butter. Microwave at High 1 minute, until melted. Blend in flour. Gra-

dually stir in half and half and broth; mix well. Microwave at High 8 to 10 minutes, stirring with whisk after 4 minutes, until thickened and smooth. Stir well again. 2 cups cubed, cooked chicken

1 jar (4 oz.) sliced pimiento
1 can (4 oz.) sliced mushrooms, undrained
1/2 cup diced green pepper
1 teaspoon salt
1/4 teaspoon pepper

Mix in chicken, pimiento, mushrooms, green pepper, salt and pepper. Cover. Microwave at Medium High for 7 to 10 minutes, until hot. Let stand 5 to 10 minutes before serving, to blend flavors. Makes about 4 servings.

Grow The Great Pumpkin

DOYLESTOWN (Chester Co.) — Youth between the ages of 8 and 19 are invited to join the 4-H Great Pumpkin Contest.

W. Atlee Burpee and Co. have donated the seeds of "Prizewinner" pumpkin to the Bucks County 4-H project.

Four-H members who enroll in the pumpkin project will be supplied with pumpkin plants and several kinds of seed to grow the "Great Pumpkin". The 4-H's will also be given planting and care instructions.

In early fall there will be a Great Pumpkin Roundup. At the

roundup there is always a lot going on including a weigh-in of pumpkins, pie eating contest, judging contest, and many other exciting happenings!

Four-H's will also be in the running for Burpee's \$10,000 grand prize if they happen to grow the largest pumpkin in the U.S.

To join the 4-H pumpkin contest, youngsters must be enrolled as 4-H members. The deadline is June 1.

Contact the 4-H office at (215) 345-3283 for details about joining 4-H.



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