

"Microwave Magic"

By:
Carol Stark



Jellies, jams and relishes, like all fruits and vegetables cooked by microwaves, retain their sparkling fresh flavor. Because microwave energy heats from all sides, not just the bottom, sugar mixtures do not scorch and need very little stirring. As with range top cooking, they boil up high, so be sure to use a large casserole. Since fruit juices do not evaporate in microwaving, I recommend using fruit pectin to thicken jellies, jams and preserves. You will also obtain a greater yield for the same amount of fruit.

General recommendations for jelly and jam making: 1. Use HIGH power on all recipes. 2. Add pectin gradually, stirring very well. 3. Use potholders as sugar mixtures get very hot. 4. Avoid steam burns by lifting lid away from you when removing. 5. Pour jelly into hot sterilized jars or glasses; wipe off rim well, then seal with hot sterilized lids or paraffin. Sterilizing should be done in pot of boiling water on surface unit.

Paraffin manufacturers recommend melting paraffin in a double boiler.

Apple Jelly

2 cups bottled unsweetened apple juice
3 1/2 cups sugar
1/4 bottle (6 oz.) liquid fruit pectin
In a 3 quart casserole stir together apple juice and sugar. Cover. Microwave at HIGH 12 to 14 minutes, stirring after 6 minutes, until boiling.

Stir in pectin, mixing thoroughly. Cover. Microwave at HIGH 4 to 6 minutes more, until mixture returns to boil. Then, time for 1 minute of boiling. Stir and skim off foam if necessary. Ladle into prepared glasses. Seal. Makes about 3 cups.

Grape Jelly From Frozen Juice

It is very important to mix pectin well with juice before microwaving.
1 can (6 oz) frozen grape juice concentrate, defrosted

1 package (1 1/4 oz) powdered fruit pectin
2 cups hot tap water
3 1/4 cups sugar

In 3 quart casserole, blend together grape juice and pectin. Stir in water. Cover. Microwave at HIGH 8 to 9 minutes, stirring well after 4 minutes, until bubbles form around edge of dish.

Add sugar, mixing well. Cover. Microwave at HIGH 6 to 8 minutes, stirring well after 4 minutes, until mixture boils. Then, time for 1 minute of boiling. Stir and skim off foam with metal spoon. Ladle into prepared glasses. Seal. Makes about 4 cups.

Applesauce Butter

Start with about 1 quart of applesauce to make this recipe. It is very good made with microwaved applesauce.

1 quart (4 cups) applesauce
1 package (1 1/4 oz.) powdered fruit pectin
1 tablespoon pumpkin pie spice
1 teaspoon cinnamon
4 1/2 cups sugar

In 3 quart casserole stir together applesauce, pectin, pumpkin pie spice and cinnamon. Cover. Microwave at HIGH 8 to 10 minutes, until mixture boils.

Add sugar to hot mixture, stirring well. Cover. Microwave at HIGH 9 to 11 minutes, stirring every 5 minutes, until mixture reaches a full boil. Then, time for 1 minute of boiling. Stir well. Ladle into prepared glasses. Seal. Makes about 6 cups.

Fresh Peach Jam

4 cups peeled, pitted and finely chopped peaches
2 tablespoons lemon juice
1 box (1 1/4 oz.) powdered fruit pectin
5 1/2 cups sugar

In 3 quart casserole place peaches, lemon juice and pectin. Stir well. Cover. Microwave at HIGH 8 to 10 minutes, or until mixture is at a full rolling boil. Stir.

Add sugar to boiling mixture, stirring well. Microwave at HIGH 7 to 9 minutes, uncovered, stirring after 4 minutes, until mixture reaches a full rolling boil. Then, time for 1 more minute of boiling. Skim off foam and stir jam about 5 minutes before ladling into prepared glasses. Seal. Makes about 7 cups.

Fresh Strawberry Jam

4 1/2 cups crushed fresh strawberries
Wash and stem before crushing
1 box (1 1/4 oz) powdered fruit pectin
7 cups sugar

In 3 quart casserole place berries and pectin. Stir well. Cover. Microwave at HIGH 8 to 10 minutes, until mixture is at a full rolling boil. Add sugar to boiling mixture and stir well. Microwave at HIGH 8 to 10 minutes, uncovered, stirring after 5 minutes, until mixture reaches a full rolling boil. Then, time for 1 minute of boiling. Skim off foam with metal spoon, stirring jam about 5 minutes before ladling into prepared glasses. Seal. Makes about 8 cups.

Year Round Fresh Tomato Relish
Delicious on hamburgers
1 tablespoon prepared mustard
1 tablespoon brown sugar (packed)
2 teaspoons white vinegar
1/2 teaspoon seasoned salt
2 cups finely chopped tomato
1/2 cup finely chopped celery
1/2 cup finely chopped green pepper
1/4 cup finely chopped green onion
In a 1 1/2 quart casserole stir together mustard, brown sugar, vinegar and salt. Microwave at HIGH 1 minute. Add tomato, celery, green pepper and onion. Microwave at HIGH 2 minutes, uncovered. Stir well and refrigerate at least 1 hour before serving, to blend flavors. Store leftovers in refrigerator. Makes about 3 cups.



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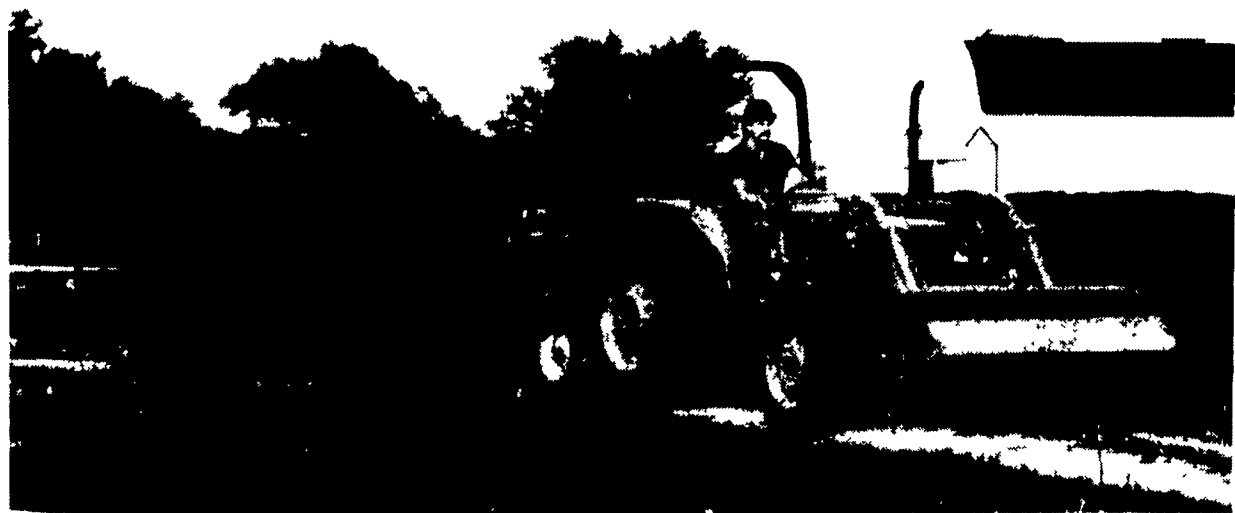
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