

# Home on the Range

## Microwave Delights: Less Time To Prepare, Equal Enjoyment

The microwave cooking phenomenon that began in the 1970s has become a modern staple for many families incessantly on the go.

But you can still retain the freshness of oven-baked food if you know what recipes to use.

If you're too busy trying to make obligations for the coming holidays, then follow some of these recipes for microwave cooking.

### FLORENTINE POLPETTONE

- 1 1/2 pounds lean ground beef
- 1 cup seasoned bread crumbs
- 1 cup milk
- 1/2 cup chopped onion
- 1 egg
- 1/2 teaspoon salt
- 1 10-ounce package thawed frozen chopped spinach
- 1 slightly beaten egg
- 1 8-ounce cup ricotta cheese
- Tomato-mushroom sauce
- Grated parmesan cheese

Combine ground beef, bread crumbs, milk, onion, one egg, and salt; mix well. Reserve 1/2 of meat mixture. Line four 10-ounce baking dishes with remaining meat mixture. Press all liquid from spinach; combine with slightly beaten egg and ricotta cheese. Place equal amount of spinach mixture in each meat-lined baking dish. Shape reserved meat mixture into four patties; place over spinach mixture; seal. Place in microwave oven on several layers of paper towels to absorb possible runover. Cover lightly.

Microwave on high 5 minutes. Rotate 1/4 turn. Microcook additional 5-10 minutes. Remove loaves from microwave oven; cover with aluminum foil. Allow to stand 5 minutes. Unmold each serving. Top with tomato-mushroom sauce and sprinkle with Parmesan cheese.

#### Tomato-Mushroom Sauce:

Melt 1 tablespoon butter in medium bowl or 4-cup measuring cup. Stir in 1 cup sliced mushrooms and 1/2 cup chopped onion. Microwave on high just until tender. Stir in 2 cups (two 8-ounce cans) tomato sauce, 1/2 teaspoon garlic powder, and 1/2 teaspoon pepper. Microcook 2-3 minutes, stirring twice. Serve with Florentine Polpettone. Makes about 2 1/2 cups sauce. Yield: 4 individual servings.

- ### SPINACH-MOZZARELLA BAKE
- 1 pound lean ground beef
  - 1/2 cup chopped onion
  - 1/2 cup (6-ounce can) Italian tomato paste
  - 1 cup water
  - 2 cups hot, cooked, drained elbow macaroni
  - 1 1/2 cups (6 ounces) shredded mozzarella cheese
  - 1 package (10 ounces) well-drained, thawed frozen chopped spinach.

Crumble ground beef in 2-quart microwave-safe dish. Add onion. Microcook on high 5 minutes. Stir to break up meat. Microcook additional 2 minutes or until meat is cooked. Drain off fat. Stir in Italian paste and water. Place macaroni in bottom of 12 by 7 by 2-inch microwave-safe dish. Sprinkle 1 cup cheese over top. Spoon meat mixture over macaroni layer. Top with spinach. Sprinkle remaining cheese over top. Microcook on high 10-15 minutes, rotating dish every 5 minutes. Serves 4-6.

### GOUDA CRAB DIP

- 1 small wheel (7 ounces) Gouda cheese, shredded
- 1 package (8 ounces) cream cheese
- 1/2 cup light cream or half and half
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon dry mustard
- 1/2 teaspoon garlic powder
- 5 drops hot pepper sauce
- 1 can (6 ounces) crab meat, rinsed, drained, and cartilage removed

#### Rye bread cubes

Combine all ingredients except crab meat and bread cubes in 1-quart microwavable container. Microwave, uncovered, at medium high (70 percent) 5 to 7 minutes, or until mixture is smooth. Gently stir in crab meat. Microwave, uncovered, at medium high 1 to 2 minutes, or until hot throughout. Serve with rye bread cubes as dippers. Yields 2 cups.

#### American Dairy Association

### STEWED DRIED CORN

- 1 1/2 cup dried corn
  - 1/4 teaspoon salt
  - 3 teaspoons sugar
  - 2 cups water
  - 2 tablespoons butter
  - 1 cup milk
- Mix and place in 2-quart casserole. Cover. Microwave 10 minutes. Let stand 15 minutes. Cook 15 minutes.

A Manheim reader



Some meals work out great in the microwave. A recipe included here, pork-vegetable stir fry, in many ways can be as tasteful as this photo of an orange mustard pork dish. The pork-vegetable stir fry uses apple juice to give some fruit flavoring.

### PORK-VEGETABLE STIR FRY

- 1 pound boneless lean pork, cut into 1/4-inch slices
- 1 tablespoon cornstarch
- 2 tablespoons soy sauce
- 2 cloves garlic, minced
- 2 stalks fresh broccoli (about 8 ounces)
- 2 tablespoons apple juice
- 2 teaspoons instant chicken bouillon
- 1 teaspoon sugar
- 2 cups sliced fresh mushrooms
- 1 cup sliced celery
- 1/2 cup sliced red or green pepper
- 6 green onions, cut into 1-inch pieces

Combine pork and cornstarch in 2-quart microwave-safe casserole dish. Mix to coat evenly. Stir in soy sauce and garlic. Remove flower part from broccoli; set aside for later. Peel stems and cut into bite-sized pieces; add to pork. Cover with casserole lid.

Microwave on high 5 to 6 minutes or until pork is no longer pink, stirring once. Stir in apple juice, bouillon, and sugar. Push pork toward center of casserole. Place remaining vegetables, including broccoli flowers that have been cut into small pieces, near edge of casserole. Cover.

Microwave on high 5 to 6 minutes or until vegetables are tender-crisp, stirring once. Serve with hot cooked rice or chow mein noodles. Serves 4.

### MICROWAVE CREAMED CORN

- 1 1/2 cup dried corn
- 1/4 teaspoon salt
- 2 tablespoons butter

- 3/4 cup milk
  - 2 teaspoons sugar
- Mix. Pour in casserole. Cover. Cook 10 minutes. Stir. Let stand 15 minutes. Cook 15 minutes.

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## Featured Recipe

Send 50 cents for a 32-page cookbook packed with ideas for using your microwave and 21 microwave techniques explained with how-to photos. The recipe sections include individual dinners in 10 minutes or less, family size entrees, batter bowl recipes, kids snacks, light entrees, barbecue to microwave and micro-convection cooking.

Send 50 cents for each cookbook to The Reynolds Wrap Kitchens, P.O. Box C-32003-Dept. CS-62, Richmond, VA 23261-2003. Here is a recipe from the cookbook.

### BROCCOLI CHEDDAR PIE

- 9-inch frozen deep dish pie shell
- 10-ounce package chopped broccoli
- 1/4 cup finely chopped onion
- 1 cup shredded cheddar cheese
- 3 eggs
- 1/2 cup evaporated milk
- 1/2 teaspoon salt
- 1/2 teaspoon nutmeg
- Cayenne pepper
- Grated parmesan cheese

Place pie shell in oven-glass pie plate. When slightly thawed, press to conform to shape of plate. Prick and bake in conventional oven until golden brown. Place broccoli and onion in 1-quart microwave-safe dish. Cover with plastic wrap, tucking back one edge to vent. Microcook on high power 6 minutes, stirring once; drain thoroughly. Layer half of broccoli, onion, and cheese into bottom of pie shell; repeat layers. Beat together remaining ingredients, except parmesan cheese. Shield with foil ring. Microwave on medium power 10 to 11 minutes or until set, rotating dish and removing foil ring after 5 minutes cooking time. Let stand 10 minutes before serving. 4 servings.

## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

- November- 22 - Thanksgiving Favorites
- 29 - Beef Recipes
- December- 6 - Holiday Cookies
- 13 - Holiday Party Ideas