

COMPLEMENTMENTS

PRODUCTIVITY COMES TO THE KITCHEN

The kitchen is where it's at. The latest in improved efficiency, that is. In today's fast-paced, high-tech world, increased productivity—or doing tasks better in less time—can be applied to the kitchen as well as to the factory and office.

One way to boost productivity in your kitchen is to make the best use of both your range and microwave oven, using timed, step-by-step procedures. There may be times, also, when both appliances can be used to prepare the same dish. Maytag, which recently entered the cooking appliance business, calls this concept Complementary Cooking.

The idea behind Complementary Cooking is that no one appliance is best in preparing all foods. The microwave oven, range oven and surface units often can be used together to save meal preparation time without sacrificing taste or nutrition.

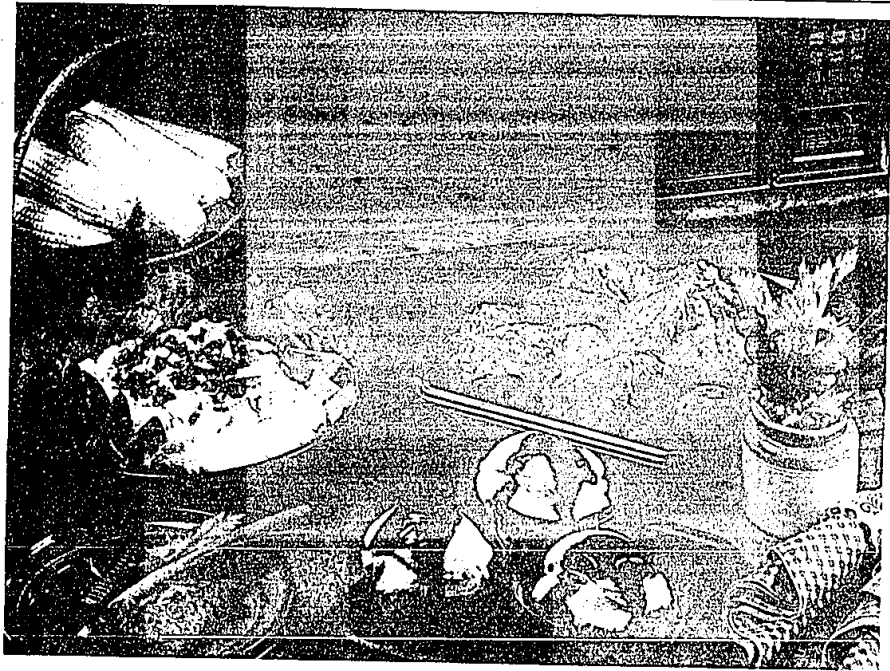
Complementary Cooking starts with determining which menu selections should be cooked in a microwave oven and which using the range. It's common knowledge that the microwave oven does a good job of defrosting, heating leftovers and liquids and preparing fruits and vegetables. What isn't so well known is that foods like cookies and quick breads generally fare better in a range oven. Of course, items like pasta and rice are best cooked on surface units.

MENU I

- Country Fried Chicken
- Dutchess Potato Salad
- Cooked to order Corn on the Cob
- Relishes
- Layered Cookies with Old-Fashioned Ice Cream and Fudge Topping
- (Serves 4-6)

Market Order

- 1 (2-1/2 to 3 pound) cut-up frying chicken
 - 6 slices bacon
 - 4-6 medium potatoes (about 1-1/2 pounds)
 - 6 fresh ears of corn
 - 1 medium onion
 - 2 stalks celery
 - Relishes, i.e., pickles, olives, green onions, cherry tomatoes
 - 1 tall can (1-2/3 cups) Evaporated milk
 - 3 small cans (2/3 cup each) Evaporated milk
 - 3/4 cup + 2 Tablespoons sugar
 - 3 Tablespoons lemon juice
 - 1 teaspoon Tabasco Sauce
 - 1 teaspoon baking powder
 - 2-1/3 cups all-purpose flour
 - 1-1/4 cups brown sugar
 - 1/3 cup cocoa
 - 2 Tablespoons corn syrup
 - 1/4 cup cider vinegar
 - 3-1/4 teaspoons salt
 - 1/2 teaspoon dry mustard
 - 1/2 teaspoon garlic powder
 - 1 teaspoon paprika
 - 1 teaspoon vanilla
 - 1/2 cup semi-sweet chocolate pieces
 - 1/2 cup chopped pecans
 - 1/2 cup plus 3 Tablespoons butter
 - 5 eggs
 - 3/8 teaspoon pepper
- To shorten preparation, potato salad, relishes, cookies and fudge topping may be prepared ahead.



- 3:30 p.m. **Marinate Chicken:** Wash and pat dry 1 (2-1/2 - 3 pound) cut-up frying chicken. Put chicken into a large bowl. Combine 1 tall can (1-2/3 cup) Evaporated milk, 3 tablespoons lemon juice, 1 teaspoon Tabasco sauce and 1 lightly beaten egg. Pour over chicken and refrigerate about 1 hour. Meanwhile, husk and clean corn. Melt 3 tablespoons butter at full power in microwave oven. Brush corn with butter and individually wrap in microwave safe plastic wrap.
- 3:40 p.m. **Cook Potatoes and Eggs:** Put 4 medium potatoes (about 1-1/2 pounds) in a saucepan on top of conventional range. Place 3 eggs on top potatoes and cover with hot water. Bring to a boil and cover; simmer 20 minutes.
- 3:45 p.m. **Begin Cookies:** Preheat conventional oven to 350 degrees. Put 1/3 cup butter in a 1-1/2 quart glass mixing bowl. Microwave at full power to melt. Stir in 1-1/4 cups packed brown sugar. Cool slightly. Combine 1-1/3 cups all-purpose flour, 1 teaspoon baking powder, 1/4 teaspoon salt, 1/2 cup semi-sweet chocolate pieces and 1/2 cup chopped pecans. Stir one egg into sugar-butter mixture. Slowly stir in 1 small can (2/3 cup) Evaporated milk. Grease and flour a 9-inch square baking pan.
- 4:00 p.m. **Remove Eggs from Cooking Pan:** Cool under cold running water. Continue cooking potatoes 30 minutes or until done.

- 4:05 p.m. **Finish Cookies:** Add flour mixture to milk mixture 1/4 at a time; stirring to mix after each addition. Spread in prepared baking pan. Put cookies into preheated oven and bake 30 minutes.
- 4:15 p.m. **Continue Potato Salad:** Chop 1 medium onion and 2 stalks celery. Cook 6 slices bacon in microwave oven at full power for 6 minutes or until crisp; remove and crumble. Combine 1/4 cup cider vinegar, 2 tablespoons sugar, 2 teaspoons salt, 1/2 teaspoon dry mustard, 1/8 teaspoon pepper; set aside.
- 4:30 p.m. **Remove Cookies from Oven:** Reset conventional oven at 400 degrees. Check potatoes and remove from surface unit if done. Drain and cool slightly.
- 4:35 p.m. **Remove Chicken from Marinade:** Shake off excess milk. Combine 1 cup all-purpose flour, 1 teaspoon salt, 1 teaspoon paprika, 1/2 teaspoon garlic powder and 1/4 teaspoon pepper in a large paper bag. Put a few pieces of chicken in bag at a time and shake to coat chicken. Arrange on a greased baking pan in a single layer. Put in preheated conventional oven and bake 45-50 minutes.
- 4:45 p.m. **Continue Potato Salad:** Peel and dice potatoes into a large mixing bowl. Pour over 1

- small can (2/3 cup) Evaporated milk. Toss and set aside.
- 4:50 p.m. **Prepare Fudge Sauce:** Mix together 3/4 cup sugar and 1/3 cup cocoa together in a 1 quart glass casserole or measuring cup. Stir in 2 tablespoons corn syrup and 1 small can (2/3 cup) Evaporated milk. Microwave at full power for 3 to 4 minutes or until mixture boils, stirring once. Remove from microwave oven and stir in 1 teaspoon vanilla. Set aside.
- 5:05 p.m. **Finish Potato Salad:** Add chopped vegetables and vinegar mixture to potatoes; toss to mix. Spoon into a lettuce lined salad bowl.
- 5:10 p.m. **Microwave Corn:** Microwave at full power 4 ears of corn for 12-15 minutes.
- 5:15 p.m. **Prepare Relishes:** Clean and arrange favorite relishes i.e., pickles, olives, green onions.
- 5:20 p.m. **Remove Chicken from Oven:** Check chicken for doneness. If done remove from oven. Arrange on serving platter.
- 5:25 p.m. **Remove Corn from Microwave Oven**
- 5:30 p.m. **Serve Dinner**
- 5:35 p.m. **Prepare Dessert:** Cut cookies into bars. Place a bar in the bottom of each of 4 dessert dishes. Top each with a scoop of ice cream and spoon over chocolate sauce.

These recipes were developed in the test kitchen and provide a short course in the art of Complementary Cooking. The country-fried chicken was prepared in a range oven; the ears of corn and eggplant appetizer for the Italian dinner were prepared in the microwave oven, and the potatoes and eggs for salad were simmered on a surface unit.

The Complementary Cooking technique also can be used to cook individual dishes by breaking down the preparation steps and determining what should be done in a microwave oven and what should be done in a range. For example, in preparing the layered cookie dessert, butter for the dough was melted in the microwave oven, the bars were baked in a range oven and the fudge sauce was cooked in the microwave oven. In preparing the Italian dinner, the scallop sauce for the pasta dish was cooked in the microwave oven and the noodles were boiled on a surface unit.

To help consumers prepare other meals using this technique, a handy "Complementary Cooking Guide" is available. Listing more than 70 different foods, it provides guidelines on which appliance should be used to prepare the dishes and, when appropriate, how to combine cooking appliances in preparing individual dishes. For a copy of the cooking guide, send \$1 to: "Cooking Guide," The Maytag Company, Consumer Information Center, Dept. 3PR, RDP, Newton, IA 50208.

MENU II

- Eggplant with Prosciutto and Bel Paese
- Hot or Cold Seafood Pasta
- Green Salad
- Balsamic Vinegar Dressing
- Italian Bread
- Lemon Fluff
- (Serves 4-6)

Market Order

- 1 medium sized eggplant (8 or 9 slices)
- 8 half slices of prosciutto, regular ham, dried beef or pastrami
- 2 small cans (2/3 cup each) Evaporated milk
- 8 half slices of Fontina, Mozzarella or Bel Paese cheese
- 1 pound seafood (i.e., Bay or sea scallops, or firm fish like cod, monkfish, pollock)
- 4 slices pound cake
- 1 pound fettuccini or other noodles
- 1/4 cup butter + 1 Tablespoon butter
- 1 egg yolk
- 1/4 cup grated Parmesan cheese
- Salad greens for 4 salads
- 2 tomatoes
- 1 pint fresh strawberries
- 1 cup fresh or canned sliced mushrooms
- 1/2 teaspoon oregano
- 1/4 teaspoon basil
- 1/4 teaspoon garlic powder
- 2 Tablespoons olive oil
- 3 Tablespoons lemon juice
- 3/4 teaspoon grated lemon peel
- 1/2 cup plus 3 Tablespoons sugar
- Italian Bread
- Balsamic Vinegar
- Salt
- Pepper
- Fresh Mint
- 6:30 p.m. **Begin Dessert:** Empty 1 small can (2/3 cup) Evaporated milk into an ice cube tray. Freeze until ice crystals form along edge. Chill applesauce in prepared individual dishes. Remove pound cake; cube each slice and place in a sherbet dish. Set aside.
- 6:35 p.m. **Begin Eggplant Appetizer:** Slice a medium eggplant into 8 or 9 slices. Do not peel it skin is tender. Sprinkle with salt. Melt 1/4 cup butter in a glass baking dish at full power in a microwave oven (about 2 minutes). Pat eggplant slices

- dry with paper towel. Dip in melted butter and arrange in a single layer in the baking dish. Cover and microwave at full power for 6 minutes. Meanwhile, put a large pot of salted water on surface unit to heat for pasta.
 - 6:45 p.m. **Remove Eggplant from Microwave Oven:** Top each slice with 1/2 slice of ham, prosciutto, dried beef or pastrami. Cover each with 1/2 slice of Fontina, Mozzarella or Bel Paese cheese. Cover and set aside.
 - 6:55 p.m. **Prepare Salad and Berries:** Wash and tear greens for 4 salads. Slice or quarter 2 tomatoes and add to salad. Slice and sugar 1 pint strawberries, reserving 4 berries for garnish.
 - 7:05 p.m. **Begin Seafood Sauce for Pasta:** Pat dry with paper towels 1 pound bay or quirked scallops, or cubed firm fish (i.e., cod, monkfish, pollock, etc.). Set aside. Beat together 1 small can (2/3 cup) Evaporated milk, 1 egg yolk, 1/2 teaspoon oregano, 1/4 teaspoon basil and 1/4 teaspoon garlic powder. Put 1 tablespoon butter and 2 tablespoons each, olive oil and lemon juice into a 1-1/2 quart glass casserole. Microwave until butter melts, about 2 minutes.
 - 7:10 p.m. **Prepare Pasta:** Put 1 pound fettuccini or other noodles into boiling salted water. Cook 10 or 12 minutes. Meanwhile, prepare Lemon Fluff. Remove evaporated milk from freezer, scrape into chilled bowl and whip at high speed until foamy. Add 1 tablespoon lemon juice and 3/4 teaspoon grated lemon peel. Whip until stiff. Beat in 3 tablespoons sugar. Refrigerate.
 - 7:15 p.m. **Cook Seafood:** Add scallops or other seafood and 1 cup sliced mushrooms to melted butter and lemon, stirring to coat. Cover and microwave at full power for 3 minutes or until cooked, stirring once.
 - 7:20 p.m. **Check Pasta for Desired Doneness:** Drain if done. Pour into a warm bowl. Pour milk and egg mixture over pasta, tossing to coat. Add cooked scallops to pasta and toss. Sprinkle with 1/4 cup grated Parmesan cheese and freshly ground pepper. This may be served hot or cold.
 - 7:25 p.m. **Finish Eggplant Appetizer:** Heat eggplant in microwave oven at full power until cheese is melted, about 2 minutes. Meanwhile, toss salad with Balsamic Vinegar and slice bread. Bread may be warmed in microwave oven.
 - 7:30 p.m. **Serve Dinner**
- At dessert time, spoon sugared strawberries over cubed pound cake. Top with Lemon Fluff. Garnish with reserved strawberries and fresh mint.

