## You can microwave pork safely, using these tips

Orientals have long been familiar with the art of quick-cooking food in their utilitarian and versatile wok. Westchers have discovered that hilbs their control of the state o

variety of pork products — from pork chops to pork roasts. These procedures are based on the concept of cooking pork in a closed container, such as a loosely scaled cooking bag or a covered microwave-safe container, to produce a vaporous atmosphere. This allows pork to cook to a safe, uniform internal temperature of 170 degrees.

"By using these new cooking procedures, consumers will be able to cook tender, julcy and flavorful pork in the microwave oven with conditioner." Said Bielandt. "It doesn't matter if you cook a roast for company, pork chops cook a roast for company, pork chops the cook a roast for company, pork chops the pork of the cook a roast for company, pork chops the cook a roast for company pork chops the cook a roast for company pork chops the cook as the cooking time can be cut by using the misterowave oven, while still providing the same great-tasting results.

The first step is to marinate the ribs for one to two hours in an oriental-flavored sauce. Place the ribs into a loosely tied own cooking bag. This produces the necessary vaporous atmosphere during cooking. The ribs are cooked at a MEDIUM setting, or 50 percent power(approximately 325 wasts). Wattage output do microwave oven smay vary. Check the microwave oven literature output. The Moat Board finds that a lower power setting produces a better quality, and more julcy, product.

Another technique to promote even healing during the cooking process is to invert and rearrange the ribs midway

through the cooking period. During the last 10 minutes of cooking, coat the ribs with the reserved oriental-flavored sauce.

Even Oriental cooks will be delighted to discover this quieker version of cooking meaty country-style ribs. For an up-to-date approach, garnish the oriental-flavored ribs with fancy lemon slices and thin, curled slices of green onion stalks.

ORIENTAL PORK RIBS
Preparation time: 10 minutes
Cooking time: 50 minutes
Marinating time: 1 to 2 hours
3 to 3¼ ibs. pork country-style ribs, cut
into aingle serving pieces
3 thsp, honey
2 thsp, dry aberry
2 large cloves garlic, minced

WALNUT BUTTER CRESCENT COOKIES DANISH DOUGH COFFEE CAKES

I then, fresh lemon juice I then, hoisin sauce 14 ten, Chinese five-spice powder 14 ten, hot pepper sauce I con water

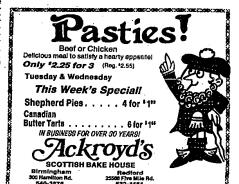
Combine soy sauce, honey, dry sherry, garlic, lemon juice, hoisin sauce, Chineso five-spice and hot pepper sauce. Place ribs in plastic bag, pour marinade over ribs, turning to coal. Tie bag securely and marinatio in refrigerator 1 to 2 hours, turning once. Drain marinade into 1-cup microwave-sate measure; reserve. Place ribs in 14 x 20-inch oven cooking bag and place in microwave-safe baking dish. Add water and tie bag loosely. Microwave at MEDIUM or 50 percent power (approximately 325 waits\*). Cook ribs 40 min-PON DUBROVNIK BAKERY AND COFFEE SHOP

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utes, Inverting and rearranging ribs after 30 minutes. (Use hot pads when
handling bag and cooking dish.) Remove ribs from cooking bag and place
in microwave-safe dish. Poor reserved
marinade over ribs, turning to coat.
Cover dish with lid or vent one corner
of plastic wrap and continue cooking at
MEDIUM power 10 minutes, rearranging ribs after 5 minutes. Garnish with

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concet in one sanier tor quite preparaticean up.

SKILLET TAMALE PIE

1(1 ib. 12 oz.) can iomatoce
3/c cup uncooked yellow coruneal
1 thps, salad oil
3/c cup chopped onlon
3/c cup chopped onlon
3/c cup chopped onlon
3/c cup chopped green pepper
3/s ib, ground beef
3/s tp, chill powder
1 tap, salt
1/c cap, spitted California ripe olives
1(12 oz.) can whole kernel coru
3/c cup changed green pellies

¼ cup chopped green chilles 1 cup diced Jack and/or Cheddar cheese

Mix together tomatoes and cornmeal; set aside. Heat oll. Add onton and green pepper and cook until vegetables are soft. Add beef, chill powder and sait. Cook, stirring, until beef loses its pink color. Stir in tomato mixture. Cook over moderate heat for 10 inmitudes. Drain ripe olives. Add with corn and green chilles to beef mixture. Cook, over low heat, stirring once or twice. Add chese and stir gently. Garnish with green pepper rings, if dealred. Serves 6.

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