

# You can microwave pork safely, using these tips

Orleans have long been familiar with the art of quick-cooking food in their utilitarian and versatile wok. Westerners have discovered that this method of cooking fits perfectly into their busy lifestyles. But there is another modern-day invention that has perfected quick-cooking even further — the microwave oven.

The first microwave countertop ovens were introduced to consumers in 1967. It has taken a few years for them to "catch on," but forecasts indicate that by 1990 as many as 60 percent of U.S. households will have this revolutionary kitchen appliance in their homes. What makes them so popular?

According to Marilyn Bielunski, president of the International Microwave Power Institute/Cooking Appliance Section (IMPI/CAS), "More women are in the work force today. So families have less time to plan and prepare week-day meals. The microwave oven is the answer to their need for preparing a quick, nutritious meal."

Many first-time microwave owners, however, have to learn a new way to cook. Microwave ovens operate under different heating principles than conventional ovens. To help consumers become more confident and proficient in using their ovens, professional home economists have developed easy-to-follow cooking procedures.

One food group consumers have been hesitant about preparing in the microwave oven is meat. Bielunski, who is also the manager and coordinator of the Test Kitchens and Editorial Services at the Meat Board, has spearheaded the development of new consumer cooking procedures for meat. The newest procedures are for a wide

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 sealed 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, juicy and flavorful pork in the microwave oven with confidence," said Bielunski. "It doesn't matter if you cook a roast for company, pork chops for four or family-pleasing ribs. All of these pork cuts cook safely and successfully using the new procedures."

To try out these procedures in your own oven, prepare Oriental Pork Ribs. Use meaty country-style ribs which are normally prepared by slow, moist cooking methods. The cooking time can be cut by using the microwave 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 oven cooking bag. This produces the necessary vaporous atmosphere during cooking. The ribs are cooked at a MEDIUM setting, or 50 percent power (approximately 325 watts). Wattage output on microwave ovens may vary. Check the microwave oven literature provided by the manufacturer or the name plate on the oven for the wattage output. The Meat Board finds that a lower power setting produces a better quality, and more juicy, product.

Another technique to promote even heating 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 quicker 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 3½ lbs. pork country-style ribs, cut into single serving pieces  
¼ cup soy sauce  
3 tbsp. honey  
2 tbsp. dry sherry  
2 large cloves garlic, minced

1 tbsp. fresh lemon juice  
1 tbsp. hoisin sauce  
¼ tsp. Chinese five-spice powder  
¼ tsp. hot pepper sauce  
1 cup water  
Green onion curls  
Lemon slices, halved

Combine soy sauce, honey, dry sherry, garlic, lemon juice, hoisin sauce, Chinese five-spice and hot pepper sauce. Place ribs in plastic bag; pour marinade over ribs, turning to coat. Tie bag securely and marinate in refrigerator 1 to 2 hours, turning once. Drain marinade into 1-cup microwave-safe measure; reserve. Place ribs in 14 x 20-inch oven cooking bag and place in microwave-safe baking dish. Add water and the bag loosely. Microwave at MEDIUM or 50 percent power (approximately 325 watts). Cook ribs 40 min-

utes, inverting and rearranging ribs after 20 minutes. (Use hot pads when handling bag and cooking dish). Remove ribs from cooking bag and place in microwave-safe dish. Pour 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

green onion curls and lemon slices, if desired. 4 to 5 servings.

\*Wattage output on microwave ovens may vary. Check the microwave oven literature provided by the manufacturer or the name plate on the oven for the wattage output. Note: Cooking times are based upon a full power output of approximately 650 watts.

## Your hometown voice • Your hometown voice

# Pasties!

Beef or Chicken  
Delicious meal to satisfy a hearty appetite!  
Only \$2.25 for 3 (Reg. \$2.55)

Tuesday & Wednesday

## This Week's Special

Shepherd Pies . . . . . 4 for \$1.11

Canadian

Butter Tarts . . . . . 6 for \$1.11

IN BUSINESS FOR OVER 30 YEARS!

## Ackroyd's

SCOTTISH BAKE HOUSE

Birmingham 300 Hamilton Rd. 540-3575

Redford 25500 Five Mile Rd. 532-1181



## Tamale pie is ideal fast meal

Have this tamale pie for supper tonight. It's all cooked in one skillet for quick preparation and easy clean-up.

### SKILLET TAMALES

1 (1 lb. 12 oz.) can tomatoes  
¾ cup uncooked yellow cornmeal  
1 tbsp. salad oil  
½ cup chopped onion  
½ cup chopped green pepper  
½ lb. ground beef  
½ tsp. chili powder  
1 tsp. salt  
1½ cups pitted California ripe olives  
1 (12 oz.) can whole kernel corn  
¼ cup chopped green chilies  
1 cup diced Jack and/or Cheddar cheese

Mix together tomatoes and cornmeal; set aside. Heat oil. Add onion and green pepper and cook until vegetables are soft. Add beef, chili powder and salt. Cook, stirring, until beef loses its pink color. Stir in tomato mixture. Cook over moderate heat for 10 minutes. Drain ripe olives. Add with corn and green chilies to beef mixture. Cook, over low heat, stirring once or twice. Add cheese and stir gently. Garnish with green pepper rings, if desired. Serves 6.

**IGA**  
**ORCHARD-10 IGA**  
**24065 ORCHARD LAKE RD.**  
**Mon.-Fri. 9-9; Sat. 8-9; Sun. 9-5**  
**We Feature Western Beef**  
Not Responsible for Errors in Printing

**IGA TABLETTE**  
**Hamburger**  
from  
**100% Pure Beef**

**Ground Chuck** 5 LBS. OR MORE **\$1.49** LB.  
GROUND FRESH MANY TIMES DAILY!

**IGA TABLETTE WHOLE**  
**Smoked Picnic**  
**77¢** LB.

**IGA TABLETTE WESTERN BEEF**  
**Boneless Beef Chuck Steaks**  
**Great for Steaks or Swiss**

**\$1.89** LB.

**Holly Farms**  
**Drumsticks or Thighs**  
**89¢** LB.  
Saver Saver Saver

**IGA TABLETTE**  
**Fresh Atlantic**  
**Cod Fillets** **\$2.39** LB.

**"Mackie" Fresh**  
**Breakfast**  
**Link Sausage**  
**\$1.69** LB.

**ROYAL CATHAY**  
**IMPERIAL CHINA**  
This Week's Feature  
Coffee Cup  
**89¢**

**WOODLEY'S**  
**Grade A Large Eggs**  
**59¢** DOZ.

**Dairy**  
**100% Pure**  
**Tropicana Orange Juice**  
**\$1.79**

**IGA COUPON**  
**COOKING OIL** **\$1.49**

**Pepsi Cola**  
Reg. or Diet  
**Caffeine Free Mountain Dew Light**

**8 Pak ½ Liter** **\$1.73** Plus Dep.

**Grocery**  
**Tomato Sauce** **2/89¢**

**Yellow Cling Peach Slices** **79¢**

**Produce**  
**Navel Seedless Oranges** **10/99¢**

**Bakery**  
**King Size White Bread** **79¢**

**Frozen**  
**Banquet Fried Chicken** **\$2.69**

**IGA COUPON**  
**Cat Food** **4/\$1**

**Kitchen Creations**  
33335 Grand River Ave.  
Farmington • 478-0720  
(in the Village Mall, at corner of Farmington Rd.)  
Hours: T, W, Th 10-5; F 10-9; Sat 10-3

**CAKE DECORATING & CANDY SUPPLIES**  
Over 150 Molds  
and 100 Boxes & Containers

**CLASSES**  
Cakes Start Week of Feb. 26th  
\$15 Plus Supplies

Tantalizing Tortas 18  
Sesame Street Cupcakes 18  
Panama Egg Demo 12  
Fancy Flowers (2 sessions) 10  
Lacework & Fancy Borders 10  
Figure, Piping Easter Milk 17  
Roses, Buds & their uses in sprays 17  
Candy Classes - Call for information

**BUY 2 MOLDS GET 1 FREE**  
LIMIT 3 MOLDS FREE  
Expires 3-15-85

**FREE EASTER MINI MOLD**  
With any purchase  
(while 500 left)  
Expires 3-15-85

An offer so hot, it sizzles...

**GET A FREE WHOPPER® SANDWICH WHEN YOU BUY PEPSI®**

Just buy two multi-packs of any Pepsi-Cola product and get a certificate for a Free Whopper Sandwich at Burger King.

**BUY TWO MULTIPACKS AT FARMINGTON HILLS MARKET WITH THIS COUPON AND ASK FOR YOUR FREE WHOPPER SANDWICH CERTIFICATE**