

# Teach kids to cook with microwave ovens

Want to teach your kids to cook? Teach them to microwave at the same time. Children can learn microwave techniques as easily as they learn to walk.

These two quick and easy main dishes are a good introduction to basic microwaving. Both use baking mix recently introduced in a new package specifically for children.

The baking mix is premeasured in one-cup packets, a boon to youngsters who find it difficult to accurately measure dry ingredients.

As a bonus, the packets are printed with food-related games and quizzes and packed in a box containing simple kid-level recipes.

## INSIDE-OUT SANDWICHES

Ingredients  
4 slices bologna, about 4 inches in diameter  
2 tbsp. prepared mustard  
2 tbsp. mayonnaise or salad dressing  
1 small tomato

1 packet Bisquick baking mix

1/2 cup milk

1/2 tsp. dried basil leaves

1/2 cup crushed seasoned croutons

Utensils

four 6-oz. custard cups or microwavable coffee mugs

table knife

sharp knife

cutting board

microwavable dinner plate

medium bowl

spoon

fork

1. Spread each bologna slice with mustard and mayonnaise. Arrange each in a 6-oz. custard cup or microwavable coffee mug.

2. Cut 1/2 of a tomato slice on each cup. Place cups in circle on microwave dinner plate.

3. Mix baking mix, milk and basil in medium bowl with spoon until dough forms; stir vigorously 10 strokes. Drop by heaping spoonfuls into custard cups; sprinkle with croutons.

4. Microwave uncovered on high (100 percent) 1 minute; rotate plate 1/2 turn. Microwave uncovered until biscuits are no longer doughy, 2 to 4 minutes longer. Ease out of custard cups onto plate with fork. 4 servings.

High Altitude Directions (3500 to 6500 feet): No adjustments are necessary.

QUICK CHICKEN PIES

Ingredients  
1 can (10 1/2 oz.) condensed cream of celery soup

1 can (8 oz.) peas and carrots, drained

1 can (6 1/2 oz.) boned chicken, broken into chunks, or 1 cup cut-up cooked chicken

1/4 cup milk

1/4 tsp. pepper

1 packet Bisquick baking mix

1/2 cup milk

paprika

Utensils

High Altitude Directions (3500 to 6500 feet): No adjustments are necessary.



Pot roast with all the fixings is just right for autumn.

## Home-baked white bread, easy to make, tastes great

There's something about home-baked bread that makes everything it's served with taste better. And now, with quick rise yeast and your food processor, baking and cleanup are twice as easy — leaving you plenty of time to enjoy the fall season.

Quick rise is an all natural yeast that cuts rising time in half, and since your food processor can produce a perfectly kneaded yeast dough in less than 3 minutes, preparation is a snap. Why not try one, or both, of the following recipes? They're so easy to make, they'll make you want to eat more!

The traditional white bread baked with three robust ingredients is wonderful with soups, and will add special enjoyment to any of your sandwich fixings. And the cinnamon rolls, just like grandma used to make, are perfect for breakfast with coffee, or as a snack any time of day.

Once you see how easy baking is with quick rise yeast and a food processor, you'll wonder why you never tried it before!

## HEARTY WHITE BREAD

2 pkgs. quick rise yeast  
1/2 cup warm water (110-115 degrees)  
5 1/2 cups all-purpose flour  
1 1/2 cup wheat germ  
1/2 cup potato flakes  
1/4 cup nonfat dry milk solids  
2 tbsp. sugar  
1 tbsp. salt  
2 eggs, room temperature  
1 cup water  
2 tbsp. oil

Oven 400 degrees. Dissolve yeast

and 1/2 teaspoon sugar in warm water. Set aside for 5 minutes. In food processor container with dough blade, add flour, wheat germ, potato flakes, dry milk solids, sugar, salt, and eggs. Heat water and oil to 110 to 115 degrees. Pour yeast mixture over flour in container. Process while pouring water mixture through the feed tube. Once a dough ball forms, process for 60 seconds until dough cleans the sides of the container. With lightly floured hands, remove dough. Place in greased bowl, turning to grease top. Cover; let rise in warm place until double, about 30 minutes.

Punch down dough. Divide into 2 parts. On lightly floured surface, roll or pat each half into a 14-by-7-inch rectangle. Starting with shorter side, roll up tightly, pinching edges and ends to seal. Place in greased 9-by-9 or 8-by-4-inch bread pans. Cover; let rise in warm place until double, about 25 minutes. Bake at 400 degrees for 35 to 40 minutes until golden brown. Remove from pans; cool.

GRANDMA'S CINNAMON ROLLS

2 pkgs. quick rise yeast  
1/2 cup warm water (110-115 degrees)  
5 1/2 cups all-purpose flour  
1 1/2 cup wheat germ  
1/2 cup potato flakes  
1/4 cup nonfat dry milk solids  
2 tbsp. sugar  
1 tbsp. salt  
2 eggs, room temperature  
1 cup water  
2 tbsp. oil

Filling:  
1/2 cup sugar  
1/2 cup chopped nuts

Prepare Glaze: Combine all glaze ingredients and drizzle over hot rolls; cool.

PEANUT BUTTER AND HONEY BALLS

can be prepared by children with minimal supervision.

PEANUT HONEY BALLS

1/2 cup whole wheat flaked cereal crushed to 1/4 cup  
No-Stick Cooking Spray

Mix honey and peanut butter. Gradually add nonfat dry milk, mixing well, until mixture is consistency of putty.

Shape dough into 1-inch balls. If dough is soft, chill before shaping. Roll in crushed cereal. Refrigerate until firm.

This snack needs no cooking. It

## Heart-warming roast draws family to kitchen

When there's a nip in the air and the leaves start to turn it's time to pull a pot out of the kitchen cupboard and prepare a heart-warming pot roast. Add the tantalizing aroma as it slowly simmers on the range is sure to draw the family into the kitchen on a crisp fall evening.

The traditional way to cook a pot roast is by a moist heat cooking method called braising. It is used to soften the connective tissue and less tender and economical beef cuts like a boneless beef chuck shoulder pot roast. This involves a moist cooking medium to help reduce surface drying. The end result is a tender, juicy and flavorful meat entree.

Braising is also an easy, hassle-free cooking method. The first step to prepare an entree like Lemon-Basil Beef Pot Roast is to brown the beef in a small amount of oil. For added flavor a garlic-basil paste onto the meat before browning. The next step is to remove any excess drippings before adding additional seasonings and a small amount of liquid to keep the meat moist.

Let the meat cook slowly for about two and a half hours either on top of the range or in the oven. Be sure to cover the pot roast tightly to hold in the moisture. If cooking on top of the range simmer the beef slowly; in the oven use a slow 300 to 325 oven setting. In season vegetables like carrots and zucchini may be added to the pot roast during the last half hour and cooked until tender crisp.

### LEMON-BASIL BEEF POT ROAST

Preparation time: 15 minutes  
Cooking time: 2 hours 40 minutes  
3 to 3 1/2 lb. boneless chuck shoulder pot roast

2 cloves garlic

1/2 tsp. dried basil leaves, divided

1 1/2 tsp. salt

1/2 tsp. cracked black pepper

1 tbsp. oil

1 cup water

2 carrots, quartered

1 zucchini, peeled strip (1/2 x 1 1/2 inches)

5 medium carrots, cut into 1-inch pieces

2 medium zucchini

1 tbsp. each cornstarch and lemon juice

Meat: Season with French knife, combine with 1 teaspoon basil, salt and pepper to form paste. Rub surface of beef chuck shoulder pot roast with garlic mixture. Brown pot roast in oil in Dutch oven over medium-high heat. Pour off drippings. Add water, onions and lemon peel; cover tightly and cook slowly 2 hours. Add carrots; cover and continue cooking 30 minutes. Meanwhile cut zucchini in half lengthwise and cut each half into 1-inch pieces. Add zucchini and cook, covered, 7 to 10 minutes. Remove roast, carrots and zucchini to warm platter. Strain cooking liquid; skim and discard fat. Combine cornstarch, lemon juice and remaining basil; stir into 2 cups cooking liquid and bring to a boil. Boil 1 minute stirring constantly. Serve pot roast and vegetables with gravy.

Note: A boneless beef chuck shoulder pot roast will yield three 3-ounce cooked servings per pound.

\*Bring in Any 2 Like Garments; pay the regular price on the 1st item, get the 2nd one for only 1¢.

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