

Keep cool with microwave

It's hot and humid. You've had a hectic day. The phone rings. It's friends from out of town and you hear yourself invite them for dinner. Don't panic and don't despair if you have a microwave.

Microwave cooking does not add more heat to the house. There is no preheating required so it saves time and energy. Microwaving is faster than conventional ovens and the food retains flavors and nutrients. You have quick, easy preparation and, best of all, quick clean-up so you can spend more time with your friends.

Microwave cooking dictates that you learn some key words and techniques to produce a perfect product. These words are: covering, stirring, rearranging, rotating, turn over, arrange in a circle, elevating and standing.

Covering the food will shorten the cooking time. It eliminates splattering and retains moisture to keep flavor and nutrients locked in. A colorful vegetable platter is a good example. Arrange asparagus, zucchini, yellow squash, carrot strips, brussels sprouts, broccoli and cauliflower on a serving platter. Sprinkle with a little water. Wet a couple of paper towels and lay over vegetables, and microwave, or cover with plastic wrap. This too will keep the moisture inside. You are actually steaming the food. Season when ready to serve.

STIRRING HELPS to redistribute



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heat from the outside of the dish to the inside so the food cooks more evenly. A good example of this would be pudding or rice. Wild rice would be a nice accompaniment with a meat and the vegetable platter.

When some dishes can not be stirred, moving or rearranging foods from the outside of the dish to the center helps redistribute heat and promote even cooking. Foods that can neither be stirred nor rearranged can be rotated ¼ to ½ turn periodically during the cooking time. Example of foods that cannot be stirred are lasagna or chicken. Vegetable kabobs should be rotated during cooking time to prevent overcooking in certain areas.

The tops of large foods are closer to the top of the oven and therefore tend to cook faster than the bottom. Turning large foods such as a beef roast over during cooking helps cook food evenly.

When more than one food is being cooked, arrange the foods in a circle so the center is empty. Anything

placed in the center will not cook as quickly as foods placed toward the outside. Baked potatoes, for example, are always placed in a circle.

All foods, even a cup of coffee, will heat more efficiently if elevated off the oven floor by a turned-over glass dish or a cooking shelf. After cooking time, allow food to stand as heat continues to penetrate through food. Plan so that while one food is standing the other is cooking.

A MICROWAVE is one of the easiest ways to defrost food for last-minute guests. Hopefully your freezer is stocked with some frozen foods that can be used for emergency situations. Foods that cook well in the microwave include baked potatoes, vegetables, muffins, soups, sauces,

chicken and fish. Make your entire meal in the microwave, especially on hot days.

For fancy chicken breasts, make an orange sauce of cornstarch, sugar and orange juice, pour over the chicken. Serve with orange slices, a colorful vegetable platter, rice or potatoes, and muffins. Your meal is complete. Make fish fillets using lemon pepper and lemon juice. Serve with lemon slices. Stir-fry beef and vegetables in the microwave.

Keep a can of dark, sweet cherries in the cupboard for emergency desserts. Top off the microwave dinner with Cherries Jubilee. Heat brandy, rum or kirsch about 20 seconds in the microwave, ignite and pour over thickened cherries and ice cream. A flaming finish to a wonderful dinner.

End your meal with the hot finger-towels from the microwave. Colorful fingertip towels dipped in water and rolled — microwaved 15-45 seconds served in a basket — will make a spectacular ending to your meal. Warm weather is a time to enjoy family and old friends. Don't spend it slaving in the kitchen over a hot stove.

Casserole makes cleanup a breeze

AP — Although regular rice doesn't cook much faster in the microwave than in a saucepan, cooking in the microwave makes serving and cleanup easier. You can cook the vegetables and rice in the same casserole and take it right to the table at serving time.

MUSHROOM RICE PILAF

½ cup sliced fresh mushrooms
2 green onions, sliced
1 tablespoon margarine or butter
½ cup water
½ cup long grain rice
¼ of a medium sweet red and/or green pepper, cut into thin strips 1-inch long
¼ teaspoon salt
¼ teaspoon dried sage, crushed
2 teaspoons snipped parsley

In a 1-quart microwave-safe casserole combine mushrooms, onions and margarine. Cook, uncovered, on 100 percent power (high) for 1½ to 2½ minutes or until vegetables are tender. Stir water, uncooked rice, red or green pepper, salt and sage into vegetable mixture. Cover. Cook on high for 3-3 minutes or until boiling. Stir mixture and cook, covered, on 50 percent power (medium) 14-16 minutes or until rice is tender and liquid is absorbed, stirring once. Stir in parsley and let stand, covered, for 5 minutes. Makes 2 servings.

Nutrition information per serving: 176 cal, 3 g pro, 27 g carb, 6 g fat, 0 mg chol, 231 mg sodium. U.S. RDA: 29 percent vit. A, 47 percent vit. C, 11 percent thiamine, 10 percent niacin, 10 percent iron.

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SCHEDULE OF EVENTS

THURSDAY, JUNE 8

- 11:00 A.M.-8:00 P.M. Free Food Samples — Hundreds of items to try from blue pancakes to glistening soda.
- 1:30-3:00 P.M. Acupuncture Seminar — Dr. Qian Wang will share his knowledge of this ancient Chinese therapy, and spend time answering your questions (outside under the tent).
- 4:00-5:00 P.M. Yoga Demonstration — Come and just watch Eddie Pien or come and participate. Bring your cushion and wear loose fitting clothes (outside under the tent).
- 4:30-8:30 P.M. Renaissance Music by A Reasonable Facsimile — will stroll about the store with their clever presentation of Medieval music.

SATURDAY, JUNE 10

- 10:00 A.M.-7:00 P.M. Free Food Samples — Hundreds of items to try from BBQ Flare Ribs to "ice cream," from sushi nori to tofu yogurt.
- 11:30 A.M.-5:00 P.M. Clowns — Mookie, Pinhead and Bubbles will be clowning around the store.
- 12:00-5:00 P.M. Music by Potpourri — As their name implies, Potpourri plays a variety of music, from '50s to the '80s.
- 1:00-1:30 P.M. Puppet Show — "Mama's Little Baby Loves Shining Bells."
- 1:30-4:30 P.M. Magic — Doug Schoer performs "Schoer" magic artistry throughout the store with two special shows in our tent.
- 2:30-3:00 P.M. and 4:00-4:30 P.M. Magic Show — This outdoor program will surprise and delight you.
- 4:00 P.M.-9:00 P.M. Mini Readings — Nicki Krajewski will be conducting readings in our crystal department with the use of gemstones.

SUNDAY, JUNE 11

- 11:00 A.M.-5:00 P.M. Free Food Samples — Hundreds of items to try from grain burgers to carob soy milk.
- 11:30 A.M.-5:00 P.M. Clowns — Mookie, Pinhead and Bubbles will be clowning around the store.
- 12:00-4:00 P.M. Music by Mood Swings — They play everything from jazz to pop (indoors).
- 12:30 P.M. Clown Skit — "What's Behind Good Food Doors" — Trivia (outside under tent).
- 2:00-2:45 P.M. Magic Show — This special performance is dazzling, and that's no illusion.
- 4:00-5:30 P.M. Music by AmenRa — "New African Cultural Theatre" is brought to you through music, song, and dance. Traditional costumes and instruments (outside under the tent).

PRIZE DRAWINGS

15 minutes before the store closes each night six numbers will be drawn for gift certificates ranging from \$25.00 to \$100.00. Throughout each day of the Festival, customers receive one chance for every ten dollar purchase. You need not be present to win.

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