

# Microwave ovens lose bun-warmer image

Continued from Page 1

**SHE FORMERLY** worked for the Oakland County Extension Service, and also was a consumer services representative for the Michigan Consolidated Gas Co. Deter said, who graduated from Eastern Michigan University, was a consultant to a major manufacturer of microwave ovens and has prepared foods with local chefs Douglas Grech (Chef Du) and Yvonne Gill.

Deter recommends that microwave users take a class to learn how to operate the appliance, then build confidence and success with recipes.

"Unless people got classes, they made mistakes and they were discouraged, and (the microwave) ended up being a glorified bun-warmer," Deter said.

Microwaves are renowned for cooking quickly. What are their other advantages?

**BECUSE MICROWAVES** cook so rapidly, there is little evaporation, Deter said. Meats and fish are moist and tender. Vegetables retain crunch, color and vitamins. A special browning dish is required to brown or crisp some foods which require a short cooking time.

Because the dish is prepared more quickly, there is less cleanup, Deter said. Often the entire dish can be prepared in the same container. Speedy cooking results in less energy expended. When used properly, the microwave is safe.

"I like to see small microwaves used by seniors," Deter said. "If (the person) has a fainting spell, the microwave would shut off

(unlike a conventional stove). I think it has an advantage to people with limited mobility, because all you have to do is push buttons. They can prepare the food themselves, or reheat what somebody else brings."

Deter received her first microwave oven several years ago from her husband John. Now, their home has a standard microwave oven and a micro-convection oven, which combines microwave energy and dry heat.

**SHE ENJOYS** preparing and serving tasty, nutritious food that has eye-appeal. She likes to delve into new methods for preparing and marketing food, and getting information to the public.

"I like to be creative," Deter said. "I enjoy photographing (food). I'm interested in new

technology, on how people can help themselves, such as using videos as an option for classes."

Deter emphasizes that cooks should refer to the cookbook and instruction booklets which accompany their microwave. Charts are provided showing the amount of liquid needed and proper cooking times.

A few more hints are as follows:

- Rotate, stir or move the food during the cooking time to allow for even heating.

- Cook dense, heavy food first. Allow these foods to stand while preparing other dishes which need less time.

- To convert recipes from conventional cooking to microwave, find a recipe that uses comparable ingredients, then reduce moisture or volume.

- Cook fresh vegetables on high power; for seven minutes per pound. Cover vegetables, allowing a vent for steam to escape. Tight-skinned vegetables, such as potatoes and squash, should be microwaved, uncovered, piercing first with a fork to allow steam to escape.

- Always take care to avoid being scalded when handling hot food.

- If a recipe calls for cooking 5-7 minutes, cook to the lesser time to avoid overcooking.

A lot of people have problems in realizing that the molecules still cook after turning off the microwave," Deter said. "Remove the food when it looks moist, or slightly undercooked. So often we have the tendency to cook things to the 'done' look."

"You can always add more time, but you can't take it away."

## Recipes show the microwave's versatility

Continued from Page 1

**Wash and separate vegetables.** Slice carrots. Place on round tray and cover. Cook vegetables on high 4-6 minutes. Allow to stand. Pour cheese sauce over and serve.

**CHEESE SAUCE**

2 tbsp. butter or margarine

2 tbsp. flour

Salt and pepper to taste

1 cup milk

1 cup shredded cheddar cheese

Melt butter in 2-cup measure, about 45 seconds. Blend in flour until smooth, then add milk and microwave on high 2 minutes. Whisk well and microwave 1 minute more on high. Stir in cheese until melted and pour over vegetables. (Recipe courtesy of J.C. Penney microwave class.)

**RENEE DETER'S FISH STUFFED WITH CRAB**

1 lb. sole or monkfish (2 fillets)

1/4 cup chopped onion  
1/4 cup chopped green pepper  
1/4 cup chopped red pepper  
1 1/2 oz. can crabmeat, drained  
2 tbsp. bread crumbs  
1/4 tsp. salt (optional)  
1/2 tsp. lemon pepper  
Sauce (Optional)

1/2 cup tomato juice

1/4 tsp. oregano

1/4 tsp. basil

3 lemon slices

Combine onion and pepper, microwave in microwave-safe bowl on high for 3 minutes. Stir in crabmeat, bread crumbs, salt and lemon pepper. Take one fillet and lay it on an microwave rack. Spoon on crab mixture and cover with second fillet. Mix tomato juice, oregano and basil to make sauce. Microwave on high for 1-2 minutes. Pour 1/4 of the sauce over fillet and top with lemon slices. Cover with wax paper. Microwave on full power for 6-8 minutes, or until bottom is flaky. Rotate dish half-

way through. Serve with remaining sauce.

**MEAT LOAF**

Combine in mixing bowl:  
1 lb. ground beef  
1/2 lb. ground pork  
1 envelope onion soup mix  
1 slice bread, crumbled  
1 egg  
1/4 cup tomato juice or milk

Pat into baking ring. Sprinkle with baking powder, rest of onion soup mix. Cover with waxed paper. Microwave on high for 6-8 minutes or to 150 degrees. (Recipe courtesy of "The Microwave Cookbook and Primer" by Maryann Zepp, 1987, Good Books)

**QUICK CHERRY CRUNCH**  
Spread evenly in 8-inch square baking dish:

**Call 'Us' On The Carpet®**

Sponsoring Carpet, Furniture & Drapery Cleaning  
and Restoration Services

**METROPOLITAN**

1937 Beech Daly

537-5581

**CARPET CLEANING SPECIALS**

2 Rooms, On Sale...Now! \$36.00

3 Rooms, On Sale...Now! \$54.00

4 Rooms, On Sale...Now! \$62.00

**UPHOLSTERY CLEANING SPECIALS**

Sofa, On Sale...Now! \$40.00

Loveseat, On Sale...Now! \$27.00

Chair, On Sale...Now! \$17.00

**WHOLE HOUSE SPECIAL \$97.00**  
Any Combination of Recessed, Staircases, Reheating, etc.

"WE WANT TO WORK FOR YOU!"

Don't Miss Call for a Free Estimate Today

**METROPOLITAN**

BIRMINGHAM 433-1880 Ext. 138

557-0910 Ext. 138

**SCOTTISH BAKEHOUSE**

**REDFORD**

1937 Beech Daly

537-5581

Tues.-Fri. 11:00 a.m.-7:00 p.m.

Sat. 10:30 a.m.-6:00 p.m.

Closed Sun. & Mon.

One coupon per person per visit

**PASTIES**

Join our Senior

Citizens Club

Bring in this ad and receive 50% OFF your order.

**Jean's Pasty Shop**

**COUSIN JACK PASTIES**

**REDFORD**

1937 Beech Daly

537-5581

Tues.-Fri. 11:00 a.m.-7:00 p.m.

Sat. 10:30 a.m.-6:00 p.m.

Closed Sun. & Mon.

One coupon per person per visit

**Pasties!**

Tues. & Wed.

Beef, Chicken or Pizza

Only \$2.35 for 3 (Reg. \$2.65)

**Ackroyd's**

SCOTTISH BAKEHOUSE

**BIRMINGHAM**

2556 Five Mile Road

532-1181

Tues.-Fri. 11:00 a.m.-7:00 p.m.

Sat. 10:30 a.m.-6:00 p.m.

Closed Sun. & Mon.

One coupon per person per visit

**MEAT**

Ground Round Patties 1/2 lb. \$1.79

Shish-Ke-Bob made from

U.S.D.A. Prime Beef \$6.99

Tenderloin grill ready

Grade A Chicken Legs \$5.99

no backs

Extra Lean Super

Select Baby Spare Ribs \$3.59

1/4 lb. avg. brisket removed

**DELI**

Winter's Natural Casing Hot Dogs \$2.99

Market Square's Own Potato Salad

or Cole Slaw

Co-Jack Cheese

Chunk or sliced to order

Market Square's Own Ham Salad \$2.99

lb.

**PRODUCE**

Idaho Potatoes \$1.89

10 lb. bag

Salad fixings - cucumbers,

green onions, radishes &

green peppers mix & match

Corn 5/1

**Market Square**

of Birmingham

1984 SOUTHFIELD • CORNER OF 14 MILE & SOUTHFIELD

644-4641

GOURMET DELI

PRIME MEAT

WINE & LIQUOR

MONDAY

11:00 a.m. - 10:00 p.m.

TUESDAY

11:00 a.m. - 10:00 p.m.

WEDNESDAY

11:00 a.m. - 10:00 p.m.

THURSDAY

11:00 a.m. - 10:00 p.m.

FRIDAY

11:00 a.m. - 10:00 p.m.

SATURDAY

11:00 a.m. - 10:00 p.m.

SUNDAY

11:00 a.m. - 10:00 p.m.

HOURS:

Mon.-Sat. 8-10 • Sun. 10-5

way through. Serve with remaining sauce.

**MEAT LOAF**

Combine in mixing bowl:  
1 lb. ground beef  
1/2 lb. ground pork  
1 envelope onion soup mix  
1 slice bread, crumbled  
1 egg  
1/4 cup tomato juice or milk

Cover with waxed paper. Microwave on high for 12-14 minutes or until topping is no longer doughy. (Recipe courtesy of "The Microwave Cookbook and Primer" by Maryann Zepp, 1987, Good Books)

**QUICK CHERRY CRUNCH**  
Spread evenly in 8-inch square baking dish:

**Call 'Us' On The Carpet®**

Sponsoring Carpet, Furniture & Drapery Cleaning

and Restoration Services

**METROPOLITAN**

1937 Beech Daly

537-5581

**CARPET CLEANING SPECIALS**

2 Rooms, On Sale...Now! \$36.00

3 Rooms, On Sale...Now! \$54.00

4 Rooms, On Sale...Now! \$62.00

**UPHOLSTERY CLEANING SPECIALS**

Sofa, On Sale...Now! \$40.00

Loveseat, On Sale...Now! \$27.00

Chair, On Sale...Now! \$17.00

**WHOLE HOUSE SPECIAL \$97.00**  
Any Combination of Recessed, Staircases, Reheating, etc.

"WE WANT TO WORK FOR YOU!"

Don't Miss Call for a Free Estimate Today

**METROPOLITAN**

BIRMINGHAM 433-1880 Ext. 138

557-0910 Ext. 138

**SCOTTISH BAKEHOUSE**

**REDFORD**

1937 Beech Daly

537-5581

Tues.-Fri. 11:00 a.m.-7:00 p.m.

Sat. 10:30 a.m.-6:00 p.m.

Closed Sun. & Mon.

One coupon per person per visit

**PASTIES**

Join our Senior

Citizens Club

Bring in this ad and receive 50% OFF your order.

**Jean's Pasty Shop**

**COUSIN JACK PASTIES**

**REDFORD**

1937 Beech Daly

537-5581

Tues.-Fri. 11:00 a.m.-7:00 p.m.

Sat. 10:30 a.m.-6:00 p.m.

Closed Sun. & Mon.

One coupon per person per visit

**Pasties!**

Tues. & Wed.

Beef, Chicken or Pizza

Only \$2.35 for 3 (Reg. \$2.65)

**Ackroyd's**

SCOTTISH BAKEHOUSE

**BIRMINGHAM**

2556 Five Mile Road

532-1181

Tues.-Fri. 11:00 a.m.-7:00 p.m.

Sat. 10:30 a.m.-6:00 p.m.

Closed Sun. & Mon.

One coupon per person per visit

**MEAT**

Ground Round Patties 1/2 lb. \$1.79

Shish-Ke-Bob made from

U.S.D.A. Prime Beef \$6.99

Tenderloin grill ready

Grade A Chicken Legs \$5.99

no backs

Extra Lean Super

Select Baby Spare Ribs \$3.59

1/4 lb. avg. brisket removed

**DELI**

Winter's Natural Casing Hot Dogs \$2.99

Market Square's Own Potato Salad

or Cole Slaw

Co-Jack Cheese

Chunk or sliced to order

Market Square's Own Ham Salad \$2.99

lb.

**PRODUCE**

Idaho Potatoes \$1.89

10 lb. bag

Salad fixings - cucumbers,

green onions, radishes &

green peppers mix & match

Corn 5/1

**Market Square**

of Birmingham

1984 SOUTHFIELD • CORNER OF 14 MILE & SOUTHFIELD

644-4641

GOURMET DELI

PR