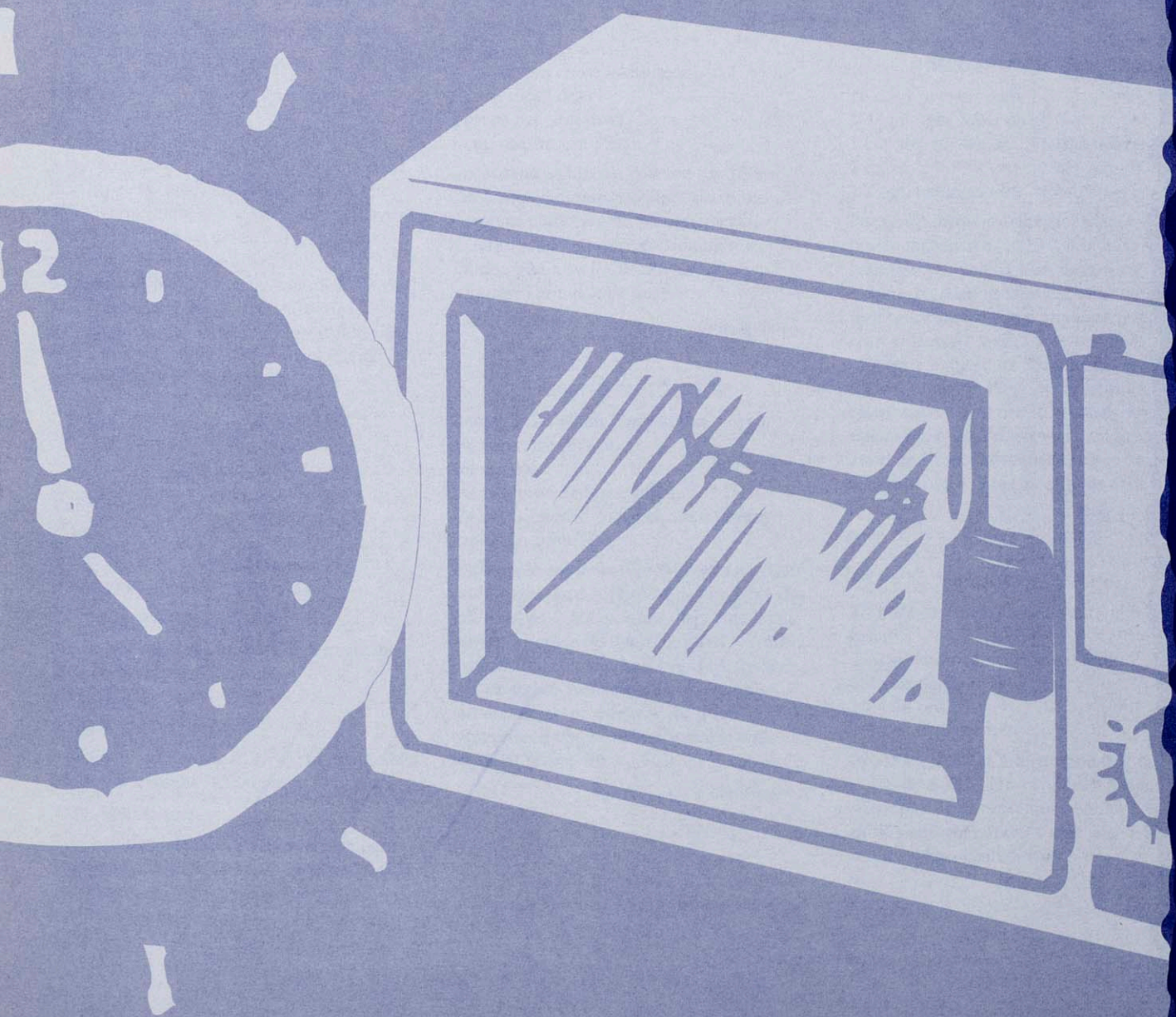


M I C R O W A V E



M A R V E L S



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### OLD FASHIONED BREAD PUDDING

3/4 cup dark brown sugar  
 3 slices whole wheat bread  
 2 Tbsp. butter      1/2 cup raisins  
 3 eggs                1/4 tsp. salt  
 1 1/4 cups evaporated milk  
 1 tsp. vanilla

In 1 qt. casserole, combine brown sugar, bread (buttered and diced in 1/2 inch cubes) and raisins. In a mixing bowl blend eggs, milk, salt, and vanilla. Pour over bread mixture; lightly blend. Microwave (high) covered, 8 to 10 minutes, rotating dish 1/4 turn halfway thru cooking. (Edges are firm and center almost set). Brown sugar forms sauce to serve with pudding. Rest 10 min., covered. Serves 5-6.

*Lois Butler*

### PEANUT BRITTLE

1 cup sugar            1 tsp. butter  
 1/2 cup light corn syrup  
 1 cup roasted salted peanuts  
 1 tsp. vanilla            3/4 tsp. baking soda  
 In 2 qt. glass bowl, blend sugar and syrup. Microwave (high) 6-8 minutes or until syrup turns a light brown color. Stir in butter, peanuts, and vanilla mixing well. Microwave (high) 1 - 1 1/2 minutes. Place bowl on a cloth hot pad. Gently stir in baking soda until light and foamy. Pour into buttered cookie sheet. When cool, break into small pieces. Makes 1 lb.

*Lois Butler*

### PEANUT BRITTLE

1 cup sugar  
 1/2 cup white corn syrup  
 Put in 1 1/2 qt. casserole and stir together. Microwave (high) for 4 minutes.  
 1 cup roasted salted peanuts  
 Stir in and microwave (high) 3-5 minutes until light brown.  
 1 tsp. butter  
 1 tsp. vanilla extract  
 Add butter and vanilla to syrup, blending well. Microwave (high) 1-2 minutes. *Very Hot!*  
 1 tsp. baking soda  
 Add baking soda and gently stir until light and foamy. Pour onto lightly greased cookie sheet. Let cool 1/2 - 1 hour. Break into small pieces.

*Maggie Dorn*

### PEANUT BUTTER AND RICE KRISPIE TREATS

1 cup Karo syrup  
 1 cup white sugar  
 1 cup chunky peanut butter  
 4-5 cups of Rice Krispies or Special K  
 6 oz. each of butterscotch and chocolate chips  
 Melt in microwave for 2-3 minutes: 1 cup Karo syrup and 1 cup white sugar. Add 1 cup chunky peanut butter, then 4-5 cups of Rice Krispie or Special K. Pat evenly in a pan. Melt 6 oz. each of butterscotch and chocolate chips and frost over the cooled bars.

*Dean Laufenberg*

### CHICKEN CASSEROLE

2 chicken breasts  
 1 can cream of mushroom soup  
 2 Tbsp. pimento, diced  
 3/4 cup cashew nuts  
 1 - 3 oz. can chow mein noodles  
 2 cups sliced celery  
 1 green pepper, sliced  
 1 cup mushroom pieces  
 Cook chicken breasts covered for 10 min. Cool, then cut them into bite size pieces. Combine chicken with all ingredients, including the liquid from cooking the chicken. Mix well. Microwave for 8-10 minutes. Turn at least once.

*Jan Tweed*

### FROSTED CAULIFLOWER

1 small head whole cauliflower  
 1/2 cup mayonnaise  
 1/4 tsp. salt  
 1-2 tsp. prepared mustard  
 3/4 cup shredded sharp cheddar cheese  
 paprika (optional)  
 With apple corer remove woody base from cauliflower. Add 2 Tbsp. water and 1/4 tsp. salt (opt) to 1 1/2 qt. glass dish. Add cauliflower. Microwave (high) covered 6-7 min. Rotate dish 1/4 turn halfway thru cooking. In 2 cup glass measure mix mayonnaise, salt and mustard. Microwave (high) 1 minute until cheese melts. Sprinkle with paprika. Serves 4-6.

*Lois Butler*

### MICROWAVE CARAMEL CORN

6 qts. popped corn  
 1 cup brown sugar  
 1/2 cup butter  
 1/2 tsp. salt  
 1/4 cup white corn syrup  
 1/2 tsp. soda  
 peanuts or any nuts if desired  
 Mix all ingredients except soda and nuts in 2 qt. bowl. Microwave for 3-4 minutes stirring after each minute, till it boils. Then cook 2 minutes more. Remove and stir in soda till dissolved and foamy. Have popcorn in big brown paper bag. Close and shake good. Microwave 1 1/2 min. Shake good again and mix 1 1/2 min. again - shake and dump onto cookie sheet or table to dry.

*Mrs. James (JoAnn) Buchanan*

### MICROWAVE CARAMEL CORN

16 cups popped corn  
 1/4 cup light Karo syrup  
 1 cup brown sugar      1 stick margarine  
 1 tsp. salt                1 tsp. vanilla  
 1/2 tsp. baking soda      1 brown grocery bag  
 Put syrup, brown sugar and margarine in bowl; microwave (high) 2 minutes. Add baking soda, vanilla and microwave for 3 minutes, stirring after each minute. Stir well, pour into a bag containing popped corn and shake well. Close bag and microwave (high) for 1 minute. Fold bag several times. Shake, open bag, refold, microwave (high) for 30 seconds. Shake, open bag, refold, microwave (high) for another 30 seconds. Shake, open bag, pour on foil to cool. Store in airtight container.

*Pam Brunclik*

### QUICK RICE PUDDING

1 (3 1/2 oz.) pkg. vanilla pudding (not instant)  
 2 cups whole or evaporated milk  
 1/2 cup quick cooking rice  
 1/2 cup raisins  
 1/4 tsp. cinnamon  
 In a 2 qt. glass dish blend pudding mix, milk and rice. Microwave (high 6-8 minutes), stirring once or twice until boiling. Add raisins and cinnamon. Cover rest 5-10 minutes. Stir. Chill. Serves 5-6.

*Lois Butler*

### PORCUPINE MEATBALLS

1 lb. ground chuck beef  
1 cup packaged precooked rice  
1 can tomato soup (divided)  
1 egg  
1/4 cup water  
1 tsp. onion salt

Mix together beef, rice, 1/2 can of soup (1/2 cup), egg, water and onion salt. Shape into 12 balls and arrange in a circle in 9" or 10" pie pan. Cover with wax paper. Microwave at high 8-10 minutes, rotating dish 1/4 turn every 3 minutes. Spoon topping over meatballs. Microwave at high 2-4 minutes to heat. If desired mound center of meatball ring with rice before serving.

#### Topping:

Into remaining 1/2 can undiluted tomato soup, stir 2 Tbsp. ketchup and 1 tsp. prepared mustard.

*Cathy Niesen*

### HOT GERMAN POTATO SALAD

Wash and pierce 4 medium potatoes through with fork. Place on paper towel in microwave oven. Microwave at high 12-14 minutes, turning over and rearranging after 6 minutes, or until tender. Remove from oven, cool slightly, peel potatoes and cut in 1/8" slices to make about 4 cups.

In 2 qt. casserole cut 6 strips of bacon into small pieces. Cover with paper towel. Microwave (high) about 6 minutes, stirring after 3 minutes, until crisp. With slotted spoon remove bacon to paper towels to drain. Set aside.

2 Tbsp. flour            1/4 cup sugar  
1 1/2 tsp. salt           1/2 tsp. celery seed  
1/8 tsp. pepper        1 cup water  
1/2 cup vinegar

Stir flour, sugar and seasonings into bacon fat until smooth. Microwave (high) 1-2 minutes, until mixture boils and thickens, stirring after 1 minute. Add water and vinegar to flour mixture. Microwave (high) for 5 minutes until mixture boils and thickens, stirring after 1 minute. Remove from oven and stir smooth. Add potatoes and bacon; stir gently so potatoes hold their shape. Cover casserole and let stand until ready to serve. Makes 4-6 servings.

*Cathy Niesen*

### MICROWAVE TIMING TIPS

#### Melting chocolate

In a large bowl micro-cook chocolate, uncovered on 100% power (high) 1-2 minutes for 1 square (1 ounce) (1 1/2 to 2 1/2 minutes for one 6 ounce package (1 cup) chocolate pieces) or till soft enough to stir smooth, stirring every minute.

#### Melting margarine or butter

In a bowl micro-cook margarine uncovered, on 100% (high) 40 to 50 seconds for 2 Tbsp., 45 - 60 seconds for 1/4 cup, or 1-2 minutes for 1/2 cup.

#### Softening margarine or butter

For 1/2 cup: in a bowl, microwave margarine or butter, uncovered, on 10% power (low) 1 to 1 1/2 minutes or till softened.

#### Softening cream cheese

For 3 ounces: in a bowl, microwave cream cheese, uncovered, (high) 15 to 30 seconds (45 to 60 seconds for 8 ounces) or till softened.

#### Reheating muffins and rolls

Place muffins or rolls on a plate. Microwave, uncovered, on 100% power (high) 15 to 20 seconds for 1 or 2 muffins (30 to 60 seconds for 4 muffins).

#### Heating pancake syrup

Microwave uncovered, on 100% power (high) 30 to 60 seconds for 1/2 cup syrup (1 to 1 1/2 minutes for 1 cup syrup) or till warm.

#### Heating ice-cream topping

Microwave chilled topping, uncovered, on 100% power (high) 1/2 to 1 1/2 minutes for 1/2 cup topping (1 to 2 minutes for 1 cup topping).

#### Warming fruit pie

Place 1 slice of fruit pie on a plate. Microwave, uncovered, on 100% power (high) for 45 to 60 seconds or till warm.

#### Softening ice cream

Microwave 1 pint solidly frozen ice cream in a container, uncovered on 100% power (high) for 15 seconds or until soft.

#### Heating canned soups

In a bowl combine one 10 to 11 oz. can condensed soup and 1 soup can water. Micro-cook, uncovered on 100% power (high) for 2 1/2 to 3 1/2 minutes or till hot.

#### Juicing lemons

Halve or quarter 1 lemon. Microwave on 100% power (high) for 30 to 45 seconds. Squeeze out juice.

### ARCHIVAL ANECDOTES

If flat irons become rough and dirty and inclined to stick to starched articles, rub them while hot on a handful of salt thrown on several thicknesses of paper.

Always have a rocking chair handy into which a cook can drop for a rest between the times of active duty.

The "tin can punch," later called a can opener, was no longer the badge of a shiftless wife. Sliced bread was packaged and cakes and cookies could be purchased at the grocery stores.

Bonnets and gloves were vital parts of the feminine wardrobe even in the fairest weather if a trip was to be made from home to church or wedding.

To get that home feeling, hang muslin curtains, which cost next to nothing on the windows. Put a flowered cover on the bureau top and a plain one on the washstand that holds a pretty wash bowl and pitcher. Be sure there are plenty of towels.

Youth organizations became popular. 4-H groups kept alive a competitive interest in the preservation and preparation of foods as well as an interest in raising stock and produce. Scouts of both sexes embraced the simple recipes and cooking techniques of their forefathers.

### MIX TRICKS

Time was, a few years back  
When cooks met in a group.  
They talked of homemade dishes  
From pie to creamy soup.  
It was thought to be a sign  
Of culinary art  
To make a feathery cake  
Or a flaky, tasty tart.  
But now the recipes they trade  
Contain no secret tricks,  
Instead, they tell of many ways  
To use a favorite mix.

*Saulsbury*