

First, you must open the can!

Dear Jim:

This letter is in answer to your quest for knowledge regarding the 'Magic of Microwave Cooking', (Roaming Around Column, Jan. 13).

Microwaves are a form of high frequency current similar to those used by radio.

Microwaves pass through some materials such as paper, glass and plastic much like sunlight through a window. However, they bounce off metal, therefore, this is not used as a cooking utensil.

Microwaves penetrate 3/4 to 1 1/4 inches into food. Microwave energy excites the molecules in the food and causes them to vibrate at the rate of 2,450,000,000 times per second. This vibration causes friction that produces heat. A simplification of this happens when you rub your hands together. Friction causes heat.

The best rule of thumb is 1/3 the time of conventional cooking. Then always undercook. Think in seconds, not in minutes or you could ruin a delicious meal.

Enclosed are a few easy recipes. Of course, I'll give you a free class at Card's Hardware in February, in appreciation of your unsolicited advertising.

Sincerely,
Pat Byer,
Tenth Line South,
Stouffville

BEGINNER'S MICROWAVING

Instant Coffee

(1). Fill cup with hot tap water. (2). Microwave two minutes on 'High'. (3). Add instant coffee, tea bag or chocolate. (4). Stir.

(1). Wrap bun in Bounty paper towel. (2). If the bun has icing, (it attracts microwaves), only heat ten seconds. For ordinary muffins

and rolls heat 15 seconds. (3). Butter and eat.

Eggs and Bacon
(1). Put one teaspoon of butter in a mug. Heat 15 seconds or until melted. Swish around to cover inside of cup. (2). Break one egg into cup and stir. (3). Microwave 30 seconds. (4). Stir. (5). Microwave 30 seconds. (6). Stir. (7). Take out of microwave and let it finish cooking, one minute. (8). Arrange three slices of bacon on two layers of paper towel. Cover with one paper towel and press down to prevent spattering. (9). Microwave two to three minutes on 'High', depending on thickness of bacon and desired doneness.

No Clean-Up Lunch
(1). Mixed canned soup in a paper cup or mug. (2). Microwave two minutes on 'High' and stir. (3). Place hotdog in bun. Wrap in Bounty towel. Microwave 30 seconds on 'High'. (4). Eat.

When you've mastered the preceding recipes and are able to stir, open cans, etc., you may enter "The Wonderful World of Microwave Cooking" at Card's.

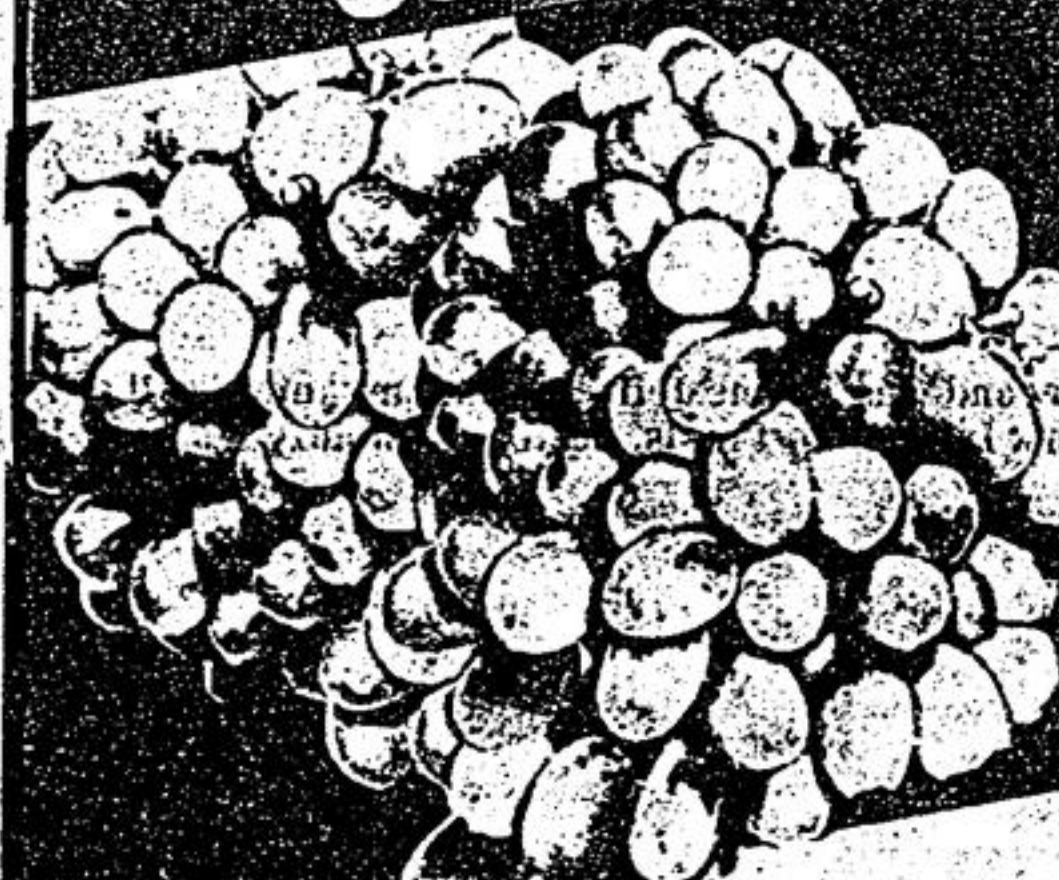
Final week. This is your last chance to complete your Dinah Shore porcelain dinnerware set. All pieces will be on display until the end of this week only.



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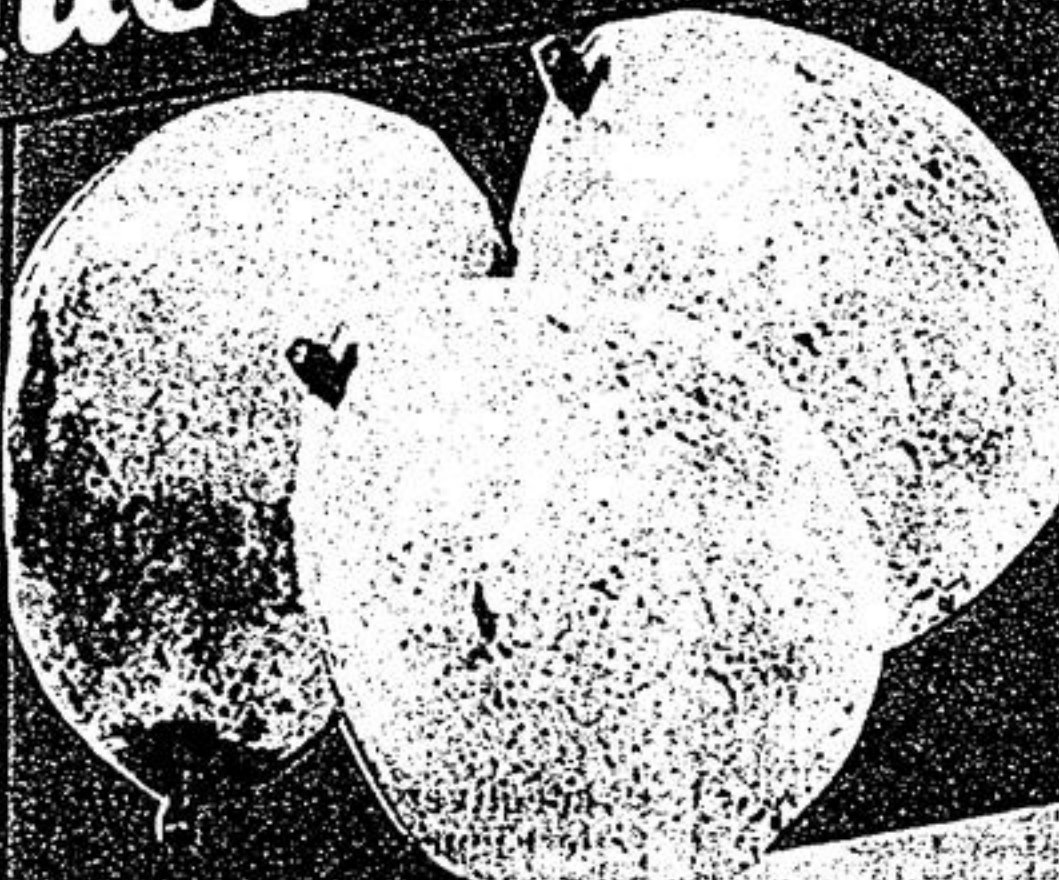
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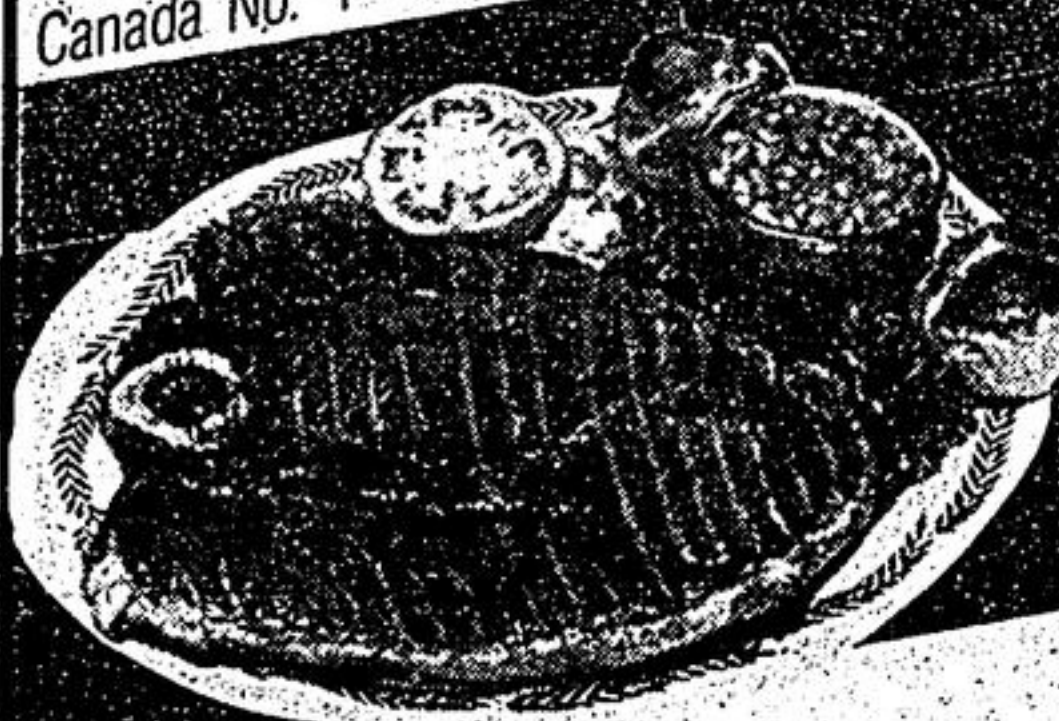
cauliflower
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round steaks
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From Canada
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