

Simplicity Of Microwave Cooking

By ELIZABETH STEWART
Womans Editor

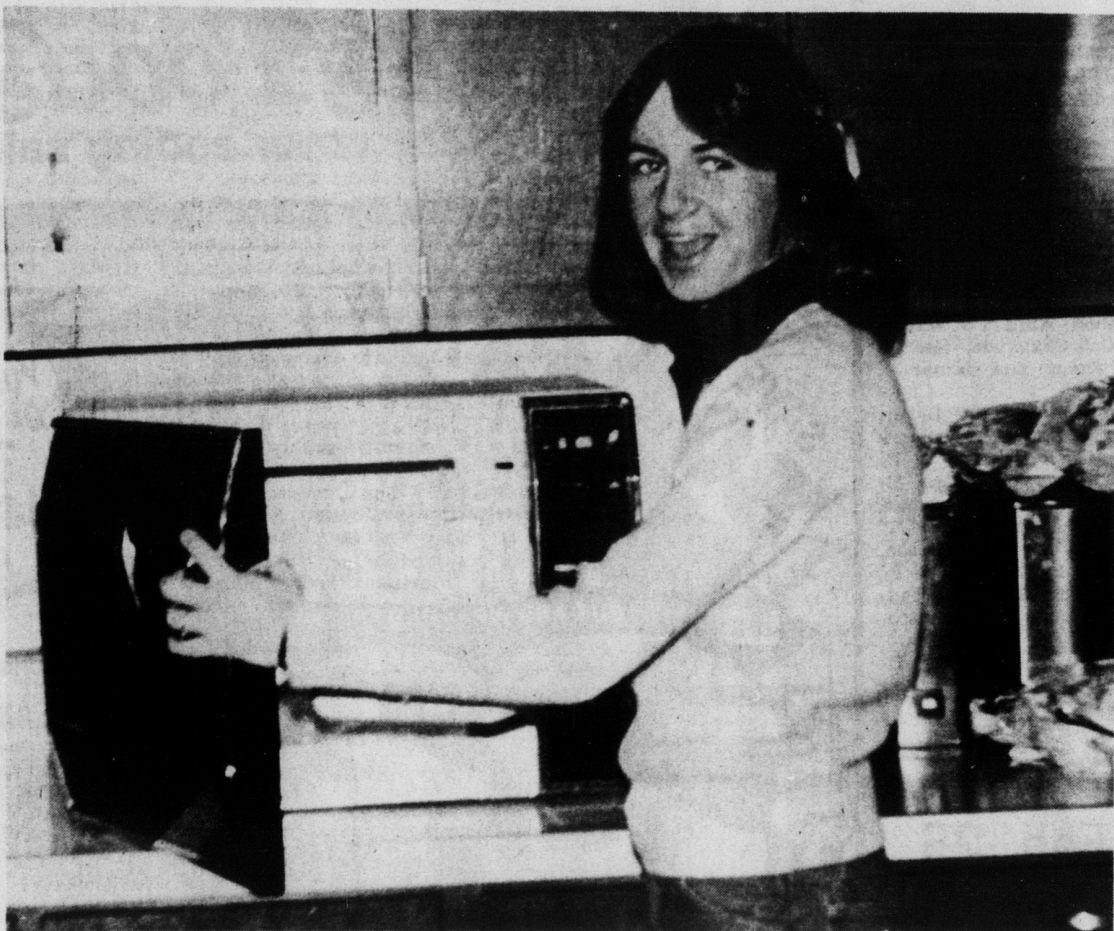
Microwave cooking is one of the simplest, quickest methods of cooking.

A visit to the Food Services Department of the Home Economics Department of Kings Mountain Senior High will erase any misgivings about this modern, cooking miracle, which has oftimes been a bit of a mystery too.

Chances are high, however, that as unusual as they may seem, you will own one in years to come. Students in Peggy (Mrs. Charles) Baird's Food Services Department have been learning the microwave cooking method for two years, along with the conventional method.

Freshly cooked foods from the microwave oven retain their natural flavor due to quick cooking. An added herb or spice goes further (so less is needed) in foods because no chemical change or breakdown takes place; raw vegetables and leftover cooked meats and vegetables keep their texture and appearance and fewer nutrients are lost than from conventional cooking methods.

Mrs. Baird points out that a microwave oven saves energy too. Not only is cooking time shorter than a conventional oven, but less time if any is needed to heat up the oven or cooking utensils in which they are cooked,



DEMONSTRATES MICROWAVE COOKING — Billie Hope, senior at KMSHS and a Food Services student, prepares a quick meal and pops it in the microwave oven, Barley Cheese Soup and Surprise Tea Cakes are favorites of students.

Photo By Lib Stewart

thus eliminating the pots and pans and "KP" duty which most of us like to avoid. Students are learning to

prepare "quick dishes" serving a cup of hot coffee in one and one-half minutes and use the oven also for softening butter. A TV dinner is ready-to-eat eight minutes after it's popped into the oven.

Senior student Billie Hope, a second year student in Food Services, illustrated the oven for us. She also gave us some of the recipes the students have prepared in the microwave oven and highly recommends them to Mirror-Herald readers. Barley Cheese Soup is a favorite of Food Service Students, as well as the "Surprise Teacakes" we feature in this cooking feature today.

According to Mrs. Baird, more and more foods can be cooked in the microwave oven. The newer, more versatile ovens have ranges of oven settings. This allows you to defrost without cooking, slow down cooking of large or dense foods or quickly reheat cooked foods.

SURPRISE TEACAKES
1 cup butter or margarine
1 egg
1 teaspoon vanilla
1/2 cup powdered sugar
2 1-3 cups unsifted flour
1 cup finely chopped nuts
2 packages (5 1/2 ounces each) milk chocolate kisses

Powdered sugar to sprinkle
Place butter in mixing bowl and soften in microwave (20 seconds). Add egg, vanilla and powdered sugar, beating until light and fluffy. Blend in flour and nuts. Shape dough around each chocolate kiss. Place 12 at a time on a paper towel and cook, uncovered for about 1 minute and 45 seconds or until the surface no longer looks doughy. Sprinkle warm cookies with powdered sugar. Makes 45-48 cookies.

Note: cooking time will vary for different microwave ovens.
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BARLEY CHEESE SOUP
2 cups broccoli pieces
2 cups hot water
One 10 1/2 oz. can condensed chicken broth
1 cup carrot slices
1/2 cup chopped onion
1/2 cup Quaker Scotch Brand Quick Pearled Barley
1 teaspoon salt
1 small garlic clove, minced
1/2 teaspoon pepper
1 1/2 cup milk
1/2 cup all-purpose flour
1 1/2 cups (6 oz.) diced Swiss cheese

Combine all ingredients except milk, flour and cheese in 4-qt. glass bowl or soup tureen. Cover with wax paper; cook in microwave oven at high 18 to 20 minutes or until barley is tender, stirring after 10 minutes of cooking. Combine 1/2 cup milk and flour, mixing until well blended, gradually add to soup with remaining 1 cup milk. Cover with wax paper; continue cooking in microwave oven at high about five minutes or until mixture is thickened, stirring after three minutes of cooking. Stir in cheese. Cover, let stand 3 to 5 minutes before serving. Makes 6 to 8 servings.

VARIATION: To prepare on conventional range, reduce flour to 1/2 cup. Combine all ingredients except milk, flour and cheese in 3 qt. saucepan. Bring mixture to a boil over medium-high heat. Cover. Reduce heat. Simmer about 15 minutes or until barley is tender. Combine 1/2 cup milk and flour, mixing until well blended; gradually add to soup with remaining 1 cup milk. Continue cooking over medium-high heat about 5 minutes or until thickened; stirring occasionally. Remove from heat, stir in cheese. Cover, let stand 3 to 5 minutes before serving. Additional milk may be added if soup becomes too thick upon standing.

Sports Enthusiast For Life

Rachel (Mrs. John) Caune of Charlotte has always been a sports enthusiast and has continued this love throughout her married life.

Rachel Jolly and John Caune, now of Charlotte, are parents of three teenage children: Jean, a senior in high school, Chris, a sophomore, and Tommy, an eighth grader. Rachel, daughter of Mrs. Orangel Jolly of Kings Mountain and the late Clarence Jolly, Sr., is a 1955 graduate of KMSHS and Kings' Business College of Raleigh. They were married June 28, 1959 and have lived in Charlotte for a number of years where John is associated with the architectural firm of Surratt, Smith and Abernathy Associates. Rachel has also served as a substitute teacher.

"The Den," an annual publication of the CYAC Golden Bears, was dedicated to Mrs. Caune for her unselfish service to the youth program of Charlotte. The dedication



LIB STEWART

read: "It is with great pleasure that we dedicate the seventh edition of The Den to Rachel Caune. Rachel has been active in all CYAC programs since joining the organization. She has held several administrative positions, among these were vice president concessions and first vice president. In 1977 Rachel became the first woman to hold the office of CYAC. Rachel has given countless hours to the youth programs, coaching basketball, softball and overseeing use of the facilities (at Cochrane). She has been an inspiration to all in her outspoken and direct manner of getting the work done. All her efforts are greatly ap-

preciated. This dedication is only a small way of saying "thank you."

Hundreds of young people take an active part in the Children's Youth program in the Queen City.

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L-T TRYOUTS

Kings Mountain Little Theatre will conduct tryouts for its spring production "6 Rms. Riv-Vu", on Thursday evening at 8:30 p. m. following the regular quarterly meeting. All members and any prospective members are reminded of the meeting which begins at 7:30 p. m. in Park Grace Auditorium, said Mrs. Aubrey Mauney, L-T president.

Joe Ann McDaniel is directing the comedy.

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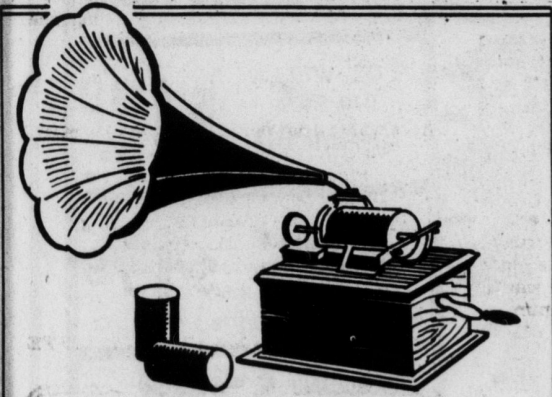
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