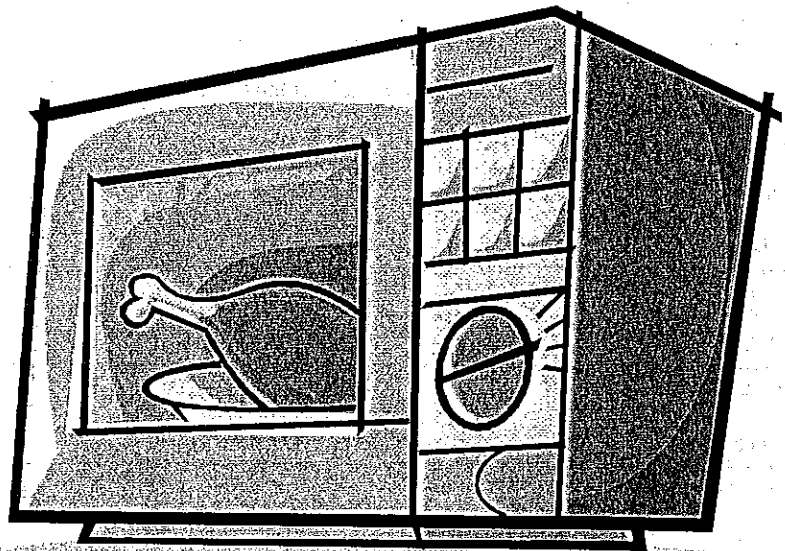
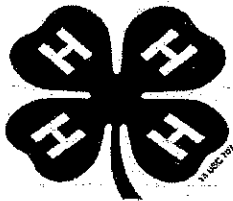


The Microwave Connection

Microwave Recipes For 4-H Microwave Project



Purdue Extension - Hancock County
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2007

Welcome to the Microwave 4-H Project! You will have a lot of fun in this project as you prepare some of the enclosed recipes as well as develop your own. Be creative and have fun.

Project Requirements

- Exhibit 6 cookies or 6 pieces of candy, whole cakes, cobblers, crisps, breads, and pies.
- It is required that a recipe be exhibited in **ALL** divisions. Recipes should be exhibited on cards no larger than 5" x 8".
- All products must be baked in a microwave oven and not a conventional oven or convection oven or stovetop.
- Exhibit products on cardboard or heavy Styrofoam plates slightly larger than the product and covered with clear wrap.
- Exhibits must be non-perishable, with the exception of Division 9.

Food Safety:

For baked product competitions: Filling, frosting, glazing, pie filling and meringue whether uncooked or cooked are not permitted to contain cream cheese, whipped cream, unpasteurized milk or uncooked eggs/egg whites (pasteurized eggs or eggs cooked to 160 degrees may be used). Home canned fruits, vegetables, or meats are not permitted in products. Contestants should carefully wash their hands and make sure that their hands do not have any open cuts before preparing foods. Contestants should not prepare ready-to-eat foods to be entered into competition if they are ill with vomiting, diarrhea, fever, sore throat or jaundice. Whenever possible baked products should be transported and stored in chilled coolers (41 degrees).

If the above food safety instructions are not followed, the project will receive one (1) ribbon placing lower.

*Due to variations in wattage of microwave ovens, it is suggested that you try the recipe in your microwave oven and adjust temperature and timing accordingly if needed. Also, if your oven automatically rotates the cooking food, it will be unnecessary to turn the dish periodically as advised in some of these recipes.

MANUAL: 4-H 1353 *MICROWAVE CONNECTION, HANCOCK COUNTY COOKBOOK*

DIVISION 1

Exhibit six (6) pieces of microwave candy. Example: fudge, divinity - NO HARD CANDY

DIVISION 2

Exhibit six (6) bar cookies.

DIVISION 3

Exhibit one (1) upside down cake.

DIVISION 4

Exhibit one (1) coffee cake.

DIVISION 5

Exhibit one (1) single frosted layer cake.

DIVISION 6

Exhibit one (1) fruit cobbler or crisp.

DIVISION 7

Exhibit one (1) quick bread.

DIVISION 8

Exhibit one (1) nut or fruit pie (NO GRAHAM CRACKER CRUST).

DIVISION 9

Exhibit jam or jelly. Label jar/container. Give type of jam/jelly, date, month, year, and your name.

DIVISION 10

Exhibit a layer cake with two (2) or more layers with non-perishable frosting.

Possible Recipes For Exhibit

Candy

Fantasy Fudge

3/4 cup margarine
3 cups sugar
1(5 fl. oz.) can evaporated milk
1(12 oz.) semi-sweet chocolate pieces
1 (7 oz.) jar marshmallow creme
1 cup chopped nuts
1 tsp. vanilla

Microwave margarine in a 4-quart bowl on high for 1 minute or until melted. Add sugar and milk. Mix well.

Microwave on high 5 minutes until mixture begins to boil; stir after 3 minutes. Mix well. Scrape bowl.

Microwave 5 1/2 minutes; stir after 3 minutes.

Stir in chocolate pieces until melted. Add remaining ingredients; mix well.

Pour into a greased 13x9 inch pan. Cool at room temperature. Cut into pieces. Makes 3 pounds.

Mallow Fudge

1 can (5 oz.) evaporated milk
1/2 cup butter or margarine
2 cups sugar
1 (7 oz.) jar marshmallow creme
2 cups chocolate chips
1/2 cup chopped nuts

In a 3-qt casserole, combine milk, butter or margarine and sugar. Microwave at high 9-12 minutes or until soft ball forms (when small amount is dropped in cold water). Stir every 3 minutes.

Remove cover from creme and microwave at 50% for 30 seconds, or until softened. Stir into sugar mixture with chips and nuts until well mixed. Pour into buttered 9x9 inch pan. Let stand or refrigerate until firm. Cut into 1 1/2 inch pieces. Makes 36 pieces.

Peanut Butter Mallow Candy

2 pkgs (10 oz. each) of peanut butter or butterscotch chips
3/4 cup butter
1/2 cup peanut butter
1 pkg (10.5 oz.) miniature marshmallows
3/4 cup chopped peanuts
3/4 cup flaked coconut

In a microwave safe bowl, microwave chips, butter and peanut butter until melted. Add remaining ingredients and mix well. Spread into a lightly greased 15x10x1 inch baking pan. Refrigerate until firm. Cut into squares.

Makes about 5 dozen.

Microwave Fudge

3 cups milk chocolate chips
1 can (14 oz.) sweetened condensed milk
1/4 cup butter or margarine
1/2 cup chopped walnuts

Place all ingredients except nuts in a large, microwave safe bowl. Microwave at medium (50%) until chocolate chips are melted, 3 to 5 minutes, stirring once or twice during cooking. Stir in nuts. Pour into well greased 8x8 inch baking dish. Refrigerate until set.

Peanut Clusters

1/2 pound vanilla-flavored confectionery's coating, cut up
1 6-ounce package (1 cup) semisweet chocolate pieces
2 cups peanuts

Place the vanilla-flavored coating and the chocolate pieces in a large microwave-safe bowl. Cook, uncovered, on high about 2 to 3 minutes or just until the mixture becomes smooth when stirred. Stir in peanuts.

Drop peanut mixture from a teaspoon onto a baking sheet lined with waxed paper. Chill about 30 minutes or until firm. Store tightly covered in refrigerator.

Makes about 36 pieces.

Candy Bar Fudge

1/2 cup butter
1/3 cup unsweetened cocoa powder
1/4 cup packed brown sugar
1/4 cup milk
3 1/2 cups sifted powdered sugar
1 tsp. vanilla
30 vanilla caramels
1 tbsp. water
2 cups unsalted peanuts
1/2 cup semisweet chocolate pieces
1/2 cup milk chocolate pieces

Line a 9x9x2 inch pan with foil, extending over edges; set aside. In a microwave-safe bowl, microwave butter, uncovered, on high for 45 seconds to 2 minutes or until melted. Stir in cocoa powder, brown sugar, and milk. Cook, uncovered on high for 1 1/2 to 2 1/2 minutes or until mixture comes to a boil, stirring once. Stir again. Cook for 1 minute more. Stir in powdered sugar and vanilla. Spread in pan.

In a glass bowl, combine caramels and the water. Cook, uncovered, medium 3 1/2 to 5 minutes or until melted, stirring once. Stir in nuts; spread over fudge.

In a 2-cup glass measure, microwave chocolate on medium for 2 to 3 minutes, or until melted, stirring once. Spread atop caramel. Chill until chocolate is firm. Remove from pan; cut into squares. Serve at room temperature.

Makes 64 pieces.

Pretzel Fudge

- 1 lb. vanilla candy
- 1 pkg (12 oz. each) of peanut butter cups
- 2 tbsp. peanut butter
- 2 cups broken pretzels
- 2 cups chopped walnuts or pecans

In a microwave safe bowl, microwave candy, peanut butter and cups on high 4 to 5 minutes or until melted. Add pretzels and nuts and mix well. Thinly spread on foil on a cookie sheet. Put in refrigerator for 1/2 hour. Break into pieces.

Bar Cookies

Chewy Peanut Butter Bars

- 1/3 cup margarine
- 1/2 cup peanut butter
- 1 cup sugar
- 1/4 cup dark brown sugar
- 2 eggs
- 1 tsp. vanilla
- 1 cup flour
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1 1/2 cup

Cream together butter, peanut butter and sugars until fluffy in large mixing bowl. Add eggs and vanilla. Beat well. Mix in flour, baking powder, and salt, stirring until thoroughly blended. Stir in coconut, reserving 1/2 cup to sprinkle over bars as a topping before baking. Spread evenly in greased 2-quart utility dish.

Bake in microwave on 70 percent power setting for 10-12 minutes, or until top springs back when lightly pressed. Turn dish once or twice during cooking time. Cool. Cut into squares.

Spicy Apple Bars

- 1/4 cup margarine or butter
- 1 cup packed brown sugar
- 1 egg
- 2 cups grated apples
- 1/4 tsp vanilla
- 1 cup flour
- 1/4 tsp. soda
- 1/4 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 cup chopped nuts (optional)
- Powdered sugar

In a microwave safe bowl, melt margarine, 30 to 60 seconds. Blend in brown sugar; beat in egg. Stir in apples and vanilla. Add flour, soda, salt, cinnamon and nutmeg;

mix well until combined. Stir in nuts.

Grease bottom only of 10x6 inch microwave safe baking dish. Spread mixture evenly in dish.

Microwave on high, uncovered, 7 1/2 to 8 1/2 minutes or until no longer doughy, rotating dish twice. Cool. Sprinkle with powdered sugar. Cut into bars.

Makes about 40 bars.

Carrot Brownies

- 1/2 cup margarine
- 1 cup packed dark brown sugar
- 2 eggs
- 1 cup flour
- 1 tsp. baking powder
- 1 tsp. cinnamon
- 1/4 tsp. salt
- 3 medium carrots, peeled and grated finely (1 1/2 cups)
- 1/2 cup chopped walnuts

Place margarine in a glass mixing bowl and microwave on high 1 minute or until melted. Blend in sugar; then eggs. Stir in flour, baking powder, cinnamon and salt. Fold in carrots and walnuts. Spray an 8-inch square glass dish with non-stick cooking spray. Pour batter in dish and level batter. Rotating every 3 minutes, microwave at 70% for 10 to 11 minutes or until brownies test done. Makes 16 squares.

Brownies

- 1/2 cup margarine or butter
- 2 squares unsweetened chocolate
- 2 eggs, beaten
- 1/2 cup sugar
- 1 tsp. baking powder
- 1 tsp vanilla
- salt (optional)
- 1 cup chopped nuts (optional)

In a 9" square microwavable dish, melt butter and chocolate. Stir to mix. Add eggs, sugar, flour, baking powder and vanilla. Mix together. Put into microwave. Cook on high 3 minutes. Turn 1/4 turn. Cook on high 3 minutes. Cool.

Chocolate Mint Brownies

- 1 (15.5 ounce) pkg brownie mix
- 2 tbsps. water
- 2 eggs
- 1/2 cup chopped nuts
- 12 chocolate-covered Thin Mint Candies (half of a 6-oz. box)

Using solid shortening, lightly grease bottom and sides of an 8x8x2 inch baking dish. Dust with granulated sugar. Set aside. In mixing bowl, combine brownie mix, water and eggs; blend. Stir in nuts and pour mixture into prepared dish. Microwave at 70% (medium-high) 7 to 8 minutes, rotating every 3 minutes. Place mints over top of brownies. Microwave on 70% for 2 to 3 minutes. Swirl melted mints over top to make frosting. Cool before cutting.

4 Makes 16 squares.

Chocolate Almond Brownies

1/3 cup shortening
2 oz. unsweetened chocolate

1 cup sugar
1/3 cup all purpose flour
1/2 tsp. baking powder
1/2 tsp. salt
2 eggs
1/2 cup chopped almonds
1/2 cup finely chopped almond paste or semisweet chocolate chips

Place shortening and chocolate in a 8x8x2 inch baking dish. Microwave uncovered on 70% (medium-high) until melted, 3 to 4 minutes.

Stir in remaining ingredients except almond paste. Mix in almond paste (or chocolate chips). Spread batter evenly. Elevate baking dish on inverted dinner plate in microwave. Microwave uncovered on medium (50%) for 4 minutes; rotate baking dish 1/4 turn every 2 minutes, until wooden pick inserted about 1 inch from center comes out clean, 4 to 8 minutes longer. Let cool on heatproof surface (do not use rack). Cut into bars.

Chocolate Toffee Bars

1/4 cup packed brown sugar
3 tbsp. margarine or butter
1/2 cup all-purpose flour

1 egg, beaten
1/2 cup packed brown sugar
1 tbsp all-purpose flour
1/2 tsp. baking powder
1/2 tsp. vanilla
1/4 tsp salt
1/2 cup semisweet chocolate chips
1/2 cup chopped nuts

Mix 1/4 cup brown sugar and the margarine. Stir in 1/2 cup flour. Press firmly and evenly in 8x8x2 inch baking dish. Elevate baking dish on inverted dinner plate in microwave. Microwave uncovered on medium for 2 minutes; rotate 1/4 turn. Microwave until mixture appears almost dry, 2 to 4 minutes longer. Let stand 5 minutes.

Mix egg, 1/2 cup brown sugar, 1 tbsp flour, baking powder, vanilla and salt. Stir in chocolate chips and nuts. Spread over cooked layer. Microwave (do not elevate) uncovered on medium, rotating baking dish 1/4 turn every 3 minutes, until bars begin to lose glossiness on top, 7 to 10 minutes (do not overcook). Cover loosely and let stand 5 minutes.

Drizzle with **Chocolate Glaze**. Cut into bars, about 2x1 1/4 inches. Refrigerate until chocolate is firm, about 30 minutes.

Chocolate Glaze

Place 1 tbsp. cocoa, 1 tbsp. margarine or butter and 1 tbsp. water in 2-cup measure. Microwave uncovered on high until margarine is melted, 20-30 seconds; stir. Add 1/2 cup powdered sugar; mix until smooth.

Upside Down Cakes

Apricot Upside Down Gingerbread

1/4 cup margarine or butter
1/2 cup packed brown sugar
9 maraschino cherry halves
1 can (17 oz.) apricot halves, drained
1 pkg (14.5 oz) gingerbread mix

Place margarine or butter in 8x8x2 inch baking dish. Microwave uncovered on high until melted, 60 seconds. Sprinkle brown sugar on margarine/butter. Arrange cherries and apricots on sugar mixture.

Prepare gingerbread mix as directed except decrease water to 3/4 cup. Pour batter over fruit. Elevate on 9-inch pie plate in microwave. Microwave uncovered on high for 5 minutes; rotate baking dish 1/4 turn. Microwave until gingerbread begins to pull away from sides of dish, 5 to 7 minutes longer. Let stand 5 minutes. Invert dish onto plate; leave dish over cake 5 minutes.

Apple Upside-Down Gingerbread: Substitute 2 cups thinly-slice apples for the apricots. Overlap in 3 rows in dish.

Lemon Upside-Down Gingerbread: Substitute 1 lemon for the apricots. Cut lemon into 9 very thin slices (about 1/8 inch thick); cut each slice into fourths.

Pineapple Downside Up Cake

1/4 cup margarine
1/3 cup packed light brown sugar
1 (16 oz) can pineapple slices, drain & reserve juice
4 maraschino cherries, cut in half
1 1/4 cup flour
3/4 cup sugar
2 tps baking powder
1/2 tsp salt
1 egg
1/3 cup oil
1/2 cup reserved pineapple juice
1/2 tsp vanilla
1/2 tsp almond flavoring

Cut two circles of waxed paper to fit bottom of 8-inch round layer cake pan. Place paper in pan.

Place margarine on top of waxed paper liner and microwave on high for 45 seconds or until melted. Sprinkle brown sugar over margarine. Arrange 7 pineapple slices on top of sugar mixture. Decorate centers of slices with cherries.

Place flour, sugar, baking powder and salt in a medium mixing bowl. Blend together egg, oil, pineapple juice and flavorings. Pour into dry ingredients and use a wooden spoon to blend. Pour batter over pineapple slices. Microwave on medium for 5 minutes, rotating dish once. Microwave on high 4 to 4 1/2 minutes, rotating dish twice. When done, toothpick will come out clean when stuck in cake. Let cake stand in pan for 5 minutes. Invert on serving platter.

Coffee Cakes

Apple-Raisin Coffee Cake

Apple Topping

1/3 cup margarine or butter
1/2 cup packed brown sugar
2 tbsp light corn syrup
1 tsp ground cinnamon
2 cups 1/4-inch apple slices

Cake

1 pkg active dry yeast
3/4 cup warm water
1/4 cup sugar
1/4 cup shortening
1 egg
1 tsp salt
1 1/4 cups all-purpose flour
1 cup whole wheat flour (not stone ground)
1/2 cup raisins
1/2 cup chopped nuts

Prepare Apple Topping: Place margarine in small bowl. Microwave uncovered on high until melted, about 60 seconds. Stir in sugar, syrup and cinnamon; pour into 8-cup ring dish. Overlap apple slices on butter-sugar mixture. Dissolve yeast in warm water in 3 1/2-quart bowl. Add sugar, shortening, egg, salt and all-purpose flour. Beat 2 minutes on medium speed, scraping bowl frequently. Stir in whole wheat flour, raisins and nuts; continue stirring until smooth. Drop batter by tablespoonfuls onto Apple Topping in ring dish; spread evenly. Cover with waxed paper and microwave on low for 6 minutes. Let stand, covered, until indentation remains when lightly touched with floured finger, about 30 minutes.

Microwave uncovered on high for 4 minutes; rotate ring dish 1/2 turn. Microwave until no longer doughy and top springs back when touched lightly, 4 to 6 minutes longer. Let cool 10 minutes on heatproof surface (do not use rack). Invert dish on serving plate; leave dish over cake a few minutes.

Cherry Breakfast Ring

3 tbsps margarine or butter
1/4 cup packed brown sugar
1 tbsp milk
1/3 cup chopped maraschino cherries
1/4 cup flaked coconut
1 pkg (7 1/2 oz.) refrigerated buttermilk biscuits
2 tps sugar
1 tsp cinnamon

Place butter in small mixing bowl. Microwave at high for 45 to 60 seconds or until butter melts. Stir in brown sugar and milk. Microwave at high for 1 minute, stirring once.

Place a small drinking glass, right side up, in center of an ungreased 9-inch round baking dish. Spread brown sugar mixture evenly around glass. Sprinkle with cherries and coconut. Arrange biscuits on top.

In small bowl, mix sugar and cinnamon. Sprinkle evenly over biscuits. Microwave at high for 2 1/2 to 4 minutes or until biscuits spring back when touched lightly, rotating dish 1 or 2 times. Let stand for 2 to 3 minutes. Remove glass. Invert onto serving plate.

Orange-Cinnamon Coffee Ring

Topping

1 1/2 cups all-purpose flour
1 1/2 cups packed brown sugar
1/3 cup firm margarine or butter

Cake

1 cup sour cream
1 egg
1 tbsp grated orange peel
3/4 tsp baking soda
1/2 tsp cinnamon
1/3 cup chopped nuts

Mix flour, brown sugar and margarine until crumbly. Generously grease 8-cup microwave safe ring dish; coat with 1 cup of crumbly mixture. Reserve remaining mixture.

Stir sour cream, egg, orange peel, baking soda and cinnamon into remaining crumbly mixture just until moistened. Spread evenly in ring mold. Sprinkle with reserved crumbly mixture and the nuts. Microwave uncovered on high for 3 minutes; rotating ring dish 1/2 turn. Microwave until wooden pick inserted near center comes out clean, 3 to 5 minutes longer. Let cool 10 minutes on heatproof surface (do not use rack). Invert on plate; cover with serving plate and invert again.

Streusel Coffee Cake

Streusel

2/3 cup chopped nuts
1/2 cups packed brown sugar
1/3 cup all-purpose flour
1/4 cup margarine or butter
3/4 tsp cinnamon

Pan lining

1/4 cup graham cracker crumbs

Cake

2 cups all-purpose flour
1 cup sugar
3 tps. baking powder
1 tsp. salt
1/3 cup margarine or butter, softened
1 cup milk
1 egg

Prepare Streusel: Mix all ingredients until crumbly. Generously grease a microwave safe 12-cup bundt dish; coat with graham cracker crumbs.

Beat remaining ingredients together in a 3 1/2 quart bowl on low speed 30 seconds. Beat on medium speed, scraping bowl occasionally, for 2 minutes. Spread half of the batter in prepared dish; sprinkle with 1 1/2 cups of the Streusel. Top with remaining batter and Streusel. Microwave uncovered on high, rotating dish 1/4 turn every 4 minutes, until top springs back when touched lightly, 12 to 14 minutes. Let cool 10 minutes on heatproof surface (do not use rack). Invert on serving plate. May drizzle with a glaze.

Banana Nut Coffee Cake

Cake

1/2 cup mashed ripe banana
1/2 cup packed brown sugar
1/4 cup vegetable oil
1/4 cup milk
1 egg, slightly beaten
1 cup all-purpose flour
3/4 tsp baking powder
1/2 tsp salt
1/4 tsp baking soda

Topping

1/4 cup packed brown sugar
1/4 cup chopped nuts
2 tbsps all-purpose flour
1/4 tsp cinnamon
1 tbsp butter or margarine

For cake - in medium mixing bowl, blend banana, brown sugar, oil, milk and egg. Add remaining cake ingredients. Stir just until dry ingredients are moistened. Pour into ungreased 9-inch round baking dish. Place on saucer in oven. Microwave at medium for 6 to 8 minutes, rotating dish once.

For topping, in small mixing bowl, mix all ingredients except butter. Cut butter into dry ingredients until mixture is crumbly. Sprinkle on cake. Microwave at High for 4 to 8 minutes or until center springs back when touched lightly. Let stand for 5 to 10 minutes.

Cakes

Butter Cake

2 cups all-purpose flour, sifted
2 cup sugar
3 tpsps baking powder
1/2 tsp. salt
1 cup butter, softened
1 cup milk
1 1/2 tsp vanilla
1 egg
3 eggs

In large mixing bowl, stir together flour, sugar, baking powder and salt.

Add butter, milk, vanilla and 1 egg. Beat 2 minutes at lowest speed, scraping bowl constantly for first 1/2 minute.

Add remaining eggs. Continue beating at low speed, scraping bowl often, 1 minute. Batter will look curdled.

Pour batter into 2 wax paper lined 8-inch round dishes; spread evenly. Microwave one dish at a time at high for 8 to 10 minutes. Rotate dish 1/4 turn every 3 minutes.

Chocolate Cake

1 1/2 cups all-purpose flour
1 cup sugar
3 tbsps baking cocoa
1 tsp. baking soda
1/4 tsp. salt
1 cup cold water or cold brewed coffee
1/3 cup oil
1 tsp. vanilla

Combine the dry ingredients. Combine the liquid ingredients. Stir both together until well blended. Pour into a lightly oiled 9-inch square glass or pyrex pan. Cook on high (use turntable) 6 to 8 minutes or until cake tests done in center. Cool completely before serving.

Sour Cream Spice Cake

1 cup all-purpose flour
3/4 cup packed brown sugar
1 1/2 tpsps pumpkin pie spice
1/2 tsp. baking soda
1/2 tsp. baking powder
1/4 tsp. salt
2/3 cup sour cream
1/4 cup shortening
1/4 cup water
1 egg
3/4 cup raisins

1 tbsp. sugar
1/4 tsp. pumpkin pie spice

Mix flour, brown sugar, 1 1/2 tpsps pumpkin pie spice, baking soda, baking powder, salt, sour cream, shortening, water and egg in 3 1/2-quart bowl. Beat on low speed, scraping bowl constantly, 30 seconds. Beat on high speed, scraping bowl occasionally, 3 minutes. Stir in raisins. Spread in 8x8x2 inch baking dish.

Mix sugar and 1/4 tsp pumpkin pie spice; sprinkle on cake. Elevate on inverted 9-inch pie plate in microwave. Microwave uncovered on medium for 4 minutes; rotate baking dish 1/2 turn.

Microwave on high until cake begins to pull away from side of dish, 5 to 6 minutes longer (parts of the cake will appear moist but will continue to cook while standing). Let cool on heatproof surface (do not use rack).

Banana Cake

1/4 cup packed brown sugar
1 tsp cinnamon
1/3 cup finely chopped walnuts
1 cup stirred whole wheat flour
3/4 cup all-purpose flour
1 tsp. baking soda
1/2 tsp. salt
2/3 cup shortening
1/2 cup packed brown sugar
2 eggs
1 teaspoon vanilla
1 cup very ripe mashed banana
1/4 cup milk

Combine 1/4 cup brown sugar, cinnamon and walnuts in a bowl. Mix well and set aside.

Stir together whole wheat flour, all purpose flour, baking soda and salt and set aside.

Cream together shortening and 1/2 cup brown sugar in bowl, using an electric mixer at medium speed. Beat in eggs, vanilla and banana. Gradually add flour mixture alternately with milk, beating well after each addition. Pour batter into greased 8-inch square glass baking dish, spreading batter slightly higher in corners. Sprinkle evenly with walnut mixture.

Microwave (medium setting) for 9 minutes, rotating dish one quarter turn every 2 minutes. Microwave at high setting for another 4 to 5 minutes, or until cake pulls away from sides of dish and top is done. Cool in dish on wooden board or heatproof surface. Serves 6.

Fruit Cobblers/Crisps

Fresh Peach Cobbler with Dumplings

Filling

1 tablespoon cornstarch
1/3 cup brown sugar, packed
1/3 cup water
4 cups fresh peaches, peeled & sliced
1 tablespoon butter
1 tablespoon lemon juice

Dumpling Batter

2 tablespoons butter
1 egg
1/2 cup all-purpose flour
1/2 cup sugar
1/2 teaspoon salt
1/2 tablespoon sugar
1/2 tablespoon cinnamon

PREPARATION:

Filling

Mix cornstarch and brown sugar in a round glass cake dish (must be microwave-safe). Add water; stir. Stir peaches in gently. Microwave on High (100%) for 6 to 8 minutes, stirring once or twice, or until mixture boils and has thickened. After mixture thickens, stir in butter and lemon juice. Meanwhile, prepare dumpling batter.

Dumplings

Soften butter in a mixing bowl for about 10 seconds over a bowl of warm water. Beat in egg. Add flour, sugar, baking powder and salt. Beat with a wooden spoon just until batter is smooth. Drop batter by spoonfuls in a circle over hot peach mixture (about 6 evenly spaced mounds). Sprinkle a mixture of sugar and cinnamon over batter. Microwave on High (100%) 10 minutes. During the last 2 minutes of cooking, spoon hot peach syrup over dumplings.

Cranberry Apple Crunch

1 cup sugar
2 cups chopped cranberries
2 cups chopped apples
1 cup quick cooking rolled oats
1/2 cup firmly packed brown sugar
1/3 cup all purpose flour
1/2 teaspoon salt
1/4 cup butter or margarine
1/2 cup chopped nuts

Combine sugar, 1 cup water, cranberries, and apples in a buttered 2 quart micro proof casserole or baking dish. Cover and cook on HI for 10 minutes. In bowl, mix together oats, sugar, flour and salt. Cut in butter with two knives to make a coarse mixture. Stir in nuts. Sprinkle over top of cranberry mixture. Cover and cook on HI for 5 minutes. Cook, uncovered, on HI for 4 minutes, or until apples are done. Let stand 3 to 4 minutes before serving.

Yield: 6 servings

Microwave Cherry Cinnamon Cobbler

1 can cherry pie filling
1/2 c. butter
1 c. flour
2/3 c. nuts, chopped
1/3 c. brown sugar
3/4 tsp. cinnamon

Spread cherry pie filling in bottom of an 8"x8"x2" glass baking dish. In medium mixing bowl combine remaining ingredients, cut in with pastry cutter. Sprinkle over cherries. Microwave on High 8 to 10 minutes.

Quick Breads

Nut Bread

1 tbsp graham cracker crumbs
1 1/4 cups all-purpose flour
1/2 cup packed brown sugar
1/4 cup granulated sugar
1 1/2 tsps baking powder
1/2 tsp salt
1/2 tsp cinnamon
1/2 cup butter or margarine
3/4 cup chopped nuts
2/3 cup buttermilk
2 eggs, slightly beaten
1/2 tsp vanilla

Grease bottom and sides of 8x4-inch loaf dish. Line bottom of dish with waxed paper. Grease wax paper. Sprinkle with graham cracker crumbs. Tilt dish to coat sides and bottom. Shake out and discard excess crumbs. Set dish aside.

In medium mixing bowl, mix flour, brown sugar, granulated sugar, baking powder, salt and cinnamon. Set aside. Place butter in small bowl. Microwave at High for 15 to 30 seconds or until butter softens.

Add softened butter and remaining ingredients to flour mixture. Beat mixture at low speed until dry ingredients are moistened, scraping bowl constantly. Beat at medium speed for 2 minutes, scraping bowl occasionally. Pour into prepared dish.

Place dish on saucer in microwave. Microwave at medium for 9 minutes, rotating dish 2 or 3 times.

Microwave for 4 to 6 additional minutes at high or until wooden pick inserted in center comes out clean. Let stand for 5 to 10 minutes.

Blueberry Nut Bread: Fold in 1/2 cup blueberries into batter

Raisin Nut Bread: Fold in 1/2 cup raisins into batter just prior to putting in baking dish.

Banana Nut Bread

1 c. brown sugar
1/2 c. butter
2 eggs
1 c. mashed bananas
1 tbsp. lemon juice
1 tsp. grated lemon rind
2 c. flour
1 tbsp. baking powder
3/4 tsp. salt
1 c. macadamia nuts, chopped
1 c. raisins

Cream brown sugar, butter, eggs and bananas; stir in lemon juice and lemon rind. Beat in dry ingredients. Stir in nuts and raisins. Line bottom of glass loaf pan with waxed paper. Pour in batter. Cook in microwave oven 6 minutes. Rotate pan a quarter turn. Cook 6 minutes more. Let stand on flat surface 10 minutes.

Microwave Pumpkin Bread

1 c. all-purpose flour
1 tsp. salt*
1 tsp. baking powder
1 tsp. soda
1/4 tsp. nutmeg
1 tsp. cinnamon
1/2 c. granulated sugar
1/4 c. packed brown sugar
1/2 c. egg substitute
1 c. canned pumpkin
1/2 c. chopped walnuts
1/2 c. vegetable oil

Blend ingredients in mixing bowl at low speed for 15 seconds. Beat at medium speed for 1 minute. Spread batter in microwaveable loaf pan lined on bottom and sides with waxed paper. Center loaf pan on inverted saucer in microwave oven. Microwave at medium power for 9 minutes; rotate 1/4 turn every 3 minutes. Increase power to

high. Microwave for 10 minutes. No unbaked batter should appear in center. Let stand 5-10 minutes. Remove from pan.

Note: This bread takes 20 minutes instead of the usual 1 hour and comes out very well- especially for microwave where a lot of breads don't do well.

*Optional: To reduce sodium, use less salt. Makes 1 loaf, about 20 slices.

Pies

Southern Blueberry Pie

Microwave 9-inch pie shell
1/4 cup yellow cornmeal

3 cups fresh or frozen (defrosted and drained) blueberries
1/2 cup sugar
1 tbsp plus 2 tsps cornstarch
1/4 tsp salt
1/4 tsp cinnamon
2/3 cup water
1/4 cup grenadine syrup
2 tsp lemon juice

Prepare pie shell as directed except - stir in 1/4 cup cornmeal with the flour (see pie crust recipe).

Spread blueberries in pie shell. Mix sugar, cornstarch, salt and cinnamon in a 4-cup measure. Stir in water. Microwave uncovered on high, stirring every minute until thickened and clear, 3 to 4 minutes.

Stir in grenadine syrup and lemon juice. Pour on blueberries in pie shell. Refrigerate at least 2 hours.

Pecan Pie

1 single crust pie shell (see included recipe)
2 tbsps butter or margarine
1 cup dark corn syrup
3 eggs
1/3 cup packed dark brown sugar
1 tbsp all-purpose flour
1 tsp vanilla
3/4 cup pecan halves or chopped pecans

Prepare and microwave crust as directed. Set aside. Place butter in medium mixing bowl. Microwave at high for 45 to 60 seconds, or until butter melts. Add remaining ingredients except pecans. Beat at medium speed for 1 to 2 minutes, or until smooth, scraping bowl occasionally. Stir in pecans.

Pour into prepared crust. Place on saucer in oven. Microwave at medium for 15 to 17 minutes, or until set, rotating pie plate every 4 minutes. Cool completely.

Pie Crust Recipe

9-inch One-Crust Pastry

6 tbsps margarine
1 cup all-purpose or whole wheat flour
1/2 tsp salt
2 to 3 tbsps cold water

9-inch Two-Crust Pastry

3/4 cup margarine
2 cup all-purpose or whole wheat flour
1 tsp salt
4 to 5 tbsps cold water

Cut margarine into flour and salt until particles are size of small peas. Sprinkle water in, 1 tbsps at a time, tossing with fork until all flour is moistened and pastry almost clears side of bowl (1 or 2 tbsps water can be added if necessary).

Gather pastry into a ball; shape into flattened round on lightly floured board (for two-crust pie, divide pastry into halves and shape into 2 rounds). Roll pastry 2 inches larger than inverted pie plate with flour rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Microwaved 9-inch Pie Shell

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under even with plate and flute. Prick bottom and side thoroughly with fork. Elevate pie plate on inverted dinner plate in microwave. Microwave uncovered on high until pastry looks dry and flaky, 5 to 7 minutes; let cool.

9-inch Two-Crust Pie Shell

Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry 1/2 inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape. Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on seam to seal; flute. Microwave as directed in recipes.

Jellies & Jams

Grape Jelly

1 (6 oz) can of frozen grape juice concentrate, thawed
1 pkg (1 3/4 oz) powder pectin
2 cups hot water
3 3/4 cups sugar

Use a 3 qt. casserole dish and blend the grape juice and pectin. Stir in hot water, cover and microwave on high 8 to 9 minutes, until it boils. Stir well after 4 minutes.

Add sugar and mix well. Cover and microwave on high 6 to 8 minutes. Stir well after 4 minutes. Boil for 1 minutes. Stir, skim and ladle in 1/2 pint jars, leaving 1/2" to 1/4" space at top of jar. Put on lids and rings and process in a hot water bath for 10 minutes. Makes 4 cups.

Berry Jam

1 1/2 to 2 1/4 cups fresh or frozen strawberries, blueberries or raspberries (enough for 1 cup mashed)
3/4 cup sugar
2 tpsps lemon juice
1/4 tsp butter or margarine

Thaw berries if frozen; do not drain. Mash berries; measure 1 cup. In a 2-qt. microwave-safe casserole dish, combine mashed berries, sugar, lemon juice and butter.

Microwave on high for 8 to 9 minutes or until mixture thickens and is reduced to about 1 cup, stirring every 2 minutes. Cool. Cover and chill to store (mixture will thicken a little as it is cooled and chilled. If the consistency becomes too stiff, stir in water, 1 tsp. at a time).

NOTE: 1/4 tsp of butter or margarine is just enough to prevent excess foaming.