

COOKING HINTS & TIPS

“Culinary Creations & Wonders”

St. Lucie Council of Catholic Women – Port Saint Lucie, FL

Microwave Shortcuts

Toasting Nuts – Place ½ cup of nuts in a two-cup measure. Microcook, uncovered, on 100% power about 3 minutes or until toasted, stirring frequently.

Blanching Almonds – In a small non-metal bowl, microcook one cup water, uncovered, on 100% power for 2-3 minutes or until boiling. Add ½ cup almonds to the water. Microcook, uncovered, on 100% power for 1-1/2 minutes. Drain, rinse almonds with cold water. Slip off the skins.

Toasting Coconut – Place flaked or shredded coconut in a one-cup measure. Microcook, uncovered, on 100% power until light brown, stirring every 20 seconds. Allow 1 to 1-1/2 minutes for ¼ cup and 1-1/2 to 2 minutes for ½ cup.

Softening Ice Cream – Microcook one pint of solidly frozen, uncovered, on 100% power for about 15 seconds or until soft enough to serve.

Plumping Dried Fruit – In a two-cup measure, microcook one cup of water, uncovered, on 100% power for 2-3 minutes or until boiling. Stir in ½ cup of dried fruit. Let stand for 5-10 minutes.

Softening Butter or Margarine – Place unwrapped butter or margarine in a micro-safe dish. Microcook, uncovered, on 10% power, allowing about 25-30 seconds for two tablespoons or about 40 seconds for ¼ cup butter or margarine.

Softening Cream Cheese – Place an unwrapped three-ounce package of cream cheese in a small micro-safe bowl. Microcook, uncovered, on 30% power about 1 minute or until soft.

Melting Chocolate Pieces – In a glass measure, microcook the chocolate pieces, uncovered, on 100% power until melted, stirring once. Allow 1-1/2 minutes for three-ounce or 1-1/2 to 2 minutes for a six-ounce package.

Melting Caramel – Place unwrapped caramel in a glass measure. Microcook on 100% power, stirring once. Allow 45 seconds to 1 minute for fourteen caramels (about ½ cup) or 1 to 1-1/2 minutes for twenty-eight (about one cup).

Peeling Tomatoes – In a two-cup measure microcook one cup of water, uncovered, on 100% power for 2-3 minutes or until boiling. Spear one tomato with a long tined fork. Submerge into hot water; hold about 12 seconds. Place the tomato under cold water, slip off skin.