

READY IN MINUTES

Microwave Recipes
Featuring

ReaLemon®
Lemon Juice from Concentrate

Wyler's®/Steero® Bouillon

Eagle® Brand
Sweetened Condensed Milk

None Such® Mincemeat



Today's modern families continue to search for ways to meet the time demands that fill our hectic lifestyles. No wonder the high market penetration of the microwave oven parallels the rapid growth of products and services that save consumers time.

This kitchen gadget of the 50s is turning up just about everywhere, and not always in the kitchen. According to the latest industry surveys, over 75% of American households own microwave ovens, (more than own dishwashers)! And, surprisingly, about 8% of consumers own two or more microwaves.

A key ingredient for "getting the meal on the table" is that good recipes now also save time. Great-tasting microwave recipes featuring convenience foods like Eagle® Brand Sweetened Condensed Milk, ReaLemon® Lemon Juice from Concentrate, Wyler's® or Steero® Bouillon and None Such® Mincemeat, offer just that — delicious foods with minimal time spent in food preparation, cooking and clean-up.

WHEN to Cook UNCOVERED:

A food is cooked uncovered unless otherwise indicated. Although the rate of evaporation in the microwave is minimal, cooking without a cover eliminates excess steam and moisture build-up.

WHEN to Cook COVERED:

Generally foods that are conventionally covered should also be covered when cooked in the microwave.

Covering:

1. Promotes steaming, leaving foods moist and tender.
2. Shortens cooking time by sealing in heat.
3. Prevents splattering.

TIGHT COVERS

Plastic and Glass Covers fit tightly over rim of cooking dish, leaving no gaps for steam to escape.

Plastic Wraps over cooking dishes help steam foods, sealing in flavor and moisture. A corner of the plastic wrap should be folded back (vented) to allow some release of accumulating steam.

Cooking Bags and Sealable Microwavable Freezer Bags help steam and cook food evenly; bags should be pierced to prevent steam pressure build up.

LOOSE COVERS

Wax Paper, lightly placed over dishes, helps retain heat, without steaming, and prevents splattering. This technique is similar to "partially covering" foods in the conventional oven. Wax paper is also appropriate for covering a yeast dough that will be set to rise at low power in the microwave.

Microwavable Paper Towels, cover or wrap foods that should stay dry. Muffins and rolls from the freezer can be wrapped in paper towel, then microwaved to defrost and reheat. Strips of bacon on a cooking rack can be covered with paper towel to eliminate splattering and to absorb accumulating fat. Stacking tortillas between moistened paper toweling is useful for easy rolling and softening in the microwave. (Do not use paper towels made from recycled paper.)

Oriental Beef Kabobs

(Makes 4 servings)

- 1 (8-ounce) can juice-pack pineapple slices, drained, reserving juice**
- 1/3 cup ReaLemon® Lemon Juice from Concentrate**
- 1/3 cup vegetable oil**
- 2 tablespoons light brown sugar**
- 1 tablespoon soy sauce**
- 2 teaspoons Wyler's® or Steero® Beef-Flavor Instant Bouillon**
- 1/2 teaspoon ground ginger**
- 1 large green bell pepper, cut into squares**
- 1 large red bell pepper, cut into squares**
- 1 large onion, cut into chunks**
- 1 pound sirloin steak cubes**

In 12 x 7-inch baking dish, combine reserved pineapple juice, ReaLemon® brand, oil, sugar, soy sauce, bouillon and ginger; mix well. Add peppers and onion. Cook tightly covered on 100% power (high) 2 minutes; add meat. Cover; refrigerate 6 hours or overnight, stirring occasionally. Cut pineapple slices in quarters. On wooden skewers, alternate meat, vegetables and pineapple. Arrange kabobs on microwave roasting or bacon rack. Cook on 100% power (high) 4 to 6 minutes or to desired doneness, turning kabobs every 2 minutes and brushing with marinade. Refrigerate leftovers.

Creamy Cheesecake

(Makes one 10-inch cheesecake)

- 1/3 cup margarine or butter**
- 1-1/4 cups graham cracker crumbs**
- 1/4 cup sugar**
- 2 (8-ounce) packages cream cheese, softened**
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- 3 eggs**
- 1/4 cup ReaLemon® Lemon Juice from Concentrate**
- 1 (8-ounce) container Borden® or Meadow Gold® Sour Cream, at room temperature**

In 10-inch microwavable quiche dish or pie plate, melt margarine loosely covered on 100% power (high) 1 minute. Add crumbs and sugar; press firmly on bottom of dish. Cook on 100% power (high) 1-1/2 minutes, rotating dish once. In 2-quart glass measure, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs then ReaLemon® brand; mix well. Cook on 70% power (medium-high) 6 to 8 minutes or until hot, stirring every 2 minutes. Pour into prepared dish. Cook on 50% power (medium) 6 to 8 minutes or until center is set, rotating dish once. Top with sour cream. Cool. Chill. Serve with fruit if desired. Refrigerate leftovers.

Warm Herb Cheese Spread

(Makes about 4 cups)

- 3 (8-ounce) packages cream cheese, softened**
- 1/4 cup Borden® or Meadow Gold® Milk**
- 1/4 cup ReaLemon® Lemon Juice from Concentrate**
- 1/2 teaspoon basil leaves**
- 1/2 teaspoon oregano leaves**
- 1/2 teaspoon marjoram leaves**
- 1/2 teaspoon thyme leaves**
- 1/4 teaspoon garlic powder**
- 1/2 pound cooked shrimp, chopped, or
2 (4-1/4-ounce) cans Orleans® Shrimp,
drained and soaked as label directs**

In large mixer bowl, beat cheese just until smooth. Gradually beat in milk then ReaLemon® brand. Stir in remaining ingredients. Pour into 9-inch microwavable quiche dish or pie plate. Cook on 50% power (medium) 5 to 6 minutes or until hot, rotating dish once. Stir before serving. Serve warm with crackers or fresh vegetables. Refrigerate leftovers.

Mexican-Style Tuna Loaf

(Makes 6 to 8 servings)

- 4 (6-1/2-ounce) cans tuna, drained**
- 3 cups fresh bread crumbs (6 slices)**
- 2 eggs, slightly beaten**
- 1/4 cup chopped green bell pepper**
- 1/4 cup chopped onion**
- 3 tablespoons ReaLemon® Lemon Juice from Concentrate**
- 2 teaspoons Wyler's® or Steero® Chicken-Flavor Instant Bouillon**

In large bowl, combine ingredients; mix well. Spoon into 2-1/2-quart microwave baking ring. Cook on 100% power (high) 12 to 13 minutes or until set around edge. Let stand 5 minutes. Serve with Mexican Sauce. Refrigerate leftovers.

Mexican Sauce

(Makes about 1-1/2 cups)

- 1 (15-ounce) can tomato sauce with tomato bits**
- 2 teaspoons cornstarch**
- 3 tablespoons ReaLemon® Lemon Juice from Concentrate**
- 1 tablespoon sugar**
- 1-1/2 teaspoons chili powder**
- 1 teaspoon Wyler's® or Steero® Chicken-Flavor Instant Bouillon**

In 1-quart glass measure, combine tomato sauce and cornstarch; add remaining ingredients. Cook on 100% power (high) 8 minutes or until thickened, stirring every 2 minutes. Refrigerate leftovers.

Marinated Baked Fish

(Makes 2 to 4 servings)

- 1/4 cup margarine or butter, melted**
- 1/4 cup ReaLemon® Lemon Juice from Concentrate**
- 1/4 cup sliced green onions**
- 2 tablespoons water**
- 1/2 teaspoon garlic salt**
- 1/4 to 1/2 teaspoon dill weed**
- 1 pound salmon or other fish steaks, fresh or frozen, thawed**

In 12 x 7-inch baking dish, combine all ingredients except fish. Add fish; marinate 1 hour. Cook tightly covered on 100% power (high) 5 to 7 minutes or until fish flakes with fork. Garnish as desired. Refrigerate leftovers.

Chicken Salad Olé

(Makes 4 servings)

- 2 tablespoons margarine or butter**
- 1/4 cup water**
- 2 teaspoons Wyler's® or Steero® Chicken-Flavor Instant Bouillon**
- 1 teaspoon chili powder**
- 1/2 teaspoon each ground cumin and garlic powder**
- 1 pound skinned boneless chicken breasts, cut into strips**
- 1-1/2 cups Borden® or Meadow Gold® Sour Cream, at room temperature**
- 4 fried tortillas or tostada shells**
- Shredded lettuce**
- Garnishes: chopped tomato, green onions, sliced ripe olives**

In 12 x 7-inch baking dish, melt margarine on 100% power (high) 30 to 40 seconds. Add water, bouillon, chili powder, cumin and garlic powder; stir in chicken. Cook tightly covered on 100% power (high) 4 to 6 minutes; rotating dish and stirring once after 2 minutes. Stir in sour cream; cook on 50% power (medium) 2 minutes. Top each tortilla with lettuce then chicken mixture. Garnish as desired. Refrigerate leftovers.

Turkey Piccata

(Makes 4 servings)

- 1/4 cup margarine or butter**
- 3 tablespoons ReaLemon® Lemon Juice from Concentrate**
- 2 teaspoons Wyler's® or Steero® Chicken-Flavor Instant Bouillon**
- 2 eggs, beaten**
- 1 pound boneless fresh turkey breast slices**
- 1 cup plain dry bread crumbs**
- Chopped parsley, optional**

In 2-cup glass measure, cook margarine, ReaLemon® brand and 1 teaspoon bouillon loosely covered on 100% power (high) 1-1/2 minutes or until bouillon dissolves. In medium bowl, combine eggs and remaining 1 teaspoon bouillon. Dip turkey in egg mixture; coat with crumbs. Place turkey in 12 x 7-inch baking dish. Cook on 70% power (medium-high) 4 to 6 minutes or until turkey is no longer pink, rotating dish once. Pour lemon mixture over turkey. Cook on 100% power (high) 1-1/2 minutes. Garnish with parsley if desired. Refrigerate leftovers.

Dutch Apple Dessert

(Makes 6 to 8 servings)

5 medium all-purpose apples, pared, cored and sliced

1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)

1 teaspoon ground cinnamon

1/2 cup plus 2 tablespoons cold margarine or butter

1-1/2 cups biscuit baking mix

1/2 cup firmly packed brown sugar

1/2 cup chopped nuts

In medium bowl, combine apples, sweetened condensed milk and cinnamon. In large bowl, cut 1/2 cup margarine into 1 cup biscuit mix until crumbly. Stir in apple mixture. Pour into buttered 2-quart round baking dish. In small bowl, combine remaining 1/2 cup biscuit mix and sugar; cut in remaining 2 tablespoons margarine until crumbly. Stir in nuts. Sprinkle evenly over apple mixture. Cook on 100% power (high) 14 to 15 minutes or until set, rotating dish after 7 minutes. Let stand 5 minutes. Serve warm with ice cream if desired.

Orange Cream Pie

(Makes one 9-inch pie)

6 tablespoons margarine or butter

1-1/2 cups gingersnap cookie crumbs (about 28 cookies)

1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)

1/4 cup frozen orange juice concentrate, thawed

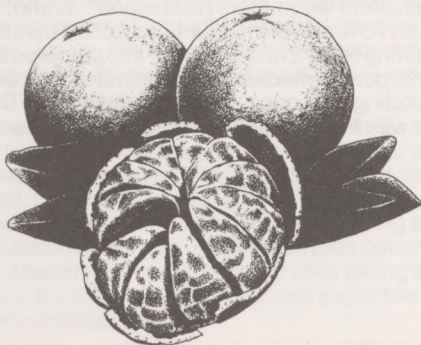
2 egg yolks

2 teaspoons grated orange rind

1 (8-ounce) container Borden® or Meadow Gold® Sour Cream, at room temperature

Whipped topping

In 9-inch microwavable pie plate, melt margarine loosely covered on 100% power (high) 1 minute. Add crumbs; mix well. Press firmly on bottom and up side to rim of pie plate. Cook on 100% power (high) 2 minutes, rotating plate after 1 minute. Cool. Meanwhile, in 2-quart glass measure, mix sweetened condensed milk, juice concentrate, egg yolks and rind; cook on 100% power (high) 3 to 4 minutes, stirring after 2 minutes. Cool 10 minutes; stir in sour cream. Pour into prepared crust. Chill 3 hours or until set. Spread with whipped topping; garnish as desired. Refrigerate leftovers.



Double Peanut Candy

(Makes about 3 pounds)

- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- 1-1/4 cups creamy peanut butter**
- 1/3 cup water**
- 1 tablespoon vanilla extract**
- 1/2 teaspoon salt**
- 1/4 cup cornstarch, sifted**
- 1 pound Eagle™ Brand Vanilla-Flavored Candy Coating***
- 2 cups Spanish peanuts, finely chopped**

In 1-quart glass measure, combine sweetened condensed milk, peanut butter, water, vanilla and salt; mix until smooth. Stir in cornstarch. Cook on 100% power (high) 2 minutes; mix well. In 2-quart glass measure, melt candy coating on 50% power (medium) 3 to 5 minutes, stirring after each minute. Add peanut butter mixture; mix well. Spread evenly into wax paper-lined 9-inch square pan. Chill 2 hours or until firm. Cut into squares; roll firmly in peanuts to coat. Store covered at room temperature or in refrigerator.

* Also called confectioners' or summer coating. Sold with candy-making supplies.

Fruited Melba Sauce

(Makes about 2-1/2 cups)

- 1 (10-ounce) package frozen red raspberries in syrup, thawed and drained, reserving syrup**
- 1-1/3 cups (one-half jar) None Such® Ready-to-Use Mincemeat (Regular or Brandy & Rum)**
- 3 tablespoons amaretto liqueur, optional**

In 1-quart glass measure, combine reserved syrup and mincemeat. Cook loosely covered on 100% power (high) 4 minutes, stirring after each minute. Stir in raspberries and liqueur if desired. Serve warm or cold over ice cream, pound cake or peach halves. Store tightly covered in refrigerator.

Tip: 1 (9-ounce) package None Such® Condensed Mincemeat, reconstituted as package directs, can be substituted for ready-to-use mincemeat.

TIPS FOR EVEN COOKING

- Space foods equal distances apart and arrange in a circular pattern. Set foods with thinner parts toward the center of dish to prevent overcooking.
- Stir foods (casseroles, sauces) or rotate dishes of foods that can not be stirred (cakes, custards, meatloaves) during cooking.
- Cut foods into uniform sizes if possible.
- Choose round and oval cooking dishes over square and rectangular dishes; a dish without corners cooks more evenly from all sides.
- Elevate foods off the oven floor into center of the microwave.

How to Caramelize Eagle® Brand Sweetened Condensed Milk



Pour 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk into 2-quart glass measure. Cook on 50% power (medium) 4 minutes, stirring briskly after 2 minutes until smooth. Reduce to 30% power (medium-low); cook 12 to 18 minutes or until very thick and caramel-colored, stirring briskly every 2 minutes until smooth. Cool. Serve with fruit, chopped nuts, whipped cream or shaved chocolate. Refrigerate leftovers.

To Reheat: Place desired amount of caramel in a 1- or 2-cup glass measure. Heat on 100% power (high) 40 to 50 seconds or until warm, stirring after 20 seconds.

CAUTION: NEVER HEAT UNOPENED CAN.

Note: Microwave ovens vary in wattage and power output; cooking times suggested in recipes may need to be adjusted. Check the cooking guide or instruction booklet for your microwave oven for specific information about the particular model you own. Always check for doneness at the minimum amount of time given in the recipe.

Recipes developed and tested by home economists of the
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If It's Borden, It's Got To Be Good.®

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