

Glass: The Kitchen Essential

(NAPSA)—When it comes to kitchen essentials, heat-tempered glass is the safest, most dependable medium for food preparation, baking and food storage. As a non-porous material, glass won't stain, absorb food odors or flavors and it cleans up effortlessly by hand or in the dishwasher.

Glass is non-reactive which means recipes using tomato, lemon and vinegar can be prepared and baked in glass. And it's great for storing leftovers or for healthy overnight marinating of meats and other dishes in the refrigerator.

Since glass is transparent, it's excellent for food preparation, whether for measuring or for mixing ingredients.

Pyrex glassware, the pioneer in oven-proof glass bakeware, was originally designed for commercial applications, notably railroad lanterns. This durable, heat-resistant glass was adapted for kitchen use and first introduced nearly a century ago, in 1915, as a revolutionary new bakeware, engineered to withstand a wide range of temperatures—from oven to refrigerator or freezer.

Since then, it has become synonymous with baking, from casseroles, lasagnas and roasts to pies, brownies and other confections—and for recipe preparation, safe microwaving and food storage.

Today, it remains one of the most popular mediums in the kitchen, thanks to its versatility, food safety and remarkable cleanability.

Here are two recipes terrific for use with Pyrex glassware.

Whole Wheat & Molasses Bread Makes 1 loaf

Butter or oil for greasing dish

1½ cups buttermilk



Safe, easy-clean tempered glass bakes fast and efficiently.

2½ cups whole wheat flour
½ cup cornmeal
1 teaspoon salt
1 teaspoon baking soda
½ cup molasses

Preheat oven to 325° F.
Grease a 9"x 5" Pyrex loaf dish.

In a mixing bowl, combine flour, cornmeal, salt and baking soda. In a separate bowl, stir molasses into buttermilk and then whisk the liquid into the dry ingredients. Pour into the loaf pan.

Bake until firm and a toothpick inserted into the center comes out clean, about an hour. Cool on rack before releasing from loaf pan.

Easy Lemon Meringue Pie Makes 1 pie. Serves 8

Filling

1¼ cups sugar
⅓ cup cornstarch
⅓ teaspoon salt
1½ cups cold water
3 egg yolks
2 tablespoons butter
2 tablespoons grated lemon zest

½ cup stained fresh lemon juice (extracted from 3 lemons)

Meringue

3 egg whites

¼ teaspoon cream of tartar
½ teaspoon vanilla
¼ cup sugar

Preheat oven to 450° F. Using softened, prepared, refrigerated pie crust, fit into 9-inch Pyrex pie dish and bake for 9 minutes or until light golden brown. Let cool.

In a non-reactive saucepan, combine filling sugar, cornstarch and salt and mix well. Slowly stir in cold water until smooth. Cook over medium, stirring constantly, until mixture comes to a boil. Continue stirring for 1 minute and remove from heat.

In a mixing bowl, beat egg yolks. Stir ¼ cup of hot mixture into yolks. Then gradually stir yolks into the non-reactive saucepan with the remaining hot mixture. Bring to boil over low heat and cook for 1 minute, stirring continuously. Remove from heat and stir in butter, lemon zest and lemon juice. Cool for 15 minutes and pour into cooled pie crust shell.

Lower oven temperature to 350° F. In another mixing bowl, combine egg whites, cream of tartar and vanilla. With an electric mixer, beat at medium speed until soft peaks form, about 1 minute. Slowly add sugar, a teaspoon at a time, beating at high speed until sugar dissolves and stiff peaks form. Spread meringue over filling, anchoring it to edge of dish to seal.

Bake at 350° F for 12 to 15 minutes, until the meringue reaches a light golden brown. Let cool. Refrigerate until filling is set, about 3 hours.