

RG&E AND consumer news

Summer Store Hours

During the months of July and August, RG&E's main offices, including the Appliance Department, will be closed on Saturday. The Appliance Department will continue to be open Monday, Wednesday, and Friday from 8 a.m. to 5 p.m. and Tuesday and Thursday from 8 a.m. to 9 p.m.

Our urban offices at Bulls Head Plaza and Joseph Avenue will, however, be open on Saturday this summer from 9 a.m. to 1 p.m. Weekday hours for both offices are 9 a.m. to 6 p.m.

The main office at 89 East Avenue will resume Saturday hours in September.

Using Your Rotisserie

Whether done outdoors over a barbecuing unit or indoors in your oven, the rich golden brown color and the delicate flavor of a roast self-basted in its own juices are hard to beat. If the general rules of rotissing are followed, you are bound to be successful.

The roast should be thoroughly defrosted before it's placed on the spit. Balance is important; if the weight is not evenly distributed, the roast will "gallop" when turning. Properly truss meat and poultry so that bones or wings do not strike the heating element or coals during rotation. Use stainless steel or wooden skewers to pin the roast compactly and use strong white cord for tying. If your rotisserie has a high-low position, use the high for browning and the low for cooking and barbecuing. If it has only one heat position, use a

meat thermometer for best results. Insert it so the tip is in the center of the roast, not touching bone, fat or the metal spit.

As the meat cooks, juices come to the surface and baste it. However, for additional flavor you may use a basting sauce: Melted butter or margarine, cooking oil or natural juices.

Barbecue sauces may be used for basting but should be applied only the last 30 minutes of cooking time. Always continue spit rotation after heat is turned off if you delay serving. This keeps the meat moist and juicy.

It's always wise to consult the manufacturer's instructions if in doubt. The following chart is meant only as general guide and was originally intended for an oven rotisserie. If you have an outdoor grill, refer to time sheets accompanying it or use these times:

Meat	Weight in Pounds	Internal Temperature	Minutes Per Pound	Total Time
Beef	4	140° F rare 160° F medium	25	1½ - 2 hours
Lamb	3 - 4½	140 - 150° F rare 175 - 180° F medium	15 20	1 - 1¼ hours
Pork Loin	4	185° F well done	25 - 30	1½ - 2 hours
Ham (Canned)	6		15	1½ hours
Veal Leg	3 - 6	165 - 170° F well done	25 - 30	2 - 2¼ hours
Chicken	5	185° F	30 - 35	2½ - 3 hours
Rock Cornish Game Hen	1 - 3	185° F		10 minutes high 40 - 50 low

When you're finished using the rotisserie spit, skewers and brackets can be easily cleaned with soap and water, using steel wool.

Recipe of the Week

Here's a tempting sauce to go with any meat...
BARBECUE SAUCE FOR MEATS

- | | |
|------------------------------------|------------------------------------|
| ½ cup shortening or meat drippings | 2 tablespoons Worcestershire sauce |
| ¼ cup chopped onion | 1 teaspoon garlic salt |
| ¼ cup finely chopped celery | ½ cup sugar |
| ½ cup vinegar | 1 cup water |
| ½ cup tomato puree or tomato paste | ½ teaspoon pepper |
| | 1 teaspoon salt |

- Melt shortening, add onion and celery and saute until tender.
- Add remaining ingredients. Simmer 10 minutes.

Does your Refrigerator

get a good workout?

During the month of July your refrigerator-freezer will probably get a bigger workout than during any other month. Opening, closing, opening, closing. Ice cream and ice from the freezer; milk, pop, and all sorts of food will go in and out of the refrigerator section countless times daily. And because you are opening your refrigerator-freezer so often during the traditional "hot" month of July it has to work harder, keeping your frozen foods fro-

zen and other foods properly chilled.

If this sounds like your home, you certainly should be interested in the Refrigeration display that will be featured during the month of July at RG&E's Consumer Information Center, 89 East Avenue.

One of RG&E's Home Economists will be on hand every Monday through Friday from 11:00 a.m. to 3:00 p.m. to give you some helpful information

on proper food storage for both refrigerator and freezer sections.

Economical refrigeration will also be explained. This will include such tips as using your refrigerator for storing only those foods that need refrigeration, using leftovers within a few days and allowing space around foods so the air can circulate, keeping foods fresher, longer.

Maintenance of your refrigerator-freezer is very important. Our Home Economist will inform you of the proper washing agents to use for the interior and exterior surfaces of your refrigerator-freezer. She will also explain why it is important to clean the door gasket and evaporator pan every month, especially in hot weather.

You can also learn how to use and care for the special features equipped on your refrigerator-freezer. Features such as the meat keeper, automatic ice maker, butter compartment, hydrators, adjustable shelves and automatic ice water dispenser.

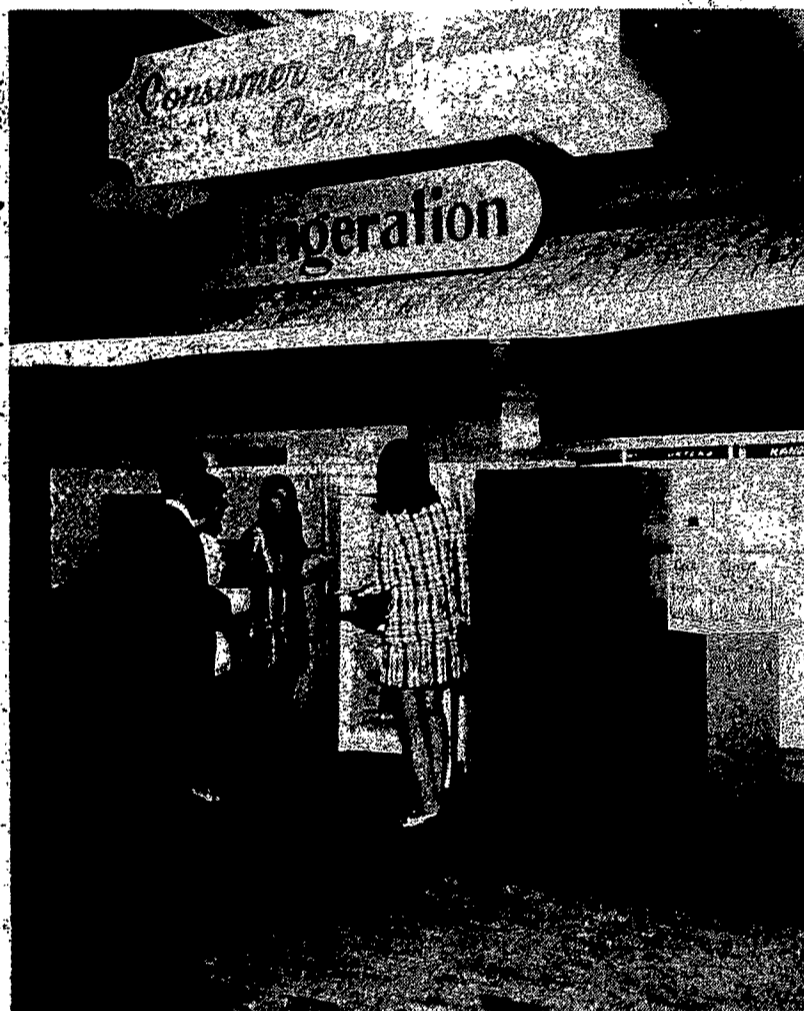
If you are looking for a new refrigerator-freezer you may be wondering what your specific needs are. Do you need an 18 cubic foot model or one 30 cubic feet? Physical dimensions of the area the refrigerator-freezer is going into should be carefully taken so that you don't purchase one that's too big or small for the space provided. Careful attention should be given to the direction the door opens. Most models come in both left and right hand doors (one would be more convenient in your kitchen than the other.)

Compact refrigeration will also be discussed. This is for supplementary use in dens, boats, trailers, apartments or on patios or pool decks.

These are just some of many questions we will be happy to answer for you.

Come in now to RG&E's Consumer Information Center, located on the main floor at 89 East Avenue and learn more about buying and using a refrigerator more wisely.

Open Monday through Friday from 11:00 a.m. to 3:00 P.M. during July.



Visitors at July's Consumer Information Center learn about refrigeration.

Before you leave for vacation

1. Have newspaper, milk, and mail deliveries stopped — or have a neighbor collect these items from your doorstep — while you're away.

2. Let at least one neighbor know where you are going and for how long, so that they can reach you if an emergency develops. Give him the name of your closest relative in case he can't get in touch with you. Also tell your police or sheriff that you'll be away, and for how long. They will be glad to check your home regularly.

3. Connect at least one light in your home to an automatic timer which will turn it on for at least three hours a night to simulate occupancy.

4. Make sure all your doors and windows are locked before you go.

5. If you're going to be away for more than a month, empty your

refrigerator, clean it, turn it off and block the door open.

6. Unplug all appliances and lamps you don't need to have on during your absence.

7. If you're going to be away for an extended period, turn off your water system. This will help prevent damage from a leak.

FILL OUT AND RETURN THIS COUPON TO: Y

Dept. 34 Rochester Gas and Electric

89 East Avenue, Rochester, N.Y. 14649

I would like more information on the following items:

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Name Phone

Address Zip Code