

# Microwaving Hints

## Did you know...

- Ⓜ Microwaves do not cook your food?  
Microwaves cause food molecules to rub together 2 ½ billion times per second. This friction creates the heat that cooks your food.
- Ⓜ Microwaves bounce off of metal?  
Microwaves pass through glass, paper, and Tupperware just like sunlight through a window.
- Ⓜ Microwaves are attracted to just 3 things?  
Microwaves are attracted to fat, sugar, and water (in that order).
- Ⓜ Standing time completes the cooking process for all foods cooked in the microwave?  
You'll want to allow 20-25% of the total cooking time for the food molecules to stop moving to finish cooking your food after the microwave has stopped.
- Ⓜ Cooking food on high power in your microwave is similar to cooking foods at 500°?  
The high setting on your microwave should be reserved for foods that you normally would deep-fry or broil.
- Ⓜ Microwave cooking will save you money?  
The cost of 100 hours of microwave cooking is approximately 1/7 of the cost of 100 hours of conventional oven.



## Converting Traditional Recipes (based on 700 watt microwave)

### Determining Power Level

Conventional Cooking	500°	350°	300°	250°	150°
Microwave Equivalent	100%	70%	50%	30%	10%

### Determining Cooking Time

Power Level	100%	90%	70%	50%
Minutes/lb	6 min.	7 min.	9 min.	12 min.

- 6 minutes per pound at 100% power will cook most all food to done.
- Seafoods, due to high water content, will cook in approx. 3 minutes per pound.
- Factors that lessen cooking time include high water, sugar, or oil content, small pieces, porous/tender texture, and warm starting temperatures.



1. Cut back on the least rich liquid by 20-25%
2. Reduce spices and sauces.
3. When using a leavening agent, let the batter stand for a minute or two before microwaving.
4. Approximate cooking time will be ¼ of conventional cooking time.

Reduce your cooking AND cleanup time by reducing the number of dishes you use.

For great microwave cooking ideas visit Carolyn Dodson's Microwave Cookery Website [www.goodnuke.com](http://www.goodnuke.com)

# **DID YOU KNOW???**

## **MICROWAVE COOKING PROMOTES HEALTHIER COOKING!**

The microwave can help cut fats as we don't grease utensils, use little or no fat for cooking and microwave cooking pulls off more fat from meats while cooking than many other cooking techniques. Studies (Cornell University, Kansas State University and the University of Missouri to name a few) show cooking in the microwave turns out brighter, tastier, healthier fruits and vegetables because microwaves stir up water molecules, and fruits and vegetables, in a sense, steam themselves. They need little or no cooking liquid and this means less leaching out of vitamins, minerals and cooking.

## **YOU CAN USE FOIL IN THE MICROWAVE:**

Using foil in the microwave to cover various parts of food to keep them from overcooking is also called "shielding". It is important to follow a few simple rules when using shielding to practice properly and prevent damage to the microwave. The amount of food should be substantially greater than the amount of foil used (80% food volume - no more than 20% foil volume.) Keep foil smooth and away from the side of the microwave which can cause arcing

## **THE MICROWAVE CAN HELP YOU BAR-B-QUE, PEEL ONIONS, FRESHEN CHIPS, ETC.....**

1. For quicker, tastier outdoor barbecuing, start your food in the microwave and finish on the grill. Cook meats 3-4 minutes per pound at 100% power in your microwave. Immediately place on the grill to finish. Regular grill time will be reduced by at least half. Remember to place food onto the grill IMMEDIATELY. Do not let food cool off as this will not allow proper internal temperatures to be reached to deplete bacteria.
2. To peel onions more easily, place them in a covered container and microwave for 1-2 minutes at 100% power. This will also help remove the "hot" flavor from the onions you wish to serve uncooked. For example, slices you may wish to use on hamburgers.
3. Freshen chips and crackers by microwaving 2 cups for 1 minute at 100% power, uncovered
4. Dry or crisp older bread for croutons. Microwave 4 cups for 5-7 minutes at 100% power, stirring several times.
5. To make ice cream easier to scoop, soften by microwaving for 30 seconds at 100% power. For a special treat, place a scoop of ice cream on "yesterday's pie." Heat for 10-15 seconds. The pie will be "fresh and warm" and the ice cream will not be melted.
6. Fresh vegetables may be blanched in the microwave. Prepare the vegetables as desired (whole, chopped, etc.) and place in microwave casserole. Microwave on High power (100%) for 3-4 minutes per pound, covered, stirring or rearranging halfway through the time. Plunge immediately into ice cold water to cool. Drain, pack and freeze. Microwaved vegetables are HEALTHIER! More nutrients, especially Vitamin C, are retained when microwaved than when conventionally blanched or cooked.
7. Soften one stick of refrigerated butter or margarine by heating for 30 seconds at 100% power. To melt butter, heat for 1 minute at 100% power

## **YOU MICROWAVE WATTAGE AFFECTS COOKING TIME**

Microwave oven power is measured in watts and indicates the cooking power of your oven. Generally, ovens labeled with more watts of power will cook food faster than ones with lower wattage. Recently most manufacturers have started using a standard test formulated in Europe. For this reason, some ovens rated by this procedure have earned higher wattage numbers than by U.S. test standards without actually cooking faster. Although foods will cook in any oven, to cook properly it is necessary to determine the wattage of your oven. I have used the following basic test over the years to help determine oven wattage output. It may help you also.

One cup (8 oz.) of room temperature water (approximately 75 degrees) will boil at High power (100%) in:

- A. High wattage oven (850-1000 watts) in less than 2 minutes.
- B. Full power oven (650-850 watt) in 2-3 minutes.
- C. Lower power oven (400-650 watt) in 3-4 minutes.

When using recipes and package directions, set a "High Power" microwave oven for less than minimum time recommended. If your oven is "Low Power", it will possibly take longer than times recommended.

## **Did You Know?**

- ❖ Stuff a miniature marshmallow in the bottom of a sugar cone to prevent drips!
- ❖ Use a meat baster to squeeze pancake batter onto the hot griddle – perfect shaped pancakes every time!
- ❖ To keep potatoes from sprouting, place an apple in the bag with the potatoes.
- ❖ To prevent egg shells from cracking, add a pinch of salt to the water before hard-boiling them.
- ❖ Run your hands under cold water before pressing Rice Crispy treats in the pan. The marshmallows won't stick to your fingers!
- ❖ To easily remove burnt-on food from a pan, add a drop of dish soap and enough water to cover the bottom of the pan. Bring to a boil. Washes right off!
- ❖ Spray Tupperware bowls with nonstick cooking spray before pouring in tomato based sauces – no more stains!
- ❖ Brush beaten egg whites over pie crust before baking to yield a glossy finish.
- ❖ Freeze cooking wine in ice cube trays for future use in casseroles and sauces.
- ❖ Try using a latex glove to get a non-slip grip when opening jars.
- ❖ Scotch tape placed over a splinter removes the splinter when pulled off!
- ❖ Alka Seltzer tablets? The citric acid and effervescent action clean like a dream; toilets, jewelry, thermos bottles, vases, and sinks. Try it – it works!
- ❖ Apply soap directly to a mosquito bite to stop the itching!
- ❖ When boiling corn on the cob, add a pinch of sugar to the water to bring out the corn's natural sweetness!