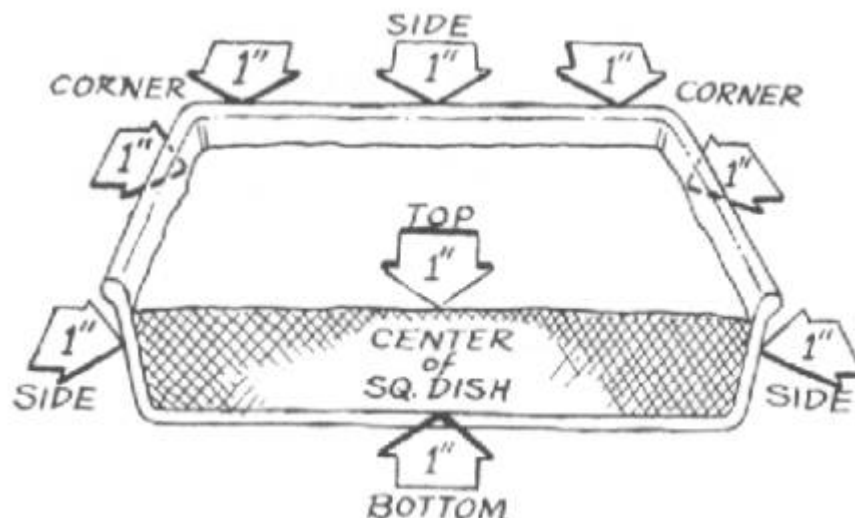


WHAT ARE SOME OF THE BASIC MICROWAVE TIPS?

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" flavour 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. Clarify butter by melting 6-8 ounces in a 2 cup microwave-safe container on Low power (30%) for 2-3 minutes or until completely melted. Let stand for 3-4 minutes, remove the foam and slowly pour off the yellow oil or clarified butter. Remember higher wattage ovens may need shorter cooking times than these.
8. Every other day, place your damp kitchen sponge in the microwave for 2 minutes and 'presto'...the germs are gone!"

WHAT ARE THE PROPER COOKING PATTERNS AND ARRANGEMENT OF FOOD IN THE MICROWAVE?

STANDARD ARRANGEMENTS:



Corners cook four ways - from two sides, top and bottom. Sides cook three ways - from one side, top and bottom. Center cooks two ways - from top and bottom only.

WHAT IS THE SIX-MINUTE-PER-POUND RULE?

With but a few exceptions, foods (meats, poultry, vegetables and fruit) will cook to done in a full size oven (650-800 watts) at High power (100%) in 6 minutes per pound. An exception to this is fish and seafood, which take approximately 3-4 minutes per pound. In higher or lower wattage ovens, simply shorten or lengthen the cooking times slightly.

When cooking is complete, allow food to stand 20-25% longer. Eighty percent of the cooking occurs in the microwave while it is on. After the microwave shuts off and during "standing time", food will cook 20-25% more. This is caused by the heat created by vibrating water molecules as they are slowing down to a stop. Remember, while molecules are moving, they are producing heat and will continue to cook our food. Standing time allows this "ongoing" cooking to complete, which is critical to cooking good food in the microwave. Do not cook foods until "done," it will be "overcooked" and tough after the standing time and "ongoing" cooking takes place.

Cover food you remove from oven for "standing time" so heat will not escape.

WHAT IS THE TEMPERATURE CORRELATION BETWEEN CONVENTIONAL AND MICROWAVE OVENS?

Microwave oven power is measured in watts and indicates the intensity of which your oven will cook. Learn to relate your microwave "percentages of power" to your conventional "degrees of heat."

Based on a microwave with 650-800 watts of power, the scale below shows how you can learn to relate your microwave "percentages of power" to your conventional oven's "degrees of heat."

All heat measurements are in Fahrenheit.

100 - 90% power	425 - 500 degrees, deep fat fry, broil or stove-top burner on "high"
80%	375 - 425 degrees
70%	350 - 375 degrees or medium-high on stove-top
60 - 50%	300 - 350 degrees or medium on stove-top
40 - 30%	225 - 300 degrees or medium-low on stove-top
20%	200 - 225 degrees
10%	150 - 200 degrees or lowest setting on stove-top

BUYING, STORING AND KEEPING FOODS SAFE

Did you know you should use cracked eggs only if thoroughly cooked to kill bacteria? Or, did you know roasts may be stored in the refrigerator for 5-6 days, but ground meats and stew meat only for 2 days? Or did you know hamburger should be frozen for only 4 months, but roasts freeze successfully for a year?

Information such as this, as well as how to pick and store perfect melons or mushrooms and all the other fruits and vegetables, are only a few of the facts covered in my books.