

Microwaving

Carolyn Dobson's Microwave Cookery Website
www.goodnuke.com

Did you know...

Microwaves do not cook your food. Microwaves cause the food molecules to rub together 2 ½ billion times per second. This friction creates the heat that cooks food.

Invisible microwaves are emitted from your microwave that bounce off metal, but pass through glass, paper, and Tupperware just like sunlight through a window. Microwaves are attracted to just three things – fat, sugar, and water.

Standing time completes the cooking process for all foods cooked in the microwave. Just as it takes time for your car to come to a complete stop after you apply the brakes, you'll want to allow 20-25% of the cooking time for the "dancing" food molecules 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 degrees and generally should be reserved for foods you would normally broil or deep-fat fry. Use the scale below to help you determine which level to use when cooking in the microwave.

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

A recent survey with Kansas Power & Light compared the cost of cooking in the microwave with the cost of cooking in the conventional oven. Not considering the savings due to fewer dishes to wash or reduced air conditioning bills, 100 hours of cooking in the conventional oven at \$72. While 100 hours of cooking in the microwave cost just \$7.

Now that's incredible!

Hints

How long do I cook it?

Six minutes a pound at 100% power will cook most all foods to done. Due to the high water content found in seafood, they will cook in approximately three minutes per pound. Factors that lessen cooking time include high water, sugar or oil content, small pieces, porous and tender texture, and warm starting temperatures.

Power Level	100%	90%	80%	70%
Minutes/lb.	6 min.	7 min.	8 min.	9 min.

Rules in Converting

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 (1 hour becomes 15 minutes).
5. Use the chart at the left to determine the appropriate power level.

Use similar techniques for cooking in the microwave as you would if you were cooking the food conventionally. (i.e. determining cooking temperature or whether or not to cover it). Food is food, so we handle it the same way, no matter what cooking method.

Don't Forget....

Foods cook from the outside in, and therefore, the arrangement of food is very important. Place thicker or denser portions of food to the outside of the dish and thinner or porous to the centre area of the dish. Small pieces of foil may be used to cover various parts of food to keep them from overcooking.