

WHY MICROWAVE?

HEALTHIER cooking with Microwaves

1. More nutrients are retained from vegetables because less water is used when micro waving than in conventional methods.
2. NO need to add fat to cook in the microwave (add broth or small amounts of butter after cooking for flavor)
3. Prepare healthier meals in less time than it takes to use more expensive, higher-fat convenience, or prepared foods.
4. Brown beef in Cooking Rack then rinse under hot water to make regular ground beef lean.

II. Save TIME and MONEY:

1. Microwaves cook approximately in 1/4 the time of conventional ovens (1 hour becomes 15 minutes)
2. Microwaves use less energy (about 1/10 the amount of conventional ovens). 100 hours=\$70 in oven/ 100 hours=\$7 in microwave.
3. Less spices and herbs are needed in foods cooked in the microwave. Flavors will remain more intense (use 20% less).
4. Home prepared meals are less expensive than eating out. Fast food restaurants cost \$15-20 for a family of 4.

Test your microwave: one cup (8 oz) **ROOM** temperature water will boil at High power (100%) in :
850-1000 watts– less than 2 minutes
650-850 watts– in 2-3 minutes
400-650 watts– in 3-4 minutes

Most information came from Carolyn Dodson, a microwave expert. Visit her website for more great tips and recipes at www.goodnuke.com

Microwave Tips:

1. To clean a microwave, place 1 cup of water with 1 tsp. Of vanilla or almond extract in the microwave. Heat for 2 minutes at 100% power. Use a dry cloth to wipe out the inside of the oven.
2. Cut back on LEAST rich liquid by 20– 25%. Example: when using cake mixes, cut back the water by 20-25%, leave the oil as is.
3. Reduce spices and sauces.
4. ALLOW STANDING TIME! Molecules in food are still moving, and they need time to slow down; during this time, the food is still cooking. Do NOT test food for doneness until you have allowed for the appropriate standing time, which is 20-25 % of it's cooking time (example 25 minutes cooking, give 5 minutes for the food to stand; 10 min. cook/ 2.5 min. stand, etc.)
5. Arrange bigger portions to the outside of the casserole dish– food cooks from the outside in.
6. Reheat foods using between 50-80% power.
7. 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, then IMMEDIATELY place on heated grill. Do not allow food to cool off, as this will keep the internal temp. from killing bacteria.
8. To peel onions more easily, place them in a covered microwave container, and microwave on high, 1– 2 minutes. This will also help to remove the “hot” flavor from onions.
9. Blanch fresh vegetables by placing them in the Oval MicroCooker, covering and cooking on high for 3-4 minutes per pound (stir 1/2 way). Plunge immediately into ice cold water to cool. Drain.

Dry celery tops, onion tops, and green pepper pieces in the microwave (2 cups leaves on double thick paper towels, microwave on high 4-6 minutes) and store in Tupperware containers for later use. 1/2 teaspoon dried herbs= 1 teaspoon of fresh herbs.

HOW DOES A MICROWAVE WORK?

A miniature radio station or magnetron tube sends microwaves into the oven cavity. Inside the oven they "bounce around" to give even cooking.

Microwaves "bounce" off of metal. Therefore, we cook in a six sided metal box so they won't get out into the room. This makes them very safe to use. They pass through plastic or glass, like sunshine goes through a window pane, with no effect at all. Therefore, we cook in utensils made from these types of materials. The microwaves are attracted, like magnets, to the fat, sugar and water within the food. Water molecules are very good absorbers of microwaves, sugar and fat are better and salt is best. Thus, foods high in fat, sugar and salt will cook faster and get hotter than foods made up primarily of water such as vegetables.

Microwaves penetrate the foods about 1 inch in all directions (top-bottom and sides) causing the water molecules to move and vibrate against one another at the rate of 2 1/2 billion times a second. The microwaves don't actually cook the food. The friction caused by the vibrating molecules produce the heat which does. Microwaves do not actually touch most of the food they cook. The heat from the vibrating molecules on the outer edges of the food must go somewhere. It is by "conduction" this heat moves inward, layer by layer, to cook the food. Therefore, cooking larger, more dense foods starts on the edges and heat is conducted to the center.

Stirring will help food cook more uniformly as it redistributes heat from the outer layers of the food to the inner layers. Arrangement of the food, the dish style (round vs. square), denseness of food, etc. can all play important roles in microwave cooking.