

### Microwave Cooking Tips

- Rule of Thumb: Everything should be cooked 6 min. per pound, except fish and eggs. Fish is 3 min./lb. Eggs are 1 min 15 sec./egg, unless mixed with other ingredients.
- Do not overcook! Let food stand. Standing time is ¼ of microwave cooking time.
- Microwaves cook by bouncing around, creating friction which cooks the food, that is why standing time is so important.
- Microwaves penetrate 1 ½ inches from top, bottom and sides. Center of food is last to get done.
- Microwaves are attracted to fat, sugar and liquid. Foods high in these cook faster.
- Cakes, cookies and candy do not need a tight fitting lid in the microwave.
- Casseroles, meats and vegetables need a tight fitting cover to provide a steaming effect.
- To Find your microwave's "hot spots": dampen a paper towel and lay flat in bottom of microwave. Heat 1 min on high. Look for dry (hot) spots on towels.
- To Determine Microwave Wattage: Boil 1 cup room temperature water. Boils in 3min = 600 watts. Boils in less than 3min = higher than 600w. Takes more than 3min = lower than 600w.
- To clean microwave: Use 1 cup water with 1 Tbs Vanilla or Lemon Juice and cook on high for 5 min. or until very steamy. USE CAUTION WHEN REMOVING WATER!! Wipe microwave with a damp cloth and don't forget the interior top! This makes your kitchen smell good too!

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