

Microwave Cooking with Carolyn Dodson

Introduction

99% of people own a microwave oven

10% of them have ever tried to cook in it

How the Microwave Works

A magnetron tube sends out radio (micro) waves

The microwaves are circulated either by:

- a turntable
- a fan in the microwave oven

Three Things That Affect Microwave Cooking

1. Microwaves bounce off metal
2. They pass through plastic, glass, paper
3. They are attracted to fat, sugar, water (in that order)

What Cooks Your Food?

Water molecules rubbing together

2.5 billion times per second

Standing Time – Food cooks 20% - 25% more
after you remove it from the microwave
oven

- foods high in fat/sugar will get hot, cook faster
- vegetables are high in water content and cook more slowly

Benefits of Microwaving

Microwave cooking is healthier

It takes 1/4th the cooking time

Less clean up

Saves money: \$7 vs. \$72 per 100 hours

For more information visit Carolyn Dodson online at:

www.goodnuke.com

Converting Conventional Oven Recipes to Microwave Cooking

Cut back 20% - 25% on the least rich liquid (no dry air/heat)
Cut back on spices and sauces
Let leavening stand before baking
Keep foods uniform in size

Cooking Temperature and Time

Microwave Oven	Conventional Oven
High (100%)	425°
Medium High (70%)	350°
Medium (50%)	300°
Low (25%-30%)	225°
Warm (10%)	150°

Time: 1/4th conventional oven time & Allow standing time

- 85% - 95% of conventional oven recipes convert beautifully to microwave cooking
- microwave ovens have no dry, hot air to evaporate liquid and sauces – and dry out spices (so you can use less!)
- leavening is a chemical reaction and needs time to take place before microwaving
- Microwave oven on Low setting is perfect for cooking chilies and stews

German Chocolate Cake Recipe

1 German Chocolate Cake mix, 3eggs , 1/3 cup oil, 1 cup water

Mix first four ingredients in Tupperware's Mix 'N Store Pitcher. In bottom of Tupperware's Heat 'N Serve container, layer coconut and pecan icing. Add batter on top of icing. Spread evenly. Microwave for 10 minutes, then let stand to finish cooking. Cool for 10-15 minutes. Place on platter and garnish if desired.

Microwave Cooking Without a Recipe

Cook at 6 minutes/pound (*meat, poultry, vegetables, & fruits*)
Adjust slightly for big/little foods and hard/soft foods
For healthier cooking, add no water

- a full-size microwave is 700-800 watts
- the hard core of cauliflower has the most vitamins
- aerate with a knife if vegetable textures are different
- when cooking with water, you lose vitamins into the water

Cauliflower Topping Recipe

Mayonnaise, with a little mustard added, Cheese (low fat or regular)
Frost the cauliflower with the mayonnaise dressing, and then sprinkle cheese on top. Cover container, vented, to let cheese melt.

What Else Affects Cooking Time?

Shape of container (square for some foods, round for others)
Placement of food – donut is best
Seafood cooks at 3 minutes per pound

What Else Can Change the Rules?

Power fluctuations

High fat vs. low fat foods

- steam eggs at 50%
- steam blended eggs at 100% power
- a square pan creates 4-way cooking on the corners and two-way cooking in the center
- square pans can be great for lasagna (needs a crust) but no so great for other foods
- a round container creates two-way and three-way cooking (just stir once during cook time to “switch” the food)
- a round container with a donut provides 4- way cooking