

# USING YOUR MICROWAVE OVEN

## COOKING TIPS

### Meat

1. No special techniques are required. Meat should be prepared as with conventional cooking. Season if desired. Always thoroughly defrost meat before cooking.
2. Place the meat on a microwave roasting rack or microwave-proof plate and place on the turntable.
3. Cook according to the Meat Cooking Chart (below). Use the longer time for large meats and the shorter time for smaller meats. For thicker chops, use the longer time.
4. Turn the meat once halfway through the cooking time.
5. Let stand for 5-10 minutes wrapped in foil after cooking. The standing time is very important as it completes the cooking process.
6. Make sure meat, especially pork, is thoroughly cooked before eating.

**Meat Cooking Chart**

Meat	Microwave Power	Cooking Time Per Pound (min.)	
		800Watt	1000 Watt
<b>BEEF</b>			
Standing/Rolled Rib			
- Rare	80%	9 to 10	8 to 10
- Medium	80%	10 to 12	9 to 11
- Well-done	80%	11 to 14	10 to 13
Ground Beef (to brown for casserole)	HIGH(100%)	6 to 9	5 to 8
Hamburgers, Fresh or defrosted (4 oz. each)			
- 2 patties	HIGH(100%)	3 to 5	2 to 4
- 4 patties	HIGH(100%)	4 to 6	3 to 5
<b>PORK</b>			
Loin, Leg	80%	12 to 16	11 to 15
Bacon			
- 4 slices	HIGH(100%)	3 to 4	2 to 3
- 6 slices	HIGH(100%)	4 to 5	3 to 4

NOTE: The times listed above are only a guide. Allow for difference in individual tastes and preferences. The times may also vary due to the shape, cut, and composition of the food.

### Poultry

1. No special techniques are required. Poultry should be prepared as with conventional cooking. Season if desired.
2. Poultry should be thoroughly defrosted. Remove giblets and any metal clamps.
3. Prick the skin and brush lightly with vegetable oil unless the poultry is self-basting.
4. All poultry should be placed on a microwave roasting rack or a microwave-proof plate and placed on the turntable.
5. Cook according to the instructions in the Poultry Cooking Chart below. Turn over halfway through the cooking time. Because of its shape, poultry has a tendency to cook unevenly, especially in very bony parts. Turning during roasting helps to cook these areas evenly.
6. Let stand for 5-10 minutes wrapped in foil after cooking before carving. The standing time is very important, as it completes the cooking process.
7. Make sure poultry is thoroughly cooked before eating. Whole poultry is completely cooked when the juices run clear from the inside thigh when it is pierced with a sharp knife. Poultry pieces should be pierced with a sharp knife through the thickest part to ensure that the juices are clear and the flesh is firm.

### **Poultry cooking chart**

#### CHICKEN

Whole	80%	11 to 15	10 to 14
Breast (boned)	80%	10 to 14	9 to 13
Portions	80%	11 to 17	10 to 16

#### TURKEY

Whole	80%	11 to 15	10 to 14
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#### NOTES:

- The times listed above are only a guide. Allow for difference in, individual tastes and preferences. The times may vary due to the shape, cut, and composition of the food.
- If whole poultry is stuffed, the weight of the stuffed bird should be used when calculating the cooking time.