

# USING YOUR MICROWAVE OVEN

## COOKING TIPS (continued)

### Fish

1. Arrange fish in a large shallow non-metallic dish or Pyrex casserole pan.
2. Cover with pierced microwave plastic wrap or casserole lid.
3. Place the dish on the turntable.
4. Cook according to the instructions in the Fresh Fish Cooking Chart below. Flakes of butter can be added to the fish if desired.
5. Let stand as directed in the Cooking Chart before serving.
6. After standing time, check to see that the fish is thoroughly cooked. The fish should be opaque and flake easily.

### Fresh Fish Cooking Chart

Fish	Power	Cooking Time Per Pound (min.)		Method	Standing Time
		800 Watt Oven	1000watt Oven		
Fish Fillets	HIGH	5to 8	4to 7	Add 15 to 30 ml (1 to 2 tbsp.) lemon juice	2 to 3 minutes
Whole Mackerel, Cleaned and Prepared	HIGH	5to 8	4to 7	-	3 to 4 minutes
Whole Trout, Cleaned and Prepared	HIGH	6to 9	5to 8	-	3 to 4 minutes
Salmon Steaks	HIGH	6to 8	5 to 7	Add 15 to 30 ml (1 to 2 tbsp.) lemon juice	3 to 4 minutes

## HEATING OR REHEATING

To heat or reheat successfully in the microwave, it is important to follow several guidelines. Measure the amount of food in order to determine the time needed to reheat.

- Arrange the food in a circular pattern for best results.
- Room temperature food will heat faster than refrigerated food.
- Canned foods should be taken out of the can and placed in a microwavable container.
- The food will heat more evenly if covered with a microwavable lid or plastic wrap, and vented. Remove cover carefully to prevent steam burns.