

UNDERSTANDING YOUR MICROWAVE OVEN

COOKWARE GUIDE

DO NOT USE

Most heat-resistant, non-metallic cookware is safe for use in your microwave oven. However, to test cookware before using, follow these steps:

1. Place the empty cookware in the microwave oven.
2. Measure 1 cup of water in a glass measuring cup and place it in the oven beside the cookware.
3. Microwave on 100% power for 1 minute. If the dish is warm, it should not be used for microwave cooking.

USE

Ovenproof Glass

Glass treated for use in high-density heat includes utility dishes, bread dishes, pie plates, cake plates, liquid measuring cups, casseroles, and bowls without metallic trim.

China

Bowls, cups, serving plates and platters without metallic trim can be used in your oven

Plastic

Plastic

When using plastic wrap as a cover, make sure that the dish is deep enough so that the plastic does not touch the food. As the food heats, it may melt the plastic wherever the plastic touches the food.

Place plastic wrap loosely over the top of the dish and secure it by pressing the wrap to the sides of the dish.

Vent by turning back one corner of the plastic wrap. This will allow the steam to escape.

Use plastic dishes, cups, semi-rigid freezer containers, and plastic bags only for short time cooking. Use them with care because the plastic may soften and from the heat of the food.

Refer to the manufacturer's label for use of any paper product in the microwave oven

Metal Utensils

Metal shields food from microwave energy and produces uneven cooking. Avoid metal skewers, thermometers, or foil trays.

Metal utensils can cause arcing, which is a discharge of electric current. Arcing can damage your microwave oven.

Metal Decoration

Do not use metal trimmed or metal banded dinnerware, casserole dishes, etc.

Aluminum Foil

Avoid large sheets of aluminum foil because they hinder cooking and may cause arcing.

Use small pieces of foil to shield poultry legs and wings. Keep all aluminum foil at least 1 inch from the walls and door of the oven.

Wood

Wooden bowls, boards and baskets will dry out and may split or crack when you use them in the microwave oven.

Tightly Closed Containers

Tightly closed containers can explode. Be sure to leave an opening for steam to escape from covered cookware.

Brown Paper

Avoid using brown paper bags. They absorb heat and could burn.

Metal Twist Ties

Always remove metal twist ties as they can become hot and cause a fire.