

Cooking Techniques

Spacing



Individual foods, such as baked potatoes, cupcakes and appetizers, will cook more evenly if placed in the oven equal distances apart. When possible, arrange foods in a circular pattern.

Covering



As with conventional cooking, moisture evaporates during microwave cooking. Casserole lids or plastic wrap are used for a tighter seal. When using plastic wrap, vent the plastic wrap by folding back part of the plastic wrap from the edge of the dish to allow steam to escape. Loosen or remove plastic wrap as recipe directs for stand time. When removing plastic wrap covers, as well as any glass lids, be careful to remove them away from you to avoid steam burns. Various degrees of moisture retention are also obtained by using wax paper or paper towels. However, unless specified, a recipe is cooked covered.

Shielding

Thin areas of meat and poultry cook more quickly than meaty portions. To prevent overcooking, these thin areas can be shielded with strips of aluminum foil. Wooden toothpicks may be used to hold the foil in place.

Timing

A range in cooking time is given in each recipe. The time range compensates for the uncontrollable differences in food shapes, starting temperature and regional preferences. Always cook food for the minimum cooking time given in a recipe and check for doneness. If the food is undercooked, continue cooking. It is easier to add time to an undercooked product. Once the food is overcooked, nothing can be done.

Stirring

Stirring is usually necessary during microwave cooking. We have noted when stirring is helpful, using the words once, twice, frequently or occasionally to describe the amount of stirring necessary. Always bring the cooked outside edges toward the center and the less cooked center portions toward the outside of the dish.

Rearranging

Rearrange small items such as chicken pieces, shrimp, hamburger patties or pork chops. Rearrange pieces from the edge to the center and pieces from the center to the edge of the dish.

Turning

It is not possible to stir some foods to redistribute the heat. At times, microwave energy will concentrate in one area of a food. To help insure even cooking, these foods need to be turned. Turn over large foods, such as roasts or turkeys, halfway through cooking.

Stand Time

Most foods will continue to cook by conduction after the microwave oven is turned off. In meat cookery, the internal temperature will rise 5°F to 15°F (3°C to 8°C), if allowed to stand, tented with foil, for 10 to 15 minutes. Casseroles and vegetables need a shorter amount of standing time, but this standing time is necessary to allow foods to complete cooking to the center without overcooking on the edges.

Testing for Doneness

The same tests for doneness used in conventional cooking may be used for microwave cooking. Meat is done when fork-tender or splits at fibers. Chicken is done when juices are clear yellow and drumstick moves freely. Fish is done when it flakes and is opaque. Cake is done when a toothpick or cake tester is inserted and comes out clean. Candy is done when it reaches the proper temperature for each stage of crystallization.

Paperback Cooking Techniques Manual

M Carnoy



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The Complete Book of Entertaining from the Emily Post Institute Elizabeth L. Post, Anthony Staffieri, 1981

Catharine Parr Traill's The Female Emigrant's Guide Nathalie Cooke, Fiona Lucas, 2017-06-22 What did you eat for dinner today Did you make your own cheese Butcher your own pig Collect your own eggs Drink your own home brewed beer Shanty bread leavened with hops yeast venison and wild rice stew gingerbread cake with maple sauce and dandelion coffee this was an ordinary backwoods meal in Victorian era Canada Originally published in 1855 Catharine Parr Traill's classic *The Female Emigrant's Guide* with its admirable recipes candid advice and astute observations about local food sourcing offers an intimate glimpse into the daily domestic and seasonal routines of settler life This toolkit for historical cookery redesigned and annotated in an edition for use in contemporary kitchens provides readers with the resources to actively use and experiment with recipes from the original Guide Containing modernized recipes a measurement conversion chart and an extensive glossary this volume also includes discussions of cooking conventions terms techniques and ingredients that contextualize the social attitudes expectations and challenges of Traill's world and the emigrant experience In a distinctive and witty voice expressing her can do attitude Catharine Parr Traill's *The Female Emigrant's Guide* unlocks a wealth of information on historical foodways and culinary exploration

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