

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.

Collection Cooking Techniques Manual

**Food and Nutrition Information Center
(U.S.)**



Collection Cooking Techniques Manual:

Miss Leslie's Complete Cookery Eliza Leslie, 2022-09-15 In *Miss Leslie's Complete Cookery* Eliza Leslie presents a comprehensive guide to 19th century American cooking encapsulating a wealth of culinary knowledge with clarity and precision. The book is a testament to Leslie's commitment to making cooking accessible, featuring a meticulously arranged collection of recipes that range from simple everyday dishes to elaborate entertainments, all written in a direct and engaging style. The text serves as both a cookbook and a cultural artifact, reflecting the evolving culinary landscape of early America while also addressing the societal norms and expectations surrounding domestic life during her time. Eliza Leslie, a pioneering figure in American gastronomy, became an influential cookbook author and food writer in an era when domestic cooking was increasingly recognized as both a science and an art. Her personal experiences, along with the growing interest in gastronomy during the 19th century, informed her work. Leslie's keen understanding of ingredient availability paired with her innovative approaches to traditional recipes offered readers not only guidance but also inspiration to elevate their cooking. *Miss Leslie's Complete Cookery* is an essential read for history enthusiasts, culinary students, and anyone interested in discovering the roots of American cuisine. With its rich historical context and practical advice, this timeless classic invites readers to explore the culinary traditions of the past and encourages them to bring those techniques into their own kitchens.

The Wildlife Techniques Manual Nova J. Silvy, 2020-07-28 The #1 selling wildlife management book for 40 years, now updated for the next generation of professionals and students. Since its original publication in 1960, *The Wildlife Techniques Manual* has remained the cornerstone text for the professional wildlife biologist. Now fully revised and updated, this eighth edition promises to be the most comprehensive resource on wildlife biology, conservation, and management for years to come. Superbly edited by Nova J. Silvy and published in association with The Wildlife Society, the 50 authoritative chapters included in this work provide a full synthesis of methods used in the field and laboratory. Chapter authors, all leading wildlife professionals, explain and critique traditional and new methodologies and offer thorough discussions of a wide range of relevant topics. To effectively incorporate the explosion of new information in the wildlife profession, this latest edition is logically organized into a 2-volume set. Volume 1 is devoted to research techniques, and Volume 2 focuses on pragmatic management methodologies. Volume 1 describes research design and proper analytic methods prior to conducting research, as well as methods and considerations for capturing and handling wild animals, and information on identification and marking of captured animals. It also includes new chapters on nutritional research and field sign identification, and on emerging topics including structured decision-making. Finally, Volume 1 addresses measurements of wildlife abundance and habitat, and research on individual animals. Volume 2 begins with a section on the relationship between research and management, including public outreach described in a context that encourages engagement prior to initiation of management. An adaptive management approach is described as a cornerstone of natural resource management, followed by a section on managing landscapes and wildlife.

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