

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.

Cooking Techniques Manual Collection

Jianjun Gao



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Table of Contents Cooking Techniques Manual Collection

1. Understanding the eBook Cooking Techniques Manual Collection
 - The Rise of Digital Reading Cooking Techniques Manual Collection
 - Advantages of eBooks Over Traditional Books
2. Identifying Cooking Techniques Manual Collection
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Cooking Techniques Manual Collection
 - User-Friendly Interface
4. Exploring eBook Recommendations from Cooking Techniques Manual Collection
 - Personalized Recommendations
 - Cooking Techniques Manual Collection User Reviews and Ratings
 - Cooking Techniques Manual Collection and Bestseller Lists
5. Accessing Cooking Techniques Manual Collection Free and Paid eBooks
 - Cooking Techniques Manual Collection Public Domain eBooks
 - Cooking Techniques Manual Collection eBook Subscription Services
 - Cooking Techniques Manual Collection Budget-Friendly Options
6. Navigating Cooking Techniques Manual Collection eBook Formats

- ePub, PDF, MOBI, and More
 - Cooking Techniques Manual Collection Compatibility with Devices
 - Cooking Techniques Manual Collection Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Cooking Techniques Manual Collection
 - Highlighting and Note-Taking Cooking Techniques Manual Collection
 - Interactive Elements Cooking Techniques Manual Collection
 8. Staying Engaged with Cooking Techniques Manual Collection
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Cooking Techniques Manual Collection
 9. Balancing eBooks and Physical Books Cooking Techniques Manual Collection
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Cooking Techniques Manual Collection
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Cooking Techniques Manual Collection
 - Setting Reading Goals Cooking Techniques Manual Collection
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Cooking Techniques Manual Collection
 - Fact-Checking eBook Content of Cooking Techniques Manual Collection
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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