

# 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.

# Blueprint Cooking Techniques Manual

**Katrin Zwirglmaier**



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## **Table of Contents Blueprint Cooking Techniques Manual**

1. Understanding the eBook Blueprint Cooking Techniques Manual
  - The Rise of Digital Reading Blueprint Cooking Techniques Manual
  - Advantages of eBooks Over Traditional Books
2. Identifying Blueprint Cooking Techniques Manual
  - 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 Blueprint Cooking Techniques Manual
  - User-Friendly Interface
4. Exploring eBook Recommendations from Blueprint Cooking Techniques Manual
  - Personalized Recommendations
  - Blueprint Cooking Techniques Manual User Reviews and Ratings
  - Blueprint Cooking Techniques Manual and Bestseller Lists
5. Accessing Blueprint Cooking Techniques Manual Free and Paid eBooks
  - Blueprint Cooking Techniques Manual Public Domain eBooks
  - Blueprint Cooking Techniques Manual eBook Subscription Services
  - Blueprint Cooking Techniques Manual Budget-Friendly Options
6. Navigating Blueprint Cooking Techniques Manual eBook Formats

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