

Converting Conventional Recipes To Microwave.

There are no fixed rules when converting conventional recipes to microwave cooking. However, when deciding whether to try a favorite recipe in the microwave, think about the basic cooking method and whether it will translate easily and efficiently.

Guidelines for converting recipes.

- Select a microwave recipe similar to the conventional recipe you would like to prepare and use as a guide. Both recipes should call for similar ingredients in similar proportions.
- Use a recipe that cooks best by moist heat. Recipes that call for a crisp, browned crust or dry surface should be cooked conventionally.
- Reduce the liquid in a conventional recipe by about a 1/4 because there is very little evaporation in microwave cooking.
- Use slightly less seasoning. Microwave cooking enhances herbs and spices. Reduce by half the amount used. Taste after cooking, then add extra seasoning, if desired. Use no salt, or less salt. The microwave oven emphasizes the salt content in food, so recipes containing a conventional amount of salt will taste twice as salty.
- Cook in a dish similar to the one recommended for the conventional recipe. However, use deep dishes for cooking cakes, soups, and milk sauces because these foods temporarily increase in volume during microwave cooking.
- Reduce the amount of cooking time by 1/4 to 1/2 the conventional time. Foods containing fat, sugar, and liquid will cook faster. Gradually increase until you obtain the desired results.
- If you double a recipe, expect to add 50% more cooking time, and if you halve a recipe expect to subtract 33% from the cooking time.
- Use the same test for doneness as recommended for conventional cooking. Test after the minimum time recommended.

Tips From The Vegan Microwave Cookbook.

By Chef Nancy Berkoff

To convert conventional baking recipes to microwave baking recipes, use the following guide:

- **For Muffins:** add 1 to 2 Tablespoons more shortening for each cup of flour. Use 2 paper liners for each muffin to absorb additional moisture. Position the muffins in a ring in the microwave for even baking.
- **For Biscuits:** microwaved biscuits do not brown. Place them in a ring and leave room for extra rising.
- **For Quick Breads:** (such as zucchini breads): chop the fruit or nuts very finely. Add 2 Tablespoons more shortening.
- **For Coffeecakes:** add one to two more Tablespoons shortening and reduce baking powder by one quarter.
- Soymilk has a tendency to curdle when added to hot liquids. This can be remedied in two ways. You can whip the soymilk vigorously while adding it to a hot liquid, or heat the soymilk so it is the same temperature as the liquid to which it will be added.
- Soft tofu quickly mixed with a small amount of apple juice concentrate and maple syrup and then microwaved until hot makes a warm, get-up-and-go breakfast on chilly mornings.
- Jelly gets very hot in the microwave - hot enough to scorch your fingers and the inside of your mouth. Heat jelly-containing pastries or bread and jelly just until warm to avoid rude and dangerous awakenings.
- Veggie bacon or sausage can be microwaved and eaten on toast with sliced tomatoes or scrambled tofu.
- Foods that are higher in fat, like soymilk or peanut butter, cook faster.
- If you double a recipe, expect to add 50% more cooking time, and if you halve a recipe expect to subtract 33% from the cooking time.