

Converting Recipes for Microwave

After you have some experience with a microwave oven, you'll probably want to begin converting some of your favorite recipes for use with the microwave. You'll be able to convert some recipes very easily. Others may require more experimentation.

Evaporation is a factor...

Because microwave ovens cook more quickly and with less evaporation, you will need to reduce the moisture in the conventional recipe by one-fourth. For example, if your recipe calls for one cup of water, reduce it to three-fourths of a cup. For this same reason, you should use herbs and spices sparingly. These flavors don't evaporate when they're used in a microwave oven.

Determining cooking times...

Remember, that one cup of tap water boils in two-and-half to three minutes. The average food takes one fourth the time required in a conventional oven. If your favorite casserole takes one hour in a conventional oven, it should cook in only fifteen minutes in a microwave oven. The microwave



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cooking time may take longer than one-fourth the conventional cooking time for items normally cooked on top of the stove. In fact, you find that you save very little time, if any at all, by cooking this type food in a microwave oven.

Factors which affect the cooking time include:

- The temperature of the food when you begin cooking it
- the shape of the food
- the volume of the food
- the density of the moisture
- the weight of it
- and the wattage of your oven.

Look through your microwave cookbooks to find a recipe similar to yours. This can sometimes be a big help to you in determining which setting to use in cooking your dish.

Remember, approximately one fourth of the conventional oven time is required.

If at first you don't succeed...

As you experiment with converting your recipes, you may find that you will have tried them more than once before you get the best results. Make a note of changes so you will remember them the next time.

For more information on microwave cooking, contact your local county Extension office.