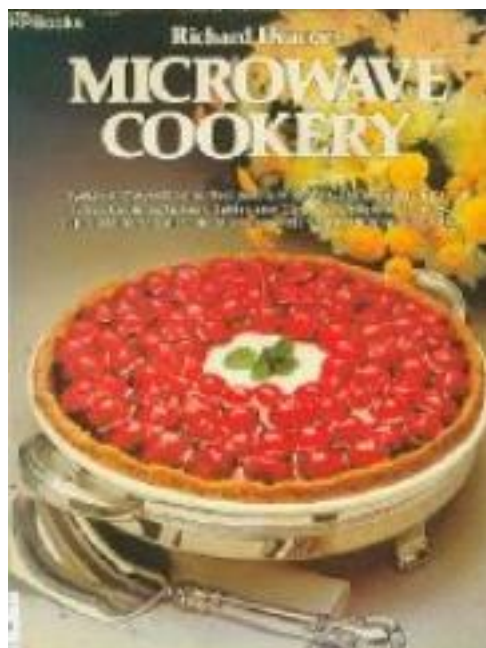


Richard Deacon's Microwave Cookery



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Let's Think Microwave Cooking in your microwave oven is similar to cooking conventionally. You can bake, roast, steam, poach, boil, stew, sauté and reheat food with microwaves. Using the browning element you can top-brown, sear and crisp foods. With the purchase of a browning dish you can pan-broil, sear and grill foods. Microwaving is a new form of cooking and requires new techniques. The more you understand about how your microwave oven works the more success you'll have cooking foods in it. See How to Cook in Your Microwave page 6. Much of what you already know about conventional cooking will help you understand your microwave oven. This cookbook will help you learn about microwave cooking. Take the time to learn and thinking

microwave will come as natural to you as thinking conventionally does now. Microwave ovens come in several styles. They all use the magic of microwaves. This book was prepared with the cooperation of the makers of Thermatronic Microwave Ovens ~. Users of any brand of microwave oven can share and enjoy these recipes although minor adjustments in cooking time may be necessary. The information you need to make adjustments is on microwave pages 11 and 12. Before you use any brand of microwave oven read the instructions carefully. Pay particular attention to the advice on the use of metal. In some brands you can use metal food containers with certain restrictions. Others tolerate no metal in the oven. Whatever your brand be sure to follow the instructions that come with your oven. Failure to do so may cause damage to your oven. What are Microwaves ? Microwaves are high-frequency radio waves generated by an electronic tube called a magnetron. This tube operates as though you had a miniature broadcasting station in your oven. From the magnetron microwaves enter the cooking area through openings at the top of the oven. To ensure uniform heating the microwaves must be scattered evenly throughout the oven. Most ovens have a stirrer blade located in the center of the oven that scatters the microwaves. Microwaves have 3 characteristics. 1. They are reflected by metals and cannot enter a metal container to heat food. 2. They pass through non-metals usually without heating the non-metal container. 3. They are absorbed by moisture. There must be moisture present to produce heat.

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