

THE MICRO WAY LANI BLOOMER



How Much Do You Know About Microwave Cooking?
Surprise! It's time for a "pop" quiz...
Let's find out what you know about microwave cooking! Go get a pencil (and a glass of iced tea, if you want — we don't have to be nasty) and get to work! The answers are at the end of the column

so you can rate yourself as a microwave user when you're done.
1. Since microwave ovens don't have hot air in them like a range oven, the food gets cooked by a. heat radiating from the microwaves into the food. b. the heat created from friction as microwaves make the food molecules vibrate. c. infrared heat

- radiating off the oven walls.
2. You have to rotate food in microwave ovens because a. some ovens don't cook evenly. b. microwaves can't bend enough to reach all over the pan. c. microwaves cook the food from the outside in to the center, and the center wouldn't cook if you didn't rotate the food. d. all of the above. e. none of the above.
3. A beef roast cooked in a microwave a. gets dried out and tough when cooked on high power. b. is juicy and moist if it's cooked on a low power. c. will get brown if there is fat on the outside of the roast. d. all of the above. e. none of the above.
4. Dry or rubbery food means a. the food wasn't cooked or reheated long enough. b. the food was cooked or reheated for too long a time. c. the food didn't have a long enough standing time.
5. Standing time is needed when

- microwaving foods a. for the edges of the food to finish cooking. b. so the microwaves will "evaporate" and the food will be safe to eat. c. for the center of the food to finish cooking.
6. During standing time a. the food cooks more. b. the temperature evens out in the food. c. the food should be covered. d. all of the above. e. none of the above.
7. In microwaves with two settings, labeled "Cook," and "Defrost," you a. can cook on the "defrost" setting when you want a low power level. b. shouldn't cook on the "defrost" setting, because the food won't cook right.
8. In a microwave, when you turn the power from high down to 50 percent (medium, 50, 5) a. the food will be cooked more evenly, because heat has time to be conducted to the center of the food. b. the food will take longer to cook. c. the edges will not get overcooked as easily. d. all of the above. e. none of the above.

- roast. d. so the bottom will brown.
15. It is important to stir foods when microwaving them because a. if you don't stir up the microwaves in the food, the center won't cook. b. the microwaves cook from the inside out and the edges won't cook if you don't stir. c. you need to distribute the heat from the edges in to the center of the food. d. if you don't stir, the food scorches on the bottom.
16. Putting food in a doughnut shape for microwaving is a. some gimmick retailers thought up to sell more utensils. b. important when cooking on high power if you can't stir the food. c. important so the edges of the food can get cooked.

17. When defrosting food, a. the power level you use depends on the food being defrosted. b. you should never use high power. c. you should always use the "defrost" setting on the oven.
18. How can you keep the edges of your food from getting dried out in a microwave? a. Use a lower power level. b. Stir the food. c. Shield the edges with pieces of foil. d. all of the above. e. none of the above.
19. If you are in a hurry a. frozen meat can be cooked in a microwave without defrosting it first. b. frozen meat should be thawed completely before cooking. c. frozen meat should be thawed a little on defrost, then you can cook it on high to get it done fast.

9. Shielding food with foil means a. covering it completely with foil so it won't overcook. b. is not safe, since metal like foil should never be put in a microwave. c. covering food during standing time. d. all of the above. e. none of the above.
10. A dish of lasagna would microwave best on a. 50 percent power b. 100 percent power c. high power d. the power level doesn't matter.
11. All of the heavy plastic plates or pans can be used in a microwave. a. True, plastics are microwave-safe. b. False, some may absorb microwaves.
12. If you want to microwave frozen vegetables in a serving dish that has no lid, what should they be covered with? a. Plastic wrap. b. Waxed paper. c. A paper towel. d. It doesn't matter. e. They shouldn't be covered.
13. A pork roast should be microwaved a. Pork should never be cooked in a microwave because it is not safe to eat cooked that way. b. on high power (100%) since it has to be cooked to well done. c. on low power (30%) in a covered container to make sure the center is cooked.

20. Plastic foam-type plates or cups, freezer containers, and margarine tubs a. cannot be used in a microwave, since microwaves make them melt. b. can be used in the microwave without any problems. c. can be used in the microwave, but the heat of the food on them may make the plastic melt.
21. My own microwave oven has a. 600-700 watts of power b. 500-600 watts of power c. 400-500 watts of power d. I don't know!
Answers: (no cheating!!!) b, a, d, b, c, d, a, d, e, a, b, a, c, b, c, b, a, d, b, c.
RATINGS: 0 wrong: An expert! 1 to 5 wrong: Good for you, you understand the basics! 5 to 10 wrong: You must be a beginner! 10+ wrong: You flunk — use your range! P.S. If you answered "d" to question #21, you flunk too!
Join me next week for a Remedial Microwave class!
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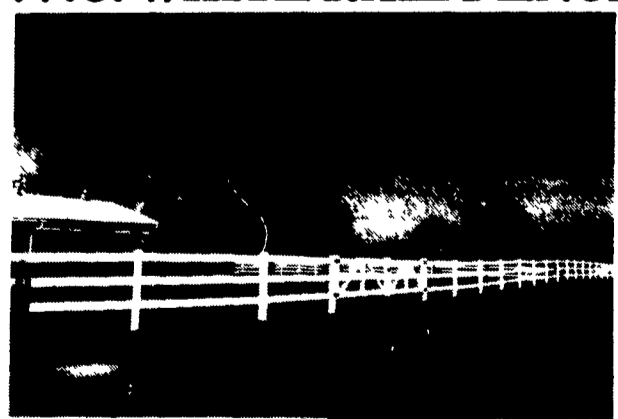
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