

## **DIRECTIONS FOR COOKING CAKES, CUPCAKES, MUFFINS AND QUICK BREADS ON MICROWAVE**

For packaged mixes, prepare batter according to the recipe on package directions. When unsure about converting conventional recipes follow a similar recipe.

Use recommended dish size. Glass dishes allow the bottom of baked goods to be checked visually for doneness. After cooking, visually check the bottom for doneness. Microwaveable plastic or ceramic may also be used.

Grease bottom of the dish when cakes are served from the dish. Grease the bottom and sides, and line bottom of the dish with wax paper, when the food is inverted from the dish. Never flour the dish.

Use only 2<sup>1</sup>/<sub>4</sub> cups (550 ml) of batter (half full) for a 8 - 9-inch (20 - 23 cm) round or square dish. Cook the second layer immediately after the first. The remaining batter can be used for cupcakes.

Shield square dishes with triangles of foil on each corner; mold around dish. When necessary, shield ends of loaf dishes with 3-inch (7.5 cm) strip of foil. Remove foil approximately halfway through the cooking time.

When cooking cupcakes and muffins, line microwave muffin pans with paper baking cups or grease solid cups. Fill cups <sup>2</sup>/<sub>3</sub> full.

Cover with wax paper when indicated in the chart or recipe. Most packaged mixes, and some recipes, benefit from 2-stage cooking. We have given 2-stage cooking directions where they are helpful.

Check during cooking since recipes and cooking times vary. After cooking, tops may be sticky, but a toothpick, inserted near the center should come out clean.

Let stand, uncovered, on a flat surface for 10 - 15 minutes. Stand time is important to allow the food to finish cooking. When left in the pan longer, cakes may be difficult to invert out of the pan.

Cakes and breads that are to be inverted should be loosened from the sides of the dish. Carefully turn the food out of the dish and peel off the waxed paper. Store, covered, until ready to serve.

### Microwave Cooking Chart for Desserts

Item	Amount of Batter	Dish Size	Cooking Power and Time (in minutes)		Special Instructions	Stand Time (in minutes)
			First Stage	Second Stage		
<b>Butter cake</b> Single layer or half of prepared mix	2 <sup>1</sup> / <sub>4</sub> cups (550 ml)	8 - 9-inch (20 - 23 cm) Round or square dish	<b>P4</b> 6 - 8 min.	—	—	10, uncovered
<b>Butter cake</b> All batter or enough for layers	All batter	14 cups (3.5 L) fluted, tube dish	<b>P4</b> 10 min.	<b>P7</b> 1 - 2 min.	Cover with wax paper.	15, uncovered
<b>Cupcakes</b>	<sup>2</sup> / <sub>3</sub> full	1 2 6	<b>P4</b> 25 - 35 sec. 40 - 50 sec. 2 - 2 <sup>1</sup> / <sub>4</sub> min.	—	—	Cool
<b>Brownies</b>	2 cups (500 ml)	8 - 9-inch (20 - 23 cm) square dish	<b>P4</b> 9 <sup>1</sup> / <sub>2</sub> - 10 <sup>1</sup> / <sub>2</sub> min.	—	—	Cool completely
<b>Bar Cookies</b>	1 <sup>1</sup> / <sub>2</sub> cups (400 ml)	8 - 9-inch (20 - 23 cm) square dish	<b>P3</b> 6 min.	<b>P7</b> 2 <sup>3</sup> / <sub>4</sub> - 3 <sup>1</sup> / <sub>4</sub> min.	—	Cool completely
<b>Muffins</b> large size	<sup>1</sup> / <sub>4</sub> cup (50 ml) each	1 2 6	<b>P4</b> 40 - 60 sec. 1 - 1 <sup>1</sup> / <sub>2</sub> min. 3 - 5 min.	—	—	—

## Inverter Turbo Defrost

Turbo Defrost can be used to defrost many cuts of meat, poultry and fish by weight.

To use, simply press the Inverter Turbo Defrost Pad and enter the weight of the food. Items that can be defrosted, are meat (chops, ground or roasts), poultry (whole or pieces) and fish or seafood.

Place meat on a microwave safe rack in an appropriate sized dish.

Remove ground meat from its tray.

Place roasts fat-side down and whole poultry breast side down on a microwave safe rack in an oblong dish.

The rack helps prevent the food from sitting in its own juice.

The juice will get hot during defrosting and if the food is sitting in the juice, the bottom will cook.

Place small items, such as chops, chicken pieces, shrimp, scallops and fish on a microwave rack set in an oblong dish.

Break apart small pieces, turn over roasts and remove thawed portions of ground meat.

Should "shielding" be required, do it when the two-beep signal is heard. The oven will not stop operating and some items may not require attention.

Follow the times and information given in the meat, poultry and fish sections.

Disinfect all surfaces that have come in contact with thawed meat, fish and poultry.

To prevent over-defrosting, thin areas or edges can be shielded with strips of aluminum foil. (see picture) However, when using foil, allow at least one inch (2 cm) of space between the foil and the interior oven walls. Also, if using two or more small pieces of foil to shield, place at least one inch (2 cm) apart from each other. This is to avoid arcing.



The oven beeps during the defrosting cycle to signal that the food needs to be turned or rearranged.

Follow the directions given in the chart below for the best results.

Remember, according to the USDA, defrosting in a microwave should be part of the cooking process, so once a product is defrosted, it's best not to put it back in the 'fridge – go right to getting it cooked.