

POULTRY

DIRECTIONS FOR COOKING POULTRY ON MICROWAVE

Whole poultry should not be stuffed. To close opening use cotton thread or wooden tooth picks. Tie legs together with cotton string. Place breast-side down on a microwave rack in a casserole dish.

Season as desired, but salt after cooking. Flavor and color enhancers are best applied before cooking. Paprika and butter rubbed on chicken skin will give an attractive color after cooking. Browning sauce and Kitchen Bouquet should be mixed with equal parts of butter or oil before rubbing on. Other sauces such as barbeque, tandoori, teriyaki or spaghetti will provide flavor.

Shield the leg ends, wings, the breast area or where flesh is thin with small pieces of aluminum foil. Shield for half the cooking time.

Cover with wax paper, plastic wrap or lid to keep in heat.

Cook by time and power.

Turn poultry breast-side up halfway through the cooking time.

Less tender hens should be cooked in liquid or broth. Use 1/4 cup per lb (125 mL per kg) of liquid along with seasonings and grated vegetables for flavor. Cover dish.

Poultry pieces should be placed in a single layer with the meatier portions toward the edge of the dish. Rearrange pieces halfway through the cooking time.

To Microwave: Multiply the ready-to-cook weight of the poultry by the minimum time recommended in the chart below and program the oven accordingly. Cover poultry with wax paper.

When poultry is cooked, the meat will be tender; when pierced, the juices will run clear. If the juices are pink, return the poultry to the oven for additional cooking.

The drumsticks of whole poultry will readily move up and down. Check the temperatures of large birds with a thermometer in both thigh muscles.

Let poultry stand, tented with foil, 10 - 15 minutes.

Poultry Roasting Chart for Microwave Cooking

Poultry	Power	Approximate Cooking Time		Approximate Temperature after Standing
		minutes/lb	minutes/kg	
Cornish Hens	P6	8 - 9	15 - 17	————
Chickens, up to 4 lb. (2 kg)	P6	9 - 10	15 - 17	185°F (85°C)
Chicken pieces, up to 2 1/2 lb. (1.4 kg)	P6	8 - 10	11 - 13	————
Duck, 5 - 6 lb. (2.3 kg - 3.0 kg)	P4	8 - 10	16 - 20	185°F (85°C)
Turkey breast, plain or stuffed	P4	13 - 16	28 - 31	180°F (80°C)
Turkey, whole	P4	18 - 26	20 - 25	185°F (85°C)

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.