Youth Portal of South Africa





FINANCE

TECHNOLOGY

WELLNESS

LIFE

CAREER GUIDANCE

TRAVEL

FASHION

Cooking using a microwave instead of an oven

Ovens are a great way to cook your meals, however, they use up a lot of electricity and take time. Instead of wasting all that electricity you can use a microwave for all your cooking needs. If you're not sure how to convert your recipes to cook them in a microwave, here's how you can go about it.

Convert it to microwave cooking time

Food that is cooked in a microwave heats up a lot faster than food that is cooked in a regular oven. This is because there is a device in the microwave called a magnetron that creates a combination of high-frequency waves which cause the molecules in the food to move faster and creates that heat that cooks it. So for converting it, you should divide the cooking time by four, for example, if the regular cooking time is 40 minutes then divide the 40 by four to get 10 minutes.

Cut back on the liquids

Because your microwave doesn't produce dry hot air the extra liquids won't get evaporated. This means that you should probably cut down on the number of sauces and spices.

Keep an eye on the cooking food

As your cooking time reaches its end, you should make sure to keep an eye on the food. This is to make sure that it doesn't get overcooked. When checking on it towards the end you might also find that part of your food is still cold. You may then need to add a couple of extra minutes to the cooking time so that your food is cooked thoroughly.

Leave it standing after it's done

Once your cooking time is up, leave the food in your microwave for a few minutes. This standing time is important to allow the food to finish cooking in the centre without overcooking the edges. For meat let it stand for 10-15 minutes and for casseroles and vegetable dishes let it stand for 5-10 minutes.

It pretty easy using a microwave instead of an oven. So if you are looking to save your time and electricity, then why not use a microwave to cook your meals?









W DIY skin and hair products

How much waste goes into our oceans? >>>

RELATED POST

STUDENT

How to Help Students improve their Academic

STUDENT

Student Essentials: Furnishing a New Flat **STUDENT**

How to Decorate your Dorm Room: Top Tips for

YOU MISSED









