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Montgomery Ward 0832606197

Montgomery Ward: Adventures in Microwave Cooking - User Manual

Your Guide to Efficient Microwave Culinary Arts

INTRODUCTION

This manual accompanies "Montgomery Ward: Adventures in Microwave Cooking," a comprehensive cookbook designed to guide users through the art of preparing various dishes using a microwave oven. Published exclusively for Montgomery Ward by Culinary Arts Institute, this book provides a collection of recipes tailored for microwave efficiency, covering categories such as meats, vegetables, sauces, gravies, poultry, and breads.

The aim of this guide is to enhance your understanding and utilization of the cookbook, ensuring successful and enjoyable microwave cooking experiences.

UNDERSTANDING MICROWAVE COOKING PRINCIPLES

Before embarking on the recipes, it is beneficial to understand the fundamental principles of microwave cooking. Microwave ovens heat food by causing water molecules within the food to vibrate rapidly. This method differs significantly from conventional oven cooking, which relies on external heat transfer.

Key Considerations:

- **Power Levels:** Most microwave recipes specify power levels (e.g., High, Medium, Low). Familiarize yourself with your microwave's power settings, as these can vary between models.
- **Cooking Times:** Microwave cooking times are often shorter than conventional methods. Recipes provide estimated times, but actual cooking may vary based on food density, starting temperature, and microwave wattage.
- **Stirring and Rotating:** To ensure even cooking, many recipes will instruct you to stir or rotate the food periodically. This helps distribute heat evenly throughout the dish.
- **Standing Time:** Food continues to cook after being removed from the microwave due to residual heat. Always observe recommended standing times for optimal results and food safety.
- **Appropriate Cookware:** Use only microwave-safe dishes, typically made of glass, ceramic, or microwave-safe plastic. Avoid metal cookware, which can cause arcing.

USING THIS COOKBOOK

The "Adventures in Microwave Cooking" cookbook is structured to provide clear, step-by-step instructions for each recipe. Pay close attention to ingredient measurements, preparation steps, and specific microwave settings.

Recipe Interpretation:

- **Ingredients:** Ensure all ingredients are measured accurately as specified.
- **Preparation:** Follow the preparation steps precisely, including any instructions for cutting, mixing, or arranging food.
- **Microwave Settings:** Adhere to the recommended power levels and cooking durations. Adjustments may be necessary based on your specific microwave's performance.
- **Visual Cues:** Many recipes include visual cues for doneness (e.g., "until tender," "until bubbly"). Rely on these cues in addition to timing.

RECIPE CATEGORIES OVERVIEW

The cookbook features a diverse range of recipes, organized into logical categories to facilitate easy navigation and meal planning. These categories include:

- **Meats:** Instructions for cooking various cuts of beef, pork, and lamb.
- **Poultry:** Recipes for chicken and turkey dishes.
- **Vegetables:** Guidance on preparing a wide array of vegetables, from steaming to more complex dishes.
- **Sauces and Gravies:** Techniques for creating flavorful accompaniments.
- **Breads and Desserts:** Recipes for baked goods and sweet treats adapted for microwave preparation.
- **Miscellaneous:** Other unique microwave applications and quick meal ideas.

TIPS FOR SUCCESSFUL MICROWAVE COOKING

To achieve the best results with your microwave and this cookbook, consider the following tips:

- **Covering Food:** Use microwave-safe lids, plastic wrap, or wax paper to cover food. This helps retain moisture, promotes even cooking, and prevents splattering.
- **Arrangement:** Arrange food evenly in the dish. Thicker portions should be placed towards the outside of the dish, and thinner portions towards the center.
- **Piercing:** Pierce foods with skins (e.g., potatoes, egg yolks, sausages) before cooking to prevent them from bursting.
- **Small Portions:** Microwaves are generally more efficient for cooking smaller portions. For larger quantities, consider cooking in batches or adjusting cooking times.
- **Testing Doneness:** Always check food for doneness using a food thermometer where appropriate, especially for meats and poultry, to ensure food safety.

TROUBLESHOOTING COMMON MICROWAVE COOKING ISSUES

Even with clear instructions, issues can arise. Here are some common problems and potential solutions:

Issue	Possible Cause / Solution
Food is unevenly cooked.	Ensure food is stirred or rotated as instructed. Arrange food in a single layer or in a ring. Check for proper power level.

Issue	Possible Cause / Solution
Food is dry or tough.	Overcooking is a common cause. Reduce cooking time or use a lower power setting. Ensure food is covered to retain moisture.
Food is not cooking through.	Increase cooking time slightly or use a higher power setting. Ensure proper standing time is observed. Check if your microwave's wattage is lower than assumed by the recipe.
Food is exploding or splattering.	Ensure foods with skins are pierced. Always cover food with a microwave-safe lid or plastic wrap, leaving a small vent.

PRODUCT OVERVIEW

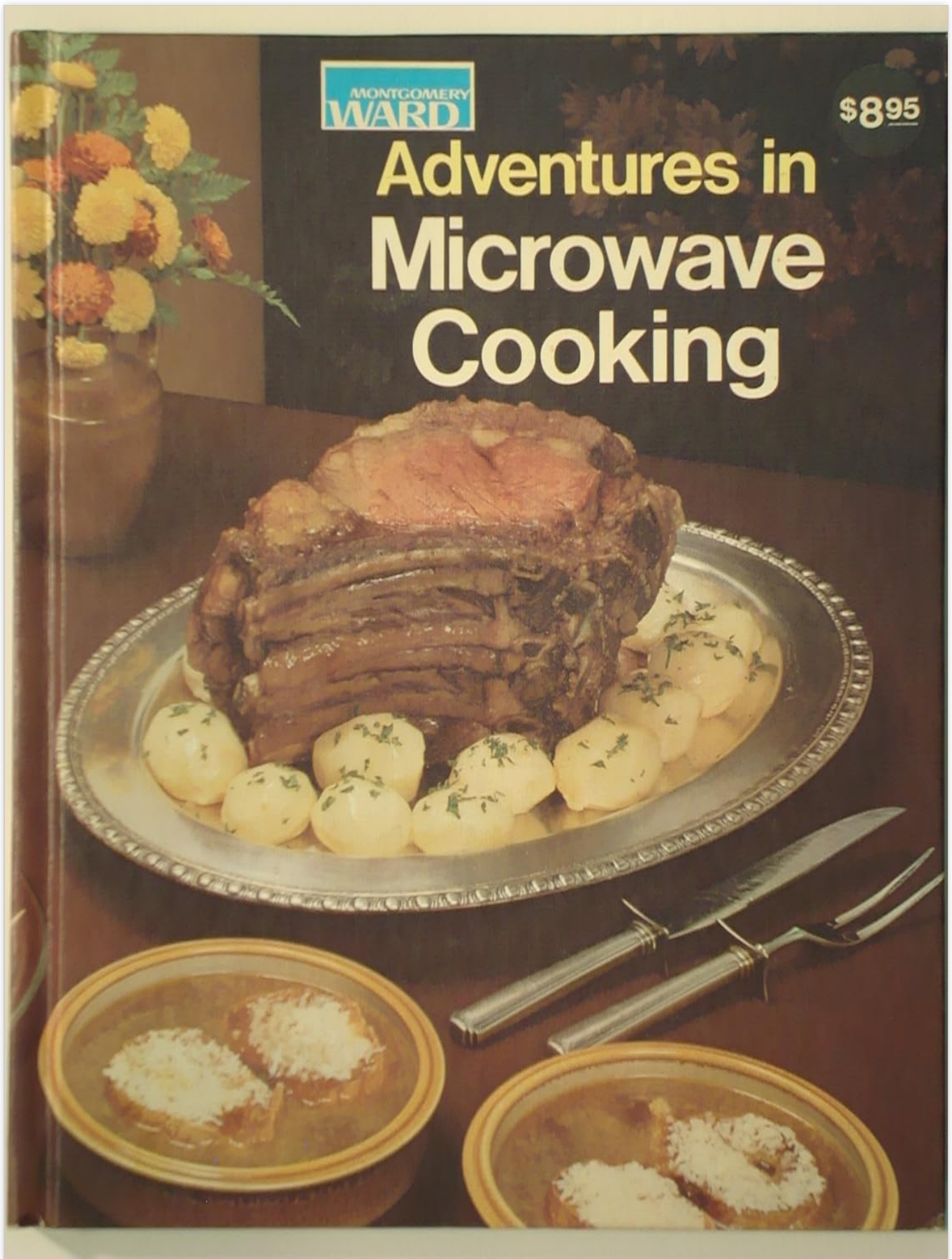


Image: Front cover of the "Montgomery Ward: Adventures in Microwave Cooking" cookbook. The cover displays a large, cooked roast surrounded by small, round potatoes on a silver platter. In the foreground, two bowls of soup with bread and cheese toppings are visible. The title "Adventures in Microwave Cooking" is prominently displayed at the top, along with the "Montgomery Ward" logo.

Book Details:

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Author: dianne young

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