Montgomery Ward 8195

Montgomery Ward Microwave Cooking Guide

Model 8195

Introduction

Welcome to your Montgomery Ward Microwave Cooking Guide, Model 8195. This guide is designed to help you master the art of microwave cooking, providing a comprehensive collection of recipes and techniques tailored for efficient and delicious results using your microwave oven. Whether you are new to microwave cooking or looking to expand your culinary skills, this manual offers valuable insights and practical instructions.

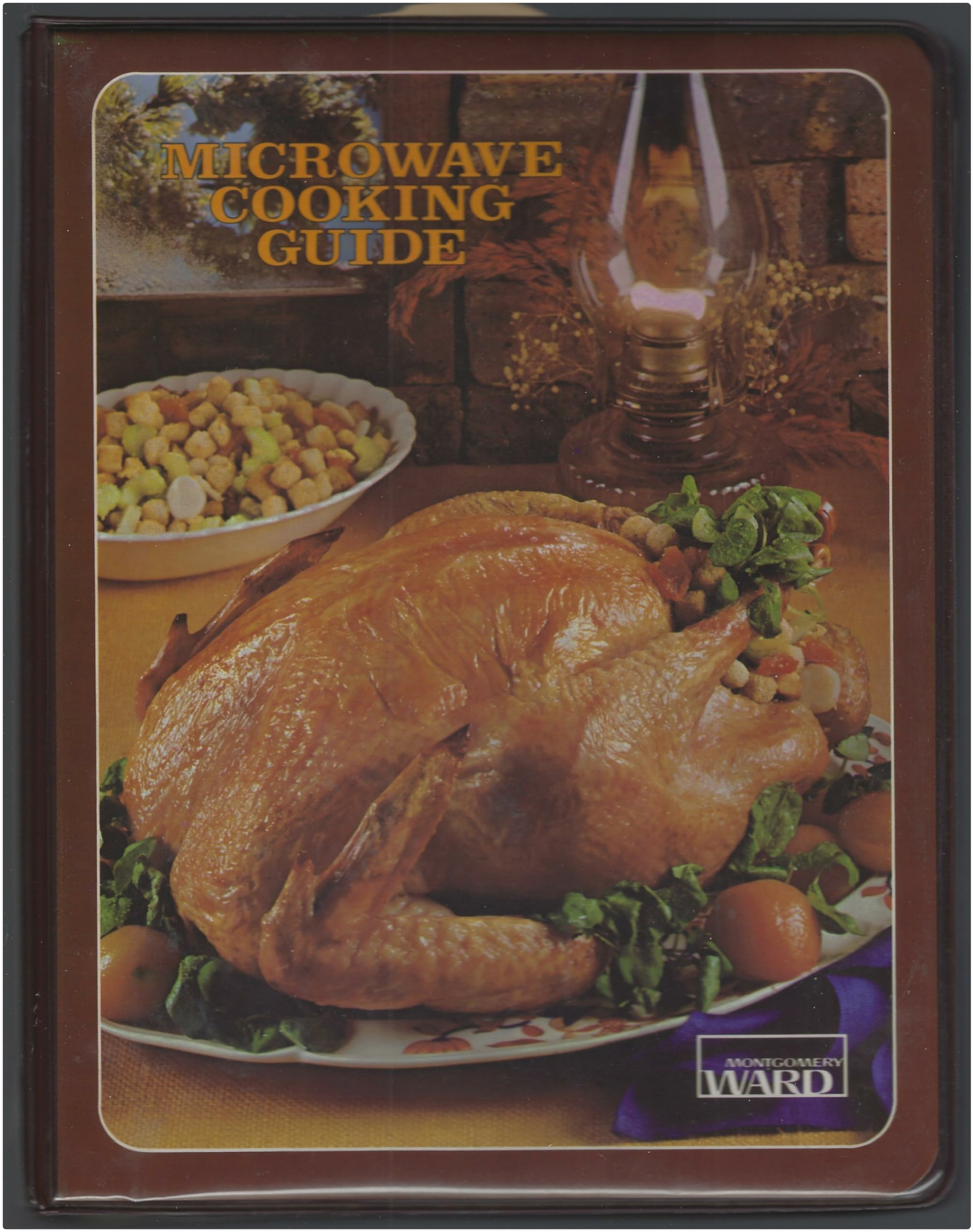


Image: Front cover of the Montgomery Ward Microwave Cooking Guide, featuring a roasted turkey surrounded by side dishes, with the title "Microwave Cooking Guide" prominently displayed.

Understanding Microwave Cooking

Microwave ovens cook food by exposing it to electromagnetic radiation in the microwave spectrum. This causes water molecules within the food to vibrate rapidly, generating heat. Understanding a few key principles will enhance your cooking experience:

- **Power Levels:** Most microwave recipes specify a power level (e.g., High, Medium, Low). Familiarize yourself

with your microwave's power settings to achieve desired results.

- **Cooking Times:** Microwave cooking times are often shorter than conventional methods. Always start with the minimum recommended time and add more as needed.
- **Stirring and Rotating:** To ensure even cooking, stir or rotate food periodically, especially in larger dishes.
- **Standing Time:** Many foods continue to cook after being removed from the microwave. This "standing time" is crucial for proper doneness and even heat distribution.
- **Appropriate Cookware:** Use only microwave-safe dishes made of glass, ceramic, or plastic. Avoid metal containers or foil, as they can cause arcing.

Using the Recipes

Each recipe in this guide is carefully developed for microwave preparation. Follow these guidelines for best results:

- **Read Thoroughly:** Before beginning, read the entire recipe to understand all steps and ingredients.
- **Ingredient Preparation:** Ensure all ingredients are prepared as specified (e.g., chopped, thawed).
- **Dish Size:** Use the recommended dish sizes to prevent overflow or uneven cooking.
- **Adjustments:** Cooking times may vary slightly depending on your specific microwave oven's wattage and the starting temperature of ingredients. Adjust as necessary.

Troubleshooting Common Cooking Issues

Even with precise instructions, occasional issues may arise. Here are solutions to common microwave cooking problems:

Problem	Possible Cause	Solution
Food cooked unevenly	Insufficient stirring/rotating; dense food; improper dish size.	Stir or rotate food more frequently. Arrange food in a ring. Use a wider, shallower dish.
Food is dry or tough	Overcooking; too high power level; insufficient moisture.	Reduce cooking time. Use a lower power setting. Add liquid or cover food to retain moisture.
Food not cooked through	Undercooking; too low power level; food too cold.	Increase cooking time. Use a higher power setting. Allow frozen foods to thaw partially before cooking.

Care and Storage of Your Guide

To ensure the longevity of your Montgomery Ward Microwave Cooking Guide, please follow these care instructions:

- **Keep Dry:** Protect the guide from spills and moisture, especially in the kitchen environment.
- **Clean Gently:** If the cover or pages become soiled, wipe gently with a dry or slightly damp cloth. Avoid abrasive cleaners.
- **Store Properly:** Store the ring-bound guide upright on a shelf or in a drawer to prevent bending or damage to the pages and binding.

Specifications

Attribute	Detail

Attribute	Detail
Title	Montgomery Ward Microwave Cooking Guide
Model Number	8195
Publisher	Montgomery Ward
Publication Date	January 1, 1980 (Estimated)
Format	Ring-bound
Print Length	90 pages
Item Weight	1 pound
Language	English

Warranty and Support

As this is a vintage cooking guide, there is no manufacturer's warranty or direct product support available from Montgomery Ward. For general microwave cooking inquiries, please refer to the comprehensive content within this guide.

© Montgomery Ward Home Economist. All rights reserved.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question