How does it work?

Microwave ovens DO NOT work like conventional ovens. The microwave oven consists of a magnetron tube, which converts electricity into high frequency microwaves. Microwaves are a form of electromagnetic energy, like light waves or radio waves.

Microwaves cause food molecules to vibrate rapidly, creating friction that produces heat which then cooks the food. Food cooked in a microwave simply absorbs microwaves and turns their energy into thermal energy, which cooks the food. Microwaves cook from the outside towards the centre of the food.

Microwave oven is one of the most energy efficient appliances money can buy today. It takes 18 times more electricity to bake a potato in a regular oven than in a microwave.

Microwaves are colourless, odourless, tasteless, and they are not radioactive. A small amount of microwaves won’t hurt you. Microwaves are present all around us, in the form of satellite transmissions, cellular telephones, and even by the thermal radiation from our surroundings. A properly constructed microwave does not leak any microwaves.

Why can’t I use a metal container in a microwave?

Microwaves causes currents to flow in metals, these currents may heat the metal hot enough to cause a fire. PLEASE do not use metal containers, aluminium foil or place any metal cutlery in the microwave oven.

Microwave tips:

- Use less salt and seasoning when cooking in the microwave, as this draws out the moisture and will toughen the food. Add the salt later in the cooking process.
- Use less water when microwaving to the shorter cooking time.
- Stir liquids periodically when microwaving, and stir the outer sections, which cook faster, into the centre and centre sections to the outside. This evens the temperature throughout the food.
- Let microwaved food stand after cooking as it continues to cook for a few minutes after being removed from the oven. Cover the food during this time to direct the heat back into the food.