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Volume VI, 1973

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MICROWAVE ENERGY APPLICATIONS NEWSLETTER
P. O. Box 241
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A GUIDE TO MICROWAVE CATERING

by

LEWIS NAPLETON

Northwood Industrial Publications, Ltd., London
111 pages 1967. Revised 1971.

For the first time, a book on microwaves written by a food service person for food service people, and well written. Microwave theory is explained in simple terms. Meaningful examples are given to facilitate comprehension.

There is a chapter on the heating and cooking which is more than a listing of items. Explanations are given with good solid examples of how to cope with problem areas. No effort is made to gloss over items which do not respond well to the microwave method.

A chapter on catering applications indicates the relative ease with which a trained food person can adapt to this newer method of food preparation. Among the applications cited and developed by the author in this chapter are central food preparation for hospitals and hotels, industrial canteens, bars, highway catering, sports centers, parks, etc. Methodology is discussed in considerable detail for each application. Among miscellaneous uses the author recommends the microwave oven for testing meats for aroma and flavor, inspection of frozen meat (thawing), warming of ingredients as for mulled wine, fondu, sauces, etc., and a few non-food uses.

A final chapter is devoted to helping the caterer make his decision on whether or not to buy a microwave oven. Factors such as controls, service, price, type of operation, space savings, food quality, operating costs, and others are examined at some length. The final pages are given over to a heating and cooking guide listing procedures for a variety of menu items.

All in all this book is highly recommended to your attention.

Price \$2.00

MICROWAVE ENERGY APPLICATIONS NEWSLETTER

The only publication devoted exclusively to applications of microwave energy to Food Service and Food Processing. More than a Newsletter, this publication averages 20 information-packed pages per issue. More valuable than ever before, because of the rapid acceptance of microwave ovens and microwave cooking and heating as a way of life.

An estimated 500,000 ovens were sold in 1973 and it is predicted that 650,000 consumer ovens will be sold in 1974. At this rate of growth, sales could exceed one million units by the end of 1975. This means a rapidly growing market for convenience frozen foods tailored for microwave ovens. It also means a market for improved containers, both disposable and re-usable.

The commercial market is also increasing (about 20% annually), as more hospitals and other institutions seek to reduce labor costs through more efficient food service systems based on microwave oven heating of pre-plated meals. Some hospitals have even eliminated kitchens and purchase their complete patient trays from contract commissaries.

The biggest thing in microwave processing is microwave tempering of frozen meats, fish and poultry for further processing. Look to this technique to have a major influence on frozen meat marketing in the near future.

The Newsletter brings you this and much more in six information-packed issues per year. Each issue is filled with the latest on microwaves in the food field, research and review articles, journal and patent abstracts, tips for oven users, illustrations and editorial comment on important issues. No other publication provides these services.

Annual subscription rate in the U.S., Canada and Mexico is \$8.00. Other countries \$10.00.

AN EXCITING NEW WORLD OF MICROWAVE COOKING

by
VERNA LUDVIGSON
Pillsbury Publications, Minneapolis
168 pages, 1972

This is perhaps the best microwave cookbook this writer has ever examined. Not just a catalog of recipes, rather it is a meal management type of cookbook with clear guidance on the order in which foods should be prepared in the microwave oven to keep overall preparation time to a minimum. Over six months of research and testing in the Pillsbury Kitchens went into the preparation of this book, and recipes were retested by outside homemakers before final acceptance.

Unique features of the 168-page, full-color book include an easy to comprehend introductory section on the basics of microwaves in which the importance of such factors as starting temperature, volume, density, etc., are discussed; a section to introduce the new microwave oven owner to microwave cooking with over 50 easy recipes in which the homemaker is clearly led through the steps in microwave food preparation; and sprinkled liberally throughout are tips to make her work easier and her understanding of microwaves more complete. There is an extensive convenience foods section, and also a discussion on the use of metal in a microwave oven in which directions are provided for cooking TV-dinners on aluminum trays, shish kebab on skewers, canning foods in jars with metal lids, and so forth.

This cookbook contains over 300 recipes covering all categories. Three of the larger sections are seafood with 39 recipes and 3 dinner menus, poultry with 35 recipes and 3 dinner menus, and a detailed chart for preparing 27 vegetables. These categories are more extensive because of their greater variety and affinity to microwave cooking. Many

of the recipes are designed to be cooked in measuring cups and mixing bowls to make cooking more efficient and cleanup much easier.

Other sections include appetizers, beverages, beef, ham and pork, sausage, luncheon meats, eggs and cheese, soup and sandwiches, breads, salads, sauces, fruits, puddings, cookies, candies and pies.

The cookbook is 8 by 10 inches, has hard covers with spiral binding, 35 full-color photos of food prepared in a microwave oven and a Table of Contents and Index to simplify its use.

The author, Verna Ludvigson, is Home Economist for Consumer Products for the Atherton Division of Litton Industries. She recently joined Atherton from the Minneapolis Gas Company, where as a home economist she helped to develop complete teaching programs for junior and senior high school Home Economics classes. Mrs. Ludvigson has a Bachelor of Science degree in Home Economics from the University of Minnesota, is a member of the American Home Economists Association and the Twin Cities Home Economists in Business.

Price \$6.95

ABC's OF MICROWAVE COOKING

A handy 4 by 9-inch brochure of 28 pages discusses microwave energy in easy to understand language. It explains how microwave energy produces heat and how it cooks so fast. The procedure for measuring microwave power is outlined. Other subjects covered include microwave safety, browning, effect of food geometry, shielding, microbiology nutrition and containers for microwave cooking. A number of references are given for those who wish to delve further.

Price, \$1.00

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Microwave Meat Cookery
- No. 2 High Frequency Thawing of Foods
The Microwave Oven in the Food Away from
Home Market (Available in Xerox only)
- No. 3 International Microwave Power Symposium
-1968
Microbial Survival in Electronically Heated
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- No. 4 Microwave Food Applications: Status and
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Some Effects of Microwave Cooking Power
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Tips for Microwave Oven Users
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Foods for Food Service

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A Double Choke Design for Microwave
Ovens
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A Simple System of Microwave Pattern
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- No. 6 Radio-Frequency Energy - The Theory of its
Interaction with Foodstuffs and Possible
Applications in Food Processing