



MICROWAVES & OVENS EDUCATERING FEBRUARY 2018

Please attributes any quotes to Ray Hall, Managing Director, R H Hall

- ***How useful are microwaves in a school kitchen?***

Microwaves are essential for speed of service – considerably faster than conventional ovens and they also allow an operator to offer a wider choice of menu. Their versatility also provides advantages and the leading brands are developing models with new features and functionality in response to customers looking for product innovation, so they can be easily operated from a de-skilled base. Microwaves are very energy efficient too. In fact, when cooking vegetables they use three times less energy than that of a gas hob. Their footprint is also smaller than conventional ovens, great where space is at a premium.

- ***Can schools with small meal numbers produce a full menu using a modern microwave?***

Microwaves offer a quick and convenient tool at any time of the day and can reheat snacks and full meals with ease – perfect for when quick turnarounds are needed, particularly at breakfast or break times. Microwaves are also capable of much more than just reheating foods and by fully understanding their microwave and getting the right techniques for each type of food, succulent meat, poultry and fish together with perfectly cooked vegetables that retain taste, texture and nutritive value are all possible. Many of the techniques used in microwave cooking are the same as used in conventional cooking, but with a few minor adjustments. There are a great diversity of dishes that can be prepared quickly and easily from fresh ingredients. Not only that, but more nutrients are retained in microwave cooked food than by any other cooking method. In fact, correctly cooked vegetables contain 85% of their original vitamin content, when boiled they often contain none! A great benefit especially for growing children where they would only need to eat a little to get more of the vitamins they need. Historically there has been a lot of negativity towards cooking with microwaves, but there shouldn't be, microwaves can cook great food in a fraction of the time it would take with other methods. Not only do they save time, but money and nutrients too.

For those requiring more than just speed, the Maestrowave range includes combination microwaves such as the award winning Maestrowave Combi Chef 7. This high speed oven is packed with features including Menu Creator 2.0™ software and produces outstanding results at the touch of a button. A total of 11 combination modes allows huge menu versatility, and up to 99 pre-programmable menus ensure consistency. Menu Creator 2.0™ is incredibly easy to use, but full support is available via the Food Solutions team, who can offer menu development services. A video showing the features & benefits of this innovative product is available at www.rhhall.com

- ***What are the latest technologies in microwaves and ovens that are suited to schools?***

Leading brands are developing models with new features and functionality in response to customers looking for product innovation. Perfect as an entry level introduction to microwave cooking, the Maestrowave MW10 is a 1000W machine aimed at smaller operators looking for speed with a reliable reputation. The unique microwave distribution and cavity ensure perfect cooking, backed up by an unprecedented 3 Year Warranty on the Magnetron – the heart of the machine!

One key area is not just the equipment itself, but in menu's and food products too – the marrying of equipment and food/menu developments to get the maximum quality, value for money and labour saving solutions. We have been working with leading food producers and packaging companies to develop dishes specifically for microwave regeneration. The revolutionary iWave® Foodservice Solution uses microwave technology to provide a fully automated, 'straight to plate' system. With barcode scanners replacing traditional touchpad or manual controls, the iWave® offers a 'fool-proof' solution for certain applications – vending, care homes, hospitals and schools to name

just a few. We can work with various food companies to fully test and develop a bespoke menu for any site. With e-reporting options available, stock and budget control can be also managed easily.

- **Website for more info**

www.rhhall.com www.maestrowave.com

R H Hall are sole UK distributors for the Sharp range of Commercial Microwave Ovens, as well as Exclusive Worldwide Distributors for the Maestrowave range of Catering Equipment.

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