



## Microwave Cooking Feature Lunch Business Magazine – April 2014

*Please attribute any comments to Ray Hall, Managing Director, RH Hall*

Today's microwave ovens are sophisticated, yet easy to use and produce excellent cooking results in a fraction of the time it takes to cook foods conventionally and their versatility is underestimated. Many foods and dishes can be cooked in a microwave and all with great results. Microwaves have been a vital piece of equipment in today's commercial kitchen for defrosting and rapid reheating of pre-cooked foods.

Correct microwave oven wattage is very important – choose one with sufficient power, but just as importantly, do not over specify. If too low, you can be frustrated by delays, and if too high, it will be difficult to judge the timing of small portions.

Whilst it is common for caterers to choose speed (the higher the output the faster reheat times), it is also very important to understand that for some food products too much speed will destroy smaller portions of food or the delicate and sugary types of products.

The wattage determines the speed of reheat/cook times. Genuine commercial microwave ovens start at 1000 watts and go up to 3200 watts. The most popular outputs are 1000, 1200, 1500 and 1900, as these output sizes can all be run from a standard 13amp socket and are generally fairly compact in size yet big enough inside to accept a good-sized dinner plate.

Designed with incredible flexibility in mind the **Sharp R1900M "Dual Control"** is a must for heavy-duty use. With its 1900 watt power this is a very fast microwave that has an "extra heavy duty build quality", but still runs off a standard 13 amp plug, has two control panels and is capable of programming up to 100 of your favourite menus – ideal for de-skilled operations and speed of turnaround.

**If an operator wants to reheat and cook foods then consider a combination microwave...**

A combination microwave oven will not replace the need for microwave oven and vice versa. These two types of oven work extremely well in tandem together. The features available today allow a choice of manual and programmable models and some even allow the chef to enter the detailed names of individual dishes and daily/weekly specials - as with the **Maestrowave Combi Chef 7**, which is able to operate in a variety and combination of modes making it the most flexible, efficient and easy to use oven yet! It can bake, roast, grill, steam, defrost, regenerate, microwave, boil or simply keep food warm - this is the oven that can do it all.

For more information visit:

[www.rhhall.com](http://www.rhhall.com) / [www.microwaveassociation.org.uk](http://www.microwaveassociation.org.uk) / [www.maestrowave.com](http://www.maestrowave.com)

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