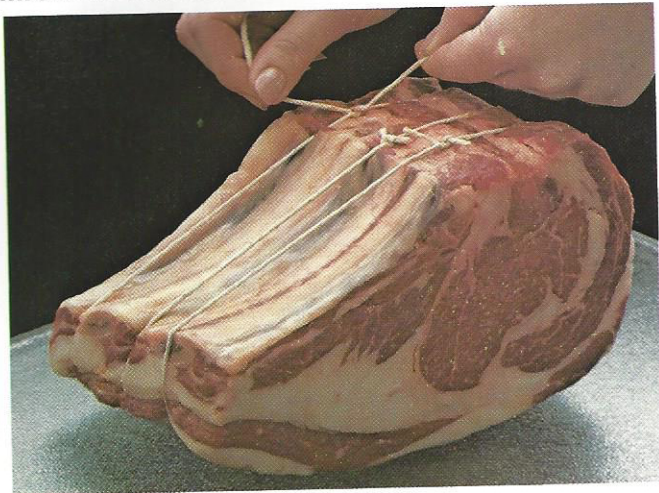


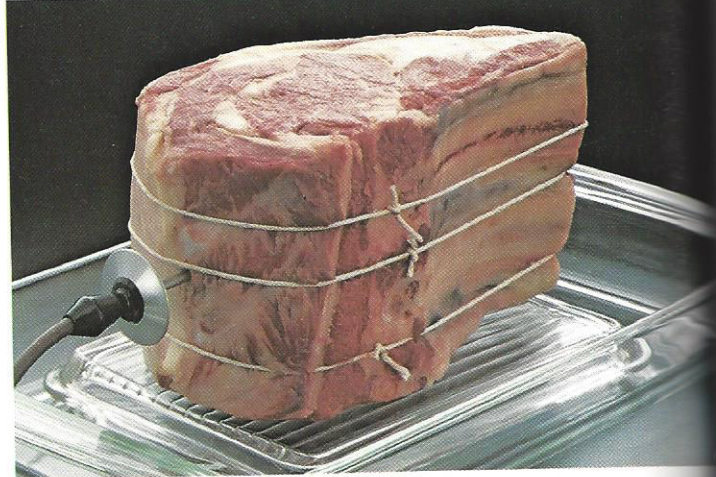
MICROLESSON: HOW TO MICROWAVE TENDER ROASTS



Tie roast with string to retain shape for better appearance and more even microwaving; remove string after cooking. Outer fatty layer expands, and the roast's shape may change unless tied.

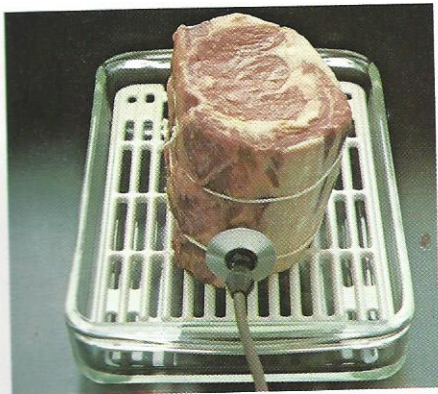
HOW TO INSERT THE TEMPERATURE PROBE

Measure the distance to the center of the roast by laying the temperature probe on top of the meat. If the roast is uneven in shape or contains fat or bone, select an angle which will bring the tip of the probe to the center of the thickest meaty area without touching fat or bone.

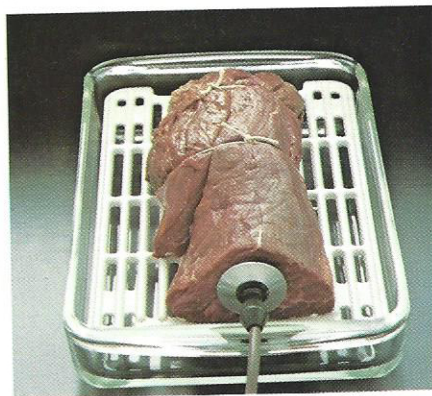


Insert temperature probe in center of roast. Cook on a trivet, like those described on page 39, placing trivet in a dish deep enough to hold drained-off meat juices. See photos below for tips on inserting the probe and positioning roast on the trivet.

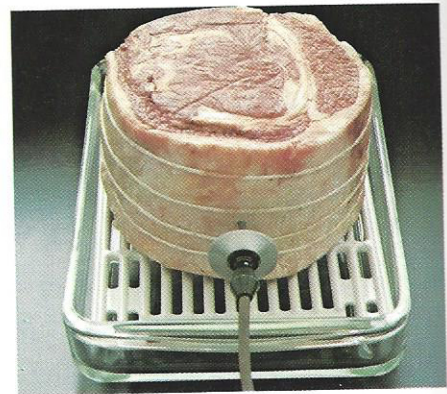
Mark with your thumb and forefinger where the edge of the meat comes on the probe. Insert the probe up to the point marked off with your finger.



Rib Eye. Insert probe through side of roast so that tip is in the center of meat.



Half Tenderloin. Insert probe into cut end so tip is in center of roast.



Rolled Rib. Insert probe into the rolled side so that tip is in the center.

NOTE: Pictures are taken without wax paper cover to best show positioning of temperature probe.

MICROWAVING BEEF BY TIME

Estimate the cooking time for the type, size and desired doneness of your roast. (See chart at right.) Cook for the minimum time suggested on the chart, turning roast over after about $\frac{2}{3}$ the cooking time. You may need to reset the timer to complete the minimum cycle for larger or well done roasts.

After the minimum time, remove the roast from the oven and test the temperature with a meat thermometer, following the directions for probe placement given with

your type of roast. Remember that microwave roasted meats are cooked to a lower temperature than conventionally roasted meats. If the roast has not reached the desired doneness, remove the thermometer and return the meat to the oven for a few more minutes of cooking time. *Do not use meat thermometer in the microwave oven unless it is specially designed or recommended for use in the microwave oven.*