Are Micro Wave Ovens Really for Everyone?

by Jacob Martin

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Almost every dilemma in life poses the issue of should we or shouldn't we. Many people swear by the efficiency and convenience of microwave ovens, and yet for years these appliances have been banned in Russia.

There are also those who question how on earth the microwave knows exactly what to do when a cup filled with liquid is placed inside. We all know it heats the liquid, but...how does it know not to heat the cup? The answers are not always cut and dried. Here are some of them anyway, untrimmed and soggy, but as honest as can be.

Pros

â€¢ Microwave ovens cook food faster than conventional ovens. For example, a filet of fish in the microwave takes only 2-3 minutes. Generally speaking, most foods cook in one-quarter to one-half the time that other basic cooking methods require because the food cooks from within.

â€¢ Microwave ovens save on energy bills because they only heat the food and don't utilize as much energy as do other ovens.

â€¢ Food retains its nutrients when cooked in a microwave oven. Due to the fact that the process does not "brown" protein foods, oxidation is reduced and nutrients such as vitamin A and E remain undisturbed.

Cons

Much (but not all) of the criticism surrounding the ownership and operation of a microwave oven concerns both incorrect use of the appliance and the belief in certain persistent misconceptions. Two common ones are: that microwave energy changes the chemical composition of food and that eating food cooked in the microwave causes exposure to radiation.

While the jury may still be officially out on these allegations, belief that they are true and/or false is powerful on both sides of the pro-and-con fence. Below are some cons that are universally accepted.

â€¢ Frozen foods can take a long time to cook in a microwave oven.

â€¢ Often meats become dry and mushy in texture when cooked in a microwave oven. It's also harder to predict the proper cooking time, especially for a large cut of meat.

â€¢ Although baked goods rise higher in a microwave oven, meat, bread, rolls, and other baked goods often do not brown as well.

â€¢ Microwaves require special cook wear. Conventional metal pots and pans and even aluminum foil cannot ever be used.

â€¢ There is always a chance of radiation leakage, although it is not as likely with the way microwaves are made today.

These kind of valuable information will help when you actually going to buy or need appliance repair NYC to get with it.

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If after reading this you have decided to either buy a microwave or keep your current one and something should go wrong, remember that the specialists at Appliance Doctor are always there to help you and can be reached at a Appliancedoctorx.com

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