

TUPPERWARE® STACK COOKER

DID YOU KNOW?

- Microwaves are attracted to fat, sugar and water, in that order. They travel through paper, plastic and glass and they bounce off metal.
- Microwaves do not fully penetrate food (penetration depth varies based on the density and composition of food). It's important to frequently stir large quantities of liquid during microwaving and also to cut food uniformly and place them in a ring in the Stack Cooker for maximum microwave exposure (as we do for the Chicken Burrito Bowls).
- Food continues to cook 20-25% more after you remove it from the microwave.
- The current standard wattage for a residential microwave is between 900 and 1200 watts.

APPROXIMATE MICROWAVE POWER TO OVEN DEGREES

You don't want to cook your food twice, right? When reheating food, set the microwave to 50-70% power (depending upon your microwave wattage).

MICROWAVE POWER	OVEN DEGREES
100-90% power	425-500° F/ 218-260° C
80% power	375-425° F/ 190-218° C
70% power	350-375° F/ 175-190° C
50-60% power	300-350° F/ 148-175° C
30-40% power	225-300° F/ 107-148° C
20% power	200-225° F/ 93-107° C
10% power	150-200° F/ 66-93° C

HOW TO DETERMINE YOUR MICROWAVE'S WATTAGE

If you're unsure and can't find your wattage on the microwave, in your owner's manual or by researching your model online, you can use the "time-to-boil" test:

- Pour one cup of icy cold water in a glass container and microwave on high for 4 minutes.
- Watch the water to see when it boils.
 - **Under 2 minutes:** 1000 watts or more
 - **2½ minutes:** about 800 watts
 - **3 minutes:** about 650-700 watts

CONVERTING RECIPES

- You can cook in the microwave in about one quarter of the conventional oven time. For example, 1 hour at 350° F/175° C equals 15 minutes at 70% power. Always use a food thermometer to ensure a safe internal temperature.

AVERAGE COOK TIMES:

Red meat and vegetables

6 minutes per pound/455 g on 100%

Poultry

6 minutes per pound/455 g on 100%

Seafood

3 minutes per pound/455 g on 100%