

Microwave Cooking

Guidelines for Microwave Cooking in your Foodservice Establishment

Using a microwave oven in your foodservice establishment can help achieve rapid cooking. Use these guidelines to ensure you are cooking food safely in your microwave oven:

1. Rotate and stir food throughout the cooking process to evenly distribute heat.
2. Cover food to retain moisture.
3. Heat food to an internal temperature of 165°F in all parts of the food.
4. Allow food to stand covered for two minutes after cooking to obtain temperature equilibrium.

Time and temperature control for safety (TCS) food reheated in a microwave oven for hot holding shall be reheated so that all parts of the food reach a temperature of at least 165°F following the steps above. Then the food can be hot held at 135°F for food service.

As part of a cooking process, food that is frozen may be thawed in a microwave oven if immediately transferred to conventional cooking equipment, with no interruption in the process.

Remember: The interior of a microwave oven is considered a food-contact surface because food could become contaminated by drips, drains, or splashes if the microwave oven is not cleaned. The cavities and door seals of microwave ovens shall be cleaned at least every 24 hours by using the manufacturer's recommended cleaning procedure.

Health Response and Licensure • Food and Lodging

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