

MICROWAVE OVEN

Cooking Hygiene and Safety



食物環境衛生署
Food and Environmental
Hygiene Department

INTRODUCTION

Microwave ovens cook food in a different way from conventional ovens. Cooking occurs when microwave causes food particles (mainly water molecules) to vibrate, causing friction and creating heat. However, foodborne illness can occur if proper food handling techniques and cooking practices are not followed when using a microwave oven.

SAFETY AND HYGIENE TIPS

The microwave oven

- Purchase microwave ovens manufactured by reputable manufacturers.
- Read the oven manual carefully for recommended handling techniques and cleaning methods.
- Do not operate the microwave oven if the door does not close firmly or the oven is not working properly.
- Clean the microwave oven frequently.

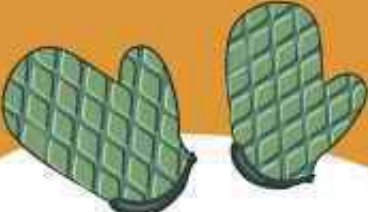

Cookware and wraps

- Use cookware and plastic wraps specially manufactured for microwave cooking.
 - Do not use plastic storage bags, plastic grocery bags, foam trays, one-time use containers or aluminum foil for microwaving.





Cooking

- Observe good hygiene practices such as washing hands before and after handling food.
 - Cover with a microwave safe lid/plastic wrap; however, leave a small part uncovered to let steam escape. The plastic wrap should not touch food during cooking.
 - Cook larger pieces of meat at medium power for longer periods. This allows heat to reach the centre of meats without overcooking the outer portions.
 - For uniform cooking,
 - cut food into smaller pieces;
 - put food items evenly on a dish;
 - place larger/thicker portions of food towards the outside of a dish;
 - stir or rotate food several times during cooking;
 - let the food stand for two minutes after cooking.
 - Cook food thoroughly. Return undercooked food to the oven for further cooking until it is completely cooked. Poultry and meat should be cooked until juices run clear and no pink colour remains.
 - Defrost frozen food completely before cooking them in the microwave oven. Thawed and frozen parts in the same food may lead to uneven cooking.
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Defrosting

- Remove food from packaging and put it on microwave safe cookware for defrosting. Rotate and rearrange food during defrosting.
- Cook thawed food immediately because some areas of the frozen food may begin to cook during defrosting in the microwave oven. Avoid keeping partially cooked food for later use.

Reheating

- Cover foods with a microwave-safe lid/plastic wrap to provide safe and uniform heating
- Reheat leftovers and pre-cooked food to steaming hot.

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