

Microwave Oven Cooked Breakfast Sausage



(Cooking instructions in this recipe apply to **breakfast sausages** made from any kind of meat.)

NOTE: There are 3 good reasons for cooking **breakfast sausage** in the microwave oven:

1. Less cooking time.
2. Less fat (and no splatter) - the paper towel absorbs fat incredibly efficiently.
3. Less clean up - fat absorbed paper towel goes in the trash. No pan to cool, wipe clean with a paper towel and then clean with soap and warm water.

Cooking Time: 5 minutes for **6 breakfast sausages**

Ingredients

1-3 (or more) Pieces of Breakfast Sausage Per Person



Equipment

Microwave Oven
Microwave Oven Safe Plate (large enough to hold bacon pieces)
Large Frying Pan (only for defrosting bacon, if needed)
Pot Holder
Paper Towels
Sharp Knife (to check sausages for doneness)



1. If the **sausages** are already defrosted, skip to step 2. Otherwise, put the sealed **sausage package** in a large frying pan and fill with WARM (not HOT) water as shown. Defrosting will take 10-20 minutes. **NOTE:** Do NOT use a microwave oven to defrost **frozen sausages** (or any other **food**) still in its plastic packaging as research has shown some of the plastic, when exposed to high microwave heat, can melt and leech into the **sausages** (or other **food**) .

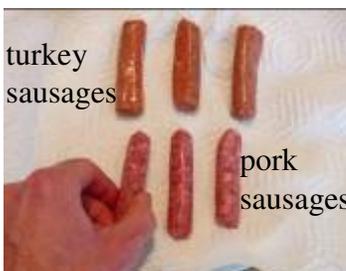


2. Tear off a 2 piece section of paper towel and lay one piece of paper towel on a microwave oven safe plate. Then...



...place up to **6 breakfast sausages** on the paper towel covered plate (a) and cover the **sausages** with the second piece of paper towel (b).

(a)



(b)



3. Put the plate in the microwave and...



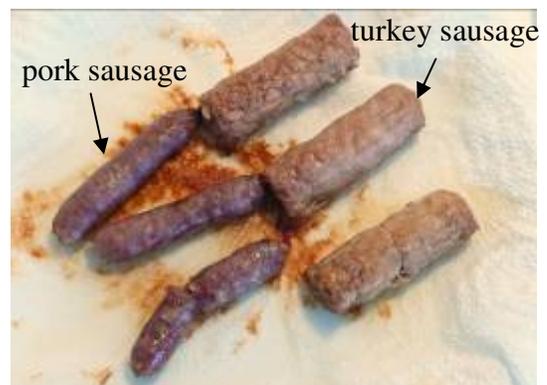
...cook for 5 minutes on HIGH heat.



4. After cooking time has elapsed, remove the **sausages** from the microwave oven with a potholder if needed. (Note the amount of **fat** and **water** absorbed by the paper towels.)



5. To check for doneness, first make sure the cooked **breakfast sausages** are browned on the outside as shown below. Then...

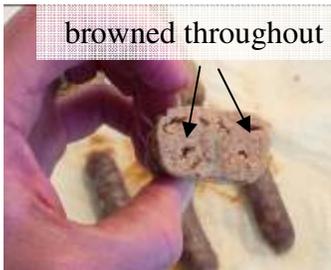


...use a sharp knife to cut into the middle of the thickest **sausage** and...



...compare what you have with the “**Done**” (left) and “**Not Done**” (right) photos below.

Done



Not Done



Sausages are done when the **meat** is browned throughout as shown above.

These **sausages**, though browned on the outside, are still undercooked and pink in the middle. If your **sausages** look like this, keep cooking until the **meat** in the middle is browned throughout.

6. To clean up, throw out the paper towel (a) and either put the dish you used in the dishwasher (b) or clean with warm water and dish soap.

(a)



(b)

