

Microwave Oven Cooked Bacon (Chewy or Crispy; Pork or Turkey Bacon)



Chewy (top) or Crispy (bottom) **Pork Bacon**



Chewy (top) or Crispy (bottom) **Turkey Bacon**

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

1. Less cooking time.
2. Less fat (and no splatter) - the paper towel soaks fat incredibly efficiently.
3. Less clean up - fat soaked 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: 3-4 minutes for 4 **bacon pieces** depending on desired chewy or crispy doneness

Ingredients

1-2 (or more) Slices of Bacon Per Person (Pork or Turkey)



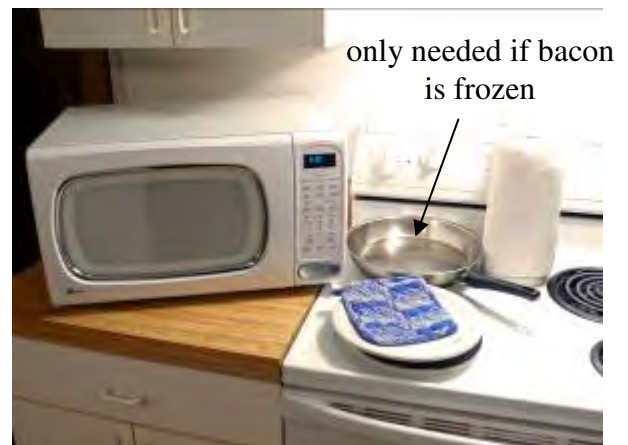
(pork bacon)



(turkey bacon)

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



1. If the **bacon** is already defrosted, skip to step 2. Otherwise, put the sealed **bacon 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 bacon** (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 **bacon** (or other **food**).



2. To keep the **bacon** flat on the plate while you surround it with paper towel, follow steps (1) – (4) for **pork bacon** (higher fat content – needs more paper towel to absorb fat) and only steps (1) and (2) for **turkey bacon** (less fat content – needs only 2 paper towel pieces to absorb fat).

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



(2) Place up to 4 **bacon pieces** (**pork** or **turkey**) – without the **bacon pieces** overlapping – on the paper towel covered plate (a). Then cover the **bacon** with the second piece of paper towel (b). (For **turkey bacon**, skip to step 3 (putting the **bacon** in

the microwave oven). For **pork bacon**, continue with steps (3) and (4).

(a)



(b)

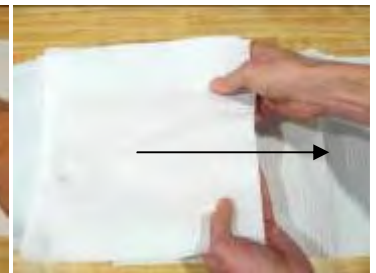


(3) Rotate the plate a quarter turn to the right (c) and slide the **wrapped pork bacon** onto half of another 2 piece section of paper towel (d).

(c)



(d)



(4) Fold over the second piece of paper towel (e) and lift what you have back onto the plate (f).

(e)



(f)



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



...cook using HIGH heat according to whether you want the **pork** or **turnkey bacon** chewy (left) or crispy (right) as shown below.

Chewy Bacon

Crispy Bacon

Pork Bacon

Turkey Bacon

Pork Bacon

Turkey Bacon

(1) Set the microwave timer for 3 minutes if you're cooking **4 pieces of bacon** (or 45 seconds per **bacon piece** if you're cooking fewer than 4 pieces)

(1) Set the microwave timer for 2 1/2 minutes if you're cooking **4 pieces of bacon** (or 40 seconds per **bacon piece** if you're cooking fewer than 4 pieces)

(1) Set the microwave timer for 4 minutes if you're cooking **4 pieces of bacon** (or 1 minute per **bacon piece** if you're cooking fewer than 4 pieces)

(1) Set the microwave timer for 3 minutes if you're cooking **4 pieces of bacon** (or 45 seconds per **bacon piece** if you're cooking fewer than 4 pieces)



(2) After cooking time has elapsed, remove the **bacon** from the microwave oven with a potholder if needed and check for doneness as shown in (3). (Note the amount of **fat** absorbed by the paper towels.)



(3) **Chewy pork bacon** is cooked to doneness when it looks about like this: **meat** and **fat** slightly browned while...

(3) **Chewy turkey bacon** is cooked to doneness when it looks about like this: slightly browned while...

(3) **Crispy pork bacon** is cooked to doneness when it looks about like this: **meat** and **fat** more darkly browned and...

(3) **Crispy turkey bacon** is cooked to doneness when it looks about like this: more darkly browned and...



Chewy Bacon (Cont'd)

Pork Bacon

...still pliable when bent in half as shown here.



Turkey Bacon

...breaks when bent in half as shown here.



NOTE: If, however, your **pork bacon** looks more like the photo below: **meat** still pink and **fat** still white, cook until shown in the previous 2 photos.



NOTE: If, however, your **turkey bacon** looks more like the photo below: **meat** still pink and **fat** still white, cook until shown in the previous 2 photos.



Crispy Bacon (Cont'd)

Pork Bacon

...still pliable when bent in half as shown here.



Turkey Bacon

...breaks when bent in half as shown here.



NOTE: If, however, your **pork bacon** looks more like the photo below: **meat** still pink and **fat** still white, cook until shown in the previous 2 photos.



4. 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)

