

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 to cook **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 later 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



only needed if bacon
is frozen

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. Do as follows according to whether you're cooking **pork** or **turkey bacon**. For **pork bacon** (higher fat content – needs more paper towel to absorb fat), use a 4 piece section of paper towel folded in half and positioned on a microwave oven safe plate as shown below. For **turkey bacon** (less fat content) use a 2 piece section of paper towel as shown.



3. 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 paper towel as shown in (b).

(a)



(b)



4. Put the plate in the microwave and...



...cook using HIGH heat according to whether you want the **pork** or **turkey bacon** chewy or crispy as shown on the next page.

Chewy Bacon

Pork 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)



Turkey Bacon

(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)



Crispy Bacon

Pork Bacon

(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)



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)



(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...



Chevy Bacon (Cont'd)

Pork Bacon

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



Turkey Bacon

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



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.



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.



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.

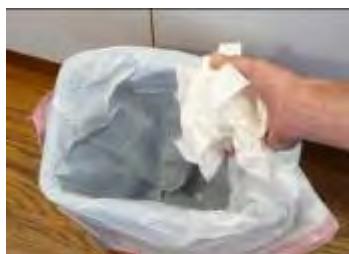


NOTE: If, however, your **turkey bacon** looks more like the photo below: **meat** still pink and **fat** still white, cook until shown in the previous 2 photos.



5. 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)

