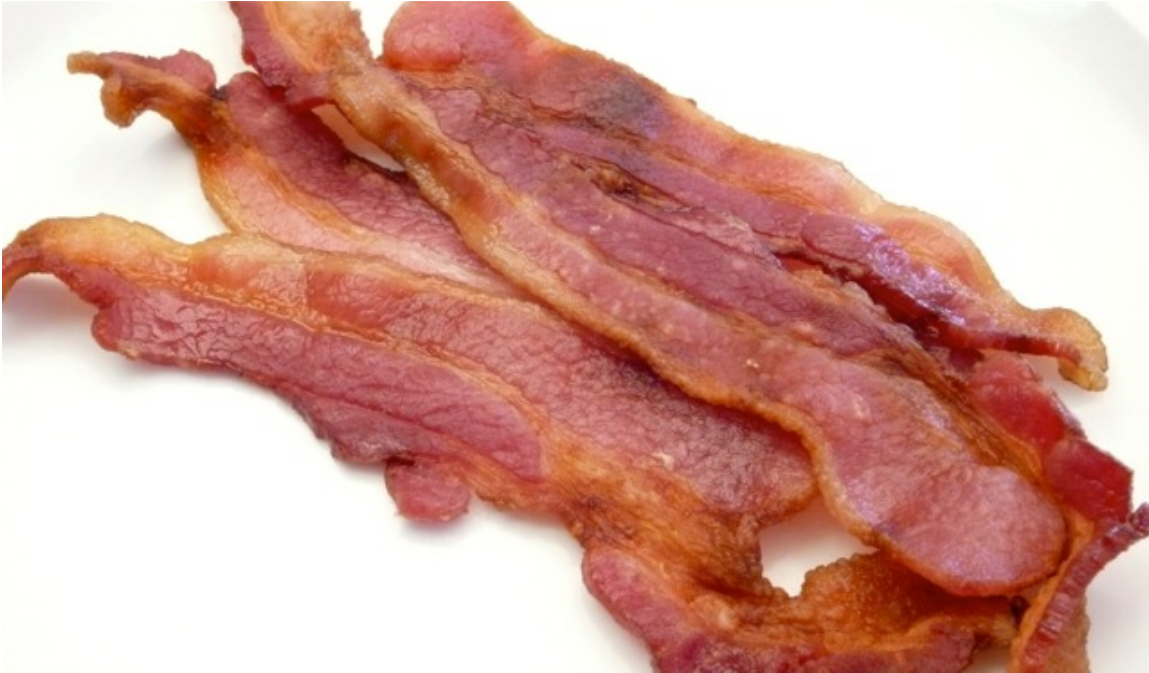


# Microwave Oven Cooked Bacon



**TIP:** Here are 3 fantastic advantages to cooking bacon in the microwave oven instead of a frying pan:

1. **Less cooking time.** Pan cooking 4 pieces of bacon takes at least 10 minutes. Cooking the same amount of bacon in the microwave oven takes less than 5 minutes.
2. **Less fat and no splatter.** The paper towel used to surround the bacon as it cooks in the microwave oven soaks up fat much more efficiently than paper towel placed under freshly cooked bacon that's just been taken out of the frying pan.
3. **Less clean up.** The fat soaked paper towel surrounding the bacon as it cooks in the microwave oven goes in the trash. There's no pan to cool, wipe clean with a paper towel and then later clean with soap and warm water like there is after cooking bacon in a frying pan.

**Cooking Time:** 3-4 minutes for 4 bacon pieces depending on desired chewy or crisp doneness

### Ingredients

1-2 (or more) Slices of Pork or Turkey Bacon per person



### Equipment

Microwave Oven

Microwave Oven Safe Plate (large enough to hold bacon pieces)

Large Frying Pan (only used as a container for water to defrost bacon, if needed)

Potholder or Folded Dishtowel

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:** I strongly recommend NOT using a microwave oven to defrost **frozen bacon** or **any other food still wrapped in its plastic packaging** as research has shown some plastics, when exposed to microwave heat, can melt and leach into the **bacon** or **other food** being defrosted.



2. For **pork bacon** (higher fat content), use 4 pieces of paper towel: 2 pieces underneath the **bacon** on a *microwave oven safe plate* and 2 pieces of paper towel to cover the **bacon**. For **turkey bacon** (lower fat content) use 2 pieces of paper towel: 1 piece of paper towel underneath the **bacon** on a *microwave oven safe plate* and 1 piece of paper towel to cover the **bacon**.



Place up to **4 bacon pieces** on the paper towel covered plate without letting the **bacon pieces** overlap.





Cover the **bacon** with paper towel.











3. Put the plate in the microwave oven, and cook using your microwave oven HIGH heat or 100% power for the amount of time shown in the following table according to whether you want the **pork** or **turkey bacon** chewy or crisp. **NOTE:** I used a 1200-watt microwave oven to cook the **bacon** shown in this recipe. Cooking time will vary depending on your microwave oven wattage.







Chewy Pork Bacon	Chewy Turkey Bacon	Crisp Pork Bacon	Crisp Turkey Bacon
3 - 3 1/2 minutes for <b>4 pieces of bacon</b> (or 45 seconds per <b>bacon piece</b> if you're cooking fewer than 4 pieces)	2 1/2 - 3 minutes for <b>4 pieces of bacon</b> (or 40 seconds per <b>bacon piece</b> if you're cooking fewer than 4 pieces)	4 minutes for <b>4 pieces of bacon</b> (or 1 minutes per <b>bacon piece</b> if you're cooking fewer than 4 pieces)	3 minutes for <b>4 pieces of bacon</b> (or 45 seconds per <b>bacon piece</b> if you're cooking fewer than 4 pieces)

4. After cooking, use a potholder or folded dishtowel to remove the plate from the microwave oven, and check the **bacon** for doneness as shown in the table below.



Chewy Pork Bacon	Chewy Turkey Bacon	Crisp Pork Bacon	Crisp Turkey Bacon
Cooked to doneness when the <b>meat</b> and <b>fat</b> are slightly browned and...	Cooked to doneness when slightly browned and...	Cooked to doneness when the <b>meat</b> and <b>fat</b> more darkly browned and...	Cooked to doneness when more darkly browned and...
			
...the <b>bacon</b> is still pliable when bent in half as shown here.	...still pliable when bent in half as shown here.	...the <b>bacon</b> breaks when bent in half as shown here.	...the <b>bacon</b> breaks when bent in half as shown here.
			



<b>NOTE:</b> If, however, your <b>pork bacon</b> looks more like the photo below: <b>meat</b> still pink and <b>fat</b> still white, keep cooking until it looks as shown in the previous 2 photos.	<b>NOTE:</b> If, however, your <b>turkey bacon</b> looks more like the photo below: <b>meat</b> still pink and <b>fat</b> still white, keep cooking until it looks as shown in the previous 2 photos.	<b>NOTE:</b> If, however, your <b>pork bacon</b> looks more like the photo below: <b>meat</b> still pink and <b>fat</b> still white, keep cooking until it looks as shown in the previous 2 photos.	<b>NOTE:</b> If, however, your <b>turkey bacon</b> looks more like the photo below: <b>meat</b> still pink and <b>fat</b> still white, keep cooking until it looks as shown in the previous 2 photos.
			

5.To clean up, throw out the paper towel, and either put the dish you used in the dishwasher or clean with warm water and dish soap.



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