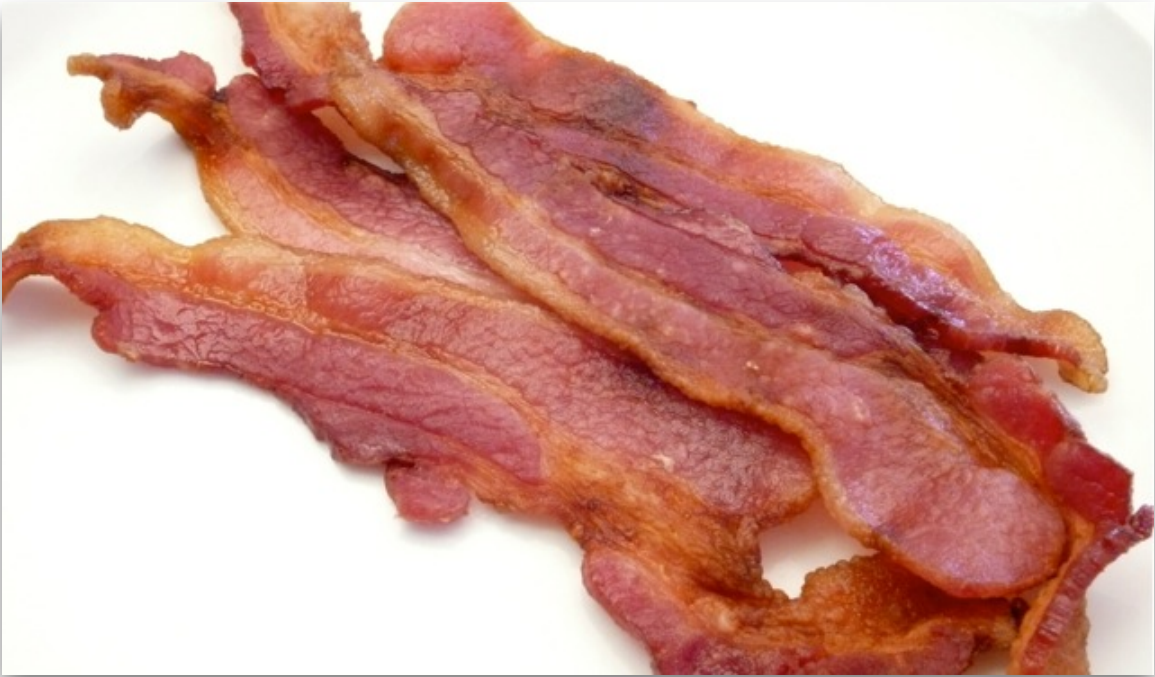


# Microwave Oven Cooked Bacon



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

1. **Less cooking time.** Cooking 4 pieces of bacon in a frying pan takes at least 10 minutes, and that doesn't include the time it takes to warm the pan to the proper cooking temperature. 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 from microwave-cooked bacon goes straight in the trash. There's also no pan to cool, wipe clean with a paper towel and then have to clean with soap and warm water like there is after cooking bacon in a 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 the pan with WARM (not HOT) water as shown below. Defrosting will take 10-20 minutes. **NOTE:** I strongly recommend **NOT** using a microwave oven to defrost **frozen bacon** or **any other frozen food** *still wrapped in its plastic packaging* as research has shown that some plastics, when exposed to microwave heat, can melt and leach into the **food** being defrosted.





2. Put paper towels on a *microwave oven safe plate* as follows according to whether you're using **pork** or **turkey bacon**. For **pork bacon** (higher fat content), use 4 pieces of paper towel folded into 2 sections of 2 pieces of paper towel each so that you'll have 2 pieces underneath the **bacon** and 2 pieces of paper towel to cover the **bacon**. For **turkey bacon** (lower fat content) use 2 pieces of paper towel so that you'll have 1 piece of paper towel underneath the **bacon** 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...




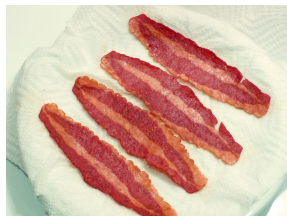






...cook using your microwave oven **HIGH** heat or 100% power for the amount of time shown in the following table according to whether you want chewy or crispy **pork** or **turkey bacon**. **NOTE:** I used a 1200-watt microwave oven to cook the **bacon** shown in this recipe. Cooking time will vary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

Chewy Pork Bacon	Chewy Turkey Bacon	Crispy Pork Bacon	Crispy 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	Crispy Pork Bacon	Crispy 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 your <b>pork bacon</b> looks more like the photo below: <b>meat</b> still pink and <b>fat</b> still white, keep cooking cook until it looks as shown in the previous 2 photos.	<b>NOTE:</b> If 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 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 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 it with warm water and dish soap.

