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## How to use morphy richards microwave oven 25 mcg

The humble microwave is like an Atomic Age dream that actually came true: In the kitchen of the future, you'll make fully cooked meals in minutes! And the versatile device can do more than just heat your leftovers. Today we're testing some cooking tips that can put your microwave to use beyond reheating last night's pizza.We tried making our own popcorn without a prepackaged bag, made potato chips from scratch, gave the ol' brownie-in-a-mug a try, and attempted to make crispy bacon. All in a common microwave oven. Photo Courtesy: Visage/Stockbyte/Getty Images We've always known the fast pace of modern life goes hand in hand with the convenience of microwave cooking. More recently, the unforeseen events of 2020 taught us that even when the world slows down, we still need the convenience of a reliable microwave when we just can't face cooking another meal. From defrosting the chicken you forgot to take out of the freezer to quickly reheating leftovers, a microwave is an essential tool to make life easier for your family — but it doesn't have to end there. Like most appliances, microwaves come in a range of quality levels. You don't have to spend a lot on a model, but investing in the best microwave you can afford definitely results in some cooking benefits. Many of the best microwave ovens come with additional features, such as grilling and broiling capabilities on specific Emerson and Panasonic models and Smart Sensor technology on Toshiba models to maximize the cooking of common foods like baked potatoes, pizza and popcorn. Check out these options and others to find the best microwave oven for your kitchen. When it comes to searching for the best microwave oven, you can't beat the Toshiba EM131A5C-SS microwave oven with Smart Sensor Technology. This unit puts function and convenience at your fingertips, with popcorn and defrost settings and plenty of power. It's energy-efficient, especially when you use the eco mode. More than 1,000 reviewers love this microwave enough to give it five stars, and they love how well it cooks. If you're looking for an inexpensive option, give the AmazonBasics microwave a look. This compact unit is functional and versatile, with quick settings and a large display. One of the most interesting features of this one is that you can use it with your Amazon Echo for voice control. More than 1,300 reviewers give it five stars for its value and convenience, earning it a spot on this best microwave list. If you have young children around the house, you know how important safety is in the kitchen. The BLACK+DECKER EM036AB14 digital microwave oven is one fewer appliance for you to worry about. It does everything you expect it to, but it also has a child safety lock that prevents kids from getting hot items out — now that's worth a best microwave rating! Reviewers love the size and functionality that this microwave offers. If you're looking for a microwave oven for the office breakroom, check out the Toshiba EM925A5A-BS microwave oven. This compact unit doesn't trade power for size, and you can count on it to cook your food thoroughly every time. One function that makes it best microwave quality for the office is the mute feature that allows you to turn off sounds. Consumers also love the efficiency and operation of this microwave. The Toshiba EM131A5C-BS microwave oven with Smart Sensor Technology performs as nicely as it looks. This sleek, stainless steel microwave is robust and efficient. You'll love the large display and easy-to-read buttons, but the best microwave feature on this one is the sensor system that cooks your food with maximum efficiency to achieve the best quality. More than 1,000 reviewers give this unit five stars for its effectiveness and cooking accuracy. Sometimes a microwave is more than just a microwave. The Panasonic countertop microwave oven with FlashXpress Broiler has built-in broiler capabilities that allow you to cook food to crispy deliciousness with the press of a button. It has a huge turntable, and you can program it to start at a later time. Around 60 percent of reviewers rated it a best microwave with five stars for its power and convenience. If you're interested in a microwave that also grills, you're in luck. The Emerson griller microwave oven with touch control is not only a quick-cooking, heavy-duty microwave, but it's also a handy indoor grilling appliance. You'll love how much more you can do in the kitchen with this unit. Consumers rave about the versatility and efficiency, with many commenting that it's the best microwave they ever owned. If your design tastes run toward the era before microwaves were common, you'll fall in love with the Nostalgia RMO4RR Retro countertop microwave oven. This appliance gives you preprogrammed settings and a rotating turntable, and it's easy to clean. Best of all, it looks like it comes straight from the 1950s, despite the era being decades before the appliance's invention. Reviewers praise this cute microwave for its retro charm. The Food and Drug Administration (FDA) has regulated the manufacture of microwave ovens since 1971. Microwave oven manufacturers are required to certify their products and meet safety performance standards created and enforced by the FDA to protect the public health. On the basis of current knowledge about microwave radiation, the Agency believes that ovens that meet the FDA standard and are used according to the manufacturer's instructions are safe for use. What is Microwave Radiation? Microwaves are a form of "electromagnetic" radiation; that is, they are waves of electrical and magnetic energy moving together through space. Electromagnetic radiation spans a broad spectrum from very long radio waves to very short gamma rays. The human eye can only detect a small portion of this spectrum called visible light. A radio detects a different portion of the spectrum, and an X-ray machine uses yet another portion. Visible light, microwaves, and radio frequency (RF) radiation are forms of non-ionizing radiation. Non-ionizing radiation does not have enough energy to knock electrons out of atoms. X-rays are a form of ionizing radiation. Exposure to ionizing radiation can alter atoms and molecules and cause damage to cells in organic matter. Microwaves are used to detect speeding cars and to send telephone and television communications. Industry uses microwaves to dry and cure plywood, to cure rubber and resins, to raise bread and doughnuts, and to cook potato chips. But the most common consumer use of microwave energy is in microwave ovens. Microwaves have three characteristics that allow them to be used in cooking: they are reflected by metal; they pass through glass, paper, plastic, and similar materials; and they are absorbed by foods. Cooking with Microwaves Microwaves are produced inside the oven by an electron tube called a magnetron. The microwaves are reflected within the metal interior of the oven where they are absorbed by food. Microwaves cause water molecules in food to vibrate, producing heat that cooks the food. That's why foods that are high in water content, like fresh vegetables, can be cooked more quickly than other foods. The microwave energy is changed to heat as it is absorbed by food, and does not make food "radioactive" or "contaminated." Although heat is produced directly in the food, microwave ovens do not cook food from the "inside out." When thick foods are cooked, the outer layers are heated and cooked primarily by microwaves while the inside is cooked mainly by the conduction of heat from the hot outer layers. Microwave cooking can be more energy efficient than conventional cooking because foods cook faster and the energy heats only the food, not the whole oven compartment. Microwave cooking does not reduce the nutritional value of foods any more than conventional cooking. In fact, foods cooked in a microwave oven may keep more of their vitamins and minerals, because microwave ovens can cook more quickly and without adding water. Glass, paper, ceramic, or plastic containers are used in microwave cooking because microwaves pass through these materials. Although such containers cannot be heated by microwaves, they can become hot from the heat of the food cooking inside. Some plastic containers should not be used in a microwave oven because they can be melted by the heat of the food inside. Generally, metal pans or aluminum foil should also not be used in a microwave oven, as the microwaves are reflected off these materials causing the food to cook unevenly and possibly damaging the oven. The instructions that come with each microwave oven indicate the kinds of containers to use. They also cover how to test containers to see whether or not they can be used in microwave ovens. Avoiding Injuries from Super-Heated Water in Microwave Ovens The FDA received reports in the past of serious skin burns or scalding injuries around people's hands and faces as a result of hot water erupting out of a cup after it had been overheated in a microwave oven. Super-heated water (water heated past its boiling temperature) does not appear to be boiling and occurs when water is heated by itself in a clean cup. If super-heating has occurred, a slight disturbance or movement such as picking up the cup, or pouring in a spoon full of instant coffee, may result in a violent eruption with the boiling water exploding out of the cup. Adding substances such as instant coffee or sugar before heating greatly reduces this risk. Users should closely follow the precautions and recommendations provided in the microwave oven instruction manuals, specifically regarding heating times. Users should make sure that they do not exceed the recommended heating times when determining the best time settings to heat water to the desired temperature. Microwave Oven Safety Standard Through its Center for Devices and Radiological Health (CDRH), the FDA sets and enforces standards of performance for electronic products to assure that radiation emissions do not pose a hazard to public health. A Federal standard (21 CFR 1030.10) limits the amount of microwaves that can leak from an oven throughout its lifetime to 5 milliwatts (mW) of microwave radiation per square centimeter at approximately 2 inches from the oven surface. This limit is far below the level known to harm people. Microwave energy also decreases dramatically as you move away from the source of radiation. A measurement made 20 inches from an oven would be approximately 1/100th of the value measured at 2 inches from the oven. The standard also requires all ovens to have two independent interlock systems that stop the production of microwaves the moment the latch is released or the door is opened. In addition, a monitoring system stops oven operation in case one or both of the interlock systems fail. All ovens must have a label stating that they meet the safety standard. In addition, the FDA requires that all ovens have a label explaining precautions for use. This requirement may be dropped if the manufacturer has proven that the oven will not exceed the allowable leakage limit even if used under the conditions cautioned against on the label. To make sure the standard is met, FDA tests microwave ovens in its own laboratory. The FDA also evaluates manufacturers' radiation testing and quality control programs at their factories. Microwave Ovens and Health Microwave radiation can heat body tissue the same way it heats food. Exposure to high levels of microwaves can cause a painful burn. Two areas of the body, the eyes and the testes, are particularly vulnerable to RF heating because there is relatively little blood flow in them to carry away excess heat. Additionally, the lens of the eye is particularly sensitive to intense heat, and exposure to high levels of microwaves can cause cataracts. But these types of injuries - burns and cataracts - can only be caused by exposure to large amounts of microwave radiation. Consumers should take common sense precautions regarding handling of hot foods and beverages. For more safety recommendations see the section of this page titled: Tips on Safe Microwave Oven Operation. Have Radiation Injuries Resulted from Microwave Ovens? Most injuries related to microwave ovens are the result of heat-related burns from hot containers, overheated foods, or exploding liquids. Most injuries are not radiation-related. That said, there have been very rare instances of radiation injury due to unusual circumstances or improper servicing. In general, microwave oven radiation injuries are caused by exposure to large amounts of microwave radiation leaking through openings such as gaps in the microwave oven seals. However, FDA regulations require that microwave ovens are designed to prevent these high level radiation leaks. Microwave Ovens and Pacemakers At one time there was concern that radiation leakage from microwave ovens could interfere with certain electronic cardiac pacemakers. Similar concerns were raised about pacemaker interference from electric shavers, auto ignition systems, and other electronic products. While FDA does not specifically require microwave ovens to carry warnings for people with pacemakers, this problem has largely been resolved as today's pacemakers are designed to shield against such electrical interference. However, patients with pacemakers are encouraged to consult their physicians if they have concerns. Checking Ovens for Leakage and Other Radiation Safety Problems There is little cause for concern about excess microwaves leaking from ovens unless the door hinges, latch, or seals are damaged. The FDA recommends looking at your oven carefully, and not using an oven if the door doesn't close firmly or is bent, warped, or otherwise damaged. The FDA also monitors appliances for radiation safety issues and has received reports of microwave ovens that appear to stay on - and operate - while the door is open. When operating as intended, microwave ovens have safety features to prevent them from continuing to generate microwaves if the door is open. However, if an oven does continue to operate with the door open, consumers cannot be 100 percent sure that microwave radiation is not being emitted. Thus, if this occurs, the FDA recommends immediately discontinuing use of the oven. How to Report Microwave Oven Radiation Safety Problems If you suspect a radiation safety problem with your microwave oven, you may contact the microwave oven manufacturer. Manufacturers who discover that any microwave ovens produced, assembled, or imported by them have a defect or fail to comply with an applicable Federal standard are required to immediately notify FDA. In addition, manufacturers/importers are required to report all accidental radiation occurrences to the FDA, unless the incident is associated with a defect or noncompliance that has previously been reported (21 CFR 1002.20). You may also report any suspected radiation-related problems or injuries to the FDA by completing and mailing the Accidental Radiation Occurrence Report form. Tips on Safe Microwave Oven Operation Follow the manufacturer's instruction manual for recommended operating procedures and safety precautions for your oven model. Use microwave safe cookware specially manufactured for use in the microwave oven. Don't operate a microwave oven if the door does not close firmly or is bent, warped, or otherwise damaged. Stop using a microwave oven if it continues to operate with the door open. As an added safety precaution, don't stand directly against an oven (and don't allow children to do this) for long periods of time while it is operating. Do not heat water or liquids in the microwave oven longer than recommended in the manufacturer's instructions. Some ovens should not be operated when empty. Refer to the instruction manual for your oven. Regularly clean the oven cavity, the outer edge of the cavity, and the door with water and a mild detergent. A special microwave oven cleaner is not necessary. Be sure to not use scouring pads, steel wool, or other abrasives. For more consumer information on microwave oven radiation, contact the Staff of the Division of Industry and Consumer Education (DICE) by email at [DICE@cdreh.fda.gov](mailto:DICE@cdreh.fda.gov). Additional Information from FDA's Consumer Health Information Staff FDA Consumer Update: 5 Tips for Using Your Microwave Oven Safely how to use morphy richards microwave oven



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