**Microwave Fruit Crisp**

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| Jobs for Lab Day | | |
| 1 | Washer/Prep tools |  |
| 2 | Dryer/Cooking tools |  |
| 3 | Housekeeper/Ingredient Gathering |  |

**Ingredients**

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| 250ml mixed frozen berries  1 apple  15 ml lemon juice  30 ml margarine  1 ml cinnamon | 100 ml rolled oats  25 ml flour  50 ml brown sugar  Dash of salt |

**Directions:**

1. Wash, core and chop apple. Place in 9 x 9 pyrex baking pan. Measure berries and add to apple in the baking pan. Sprinkle fruit with lemon juice.
2. In a separate mixing bowl, combine flour, rolled oats, salt, brown sugar, and cinnamon.
3. Using a pastry blender, **cut** the margarine into the dry ingredients until it becomes a crumbled and the margarine is the size of an eraser head.
4. Sprinkle the crumb mixture over the apples and berries. Cover the baking pan with a microwave safe lid. Microwave for 5 minutes at High power.
5. Use oven mitts and a cooling rack to remove crisp from microwave.
6. Test for doneness by inspecting the crumble top and the liquid from the fruit. It should feel soft when a knife is inserted, be bubbling with liquid and have a slightly crunchy oatmeal topping. If it needs more time, return to microwave and cook for another 2 minutes.
7. Let stand on a cooling rack to cool. Transfer to your table and place on a heat protective trivet.
8. Serve in bowls. Use a slotted spoon to distribute crisp between the bowls and carry to table on a green tray.

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| Criteria | **Self Assessment** |
| 1. I READ and followed the recipe accurately 2. I demonstrated kitchen safety and food safety 3. I worked with my kitchen team equitably and fully completed my lab duties | |  |  |  | | --- | --- | --- | | **Extending** | **Proficient- Developing** | **Emerging** | |  | | | |

**Microwave Cookery**

A microwave is an energy wave, much like a radio, TV, or radar wave. Microwave ovens use the heat generated from microwaves to cook food. These ovens cause the molecules inside the food to move very fast. The result is that friction is created, and the food is heated up.

Rub your hands together. What happens? This is the same principle as microwave ovens.

Microwaves travel in straight lines, but can reflect (bounce off), transmit (pass from one place to another), and absorb (travel into). Metal reflects microwaves and does not work in a microwave oven. Glass, paper, and plastic transmit microwaves so that the waves pass through these materials into the food they hold. The food absorbs the waves and friction occurs in the food by rapidly vibrating the food molecules, heating it up. However, food will only absorb to a depth of 2- 5cm.

Foods surrounded by a membrane can burst from the movement of molecules within the food. Therefore, the membrane must be cut to prevent explosions in the oven. Potato skins can be speared with a fork, for example. Cover all food to prevent spattering or bursting. Metal can burst into flame. Turning on an empty microwave oven can lead to damage or fire.

**Questions:**

1. What reflects microwaves? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What transmits microwaves? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. What absorbs microwaves? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. What is created when the molecules in food vibrate rapidly? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. How far can microwaves penetrate a food? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_