



## Microwave Feature

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*Please attribute any comments to Kris Brearley, Sales Director, RH Hall*

#### ***What advantages are there to using microwaves in casual dining kitchens?***

The use of microwave ovens and technology is continuing to grow year on year! Once operators realise the value of having a microwave in their kitchen they reap the benefits, which are numerous, briefly they are:

Fast and incredibly efficient; they are the greenest cooking/reheating product available on the market; they are very, very affordable with an incredibly swift ROI.

Operationally, they work hand in hand with traditional equipment, but give operators the opportunity to extend menus, help cut queues and increase throughput, customer spend and revenue, from day one! Easily expandable and flexible, no other piece of equipment with this kind of capability is so simple to implement!

Their footprint is also smaller than conventional ovens, great where space is at a premium.

Cost wise, they are the most affordable and cost effective catering appliance on the market – really a must for any commercial kitchen, offering incredible value for money especially for top brands like Sharp, iWave® and Maestrowave with a return on investment in a matter of days.

#### ***Are there any new features on microwaves or new technology to improve their use?***

RH Hall, together with food companies, development chefs and packaging companies have worked very hard over the years in developing food concepts that are absolutely perfect for microwave regeneration – by combining these, the food is now so good, you really wouldn't know the difference versus traditional cook methods – they've blind tested this!

With the continued growth in hot food offerings we have witnessed more and more demand for bespoke, quality, easy set up/implementation grab and go concepts - our pipeline of live trials is ever expanding - we have over 30 brand trials currently underway. At the heart of each trial one common technology - microwave ovens - iWave, Maestrowave Combi or Sharp and Maestrowave CMWO's! This includes chains and groups in every sector - coffee shops, pub, bar, café, retail and hotels - all are firmly on the microwave technology trail - 100% confident in these trusted units can deliver some amazing results for their businesses.

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Leading brands are developing models with new features and functionality in response to customers looking for product innovation, so they can be easily operated from a de-skilled base.

***What products work best in microwaves for defrosting, cooking and reheating?***

Today's microwave ovens are sophisticated, yet easy to use and produce excellent cooking results in a fraction of the time it takes to cook foods conventionally and their versatility is under estimated. Many foods and dishes can be cooked very, very well in a microwave oven: cakes, sauces, meat, fish, vegetables, fruit, pasta, rice, eggs and jams can all be cooked with great results – you can even roast a chicken in one, but you won't get a crispy, brown skin!

Meat and pastry products are often better cooked conventionally then re-heated in a microwave oven, but with the versatile combination microwave ovens available, these types of foods can be cooked with microwave technology with excellent results.

Understanding is still the key to success with microwave cooking. To maximise usage of a microwave effectively, I think it is paramount that all caterers are educated as to the full potential of their unit and also be receptive to implementing the alternative cooking techniques required and then they'll be able to fully appreciate the great results that are possible and implement its use more and more in the meals produced by their kitchen.

By fully understanding their microwave and getting the right techniques for each type of food, succulent meat, poultry and fish together with perfectly cooked vegetables that retain taste, texture and nutritive value are all possible. Many of the techniques used in microwave cooking are the same as used in conventional cooking, but with a few minor adjustments.

There is a great deal of diversity of dishes that can be prepared quickly and easily from fresh ingredients. Not only that, but more nutrients are retained in microwave cooked food than by any other cooking method. In fact, correctly cooked vegetables contain 85% of their original vitamin content, when boiled they often contain none!

***Do you have a recipe or tip for an unusual or surprising meal that can be prepared in a microwave?***

Microwave cooking uses the moisture found in the food itself – surprisingly duck will cook well in a microwave because of the amount of fat naturally found under the skin of the meat.

Overcooking is one of the common problems experienced when introducing new dishes. Top tip is that it's better to undercook first until you are familiar with a recipe, test it and then increase the cooking time. You should also factor in standing time and test a dish after this – a bit of trial and error will help establish the correct timing for a perfect result. **Cont'd**



You can always put it back in the oven for an extra minute – whereas overheated or overcooked food is ruined.

Consider each of the foods you are cooking – every food has a different moisture, fat and sugar content and different starting temperatures – e.g. refrigerated, ambient etc. and these factors all affect cooking times and can affect the final result.

If unsure, always start with a recipe you are familiar with – if you have cooked it before you will know exactly what the finished dish should look and taste like, so you can then compare and tweak the cooking procedure to get the same result.

***Can you provide a case study in the casual dining sector for microwaves?***

We have just completed the very first iWave<sup>®</sup> restaurant kitchen which exclusively uses plated meals along with microwave technology – it will be unveiling soon – a World first which we are very excited about.

***Do you have any facts and statistics for microwaves in the casual dining sector?***

Not specific numbers, but the use of microwaves in the sector are expanding and will continue to do so. We are seeing multiple units being used extensively on sites – up to 12+ units in some cases – in fact microwaves are appearing at the top of most specifiers' lists.

Historically there has been a lot of negativity towards cooking with microwaves, but there shouldn't be, microwaves can cook great food in a fraction of the time it would take with other methods. Not only do they save time, but money and nutrients too.

It is fair to say that microwaves are often misunderstood (bit of 70's stigma possibly?) yet they really are the unsung heroes of this innovative and fast moving marketplace!

***Further microwave information:***

RH Hall only stock and supply microwaves from leading brands - ones that are proven, genuine commercial brands, including Sharp Professional microwave ovens and Maestrowave commercial microwave ovens, for both of whom they have been the sole UK distributors since 1992.

RH Hall offers the latest and most versatile range of microwaves and combination microwaves, including:

The market leading Sharp range of microwaves which offer heavy and extra heavy duty build quality with total control, flexibility and versatility –with in-built features to save time and energy. The best-selling range goes from 1500W to 1900W to cater for all foodservice applications.

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And the features available today allow a choice of manual and programmable models and some even allow the chef to enter the detailed names of individual dishes and daily/weekly specials - as with the **Maestrowave Combi Chef 7**, which is able to operate in a variety and combination of modes making it the most flexible, efficient and easy to use oven yet!

It can bake, roast, grill, steam, defrost, regenerate, microwave, boil or simply keep food warm - this is the oven that can do it all. This high speed oven features Menu Creator 2.0™ software. Packed with features, the oven will produce the best results at the simple touch of a button – a total combination of 11 cooking modes can be used to achieve top quality results. Up to 99 menus can be pre-programmed to ensure consistency time after time. But don't be daunted, the Menu Creator 2.0™ is extremely easy to use; however, if required, full technical support is available from RH Hall.

RH Hall also has its own Bespoke Foodservice Solutions division and with their UK based fabrications factory it affords them the capability to make changes to standard microwave oven models and foodservice equipment to tailor it technically and cosmetically to suit a client's needs perfectly or to design and build bespoke products from scratch.

**For more information:**

[www.rhhall.com](http://www.rhhall.com)

[www.maestrowave.com](http://www.maestrowave.com)

[www.microwaveassociation.org.uk](http://www.microwaveassociation.org.uk)

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