

**MICROWAVES FEATURE
FOODSERVICE EQUIPMENT JOURNAL
FEBRUARY 2016**



Please attributes any quotes to Ray Hall, Managing Director, R H Hall

What do you regard as the hot trends in commercial ovens right now – are there any new features or functions delivering true innovation to the market?

Leading brands are developing models with new features and functionality in response to customers looking for product innovation. One key is not just the equipment itself, but in menu's and food products too – the marrying of equipment and food/menu developments to get the maximum quality, value for money and labour saving solutions. We have been working with leading food producers and packaging companies to develop dishes specifically for microwave regeneration.

The revolutionary iWave® Foodservice Solution uses microwave technology to provide a fully automated, 'straight to plate' system. With barcode scanners replacing traditional touchpad or manual controls, the iWave® offers a 'fool-proof' solution for certain applications – vending, care homes, hospitals and schools to name just a few. We can work with various food companies to fully test and develop a bespoke menu for any site. With e-reporting options available, stock and budget control can be also managed easily.

The Maestrowave Combi Chef 7 is able to operate in a variety and combination of cook modes making it the most flexible, efficient and easy to use oven yet! This award winning model 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. There is a web video available on line which demonstrates the benefits of combination Microwave ovens - visit www.rhhall.com and follow the link on the home page.

Commercial restaurant operators and chains have embraced methods such as induction, sous vide, solid fuel cooking in recent years, while combination ovens have transformed the game in terms of speed and volume. Where does all this leave the microwave? Is its place in the kitchen under threat?

There are many reasons why microwaves will always have a place at the heart of any commercial kitchen. A true workhorse, microwaves are essential for speed of service – considerably faster than conventional ovens and they also allow an operator to offer a wider choice of menu. Their versatility also provides advantages and the 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. Microwaves are very energy efficient too. In fact, when cooking vegetables they use three times less energy than that of a gas hob. Their footprint is also smaller than conventional ovens, great where space is at a premium.

Microwaves offer a quick and convenient tool at any time of the day and can reheat snacks and full meals with ease – perfect for when quick turnarounds. Microwaves are also capable of much more than just reheating foods and 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 are a great 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! 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.

What would be your one most important tip to a buyer that us specifying microwaves for their restaurant chain? What should they be looking out for?

When selecting a new microwave – whether a one off requirement or multiple units to be rolled out across a complete chain – always do your research! To choose the right kind of microwave, consumers should look at their menu offering and decide what tasks the microwave oven should undertake. If the microwave is to be used mainly for simple reheating and defrosting of foods then a straight-forward commercial microwave will suffice. However, if you wish to reheat and cook food products then a combination microwave oven is well advised. Items such as pastry will become soggy if reheated in an ordinary microwave whereas using a combination microwave the crisp, golden brown and conventional finished result will be achieved in microwave time!

It is very important to choose the correct microwave oven wattage. You need to select an oven with sufficient power, but just as importantly, do not over specify. If too low, frustrations can be caused by delays, and if too high, it will be difficult for the user to judge the timing of small portions. Whilst it is common for caterers to choose speed (the higher the output the faster reheat times), it is also very important to understand that for some food products too much speed will destroy smaller portions of food or the delicate and sugary types of products.

Always choose from a commercial range of microwaves, consumers shouldn't be tempted to go down the domestic route – these units simply aren't built for the rigours of a professional kitchen. Likewise we would also recommend that cheap imports are also avoided – the testing, safety and product back-up that are offered by the leading brand names are often not available with a cheap import.

For more information:

www.rhhall.com www.maestrowave.com

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