



MICROWAVES EDUCATERING FEBRUARY 2016

Please attributes any quotes to Kris Brearley, Sales Director, R H Hall

- ***How useful are microwaves to a school kitchen?***

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.

- ***Can adding one or two new microwaves to the kitchen help schools improve their lunch service?***

Microwaves can introduce speed and efficiency to any kitchen operation, potentially freeing up other kitchen equipment to perform crucial tasks and improving speed of service and output. To maximise usage of a microwave effectively, it is paramount that all cooks/caterers are educated to the full potential of their unit and also receptive to implementing the alternative cooking techniques required. Only then will they 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.

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! 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. 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.

- ***What sort of items can be cooked in a microwave? Can it be used for breakfast, break and lunch?***

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 are needed, particularly at breakfast or break times. 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! A great benefit especially for growing children where they would only need to eat a little to get more of the vitamins they need. 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.

- ***How important is it for caterers to keep their microwave clean?***

Regular cleaning is essential to ensure your microwave is working at its best - keep the oven's cavity and inner door clean of food spillage/deposits at all times. This will avoid cavity burn ups and prolong the life of its heart "The Magnetron". This measure will also help the consistency and speed of reheat/cook times. The Microsave Cavity Protection System is a unique and simple cavity liner which is safe to use, easy to clean and provides long term financial benefits. This invaluable add on is designed to work with the Sharp Commercial Microwave range and every Sharp sold with the Microsave CPS comes with a lifetime warranty on the cavity.

- ***What new technologies within the microwave market are available to schools?***

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.

- ***Please include a definitive website address where readers can go for more info on your company***

www.rhhall.com www.maestrowave.com

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