

Microwave Demonstration

Sticky Buns

(Do not remove refrigerator biscuits until ready to use)

(Single recipe)

1 cup firmly packed brown sugar	(1/3 cup)
1 sq. butter (1/2 cup)	(3 tbs.)
3/4 tsp. cinnamon	(1/4 tsp.)
3 cans (8 ounces each) refrigerated biscuits	(1 can)

Combine brown sugar, cinnamon and butter in glass bowl. Cover with paper towel. Cook on 70% power (medium-high) for 2 minutes or until butter melts. Spray bundt pan with pam spray. Stir mixture and spread half over the bottom of the microwave bundt pan.

Place half of the biscuits on top of the mixture. Then layer again with the rest of the butter/brown sugar mixture and top with the remaining biscuits. Bake, uncovered on 70% power (medium-high) for approximately 5 minutes, or until biscuits are firm and no longer doughy. If doughy, put back in the microwave for 2 minutes on high power. Remove from microwave. Let stand about 2 minutes and invert onto a flat serving plate.

Supplies Needed for Demonstration:

1 cup brown sugar
1 sq. butter
3/4 tsp. cinnamon
3 cans refrigerator biscuits
1 cup dry measuring cups
1/2 measuring teaspoon
1/4 measuring teaspoon
glass bowl
large spoon
metal spatula
microwave bundt pan
rubber scraper
plate
pot holders
microwave oven

Main ideas or concepts taught:

1. Microwaves have different power levels rather than temperature setting. (low – 10%, medium-low – 30%, medium – 50%, medium-high – 70%, and high – 100%).
2. Plastic wrap, paper towels, and wax paper can be used to cover food and help reduce splatters.

3. Use pot holders to avoid burns as the contents of the food heats the container causing it to get hot; especially, sugar, fat and water.
4. Round containers cook more evenly than square.
5. Allow for standing time as the food continues to cook once the oven turns off to complete the cooking process.
6. Sauces or toppings make pale foods look better because the food cooks so quickly and doesn't have time to brown.
7. Use glass, ceramic, or plastic dishes that are microwaveable safe.
8. Turntables automatically turns the dish as it cooks.
9. Larger amounts of food will need a longer time to cook.