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The Need for Speed

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Today's New Speed Cooking Appliances Bake the Cake!

In today's day and age, everything moves faster than in preceding years. Automobiles accelerate faster, electronic devices connect us to information on a dime, and now our kitchen appliances keep up with the speed at which we live. In our search for superior products to make life easier and save time, we discover "Speed Cooking Appliances."

The speed cooking category is comprised of traditional microwaves, convection microwaves and speed cook ovens. Whether it is to defrost meat, broil fish, or bake cookies, speed cooking appliances cook much faster and more efficiently.

Speed cook ovens incorporate a combination of several sources of heat including microwaves, halogen or quartz lights for browning and broiling purposes, and a convection fan with an optional element for baking. These heat sources accomplish cooking tasks more quickly and more efficiently than the convection microwaves and the standard microwave ovens.

Convection microwave ovens speed up the cooking process, however not as quickly as the speed cook ovens. Convection microwaves incorporate a fan to circulate air around the food;



Stainless Steel Style: shown, top left, is KitchenAid's 2.0 cu. ft. 30" over-the-range microwave hood combination. Inset, lower right: Viking's 24" built-in microwave with 30" trim kit.

however, the broiling element is omitted. This is the major difference between the speed ovens and convection microwaves. Although you can broil in the convection oven, there is not a direct heat source from the top of the cavity. Its cooking method is more of a roasting technique as air is circulated around the food rather than using a halogen and/or quartz light for browning.

In addition to the variety of cooking modes, many of these speed cook and convection microwave ovens have preprogrammed recipes and sensor cooking for more efficient cooking. The menu

functions are based on a category rather than entering a specific time or temperature. The speed oven will determine the time and temperature with cooking sensors located in the oven cavity based on the particular food the user is preparing. These appliances offer user-friendly, intuitive controls that are easy to navigate. Baking cookies, cinnamon rolls, or biscuits can be done at the touch of a button as can grilling chicken, broiling fish, roasting or steaming vegetables.

Many of these ovens offer flexibility to create any cuisine in a matter of minutes and

some without preheating your oven. Speed cook and convection microwaves have versatile applications and take up a fraction of the space of a second oven. For even, quick food preparation, take a step beyond traditional microwaves and look toward the new technology in speed cook and convection microwave ovens.

Please note that speed cook ovens differ among manufacturers, as do convection ovens, so take a little time to understand the features and benefits of each oven, so you choose the right one for your cooking style.

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