

Abstract of the Disclosure

The invention is intended to heat a food or other object to be heated favorably by means of microwaves while enclosing the food with superheated steam. To achieve this purpose, the apparatus comprises a heating chamber in which an object to be heated is put, steam generating means for supplying superheated steam to the heating chamber, superheated steam maintaining means provided in the heating chamber to prevent the temperature of the superheated steam from lowering, and microwave generating means for irradiating the object with microwaves, whereby the object placed in the heating chamber is heated in superheated steam with microwaves, so that the food is efficiently heated from inside and outside and the food is not wetted.