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ABSTRACT

There is provided a bag for use in a microwave oven which safely and effectively discharges steam inside the bag in cooking using a microwave oven and keeps the pressure inside the bag higher than atmospheric pressure so as to enable heat/pressure cooking, and a heat/pressure cooking method using the bag.

The bag is formed by sealing a peripheral edge part of a pair of sheet members forming an upper surface and a lower surface, wherein the bag has a pressure releasing mechanism for making a part of the bag open to release pressure inside the bag to the outside so as to reduce the pressure when the pressure inside the bag rises and exceeds a predetermined value higher than atmospheric pressure, and the pressure releasing mechanism has a pressure keeping function for keeping the pressure inside the bag at least higher than atmospheric pressure even after the release of the pressure inside the bag.