

Using Different Power Levels

Many microwave ovens have several different power levels. This makes it possible to use the oven for a wide variety of cooking tasks. The chart below shows some things that you can cook or heat at three different power levels.

High Power	Casseroles or soups that can be stirred. Main dishes cooked with sauces. Tender meats such as chicken, fish, or ground beef. A plate of food to reheat. Rearrange food so thicker parts of meat and bulky vegetables are toward edge of plate. A dish of vegetables or soup to reheat. A single slice of pie, a roll or pasta to reheat.
Medium Power	Eggs, cream, and cheese. Soup diluted with milk or cream. Less tender meats such as stew beef. A casserole that cannot be stirred (e.g., lasagna) to reheat. A whole pie to reheat.
Low Power	Frozen meats to defrost. A stale frosted cake to make taste fresher.

No standard tells what the percentage of power is for each level. Common settings include:

High	Medium-High	Medium	Medium-Low	Low
100%	70 %	50 %	30 %	10 %