

Microwave Ovens Aren't All the Same

Some ovens have one power level.
The oven is either on or off.

ON

Power Level

HIGH	MED-HIGH
MEDIUM	LOW

Some ovens have several power levels. Power can be at 100 percent or a variety of other settings that may include 70 percent, 50 percent, 30 percent, and 10 percent.

Some ovens have a probe feature.

The probe is put into the food.
The oven cooks the food until the probe shows that the food has reached a certain temperature.
Then the oven turns off.

Easy Defrost	Easy Reheat
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- | | |
|-------------------------|------------------------|
| 1. Ground Meat 1 lb. | 1. Frozen Dinner 10-12 |
| 2. Ground Meat 2 lb. | 2. Dinner Plate 1 |
| 3. Chicken pieces 2 lb. | 3. Vegetables 1 cup |
| 4. Steaks, chops 2 lb. | 4. Casserole 1 cup |
| 5. Chicken, white 3 lb. | 5. Soup 1 cup |

Some ovens have preprogrammed features.
The cook punches a button to tell what is being cooked.

The oven automatically cooks the food at the right power level for the necessary amount of time.

Wattage Differences:

Larger ovens can vary from 600 to 700 watts of power.
Smaller ovens may be as low as 400 watts.
Food takes longer to cook in lower wattage ovens.

Power Variations:

Power levels vary in different parts of the country and at different times of the day or year.
Power may be at a lower level in the city than in the country.
Power may be lower at times of peak electric use such as on very hot or very cold days.

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