MICROWAVE



Time

Power

| ≝ 120W | Defrosting frozen meat, fish and prepared food. |
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| 250W | Defrosting and heating frozen pastries. Boiling sauces. |
| 380W | Heating and cooking larger quantities of food or casseroles. |
| 540W | Rapid heating and cooking of food, eg fish and vegetables. |
| 700W | Rapid heating of beverages and prepared food. |
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