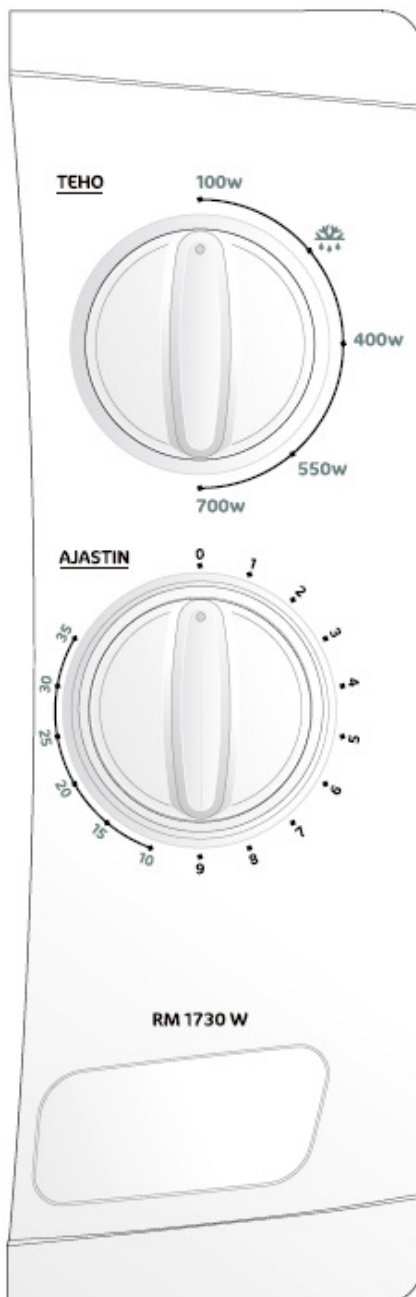


MICROWAVE



Time

Power

100W

Defrosting frozen meat, fish and prepared food.



Defrosting and heating frozen pastries. Boiling sauces.

400W

Heating and cooking larger quantities of food or casseroles.

550W

Rapid heating and cooking of food, eg fish and vegetables.

700W

Rapid heating of beverages and prepared food.