



Microwave Conversion Chart

Convert Recipe for 1100-Watt Oven To 700-Watt Oven

Courtesy of Microwave Cooking for One
by Marie T. Smith

Instructions: Find the cooking time indicated in your Microwave Recipe under 'Recipe Time 1100 WATTS.' The time next to it under 'Convert to 700 WATTS' is the time you should use instead of the time in the recipe.

Recipe Time 1100 WATTS MIN:SEC	Convert to 700 WATTS MIN:SEC
00:05	00:08
00:10	00:16
00:15	00:24
00:20	00:31
00:25	00:39
00:30	00:47
00:35	00:55
00:40	01:03
00:45	01:11
00:50	01:19
00:55	01:26
01:00	01:34
01:05	01:42
01:10	01:50
01:15	01:58
01:20	02:06
01:25	02:14
01:30	02:21
01:35	02:29
01:40	02:37
01:45	02:45
01:50	02:53
01:55	03:01
02:00	03:09
02:05	03:16
02:10	03:24
02:15	03:32
02:20	03:40
02:25	03:48
02:30	03:56

Recipe Time 1100 WATTS MIN:SEC	Convert to 700 WATTS MIN:SEC
02:35	04:04
02:40	04:11
02:45	04:19
02:50	04:27
02:55	04:35
03:00	04:43
03:05	04:51
03:10	04:59
03:15	05:06
03:20	05:14
03:25	05:22
03:30	05:30
03:35	05:38
03:40	05:46
03:45	05:54
03:50	06:01
03:55	06:09
04:00	06:17
04:05	06:25
04:10	06:33
04:15	06:41
04:20	06:49
04:25	06:56
04:30	07:04
04:35	07:12
04:40	07:20
04:45	07:28
04:50	07:36
04:55	07:44
05:00	07:51

Recipe Time 1100 WATTS MIN:SEC	Convert to 700 WATTS MIN:SEC
05:05	07:59
05:10	08:07
05:15	08:15
05:20	08:23
05:25	08:31
05:30	08:39
05:35	08:46
05:40	08:54
05:45	09:02
05:50	09:10
05:55	09:18
06:00	09:26
06:05	09:34
06:10	09:41
06:15	09:49
06:20	09:57
06:25	10:05
06:30	10:13
06:35	10:21
06:40	10:29
06:45	10:36
06:50	10:44
06:55	10:52
07:00	11:00
07:05	11:08
07:10	11:16
07:15	11:24
07:20	11:31
07:25	11:39
07:30	11:47

Recipe Time 1100 WATTS MIN:SEC	Convert to 700 WATTS MIN:SEC
07:35	11:55
07:40	12:03
07:45	12:11
07:50	12:19
07:55	12:26
08:00	12:34
08:05	12:42
08:10	12:50
08:15	12:58
08:20	13:06
08:25	13:14
08:30	13:21
08:35	13:29
08:40	13:37
08:45	13:45
08:50	13:53
08:55	14:01
09:00	14:09
09:05	14:16
09:10	14:24
09:15	14:32
09:20	14:40
09:25	14:48
09:30	14:56
09:35	15:04
09:40	15:11
09:45	15:19
09:50	15:27
09:55	15:35
10:00	15:43

Recipe Conversion For Microwave

Jennifer Fisher



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Barbara Methven, 1988 *Microwaving America's Favorites* Barbara Methven, 1986 **100 Ideas for Today's Chicken**
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