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	Microwave		200 W	Slow defrosting for delicate foods; keeping food hot.	
			400 W	Cooking with little heat; boiling rice. Rapid defrosting.	
			600 W	Melting butter. Heating baby food.	
			800 W	Cooking vegetables and food. Cooking and heating carefully. Heating and cooking small portions of food. Heating delicate food.	
			1000 W	Cooking and rapidly heating liquids and pre-cooked foods.	
	Microwave + Grill		200 W	Toasting food.	
			400 W	Grilling poultry and meat.	
			600 W	Cooking pies and cheese-topped dishes.	
			800 W	Use carefully: food might burn.	
			1000 W	Use carefully: food might burn.	
	Grill	---		Grilling food.	
	Microwaves + Hot-Air		200 W	Grilling meat and fish.	
			400 W	Grilling meat and fish	
			600 W	Grilling poultry.	
			800 W	Grilling poultry.	
			1000 W	Potatoes – deep-frozen, defrosting and roasting.	
	Hot-Air	---		Roasting and baking.	
	Grill + Fan	200-600 W		Quick meat, fish and poultry roasting. Baking cakes.	