Temperature Conversion Chart

Microwave Power	Stove-Top	Oven (in degrees F)
100%	High or Deep Fry	425-500
70%	Medium High	350
50%	Medium	300
25-30%	Low	225
10%	Warm/Simmer	150

Source: http://www.grpbenefits.net/New/conventionalconversion.htm

Rules to Follow

Cut back on the least rich liquid ingredient by 20-25% (usually this is the water). This is because there is no dry hot air in the microwave to evaporate the extra liquid.

Cut back on spices and sauces 20-25%. For the same reason as rule #1.

Anything with leavening (such as baking powder, baking soda, etc.) **needs to rest for a couple of minutes after mixing** (this is very important).

Keep food uniform in size and keep it level.

Source: http://www.grpbenefits.net/New/conventionalconversion.htm

Time Conversion from Oven to Microwave

(Time in Recipe for Oven) / 4 = Time in Recipe for Microwave

This is a general rule of thumb and is not exact. You may find that you need more time than the converted time for the microwave. Monitor your food in the microwave and adjust the time accordingly. Remember to write down what time was best.

Keep in mind too that the food cooks 20-25% more after it's been taken out of the microwave. Pull the food out while it's slightly undercooked so that it won't overcook once you've taken it out.

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