

# MEAT COOKING CHART

## 700 – 800 WATTS - UNFROZEN

Boneless Steak	4 - 5 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Boneless Chicken Breasts	7 - 8 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Fish Fillets (skinless)	7 - 8 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Fish Steaks (thin)	4 - 5 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Fish Steaks (thick)	7 - 8 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Ground Beef Patties	5 - 6 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side.
Ham Steak	4 - 5 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Hotdogs and Sausages (precooked)	3 minutes
Hotdogs and Sausages (raw)	7 - 8 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Lamb Chops	7 - 8 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Pork Chops	7 - 8 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Pork Tenderloin	7 - 8 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Shrimp	7 - 8 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side

# MEAT COOKING CHART

## 700 – 800 WATTS - FROZEN

Boneless Steak	6 - 7 minutes on one side, turn over and reheat for 2 - 3 minutes the other side
Boneless Chicken Breasts	9 - 10 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Fish Fillets (skinless)	9 - 10 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Fish Steaks (thin)	6 - 7 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Fish Steaks (thick)	9 - 10 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Ground Beef Patties	7 - 8 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Ham Steak	6 - 7 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Hotdogs and Sausages (precooked)	5 minutes
Hotdogs and Sausages (raw)	9 - 10 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Lamb Chops	9 - 10 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Pork Chops	9 - 10 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Pork Tenderloin	9 - 10 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Shrimp	9 - 10 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side

# MEAT COOKING CHART

## 900 – 1000 WATTS - UNFROZEN

Boneless Steak	2 - 3 minutes on one side, turn over and reheat for 2 - 3 minutes the other side
Boneless Chicken Breasts	5 - 6 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Fish Fillets (skinless)	5 - 6 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Fish Steaks (thin)	2 - 3 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Fish Steaks (thick)	5 - 6 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Ground Beef Patties	3 - 4 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Ham Steak	2 - 3 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Hotdogs and Sausages (precooked)	2 - 3 minutes
Hotdogs and Sausages (raw)	5 - 6 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Lamb Chops	5 - 6 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Pork Chops	5 - 6 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Pork Tenderloin	5 - 6 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Shrimp	5 - 6 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side

# MEAT COOKING CHART

## 900 – 1000 WATTS - FROZEN

Boneless Steak	4 - 5 minutes on one side, turn over and reheat for 2 - 3 minutes the other side
Boneless Chicken Breasts	7 - 8 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Fish Fillets (skinless)	7 - 8 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Fish Steaks (thin)	4 - 5 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Fish Steaks (thick)	7 - 8 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Ground Beef Patties	5 - 6 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Ham Steak	4 - 5 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Hotdogs and Sausages (precooked)	3 - 4 minutes
Hotdogs and Sausages (raw)	7 - 8 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Lamb Chops	7 - 8 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Pork Chops	7 - 8 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Pork Tenderloin	7 - 8 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Shrimp	7 - 8 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side

# MEAT COOKING CHART

## 1100 – 1300 WATTS - UNFROZEN

Boneless Steak	1 – 2 minutes on one side, turn over and reheat for 2 - 3 minutes the other side
Boneless Chicken Breasts	3 - 4 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Fish Fillets (skinless)	3 - 4 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Fish Steaks (thin)	1 - 2 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Fish Steaks (thick)	3 - 4 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Ground Beef Patties	1 - 2 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Ham Steak	1 - 2 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Hotdogs and Sausages (precooked)	2 - 3 minutes
Hotdogs and Sausages (raw)	3 - 4 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Lamb Chops	3 - 4 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Pork Chops	3 - 4 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Pork Tenderloin	3 - 4 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Shrimp	3 - 4 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side

# MEAT COOKING CHART

## 1100 – 1300 WATTS - FROZEN

Boneless Steak	2 – 3 minutes on one side, turn over and reheat for 2 - 3 minutes the other side
Boneless Chicken Breasts	5 - 6 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Fish Fillets (skinless)	5 - 6 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Fish Steaks (thin)	2 - 3 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Fish Steaks (thick)	5 - 6 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Ground Beef Patties	2 – 3 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Ham Steak	2 - 3 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Hotdogs and Sausages (precooked)	3 - 4 minutes
Hotdogs and Sausages (raw)	5 - 6 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Lamb Chops	5 - 6 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Pork Chops	5 - 6 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Pork Tenderloin	5 - 6 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side
Shrimp	5 - 6 minutes on one side, turn over and reheat for 2 - 3 minutes on the other side