

Heating and Defrosting Time Charts

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Note: All heating times in the following charts are "approximate". We recommend you test your own recipe items and plating techniques in this oven to establish the correct heating times for your recipe items.

Maximum programmable time for each stage heating is

"DEFROST" and "P0": 30 minutes
others: 15 minutes.

Example: For items that cook longer than 15 minutes on 50 % power, please program oven for two or three stage cooking.

For example: To program 35 minutes on 50 %

1st stage: Program on 50 % 15 minutes
2nd stage: Program on 50 % 15 minutes
3rd stage: Program on 50 % 5 minutes

TOTAL TIME on 50 % power is 35 minutes

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MICROWAVE BASICS

Fundamental principles determine the success of microwave food preparation.

They include:

1. **TEMPERATURE OF FOODS** — Frozen or refrigerated food items will require longer heating times to reach a desired serving temperature than foods from room temperature.
2. **FOOD COMPONENTS** — Foods high in sugar, salt, fats and moisture content heat faster because these properties attract microwave energy. Denser foods high in protein and fiber, absorb microwave energy slower which means a lengthier heating time.
3. **BULK/VOLUME** — The greater the mass of food, the longer it takes to heat.
4. **CONTAINERS** — Ceramic, paper, china, styrofoam, glass and plastic are suitable for use in microwave ovens with the following caution.

Heating foods with either high sugar or high fat content should be done. ONLY in high temperature-resistant containers since these foods get very hot. Using styrofoam containers for these foods will cause the styrofoam to warp. Other low temperature restaurant glass or plastic platters may crack or warp under similar conditions.

DO NOT HEAT foods in a **SEALED** container or bag. Foods expand when heated and can break the container or bag.

5. **AVOID METAL** because it “bounces” the microwaves, causing uneven heating and sometimes even flashes, which may pit or mar the interior of the oven, the metallic container or plate trim.
6. Heated liquids can erupt if not mixed with air. Do not heat liquids in your microwave oven without first stirring.

GENERAL GUIDELINES FOR HEATING IN A PANASONIC MICROWAVE OVEN

For specific time, see each food category for appropriate heating techniques, plus necessary pre-preparation of foods.

HEATING FOODS FROM REFRIGERATED TEMPERATURE

Foods stored in the refrigerator (< 40°F) should be covered before reheating with the exception of breads, pastries or any breaded product, which should be heated uncovered to prevent sogginess.

Most conventionally prepared foods should be slightly undercooked, and held in the refrigerator, so that overcooking does not occur during microwave heating.

Cooked items, such as vegetables, may be portion plated and covered for reheating without loss of color, texture or nutritional content.

HEATING FOODS FROM ROOM TEMPERATURE

Food items such as canned items, fresh vegetables, etc. will require significantly less heating time than those from refrigerated temperatures.

IMPORTANT RECOMMENDATIONS

1. For best results it is recommended that foods conventionally prepared be slightly undercooked when subsequently heated in this oven.
2. **REMEMBER** that after the heating cycle has been completed, internal food temperatures continue to rise slightly in foods heated in this oven.
3. A major abuse of microwave applications is the category of breads, pastries and pies are drier than insides or fillings, they heat more slowly. Therefore, baked goods should **ONLY** be heated until the crust is warm to the touch (120°F-130°F).
4. **DO NOT OVERHEAT YOUR FOOD: 99% of all food quantity complaints of microwave heated foods can be traced to overheating.** Finally times given are approximate always follow **USDA/FDA** temperature and operational gridlines when cooking.

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APPETIZERS

Quantities of appetizers can be prepared conventionally in advance and refrigerated until needed. Most appetizers, with the exception of “nacho” platters and potato skins, should be heated covered. Appetizers of the same basic shape and size can be reheated together.

Most cooked appetizers heat on HIGH power, between 7 and 11 seconds per ounce depending on weight, density, and bone content. “Nacho’s” need 30 to 37 seconds per ounce depending on the amount of topping.

All heating times listed in the chart are from refrigerated temperatures (40°F) except for “nacho” chips.

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Level	Approximate Times		
					NE-1266	NE-1766	NE-2166
BBQ Ribs	8 oz. (224 g)	Prepare conventionally, refrigerate, covered.	Place on plate, cover.	HIGH	60 sec.	45 sec.	35 sec.
Chicken Wings	5-6 oz. (140-168 g)	Prepare conventionally, refrigerate, covered.	Place on plate, cover.	HIGH	50 sec.	35 sec.	25 sec.
Chili con Queso	8 oz. (224 g)	Prepare conventionally, refrigerate, covered.	Place in small bowl, cover.	HIGH	1 min. 15 sec.	50 sec.	40 sec.
Meatballs	4-5 oz. (112-140 g)	Prepare conventionally, refrigerate, covered.	Place on plate, cover.	HIGH	50 sec.	35 sec.	25 sec.
Nachos	4 oz. (112 g)	For Best Results- Prepare when ordered or only a short time before serving to keep chips crisp.	Spread refried beans on each individual nacho. Arrange on platter. Sprinkle with Cheddar cheese. DO NOT COVER.	HIGH	50 sec.	35 sec.	25 sec.
Potato Skins	8 oz. (224 g)	Prepare skins conventionally, refrigerate, covered.	Arrange skins on platter. Sprinkle with shredded Cheddar cheese and cooked, crumbled bacon. DO NOT COVER.	HIGH	60 sec.	45 sec.	35 sec.
Rumaki	4 oz. (112 g)	Prepare conventionally, refrigerate, covered.	Place on plate, cover.	HIGH	35 sec.	25 sec.	20 sec.
Shrimp de Jonghe	4 oz. (112 g)	Prepare conventionally, refrigerate, covered.	Place on small plate, cover.	HIGH	55 sec.	40 sec.	30 sec.

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BAKED GOODS AND DESSERTS

Breads, pastries and pies should be heated uncovered, at HIGH power. They should be placed on absorbent material, such as a napkin or paper towel to prevent sogginess.

DO NOT OVERHEAT breads and pastries. Baked goods should only be heated until the crust feels warm to the touch (120°F-130°F).

Because crusts of breads, pastries and pies are drier than insides or fillings, they heat more slowly. After heating let rest about 1 minute for equalization of temperature. If product is overheated, the end result will not be satisfactory.

Heating times for sweet baked goods and desserts are relatively short because of the high sugar content.

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Level	Approximate Times		
					NE-1266	NE-1766	NE-2166
Bread, mini-loaf white or wheat	8 oz. (224 g)	Prepare conventionally, store at room temperature.	Place on paper towel, uncovered.	HIGH	25 sec.	15 sec.	10 sec.
Coffee cake frozen	3 oz. (84 g)		Place on paper towel, uncovered.	HIGH	20 sec.	13 sec.	7 sec.
Muffins, fruit	2 ea.	Prepare conventionally or defrost, store at room temperature.	Place on paper towel, or napkin, uncovered.	HIGH	20 sec.	13 sec.	7 sec.
	6 ea.	Prepare conventionally or defrost, store at room temperature.	Place on paper towel, or napkin, uncovered.	HIGH	30 sec.	20 sec.	15 sec.
Pie, fruit	5 oz. (1 slice 140 g)	Prepare conventionally, refrigerate, covered.	Place on plate, uncovered.	HIGH	25 sec.	15 sec.	10 sec.
Rolls, hard	4 ea.	Room temperature.	Place on paper towel, uncovered. After heating, let rest 1 minute.	HIGH	25 sec.	15 sec.	10 sec.
Rolls, soft	6 ea.	Room temperature.	Place on paper towel, uncovered. After heating, let rest 1 minute.	HIGH	25 sec.	15 sec.	10 sec.
Rolls, sweet	6 ea.	Room temperature.	Place on paper towel, uncovered. After heating, let rest 1 minute.	HIGH	25 sec.	15 sec.	10 sec.

Heating and Defrosting Time Charts

BREAKFAST

All foods listed are prepared in advance and reheated at HIGH power from refrigerated temperatures (40°F).

Most breakfast foods are heated covered to retain moisture, with the exception of breads and pastries, which should be heated uncovered on absorbent material such as a napkin or paper towel to prevent sogginess. For poached eggs, pierce yolks before heating and allow eggs to stand for 1 minute after cooking so pressure subsides before cutting into them.

When preparing breakfast foods conventionally, undercook slightly and immediately chill and store, covered, for later reheating.

Cured breakfast meats will reheat faster than uncured meats because salt readily absorbs microwave energy.

WARNING: Never cook or reheat eggs in the shell. They may explode when interior pressure builds up.

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Level	Approximate Times		
					NE-1266	NE-1766	NE-2166
Bacon	4 strips	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate and cover.	HIGH	30 sec.	20 sec.	15 sec.
Bacon, Canadian	4 slices	Prepare conventionally, refrigerate, covered.	Place on plate and cover.	HIGH	30 sec.	20 sec.	15 sec.
Eggs, poached	2 eggs	Prepare conventionally, undercook slightly, refrigerate in salted water, covered.	Remove from water. Place on plate, pierce yolks, cover. Let rest 1 minute after heating.	HIGH	30 sec.	20 sec.	15 sec.
Eggs, scrambled	2 eggs	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate and cover.	HIGH	30 sec.	20 sec.	15 sec.
Eggs, scrambled with bacon	2 eggs 4 strips	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate and cover.	HIGH	35 sec.	25 sec.	20 sec.
Eggs, scrambled with sausage links	2 eggs 4 links	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate and cover.	HIGH	45 sec.	30 sec.	20 sec.
French toast	3 slices	Prepare conventionally, refrigerate, covered.	Place toast on plate. Heat uncovered.	HIGH	35 sec.	20 sec.	15 sec.

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Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Level	Approximate Times		
					NE-1266	NE-1766	NE-2166
French toast with bacon	2 slices 4 strips	Prepare conventionally, refrigerate, covered.	Place toast on plate in single layer. Cover	HIGH	45 sec.	35 sec.	30 sec.
French toast with sausage	2 slices 4 links	Prepare conventionally, refrigerate, covered.	Place toast on plate in single layer. Cover	HIGH	45 sec.	35 sec.	30 sec.
Ham steak	4 oz. (112 g)	Prepare conventionally, refrigerate, covered.	Place on plate and cover. Let rest 1 minute after heating.	HIGH	40 sec.	30 sec.	25 sec.
Hash, corned beef, canned	3 oz. (84 g)	Prepare conventionally, refrigerate, covered.	Place on plate and cover.	HIGH	45 sec.	30 sec.	25 sec.
Pancakes	4 ea.	Prepare conventionally, refrigerate, covered.	Place on plate in single layer. Heat uncovered.	HIGH	35 sec.	20 sec.	15 sec.
Pancakes with bacon	4 ea. 4 strips	Prepare conventionally, refrigerate, covered.	Place on plate in single layer. Cover.	HIGH	45 sec.	35 sec.	30 sec.
Pancakes and sausage patty	4 oz. (4 ea. 112 g)	Prepare conventionally, refrigerate, covered.	Place on plate in single layer. Cover.	HIGH	45 sec.	35 sec.	30 sec.
Potatoes, hashed brown	4½ oz. (126 g)	Prepare conventionally, refrigerate, covered.	Place on plate and heat, uncovered.	HIGH	40 sec.	30 sec.	25 sec.
Sausage links	4 links	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate. Cover.	HIGH	40 sec.	30 sec.	25 sec.
Sausage patties	4 patties	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate. Cover.	HIGH	35 sec.	25 sec.	20 sec.

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FISH AND SEAFOOD

Defrost

Fish and seafood can be defrosted and heated successfully in this microwave oven. To defrost evenly, fish should be arranged in a single layer in container and should only be thawed to the point of being flexible so it does not begin to cook at the edges.

Primary Cooking

Cooking individual portions demands close attention as well as slight undercooking. Delicate fish and shellfish should always be cooked covered and should rest after heating.

Fish/Seafood—Primary Cooking

Item	Quantity	Instructions for preparation	Instructions for Microwave Heating	Power Level	Approximate Times		
					NE-1266	NE-1766	NE-2166
Lobster Tail	8 oz. (224 g)	Defrost. Refrigerate, covered.	Place on plate, brush with butter and cover.	HIGH	3 min. 30 sec.	2 min. 30 sec.	1 min. 30 sec.
Perch fillets	7 oz. (196 g)	Defrost. Refrigerate, covered.	Place in microwave pan and brush with butter and herbs.	HIGH	1 min. 15 sec.	50 sec.	40 sec.
Salmon Steaks	8 oz. (224 g)	Defrost. Refrigerate, covered.	Place on plate, brush with butter and cover.	HIGH	1 min.	45 sec.	35 sec.
Scallops, Bay	5 oz. (140 g)	Defrost slightly. Refrigerate, covered.	Place in microwave pan, dot with butter and cover.	HIGH	45 sec.	35 sec.	30 sec.
Shrimp, large	6 oz. (168 g)	Defrost. Refrigerate, covered.	Place on plate and cover.	HIGH	45 sec.	35 sec.	30 sec.
Snapper, Red fillets	5 oz. (140 g)	Defrost. Refrigerate, covered.	Place on plate, brush with butter and herbs and cover.	HIGH	1 min.	45 sec.	35 sec.
Sole, stuffed with crabmeat	6 oz. (168 g)	Defrost. Refrigerate, covered.	Place on plate and cover.	HIGH	1 min. 15 sec.	50 sec.	40 sec.

Fish/Seafood, Frozen—Defrosting (To calculate time, use 15 seconds times (x) ounce)

Item	Quantity	Instructions for preparation	Instructions for Microwave Heating	Power Level	Approximate Times		
					NE-1266	NE-1766	NE-2166
Lobster Tail (frozen)	8 oz. (224 g)		Place on plate and cover. After DEFROST cycle, let rest 5 min. and refrigerate or cook.	DEFROST	Use calculation Above		
Perch, fillets (frozen)	1 lb. (450 g)		Place in microwave pan and cover. Halfway through defrost, turn over and if possible, rearrange fillets. After DEFROST cycle, let rest 5 min. and refrigerate or cook.	DEFROST	Use calculation Above		
Shrimp, large (frozen)	6 oz. (168 g)		Place on plate and cover. After DEFROST cycle, refrigerate or cook.	DEFROST	Use calculation Above		

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GRAVIES, SAUCES AND SOUPS

Some water-based gravies, sauces and soup mixes may be prepared in large portions using this oven to heat water and thicken the blended mixes.

Refrigerated gravies, sauces and soups can be reheated quickly at HIGH and requires stirring during heating to produce an even temperature.

Gravies

Item	Quantity	Instructions for preparation	Instructions for Microwave Heating	Power Level	Approximate Times		
					NE-1266	NE-1766	NE-2166
Brown gravy	1 qt.	Prepare conventionally, or heat ingredients in microwave, if recommended. Refrigerate gravy.	Place in microwave pan. Cover, stir midway and cover.	HIGH	7 min.	5 min. 30 sec.	4 min. 30 sec.
Chicken gravy	1 qt.			HIGH	5 min.	5 min.	4 min. 30 sec.

Sauces

Item	Quantity	Instructions for preparation	Instructions for Microwave Heating	Power Level	Approximate Times		
					NE-1266	NE-1766	NE-2166
Au jus	1 qt.	Prepare conventionally, or heat ingredients in microwave, if recommended. Refrigerate sauce.	Place in microwave pan. Cover, stir midway through heating.	HIGH	7 min.	5 min. 30 sec.	4 min. 30 sec.
Cheese sauce	1 qt.			HIGH	8 min.	6 min. 30 sec.	5 min. 30 sec.
Espagnole (stock base)	1 qt.			HIGH	7 min.	5 min. 30 sec.	4 min. 30 sec.
Mushroom sauce	1 qt.			HIGH	7 min.	5 min. 30 sec.	4 min. 30 sec.
Tomato sauce	1 qt.			HIGH	7 min.	5 min. 30 sec.	4 min. 30 sec.
White sauce (Bechamel)	1 qt.			HIGH	7 min.	5 min. 30 sec.	4 min. 30 sec.
White sauce (stock base)	1 qt.			HIGH	7 min.	5 min. 30 sec.	4 min. 30 sec.

Soups

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Level	Approximate Times		
					NE-1266	NE-1766	NE-2166
Beef broth	1 qt.	Prepare conventionally, or heat ingredients in microwave, if recommended. Refrigerate soup.	Place in microwave pan. Cover, stir midway through heating.	HIGH	7 min.	5 min. 30 sec.	4 min. 30 sec.
Chicken Noodle soup	1 qt.			HIGH			
Clam chowder	1 qt.			HIGH			

Heating and Defrosting Time Charts

PLATED MEAT AND POULTRY ENTREES

Meat and poultry can be reheated successfully in this oven.

Undercook meat slightly. Arrange meat or poultry slices in single layer, overlapping pieces as little as possible.

CAUTION

Pork products must be fully cooked prior to reheating.

When appropriate, cover meats or poultry evenly with sauces.

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Level	Approximate Times		
					NE-1266	NE-1766	NE-2166
Beef, prime rib au jus	12 oz. (336 g)	Prepare conventionally, refrigerate, covered.	Place on plate and top meat with au jus. Cover.	HIGH	2 min.	1 min. 20 sec.	1 min.
Beef stew	8 oz. (224 g)	Prepare conventionally, refrigerate, covered.	Put in small bowl, stir midway through heating, cover.	HIGH	1 min.	45 sec.	35 sec.
Beef stroganoff with noodles	8 oz. (224 g)	Prepare conventionally, refrigerate, covered.	Place on plate and cover.	HIGH	35 sec.	45 sec.	15 sec.
Chicken, BBQ	9 oz. (252 g)	Prepare conventionally, refrigerate, covered.	Place on plate, cover. After 30 sec. of heating, spoon additional sauce evenly over chicken, if desired.	HIGH	1 min. 30 sec.	1 min.	45 sec.
Chicken, breaded, fried	8 oz. (224 g)	Prepare conventionally, refrigerate, covered.	Place on plate, uncovered.	HIGH	1 min.	45 sec.	35 sec.
Chicken, broiled	½ ea.	Prepare conventionally, refrigerate, covered.	Place on plate and cover.	HIGH	1 min. 30 sec.	1 min.	45 sec.
Chicken pieces, with potatoes, dressing and gravy	12 oz. (336 g)	Prepare all components conventionally, refrigerate, covered	Place on plate, depress potatoes and cover.	HIGH	3 min.	2 min.	1 min. 30 sec.
Cornish hen	1 ea. (22 oz.)	Prepare conventionally, refrigerate, covered.	Place on plate and cover.	HIGH	2 min. 30 sec.	2 min.	1 min. 30 sec.
Duck	½ ea.	Prepare conventionally, refrigerate, covered.	Place on plate and cover.	HIGH	3 min.	2 min.	1 min. 30 sec.
Burrito	8 oz. (224 g)	Prepare conventionally, refrigerate, covered.	Place on plate and cover.	HIGH	1 min.	45 sec.	35 sec.
Meat loaf with gravy	7 oz. (196 g)	Prepare conventionally, refrigerate, covered.	Arrange slices in single layer on plate, cover with gravy. Cover	HIGH	1 min. 10 sec.	50 sec.	45 sec.
Green peppers, stuffed	6 oz. (168 g)	Prepare conventionally, refrigerate, covered.	Place on plate and cover.	HIGH	1 min. 45 sec.	1 min. 15 sec.	50 sec.
Pork chop, stuffed	7 oz. (196 g)	Prepare conventionally, refrigerate, covered.	Place on plate and cover.	MEDIUM	2 min.	1 min. 30 sec.	1 min. 10 sec.
Ribs, short	8 oz. (224 g)	Prepare conventionally, refrigerate, covered.	Place on plate and cover.	HIGH	1 min.	45 sec.	35 sec.
Ribs, spare	16 oz. (448 g)	Prepare conventionally, refrigerate, covered.	Place on plate and cover.	HIGH	2 min.	1 min. 30 sec.	1 min. 10 sec.
Salisbury steak	7 oz. (196 g)	Prepare conventionally, refrigerate, covered.	Place on plate and cover.	MEDIUM	2 min.	1 min. 30 sec.	1 min. 10 sec.
Turkey, sliced with gravy	12 oz. (336 g)	Prepare conventionally, refrigerate, covered with gravy. Cover.	Arrange slices in single layer on plate and cover.	HIGH	1 min. 10 sec.	50 sec.	45 sec.

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RICE AND PASTA

For best results: reheat covered at HIGH power. Adding moisture, such as a sauce, can facilitate reheating though its not essential.

Rice and pasta dishes with cheese sauce, require more stirring than tomato-based sauces to avoid over-heating and stringiness of cheese.

Rice

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Level	Approximate Times		
					NE-1266	NE-1766	NE-2166
Chicken rice pilaf	4 oz. (112 g)	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate and cover.	HIGH	50 sec.	35 sec.	25 sec.
Rice, long grain and wild rice	4 oz. (112 g)	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate and cover.	HIGH			

Pasta

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Level	Approximate Times		
					NE-1266	NE-1766	NE-2166
Lasagna	8 oz. (224 g)	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate and cover. Cut in half, let rest 1 min. after heating.	HIGH	2 min.	1 min. 30 sec.	1 min. 30 sec.
				MEDIUM	1 min. 30 sec.	1 min.	50 sec.
Macaroni and cheese	8 oz. (224 g)	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate and cover. Let rest 1 min. after heating.	HIGH	1 min. 30 sec.	1 min. 10 sec.	50 sec.
Noodles	4 oz. (112 g)	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate and cover.	HIGH	45 sec.	30 sec.	20 sec.
Ravioli	6 oz. (168 g)	Prepare conventionally, undercook slightly, refrigerate, covered.	Arrange in single layer on small plate and cover.	HIGH	55 sec.	40 sec.	30 sec.
	12 oz. (336 g)	Prepare conventionally, undercook slightly, refrigerate, covered.	Arrange in single layer on small plate and cover.	HIGH	2 min.	1 min. 45 sec.	1 min. 10 sec.
Spaghetti with meat sauce	12 oz. (336 g)	Prepare conventionally, keeping spaghetti and sauce separate, refrigerate, covered.	Place on plate and cover with sauce. Cover.	HIGH	1 min. 50 sec.	1 min. 30 sec.	1 min. 15 sec.

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SANDWICHES

Preassembled sandwiches can be heated quickly and easily in this microwave oven. For best results, assemble sandwiches no more than 3 hours in advance. Meat fillings such as hamburgers and sausage should be precooked and preferably not be more than ½ inch thick.

Day-old, toasted breads, or breads whose formula is enriched with egg or fat are advantageous because they tend to become less soggy when heated.

Thin sliced means, lightly packed, allow for more even heating. Place meat over bread.

All but openfaced sandwiches should be heated uncovered on absorbent material such as paper towel or napkin to prevent sogginess.

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Level	Approximate Times		
					NE-1266	NE-1766	NE-2166
BBQ beef on bun	6 oz. (168 g)	Prepare beef conventionally, refrigerate, covered. Toast bun.	Assemble, place on paper napkin on plate, uncovered.	HIGH	60 sec.	45 sec.	35 sec.
Corned beef on rye	5 oz. (140 g)	Assemble, refrigerate, covered.	Place on paper towel, uncovered.	HIGH	60 sec.	45 sec.	35 sec.
French dip	6 oz. (168 g)	Assemble, refrigerate, covered.	Place on plate with au jus over beef and on side, uncovered.	HIGH	60 sec.	45 sec.	35 sec.
Grilled cheese	4 oz. (112 g)	Prepare conventionally, refrigerate, covered.	Place on paper towel, uncovered.	HIGH	60 sec.	45 sec.	35 sec.
Hamburger, plain with cheese	5 oz. (140 g)	Prepare burger conventionally, Toast bun. Assemble, refrigerate, covered.	Place on paper towel, uncovered.	HIGH	60 sec.	45 sec.	35 sec.
	5 oz. (140 g)			HIGH	1 min. 5 sec.	50 sec.	40 sec.
Hot dog	3 oz. (84 g)	Prepare conventionally. Toast bun. Assemble, refrigerate, covered.	Wrap loosely in plastic.	HIGH	55 sec.	40 sec.	30 sec.
Pastrami on rye	5 oz. (140 g)	Assemble, refrigerate, covered.	Place on paper towel, uncovered.	HIGH	60 sec.	45 sec.	35 sec.
Reuben	6 oz. (168 g)	Prepare conventionally, refrigerate, covered.	Place on paper towel, uncovered.	HIGH	60 sec.	45 sec.	35 sec.
Roast beef, open-face with gravy	8 oz. (224 g)	Prepare beef and gravy conventionally, refrigerate, covered. Toast bread.	Assemble, plate, cover.	HIGH	60 sec.	45 sec.	35 sec.
Sausage, Italian on sub roll	5½ oz. (154 g)	Prepare sausage conventionally. Toast roll. Assemble, refrigerate, covered.	Place on paper towel, uncovered.	HIGH	60 sec.	45 sec.	35 sec.
Turkey, open-face with gravy	8 oz. (224 g)	Prepare turkey and gravy conventionally, refrigerate, covered. Toast bread.	Assemble, plate, cover.	HIGH	60 sec.	45 sec.	35 sec.

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VEGETABLES

Most vegetables, small and bulk portions, defrost, heat, and cook very successfully in the microwave, retaining fresh color and texture as well as nutritional value. The thicker and more fibrous the vegetable, the longer the cooking time. (ie. Root vegetables)

Frozen vegetables can be defrosted and heated in one step. One to two tablespoons of water should be added to frozen vegetables.

Icy sections should be broken up during heating for even temperature distribution.

Canned vegetables can be heated using HIGH in approximately 1 minute per pound.

Most fresh vegetables are prepared with a small amount of cooking liquid such as water.

Vegetables, Frozen—Defrosting and Heating

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Level	Approximate Times		
					NE-1266	NE-1766	NE-2166
Beans, green	4 lb. (1.8 kg)	NONE	Place in a microwave safe 6" half pan. Add one to two tablespoons of water. Cover with lid. Let stand, covered, 2 minutes.	HIGH	4 min./lb. (9 min./kg)	3 min./lb. (6 min. 40 sec./kg)	2 min./lb. (4 min. 20 sec./kg)
	6 lb. (2.7 kg)	NONE		HIGH			
Cauliflower	4 lb. (1.8 kg)	NONE		HIGH			
	6 lb. (2.7 kg)	NONE		HIGH			
Broccoli	4 lb. (1.8 kg)	NONE		HIGH			
Carrots, sliced	6 lb. (2.7 kg)	NONE		HIGH			

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Vegetable, Fresh—Heating

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Level	Approximate Times			
					NE-1266	NE-1766	NE-2166	
Carrots & other root vegetables	(cook)	4 lb. (1.8 kg)	Peel carrots; cut into 1/8" slices. Wash vegetables well. Cut into uniform size pieces.	Place in microwave safe 4" half pan. Cover with lid. Stir midway through heating. After heating, let stand, covered, 5 minutes.	HIGH	8 min.	6 min.	5 min.
		5 lb. (2.3 kg)			HIGH	10 min.	7 min. 30 sec.	6 min. 30 sec.
		6 lb. (2.7 kg)			HIGH	12 min.	9 min.	8 min.
		7 lb. (3.2 kg)			HIGH	13 min. 30 sec.	10 min. 30 sec.	9 min. 30 sec.
	(blanch)	4 lb. (1.8 kg)	Peel carrots; cut into 1/8" slices. Wash vegetables well. Cut into uniform size pieces.	Place in microwave safe 4" half pan. Add 3 to 4 tablespoons of water. Stir midway through heating. After heating, let stand, covered, 5 minutes.	HIGH	6 min.	4 min.	3 min.
		5 lb. (2.3 kg)			HIGH	8 min. 50 sec.	5 min. 30 sec.	4 min. 30 sec.
		6 lb. (2.7 kg)			HIGH	10 min.	7 min.	6 min.
		7 lb. (3.2 kg)			HIGH	11 min. 30 sec.	8 min. 30 sec.	7 min. 30 sec.

Vegetable, Fresh—Primary Cooking

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Level	Approximate Times		
					NE-1266	NE-1766	NE-2166
Broccoli	3 lb. (1.35 kg)	Rinse broccoli. Cut into spears.	Place in a microwave safe 6" half pan. Add 2 tablespoons of water. Cover. After cooking, let stand, covered, 5 minutes.	HIGH	10 min.	7 min.	5 min.
Baked Potatoes	8 pcs.	Wash and pierce several times with fork. Arrange evenly on paper towel in oven.	Rearrange halfway through heating. After heating, wrap in foil and let stand 1 minute.	HIGH	8 min.	7 min.	6 min.
Refried beans	7 lb. (3.2 kg) (#10 can)		Place in a microwave safe 6" half pan. Cover with lid. Stir midway through heating. Let stand 5 minutes.	HIGH	8 min.	6 min. 30 sec.	5 min.

Heating and Defrosting Time Charts

CASSEROLES

Food-Service casseroles can be cooked successfully in this microwave oven. For best results, follow instructions below.

Preparation

Remove all casseroles from their foil baking trays, while still frozen and place in a microwave safe 4-inch half pan. Place in refrigerator and thaw for about 30 minutes per ounce.

Let stand 15 minutes before serving.

Casseroles, Frozen—Heating

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Level	Approximate Times		
					NE-1266	NE-1766	NE-2166
Vegetable Lasagna	Calculate min./lb. (min./kg)	Place in 4" half pan. Thaw in refrigerator for approx. 4 days.	Cover with lid. Let stand 15 minutes before serving.	1st Stage HIGH			
				2nd Stage MEDIUM			
Spinach Souffle	Calculate min./lb. (min./kg)	Place in 4" half pan. Thaw in refrigerator for approx. 2 days.	Cover with lid. Let stand 15 minutes before serving.	1st Stage MEDIUM	2 min. 30 sec. per lb. (5 min. 40 sec. per kg)	1 min. 30 sec. per lb. (3 min. 20 sec. per kg)	1 min. per lb. (2 min. per kg)
				2nd Stage HIGH			
Deep Dish Cherry Crisp	Calculate min./lb. (min./kg)	Place in 4" half pan. Thaw in refrigerator.	Sprinkle with 2 tablespoons of sugar.	HIGH			
Macaroni and Cheese	Calculate min./lb. (min./kg)	Place in 4" half pan. Thaw in refrigerator for approx. 2 days.	Cover with lid. Stir after cooking.	HIGH			
Burritos	Calculate min./lb. (min./kg)	Place on paper towel.	Heat covered.	HIGH			

Instructions for all casseroles & large items (4 lbs. or more) that are ordinarily baked:

- 1) Defrost (see defrost method on page 33).
- 2) Heat: From refrigerated temperatures (< 40°F and > 32°F)
 - Stage 1 = High time per lb. (kg)
 - Stage 2 = Medium time per lb. (kg)

Panasonic PRO 1 Microwave Oven Limited Warranty (For USA Only)

Limited Warranty Coverage (For USA Only)

If your product does not work properly because of a defect in materials or workmanship, Panasonic Corporation of North America (referred to as "the warrantor") will, for the length of the period indicated on the chart below, which starts with the date of original purchase ("warranty period"), at its option either (a) repair your product with new or refurbished parts, (b) replace it with a new or a refurbished equivalent value product, or (c) refund your purchase price. The decision to repair, replace or refund will be made by the warrantor.

Product or Part Name	Labor	Parts
NE-1266 (1APH) NE-1766 (1APR) NE-2166 (1APR)	1 Yr.	1 Yr. Magnetron: 3 Years
NE-1266 (3APH) NE-1766 (3APR) NE-2166 (3APR)	3 Years	3 Years Magnetron: 3 Years

* Please refer to the owner's manual on how to use the cycle count feature.

During the "Labor" warranty period there will be no charge for labor. During the "Parts" warranty period, there will be no charge for parts. This warranty only applies to products purchased and serviced in the United States. This warranty is extended only to the original purchaser of a new product which was not sold "as is".

Service:

On-site service in the continental U.S.A. can be obtained during the warranty period from a Panasonic authorized service center.

In the United States please visit

<https://shop.panasonic.com/pages/professional-kitchen> .

IF REPAIR IS NEEDED DURING THE WARRANTY PERIOD, THE PURCHASER WILL BE REQUIRED TO FURNISH A SALES RECEIPT/PROOF OF PURCHASE INDICATING DATE OF PURCHASE, AMOUNT PAID AND PLACE OF PURCHASE. CUSTOMER WILL BE CHARGED FOR THE REPAIR OF ANY UNIT RECEIVED WITHOUT SUCH PROOF OF PURCHASE.

Limited Warranty Limits and Exclusions

This warranty ONLY COVERS failures due to defects in materials or workmanship, and DOES NOT COVER glass, plastic parts, temperature probes (if included) and normal wear and tear or cosmetic damage. The warranty ALSO DOES NOT COVER damages which occurred in shipment, or failures which are caused by products not supplied by the warrantor, or failures which result from accidents, misuse, abuse, neglect, bug infestation, mishandling, misapplication, alteration, faulty installation, set-up adjustments, maladjustment of consumer controls, improper maintenance, power line surge, lightning damage, modification, rental use of the product, service by anyone other than an authorized servicer, or damage that is attributable to acts of God.

THERE ARE NO EXPRESS WARRANTIES EXCEPT AS LISTED UNDER "LIMITED WARRANTY COVERAGE".

THE WARRANTOR IS NOT LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES RESULTING FROM THE USE OF THIS PRODUCT, OR ARISING OUT OF ANY BREACH OF THIS WARRANTY. (As examples, this excludes damages for lost time, travel to and from the servicer, loss of or damage to media or images, data or other memory or recorded content. The items listed are not exclusive, but for illustration only.) **ALL EXPRESS AND IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY, ARE LIMITED TO THE PERIOD OF THE LIMITED WARRANTY.**

Some states do not allow the exclusion or limitation of incidental or consequential damages, or limitations on how long an implied warranty lasts, so the exclusions may not apply to you.

This warranty gives you specific legal rights and you may also have other rights which vary from state to state. If a problem with this product develops during or after the warranty period, you may contact your dealer or Service Center. If the problem is not handled to your satisfaction, then write to:

Panasonic Corporation of North America
Consumer Affairs Department
2 Riverfront Plaza
Newark NJ 07102-5490

PARTS AND SERVICE, WHICH ARE NOT COVERED BY THIS LIMITED WARRANTY, ARE YOUR RESPONSIBILITY.

Statute of Limitations

No suit shall be brought on an alleged breach of The Warrantor warranty more than one (1) year following expiration of the relevant warranty period.

Customer Services Directory (United States Only)

For operational and technical assistance, or to locate your nearest Dealer or Service Center, please visit our Web Site at:

<https://shop.panasonic.com/pages/professional-kitchen>

Parts/Accessory Purchases (United States Only)

Purchase Parts, Accessories and Owner's Manual online for all Panasonic Products by visiting our Web Site at:

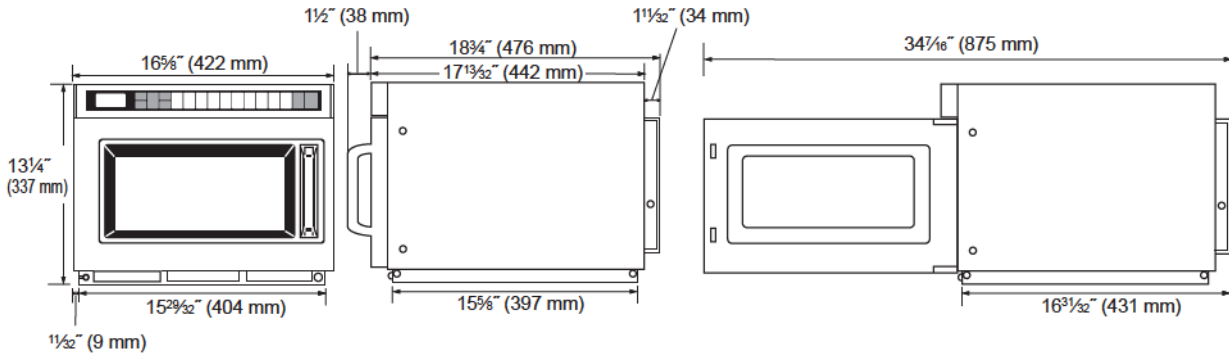
<https://shop.panasonic.com/pages/professional-kitchen>

As of February 2026

Technical Specifications

Model No.	NE-1266		NE-1766	NE-2166
Power Source	120 V, 60 Hz, single phase		208 V / 240 V, 60 Hz, single phase	
Required Power (Voltage)	1890 W 17.0 A (120 V)		2520 W 12.9 A (208 V) 11.0 A (240 V)	2970 W 14.8 A (208 V) 12.9 A (240 V)
Receptacle Required	20 AMP NEMA #5-20R		15 AMP NEMA #6-15R 20 AMP NEMA #6-20R	20 AMP NEMA #6-20R
Output (approx.)	HIGH	(P10)	1200 W*	
	MEDIUM HIGH	(P9)	95 %	
		(P8)	85 %	
		(P7)	75 %	
		(P6)	65 %	
	MEDIUM	(P5)	55 %	
		(P4)	45 %	
	LOW	(P3)	35 %	
		(P2)	30 %	25 %
DEFROST	(P1)	340 W		
—	(P0)	0 %		
HEAT FROM TOP DOWN	(PU1)	50 %		
	(PU2)	25 %		
HEAT FROM BOTTOM UP	(PL1)	50 %		
	(PL2)	25 %		
Frequency	2450 MHz			
Outer dimensions (W x D x H)	16 ⁵ / ₈ " x 18 ³ / ₄ " x 13 ¹ / ₄ " (422 mm x 476 mm x 337 mm)			
Cavity dimensions (W x D x H)	13" x 12 ⁷ / ₃₂ " x 6 ⁷ / ₈ " (330 mm x 310 mm x 175 mm)			
Net weight (approx.)	39 lbs. (17.9 kg)			

*IEC Test Procedure
Specifications subject to change without notice.



Note

Note

Panasonic Corporation of North America

Two Riverfront Plaza,
Newark, NJ 07102-5490

<https://shop.panasonic.com/pages/professional-kitchen>

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