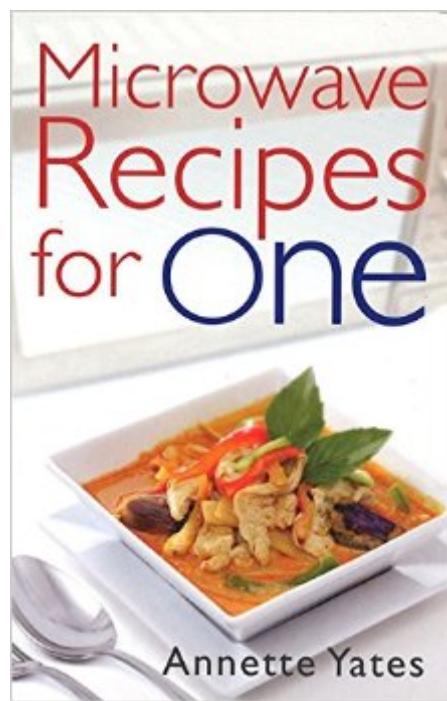


The book was found

Microwave Recipes For One



Synopsis

The microwave has many advantages over conventional cooking: it's quicker, more economical, cleaner and easier. Microwave ovens take up very little space. They produce fewer cooking smells and less steam, and kitchen/cooking areas remain cool. Annette Yates' book is designed specifically for the person who lives alone, or who has to prepare individual meals for some other reason: perhaps members of the family need to eat at different times or have conflicting tastes and preferences, or perhaps someone is on a special diet which requires food to be cooked separately. Included are recipes for: breakfasts; soups, starters and sauces; fish, meat, poultry, vegetable, cheese, egg and pasta dishes; and desserts - PLUS an indispensable cooking guide which explains how to adapt family recipe instructions to the smaller amounts needed for a single portion.

Book Information

Paperback: 128 pages

Publisher: Elliot Right Way Books; 3rd edition (April 2001)

Language: English

ISBN-10: 0716020440

ISBN-13: 978-0716020448

Product Dimensions: 5.3 x 0.4 x 7.7 inches

Shipping Weight: 4.2 ounces

Average Customer Review: 3.7 out of 5 starsÂ [See all reviewsÂ \(3 customer reviews\)](#)

Best Sellers Rank: #1,246,567 in Books (See Top 100 in Books) #133 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Microwave Cooking #330 inÂ Books > Cookbooks, Food & Wine > Asian Cooking > Chinese #613 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two

Customer Reviews

Oink. Seriously, this is a great resource for students, travelers and anyone who sometimes eats alone. After all, the microwave is the most efficient cooking equipment in most kitchens. And the recipes are easy and delicious.

This book is difficult for an American to understand. I have no idea what some of the terms mean. I have lived in several States and traveled a great deal. Still this book is difficult for me to understand.

Good recipes....

[Download to continue reading...](#)

Microwave Cookbook: 40 Delicious, Healthy and Easy to Make Meal Recipes for Busy People (Quick and Easy Microwave Meal Recipes) Integrated Microwave Front-Ends with Avionics Applications (Artech House Microwave Library (Hardcover)) Microwave Recipes for One Microwave Cooking for One Hi-Tech Jewish Cooking: Recipes for the Microwave, Processor, Blender and Crock Pot Mug Cakes: 100 Speedy Microwave Treats to Satisfy Your Sweet Tooth Mug Cakes: Ready In 5 Minutes in the Microwave Bread In Half The Time: Use Your Microwave and Food Processor to Make Real Yeast Bread in 90 Minutes Dessert In Half The Time Use Your Food Processor: & Microwave to Make Great Desserts in Less Time Than It Takes to Buy a Pint of Ice Cream A Man, a Can, a Microwave: 50 Tasty Meals You Can Nuke in No Time (Man, a Can... Series) Mug Cakes: 40 Speedy Cakes to Make in a Microwave Microwave Gourmet The Invisible Crime: Illegal Microchip Implants and Microwave Technology and Their Use Against Humanity The Complete INSTANT POT ONE POT Recipes Cookbook: 131 Healthy ONE POT Instant Pot Pressure Cooker Recipes For Every Mum (+Instant Pot Time Guide For Over 300 Recipes) One-Block Wonders: One Fabric, One Shape, One-of-a-Kind Quilts Delicious Holiday Treats: A Collection of Healthy Holiday Recipes (Dessert Recipes, Holiday, Seasonal, Desserts, Thanksgiving Recipes, Christmas Recipes) (Volume 1) Canning And Preserving Cookbook: 100+ Mouth-Watering Recipes of Canned Food: (Canning and Preserving Cookbook, Best Canning Recipes) (Home Canning Recipes, Pressure Canning Recipes) Rice Cooker Recipes: 50+ Rice Cooker Recipes - Quick & Easy for a Healthy Way of Life (Slow cooker recipes - rice cooker - recipes) Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) The Best Slow Cooker Recipes & Meals Cookbook: Over 100 Healthy Slow Cooker Recipes, Vegetarian Slow Cooker Recipes, Slow Cooker Chicken, Pot Roast ... Recipes, Slow Cooker Desserts and more!

[Dmca](#)