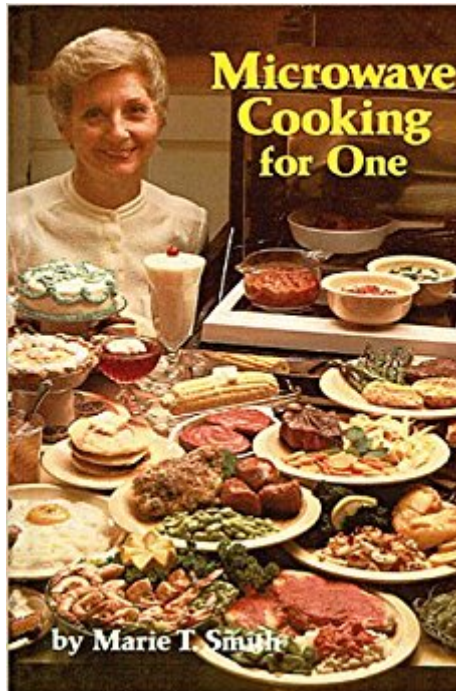




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Microwave Cooking For One



Synopsis

Fast, easy, and economical, the recipes in Microwave Cooking for One are ideal for individuals, whether they live alone or share busy modern households. From breakfast through dinner, fresh, delicious meals can be prepared to satisfy personal tastes without wasted food, overheated kitchens, or messy clean-up.

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Customer Reviews

Smith's 300-plus recipes rarely take more than a half hour to prepare, and often less than that. Advanced models of microwaves can now brown, saute and roast, as well as boil and steam, for a range of recipes that experienced cooks will appreciate. Neophytes will be helped by the thorough instructions on such basics as soft-boiling eggs. Smith's practical bent is further evidenced by her tips for using leftover raw ingredients there's an entire chapter on preserves, relishes and sauces. Her thoroughness fails though when she presents a long list of kitchen utensils that are identified by brand name rather than general description so that one doesn't know whether conventional pots and pans can be substituted. November Copyright 1985 Reed Business Information, Inc. --This text refers to the Plastic Comb edition.

Cooking for one doesn't have to mean opening a can of soup or living on dry sandwiches and frozen dinners. With the help of a microwave oven and "Microwave Cooking For One", the person cooking for himself can easily learn to prepare delicious, satisfying meals in minutes. The recipes in

Microwave Cooking For One are ideal for individual cooks, whether they live alone or share busy, modern households. Fresh, appetizing meals can be prepared to satisfy personal preferences while fitting tight schedules. The diet-conscious can resist the temptation to overindulge by following these perfect-for-one recipes. All of the dishes in this cookbook can be completely prepared in the microwave oven, saving the cook time, money, hassle, mess, and waste so everything is prepared in the microwave in simple containers and without the oils and fats used in traditional sautÃ©ing, frying and broiling. Inexperienced cooks will be delighted with these easy-to-follow recipes. Coquilles St. Jacques, Chicken Parmesan, Eggs Florentine, Asparagus Soup, Chocolate Custard, and Peach SoufflÃ© are all easier to prepare in the microwave. With almost 300 recipes, "Microwave Cooking For One" offers plenty of possibilities for breakfast, lunch, dinner and snacks. And when you begin with a recipe for one, it's easy to double or even triple a dish if you need more food to go around.

I found I had to cut back on the amount of salt in any given recipe because my tears of loneliness often over-seasoned whatever dish I happened to be heating.

Because of my extensive training in math, I have even noticed that if you double or triple the ingredients, you actually can serve 2 or 3. Just be sure to get the math correct. I once multiplied the ingredients by 6, but I only had 3 people to cook for. I ended up giving one person two servings, and put two servings in the fridge.

This book has it all. You too can learn to prepare delicious and savory meals like pot roast, shrimp cocktails, chicken, cakes and pies using your microwave. Truly a must have for any single grandmas or college students on a budget.

Great book I learned a lot tips and tricks on how to use the microwave. Believe it not I only used the microwave to defrost and re-heat meals

Great microwave cookbook. Works great with my original Amana RR-10 Touchmatic II

Exceptional. Life changing. Divine.

excellent book. I decided to start eating better and this has helped my limited cooking skills greatly.

I love this cook book. It has been so fun learning the recipes. I went on ebay to purchase many of the corning ware that is recommended. I absolutely love making hamburgers in the microwave. great for picky toddlers who won't eat what the rest of the family is having. I can whip up a hamburger in about 3 minutes. with very little mess. I also love the chicken and broc dish. the macaroni bake, both versions. I wish it was easier to quadruple the recipes for when i want to feed the whole family. I just can never seem to get the timing right. but eggs, bacon, potatoes, spaghetti, roast,, stew, meatloaf, steak, porkchops, these are just to name a few. I have even gotten good about eyeballing ounces.. for instance I no longer need to weight out 4 oz of hamburger meat, after a few times, i can just guess and i'm always about right. I think this is a great gift for some one tired of mcdonalds and other fast food eating. it's great for feeding kids, all the recipes are really good. Its great for any one who is hungry and doesn't need to cook a feast. Also the recipes are adaptable to what you may already use. this is great for travel trailers that have microwaves! RV's, hotels. dorms and more... buy hamburger patties premade, buy instead of chicken breast, chicken tenderloin, each piece is about the right size. We asked our butcher for a 1 lb roast. Sometimes I buy a pack of chicken breast and divide it when i get home before freezing. Same with ground beef. But i have a large family. if it were just me I wouldn't do that as nearly as much. I freeze most of my veggies to make it easier, chop two onions freeze in baggies, same with peppers, broccoli, mushrooms, Alot of times you dont have to measure, onion, just sprinkle it on, paprika, just sprinkle it on, broccoli, just grab as much as you want to eat... etc.

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