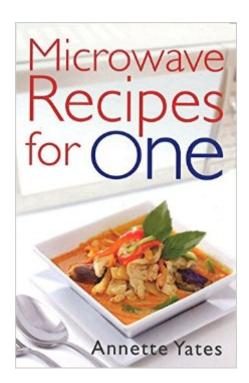
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# **Microwave Recipes For One**





## 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 × 0.4 × 7.7 inches Shipping Weight: 4.2 ounces Average Customer Review: 3.7 out of 5 stars Â See all reviews (3 customer reviews) Best Sellers Rank: #1,246,567 in Books (See Top 100 in Books) #133 in Books > Cookbooks, Food & Wine > Cooking Methods > Microwave Cooking #330 in Books > Cookbooks, Food & Wine > Asian Cooking > Chinese #613 in 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....

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