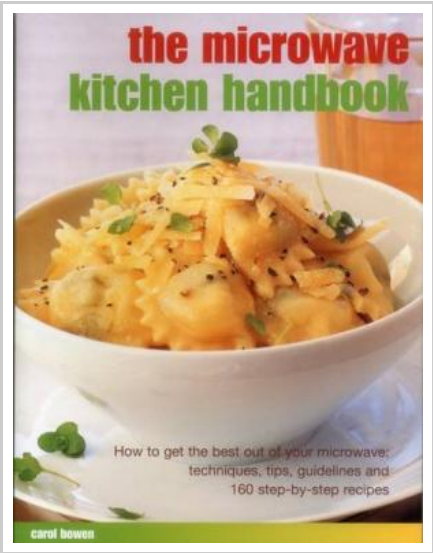



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# The Microwave Kitchen Handbook: How to Get the Best Out of Your Microwave: Techniques, Tips, Guidelines and 160 Step-by-Step Recipes

By Carol Bown

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Microwave Kitchen Handbook: How to Get the Best Out of Your Microwave: Techniques, Tips, Guidelines and 160 Step-by-Step Recipes, Carol Bown, Microwave cooking is quick and simple, perfect for light, healthy results that emphasizes fast, fresh food. Chapters on soups and starters, fish and seafood, meat and poultry, pasta, pulses and grains, vegetables and salads, desserts and baking, provide inspiration for any cook. Tasty recipes include Potato Fish Pie, Chilli Con Carne and a great Sticky Toffee Pudding. There are over 40 pages of microwave cooking advice plus extensive charts to check cooking and defrosting times for staple foods. The book ensures success every time, inspiring you to experiment with exciting culinary combinations and giving you confidence to use the microwave to its full advantage.

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