



## The Microwave Cooking, Complete Guide to: Practical Handbook (Paperback)

By Carol Bowen

Anness Publishing, United Kingdom, 2018. Paperback. Condition: New. Reprint. Language: English. Brand new Book. Microwave cooking is quick and simple, perfect for light, healthy results that emphasises 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. All the basics are here to help you make the most of your microwave, with expert guidance and advice, and information about techniques and equipment. There are superb microwave dishes for every occasion from snacks and everyday meals to special menus and baking - the delicious step-by-step recipes include Fruity Brown Rice Salad, Coconut Salmon and a boned Stuffed Chicken that is ideal for a cook-ahead dinner party. Easy-reference cooking and defrosting charts, plus straightforward instructions and step-by-step photographs, ensure perfect results...



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