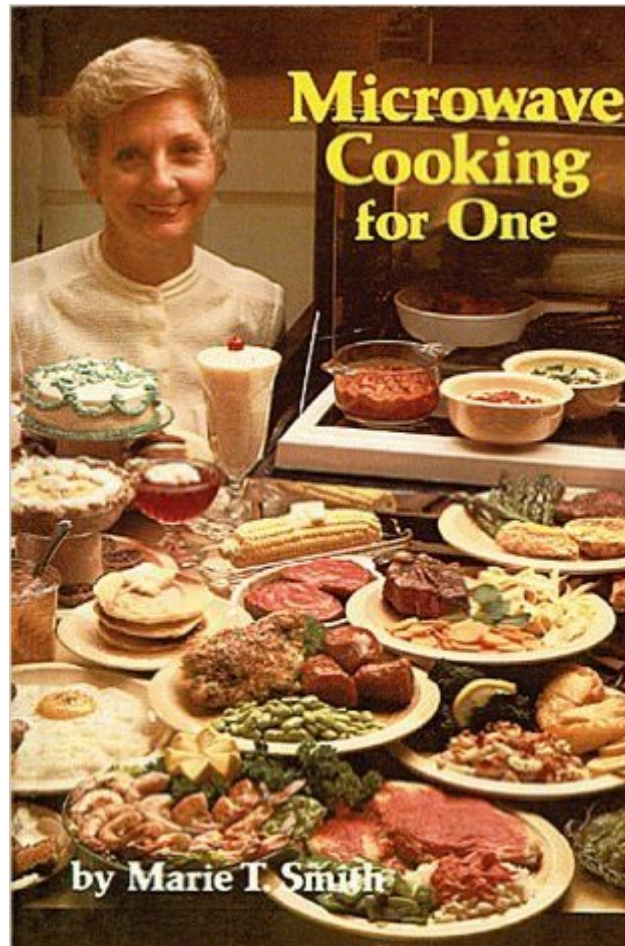


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# Microwave Cooking For One



## Synopsis

Fast, easy, and economical, the recipes are ideal for individual cooks, whether they live alone or share busy modern households. With almost 300 recipes for exciting meals

## Book Information

Plastic Comb: 276 pages

Publisher: Pelican Publishing (June 30, 1986)

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (62 customer reviews)

Best Sellers Rank: #250,763 in Books (See Top 100 in Books) #22 in [Books > Cookbooks, Food & Wine > Cooking Methods > Microwave Cooking](#) #163 in [Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two](#)

## Customer Reviews

Alone in my dark apartment, having worn my 3 Wolf Moon T-Shirt as well for countless weeks, found this book to be my bible. I sit at my dining room table, playing World of Warcraft night after night, sobbing silently for want of notice by another human being. Pizza boxes piling up, chinese food leftovers filling my fridge, I was beginning to run out of options. I recently lost my job as a Custodial Consultant for sniffing the amonia in the utility closet. My funding for my gourmet meals from such world reknown chefs as Boyardi and Uncle Ben had begun running low. Stumbling in a drunken daze through the local bookstore, my elbow carelessly knocked a book onto the floor as I turned a corner. As I peered down, I saw the title, "Microwave Cooking for One."Curiously, I picked it up and decided to have a a quick read. As I began flipping through the pages, I began to see that this was no ordinary cookbook. No my friends, this was a book passed down from the Gods themselves, displaying the infinite beauty of their messenger Marie T Smith on the cover. I knew at that moment, that this book would change my life. I purchased it with the last few dollars to my name and brought it home. Because of this book, I now eat like a King. Filet Mignon? Chicken Alfredo? Caviar? Its all in there. Not only do you never need to buy another cookbook, there will never be a book so beautifully written ever again. From that point, I ahve divided my life into two different categories, life before Microwave Cooking for One and life after, much like the Old and

New Testament. From this book I have made more friends than I can count, gained 30 pounds of rock hard muscle, and have a new job as VP of a major financial holdings company. This book worked for me, and I am sure it will work for you.

As an elderly gentleman who lives by himself in a condo I found this book very helpful in planning my daily meals. Since owning this book my microwave does more than just heat up left overs. And this was essentially the purpose of this purchase.

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.

Good book, but it really needs updating for modern microwaves. Or set yours to a lower power level. Pages don't hold up well to tears.

I originally purchased this book as a part of my suicide plans. Each microwaved meal was prepared in order from the beginning to the end of the book without regard to course type. Some days it was nothing but main dishes, others just desserts, but I did not want to leave this world without enjoying the kind of culinary adventure my intense fear of pavement and obtuse angles (makes it difficult to read books properly!) prevented me from embarking on. After cooking, eating, and cleaning up after the last recipe in the book, I had planned on hanging myself from a cross beam in the basement. However, as I sat there, bloated with what I believed to be an impacted colon owing to the book's cheese-based meals, I had what can only be described as a gastronomic revelation. With a few tweaks here and there to the otherwise masterful recipes in this sacred (yes, sacred!) cookbook, I could open my own restaurant. Yet my phobias kept me confined to my (assumed) dead grandmother's basement and only after exhaustive research on the Lycos, I discovered that various bleaching and coloring chemicals applied to the face and scalp dulled my senses just enough to mask the pavement and angles that had plagued me since I was a little boy. With unsteady gait, squinted eyes, and slurred speech, I emerged from my hermitage and stumbled to the local B of A, whose wise loan agents recognized the genius of my vision. Sure enough, my plan worked beyond all of my expectations, and my one restaurant built on this little cookbook, became a media and culinary empire! I still suffer the side effects of my anti-anxiety treatments daily, and the impacted

colon is yet unresolved, but I am now hailed as one of my generation's greatest chefs and entrepreneurs. Marie: If I didn't (secretly) love men, I would make sweet, sweet love to you on a dining room table laden with dishes from pages 10-22 in your masterful, Bible-esque tome.-Guy F.

Of the two books gifted me since my emotional breakdown, the other being Suicide and You: Putting Down the Shaving-Blade, Microwave Cooking for One was the more practical. These days, my hands are so full of microwave eggs, bacon and Christmas-cakes-for-one that I just don't have time to go up the highway on my wrists. Hell, I don't even have time to go across the street!

I have to admit that I used to be one of those people who spent every night alone, and if I was hungry I maybe threw something in the microwave (like ramen) in between episodes of Seinfeld and that was my dinner. A friend of mine was starting to get worried about my behavior so she set me up with one of her friends and after this didn't work out so well she purchased this book for me. She said she'll keep asking some of her other single friends if they're interested in going on a blind date with me but until then I can at least eat well. And boy have I been! Now I do own a stovetop but it broke and to date remains unfixable so up until now I was completely unable to cook anything that tastes good. With the help of this book I can make roast, and really anything I want in under half an hour. My cooking abilities have really skyrocketed and so has my positive outlook on life. After just a few weeks of using this I became so much more enjoyable to be around that a cute girl at the supermarket noticed me and started up a conversation and well long story short I told her that I know how to cook and invited her over for dinner tonight! That was an hour ago, she'll be over here in another three and I just realize that I made a terrible mistake. I only know how to cook for one...

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