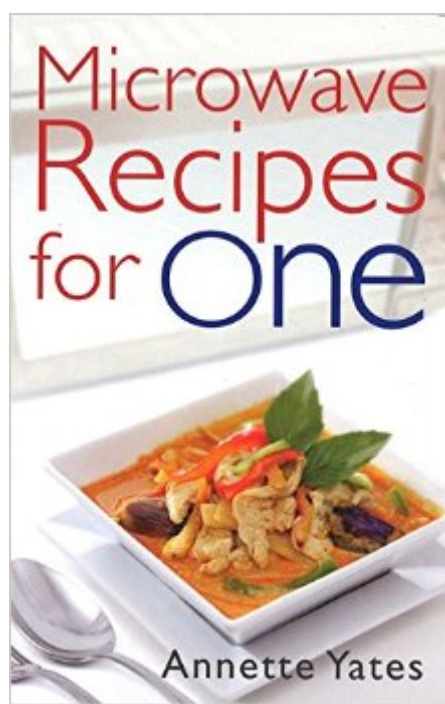


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# Microwave Recipes For One



## 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

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Average Customer Review: 3.7 out of 5 stars [See all reviews](#) (3 customer reviews)

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## 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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