



The Basic Basics Combination & Microwave Handbook

Carol Bowen

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The original edition of this best-selling handbook was published in 1988 and has never been out of print. It has now been entirely revised and updated for today's new higher-powered machines. This is THE essential guide and handy reference book for microwaves, combination microwaves and convection microwaves. It is NOT a recipe book; it provides an A-Z guide on how to plan, prepare and cook over 200 everyday foods on easy to read tables with settings and timings. Got a whole sea bass to cook? Look it up and you'll know precisely at what temperature (for the combination oven), at what setting (for a microwave) and for how many minutes. The book is divided into sections for fish & shellfish, poultry & game, meat, vegetables, pasta & rice, eggs & cheese, grains, nuts & pulses, sauces, fruit & puddings, breads, cakes & sweets, savories, drinks and essential foods & ingredients.

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