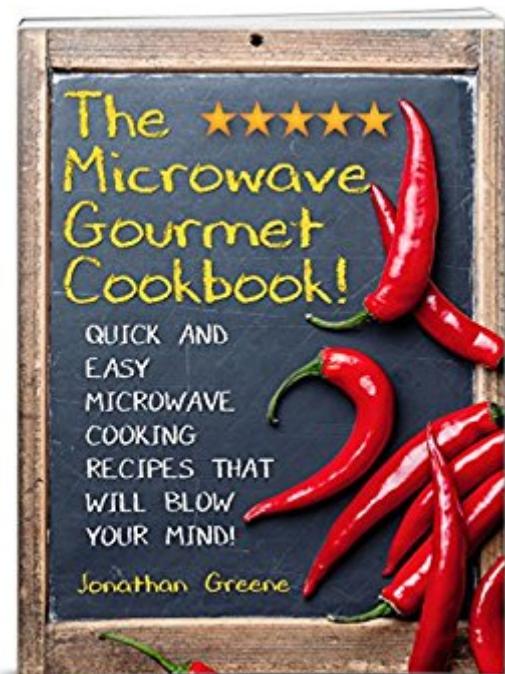


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# The Microwave Gourmet Cookbook!: Quick And Easy Microwave Cooking Recipes That Will Blow Your Mind! (Fast, Quick, And Easy Cooking Recipes And Cooking Tips! Book 1)



## Synopsis

The Microwave Gourmet Cookbook Jonathan Greene The central concept behind the Microwave Gourmet Cookbook was to develop a list of recipes that all of us could use in a pinch when we want a delicious meal, but are limited on time and materials. Cooking with microwaves is almost looked down upon by chefs and professionals in food preparation. People seem to have a predisposition to assume microwave food is fast and cheapâ | as if to prepare food in a microwave damns that food to be mediocre and unfulfilling. We say, âœYouâ™re just not cooking the right things!â • Well, weâ™re about to change all that. These are some of the most tasteful and enjoyable recipes we have experimented with and we think youâ™ll really appreciate both the flavor and effortlessness of them. Will this book make you a food Genius? Perhaps it will. Will it give you decadent food weapons to use in a pinch? Definitely! So if you know somebody who doesn't respect the power and capabilities a microwave, take some of these recipes, create an incredible dinner and invite them over. Once they finish the meal, sitting back with glee and bliss you can tell them you made this entire meal in a microwave! You will reign as culinary king or queen among the people. Here are just a few of the things youâ™ll learn to prepare in short minutes: Breakfastâ ¢Egg whites and cheese breakfast sandwichâ ¢French toastâ ¢Scrambled eggsâ ¢Baconâ ¢English muffinsâ ¢Mason jar pancakes Entreesâ ¢Risottoâ ¢Enchiladasâ ¢Roasted garlicâ ¢Sour cream and onion veggie chipsâ ¢Sweet potatoesâ ¢Ropa Viejaâ ¢Chicken & Dumplingsâ ¢Ratatouilleâ ¢Macaroni & Cheeseâ ¢Lemon-Horseradish Soleâ ¢Loaded Baked Potatoâ ¢Salmon en Papilloteâ ¢Chicken Penne Al Frescoâ ¢Fried Rice Dessertsâ ¢Toasted Nutsâ ¢Baked Apples in a Bagâ ¢Monkey Breadâ ¢Cinnamon Rollâ ¢Vegan Coffee Cakeâ ¢Granolaâ ¢Lemon barsâ ¢Peanut brittleâ ¢Mug cakeâ ¢Chocolate peanut butter mug cakeâ ¢Chocolate Chip Cookiesâ fThe TRUTH about Microwaves This seems to be a great deal of confusion surrounding the safety of microwaves, and what they're secretly doing to your food when you're not paying attention. We are going to dispel some of the myths and bad science that youâ™ll frequently hear by people who have little or no real understanding of the basic physics involved in microwave ovens. **Myth: Microwaves use nuclear radiation to heat food!** The Truth: Microwave ovens use micro-waves at specifically set frequencies (somewhere between radio waves and infrared radiation on the electromagnetic spectrum, around 2,450 megahertz) to agitate (shake) water molecules in food. The specific science is that this frequency range has an interesting affect in that the waves are absorbed by water, sugars, and fats. Once absorbed, theyâ™re converted directly into atomic motion â “ what we call heat. Microwaves donâ™t get absorbed by most plastics, glass, or ceramics. Metal reflects microwaves, which is why metal objects donâ™t work

well in a microwave oven and sometimes spark. Microwaves have metal walls to reflect back the microwaves into the interior of the machine, where your food is cooking. As these water molecules get more and more agitated, they begin to vibrate at the atomic level and produce heat. The heat that results is what actually cooks food in your microwave oven. A conventional oven cooks by the conduction of heat, from the outside of the food toward the middle, using hot, dry air, evaporating moisture (which is why the outsides of food typically gets brown as you cook it in an oven). Microwave ovens use the microwaves to excite the water, sugar and fat molecules, so they basically cook each atom at the same time. Now, there are random unevenly thick or dense areas of food that may not cook perfectly uniformly (but this would be the same in a conventional oven). Now, let's get to cookin'!

## **Book Information**

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## **Customer Reviews**

A wonderful resource when you're in a pinch and want to prepare an exceptional meal. The recipes really do work and we were surprised at how good everything tastes. Also a nice bit on the real facts and myths surrounding microwaves.

Microwave recipes that are quick and to do. The instructions include points of humor that had me laughing. The variety of recipes is good from breakfast item, main dishes, pasta, snacks and deserts.

The first 25% of this book was an ad for some other book! I was totally confused until I finally got to some recipes. But by that time I was so annoyed I didn't really read any of them. They may have been fine, however all the photos were very blurry. I got this from kindle unlimited so i didn't lose anything but some time.

One of the easiest cookbooks I've ever had, great when you're in a pinch, and Jonathan is really funny!

No pictures but entertaining reading for a cookbook!

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