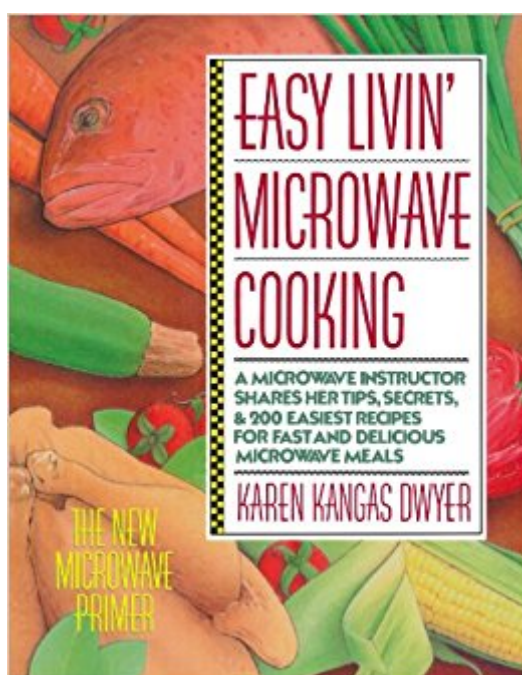


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# Easy Livin' Microwave Cooking: A Microwave Instructor Shares Tips, Secrets, & 200 Easiest Recipes For Fast And Delicious Microwave Meals



## Synopsis

This microwave primer will show you why you bought a microwave oven in the first place: to save time, money and energy at every meal, every day. Karen Dwyer has created more than 200 recipes that require minimal preparation and commonly available ingredients to make great-tasting: appetizers, fish, meat, and poultry, dishes, casseroles, breakfast foods, vegetables and fruits, candies and desserts, and more. Designed with beginnings cooks in mind, the book features microwave cooking time charts for various foods, a simple explanation of how the microwave ovens. With dozens of tips on making the most of your microwave oven, Easy Livin' helps anyone prepare attractive, satisfying family meals in minutes instead of hours.

## Book Information

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## Customer Reviews

Cooking instructor Dwyer dishes up unpretentious recipes with a premium on speed and ease of preparation. Introductory material effectively explains the use of microwave ovens and, whether identifying the magnetron tube or describing how to soften brown sugar, comments are clear and concise. Additional tips are interspersed throughout: frosting can be turned into glaze by adding milk; a red citrus drink is well-suited to holiday entertaining. Dwyer emphasizes everyday fare, such as hamburger, macaroni and tomato casserole or Polish sausage cooked in beer, and offers a few lighter meals for calorie-watchers, including fish fillets prepared with vegetables and a meat loaf with ground turkey. However, this is no diet book: its rich fudge brownies and utterly decadent pralines can be made so simply and quickly as to be dangerous. Dwyer favors convenience foods, using potato mix in her potatoes and broccoli au gratin, both Jello and cake mixes in her rhubarb cake,

and dry onion-soup mix for most beef entrees. Illustrations not seen by PW. Copyright 1989 Reed Business Information, Inc.

Karen Kangas Dwyer has worked as a microwave specialist and instructor representing Sharp Microwave Ovens and as a home economist for Litton Microwave Ovens. She currently gives microwave presentations for local television and community organizations, and teaches public speaking at the University of Nebraska at Omaha. Her other books include Easy Livin Microwave Cooking for the Holidays.

This book is a wealth of information, but it desperately needs an update. It was published nearly 15 years ago, when the most powerful microwave was 700 watts. Now with 1000, 1100, and even 1200 watt microwaves being the norm, her recipes all need to be adjusted and updated. Also, there are a whole slew of new utensils - like browning dishes - that could be addressed.

As a new microwave user--and enthusiastic one, I bought this book hoping to obtain useful basic information about cooking basics: how to cook bacon, usual time for soups, problems and cautions re: warming up leftovers, and so on. When I started to peruse the book I was confronted with fancy recipes and "special" tips for food presentation that were focused on a different mode of "cuisine" than what would be ;useful for me. But I respect that many readers would be pleased with the book's information and suggestions.

I bought the first Easy Livin Microwave Cooking for a grandson, who was setting up his own place. I liked it so much, I kept it. I've since bought two more copies. These are real recipes, for real people in a hurry. Nothing real fancy, but cooking you are used to doing, only simpler and faster.

I use the cookbook every week, and use a different recipe each time. the recipes are easy to follow.  
Wonderful

Great source for converting oven and stovetop recipes to microwave cooking . Time saver. When pressed for time it's the greatest .

Great

This book is Excellent for information and recipes on Microwave Cooking. It gives lots of tips and I would certainly recommend it to someone who has not done much in a Microwave. The best book on Microwave for me. Imelda.

The book is very interesting , going to try several of the recipes. have not had time to try any yet

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