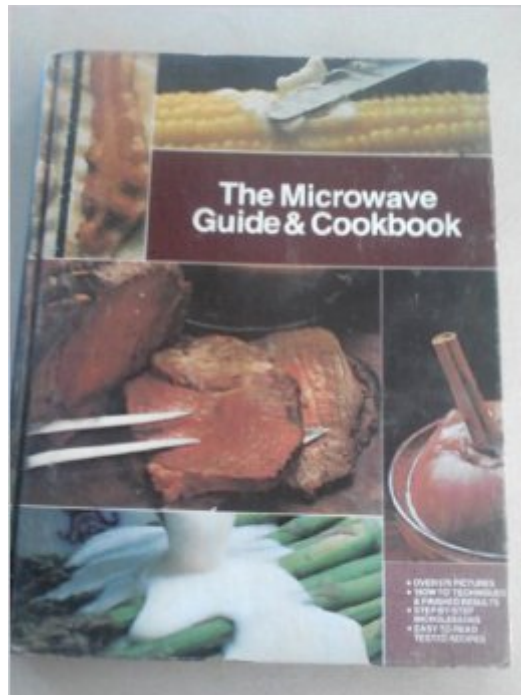


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# THE MICROWAVE GUIDE AND COOKBOOK - General Electric



## Synopsis

The only complete guide to microwave cooking, containing step-by-step microwave lessons, wide-ranging and techniques, and more than 450 color pictures.

## Book Information

Hardcover: 271 pages

Publisher: General Electric Co.; 2nd edition (September 1, 1980)

Language: English

ASIN: B000JWDOVG

Product Dimensions: 10.8 x 0.5 x 8.4 inches

Shipping Weight: 2.4 pounds

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #993,012 in Books (See Top 100 in Books) #117 in [Books > Cookbooks, Food & Wine > Cooking Methods > Microwave Cooking](#)

## Customer Reviews

Whatever you want to cook in your microwave - Meat, casseroles, and much more. Meat includes: Ground Beef, Roasts, Strips, Steaks. Pork including ham, pork, spare ribs, chops, pork roasts. Breakfast meats including bacon, canadian bacon, breakfast sausage. Other special meats such as franks, lamb and veal. Many forms of poultry, fish and seafood. Quiches, souffles, and cheese dishes. Gravies, Sauces, Pasta, Rice, and Cereal. Vegetables, breads, and desserts. Jellies, jams, and relishes. Beverages too.

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