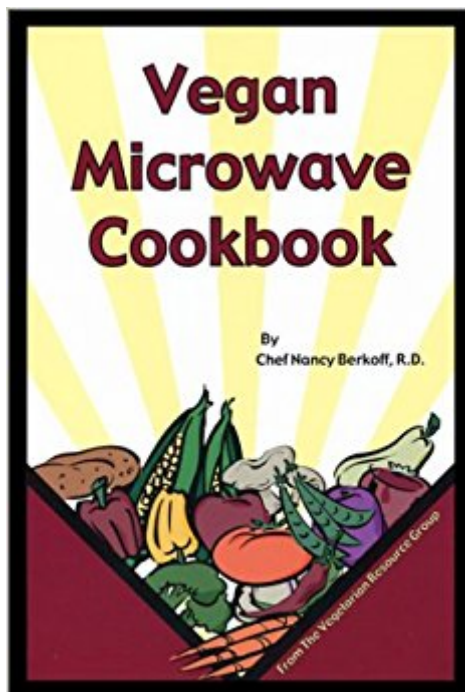


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# Vegan Microwave Cookbook



## Synopsis

Vegan Microwave Cookbook by Chef Nancy Berkoff contains fast, easy, good-tasting vegan microwave dishes. Many of the recipes will take under 10 minutes to cook. Enjoy Microwave Lasagna, Vegan Sausage and Creamy Potatoes, or Scrambled Mushrooms with Tofu and Curry. Dessert recipes include Chocolate Fudge, Raisin Pie, Apple Betty or Mocha Bread Pudding. This book also includes helpful advice like converting traditional recipes to the microwave, cooking curries and casseroles, microwave baking and desserts, and suggestions for holidays, parties, and entertaining.

## Book Information

Paperback: 288 pages

Publisher: Vegetarian Resource Group (January 1, 2003)

Language: English

ISBN-10: 0931411262

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Product Dimensions: 1 x 6.2 x 7.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 7 customer reviews

Best Sellers Rank: #985,533 in Books (See Top 100 in Books) #95 in [Books > Cookbooks, Food & Wine > Cooking Methods > Microwave Cooking](#) #2084 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan](#) #210045 in [Books > Textbooks](#)

## Customer Reviews

The Vegan Microwave Cookbook is a compilation of delicious vegetarian recipes that take full advantage of the meal preparation time-saving qualities of the family microwave oven. Enhanced with helpful advice such as: Converting Traditional Recipes to the Microwave; If You Can Boil Water, You Can Cook with a Microwave; Microwave Baking and Desserts; Curries and Casseroles; Microwave Breakfasts; as well as Suggestions and Recipes for Holidays, Parties, and Entertaining, Vegan Microwave Cookbook is thoroughly user friendly. There's even a section on what to do with leftovers! With recipes ranging from Graham Cracker Molasses Bread; Vegan Kishka; Soy Sauce Broccoli with Garlic and Hazelnuts; and Green Steamed Kohlrabi; to Creamy Pumpkin Soup; Moscow Tea; Double Stuffed Green and Purple Potatoes; and Passover Toffee, the Vegan Microwave Cookbook will make a welcome and appreciated addition to any personal or community library vegetarian cookbook collection. --Midwest Book Review

Some of the recipes in here are good--none are "great"--and a lot of them are just "meh". But overall, a very unique cookbook, so I definitely admire it for that, and I don't regret adding it to my collection. Just be warned: just because these are microwave recipes does NOT mean they are quick recipes. A lot of them require cooking in the microwave for over an hour--not what I was expecting at all. Kind of disappointing, actually.

If I wanted to eat canned fruit & canned vegetables, I wouldn't be buying a cookbook. Those ingredients appear all too often in these recipes. A casserole recipe calls for canned soup. Orange juice concentrate appears over & over again - a teaspoon here, a tablespoon there. I do not drink orange juice made from frozen concentrate & I would certainly not buy it to use in recipes. The first chapter with recipes (chapter 3) gives traditional recipes (stovetop, oven) with microwave directions inserted in italics. So you read the first 2 or 3 steps and find an italicized direction to ignore those steps. Who wants to cook that way? That chapter - on converting traditional recipes - should be at the end, perhaps as an appendix. Buyers of this the Vegan Microwave Cookbook want to start with recipes for vegan microwave cooking. Those recipes begin on about page 70. There are a few recipes I will try. Very few. In this cookbook, actual vegan microwave recipe appears on page 70.

It was exactly what it was advertised as got here quickly fairly priced and my brother loves it. Couldn't ask for anything more.

Nice vegan cookbook

Purchased this as a gift for my dad who has his first microwave. He really likes the book and says it is helpful for him in understanding how to make good vegetarian meals using the microwave. Would definitely recommend!

This was the first cookbook I got for myself as a college student having to learn how to feed myself from something that wasn't a pizza box or PB&J. The recipes are easy for beginner cooks to manage, and this book served as a very nice stepping-stone for me to go from a complete kitchen novice to more advanced cookbooks and learning how to plan meals on my own. This book is also great for a new vegan or vegetarian trying to get a feel for easy ways to adapt their diet. I gave my copy to my younger brother when he left home, and I wish I still had it around! The recipes range

from an easy microwaved hot reuben sandwich using tofurkey deli slices, saurkraut, and a Thousand Island dressing made with half ketchup and half veganaise, to the most perfect cornbread recipe I have ever enjoyed, to a delicious German potato salad. There is also a very handy section on adapting stove/oven recipes to the microwave, and vice versa, that has been a huge help to me more times than I can count.

The Vegan Microwave Cookbook is a compilation of delicious vegetarian recipes that take full advantage of the meal preparation time-saving qualities of the family microwave oven. Enhanced with helpful advice such as: "Converting Traditional Recipes to the Microwave

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