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# Microwave Gourmet

**MICROWAVE  
GOURMET**



Learn to use your microwave oven to do everything you hoped it could and more—with breakthrough techniques and recipes that will change the way you cook forever

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**Barbara Kafka**



## Synopsis

The first microwave cookbook ever introduced by a major food writer--a breakthrough cookbook that challenges all the preconceptions about what one can and cannot do with a microwave. Includes hundreds of entries explaining how different foods react in a microwave. Black-and-white illustrations.

## Book Information

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Average Customer Review: 4.6 out of 5 starsÂ  [See all reviewsÂ \(26 customer reviews\)](#)

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## Customer Reviews

The Microwave Gourmet should be in the kitchen of every man or woman who works for a living. The recipes are simple and FAST -- dinner gets on the table in half an hour or less. The Basic Risotto recipe alone is worth the price of this fabulous book. And the glossary in the back, an alphabetical list of foods and how to microwave them (or NOT microwave them!), is an invaluable aid to any harassed cook in a hurry. Check out the glossary entry for making caramel in the microwave -- you'll never mess up your stove or pots again!

Stacked above my many cookbooks is the revered pile of a few works by Barbara Kafka. From bottom to top, Party Food, Soup, Roasting, Vegetable Love, Microwave Gourmet and The Opinionated Palate. Yet, when I talk with a chef or purveyor of vegetables or meat about Barbara Kafka, I am not surprised to be looking at a blank expression on, the other. Who they say? I am used to an unknowing response. But, why? I find Barbara to be inspirational. Her work "Roasting" describes a way to think about cooking food that only accomplished and seasoned chef's seem to know and appreciate. She is not afraid of heat, understands the value of high heat and how to think

clearly about the use of heat. *Microwave Gourmet* opens a world seemingly unknown to most Americans. Unfortunate. Barbara Kafka is a seasoned explorer and mistress of all microwaved. If you give her calm and experienced thinking a chance, your world in the kitchen will change. And, it will shift dramatically the way you think about food, your ability to prepare and, most importantly, the meal you create. She describes exactly why every sort of edible morsel behaves the way it does in the thrall of microwave activity and how to manage assembly, preparation and production of an incredible meal.

This book is a cherished part of my shrinking cookbook collection. It was ordered as a replacement for the original, which was falling apart! Ms Kafka has put together a wonderfully chatty, informative book with hundreds of microwave tips and techniques. In addition to all the recipes, there is a comprehensive index which includes cooking instructions for just about anything you can think of. Truly a kitchen treasure.

If nothing else, this book is worth buying just to make sauces in the microwave instead of standing at the stove and stirring constantly! Also have it bookmarked how to soften brown sugar if I haven't stuck a piece of apple in the brown sugar to keep it from getting hard.

I love this book so much, that when my original copy to tatters, I replaced it. It's really helpful on vegetables, drying herbs and little tips that just make cooking a bit quicker and easier. She fully admits that microwaving is not for everything, and she will tell you when it's not, but it's a go to book that has fool proof recipes and good common sense.

Someone "borrowed" my *Microwave Gourmet* cookbook by Barbara Kafka. The book is wonderful, simple, time-saving and I was lost without it. It was an older book, some treasured recipes were in it, page markers and notes throughout. What to do? Try ! I did , they found it, I had it in a few days and once again, I can amaze and amuse my guests with 12-minute polenta and yummy roasted garlic (to name a few)dishes.Thanx a million! Marghe

Despite the advent of the 1100 and 1200 watt microwaves of the 21st Century, *Microwave Gourmet* is still "with it", with hundreds of ways to make use of ANY high or lower power units in cooking up true gourmet meals and dishes, sauces and desserts, incomparable to any microwave manual on the market. Like it ? Love it !

This cookbook is worth picking up, even if you are only interested in sticking with tried-and-true cooking techniques for the microwave (aka: steaming). There is a whole section in the back that lays out the best ways to cook basic foods that specifies the time, power settings, ingredient layout, etc. If you have a modern high-wattage oven, you will need to make adjustments, but it's no more difficult than switching from a gas to electric range. This section and the front matter basically teach the reader the theory and application of microwave cooking. However, the recipes included are very good, and would say that Kafka's microwave polenta alone is worth the price. Two nights ago, I was able to get a dish of sautÃ©ed shrimp (a Judith Jones recipe) with spicy soft polenta (from the cookbook) on the table in half an hour. After prepping, I started the polenta in the microwave and didn't have to mess with it while I was tossing shrimp on the stove. It was easy and delicious enough that I will probably start subbing polenta as a side for the ever-present rice at dinner. This book is a gem. And a used copy is so cheap, there's no reason not to give it a shot. Hopefully discovering the convenience and time savings the microwave offers will get more people in the kitchen more often.

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