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Learn how to **use a microwave oven** and find fabulous and easy **recipes** including **Microwave** Meatloaf and Curried Fish Fillets.

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A **microwave oven**, often colloquially shortened to **microwave**, is a kitchen appliance that heats **food** by bombarding it with electromagnetic radiation in the **microwave** ...

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The more you know about how to **use a microwave oven**, the better the results. These **cooking** tips are invaluable. When **using** the **microwave** to defrost meat, the foods ...

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In **microwave ovens**, as these microwaves generated by the magnetron bombard the **food**, they cause the polar molecules to rotate at the same frequency ...

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[Microwave Cooking Recipes - Oprah.com](#)

[www.oprah.com/food/Microwave-Cooking-Recipes](#)

You can cook pasta in the **microwave**, but since boiling shells or elbows in water takes less time, stick with the stovetop for that (make about 3/4 pound) and make the ...

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Home **cooking food** features include **recipes**, history, nutrition, **cooking** techniques, selection, storage, hints and tips, message board, product reviews, cookbook ...

[Oven Roasted Broccoli Recipe : Alton Brown : Food Network](#)

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Nice combination of ingredients. I have a a method for when you are in a hurry. Just chuck the broccoli in the **microwave** for around 5 minutes, then combine all in ...

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