



Cocina 100% microondas (Spanish Edition)

María Jesús Gil de Antuñano

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**¿Quién no tiene un microondas en casa? Actualmente, este aparato no falta en ninguna casa, pero...
¿conocemos todas sus posibilidades?**

Aunque hoy en día el microondas es uno de esos electrodomésticos que no falta en ninguna cocina, no todo el mundo conoce bien las enormes posibilidades de este aparato. *Cocina 100 % microondas* explica cómo preparar todo tipo de platos con el microondas de una forma sencilla y eficaz.

La obra consta de tres partes:

- **Cocinar con el microondas** explica cómo funciona el aparato y la manera sacarle el máximo rendimiento. Proporciona también información práctica sobre mantenimiento, seguridad en el uso, accesorios...
- Unas útiles **tablas de descongelación, calentamiento y cocinado** ayudan a ajustar la potencia y el tiempo de cocción que precisa cada alimento.
- El **recetario** incluye más de doscientas cincuenta recetas, desde los aperitivos hasta el postre, con las que el microondas ahorra tiempo y trabajo en la cocina.

Cocina 100% microondas nos enseña a cocinar todo tipo de platos en el microondas, con unos resultados que sorprenderán incluso a quienes hasta ahora sólo veían en él un elemento auxiliar.

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