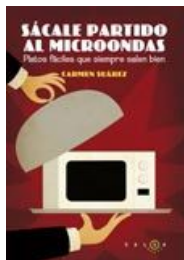


# Sacale partido al Microondas

Make the Best of Your Microwave



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From the discovery of fire until the mid 20th century food was cooked by burning wood, coal, gas or electricity. This all changed when a mysterious appliance appeared and revolutionised cookery using strange electromagnetic waves that drastically reduced cooking times and allowed food to be cooked in the same dish as it was served in. The great commotion around this invention soon deflated like a balloon and the microwave was relegated to heating up the breakfast coffee and the occasional dish prepared in the traditional way. What a waste! All you have to do is follow a few simple rules and the microwave allows you to prepare delicious recipes in no time. How is it done? Read this and learn the secrets.

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