

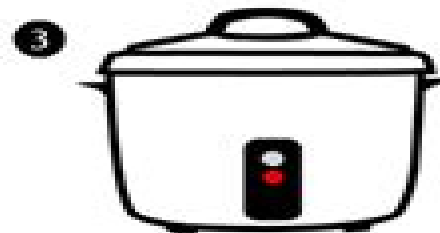
## RICE COOKER METHOD



Rinse rice once and drain.



Put rice and water into the pot.



Set the rice cooker on cook mode.



Leave it on warm mode for 10 minutes before serving.

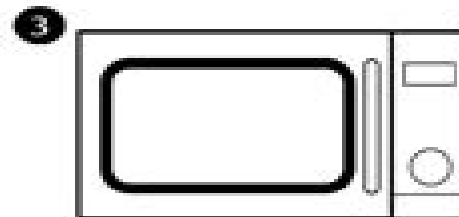
## MICROWAVE METHOD



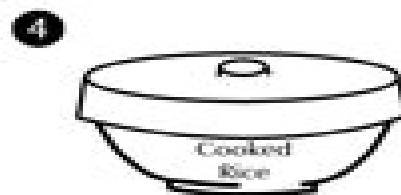
Rinse rice once and drain.



Put rice and water into the bowl. Cover the bowl.



Cook on high (800W) for 5 minutes, then medium (450W) for 15 minutes.



Leave it covered for 5 minutes before serving.

*\*1 cup of uncooked rice requires 2½ cups of water. This will yield 3 bowls of rice.*

# Microwave Cooking Manual

**Ian Pickup**



## **Microwave Cooking Manual:**

**The Complete Idiot's Guide to the College Diet Cookbook** Shelly James, 2007-09-04 Now college students can feed their minds and their bodies This unique cookbook serves up easy to follow mouth watering recipes that students can make in record time with just apartment or dorm appliances Packed with great meals snacks and desserts that are quick to prepare and healthy alternatives to restaurants or prepared foods this indispensable student resource is the most essential bookstore purchase a college student will make The only book of its kind that features both recipes and a plan for healthy eating for college students Most of the recipes can be prepared in less time than it would take to be served at a restaurant or on the meal plan Recipes tested and approved by students at four major universities Provides extensive nutritional information

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Carolyn Sparks, 1985 Microwave Cook Book, 1976 **Step-by-step Microwave Cook Book**, 1987 More than 300 recipes designed for microwave use Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information Center (U.S.), 1973 Supplements 3 8 include bibliography and indexes subject personal author corporate author title and media index *Popular Mechanics Home Appliance Repair Manual* Allen D. Bragdon, 1981

**The Journal of Microwave Power**, 1980 **What's Cookin'** Jean Layne, 1977 Basic Microwaving Barbara Methven, 1988 Cumulative Index to the Catalog of the Food and Nutrition Information and Education Material Center 1973-1975 National Agricultural Library (U.S.), 1975

**A Modern Guide to Foodservice Equipment** Arthur C. Avery, 1991-09 **Trailer Life's RV Repair & Maintenance Manual** Bob Livingston, 1989 The complete technical manual and troubleshooting guide for motorhomes travel trailers fifth wheels folding campers truck campers and vans Notes

*Sunset Microwave Cook Book*, 1976 *AV Guide*, 1989 **Sunset Microwave Cook Book** Sunset Books, Sunset Publishing Staff, 1981 Catalog Food and Nutrition Information Center (U.S.), 1974 *Cumulative Index to the Catalog of the Food and Nutrition Information and Educational Materials Center, 1973-1975* Food and Nutrition Information and Educational Materials Center (U.S.), 1975 **Consumer Reports Buying Guide 1983** Consumer Union, 1982-12

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