



**The Prison Cookbook: A Cookbook for Prison Inmates Full of Delicious Recipes that You can Cook in a Microwave Oven! (Helpful Cooking Guides and Gourmet Microwave Recipes) (Volume 2)**

*C.J. Green*

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# **The Prison Cookbook: A Cookbook for Prison Inmates Full of Delicious Recipes that You can Cook in a Microwave Oven! (Helpful Cooking Guides and Gourmet Microwave Recipes) (Volume 2)**

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**The Prison Cookbook**

The central concept behind the Microwave Gourmet was to develop a list of recipes that all of us could use in a pinch when we want a delicious meal, but are limited on time and materials. Cooking with microwaves is almost looked down upon by chefs and professionals in food preparation. People seem to have a predisposition to assume microwave food is fast and cheap... as if to prepare food in a microwave damns that food to be mediocre and unfulfilling.

We say, "You're just not cooking the right things!"

Well, we're about to change all that. These are some of the most tasteful and enjoyable recipes we have experimented with and we think you'll really appreciate both the flavor and effortlessness of them.

Will this book make you a food Genius? Perhaps it will. Will it give you decadent food weapons to use in a pinch?

Definitely!

How do we know this book really works? Because C.J.'s brother is currently finishing up a 14 year sentence for conspiracy. C.J. wrote this book after his brother asked him for recipes he could use in a common microwave. So this is what C.J. developed (with the help of many great chefs!).

But this book is for all of us, in a bind or not. So if you know somebody who doesn't respect the power and capabilities a microwave, take some of these recipes, create an incredible dinner and invite them over.

Once they finish the meal, sitting back with glee and bliss you can tell them you made this entire meal in a microwave! You will reign as culinary king or queen among the people.

Here are just a few of the things you'll learn to prepare in short minutes:

## **Entrees**

- Risotto • Enchiladas! • Roasted garlic • Sour cream and onion veggie chips • Sweet potatoes • Ropa Vieja • Chicken & Dumplings • Ratatouille • Macaroni & Cheese • Lemon-Horseradish Sole • Loaded Baked Potato • Salmon en Papillote • Chicken Penne Al Fresco • Fried Rice

## **Breakfast**

- Egg whites and cheese breakfast sandwich • French toast • Scrambled eggs • Bacon • English muffins • Mason jar pancakes

## Desserts

• Toasted Nuts • Baked Apples in a Bag • Monkey Bread • Cinnamon Roll • Vegan Coffee Cake • Granola • Lemon bars • Peanut brittle • Mug cake • Chocolate peanut butter mug cake • Chocolate Chip Cookies

So let's begin!

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### **From reader reviews:**

#### **Hattie Jasso:**

Here thing why this kind of The Prison Cookbook: A Cookbook for Prison Inmates Full of Delicious Recipes that You can Cook in a Microwave Oven! (Helpful Cooking Guides and Gourmet Microwave Recipes) (Volume 2) are different and trustworthy to be yours. First of all examining a book is good but it depends in the content of the usb ports which is the content is as delicious as food or not. The Prison Cookbook: A Cookbook for Prison Inmates Full of Delicious Recipes that You can Cook in a Microwave Oven! (Helpful Cooking Guides and Gourmet Microwave Recipes) (Volume 2) giving you information deeper as different ways, you can find any publication out there but there is no publication that similar with The Prison Cookbook: A Cookbook for Prison Inmates Full of Delicious Recipes that You can Cook in a Microwave Oven! (Helpful Cooking Guides and Gourmet Microwave Recipes) (Volume 2). It gives you thrill looking at journey, its open up your eyes about the thing this happened in the world which is probably can be happened around you. It is possible to bring everywhere like in park, café, or even in your approach home by train. In case you are having difficulties in bringing the published book maybe the form of The Prison Cookbook: A Cookbook for Prison Inmates Full of Delicious Recipes that You can Cook in a Microwave Oven! (Helpful Cooking Guides and Gourmet Microwave Recipes) (Volume 2) in e-book can be your option.

#### **Samantha Flowers:**

This book untitled The Prison Cookbook: A Cookbook for Prison Inmates Full of Delicious Recipes that You can Cook in a Microwave Oven! (Helpful Cooking Guides and Gourmet Microwave Recipes) (Volume 2) to be one of several books this best seller in this year, here is because when you read this guide you can get a lot of benefit in it. You will easily to buy this specific book in the book retail outlet or you can order it by using online. The publisher on this book sells the e-book too. It makes you easier to read this book, as you can read this book in your Smartphone. So there is no reason to you to past this guide from your list.

#### **John Rivera:**

Do you really one of the book lovers? If so, do you ever feeling doubt while you are in the book store? Make an effort to pick one book that you find out the inside because don't ascertain book by its deal with may doesn't work at this point is difficult job because you are scared that the inside maybe not while fantastic as in the outside look likes. Maybe you answer might be The Prison Cookbook: A Cookbook for Prison Inmates Full of Delicious Recipes that You can Cook in a Microwave Oven! (Helpful Cooking Guides and Gourmet Microwave Recipes) (Volume 2) why because the wonderful cover that make you consider concerning the content will not disappoint you. The inside or content will be fantastic as the outside or cover. Your reading 6th sense will directly guide you to pick up this book.

**Sandra Brown:**

Guide is one of source of know-how. We can add our expertise from it. Not only for students but additionally native or citizen require book to know the up-date information of year to year. As we know those guides have many advantages. Beside most of us add our knowledge, may also bring us to around the world. By book *The Prison Cookbook: A Cookbook for Prison Inmates Full of Delicious Recipes that You can Cook in a Microwave Oven! (Helpful Cooking Guides and Gourmet Microwave Recipes) (Volume 2)* we can consider more advantage. Don't you to definitely be creative people? To get creative person must prefer to read a book. Merely choose the best book that acceptable with your aim. Don't become doubt to change your life with that book *The Prison Cookbook: A Cookbook for Prison Inmates Full of Delicious Recipes that You can Cook in a Microwave Oven! (Helpful Cooking Guides and Gourmet Microwave Recipes) (Volume 2)*. You can more attractive than now.

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