



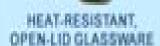


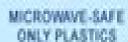
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MICROWAVE-SAFE DINNERWARE









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Real Food Microwave Donovan Jon Fandre,1992 In the over 200 recipes in Real Food Microwave television s premier microwave chef demonstrates that successful microwave cooking uses the same basic techniques as conventional cooking but can be easier cleaner and more energy efficient *Mastering the Art of Microwave Making* PUENTE FLORES.

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