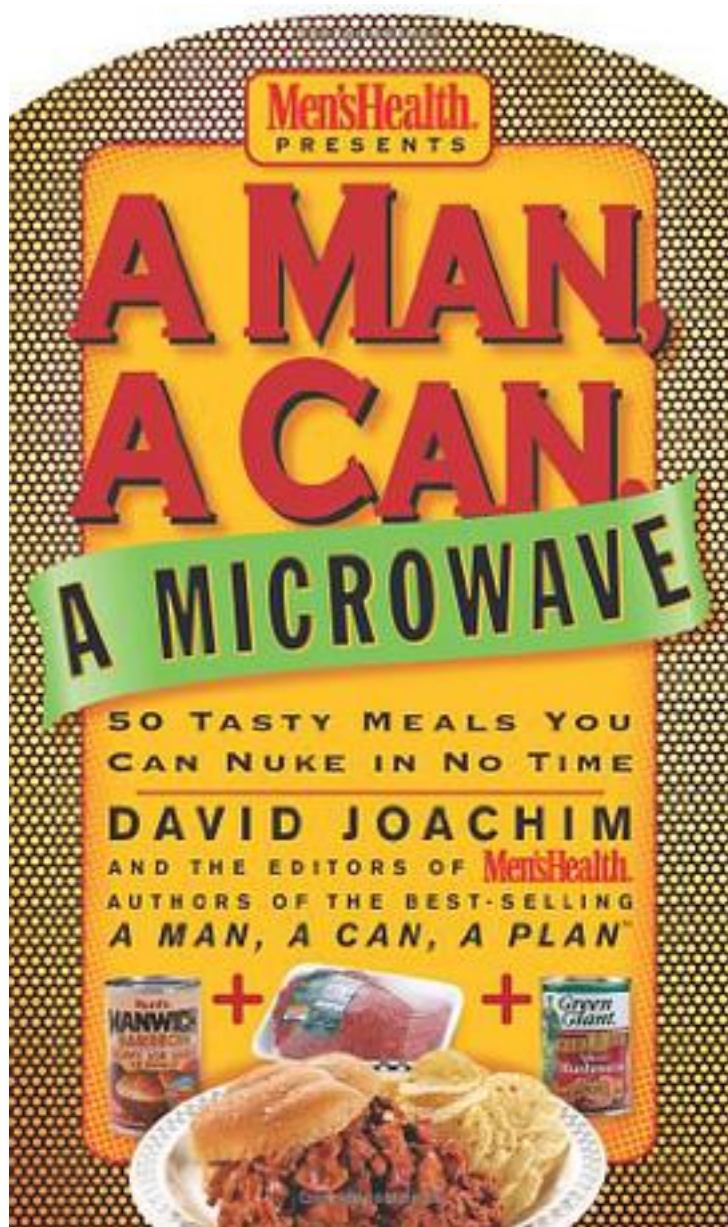


# A Man, a Can, a Microwave



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First came "A Man, a Can, a Plan: 50 Great Guy Meals Even You Can Make." T"he Sunday Star-Ledger" cheered it as a "foolproof, not to mention spill-proof guide to manly success in the kitchen." And the "Detroit News" exclaimed, "Dude, this cookbook is for you." Next came "A Man, a Can, a Grill: 50 No-Sweat Meals You Can Fire Up Fast." Cookbook author Andrew Schloss, who wrote Cooking with Three Ingredients and Dinner's Ready, called the recipes "easy, flavorful...streamlined and smart. Real food-so good that no one will ever guess your secret is in the can." Now there's "A Man, a Can, a Microwave"-and all those "dudes" who helped put the "Grill" book on the "New York Times" how-to bestseller list will be pleased to know that David Joachim and the editors of Men's Health haven't lost a beat. The 50 guy-friendly, nuke-able meals using packaged ingredients are fun to make and great to eat-and include such tasty dishes as "Italian One-Dish Fish," "Teriyaki Beef with Broccoli," and "Painless Paella." With step-by-step recipes and full-color photos, "A Man, a Can, a Microwave," like the previous books in the series, is a perfect gift for anyone learning to cope in the kitchen. Make sure he has a can opener-and a hearty appetite

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目录:

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