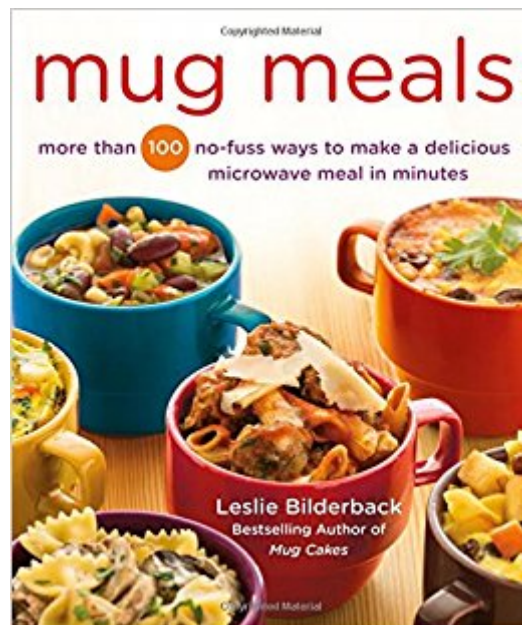




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# Mug Meals: More Than 100 No-Fuss Ways To Make A Delicious Microwave Meal In Minutes



## Synopsis

Dinner on the go, cooking for one, or just want to mix up a quick snack? Mug Meals will show you how! Chef Leslie Bilderback, the brilliant author of *Mug Cakes*, is back with easy and fresh ideas for every meal of the day. If you've got five minutes to spare, you can mix up a delicious, single-serving homemade meal with just a mug and a microwave. Here are over 100 mouthwatering, lightning-fast, easy microwave recipes for breakfast, lunch, dinner, and dessert. Whip up a mugful of Huevos Rancheros to start off your day, then lunch on a steaming cup of French Onion Soup or Pork Chops and Apple Sauce. Serve dinner to your whole family in mugs stuffed with Poached Salmon with Dill, Pasta Puttanesca, or Candied Sweet Potatoes--and finish things off right with a decadent Pumpkin Cheesecake. The options are endless, and you can't beat the clean-up! *Mug Meals* makes a wonderful gift, college cookbook, or addition to your collection of mug cake recipes. The ease and convenience of these single-serving recipes are perfect for busy families, singles, teens, college students, and seniors who want to whip up easy food using fresh ingredients or even leftovers. Mugs aren't just for cakes and coffee anymore; now you can make every meal in a mug--in minutes!

## Book Information

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## Customer Reviews

"[Mug Meals] is great for anyone who is busy, looking to add a little fun to their kitchen or cooking with limited access to a full kitchen. College students headed back to the dorms might find it especially useful for quick meals during late-night study sessions." —[Portland Press Herald](#)

LESLIE BILDERBACK is a certified master baker, chef, and a graduate of the California Culinary Academy. She began her career as a pastry chef, and played a major role in several of California's most well-regarded and innovative restaurants, including Sedona, Postrio, Zola's, Angeli, and Georgia. Leslie appeared on Food Network's Sweet Genius and has been featured in The New York Times, San Francisco Chronicle, and Culinary Trends Magazine. She is also the author of Mug Cakes, No-Churn Ice Cream, The Spiralized Kitchen, The Complete Idiot's Guide and Everything food-based series, and collaborated with Pastry Chef Sherry Yard of Spago on the James Beard Award-winning The Secrets of Baking.

I just couldn't put this book down. I have spent the entire day making several of the recipes. They are delicious and very affordable. I have had a wonderful time making lunch and dinner with some cake. I know I will be using these recipes a great deal.

Haven't used but looked at all the recipes and I can't wait to try some ! Get this for the college kids , - it'll be worth it I'm sure .

Yummy recipes. Fun recipes to do with my grandkids.

Very quick and easy way to prepare meals and quite a variety of choices from meals, sides and desserts

love it - great recipes and most things you can find in your pantry

These are pretty simple recipes that require you to either cook rice or pasta in the microwave, and chop some vegetables. Easy. The recipes are severely lacking in flavor but it's easy to experiment with your own seasonings. Most recipes use just scallions and garlic for seasoning. I tried to use the ingredients called for but I don't like tomatoes so I had to use tomato paste in place of it. I didn't want to buy celery just to use probably less than two stalks total so I used my handy celery flakes. Most of these recipes use scallions but I prefer to use onion since I almost always have onion on hand, or dried chives. I'm disappointed that no recipes use lentils, which are a legume and are cooked basically like you cook raw rice. I'm disappointed too that only one recipe uses barley. Most of these recipes would have you use two jumbo mugs to make one large mug-full of soup. I don't like that method, I like to have plenty of room to mix things around, so I chose to use a 2 quart pot

for most things I made because I doubled some recipes. The method used to cook pasta is silly. You boil it a few minutes in a 'jumbo' mug, let it sit a half hour, then boil it again for a few minutes. It's quicker to boil pasta on the stove in a pot. This cookbook is alright for giving you ideas but to make the recipes exactly as they're written, they're not good. Most things I made turned out but I had to doctor them up and make some changes. I wouldn't recommend this to

anyone. \_\_\_\_\_ THINGS I'VE MADE: MINESTRONE- This turned out alright. This soup has macaroni, carrot, onion, beans, oregano, basil, and tomatoes in it. I doubled the recipe to make two servings and made it in a 2qt. pot instead of two jumbo mugs. APPLE CINNAMON OATMEAL- Very good! This is a really good, basic recipe. Just butter, oats, milk, apple, sugar, and cinnamon. I made this in a bowl, not mug. MACARONI AND CHEESE- This tastes very good but the sauce was loose because it had no flour in it like a proper cheese sauce does. Adding broccoli to this was an option so I used it. I'll definitely continue to make this but I'll add about a 1/2 teaspoon to the butter before adding milk. The recipe has us add 1/4t. salt but that would be way too much. I only needed a pinch because the pasta was cooked in salted water and the cheese was salty. ALBÃfâ œNDIGAS- This Mexican soup uses raw Italian sausage instead of meatballs, carrot, celery, potatoes, cumin, oregano, and onion. I omitted diced zucchini, a diced chile, and diced tomatoes. I used some tomato paste in place of tomatoes. I made this in a 2qt. pot instead of two jumbo mugs in the microwave. The flavoring is off in this but it's edible. The Italian flavoring clashes with the cumin or something. I wouldn't make this again. CHEESY TWO-EGG OMLET- Boy, was this easy to make. I used two jumbo eggs, milk, butter, dried chives in place of scallions, left out the thyme, used half the amount of shredded cheese, salt, pepper, and cooked it for 2 minutes. As you can see the chives rose to the top. It was a little undercooked on the bottom so I put it in the microwave upside down on a plate for 20 seconds. It still wasn't cooked so I gave it another 20 seconds and it was cooked through on the bottom but the sides were very tough but the inside was moist. I'll experiment with this so that it's not overcooked again. I'll also use a smaller bowl. You'll need one with a 1 1/2 c. capacity. The photo on the bottom is the cooked egg upside down on a plate. Edit: I've made this quite a few times and I usually cook the egg for 90 seconds, run a fork around the egg to loosen it from the bowl, flip it over and microwave it another 30 seconds or so. CORNCAKE- Not good, folks. I microwaved this in a 3 cup bowl, not two jumbo mugs. It's extremely dense and tastes like nothing more than cornmeal with a little onion flavor from dried chives, which I used instead of scallions. The bottom had a raw area and there were pockets of raw egg inside. The corn just falls out of it too when you cut into it. I was able to eat most of it but I wouldn't make again. You have to use several bowls to make this too. OKLAHOMA CHEESE

**GRITS-** These were surprisingly good. They don't taste like corn or egg at all, just cheese and chives. I made mine in the bowl I eat cereal in, 1 1/2 c. capacity. You use a small amount of quick cooking grits (corn meal made from hominy for Quaker's® brand) and water, microwave a short time, let the mixture sit, microwave again, add in egg, cheese, flavorings, and microwave until risen and firm. My complaints- After the grits had sat for ten minutes we were to microwave it another two minutes before adding in the other stuff. We weren't told to stir that mixture after it had sat ten minutes. My final product had quite a few large lumps in it that I think may have been avoided had I stirred the grits/water mixture before adding in the other things. After adding in the eggs and cheese the center of mine was raw on top so I stirred the mixture together and microwaved another thirty seconds, then it was fine. I had to add about three tablespoons more water to the mixture after they cooked because the mixture was too thick. I'll have to experiment with the timing next time so I can get it just right. These tasted good and I'll continue to make these.

**BEAN SOUP-** This recipe is called Split Peas and Ham. You're supposed to mash up a drained and rinsed can of split peas, add some water to thin it slightly, ham, salt, pepper, onion, and garlic. I used part of a can of navy beans and some drained canned white meat chicken instead. I also added broccoli and used a 14.5 oz. can of low sodium chicken broth plus 1/2 c. of water to make two large servings. No surprise that this needed much more flavor. Onion and garlic are base flavors. You need more seasonings than those to create a flavorful broth. I added some celery but this desperately needed more flavor. I added a little bit of canned chipotle in adobe sauce and that helped some but this still needs some work. Next time I'll use more broccoli, use half a can of mashed beans and just put the rest in the soup and try to find some way to add more flavor to this. It wasn't bad at all the way I made it.

**ORECCHIETTE ALFREDO-** This was extremely good. I used spiral pasta instead of orecchiette (ear-shaped pasta). The sauce is made with cream (I used half and half) and parmesan cheese, that's it. I added raw broccoli and carrot, which I cooked in the water with the pasta, and 1/2 cup canned chicken. I didn't add any salt at all (the recipe called for 1/4 teaspoon!) because of the salty parm. This was very simple to make and tastes great and I'll continue to make this. I received this from the publisher in exchange for an honest review. More detailed review here, [bit.ly/1OQ5OGz](http://bit.ly/1OQ5OGz)

This book is a cookbook. I have liked all the recipes I have made. She also gives a good explanation for pastas as well. It helps with portion control for me and helping me to reduce the amounts I am cooking to manageable portions.

They are fun, easy and very good.

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