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NATIONAL BESTSELLERThe easiest-to-follow Instant Pot cookbook ever: 100 delicious recipes with more than 750 photographs guiding you every step of the way Jeffrey Eisner's popular Pressure Luck Cooking website and YouTube channel have shown millions of home cooks how to make magic in their Instant Pots. Now Eisner takes the patient, fun, step-by-step approach that made him an online phenomenon and delivers a cookbook of 100 essential dishes that will demystify pressure cooking for Instant Pot users of all abilities--and put an astounding dinner on the table in a flash. Every flavor-filled recipe in this book is illustrated with clear photographs showing exactly what to do in each step. There are no surprises: no hard-to-find ingredients, no fussy extra techniques, and nothing even the most reluctant cooks can't master in moments. What you see is truly what you get, in delicious and simple dishes such as: Mac & Cheese Quick Quinoa Salad French Onion Chicken Eisner's popular Best-Ever Pot Roast Ratatouille Stew And even desserts such as Bananas Foster and Crème Brûlée. If you are looking to upgrade your kitchen appliances by getting an air fryer, or perhaps you just want to see and experience what all the excitement is about, then the air fryer toast oven might just be the one for you. An Emeril Everyday 360 Deluxe Air Fryer Oven gives you the power and flexibility of two already beloved appliances. With so many possibilities at your fingertips, getting a comprehensive guide in the form of a fine recipe book is as vital as picking your first unit. Luckily, this Emeril Everyday 360 Deluxe Air Fryer Oven Recipe Book provides practical information as follows: Introduction of the Emeril Everyday 360 Deluxe Air Fryer Oven Benefits of using an air fryer toast oven for cooking Various air fryer toast oven brands you can have Tips and cautions of air fryer toast oven usage A collection of carefully curated recipes for your air fryer toast oven From filling breakfast meals to scrumptious dinners and exquisite desserts, the Emeril Everyday 360 Deluxe Air Fryer Oven has a great potential to be your new kitchen workhorse. The Skinny Steamer Recipe Book Delicious, Healthy, Low Calorie, Low Fat Steam Cooking Recipes Under 300, 400 & 500 Calories If you think your steamer is just for cooking vegetables think again! This brand new collection of delicious poultry, vegetarian, seafood & meat dishes are fast, fresh, fuss free, low fat and low calorie. Designed to help you make the most of your steamer, all our skinny steaming recipes fall below 300, 400 and 500 calories - which is perfect if you are following a calorie controlled diet or are keen to maintain and manage your weight! Every recipe serves two people and can be prepared in minutes. Versatile, simple & healthy.... there has never been a better time to start steaming. Includes over 60 recipes, cooking charts and tips. You may also enjoy other titles from the Skinny calorie counted series. Just search 'cooknation' on Amazon. "Food: The Key Concepts presents an exciting, coherent and interdisciplinary introduction to food studies for the beginning reader. Food Studies is an increasingly complex field, drawing on disciplines as diverse as Sociology, Anthropology and Cultural Studies at one end and Economics, Politics and Agricultural Science at the other. In order to clarify the issues, Food: The Key Concepts distills food choices down to three competing considerations: consumer identity; matters of convenience and price; and an awareness of the consequences of what is consumed. The book concludes with an examination of two very different future scenarios for feeding the world's population: the technological fix, which looks to science to provide the solution to our future food needs; and the anthropological fix, which hopes to change our expectations and behaviors. Throughout, the analysis is illustrated with lively case studies. Bulleted chapter summaries, questions and guides to further reading are also provided."--P. [4] of cover. **Organic Vegetable Production** provides an invaluable, practical guide to the production of organic vegetables across a range of organic farming systems in temperate areas. The book covers all aspects of production, including crop choice, fertility building and weed, pest and disease management within a framework of rotation design and business planning. The specific needs of a range of commonly grown vegetable crops are discussed in detail. The authors consider that knowledge-gathering, marketing and financial management are integral parts of organic vegetable production and these subjects are examined in depth. Speciality topics as protected cropping and storage are covered. The book highlights the technical and economic consequences of converting from conventional to organic production and the challenges that can arise. Put your electric steamer to use like never before with **Cooking with Steam**. This is the original cookbook on electric steaming, and 20 years later it's still the bible of low-fat, full-flavor steamed food. Its hearty, delicious recipes will open your kitchen to a world of sublime flavors and nutritious meals. Some favorite recipes include Panzanella-Stuffed Artichokes with Porcini Mushrooms; Salmon with Quick Basil Oil; Shrimp with Black Beans and Mango; Soy-Orange Marinated Chicken Cutlets; and Duck Legs Steamed on a Bed of Thyme. For dessert try the irresistible Bittersweet Chocolate Pudding Cake or the Lemon Cheesecake. But perhaps best of all is the fact that all of these astounding dishes can be prepared quickly, with no mess or hassle. Using your electric steamer is as easy as can be. Just plug it in, add your choice of ingredients, set the timer, and walk away. There's no fussy temperature gauge to monitor, no need to worry about burning your food, and since everything happens inside the steamer, you're free to focus on other tasks while your dinner cooks-it's perfect for today's healthy, on-the-go lifestyle. And last but not least, what's not to love about the simple clean-up? No more scrubbing and scraping at burned saucepans, or overnight-soaking of casserole dishes, just a quick clean of the steamer basket before you get on with your evening. Steaming is an exciting and innovative technique for cooking meals that are both healthy and delicious. Revealing subtle flavors in your ingredients that are often masked by other fat-heavy preparations, steaming your food will provide you with astonishingly bright, clean-tasting meals, unattainable with any other cooking method. It's also a great way to highlight and preserve the freshness of your ingredients for a broad-range of easy and fulfilling dishes. Complete with timing charts and brand comparisons, **Cooking with Steam** is a comprehensive guide to delicious steamed meals for all occasions. Rail and train enthusiasts will treasure this indispensable guide to the Pennsylvania Railroad's late, great steam locomotives from the first half of the last century. From 1900-1957, a brilliant and dedicated engineering team brought the most powerfully efficient locomotives in the nation, and made "The Standard Railway of the World." Perfect for professionals seeking a practical handle on systems analysis and design and advanced database management, this book is a unique, hands-on look at data modeling--a topic of increasing importance in object-oriented programming. Amelia Earhart's account of her ill-fated last flight around the world, begun in 1937, remains one of the most moving and absorbing adventure stories of all time. **Last Flight** compiles the letters, diary entries and charts that she sent to her husband, G.P. Putnam at each stage of her trip. In her own words, these dispatches offer a window into her experience on this ground-breaking journey and illustrate her cheerful, charming nature. Her story continues to intrigue and inspire people to this day.

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