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meals in minutes using  
just one pot. Let Jill,  
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show you how easy and  
safe it is to make  
flavorful, healthy plant-

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based meals with vegetables, grains, beans and other legumes and fruit. With a pressure cooker, you can save time and money, lock in flavor and nutrition, decrease your energy costs and avoid a messy kitchen with only one pot to clean! Jill will show you how you can cut cooking time in half (or more!) compared to

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conventional stove top cooking. In *The New Pressure Cooker Manual*, you'll learn how to choose and use a pressure cooker, with timing charts for your favorite plant foods. You'll also find more than 100 recipes for everything from breakfast to dessert. Most of the recipes are gluten-free and all are vegan. *The New Fast*



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Food offers fast, colorful  
and tasty dishes such as:  
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From the leading  
authority on speed

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Cooking comes the groundbreaking cookbook that inspired a generation of cooks—now updated and revised for today's tastes and sleek, ultrasafe machines From the elegant to the ethnic to the traditional, *Cooking Under Pressure* contains a wealth of flavor-packed recipes for fast, healthy, and

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delicious meals developed for the modern pressure cooker—a magical appliance that turns out foods in one-third (or less) the standard cooking time without sacrificing flavor or aroma. Lorna Sass introduces us to an eclectic array of dishes that can be prepared on a whim, including

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classic osso buco (18 minutes), chicken gumbo (9 minutes), and risotto (4 minutes, without stirring!). Even chocolate cheesecake and Grand Marnier bread pudding are done to perfection in short order. Plus, the dramatically shortened cooking times make it possible to prepare cholesterol-free, high-

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fiber ingredients such as grains and beans at the last minute. The pressure cooker is the cook's best friend!

You don't have to spend hours in the kitchen to create great meals. With your fast and energy-efficient pressure cooker, you can make sticky pork ribs, risotto and raspberry swirl

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cheesecake in only a fraction of the time. Just throw in your ingredients and let the pressure cooker do all the work. Pressure cookers have been around for decades and they have never been easier or safer to use. This collection of over 80 quick and easy recipes will impress family and friends,

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reduce your energy bills  
and revolutionise the  
way you think about  
cooking.

With a foreword by Ree  
Drummond, this  
beautiful book has 100  
easier, faster, lightened-  
up Southern recipes,  
from the blogger behind  
the popular Add a Pinch  
website. A generation  
ago, home cooks may

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Martha had all day to prepare dinner, but most folks now want convenient, fast recipes that don ' t rely on canned soups or other processed products. Here, fresh ingredients take center stage in slow cooker meals, casseroles and one-dish suppers, salads, soups, and desserts that have deep, satisfying flavors but are



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a cinch to make. Smart swaps like Greek yogurt for mayo in pimento cheese and cauliflower “ rice ” put a modern spin on these dishes.

With 75 color photographs and lots of sidebars, this is the new Southern cooking handbook.

The TTK Group was founded in 1928 in

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Chennai (then Madras)

by T.T.

Krishnamachari, who later became a Union minister and held the portfolios of finance, industry and commerce for close to fifteen years. In this book, the current chairman T.T.

Jagannathan, along with Sandhya Mendonca, takes us through the journey of this

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extraordinary company which fought off bankruptcy and rose like a phoenix to become a highly profitable, successful entity. What makes this story all the more startling is that T.T. Jagannathan is an accidental and reluctant businessman. He came into the profession very unexpectedly, and without any

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preparation, with  
neither an MBA nor  
having ever worked in  
the family business  
before having its very  
survival entrusted to  
him. Like a phoenix, the  
Group and its  
constituent companies,  
have risen from the  
ashes, many times over,  
to stand tall and proud.  
This is the story of a  
journey that began with

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early success and experienced catastrophic disasters, and set about turning its fortunes around in stunning comebacks, time and again. With invaluable business lessons, decades of experience and innovation distilled in these pages, *Disrupt and Conquer* is a must-read for aspiring

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entrepreneurs,  
executives and business  
leaders.

## Pressure Cooker Manual

Under pressure to  
prepare a quick,  
nutritious dinner?

Under pressure to  
reduce your fat and  
cholesterol? When the  
pressure's on for a great  
vegetarian meal on the  
run, turn to Lorna Sass's  
second guide to the safe

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and delicious use of the  
pressure cooker.

Following the  
phenomenal success of  
Cooking Under

Pressure, this collection  
of recipes dispels the  
myth of the difficult-to-  
use pressure cooker --

which is in fact easier  
and faster than the

microwave -- and shows  
how vegetarian fare can  
be vibrantly colorful and

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full of flavor! Bursting with rich soups, hearty stews and casseroles, zesty curries, and flavor-packed chilis, Great Vegetarian Cooking Under Pressure brings together over 150 recipes, most with cooking times of under ten minutes. Arrive in Provence with a two-minute soupe au pistou laced with garlic and



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fennel; serve up an elegant zucchini bisque with tomatoes and fresh basil in just five minutes; or prepare a polenta good enough for a palazzo in only ten minutes. There are also scores of perfect vegetable side dish recipes, with an instructive chart detailing how to prepare everything from

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artichokes to zucchini. Lorna Sass devotes special attention to grains -- a vital part of the healthy diet -- and shows how brown rice, millet, couscous, quinoa, and bulgur can turn from gourmet store items into staples of your pantry. Whether it's Risotto with Broccoli Rabe and White Beans in five minutes, or

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Mediterranean

Vegetable Couscous in  
just six, these recipes  
lock in delicious

nutrition without tying  
up precious time.

There's even a section  
about the splendid  
desserts that are possible  
with the pressure  
cooker, like Banana  
Pudding Cake and  
Pumpkin Bread  
Pudding. Filled with

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Informative sections about the equipment, ingredients, and language of pressure cooking, suggestions for theme menus, and mail-order resources, this compendium of high-quality, high-fiber, low-fat (and mostly cholesterol-free) dishes will become an essential guide for today's bustling cook.

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Montel imparts his personal recipe for healthy and happy living, and shares his 21-Day Living Well Food and Workout Program, a three-phased health plan for fast, fit results. For anyone who wants to fight chronic diseases like diabetes, cancer, and cardio

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Congratulations on having one of the best pressure cooker! Now it's time to enjoy simple and easy Fagor Pressure Cooker recipes! Well, 500 of them! This Fagor Pressure Cooker Recipes Cookbook includes the 500 simple and delicious pressure cooker recipes for unforgettable

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experience and yummy  
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Cookbook by Damon  
Mann and get the  
dinner ready just in time  
for your family, friends  
and guests. This book is  
easy to use for both  
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experienced cooks!  
Using the pressure  
cooking method, you

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not only cook healthy,  
but you will also enjoy  
perfectly cooked juicy  
meals. There are a lot of  
pressure cooker recipes  
inside this book  
including: Breakfast  
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and Meats Seafoods and  
Fish Desserts Get a copy  
of this complete Fagor



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Recipes Cookbook and  
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meals!

Many books teach the mechanics of cooking and even inspire us to cook; not many dwell on the kitchen's ability to be a place of awakening and joy. In *Finding Yourself in the Kitchen*, Dana Velden asks you

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to seek deeper meaning in this space and explores what cooking can teach about intimacy, failure, curiosity, and beauty. Finding Yourself in the Kitchen is a book of essays, each focused on a cooking theme that explores how to practice mindfulness in the kitchen--and beyond--to discover a more deeply

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experienced life. It also offers meditation techniques and practical kitchen tips, including 15 of Velden's own favorite recipes. What happens when we find ourselves in the kitchen? What vitalizes, challenges, and delights us there? An extension of her popular "Weekend Meditation" column on

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TheKitchen.com, this book offers you the chance to step back and examine your life in a more inspired way. The result is a reading experience that satisfies, nourishes and inspires.

100 foolproof pressure-cooker recipes that will change the way you cook. In Pressure Cooker Perfection, the

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first volume in our new test kitchen handbook series, the editors at America's Test Kitchen demystify an appliance that to many home cooks remains intimidating -- but shouldn't. Modern pressure cookers are safer, quieter, more reliable, and more user-friendly than old-fashioned jiggle-top

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models. And they can prepare a wide range of foods -- everything from barbecue to risotto -- in record time. Cooking under pressure results in better-tasting dishes because every drop of flavor is trapped in the sealed pot. This fact, combined with the shorter cooking time, means that your dishes will be supercharged

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with flavor. And cooking under pressure is versatile. While they're ideal for roasts and stews, pressure cookers can also turn out perfectly tender beans, grains, and legumes in short order. If ever there was a cooking method that could benefit from the obsessive trial and error that our test kitchen is known for,

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this is it. When cooking time is compressed, every minute matters, and when flavors are amplified, even a small change becomes significant. We ran hundreds of tests in fifteen pressure cookers to find out what works and what doesn't, and we deliver the foolproof, guaranteed-successful recipes in Pressure



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Cooker Perfection. With this foolproof guide to cooking under pressure, every home cook will be guaranteed success.

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