

# JAMAICAN *Cookbook*



A black bowl filled with a hearty Jamaican stew. The dish features tender chunks of meat, likely beef or pork, swimming in a rich, dark sauce. It is garnished with sliced yellow potatoes, bright red chili peppers, and fresh green onions. The bowl sits on a white and red checkered tablecloth. To the left of the bowl, a whole green onion and a single garlic clove are visible. In the bottom right corner, a small wooden bowl contains a yellow spice, possibly turmeric or curry powder.

**AUTHENTIC  
JAMAICAN  
RECIPES**

# Jamaican Recipe Books

**Karen Reynolds-James**



## **Jamaican Recipe Books:**

**Jamaican Cookbook** BookSumo Press,2018-08-24 From Kingston to Montego Bay Authentic Jamaican Cooking Get your copy of the best and most unique Jamaican recipes from BookSumo Press in full color with art Come take a journey with us into the delights of easy cooking The point of this cookbook and all our cookbooks is to exemplify the effortless nature of cooking simply In this book we focus on Jamaican cooking The Jamaican Cookbook is a complete set of simple but very unique Jamaican recipes You will find that even though the recipes are simple the tastes are quite amazing So will you join us in an adventure of simple cooking Here is a Preview of the Jamaican Recipes You Will Learn Guyanese Rice Hot Cannellini Chili Kiyana s Bread Allspice Lime Style Tortilla Soup Tropical Plantain Pies Spicy Jerk Ginger Chicken Wings Chicken and Long Grain Caribbean Fish Chips Jerk Fish Hot Coconut Rice Beans Aphrodisiac Grilled Chicken Kingston Curry Tropical Latin Cake Real Jerk Chicken Jerk Pineapple Fajitas Jamaican Egg Noodles and Chicken Kalisa s Chips Jamaican Cabbage Brown Glazed Carrots Jamaican Roast Nutty Jerk Coleslaw Grandma s Spicy Goat Curry Flame Broiled Sweet Potatoes Alvita s Dumplings Simple Banana Chips Coconut Cod Stew Skirt Steak Habanero Sauce Tropical Prawns Skillet Cod Chips Honey Jerk Drumsticks Sweet and Sour Snapper Casserole Caribbean Ginger Peanut Sauce Jamaican Sunset Soup Glazed Coconut Aoli Burgers Kidney Beans and Rice from Jamaica Seasoned Coconut Fillets How to Make Jamaican Beef Patties at Home Saucy Rum Ribs Tropical Potato Salad Montego Bay BBQ Sauce All Spice Tempeh Bites Hot Shrimp Cherry Pimento and Potato Casserole Caribbean Meatloaf Saucy Oxtail 101 Ginger Chicken Kabobs Icy Rum Eggnog Jamaican Sloppy Burgers Watercress Salad Much much more Again remember these recipes are unique so be ready to try some new things Also remember that the style of cooking used in this cookbook is effortless So even though the recipes will be unique and great tasting creating them will take minimal effort Related Searches Jamaican cookbook Jamaican recipes Jamaican book Jamaica Jamaican recipe book Jamaican food Jamaican cuisine *One Love, Many Flavors* H E Thompson, Jr,2024-02-03 Unlock the vibrant soul of Jamaican cuisine with *One Love Many Flavors* This comprehensive cookbook isn t just a collection of recipes it s a passport to an island paradise on your plate Dive into a treasure trove of authentic dishes each bursting with the sun kissed flavors and bold spices that define Jamaican cooking Craving the smoky heat of jerk chicken We ve got you covered with the secrets to making your own jerk seasoning and perfecting that signature char Master the art of brown stew chicken fish escovitch and Jamaican oxtail and experience the rich complex flavors that simmer in every pot Pescatarian or Vegetarian Don t worry mon We haven t forgotten you Savor the unique taste of ackee saltfish explore the vibrant greens of callaloo and delight in hearty stews bursting with fresh island produce Beyond the main course explore a world of delectable sides and soul warming soups Learn the secrets to fluffy rice and peas crispy plantain chips and creamy coconut drops Quench your thirst with refreshing sorrel and ginger beer drinks or indulge in a slice of rum cake that s pure sunshine in every bite *One Love Many Flavors* is more than just recipes it s an experience With stunning images detailed instructions and

cultural insights this book will transport you to the heart of Jamaica with every page Here s just a taste of what you ll find inside Tons of authentic Jamaican recipes from jerk chicken to sorrel drink Step by step instructions for every dish ensuring success in the kitchen Detailed information on Jamaican ingredients and substitutions Beautiful images that captures the essence of Jamaican cuisine Cultural insights and stories that bring the recipes to life Whether you re a seasoned cook or just starting your culinary adventure One Love Many Flavors is your ticket to unlocking the magic of Jamaican food Order your copy today and start your journey

[Jamaican Cookbook](#) Jacob Smiley,2023-07-24 Welcome to the world of Jamaican cuisine In this eBook we embark on a culinary journey through the vibrant and flavorful dishes that make up the rich tapestry of Jamaican food From the aromatic spices and fiery peppers to the tropical fruits and hearty stews Jamaican cuisine is a true celebration of the island s culture and history Jamaican food reflects the diverse influences that have shaped the country over the centuries African European Indian and Chinese flavors come together in a harmonious fusion that is uniquely Jamaican Each dish tells a story connecting us to the island s roots and the people who have lovingly prepared these recipes for generations In these pages you will find a collection of 20 authentic Jamaican recipes that will transport you to the sunny shores and vibrant markets of Jamaica From savory classics like jerk chicken and oxtail stew to sweet treats like plantain tarts and mango salsa there is something for everyone to savor and enjoy Whether you are a seasoned cook looking to expand your culinary repertoire or a curious food lover eager to explore new flavors this eBook will be your guide to creating delicious Jamaican dishes in your own kitchen Each recipe is accompanied by clear instructions and helpful tips to ensure your success I invite you to embrace the vibrant colors bold flavors and warm hospitality of Jamaica as you embark on this culinary adventure Let the scents of spices the sounds of reggae and the taste of authentic Jamaican dishes transport you to a place where the sun shines brightly and every meal is a celebration Get ready to tantalize your taste buds with the tantalizing flavors of Jamaican cuisine Prepare to experience the warmth and zest of the island as you delve into these mouthwatering recipes May this eBook serve as your passport to the captivating world of Jamaican cooking Wishing you a delightful journey filled with joy flavor and a taste of Jamaica s culinary heritage

**Food of Jamaica** John DeMers,1998-08-01 This collection offers the island s best recipes both traditional and the new from Jamaica s hottest chefs and restaurants including Norma Shirley of Norma at the Wharfhouse Everett Wilkerson of the Sans Souci Lido and James Palmer at Strawberry Hill to name only a few Over 60 full color photographs all shot on location illustrate this beautiful collection Lively essays by food writers John DeMers and Norma Benghiat on the island s culture and history explanations of special ingredients and easy to follow recipes make this the most complete guide to Jamaican food

[Authentic Recipes from Jamaica](#) John DeMers,2012-03-13 Cook delicious authentic Jamaican food with this easy to follow Jamaican cookbook Jamaica is the mountainous Caribbean island famed for its coffee and its beaches But with its abundance of homegrown ingredients and its many cultural influences it has developed a remarkable cuisine all its own To visit the Jamaican kitchen is to discover the sumptuous flavors of spicy

jerk pork sweet tropical juices complex curries and lush desserts This cookbook offers the island s best recipes both the traditional and the new from Jamaica s hottest chefs and restaurants including Norma Shirley of Norma at the Wharfhouse Everett Wilkerson of the Sans Souci Lido and James Palmer at Strawberry Hill Authentic Recipes from Jamaica presents over 60 full color recipes with photographs shot on location Lively essays by food writers John DeMers and Norma Benghiat on the island s culture and history explanations of special ingredients and easy to follow recipes make this the most complete guide to Jamaican cuisine you ll find Jamaican recipes include Pepperpot Baked Plantains Pepper Shrimp Ginger Tamarind Chicken Spinach Salad with Breadfruit Chips Sweet Potato Pone Jamaican Limeade Most Popular Jamaican Recipes Quick & Easy Grace Barrington-shaw,2016-07-12 Another great recipe cookbook by Grace Barrington Shaw this time providing wonderful dishes from the gorgeous Island of Jamaica Included in this book you will find quintessential Jamaican recipes cooked and enjoyed in any home on the Caribbean Island Learn how to cook the most popular dishes of Jamaica all the favorites are here Jerk Chicken Escoveitched Fish Stewed Peas with Beef Ackee and Saltfish Callaloo Sweet Potato Pudding Coconut Drops Gizzarda and more Have you ever visited the fabulous Island of Jamaica Why not re live that vibrant sun and music filled vacation again and again Bring Jamaica to your home with authentic flavorsome recipes that will form your guide to the wonderful world of Jamaican cuisine Impress your loved ones and friends Easy to follow recipes Simple recipes using easy to find ingredients Most meals can be prepared in under 30 mins Includes popular recipes for main dishes soups deserts and treats Rekindle your childhood memories If you are from Jamaican heritage and want to enhance your cooking skills These recipes will show you how to cook the Jamaican recipes that you grew up with in the right way Continue the tradition teach and pass on these recipes to family members Learn how to cook like a true Jamaican Grace Barrington Shaw was born and raised in Jamaica and so Jamaican food is second nature however cooking Jamaican food isn t difficult if you know how Within this Jamaican cookbook Grace shows you exactly how quickly and easily Jamaican Cooking Made Easy GetJamaica. Com,2008-02 Enjoy a Jamaican recipe for every day and season of the year Volume I of Jamaican Cooking Made Easy is the largest compilation of Jamaican recipes packed with new and flavorful dishes along with the traditional ones will put your taste buds to work enjoying every unique blend of herbs and spices Chef Trevor Blake Cooking Tutor Cayman Islands As an experienced chef of over 27 years this is the first truly authentic Jamaican recipe book that I have used I recommend it to my students and use it in lessons as it uses very simple ingredients to create masterpiece Jamaican dishes a must have for cooks and chefs all over the world Cooking Jamaican Style Martha Stone,2014-08-07 This book is a delicious gathering of the best Jamaican recipes there are All of these recipes are made in the slow cooker so the meat is sure to come out tender and also melt in your mouth All of these recipes do not take a lot of time to prepare meaning you can still live a busy life without having to sacrifice a home cooked meal You will enjoy the different recipe explorations from oxtail stew to jerk chicken and everything in between Loosen your belt and get ready for a filling meal *Jamaican Recipes Cookbook* Karen

Reynolds-James,2013-09-02 Enjoy The Taste Of Jamaican Cuisine With Over 50 Mouthwatering Jamaican Recipes Jamaican cooking offers the best of both worlds tasty foods and easy to prepare meals This Jamaican recipe cookbook is a must have for anyone who has always enjoyed Jamaican popular meals Jamaicans living overseas or just about anyone who wants to add some true excitement and variation to their cooking style WOW your family and friends with these exciting Jamaican recipes Cook with the true island flavor that anyone will love This book includes the most wanted Jamaican recipes for breakfast lunch dinner dessert snacks and beverages Get Your Copy Today *Jamaican Cookbook* BookSumo Press,2018-04-16 From Kingston to Montego Bay Authentic Jamaican Cooking Get your copy of the best and most unique Jamaican recipes from BookSumo Press Come take a journey with us into the delights of easy cooking The point of this cookbook and all our cookbooks is to exemplify the effortless nature of cooking simply In this book we focus on Jamaican cooking Jamaican Cookbook is a complete set of simple but very unique Jamaican recipes You will find that even though the recipes are simple the tastes are quite amazing So will you join us in an adventure of simple cooking Here is a Preview of the Jamaican Recipes You Will Learn Guyanese Rice Hot Cannellini Chili Kiyana s Bread Allspice Lime Style Tortilla Soup Tropical Plantain Pies Spicy Jerk Ginger Chicken Wings Chicken and Long Grain Caribbean Fish Chips Jerk Fish Hot Coconut Rice Beans Aphrodisiac Grilled Chicken Kingston Curry Tropical Latin Cake Real Jerk Chicken Jerk Pineapple Fajitas Jamaican Egg Noodles and Chicken Kalisa s Chips Jamaican Cabbage Brown Glazed Carrots Jamaican Roast Nutty Jerk Coleslaw Grandma s Spicy Goat Curry Flame Broiled Sweet Potatoes Alvita s Dumplings Simple Banana Chips Coconut Cod Stew Skirt Steak Habanero Sauce Tropical Prawns Skillet Cod Chips Honey Jerk Drumsticks Sweet and Sour Snapper Casserole Caribbean Ginger Peanut Sauce Jamaican Sunset Soup Glazed Coconut Aoli Burgers Kidney Beans and Rice from Jamaica Seasoned Coconut Fillets How to Make Jamaican Beef Patties at Home Saucy Rum Ribs Tropical Potato Salad Montego Bay BBQ Sauce All Spice Tempeh Bites Hot Shrimp Cherry Pimento and Potato Casserole Caribbean Meatloaf Saucy Oxtail 101 Ginger Chicken Kabobs Icy Rum Eggnog Jamaican Sloppy Burgers Watercress Salad Much much more Again remember these recipes are unique so be ready to try some new things Also remember that the style of cooking used in this cookbook is effortless So even though the recipes will be unique and great tasting creating them will take minimal effort **Jamaican Recipes: From Kingston to Montego Bay Taste All of Jamaica at Home with Delicious Jamaican Recipes (2nd Edition)** Booksumo Press,2019-02-23 Jamaican Cooking 101 Get your copy of the best and most unique Jamaican recipes from BookSumo Press Come take a journey with us into the delights of easy cooking The point of this cookbook and all our cookbooks is to exemplify the effortless nature of cooking simply In this book we focus on Jamaican cuisine Jamaican Recipes is a complete set of simple but very unique Jamaican dishes You will find that even though the recipes are simple the tastes are quite amazing So will you join us in an adventure of simple cooking Here is a Preview of the Jamaican Recipes You Will Learn Caribbean Burgers with Papaya Salsa Jerk Flounder Fillets with Mango Sauce Tamarind Chicken Roast Spicy Chicken

and Potato Casserole French Toast Jamaican Island Style Nutty Pineapple Rice Pudding Caribbean Cornbread Orange Jerk Marinade Sauce Caribbean Porridge Jerk Nacho Chips Tomato Soup in the Tropics How to Make Banana Cake Teriyaki Shrimp Jerk Shrimp Soup Beef Patties with Fruit Salsa Grilled Bonnet Chicken Quarters Old Harbour Carrot Milk Snapper Thyme Stir Fry Crystalized Chicken Breasts Summer Candied Cake Grapefruit Cheesecake Maria s Confetti Jamaican Curry Powder Real Jerk Chicken Much much more Again remember these recipes are unique so be ready to try some new things Also remember that the style of cooking used in this cookbook is effortless So even though the recipes will be unique and great tasting creating them will take minimal effort Related Searches Jamaican cookbook Jamaican recipes Jamaican book Jamaica Jamaican recipe book Jamaican food Jamaican cuisine

**Authentic Recipes From Jamaica** ,2012 Cook delicious authentic Jamaican food with this easy to follow Jamaican cookbook Jamaica is the mountainous Caribbean island famed for its coffee and its beaches But with its abundance of homegrown ingredients and its many cultural influences it has developed a remarkable cuisine all its own To visit the Jamaican kitchen is to discover the sumptuous flavors of spicy jerk pork sweet tropical juices complex curries and lush desserts This cookbook offers the island s best recipes both the traditional and the new from Jamaica s hottest chefs and restaurants including Norma Shirley of Norma at the Wharfhouse Everett Wilkerson of the Sans Souci Lido and James Palmer at Strawberry Hill Authentic Recipes from Jamaica presents over 60 full color recipes with photographs shot on location Lively essays by food writers John DeMers and Norma Benghiat on the island s culture and history explanations of special ingredients and easy to follow recipes make this the most complete guide to Jamaican cuisine you ll find Jamaican recipes include Pepperpot Baked Plantains Pepper Shrimp Ginger Tamarind Chicken Spinach Salad with Breadfruit Chips Sweet Potato Pone Jamaican Limeade

**Jamaican Cookbook** Grizzly Publishing,2019-07-04 The perfect compilation of traditional recipes that are easy to conquer and dance of flavors on the taste buds all the recipes compiled into this book are going to take you on an exotic journey of textures and flavors you may not have realized existed before And even if you did you may not have had the slightest idea how to achieve these recipes in your kitchen If you take one recipe from almost every section covered in this cookbook you ll have an elaborate Jamaican spread waiting to embrace you in its aromas All you need to do is dive into the pages of this book crafted just for the culinary adventures of your taste buds that you will want to execute in your kitchen as soon as possible In the course of this book you will learn to make Native Jamaican Breakfast Recipes Native Jamaican Meals Recipes Native Jamaican Soup Recipes Native Jamaican Side dishes Native Jamaican Dessert Recipes So what are you waiting for Click on the buy now button now and grab your copy today

**The Essential Jamaican Cookbook** Carla Hutson, The Essential Jamaican Cookbook is the ultimate guide to cooking authentic Jamaican cuisine This cookbook is perfect for anyone who loves bold and spicy flavors as it features over 30 recipes that highlight the best of Jamaican cooking With easy to follow recipes and step by step instructions this cookbook is perfect for both beginners and experienced cooks It includes a variety of dishes from classic Jamaican dishes to lesser known specialties

Whether you're looking to spice up your weeknight dinners or impress your friends and family with a flavorful Jamaican feast The Essential Jamaican Cookbook has everything you need to create delicious and authentic Jamaican dishes in your own kitchen

**50 Favorite Jamaican Recipes** Calibe Thompson, 2016-09-28 Learn how to cook delicious authentic Jamaican food with this beautifully simple collection of traditional Jamaican recipes Taste the Islands is the national Caribbean cooking TV series and online authority teaching viewers and visitors to create mouthwatering recipes from around the Caribbean From hundreds of recipes on our Caribbean and West Indian cooking website the most popular include traditional Jamaican recipes like fluffy fried dumplings tender oxtail and sauce smothered brown stewed chicken This beautifully illustrated delightfully annotated recipe collection includes these flavor filled Jamaican recipes and so much more Inside you'll find 50 all time favorite traditional Jamaican recipes including jerk sauce steamed fish curried goat and cornmeal porridge Recipes for the home or for large gatherings Beautiful full color images of the finished recipes Breathtaking full color images of the Jamaican landscape Interesting notes on the background and flavors of each recipe Easy to follow step by step instructions for each recipe Alternate options for ingredients that may be challenging to find Tips and methods on how to handle some of the unique ingredients used in Jamaican and Caribbean cuisine A glossary of accessible but uniquely Caribbean ingredients A list of annual Jamaican culinary events to explore for your next vacation Whether you're trying Jamaican cuisine for the first time or you long for the flavors of home this is the Jamaican cookbook for you It also makes a great gift for friends and family About Taste the Islands TASTE THE ISLANDS is a half hour cooking series featuring delightfully exotic deliciously accessible Caribbean fare Find it nationwide on PBS stations and Create TV

**Motherland** Melissa Thompson, 2022-09-29  
SHORTLISTED FOR THE 2023 ANDRE SIMON BEST COOKBOOK AWARD \_\_\_\_\_ The BBC Radio 4 Food Programme Books of the Year 2022 The Observer New Review Books of the Year 2022 The Telegraph Top Cookbooks of 2022 The Financial Times Top 5 Cookbooks of 2022 The Week Best food books of 2022 Delicious Magazine Best Cook Books of 2022 \_\_\_\_\_

Melissa captures her love of food and its roots deliciously Ainsley Harriott Motherland is a cookbook that charts the history of the people influences and ingredients that uniquely united to create the wonderful patchwork cuisine that is Jamaican food today There are recipes for the classics like saltfish fritters curry goat and patties as well as Melissa's own twists and family favourites such as Oxtail nuggets with pepper sauce mayo Ginger beer prawns Smoky aubergine rundown Sticky rum and tamarind wings Grapefruit cassava cake Guinness punch pie Running through the recipes are essays charting the origins and evolution of Jamaica's famous dishes from the contribution of indigenous Jamaicans the Redware and Ta'no peoples the impact of the Spanish and British colonisation the inspiration and cooking techniques brought from West and Central Africa by enslaved men and women and the influence of Indian and Chinese indentured workers who came to the island Motherland does not shy away from the brutality of the colonial periods but takes us on a journey through more than 500 years of history to give context to the beloved island and its cuisine Visually stunning with



wonderful writing and recipes it s a love song to the people food and history of Jamaica and is sure to be a classic Sarah Winman A masterful work and a must for any lover of the food of Jamaica and the Caribbean region or simply anyone who loves good food Dr Jessica B Harris

**Easy Jamaican Cookbook for Beginners** Thomas Small,2020-10 Jamaican food is a combination of different influences from different cultures The meals are vibrant flair authentic delicately spiced and bursting with flavor Come take a journey with me into the delights of easy cooking The point of this cookbook and all my cookbooks is to exemplify the effortless nature of cooking simply The recipes use ingredients that you will be able to find in most local food stores These dishes are healthy in their way and serve you with full taste in the best way So will you join me in an adventure of simple cooking Pick up this cookbook today and get ready to make some interesting and great tasting Jamaican recipes

**Jazzy Jamaican Recipes** Allie Allen,2020-08-20 Do you salivate at the thought of delicious tropical style Jamaican dishes Do you wonder if you can recreate those great tastes in your own kitchen Would you enjoy learning authentic recipes you can try for yourself This cookbook arms you with all the information tricks and tips you ll need to cook authentic Jamaican dishes at home From jerk chicken beef and pork to pawpaw and duckanoo the recipes of Jamaica are as interesting to say as they are to devour The cuisine of the country was influenced by many immigrants from Europe Asia and Africa and the original inhabitants of Jamaica the Arawak s The result of all these influences is nourishing spicy foods with a punch of flavor you ll love Jamaican cuisine is in many ways similar to the cooking of other countries in the Caribbean region It s not JUST like any other island cuisine though it is distinctive due to its unique mixture of influences The original cooking of Jamaica was done by Arawak Indians making use of native meats and produce Mainstays included callaloo cassava fish and corn When Europeans settled the island they brought along their own recipes Asians brought recipes that introduced sweet and sour taste sensations Read on and learn to cook tropical dishes in your kitchen

**Jamaican: Discover Delicious Jamaican Cooking Simply with Easy Jamaican Recipes (2nd Edition)** Booksumo Press,2019-02-24 Welcome to Jamaica Get your copy of the best and most unique Jamaican recipes from BookSumo Press Come take a journey with us into the delights of easy cooking The point of this cookbook and all our cookbooks is to exemplify the effortless nature of cooking simply In this book we focus on Jamaican cooking Jamaican is a complete set of simple but very unique Jamaican recipes You will find that even though the recipes are simple the tastes are quite amazing So will you join us in an adventure of simple cooking Here is a Preview of the Jamaican Recipes You Will Learn Chicken and Long Grain Caribbean Fish Chips Jerk Fish Hot Coconut Rice Beans Aphrodisiac Grilled Chicken Kingston Curry Tropical Latin Cake Real Jerk Chicken Jerk Pineapple Fajitas Egg Noodles and Chicken Kalisa s Chips Jamaican Cabbage Brown Glazed Carrots Jamaican Roast Nutty Jerk Coleslaw Grandma s Spicy Goat Curry Flame Broiled Sweet Potatoes Alvita s Dumplings Simple Banana Chips Coconut Cod Stew Skirt Steak Habanero Sauce Tropical Prawns Skillet Cod Chips Honey Jerk Drumsticks Coconut Anise Chicken Stew Cheesy Pimentos Grits Casserole Hot Papaya Stew Much much more Again remember these recipes are unique so be ready

to try some new things Also remember that the style of cooking used in this cookbook is effortless So even though the recipes will be unique and great tasting creating them will take minimal effort Related Searches Jamaican cookbook Jamaican recipes Jamaican book Jamaica Jamaican recipe book Jamaican food Jamaican cuisine **Jamaican Cookbook** Grizzly Publishing,2018-03-30 When it comes to exciting unique healthy and unbelievably tasty cuisine it s hard to look past Jamaica and Norway While the food from these countries are not all that common here in the western world they truly provide some of the tastiest on the planet which is why we want to do everything in our power to introduce them to you This book provides a thorough breakdown of everything you need to know about the amazing food that has been eaten in Norway and Jamaica for centuries And most importantly it will provide you with a step by step approach to integrating these traditional foods into your own kitchen simply and effectively without overloading you with unnecessary information Seriously this book is perfect for the advanced and novice cook alike providing you with everything you need to know to introduce some of the most interesting cuisine on the planet into your kitchen and to your friends and family In this book you will learn how to make Simple healthy and colorful Brazilian dishes How to use a pressure cooker to create incredible tropical meals A wide variety of native Norwegian cuisine So what are you waiting for Start cooking today

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