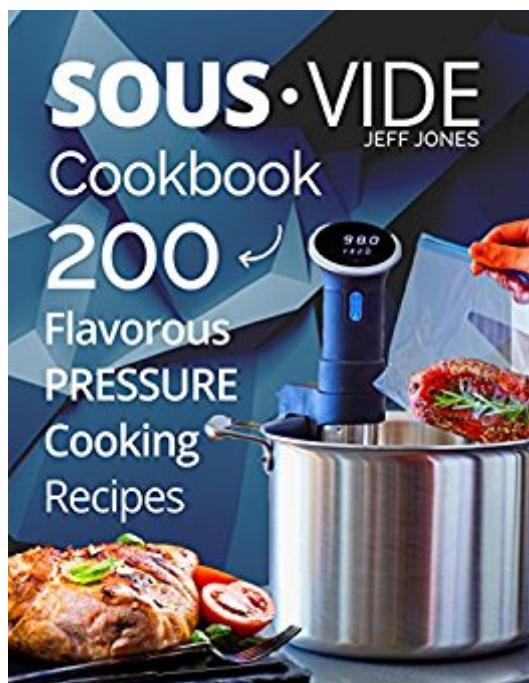


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# Sous Vide Cookbook: 200 Flavorous Pressure Cooking Recipes



## **Synopsis**

The anti-inflammatory diet is perfect for the people who suffer from the inflammatory processes. Also, it can help to prevent the appearance of diseases such as diabetes and cardiovascular at an early stage. Anti-Inflammatory diet will help you to get rid of such problems as: digestion problems, chronic fatigue, moodiness, food cravings. The benefits of the Anti-inflammatory diet are: it can reduce heart disease risk, reduce blood triglycerides and blood pressure, soothe tender and stiff arthritic joints. With our book you'll discover the amazing anti-inflammatory recipes under various sections such as main dishes, vegetable meals, desserts, side dishes, lunch, fish and seafood, poultry, snacks and appetizers, meat, breakfast. Get your copy now!

## **Book Information**

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## **Customer Reviews**

This cook book is very informative and gives you a background of the cooking style as well as more recipes than I'll ever have time to make. This cookbook is one of the better ones for Sous Vide recipes. This book is well laid out and contains the information I needed about the basics of Sous Vide, especially cooking temperatures.

Bad purchase on my part. Do not want to eat food cooked in a plastic bag.

Most poorly written and edited cookbook I have seen in 40+ years of reading. Overpriced at 99 cents

Wow, I had a copy of this cookbook and I would say that this is truly amazing recipes are not just food that you would it but it is composed of healthy ingredients. anti-inflammatory recipes are easy to follow and easy to learn it is written under various sections so you can easy to see each meal. Nice book highly recommended.

This is a good book to learn more about new pressure cooker recipes. I have learned new recipes from this book and I am very excited to prepare few of the recipes at home. I will surely share this book with my family.

Excellent book. I like this book. You will find this book comfort. Combine all the features of your device with simple and delicious recipes; It's just a win-win situation. And so much more.

If you own such a new kitchen miracle as sous vide, you must read this book. Combine all advantages of your device with easy and tasty recipes; it's just a win-win situation. I would recommend you to give a try to duck confit; it's really smth special.

Helpful.

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