

MEXICAN COOKING SURVIVAL GUIDE

27 Authentic Mexican Recipes from this simple pantry list

- ☐ Avocados (4)
- ☐ Jalapenos (5)
- ☐ Serranos (5)
- ☐ Poblanos (2)
- ☐ Chipotles in adobo (2 cans)
- ☐ Tomatoes (10 Roma)
- ☐ Tomatillos (10 fresh or 2 cans)
- ☐ Onions (4)
- ☐ Garlic (2 bulbs)
- ☐ Cilantro (1 bunch)
- ☐ Potatoes (3)
- ☐ Limes (5)
- ☐ Rice (white, long grain)
- ☐ Black beans (whole, 2 cans)
- ☐ Refried beans (2 cans)
- ☐ Flour tortillas (burrito sized)
- ☐ Corn tortillas
- ☐ Tortilla chips
- ☐ Protein source: Chicken breasts
- ☐ Eggs
- ☐ Cheese (Monterey Jack)
- ☐ Stock (chicken or vegetable)
- ☐ Cream (heavy cream, creme fraiche, or Mexican crema)
- ☐ Yogurt, plain (Greek)
- ☐ Bread crumbs (or corn flakes)
- ☐ Hot sauce
- ☐ Kitchen staples: salt, pepper, oil, flour, cumin, oregano, chili powder

Mexican Cooking Guide

Arsenio Islas



Mexican Cooking Guide:

The Art of Mexican Cooking Diana Kennedy, 2008-04-08 This indispensable cookbook an instant classic when first published in 1989 is now back in print with a brand new introduction from the most celebrated authority on Mexican cooking Diana Kennedy The culmination of more than fifty years of living traveling and cooking in Mexico The Art of Mexican Cooking is the ultimate guide to creating authentic Mexican food in your own kitchen with more than 200 beloved recipes as well as evocative illustrations The dishes included favorites from all the regions of Mexico range from sophisticated to pure and simple but they all share an intrinsic depth of taste Aficionados will go to great lengths to duplicate the authentic dishes and Kennedy tells them exactly how but here too is a wealth of less complicated recipes for the casual cook in search of the unmistakable flavors of a bold cuisine Kennedy shares the secrets of true Mexican flavor balancing the piquant taste of chiles with a little salt and acid for instance or charring them to round out their flavor broiling tomatoes to bring out their character or adding cumin for a light accent By using Kennedy's kitchen wisdom and advice and carefully selecting produce that is now readily available in most American markets cooks with an appetite for Mexican cuisine and Kennedy devotees old and new can at last serve and enjoy real Mexican food This is the ultimate in Mexican cooking from the world's leading authority Paula Wolfert author of *The Cooking of South West France* Typical Mexican Dishes Arsenio Islas, 2021-03-26 55% OFF for Bookstores NOW at 23.95 instead of 34.95 LAST DAYS Bring the flavors of Mexico to your kitchen Your Customers Never Stop to Use this Awesome Cookbook Whether you are an inexperienced cook looking to build your skills or a dedicated home chef looking to expand your repertoire the recipes will be easy for you to follow and enjoy Mexican food sometimes has a reputation for being spicy and greasy and while that can be true it doesn't have to be There are recipes all across the spice spectrum here Instructions are included on how to control the level of spice in each dish The dishes you will find here focus more on a balance of spices that add a rich flavor rather than just spicy heat that overpowers the palate While there are some fried dishes there are also plenty of healthier recipes Mexico has a rich culinary history and this book explores that with traditional Mexican favorites such as Enchiladas Fajitas and Churros Street food is extremely beloved in Mexico and it is integrated here with Taquitos and Elote de la Calle Mexican Street Corn You will also find modern twists on old classics such as Angel Hair Pasta Tacos and Fresh Corn Chowder with Roasted Peppers and Shrimp Included are recipes for holiday dishes such as Mexican Ponche and Mexican Bunuelos so consider integrating one into your next holiday celebration There is also a selection of egg dishes meatless entrées side dishes slow cooker recipes desserts and much more You will find plenty of soup and appetizer recipes and a section on sauces so that you can add a Mexican flair to any meal Each method has been tested and perfected so you should find them to produce the best quality dishes Some are easier and some require a bit more preparation but with nearly 100 recipes you should be able to find one for any occasion Try starting with homemade Guacamole and baked or fried tortilla chips then move on to soup or an egg dish As you gain confidence in your skills you can

tackle an entr e such as Chile Rellenos Casserole This book includes A guide to getting started including information for those who are new to cooking or simply new to Mexican cuisine There is a description of popular chile varieties measurement conversions and some general tips and tricks A wide variety of recipes so there is something for every occasion and preference Each recipe has an easy to read breakdown of the ingredients and quantities you will need Instructions are step by step with each technique broken down into manageable pieces Explanations of some popular cooking terms so you can increase your culinary vocabulary Some recipes include make ahead tips so you can get some prep work out of the way in advance which is especially helpful for big dinners or events A focus on fresh ingredients for the highest quality dishes Buy it NOW and let your customers get addicted to this amazing book [Autoimmune Protocol Recipes](#) Alexander Great, Arsenio Islas, 2020-11-23 55% OFF for Bookstores NOW at 26 95 instead of 37 95 LAST DAYS Bring the flavors of Mexico to your kitchen Your Customers Never Stop to Use this Awesome Cookbook Whether you are an inexperienced cook looking to build your skills or a dedicated home chef looking to expand your repertoire the recipes will be easy for you to follow and enjoy Mexican food sometimes has a reputation for being spicy and greasy and while that can be true it doesn t have to be There are recipes all across the spice spectrum here Instructions are included on how to control the level of spice in each dish The dishes you will find here focus more on a balance of spices that add a rich flavor rather than just spicy heat that overpowers the palate While there are some fried dishes there are also plenty of healthier recipes Mexico has a rich culinary history and this book explores that with traditional Mexican favorites such as Enchiladas Fajitas and Churros Street food is extremely beloved in Mexico and it is integrated here with Taquitos and Elote de la Calle Mexican Street Corn You will also find modern twists on old classics such as Angel Hair Pasta Tacos and Fresh Corn Chowder with Roasted Peppers and Shrimp Included are recipes for holiday dishes such as Mexican Ponche and Mexican Bunuelos so consider integrating one into your next holiday celebration There is also a selection of egg dishes meatless entr es side dishes slow cooker recipes desserts and much more You will find plenty of soup and appetizer recipes and a section on sauces so that you can add a Mexican flair to any meal Each method has been tested and perfected so you should find them to produce the best quality dishes Some are easier and some require a bit more preparation but with nearly 100 recipes you should be able to find one for any occasion Try starting with homemade Guacamole and baked or fried tortilla chips then move on to soup or an egg dish As you gain confidence in your skills you can tackle an entr e such as Chile Rellenos Casserole This book includes A guide to getting started including information for those who are new to cooking or simply new to Mexican cuisine There is a description of popular chile varieties measurement conversions and some general tips and tricks A wide variety of recipes so there is something for every occasion and preference Each recipe has an easy to read breakdown of the ingredients and quantities you will need Instructions are step by step with each technique broken down into manageable pieces Explanations of some popular cooking terms so you can increase your culinary vocabulary Some recipes include make ahead tips so you can get

some prep work out of the way in advance which is especially helpful for big dinners or events A focus on fresh ingredients for the highest quality dishes Buy it NOW and let your customers get addicted to this amazing book **Truly Mexican** Roberto Santibanez,2011-04-19 Amazing authentic Mexican cooking for the home kitchen Mexican cuisine is an American favorite from coast to coast but many people are too intimidated to try cooking real Mexican meals in their own kitchens In Truly Mexican Roberto Santiba ez shows you that it s the flavors that are complex not the cooking With effortless preparations and fresh flavorful ingredients Mexican home cooking can be simple and simply delicious An introduction to Mexican cooking covers the main ingredients as well as how they re best prepared from toasting tortillas to roasting tomatoes and offers a few simple kitchen commandments that make great results a given Recipes cover main dishes sides salsas guacamoles moles adobos and more Features 128 recipes for authentic Mexican favorites from classic tacos and tamales to stunning dishes like Braised Short Ribs Adobo and Red Snapper Papillotes in Green Mole Includes a useful Sources section to help readers track down authentic Mexican ingredients Provides straightforward instructions on essential techniques like roasting chiles making fresh tortillas and filling enchiladas Illustrated throughout with dramatic photos that evoke bold Mexican flavors Truly Mexican puts the real tastes of Mexico within easy reach **Mexican Cookbook: The Complete Step-by-Step Guide to Mexican Cooking with Many Delicious, Quick and Easy Recipes, Including Cooking Tech** Arsenio Islas,2021-03-11 55% OFF for Bookstores NOW at 36 95 instead of 47 95 LAST DAYS Bring the flavors of Mexico to your kitchen Your Customers Never Stop to Use this Awesome Cookbook Whether you are an inexperienced cook looking to build your skills or a dedicated home chef looking to expand your repertoire the recipes will be easy for you to follow and enjoy Mexican food sometimes has a reputation for being spicy and greasy and while that can be true it doesn t have to be There are recipes all across the spice spectrum here Instructions are included on how to control the level of spice in each dish The dishes you will find here focus more on a balance of spices that add a rich flavor rather than just spicy heat that overpowers the palate While there are some fried dishes there are also plenty of healthier recipes Mexico has a rich culinary history and this book explores that with traditional Mexican favorites such as Enchiladas Fajitas and Churros Street food is extremely beloved in Mexico and it is integrated here with Taquitos and Elote de la Calle Mexican Street Corn You will also find modern twists on old classics such as Angel Hair Pasta Tacos and Fresh Corn Chowder with Roasted Peppers and Shrimp Included are recipes for holiday dishes such as Mexican Ponche and Mexican Bunuelos so consider integrating one into your next holiday celebration There is also a selection of egg dishes meatless entr es side dishes slow cooker recipes desserts and much more You will find plenty of soup and appetizer recipes and a section on sauces so that you can add a Mexican flair to any meal Each method has been tested and perfected so you should find them to produce the best quality dishes Some are easier and some require a bit more preparation but with nearly 100 recipes you should be able to find one for any occasion Try starting with homemade Guacamole and baked or fried tortilla chips then move on to

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International Cookbook Arsenio Islas,2020-11-30 If you want to cook delicious recipes then keep reading This book is a bundle of four books you will learn how to prepare tons of delicious recipes from Thai cuisine Mexican cuisine You will also learn how to cook the various recipes in many different ways the recipe book is complete from appetizer to dessert but that s not all each book introduces you to its culinary tradition by describing it in a specific way Each method has been tested and perfected so you should find them to produce the best quality dishes Some are easier and some require a little more preparation but with nearly 300 recipes you should be able to find one for any occasion You will be provided with a brief list of utensils and other tools necessary for successfully preparing your favorite menus You might want to consider preparing double batches and freezing portions for another time they are so delicious You will find tons of recipes that cover all of these delicious categories This book includes Copycat Recipes Cookbook Thai Cuisine 100 Tasty Recipes The Complete Step By Step Guide to Cooking Delicious Dishes from Appetizers to Desserts Copycat Recipes Mexican Cuisine 100 Delicious Quick and Easy Recipes Including Cooking Techniques for Beginners From Appetizers to Desserts Even if you think that delving into the world of Cuisine is going to be tough give this book a try All those delicious dishes that you enjoy at restaurants can easily be made at home All you need to have is the willingness to learn The recipes mentioned in this book require minimum fuss and are very healthy too With this book the main aim has been to capture the essence of Cuisine in its truest form This book will not only give you recipes of some familiar favorites but also some lesser known yet equally exciting dishes Following simple cooking techniques does not mean that you have to compromise on taste and this book is going to prove to you that Happy reading and good appetite BUY THIS BOOK RIGHT NOW

The Poor Gringo Guide to Mexican Cooking M. S. Pickerel,2009 Meet Miles Standish Pickerel bamboozler American ne er do well and poor gringo extraordinaire Newly divorced culinarily clueless and living in Mexico with his faithful canine companion Ladrn he shamelessly prepares traditional Mexican cuisine from low cost or no cost ingredients If Miles Pickerel can t raise it trap it steal it borrow it pick it or run it over he doesn t put it in his pot Neighborhood strays and local farmers beware His recipes redefine the meaning of eating cheap in Mexico They include Suicide Hen Stingray Stew Aztec Soup Fired Tequila Goat Cortez on Foot Burritos Run over

Rooster Shrimp Head Omelet Unholy Mole Soused Marlin Cabbage Cakes and Hibiscus Cooler [The Guide to Mexican Cooking for Beginners](#) Allie Allen, 2019-08-05 Are you craving for spicy authentic Mexican dishes that will impress you with the flavors Look no further as the Mexican Cookbook is here to satisfy your tastebuds in the best possible way As soon as you have it in your hands you will want to run off to the kitchen and start with your first meal Whether you want to enjoy some Mexican food by yourself or amaze your friends with something new all you need to do is open this cookbook You have everything needed such as ideas ingredients and full instructions In no time you will be able to prepare the most authentic spicy Mexican flavors that will conquer you on the first bite So what are you waiting for Grab your copy now and get started

1,000 Mexican Recipes Marge Poore, 2011-04-12 A comprehensive guide to Mexican home cooking with enough recipes to keep the table full for years Offering 1 000 recipes for traditional fare from all the regions of Mexico as well as dishes inspired by the nueva cocina of today s top Mexican chefs this cookbook covers what home cooks need and want to know about Mexican cooking Throughout the author shares the cultural and culinary heritage of the people and food of Mexico from her perspective as a traveler and impassioned enthusiast of the country Home cooks will delight in such mouthwatering recipes as Corn with Chipotle Butter Chicken Quesadillas Pork Chops with Poblano Chile Sauce and Mexican Coffee Flan There are two dozen kinds of salsa and more than 45 delicious chicken dishes plus much more enough exciting choices to fill weeknight dinner and special occasion menus for years to come **Easy Mexican Cooking** J. Mahoney, 2013-10 Are You Ready to Create the Most Amazing Authentic Mexican Cooking You ve Ever Tasted Introducing Easy Mexican Cooking Mexican Cooking Recipes Made Simple At Home Have you ever really truly tasted all original and 100% authentic Mexican Food If you haven t you re in for a real treat What you currently call Mexican food may just be the American version of it Or it could simply be Tex Mex food which also tastes great But if you have ever dreamed of creating authentic Mexican cooking made easy in your own home now is your perfect opportunity with these Mexican food recipes In J Mahoney s amazing Mexican food cookbook Easy Mexican Cooking Mexican Cooking Recipes Made Simple At Home you will get to taste the explosion of flavors that real Mexican food recipes have plus these Mexican recipes can be a blast to make Mexican cooking made easy No matter if you are cooking for yourself your family or just a group of friends these Mexican recipes will impress Inside this amazing Mexican cooking guide you will discover a brief history of Mexican Cuisine including what savory cooking flavors and spices are used in real authentic Mexican food recipes And of course you get some AMAZING Mexican recipes as well including Delicious Tacos beef steak fish and Tacos de Carne Flavorful Enchiladas beef chicken shrimp turkey and more Amazing Spanish Rice to simply die for Irresistible Appetizers dips nachos guacamole and more Fabulous Salsas Habanero Salsa Verde Pico de Gall and more Scrumptious Salads Chicken Bean Roasted Peppers Delectable Desserts Flan Bunuelos Apple Enchiladas Is your mouth watering yet Grab your copy of this Mexican food cookbook right now and start cooking This are the Mexican Food recipes you have been waiting to try [Gringo's Guide to Authentic Mexican Cooking](#) Mad Coyote

Joe,2001-08-25 Popular TV host and author Mad Coyote Joe takes the foreign out of Mexican cuisine and replaces it with genuine mouth watering dishes Featuring more than 100 of Joe s favorite recipes this is the real enchilada **The Mexican Cookbook** Michael Walson,2020-02-18 There was a time when people used to travel to Mexico to explore their rich history and most importantly to taste their authentic Mexican dishes And how can anyone stop her himself from devouring rich Mexican foods The classic taste of Mexican foods is still the same in fact it s getting better And now you can cook up deep Mexican flavors and go on to this mouthwatering journey in your own kitchen Yes the real Mexican food doesn t need complex sauces strong flavors and loads of cheese Neither they have to be extra spicy Instead an authentic Mexican meal is so simple that it oozes the body with freshness and fullness And the best part Mexican dishes are so versatile that they can be modified according to seasonal produce and so they fit perfectly for any meal Bring Mexican dishes on your table with The Mexican Cookbook Easy Authentic Mexican Recipes For Beginners It is a complete guide to Mexican cooking that offers you Original breakfast lunch and dinner recipes with common ingredients and unique taste Really tasty Mexican dishes including soup chili stews fajitas tacos tortas tostadas burritos enchiladas salads dips pasta street foods and all manner of dishes across the region And much more Click on the buy button and cook Mexican meals with confidence [Mexican Cooking For Dummies](#) Susan Feniger,Mary Sue Milliken,Helene Siegel,2011-05-23 Spice up your soups and add some zest to the rest Mexican Cooking For Dummies can inspire your cooking improve your Spanish and give you that south of the border soul Chefs Susan Feniger and Mary Sue Milliken have attempted to reign in their vast knowledge of Mexican food and present it in that familiar For Dummies style that you ve come to appreciate Discover their wide array of standard Mexican ingredients From avocados to epazote they give you the hints and friendly advice you ll need in order to select the best ingredients for your meals Packed with more than 100 recipes Mexican Cooking For Dummies covers a wide array of dishes drinks and appetizers Master the simple dishes such as tortas and tacos while washing them down with horchata or sangria Soon you ll be hosting your own fiestas starting your guests off with salsas and ceviches before moving on to the main dish Will it be the cumin and chile marinated skirt steak or the baked salmon in salsa verde Either way you re sure to impress The authors cover the staples such as rice beans tortillas and vegetables and then guide you on a discovery tour that includes traditional moles and menudos Save some room for the wide selection of desert recipes Pick up Mexican Cooking For Dummies and in no time you ll be swinging spicy cilantro covered dishes out of your kitchen and making your guests shout Ole [The Best Mexican Recipes](#) America's Test Kitchen,2015-04-15 Kitchen tested recipes that bring the real flavors of Mexico home Let America s Test Kitchen be your guide to making deeply flavored Mexican dishes at home Our first Mexican cookbook features foolproof appetizers soups and stews authentic egg dishes tacos and tamales burritos and enchiladas and all manner of meat and seafood dishes The Best Mexican Recipes includes a primer on Mexican home cooking with information on key ingredients readily available at your supermarket and innovative techniques that shave time off traditional preparation

methods Not only will you be able to cook amazingly flavorful Mexican food but you ll cook with confidence Recipes include Familiar favorites Beef Enchiladas Tamales Grilled Fish Tacos Classic Mexican Rice Chicken Tortilla Soup Stuffed Jalapenos Chunky Guacamole Fresh Margaritas and more Authentic regional dishes Queso Fundido Chicken Mole Poblano Ancho Orange Pork Burritos Yucatan Style Barbecue Pork Fish Veracruz Oaxacan Style Beef Brisket and more Popular street foods Sopas Gorditas Panuchos Mexican Street Corn Molletes Huaraches with Poblanos Red Peppers and Queso Fresco and more

Best of Mexican Cooking Adriana Martin,2021-07-27 Capture the flavors of Mexico with homestyle recipes Now you can re create your favorite traditional Mexican dishes in your own kitchen with Best of Mexican Cooking This Mexican cookbook is filled with 75 iconic recipes that represent the very best regional home cooking across the country Discover where each dish originated and get plenty of tips for making delicious perfectly cooked Mexican meals every time Inside this Mexican cookbook you ll find An intro to Mexican cooking Learn about seven different culinary regions in Mexico fundamental Mexican cooking techniques and essential ingredients and equipment to have on hand Simple authentic recipes Each dish in this Mexican cookbook includes clear detailed instructions that make preparation easy even if you re never tried cooking Mexican food before Recipe tips and tricks Get expert pointers for making the most of every dish from food prep suggestions that help you save time in the kitchen to ingredient variations that create new and exciting flavors Make tasty Mexican meals at home with help from this traditional Mexican cookbook [Knack Mexican Cooking](#) Chelsie Kenyon,2010 Knack Mexican Cooking teaches you how to make your favorite Mexican dishes right at home 100 step by step main recipes and more than 250 variations *101 Mexican dishes* May E. Southworth,2022-08-21 May E Southworth s 101 Mexican Dishes is a comprehensive guide to the vibrant and diverse cuisine of Mexico featuring a wide array of traditional recipes ranging from street food to home cooked meals The book is not only a collection of recipes but also a cultural exploration of the flavors and ingredients that define Mexican cooking Written in a clear and accessible style Southworth s book is a valuable resource for both beginners and seasoned cooks looking to broaden their culinary horizons Each dish is accompanied by insightful commentary making it a delightful read beyond just a recipe book May E Southworth a renowned food writer and culinary expert has a deep passion for Mexican food stemming from her extensive travels and experiences in the region Her expertise and love for the cuisine shine through in 101 Mexican Dishes making it a truly authentic and reliable guide for anyone looking to master the art of Mexican cooking I highly recommend 101 Mexican Dishes to anyone interested in exploring the rich and varied world of Mexican cuisine With Southworth s expert guidance and detailed instructions readers are sure to create delicious and authentic dishes that will transport them to the colorful streets of Mexico **Simply Mexican** Lourdes Castro,2009-04-01 From Chile Glazed Pork Chops to Dos Leches Flan Lourdes Castro offers authentic no fuss Mexican meals with clean vibrant flavors that are the essence of great Mexican food In Simply Mexican Castro presents authentic recipes that don t require a fortnight to prepare or extended shopping forays to find rare

ingredients Castro honed her knowledge of traditional south of the border dishes by teaching the fundamentals to adults and children at her Miami cooking school and now she is introducing real Mexican fare that works for busy cooks every night of the week Simply Mexican features easy to prepare fun to eat favorites with big flavors such as Chicken Enchiladas with Tomatillo Sauce and Crab Tostadas Once you have mastered the basics Castro will guide you through more advanced Mexican mainstays such as adobo and mole and show you how to make the most effortless savory and sweet tamales around With cooking notes that highlight useful equipment new ingredients shortcut techniques and instructions for advance preparation Simply Mexican demystifies authentic Mexican meals so you can make them at home in a snap With this book Lourdes Castro has added a spark of creativity and simplicity to Mexican food that up until now had not yet been realized It gives me a huge sense of pride and honor to know that this book exists as it will help a large audience re create these gems in a simple and straightforward way Aaron Sanchez chef owner of Paladar and chef partner of Centrico author of La Comida del Barrio and former cohost of Food Network's Melting Pot Here at last are real Mexican recipes that are authentic creative and fun to prepare Lourdes Castro creates an atmosphere that makes learning about enchiladas tacos and salsas exciting and interesting and her precise methodology with Mexican cookery is refreshing and very entertaining Highly recommended Jonathan Waxman chef owner of Barbuto and West County Grill and author of A Great American Cook

Mexican Recipes

Arsenio Islas, 2020-11-30 55% OFF for Bookstores NOW at 36.95 instead of 47.95 LAST DAYS Bring the flavors of Mexico to your kitchen Your Customers Never Stop to Use this Awesome Cookbook Whether you are an inexperienced cook looking to build your skills or a dedicated home chef looking to expand your repertoire the recipes will be easy for you to follow and enjoy Mexican food sometimes has a reputation for being spicy and greasy and while that can be true it doesn't have to be There are recipes all across the spice spectrum here Instructions are included on how to control the level of spice in each dish The dishes you will find here focus more on a balance of spices that add a rich flavor rather than just spicy heat that overpowers the palate While there are some fried dishes there are also plenty of healthier recipes Mexico has a rich culinary history and this book explores that with traditional Mexican favorites such as Enchiladas Fajitas and Churros Street food is extremely beloved in Mexico and it is integrated here with Taquitos and Elote de la Calle Mexican Street Corn You will also find modern twists on old classics such as Angel Hair Pasta Tacos and Fresh Corn Chowder with Roasted Peppers and Shrimp Included are recipes for holiday dishes such as Mexican Ponche and Mexican Bunuelos so consider integrating one into your next holiday celebration There is also a selection of egg dishes meatless entrées side dishes slow cooker recipes desserts and much more You will find plenty of soup and appetizer recipes and a section on sauces so that you can add a Mexican flair to any meal Each method has been tested and perfected so you should find them to produce the best quality dishes Some are easier and some require a bit more preparation but with nearly 100 recipes you should be able to find one for any occasion Try starting with homemade Guacamole and baked or fried tortilla chips then move on to soup or an egg

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Mexican Cooking Guide Introduction

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