

## Salton Rice Cooker Instruction Manual

Masters Theses in the Pure and Applied Sciences  
The Pot and How to Use It  
The Adaptive Web  
Natural History of the Ground Squirrels of California  
Mini Rice Cooker Cookbook  
The Essential Instant Pot Cookbook  
The Medical Cannabis Guidebook  
The Electric Pressure Cooker Cookbook  
Trail Food: Drying and Cooking Food for Backpacking and Paddling  
Multicooker Perfection  
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The Next Grilleration  
Pressure Cooker Recipes  
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BraveTart: Iconic American Desserts  
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50 Great George Foreman Recipes!  
Books and Pamphlets, Including Serials and Contributions to Periodicals  
The New Fast Food  
The Food Professional's Guide  
Seriously Simple  
The Happy Herbivore Cookbook  
Into the Wild  
The Food Lab: Better Home Cooking Through Science

### Masters Theses in the Pure and Applied Sciences

Vegan cooking made fast, fresh, and flavorful with the convenience of a pressure cooker, including all the essential info for using the appliance safely and effectively, and 175 recipes.

### The Pot and How to Use It

Rice cookers are perfect for how we cook today--versatile and convenient, they have one-button technology, don't take up much counter space, and are a breeze to clean. And they can do so much more than produce foolproof rice, beans, and grains. The Ultimate Rice Cooker Cookbook shows you how to make everything from Thai Curried Rice to Chocolate Pots de Crème with Poached Fresh Cherries, from Breakfast Barley to Turkey Chili with Baby White Beans.

### The Adaptive Web

### Natural History of the Ground Squirrels of California

A New York Times Bestseller  
Winner of the James Beard Award for General Cooking and the IACP Cookbook of the Year

Award "The one book you must have, no matter what you're planning to cook or where your skill level falls."—New York Times Book Review Ever wondered how to pan-fry a steak with a charred crust and an interior that's perfectly medium-rare from edge to edge when you cut into it? How to make homemade mac 'n' cheese that is as satisfyingly gooey and velvety-smooth as the blue box stuff, but far tastier? How to roast a succulent, moist turkey (forget about brining!)—and use a foolproof method that works every time? As Serious Eats's culinary nerd-in-residence, J. Kenji López-Alt has pondered all these questions and more. In *The Food Lab*, Kenji focuses on the science behind beloved American dishes, delving into the interactions between heat, energy, and molecules that create great food. Kenji shows that often, conventional methods don't work that well, and home cooks can achieve far better results using new—but simple—techniques. In hundreds of easy-to-make recipes with over 1,000 full-color images, you will find out how to make foolproof Hollandaise sauce in just two minutes, how to transform one simple tomato sauce into a half dozen dishes, how to make the crispiest, creamiest potato casserole ever conceived, and much more.

### **Mini Rice Cooker Cookbook**

"Multicookers like the Instant Pot are hugely popular, and manufacturers are coming out with new models every year. Yet most recipes are unreliable or are designed to work in only one brand of multicooker--and most often, they use only the pressure cooker setting. America's Test Kitchen set out to make better use of these appealing, set-it-and-forget-it appliances. We've put our rigorous testing process to work developing recipes that conform to your schedule: Make a recipe "fast" using the pressure cooker setting. Or, relax and preparing it "slow" on the slow cook setting if you have the right model (as we show, not every slow cooking function heats properly). We've put every recipe through its paces to make sure it would work across a wide variety of appliances. These crowd-pleasing recipes are perfectly suited to cooking at the touch of a button, from soups and stews like Spicy Moroccan-Style Chicken and Lentil Soup and Hearty Beef Stew with Bacon and Mushrooms, to weeknight-friendly dishes like Lemon Chicken with Potatoes and Spinach and Spaghetti Squash with Fresh Tomato Sauce, to company-worthy meals like Sirloin Beef Roast with Red Wine-Peppercorn Sauce and French-Style Pork Loin with Port and Cherries. You'll also find flavorful and creative side dishes, like Maple and Sage-Glazed Acorn Squash and Parmesan Risotto, as well as some unexpected recipes to really up your game, like limoncello and duck confit. No matter what you decide to make and what setting you choose, you're guaranteed to get foolproof results every time"--

### **The Essential Instant Pot Cookbook**

Offers advice on drying fruit, vegetables, meat, fish, eggs, and herbs, and tells how to organize provisions for a backpacking trip

## **The Medical Cannabis Guidebook**

Get healthy in just 15 days with this diet plan from the celebrity trainer and New York Times bestselling author featured on Khloé Kardashian's *Revenge Body*--now revised with the latest nutrition science and updated recipes. Harley Pasternak has worked with most of Hollywood, whipping celebs into shape for roles and the red carpet and also appearing as a celebrity trainer on *Revenge Body* with Khloé Kardashian. With *The Body Reset Diet*, he introduced his ultimate reset plan to the world, and rebooted readers' systems to set them on the path to thinner, healthier, happier lives. Now he's updating this beloved plan with a new introduction, the latest findings in nutritional science, and new recipes. This three-phase program focuses on the easiest, most effective way to slim down: blending. The five-day jumpstart includes delicious, expertly crafted smoothies, dips, snacks, and soups--all customizable to any preference or diet restriction. Over the following ten days, readers will reintroduce healthy versions of their favorite foods along with the blended recipes, keeping their metabolisms humming. The plan also explains how the easiest form of exercise--walking--along with light resistance training is all it takes to achieve the celebrity-worthy physique that every reader craves. Whether readers are looking to lose significant weight or just those last five pounds, *The Body Reset Diet* offers a proven program to hit the reset button, slim down, and get healthy in just fifteen days--and stay that way for good!

## **The Electric Pressure Cooker Cookbook**

This comprehensive text introduces students to the aquaculture industry. Every aspect of this growing field is covered, from history of aquaculture, descriptions of aquatic plants and animals and feeding to in-depth coverage of economics, marketing, management and diseases of aquatic animals and plants. *AQUACULTURE SCIENCE*, third edition, addresses the latest production methods, species types, advances in technology, trends and statistics. The science of aquaculture, chemistry, biology, and anatomy and physiology, is stressed throughout to ensure that students understand the fundamental principles. A complete chapter offers detailed information on career opportunities in the aquaculture industry. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

## **Trail Food: Drying and Cooking Food for Backpacking and Paddling**

## **Multicooker Perfection**

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

### **The Red Circle**

I am pleased to present a work which marks a milestone in the history of public works and, more precisely, in that of permanent structures—a comprehensive dictionary of Civil Engineering terms. Since the beginning of time, Man has always tried to find a means to clear the obstacles which nature erected to displace him. With the first tree trunk thrown across a river, man sought to improve the crossing structure. After the invention of the wheel, and to satisfy his thirst for conquest (Roman ways), and comfort (aqueducts), man built bridges that became a preremptory necessity to move quickly. Thus, Man started to build wooden and masonry works. With the passing centuries, the builders became masters in the art of building masonry works. Then came the Industrial Revolution and the advent of the steel (1864), which was closely followed by the invention of the reinforced concrete (1855). The need for railways and improving the road network inspired great works of crossing such as viaducts and tunnels. The boom of the railway network and the development of the car required the construction of an increasing number of new structures. This phenomenon continues today with hundreds of structures built each year throughout the world.

### **The Handbook of Cannabis Therapeutics**

Vegan chef of one of the top 50 food blogs on the Web, HappyHerbivore.com, Lindsay Nixon, gives hundreds of thousands of her followers recipes each month, showing that the vegan diet is not only healthy but delicious, too. Now, Nixon combines some of her tastiest recipes in The Happy Herbivore Cookbook, each made with no added fats, using only whole, plant-based foods. It's easy to make great food at home using the fewest number of ingredients and ones that can easily be found at any store, on any budget. The Happy Herbivore Cookbook includes:

- A variety of recipes from quick and simple to decadent and advanced
- Helpful hints and cooking tips, from basic advice such as how to steam potatoes to more specific information about which bread, tofu or egg replacer works best in a recipe
- An easy-to-use glossary demystifying any ingredients that may be new to the reader
- Healthy insight: Details on the health benefits and properties of key ingredients
- Pairing suggestions with each recipe to help make menu planning easy and painless
- Allergen-free recipes, including gluten-free, soy-free, corn-free, and sugar-free

With a conventionally organized format; easy-to-follow, step-by-step instructions; nutritional analyses, colorful photographs; funny blurbs at the beginning of each recipe; helpful tips throughout; and chef's notes suggesting variations for each dish, even the most novice cook will find healthy cooking easy—and delicious!

## **Field Manual of Wildlife Diseases**

The perfect complement to your new appliance, the Mini Rice Cooker Cookbook has fresh ideas for every occasion, from breakfast to dessert. A mini rice cooker is perfect for cramped college dorms, small apartments, even RVs. You don't need extra kitchen tools like pots and pans for these recipes. Offering vegetarian, vegan, or gluten-free variations, the recipes in this cookbook are sure to stretch your imagination for what a rice cooker can do. Recipes include pasta, soup, stew, beans, grains, cakes, breads, and more.

## **Catalog of Copyright Entries. Third Series**

The Electric Pressure Cooker Cookbook is your resource for learning all the shortcuts to make a delicious meal in a fraction of the usual time—with over 200 new family-friendly recipes from the world's leading blogger on pressure cooking Barbara Schieving (of PressureCookingToday.com). These recipes are big on flavor, imaginative in their variety, and easy to make, featuring fresh, natural, and nutritious ingredients. The Electric Pressure Cooker Cookbook features loads of tips and tricks that help you get the most from your pressure cooker, no matter what brand you own. If you're a busy parent or can't find time to make dinners after work, then you will love the Shortcut Dinners and 30-Minute Meals sections. With the terrific weeknight meals on the fly, you'll also adore the Sunday Suppers perfect for special weekend gatherings. Find recipes for every taste and diet: Robust meat and chicken dishes Vegetarian mains and sides Healthy breakfasts Tasty sandwiches, wraps, and tacos Soothing soups and stews And a big chapter full of quick and easy desserts Whether you're an experienced pressure cooker user or completely new to this time-saving device, you will return to this cookbook again and again for recipes your whole family will love.

## **The Next Grilleration**

## **Pressure Cooker Recipes**

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your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

### **Plastic-Free**

### **Ultimate Rice Cooker Cookbook**

Learn the facts behind the pharmacology and pharmacokinetics of controversial cannabis therapeutics. The Handbook of Cannabis Therapeutics: From Bench to Bedside sets aside the condemnation and hysteria of society's view of cannabis to concentrate on the medically sound aspects of cannabis therapeutics. The world's foremost experts provide a reasoned, thoroughly researched overview of the controversial subject of cannabis, from its history as a medicine through its latest therapeutic uses. The latest studies on the botany, history, biochemistry, pharmacology, toxicology, clinical use for various illnesses such as AIDS, epilepsy, and multiple sclerosis, and side effects of marijuana are all examined and discussed in depth. This comprehensive resource is a compendium of articles from the Journal of Cannabis Therapeutics—with additional contemporary commentary. It presents startling research that explores and supports the medicinal value of cannabis use and its derivatives as a valid therapeutic resource for pain and inflammation, for several illnesses less responsive to other therapies, and even for certain veterinary uses. Cannabinoids such as nabilone, THC, levonantradol, ajulemic acid, dexamnabinol, and others are extensively described, with a review of new indications for cannabinoid pharmaceuticals. The book is carefully referenced to encourage your examination of previous studies and provides tables and figures to enhance understanding of information. The Handbook of Cannabis Therapeutics discusses: the uses of cannabis in Arabic, Greek, Roman, and early English medicines absorption rates pharmacokinetics pharmacodynamics separate extracts versus the use of cannabis in its entirety the therapeutic value of the endocannabinoid system cannabinoids and newborn feeding a comparison of smoking versus oral preparations clinical research data on eating cannabis therapeutic uses as appetite stimulant treatments in obstetrics and gynecology medicinal treatments used in Jamaica the use of cannabis in the treatment of multiple sclerosis the benefits versus the adverse side effects of cannabis use. The Handbook of Cannabis Therapeutics is a reference work certain to become crucial to physicians, psychologists, researchers, biochemists, graduate students, and interested members of the public.

### **BraveTart: Iconic American Desserts**

Matt is six years old when he discovers that he is different from other children and other people. To most, Matt isn't considered a boy at all, but a beast, dirty and disgusting. But to El Patron, lord of a country called Opium, Matt is the

guarantee of eternal life. El Patron loves Matt as he loves himself - for Matt is himself. They share the exact same DNA. As Matt struggles to understand his existence and what that existence truly means, he is threatened by a host of sinister and manipulating characters, from El Patron's power-hungry family to the brain-deadened eejits and mindless slaves that toil Opium's poppy fields. Surrounded by a dangerous army of bodyguards, escape is the only chance Matt has to survive. But even escape is no guarantee of freedom... because Matt is marked by his difference in ways that he doesn't even suspect.

### **Add a Pinch**

This edited book contains articles accepted for presentation during the conference "Intelligent Information Systems 2005 (IIS 2005) - New Trends in Intelligent Information Processing and Web Mining" held in Gdansk, Poland, on June 13-16, 2005. Special attention is devoted to the newest developments in the areas of Artificial Immune Systems, Search engines, Computational Linguistics and Knowledge Discovery. The focus of this book is also on new computing paradigms including biologically motivated methods, quantum computing, DNA computing, advanced data analysis, new machine learning paradigms, reasoning technologies, natural language processing and new optimization techniques.

### **U.S. Navy Cook-Book**

### **Aquaculture Science**

A Pressure Cooker Can Change Your Life Discover how you can make delicious meals in minutes using just one pot. Let Jill, The Veggie Queen, show you how easy and safe it is to make flavorful, healthy plant-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 conventional stove top cooking. In The New Fast Food, 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 Food offers fast, colorful and tasty dishes such as: Orange Glazed Broccoli with Carrots and Kale Mashed Maple Winter Squash with Cinnamon Lemony Lentil and Potato Chowder Smoky Sweet Potato and Black Bean Chili Coconut Almond Risotto

### **Dictionary of Civil Engineering**

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 have 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 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 Body Reset Diet, Revised Edition**

### **Living Well**

### **Review of Research on Modern Problems in Geochemistry**

Winner of the 2018 James Beard Foundation Book Award (Baking and Desserts) A New York Times bestseller and named a Best Baking Book of the Year by the Atlantic, the Wall Street Journal, the Chicago Tribune, Bon Appétit, the New York Times, the Washington Post, Mother Jones, the Boston Globe, USA Today, Amazon, and more "The most groundbreaking book on baking in years. Full stop."—Saveur From One-Bowl Devil's Food Layer Cake to a flawless Cherry Pie that's crisp even on the very bottom, BraveTart is a celebration of classic American desserts. Whether down-home delights like Blueberry Muffins and Glossy Fudge Brownies or supermarket mainstays such as Vanilla Wafers and Chocolate Chip Cookie Dough Ice Cream, your favorites are all here. These meticulously tested recipes bring an award-winning pastry chef's expertise into your kitchen, along with advice on how to "mix it up" with over 200 customizable variations—in short, exactly what you'd expect from a cookbook penned by a senior editor at Serious Eats. Yet BraveTart is much more than a cookbook, as Stella Parks delves into the surprising stories of how our favorite desserts came to be, from chocolate chip cookies that predate the Tollhouse Inn to the prohibition-era origins of ice cream sodas and floats. With a foreword by The Food Lab's J. Kenji López-Alt, vintage advertisements for these historical desserts, and breathtaking photography from Penny De Los Santos, BraveTart is sure to become an American classic.

### **The Soul of California - Cooking for the Holidays**

The Red Circle: My Life in the Navy SEAL Sniper Corps and How I Trained America's Deadliest Marksmen Now including an excerpt from The Killing School: Inside the World's Deadliest Sniper Program BEFORE HE COULD FORGE A BAND OF ELITE

**WARRIORS HE HAD TO BECOME ONE HIMSELF.** Brandon Webb's experiences in the world's most elite sniper corps are the stuff of legend. From his grueling years of training in Naval Special Operations to his combat tours in the Persian Gulf and Afghanistan, *The Red Circle* provides a rare and riveting look at the inner workings of the U.S. military through the eyes of a covert operations specialist. Yet it is Webb's distinguished second career as a lead instructor for the shadowy "sniper cell" and Course Manager of the Navy SEAL Sniper Program that trained some of America's finest and deadliest warriors—including Marcus Luttrell and Chris Kyle—that makes his story so compelling. Luttrell credits Webb's training with his own survival during the ill-fated 2005 Operation Redwing in Afghanistan. Kyle went on to become the U.S. military's top marksman, with more than 150 confirmed kills. From a candid chronicle of his student days, going through the sniper course himself, to his hair-raising close calls with Taliban and al Qaeda forces in the northern Afghanistan wilderness, to his vivid account of designing new sniper standards and training some of the most accomplished snipers of the twenty-first century, Webb provides a rare look at the making of the Special Operations warriors who are at the forefront of today's military. Explosive, revealing, and intelligent, *The Red Circle* provides a uniquely personal glimpse into one of the most challenging and secretive military training courses in the world.

### **The House of the Scorpion**

This state-of-the-art survey provides a systematic overview of the ideas and techniques of the adaptive Web and serves as a central source of information for researchers, practitioners, and students. The volume constitutes a comprehensive and carefully planned collection of chapters that map out the most important areas of the adaptive Web, each solicited from the experts and leaders in the field.

### **Vegan Under Pressure**

“Guides readers toward the road less consumptive, offering practical advice and moral support while making a convincing case that individual actions . . . do matter.” —Elizabeth Royte, author, *Garbage Land* and *Bottlemania* Like many people, Beth Terry didn't think an individual could have much impact on the environment. But while laid up after surgery, she read an article about the staggering amount of plastic polluting the oceans, and decided then and there to kick her plastic habit. In *Plastic-Free*, she shows you how you can too, providing personal anecdotes, stats about the environmental and health problems related to plastic, and individual solutions and tips on how to limit your plastic footprint. Presenting both beginner and advanced steps, Terry includes handy checklists and tables for easy reference, ways to get involved in larger community actions, and profiles of individuals—*Plastic-Free Heroes*—who have gone beyond personal solutions to create change on a larger scale. Fully updated for the paperback edition, *Plastic-Free* also includes sections on letting go of eco-guilt, strategies for coping with overwhelming problems, and ways to relate to other people who aren't as far along on the

plastic-free path. Both a practical guide and the story of a personal journey from helplessness to empowerment, Plastic-Free is a must-read for those concerned about the ongoing health and happiness of themselves, their children, and the planet.

### **Rice Cooker Creations**

Authorized by Instant Pot and filled with beautiful photographs and more than 75 simple, well-tested comfort food recipes, this indispensable book is the ultimate collection of delicious weekday meals. The best-selling Instant Pot has been a runaway hit, with an almost cultlike following and users who swear by it. But finding delicious, well-tested, weekday-friendly recipes that are both inspiring and trustworthy has proven difficult, until now. The Essential Instant Pot Cookbook covers each meal of the day, offering plenty of tried-and-true classic recipes, such as spicy beef and bean chili, a whole roasted chicken with mushroom sauce, and decadent New York cheesecake, alongside a hearty array of contemporary meals, such as Greek-style Gigantes beans with fresh feta, braised pork loin with balsamic vinegar and caramelized onions, buttery cauliflower mashed potatoes, pork adobo, and more! Whether you're looking to expand your pressure cooker recipe repertoire or seeking the ultimate gift for the Instant Pot aficionado, this is the book to have.

### **Catalog of Copyright Entries. Third Series**

"Natural History of the Ground Squirrels of California" by Joseph Grinnell, Joseph Scattergood Dixon. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten—or yet undiscovered gems—of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

### **Intelligent Information Processing and Web Mining**

The Medical Cannabis Guidebook is the most exhaustive guide to medicinal cannabis produced to date, with information regarding the types of illnesses and diseases that can be helped by cannabis, real case studies from medical users, grow information, legal advice and more. With many recipes for extracts, descriptions of administration techniques, and discussions of the therapeutic uses of cannabis throughout the ages, it serves as a handbook for cannabis use and also allows patients to make and grow their own medicine, dose correctly and educate themselves.

### **50 Great George Foreman Recipes!**

## **Books and Pamphlets, Including Serials and Contributions to Periodicals**

In *The Pot and How to Use It*, Roger Ebert--Pulitzer Prize-winning film critic, admitted "competent cook," and long-time electric rice cooker enthusiast--gives readers a charming, practical guide to this handy and often-overlooked kitchen appliance. While *The Pot and How to Use It* contains numerous and surprisingly varied recipes for electric rice cookers, it is much more than a cookbook. Originating from a blog entry on Roger's popular Web site, the book also includes readers' comments and recipes alongside Roger's own discerning insights and observations on why and how we cook. With an introduction by vegetarian cookbook author Anna Thomas and expert assistance from recipe consultant and nutritionist Yvonne Nienstadt, *The Pot and How to Use It* is perfect for fans of Roger's superb writing, as well as anyone looking to incorporate the convenience and versatility of electric rice cookers into his or her kitchen repertoire.

### **The New Fast Food**

### **The Food Professional's Guide**

Rice cookers can also cook hot cereals, deserts, soups, stews, poached fruit, steamed vegetables, and meat. Here are 40 recipes to help you get the most out of your rice cooker and put healthy meals on the table.

### **Seriously Simple**

The subtitle says it all. One of the biggest challenges for the good home cook is creating delicious, healthy meals using just a few ingredients and simple steps. And good cooks know that Diane Worthington is an expert at finding the one strong flavor component that will turn a ho-hum dish into something memorable—without spending the whole day in the kitchen. In *Seriously Simple: Easy Recipes for Creative Cooks* she does it again. Here are over 90 recipes for everything from Butternut Squash Soup with Chipotle Creme to Lemon-Lime Pound-cake that come together in a snap. Gorgeously photographed, *Seriously Simple* is full of practical tips for saving time without sparing the savor, such as advice on developing a busy cooks pantry, making one-pot meals, and creating sauces, rubs, and marinades that will spice up any dish in a flash. Guaranteed to cut down on the prep time, streamline techniques, and pump up the flavor, here's a new kitchen standby that's seriously fast, seriously delicious *Seriously Simple*.

### **The Happy Herbivore Cookbook**

This collection of soulful California cuisine recipes incorporates the casual lifestyle of the West Coast with the deep roots of the South, nearby Mexican traditions and delicious Asian influences. Organized by menus, the cook can mix and match the recipes to impress his or her family and friends.

### **Into the Wild**

In April 1992 a young man from a well-to-do family hitchhiked to Alaska and walked alone into the wilderness north of Mt. McKinley. His name was Christopher Johnson McCandless. He had given \$25,000 in savings to charity, abandoned his car and most of his possessions, burned all the cash in his wallet, and invented a new life for himself. Four months later, his decomposed body was found by a moose hunter. How McCandless came to die is the unforgettable story of *Into the Wild*. Immediately after graduating from college in 1991, McCandless had roamed through the West and Southwest on a vision quest like those made by his heroes Jack London and John Muir. In the Mojave Desert he abandoned his car, stripped it of its license plates, and burned all of his cash. He would give himself a new name, Alexander Supertramp, and, unencumbered by money and belongings, he would be free to wallow in the raw, unfiltered experiences that nature presented. Craving a blank spot on the map, McCandless simply threw the maps away. Leaving behind his desperate parents and sister, he vanished into the wild. Jon Krakauer constructs a clarifying prism through which he reassembles the disquieting facts of McCandless's short life. Admitting an interest that borders on obsession, he searches for the clues to the drives and desires that propelled McCandless. Digging deeply, he takes an inherently compelling mystery and unravels the larger riddles it holds: the profound pull of the American wilderness on our imagination; the allure of high-risk activities to young men of a certain cast of mind; the complex, charged bond between fathers and sons. When McCandless's innocent mistakes turn out to be irreversible and fatal, he becomes the stuff of tabloid headlines and is dismissed for his naiveté, pretensions, and hubris. He is said to have had a death wish but wanting to die is a very different thing from being compelled to look over the edge. Krakauer brings McCandless's uncompromising pilgrimage out of the shadows, and the peril, adversity, and renunciation sought by this enigmatic young man are illuminated with a rare understanding--and not an ounce of sentimentality. Mesmerizing, heartbreaking, *Into the Wild* is a tour de force. The power and luminosity of Jon Krakauer's storytelling blaze through every page. From the Trade Paperback edition.

### **The Food Lab: Better Home Cooking Through Science**

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