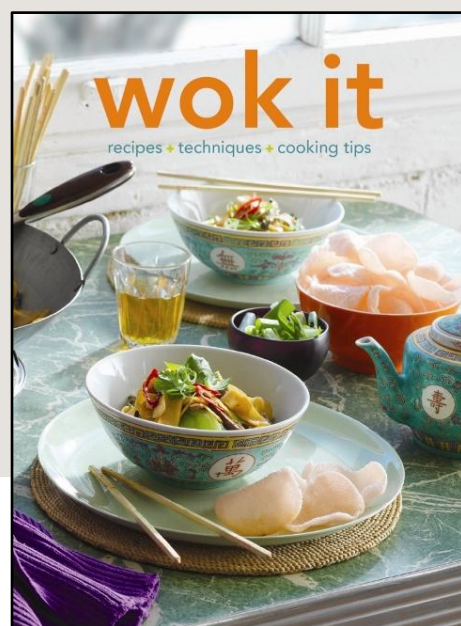


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BINDING	Paperback with flaps
EXTENT	400 pages
DIMENSIONS	190 x 140mm
WORD COUNT	55,000
PHOTOGRAPHS	230
RECIPES	140
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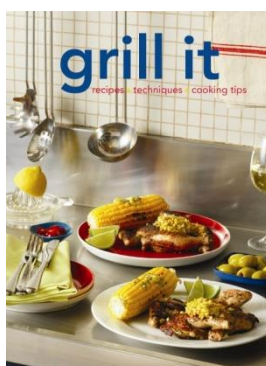
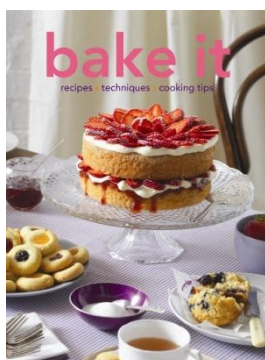
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