

# power pressure cooker xl canning guide

**power pressure cooker xl canning guide** is an essential resource for anyone looking to preserve food safely and efficiently using the popular Power Pressure Cooker XL. This guide covers everything from understanding the basics of pressure canning to detailed instructions on how to use the Power Pressure Cooker XL specifically for canning purposes. Food preservation through canning extends the shelf life of fruits, vegetables, and meats, and the Power Pressure Cooker XL offers a convenient, multifunctional approach to this process. This article will explore safety tips, equipment preparation, step-by-step canning procedures, and troubleshooting advice to ensure optimal results. Whether you are a novice or an experienced canner, this comprehensive guide will help you make the most out of your Power Pressure Cooker XL for home canning projects. Below is a detailed table of contents outlining the main sections covered in this canning guide.

- Understanding Power Pressure Cooker XL and Canning Basics
- Preparing for Canning with the Power Pressure Cooker XL
- Step-by-Step Power Pressure Cooker XL Canning Process
- Safety Tips and Best Practices for Pressure Canning
- Common Issues and Troubleshooting
- Maintenance and Care for Your Power Pressure Cooker XL

## Understanding Power Pressure Cooker XL and Canning Basics

The Power Pressure Cooker XL is a versatile appliance designed to combine pressure cooking and canning functions, making it a valuable tool for food preservation. Pressure canning is a method that uses high-pressure steam to safely preserve low-acid foods such as vegetables, meats, and seafood. This process eliminates the risk of harmful bacteria, including *Clostridium botulinum*, which can thrive in improperly canned goods. Understanding the difference between pressure cooking and pressure canning is crucial, as canning requires maintaining specific pressure and temperature levels for extended periods.

## What Is Pressure Canning?

Pressure canning involves sealing foods in jars and processing them at high pressures and temperatures (usually 240°F or 116°C) to destroy bacteria and enzymes that cause spoilage. Unlike water bath canning, which is suitable only for high-acid foods like fruits and pickles, pressure canning

is essential for low-acid foods to ensure safety.

## **Features of the Power Pressure Cooker XL for Canning**

The Power Pressure Cooker XL offers features such as adjustable pressure settings, a large cooking capacity, and specific canning programs. It typically includes a lockable lid for sealing and a pressure release valve designed to maintain consistent pressure during the canning process. These features make it suitable for safely processing a variety of foods at home.

## **Preparing for Canning with the Power Pressure Cooker XL**

Proper preparation is key to successful canning using the Power Pressure Cooker XL. This section highlights the essential steps and materials needed before beginning the canning process to ensure food safety and quality.

### **Gathering Necessary Equipment and Supplies**

Before starting, gather the following items:

- Power Pressure Cooker XL with canning rack
- Canning jars with lids and bands (Mason jars recommended)
- Jar lifter and funnel
- Clean towels and a heat-resistant surface
- Food to be canned, prepared according to tested recipes
- Water for generating steam inside the cooker

### **Preparing Jars and Food**

Wash jars, lids, and bands thoroughly in hot, soapy water. Sterilize jars by boiling or heating them in the pressure cooker before filling. Prepare foods using tested and approved recipes to ensure safety, paying attention to cutting, peeling, and blanching where necessary. Fill jars according to recommended headspace guidelines to allow for expansion during processing.

# Step-by-Step Power Pressure Cooker XL Canning Process

Following a precise canning process is essential for food safety and preservation. This section outlines a step-by-step procedure tailored for the Power Pressure Cooker XL.

## Filling and Sealing Jars

Fill sterilized jars with prepared food, leaving appropriate headspace—usually between  $\frac{1}{4}$  to 1 inch depending on the recipe. Remove air bubbles by gently tapping or using a non-metallic spatula. Wipe jar rims clean to ensure a proper seal, then place sterilized lids and screw bands on finger-tight.

## Loading the Cooker and Adding Water

Place the canning rack inside the Power Pressure Cooker XL to elevate jars above the bottom. Carefully arrange jars on the rack without overcrowding, allowing steam circulation. Add the recommended amount of water (often 2 to 3 cups) to the cooker to create the necessary steam for pressure buildup.

## Sealing and Pressurizing

Secure the lid according to the manufacturer's instructions, ensuring the pressure release valve is closed. Set the pressure to the required pounds per square inch (PSI) based on your altitude and recipe guidelines—typically 10 to 15 PSI. Heat the cooker to build pressure and start timing once the correct pressure is reached.

## Processing Time and Depressurizing

Maintain consistent pressure for the entire processing time specified in the recipe. Once processing is complete, turn off the heat and allow the cooker to depressurize naturally. Do not force open the valve, as sudden pressure changes can compromise jar seals and safety.

## Removing and Cooling Jars

After pressure has fully released, carefully unlock and remove the lid. Use the jar lifter to lift jars from the cooker, placing them on a heat-resistant towel or rack. Allow jars to cool undisturbed for 12 to 24 hours. Check seals by pressing the center of each lid; a properly sealed lid will not flex up or down.

# Safety Tips and Best Practices for Pressure Canning

Safety is paramount when pressure canning, especially using the Power Pressure Cooker XL. Adhering to best practices ensures the preservation of food without health risks.

## Key Safety Guidelines

- Always use tested and approved canning recipes from reliable sources.
- Monitor pressure levels closely and maintain correct PSI throughout processing.
- Adjust processing times and pressures for altitude variations as necessary.
- Never use the pressure cooker canning function for high-acid foods; use water bath canning for those instead.
- Inspect jars and lids for damage before use to avoid broken seals.
- Do not disturb jars during the cooling period to ensure proper sealing.

## Understanding Altitude Adjustments

Since atmospheric pressure decreases with altitude, processing times and pressure settings must be increased to ensure safe canning. The Power Pressure Cooker XL manual or trusted canning guides provide altitude adjustment charts. Following these adjustments prevents under-processing, which can lead to food spoilage or safety hazards.

## Common Issues and Troubleshooting

Users of the Power Pressure Cooker XL may encounter some common challenges during canning. This section addresses typical problems and offers solutions to maintain effective and safe canning practices.

### Lid Seal Problems

If jars fail to seal properly, check that jar rims are free of food residue before sealing. Use new lids each time and ensure bands are tightened finger-tight, not overly tightened, which can prevent air release during processing. Replace any damaged or warped lids.

## **Pressure Fluctuations**

Irregular pressure can be caused by improper heat settings or faulty pressure valves. Use a reliable heat source and avoid opening the pressure release valve during processing. Regularly inspect and clean the valve to prevent blockages.

## **Food Texture Changes**

Over-processing or under-processing can affect food texture and quality. Follow recipe times precisely and avoid exceeding recommended processing durations. Proper jar filling and headspace help maintain food integrity.

## **Maintenance and Care for Your Power Pressure Cooker XL**

Maintaining the Power Pressure Cooker XL in good working condition ensures consistent canning results and extends the appliance's lifespan.

## **Cleaning After Use**

After each canning session, clean the cooker thoroughly. Wash the inner pot, lid, and sealing ring with warm soapy water. Avoid abrasive cleaners that can damage surfaces. Dry all parts completely to prevent rust and mold.

## **Inspecting and Replacing Parts**

Regularly inspect the rubber sealing ring for cracks or deformation and replace it annually or as needed. Check pressure valves and vents for clogs and clean them carefully according to the manufacturer's instructions. Replace any worn or damaged components promptly to maintain safety.

## **Storage Recommendations**

Store the Power Pressure Cooker XL with the lid upside down or loosely placed to prevent odors and preserve the sealing ring's elasticity. Keep the cooker in a dry, cool place away from direct sunlight.

## **Frequently Asked Questions**

### **Can the Power Pressure Cooker XL be used for canning?**

The Power Pressure Cooker XL is primarily designed as a pressure cooker and not specifically for canning. It is not recommended to use it for pressure canning due to safety concerns and the lack of precise pressure control.

### **What types of canning are safe to perform with the Power Pressure Cooker XL?**

While the Power Pressure Cooker XL is not suitable for pressure canning, it can be safely used for water bath canning of high-acid foods like jams, jellies, and pickles, provided you follow standard water bath canning procedures.

### **What is the maximum pressure the Power Pressure Cooker XL can reach for canning purposes?**

The Power Pressure Cooker XL typically reaches a maximum pressure of 15 psi, which is standard for pressure canning. However, due to the cooker's design, it is not certified for safe pressure canning use.

### **Are there any modifications recommended to use the Power Pressure Cooker XL for canning?**

There are no official modifications recommended by the manufacturer to use the Power Pressure Cooker XL for pressure canning. Using it for pressure canning is generally discouraged to avoid safety risks.

### **How can I safely water bath can in the Power Pressure Cooker XL?**

To water bath can in the Power Pressure Cooker XL, ensure there is at least one inch of water covering the jars, use a rack to keep jars off the bottom, and follow tested water bath canning recipes and times for your specific food.

### **What are the risks of using the Power Pressure Cooker XL for pressure canning?**

Using the Power Pressure Cooker XL for pressure canning can lead to improper pressure regulation, which risks underprocessing or overprocessing food, potentially causing unsafe canned goods or even dangerous explosions.

### **Where can I find a reliable canning guide compatible with the**

# Power Pressure Cooker XL?

Since the Power Pressure Cooker XL is not designed for pressure canning, it is best to follow USDA-approved water bath canning guides for high-acid foods or use a dedicated pressure canner for low-acid foods. Reliable sources include the USDA Complete Guide to Home Canning and the National Center for Home Food Preservation.

## Additional Resources

### 1. *The Ultimate Power Pressure Cooker XL Canning Guide*

This comprehensive guide covers everything you need to know about canning with the Power Pressure Cooker XL. It includes step-by-step instructions for safe and effective pressure canning, along with recipes for fruits, vegetables, meats, and sauces. Perfect for beginners and experienced canners alike, this book ensures your homemade preserves are delicious and long-lasting.

### 2. *Mastering Pressure Canning with Power Pressure Cooker XL*

Learn the art of pressure canning using the Power Pressure Cooker XL with this detailed manual. It provides safety tips, troubleshooting advice, and a variety of tested recipes designed for the unique features of this appliance. Ideal for home cooks looking to preserve seasonal produce and create gourmet canned goods.

### 3. *Power Pressure Cooker XL: Safe and Simple Canning Recipes*

This book focuses on safety and simplicity, guiding users through the canning process with clear instructions and easy recipes. From jams and jellies to pickles and salsas, it offers a range of flavorful options that can be made quickly using the Power Pressure Cooker XL. Great for those new to pressure cooker canning.

### 4. *Seasonal Canning with the Power Pressure Cooker XL*

Celebrate each season with canning recipes tailored to fresh, seasonal ingredients using the Power Pressure Cooker XL. This book highlights the best produce for spring, summer, fall, and winter canning projects, helping you preserve garden harvests and farmer's market finds year-round. It also includes tips on storage and food safety.

### 5. *The Beginner's Guide to Power Pressure Cooker XL Canning*

Designed specifically for those new to home canning, this beginner-friendly book breaks down the basics of pressure canning with the Power Pressure Cooker XL. It explains essential equipment, safety protocols, and offers a selection of simple, tasty recipes to build confidence. A great starting point for anyone interested in home food preservation.

### 6. *Power Pressure Cooker XL Preserves and Pickles*

Discover the joys of making your own preserves and pickles using the Power Pressure Cooker XL. This book provides a variety of recipes for sweet jams, tangy pickles, and savory relishes, all adapted for pressure cooker canning. It also includes tips on flavor variations and proper sealing techniques.

### 7. *Family-Friendly Power Pressure Cooker XL Canning Recipes*

This collection focuses on canning recipes that appeal to the whole family, from hearty soups and stews to fruit preserves and sauces. Using the Power Pressure Cooker XL, the recipes prioritize nutritious, kid-friendly ingredients and easy preparation. It's perfect for busy households wanting homemade, healthy canned foods.

#### 8. *Advanced Pressure Canning Techniques for Power Pressure Cooker XL*

For experienced canners looking to expand their skills, this book offers advanced techniques and recipes for the Power Pressure Cooker XL. It covers topics such as low-acid food canning, creative flavor combinations, and troubleshooting common problems. A valuable resource for those seeking to master pressure canning.

#### 9. *The Power Pressure Cooker XL Canning Recipe Bible*

This extensive recipe bible compiles hundreds of tested canning recipes specifically for the Power Pressure Cooker XL. From classic tomato sauces to exotic fruit chutneys, this book provides a wide array of options for every taste and occasion. It also includes detailed instructions and tips for perfect results every time.

## **Power Pressure Cooker XL Canning Guide**

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**power pressure cooker xl canning guide: English Mechanic and World of Science** , 1891

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2017-03-14 A practical and approachable guide to amassing an emergency food supply filled with your own natural dishes, featuring a variety of recipes. As the disaster drags on for days, weeks, months or even years, food scarcity and starvation will fuel people's desperation. Even preppers like you will need more than dried beans and rice to survive. With *The Prepper's Canning Guide*, you'll learn the lifesaving techniques to take your food storage to the next level, including how to: • Store nutrition-packed foods • Create delicious MREs • Can protein-rich meat and poultry • Make canned produce last longer • Use time-tested water-bath methods • Utilize modern pressure canning From food safety guidelines to grid-failure canning tips, this book will guarantee your family stays safe, secure and well-fed.

**power pressure cooker xl canning guide:** *Modern Guide to Pressure Canning and Cooking* , 1945

**power pressure cooker xl canning guide:** *Science Citation Index* , 1993 Vols. for 1964- have guides and journal lists.

**power pressure cooker xl canning guide:** *The Pressure Cook's Guide to Canning* Maurice Reyes, 2024-02-09 Get ready to revolutionize your kitchen with *The Pressure Cook's Guide to Canning* - the ultimate handbook for modern home cooks seeking efficiency, flavor, and convenience in preserving the best of seasonal produce. In this groundbreaking book, Maurice P. Reyes unveils the secrets of harnessing the power of pressure cooking to transform your canning experience. Gone are the days of laborious and time-consuming canning methods - welcome to a world where your pressure cooker becomes the unsung hero of your pantry. Reyes takes you on a culinary journey, providing step-by-step instructions and mouthwatering recipes that showcase the extraordinary versatility of pressure cooking in the canning process. Discover how this kitchen powerhouse can effortlessly preserve the vibrant flavors and nutrients of fruits, vegetables, jams, pickles, and more, all while saving you precious time. *The Pressure Cook's Guide to Canning* is not just a cookbook; it's a game-changer for anyone looking to master the art of preserving without compromising on taste or nutrition. From beginner-friendly recipes to advanced techniques, Reyes empowers you to confidently navigate the world of pressure canning, ensuring that every jar you open bursts with the essence of the season. Say goodbye to bland store-bought preserves and hello to a pantry filled with your own delectable creations. Whether you're a seasoned canner or a kitchen novice, this book is your ticket to elevating your culinary skills and savoring the best of every harvest. Get ready to unleash the full potential of your pressure cooker and become the master of your own canning destiny with *The Pressure Cook's Guide to Canning*. Your tastebuds will thank you!

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**power pressure cooker xl canning guide:** *Water Bath Canning and Preserving Cookbook for Beginners* Margaret Springfield, 2022-12 Are you interested in preserving your own food? Preserving fruits and vegetables can help you save time and money, and eat healthier. Follow this simpler times guide on Water Bath Canning and Preserving for a step-by-step guide to water bath canning and preserving. Pressure cookers are becoming more and more popular. These machines are useful for cooking vegetables, grains, soups and stews, beans, and meat. The book contains recipes for cooking with a pressure cooker (rice, beans, meats, etc.) and additional information about cooking under pressure. Also, a manual for use of pressure cookers is included in the package. It contains a list of recommended recipes for the device with step-by-step instructions for preparation and cooking time. In this book you will learn: How Much Should You Harvest From Each Crop When Preparing the Harvest A List of Fruits and Vegetables That Are Easy to Make Into Preserves or Pickles Recipes for Each Stage of Preserving in the Water Bath Canner A Chart With Step-By-Step Instructions on How to Use a Pressure Cooker Recipes for Canning Jams, Jellies, and Fruit Butters Information About Equipment and Recipes for Other Types of Preserves and Pickles Such as Relish, Chutneys, Salsa, Catsup, and Mayonnaise, Vinegar Pickles, and More This book will

help guide you through the different types of methods of preserving. You will learn how to safely preserve your food for later use. Are you ready to get started? Grab your copy today!

**power pressure cooker xl canning guide:** Pressure Cooker Adele G. Potter, 1929

**power pressure cooker xl canning guide:** *Pressure Canning* Dr Angelina Chris, 2021-08-15

From soups and stews, to meals-in-a-jar, to kitchen staples like broths and beans, pressure canning is a time-honored craft that allows you to safely and affordably preserve the food your family loves to eat. Pressure Canning delivers everything you need to confidently achieve pressure canning perfection. With Pressure Canning you will discover the ease of pressure canning, understand the science behind safe food preservation, and enjoy delicious recipes for stocking your kitchen and feeding your family. In the pages of this all-in-one pressure canning roadmap you'll find:

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**power pressure cooker xl canning guide:** The Pressure Canning Instant Pot Max Guide

Kimberly Owens, 2021-11-30 Have you seen other's pantry shelves brimming with home-canned goods, and wish you could do the same? Or maybe you'd just like to learn to make jam to give as Christmas gifts this year. Whatever your reason, canning is a skill that is very well worth the effort. The Instant Pot is becoming more and more of a must-have kitchen utensil. It is both versatile and efficient. It has managed to replace multiple kitchen utensils and combine them into one super-convenient device. With how versatile it is, can you can in an Instant Pot? To answer it in short, you can can food in an Instant Pot. You are, however, limited in the types of canning you can do. Now you can start your pressure canning procedure for you have learned all the things you have to know from this book. From the pressure canning basics to quality end product storage are all here. All are provided for you in simple and easy to understand procedures and tips. So start those hands now for you can begin canning. SAMPLE RECIPE: Instant Pot Mississippi Pot Roast  
Ingredients 3-5 pounds chuck roast cubed, 2 pieces 2 tablespoon olive oil 1/4 cup pepperoncini juice from the jar 3/4 cup beef broth low or no sodium 1-ounce ranch seasoning 1 packet 1 ounce onion soup mix 1 packet 5-10 pepperoncini as per your spice preference 3 tablespoon butter unsalted, cut into 4- 6 slices 2 tablespoon cornstarch 2 tablespoon water Instructions Sear: Heat the olive oil in your Instant Pot on the sauté setting. Add the beef cubes, working in batches if needed, and sear them on all sides. Set the beef cubes aside. De-glaze: Pour the pepperoncini juice and beef broth into the Instant Pot and scrape up all the bits from the bottom. Arrange: Add the beef back to the pot. Add the ranch dressing, onion soup mix and pepperoncini to the pot and give it a stir to coat in the liquid. Arrange the butter over the beef. Cook: Secure the Instant Pot lid and turn the valve from VENT to SEAL. Cook on high pressure for 60 minutes, then let the pressure release for 15 minutes. Quick release any remaining pressure. Shred: Transfer the beef from the Instant Pot to a bowl and shred it with two forks. Meanwhile, bring the sauce to a bubble over the sauté setting. Thicken: Whisk the cornstarch and water together in a small bowl, and stir it into the sauce. Stir until it thickens. Add the shredded meat back to the Instant Pot and stir to coat well in the sauce. Want to discover more recipes? Get a copy of this guide now and explore a wide range of canning and preserving recipes with detailed instructions for each recipe.

**power pressure cooker xl canning guide:** Pressure Canning Recipes Cookbook Fiona Begum, 2022-07-28

**power pressure cooker xl canning guide:** *The Complete Guide To Pressure Canning For Beginners* Victoria Coleman, 2024-01-25 You are about to embark on a culinary journey that

transcends the ordinary - The Complete Guide To Pressure Canning For Beginners by Victoria Coleman is your passport to a world where preservation meets innovation. Forget the mundane, because this book isn't just a guide; it's an invitation to master the art of pressure canning with flair. Victoria Coleman, your culinary companion on this adventure, unveils the secrets of pressure canning in a way that transforms mere beginners into preservation prodigies. Picture a world where your pantry isn't just a storage space but a treasure trove of delectable delights waiting to be unleashed with each pop of a jar. Dive into the nuances of nutrient integrity, where Coleman unveils the magic behind maintaining the goodness of fresh produce in every jar. But this isn't your average guide - it's a symphony of flavors waiting to be conducted by your hands. The chapters unfold like a gourmet masterpiece, with each subchapter teasing your taste buds and challenging your culinary prowess. As you flip through the pages, discover the alchemy of crafting allergen-free wonders and customizing flavor profiles that resonate with your unique palate. Victoria Coleman doesn't just guide; she empowers you to create, experiment, and savor the fruits of your labor. But it's not just about preserving food; it's about preserving memories, tastes, and moments. Imagine gifting your loved ones not just a jar but a piece of your culinary soul. Coleman doesn't just teach; she inspires a canning revolution where each click to purchase isn't just a transaction but a step towards culinary liberation. In this book, you will discover the following about Pressure Canning as a Beginners:

- Understanding the Basics
- Importance of Pressure Canning
- Getting Started with Essential Equipment
- Selecting the Right Pressure Canner
- Essential Utensils and Tools
- Setting Up Your Canning Space
- Meat Selection and Preparation
- Choosing Fresh Fruits
- Optimal Vegetables for Canning
- Exploring Seafood and More
- Step-by-Step Canning Process
- Preparing Jars and Lids
- Packing Jars Effectively
- Choosing the Right Pressure and Processing Time
- Cooling and Sealing Techniques
- Addressing Seal Failures
- Handling Over- or Under-Processed Foods
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So, why settle for a shopping cart filled with forgettable items when you can click your way into a world of culinary enchantment? The Complete Guide To Pressure Canning For Beginners is not just a book; it's your gateway to a kitchen adventure that beckons you to click, savor, and celebrate the art of pressure canning like never before. Are you ready to embark on this savory escapade? Click away and let the journey begin.

**power pressure cooker xl canning guide:** Pressure Canning for Beginners Maureen Moore, 2024-02-19 Unlock the art of preserving your favorite seasonal harvests with Pressure Canning the ultimate guide designed specifically for beginners. This comprehensive book is your passport to mastering the time-honored technique of pressure canning, ensuring that your home-canned goods are not only safe but bursting with flavor. Key Features: Step-by-Step Instructions: Dive into the world of pressure canning with confidence as each chapter takes you through the process, offering clear and concise step-by-step instructions. From equipment setup to sealing the jars, you'll navigate the entire canning journey effortlessly. Recipes for Every Palate: Explore a diverse collection of beginner-friendly recipes, carefully curated to accommodate various tastes and preferences. From savory stews and hearty soups to garden-fresh vegetables and succulent meats, each recipe is crafted to make the most of your pressure canner. Safety First: Learn the essential principles of safe pressure canning. Understand the science behind the process, and follow our expert tips and precautions to ensure that your canned goods are not only delicious but also free from any potential hazards. Equipment Essentials: Discover the must-have tools for successful pressure canning. From selecting the right canner to choosing the appropriate jars, lids, and seals, this guide helps you build your canning toolkit for optimal results. Troubleshooting Guide: Overcome common challenges with our troubleshooting section. Whether it's dealing with seal failures or understanding pressure

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**power pressure cooker xl canning guide:** [The Pressure Canning Guide](#) Ethan Phillips Rnd, 2021-02-17 The Guide to Pressure Canning is a safe, practical, step-by-step resource to preserve the low-corrosive nourishments that you love. From soups and stews, to meals-in-a-jar, to kitchen staples like stocks and beans, pressure canning is a respected craft that allows you to securely and affordably preserve the food your family loves to eat. The Complete Guide to Pressure Canning delivers everything you need to certainly accomplish pressure canning perfection. With The Complete Guide to Pressing factor Canning you will discover the ease of pressure canning, understand the science behind safe food safeguarding, and enjoy delicious recipes for stocking your kitchen and feeding your family.

**power pressure cooker xl canning guide:** [Complete Guide to Home Canning and Preserving \(Second Revised Edition\)](#) U.S. Dept. of Agriculture, 2012-04-26 Practical, easy-to-follow guide tells how to select, prepare, and can fruits, vegetables, poultry, red meats, and seafoods; how to preserve fruit spreads, fermented foods, and pickled vegetables; and much more.

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