

# Rezepte Siemens Dampfgarer

**John R. Maier**

*XXL Dampfgarer Kochbuch für Anfänger* Luisa Stark, 2024-03-27 Dieses Dampfgarer-Kochbuch ist voll von köstlichen, leicht zuzubereitenden Rezepten! Mit über 160+ Rezepten zur Auswahl, finden Sie in diesem Kochbuch bestimmt das, wonach Sie suchen... Einer der größten Vorteile des Dampfens von Lebensmitteln, insbesondere von Gemüse, besteht darin, dass bei dieser Methode wichtige Vitamine in den Lebensmitteln verbleiben, anstatt sie auszukochen. Der Verzehr von gedünstetem Gemüse ist der beste Weg, um wichtige Vitamine aus Lebensmitteln zu erhalten, ohne auf Geschmack verzichten zu müssen. Brokkoli zum Beispiel behält über 80 Prozent seines Vitamin-C-Gehalts, wenn er gedünstet wird, während er in der Mikrowelle nur 3 Prozent verliert. Und was noch wichtiger ist: Sie erhalten diese gesundheitlichen Vorteile, ohne auf den Geschmack und die Konsistenz Ihres Essens verzichten zu müssen. Was ist ein Dampfgarer? Ein Dampfgarer dient zum Garen von Fleisch und Gemüse über Dampf, der mit Hilfe von kochendem Wasser erzeugt wird. Je nach Aufbau und Verwendung kann es sich um ein einfaches oder aufwendiges Gerät handeln, das jedoch nur einen Zweck hat: das Garen von Lebensmitteln mit Hilfe von Dampf, indem mit einem Deckel Druck ausgeübt wird. Ein Schnellkochtopf nutzt ebenfalls Dampf zum Kochen, benötigt aber eine geschlossene Umgebung, um den Druck zu maximieren und die Speisen bei höheren Temperaturen zu garen. Ein Dampfgarer verwendet nur Dampf bei normalem Druck und wird mit kochendem Wasser hergestellt. Dämpfen ist im Gegensatz zum Kochen in der Regel vorzuziehen. Durch die Verwendung von Dampf kann die Temperatur des Kochwassers niedrig gehalten werden, wodurch die Nährstoffe in den Lebensmitteln erhalten bleiben und ein Anbrennen verhindert wird; außerdem sind kürzere Garzeiten als bei anderen Methoden möglich. Wie man einen Dampfgarer verwendet - Anwendungsmethoden Dampfgaren ist eine alte, gesunde asiatische Methode, um Lebensmittel zu garen, ohne ihre Nährstoffqualität und ihren Geschmack zu verlieren. Es ist die beste Methode, um das Essen nach einem langen Arbeitstag zuzubereiten, weil es so einfach ist. Die Verwendung eines Dampfgarers zu erlernen, kann einschüchternd und verwirrend sein, aber man braucht etwas Geduld. Im Laufe der Jahre haben viele Menschen nach Möglichkeiten gesucht, ihre normalen Lebensmittel mit dem Dampfgarer zuzubereiten und nicht nur Gemüse. Möchten Sie wissen, wie man einen Dampfgarer benutzt? Beim Dampfgaren müssen Sie Wasser zum Kochen bringen und die Lebensmittel im Dampf garen. Dabei bleiben der natürliche Geruch und die Farbe der Lebensmittel erhalten, da die natürlichen Mikroelemente und Vitamine der Lebensmittel erhalten bleiben. Beim Dämpfen von Fisch beispielsweise bleiben die

wertvollen Vitamine und Omega-3-Fischöle erhalten. Ihre gesamte Mahlzeit kann bequem in einem Dampfgarer zubereitet werden, da die meisten Dampfgarer über verschiedene Ebenen/Schüsseln verfügen, in denen andere Lebensmittel gleichzeitig gegart werden können. Lebensmittel wie Gemüse, Fleisch, Meeresfrüchte, Brötchen und Brot, Knödel und Desserts können alle gedämpft werden. (mehr Informationen finden Sie im Buch)

DAMPFGARER KOCHBUCH: XXL. 250 Rezepte Für Ihren Dampfgarer. Die Besten und Leckersten Fleisch, Fisch, Gemüse, Reis, Nudel und Dessert Rezepte. Inkl. Vegane und Vegetarische Rezepte Caro Sommer,2019-01-09 □ DIE XXL PREMIUM KOCHBIBEL MIT 250 REZEPTEN FÜR IHREN DAMPFGARER! □ □ Sie suchen nach leckeren und einfachen Rezepten für Ihren Dampfgarer? □ □ Sie wollen endlich großartige und leckere Rezepte mit ihrem Dampfgarer für das Frühstück, Mittag und Abendessen oder auch für Partys, Geburtstage und Familienbesuche zubereiten? □ □ Sie wollen eine riesen Auswahl an Rezepten haben und sich keine Gedanken mehr machen, was sie nun für die Familie zubereiten? □ □ Dann ist das Dampfgarer Premium Kochbuch XXL genau das richtige für Sie! » Mit diesem Kochbuch werden Sie... .. die meisten Dampfgarer Rezepte (250 Stück) in einem Buch haben, was der Markt zu bieten hat □ .. unglaublich leckere Spezialitäten zaubern □ .. ihre Kochkünste auf ein neues Level bringen □ Ich zeige Ihnen wie Sie mit Ihren Dampfgarer die besten Gerichte und Speisen zubereiten. Ganz einfach. Ganz schnell. Ohne irgendwelche komplizierten Anleitungen. Sei es Fleisch, Fisch, Gemüse, Reis, Nudel oder auch Dessert Rezepte. In diesem Buch gibt es wirklich alle Rezepte, die man ganz einfach mit einem Dampfgarer dämpfen kann. Auch sind in dem Buch unglaublich viele gesunde vegane und vegetarische Rezepte dabei. Somit sind alle Ernährungsweisen in diesem Buch abgedeckt. □ In diesem Premium Kochbuch warten auf Sie... .. unglaublich viele leckere Fleisch Gerichte, sei es vom Huhn, Rind, Schwein oder Lamm .. hervorragende Fisch Gerichte mit super großartigen Beilagen .. eine Vielzahl an Reis und Nudel Speisen, die Sie so noch nicht kannten .. extrem leckere Dessert Rezepte, wo Ihnen das Wasser im Mund auslaufen wird .. super gesunde Gemüse Gerichte .. als Bonus vegane und vegetarische Rezepte .. meine Tipps & Tricks für das Dampfgaren .. und vieles mehr! Also worauf warten Sie noch? Schnappen Sie zu! Erwerben Sie jetzt das XXL DAMPFGARER PREMIUM KOCHBUCH mit 250 Rezepten zum Sonderpreis! Sie sind nur ein Klick entfernt. Ein Klick auf „Jetzt kaufen reicht. 100% „Geld Zurück Garantie: Wenn Sie mit Ihrer Investition nicht zufrieden sind, dann können Sie dieses Buch innerhalb von 7 Tagen an Amazon zurückgeben und erhalten Ihr Geld zurück.

**Microservices** Eberhard Wolff,2016-10-03 The Most Complete, Practical, and Actionable Guide to Microservices Going beyond mere theory and marketing hype, Eberhard Wolff presents all the knowledge you need to capture the full benefits of this emerging paradigm. He illuminates microservice concepts, architectures, and scenarios from a technology-neutral standpoint, and demonstrates how to implement them with today's leading technologies such as Docker, Java, Spring Boot, the Netflix stack, and Spring Cloud. The author fully explains the benefits and tradeoffs associated with microservices, and

guides you through the entire project lifecycle: development, testing, deployment, operations, and more. You'll find best practices for architecting microservice-based systems, individual microservices, and nanoservices, each illuminated with pragmatic examples. The author supplements opinions based on his experience with concise essays from other experts, enriching your understanding and illuminating areas where experts disagree. Readers are challenged to experiment on their own the concepts explained in the book to gain hands-on experience. Discover what microservices are, and how they differ from other forms of modularization Modernize legacy applications and efficiently build new systems Drive more value from continuous delivery with microservices Learn how microservices differ from SOA Optimize the microservices project lifecycle Plan, visualize, manage, and evolve architecture Integrate and communicate among microservices Apply advanced architectural techniques, including CQRS and Event Sourcing Maximize resilience and stability Operate and monitor microservices in production Build a full implementation with Docker, Java, Spring Boot, the Netflix stack, and Spring Cloud Explore nanoservices with Amazon Lambda, OSGi, Java EE, Vert.x, Erlang, and Seneca Understand microservices' impact on teams, technical leaders, product owners, and stakeholders Managers will discover better ways to support microservices, and learn how adopting the method affects the entire organization. Developers will master the technical skills and concepts they need to be effective. Architects will gain a deep understanding of key issues in creating or migrating toward microservices, and exactly what it will take to transform their plans into reality.

**DAMPFGARER KOCHBUCH: XXL. 250 Rezepte für Ihren Dampfgarer** Caro Sommer, 2019-11-13 DIE XXL PREMIUM KOCHBIBEL MIT 250 REZEPTEN FÜR IHREN DAMPFGARER! Sie suchen nach leckeren und einfachen Rezepten für Ihren Dampfgarer? Sie wollen endlich großartige und leckere Rezepte mit ihrem Dampfgarer für das Frühstück, Mittag und Abendessen oder auch für Partys, Geburtstage und Familienbesuche zubereiten? Sie wollen eine riesen Auswahl an Rezepten haben und sich keine Gedanken mehr machen, was sie nun für die Familie zubereiten? Dann ist das Dampfgarer Premium Kochbuch XXL genau das richtige für Sie! Mit diesem Kochbuch werden Sie.. die meisten Dampfgarer Rezepte (250 Stück) in einem Buch haben, was der Markt zu bieten hat erwerben .. unglaublich leckere Spezialitäten zaubern .. ihre Kochkünste auf ein neues Level bringen Ich zeige Ihnen wie Sie mit Ihrem Dampfgarer die besten Gerichte und Speisen zubereiten. Ganz einfach. Ganz schnell. Ohne irgendwelche komplizierten Anleitungen. Sei es Fleisch, Fisch, Gemüse, Reis, Nudel oder auch Dessert Rezepte. In diesem Buch gibt es wirklich alle Rezepte, die man ganz einfach mit einem Dampfgarer dämpfen kann. Auch sind in dem Buch unglaublich viele gesunde vegane und vegetarische Rezepte dabei. Somit sind alle Ernährungsweisen in diesem Buch abgedeckt. In diesem Premium Kochbuch warten auf Sie..... unglaublich viele leckere Fleisch Gerichte, sei es vom Huhn, Rind, Schwein oder Lamm.. hervorragende Fisch Gerichte mit super großartigen Beilagen.. eine Vielzahl an Reis und Nudel Speisen, die Sie so noch nicht kannten .. extrem leckere Dessert Rezepte, wo Ihnen das Wasser im Mund auslaufen wird .. super gesunde Gemüse Gerichte.. als Bonus vegane und vegetarische Rezepte..

meine Tipps & Tricks für das Dampfgaren.. und vieles mehr!Also worauf warten Sie noch? Schnappen Sie zu!Erwerben Sie jetzt das XXL DAMPFGARER PREMIUM KOCHBUCH mit 250 Rezepten zum Sonderpreis! Sie sind nur ein Klick entfernt.

**Swimming to Elba** Silvia Avallone,2013-04-30 The provocative international bestseller about two young girls growing up fast in a failing industrial town on the coast of Italy They were always a pair: daring, intelligent Anna and breathtakingly gorgeous Francesca. Just shy of fourteen, their newly acquired curves and skimpy bathing suits have earned them celebrity status on the beaches of their gritty town, where the glittering resort island of Elba taunts them from across the bay. The girls, aware of their newfound power, are on the brink of everything—high school, adulthood, ambition—but when their intense friendship suffers a blow, each sets off on her own, only to learn that the glamorous world of adult physicality can be at best banal and at worst dehumanizing. As their choices take them to a painful crossroads, the girls must reconnect if they have any hope of escaping their small-town destinies. Frank, sensual, and evocative of the Academy Award-winning film Cinema Paradiso and the international bestseller The Solitude of Prime Numbers, *Swimming to Elba* is a harrowing yet redemptive meditation on politics, family, sex, and the lasting power of friendship.

Modern Urban Girls Stefan Soell,2012 No more romance, said the renowned erotic photographer Stefan Soell, after enjoying great success with his two lavish photographic volumes entitled *Alpenglow* and *Volcanic Girls*. A completely new, modern style of portraying the nude was required, and Stefan has once more succeeded convincingly. He searched for the right type of woman to match his vision for three long years, finally settling on something between the young, successful, cool businesswoman and glamorous movie star. Oozing beauty, of course, fantastically built, with a confident, cheeky appearance, and unashamedly flaunting their sex appeal. Soell has discovered more than 16 completely new, never-seen-before faces, and managed to fit all their glorious nudity into the unprecedented environment of finest, ultra-modern, minimalist architecture. The contrast between the wonderful, warm skin tones, sensual body shapes and the cool, modern architecture could not be greater, and the very unusual combination of hot eroticism and cool design increases the attraction of this volume of photos immensely.

**Luxury Minimal** Fritz von der Schulenburg,Karen Howes,2012 One of the worlds leading interiors photographers, Fritz von der Schulenburg opens his archive to share his stunningly beautiful photographs of minimalist but grand interiors around the world. Whatever the location, period or architectural style, all the rooms share a captivating simple elegance that defines contemporary taste. Reflecting the way we read an interior, the 300 colour photographs are divided into six chapters: Rhythm, Colour, Light, Space, Texture and Composition. Each chapter has a brief introduction outlining the essential elements of interior design being featured, followed by numerous glorious photographic examples. Complete with a source directory of useful contact details, this is an inspiring volume that celebrates the very best of the timeless trend that is minimalism in the grand style. It is guaranteed to appeal to the huge readership interested in homes and interiors.

**Gilgamesh** John R. Maier,1997 The evolution of the Gilgamesh epic (1982) / Jeffrey H. Tigay -- From Gilgamesh in literature and art: the second and first millennia (1987) / Wilfred G. Lambert -- From Gilgamesh: sex, love and the ascent of knowledge (1987) / Benjamin Foster -- Images of women in the Gilgamesh epic (1990) / Rivkah Harris -- The marginalization of the goddesses (1992) / Tikva Frymer-Kensky -- Mourning the death of a friend: some assyriological notes (1993) / Tzvi Abusch -- Liminality, altered states, and the Gilgamesh epic (1996) / Sara Mandell -- Origins: new light on eschatology in Gilgamesh's mortuary journey (1996) / Raymond J. Clark -- From a Babylonian in Batavia: Mesopotamian literature and lore in The sunlight dialogues (1982) / Greg Morris -- Charles Olson and the poetic uses of Mesopotamian scholarship / John Maier -- From 'Or also a godly singer, ' Akkadian and early Greek literature (1984) / Walter Burkert -- From Gilgamesh and Genesis (1987) / David Damrosch -- Praise for death (1990) / Donald Hall -- From Gilgamesh in the Arabian nights (1991) / Stephanie Dalley -- Ovid's Blanda voluptas and the humanization of Enkidu (1991) / William L. Moran -- From the Yahwist's primeval myth (1992) / Bernard F. Batto -- Gilgamesh and Philip Roth's Gil Gamesh (1996) / Marianthe Colakis -- From The epic of Gilgamesh (1982) / J. Tracy Luke and Paul W. Pruyser -- From Gilgamesh and the Sundance Kid: the myth of male friendship (1987) / Dorothy Hammond and Alta Jablow -- Gilgamesh and other epics (1990) / Albert B. Lord -- From Reaching for abroad: departures (1991) / Eric J. Leed -- From Introduction to he who saw everything (1991) / Robert Temple -- The oral aesthetic and the bicameral mind (1991) / Carl Lindahl -- From Point of view in anthropological discourse: the ethnographer as Gilgamesh (1991) / Miles Richardson -- From The wild man: the epic of Gilgamesh (1992) / Thomas Van Nortwick.

**Microservices Recipes** Eberhard Wolff,2018-02-24 This brochure includes technology recipes for the implementation of microservices. The code for the examples can be downloaded for free.Content What are Microservices? Independent Systems Architecture Principles Self-contained Systems Frontend integration Why frontend integration? Recipe: ESI (Edge Side Includes) Alternative recipe: links and JavaScript Asynchronous microservices Definition: asynchronous microservices Why asynchronous microservices? Recipe: Kafka Alternatives recipe: Atom Synchronous Microservices Definition: synchronous microservices Why synchronous microservices? Recipe: Kubernetes Alternative recipe: Netflix, Consul, Cloud Foundry The last chapter explains how to deepen the knowledge about technologies for microservices further.

*In Search Of an Impotent Man* Gaby Hauptmann,Shaun Whiteside,1999-12-22 Potent as a dose of Viagra and hilarious as any modern woman's love life, *In Search of an Impotent Man* is a profoundly irreverent look at one irrepressible woman's search for Mr. Right. Carmen Legg is a thirty-something, flame-haired, BMW-driving temptress who has everything she could possibly want--except peace of mind. She can't sit through a business meeting without men ogling her legs; she can't come home after an eternal workday without fending off advances from her oversexed boyfriend. What she needs, Carmen decides, is a man with more meaningful things on his mind. So, like many contemporary single women, she hopes to find her Prince Charming by placing an ad in the personals, describing a wish distinctly her own: Wanted: Clear-thinking male Attractive,

successful 35-year-old woman seeks man for good times, days out, nights in, companionship. Must be intelligent and impotent. In response to the ad, Carmen meets a colorful array of men, ranging from an outrageously wealthy baron to a motorcycle-riding James Dean look-alike to a divorced father who works with computers. Sharing every step of her adventures with her lively octogenarian neighbor, Elvira, her best friend Laura, a level-headed therapist named Isabella, and a good witch who specializes in cures for impotency, Carmen gradually begins to see that abstaining from sex isn't necessarily the clearest path to clear-thinking relationships. Sassy and wholly entertaining, *In Search of an Impotent Man* is a story about a woman who is not afraid to take matters into her own hands and turn the assumptions about romantic love on their head.

**More Joy of Sex** Alex Comfort,1974

*Agile Software Architecture* Muhammad Ali Babar,Alan W. Brown,Ivan Mistrik,2013-11-27 Agile software development approaches have had significant impact on industrial software development practices. Today, agile software development has penetrated to most IT companies across the globe, with an intention to increase quality, productivity, and profitability. Comprehensive knowledge is needed to understand the architectural challenges involved in adopting and using agile approaches and industrial practices to deal with the development of large, architecturally challenging systems in an agile way. *Agile Software Architecture* focuses on gaps in the requirements of applying architecture-centric approaches and principles of agile software development and demystifies the agile architecture paradox. Readers will learn how agile and architectural cultures can co-exist and support each other according to the context. Moreover, this book will also provide useful leads for future research in architecture and agile to bridge such gaps by developing appropriate approaches that incorporate architecturally sound practices in agile methods. - Presents a consolidated view of the state-of-art and state-of-practice as well as the newest research findings - Identifies gaps in the requirements of applying architecture-centric approaches and principles of agile software development and demystifies the agile architecture paradox - Explains whether or not and how agile and architectural cultures can co-exist and support each other depending upon the context - Provides useful leads for future research in both architecture and agile to bridge such gaps by developing appropriate approaches, which incorporate architecturally sound practices in agile methods

**The Answer Book** Mary Elting,1959 Questions and answers on a wide range of subjects.

25 Rezepte für den Dampfgarer Mattis Lundqvist,

*Microsoft Office 97 at a Glance* Perspection, Inc,1998 Like the successful first edition, this version offers a separate section for each Office application, plus additional chapters dedicated to using the applications together. The book covers Web publishing techniques using Office, and it also shows how to use common elements across the applications.

*Dampfgarer Kochbuchch* Jonas Lange,2022

**Das große Dampfbackofen Kochbuch** Carina Kleinbach, 2023-08-09 Was genau ist Dämpfen? Im Gegensatz zu herkömmlichen Öfen verwendet ein Dampfbackofen nasse Hitze, um Ihre Speisen zu garen. Je nach Modell wird Wasser in einen Behälter (oder Wassertank) im Inneren des Ofens gegossen. Während sich der Ofen aufheizt, werden die Speisen durch Konvektion in Verbindung mit Dampf gegart. Die Geschichte des Dampfparens von Lebensmitteln Das Dämpfen von Lebensmitteln ist keine neue Technik. Einige Historiker gehen davon aus, dass die Menschen in China bereits vor Tausenden von Jahren ihr Essen dämpften. Die Menschen verwendeten einen Dampfkorb, einen so genannten Bambusdämpfer, als Gefäß für die Zubereitung von Dim Sum. Durch das geflochtene Gefäß konnte der Dampf in das Gerät strömen und Fisch, Gemüse und Brühe garen. Da der chinesische Bambusdämpfer mit Dampf arbeitet - und nicht mit großer Hitze oder direktem Kontakt mit Wasser - bleiben mehr Vitamine und Mineralien erhalten. Außerdem verhindert das Garen mit feuchter Hitze, dass die Speisen zusammenkleben (wie es manchmal beim Sautieren und anderen Herdmethoden der Fall ist). Daher wurden keine Butter, kein Öl und kein Kochspray benötigt. Hier einige Tipps... ..hängt von dem Modell ab, das Sie kaufen. Die meisten Dampfbacköfen funktionieren jedoch nach einem einfachen, dreistufigen Verfahren: Füllen Sie den Wassertank bis zur Wasserlinie auf: Dies ist der wichtigste Schritt, denn Wasser ist das Heizelement Ihres Ofens. Vergewissern Sie sich, dass der Wassertank voll ist, bevor Sie mit dem Kochen beginnen. Wählen Sie Ihre Garstufe: Für saftigen Lachs und köstlich gedünstetes Gemüse wählen Sie den Dampfmodus; zum Braten von Gemüse oder Kartoffeln wählen Sie den Braten-, Back- oder Umluftmodus usw. Stellen Sie den Timer ein: Bei Dampfbacköfen legen Sie Ihre Speisen einfach auf ein Blech oder eine Backform in den Garraum, stellen den Timer ein, tippen auf Start und sehen zu, wie Ihr Essen gart. (mehr Informationen finden Sie im Buch) Sie sind auf der Suche nach ... □ 60+ leckere Rezepte (u.a. für Frühstück, Fisch, Fleisch, Vegetarisch, Snacks, Desserts uvm.) □ Einführung in das Thema □ Freude an neuen Rezeptideen □ Inklusive leckeren Saucen-Rezepten Leckere Gerichte und gute Anhaltspunkte gefällig? Dann greifen Sie jetzt zu!

25 Rezepte für den Dampfgerar Mattis Lundqvist, 2019

*Meine besten Rezepte für den Dampfgerar* Julia Holzer, 2019-02-25 Einfach gesünder essen! Das Garen im Wasserdampf gehört zu den gesündesten Wegen, Lebensmittel zuzubereiten, denn es bleiben viele wichtige Nährstoffe erhalten. Der Geschmack ist intensiver. Zudem braucht man kein oder kaum Fett zum Dampfparen, die Speise hat also weniger Kalorien als bei der herkömmlicher Zubereitung. Hinzu kommt, dass unterschiedliche Lebensmittel gleichzeitig im Dampfgerar gegart werden können, das spart Zeit, Stress und Abwasch. Und die Küche bleibt geruchsfrei.

**Dampfparen Rezepte** Sophie Engel, 2018-12-06 Dampfparen Rezepte 150 Dampfgerar Rezepte für eine gesunde Zubereitung. Gesund und zeitsparend kochen mit dem Dampfgerar. Sie möchten sich gesund ernähren und Ihrer Figur und Gesundheit etwas Gutes tun? Warum nicht Dampfparen und das mit vollem Genuss und einem ausreichend komplexen Nährstoffindex dazu? Wer kennt den Spruch nicht, Du bist was Du isst. Dampfgerar bieten einen Reichtum an Speisen an

und das äußerst fettreduziert. Eine sehr sanfte Garmethode ohne Vitamine zu zerstören und das mit leckeren 150 Rezeptideen die einfacher nicht sein könnten. Inhalt: □ Funktionen von einem Dampfgarer □ 30 Fleisch Rezepte für den Dampfgarer □ 30 Fisch Rezepte für den Dampfgarer □ 30 Gemüse Rezepte für den Dampfgarer (Dampfgaren vegetarisch) □ 30 Beilagen Rezepte für den Dampfgarer □ 30 Dessert Rezepte für den Dampfgarer Das Dampfgarer Kochbuch ist genau das richtige für Anfänger und Fortgeschrittene. Ich habe hier 150 Rezepte für den Dampfgarer zusammen gefasst. Entdecken Sie abwechslungsreiche Rezepte, die ganz ohne Dickmacher und künstliche Zusatzstoffe auskommen, kaum Kohlenhydrate beinhalten und leicht nachzukochen sind. □□□Im ANGEBOT□□□ Dampfgaren Rezepte Kindle für 2,99 Euro statt 4,99 Euro Dampfgaren Rezepte Buch für 7,99 Euro statt 9,99 Euro

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