



CooksESSENTIALS 6.5

Cooking times are approximate times. Use these as general guidelines. Size and variety will alter cooking times.

<i>VEGETABLES</i>	<i>HIGH PRESSURE</i>
Apples, chunks (low pressure)	2 min.
Artichokes, whole	8-10 min.
Asparagus, whole	1-2 min.
Beans	
Fresh green or wax	2-3 min.
Shelled lima	2-3 min.
Beets	
1/4" slices	3-4 min.
whole, peeled	12-15 min.
Broccoli, florets or spears	2-3 min.
Brussel sprouts	3-4 min.
Cabbage, quartered	3-4 min.
Carrots, 1/4" slices	1-2 min.
Cauliflower, florets	2-4 min.
Corn on the cob	3-5 min.
Eggplant, 1 1/4"	2-3 min.
Peas, shelled	1-1 1/2 min.

Potatoes	
Pieces, slices	5-8 min.
Whole, small	5-8 min.
Whole, medium	10-12 min.
Rice	
Brown	15-20 min.
White	5-7 min.
Spinach, fresh	2-3 min.
Squash	
Fall, 1" chunks	4-6 min.
Summer, sliced	1-2 min.

<i>MEAT & POULTRY</i>	
Beef, Pork, Lamb (1-2" cubes)	15-20
Beef/Veal	
Roast, brisket	50-60 min
Shank 1 1/2" thick	25-35 min
Meatballs, browned	8-10 min
Lamb, boneless roast	45-55 min
Pork	
Loin roast	40-50 min
Smoked butt	20-25 min
Ham shank	30-40 min
Chicken	
Boneless breast	8-10 min
Boneless thigh	8-10 min
Pieces	10-12 min
Whole	15-20 min
Turkey breast, whole	30-40 min
Fish	
Steaks, fillets	
3/4 "	4 min
1"	5 min
1 1/4"	6 min
1 1/2"	7 min

Platinum Pressure Rice Cooker Manual

Anthony S. Fauci



Platinum Pressure Rice Cooker Manual:

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, **Platinum Pressure Rice Cooker Manual** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

https://crm.avenza.com/book/Resources/fetch.php/philips_universal_remote_codes_for_emerson_tv.pdf

Table of Contents Platinum Pressure Rice Cooker Manual

1. Understanding the eBook Platinum Pressure Rice Cooker Manual
 - The Rise of Digital Reading Platinum Pressure Rice Cooker Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Platinum Pressure Rice Cooker Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Platinum Pressure Rice Cooker Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Platinum Pressure Rice Cooker Manual
 - Personalized Recommendations
 - Platinum Pressure Rice Cooker Manual User Reviews and Ratings
 - Platinum Pressure Rice Cooker Manual and Bestseller Lists
5. Accessing Platinum Pressure Rice Cooker Manual Free and Paid eBooks
 - Platinum Pressure Rice Cooker Manual Public Domain eBooks
 - Platinum Pressure Rice Cooker Manual eBook Subscription Services
 - Platinum Pressure Rice Cooker Manual Budget-Friendly Options
6. Navigating Platinum Pressure Rice Cooker Manual eBook Formats

- ePub, PDF, MOBI, and More
 - Platinum Pressure Rice Cooker Manual Compatibility with Devices
 - Platinum Pressure Rice Cooker Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Platinum Pressure Rice Cooker Manual
 - Highlighting and Note-Taking Platinum Pressure Rice Cooker Manual
 - Interactive Elements Platinum Pressure Rice Cooker Manual
 8. Staying Engaged with Platinum Pressure Rice Cooker Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Platinum Pressure Rice Cooker Manual
 9. Balancing eBooks and Physical Books Platinum Pressure Rice Cooker Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Platinum Pressure Rice Cooker Manual
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Platinum Pressure Rice Cooker Manual
 - Setting Reading Goals Platinum Pressure Rice Cooker Manual
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Platinum Pressure Rice Cooker Manual
 - Fact-Checking eBook Content of Platinum Pressure Rice Cooker Manual
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Platinum Pressure Rice Cooker Manual Introduction

In the digital age, access to information has become easier than ever before. The ability to download Platinum Pressure Rice Cooker Manual has revolutionized the way we consume written content. Whether you are a student looking for course material, an avid reader searching for your next favorite book, or a professional seeking research papers, the option to download Platinum Pressure Rice Cooker Manual has opened up a world of possibilities. Downloading Platinum Pressure Rice Cooker Manual provides numerous advantages over physical copies of books and documents. Firstly, it is incredibly convenient. Gone are the days of carrying around heavy textbooks or bulky folders filled with papers. With the click of a button, you can gain immediate access to valuable resources on any device. This convenience allows for efficient studying, researching, and reading on the go. Moreover, the cost-effective nature of downloading Platinum Pressure Rice Cooker Manual has democratized knowledge. Traditional books and academic journals can be expensive, making it difficult for individuals with limited financial resources to access information. By offering free PDF downloads, publishers and authors are enabling a wider audience to benefit from their work. This inclusivity promotes equal opportunities for learning and personal growth. There are numerous websites and platforms where individuals can download Platinum Pressure Rice Cooker Manual. These websites range from academic databases offering research papers and journals to online libraries with an expansive collection of books from various genres. Many authors and publishers also upload their work to specific websites, granting readers access to their content without any charge. These platforms not only provide access to existing literature but also serve as an excellent platform for undiscovered authors to share their work with the world. However, it is essential to be cautious while downloading Platinum Pressure Rice Cooker Manual. Some websites may offer pirated or illegally obtained copies of copyrighted material. Engaging in such activities not only violates copyright laws but also undermines the efforts of authors, publishers, and researchers. To ensure ethical downloading, it is advisable to utilize reputable websites that prioritize the legal distribution of content. When downloading Platinum Pressure Rice Cooker Manual, users should also consider the potential security risks associated with online platforms. Malicious actors may exploit vulnerabilities in unprotected websites to distribute malware or steal personal information. To protect themselves, individuals should ensure their devices have reliable antivirus software installed and validate the legitimacy of the websites they are downloading from. In conclusion, the ability to download Platinum Pressure Rice Cooker Manual has transformed the way we access information. With the convenience, cost-effectiveness, and accessibility it offers, free PDF downloads have become a popular choice for students, researchers, and book lovers worldwide. However, it is crucial to engage in ethical downloading practices and prioritize personal security when utilizing online platforms. By doing so, individuals can make the most of the vast array of free PDF resources available and embark on a journey of continuous learning and intellectual growth.

FAQs About Platinum Pressure Rice Cooker Manual Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Platinum Pressure Rice Cooker Manual is one of the best book in our library for free trial. We provide copy of Platinum Pressure Rice Cooker Manual in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Platinum Pressure Rice Cooker Manual. Where to download Platinum Pressure Rice Cooker Manual online for free? Are you looking for Platinum Pressure Rice Cooker Manual PDF? This is definitely going to save you time and cash in something you should think about.

Find Platinum Pressure Rice Cooker Manual :

~~philips universal remote codes for emerson tv~~
~~philosophy contemporary perspectives on perennial issues~~
philips qc5130 manual
~~philips cd235 manual~~
photographing children in natural light
physical assessment study guide
~~photosynthesis answer key activities for ap biology~~
phillips dvd 622 37 manual
~~photography quiz questions answers~~
philips dvdr 3575h 37 manual
philips telemetry monitor manual
~~philips dtr2user guide~~
philips pm3055 service manual

physic solution manual

physical 2014 grade 10 memo november

Platinum Pressure Rice Cooker Manual :

dinesh class 9 physics download free pdf or buy books - Jan 30 2022

dinesh new millennium super simplified physics class 9 - May 02 2022

web dinesh class 9 physics study with kp this is a website from which you can download books for free of cost and it is connected to a youtube channel ne study with kp

dinesh super simplified physics class 9 for 2020 - May 14 2023

web dinesh super simplified science physics class 9 2018 2019 session s k sharma amazon in books

dinesh class 9 physics study with kp - Dec 29 2021

new millennium super simplified physics class 9 - Mar 12 2023

web dinesh new millennium super simplified physics class 9 2021 2022 session with free booklet by s k sharma 21 march 2021 32 paperback 197 m r p 600 67

dinesh new millennium science super simplified physics class - Dec 09 2022

web new millennium lab manual in mathematics class 9 2023 2024 session sale 9 397 00 357 30 add to cart dinesh new millennium physics science for class 10 2023

dinesh new millennium physics for class 9 2023 2024 session - Apr 13 2023

web dinesh new millennium science super simplified physics class 9 by s k sharma 9789388186636 429 00 382 00 11 off add rs 65 for pan india delivery

dinesh new millennium super simplified physics class 9 - Jun 15 2023

web new millennium super simplified physics class 9 2022 2023 session dr s k sharma amazon in books 19 02 07 books school books cbse 620 00 m r p

school books s dinesh publications - Aug 05 2022

web dinesh millennium physics class 9 download dinesh millennium physics class 9 pdf found 89 pdf ebooks

physics 9 pdf google drive - Sep 06 2022

web jan 13 2022 buydinesh new millennium super simplified physics class 9 2022 2023 session with free booklet 580027 published by s dinesh sales corp in india

class 9 archives s dinesh publications - Jun 03 2022

web dinesh class 9 physics download dinesh class 9 physics pdf found 100 pdf ebooks

dinesh super simplified science physics class 9 - Sep 18 2023

web dinesh science combo class 9 new millennium textbooks of physics chemistry biology class 9 2022 2023 session product bundle 14 march

9th archives s dinesh publications - Oct 07 2022

web new millennium information technology class 9 sale 9 549 00 539 00 add to cart dinesh new millennium pcmb combo class 9 physics chemistry biology

dinesh physics class 9 cyberlab sutd edu sg - Nov 27 2021

physics dinesh new millennium super simplified physics class - Jul 04 2022

web physics chemistry biology math class 9 sample question papers question bank set of 8 books for 2023 exam jul 11 2020 the icse class 9 sample paper english

dinesh physics class 9 book cyberlab sutd edu sg - Feb 28 2022

download dinesh millennium physics class 9 pdf - Apr 01 2022

web dinesh physics class 9 nov 13 2021 science for ninth class part 1 physics sep 04 2023 a series of books for classes ix and x according to the cbse syllabus and cce

dinesh super simplified science physics class 9 2018 - Feb 11 2023

web new millennium information technology class 9 new millennium lab manual in science 9th 1vol lab manual only new millennium lab manual mathematics class 9 dinesh

amazon in dinesh class 9 - Nov 08 2022

web dinesh new millennium super simplified physics class 9 2020 21 rs 450 set dinesh new millennium super simplified physics class 10 2019 20 rs 468 piece dinesh

dinesh new millennium physics science for class - Oct 19 2023

web over 15 million podcast episodes dinesh new millennium super simplified physics class 9 2019 20 prof s k sharma amazon in books

dinesh science combo class 9 new millennium textbooks - Jul 16 2023

web dinesh new millennium physics for class 9 2023 2024 session s k sharma amazon in books

dinesh new millennium super simplified physics - Aug 17 2023

web amazon in buy dinesh new millennium super simplified physics class 9 2021 2022 session with free booklet book online at best prices in india on amazon in read

dinesh new millennium super simplified physics class - Jan 10 2023

web view details request a review learn more

pierre sa che un savoir faire contemporain pdf uniport edu - Dec 31 2022

web pierre sa che un savoir faire contemporain below encyclopédie moderne dictionnaire abrégé des sciences des lettres des arts de l'industrie de l'agriculture et du

pierre sa che un savoir faire contemporain helpdesk bricksave - Jun 24 2022

web pierre sa che un savoir faire contemporain 3 3 complexes chapitre 7 l'objectivation de la pensée moyens scientifiques chapitre 8 les apprentissages chapitre 9

pierre sa che un savoir faire contemporain uniport edu - Jul 26 2022

web pierre sa che un savoir faire contemporain 2 5 downloaded from uniport edu ng on october 25 2023 by guest biographie universelle ancienne et moderne ou histoire par

pierre sa che un savoir faire contemporain pdf uniport edu - May 24 2022

web oct 18 2023 pierre sa che un savoir faire contemporain 3 4 downloaded from uniport edu ng on october 18 2023 by guest encyclopédie moderne 1857 biographie

pierre sa che un savoir faire contemporain download only - Aug 07 2023

web jan 8 2023 4730486 pierre sa che un savoir faire contemporain 5 11 downloaded from robbinsmanuscripts berkeley edu on by guest moderne de pierre richelet tome

savoir faire paris home facebook - Aug 27 2022

web savoir faire is paris premiere concierge service paris france

pierre sa che un savoir faire contemporain pdf uniport edu - Feb 01 2023

web apr 4 2023 pierre sa che un savoir faire contemporain 2 4 downloaded from uniport edu ng on april 4 2023 by guest différentes priodes du xxe et xxe siècles telles

pierre sa che un savoir faire contemporain 2022 beta atanet - Mar 22 2022

web 4 pierre sa che un savoir faire contemporain 2022 11 13 antiquity and the renaissance le theatre osmora incorporated this volume consisting of two parts

pierre sa che un savoir faire contemporain pdf - Feb 18 2022

web oct 10 2023 pierre sa che un savoir faire contemporain pierre sa che un savoir faire contemporain 2 downloaded from ead3 archivists org on 2021 01 21 by

pierre sa che un savoir faire contemporain pdf - Dec 19 2021

web pierre sa che un savoir faire contemporain pierre sa che un savoir faire contemporain 2 downloaded from smcapproved com on 2021 02 08 by guest

pierre sèche un savoir faire contemporain by bernard farinelli - Jun 05 2023

web pierre sèche un savoir faire contemporain by bernard farinelli pierre sèche un savoir faire contemporain by bernard farinelli pierre dole la vote du renoncement revue art

pierre sèche un savoir faire contemporain by bernard farinelli - Sep 08 2023

web pierre sèche un savoir faire contemporain by bernard farinelli le muse de lhistoire de france versailles artchologie le che faits et lgendes l humanit les nombreux

construction de savoirs professionnels dans une f - Mar 02 2023

web construction de savoirs professionnels dans une formation hybride étude d un carnet de bord en ligne collaboratif un article de la revue revue internationale des technologies

pierre sa che un savoir faire contemporain pdf uniport edu - Oct 29 2022

web oct 24 2023 pierre sa che un savoir faire contemporain 1 3 downloaded from uniport edu ng on october 24 2023 by guest pierre sa che un savoir faire

pierre sa che un savoir faire contemporain - Nov 29 2022

web as this pierre sa che un savoir faire contemporain it ends taking place brute one of the favored book pierre sa che un savoir faire contemporain collections that we

pierre sa che un savoir faire contemporain beta atanet - Oct 09 2023

web 2 pierre sa che un savoir faire contemporain 2022 09 04 digitize the entire backlist of titles published since 1749 to ensure that future generations have digital access to the

pierre sa che un savoir faire contemporain copy pivotid uvu - Jul 06 2023

web pierre sa che un savoir faire contemporain dictionnaire de la langue françoise ancienne et moderne de pierre richelet augmenté de plusieurs additions d histoire de

pierre sa che un savoir faire contemporain pdf - Jan 20 2022

web pierre sa che un savoir faire contemporain pierre sa che un savoir faire contemporain 2 downloaded from backoffice ceu social on 2023 05 18 by guest

savoir faire traduction en arabe reverso context - Sep 27 2022

web son savoir faire inspire même les créateurs jean pierre mavit y expose de nouveaux luminaires intégrant le tissu il a été décidé d appliquer tout le savoir faire accumulé

pierre sa che un savoir faire contemporain pdf uniport edu - Apr 22 2022

web oct 25 2023 pierre sa che un savoir faire contemporain 1 4 downloaded from uniport edu ng on october 25 2023 by guest pierre sa che un savoir faire

pierre sa che un savoir faire contemporain 2023 - May 04 2023

web pierre sa che un savoir faire contemporain the american association of petroleum geologists bulletin aug 10 2021 in meno di un minuto è la storia di tre uomini tre

pierre sa che un savoir faire contemporain 2022 store spiralny - Nov 17 2021

web pierre sa che un savoir faire contemporain 3 3 introduction chapitre 1 les représentations mentales et leurs liens associatifs chapitre 2 les mémoires chapitre 3

pdf pierre sa che un savoir faire contemporain - Apr 03 2023

web pierre sa che un savoir faire contemporain international trade and the environment feb 13 2020 this collection of papers focuses on the links between trade and the

le scandale de litra grand annonceur de l expl ftp bonide - Jan 08 2023

web le scandale de litra grand annonceur de l expl downloaded from ftp bonide com by guest fitzgerald mata papiers d état du cardinal de granvelle d après les manuscrits de la bibliothèque de besançon waxmann verlag la profunda fractura entre moral privada y moral pública en la cultura española entre 1843 y 1900 este volumen es el resultado

le scandale de litra grand annonceur de l explosion des - Aug 15 2023

web mais au delà de l aspect historique du marché de l or le scandale de litra a été annonceur puisque à lui seul il nous montre que le monde bancaire du xxiè siècle finira de la même façon par une escroquerie globale et la ruine des français

le scandale de litra grand annonceur de l explosion des - Jun 13 2023

web feb 19 2019 résumé voir tout le scandale de litra grand annonceur de l explosion des banques retour sur le grand vol de lingots d or du xxe siècle par un gestionnaire de fonds

le scandale de litra grand annonceur de l expl - Sep 04 2022

web mar 12 2023 scandale de litra grand annonceur de l expl that you are looking for it will utterly squander the time however below later than you visit this web page it will be in view of that le scandale de litra grand annonceur de l explosion des banques pierre jovanovic 2019 02 19

le scandale de litra grand annonceur de l expl download - Jun 01 2022

web le scandale de litra grand annonceur de l expl 1 le scandale de litra grand annonceur de l expl when people should go to the book stores search initiation by shop shelf by shelf it is in point of fact problematic this is why we give the book compilations in this website it will unquestionably ease you to look guide le scandale

le scandale de litra grand annonceur de l expl emile zola - Oct 05 2022

web money for under as competently as review le scandale de litra grand annonceur de l expl what you later than to read an inquiry into the existence of guardian angels pierre jovanovic 1997 07 29 a journalist s extensive investigation in the areas of near death experiences supernatural interventions and guardian angels

le scandale de litra grand annonceur de l explosion des - Jul 14 2023

web le scandale de litra grand annonceur de l explosion des banques by pierre jovanovic siècle qui avait secoué paris environ 100 millions d euros envolés ou plutôt volés à des centaines de clients innocents

le scandale de litra grand annonceur de l expl emile zola - Dec 07 2022

web this le scandale de litra grand annonceur de l expl but end up in harmful downloads rather than reading a good book with a cup of coffee in the afternoon instead they juggled with some harmful bugs inside their computer le scandale de litra grand annonceur de l expl is available in our book collection an online access to it is set

le scandale de litra grand annonceur de l expl copy - Aug 03 2022

web le scandale de litra grand annonceur de l expl life beyond life oct 01 2020 discusses the theory of reincarnation describes the cases of individuals who claim to remember past lives through hypnotic regression and considers the implications of déjà vu the cosmic winter feb 02 2021 extreme money mar 06 2021

le scandale de litra grand annonceur de de pierre - May 12 2023

web feb 19 2019 le scandale de litra grand annonceur de l explosion des banques grand format pierre jovanovic note moyenne donner le premier avis la société de litra nous a laissé un document historique exceptionnel aussi exceptionnel que la chute de la compagnie financière de litra elle même lire la suite 21 00 neuf expédié sous 3 à

le scandale de litra grand annonceur de l explosion des - Nov 06 2022

web le scandale de litra grand annonceur de l explosion des banques broché achat en ligne au meilleur prix sur e leclerc retrait gratuit dans de 700 magasins

le scandale de litra grand annonceur de l explosion des - Jan 28 2022

web jun 25 2023 le scandale de litra grand annonceur de l explosion des banques retour sur le grand vol de lingots d or du xxe siècle par un gestionnaire de fonds la société de litra nous a laissé un document historique exceptionnel aussi exceptionnel que la chute de la compagnie financière

le scandale de litra grand annonceur de l expl pdf - Feb 09 2023

web jul 6 2023 capably as review le scandale de litra grand annonceur de l expl what you gone to read the etruscan mika waltari 2021 05 09 first published in 1956 the novel etruscan by finnish author mika waltari begins around 480 b c and the story takes us on the spiritual journey of a young man named lars turms

les plus grands scandales et controverses littéraires stars insider - Mar 30 2022

web may 18 2023 d e nombreux livres sont sur le marché et certains d eux ont parfois été au cœur d un scandale en effet entre les accusations de plagiat les falsifications audacieuses en passant par des mensonges flagrants ces histoires ont fait la une des journaux cliquez sur cette galerie et découvrez ces livres et romans ayant mené au

le scandale de litra grand annonceur de l explosion des - Mar 10 2023

web may 2 2023 marché de l or le scandale de litra a été annonceur puisque à lui seul il nous montre que le monde bancaire du xxie siècle finira de la même façon par une escroquerie globale et la ruine des français

le scandale de litra grand annonceur de l expl pdf free - Dec 27 2021

web le scandale de litra grand annonceur de l expl pdf pages 3 10 le scandale de litra grand annonceur de l expl pdf upload betty c williamson 3 10 downloaded from static diabetesselfmanagement com on august 31 2023 by betty c williamson into contact with men and women of all stations of life who had known this remarkable man

le scandale de litra grand annonceur de l expl uniport edu - Jul 02 2022

web apr 25 2023 le scandale de litra grand annonceur de l expl 1 1 downloaded from uniport edu ng on april 25 2023 by guest le scandale de litra grand annonceur de l expl when people should go to the ebook stores search instigation by shop shelf by shelf it is essentially problematic this is why we allow the books compilations in this website

le scandale de litra grand annonceur de l expl emile zola - Apr 11 2023

web readings like this le scandale de litra grand annonceur de l expl but end up in malicious downloads rather than enjoying a good book with a cup of tea in the afternoon instead they are facing with some harmful virus inside their laptop le scandale de litra grand annonceur de l expl is available in our digital library an online access

le scandale a éclaté traduction anglaise linguee - Feb 26 2022

web de très nombreux exemples de phrases traduites contenant le scandale a éclaté dictionnaire anglais français et moteur de recherche de traductions anglaises leur amour et leur grande complicité atteint des sommets quand un beau jour le scandale éclate santabarbara online com

l interprète wikia scandal fandom - Apr 30 2022

web l interprète est le huitième épisode de la saison 5 de scandal la recherche d eli continue en secret et olivia craint que son implication ne soit révélée mais une affaire l appelle alors qu un accord de paix avec un pays stratégique du moyen orient va être signé un traducteur essaie de prévenir que l état cache peut être un arsenal nucléaire 48 heures