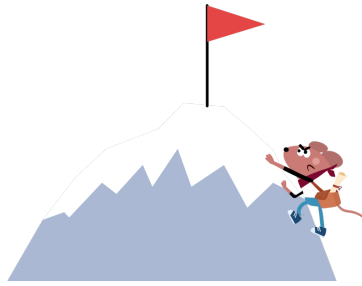




microwave

poach

roast



saute

scramble

sear



simmer

slice

steam



stir



thaw



toast