

[yahaaa.com/s/77689059](http://yahaaa.com/s/77689059)

microwave

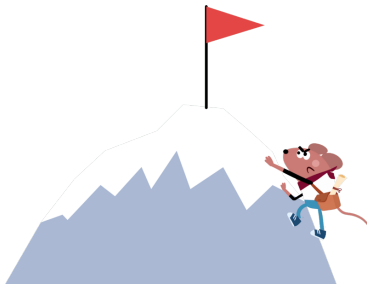
poach



roast



saute



scramble



sear

simmer



slice





steam



stir



thaw



toast