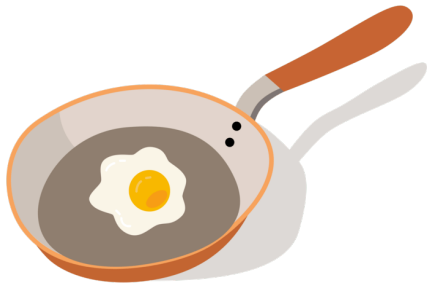
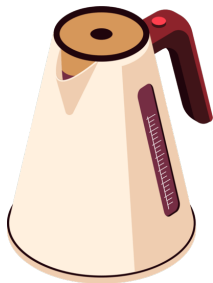


[yahaaa.com/s/93807981](http://yahaaa.com/s/93807981)



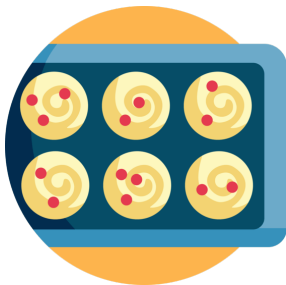
frying



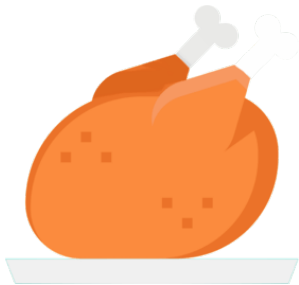
boiling



grilling



baking



roasting



poaching



steaming

blanching