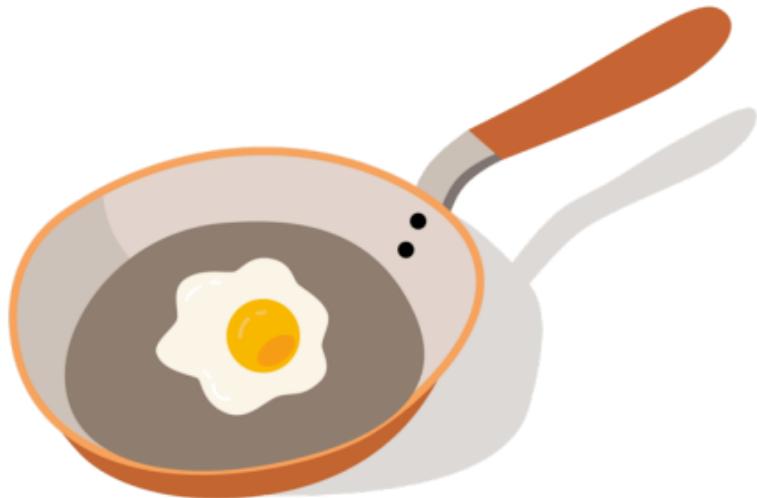


yahaaa.com/s/93807981



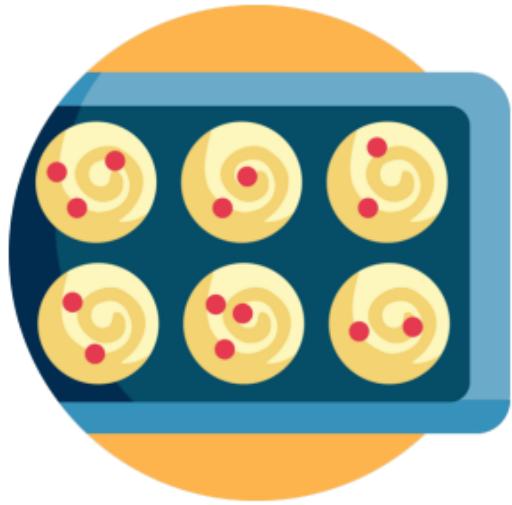
frying



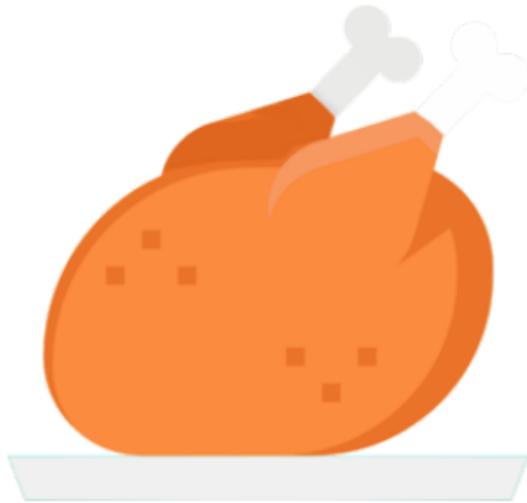
boiling



grilling



baking



roasting



poaching



steaming

blanching