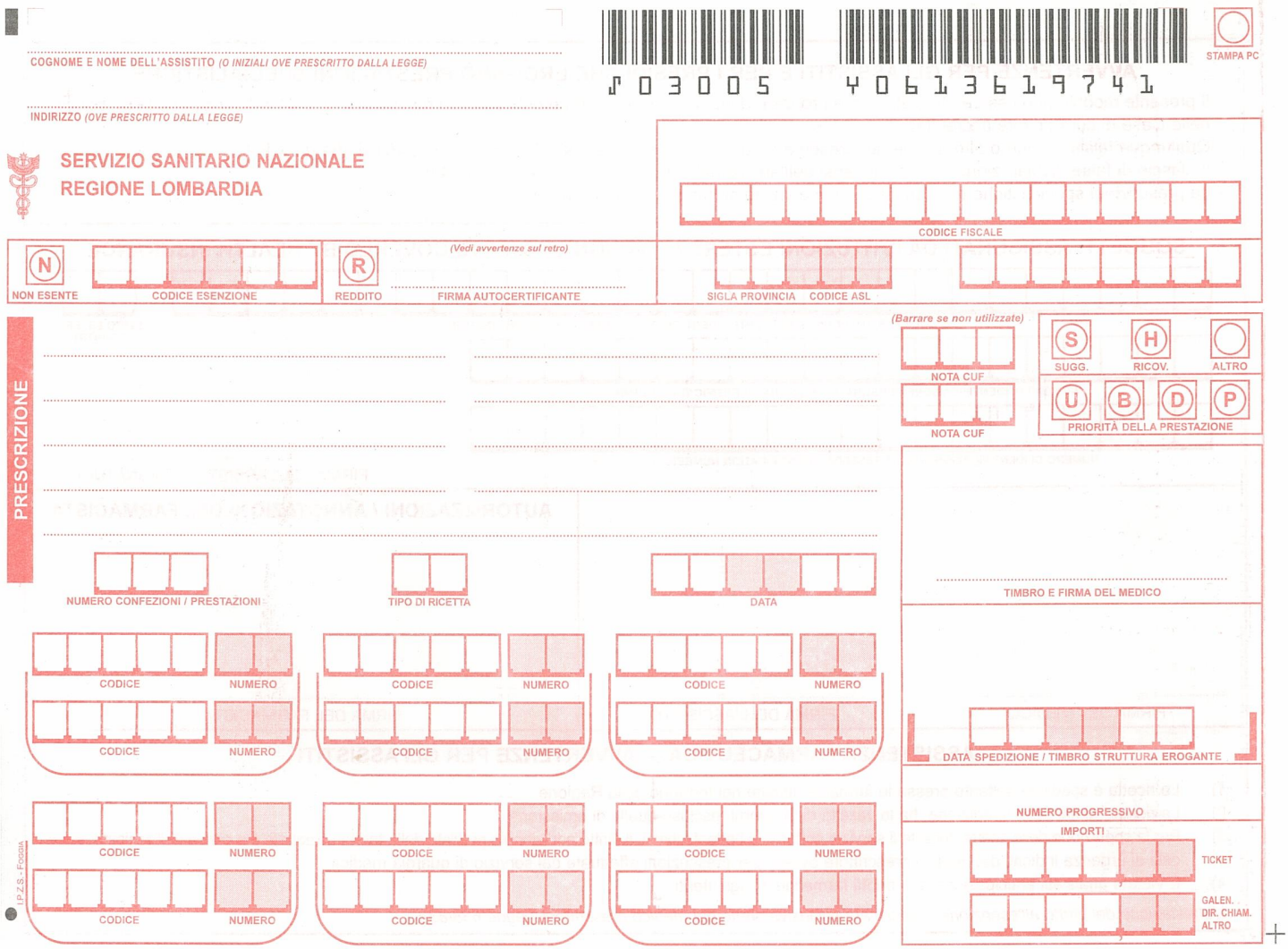Ricetta di test