

THE TASTE OF ANIME



“REPEATING TRIAL AND
ERROR AND FAILING MANY
TIMES... IT'S THAT PROCESS
WHICH MAKES THE DISHES
SHINE.”

- SOMA YUKIHIRA
SHOKUGEKI NO SOMA

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KONNICHWA!

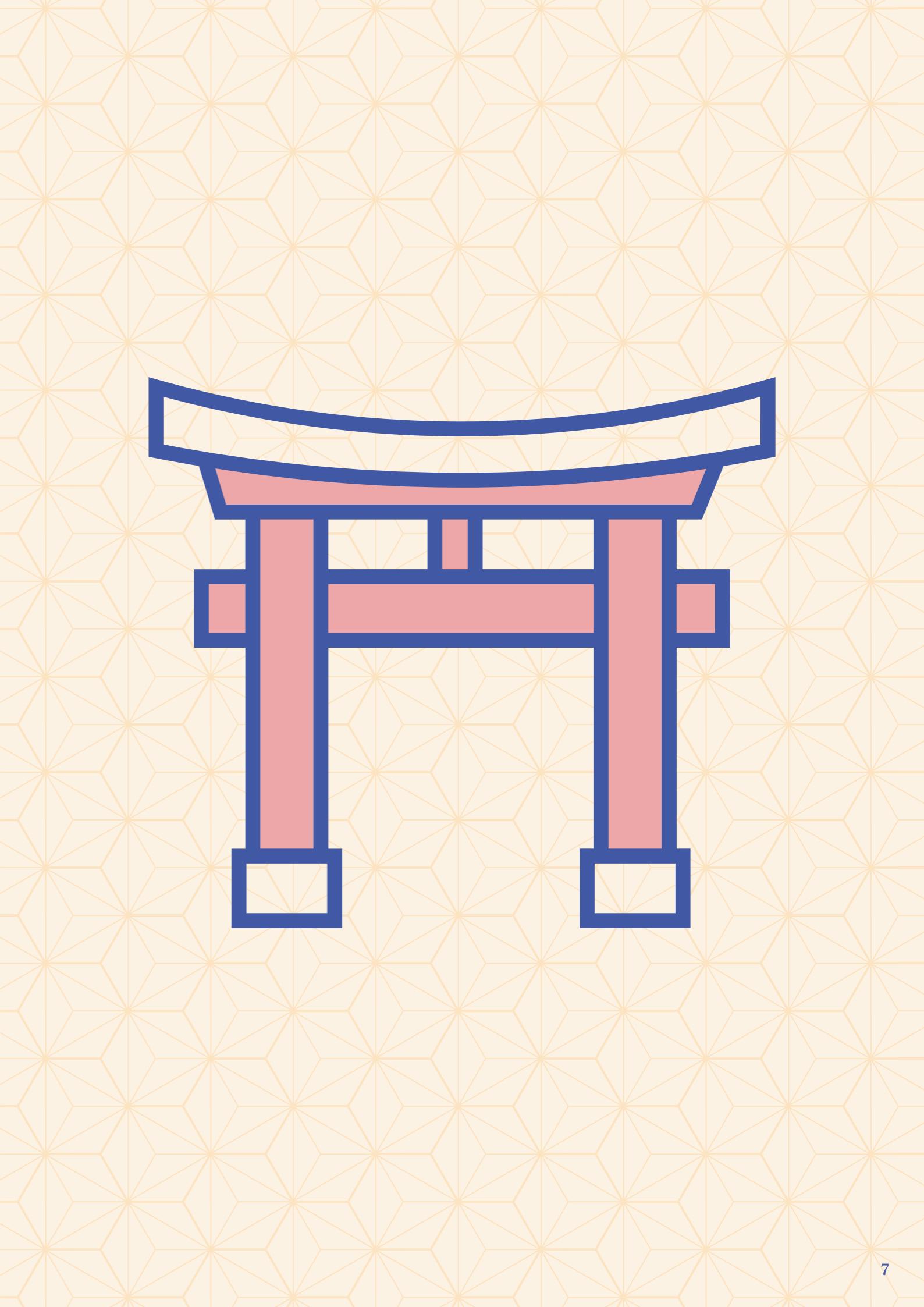
(HELLO)

We are three all-round designers from the Amsterdam University of Applied Sciences with a great passion for anime. Anime refers to a specific style of cartoon originating from Japanese animation. If you ever watched an anime, you have probably noticed how much work has been put in the attention to detail, especially when it comes to food. The food you see in anime always has a very appetizing look to it, which makes your mouth water. So, if you have a passion for anime and love the food (who doesn't)? This book is for you!

This book will guide you through a bunch of recipes to recreate the delicious dishes you have seen in anime. Some of the recipes are traditional Japanese dishes, while others are western inspired foods.

Let's bring the food to life and have a real taste of anime!
Itadakimasu! いただきます! (Enjoy your meal)

Side note: the recipes and images of the food used in this book do NOT belong to the designers of this cookbook. All sources will be credited and can be found on page 52. However, the design, illustrations, lay-outs, patterns, icons are made by us!







BREAKFAST



BACON & EGGS

HOWL'S MOVING CASTLE

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DIRECTIONS

First of all, it really won't get easier than this. You start off by heating up your pan on medium to low heat before pouring in the oil. Don't use too much oil, just enough to cover up the bottom of your pan. After the oil is all warmed up, place your bacon strips and cracking eggs onto the pan. Season it with salt and pepper. Cook for about 3 to 5 minutes, until the egg whites are cooked, but the yolk is still slightly runny. Turn off the stove and enjoy your breakfast.



- 💡 Easy
- 🍴 2 servings
- ⌚ 5-10 minutes

INGREDIENTS

- 4 bacon strips
- 4 eggs
- Salt and pepper
- Oil





FLUFFY PANCAKES

ふわふわパンケーキ
YOUR NAME

DIRECTIONS

First crack the eggs open and separate the yolks from the whites. For now put the egg whites in the freezer and put the egg yolks in a bowl. Whisk the egg yolks until they turn white.

Add 20ml milk to the egg yolks. After that use a wire sieve or a sifter to sift 30 g flower and 2g baking powder into the bowl. Mix the ingredients together.

After 15 minutes take out the bowl with egg whites from the freezer. Now, start beating the egg whites with a hand mixer.

When the egg whites turn frothy and pale white, add the granulated sugar. Continue to whisk the egg whites. (TIP: At first beat it at high speed and then low speed at the end to get the fine texture)

Heat a large frying pan and coat it with butter or oil. Remove any visible oil with a paper towel. Keep the pan on low heat.

Take one third of the egg whites and add it to the egg yolk mixture. Whisk it well together. Now take the remaining egg whites and add them to the egg yolk mixture. Fold them gently together with a whisk without breaking the air bubbles.

While using a small ladle, place the dough on the pan. Each pancake gets roughly 4 scoops. Stack the scoops on top of each other. Keep the pan on low heat. Set the timer for 6-7 minutes and add 1 tbsp of water across the empty spaces inside the pan. Cover the pan with a lid and let it steam.

When you see that the top of the dough becomes lightly firm and it doesn't stick to the spatula, turn it gently over while using the spatula. Set the timer for 4-5 minutes and add 1 tbsp of water across the empty spaces inside the pan. Cover the pan with a lid and let it steam.

Once the 4-5 minutes are over, check the sides of the dough with a spatula. If the dough is firm, transfer the pacakes on a plate.

Finally, top your pancakes with a topping of your choice. Enjoy!



Medium
2 servings
+ 20 minutes

INGREDIENTS

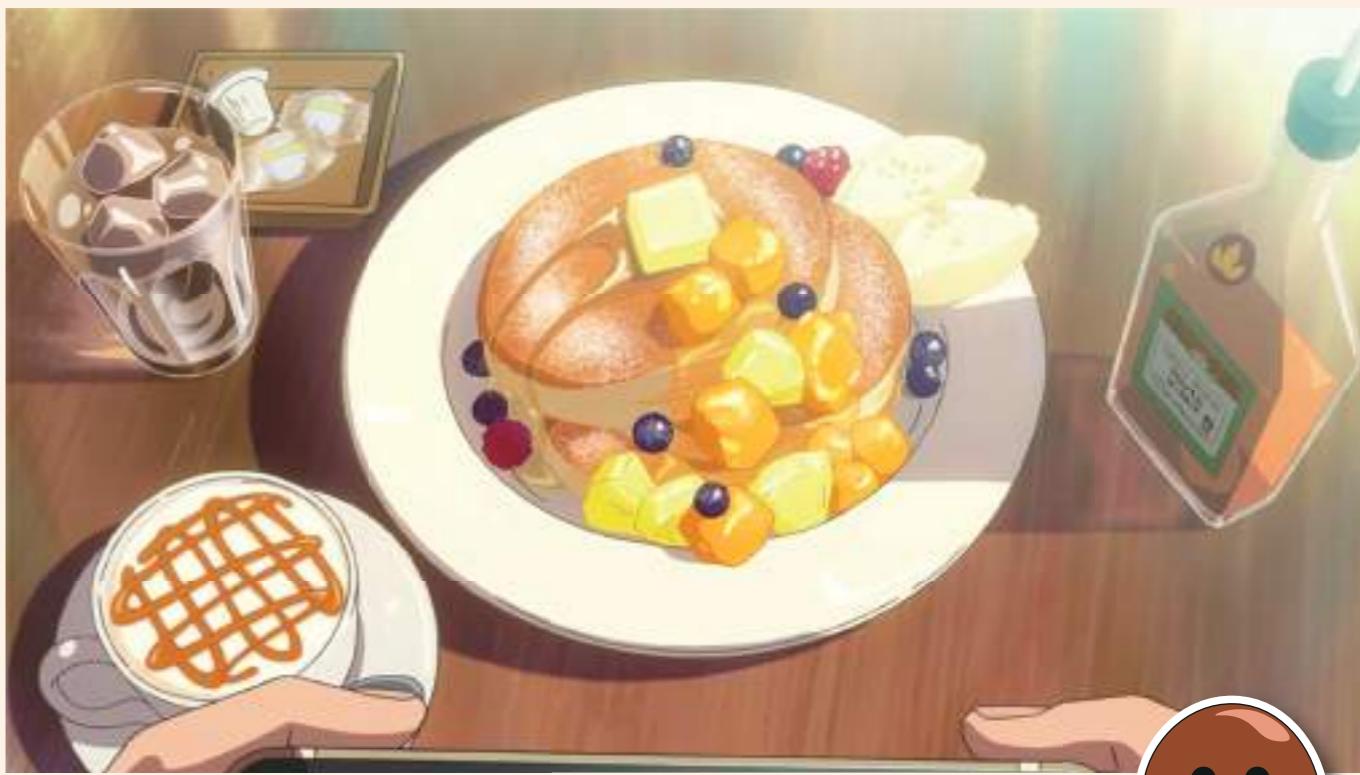
- 2 eggs medium sized
- 20g granulated sugar
- 30 g all purpose flour
- 2 g baking powder
- 20 ml milk / plant-based milk

TOPPINGS

- Mango
- Pineapple
- Raspberry
- Blueberry
- Vanilla ice cream
- Butter
- Maple syrup

ALSO SEEN IN:

- Pokémon
- Shokugeki no Soma
- Cardcaptor Sakura





SNACKS & APPETIZERS



ONIGIRI

BROCK FROM POKÉMON

おにぎり

Onigiri are triangular shaped rice balls, covered by seaweed. You can put almost anything in an onigiri, like all kinds of fish, vegetables or meat. Popular fillings are grilled salmon, pickled plums, beef, pork, turkey, or tuna with mayonnaise.

DIRECTIONS

FOR THE FILLING

To make the tuna mayo filling, put the canned tuna in a bowl. Add 4 tbsp of Japanese kewpie mayo and 1 tbsp of sriracha to spice it up. Mix it well together.

FOR THE ONIGIRI

First of all, start by washing your rice! Wash it about 3 times, until the water becomes almost clear. Put the rice in the rice cooker and add 4 cups of water.

Once your rice is done, let it cool off until completely cold. When it's cooled off, wet your hands so the rice won't stick as much. Form the rice into a disc and add a big scoop of the tuna mayo filling. Then add another disc of rice and then form that into a triangle. Lastly, add a strip of seaweed to each onigiri and you're ready to serve!

- 💡 Medium
- 🍴 4 servings
- 🕒 +- 45 minutes

INGREDIENTS

- 2 cups uncooked short-grain white rice
- 4 cups of water
- Pinch of salt
- 12 pieces of snack-sized Nori
- 2 cans of tuna
- 4 tbsp Japanese kewpie mayo
- 1 tbsp sriracha

ALSO SEEN IN:

- Spirited Away
- Demon Slayer
- Natsume's Book of Friends
- One-Punch Man





GYOZA

JUJUTSU KAISEN

餃子

DIRECTIONS

First heat a large skillet and coat it with sesame oil. Keep the pan on medium high heat. Now mix in the cabbage, onion, garlic and carrot. Continue to cook and stir it until the cabbage is limp.

After that mix in the ground pork and egg. Continue to cook the pork until its evenly brown, and when the egg is no longer runny.

Now heat a large skillet and coat it with vegetable oil. Keep the pan on medium high heat.

Take out the wrappers and place roughly 1 tablespoon of the cabbage and pork mixture in the center of each wrapper. Fold them in half and seal the edges with moistened fingers.

When all the gyoza is wrapped, put them in the preheated vegetable oil. Turn the gyoza over after approximately 1 minute, until they turn lightly brown. After that put $\frac{1}{4}$ cup water into the skillet and reduce the heat. Cover the pan with a lid and let it steam until the water is gone.

For the dipping sauce, take a small bowl and mix the soy sauce and rice vinegar. Enjoy!



• Medium
• 10 servings
• +- 45 minutes

INGREDIENTS

- 1 tablespoon sesame oil
- 20g granulated sugar
- 2 cups chopped cabbage
- $\frac{1}{4}$ cup chopped onion
- 1 clove garlic, chopped
- $\frac{1}{4}$ cup chopped carrot
- $\frac{1}{2}$ pound ground pork
- 1 egg
- 1 tablespoon vegetable oil
- 1 (10 ounce) package wonton wrappers
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup soy sauce
- 2 tablespoons rice vinegar

ALSO SEEN IN:

- Dorohedoro
- Sweetness and lightning
- Hakata Tonkotsu Ramens



メインコース



MAIN COURSE



RAMEN

NARUTO

ラーメン

DIRECTIONS

Before you start, marinate the pork tenderloin for at least 3 hours. You can use soy sauce, or a mixture of other Asian sauces like teriyaki.

When you're done marinating the pork tenderloin, preheat your stove to 450 degrees. Then cook the pork tenderloin for 10-15 minutes, or cook it all the way through.

Put your two eggs in a pot of water with enough water to submerge them. Cover the lid and let them boil, it takes about 10 minutes. Then take them out and place them in a bowl of cold water to let them cool.

During the cooling, pour the 5 cups or broth in the pot and let it simmer. You can add some soy sauce or your own choice of sauce.

Once the broth begins to simmer, add the ramen noodles. DO NOT add the flavor packets that are inside the ramen package. Let that cook.

Now, we can prepare the toppings. Peel the eggs and slice them in half. Then cut the pork tenderloin, kamaboko bok choy, aburage and green onion into thin slices.

When the noodles are done cooking, place the broth in a deep bowl and the noodles next. Then place all of the ingredients in groups above the noodle until it looks neat. Itadakimasu!

- Medium
- 2 servings
- + - 3 hours

INGREDIENTS

- Two packs of ramen noodles of your choice.
- 5 cups of pork or beef broth (You can use the stuff in the package as a substitute.)
- Pork Tenderloin
- 2 Eggs
- 1 Baby bok choy
- 1 Green Onion
- Soy Sauce

OPTIONAL

- Aburage x5
- Nori
- Kamaboko x3 (This is that white thing with the pink swirl)

ALSO SEEN IN:

- Dragon Ball Super
- Your Name
- Ms. Koizumi Loves Ramen Noodles
- Ramen Fighter Miki
- Ponyo





OMURICE

MISS KOBAYASHI'S DRAGON MAID

オムライス

Omurice is a perfect example of Japanese home cooking. It's a literal mashup of omelet and rice. It's an omelet cloak filled with ketchup flavored fried rice which is often called chicken rice even if it's made with ham, bacon or in a vegan way. It belongs to a category of "western" foods called Yoshoku.

DIRECTIONS

Heat a large skillet over a medium-high fire. Add 1 tablespoon of butter into the skillet and afterwards put in the onions and carrots. Cook for around three minutes until the onion becomes a little brown at the edges and don't forget to stir. Add your ham and cook this for about 30 seconds while stirring until it begins to brown.

Add the remaining tablespoon of butter, and then your rice. Make sure to break it up with a wooden spoon or try using chopsticks. Put in on a medium heat and cook the grains until they've become glossy which will take about 1 to 2 minutes. Stir in soy sauce and ketchup and cook it for about 30 seconds or so to caramelize it. Now stir in the peas and afterwards deglaze the pan with chicken stock or dashi. Now you can remove it from the heat and add seasoning to your liking.

To make your mound of rice, grease a small bowl with canola or safflower oil and pack 1 cup of the rice. Turn this upside down over a plate and remove the bowl. Proceed to do this with all the rice you made, so if you made two servings prepare two plates.

Make the omelet in a small non-stick skillet (15- or 18-cm). Heat 1/2 teaspoon of oil; or just enough to coat the pan and put it over a medium-high heat. Beat 2 eggs with 1/2 teaspoon dashi or water until the yolks and whites are blended. Afterwards you can season it with salt and pepper.

Pour the egg mixture into the heated pan. Swirl and shake the pan over the heat. Keep stirring constantly with a chopstick or a fork as the eggs cook. The egg should become custardy and have formed small curds. Then let it cook for about 30 seconds undisturbed until it's nearly set. Afterwards run a spatula around the edge of the omelet and tap the pan firmly against the stove to loosen up the omelet. Turn the omelet out custardy side down onto the rice. Grab a clean towel or paper towel and push the edges of the omelet under the rice.

Repeat this for the amount of servings you've made and before serving put a zigzag line of ketchup on top.

- 💡 Hard
- 🍴 2 servings
- 🕒 +- 20 minutes

INGREDIENTS

FOR THE RICE:

- 2 tablespoons butter
- ½ medium onion, cut in 1.5 cm dice (about 96 grams)
- 1 medium carrot, peeled, cut in 1-cm dice (about 96 grams)
- 2 to 3 slices deli ham, cut into 1.5-cm pieces
- 2 cups cooked medium-grain rice, preferably day-old or cooked a little dry
- 2 tablespoons ketchup, plus more for serving
- 1 teaspoon soy sauce
- 32 grams of frozen peas
- 1 tablespoon chicken stock or dashi (optional)
- Salt and pepper
- Canola or safflower oil, or other neutral oil

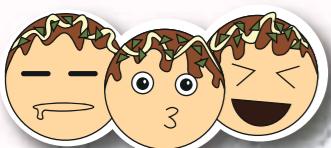
FOR THE OMELET:

- 1 teaspoon canola or safflower oil, or other neutral oil
- 4 eggs
- 1 teaspoon dashi or water
- Salt and pepper

ALSO SEEN IN:

- Mob Psycho 100
- Blue Exorcist: The movie
- Gundam Build Fighters
- Charlotte





OKONOMIYAKI

A SILENT VOICE

お好み焼き

DIRECTIONS

OKONOMIYAKI SAUCE:

Put all the ingredients into the pan and stir until it's mixed up nicely. Bring the pan to a boil and afterwards you can put it on a low heat while letting it simmer for about three minutes.

THE PANCAKES

Beat the eggs until mixed, then add them into a bowl with flower and broth. Mix the cabbage and diced scallions into the batter (but save a bit for the toppings) and add a pinch of salt. Check if your pancake batter is of the correct consistency. If it's too close to liquid, add breadcrumbs or panko and the batter will thicken. You can also add more flour or broth to get your preferred consistency for the batter.

Heat up a baking pan on middle-high heat and add some sunflower oil. Pour the batter into the pan and try to spread it evenly to create a nice round pancake. Lay the pieces of bacon on top and then cover the pan with a lid. Let it bake for about three minutes, until the bottom has become a golden brown color. If the bottom is done, it's time to flip the pancake and let the other side bake for about three minutes when it turns golden brown too.

Now that it's done you can put it on a plate and add the Okonomiyaki sauce on top and also add some mayonnaise. To completely finish it you can add toppings like some scallions or put on whatever you prefer.

- 💡 Hard
- 🍴 2 servings
- ⌚ +- 25 minutes

INGREDIENTS

FOR THE OKONOMIYAKI SAUCE

- 4 tablespoons of ketchup
- 1/2 tablespoon of worcestershire sauce
- 1/4 teaspoon of Dijon mustard
- 2 tablespoons of mirin
- 1 tablespoon of sugar
- 1 teaspoon light soya sauce

FOR THE OKONOMIYAKI:

- 100 grams of flour
- 100 ml dashi or broth
- 2 eggs
- A pinch of salt
- 1 tablespoon of panko (Japanese breadcrumbs)
- 3 scallions cut into rings
- 150 grams of diced cabbage
- 1 tablespoon of vegetable oil
- 4 pieces of bacon
- A pinch of shichimi togarashi (optional)
- Mayonnaise

ALSO SEEN IN:

- Amaama to Inazuma
- Sweetness & Lightning
- Ranma ½





CURRY

ERASED

カレー

DIRECTIONS

Before you start cooking, gather all your ingredients. Make sure they are all cut into uniform shapes, to help it cook evenly at the same time.

Wash the rice about 3 times, until the water becomes almost clear. Put the rice in the rice cooker and add 4 cups of water.

In a large pot, heat about 1 to 3 tablespoons of oil. First you are going to season the meat with salt, pepper, paprika and chili pepper and put it in the pot until it's cooked. After that, take it out so it won't cook any further.

The next step is to sauté the onion until the edges start browning. Then you can add the potatoes and carrots and stir. Add 500 ml of your broth (or water) and bring it to a boil. When it starts to boil, add about 6 instant curry roux cubes and keep stirring.

Keep the pot simmering on low-heat for about 30 to 45 minutes, or until all of the vegetables are cooked. Add the meat again and gently stir until everything is well mixed.

Serving

Place a cup of hot cooked rice onto one side of a plate. And pour the curry next to it.



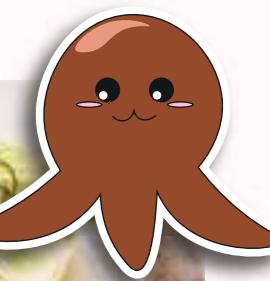
Medium
4 servings
+- 70 minutes

INGREDIENTS

- Curry cubes (instant curry roux)
- Chicken, beef or vegetable broth
- 2 cups rice
- 4 cups water
- 1 big onion
- 4 carrots
- 6 potatoes
- 300 gr chicken thigh, pork or beef (optional)

ALSO SEEN IN:

- Blue exorcist
- One Piece
- Haikyuu!!
- Pokemon
- My Hero Academia





10

CREAM STEW POKÉMON

クリー
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Cream stew is a rich and creamy stew, without the heaviness. Brock probably cooks up this stew at least five times each season.

DIRECTIONS

Before you start cooking, prepare all the vegetables and meat. First cut 400 grams of chicken thigh fillet into pieces of roughly 2 centimetres. Slice the onion and peel the potatoes. Cut the potatoes and carrots also in pieces of roughly 2 to 3 centimetres. Lastly, cut the broccoli into small florets.

Now it's time to start cooking. Take a large pot and Heat about 1 tablespoon of oil. Sauté the onions until softened and add the sliced chicken. Place over medium to high heat until the chicken is cooked.

Add your diced potatoes, carrots, 2 teaspoons of chicken stock powder and 500 ml of water. Bring the whole to a boil and let it simmer.

In the meanwhile, it's time to prepare the cream roux. Take a medium saucepan and melt 30 grams of butter over low heat. Add about 60 ml of the milk and 50 grams of flour to the pan. Keep whisking until it smoothens. While whisking, gradually add the rest of milk. Increase the heat to medium until the mixture thickens and bubbles arise to the surface. Lastly, add 30 grams of grated cheese and again, mix well.

Add the cream roux mixture to the large stew pan. Then add the broccoli and bring to a gentle boil one more time. Season it with salt and pepper to taste and you're done!

Serving tip: Eat this stew with a side of steamed rice.



- Medium
- 4 servings
- + 60 minutes

INGREDIENTS

- 400g chicken thigh fillet, cut into 2cm pieces
- 1 onion (sliced into 2.5cm/1inch squares)
- 3 potatoes (peeled and sliced into 2.5cm/1 inch cubes)
- 4 carrots
- 1 broccoli (cut into small florets)
- 2 tsp chicken stock powder
- 500 ml water
- 50 gr flour
- 30 gr butter
- 3x 750 ml milk
- 30g grated cheese

ALSO SEEN IN:

- The secret world of Arrietty
- Cowboy Bebop, Garo: the Animation



DESSERTS

MATCHA ROLL

YUMEIRO PATISSIERE

DIRECTIONS

FOR THE CREAM FILLING:

Add the heavy cream, sugar, and matcha powder into a bowl and mix it until it's thick. When it's done, put it in a container and keep it in the refrigerator.

FOR THE CAKE:

Preheat the oven to 350 degrees. Prepare a 49 x 26 x 3 cm jelly roll pan by lining it with wax or parchment paper, butter the paper and dust it with powdered sugar. Take a bowl and sift the flour, cornstarch, baking powder and matcha powder together.

Take a large bowl and separate the egg yolk and egg whites. Whisk the egg whites and salt with an electric mixer until it forms soft. Then add 4 tablespoons of sugar, one tablespoon at a time, and whisk until the white turns stiff.

Put the egg yolks in another large bowl and whisk it until it's thick and lemon-colored. Gradually add water and the rest of the sugar. Gently stir about $\frac{1}{4}$ of the egg whites into the bowl with the egg yolks to loosen up the mixture. Fold the remaining egg whites.

Now gradually add and fold in the flour (matcha powder bowl) carefully, try to retain as much volume as possible. Pour the mixture into the pan and spread it evenly. Bake it for 12-15 minutes until the cake is done. Make sure not to over-cook the cake.

Take a wax or parchment paper, lay the paper on top of a dish cloth that has been wrung out in hot water. Butter it, then dust it with powdered sugar. This will help prevent the cake from breaking or cracking.

When the cake is done, turn the pan upside down onto the prepared paper. Remove the lining paper as quickly as possible. If it sticks, damp it slightly to help remove the paper.

Prepare another wax or parchment paper just like we did before, and slowly roll the cake towards you. Use a little pressure but not too much, you don't want to break the cake. Let it cool completely. When it's cool, unroll the cake and remove the inside paper very gently.

Take the cream you made and spread it on the cake, make sure to leave some space at all edges so it doesn't spill out. Add some red bean paste on the end that you will roll first.

Lastly, roll the cake back up and wrap it in another buttered and powdered paper. Make sure to form it gently. Now put it in the refrigerator for 30 minutes up to 3 hours. Serve it cold and enjoy!



Hard
2 servings
4 hours

INGREDIENTS

FOR THE CAKE:

- 4 egg whites at room temperature
- 4 egg yolks at room temperature
- 1 cup of super fine sugar divided in half
- 1 cup flour
- 1 tablespoon cornstarch
- 1 ½ baking powder
- A pinch of salt
- 1 tablespoon cold water
- 1 ½ tablespoons Mat cha powder - Green tea powder
- Powder sugar for dusting trust me you'll need a lot!

FOR THE CREAM FILLING:

- 1 cup heavy cream
- 1 cup sugar
- ½ tablespoon matcha powder
- Red bean paste.

ALSO SEEN IN:

- Cardcaptor Sakura: Clear Card
- Love Election and Chocolate
- Princess Jellyfish





PURIN

ASSASINATION CLASSROOM

プリン

Purin is a cold custard dessert, much like flan with caramel sauce on top. Purin contains only a few ingredients, so it is easy to make!

DIRECTIONS

First of all gather the ingredients and six molds for the purin. Butter the molds in advance.

For the caramel sauce

Heat 2 tablespoons of water in a saucepan. Then add 6 tablespoons of sugar, and simmer over medium heat until the sauce turns brown. After that, carefully add 1 tablespoon of warm water to make the sauce thinner. When it's ready, pour a little bit of the sauce in each one of the molds.

For the custard

Take another pan and add 500 ml of milk. Heat the milk until pre-boiling. Add 125 grams of sugar and 1 teaspoon of pure vanilla extract and remove from the heat.

In another bowl, beat 3 eggs and gradually add the warm milk texture to that bowl. Run it through a strainer and take out the bubbles from the surface. Pour the remaining egg mixture evenly over the caramel sauce in the molds.

Place the molds in a steamer and steam on low heat for about 15 to 20 minutes or until cooked through. Then let it cool off before removing the pudding from the molds. Now you're ready to serve!

- 💡 Easy
- 🍴 6 servings
- ⌚ +- 55 minutes

INGREDIENTS

- Butter (for the molds)
- 3 tablespoons warm water, divided
- 6 tablespoons sugar
- 1 teaspoons pure vanilla extract
- 4 large eggs
- 500 ml milk
- 125 gr sugar

ALSO SEEN IN:

- Crayon Shin-chan
- JoJo's Bizarre Adventure: Diamond is Unbreakable
- Toriko



DANGO

NARUTO

だんご

Dango is a Japanese delicacy which consists of cooked balls of dough. It's often served in pairs of 3 or 4 on a skewer with a cup of green tea. It's a delicacy which is similar to another known delicacy of Japan called Mochi.

DIRECTIONS

Add 200 grams of the flower to a bowl, and add the required amount of water as you go, while throwing in the 100-150 grams of sugar.

Wait until the flower becomes a mud like texture, then proceed to slowly knead the dough for a minute until you acquire the desired feel.

Split up the dough in equal amounts. Think of the colors you would like to make. So if you would like to make green, pink and white dango make sure to divide your dough in three parts

Color the dough with the food coloring you would like to use. Make sure to knead the dough till you get a nice even color.

Green using matcha:

If you would like to use matcha to get a green color and a little bit of a different taste, you'll need to prepare the Matcha first. Add 1 teaspoon of water to your matcha powder and mix it to make a paste. Knead the paste into your dough till you have an even color.

Make balls of your colored dough, and prepare a pot with water.

Prepare your skewers by soaking them in water.

Bring the pot of water to a boil and begin cooking with the white dough (if you start cooking with the colored dough you might stain your colorless dough). Once the balls rise to the top of the pot, continue cooking them for approximately 2 minutes. Keep doing this until all your balls are cooked

When it's cooked, transfer the balls to a bowl of ice water in order to cool them down. Once everything is cooled off, skewer the dango and they're ready to be served

Tip: If you prefer you can also add topping on your dango. And dango is most often served with green tea



- 💡 Hard
- 🍴 1 serving
- ⌚ +- 60 minutes

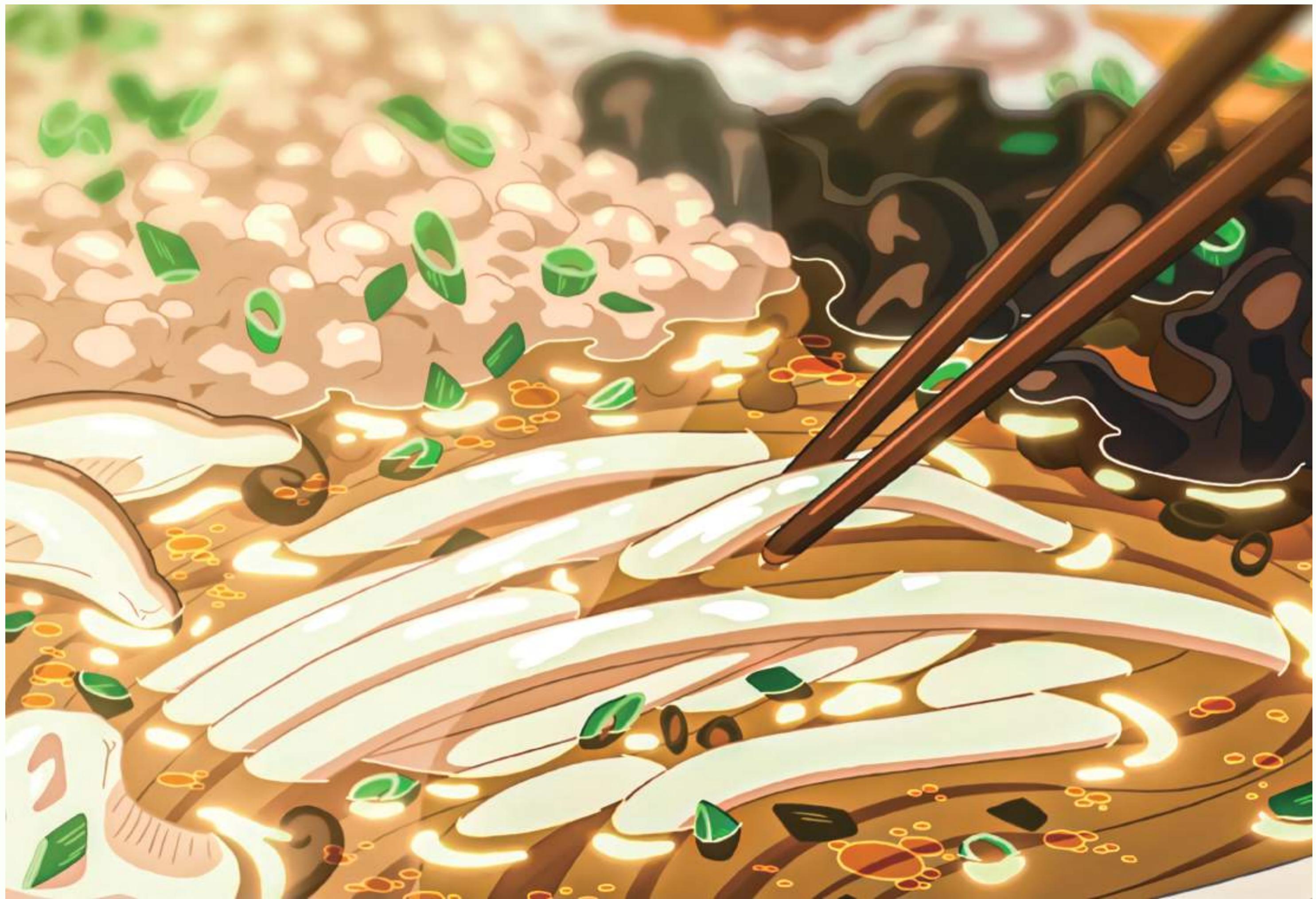
INGREDIENTS

- Glutinous rice flower 200g
- Sugar 100-150g
- Water proper quantity
- Matcha very small amount
- Food coloring (use very small amounts)

ALSO SEEN IN:

- Samurai Champloo
- Gintama
- Charlotte
- Clannad







ARIGATO!

(THANK YOU)

あり
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We had a lot of fun combining our passion for anime and food and putting it all together in this cookbook. We hope you loved it too and enjoyed recreating the recipes you have seen in the anime.

To make all of this happen, we would like to thank the Amsterdam University of Applied Sciences for giving us the opportunity to follow our passions and create something that's completely our thing.

We would also like to thank our teachers for helping us along the way by giving feedback and ideas to make our concept and designs even better! And last but not least, our friends and family for giving critical feedback when they were asked to try out our cookbook and also for emotional support in stressful times.



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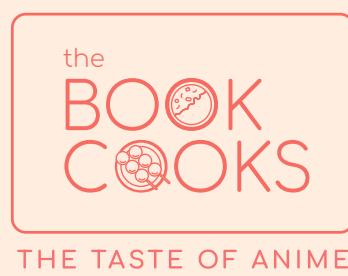
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