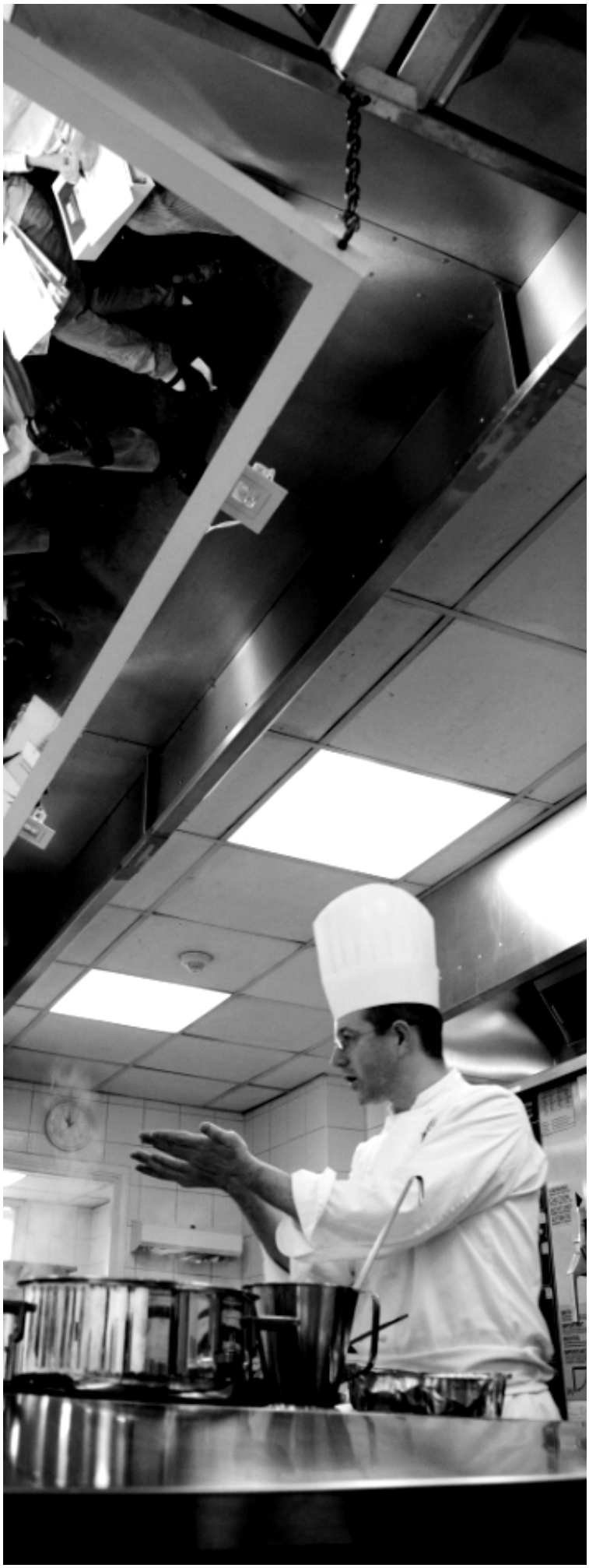

LE CORDON BLEU LONDON

DEMONSTRATION PROGRAMME

JUNE – SEPTEMBER 2009

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About Le Cordon Bleu

Over the past century, **Le Cordon Bleu** has evolved from a small Parisian cooking school to an international network of culinary arts academies. Today, Le Cordon Bleu is represented by 30 schools around the world, and is attended by more than 20,000 students every year.

The London school was founded in 1933 and welcomes every year an international mix of students. They are taught by Master Chefs, coming from the world's finest kitchens and fully dedicated to transmitting their "savoir-faire". The school, located in Central London, offers full time professional training as well as short courses for amateurs and aficionados of French gastronomy.

For more information about our admissions and school

Visit our website: www.lcblondon.com
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Or write to us: 114 Marylebone Lane, London W1U 2HH
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Book your place today!

As a taste of our Classic Cycle courses, we offer a limited number of places at certain daily demonstrations, where you can watch our Master Chefs conveying their knowledge and experience, as well as joining in the tasting session at the end of the demonstration.

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Call Customer Services at the number above to check availability.

Dates and times of demonstrations may be subject to change.

We hope to see you there!

Le Cordon Bleu London – Demonstration Programme

Week 1: 29 June – 03 July 2009

[C] Cuisine **[P] Pâtisserie**

Monday 29 June	Tuesday 30 June	Wednesday 01 July	Thursday 02 July	Friday 03 July
No demonstrations	**[C] Dem 01 – 9 am** **Introduction to French Cuisine:** • Knife skills, French vegetable cuts, kitchen & equipment safety	**[C] Dem 03 – 9 am** **Northern France:** • Pumpkin soup • Flemish beef *carbonnade*, pan-fried chicory, parsley potatoes • Apple *Dartois* pastry with cinnamon cream	**[C] Dem 06 – 9 am** • Finishing of foie gras terrine (see Dem 04 & 08) • Finishing of beef Wellington (see Dem 04) • Smoked salmon & scallop noisettes with *beurre rouge* red wine sauce	**[C] Dem 08 – 9 am** • Presentation of foie gras terrine (see Dems 03 & 06) • Roast duck or wild duck with cloves and honey
	[P] Dem 02 – 1 pm • ***Poires au caramel religieuses*** : caramelised pears layered with chocolate mousse & sponge • Brioche dough preparation (for Dem 10)	**[C] Dem 04 – 9 am** • Preparations for foie gras terrine (cont. Dem 06) • Turbot & salmon in a vegetable saffron broth with fresh herbs • Preparation for beef Wellington (cont. Dem 06) **[C] Dem 05 – 1 pm** **Raw starters & salads:** • Salade Florida , Roquefort dressing • Fanned avocado, French dressing • *Crudités* vegetable platter, French dressing • Green salad, wholegrain mustard dressing	**[C] Dem 07 – 1 pm** **Normandy:** • Fillets of sole, sauce dieppoise • Veal with apples & cream • Teurgoule rice pudding, sablé biscuits • Laminated dough for Kouign Amann pastry (cont. Dem 09)	**[C] Dem 09 – 1 pm** **Brittany :** • Stuffed clams • Fillets of salmon with sorrel stuffing • *Kouign Amann* pastry with apple coulis (see Dem 07)

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Week 2: 06 July – 10 July 2009

[C] Cuisine **[P] Pâtisserie**

Monday 06 July	Tuesday 07 July	Wednesday 08 July	Thursday 09 July	Friday 10 July
[P] Dem 10 – 9 am **Various brioches & fillings:** • *Brioche à tête, brioche Lorraine, brioche nantaise, craquelin*, walnut loaf (see Dem 02) • Pastry cream & almond cream	**[P] Dem 12 – 9 am** **Savoury petits fours:** • *Quiche lorraine*, ham croissants, cocktail sausages, anchovy sticks, *bouchées*, smoked salmon rolls, *paillettes*…	**[C] Dem 14 – 9 am** **Loire Valley/ Anjou:** • Stewed trout *à l'angevine*, braised lettuce & *beurre nantais* sauce • Hot Cointreau soufflé • Preparation for pork *rillettes* (cont. Dem 18) **[C] Dem 15 – 9 am** • Stuffed whole brill with a lobster and tomato sauce • Frozen white chocolate nougat with raspberry coulis	**[C] Dem 17 – 9 am** • Parcels of pan-fried scallops with chicory & orange • Grilled lamb noisettes, sauce Paloise	**[C] Dem 19 – 9 am** • Fillets of red mullet with crispy potato scales • Bar of pineapple, coconut & white chocolate mousse with pomegranate & mango compote
[C] Dem 11 – 1 pm **Cooked starters & salads :** • Mayonnaise, tartar sauce, Marie-Rose sauce • Italian vegetable & salami salad • Potato & egg salad • Greek baby onion & mushroom salad	**[C] Dem 13 – 1pm** **Vegetable *bouquetière*:** • Layered turned & glazed vegetables, • Tomato *concassé,* • Classic mushroom duxelle, • Turned mushrooms cooked *à blanc* • Turned artichoke bottoms cooked in a *blanc*	**[C] Dem 16 – 1 pm** **Stocks:** • Brown veal stock • White chicken stock : poached chicken & plain boiled rice	**[C] Dem 18 – 1 pm** **Loire Valley/ Touraine:** • Finishing of pork *rillettes* (see Dem 14) • Pork fillets with prunes & Vouvray wine, stuffed Paris mushrooms • Touraine *crémet* pudding with raspberry coulis	**[C] Dem 20 – 1 pm** **Loire Valley/ Sologne:** • Pike *Chartreuse* (moulded mousse) with *sauce poulette* • Roast quail *Grand-Mère* with shredded vegetable cakes • Tarte Tatin

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Le Cordon Bleu London – Demonstration Programme

Week 3: 13 July– 17 July 2009

[C] Cuisine **[P] Pâtisserie**

Monday 13 July	Tuesday 14 July	Wednesday 15 July	Thursday 16 July	Friday 17 July
[P] Dem 21 – 9 am	**[P] Dem 23 – 9 am**	**[C] Dem 25 – 9 am**	**[C] Dem 29 – 9 am**	**[C] Dem 31 – 9 am**
• **Feuille d'automne** (almond meringue cake layered with chocolate cream, chocolate decorations) • Laminated yeast dough for *Viennoiseries* (cont. Dem 28)	• **Entremet aux Marrons** (chestnut mousse in sponge)	**Vendée/ Poitou Charente:** • *Mouclade* : mussel soup • Thick *navarin* lamb stew with glazed vegetables • Peas *à la vendéenne* • Frangipane tart **[C] Dem 26 – 1 pm** **Pastries (I):** • *Quiche Lorraine*: ham & cheese quiche • Fruit tart	• Chicken and celery consommé served under a pastry lid • Finishing of duck salmi, Bigarade sauce (see Dem 27) • Individual spiced bread ice cream cakes	• Scallops baked in their shells • Stewed rabbit in a red wine sauce with smoked bacon
[C] Dem 22 – 1pm	**[C] Dem 24 – 1 pm**	**[C] Dem 27 – 1 pm**	**[C] Dem 30 – 1 pm**	**[C] Dem 32 – 1 pm**
Thickening agents & sauces : • White, sandy and brown roux, *Beurre manié*, starches • White/ cream sauce/ parsley/ brown sauce • *Blanquette de veau*: traditional white veal stew with braised rice	• **English roast chicken** with traditional accompaniments	• Lobster & mango salad with spiced lime dressing • Stuffed quail with cabbage • Preparation of duck for Salmi (cont. Dem 29) **[C] Dem 28 – 4 pm** • **Viennoiseries** (see Dem 21): *croissants, pains au chocolat*, Danish • **Buns**: buns, hot cross buns, Chelsea buns, Devonshire splits, Bath buns & doughnuts	**Aquitaine/ Bordeaux:** • White asparagus with walnut vinaigrette • Beef tournedos with *Maître de Chai* red wine sauce, sautéed mushrooms with garlic & *noisette* potatoes	**Aquitaine/Landes/Armagnac:** • Duck breast with citrus, sautéed pear & apple, roasted beetroot & celery • Prune & Armagnac tart topped with meringue. • Marinade of duck legs for duck *confit* (cont.Dem 37) • Meringue for *Tête au Chocolat* (cont. Dem 37)

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Week 4: 20 July– 24 July 2009

[C] Cuisine **[P] Pâtisserie**

Monday 20 July	Tuesday 21 July	Wednesday 22 July	Thursday 23 July	Friday 24 July
[P] Dem 33 – 9 am **Tea-time cakes and pastries:** • Chestnut ganache *barquettes* • Battenburg cake • Dobos chocolate slice • Raspberry rolls	**[P] Dem 35 – 9 am** **Soufflés:** • Hot soufflé • Pudding soufflé • Souffléed crêpe suzette • Frozen raspberry soufflé with raspberry coulis	**[C] Dem 37 – 9 am** **Périgord:** • Warm foie gras with grapes • Duck *confit* with *Sarladaise* potatoes & *sauce périgueux* (see Dem 32) • *Tête au chocolat* (see Dem 32) **[C] Dem 38 – 1 pm** **Starches, rice & omelettes:** • Leek puff pastry with chive *beurre blanc* sauce (see Dem 36) • Gnocchi in tomato sauce • Fresh *tagliatelle alfredo* • *Risotto alla Milanese* • Fresh herb omelette **[C] Dem 39 – 1 pm** • Bresse chicken cooked "en cocotte lutée" with tarragon • Roasted scallops, cauliflower purée, cumin foam and caramel feuillantine	**[C] Dem 40 – 9 am** • Chocolate marquise with raspberries • Roasted fillet of lamb with spinach and pine nuts, mint and coriander sauce	**[C] Dem 42 – 9 am** • Egg crêpes filled with spiced crab on a bed of carrot spaghetti with chilli oil • Roast turbot steak with deep fried strips of leeks
[C] Dem 34 – 1 pm **Pastries (II):** • *Pissaladière*: onion & anchovy tart • Sugar tart • Lyonnaise sausage wrapped in brioche	**[C] Dem 36 – 1 pm** **Pastries (III):** • Puff pastry preparation (for Dem 38) • *Gougères au jambon*: choux pastry with ham filling • Lemon crêpes		**[C] Dem 41 – 1 pm** **Basque Country:** • *Poulet à la Basquaise*: sautéed chicken with bell peppers & cured ham • Basque cake • Preparation for *cassoulet toulousain* (cont. Dem 43)	**[C] Dem 43 – 1 pm** **Languedoc-Roussillon:** • Salt cod *brandade* • Finishing of *Cassoulet Toulousain* (see Dem 41) • Iced nougat with red fruit sauce

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Week 5: 27 July– 31 July 2009

[C] Cuisine **[P] Pâtisserie**

Monday 27 July	Tuesday 28 July	Wednesday 29 July	Thursday 30 July	Friday 31 July
[P] Dem 44 – 9 am • ***Gâteau Opéra*** (almond sponge layered with chocolate & coffee filling) • Preparation of celebration cake	**[P] Dem 46 – 9 am** • **Beef (I):** • Marinating of beef (for Dem 50) • English roast beef with traditional accompaniments • Pan fried sirloin steak with a red wine and shallot sauce	**[C] Dem 48 – 9 am** **Provence (I):** • Stewed artichokes *à la Barigoule* • *Bouillabaisse Marseillaise* (fish soup)	**[C] Dem 51 – 9 am** • Crayfish gratin with champagne sabayon • Breast and leg of ducking cooked two ways	**[C] Dem 53 – 9 am** • Poached egg tartlets with cheese soufflé and chive sauce • Small veal fillet steaks with mushrooms and Madeira sauce
		[C] Dem 49 – 9 am • Seabass steak confit in duck fat, Puy lentil ragoût • Lamb cutlets in a crisp casing with a Provençale style garnish		
[C] Dem 45 – 1 pm **Lamb:** • Roast rack of lamb with parsley crust and *ratatouille niçoise*	**[C] Dem 47 – 1 pm** • ***Fraisier*** *(*strawberry sponge gateau with fresh strawberries, marzipan finish & decorations)		**[C] Dem 52 – 1 pm** **Provence (II):** • *Provençale* pesto soup • Stuffed sea bass *à la Niçoise* & Swiss chard green gnocchi • Lemon tart	**[C] Dem 54 – 1 pm** **Côte d'Azur:** • *Salade Niçoise* (with fresh tuna) • Seafood risotto • Biscuit tulip with red fruit filling, lemon sabayon
		[C] Dem 50 – 1 pm **Beef (II) & Potatoes:** • Beef Bourguignon and steamed potatoes (see Dem 47) • Peppered steak with *Darphin* potatoes • French fries, straw / waffle-cut / matchstick potatoes		

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Week 6: 03 August – 07 August 2009

[C] Cuisine **[P] Pâtisserie**

Monday 03 August	Tuesday 04 August	Wednesday 05 August	Thursday 06 August	Friday 07 August
[P] Dem 55 – 9 am	**[P] Dem 57 – 9 am**	**[C] Dem 59 – 9 am**	**[C] Dem 62 – 9 am**	**[C] Dem 64 – 9 am**
***Croquembouche* (I)** preparation (cont. Dem 57): • Choux buns • Nougatine base • Sugar decorations	***Croquembouche* (II)** assembling and decorating (see Dem 55)	**Rhône-Alpes,Savoie,Dauphine:** • Hot comté cheese soufflé • Guinea fowl leg with girolle mushroom stuffing, *gratin dauphinois* • *Crème Mont-Blanc*: chestnut and cream dessert	• Finishing of *pâté en croûte* (see Dem 60) • Twice baked cheese soufflé • Steamed John Dory, shellfish emulsion, fresh squid ink pasta	• Braised sea bass with fennel • Baked sea bream in salt crust, chive oil
		[C] Dem 60 – 9 am • Preparation of *pâté en croûte* (cont. Dem 62) • Squab pigeon baked in salt crust with Spring garnish		
[C] Dem 56 – 1 pm	**[C] Dem 58 – 1 pm**		**[C] Dem 63 – 1 pm**	**[C] Dem 65 – 1 pm**
Eggs: • Scrambled eggs with smoked salmon • Poached eggs Florentine • Soft/hard boiled eggs • Fried eggs with bacon • Coddled eggs with tomato coulis	**Soups (I):** • Stock for consommé (for Dem 61) • *Purée Julienne d'Arblay*: • *Crème Dubarry* • *Velouté Agnès Sorel*	**[C] Dem 61 – 1 pm** **Soups (II):** • *Consommé Célestine*: clear soup served with pancakes (see Dem 58) • French onion soup • *Bisque de crabe*: crab soup	**Lyon:** • Truffled chicken boudin • Pike quenelles with crayfish sauce	**Auvergne:** • White onion & Cantal cheese • Braised stuffed cabbage, root vegetables • Walnut cake soup

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Week 7: 10 August – 14 August 2009

[C] Cuisine **[P] Pâtisserie**

Monday 10 August	Tuesday 11 August	Wednesday 12 August	Thursday 13 August	Friday 14 August
[P] Dem 66 – 9 am	**[P] Dem 68 – 9 am**	**[C] Dem 70 – 9 am**	**[C] Dem 73 – 9 am**	**[C] Dem 75 – 9 am**
Chocolaterie (I): • Truffles • Moulded chocolates • Caramel chocolates • Rocher chocolates • Malakoff	**Chocolaterie (II):** • Piping, flooding, colourings • Assembly & decoration of chocolate centre piece	**Burgundy:** • Snail vol-au-vents, parsley chlorophyll • Veal kidneys with Dijon mustard sauce, cheese fritters • *Pain d'épices*: spiced bread	• Grilled halibut, potato rose, choron sauce • Chocolate and raspberry tartlet	• Fillets of red mullet served warm with tapenade • Chocolate crème brûlée, star anise ice cream • Veal sweetbreads meunière-style with wilted rocket and mango, Américaine sauce
		[C] Dem 71 – 9 am • Frogs' legs fritters, garlic and parsley creams • Presentation and tasting of pâté en croûte • Poached fillet of beef with horseradish sauce		
[C] Dem 67 – 1 pm	**[C] Dem 69 – 1 pm**		**[C] Dem 74 – 1 pm**	**[C] Dem 76 – 1 pm**
Poultry (I): • Chicken fillet *Princesse* • Chicken and mushroom fricassée & croquette potatoes	**White meat:** • Pot roasted cushion of veal *Nemours* • Pan fried veal scallops with lemon • Pork chops with sage & braised celery	**[C] Dem 72 – 1pm** **Offal:** • Pan fried calf liver *à la lyonnaise*, sautéed potatoes • Veal sweetbreads *à la maréchale* • Grilled lamb kidneys with parsley butter & deep fried courgettes	**Alsace:** • Stuffed trout with Riesling wine and *Spätzle* noodles • Roast rack of pork & braised cabbage with caraway seeds	**Ile de France (I):** • *Maintenon* poached egg tartlet with *hollandaise* sauce • Glazed sole fillets with *Duchesse* potato border

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Week 8: 17 August – 21 August 2009

[C] Cuisine **[P] Pâtisserie**

Monday 17 August	Tuesday 18 August	Wednesday 19 August	Thursday 20 August	Friday 21 August
[P] Dem 77 – 9 am • ***Charlotte Pacifique*** (strawberry & lemon mousse dome)	**[P] Dem 79 – 9am** • ***Gâteau Sabrina*** (contemporary gateau of sponge & strawberry cream with marzipan & chocolate finish)	**[C] Dem 81 – 9 am** **Ile de France (II):** • *Champvallon* lamb casserole • *Gâteau Paris-Brest* : choux pastry ring with hazelnut cream **[C] Dem 82 – 9 am** • Rib of beef with roasted ceps and Bordelaise sauce • Preparation of salmon gravadlax (cont. Dem 86)	**[C] Dem 84 – 9 am** • Roasted monkfish with a Mediterranean style salsa • Poached veal *piccatas*, foie gras ravioli, seasonal vegetables	**[C] Dem 86 – 9 am** • Presentation of salmon gravadlax (see Dem 82) • Tuna a la plancha with 4 spices, ginger sauce • Classic moulded pigeon with braised cabbage
[C] Dem 78 – 1 pm **Classic French desserts (I):** • French rice pudding • Vanilla Bavarian cream, red berry salad with raspberry coulis • *Œufs à la neige* (soft merignue) with caramelised hazelnuts	**[C] Dem 80 – 1 pm** **Poultry (II):** • Guinea fowl with cabbage • Sautéed poussin with tarragon & mustard sauce, apple compote	**[C] Dem 83 – 1 pm** **Stuffings:** • Stuffed veal parcels with *Vichy* carrots • Stuffed breast of Guinea fowl, tomato butter, courgette spaghetti	**[C] Dem 85 – 1 pm** **Light cooking (I):** • Tomato mousse with avocado & lemon • Sliced lamb fillet with a fresh mint & pepper sauce	**[C] Dem 87 – 1 pm** **Light cooking (II):** • Asparagus & crab charlotte with orange & tomato dressing • Sautéed veal piccatas with lime & fine herb noodles • Puff pastry for fine apple tart (for Dem 93)

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Week 9: 24 August – 28 August 2009

[C] Cuisine **[P] Pâtisserie**

Monday 24 August	Tuesday 25 August	Wednesday 26 August	Thursday 27 August	Friday 28 August
[C] Dem 88 – 9 am **Seafood:** • *Moules marinières* : mussels in white wine sauce • Oysters on ice • Dressed crab	**[P] Dem 91 – 9 am** **Sugarwork:** • Rose, ribbon, plaque sugarwork	**[C] Dem 93 – 9 am** **Light cooking (III):** • Lobster with fresh tomatoes • Fine apple tart with lime sorbet (see Dem 87)	**[C] Dem 96 – 9 am** • Trio of rabbit, sage jus & pan fried artichokes • Ginger sablés on green apple sorbet & roast raspberries	**[C] Dem 98 – 9 am** • Provençal vegetable millefeuille with pesto & salsa rossa • Flourless chocolate & Cointreau cake, crème fraîche with citrus segments
[P] Dem 89 – 1pm **Plated desserts:** • Passionfruit fruit mousse dessert • Tiramisu cup • Tarte Tatin	**[C] Dem 92 – 1 pm** **Fish (I):** • Poached brill steak with Hollandaise sauce • Fillets of sole in white wine cream sauce, *Duchesse* potato border	**[C] Dem 94 – 9 am** • Pot roasted saddle of rabbit with mustard sauce, Darphin potatoes stuffed with Jerusalem artichokes • Mint & chocolate chip soufflé	**[C] Dem 97 – 1pm** **Hot and cold canapés:** • Aubergine rolls with ricotta • Beetroot gravadlax, blinis, horseradish cream • Gamba skewers with mange touts • Smoked chicken wings with honey & lime • Cod accras • Parmesan sablés	**[C] Dem 99 – 1 pm** **Charcuterie (I):** • Pork brawn (cont. Dem 104) • Country style pâté (cont. Dem 104) • Merguez (cont. Dem 104) • Salmon sausages, stewed curried leeks, fondant potatoes
[C] Dem 90 – 4pm **Classic French desserts (II):** • Crème caramel • Chocolate mousse • Fruit shortbreads • Poached pear with chocolate sauce		**[C] Dem 95 – 1 pm** **Fish (II):** • Fillets of trout *meunière* with almonds • Deep fried plaice goujons with *aioli* sauce • Grilled Dover sole, *sauce rémoulade*		

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Week 10: 31 August – 04 September 2009

[C] Cuisine **[P] Pâtisserie**

Monday 31 August	Tuesday 01 September	Wednesday 02 September	Thursday 03 September	Friday 04 September
Bank holiday	**[C] Dem 100 – 9 am** • Warm fish terrine with saffron sauce • Grilled beef fillet with *sauce béarnaise* and *Pont-Neuf* potatoes	**[C] Dem 102 – 9 am** • Crab fritters on ginger and lime chutney salad • Veal curry with Madras rice • Hot vanilla soufflé	**[C] Dem 105 – 9 am** • Stuffed whole Dover sole served with a tomato flavoured sauce • Preparation of brioche for salmon coulibiac (cont. Dem 107)	No demonstrations
		[C] Dem 103 – 9 am • Roast monkfish tails, Américaine sauce, small spinach and glazed mini carrots terrine, "cristal" potatoes • Iced raspberries soufflé with twisty biscuit	**[C] Dem 106 - 1pm** **Charcuterie (III):** • Charcuterie platter: presentation of pâtés and cold meats (see Dems 99 & 104), decoration of platter using aspic jelly.	
	[C] Dem 101 – 4 pm • Beef *stroganoff* with braised vegetable rice • Crêpes stuffed with pears			
		[C] Dem 104 – 1 pm **Charcuterie (II):** • Cooking of pork brawn & country style pâté (see Dem 99) • Merguez served with North African couscous (see Dem 99) • Smooth chicken liver pâté	**[C] Dem 107 – 4pm** • Assembly & cooking of salmon coulibiac (see Dem 105) • Beef tournedos with two-pepper sauce	

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Week 11: 07 September – 11 September 2009

[C] Cuisine **[P] Pâtisserie**

Monday 07 September	Tuesday 08 September	Wednesday 09 September	Thursday 10 September	Friday 11 September
No demonstrations	No demonstrations	**[C] Dem 108 – 9 am** **Vegetarian dishes:** • Asparagus & parmesan gratin • Green vegetable pastilla with *confit* tomatoes • Globe artichoke *en croûte* with wild mushroom & spinach stuffing, baby vegetables & *passata di pomodorro*	No demonstrations	No demonstrations

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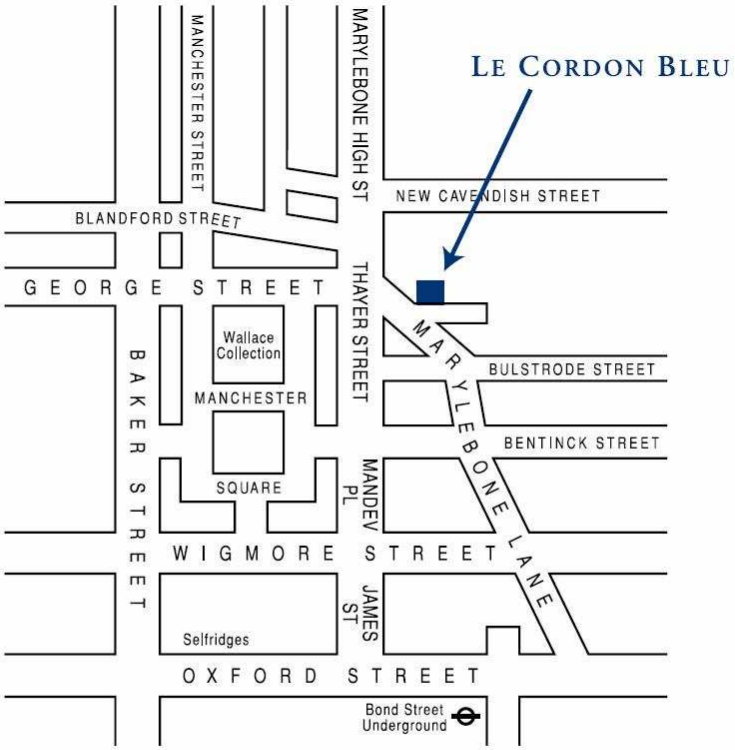

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