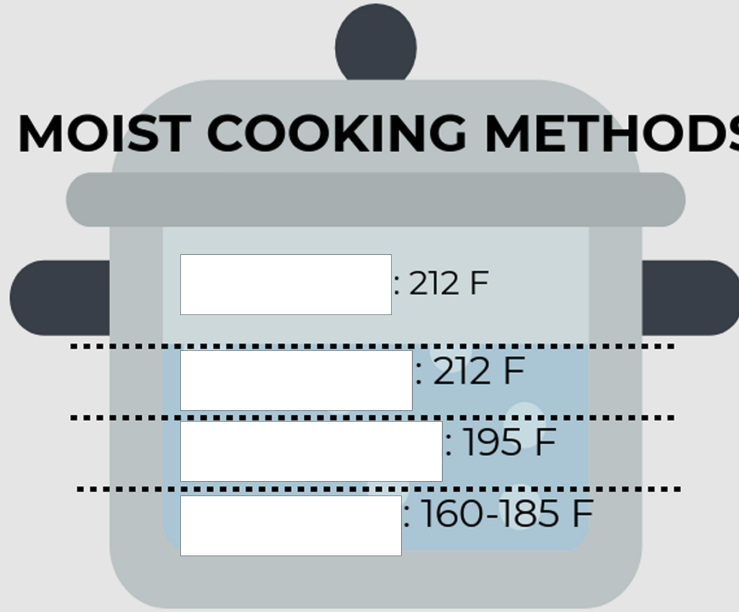
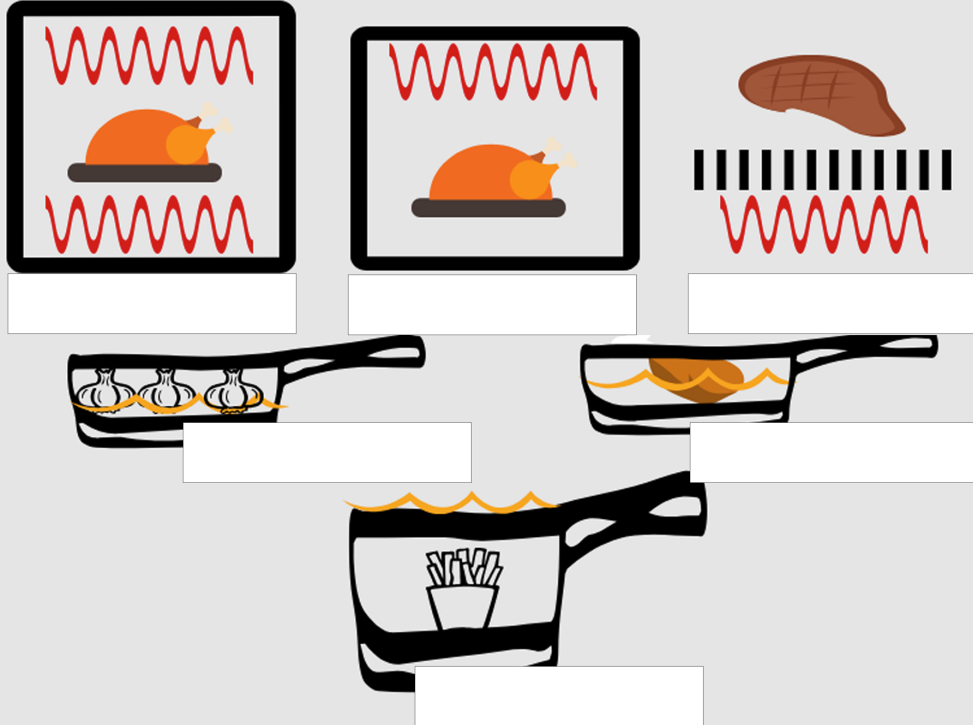


Cooking Methods

MOIST COOKING METHODS



DRY COOKING METHODS



COMBINATION COOKING METHODS

