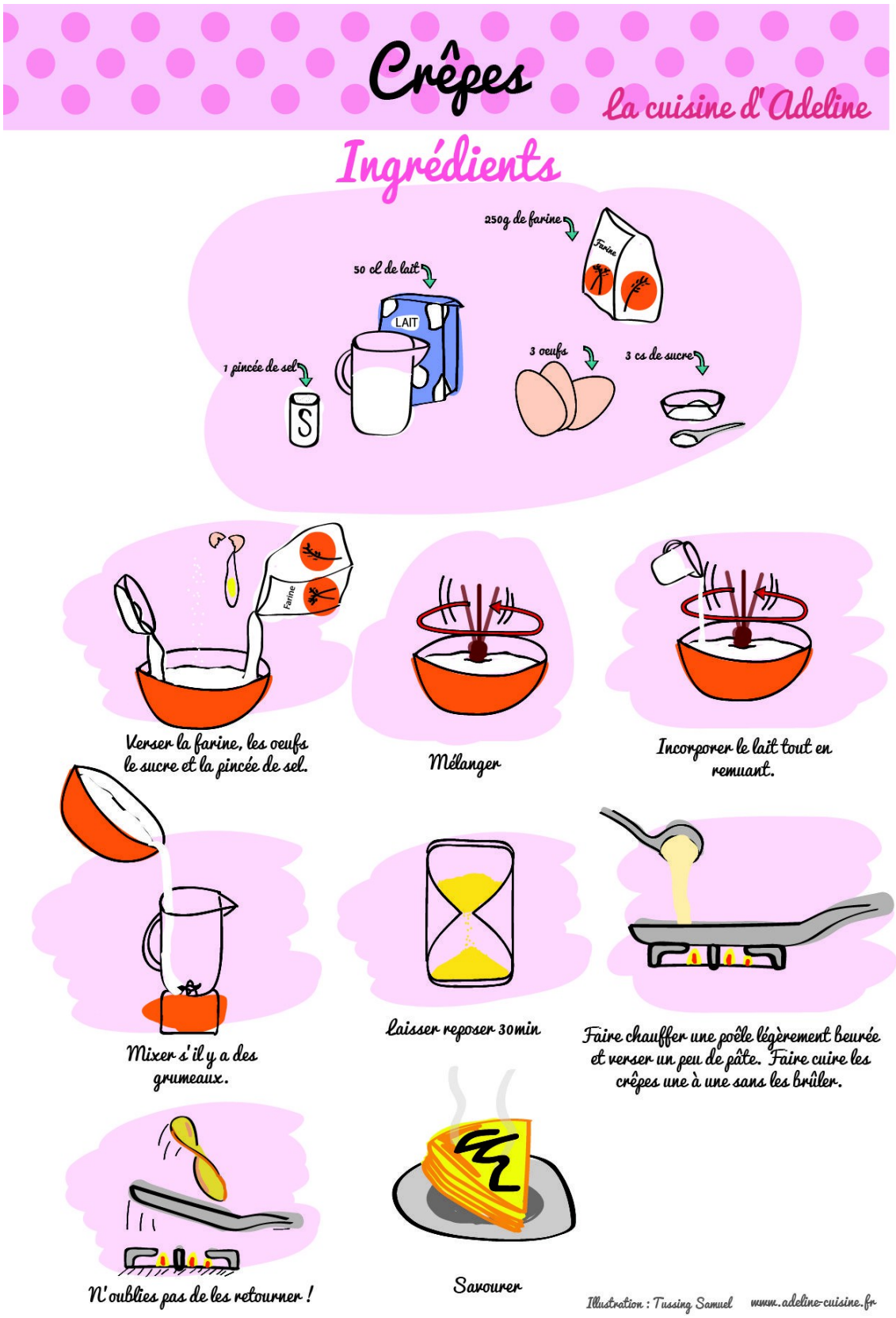Recette des crêpes