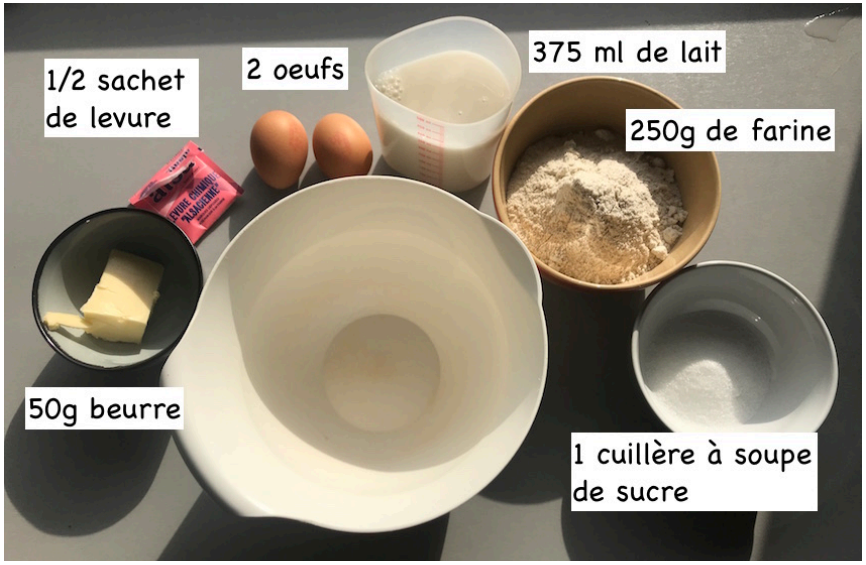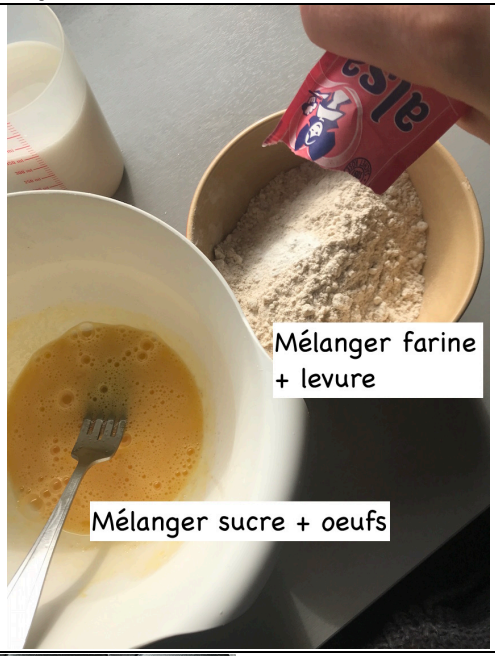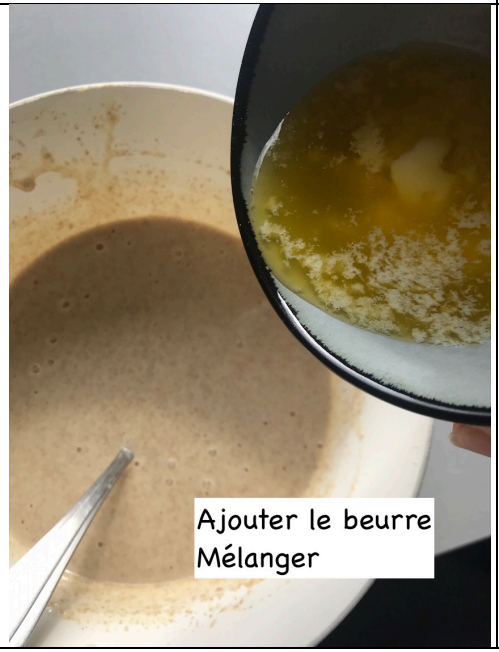Recette des pancakes