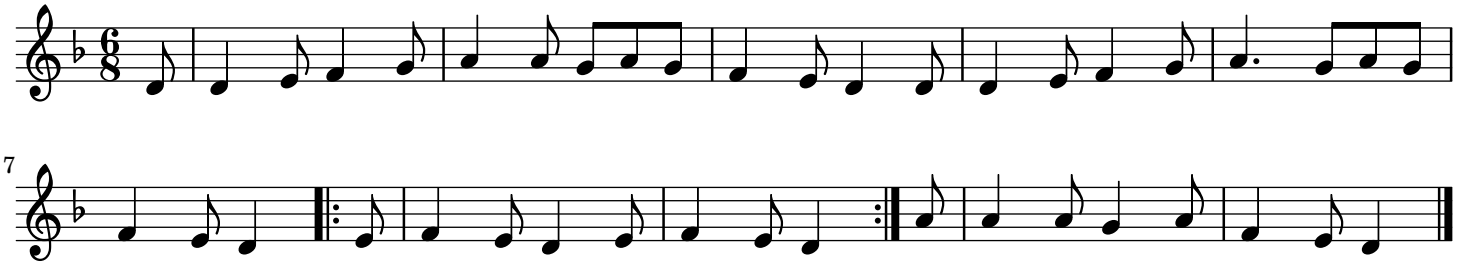Le hareng saur trad.