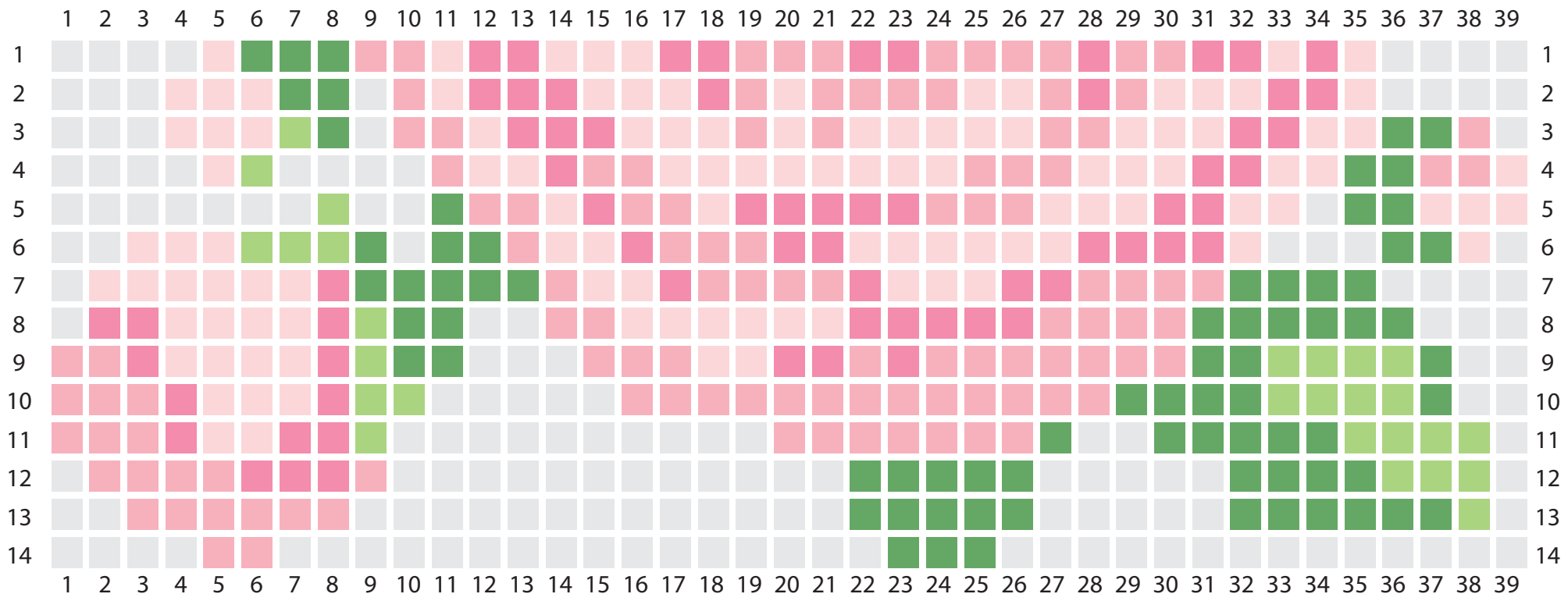Bestickte Schale