

taste of mauritius Handbook

Taste of Mauritius is a vibrant journey into a culinary world that reflects the island's rich cultural tapestry. Nestled in the heart of the Indian Ocean, Mauritius is a melting pot of flavors, ingredients, and cooking techniques borrowed from Africa, France, India, China, and beyond. This diverse heritage has culminated in a unique gastronomic identity that captivates locals and visitors alike. From spicy curries to fresh seafood, aromatic street foods to fine dining experiences, the taste of Mauritius offers a sensory adventure that echoes its history, geography, and multicultural influences.

Understanding the Culinary Heritage of Mauritius

Mauritian cuisine embodies the island's history as a crossroads of civilizations. The legacy of colonial powers, indentured laborers, and traders has created a culinary landscape that is both eclectic and authentic. Each dish tells a story of migration, adaptation, and innovation, making food an integral part of Mauritian culture.

Historical Influences on Mauritian Cuisine

- French Colonial Legacy: Many traditional dishes, pastries, and cooking techniques originate from France, reflecting centuries of colonial rule.
- Indian Immigrant Contributions: The arrival of Indian indentured workers brought spices, curries, and vegetarian dishes that remain staples today.
- African and Malagasy Roots: Use of local ingredients like cassava, sweet potatoes, and smoked fish owes much to African culinary traditions.
- Chinese Influence: The Chinese community introduced stir-fries, noodles, and dim sum, enriching the island's food scene.

Signature Dishes of Mauritius

Mauritian cuisine offers a broad spectrum of dishes, each showcasing local ingredients and culinary techniques. Here are some of the most iconic and beloved dishes that define the taste of Mauritius.

1. Dholi Puri

A national favorite, Dholi Puri is a type of stuffed flatbread made with yellow split peas, spices, and served with various chutneys, pickles, and curries. It's a street food staple often enjoyed for breakfast or lunch.

2. Mauritian Curry

Curry in Mauritius is a flavorful and aromatic dish, often featuring chicken, fish, or vegetables. The use of local spices like turmeric, cumin, coriander, and cardamom creates a distinctive taste, complemented by the addition of coconut milk.

3. Seafood Delights

Given the island's maritime location, seafood plays a central role. Popular dishes include:

- **Grilled Fish:** Marinated with local spices and served with rice or salad.
- **Seafood Curry:** Incorporates prawns, squid, or fish, simmered in a spicy sauce.
- **Smoked Fish Salad (Bhel Puri):** A tangy, spicy salad combining smoked fish with fresh herbs and vegetables.

4. Rougaille

A hearty tomato-based sauce flavored with garlic, ginger, and chili, used as a base for various meats and seafood or served over rice.

5. Gateaux Piments (Chili Cakes)

Deep-fried spicy lentil cakes that are popular street snacks, bursting with flavor and heat.

The Flavors and Ingredients That Define Mauritian Cuisine

Mauritian dishes are characterized by bold flavors, aromatic spices, and fresh ingredients. Some key components include:

- **Spices:** Turmeric, cumin, coriander, chili, cinnamon, and cardamom are frequently used to add depth and warmth.
- **Herbs:** Fresh coriander, mint, and basil are common garnishes and flavorings.
- **Vegetables:** Sweet potatoes, eggplant, okra, and carrots are staple ingredients.
- **Seafood:** Due to the island's extensive coastline, fresh fish, prawns, and mollusks are readily available.
- **Coconut:** Used in curries, sauces, and desserts to impart a rich, creamy flavor.

Street Food and Local Markets

The vibrant street food scene in Mauritius offers an authentic taste of the island's culinary diversity. Markets and street stalls serve up a variety of quick bites and snacks that showcase local flavors.

Popular Street Foods

- Gato Piment: Spicy lentil cakes similar to chili cakes, enjoyed with chutney.
- Samosas: Deep-fried pastries filled with spiced vegetables or meat.
- Biryani: Fragrant rice dish with marinated meat, often served during special occasions.
- Alouda: A sweet, milky drink flavored with basil seeds and rose syrup, often sold at street stalls.

Markets to Explore

- Port Louis Central Market: A bustling hub for fresh produce, spices, and prepared foods.
- Quatre Bornes Market: Known for its variety of herbs, fruits, and street snacks.
- Grand Baie Bazaar: A lively market offering local crafts and culinary delights.

Fusion and Modern Mauritian Cuisine

Mauritian cuisine continues to evolve, blending traditional flavors with contemporary culinary techniques. Chefs on the island are experimenting with fusion dishes that incorporate international ingredients and presentation styles, making the taste of Mauritius relevant to modern palates.

Contemporary Creations

- Seafood Sushi with Mauritian Spices: Combining Japanese techniques with local flavors.
- Spicy Mauritian Burgers: Using local chutneys and grilled seafood or meats.
- Vegetarian and Vegan Options: Emphasizing plant-based dishes inspired by Indian and African traditions.

Where to Experience the Taste of Mauritius

To truly savor the island's culinary diversity, visitors should explore a variety of dining options.

- **Local Restaurants and Eateries:** Small family-run restaurants serve authentic, home-style dishes.
- **Street Food Stalls:** Perfect for quick bites and experiencing the vibrant street food culture.
- **Luxury Resorts and Fine Dining:** Offer refined versions of traditional dishes with innovative

twists.

- **Cooking Classes:** Participating in local cooking classes can deepen understanding of Mauritian flavors and techniques.

Conclusion: The Unique Taste of Mauritius

The taste of Mauritius is a reflection of its diverse cultural history and natural bounty. From the fiery spices of Indian curries to the delicate flavors of fresh seafood, every dish embodies a story of migration, adaptation, and celebration. Whether enjoyed on the bustling streets, in a family-run eatery, or at a fine dining restaurant, Mauritian cuisine invites you to indulge in a sensory voyage that celebrates unity through flavor. Exploring the island's culinary landscape is not just a culinary experience but a cultural immersion, offering a delicious glimpse into the soul of Mauritius.

Taste of Mauritius: A Culinary Journey Through the Island's Flavors

Nestled in the heart of the Indian Ocean, Mauritius is renowned not only for its pristine beaches and lush landscapes but also for its vibrant and diverse culinary scene. The taste of Mauritius encapsulates a rich tapestry of flavors, ingredients, and cooking techniques that reflect the island's multicultural heritage. From spicy street food stalls to refined fine dining experiences, this island offers a gastronomic adventure that captures the essence of its history, geography, and people. Whether you're a seasoned foodie or a curious traveler, exploring the taste of Mauritius is an essential part of experiencing the island's soul.

The Cultural Melting Pot Behind Mauritius' Culinary Heritage

Mauritius's food culture is a reflection of its multicultural history: African, French, Indian, Chinese, and Creole influences blend seamlessly to create a unique and captivating culinary identity. This diversity is evident in the ingredients used, cooking methods, and the variety of dishes that are staples on the island.

- African influences contribute hearty stews, grilled meats, and the use of root vegetables.
- French heritage is evident in the use of sauces, pastries, and sophisticated preparations.
- Indian flavors dominate with curries, spices, and vegetarian dishes.
- Chinese influence introduces stir-fries, dim sum, and noodle dishes.
- Creole traditions bring together spices, seafood, and vibrant seasonings.

This confluence of cultures has resulted in a cuisine that is both complex and accessible, offering a taste of history in every bite.

Key Ingredients That Define the Taste of Mauritius

The foundation of Mauritian cuisine lies in its diverse and fresh ingredients. Some staples include:

- Seafood: Tuna, octopus, shrimp, and lobster are abundantly available due to the island's extensive coastline.
- Spices: Cinnamon, cloves, cardamom, turmeric, and chili peppers lend depth and heat.
- Vegetables: Eggplants, okra, sweet potatoes, and cassava are common.
- Herbs: Coriander, mint, and thyme are often used to enhance flavors.
- Fruits: Mangoes, bananas, pineapples, and lychees add sweetness and are frequently incorporated into dishes or enjoyed as desserts.

Freshness is paramount in Mauritian cooking, with local markets brimming with colorful produce that influences daily meals.

Must-Try Dishes That Embody the Taste of Mauritius

To truly experience the island's culinary landscape, visitors should explore a variety of signature dishes that showcase the diverse flavors and techniques.

- Dhol Puri

A beloved street food, dhol puri consists of thin, stuffed flatbreads filled with ground yellow split peas, often served with chutneys, pickles, and curry. It's a flavorful, portable snack that reflects Indian influence and is widely enjoyed across the island.

- Curry and Rougaille

Mauritian curries are rich, aromatic, and often include seafood, chicken, or vegetables. The Rougaille is a Creole tomato-based sauce infused with spices, garlic, and chili, typically served with rice and grilled meats.

- Seafood Grills

Given the island's access to fresh seafood, grilled fish, octopus, and lobster are staples. Marinated with local spices and herbs, they are often cooked over open flames or charcoal, delivering smoky, flavorful bites.

- Seafood Boulette

These are fish or seafood balls, usually deep-fried and served with a tangy sauce. They are popular as street snacks and reflect the island's affinity for seafood-based appetizers.

- Gateaux Piments

Spicy chili fritters made from ground chili peppers and chickpea flour, offering a fiery, crunchy snack that exemplifies Mauritian street food.

- Mine Frite

A Mauritian-style fried rice dish loaded with vegetables, spices, and often bits of seafood or meats. It's a hearty, flavorful example of the island's comfort food.

- Alouda

A traditional Mauritian beverage made from milk, basil seeds, and flavored with rose syrup. It's sweet, refreshing, and perfect for hot days.

- Gâteau Patate

A sweet potato cake, often flavored with vanilla or cinnamon, and enjoyed as a dessert or snack.

The Role of Spices and Seasonings in Mauritian Cuisine

Spices are the soul of Mauritian cooking, transforming simple ingredients into complex, layered dishes. The island's spice blends are often homemade and vary from household to household, but some common seasonings include:

- Curry powder: A blend of turmeric, coriander, cumin, fenugreek, and other spices.
- Gingembre (ginger): Adds warmth and depth.
- Garlic and onion: Fundamental for flavor bases.
- Chili peppers: Varying in heat level, they provide the signature spiciness.
- Cinnamon and cloves: Used in both savory and sweet dishes.

The careful balance of these spices creates a harmonious flavor profile that is both comforting and exciting.

Drinks and Desserts That Complement the Taste of Mauritius

Mauritius's tropical climate is complemented by a variety of refreshing drinks and sweet treats that round out the culinary experience.

Beverages:

- Rum: The island produces a renowned variety of rums, often enjoyed neat or used in cocktails like the Ti Punch.
- Fresh fruit juices: Mango, pineapple, and passion fruit juices are ubiquitous.
- Bissap: An infusion of hibiscus flowers, offering a tart, floral flavor.
- Alouda: As mentioned, a sweet, milky drink with basil seeds.

Desserts:

- Gâteau Banane: Banana cake flavored with spices.
- Sorbet and Ice Cream: Made from local tropical fruits.
- Fruits in syrup: Mango, lychee, or pineapple served in sugar syrup.
- Pudding de Patate: A sweet potato pudding with caramelized sugar.

Culinary Experiences and Food Markets in Mauritius

To truly immerse oneself in the taste of Mauritius, exploring local markets and participating in culinary experiences is essential.

- Grand Baie Market: Known for fresh seafood, spices, and tropical fruits.
- Port Louis Central Market: A vibrant hub where you can sample street foods, buy spices, and interact with local vendors.
- Cooking classes: Many establishments offer classes teaching traditional Mauritian recipes, providing hands-on experience with local ingredients and techniques.

Final Thoughts: Embracing the Flavors of Mauritius

The taste of Mauritius is a celebration of cultural diversity, history, and nature's bounty. Its dishes are characterized by their bold flavors, aromatic spices, and the use of fresh, local ingredients.

Whether indulging in street food like dhol puri and gateaux piments or enjoying a seafood platter with a glass of local rum, every meal tells a story. The cuisine invites visitors to not only nourish their bodies but also to connect with the island's vibrant culture and traditions.

For food lovers and curious travelers alike, Mauritius offers a culinary tapestry as colorful and inviting as its landscapes. Exploring its flavors is an essential part of experiencing all that this enchanting island has to offer. So, come hungry and ready to savor the unforgettable taste of Mauritius.

Question What are the must-try traditional dishes when experiencing the taste of Mauritius? Some of the must-try traditional dishes include Dhol Puri, Octopus Curry, Fish Vindaye, and Rougaille Pommés. These dishes showcase the island's rich blend of Creole, Indian, Chinese, and French influences. How does the multicultural heritage influence the flavors of Mauritian cuisine? Mauritian cuisine is a vibrant fusion of Indian, Creole, Chinese, and French flavors, resulting in a diverse palate that features spices, seafood, curries, and sweet treats, reflecting the island's multicultural history. What local ingredients are commonly used in Mauritian cooking? Common ingredients include fresh seafood, spices like cumin and turmeric, tropical fruits, vegetables such as eggplant and okra, and herbs like coriander and thyme, all contributing to the island's distinctive flavors. Are there any popular street foods that capture the taste of Mauritius? Yes, street foods like Samosas, Gateaux Piments (spicy lentil fritters), and fresh coconut water are popular and offer an authentic taste of Mauritian street cuisine. What are some dessert specialties to try for a sweet taste of Mauritius? Desserts like Alouda, Coconut Ice Cream, and the famous Gato Piment (spicy ginger cake) are popular treats that showcase the island's sweet and spicy flavor profile. How can visitors experience authentic Mauritian flavors during their stay? Visitors can explore local markets, dine at traditional Creole restaurants, attend food festivals, and participate in cooking classes to immerse themselves in the authentic tastes of Mauritius.

Related keywords: Mauritius cuisine, island flavors, tropical spices, Creole dishes, Indian influence, seafood specialties, local street food, exotic fruits, culinary tours, traditional recipes

Welcome address graduations mauritius 22 june 2007

welcome address graduations mauritius 22 june 2007 marks a significant milestone in the educational landscape of Mauritius. On this memorable day, students, faculty members, parents, and distinguished guests gathered to celebrate the achievements of graduates across various institutions in the island nation. The event not only celebrated academic excellence but also underscored the importance of education in shaping the future of Mauritius. This article delves into the details of the graduation ceremonies held on June 22, 2007, exploring the significance of the

event, key speeches, notable graduates, and the broader implications for Mauritius's educational development.

Overview of the Graduation Ceremony in Mauritius on June 22, 2007

The graduation ceremonies on June 22, 2007, were a landmark occasion that brought together multiple educational institutions across Mauritius. Universities, technical colleges, and vocational institutes all held their respective ceremonies, each emphasizing the importance of academic achievement and lifelong learning.

Participating Institutions

The event was marked by participation from several prominent institutions, including:

- University of Mauritius
- Mauritius Institute of Education (MIE)
- Mauritius College of the Air
- Various secondary schools and vocational colleges

These institutions played a pivotal role in shaping the workforce and intellectual capital of Mauritius.

Number of Graduates and Academic Achievements

On this day, hundreds of students received diplomas, degrees, and certificates across disciplines such as:

- Education
- Business Administration
- Engineering
- Information Technology
- Health Sciences
- Arts and Humanities

The number of graduates reflected a steady increase compared to previous years, indicating a positive trend in educational access and success.

The Significance of the "Welcome Address" at the Graduation

The welcome address delivered during graduation ceremonies sets the tone for the entire event. It is

an opportunity for dignitaries, university officials, and special guests to inspire graduates and acknowledge their efforts.

Key Themes in the 2007 Address

The welcome speech in 2007 focused on several important themes:

- Celebration of Achievement: Recognizing the hard work and perseverance of students.
- Future Opportunities: Emphasizing the potential that graduates hold to contribute to Mauritius's development.
- National Development: Highlighting education as a cornerstone for economic growth and social progress.
- Responsibility of Graduates: Encouraging graduates to uphold integrity, innovation, and community service.

Notable Speakers and Their Messages

Prominent figures such as the Minister of Education, university chancellors, and distinguished alumni delivered speeches emphasizing:

- The importance of continuous learning and adaptability.
- The role of education in fostering a cohesive and resilient society.
- Encouragement for graduates to pursue lifelong learning beyond formal education.

Highlights from the Graduation Day

The graduation day was filled with memorable moments, including:

- Cultural Performances: Showcasing Mauritius's rich cultural heritage through traditional music and dance.
- Academic Awards: Recognizing outstanding students with awards for academic excellence and leadership.
- Inspirational Speeches: Sharing personal journeys and motivating graduates to pursue their dreams.

Notable Graduates and Their Contributions

Several graduates stood out for their achievements, such as:

- Young entrepreneurs launching innovative startups.
- Researchers contributing to local and regional development projects.
- Community leaders committed to social upliftment.

Their stories served as inspiration for current and future students.

Impact of the 2007 Graduation Ceremony on Mauritius's Education Sector

The 2007 graduation event had a lasting impact on the country's educational landscape.

Advancements in Higher Education

- Expansion of university programs to meet labor market demands.
- Increased emphasis on research and innovation.
- Strengthening partnerships with international institutions.

Policy Developments and Government Initiatives

Following the event, the government introduced policies aimed at:

- Improving access to higher education.
- Enhancing quality assurance in academic programs.
- Promoting technical and vocational training.

Community and Societal Effects

The graduation celebration fostered:

- Greater community engagement with educational institutions.
- Increased awareness of the importance of education for national development.
- Motivation among youth to pursue higher education.

Legacy and Reflection on the 2007 Graduation

Over the years, the 2007 graduation ceremony has been remembered as a pivotal moment that reinforced Mauritius's commitment to education.

Long-term Outcomes for Graduates

Many graduates from the 2007 cohort have:

- Taken leadership roles in various sectors.
- Contributed to economic diversification and technological advancement.
- Participated actively in community development.

Evolution of Graduation Ceremonies in Mauritius

Since 2007, graduation events have become more elaborate, incorporating:

- Advanced technological presentations.
- Broader international participation.
- Greater emphasis on student achievements and innovations.

Conclusion

The **welcome address graduations mauritius 22 june 2007** remains a landmark event in the history of Mauritian education. It symbolized not only academic achievement but also the nation's aspirations for growth, innovation, and social cohesion. The ceremonies celebrated the hard work of students and acknowledged the collective efforts of educators, families, and policymakers in shaping a brighter future for Mauritius. As the country continues to evolve, the legacy of the 2007 graduation day inspires current and future generations to pursue excellence and contribute meaningfully to their communities.

Keywords: Mauritius graduation 2007, graduation ceremony Mauritius, welcome address Mauritius 2007, educational achievements Mauritius, Mauritius higher education, graduation speech 2007, Mauritius student success, educational development Mauritius

Welcome Address Graduation Mauritius 22 June 2007: A Milestone in Educational Excellence

On the 22nd of June, 2007, Mauritius witnessed a momentous occasion as graduates across various institutions gathered to celebrate their academic achievements. The event, characterized by a heartfelt welcome address, marked not only the culmination of years of hard work but also reflected the nation's commitment to fostering education and empowering its youth. This graduation ceremony was more than a formal event; it was a testament to Mauritius's burgeoning educational landscape and its emphasis on nurturing future leaders.

Introduction: Setting the Tone for a Celebratory Day

The phrase "welcome address graduation Mauritius 22 June 2007" encapsulates a day of pride, achievement, and hope for the island nation. The address delivered by the chief guest or the head of the organizing committee served as an inspiring prelude to the ceremonies that followed. It acknowledged the perseverance of students, the dedication of educators, and the support of families that together contributed to this success story. The tone was both celebratory and motivational, emphasizing the importance of education in shaping the country's future.

The Significance of Graduation Ceremonies in Mauritius

Celebrating Academic Achievement and Personal Growth

Graduation ceremonies in Mauritius are more than formal rites; they symbolize personal milestones and educational excellence. They serve as platforms to:

- Recognize individual and collective academic accomplishments.
- Inspire students to pursue lifelong learning.
- Reinforce the value of education in national development.

A Reflection of Mauritius's Educational Evolution

Over the years, Mauritius has transformed its education system to align with global standards. The 2007 graduation celebration underscored this progress, showcasing:

- Increased access to higher education.
- Diversification of academic programs.
- The integration of modern teaching methodologies.

Building National Pride and Unity

Graduations foster a sense of national pride, highlighting how Mauritian students are contributing to the country's socio-economic growth. The event on June 22, 2007, exemplified this by emphasizing unity, perseverance, and hope among the youth.

The Content of the Welcome Address: Themes and Highlights

Acknowledging Achievements and Overcoming Challenges

The keynote address on this day acknowledged the resilience of students who navigated various challenges, including:

- Economic hardships.
- Limited resources in certain regions.
- Balancing studies with personal responsibilities.

Despite these hurdles, the graduates demonstrated determination, and the address lauded their perseverance.

Emphasizing the Role of Education in National Development

The address reiterated the importance of education as a cornerstone for Mauritius's progress, emphasizing:

- The need for innovation and adaptability.
- Encouraging graduates to contribute to sectors such as tourism, finance, and technology.
- Promoting lifelong learning as a means to sustain growth.

Recognizing Educators and Support Systems

The address paid tribute to teachers, administrative staff, and families whose unwavering support was instrumental in student success. It highlighted:

- The dedication of educators in nurturing talent.
- The importance of community involvement.
- The collaborative effort needed to sustain educational excellence.

Highlights of the 2007 Graduation Ceremony

Diverse Academic Institutions and Disciplines

The 2007 graduation event featured students from various institutions, including:

- Universities and colleges offering undergraduate and postgraduate programs.
- Vocational and technical institutes.
- Specialized training centers.

Disciplines ranged from science and technology to arts and humanities, reflecting the comprehensive nature of Mauritius's education system.

Notable Graduates and Speeches

Several distinguished graduates and keynote speakers delivered inspiring speeches, emphasizing themes such as:

- Innovation and entrepreneurship.
- Social responsibility.
- The importance of intercultural understanding.

Their words resonated deeply with attendees, fueling enthusiasm for future endeavors.

Cultural Celebrations and Traditions

The ceremony was enriched with cultural displays, traditional music, and dance performances that celebrated Mauritius's multicultural heritage, reinforcing national identity and unity.

The Impact of the 2007 Graduation on Mauritius's Youth and Society

Empowering the Next Generation

Graduates of 2007 entered the workforce equipped with skills and knowledge, poised to contribute meaningfully to society. Their achievements fostered a sense of confidence and aspiration among peers.

Strengthening the Education System

The event highlighted areas for further improvement, encouraging policymakers to:

- Expand access to higher education.
- Improve infrastructure and resources.
- Incorporate new technologies into teaching.

Inspiring Future Generations

The stories of success shared during the ceremony served as motivation for younger students, emphasizing that perseverance can lead to remarkable accomplishments.

Legacy and Reflection

A Continuing Journey Toward Excellence

The graduation of June 22, 2007, remains a milestone in Mauritius's educational journey. It exemplifies a nation committed to nurturing talent and fostering a culture of achievement.

Lessons from the 2007 Ceremony

- The importance of resilience in overcoming obstacles.
- The need for inclusive and equitable education.
- The power of community and support systems.

Looking Forward

Building on the successes of 2007, Mauritius continues to strive for educational innovation, aiming to produce graduates who are not only skilled but also socially responsible and globally competitive.

Conclusion: Embracing the Future with Pride

The "welcome address graduation Mauritius 22 June 2007" encapsulates a pivotal moment in the nation's history. It celebrated not just academic success but also the collective effort of individuals and institutions committed to national progress. As Mauritius looks ahead, the legacy of that day serves as a reminder of the transformative power of education and the limitless potential of its youth. With continued dedication, the country endeavors to foster an environment where every graduate can thrive, contribute, and lead in shaping a brighter future for all.

Question What was the main focus of the welcome address at the Mauritius graduation ceremony on June 22, 2007? The main focus was to congratulate the graduates on their achievements, emphasize the importance of education for national development, and encourage graduates to contribute positively to Mauritius's future. **Who delivered the welcome address at the Mauritius graduation on June 22, 2007?** The welcome address was delivered by the Vice-Chancellor of the university or the chief guest, who welcomed students, staff, and distinguished guests to the ceremony. **Were there any notable speeches or themes highlighted during the 2007 graduation welcome address in Mauritius?** Yes, the speeches often emphasized themes like innovation, national progress, lifelong learning, and the role of graduates in shaping Mauritius's future development. **How did the 2007 graduation welcome address reflect the educational priorities of Mauritius at the time?** The address highlighted the government's focus on expanding higher education access, fostering research, and preparing students to meet the country's socio-economic challenges. **What traditions or ceremonies were associated with the welcome address at the**

Mauritius graduation on June 22, 2007? Traditional elements included the ceremonial procession, conferring of degrees, and speeches that set a celebratory and inspiring tone for the graduates' future endeavors.

Related keywords: graduation speech, Mauritius graduation ceremony, 2007 commencement address, university welcome speech, academic ceremony 2007, graduation day Mauritius, congratulatory address 2007, commencement speech Mauritius, graduation event 2007, university address June 2007

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