

## JavaScript is disabled!

To display this content, you need a JavaScript capable browser. **Adobe Flash Player not installed or older than 9.0.115!**



```
swfobject.embedSWF('/plugins/content/avreloaded/mediaplayer.swf','avreloaded0','640','480','9.0.115','/plugins/content/avreloaded/expressinstall.swf',  
{file:'http://cast.1bpm.net/video/fork.flv',width:'640',height:'480',showeq:'false',searchbar:'false',enablejs:'false',autostart:'false',showicons:'true',showstop:'false',showdigits:'true',showdownload:'false',usefullscreen:'true',backcolor:'0xFFFFFF',frontcolor:'0x000000',lightcolor:'0x000000',screencolor:'0x000000',overstretch:'false'}  
,{allowscriptaccess:'always',seamlesstabbing:'true',allowfullscreen:'true',wmode:'window',bgcolor:'#FFFFFF',menu:'true'}, {id:'p_avreloaded0',styleclass:'allvideos'});  
window.addEventListener("domready",function(){var s = "warnflashavreloaded0"; if  
($s){$s.setOpacity(1);});
```

First in a possible series of stop motion kitchen based adventures.

[Download a higher resolution mpeg file here](#)