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*This book is so gripping and fascinating. Of course, it is actually perform, still an interesting and amazing literature. You will not feel monotony at anytime of your respective time (that's what catalogs are for about in the event you request me).
(Prof. Ophelia Wiegand I)*

REDECouvrez LE CHOU 32 RECETTES, 10 VARIETES (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****. Redécouvrez le chou. Laissez-vous séduire par le chou et faites-en votre alliée-santé ! Dans son nouveau livre, Katy Gawelik vous montre que le chou est un incontournable de la cuisine-santé, de la cuisine saine mais aussi gourmande ! Après un exposé de tous les bienfaits du chou (un aliment anti-cancer), vous découvrirez qu'il peut se manger de multiples façons. 32 recettes vous sont proposées, des plus simples aux plus élaborées, des plus classiques aux plus originales. Dans ces recettes, vous rencontrerez 10 variétés de chou comme le chou frisé, le chou kale, le chou rouge, le chou-fleur, le brocoli, le chou palmier. Vous irez de découvertes en découvertes. L'univers du chou est incroyablement riche, en texture et en saveurs ! Vous apprendrez à bien cuisiner le chou grâce aux astuces que Katy vous donne pour réussir les recettes à coup sûr. L'auteur a poussé sa créativité culinaire à son paroxysme. Après avoir dévoré les recettes proposées, vous ne verrez plus le chou de la même façon. Vous vous précipiterez pour en acheter et en faire un ingrédient majeur de vos menus. Après Comment bien débiter en Cuisine Végétarienne ?, Pains, viennoiseries et petits-déjeuners gourmands - 100 fait-maison avec des produits sains et naturels et Ch ti Vege - Recettes Ch ti pour végétariens, ce quatrième volume de la collection Les Gourmandes Astucieuses, vous prouve, une fois de plus, que la cuisine végétarienne est gourmande et réjouissante !.

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