

Katy GAWELIK



**Redécouvrez
LE CHOU**
32 recettes, 10 variétés



Collection Les Gourmandes Astucieuses
Katisa Editions

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Redécouvrez Le Chou 32 Recettes, 10 Variétés Katy Gawelik, 2015-03-09 Redécouvrez le chou Laissez vous séduire par le chou et faites en votre alliance Dans son nouveau livre Katy Gawelik vous montre que le chou est un incontournable de la cuisine saine 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 laborieuses 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 bien cuisiner le chou grâce aux astuces que Katy vous donne pour réussir les recettes coup de cœur L'auteur a poussé sa créativité culinaire son paroxysme Après avoir découvert 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 Chéti Vég Recettes Chéti pour végétariens ce quatrième volume de la collection Les Gourmandes Astucieuses vous prouve une fois de plus que la cuisine végétarienne est gourmande et rajeunissante

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