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Exotique et parfumée, la cuisine créole se décline ici à travers 80 recettes : acras de morue, bokit au poulet, féroce d'avocat, colombo de poisson, dombrés aux crevettes, gâteau mangue-passion, tarte Tatin à la banane...

Des pages techniques vous donnent tous les secrets pour fabriquer chutneys, pâte à bokits ou dombrés, riz créole ou sauce chien. Des astuces et des conseils vous aideront à annoncer fièrement : "C'est moi qui l'ai fait !"

Le FAIT MAISON est de retour dans les cuisines françaises. Cuisiner permet de partager de bons repas en famille ou entre amis et de consommer des aliments sains et équilibrés.

Le goût, le prix, le choix des produits... alliez la qualité au plaisir !

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