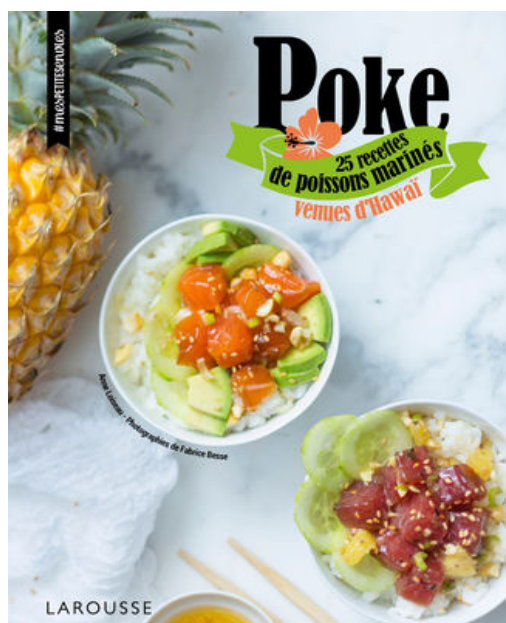


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Aloha ! Welcome to Hawaï !

Plat traditionnel de l'île, le poke envahit aujourd'hui nos assiettes ! Proche du chirashi japonais, il est lui aussi composé de poisson cru et de riz. Mais dans ces recettes venues tout droit d'Hawaï, le poisson est d'abord mariné, ce qui lui donne ces saveurs si exotiques !

Poke bar et mangue, poke daurade et framboise, poke thon et avocat spicy ou encore poke thon et ananas...

Surfez sur la tendance et goûtez-les tous !

Title	:	Le Poke
Author	:	Anne Loiseau
Catégorie	:	Cuisine et vin
Sortie	:	22 mars 2017
Éditeur	:	Larousse
Pages	:	64
Langue	:	Français
File Size	:	28.17MB

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