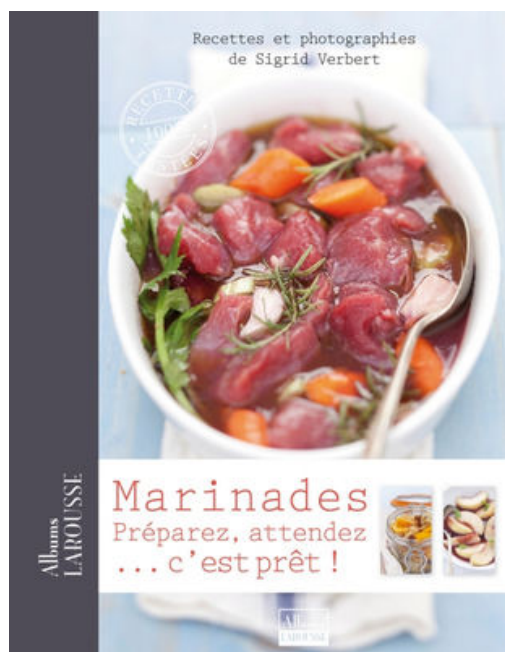


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Laisser mariner des ingrédients permet de les attendrir, mais aussi de les enrichir d'un subtil ensemble de saveurs et d'arômes avant la cuisson. Ces 30 recettes de plats marinés, de l'entrée aux desserts, mettent subtilement en valeur des produits : fromages, légumes, viande, poisson, fruit.

- Des antipasti pour un apéritif gourmand, avec des légumes et des fromages marinés
- De la viande marinée pour des plats savoureux : rôti de porc au cidre, poulet aux épices indiennes, magrets de canard soja-sésame-miel...
- Du poisson et des fruits de mer marinés : daurade marinée orange et menthe, tartare d'espadon mangue et basilic, calamars au paprika...
- Des fruits marinés pour un dessert original : fruits des bois marinés au champagne et sa panna cotta, beignets de pommes à la fleur d'oranger...

|                  |   |                |
|------------------|---|----------------|
| <b>Title</b>     | : | Marinades      |
| <b>Author</b>    | : | Sigrid Verbert |
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