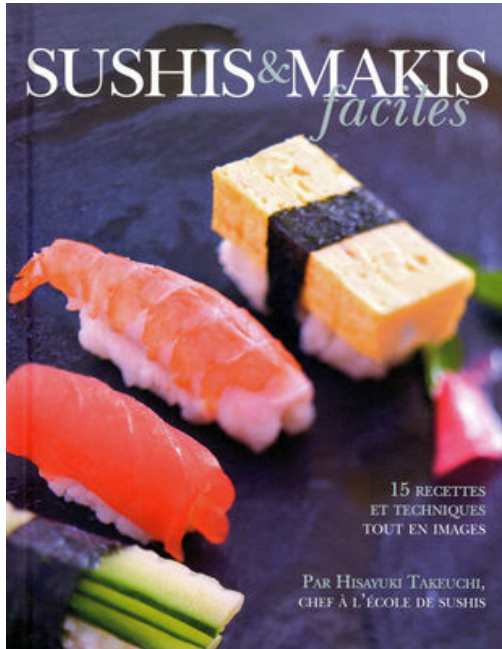


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Avec Sushis & Makis faciles, maîtrisez les bases du sushi et apprenez à le décliner en fonction de la préparation du riz et du choix des garnitures. Des conseils pour le choix et l'utilisation du matériel, pour la découpe des poissons et pour la présentation afin de servir vos sushis dans les règles de l'art... parce qu'une fois que l'on maîtrise ces gestes techniques, on sait tout des sushis !

14 recettes et techniques faciles pour réussir vos sushis nigiri et maki, dont :

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 - Sushi nigiri à l'omelette
 - Sushi nigiri au thon
 - Sushi nigiri au saumon
 - Sushi nigiri au thon gras
- Sushi maki à l'avocat
 - Sushi maki californie
 - Sushi maki au thon
 - Futomaki

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