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Vous avez fait le choix de vous nourrir plus sainement ou vous devez par nécessité, éliminer de vos assiettes, certains ingrédients, ce livre va rapidement vous devenir indispensable : Jean-François Piège vous fait en effet entrer dans sa cuisine personnelle et vous propose 50 recettes sans graisses mais surtout pas sans saveurs ! Il a mis au point des techniques de cuisson innovantes mais faciles à mettre en œuvre, développer des assaisonnements uniques, associer des ingrédients étonnants et vous livre ici le fruit de ses recherches illustrées en pas à pas. Des recettes pour tous les jours et tous les goûts, rapides et originales !

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