

# Read L'Instant Cru Le Livre En Ligne PDF EPUB Mobi- Marie-Sophie L.



**Read L'Instant cru Marie-Sophie L. le livre en ligne PDF EPUB mobi**, Une invitation joyeuse et gourmande à repenser sa façon de se nourrir pour en renouveler les plaisirs

Parce que tout est possible, ou presque, en cuisine crue - les lasagnes, les risottos, la soupe à l'oignon, les fromages, le pain, les tuiles croustillantes, le carawmel, la tarte au citron, etc. -, ce livre est une véritable initiation à la *raw food*, pour en découvrir et en maîtriser les principes.

Les préparations simples (un robot et un blender suffisent) permettent une préservation parfaite des nutriments. Mais ce qui importe le plus à Marie-Sophie L., c'est de louer les vertus gustatives des préparations sans cuisson pour révéler la complexité de certains légumes qui se livrent pleinement dans toute leur insolente vivacité !

Ainsi ce « cheesecake » bluffant de gourmandise et de saveurs, réalisé sans œufs ni laitage, et sans cuisson, ou ce « risotto » de panais aux cèpes où les notes réglissées, vives et sucrées du panais dansent littéralement avec le parfum chaud et puissant des cèpes pour rebondir en bouche avec beaucoup d'aisance et de persistance. Un enchantement inoubliable.

*Spaghetti de courgettes à la sauce napolitaine / Cheesecake aux framboises / Gâteau au cacao corsé et au carawmel tendre / Pruneaux au bacon d'aubergine / Velouté de poivron fumé / Tombée d'épinards / Béchamel de cajou à la muscade et au poivre noir / Rawtatouille...*

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