

SOUPE MAGIQUES



UNE SOUPE POUR CHAQUE OCCASION : RÉCONFORTANTE,
DÉTOX, DYNAMISANTE... ET TOUJOURS GOURMANDE !

MARABOUT

Soupes Magiques Nicole Pisani

Nicole Pisani, Kate Adams



Soupes Magiques Nicole Pisani:

Magic Soup Nicole Pisani, Kate Adams, 2015-11-10 More than one hundred delicious and nutritious soups that boast a unique blend of fresh ingredients and surprising spice and flavor combinations ideal for losing weight detoxing or satisfying a craving for comfort from the former head chef of Yotam Ottolenghi's renowned restaurant NOPI There is something special about soup it has the ability to revitalize and to soothe A really good bowl of soup puts you in a positive frame of mind and nourishes your body and it can be the perfect way to jumpstart weight loss In this gorgeous four color fully illustrated book Nicole Pisani and Kate Adams show that soup is a recipe for health and happiness *Magic Soup* is a mouth watering collection of more than one hundred innovative recipes for stocks and stews hearty meals healing bone broths a detoxifying soup cleanse and more Recipes such as salmon poached in lemongrass tea lemon chicken and mint with quinoa and the ultimate chicken soup for the soul prove that soup can be a filling meal in itself There's drool worthy butternut squash with caramelized pear delicious beetroot and burrata and a robust Swedish sailors soup made from beef and beer In warmer months cool down with watermelon gazpacho and fennel vichyssoise And get healthy with nettle soup with flowers a miso soup for each season and the book's namesake restorative magic soup of turmeric ginger cardamom cayenne cinnamon cumin spinach and seeds Whether you're swapping a stale sandwich for a vibrant bowl of grains and greens relaxing over a velvety blend of manuka honeyed parsnip cooking rib eye pho for a feast or nursing a cold with an Ayurvedic garlic blend it's always the right time for soup

Soupes magiques Nicole Pisani, Kate Adams, 2015-09-16 Chacune des soupes de ce livre possède un caractère magique Elles vous apporteront du confort un jour de pluie vous feront manger sagement tant elles sont succulentes ou vous laisseront un sentiment de plénitude Il y en a pour toutes les Occasions des soupes légères et digestes et des soupes pour les jours de fêtes des soupes fraîches pour les jours d'été et des soupes chaudes pour les longues soirées d'hiver Il existe aussi des soupes pour ressourcer votre corps et apaiser votre esprit des soupes qui vous feront voyager vers des pays lointains ou d'autres qui vous ramèneront la maison travers vos meilleurs souvenirs d'enfance

Magic Soup Kate Adams (Health publisher), Nicole Pisani, 2015-02-12 There is something about soup that has both the ability to revitalize and to soothe They are packed with nutrition and offer variety deliciousness and comfort as well as being a fantastic aid for weight loss Soup's versatility and health benefits are captured in this book Whether it's swapping a stale sandwich at lunchtime for a vibrant bowl full of grains and greens or relaxing at home over a velvety blend of manuka honeyed parsnip cooking for a supper party or nursing a cold there is always an occasion for soup This book features over 100 innovative recipes helping you to feel fuller and become healthier

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