

Etchebest Encre De Seiche

Philippe Etchebest

Cuisinez bien accompagné avec ma méthode Mentor (édition 2023) Philippe Etchebest, 2023-11-15 Vous rêvez de cuisiner tous les jours de bons plats, pas chers, sans passer votre journée en cuisine ou au supermarché ? Dans cette nouvelle édition, (re)découvrez Mentor, la méthode que j'ai créée pour vous aider au quotidien à cuisiner simplement, efficacement et de façon responsable. Vous y trouverez de nouvelles recettes incontournables, un chapitre entier dédié aux sauces et des guides d'achats pour choisir en toute conscience tous vos produits. Le tout avec une nouvelle mise en page plus ludique. À travers 15 principes fondamentaux et ultrasimples, je vous apprend à optimiser vos courses, à ranger efficacement votre réfrigérateur et vos placards, à vous constituer un garde-manger indispensable. Vous apprendrez également à sélectionner votre matériel de cuisine et de pâtisserie, mais aussi vos aliments - frais et de saison bien sûr ! Pour bien manger tous les jours, pas besoin de recettes compliquées. Rien ne vaut les classiques de notre enfance. C'est pourquoi j'ai sélectionné pour vous plus de 100 recettes grâce auxquelles vous pourrez vous faire plaisir même si vous n'êtes pas (encore) un as des fourneaux : blanquette de veau, gratin dauphinois, tomates farcies, boeuf bourguignon, cassoulet, tagliatelles à la bolognaise, tartiflette, riz au lait, cookies... Pour chaque recette, je vous indique comment conserver vos préparations et je vous conseille le vin le plus adapté. Alors, qu'attendez-vous pour devenir le chef de votre cuisine ? Chef étoilé et meilleur ouvrier de France, Philippe Etchebest est l'un des chefs préférés des Français. Passionné de cuisine depuis l'enfance, il officie à Bordeaux, dans les restaurants Le Quatrième Mur et Maison Nouvelle. Fidèle à ses valeurs de partage, il a à cœur de transmettre son expérience et son savoir-faire, grâce aux émissions Cauchemar en cuisine, Objectif Top Chef et Top Chef, mais aussi à travers sa méthode Mentor.

La société du surpoids Pascal Gervaz, 2023-06-08 `La Société du Surpoids` explique comment la révolution industrielle a transformé les modes de production, de distribution et de consommation de la nourriture. Le livre décrit l'apparition de maladies métaboliques nouvelles apparues à la fin du XXème siècle. Cet ouvrage dresse un triste constat : partout sur la planète, les êtres humains évoluent au sein d'un environnement alimentaire devenu toxique. Ces lignes serviront d'avertissement : si l'on n'entreprend rien, la génération de nos enfants vivra moins longtemps que celle de nos parents. En cela, le combat contre l'épidémie d'obésité se rapproche de la lutte contre le réchauffement climatique : la modification des comportements individuels constitue une condition préalable, certes nécessaire, mais insuffisante. De la part des autorités,

on attend une prise de conscience rapide et des décisions fortes ; c'est à ce prix que les plus fragiles conserveront l'espoir d'échapper aux tentacules des multinationales de la malbouffe. Halte au dérèglement calorique ! Je déclare l'état d'urgence métabolique !

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