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Patrick Vollmar



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web démontrer le plaisir va de pair avec la légèreté tout cuit vapeur c est 30 recettes faciles originales et savoureuses le pavé de saumon retour des îles le tournedos de volaille en duxelles de pleurotes ou encore les ravioles de fraises tagada

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web dmontrer une cuisine saine et digeste sans matire grasse et trs vitamine l ustensile star est le cuit vapeur lectrique mais il y a aussi les paniers en bambou ou les couscoussiers fini l ide d une cuisine la vapeur triste dcouvrez 30 savoureuses recettes trs simples et pleines de crativit toujours accompagnes d astuces ou de conseils