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**Emilie Sanchez**



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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 démontrer une cuisine saine et digeste sans matière grasse et très vitamine l'ustensile star est le cuit vapeur électrique mais il y a aussi les paniers en bambou ou les couscoussiers fini l'idée d'une cuisine à la vapeur découvrez 30 savoureuses recettes très simples et pleines de créativité toujours accompagnées d'astuces ou de conseils