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A tavola in 30 minuti. Ediz. illustrata - Stewart Martha ...

Cosa preparare se si hanno dai 10 ai 30 minuti di tempo? A prima vista una bella insalata mista, ... Inizia subito a cucinare: prova gratis per 14 giorni, disdici quando vuoi. Accedi a decine di corsi online, senza limiti; Segui nuove lezioni ogni settimana; Impara da chef professionisti, con spiegazioni pratiche in video e schede step-by-step ; Divertiti in ogni momento: crea il tuo piano ...

50 ricette veloci da preparare (davvero!) in meno di 30 minuti

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Thanks to his Dopamine Diet, Michelin-starred chef Tom Kerridge has shed eleven stone over the past three years. That's the same as 70 bags of sugar. If you're struggling with your weight and need to shift unhealthy pounds, this new approach makes it easy, and is guaranteed to make you feel happier in the process. Most people find it hard to keep to a long-term diet, but this one is different. The recipes feature ingredients that trigger the release of the 'happy hormone' dopamine in your brain, so it's a diet that will make you feel good! Tom's 'dopamine heroes' include dairy products such as double cream and yoghurt, good-quality meats including beef, chicken and turkey, and even chocolate. By ditching alcohol and starchy carbs in favour of plenty of protein, fresh fruit and veg, you will be eating meals that will help you shed the weight, whilst offering a satisfying intensity of flavour. Treats in store for Dopamine Dieters include spinach, bacon and mint soup; roasted onion salad with fried halloumi; shepherd's pie with creamy cauliflower topping; soy glazed cod with chilli, garlic and ginger; braised beef with horseradish; Chinese pork hot pot; and chocolate mousse with sesame almond biscuits. These are recipes that don't feel like diet food, and can be shared with friends and family. It worked for Tom and it can work for you. Give it a go! And lose weight the Dopamine Diet way.

First published in 1891, Pellegrino Artusi's *La scienza in cucina e l'arte di mangiar bene* has come to be recognized as the most significant Italian cookbook of modern times. It was reprinted thirteen times and had sold more than 52,000 copies in the years before Artusi's death in 1910, with the number of recipes growing from 475 to 790. And while this figure has not changed, the book has consistently remained in print. Although Artusi was himself of the upper classes and it was doubtful he had ever touched a kitchen utensil or lit a fire under a pot, he wrote the book not for professional chefs, as was the nineteenth-century custom, but for middle-class family cooks: housewives and their domestic helpers. His tone is that of a friendly advisor – humorous and nonchalant. He indulges in witty anecdotes about many of the recipes, describing his experiences and the historical relevance of particular dishes. Artusi's masterpiece is not merely a popular cookbook; it is a landmark work in Italian culture. This English edition (first published by Marsilio Publishers in 1997) features a delightful introduction by Luigi Ballerini that traces the fascinating history of the book and explains its importance in the context of Italian history and politics. The illustrations are by the noted Italian artist Giuliano Della Casa.

Venice has always been a bustling trade city. Its cuisine is the most profound expression of a territorial identity and was not immune to contaminations by other cultures. The need to preserve food during long sea journeys and strong links with the Far East--the origin of the city's imported spices--generated recipes with unexpected flavours. Nonetheless, the flavour of Venetian dishes reveals something more than its commercial past. To discover its complexities you must sail to the lagoon's islands, where the restaurants offer authentic traditional Venetian cuisine. VENEZIA IN CUCINA captures the essence and inspiration of many of those native Venetian dishes, including everything from antipasti and entrees to wine pairings and delectable desserts.

A career flavor scientist who has worked with such companies as Lindt, Coca-Cola and Cadbury organizes food flavors into 160 basic ingredients, explaining how to combine flavors for countless results, in a reference that also shares practical tips and whimsical observations.

"Deep in the Faraway Forest, the wolf was bored to tears. One day, he had an idea...he would travel the world!"--Back cover.

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