



La cuisine est dans le pré: 52 recettes à glaner dans la nature (ARTICLES SANS C) (French Edition)

François Couplan

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Au fil des saisons, laissez-vous tenter par les plantes que Dame Nature met à notre disposition !

Sources de vitamines, d'oligo-éléments et d'antioxydants, ces végétaux nous apportent les compléments nécessaires à notre alimentation. Ce joli petit ouvrage nous offre cinquante-deux délicieuses recettes naturelles, indiquant également les usages médicaux et culinaires de chacune des plantes. Un véritable délice !

Faites un petit tour dans les champs pour remplir votre panier d'herbes et concocter de bons petits plats !

A PROPOS DE L'AUTEUR

François Couplan, écrivain ethnobotaniste spécialiste et passionné gourmand des plantes sauvages, travaille avec les plus grands cuisiniers pour améliorer et innover la cuisine des plantes comestibles.

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Soliflor est une maison d'édition à l'ambiance familiale où germent des idées à foison, rassemblées en de petits livres carrés et colorés, balayant des thématiques variées centrées sur l'art de vivre, de la cuisine au jardin, en passant par toutes les autres pièces de la maison. Oui, les thèmes sont ceux de la vie quotidienne, que nous aimons appréhender de la façon la plus naturelle et respectueuse possible.

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