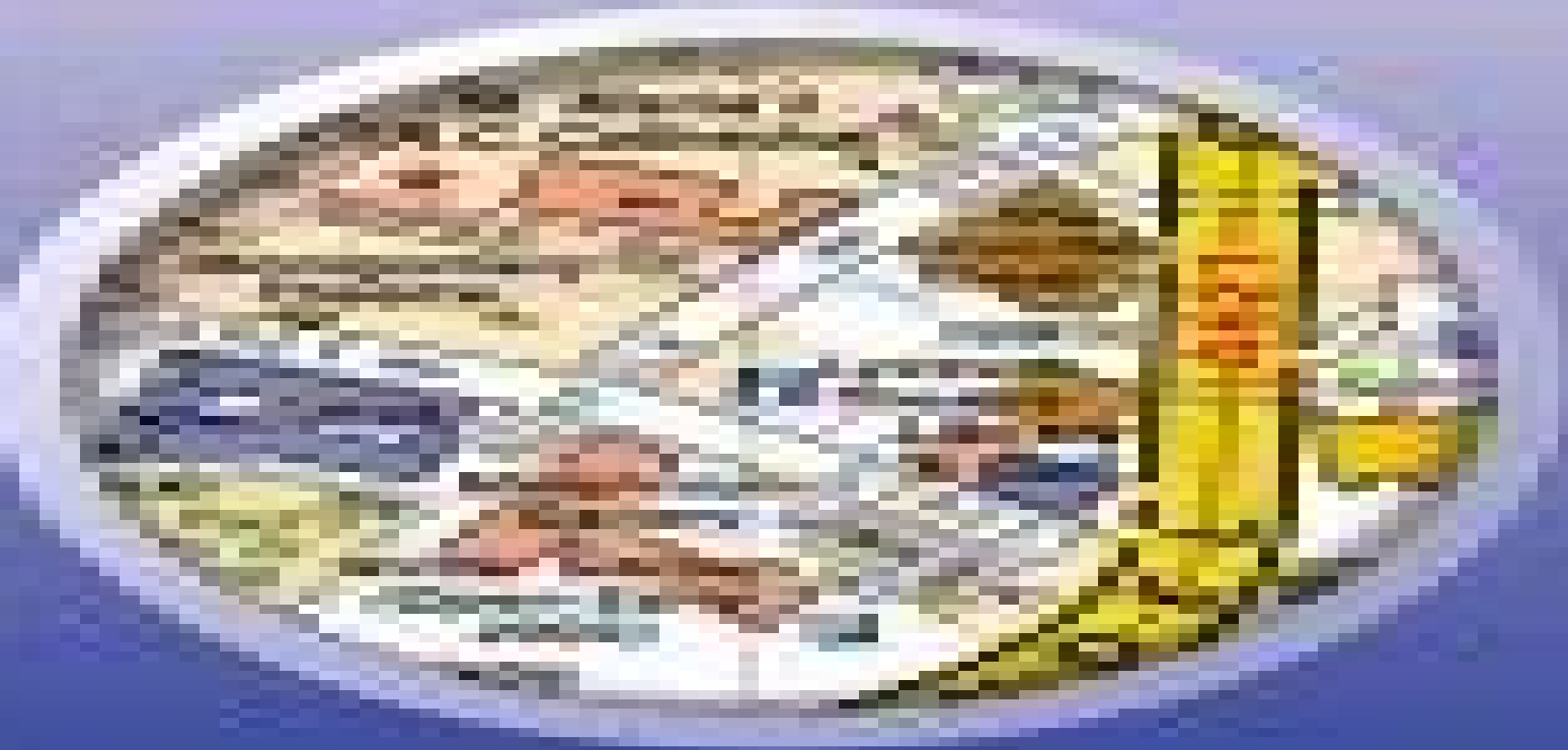


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web démontrer le plaisir va de pair avec la légèreté tout cuit vapeur c est 30 recettes faciles originales et savoureuses le pavé de saumon retour des îles le tournedos de volaille en duxelles de pleurotes ou encore les ravioles de fraises tagada tout cuit vapeur 30 recettes saines et délicieuses american - Jun 01 2022

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