



Il mio libro di ricette vegan - Primavera: 1 (Cucina) (Italian Edition)

Paolo, Paola

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La cucina vegan non è un modo nuovo di preparare le vivande, da sempre l'uomo si è nutrito di frutta, verdura e ortaggi, e nel tempo ha imparato a combinare gli innumerevoli ingredienti che la terra gli offre per preparare piatti deliziosi, dall'antipasto al dolce. Cucinare vegan vuol dire aprire gli occhi, sentire nuovamente profumi e sapori, scoprire la stagionalità dei frutti della terra, comprare il più vicino possibile, magari tramite i gruppi di acquisto, favorire i piccoli produttori piuttosto che la grande distribuzione. Anche questo è avere rispetto per la vita, anche questo è essere vegan. In questo libro troverete molte ricette semplici, alcune un po' più complicate, altre assolutamente inedite, condite qua e là con qualche rifacimento in chiave vegan di ricette appartenenti alla nostra tradizione. Il filo che le tiene legate insieme è il desiderio di realizzare dei piatti sani, buoni, profumati e gustosi, belli da vedere e che non siano stati causa di sofferenza per nessun essere vivente.

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