



The Big Book of Cooking

250 healthy recipes

October 2015



❑ Specs:

- Series: Cooking
- Date of issue: October 9th 2015
- RPP: 19,90 €
- Pages: 184
- 195 x 280 mm
- Hardcover
- ISBN : 978-2-84831-853-0

❑ Synopsis:

Healthy cookery : this is what this title proposes to the readers. They will find in it recipes focused on organic food, fresh products from the market, light cooking, smoothies, etc.

A total of 250 balanced but delicious recipes!

❑ What is inside?

Original recipes for starters, main courses and desserts, but also for brunches.

Many advices to select your menu following the season.

The list of unavoidable products to have in your kitchen.

❑ The Author:

Catherine Gerbod is the author of several cooking books published by Marie Claire Books: *Cuisiner la viande* (2014), *Prêt à l'avance* (2014), and she is co-author of *Recettes pour recevoir* (2013), *Gâteaux faits maison* (2013).