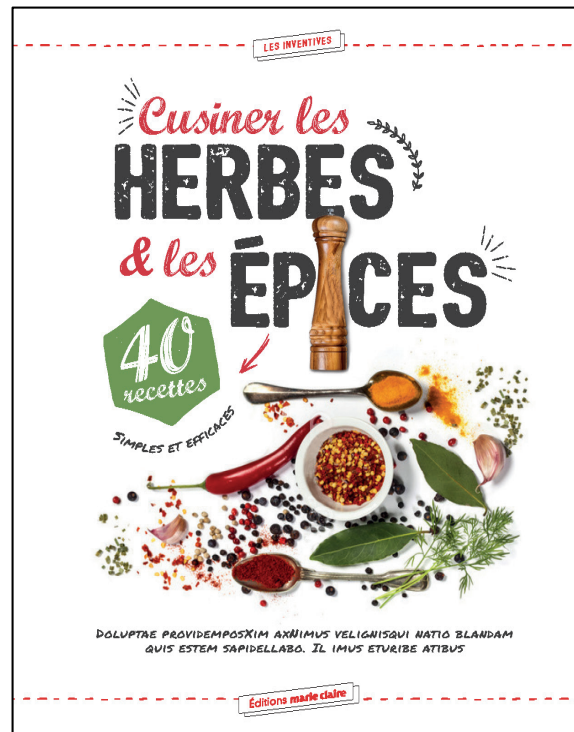


Cooking with Herbs and Spices

40 easy but efficient recipes

March 2016



Synopsis:

With the fashion of the « clean food », people try to more and more to accommodate their meals with less salt, fat, sauces... And what is tastier than herbs and spices?

With this title, learn how to use them in order to prepare healthier meals, that are also personalised, but without losing flavours on the way. Nutritional intakes of each herb and spice are mentioned for each recipe.

The Author:

Sylvie Bandeville is a gastronomic journalist, culinary stylist and author of many recipes. She worked for many magazines, among which « Cuisine et vins de France », and assured the realisation of advertising pictures in the agri-food field. She graduated from l'École Supérieure d'Arts Graphiques of Paris, and she worked as an art director for Havas Conseil. She is a complete gastronome artist, and realizes entirely this title.

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