

No Food-Wastage Cooking

40 easy and quick recipes

March 2016



Synopsis

What to do with leftovers? How to prepare meals in advance not to waste anything.

Learn how to keep Summer fruits and vegetables throughout the year. This book will give you all the keys to eat according to the season, and reflex to acquire to use entirely a fruit or a vegetable, without leaving even the pips. No food-wastage will be allowed in this cooking book!

What is inside?

Learn how to do your own jars.

Learn what can be freeze without taking any risk later.

Learn the fruit and vegetable seasons to eat cleverly!

The Author:

Catherine Madani is an experienced cook, but also a culinary stylist, who works for many years for « Cuisine et vins de France » magazine. She is the author or numerous titles in the cooking field. In this book she presents unseen recipes, that she composed with love, from A to Z.

- **Specs:**
- Series: Cooking
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- RPP: 12 €
- 112 pages
- 180 x 230 mm
- Paperback