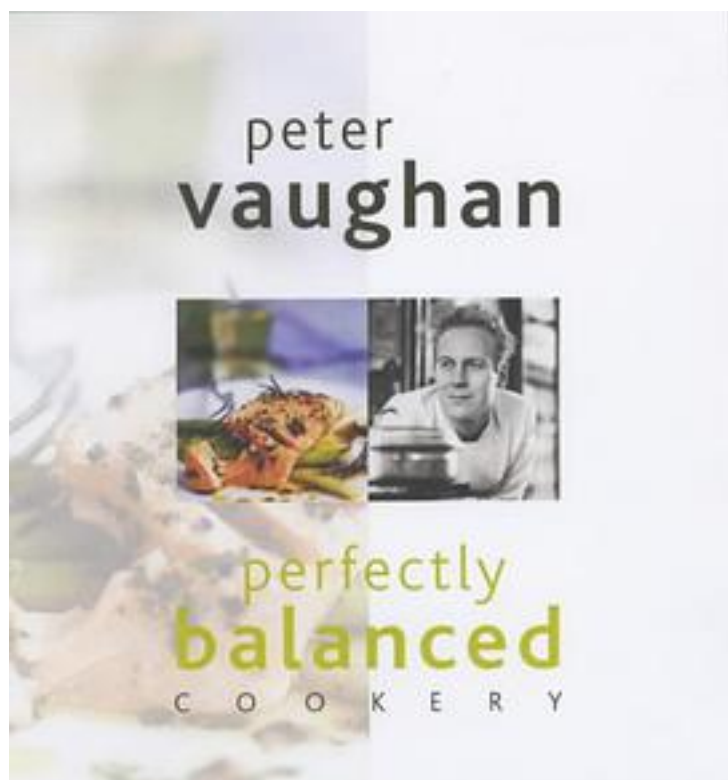


Naturally Balanced Cooking



[Naturally Balanced Cooking_ 下载链接1](#)

著者:Vaughan, Peter

出版者:

出版时间:2003-4

装帧:

isbn:9780572028268

Just look at the winning combination of Peter's qualities: top culinary qualifications, a passionate interest in nutrition, experience in high-class restaurants in Britain, France and the Caribbean, plus running his own restaurant and health food shop. With a sharp eye on the realities of our busy lives, Peter creates unique and delicious recipes packed with optimum-energy ingredients. You can try Roasted Couscous with Peppers and Sweetcorn, or Mushroom Fricasee with Cranberry and Creme Fraiche. Stunning and sexy, cosy and reassuring, or packed with energy - they all make delicious eating.

作者介绍:

目录:

[Naturally Balanced Cooking_下载链接1](#)

标签

评论

[Naturally Balanced Cooking_下载链接1](#)

书评

[Naturally Balanced Cooking_下载链接1](#)