

## Feel Good Kitchen



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**(Mr. Golden Flatley)**

## FEEL GOOD KITCHEN



Dorling Kindersley Verlag Aug 2017, 2017. Buch. Condition: Neu. Neuware - Gute Laune geht durch den Magen! Diese Philosophie verfolgt Georgina Hayden bereits seit über zehn Jahren. Die Kunst der Wohlfühlküche hat sie bei niemand geringerem als Starkoch Jamie Oliver erlernt. Egal ob Sie einen schlechten Tag überstehen oder einen guten Tag feiern möchten - in diesem persönlichen Kochbuch präsentiert die charmante Foodstylistin grandiose Gerichte, die in jeder Lebenslage für eine ordentliche Portion Glücksgefühle sorgen! Aufgewachsen in der griechischen Taverne ihrer Großeltern lernte Hayden schon sehr früh, dass gutes Essen viel mehr kann als bloß satt machen. Ob Pancakes mit karamellisierten Äpfeln und Haselnüssen, Zucchini-Cake mit Kokos, Kardamom und Honigbutter, Linsensalat mit Kräuterdressing und geräucherter Makrele oder Schweinshaxe mit Fenchel und Bohnen - diese großartigen Rezepte schmecken nicht nur absolut köstlich, sondern sorgen auch garantiert für Wohlbefinden und neue Lebenskraft - und das schon bei der Zubereitung. 280 pp. Deutsch.



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