



Spa Em Casa Panelinha Receitas Que Funcionam

Lei Shi



Spa Em Casa Panelinha Receitas Que Funcionam:

Panelinha - Receitas Que Funcionam Rita Lobo, 2010 Este livro procura trazer sugestões de pratos para situações e ocasiões do cotidiano: jantares, saladas, massas, grãos, comida de criança, pratos com peixes, aves e carnes, sobremesas, bolos, pães integrais, tendo como objetivo facilitar a vida dos leitores que acreditam na boa alimentação como a base da vida. *Cozinha de estar* Rita Lobo, 2018-12-13 Mais do que um livro de receitas, *Cozinha de estar* um guia para quem vai cozinhar para receber. Rita Lobo transforma sala e cozinha em uma coisa só: um ambiente aconchegante e espaçoso onde cabe todo mundo e de onde ninguém quer sair. Ganhador do prêmio internacional Gourmand e finalista do prêmio Jabuti, o livro apresenta as regras tradicionais para planejar um jantar ou uma festinha em casa e também mostra como deixar tudo mais informal. Ou não, quem escolhe. Mas uma coisa certa para receber bem: não precisa ter pompa nem prataria. Esta edição ampliada vem com um Natal de presente: inclui um capítulo novo com receitas e dicas para uma ceia completa, cheia de inspiração tropical. Afinal, nosso Natal no verão é nosso verão: um forno pré-aquecido em temperatura máxima, um colorido só bem brasileiro. Divirta-se. Cozinhar libertador. **Só para um** Rita Lobo, 2020-04-14 Mora sozinho e quer comer melhor? Rita Lobo ensina você a vencer os obstáculos da cozinha para um sem precisar cozinhar do zero a cada refeição. Além de receitas saborosas e muitas técnicas culinárias, este livro traz soluções incríveis para a sua rotina: tem receita em uma panela só, tem uma aula completa de pipê, tem dicas desde a lista de compras até a hora de lavar a louça. Sem nem perceber, você vai ficar craque em planejamento. Vai aprender a armazenar, congelar e aproveitar melhor e reaproveitar os alimentos. Vai saber montar uma despensa básica e escolher os utensílios. E ainda vai se divertir na cozinha. Só para um: uma ferramenta fundamental para você manter uma alimentação sempre saudável.

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