



Il mio libro di cucina vegan (Veganesimo) (Italian Edition)

Paolo e Paola

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"Ciao, siamo Paolo e Paola e intendiamo parlarvi, attraverso le nostre ricette, dei profumi e dei sapori che si avvicinano durante l'arco dell'anno. La primavera con i suoi colori sgargianti, il profumo del primo basilico, degli asparagi e delle fragole; l'estate, con i suoi caldi torridi e il mare, profuma di cocomero e melone; l'autunno che sa di zucca, di funghi e fagioli e infine l'inverno che profuma di zucchero e cannella di sughi corposi, di castagne abbrustolite... insomma un susseguirsi di emozioni. Ci vediamo come sfogliassimo un vecchio album di fotografie con il maglione pesante in mezzo alla neve o in spiaggia a prendere la tintarella, ma sempre e comunque in buona compagnia. Gli amici, la tavola imbandita, l'allegria che si profonde naturale dallo stare insieme. Intendiamo anche parlarvi di Ravegan, la nostra gastronomia nata grazie all'aiuto di tanti amici, e a tutti voi che ci leggete".

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