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**Lire des ebooks Fromages vegan Marie Laforêt PDF, ePub, mobi, • Les produits laitiers ne sont pas toujours des amis pour la vie : intolérance au lactose, hypercholestérolémie, surpoids, hypertension, maladies cardio vasculaires... les raisons sont nombreuses pour vouloir s'en passer.**

- Pas de livre sur le sujet dans la France des 246 variétés de fromage ! et pourtant du fromage à râper au fromage frais ou très coulant, tout est reproductible en version vegan.

- L'auteure, spécialiste de la cuisine vegan, propose de fabriquer à la maison des fromages fermentés (grâce au réjujelac- blé germé fermenté), des fromages fondants à tartiner (à base de noix de cajou, de sésame ou de tofu ou des fromages corsés (à base de miso, de tempeh, de levure maltée)...

- Ces recettes de base reprennent les techniques habituelles de la fromagerie home made, mais adaptée à des ingrédients

végétaux : coagulation-filtrage-pressage de laits végétaux; fermentation ou utilisation de produits déjà fermentés.

- Une trentaine de recettes sophistiquées ou pour tous les jours, qui utilisent en abondance des ingrédients riches en calcium et en bons acides gras (sésame, amandes, coco...)

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