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Lire des ebooks *Mange ta soupe ! Frédéric Berqué PDF, ePub, mobi*, Il est loin le temps où l'on vous obligeait à finir votre soupe... loin le temps des soupes de grand-mère ! Aujourd'hui, la soupe est revenue sur le devant de la scène, pleine de nouvelles saveurs. Quelques légumes, un mixeur et hop, un plat complet et équilibré vous attend : rien de plus facile à préparer ! **Potage, bouillon, velouté, soupe...** froide, exotique, tendance, classique, et même sucrée pour le dessert, tout est possible ! Quoi de plus réconfortant l'hiver et de plus rafraîchissant l'été ? Et rien ne vous empêche de laisser de côté la traditionnelle assiette à soupe pour la servir dans des tasses, verrines, etc.

50 recettes qui ne vous feront plus grandir mais qui vous apporteront 100 % de plaisir ! Soupe glacée de concombre au yaourt et à la menthe, soupe de carotte à l'orange coco, crème de fèves à l'huile épicée, soupe de potiron au fromage frais et ciboulette, soupe chinoise aux cinq parfums, soupe d'agrumes au gingembre, soupe anglaise marbrée à la mangue... **Vous en redemanderez !**

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