

[Free download] File size: 23.Mb

Practical French with Nathalie (English Edition)



Par Nathalie Hecht

*DOC | *audiobook | ebooks | Download
PDF | ePub*

Dtails sur le produit Rang parmi les ventes : #841224 dans eBooksPubli le: 2013-08-03Sorti le: 2013-08-03Format: Ebook Kindle

[Free download] Practical French with Nathalie (English Edition)

Par Nathalie Hecht : Practical French with Nathalie (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Practical French with Nathalie (English Edition):

Download

Read Online

Description :

Présentation de l'éditeur Practical French with Nathalie is about taking a down-to-earth approach to healthy and balanced French food for everyday cooking. It is a collection of French recipes adapted to fit the modern and busy lifestyle of today's families. French food often rhymes with use of heavy ingredients, which can be less palatable to health-conscious eaters, and unlike other cuisines e.g. Italian, French cooking is often mistakenly labeled as complicated or not accessible to everyone. The recipes in this book are unique as they

were transformed and lightened up greatly in comparison to the French classics. The home cook will appreciate not having to go on a wild goose chase for imported ingredients or kitchen equipment, and especially for not having to brush-up on a whole lot of French cooking jargon before attempting to execute the recipes in this book. Nathalie is French, but like millions of American women living in the U.S., strives to balance a busy life with a role as a mother and a wife, and with a desire to provide quick but yet exciting and balanced meals for her family. Presentation de l'auteur Practical French with Nathalie is about taking a down-to-earth approach to healthy and balanced French food for everyday cooking. It is a collection of French recipes adapted to fit the modern and busy lifestyle of today's families. French food often rhymes with use of heavy ingredients, which can be less palatable to health-conscious eaters, and unlike other cuisines e.g. Italian, French cooking is often mistakenly labeled as complicated or not accessible to everyone. The recipes in this book are unique as they were transformed and lightened up greatly in comparison to the French classics. The home cook will appreciate not having to go on a wild goose chase for imported ingredients or kitchen equipment, and especially for not having to brush-up on a whole lot of French cooking jargon before attempting to execute the recipes in this book. Nathalie is French, but like millions of American women living in the U.S., strives to balance a busy life with a role as a mother and a wife, and with a desire to provide quick but yet exciting and balanced meals for her family. Biographie de l'auteur Nathalie was born in Africa and grew-up in a southern French family of northern Italian roots. Nathalie was fortunate to be exposed to different cultures early on and food was definitely a big part of her up-bringing. She is French, but like millions of American women living in the U.S., she strives to balance a busy life with her role as a mother and wife and with a desire to provide quick but exciting and balanced meals for her family. Over the past decade, Nathalie adapted French recipes to a busy lifestyle by using simple ingredients found at any regular grocery store in the U.S. and equally simple cooking techniques. "Practical French with Nathalie" was the natural next step to share what she learned with other busy folks and to inspire them to prepare quick, balanced, and guilt-free meals.