



## Recettes de jerky de bœuf (French Edition)

*Ashley Andrews*

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Le jerky est une collation riche en protéines qui peut être mangée sur le pouce, ne se gâte pas et, lorsqu'il est fait maison, est absolument délicieux ! C'est pourquoi le jerky est une collation populaire pour les mamans qui désirent une alternative aux collations sucrées que réclament les enfants, ainsi qu'au près des randonneurs qui veulent un aliment à la fois léger et nourrissant. Tout le monde adore le jerky, car il est agréable à mordiller et plein de saveur ! C'est également beaucoup moins cher de le faire soi-même, et plus encore, vous pouvez utiliser de la viande de bonne qualité et en éliminer les sulfites et les nitrates.

Les recettes de ce livre sont faciles à suivre et vous agencerez sans tarder saveurs et épices. Amusez-vous à varier les recettes pour obtenir exactement le jerky que vous désirez.

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