



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'auprès 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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