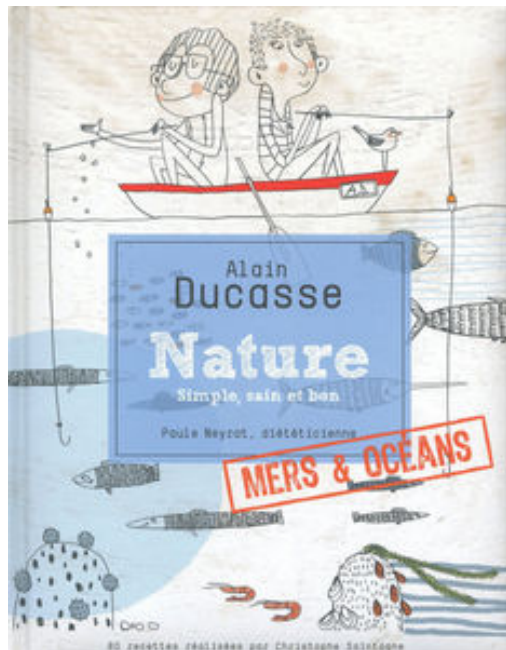


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Alain Ducasse s'est engagé dans la démarche de cuisine durable. Avec Paule Neyrat, diététicienne, il vous propose des recettes pour apprendre à cuisiner ces poissons parfois méconnus, souvent dédaignés, tels que le lieu jaune, le maigre, le maquereau, le mullet...

Simple. Des produits faciles à trouver et abordables. Des recettes simples et rapides à exécuter mais qui font d'un poisson, le plat phare d'un repas.

Sain. On revient à l'essentiel : consommer intelligemment des produits variés et de saison. Les recettes combinent les poissons avec des légumes ou des céréales, clés de l'équilibre alimentaire.

Bon. Le goût est fondamental : des recettes savoureuses et gourmandes qui apportent du plaisir, des saveurs sublimes par le respect des produits de la mer.

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