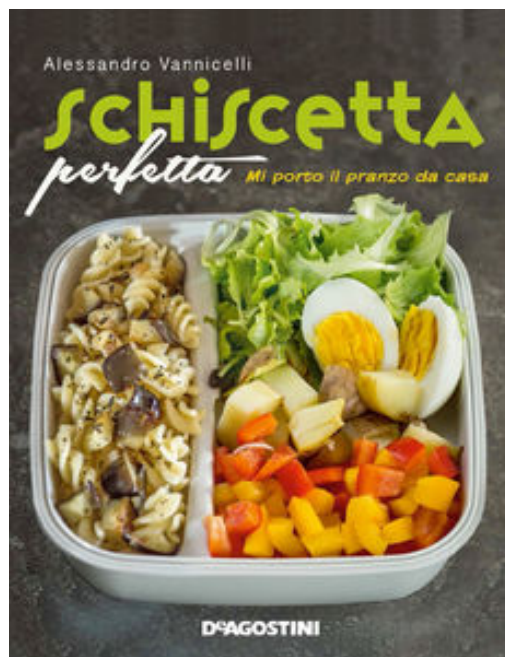


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Leggi ebooks Schiscetta perfetta Alessandro Vannicelli PDF, EPUB, mobi, Schiscetta è un tipico termine milanese, nato negli anni '60-'70 quando tute blu e travet mangiavano sul posto di lavoro portandosi "qualcosa" da casa. Mettevano tutto in un contenitore di metallo, spesso "schiacciando" in strati - da qui viene il nome - il risotto e la classica cotoletta oppure il pollo e la pasta. Oggi il pratico contenitore diviene Lunch-Box o Schi-Chic, e torna in auge tra studenti e lavoratori attenti al portafoglio e ai buoni sapori. Sì, perché oggi portare il pranzo da casa è una tendenza seguita non solo da chi vuole risparmiare, ma soprattutto da chi preferisce consumare piatti sani ed equilibrati. In un libro originale e nuovo, dedicato al pranzo portato da casa, tante ricette facili e gustose.

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