

(Cooking)

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## Cucinare per tutti Intolleranze e menu wellness *Emanuele Giorgione*

pp.272, 21x30 Photo color

**A book that shows how it is possible to eat well for our body and also for our palate.**

**Text in English available**

## Cooking for everyone Intolerances and wellness menus

Gluten-free, nut-free, no animal products, soya-free, raw: only apparently do these definitions imply renunciation.



Through more than 60 recipes, divided between appetizers, starters, creams and soups, carbohydrates, cereals and pseudo-coals, proteins and desserts, chef Emanuele Giorgione proposes his vision of "without" to demonstrate how a dish, in order to be tasty, appetising, stimulating and naturally nutritious, does not need ingredients that by choice or necessity some people cannot

consume. Cooking for everyone today means taking these choices into account and creating dishes that do not replace but offer appetising ingredients and flavours. Wellness cooking is basically about cooking while remembering that we eat to obtain energy from food through a balanced intake of macro and micro nutrients. It's up to us to put all our will and expertise into making sure it's as satisfying to the taste and sight as classic cooking. For each recipe is included useful advice from nutritionist Valeria Brambilla, who has drawn attention to the properties of each food, its different uses and combinations.

To download part of the book: <https://1drv.ms/b/s!Atgqfn0z-iFXhRr71hOEQuya3lp6?e=fe3KqW>

To Download a visual presentation of the book: <https://1drv.ms/v/s!Atgqfn0z-iFXhRu4yKjxAj2Sr78Z?e=cpfg9l>



Emanuele Giorgione born in 1984, twenty years of experience in Italy and abroad, with a focus on

wellness cuisine in Spa and Med - Spa, until becoming Corporate Chef. Today he is a consultant and trainer for Italian and international companies. He is also the creator of dedicated and wellness menus.

