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# Cookbook "La gastronomie nomade" in french



## Product attributes:

## Product codes:

Reference:  
8541/LI/NOM  
EAN13: -  
UPC: -

## Product features:

## Product short description:

This cookbook is a practical, clear, and comprehensive guide not only for professional sailors and aspiring mariners.

It will also appeal to all travelers, vanlifers, hikers, and other adventurers. What could be better than cooking like a chef while engaging in adventures by van, sailboat, on foot, or bicycle?!

It is a unique cookbook for adventurers, offering not only recipes but also a multitude of tips and information on various topics.

## Product description:

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Summary:

"Cook like a chef while adventuring in a van, sailboat, on foot, or by bicycle!

"Gathering, fishing, transforming the nature around me to nourish myself and share a good meal with friends during a great adventure is what I love most in life!"

How to catch a lobster with the help of an octopus, build a solar oven, quickly make a beurre blanc, or master low-temperature cooking—David Sabatier, sailor and private chef, explains in a didactic manner how to cook when you love and engage in adventure."

(Source: Zeraq Editions)

**Product gallery:**