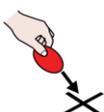
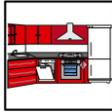
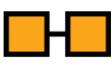
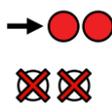
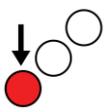
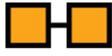
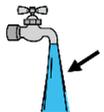
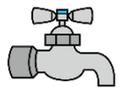


RECEITAS	COM ÁGUA	DA TORNEIRA	DA AUTORIA	DO CHEFE	FÁBIO BERNARDINO

PARTI LHAMOS	RECEITAS	DA AUTORIA	DO CHEFE	FÁBIO BERNARDINO,	QUE	CONCRE TIZOU
A 3ª EDIÇÃO	DE	:				
“A	IRRESISTÍVEL	ÁGUA	DA TORNEIRA,	À MESA	COM...”	

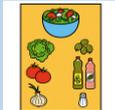
O CHEFE	FÁBIO BERNARDINO	REALIZOU	VÍDEOS	COM	A CONFEÇÃO	DAS MESMAS,
APRESEN TANDO	RECEITAS	COM MAIS	EFICIÊNCIA	ONDE	O INGREDIENTE	PRINCI PAL
É	A ÁGUA	DA TORNEIRA.				

O CHEFE	FÁBIO BERNARDINO	COLOCOU	EM PRÁTICA	A ECONOMIA	CIRCULAR	DE ALIMENTOS
						
NA COZINHA	COM	A UTILIZAÇÃO	DE DESPERDÍCIOS	COMO	CASCAS	DE LEGUMES,
						
DE FRUTAS,	TALOS	E	SOBRAS	DE ERVAS AROMÁTICAS,	ENTRE OUTROS.	
						
ESPERAMOS	QUE APRECIE	E	ACEITE	MAIS	ESTE	DESAFIO
						
QUE	LHE LANÇAMOS	DE COZINHAR	COM	ÁGUA	DA TORNEIRA.	
						

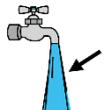
CALDO	AROMÁTICO	E	INFUSÕES
			



INGREDIENTES



ÁGUA



DA TORNEIRA



CASCAS



DE CEBOLA



CASCAS



DE ALHO



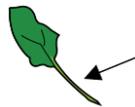
PEDÚNCULOS



DE TOMATE



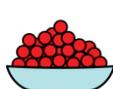
TALOS



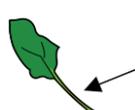
DE LEGUMES



DIVERSOS



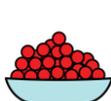
TALOS



**ERVAS
AROMÁTICAS**

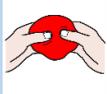
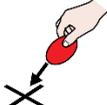
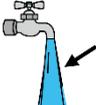
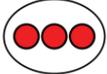
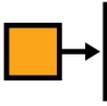
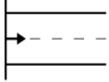
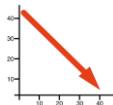
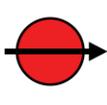


DIVERSAS



ESPECIARIAS



COMO		FAZER?				
						
PRIMEIRO:	COLOCAR	NUMA PANELA	A ÁGUA	COM	OS INGREDIENTES	TODOS.
1 						 ■
SEGUNDO:	LEVAR	A PANELA	AO LUME	ATÉ	FERVER.	
2 						■
TERCEIRO:	QUANDO	COMEÇAR	A FERVER,	DIMINUIR	O LUME.	
3 						■
QUARTO:	DEIXAR	COZER	DURANTE	15	MINUTOS.	
4 				15		■
QUINTO:	ESCORRER	O CALDO.				
5 						■
SEXTO:	USAR	NAS SOPAS	OU NOUTRAS	RECEITAS.		
6 						■



INGREDIENTES



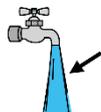
1

CHÁVENA

DE ÁGUA

DA TORNEIRA

1



1

PAU DE
CANELA

1



1

ESTRELA
DE ANIS

1



1

CASCA

DE LARANJA

ÀS TIRAS

1



COMO



FAZER?

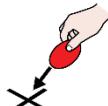


PRIMEIRO:

1



COLOCAR



O PAU DE CANELA



MAIS



A ESTRELA DE ANIS

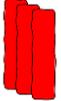
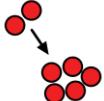
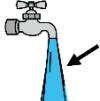
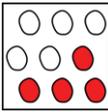
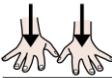


NA



CHÁVENA.



SEGUNDO:	DESCASCAR	A LARANJA	SEM	A PARTE	BRANCA.
2 					
TERCEIRO:	CORTAR	A CASCA	DE LARANJA	ÀS TIRAS.	
3 					
QUARTO:	ACRESCENTAR	ÁGUA	QUENTE.		
4 					
QUINTO:	ESPERAR	ALGUNS	MINUTOS.		
5 					
SEXTO:	ESTÁ	PRONTO	A BEBER.		
6 					



INGREDIENTES:

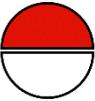
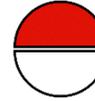
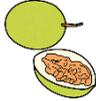
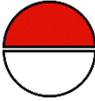
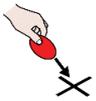
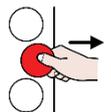
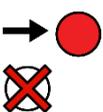
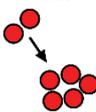
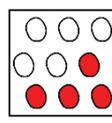
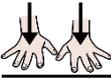


1	1 LITRO	DE ÁGUA	DA TORNEIRA
			
4	FOLHAS	DE MANJERICÃO	
			
2	RAMINHOS	DE FUNCHO	
			
1	MARACUJÁ		
			

COMO FAZER?




1	PRIMEIRO:	NUM	ALTO,	COLOCAR	A ÁGUA	DA TORNEIRA,	AS FOLHAS
							
	DE	E	OS	DE			
	MANJERICÃO	e	RAMINHOS	FUNCHO.			
							

SEGUNDO:	CORTAR	O MARACUJÁ	AO MEIO.			
2 				■		
TERCEIRO:	CORTAR	UMA	DAS METADES	DO MARACUJÁ	AO MEIO	E
3 		1				e
COLOCAR	NO JARRO.					
		■				
QUARTO:	RETIRAR	A POLPA	DA OUTRA	METADE	E	ACRESCENTAR
4 					e	
NO JARRO.						
	■					
QUINTO:	ESPERAR	ALGUNS	MINUTOS.			
5 				■		
SEXTO:	ESTÁ	PRONTO	A BEBER!			
6 				■		