



Sbirciando in una cucina Vegan (Italian Edition)

Tania Fatima Palombi

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Mi chiamo Tania, sono vegana da due anni e da una vita lavoro nel panificio di famiglia, quindi sono nata in mezzo alla farina e al profumo del pane appena sfornato. Mi porto questi odori ovunque vada.

Con il passare degli anni ho scoperto di amare la cucina, ma solo ultimamente sto mettendo in pratica questo amore notando che ogni tanto riesco ad avere delle piccole soddisfazioni che vengono da persone esterne alla mia vita, conosciute sui social network. E' il mio affezionarmi a loro che mi ha dato la prima spinta per scrivere la raccolta di ricette Vegan. La seconda spinta mi è stata data dal mio compagno, che mi ha volentieri aiutato in questo progetto. Secondo lui sarebbe stata un'ottima idea mettere a disposizione di tutti i miei piatti, quindi aiutare.

Per molte persone il rifugio da una giornata storta, un momento cupo, è la cucina, i fornelli ed il profumo che viene fuori da una piccola creazione culinaria inventata al momento. Una di queste persone sono proprio io. Io che amo particolarmente inventare al momento, con quello che ho, come meglio posso cercando di restare sul semplice.

Da quando ho iniziato a cucinare anche per aiutare le altre persone in difficoltà o bisognose di una nuova ricetta o che si stanno avvicinando a questo tipo di alimentazione, non passa giorno che io non pensi ad una nuova ricetta da proporre nei giorni seguenti. Non passa attimo in cui io non pensi agli altri, a quelle persone che mi seguono e mi chiedono consigli. Questo accade perché ormai fanno parte della mia "famiglia" e tengo a loro, le loro esigenze sono le mie esigenze.

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