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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.

Fantascienza - racconto lungo (47 pagine) - Riproduciti. Non uccidere. Non sprecare. Vivi in armonia con la Terra. Vivi in armonia con l'umanità. Nuovo mondo, nuovi comandamenti: da quando le nanoplastiche hanno reso sterili persone e animali, i sopravvissuti si sono riorganizzati in piccole comunità. Finché un giorno, in un villaggio tra le alpi Lepontine, le vestigia del vecchio mondo tornano a minacciare la quiete... Romina Braggion firma un racconto solarpunk originale e ricco di suggestioni, per mostrarci, lontano dal comune immaginario distopico, il volto inedito del post-apocalittico. Romina Braggion vive in provincia di Verbania, a due passi dal Lago Maggiore e a quattro dalle amate montagne Ossolane. Da quasi cinquant'anni svolge la professione di absolute beginner, distinguendosi nell'autodidattica. Inoltre si occupa di comunicazione per una fonderia di alluminio. Ha un blog in cui parla di fantascienza, meglio se italiana, e porta avanti un progetto di condivisione della memoria delle scrittrici: La Metà del Mondo. Per il sito Leggere Distopico recensisce libri di fantascienza e di altri generi. Collabora con un paio di associazioni culturali della sua città dando una mano nell'organizzazione di piccoli eventi. Il suo primo racconto è stato segnalato al concorso "Iniziamo da qui!" di Spunto Edizioni, il secondo inviato ha avuto una sorte oscura e il terzo viene pubblicato nel febbraio 2020 nella collana Futuro Presente di Delos Digital. Altri suoi racconti si possono trovare in contest letterari online. Ha qualche passione e innumerevoli interessi e, prima o poi, dovrà decidere cosa fare da grande.

La nascita di un figlio – specialmente se è il primo – cambia tutto: i ritmi, le abitudini, gli spazi, le priorità. E il momento dei pasti, soprattutto quando inizia la delicata fase dello svezzamento, rischia di cogliere impreparati molti neogenitori, trasformandosi in una routine sofferta e inconciliabile con il precedente stile di vita... o forse no! Dopo il successo di Schiscetta perfetta, Alessandro Vannicelli (che non è né un cuoco né un medico, ma è papà di due gemelle: esperienza sul campo al quadrato) ci dimostra infatti che guidare i propri figli alla scoperta del mondo dei sapori può essere un viaggio entusiasmante e divertente. E se si ha l'accortezza di preparare cibi che possano essere facilmente infilati in un contenitore trasportabile, non ci sono limiti alla libertà di movimento dell'intera famiglia. Baby Schiscetta non è solo una divertente raccolta di ricette che qualsiasi genitore può realizzare facilmente e senza sforzi: è un'esplorazione graduale di sapori, alimenti e consistenze sempre nuovi. Un percorso – approvato dai nutrizionisti – da compiere giorno per giorno in compagnia dei propri figli. Un ricettario facile e divertente per vivere in totale serenità il momento della pappa, sempre e ovunque. Per insegnare ai nostri figli l'amore per il cibo, ed esplorare assieme a loro il coloratissimo mondo dei sapori.

Se la storia è quella di Teocoli di sicuro c'è da divertirsi. Se è Teo che la racconta, allora un'autobiografia diventa come un grande spettacolo di varietà, fatto di aneddoti, gag, battute e sketch...

Cooking in large batches is the perfect way to save time and money. It also often turns out to be the healthier option – saving you from ready-meals and take-out; allows you to cook your produce when it’s most fresh; and reduces how much food you throw away. In Batch Cooking, Keda Black shows you how to get ahead of the game by using just two hours every Sunday to plan what you are eating for the week ahead and get most of your prep out of the way. By Sunday evening, you are looking forward to five delicious weeknight meals, and enjoying an overwhelming sense of calm about the week ahead. The book covers thirteen menus, with an easy-to-follow shopping list and a handy guide for how to tweak your plans for the season or your dietary requirements. Each menu is broken down into the Sunday preparation time and a day-by-day method to finishing the recipe. Recipes include a heartening Lemongrass, Coconut, Coriander and Ginger Soup, a delightful Green Shakshuka with Feta and an astoundingly easy Pear Brownie.

A man consumed by a meaningless life is going to do something he’s never considered doing before. He’s going to enjoy the day... For hyper-particular publishing heir Jonathan Grief, the day starts like any other--with a strict morning fitness regimen that'll keep his divorced, easily irritated, cynical, forty-two-year-old self in absolutely flawless physical condition. But all it takes to put a crimp in his routine is one small annoyance. Someone has left a leather-bound day planner with the handwritten title Your Perfect Year in his spot on his mountain bike at his fitness course! Determined to discover its owner, Jonathan opens the calendar to find that someone known only as "H." has filled it in with suggestions, tasks, and affirmative actions for each day. The more he devotes himself to locating the elusive H., the deeper Jonathan is drawn into someone else’s rich and generous narrative--and into an attitude adjustment he desperately needs. He may have ended up with a perfect year by accident, but it seems fate has set Jonathan on a path toward healing, feeling, and maybe even loving again...if only he can meet the stranger who’s changing his life one day at a time.

Will the Blockchain disrupt the financial industry and stock exchanges? This book will teach you how assets can be digitized and tokenized - largely making assets available for retails investors and revolutionizing traditional asset classes. Tokens are a digital representation of assets that can easily be exchanged and transferred in efficient ways. Security Token offerings enable companies to raise capital or go public at a low-cost level - opening the possibility of an IPO to smaller companies, SMEs and startups. This book will provide you with every relevant information around tokens, STOs, Blockchains in the financial industry and the potential of revolutionizing well-known asset classes. If you are a startup, the book will guide you through the process of Security Token Offerings.If you are a lawyer, the book will take a look at the nature of Blockchain technologies in regards to tokenized securities and relevant touchpoints with the lawlf you are coming from the financial industry, the book will show you the disruptive potential as well as the downsides of Blockchain based assets. The Blockchain enables disruption: Learn how assets will be digitized in the future and how You will learn and understand:- Basics: What a Blockchain is and its relevance within the financial industry- How tokenization enables the digitation of assets- The benefits of tokenized securities- How a company can Go Public without a classical stock exchange- How a Security Token Offering is conducted- IPOs vs. STOs- The relevance of tokenized finance for (investment) bankers, asset managers, investors and companies- An overview of the regulatory standpoints worldwide - Practically and easily explained case studies

The Celebrity Chefs' Cookbooks series is an authentic collection of recipes from celebrity chefs all over the world. These specially selected authors are established professionals in their own field of cuisine and are no strangers to the media. Useful tips and helpful shortcuts, together with brief cultural notes, add to make every book in this series, unique and comprehensive. Readers will appreciate the British and American terms that are given for common ingredients, as well as weighs and measures in metric and American units. With its practical approach and invaluable advice, the series will appeal to both the novice as well as the professional cook.

Lawson introduces Japanese flavours and basic cooking methods into Western style cooking. The result is a book full of simply flavoured food that is fresh, light and interesting.

The book provides an understanding of why disabled students experience inequality and exclusion within higher education and identifies those areas where change is needed to secure an inclusive educational environment.

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