



THE
EASY
COOK
BOOK

Pizza

½ kg Farinha
Sal
Açúcar
Azeite
Água
Leite
Queijo
Chouriço
Pimento

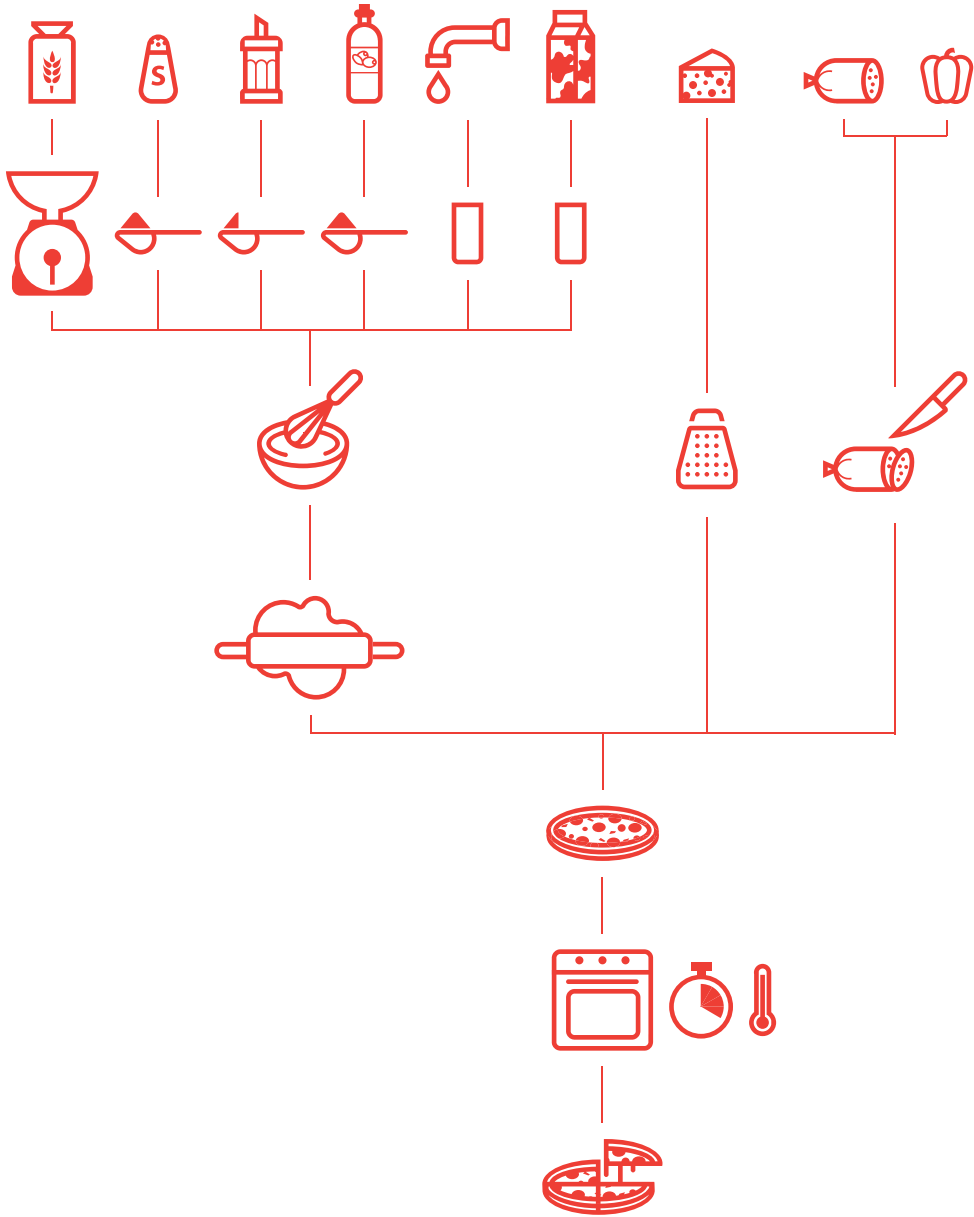
Pizza

½ kg Flour
Salt
Sugar
Olive oil
Water
Milk
Cheese
Chorizo
Pepper

Pizza

½ kg Farine
Sel
Sucre
Huile d'olive
Eau
Lait
Fromage
Andouille
Poivron







Sopa

2 Cenouras
2 Tomates
1 Batata
1 Cebola
Açucar
Sal
Pimenta
Água
Azeite

Soup

2 Carrots
2 Tomatoes
1 Potato
1 Onion
Sugar
Salt
Pepper
Water
Olive oil

Soupe

2 Carottes
2 Tomates
1 Pomme de terre
1 Oignon
Sucre
Sel
Poivre
Eau
Huile d'olive





BB





Bolo da caneca

1 Ovo
Azeite
Nutella

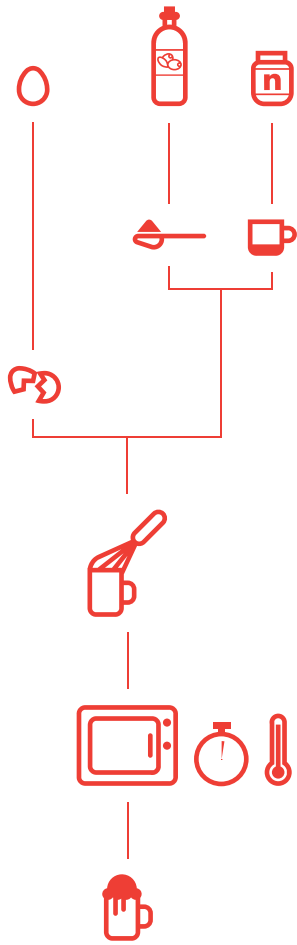
Mug cake

1 Egg
Olive oil
Nutella

Gâteau dans une tasse

1 Oeuf
Huile d'olive
Nutella





Pernas de frango

2 Pernas de frango
Ketchup
Caril em pó
Pimenta

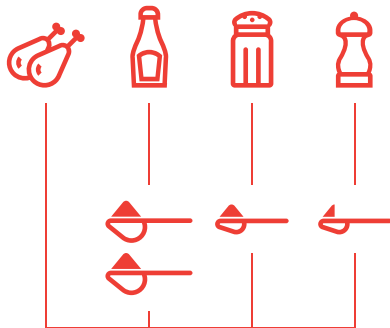
Chicken legs

2 Chicken legs
Ketchup
Curry powder
Pepper

Cuisses de poulet

2 Cuisses de poulet
Ketchup
Poudre de curry
Poivre





Bolo de chocolate

2 Ovos
Farinha
Nutella

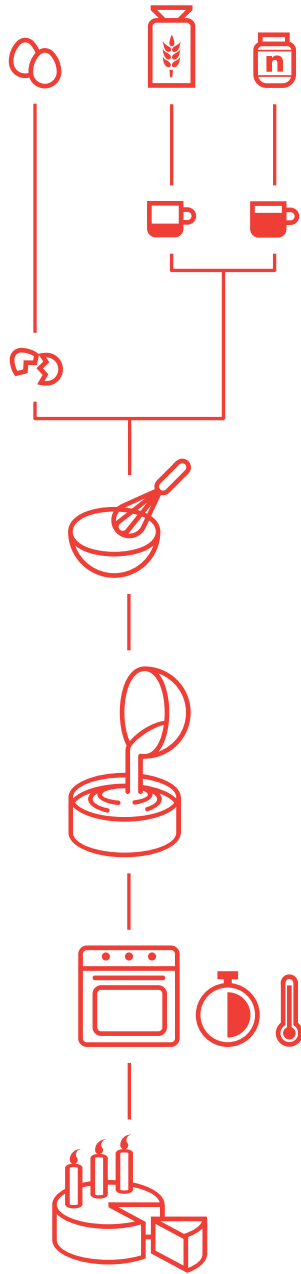
Chocolate cake

2 Eggs
Flour
Nutella

Gâteau au chocolat

2 Oeufs
Farine
Nutella





Panquecas de banana

1 Banana
2 Ovos
Canela

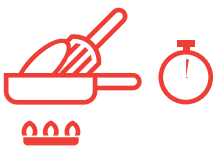
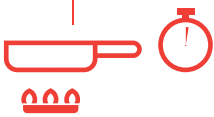
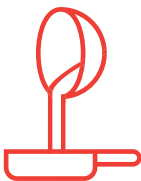
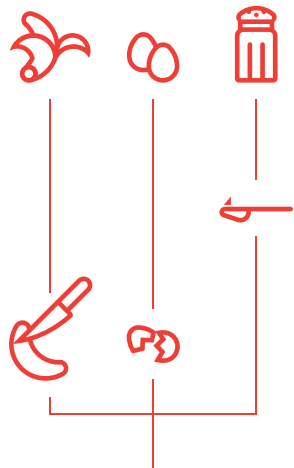
Banana pancakes

1 Banana
2 Eggs
Cinnamon

Crêpes à la banane

1 Banane
2 Oeufs
Cannelle





Massa com queijo

Queijo ralado
Massa cotovelos
Leite

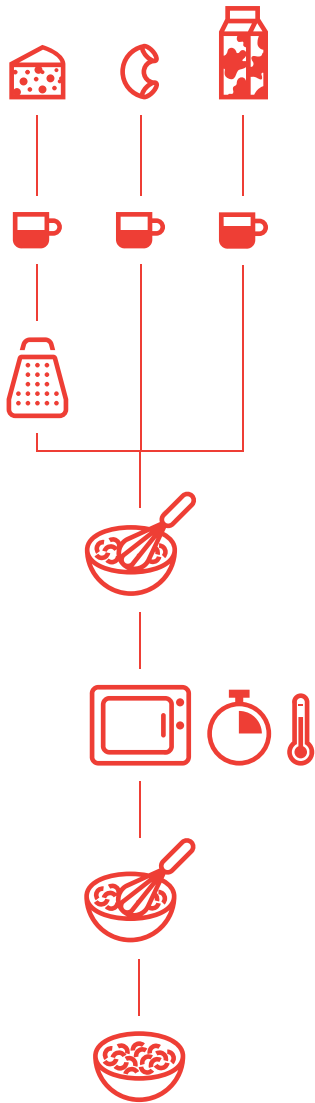
Macaroni and cheese

Shredded cheese
Macaroni
Milk

Coquillettes avec du fromage

Fromage râpé
Coquillettes
Lait







Chávena de café
 Espresso cup
 Tasse de café



Chávena
 Tea cup
 Tasse



Caneca
 Mug
 Gobelet à anse



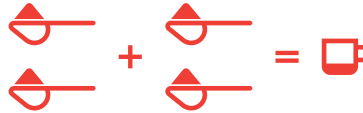
Copo
 Glass
 Verre



Colher de sopa
 Table spoon
 Cuillère à soupe



Colher de chá
 Tea spoon
 Cuillère à thé



Lume brando
 Low heat
 Feu doux



Lume médio
 Medium heat
 Feu moyen



Lume alto
 High heat
 Feu chaud



100°-150°



150°-200°

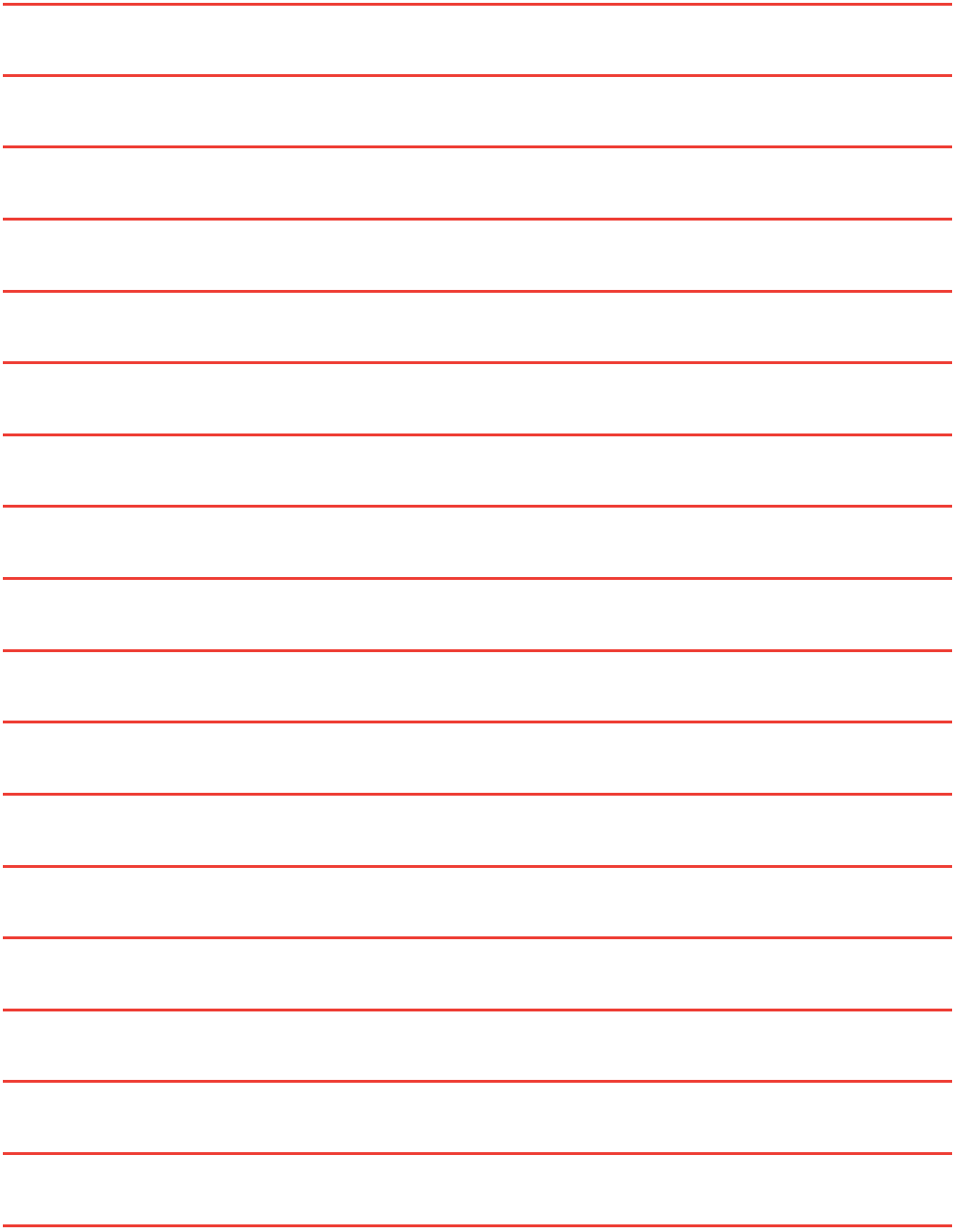


200°-250°



250°-300°





Projecto suportado pela dissertação:



**INFOGRAFIA
NA COZINHA:**

O PROCESSO DE SIMPLIFICAÇÃO
DO LIVRO DE RECEITAS

Mariana Salema

ESCOLA SUPERIOR DE ARTES E DESIGN DE CALDAS DA RAINHA
Mestrado em Design Gráfico