



Vegetarisch für Fleischesser*

*Da rockt der Herd

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Vegetarian for Flexitarians

Rock around the cook

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Vegetarian cuisine completely different. Innovative TV-chef Bernd Arold from Munich shows easy cooking for all families where vegetarians and non-vegetarians have to co-exist. Basic recipes may be completed individually with meat or fish. This trendy flexitarian style enables both sides to enjoy individual high-quality meals. And everyone will be satisfied!

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