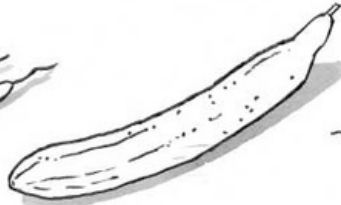
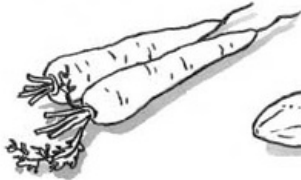
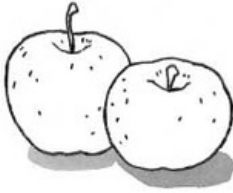
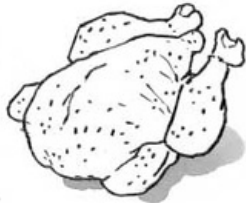
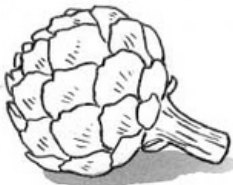


Cru ou cuit ?



Certains aliments, comme le concombre ou le radis, se mangent essentiellement **cru**s. D'autres, comme le poulet, l'artichaut ou la crevette, se mangent seulement **cuit**s. En revanche, des aliments comme la pomme, la carotte ou la tomate peuvent se manger crus ou cuits.