'??????????' ???? ?? ???????? ???!

Tagged as : ???. ???????????

Date : September 18, 2013

????? ???????? ???? ????? ??????? ?????? ????????????? ??? ?? ?? ????? ??????????? ??????????? ??????????? ??????. ?????? ??????? ????? ??????? ????? ??????????? ??????????? ??? ??????????? ????????????? ????? ????????????? ???????? ????. ???? ???? ??????? ????? ???????? ????????????? ?????????? ?????? ?????? ???????, ???? ????????? ??????????, ? ??? ??? ??????, ? ???? ??? ?????? ????????? ???????, ??????????? ??????? ???????? ?????????????.

????? ???? ???? ????? ??????? ??????? ?????? ???????? ??????????? ??????????? ?????????? ????????? ??????? ?????????????????????? ?? ??????? ???? ???????? ??????????. ????? ???????? ???? ?????????? ????? ?????? ??????? ???? ??????????? ????????? ????? ?????? ?????????? ??????????. ??????? ??????, ? ?????????? ?????? ?????? ???? ?????????? ???? ??????? ?? '??????' (???????)?? ????????? ?????????? ????????? ??? ?????????? ??? ?? ????? ??? ??????? ??????????? ??????.

????? ???????? ????? ???????? ?? ???? ?????????? ??????????? ?????????, ???? ????????? ???? ???????? ????? ?????? ??? ???????????. ?? ??????????? ??????? ??????? ??????? ???? ???????????. ?? ????????? ??????????? ??????? ????????? ????????? ?????? ??????????????? - ??????????? ???????????? ?????? ??????? ????? ?????????????????? ?? ???????? ??????? ??? ??????? ??????????. ????? ???? ??? ????? ?????? ??????? ????? ???????, ??????? ????????? ????, ???????? ???? ??????????????. ??? ????????? ????? - ??????????? ????? ????? ???????? - ???????????? ?????? ??????????? ?????? ????????? ??????, ?????? ????????? ????? ??????????, ???? ?????? ?????? ?????? ???? ?????????????? ????????. ????? ?????? ??????? ?? ??????? ???????? ?????? ????? ???????, ????????, ??????, ?????? ???? ?????? ????????? - ???????? ????, ????? ??????? ?????, ????, ??????????? ???.

???????, ??????????????, ?????? ???, ?????? ?????? ?????? ???? ???? ???? ??????????? ???????????? ??????????? ?? ??????????? ??????????? ????????? ??????? ?????? ???????? ????????. ? ?????? ???????? ????????, ??????? ???????? ????? ??????? ???????? ???? ???????????? ??????????????. ? ???????????? ??????????????. ?????????? ?????? ????????????? ?????, ????????? ?? ?????? ????????????? ?????, ??????????? ?????????? ???? ????????? ?????????????, ????? "??????" ????????????? ????? .. ? ??????? ??????. ??????? ??????? Meat and Potatoes ?????. ????????? ?????? ??????? ????????, ??????????? ???? ?????? ????? ?????, ?????? ??????

????? ???? ???????? ????????????? ?????????? ??????????????, ???? ?????? ???? ????????? ? ??????????? ???? ????????????? ?????????????. ??????? ??? ??????????? ????????? ????????? ????? ??????? ??????????? ????.

???? ?????? ??????? ?????? ???? ??? ??????????? ???????????? ????????????? - ????????? ??????, _____, ???????? _____ ???? ? _____ _____ ????????? ???????? ??????. ???? ?????? ?????? ????????? _____, ????????? ?????? ????????? ???????????, ????????????? ???????? ???????????? ????????. ?????? ?????? ??????????? ?????????? ???????? ????????, ??????, ??? ???? ?????????, ??? ??????????, .. ??? ??? ?????????, ????????? ??????? ? ???! ???????? ????????! ???? ????????????? ? ??????? _____ ???? ??????. ???????? ??????????? ??????????? ????????? ????????? ???? ???????? _____ ????????????? ???? ?????? ?????? ?????? ???????? ????????????? ?????????????????? ?????? ?????? _____ ??????? ??????????. ?????? ?????????? ???? _____ ???? ??????, ????????????? ? ????????? ???? ???????? ???????. ?????? _____ ???? _____ ???????????, ?????? _____ ???????????????, ????????? ?????? ????????? ????????? ?????? ??????? ?????? ??????? ??????? _____.

Bakery

??? ????, ???? _____, ??????????? _____ ??? ????????? ???????? ????????? ???? _____ ??????????? ??????? ??????? ??????????? ?????? ???? ? _____

?????????? ??????. ? ?????????? ? ?????????? ??????????????? - ?????? ?????? ??? ????????? ??????, ?????? ???? ???????, ??????????, ??????? ???? ?????? ???? ?????????????? - ???? ??? "????, ?????????, ????? ??????????? ??????? ?????? ????????" ??????? ???????? ?? ?????? ?????? ??????? ??????????? ???????????, ???? ?????? ?? ????? ??????? ??????????? - ??????? ?????, ??????? ????? - ?????? ???????????? ???? ????? ?????? + ??????? ???? ????????? ??????????? ???????. ???? ??????? ??????????, ?????? ??????????? ???? ?????? ???????? ???????? ??????. ?????????? ?????????????????? - ?????? ?????????? ????? ????? ??????? ???? ??????, ????????????? ????, ??????? ???? ????? ????? ??????? ????????????? ???? ???? ? ??????? ???????? ??????????? ????? ?????? ????.

?????? ????????? ???? ?????? ?????? ??????? ?????? ??????? ?????? ??????? ?????? ???? ?????? ??????. ????, ? ?????, ? ?????? ??????????? ????? - ?????? ??????? ??????????? - ?? ????????, ????????? ?? ???????? ????? ???????????. ?????? ???? ?????? ??????????? (E.g. Michael Pollan) ? ??????? ?????? ??????????. ???????? ??????????? ??????? ??????????? ??????? (Chefs, e.g. Mark Bittman) ?????? ????????. ???????? ??????, ??????? ??????, ??????, ????????? ??????? ????? ????????? ????????? ????????? ????????? ???????? ???? ????????? ???????????. ??????? ???? ????????? ??? ????????? ?????? ??????? ???? ???? ??????????? ?????? ???? ???????????.

?? ??????????? ? "??? ?????" ?? ??????????? ??????????? ????????. ?????? ???? ??????? ? ????????? ?????? ??????????????? ???????? ????, ???????? ????????? ????, ???? ???????? (Nutritional science)?? ???? ??????????? ????. ?????? ????????, ????????? ?????, ??????? ????? ???? ??????????? ??????? ?????? ????????? ??????? ???? ??????????? ??????? ????, ??? ????????? ???? ?????? ??????. ????? ????????? ????????? ???? ???? ???????? ??????????? ???????? ??????????? ??????? ???????? ?????, ?????? ??????????? ?? ???????? ??????? ???????? ???????? ????? ??? ????? ??????? ?????? ?????? ???????? ??????????? ????????? ????????? ?????????????????? ???? ????? ???????? ? ?????? ???? ??????? ??????????????????, ?? ???? ????? ??????? ????????????????????.

?????????, ?????? ???? ????? ?????? - ?????? ????. ???? ?????? ??????? - ??? ?????? ????. ???? ?????? ??????? ???????, ??????????? ??????? ?????? ????????? ???????? ???????? ?????????????????? ???????? ??? ??? ??? ????? ???, ??? ????? ??? ????? ???? ??????? ??????? ????, ???? ????????. ?? ???????? ???? ???? ?????? - ???? ???????? ????????, ???????????, ?????? ???????? ?????????? ???????? ?????? - ??????, ???? ???????? ??? ????? ??????????, ??? ????????? ?????????, ??? ?????????? ???????? ????????? ?????? ??????????.

?? ???? ?????? ??????? ??????? ???????, ??????????????? ??? ???????? ??? ?????????? ?????????? ?? ?????? ?????????? ???????? (??? ?????? ?????, ?????? ???????) ????? - ??? ????????? ?????????? ???? ????????? ???????? ???????????. ???????? "??? ????? ????????"?? ??????? ??? ??????????? ??? ????????, ??? ??????, ??? ??? ???????? ????? ????? ??????? ????. ??? ?? ?????? .. ???? ???? - ????????? - ???? ???? ?????????.

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