

EN FAMILIA CON **KARLOS ARGUÑANO**

MIS MEJORES RECETAS
PARA COCINAR EN CASA



Pack En Familia Con Karlos Arguinano Cocina Planeta

S Marginson



Pack En Familia Con Karlos Arguiñano Cocina Planeta:

Pack Karlos Arguiñano Karlos Arguiñano, 2016-11-15 Este ebook incluye En familia con Karlos Arguiñano A mi manera y Sabores de siempre En familia con Karlos Arguiñano El primer recuerdo que tengo cocinando tendr a entonces doce a os es en casa siguiendo las indicaciones de mi madre para preparar una salsa de tomate y es que la cocina forma parte del patrimonio de una familia se trata de un bien preciado que se transmite de generaci n en generaci n En este libro he reunido m s de 350 platos muy sencillos de preparar para disfrutar en casa junto a los tuyos Cocina casera econ mica saludable y con productos de temporada para teng is donde elegir verduras legumbres arroces pastas sopas y cremas huevos carnes pescados y mariscos postres y mucho mucho m s Os animo a compartir estas recetas con vuestra familia pues en la cocina hay un ingrediente que nunca puede faltar el cari o Y en la familia cuanto m s mejor PREMIO GOURMAND 2014 AL MEJOR LIBRO DE COCINA CASERA A mi manera Sabes preparar la mejor tortilla de patatas Y el mejor salmorejo Y las mejores kokotxas de bacalao Y la mejor caldereta Karlos Arguiñano el cocinero m s popular de la televisi n nos descubre en este nuevo libro todos los secretos para preparar a su manera los mejores platos de la gastronom a regional espa ola bacalao al pilpil cochinillo asado cocido madrile o fabada asturiana huevos rotos fideu de mejillones grelos con costilla marmitako de txitxarro merluza a la sidra patatas a la riojana pisto manchego pulpo a feira suquet de pescado txangurro a la donostiarra vieiras rellenas y mucho mucho m s Este libro re ne as las recetas m s representativas de la cocina regional espa ola con el toque inconfundible y personal del maestro de los fogones de la televisi n Karlos Arguiñano Un exhaustivo y complet simo recorrido a trav s de m s de trescientas recetas un canto a la diversidad y a la calidad de la mejor cocina tradicional espa ola para disfrutar en nuestras casas Sabores de siempre Sabores de siempre pretende ser un recetario de la memoria un recorrido por los recuerdos y la nostalgia de los lectores Y es que todos somos capaces de transportarnos en el tiempo gracias al aroma de aquel plato tan especial que preparaban nuestras abuelas cuando bamos a visitarlas al pueblo Evocar ese instante asociado a la felicidad m s plena ese es el poder de la gastronom a Un viaje a nuestra infancia pero tambi n un homenaje a la tradici n gastron mica de nuestra tierra transmitida con suma sabidur a de generaci n en generaci n hasta llegar a nuestros d as Un canto a la cocina popular a veces humilde otras festiva sustentada siempre por la riqueza y la estacionalidad de los productos de cada denominaci n geogr fica lo que ha derivado tambi n en decenas de recetas similares y a la vez diferentes condicionadas por los productos de cada territorio En definitiva un alegato a favor de nuestras ra ces y nuestros or genes

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