



La cocina de los valientes (Spanish Edition)

Pau Arenós

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¿Qué sucede cuando un cronista gastronómico desvela sus intimidades y secretos culinarios y cambia el bolígrafo por el cuchillo? El resultado es Hecho en casa. Durante un año, el periodista y escritor Pau Arenós, premio Nacional de Gastronomía, ideó y cocinó para sus hijos cien recetas propias o apropiadas.

Para que el proyecto familiar fuera verdaderamente casero, cada uno de los platos fue fotografiado con un iPad unos minutos antes de ser sometido al juicio de la tribu. No es fácil disparar mientras varias bocas reclaman su ración. El único artificio fueron los filtros de Instragram. Sin focos ni estilismo, Pau buscó imágenes de realismo gastro. Una cocina auténtica y sin maquillaje

Cocinero doméstico, mezcla especialidades locales con extranjeras, en especial las asiáticas, reinventándolas sin pudor. ¿Cuál puede ser la cocina casera, la #ko-cinakasera, del futuro? Nigiris mediterráneos, bonito en conserva, cóctel de gazpacho, pizza con cuchara, bacallà sense llauna, pulpo de fiesta o costillas Porky. Platos resultones y de sencillísima ejecución. Si puede ser fácil, ¿para qué complicarse?

Hecho en casa es el libro más divertido de Pau Arenós, con reflexiones humorísticas sobre el origen de los platos. Si no te ríes, es que necesitas un poco más de pimienta.

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