



Cocina regional española (Spanish Edition)

Cristina Sala Carbonell

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Paella, gazpacho, fabada... son platos típicos y muy característicos de la cocina española, pero hay muchísimos más; cada comunidad autónoma tiene sus propios platos diferenciadores, pero muy apreciados por todos aquellos que los conocen. Incluso un mismo plato puede tener diferentes formas de presentación dependiendo de los ingredientes, la preparación, etc., tal y como podremos comprobar en este libro. Gracias a esta obra de Cristina Sala, usted podrá recorrer gastronómicamente —y sin moverse de casa— toda la península Ibérica y degustar los platos más singulares de cada región. La cocina es también una forma de conocer culturas... Primeros platos, segundos y postres componen esta magnífica recopilación gastronómica, todos ellos elaborados con ingredientes típicos de la región, pero fáciles de encontrar en cualquier mercado local.



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