



Cocina exprés (Spanish Edition)

Karlos Arguiñano

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Este es un libro para gente que dispone de poco tiempo en la cocina y le gusta comer de forma saludable.

Las ventajas de cocinar con la olla a presión son muchas: ahorramos tiempo y energía, es una forma de cocinar limpia y sana, este tipo de cocción hermético evita pérdidas de sabores y aromas, se puede utilizar para todo tipo de alimentos, y todo ello con el menor consumo de agua que ayuda a la mejor conservación de los nutrientes.

114 recetas variadas de ensaladas, verduras, legumbres, patatas, arroces, pastas, huevos, sopas, cremas, carnes, pescados y mariscos.

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