



# **Recetas sencillas del mundo para viajar sin salir de casa/ Simple recipes to travel the world without leaving home (Spanish Edition)**

*Fernando Gonzalez De Heredia*

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# Recetas sencillas del mundo para viajar sin salir de casa/ Simple recipes to travel the world without leaving home (Spanish Edition)

*Fernando Gonzalez De Heredia*

## **Recetas sencillas del mundo para viajar sin salir de casa/ Simple recipes to travel the world without leaving home (Spanish Edition) Fernando Gonzalez De Heredia**

Este libro reúne más de 600 recetas divididas en los siguientes apartados: ensaladas y verduras sopas pures y legumbres entrantes arroces y pasta mariscos y pescados carnes y postres de los cinco continentes. Junto a cada receta se indica el grado de dificultad desde las más simples dirigidas a novatos a las más complicadas para cocinillas; se incluyen también algunas de grado intermedio para pinches. Si eres viajero y te complace degustar en tus viajes la gastronomía de cada país este es tu libro. Si no viajas pero eres una persona abierta a los sabores también disfrutarás cocinando a través del mundo. El propósito de este libro es dar a conocer las recetas más emblemáticas y celebradas de la cocina mundial. Podría haber seleccionado muchas otras pero he considerado estas como las mejores o especialmente representativas por ser las más entratables y conocidas de esa geografía múltiple e interminable que configura la gastronomía universal. Todas las recetas siguen unas normas generales tanto en tiempos y cantidades como en su elaboración con la finalidad de que si se siguen al pie de la letra cualquier persona con un mínimo de conocimientos culinarios sea capaz de preparar sin grandes complicaciones una cena italiana hoy mañana una comida americana y por que no el domingo pueda sorprender a su familia o amigos con una sugestiva y excitante comida asiática por ejemplo. Este libro te servirá para viajar por los cinco continentes y los cerca de cien países diferentes de los que he recopilado recetas. Recordarás cada país que has visitado y su cocina y mientras preparas un plato y repasas las fotografías de tus viajes evocarás sus diferentes aromas y sabores que perduran en la mente imposibles de olvidar. Son como los sabores y olores de la niñez que nunca se olvidan. Si no conoces un país este libro te ayudara a cerrar los ojos viajar hasta el preparar la comida de sus pueblos y navegar por esos sabores sonados. Tendrás la misma sensación

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