



Recetas antiaging:gastronomia y ciencia

By Sanchez, Manuel

SALSA BOOKS, 2012. Condition: Nuevo. No se pierda este libro de cocina ni los consejos médicos que lo acompañan. Todas las recetas son de ejecución fácil y están técnicamente bien detalladas. Encontrará una lista de productos de temporada en forma de calendario de alimentos frescos para afrontar la vida con una alimentación saludable, sabrosa, agradable y con valores antiaging.«El secreto de la gastronomía antiaging es utilizar los productos de proximidad y de temporada elaborados según las costumbres de cada región. Disfrute de forma sana de las recetas de nuestros abuelos cocinadas con las técnicas más vanguardistas». Dr. Manuel Sánchez Director del servicio Antiaging de la Clínica Planas«Nosotros ponemos la parte cocinada, nos inspiramos en los productos de temporada y aportamos nuestro estilo culinario, que defiende los productos de proximidad, que practica un respeto máximo en la manipulación y cocción de los ingredientes, con el objetivo de que el resultado final, en la mesa, sea atractivo, aromático, sabroso, equilibrado, divertido y gastronómicamente muy placentero». Carne Ruscalleda Chef del restaurante Sant Pau i Raúl Balam Chef del restaurante MomentsNo se pierda este libro de cocina ni los consejos médicos que lo acompañan.No se pierda este libro de cocina ni los consejos médicos...



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