



La mia cucina naturale senza glutine - I Primi Piatti (Italian Edition)

Christian Consilvio

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Questo libro si propone di dare un valido aiuto nella cucina naturale senza glutine di casa e per tutti i giorni.

L'autore, appassionato da anni di cucina naturale e alimentazione sana è coinvolto in prima persona nell'alimentazione senza glutine, con questo lavoro ha voluto dare un punto di vista diverso alla cucina gluten free, nel volume si trovano ricette che utilizzano alimenti naturalmente privi di glutine evitando quindi ingredienti raffinati e troppo lavorati che sono invece molto utilizzati nella dieta gluten free.

I piatti (la maggior parte con foto) sono prevalentemente vegetariani e parlando di primi trovano ampio spazio cereali e pseudocereali in chicchi come riso, quinoa e grano saraceno ma non mancano anche i classici rivisti come lasagne, cannelloni e gnocchi.

L'idea dell'autore è di fornire un gran numero di ricette per variare con gusto la cucina senza glutine nel quotidiano con ricette alla portata di tutti e non piatti belli da vedere ma difficili da fare, ricette anche per i meno esperti, con ricette veramente fattibili.

Oltre alle ricette dei primi piatti ci sono molte ricette di base indispensabili nella cucina naturale senza glutine e le ricette superveloci ma non solo, si trovano anche spunti interessanti come potrebbe essere la parte sul cucinare con amore che è alla base di ogni buona cucina.

Le ricette sono quasi tutte vegetariane a parte pochissime di pesce e la maggior parte è anche senza latticini.

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