



Hortalizas de invierno: Nuestras 100 mejores recetas en un solo libro (Spanish Edition)

Naumann & Göbel Verlag

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Cocina de invierno con hortalizas!

Por fin han quedado atrás los tiempos en los que teníamos que conformarnos con un potaje de garbanzos. ¡Con este libro le demostraremos que las hortalizas de invierno también pueden ser una delicia! Preparadas de manera sofisticada y combinadas de diversas formas, resultan un auténtico placer para el paladar y, a la vez, nos aportan saludables vitaminas en la época más fría del año.

Son ideales para servir en aperitivos, sopas, cremas, quiches, platos vegetarianos o con pescado o carne. Le presentamos 100 apetitosas recetas para todos los gustos y ocasiones, desde la quiche de manzana y beicon con orégano hasta el filete de lucioperca sobre un lecho de lentejas rojas. ¡Así de variado y atractivo puede ser el sabor del invierno!

- Más de 100 variadas recetas de deliciosos platos con hortalizas de la temporada más fría del año
- Bonita fotografía y detalladas instrucciones paso a paso en cada receta

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