



Grandes recetas para cocinas pequeñas (Spanish Edition)

Marta Carnicero

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Tener una cocina pequeña no significa que tengamos que cocinar poco ni comer mal. Es innegable que hay recetas más adecuadas que otras: es conveniente preparar platos con pocos ingredientes, de forma fácil y sin ensuciar muchos utensilios.

En este libro encontraréis muchas recetas de este tipo. También algún plato un poco más laborioso, porque tener una cocina pequeña no debe estar reñido con hacer un "extra" de vez en cuando, si el plato lo merece y contamos con tiempo y ganas.

Cuando no disponemos de mucho espacio, es fundamental organizarse. Por esa razón Marta Carnicero propone un amplio apartado dedicado a recursos para surtir la cocina y ofrece recetas de preparados básicos y versátiles, muchas de las cuales se pueden elaborar con antelación y conservar en el frigorífico o en el congelador. Algunas de las recetas que presenta están pensadas para una persona; otras, para dos, y otras (las más festivas, o más adecuadas para compartir o invitar) para cuatro comensales.

Deliciosas recetas para comer bien, de forma variada
y sin complicaciones

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