



# **Pescados (La cocina de Patricia Quintana) (Spanish Edition)**

*Patricia Quintana*

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Cazón, huachinango, atún, rubia, mero, esmedregal, róbalo, pámpano, lenguado, pargo... La variedad de pescados que forman parte de la gastronomía mexicana es enorme. También lo es la diversidad de exquisitos platillos que se pueden preparar con ellos, tal como se demuestra en estas páginas. Los mares de México -así como sus ríos y lagos- se caracterizan por su prodigalidad. Sorprende en efecto la gran cantidad de especies comestibles que se pueden extraer de sus aguas, así como las posibilidades que cada una ofrece.

En la presente obra la chef Patricia Quintana trae hasta nosotros recetas para preparar, entre otras muchas delicias, el cebiche de atún con leche de coco, los tacos de pescado a la pibil, las conchitas de pescado estilo Veracruz y los tamalitos de huachinango.

Patricia Quintana ha dedicado gran parte de su vida a adentrarse en la historia y las tradiciones culinarias de México. Ha viajado por todas las regiones del país, visitando ciudades, pueblos y mercados para familiarizarse con la cocina popular y con las técnicas tradicionales para la preparación de alimentos.

**Patricia Quintana** es una reconocida chef internacional y una experta en gastronomía mexicana. Estudió cocina en Canadá, Suiza y Francia. Por más de veinte años, se ha dedicado a rescatar el acervo culinario del país y sus investigaciones la han llevado a viajar por diferentes regiones de México. Con su sensibilidad y experiencia, Patricia Quintana ha creado numerosos platillos vanguardistas, sin perder la esencia de la tradición mexicana.

Su arte culinario ha sido plasmado en más de 15 libros, entre ellos: *The taste of Mexico, Feast of life, Festín en el Mictlán, Puebla; la cocina de los ángeles, Un recorrido por las cocinas de México y Polvo de Jade*, que es su primera novela.

Oceano ha publicado sus libros de cocina: *Antojería mexicana y Mulli el libro de los moles*. Patricia Quintana ha colaborado en diversos programas de televisión y ha escrito artículos de cocina para varios diarios y revistas del país y del extranjero. Se le considera una promotora de las tradiciones mexicanas.

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