

Recetas para freezar (Spanish Edition)

Mara Iglesias



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El freezer es el gran aliado de la cocina moderna, debido a que el intenso frío que produce genera el bloqueo de toda actividad microbiana y enzimática de los alimentos en él guardados. De esa manera permite un almacenamiento seguro durante largos períodos que, en el caso de algunos alimentos, llega hasta el año. Este libro presenta consejos para su correcto uso y recetas de exquisitos platos ideales para freezar.



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