

La mejor manera de disfrutar del arte de cocinar es a traves de la innovacion constante en los platos. Asi la cocina se convierte en algo divertido y magico. Para ello nada mejor que este libro. "Cocinando con granos y semillas" presenta un compendio de 108 recetas para preparar con una diversidad muy interesante y tentadora de ingredientes: amapola, arroz, girasol, lino, maiz, mani, porotos, sesamo y una variedad de semillas gourmet. Ahora puedes innovar y sorprender hasta al mas exigente de los comensales. Y lo mejor es que no necesitas ser un chef experimentado. ¿Es hora de cocinar y pasarla bien!

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