Pescado y marisco: Más de 150 recetas e ideas frescas, modernas y accesibles

Mark Hix

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Pescado y marisco: Más de 150 recetas e ideas frescas, modernas y accesibles Mark Hix Highlighting the pleasure of cooking seafood, this book of recipes bestows a certain confidence in its handling and preparation, in order to create surprising dishes for every day and occasion. The chapters are divided into sections reflecting certain needs, such as "fast," "light," "comforting," and "springtime," and contain more than 150 recipes and inspiring ideas using varying techniques and an array of fish and shellfish. Each recipe showcases the best treatment for each fish, and substitutions are suggested for recipes that can be applied to a variety of seafood.

Reafirmando el placer de cocinar el pescado, las recetas incluídas en este libro otorgan la confianza necesaria para manejarlo con facilidad, transformándolo en platos sorprendentes para cada día y ocasión. Los capítulos, divididos en situaciones que reflejan necesidades como "rapido," "ligero," "reconfortante" y "de primera," contienen más de 150 recetas e ideas inspiradoras que emplean todo el abanico de técnicas de cocción, utilizando también un buen número de pescados y mariscos. Cada receta demuestra el máximo partido de cada especie, incluyendo sugerencias para cocinar el plato con otros pescados que puedan someterse al mismo tratamiento.



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