



La mejor cocina anticrisis (Spanish Edition)

Graciela Bajraj

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Si no te queda más remedio que apretarte el cinturón, *La mejor cocina anticrisis* propone más de 120 deliciosas recetas para deleitar el paladar sin que la economía doméstica se vea afectada. Graciela Bajraj muestra el arte de cocinar con productos más sencillos, pero no por ello de menor calidad, como las patatas, las legumbres, el arroz, las pastas, el pollo, las carnes y los pescados más económicos. Aprende a organizar el carrito de la compra para ahorrar, no tires nada y saca el máximo provecho de los productos de temporada, y de todos los alimentos en general, ayudado por excelentes trucos culinarios.

Un recetario fundamental, especialmente en los tiempos que corren, con el que toda la familia disfrutará de la mejor cocina a un bajo coste. ¡Qué aproveche!

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