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La Olla Lenta Regional: 78 Recetas De Cocina Tradicional Española Para Slow Cooker (Spanish Edition)



Synopsis

Descubre a través de estas 78 recetas de cocina regional española los sabores de antaño o con la simplicidad de la tecnología moderna. Gracias a un electrodoméstico tan sencillo como la olla lenta eléctrica o slow cooker hoy en día podemos disfrutar de los mejores guisos tradicionales de la cocina de España hechos con el cuidado y el amor con el que los cocinaban nuestras abuelas.

CONTENIDOS

Agradecimientos Prólogo: Marta Miranda Prólogo: Alfonso López

Indicaciones antes de empezar Los útiles más útiles Raciones y tamaño de la olla

Primeros, entrantes y aperitivos All i pebre de anguila Almejas a la marinera Caldo de Millo Caldo gallego Caracoles a la mallorquina Choricitos a la sidra Esgarraet Habitas con jamón Huevos a la flamenca Menestra a la riojana Michirones cartageneros Morteruelo de Cuenca Níscalos estofados al ajillo Olla gitana Oreja a la gallega o a la plancha Papas arrugadas Patatas a la riojana Patatas revolconas Pisto Pochas a la navarra Pulpo a la gallega Riñones al jerez Salsa romesco Sopa de tomate extremeña Sopas castellanas o de ajo Sopas mallorquinas Torreznos Zanahorias aliadas Gaditanas

Platos principales Ajo colorao Albóndigas en salsa Atún encebollado Bacalao a la vizcaína Bonito con tomate Botifarra amb mongetes Caldereta de cordero Callos a la madrileña Carrilleras a la granadina Cocido madrileño Cocido montañés Conejo en salmorejo Costillas ibéricas con patatas Cuscús de cordero Duelos y quebrantos Escudella i carn d'olla Fabada asturiana Gazpachos manchegos Judiones de La Granja Lacón con grelos Lengua en salsa Lentejas de la abuela Marmitako Pastel de cabracho Patatas a la importancia Perdices en escabeche Piquillos rellenos Pollo a la moruna Pollo al chilindrón Pollo en pepitoria Potaje de vigilia con "pelotas" Rabo de toro a la cordobesa Rancho canario Ropa vieja Sepia en su tinta Sopas de truchas de Arábigo Verdinas con almejas y langostinos Postres Arroz con leche Cabello de Ángel Dulce de membrillo Flan de huevo Gachas reales Gatás de almendras Melocotones al vino Quesada pasiega Quesillo canario Sopas de almendras Tarta de Santiago Tocinillo de cielo

Ingredientes y reemplazos

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