



Máximo: Placer en la cocina (Spanish Edition)

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Comidas con pocos ingredientes, sin cocción, de olla, a la parrilla.

Caldos, harinas, pescados, carnes, ensaladas, postres. Una colección de platos de dignos y apetitosos, hechos con sensibilidad e instinto, las cualidades máspreciadas a la hora de cocinar. El lector también encontrará versiones de preparaciones icónicas de Francia, México, Italia, Alemania, y otros países que son fuente interminable de inspiración en materia gastronómica.

«Máximo placer en la cocina» es, en definitiva, una combinación de aromas, misterios, recuerdos, sofisticación, modernidad y, especialmente, simpleza. Una característica a menudo olvidada en la cocina y que puede sintetizarse en unas pocas reglas. «Menos es más», porque un plato perfecto requiere cinco ingredientes o menos. «Simple no es fácil», ya que la sobreelaboración no implica grandeza. Y esforzarse en la búsqueda del producto perfecto, porque -como dice este joven chef- «En lo que se elige con cuidado y ternura siempre se encuentra la belleza verdadera». Una invitación al arte y la pasión de cocinar. Con fotografías de Zia O'Hara.

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