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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
Allí pebre de anguila
Almejas a la marinera
Caldo de Millo
Caldo gallego
Caracoles a la mallorquina
Choricitos a la sidra
Esgarraet
Habitats con jamón
Huevos a la flamenca
Menestra a la riojana
Michirones
cartageneros
Morteruelo de Cuenca
Ñscalos 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
Riñas 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 o 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
Gatón 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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