



Los secretos para cocinar al vapor (Spanish Edition)

Eduardo Casalins

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La cocina al vapor tiene innumerables ventajas: no altera el aspecto, el sabor y la frescura de los alimentos, preserva las vitaminas, sus tiempos de cocción son reducidos y es una técnica de simplicidad absoluta. Es por eso que podemos afirmar que es práctica, rápida y saludable. Al no eliminar los sabores de los alimentos, logra el efecto contrario: los refuerza, ya que los jugos de éstos no se disuelven en el agua.

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