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Cocinar es, sin dudas, transformar los alimentos, permitir o inducir la metamorfosis de los ingredientes, propiciar esa maravillosa alquimia que comenzará entrando por los ojos, halagará nuestra nariz y nuestro paladar, y terminará satisfaciendo nuestro apetito. A partir de este concepto es que debemos entender la cocina molecular o, mejor dicho, la gastronomía molecular, que podemos definir como la relación entre la cocina y los procesos físico-químicos que tienen lugar en ella. Es decir, la aplicación de los conceptos científicos a la comprensión y al desarrollo de las preparaciones culinarias. Este libro intenta hacer llegar al gran público el concepto, las técnicas y una cuidada selección de recetas de un fenómeno que ha revolucionado el panorama de la cocina mundial.

Title	:	Cocina molecular
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Categoría	:	Cocina, gastronomía y vinos
Publicación	:	04/03/2010
Editorial	:	Ediciones LEA
Vendedor	:	LEA EBOOK LLC
Páginas impresas	:	64 páginas
File Size	:	792.15kB

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