



Las recetas de Rosalía (Ilustrados) (Spanish Edition)

Rosalía Montalbán

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Este recetario se fundamenta en la dieta mediterránea y sus patrones saludables de alimentación.

Todos los ingredientes utilizados en esta recopilación de recetas son productos frescos y de temporada, donde prima el aceite de oliva como base de cada una de ellas.

El libro pretende animar al lector a acercarse a la gastronomía y a valorar la necesidad de una alimentación variada y equilibrada.

Son recetas sencillas y bien estructuradas, típicas de las comunidades autónomas españolas, con originales ideas para la elaboración y la presentación de cada uno de los platos.

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