

## Almuerzo Criollo Venezolano: Carne Guisada Con Papas, Arroz y Tajadas de Platano (Paperback)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: Spanish . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.La Carne guisada con papas es toda una delicia gastronomica para ser servida como una comida completa a la hora de almorzar o cenar. quizas algunos la prefieran como un agradable acompanante en un dia de excursion por el campo o el mar. La Carne Guisada con Papas, el Arroz con Zanahorias y las Tajadas fritas de Platano maduro que le ensenara a preparar esta sencilla, practica y economica receta, forman parte de la gastronomia criolla Venezolana, y esta basada fundamentalmente en ingredientes naturales, facil de conseguir en cualquier mercado y tienda de comestibles, dando la oportunidad al comensal y sus invitados, de comer sabroso y saludable, ya que tambien para su preparacion se utiliza un minimo de grasas y aceites, y no se usan ingredientes tales como colorantes y saborizantes artificiales. Asimismo, el tiempo dedicado para su preparacion es corto, y en cuanto a su complejidad para elaborarla no requiere de muchos utensilios de cocina, ni de altos conocimientos de tecnicas culinarias, y es importante resaltar, que toda la receta cuenta con un amplio apoyo de imagenes: todas las figuras estan numeradas de manera secuencial, de tal manera que la persona que cocine pueda visualizar el como se hace, y seguirlas con confianza, como cada uno de los pasos logicos durante la preparacion de este plato. La receta es muy versatil: se puede variar de muchas maneras, comenzando por utilizar toda la gama de variedades de carnes que existe en el reino animal: cordero, res, pollo, gallina, y hasta pescado. La preferencia y los gustos particulares del comensal, junto a su imaginacion, es el limite.



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