



# Cocina al vapor con thermomix (El Rincón Del Paladar) (Spanish Edition)

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La cocina al vapor garantiza que se conserve una mayor cantidad de vitaminas y minerales, al contrario que la elaboración de alimentos hervidos o fritos. Por este motivo se considera una de las formas más sanas de preparar alimentos. El robot de cocina Thermomix© cuenta con todas las herramientas y funciones necesarias para la cocina al vapor. En este libro, el lector encontrará una selección de las más deliciosas y saludables recetas de verduras, carnes, pescados y postres, especialmente desarrolladas para aprovechar al máximo la cocina al vapor con Thermomix©.

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