



# Cocinar sin humos (Cocina Express) (Spanish Edition)

*Cris Lincoln*

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**Cocinar sin humos (Cocina Express) (Spanish Edition)** Cris Lincoln

**Una amplia variedad de recetas sanas que recurren a alternativas de cocina más limpias y naturales.**

¿Cuántas veces, por mucho que se ventile, todo huele a comida? Y si eso resulta desagradable en un restaurante, qué decir de nuestra propia casa. Hasta el *loft* de nuestros sueños, con su cocina integrada de diseño, se convierte en una auténtica pesadilla si probamos a guisar ciertos platos en él. Es indudable que hay alimentos y técnicas culinarias que producen menos humos y olores que otras; la cuestión es distinguir cuáles.

*Cocinar sin humos* reúne 180 recetas que demuestran que, más allá de los bocatas, los precocinados y el *tupper* de mamá, existe una cocina diversa y rica con el mínimo de molestias para nuestro olfato.

Una alternativa a los manuales tradicionales que aporta nuevas ideas para aquellos que no renuncian a comer bien, aunque dispongan de poco tiempo para la cocina.

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