



Cómo conservar fruta y verdura (Spanish Edition)

Laura Landra, Margherita Landra

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Mermeladas, confituras, encurtidos en aceite y en vinagre... Todas ellas son deliciosas formas de conservar las frutas y las verduras, y siempre es una suerte tenerlas en casa listas para cualquier ocasión. Hay mil maneras distintas de degustar durante todo el año los sabores de cada estación con alimentos genuinos, preparados con ingredientes seleccionados por nosotros mismos, sin añadir conservantes ni colorantes. Este libro le enseñará cómo conservar frutas y verduras con azúcar, alcohol, vinagre, aceite... Encontrará aquí todas las indicaciones necesarias sobre qué conservar y cómo hacerlo. No es difícil: basta con tomar ciertas precauciones para realizar bien todo el proceso. Así, descubrirá el sabor intenso de las ciruelas en almíbar, el perfume delicado de la gelatina de fresas, las mermeladas clásicas o innovadoras, el irresistible licor de limón, etc. Las recetas facilitan los tiempos de preparación y de cocción, los ingredientes y las fases de elaboración bien descritas, así como sugerencias para el uso y consejos prácticos.

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