



Cucina QB - L'Anti-manuale di cucina (Italian Edition)

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Cucinare è un'arte. E dove si incontra l'arte, lì bisogna sperimentare e osare. Eppure siamo circondati da programmi tv e manuali di cucina che dichiarano di conoscere il vero segreto di questo o quel piatto tipico, il modo più corretto (e il solo) in cui un ingrediente va utilizzato. Spesso si ricorre alla magia del numero: i tempi di cottura sono definiti in modo cronometrico, gli ingredienti pesati al grammo. Fortunatamente alcuni elementi superstiti riescono a sfuggire a questa logica aritmetica: si tratta di quei pochi, svalutati ingredienti che in ogni ricetta dabbene vengono indicati senza la loro dose precisa, ma seguiti da un laconico "qb". E così si giunge alla necessità di questo (anti-)manuale CM; si arriva all'ormai inderogabile bisogno di dar voce e significato agli ingredienti che spesso i guru della cucina lasciano in secondo piano, di ripristinare il vero valore del "qb" facendolo assurgere a vera e propria filosofia culinaria. La nostra regola d'oro è: in cucina tutto è qb!

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