



Vegetariano (La cocina de Patricia Quintana) (Spanish Edition)

Patricia Quintana

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Durante las últimas décadas la comida vegetariana ha ganado terreno en muchas regiones del mundo, incluso en aquellas en las cuales no formaba parte de su tradición culinaria. Ello se debe al hecho de que el vegetarianismo es sinónimo de salud.

La presente obra contiene una selección de extraordinarias recetas que muestran la gran variedad de platillos vegetarianos que se pueden preparar a partir de un conjunto básico de ingredientes. Se trata de propuestas deliciosas y saludables que, además, se encuentran a alcance de cualquier bolsillo.

La célebre chef Patricia Quintana nos enseña a elaborar aquí, entre otros exquisitos platillos: sopa fría de sandía, quesitos mozzarella al pesto de poblano, timbal de cuítlacoche y esquites, verdolaga en adobo, huevos de codorniz al horno con jocoque y crema, alubias a la soya y yuca al mojo de ajo.

Patricia Quintana ha dedicado gran parte de su vida a adentrarse en la historia y las tradiciones culinarias de México. Ha viajado por todas las regiones del país, visitando ciudades, pueblos y mercados para familiarizarse con la cocina popular y con las técnicas tradicionales para la preparación de alimentos.

Patricia Quintana es una reconocida chef internacional y una experta en gastronomía mexicana. Estudió cocina en Canadá, Suiza y Francia. Por más de veinte años, se ha dedicado a rescatar el acervo culinario del país y sus investigaciones la han llevado a viajar por diferentes regiones de México. Con su sensibilidad y experiencia, Patricia Quintana ha creado numerosos platillos vanguardistas, sin perder la esencia de la tradición mexicana.

Su arte culinario ha sido plasmado en más de 15 libros, entre ellos: *The taste of Mexico, Feast of life, Festín en el Mictlán, Puebla; la cocina de los ángeles, Un recorrido por las cocinas de México* y *Polvo de Jade*, que es su primera novela.

Oceano ha publicado sus libros de cocina: *Antojería mexicana* y *Mulli el libro de los moles*. Patricia Quintana ha colaborado en diversos programas de televisión y ha escrito artículos de cocina para varios diarios y revistas del país y del extranjero. Se le considera una promotora de las tradiciones mexicanas.

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