



Los sabores de la cocina árabe (Spanish Edition)

Anna Prandoni, Fabio Zago

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La cocina árabe evoca atmósferas sugerentes y paisajes encantados, narrados con maestría en innumerables libros e immortalizados por las extraordinarias imágenes de las películas. Un mundo distinto al nuestro no sólo por cultura, religión y tradición, sino también por su maravillosa gastronomía, una gastronomía sorprendente y de gran variedad, con sabores que se adaptan bien al paladar occidental y unas recetas que se pueden elaborar fácilmente en casa. Cuscús, bulgur, tajín, bastela... Estos son sólo algunos de los platos que aparecen en esta completa panorámica de la gastronomía árabe, que no dejará de sorprender a aquellas personas poco acostumbradas a la cocina exótica y que sin duda traerá recuerdos del Magreb a los afortunados que hayan visitado esos países. Las alusiones al desierto y a las tiendas de los beduinos aparecen en estos platos coloridos y succulentos, heredados de una cultura rica y fascinante de la que aún nos quedan muchos aspectos por descubrir. El sabor típico de las especias y el aroma inconfundible del comino y del cardamomo evocan los abigarrados puestos de los zocos árabes, cuya atmósfera está impregnada de ingredientes de sabor milenario. Si a todo ello añadimos una presentación detallista y esmerada, podremos convertir una simple reunión entre amigos en una inolvidable velada de celebración gastronómica y étnica, ambientada con las tonalidades suaves y cálidas del desierto magrebí.

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