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# La Olla Lenta Regional: 78 Recetas De Cocina Tradicional Española Para Slow Cooker (Spanish Edition)



## Synopsis

Descubre a través de estas 78 recetas de cocina regional española los sabores de antaño o con la simplicidad de la tecnología moderna. Gracias a un electrodoméstico tan sencillo como la olla lenta eléctrica o slow cooker hoy en día podemos disfrutar de los mejores guisos tradicionales de la cocina de España hechos con el cuidado y el amor con el que los cocinaban nuestras abuelas.

**CONTENIDOS**  
Agradecimientos  
Prólogo: Marta Miranda  
Prólogo: Alfonso López  
Indicaciones antes de empezar  
Los utensilios más útiles  
Raciones y tamaño de la olla  
Primeros, entrantes y aperitivos  
Allí pebre de anguila  
Almejas a la marinera  
Caldo de Millo  
Caldo gallego  
Caracoles a la mallorquina  
Choricitos a la sidra  
Esgarraet  
Habitats con jamón  
Huevos a la flamenca  
Menestra a la riojana  
Michirones cartageneros  
Morteruelo de Cuenca  
Ñscalos estofados al ajillo  
Olla gitana  
Oreja a la gallega o a la plancha  
Papas arrugadas  
Patatas a la riojana  
Patatas revolconas  
Pisto  
Pochas a la navarra  
Pulpo a la gallega  
Riñones al jerez  
Salsa romesco  
Sopa de tomate extremeña  
Sopas castellanas o de ajo  
Sopas mallorquinas  
Torreznos  
Zanahorias aliadas  
Gaditanas  
Platos principales  
Ajo colorao  
Albóndigas en salsa  
Atún encebollado  
Bacalao a la vizcaína  
Bonito con tomate  
Botifarra amb mongetes  
Caldereta de cordero  
Callos a la madrileña  
Carrilleras a la granadina  
Cocido madrileño  
Cocido montañés  
Conejo en salmorejo  
Costillas ibéricas con patatas  
Cuscús de cordero  
Duelos y quebrantos  
Escudella i carn d'olla  
Fabada asturiana  
Gazpachos manchegos  
Judiones de La Granja  
Lacón con grelos  
Lengua en salsa  
Lentejas de la abuela  
Marmitako  
Pastel de cabracho  
Patatas a la importancia  
Perdices en escabeche  
Piquillos rellenos  
Pollo a la moruna  
Pollo al chilindrón  
Pollo en pepitoria  
Potaje de vigilia con "pelotas"  
Rabo de toro a la cordobesa  
Rancho canario  
Ropa vieja  
Sepia en su tinta  
Sopas de truchas de Arribigo  
Verdinas con almejas y langostinos  
Postres  
Arroz con leche  
Cabello de Ángel  
Dulce de membrillo  
Flan de huevo  
Gachas reales  
Gatón de almendras  
Melocotones al vino  
Quesada pasiega  
Quesillo canario  
Sopas de almendras  
Tarta de Santiago  
Tocinillo de cielo

Ingredientes y reemplazos

## Book Information

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