

# Descargar Libro En Línea PDF Epub Mobi Español Cocinar - Michael Pollan



**Descargar libro en línea PDF epub mobi Español Cocinar Michael Pollan , Una magnífica investigación para comprender el poder mágico de transformación de la cocina.**

«Los cocineros trabajan con materia viva, no solo con teclados y con pantallas, sino con cosas fundamentales como plantas, animales y hongos. También trabajan con los elementos: el fuego, el agua, la tierra y el aire, y los utilizan -ilos dominan!- para realizar sus deliciosas alquimias.»

La gastronomía ocupa un lugar cada vez más importante en nuestra cultura, en la que veneramos a los chefs famosos y disfrutamos con los reality shows sobre cocina. Y a pesar de eso, y aunque tenemos acceso a ingredientes frescos llegados de todos los rincones del mundo, año tras año nos hundimos más y más en las tierras pantanosas de la comida procesada.

El maravilloso libro de Michael Pollan es un alegato a favor de las virtudes y los valores de cocinar, una actividad esencial que se remonta a los orígenes de nuestras culturas, nos define como seres humanos, configura la vida familiar y produce placer. Pollan nos explica los fundamentos de la cocina a partir de los principios más básicos y de los distintos tipos de transformación de la comida a través de los cuatro elementos: agua, fuego, tierra y aire.

*Cocinar* es una divertida invocación a los lectores para que tomen el control de su propio destino, y vuelvan a ser capaces de divertirse con el mágico poder de transformación de la cocina. Porque cocinar puede transformar el modo en el que nos vemos a nosotros mismos y a nuestra familia y amigos.

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