



You Cook (KF8): Cocinar, divertirse y comer (Spanish Edition)

Felicitas Pizarro

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Simple, original y variada, la cocina de todos los días es un espacio ideal para desarrollar la creatividad, vivir con alegría y agasajar a los que queremos. No tiene edad ni género, ¡e incluye antojos! Cocinar es la mejor forma de brindarnos, compartir y disfrutar, avanzando a partir del ensayo y el error. ¡Es la mejor forma de vivir!

Ganadora del concurso global auspiciado por el famoso cocinero inglés Jamie Oliver en su canal Food Tube, Felicitas Pizarro repasa las recetas aprendidas de su familia y amigos, tunea platos típicos y ensaya sus propias invenciones. ¿Consigna? Comer rico y sano divirtiéndose en el intento.

Antes que un libro clásico, You Cook es un manifiesto alegre, una convocatoria abierta y tentadora que propone retomar algunas felices rutinas domésticas y transformarnos en consumidores responsables. Para que aprendas a comer probando, a cocinar cocinando, y a agasajar pasándola bien, desde que elegís los ingredientes hasta que llevás la fuente a la mesa.

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