



Cómo cocinar los caracoles (Spanish Edition)

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La historia del caracol en la dieta del hombre se remonta prácticamente al origen mismo del ser humano: se sabe con certeza que nuestros antepasados primitivos incluían en su alimentación grandes cantidades de gasterópodos, ya que en el interior de algunas cavernas se han descubierto verdaderos montículos de conchas. Pese a que ya los romanos eran grandes consumidores de caracoles, es en el siglo XIX cuando el caracol recobra su puesto de honor, gracias a un grupo de innovadores gastrónomos que volvieron a ponerlo de moda. Así, en esta época, volvió a presidir las mesas de los más poderosos. De forma progresiva, este manjar fue adquiriendo cada vez una mayor popularidad. Así, hoy en día cualquier restaurante que se precie lo ofrece a sus clientes. Gracias a este libro conocerá la helicicultura o arte de criar caracoles. Además, aprenderá a lavar, conservar y preparar los caracoles de forma adecuada para poder servirlos en las mejores condiciones higiénicas, y descubrirá cómo elaborar con ellos exquisitos platos con las mejores recetas de cocina.



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