

UTILIZA TU OLLA
SUPERRÁPIDA
A TOPE.



CRISTINA GALIANO

**UTILIZA TU OLLA
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Utiliza Tu Olla Superrapida A Tope

Cristina Galiano



Utiliza Tu Olla Superrápida A Tope:

Utiliza tu olla superrápida a tope Cristina Galiano, 2012-01-25 Creo que todos los que tenís olla superrápida os vais a alegrar muchísimo teniendo este libro siempre a mano Frente a lo que se piensa o a lo que muchos han hecho hasta ahora una olla superrápida no solo sirve para cocer garbanzos judías lentejas sino para todo para cocer verduras además al vapor para toda clase de carnes para sopas cremas guisos pescados todo En todas las recetas vamos a utilizar y por tanto a manchar exclusivamente la olla con su correspondiente tapa de presión y en muchas ocasiones con una tapa preferentemente de cristal del mismo diámetro que encaje bien en ella para acelerar los dorados y sofritos y manchar bastante menos nimo vamos todos a cocinar a estar muy poco tiempo en la cocina y a manchar poquísimo cuidando además nuestra salud que es lo más importante Para todos mi cariño Si queréis sacar el máximo rendimiento a vuestra olla y no solo un 10% como hace la mayor parte conseguir aquí el lote especial con los 4 ebooks sobre la olla que son los 4 imprescindibles Y al increíble precio de 6,99 prácticamente lo mismo que 2 ebooks separados Os quedaréis gratamente sorprendidos porque vais a encontrar preparaciones o recetas que nunca sois capaces ni remotamente poder hacer en la olla ganando no solo en rapidez limpieza economía de tiempo y energía sino en calidad gastronómica y nutricional **Utiliza tu olla superrápida a tope**, 2015

MÁS RECETAS RÁPIDAS Y SALUDABLES CON LA OLLA SUPERRÁPIDA Cristina Galiano, 2014-09 En este octavo ebook como su título indica vais a encontrar recetas fáciles rápidas y sanas que también se pueden hacer en su totalidad en vuestra olla superrápida Pero muchos también tienen en su casa un microondas y quizás un Thermomix y van a poder usarlos en ciertos casos para rentabilizarlos a tope También incluye postres fáciles y saludables ya que no están cargados de azúcar ni de grasa ni de huevos evitando así que sean bombas de calor Y sin embargo son riquísimos Lo más importante en todos mis libros en papel en todos mis ebooks en los videos y YouTubes que ya están colgados es que os enseño en cada momento a trabajar en la cocina con las herramientas adecuadas y eliminando pasos que siempre se han hecho pero que nadie ha explicado la necesidad de hacerlos Por ello los ingredientes están colocados en el orden en el que se van a utilizar y os explico la manera de trabajar desde el principio Entre trabajar de una manera ordenada y de otra que no lo sea puede suponer tardar el doble en elaborarla Por ello los que se leen las recetas al bies nunca aprenden a trabajar menos pero mejor y a aprovechar el tiempo al máximo Puede que muchas recetas os suenen porque en cocina como en otras muchas cosas todo está ya inventado pero lo que sí os puedo asegurar es que las vais a realizar siempre de manera diferente a como se han hecho hasta ahora Por eso además de especialista en técnicas modernas de manipulación de alimentos y de cocinado soy especialista en nutrición Estoy segura de que este ebook alcanzar el mismo éxito que los anteriores Un cariñoso saludo y hasta el próximo Muchas gracias a todos Si queréis sacar el máximo rendimiento a vuestra olla y no solo un 10% como hace la mayor parte conseguir aquí el lote especial con los 4 ebooks sobre la olla que son los 4 imprescindibles Y al increíble precio de 6,99 prácticamente lo mismo que 2 ebooks separados Os quedaréis gratamente sorprendidos porque vais a encontrar preparaciones o

recetas que nunca so asteis ni remotamente poder hacer en la olla ganando no solo en rapidez limpieza econom a de tiempo y energ a sino en calidad gastron mica y nutricional **Cómo adelgazar sin dietas y no volver a engordar** Cristina

Galiano,2016-04-11 Este ebook el noveno de mi colecci n va a servir no solo a las personas que quieren adelgazar de manera saludable y no volver a engordar como indica su t tulo sino a la mayor a de la poblaci n j venes o mayores que quier en disfrutar de una alimentaci n sana variada equilibrada y nutritiva es decir la que contiene todos los alimentos que nuestro cuerpo necesita para estar siempre en plena forma Y no se trata de dietas todas ellas aburridas mon tonas y restrictivas que a la larga nunca funcionan sino de men s completos o de platos nicos Los que disfrutan comiendo se van a encontrar con guisos riqu simos como bacalao al pil pil manitas de cerdo o de cordero unas fabes con almejas Se trata de aprender a alimentarse para poder comer de todo pero en la proporci n adecuada Lo van a aprovechar 1 Todos los que no tengan ninguna intolerancia real a la lactosa al huevo a la prote na de la leche o una alergia espec fica a un determinado alimento 2 Todos los cel acos puesto que yo nunca espeso mis platos con harina sino con ingredientes naturales 3 Los ni os desde que empiezan a comer de todo 4 Tambi n para las personas hipertensas siempre que no lo sean en grado sumo 5 Y hasta l os diab ticos porque llevan las grasas necesarias saludables y las cantidades de hidratos de carbono que ellos deben vigilar El pr logo lo ha escrito el Doctor Julio Mayol nombrado en marzo de 2016 Director M dico en el Hospital Clinico San Carlos de Madrid donde ha sido Profesor titular de Cirug a de la Universidad Complutense de Madrid y en el Hospital Cl nico San Carlos antes de ser nombrado director y Jefe de Secci n de Cirug a Colorrectal 2010 2016 Pod is ojear las primeras p ginas de mis ebooks aqu [Recetas en 10 o 20 minutos con tu olla superrápida, ¡¡pero sin presión!! tapada con su tapa de cristal.](#) Cristina

Galiano,2013-04-03 En este tercer ebook como su t tulo indica vais a encontrar recetas muy f ciles que se pueden hacer en 10 o 20 minutos pero vais a seguir usando a tope vuestra olla superr pida puesto que ya la ten is pero esta vez sin presi n tapada con una tapa de cristal de su mismo di metro que encaje bien en ella para rentabilizarla al m ximo Como su fondo difusor es magn fico y muy buen conductor del calor vais a poder fre r tap ndola algo que a muchos parecer inaudito pero los que ya me segu s hace tiempo ya hab is comprobado Estas recetas se pueden hacer tambi n en una olla o cacerola normal pero con las caracter sticas de las superr pidas es decir un buen fondo difusor que permita fre r tap ndolas tambi n ya que si no lo es cocer is en lugar de fre r Las hay por supuesto pero las buenas de verdad cuestan normalmente m s que una olla superr pida y su rentabilidad es la mitad Olvidaros de las tradicionales sartenes que salpican y ensucian un mont n que duran muy poco y que solo usaremos para huevos y tortillas nada m s Estoy segura de que este ebook alcanzar el mismo xito que los anteriores Un cari oso saludo y hasta el pr ximo Muchas gracias a todos Si quer is sacar el m ximo rendimiento a vuestra olla y no solo un 10% como hace la mayor a pod is conseguir aqu el lote especial con los 4 ebooks sobre la olla que son los 4 imprescindibles Y al incre ble precio de 6 99 pr cticamente lo mismo que 2 ebooks separados Os quedar is gratamente sorprendidos porque vais a encontrar preparaciones o recetas que nunca so asteis ni remotamente poder hacer en la olla

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