

UTILIZA TU OLLA
SUPERRÁPIDA
A TOPE.



CRISTINA GALIANO

**UTILIZA TU OLLA
SUPERRÁPIDA
A TOPE**



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 mayoría podéis 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 mayoría podéis 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

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Cómo adelgazar sin dietas y no volver a engordar Cristina Galiano, 2016-04-11 Este ebook el noveno de mi colección va a servir no solo a las personas que quieren adelgazar de manera saludable y no volver a engordar como indica su título sino a la mayoría de la población jóvenes o mayores que quieren disfrutar de una alimentación 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 monótonas y restrictivas que a la larga nunca funcionan sino de menús completos o de platos ricos Los que disfrutan comiendo se van a encontrar con guisos ricos 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 proporción adecuada Lo van a aprovechar 1 Todos los que no tengan ninguna intolerancia real a la lactosa al huevo a la proteína de la leche o una alergia específica a un determinado alimento 2 Todos los celacos puesto que yo nunca espeso mis platos con harina sino con ingredientes naturales 3 Los niños desde que empiezan a comer de todo 4 También para las personas hipertensas siempre que no lo sean en grado sumo 5 Y hasta los diabéticos porque llevan las grasas necesarias saludables y las cantidades de hidratos de carbono que ellos deben vigilar El prólogo lo ha escrito el Doctor Julio Mayol nombrado en marzo de 2016 Director Médico en el Hospital Clínico San Carlos de Madrid donde ha sido Profesor titular de Cirugía de la Universidad Complutense de Madrid y en el Hospital Clínico San Carlos antes de ser nombrado director y Jefe de Sección de Cirugía Colorrectal 2010 2016 Podéis ojear las primeras páginas de mis ebooks aquí

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 título indica vais a encontrar recetas muy fáciles que se pueden hacer en 10 o 20 minutos pero vais a seguir usando a tope vuestra olla superrápida puesto que ya la tenéis pero esta vez sin presión tapada con una tapa de cristal de su mismo diámetro que encaje bien en ella para rentabilizarla al máximo Como su fondo difusor es magnífico y muy buen conductor del calor vais a poder freír tapándola algo que a muchos parecer inaudito pero los que ya me seguís hace tiempo ya habéis comprobado Estas recetas se pueden hacer también en una olla o cacerola normal pero con las características de las superrápidas es decir un buen fondo difusor que permita freír tapándolas también ya que si no lo es coceréis en lugar de freír Las hay por supuesto pero las buenas de verdad cuestan normalmente más que una olla superrápida y su rentabilidad es la mitad Olvidaros de las tradicionales sartenes que salpican y ensucian un montón que duran muy poco y que solo usaremos para huevos y tortillas nada más 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 mayoría podéis 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 soasteis ni remotamente poder hacer

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Unveiling the Magic of Words: A Overview of "**Utiliza Tu Olla Superrapida A Tope**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Utiliza Tu Olla Superrapida A Tope**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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