



Dire, fare, brasare. In 11 lezioni e 40 ricette tutte le tecniche per superarsi in cucina

Carlo Cracco

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Dopo "Se vuoi fare il figo usa lo scalogno" e di "A qualcuno piace Cracco", lo chef stellato più famoso d'Italia torna in libreria con questa terza lezione. Un libro che ci racconta la magia che si realizza in cucina quando vengono svelati i segreti di tutte le tecniche. La reazione di Maillard o la cottura sottovuoto, la tecnica a bagnomaria o la cottura nell'argilla, o ancora la marinatura nelle spezie altro non sono che alchimie che permettono di trasformare alimenti e ingredienti per ottenere il meglio dalle loro caratteristiche e deliziare il palato con un risultato culinario ineccepibile. Cracco ci spiega nel dettaglio tutte le tecniche, dividendole in principali e complementari, e ci accompagna nella loro messa in pratica attraverso 40 ricette presentate per ordine crescente di difficoltà.

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