



El Arte De La Cocina Peruana: 47 Recetas Típicas del Perú (Spanish Edition)

Carmen Miriam Melendez Delgado

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La cocina peruana es considerada una de las más variadas del mundo. Gracias a la herencia pre incaica, "En la última década del siglo XX, la cocina peruana empezó a popularizarse fuera de sus fronteras. En la Cuarta Cumbre Internacional de Gastronomía Madrid Fusión 2006, la ciudad de Lima fue declarada capital gastronómica de América.

"La revista Conde Nast Traveler, en su última edición, dice: "No existe país que cocine como el Perú y Lima es su corazón gastronómico."

Hoy en día, cuando un visitante o incluso un peruano, se sienta a degustar alguno de los platos peruanos, quizá no sabe que está experimentando el resultado de una fascinante evolución de comidas y culturas

La gastronomía peruana ha estado presente desde la época de los incas, estos han realizado y desarrollado diversas técnicas para la conservación y cocción de los alimentos.

En este libro te presento 47 recetas que debemos de conocer, de manera personal considero estos platos como los mejores del Perú.

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