



Carnes (La cocina de Patricia Quintana) (Spanish Edition)

Patricia Quintana

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Las carnes ocupan un lugar de privilegio dentro de la gastronomía mexicana. Hay incluso regiones del país que gozan de un gran prestigio internacional en el terreno culinario precisamente por sus exquisitos y sorprendentes manjares preparados a base de res, carnero, pollo o cerdo.

En estas páginas, la célebre chef Patricia Quintana ha reunido y ordenado un conjunto de recetas pertenecientes a diversos rincones de México y cuyo denominador común es el empleo de carne como ingrediente primordial. Ya sea que se trate de platillos tradicionales o bien de recetas de antaño con influencias europeas, la carne ofrece una amplia gama de posibilidades para explorar y experimentar. En esta obra la autora nos invita a preparar, de manera fácil, platos tan deliciosos como el asado de ternera, el venado en Dzick, el filete en costra de pimienta a la sal, la torta de pierna de puerco en adobo o el filete al horno con mantequilla de perejil.

Patricia Quintana ha dedicado gran parte de su vida a adentrarse en la historia y las tradiciones culinarias de México. Ha viajado por todas las regiones del país, visitando ciudades, pueblos y mercados para familiarizarse con la cocina popular y con las técnicas tradicionales para la preparación de alimentos.

Patricia Quintana es una reconocida chef internacional y una experta en gastronomía mexicana. Estudió cocina en Canadá, Suiza y Francia. Por más de veinte años, se ha dedicado a rescatar el acervo culinario del país y sus investigaciones la han llevado a viajar por diferentes regiones de México. Con su sensibilidad y experiencia, Patricia Quintana ha creado numerosos platillos vanguardistas, sin perder la esencia de la tradición mexicana.

Su arte culinario ha sido plasmado en más de 15 libros, entre ellos: *The taste of Mexico*, *Feast of life*, *Festín en el Mictlán*, *Puebla; la cocina de los ángeles*, *Un recorrido por las cocinas de México* y *Polvo de Jade*, que es su primera novela.

Oceano ha publicado sus libros de cocina: *Antojería mexicana* y *Mulli el libro de los moles*. Patricia Quintana ha colaborado en diversos programas de televisión y ha escrito artículos de cocina para varios diarios y revistas del país y del extranjero. Se le considera una promotora de las tradiciones mexicanas.

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