



RECETAS

&5;K5 10;;060=K =0 C3;OE, ?>:0 :>68F0 =5 >1C3;8BAO: <O:>BL AB0=>28BAO :@5<>2>9 8 4K<=>9, 0 A B0E8



25 <8= 45 <8= 6 260 °C

=3@5485=BK

4 ud A@54=8E 10;;060=0 (>:>;> 1,2 :3), A :>68F59 4 cda B0E8=8 (:C=6CB=0O ?0AB0)
1 ud ;8<=>, A>: (>:>;> 40-50 <;) 8 ?> 65;0=8N F54@0 1 diente 7C1G8: G5A=>:0, @0ABQ@BK9 A A>;LN
1 cdta <>;>B0O 78@0 1 cdta <5;:0O A>;L, ?> 2:CAC
3 cda >62a2;gin07;NA =5<=>3> 4;O ?>40G8 1 manojó A2560O ?5B@CH:0, @C1;5=0O
al gusto A;04:0O ?0?@8:0 8;8 AC<0E, 4;O ?>AK?:8 6 ud ;5?QH5: ?8B0, 4;O ?>40G8

(038

1 " ", +
><>9B5 8 >1ACH8B5 10;;060=K, ?@>:>;8B5 :064K9 28;;>9 2 B@QE-G5BK@QE <5AB0E: 157 >B25@AB89 ?0@ 2=C
2 ', # ", #
5@54709;0c, 7B9 1K 5@8B5 ABQ@A2M7>45=00738B5 30N225@B5 A@B500Q5=8B@0809B0, 25@B;5B>0B,
3 + ", +
0K5slB5 >B0c;0B5 @0B0B2842B50BQ<08<5@=> =0 5 A<, ?>4>648B5 >:>;> 5 A5:C=4 8 >B:@>9B5 ?>;=>ABLN, >

