

45 RECETAS CON ORTIGAS

45 nettle recipes



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This book is a real innovation within the extremely rich scene of Spanish and Galician cookery, a work that will open the reader's eyes to a world of new sensations, tastes and textures. The most imaginative example of New Galician Cuisine, it is a proper treatise on the nettle as an ingredient with exceptional qualities for both sweet and savoury dishes, exquisite in vegetables with scrambled eggs, empanadas, soups, vegetable stews, ice cream... The nettle is a herb that today is largely ignored but which was used by the Romans and possesses medicinal qualities: it stimulates the digestive system, fights rheumatism and anemia, and is a restorative diuretic.

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Additional information **Prizes and reviews:**

This book received a double Gourmand prize in Beijing in 2006: for the best gastronomic monograph in Spanish of the year, and the Honourable Mention of the international jury.

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