

La mejor cocina con flores, plantas y frutos silvestres

The Best Recipes for Flowers, Plants and Forest Fruits



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Publisher: [Salsa Books ediciones](#) [2]

Year of Publication: 2009

Pages: 304

ISBN: 978-84-9659-940-6

Genre: Sports and practical book

SPRING

2010

Season: SPRING 2010

This is a cookery book for all tastes, based on ingredients that were once well-known and popular but are now in danger of being forgotten.

Iolanda Bustos introduces more than 60 different types of vegetable, their main features, use in the kitchen and nutritional properties, along with an ample selection of recipes: for example, a chicken and wild carrot risotto, cheese and marigold salad, spectacular lamb, honey and rosemary skewers, mussels with samphire, salmon and prickly pear tartar, elderflower fritters or a delicious poppy tart.

More than 100 recipes using flowers, plants and forest fruits found throughout the country, giving a picture of Spain's most authentic cuisine: the cuisine of the land.

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