



Platos para singles / Single Serves: Cocina con estilo para uno / Cook With Style (Spanish Edition)

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Cocinar para uno es muy poco apetecible y con frecuencia preparamos cualquier cosa para no tener que cocinar. La Cocina es compartir en una parte bastante importante, y cuando se cocina para uno sólo ese aspecto social se pierde, pero también es cierto que precisamos comer bien aunque vivamos sólo. En este sentido, "Platos para singles" tiene una gran utilidad, porque nos ofrece recetas con cantidades e ingredientes para una sólo persona, algunas de ellas, en mi opinión, demasiado complejas teniendo en cuenta que la cocina más sofisticada la dejamos casi siempre para las visitas. No obstante, también hay recetas de extrema sencillez como la Fondue individual. Hay algo de cocina oriental y algo de cocina mexicana, en recetas como el Sándwich de cerdo, queso brie y albaricoque, las Quesadillas de pollo picante, o el Tofu caramelizado con cacahuètes y jengibre. En la página 109 tenemos un delicioso Salmón con salsa de mango y aguacate, y en la 124 un Cerdo asado con miel y zanahorias con melaza de granada. Se echan de menos recetas de la cocina tradicional española y sobran los pañitos, trapitos y servilletas de las fotos, pero en general es un buen recetario para personas solas, y añadiría jóvenes, ya que el tipo de cocina que propone es menos adecuado para los singles mayores, que también los hay. VECB

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