



# Ceviches, sopas y pescados (Spanish Edition)

*Ana Maria Sanchez*

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El pescado es una fuente importante de salud y energia debido a su alto contenido de proteinas, vitainas y sales minerales; ademas, por ser bajo en grasas. Tambien es un alimento economico y se puede preparar de diversas formas, ya sea frito, asado, relleno, marinado, ahumado o con algun aderezo. Descubra las mejores recetas para preparar Cheviches, sopas y perscados pensado especialmente en deleitar el paladar de todos aquellos que gustan de los productos que nos ofrecen nuestros mares y que ya forman parte de una tradicion culinaria que ha alcanzado fama mundial. Tambien encontrara recetas con bacalao que, aunque no se encuentra en nuestros litorales, por su sabor se ha arraigado en el gusto de la gente. Se incluye en este texto algunas recomendaciones utiles para comprar y preparar el pescado, el ceviche asi como propuestas de sopas, caldos y arroces apropiados para acompanar sus platillos. Sorprenda a su familia y amistades con estas deliciosas recetas, buena salud y buen provecho!

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