



Arros Peix I Marisc Can Majo

Josep Insa Montava



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La Costa Daurada arran de mar Josep Insa Montava, 2006 Con i xer la Costa Daurada amb profunditat o de passada pot ser molt enriquidor tant pel paisatge com per la història Els recorreguts es desenvolupen per les comarques del Baix Penedès el Tarragonès el Baix Camp el Baix Ebre i el Montsi que geogràficament formen l'anomenada Costa de Ponent més coneguda com a Costa Daurada Aquesta guia ofereix la possibilitat de recórrer la Costa Daurada de nord a sud de la manera més senzilla que existeix s'a dir a peu tot i que també és possible fer-ho a cavall i amb la BTT Procurem seguir arran de mar pels antics i no tan antics camins de ronda i per les poblacions properes a la costa que des que arribaren els primers pobladors fins als nostres dies han vist any rere any l'arribada de gent cercant sol i tranquil·litat *Cuina monàstica* Jaume Fàbrega Colom, 2013-02-21 Tot i que la cuina actual dels convents no és la mateixa que la que d'anys enrere la història ens demostra que la tradició de la cuina monàstica ha existit des de l'edat mitjana fins a la meitat del segle XIX Amb els pescadors els monjos constitueixen l'únic col·lectiu d'homes que ha practicat l'art gastronòmic i per tant podem dir que són els transmissors de la nostra cuina antiga ells han posat de manifest la memòria de la taula dels catalans a través dels seus receptaris que del segle XVII al XVIII i primeries del XIX són els nics que hi ha sobre la nostra cuina i en català Les pàgines d'aquest llibre ens mostren un recorregut per la història dels convents i dels ordes del país centrant-se sobretot en els orígens la tradició i l'elaboració d'uns plats antics per que alhora constitueixen la base de la nostra cuina moderna de menjars senzills i sans incloem un model de cuina ovopiscivegetariana fins a plats d'un gran refinament i exquisidesa tots ells explicats pas a pas a fi que tothom els pugui fer *Cuina monàstica* és doncs un llibre que no parla ni d'ascetisme ni de sacrificis sinó d'una cuina festiva que és una delícia per als sentits i que és a l'abast de tothom **Com ensenyar català als adults**, 1989 *La cuina de l'avellana*, 1999 Aquest llibre pretén incorporar l'avellana d'una manera seriosa i treballada a la gastronomia tant a nivell professional com d'elaboració domèstica de plats creatius L'obra demostra que aquest fruit sec pot ser present amb xit tant en els primers plats siguin freds o calents com en els segons amb carns i peixos de tota mena com en les postres **Primer Congrés Masia-Territori : actes : Barcelona, 11, 12 i 13 de març 2015** Assumpta Serra i Clota, Institució Catalana d'Estudis Agraris, 2019 **Josep Pla, Joan Fuster**, 1997 En boca de tothom Juan Llorca, Melisa Gómez, 2019-06-13 Després de Sense dents i a mossegades la guia d'alimentació per als dotze primers mesos del bebè Juan Llorca i Melisa Gómez s'han consolidat com el xef i la nutricionista que estan revolucionant l'alimentació infantil al nostre país En boca de tothom és el seu nou i imprescindible llibre en què es resolen tots els dubtes sobre l'alimentació dels infants que solen aparèixer després del seu primer aniversari A més ens ofereixen els millors consells per fomentar una alimentació saludable entre els quals hi ha menjar setmanals trucs per cuinar amb nens i més de seixanta receptes senzilles i delicioses per gaudir-ne en família **Arròs, peix i marisc** Maria Cobalea, 1999

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