



## Veinte recetas de berenjena (Spanish Edition)

*Sara Yaech*

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## **Veinte recetas de berenjena (Spanish Edition)** Sara Yaech

Este compendio de recetas a base de berenjenas, resulta de suma utilidad en la cocina cubana, donde no existe una tradición arraigada de su consumo, es por ello un instrumento educativo de importante valor. Nos lleva por todas las posibilidades, desde los entrantes hasta los postres, con la berenjena como ingrediente fundamental. Aporta importantes conocimientos acerca de los valores nutritivos y hasta curativos de este preciado vegetal, la información aportada en su introducción aumenta extraordinariamente su valor informativo.

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