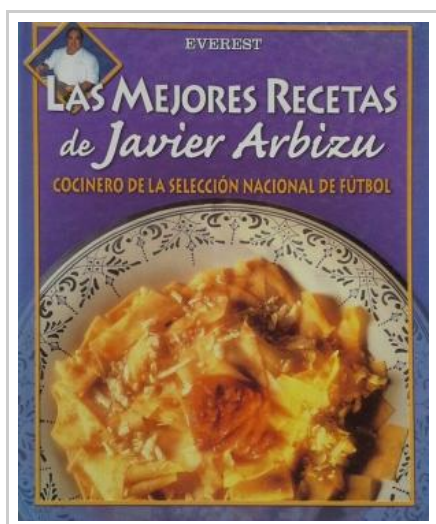



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LAS MEJORES RECETAS DE JAVIER ARBIZU (COCINERO DE LA SELECCION NACIONAL DE FUTBOL)

By ARBIZU MORANTE, JAVIER

EDITORIAL EVEREST - LEÓN, 1999. Cartoné. Book Condition: Nuevo. Dust Jacket Condition: Nuevo. Como cocinero oficial de la Selección Nacional de Fútbol, Javier Arbizu se ocupa, desde 1991, de guisar los menús para los jugadores, tanto en los períodos de concentración como durante los días que duran las competiciones. Una labor grata que le ha permitido disfrutar de una apertura a otros mundos y cocinas y conocer desde dentro las necesidades nutricionales de los deportistas. En la dieta de cualquier deportista, aficionado o de élite, la alimentación ocupa un papel de vital importancia para asegurar su rendimiento, y Javier ha sabido dar siempre acertada respuesta a sus exigencias. En este libro nos ofrece 40 de sus mejores recetas, exquisitas y saludables, con comentarios sobre la importancia de los alimentos y su valor nutritivo, consejos y sugerencias acerca de aspectos singulares de las mismas. Fotografías a todo color de cada uno de los platos y otras muchas con jugadores de la Selección y diversas personalidades del mundo del fútbol dan un carácter singular a este libro y ponen de manifiesto no sólo su buen hacer en la cocina sino también su gran calidad humana. LIBRO.



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