



Receitas para Animar o Apetite (Portuguese Edition)

Editora Livre

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Muito mais que alimento para o corpo, a comida tem o poder de nutrir a alma, nos acolher e nos fazer acessar a memória afetiva, trazendo de volta, por meio do paladar, momentos de alegria e satisfação. São essas boas sensações que queremos evocar com as receitas deste livro, que nasceu da união entre os princípios da nutrição e a criatividade da cozinha gourmet. Acreditamos que alquimia culinária, quando vista de maneira integrada, é capaz de somar às delícias da alta gastronomia uma visão de alimentação equilibrada, melhorando nossa saúde e qualidade de vida.

Para realizar este projeto, convidamos a chef Mariana Valentini, do Brodo Rosticceria, e o nutricionista Vitor Modesto Rosa, coordenador do ambulatório do Instituto do Câncer do Estado de São Paulo – Icesp, uma das mais respeitadas instituições de saúde, referência no tratamento de câncer do País.

O resultado dessa parceria são estas 22 deliciosas receitas, de preparo simples e rápido, que, além de dar novas formas, texturas e sabores à comida, têm como foco o alívio dos sintomas mais comuns de pacientes com câncer que estão em tratamento.

A partir dessa união, queremos proporcionar uma experiência para todos os sentidos, reavivando as percepções desde o comer com os olhos, que nos aguça a curiosidade, até a lembrança de pequenos sabores, que nos fazem viajar no tempo e nos levam a um estado de espírito de leveza, de prazer, de querer viver.

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Robert Knight:

In this age globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The condition of the world makes the information better to share. You can find a lot of referrals to get information example: internet, magazine, book, and soon. You can observe that now, a lot of publisher in which print many kinds of book. The particular book that recommended for your requirements is Receitas para Animar o Apetite (Portuguese Edition) this reserve consist a lot of the information from the condition of this world now. That book was represented how can the world has grown up. The words styles that writer use to explain it is easy to understand. The writer made some research when he makes this book. That's why this book suitable all of you.

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