

Setas y hongos

EVEREST

duendes

en la cocina

de Carlos D. Cidón

cocina y aprende... dónde encontrarlas,
cómo cocinarlas y conservarlas.



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Setas Y Hongos Duendes En La Cocina

Carlos Domínguez Cidón



Setas Y Hongos Duendes En La Cocina:

Setas Y Hongos Carlos Domínguez Cidón, 2002 **Setas y hongos** Carlos D. Cidón, 2002 Cocina y aprende con Carlos D. Cidón uno de los cocineros más creativos y prestigiosos de nuestro país. En este libro nos acerca al mundo de las setas de forma amena e intensa siguiendo el recorrido de los bosques de su tierra. Leñ donde regenta el restaurante Vivaldi. Con sus conocimientos de micología y su sutileza al reconocer los distintos perfumes a bosques mágicos y naturaleza viva y puesto ante los fogones sabe transmitir a sus platos todo un mundo de sensaciones gustativas y olfativas de fragancias y texturas. Nos ofrece en esta obra una rica y original variedad de exquisitos platos de setas para que podamos descubrir y disfrutar todos los aromas, sabores y valores gastronómicos de esta joya que nos ofrecen nuestros prados y bosques además de amplia y detallada información sobre cada una de las especies que podemos encontrar en la privilegiada geografía de nuestro país.

Delibros, 2003 Boletín bibliográfico mexicano, 2003 Bibliografía española, 2003 El hongo y la génesis de las culturas Josep M. Fericgla, 1994 El Hongo y la Genesis de Las Culturas Josep M. Fericgla, 1994 LA GUÍA DEFINITIVA PARA COCINAR TODO TIPO DE SETAS Mario Merino, 2022-03-10. A Champiñón blanco es un hongo comestible que tiene dos estados de color mientras está inmaduro blanco y marrón los cuales tienen varios nombres. Cuando madura se le conoce como hongo Portobello. El champiñón blanco es la variedad inmadura y blanca. Es el más común y el de sabor más suave de todos los tipos de hongos. B Hongo Crimini también conocido como hongo Cremino hongo marrón suizo hongo marrón romano hongo marrón italiano hongo marrón cilíndrico o hongo castaño. Los crimini son champiñones portobello jóvenes también vendidos como portobellos pequeños y son simplemente champiñones blancos más maduros. C hongo portobello También conocido como champiñón de campo o champiñón de sombrero abierto. Los champiñones portobello tienen una textura densa y un rico sabor. En Italia se usan en salsas y pastas y son un excelente sustituto de la carne. Además si desea un sustituto del panecillo incluso puede usar la tapa plana del hongo. Son perfectos para asar a la parrilla y rellenar. D Hongo shiitake También conocido como Shitake bosque negro invierno negro roble marrón negro chino hongo negro negro oriental hongo del bosque roble dorado Donko. Los shiitake tienen un ligero sabor y aroma a madera mientras que sus equivalentes secos son más intensos. Son sabrosos y carnosos y se pueden usar para cubrir platos de carne y mejorar sopas y salsas. El shiitake se puede encontrar tanto fresco como seco. E seta de ostra son algunos de los hongos comestibles más comúnmente cultivados en el mundo. El hongo trompeta rey es la especie más grande del género del hongo ostra. Son fáciles de cocinar y ofrecen un sabor delicado y dulce. Se usan especialmente en salteados o salteados porque son consistentemente delgados por lo que se cocinan de manera más uniforme que otros hongos. F hongos enoki están disponibles frescos o enlatados. Los expertos recomiendan consumir especímenes de enoki frescos con sombreros firmes blancos y brillantes en lugar de aquellos con tallos viscosos o marrones que es mejor evitar. Son buenos crudos y son comunes en la cocina asiática. Como son crujientes aguantan bien en sopas y van bien en ensaladas pero también puedes usarlos en otros platos. G Hongo rebozuelo son de color naranja amarillo o

blanco carnosos y con forma de trompeta Debido a que son difíciles de cultivar los rebozuelos generalmente se alimentan en la naturaleza Algunas especies tienen un olor afrutado otras una fragancia más amaderada y terrosa y otras incluso pueden considerarse picantes

H champi n porcini es un hongo carnoso similar al portobello los porcini son tipos de hongos que se usan a menudo en la cocina italiana Su sabor ha sido descrito como a nuez y ligeramente carnoso con una textura suave y cremosa y un aroma distintivo que recuerda a la masa madre

I Champi n Shimeji debe cocinarse siempre no es una buena seta para servir cruda por su sabor algo amargo Su amargura desaparece por completo cuando se cocinan y los champi ones adquieren un sabor ligeramente a nuez Este es uno de esos tipos de hongos que funcionan bien en platos salteados en sopas guisos y salsas

J Champi n Morel tiene una apariencia de panal en su gorra Las colmenillas son apreciadas por los cocineros gourmet particularmente en la cocina francesa porque son súper sabrosas y deliciosas

Setas y cocina para principiantes Domingo Mariscal Rivera, 2009-03

Sus múltiples formas la amplia gama de colores los aromas y sabores más diversos el aura de misterio que rodea al mundo de los hongos han ejercido desde siempre una mágica fascinación en casi todos los pueblos y culturas del mundo La recolección de setas para su degustación y en menor medida para su estudio es una actividad en alza que potenciada por un intenso boom mediático anima a salir al monte a un número cada vez más amplio de seteros principiantes que no siempre encuentran instrumentos adecuados para una identificación clara de las especies y sobre todo para una distinción entre setas comestibles y tóxicas que requieren suficientes garantías de seguridad Al mismo tiempo tampoco son demasiados los trabajos que consiguen reunir un amplio catálogo de setas y un buen manual culinario que ofrezca ideas sencillas y prácticas para sacarle a estos manjares exquisitos más adecuados para la degustación que para la saciedad todo el partido posible desde una perspectiva gastronómica contemporánea Este libro pretende llenar esos vacíos No es un libro donde las setas que necesitan identificar los micólogos principiantes se confundan con otras que no son de su interés El lector hallará en estas páginas un catálogo claro con descripciones sencillas y abundantes imágenes de las especies más comunes ordenadas según un criterio de calidad y sólo las comestibles y tóxicas Junto a ellas encontrará un conjunto de informaciones prácticas sobre su recolección y sostenibilidad las mejores técnicas para conservarlas y una amplia colección con 120 recetas en las que se combinan siempre desde la facilidad y la sencillez los platos más conocidos de la cocina tradicional con interesantes y novedosas propuestas de la más moderna cocina creativa

Setas y hongos Carlos Domínguez Cidón, 2014-02

El arte de cocinar hongos, 2012

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