



# Cocina para hijos emancipados (Spanish Edition)

*Carmeta Morán*

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«Acércate a los fogones sin miedo, arremángate, llena los pucheros y ponlos a cocer; mientras, regálate una mesa puesta con amor y sé feliz.» Carmeta Morán

Si no tienes mucho tiempo ni muchas ganas de pasarte horas en la cocina; si estás harto de comer fuera de casa, pero no sabrías cómo prepararte un plato de macarrones; si no quieres o no puedes gastar mucho dinero... este libro es para ti. Encontrarás trucos, consejos, sugerencias, pero, sobre todo, recetas claras y sencillas que te permitirán solucionar tus comidas sin problemas, e incluso quedar como un gran cocinero ante tus conocidos. Así, encontrarás comida rápida (pero no comida basura), guisos que se cuecen mientras ves la película de la noche, bocadillos imaginativos, platos que sirven para el día siguiente o para congelar y muchas cosas más.

**Carmeta**, asturiana y gran cocinera, es madre de dos hijos ya emancipados y autora de dos libros que escribió pensando en ellos y en todos aquellos jóvenes (y maduros) que se independizan y tienen que cuidar de ellos mismos y de su hogar. Su primer libro fue *Cocina para hijos emancipados* (2000), que cosechó un gran éxito de ventas y hoy es un referente entre los libros de cocina. Unos años más tarde escribió *Tareas domésticas para emancipados* (2003). Posteriormente y pensando en un público más experimentado en la cocina escribió *Ya me gusta cocinar. Para emancipados con experiencia* (2006). Recientemente ha publicado *Sin maneras no hay manera. Una guía actualizada para saber comportarse en cada ocasión* (2011), un manual de las buenas formas modernas.

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