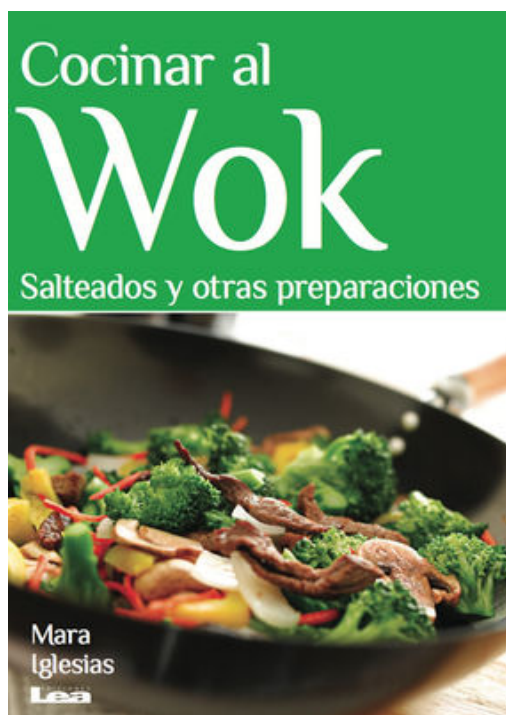


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¡EN PROMOCIÓN!

EL WOK fue siempre un elemento imprescindible en la cocina oriental. Y ahora también lo está siendo en aquellas occidentales que apuestan a preparaciones tan exquisitas como saludables. La preparación suprema y más extendida del wok es el salteado y es por eso que ocupa, prácticamente, la mitad de este libro. Sin embargo, es bueno tener en cuenta que con el mismo utensilio pueden realizarse sopas, paellas, curries y frituras, así como también es una buena base para colocar sobre él una vaporera.

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