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Once chefs de reputado prestigio internacional nos abren las puertas de su casa para que nos sentemos a la mesa y disfrutemos como uno más de la familia: Joan Roca, Ferran Adrià, Jordi Cruz, Paco Roncero, Carme Ruscalleda, Juan Mari Arzak o Martín Berasategui son algunos de los cocineros que nos invitan a descubrir sus secretos culinarios mejor guardados: las recetas de sus platos preferidos, los trucos que emplean para redondear una salsa, un guiso o un aperitivo, cómo logran el equilibrio nutricional sin perder ni una pizca del placer que supone comer bien y, en definitiva, cómo cuidan de su familia.

Con deliciosas recetas creativas y muy sencillas de elaborar, te sentirás como un chef en casa.

<b>Title</b>	:	El chef en casa
<b>Author</b>	:	Magda Carlas
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