

Pan Alternativo



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In a harmonious combination of history, sociology, conservationism, culinary arts, medicine and nutrition, the author offers us the famous and sought after bread, on a silver platter, with all of the possibilities and recipes we have been waiting for. The philosophy behind the bread is presented with interesting images, making this book a means of reflection and an invitation to not only learn about bread, but to prepare and savor it as you would a work of art. This allows us to reevaluate the presence of this food that is so prevalent around the world, this food that possesses much more than its essential ingredients?

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