

DESCARGA DE RECETAS GRATIS DE PAELLA RECETAS DE PAELLA

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Julia Child & More Company - Julia Child 1979

This sequel to Julia Child & Co. is a menu cook book which considers all of the components of cooking for company.

Blue Skies, Brown Studies - William Sansom 1961

Travel sketches covering many European cities and resorts. Previously published in various magazines.

Buen Provecho, My Friends - Molly Mills 2019-06-10

Nobody does spicy, flavored food as the Spanish do. People who have been to Spanish countries always hail their food. They have great, delicious meals that excite the taste buds and leave you tremendously filled and satisfied. Spanish cuisine is the perfect of cool, casual, and sophisticated. It takes the most mundane and unassuming ingredients and turns them into fabulous meals. Each Spanish meal is a new experience that tells a new story. Spanish food has great seafood options, and loads of great rice, bread and potato based meals that taste absolutely divine. Well-made enchiladas, paella, tortillas and patatas bravas are definitely a must try. You don't have to be Spanish or a top chef to enjoy some good Spanish cooking. All you need is a Spanish meals guide that will give you detailed explanations on how to create some lovely Spanish dishes, and we have just the thing to help you! This cookbook contains some great Spanish recipes with very detailed step by step descriptions on how to make them. All you need to do is grab this cookbook and start making some delicious Spanish meals right in your own kitchen!

The Flavor Thesaurus - Niki Segnit 2012-05-01

A career flavor scientist who has worked with such companies as Lindt, Coca-Cola and Cadbury organizes food flavors into 160 basic ingredients, explaining how to combine flavors for countless results, in a reference that also shares practical tips and whimsical observations.

Tapas - José Andrés 2012-07-24

A classic Spanish cookbook from José Andrés, a humanitarian, James Beard Award winner, New York Times bestselling author, and one of TIME's 100 Most Influential People. Tapas are Spain's gift to the world of great cooking: a fresh and fun way to eat with friends and family—and easy to make at home. Using simple Mediterranean ingredients, a tapas feast is a perfect combination of little dishes packed with big flavors. Tapas by José Andrés is the first major book in a generation to celebrate this world-renowned way of eating, from a man who is the best possible authority: an award-winning Spanish chef in America, with seven highly acclaimed restaurants to his name. Named Bon Appétit's Chef of the Year, José is a star in American cooking, as well as the nation's leading expert on Spanish cuisine. Having worked as a chef in the United States for two decades, he's also a thoroughly American cook who draws on American ingredients for his inspiration, and is a master at translating his native Spanish cooking for this country's kitchens. His simple and delicious recipes include: • Fish such as American Red Snapper Baked in Salt; Monkfish with Romesco Sauce; and Basque-Style Stuffed Maryland Blue Crabs • Chicken including Catalan-Style Chicken Stew; Chicken Sautéed with Garlic; and Chicken with Lobster • Pork such as Chorizo Stewed in Hard Cider; Figs with Spanish Ham; and Roasted Pork Tenderloin with Apples • Rice dishes including Lobster Paella; Black Rice with Squid and Shrimp; and Traditional Rice with Clams All these recipes are full of tremendous flavor and creativity, as well as in-depth ingredient notes and a rich atmosphere that will transport you to the lush countryside, hip cafés, and sun-drenched coasts of Spain—and back again to dinner at home.

¿Qué Hay? - Christine Haylett 2009-03-06

This is a course for students of CSEC Spanish. Relevant and lively, it consists of a Student's Book each with 2 audio CDs, a Workbook and a Teacher's Guide.

Florentine Codex - Bernardino de Sahagún 1950

Cocktail Recipe Journal - Kkarla 2021-02-10

Love to create perfect drink combinations? This Cocktail Recipe Journal is easy to use and note the secret ingredients and tips to make a perfect cocktail. The ideal gift for bartenders, mixologists, and every variety of party-goers. Get your copy of this journal today. Perfectly sized at 6x9 for carrying in bags and backpacks 110 page Gorgeous glossy paperback cover Interior pages printed on quality white stock

The Naked Chef - Jamie Oliver 2019-04-11

Jamie's first book - the one that started it all. The Naked Chef was born out of the idea to strip down restaurant techniques to their bare essentials and create cool dishes for everyone to cook at home, and get boys back in the kitchen! It's all about having a laugh with fun, delicious food from a young person's perspective. _____ Celebrating the 20th anniversary of The Naked Chef Penguin are re-releasing Jamie's first five cookbooks as beautiful Hardback Anniversary Editions. The Naked Chef The Return of the Naked Chef Happy Days with the Naked Chef Jamie's Kitchen Jamie's Dinners _____ 'Simply brilliant cooking, and Jamie's recipes are a joy' Nigel Slater 'There is only one Jamie Oliver. Great to watch. Great to cook' Delia Smith

The Cuban Table - Ana Sofia Pelaez 2014-10-28

The Cuban Table is a comprehensive, contemporary overview of Cuban food, recipes and culture as recounted by serious home cooks and professional chefs, restaurateurs and food writers. Cuban-American food writer Ana Sofia Pelaez and award-winning photographer Ellen Silverman traveled through Cuba, Miami and New York to document and learn about traditional Cuban cooking from a wide range of authentic sources. Cuban home cooks are fiercely protective of their secrets. Content with a private kind of renown, they demonstrate an elusive turn of hand that transforms simple recipes into bright and memorable meals that draw family and friends to their tables time and again. More than just a list of ingredients or series of steps, Cuban cooks' tricks and touches hide in plain sight, staying within families or being passed down in well-worn copies of old cookbooks largely unread outside of the Cuban community. Here you'll find documented recipes for everything from iconic Cuban sandwiches to rich stews with Spanish accents and African ingredients, accompanied by details about historical context and insight into cultural nuances. More than a cookbook, The Cuban Table is a celebration of Cuban cooking, culture and cuisine. With stunning photographs throughout and over 110 deliciously authentic recipes this cookbook invites you into one of the Caribbean's most interesting and vibrant cuisines.

The Flavor Matrix - James Briscione 2018

One of Smithsonian Magazine's Ten Best Food Books of the Year A revolutionary new guide to pairing ingredients, based on a famous chef's groundbreaking research into the chemical basis of flavor As an instructor at one of the world's top culinary schools, James Briscione thought he knew how to mix and match ingredients. Then he met IBM Watson. Working with the supercomputer to turn big data into delicious recipes, Briscione realized that he (like most chefs) knew next to nothing about why different foods taste good together. That epiphany launched him on a quest to understand the molecular basis of

flavor--and it led, in time, to *The Flavor Matrix*. A groundbreaking ingredient-pairing guide, *The Flavor Matrix* shows how science can unlock unheard-of possibilities for combining foods into astonishingly inventive dishes. Briscione distills chemical analyses of different ingredients into easy-to-use infographics, and presents mind-blowing recipes that he's created with them. The result of intensive research and incredible creativity in the kitchen, *The Flavor Matrix* is a must-have for home cooks and professional chefs alike: the only flavor-pairing manual anyone will ever need.

Le répertoire de la cuisine - Louis Saulnier 1961

[The Hot Body Diet](#) - Michelle Lewin 2018-06-05

A step-by-step diet and exercise plan from social media sensation and fitness guru Michelle Lewin, *The Hot Body Diet* reveals the star's insider tips and tricks for sustainable weight loss and a toned bikini body. How do you maintain a perfect body? For years, fans have been asking Venezuelan fitness model Michelle Lewin this very question. Known for her enviable curves, washboard abs, and super strength, Lewin's physique has earned her millions of fans who are eager to learn her diet and exercise secrets. And now, with help from certified health coach Dr. Samar Yorde, she will share the keys to her weight loss and weight management for the first time. Lewin has created an easy-to-follow, step-by-step diet and exercise plan that has amazing benefits for all body types. She shares stories and struggles from her own weight loss journey, offering support in creating a healthy transformation. With meal plans, recipes, exercise tips, and an FAQ section from actual followers, *The Hot Body Diet* will help women achieve the strong, svelte bikini body that Michelle Lewin has made famous.

Ottolenghi Flavor - Yotam Ottolenghi 2020-10-13

NEW YORK TIMES BESTSELLER • The author of *Plenty* teams up with Ottolenghi Test Kitchen's Ixta Belfrage to reveal how flavor is created and amplified through 100+ super-delicious, plant-based recipes. IACP AWARD FINALIST • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY The New York Times Book Review • NPR • The Washington Post • The Guardian • The Atlanta Journal-Constitution • National Geographic • Town & Country • Epicurious "Bold, innovative recipes . . . make this book truly thrilling."—The New York Times Level up your vegetables. In this groundbreaking cookbook, Yotam Ottolenghi and Ixta Belfrage offer a next-level approach to vegetables that breaks down the fundamentals of cooking into three key elements: process, pairing, and produce. For process, Yotam and Ixta show how easy techniques such as charring and infusing can change the way you think about cooking. Discover how to unlock new depths of flavor by pairing vegetables with sweetness, fat, acidity, or chile heat, and learn to identify the produce that has the innate ability to make dishes shine. With main courses, sides, desserts, and a whole pantry of "flavor bombs" (homemade condiments), there's something for any meal, any night of the week, including surefire hits such as Stuffed Eggplant in Curry and Coconut Dal, Spicy Mushroom Lasagne, and Romano Pepper Schnitzels. Chock-full of low-effort, high-impact dishes that pack a punch and standout meals for the relaxed cook, *Ottolenghi Flavor* is a revolutionary approach to vegetable cooking.

[Spain: The Cookbook](#) - Simone and Inés Ortega 2016-06-27

The bestselling book on traditional and authentic Spanish home cooking Spanish cooks have trusted and relied upon this bible of traditional home cooking ever since it was first published over 40 years ago. True to its original title (1080 recetas de cocina) it contains a comprehensive collection of 1080 authentic Spanish recipes, covering everything from tortilla to bacalao. As well as its simple, easy-to-follow recipes, there are also menu plans, cooking tips, and a glossary and the book is fully illustrated throughout with specially commissioned photographs and over 500 illustrations by the famous Spanish graphic designer and illustrator, Javier Mariscal. This bestselling classic is a friendly and approachable book for all home cooks and covers every Spanish dish you could wish to make.

1,000 Spanish Recipes - Penelope Casas 2014

An authoritative celebration of authentic Spanish cuisine by the late award-winning author of *Tapas and Paella!* provides a wide variety of recipe options including several for vegetarian lifestyles. 18,000 first printing.

Always Delicious - Marion Grasby 2021-11-10

Cook, media publisher and businesswoman Marion Grasby loves food. *Always Delicious* is Marion's third

cookbook and is all about the food she loves to eat. One hundred recipes that bring her joy. They are the recipes you can cook at home, with the confidence that you'll create an epic dish. This is food for you and your loved ones to relish.

Newton's Chicken: Science In The Kitchen - Massimiano Bucchi 2020-11-18

A highly rigorous, yet original and entertaining book that explores the connection between food and science. Why has science forcefully entered the kitchen from a certain moment in history? Why do scientists often use images and metaphors drawn from gastronomy? What is the common thread that connects scientific experiments to mouth-watering recipes? What has futurist cooking got in common with molecular gastronomy? Experiments with coffee, controversies over beer and chocolate recipes guarded as if they were secret patents are the ingredients of this original, surprising account of the intersections between gastronomy and research, between laboratories and kitchens.

[Mastering the Art of French Cooking](#) - Julia Child 1976

Anyone can cook in the French manner anywhere, wrote Mesdames Beck, Bertholle, and Child, with the right instruction. And here is the book that, for forty years, has been teaching Americans how. *Mastering the Art of French Cooking* is for both seasoned cooks and beginners who love good food and long to reproduce at home the savory delights of the classic cuisine, from the historic Gallic masterpieces to the seemingly artless perfection of a dish of spring-green peas. This beautiful book, with more than one hundred instructive illustrations, is revolutionary in its approach because: It leads the cook infallibly from the buying and handling of raw ingredients, through each essential step of a recipe, to the final creation of a delicate confection. It breaks down the classic cuisine into a logical sequence of themes and variations rather than presenting an endless and diffuse catalogue of recipes; the focus is on key recipes that form the backbone of French cookery and lend themselves to an infinite number of elaborations bound to increase anyone's culinary repertoire.

[Danforth's Obstetrics and Gynecology](#) - Ronald S. Gibbs 2008

A core reference for residents and practitioners for more than 40 years, this volume has been thoroughly revised and reorganized to provide complete, authoritative coverage of the modern clinical practice of obstetrics and gynecology.

[Pizza](#) - Carla Bardi 2008-11-01

Nothing beats pizza for a quick lunch, a satisfying dinner, or a late-night snack. In this cookbook, master chef Carla Bardi offers a wide range of pizza possibilities, along with simple, step-by-step instructions on how to make perfect pizza dough at home. More than 35 toppings are included, along with variations on the basic dough. The 15 little cookbooks in this handy series each feature 38-40 delicious recipes. Every recipe is illustrated with a beautiful color photograph showing just how the finished dish will look. All the triple-tested recipes are ranked for difficulty, with most falling into the simplest category. Nutritious, tempting dishes for every occasion.

[Free](#) - Chris Anderson 2009-07-07

The online economy offers challenges to traditional businesses as well as incredible opportunities. Chris Anderson makes the compelling case that in many instances businesses can succeed best by giving away more than they charge for. Known as "Freemium," this combination of free and paid is emerging as one of the most powerful digital business models. In *Free*, Chris Anderson explores this radical idea for the new global economy and demonstrates how it can be harnessed for the benefit of consumers and businesses alike. In the twenty-first century, *Free* is more than just a promotional gimmick: It's a business strategy that is essential to a company's successful future. Download the audiobook of *Free* for free! Details inside the book.

[All Plants: The Food You Love, the Vegan Way](#) - Christina 2020-10-02

Over 150 satisfying recipes to feed all the members of your household. This is the Vegan Bible that you have been looking for, full of mesmerizing high-quality colour photos that are sure to inspire you and to trigger your appetite!

[Lorraine Pascale's Fast, Fresh and Easy Food](#) - Lorraine Pascale 2012-08-13

Number One Sunday Times Best Seller. The nation's favourite TV chef and cookery author Lorraine Pascale returns with 100 brand new mouth-watering recipes that are wonderfully quick and easy to make and

bursting with fresh ingredients

The Alinea Project - Allen Hemberger 2014-09-01

A photographic memoir detailing the process of cooking every dish in the Alinea cookbook.

Honey & Co: The Baking Book - Itamar Srulovich 2015-07-02

Our day is marked by what comes out of the pastry section, and there's always something good on the way: sticky buns full of cherries and pistachios in the morning; a loaf of rich dough rolled with chocolate, hazelnuts and cinnamon that has been proving since dawn and comes out of the oven fresh for elevenses. Lunch is a crisp, crumbly shell of pastry filled with spiced lamb or burnt aubergine, and at teatime there are cheesecakes and fruit cakes, small cakes and massive cookies - so many cakes that it's hard to choose one. (There's no need to worry, whatever you choose will be great!) After dinner there might be poached peaches with roses or something more traditional, sweet and salty Knafe drenched in orange blossom syrup, or maybe just a small piece of fresh marzipan. There's something sweet, something in the oven for everyone, all day long - welcome to Honey & Co. Chapters include: How to be good at baking: general notes; Store cupboard; Sweet & savoury breakfasts; Elevenses; Lunch; Teatime; Traditional desserts

1080 Recipes - Simone Ortega 2007

1080 is to Spanish cuisine what the Silver Spoon is to Italian cuisine - a book that has been considered the bible of traditional Spanish cooking since it was first published over 35 years ago. 1080 contains a comprehensive collection of authentic Spanish recipes, covering everything from tortilla to bacalao. It is divided into 17 chapters and includes 1080 recipes, menu plans, cooking tips and advice, and a glossary. It is a no-fuss, friendly and approachable book for all home cooks and covers every Spanish dish you could want to make.

Harumi's Japanese Cooking - Harumi Kurihara 2008

Learn how to prepare more than 70 authentic Japanese recipes for fish and seafood, meat, rice, tofu, sushi, noodles, soup, vegetables, desserts and drinks. With suggestions for complete meals, a glossary of ingredients and their western alternatives, and lists of suppliers, Harumi demystifies modern Japanese cooking. Illustrated throughout with superb photographs of dishes, preparation steps, tableware and presentation ideas, Harumi's Japanese Cooking gives a popular insight into the way meals are eaten in Japan today. Drawing on traditional elements, the recipes embrace simplicity and elegance, combining authentic Japanese cuisine with contemporary tastes. With more than 100 recipes for fish and seafood, meat, rice, tofu, sushi, noodles, soup, vegetables, desserts and drinks, Harumi's Japanese Cooking provides a broad selection of mouthwatering recipes. Helpfully, she also suggests which recipes combine well for meals. A glossary of ingredients and their western alternatives, plus useful lists of suppliers complete the book, making it today's most comprehensive introduction to modern Japanese food.

Italian Cooking School: Pizza - The Silver Spoon Kitchen 2015-10-12

75 fail-proof recipes for pizza, focaccia, and calzone from the world's most trusted and bestselling Italian cookbook series. Making pizza at home has never been easier! The Silver Spoon Italian Cooking School: Pizza teaches everything you need to know about making not just fresh pizzas but focaccia, calzones, and savory pies at home. With the illustrated step-by-step instructions, readers learn to make basic pizza dough and classic pizza dishes such as a Margarita, Neopolitan, Quattro Formaggi, and so many more. Readers build their cooking repertoire as they progress through the books, building confidence with simple recipes at the start and advancing to more challenging dishes. The Silver Spoon Italian Cooking School series is designed for modern cooks to prepare healthy, delicious, and authentic recipes in their own home. Ideal for cooking novices, each book in the series features illustrated instructions for basic techniques and a collection of 75 Italian recipes to keep readers inspired. The Silver Spoon is the most influential and bestselling Italian cookbook of the last 50 years. From the publisher of The Silver Spoon, the most influential and bestselling Italian cookbook of the last 50 years.

The Whole Life Nutrition Cookbook - Tom Malterre 2014-04-29

Food is powerful medicine and whole foods, or foods in their natural unrefined forms, offer us vitamins, minerals and antioxidants that prevent diseases and create a state of balance and health within us. Nutritionist Tom Malterre and Chef Alissa Segersten understand that food can be both healing and delicious and in The Whole Life Nutrition Cookbook they provide information on the importance of living a

whole foods lifestyle, and how to transition into one. Readers will learn to prepare foods that promote optimal health, prevent disease, and energize the body. With over 300 delicious, nourishing recipes, readers will discover amazing, new ways to cook whole grains, fish, poultry, meat and veggies. The Whole Life Nutrition Cookbook includes: Evidence-based information on whole foods Gluten-free, dairy-free, egg-free, and soy-free recipes A complete guide to stocking your whole foods pantry The whole story on the current diet trends and how to adapt them to best serve your individual needs The real story behind toxicity in food and avoiding PCBs GMOs and non-organics Recipes that any vegan, vegetarian, carnivore or omnivore will love Whether serving breakfast, lunch, dinner, snacks or desserts, readers will enjoy their food while healing their immune system, decreasing the inflammation that causes disease, balancing hormones and promoting better overall health.

Culinaria Spain - Günter Beer 2012-12-15

Culinaria Spain brings the sunny south to your table! If you already had itchy feet after the first few pages of its predecessor then this revised edition will have you yearning to have a flight ticket to beautiful Spain in your hand. For behind the new modern design lies a world of culinary pleasure that will carry you off to the regions of sunny Spain. The scent of ripe oranges, mouthwatering lamb stew, fresh crawfish, or the bouquet of a fruity red wine, are characteristic of the country's diversity, with its unique variety of landscapes and regions that have much more to offer than just paella and sangria. A book that is as diverse and tasteful as a table lavishly laden with delicious tapas. AUTHOR: Marion Trutter has worked as editor responsible for Spanish and Latin American themes with a well-known travel magazine. Today she works in Munich as a freelance journalist writing on the subjects of travel and Spanish-speaking countries for magazines, newspapers, book publications, and radio. Gunter Beer discovered his passion for food photography while working on the Culinaria book European Specialties. It is no wonder that he is especially enthusiastic about Spanish cuisine and culture--for years, he has lived, worked, and enjoyed the pleasures of eating and drinking in Barcelona. SELLING POINTS: * Completely revised and updated edition * New, modern layout * The culinary heartland of France in all its fascinating facets * Entertaining and informative texts, augmented by selected excurses * Authentic and inspiring recipes * Comprehensive background knowledge about products, brands, producers, and production * Beautiful photographs of dishes, products, the country and its people * Glossary * Index 1200 illustrations

PUERTO RICAN COOKERY - Carmen Valde juli 1983-03-31

Takes the reader on an interesting culinary journey. -Key West Citizen "The foremost authority on Puerto Rican cooking is a silver haired, stylish, and warmly hospitable woman named Carmen Aboy Valde juli . . . [her books] are considered today to be the definitive books on island cooking." -New York Times "Its recipes are authentic, well tested, and exactly written." -Cecily Brownstone, food editor, Associated Press Puerto Rican Cookery, now in its twenty-third printing with 130,000 in print, has become the standard reference on traditional native cookery (cocina criolla). According to the San Juan Star, "the cookbook is seen and is more likely better read in some homes than the religious tome. . . . [it] is considered a primer for beginning cooks . . . a textbook for home economists and it is a guide for the gourmet as well." The recipes in this book are as bewitching as an off-shore breeze, plumbing the mysteries of native dishes in accurate and easy-to-follow details that assure the success of every recipe-whether it is for Pickled Chicken or Sweet Potato Pudding. In Puerto Rican Cookery, the late Carmen Aboy Valde juli traces the development of traditional native cookery and reveals secrets of the essence of Puerto Rican cookery-keymark to fabulous island delicacies. Native Taino petroglyphs illustrate this handsome book.

La biblia Weber de la barbacoa - J. Purviance 2014

Spanish-English Bilingual Visual Dictionary - DK 2015-06-02

Organized by such common subjects as Home, Work, Dining Out, Transportation, Health, and Sports, these bilingual visual dictionaries give students, travelers, and business people quick access to foreign terms in the simplest and most intuitive way.

The Feast of the Goat - Mario Vargas Llosa 2011-03-04

Haunted all her life by feelings of terror and emptiness, forty-nine-year-old Urania Cabral returns to her native Dominican Republic - and finds herself reliving the events of 1961, when the capital was still called

Trujillo City and one old man terrorized a nation of three million. Rafael Trujillo, the depraved ailing dictator whom Dominicans call the Goat, controls his inner circle with a combination of violence and blackmail. In Trujillo's gaudy palace, treachery and cowardice have become a way of life. But Trujillo's grasp is slipping. There is a conspiracy against him, and a Machiavellian revolution already underway that will have bloody consequences of its own. In this 'masterpiece of Latin American and world literature, and one of the finest political novels ever written' (Bookforum), Mario Vargas Llosa recounts the end of a regime and the birth of a terrible democracy, giving voice to the historical Trujillo and the victims, both innocent and complicit, drawn into his deadly orbit.

Llamas with Lemonade - Ariana Koultourides 2019

"An ABC book of animals with everyday things, like foxes with flowers, giraffes with glasses, and llamas with lemonade"--

Mugaritz - Andoni Luis Aduriz 2012-04-27

Mugaritz in northern Spain, has long been considered one of Spain's most influential restaurants, and Aduriz one of its most talented and creative chefs. Aduriz reveals his creative process behind his dishes, with 70 recipes sure to inspire chefs and food lovers around the world.

Hola, amigos! - Ana Jarvis 2013-01-01

This highly accessible, manageable program is user-friendly for instructors, teaching assistants, and students. Known for its succinct and precise grammar explanations, its presentation of high-frequency and practical vocabulary, and its overall flexibility, HOLA, AMIGOS! continues to maintain its appeal with instructors regardless of their preferred methodology. The program is designed to develop students' ability to communicate effectively in Spanish in a variety of situations as well as to strengthen cultural awareness and competence. It offers a full scope and sequence, yet is brief enough to be used effectively for a two-semester course. The eighth edition features an enhanced integration and presentation of culture and new

and exciting technology components. All components are fully integrated with the flexibility to accommodate a range of scheduling factors, contact hours, course objectives, and ability levels. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Twelve Years A Slave (Illustrated) - Solomon Northup 2014-08-22

Twelve Years a Slave (1853) is a memoir and slave narrative by Solomon Northup, as told to and edited by David Wilson. Northup, a black man who was born free in New York, details his kidnapping in Washington, D.C. and subsequent sale into slavery. After having been kept in bondage for 12 years in Louisiana by various masters, Northup was able to write to friends and family in New York, who were in turn able to secure his release. Northup's account provides extensive details on the slave markets in Washington, D.C. and New Orleans and describes at length cotton and sugar cultivation on major plantations in Louisiana.

Keto Diet en Español - Julián Franco 2019-12-10

500 Quick & Easy Keto Recipes Para Perder Peso Rápido y Permanente con la Dieta Cetogénica! Do you want to be healthy, yet still enjoy great taste and lots of energy? ¡Platos ricos y fáciles de cocinar haciendo la dieta maravillosa llamada cetogénica! The Keto cookbook by Julián Franco is aimed at helping you save time and efforts with no-fuss and effortless keto recipes while being on the keto diet. Spending less time in the kitchen is just one step away! That's why I focused on creating the one and only Keto recipe cookbook in Spanish with tasty and hassle-free meals! All that you'll ever need to cook to master your Instant Pot. This keto recipe book has plenty of: No-fuss Brunch and Dinner keto recipes Energizing Desserts Great Keto Vegan recipes and Keto Vegetarian recipes Great variety of Pasta, Beans and Grains Fascinating Desserts Drinks Lots of protein recipes - Poultry, Meat, Fish & Seafood Craveable Side Dishes Snacks This complete Keto libro para principiantes will take care of your scarce cooking time and will show you the easiest way towards a healthy lifestyle forever!