



Ostriche: come mangiarle, come cucinarle (Life style) (Italian Edition)

Marina Dubois

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Le ostriche sono elemento base dell'alta cucina. Un concentrato di piacere, un'esplosione di sfumature sensoriali molteplici e sorprendenti, dolci e suadenti. A tavola, pochi altri cibi donano sapori così straordinariamente unici. In qualunque occasione regalano un tocco di raffinatezza in più. Crude, esaltate da salse particolari o cotte, rappresentano una leccornia ricercata ed esclusiva. Una scelta che di solito non manca nel menu di chi vuole rendere indimenticabile un pranzo o una festa.

Oggi ci sono realtà che organizzano lezioni, workshop e catering, il tutto incentrato sulle ostriche, per esaltarne non solo la bontà e la versatilità, ma anche il loro essere una fonte etica e sostenibile di proteine. Si può imparare come sceglierle, maneggiarle, conservarle, gustarle e cuocerle, come abbinarle con vini e distillati e come usarle all'interno di altre ricette. Gli appassionati dell'ostrica gourmet si trovano in ogni angolo del mondo. A loro sono dedicate le ricette di questo libro.

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