

*Cristina Galiano*

# Saber comprar, conservar y congelar nuestros alimentos

El libro imprescindible para hacerlo adecuadamente



# Comprar Conservar Y Congelar Nuestros Alimentos

**Cristina Galiano**



## **Comprar Conservar Y Congelar Nuestros Alimentos:**

Comprar, Conservar y Congelar nuestros alimentos desde la A hasta la Z Cristina Galiano, 2013-07-02 En este libro vais a encontrar la gran mayoría de vosotros contestación a muchas de las preguntas que continuamente me hacéis Conservar o congelar nuestros alimentos tanto crudos como cocinados es mucho más que abrir la nevera o el congelador e introducir allí los alimentos de cualquier manera Si se hace correctamente los resultados obtenidos pueden ser espectaculares e increíbles Con este libro vais a perder el miedo y el respeto a la conservación la congelación y la descongelación de los alimentos y sabéis resolver todas las dudas que se os plantean constantemente Es ameno sencillo muy riguroso como todos los meses de fácil consulta y con él vais a saber utilizando correctamente el frío cómo tener siempre a punto tanto vuestra nevera como vuestro congelador Al salir a la compra lo primero que se debe hacer es comprobar la calidad y el estado de los alimentos que adquirimos Pero al llegar a casa hay que saber conservarlos para que no pierdan su aspecto natural su frescura su aroma color y sabor y especialmente sus propiedades nutritivas Así no habrá necesidad de tirar nada en absoluto y mucho menos de arriesgar nuestra salud innecesariamente Cuando muchos de vosotros me comentáis que no os gusta congelar y yo os pregunto que a qué temperatura lo hacéis absolutamente todos me contestáis lo mismo Pues bien si no lo hacéis siguiendo las normas internacionales que por otro lado son fáciles los resultados no solamente serán malos sino catastróficos Por ello leeréis detenidamente todas las páginas desde la primera sin olvidaros de consultar el índice que os aporta una gran ayuda Os planteo ciertas preguntas en las que siempre dudáis Es importante conocer la temperatura que tiene el congelador a la hora de congelar o dalo lo mismo Un alimento fresco que ha estado congelado se puede cocinar y volver a congelar Cómo debe descongelarse cualquier alimento o plato cocinado en la nevera a temperatura ambiente con una fuente de calor Cómo debe calentarse cualquier plato ya cocinado para que no sepa a recalentado INDICE GENERAL DETALLADO Aceite crudo y aceite frito cómo conservarlos Aceite de oliva virgen extra cantidad diaria por persona recomendada por la OMS Aceiteras para qué sirven Aceites de coco palma y palmiste por qué son perjudiciales para la salud Aceites vegetales sin especificar cuáles son Aceitunas cómo conservarlas Acelgas ajetes tiernos ajos alcachofas cómo conservarlos en la nevera Aderezadores para ensalada qué son y para qué sirven Agenda o libro de registro para qué sirven Agua y agua de limón cómo conservarlas o congelarlas Aguacates y albaricoques cómo conservarlos en la nevera Ajos enteros pelados cómo se conservan estupendamente en la nevera Ajos secos cómo se conservan Albaricoques cómo conservarlos en la nevera Alcaparras pepinillos y demás encurtidos cómo se conservan Alimentos por qué deben envasarse la mayoría antes de introducirlos en la nevera Alimentos por qué se estropean Alimentos adquiridos ya congelados cómo deben comprarse Alimentos cocinados en casa cuándo deben introducirse en la nevera o en el congelador Alimentos comprados ya congelados cómo transportarlos Alimentos comprados ya congelados son realmente buenos y nutritivos Alimentos congelados industrialmente cómo conservarlos correctamente Alimentos congelados cómo descongelarlos correctamente Alimentos frescos cuándo introducirlos

en la nevera Alimentos frescos congelados que se descongelan se pueden volver a congelar Alimentos frescos congelados que se descongelan y se cocinan se pueden despu s volver a congelar Alimentos infantiles ya cocinados c mo conservarlos o congelarlos Alimentos o platos cocinados cantidades que se deben congelar Alimentos o platos cocinados en casa pasos a seguir para congelarlas correctamente **Cómo adelgazar sin dietas y no volver a engordar** Cristina

Galiano,2016-04-11 Este ebook el noveno de mi colecci n va a servir no solo a las personas que quieren adelgazar de manera saludable y no volver a engordar como indica su t tulo sino a la mayor a de la poblaci n j venes o mayores que quier en disfrutar de una alimentaci n sana variada equilibrada y nutritiva es decir la que contiene todos los alimentos que nuestro cuerpo necesita para estar siempre en plena forma Y no se trata de dietas todas ellas aburridas mon tonas y restrictivas que a la larga nunca funcionan sino de men s completos o de platos nicos Los que disfrutan comiendo se van a encontrar con guisos riqu simos como bacalao al pil pil manitas de cerdo o de cordero unas fabes con almejas Se trata de aprender a alimentarse para poder comer de todo pero en la proporci n adecuada Lo van a aprovechar 1 Todos los que no tengan ninguna intolerancia real a la lactosa al huevo a la prote na de la leche o una alergia espec fica a un determinado alimento 2 Todos los cel acos puesto que yo nunca espeso mis platos con harina sino con ingredientes naturales 3 Los ni os desde que empiezan a comer de todo 4 Tambi n para las personas hipertensas siempre que no lo sean en grado sumo 5 Y hasta l os diab ticos porque llevan las grasas necesarias saludables y las cantidades de hidratos de carbono que ellos deben vigilar El pr logo lo ha escrito el Doctor Julio Mayol nombrado en marzo de 2016 Director M dico en el Hospital Clinico San Carlos de Madrid donde ha sido Profesor titular de Cirug a de la Universidad Complutense de Madrid y en el Hospital Cl nico San Carlos antes de ser nombrado director y Jefe de Secci n de Cirug a Colorrectal 2010 2016 Pod is ojear las primeras p ginas de mis ebooks aqu [Apoyo domiciliario](#) GARCÍA-MOYA SÁNCHEZ, RUTH, ATIENZA MAÑAS, MIRIAM, GUTIÉRREZ LENGUA,

MARTA,2015-01-01 Este libro desarrolla los contenidos del m dulo profesional de Apoyo Domiciliario del Ciclo Formativo de grado medio de Atenci n a Personas en Situaci n de Dependencia perteneciente a la familia profesional de Servicios Socioculturales y a la Comunidad teniendo en cuenta el Real Decreto 1593 2011 de 4 noviembre y la Orden ECD 340 2012 por la que se establece el curr culo del t tulo correspondiente La obra se estructura en siete unidades La primera presenta la organizaci n del plan de trabajo en la unidad de convivencia e introduce al alumno en el servicio de la ayuda a domicilio La segunda aborda la planificaci n y la gesti n de los presupuestos en entornos domiciliarios La tercera proporciona las claves para realizar una compra adecuada a las necesidades de la persona en situaci n de dependencia y para organizar y conservar correctamente los productos adquiridos La cuarta prepara al alumno para la adquisici n de competencias en materia de mantenimiento y limpieza del hogar La quinta trata aspectos nutricionales y diet ticos dirigidos a la adquisici n de habilidades a la hora de seleccionar los alimentos La sexta permite aprender estrategias de manipulaci n higi nica de alimentos y todas las t cnicas necesarias para realizar elaboraciones culinarias elementales y desenvolverse en la cocina de

manera eficaz La s ptima unidad desarrolla todo lo relativo a las t cnicas y los instrumentos precisos para realizar el seguimiento del plan de trabajo Asimismo al inicio de cada unidad se ofrece una breve introducci n una lista de los contenidos y otra de los objetivos principales que se pretende conseguir Del mismo modo la exposici n te rica se complementa con cuadros de vocabulario e informaci n relevante y numerosas im genes e ilustraciones adem s de actividades propuestas que favorecen la fijaci n de los conocimientos Igualmente todas las unidades ofrecen cuadros finales con tiles enlaces web para ampliar los conocimientos y de conceptos clave Por su parte el mapa conceptual y el resumen del final de cada unidad permiten sintetizar sus contenidos y relacionarlos de forma sucinta antes de realizar las actividades finales de comprobaci n aplicaci n y ampliaci n que se podr n desarrollar tanto dentro como fuera del aula **MF1778\_3 -**

**Supervisi n y ejecuci n de operaciones de acabado y presentaci n de productos de pasteler a** Paula Rodr guez Méndez,2015-07-16 Una vez finalizado el M dulo ser capaz de supervisar y ejecutar las operaciones de acabado y presentaci n de productos de pasteler a Organizar el proceso de aprovisionamiento interno de g neros reelaboraciones y elaboraciones necesarias de acuerdo con planes de producci n determinados Desarrollar los procesos de terminado y envasado de productos de pasteler a aplicando las t cnicas inherentes a cada proceso Dise ar y realizar decoraciones para los productos de pasteler a aplicando las t cnicas gr ficas y de decoraci n Aplicar procedimientos de supervisi n de procesos de elaboraci n presentaci n y conservaci n de todo tipo de productos de pasteler a controlando los resultados intermedios y finales derivados de los mismos *Saber comprar, conservar y congelar nuestros alimentos* Cristina Galiano,2008 **Rapsodia de Sabores** Raquel Askenazi de Harari,2015-09-01 Alimentaci n sana Qui n dice que la comida sana no es sabrosa Comer sano no es sin nimo de comer desabrido y aburrido A partir de esta premisa las recetas de este libro han sido adaptadas a las preferencias y cambios generacionales actuales ofreciendo un enfoque nuevo en el cual sin sacrificar el sabor se cocina en forma inteligente creando el punto exacto entre lo rico y lo sano Antes dec an Coma de todo y engorde sin culpa En estos tiempos hay una nueva educaci n de h bitos y existe mayor conciencia sobre una alimentaci n con menos grasa az car y calor as Variaciones Uno de los atractivos de este libro radica en lo que la autora denomina variaciones A partir de una receta b sica al sustituir unos ingredientes por otros se lograr crear una gran variedad de platillos abriendo un abanico de posibilidades para dejar volar la imaginaci n y elaborar las recetas seg n las preferencias personales El mismo principio se aplica para obtener platillos no l cteos vegetarianos y sin gluten Recetas confiables y seguras Rapsodia de Sabores contiene 395 recetas y 433 variaciones probadas y aprobadas para ser preparadas por expertos o principiantes con indicaciones completas paso a paso de manera breve y clara Incluye el qu el c mo y el por qu Adem s contiene un amplio glosario pr cticos consejos y tablas de equivalencias Men s interactivos Quienes no tienen tiempo para planear los men s de cada d a dispondr n de 49 men s de carne y 28 l cteos men s para Shab t festividades parrilladas taquizas desayunos y brunches Adem s contiene t cnicas esenciales para lavar y desinfectar frutas verduras y aves para conservar y congelar todo tipo de alimentos para equipar una

cocina o armar un bufet ¿Y hoy qué les doy? Lourdes Alcañiz,2008-09-19 **Seguridad Alimentaria y Gestión del Desperdicio** María Dolores, Pérez Ramírez,2023-02-05 Seguridad Alimentaria y Gestión del Desperdicio te sumerge en el mundo de la seguridad e higiene alimentaria Desde comprender los conceptos básicos y los peligros relacionados con los alimentos hasta conocer las prácticas de higiene y el Sistema APPCC herramienta fundamental en la gestión de la seguridad alimentaria Este libro te proporciona una guía esencial para mantener la seguridad en la alimentación Explora estrategias para reducir el desperdicio de alimentos y políticas clave brindándote información valiosa sobre cómo contribuir a la sostenibilidad y evitar el derroche de alimentos Además se examinan medidas generales de prevención y la donación de alimentos destacando la importancia de la responsabilidad social Descubre con esta obra los conocimientos y herramientas necesarias para contribuir a un mundo con alimentos más seguros y sostenibles **Educación para la salud (1). Nutrición, higiene y prevención de accidentes** Nájera Morrondo, Pilar, López Nomdedeu, Consuelo,1994 El curso de Educación para la Salud que ahora ofrecemos tiene no sólo la intención de lograr un mejor y más profundo conocimiento sobre la promoción de la salud sino también de fomentar el desarrollo de hábitos saludables Este primer libro contiene tres bloques temáticos diferentes relacionados con la salud y el bienestar El primero de estos bloques aporta los conocimientos básicos para llevar una alimentación saludable equilibrada y adecuada a cada persona según sus necesidades ya que está demostrada la gran importancia que tiene alimentarse bien para prevenir la aparición de muchas enfermedades En segundo lugar se aborda el tema de la higiene personal y doméstica La adquisición de costumbres sanas es fundamental para el bienestar personal y la convivencia humana El bloque relacionado con la violencia trata temas de gran auge en la actualidad dado que la violencia tanto voluntaria como involuntaria accidentes es un problema muy arraigado en nuestra sociedad y en este curso analizaremos sus causas No se trata de criticar los distintos aspectos de la violencia sino de dar pautas para prevenirla en las diferentes facetas del comportamiento humano Prepara tus menús para toda la semana Assumpta Miralpeix Jubany,2001

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