

Cocinar para uno mismo

Cooking for oneself



Author: [Cristina Macía Orio](#) [1]

Publisher: [CÍRCULO DE LECTORES, S.A.U.](#) [2]

Year of Publication: 2004

Pages: 220

ISBN: 84-672-0927-5

Genre: Sports and practical book

AUTUMN

2009

Season: AUTUMN 2009

This is a book to cook healthy, tasty and nutritious dishes without wasting time and in a very easy way. It compiles 150 recipes for one person and gives you tricks to buy either fresh or canned food wisely. It also helps to make the most of your microwave and freezer.

A practical book to enjoy cooking funny and cheap menus.

Publishing rights available from **Company:** Círculo de Lectores, SA

Address: Círculo de Lectores Travessera de Gràcia, 47-49 08021 Barcelona

Contact: Lourdes Llop (Non-Fiction editor) / Lidia Rey (Foreign Rights)

Phone: Tel: +34 93 366 0257 Fax: +34 93 366 01 04

E-mail: lllop@circulo.es [3]

E-mail: lrey@circulo.es [4]

Website: <http://www.circulo.es> [5]

Countries where the rights have been sold:

Cocinar para uno mismo

España

Random House Mondadori

2007

Cocinar para uno mismo

Portugal

Círculo Leitores

2009

Additional information **Press reviews:**

<http://www.directoalpaladar.com/2007/02/12-cocinar-para-uno-mismo-de-cri...> [6]

Source URL: <http://217.160.225.169/node/200>

Links:

[1] <http://217.160.225.169/node/1990>

[2] <http://217.160.225.169/node/24037>

[3] <mailto:lllop@circulo.es>

[4] <mailto:lrey@circulo.es>

[5] <http://www.circulo.es>

[6] <http://www.directoalpaladar.com/2007/02/12-cocinar-para-uno-mismo-de-cristina-macia>