

# Primero batir los huevos... Cocina creativa para jóvenes principiantes

First beat the eggs... Creative cookery for young beginners



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Sooner or later the same thing that happens to all other young people on the planet will happen to you: your parents will decide you're old enough to make your own breakfast, lunch and dinner. You have no idea where to begin. In fact, you do know. You decide the most logical way to make your debut as a chef is by turning on the stove. But - how does it work? With your first omelette that looks like scrambled eggs you realize that cooking is much more complicated than eating. You're too proud to ask your parents for help (or even advice). The conclusion: you'll have to learn to cook by yourself. And that's where this book comes in, because here you will find 45 recipes designed for surviving this stage of your life without suffering from malnutrition. The recipes are divided into 3 levels of difficulty: 12-14, 14-16, and 16-18.

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