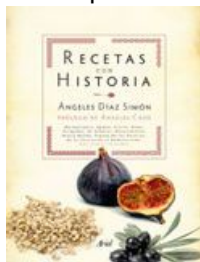


Recetas con historia

Recipes with a History



Author: [Ángela Díaz Simón](#) [1]

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The flavours and colours of the cookery of our ancestors are the mystery which Ángeles Díaz Simón proposes to uncover in this work. With this in mind, she offers a gastronomic journey through the past which includes recipes for dishes which, despite being very old, are novelties for our palates. In this way, we enter the kitchens of the great civilisations in history, and discover which foods accompanied a Mesopotamian princess on her travels, where the first recipes appeared and even the importance of rivers in the evolution of gastronomy. These various aspects offer memorable moments and delicious anecdotes of the art of cooking.

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