



Kastanien: Die besten Rezepte (German Edition)

Karin Longariva

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Entdecken Sie die besten Rezepte mit Kastanien!

Kastanien sind nicht nur gebraten eine Köstlichkeit, ihr feines Aroma und ihr nussiger Geschmack lassen sich in einer Vielzahl von Speisen zur Geltung bringen. In dieser Neuauflage des Kastanienkochbuchs, das Karin Longariva mit zusätzlichen Rezepten erweitert hat, finden Sie die besten traditionellen und modernen Gerichte. Schmackhafte Vorspeisen, süße und pikante Hauptspeisen sowie herrliche Naschereien und Desserts: Probieren Sie zum Beispiel die leichte Kastanien-Kürbis-Suppe, den herzhaften Kastanien-Apfel-Risotto oder den flaumigen Kastanienpudding. Aber auch in Broten, Marmeladen und Likören sind Kastanien ein Genuss.

Lassen Sie sich überraschen, wie vielfältig einsetzbar die kleinen, runden Früchte sind.

- abwechslungsreiche Rezepte
- von der erfahrenen Kochbuchautorin Karin Longariva
- Klassiker und moderne Kreationen
- alltagstaugliche Rezepte, die gelingen
- Wissenswertes über Kastanien

Kastanien enthalten viele wertvolle Inhaltsstoffe

Kastanien sind arm an Fett, dafür aber reich an Mineralstoffen und Spurenelementen. Sie stärken damit unser Immunsystem und tun Geist und Körper gut. Entdecken Sie die vielseitigen Einsatzmöglichkeiten dieses Superfoods in Ihrem Speiseplan.

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