

Libro De Cocina Nitza Villapol

"This book examines the phenomenon of digital transformation and the impact of disruptive technologies through the lens of industry case studies, where different combinations of these new technologies have been deployed and incorporated into enterprise IT and business strategies"--

Written by the trio that has spawned a renewal of interest in Cuban cuisine, this guide to the flavors of Cuba reveals the island as a tasty confluence of Spanish spices, tropical ingredients, and African influence.

A lush journey through Cuba, its paladars, and its flavorful cuisine For Cubans, food is a complex story—a tapestry of love and loss woven so deeply into their culture that it goes well beyond that of history or sustenance. Gershman, who's love affair with Cuba began long before her first visit, takes you along on a photojournalistic journey through the streets of Cuba and its paladares through her stunning photographs of the country's glorious sights, the lively people, and, of course, the amazing variety of food. Much more than a cookbook, Cuban Flavor is an introduction to a revolutionary era of Cuban cuisine: a new frontier. Growth and transition foster the seed of invention and innovation, and these shifts often begin with food. From the succulent spiced meat of the national Ropa

Viejo, simmered in a tomato-based criollo sauce, to the sweet and sticky Arroz Con Leche or the local favorite, Flan served in a soda can, Cuban cuisine has something for every palate. Pair these delights with a warm, sultry night, an old convertible, and a jazz band, and sit back as you fall deeply in love again . . . or for the very first time. This visually arresting volume features more than fifty Cuban recipes, from appetizers to main courses and drinks to desserts. Along with color photographs of the dishes, you'll also get to meet the people who create them. This remarkable volume offers a taste of the little-known culture to a public that has long been deprived of its intoxicating flavors.

An evocative feast for all the senses, *A Taste of Old Cuba* combines a Cuban expatriate's charming and vivid memories of a childhood on the idyllic island before Castro's revolution with more than 150 recipes for delicious, authentic, and traditional Cuban dishes.

Science has never been so easy--or so much fun! With *The Everything Kids' Science Experiments Book*, all you need to do is gather a few household items and you can recreate dozens of mind-blowing, kid-tested science experiments. High school science teacher Tom Robinson shows you how to expand your scientific horizons--from biology to chemistry to physics to outer space. You'll discover answers to questions like: Is it possible to blow up a balloon without

actually blowing into it? What is inside coins? Can a magnet ever be "turned off"? Do toilets always flush in the same direction? Can a swimming pool be cleaned with just the breath of one person? You won't want to wait for a rainy day or your school's science fair to test these cool experiments for yourself!

Las más emblemáticas recetas de la legendaria Nitza Villapol, explicadas paso a paso y sazonadas con un poco de historia e información útil. Varias generaciones de cubanos vieron entrar a sus hogares a Nitza Villapol a través de su programa de televisión Cocina al minuto, que estuvo al aire por más de 40 años. Gracias a sus libros, aquellas deliciosas recetas los han acompañado dentro y fuera de la isla. Ahora, en estas páginas, el legado de Nitza cruza otras fronteras y llega a los hogares hispanos de Estados Unidos. Cocina al minuto contiene cientos de recetas para preparar cereales --como arroz y maíz--, sopas --algunas con múltiples variaciones--, carnes de res, ave o pescado --incluyendo la tradicional ropa vieja y el picadillo--, y ensaladas y aliños. Además contiene docenas de recetas para preparar viandas, hortalizas y vegetales, sin olvidar una gran variedad de salsas y deliciosos postres. Sisi Colomina, heredera de Nitza Villapol, no solo ha recopilado las recetas, sino que transmite las enseñanzas de esta maestra de la cocina, que nos cuenta los orígenes de varios platillos y su valor nutritivo, sumado a consejos para prepararlos y servirlos. Con Cocina al

minuto tú también podrás disfrutar el sabor de la cocina tradicional cubana en tu propio hogar. ENGLISH DESCRIPTION The legendary Nitza Villapol's most emblematic recipes, explained step-by-step and seasoned with a little bit of history and useful information. Several generations of Cubans welcomed Nitza Villapol into their homes through her television program, *Cocina al minuto* (Quick Cooking), which was on the air for more than 40 years. Thanks to her books, those delicious recipes have spread across the island and beyond. Now, in these pages, Nitza's legacy crosses other borders and arrives in Hispanic homes across the US. *Quick Cooking* contains hundreds of recipes to prepare grains like rice and corn; soups--some with multiple variations--; beef, poultry, and fish including the traditional *ropa vieja* and *picadillo*; and salads and condiments. It also contains dozens of recipes for preparing vegetables, sauces, and delicious desserts. Sisi Colomina, Nitza Villapol's heir, has not only compiled the recipes, she also transmits the lessons of this master cook, who tells us the origins of various dishes and their nutritional value, along with advice for preparing and serving them. With *Quick Cooking*, you, too, can enjoy the flavors of traditional Cuban cooking in your own home.

Cocina Al Minuto ICon Sabor a Cuba

350 recetas clásicas que captan la esencia del paladar criollo En Cocina cubana,

Raquel Roque ha juntado las recetas más queridas de su familia para ofrecer toda una selección de platos succulentos a los amantes de la cocina cubana. Tanto los expertos como los principiantes querrán aprovechar esta oportunidad de preservar para las generaciones venideras la rica tradición culinaria de la isla, o de experimentarla por primera vez. Las recetas incluidas aquí reflejan lo mejor de dos mundos —el mundo colonial español y el mundo criollo—, creando así una mesa variada y sabrosa, salpicada de la sazón que define la cultura caribeña. Esta nueva edición de Cocina cubana comparte la historia detrás de cada receta, y cuenta con cinco capítulos nuevos de cócteles, batidos, sándwiches, comida para bebés y recetas típicas de otros países latinoamericanos. Además incluye recetas de cubanos ilustres, tales como: · Pollo guarachero de Celia Cruz · Pavo Saralegui de Cristina Saralegui · Frijoles negros de Victor's Café · Flan de la abuela Yiyita del Padre Alberto · Picadillo de carne de Carlos Eire La cocina cubana es una combinación de colores y sabores que invita por sí sola a sentarse a la mesa para saborear y disfrutar de un plato de arroz con frijoles y plátanos maduros. Desde sopas y cócteles hasta mariscos y carnes, Cocina cubana es la colección más comprensiva de las renombradas recetas de Cuba, detalladas en pasos sencillos que renovarán su entusiasmo por la cocina.

En este mundo globalizado de migraciones e hibridaciones, la comida no solo es un conjunto de alimentos sino además, la propia acción de comer o la reunión de personas en torno a, implica una mezcla de culturas, sabores, pero también de rituales

y costumbres.

The Cuban Table is a comprehensive, contemporary overview of Cuban food, recipes and culture as recounted by serious home cooks and professional chefs, restaurateurs and food writers. Cuban-American food writer Ana Sofia Pelaez and award-winning photographer Ellen Silverman traveled through Cuba, Miami and New York to document and learn about traditional Cuban cooking from a wide range of authentic sources. Cuban home cooks are fiercely protective of their secrets. Content with a private kind of renown, they demonstrate an elusive turn of hand that transforms simple recipes into bright and memorable meals that draw family and friends to their tables time and again. More than just a list of ingredients or series of steps, Cuban cooks' tricks and touches hide in plain sight, staying within families or being passed down in well-worn copies of old cookbooks largely unread outside of the Cuban community. Here you'll find documented recipes for everything from iconic Cuban sandwiches to rich stews with Spanish accents and African ingredients, accompanied by details about historical context and insight into cultural nuances. More than a cookbook, The Cuban Table is a celebration of Cuban cooking, culture and cuisine. With stunning photographs throughout and over 110 deliciously authentic recipes this cookbook invites you into one of the Caribbean's most interesting and vibrant cuisines. La Cocina Cubana de Nitza Villapol es el último libro que se publica con una compilación de recetas de Nitza Villapol recogidas en el tan reconocido título Cocina al

minuto con el que denominó no solamente su programa televisivo sino también la mayor colección de libros de recetas de cocina. Un título en donde se recogen recetas publicadas en los años 50, 60 y 80 por nuestra reconocida escritora y creadora de la televisión cubana. Sin lugar a dudas, un clásico de nuestra cultura culinaria. Nitza Villapol creó el programa televisivo de mayor éxito y duración en la pantalla, un programa transmitido durante 44 años ininterrumpidos, desde los mismos estudios en Masón y San Miguel. Ella explicaba, convencía y enseñaba, ella que es todo un mito, puso sus ollas en pantalla y nos habló de los sofritos y los caldos como quien cuenta una novela de amor o declama un poema.

The success and survival of American democracy have never been guaranteed.

Arguing that we must take an unflinching look at the nature of democracy—and therefore, ourselves—historian Robert Tracy McKenzie explores the ideas of human nature in the history of American democratic thought, from the nation's Founders through the Jacksonian Era and Alexis de Tocqueville.

Tubby Anderson is a mentally challenged pig farmer in rural Oklahoma. In Book One of The Drugstore Series, he is introduced as the foul-smelling, uncouth, and wannabe paramour of Livy Stephens. Book Three, Talking to Tubby, reveals that Tubby's facade is truly only skin deep. Gifted with a very unique ability, this boy-man has been entrusted to ensure the safekeeping of the animals on his farm. His own innocence regarding the world around him, means that those he cares for must return the favor ?

especially when it comes time for Tubby to let them go. Talking to Tubby is a heartwarming and magical look at pure and unconditional love. It will convince you that the kind of goodness that can change the world, isn't always human; and that in judging a book by its cover, you might be forfeiting something miraculous.

Follows the life of Hollywood's first independent filmmaker known for "The Emperor Jones" and "Ballet m ecanique."

"One sip of their Cuban coffee will keep you up for a week, which is perfect--that way you can have their delicioso desayuno every day."--Sunny Anderson, Food Network "Now--finally--this wonderful collection of insightful stories and priceless recipes . . . Qu e maravilla!"--John Qui ones, ABC News "If you haven't tasted Versailles, you don't know Miami."--Pamela Silva Conde, Univision "How brilliant to be able to take Versailles home!"--Daisy Olivera, former Miami Herald columnist "What is a trip to Miami without a Cuban sandwich from this Little Havana landmark?"--Chef Art Smith Featured on the Food Network, the Travel Channel, and CNN and named by Time as one of the top ten places to visit in Miami, Versailles Restaurant has been at the heart of the Cuban-American community for decades. Presidents, politicians, and pop stars routinely stop in for a meal and a photo op. In 1971, Felipe Valls Sr. opened Versailles in Miami's Little Havana, fulfilling his vision to create a Cuban hub--a place where friends and families could get together to enjoy high quality food at affordable prices. The restaurant's success still hinges on this premise. The Versailles Restaurant Cookbook features some of the most beloved recipes from this Miami institution, including fried yuca, vaca frita (shredded beef with onions), lech n asado (roast pork), ropa vieja (shredded beef in tomato

sauce), guava pie, and, of course, the one, the only, the original Cuban sandwich. The simplicity of Cuban cuisine makes it surprisingly easy to prepare these bold and savory dishes for which the restaurant is renowned. Ask the die-hard patrons of Versailles why it is their favorite restaurant for breakfast, lunch, dinner, or even a post-party snack at 2 a.m., and they'll tell you they keep coming back for the tortilla (potato omelet), the plantain chips with mojo, the croquettes, the moros (mixed black beans and rice), and the rabo encendido (oxtail stew). These flavorful recipes have been passed down through the Valls family for generations; they are the traditional dishes abuela used to make. Versailles is indeed more than just a celebrated restaurant. For many it is a home away from home--a place where people from all backgrounds congregate to enjoy great food while discussing work, politics, and daily life. This amazing cookbook helps amateur chefs everywhere re-create that same warm feeling right at their own dinner tables.

Departing from both the utopian-political and the romantic-baroque styles of past Cuban literature, Ponte deftly sketches a picture of a contemporary Cuba that is very different from the stereotype of Caribbean life, full of music and dance and colorful celebration. An old man and a six-year-old prodigy have a rendezvous to play chess at a forlorn railroad station. Randomly riding trains, a woman keeps company with a strange assembly of men. An unemployed historian falls in love with an enigmatic astrologer, and the two live out their tragedy in the streets of Havana as homeless vagrants. A father and son take an aimless stroll after lunch to see the whores along the Malecon, Havana's seaside promenade. A young man, one of the last Cuban students to go to the Soviet Union on a foreign-study program, returns to Havana, where he explores his identity-looking at childhood photos with his grandfather, spending time

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with old friends, and obsessively seeking news of a woman he had known and loved in Russia. In a style both lucid and translucent, Ponte shapes intricate stories of self-discovery and metaphysical revelation in spare and allusive prose. About the Authors Antonio Jose Ponte was born in 1964 in Matanzas, Cuba, and studied at the University of Havana. He worked for some years as an engineer, and then as a screenwriter. In addition to writing short stories and fiction, Ponte has published prize-winning collections of poetry and essays. His work has been published in France, Germany, and Spain. This is his first book to be published in the United States. Cola Franzen is the translator of over twenty books, including *Poems of Arab Andalusia*, *Dreams of the Abandoned Seducer* by Alicia Borinsky, and *Horses in the Air* by Jorge Guillen (recipient of the Academy of American Poets Harold Morton Landon Translation Award 2000). Review "In his first book to be published in the U.S., Ponte gives readers a short collection of six elliptical stories from inside the Cuban revolutionary experience, closer in spirit to the fiction of Eastern European dissidents than to that of Caribbean fabulists, unlike exiled writers who see the island as either a mythical homeland or a political cause.

A highly original collection of essays that explore the relationship between food and architecture - the preparation of meals and the production of space.

Cocina al minuto es el ttulo ms popular en Cuba si hablamos de cocina, ya sea en televisin o en publicaciones escritas. Nitza Villapol, su creadora, lo mantuvo por ms de cuarenta aos en estos medios. En este libro, adems de unos breves apuntes biogrficos de Nitza Villapol aparecen recetas de los productos que el cubano no deja de tener presentes en su mesa, unos, insustituibles, como el arroz, los frijoles y el huevo; las pastas, las sopas y los guisos; otros, como el maz, los vegetales y las frutas, segn la temporada de cosecha; la carne,

como dijera un buen cubano "...no puede faltar", son el pollo, el cerdo y el carnero los ms consumidos, aunque los pescados y los mariscos, se pueden encontrar en las regiones costeras del pas; y los postres, actualmente, disminuidos en su consumo tras la lucha de Nitza, por muchos aos, y de tantos otros especialistas de la salud, por restar el consumo de azcar en nuestra dieta diaria, pero que en ocasiones especiales y siempre que el tiempo se disponga, nos sellan una comida tpica cubana.

Authentic Cuban recipes offer a mixture of Spanish, Indian, African, Chinese, and Portuguese cuisine, from appetizers like Green Plantain Chips, to such entrees as Roast Pork Creole, to tropical rum-based drinks and desserts. Filled with reminiscences and evocative halftone photos of Randelman's childhood in pre-Castro Cuba, this book presents more than 200 traditional recipes for Cuban dishes, a cuisine that lusciously combines Spanish, Indian, African, Chinese, and Portuguese influences.

Around the turn of 21st Century, Spain welcomed more than six million foreigners, many of them from various parts of the African continent. How African immigrants represent themselves and are represented in contemporary Spanish texts is the subject of this interdisciplinary collection. Analyzing blogs, films, translations, and literary works by contemporary authors including Donato Ndongo (Equatorial Guinea), Abderrahman El Fathi (Morocco), Chus Gutiérrez (Spain), Juan Bonilla (Spain), and Bahia Mahmud Awah (Western Sahara), the contributors interrogate how Spanish cultural texts represent, idealize, or sympathize with the plight of immigrants, as well as the ways in which immigrants themselves represent Spain and Spanish culture. At the same time, these works shed light on issues related to Spain's racial, ethnic, and sexual boundaries; the appeal of images of Africa in the contemporary

marketplace; and the role of Spain's economic crisis in shaping attitudes towards immigration. Taken together, the essays are a convincing reminder that cultural texts provide a mirror into the perceptions of a society during times of change.

The slow cooker is the busy cook's best friend—with a little bit of prep, you can “Set it and forget it,” letting dinner simmer away so you can focus on other things instead of babysitting the stove. With *Get Crocked: Fast & Easy Slow Cooker Recipes*, serving a hot, delicious meal has become even more simple. Each recipe requires minimal prep: You won't be browning meats on the stove, chopping a mile-long list of vegetables or hunting down impossible-to-find ingredients. With less than 15 minutes of prep, dinner (or dessert, or breakfast, or even party snacks) is done!

Sabores y sinsabores de Nitza Villapol es el ultimo libro de Cocina al minuto, acompanada en esta ocasion de una breve historia de la vida de Nitza, quien junto a su inseparable companera Margot Bacallao, enseno el arte de la cocina a varias generaciones de cubanos. Sin lugar a dudas, resulta un clasico de nuestra cultura culinaria, un titulo aun lleno de secretos que sera el mejor de los auxilios en cocina. Que mejor homenaje a tan insigne maestra que mostrar las recetas que entre sabores y sinsabores enseno? Hablar de Nitza o de su inseparable companera Margot Bacallao es hablar de Cocina al minuto. El texto reune un grupo de recetas de facil elaboracion para lograr comidas sencillas y novedosas y, al mismo tiempo, contribuir al conocimiento, ampliacion y rescate de nuestros habitos alimentarios."

Looks at the science behind everyday cooking with information on molecular gastronomy, the physiology of taste, basic components of meals, the use of tenderizing enzymes and gelatins,

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and covers the effects of boiling, steaming, braising, roasting, grilling, and microwaving. Las más emblemáticas recetas de la legendaria cocinera cubana Nitza Villapol, explicadas paso a paso. Nitza Villapol conquistó los hogares cubanos con recetas fáciles y rápidas de preparar, gracias a su programa de televisión, Cocina al minuto, que estuvo al aire por más de 40 años. Ahora, en estas páginas, tú también podrás disfrutar de las más emblemáticas recetas de la cocina criolla cubana, compiladas por Sisi Colomina, la heredera de Nitza Villapol. Cocina al minuto contiene decenas de recetas, de arroces, sopas, carnes, ensaladas, viandas y verduras. Incluye, además, una gran variedad de recetas de aliños, salsas y deliciosos postres.

Cecilia Valdés is arguably the most important novel of 19th century Cuba. Originally published in New York City in 1882, Cirilo Villaverde's novel has fascinated readers inside and outside Cuba since the late 19th century. In this new English translation, a vast landscape emerges of the moral, political, and sexual depravity caused by slavery and colonialism. Set in the Havana of the 1830s, the novel introduces us to Cecilia, a beautiful light-skinned mulatta, who is being pursued by the son of a Spanish slave trader, named Leonardo. Unbeknownst to the two, they are the children of the same father. Eventually Cecilia gives in to Leonardo's advances; she becomes pregnant and gives birth to a baby girl. When Leonardo, who gets bored with Cecilia after a while, agrees to marry a white upper class woman, Cecilia vows revenge. A mulatto friend and suitor of hers kills Leonardo, and Cecilia is thrown into prison as an accessory to the crime. For the contemporary reader Helen Lane's masterful translation of Cecilia Valdés opens a new window into the intricate problems of race relations in Cuba and the Caribbean. There are the elite social circles of European and New World Whites, the rich culture of the free

people of color, the class to which Cecilia herself belonged, and then the slaves, divided among themselves between those who were born in Africa and those who were born in the New World, and those who worked on the sugar plantation and those who worked in the households of the rich people in Havana. Cecilia Valdés thus presents a vast portrait of sexual, social, and racial oppression, and the lived experience of Spanish colonialism in Cuba. Text in Spanish & English. Havana is one of the oldest and most picturesque cities of the western hemisphere. It was a popular winter destination for North American tourists in the 1950s. and this cookbook recaptures the spirit of Old Havana-and its celebrated culinary traditions. Cuban cuisine, though derived from its mother country, Spain, has been modified and refined by locally available foods like pork, rice, corn, beans and sugar, and the requirements of a tropical climate. Fine Gulf Stream fish, crabs and lobsters, and an almost infinite variety of vegetables and luscious, tropical fruits also have their places on the traditional Cuban table. This cookbook includes over 50 recipes, each in Spanish with side-by-side English translation -- all of them classic Cuban fare and old Havana specialities adapted for the North American Kitchen.

Carmen Aboy Valldejuli was, according to New York Times food critic Craig Claiborne, "the foremost authority on Puerto Rican cooking" whose cookbooks are "the definitive books on island cooking." Her cookbook, *Juntos en la Cocina* (Together in the Kitchen), is the result of fifty years of love, sharing and hard work. Carmen and her husband, Luis presented their favorite recipes in this new volume. Now these flavorful meals are available to anyone interested in learning the art of Puerto Rican cuisine from two of its finest teachers. Written in Spanish, *Juntos en la Cocina* provides a complete tour of the culinary arts of Puerto Rico.

Adobo and sofrito, the bases of many island dishes, are described in detail. To enable both novice and experienced cooks to create savory meals, each recipe gives step-by-step instructions, with special emphasis on preparation and serving. Sample Chili con Carne, Chicken Fiesta, Carne Empanada and traditional black beans and rice. Pasta is never dull with recipes for Lasagna a la San Juan and Spaghetti Florentine. And dessert temptations include chocolate and mango flan, queen's cake and other exotic pastries. Whether you are working alone in the kitchen or with someone you love, Juntos en la Cocina is a friend you won't want to be without.

Master the melting pot of Puerto Rican cooking with 100 classic recipes Puerto Rican cooking is rich with diverse flavors and textures that come together to create a unique culinary experience you could only find on the Island of Enchantment--until now. The Easy Puerto Rican Cookbook is packed with 100 classic recipes made simple, so you can create mouthwatering meals in your own kitchen with ease. Discover dozens of weeknight-friendly recipes, including a number of dishes that take 30 minutes or less to prepare and serve. Simplify your routine with recipes containing five ingredients or fewer, one-pot meals, slow-cooker dinners, and more. The authentic recipes in this Puerto Rican cookbook focus on whole foods, so you get all of the incredible flavors of traditional cuisine without the salt, fat, and processed ingredients. The Easy Puerto Rican Cookbook includes: 100 delectable recipes--Get a true taste of the island with delicious recipes for every meal, from cocktails and small plates to entrees, desserts, and beyond. Staples from scratch--Try 16 staple recipes like Chicharrón de Cerdo (Fried Pork Belly), Mojo Criollo (Garlic Marinade), and Pique (Puerto Rican Hot Sauce). Your Puerto Rican pantry--This beautifully designed Puerto Rican cookbook

offers a guide to stocking your kitchen with essentials like annatto seeds, guava paste, and more. If you've been searching for a Puerto Rican cookbook that simplifies traditional recipes without sacrificing flavor, look no further--The Easy Puerto Rican Cookbook has everything you need.

On the eve of her sixtieth birthday, Nina Shengold embarks on a challenge: to walk the path surrounding the Catskills' glorious Ashokan Reservoir every day for a year, at all times of day and in all kinds of weather, trying to find something new every time. Armed with lively curiosity, infectious enthusiasm, and renewed stubbornness, she hits the path every day with all five senses wide open, searching for details that glint. As Shengold explores the secrets of this spectacular place, she rediscovers the glories of solitude and an expanded community, both human and animal. Step by step, her reservoir walks rekindle connections with family, strangers, and friends, with a landscape she grows to revere, and with a new sense of self. Like the writings of John Burroughs, Annie Dillard, and Barry Lopez, Shengold's reflections on her personal journey will resonate with outdoor enthusiasts and armchair hikers alike. Quietly transformative, *Reservoir Year* encourages readers to find their own ways to unplug and slow down, reconnecting with nature, reviving old passions and sparking some new ones along the path.

In the western world, we have so much international cuisine at our fingertips that it can be easy to forget that there are literally thousands of other amazing countries just lying

in wait, with incredible food wanting to be tried. Cuban cuisine provides the perfect example. Offering up some of the most culturally and historically rich food on this entire planet, Cuban cuisine is a must try experience. Renowned for its smoky citrus flavours, and its rich cultural influences, the food of Cuba is truly incredible. And now its readily available for you to prepare in your own home. This cookbook is full to brim with simple step by step Cuban recipes that are perfect for the average cook and professional chef alike! In this book, you will learn how to cook: Amazing Cuban breakfast Traditional Cuban appetizers Rich Cuban dinners Decadent Cuban desserts Cuban cuisine is fast become some of the most well recognised on the planet - so what are you waiting for? Take the first step towards cooking some of the tastiest food in the world!

Inspiración y trabajo son las dos caras de la creación literaria. Este libro aborda ambos polos en la trayectoria vital y artística de dieciséis grandes maestros del siglo XX y XXI en el ámbito latino. Conscientes de que ambos procedimientos se hacen realidad de modo distinto en cada persona, quisimos seguir de cerca las huellas de los protagonistas de las mejores páginas de nuestro tiempo. A algunos de ellos pudimos visitarlos en sus lugares de trabajo para conversar sobre estas cuestiones. En otros casos, cuando los escritores ya habían fallecido, tuvimos la suerte de poder contactar con familiares o amigos muy cercanos que fueron testigos privilegiados de su vida y del ejercicio de su profesión. También hemos rastreado en sus propios escritos, conferencias, declaraciones, entrevistas, etc. El resultado de tan valiosos testimonios y

de nuestras reflexiones acerca de ellos es lo que ofrecemos a nuestros lectores en estas páginas. Cuando se aventuren entre sus capítulos, podrán ser testigos de algunos de los momentos más sublimes del proceso de creación artística. Por ejemplo, de aquella noche triste y solitaria en que Rafael Alberti, en un estudio de radio de su exilio parisino escribió “La paloma”, uno de sus más bellos poemas de amor. O de aquel día en que José Saramago esperaba la comida en un restaurante de Lisboa y, de pronto, como un oportuno flechazo, recibió en su mente la idea para escribir su Ensayo sobre la ceguera. De las inmersiones matutinas de Borges en la bañera de su casa, donde meditaba y decidía si lo que había soñado la noche anterior le podría servir para una historia o un poema. De cómo Carlos Fuentes sentía, cuando estaba escribiendo, la presencia y la fuerza de su difunto hijo dentro de sí. De cómo Cortázar escribió Rayuela casi poseído por sus personajes, con la noción del tiempo totalmente perdida. De cómo Pablo Neruda creó el primer poema de El hondero entusiasta embriagado por las estrellas, tras sentir un “golpe celeste”.

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