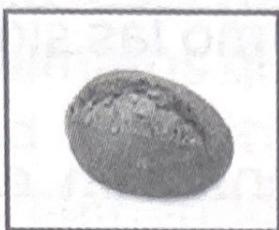
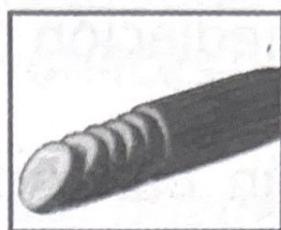




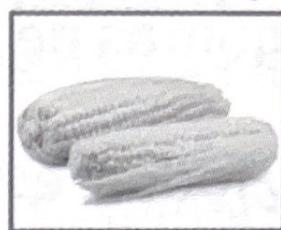
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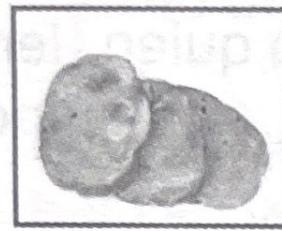
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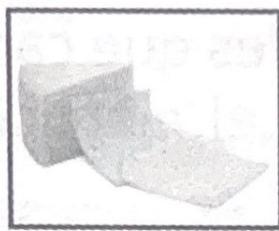
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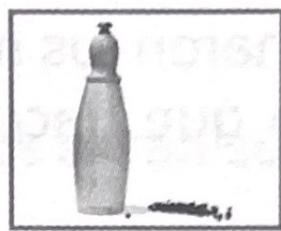
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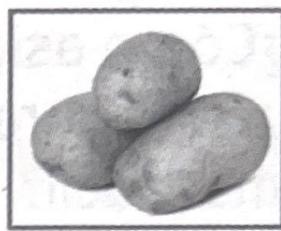
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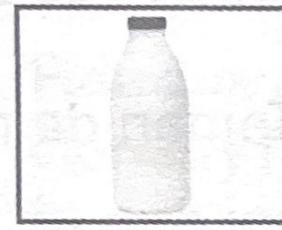
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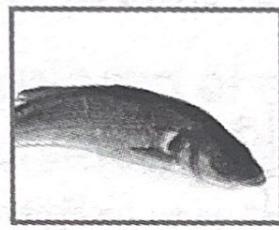
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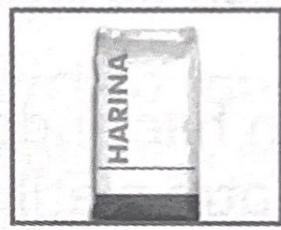
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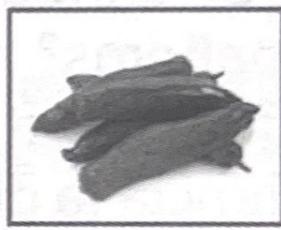
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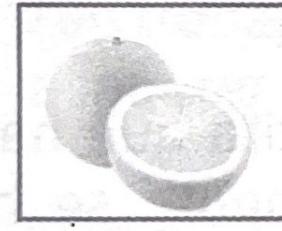
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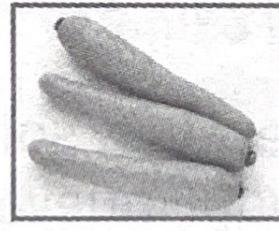
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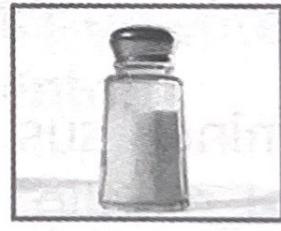
chile o ají



naranja



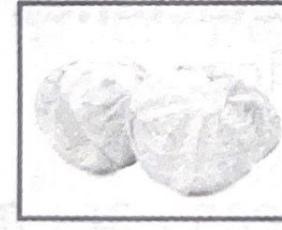
zanahoria



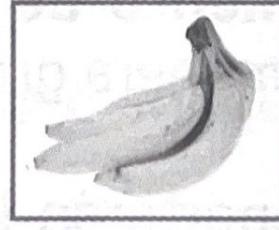
sal



carne de pollo



col



plátano



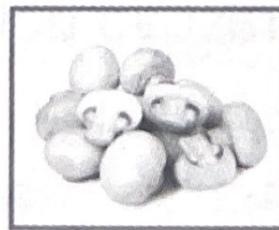
fresa



cátsup



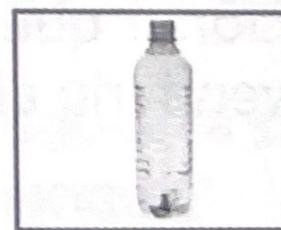
mantequilla



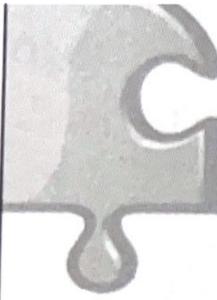
champiñón



carne de res



agua



¿Qué podemos preparar?

Selecciona mínimo 8 ingredientes y establece un platillo de cocina inventado por ti. Despues dibújalo para comercializarlo en las grandes empresas restauranteras.

Debes anotar:



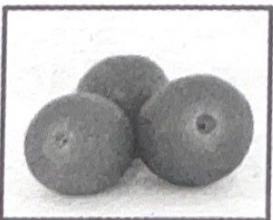
CREATIVIDAD

1. Nombre del platillo.
2. Número de porciones que rinde.
3. Especificar al inicio los ingredientes y sus cantidades: dos cucharaditas, medio vaso de... Una taza de...
4. Presentar el procedimiento. El procedimiento se escribe paso a paso y se integra la información, revolver hasta que... Dejar reposar la masa por un tiempo de... Se le agrega... Etcétera.
5. Cómo decorar el platillo para servirlo.

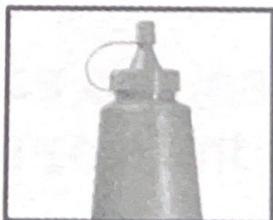
Aquí están los ingredientes que puedes utilizar. Debes elegir al menos 4 ingredientes principales, 4 complementarios y 2 de decoración o para sazonar.



aguacate



jitomate



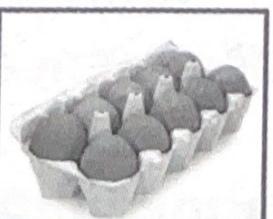
mostaza



salchichas



tocino



huevo



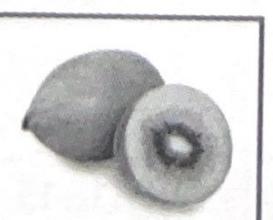
manzana



mayonesa



uvas



kiwi



aderezos



frijoles



Nombre del platillo: _____

Ingredientes, cantidades y porciones:

Principales: _____

Complementarios: _____

Decoración o para sazonar: _____

Procedimiento: _____

Platillo en forma de la Ruta 55

Dibuja aquí el platillo.

