



# Escuela de ingredientes esenciales (The School of Essential Ingredients) (Spanish Edition)

*Erica Bauermeister*

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Like the ingredients in a recipe, life and flavors come together in this school. Once a month, on Monday night, eight students gather in Lillian's restaurant kitchen for a cooking class. Students include Claire, a young woman struggling to absorb her new role as a mother; Tom, a widower mourning the loss of his wife to breast cancer; Antonia, an Italian kitchen designer learning to adapt to life in America; and Carl and Helen, a long-time married couple whose union hides surprises no one in class would ever have imagined. They all come to learn the art behind Lillian's dishes, but it soon becomes clear that each one unknowingly seeks a recipe for something beyond the kitchen. One by one, they are transformed by the aromas, flavors, textures of what they create. Over time, the paths of the students intermingle and intertwine, and the essence of Lillian's cooking expands beyond the restaurant and into the secret corners of their lives, with results that are often unexpected and always delicious.

Spanish description: Las vidas y los ingredientes se mezclan y se cocinan en esta escuela. Una vez al mes, los lunes por la noche, ocho alumnos se reúnen en el restaurante de Lillian para asistir a clase de cocina. Entre ellos se encuentra Claire, una joven que trata de asimilar su nueva identidad como madre; Tom, un abogado cuya vida ha sufrido un grave revés debido a una pérdida; Antonia, una diseñadora de cocinas italiana que se está adaptando a la vida en Estados Unidos; y Carl y Helen, una pareja que lleva mucho tiempo casada y cuya unión contiene sorpresas de las que el resto de la clase jamás sospecharía. Los estudiantes acuden para aprender el arte que se esconde tras los platos de Lillian, pero pronto resulta evidente que cada uno, inconscientemente, busca una receta para algo más allá de la cocina. Uno tras otro se transforman en los aromas, sabores y texturas de lo que crean. Con el paso del tiempo, los caminos de los alumnos se mezclan y se entrecruzan, y la esencia de la comida de Lillian se expande más allá del restaurante y se cuele en los rincones secretos de sus vidas, con resultados a menudo inesperados, y siempre deliciosos.

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