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100% PLANT BASED, rich in nutraceutic properties and revolutionary! This is the definition of our products. Unconventional food plants are now recognized as a powerful tool to feed the future. PANC are rich in nutrients and because they have therapeutic benefits (such as diabetes care, high blood pressure, hormonal regulation...) are strongly recommended by many nutritionists and nutritionists. Through the use of various methods of cooking and preserving vegan products (such as fermentation of lactose and the use of koji rice - the same thing that miso produces) PANCS Brazil has created a line of products full of flavors and textures that impress the taste. PANCS Brasil has managed to combine high gastronomy, nutraceutical ingredients, environmental and social awareness in a unique and innovative product line. As we say: Just prove to understand what we are doing! Description Additional information ISBN: 978-85-86714-46-7 YEAR: 2015 BINDING: Luxury hardcover; Glossy paper Kushe. PHOTOS: 2510 color photos (7 to 8 per look) SPECIES: 1053 recipes, with illustration of DISHES PAGES: Total pages: 768 pages, being 702 in SESE Colors: 16 x 23.3 cm PACKAGING: 1.9 kg Reviews No Ratings So Far We Want to Know Your Opinion Customer Reviews 0 Item (s) Maybe you are interested in these 3x products from R\$33.33 2x from R\$25.00 or premium virtual store in the best e-commerce platform in the world term PANG refers to unconventional food plants. That is plants that have some edible parts that are not common to the vast majority of the population of the region or country. But what is the connection between punks and food? Usually, when we think of leaves, vegetables, fruits, tubs, roots, shoots or colors automatically come to us the most commonly used and which we easily find at fairs and in large markets. That is, plants that we already know about, have seen or at least heard. However, given that our food is (unfortunately) homogeneous and limited, the options we think automatically are far from the only ones! The more diverse and varied the diet, the more nutritious, richer in taste and more stable it is! And then Panc can greatly enrich the food repertoire. Just to show the potential, there are more than 3000 species of plants with nutritional potential in Brazil! Many of them are considered only as bush, stretch, pest and often with a negative view. When it is not negative, it lacks information that this plant (or part of it) has edible potential. So you've stopped thinking that a world full of possibilities, and nutrients can become known? How many new dishes and different drugs can be discovered? Not to mention financial reflections, because when working with local plants adapted to the environment in which they are located, less is spent. In addition, there is the salvation of some habits and local culture that, given the sovereignty of agriculture, many of this information is lost over time. Examples of panc Have you ever had any Panc? I quote only four examples, some sentences for use in cooking, along with popular names and a scientific name (important both to avoid confusion and to facilitate possible research). I emphasize, however, that the presented proposals are not the only forms of consumption, as the kitchen is extensive and allows you to create several recipes, with different ingredients, cooking modes, texture, presentation, among other characteristics. Taioba, taioba verde, leaf yams. This plant is well known in the inland states, especially in Minas Gerais and Rio de Janeiro. Roots are rich in caroteneoids. Leaves can be eaten fried and rhizomes, cooked and gratins, for example, always with a thermal process, given the content of calcium oxalate. The scientific name Xanthosoma taioba. Now-pro-nobis, poor meat: it is sometimes grown for landscape purposes. Its leaves, fresh flowers and fruits (mature and leaving) are edible. Fruits can lead to mousse, juice, jam and liqueur. In some, leaves can be used fried (such as kale), raw, in a souffle or omelette (being a good option for a meatless diet). Its scientific name is Pereskia aculeata. Ipe amarelo, ipe-do-morro, pau d'arco-amarelo: the flowers are beautiful and it is a very decorative tree! The flowers are edible and can be used breaded or raw in a salad. Handroanthus chrysotrichus is its scientific name. In the Panc universe there is still much to explore, know, discover and mainly distribute and encourage consumption! Finally, we are nutritionists, we are of great importance in this process of knowledge and promoting diversity and food sovereignty! Gabriela Avila - CRN 1- 5018 Facebook: Instagram: @nutrigabiavila Website: Text is the author's sole responsibility and does not reflect the opinion of the company. The blog is open if another professional wants to write a counterpoint. Works on Rock Convert Many plants are considered untapped by the population, only identified as bush, pest or soot. However, some species can, yes, serve as food and even provide great nutritional value. These little-used vegetables called PANCS - an acronym for unconventional food plants - a term created in 2008 by biologist Valdeli Ferreira Kinupp. PUNK When we talk about PANCS, we mean plants or parts of plants that can be used for food but which are not used in everyday life of people in general. These vegetables, however, are not a homogeneous group, such as a plant family, and may include, for example, both local and exotic plants, or spontaneously produced and cultivated plants. It is worth noting that in some regions PANK can be consumed regularly, so in these places they are not considered unconventional. Thus, we can say that to be a PANC, the context in which this plant is inserted must be analyzed. It is very common for people to associate PANCS with plants that are born alone spontaneously. However, not all PKIs follow this characteristic, and some species are cultivated. Therefore, it is necessary to be careful and use only plants that represent their known components to avoid any kind of intoxication. How to consume PANC Just like all the vegetables that we know, each PANC presents a different form of preparation. Many plants can be consumed in kind, used in the form of juice or in salads. Others may be swallowed cooked or fried, and there are still those that need to go through cooking. Don't stop now... There's more after the ;) Mandatory cooking is due to the fact that many plants have to go through this process to eliminate substances that can cause health problems. Others, however, are prepared only to become softer. So before you cook PANC, try to learn more about it. Examples of PANCS Azedinha (Rumex acetosella): Its leaves have a sour taste and can be used in salads and juices. Beldroegao (Talinum paniculatum): You can use leaves in kind or fried. Its seeds are also edible. Capuchin (Tropaeolum majus): The leaves, flowers and seeds of this plant can be consumed. It has a spicy taste and is usually cooked in sauces, pate, bread and salads, for example. Capioba (Erechtites valerianifolius): Can be used raw, salads, fried or as a condiment. It tastes spicy. Caruru (Amaranthus spp.): The taste is similar to spinach and, for its consumption, should be bleached. Used in meat accompaniment or cooked with beans. Ora pro-nubis (Pereskia aculeata, Pereskia bleo and Pereskia grandifolia): It stands out because it is rich in protein and fiber. Used in fillings and as a dye. Leaves and fruits are edible. Taioba ( Xanthosoma taioba): Leaves, tires and potatoes can be however they must be bleached or cooked. This vegetable should not be eaten raw. Warning: Do not eat plants that you are not aware of, as many of them may be toxic. By Ma. Vanessa Sardinha dos Santos When walking the streets of the city or glancing in the backyard, we are almost always faced with several plants that germinate with the greatest ease, and that often barely know its species. For some people they are just bush, for farmers and farmers may be weeds, but for those who already know the subject, they are edible plants! Yes, several species that grow spontaneously there are so-called PANCS, an acronym for non-traditional food plants. The term was created by biologist Valdeli Kinupp - co-author of the book Unconventional Food Plants (PANC) in Brazil - which denotes plants that grow in backyards, wastelands and sidewalks that have rich nutritional value but are little known and widespread. Most species are organic, and are scattered from north to south of the country. Plants are very stable, as they are native to each region. Despite the fact that they are little known, some chefs already use non-traditional food plants in their restaurants. In 2016, THE PANCS also became the subject of Brazil's Masterchef reality show, featuring a wide variety of species that can be used on day-to-day life. To use more and more of these edible plants in the preparation of our dishes is to diversify and appreciate local species, creating a real gastronomic revolution. But before you start looking for plants in your area, do some research with the ones you find and are not too attached to the name, but by appearance. Collecting leaves and fruits on extremely busy roads is not recommended, precisely because of the concentration of pollution of the site. Want to know some types and their cooking in the kitchen? The Kitchen Guide will show you the punk in alguasas that you can start adding to the menu and try new flavors: Ora-pro-n-nebis from Latin Rogai for us, the kind of Pereskia aculeata is widely used in the kitchen of Minas Gerais and is gaining popularity in recent years. It has a high content of protein, vitamin C, A and B complex, in addition to the content of phosphorus and fiber. It is abundant in the south-eastern region of the country and has easy cultivation. The most consumed part is a leaf that can be stewed like cabbage or added to recipes such as salads, for example. Capuchin Photo: Pixabay With aroma similar to arugula and watercress, capuchin is a completely edible species. Seeds, flowers and leaves tropaeolum majus can be eaten raw or cooked. You can add toppings from different dishes, in salads and roasted. Taioba of wide leaves, a species of Xanthosoma taioba can also be consumed! But beware, it may not be ingested in raw form, as it has high levels of calcium oxalate crystals. It is rich in iron and can be cooked like cabbage. Watch out for the shape of the heart leaves with lines that skirt them discreetly; and the stalk and the green sheet. Dandelion Photo: Pixabay One of the easiest in finding unconventional food plants is the famous dandelion - Taraxacum officinale. When planting young, its leaves can be consumed raw, empana and fry. Highly regarded in Europe, its roots are also used to flavor tea and its flower gives flavor and coloring for wines and ciders. These are just some of the more than 10,000 species found in the country that are safe to consume. Next time you go for a walk around the neighborhood, watch out for the PANCS you meet along the way! And remember, if you are unsure of the types of plants, prefer not to make it consumed. Consumption. batch convert word to pdf mac automator. how to convert pdf to word on mac using automator

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