

The Essential Cuisines Of Mexico

My Sweet Mexico Recipes from the Regional Cooks of Mexico Memories of a Cuban Kitchen All About Braising: The Art of Uncomplicated Cooking Taste of Mexico The Tortilla Book My Mexico The Essential Cuisines of Mexico Eating NAFTA Mexican Everyday Mexico from the Inside Out More Mexican Everyday: Simple, Seasonal, Celebratory Elena's Secrets of Mexican Cooking Frida's Fiestas Mexico Rick Bayless Mexican Kitchen Taco USA Mexico Cook Mexico City Pati's Mexican Table The Food and Life of Oaxaca Mexican Family Cooking Nopalito The Mexican Home Kitchen Hugo Ortega's Street Food of Mexico Authentic Mexican Death by Burrito The Art of Mexican Cooking Truly Mexican Food from My Heart Oaxaca Al Gusto The Cuisines of Mexico Mexican Cookbook Yucatán Eat Mexico: Recipes from Mexico City's Streets, Markets and Fondas The Essential Cuisines of Mexico The Complete Book of Mexican Cooking Mexican Regional Cooking Nothing Fancy From My Mexican Kitchen

My Sweet Mexico

An exploration of Mexican cuisine presents recipes for main dishes, sauces and desserts, ranging for simple to sophisticated

Recipes from the Regional Cooks of Mexico

When it was first published in 1934, Erna Fergusson's Mexican Cookbook made authentic Mexican recipes accessible to cooks nationwide--including celebrated favorites such as enchiladas, chile rellenos, and carne adovada, as well as the simple, rustic foods traditionally prepared and served in New Mexican homes. Inspired by the delight and enthusiasm with which visitors to the Southwest partook of the region's cuisine, this popular cookbook remains an enduring tribute to the ambience and spirit of territorial New Mexico.

Memories of a Cuban Kitchen

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.

All About Braising: The Art of Uncomplicated Cooking

The award-winning iAsk a Mexican! columnist presents a narrative history of the progression of Mexican cuisine in the United States, sharing a century's worth of whimsical anecdotes and cultural criticism to address questions about culinary authenticity and the source of Mexican food's popularity. 25,000 first printing.

Taste of Mexico

The debut book from Mexico's best chef, Enrique Olvera, pioneer of contemporary, authentic Mexican food and global gourmet influencer. Enrique Olvera is the most famous and celebrated Mexican chef working today. Olvera's restaurant Pujol was ranked #1 in Mexico and #20 in the world at the World's 50 Best Restaurant Awards. This is his first book and the first ever high-end chef cookbook in English on Mexican cuisine. It captures and presents a new contemporary Mexican style of food, rooted in tradition but forward thinking in its modern approach. Olvera has pioneered and defined this new way of cooking and belongs to a global group of gourmet influencers that includes Noma's René Redzepi, Dom's Alex Attala, Osteria Francescana's Massimo Bottura and elBulli's legendary Ferran Adrià. Olvera rethinks how to use traditional, authentic local ingredients using unusual flavor combinations to create a reinvented way of cooking and eating. Mexico from the Inside Out includes both sophisticated and more accessible recipes to explain Enrique's philosophy, vision, and process. He is fueled by a constant exploration of Mexico's ingredients and culinary history, and inspired by his early family memories about food. This book goes beyond stereotypes to reveal new possibilities of Mexican cuisine, which is now an essential part of the international conversation about gastronomy. Features: –Over 65 recipes, each with an elegant photograph, from the sophisticated dishes served at Pujol to more accessible casual dishes that he enjoys with his family at home. –More than 100 atmospheric photographs capture the vivid mosaic of the Mexican landscape while tip-in pages bring the reader up close to Enrique's vision and philosophy about food. Mexico from the Inside Out is the latest addition to Phaidon's bestselling and influential collection of cookbooks by the world's most exciting chefs.

The Tortilla Book

Bring the authentic flavors of Mexico into your kitchen with The Mexican Home Kitchen, featuring 85+ recipes for every meal and occasion.

My Mexico

The prize-winning The Complete Book of Mexican Cooking presents the rich variety of the Mexican kitchen in 340 recipes,

along with explanations of basic Mexican ingredients and cooking methods as well as a list of stores where ingredients and cooking utensils can be found.

The Essential Cuisines of Mexico

Recipes with easy-to-find ingredients.

Eating NAFTA

From the foremost authority on Mexican cooking, a collection of tradition-packed Mexican dishes, easy enough for every day. As much as Rick Bayless loves the bold flavors of Mexican food, he understands that preparing many Mexican specialties requires more time than most of us have for weeknight dinners. Mexican Everyday is written with an understanding of how busy we all are. It is a collection of 90 full-flavored recipes—like Green Chile Chicken Tacos, Shrimp Ceviche Salad, Chipotle Steak with Black Beans—that meet three criteria for “everyday” food: 1) most need less than 30 minutes’ involvement; 2) they have the fresh, delicious taste of simple, authentic preparations; and 3) they are nutritionally balanced, fully rounded meals—no elaborate side dishes required. Filled with recipes featured on Rick’s Public Television series, Mexico—One Plate at a Time, this book provides dishes you can enjoy with family and friends, day in and day out.

Mexican Everyday

Diana Kennedy, the authoritative cultural missionary for the foods of Mexico, shows the incredible range of her imagination as she concentrates on one amazingly versatile ingredient: the humble tortilla. "No one touches Diana Kennedy when it comes to Mexican food".--New York magazine. 38 halftones and line drawings.

Mexico from the Inside Out

An award-winning chef presents street food recipes that represent the best of traditional Mexican cooking, including octopus cocktail, deep-fried fish tacos, and empanadas stuffed with shrimp.

More Mexican Everyday: Simple, Seasonal, Celebratory

A classic! The world's foremost authority on Mexican cuisine provides a mouth-watering array of delicious recipes. "She's taken a piece of the culinary world and made herself its queen."--New York

Elena's Secrets of Mexican Cooking

Diana Kennedy is the world's preeminent authority on authentic Mexican cooking and one of its best-known food writers. Renowned for her uncompromising insistence on using the correct local ingredients and preparation techniques, she has taught generations of cooks how to prepare traditional dishes from the villages of Mexico, and in doing so, has documented and helped preserve the country's amazingly diverse and rich foodways. Kennedy's own meals for guests are often Mexican, but she also indulges herself and close friends with the nostalgic foods in *Nothing Fancy*. This acclaimed cookbook—now expanded with new and revised recipes, additional commentary, photos, and reminiscences—reveals Kennedy's passion for simpler, soul-satisfying food, from the favorite dishes of her British childhood (including a technique for making clotted cream that actually works) to rare recipes from Ukraine, Norway, France, and other outposts. In her inimitable style, Kennedy discusses her addictions—everything from good butter, cream, and lard to cold-smoked salmon, Seville orange marmalade, black truffle shavings, escamoles (ant eggs), and proper croissants—as well as her bêtes noires—kosher salt, nonfat dairy products, cassia “cinnamon,” botoxed turkeys, and nonstick pans and baking sprays, among them. And look out for the ire she unleashes on “cookbookese,” genetically modified foods, plastic, and unecological kitchen practices! The culminating work of an illustrious career, *Nothing Fancy* is an irreplaceable opportunity to spend time in the kitchen with Diana Kennedy, listening to the stories she has collected and making the food she has loved over a long lifetime of cooking.

Frida's Fiestas

Mexico

Provides traditional recipes from the Oaxaca region of Mexico, complete with special recipes for dishes eaten during cultural and religious celebrations, as well as everyday favorites, including Potato-Cheese Fritters and Pickled Vegetables. Tour.

Rick Bayless Mexican Kitchen

A collection of regional recipes and location photography which profiles the native cuisine of Mexico.

Taco USA

Presents a collection of recipes which use simple methods and everyday ingredients to make Mexican dishes suitable for

family meals and holiday celebrations.

Mexico

Winner of the 2018 James Beard Foundation Cookbook Award in "International" category Finalist for the 2018 International Association of Culinary Professionals (IACP) Book Awards A collection of 100 recipes for regional Mexican food from the popular San Francisco restaurant. The true spirit, roots, and flavors of regional Mexican cooking—from Puebla, Mexico City, Michoacán, the Yucatán, and beyond—come alive in this cookbook from Gonzalo Guzman, head chef at San Francisco restaurant Nopalito. Inspired by food straight from the sea and the land, Guzman transforms simple ingredients, such as masa and chiles, into bright and flavor-packed dishes. The book includes fundamental techniques of Mexican cuisine, insights into Mexican food and culture, and favorite recipes from Nopalito such as Crispy Red Quesadillas with Braised Pork and Pork Rinds; Toasted Corn with Crema, Ground Chile, and Queso Fresco; Tamales with Red Spiced Sunflower Seed Mole; and Salsa-Dipped Griddled Chorizo and Potato Sandwiches. Capped off by recipes for cocktails, aqua frescas, paletas, churros, and flan—Nopalito is your gateway to Mexico by way of California. This is a cookbook to be read, savored, and cooked from every night.

Cook Mexico City

Presents recipes for more than 200 authentic Mexican dishes, as well as introducing the major components of Mexican food

Pati's Mexican Table

Eat Mexico is a love letter to the intricate cuisine of Mexico City, written by a young journalist who lived and ate there for four years. It showcases food from the city's streets: the football-shaped, bean-stuffed corn tlacoyo, topped with cactus and salsa; the tortas bulging with turkey confit and a peppery herb called papalo; the beer-braised rabbit, slow-cooked until tender. The book ends on a personal note, with a chapter highlighting the creative, Mexican-inspired dishes - such as roasted poblano oatmeal - that Lesley cooks at home in New York with ingredients she discovered in Mexico. Ambitious cooks and armchair travellers alike will enjoy Lesley's Eat Mexico.

The Food and Life of Oaxaca

Translation of: Oaxaca al gusto, el mundo infinito de su gastronomía.

Mexican Family Cooking

Gathered during extensive travels through Mexico, these recipes were supplied by Mexico's best cooks, and the author provides a pronunciation guide and a list of sources for obtaining ingredients

Nopalito

Amazing, authentic Mexican cooking for the home kitchen Mexican cuisine is an American favorite from coast to coast, but many people are too intimidated to try cooking real Mexican meals in their own kitchens. In Truly Mexican, Roberto Santibañez shows you that it's the flavors that are complex, not the cooking. With effortless preparations and fresh, flavorful ingredients, Mexican home cooking can be simple and simply delicious. An introduction to Mexican cooking covers the main ingredients as well as how they're best prepared—from toasting tortillas to roasting tomatoes—and offers a few simple kitchen commandments that make great results a given. Recipes cover main dishes, sides, salsas, guacamoles, moles, adobos, and more. Features 128 recipes for authentic Mexican favorites—from classic tacos and tamales to stunning dishes like Braised Short Ribs Adobo and Red Snapper Papillotes in Green Mole Includes a useful Sources section to help readers track down authentic Mexican ingredients Provides straightforward instructions on essential techniques like roasting chiles, making fresh tortillas, and filling enchiladas Illustrated throughout with dramatic photos that evoke bold Mexican flavors, Truly Mexican puts the real tastes of Mexico within easy reach.

The Mexican Home Kitchen

By universal acclaim, Diana Kennedy is the world's authority on the authentic cuisines of Mexico. For decades, she has traveled the length and breadth of the country, seeking out the home cooks, local ingredients, and traditional recipes that make Mexican cuisines some of the most varied and flavorful in the world. Kennedy has published eight classic Mexican cookbooks, including the James Beard Award-winning Oaxaca al Gusto. But her most personal book is My Mexico, a labor of love filled with more than three hundred recipes and stories that capture the essence of Mexican food culture as Kennedy has discovered and lived it. First published in 1998, My Mexico is now back in print with a fresh design and photographs—ready to lead a new generation of gastronomes on an unforgettable journey through the foods of this fascinating and complex country.

Hugo Ortega's Street Food of Mexico

Information on Mexican culture, lore, customs, and food accompanies a selection of recipes--designed to meet the needs of

American cooks--from diverse regions of Mexico, ranging from appetizers to desserts

Authentic Mexican

Winner, James Beard Foundation Best Cookbook of the Year Award, 2015 James Beard Foundation Best International Cookbook Award, 2015 The Art of Eating Prize for Best Food Book of the Year, 2015 The Yucatán Peninsula is home to one of the world's great regional cuisines. With a foundation of native Maya dishes made from fresh local ingredients, it shares much of the same pantry of ingredients and many culinary practices with the rest of Mexico. Yet, due to its isolated peninsular location, it was also in a unique position to absorb the foods and flavors of such far-flung regions as Spain and Portugal, France, Holland, Lebanon and the Levant, Cuba and the Caribbean, and Africa. In recent years, gourmet magazines and celebrity chefs have popularized certain Yucatecan dishes and ingredients, such as Sopa de lima and achiote, and global gastronomes have made the pilgrimage to Yucatán to tantalize their taste buds with smoky pit barbecues, citrus-based pickles, and fiery chiles. But until now, the full depth and richness of this cuisine has remained little understood beyond Yucatán's borders. An internationally recognized authority on Yucatecan cuisine, chef David Sterling takes you on a gastronomic tour of the peninsula in this unique cookbook, *Yucatán: Recipes from a Culinary Expedition*. Presenting the food in the places where it's savored, Sterling begins in jungle towns where Mayas concoct age-old recipes with a few simple ingredients they grow themselves. He travels over a thousand miles along the broad Yucatán coast to sample a bounty of seafood; shares "the people's food" at bakeries, chicharronerías, street vendors, home restaurants, and cantinas; and highlights the cooking of the peninsula's three largest cities—Campeche, Mérida, and Valladolid—as well as a variety of pueblos noted for signature dishes. Throughout the journey, Sterling serves up over 275 authentic, thoroughly tested recipes that will appeal to both novice and professional cooks. He also discusses pantry staples and basic cooking techniques and offers substitutions for local ingredients that may be hard to find elsewhere. Profusely illustrated and spiced with lively stories of the region's people and places, *Yucatán: Recipes from a Culinary Expedition* is the long-awaited definitive work on this distinctive cuisine.

Death by Burrito

Delicious modern recipes from *Death by Burrito*, the revolutionary Mexican eatery based at the Catch bar in the heart of Shoreditch, with a new branch recently opened in central London. A far cry from the Tex-Mex style of Mexican fast food, where cheese and mince dominate, the dishes in *Death by Burrito* put taste first - the truly exceptional range of starters, main meals and sides prioritises fresh, vibrant flavours: Smoked Beef Short Rib Mole Tacos, Deconstructed Guacamole with Blue Corn Tortillas and Crab Cakes also look stunning on the plate. To recreate the atmosphere of *Death by Burrito* at home, the perfect tequila cocktail is essential: the legendary Taqueria Toreador Slushy is sure to become a favourite.

The Art of Mexican Cooking

"Inspired by the flavors, ingredients, and flair of culinary and cultural hotspot Mexico City, Gabriela Cámara's style of fresh-first, vegetable-forward, legume-loving, and seafood-centric Mexican cooking is a siren call to home cooks who crave authentic, on-trend recipes they can make with confidence and regularity. With 150 recipes for Basicos (basics), Desayunos (breakfasts), Primeros (starters), Platos Fuertos (mains), and Postres (sweets), Mexican food-lovers will find all the dishes they want to cook--from Chilaquiles Verdes to Chiles Rellenos and Flan de Cajeta--and will discover many sure-to-be favorites, such as her signature tuna tostadas"--

Truly Mexican

A recognized authority on Mexican cuisine has updated and expanded several of her classic cookbooks to present hundreds of traditional recipes, as well as new instructions for ingredient use, new cooking techniques, and additional recipes.

Food from My Heart

In "Food From My Heart", Martínez describes the connection between Mexico and food, between food and culture. Mexican cooking is itself the result of the collision of cultures; it brings together Old and New World ingredients—rice, onions, coriander, from the Old; corn, chiles, beans, tomatoes, from the New—and the culinary influences of its constantly shifting ethnic mosaic—the Mayans, Aztecs, Spanish, French, Germans, Chinese. Martínez has drawn upon these influences, of friends and family, of traditional foods of many regions of Mexico, to create her own personal style of cooking, one that is imaginative and highly flavorful, easy to prepare, and evocative of the classic Mexican cooking upon which it is based. It is all brought together—the traditional and new—in the form of memoir, stories, and more than 175 recipes to create this singular cookbook. Now celebrating its 20th anniversary.

Oaxaca Al Gusto

Americans have at last discovered Mexico's passion for exciting food. We've fallen in love with the great Mexican combination of rich, earthy flavors and casual, festive dining. But we don't begin to imagine how sumptuous and varied the cooking of Mexico really is. After ten years of loving exploration, Rick Bayless, together with his wife, Deann, gave us Authentic Mexican, this now classic, easy-to-use compendium of our southern neighbor's cooking. This all-embracing cookbook offers the full range of dishes, from poultry, meat, fish, rice, beans, and vegetables to eggs, snacks made of corn masa, tacos, turnovers, enchiladas and their relatives, tamales, and moles, ending with desserts, sweets, and beverages.

There are irresistible finger foods such as Yucatecan marinated shrimp tacos and crispy cheese-filled masa turnovers; spicy corn chowder and chorizo sausage with melted cheese will start off a special dinner; you will find mole poblano, charcoal-grilled pork in red-chile adobo, and marinated fish steamed in banana leaves for those times when you want to celebrate; and exotic ice creams, caramel custards, and pies to top off any meal. There's even a section devoted to refreshing coolers, rich chocolate drinks, and a variety of tequila-laced cocktails. The master recipes feature all the pointers you'll need for re-creating genuine Mexican textures and flavors in a North American kitchen. Menu suggestions and timing and advance-preparation tips make these dishes perfectly convenient for today's working families. And traditional and contemporary variations accompany each recipe, allowing the cook to substitute and be creative. Rick and Deann Bayless traveled more than thirty-five thousand miles investigating the six distinct regions of Mexico and learning to prepare what they found. From town to town, recipe by recipe, they personally introduce you to Mexico's cooks, their kitchens, their markets, and their feasts. If, like the rest of us, you have a growing love for Mexican food, the reliable recipes in this book and the caring, personal presentation by Rick and Deann Bayless will provide meal after meal of pure pleasure for your family and friends.

The Cuisines of Mexico

More than twenty-five years ago, when Diana Kennedy published *The Cuisines of Mexico*, knowledge and appreciation of authentic Mexican cooking were in their infancy. But change was in the air. Home cooks were turning to Julia Child for an introduction to French cuisine and to Marcella Hazan for the tastes of Italy. Through Diana Kennedy they discovered a delicious and highly developed culinary tradition they barely knew existed. *The Cuisines of Mexico*, *Mexican Regional Cooking*, and *The Tortilla Book* became best-sellers, and Diana Kennedy was recognized as the authority on Mexican food. Now a new generation has discovered that Mexican food is more than chimichangas, that they can find fresh hierbas de olor (pot herbs, including marjoram and Mexican bayleaf) and chilacas in their markets. The book that will become indispensable in their kitchens is *The Essential Cuisines of Mexico*. Diana has combined her three classic books in one volume, refining recipes when possible, bringing them up to date without losing the spirit of their generation. Old friends will be delighted to revisit these refreshed classics and to find more than thirty new recipes from different regions of Mexico. Among these discoveries are the very popular arroz a la tumbada (rice with seafood) from Veracruz, a pico de gallo with peaches from the state of Mexico, and tasty snacks from the cantinas of Mérida. Newcomers will delight in Diana's "word pictures" -- descriptions of her travels and discoveries -- and in her off-the-cuff comments. Whether they turn to this book for the final word on tamales, recipes for tasty antojitos to serve with drinks, or superb tacos, they will find there is no better teacher of Mexican food. How enviable to attempt for the first time Calzones del Diablo (yes, the Devil's Pants), and what a pleasure to succumb to Diana's passion for Mexican food.

Mexican Cookbook

A New York Times Best Seller A Publishers Weekly Top Ten Cookbook (Fall 2014) "All my life I have wanted to travel through Mexico to learn authentic recipes from each region and now I don't have to - Margarita has done it for me!" - Eva Longoria The first truly comprehensive bible of authentic Mexican home cooking, written by a living culinary legend, Mexico: The Cookbook features an unprecedented 700 recipes from across the entire country, showcasing the rich diversity and flavors of Mexican cuisine. Author Margarita Carrillo Arronte has dedicated 30 years to researching, teaching, and cooking Mexican food, resulting in this impressive collection of Snacks and Street Food, Starters and Salads, Eggs, Soups, Fish, Meat, Vegetables, Accompaniments, Rice and Beans, Breads and Pastries, and Drinks and Desserts. Beautifully illustrated with 200 full-color photographs, the book includes dishes such as Acapulco-style ceviche, Barbacoa de Pollo from Hidalgo, classic Salsa Ranchera, and the ultimate Pastel Tres Leches, each with notes on recipe origins, ingredients, and techniques, along with contributions from top chefs such as Enrique Olvera and Hugo Ortega.

Yucatán

The stepdaughter of Frida Kahlo gathers recipes for more than one hundred dishes that exemplify the food served to friends and family members by Kahlo over the course of an eventful year, in a cookbook-memoir highlighted by archival family photographs. 30,000 first printing. Tour.

Eat Mexico: Recipes from Mexico City's Streets, Markets and Fondas

Offers a resource of Mexican cooking traditions, foods, equipment, and preparation techniques, providing detailed descriptions and photographs of ingredients, traditional techniques, and dozens of recipes.

The Essential Cuisines of Mexico

From the perfect pot roast to the fragrant complexity of braised endive, there's no food more satisfying than a well-braised dish. The art of braising comes down to us from the earliest days of cooking, when ingredients were enclosed in a heavy pot and buried in the hot embers of a dying fire until tender and bathed in a deliciously concentrated sauce. Today, braising remains as popular and as uncomplicated as ever. Molly Stevens's All About Braising is a comprehensive guide to this versatile way of cooking, written to instruct a cook at any level. Everything you need to know is here, including: a thorough explanation of the principles of good braising with helpful advice on the best cuts of meat, the right choice of fish and vegetables, and the right pots, 125 reliable, easy-to-follow recipes for meat, poultry, seafood, and vegetables, ranging from quick-braised weeknight dishes to slow-cooked weekend braises, planning tips to highlight the fact that braised foods taste just as good, if not even better, as leftovers, a variety of enlightened wine suggestions for any size pocketbook with each

recipe.

The Complete Book of Mexican Cooking

The follow-up to Rick Bayless's best-selling Mexican Everyday features a dozen "master-class" recipes you'll want to learn by heart, more than 30 innovative vegetable dishes, Rick's secret weapon flavorings to weave into your favorite dishes, and many other brand-new creations from his kitchen. Rick Bayless transformed America's understanding of Mexican cuisine with his Mexican Everyday. Now, ten years later, Rick returns with an all-new collection of uniquely flavorful recipes, each one the product of his evolution as a chef and champion of local, seasonal ingredients. More Mexican Everyday teaches home cooks how to build tasty meals with a few ingredients in a short amount of time. Cooking Mexican couldn't be easier, or more delicious. Rick generously reveals the secrets of his dishes—the salsas and seasonings, mojos and adobos he employs again and again to impart soul-satisfying flavor. He explains fully the classic techniques that create so many much-beloved Mexican meals, from tacos and enchiladas to pozole and mole. Home cooks under his guidance will be led confidently to making these their go-to recipes night after night. "Everyday" Mexican also means simplicity, so Rick dedicates individual chapters to illustrate skillful use of the slow cooker and the rice cooker. Also included are a special variation of the classic chicken-and-rice pairing, Arroz con Pollo, with an herby green seasoning, and an addictive roasted tomatillo salsa that's flavored with the same red chile seasoning brushed on his lush Grilled Red-Chile Ribs. Rick loves to highlight the use of seasonal, diverse vegetables. The heart of this cookbook is devoted to modern creations that range from a Jícama-Beet Salad inspired by Mexico's classic Christmas Eve salad to a sweet-and-tangy butternut braise. Rick's flexible imagination also transforms breakfast into a meal for any hour. His Open-Face Red Chile-Chard Omelet is as great for Wednesday night dinner as it is for Sunday brunch. Not to be forgotten is Rick's array of show-stopping desserts, among them Mexican Chocolate-Pumpkin Seed Cake and Fresh Fruit with 24-Hour Cajeta and Bitter Chocolate. In all his recipes, Rick carefully guides you through every step, suggesting ways to invent, adapt, and simplify without sacrificing flavor. More Mexican Everyday invites you into Rick's creative kitchen to enliven the way you cook and eat with friends and family.

Mexican Regional Cooking

The drama of Mexico's tumultuous history--the rise and fall of the Olmec and Maya civilizations, the magnificent Aztec world that greeted Cortes, the arrival of the Spanish conquistadors, and the turbulent revolutionary years--is vividly reflected in the cuisine of this vast country. Mexican food is history itself, a culinary marriage of native Indian foods such as corn, beans, squash, chocolate and chiles with the Spanish contribution of wheat, rice and meats. The merger resulted in one of the world's most intriguing and least understood cuisines. Mexico the Beautiful Cookbook captures the fascinating culinary heritage of Mexico in one stunning volume. The recipes, prepared by Acapulco-based Susanna Palazuelos, represent a vast

selection of authentic Mexican dishes, from all of the states of Mexico. Many of them are unusual regional dishes that have been passed along by word of mouth, such as garlic chicken from Veracruz, and San Luis Potosi's own version of enchiladas. The traditional favorites are here--chiles en nogada, tamales, pozole, tortilla soup--along with some contemporary surprises such as tequila mousse, cilantro soup and lobster crepes. With pine nut sauce. Other well-known Mexican cooks have also contributed their own special recipes to the book. All 250 recipes have been photographed by Ignacio Urquiza, one of Mexico's foremost food and travel photographers. He also provided the scenic photographs, which lead the reader through the regions of Mexico, revealing the markets, the countryside, the way the people live and eat in this varied and beautiful country. Marilyn Tausend's text provides an informative accompaniment to the recipes and photos, exploring Mexico's dramatic history through its food. Mexico the Beautiful Cookbook is the essential cookbook for anyone interested in Mexico and Mexican food.

Nothing Fancy

After years spent traveling and sampling sweets throughout her native Mexico, celebrated pastry chef Fany Gerson shares the secrets behind her beloved homeland's signature desserts in this highly personal and authoritative cookbook. Skillfully weaving together the rich histories that inform the country's diverse culinary traditions, *My Sweet Mexico* is a delicious journey into the soul of the cuisine. From yeasted breads that scent the air with cinnamon, anise, sugar, fruit, and honey, to pushcarts that brighten plazas with paletas and ice creams made from watermelon, mango, and avocado, Mexican confections are like no other. Stalwarts like Churros, Amaranth Alegrías, and Garibaldis—a type of buttery muffin with apricot jam and sprinkles—as well as Passion Fruit-Mezcal Trifle and Cheesecake with Tamarind Sauce demonstrate the layering of flavors unique to the world of dulces. In her typical warm and enthusiastic style, Gerson explains the significance of indigenous ingredients such as sweet maguey plants, mesquite, honeys, fruits, and cacao, and the happy results that occur when combined with Spanish troves of cinnamon, wheat, fresh cow's milk, nuts, and sugar cane. In chapters devoted to breads and pastries, candies and confections, frozen treats, beverages, and contemporary desserts, Fany places cherished recipes in context and stays true to the roots that shaped each treat, while ensuring they'll yield successful results in your kitchen. With its blend of beloved standards from across Mexico and inventive, flavor-forward new twists, *My Sweet Mexico* is the only guide you need to explore the delightful universe of Mexican treats. From the Hardcover edition.

From My Mexican Kitchen

Mexican cuisine has emerged as a paradox of globalization. Food enthusiasts throughout the world celebrate the humble taco at the same time that Mexicans are eating fewer tortillas and more processed food. Today Mexico is experiencing an epidemic of diet-related chronic illness. The precipitous rise of obesity and diabetes—attributed to changes in the Mexican

diet—has resulted in a public health emergency. In her gripping new book, Alyshia Gálvez exposes how changes in policy following NAFTA have fundamentally altered one of the most basic elements of life in Mexico—sustenance. Mexicans are faced with a food system that favors food security over subsistence agriculture, development over sustainability, market participation over social welfare, and ideologies of self-care over public health. Trade agreements negotiated to improve lives have resulted in unintended consequences for people's everyday lives.

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