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# Mexico The Beautiful Cookbook: Authentic Recipes From The Regions Of Mexico



## Synopsis

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.

## Book Information

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## Customer Reviews

Of my dozens of cookbooks, I've used this one the most. My wife is from Michoacan which led me to get serious about Mexican cuisine. I believe the two essential Mexican cookbooks are this one and Rick Bayless' first cookbook: Authentic Mexican. Mexico The Beautiful Cookbook is a visual masterpiece filled with many great recipes. Every recipe has an accompanying photograph.

Bayless' book has superior narrative (but short on pictures), with great stories attached to the recipes -- and Bayless attends to detail in recipe instructions like no other. Getting specific.

Sopas/Caldos. For Americans, soup is probably not the first thing that comes to mind at the mention of Mexican cuisine. It's their best kept culinary secret. This cookbook is filled with outstanding soup recipes. Caldo Tlalpeno, Mole de Olla, Pozole, and Sopa de Tortilla are regularly served in the fall and winter months at our house. There are other great ones we've tried as well: Minguichi (chile and cheese soup), Sopa de Nuez con Chipotle (Pecan soup with chipotle sauce), and Sopa de Acelgas (Chard soup). The first recipe I ever tried from this book was the Quesadillas. I didn't have fresh masa, so I used masa harlina, which worked surprisingly well. I have since found a Mexican market that sells fresh masa, so I always use that now. I guarantee that you'll never be satisfied with a warmed over store-bought flour tortilla with some cheese thrown inside, once you've made an authentic quesadilla! My Michoacan in-laws were impressed! If you can get fresh masa, the Picaditas (masa boats) will impress any guest - and they're SO SIMPLE!

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