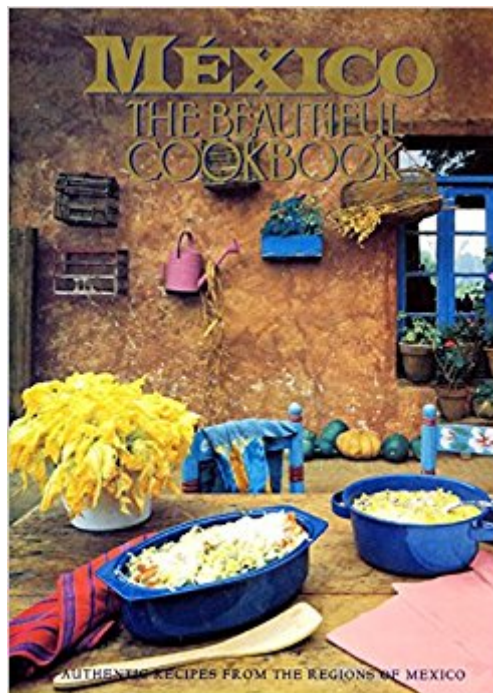




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# Mexico The Beautiful Cookbook: Authentic Recipes From The Regions Of Mexico



## 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

The latest addition to this popular series is a colorful guide to Mexico's diverse regional cuisine. Palazuelos is an experienced chef/caterer, and her recipes are inviting, her headnotes informative; Ignacio Urquiza's photographs of the food are eye-catching but uncontrived. There are many unusual dishes here, both traditional and contemporary, and most are far more sophisticated than the Tex-Mex fare many Americans identify as Mexican food. A good companion to Patricia Quintana's *The Taste of Mexico* ( LJ 12/86); recommended for most collections. Copyright 1991 Reed Business Information, Inc.

Susanna Palazuelos has earned a reputation over the past two decades as Mexico's premier caterer. She has hosted parties around the world and at her estate in Acapulco, Casa Tres Fuentes. Palazuelos frequently attends culinary festivals in Mexico and abroad, sharing her vast knowledge of Mexican cooking, which includes traditional dishes as well as nouvelle cuisine. She was recently named to the Circulo Mexicano de Arte Culinario, a group honoring the distinguished women chefs of Mexico.

Not Tex-Mex recipes, traditional Mexican. Interesting and informative introductions. Recipes in both standard measurements (tablespoons, cups) as well as ounces, milliliters and grams. Most ingredients readily available and directions clear. Everything I've made so far is very flavorful. Book is oversized, so doesn't fit readily in standard bookcase, but minor issue.

on time & worked as advertised .. would order again, no problems, 8 more words required for review, 2, and 1.

IM VERY MEXICAN AND IS NOT EASY TO FIND A COOK BOOK FITS THAT FULFILL MY EXPECTATIONS, AND I REALLY LIKE THIS ONE

This is much more than a cookbook and rightly deserves its title. Many people associate Mexican cooking with tamales, tacos and burritos which is no surprise as many of the Mexican restaurants in the US limit their menus to such items. This book goes beyond what Americans consider traditional Mexican cooking and highlights many of the recipes derived from their Spanish ancestors, executed

with local ingredients. This oversized book is separated into regions and includes recipes as well as detailed information on the country. There is an extensive chapter on seafood including some excellent recipes which shouldn't come as a surprise since Mexico boasts a 6000 mile coastline. Extensive photography is also included in this book making it a suitable for anybody. If you can find a spot for it on your bookshelve, buy this book!

Of hundreds of cookbooks that claim to include Mexican dishes, this is the only one that completely holds to original, regional, and traditional dishes, without adding any modern variations. It has endured in my kitchen for 40 years, and remains as the singular reliable reference for Mexican recipes. The photography is excellent, and it is only too bad that it is no longer in publication. I have bought them as presents for one or two very special "cocineras".

Great book for folks that want close to authentic Mexican recipes. Pictures are great! Love this book!

I wanted this book for a long time but it was too expensive to buy new. Then the opportunity came up to buy a used one that was in very good condition at a great price. I am so happy I paid a fraction of the cost of a new one and the book arrived looking as if it were brand new. This is a good book when it comes to the Mexican recipes....they are quite authentic.

As described but some pages had more discoloration than I expected from the description. Cookbook is hard to get so we'll keep it.

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