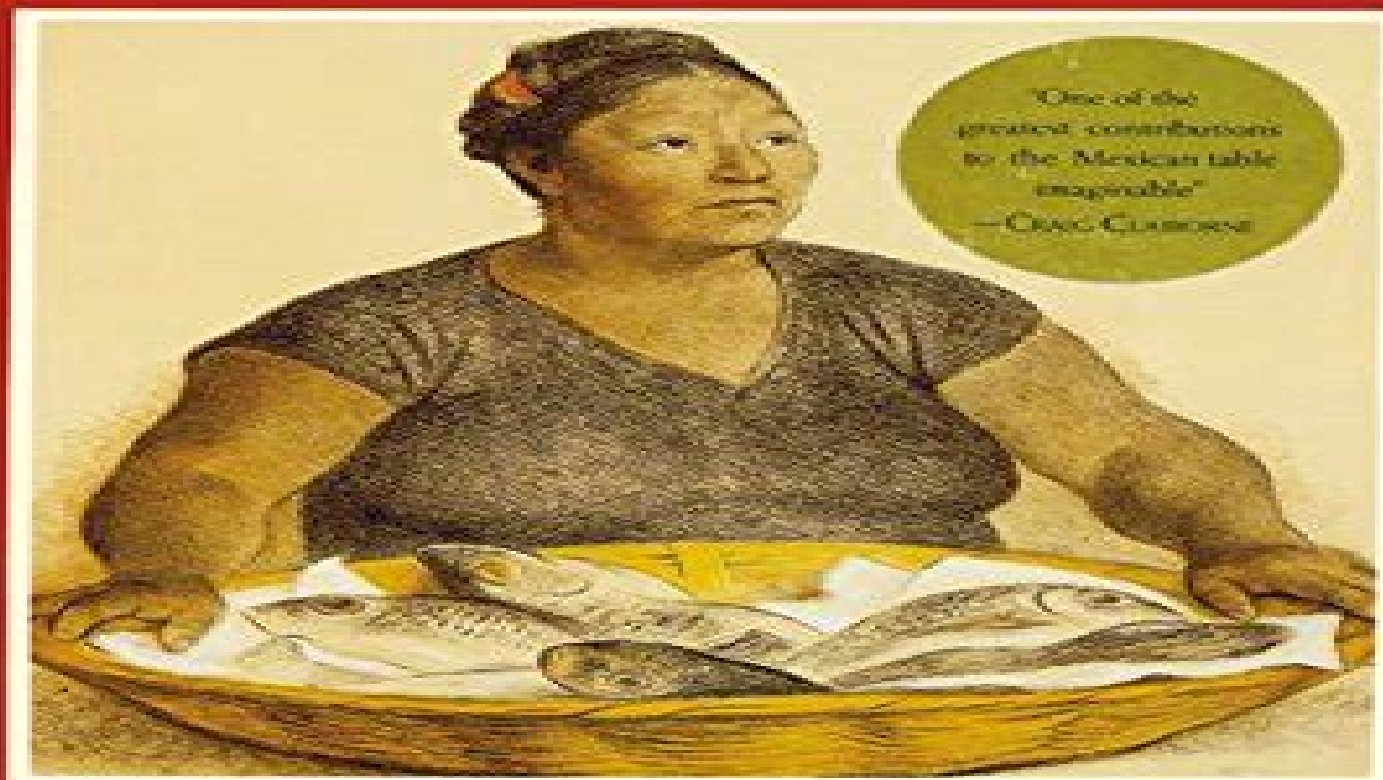


# AUTHENTIC MEXICAN

Regional Cooking from the  
Heart of Mexico



"One of the  
greatest contributions  
to the Mexican table  
imaginable"  
—Chac Cuscuwa

Rick Bayless with Deann Groen Bayless

# Mexican Regional Cooking

**Diana Kennedy**



## **Mexican Regional Cooking:**

**Authentic Mexican** Rick Bayless, 2007 Collects recipes that show readers how to recreate the textures and flavors of Mexico's regional specialties in North American kitchens Authentic Mexican Rick Bayless, 2007 Authentic Mexican Cooking Rick Bayless, Deann Groen Bayless, 1990-01-25 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 recreating 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. **Authentic Mexican 20th Anniversary Ed** Rick Bayless, 2007-04-03 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 **Mexican Regional**

**Cooking** Diana Kennedy,1978 *The Essential Cuisines of Mexico* Diana Kennedy,2014-04-23 Combining her three bestselling and classic books *The Cuisines of Mexico* *Mexican Regional Cooking* and *The Tortilla Book* in one volume Diana Kennedy has refreshed the classics and added more than thirty new recipes from different regions of Mexico More than twenty five years ago when Diana Kennedy first 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 and she became recognized as the authority on Mexican food Whether you turn to this book for the final word on tamales recipes for tasty antojitos to serve with drinks or superb tacos you ll find there s no better teacher of Mexican food How enviable to attempt Calzones del Diablo yes the Devil s Pants for the first time and what a pleasure to succumb to Diana s passion for Mexican food *The Art of Mexican Cooking* Diana Kennedy,2008-04-08 This indispensable cookbook an instant classic when first published in 1989 is now back in print with a brand new introduction from the most celebrated authority on Mexican cooking Diana Kennedy The culmination of more than fifty years of living traveling and cooking in Mexico *The Art of Mexican Cooking* is the ultimate guide to creating authentic Mexican food in your own kitchen with more than 200 beloved recipes as well as evocative illustrations The dishes included favorites from all the regions of Mexico range from sophisticated to pure and simple but they all share an intrinsic depth of taste Aficionados will go to great lengths to duplicate the authentic dishes and Kennedy tells them exactly how but here too is a wealth of less complicated recipes for the casual cook in search of the unmistakable flavors of a bold cuisine Kennedy shares the secrets of true Mexican flavor balancing the piquant taste of chiles with a little salt and acid for instance or charring them to round out their flavor broiling tomatoes to bring out their character or adding cumin for a light accent By using Kennedy s kitchen wisdom and advice and carefully selecting produce that is now readily available in most American markets cooks with an appetite for Mexican cuisine and Kennedy devotees old and new can at last serve and enjoy real

Mexican food This is the ultimate in Mexican cooking from the world's leading authority Paula Wolfert author of *The Cooking of South West France* *My Mexico* Diana Kennedy, 2013-10-20 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

**Food from My Heart** Zarela Martínez, 2010-11-01 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

*Healthy Mexican Regional Cookery* Lotte Mendelsohn, 1995 A wealth of regional cooking awaits aficionados of Mexican food in this charming combination of cookery and travelogue that enables readers to experience local cuisines without sacrificing healthful eating habits

**Quick & Easy Mexican Cooking** Cecilia Hae-Jin Lee, 2011-04-29 The James Beard Award nominated author heads south of the border to share simple recipes that can be made on any weeknight Bon App tit Es verdad You can cook Mexican food on a weeknight in under one hour Using readily available ingredients and familiar techniques this easy to use cookbook makes Mexican cuisine doable for cooks at any skill level Tacos taquitos flautas burritos and even classic Mexican desserts like Churros and cinnamon scented Arroz con Leche rice pudding are just a taste of the more than eighty straightforward recipes With dishes for every meal of the day plus refreshing drinks such as agua frescas and potent margaritas *Quick Easy Mexican Cooking* adds spice to any kitchen The book is filled with her accessible versions of recipes made with ingredients found in supermarkets or Mexican grocery stores collected during her youth and travels over the years They take 30 minutes or less of active work time with baking or cooking time additional Los Angeles Daily News

**Nopalito** Gonzalo Guzmán, Stacy Adimando, 2017-04-11 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 1,000 Mexican Recipes Marge Poore, 2001-09-29 A comprehensive guide to accessible Mexican home cooking Offering 1 000 recipes for traditional fare from all the regions of Mexico as well as dishes inspired by the nueva cocina of today's top Mexican chefs this cookbook covers what home cooks need and want to know about Mexican cooking Throughout the author shares the cultural and culinary heritage of the people and food of Mexico from her perspective as a traveler and impassioned enthusiast of the country Home cooks will delight in the mouthwatering recipes such as Corn with Chipotle Butter Chicken Quesadillas Pork Chops with Poblano Chile Sauce and Mexican Coffee Flan There are two dozen kinds of salsa and more than 45 delicious chicken dishes plus much more enough exciting choices to fill weeknight dinner and special occasion menus for years

**Food Studies in Latin American Literature** Rocío del Aguila, Vanesa Miseres, 2021-12-01 Food Studies in Latin American Literature presents a timely collection of essays analyzing a wide array of Latin American narratives through the lens of food studies Topics explored include potato and maize in colonial and contemporary global narratives the role of cooking in Sor Juana Inés de la Cruz's poetics the centrality of desire in twentieth century cooking writing by women the relationship among food recipes and national identity the role of food in travel narratives and the impact of advertisements on domestic roles The contributors included here experts in Latin American history literature and cultural studies bring a novel interdisciplinary approach to these explorations presenting new perspectives on Latin American literature and culture

**Icons of American Cooking** Elizabeth S. Demers Ph.D., Victor W. Geraci, 2011-03-08 Discover how these contemporary food icons changed the way Americans eat through the fascinating biographical profiles in this book Before 1946 and the advent of the first television cooking show James Beard's I Love to Eat not many Americans were familiar with the finer aspects of French cuisine Today food in the United States has experienced multiple revolutions having received and embraced influences from not only Europe but cultures ranging from the Far East to Latin America This expansion of America's appreciation for food is largely the result of a number of well known food enthusiasts who forever changed how we eat Icons of American Cooking examines the giants of American food cooking and cuisine through 24 biographical profiles of contemporary figures covering all regions cooking styles and ethnic origins This book fills a gap by providing behind the

scenes insights into the biggest names in American food past and present      **Encyclopedia of American Food and Drink** John F. Mariani, 2014-02-04 First published in 1983 John Mariani's Encyclopedia of American Food and Drink has long been the go to book on all things culinary Last updated in the late 1990s it is now back in a handsome fully illustrated revised and expanded edition that catches readers up on more than a decade of culinary evolution and innovation from the rise of the Food Network to the local food craze from the DIY movement with sausage stuffers hard cider brewers and pickle makers on every Brooklyn or Portland street corner to the food truck culture that proliferates in cities across the country Whether high or low food culture there's no question American food has changed radically in the last fourteen years just as the market for it has expanded exponentially In addition to updates on food trends and other changes to American gastronomy since 1999 for the first time the Encyclopedia of American Food and Drink will include biographical entries both historical and contemporary from Fanny Farmer and Julia Child to the Galloping Gourmet and James Beard to current high profile players Mario Batali and Danny Meyer among more than one hundred others And no gastronomic encyclopedia would be complete without recipes Mariani has included five hundred classics from Hard Sauce to Scrapple Baked Alaska to Blondies An American Larousse Gastronomique John Mariani's completely up to date encyclopedia will be a welcome acquisition for a new generation of food lovers      **American Regional Cuisine** The International Culinary Schools at The Art Institutes, Michael F. Nenes, 2015-03-30 American Regional Cuisine Third Edition combines history anthropology and cuisine into a clear and comprehensive resource for the American Regional course Its menu driven approach makes this book unique in the marketplace providing unparalleled value to culinary arts students      **Latin American Cooking Across the U.S.A.** Himilce Novas, Rosemary Silva, 2016-12-13 In the first cookbook to encompass the full spectrum of Latin American cooking all across America today Himilce Novas and Rosemary Silva offer 200 enticing recipes that have been drawn from the home kitchens of Americans with roots in Mexico Puerto Rico Cuba Jamaica Brazil Argentina Chile Peru Ecuador Colombia Guatemala and nearly every other corner of Latin America Spicy colorful and full of surprises Latin flavors are the latest rage with Nuevo Latino chefs from New York to Los Angeles But here the exotic is translated into wonderful everyday dishes that home cooks can easily master For starters Novas and Silva give us luscious Chilled Roasted Sweet Red Pepper and Coconut Soup or Orange Scented Roasted Pumpkin Soup and appetizers known as antojitos little whims Bayamo's Fried Wontons with Chorizo and Chiles or a Costa Rican Black Bean and Bacon Dip For main courses there are hearty delights like Piri Thomas's Chicken Asopao or a Heavenly Potato Pie with Minced Beef Raisins and Olives Center stage in many a meal are the rice and bean dishes with countless delicious variations on the theme like Gallo pinto Red Kidney Beans and Rice and Jamaican coat of arms also called Rice and Peas which are actually small red beans And to satisfy the Latin appetite any time of day also included here is a rich array of tamales empanadas and other turnovers like Little Brazil Shrimp Turnovers stuffed with shrimp and hearts of palm From Cristina the Cuban American talk show hostess in Miami to U S Representative Henry B

Gonzalez of Texas from film producers and opera singers to young students and grandmothers the authors have gathered along with the family recipes and their origins stories of the past and of the good times celebrated in America Novas and Silva also offer invaluable information on Latin American chiles on the earthy appeal of plantains and tubers like yuca and taro and on other special foods that give these dishes their unique character along with mail order sources for hard to get ingredients An exuberant one of a kind cookbook that will add a new dimension to the American table *Food Culture in Mexico* Janet Long-Solis, Luis A. Vargas, 2005-01-30 Since ancient times the most important foods in the Mexican diet have been corn beans squash tomatillos and chile peppers The role of these ingredients in Mexican food culture through the centuries is the basis of this volume In addition students and general readers will discover the panorama of food traditions in the context of European contact in the sixteenth century when the Spaniards introduced new foodstuffs adding variety to the diet and the profound changes that have occurred in Mexican food culture since the 1950s Recent improvements in technology communications and transportation changing women's roles and migration from country to city and to and from the United States have had a much greater impact Their basic traditional diet served the Mexican people well providing them with wholesome nutrition and sufficient energy to live work and reproduce as well as to maintain good health Chapter 1 traces the origins of the Mexican diet and overviews food history from pre Hispanic times to recent developments The principal foods of Mexican cuisine and their origins are explained in the second chapter Mexican women have always been responsible for everyday cooking including the intensive preparation of grinding corn peppers and spices by hand and a chapter is devoted to this work and a discussion of how traditional ways are supplemented today with modern conveniences and kitchen aids such as blenders and food processors Surveys of class and regional differences in typical meals and cuisines present insight into the daily lives of a wide variety of Mexicans The Mexican way of life is also illuminated in chapters on eating out whether at the omnipresent street stalls or at fondas and special occasions including the main fiestas and rites of passage A final chapter on diet and health discusses current health concerns particularly malnutrition anemia diabetes and obesity Take My Word Anne E. Goldman, 2023-09-01 In an innovative critique of traditional approaches to autobiography Anne E Goldman convincingly demonstrates that ethnic women can and do speak for themselves even in the most unlikely contexts Citing a wide variety of nontraditional texts including the cookbooks of Nuevo Mexicanas African American memoirs of midwifery and healing and Jewish women's histories of the garment industry Goldman illustrates how American women have asserted their ethnic identities and made their voices heard over and sometimes against the interests of publishers editors and readers While the dominant culture has interpreted works of ethnic literature as representative of a people rather than an individual the working women of this study insist upon their own agency in narrating rich and complicated self portraits In an innovative critique of traditional approaches to autobiography Anne E Goldman convincingly demonstrates that ethnic women can and do speak for themselves even in the most unlikely contexts Citing a wide variety of nontraditional



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