

Download La Cocina Mexicana Many Cultures One Cuisine

"La Cocina Mexicana: Many Cultures, One Cuisine" is a loving record of the places and people Tausend has encountered in over 30 years of organizing culinary tours in Mexico. Not simply a cookbook it also strives to form a historical record of the many regions and peoples that comprise that land.

La Cocina Mexicana: Many Cultures, One Cuisine. In Mexico City, a savory chile poblano is wrapped in puff-pastry. On Oaxaca's coast, families of African heritage share their way of cooking the local seafood. The book includes a range of recipes, from the delectably familiar to the intriguingly unusual.

La Cocina Mexicana Book Description: After thirty years of leading culinary tours throughout Mexico, Marilyn Tausend teams up with Mexican chef and regional cooking authority Ricardo Muñoz Zurita to describe how the cultures of many profoundly different peoples combined to produce the unmistakable flavors of Mexican food.

Frijoles de la Olla. These brothy beans, cooked with lots of water and just a scattering of herbs, onion, and garlic, are the classic bean dish of Mexico. They are often served as soupy frijoles caldos, ladled into small bowls, the beans submerged in their broth, and offered toward the end of a meal so no one leaves the table hungry.

La Cocina Mexicana - Many Cultures, One Cuisine (University of California Press, \$39.95 336ppg) is Tausend and Muñoz' first literary collaboration.

La Cocina Mexicana (Hardcover) Many Cultures, One Cuisine. By Marilyn Tausend, Ignacio Urquiza (By (photographer)), Ricardo Muñoz Zurita (Contributions by) University of California Press, 9780520261112, 336pp. Publication Date: October 22, 2012

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