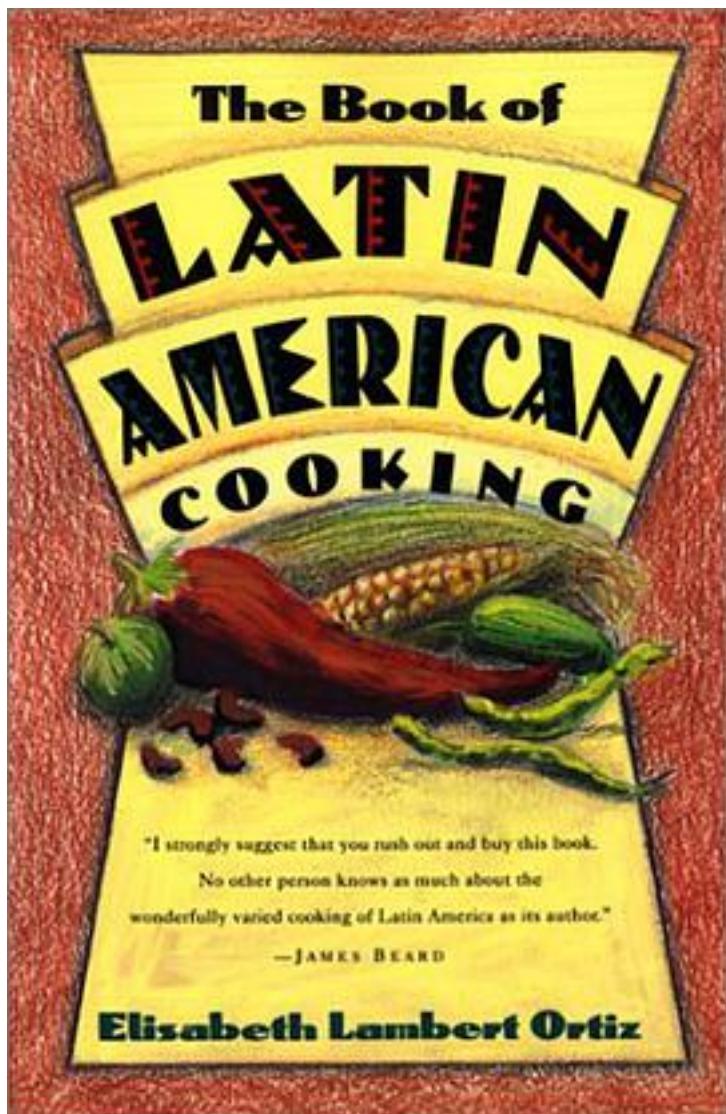


The Book of Latin and American Cooking



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This award-winning cookbook by Elisabeth Lambert Ortiz includes 500 recipes from the exotic culinary traditions of the Latin American World, covering the coasts, mountainous areas, and fertile plains between Mexico and Chile. Ortiz selects appetizers, soups, main courses, salads, and desserts from each region and explores the wild array of spices and styles that make these recipes unique. Using delicious examples, she describes how the Spanish, Portuguese, African, and Middle Eastern influences have combined with the indigenous cooking of the Maya, Aztec, and Inca civilizations. Her recipes range from familiar favorites such as Guacamole and Feijao Preto (black beans), to more unusual recipes: Sopa de Topinambur (Jerusalem Artichoke Soup -- Chile), Matambre (Stuffed Rolled Flank Steak -- Argentina), Pichones con Salsa de Camarones (Squab in Shrimp Sauce -- Peru), Salada de Palmito (Hearts of Palm Salad -- Brazil), Quimbolitos (Steamed Puddings -- Ecuador), as well as a wide variety of sauces and breads. This book is the prototype for all books on Latin American cooking and remains the definitive text on the subject.

作者介绍:

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