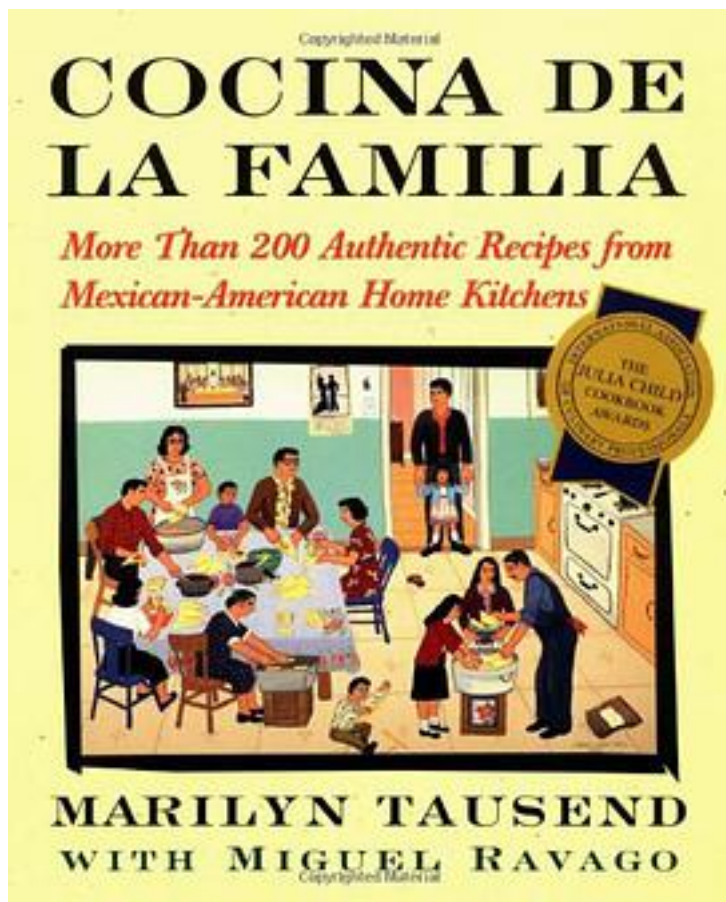


Cocina De La Familia



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A collection of more than two hundred treasured family recipes and the stories behind them, *Cocina de la Familia* is a celebration of Mexican-American home cooking, culture, and family values. For three years, Marilyn Tausend traveled across the United States and Mexico, talking to hundreds of Mexican and Mexican-American cooks. With

the help of chef Miguel Ravago, Tausend tells the tale of these cooks, all of whom have adapted the family dishes and traditions they remember to accommodate a life considerably different from the lives of their parents and grandparents. In these pages you will find the real food eaten every day by Mexican-American families, whether they live in cities such as Los Angeles, the border towns of Texas, the farming communities of the Pacific Northwest, or the isolated villages of New Mexico. An Oregonian from Morelos, Mexico, balances sweet, earthy chiles with tart tomatillos for a tangy green salsa that is a perfect topping for Chipotle Crab Enchiladas or Huevos Rancheros. A Chicago woman from Guanajuato pairs light, spicy Chicken and Garbanzo Soup with quesadillas for a simple supper. A Los Angeles cook serves a dish of Chicken with Spicy Prune Sauce, the fire of the chiles tamed by Coca-Cola, and in Illinois a woman adds chocolate to the classic Mexican rice pudding. Now you can re-create the vibrant flavors and rustic textures of this remarkable cuisine in your own kitchen. Most of the recipes are quite simple, and the more complex dishes, like moles and tamales, can be made in stages. So take a savory expedition across borders and generations, and celebrate the spirit and flavor of the Mexican-American table with your own family.

作者介绍:

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