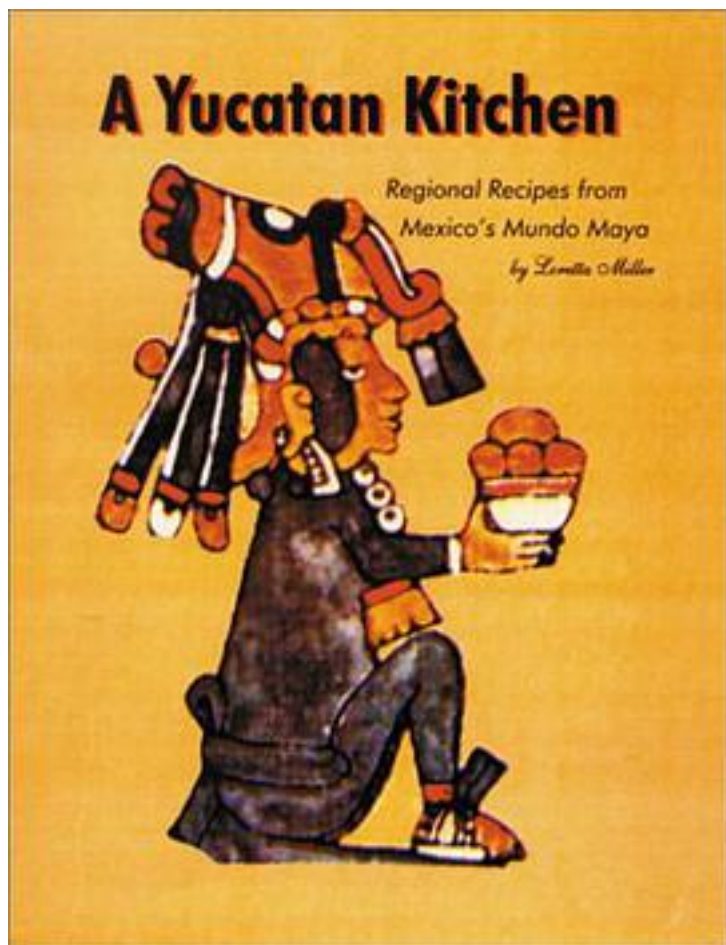


# A Yucatan Kitchen



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著者:Miller, Loretta

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In this exciting new cookbook, Miller invites the adventurous cook into the kitchens of the Mayans from the Yucatan peninsula of Mexico. The author provides a description of what ingredients are common in Mayan foods and why, along with a list of necessary

utensils and special techniques for preparation and cooking. Mayan food is rich with history. In the foreword, Miller offers a short insight into the origins of the unique Mayan flavour and continues to do so throughout the book by giving the story of each dish at the top of every page. The reader understands not only the dish's roots, but also its importance in daily life as well as special ceremonies. The variety of recipes ranges from drinks to dessert, with every course in between. Broken into convenient categories, this book provides a culinary delight for anyone, from the vegetarian Botana de Papas (Potato Appetiser), to the meat-eater's Camarones Al Coco (Coconut Shrimp). They are accessible to all levels of practice and are written in a clear, simple style.

作者介绍:

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