



Ajo Al Camarones De Mojo Recipe

**Rick Bayless, JeanMarie
Brownson, Deann Groen Bayless**

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Yucatán David Sterling, 2014-03-30 Winner James Beard Foundation Best Cookbook of the Year Award 2015 James Beard Foundation Best International Cookbook Award 2015 The Art of Eating Prize for Best Food Book of the Year 2015 The Yucatán Peninsula is home to one of the world's great regional cuisines. With a foundation of native Maya dishes made from fresh local ingredients, it shares much of the same pantry of ingredients and many culinary practices with the rest of Mexico. Yet due to its isolated peninsular location, it was also in a unique position to absorb the foods and flavors of such far-flung regions as Spain and Portugal, France, Holland, Lebanon, and the Levant, Cuba, and the Caribbean, and Africa. In recent years, gourmet magazines and celebrity chefs have popularized certain Yucatecan dishes and ingredients such as *Sopa de lima* and *achiote*, and global gastronomes have made the pilgrimage to Yucatán to tantalize their taste buds with smoky pit barbecues, citrus-based pickles, and fiery chiles. But until now, the full depth and richness of this cuisine has remained little understood beyond Yucatán's borders. An internationally recognized authority on Yucatecan cuisine, chef David Sterling takes you on a gastronomic tour of the peninsula in this unique cookbook, *Yucatán Recipes from a Culinary Expedition*. Presenting the food in the places where it's savored, Sterling begins in jungle towns where Mayas concoct age-old recipes with a few simple ingredients they grow themselves. He travels over a thousand miles along the broad Yucatán coast to sample a bounty of seafood, shares the people's food at bakeries, *chicharronerías*, street vendors, home restaurants, and cantinas, and highlights the cooking of the peninsula's three largest cities: Campeche, Mérida, and Valladolid, as well as a variety of pueblos noted for signature dishes. Throughout the journey, Sterling serves up over 275 authentic, thoroughly tested recipes that will appeal to both novice and professional cooks. He also discusses pantry staples and basic cooking techniques and offers substitutions for local ingredients that may be hard to find elsewhere. Profusely illustrated and spiced with lively stories of the region's people and places, *Yucatán Recipes from a Culinary Expedition* is the long-awaited definitive work on this distinctive cuisine.

Mexico One Plate At A Time Rick Bayless, Jean Marie Brownson, Deann Groen Bayless, 2000-10-25 120 recipes that includes classics as well as some original creations. *Naturally Healthy Mexican Cooking* Jim Peyton, 2014-10-01 Valuable to anyone who loves cooking and eating south of the border food and doesn't want to sacrifice taste for healthy choices or vice versa. Foreword: Just about everyone loves Mexican food, but should you eat it if you want to manage your weight or diabetes? Absolutely. There are countless authentic Mexican dishes that are naturally healthy, moderate in calories, fat, and sugar, and completely delectable. *Naturally Healthy Mexican Cooking* presents some two hundred easy recipes with exceptional nutrition profiles. Substitutions that alter the taste and pleasure of food have no place here. Instead, you'll find flavorful, low-calorie dishes from the various schools of Mexican and Mexican American cooking in Texas, New Mexico, Arizona, and California. From traditional meat, seafood, and vegetarian entrees and *antojitos mexicanos* including tacos, enchiladas, and tamales to upscale *alta cocina mexicana* such as shrimp ceviche and mango salsa, these recipes are authentic, simple, to

prepare with supermarket ingredients and fully satisfying in moderate portions Every recipe includes nutritional analysis calories protein carbs fat cholesterol fiber sugar and sodium You ll also find information on Mexican cooking and nutrition ingredients techniques and equipment Try the recipes in Naturally Healthy Mexican Cooking and you ll discover that comfort food can be both delicious and good for you Buen provecho

Joy of Cooking Irma S. Rombauer, Marion Rombauer Becker, Ethan Becker, John Becker, Megan Scott, 2019-11-12 Generation after generation Joy has been a warm encouraging presence in American kitchens teaching us to cook with grace and humor This luminous new edition continues on that important tradition while seamlessly weaving in modern touches making it all the more indispensable for generations to come Samin Nosrat author of Salt Fat Acid Heat Cooking shouldn t just be about making a delicious dish owning the process and enjoying the experience ought to be just as important as the meal itself The new Joy of Cooking is a reminder that nothing can compare to gathering around the table for a home cooked meal with the people who matter most Joanna Gaines author of Magnolia Table In the nearly ninety years since Irma S Rombauer self published the first three thousand copies of Joy of Cooking in 1931 it has become the kitchen bible with more than 20 million copies in print This new edition of Joy has been thoroughly revised and expanded by Irma s great grandson John Becker and his wife Megan Scott John and Megan developed more than six hundred new recipes for this edition tested and tweaked thousands of classic recipes and updated every section of every chapter to reflect the latest ingredients and techniques available to today s home cooks Their strategy for revising this edition was the same one Irma and Marion employed Vet research and improve Joy s coverage of legacy recipes while introducing new dishes modern cooking techniques and comprehensive information on ingredients now available at farmers markets and grocery stores You will find tried and true favorites like Banana Bread Cockaigne Chocolate Chip Cookies and Southern Corn Bread all retested and faithfully improved as well as new favorites like Chana Masala Beef Rendang Megan s Seeded Olive Oil Granola and Smoked Pork Shoulder In addition to a thoroughly modernized vegetable chapter there are many more vegan and vegetarian recipes including Caramelized Tamarind Tempeh Crispy Pan Fried Tofu Spicy Chickpea Soup and Roasted Mushroom Burgers Joy s baking chapters now include gram weights for accuracy along with a refreshed lineup of baked goods like Cannel s de Bordeaux Rustic No Knead Sourdough Ciabatta Chocolate Walnut Babka and Chicago Style Deep Dish Pizza as well as gluten free recipes for pizza dough and yeast breads A new chapter on streamlined cooking explains how to economize time money and ingredients and avoid waste You will learn how to use a diverse array of ingredients from amaranth to za atar New techniques include low temperature and sous vide cooking fermentation and cooking with both traditional and electric pressure cookers Barbecuing smoking and other outdoor cooking methods are covered in even greater detail This new edition of Joy is the perfect combination of classic recipes new dishes and indispensable reference information for today s home cooks Whether it is the only cookbook on your shelf or one of many Joy is and has been the essential and trusted guide for home cooks for almost a century This new edition continues that

legacy *Mexican Food* Gabe Erales, Luis Robles, Lori Sauer, Aaron Melendrez, Balo Orozco, Augie Saucedo, 2024-08-27 Mexican Food The Ultimate Cookbook is a beautiful and thorough collection of recipes drawn from the many rich traditions of Mexican cuisine and inspired by contemporary influences This comprehensive guide takes you on a tour of Mexican cuisine From Indigenous traditions to colonial influence and beyond Mexico has absorbed different local and foreign influences for generations which is what makes the country's food so delicious and varied With these recipes you can enjoy dozens of bold entrees sauces salsas sides beverages and desserts alongside tips and techniques that help you extract maximum flavor from each ingredient In this collection you will find 300 easy to follow recipes that utilize regional authenticity and modern flair Stunning original photography and illustrations that will inspire you to make these mouthwatering meal Insights and recipes from industry insiders Comprehensive breakdowns of elemental ingredients like masa chile peppers epazote and mezcal A fascinating history of this culture's cuisine This cookbook captures the spirit of this cuisine and provides a detailed look into the diverse approaches that shaped Mexican tradition over the centuries Spanning coastal delicacies hearty mountain dishes and delicious street tacos the recipes in Mexican Food The Ultimate Cookbook reflect the many types of Mexican food

iBaja! Cooking on the Edge Deborah M. Schneider, 2006-06-13 Combines a wealth of regional recipes with evocative stories and photographs to celebrate the cuisines of Guadalupe Valley Tijuana Puerto Nuevo and other Baja California cultures in a culinary resource that includes preparation instructions for such fare as Crispy Spicy Shrimp with Honey Habanero and Lime Chipotle Grilled Chicken and Chocolate Crepes with Dulce de Leche 35 000 first printing **La Cocina de la Frontera** James W. Peyton, 1994 This book presents a comprehensive overview of Mexican American cooking from both a historical and culinary perspective **La Cocina Mexicana** Marilyn Tausend, 2012-10-22 After thirty years of leading culinary tours throughout Mexico Marilyn Tausend teams up with Mexican chef and regional cooking authority Ricardo Mu oz Zurita to describe how the cultures of many profoundly different peoples combined to produce the unmistakable flavors of Mexican food Weaving engrossing personal narrative with a broad selection of recipes the authors show how the culinary heritage of indigenous groups Europeans and Africans coalesced into one of the world's most celebrated cuisines Cooks from a variety of cultures share recipes and stories that provide a glimpse into the preparation of both daily and festive foods In a Maya village in Yucatán cochinita de pibil is made with the native peccary instead of pig 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 **Light & Easy Mexican Cooking** Jaimee Raquel Partida, 2025-01-21 Make Exciting Flavorful Recipes Without Cheating on Your Diet If you love classic Mexican dishes like tacos and quesadillas but your waistline doesn't these protein packed low calorie recipes are perfect for you With all the flavor but fewer carbs and saturated fats each recipe is perfectly balanced with nutritious ingredients so you can enjoy your favorite dishes guilt free Health and wellness coach Jaimee Raquel Partida has taken her

childhood favorites to the next level proving that nutrient dense meals don't have to be bland or boring Tacos de Huevo Breakfast Tacos will make the most important meal of the day both delicious and full of protein Pollo y Nopales en Salsa Roja Chicken and Nopales in Red Sauce is perfect for meal prep so you don't have to worry about missing your macros and Protein Fresas con Crema Strawberries and Cream ensure that you serve your sweet tooth without overloading on sugar With more than 60 standout recipes you'll be able to enjoy healthy Mexican dishes for every meal

Culinary Mexico

Daniel Hoyer, 2020-05-29 From the chef and author of Culinary Vietnam comes a culinary adventure through the vibrant culture history and cuisines of Mexico Mexico's rich history and myriad cultural influences are reflected in its food which exposes a largely unexplored world of nuanced flavors and unique ingredients as well as a wide range of cooking styles and techniques Dismiss the old notions of Mexican food as tacos enchiladas burritos and refried beans all smothered in melted cheese Culinary Mexico presents an extensive collection of surprisingly distinct recipes from the diverse regions of Mexico The delicious food that has evolved from each region makes a bold statement of what a true Mexican feast can and ought to be Culinary Mexico presents cuisines from six distinct Mexican regions from the Northern Frontier the Pacific Coast the Isthmus of Tehuantepec the Central Crossroads the Colonial Plains and Highlands and the Yucatán Peninsula The book also includes complete menus for pairing these unique foods process photos for cooking a chapter on techniques and a resource section Brimming with full color photography and interesting lore this superb cookbook brings you an unexplored world of nuanced flavors unique ingredients and all things good of culinary Mexico

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