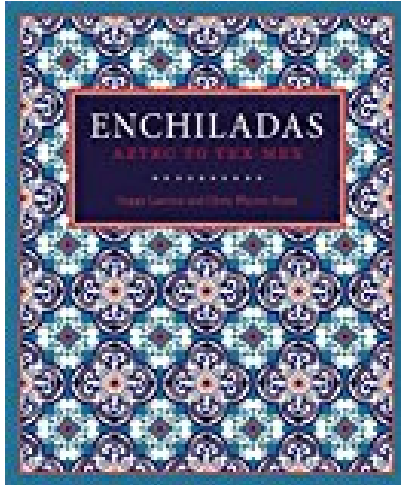


Enchiladas Aztec to Tex-Mex



BOOK DETAILS

- Author : Cappy Lawton
- Pages : 264 Pages
- Publisher : Trinity University Press
- Language : English
- ISBN : 1595347518

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BOOK SYNOPSIS

Enchiladas: Aztec to Tex-Mex is an in-depth exploration of one of Mexico's most historic and popular foods. Illustrated with sumptuous photography, the book showcases more than sixty traditional and contemporary recipes for enchiladas, as well as recipes for the salsas, salads, and sides that accompany them. The enchilada is more than an everyday Mexican food. It is the history of a people--rolled, folded, and flat--that embodies thousands of years of Mexican life. The evolving ingredients in enchiladas from pre-Columbian to modern times reveal the internal and external forces that have shaped the cuisine and culture of a nation. In this definitive cookbook, you'll explore every aspect of this iconic food, as well as gain insights into many popular Mexican ingredients, including herbs, spices, cheeses, and chiles. You'll learn the basic techniques for making many staples of the Mexican cocina, such as homemade tortillas, queso fresco, crema Mexicana, and chorizo. With Enchiladas: Aztec to Tex-Mex, you can prepare enchiladas in the traditional Mexican way--with loving hands. With this book, you'll learn to Make corn tortillas from scratch, including colorful flavor-infused versions Fire roast fresh chiles and prepare dried chiles for enchilada sauces and moles Dry roast tomatoes, onions, garlic, and chiles using a traditional comal (griddle) Make your own homemade queso fresco, crema Mexicana, and chorizo Prepare tender pot beans and savory refried beans Cook perfect Mexican rice--six ways Prepare chicken, pork, beef, seafood, and vegetables for fillings Enchiladas: Aztec to Tex-Mex is also packed with information about many other key ingredients of Mexican cuisine, including avocados, tomatoes, tomatillos, and nopales (cactus). A section on Mexican cheeses describes their flavors, textures, melting properties, and possible substitutes. Fresh and dried chiles used in enchilada cookery are presented, along with a description of their flavor profiles, heat levels, and specific uses. Experience the history of Mexico through its most delicious ambassador, the enchilada!

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