



Enchiladas: Aztec to Tex-Mex

Cappy Lawton, Chris Waters Dunn

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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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A lot of people always spent their free time to vacation or even go to the outside with them household or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity that is look different you can read any book. It is really fun to suit your needs. If you enjoy the book you read you can spent the whole day to reading a book. The book Enchiladas: Aztec to Tex-Mex it is very good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. When you did not have enough space to bring this book you can buy the actual e-book. You can m0ore quickly to read this book from the smart phone. The price is not to cover but this book features high quality.

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Linda Doyle:

The book untitled Enchiladas: Aztec to Tex-Mex contain a lot of information on this. The writer explains the girl idea with easy way. The language is very clear and understandable all the people, so do not really worry, you can easy to read this. The book was compiled by famous author. The author brings you in the new time of literary works. You can read this book because you can read on your smart phone, or device, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site in addition to order it. Have a nice study.

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