



# The Essential Cuisines of Mexico

By Diana Kennedy

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## The Essential Cuisines of Mexico By Diana Kennedy

More than twenty-five years ago, when Diana Kennedy published *The Cuisines of Mexico*, knowledge and appreciation of authentic Mexican cooking were in their infancy. But change was in the air. Home cooks were turning to Julia Child for an introduction to French cuisine and to Marcella Hazan for the tastes of Italy. Through Diana Kennedy they discovered a delicious and highly developed culinary tradition they barely knew existed. **The Cuisines of Mexico**, **Mexican Regional Cooking**, and **The Tortilla Book** became best-sellers, and Diana Kennedy was recognized as the authority on Mexican food.

Now a new generation has discovered that Mexican food is more than chimichangas, that they can find fresh hierbas de olor (pot herbs, including marjoram and Mexican bayleaf) and chilacas in their markets. The book that will become indispensable in their kitchens is **The Essential Cuisines of Mexico**.

Diana has combined her three classic books in one volume, refining recipes when possible, bringing them up to date without losing the spirit of their generation. Old friends will be delighted to revisit these refreshed classics and to find more than thirty new recipes from different regions of Mexico. Among these discoveries are the very popular arroz a la tumbada (rice with seafood) from Veracruz, a pico de gallo with peaches from the state of Mexico, and tasty snacks from the cantinas of Mérida.

Newcomers will delight in Diana's "word pictures" -- descriptions of her travels and discoveries -- and in her off-the-cuff comments. Whether they turn to this book for the final word on tamales, recipes for tasty antojitos to serve with drinks, or superb tacos, they will find there is no better teacher of Mexican food. How enviable to attempt for the first time Calzones del Diablo (yes, the Devil's Pants), and what a pleasure to succumb to Diana's passion for Mexican food.

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## The Essential Cuisines of Mexico By Diana Kennedy Bibliography

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## Editorial Review

### Amazon.com Review

Can it be 30 years since Diana Kennedy's first cookbook was published? Since then, and due largely to her, Americans have learned that Mexican food isn't just burritos and combination plates, but a subtle, highly developed repertoire with roots in European as well as native Mexican cooking. *The Essential Cuisines of Mexico* combines in one book Kennedy's first three works, *The Cuisines of Mexico*, *The Tortilla Book*, and *Mexican Regional Cooking*. Updated and revised, and with 30 new recipes to make more than 300 in all, the compilation is instantly the definitive English-language exploration of Mexican cooking.

In 20 chapters--from appetizers to sweets and drinks--the book presents old friends like Pozole de Jalisco and chile con queso, and new delights, including pico de gallo with peaches, Arroz à la Tumbada (rice with seafood), Pollo en Cuiclachoche (chicken in a sauce made with cuiclachoche, the wonderfully exotic corn fungus), snacks from Yucatán cantinas, and a delicious barbecued chicken from Chiapas. The recipe revisions reflect increased ingredient availability and our evolved appreciation of the Mexican palate (Kennedy now requires fresh poblano chilies in her Sopa de Elote, for example, and instructs that they be charred). The sections on masa "fantasies" and tortillas bring together a wide range of these corn-based treats, including Garnachas Yucatecas (delicious filled masa tartlets). With a comprehensive glossary and essays such as "A Weekend Barbecue in Oaxaca," the book reminds us of Kennedy's great contribution to our culinary pleasure, and the recipes that made it possible. --Arthur Boehm

### From Publishers Weekly

The prolific Kennedy revisits her adopted homeland in *The Essential Cuisines of Mexico*, a compilation of her first three books (*The Cuisines of Mexico*, *The Tortilla Book* and *Mexican Regional Cooking*). From Nuevo León to the Yucatan, Kennedy strives to retain the authenticity of regional recipes: "I have simplified the recipes when possible, bringing them up to date without losing the spirit of their generation." Chapters reflect an assemblage of courses, including appetizers, corn dough cakes, vegetables, meats, egg dishes, light meals, sauces and relishes, sweet pastries and drinks. The concluding "general information" section provides helpful tips on equipment, chiles, cheeses, spices, herbs and other ingredients indigenous to Mexican cookery. Chapter introductions and detailed anecdotes (e.g., "A Weekend and Barbecue in Oaxaca") offer engaging glimpses of local Mexican life. Recipes will beguile aficionados searching for the "real Mexican deal," with a cornucopia of earthy ingredients like calf's tongue, pig's feet, tripe "of different textures," pork lard and exotic flavors, such as machaca (dried salted beef), nopoles (cactus paddles) and cuiclachoche (corn fungus). For novices, there are appealing, easy-to-make comfort foods, like Angel Hair Pasta in Tomato Broth and Chiles Con Queso (Chiles with Cheese), while seasoned cooks will appreciate challenging dishes such as Stuffed Chiles in Walnut Sauce and Turkey in Mole Poblana. Vivid prose chronicles the sojourns of Kennedy's curious palate, painting "word pictures" to describe "a Mexico of the past." Her efforts yield yet another classic, one that masterfully documents the rich diversity of Mexico's gastronomic heritage. (Sept.) Copyright 2000 Reed Business Information, Inc.

### From Library Journal

Kennedy has been writing about Mexican food for more than 30 years and is widely acknowledged as the authority on the topic. Her last book was *My Mexico* (LJ 9/15/98), a personal culinary journal through the country and its regional cuisines. Now she has gathered the recipes from her first cookbook, the groundbreaking *Cuisines of Mexico* (1972), as well its two successors, *The Tortilla Book* (1975) and *Mexican Regional Cooking* (1978), both of which are out of print, in this new collection. She's revised the recipes and simplified some, and there are also 30 or so new recipes. Kennedy's books became classics long

ago; this compilation of her early works is an essential purchase.  
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### **From reader reviews:**

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