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Rick Bayless's Mexican Kitchen: Capturing The Vibrant Flavors Of A World-Class Cuisine



Synopsis

Bursting with bold, complex flavors, Mexican cooking has the kind of gusto we want in food today. Until now, American home cooks have had few authorities to translate the heart of this world-class cuisine to everyday cooking. In this book of more than 150 recipes, award-winning chef, author and teacher Rick Bayless provides the inspiration and guidance that home cooks have needed. With a blend of passion, patience, clarity and humor, he unerringly finds his way into the very soul of Mexican cuisine, from essential recipes and explorations of Mexico's many chiles to quick-to-prepare everyday dishes and pull-out-the-stops celebration fare. Bayless begins the journey by introducing us to the building blocks of Mexican cooking. With infectious enthusiasm and an entertaining voice, he outlines 16 essential preparations—deeply flavored tomato sauces and tangy tomatillo salsas, rich chile pastes and indispensable handmade tortillas. Fascinating cultural background and practical cooking tips help readers to understand these preparations and make them their own. Each recipe explains which steps can be completed in advance to make final preparation easier, and each provides a list of the dishes in later chapters that are built around these basics. And with each essential recipe, Bayless includes several “Simple Ideas from My American Home”—quick, familiar recipes with innovative Mexican accents, such as Baked Ham with Yucatecan Flavors, Spicy Chicken Salad, Ancho-Broiled Salmon and Very, Very Good Chili. Throughout, the intrepid Bayless brings chiles into focus, revealing that Mexican cooks use these pods for flavor, richness, color and, yes, sometimes for heat. He details the simple techniques for getting the best out of every chile—from the rich, smoky chipotle to the incendiary but fruity habanero. Then, in more than 135 recipes that follow, Bayless guides us through a wide range of richly flavored regional Mexican dishes, combining down-home appeal and convivial informality with simple culinary elegance. It's all here: starters like Classic Seviche Tostadas or Chorizo-Stuffed Ancho Chiles; soups like Slow-Simmered Fava Bean Soup or Rustic Ranch-Style Soup; casual tortilla-based preparations like Achiote-Roasted Pork Tacos or Street-Style Red Chile Enchiladas; vegetable delights like Smoky Braised Mexican Pumpkin, or Green Poblano Rice; even a whole chapter on classic fiesta food (from Oaxacan Black Mole with Braised Chicken, Smoky Peanut Mole with Grilled Quail and Great Big Tamal Roll with Chard with the incomparable Juchitan-Style Black Bean Tamales); and ending with a selection of luscious desserts like Modern Mexican Chocolate Flan with Kahlua and Yucatecan-Style Fresh Coconut Pie. To quickly expand your Mexican repertoire even further, each of these recipes is accompanied by suggestions for variations and improvisations. There is no greater authority on Mexican cooking than Rick Bayless, and no one can teach it better. In his skillful hands, the wonderful flavors of Mexico will enter your kitchen and

your daily cooking routine without losing any of their depth or timeless appeal. --This text refers to an alternate Hardcover edition.

Book Information

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Customer Reviews

Not since his first book, *Authentic Mexican*, has there been such an accessible opportunity to learn about real Mexican cooking. Rick Bayless's *Mexican Kitchen* offers translations of authentic Mexican dishes that preserve their authenticity. The book opens with 14 salsas, sauces, and seasonings that Bayless calls "cornerstones of Mexican dishes." Other than some chile peppers essential to certain dishes, most ingredients are found in any supermarket. For any less common ingredients, a mail-order source or an easy substitution is provided. This brilliant book is engaging, informative, and inspiring. --This text refers to an alternate Hardcover edition.

This definitive collection from Chicago chef and James Beard Award winner Bayless, in collaboration with his wife (and fellow restaurateur) and food journalist Brownson, proves comprehensively that the best Mexican food requires—and amply rewards—dedication and, often, time. Bayless begins with 15 Essential Recipes for salsas and sauces that work as "building blocks." Substitutions are suggested for uncommon ingredients, and excellent descriptions identify fresh and dried peppers. Throughout the text, sidebars inform about such items as tortilla presses, cactus paddles, pumpkin seeds and the delicacy huitlacoche (black corn fungus). Bayless explains fat's importance in the Mexican diet and tells how to make good lard at home. The chapter on salads includes two versions of guacamole, one given a fresh twist with roasted tomatillos; the chapter on

soups offers Chilled Tortilla Soup with Shredded Chard and Oaxacan Black Bean Soup. An array of authentic Mexican fare is explored in "Tacos, Enchiladas and Other Casual Fare" (Simple Red Mole Enchiladas with Shredded Chicken) and "Vegetable, Bean, Rice and Egg Dishes" (e.g, Green Poblano Rice). "Fiesta Food" includes recipes for moles and tamales. Gringo cooks can relax with simpler main dishes?Red Chile-Braised Chicken wreathed in ancho and garlic sauce, smoky Chipotle Shrimp or zesty Chile-Glazed Country Ribs. Desserts are as delectable as Modern Mexican Chocolate Flan and as unusual as Crunchy Amaranth Tart and Creamy Lime Pie. Mail-order sources and a bibliography are included. Photos not seen by PW. Copyright 1996 Reed Business Information, Inc. --This text refers to an alternate Hardcover edition.

I love this book! To my delight, the dishes are much easier to put together than I had anticipated. The dishes are fantastically flavorful. And everything we've tried have been total kid pleasers. Our favorites are the Tacos of Tomatillo Chicken with Wilted Greens and Fresh Cheese, and Chicken Breasts with Poblanos, Mushrooms and Cream. He titles all of the dishes in both Spanish and English. This is very helpful when trying to search for a dish you had in a restaurant that you want to make at home, or when ordering. If you have difficulty finding fresh epazote, Penzeys sells dried epazote online.

While I've only had this book for a few weeks, I've spent a lot of time reading through it, studying the recipes and enjoying Rick's writing and commentary. I can tell already this is going to be a book I will treasure, cook and learn from for many years to come. I have tried a number of the recipes already and each one has turned out incredibly good, with rich flavors that don't just rely on heat. Indeed, my partner usually makes a face if I say I'm cooking Mexican because he doesn't do well with "spicy food" - but he's given me raves already on the pork carnitas, fish soup, and various salsas and guacamoles I've made for him so far. I will say that many of the recipes in this book do take time to prepare, from grinding and making spice pastes to slowly simmering soups and braising meat. But the rich flavors that result are well worth the time, and I feel like I am at least really beginning to learn Mexican cooking like never before. I also am eager now to get the rest of Rick Bayless's cookbooks if they are anywhere near as good as this one!

The condition of the book is actually better than expected. A really good price and really fast delivery. I ordered 3 books on the same day and this was the first to arrive.

I've only just begun to cook out of this book, but so far I really like the style and recipes. The dishes seem very authentic and the book explains regional nuances for each dish. Compared to all of the Mexican cookbooks I've acquired this is by far one of the best.

Oh I do love this book! It is fun to explore authentic Mexican food, which does not resemble that which you receive at an Anglicized local cafe. I am so into Mexican food and the layers of flavor that is in every dish! Ole'!

what it lacks in photos (which you don't need) this book more than makes up for in recipes and background information on the food and culture. Easily one of my favorite cook books period.

It is very evident when you first peruse this book that a lot of time and research went into creating an authentic experience with each dish. As a New Mexican, I can honestly say many of these dishes would hold up well in just about any of the restaurants I have frequented from Taos to Albuquerque but can be executed within the confines of your own domestic kitchen. A nice addition to any cookbook collection.

My package arrived much sooner than expected. Although there was no sleeve on the book, the book was in perfect condition. This is an absolute MUST for anyone who has an interest in Latin American cooking. I could easily spend the next few months attempting to make every recipe. Rick Bayless not only gives a full and easy explanation of how to make every dish, he also explains the history and culture about certain ingredients. By far my favorite cook book.

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