



Fresh Mexico: 100 Simple Recipes for True Mexican Flavor

Marcela Valladolid

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Growing up in Mexico, Marcela Valladolid rejoiced in the complex moles, dozens of different chiles, and homemade tortillas that graced her family's dinner table. Going to school across the border in San Diego, and later to cooking school in Paris, she found plenty to love in the markets, quickly folding new ingredients into her repertoire. She also encountered some curious foods masquerading as authentic Mexican: cheddar cheese—stuffed quesadillas, tortilla chips drowning in still more cheese, and the ubiquitous everything-but-the-kitchen-sink overstuffed burritos. Where were the authentic, easy-to-prepare Mexican recipes she grew up with? The brightly flavored seafood ceviches bursting with freshness? The simple, slender burritos filled with nothing more than intensely flavorful braised meat and blistered chiles? The healthy salsas that come together in minutes but can transform a meal?

In her vivacious, fresh voice, Marcela aims to invigorate America's taste for real Mexican food—dishes that can be accomplished on any busy weeknight but that still express the authentic flavors of her native cuisine. Her food is much like her, Mexican but influenced by other cultures. You'll find recipes for Tilapia Ceviche; Butternut Squash—Chipotle Bisque; Roasted Pork Loin with Pineapple Glaze; Ancho-Chocolate Braised Short Ribs; and Fresh Guava Layer Cake.

Inspired ideas, helpful cooking techniques, and ingredient substitutions make this the most accessible, appealing, and contemporary Mexican cookbook you'll find today. In addition, fast recipes and dishes that are low in fat are called out with easy-to-find symbols. With more than a hundred delicious recipes and beautiful color photography throughout, *Fresh Mexico* introduces a new generation of Americans to the vibrant flavors of modern Mexico.

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