

Budget-conscious, vegetarian-friendly, tasty, and nutritious recipes from traditional Mexican cuisine, with a special section about native Mexican food plants, recipe anecdotes, and all original photos and illustrations by the author. Packed with traditional Mexican recipes for vegetarians and meat-eaters alike, the Bajios Bounty authentic Mexican cookbook is sure to offer a new favorite Mexican recipe for you and your family. Authored by a gringa who married into a farming family big on traditional Mexican food in Queretaro, Mexico; the book was written and tested with American tastes and cooking experiences in mind, but with the unique tips about authentic Mexican food that only an insider can provide. If you thought vegetarian Mexican cooking meant beans and rice, you are in for a treat. Low(er) fat, meat-free and poultry-based versions of popular traditional Mexican dishes such as enchiladas, chile relleno, tamales, mole, pastel tres leches, are included. From the state where the mesquites and cacti rule, you will discover traditional Mexican recipes for local favorites you may have never tried before, or have only seen in authentic Mexican restaurants. They have colorful names such as the Paloma, Michelada, Nopales, Chilaquiles, Posole, and Tinga. As if these weren't enough, you will also find several Mexican fusion recipes that combine the best of Mexican with other world flavors.

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I have coauthored 2 books in Mexico. In I self-published "The Bajio's Bounty : Home cooking for the Queretaro, Mexico Region" which is. Authentic Southern Cooking: Four Generations of Black Culinary Tradition. Paperback The Bajio's Bounty: Home Cooking from the Queretaro, Mexico Region.

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