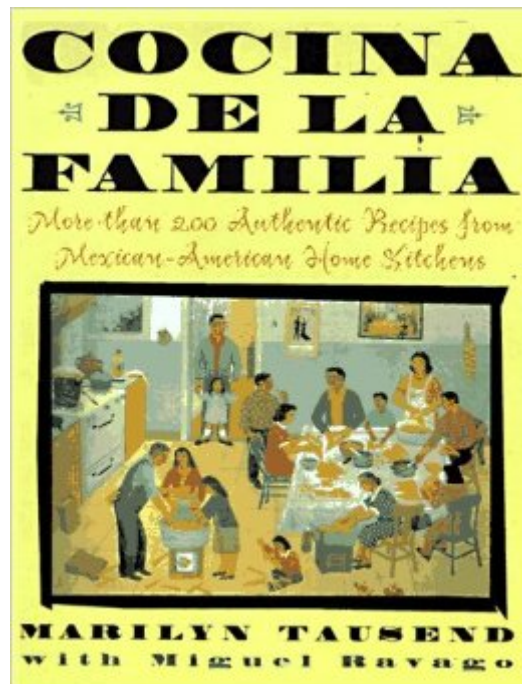


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# Cocina De La Familia/the Family Kitchen : More Than 200 Authentic Recipes From Mexican-American Home Kitchens



## Synopsis

For three years, Marilyn Tausend traveled across the United States and Mexico, talking to hundreds of Mexican and Mexican-American cooks. With the help of chef Miguel Ravago, Tausend tells the tale of these cooks, all of whom have adapted the family dishes and traditions they remember to accommodate a life considerably different from the lives of their parents and grandparents. In these pages you will find the real food eaten every day by Mexican-American families, whether they live in cities such as Los Angeles or Chicago, the border towns of Texas and Arizona, the farming communities of the Pacific Northwest, or the isolated villages of New Mexico and Colorado. Now you can re-create the vibrant flavors and rustic textures of this remarkable cuisine in your own kitchen. Most of the recipes are quite simple, and the more complex dishes, like moles and tamales, can be made in stages. So take a savory expedition across borders and generations, and celebrate the spirit and flavor of the Mexican-American table with your own family.

## Book Information

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## Customer Reviews

Marilyn Tausend tells the real story of what Mexicans eat at home and what a delicious story it is! There is none of that goopy cheese-laden pseudo-food that passes for "Mexican" in inferior emporiums. What you have here is the real enchilada. As a Southern Californian "of a certain age", who is only Mexican by taste buds, I can attest to the authenticity of these recipes. As a retired teaching chef, I can promise great-tasting dishes from Cocina de la Familia. Because recipes are only a guide, most - if not all - of these dishes take kindly to alterations, substitutions and tinkering. Caldillo de Papas is wonderful made as directed. It is equally good made with large chunks of beef,

additions of tomatillos, carrots and zucchini, topped with cilantro and a swirl of salsa fresca.

Chilaquiles are usually made with leftover corn tortillas, but when I substituted some sliced tamales, sauced it with the Salsa Verde (pg. 215) our breakfast guests broke into cheers! This is a book to own yourself and a book to give to those you love -- especially if you want to eat well when visiting them. Bravo Marilyn. Please write Volume Two soon.

I'm fascinated by this book. I cook Mexican food all the time- my inlaws are Mexican. I've taken notes of their legacy recipes along side of the actual cooking experience with "Mom" many times and have recorded her technique and food. This book and the recipes ring true to what I know about Mexican cooking in the USA. I have many cook books about Mexican food that are "purist" in their approach and I read them for insight into technique and ingredients. This "Cocina De La Familia" cookbook more accurately approaches what happens in my own kitchen when I modify a purist recipe. I've cooked several dishes from this book and plan to cook more... The history of lost and then regained ingredients, over generations, in cooking Mexican food in the USA is a special treat.

I have always loved Mexican food. This is a particularly great book, because it describes favorite recipes of dozens of Mexican-American families throughout the United States. Unlike many recipes I have cooked from other Mexican cookbooks, the recipes in Cocina De La Familia are traditional recipes that have often been altered and simplified by families here in the U.S., using local and easier to get ingredients. I find these recipes easier to cook and shop for, but always tasty and authentic. I have cooked many of the recipes and loved nearly all of them. Thank You for this wonderful cookbook Ms. Tausend!

I've tried them all, being that my significant other is from Mexico, I'm always looking for true, traditional Mexican recipes and this book is it! Truly the best I've seen!!! Excellent explanations of each dish, its origins, and how to serve it. I highly recommend it!

Having grown up and spent most of my life in ID, OR, WA & CA and being around good Mexican food all my life this is a great cookbook for me. This is a representation of Mexican regional food I grew up with in these areas of the nation and the recipes and stories are so fun to read and cook! The beans/rice/carnitas/salsas have all been spot on. I now live in the midwest and good Mexican food is hard to find in our area, so this cookbook has been a great find! I randomly ran across this in my local library and I am so thankful I did. Great find.

I enjoy it . The stories are great, and the recipes are wonderful, and take the mystery out of cooking Mexican food. It also shows that Mexican food is so much more than Enchiladas, Tacos, Beans and Rice. It even gives them a different flavor. Viva! for Cocina de la Familia.

I was pleasantly surprised at the variety of recipes offered here. If you love Mexican AMERICAN food, you are going to love this. Most of the ingredients are things you have on hand. The recipes are easy to read and follow. Overall, I am quite pleased with this purchase.

I absolutely love this book I have owned it for 8+ years. Many of these dishes taste very authentic. I absolutely love my mothers cooking however she doesn't have any recipes she follows, "it's a pinch of this and a little of that..." these recipes are as close to my mothers cooking as I can find (with a few personal modifications) No pictures just really great recipes. Mexican cooking is always best from scratch so many of these recipes seem complicated but it's DEFINITELY worth it. I handed this book down to a family friend but regretted it and purchased another copy.

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