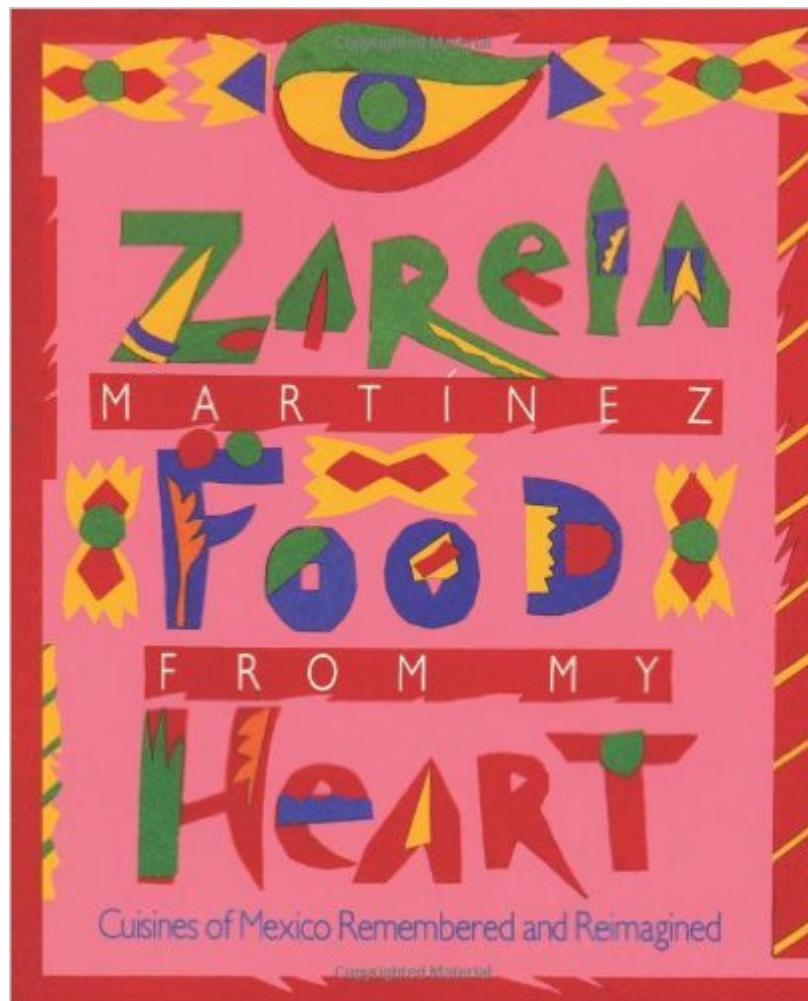


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Food From My Heart: Cuisines Of Mexico Remembered And Reimagined



Synopsis

"Food From My Heart" is Zarela Martinez's culinary autobiography in which she describes not only the foods of different times of her life but the way life was lived in Mexico then. She chronicles a way of life that she feels is mostly gone forever but that set her on her journey to success as a chef, restaurateur, entrepreneur and promoter of Mexican food and culture. Having grown up on the border with the United States, she was not acquainted with her Mexican roots. Her first visit to the state of Oaxaca, Mexico, changed all that and her love affair with Mexican regional cooking was born. Her description of her experiences while traveling and getting to know the states of Chiapas, Yucatan, Veracruz and other parts of the country shed light on a Mexico that is not widely known or understood in the United States. The book is peppered with stories, jokes and anecdotes about a most colorful and historically important family and the people she met along the way that brought her to New York and helped her achieve great success here. But this is no dilettante's vanity publication. It is built on a solid foundation of thorough and carefully researched information on the history of Mexican food, its ingredients and cooking techniques. There is a large section of basic recipes or "building blocks" as she likes to call them on which she developed her unique style of cooking known for its layers of flavors. You'll find the recipes for many of the dishes she served at her restaurant Zarela for 23 years.

Book Information

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Customer Reviews

This book is filled with wonderful ideas for a creative cook. It also contains many excellent recipes. I have owned two printed copies of this book and given them away. I just bought the Kindle edition and am disappointed that the table of contents is inadequate. Woefully so! To add insult to this

injury, there is no index for finding a recipe. Fix it, please.

Besides being filled with step by step instructions on how to prepare authentic Mexican dishes, Zarela gives you a very detailed description of many of Mexico's regions and customs. She takes you visiting at her father's ranch. Where you get to meet many of the people who worked at the ranch. Here is a quote from the "Los Angeles Times": "There's as much for the serious reader in Zarela's Martinez's book *Food From My Heart* as for the serious cook. Martinez's memoirs of growing up in Mexico...make great armchair reading..."

(*Food from my Heart: Cuisines of Mexico Remembered and Reimagined*) -- I cannot imagine ANYONE giving this book less than five stars!! It's packed with recipes and "how-to's", detailed info about ingredients, and quite a few of the author's preferences and recommendations. I love Mexican food, and every cookbook I've ever run across contains adapted recipes that are not authentic. So it isn't full of "pretty pictures" of professionally prepared food.... It has a GREAT index and probably about every detailed piece of information you could ever need to make the best food! KUDO's to the author for creating such a complete "Bible" to Mexican cuisine! I love the book, and if you love Mexican food the way I do, you need this book. I rarely write reviews, but this book has so impressed me that I had to say something!

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