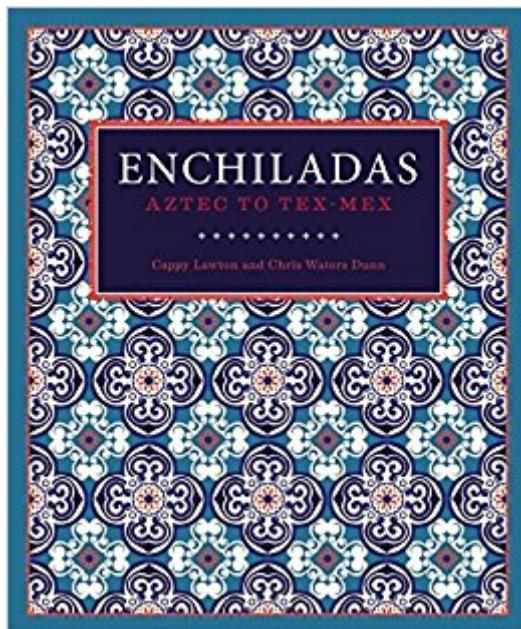


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# Enchiladas: Aztec To Tex-Mex



## Synopsis

Enchiladas: Aztec to Tex-Mex is an in-depth exploration of one of Mexico's most historic and popular foods. Illustrated with sumptuous photography, the book showcases more than sixty traditional and contemporary recipes for enchiladas, as well as recipes for the salsas, salads, and sides that accompany them. The enchilada is more than an everyday Mexican food. It is the history of a people--rolled, folded, and flat--that embodies thousands of years of Mexican life. The evolving ingredients in enchiladas from pre-Columbian to modern times reveal the internal and external forces that have shaped the cuisine and culture of a nation. In this definitive cookbook, you'll explore every aspect of this iconic food, as well as gain insights into many popular Mexican ingredients, including herbs, spices, cheeses, and chiles. You'll learn the basic techniques for making many staples of the Mexican cocina, such as homemade tortillas, queso fresco, crema Mexicana, and chorizo. With Enchiladas: Aztec to Tex-Mex, you can prepare enchiladas in the traditional Mexican way--with loving hands. With this book, you'll learn to make corn tortillas from scratch, including colorful flavor-infused versions. Fire roast fresh chiles and prepare dried chiles for enchilada sauces and moles. Dry roast tomatoes, onions, garlic, and chiles using a traditional comal (griddle). Make your own homemade queso fresco, crema Mexicana, and chorizo. Prepare tender pot beans and savory refried beans. Cook perfect Mexican rice--six ways. Prepare chicken, pork, beef, seafood, and vegetables for fillings. Enchiladas: Aztec to Tex-Mex is also packed with information about many other key ingredients of Mexican cuisine, including avocados, tomatoes, tomatillos, and nopales (cactus). A section on Mexican cheeses describes their flavors, textures, melting properties, and possible substitutes. Fresh and dried chiles used in enchilada cookery are presented, along with a description of their flavor profiles, heat levels, and specific uses. Experience the history of Mexico through its most delicious ambassador, the enchilada!

## Book Information

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## Customer Reviews

A beautiful oversized cookbook. This cookbook is very complete. The first 10 or so pages show pictures of future dishes followed by basic ingredients and how to purchase, store, and make in house Crema Mexicana, tortillas and chorizo. A detailed list of Mexican cheeses is included with each identified and discussed. Spices follow with information on how to preserve fresh cilantro for more than a week. A bonus in itself ! And since lard is a cultural staple it also tells how to render your own. And it is actually less total fat per tablespoon than other oils. Beans and rice follow with recipes. We finally arrive at the enchiladas with pork as the featured meat. A large variety of recipes follow including enchiladas potosinas, an empanadas style and enchiladas tultecas which is an open faced style. The beef section is small as beef is not a commonly used meat in Mexico. Chicken and poultry follow with pastel Azteca, a layered casserole dish and enchiladas de pato (duck) . From Guadalajara comes enchiladas tapatias, a favorite of Frida Kahlo. To complete the book, seafood and then dairy and egg enchiladas follow. If you are a vegetarian then eggplant, spinach, potato cheese and sweet potato are included. And for those who can't live without the lure of tex mex the end of the book will satisfy you. But hopefully by then you will have grown to appreciate all of the more traditional enchiladas. All of the recipes are well presented and easy to follow. While some of the ingredients will be hard to find in a grocery store a good Mexican grocery will be a marvelous source for the more unusual. This is an excellent cookbook if you want to move easily past the standard Tex mex restaurant enchiladas.

What a wonderful book this is! The recipes for all the Mexican dishes are expertly researched, and the writing is informative. The pictures are beautiful and we've loved every dish we've tried. This is the first really concise book on our favorite Mexican food - tasty and easy to prepare! An excellent addition to any cook's collection. Bravo!

Whether you're from San Antonio or Mexico, these authentic recipes have the full range of flavors we love, from seafood to vegetarian to Tex-Mex. The photos are amazing, and the historical background is really interesting. How to cook corn tortillas was a nice addition.

A friend recently gave me this book, knowing that I love Mexican food and cookbooks. Wow! I had no idea that there were so many incredible enchiladas. I have randomly cooked five recipes and they were all delicious. Often, I find cookbooks to be confusing and inaccurate. So far, this is one of the best and easiest that I have found. It has surprised me how healthy most of the 60+ recipes appear and I look forward to trying many more. I highly recommend this cookbook to people that love the flavors of Mexico!

I thought I knew everything about enchiladas, until I got this book. As it turned out, I knew nothing at all. This book is a total enchilada education. It is extremely well-written, beautifully designed and features many color photographs. Not only does it offer recipes for so many different kinds of enchiladas, but also features a section on the ingredients that go into the making of enchiladas as well as more information on foods and sauces that accompany them. For anyone who has ever made enchiladas, or wants to prepare them, this book is a must have. It is a substantial hardback, very impressive and five stars for sure.

Spectacular book. And the photos really complement it. Wondering why, though, in the definition of the word 'enchilada', they didn't go the one step further and explain that the word *enchilada*, being an adjective, that the original full name would be 'tortillas *enchiladas*'. Or did I just miss it? I do like, and plan to use, their word, 'chilify'.

As much as I love to cook, I've always been afraid of Mexican cuisine. The cheeses, the chiles, the sauces... all unfamiliar names and used in ways I didn't understand. This book has changed all that. The authors open with a clear and amazingly helpful range of topics, from a primer on Mexican spices and cheeses and chiles, to instructions for a delicious and healthy cactus salad, and how to make your own tortillas and Crema Mexicana. Once you get to the recipes, you recognize the terms and ingredients, and the cuisine feels already familiar. The recipes are carefully crafted in an easily followed, step-by-step format, presenting enchiladas with a broad range of styles and fillings. What fun! And the photography is gorgeous.

Just got my copy a few days ago and can't put it down. The recipes are outstanding and simple. Lots of history and information on different ingredients. The photographs make it almost a coffee table book. Best Tex Mex cookbook I have ever seen.

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