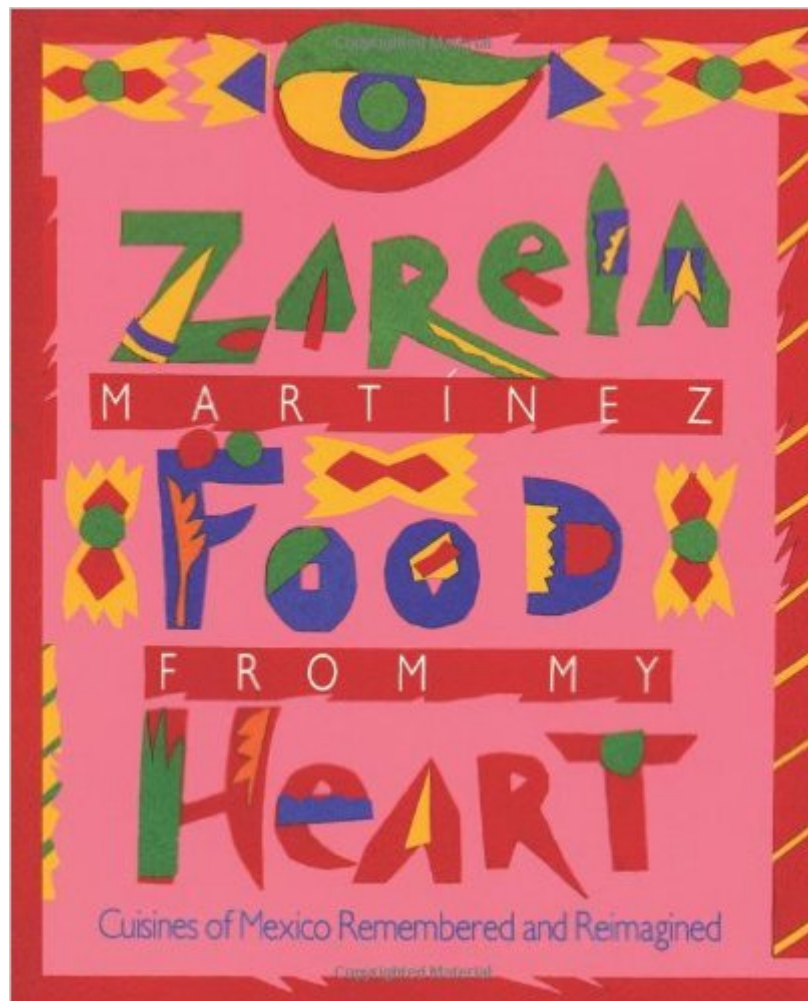


The book was found

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

Paperback: 368 pages

Publisher: CreateSpace Independent Publishing Platform (November 24, 2010)

Language: English

ISBN-10: 145635759X

ISBN-13: 978-1456357597

Product Dimensions: 7.5 x 0.8 x 9.2 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #714,429 in Books (See Top 100 in Books) #219 in [Books > Cookbooks, Food & Wine > Regional & International > Mexican](#)

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!

[Download to continue reading...](#)

Food from my Heart: Cuisines of Mexico Remembered and Reimagined
Mexico: A Traveler's Guide to the Must-See Cities in Mexico! (Mexico City, Cancun, Cozumel, Mazatlan, Puerto Vallarta, Guanajuato, San Miguel de Allende, Oaxaca, Merida, Tulum, Mexico)
The Essential Cuisines of Mexico: Revised and updated throughout, with more than 30 new recipes.
The Food Service Professional Guide to Controlling Restaurant & Food Service Food Costs (The Food Service Professional Guide to, 6) (The Food Service Professionals Guide To)
All Under Heaven: Recipes from the 35 Cuisines of China
The One World Schoolhouse: Education Reimagined
Reimagined: 45 Years of Jewish Art
The Food Service Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To)
Mexico ABCs: A Book About the People and Places of Mexico (Country ABCs)
Vida cotidiana en las haciendas de Mexico/ Daily Life in the Haciendas of Mexico (Spanish Edition)
Mexico!: 40 Activities to Experience Mexico Past & Present (Kaleidoscope Kids Books (Williamson Publishing))
The vigil Of The Little Angels (Day of the Dead In Mexico)
La Velacion De Los Angelitos (Dia De Muertos En Mexico)
Coral Reefs of the Southern Gulf of Mexico (Harte Research

Institute for Gulf of Mexico Studies) El Sur De Mexico: Cruce De Caminos Para Los Pajaros
Migratorios / Sothern Mexico: Crossroads for Migratory Birds A Land and Life Remembered:
Americo-Liberian Folk Architecture Smartypants Branding: The Ultimate Guide for Women
Entrepreneurs to Getting Recognized, Being Remembered, and Making More Money in Business
Jesus Before the Gospels: How the Earliest Christians Remembered, Changed, and Invented Their
Stories of the Savior Food Politics: How the Food Industry Influences Nutrition, and Health, Revised
and Expanded Edition (California Studies in Food and Culture) Our Time at Foxhollow Farm: A
Hudson Valley Family Remembered Life Remembered

[Dmca](#)