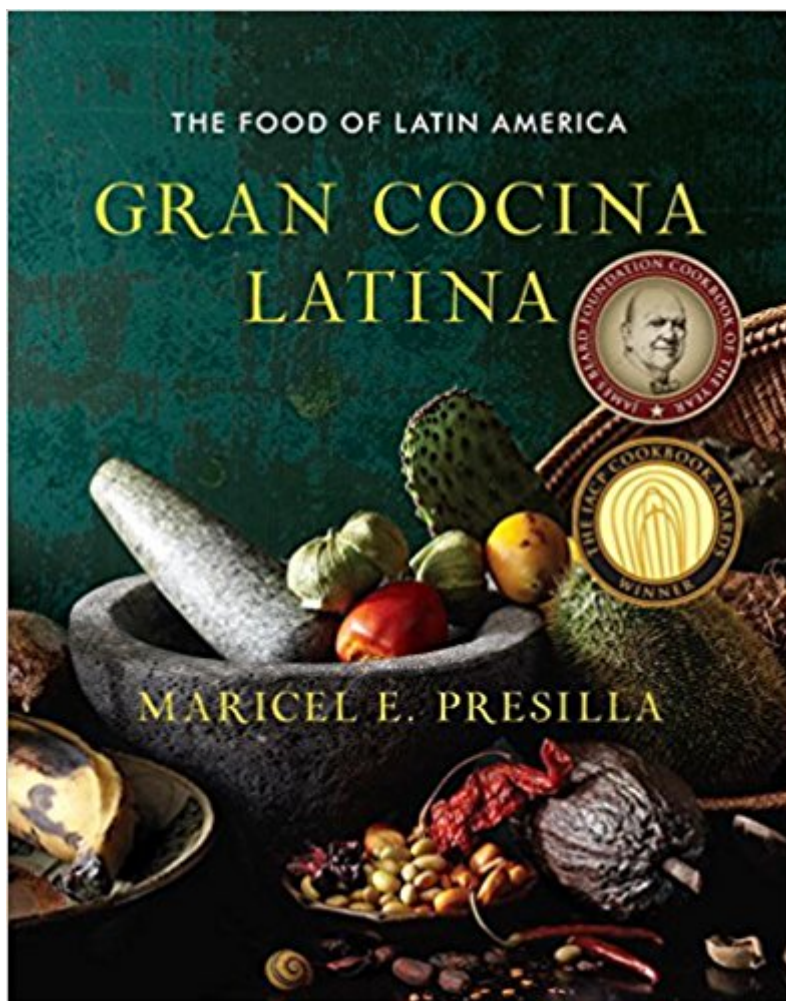


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# Gran Cocina Latina: The Food Of Latin America



## Synopsis

The 2013 James Beard Foundation Cookbook of the Year How to cook everything Latin American. Gran Cocina Latina unifies the vast culinary landscape of the Latin world, from Mexico to Argentina and all the Spanish-speaking countries of the Caribbean. In one volume it gives home cooks, armchair travelers, and curious chefs the first comprehensive collection of recipes from this region. An inquisitive historian and a successful restaurateur, Maricel E. Presilla has spent more than thirty years visiting each country personally. She's gathered more than 500 recipes for the full range of dishes, from the foundational adobos and sofritos to empanadas and tamales to ceviches and moles to sancocho and desserts such as flan and tres leches cake. Detailed equipment notes, drink and serving suggestions, and color photographs of finished dishes are also included. This is a one-of-a-kind cookbook to be savored and read as much for the writing and information as for its introduction to heretofore unrevealed recipes. Two-color; 32 pages of color photographs; 75 line drawings

## Book Information

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## Customer Reviews

“Starred review. Well-researched, organized, and impressive, [Gran Cocina Latina] covers dishes from Mexico, Argentina, and the Hispanic Caribbean. This comprehensive collection is fascinating, informative, and stunning.” - Publishers Weekly  
“Starred review. This comprehensive and meticulously wrought reference book belongs in every library’s cookery collection.” - Booklist  
“This book not only answers the how but the why as

well. Maricel is our bridge to the past, the history of Latin American cocina, describing the original connections to Spain and its cooking and then what has evolved... more aromas, more textures, more flavors, more sexy ingredients. We can now understand Latin America better because of Maricel and the amazing foods that tell its rich history.

— Joselynne Andrews — “I know of no other book that approaches the scholarship, passion and decades-long dedication that Maricel Presilla has lavished on *Gran Cocina Latina*. — Rick Bayless — “*Gran Cocina Latina* is a book as grand as its subject. It’s a beautifully written distillation of Maricel Presilla’s decades of experience in the markets and kitchens of Latin America. I can’t imagine a better guide to this vast and underappreciated region. Maricel is a scholar, food importer, restaurateur, tireless explorer, and above all is passionate about everything she does. *Gran Cocina Latina* explains clearly how to bring the special flavors of Latin America to our own tables.” — Harold McGee — “Books like this don’t happen very often so drink it in and know it will still be in your kitchen ten years from now.” — Lynne Rossetto Kasper, Host of *The Splendid Table* — NPR, public radio’s national food show from American Public Media — “The food of the Spanish- and Portuguese-speaking New World is complex, intricate, and has variety and range, extending from Cuba to Ecuador and from Mexico to Brazil. Maricel Presilla, a chef and food historian, takes us through that whole continent in a comprehensible, intelligent, original, and delicious voyage.” — Jacques Pépin — “[A] serious but accessible study.” — Pete Wells, *New York Times*

Maricel E. Presilla is the co-owner of Zafra and Cucharamama, two Latin restaurants in Hoboken, New Jersey. She holds a doctorate in medieval Spanish history from New York University and lives in Weehawken, New Jersey.

This book is amazing. It’s her collection of recipes from all over Latin America. Pictured below: 1) Her Cuban Avocado, Watercress, and Caramelized Pineapple Salad is a delicious, beautiful, unusual show stopper. I brought it to dinner club and everyone raved. It’s my go to Cuban side dish now. 2-3) My husband’s favorite comfort food is Ropa Vieja, so I always try that recipe first. Maricel’s recipe is the best flavored that we’ve tasted! 4) The Cuban-Style Shrimp in Enchilado Sauce is fantastic! I make the pineapple avocado salad for that, too. :) 5) Chicken Fricassee, Cuban-style - p662. So yummy and easy! 6) Yucatecan Fruit Salad with Bitter Orange — p 555. Wonderfully refreshing, sunshiny spicy citrus, papaya, and jicama salad. 7-9) Galician Empanada with Chorizo — p 414. Love this. It calls for a full pound of Spanish chorizo, so I did a

1/2 pound of hot and a 1/2 pound of medium. This is delicious. My husband paired it with a gorgeous tempranillo. I usually make little empanadas with cute little scalloped edges. This is a giant family sized empanada baked in a paella pan. I just couldn't get the scallops on the edge with the edge of the paella pan there, so I'll probably just use a baking sheet next time. Maybe you'll have better luck. 5) Spicy Andean Corn and Cheese Salad p 561. Great summery salad. It's very filling with a full pound of queso fresco in there. Great book!

This cookbook is truly amazing. Very inspiring if you love any kind of Latin food and want to try making it at home. Personally, I was looking for a cookbook that explained in detail how to make many Argentine recipes (I'm Argentine) that was current and English and this book does that, and far more, covering all of Latin America. I love reading all the history and incredible detail that she provides on each recipe. I'm trying out her Leaping Frog chicken recipe today and all the spices together smelled heavenly as I was dressing the chicken. Excited to see how it comes together. My only complaint -- and I agree with other reviewers that many of the ingredients that she suggests are hard to find so the one thing missing for me is a resources section of the book of where to find these ingredients. I live in Brooklyn and I know Maricel Presilla, our author, lives in Hoboken, NJ so its possible I could go to some of her local stores, or even order special ingredients online but she doesn't give her readers a lot of hints on where to source these special ingredients, online or local to her, which is a bit of a bummer. Maybe she can add that to a second edition!

I saw this book first in my Public Library and checked it out. Ultimately they made me bring it back. Then I bought it, and no one can make me bring it back. I spent a career in Venezuela and Mexico, mostly in the back country, often sleeping in hammocks and eating fresh cooked foods unavailable in big city restaurants (when I had the opportunity to look for them.) I'm now in my late 80s, and this book refreshes memories of foods long forgotten, marimates taste buds, and pulls me back into the kitchen. Perhaps most gratifying are the fragments of history of where these foods originated and where and how they arrived and were modified for the New World tongue. Thank you, Maricel Presilla. And Thank you, .

I wanted to learn flavor of Latin America food, so I decided to buy this book. I read the whole book! I cooked a "Tasting of Latin America cuisine" meal, from various recipes of different countries from this book, everyone loved it. Some reviews criticized this book, but I find that if you are serious

about learning the cuisine, you can get a lot out of this book.

I was so glad to see that the book came so fast. I started reading it and could not put it down. The book is not just a cook book full of recipes but also a history book on latin food.a great description of spices, chilis and flavor building and a like of personal experiences to tie it all together. The book is really big but it keeps you attention if you have any kind passion for cooking.

Great reference book with an assortment of recipes from the Latin culture. Some recipes vary from the traditional ingredients and methods used by family. Varied recipes are not uncommon when they have been passed down from generation to generation. Latin recipes are also known to vary from region to region as well as from country to country, so don't let varying recipes discourage you.Overall a great reference book for Latin cuisine with a wide variety of great recipes.

What a treasure trove of knowledge and recipes. Love this book!

I love the recipes in this cookbook...I have traveled to numerous South American countries and I was very happy to find a cookbook that recreated the wonderful meals I enjoyed while traveling there.

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