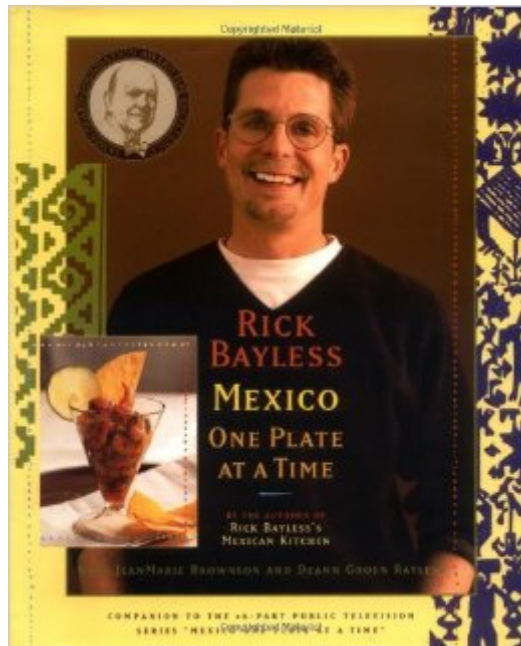


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# Rick Bayless Mexico One Plate At A Time



## Synopsis

Rick Bayless has been acclaimed widely as America's foremost proponent of Mexico's thrillingly diverse cuisine. In this companion book to his 26-part Public Television series, he takes us, with boyish enthusiasm, through Mexican markets, street stalls and home kitchens to bring us the great dishes of Mexico, one *plate* at a time. Rick Bayless has been acclaimed widely as America's foremost proponent of Mexico's thrillingly diverse cuisine. In this companion book to his 26-part Public Television series, he takes us, with boyish enthusiasm, through Mexican markets, street stalls and home kitchens to bring us the great dishes of Mexico, one *plate* at a time. And each *plate* Rick presents here is a Mexican classic. Take guacamole, for instance. After teaching us the essentials for a perfect, classic guacamole, Rick shows how to spin contemporary interpretations, like his Roasted Poblano Guacamole with garlic and parsley. Rick's cuisine is always lively, but rooted in strong traditions. Always the teacher, Rick begins each *plate* with some never-before-found features: traditional benchmarks (Rick's idea of the best guacamole), when to think of the recipes (weeknight dinners or casual party food), and advice for American cooks (Rick's insight into the ingredients that make the dish). He rounds out each *plate* with suggestions for working ahead. To complete the journey into the Mexican mindset, Rick, with help from his testers, ends each *plate* with a question-and-answer section detailing just about everything a home cook might want to know: What are the best cuts of beef for grilled tacos? The best cheeses for quesadillas? Is one grill better than another? Rick draws from his years of living in Mexico, pulling us into the Mexican kitchen, to teach us how to create authentic Mexican dishes in our American kitchens. Rick is an Indiana Jones of the stove, a Julia Child of Mexican cuisine in black jeans and a T-shirt. Rick's goal: to enable folks all across the United States to create dishes that weave in the rich tapestry of Mexican flavor with ingredients that are widely available. He always provides ingredients that make the dish authentic, but he also delivers with the right substitute if an ingredient is hard to find. Experience food you can't wait to make in a new and user-friendly cookbook that contains the full range of dishes: Starters, Snacks and Light Meals; Soups, Stews and Sides; Entrées; Desserts and Drinks. Rick serves up such classic Mexican plates as Tomatillo-Braised Pork Loin, Quick-Fried Shrimp with Sweet Toasty Garlic, Chiles Rellenos, Cheesy Enchiladas Suizas, and Mexican Vanilla-Scented Flan. And for an exciting taste of the unexpected, try Rick's contemporary interpretations of the classics: Crispy Potato Sopes with Goat Cheese and Fresh Herbs, Grilled Salmon with Lemon-and-Thyme-Scented Salsa Veracruzana, Broiled Flank Steak with Tomato-Poblano Salsa and Rustic Cajeta Apple Tarts with Berry Salsa. Food and friends, food and family. Good cooking, for Rick, is the unspoken

animator of friends and family as they gather to share a meal. Rick's recipes lend themselves to weeknight family meals or celebrations. Take part in a tamalada, the tamal-making party before the party, or the ritual of a barbacoa, an earthy experience that Rick has made possible with a kettle grill in the backyard. 24 color photographs of finished dishes Photographs of Mexican location shots throughout

## Book Information

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## Customer Reviews

When I was growing up my idea of Mexican food was having to eat those terrible Mexican TV Dinners - YUCK. (The same went for Chinese food.) As a young and middle aged adult I refused to go to a Mexican restaurant based upon my childhood cuisine nightmares. Now I am married to someone who loves food from all around the world. He has been responsible for introducing me to many ethnic foods that I would have otherwise never tried. Several years ago my husband and I went on a vacation to a place about an hour south of Cancun on the coast near Tulum Beach...Puerta Aventura. It was a 5-star all-inclusive hotel. Among other things that impressed me was the exquisite food. We both must have gained ten pounds on that trip. That was my first taste of good Mexican food. What an eye opener. Not long ago I was watching FoodTV and saw Rick Bayless, heard about his book, heard the rave reviews on it, and watched several popular chefs prepare authentic Mexican regional cuisine. I was fascinated and wanted to try it out. So I bought this book. Let me tell you folks, if you have never had good Mexican food, this is THE PLACE to start. If you have only eaten it in restaurants, this is THE BOOK to start cooking it. I began with his Classic Guacamole (to die for), then his Shrimp Ceviche (double to die for) and went on from there. Just the reading and learning itself is a treat. In addition to the recipes, Bayless often goes into

detail about the source or inspiration of the recipe; for instance, he talks about the Tortilla Soup...it's his Mom's tortilla soup and he gives the background of the many uses for tortillas. I didn't know this stuff! He also includes a section on the many types of equipment, spices, herbs, tools and anything else you can think of in preparing and seasoning. There is also a section giving Internet sites to shop for the supplies you will need. Now I am the proud owner of an electric tortilla press and let me tell you, once you eat a homemade tortilla, there is no turning back to the store bought kind. Thank you Rick Bayless for writing a book that helps people like me learn the joys of cooking and eating this wonderful food.

Mexico One Plate at a Time has many easy recipes for beginners yet contains tons of tips and tricks in the question and answer section for experts. Overall the recipes seem to be a little simpler and stripped down than those in Bayless' first two books, which is probably good for beginners as well as for those of us who are time starved. For anyone who has ever tasted the famous duck tacos at Frontera Grill there is a similar recipe in the new book (I am on my way to the store to get a duck now!). Another great thing about the book is that you can find a recipe for any mood that you might be in - the recipes range from casual to dressy and each dish has a traditional and contemporary version.

I own both "Authentic Mexican" and "Rick Bayless' Mexican Kitchen," and I had reservations about buying this one as well, and I did not regret it. There is significant overlap in the recipes among the books, but I like the layout and organization on this one the best. This one would certainly be the best one for a beginner.

Rick Bayless's cookbooks are among the best because he is not content to supply recipes and instructions: he authentically cares what appears on your table and provides thoughtful conversation regarding each preparation. He anticipates problems for household cooks. He leads beginners through preparations unique to Mexican cooking. He is a teacher in the very best sense of the word! Remember that high school teacher or college prof who made all the difference? Rick Bayless's Mexico One Plate at a Time wants to be that kind of a cookbook.

As a great fan of Bayless' restaurants and the happy owner of two of his previous cookbooks, but a person for whom leisurely cooking is often only a dream, this latest cookbook proved to be a dream come true. As wonderful as the recipes may be in Bayless' other books, they are often necessarily

time-intensive, perfect for the weekends but a bit much for weekday evenings after a long day at work. This book is the perfect adjunct: it features wonderful, beautifully-balanced and flavor-intensive dishes that can be prepared much more quickly and readily. My wife and I are happily cooking our way through the book, and after some 15 or more dinners, we pronounce the book a gem!

Bayless' books are always good, but this one seems made to help us home gourmets. He begins with the basic Mexican dishes (they are not the typical American Mexican fare, either) then gives a classical recipe, than some adaptations. His Shrimp Cerviche and the CornFlakes Coated Snapper are out of this world. The genius of this cookbook is that it teaches us not only what good Mexican cooking is all about, but provides both foundations and building blocks for a lifetime of exploration into this wonderful cuisine which has just taken off in the past few decades. I'm sure this book will propel it into the 21st century.

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