



Cocina esencial de México (Spanish Edition)

Diana Kennedy

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Una colección de las recetas fundamentales para trazar el mapa de la gastronomía mexicana.

El testimonio de una vida entregada a la recuperación, conservación y difusión del arte culinario de nuestro país.

Un registro personalísimo del encuentro con cocineras y vendedores de alimentos a lo largo del territorio nacional.

Un clásico moderno entre los libros de cocina publicados en todo el mundo.

Así puede caracterizarse *Cocina esencial de México* (volumen que reúne los tres primeros libros de la autora: *The Cuisines of Mexico*, *The Tortilla Book* y *Mexican Regional Cooking*), referencia insuperable para entender cómo se come y se cocina en este país. A partir de años dedicados a la investigación de campo en diversos rincones de la república mexicana, Diana Kennedy presenta un rico catálogo de técnicas, ingredientes, recetas y consejos para recrear en nuestras cocinas los aromas y sabores de una de las gastronomías más variadas y sorprendentes del planeta.



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