



Enchiladas: Aztec to Tex-Mex

Cappy Lawton, Chris Waters Dunn

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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!

Enchiladas: Aztec to Tex-Mex Details

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From Reader Review Enchiladas: Aztec to Tex-Mex for online ebook

Mina Khan says

One of my favorite cookbooks of the year -- you get the whole enchilada on enchiladas :) The recipes are of varying levels -- step by step instruction, easy ones, and progressively more complex ones. It gives you the evolution of the enchilada, a history lesson, a lesson about the Mexican kitchen, and a diversity of flavors.

Sandra Lassiter says

Everything you ever wanted to know about enchiladas! From Mayan and Aztec, all the way to Tex-Mex, it's all covered here. Classic recipes, history, information about the various ingredients and more fill the pages of this delightful cookbook. It's sorted by main ingredient such as Pork, Beef, Cheese, Vegetable and more ending with Tex-Mex. The instructions are clear and easy to follow.

This is a gorgeous, heavy, well-made book. It would have benefited from more photos of the finished dishes, but it's still a wonderful book! Why not try some authentic enchiladas to surprise and delight your family with?

I won a copy of this book through Goodreads Giveaways. All thoughts and opinions are my own.

Iroquois says

Concise yet comprehensive.

Susan Csoke says

This is a beautiful Cook Book of Aztec to Tex Mex dishes. Fabulous Recipes, Beautifully Illustrated. This book deserves a Presentation shelf of its own. THANK YOU GOODREADS FIRSTREADS FOR THIS FREE BOOK!!!!

Ietrio says

This is a decent book about a single type of food. Which gives more space and depth to the final product.
