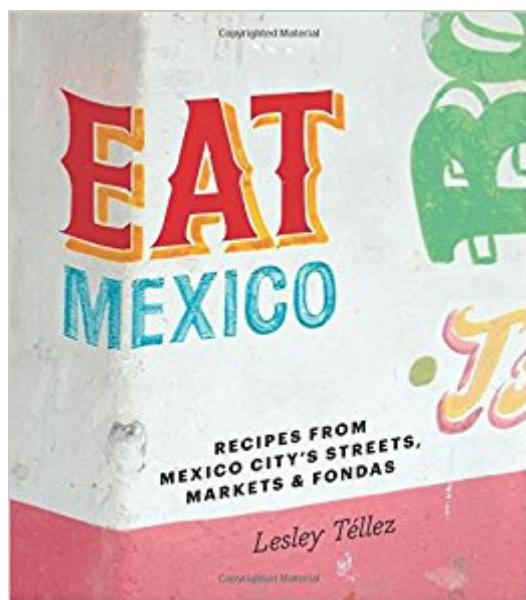


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# Eat Mexico: Recipes From Mexico City's Streets, Markets & Fondas



## Synopsis

Eat Mexico is a culinary love letter to one of the biggest cities in the world—â•a chaotic, vibrant place where residents eat from sidewalk grills and stands, and markets and casual restaurants serve up fresh, hot food daily. In this book, journalist Lesley TÃfÃ©llez—â•who also runs her own food tour company in Mexico City—â•takes you through the city's most classic dishes, offering recipes from her favorite haunts on the streets, in city markets, and in small, homestyle fondas. Many of these dishes are items Americans may not recognize: the football-shaped, bean-stuffed corn tlacoyo, topped with cactus and salsa; the tortas bulging with turkey confit and a peppery herb called pÃfÃjpalos; beer-braised rabbit, slow-cooked until tender. The book ends on a personal note, highlighting the creative, Mexican-inspired dishes—â•like roasted poblano oatmeal—â•that Lesley cooks at home in New York with ingredients she came to know in Mexico. With more than 100 recipes, on-location photography and text written in a friendly, personal tone, Eat Mexico is a must for anyone who loves Mexico, its food and unique urban culture.

## Book Information

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## Customer Reviews

Simply reading through Lesley's evocative EAT MEXICO, I could smell the crisping chicharrÃfÃn, the pots of herbaceous green mole, the toasty corn masa crisping on the comal. This is a delicious work of tender, first-hand exploration...open any page and you'll be immediately drawn into a world of honest, irresistible flavors. (Rick Bayless)Wandering through the streets of Mexico City with Lesley is one of the most delicious and exciting things a person could do. EAT MEXICO took me right back to that trip with amazing recipes and stunning photography that captures the incredible

culture found on those streets. (Sean Brock)Here is a book that love inspired, with vibrant recipes that can be easily duplicated in North American kitchens without losing their essence...and travel tips that will make you want to get on the next plane to retrace Lesley's savvy steps and eat Mexico like a native. (Maricel E. Presilla)Once, every few months, there appears an exceptional book. Often unexpected, this book will be stunning with almost every page offering a dish that you can already taste. Or a dish that you cannot fathom and that pounds on your curiosity. The exceptional book is rare, treasured, and destined to be your companion for years. EAT MEXICO is that exceptional book. If you are a fan of Mexican food, then you will enjoy this book until you have worn it out. For this is one of those books where you stop on every page and ponder: do I make it now or next weekend? But make each dish you ultimately will. (Brian O'Rourke The Huffington Post)Her new cookbook, Eat Mexico, is very much a portrait of her personal journey through Mexican cuisine, but it's also a comprehensive treatment of the beautiful everyday food of Mexico City. (Max Falkowitz Serious Eats)One of Yahoo Food's Best Cookbooks for Holiday Giving in 2015: Eat Mexico by Lesley TÃfÃ©llez brings Mexico City's everyday food scene to life with more than 100 recipes from the city's streets, markets, and fondas. TÃfÃ©llez, a blogger and culinary tour guide, was raised in a Mexican-American home, and lived in Mexico City for four years; she writes with both passion and authority. This isn't quick and easy cooking, but dishes like Green Chicken Enchiladas and Crisp Carrot Tacos are not to be missed. (Lauren Salkeld Yahoo)Anyone yearning for Mexico's ubiquitous grilled, spiced yard birds can't do better than the roasted chicken in adobo from Lesley TÃfÃ©llez's EAT MEXICO: Recipes From Mexico City's Streets, Markets and Fondas. There's nothing immigrant or Tex-Mex or California about the recipes in TÃfÃ©llez's book, which can make them challenging. ... Don't despair: The champurrado (thickened hot chocolate) and huevos MontuleÃfÃ os are simple to make and as reliably satisfying as the versions I gulped and gobbled in tiny cafes in the YucatÃfÃn as a kid. (Cree LeFavour The New York Times)Followers of TÃfÃ©llez's blog, The Mija Chronicles ([www.themijachronicles.com](http://www.themijachronicles.com)) Ã¢ ª ¢ mija is short for "my daughter" Ã¢ ª ª ¢ know the author's keen attention to detail and her embrace of Mexico City's culinary joys. You'll find the same assets in her recent cookbook, "Eat Mexico: Recipes From Mexico City's Streets, Markets & Fondas". (Judy Hevrdejs Chicago Tribune)As much as I'd love to travel to Mexico City and sample from market stall to stall, eating mole and sipping aquas frescas at countertop restaurant stands, I can recreate the flavors at home with the new cookbook Eat Mexico: Recipes from Mexico City's Streets, Markets & Fondas by Lesley TÃfÃ©llez. (Casey Barber Good Food Stories)TÃfÃ©llez is a respected authority in Mexican cooking, with her cookbook, Ã¢ ª ª ¢"Eat Mexico: Recipes from Mexico City's Streets, Markets and FondasÃ¢ ª ª ¢ giving

readers a fantastic trip through Mexican street food. (Ivan Favelevic Chicago Sun Times)Rating: Three Forks. The recipes are pretty easy to execute. (Paula Forbes epicurious)Part travel journal, part cookbook, Lesley TÃfÃ©llez homage to Mexican cooking in her book Eat Mexico: Recipes from Mexico City's Streets, Markets & Fondas will have you seeking out your local Latino supermarkets to recreate these authentic flavors of Mexico City. (Andie Huber Mom.me)In her new cookbook, Eat Mexico: Recipes from Mexico City's Streets, Markets & Fondas journalist, traveler, and Latin food aficionado Lesley TÃfÃ©llez celebrates the growing fame of the food and culture in the capital's streets, fondas, and markets. Billed as a love letter to the intricate cuisine of Mexico City, the cookbook unlocks the city's culinary identity and showcases dishes from its urban centers to its rustic, rural outskirts. (Amanda Cargill The Latin Kitchen)"Eat Mexico: Recipes from Mexico City's Streets, Markets & Fondas" comes from an author well familiar with Mexico's street foods, and who pairs gorgeous color photos with food images to capture both the culture and the culinary fare of Mexico's streets, from markets to completed dishes. Chile Pasilla Salsa uses chilis and tomatoes in a simple spicy sauce, Mole from the Pot, from central Mexico, is actually a soup and refutes the notion that all moles are thick sauces, and Slow-Cooked Pork Carnitas provides a warming dish that can be made ahead. All are delightful recipes that add an extra dimension to the typical Mexican endeavor. (Diane Donovan, Senior Reviewer Midwest Review of Books/California Bookwatch)If you want to know what it's like to hear the sing song of vendors in the open air markets or tianguis in Mexico City's Colonia Roma or walk along the Centro HistÃfÃ©rico's sidewalk food stands, open the pages of Eat Mexico: Recipes from Mexico City's Streets, Markets, and Fondas by Lesley TÃfÃ©llez. In her first cookbook, the California born-and-raised blogger and cultural observer takes us with her on a wonderful culinary tour of the city. We linger over the comida corrida at a neighborhood fonda and look at the street scenes and buzzing markets beautifully captured by award-winning photographer Penny de los Santos. (NBC News)TÃfÃ©llez spent four years eating food made by street vendors and in markets and fondas. During that time, she wrote Eat Mexico, where she shares some of her favorite recipes for tortillas with fresh nixtamal, taco-stand style salsa, tamales, slow-cooked pork, quesadillas, enchiladas and much more. (Dina El Nabli Edible Feast)Nominee in the Piglet Tournament of Cookbooks, 2016 (Food52)

Lesley Tellez grew up in a Mexican-American home in California but didn't know al pastor (chili-marinated pork) from alambre (chopped steak with bacon, peppers and onions) when she first moved to Mexico City in 2009. Yet before long, she became a daily connoisseur of the city's massive network of street vendors, was trained at one of Mexico's premier heritage cooking

schools, and started a blog, The Mija Chronicles, selected by Saveur magazine as among the top culinary travel blogs in the US. Lesley also established Mexico City's first culinary tourism business, to focus on street food, markets and fondas, called Eat Mexico. She is currently writing a series for Serious Eats about her cookbook writing experience. Visit her online at [themijachronicles.com](http://themijachronicles.com).

I got Eat Mexico last week and I am so pleased with it! The pictures are gorgeous, the narrative is so informative, and the recipes all look so delicious and AUTHENTIC! I've made the Crudo Salsa Verde, so simple and addictive!!! And the Steak in Chile Pasilla Sauce, so tasty!! Chicken Tinga is calling my name next and I have no doubt it will be fabulous. Thank you Lesley for such a wonderful addition to my cookbook library! My husband is now buying this for his sons who love to cook!

Beautifully written and photographed. Lesley includes the classics with easy to follow recipes and techniques. Thank you for taking me back to my childhood! A truly authentic cookbook.

I love the colorful way this book has been put together. The pictures are of the recipes AND locality, complete with people making the food or eating the food, etc. I am just mesmerized at how much information is in this book and also how different the recipes are from most Mexican ethnic foods. Granted that it has been several decades since I've actually been across the boundary of Mexico, I was expecting some of the foods that I remember from Acapulco and Mexico City. Now, I realize that some of the foods that I ate were changed to accommodate our blander American stomachs, since I did not eat anything spicy south of the border. These recipes are fantastic and cover the entire spectrum from mild to spicy and even spicier. There literally is something for everyone in this book. Literally.

I know Lesley Tellez as an enthusiastic writer and cook, deeply dedicated to Mexican cooking. I followed her blog, "The Mija Chronicles" from its inception. Lesley has brought the same enthusiasm and dedication to her first book, Eat Mexico. The book is very personalized in its point of view, and in no way pretends to be a comprehensive work on all the regions of Mexican cooking. Instead, it focuses on Mexico City and the surrounding Distrito Federal, the area in which the author lived for four or more years. But it is in MÃ©xico, D.F. that the best of the nation's cooking converges, and Lesley has given us a delicious sampling of that convergence. The accompanying text bears the distinct stamp of the author's personality. It's definitely not written by a committee. This is demonstrated in a couple of esoteric recipes in the book, notably, the highly imaginative and

creative (but, I must admit, not appealing to me) "Dark Chocolate ChicharrÃƒÂn Cookies". I have so far made only two, simple, more mainstream recipes from her compendium; Guisado de Acelgas, and Agua de PiÃƒÂa con Perejil. Both were clearly written, easy to follow and successful. I'm looking forward to trying more complex recipes, when an opportunity presents itself. I recommend Eat Mexico for readers and cooks who want to experience the vibrant flavor of Mexican cooking of the capital city, MÃƒÂ©xico, D.F.

The simple recipes in this book is going to simplify my life. These are very simple to make when in a hurry. Next time I am in the store, I am going to buy some tortillas. I know I can make these from scratch and I will when I have more time. The photos in the book are great and very delectable. Needless to say, this is another book I highly recommend!! Thanks, Joseph L. Mesa

My family has always enjoyed cooking together. We need good ideas and this book has them! The pictures are lovely. The history and culture of food in Mexico is well written and very accessible to ages 8 and up. We have made pineapple juice with parsley smoothies, Sweet pickled red onions, and many of the soups and breakfast dishes. An excellent feature is focus on making tortilla varieties. Also we have some picky eaters who dislike too much spice ... these easy to make recipes rely on fresh ingredients, beans, vegetables, some local flavors (cactus! Squash Flowers!) It's our new favorite cookbook. Thanks.

Tempting recipes, short summaries. I really appreciate the page layout which is extremely important, making it enjoyable and easier to read and follow. Includes explanations of ingredients and cooking tips. Lots of photos and some how-to instructions. Wipe-cleanable hardcover.

First off, let me say that I'm not an experienced cook, but this book caught my eye. I've been on the hunt for an authentic Mexican cookbook & have not been disappointed by this purchase. I travel a fair amount & love exceptional Mexican Food. This cookbook inspires me to cook at home, as the recipes are delicious & my family seems to really enjoys them. There are a wide variety of recipes with clearly explained techniques, making cooking more interesting. I've really enjoyed this book!

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