



## Los sabores de la cocina tex-mex (Spanish Edition)

*Anna Prandoni, Fabio Zago*

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Del intercambio de tradiciones y culturas entre pueblos y etnias distintas ha nacido una cocina succulenta y variada, con los trazos picantes y rotundos de México y la variedad y sustancia de la gastronomía tejana. Una cocina que hunde sus raíces en la historia: los mayas y los aztecas son los antepasados de la tradición gastronómica tex-mex en la que han influido en no pocas cosas. Las recetas, resultado de la variedad de los ingredientes, son una mezcla acertada y equilibrada, con sabores netos y colores fuertes. Mucha carne a la parrilla, sin olvidar las verduras, los postres y las famosas tortillas, una de las bases imprescindibles de esta cocina. Algunas de las recetas que se presentan en este libro requieren una ejecución esmerada e ingredientes no siempre fáciles de encontrar: sin embargo, en la mayoría de los casos, con alguna sustitución sencilla, logrará realizar en su casa platos exquisitos y con un irreprochable estilo tex-mex sin demasiadas preocupaciones y con poco trabajo. Un mantel de colores y algún que otro vaso de cerveza y de tequila completarán su fiesta con estilo y en un momento se encontrará inmerso en la atmósfera fuerte y vigorosa de una de las cocinas más picantes del mundo.

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