



The Food and Life of Oaxaca, Mexico

Zarela Martinez

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Praise for The Food and Life of Oaxaca

"There's a whole new and surprising world of flavor and texture contrasts described in this intriguing cookbook, along with lore and history of the exotic and artistic Oaxaca. No one is better equipped than Zarela to present clear and delectable recipes for the tantalizing dishes of this little-known regional cuisine."

-- Mimi Sheraton, author of *The Whole World Loves Chicken Soup*

"I've watched Zarela weave her culinary magic from the first dinner party I attended at her home, beginning with intensely flavored salsas presented in lava bowls. How apt that a chef who prepares such dazzling Mexican food should lead us through Oaxaca. The soul and lore of this magical place will add new life to your table through Zarela's recipes."

--Shelia Lukins, author of *USA Cookbook*, Food Editor of *Parade Magazine*

"Food in Mexico, especially in Oaxaca, smacks of so much more than trends and nutrition. Zarela Martinez knows this passionately and has bestowed on us a book that will enrich the lives of all that are really hungry, all that are seeking more than the latest flavor. Filled with honest glimpses of an extraordinary place, *The Food and Life of Oaxaca* offers the most intimate understanding anyone can gain of another culture--the understanding that comes through flavor. For many in Oaxaca, eating is the perfect act of celebration, consecrating every aspect of life. The warm flavors Zarela Martinez has captured here are the perfect expression of Oaxaca's generous spirit."

--Rick Bayless, author of *Authentic Mexican* and *Rick Bayless's Mexican Kitchen* Visit us online at:
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