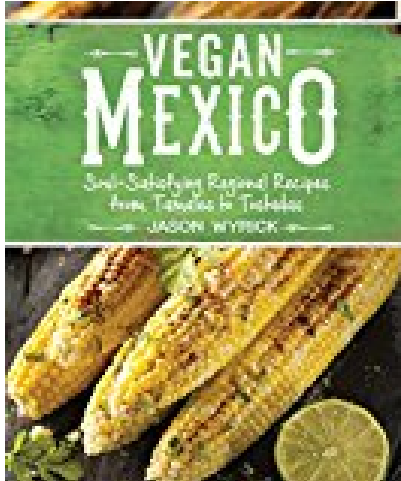


# Vegan Mexico Soul-Satisfying Regional Recipes from Tamales to Tostadas

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## BOOK DETAILS

- Author : Jason Wyrick
- Pages : 292 Pages
- Publisher : Vegan Heritage Press, LLC
- Language : English
- ISBN : 1941252214

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## BOOK SYNOPSIS

The author of the best-selling Vegan Tacos explores the magic of Mexico's regional cooking. Enjoy the exotic flavors of these diverse cuisines without leaving your kitchen. Jason's delicious recipes capture the essence of the moles of Oaxaca, the Mayan legacy of the Yucatan, the smoky chile flavors of Zacatecas, the fruit-centric Southern regions, the Spanish influence of Veracruz, and the street food of Mexico City. Recipes include: Oaxacan Black Beans Blue Corn Mushrooms Bocoles Four Chile Noodle Soup Classic Sweet Corn Tamales Old-Style Street Enchiladas Sonoran Machaca Burritos Sweet Potato Pastelitos Tres Leches Cake A leading authority in vegan Mexican cooking, Jason shares the core concepts for making authentic Mexican cuisine and ties the recipes to their place in the story of Mexico. Readers will come away with a new understanding and admiration for the diversity and flavors of Mexico and be inspired to make delectable main dishes, soups, spreads, sandwiches, breads, desserts, snacks, and much more.

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