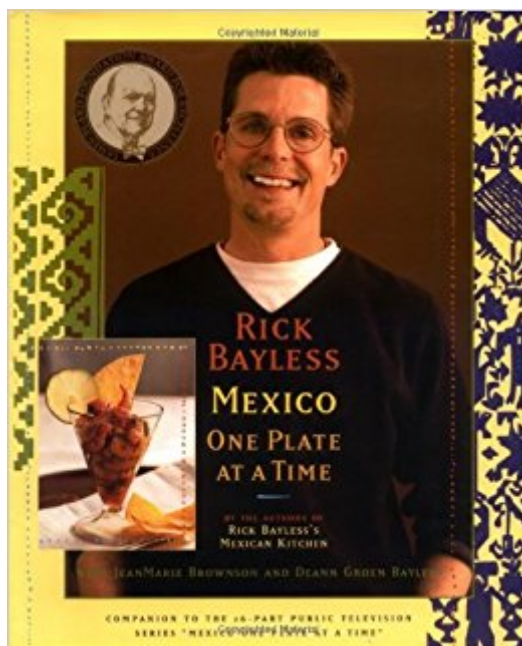


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# Rick Bayless Mexico One Plate At A Time



## Synopsis

Rick Bayless has been acclaimed widely as America's foremost proponent of Mexico's thrillingly diverse cuisine. In this companion book to his 26-part Public Television series, he takes us, with boyish enthusiasm, through Mexican markets, street stalls and home kitchens to bring us the great dishes of Mexico, one "plate" at a time. Rick Bayless has been acclaimed widely as America's foremost proponent of Mexico's thrillingly diverse cuisine. In this companion book to his 26-part Public Television series, he takes us, with boyish enthusiasm, through Mexican markets, street stalls and home kitchens to bring us the great dishes of Mexico, one "plate" at a time. And each "plate" Rick presents here is a Mexican classic. Take guacamole, for instance. After teaching us the essentials for a perfect, classic guacamole, Rick shows how to spin contemporary interpretations, like his Roasted Poblano Guacamole with garlic and parsley. Rick's cuisine is always lively, but rooted in strong traditions. Always the teacher, Rick begins each "plate" with some never-before-found features: traditional benchmarks (Rick's idea of the best guacamole), when to think of the recipes (weeknight dinners or casual party food), and advice for American cooks (Rick's insight into the ingredients that make the dish). He rounds out each "plate" with suggestions for working ahead. To complete the journey into the Mexican mindset, Rick, with help from his testers, ends each "plate" with a question-and-answer section detailing just about everything a home cook might want to know: What are the best cuts of beef for grilled tacos? The best cheeses for quesadillas? Is one grill better than another? Rick draws from his years of living in Mexico, pulling us into the Mexican kitchen, to teach us how to create authentic Mexican dishes in our American kitchens. Rick is an Indiana Jones of the stove, a Julia Child of Mexican cuisine in black jeans and a T-shirt. Rick's goal: to enable folks all across the United States to create dishes that weave in the rich tapestry of Mexican flavor with ingredients that are widely available. He always provides ingredients that make the dish authentic, but he also delivers with the right substitute if an ingredient is hard to find. Experience food you can't wait to make in a new and user-friendly cookbook that contains the full range of dishes: • Starters, Snacks and Light Meals; Soups, Stews and Sides; Entrées; Desserts and Drinks. Rick serves up such classic Mexican plates as Tomatillo-Braised Pork Loin, Quick-Fried Shrimp with Sweet Toasty Garlic, Chiles Rellenos, Cheesy Enchiladas Suizas, and Mexican Vanilla-Scented Flan. And for an exciting taste of the unexpected, try Rick's contemporary interpretations of the classics: • Crispy Potato Sopes with Goat Cheese and Fresh Herbs, Grilled Salmon with Lemon-and-Thyme-Scented Salsa Veracruzana, Broiled Flank Steak with Tomato-Poblano Salsa and Rustic Cajeta Apple Tarts with Berry Salsa. Food and

friends, food and family. Good cooking, for Rick, is the unspoken animator of friends and family as they gather to share a meal. Rick's recipes lend themselves to weeknight family meals or celebrations. Take part in a tamalada, the tamal-making party before the party, or the ritual of a barbacoa, an earthy experience that Rick has made possible with a kettle grill in the backyard. 24 color photographs of finished dishes Photographs of Mexican location shots throughout

## Book Information

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## Customer Reviews

Rick Bayless is Mexican cooking's great American voice. An award-winning chef and author of bestselling Mexican cookbooks like *Authentic Mexican*, he's found a way to present honest recipes in a friendly, relaxed fashion that nonetheless touches every technical base. *One Plate at a Time* takes his approach a step further. Bayless offers more than 120 recipes, providing traditional versions of much-loved classics like Green Chile Chicken Tamales, modern renditions of the basic repertoire, and dish "anatomies." These detail what a given dish should taste and look like, when it's best served, and how American cooks should approach its preparation. This goofproof strategy will appeal to old cooking hands and culinary gringos alike. Ranging from soups and starters to entrees, light meals, desserts, and drinks, the chapters present a wide range of dishes, from the simple (such as guacamole, updated with roasted poblanos, garlic, and tomatoes) to the more complex (a classic red mole with turkey, for one, followed by Roasted Cornish Game Hens with Apricot-Pine Nut Mole). Other winning recipes include Seafood in Mojo de Ajo (with toasted, slow-cooked garlic), Smoky Chipotle Beans with Wilted Spinach and Masa "Gnocchi," and, for dessert, a definitive vanilla flan with instructions for preparing it in three versions: light, creamy, and rich. Throughout, recipes are followed by paragraph-long "postmortems" (is Mexican vanilla worth searching out, for

instance) that further extend reader understanding. With 32 pages of color photos and an extensive glossary, the book is an inspired place to start or continue a Mexican cooking journey. --Arthur Boehm

Rarely has a cuisine been so epically dissected, analyzed, pined over and exemplified in the name of a tasty dinner. Indeed, cookbook is perhaps too tame a description for this latest venture from Bayless, the popular chef and author (Salsas That Cook, etc.). Each recipe begins with a stream-of-consciousness consideration that at times runs a bit too jolly. "No food translates into more carefree fun than a singing dish of queso fundido," declares the author. Following the lead-in, a paragraph provides the "Traditional Benchmark," wherein the ideal version of the dish is captured. Thus, readers learn what makes the perfect flan or Pozole (Pork and Hominy Stew). Next come a few words on "When to Think of These Recipes" Chiles Rellenos when you're pulling out the stops, Tamales for hanging out with the gang. A third paragraph offers "Advice for American Cooks," such as what peppers you can substitute in your Adobado Chicken. Then, at last, come the recipes. Bayless provides both a traditional and contemporary version of most dishes. Among his many happy surprises are a relatively unknown "street-style" enchilada, which is dipped in chile sauce and quick fried, and a grilled Cactus Salad. Each recipe is followed by answers to Frequently Asked Questions. How saucy should the filling be for your taco? Or maybe just tune in and read along to the PBS version, with one of Bayless's Mango Coolers in hand. (Oct.) Copyright 2000 Reed Business Information, Inc.

Good choice of recipes, appealing format, nice color photos, and good description of Mexican traditional cooking methods. Cons: Description of how to make dishes is confusing and often needs to be read several times. It could just be me, however I have a lot of other cook-books and have never encountered this problem. Again, nothing major, just think the descriptions could have been a little better organized for following an easy step-by-step process.

I have always liked Rick's recipes, he really knows his stuff. It's more like a storybook with recipes and I like it. As a professional cook, I prefer more of a reference or strait up recipe, but his book is entertaining. It beats the hell out of having to watch him on TV. Whoever taught him his inflection and his acting (bad acting) with his daughter on his shows .Someone should have been fired as a producer. It's a cooking show not a happy soap opera. LOL!

I am a homesick Texan in a place where Tex-mex does not exist. Real Mexican cooking and Tex-mex are two different things, but they are similar enough that Rick Bayless's books are just what I needed. I am by no means an expert cook, but the directions are easy to follow. I haven't made every recipe in the book, but of the recipes I HAVE made, I haven't not regretted a single one. There are some that have become standard dishes in my kitchen. I highly recommend this book.

Inspired by Rick Bayless' award-winning performance on Top Chef Masters, my co-chef and I decided to venture into honest-to-chiles Mexican cuisine in our home cooking. We had eaten at Mr. Bayless' Frontera Grill while visiting Chicago some 20 years ago, when the place was new, and the owner's name not even close to the household word it has since become, synonymous with "authentic Mexican." Who better, then, to lead us into these deep and previously (for us) unexplored waters than Mr. Bayless? His approach, while combining the scholarship that led him to graduate studies in anthropology, with a genuine love for the cuisines and people of Mexico, makes the journey a pleasure. Not that it's easy--nothing really worthwhile is, where cooking is concerned. Nonetheless, with a cookbook created by a gifted teacher like Bayless, even newbies to Mexican cooking can have success. He is a prolific author, and we encountered Mexico One Plate at a Time in the process of sampling our way through his cookbooks. One Plate is taken from Bayless' cooking show, which unfortunately is no longer broadcast. It breaks down a complex and intricate cuisine into easily digestible chunks, without sacrificing the authenticity that is the hallmark of the author's culinary style. For those who equate Mexican cooking with tacos, burritos and enchiladas, prepare for a revelation.

Fantastic book for anyone who loves Mexican food, its a must!

Hijole! Started cooking recipes from this gem of a book the day after it arrived and haven't stopped yet as the quality of the prepared food is very "restauranty" as Mr. Bayliss would say. I really like the do-ahead section with each recipe as many of them do require moderate prepping, time, and utensils to get to the table. In addition, he provides compatible alternatives to some ingredients that some may have difficulty finding or do not like the taste of (i.e., epasote). To me he easily demonstrates how to cook with the eyes, nose and taste buds to make each one an enjoyable adventure. One Plate is a great book to anyone wanting to start preparing fine Mexican cuisine; it is not an expansive or voluminous production, but covers the full range of meals, desserts, beverages, etc. Like many cook book authors, there is a common theme of ingredients with the sauces, and the

spice levels are balanced wonderfully, but he does provide latitude for those with dragon tongues. This is now my favorite top-shelf kitchen book that is getting a lot of attention. Definitely a must buy to add to your culinary library.

This book is just a pleasure to read. Bayless does a great job of discussing the relationships between food and Mexican culture. His writing really makes you lust over the recipes you're about to read. The recipes are great by the way. The classic recipes with modern variations is a great touch.

I am of Mexican descent and I don't even know most of the recipes, I don't even cook this good with delicious being extra. Rick is so knowledgeable, you would think he was Mexican. I have tried so many of his recipes, and they are all mouth watering. Mexico should get real and give him citizenship because he truly represents the best of Mexican cooking. I wish he would get into making Mexican candies such as the dulce de calabasa, dulce de coco, leche quemada...these are a lost art, but I just know that once Rick starts making them, the tradition will live on. Thank you Ricardo for a job well done. And even if I don't cook the recipe, the pictures are so delicious looking that my mouth starts watering and makes me want to be there. By the way, your Spanish is not bad. Good for you, you do more for Mexico with your wonderful cooking, you should consider citizenship. Diana Khan

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