



Celebraciones Mexicanas: History, Traditions, and Recipes (Rowman & Littlefield Studies in Food and Gastronomy)

Andrea Lawson Gray, Adriana Almazan Lahl

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Celebraciones Mexicanas: History, Traditions, and Recipes is the first book to bring the richness and authenticity of the foods of Mexico's main holidays and celebrations to the American home cook. This cultural cookbook offers insight into the traditional Mexican holidays that punctuate Mexican life and provides more than 200 original recipes to add to our Mexican food repertoire. The authors first discuss Mexican eating customs and then cover 25 holidays and festivals throughout the year, from the day of the Virgin of Guadalupe, Carnival, Cinco de Mayo, to the Day of the Revolution, with family celebrations for rites of passage, too. Each holiday/festival includes historical background and cultural and food information. The lavishly illustrated book is appropriate for those seeking basic knowledge of Mexican cooking and customs as well as aficionados of Mexican cuisine.

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