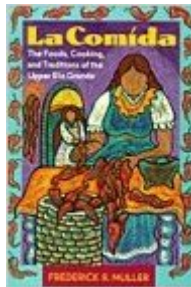


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# La Comida: The Foods, Cooking, And Traditions Of The Upper Rio Grande (The Pruett Series)



## Synopsis

A regional cookbook based on family recipes, local history, myth, and folk art, La Comida evokes the full flavor of the San Luis Valley (northern New Mexico/southern Colorado). Muller is the chef/owner of ""Fred's Place"" in Taos, NM. Original folk art illustrations.

## Book Information

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## Customer Reviews

When I feel nostalgic about Taos, and wish I were there, I pull out my copy of La Comida and read a few chapters. Brings me back to the warmth and feel of the country. Only wish Fred had included his recipe for Macaroni, cheese and chiles, and the squash stew

A must have for sour western cooking recommended by a waitress in Taos nmGreat read about the history of new mexico and their cuisine

We dined there during our stay at the Mabel Dodge Luhan House on the recommendation of their chef supreme and boy was she right on the money. It was our favorite in Taos, period. Muller came out after dinner and asked "Are you the Millers from San Francisco?" and we replied yes. He talked about the restaurant, his background, the cookbook and his passion for regional cuisine and the history of same. We were enthralled. What a nice way to enjoy a cup of coffee after dinner. We left Taos and spent the remaining week in Santa Fe and nothing in town compared to his restaurant, including Anasazi (way overpriced and not worth it). We can't wait to go back and, until then, we will

enjoy the book and recipes therein.

I've always felt that every recipe has a story behind it, some ditty that brings the history of the recipe and its origin to light. When I reviewed "La Comida:...." I was pleased to see not only informative vignettes but also the legends of the Upper Rio Grande area. There's even a section on Utinsels and how they were/are used by the peoples of that region. What also amazed me was the bibliography. Now you tell me, how often do you find a cookbook with a bibliography? Not often that's for sure. If you're like me and have a huge craving for the wonderful flavors of the American Southwest then you'll love to have "La Comida:..." in your collection. Bob Wiseman Author, Reviewer, Historian

Fred Muller is a culinary master. My wife and I shared a wonderful meal at El Meze, his restaurant in Taos, in June. Fred visited with us after dinner, and I asked about a book. This is an older one, and at the moment the only one available. We encouraged him to update his work for others who could benefit from his genius. If you can find "La Comida" for a reasonable price, buy it! And be sure to eat at El Meze, where a mix of Spanish, North African, and New Mexican seasonings will carry you into gustatory bliss.

The book is well rounded with great suggestions, stories and tips. Fred just knows how to make things work, simple and fresh. All it says to me is GAME ON!

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