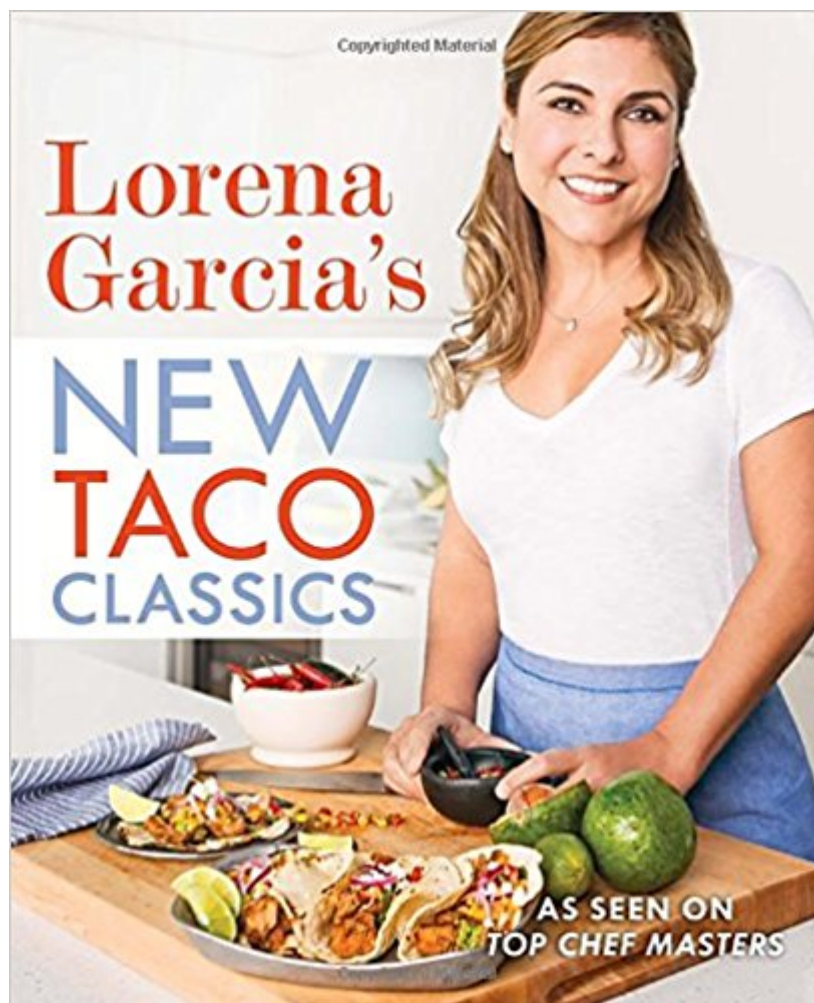


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# Lorena Garcia's New Taco Classics



## Synopsis

One of America's favorite chefs gives a healthy and exciting twist on the best street foods of Latin America. The taco. The arepa. The empanada. The tamale. From the streets of Mexico and Venezuela to Ecuador, Puerto Rico and Cuba, these comfort foods represent something that's shared across our Latin cultures: the concept of food in a vessel. Food embraced! Breaking down each new-style taco into its elements, Lorena shows you how to create each delicious layer—from the shell to the fillings to the toppings, including slaws, salads, and sauces. You'll give a Southern Hoppin' John a new name and a Latin accent. You'll top the sweetest of plantains with the tangiest of pickled onions. And you'll learn how to make extraordinary side dishes like creamy Peruvian corn gratin, a flavorful succotash with a trio of beans, and avocado fries. These flavor-packed recipes are made for pairing and sharing, depending on your craving or occasion. Master the elements, and your mix-and-match possibilities will be endless. You'll find yourself easily cooking, eating, and swooning your way through a dizzying new world of crowd-pleasing Latin fare.

## Book Information

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## Customer Reviews

Raves for Lorena Garcia's New Taco Classics "Lorena makes food come alive with her palettes of chic color and bold flavor. When you taste these signature dishes, you'll feel the love and passion that she infuses into everything she creates. I thank and congratulate Lorena on this cookbook, which I know will inspire families to share the love of creating delicious meals

together. • Joy Mangano “My beloved sister Chef Lorena Garcia, Queen of Latin Fusion, takes delicious traditional home dishes from all over Central and South America, and lovingly adds new ingredients that are full of freshness and flavor. Your casa will be full of wonderful smells and flavors from these easy to follow recipes. • Chef Art Smith, Chef de Party to Oprah Winfrey, Bestselling Author “Lorena Garcia’s New Taco Classics will reintroduce you to tacos and introduce you to a world far beyond them. Filled with vibrant colors and explosive flavor, you will want to try every recipe in this book and will keep coming back to your new favorites. • Chefs Jaime Martin Del Campo and Ramiro Arvizu

Venezuelan-born restaurateur, TV personality, and cookbook author Lorena Garcia is currently one of the country’s leading chefs. She is well known for numerous TV series (Top Chef Masters, Top Chef Estrellas, Sazon con Lorena Garcia, Lorena en Su Salsa, and El Mejor De Los Peores to name a few), a successful chain of restaurants, and her cookbook, Lorena Garcia’s New Latin Classics. She was the creator of the Cantina Bell menu at Taco Bell, and has her own cookware line, Lorena Bella Kitchen Collection for HSN.

A really beautiful and comprehensive cookbook with clear and approachable recipes. Really enjoy the attention to variations and alternative preparations of basic Latin dishes. My sons lived in Brazil, Venezuela and Puerto Rico - they really liked looking at authentic recipes for dishes that were very familiar. Bravo Lorena!

The pictures in this book are breathtaking. This beautiful chef is so underrated. Beautiful mix of recipes from tacos, different sides and fresh seafood. She takes you all over Central and South America. Great mix of Latin Fusion and fun. Can’t wait to start cooking

Nice quality book with lovely photos

What a wonderful book. Concise and fun recipes.

Yummmmm.

In many ways, this book is a major work, with a fascinating interpretation of what a taco (and its many cousins) can be. The many variations of sauces, salsas, fillings, and

toppings of all kinds are well-considered and delicious, respecting tradition while innovating in equal measure. For instance, the simple green cilantro sauce, which takes no more than two minutes to make, is really a revelation to me and I make it regularly now. Similarly, the various molcajete sauces included here (with alternate instructions for making them in a blender) are each fantastic, and for me, refreshingly new. Her numerous fresh pico salsas are fresh and delicious, and we end up eating them alone with chips or added to every Mexican meal we have. My family also loves the orange and lemon juices and zests in her Cuban-style pork recipe, which is a new family favorite. Another one of our favorites is her recipe for crab salad, which I keep ready in the fridge, it's a great meal or snack for the whole family, including in fresh wraps or burritos. There's so much that I'm enjoying about this sophisticated, yet family-friendly, cook book, the recipes and photography are just fantastic!

I make no secret of the fact that I love tacos, or that I insist upon a cookbook being colorful, easy-to-read, and loaded with mouth-watering pictures. Lorena Garcia's *New Taco Classics* lives up to, and surpasses, both of these. Prepare to find yourself running to the kitchen in search of ingredients only pages into this book, because she makes you want to stop what you're doing and start making tacos. But this book is so much more than just tacos. By the time you cook your way through, you will be an ace at preparing Latin American street food. Beginning with teaching you how to make the base (or vessel as she more accurately refers to it) for your taco (or empanadas, telitas, arepa, or tamale), she then provides you with recipes to make an amazing amount of fillings based upon what you crave (or what is in your cupboard or available locally), then the crunchy aspect of the slaw or salad, and finally the salsas. You will soon be mixing and matching from what she offers here to suit your own tastes. There is a staggering amount of recipes for making the base. My experience has been either flour or corn, but she employs carrot, beets, cilantro, and black beans in addition to that. When I make tacos, I tend to stick to my usual, and that is a thin spread of homemade refried beans. She provides many recipes for spreads here using a wide variety of beans including black-eyed peas, fava beans, garbanzo beans, and pintos. The recipes are easy and intensely flavorful due to her carefully chosen selection of complementary herbs and spices. Recipes for sauces abound, from savory to sweet, all quick and easy, and all so delicious that you will be spooning them over everything, if not eating them directly from the bowl. A cilantro fan, I make her green cilantro sauce in minutes and find myself labeling it onto almost anything that I can find, including my taco meatloaf. Her chapter on Picos was eye-opening. As she says, "There's so much more to pico than a few chopped tomatoes, onions, and

chiles. I confess to being stuck in that rut most of the time, but have happily expended my repertoire thanks to her, now using corn, mint, peaches, and pineapple, although her toothsome Brazilian Pico de Gallo remains at the top of my list. If you want to take a walk on the wild side, try replacing your usual salsa with pickled vegetables. The section on how to make these will have your mouth watering, and make just change your taco making forever. The cilantro (you can substitute parsley) lime pickled onions are heavenly! The wide variety of fillings will shock you. She employs the use of everything from simple pulled pork or beef to beef tenderloin, sausage and peppers, and fried chicken. The chapter on creams and the one on sides is worth the price of the book alone. Making my own, fresh creams, was very appealing and, as one who is often stumped for ideas for sides, this section proved invaluable. Consider Grilled Avocado Salad, Peruvian Corn Gratin (with Parmesan, mascarpone, spinach, and hearts of palm -- Heaven!), grilled cauliflower, herbs rice, and the amazingly easy seasoned lemons and limes that truly add so much flavor. I no longer eat avocados without squeezing them with the juice from a seasoned lime. I cannot recommend this book enough, for taco or Latin food lovers, yes, but also for people who are interested in expanding their daily cooking into something a bit more flavorful. Anyone can make these easy recipes, and you will certainly be glad that you did. Disclaimer: I received a complimentary copy of this book from the publisher in exchange for an honest review.

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