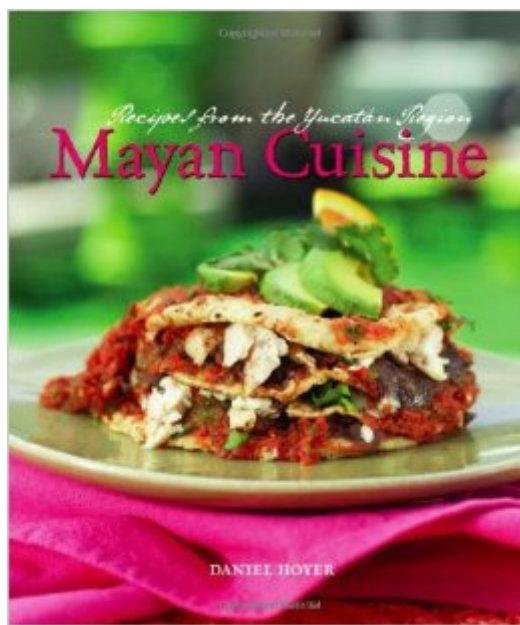


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# Mayan Cuisine: Recipes From The Yucatan Region



## Synopsis

In his signature style, Daniel Hoyer brings us the authentic recipes of the Mayan Cuisine: Recipes from the Yucatan Region, along with his personal experiences that make the historical and cultural background of this people accessible and enjoyable. Having been influenced for centuries by the Spanish, other European countries, Africa, the Middle East, Asia, and even the Caribbean, Mayan food is remarkably unique and distinct. Mayan Cooking offers recipes for Sweet Corn and Cilantro Cream Soups, Yucatan BBQ Shrimp, Smoked Pork Loin, Jicama-Orange Salad, and Chicken in Red Chile and Pumpkinseed Sauce, as well as an abundance of recipes for salsas, sauces, spice mixes, and marinades. Recipes Include: Bean-Filled Masa Fritters Baked Chayote Squash Pudding Mexican Lime Soup Pit-Roasted Pork with Yucatan Spices Yucatan BBQ Shrimp Pumpkinseed Brittle Author Bio: Daniel Hoyer is an experienced chef, restaurateur, and teacher. Daniel is the author of Culinary Mexico: Authentic Recipes and Traditions and Fiesta on the Grill. He resides in the Rio Grande Valley near Pilar, New Mexico, with his family.

## Book Information

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## Customer Reviews

Not quite Mexican but certainly not American, so what is Mayan cuisine? Well today it might be best described as a culturally-rich cuisine that is now centred in the Yucata region that, of course, has developed and changed over time whilst drawing on Mexican and Southern American roots. Confused? You might not be the only one, which possibly makes the recipes within this book to be even more special, enlightening and worthy of a try. This is a beautiful book that, thanks to its

wonderful full-colour photography, you might at first mistake for a travel guide. The reader is gradually brought to the realisation that they will, in fact, eventually be cooking, through a fairly comprehensive introduction and overview to key ingredients and cooking techniques that are prominently featured within the various recipes. It was pleasing to note the author's emphasis that, whilst it is desirable to get authentic, in-season ingredients wherever possible, alternatives and practical substitutions will not necessarily spoil the recipe. A small thing that other authors could emulate as sometimes you can be driven batty trying to find a particular, hard-to-locate ingredient! Many of the mini tutorials about roasting, toasting and charring various ingredients could also serve as a good primer that will benefit many other recipes over time. At the start much is made about the preparation of various recados, a means of seasoning, rubs and marinades in Mayan cuisine, and this reviewer is looking forward to using some of these in a fusion-esque form with other recipes as they appear just too good to reserve for purely Mayan cooking. Many different salsas, or sauces, are also featured and here the alert reader might suddenly take note and begin to see countless other uses for this book.

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