



# Rick Bayless Mexico One Plate At A Time

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## **Rick Bayless Mexico One Plate At A Time** Rick Bayless

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.

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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*

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