



# Vegan Mexico: Soul-Satisfying Regional Recipes from Tamales to Tostadas

*Jason Wyrick*

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**Vegan Mexico: Soul-Satisfying Regional Recipes from Tamales to Tostadas** Jason Wyrick

The first cookbook of vegan regional Mexican recipes.

The author of the best-selling *Vegan Tacos* explores the magic of Mexico's regional cooking. Enjoy the exotic flavors of these diverse cuisines without leaving your kitchen.

Jason's delicious recipes capture the essence of the moles of Oaxaca, the Mayan legacy of the Yucatan, the smoky chile flavors of Zacatecas, the fruit-centric Southern regions, the Spanish influence of Veracruz, and the street food of Mexico City. Recipes include:

- Oaxacan Black Beans
- Blue Corn Mushrooms Bocolos
- Four Chile Noodle Soup
- Classic Sweet Corn Tamales
- Old-Style Street Enchiladas
- Sonoran Machaca Burritos
- Sweet Potato Pastelitos
- Tres Leches Cake

A leading authority in vegan Mexican cooking, Jason shares the core concepts for making authentic Mexican cuisine and tie the recipes to their place in the story of Mexico. Readers will come away with a new understanding and admiration for the diversity and flavors of Mexico and be inspired to make delectable main dishes, soups, spreads, sandwiches, breads, desserts, snacks, and much more.

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This Vegan Mexico: Soul-Satisfying Regional Recipes from Tamales to Tostadas book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book will be information inside this book incredible fresh, you will get details which is getting deeper an individual read a lot of information you will get. That Vegan Mexico: Soul-Satisfying Regional Recipes from Tamales to Tostadas without we realize teach the one who examining it become critical in thinking and analyzing. Don't become worry Vegan Mexico: Soul-Satisfying Regional Recipes from Tamales to Tostadas can bring whenever you are and not make your tote space or bookshelves' come to be full because you can have it in your lovely laptop even mobile phone. This Vegan Mexico: Soul-Satisfying Regional Recipes from Tamales to Tostadas having good arrangement in word along with layout, so you will not experience uninterested in reading.

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