

# Culinary MEXICO

*Authentic Recipes and Traditions*

Join Chef Daniel Hoyer on a culinary adventure through the vibrant culture, history, and cuisines of Mexico. The rich history and myriad cultural influences of Mexico are reflected in its cuisine, and it's high time we abandon old notions of Mexican food as tacos, enchiladas, burritos, and refried beans all smothered in melted cheese. Dismissing these long-standing stereotypes, *Culinary Mexico* presents an extensive collection of surprisingly distinct recipes from the diverse regions of Mexico. The delicious food that has evolved from each region makes a bold statement of what a true Mexican feast can and ought to be.

*Culinary Mexico* presents cuisines from six distinct Mexican regions, from the Northern Frontier to the Yucatán Peninsula. The book also includes process photos for cooking, a chapter on techniques, and a resource section. Brimming with full-color photography and interesting lore, this superb cookbook brings you an unexplored world of nuanced flavors, unique ingredients, and all things good of culinary Mexico.

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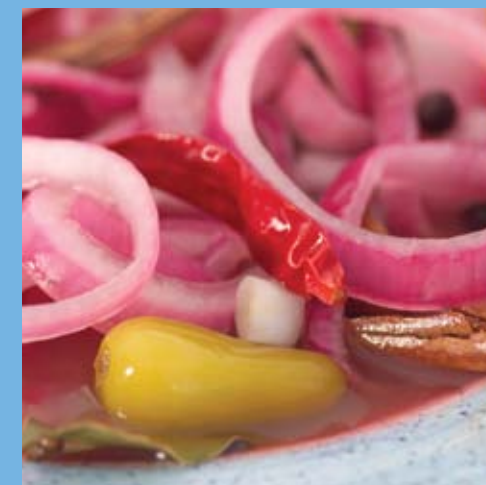
DANIEL HOYER



CULINARY MEXICO HOYER



Cookbook



Daniel Hoyer first learned to cook as a young boy by helping his two grandmothers in the kitchen. By the time he was a teenager, he began working in restaurants, and he supported himself in college—where he studied preveterinary medicine—by cooking. He finally followed his love of cooking to make his career as a chef. His stint as sous chef for Mark Miller's *Coyote Cafe* inspired his interest in Mexican and Latin American cuisine.

Chef Daniel has traveled extensively in Mexico, exploring the cooking, as well as the history and culture, of that colorful country. He is currently a restaurant consultant, cooking-school instructor, and guide for gastronomic-adventure tours in Mexico. He resides in Santa Fe, New Mexico, with his family.

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# La Tierra Maya

## YUCATÁN, QUINTANA ROO, CAMPECHE, AND CHIAPAS

THE LAND OF THE MAYA comprises the states of Chiapas, Campeche, the Yucatán, Quintana Roo, and arguably parts of Tabasco. With the exception of Chiapas, with its varied terrain from high mountains to plains and low wetlands, most of this area is flat, forested, and tropical. On the Yucatán peninsula, there is an absence of surface rivers. Touching on both the Gulf of Mexico and the Caribbean Sea, this region is a contrast of the colonial and plantation cultures and the traditional Mayan culture.

Although typical Mexican dishes abound, the cooking is still very Mayan with influences from Europe, the Caribbean islands, Africa, and the Middle East. Though it has been over five hundred years since the first European visitors came, the Mayan culture is still surprisingly evident. Life in many towns and villages is more reminiscent of times past than of the twenty-first century, despite the technological gadgets and conveniences enjoyed by some. The Mayan language is alive and is spoken widely; Spanish is the second tongue of many natives.





## *Brazo de la Reina* QUEEN'S ARM TAMALE

THIS IS THE UNUSUAL TAMALE that I first tasted at Eladio's, a popular local Yucatecán restaurant in Mérida, where white-clad waiters serve authentic snacks and main dishes under a thatched palapa canopy while the diners enjoy live music. The tamale is cooked in one large roll to resemble an arm and is then usually cut in finger-size pieces and served on a banana leaf.

MAKES 8 SERVINGS AS A MAIN COURSE

1. Toast the banana leaves to make them pliable. Lay them out, shiny-side-up and overlapping, to form a 24 x 12-inch rectangle.
2. Spread the masa evenly in the center of the leaves in an 8 x 16-inch rectangle.
3. Sprinkle 2/3 of the pumpkin seeds in a 2-inch-wide strip down the center of the masa.
4. Lay the egg slices on top of the pumpkin seeds in one row.
5. Roll up the tamale by first folding the leaf away from you until the two edges of the masa meet. Fold in the two ends to the edge of the masa. Tuck the roll in firmly and finish rolling up in a log shape. If necessary, add more banana leaves to ensure the tamale is well sealed. You may use strips of the leaves to secure the tamale.
6. Create a double boiler or bain-marie out of two roasting or other pans that will nest together and accommodate the tamale. Place 1 1/2 inches of water in the first pan, and then nest the second pan on top. Place the tamale in the second pan and cover with foil or a tight-fitting lid. Bake in the oven at 350 degrees F for 50 to 60 minutes. (You may also cook on the stovetop, but be sure to keep water in the pan at all times.)

*3 or 4 large banana leaves plus extra for serving*

*Recipe for the masa portion of Tamalitos Chayas (see page 192) prepared through step 2, adding the cooked greens to the masa instead of reserving*

*1 1/4 cups pumpkin seeds, toasted and ground*

*8 eggs, hard-boiled, peeled, and cut in 1/2-inch slices*

*Batch of tomato sauce from Queso Relleno (see page 179), omitting the capers and using the epazote*