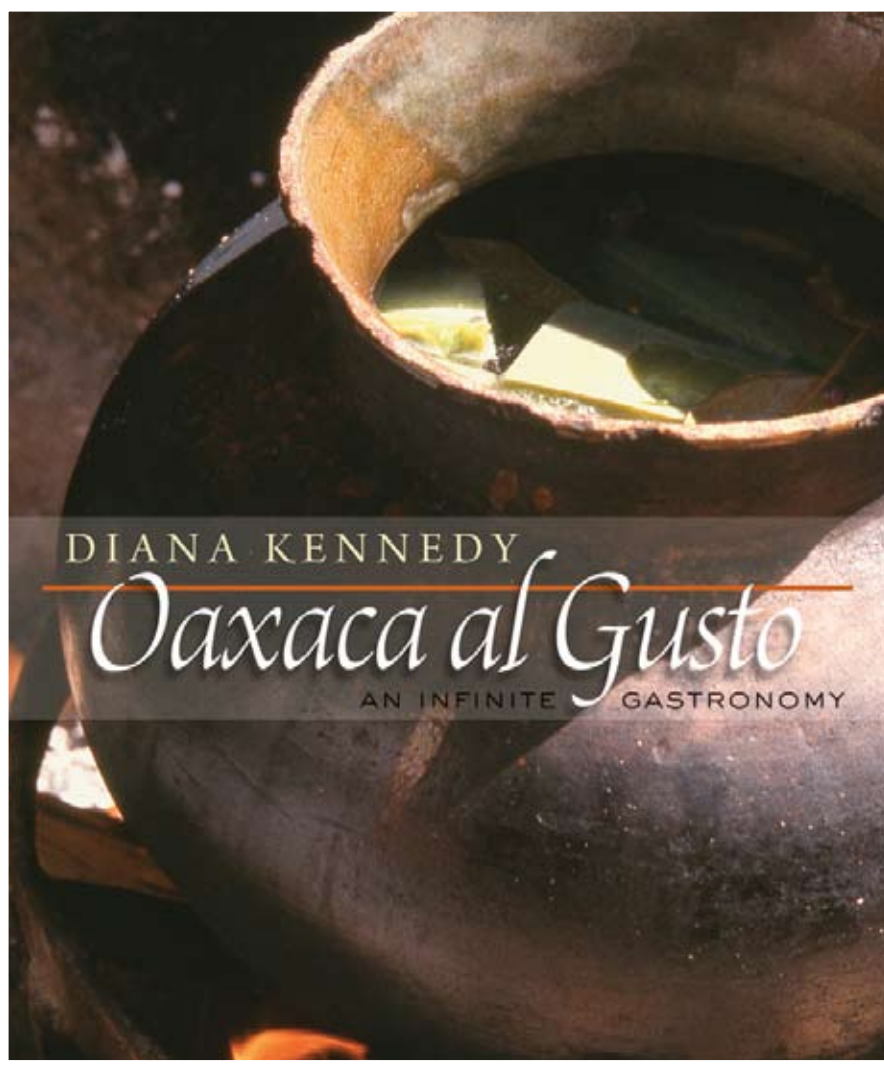


Renowned as the Julia Child of Mexican cooking and author of the definitive books on the subject, including *The Cuisines of Mexico*, *The Art of Mexican Cooking*, *My Mexico*, and *From My Mexican Kitchen*, Diana Kennedy has now written her magnum opus—an irreplaceable record of the traditional regional cuisines of Oaxaca.



Oaxaca al Gusto
An Infinite Gastronomy

BY DIANA KENNEDY

Available September 2010

\$50.00 HARDCOVER

ISBN 978-0-292-72266-8

464 PAGES, 9¾ X 11½ INCHES

340 COLOR PHOTOGRAPHS

WILLIAM AND BETTYE NOWLIN
SERIES IN ART, HISTORY, AND
CULTURE OF THE WESTERN
HEMISPHERE

FIND OAXACA AL GUSTO ONLINE

<http://www.utexas.edu/utpress/books/kenoax.html>

For additional information about this title and others from University of Texas Press, contact:

Colleen Devine Ellis

cdevine@utpress.utexas.edu | 512.232.7634



ABOUT THE BOOK



No one has done more to introduce the world to the authentic, flavorful cuisines of Mexico than Diana Kennedy. Acclaimed as the Julia Child of Mexican cooking, Kennedy has been an intrepid, indefatigable student of Mexican foodways for more than fifty years and has published several classic books on the subject, including *The Cuisines of Mexico* (now available in *The Essential Cuisines of Mexico*, a compilation of her first three books), *The Art of Mexican Cooking*, *My Mexico*, and *From My Mexican Kitchen*. Her uncompromising insistence on using the proper local ingredients and preparation techniques has taught generations of cooks how to prepare—and savor—the delicious, subtle, and varied tastes of Mexico.

In *Oaxaca al Gusto*, Kennedy takes us on an amazing journey into one of the most outstanding and colorful cuisines in the world. The state of Oaxaca is one of the most diverse in Mexico, with many different cultural and linguistic groups, often living in areas difficult to access. Each group has its own distinctive cuisine, and Diana Kennedy has spent many years

traveling the length and breadth of Oaxaca to record in words and photographs “these little-known foods, both wild and cultivated, the way they were prepared, and the part they play in the daily or festive life of the communities I visited.” *Oaxaca al Gusto* is the fruit of these labors—and the culmination of Diana Kennedy’s life’s work.

Organized by regions, *Oaxaca al Gusto* presents some three hundred recipes—most from home cooks—for traditional Oaxacan dishes. Kennedy accompanies each recipe with fascinating notes about the ingredients, cooking techniques, and the food’s place in family and communal life. Lovely color photographs illustrate the food and its preparation. A special feature of the book is a chapter devoted to the three pillars of the Oaxacan regional cuisines—chocolate, corn, and chiles. Notes to the cook, a glossary, a bibliography, and an index complete the volume.

An irreplaceable record of the infinite world of Oaxacan gastronomy, *Oaxaca al Gusto* belongs on the shelf of everyone who treasures the world’s traditional regional cuisines.



CHILEATOLE DE ELOTE (CHILEATOLE OF FRESH CORN)

MAESTRA CLEOFAS FELICIANO BAUTISTA,
TUXTEPEC AND USILA

This chileatole is always prepared in Usila when the fresh corn is harvested in both Holy Week and later in the rainy season. It is a meal in itself and served alone. The chileatole is best cooked in a clay pot, or *olla*. Makes 6 portions.

8 cups (2 L) water
6 small, tender ears of corn, each cut into 4 pieces
1½ cups (375 ml) fresh corn kernels
12 chiles tabaqueros or dried serranos or 10 red costeños
2 large sprigs epazote
Sugar to taste
Salt to taste

- Heat the water in an earthenware pot (if available), and when it comes to a boil, add the pieces of corn. Cook over medium heat until just tender, about 15 minutes.
- In the meantime, toast the whole chiles lightly in an ungreased pan, taking care not to let them burn. Transfer to the blender jar with ½ cup (125 ml) of the cooking water and blend until smooth. Add to the pan and cook for about 3 minutes. Blend the corn kernels with 2 cups (500 ml) of the cooking water to a slightly textured purée; add to the pot with the epazote, sugar, and salt if necessary. Cook, stirring and scraping the bottom of the pot to prevent sticking, until the atole begins to thicken, about 15 minutes. Add more water—up to 2 cups (500 ml)—if necessary to obtain a medium consistency.
- Serve the chileatole in deep plates with 4 pieces of corn per portion.





DIANA KENNEDY

A British citizen, Diana Southwood went to Mexico in 1957 to marry Paul P. Kennedy of the *New York Times*. She is widely considered the foremost researcher, teacher, and writer on the regional foods of Mexico and has written eight books on the subject. She has been bestowed the highest honor given to foreigners by the Mexican government, the Order of the Aztec Eagle, for her work of disseminating Mexican culture through its foods. She has also received numerous awards from other gastronomic institutions and was decorated with an MBE by Queen Elizabeth for her work of strengthening cultural relations between Mexico and the United Kingdom, as well as for her work for the environment, which is always reflected in her texts. For the past thirty years, her studies have been centered around her ecological house in the state of Michoacán.

AUTHOR TOUR

Austin • Boston • Chicago • Dallas • Houston •
Long Beach • Los Angeles • Miami • Minneapolis •
New Orleans • New York • San Antonio •
Sacramento • San Francisco • Washington, D.C.



ABOUT UT PRESS

The University of Texas Press, founded in 1950, is an integral part of the Texas system of higher education. Its mission is to advance and disseminate knowledge through the publication of books and journals, and through electronic media.

In addition to publishing the results of original research for scholars and students, the Press publishes books of more general interest for a wider public. It also has a special obligation to the people of Texas to publish authoritative books on the state and region.

For additional information about this title and others from University of Texas Press, contact:

Colleen Devine Ellis, 512.232.7634
cdevine@utpress.utexas.edu

University of Texas Press

PO BOX 7819, AUSTIN, TX 78713-7819

MARKETING 512.232.7633

FAX 512.232.7178

FOR ORDERS & CUSTOMER SERVICE,
call 800.252.3206 or fax 800.687.6046

Visit us online at

WWW.UTEXASPRESS.COM

