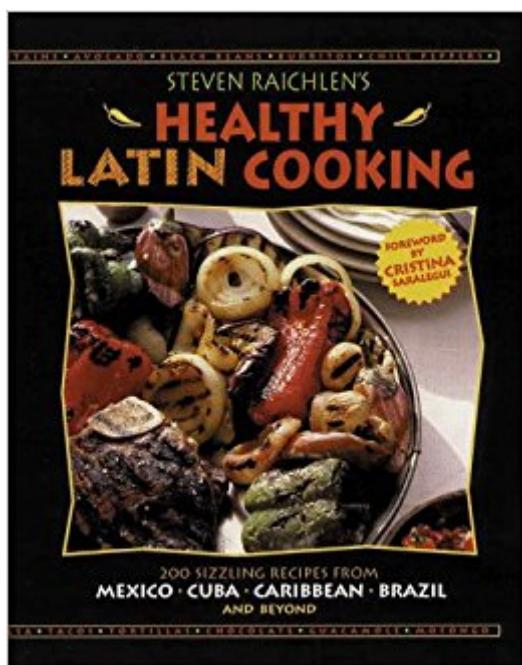


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# Steven Raichlen's Healthy Latin Cooking: 200 Sizzling Recipes From Mexico, Cuba, The Caribbean, Brazil, And Beyond



## **Synopsis**

Latin American food is famous for its vibrant colors and explosive flavors, and Americans have a passion for salsa, tortillas, and tacos. However, we also tend to prepare these foods with large amounts of lard, salt, and deep-fat frying. Steven Raichlen, master of delicious, low-fat Latin cooking, has taken 200 traditional Latin recipes and removed the fat—but not the fun! Celebrate your own fiesta with the savory spices of Raichlen's more than 200 tempting recipes. From guacamole to Mexican hot chocolate, Raichlen blends his thorough knowledge of Latin America's diverse cuisine with his time-tested skill in healthy cooking.

## **Book Information**

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## **Customer Reviews**

Steven Raichlen brings the best of his culinary world to *Healthy Latin Cooking*: he absolutely loves Latin flavors, from Mexico to Argentina, from Cuba to Puerto Rico, and he is dedicated to a healthy diet that's low in fat yet high in flavor. (His *High-Flavor, Low-Fat Cooking* series is a must, as is his *Miami Spice*.) Raichlen doesn't just drop the unwary cook into chapters of recipes that have been altered to reduce fat and salt and all the other nastiness. He begins with all the reasons for doing just that, and the many ways in which the true Latin diet is perfectly suited to a healthy pyramid approach. Nor does he shy away from truth, beauty, and justice, stating categorically that there are some dishes where lard just can't be left out of the flavor profile. He goes on, however, to show the reader how to cut way back on the total amount of lard used while retaining its great flavor. Chapters are divided by kinds of food--appetizers, soups, salads, beans, and rice--not by place of

origin. So it's kind of a Latin adventure to flip through this book, never knowing where you are going to land. There are Little Pots of Red Beans with Sour Cream from Nicaragua (140 calories per serving), Chicken and Vegetable Stew from Colombia (374 calories), Tamales from Mexico and from Cuba (163 versus 120 calories), Seafood Stew from Brazil (345 calories), Stuffed Pot Roast from Puerto Rico (533 calories), and flan from everywhere (423 calories). Steven Raichlen gives the reader a great way to spice up a diet, and a great diet to help life last a long, pleasurable time.

--Schuyler Ingle

In trimming a cuisine notoriously high in fats and cholesterol, James Beard and IACP Award winner Raichlen (Miami Spice) relies on today's popular approaches, increasing the ratio of vegetables and fruits to meat, and creating rich flavors with herbs, spices and chicken and vegetable stock.

Nutritional data is provided for each recipe as it's usually prepared and for Raichlen's revision. To lighten his Jalapeño Poppers, Raichlen employs a favorite method he calls bake-frying, whereby food, lightly sprayed with oil, is oven-baked rather than deep-fried (reducing the per-popper fat from 11.3 grams to 1.4). Guacamole contains half the usual fat when lightened with tomatillos.

Tostones?plantain slices usually fried twice?are simmered first in chicken stock and then bake-fried. Paella is healthier with reduced oil, skinless chicken breasts and dry-cured country ham instead of pork sausage. Huevos Rancheros are made with egg substitute; Picadillo becomes Turkey Picadillo with ground turkey breast substituting for beef. Grains and vegetables receive their due in dishes like Quinoa Salad and Yuca with Garlic-Lime Sauce. For fans of Latin fare who must cut their fat intake, Raichlen's latest collection offers comfort food. Photos not seen by PW. Author tour.

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I have made over 15 recipes already, and plan to do more. I was looking for a cookbook for Latin America, and found this in a local library. After making a few recipes, I bought my own copy. The author already accomplished what I try to do: lower fat and sodium in recipes, without compromising the flavor. When I try to reduce these myself, sometimes the results are hit and miss. In this cookbook the author (chef) has done the work for me, with excellent results. The Arroz con Pollo and Pollo en mole verde de pepitas (Chicken in Green Pumpkin Seed Sauce) were absolutely outstanding. I have cooked 5 of the chicken recipes, all great. Also prepared recipes from most of the sections (soups, salads, beans, rice, sauces, desserts). Only a cornbread was not up to par, but the blame for that lies with a temperamental oven (and maybe a temperamental cook? ;-) I am not Latina, so cannot vouch for authenticity, but certainly I would recommend it to others looking for

healthy latin recipes.

This is a good cookbook highlighting different styles of Latin cooking, some of the spices are not what you will find at the local store in a small town but are found easy enough on the web and it is well worth the small amount of searching it takes for a new and different flavor. I have tried 4 or 5 recipes and have been very pleased with them all. A good new tool in my arsenal of cookbooks!

This is a fantastic book full of healthy great tasting Latin recipes. One of my friends uses it for her restaurant and I use it in mine as well. Tex-Mex-New Mex without the heavy fat and lots of flavor. This book deserves to be discovered.

Although my mom was one of the better cooks I knew, I grew up in a household where dinner was not dinner if there was no meat. I knew first hand of many other cooks who fried foods in lard, or cooked with heavy creams, whole milks, white rice and sugar (brown rice and sugar were unheard of). I loved Latin American cooking and if I ate in my adulthood as I did as a child, I would probably have died of a heart attack by age 40. Stephen Raichlen presents healthy alternatives to traditional ingredients and takes the time to explain why he's made those substitutions. This is a great book if you savor Latin American cooking and want to enjoy it for years to come.

I love cooking all of these meals - i really love that the recipes have been changed to reduce the fats and make the meals just as tasty but also healthy. I have purchased this book for many of my family members and friends. The flavors are still there -

I finally got my book after about 8 days of waiting but once I did, It was worth the wait. It was so well taken care of, that it looked brand new. It has so many GREAT recipes which I am currently trying and my family is really enjoying them. Keep in mind that my husband is Cuban, I'm half Peruvian and Puerto Rican and my kids are half Dominican, so it's great to finally find a healthy book with so many different country dishes that we can all enjoy. LOVE IT!! ;)

Of my ever-growing cookbook collection, this, along with Jay Solomon's Great Bowls of Fire, probably gets the most use. The recipes are clearly presented and easy to follow, and many of them (marked in the book with "Pronto!") can be prepared in under 30 minutes. We've made recipes from almost all the chapters, from Halibut Veracruz (wonderful), to "Plantain Spiders" (delicious and fun

appetizer), with only a few missteps. (I found the black bean salsa to be a bit bland). The turkey picadillo on baked plantain "surfboards" was innovative and a real treat.

This book is packed with a wide variety of recipes each tastier than the last. They're not all that difficult to pull off either. The book really captures that spiced flavor that I love, and now i dont have to go out to a restaurant to get it. If you're looking for a great recipe book, this will do, but if you want something with pizazz, then this is the choice for you.

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