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Corazon Contento: Sonoran Recipes and Stories from the Heart

By Madeline Gallego Thorpe, Mary Tate Engels, Patricia Preciado Martin

Texas Tech Press,U.S. Paperback. Book Condition: new. BRAND NEW, Corazon Contento: Sonoran Recipes and Stories from the Heart, Madeline Gallego Thorpe, Mary Tate Engels, Patricia Preciado Martin, This delightful book is filled with the distinctive regional recipes, family stories and dichos (sayings) that Callego Thorpe grew up with. It contains recipes for the herbal remedios her grandmother used for healing, as well as more widely known foods such as tamales, enchiladas, and posole. It is a fascinating record of a way of life and a way of cooking that can enrich the historical and cultural awareness of all Americans.
Sopa de Viejo Old Man's Soup 6 flour tortillas, cut into 1 inch pieces, 1 large onion, diced, 2 cloves garlic, minced 1/2 cup fresh roasted green chiles, cut into strips, 1 cup Monterrey Jack cheese, 1/2 qt. chicken broth, 1/2 qt. milk, 1 Tbsp. oil, and salt to taste. Heat oil in a 2-quart pan, add tortilla pieces and brown lightly, about 4 minutes. Add onion and garlic; cook 3 more minutes. Then add the chicken broth and milk, and cook over medium heat for 30 minutes. Add green chiles and cheese. Cook 3 more minutes. Serves 4 to 6...



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Reviews

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