



Secrets of Colombian Cooking (Hippocrene Cookbook Library)

Patricia McCausland-Gallo

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Secrets of Colombian Cooking provides a window into the diverse cuisine of this little-known South American nation. Author Patricia McCausland-Gallo, a native Colombian, traveled throughout the many regions of Colombia to gather the most authentic dishes. With a wide range of recipes and a glossary of typical ingredients, this book acquaints cooks with the array of foods that make up Colombian cuisine, including sweet and hot peppers, plantains, tamarind, gooseberries, papayas, guavas, and tree tomatoes.

From the coffee and cacao grown high in the Andes Mountains to the many tropical fruits of the Caribbean and Amazonian regions, the great cattle farms on the plains, and bountiful seafood from the Pacific Ocean and the Caribbean Sea, Colombia is a country of vast and exotic culinary creations. Secrets of Colombian Cooking presents the wide spectrum of Colombian cuisine to home cooks in more than 175 inviting recipes from simple, hearty sancochos (soups and stews prepared differently in every region) to more exotic fare such as Langosta al Coco (Lobster in Coconut Sauce) and Ají de Uchuvas (Yellow Gooseberry Sauce). Complete with b/w photographs.

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