



COOKBOOK

MY MEXICAN KITCHEN

BY EVA LONGORIA

While hosting “Searching for Mexico” on CNN, Eva Longoria reconnected with her Mexican roots and tasted iconic dishes like meat-stuffed Chiles en Nogada and the Yucatán classic Pollo Asado, made with an aromatic garlic-citrus-achiote paste.

In “My Mexican Kitchen: 100 Recipes Rich with Tradition, Flavor and Spice,” Longoria embraces techniques and flavors she discovered. From dishes based on Aztec traditions like Chicken Enchiladas with Salsa Verde to her Tia Elsa’s Pork and Red Chile Tamales and Conchas, each recipe offers a delicious tribute to Mexican food and flavors.

Longoria dives into the backstory of many key Mexican ingredients, from vanilla to agave and writes about the history of maiz and masa, nixtamalization and the commercialization of corn. Her genuine love for cooking and culinary-related history along with pride for her heritage shine on every page of this delectable cookbook.

