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The Latin Road Home: Savoring The Foods Of Ecuador, Spain, Cuba, Mexico, And Peru



Synopsis

Spanning cultures and continents, *The Latin Road Home* is a look back at the many food traditions that have shaped Garces' culinary life. Beginning in Ecuador, ancestral home to his family and the foods nearest to his heart, Garces celebrates the traditional recipes of his childhood. The book makes its way through Spain, Cuba, Mexico, and Peru's extraordinary cuisines Garces has come to know, love, and master. He shares not only recipes, but colorful memories of local cultures and insights into their unique ingredients and techniques. The cookbook features over 100 recipes tailored to the home cook, accompanied by over 100 food and travel photographs that truly immerse the reader. Each chapter features a different country with menus highlighting Garces' takes on both mainstays of home cooking and popular street foods. The book is full of recipes for bright salads and ceviches, comforting stews, hearty beans, and tender braised meats. When a celebratory feast is in order, Jose's party menus are full of hors d'oeuvres, cocktails, and impressive fare for a kind of night where cooking becomes a part of the festivities. Recipes are titled in both English and Spanish and stay true to their roots. Soulful, vibrant Latin dishes such as these will surely become the home-cooked staples of readers' kitchens: Green Plantain Empanadas with Braised Chicken, Grilled Spring Onions with Almond Sauce, Fried Stuffed Chiles, Braised Beef Stew with Red Beans, Pan-Roasted Shrimp with Tequila, and Salt-Baked Fish with Ginger Oil. From the gastronomic powerhouse that is Spain to the seafood-rich shores of fiery Peru, Garces showcases the heart of Latin cooking with dishes that are at once sophisticated and elemental.

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Customer Reviews

With this exciting book, home cooks can join Jose, one of America's most exciting chefs, on his journey back and forth across the Atlantic, cooking some of the best dishes from the Old World and New. (Jose Andres) *The Latin Road Home* is Chef Garces' passionate, personal introduction to Latin cuisine. His love of unpretentious home cooking and his superb culinary techniques are beautifully integrated in each recipe. (Chef Masaharu Morimoto) This beauty of a book is Philadelphia-based chef Jose Garces's love letter to Latin home cooking. Organized into five lavishly photographed chapters—one each for Ecuador (Garces's ancestral homeland), Spain, Cuba, Mexico, and Peru—the book explores the foods that have nourished Garces and shaped his growth as a chef. In each chapter, Garces offers four dinner menus, featuring tempting authentic regional dishes such as Ecuadorian Chicken and Rice Soup with Achiote, and Seafood Vermicelli Paella (yes, paella made with pasta, not rice) from Spain's Costa del Sol. He also includes extra recipes for "essentials" of each cuisine like Ecuadorian empanadas, sweet Cuban-style espresso, and hearty Mexican corn tamales. Throughout the book, Garces remains true to his mission of celebrating home cooking, and the recipes are consistently doable and unpretentious. It's filled with the sort of comforting family-friendly roasts, stews, and salads that we all love—and it's a great read to boot. (Kimberly Masibay *Fine Cooking*, October 2012) Garces' recipes are his take on the classics, whether it's a twist added by his relatives or an upscale reinvention for one of his restaurants. The book is also beautiful, with photography that stands out as a refreshing pop of color (and vegetables) in a season dominated by food photography in muted shades of brown. (Paula Forbes Eater, October 2012) The cookbook serves as a Latin cooking primer, paying homage to the countries where Garces found his cooking soul: his ancestral home of Ecuador, as well as Spain, Cuba, Mexico, and Peru. Garces traveled extensively through those countries, absorbing then interpreting their cuisines for the restaurants he opened here. (Maureen Fitzgerald, *Food Editor The Philadelphia Inquirer*, October 5, 2012)

Since opening his first restaurant, Amada, in 2005, Chef Jose Garces has emerged as one of the nation's most gifted young chefs, winning the James Beard Foundation's prestigious "Best Chef Mid-Atlantic" award in 2009. Garces authored his first cookbook in 2008: *Latin Evolution* (Lake Isle Press), strikingly photographed and focused on the future of Latin cuisine. In 2010, Garces won Food Network's *The Next Iron Chef*, making him one of a few chefs in the country to hold the prestigious title of Iron Chef America. His eponymous Garces Group has opened fifteen restaurants nationwide, in cities such as Philadelphia, Chicago, Palm Springs, Arizona, and Atlantic City. Garces lives in Philadelphia with his wife and two children.

The Latin Road Home Jose Garces is the chef and owner of Amada, and has won many awards, such as the 'Best Chef Mid-'Atlantic award in 2009. He is a master of Latin cuisine, and his book reflects this in a beautiful way. There are gorgeous pictures throughout, of the food, and the countries. The book is arranged in chapters, with each chapter featuring the food of one country that has influenced Garces the most. The chapters include Ecuador, Spain, Cuba, Mexico, and Peru. Garces thoughtfully provides a map of each country, and Quick Info about each country, with information about the Land, People, and Food. On the side, in the margin, is a list of historical notes. So if you dislike reading about history, you can easily skip that part! I love reading about why a particular country is of interest to Garces as well. I turned to that first to see, for example, how he is connected to the foods of Peru and Cuba, since his parents came from Ecuador. The recipes are arranged in menus, which is very thoughtful for those of us who would like to prepare an entire meal. There are several menus for each country, some short, and some very long. For example, from Ecuador we have a menu of Crab Ceviche, Salt Cod and Legume Chowder, Griddled Potato Cakes with Queso Fresco, Aji Mushrooms with Ginger and Saffron, and Figs in Honey Syrup with Goat Cheese. He also has a beautiful and mouth watering section on Empanadas. From Spain we have a menu consisting of Almond Gazpacho with Smoked Trout, Butter-Toasted Marcona Almonds, Seafood Vermicelli Paella, and Piquillo Pepper Aioli. A menu from Cuba features Lobster in Spicy Tomato Sauce, Fried Stuffed Chiles, and Garbanzo Bean Salad with Lemon-Dijon Dressing. A simple menu from Mexico consists of Tortilla Soup, Red Snapper in Tomato Sauce, and Warm Green Bean Salad. A more complex one had 2 types of Margaritas, Chipotle Chicken Nachos, Guacamole and Tortilla Chips, then a Taco Bar (which has 7 recipes in it, such as Beer and Citrus-Braised Fried Pork and Roasted Poblano Chiles with Mushrooms), then Tres Leches Cake. From Peru he has a menu with Corvina Ceviche, Pickled Red Pearl Onions, Stewed Duck with Potatoes, Peas, and Chiles, and Red Chile Butter. There are a few ingredients that might be difficult for people without a good latin grocery to find, like Yuca flour, but Garces notes these and has a list of sources to find them. My only real complaint is the photo of the brined suckling pig, which I found pretty revolting (I mainly eat vegetarian). But I suppose if you want to make the recipe it pays to know what you are getting into. Oh, and packed it poorly and the corners are all crunched, but I did not want to do without the book while having the hassle of return shipping it.

I am Ecuadorian and I love cooking all sorts of food. That being said, this book is great if you are looking for latin food with a twist. The recipes in the book are classic Ecuadorian dishes (and other

latin countries as well) revised. For instance, I have never had a ceviche in Ecuador with avocado in it, but that is the recipe in the book. I have cooked a lot of dishes from this book already, and they all have a great flavor, HOWEVER, most of the recipes have the cooking time wrong. For instance, the pork for the Cubano sandwich takes twice as long to reach the desired temperature (from 45 to 90 minutes), and the beans from the mexican section take half as long to reach the desired consistency. I can forgive this mistakes for the strength this book has in terms of the flavors and cooking techniques. Some people have commented on the fact that this book is not for beginners, I agree. Especially since many of these traditional recipes take many hours of preparation, for instance the Ecuadorian Fig desert, takes about 3 days to be completed. But that is not Garces fault, it is actually the beauty of this book because you get to season something, let it rest for a day, and have an explosion of flavors! So enjoy and cheers to cooking !

This book is a beautifully layed out and photographed. I bought it for research rather than cooking (in order to plan a "culinary diversity of the Spanish-speaking world" course), after hearing an interview with the author on NPR. I only hope the publisher translates it to Spanish eventually- it would be quite nice as a textbook, with excellent cultural context provided for each region and food. Very glad I bought it!

Very nice insight in (mainly) Ecuadorian quisine in English language. Although recipes Quite "serrano" (as inhabitants from Sierra are called) for an "ex-mono" (inhabitant coastal area).

Fancy book with stunning images, but the recipes aren't the easiest. Lots of non-typical ingredients that you won't find in a grocery store.

This is a terrific cookbook. It has a good selection of recipes from Latin America, that you may not have heard of before. Well written with lots of information,

Really enjoyed this chef's perspective and the traditional Ecuadorian recipes

Great, great book! A little bit of history, a little bit of personal experience, a lot of good recipes. Solidly recommended.

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