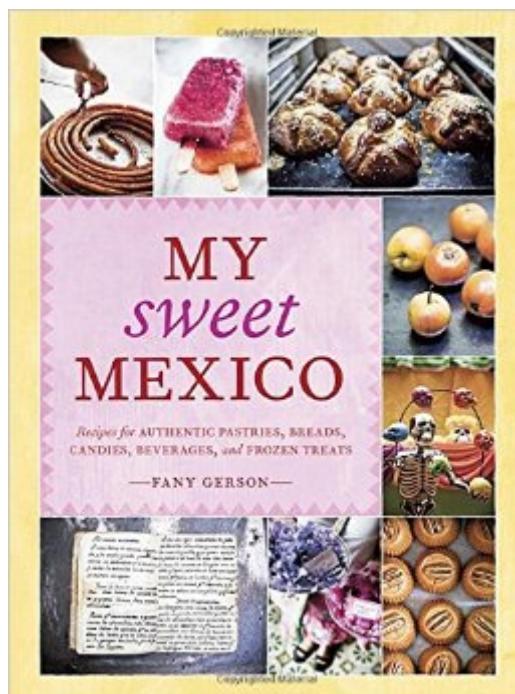


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# My Sweet Mexico: Recipes For Authentic Pastries, Breads, Candies, Beverages, And Frozen Treats



## Synopsis

After years spent traveling and sampling sweets throughout her native Mexico, celebrated pastry chef Fany Gerson shares the secrets behind her beloved homeland's signature desserts in this highly personal and authoritative cookbook. Skillfully weaving together the rich histories that inform the country's diverse culinary traditions, *My Sweet Mexico* is a delicious journey into the soul of the cuisine. From yeasted breads that scent the air with cinnamon, anise, sugar, fruit, and honey, to pushcarts that brighten plazas with paletas and ice creams made from watermelon, mango, and avocado, Mexican confections are like no other. Stalwarts like Churros, Amaranth Alegrías, and Garibaldis—a type of buttery muffin with apricot jam and sprinkles—as well as Passion Fruit Mezcal Trifle and Cheesecake with Tamarind Sauce demonstrate the layering of flavors unique to the world of dulces. In her typical warm and enthusiastic style, Gerson explains the significance of indigenous ingredients such as sweet maguey plants, mesquite, honeys, fruits, and cacao, and the happy results that occur when combined with Spanish troves of cinnamon, wheat, fresh cow's milk, nuts, and sugar cane. In chapters devoted to breads and pastries, candies and confections, frozen treats, beverages, and contemporary desserts, Fany places cherished recipes in context and stays true to the roots that shaped each treat, while ensuring they'll yield successful results in your kitchen. With its blend of beloved standards from across Mexico and inventive, flavor-forward new twists, *My Sweet Mexico* is the only guide you need to explore the delightful universe of Mexican treats.

## Book Information

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## Customer Reviews

Tres Leches cake. Sweet tamales. Flan. Pan. Milk Fudge. Those familiar with the sweet flavors of Mexico will have their mouths watering with the litany of delicious temptations. Until now, most of us have had to go to our local Hispanic markets to taste these treats, but no longer. Now, Fany Gerson will teach you how to create these dishes and many more in the comfort of your own kitchen. Ms. Gerson does for dessert what Bayless did for main dishes, she brings the authentic food to the American audience and she does so in an approachable, comforting way. For those that need baking and candy making refreshers, they are provided, along with amazing, beautiful pictures so you know how yours should look at the end. Each recipe has its name in Mexican and English and cultural tidbits. Those just make the book even more enjoyable. There are nine chapters. In English, they are: \* Beverages \* Sweets from the Convents \* Corn \* Heirloom Sweets \* Morning Sweet Breads \* Fruit \* Desserts \* Frozen Treats \* Modern Mexican I am a chef and I grew up in south Phoenix. Never before have I seen a cookbook such as this (and I own over 400 cookbooks, now). This is a visual, mental treat and when you take the effort to make these classic, authentic sweets, it is a treat for mouth and soul, too. Highest possible recommendations. Seriously, buy this now!

My love affair with Mexican food arrived one day in 1952 when my mother received a "care package" from friends in the Southwest stuffed full of "Mexican" food. I suspect I've never had a worse tamale, but those canned tamales sparked a life-long pursuit of the the "best" in tacos and tamales and salsas by the dozens. And of course, I've been collecting Mexican cookbooks ever since - a fairly substantial chunk of the ethnic section of my collection (over 400 but I've lost count!). You don't have to spend much time in Mexico or have many Mexican friends to realize that sweets are a huge part of Mexican culture - and you don't have to visit many "Mexican" restaurants here in the US or read through many Mexican cookbooks to realize that there simply must be more than fried ice cream, churros, and a couple of cookie recipes. With *My Sweet Mexico: Recipes for Authentic Pastries, Breads, Candies, Beverages, and Frozen Treats*, Fany Gerson fills a huge void, both on my library shelves and in my kitchen. My only problem? What to make first. . . . tamales? or maybe that sweet potato candy? Milk fudge? Something frozen? HMMMMM . . . Beautiful book, highly recommended. This is a book you will treasure for a long time.

We finally have a recipe book that is really Mexican and not an imitation. Not only is it great to have these recipes available, but also, it is interesting to know the story behind the ingredients and the desserts. We love this book.

I've made several recipes from this cookbook so far, and they have all been delicious! It's a shame this book suffered from poor editing (this review sums it up quite well: [...]), otherwise it would have been a 5-star cookbook. The book is lacking in specific instruction on different techniques. The recipes I've attempted have turned out well because I'm an experienced baker and know what I'm doing--this is not a book for a beginner.

I have tried my hand at a few of these recipes, ie: the conchas, the cajeta and the churros and they have all come out wonderfully (at least I thought they did). The conchas were soft and stayed that way using a method from Maggie Glezer's book to scald the milk first, stopping an enzyme that makes the bread stale after a day or two. Since I have made a brioche before, I know that it can become stale in a short period. The churros were very addicting, using goat cheese it had a wonderful tangy flavor. I've never had one before, so it was an experience. How does one get it to stop floating into one another like a magnet when cooking two at a time?... and the cajeta, it took exactly one hour like Gerson says it will. It was totally delicious, but it hardened so much, what do I do?... As I have said, I love this book and I love trying my hand at these wonderful Mexican desserts. I'm still new to this so if any body can help me with some tips on Mexican desserts that would be sweet... Enjoy!

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