



Art of South American Cookery (Hippocrene International Cookbook)

Myra Waldo

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"Parts of South America have very similar cookery styles. For example, many countries serve the classic dishes brought from their motherlands: Spain and Portugal. However, the locally available ingredients have naturally influenced and modified the cuisines of the individual countries. Chile, for example, has taken full advantage of its long coastline and superb fisheries to create some delectable seafood preparations. Notable is Chupe de Mariscos, a seafood soup-stew or chowder. Brazil, using the black beans of the country, has as its national dish Feijoada, made with beans and a variety of meats and spices. Argentina, a great meat country, combines meats with fruits and vegetables, resulting in a Carbonada. One of Peru's contributions to the art of good eating is a marvelous chicken-and-pepper dish called Aji de Pollo. Dishes with Salsa de Almendras, almond sauce, are familiar through large parts of South America, but reach a high point of deliciousness in Ecuador, where this sauce is served with shrimp, eggs, and almost anything the chef has available. You will find that cooking the South American way introduces a new type of cuisine into your menu. It offers a scope and excitement that will delight your family and guests." -from the author's Introduction

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