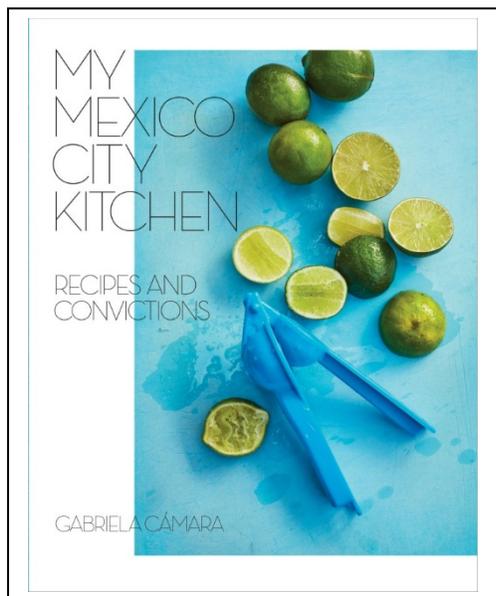




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[My Mexico City Kitchen: Recipes and Convictions: A Cookbook](#)

by Gabriela Cámara with Malena Watrous, copyright © 2019. Photographs by Marcus Nilsson. Published by Lorena Jones Books, an imprint of Ten Speed Press.

Our Summary:

It's human nature to share our stories with one another, and in her new cookbook, [My Mexico City Kitchen: Recipes and Convictions: A Cookbook](#), Gabriela Cámara not only shares her story, but an entire collection of her authentic Mexican recipes. Like any large city, Mexico City is a melting pot, borrowing influences from various cultures and backgrounds. It's the place Cámara calls home and the place where she infuses these cultural influences into her internationally recognized and celebrated Mexican food. Inspired by her maternal grandmother's storytelling and culinary expertise, she recalls the lessons of her youth, "pay attention, take

your time, and respect your resources." Cámara practices these principles daily by minimizing kitchen waste and using the freshest ingredients she can find. Her recipes are innovative and unpretentious, yet cultured. Whether you are well-versed in Mexican food and looking for new interpretations of familiar dishes or ready to try this cuisine for the first time, these recipes will speak to you. In turn, you'll have wonderful stories of your own to tell.

What you need to know:

Get it: [My Mexico City Kitchen: Recipes and Convictions: A Cookbook](#) by Gabriela Cámara with Malena Watrous, copyright © 2019. Photographs by Marcus Nilsson. Published by Lorena Jones Books, an imprint of Ten Speed Press, April 30, 2019 Hardcover \$35.00 ([Amazon \\$23.35](#); [Kindle \\$18.99](#))*

See it: 368 pages of all things Mexico City! Beautiful photography of many of the mouthwatering finished dishes as well as spectacular photos of some of Mexico City's finest sites. An enticing *Table of Contents* that is thorough and straightforward in its direction and theme. An inclusive and simple cross-referenced index that allows the user to find component recipes with ease. Each recipe is titled in both Spanish and English.

Make it: 150 carefully composed recipes for the home kitchen, wherever you live. An entire chapter called *Basics* that are the building blocks for most Mexican dishes. Cámara says that just because a recipe is easy and simple doesn't mean you shouldn't pay attention to every step. These building blocks are the jumping off point for so many of her recipes.

Cherie's Review:

In her cookbook, [My Mexico City Kitchen: Recipes and Convictions: A Cookbook](#), author Gabriela Cámara shares her experience of how she learned the art of making homemade tortillas as a young girl. "I wanted to make tortillas," she says, "because I wanted to fit in and have fresh tortillas on our kitchen table like everyone else in my town." Cámara credits her grandmothers and the many ladies of her hometown as the ones who inspired her to follow her passion for cooking fresh, flavorful Mexican food. And those tortillas she learned to make play a starring role in every section of her cookbook. Recipes for

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Flour Tortillas and *Corn Tortillas* with options to start with fresh masa or dried masa harina, are beautifully written and pictured in the beginning chapter titled, *Básicos* (Basics).

As you read through Cámara's [My Mexico City Kitchen](#) you realize she was an "influencer" even before social media rose to popularity. *Contramar*, Cámara's first restaurant, is in the cultural hotspot of Mexico City. It began with the goal to serve fresh, authentic, local food in an atmosphere reminiscent of her favorite beachside palapa (an open-air restaurant with a ceiling of woven palm fronds). Cámara is a culinary trend-setter and her fresh-first style of cooking inspired recipes like *Contramar's Ceviche*, *Pescadillas* ("Fish-a-Dillas") and *Pescado a la Talla* (Contramar's Signature Red and Green Grilled Red Snapper). Most dishes are served family-style at her restaurant, which was unique when it opened more than 20 years ago, and yet remains relevant today.

The common thread woven through [My Mexico City Kitchen](#) is family. To this day, Cámara says her favorite thing is to be in the kitchen with people she loves, as she turns fresh ingredients into a delicious meal they share together. To me that is inspiring! Cámara recreates the food she loves to eat with her family. Her recipe for *Sopa De Aguacate Fría* (Cold Avocado Soup) is a fresh interpretation of a recipe she ate at the home of a close family friend. Carrots provide a unique rich flavor for *Flan De Zanahoria* (Carrot Flan), her father's favorite dessert made from a recipe she inherited from her grandmother. The *Costrada De Arroz* (Baked Rice and Ground Beef Casserole) is a savory dish with a delicious crispy crust that Cámara's aunts always made for big family get-togethers.

Cámara is recognized for her advocacy of local and sustainable ingredients, both at home and in her restaurants. When she opened her first restaurant outside of Mexico, *Cala* in San Francisco, she needed to adapt her ingredients to what was available in the new location. Sustainable local trout became her choice for *Tostadas De Atún O Trucha* (Tuna or Trout Tostadas), as did local sweet potatoes and beef for her *Camote a Las Brasas Con Salsa Negra Y Tuétano* (Charred Sweet Potatoes with Black Salsa and Roasted Bone Marrow). Both of these recipes are included in [My Mexico City Kitchen](#). Cámara says, what's better for the planet also tastes better on the plate.

[My Mexico City Kitchen](#) is a gift to all of us who enjoy food and the cultural influences behind the recipes. Gabriela Cámara, a pioneer of Mexico City's accessible yet sophisticated Mexican cooking, weaves the story of her life, her passion for family and heritage, and her love of cooking into the fabric that defines her as an innovative chef. She reminds us as home cooks that there is great joy and pleasure in serving others, sharing stories and seeing the delight on their faces when they taste something fresh and delicious we've made.

Recipes to cook from [My Mexico City Kitchen: Recipes and Convictions: A Cookbook](#) by Gabriela Cámara with Malena Watrous, copyright © 2019. Reprinted with permission by Lorena Jones Books, an imprint of Ten Speed Press.

[Tostadas De Atun O Trúcha \(Tuna or Trout Tostadas\)](#)

[Flan De Nutella \(Nutella Flan\)](#)

[Pavlova De Fresas Con Pepitas \(Crisp Meringue with Strawberries and Pumpkin Seeds\)](#)

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