



## From the Hands of Ethnic Women with a Mexican Flare: 78 Traditional Recipes

By Lori Najera

Outskirts Press. Paperback. Condition: New. 100 pages. Dimensions: 9.0in. x 7.3in. x 0.4in. FROM THE HANDS OF ETHNIC WOMEN WITH A MEXICAN FLARE The recipes in this cookbook are drawn from many cultural influences given to me by Family, Friends and Colleagues. They expand over three generations of Mexican, Nicaraguan, Laotian and Hmong women who have worked endless hours to provide for their Families. You will find these recipes to be unique and authentic as these special women had to draw from their memories the ingredients for their recipes and actually put them on paper! This book was a labor of love, respect and pure joy that comes from the honest love of food, its ingredients and the methods of preparation used to gain the best results. It is my hope that you will gain many hours of enjoyment in your kitchen cooking recipes from this book. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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