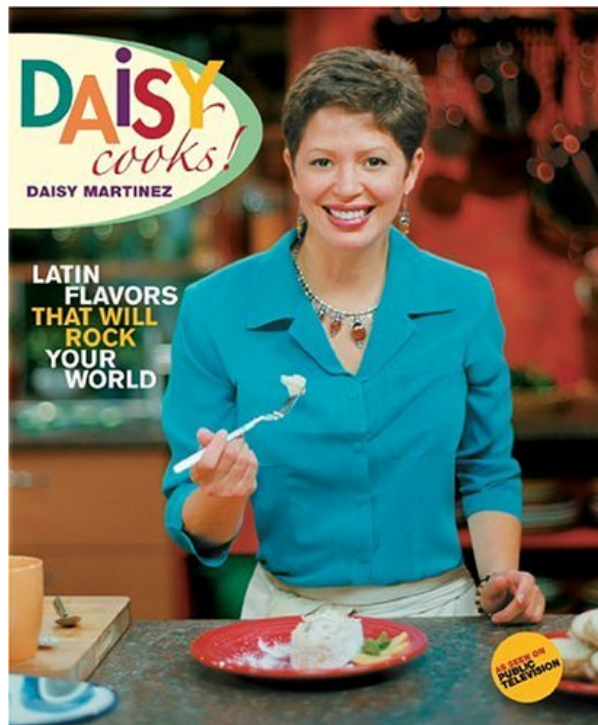
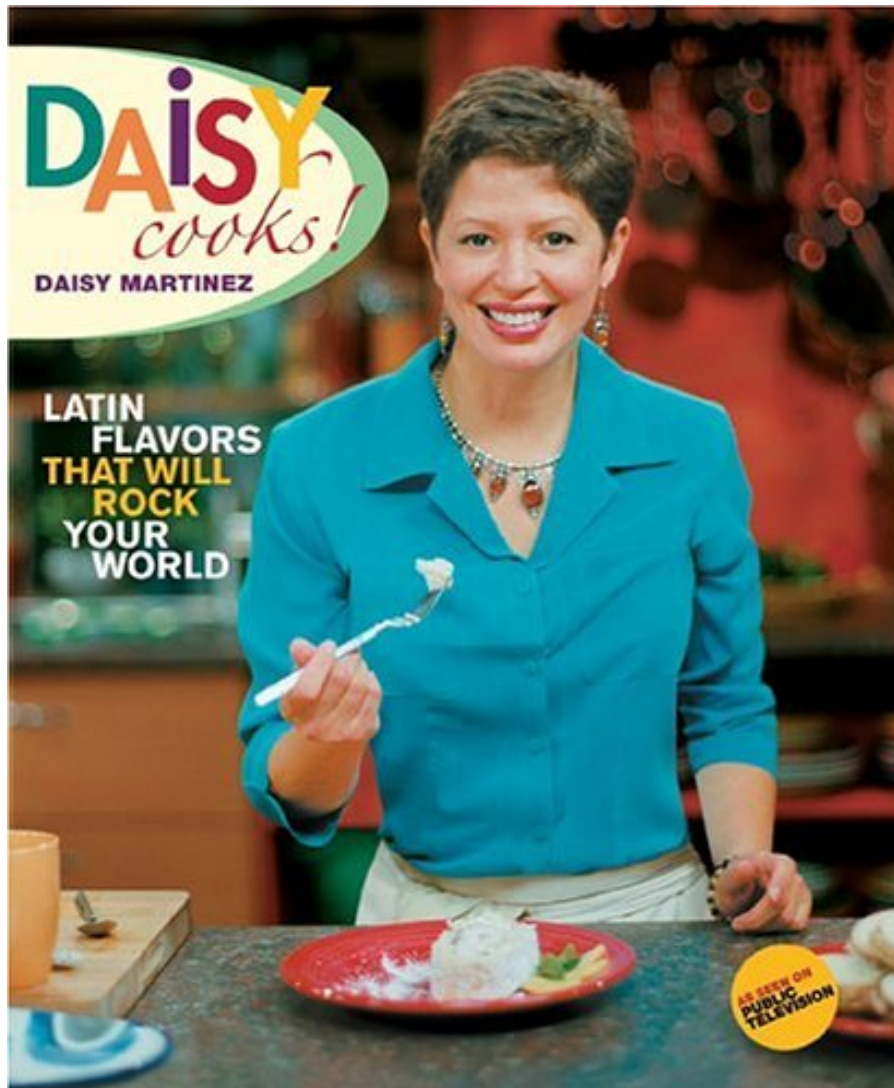


DAISY COOKS: LATIN FLAVORS THAT WILL ROCK YOUR WORLD BY DAISY MARTINEZ



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From Publishers Weekly

Martinez serves up a jazzy tie-in to her new public television cooking show of the same name, and while the subtitle's claim that the recipes within will "rock your world" is pure hyperbole, Martinez does offer a decent introduction to Latin "soul food." The overly chirpy tone can feel cloying, yet Martinez succeeds in demystifying staples of Latin cooking. Starting with important such basics as Sofrito (a blend of onions, peppers, tomatoes and herbs that adds "zing" to dishes), Achiote Oil (which also adds a "quick kick") and Recaito (a Sofrito-like seasoning, sans the color and extra liquid), she moves on to tapas, soups, meats, vegetables, starches and desserts. Recipes for the truly cooking-impaired (e.g., Guacamole, Black Beans, Basic White Rice) are unnecessary, but exotic dishes like Breadfruit Tostones (twice-fried crispy chips), Sole Baked in a Banana Leaf, and Stuffed Flank Steak are welcome. Health-conscious readers, beware: this cuisine is laden with animal products, carbs and things fried and refried, and Martinez admits to leaning toward too-large portions, which she calls "Daisy Servings." Still, anyone new to Latin classics like Paella, Ropa Vieja, and Dulce de Leche should find plenty of motivation within these colorful pages. Photos. (Sept.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

About the Author

Daisy Maria Martinez was born to mainland Puerto Rican parents in Brooklyn, New York, where she lived at her grandmother's house until she was almost five years old. Her extended family includes relatives from Central America, Spain, and other parts of the Spanish-speaking world. She has modeled and acted in commercials and in numerous films including *Carlito's Way* and *Scent of a Woman*. She attended Long Island University and the French Culinary Institute before establishing her catering business, The Passionate Palate. Daisy lives with her husband and children in Brooklyn.

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Daisy Martinez is America's most exciting and beloved new television cook. Here, at last, is her first cookbook, with all the recipes from her acclaimed show--and most can be made in under thirty minutes!

In Daisy Martinez's kitchen, salsa music is always playing. Laughter fills the air, along with delicious aromas of the amazing meal to come. Friends, neighbors, and family members are ever-present, sneaking tastes from every pot. And in the center of it all, Daisy is laughing, singing, tasting, and appreciating everything that her kitchen--and life!--has to offer.

Does this sound like your kitchen? If not, don't despair. In this book and on her acclaimed national public television series, *Daisy Cooks!*, Daisy teaches you how to bring excitement back to the table with Latin-inspired food that your friends and family will love!

Some of these recipes will remind you of meals you've enjoyed in restaurants. Some are great variations on dishes you already cook. Some are totally new. All of them will rock your world. Daisy's flavorful, satisfying interpretation of the best dishes from Puerto Rico, Mexico, Spain, Cuba, the Dominican Republic, and Central and South America all taste like the results of a day in the kitchen--but in reality, most take only thirty minutes to prepare. Here, you'll find the techniques that Daisy learned at the French Culinary Institute, along with her mother's and grandmother's time-tested tricks! This winning combination results in dishes that range from elegant Chicken Braised with Figs to soul-satisfying Cuban Black Bean Soup to to-die-for homemade Dulce de Leche.

And then, of course, there are Daisy's "Top Ten Hits"--the recipes that, once you try them, are guaranteed to change the way you cook forever. In this first chapter, Daisy shows how simple flavor boosters, in addition to a few easy techniques, can make every meal mouthwateringly special. In Daisy's words, "If you can season, cook, and dress pork chops and serve them alongside fragrant yellow rice in less than thirty minutes, I can't imagine why you'd eat anything from a cardboard carton!"

With ingredients that are found in almost every supermarket, equipment that every kitchen contains, and a little bit of adventurousness on your part, the recipes in this book will transform your mealtimes for good. So jump right in--it's time to get Daisy-fied!

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Features

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Great overall introduction to Puerto Rican/ Latin food classics - but not for cilantro haters

By B

I would recommend this book to anyone wanting to make Latin food with authentic flavors. I have made nine recipes out of the book so far, and they have all turned out well. The Pork Chops(Grandma's) were probably my favorite recipe so far. The sofrito recipe makes a huge quantity, but it is easily frozen - and so much more flavorful than jarred/ packaged seasonings sold under the same name, It is essential for many other recipes in the book; I used it to make yellow rice and my New York born guest said the flavor was true to form. Another favorite recipe is the one for Mami's potato salad - the best potato salad I ever made, and now my go-to recipe. The recipes are well tested. I had one issue with the roasted chicken scorching a bit but I think that was due to user error. I was actually able to use her directions to make a very good Pernil (Roast pork shoulder). This is not an easy task on the west coast where good pork is hard to come by. I definitely suggest shopping in a Latin market for pork if you want to attempt the pork recipes and do not have access to marbled pork. If I had one little quibble with the book, it was with the seasoning. The amount of pepper in the dry adobo rub was a bit overwhelming for me, and I found the amount of salt in some of the recipes to be shocking at first. After making her potato salad though, I realized that lack of salt was the problem behind all my bland potato salads of the past. While I would not indulge in such high sodium fare every day, the recipes are delicious enough to justify on an occasional basis (at least for me).

Interestingly, when I did lower the amount of salt in the red beans and rice recipe (also delicious) a Hispanic guest commented that the dish was under-seasoned! It turns out that Puerto Rican food is traditionally very, very well-seasoned. There are only a couple of hard to find ingredients (at least for west-coasters) but easier

to find substitutions are given. There are a lot of recipes with cilantro and its cousin, the very elusive and hard-to-find culantro. So if you are one of those people with the gene that makes cilantro taste like burnt plastic, this might not be the book for you.

I have had a good measure of success from this book - and good reviews from several dinner guests. This book will stay on my shelf until I'm no longer allowed to eat salt :-)

A very fun and successful introduction to Latin cooking.

0 of 0 people found the following review helpful.

Good Cookbook

By Bpollen

I'm not one for watching cooking shows on tv. In fact, I hate to cook. But I saw a Daisy cooking show on pbs one day, and it caught my attention. I found myself salivating. And the type of cooking she was doing seemed so....could it be easy? A little of this, a little of that. I thought, hey, I could do that, and it doesn't take that long. Then she made IT. The IT was her Black Bean Soup. OMG. That was it. I had to buy her cookbook and try some of these recipes (I hate even saying the word "recipes," that's how much I hate to cook). There was no other way to get that food than to make it myself. I bought the cookbook and made a few thing. Delicious. And I did it myself! I still make the black bean soup every winter. It tastes wonderful, true comfort food, spicy, freezes well, and doesn't cost a lot of \$. The only problem I have with the book is her use of all the different peppers. I couldn't find some of them, so I substituted with others or more of the ones she was otherwise using in that recipe. The recipes were easy to read, instructions were okay (I could've done with more instructions and explanations for idiots like me). I'm a fan, now, of Cuban food. This is down to earth food. Things you can make a lot of for a family to gather 'round the table and chow down. Good book, great food.

1 of 1 people found the following review helpful.

... to cook authentic Latin food that will bring back great memories of your family's recipes

By Amazon Customer

If you're Latin and you want to learn how to cook authentic Latin food that will bring back great memories of your family's recipes, then this is your book! I have bought several of these for friends and family who want to learn how to cook the real deal. This is one of my favorite cookbook!!!

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