



Nuestro mero mole: Breve historia de la comida mexicana (Spanish Edition)

Jesús Flores y Escalante

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Existen muchos recetarios de comida mexicana, pero escasean los libros que traten el tema desde un punto de vista histórico y, aún más, aquellos que ubiquen nuestros platillos en el contexto de las tradiciones populares, con información que impulse al lector a valorar nuestra herencia culinaria indígena e hispánica.

Por esa razón, Jesús Flores y Escalante -experto en el arte popular mexicano- repasa en *Nuestro mero mole* cómo se ha desarrollado el arte de cocinar en México desde la época prehispánica hasta nuestros días. Nada escapa a su estudio: caldos, guisados, yerbas, panes, bebidas, dulces, tamales; regiones y maneras de comer, todo lo que ha dado solidez a una tradición que tiene su origen en el mestizaje, en la religión y en la música de la Conquista.

Como ingrediente adicional, el autor recupera algunas recetas sobrevivientes a varias generaciones, las cuales, con ayuda de antiguos cronistas y modernos investigadores, se han constituido como parte fundamental de la mexicanidad. De ahí que *Nuestro mero mole* tenga un probado valor culinario cuyo contenido resulta enriquecedor para el acervo bibliográfico sobre la gastronomía y la cultura mexicanas.

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