



My Sweet Mexico: Recipes for Authentic Pastries, Breads, Candies, Beverages, and Frozen Treats

Fany Gerson

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After years spent traveling and sampling sweets throughout her native Mexico, celebrated pastry chef Fany Gerson shares the secrets behind her beloved homeland's signature desserts in this highly personal and authoritative cookbook. Skillfully weaving together the rich histories that inform the country's diverse culinary traditions, *My Sweet Mexico* is a delicious journey into the soul of the cuisine.

From yeasted breads that scent the air with cinnamon, anise, sugar, fruit, and honey, to pushcarts that brighten plazas with paletas and ice creams made from watermelon, mango, and avocado, Mexican confections are like no other.

Stalwarts like Churros, Amaranth Alegrías, and Garibaldis—a type of buttery muffin with apricot jam and sprinkles—as well as Passion Fruit–Mezcal Trifle and Cheesecake with Tamarind Sauce demonstrate the layering of flavors unique to the world of dulces. In her typical warm and enthusiastic style, Gerson explains the significance of indigenous ingredients such as sweet maguey plants, mesquite, honeys, fruits, and cacao, and the happy results that occur when combined with Spanish troves of cinnamon, wheat, fresh cow's milk, nuts, and sugar cane.

In chapters devoted to breads and pastries, candies and confections, frozen treats, beverages, and contemporary desserts, Fany places cherished recipes in context and stays true to the roots that shaped each treat, while ensuring they'll yield successful results in your kitchen. With its blend of beloved standards from across Mexico and inventive, flavor-forward new twists, *My Sweet Mexico* is the only guide you need to explore the delightful universe of Mexican treats.

My Sweet Mexico: Recipes for Authentic Pastries, Breads, Candies, Beverages, and Frozen Treats Details

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Simone says

In as much as you can read a cookbook, I read this one. . .and wanted to make practically everything! The photography is lovely. I got it from the library, but will likely be making a purchase. ¡Que delicioso!

Sara says

Fany Gerson makes some of the prettiest cookbooks I have ever seen. Also, delicious. :)

Sheri says

Not just a cookbook, this book contains stories relating the history of Mexican desserts. These aren't the desserts one would find in a traditional home - the focus is on things you'd find in a shop or restaurant. Probably more of a historical/cultural reference than a cookbook to be used regularly. A lot of the recipes are very involved.

Heather says

I want to bake everything in here. It brings back memories of pastries I sampled while living in Vegas and visiting California. It is a beautiful cookbook with all the sun-infused coloring of Mexico. Perfect for a cold, wintery, waiting for Spring day in Montana.

Adriana says

Mouthwatering is the least than can be said about this great book. Not only are some of the best sweets in Mexico presented, explained and deliciously photographed, but the recipes are easy to follow and understand. A couple of the sweets are a bit different than is traditional, but that's understandable as the book is geared mostly to foreign palates.

More than just a cookbook, reading this book felt like I was getting a lesson on Mexican sweets from someone that not only did the research but cared about it.

Jake says

a bit too advanced for me overall, but I learned a lot.

H says

I bought this book for the pan de elote recipe - which is perfect - but I love it even more for all the tidbits of information about the sweets I have come to know and love while living in DF. And on top of that, the photos are lovely.

Katey Thompson says

An in-depth look at Mexican desserts with beautiful photography... almost too good. Mostly I just looked at the pictures. My curiosity wasn't piqued enough to delve further into the pages.

Michele says

If you've grown up anywhere close to Mexico or served a mission there, this book will bring all the flavors and smells rushing back to you. Definitely a great compendium of Mexican sweets, but most of the recipes are very involved and time consuming. There are a couple that I want to try (i.e. Arroz con Leche, Avocado ice cream, and the Impossible Flan)... but the rest I'm content to read about.

Erin says

I was looking for a recipe for pan dulce when I came across this book. Picked it up out of curiosity because I've never seen a book about Mexican sweets before; you always get recipes on heavy meaty dishes for Mexico. I've read through this once already and it really got me excited to try making sweet tamales, which sound just really fun.

I haven't managed to actually cook anything from the book yet, though. All the recipes seem like they're going to take a bit more time devotion than I really have right now. Nothing seems to require an ungodly number of ingredients, but the instructions look like something you really need to be paying attention for. Not fiddly, exactly, but definitely not a simple throw together kind of thing either. Probably the recipes don't take as long or as much attention when you've done them before, but they do look a tad daunting from a book.

Beka says

Not as good as her paletas book but well researched.

Rachel says

I've been waiting awhile to get my hands on this one and I'm glad I finally found time to take a look at it. I had read a little bit about Mexican desserts in Rick Bayless's "Fiesta at Rick's" cookbook as well as learning about some in television programs, but nothing this well researched. The book was really well done with history and stories about Mexican desserts in general as well as within each individual section, such as desserts created by nuns, and sometimes little antidotes about the individual recipe (my favorite was the one about hot chocolate!). It had gorgeous photos of most of the desserts as well as cultural/travel photos of some of the areas discussed, which really helped as a lot of the ingredients I had never heard of, especially the fruits. I liked that it included historical recipes (which I was a bit hesitant to try) such as the Blackberry Corn Beverage, which was basically a corn pudding that you drink, as well as modern spins on classic ingredients such as the Mango Bread Pudding with Tamarind Sauce. My only complaint is that most of the recipes are very time-consuming/intense. I can't wait to try some of the recipes from here!

Eling says

This definitely isn't an every day cookbook for me at all, but it's full of all sorts of great information about Mexican ingredients, recipes & culinary history. It's one I'd love to add to my library, as it's totally different from any I've read. Also, the layout & photography are really beautiful and well-done. I would like a few more recipe photos, but I almost always want that, and there were only a few spots where I really thought a photo was truly wanting. Unusual & highly recommended for the foodies and more adventurous cooks out there.

Samantha says

Love this cookbook -- this is one that I read right through. There are several recipes included that I could never imagine myself actually making (because the ingredients are obscure -- at least where I live -- or because they are too labor intensive), but it was fascinating reading about how these things are made. HOWEVER, there are many recipes that I am dying to try -- chocoflan, coconut-stuffed limes, amazingly colorful and intriguingly fruity-sounding milk fudge. I have read and tried many of the recipes out of one of Gerson's other books, Paletas, and they were all awesome. Her directions are clear and specific, and the pictures are lovely. The photos make me want to get on a plane and fly to Mexico City right this minute.

Zaynaz says

I had never given Mexico's confectionary much thought until coming across a review of this book which included a recipe for jamoncillo. Why had I never known about lime flavored fudge before? Or whole candied limes stuffed with coconut? Or crepes smothered in dulce de leche and pecans? Or chocoflan? It was as big of a sweets revelation as walking into an Indian mithai shop was to a slightly younger me.

I've loved flan all my life and here were its compatriots, beautifully photographed, lovingly described and

best of all easy to recreate. Ms Gerson knows how to write about food and entice you to try the recipes, and she knows how to write a clear and detailed recipe, which honestly seems to be a harder job than the 'story telling' a lot of cookbooks indulge in. She knows where you're likely to go wrong, she knows what variables you need to take into account, she knows you might need a bit of extra encouragement to try something that seems unfamiliar to your palate.

These recipes work- the measurements are correct, the timing is right, the technique is described, and the results are delicious. I've made bottles of perfect cajeta, cooked crepes to soak in it, made a chocoflan that blew everyone's mind. Everything I've tried has worked and I want to try all the ones I haven't attempted yet. This is exactly what a cookbook should be- personable and informative AND usable and pitched at all skill levels.
