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style Before the conquistadors era started in 1600 Mexican region was way different under every aspect food included It s only in the late 1600 that beef and pork arrived in the Americas brought from Europe and it changed the tradition of a land that goes from ocean to ocean and has several climate from the desert to the Mediterranean one in the west The core of the Mexican cuisine is in the traditional mais tortillas used for tacos quesadillas and many other typical dishes Cheese is largely used and fresh vegetables are always present most notably avocados for guacamole but also pepper chili tomatoes and salad Described in this way it seems that both meat and fish are only optional in the Mexican Food and it is actually true In Vegetarian Mexican Cookbook by Maki Blanc you will learn How to cook vegetarian Mexican recipes at home 70 vegetarian Mexican recipes that can be easily done with ingredients found at the local supermarket 70 vegetarian Mexican recipes to impress family and friends If you want to give a twist to your cuisine and you are looking for a vegetarian Mexican cookbook this book is for you Scroll up click on buy it now and get your copy today

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