



A Taste of the World From Alicia's Kitchen: A Collection of Selected International Recipes

Alicia Borges Betancourt

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In "A Taste of the World from Alicia's Kitchen," experienced cook Alicia Betancourt shares the best of her family recipes, as well as meals gathered through years of international travel. With skills developed through long practice, she fuses the tastes and cooking concepts of the Caribbean, Cuba, Latin America, and Europe with techniques and ingredients easily available in the average American kitchen. The results are delectable, easy-to-prepare meals with an international flair. Alicia's recipes and their instructions are clear and detailed, containing all the information a beginner needs to cook a delicious, successful meal. She understands the frustration novice cooks often feel when they encounter incomplete recipe instructions or when cookbooks assume a certain level of knowledge. All the recipes in "A Taste of the World from Alicia's Kitchen" include simple, step-by-step instructions to ensure success. To help inexperienced cooks choose what to cook, Alicia ranks her recipes into easy, intermediate, and complex categories. While Alicia writes with the novice in mind, more experienced chefs will enjoy the ability to produce international cuisine without hunting for hard-to-find ingredients. She combines simple, fresh produce and unsaturated oils to make her meals as healthy as they are delicious. Alicia also acknowledges how pressed for time many cooks are in today's busy world, reducing preparation time by using high-quality conveniences such as canned stock, tomato sauce, and prepared pie crusts. Under Alicia's expert guidance, even newcomers to the kitchen can prepare appetizing and hunger-inducing meals. Add recipes from "A Taste of the World from Alicia's Kitchen" to your table tonight—you won't regret it.

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