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Título: Zarela's Veracruz. Mexico's Simplest Cuisine

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Running the length of Mexico's eastern coast, the state of Veracruz boasts a cuisine that is easier, lighter, and more varied than those of the country's other regions. To enjoy the food in Zarela's Veracruz _ dishes like Avocado Cocktail, Garlicky Stir-Fried Shrimp, Orange-Flavored Chicken, and Romaine Lettuce with Cilantro Dressing _ cooks won't need to hunt down hard-to-find chiles or master complicated techniques. With culinary roots in Spain, many of the dishes have a relaxed Mediterranean character and feature healthful combinations of chicken or seafood with vegetables, olive oil, and fresh herbs. Lavishly illustrated with color photographs, Zarela's Veracruz provides more than 150 recipes and combines travelogue with cookbook to entice readers into this unique and eclectic cuisine. Running the length of Mexico's eastern coast, the state of Veracruz boasts a cuisine that is easier, lighter, and more varied than those of the country's other regions. To enjoy the food in Zarela's Veracruz _ dishes like Avocado Cocktail, Garlicky Stir-Fried Shrimp, Orange-Flavored Chicken, and Romaine Lettuce with Cilantro Dressing _ cooks won't need to hunt down hard-to-find chiles or master complicated techniques. With culinary roots in Spain, many of the dishes have a relaxed Mediterranean character and feature healthful combinations of chicken or seafood with vegetables, olive oil, and fresh herbs. Lavishly illustrated with color photographs, Zarela's Veracruz provides more than 150 recipes and combines travelogue with cookbook to entice readers into this unique and eclectic cuisine.