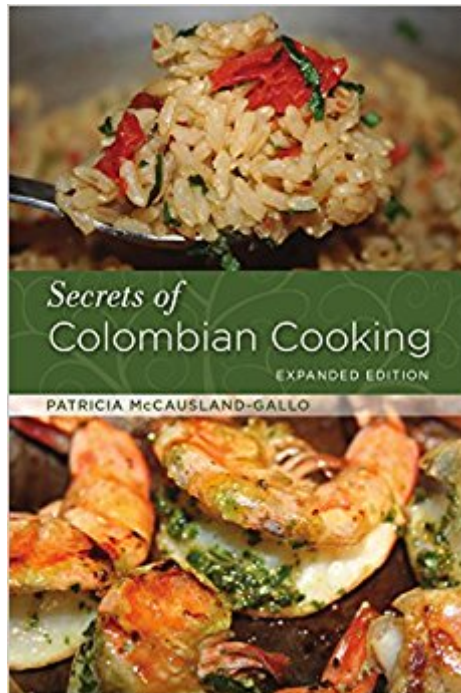




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# Secrets Of Colombian Cooking, Expanded Edition



## Synopsis

This bestselling Hippocrene cookbook explores the cuisine of all the regions of Colombia, with more than 200 recipes, a glossary of Colombian foods and ingredients, and a 16-page color photo insert.

## Book Information

Paperback: 288 pages

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Average Customer Review: 4.5 out of 5 stars 80 customer reviews

Best Sellers Rank: #365,246 in Books (See Top 100 in Books) #87 in [Books > Cookbooks, Food & Wine > Regional & International > Latin American](#)

## Customer Reviews

"...fills a void for the delightful, little-known and vibrant cuisine of this South American nation. You will be thrilled by the ethnic diversity and originality of the dishes passionately and thoroughly gathered by native chef Patricia McCausland-Gallo." --Jacques Pepin  
"Colombian cooking usually is tossed into general South American cookbooks and too rarely receives an entire mention apart from the rest of the region: enter Patricia McCausland-Gallo's *Secrets of Colombian Cooking*, providing the much-needed focus on Colombian dishes alone. . . . Author McCausland-Gallo is both a nutritionist and pastry chef born in the Caribbean: her culinary back-ground lends to a clear survey of classic Colombian fare." --The Midwest Book Review

Patricia McCausland-Gallo is a nutritionist, pastry chef, and teacher born in the Caribbean town of Barranquilla. She studied at Louisiana State University in Baton Rouge, and attended the American Institute of Baking in Kansas, as well as Ecole Len<sup>^</sup>tre in Paris. She has been a food writer for local and national newspapers in Colombia and a manager and owner of bakeries in Barranquilla and Cali. She now resides in Panama City, Panama.

This is the absolute BEST Colombian cookbook you will ever find. I bought the original a few years ago. I was amazed by the recipes that this book had. It was as if my Abuela was right in the kitchen

with me. I then bought more copies for my sisters and cousins. I finally gave my personal copy to my brother about a year ago. I woke up the other night thinking about this book. I was ecstatic to see that there were even MORE recipes and color pictures! My mother's family is from the coastal town of Santa Marta. Many of these dishes are familiar. Those that aren't, I have either tried or am willing to. Patricia has done an amazing job with her detailed explanations and instructions for each dish. There is no better tasting food in the world to me than Colombian food. I enjoy cooking it as much as I enjoy serving, sharing and eating it!

The other Colombian cookbooks I've seen are quite the investment, at \$50 a pop. I'm sure they're beautifully illustrated, but I was just looking for the basics. I got the basics and more. This is a great overview of Colombian cooking. Patricia McCausland-Gallo does a great job of translating these recipes for the English-speaking audience. Her writing is informative, approachable and clear. The book is well-organized. I'm also so pleased with her instructions about how to get some of the specialty ingredients, and what substitutions are appropriate. As a relatively inexperienced cook, the extra information is very helpful and encouraging. Having these fragrances in my kitchen remind me of being in my grandmother's kitchen: sweet memories! I bought copies of the book for my siblings, too.

I am Colombian and have several well know Colombian cooking books in Spanish but always had issues with the ingredients and some of the complicated recepies. But this book is incredible as it gives you the ingredients as you find them here in the US and the recepies are explained so clearly. Several of my Colombian friends just order the book once they saw mine.

### A great gift

I'm really enjoying this cookbook so far, but wish the author would be more specific in her list of ingredients. For example, in the recipe for Ajicao Bogotano many of the ingredients are for specific amounts (1 tsp, 1 pound) but then she says 4 chicken breasts rather than how many pounds of meat, and she says 36 small white potatoes, 24 medium gold potatoes, etc. rather than a weight. It's not a big deal, but my store only had huge white potatoes and I would have liked to prepare a weight equivalent since it was my first time to cook the soup.

This cookbook is super well written, and I love that she is able to provide authentic Colombian

recipes integrated with common substitutes for ingredients if you don't have regular access to an international food market. My husband is from Colombia, and he was so surprised I was able to make some of his childhood dishes without his help :)

This cookbook isn't much on pictures and color. So if you want that, then this isn't the cookbook for you. However if you want great Columbian recipes this is a cookbook you should get. For example, one of my friends from Columbia once showed me how to bake pandebono. If you've never had it, you have to try it. And the author of this book states basically the same. But after my friend left, I accidentally had lost my pandebono recipe and I'd tried re-creating them to that great recipe I once had. I've tried other cookbooks and either couldn't find pandebono or if they had it the recipe was off. I also had tried recipes from online and many of them were off too. But this one has it right on the mark. Not too many eggs. Just the right amount of masa or corn meal . Then your yucca starch and a fresh white cheese (I like to use queso de frier if you have Market Baskets and are on the east coast).It doesn't take much looking in this cookbook to see that you are getting authentic Columbian recipes that are written the right way. You may want to do a little research on the ingredients though so you can find them in the store.

Great book! Glossary in the back is a life saver! All is translated in the heading of every recipe. Instructions are very simple and engaging. Really, this is all you need to step into Columbia and go to market to shop for food and bring it home to cook! Admittedly hung up a little on the drinks section of the book, these recipes in themselves make the book worth buying. even a recipe on how to make your own spirits from corn! Soon learned to make it from yucca also. Unbelievable how much valuable information is packed into this book! Even if you are shopping for food in the U.S. , you will be steered to the right ingredients. The recipes are not "lofty", you will not need to get a dictionary to plow through any of them. The cooking supplies, you will have in your kitchen already. The instructions are easy to and straightforward , simple and unpretentious. It is a real grab and do book. You will not be set up for losses.

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