



**Latin & Caribbean Grocery Stores Demystified: A food lover's guide to the best ingredients in the traditional foods of Mexico, Peru, Chile, Argentina, ... including Cuba, Puerto Rico, & Jamaica**

*Linda Bladholm*

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# Latin & Caribbean Grocery Stores Demystified: A food lover's guide to the best ingredients in the traditional foods of Mexico, Peru, Chile, Argentina, ... including Cuba, Puerto Rico, & Jamaica

*Linda Bladholm*

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With 400 entries and over 200 illustrations, plus stories about the ingredients used in every major Latin cuisine, this guidebook identifies and tells you how to use the vast array of herbs, chilies, fruits, sauces, meats, beans and prepared foods at your neighborhood mercado. A bonus section of the author's favorite Latin recipes will help you create delicious authentic dishes.

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