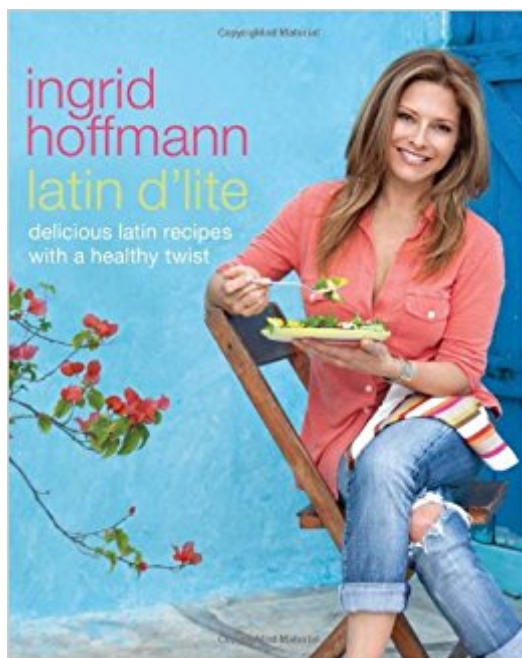


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# Latin D'Lite: Delicious Latin Recipes With A Healthy Twist



## Synopsis

From Ingrid Hoffmann, international food and television personality, restaurateur, and host of the Cooking Channel's *Simply Delicioso* and Univision's *Delicioso*, comes a fully illustrated, easy-to-follow cookbook that offers a healthy spin on modern Latin cuisine. *Latin Delite* features more than 150 classic Latin recipes, all with Ingrid's signature touches: Adding bright, bold flavor to every dish with herbs, spices, and chiles. Introducing readers to ingredients such as pumpkin seeds, green and ripe plantains, *ají amarillo* (Peruvian yellow chile pepper), and malanga (a popular South American root vegetable), along with how and when to use them. Offering healthful ingredient substitutions and cooking tips such as using lime juice as a coleslaw dressing instead of mayonnaise. Or making codfish balls from fresh, rather than dried, cod, then baking them instead of frying them. Using frozen mango and a touch of rosewater and white wine for a light sorbet. Time-saving prep secrets and presentation ideas. At the end of each chapter, there is one indulgent recipe to allow the occasional splurge while maintaining these healthy changes. Delicious dishes such as Latin-style Fried Chicken or Ingrid's take on a decadent lobster sandwich should be enjoyed every once in a while! A serious food lover who also understands the importance of balancing a healthful lifestyle, Ingrid offers a fresh, energetic take on Latin foods from breakfast to appetizers and snacks, to soups and salads, to entrées, cocktails, and desserts.

## Book Information

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## Customer Reviews

Ingrid Hoffmann, originally from Colombia, developed a love for cooking as a child during the time she spent in the kitchen with her mother, a Cordon Bleu-trained chef. As a teenager, she worked in her mom's catering and restaurant business. Upon moving to Miami, they opened a restaurant together. As host of Delicioso on Univision and Simply Delicioso on the Cooking Channel, Ingrid has become arguably the foremost Latin authority on cooking and lifestyle, and her Delicioso brand has become one of the most recognizable, trusted, and entertaining food brands for Hispanic America. In 2011, Ingrid was named Flavors of Passion Master Chef of the Year—an award that was created and designed to honor the nation's best Latino chefs.

Staying in shape while eating all the great Latin dishes I grew up with is not easy.... but the recipes in this book pack all the delicious flavours without the whopping calory counts. I bought the Spanish version of the book and loved it so much that I now bought a stack of the English version to give as hostess & birthday gifts this year, a fabulous gift as the book is beautiful - the colours and the photos are great. Also, the recipes are very easy to follow, even for people who have not cooked Latin dishes before. My favourite recipes are the sweet potato and chicken soup, which reminds me of the traditional Ajiaco Bogotano, and the chipotle-rum-orange pork chops are to die for!!!

Great presentation, lovely recipes, helpful 'chica tips', good variety. No complicated preparation, but easy to follow step-by-step recipes. I would recommend this book to all my friends (or even better: buy it for them as my gift!).

The recipes are easy to follow and amazingly yummy! They got my families seal of approval and cooked exactly as indicated

This is a great companion to her last book "Simply Delicioso". It is beautifully done and after you buy one for yourself get more copies for weddings, birthdays, etc. I hope to See Ingrid again on T.V. !!!

Beautiful cook book!

If you are pressed for time or tired after a full day of work but still want to enjoy a healthy and quick meal then this is the book for you! Beautifully illustrated with clear and concise recipes. From the beginner cook to the most accomplished chef, everyone will find something in this book to inspire

them. A great hostess gift too!

The two recipes I made from this book were just ok. The desserts and drink section look really good, but I do not need either of those chapters for my purposes.

My son-in-law was not impressed. He prefers non-diet food that he lightens up himself. Because I am not a fan of Latin-American cuisine myself, I haven't really looked at the light recipes.

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