

PDF Book Sabrina the Teenage Witch

The SalviSoul Cookbook: Salvadoran Recipes and the Women Who Preserve Them

By: Karla Tatiana Vasquez

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A beautifully photographed cookbook that celebrates the vibrant culture and community of El Salvador through 80 recipes and stories from twenty-five Salvadoran women. A heartfelt tribute to heritage, a testament to the power of storytelling, and an invitation to savor the true essence of El Salvador, one delicious recipe at a time. Hawa Hassan, James Beard Awardwinning author of *In Bibis Kitchen* In search of the recipes and traditions that made her feel at home, food historian and Salvadoran Karla Tatiana Vasquez took to the internet to find the dishes her mom made throughout her childhood. But when she couldn't find any, she decided to take matters into her own hands. What started as a desire to document recipes turned into sharing the joys, histories, and tribulations of the women in her life. In this collection of eighty recipes, Karla shares her conversations with moms, aunts, grandmothers, and friends to preserve their histories so that they do not go unheard. Here are recipes for Rellenos de Papa from Patricia, who remembers the Los Angeles earthquakes of the 1980s for more reasons than just fear; Flor de Izote con Huevos Revueltos, a favorite of Karla's father; as well as variations on the beloved Salvadoran Pupusa, a thick masa tortilla stuffed with different combinations of pork, cheese, and beans. Though their stories vary, the women have a shared experience of what it was like in El Salvador before the war, and what life was like as Salvadoran women surviving in their new home in the United States.

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