



# Zarela's Veracruz: Mexico's Simplest Cuisine

*Zarela Martinez, Anne Mendelson*

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The state of Veracruz, a lush strip of land running the length of Mexico's eastern coast, is home to some of the easiest, lightest, and most varied food in Mexico's repertoire. To enjoy dishes like Seafood Salad in Avocado Halves, Garlicky Stir-Fried Shrimp, Orange-Flavored Chicken, and Mushroom Empanadas, you won't need to hunt down obscure chiles or master complicated techniques. Spanish influences — evident in accessible ingredients like olive oil, olives, capers, raisins, and almonds — give the state's cuisine a familiar Mediterranean character. At the same time, Veracruz's Caribbean orientation and powerful Afro-Cuban legacy offer plenty of choices for cooks who want kitchen adventure. In all, Zarela provides more than 150 choices, perfect for festive parties or ordinary suppers. Much more than a cookbook, Zarela's Veracruz is a mesmerizing travelogue and an absorbing portrait of Mexico's most exuberant state.

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