



# **Come Bien En México D.F.: La Guía De Puestos, Fondas Y Restaurantes (Spanish Edition)**

*Nicholas Gilman*

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Come Bien en la Ciudad de México: La Guía de puestos, fondas y restaurantes es un pequeño libro con un gran propósito: poner a México en el mapa de las grandes capitales de la comida en el mundo. Fundada por los aztecas hace casi 700 años, actual hogar de una cuarta parte de la población del país, la ciudad de México es un complejo amalgama de influencias culturales, que presume orgullosamente en sus platillos. Esta guía lleva al lector a los puestos de los mercados, a las taquerías y a los lugares que están de moda en el ambiente culinario para almorzar, comer y cenar. Incluye además secciones sobre bares y cantinas, cafés y compra de alimentos, así como ensayos cortos sobre varios aspectos de la cocina mexicana y su historia. También proporciona mapas claros sobre la ciudad y un extenso glosario de ingredientes, platillos y términos de cocina, que hacen de este libro una guía fácil de usar que sirve para encontrar buena comida, en una gran ciudad.

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