My Mexico: A Culinary Odyssey With More Than 500 Recipes

Diana Kennedy

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Mexican Food Nowadays. The Mexican recipes can be a blend of all the above-mentioned influences, on the other hand there nevertheless exists diversity within the recipes according on the regional differences in Mexico. Mexican foodstuff varies by region, and is influences by the local climate, geography and ethnic differences among the inhabitants. You can also find another variation at some Asian restaurants. They vary a little from each other, but the basics are the same: a scoop of ice cream is rolled in a breading or batter and fried until crisp. While Mexican fried ice cream is not truly an authentic Mexican dessert, it has become associated with Mexican cuisine. It is a delicious way to end a meal.