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# Azorean Cooking: From My Family Table To Yours



## Synopsis

When Maria Lawton was six years old, her family emigrated from the Azorean Island of Sao Miguel part of a stunning archipelago off mainland Portugal to New Bedford, MA, a thriving Portuguese community. Like many new Americans, food and cooking were central to Maria's family; her father's vegetable garden covered their backyard, and if Maria couldn't find her mother cooking on the first floor of their three-family house, she was sure to find her grandmother baking something upstairs. Longing to recreate these important meals for her own family, Maria resolved to document the cooking that was a vital part of her childhood. This quest returned her to Sao Miguel, where she rediscovered her family's traditional recipes. Azorean Cooking will transport you to a kitchen as fragrant as your grandmother's. Traditional, homey dishes such as Arroz Doce (Sweet Rice Pudding), Massa Sovada (Sweet Bread) and Sopa de Couve (Kale Soup) and Azorean classics such as Cozido (Boiled Dinner), Caçõila (Marinated Pork), and Camarão Moçambique (Shrimp Mozambique) build a bridge between generations. No matter your heritage, this charming cookbook is a pleasure, providing the perfect introduction to the culture, food, and heritage of this remarkable region.

## Book Information

Paperback: 160 pages

Publisher: Azorean Green Bean; 3rd ed. edition (March 1, 2014)

Language: English

ISBN-10: 0989417239

ISBN-13: 978-0989417235

Product Dimensions: 7 x 0.4 x 10 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (127 customer reviews)

Best Sellers Rank: #97,426 in Books (See Top 100 in Books) #2 in [Books > Cookbooks, Food & Wine > Regional & International > European > Portuguese](#)

## Customer Reviews

I was very excited to learn the GreenBean decided to publish her recipes. I love authentic family recipes and this cookbook did not disappoint. It's very clear that a lot of research and thought went in to putting this collection together and the personal stories and acknowledgements added a fun perspective to the recipes. To the person who suggests not buying this book because the recipes can be found on Facebook, DO NOT take their recommendation seriously. It's absurd to assume

everyone has a Facebook account, and considering the fact that the GreenBean also offers her recipes for free, really speaks volumes about the type of person she is. I am happy to support someone who is willing to give back to the cooking-community and spend a few dollars to adding this cookbook to my collection. Thank you GreenBean and I sincerely hope this is only volume 1 and there are many more to come.

When I consider purchasing a cookbook, I look for good recipes and accompanying photos. This one has all that and more. As well as wonderful recipes, the photos are gorgeous and there are lovely and personal back stories for every dish. Well worth the purchase price.

Being Azorean/Portuguese decent I was so happy to finally have a cookbook with recipes my grandmother used to make. I'm not a great cook so I need step by step details on how to make meals and this book does just that! A bonus to this book is the great stories that goes along with the recipes. Well worth it!!!

I don't recall the last time I ever sat down to read a cookbook. I don't just mean thumb through and maybe dog ear or sticky note a few pages. I mean really read. I have been long awaiting the arrival of this book. I have been following on Facebook, drooling over the photos of food fresh from the oven and being transported to the Azores through not just words but stories. This book is a wonderful continuation of what I have already come to love about the Azorean Green Bean. It is more than just a cookbook. It tells the story of family, childhood, culture, loss, challenge and the importance of the memories that we have and hold dear. These are not just recipes, they are memories, stories that come to life each time they are carefully prepared. I look forward to sharing these recipes and this food with my friends and family!

Great recipes and well laid out. As I am Portuguese the bar of expectation was set high but this book brought me back to my childhood, loved it so much I have bought 2 one for me and gifted one for friends.

This is more than a cookbook. It is a delightful reading experience filled with excellent recipes and with warmth of the author's personal experiences and memories. As I read the stories, my mind took me back to my own childhood watching my mother cook many of the same recipes --- the smells, the sharing, the love. Thank you Ms. Lawton for bringing back some beautiful memories. I shall buy

this book for my sisters, my own children, and do my best to recreate some of those wonderful days and share in the richness of our traditions and heritage.

Although my grandparents didn't come from the same island, they cooked similar dishes so it was fun reading the history behind each of the dishes and her personal stories. I'm planning to buy another copy to give my Godmother for Christmas for those reasons. I hope she'll write another book with even more recipes!! Definitely recommending this book!

I love this cookbook! The pictures...the stories...AND the recipes! Easy to understand and something for every occasion - whether it be a small gathering or a large one - casual or elegant! I look forward to my friends and family oohing and aweing over the creations that Maria helps me create!

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