



Tucson's Mexican Restaurants: Repasts, Recipes, and Remembrances

Suzanne Myal

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Tucson **prides itself** on being the Mexican Food Capital of America—and it's no wonder, with more than 150 restaurants to choose from. This book is a celebration of that culinary tradition, providing readers with not only a guide to outstanding eateries but also an intimate look at the heritage they represent.

From the traditional restaurants of South Tucson to newer dining spots on the north and east sides, *Tucson's Mexican Restaurants* is an affectionate look at some of the best places to savor this wonderful cuisine. Suzanne Myal takes readers into the kitchens of many of these establishments to offer insights into the families that run them, the secrets of food preparation, and even the history of some of Tucson's best-loved recipes. Many of those recipes, along with others from prominent Mexican American families, are reproduced in the book, inviting readers to try their hand at red beef tamales, chiles rellenos, and other favorite dishes.

The book is organized by six sections of town, with a locator map for each. The entry for each establishment includes address, hours, price range, and credit card information, and indicates the specialties of the house. Each entry is also coded for features such as level of alcohol service; availability of carryout, delivery, and catering; and whether the menu features heart-healthy or vegetarian options. A separate section lists Mexican bakeries and tortilla factories, and a guide to fiestas helps readers choose beer or tequila—and find menudo when they've overindulged.

From street trucks to historic sites, Mexican restaurants in Tucson offer something for every palate. This book can help visitors and residents alike find their way around them and better enjoy some of the best Mexican food north of the border.



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