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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), Carne de Soia (Marinated Pork), and Camarões Molesambique (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

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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.

Maria brings the tasty Azorean recipes of all of us who grew up with this style of food. It brought back so many memories of the dishes my grandmother, my parents and my aunts made when I was a girl. I loved her stories of her family and the details behind her recipes. If you or any of your family loves Portuguese food, especially from the Azores, get this book. It is easy to follow and the food is delicious!!! Bem aproveito!

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 a wonderful cookbook with not only recipes of many of the dishes my mom made but beautiful pictures of the island. My mom's generation never wrote anything down, they just knew how to cook and bake. I just gave my great niece this cookbook so that she can see and try many of the recipes her Avo made but also relive the wonderful trip we had to the Azores including San Miguel.

If you're Portuguese and you love your mother's cooking well here's the book for you. She cooks like my mom and her recipes are easy to do. My mother-in-law loved this book I actually gave it to her then had to order another for myself. Maria lives locally so I've seen her at book signings and she's the nicest person ever.

There is always a connection when people share recipes, and so it is with this cookbook. I am excited to explore Azorean cooking.

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.

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