

# Expanding the boundaries of Southwestern cuisine

*Desert flavors mix with the unexpected in 80+ recipes from Scarletta Bakes*

## The New Southwest: Classic Flavors with a Modern Twist

by Megan Micozzi

When East Coast native Meagan Micozzi moved to Arizona, she found her curiosity piqued like never before by the intersection of Mexican, Native American and American cuisines that is Southwestern cuisine.

Getting settled in the land of luscious salsas, plump chiles, crisp desert fruits, succulent moles, warm tortillas, sticky agave and musky tequila could only mean one thing: it was time to get out from behind the table and in front of the stove.

Inspired by the flavors of her new home, Meagan made it her mission to interview local home cooks, research recipes, and then spend days in her kitchen perfecting flavors and techniques until she had them just right.

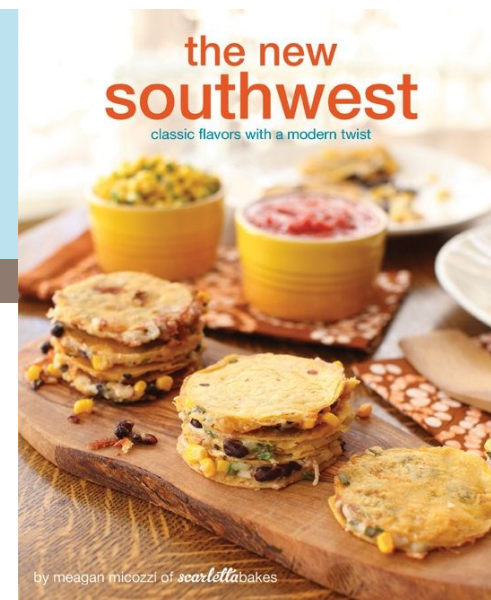
Meagan launched the Scarletta Bakes blog (her nickname is "Scarletta" because of her tendency to blush) to document her culinary adventures; her innovative take on modern southwestern cuisine quickly drew thousands of fans from all over the world.

Now Meagan has prepared a collection of 80 new recipes in her first cookbook, *The New Southwest: Classic Flavors with a Modern Twist*. Included are much-loved favorites like Navajo Fry Bread, Salsa Verde, and Cajeta (Mexican caramel sauce) as well as imaginative offerings that showcase Meagan's own quirky take on Southwestern fare including Vegan Puffy Tacos with Cumin-Spiced Hummus, Pomegranate & Lime Chicken Thighs, and even Peanut Butter & Jelly Empanadas.

### About the Author:

Meagan Micozzi (aka "Scarletta") launched Scarletta Bakes in 2011. Named a 'Site We Love' by *Saveur*, its recipes have been featured on *The Huffington Post*, *Honest Cooking*, *TheKitchn.com*, *Gourmet.com* and *BonAppétit.com*.

A graduate of Tufts University, Meagan grew up in the Washington, D.C. area, and currently resides in Scottsdale, Arizona, with her husband and spoiled dachshund.



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### BOOK DETAILS

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Cookbook

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[www.scarlettabakes.com](http://www.scarlettabakes.com)

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PR BY THE BOOK

## Story Ideas:

- What happens when desert ingredients (such as chiles, corn and agave nectar) mix with fresh offerings (such as avocados and seafood)? Meet *The New Southwest*.
- A guide to the Southwestern pantry: Essential spices, ingredients, chiles and equipment
- Classic Americana with a Southwest twist: Spiced-up classics like Fancified Frito Pie, Chicken Tinga Pot Pie, Three Sisters Hush Puppies and Pinto Bean Patty Melt
- How an East Cost girl found love in modern Southwestern cuisine: A new culinary style to re-energize your kitchen
- Six staples for your Southwestern table: Sunday Salsa, Red Chile Sauce, Navajo Fry Bread, Corn & Flour Tortillas, Chorizo and Cajeta
- A New Southwest Breakfast: Sweet Glazed Avocado Doughnuts, Pinyon Butter Oatmeal and Breakfast Tostadas
- Sweets of The New Southwest [Hint: Think caramel, anise, coconut and spicy canela.]
- Fall flavors, Southwestern-style: Apple, Cheddar & Chorizo Breakfast Pizza, Savory Baked Pumpkin Flautas, Stacked Squash Enchiladas and Grilled Apple Pie
- Warm up with desert-inspired winter dishes: Mushroom & Leek Migas. Chipotle Twice Baked Sweet Potatoes. Pomegranate & Lime Chicken Thighs and Almond-Crusted Pear Tres Leches Cake



"...full of seasonal, border-crossing recipes we must have..."

—*SAVEUR* [on Scarletta Bakes]

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