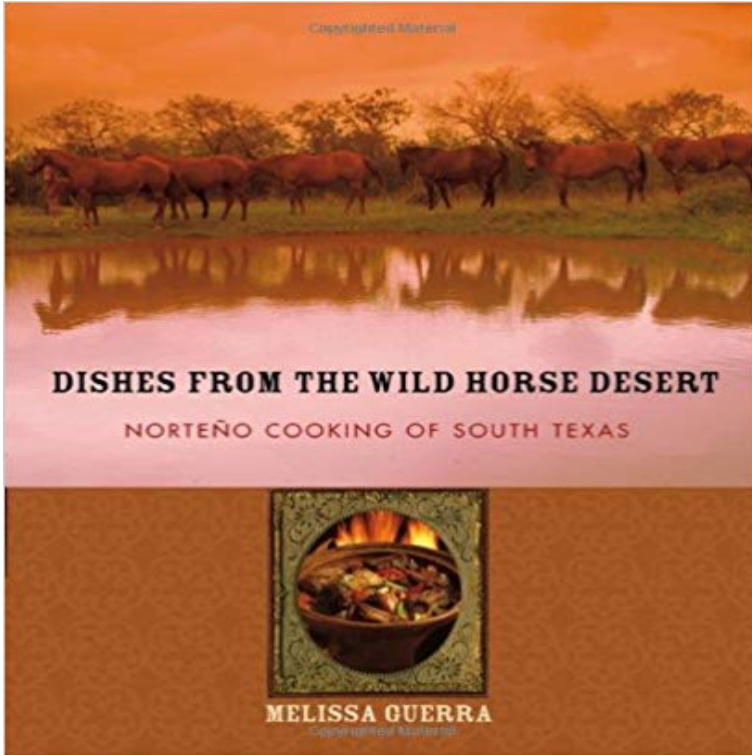


Dishes from the Wild Horse Desert: Norteno Cooking of South Texas



Explore the authentic flavors of TRUE TEX-MEX cooking. Ideas nourish the spirits, but food sustains the body that houses that spirit. Food keeps the spirit alive. The Wild Horse Desert provided very little for the people that roamed and settled this harsh, hot land. Yet, they survived, and in time, flourished. Their dreams tamed the desert.--Melissa Guerra

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