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## THE HALI'A ALOHA SERIES

Darien Hsu Gee, Series Editor

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# *Las Abuelas: A Mexican American Family's Recipes for Full Hearts and Stomachs*

In Maria Gutierrez's family, kitchens are where traditions are created and shared, the conversation and storytelling are lively, and tiny demonstrations of love are served daily. In *Las Abuelas*, she has penned a love letter to her mother and a tribute to the women on both sides of her family who instilled a deep appreciation for food and story that is passed down from generation to generation.

"I was raised in a Mexican American cultural community, with influences from the Deep South on my mom's side," Gutierrez says. "*Las Abuelas* was written to explore the intersection of being raised by four grandmas of a mixed cultural lineage. In digging into my family's history, I found myself asking: *What was shared and what was held back? What are the traditional meals passed down? What are the stories about who we are and where we came from? What lessons and recipes can I pass down to my daughters?*"

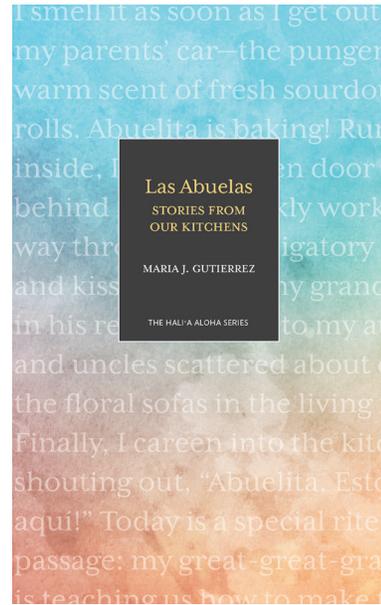
Through retellings of family lore and captivating glimpses into the kitchens of her formidable forebears, Gutierrez maps her female ancestors through their recipes. "This is how my family gives love to one another: through bread, empanadas, tamales, fried chicken, and lemon meringue pies," she observes.

Generously, Gutierrez offers not only tantalizing descriptions of these beloved family dishes, but shares the recipes for them as well.

In detail-rich prose and poetry, Gutierrez offers a feast that nourishes heart, soul and stomach, capturing her family's legacy of strong women and mouthwatering meals. Readers will come away feeling the fullness of love and hungry for a home-cooked meal.

### ABOUT THE AUTHOR

MARIA GUTIERREZ was raised in Southern California as part of a large Mexican American family. She received her BA from Pomona College and her MPA from The Evans School at University of Washington. Maria currently lives in Seattle with her husband and her dog. She enjoys reading, long neighborhood walks, and cooking one-pot soups.



### *Las Abuelas: Stories from Our Kitchens*

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### About Hali'a Aloha and Legacy Isle Publishing

Hali'a Aloha ("cherished memories") by Legacy Isle Publishing is a guided memoir program developed in collaboration with series editor Darien Hsu Gee. The Hali'a Aloha Series celebrates moments big and small, harnessing the power of short forms to preserve the lived experiences of the storytellers. Legacy Isle Publishing is an imprint of Watermark Publishing, based in Honolulu, Hawai'i, and dedicated to "Telling Hawai'i's Stories" through memoirs, corporate biographies, family histories and other books. Visit [www.haliaaloha.net](http://www.haliaaloha.net) for more.



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