



The Language of Food Cooking On The Frontier

Cocinando en la Frontera

Cathy Heiner

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When her husband said he wanted to move to Mexico because it would be an adventure for them, Cathy Heiner imagined they would do a lot of traveling to exotic places. She envisioned herself lying in a hammock on palm tree-lined beaches, sipping on fruity rum-based drinks and eating exotic foods while they listened to flamenco or mariachi music all day long. She couldn't have imagined what kind of "adventure" it would really turn out to be. The language barrier was the hardest obstacle for her. When they moved to Mexico in 2004 she was naive enough to believe that she would learn the language and be fluent in Spanish within a year. As much as she tried that didn't happen so she devised a way to communicate that everyone could understand. She called it the "Language of Food". Food became the common denominator that allowed her to adapt to the foreign land she found herself living in. Since then she was introduced to many Sonoran women who wanted to share their recipes with her. With the idea of a cook book in tow, she arranged to meet them in their homes – women who were willing to not only share their recipes, but divulge their backgrounds as well. "It's been wonderful spending time with so many different and interesting people here, and getting to know them through our common interest, cooking. They were always happy to open their kitchen and share their recipes with me and this book has been my conduit into their world and culture. I never knew what to expect when I watched some of these women prepare their meals. That was the appeal to me, part of my adventure, and what inevitably fueled my enthusiasm for writing this book," Cathy says.

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