



American Latino Heritage



ENCARNACIÓN PINEDO

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Pinedo authored a cookbook that was the first recording of Californio cuisine. Californios were native Californians, usually of mestizo (Spanish and native) heritage, who had ties to the land prior to the arrival of non-Spanish European settlers. Her cookbook is unique in both its content, heavy use of spices, and length. The cookbook was originally written for her nieces but has survived as a rare glimpse into 19th century Californio life.