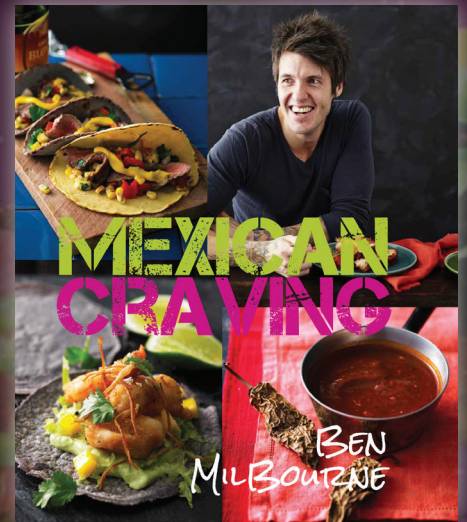


# MEXICAN CRAVING

BEN MILBOURNE

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Mexican food — one of the oldest cuisines, yet one of the newest trends. It is the perfect food for sharing, is packed full of flavour and healthy as well.

**Mexican Craving** is Benjamin Milbourne's (Masterchef Australia Season 4) fresh take on Mexican cuisine and ingredients.

With his modern twist on traditional recipes, Ben has a great selection of recipes to get you inspired to make great Mexican at home, with easy-to-follow recipes and substitutes for those more difficult-to-find authentic ingredients.

With recipes for tortillas, tacos, tostadas, tortas, chimichangas, quesadillas, empanadas, salsas, sides, salads, and Mexican inspired sweets you'll make every night Mexican night.



**Ben Milbourne** got started on Masterchef Australia. His food style is simple — take ingredients and recipes that will bring people together, combine them in a way that is interesting but achievable. And above all cook it because you love it. You have to fall in love with the process, the process of discovering the ingredients, developing the idea, creating the dish.

**Sharing the flavour and discussing the outcome is what food is.**

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