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CuzanPress

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FOR IMMEDIATE RELEASE

NOT JUST ANOTHER LOVE STORY

*In the land where the sky was born, *The Painted Fish and Other Mayan Feasts*, was created.*

Sonja Lillvik has published *The Painted Fish and Other Mayan Feasts*, an edible memoir from the beaches and back roads of the Riviera Maya. Escape and travel with her to soothing turquoise waters and the jungle paradise of the Yucatan Peninsula, Mexico. You will travel from kitchen to kitchen, fiesta-to-fiesta, recipe-by-recipe tasting fiery flavors of the Maya and peeking behind the curtain at the life of Lillvik and Lopez, her fisherman husband of twenty-five years.

Sonja and Armando began their life together in the tiny lobster fishing village of Punta Allen. Having the wish to immerse herself in the culture and learn the language, she traveled the jungle road in the back of a pickup truck to Punta Allen. Located on the tip of a barrier island, Punta Allen is located in the protective world biosphere of Si'an Kan, an UNESCO Heritage Site.

Their love story, that celebrates a silver anniversary this year, is documented in stories, photographs, renderings and recipes. Lillvik laughs when she recounts her amazing adventure that made the phrase, "start from scratch", take on an entirely new definition. The spirit of the protagonists will engage you. They rebuilt after major hurricanes tore apart and scattered their home, Cuzan Guest House, a rustic fishing and eco lodge on the beautiful azure waters of Ascension Bay. *The Painted Fish and Other Mayan Feasts* is a collection of over one hundred delicious Maya inspired recipes. One hundred ninety two pages, one hundred and twenty four color photographs, renderings and maps come printed on hundred-pound glossy paper. The gift book size of 8.5 x 8.5 square, with French flaps, is comfortable in any size hand.

"To my knowledge this cookbook presents the most authentic source of Mayan recipes ever compiled," wrote Dr. David L. Miller, SUNY Distinguished Teaching Professor of

Geography. Miller, hosted by Lillvik and Lopez, was principal investigator for ten Earthwatch Expeditions conducted to observe the lobster fishery at the remote fishing village of Punta Allen, Mexico

The Painted Fish and Other Mayan Feasts is also a love story that occurs in the biosphere of Si'an Ka'an. The Biosphere reserve covers 1.3 million acres. Biosphere reserves are meant to demonstrate a balanced relationship between man and nature. The book tells a simple story of love for food, culture and each other.

Expand your dinner menus to include roast pheasant with sweet potatoes. Try conch soup for lunch. For the most important meal of the day, start with Papadzules. The recipe calls for whole corn tortillas bathed in a creamy pumpkin seed sauce. You can flip to the chapter on Zen and The Art of Tortilla Making, a step-by-step guide, and be assisted in learning how to make corn (sunshine of the gods) and flour tortillas.

“Sonja Lillvik’s book, *The Painted Fish and Other Mayan Feasts* an edible memoir of the beaches and back roads of the Yucatan, made me miss Mexico, but it will also appeal to cooks who have never been there. The recipes are clear and uncomplicated-like all real Mexican cooking. Best of all, her stories show the warmth and cordiality one finds at every Mexican table”, said Bill Smith, Chef, Crook’s Corner Restaurant, Chapel Hill, NC. Author of *Seasoned in the South Recipes from Crooks Corner and from Home*.

And your glimpse of Maya culture in *The Painted Fish and Other Mayan Feasts* includes the ceremony of Hetz'mek that can establish a god- parent-like relationship not only with the honored child but also with the co – parents.

In the land where the sky was born and *The Painted Fish and Other Mayan Feasts* was created, comes the story of two adventurers and the love for each other and the jungles of the Yucatan and the Caribbean Sea. Game and ocean bounty are presented in recipes that we guarantee we created for you to recreate in your kitchen. *The Painted Fish* is available for \$24.95 by contacting Cuzan Press at www.CuzanPress.com Buen provecho!

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