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Cuzan Press

FOR IMMEDIATE RELEASE

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Comprehensive Maya Cook Book

Published in 2010 as we approach the 2012 end of the Maya Calendar

The Painted Fish and Other Mayan Feasts, is a literary memoir of life on the back roads and beaches of the Yucatan. Sonja Lillvik has written a deliciously romantic Riviera Maya cookbook! This cookbook is a love story. From habanero fire to jungle honey sweetness *The Painted Fish and Other Mayan Feasts* transports you to the place where lush jungles meet the Caribbean Sea.

Drawing on Lillvik's intimate knowledge of contemporary Maya cuisine, *The Painted Fish and Other Mayan Feasts* contains culinary instruction and fascinating, memorable "Maya Secretos" The authentic Maya recipes have been translated for the ease and the convenience of the English speaking cook. Photographs and drawings will embrace the health conscious cook. Your dinner for two will provide memories to be savored. Celebrate with ancient Maya treats as the end of the Mayan calendar approaches, December 2012!

Tracing the lives of Sonja and her husband Armando Lopez through recipes, drawings and photos will give you a glimpse of the riches of the daily life of these two adventurers that pioneered ecotourism in Punta Allen, Mexico. Cuzan Guest House, their home base for twenty-five years, attracts the intrepid traveler and lures saltwater fly-fishing enthusiasts to this remote fishing village located in the world biosphere of Sian Ka'an, a heritage site.

There are over one hundred recipes tested by professional chefs in California and New York kitchens with each recipe serving four to six guests. The 192-page book is beautifully designed and printed in four color throughout with French flaps, and glossy lamination making it a lovely gift .

The Painted Fish and Other Mayan Feasts is available for \$24.95 by contacting Cuzan Press at www.Cuzanpress.com