

## Jim's Recent NPR Interview

I recently spent a pleasant half hour at the [local NPR studios being interviewed](#) about my book, [Jim Peyton's The Very Best of Tex-Mex Cooking, plus Texas Barbecue and Texas Chile](#). I enjoy these interviews for the same reason I sometimes write blog-length introductions to recipes. They provide an opportunity to implement what I believe is one of my most important missions: to help people increase the enjoyment they receive from food. I firmly believe that understanding where food comes from helps people to appreciate it on another level besides taste.

Knowing a food's origin is particularly relevant with Mexican cooking, which developed over many centuries in both the old and new worlds. Virtually every aspect of the cuisine was created organically, not by professional chefs, but by ordinary people striving to nourish their families, sometimes under conditions of extreme hardship. I am convinced that it is the result of this massive collective effort that accounts for the nearly instant love people develop for the cuisine and the fact that its popularity continues to grow, year after year.