Brazilian cooking, influenced by a culture ranging from the region's natives to the traditional Portuguese to the more recent Eastern European immigrants, is one of the most diverse cuisines in the world. Tasting Brazil: Regional Recipes and Reminiscences is a book by Jessica B. Harris that explores this rich culinary heritage. The book contains over 100 recipes and reminiscences that reflect the diverse influences on Brazilian cooking.

Harris, who is a cookbook author and food writer, has traveled extensively in Brazil and has a deep understanding of the country's food culture. In the book, she shares her insights into the history and traditions of Brazilian cooking, as well as her personal experiences with the cuisine.

The book is divided into several sections, including a history of Brazilian cooking, as well as sections on coastal, inland, and Amazonian cuisine. Each section includes recipes that reflect the unique flavors and ingredients of the region.

Tasting Brazil is not just a cookbook, but also a cultural exploration. Harris includes stories and reminiscences from her travels, as well as interviews with chefs and food writers who are passionate about Brazilian cooking.

Overall, Tasting Brazil: Regional Recipes and Reminiscences is a valuable resource for anyone interested in Brazilian cuisine. It is a book that will inspire both home cooks and professional chefs to explore the rich and diverse culinary traditions of Brazil.