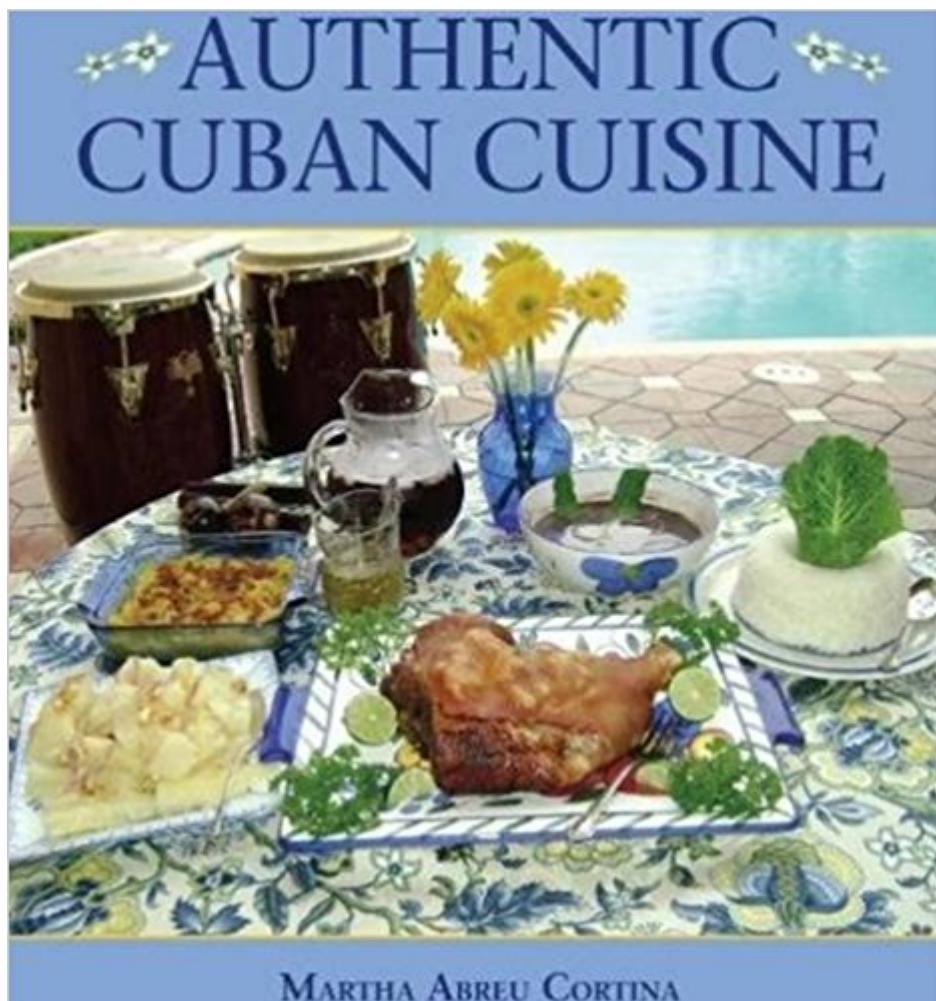


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# Authentic Cuban Cuisine



## Synopsis

Strongly influenced by Spanish traditions, with touches of African and Caribbean tastes, Cuban cuisine is as much about family as it is about flavor. This traditional collection of classic Cuban recipes includes every beloved dish, from Arroz Con Pollo and Mojo Sauce to Shredded Beef (Ropa Vieja), Boliche (Pot Roast), and Fried Sweet Ripe Plantains. Listed in both English and Spanish, each recipe boasts simple instructions and authentically Cuban results.

## Book Information

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## Customer Reviews

Influenced by the traditions of Caribbean, Spanish, and African cooking, Cuban cuisine is characterized by a variety of complementary flavors, textures, and cultural influences. Garlic and cumin, onion and wine, and lime juice and bay leaves infuse the earthy, rich meats; fresh seafood; and versatile poultry dishes with a uniquely Cuban taste. This collection of more than one hundred traditional recipes moves from appetizers through desserts, with plenty of meats and mains in between. Alongside the staples of beans and rice, vibrant seafood preparations, such as Camarones al Ajillo (Garlic Shrimp); pork and beef favorites, including Lechon Asado (Roasted Pig Cuban Style) and Vaca Frita (Refried Shredded Beef); and enticing accompaniments, such as Tostones (Fried Green Plantain Patties), offer favorite Cuban flavor. The influence of Spanish culinary customs on Cuban cuisine shines through in such dishes as paella and flan. Whether the dish is fried, fricasseed, stewed, or baked, every entry is an invitation to a warm and familiar Cuban family meal. A native of Cuba, Martha Abreu Cortina grew up watching her mother cook. Before she got married, she sat down with her mother to copy all the recipes she enjoyed so much. The recipes featured in this book were collected from her relatives and friends. A graduate of the University of

Miami, Cortina has been teaching in the Miami-Dade County Public Schools system for more than twenty-five years. She lives in Miramar, Florida.

An extensive celebration of the best of Cuban cooking, *Authentic Cuban Cuisine* features time-honored recipes passed down from generation to generation. Filled with comfortable, home-style preparations from the kitchens of Martha Abreu Cortina's mother, grandmother, relatives, and friends, this collection invites home cooks of all abilities to indulge in the flavorful pleasure of the traditional Cuban meal. The recipes, listed in both English and Spanish, range from simply seasoned black beans (*frijoles negros*) and pot roast (*boliche*) to classic shredded beef (*ropa vieja*) and the venturesome Oxtail on Fire (*Rabo Encendido*). Individual chapters devoted to seafood, meat, and poultry preparations are complemented by dozens of additional recipes for appetizers, salads, soups, sides, and desserts. Cortina's warm and inviting tone translates every entry--from ham croquettes and corn stew to fried sweet plantains and flan--into an authentically Cuban experience.

Great Book! So easy delicious recipes! Thank You!

Very good book. Great recipes and nice presentation. I know how to cook. I Just needed the book to refresh my memory and play with my recipes.

Some ingredients hard to find. Many of the recipes require too many ingredients.

My husband is of Cuban descent so when I cook a Cuban meal for him or his family I want to make sure that my dishes are as authentic as my mother in law's cooking and her mother's cooking. This cook book does not disappoint. I have cooked about 70% of these recipes and I have the happiest husband in town. I love this book so much that I have ordered extras as gifts for the holidays. Which reminds me, I need to order more!!Thank you to Martha Cortina for keeping traditions alive.

It was more that I expected,,Thank you!!!!

Loved it

AS A CHILD I ATE MANY TIMES AT THE AUTHORS HOME, HER FAMILY LIVED NEXT DOOR.

WHEN I FOUND OUT SHE HAD A COOK BOOK, IT ONLY MADE SENSE TO ME THAT IT WOULD BE GREAT. I WAS NOT DISAPPOINTED!! I'VE ALWAYS WANTED TO KNOW HOW TO MAKE BLACK BEANS AND NOW I DO. THEY ARE DELICIOUS. THE RECIPES ARE VERY EASY TO FOLLOW WHICH IS VERY IMPORTANT TO ME IN A COOK BOOK. I LOOK FORWARD TO MAKING MORE THINGS IN IT.

My parents are Cuban. My wife is American but I think she was Cuban in a former life. She had another Cuban cookbook but she read a review that this was a good book so we bought it. It is more authentic than her first Cuban cookbook and the recipes are not too difficult.

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