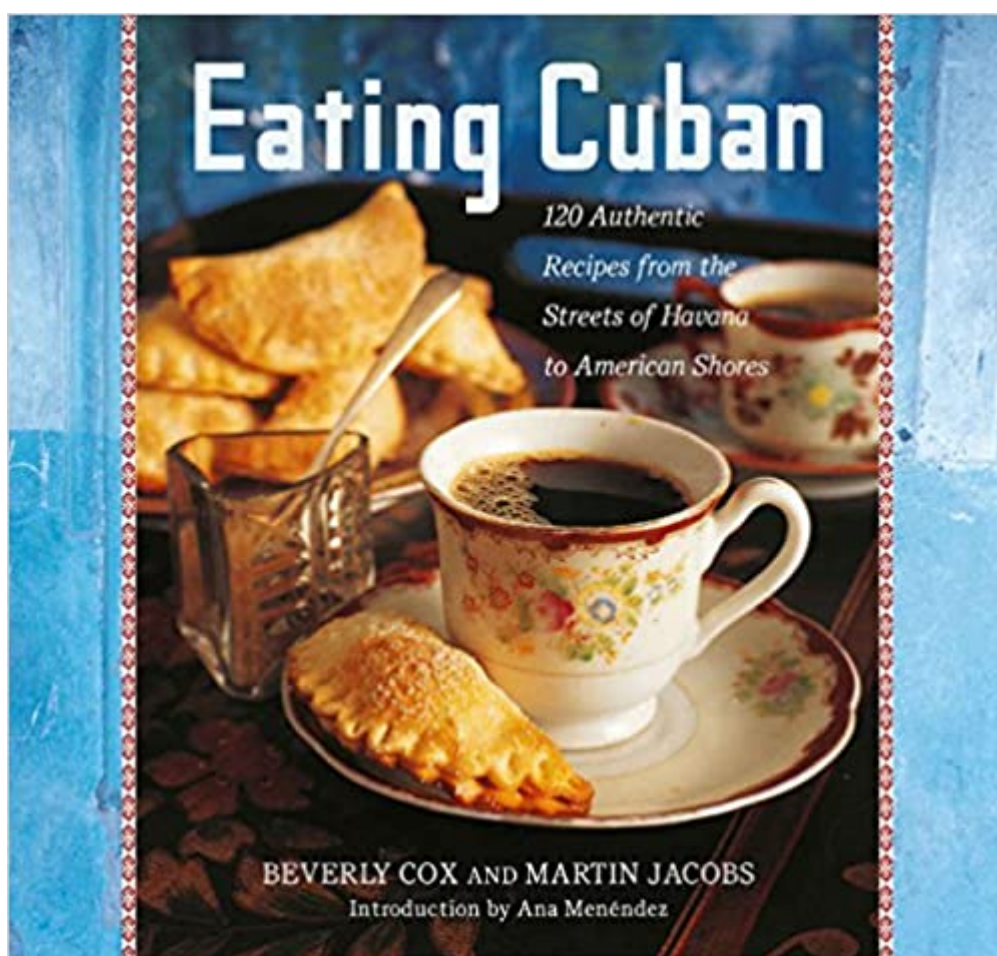


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# Eating Cuban: 120 Authentic Recipes From The Streets Of Havana To American Shores



## Synopsis

To *eat Cuban* is to savor a deliciously complex culinary culture. Spanish, Native American, African, Chinese, and French traditions have all contributed to Cuban cooking, producing a distinctive Caribbean cuisine as richly chorded as the island's music. Beverly Cox and Martin Jacobs's itinerary takes them from the barrio, paladars (private restaurants), and chic nightspots of Havana to the eateries of Florida's emigré communities. From their journeys, they've gathered more than 120 recipes that comprehensively document Cuban cooking's diversity, from the black bean soup found on any Cuban table, to the empanadas sold by Havana's street vendors, to the grilled sandwiches that are a mainstay of Miami's Calle Ocho, to the innovative dishes devised by chefs at top Cuban restaurants. Gorgeously illustrated with Jacobs's photographs *many* shot on the authors' travels through Cuba, *Eating Cuban* highlights Cuban food's historical roots, the classic Creole dishes that evolved from these disparate cultural influences, current trends in Cuban cooking, street foods and on-the-go snacks, and quintessential Cuban beverages from *café Cubano* to the mojito. A valuable resource list helps American cooks locate the required ingredients, and a restaurant directory points the way to the very best in Cuban cuisine in Cuba and the U.S.

## Book Information

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## Customer Reviews

BEVERLY COX apprenticed with world-renowned chef Gaston LeNôtre in Paris. She has written 10 cookbooks, including *STC's Spirit of the Harvest* (which won James Beard and IACP awards), *Spirit of the West* (an IACP award winner), and *Spirit of the Earth*, all coauthored with

Martin Jacobs. MARTIN JACOBS is an award-winning food photographer who has photographed more than 40 cookbooks. With Beverly Cox he has collaborated on numerous books and a regular column on cooking for Native Peoples magazine. ANA MENÉNDEZ, the daughter of Cuban exiles, is the author of the short-story collection *In Cuba I Was a German Shepherd* (whose title story won the Pushcart Prize) and the acclaimed novel *Loving ChÃ©*.

We have liked all the recipes that we have tried. Great flavors!! If you want to feel like you are in the tropics Eat Cuban

My husband's family spent a lot of time in Cuba in the 1940s and 50s. Cuban food is soul food for him. The box with the book arrived yesterday, and I set it aside. He came across it as he was closing up the house at bedtime. He opened the book, and stayed up too late, looking at the pictures and recipes. We're hoping to make some of the recipes this weekend. While most of the photographs are of the food, one of the few photographs of place included an arcade where it's very likely his grandfather's shop, The Oriental Bazaar, near Sloppy Joe's, was located until Castro's regime led to his relatives leaving Cuba. I'm going to have to scan the recipes on my computer before I use them, so this slightly messy cook won't spatter the book.

I could not put this book down. It's very very good for everyday cooking. Not ultra fancy and full of exotic ingredients and techniques. Very subtle guidance as to how to layer and build a Cuban dish which combines delicate and hearty ingredients such as tubers. It organizes the layers and cooking times and makes it all work effortlessly. I can totally cook 80 maybe 90 percent of the recipes without much effort or thought on my part. And they are delicious and simple to make.

This is a quality book. Good mix of recipes and stories all on attractively designed pages. Highly recommend this book.

I LOVE Cuban food. In this book you will find many delicious, flavorful, and easy to prepare dishes. This is a definite must have!

good

Great book

I've been teaching how to cook Cuban food for over 10 years now, and this is easily one of the best cookbooks in my collection. I'm honestly confused by the reviews stating that the meals included in this cookbook aren't authentic. There are traditional recipes for dishes like: \* Boliche (Cuban pot roast) \* Moros y Cristianos (black beans & rice) \* Tostones & fried plantains \* Ropa Vieja \* Cuban shakes & cocktails \* Beef Picadillo \* Cuban Bread The chapter on street food alone is worth its weight in gold, it's filled with recipes for plenty of meals you can find in Havana today. You get the full breakdown on how to prepare Cuban sandwiches, croquettes, Cuban hamburgers, and even papas rellenas (meat-stuffed potato balls). One of the best aspects of this cookbook is that the authors often include a historical background for some of the dishes, or how they fit into the Cuban dining experience. The photos of completed dishes as well as scenery in Cuba are gorgeous, and worth the price of the book alone. This is a terrific cookbook, filled with recipes for Cuban dishes that range from classic to obscure. If you enjoy Caribbean cooking, definitely add this one to your collection.

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