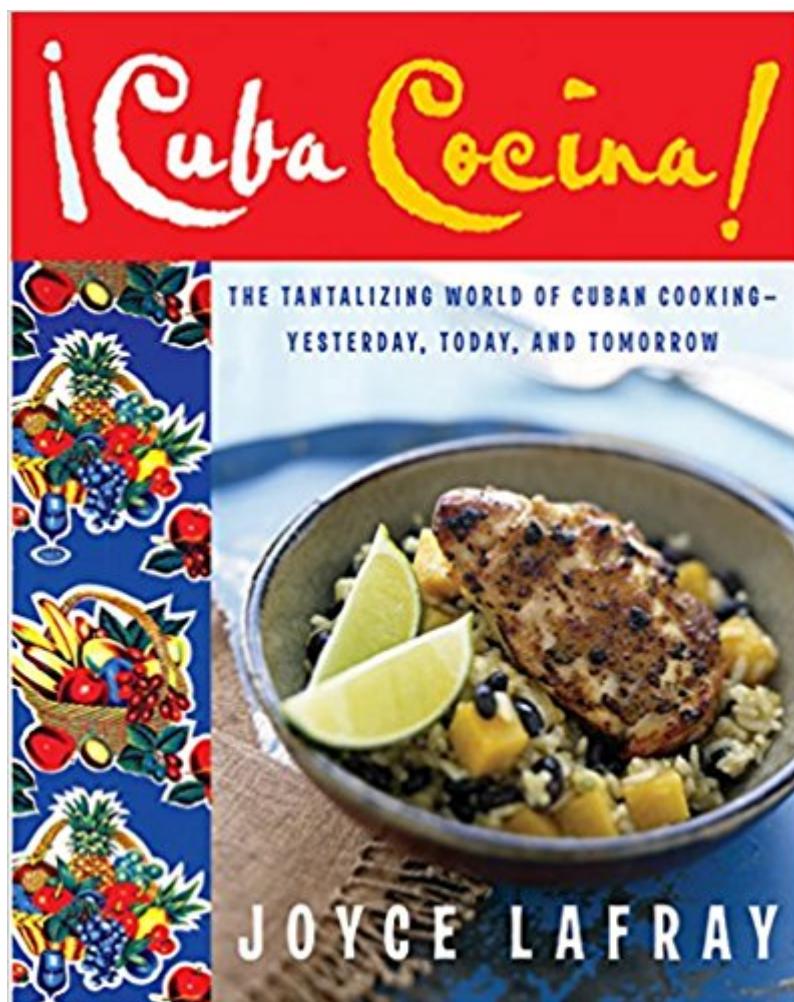


The book was found

# Cuba Cocina: The Tantalizing World Of Cuban Cooking-Yesterday, Today, And Tomorrow



## Synopsis

Traditional classico dishes to exciting nuevo Latin foods, *Cuba Cocina!* is filled with recipes that incorporate the bold flavors of the Caribbean. You'll recognize favorites like ropa vieja, arroz con pollo, and seviche, and be enticed by the new tastes of dishes like Baby Back Ribs with Guava Sauce, Lobster and Stone Crab Creole, and Fresh Mango Coconut Cake. Don't forget to round out the meal with a tall, icy mojito!

## Book Information

Paperback: 272 pages

Publisher: William Morrow Cookbooks; Reprint edition (July 5, 2005)

Language: English

ISBN-10: 0060785853

ISBN-13: 978-0060785857

Product Dimensions: 7.9 x 0.7 x 10 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 17 customer reviews

Best Sellers Rank: #957,386 in Books (See Top 100 in Books) #141 in Books > Cookbooks, Food & Wine > Regional & International > Caribbean & West Indian #361 in Books > Cookbooks, Food & Wine > Regional & International > International

## Customer Reviews

Mouth- and eye-watering, hot, hot, hot Latin and Caribbean recipes. --This text refers to an out of print or unavailable edition of this title.

Read this book for an insider's urbane perspective on Cuban cuisine-and for its spicy "Floribbean" creations. Food writer and television-cooking-show host Lafray has written several guides to Florida restaurants-and her cookbook also could serve as a culinary guide, since almost one-third of the recipes come from professional chefs and restaurateurs from both the U.S. and Cuba. Yet Lafray's book is not a paean to celebrity chefs so much as a chronicle of the influences of Cuban culture on American cooking, a trend she invokes frequently as "nuevo Cubano." The New Cuban style calls for fresh tropical fruits and vegetables, combined with meats and fish into lighter dishes than might have been traditional in old Cuba. For example, black beans may be made unctuous with creamy lard and garnished with crispy pork cracklings-or cooked with olive oil, instead. A practical tone makes Lafray's recipes seem unintimidating: unusual ingredients are defined, and tips on handling

and preparations are found in almost all recipe prefaces. Enthusiasm can make Lafray sound a bit repetitious, but she demonstrates the style and flair of Cuban cooking and brings recipes of talented Cuban and Floridian chefs to a wider audience. Copyright 1994 Reed Business Information, Inc.  
--This text refers to an out of print or unavailable edition of this title.

good recipes

Very Good, as far as product and service

Excellent recipes. Our dinner was a smash hit.

Easy to follow and the recipes are DELICIOUS!

Great cookbook. I gave it to a friend and she loves it.

Probably one of the best books on Cuban cuisine. Love my black beans and vaca frita!!

I have several authentic Cuban cookbooks and was excited to add this one to my collection to expand into the nuevo dishes of Cuban cooking!

The book is well-written with easy-to-follow recipes. The print is large enough that you don't have to worry about reading from a distance while preparing the recipes. My main complaint is that there are NO photos of the prepared foods. This makes me suspect that someone is just collecting recipes and printing a book without even testing the recipes.

[Download to continue reading...](#)

cuba cocina: The Tantalizing World of Cuban Cooking-Yesterday, Today, and Tomorrow Cuba: Explore Cuba. The best of Havana, Varadero and ViÃ±ales. (Cuba Travel Guide, Cuba Night Life, Cuban Cigars, Cuba Embargo, Cuban Cuisine) Cuba Travel Guide: 101 Coolest Things to Do in Cuba (Budget Travel Cuba, Havana Travel Guide, Backpacking Cuba, Travel to Cuba) Cuba: 101 Awesome Things You Must Do in Cuba.: Cuba Travel Guide to the Best of Everything: Havana, Salsa Music, Mojitos and so much more. The True ... All You Need To Know About the Cuba. Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking

Cookbook Recipes Cocina en casa con chef James: Ingredientes simples para una cocina extraordinaria (Spanish Edition) Economics: Today and Tomorrow, Student Edition (ECONOMICS TODAY & TOMORROW) Cuba: 101 Awesome Things You Must Do in Cuba: Cuba Travel Guide to the Best of Everything: Havana, Salsa Music, Mojitos and so much more. The True Travel Guide from a True Traveler. Tourism Policy and Planning: Yesterday, Today, and Tomorrow The Cuban Cigar Handbook: The Discerning Aficionadoâ™s Guide to the Best Cuban Cigars in the World Yesterday's Bride: Gowns, Weddings, & Traditions 1850 to 1930 (Yesterday's World) Yesterday's Bride: Gowns, Weddings, & Traditions 1850 to 1930 (Yesterday's World) (Volume 1) Havana USA: Cuban Exiles and Cuban Americans in South Florida, 1959-1994 Essentials of Cuban Hand Percussion: Cuban Masters Series Someday (Yesterday & Tomorrow) (Volume 1) Yesterday's Tomorrow: Disney's Magical Mid-Century 150 Best Tagine Recipes: Including Tantalizing Recipes for Spice Blends and Accompaniments Perplexing Puzzles and Tantalizing Teasers (Dover Children's Activity Books) Tomorrow, When the War Began (The Tomorrow Series #1) 1080 recetas de cocina / 1080 cooking recipes (Spanish Edition)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)