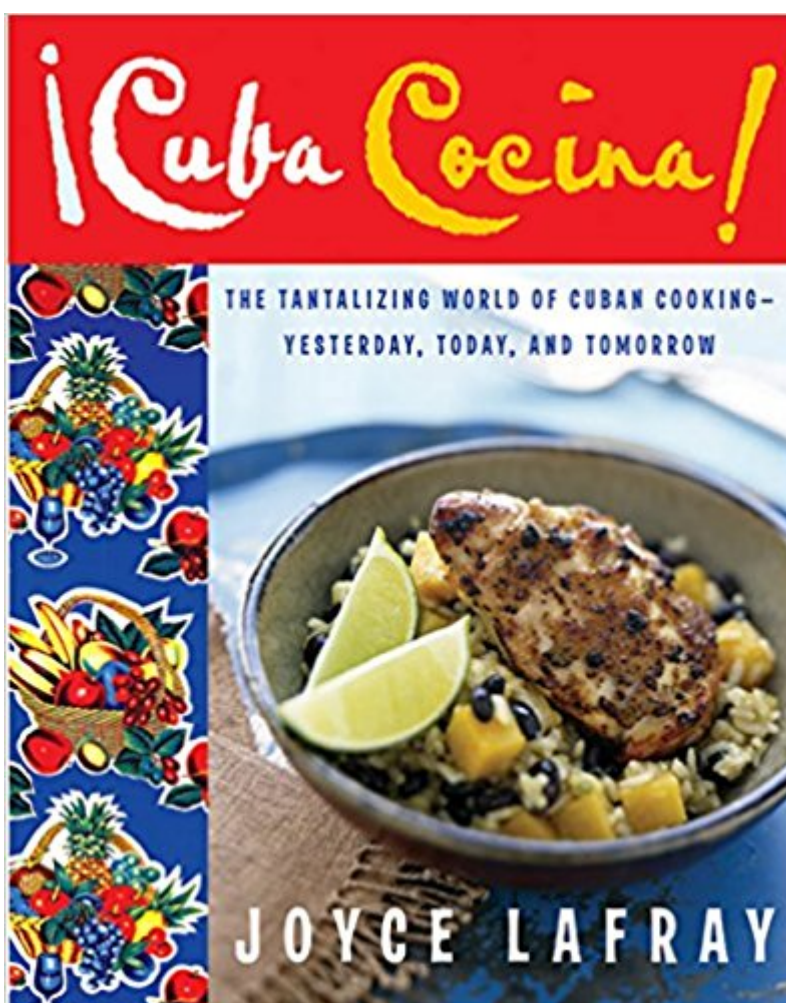


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# Cuba Cocina: The Tantalizing World Of Cuban Cooking-Yesterday, Today, And Tomorrow



## Synopsis

Traditional classico dishes to exciting nuevo Latin foods, &#161;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

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## 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 paeon 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.

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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.

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