

Recipes From Mami's Kitchen

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About Us.....

Being first generation Americans in our family, my sisters and I were raised in California and except for my mother Laly's cooking we were like any other American kids, eating of the many different kinds of ethnic cooking that our great melting pot country had to offer. Cuban cooking however was something only found in mom's kitchen. We have always enjoyed Cuban cooking and through the years have discovered many people also praising her culinary talents.

Though we always wanted to cook like Mami, watching her take a pinch of this and a dash of that, it was difficult for us to duplicate in our kitchens.

My mother's mother and her mother before her grew up on farms. It was hard work for both men and women. Waking up early in the morning to prepare the family breakfast. While the men were in the fields, the women were smoking meats, canning and prepared the afternoon and evening meals. A lot of the recipes in this book are from her mother and grandmother. Nothing was wasted. Everything was flavorful.

Mom has always cooked 'al ojo del buen cubero'. In her native country of Cuba, it was said that in construction, the man that carried the water in a bucket(cubo) for the cement mixture was the one that would determine how much water was needed for the right consistency of the cement. If he was good (bueno), he knew just by looking, how much water was needed. Hence the saying "al ojo del buen cubero". Which is the way that mom has always cooked!

After many years of our persistence, 'Laly', our mom, put her best recipes down on paper. Finally, her eye for measuring has been turned into measurements in black and white, forming recipes that we can all cook and enjoy.

These recipes are wonderful, authentic Cuban dishes that have been kitchen tested by 'non-Cuban' cooks (like my sisters and I). We found them to be just like Mami's cooking!

I hope that you will enjoy cooking and eating these flavorful, but simple recipes.

Fruits and Vegetables Of The Caribbean

There are many fruits and vegetables that are native to the Caribbean. The ones mentioned here are just the ones used in our recipes. They should be available in most grocery stores. There are also small Cuban Grocery stores in most major cities. In case you are unable to find some of these items, we will be giving you whenever possible, a more readily available substitution.

	Boniato - A <u>cultivar</u> of the sweet potato, the <u>boniato</u> has a skin that ranges in color from red to brown and a flesh that's creamy white. It's yam-shaped and can reach up to 12 inches long. Choose those that are unblemished and without sprouts; store in a cool, dark, well-ventilated place for up to a month. The boniato is popular in <u>Caribbean cuisine</u> and can be cooked in any way suitable for potatoes or yams.
	Calabaza, - A type of squash popular throughout the Caribbean. It is round and can range in color from green to tan to orange; the flesh is orange. Calabaza is sold in pre-cut chunks in Latin markets. When purchasing look for fresh, moist, tightly grained flesh with no signs of spoilage. Whole calabazas should be unblemished and heavy for their size with the stem still attached.
	Malanga, the word used in the Spanish-speaking parts of the Caribbean for Taro root (or a close relative of Taro.) It is prepared by either boiling and mashing like potatoes, or slicing and frying into chips. It is also used in soups as a thickening agent
	Yuca, as cassava is called in Cuba, is a staple of Cuban cuisine. As in other Caribbean islands it is ground up and made into a round shaped flat bread called casabe. As a side dish it can be boiled, covered with raw onion rings and sizzling garlic infused olive oil. It is also boiled then cut into strips and fried to make "yuca frita" (similar to french fries). Yuca is also one of the main ingredients in a traditional Cuban vegetarian stew called "Ajiaco".
	Plantains are slightly larger than bananas and can be found in most supermarkets. When ripe, their skins are yellowish green or yellow (or black if extremely ripe). Plantains do not taste sweet, like yellow bananas.

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Beef and Vegetable Soup

(Ajiaco Criollo)

1 boniato- peeled and diced in 1" cubes
1 malanga - peeled and diced in 1" cubes
1 potato - peeled and diced in 1" cubes
1 cassava - peeled and diced in 1" cubes
3 cobs of corn - cut in 1" slices
1 green plantain - cut in 1" slices
1 ripe plantain - cut in 1" slices
1 pound of ham - diced
2 Spanish sausages (chorizo) - skin removed and diced
8 ounces tomato sauce
1 large onion - diced
6 garlic cloves
1 green bell pepper - diced
1/4 teaspoon oregano
1/2 teaspoon cumin
1/8 teaspoon black pepper
1 tablespoon salt
8 ounces kernel corn

1 pound calabaza - peeled and diced in 1" cubes

1. In a 5 quart Heavy, covered pot , put all of the ingredients minus the calabaza.
2. Fill heavy, covered pot with water until level comes to 1 ½ inch above the vegetables. Bring to a boil. Continue a medium boil until the vegetables are almost tender (approximately 15-25 minutes). Add the calabaza. Remove from heat when the vegetables are tender and sauce has thickened.

Serves 6 people

Beef Soup

(Sopa de Carne)

8 cups Beef broth (you can use the broth from Vaca Frita recipe)

1 beef boullion cube

1 cup calabaza- peeled and cut into 1" cubes

1 cup potatoes- peeled and cut into 1" cubes

1/2 medium onion- diced

1/2 green bell pepper - diced

1 green plantain

1/4 teaspoon cumin

2 garlic cloves- minced

1 cup canola oil

Angel hair pasta (fideos)

salt to taste

1. In a 5 quart Heavy, covered pot, combine broth, boullion cube, calabaza, potatoes, onion, bell pepper, garlic, and cumin. Bring to a boil, cover and cook at medium heat (approximately minutes).
2. While soup is cooking, score the plantains along the length, and peel. (Scoring the plantain aids in removing the peel.) Cut plantain into 1" slices.
3. Place oil in a medium frying pan on med/high heat and fry plantains, turning them over only once. They should be a golden yellow when ready. Remove plantain slices from the pan, and place them on a cutting board. Using a flat surface (like a small plate), smash each one. Add to cooking soup.
4. Add salt to taste. Add desired amount of pasta and cook until vegetables and noodles are tender (another 10 minutes).

Serves 4 people

Note: With this recipe, you can make "refried white beans" (see index)

Beef Stew

(Carne Guisada)

1 1/2 pounds cubed stewing beef
1/2 tablespoon salt
1/2 teaspoon cumin
2 tablespoons olive oil
2 large potatoes peeled and cut in chunks
1 large onion - diced
4 garlic cloves - minced
1 green pepper - sliced
1 bay leaf
1/2 teaspoon oregano
8 ounces tomato sauce
1/4 cup green olives (with pimentos) - pitted
1/4 cup raisins
1/2 cup sherry
1 cup water

1. Season meat with salt and cumin.
2. In a 5 quart Heavy, covered pot, brown meat in olive oil. Remove from pan.
3. Sauté' onions, garlic, bay leaf and green pepper in oil.
4. Return the meat to pot with sauté'. Add tomatoes, olives, raisins, wine and water. Bring to boil, cover, and reduce heat to medium low.
5. Cook for $\frac{1}{2}$ hour. Add potatoes. Cook until potatoes are tender, about another 15 minutes.

Serves 4 people

Black Bean Soup

(Frijoles Negros)

12 ounces dried black beans
1 bay leaf
1 green bell pepper - sliced
1 tablespoon olive oil
1 large yellow onion - diced
6 garlic cloves -minced with a dash of salt
1/8 teaspoon black pepper
1 1/2 teaspoon salt (if olives are not used, increase to 2 teaspoon salt)
1 teaspoon sugar
1/4 cup green olives with pimentos (optional), cut in half
1 tablespoon red or white vinegar
1 tablespoon olive oil

1. Soak beans in overnight (at least four hours) in Heavy, covered pot with water level one inch over beans.
2. Add 4 cups of water and bay leaf to pot with beans. Place on stove on high heat and bring to a boil. Cover and lower heat to medium and continue boiling until beans are soft but firm, approximately 1 to 1 ½ hours.
3. While beans are cooking, roast bell pepper. Pre-heat broiler and place rack close to the heat source. Place bell pepper, cut in half, on cookie sheet. Broil until skin is blackened. Remove from oven and place in closed brown paper bag for 5-10 minutes until steam loosens skin. Peel, and slice in ½ inch strips and set aside.
4. In a skillet, heat 1 tablespoon olive oil. Sauté onion, garlic and bell pepper, until onion is transparent.
5. Add sautéed vegetables, salt, pepper, sugar and olives to beans. Stir in 1 cup of water. Cover, reduce heat and simmer for another hour, until soup thickens.
6. Remove from heat and stir in vinegar and remaining oil.
7. Serve alone or over whit rice. Garnish with chopped scallions, cheese, or sour cream if desired.

Serves 4 to 6 people

Chick Pea Pottage

(Potaje de Garbanzos)

1 package of chick peas (garbanzos)
1 ham hock - can be substituted with 2 smoked pork chops
2 Spanish sausage (chorizo) - skin removed
4 ounces stewed tomatoes
1 onion - diced
2 garlic cloves - mashed
1/2 green bell pepper - diced
1 bay leaf
1/4 teaspoon cumin
1/2 teaspoon salt
1 large potato - diced
1 pound calabaza - diced

1. Soak beans in 9 cups of water, overnight or for 3 to 4 hours.
2. The next morning, cook ham hocks in water about 20 minutes, they will be half tender. Remove from water and remove skin and fat. If using the smoked pork chops, just add them to the beans.
3. Add the ham hocks(or smoked pork chops) and bay leaf to the beans and place on stove at high heat until boiling. Reduce the heat to medium. Continue boiling for 1 hour.
4. Add sausage, tomatoes, onion, garlic, bell pepper, cumin and salt. Continue to boil until beans are soft but not open (approximately 1 hour).
5. Add potatoes and calabaza. Cook another 30 minutes. or until potatoes are soft. Salt to taste.

Serves 6 people

Chicken Soup

(Sopa de Pollo)

6 cups water
2 chicken bullion cubes
3 pound chicken - skinned and cut into pieces
1 medium onion - diced
1/2 teaspoon cumin
3 cloves garlic
1/2 green bell pepper - diced
1 teaspoon salt
89ounces stewed tomatoes or 4 ounces of tomato sauce

1 pound calabaza (optional) - cut into 1" cubes
1 potato - cut into 1" cubes
1 malanga - cut into 1" cubes (can be substituted with 1 large potato)
2 carrots - sliced 1/2" slices
Angel hair pasta (fideos)

1. In 5 quart Heavy, covered pot , boil water with chicken bullion cubes. Add chicken pieces, onion, cumin, garlic, bell pepper, salt and stewed tomatoes.
2. Cover and lower heat to med/low until chicken is tender, approximately 25 minutes.
3. Remove chicken from Heavy, covered pot. Pour broth with vegetables into blender. Liquefy contents on medium speed, pour back into Heavy, covered pot.
4. At this point you may choose to add some of the chicken back into the soup or use the chicken for another recipe. Add remaining ingredients except for the pasta. Cook covered at a low boil until vegetables are tender but still firm (10-15 minutes.).
5. Break noodles with your hands before adding to soup. Boil another 10 minutes until pasta is tender. Remove from heat

Serves 6 people

Corn Meal

(Harina)

1 bell pepper -diced (optional)
1 tablespoon olive oil
1 small onion - diced
3 garlic cloves - minced
1 cup cornmeal
1 teaspoon salt
1/2 teaspoon cumin
1/8 teaspoon black pepper

1. In large saucepan, sauté onion, garlic and bell pepper in olive oil.
2. Rinse corn meal in water and drain. Add corn meal to vegetables in saucepan.
3. Stir in 4 cups of water, salt, cumin and pepper. Bring to a boil. Cover and lower heat to bring mixture to a slow boil.
4. Cook approximately 1 hour. Check occasionally to make sure that corn meal has not dried out. Add water if necessary. Corn meal should have the consistency of cooked oatmeal.

Serves 2 people

Corn Stew

(Guiso de Maiz)

2 corn cobs - cut in 1" chunks
1 cup whole kernel corn
1 cup creamed corn
2 large potatoes - cut in 1" chunks
3/4 pound calabaza - cut in 1" chunks
1 cup ham - cut in 1/2" chunks
8 ounces tomato sauce
1 large onion - diced
1/4 teaspoon cumin
1/2 teaspoon salt

1. In a 5 quart sauce pan, combine all ingredients.
2. Add enough water to just cover vegetables. Bring to a boil. Cover and reduce heat to medium/low.
3. Cook for 30 minutes.

Serves 5 to 6 people

Ground Corn in a Pot

(Tamal en Casuela)

1 16 ounce bag frozen whole kernel corn
4 ounces bacon - cut in 1" pieces
2 tablespoons olive oil
4 cloves garlic - minced
1 onion - diced
1 green bell pepper - diced
4 ounces stewed tomatoes or 3 ounces tomato sauce
1/2 cup milk
2 tablespoons cornstarch
3/4 teaspoon salt
1/4 teaspoon cumin
1/4 teaspoon black pepper

1. Thaw corn and puree it in a blender with $\frac{1}{2}$ cup of water, set aside.
2. In a 3 quart saucepan, cook bacon until crisp. Remove bacon from pan. Drain grease from pan, wipe down.
3. Heat olive oil in the same saucepan over medium/high heat. Sauté onions, garlic and bell pepper until onion is clear.
4. Add corn, tomatoes, bacon and 1 cups of water. Bring to a boil then lower heat. to a slow boil. Cover and cook 30 minutes.
5. Dissolve corn starch in milk. Add slowly to pot, stirring constantly for about 5 minutes. Add salt, pepper and cumin. Bring to a boil then lower to a simmer until thickened (approximately 20 minutes more).

Serves 4 people

Navy Bean Pottage

(Potaje de Judias)

8 cups water
1 12 ounce package uncooked navy beans
2 ham hocks or 4 smoked pork chops
1 Large onion - diced
3 garlic cloves - crushed
1/4 teaspoon cumin
1/2 green bell pepper - diced
9 ounces stewed tomatoes or tomato sauce
1 large potato - peeled and cut into 1" cubes
1 pound calabaza - peeled and cut into 1" cubes
1 teaspoon salt

1. Soak beans in water for four hours or overnight in Heavy, covered pot . Water level should be 1" over beans.
2. Add 4 cups of water and ham hocks or the smoked pork chops to the pot. Place over high heat and bring to a boil. Cover and lower heat to medium and continue boiling until beans are soft but firm (approximately 1 to 1 ½ hours.)
3. Continue at a low boil for 1 hour.
4. Add onion, garlic, cumin, salt bell pepper and stewed tomatoes. Continue boiling until beans are soft but not open (approximately 1 hour). Add potatoes, calabaza. Cook another 30 minutes or until potatoes are soft.
5. Pottage can be served in a bowl or over rice.

Serves 6 people

Navy Bean soup with Fried Bread

(Sopa de Judias con Pan Frito)

14 ounce package uncooked navy beans - in 3 cups of water

2 ham hocks

1 medium onion - diced

5 garlic cloves - minced

1 teaspoon salt

1/2 teaspoon of cumin

1/8 teaspoon of black pepper

9 ounces tomatoes sauce or stewed tomatoes

2 eggs

2 tablespoons milk

4 slices of bread - each cut in half

1 cup canola oil

1 ounce angel pasta (fideos)

1. Soak beans overnight in 3 cups of water. Place them to boil in a 5 quart Heavy, covered pot along with remaining water. Add the seven first ingredients. Boil at medium heat until beans are tender(approximately 40 minutes). Strain broth from beans. Save ham hocks and beans.
2. Add fideos. Boil at low heat. In the meantime, whip the eggs with the milk. Dip the bread in the egg mixture. Fry the bread in oil till golden brown. Add to the soup. Cover the pot and remove from heat.

Serves 4 people

NOTE: Take ham hocks and beans from this soup to make Mulleta (refried navy beans)!

Okra Stew

(Guiso de Quimbombo)

4 cups okra, clean and cut in halves
2 cup lemon juice
2 tablespoons olive oil
2 cup ham - cut in 1" cubes
1 large onion - sliced
6 garlic cloves - minced
2 - 9 ounce cans stewed tomatoes
2 ripened plantains - cut in 1/2" slices
1/2 teaspoon cumin
2 green bell peppers - cut in 1" cubes

1. Place okra in a bowl. Pour lemon juice over it and set aside.
2. Heat oil in a sauce pan and sauté onions, garlic and ham. When onion is clear, add tomatoes, plantains, cumin and 1 cup water..
3. Cover and cook at low heat for 10 minutes.
4. Drain okra and add to stew along with the bell peppers. Cook an additional 10 minutes.

Serves 4 people

Plantain Soup

(Sopa de Platano)

3 pound chicken- skinned and cut into pieces

6 cups of water

1 large onion - diced

1/4 teaspoon cumin

1 bay leaf

6 garlic cloves - mashed

1 cup calabaza - peeled and cubed

1 cup malanga or potatoes - peeled and cubed

4 ounces tomato sauce

1 small green bell pepper - sliced

1 tablespoon salt (add only if plantain chips have no salt)

1 cup ground plantain chips

1. Place all ingredients (except banana chips) in a 5 quart heavy, covered pot .
2. Bring to a boil and reduce heat to medium/low until soup is at a slow boil. Cover and cook for 30 minutes.
3. Remove chicken and put remaining ingredients through a blender.
4. Return mix to pot. Bring to a boil, slowly add ground banana chips, stirring constantly. Slow boil for an additional 5 minutes.
5. Serve with lemon wedges.

Note: chicken removed from soup can be used for other recipes.

Serves 6 people

Red Bean Pottage

(Frijoles Colorados)

8 cups water
1 12 ounce package uncooked red beans
2 ham hocks
1 Spanish sausage (chorizo)- skin removed and diced
(optional)
1 Large onion - diced
5 garlic cloves - crushed
1/4 teaspoon cumin
1/2 green bell pepper - diced
9 ounces stewed tomatoes or tomato sauce
1 large potato - peeled and cut into 1" cubes
1 pound calabaza - peeled and cut into 1" cubes
1 teaspoon salt

1. In a 5 quart Heavy, covered pot , soak beans for at least 4 hours. They can be soaked overnight.
2. Add ham hocks and place on stove at high heat. Bring to a boil and turn heat down to medium.
3. Add onion, garlic, cumin, salt bell pepper and stewed tomatoes. Continue boiling until beans are soft but not open (approximately 1 hour).
4. Add potatoes and calabaza. Cook another 30 minutes or until potatoes are soft.
5. Pottage can be served in a bowl or over rice.

Serves 6 people

Split Pea Soup

(Chicharos)

1 14 ounce package uncooked split peas
1 1/2 cups diced cooking ham
(can be substituted for turkey)
1 large onion - diced
3 garlic cloves - crushed
1/2 green bell pepper - diced
1/4 teaspoon cumin
9 ounces stewed tomatoes
1 tablespoon olive oil
1 pound (2 cups) malanga - peeled and chunked in 1" cubes
(can be substituted with potatoes)
1 pound (2 cups) calabaza - chunked peeled and chunked in 1" cubes
(can be substituted with acorn squash)
1 teaspoon salt

1. Pick through and rinse beans. Soak beans in water for 4 to 8 hours in 2 quarts of water (8 cups).
2. When you are ready to cook the beans:
3. In medium skillet, heat olive oil on medium/high. When oil is hot, add ham, garlic, onion and bell pepper and sauté until onions caramelize.
4. On high heat, bring beans to boil. Add sautéed vegetables to the beans. Reduce heat to medium and cover. Continue a low boil for 1 hour.
5. Add cumin and stewed tomatoes. Continue boiling until beans are soft (approximately 30 minutes).
6. Add malanga and calabaza. Cook another 30 minutes. or until vegetables are soft.
7. Salt to taste. If the soup gets too thick, just add ½ cup of water.

Serves 6 people

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Calabaza

(Calabaza Salcochada)

1 pound Calabaza - cut in 2" chunks
1/4 teaspoon salt

2 slices of bacon - cut in 1" pieces
4 garlic cloves - diced
1 small onion - sliced

1. Place calabaza in a 3 quart saucepan. Fill pan with water to about $\frac{1}{2}$ " below vegetable. Add salt. On high heat, bring water to a boil. Cover and reduce heat to medium. Cook for 15 minutes or until vegetables are tender.
2. Remove vegetables from stove, drain the water and place on a serving dish. Garnish with sofrito.

Sofrito:

In a skillet, cook bacon till almost done. Add onion and garlic to bacon and cook till bacon is done and onion is clear.

Fried Sweet Potatoes

(Boniatto Frito)

2 large sweet potatoes
2 cups canola oil
salt - optional

1. Brush to clean the potato if you would like to leave the peel on. Otherwise, peel sweet potatoes. Cut in $\frac{1}{2}$ " chunks. Heat oil on high and when hot, reduce to medium heat. Cook potatoes until they are golden on the outside. Drain. Place on paper towel to eliminate all traces of oil.
2. Great accompaniment for meat.

Serves 4 people

Mariquitas Chips

(Mariquitas)

2 green plantains - thinly sliced
canola oil
salt

1. Green plantains can be sliced with a knife or a straight edge of a grater.
2. Fry plantains in deep, hot canola oil, making sure that chips are separated. Cook for 2 minutes or till golden brown Drain on a paper towel and sprinkle with salt.

Serves 4 people

Fried Plantains

(Tostones)

2 green plantains - cut in 1" chunks
canola oil
salt

1. In deep hot oil, at med/high heat, fry plantains 1 minute on each side. Remove from oil. Take a brown bag and fold it in half. Place plantain chunks one at a time in the fold of the bag and squash it to approximately $\frac{1}{2}$ " thick. When all of the slices are flattened, place them back into the hot oil and cook until lightly golden. Sprinkle with salt and serve immediately.
2. Traditionally, tostones are served as a side dish with any main course.

Serves 4 people

Fried Ripened Plantains

(Maduros)

2 ripened plantains - cut in 1/2" diagonal slices
canola oil

1. Fry in deep, hot canola oil until golden brown. Drain in paper towel.
Traditionally, maduros are served as a side dish with any main course.

Serves 6 people

Fried Cassava

(Yuca Frita)

boiled cassava - see recipe or use leftover
salt to taste

1. Leftover cassava is delicious fried. Take chunks of boiled cassava and cut lengthwise in quartered slices.
2. Fry in canola oil till golden brown! Drain and serve immediately.

Malanga Fritters

(Frituras de Malanga)

2 cups cooked mashed malanga

1/3 Cup all purpose flour

4 garlic cloves - minced

2 eggs

salt

1/2 teaspoon dried parsley

Vegetable oil for frying

1. Mix all of the ingredients together..
2. Drop spoonfuls of mixture in hot canola oil. Brown on one both sides. Remove and drain on paper towel.

Malanga

(Malanga)

1 1/2 pounds malanga - peeled and cut in 2" chunks
1 teaspoon salt

1. Place malanga in a 3 quart pot. Fill pot with water to about $\frac{1}{2}$ " below vegetable. Add salt. On high heat, bring water to a boil. Cover and reduce heat to medium. Cook for 15 minutes or until vegetables are tender.
2. Remove vegetables from stove, drain the water and place on a serving dish..
3. Garnish with sofrito (see recipe).

Serves 4 as an accompaniment

Mashed Malanga and Calabaza

(Pure de Malanga y Calabaza)

2 pounds malanga - cut and peeled in large chunks

2 pounds calabaza - cut in large chunks

2 tablespoon olive oil

1/2 teaspoon salt

1. Place malanga and calabaza in a 3 quart pot. Fill pot with water to about 1" below vegetables. Add salt. On high heat, bring water to a boil. Cover and reduce heat to medium. Cook for twenty minutes or until vegetables are tender.
2. Remove vegetables from stove and drain the water. Peel calabaza and mash it together with the malanga, adding the olive oil. Salt to taste. Serve immediately.

Serves 4 people

Mashed Plantains

(Fufu)

3 ripened plantains - peeled and cut in 1 1/2" chunks

1 onion - diced

4 garlic cloves - minced with a dash of salt

1/2 pound bacon - cut in 1" pieces

1. Place plantains in 5 quart saucepan with water level 1" below plantains. Bring to boil. Cover and reduce heat to medium. Cook for 10 minutes. Bananas should be tender. Do not overcook or the Fufu will be mushy.
2. While plantains are cooking, in a skillet cook bacon until crispy. Remove from skillet and place on paper towel. Keep 2 tablespoons of bacon drippings in pan.
3. Cook onions and garlic in drippings until onion is clear. Drain and remove from heat.
4. Drain plantains and remove peel. Mash them together.
5. Mix plantains with the onion and garlic. Return to skillet. On medium heat, fold in bacon taking care not to break up the bacon any further. Pat down to cover the whole surface of the pan. Cook for 10 minutes. Flip over and cook another 5 minutes.

Serves 6

Potato and Calabaza Salad

(Ensalada de Papas y Calabaza)

2 large potatoes
1 pound Calabaza (squash)
3/4 teaspoon salt
3 eggs - hard boiled
1 large green bell pepper
1 medium onion - sliced
1/4 cup olive oil
2 tablespoons vinegar

1. Peel and slice potatoes (1/2"), cut calabaza in 1" chucks, leaving peel.
2. Place in 5 quart Heavy, covered pot , adding enough water to cover vegetables. Add a pinch of salt and cover. Boil till vegetables are tender but firm. Drain and arrange in a serving platter. quarter eggs and garnish salad. At medium heat, place the bell pepper directly on burner. Continue to turn pepper as the skin darkens till it is all black. This will allow you to peel the skin off the pepper. Peel the pepper, remove the seeds and cut into strips. Heat 2 tablespoon oil in skillet and saute' onions and green peppers. Remove from heat and add remaining oil and vinegar. Pour over salad.

Serves 4 people

Note: Delicious as an accompaniment to chicken or fish.

Potatoes, Vienna Sausage and Eggs

(Papas, Salchichas y Huevos)

3 large potatoes - cut in 1" chunks
1/4 teaspoon salt
1 tablespoon canola oil
1 large onion - sliced
3 garlic cloves - minced
1 large green bell pepper - sliced
2 4 ounce cans of Vienna Sausages - sausages cut in half
1/4 teaspoon cumin
8 ounces tomato sauce
3 eggs - hard boiled eggs - cut in quarters

1. Place potatoes in saucepan with water level 1" below potatoes.
2. Add salt. Bring to a boil. Cover and cook for 10 minutes at medium heat.
3. After 10 minutes, drain potatoes and add to sauté'. While potatoes are cooking, sauté onion, garlic and bell pepper in oil. Add cut sausage. Cook for 5/10 minutes, or until sausage is brown. When potatoes are done, drain and add to the sausage mixture and sprinkle with cumin. Add tomato sauce and eggs. Stir, cook 5 more minutes and remove from heat.

note: Vienna Sausages used in this recipe can be substituted for hot dogs or any sausage. If sausage is not already cooked, cook until almost done before adding to sauté'.

Serves 6

Refried Navy Beans

(Mulleta)

tender beans from bean soup

4 garlic cloves - minced

1 medium onion - diced

1/2 green pepper - sliced

meat of ham hocks or pork chops from the soup - diced

1 tablespoon salt

2 tablespoons olive oil

1. In frying pan, heat olive oil. Sauté garlic, onion and green pepper. Remove from skillet and set aside.
2. Pan fry the ham hocks at medium/high. Stir in the beans.
3. Add the sautéed ingredients and the cumin. Cook for five to ten more minutes.
4. Remove from heat.

Serves 4 people

NOTE: Delicious as an accompaniment to chicken and white rice.

Sautéed Chick Peas

(Garbanzos Fritos)

2 8 ounce cans chick peas - drained

3 garlic cloves- minced

1 medium onion- diced

8 slices bacon- cut into 1" squares

(can be substituted with 1 cup smoked turkey

1/2" diced cubes)

1 green bell pepper- diced

1/4 teaspoon cumin

1/4 teaspoon paprika

1/4 teaspoon salt

1. Cook bacon till done (if substituting with turkey, add 1 tablespoon of canola oil). Remove from pan. Remove all except 1 tablespoon of oil from pan.
2. Sauté garlic, onion and bell pepper till onion is light brown. Remove from pan.
3. Place chick peas, salt, cumin and paprika in pan and fry for 5 minutes. high heat, stirring constantly. Return all ingredients to pan, cover and cook at medium heat for another 5 minutes.

Serves: 4 people

Sautéed Potatoes

(Ensalada de Papas y Huevos)

1 tablespoon olive oil
2 large baking potatoes - peeled and diced
1 medium onion - diced
1 garlic clove - smashed
Fresh parsley - chopped
3 eggs - hard boiled eggs - quartered
salt to taste

1. Heat olive oil at high heat. When hot, reduce heat to medium and sauté onion and garlic in oil.
2. Remove from oil when onions are clear.
3. Place potatoes in oil and sauté. When potatoes are brown, reduce heat to med/low.
4. Add onion and garlic. Cover and continue to cook till potatoes are tender (about 10 minutes).
5. Add parsley.
6. Cover and remove from heat.
7. When salad is cool add eggs and salt to taste.

Serves 4 people

Steamed Broccoli

(Brecol)

1 head of broccoli
4 garlic cloves - crushed
1/3 cup white vinegar
2 tablespoons canola oil
1/4 teaspoon salt

1. Remove stem from broccoli and cut into florets.
2. In a pot large enough to accommodate all of the broccoli, stem for 2 minutes. This should leave the broccoli cooked but still firm.
3. While Broccoli is cooking, sauté' garlic in the canola oil. Remove from heat, add vinegar and salt. Pour over hot broccoli.

Serves 4 people

Stuffed Bell Peppers

(Pimento Verde Rellenos)

8 green bell peppers
1/2 pound lean ground beef
1/2 pound ground turkey
1 teaspoon oregano
1/2 teaspoon cumin
1 teaspoon salt
1 large onion - diced
3 garlic cloves - minced
1 medium bell pepper - diced
1 bay leaf
1 tablespoon canola oil
1/2 cup green olives (with pimentos) - cut in halves
1/3 cup raisins - optional
4 ounces of tomato sauce
1/4 cup sherry
4 ounce Muenster cheese - graded

Sauce:

1 onion - diced
1/2 cup tomato sauce
2 garlic cloves - minced

1. Mix together the turkey, beef, cumin, oregano and salt. let stand for an hour.
2. Set the oven on broil; place the 4 whole bell peppers on a cookie sheet.
3. As the pepper blacken, turn them with tongs until all sides are dark.
4. Let cool and peel charred skin off under running water. Set aside.
5. In a skillet, sauté the onion, garlic and bay leaf. Remove from skillet and discard bay leaf.
6. Brown turkey mixture in hot skillet, stirring constantly. Add ½ of the sauté along with the olives and 4 ounces of the tomato sauce. Simmer for 5 minutes. Remove from heat and let it cool.
7. Place remaining sauté', tomato sauce, and sherry wine in skillet.
8. Simmer for 5 minutes and remove from heat.
9. To make sauce, brown onions and garlic in a small amount of oil. When onions are soft, add tomato sauce and simmer for 5 minutes. Remove from heat.
10. Open the peppers. Place 4 of them flat in a 9" x 9" pan. Follow with the meat mixture. Place remaining bell pepper halves over the meat. Top with sauce and sprinkle cheese on top. Microwave for two minutes on high or until cheese has melted.

Serves 6 people

Vegetables in Vinegar

(Encurtido)

2 carrots - sliced
2 large onions - sliced
1/2 cup cauliflower - cut in bite size pieces
1/2 cup broccoli - cut in bite size pieces
1 red bell pepper - sliced
1 large cucumber - sliced
1/2 cup radish - cut in quarters
2 cups ???? (aji cachucha)
1 cup white vinegar
4 ounce water
2 ounce olive oil
6 garlic cloves - minced
? oregano
? pepper

1. In a large bowl combine all of the vegetables. Sprinkle with the oregano and pepper. Add garlic.
2. In a separate bowl, mix vinegar, water and olive oil. Beat together and add to vegetables.
3. Pour in $\frac{1}{2}$ gallon container. Cover and refrigerate for at least 24 hours before using.

Cassava

(Yucca Salcochada)

2 pound cassava
1 teaspoon salt

FOR MOJO:

1 medium onion - diced
6 garlic cloves - minced
the juice of 1 lemon
3 slices bacon
(can be substituted with 1/4 cup diced turkey
cooked in 2 tablespoons of canola oil.)

1. To peel cassava - take the point of a knife and insert it just below the peel at the top of the cassava. Lift the peel with the edge of the knife while turning the cassava towards the knife. Work your way down to the bottom.
2. Cut cassava in 2" chunks. In a 3 quart saucepan, place cassava in enough water to cover the vegetable. Bring to a boil then lower heat to bring the water to a gentle boil.
3. Boil until the cassava splits (approximately 15 minutes). Mix salt in ½ cup cold water. pour over cassava and cook another 5 minutes.
4. While the cassava is cooking, you have time to make the mojo. Cook bacon until crisp. Remove from skillet and drain on a paper towel. In bacon drippings, sauté' the onion, garlic. Add lemon juice to the pan and turn the heat off.
5. Drain cassava and place it in a serving platter. Crumble bacon over the yuca and pour the lemon mixture on top.

Serves 4 people

Cassava Chips

(Chichachirritas or Mariquitas de Yucca)

1 pound cassava - peeled and thinly sliced.
salt to taste

Fry in canola oil till golden brown! Salt to taste.

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Fried Rice

(Arroz Frito)

4 cups cooked white rice (preferably cooked the night before and refrigerated
1 1/2 lbs. chicken breast - cut in chunks
1 lb smoked ham - cut in chunks
1 lb bacon - cut in 1" pieces
1/2 lb bean sprouts
4 celery stalks - cut in 1/2" pieces
1 head of green onions - sliced in 1/2" pieces
6 eggs
1/4 cup soy sauce

1. Cook bacon till golden brown. Drain and reserve 2 tablespoons of the bacon fat in. In bacon drippings, at medium heat, cook the chicken and ham until the chicken is done. Add green onions and celery. Cook for just a minute. Add the cooked rice and soy sauce to the pot. Reduce heat to low (to warm up the rice).
2. Meanwhile, beat the eggs and make 3 small omelets. Cut them in 1" pieces, adding them to the rice along with the bean sprouts.
3. When just about to serve, add the bacon.

Serves 8 people

Rice with Black Beans

(Moros y Cristianos)

1 12 ounce package uncooked black beans
2 cups of long grain white rice
1 of a Spanish sausage (chorizo)- skin removed and thinly sliced
2 tablespoons olive oil
2 bay leaves
4 garlic cloves - crushed
1 large onion - diced
1 small green bell pepper - diced
1/4 teaspoon oregano
1 tablespoon salt

1. In a 5 quart pot, place beans in 4 cups of water. Let them soak for at least 2 hours.
2. At high heat, bring beans to a boil then lower heat, add bay leaves and cover. Beans should slow boil till tender but still firm (approximately 45 minutes).
3. Rinse rice in water and add them to the beans with another 2 cups of water and the salt. Bring to a boil. Cook covered at low heat until all the water is gone and rice is cooked (approximately 25 minutes).
4. While the rice is cooking, heat olive oil in a large skillet and sauté the onions, garlic, sausage and turkey. Add green bell pepper a few minutes later and sauté till onions are clear.
5. Mix the sauté with the rice and beans.

Let stand for 10 minutes before serving.

Serves:4

Rice with Chick Peas

(Arroz con Garbanzos)

2 tablespoons olive oil
4 garlic cloves - crushed
1 medium onion - diced
1 small green pepper - diced

2 cups long grain white rice
1/4 teaspoon paprika
1/4 teaspoon cumin
1 tablespoon salt
1 tablespoon canola oil
4 slices bacon
(can be substituted with 2 tablespoons of bacon bits)
16 ounce can chick peas
2 cups liquid

1. In frying pan, cook bacon till crisp. Remove from skillet and crumble.
2. Heat oil and sauté' garlic, onion and bell pepper till onions are soft.
3. In a rice cooker or a 2 quart pan, rinse rice and drain.
4. Drain can of chick peas and use the liquid to complete the 2 cups of water needed for the rice. Mix all ingredients (except bacon) in pot. If using a pot, at high heat, bring rice to boil, then cover and reduce heat to medium low. Cook till water is gone and rice is tender (approximately 15 minutes). If you are using a rice cooker, rice is ready when timer goes off.
5. Stir in bacon. And it's ready to serve!

NOTE: chick peas can be substituted with a 16 ounce can of mixed vegetables for a different rice dish.

Serves:4

Rice with Corn

(Arroz con Maiz)

2 cups long grain white rice
1 16 ounce can whole kernel corn
1 teaspoon salt
1 tablespoon canola oil
1/4 teaspoon paprika
2 cups liquid
4 slices bacon well cooked and crumbled

1. Rinse rice, drain.
2. Drain can of corn, saving liquid to add with water to make the 2 cups of liquid. Place all ingredients in 2 quart pan. Bring water to boil on high heat. Reduce heat to medium low. Cook till water is gone and rice is tender. Stir in bacon bits. And it's ready to serve!

Serves: 4 people

Rice with Chorizo

(Arroz con Chorizo)

2 cups long grain white rice
2 Spanish sausages (chorizo) - skin removed and diced
1 medium onion - diced
4 garlic cloves - diced
1 tablespoon olive oil
1/2 bell pepper - diced (optional)
1/4 teaspoon cumin
1 tablespoon salt

1. Rinse rice and drain. In a skillet with olive oil, sauté chorizo, onion, garlic and bell pepper till onions are soft.
2. Place rice in a 2 quart pan with 2 cups of water, salt and cumin. When rice starts to boil, add sauté. Reduce heat and cover. Cook till water is gone and rice is tender.

Serves: 4 people

Rice with Ham

(Arroz con Jamon)

2 Tablespoons olive oil
1 1/4 lb of lean ham - cut in cubes
1 medium Vidalia onion - diced
4 garlic cloves - minced
2 plum tomatoes - chopped
1/2 teaspoon cumin
2 cups long grain white rice
1/4 teaspoon salt
1 - 8 1/2 oz can green peas - drained
1 roasted red bell pepper - cut in strips

In large heavy pot, heat olive oil and sauté' ham. As it starts to brown, add onion and garlic. Let garlic brown and then add tomatoes and cumin.

Rinse rice and then add to sauté' along with 2 cups of water and the salt. Bring to a boil. Add peas (with liquid) to rice. Cover, and simmer at low heat until rice is done. Add roasted bell pepper.

Serves 4 people

Rice with Pork

(Arroz con Puerco)

2 teaspoons salt

1/4 teaspoon black ground pepper

1/4 teaspoon cumin

2 tablespoons olive oil

2 bay leaves

2 pounds of lean pork loin - cut into 1 1/2" cubes
(can be substituted with chorizo)

2 cups long grain white rice

1/2 cup sherry

8 ounces tomato sauce

1 green bell pepper - diced

1 large onion - diced

3 garlic cloves - minced

1/4 teaspoon paprika

2 cup water

1. Season pork with 1 teaspoon salt, the black pepper and cumin. Heat olive oil in Heavy, covered pot . Brown bay leaves and pork. Remove pork from oil and set aside.
2. Sauté' onions, garlic and pepper. Return pork to pot. Add wine, tomatoes and ½ cup of water. Cook covered at low heat until pork is tender (approximately 20 minutes). Remove bay leaves.
3. Place uncooked rice in the pot. Add remaining water, salt and paprika.
4. Bring to boil and lower heat to medium low. Cook approximately 20 minutes more.
5. Rice should be open and tender.

Serves: 6 people

Rice with Red Beans

(Congris Oriental)

1 12 ounce package uncooked red beans
water for soaking beans
2 cups water
1 bay leaf
2 cups Long grain white rice
1/4 teaspoon Cumin
1/4 teaspoon Black pepper
1 tablespoon salt
1 tablespoon canola oil
1 cup diced smoked turkey
1 large green bell pepper- burnt, peeled and sliced
1 large onion - diced
6 garlic cloves - minced
or
6 slices bacon - cut in 1" pieces

1. Soak beans, for $\frac{1}{2}$ hours in a 5 quart Heavy, covered pot . Water level should be about 1 "over beans. When ready to cook, add another 2 cups of water and bay leaf. Bring beans to a boil. Reduce heat to med/low. Cover and cook till tender (approximately $\frac{1}{2}$ hours, depending on the freshness of the bean). Add rice, cumin, black pepper and salt. Bring to a boil, reduce heat and cover.
2. While beans are cooking, place green pepper directly on burner set at high heat. Turn pepper frequently on burner until skin is black. Under running water, peel skin off. Slice in $\frac{1}{2}$ " strips and set aside.
3. In a skillet, sauté' with oil, sauté' then turkey, bell pepper, onion and garlic.
4. When Rice is done, add the sauté' to the rice. Mix together and let stand a few minutes before serving.

Serves 4 to 6 people

Rice with Shrimp

(Arroz con Camarones)

2 cups short grain white rice
1 teaspoon paprika
3 tablespoons olive oil
1 large onion - diced
12 garlic cloves - mashed with 1 teaspoon salt
1 cup sherry
1/4 teaspoon white pepper
1 teaspoon cumin
1 tablespoon salt
1-7 ounce jar chopped pimentos
8 ounces tomato sauce
5 pounds of medium shrimp - peeled and de-veined
8 ounce can sweet peas
pimentos to garnish (optional)

1. Soak rice in 1 cup of water with the paprika. Set aside.
2. In a 5 quart heavy, covered pot , heat the olive oil with $\frac{1}{2}$ cup of water. Sauté the onion and garlic until the onion is clear.
3. Add the rice (with water and paprika) to the pot. Add sherry, white pepper, cumin, salt chopped pimentos, tomato sauce and 3 cups of water. Cook at a very low simmer for 20 minutes.
4. Add shrimp and sweet peas with liquid from can. cook an additional 5 minutes or until the shrimp is done.
5. Garnish with pimentos if desired.

Serves 8 people

Rice with Tuna

(Arroz con Tuna)

2 pounds of ???tuna? - cut into 1 1/2" cubes

2 cups long grain white rice

1/2 cup sherry

8 ounces tomato sauce

1 green bell pepper - diced

1 large onion - diced

3 garlic cloves - minced

1 tablespoon salt

1/4 teaspoon black ground pepper

1/4 cup cumin

1/4 teaspoon paprika

2 bay leaves

2 tablespoons olive oil

2 cup water

1. Season pork with $\frac{1}{2}$ tablespoon salt, black pepper and cumin. Heat olive oil in Heavy, covered pot . Brown bay leaves and pork. Drain and set aside.
2. Sauté' onions, garlic and pepper. Return pork to pot. Add wine, tomatoes and $\frac{1}{2}$ cup of water. Cook at low heat until pork is tender (approximately 20 minutes).
3. Place uncooked rice in the pot. Add remaining water, salt and paprika.
4. Bring to boil and lower heat to medium low. Cook approximately 20 minutes more.
5. Rice should be open and tender.

Serves: 6 people

Rice with Viena Sausage

(Arroz con Salchichas)

2 pounds of Vienna sausage or hotdogs - cut into 1 1/2" cubes

2 cups long grain white rice

1/2 cup sherry

8 ounces tomato sauce

1 green bell pepper - diced

1 large onion - diced

3 garlic cloves - minced

1 tablespoon salt

1/4 teaspoon black ground pepper

1/4 cup cumin

1/4 teaspoon paprika

2 bay leaves

2 tablespoons olive oil

2 cup water

1. Season pork with $\frac{1}{2}$ tablespoon salt, black pepper and cumin. Heat olive oil in Heavy, covered pot . Brown bay leaves and pork. Drain and set aside.
2. Sauté' onions, garlic and pepper. Return pork to pot. Add wine, tomatoes and $\frac{1}{2}$ cup of water. Cook at low heat until pork is tender (approximately 20 minutes).
3. Place uncooked rice in the pot. Add remaining water, salt and paprika.
4. Bring to boil and lower heat to medium low. Cook approximately 20 minutes more.
5. Rice should be open and tender.

Serves: 6 people

Accompaniments

(Potatoes,Vienna Sausage and Eggs)

55

Potatoes, Vienna Sausage and Eggs

(Papas, Salchichas y Huevos)

1/4 cup canola oil
4 cloves minced garlic
1 onion - sliced
3 cans Vienna sausage (can be substituted with hot dogs)
3 cups potatoes - cut into chunks
4 ounces tomato sauce
4 eggs - hard boiled eggs - cut in quarters
1 green bell pepper - sliced

1. In heavy skillet, heat canola oil. Sauté' garlic and onions. Add sausage and potatoes. Stir and let it cook for 5 minutes.
Add tomato sauce.
2. Let it cook for 10 minutes.
3. Add eggs and bell pepper.
4. Let it cook for 5 more minutes.

Serves 4 people

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Chicken "A la Orange"

(Pollo a la Naranja)

3 pound chicken - skinned and cut into pieces
1 large onion - sliced
1/2 teaspoon oregano
1/4 teaspoon cumin
1/4 teaspoon black pepper
1 teaspoon salt
1/2 teaspoon garlic powder
1/2 cup sherry
1 can (???) concentrated orange juice - defrosted
the juice of 1/2 lemon

1. Preheat oven to 350 degrees.
2. In a large bowl, mix the first 8 ingredients. Cover and set aside for $\frac{1}{2}$ hour.
3. Place chicken parts on a cookie sheet, making sure they are not overlapping. Pour remaining ingredients from bowl over chicken. Cook for 30 minutes.
4. Add concentrated orange juice, making sure to spread it evenly over chicken. Sprinkle with lemon juice. Cook an additional 15 minutes.

Serves 4 people

Chicken and Rice

(Arroz Con Pollo)

2 cups short grain white rice
1/2 teaspoon paprika
4 1/2 cups water
3 pound chicken - skinned and cut in pieces
1/4 teaspoon cumin
1/8 teaspoon black pepper
3 teaspoons salt
1/4 teaspoon oregano
1/4 cup olive oil
1 large onion - diced
4 garlic cloves - minced
2 bay leaves
8 ounces tomato sauce
1/2 cup sherry
4 ounce jar red pimento
8 ounce can sweet peas

1. Rinse rice and place in a bowl with 2 cups of water, 1 teaspoon salt and paprika.
2. Sprinkle chicken pieces with 2 teaspoons salt, pepper, cumin and oregano. Set aside. In a large Heavy, covered pot , heat olive oil. Sauté' onion, garlic and bay leaves(making "sofrito") at medium high heat. Remove sofrito from pan. Brown chicken.
3. Add sofrito back in. Add tomato sauce, 2 cups of water and wine.
4. Bring to boil and then cover and simmer on low for 15 minutes.
5. Add the rice with water also adding the last ½ cup of water. Bring to boil. Cover and simmer for 20 minutes. Add pimentos and sweet peas with liquids from containers. Bring to boil. Simmer for 5 more minutes. Remove from heat.
6. Let stand 15 minutes before serving.

Serves 6 people

Chicken with Snow Peas

(Pollo con Nieve Guisantes)

3 cups de-boned cooked chicken - cut in strips

1 teaspoon salt

1 teaspoon oregano

1/4 teaspoon black pepper

1 tablespoon olive oil

1 large onion - sliced

6 garlic cloves - minced

16 ounce can chick peas

2 large ripe tomatoes - quartered

1 large red bell pepper - sliced

2 cups snow peas

1. Sprinkle chicken with salt, oregano, black pepper and set aside.

2. In a 3 quart pot, over medium heat, sauté onion and garlic. Add chick peas (with juice) and cook for 5 minutes.

3. Add chicken and remaining vegetables and cook for an additional 5 minutes.

Serves 4 people

Chicken Croquettes

(Croqueta de Pollo)

2 cups ground, cooked chicken (no bones or skin)

2 medium onions - diced

2 bay leaves

1 tablespoons olive oil

2 cup all purpose flour

1 1/2 cups milk

1/4 teaspoon black pepper

1 tablespoon salt

1/8 teaspoon nutmeg

2 eggs - beaten

2 tablespoons whole milk

Canola oil for frying

1. In a large skillet, sauté onion and bay leaves in olive oil.
2. Meanwhile, in a mixing bowl, combine flour, milk, nutmeg, salt and pepper.
3. Remove bay leaves from skillet and add the flour mixture to sauté onions.
4. At medium heat, mix continuously til mixture becomes a thick paste (3-5 minutes).
5. Add chicken to the skillet and mix together. For the next 10 minutes, continue mixing on stove until the four is cooked and doe is stiff.
6. Remove from heat and let cool completely.
7. Take 1 tablespoons of the mix for each croquette. Roll them into small balls.
8. Continue this process, using all of the mix.
9. Pour breadcrumbs onto a dinner plate.
10. In a bowl, beat 2 eggs and milk.
11. Roll each croquette in the bread crumbs, then the egg, and again in the bread crumbs, reshaping the croquettes into sausage like forms.
12. Continue this process for all of the croquettes.
13. Fry the croquettes in canola oil till golden brown.

Makes 3 dozen croquettes

Chicken Fricassee

(Fricassee de Pollo)

3 pound chicken - skinned and cut into pieces
1 large onion- sliced
4 garlic cloves - minced w/dash of salt
1 tablespoon salt
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon paprika
1/4 teaspoon cumin
1/4 teaspoon black pepper
1/2 teaspoon oregano
1/2 cup sherry
1 small green bell pepper- sliced 1/2" strips
1/3 cup green olives (with pimentos) sliced
1/4 cup raisins (optional)
1/4 cup canola oil
8 ounces tomato sauce
8 ounce can peas - drained
1 large potato - peeled and cut into 1" cubes
4 ounce bottle of pimentos - sliced lengthwise for garnish

1. In covered bowl, mix chicken with onion and onion powder, garlic and garlic powder, salt, black pepper, paprika, oregano and sherry. Cover and let marinade in refrigerator for at least one hour.
2. In Heavy, covered pot , heat oil. Brown onions from marinade. Remove. Brown chicken and add onions and remaining marinade into pot. Add remaining ingredients (except for last 3 ingredients) and bring to boil. Lower heat and cook covered for 10 minutes.
3. Add potatoes and cook till tender (approximately another 10 minutes). Remove from heat.
4. Pour peas over chicken and cover pot.
5. Let stand for 5 minutes. place it on a serving dish and garnish with pimentos.

Serves 4 to 6 people

Chicken Breast Cutlet

(Filete de Pollo)

3 garlic cloves - minced
1 large onion - sliced
the juice of 1 lemon
1 tablespoon canola oil

4 chicken breasts- skinned and de-boned
garlic powder
onion powder
black pepper
salt
4 tablespoon canola oil

1. In a skillet heat 1 tablespoon canola oil and add the garlic and onions. Sauté' till onions are clear. Remove from heat and add lemon juice. Set aside.
2. Pound chicken breast with a mallet till thin. Sprinkle them with garlic and onion powder, black pepper and salt to taste. Heat oil in a grill or a large heavy skillet on high heat. Brown chicken breasts on both sides Turn heat to medium low and cook for 5 minutes.
3. Sprinkle Sauté' over chicken before serving.

Serves 4 people

Chicken Liver with Onions and Peppers

(Higado a la Italiana)

1 pound chicken livers
1/4 teaspoon oregano
1/2 teaspoon salt
1/8 teaspoon black pepper
1/4 cup apple cider vinegar
1 tablespoon canola oil
1 onion sliced
1 green bell pepper - sliced

1. Sprinkle liver with oregano, salt and pepper. Add vinegar, cover and set aside.
2. In a large skillet, heat oil and sauté onions. Remove them from the skillet.
3. Heat up the skillet (med/hi heat) and brown the liver. Add the onions back in. Add bell pepper, vinegar and seasonings.
4. Cover and cook for 5 more minutes. Liver should be slightly pink at center.

Serves 4 people

Chicken Salad

(Ensalada de Pollo)

3 pound chicken
2 potatoes peeled and diced
1 apple - peeled and diced
1 8 ounce can asparagus
1 8 ounce can mixed vegetables
1 8 ounce can of corn
1/2 cup scallions - cut in 1/2" slices
1/2 cup celery (optional)
6 eggs - hard boiled (save 4 eggs for decorating)
1 4 ounce can of peas (save 2 ounce for decorating)
1 8 ounce jar pimentos (save 3 ounce for decorating)

Dressing

1 cup of mayonnaise
3 tablespoons catsup
2 tablespoons vinegar (white or cider)
1 teaspoon mustard
1/4 teaspoon black pepper

1. Cook chicken as directed for chicken soup. If you do not wish to make the soup, just boil chicken in water till done. De-bone and dice.
2. In a 5 quart pan, cook potatoes in water till tender but still firm. Drain and let cool completely.
3. In a large bowl, mix all ingredients. Draining all cans of their juices before adding them to the salad.
4. In a separate bowl combine the ingredients for the dressing.
5. Mix dressing into salad.
6. Decorate with 2 ounces of the peas, 3 ounces of the pimentos and 4 of the eggs.

Fried Pork Chunks

(Masas de Puerco Fritas)

2 pounds lean pork loin - cut in 1 1/2" chunks

1 teaspoon salt

1/2 teaspoon black pepper

1 teaspoon garlic powder

1/2 cup lemon juice

2 cups canola oil

1 large onion - diced

6 pressed garlic cloves

2 cups water

1. Sprinkle pork with salt, oregano, pepper, garlic powder and lemon juice. Let stand in refrigerator for 1 hour.
2. In a heavy, covered pot , Heat oil. Add pork along with remaining ingredients.
3. Cook at high heat for 10 minutes. Reduce heat to medium and cook an additional 45 minutes. Drain.

Serves 6

Ham Croquettes

(Croqueta de Jamon)

2 cups ground ham
2 medium onions - diced
2 bay leaves
1 tablespoons olive oil
2 cup all purpose flour
1 1/2 cups milk
1/4 teaspoon black pepper
1 teaspoon salt
1/8 teaspoon nutmeg
2 eggs - beaten
2 tablespoons whole milk
canola oil for frying

1. In a large skillet, saute onion and bay leaves in olive oil.
2. Meanwhile, in a mixing bowl, combine flour, milk, nutmeg, salt and pepper.
3. Remove bay leaves from skillet and add the flour mixture to sauté onions.
4. At medium heat, mix continuously till mixture becomes a thick paste (3-5 minutes).
5. Add ham to the skillet and mix together. For the next 10 minutes, continue mixing on stove until the four is cooked and doe is stiff.
6. Remove from heat and let cool completely.
7. Take 1 tablespoons of the mix for each croquette. Roll them into small balls.
8. Continue this process, using all of the mix.
9. Pour breadcrumbs onto a dinner plate.
10. In a bowl, beat 2 eggs and milk.
11. Roll each croquette in the bread crumbs, then the egg, and again in the bread crumbs, reshaping the crquettes into sausage like forms.
12. Continue this process for all of the croquettes.
13. Fry the croquettes in canola oil till golden brown.

Makes 3 dozen croquettes

Macaroni and Ham

(Macarrones con Jamon)

8 oz box of elbow macaroni
2 cups of ham - diced (can be substituted with turkey)
1 medium onion - diced
4 garlic cloves - pressed
1 green bell pepper - diced in large pieces
2 tablespoons olive oil
1/4 teaspoon cumin
1/4 teaspoon oregano
1 8 ounces tomato sauce
4 ounces tomato paste - diluted in 1 cup of water
3/4 cup Romano or Munster cheese

1. Cook pasta as directed, drain and set aside.
2. Meanwhile, sauté ham, onion, garlic and bell pepper in the olive oil until the onions are clear.
3. Add pasta to sauté and add remaining ingredients. Cook at medium/low until the sauce gets hot and the cheese melts (approximately 5-10 minutes).

Serves x people

Pasta, Chicken and Vegetables

(Pasta, Pollo y Vegetales)

2 pounds chicken breasts - cut in strips

1/4 teaspoon cumin

1 teaspoon garlic powder

1/4 teaspoon black pepper

1 teaspoon salt

1 tablespoon canola oil

2 cups curly pasta

1/3 cup olive oil

1 cup sliced carrots

1 cup pea pods

1 medium green bell pepper - cut in strips

1 large onion - sliced

1/3 cup vinegar

1/4 cup water

3 garlic cloves - minced

1/4 teaspoon oregano

1. Sprinkle chicken with cumin, garlic, salt and pepper. Set aside. In 2 quart saucepan, bring 5 cups of water to a boil. Add salt, canola oil and pasta. Cook for 10 minutes and drain and rinse.
2. Meanwhile, in a frying pan heat olive oil and brown chicken. Add all the vegetables, stirring between each addition.
3. Mix vinegar, water, garlic and oregano together. Place pasta in a serving dish and mix it together with chicken and vegetables. Add vinegar mixture.

Serves 6 people

Pork Chops

(Chuleta de Puerco)

8 pork chops - 3/4" thick

1/2 cup vegetable oil

1/2 cup water

1/4 teaspoon black pepper

1 large onion - sliced

1/2 teaspoon salt

1. Sprinkle pork chops with salt and black pepper, set aside.
2. In heavy skillet, place pork chops and all ingredients except onion and lemon wedges. Cook at medium heat, covered for 10 minutes. Uncover and add onion slices. Continue cooking until chops are golden brown.
3. Serve with lemon wedges.

Serves 4 people

Pork Fricassee

(Fricase de Puerco)

2 pounds lean pork - cut in 1/2" chunks

1/4 teaspoon oregano

1/4 teaspoon black pepper

1/4 teaspoon cumin

1/2 teaspoon salt

1/2 cup sherry

1/4 cup canola oil

1 large onion - diced

6 garlic cloves - minced

1 green bell pepper - cut in strips

14 ounces stewed tomatoes

1/2 cup green olives (with pimentos)

1/4 cup raisins

2 potatoes - cut in 1" cubes

1. Sprinkle pork with oregano, pepper, cumin and salt. Add sherry and cover. Marinade in the refrigerator for approximately 1 hour.
2. In Heavy, covered pot , heat oil and sauté onions, garlic and bell pepper. Remove vegetables and set aside. Brown pork. Add the vegetables back, the wine marinade and add the stewed tomatoes. Cook covered at med/low for 35 minutes. Add olives, raisins and potatoes.
3. Continue cooking for 10 minutes on low heat or til potatoes are tender.

Serves 6 people

Roast Chicken on the Stove

(Pollo Asado en Casuela)

3 pounds frying chicken-cut up and skinned
or 3 pounds of chicken leg quarters

1/2 teaspoon oregano

1 tablespoon salt

1 large onion - sliced

3 garlic cloves - diced

1 green bell pepper - cut up in strips

2 bay leaves

3/4 cup sherry

2 tablespoons canola oil

1 large potato - peeled and sliced (optional)

1. In a bowl, sprinkle chicken with oregano and salt. Add the garlic, onion and bell pepper. Pour sherry on top. Cover and let it marinade for at least 2 hours in the refrigerator.
2. In a 5 quart Heavy, covered pot, heat canola oil and bay leaves. Add onions and brown. Remove the onions and brown the chicken. Pour onions back and add wine with remaining ingredients. Bring liquid to boil. Cover and at medium for 20 minutes.
3. Add potatoes, cover again and cook for 20 more minutes.

Serves 4 to 6 people

Roast Pork Loin

(Pierna Asado)

10 pounds leg of pork
1 head of garlic - peeled and crushed
2 onions - diced
2 tablespoons salt
1 tablespoon black pepper
1 tablespoon oregano
1 tablespoon onion powder
1 tablespoon garlic powder
the juice of 5 lemons
the juice of 1 orange

(optional stuffing)

1 pounds ham - diced
3/4 cup dates or dried apricots
1/4 cup walnuts

1. Line roasting pan with foil, making sure that there is enough foil on each side of pan to later cover roast. Poke holes in meat and rub on it, garlic and onion powder, salt, pepper and oregano. Mix garlic and onions together with lemon and orange juices. Stuff holes with the garlic and onion and pour juice over leg.
2. If the roast has no bone, mix stuffing ingredients together and place in center.
3. Cover and let marinade 2 hours or overnight.
4. Preheat oven to 350 degrees. Cook for 3 hours, basting occasionally.
5. Uncover to brown for 1 more hour. Carve and serve.

Serves 15 people

Shredded Chicken

(Pollo Ripiado)

3 pound chicken- cut up
1 tablespoon onion powder
1 tablespoon garlic powder
1 teaspoon salt
1 large onion- sliced
1/2 cups Italian dressing
1/4 cups canola oil
1 large potato- diced
2-3 carrots peeled and sliced

Season chicken with onion powder, garlic powder and salt. Pour $\frac{1}{4}$ cup Italian dressing over chicken. Heat oil in skillet and cook onions till clear. Remove from pan. Brown chicken in same oil. Add back onions remaining Italian dressing and remaining ingredients. Lower heat to med/low and cover. Simmer for 40 minutes.

Stir occasionally.

Serves 4 people

Turkey Fricassee

(Fricase de Pavo)

4 1/2 pound turkey drumsticks or leg quarters
2 medium onion - sliced
6 garlic cloves - minced w/dash of salt
1 large green bell pepper - sliced 1/2" strips
1/3 cup green olives (with pimentos) sliced
1/4 cup raisins (optional)
1/4 cup canola oil
1 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon black pepper
1 teaspoon oregano
1/2 cup sherry
8 ounces tomato sauce
8 ounce can peas - drained
1 large potato - peeled and cut into 1" cubes

1. Remove turkey from bones, leaving meat in large chunks. In covered bowl, mix turkey with onion, garlic, black pepper, paprika, oregano and sherry. Cover and let marinade in refrigerator for at least one hour.
2. In Heavy, covered pot, heat oil. Brown onions from marinade. Remove.
3. Brown turkey and add onions and remaining marinade into pot.
4. Add remaining ingredients (except for peas) and bring to boil. Lower heat and cook covered till tender (approximately 50 minutes.). Remove from heat.
5. Pour peas over turkey and cover pot.
6. Let stand for 5 minutes before serving.

Serves 4 to 6 people

Turkey Breast and Potatoes

(Pechuga de Pavo con Papas)

1/2 skinless, boneless turkey breast, sliced into 4 thin steaks

1/4 teaspoon oregano

1/4 teaspoon cumin

1/4 teaspoon pepper

1 teaspoon salt

1 large sweet onion - sliced

3 garlic cloves - minced

2 tablespoons olive oil

Juice of 1 lemon

3 small potatoes in medium slices

2 tablespoons vinegar

1. **Season** turkey with oregano, cumin and salt. Set aside.
2. Over medium heat, in large skillet, **heat** olive oil and **sauté** onion and garlic until onion is transparent. **Remove** from pan.
3. In same skillet, **brown** turkey and potatoes.
4. **Return** garlic and onion to skillet. **Add** lemon juice and vinegar. **Cook** covered over low heat for 10 minutes or until potatoes are tender.

Serves 2

Meat

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Beef Stew with Potatoes

(Carne con Papas)

2 pounds lean beef - cut in chunks
1/4 teaspoon oregano
salt and pepper to taste
1 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon cumin
1/4 cup canola oil
1 bay leaf
1 onion - diced
3 garlic cloves - minced
1 green bell pepper - cut lengthwise in strips
1/2 cup sherry
1 14 ounce can stewed tomatoes
2 cups potatoes - cut in chunks
1/4 cup green olives (with pimentos)
1/4 cup raisins (optional)
1 8 ounce can sweet peas - drained

1. Sprinkle meat with oregano, salt, pepper, cumin. Let stand.
2. In heavy sauce pan, heat oil with bay leaf. Sauté' onion, garlic and bell pepper. Drain and set aside.
3. Brown meat then add back sauté. Add wine, 1 cup water and tomatoes. Bring to a boil. Cook at medium heat for 30 minutes.
4. Add potatoes. Cook, covered an additional 20 minutes at medium/low.
5. Add olives, raisins and peas.

Serves 6 people

Breaded Steak

(Bistec Empanizado)

2 pounds palomilla steaks (thin sliced Round Steak) - 6 steaks

1 teaspoon garlic powder

1 teaspoon onion powder

1 tablespoon salt

1 cup bread crumbs

2 eggs

1 tablespoon milk

1/2 cup canola oil

1. In a plate stir together bread crumbs, onion powder, garlic powder and salt. In a low wide bowl whip together the eggs and milk. Take each steak and cover it with the bread crumb mixture, then dip them in the whipped eggs mixture, then cover the steaks again with the bread crumbs. Do this till all steaks have been covered.
2. Heat oil in large pan. At medium/high heat, brown steaks on both sides.
3. Remove to serving platter.

Serves: 6 people

Flank steak in Tomato Sauce

(Ropa Vieja)

1 1/2 pounds flank steak

4 cups of water

1/2 onion - quartered

3 garlic cloves - minced

1/2 teaspoon salt

1/2 green bell pepper - diced

1/2 teaspoon salt

1/4 teaspoon oregano

3 garlic cloves - minced

1 onions - sliced

1/2 green bell pepper - sliced lengthwise

1 tablespoon canola oil

1 8 ounces tomato sauce

1/4 cups white wine or sherry

1 whole Pimento - sliced

1 8 ounce can sweet peas

1. Cut flank steak cross grain into 2" strips. Place in 3 quart saucepan with water. Add 1/2 of an onion, 1 clove of garlic, 1/2 teaspoon salt, and 1/2 of bell pepper. Bring to boil. Continue boiling until the meat is tender (approximately 30 minutes). You now have beef broth for soup or another recipe.
2. Remove meat and pound with a meat mallet till shredded. Place in bowl and set aside.
3. Blend together salt, oregano and garlic. Add them to the meat along with onion and bell pepper and mix together.
4. In skillet, heat oil. Place mixture in skillet and brown lightly. When onions are clear, add tomato sauce and sherry. Cook covered for 10 minutes.
5. Turn off stove and garnish with sweet peas and pimento. Let set for a few minutes before serving.

Serves 4 people

Layered Casserole

(Tambor de Vianda)

1 1/2 pounds picadillo - follow picadillo recipe
pure de malanga and calabaza - follow recipe
4 ripened plantains
1 cup cheddar cheese- shredded
1/2 pound bacon - cut in 1" pieces
1 large onion - chopped

This recipe is a combination of a few simple recipes, taken and layered in a baking dish to make a complete meal!

1. Prepare Picadillo as directed. Prepare pure de malanga and calabaza as directed. In a 3 quart saucepan, add 2 cups of water and plantains to boil for 10 minutes. Drain from water, remove skin and mash plantains. Prepare sofrito (see below).
2. In an oven proof casserole pan, spread the mashed malanga and calabaza mixture on bottom of pan. Next add the picadillo. Followed by mashed plantains. Sprinkle cheese over plantains.
3. Top with sofrito.
4. To make sofrito: Cook bacon till almost done. Add onion to bacon and cook till bacon is done and onion is clear.
5. Bake at 350 degrees for 30 minutes.
6. Let stand for 10 minutes before serving.

Serves 4 people

Layered Potato Bake

(Tambor de Papas)

Follow Picadillo recipe for meat
4 large potatoes - peeled and boiled
4 slices of Muenster cheese
4 slices of American cheese
1/4 cups bread crumbs
1/2 tablespoon margarine

1. Drain Picadillo.
2. Mash potatoes with margarine.
3. Butter 12" x 8" oven proof glass pan.
4. Place a layer of potatoes, one layer of picadillo, one layer of Muenster cheese, another layer of potatoes, another layer of picadillo and one layer of American cheese. Cover with Bread crumbs. Bake for $\frac{1}{2}$ hour at ?????? degrees.

Serve 6 people

Meatballs

(Albondigas)

1 pound lean ground beef

1 pound ground turkey

1/2 teaspoon cumin

1 teaspoon onion powder

1 teaspoon salt

1/2 teaspoon oregano

2 egg whites - whipped

2 slices wheat bread - cut up

1 onion - sliced

2 garlic cloves - minced

1 green bell pepper - diced

9 ounces stewed tomatoes

1 cup sherry

1 4 ounce can mushrooms

2 tablespoon canola oil

1. Mix first 8 ingredients. Make meat balls about 1 ½" in diameter. Heat 1 tablespoon oil in skillet, brown meat balls. Removed from skillet and set aside.
2. Sauté' onion, garlic and bell pepper in remaining 1 tablespoon oil. Add stewed tomatoes, wine and mushrooms. Bring to a boil. Reduce heat and simmer, covered for 5 minutes.
3. Place the meatballs in the sauce. Cook covered for another 15 minutes at medium/low heat.

Serves 4-6 people

Meat Loaf

(Pulpeta)

1 pound lean ground beef
or
1 pound ground turkey
1 Tablespoon onion powder
1 Tablespoon garlic powder
1 teaspoon salt
1/4 teaspoon black pepper
1 egg white - whipped
1/4 teaspoon oregano (if using turkey)
2 slices wheat bread - cut up
3 eggs - hard boiled eggs
1 can condensed mushroom soup

1. Mix first seven (7) ingredients in a large mixing bowl.
2. Form a loaf Make a long hole in the center of the meat loaf and place the hard boiled eggs in it. cover it. Place the loaf in a mold and cover with the condensed soup.
3. Bake for 1 hour at 350 degrees

Serves 6 people

Pan Fried Flank Steak

(Vaca Frita)

2 pounds Flank steak or skirt steak
3 Medium size onions- 2 of them sliced
2 large green bell peppers- cut in strips
2 garlic cloves- smashed
6 garlic cloves- 4 of them minced
2 bay leaves
3 teaspoons of salt
1/2 teaspoon cumin
1 teaspoon oregano
2 tablespoons vinegar
2 tablespoons canola oil

1. Place beef in Heavy, covered pot with 2 quarts of water (8 cups), 1 whole onion, $\frac{1}{2}$ of a bell pepper, 2 garlic cloves, 1 bay leaf, 2 teaspoons of salt, and cumin. Cook covered at medium heat till meat is tender (approximately $\frac{1}{2}$ hour). Drain broth and put it aside, it is excellent for a soup base.
2. With a mallet, pound the meat softly till it opens up. Separate it in pieces of about 3 inches in width.
3. Season with the oregano, the remainder 1 teaspoon of salt, 4 minced garlic cloves, 1 $\frac{1}{2}$ large bell peppers. Sprinkle with the vinegar. Let stand for 10 minutes.
4. In a large skillet, heat the oil and brown the bay leaf with the 2 sliced onions. Remove from skillet. Place the meat in the hot skillet to brown. When meat is brown, return the onions and bay leaf to the skillet. Let it cook for two minutes more.

Serves 6 people

Pepper Steak

(Bistec Salteado)

1 1/2 pound top sirloin steak - cut in strips
2 medium onions - sliced
1 green bell pepper - sliced
1/2 teaspoon oregano
1/2 teaspoon cumin
1 bay leaf
6 garlic cloves - crushed
1 1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 cup sherry
1 tablespoon canola oil

1. Season meat with all of the ingredients except for the bell pepper, onion and oil. In a large skillet at medium/high heat, add oil. When oil is hot, removed seasoned meat from liquid and brown.
2. Add the remaining liquid to the skillet along with the bell pepper and onions. Cook an additional 5 minutes, stirring frequently.

Serves 4 people

Seasoned Ground Meat

(Picadillo)

1 pound lean ground beef

- or -

1 pound ground turkey

- or a combination of both

1 teaspoon oregano

1/2 teaspoon cumin

1 teaspoon salt

1 large onion - diced

3 garlic cloves - minced

1 medium green bell pepper - diced

1 bay leaf

1 tablespoon canola oil

1/2 cup green olives (with pimentos) - cut in half

1/3 cup raisins (optional)

1 8 ounces tomato sauce

1/2 cup sherry

1. Mix beef and turkey, sprinkle with oregano, cumin and salt.
2. Heat oil in skillet. Sauté' onions, garlic, bell pepper and bay leaf. Remove from skillet.
3. Add meat mixture to skillet. Brown, then add sautéed vegetables, olives, raisins, tomato sauce and wine. Lower heat. Simmer for 10 minutes.

Leftovers can be frozen.

Serves 3 to 4 people

Steak in a Pot

(Bistec en Casuela)

2 pounds palomilla steaks (thin sliced Round Steak) - 6 steaks

1/2 tablespoon salt

1/4 teaspoon cumin

1/2 teaspoon oregano

1/2 teaspoon salt

2 tablespoon olive oil

3 garlic cloves - minced

1 large onion - sliced

1 large green pepper - sliced

1 bay leaf

2 tablespoons olive oil

9 ounces stewed tomatoes

1/2 cup sherry

4 ounce jar sweet pimientos for garnishing or

1 whole pimento - sliced.

1. Sprinkle steak with salt, cumin and oregano. Cover and set aside. In a large skillet, heat olive oil. Sauté' garlic, onion, green pepper and bay leaf. Remove from skillet. Sear steak quickly to seal the juices.
2. Add the sauté', stewed tomatoes and sherry to meat. Cook for 15 minutes.
3. Add pimientos and remove from heat.

Serves: 6 people

Teres' Meat Pie

(Tambora)

2 cups Pure de Malanga and Calabaza (see recipe)

1 pound picadillo (see recipe)

3 ripened plantain - boiled (see recipe)

12 ounce graded cheddar cheese

1. Mash plantain and set aside.
2. Spread picadillo evenly on bottom of a 9" x 9" baking dish. Layer the mashed plantains over picadillo. Follow that with the Mashed malanga and calabaza. Sprinkle Cheddar cheese on top and bake at 350 degrees for 20 minutes.

serves 6

Thin Sliced Round Steak

(Bistec de Palomilla)

1 pound beef round tip steak - thin steaks
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon salt
1 onion - sliced
1 tablespoon canola oil

1. Sprinkle garlic powder, onion powder and salt on steaks.
2. Sauté onions in oil until clear and lightly brown. Removed from skillet and set aside.
3. On high heat, sear steaks. About 1 minute on each side or til golden brown outside, but still pink inside.

serves 4

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Breaded Fish Fillet

(Filete de Pescado Empanizado)

4 fish fillets
2 cups bread crumbs
1 tablespoon onion powder
1 tablespoon garlic powder
1 teaspoon black pepper
1 teaspoon salt
2 eggs - beaten
1 cup canola oil
lemon wedges

1. Season fish with salt and pepper. Mix bread crumbs with onion and garlic powder.
2. Take each fillet and put it through the bread crumbs, making sure to press the bread crumbs into the fish. Next, dip the fillet in the beaten eggs. Finally the bread crumbs again. Do this for all of the fillets.
3. In a skillet, heat oil. Fry the fillets until golden brown, turning once.
4. Serve with lemon wedges.

Serves 4 people

Ceviche

(Ceviche)

2 lb. crabmeat or imitation crabmeat (can also substitute with fish)
2 tablespoons olive oil
1 cup vinegar
1/4 teaspoon salt
1/8 teaspoon black pepper
1/4 cup sliced green olives (with pimentos)
1 green bell pepper - diced
1 large onion - diced
4 garlic cloves - minced
8 oz. diced pimentos

In a medium mixing bowl, **mix** together olive oil, vinegar, salt, pepper, olives, green pepper onion and garlic. Let **stand** one hour.

In a large covered skillet, over medium heat, **simmer** crabmeat in $\frac{1}{4}$ cup water, until meat is tender (about 5 minutes). Remove crabmeat from skillet and **shred**. Set aside.

In a small dish, spread $\frac{1}{2}$ of the crabmeat, followed by $\frac{1}{2}$ of the vegetable mix, and $\frac{1}{2}$ of the pimentos. Repeat the process.

Serves 8 people

Fish and Potato Salad

(Ensalada de Papas y Pescado)

2 cups of fish - cut in chunks
3 potatoes - peeled and sliced 1/2" thick
1 large onion - sliced
1 teaspoon black pepper
1 1/2 teaspoon salt
1 large green bell pepper - sliced lengthwise
1 large red bell pepper - sliced crosswise
2 tablespoons olive oil
2 tablespoons vinegar

1. Start boiling potatoes in enough water to cover the potatoes. Add 1 teaspoon salt to boiling water.
2. Season fish with the remaining salt and the pepper. Heat olive oil. Sauté' onions and green bell pepper. Add fish. Sauté'.
3. When potatoes are done, drain and place on a platter. Spread the fish mixture on top. Sprinkle vinegar on top and garnish with the red bell pepper.

Let it cool before serving.

Serves 4 people

Fish Creole

(Pescado Enchilado)

3 tablespoons olive oil
2 large onions - sliced
6 garlic cloves - minced
2 large green peppers - sliced
1 fish bouillon cube
1 16 ounce can stewed tomatoes
1 8 ounce can pimentos
1/2 teaspoon black ground pepper
1 teaspoon salt
2 cups sherry
1/2 cup water
3 pound grouper or snapper fish - cut in large chunks

1. In a large skillet, heat olive oil. Sauté' onions, garlic and green pepper. Add water, bullion cube, wine, tomatoes, salt and pepper. Cook at slow boil for ½ hour.
2. Add fish and pimentos. Boil for 5 minutes more and remove from heat.

Serve over white rice.

Serves 6 people

Fish Croquettes

(Croquetas de Pescado)

2 cups flaked, cooked fish
2 medium onions - diced
2 bay leaves
1 teaspoon parsley flakes
1 tablespoons olive oil
2 cup all purpose flour
1 1/2 cups milk
1/4 teaspoon black pepper
1 teaspoon salt
1/8 teaspoon nutmeg
2 eggs - beaten
2 tablespoons whole milk
canola oil for frying

1. In a large skillet, sauté onion and bay leaves in olive oil.
2. Meanwhile, in a mixing bowl, combine flour, milk, nutmeg, salt and pepper.
3. Remove bay leaves from skillet and add the flour mixture and parsley flakes to sauté onions.
4. At medium heat, mix continuously til mixture becomes a thick paste (3-5 minutes).
5. Add fish to the skillet and mix together. For the next 10 minutes, continue mixing on stove until the flour is cooked and doe is stiff.
6. Remove from heat and let cool completely.
7. Take 1 tablespoons of the mix for each croquette. Roll them into small balls.
8. Continue this process, using all of the mix.
9. Pour breadcrumbs onto a dinner plate.
10. In a bowl, beat 2 eggs and milk.
11. Roll each croquette in the bread crumbs, then the egg, and again in the bread crumbs, reshaping the crquettes into sausage like forms.
12. Continue this process for all of the croquettes.
13. Fry the croquettes in canola oil til golden brown.

Makes 3 dozen croquettes

Fish in a Skillet

(Pescado al sarten)

1 1/2 pound of fish filets - no skin or bones and chunked
1 teaspoon black pepper
1 teaspoon salt
1 teaspoon garlic powder
1 tablespoon canola oil

Sauce:

1 8 ounces tomato sauce
1 4 ounce jar diced pimento
1 8 ounce can peas - drained
2 tablespoons sherry
1 onion - sliced
1 tablespoon canola oil

1. Season fish with salt, pepper and garlic powder. In a large skillet, heat oil and cook fish 3 minutes on each side, or til done. Place in serving dish.
2. To make sauce: Sauté' onion in oil. When clear, add tomato sauce, peas, pimentos and sherry. Cook covered at medium/low heat for 5 minutes. Pour over fish before serving.

Serves 4 people

Grouper Steaks

(Rueda de Pescado)

4 grouper steaks
1 teaspoon black pepper
1 teaspoon salt
1 teaspoon garlic powder
1 onion - sliced
1 cup canola oil - for frying
1/2 cup all purpose flour

Season grouper steaks with salt, pepper and garlic powder. Lightly coat with flour. In a large skillet, heat oil and fry grouper 5 minutes on each side. Remove to a paper towel to soak up excess oil, then place in serving dish. Discard oil from pan except for 1 teaspoon. Sauté' the onion. When clear, pour over fish for garnish.

Serves 4 people

Lobster Creole

(Langosta Enchilada)

3 tablespoons olive oil
2 large onions - sliced
6 garlic cloves - minced
2 large green peppers - sliced
1 fish bullion cube
16 ounces stewed tomatoes
1 8 ounce jar pimentos
1/2 teaspoon black ground pepper
1/4 tablespoon salt
2 cups sherry
1/2 cup water
3 pounds Florida lobster tails

1. In a large skillet, heat olive oil. Sauté' onions, garlic and green pepper. Add water, bullion cube, wine, tomatoes, salt and pepper. Cook at slow boil for ½ hour.
2. Add lobster and pimentos. Boil for 5 minutes more and remove from heat.
3. When done, remove lobster to split the shell. Sit each lobster shell up and extend the tails on a cutting board. With a butcher knife, split the shell the length of the back. De-vein and remove meat from shell. Return the lobster to sauce.

Serve over white rice.

Serves 3 people

Shrimp in Corn Meal

(Harina con Camarones)

1 tablespoons olive oil
1 small onion - diced
1 tablespoon onion powder
4 garlic cloves - minced
1/2 green bell pepper - diced
9 ounces stewed tomatoes
1 cup cornmeal
1 teaspoon salt
1/2 teaspoon cumin
1/2 teaspoon black pepper
12 large shrimp - peeled and de-veined

1. Sauté' onion, garlic and bell pepper in olive oil till onions are clear.
2. Add stewed tomatoes. Rinse corn meal in water and drain. Add corn meal to sauté'. Stir in 4 cups of water, salt, cumin and pepper. Bring to a boil. Cover and lower heat to bring mixture to a slow boil. Cook approximately 40 minutes stirring occasionally. Check pot intermittently to make sure that corn meal has not dried out. Add 1 cup of water if necessary.
3. Add shrimp and cook and additional 10 minutes.

Corn meal after should have the consistency of cooked oatmeal.

Serves 2 people

Shrimp Creole

(Camarones Enchilados)

substitute lobster or fish

3 tablespoons olive oil
2 large onions - sliced
6 garlic cloves - minced
2 large green peppers - sliced
1 fish bullions cube
16 ounces stewed tomatoes
1 8 ounce jar pimentos
1/2 teaspoon black ground pepper
1/4 tablespoon salt
2 cups sherry
1/2 cup water
3 pounds of large uncooked shrimp - shelled and de-veined

1. In a large skillet, heat olive oil. Sauté' onions, garlic and green pepper. Add water, bullion cube, wine, tomatoes, salt and pepper. Cook at slow boil for $\frac{1}{2}$ hour. Add shrimp and pimentos. Boil for 5 minutes more and remove from heat.
2. Serve over white rice.

Serves 6 people

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Croquette Sandwich

(Croqueta Preparada)

8" French rolls
mustard
mayonnaise
sliced ham
sliced Swiss cheese
2 cooked ham or chicken croquettes
pickles

Split French roll in half. Spread mustard and mayonnaise on roll. Pile on sliced ham and cheese. Flatten croquettes and place on top of cheese. Top with pickles.

Serves 1 person

Cuban on Cracker

(Galleta Preparada)

Saltine crackers
sliced ham
sliced Swiss cheese
sliced pork
pickles

Take a double saltine cracker and pile on ham, cheese and pork. Place a few pickles on it and cover.

Serves 1 people

Cuban Sandwich

(Sandwich Cubano)

Cuban or Italian Bread

Swiss cheese

Mayonnaise

2 ounces sliced roasted pork

2 ounces sliced boiled or baked ham

Dill pickles, sliced lengthwise

1. Preheat the oven to 350F. Slice bread in half lengthwise.
2. Spread mayonnaise on one side.
3. Add pickle, cheese, pork and ham.
4. Cover with top of bread., cut in half..

Midnight Sandwich

(Media Noche)

Soft egg bun – halved

Dill pickles – sliced

2 ounces sliced boiled or baked ham

2 ounces sliced roasted port

slice of Swiss cheese

Mayonnaise

Salted butter

Mustard

1. Preheat the oven to 350 F.
2. Spread one half of each bun with mayonnaise and mustard.
3. Place remaining ingredients on other side of bun
4. Place the sandwiches on baking sheet and brush the tops lightly with butter.
5. Place a heavy cast-iron skillet over both sandwiches to weigh them down and bake until crisp and hot, 15 to 20 minutes.

Steak Sandwich

(Pan con Bistec)

Cuban or Italian Bread – 6" toasted

Lettuce

Tomato slices

Bistec de Palomilla

Mayonaise

Chopped onions

Salt/pepper to taste

1. Spread the mayonnaise on both cut surfaces of the bread.
2. Add lettuce, tomatoes and onions.
3. Season with salt/pepper and place steak on top.
4. Cover with top of bread to make the sandwich.

Sautéed Pork with Onions Sandwich

(Pan con Lechon)

Cuban or Italian Bread- 6" cut lengthwise

Butter

Thin slices of roasted pork

Mojo Criollo

Salt/pepper to taste

1. Preheat the oven to 350 F.
2. Spread one half of each bun with mojo, pork slices, salt/pepper.
3. Cover with top of bread.
4. Place the sandwiches on baking sheet and brush the tops lightly with butter.
5. Place a heavy cast-iron skillet over both sandwiches to weigh them down and bake until crisp and hot, 15 to 20 minutes.

Turkey Sandwich

(Elena Ruz)

2 slices of white bread, toasted and crusts removed

Cream cheese

Strawberry preserve

Sliced turkey

1. Spread 1 slice of toasted bread with the cream cheese and the other slice with the strawberry preserves.
2. Place the turkey on one slice and cover with 2nd slice of toast to make the sandwich

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Breakfast Rice

(Arroz con Huevos y Bacon)

2 servings of cooked white rice
4 slices bacon
4 eggs - use only 2 of the yellows - beaten

1. Cook bacon till crisp. Remove from pan and let cool. Crumble and set aside. In a large skillet, mix together the rice and eggs. Cook at medium/high heat till eggs start to set. Add bacon bits and cook another minute.
2. Serve with toast and jam or bagels and cream cheese.
3. This recipe is best when using leftover rice!

Serves 2 people

Chorizo Omelet

(Tortilla de Chorizo)

1/2 green bell pepper - diced

1 large onion - diced

1 Spanish sausage (chorizo) - skin removed and diced

1 tablespoon canola oil

1/8 teaspoon black pepper

4 eggs - beaten with 2 tablespoons of water

1. Heat oil in an 8" skillet.
2. At a medium heat, saute' onion and chorizo till onions are clear.
3. Beat eggs with water and pepper.
4. Add to onions and chorizo. At medium/low temperature, cover for a few minutes. As the bottom of the egg starts to set, loosen edges of egg, allowing uncooked egg to slip onto the pan surface. Cover again for a few more minutes. Flip omelet by first flipping it onto a plate, then sliding it back onto the skillet, turn stove off. Wait a minute, then flip the omelet onto a plate.

Serves 2 people

Cuban Omelet

(Tortilla)

1/2 cup of ham - diced in 1/2" pieces
1 potato - peeled and diced in 1/2" pieces
1 small onion - diced
1 8 ounce can of peas - drained
1/4 teaspoon salt
1/8 teaspoon black pepper
oil

4 eggs - beaten with 2 tablespoons of water

1. Pour oil in an 8" skillet, enough to cover potatoes. Heat oil and fry potatoes till golden brown. Drain and set aside. Drain oil from pan leaving the bottom of the pan coated. At a medium heat, sauté onion and ham till onions are clear.
2. Beat eggs with water, salt and pepper. Pour into pan that still contains the onions and ham. At medium/low temperature, cover for a few minutes. When the bottom of the egg start to set, distribute the potatoes and peas evenly throughout the omelet. Loosen edges of egg, allowing uncooked egg to slip onto the pan surface. Cover again for a few more minutes. Flip omelet by first flipping it onto a plate, then sliding it back onto the skillet, turn stove off. Wait a minute, then flip the omelet onto a plate.

Serves 2 people

Plantain Omelet

(Tortilla de Platanos Maduros)

1 cup of cooked ripened plantains (see recipe)

1/4 teaspoon salt

1/8 teaspoon black pepper

1 tablespoon canola oil

4 eggs - beaten with 2 tablespoons of water

1. Beat eggs with water, salt and pepper.
2. Heat oil in an 8" skillet and add beaten eggs. At medium/low temperature, cover for a few minutes. As the bottom of the egg starts to set, loosen edges of egg, allowing uncooked egg to slip onto the pan surface. Cover again for a few more minutes. Flip omelet by first flipping it onto a plate, then sliding it back onto the skillet, turn stove off. Wait a minute, then flip the omelet onto a plate.

Serves 2 people

Spanish Omelet

(Tortilla Espanola)

1 potato - peeled and sliced (1/4" thick)

1 medium onion - sliced

1/4 cup canola oil

1/4 teaspoon salt

4 eggs

1/8 teaspoon black pepper

1. In a large skillet, place the potatoes in oil and 1 cup of water.
2. Bring to a boil. Cover and reduce heat to medium/low. Cook for 5 minutes.
3. Add onion, cover and cook for an additional 5 minutes or til the potatoes are done.
4. All of the liquid should have evaporated except for a small amount of oil. Beat eggs with 2 tablespoons of water and the pepper. Pour eggs over potatoes and onions. At medium/low temperature, cover for a few minutes. When the bottom of the egg start to set, loosen edges of egg, allowing uncooked egg to slip onto the pan surface. Cover again for a few more minutes. Flip omelet by first flipping it onto a plate, then sliding it back onto the skillet, turn stove off. Wait a minute, then flip the omelet onto a plate.

Serves 2 people

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Bread Pudding

(Pudin de Pan)

1 loaf of bread - torn in small pieces

4 eggs

3/4 cup sugar

1 teaspoon vanilla

2 tablespoons sherry

2 cups milk

1/2 stick of butter or margarine

1/2 cup raisins or dried fruit (optional)

1/2 cups walnuts (optional)

In a large mixing bowl, mix eggs, sugar, vanilla, sherry, milk and softened butter with a hand mixer until blended. Fold in bread. Add fruit and nuts if desired. Let stand about 10-15 minutes covered.

Heat oven to 375 degrees.

Pour mixture in buttered 9" X 9" Pan. Place pan in larger shallow pan with about $\frac{1}{2}$ " of water. This helps to keep the bread moist. Bake for 1 hour and 15 minutes.

Let cool before serving.

Serves 8 people

Note: This dessert can be served alone or with any fruit sauce

Cheese Custard

(Flan de Queso)

1 can condensed milk
1 can evaporated milk
1 large package of cream cheese
6 eggs
1 teaspoon vanilla
3/4 cup sugar - used for caramel (sugar topping)

In blender mix first five ingredients for 1 minute. Set aside.

To make caramel: in loaf pan, heat sugar over medium heat until sugar is dissolved. In order to dissolve the sugar evenly, 'sift' the sugar as it cooks, otherwise the sugar will cook more in some areas than others.

There are two methods of cooking the custard:

1. Pour custard mixture into loaf pan and bake in a 350 degree oven for 1 hour.
2. Using a double boiler (baño de María), tightly cover cover custard container before placing it in water. place over stove and bring water to a high simmer for 1 hour. An electric rice cooker can be used instead of the stove.

Let the custard set for 15 minutes before removing from the pan. Loosen custard from edges of pan before inverting.

Serves 10 people

Chocolate Custard

(Natilla de Chocolate)

**1 cup milk
8 egg yolks
2 cups corn starch**

**1 cup milk
1 teaspoon vanilla
1 cups sugar**

1. Stir together 1 cups milk and egg yolks. Add cornstarch.
2. In saucepan, bring to boil remaining milk, sugar and vanilla. Lower heat to a low boil.
3. Add cornstarch mixture slowly to saucepan, stirring constantly. Continue stirring till mixture thickens.
4. In single serving bowls or in a serving dish, pour mixture. Cool. before serving.

Serves 8 people

Coconut Custard

(Flan de Coco)

1 can condensed milk
1 can evaporated milk
1 cup of shredded coconut
7 eggs
1 teaspoon vanilla

3/4 cup sugar - used for caramelo (sugar topping)

1. In blender mix custard ingredients for 1 minute. Set aside.
2. To make caramelo: In loaf pan, heat sugar over medium heat until sugar is dissolved. In order to dissolve the sugar evenly, 'sift' the sugar as it cooks, otherwise the sugar will cook more in some areas more than others.
3. There are two methods of cooking the custard:
 1. Pour custard mixture into loaf pan and bake in a 350 degree oven for 1 hour.
 2. Using a double boiler (baño de María), tightly cover cover custard container before placing it in water. place over stove and bring water to a high simmer for 1 hour. A rice cooker can be used instead of the stove.

Let the custard set for 15 minutes before removing from the pan. Loosen custard from edges of pan before inverting.

Serves 10 people

Corn Puffs in Heavy Syrup

(Frituras de Maiz, Dulce)

2 cups cooked ground corn kernels

2 tablespoons corn starch

2 egg whites

Vegetable oil for deep frying

Syrup -

2 cups sugar

2 cups water

1 large cinnamon stick

1. In a bowl, mix ground corn and corn starch. Whip egg whites till foamy. Fold into corn mixture.
2. In hot canola oil, drop large spoonful of mixture and lower heat to medium. Turn puffs once. Remove when golden brown. Drain on a paper towel. Repeat till all mixture is used.
3. In a saucepan, mix water and sugar stirring constantly over medium heat till sugar is dissolved. Add cinnamon. Bring to boil for about 5 minutes or until it thickens. Remove from heat.
4. Place puffs in a bowl, cover with hot syrup. Let cool before serving.

Creamy Fruit Salad

(ensalada de Frutas)

8 ounce can sliced peaches
16 ounce can fruit cocktail
5 ounce can chunked pineapple
8 ounce can tropical fruit cocktail
1 pint sour cream
8 ounce can mandarin oranges
2 ounce shredded coconut

1. Drain all cans of liquid. Mix all ingredients.
2. Refrigerate before serving.

Serves 8 people

Flan

(Caramel Custard)

1 can condensed milk

1 can evaporated milk

6 eggs

1 teaspoon vanilla

3/4 cup sugar - used for caramel (sugar topping)

In blender, mix custard ingredients for 1 minute. Set aside.

To make caramel: in loaf pan, heat sugar over medium heat until sugar is dissolved. In order to dissolve the sugar evenly, 'sift' the sugar as it cooks, otherwise the sugar will cook more in some areas than others.

There are two methods of cooking the custard:

1. Pour custard mixture into loaf pan and bake in a 350 degree oven for 1 hour.
2. Using a double boiler (baño de María), tightly cover cover custard container before placing it in water. place over stove and bring water to a high simmer for 1 hour. A rice cooker can be used instead of the stove.

Let the custard set for 15 minutes before removing from the pan. Loosen custard from edges of pan before inverting.

Serves 10 people

Vanilla Pudding

(Natilla)

1 cinnamon stick
2 cups evaporated milk
1/2 cup sugar
4 egg yolks
1 teaspoon vanilla
3 tablespoons corn starch
pinch of salt

powdered cinnamon

1. In saucepan, bring to boil 1 and 1/2 cups of milk with cinnamon stick and sugar.
2. In a bowl, blend together the egg yolks, remaining 1/2 cup of milk, vanilla, corn starch and a pinch of salt.
3. When milk in saucepan has come to a boil, lower heat and slowly add egg yolk mixture, stirring constantly until the mixture thickens. Pour mixture in individual serving dishes. Sprinkle cinnamon on top.
4. Refrigerate 1 hour.

Serves 4

Egg Custard with fruit

(Natilla con frutas)

For Egg custard with fruits, simply mix 1 small can of fruit cocktail or tropical fruit cocktail to the custard before refrigerating.

Serves 8 people

Dessert Style French Bread in Syrup

(Torrejas)

1 loaf of Cuban or French bread (few days old)

cinnamon powder

1 can evaporated milk

1 1/2 cups milk

4 eggs

1 tablespoon white wine or sherry

1/2 cups sugar

canola oil

3 eggs

2 cups sugar

2 cups water

1 Cinnamon stick

1. Slice bread in 1 inch slices and place in large bowl.
2. Sprinkle with cinnamon.
3. In blender: Mix evaporated milk, whole milk, eggs, wine and sugar till blended.
4. Pour mixture over sliced bread, cover. Let sit in refrigerator for a few hours.
5. Before frying, beat 3 eggs together and set aside. Place oil in frying pan. When hot, take a slice of bread at a time and roll it in the egg mixture then place in the oil. cook till golden brown.
6. Syrup: Mix Sugar water well. Add stick of cinnamon. Pour mixture in saucepan and bring to boil for 2-3 minutes at medium heat. The longer you cook it the heavier the syrup will be.
7. While syrup is hot, pour over bread.
8. Can be served hot or cold

Serves 6-8 people

Lemon Pound Cake

(Panetela de Limon)

1 box lemon cake mix

1/3 c. water

2/3 c. lemon juice

1/2 c. sugar

1. Prepare a box of pound cake as directed. Add half the contents of gelatin (still in powder) to the mix. Bake as directed.
2. Pour 1 cups water and remaining gelatin in a saucepan to boil.
3. As soon as you take the pound cake out of the oven, puncture holes in the cake with a fork and pour glaze over top of cake.

Serves: 8 people

Rice Pudding

(Arroz con Leche)

1/2 cup short grain white rice

1 12oz. can evaporated milk

1/2 cup sugar

1 large cinnamon stick or 1/2 teaspoon ground cinnamon

1 1/4 cup water

pinch of salt

1. Place water, rice, pinch of salt and cinnamon in a saucepan on high heat. Bring to boil, cover and reduce heat. Simmer till rice is almost done (about 10 minutes.).
2. Add milk and sugar, bring to a boil again, cover and simmer on low another 20 minutes.
3. Put in a container and refrigerate. When serving, sprinkle with cinnamon for garnish.

Rice pudding will thicken after cooling.

Serves 4 people

Sweet Milk Dessert

(Dulce de Leche)

1 can evaporated milk
3/4 cup sugar
1 cinnamon stick
1 tablespoon vinegar

1. In a saucepan, mix all ingredients. Stir till sugar is dissolved.
2. At med/high heat, bring mixture to a boil. When you have a full rolling boil, you will see the milk start to curdle.
3. Turn heat down to medium and continue to cook at a low boil until golden brown (approximately another 20-30 minutes).

Serves 6 people

Cuban Coffee and Milk

(Cafe con Leche)

1 cups of milk
1 teaspoon of instant coffee or
2 serving of espresso
sugar to taste

Cafe con leche is a cup of coffee similar to that of Italian cappuccino.

There are a few ways of making this tasty cup of milk.

The first way is:

1. Heat up the milk either in a saucepan or in the microwave till it is almost at a boil.
2. Pour milk into cup.
3. Add the 1 teaspoon of instant coffee to the milk and add sugar to taste. Usually the sugar would be 1 to 2 teaspoons of sugar.

The second way is:

1. First make espresso.
2. Then place the hot milk in a cup about $\frac{3}{4}$ full. Add enough espresso to fill the cup.
3. Add sugar to taste.

This cup of cafe con leche has a stronger taste than the first.

Appendices

Cooking Terminology

chopped	
cubed	squares cut in $\frac{1}{2}$ " or larger
crushed	

diced squares cut smaller than $\frac{1}{2}$ " Table of Contents

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RECIPE INDEX IN SPANISH.....

minced	
sofrito	A sauté' consisting of an onion and garlic base to which you may add different ingredients in order to change the taste.

Equivalent Measurements

3 teaspoons = 1 tablespoon
2 tablespoons = 1 ounce
4 tablespoons = 1/4 cup
1 cup = 8 ounces
5 1/3 tablespoons = 1/3 cup
2 cups = 1 pint
8 tablespoons = 1/2 cup
4 cups = 1 quart
16 tablespoons = 1 cup
2 quarts = 8 cups
4 quarts = 1 gallon

Substitutions

1 egg - 2 egg yolks
1 cup of milk - 1/2 cup evaporated milk + 1/2 cup of water
Boniato for sweet potato
Calabaza for acorn squash
Malanga for potato

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