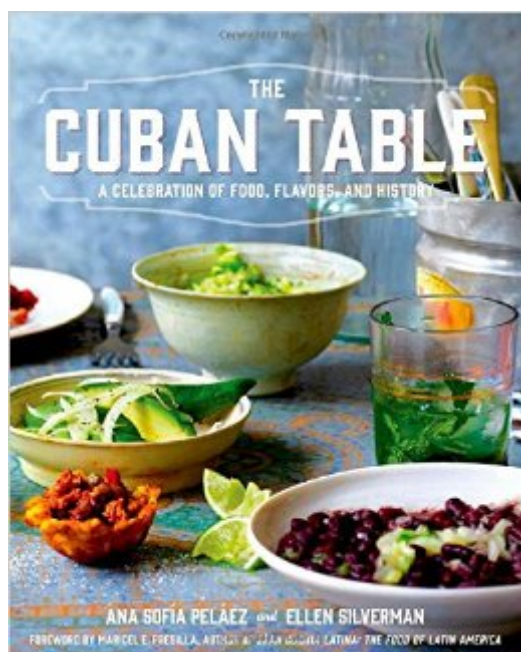


The book was found

The Cuban Table: A Celebration Of Food, Flavors, And History



Synopsis

~Nominated for a James Beard Award in the international cookbook category!~The Cuban Table is a comprehensive, contemporary overview of Cuban food, recipes and culture as recounted by serious home cooks and professional chefs, restaurateurs and food writers. Cuban-American food writer Ana Sofia Pelaez and award-winning photographer Ellen Silverman traveled through Cuba, Miami and New York to document and learn about traditional Cuban cooking from a wide range of authentic sources. Cuban home cooks are fiercely protective of their secrets. Content with a private kind of renown, they demonstrate an elusive turn of hand that transforms simple recipes into bright and memorable meals that draw family and friends to their tables time and again. More than just a list of ingredients or series of steps, Cuban cooks' tricks and touches hide in plain sight, staying within families or being passed down in well-worn copies of old cookbooks largely unread outside of the Cuban community. Here you'll find documented recipes for everything from iconic Cuban sandwiches to rich stews with Spanish accents and African ingredients, accompanied by details about historical context and insight into cultural nuances. More than a cookbook, The Cuban Table is a celebration of Cuban cooking, culture and cuisine. With stunning photographs throughout and over 110 deliciously authentic recipes this cookbook invites you into one of the Caribbean's most interesting and vibrant cuisines.

Book Information

Hardcover: 336 pages

Publisher: St. Martin's Press (October 28, 2014)

Language: English

ISBN-10: 1250036089

ISBN-13: 978-1250036087

Product Dimensions: 8.2 x 1.2 x 10.1 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (93 customer reviews)

Best Sellers Rank: #44,415 in Books (See Top 100 in Books) #16 in Â Books > Cookbooks, Food & Wine > Regional & International > Latin American

Customer Reviews

The Cuban Table: A Celebration of Food, Flavors, and History	View larger	View larger	View larger
Marquitas con Vinagreta de Cilantro y Limon (Fried Plantains with Lime-Cilantro Vinaigrette)	Pastelitos de Guayaba (Guava Pastries)	Potaje de Garbanzos	

(Chickpea Stew)

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

The Cuban Table: A Celebration of Food, Flavors, and History The Land of the Five Flavors: A Cultural History of Chinese Cuisine (Arts and Traditions of the Table: Perspectives on Culinary History) The Cuban Cigar Handbook: The Discerning Aficionado's Guide to the Best Cuban Cigars in the World Three Guys from Miami Celebrate Cuban: 100 Great Recipes for Cuban Entertaining 100 Exotic Food Recipes (Puerto Rican Food Recipes,Picnic Food RecipesCaribbean Food Recipes,Food Processor Recipes,) True Thai: Real Flavors for Every Table The New Portuguese Table: Exciting Flavors from Europe's Western Coast Escape to Miami: An Oral History of the Cuban Rafter Crisis (Oxford Oral History Series) ORGANIC COOKBOOK: Healthy And Delicious Baby Food Recipes Which Are Nutritious And Easy To Cook (organic food, food recipes, nutritious food) Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby Food (How to Make Baby Food) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Raw Food: Lazy Man's Guide To Raw Food Success (raw food, raw vegan, raw food diet, raw vegan diet, 801010, 801010 diet,) Table Layout in CSS: CSS Table Rendering in Detail Why Your Child Is Hyperactive: The bestselling book on how ADHD is caused by artificial food flavors and colors Taste as Experience: The Philosophy and Aesthetics of Food (Arts and Traditions of the Table: Perspectives on Culinary History) Culinaria Germany: A Celebration of Food and Tradition Culinaria Hungary: A Celebration of Food and Tradition The Food of Spain and Portugal: A Regional Celebration Culinaria Russia: A Celebration of Food and Tradition Culinaria Spain: A Celebration of Food and Tradition

[Dmca](#)