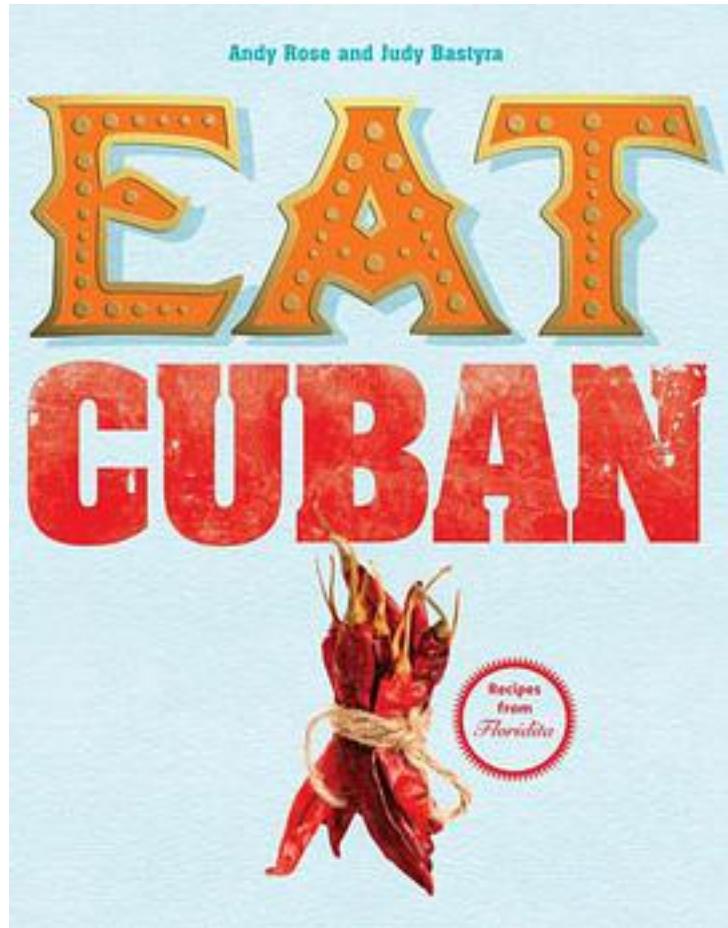


# Eat Cuban



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Eat Cuban is a vibrant look at the food and culture of this atmospheric country. Known for its cigars, music, cocktails and art, Cuba has a colourful reputation and its cuisine is rapidly becoming more and more popular. This book is full of delicious and exciting

recipes from La Floridita, a growing bar and restaurant chain inspired by the famous El Floridita in Havana. Recipes are a blend of traditional Cuban, French and Nuevo Cucina from Latin America, forming a stunning combination of exciting flavours. Starters include such delights as Red Snapper Ceviche with Coconut and Lime; and Chickpea, Spinach and Tomato Broth with Chipotle and Swiss Cheese Flautas. Main dishes have wonderful blends of flavours and include Criolla Stone Crab with a Mojo; Char-grilled Chicken with Courgettes, Sultanas and Pine Nuts; Char-Grilled Veal Chop served with a Chimchirri Dressing; and vegetarian dishes such as Mozzarella, Sweet Pepper and Courgette Quesadilla with Salsa Cruda and Sour Cream. Light bites, bar snacks, side dishes and desserts such as Chocolate and Coffee Flan finish off the book beautifully. Eat Cuban also tells the story of Cuban food, travelling from the opulent days of the 1950s to the austerity of the revolution and on to the present day. This is a wonderful introduction to an exciting new global cuisine.

作者介绍:

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