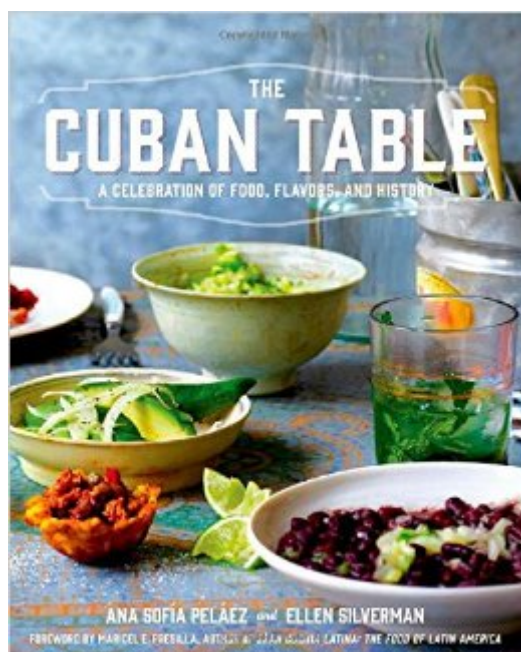


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# The Cuban Table: A Celebration Of Food, Flavors, And History



## 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

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| Marquitas con Vinagreta de Cilantro y Limon (Fried Plantains with Lime-Cilantro Vinaigrette) | Pastelitos de Guayaba (Guava Pastries) | Potaje de Garbanzos         |                             |

(Chickpea Stew)

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