



Cocina Cubana

Raquel Rabade Roque

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350 recetas clásicas que captan la esencia del paladar criollo

En *Cocina cubana*, Raquel Roque ha juntado las recetas más queridas de su familia para ofrecer toda una selección de platos succulentos a los amantes de la cocina cubana. Tanto los expertos como los principiantes querrán aprovechar esta oportunidad de preservar para las generaciones venideras la rica tradición culinaria de la isla, o de experimentarla por primera vez.

Las recetas incluidas aquí reflejan lo mejor de dos mundos —el mundo colonial español y el mundo criollo—, creando así una mesa variada y sabrosa, salpicada de la sazón que define la cultura caribeña. Esta nueva edición de *Cocina cubana* comparte la historia detrás de cada receta, y cuenta con cinco capítulos nuevos de cócteles, batidos, sándwiches, comida para bebés y recetas típicas de otros países latinoamericanos. Además incluye recetas de cubanos ilustres, tales como:

- Pollo guarachero de Celia Cruz
- Pavo Saralegui de Cristina Saralegui
- Frijoles negros de Victor's Café
- Flan de la abuela Yiyita del Padre Alberto
- Picadillo de carne de Carlos Eire

La cocina cubana es una combinación de colores y sabores que invita por sí sola a sentarse a la mesa para saborear y disfrutar de un plato de arroz con frijoles y plátanos maduros. Desde sopas y cócteles hasta mariscos y carnes, *Cocina cubana* es la colección más comprensiva de las renombradas recetas de Cuba, detalladas en pasos sencillos que renovarán su entusiasmo por la cocina.

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