

## Yanet's Cuban Cooking Class: Recipe List

You should try and make all of these recipes your own. Add a little more garlic, or a little more pepper depending on your taste. Maybe you'll even create some amazing Cuban-American fusion recipe!

There are many Hispanic food markets around Charlottesville, although you can find many ingredients in the international food section of any grocery store. We went to the one by Aqui Es Mexico, on Carlton Road. They have a lot of yummy food there including spices and baked goods.

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### Other ingredients and dishes that are very Cuban include:

- **Ajiaco Cubano** is a popular soup with lots of meat and vegetables
- **Desserts** usually consist of fruits like mango or guava. There's even a really tasty drink made out of sugarcane called **Guarapo**. Here is a YouTube video that shows the making of Guarapo: [http://www.youtube.com/watch?v=C4\\_Mu\\_exDzc](http://www.youtube.com/watch?v=C4_Mu_exDzc)
- **Mofongo** is a popular dish throughout the Caribbean which has many variations depending where you are. It can be made with pork and plantains to name a few ingredients.
- Anything with **pork**. You can prepare a pork shoulder the same way we prepared the beef round with the marinade. Usually the pork shoulder is cooked whole and served that way (so don't shred it like the beef).
- **Yuca**: is popular for parties and at holiday gatherings like Christmas Eve.
- **Yuca (Cassava) with Garlic Sauce**
  - Ingredients:
    - 1 ½ pounds yuca, peeled, halved and cut into chunks
    - (Frozen yuca may be available in Latin markets in your area)
    - 1 teaspoon salt
    - Juice of a few limes (split this in half)
    - 6 cloves garlic, mashed into 1 teaspoon salt
    - ½ cup olive oil
    - 1 yellow onion, chopped
  - Directions:
    - Place yuca in a pot and add enough water to cover the yuca
    - Add salt and the first half of lime juice, bring to a boil, reduce heat, cover, and simmer until tender (appx. 30 minutes)
    - Drain and remove any hard parts from the center of the yuca
    - Mash garlic cloves into salt with mortar and pestle
    - Add garlic, second half of lime juice, and onions to olive oil in a separate saucepan, heat until bubbling, and then pour over yuca
    - Toss the yuca and all ingredients together while cooking medium heat until barely browned

Interesting Links:

[http://www.mejordecuba.com/main\\_home.htm](http://www.mejordecuba.com/main_home.htm)

<http://www.tasteofcuba.com/cubanrecipes.html>

<http://www.amigofoods.com/cubanstylefood.html>

<http://icuban.com/food/>

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## **Ensalada cubana:**

Ingredients:

- 2 cups Green leafy lettuce (romaine)
- 1 Red tomato
- 1 Green tomato
- Balsamic vinegar
- Olive oil

Directions:

- Cut up lettuce into bite sized pieces
- Slice tomatoes
- Mix together balsamic vinegar and olive oil to create a dressing or use a store bought one of your choice

## **Tostones:**

Ingredients:

- Plantains
- Cooking oil

Directions:

- Add enough oil to fill pan about a ¼ inch heat of medium- medium-high heat
- Slice plantains into approximately 1 inch pieces and add to the oil
- Cook until plantains become golden brown
- Take out the plantains and smash them so they're flat and then cook again for a few minutes...make sure to take them out before they burn...you just want a nice golden brown color

## **Ropa vieja:**

### Ingredients:

- Garlic Mixture
  - ½ head of garlic peeled and minced
  - ½ cup green olives
  - 1 cup cilantro
  - 1 tablespoon cumin
  - 1 tablespoon oregano
  - 1 teaspoon criollo seasoning (mixed seasoning)
  - Salt and pepper to taste
- Thick cut of beef (i.e. beef round)
- Appx. ¼ cup cooking oil
- 1 yellow onion sliced thinly
- ½ red bell pepper sliced thinly
- A few cloves garlic peeled and minced
- A handful of cilantro
- ¼ cup green olives
- ¼ cup tomato paste
- A few tablespoons pork fat (optional)

### Directions:

- Stab beef all the way through creating holes approximately an inch apart, turn a ¼ turn and repeat
- Mix garlic, olives, cilantro, cumin, oregano, criollo, salt, and pepper
- Stuff the beef with the mixture above and let marinate over night
- After marinating for at least 8 hours cook in a slow-cooker for approximately 3-5 hours or until meat is done enough that it can be pulled apart with a fork
- Put cooking oil in pan over medium-medium-high heat
- Sautee yellow onion, bell pepper, garlic, cilantro and olives
- Add in shredded beef
- Add in tomato paste and let everything cook

## **Arroz Con Gris:**

### Ingredients:

- 2 cups cooked rice
- 2 cups cooked black beans (dried beans are better, follow instructions on bag)
- Red bell pepper
- Yellow onion
- A few tablespoons pork fat (optional)

- A few tablespoons oregano
- A few cloves of garlic, peeled and minced
- Handful of cilantro

Directions:

- Add some salt and water to the beans
- Put cooking oil in a pan
- Sautee red bell peppers, garlic, oregano, cilantro
- After preparing the rice add in the beans to cook together the rest of the way
- Sautee peppers and add to the rice and beans
- Add pork fat and stir in if desired
- You can put some more pepper and onions on top (for decoration and flavor)